

# Individual Best Times (All Time)

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## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.39	24.60	558	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
100 Freestyle	55.42	53.90	604	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
200 Freestyle	2:03.92	2:01.10	557	25/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
400 Freestyle	4:30.53	4:25.30	538	05/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
1500 Freestyle	20:55.92	20:39.40	333	04/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
50 Breaststroke	36.04	35.20	373	01/05/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Breaststroke	1:18.77	1:17.20	376	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
200 Breaststroke	2:49.49	2:46.30	405	01/05/16	COAST Long Course Meet	Aberdeen	SCO1116	1
50 Butterfly	28.72	28.10	466	26/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Butterfly	1:06.99	1:05.80	402	28/05/17	North District Long Course Time Trials 2017	Aberdeen	SCO1299	1
200 Butterfly	2:39.87	2:37.90	328	31/05/15	North District Junior LC Time Trials 2015	Aberdeen	SCO985	2
50 Backstroke	29.38	28.70	515	08/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
100 Backstroke	1:04.01	1:02.70	523	09/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Backstroke	2:20.88	2:18.50	501	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Individual Medley	2:21.61	2:18.80	521	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
400 Individual Medley	5:19.73	5:14.20	436	28/06/15	Scottish National Open Championships	Glasgow	SCO1005	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.02	25.80	523	04/05/19	Westhill Invitational Meet 2019	Westhill	SCO1654	2
100 Freestyle	54.27	55.80	564	05/05/19	Westhill Invitational Meet 2019	Westhill	SCO1654	2
200 Freestyle	2:00.53	2:03.40	560	09/03/19	SAS Time Trial March 2019	Westhill	SCO1622	2
400 Freestyle	4:23.55	4:28.80	522	08/05/16	Westhill Invitational Meet 2016	Westhill	SCO1128	2
800 Freestyle	9:14.46	9:24.80	511	04/10/15	North District Distance Meet	Fraserburgh	SCO1025	1
1500 Freestyle	18:49.70	19:07.80	421	11/01/15	SAS Junior Meet	Westhill	SCO926	2
50 Breaststroke	34.44	35.30	380	14/02/16	Elgin Spring Meet	Buckie	SCO1083	2
100 Breaststroke	1:15.33	1:17.00	395	18/11/18	South Aberdeenshire Club Champs 2018	Westhill	SCO1551	2
200 Breaststroke	2:42.11	2:45.30	407	14/02/16	Elgin Spring Meet	Buckie	SCO1083	2
50 Butterfly	28.30	29.00	453	28/10/17	DCA Autumn Open Meet	Dundee	SCO1353	2
100 Butterfly	1:04.29	1:05.50	410	18/11/18	South Aberdeenshire Club Champs 2018	Westhill	SCO1551	2
200 Butterfly	2:32.42	2:34.50	344	13/02/16	Elgin Spring Meet	Buckie	SCO1083	2
50 Backstroke	28.34	29.00	474	05/05/19	Westhill Invitational Meet 2019	Westhill	SCO1654	2
100 Backstroke	1:01.27	1:02.60	490	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Backstroke	2:14.05	2:16.50	489	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Individual Medley	2:16.94	2:19.80	513	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Individual Medley	5:01.84	5:07.60	470	13/02/16	Elgin Spring Meet	Buckie	SCO1083	2
100 Individual Medley	1:04.44	1:04.40	447	18/11/18	South Aberdeenshire Club Champs 2018	Westhill	SCO1551	2