

Scottish Amateur Swimming Association East District Records - Short Course

BACKSTROKE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Mark Szaranek	CE	00.33.18	25.03.07	50 - 11	Caitlyn Morrison	AN	00.33.72	02.11.02
Zach Courtney	WB	00.30.52	25.03.07	50 - 12	Caitlyn Morrison	AN	00.31.90	02.11.03
Zach Courtney	DD	00.29.37	11.01.08	50 - 13	Lisa Main	DD	00.30.82	08.09.07
Daniel Scott	GS	00.29.00	07.11.04	50 - 14	Lisa Main	DD	00.29.82	11.01.08
Daniel Scott	GS	00.27.72	06.11.05	50 - 15	Ailsa Hershaw	CE	00.30.39	06.09.08
Bryan Morgan	CE	00.27.02	20.12.96	50 - 16	Eloise Barber	CE	00.29.42	16.01.09
Bryan Morgan	CE	00.27.02	20.12.96	50 - Junior	Lisa Main	DD	00.29.82	11.01.08
Billy Purnell	WB	00.25.70	12.01.07	50 - 17/18	Rosie Hood	WB	00.30.53	16.01.09
Gregor Tait	HM	00.24.52	12.12.03	50 - Senior	Lisa Main	DD	00.29.82	11.01.08
Craig Bowman	CE	01.10.68	02.03.08	100 - 11	Chelsea Lawson	IS	01.12.40	02.03.08
Zach Courtney	WB	01.06.06	22.10.06	100 - 12	Chelsea Lawson	IS	01.07.79	07.03.09
Zach Courtney	DD	01.01.93	02.03.08	100 - 13	Chelsea Lawson	CE	01.05.47	17.01.10
Craig Benson	WB	01.01.11	08.03.09	100 - 14	Lisa Main	DD	01.04.94	13.01.08
Bryan Morgan	CE	00.57.94	16.12.95	100 - 15	Rosie Hood	WB	01.03.77	04.03.07
Daniel Scott	GS	00.57.23	04.03.07	100 - 16	Emma Hunter	CE	01.02.92	17.01.10
Bryan Morgan	CE	00.57.94	16.12.95	100 - Junior	Emma Hunter	EL	01.03.56	07.11.09
Billy Purnell	WB	00.55.44	04.03.07	100 - 17/18	Louise Pate	HM	01.05.19	04.03.07
Gregor Tait	HM	00.51.88	16.08.03	100 - Senior	Fiona Booth	EU	01.03.16	09.08.09
Craig Bowman	CE	02.34.55	15.12.07	200 - 11	Rachael O'Donnell	IS	02.33.26	21.06.08
Jordon Lamb	CE	02.22.50	21.06.09	200 - 12	Lucy Hope	KO	02.24.31	31.10.09
Zach Courtney	DD	02.15.65	11.01.08	200 - 13	Jennifer Dobson	DD	02.21.01	04.11.06
Craig McNally	WB	02.10.93	04.11.07	200 - 14	Jennifer Dobson	WB	02.21.19	04.11.07
Craig McNally	WB	02.02.66	01.11.08	200 - 15	Nicole Wilson	HM	02.16.84	05.11.06
Craig McNally	WB	02.00.79	06.08.09	200 - 16	Rosie Hood	WB	02.13.31	12.01.08
Craig McNally	WB	02.02.66	01.11.08	200 - Junior	Rosie Hood	WB	02.13.31	12.01.08
Lewis Smith	WB	01.59.42	12.01.07	200 - 17/18	Sally Wood	WB	02.16.63	16.01.09
Gregor Tait	CI	01.51.66	13.04.08	200 - Senior	Rosie Hood	WB	02.13.31	12.01.08

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BREASTSTROKE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Benson	LD	00.38.26	23.10.05	50 - 11	Kathryn Johnstone	CE	00.39.05	15.12.01
Craig Benson	LD	00.34.29	12.01.07	50 - 12	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	WB	00.32.16	02.03.08	50 - 13	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	00.30.02	16.01.09	50 - 14	Robyn Matthews	AN	00.33.71	15.01.05
Craig Benson	WB	00.29.45	15.01.09	50 - 15	Kirsty Balfour	HM	00.33.58	12.12.99
Iain Scanlon	DD	00.30.16	12.01.07	50 - 16	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	00.29.45	15.01.10	50 - Junior	Kirsty Balfour	HM	00.32.70	17.12.00
Andrew Rodgie	CE	00.29.13	13.01.06	50 - 17/18	Kirsty Balfour	HM	00.32.46	09.08.01
Kris Gilchrist	CI	00.27.65	16.11.08	50 - Senior	Kirsty Balfour	CI	00.31.56	12.01.08
Craig Benson	LD	01.22.17	04.12.05	100 - 11	Kathryn Johnstone	CE	01.23.44	15.12.01
Craig Benson	LD	01.12.75	04.03.07	100 - 12	Ashley Warrender	FS	01.17.70	03.11.01
Craig Benson	WB	01.07.94	22.03.08	100 - 13	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	01.04.74	07.03.09	100 - 14	Robyn Matthews	AN	01.11.63	15.01.05
Craig Benson	WB	01.04.01	16.01.10	100 - 15	Robyn Matthews	DD	01.10.93	12.01.07
Gary Watson	FS	01.04.05	21.12.85	100 - 16	Kirsty Balfour	HM	01.09.97	15.12.00
Craig Benson	WB	01.04.01	16.01.10	100 - Junior	Kirsty Balfour	HM	01.09.97	15.12.00
Andrew Rodgie	CE	01.02.81	18.03.06	100 - 17/18	Kirsty Balfour	HM	01.09.21	03.03.01
Ian Edmond	WB	*00.59.18	00.12.01	100 - Senior	Kirsty Balfour **	CI	01.06.51	21.01.06
Ryan Brown	KO	03.07.48	06.12.09	200 - 11	Rachael O'Donnell	IS	02.59.18	21.06.08
Lewis Smith	WB	02.39.39	17.12.00	200 - 12	Ashley Warrender	FS	02.48.61	16.12.01
Craig Benson	WB	02.29.45	13.01.08	200 - 13	Linda McLaren	WB	02.41.53	03.12.88
Craig Benson	WB	02.22.47	16.01.09	200 - 14	Robyn Matthews	AN	02.33.74	11.12.05
Craig Benson	WB	02.21.95	05.12.09	200 - 15	Robyn Matthews	CI	02.31.33	02.12.06
Lewis Smith	WB	02.23.16	29.08.04	200 - 16	Roisin Donnelly	CE	02.30.66	05.12.09
Craig Benson	WB	02.21.95	05.12.09	200 - Junior	Roisin Donnelly	CE	02.30.66	05.12.09
Lewis Smith	WB	02.14.98	12.01.07	200 - 17/18	Lauren Greenshields	PS	02.30.31	15.12.01
Ian Edmond	WB	*02.05.63	14.12.03	200 - Senior	Kirsty Balfour **	CI	02.21.81	08.12.06

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BUTTERFLY

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Bowman	CE	00.31.78	17.05.08	50 - 11	Raquel Matos	PO	00.32.87	11.11.07
Zach Courtney	WB	00.30.38	25.03.07	50 - 12	Rachael O'Donnell	IS	00.31.37	29.03.09
Chris Smith	WB	00.27.81	16.12.01	50 - 13	Lucy Ellis	DD	00.30.06	14.01.07
Nathan Lamond	FS	00.27.84	12.10.02	50 - 14	Lucy Ellis	DD	00.28.88	08.09.07
Daniel Scott	GS	00.26.44	06.11.05	50 - 15	Eloise Barber	CE	00.28.77	11.01.08
Daniel Scott	GS	00.25.40	14.01.07	50 - 16	Eloise Barber	CE	00.28.97	16.01.09
Malcolm Kerr	WB	00.26.27	17.08.03	50 - Junior	Lucy Ellis	WB	00.28.88	08.09.07
Daniel Scott	GS	00.24.90	17.01.09	50 - 17/18	Louise Pate	HM	00.27.84	15.01.06
David Leith	CI	00.24.27	15.01.06	50 - Senior	Alena Popchanka	CI	00.26.41	02.12.06
Mark Szaranek	CE	01.09.83	04.03.07	100 - 11	Rachael O'Donnell	IS	01.11.59	02.03.08
Zach Courtney	WB	01.05.74	04.03.07	100 - 12	Rachael O'Donnell	IS	01.06.68	09.03.09
Zach Courtney	DD	01.01.17	02.03.08	100 - 13	Grace Kerr	WB	01.06.31	12.11.88
Mark Szaranek	CE	00.58.30	15.01.10	100 - 14	Lucy Ellis	DD	01.03.95	21.10.07
Daniel Scott	GS	00.58.46	16.10.05	100 - 15	Megan Gilchrist	CI	01.03.85	07.05.05
Daniel Scott	GS	00.55.55	04.03.07	100 - 16	Eloise Barber	CE	01.02.94	07.03.09
Lee Aitken	CE	00.57.26	15.12.02	100 - Junior	Louise Pate	HM	01.03.52	06.11.04
Daniel Scott	GS	00.55.01	17.01.09	100 - 17/18	Louise Pate	HM	00.59.67	04.03.07
Iain Macmillan	EU	00.54.12	08.08.09	100 - Senior	Alena Popchanka	CI	00.57.55	09.12.07
Jamie Coulter	FP	02.46.33	07.11.04	200 - 11	Rachael O'Donnell	IS	02.39.95	21.06.08
Mark Szaranek	CE	02.24.70	22.06.08	200 - 12	Rachael O'Donnell	IS	02.29.22	20.06.09
Mark Szaranek	CE	02.14.11	20.06.09	200 - 13	Emma Harrison	WB	02.23.11	13.12.03
Mark Szaranek	CE	02.09.30	16.01.09	200 - 14	Blaine Small	CE	02.21.49	11.01.08
Craig Benson	WB	02.09.17	31.10.09	200 - 15	Megan Gilchrist	CI	02.16.44	11.12.05
Lewis Smith	WB	02.04.16	28.08.04	200 - 16	Megan Gilchrist	CI	02.16.94	04.11.06
Lewis Smith	WB	02.04.16	28.08.04	200 - Junior	Megan Gilchrist	CI	02.16.44	11.12.05
Lewis Smith	WB	01.59.66	12.01.07	200 - 17/18	Louise Pate	HM	02.15.14	12.01.07
Iain Macmillan	EU	01.55.70	08.08.09	200 - Senior	Alena Popchanka	CI	02.10.95	11.11.05

