

**Scottish Gas National Swimming Open Championships**

Tollcross Park Leisure Centre, Glasgow – 3rd July 2011

**Session 8 – Results****Event 401 Mens 100 Metre Butterfly**

Snr. Record: 52.33		A	04/04/2008	Todd Cooper		
Name	Yr	Club	Time	50	100	
<b>A Final</b>						
1	Rafael Munoz	88	Spain	52.84	24.90	52.84
2	Andrew Mayor *	86	Co Newcastle	53.72	24.88	53.72
3	Iain Macmillan	86	Edinburgh Un	54.77	26.05	54.77
4	Daniel Scott	90	Co Glasgow	55.63	25.31	55.63
5	Eamon Rivers	92	Perth City	55.72	26.08	55.72
6	Harry Needs	92	Nova Cent'n	55.74	26.32	55.74
7	Conor Barrett	90	Ealing	56.43	26.06	56.43
8	Callum Hillicks	91	Crawley	56.70	25.96	56.70
9	Calum McGhee	91	North Lanark	56.78	26.18	56.78
10	Mark Szaranek	95	Carnegie	57.66	26.83	57.66
<b>B - Final</b>						
11	Melako Coker	93	Ealing	58.07	27.04	58.07
12	Christopher Dove	92	Derwentside	58.42	27.86	58.42
*13	Michael McGovern	91	Dun City Aqu	58.66	26.99	58.66
*13	Jamie Wilmshurst	92	Dun City Aqu	58.66	27.71	58.66
15	Jamie Graham	93	Co Glasgow	58.90	27.84	58.90
16	Euan Dunbar	94	Co Aberdeen	59.15	27.56	59.15
17	Brendan Hyland	94	Tallaght Irl	59.35	28.05	59.35
18	Craig Bowman	96	Carnegie	59.37	28.09	59.37
19	Cian Duffy	94	Galway Irl	59.61	28.20	59.61
20	Will Johnston	93	East Lothian	59.74	28.00	59.74

**Event 402 Womens 100 Metre Freestyle**

Snr. Record: 54.31		A	01/04/2008	Caitlin McClatchey		
Name	Yr	Club	Time	50	100	
<b>A Final</b>						
1	Maria Fuster	85	Spain	55.76	27.04	55.76
2	Jessica Sylvester	87	Nova Cent'n	56.66	27.29	56.66
3	Georgina Heyn	84	Ealing	57.07	27.22	57.07
4	Lucy Ellis	93	StirlingSwim	57.42	27.80	57.42
5	Claire Dawson	87	StirlingSwim	57.60	28.37	57.60
6	Kirstin McKinley	95	Milngavie &b	58.14	28.37	58.14
7	Natasha Hofton	95	Nova Cent'n	58.28	27.93	58.28
8	Eloise Barber	92	Carnegie	58.60	28.34	58.60
9	Judit Ignacio	94	Spain	58.68	28.69	58.68
10	Sara Hamilton	94	South Aberde	1:00.16	28.46	1:00.16
<b>B - Final</b>						
11	Natalie Durant	90	Ealing	58.69	28.50	58.69
12	Sarah Eaglesham	92	Edinburgh Un	59.30	28.80	59.30
13	Rachel Martin	95	Nova Cent'n	59.47	28.80	59.47
14	Rachael O'Donnell	96	Carnegie	59.50	29.20	59.50
15	Flora Hanson *	94	Warrender	59.66	29.13	59.66
16	Charlotte McKenzie	96	F.I.R.S.T.	59.72	28.44	59.72
17	Emma Graham	93	Nova Cent'n	1:00.10	29.34	1:00.10
18	Rona Plowman	94	Highland	1:00.35	28.83	1:00.35
19	Lauren Averell	95	Milngavie &b	1:00.41	29.29	1:00.41
20	Claudia Dasca	94	Spain	1:01.40	29.89	1:01.40



## Scottish Gas National Swimming Open Championships

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## Session 8 – Results

**Event 403 Mens 200 Metre Freestyle****Snr. Record:** 1:45.99 **A** 31/07/2009 **Robbie Renwick****Jnr. Record:** 1:54.21 **B** 24/04/2004 **Robbie Renwick**

Name	Yr	Club	Time	50	100	150	200
<b>A Final</b>							
1 Robbie Renwick	88	Co Glasgow	1:48.17	25.80	53.62	1:21.13	1:48.17
2 Robert Bale	90	Carnforth	1:50.16	26.26	54.20	1:22.40	1:50.16
3 Josh Walsh	91	Blackburn	1:50.44	25.96	53.99	1:22.40	1:50.44
4 Jak Scott	91	StirlingSwim	1:50.46	25.50	53.74	1:22.27	1:50.46
5 Ryan Bennett	90	Preston	1:51.97	26.06	54.50	1:22.95	1:51.97
6 Allen Lindenberg *	89	Ealing	1:53.32	26.18	54.23	1:23.62	1:53.32
7 Ernesto Crox	90	Venezuela	1:53.86	26.32	54.99	1:24.27	1:53.86
8 Alistair Brown	89	Edinburgh Un	1:54.49	27.02	56.30	1:25.97	1:54.49
9 Stephen Milne	94	Perth City	1:55.51	26.14	55.32	1:25.46	1:55.51
10 Richard Shafers	91	Edinburgh Un	1:56.85	26.71	56.33	1:26.73	1:56.85

