

# Individual Best Times (All Time)

Calum Tait - (63543) - Edinburgh University - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:10.21	894	F	24/07/14	Commonwealth Games 2014	Glasgow		1
2:10.21	894	F	14/04/15	British Championships 2015	London	Edinburgh Un	1
2:10.33	892	H	24/07/14	Commonwealth Games 2014	Glasgow		1
2:10.83	882	H	05/04/18	Commonwealth Games 2018	Brisbane, Australia		1
2:11.02	878	F	04/04/14	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:11.32	872	F	01/08/15	British Summer Championships	Sheffield	Edinburgh Un	1
2:11.67	865	F	05/04/18	Commonwealth Games 2018	Brisbane, Australia		1
2:11.93	860	H	14/04/15	British Championships 2015	London	Edinburgh Un	1
2:11.95	859	F	21/04/17	British Swimming Championships 2017	Sheffield	Edinburgh Un	1
2:12.19	855	F	10/04/14	British Gas Championships 2014	Glasgow	Edinburgh Un	1
2:12.99	839	H	21/04/17	British Swimming Championships 2017	Sheffield	Edinburgh Un	1
2:13.34	833	H	04/07/15	World University Games 2015	Gwangju		1
2:13.53	829	F	15/04/16	British Championships 2016	Glasgow	Edinburgh Un	1
2:13.55	829	F	10/03/17	Edinburgh International Meet 2017	Edinburgh	Edinburgh Un	1
2:14.09	819	F	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
2:14.10	819	H	15/04/16	British Championships 2016	Glasgow	Edinburgh Un	1
2:14.15	818	F	22/02/14	BUCS Long Course 2014	Sheffield	Edinburgh Un	1
2:14.23	816	F	28/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:14.29	815	F	03/08/13	BG ASA National Youth Championships	Sheffield	Edinburgh Un	1
2:14.58	810	S	27/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:14.63	809	H	04/04/14	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:14.67	808	H	28/02/14	2014 ISM Berlin	Berlin	Edinburgh Un	1
2:14.68	808	H	10/04/14	British Gas Championships 2014	Glasgow	Edinburgh Un	1
2:14.76	807	H	11/06/14	Mare Nostrum	Canet, France	Edinburgh Un	1
2:14.95	803	F	28/07/17	British Summer Championships	Sheffield	Edinburgh Un	1
2:15.55	793	F	08/02/15	Derventio Excel February Festival	Sheffield	Edinburgh Un	1
2:15.56	792	H	01/08/15	British Summer Championships	Sheffield	Edinburgh Un	1