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FREESTYLE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Craig Bowman	CE	00.29.55	17.05.08	50 - 11	Caitlyn Morrison	AN	00.29.89	08.09.02
Mark Szaranek	CE	00.27.58	02.03.08	50 - 12	Rachael O'Donnell	IS	00.28.76	29.03.09
Mark Szaranek	CE	00.25.85	08.03.09	50 - 13	Lucy Ellis	DD	00.27.14	13.01.07
Mark Szaranek	CE	00.24.62	22.11.09	50 - 14	Lucy Ellis	DD	00.26.32	08.09.07
Daniel Scott	GS	00.23.92	16.10.05	50 - 15	Lynn McLaren	CE	00.26.81	01.12.96
Daniel Scott	GS	00.23.50	04.06.06	50 - 16	Eloise Barber	CE	00.26.61	16.01.09
Daniel Scott	GS	00.23.50	04.06.06	50 - Junior	Lucy Ellis	DD	00.26.32	08.09.07
Daniel Scott	GS	00.22.92	16.01.09	50 - 17/18	Eloise Barber	CE	00.26.39	16.01.10
Daniel Scott	GS	00.22.92	16.01.09	50 - Senior	Alena Popchanka	CI	00.24.79	09.12.05
Mark Szaranek	CE	01.01.05	04.03.07	100 - 11	Rachael O'Donnell	IS	01.04.07	02.03.08
Callum Prentice	FP	00.59.70	14.12.01	100 - 12	Rachael O'Donnell	IS	01.00.95	07.03.09
Zachary Courtney	DD	00.55.21	02.03.08	100 - 13	Lucy Ellis	DD	00.58.00	12.01.07
Mark Szaranek	CE	00.53.72	22.11.09	100 - 14	Lucy Ellis	DD	00.56.72	08.09.07
Jamie Coulter	AN	00.52.73	08.03.09	100 - 15	Lucy Ellis	DD	00.57.45	02.03.08
Daniel Scott	GS	00.51.43	04.03.07	100 - 16	Eloise Barber	CE	00.57.27	16.01.09
Graeme Wilson	CE	00.52.26	11.04.81	100 - Junior	Lucy Ellis	DD	00.56.72	08.09.07
Daniel Scott	GS	00.50.37	17.01.09	100 - 17/18	Eloise Barber	CE	00.57.05	15.01.10
Nicholas Shackell	HM	00.49.33	19.12.98	100 - Senior	Alena Popchanka	CI	00.52.91	08.12.06
Callum Prentice	FP	02.16.30	16.12.00	200 - 11	Rachael O'Donnell	IS	02.16.68	21.06.08
Mark Szaranek	CE	02.04.36	22.06.08	200 - 12	Rachael O'Donnell	IS	02.10.40	20.06.09
Mark Szaranek	CE	01.56.92	20.06.09	200 - 13	Lucy Ellis	DD	02.04.54	14.01.07
Mark Szaranek	CE	01.57..27	17.01.10	200 - 14	Lucy Ellis	DD	02.02.24	08.09.07
Richard Schafers	DD	01.54.16	03.12.06	200 - 15	Robyn Matthews	CI	02.02.56	03.12.06
Ewan Johnston	WB	01.52.69	12.01.07	200 - 16	Megan Gilchrist	CI	02.02.02	12.01.07
Richard Schafers	DD	01.54.16	03.12.06	200 - Junior	Lucy Ellis	DD	02.02.24	08.09.07
Jak Scott	DD	01.49.04	07.12.08	200 - 17/18	Eloise Barber	CE	02.02.47	17.01.10
Jamie Salter	WB	01.44.99	14.12.01	200 - Senior	Alena Popchanka	CI	01.54.25	10.12.06

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FREESTYLE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Mark Szaranek	CE	04.49.80	17.02.07	400 - 11	Rachael O'Donnell	IS	04.48.06	21.06.08
Mark Szaranek	CE	04.23.90	22.06.08	400 - 12	Rachael O'Donnell	IS	04.39.56	21.06.09
Mark Szaranek	CE	04.12.11	20.06.09	400 - 13	Lucy Ellis	DD	04.23.81	13.01.07
Lewis Smith	WB	04.09.47	12.12.02	400 - 14	Carol Shiell	PS	04.22.69	07.05.88
Richard Schafers	DD	04.03.97	03.12.06	400 - 15	Robyn Matthews	CI	04.15.52	03.12.06
Craig Hamilton	WB	03.52.29	07.12.08	400 - 16	Megan Gilchrist	CI	04.15.86	13.01.07
Graeme Wilson	CE	04.01.82	07.03.81	400 - Junior	Robyn Matthews	CI	04.15.52	03.12.06
Ewan Johnston	WB	03.50.38	16.11.08	400 - 17/18	Sally Wood	WB	04.16.40	17.01.09
Jamie Salter	WB	03.43.48	00.12.99	400 - Senior	Alena Popchanka	CI	04.00.80	16.12.07
Mark Szaranek	CE	10.18.60	17.02.07	800 - 11	Rachael O'Donnell	IS	09.57.76	21.06.08
Craig Bowman	CE	09.26.99	08.02.09	800 - 12	Rachel Sharples	MH	09.27.72	07.02.09
Mark Szaranek	CE	08.48.70	08.02.09	800 - 13	Emma Harrison	WB	09.14.95	12.12.03
Daniel Ritchie	WB	08.50.70	15.12.01	800 - 14	Angela Pendrich	CE	08.59.25	14.12.90
Richard Schafers	DD	08.23.13	24.06.06	800 - 15	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	08.25.04	28.08.04	800 - 16	Megan Gilchrist	CI	08.42.43	12.01.07
Richard Schafers	DD	08.23.13	24.06.06	800 - Junior	Robyn Matthews	DD	08.42.31	12.01.07
Craig Hamilton	WB	07.57.26	08.02.09	800 - 17/18	Megan Gilchrist	CI	08.40.57	11.01.08
Craig Hamilton	WB	07.57.26	08.02.09	800 - Senior	Megan Gilchrist	CI	08.40.57	11.01.08
James Black	AN	19.20.61	21.06.08	1500 - 11	Lucy Ellis	IS	19.45.80	05.12.04
Craig Bowman	CE	18.06.79	08.02.09	1500 - 12	Lucy Ellis	IS	18.43.60	02.04.05
Mark Szaranek	CE	16.27.23	20.06.09	1500 - 13	Emma Harrison	WB	17.49.64	14.12.03
Paul Latimer	WB	16.36.02	03.06.90	1500 - 14	Sarah Kelly	GS	17.36.34	03.02.07
Lewis Smith	WB	15.48.06	16.08.03	1500 - 15	Helen McRoberts	WB	17.19.03	03.02.07
Lewis Smith	WB	15.42.64	28.08.04	1500 - 16	Helen McRoberts	WB	17.20.65	03.02.08
Lewis Smith	WB	15.42.64	28.08.04	1500 - Junior	Helen McRoberts	WB	17.19.03	03.02.07
Craig Hamilton	WB	15.20.68	07.02.09	1500 - 17/18	Katelyn Stewart	WB	17.30.85	03.02.08
John Owen	CI	14.58.69	16.12.06	1500 - Senior	Helen McRoberts	WB	17.00.80	08.02.09

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Scottish Amateur Swimming Association East District Records - Short Course

INDIVIDUAL MEDLEY

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Mark Szaranek	CE	01.14.27	25.03.07	100 - 11	Joanna Whitelaw	HN	01.16.64	04.05.08
Zach Courtney	WB	01.07.78	25.03.07	100 - 12	Rachael O'Donnell	IS	01.11.02	16.01.09
Craig Benson	WB	01.02.45	22.03.08	100 - 13	Rachael O'Donnell	CE	01.08.17	16.01.10
Craig Benson	WB	01.00.34	16.01.09	100 - 14	Ailsa Hershaw	CE	01.07.08	13.01.08
Dan Wallace	WB	01.00.20	16.01.09	100 - 15	Eloise Barber	CE	01.04.63	11.01.08
Daniel Scott	GS	00.58.53	14.01.07	100 - 16	Eloise Barber	CE	01.04.09	16.01.09
Daniel Scott	GS	00.59.15	03.06.06	100 - Junior	Sally Wood	WB	01.06.43	12.01.07
Lewis Smith	WB	00.57.17	12.01.07	100 - 17/18	Eloise Barber	CE	01.03.09	16.01.09
Kristopher Gilchrist	EU	00.53.42	08.08.09	100 - Senior	Fiona Booth	WB	01.02.32	15.01.06
Mark Szaranek	CE	02.38.89	17.02.07	200 - 11	Rachael O'Donnell	IS	02.36.19	02.02.08
Lewis Smith	WB	02.26.00	17.12.00	200 - 12	Rachael O'Donnell	IS	02.26.44	08.02.09
Craig Benson	WB	02.15.40	03.02.08	200 - 13	Emma Harrison	WB	02.22.91	12.12.03
Craig Benson	WB	02.10.49	07.02.09	200 - 14	Lucy Ellis	DD	02.20.55	02.02.08
Lewis Smith	WB	02.09.05	14.08.03	200 - 15	Eloise Barber	CE	02.17.91	11.01.08
Ewan Johnston	WB	02.06.32	12.01.07	200 - 16	Eloise Barber	CE	02.15.84	16.01.09
Lewis Smith	WB	02.07.24	26.08.04	200 - Junior	Katy Burke	WB	02.18.37	18.12.93
Ewan Johnston	WB	02.00.66	16.11.08	200 - 17/18	Sally Wood	WB	02.15.66	16.01.09
Gregor Tait	CI	01.57.40	12.01.08	200 - Senior	Sally Wood	WB	02.15.66	16.01.09
Mark Szaranek	CE	05.34.77	03.02.07	400 - 11	Rachael O'Donnell	IS	05.24.14	21.06.08
Mark Szaranek	CE	05.05.03	22.06.08	400 - 12	Rachael O'Donnell	IS	05.14.66	16.01.09
Mark Szaranek	CE	04.47.86	20.06.09	400 - 13	Emma Harrison	WB	04.56.49	11.12.03
Lewis Smith	WB	04.36.97	12.12.02	400 - 14	Robyn Mathews	AS	04.59.17	16.04.05
Lewis Smith	WB	04.27.92	15.08.03	400 - 15	Robyn Mathews	CI	04.48.97	14.01.07
Lewis Smith	WB	04.24.48	27.08.04	400 - 16	Eloise Barber	CE	04.52.36	16.01.09
Lewis Smith	WB	04.24.48	27.08.04	400 - Junior	Robyn Mathews	CI	04.48.97	14.01.07
Lewis Smith	WB	04.13.91	12.01.07	400 - 17/18	Sally Wood	WB	04.48.19	17.01.09
Lewis Smith	WB	04.10.70	14.12.07	400 - Senior	Sally Wood	WB	04.48.19	17.01.09

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**Scottish Amateur Swimming Association
East District Records - Short Course**

FREESTYLE RELAYS

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Carnegie		02.03.50	04.03.07	Free 4x50 - 11/U	Musselburgh		02.05.69	02..03.08
Warrender		01.55.82	04.03.07	Free 4x50 - 12	Musselburgh		01.58.21	08.03.09
Carnegie		01.48.29	08.03.09	Free 4x50 - 13/14	Carnegie		01.54.53	16.01.10
Midlothian		01.41.02	07.11.04	Free 4x50 - 15/16	Carnegie		01.51.80	07.03.09
Midlothian		01.41.02	07.11.04	Free 4x50 - Junior	Dunedin Swim Team		01.51.28	02.03.08
Carnegie		01.38.22	06.05.00	Free 4x50 - 17/18	Warrender		01.52.94	08.03.09
City of Edinburgh		01.30.15	12.01.08	Free 4x50 - Senior	Warrender		01.46.67	12.01.07
Glenrothe		05.10.76	30.08.08	Free 4x100 - 11/U	Unclaimed			
Portobello		05.01.93	30.08.08	Free 4x100 - 12	East Lothian ST		04.16.50	16.01.09
Portobello		04.15.00	30.08.08	Free 4x100 - 13/14	Teviotdale ASC		04.33.35	30.08.08
Warrender		03.41.97	15.08.03	Free 4x100 - 15/16	Unclaimed			
Warrender		03.41.97	15.08.03	Free 4x100 - Junior	East Lothian ST		04.16.50	16.01.09
Unclaimed				Free 4x100 - 17/18	Unclaimed			
City of Edinburgh		03.21.85	09.08.01	Free 4x100 - Senior	City of Edinburgh		04.04.93	06.03.04
Unclaimed				Free 4x200 - 11/U	Glenrothes		11.31.39	30.08.08
Unclaimed				Free 4x200 - 12	Unclaimed			
Unclaimed				Free 4x200 - 13/14	Unclaimed			
Warrender		07.58.52	26.08.04	Free 4x200 - 15/16	Unclaimed			
Warrender		07.58.52	26.08.04	Free 4x200 - Junior	Glenrothes		11.31.39	30.08.08
Unclaimed				Free 4x200 - 17/18	Unclaimed			
Edinburgh University		07.12.77	07.08.09	Free 4x200 - Senior	Aquanauts Livingston		08.52.41	07.03.04