**B - Final**

11 Alasdair Stirling	93	Co Glasgow	1:54.83	27.15	57.31	1:26.51	1:54.83
12 Jamie Coulter	93	Edinburgh Un	1:55.35	26.96	57.12	1:26.65	1:55.35
13 Jamie McKinley	93	Co Glasgow	1:56.65	27.33	56.89	1:27.17	1:56.65
14 Cameron Smith	92	Edinburgh Un	1:57.09	27.36	57.07	1:27.43	1:57.09
15 Lewis Steptoe	94	Nova Cent'n	1:57.57	27.44	57.51	1:27.54	1:57.57
16 Mark Szaranek	95	Carnegie	1:57.67	27.42	57.79	1:27.91	1:57.67
17 James Thomson	89	Edinburgh Un	1:58.29	27.85	58.39	1:28.68	1:58.29
18 Alastair Turner	92	Ren 96	1:59.23	27.93	58.52	1:29.13	1:59.23
19 Karl Morgan	95	Nova Cent'n	2:00.59	27.94	58.70	1:29.56	2:00.59
20 Connor Wilson	93	Warrender	2:02.06	28.12	59.01	1:30.21	2:02.06

**Event 404 Womens 200 Metre Breaststroke****Snr. Record:** 2:24.04 **A** 18/03/2006 **Kirsty Balfour**

Name	Yr	Club	Time	50	100	150	200
<b>A Final</b>							
1 Emma Bird	91	Nova Cent'n	2:32.57	35.13	1:13.80	1:53.30	2:32.57
2 Sarra Lajnef	89	Tunisia	2:33.27	34.81	1:13.47	1:52.44	2:33.27
3 Kerry Buchan	87	Edinburgh Un	2:34.01	34.91	1:14.07	1:54.08	2:34.01
4 Corrie Scott	93	South Lanark	2:34.78	35.15	1:15.25	1:55.05	2:34.78
5 Kathryn Johnstone	90	Edinburgh Un	2:40.19	34.68	1:14.85	1:57.03	2:40.19
6 Hannah Soutar	94	Heart Of Mid	2:40.82	36.72	1:17.86	2:00.00	2:40.82
7 Orla Adams	95	Garioch	2:42.89	36.54	1:18.29	2:00.32	2:42.89
8 Emma Bainbridge	91	Derwentside	2:45.53	37.19	1:19.43	2:01.86	2:45.53
9 Rebecca Barsby	93	Nova Cent'n	2:46.87	37.99	1:20.10	2:03.40	2:46.87
10 Hayley Monteith	94	Co Aberdeen	2:46.98	36.23	1:18.19	2:01.32	2:46.98

**B - Final**

11 Pixie Lale-Klasicki	96	Aquae Sulis	2:42.82	37.66	1:19.18	2:00.87	2:42.82
12 Raquel Matos	96	East Lothian	2:44.81	36.17	1:17.91	2:01.39	2:44.81
13 Shannon McClelland	95	Dumfries	2:44.82	37.05	1:18.70	2:02.12	2:44.82
14 Niamh Bryson	96	Templeogue I	2:46.28	37.01	1:19.33	2:02.07	2:46.28
15 Jennifer Rogerson	93	StirlingSwim	2:46.80	37.31	1:20.40	2:03.48	2:46.80
16 Francesca Hay	96	Nova Cent'n	2:47.02	38.50	1:21.35	2:04.10	2:47.02
17 Amber Brewer	96	Co Bristol	2:47.07	36.75	1:19.04	2:03.25	2:47.07
18 Megan Berridge	96	Nova Cent'n	2:47.92	37.77	1:19.89	2:04.24	2:47.92
19 Amy-Jo Bellany	94	South Aberde	2:49.10	37.87	1:20.20	2:04.77	2:49.10
20 Rebekah Wilson	93	B.E.S.T.	2:50.05	37.52	1:21.02	2:04.89	2:50.05

**Scottish Gas National Swimming Open Championships**

Tollcross Park Leisure Centre, Glasgow – 3rd July 2011

**Session 8 – Results**

**Event 405 Mens 50 Metre Backstroke**

**Snr. Record:** 25.92 **A** 12/03/2011 **Craig McNally**  
**Jnr. Record:** 28.08 **B** 21/10/2000 **Alasdair Hall**

Name	Yr	Club	Time	Name	Yr	Club	Time
<b>A Final</b>				<b>B - Final</b>			
1 Guido Guilherme	87	Brazil	25.68	11 Andrew McGovern	92	Co Aberdeen	28.12
2 Juan Miguel Rando	88	Spain	25.85	12 Ross McCafferty	92	South Lanark	28.61
3 Craig McNally	92	Warrender	26.12	13 Ryan Archibald	92	Warrender	28.75
*4 Graeme Lyons	86	West Dunbart	27.04	14 Euan Alston	94	North Lanark	28.89
*4 Callum Shaw	91	Edinburgh Un	27.04	15 Daniel Smith	95	Co Aberdeen	28.99
6 Kieran McGuckin	90	Edinburgh Un	27.18	16 Suleman Butt	97	Aberdeen	29.07
7 Michael McGovern	91	Dun City Aqu	27.53	*17 Mark Campbell	91	Co Aberdeen	29.09
8 Melako Coker	93	Ealing	27.90	*17 Jordan Lamb	96	Fife Perf	29.09
9 Joseph Welstead	90	StirlingSwim	27.96	19 Myles Hershaw	95	Carnegie	29.15
10 Richard Shafers	91	Edinburgh Un	28.05	20 Aaron McCallum	90	West Dunbart	29.20