2:15.56	793	M	01/06/13	British Summer Championships	Sheffield	Edinburgh Un	1
2:15.57	792	F	01/06/14	North District SASA Grand Prix	Aberdeen	Edinburgh Un	1
2:15.62	792	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Edinburgh Un	1
2:15.78	789	F	02/02/14	East District Open incorporating Grand Prix	Edinburgh	Edinburgh Un	1
2:15.78	789	F	07/02/16	Derventio Excel February Festival 2016	Sheffield	Edinburgh Un	1
2:15.82	788	H	15/06/14	Mare Nostrum - Barcelona	Barcelona		1
2:15.87	787	F	06/06/15	Mare Nostrum	Canet, France	Edinburgh Un	1
2:15.87	787	F	11/12/15	Amsterdam Cup 2015	Amsterdam, Holland	Edinburgh Un	1
2:15.92	786	F	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Edinburgh Un	1
2:16.11	783	H	11/06/14	Mare Nostrum	Canet, France	Edinburgh Un	1
2:16.15	782	F	06/06/15	Mare Nostrum	Canet, France	Edinburgh Un	1
2:16.28	780	F	13/02/15	2015 Grand Prix Orlando	Orlando		1
2:16.30	780	F	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Edinburgh Un	1
2:16.31	780	F	09/03/13	British Gas International 2013	Leeds	Edinburgh Un	1
2:16.42	778	F	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Edinburgh Un	1
2:16.48	777	F	13/03/16	Edinburgh International Meet	Edinburgh	Edinburgh Un	1
2:16.49	777	F	15/06/14	Mare Nostrum - Barcelona	Barcelona		1
2:16.58	775	F	11/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:16.62	774	H	09/03/13	British Gas International 2013	Leeds	Edinburgh Un	1
2:16.68	773	F	03/06/16	USA Pro Arena Series	Indianapolis, USA		1
2:16.69	773	H	27/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:16.92	769	C	27/05/17	East District Long Course Open Meet	Edinburgh	Edinburgh Un	1
2:16.96	769	H	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
2:17.05	767	F	30/06/17	Scottish National Open Championships	Aberdeen	Edinburgh Un	1
2:17.07	767	H	28/07/17	British Summer Championships	Sheffield	Edinburgh Un	1
2:17.14	766	F	28/05/16	East District Open & Grand Prix	Edinburgh	Edinburgh Un	1
2:17.23	764	H	11/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:17.25	764	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Edinburgh Un	1
2:17.28	763	H	11/12/15	Amsterdam Cup 2015	Amsterdam, Holland	Edinburgh Un	1
2:17.31	763	H	01/07/16	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:17.48	760	H	13/02/15	2015 Grand Prix Orlando	Orlando		1
2:17.50	760	F	13/06/13	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:17.55	759	C	15/03/15	Edinburgh International 2015	Edinburgh	Edinburgh Un	1
2:18.08	750	H	22/02/14	BUCS Long Course 2014	Sheffield	Edinburgh Un	1
2:18.15	749	H	03/06/16	USA Pro Arena Series	Indianapolis, USA		1
2:18.19	748	H	13/03/16	Edinburgh International Meet	Edinburgh	Edinburgh Un	1
2:18.27	747	F	23/02/13	BUCS Long Course 2013	Sheffield	Edinburgh Un	1
2:18.36	745	H	03/08/13	BG ASA National Youth Championships	Sheffield	Edinburgh Un	1
2:18.45	744	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Edinburgh Un	1
2:18.45	744	H	10/03/17	Edinburgh International Meet 2017	Edinburgh	Edinburgh Un	1
2:18.80	738	S	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Edinburgh Un	1
2:18.85	738	H	08/02/15	Derventio Excel February Festival	Sheffield	Edinburgh Un	1
2:18.87	737	H	15/03/15	Edinburgh International 2015	Edinburgh	Edinburgh Un	1
2:19.07	734	F	24/04/13	Irish Long Course Championships	Dublin	Edinburgh Un	1
2:19.12	733	F	28/06/12	SG National Open Championships 2012	Edinburgh	Edinburgh Un	1
2:19.43	728	F	10/04/13	SG National Age Group Championships	Edinburgh	Edinburgh Un	1
2:19.63	725	H	07/02/16	Derventio Excel February Festival 2016	Sheffield	Edinburgh Un	1
2:19.80	723	H	02/02/14	East District Open incorporating Grand Prix	Edinburgh	Edinburgh Un	1
2:20.17	717	H	30/06/17	Scottish National Open Championships	Aberdeen	Edinburgh Un	1
2:20.21	716	H	01/06/14	North District SASA Grand Prix	Aberdeen	Edinburgh Un	1
2:20.24	716	H	28/05/16	East District Open & Grand Prix	Edinburgh	Edinburgh Un	1
2:20.39	714	H	10/04/13	SG National Age Group Championships	Edinburgh	Edinburgh Un	1
2:20.46	712	H	27/05/17	East District Long Course Open Meet	Edinburgh	Edinburgh Un	1
2:20.68	709	H	23/02/13	BUCS Long Course 2013	Sheffield	Edinburgh Un	1

