

**InCAS Distance Meet**FIPRE, Glenrothes – 25<sup>th</sup> June 2006**Session 3 – Results****Event 301 Girls 10 & Under 200 Metre Backstroke**

Name	Age	Team	Time	50	100	150	200
1 Emily Jones	10	Garioch	2:48.40	38.94	1:21.49	2:05.16	2:48.40
2 Lorna Stewart	10	Garioch	2:52.97	40.18	1:24.65	2:09.29	2:52.97
3 Christina Burr	10	Co Aberdeen	2:54.44	40.64	1:24.61	2:10.12	2:54.44
4 Eilidh Gibson	10	Kinross	3:02.39	43.07	1:30.34	2:18.72	3:02.39
5 Samantha MacMillan	10	InCAS	3:04.68	42.80	1:30.65	2:19.51	3:04.68
6 Kayrine Kelly	10	Stirling	3:09.20	43.74	1:32.14	2:31.50	3:09.20
7 Caitlin Cooper	10	Cults Otters	3:14.60	44.04	1:33.96	2:25.14	3:14.60

**Event 301 Girls 11-12 200 Metre Backstroke**

Name	Age	Team	Time	50	100	150	200
1 Gemma Wimberley	12	Hearts	2:41.16	38.71	1:19.43	2:00.42	2:41.16
2 Camille Brash	12	Warrender	2:42.67	37.73	1:18.93	2:02.13	2:42.67
3 Yasmin Khera	12	Warrender	2:43.08	38.31	1:20.13	2:02.45	2:43.08
4 Kirsty McKenzie	12	Co Aberdeen	2:44.00	37.73	1:19.29	2:02.16	2:44.00
5 Phoebe Whitehead	11	Garioch	2:45.80	39.10	1:20.57	2:03.22	2:45.80
6 Nicole Petursdottir	11	Shetland	2:47.38	38.61	1:21.62	2:05.19	2:47.38
7 Rachel McQueen	12	Warrender	2:49.10	39.50	1:23.05	2:07.13	2:49.10
8 Stacey Leach	12	Forres	2:49.67	37.90	1:21.43	2:06.72	2:49.67
9 Hannah Soutar	12	Hearts	2:49.92	39.65	1:22.86	2:07.62	2:49.92
10 Sophie Clayton	12	Warrender	2:51.09	40.51	1:23.73	2:08.19	2:51.09
11 Emma Ross	12	Co Aberdeen	2:51.43	40.30	1:24.21	2:08.79	2:51.43
12 Sarah Carruthers	12	Alloa	2:52.42	41.50	1:24.99	2:09.45	2:52.42
13 Danielle Dewsbury	12	Co Aberdeen	2:52.55	41.05	1:24.58	2:09.10	2:52.55
14 Kendall Deans	12	Co Aberdeen	2:53.12	39.76	1:24.04	2:09.64	2:53.12
15 Rachael Meldrum	12	Co Dundee	2:53.23	40.44	1:24.73	2:10.17	2:53.23
16 Rachael Wells	11	Inverness	2:53.24	41.62	1:25.46	2:10.11	2:53.24
17 Shona Lambert	12	Warrender	2:54.27	41.85	1:27.58	2:12.50	2:54.27
18 Rebecca French	12	Hearts	2:54.51	41.71	1:25.71	2:11.79	2:54.51
19 Leora Guillonneau	12	Hearts	2:55.14	41.16	1:25.32	2:11.06	2:55.14
20 Ailsa Small	11	Warrender	2:55.79	41.28	1:25.97	2:11.85	2:55.79
21 Ellie Brisbane	11	Carnegie	2:57.17	43.16	1:29.01	2:13.37	2:57.17
22 Anna Green	12	Warrender	3:04.52	43.02	1:29.86	2:18.42	3:04.52

