

Individual Best Times (All Time)

Matthew Heffernan - (974319) - Bellshill Sharks ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Backstroke	1:35.14	1:34.30	159	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.54	34.20	217	10/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2
100 Freestyle	1:15.26	1:16.40	211	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
50 Breaststroke	55.58	56.10	90	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
50 Butterfly	38.15	38.60	185	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
50 Backstroke	40.07	40.60	167	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Backstroke	1:33.11	1:34.00	139	11/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2