

Individual Best Times (All Time)

Kate Hughes - (943640) - Motherwell & Wishaw ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.07	30.40	438	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
100 Freestyle	1:08.46	1:07.20	430	30/01/16	Brodies Schools Swimming Championships	Glasgow	SCO1090	1
50 Backstroke	35.32	34.70	439	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Backstroke	1:18.15	1:17.10	394	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.84	30.50	453	11/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2
100 Freestyle	1:03.99	1:05.30	484	18/03/17	Glenrothes Spring Meet	Glenrothes	SCO1268	2
200 Freestyle	2:20.11	2:22.60	488	15/04/17	Stirling Open Meet	Stirling	SCO1272	2
400 Freestyle	4:51.43	4:56.20	499	15/04/17	Stirling Open Meet	Stirling	SCO1272	2
50 Breaststroke	48.45	49.10	200	16/02/14	Belshill Sharks Open Meet 2014	Belshill	SCO811	2
100 Breaststroke	1:45.35	1:46.50	207	15/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Breaststroke	3:29.20	3:31.70	266	31/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
50 Butterfly	31.61	32.20	458	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Butterfly	1:13.20	1:14.20	402	17/09/17	Stirling Autumn Meet	Stirling	SCO1342	2
50 Backstroke	33.26	33.90	437	13/02/16	Sharks Open Meet	Bellshill	SCO1082	1
100 Backstroke	1:11.88	1:13.00	445	28/05/17	Rutherglen Rascals Graded Meet	Bellshill	SCO1302	2
200 Backstroke	2:42.26	2:44.30	393	09/04/16	Stirling Open Meet	Stirling	SCO1107	2
200 Individual Medley	2:39.69	2:42.10	444	16/04/17	Stirling Open Meet	Stirling	SCO1272	2
400 Individual Medley	5:57.26	6:02.20	380	12/03/16	North Ayrshire 200 Meet	Auchenharvie	SCO1097	2
100 Individual Medley	1:13.21	1:13.20	459	18/03/17	Glenrothes Spring Meet	Glenrothes	SCO1268	2