

# 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	24.90	24.10	592	27/05/22	Glasgow International Swim Meet	Glasgow	SCO1893	1
100 Freestyle	54.64	53.10	630	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
200 Freestyle	2:02.85	2:00.00	572	28/02/22	UoAPS Time Trial	Aberdeen, Scotland	SCO1853	1
1500 Freestyle	17:43.89	17:24.30	548	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
50 Breaststroke	29.94	28.90	651	06/04/22	British Championships 2022	Sheffield	BSW020	1
100 Breaststroke	1:05.65	1:03.70	650	02/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Breaststroke	2:26.86	2:23.20	623	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
50 Butterfly	26.90	26.20	567	14/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
100 Butterfly	1:02.56	1:01.30	493	30/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
50 Backstroke	27.08	26.30	657	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
100 Backstroke	58.69	57.30	679	06/04/22	British Championships 2022	Sheffield	BSW020	1
200 Backstroke	2:10.05	2:07.50	637	15/03/20	Edinburgh International	Edinburgh	SCO1813	1
200 Individual Medley	2:12.49	2:09.50	637	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
400 Individual Medley	5:01.66	4:55.80	519	31/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.46	24.30	634	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
100 Freestyle	50.93	52.50	682	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Freestyle	1:56.87	1:59.80	614	05/02/22	North District Spring Championships	Inverness	SCO1847	2
400 Freestyle	4:11.70	4:17.20	599	24/11/19	Dumfries ASC Advent Open 2019	Dumfries	SCO1755	2
1500 Freestyle	16:58.30	17:18.30	575	17/11/19	2019 SS West District SC SAG Championships	Glasgow	SCO1746	2
50 Breaststroke	28.99	30.00	637	09/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
100 Breaststroke	1:02.64	1:04.60	687	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
200 Breaststroke	2:17.02	2:20.80	674	05/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
50 Butterfly	26.01	26.70	584	09/10/21	North District Autumn Championships Part 1	Aberdeen	SCO1820	2
100 Butterfly	59.59	1:00.80	515	14/11/21	SASA North District Autumn Championships	Inverness, Scotland	SCO1827	2
200 Butterfly	2:17.68	2:20.00	467	24/11/19	Dumfries ASC Advent Open 2019	Dumfries	SCO1755	2
50 Backstroke	25.33	26.10	665	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
100 Backstroke	55.28	56.70	668	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
200 Backstroke	2:04.40	2:07.00	612	16/01/21	Tighinn Comhla	Various - January R1	LXX010	0
200 Individual Medley	2:08.97	2:12.00	614	28/11/20	Tighinn Comhla	Various - Round 2	LXX006	0
400 Individual Medley	4:41.34	4:47.50	581	24/11/19	Dumfries ASC Advent Open 2019	Dumfries	SCO1755	2
100 Individual Medley	56.76	56.80	654	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2