2:20.88	706	C	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Edinburgh Un	1
2:21.25	701	F	04/04/12	SG National Open Age Group Championships	Sunderland	Edinburgh Un	1
2:21.72	694	H	06/03/12	British Gas Swimming Championships 2012	London	Edinburgh Un	1
2:21.98	690	H	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Edinburgh Un	1
2:22.01	689	H	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Edinburgh Un	1
2:22.98	675	H	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Edinburgh Un	1
2:23.03	675		03/06/12	SASA East District Open Championships	Edinburgh	Edinburgh Un	1
2:23.69	665	H	13/06/13	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:23.81	664	F	04/02/12	Derventio excel February Festival Open Mee	Sheffield	Edinburgh Un	1
2:24.05	660	C	30/06/11	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:24.59	653	H	27/07/11	British Gas ASA National Youth Champs	Sheffield	Edinburgh Un	1
2:25.15	646		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Edinburgh Un	1
2:25.33	643	S	27/07/11	British Gas ASA National Youth Champs	Sheffield	Edinburgh Un	1
2:25.55	640	H	30/06/11	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:25.84	636		08/04/11	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:25.95	635	F	28/01/12	Scottish Schools Swimming Championship	East Kilbride	Edinburgh Un	1
2:26.19	632	H	04/02/12	Derventio excel February Festival Open Mee	Sheffield	Edinburgh Un	1
2:26.30	630		04/06/11	SASA West District Group 4 Championships	Tollcross	Edinburgh Un	1
2:27.24	618	H	28/06/12	SG National Open Championships 2012	Edinburgh	Edinburgh Un	1
2:27.54	615		08/04/11	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:27.71	613	F	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	Edinburgh Un	1
2:28.82	599		13/02/11	Edinburgh International Age Groups	Glasgow	Edinburgh Un	1
2:28.93	598	F	29/01/11	Scottish Schools Swimming Champs	Tollcross	Edinburgh Un	1
2:29.72	588	F	11/04/10	Scottish Nationals Meet	Glasgow	Edinburgh Un	1
2:30.98	574	F	30/01/10	Scottish Schools Champs	Tollcross	Edinburgh Un	1
2:31.05	573	H	03/08/10	British Gas Youth Champs	Sheffield	Edinburgh Un	1
2:31.08	572	H	11/04/10	Scottish Nationals Meet	Glasgow	Edinburgh Un	1
2:31.38	569		03/06/12	SASA East District Open Championships	Edinburgh	Edinburgh Un	1
2:31.41	569		30/05/10	West District Group 4	Glasgow	Edinburgh Un	1
2:31.59	567	H	04/04/12	SG National Open Age Group Championships	Sunderland	Edinburgh Un	1
2:32.74	554		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Edinburgh Un	1
2:33.23	549	H	04/09/10	UK School Games 2010	Sunderland	Edinburgh Un	1
2:33.80	543	F	14/02/10	Edinburgh International	Glasgow	Edinburgh Un	1
2:33.85	542		04/06/11	SASA West District Group 4 Championships	Tollcross	Edinburgh Un	1
2:36.34	517		10/04/09	Scottish National Age Grp	Edinburgh	Edinburgh Un	1
2:36.48	515		07/03/10	SASA West District Group 2	Glasgow	Edinburgh Un	1
2:36.98	510		31/01/09	Scottish Schools Champs	Glasgow	Edinburgh Un	1
2:37.16	508		25/06/09	Scottish National Champs	Glasgow	Edinburgh Un	1
2:39.38	488		10/04/09	Scottish National Age Grp	Edinburgh	Edinburgh Un	1
2:48.69	411		31/05/08	SASA West District GP 4	East Kilbride	Edinburgh Un	1
2:49.38	406		27/06/08	Scottish National Open Mt	Glasgow	Edinburgh Un	1
2:54.03	374		26/01/08	Scottish School Champs	Glasgow	Edinburgh Un	1
2:57.01	356		01/03/08	West District Champs	East Kilbride	Edinburgh Un	2
2:58.13	349		28/06/07	Scottish National Open	Glasgow	Edinburgh Un	1
3:12.43	277		03/03/07	West District Group 1	East Kilbride	Edinburgh Un	2
3:17.58	256		29/06/06	Scottish National Champs	Glasgow	Edinburgh Un	1

## Swims in Date Order

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2:11.67	865	F	05/04/18	Commonwealth Games 2018	Brisbane, Australia		1
2:10.83	882	H	05/04/18	Commonwealth Games 2018	Brisbane, Australia		1
2:15.92	786	F	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Edinburgh Un	1
2:17.25	764	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Edinburgh Un	1