**Event 406 Womens 50 Metre Butterfly**

**Snr. Record:** 27.05 **A** 24/06/2001 **Alison Sheppard**  
**Jnr. Record:** 28.39 **B** 02/11/2008 **Sarah Eaglesham**

Name	Yr	Club	Time	Name	Yr	Club	Time
<b>A Final</b>				<b>B - Final</b>			
1 Mercedes Peris	85	Spain	28.17	11 Alix Eastham	95	Eyemouth	29.58
2 Lauren Averell	95	Milngavie &b	28.47	12 Kirsty Simpson	96	Dun City Aqu	29.75
3 Judit Ignacio	94	Spain	28.64	13 Corrie Scott	93	South Lanark	29.77
4 Rachel Sharples	96	East Lothian	28.86	14 Molly Redford	96	Dun City Aqu	29.92
5 Eloise Barber	92	Carnegie	28.89	15 Rebekah Wilson	93	B.E.S.T.	29.94
6 Aisling Cooney	90	Esb Irl	28.92	16 Jessica Christie	96	South Aberde	30.03
7 Sarah Eaglesham	92	Edinburgh Un	29.30	17 Nicole Wilson	91	Warrender	30.09
8 Julie Hunter	96	F.I.R.S.T.	29.55	18 Amy Fraser	94	B.E.S.T.	30.29
9 Rona Plowman	94	Highland	29.78	19 Tiffany Bachelet	97	Warrender	30.38
10 Sara Hamilton	94	South Aberde	29.91	20 Raquel Matos	96	East Lothian	30.41

**Event 407 Mens 400 Metre IM**

**Snr. Record:** 4:14.06 **A** 20/03/2009 **Lewis Smith**

Name	Yr	Club	Time	50	100	150	200	250	300	350	400
<b>A Final</b>											
1 Lewis Smith	88	Warrender	4:20.42	27.52	58.51	1:31.53	2:03.97	2:41.81	3:20.01	3:51.23	4:20.42
2 Taki Mrabet	89	Tunisia	4:27.68	28.24	1:00.42	1:35.43	2:09.85	2:47.47	3:25.94	3:57.44	4:27.68
3 Ross Muir	91	F.I.R.S.T.	4:30.12	29.37	1:02.00	1:34.44	2:07.49	2:45.24	3:23.99	3:57.49	4:30.12
4 Brendan Hyland	94	Tallaght Irl	4:41.30	29.23	1:02.72	1:40.55	2:16.97	2:57.51	3:39.19	4:11.58	4:41.30
5 Cian Duffy	94	Galway Irl	4:41.77	29.28	1:03.79	1:39.96	2:15.69	2:57.46	3:39.21	4:11.69	4:41.77
6 Euan Inglis	93	Co Aberdeen	4:41.95	30.33	1:05.44	1:42.61	2:18.79	2:58.30	3:37.78	4:11.83	4:41.95
7 Callum Ross *	90	StirlingSwim	4:42.14	28.52	1:01.89	1:39.55	2:16.54	2:58.08	3:39.69	4:12.15	4:42.14
8 Stuart McIntosh	93	Co Aberdeen	4:42.26	29.44	1:03.27	1:40.73	2:16.86	2:57.73	3:38.83	4:11.60	4:42.26
9 Murray Lawrence	93	Warrender	4:44.58	29.31	1:04.28	1:43.06	2:20.75	3:00.04	3:40.85	4:13.23	4:44.58
10 Stephen Milne	94	Perth City	4:50.45	30.27	1:05.15	1:41.90	2:18.35	3:02.72	3:47.72	4:19.55	4:50.45
<b>B - Final</b>											
11 Aidan Smith	94	Nova Cent'n	4:44.90	30.67	1:05.39	1:42.61	2:18.21	2:59.76	3:41.53	4:14.19	4:44.90
12 Joe Lipworth	93	Dun City Aqu	4:47.42	29.92	1:05.05	1:42.23	2:18.42	2:59.07	3:39.92	4:14.94	4:47.42
13 Finn Taylor	93	Co Bristol	4:47.86	30.03	1:05.11	1:39.92	2:13.95	2:58.63	3:43.84	4:16.82	4:47.86
14 Connor Wilson	93	Warrender	4:48.00	32.45	1:10.83	1:46.67	2:21.34	3:02.11	3:44.02	4:16.89	4:48.00
15 Mark Steeples	92	Co Aberdeen	4:51.36	30.14	1:05.98	1:43.72	2:20.32	3:02.43	3:45.42	4:19.63	4:51.36
16 Roy Cameron	90	West Dunbart	4:51.38	29.71	1:04.24	1:43.36	2:21.28	3:03.40	3:45.52	4:19.53	4:51.38
17 Daniel Lim	96	Warrender	4:52.35	30.71	1:06.23	1:44.82	2:22.47	3:02.95	3:45.06	4:19.17	4:52.35
18 Alexander Hunter	96	Nova Cent'n	4:55.80	30.86	1:06.01	1:44.38	2:20.75	3:04.93	3:49.08	4:23.37	4:55.80
19 Matthew Anderson	96	Warrender	4:57.16	30.30	1:05.65	1:45.06	2:23.16	3:06.27	3:49.08	4:23.87	4:57.16
20 Roddy Horne	95	Perth City	4:58.09	30.11	1:06.17	1:44.41	2:22.59	3:06.02	3:49.78	4:24.56	4:58.09

