

Individual Best Times (All Time)

Ellie Forsyth - (930496) - Hamilton Baths ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.44	29.70	466	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Freestyle	1:05.45	1:04.20	493	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Freestyle	2:22.44	2:20.00	497	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
400 Freestyle	5:11.71	5:07.20	430	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
800 Freestyle	10:34.27	10:25.10	446	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
1500 Freestyle	20:45.72	20:29.00	403	14/01/18	2018 SS West District LC January Age Group Meet	East Kilbride	SCO1400	1
50 Breaststroke	36.30	35.40	518	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Breaststroke	1:20.99	1:19.40	496	25/01/20	Scottish Schools Championships	Tollcross	SCO1787	1
200 Breaststroke	2:54.17	2:51.10	492	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Butterfly	1:23.41	1:22.50	294	06/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
200 Butterfly	3:05.99	3:04.30	280	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
100 Backstroke	1:17.47	1:16.40	405	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Backstroke	2:58.38	2:56.50	328	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
200 Individual Medley	2:43.24	2:40.80	461	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
400 Individual Medley	5:46.29	5:41.20	452	02/04/16	Scottish National Age Group Championships	Glasgow	SCO1106	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.50	30.20	469	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Freestyle	1:03.96	1:05.30	484	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Freestyle	2:18.35	2:20.80	506	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
400 Freestyle	4:51.88	4:56.70	497	03/11/18	REN 96 Open Meet	Linwood	SCO1556	2
800 Freestyle	10:04.11	10:13.60	493	27/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
1500 Freestyle	19:19.37	19:37.00	480	02/09/17	North Ayrshire Distance Meet	Portal	SCO1328	2
50 Breaststroke	36.03	36.90	488	10/02/19	Bellshill Sharks Open Meet 2019	Bellshill	SCO1605	2
100 Breaststroke	1:17.87	1:19.50	513	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Breaststroke	2:47.65	2:50.80	517	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
50 Butterfly	34.36	34.90	357	07/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1
100 Butterfly	1:18.27	1:19.20	329	17/09/17	Stirling Autumn Meet	Stirling	SCO1342	2
200 Butterfly	3:08.86	3:10.50	254	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
50 Backstroke	34.50	35.10	392	15/09/19	Stirling Autumn Meet	Stirling	SCO1718	2
100 Backstroke	1:13.86	1:14.90	410	17/09/17	Stirling Autumn Meet	Stirling	SCO1342	2
200 Backstroke	2:33.40	2:35.60	466	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
200 Individual Medley	2:37.68	2:40.20	461	16/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
400 Individual Medley	5:31.96	5:37.20	474	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
100 Individual Medley	1:13.27	1:13.30	458	08/09/19	2019 SS West District SC AG Sprints & Relay Champs	Tollcross	SCO1713	1