2:14.95	803	F	28/07/17	British Summer Championships	Sheffield	Edinburgh Un	1
2:17.07	767	H	28/07/17	British Summer Championships	Sheffield	Edinburgh Un	1
2:17.05	767	F	30/06/17	Scottish National Open Championships	Aberdeen	Edinburgh Un	1
2:20.17	717	H	30/06/17	Scottish National Open Championships	Aberdeen	Edinburgh Un	1
2:16.92	769	C	27/05/17	East District Long Course Open Meet	Edinburgh	Edinburgh Un	1
2:20.46	712	H	27/05/17	East District Long Course Open Meet	Edinburgh	Edinburgh Un	1
2:11.95	859	F	21/04/17	British Swimming Championships 2017	Sheffield	Edinburgh Un	1
2:12.99	839	H	21/04/17	British Swimming Championships 2017	Sheffield	Edinburgh Un	1
2:13.55	829	F	10/03/17	Edinburgh International Meet 2017	Edinburgh	Edinburgh Un	1
2:18.45	744	H	10/03/17	Edinburgh International Meet 2017	Edinburgh	Edinburgh Un	1
2:15.62	792	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Edinburgh Un	1
2:17.31	763	H	01/07/16	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:16.68	773	F	03/06/16	USA Pro Arena Series	Indianapolis, USA		1
2:18.15	749	H	03/06/16	USA Pro Arena Series	Indianapolis, USA		1
2:17.14	766	F	28/05/16	East District Open & Grand Prix	Edinburgh	Edinburgh Un	1
2:20.24	716	H	28/05/16	East District Open & Grand Prix	Edinburgh	Edinburgh Un	1
2:13.53	829	F	15/04/16	British Championships 2016	Glasgow	Edinburgh Un	1
2:14.10	819	H	15/04/16	British Championships 2016	Glasgow	Edinburgh Un	1
2:16.48	777	F	13/03/16	Edinburgh International Meet	Edinburgh	Edinburgh Un	1
2:18.19	748	H	13/03/16	Edinburgh International Meet	Edinburgh	Edinburgh Un	1
2:15.78	789	F	07/02/16	Derventio Excel February Festival 2016	Sheffield	Edinburgh Un	1
2:19.63	725	H	07/02/16	Derventio Excel February Festival 2016	Sheffield	Edinburgh Un	1
2:15.87	787	F	11/12/15	Amsterdam Cup 2015	Amsterdam, Holland	Edinburgh Un	1
2:17.28	763	H	11/12/15	Amsterdam Cup 2015	Amsterdam, Holland	Edinburgh Un	1
2:11.32	872	F	01/08/15	British Summer Championships	Sheffield	Edinburgh Un	1
2:15.56	793	H	01/08/15	British Summer Championships	Sheffield	Edinburgh Un	1
2:13.34	833	H	04/07/15	World University Games 2015	Gwangju		1
2:16.58	775	F	11/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:17.23	764	H	11/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:15.87	787	F	06/06/15	Mare Nostrum	Canet, France	Edinburgh Un	1
2:16.15	782	F	06/06/15	Mare Nostrum	Canet, France	Edinburgh Un	1
2:16.30	780	F	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Edinburgh Un	1
2:21.98	690	H	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Edinburgh Un	1
2:10.21	894	F	14/04/15	British Championships 2015	London	Edinburgh Un	1
2:11.93	860	H	14/04/15	British Championships 2015	London	Edinburgh Un	1
2:17.55	759	C	15/03/15	Edinburgh International 2015	Edinburgh	Edinburgh Un	1
2:18.87	737	H	15/03/15	Edinburgh International 2015	Edinburgh	Edinburgh Un	1
2:14.09	819	F	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
2:16.96	769	H	21/02/15	BUCS Long Course Championships 2015	Sheffield		1
2:16.28	780	F	13/02/15	2015 Grand Prix Orlando	Orlando		1
2:17.48	760	H	13/02/15	2015 Grand Prix Orlando	Orlando		1
2:15.55	793	F	08/02/15	Derventio Excel February Festival	Sheffield	Edinburgh Un	1
2:18.85	738	H	08/02/15	Derventio Excel February Festival	Sheffield	Edinburgh Un	1
2:10.21	894	F	24/07/14	Commonwealth Games 2014	Glasgow		1
2:10.33	892	H	24/07/14	Commonwealth Games 2014	Glasgow		1
2:16.49	777	F	15/06/14	Mare Nostrum - Barcelona	Barcelona		1
2:15.82	788	H	15/06/14	Mare Nostrum - Barcelona	Barcelona		1
2:14.76	807	H	11/06/14	Mare Nostrum	Canet, France	Edinburgh Un	1
2:16.11	783	H	11/06/14	Mare Nostrum	Canet, France	Edinburgh Un	1
2:15.57	792	F	01/06/14	North District SASA Grand Prix	Aberdeen	Edinburgh Un	1
2:20.21	716	H	01/06/14	North District SASA Grand Prix	Aberdeen	Edinburgh Un	1
2:12.19	855	F	10/04/14	British Gas Championships 2014	Glasgow	Edinburgh Un	1
2:14.68	808	H	10/04/14	British Gas Championships 2014	Glasgow	Edinburgh Un	1
2:11.02	878	F	04/04/14	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1