**Scottish Gas National Swimming Open Championships**

Tollcross Park Leisure Centre, Glasgow – 3rd July 2011

**Session 8 – Results****Event 408 Womens 1500 Metre Freestyle**

Snr. Record: 16:28.06		A 29/06/2008		Hannah Miley																	
Jnr. Record: 16:48.88		B 03/12/2006		Megan Gilchrist																	
Name	Yr	Club	Time	50	100	150	200	250	300	350	400										
				450	500	550	600	650	700	750	800										
				850	900	950	1000	1050	1100	1150	1200										
				1250	1300	1350	1400	1450	1500												
1	Claudia Dasca	94	Spain	16:25.49	30.26	1:02.86	1:35.38	2:07.98	2:40.66	3:13.95	3:46.83	4:19.85									
				4:52.74	5:25.67	5:58.54	6:31.70	7:04.81	7:37.88	8:10.59	8:43.62										
				9:16.35	9:49.39	10:22.57	10:55.59	11:28.56	12:01.48	12:34.57	13:08.47										
				13:41.60	14:14.75	14:47.70	15:20.79	15:53.24	16:25.49												
2	Megan Gilchrist	90	Armadale	16:28.88	31.16	1:04.36	1:37.81	2:11.41	2:44.71	3:18.22	3:51.47	4:24.78									
				4:58.03	5:31.30	6:04.30	6:37.48	7:10.55	7:43.60	8:16.65	8:49.53										
				9:22.34	9:55.27	10:28.06	11:01.03	11:33.85	12:06.67	12:39.45	13:12.37										
				13:45.34	14:18.58	14:51.39	15:24.43	15:56.94	16:28.88												
3	Aisha Thornton *	91	Loughboro Un	16:41.35	30.77	1:04.05	1:37.59	2:10.99	2:44.61	3:17.84	3:51.42	4:25.28									
				4:58.79	5:32.47	6:06.12	6:39.67	7:13.92	7:47.39	8:20.85	8:53.97										
				9:27.06	10:00.46	10:33.94	11:07.25	11:40.96	12:14.62	12:47.99	13:21.55										
				13:55.54	14:28.56	15:02.15	15:35.57	16:08.68	16:41.35												
4	Camilla Hattersley	95	Perth City	17:13.59	30.96	1:05.10	1:39.44	2:14.26	2:48.26	3:22.95	3:57.14	4:32.03									
				5:06.44	5:41.15	6:15.68	6:50.63	7:25.12	7:59.90	8:34.26	9:09.26										
				9:43.56	10:18.29	10:52.78	11:27.73	12:02.18	12:37.07	13:11.57	13:46.53										
				14:21.58	14:56.67	15:31.15	16:06.35	16:40.42	17:13.59												
5	Helen McRoberts	91	Warrender	17:20.23	32.27	1:05.96	1:40.42	2:14.67	2:49.43	3:23.81	3:58.86	4:33.43									
				5:08.66	5:43.34	6:18.14	6:52.54	7:27.32	8:01.47	8:36.19	9:10.59										
				9:45.30	10:20.00	10:55.05	11:29.92	12:04.86	12:39.73	13:14.91	13:49.92										
				14:25.49	15:00.53	15:35.92	16:11.09	16:46.12	17:20.23												
6	Rebecca Murray	97	F.I.R.S.T.	17:44.26	31.19	1:06.10	1:41.15	2:16.37	2:51.33	3:27.24	4:02.50	4:38.35									
				5:13.87	5:49.94	6:25.71	7:01.49	7:37.01	8:13.02	8:48.53	9:24.54										
				10:00.08	10:36.15	11:12.06	11:48.14	12:24.03	12:59.79	13:35.51	14:11.63										
				14:47.18	15:22.97	15:58.35	16:34.36	17:09.59	17:44.26												
7	Molly Redford	96	Dun City Aqu	17:51.57	31.19	1:05.42	1:40.45	2:15.70	2:51.03	3:26.68	4:02.42	4:38.18									
				5:14.54	5:50.33	6:26.21	7:01.75	7:38.15	8:13.77	8:50.43	9:26.18										
				10:02.59	10:38.80	11:15.21	11:51.28	12:27.90	13:04.04	13:40.52	14:16.84										
				14:53.72	15:29.84	16:05.84	16:42.39	17:18.33	17:51.57												
8	Rebecca Smith	96	Highland	17:53.99	31.87	1:07.39	1:42.95	2:18.95	2:54.54	3:30.67	4:06.36	4:42.83									
				5:18.58	5:54.82	6:30.38	7:06.74	7:42.80	8:19.14	8:54.99	9:31.27										
				10:07.17	10:43.41	11:19.13	11:55.20	12:30.52	13:06.75	13:42.10	14:18.49										
				14:54.25	15:30.70	16:06.59	16:42.79	17:18.71	17:53.99												
9	Kim Figgins	95	South Lanark	17:55.54	32.61	1:07.67	1:44.29	2:19.85	2:56.36	3:32.33	4:08.69	4:44.41									
				5:20.74	5:56.43	6:32.76	7:08.61	7:44.89	8:20.77	8:56.92	9:32.74										
				10:08.98	10:44.66	11:20.86	11:56.82	12:33.08	13:08.80	13:44.96	14:20.72										
				14:56.91	15:32.87	16:09.17	16:44.87	17:20.88	17:55.54												
10	Ishbel Rodger	94	West Lothian	18:07.79	31.45	1:06.58	1:41.75	2:18.22	2:53.76	3:30.32	4:06.21	4:42.88									
				5:18.86	5:55.43	6:31.54	7:08.31	7:44.38	8:21.22	8:57.66	9:34.42										
				10:10.98	10:47.85	11:24.47	12:01.49	12:38.08	13:14.84	13:51.93	14:28.82										
				15:05.62	15:42.31	16:18.95	16:55.69	17:32.47	18:07.79												
11	Mhairi High	97	Ren 96	18:20.35	32.47	1:07.60	1:43.72	2:19.85	2:56.45	3:32.56	4:09.40	4:46.14									
				5:23.18	5:59.67	6:36.95	7:13.90	7:51.23	8:28.16	9:05.92	9:43.12										
				10:21.01	10:58.69	11:36.37	12:12.81	12:50.41	13:27.60	14:04.82	14:41.69										
				15:19.61	15:56.57	16:33.72	17:09.99	17:46.41	18:20.35												
12	Kim Taylor	95	West Lothian	18:23.18	32.36	1:08.97	1:45.61	2:22.80	3:00.30	3:38.01	4:15.49	4:53.42									
				5:29.97	6:07.25	6:44.51	7:21.96	7:58.83	8:35.78	9:12.67	9:49.90										
				10:27.39	11:04.30	11:40.61	12:17.52	12:54.51	13:31.63	14:08.37	14:45.36										
				15:22.30	15:59.21	16:36.00	17:13.05	17:48.58	18:23.18												
13	Zoe Mitchell	96	Carnegie	18:28.82	31.24	1:06.89	1:42.93	2:20.28	2:57.02	3:34.76	4:11.79	4:49.28									
				5:26.16	6:03.46	6:40.22	7:17.50	7:54.06	8:31.57	9:08.24	9:45.77										
				10:22.64	11:00.35	11:37.51	12:15.46	12:52.61	13:30.62	14:07.77	14:45.59										
				15:22.74	16:00.23	16:37.32	17:14.84	17:51.86	18:28.82												