**Event 301 Girls 13-14 200 Metre Backstroke**

Name	Age	Team	Time	50	100	150	200
1 Nicola Whyte	13	Fins	2:30.58	35.36	1:13.09	1:51.96	2:30.58
2 Blaine Small	13	Glenrothes	2:31.93	36.81	1:15.29	1:54.23	2:31.93
3 Tammi Warrender	13	Fins	2:33.57	36.06	1:14.37	1:53.78	2:33.57
4 Rosa Brownlee	13	Hearts	2:38.09	36.47	1:16.94	1:58.24	2:38.09
5 Sarah Chapman	14	Fins	2:38.63	38.36	1:17.96	1:58.71	2:38.63
6 Sarah-Jane McIntyre	13	Glenrothes	2:38.86	37.33	1:17.38	1:58.40	2:38.86
7 Laura Shelbourn	14	Warrender	2:40.79	37.51	1:17.90	1:59.68	2:40.79
8 Leah McCabe	13	Midlothian	2:43.81	37.67	1:20.17	2:03.53	2:43.81
9 Francesca Stokes	13	Co Aberdeen	2:44.51	38.15	1:20.53	2:03.16	2:44.51
10 Kirsten McCallum	14	InCAS	2:44.85	38.99	1:21.42	2:05.08	2:44.85
11 Lorraine Johnstone	14	InCAS	2:45.72	38.90	1:20.75	2:03.45	2:45.72
12 Emma Hunter	13	East Lothian	2:45.73	38.90	1:21.32	2:04.36	2:45.73
13 Catriona Laird	13	InCAS	2:46.24	38.83	1:20.54	2:03.54	2:46.24
14 Katherine McClure	13	Co Aberdeen	2:49.24	40.71	1:23.12	2:06.43	2:49.24
15 Flora Pollok	13	Warrender	2:50.72	40.20	1:24.02	2:07.87	2:50.72
16 Carol Roberts	13	Stirling	2:51.45	40.09	1:23.77	2:08.44	2:51.45
17 Louise Bradshaw	14	Midlothian	2:52.50	39.98	1:23.62	2:08.32	2:52.50
18 Joanna Reed	13	Portobello	3:05.03	41.17	1:26.29	2:15.65	3:05.03

**InCAS Distance Meet**FIPRE, Glenrothes – 25<sup>th</sup> June 2006**Session 3 – Results****Event 301 Girls 15 & Over 200 Metre Backstroke**

Name	Age	Team	Time	50	100	150	200
1 Ashley Williamson	16	Co Dundee	2:23.10	33.33	1:10.16	1:46.78	2:23.10
2 Kathryn Johnstone	16	Carnegie	2:31.31	35.16	1:13.03	1:52.00	2:31.31
3 Fiona Bale	15	Duns	2:42.34	37.73	1:18.45	2:00.78	2:42.34
4 Kayleigh McGurk	15	Stirling	2:45.17	40.65	1:22.13	2:04.15	2:45.17
5 Sarah Clapham	15	Warrender	2:46.53	39.73	1:23.25	2:06.30	2:46.53
6 Lisa Tiffen	15	Co Aberdeen	2:47.61	39.81	1:21.69	2:04.90	2:47.61
7 Lynsey Averill	15	Dunfermline	2:48.46	40.35	1:23.10	2:06.48	2:48.46

**Event 302 Boys 10 & Under 200 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200
1 Mark Szaranek	10	Glenrothes	2:32.55	32.48	1:11.52	1:53.01	2:32.55
2 Lewis Kirby	10	InCAS	2:34.70	36.80	1:17.20	1:58.59	2:34.70
3 Matthew McClure	10	Aberdeen Dol	2:41.20	36.82	1:19.02	2:01.13	2:41.20
4 Duncan Scott	9	Alloa	2:42.73	39.35	1:21.54	2:03.97	2:42.73
5 Matthew Anderson	10	Oban	2:43.04	37.71	1:20.25	2:02.72	2:43.04
6 Eddie Watson	9	Aberdeen Dol	2:43.97	35.75	1:17.73	2:01.97	2:43.97
7 Kieran Smith	9	Cults Otters	2:48.51	39.18	1:23.20	2:07.57	2:48.51

