

Individual Best Times (All Time)

Millie Allan - (1216567) - Cumbernauld ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.71	35.10	289	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1
100 Backstroke	1:32.12	1:31.20	241	11/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.97	38.50	220	19/08/18	Cumbernauld Autumn Graded Meet 2018	Tryst SC	SCO1502	2
100 Freestyle	1:22.63	1:23.60	224	10/03/19	Cumbernauld Spring Graded Meet 2019	Tryst Sports Centre	SCO1625	2
200 Freestyle	3:02.48	3:04.40	220	19/08/18	Cumbernauld Autumn Graded Meet 2018	Tryst SC	SCO1502	2
50 Breaststroke	53.69	54.30	147	20/01/18	Stirling Winter Graded Meet 2018	Stirling	SCO1406	2
100 Breaststroke	1:53.99	1:55.10	163	11/03/18	Cumbernauld Spring Graded Meet 2018	Tryst	SCO1436	2
200 Breaststroke	3:58.04	4:00.30	180	03/06/18	Rascals Graded Meet 2018	Glasgow	SCO1479	2
50 Butterfly	41.90	42.40	196	18/05/19	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1662	2
100 Butterfly	1:43.36	1:44.10	142	10/03/19	Cumbernauld Spring Graded Meet 2019	Tryst Sports Centre	SCO1625	2
200 Butterfly	4:01.84	4:03.10	120	29/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
50 Backstroke	46.20	46.60	163	09/06/18	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1487	2
100 Backstroke	1:29.53	1:30.40	230	23/06/19	Bellshill Sharks Summer Splash 2019	Sir Matt Busby,	SCO1687	2
200 Individual Medley	3:16.46	3:18.50	238	18/05/19	Swim West Lothian IM Tough	Xcite Leisure Centre	SCO1662	2
400 Individual Medley	7:30.95	7:34.80	189	29/09/18	North Ayrshire Distance Meet	North Ayrshire	SCO1518	2
100 Individual Medley	1:37.60	1:37.60	194	19/08/18	Cumbernauld Autumn Graded Meet 2018	Tryst SC	SCO1502	2