**Scottish Gas National Swimming Open Championships**

Tollcross Park Leisure Centre, Glasgow – 3rd July 2011

**Session 8 – Results****Event 408 Womens 1500 Metre Freestyle**

14	Molly Savill	95	Wandsworth	18:36.37	30.68	1:05.36	1:41.54	2:18.73	2:56.10	3:33.98	4:11.63	4:49.14
					5:26.72	6:04.22	6:41.14	7:18.74	7:56.17	8:33.75	9:11.63	9:49.47
					10:26.78	11:04.41	11:41.83	12:19.83	12:57.68	13:36.10	14:13.55	14:50.86
					15:28.95	16:07.13	16:45.23	17:22.85	18:00.16	18:36.37		
15	Lauren Aisbitt *	94	Eyemouth	18:37.85	32.75	1:08.40	1:45.72	2:22.27	2:59.81	3:36.87	4:14.58	4:52.09
					5:29.87	6:06.89	6:44.55	7:21.51	7:59.19	8:36.20	9:14.54	9:51.92
					10:29.89	11:07.26	11:45.71	12:23.70	13:01.87	13:39.73	14:18.35	14:56.06
					15:34.30	16:11.33	16:49.13	17:26.12	18:03.02	18:37.85		
16	Jessica Christie	96	South Aberde	18:41.91	34.10	1:12.33	1:50.49	2:29.53	3:08.02	3:46.76	4:25.78	5:04.89
					5:43.69	6:23.33	7:00.21	7:37.88	8:15.51	8:53.88	9:31.34	10:09.10
					10:46.61	11:24.34	12:01.49	12:39.76	13:15.45	13:52.20	14:28.82	15:05.35
					15:41.13	16:16.90	16:52.84	17:29.67	18:06.16	18:41.91		
17	Tilly Sawrey	95	Heart Of Mid	18:46.28	33.71	1:10.87	1:47.88	2:26.18	3:03.82	3:42.42	4:20.11	4:58.88
					5:36.62	6:15.09	6:51.59	7:29.37	8:06.16	8:43.86	9:21.35	9:59.02
					10:36.09	11:14.09	11:51.55	12:29.70	13:06.35	13:44.32	14:22.11	15:00.35
					15:38.38	16:16.99	16:54.90	17:33.01	18:10.09	18:46.28		
18	Rachel Donald	95	West Lothian	18:46.35	32.65	1:08.63	1:45.69	2:23.32	3:00.86	3:38.89	4:16.32	4:54.38
					5:31.99	6:10.42	6:48.11	7:26.45	8:03.97	8:42.15	9:19.65	9:58.07
					10:35.79	11:14.19	11:52.33	12:30.81	13:09.00	13:47.49	14:25.57	15:03.89
					15:41.88	16:19.82	16:57.00	17:34.31	18:10.74	18:46.35		
19	Alex Bryce	97	West Lothian	18:52.88	32.80	1:08.69	1:45.98	2:23.13	3:00.96	3:38.07	4:16.33	4:53.98
					5:32.01	6:09.65	6:48.15	7:25.74	8:04.12	8:41.51	9:20.02	9:57.65
					10:36.01	11:14.06	11:52.38	12:30.05	13:08.70	13:46.63	14:25.24	15:03.17
					15:42.24	16:20.46	16:59.64	17:37.78	18:15.86	18:52.88		
20	Georgia Callander	97	Milngavie &b	18:55.86	32.65	1:09.74	1:47.69	2:25.93	3:04.00	3:42.37	4:20.66	4:58.83
					5:36.73	6:15.10	6:53.00	7:30.83	8:08.80	8:46.81	9:24.93	10:03.49
					10:41.87	11:19.80	11:57.88	12:35.98	13:14.17	13:51.90	14:30.50	15:09.06
					15:47.29	16:25.52	17:03.88	17:41.19	18:18.83	18:55.86		
21	Erin Rafferty	98	West Lothian	18:59.08	33.71	1:10.54	1:48.31	2:26.78	3:04.81	3:43.29	4:21.91	5:00.03
					5:38.27	6:16.72	6:54.60	7:33.11	8:11.57	8:49.26	9:28.10	10:05.98
					10:44.30	11:22.72	12:01.41	12:39.42	13:17.72	13:55.70	14:34.04	15:12.17
					15:50.94	16:29.02	17:07.51	17:45.46	18:22.80	18:59.08		
22	Heather McClymont	95	N Ayrshire	19:08.48	33.46	1:10.35	1:47.95	2:26.05	3:04.01	3:42.25	4:20.14	4:58.59
					5:36.77	6:15.00	6:53.16	7:31.86	8:10.19	8:48.91	9:27.66	10:06.70
					10:45.29	11:24.12	12:02.46	12:41.18	13:19.61	13:58.43	14:37.02	15:16.26
					15:55.09	16:34.46	17:12.95	17:51.89	18:30.17	19:08.48		
23	Erin Cooper	97	West Lothian	19:28.19	34.21	1:11.87	1:51.54	2:30.98	3:10.96	3:50.30	4:29.77	5:09.47
					5:49.01	6:28.29	7:07.63	7:47.06	8:26.56	9:05.42	9:44.86	10:23.93
					11:03.37	11:42.15	12:21.18	12:59.97	13:39.93	14:18.67	14:58.58	15:37.61
					16:17.34	16:55.84	17:35.18	18:13.52	18:51.77	19:28.19		