**Event 302 Boys 11-12 200 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200
1 Craig Benson	12	Livingston	2:19.85	32.02	1:08.17	1:44.89	2:19.85
2 Iain Condie	12	InCAS	2:27.90	33.15	1:11.32	1:50.52	2:27.90
3 Andrew Bryce	11	Garioch	2:30.07	33.71	1:11.39	1:51.08	2:30.07
4 Greig Shepherd	12	InCAS	2:31.19	33.79	1:12.13	1:52.12	2:31.19
5 Alastair Miley	11	Garioch	2:31.30	35.30	1:14.43	1:54.26	2:31.30
6 Charlie Watson	11	Co Aberdeen	2:34.30	34.43	1:13.63	1:54.68	2:34.30
7 Jack Brownlee	12	Fins	2:34.74	35.04	1:14.12	1:54.95	2:34.74
8 William Clegg	11	Co Aberdeen	2:35.27	34.12	1:15.30	1:56.66	2:35.27
9 Michael Ross	12	Midlothian	2:36.68	35.03	1:15.08	1:56.40	2:36.68
10 Duncan Collier	11	Warrender	2:37.05	36.56	1:18.21	2:00.02	2:37.05
11 Ross McWhirter	12	Warrender	2:39.74	36.78	1:17.64	1:59.78	2:39.74
12 Fraser Humphries	12	Warrender	2:41.71	36.52	1:17.70	1:59.67	2:41.71
13 Ross Shearer	12	Livingston	2:46.91	35.85	1:17.13	2:02.65	2:46.91

**Event 302 Boys 13-14 200 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200
1 Jamie Wilmshurst	13	Forfar	2:05.70	27.70	59.34	1:33.07	2:05.70
2 Jonas Whitehead	14	Garioch	2:11.85	30.23	1:03.76	1:38.32	2:11.85
3 Duncan Chalmers	13	InCAS	2:11.91	29.69	1:03.73	1:38.49	2:11.91
4 Liam Mitchell	14	Kelso	2:19.36	31.65	1:07.01	1:43.95	2:19.36
5 Scott Wilson	13	Teviotdale	2:19.75	32.56	1:09.18	1:45.44	2:19.75
6 Thomas Leach	14	Forres	2:19.95	31.52	1:07.49	1:44.27	2:19.95
7 Craig McNally	13	Warrender	2:21.37	32.54	1:09.10	1:46.79	2:21.37
8 Jack Caster	13	Warrender	2:24.52	32.40	1:09.72	1:47.61	2:24.52
9 Conan Cooper	14	Cults Otters	2:24.98	32.16	1:09.26	1:47.33	2:24.98
10 Connor Mollison	13	Warrender	2:25.66	31.09	1:07.73	1:46.77	2:25.66
11 Niall Smith	13	Co Aberdeen	2:25.88	33.39	1:10.54	1:48.50	2:25.88
12 Thomas Harkins	14	Livingston	2:27.71	33.36	1:11.37	1:50.08	2:27.71
13 Ruairidh Loughlin	13	Warrender	2:27.80	32.40	1:10.23	1:49.46	2:27.80
14 Alexander Clough	13	Warrender	2:27.89	32.13	1:10.24	1:50.70	2:27.89
15 Andrew McGovern	13	Co Aberdeen	2:28.58	34.07	1:11.60	1:50.66	2:28.58
16 Jack Walker	13	Midlothian	2:30.93	34.57	1:12.73	1:52.52	2:30.93
17 Michael Connelly	14	Warrender	2:31.07	35.04	1:14.06	1:53.24	2:31.07
18 Callum McKain	14	Midlothian	2:33.31	34.12	1:13.24	1:54.39	2:33.31
19 David Cameron	14	Stirling	2:33.96	34.80	1:13.03	1:53.58	2:33.96
20 Corrie Cunningham	14	Warrender	2:34.50	34.01	1:14.59	1:55.46	2:34.50
21 Andrew Condie	14	InCAS	2:35.97	34.94	1:14.92	1:56.67	2:35.97



## InCAS Distance Meet

FIPRE, Glenrothes – 25<sup>th</sup> June 2006

## Session 3 – Results

**Event 302 Boys 15 & Over 200 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200
1 Graeme Hunter	16	Kinross	2:04.26	28.47	1:01.87	1:33.57	2:04.26
2 Ross Caithness	15	East Lothian	2:10.03	28.81	1:01.53	1:35.71	2:10.03
3 Grant Nutley	15	Stirling	2:11.89	29.79	1:02.91	1:37.78	2:11.89