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Short Course**

MEDLEY RELAYS

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Carnegie		02.20.52	04.03.07	Medley 4x50 - 11/U	Musselburgh		02.21.30	02.03.08
Carnegie		02.12.90	08.03.09	Medley 4x50 - 12	Musselburgh		02.13.40	08.03.09
Carnegie		02.00.59	08.03.09	Medley 4x50 - 13/14	Carnegie		02.06.54	15.01.10
Scotland East		01.52.02	16.10.05	Medley 4x50 - 15/16	Carnegie		02.04.39	07.03.09
Scotland East		01.52.02	16.10.05	Medley 4x50 - Junior	Carnegie		02.04.32	06.03.93
Scotland East		01.47.80	16.10.05	Medley 4x50 - 17/18	Scotland East		02.06.10	16.10.05
City of Edinburgh		01.38.78	11.01.08	Medley 4x50 - Senior	Warrender		01.59.03	12.01.07
Portobello		06.08.28	30.08.08	Medley 4x100 - 11/U	Glenrothes		05.58.13	30.08.08
Unclaimed				Medley 4x100 - 12	Portobello		05.21.66	30.08.08
Unclaimed				Medley 4x100 - 13/14	Unclaimed			
Warrender		04.02.80	16.08.03	Medley 4x100 - 15/16	Unclaimed			
Warrender		04.02.80	16.08.03	Medley 4x100 - Junior	Unclaimed			
Unclaimed				Medley 4x100 - 17/18	Unclaimed			
City of Edinburgh		03.36.96	28.08.04	Medley 4x100 - Senior	Edinburgh University		04.09.51	09.08.09

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

BACKSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Bowman	CE	00.34.66	11.04.08	50 - 11	Chelsea Lawson	IS	00.35.57	26.01.08
Zach Courtney	WB	00.31.88	23.02.07	50 - 12	Lucy Hope	KO	00.32.85	06.06.09
Zach Courtney	DD	00.29.85	16.02.08	50 - 13	Lisa Main	DD	00.31.65	28.06.07
Colin Kerr	BE	00.30.71	23.06.01	50 - 14	Lisa Main	DD	00.31.62	15.02.08
Craig McNally	WB	00.29.23	01.06.08	50 - 15	Ailsa Hershaw	CE	00.31.94	29.06.08
Craig McNally	WB	00.27.44	28.06.09	50 - 16	Ailsa Hershaw	CE	00.31.10	25.06.09
Daniel Scott	GS	00.28.42	02.07.06	50 - Junior	Ailsa Hershaw	CE	00.31.10	25.06.09
Billy Purnell	WB	00.27.33	26.03.07	50 - 17/18	Rosie Hood	WB	00.31.66	31.05.08
Gregor Tait	CI	00.25.93	29.07.07	50 - Senior	Ailsa Hershaw	CE	00.31.10	25.06.09
Craig Bowman	CE	01.10.57	11.04.08	100 - 11	Rachael O'Donnell	IS	01.16.47	17.05.08
Zach Courtney	WB	01.07.16	12.04.07	100 - 12	Raquel Matos	PO	01.12.31	15.11.08
Zach Courtney	DD	01.04.94	20.01.08	100 - 13	Jennifer Dobson	UT	01.08.03	15.04.07
Craig Benson	WB	01.03.97	08.04.09	100 - 14	Ailsa Hershaw	CE	01.07.42	01.04.08
Craig McNally	WM	01.00.50	16.11.08	100 - 15	Rosie Hood	WB	01.06.50	27.01.07
Craig McNally	WB	00.57.69	29.07.09	100 - 16	Rosie Hood	WB	01.06.19	28.06.07
Bryan Morgan	CE	00.59.98	07.04.96	100 - Junior	Rosie Hood	WB	01.06.19	28.06.07
Billy Purnell	WB	00.58.01	04.08.06	100 - 17/18	Rosie Hood	WB	01.05.26	01.04.08
Gregor Tait	CI	00.54.22	01.04.08	100 - Senior	Rosie Hood	WB	01.05.26	01.04.08
Craig Bowman	CE	02.34.93	11.04.08	200 - 11	Ellie Brisbane	CE	02.47.18	12.04.07
Mark Szaraneck	CE	02.24.04	24.07.08	200 - 12	Ellie Brisbane	CE	02.33.09	04.05.08
Mark Szaraneck	CE	02.21.72	28.06.09	200 - 13	Lisa Main	DD	02.27.33	28.06.07
Craig McNally	WD	02.17.62	14.12.07	200 - 14	Jennifer Dobson	WB	02.23.31	13.04.08
Craig McNally	WB	02.09.23	02.04.08	200 - 15	Rosie Hood	WB	02.21.13	10.03.07
Craig McNally	WB	02.03.96	01.09.09	200 - 16	Rosie Hood	WB	02.19.90	28.06.07
Craig McNally	WB	02.09.23	02.04.08	200 - Junior	Rosie Hood	WB	02.19.90	28.06.07
Billy Purnell	WB	02.05.12	05.08.06	200 - 17/18	Rosie Hood	WB	02.18.89	01.04.08
Gregor Tait	CI	01.56.67	03.04.08	200 - Senior	Rosie Hood	WB	02.18.89	01.04.08

East District records are based on, age on day of competition.

Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

BREASTSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Ewan Chalmers	WB	00.41.52	23.11.00	50 - 11	Clare Hyland	PO	00.39.99	27.01.07
Craig Benson	LD	00.34.30	10.03.07	50 - 12	Kathryn Johnstone	CE	00.37.58	19.06.02
Craig Benson	WB	00.32.06	13.04.08	50 - 13	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	00.30.92	17.03.09	50 - 14	Robyn Matthews	AN	00.34.48	06.08.05
Craig Benson	WB	00.30.71	02.08.09	50 - 15	Robyn Matthews	CI	00.33.65	24.02.07
Iain Scanlon	DD	00.30.47	28.06.07	50 - 16	Kirsty Balfour	HM	00.33.10	28.07.00
Craig Benson	WB	00.30.71	02.08.09	50 - Junior	Kirsty Balfour	HM	*00.33.10	28.07.00
Iain Scanlon	TN	00.29.99	15.10.08	50 - 17/18	Kirsty Balfour	HM	00.32.80	22.06.01
Kris Gilchrist	CI	00.28.49	02.04.08	50 - Senior	Fiona Booth	EU	00.31.97	31.07.09
Craig Benson	LD	01.31.94	30.06.05	100 - 11	Clare Hyland	PO	01.27.85	18.02.07
Craig Benson	LD	01.12.62	10.03.07	100 - 12	Lorna McCallum	WB	01.20.97	21.06.88
Craig Benson	WB	01.08.33	13.04.08	100 - 13	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	01.05.42	17.03.09	100 - 14	Robyn Matthews	AN	01.12.49	29.01.05
Craig Benson	WB	01.05.53	25.07.09	100 - 15	Robyn Matthews	CI	01.13.45	01.08.06
Gary Watson	FS	*01.05.43	25.07.85	100 - 16	Kirsty Balfour	HM	*01.11.35	29.07.00
Craig Benson	WB	01.05.42	17.03.09	100 - Junior	Kirsty Balfour	HM	*01.11.35	29.07.00
Andrew Rodgie	CE	01.04.30	04.04.06	100 - 17/18	Kirsty Balfour	HM	*01.10.34	23.06.01
Kris Gilchrist	CI	01.01.06	02.04.08	100 - Senior	Kirsty Balfour	CI	01.07.67	26.03.07
Chris McColm	PO	03.13.97	30.05.09	200 - 11	Zoe Mitchell	CE	03.06.74	01.06.08
Craig Benson	LD	02.40.16	14.04.07	200 - 12	Rachael O'Donnell	IS	02.55.44	09.04.09
Craig Benson	WB	02.32.50	13.04.08	200 - 13	Robyn Matthews	AN	02.44.05	12.12.04
Craig Benson	WB	02.26.41	24.07.08	200 - 14	Robyn Matthews	AN	02.37.06	30.07.05
Craig Benson	WB	02.23.25	25.07.09	200 - 15	Lauren Greenshields	PS	02.35.44	17.12.99
Andrew Haslett	WB	02.24.88	03.08.06	200 - 16	Fiona Gray	HM	02.37.83	06.08.06
Craig Benson	WB	02.23.25	25.07.09	200 - Junior	Lauren Greenshields	PS	*02.35.44	17.12.99
Andrew Rodgie	CE	02.18.16	09.07.06	200 - 17/18	Kirsty Balfour	HM	*02.30.78	03.03.02
Kris Gilchrist	CI	02.10.27	13.08.08	200 - Senior	Kirsty Balfour	HM	**02.24.04	18.03.06

East District records are based on, age on day of competition.

Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

BUTTERFLY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.31.96	27.01.07	50 - 11	Raquel Matos	PO	00.33.45	22.11.07
Mark Szaranek	CE	00.29.93	01.06.08	50 - 12	Rachael O'Donnell	IS	00.30.72	28.06.09
Mark Szaranek	CE	00.27.77	22.06.09	50 - 13	Raquel Matos	PO	00.30.72	07.06.09
Chris Smith	WB	00.28.37	17.05.02	50 - 14	Lucy Ellis	DD	00.30.03	29.06.07
Daniel Scott	GS	00.27.29	02.07.05	50 - 15	Lucy Ellis	DD	00.28.71	15.10.08
Daniel Scott	GS	00.26.06	28.06.07	50 - 16	Eloise Barber	CE	00.28.69	20.02.09
Daniel Scott	GS	00.26.06	28.06.07	50 - Junior	Eloise Barber	CE	00.28.69	20.02.09
Daniel Scott	GS	00.24.38	15.10.08	50 - 17/18	Louise Pate	HM	00.27.92	27.03.07
Daniel Scott	GS	00.24.38	15.10.08	50 - Senior	Alena Popchanka	CI	00.26.97	29.03.07
Mark Szaranek	CE	01.09.26	23.07.07	100 - 11	Rachael O'Donnell	IS	01.12.37	17.05.08
Mark Szaranek	CE	01.05.46	29.06.08	100 - 12	Rachael O'Donnell	IS	01.07.51	10.04.09
Mark Szaranek	CE	00.58.95	22.06.09	100 - 13	Rachael O'Donnell	IS	01.06.51	25.07.09
Craig Benson	WB	01.01.10	09.04.09	100 - 14	Lucy Ellis	DD	01.04.63	14.04.07
Simon Capaldi	WB	00.58.91	30.03.90	100 - 15	Lucy Ellis	DD	01.02.26	13.04.08
Daniel Scott	GS	00.56.50	01.04.07	100 - 16	Louise Pate	HM	01.03.64	04.08.04
Daniel Scott	GS	00.57.02	05.08.06	100 - Junior	Lucy Ellis	DD	01.02.26	13.04.08
Daniel Scott	GS	00.54.66	02.08.08	100 - 17/18	Jessica Dickons	EU	01.00.60	27.06.09
Ian Macmillan	EU	00.53.45	27.06.09	100 - Senior	Alena Popchanka	CI	00.58.33	08.06.06
Mark Szaranek	CE	02.38.82	23.07.07	200 - 11	Rachael O'Donnell	IS	02.42.26	17.05.08
Mark Szaranek	CE	02.28.01	24.07.08	200 - 12	Rachael O'Donnell	IS	02.29.74	08.04.09
Mark Szaranek	CE	02.11.07	22.06.09	200 - 13	Kelly Hamill	CE	02.28.04	06.08.98
Craig Benson	WB	02.15.16	11.04.09	200 - 14	Megan Gilchrist	FP	02.23.01	29.06.04
Jamie Coulter	WL	02.12.25	11.04.09	200 - 15	Emma Harrison	WB	02.18.02	05.08.05
Lewis Smith	WB	02.06.82	15.04.04	200 - 16	Blaine Small	CE	02.18.27	28.06.09
Lewis Smith	WB	02.06.82	15.04.04	200 - Junior	Emma Harrison	WB	02.18.02	05.08.05
Lewis Smith	WB	02.02.76	07.04.06	200 - 17/18	Jessica Dickons	EU	02.10.96	27.06.09
Ian Macmillan	EU	01.57.24	30.07.09	200 - Senior	Jessica Dickons	EU	02.10.96	07.06.09

East District records are based on, age on day of competition.