**Event 409 Mens 4x100 Metre Medley Relay**

<b>Snr. Record:</b>	<b>3:39.73</b>	<b>A</b>	<b>21/03/2006</b>	<b>National</b>	<b>Team</b>						
<b>Jnr. Record:</b>	<b>4:06.41</b>	<b>B</b>	<b>28/06/2009</b>	<b>Warrender B.C.</b>							
<b>Team</b>	<b>Time</b>	<b>50</b>	<b>100</b>	<b>150</b>	<b>200</b>	<b>250</b>	<b>300</b>	<b>350</b>	<b>400</b>		
1	Edinburgh Un	A	3:47.56	28.20	58.14	1:27.64	2:02.16	2:27.34	2:56.56	3:20.34	3:47.56
	1) Kieran McGuckin 90		2) Andrew Rodgie 88		3) Iain Macmillan 86		4) Richard Shafers 91				
2	Co Glasgow	S	3:49.96	28.90	59.29	1:28.67	2:03.84	2:28.91	2:58.60	3:23.05	3:49.96
	1) Andrew Donaldson 91		2) Jamie Graham 93		3) Daniel Scott 90		4) Robbie Renwick 88				
3	Warrender	S	3:52.67	28.70	56.60	1:26.93	2:02.50	2:28.68	2:58.54	3:24.61	3:52.67
	1) Craig McNally 92		2) Chris Kerr 93		3) Lewis Smith 88		4) Connor Wilson 93				
4	Dun City Aqu	A	3:58.73	29.50	59.90	1:30.21	2:05.63	2:33.17	3:04.45	3:29.79	3:58.73
	1) Michael McGovern 91		2) Ross Clark 87		3) Jamie Wilmshurst 92		4) Peter Stewart 92				
5	Co Aberdeen	S	4:02.62	28.73	1:00.00	1:30.51	2:07.49	2:35.26	3:08.95	3:34.35	4:02.62
	1) Andrew McGovern 92		2) Euan Inglis 93		3) Euan Dunbar 94		4) Mark Campbell 91				