**Event 303 Girls 10 & Under 400 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Emily Jones	10	Garioch	5:25.89	37.01	1:18.24	2:00.31	2:42.52	3:24.17	4:05.95	4:47.34	5:25.89
2 Lorna Stewart	10	Garioch	5:32.96	37.46	1:19.22	2:02.50	2:45.28	3:28.06	4:10.75	4:53.38	5:32.96
3 Christina Burr	10	Co Aberdeen	5:37.63	37.81	1:19.51	2:03.09	2:46.47	3:29.32	4:12.74	4:55.76	5:37.63
4 Rachael O'Donnell	9	InCAS	5:38.69	37.33	1:18.24	2:01.82	2:45.41	3:28.43	4:11.95	4:56.64	5:38.69
5 Kate McCullough-Young	10	Warrender	5:45.95	38.62	1:20.83	2:04.64	2:48.43	3:33.77	4:17.94	5:02.29	5:45.95
6 Samantha MacMillan	10	InCAS	5:51.80	39.76	1:24.30	2:10.51	2:54.33	3:38.50	4:23.10	5:07.17	5:51.80
7 Autumn Farrell	9	Fauldhouse	6:00.72	39.22	1:23.36	2:09.54	2:55.08	3:41.42	4:28.72	5:15.94	6:00.72
8 Caitlin Cooper	10	Cults Otters	6:12.89	39.72	1:25.64	2:13.12	3:01.32	3:49.01	4:38.78	5:27.10	6:12.89

**Event 303 Girls 11-12 400 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Yasmin Khera	12	Warrender	5:02.78	32.86	1:10.45	1:48.98	2:27.67	3:06.54	3:45.39	4:25.04	5:02.78
2 Stacey Leach	12	Forres	5:04.92	33.63	1:11.59	1:50.73	2:29.91	3:09.75	3:49.26	4:28.05	5:04.92
3 Gemma Wimberley	12	Hearts	5:07.82	35.29	1:13.51	1:52.70	2:31.72	3:11.58	3:51.08	4:29.81	5:07.82
4 Phoebe Whitehead	11	Garioch	5:09.30	35.55	1:14.55	1:54.11	2:33.58	3:12.18	3:51.64	4:31.09	5:09.30
5 Ishbel Rodger	12	Fauldhouse	5:09.44	34.15	1:13.48	1:52.71	2:32.04	3:12.11	3:51.78	4:31.69	5:09.44
6 Fiona Plain	12	East Lothian	5:11.56	34.46	1:13.27	1:52.92	2:32.84	3:13.07	3:53.52	4:33.35	5:11.56
7 Kirsty McKenzie	12	Co Aberdeen	5:11.87	34.34	1:13.48	1:53.51	2:33.59	3:13.60	3:53.76	4:33.55	5:11.87
8 Emma Ross	12	Co Aberdeen	5:12.85	34.12	1:13.63	1:53.22	2:32.67	3:13.33	3:54.43	4:34.30	5:12.85
9 Rachel Irvine	12	Fins	5:18.14	33.13	1:12.75	1:54.11	2:34.50	3:15.26	3:57.28	4:38.78	5:18.14
10 Nicole Petursdottir	11	Shetland	5:18.57	35.98	1:16.61	1:58.45	2:39.92	3:20.83	4:01.03	4:41.27	5:18.57
11 Sophie Clayton	12	Warrender	5:19.64	36.52	1:17.11	1:57.81	2:38.45	3:19.29	4:00.20	4:40.75	5:19.64
12 Rachel McQueen	12	Warrender	5:21.70	35.88	1:16.25	1:57.76	2:39.49	3:21.00	4:02.62	4:43.78	5:21.70
13 Camille Brash	12	Warrender	5:21.87	35.91	1:17.44	1:59.07	2:40.43	3:22.01	4:03.25	4:44.97	5:21.87
14 Rebecca French	12	Hearts	5:23.50	35.91	1:16.32	1:57.79	2:39.89	3:21.86	4:04.03	4:45.41	5:23.50
15 Tiffany Barber	12	Carnegie	5:26.16	36.32	1:17.47	1:59.92	2:41.86	3:23.89	4:05.79	4:46.94	5:26.16
16 Courtney Nelson	12	Alloa	5:26.24	36.56	1:17.35	1:58.78	2:39.66	3:22.50	4:04.95	4:47.33	5:26.24
17 Danielle Dewsbury	12	Co Aberdeen	5:26.52	37.34	1:19.09	2:01.65	2:43.96	3:25.30	4:06.79	4:47.93	5:26.52
18 Rachael Meldrum	12	Co Dundee	5:28.51	36.26	1:17.33	1:58.95	2:41.90	3:24.17	4:07.30	4:49.64	5:28.51
19 Kayleigh Hutton	11	InCAS	5:29.30	36.95	1:18.18	2:01.21	2:42.90	3:25.66	4:08.36	4:51.11	5:29.30
20 Kendall Deans	12	Co Aberdeen	5:32.19	37.15	1:18.91	2:02.40	2:45.34	3:27.06	4:10.09	4:52.44	5:32.19
21 Ailsa Small	11	Warrender	5:32.54	37.51	1:20.73	2:03.22	2:46.17	3:29.03	4:11.36	4:53.29	5:32.54
22 Leora Guillonneau	12	Hearts	5:33.57	37.73	1:19.16	2:01.59	2:44.73	3:28.38	4:10.20	4:52.12	5:33.57
23 Sarah Carruthers	12	Alloa	5:35.35	37.81	1:20.21	2:02.47	2:45.58	3:27.87	4:10.67	4:54.24	5:35.35
24 Kelly Law	12	Fins	5:51.26	39.32	1:21.80	2:06.47	2:51.56	3:36.82	4:21.77	5:06.83	5:51.26