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Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.29.82	23.07.07	50 - 11	Caitlin Hamilton	DD	00.29.46	30.05.09
Mark Szaranek	CE	00.27.94	01.06.08	50 - 12	Rachael O'Donnell	IS	00.29.32	27.06.09
Mark Szaranek	CE	00.25.95	28.06.09	50 - 13	Lucy Ellis	DD	00.28.66	28.05.06
Iain Scanlon	TN	00.26.39	29.06.04	50 - 14	Lucy Ellis	DD	00.27.18	28.06.07
Daniel Scott	GS	00.25.24	02.07.05	50 - 15	Lucy Ellis	DD	00.27.07	27.06.08
Daniel Scott	GS	00.23.92	31.03.07	50 - 16	Lynn McLaren	CE	00.26.49	21.12.97
Daniel Scott	GS	00.24.22	05.08.06	50 - Junior	Lynn McLaren	CE	00.26.49	21.12.97
Bryan Morgan	CE	*00.23.28	16.09.98	50 - 17/18	Lynn McLaren	CE	00.27.42	14.06.98
Bryan Morgan	CE	*00.23.28	16.09.98	50 - Senior	Alena Popchanka	CI	00.25.49	15.06.08
Mark Szaranek	CE	01.01.20	23.07.07	100 - 11	Rachael O'Donnell	IS	01.05.64	10.04.08
Mark Szaranek	CE	00.58.52	24.07.08	100 - 12	Rachael O'Donnell	IS	01.01.69	28.06.09
Mark Szaranek	CE	00.55.47	22.06.09	100 - 13	Lucy Ellis	DD	00.59.46	27.01.07
Jamie Coultar	FP	00.55.43	13.04.08	100 - 14	Lucy Ellis	DD	00.58.78	23.07.07
Jak Scott	DD	00.54.00	14.04.07	100 - 15	Lucy Ellis	DD	00.57.11	30.07.08
Jak Scott	DD	00.52.44	04.04.08	100 - 16	Robyn Matthews	DD	00.58.21	12.04.08
Jamie Coultar	AN	00.53.04	29.06.09	100 - Junior	Lucy Ellis	DD	00.57.11	30.07.08
Bryan Morgan	CE	*00.50.68	15.09.98	100 - 17/18	Megan Gilchrist	CI	00.57.67	31.03.08
David Leith	CI	00.50.43	05.04.08	100 - Senior	Alena Popchanka	CI	00.54.60	03.08.07
Mark Szaranek	CE	02.12.70	23.07.07	200 - 11	Rachael O'Donnell	IS	02.19.51	10.04.08
Mark Szaranek	CE	02.07.83	24.07.08	200 - 12	Rachael O'Donnell	IS	02.14.14	11.04.09
Mark Szaranek	CE	01.59.30	22.06.09	200 - 13	Lucy Ellis	DD	02.08.73	27.01.07
Jamie Coultar	FP	02.01.52	13.04.08	200 - 14	Lucy Ellis	DD	02.05.53	29.07.07
Jamie Coultar	AN	01.56.72	17.03.09	200 - 15	Lucy Ellis	DD	02.05.26	05.04.08
Jamie Coultar	AN	01.54.80	30.06.09	200 - 16	Lucy Ellis	DD	02.02.30	09.06.09
Jamie Coultar	AN	01.54.80	30.06.09	200 - Junior	Lucy Ellis	DD	02.02.30	09.06.09
Craig Hamilton	WB	01.53.18	08.04.09	200 - 17/18	Megan Gilchrist	AB	02.03.21	28.06.09
Jamie Salter	WB	01.48.64	00.08.00	200 - Senior	Alena Popchanka	CI	01.57.86	26.03.07

East District records are based on, age on day of competition.

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Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Jamie Coulter	FP	04.57.16	11.12.04	400 - 11	Rachael O'Donnell	IS	04.52.42	17.05.08
Mark Szaranek	CE	04.26.83	24.07.08	400 - 12	Emma Harrison	WB	04.40.76	05.08.02
Mark Szaranek	CE	04.12.89	22.06.09	400 - 13	Emma Harrison	WB	04.35.55	22.11.03
Jamie Coulter	FP	04.13.26	13.04.08	400 - 14	Carol Shiell	PS	04.27.84	21.06.88
Daniel Ritchie	WB	04.08.22	05.08.02	400 - 15	Robyn Matthews	CI	04.20.29	24.02.07
Craig Hamilton	WB	04.00.94	29.07.08	400 - 16	Megan Gilchrist	CI	04.17.15	29.07.07
Daniel Ritchie	WB	04.04.66	01.08.03	400 - Junior	Robyn Matthews	CI	04.20.29	24.02.07
Craig Hamilton	WB	03.56.51	16.03.09	400 - 17/18	Megan Gilchrist	CI	04.15.76	30.07.08
Jamie Salter	WB	03.50.47	22.06.01	400 - Senior	Alena Popchanka	CI	04.09.02	01.07.06
Unclaimed				800 - 11	Rachael O'Donnell	IS	10.14.99	10.04.08
Mark Szaranek	CE	09.34.12	04.05.08	800 - 12	Rachel Sharples	EL	09.38.89	10.04.09
Mark Szaranek	CE	09.01.60	09.04.09	800 - 13	Emma Harrison	WB	09.28.50	21.11.03
Connor Wilson	HM	09.00.40	13.04.08	800 - 14	Carol Shiell	PS	09.13.14	21.06.88
Daniel Lee	DD	08.32.76	29.07.07	800 - 15	Robyn Matthews	CI	08.56.17	26.03.07
Craig Hamilton	WB	08.17.69	29.07.08	800 - 16	Megan Gilchrist	CI	08.44.57	29.07.07
Daniel Lee	DD	08.32.76	29.07.07	800 - Junior	Megan Gilchrist	CI	08.55.22	03.12.06
Craig Hamilton	WB	08.13.21	11.07.09	800 - 17/18	Megan Gilchrist	AB	08.50.07	29.07.09
John Owen	CI	08.04.02	03.12.06	800 - Senior	Megan Gilchrist	CI	08.44.57	29.07.07
Jamie Coulter	FP	20.18.39	22.05.04	1500 - 11	Unclaimed			
Jamie Coulter	FP	18.52.28	01.08.05	1500 - 12	Rachel Sharples	MH	18.22.44	21.02.09
Jamie Coulter	FP	17.51.82	30.03.06	1500 - 13	Unclaimed			
Lewis Smith	WB	16.52.46	29.11.02	1500 - 14	Marnie Stewart	WB	17.55.92	14.04.07
Daniel Ritchie	WB	16.23.30	05.08.02	1500 - 15	Nicole Wilson	HM	17.42.63	14.04.07
Craig Hamilton	WB	16.00.09	29.07.08	1500 - 16	Megan Gilchrist	CI	16.48.88	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	1500 - Junior	Megan Gilchrist	CI	16.48.88	03.12.06
Craig Hamilton	WB	15.37.07	20.03.09	1500 - 17/18	Megan Gilchrist	AB	16.49.32	28.06.09
Craig Hamilton	WB	15.37.07	20.03.09	1500 - Senior	Megan Gilchrist	CI	16.48.88	03.12.06

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Long Course**

INDIVIDUAL MEDLEY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	02.37.14	03.06.07	200 - 11	Rachael O'Donnell	IS	02.37.11	17.05.08
Mark Szaranek	CE	02.26.25	24.07.08	200 - 12	Rachael O'Donnell	IS	02.30.64	12.04.09
Mark Szaranek	CE	02.15.06	22.06.09	200 - 13	Emma Harrison	WB	02.28.91	20.11.03
Craig Benson	WB	02.14.95	12.04.09	200 - 14	Emma Harrison	WB	02.23.82	28.03.04
Dan Wallace	WB	02.10.31	17.03.09	200 - 15	Eloise Barber	CE	02.20.89	01.04.08
Ross Woolley	WB	02.09.53	30.07.08	200 - 16	Eloise Barber	CE	02.20.03	12.04.09
Lewis Smith	WB	02.10.15	16.04.04	200 - Junior	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	02.05.09	06.04.06	200 - 17/18	Sally Wood	WB	02.19.63	26.06.08
Gregor Tait	CI	01.59.15	01.04.08	200 - Senior	Sally Wood	WB	02.19.63	26.06.08
Mark Szaranek	CE	05.46.40	13.04.07	400 - 11	Rachael O'Donnell	IS	05.40.92	10.04.08
Mark Szaranek	CE	05.18.48	04.05.08	400 - 12	Emma Harrison	WB	05.19.47	05.08.02
Mark Szaranek	CE	04.47.55	22.06.09	400 - 13	Emma Harrison	WB	05.08.97	22.11.03
Lewis Smith	WB	04.46.44	05.08.02	400 - 14	Emma Harrison	WB	05.00.89	28.03.04
Lewis Smith	WB	04.35.06	31.07.03	400 - 15	Robyn Mathews	CI	04.53.71	26.03.07
Lewis Smith	WB	04.30.14	11.04.04	400 - 16	Helen McRoberts	WB	05.03.21	26.03.07
Lewis Smith	WB	04.30.14	11.04.04	400 - Junior	Robyn Mathews	CI	04.53.71	26.03.07
Lewis Smith	WB	04.21.25	06.07.06	400 - 17/18	Sally Wood	WB	04.54.22	26.06.08
Lewis Smith	WB	04.19.24	01.08.07	400 - Senior	Robyn Mathews	CI	04.53.71	26.03.07

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		01.59.10	29.06.08	Free 4x50 - 12/U	Warrender		02.03.79	08.08.87
Warrender		01.48.68	06.07.89	Free 4x50 - 13/14	Dunedin		01.55.92	28.06.07
Kingdom Swim Team		01.43.14	27.06.98	Free 4x50 - 15/16	Dunedin		01.54.65	29.06.08
Warrender		01.43.84	01.07.90	Free 4x50 - Junior	Warrender		01.56.91	28.08.90
Carnegie		01.41.58	29.07.00	Free 4x50 - 17/18	Carnegie		01.54.54	02.06.07
City of Edinburgh		01.33.94	28.06.07	Free 4x50 - Senior	City of Edinburgh		01.48.10	28.06.07
Carnegie		04.20.91	12.04.08	Free 4x100 - 12/U	East Lothain S-T	EL	04.30.16	15.11.08
				Free 4x100 - 11/13	East Lothain S-T	EL	04.18.79	08.04.09
Carnegie		03.57.96	28.06.09	Free 4x100 - 11/14				
Carnegie		03.57.96	28.06.09	Free 4x100 - 13/14	Carnegie		04.20.05	05.03.05
Unclaimed				Free 4x100 - 15/16	Warrender		04.00.13	14.04.07
				Free 4x100 - 14/17	Warrender		03.59.79	02.08.08
Warrender		03.34.91	02.02.09	Free 4x100 - 15/18				
Warrender		03.41.48	14.06.86	Free 4x100 - Junior	Warrender		04.02.88	01.04.06
Unclaimed				Free 4x100 - 17/18	Unclaimed			
Warrender		03.32.24	21.12.97	Free 4x100 - Senior	Warrender		03.59.79	02.08.08
Carnegie		09.21.99	12.04.08	Free 4x200 - 12/U	Unclaimed			
				Free 4x200 - 11/13	East Lothian S-T		09.20.49	10.04.09
Carnegie		08.38.57	28.06.09	Free 4x200 - 11/14				
Carnegie		08.38.57	28.06.09	Free 4x200 - 13/14	Aquanauts Livingston		09.28.25	06.03.05
Unclaimed				Free 4x200 - 15/16	Warrender		08.39.83	15.04.07
				Free 4x200 - 14/17	Warrender		08.35.69	02.08.08
Warrender		07.41.54	02.08.08	Free 4x200 - 15/18				
Warrender		08.25.91	26.06.88	Free 4x200 - Junior	Carnegie		08.46.93	12.04.08
Unclaimed				Free 4x200 - 17/18	Unclaimed			
City of Edinburgh		07.39.35	01.04.07	Free 4x200 - Senior	Warrender		08.35.69	02.08.08

East District records are based on, age on day of competition.
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Scottish Amateur Swimming Association East District Records - Long Course