**Event 409 Mens 4x100 Metre Medley Relay**

6	StirlingSwim	S	4:03.54	28.43	58.22	1:28.40	2:04.96	2:33.11	3:06.69	3:33.64	4:03.54
	1) Joseph Welstead 90		2) Cameron Brown 89		3) Martin Cremin 91		4) Andrew Loudon 91				
7	South Lanark	S	4:04.34	29.15	1:00.44	1:30.26	2:06.26	2:34.32	3:08.84	3:35.20	4:04.34
	1) Ross McCafferty 92		2) Douglas Scott 91		3) Michael Allison 94		4) Jack McComish 95				
8	Perth City	A	4:05.53	29.47	1:00.23	1:35.11	2:15.35	2:41.36	3:11.44	3:36.59	4:05.53
	1) Stephen Milne 94		2) Roddy Horne 95		3) Eamon Rivers 92		4) Graeme Hunter 89				
9	Carnegie	J	4:06.51	30.87	1:02.99	1:35.12	2:12.23	2:39.75	3:11.49	3:37.64	4:06.51
	1) Lewis Kirby 95		2) Mark Szaranek 95		3) Craig Bowman 96		4) Blair Hershaw 95				
10	East Lothian	A	4:10.58	31.20	1:05.93	1:36.42	2:13.17	2:40.56	3:15.01	3:41.66	4:10.58
	1) Daniel Kirkham 95		2) Mark Tully 92		3) Will Johnston 93		4) Cameron Craig 94				
11	Warrender	J	4:22.40	32.12	1:06.61	1:39.86	2:17.80	2:46.69	3:21.20	3:49.59	4:22.40
	1) Daniel McGregor 97		2) Daniel Lim 96		3) David Mulligan 96		4) Simran Wilks 95				
12	F.I.R.S.T.	J	4:23.51	32.28	1:07.10	1:41.18	2:21.29	2:51.29	3:26.12	3:52.99	4:23.51
	1) Craig Knight 95		2) Ian Elrick 96		3) Duncan Scott 97		4) Dale McAnish 96				
13	North Lanark	A	4:23.83	30.24	1:02.84	1:41.48	2:26.00	2:52.62	3:24.00	3:52.59	4:23.83
	1) Euan Alston 94		2) Graeme McKinney 95		3) Calum McGhee 91		4) Ross Brown 95				
14	Sth Ayrshire	A	4:25.06	32.96	1:08.17	1:41.79	2:20.29	2:51.19	3:26.62	3:54.48	4:25.06
	1) Kieran Brand 98		2) Ewan Cameron 89		3) Blair Stevenson 95		4) James Mowbray 94				
*15	Co Aberdeen	J	4:27.12	33.05	1:07.88	1:45.52	2:29.31	2:57.22	3:30.47	3:57.41	4:27.12
	1) Joe Yeoman 95		2) William Broadhurst 95		3) Timothy McGovern 95		4) Daniel Smith 95				
*15	South Aberde	J	4:27.12	33.10	1:09.28	1:43.80	2:22.98	2:52.78	3:27.04	3:56.36	4:27.12
	1) Joe Steel 96		2) Christopher Yule 96		3) Brad Arthur 96		4) Daniel Green 96				
17	South Lanark	J	4:28.80	31.78	1:05.84	1:41.99	2:23.06	2:51.97	3:27.88	3:57.34	4:28.80
	1) Jack Mollison 95		2) Cameron Park 97		3) Cameron Watkins 97		4) Declan McGallagly 95				
18	Co Glasgow	J	4:32.40	32.39	1:07.34	1:40.68	2:20.07	2:53.69	3:32.08	4:00.82	4:32.40
	1) Kieran Izzett 96		2) Rory Shirley 95		3) Martin McInnes 98		4) Ian Phillips 95				
*19	StirlingSwim	J	4:36.02	34.01	1:10.49	1:45.57	2:25.19	2:56.27	3:33.41	4:03.26	4:36.02
	1) Jordon Whitehead 95		2) Scott Macarthur 96		3) Gareth Allen 95		4) Craig Coull 95				
*19	Alloa	A	4:36.02	34.81	1:12.57	1:48.40	2:29.75	2:59.58	3:34.15	4:03.47	4:36.02
	1) Craig Douglas 96		2) Lachlan Ryan 94		3) Lewis McIntyre 95		4) Jamie Marshall 95				
---	Garioch	A	DQ	32.75	1:07.88	1:41.81	2:21.75	2:49.85	3:22.98	3:49.95	DQ
	1) Joseph Miley 97		2) Thomas Holmes 95		3) David Smith 93		4) Robert Bryce 94				
---	Ren 96	A	DQ	32.22	1:07.08	1:41.55	2:21.95	2:52.14	3:27.47	3:53.42	DQ
	1) Neil Ross 94		2) Paul McDonald 94		3) Ross MacDonald 95		4) Alastair Turner 92				
---	Ealing	A	DQ	28.87	1:00.27	1:29.14	2:04.18	2:29.93	3:00.61	3:25.66	DQ
	1) Kyle Barrett 90		2) Georgios Syrianos 89		3) Conor Barrett 90		4) Allen Lindenberg * 89				