**Event 303 Girls 13-14 400 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Lucy Ellis	13	Dunedin	4:29.62	31.42	1:04.76	1:39.06	2:12.93	2:46.65	3:20.57	3:55.39	4:29.62
2 Eloise Barber	14	Carnegie	4:31.96	30.98	1:05.01	1:39.93	2:14.90	2:49.47	3:24.20	3:58.94	4:31.96
3 Jennifer Dobson	13	Dunedin	4:38.68	31.41	1:05.61	1:40.62	2:16.08	2:51.88	3:27.80	4:03.78	4:38.68
4 Mairi Morrison	14	Dunedin	4:40.96	31.51	1:05.91	1:41.41	2:17.66	2:53.60	3:29.94	4:06.46	4:40.96
5 Sarah Chapman	14	Fins	4:41.20	31.88	1:06.29	1:41.61	2:17.67	2:54.01	3:30.68	4:06.94	4:41.20
6 Blaine Small	13	Glenrothes	4:46.75	31.79	1:06.84	1:43.87	2:20.78	2:57.34	3:34.53	4:11.46	4:46.75
7 Roisin Donnelly	13	Unattached	4:55.08	32.49	1:08.44	1:45.64	2:23.42	3:01.13	3:39.60	4:18.33	4:55.08
8 Nicola Whyte	13	Fins	4:56.27	32.34	1:09.37	1:47.43	2:26.08	3:04.21	3:42.57	4:20.64	4:56.27
9 Sarah-Jane McIntyre	13	Glenrothes	4:57.79	33.02	1:09.60	1:47.83	2:26.42	3:04.85	3:42.95	4:21.39	4:57.79
10 Rebecca Stephen	13	Dunedin	4:59.52	33.97	1:11.36	1:49.71	2:27.92	3:06.10	3:44.60	4:22.81	4:59.52
11 Catriona Laird	13	InCAS	5:05.25	34.06	1:11.56	1:49.95	2:29.24	3:08.81	3:48.12	4:27.63	5:05.25