MEDLEY RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		02.16.55	29.06.08	Medley 4x50 - 12/U	Warrender		02.16.58	08.08.87
Warrender		02.03.57	06.07.89	Medley 4x50 - 13/14	Dunedin		02.08.55	28.06.07
Warrender		01.54.96	28.07.90	Medley 4x50 - 15/16	Warrender		02.07.32	24.06.87
Warrender		01.54.96	01.07.90	Medley 4x50 - Junior	Heart of Midlothian		02.06.15	25.06.00
Carnegie		01.53.60	28.07.00	Medley 4x50 - 17/18	Carnegie		02.08.96	02.06.07
City of Edinburgh		01.43.19	28.06.07	Medley 4x50 - Senior	City of Edinburgh		02.01.51	02.07.06
Carnegie		04.49.13	12.04.08	Medley 4x100 - 12/U	East Lothian S-T		05.01.97	15.11.08
				Medley 4x100 - 11/13	Incas		04.50.08	14.04.09
Carnegie		04.27.56	12.04.09	Medley 4x100 - 11/14				
Warrender		04.22.25	26.07.07	Medley 4x100 - 13/14	Dunedin		04.48.52	31.03.06
Unclaimed				Medley 4x100 - 15/16	Warrender		04.31.61	12.04.07
				Medley 4x100 - 14/17	Unclaimed			
Warrender		03.55.71	02.08.08	Medley 4x100 - 15/18				
Warrender		04.11.16	07.08.82	Medley 4x100 - Junior	Carnegie		04.35.92	12.04.08
Warrender		03.57.52	09.08.05	Medley 4x100 - 17/18	Carnegie		04.50.98	05.03.05
Edinburgh University		03.46.17	28.06.09	Medley 4x100 - Senior	Edinburgh University		04.15.74	28.06.09

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Scottish Amateur Swimming Association East District Records - Short Course

AGE GROUP 11 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaraneck	CE	00.33.18	25.03.07	Backstroke 50	Caitlyn Morrison	AN	00.33.72	02.11.02
Craig Bowman	CE	01.10.68	02.03.08	Backstroke 100	Chelsea Lawson	IS	01.12.40	02.03.08
Craig Bowman	CE	02.34.55	15.12.07	Backstroke 200	Rachael O'Donnell	IS	02.33.26	21.06.08
Craig Benson	LD	00.38.26	23.10.05	Breaststroke 50	Kathryn Johnstone	CE	00.39.05	15.12.01
Craig Benson	LD	01.22.17	04.12.05	Breaststroke 100	Kathryn Johnstone	CE	01.23.44	15.12.01
Ryan Brown	KO	03.07.48	06.12.09	Breaststroke 200	Rachael O'Donnell	IS	02.59.18	21.06.08
Craig Bowman	CE	00.31.78	17.05.08	Butterfly 50	Raquel Matos	PO	00.32.87	11.11.07
Mark Szaraneck	CE	01.09.83	04.03.07	Butterfly 100	Rachael O'Donnell	IS	01.11.59	02.03.08
Jamie Coulter	FP	02.46.33	07.11.04	Butterfly 200	Rachael O'Donnell	IS	02.39.95	21.06.08
Craig Bowman	CE	00.29.55	17.05.08	Freestyle 50	Caitlyn Morrison	AN	00.29.89	08.09.02
Mark Szaraneck	CE	01.01.05	04.03.07	Freestyle 100	Rachael O'Donnell	IS	01.04.07	02.03.08
Callum Prentice	FP	02.16.30	16.12.00	Freestyle 200	Rachael O'Donnell	IS	02.16.68	21.06.08
Mark Szaraneck	CE	04.49.80	17.02.07	Freestyle 400	Rachael O'Donnell	IS	04.48.06	21.06.08
Mark Szaraneck	CE	10.18.60	17.02.07	Freestyle 800	Rachael O'Donnell	IS	09.57.76	21.06.08
James Black	AN	19.20.61	21.06.08	Freestyle 1500	Lucy Ellis	IS	19.45.80	05.12.04
Mark Szaraneck	CE	01.14.27	25.03.07	Ind. Medley 100	Joanna Whitelaw	HN	01.16.64	04.05.08
Mark Szaraneck	CE	02.38.89	17.02.07	Ind. Medley 200	Rachael O'Donnell	IS	02.36.19	02.02.08
Mark Szaraneck	CE	05.34.77	03.02.07	Ind. Medley 400	Rachael O'Donnell	IS	05.24.14	21.06.08
The following relays are for 11 years and under								
Carnegie		02.03.50	04.03.07	F/S Relay 4x50	Musselburgh		02.05.69	02..03.08
Glenrothe		05.10.76	30.08.08	F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Carnegie		02.20.52	04.03.07	Med. Relay 4x50	Musselburgh		02.21.30	02.03.08
Portobello		06.08.28	30.08.08	Med. Relay 4x100	Glenrothes		05.58.13	30.08.08

AGE GROUP 12 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	WB	00.30.52	25.03.07	Backstroke 50	Caitlyn Morrison	AN	00.31.90	02.11.03
Zach Courtney	WB	01.06.06	22.10.06	Backstroke 100	Chelsea Lawson	IS	01.07.79	07.03.09
Jordon Lamb	CE	02.22.50	21.06.09	Backstroke 200	Lucy Hope	KO	02.24.31	31.10.09
Craig Benson	LD	00.34.29	12.01.07	Breaststroke 50	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	LD	01.12.75	04.03.07	Breaststroke 100	Ashley Warrender	FS	01.17.70	03.11.01
Lewis Smith	WB	02.39.39	17.12.00	Breaststroke 200	Ashley Warrender	FS	02.48.61	16.12.01
Zach Courtney	WB	00.30.38	25.03.07	Butterfly 50	Rachael O'Donnell	IS	00.31.37	29.03.09
Zach Courtney	WB	01.05.74	04.03.07	Butterfly 100	Rachael O'Donnell	IS	01.06.68	09.03.09
Mark Szaraneck	CE	02.24.70	22.06.08	Butterfly 200	Rachael O'Donnell	IS	02.29.22	20.06.09
Mark Szaraneck	CE	00.27.58	02.03.08	Freestyle 50	Rachael O'Donnell	IS	00.28.76	29.03.09
Callum Prentice	FP	00.59.70	14.12.01	Freestyle 100	Rachael O'Donnell	IS	01.00.95	07.03.09
Mark Szaraneck	CE	02.04.36	22.06.08	Freestyle 200	Rachael O'Donnell	IS	02.10.40	20.06.09
Mark Szaraneck	CE	04.23.90	22.06.08	Freestyle 400	Rachael O'Donnell	IS	04.39.56	21.06.09
Craig Bowman	CE	09.26.99	08.02.09	Freestyle 800	Rachel Sharples	MH	09.27.72	07.02.09
Craig Bowman	CE	18.06.79	08.02.09	Freestyle 1500	Lucy Ellis	IS	18.43.60	02.04.05
Zach Courtney	WB	01.07.78	25.03.07	Ind. Medley 100	Rachael O'Donnell	IS	01.11.02	16.01.09
Lewis Smith	WB	02.26.00	17.12.00	Ind. Medley 200	Rachael O'Donnell	IS	02.26.44	08.02.09
Mark Szaraneck	CE	05.05.03	22.06.08	Ind. Medley 400	Rachael O'Donnell	IS	05.14.66	16.01.09
The following relays are for 12 years								
Warrender		01.55.82	04.03.07	F/S Relay 4x50	Musselburgh		01.58.21	08.03.09
Portobello		05.01.93	30.08.08	F/S Relay 4x100	East Lothian ST		04.16.50	16.01.09
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		02.12.90	08.03.09	Med. Relay 4x50	Musselburgh		02.13.40	08.03.09
Unclaimed				Med. Relay 4x100	Portobello		05.21.66	30.08.08

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Scottish Amateur Swimming Association East District Records - Short Course

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	DD	00.29.37	11.01.08	Backstroke 50	Lisa Main	DD	00.30.82	08.09.07
Zach Courtney	DD	01.01.93	02.03.08	Backstroke 100	Chelsea Lawson	CE	01.05.47	17.01.10
Zach Courtney	DD	02.15.65	11.01.08	Backstroke 200	Jennifer Dobson	DD	02.21.01	04.11.06
Craig Benson	WB	00.32.16	02.03.08	Breaststroke 50	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	01.07.94	22.03.08	Breaststroke 100	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	02.29.45	13.01.08	Breaststroke 200	Linda McLaren	WB	02.41.53	03.12.88
Chris Smith	WB	00.27.81	16.12.01	Butterfly 50	Lucy Ellis	DD	00.30.06	14.01.07
Zach Courtney	DD	01.01.17	02.03.08	Butterfly 100	Grace Kerr	WB	01.06.31	12.11.88
Mark Szaraneck	CE	02.14.11	20.06.09	Butterfly 200	Emma Harrison	WB	02.23.11	13.12.03
Mark Szaraneck	CE	00.25.85	08.03.09	Freestyle 50	Lucy Ellis	DD	00.27.14	13.01.07
Zachary Courtney	DD	00.55.21	02.03.08	Freestyle 100	Lucy Ellis	DD	00.58.00	12.01.07
Mark Szaraneck	CE	01.56.92	20.06.09	Freestyle 200	Lucy Ellis	DD	02.04.54	14.01.07
Mark Szaraneck	CE	04.12.11	20.06.09	Freestyle 400	Lucy Ellis	DD	04.23.81	13.01.07
Mark Szaraneck	CE	08.48.70	08.02.09	Freestyle 800	Emma Harrison	WB	09.14.95	12.12.03
Mark Szaraneck	CE	16.27.23	20.06.09	Freestyle 1500	Emma Harrison	WB	17.49.64	14.12.03
Craig Benson	WB	01.02.45	22.03.08	Ind. Medley 100	Rachael O'Donnell	CE	01.08.17	16.01.10
Craig Benson	WB	02.15.40	03.02.08	Ind. Medley 200	Emma Harrison	WB	02.22.91	12.12.03
Mark Szaraneck	CE	04.47.86	20.06.09	Ind. Medley 400	Emma Harrison	WB	04.56.49	11.12.03

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.29.00	07.11.04	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Craig Benson	WB	01.01.11	08.03.09	Backstroke 100	Lisa Main	DD	01.04.94	13.01.08
Craig McNally	WB	02.10.93	04.11.07	Backstroke 200	Jennifer Dobson	WB	02.21.19	04.11.07
Craig Benson	WB	00.30.02	16.01.09	Breaststroke 50	Robyn Mathews	AN	00.33.71	15.01.05
Craig Benson	WB	01.04.74	07.03.09	Breaststroke 100	Robyn Matthews	AN	01.11.63	15.01.05
Craig Benson	WB	02.22.47	16.01.09	Breaststroke 200	Robyn Matthews	AN	02.33.74	11.12.05
Nathan Lamond	FS	00.27.84	12.10.02	Butterfly 50	Lucy Ellis	DD	00.28.88	08.09.07
Mark Szaraneck	CE	00.58.30	15.01.10	Butterfly 100	Lucy Ellis	DD	01.03.95	21.10.07
Mark Szaraneck	CE	02.09.30	16.01.09	Butterfly 200	Blaine Small	CE	02.21.49	11.01.08
Mark Szaraneck	CE	00.24.62	22.11.09	Freestyle 50	Lucy Ellis	DD	00.26.32	08.09.07
Mark Szaraneck	CE	00.53.72	22.11.09	Freestyle 100	Lucy Ellis	DD	00.56.72	08.09.07
Mark Szaraneck	CE	01.57.27	17.01.10	Freestyle 200	Lucy Ellis	DD	02.02.24	08.09.07
Lewis Smith	WB	04.09.47	12.12.02	Freestyle 400	Carol Shiell	PS	04.22.69	07.05.88
Daniel Ritchie	WB	08.50.70	15.12.01	Freestyle 800	Angela Pendrich	CE	08.59.25	14.12.90
Paul Latimer	WB	16.36.02	03.06.90	Freestyle 1500	Sarah Kelly	GS	17.36.34	03.02.07
Craig Benson	WB	01.00.34	16.01.09	Ind. Medley 100	Ailsa Hershaw	CE	01.07.08	13.01.08
Craig Benson	WB	02.10.49	07.02.09	Ind. Medley 200	Lucy Ellis	DD	02.20.55	02.02.08
Lewis Smith	WB	04.36.97	12.12.02	Ind. Medley 400	Robyn Mathews	AS	04.59.17	16.04.05
The following Relays combine 13/14 year Age Groups.								
Carnegie		01.48.29	08.03.09	F/S Relay 4x50	Carnegie		01.54.53	16.01.10
Portobello		04.15.00	30.08.08	F/S Relay 4x100	Teviotdale ASC		04.33.35	30.08.08
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		02.00.59	08.03.09	Med. Relay 4x50	Carnegie		02.06.54	15.01.10
Unclaimed				Med. Relay 4x100	Unclaimed			