**Event 410 Womens 4x100 Metre Medley Relay**

Snr. Record:	4:11.40	A	04/08/2002	National	Team						
					100	150	200	250	300	350	400
Jnr. Record:	4:23.92	B	12/08/2000	National	Team						
Team	Time		50		100	150	200	250	300	350	400
1 Spain	A 4:06.97		29.84		1:02.03	1:34.79	2:11.31	2:39.42	3:11.20	3:37.71	4:06.97
1) Mercedes Peris 85		2) Marina Garcia 94			3) Judit Ignacio 94			4) Maria Fuster 85			
2 Edinburgh Un	A 4:24.22		32.54		1:07.02	1:39.48	2:18.52	2:48.27	3:23.46	3:52.22	4:24.22
1) Kerry Buchan 87		2) Kathryn Johnstone 90			3) Sarah Eaglesham 92			4) Eleanor Brooke 91			
3 East Lothian	J 4:29.93		33.07		1:08.20	1:43.41	2:24.85	2:54.84	3:29.81	3:58.25	4:29.93
1) Rachel Sharples 96		2) Raquel Matos 96			3) Gillian Clark 96			4) Kirsty Hunter 96			
4 Carnegie	A 4:30.23		31.68		1:05.63	1:42.32		2:54.67	3:31.61	4:00.09	4:30.23
1) Chelsea Lawson 96		2) Samantha Caulfield 97			3) Eloise Barber 92			4) Rachael O'Donnell 96			
5 F.I.R.S.T.	A 4:30.47		30.97		1:04.03	1:40.74	2:24.32	2:55.12	3:29.91	3:59.14	4:30.47
1) Charlotte McKenzie 96		2) Erin Risk 94			3) Kayrine Kelly 95			4) Julie Hunter 96			
6 B.E.S.T.	A 4:31.59		32.24		1:05.86	1:41.92	2:23.13	2:54.18	3:29.87	3:59.59	4:31.59
1) Lucy Hope 97		2) Rebekah Wilson 93			3) Amy Fraser 94			4) Jessica Wilcox 95			
7 South Aberde	A 4:33.27		32.61		1:08.25	1:43.90	2:26.30	2:56.31	3:32.81	4:01.19	4:33.27
1) Claire Moir 94		2) Amy-Jo Bellany 94			3) Rachel Masson 95			4) Sara Hamilton 94			
8 South Lanark	S 4:34.13		34.49		1:10.40	1:43.94	2:23.48	2:55.14	3:32.00	4:01.26	4:34.13
1) Emma Christie 96		2) Corrie Scott 93			3) Kim Figgins 95			4) Lindsay Bloomer 93			
9 Milngavie & b	A 4:34.21		33.35		1:09.26	1:46.12	2:28.53	2:59.25	3:35.18	4:03.25	4:34.21
1) Julie Williams 96		2) Kirstin McKinley 95			3) Megan Donnelly 94			4) Lauren Averell 95			
10 Warrender	S 4:34.49		33.74		1:09.27	1:45.76	2:26.67	2:57.36	3:32.41	4:02.40	4:34.49
1) Shona Lambert 94		2) Jennifer Dobson 93			3) Nicole Wilson 91			4) Camille Brash 94			
11 Co Aberdeen	S 4:38.56		33.51		1:09.08	1:44.79	2:27.19	2:57.75	3:34.36	4:04.44	4:38.56
1) Emily Grant 97		2) Hayley Monteith 94			3) Elizabeth Hughes 94			4) Caitlin Tootill 96			
12 Warrender	J 4:39.18		33.36		1:08.73	1:46.02	2:29.23	3:00.25	3:35.49	4:05.42	4:39.18
1) Megan Wilson 96		2) Tiffany Bachelet 97			3) Megan Briggs 97			4) Kate Forbes 95			
13 Ren 96	A 4:41.60		33.66		1:10.77	1:47.83	2:32.55	3:04.30	3:41.18	4:09.90	4:41.60
1) Katie James 96		2) Connie Mackay 95			3) Mhairi High 97			4) Rhiannon Gilkes 97			
14 Dumfries	A 4:41.80		34.27		1:12.01	1:48.96	2:31.53	3:02.77	3:40.72	4:09.68	4:41.80
1) Terri Johnston 95		2) Shannon McClelland 95			3) Morven Clements 96			4) Abbie Houston 95			
15 North Lanark	A 4:41.93		33.22		1:09.45	1:46.70	2:31.12	3:01.94	3:39.04	4:09.23	4:41.93
1) Lynn Macarthur 94		2) Robyn Leslie 94			3) Leanna Marshall 94			4) Hannah Coats 94			
16 StirlingSwim	S 4:48.02		33.36		1:10.54	1:47.44	2:29.58	3:03.62	3:45.53	4:15.66	4:48.02
1) Katinka Merchan 92		2) Jennifer Rogerson 93			3) Cara Smith 97			4) Rosie Ogg 90			
17 Co Glasgow	J 4:51.58		33.21		1:09.61	1:48.88	2:34.23	3:07.91	3:47.93	4:18.27	4:51.58
1) Victoria Milburn 95		2) Robyn Dickson 98			3) Yong Chin Breslin 96			4) Rhona Stewart 95			
18 East Lothian	S 4:53.44		34.26		1:11.28	1:51.78	2:36.84	3:11.74	3:50.53	4:20.96	4:53.44
1) Jennifer Ritchie 96		2) Caitlin Hamilton 97			3) Emily Atkinson 95			4) Chloe McCallum 97			
19 Alloa	A 5:01.97		38.05		1:19.62	1:57.15	2:41.57	3:15.40	3:58.17	4:28.40	5:01.97
1) Eilidh Nimmo 97		2) Rebecca Hay 98			3) Lauren Anderson 96			4) Shannon Sinclair 96			
20 South Lanark	J 5:02.40		34.83		1:12.23	1:51.81	2:36.53	3:11.34	3:54.25	4:27.08	5:02.40
1) Maya Andrew 96		2) Morven McNab 96			3) Alyson Henderson 97			4) Meg Finnon 98			
21 StirlingSwim	J 5:12.52		35.05		1:12.50	1:55.83	2:43.96	3:18.73	4:00.23	4:33.37	5:12.52
1) Claire Wilson 95		2) Rebecca Millar 97			3) Ella Shilliday 98			4) Ailsa Gordon 98			
--- Dun City Aqu	A				DQ			32.42	1:06.65	1:42.39	2:25.24
1) Kirsty Simpson 96		2) Hannah Ward 93			3) Louise Hamilton 91			4) Ellie Finlayson 95			