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2:19.80	723	H	02/02/14	East District Open incorporating Grand Prix	Edinburgh	Edinburgh Un	1
2:18.45	744	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Edinburgh Un	1
2:14.29	815	F	03/08/13	BG ASA National Youth Championships	Sheffield	Edinburgh Un	1
2:18.36	745	H	03/08/13	BG ASA National Youth Championships	Sheffield	Edinburgh Un	1
2:14.23	816	F	28/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:14.58	810	S	27/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:16.69	773	H	27/06/13	British Gas Swimming Championships	Sheffield	Edinburgh Un	1
2:17.50	760	F	13/06/13	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:23.69	665	H	13/06/13	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:20.88	706	C	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Edinburgh Un	1
2:22.98	675	H	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Edinburgh Un	1
2:19.07	734	F	24/04/13	Irish Long Course Championships	Dublin	Edinburgh Un	1
2:19.43	728	F	10/04/13	SG National Age Group Championships	Edinburgh	Edinburgh Un	1
2:20.39	714	H	10/04/13	SG National Age Group Championships	Edinburgh	Edinburgh Un	1
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2:16.62	774	H	09/03/13	British Gas International 2013	Leeds	Edinburgh Un	1
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2:18.80	738	S	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Edinburgh Un	1
2:22.01	689	H	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Edinburgh Un	1
2:19.12	733	F	28/06/12	SG National Open Championships 2012	Edinburgh	Edinburgh Un	1
2:27.24	618	H	28/06/12	SG National Open Championships 2012	Edinburgh	Edinburgh Un	1
2:23.03	675		03/06/12	SASA East District Open Championships	Edinburgh	Edinburgh Un	1
2:31.38	569		03/06/12	SASA East District Open Championships	Edinburgh	Edinburgh Un	1
2:21.25	701	F	04/04/12	SG National Open Age Group Championships	Sunderland	Edinburgh Un	1
2:31.59	567	H	04/04/12	SG National Open Age Group Championships	Sunderland	Edinburgh Un	1
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2:26.19	632	H	04/02/12	Derventio excel February Festival Open Mee	Sheffield	Edinburgh Un	1
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2:25.15	646		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Edinburgh Un	1
2:32.74	554		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Edinburgh Un	1
2:25.33	643	S	27/07/11	British Gas ASA National Youth Champs	Sheffield	Edinburgh Un	1
2:24.59	653	H	27/07/11	British Gas ASA National Youth Champs	Sheffield	Edinburgh Un	1
2:24.05	660	C	30/06/11	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
2:25.55	640	H	30/06/11	Scottish Gas National Open Championships	Glasgow	Edinburgh Un	1
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2:33.85	542		04/06/11	SASA West District Group 4 Championships	Tollcross	Edinburgh Un	1
2:27.71	613	F	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	Edinburgh Un	1
2:25.84	636		08/04/11	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:27.54	615		08/04/11	Scottish National Open Championships	Glasgow	Edinburgh Un	1
2:28.82	599		13/02/11	Edinburgh International Age Groups	Glasgow	Edinburgh Un	1
2:28.93	598	F	29/01/11	Scottish Schools Swimming Champs	Tollcross	Edinburgh Un	1
2:33.23	549	H	04/09/10	UK School Games 2010	Sunderland	Edinburgh Un	1
2:31.05	573	H	03/08/10	British Gas Youth Champs	Sheffield	Edinburgh Un	1
2:31.41	569		30/05/10	West District Group 4	Glasgow	Edinburgh Un	1
2:29.72	588	F	11/04/10	Scottish Nationals Meet	Glasgow	Edinburgh Un	1
2:31.08	572	H	11/04/10	Scottish Nationals Meet	Glasgow	Edinburgh Un	1

2:36.48	515		07/03/10	SASA West District Group 2	Glasgow	Edinburgh Un	1
2:33.80	543	F	14/02/10	Edinburgh International	Glasgow	Edinburgh Un	1
2:30.98	574	F	30/01/10	Scottish Schools Champs	Tollcross	Edinburgh Un	1
2:37.16	508		25/06/09	Scottish National Champs	Glasgow	Edinburgh Un	1
2:36.34	517		10/04/09	Scottish National Age Grp	Edinburgh	Edinburgh Un	1
2:39.38	488		10/04/09	Scottish National Age Grp	Edinburgh	Edinburgh Un	1
2:36.98	510		31/01/09	Scottish Schools Champs	Glasgow	Edinburgh Un	1
2:49.38	406		27/06/08	Scottish National Open Mt	Glasgow	Edinburgh Un	1
2:48.69	411		31/05/08	SASA West District GP 4	East Kilbride	Edinburgh Un	1
2:57.01	356		01/03/08	West District Champs	East Kilbride	Edinburgh Un	2
2:54.03	374		26/01/08	Scottish School Champs	Glasgow	Edinburgh Un	1
2:58.13	349		28/06/07	Scottish National Open	Glasgow	Edinburgh Un	1
3:12.43	277		03/03/07	West District Group 1	East Kilbride	Edinburgh Un	2
3:17.58	256		29/06/06	Scottish National Champs	Glasgow	Edinburgh Un	1