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Scottish Amateur Swimming Association East District Records - Short Course

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.27.72	06.11.05	Backstroke 50	Ailsa Hershaw	CE	00.30.39	06.09.08
Bryan Morgan	CE	00.57.94	16.12.95	Backstroke 100	Rosie Hood	WB	01.03.77	04.03.07
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Nicole Wilson	HM	02.16.84	05.11.06
Craig Benson	WB	00.29.45	15.01.09	Breaststroke 50	Kirsty Balfour	HM	00.33.58	12.12.99
Craig Benson	WB	01.04.01	16.01.10	Breaststroke 100	Robyn Matthews	DD	01.10.93	12.01.07
Craig Benson	WB	02.21.95	05.12.09	Breaststroke 200	Robyn Matthews	CI	02.31.33	02.12.06
Daniel Scott	GS	00.26.44	06.11.05	Butterfly 50	Eloise Barber	CE	00.28.77	11.01.08
Daniel Scott	GS	00.58.46	16.10.05	Butterfly 100	Megan Gilchrist	CI	01.03.85	07.05.05
Craig Benson	WB	02.09.17	31.10.09	Butterfly 200	Megan Gilchrist	CI	02.16.44	11.12.05
Daniel Scott	GS	00.23.92	16.10.05	Freestyle 50	Lynn McLaren	CE	00.26.81	01.12.96
Jamie Coulter	AN	00.52.73	08.03.09	Freestyle 100	Lucy Ellis	DD	00.57.45	02.03.08
Richard Schafers	DD	01.54.16	03.12.06	Freestyle 200	Robyn Matthews	CI	02.02.56	03.12.06
Richard Schafers	DD	04.03.97	03.12.06	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.48.06	16.08.03	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Dan Wallace	WB	01.00.20	16.01.09	Ind. Medley 100	Eloise Barber	CE	01.04.63	11.01.08
Lewis Smith	WB	02.09.05	14.08.03	Ind. Medley 200	Eloise Barber	CE	02.17.91	11.01.08
Lewis Smith	WB	04.27.92	15.08.03	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Bryan Morgan	CE	00.27.02	20.12.96	Backstroke 50	Eloise Barber	CE	00.29.42	16.01.09
Daniel Scott	GS	00.57.23	04.03.07	Backstroke 100	Emma Hunter	CE	01.02.92	17.01.10
Craig McNally	WB	02.00.79	06.08.09	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Iain Scanlon	DD	00.30.16	12.01.07	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Gary Watson	FS	01.04.05	21.12.85	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Lewis Smith	WB	02.23.16	29.08.04	Breaststroke 200	Roisin Donnelly	CE	02.30.66	05.12.09
Daniel Scott	GS	00.25.40	14.01.07	Butterfly 50	Eloise Barber	CE	00.28.97	16.01.09
Daniel Scott	GS	00.55.55	04.03.07	Butterfly 100	Eloise Barber	CE	01.02.94	07.03.09
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Megan Gilchrist	CI	02.16.94	04.11.06
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Eloise Barber	CE	00.26.61	16.01.09
Daniel Scott	GS	00.51.43	04.03.07	Freestyle 100	Eloise Barber	CE	00.57.27	16.01.09
Ewan Johnston	WB	01.52.69	12.01.07	Freestyle 200	Megan Gilchrist	CI	02.02.02	12.01.07
Craig Hamilton	WB	03.52.29	07.12.08	Freestyle 400	Megan Gilchrist	CI	04.15.86	13.01.07
Lewis Smith	WB	08.25.04	28.08.04	Freestyle 800	Megan Gilchrist	CI	08.42.43	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.20.65	03.02.08
Daniel Scott	GS	00.58.53	14.01.07	Ind. Medley 100	Eloise Barber	CE	01.04.09	16.01.09
Ewan Johnston	WB	02.06.32	12.01.07	Ind. Medley 200	Eloise Barber	CE	02.15.84	16.01.09
Lewis Smith	WB	04.24.48	27.08.04	Ind. Medley 400	Eloise Barber	CE	04.52.36	16.01.09
The following Relays combine 15/16 year Age Groups								
Midlothian		01.41.02	07.11.04	F/S Relay 4x50	Carnegie		01.51.80	07.03.09
Warrender		03.41.97	15.08.03	F/S Relay 4x100	Unclaimed			
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Unclaimed			
Scotland East		01.52.02	16.10.05	Med. Relay 4x50	Carnegie		02.04.39	07.03.09
Warrender		04.02.80	16.08.03	Med. Relay 4x100	Unclaimed			

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**Scottish Amateur Swimming Association
East District Records - Short Course**

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Billy Purnell	WB	00.25.70	12.01.07	Backstroke 50	Rosie Hood	WB	00.30.53	16.01.09
Billy Purnell	WB	00.55.44	04.03.07	Backstroke 100	Louise Pate	HM	01.05.19	04.03.07
Lewis Smith	WB	01.59.42	12.01.07	Backstroke 200	Sally Wood	WB	02.16.63	16.01.09
Andrew Rodgie	CE	00.29.13	13.01.06	Breaststroke 50	Kirsty Balfour	HM	00.32.46	09.08.01
Andrew Rodgie	CE	01.02.81	18.03.06	Breaststroke 100	Kirsty Balfour	HM	01.09.21	03.03.01
Lewis Smith	WB	02.14.98	12.01.07	Breaststroke 200	Lauren Greenshields	PS	02.30.31	15.12.01
Daniel Scott	GS	00.24.90	17.01.09	Butterfly 50	Louise Pate	HM	00.27.84	15.01.06
Daniel Scott	GS	00.55.01	17.01.09	Butterfly 100	Louise Pate	HM	00.59.67	04.03.07
Lewis Smith	WB	01.59.66	12.01.07	Butterfly 200	Louise Pate	HM	02.15.14	12.01.07
Daniel Scott	GS	00.22.92	16.01.09	Freestyle 50	Eloise Barber	CE	00.26.39	16.01.10
Daniel Scott	GS	00.50.37	17.01.09	Freestyle 100	Eloise Barber	CE	00.57.05	15.01.10
Jak Scott	DD	01.49.04	07.12.08	Freestyle 200	Eloise Barber	CE	02.02.47	17.01.10
Ewan Johnston	WB	03.50.38	16.11.08	Freestyle 400	Sally Wood	WB	04.16.40	17.01.09
Craig Hamilton	WB	07.57.26	08.02.09	Freestyle 800	Megan Gilchrist	CI	08.40.57	11.01.08
Craig Hamilton	WB	15.20.68	07.02.09	Freestyle 1500	Katelyn Stewart	WB	17.30.85	03.02.08
Lewis Smith	WB	00.57.17	12.01.07	Ind. Medley 100	Eloise Barber	CE	01.03.09	16.01.09
Ewan Johnston	WB	02.00.66	16.11.08	Ind. Medley 200	Sally Wood	WB	02.15.66	16.01.09
Lewis Smith	WB	04.13.91	12.01.07	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
Carnegie		01.38.22	06.05.00	F/S Relay 4x50	Warrender		01.52.94	08.03.09
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
Scotland East		01.47.80	16.10.05	Med. Relay 4x50	Scotland East		02.06.10	16.10.05
Unclaimed				Med. Relay 4x100	Unclaimed			

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Short Course

JUNIOR								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Bryan Morgan	CE	00.27.02	20.12.96	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Bryan Morgan	CE	00.57.94	16.12.95	Backstroke 100	Emma Hunter	EL	01.03.56	07.11.09
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Craig Benson	WB	00.29.45	15.01.10	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	01.04.01	16.01.10	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Craig Benson	WB	02.21.95	05.12.09	Breaststroke 200	Roisin Donnelly	CE	02.30.66	05.12.09
Malcolm Kerr	WB	00.26.27	17.08.03	Butterfly 50	Lucy Ellis	WB	00.28.88	08.09.07
Lee Aitken	CE	00.57.26	15.12.02	Butterfly 100	Louise Pate	HM	01.03.52	06.11.04
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Megan Gilchrist	CI	02.16.44	11.12.05
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Lucy Ellis	DD	00.26.32	08.09.07
Graeme Wilson	CE	00.52.26	11.04.81	Freestyle 100	Lucy Ellis	DD	00.56.72	08.09.07
Richard Schafers	DD	01.54.16	03.12.06	Freestyle 200	Lucy Ellis	DD	02.02.24	08.09.07
Graeme Wilson	CE	04.01.82	07.03.81	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Daniel Scott	GS	00.59.15	03.06.06	Ind. Medley 100	Sally Wood	WB	01.06.43	12.01.07
Lewis Smith	WB	02.07.24	26.08.04	Ind. Medley 200	Katy Burke	WB	02.18.37	18.12.93
Lewis Smith	WB	04.24.48	27.08.04	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07
Midlothian		01.41.02	07.11.04	F/S Relay 4x50	Dunedin Swim Team		01.51.28	02.03.08
Warrender		03.41.97	15.08.03	F/S Relay 4x100	East Lothian ST		04.16.50	16.01.09
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Scotland East		01.52.02	16.10.05	Med.Relay 4x50	Carnegie		02.04.32	06.03.93
Warrender		04.02.80	16.08.03	Med.Relay 4x100	Unclaimed			

SENIOR								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Gregor Tait	HM	00.24.52	12.12.03	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Gregor Tait	HM	00.51.88	16.08.03	Backstroke 100	Fiona Booth	EU	01.03.16	09.08.09
Gregor Tait	CI	01.51.66	13.04.08	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Kris Gilchrist	CI	00.27.65	16.11.08	Breaststroke 50	Kirsty Balfour	CI	00.31.56	12.01.08
Ian Edmond	WB	*00.59.18	00.12.01	Breaststroke 100	Kirsty Balfour **	CI	01.06.51	21.01.06
Ian Edmond	WB	*02.05.63	14.12.03	Breaststroke 200	Kirsty Balfour **	CI	02.21.81	08.12.06
David Leith	CI	00.24.27	15.01.06	Butterfly 50	Alena Popchanka	CI	00.26.41	02.12.06
Iain Macmillan	EU	00.54.12	08.08.09	Butterfly 100	Alena Popchanka	CI	00.57.55	09.12.07
Iain Macmillan	EU	01.55.70	08.08.09	Butterfly 200	Alena Popchanka	CI	02.10.95	11.11.05
Daniel Scott	GS	00.22.92	16.01.09	Freestyle 50	Alena Popchanka	CI	00.24.79	09.12.05
Nicholas Shackell	HM	00.49.33	19.12.98	Freestyle 100	Alena Popchanka	CI	00.52.91	08.12.06
Jamie Salter	WB	01.44.99	14.12.01	Freestyle 200	Alena Popchanka	CI	01.54.25	10.12.06
Jamie Salter	WB	03.43.48	00.12.99	Freestyle 400	Alena Popchanka	CI	04.00.80	16.12.07
Craig Hamilton	WB	07.57.26	08.02.09	Freestyle 800	Megan Gilchrist	CI	08.40.57	11.01.08
John Owen	CI	14.58.69	16.12.06	Freestyle 1500	Helen McRoberts	WB	17.00.80	08.02.09
Kristopher Gilchrist	EU	00.53.42	08.08.09	Ind. Medley 100	Fiona Booth	WB	01.02.32	15.01.06
Gregor Tait	CI	01.57.40	12.01.08	Ind. Medley 200	Sally Wood	WB	02.15.66	16.01.09
Lewis Smith	WB	04.10.70	14.12.07	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
City of Edinburgh		01.30.15	12.01.08	F/S Relay 4x50	Warrender		01.46.67	12.01.07
City of Edinburgh		03.21.85	09.08.01	F/S Relay 4x100	City of Edinburgh		04.04.93	06.03.04
Edinburgh University		07.12.77	07.08.09	F/S Relay 4x200	Aquanauts Livingston		08.52.41	07.03.04
City of Edinburgh		01.38.78	11.01.08	Med. Relay 4x50	Warrender		01.59.03	12.01.07
City of Edinburgh		03.36.96	28.08.04	Med. Relay 4x100	Edinburgh University		04.09.51	09.08.09

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 11 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Bowman	CE	00.34.66	11.04.08	Backstroke 50	Chelsea Lawson	IS	00.35.57	26.01.08
Craig Bowman	CE	01.10.57	11.04.08	Backstroke 100	Rachael O'Donnell	IS	01.16.47	17.05.08
Craig Bowman	CE	02.34.93	11.04.08	Backstroke 200	Ellie Brisbane	CE	02.47.18	12.04.07
Ewan Chalmers	WB	00.41.52	23.11.00	Breaststroke 50	Clare Hyland	PO	00.39.99	27.01.07
Craig Benson	LD	01.31.94	30.06.05	Breaststroke 100	Clare Hyland	PO	01.27.85	18.02.07
Chris McColm	PO	03.13.97	30.05.09	Breaststroke 200	Zoe Mitchell	CE	03.06.74	01.06.08
Mark Szaranek	CE	00.31.96	27.01.07	Butterfly 50	Raquel Matos	PO	00.33.45	22.11.07
Mark Szaranek	CE	01.09.26	23.07.07	Butterfly 100	Rachael O'Donnell	IS	01.12.37	17.05.08
Mark Szaranek	CE	02.38.82	23.07.07	Butterfly 200	Rachael O'Donnell	IS	02.42.26	17.05.08
Mark Szaranek	CE	00.29.82	23.07.07	Freestyle 50	Caitlin Hamilton	DD	00.29.46	30.05.09
Mark Szaranek	CE	01.01.20	23.07.07	Freestyle 100	Rachael O'Donnell	IS	01.05.64	10.04.08
Mark Szaranek	CE	02.12.70	23.07.07	Freestyle 200	Rachael O'Donnell	IS	02.19.51	10.04.08
Jamie Coulter	FP	04.57.16	11.12.04	Freestyle 400	Rachael O'Donnell	IS	04.52.42	17.05.08
Unclaimed				Freestyle 800	Rachael O'Donnell	IS	10.14.99	10.04.08
Jamie Coulter	FP	20.18.39	22.05.04	Freestyle 1500	Unclaimed			
Mark Szaranek	CE	02.37.14	03.06.07	Ind. Med. 200	Rachael O'Donnell	IS	02.37.11	17.05.08
Mark Szaranek	CE	05.46.40	13.04.07	Ind. Med. 400	Rachael O'Donnell	IS	05.40.92	10.04.08

AGE GROUP 12 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	WB	00.31.88	23.02.07	Backstroke 50	Lucy Hope	KO	00.32.85	06.06.09
Zach Courtney	WB	01.07.16	12.04.07	Backstroke 100	Raquel Matos	PO	01.12.31	15.11.08
Mark Szaranek	CE	02.24.04	24.07.08	Backstroke 200	Ellie Brisbane	CE	02.33.09	04.05.08
Craig Benson	LD	00.34.30	10.03.07	Breaststroke 50	Kathryn Johnstone	CE	00.37.58	19.06.02
Craig Benson	LD	01.12.62	10.03.07	Breaststroke 100	Lorna McCallum	WB	01.20.97	21.06.88
Craig Benson	LD	02.40.16	14.04.07	Breaststroke 200	Rachael O'Donnell	IS	02.55.44	09.04.09
Mark Szaranek	CE	00.29.93	01.06.08	Butterfly 50	Rachael O'Donnell	IS	00.30.72	28.06.09
Mark Szaranek	CE	01.05.46	29.06.08	Butterfly 100	Rachael O'Donnell	IS	01.07.51	10.04.09
Mark Szaranek	CE	02.28.01	24.07.08	Butterfly 200	Rachael O'Donnell	IS	02.29.74	08.04.09
Mark Szaranek	CE	00.27.94	01.06.08	Freestyle 50	Rachael O'Donnell	IS	00.29.32	27.06.09
Mark Szaranek	CE	00.58.52	24.07.08	Freestyle 100	Rachael O'Donnell	IS	01.01.69	28.06.09
Mark Szaranek	CE	02.07.83	24.07.08	Freestyle 200	Rachael O'Donnell	IS	02.14.14	11.04.09
Mark Szaranek	CE	04.26.83	24.07.08	Freestyle 400	Emma Harrison	WB	04.40.76	05.08.02
Mark Szaranek	CE	09.34.12	04.05.08	Freestyle 800	Rachel Sharples	EL	09.38.89	10.04.09
Jamie Coulter	FP	18.52.28	01.08.05	Freestyle 1500	Rachel Sharples	MH	18.22.44	21.02.09
Mark Szaranek	CE	02.26.25	24.07.08	Ind. Med. 200	Rachael O'Donnell	IS	02.30.64	12.04.09
Mark Szaranek	CE	05.18.48	04.05.08	Ind. Med. 400	Emma Harrison	WB	05.19.47	05.08.02
The following relays are for 12 years and under								
Carnegie		01.59.10	29.06.08	F/S Relay 4x50	Warrender		02.03.79	08.08.87
Carnegie		04.20.91	12.04.08	F/S Relay 4x100	East Lothian S-T	EL	04.30.16	15.11.08
Carnegie		09.21.99	12.04.08	F/S Relay 4x200	Unclaimed			
Carnegie		02.16.55	29.06.08	Med. Relay 4x50	Warrender		02.16.58	08.08.87
Carnegie		04.49.13	12.04.08	Med. Relay 4x100	East Lothian S-T		05.01.97	15.11.08

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	DD	00.29.85	16.02.08	Backstroke 50	Lisa Main	DD	00.31.65	28.06.07
Zach Courtney	DD	01.04.94	20.01.08	Backstroke 100	Jennifer Dobson	UT	01.08.03	15.04.07
Mark Szaranek	CE	02.21.72	28.06.09	Backstroke 200	Lisa Main	DD	02.27.33	28.06.07
Craig Benson	WB	00.32.06	13.04.08	Breaststroke 50	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	01.08.33	13.04.08	Breaststroke 100	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	02.32.50	13.04.08	Breaststroke 200	Robyn Matthews	AN	02.44.05	12.12.04
Mark Szaranek	CE	00.27.77	22.06.09	Butterfly 50	Raquel Matos	PO	00.30.72	07.06.09
Mark Szaranek	CE	00.58.95	22.06.09	Butterfly 100	Rachael O'Donnell	IS	01.06.51	25.07.09
Mark Szaranek	CE	02.11.07	22.06.09	Butterfly 200	Kelly Hamill	CE	02.28.04	06.08.98
Mark Szaranek	CE	00.25.95	28.06.09	Freestyle 50	Lucy Ellis	DD	00.28.66	28.05.06
Mark Szaranek	CE	00.55.47	22.06.09	Freestyle 100	Lucy Ellis	DD	00.59.46	27.01.07
Mark Szaranek	CE	01.59.30	22.06.09	Freestyle 200	Lucy Ellis	DD	02.08.73	27.01.07
Mark Szaranek	CE	04.12.89	22.06.09	Freestyle 400	Emma Harrison	WB	04.35.55	22.11.03
Mark Szaranek	CE	09.01.60	09.04.09	Freestyle 800	Emma Harrison	WB	09.28.50	21.11.03
Jamie Coulter	FP	17.51.82	30.03.06	Freestyle 1500	Unclaimed			
Mark Szaranek	CE	02.15.06	22.06.09	Ind. Med. 200	Emma Harrison	WB	02.28.91	20.11.03
Mark Szaranek	CE	04.47.55	22.06.09	Ind. Med. 400	Emma Harrison	WB	05.08.97	22.11.03
The following relays are defined by the SASA Age Group Championships								
				F/S Relay 4x100 - 11/13	East Lothain S-T	EL	04.18.79	08.04.09
Carnegie		03.57.96	28.06.09	F/S Relay 4x100 - 11/14				
				F/S Relay 4x200 - 11/13	East Lothian S-T		09.20.49	10.04.09
Carnegie		08.38.57	28.06.09	F/S Relay 4x200 - 11/14				
				Med. Relay 4x100 - 11/13	Incas		04.50.08	14.04.09
Carnegie		04.27.56	12.04.09	Med. Relay 4x100 - 11/14				

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Colin Kerr	BE	00.30.71	23.06.01	Backstroke 50	Lisa Main	DD	00.31.62	15.02.08
Craig Benson	WB	01.03.97	08.04.09	Backstroke 100	Ailsa Hershaw	CE	01.07.42	01.04.08
Craig McNally	WD	02.17.62	14.12.07	Backstroke 200	Jennifer Dobson	WB	02.23.31	13.04.08
Craig Benson	WB	00.30.92	17.03.09	Breaststroke 50	Robyn Matthews	AN	00.34.48	06.08.05
Craig Benson	WB	01.05.42	17.03.09	Breaststroke 100	Robyn Matthews	AN	01.12.49	29.01.05
Craig Benson	WB	02.26.41	24.07.08	Breaststroke 200	Robyn Matthews	AN	02.37.06	30.07.05
Chris Smith	WB	00.28.37	17.05.02	Butterfly 50	Lucy Ellis	DD	00.30.03	29.06.07
Craig Benson	WB	01.01.10	09.04.09	Butterfly 100	Lucy Ellis	DD	01.04.63	14.04.07
Craig Benson	WB	02.15.16	11.04.09	Butterfly 200	Megan Gilchrist	FP	02.23.01	29.06.04
Iain Scanlon	TN	00.26.39	29.06.04	Freestyle 50	Lucy Ellis	DD	00.27.18	28.06.07
Jamie Coultar	FP	00.55.43	13.04.08	Freestyle 100	Lucy Ellis	DD	00.58.78	23.07.07
Jamie Coultar	FP	02.01.52	13.04.08	Freestyle 200	Lucy Ellis	DD	02.05.53	29.07.07
Jamie Coultar	FP	04.13.26	13.04.08	Freestyle 400	Carol Shiell	PS	04.27.84	21.06.88
Connor Wilson	HM	09.00.40	13.04.08	Freestyle 800	Carol Shiell	PS	09.13.14	21.06.88
Lewis Smith	WB	16.52.46	29.11.02	Freestyle 1500	Marnie Stewart	WB	17.55.92	14.04.07
Craig Benson	WB	02.14.95	12.04.09	Ind. Med. 200	Emma Harrison	WB	02.23.82	28.03.04
Lewis Smith	WB	04.46.44	05.08.02	Ind. Med. 400	Emma Harrison	WB	05.00.89	28.03.04
The following relays combine 13/14 year Age Groups.								
Warrender		01.48.68	06.07.89	F/S Relay 4x50	Dunedin		01.55.92	28.06.07
Carnegie		03.57.96	28.06.09	F/S Relay 4x100	Carnegie		04.20.05	05.03.05
Carnegie		08.38.57	28.06.09	F/S Relay 4x200	Aquanauts Livingston		09.28.25	06.03.05
Warrender		02.03.57	06.07.89	Med. Relay 4x50	Dunedin		02.08.55	28.06.07
Warrender		04.22.25	26.07.07	Med. Relay 4x100	Dunedin		04.48.52	31.03.06

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.29.23	01.06.08	Backstroke 50	Ailsa Hershaw	CE	00.31.94	29.06.08
Craig McNally	WM	01.00.50	16.11.08	Backstroke 100	Rosie Hood	WB	01.06.50	27.01.07
Craig McNally	WB	02.09.23	02.04.08	Backstroke 200	Rosie Hood	WB	02.21.13	10.03.07
Craig Benson	WB	00.30.71	02.08.09	Breaststroke 50	Robyn Matthews	CI	00.33.65	24.02.07
Craig Benson	WB	01.05.53	25.07.09	Breaststroke 100	Robyn Matthews	CI	01.13.45	01.08.06
Craig Benson	WB	02.23.25	25.07.09	Breaststroke 200	Lauren Greenshields	PS	02.35.44	17.12.99
Daniel Scott	GS	00.27.29	02.07.05	Butterfly 50	Lucy Ellis	DD	00.28.71	15.10.08
Simon Capaldi	WB	00.58.91	30.03.90	Butterfly 100	Lucy Ellis	DD	01.02.26	13.04.08
Jamie Coulter	WL	02.12.25	11.04.09	Butterfly 200	Emma Harrison	WB	02.18.02	05.08.05
Daniel Scott	GS	00.25.24	02.07.05	Freestyle 50	Lucy Ellis	DD	00.27.07	27.06.08
Jak Scott	DD	00.54.00	14.04.07	Freestyle 100	Lucy Ellis	DD	00.57.11	30.07.08
Jamie Coulter	AN	01.56.72	17.03.09	Freestyle 200	Lucy Ellis	DD	02.05.26	05.04.08
Daniel Ritchie	WB	04.08.22	05.08.02	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Robyn Matthews	CI	08.56.17	26.03.07
Daniel Ritchie	WB	16.23.30	05.08.02	Freestyle 1500	Nicole Wilson	HM	17.42.63	14.04.07
Dan Wallace	WB	02.10.31	17.03.09	Ind. Med. 200	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	04.35.06	31.07.03	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.27.44	28.06.09	Backstroke 50	Ailsa Hershaw	CE	00.31.10	25.06.09
Craig McNally	WB	00.57.69	29.07.09	Backstroke 100	Rosie Hood	WB	01.06.19	28.06.07
Craig McNally	WB	02.03.96	01.09.09	Backstroke 200	Rosie Hood	WB	02.19.90	28.06.07
Iain Scanlon	DD	00.30.47	28.06.07	Breaststroke 50	Kirsty Balfour	HM	00.33.10	28.07.00
Gary Watson	FS	*01.05.43	25.07.85	Breaststroke 100	Kirsty Balfour	HM	*01.11.35	29.07.00
Andrew Haslett	WB	02.24.88	03.08.06	Breaststroke 200	Fiona Gray	HM	02.37.83	06.08.06
Daniel Scott	GS	00.26.06	28.06.07	Butterfly 50	Eloise Barber	CE	00.28.69	20.02.09
Daniel Scott	GS	00.56.50	01.04.07	Butterfly 100	Louise Pate	HM	01.03.64	04.08.04
Lewis Smith	WB	02.06.82	15.04.04	Butterfly 200	Blaine Small	CE	02.18.27	28.06.09
Daniel Scott	GS	00.23.92	31.03.07	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
Jak Scott	DD	00.52.44	04.04.08	Freestyle 100	Robyn Matthews	DD	00.58.21	12.04.08
Jamie Coulter	AN	01.54.80	30.06.09	Freestyle 200	Lucy Ellis	DD	02.02.30	09.06.09
Craig Hamilton	WB	04.00.94	29.07.08	Freestyle 400	Megan Gilchrist	CI	04.17.15	29.07.07
Craig Hamilton	WB	08.17.69	29.07.08	Freestyle 800	Megan Gilchrist	CI	08.44.57	29.07.07
Craig Hamilton	WB	16.00.09	29.07.08	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Ross Woolley	WB	02.09.53	30.07.08	Ind. Med. 200	Eloise Barber	CE	02.20.03	12.04.09
Lewis Smith	WB	04.30.14	11.04.04	Ind. Med. 400	Helen McRoberts	WB	05.03.21	26.03.07
The following relays combine 15/16 Age Groups								
Kingdom Swim Team		01.43.14	27.06.98	F/S Relay 4x50	Dunedin		01.54.65	29.06.08
Unclaimed				F/S Relay 4x100	Warrender		04.00.13	14.04.07
Unclaimed				F/S Relay 4x200	Warrender		08.39.83	15.04.07
Warrender		01.54.96	28.07.90	Med. Relay 4x50	Warrender		02.07.32	24.06.87
Unclaimed				Med. Relay 4x100	Warrender		04.31.61	12.04.07

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Billy Purnell	WB	00.27.33	26.03.07	Backstroke 50	Rosie Hood	WB	00.31.66	31.05.08
Billy Purnell	WB	00.58.01	04.08.06	Backstroke 100	Rosie Hood	WB	01.05.26	01.04.08
Billy Purnell	WB	02.05.12	05.08.06	Backstroke 200	Rosie Hood	WB	02.18.89	01.04.08
Iain Scanlon	TN	00.29.99	15.10.08	Breaststroke 50	Kirsty Balfour	HM	00.32.80	22.06.01
Andrew Rodgie	CE	01.04.30	04.04.06	Breaststroke 100	Kirsty Balfour	HM	*01.10.34	23.06.01
Andrew Rodgie	CE	02.18.16	09.07.06	Breaststroke 200	Kirsty Balfour	HM	*02.30.78	03.03.02
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Louise Pate	HM	00.27.92	27.03.07
Daniel Scott	GS	00.54.66	02.08.08	Butterfly 100	Jessica Dickons	EU	01.00.60	27.06.09
Lewis Smith	WB	02.02.76	07.04.06	Butterfly 200	Jessica Dickons	EU	02.10.96	27.06.09
Bryan Morgan	CE	*00.23.28	16.09.98	Freestyle 50	Lynn McLaren	CE	00.27.42	14.06.98
Bryan Morgan	CE	*00.50.68	15.09.98	Freestyle 100	Megan Gilchrist	CI	00.57.67	31.03.08
Craig Hamilton	WB	01.53.18	08.04.09	Freestyle 200	Megan Gilchrist	AB	02.03.21	28.06.09
Craig Hamilton	WB	03.56.51	16.03.09	Freestyle 400	Megan Gilchrist	CI	04.15.76	30.07.08
Craig Hamilton	WB	08.13.21	11.07.09	Freestyle 800	Megan Gilchrist	AB	08.50.07	29.07.09
Craig Hamilton	WB	15.37.07	20.03.09	Freestyle 1500	Megan Gilchrist	AB	16.49.32	28.06.09
Lewis Smith	WB	02.05.09	06.04.06	Ind. Med. 200	Sally Wood	WB	02.19.63	26.06.08
Lewis Smith	WB	04.21.25	06.07.06	Ind. Med. 400	Sally Wood	WB	04.54.22	26.06.08
Carnegie		01.41.58	29.07.00	F/S Relay 4x50	Carnegie		01.54.54	02.06.07
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		01.53.60	28.07.00	Med. Relay 4x50	Carnegie		02.08.96	02.06.07
Warrender		03.57.52	09.08.05	Med. Relay 4x100	Carnegie		04.50.98	05.03.05
The following relays are defined by the SASA Age Group Championships								
				F/S Relay 4x100 - 14/17	Warrender		03.59.79	02.08.08
Warrender		03.34.91	02.02.09	F/S Relay 4x100 - 15/18				
				F/S Relay 4x200 - 14/17	Warrender		08.35.69	02.08.08
Warrender		07.41.54	02.08.08	F/S Relay 4x200 - 15/18				
				Med. Relay 4x100 - 14/17	Unclaimed			
Warrender		03.55.71	02.08.08	Med. Relay 4x100 - 15/18				

East District records are based on, age on day of competition.
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Scottish Amateur Swimming Association East District Records - Long Course

JUNIOR								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.28.42	02.07.06	Backstroke 50	Ailsa Hershaw	CE	00.31.10	25.06.09
Bryan Morgan	CE	00.59.98	07.04.96	Backstroke 100	Rosie Hood	WB	01.06.19	28.06.07
Craig McNally	WB	02.09.23	02.04.08	Backstroke 200	Rosie Hood	WB	02.19.90	28.06.07
Craig Benson	WB	00.30.71	02.08.09	Breaststroke 50	Kirsty Balfour	HM	*00.33.10	28.07.00
Craig Benson	WB	01.05.42	17.03.09	Breaststroke 100	Kirsty Balfour	HM	*01.11.35	29.07.00
Craig Benson	WB	02.23.25	25.07.09	Breaststroke 200	Lauren Greenshields	PS	*02.35.44	17.12.99
Daniel Scott	GS	00.26.06	28.06.07	Butterfly 50	Eloise Barber	CE	00.28.69	20.02.09
Daniel Scott	GS	00.57.02	05.08.06	Butterfly 100	Lucy Ellis	DD	01.02.26	13.04.08
Lewis Smith	WB	02.06.82	15.04.04	Butterfly 200	Emma Harrison	WB	02.18.02	05.08.05
Daniel Scott	GS	00.24.22	05.08.06	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
Jamie Coulter	AN	00.53.04	29.06.09	Freestyle 100	Lucy Ellis	DD	00.57.11	30.07.08
Jamie Coulter	AN	01.54.80	30.06.09	Freestyle 200	Lucy Ellis	DD	02.02.30	09.06.09
Daniel Ritchie	WB	04.04.66	01.08.03	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Megan Gilchrist	CI	08.55.22	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Lewis Smith	WB	02.10.15	16.04.04	Ind. Med. 200	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	04.30.14	11.04.04	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
Warrender		01.43.84	01.07.90	F/S Relay 4x50	Warrender		01.56.91	28.08.90
Warrender		03.41.48	14.06.86	F/S Relay 4x100	Warrender		04.02.88	01.04.06
Warrender		08.25.91	26.06.88	F/S Relay 4x200	Carnegie		08.46.93	12.04.08
Warrender		01.54.96	01.07.90	Med. Relay 4x50	Heart of Midlothian		02.06.15	25.06.00
Warrender		04.11.16	07.08.82	Med. Relay 4x100	Carnegie		04.35.92	12.04.08

SENIOR								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Gregor Tait	CI	00.25.93	29.07.07	Backstroke 50	Ailsa Hershaw	CE	00.31.10	25.06.09
Gregor Tait	CI	00.54.22	01.04.08	Backstroke 100	Rosie Hood	WB	01.05.26	01.04.08
Gregor Tait	CI	01.56.67	03.04.08	Backstroke 200	Rosie Hood	WB	02.18.89	01.04.08
Kris Gilchrist	CI	00.28.49	02.04.08	Breaststroke 50	Fiona Booth	EU	00.31.97	31.07.09
Kris Gilchrist	CI	01.01.06	02.04.08	Breaststroke 100	Kirsty Balfour	CI	01.07.67	26.03.07
Kris Gilchrist	CI	02.10.27	13.08.08	Breaststroke 200	Kirsty Balfour	HM	**02.24.04	18.03.06
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Alena Popchanka	CI	00.26.97	29.03.07
Ian Macmillan	EU	00.53.45	27.06.09	Butterfly 100	Alena Popchanka	CI	00.58.33	08.06.06
Ian Macmillan	EU	01.57.24	30.07.09	Butterfly 200	Jessica Dickons	EU	02.10.96	07.06.09
Bryan Morgan	CE	*00.23.28	16.09.98	Freestyle 50	Alena Popchanka	CI	00.25.49	15.06.08
David Leith	CI	00.50.43	05.04.08	Freestyle 100	Alena Popchanka	CI	00.54.60	03.08.07
Jamie Salter	WB	01.48.64	00.08.00	Freestyle 200	Alena Popchanka	CI	01.57.86	26.03.07
Jamie Salter	WB	03.50.47	22.06.01	Freestyle 400	Alena Popchanka	CI	04.09.02	01.07.06
John Owen	CI	08.04.02	03.12.06	Freestyle 800	Megan Gilchrist	CI	08.44.57	29.07.07
Craig Hamilton	WB	15.37.07	20.03.09	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Gregor Tait	CI	01.59.15	01.04.08	Ind. Med. 200	Sally Wood	WB	02.19.63	26.06.08
Lewis Smith	WB	04.19.24	01.08.07	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
City of Edinburgh		01.33.94	28.06.07	F/S Relay 4x50	City of Edinburgh		01.48.10	28.06.07
Warrender		03.32.24	21.12.97	F/S Relay 4x100	Warrender		03.59.79	02.08.08
City of Edinburgh		07.39.35	01.04.07	F/S Relay 4x200	Warrender		08.35.69	02.08.08
City of Edinburgh		01.43.19	28.06.07	Med. Relay 4x50	City of Edinburgh		02.01.51	02.07.06
Edinburgh University		03.46.17	28.06.09	Med. Relay 4x100	Edinburgh University		04.15.74	28.06.09

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