## InCAS Distance Meet

FIPRE, Glenrothes – 25<sup>th</sup> June 2006

## Session 3 – Results



12 Hope Smith	13	Fins	5:07.22	34.43	1:12.40	1:51.94	2:31.58	3:10.31	3:49.28	4:28.76	5:07.22
13 Rosa Brownlee	13	Hearts	5:08.28	33.96	1:12.97	1:52.53	2:32.22	3:11.43	3:50.68	4:30.37	5:08.28
14 Lorraine Johnstone	14	InCAS	5:12.91	36.19	1:15.54	1:55.43	2:35.53	3:15.15	3:54.79	4:34.39	5:12.91
15 Gemma Stevenson	13	Fins	5:12.97	34.56	1:11.89	1:51.57	2:32.52	3:13.24	3:53.92	4:34.55	5:12.97
16 Francesca Stokes	13	Co Aberdeen	5:14.82	34.22	1:14.43	1:53.53	2:33.44	3:14.53	3:55.05	4:35.46	5:14.82
17 Emma Hunter	13	East Lothian	5:16.69	34.30	1:13.40	1:54.70	2:36.23	3:16.79	3:57.44	4:37.85	5:16.69
18 Beth Scanlon	14	Dunedin	5:18.02	34.67	1:13.67	1:53.98	2:34.49	3:15.65	3:56.91	4:37.43	5:18.02
19 Carol Roberts	13	Stirling	5:20.27	34.94	1:14.11	1:54.75	2:36.11	3:17.58	3:58.92	4:41.15	5:20.27
20 Laura Shelbourn	14	Warrender	5:25.41	34.86	1:15.16	1:56.61	2:38.41	3:19.86	4:01.87	4:43.81	5:25.41
21 Jill Morrison	14	Stirling	5:29.96	36.79	1:17.88	1:59.82	2:42.18	3:24.99	4:07.62	4:49.75	5:29.96

## Event 303 Girls 15 &amp; Over 400 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Emily Bradshaw	15	InCAS	4:51.57	31.92	1:08.13	1:46.16	2:23.57	3:01.35	3:39.62	4:16.96	4:51.57
2 Fiona Bale	15	Duns	4:52.03	31.85	1:07.88	1:44.92	2:23.00	3:00.89	3:39.65	4:17.93	4:52.03
3 Laura Anderson	15	Glenrothes	4:52.44	31.43	1:06.70	1:44.00	2:22.12	3:00.21	3:38.39	4:16.38	4:52.44
4 Kayleigh McGurk	15	Stirling	5:13.77	37.14	1:16.54	1:56.11	2:36.10	3:16.30	3:56.01	4:35.61	5:13.77

## Event 304 Boys 10 &amp; Under 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Cameron MacPhail	10	Portobello	6:18.15	40.51	1:31.12	2:19.15	3:06.93	4:01.80	4:58.23	5:39.09	6:18.15
2 Matthew McClure	10	Aberdeen Dol	6:22.85	43.05	1:34.79	2:23.63	3:11.35	4:04.34	4:57.78	5:41.36	6:22.85
3 Duncan Scott	9	Alloa	6:25.26	43.80	1:33.84	2:22.32	3:12.09	4:05.40	5:03.14	5:44.76	6:25.26

## Event 304 Boys 11-12 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Joe Lipworth	12	Co Dundee	5:23.18	34.20	1:14.40	1:54.62	2:34.33	3:21.41	4:09.13	4:46.64	5:23.18
2 Zach Courtney	12	Warrender	5:30.55	34.31	1:16.32	1:58.86	2:38.93	3:25.89	4:15.07	4:54.22	5:30.55
3 Craig Benson	12	Livingston	5:38.25	36.35	1:20.97	2:05.58	2:48.53	3:34.89	4:22.54	5:01.86	5:38.25
4 Andrew Bryce	11	Garioch	5:58.05	39.86	1:27.24	2:11.90	2:56.84	3:49.39	4:42.74	5:20.60	5:58.05
5 Alastair Miley	11	Garioch	5:59.83	39.02	1:24.24	2:07.69	2:52.06	3:47.65	4:43.12	5:22.22	5:59.83
6 Iain Condie	12	InCAS	6:00.84	38.25	1:23.93	2:08.62	2:54.13	3:47.21	4:42.33	5:22.18	6:00.84
7 William Clegg	11	Co Aberdeen	6:05.75	40.04	1:28.10	2:11.55	2:56.83	3:50.80	4:43.47	5:25.90	6:05.75
8 Fraser Humphries	12	Warrender	6:16.11	43.20	1:35.07	2:22.80	3:09.79	4:00.91	4:52.36	5:35.43	6:16.11
9 Duncan Collier	11	Warrender	6:16.87	44.62	1:39.39	2:34.30	3:11.38	4:03.74	4:56.17	5:38.62	6:16.87
10 Charlie Watson	11	Co Aberdeen	6:21.41	41.00	1:32.18	2:16.80	3:00.82	4:00.17	4:57.23	5:39.61	6:21.41
11 Gavin Scoular	11	Portobello	6:31.55	42.82	1:34.91	2:24.28	3:13.06	4:09.20	5:06.76	5:49.46	6:31.55

## Event 304 Boys 13-14 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Jonas Whitehead	14	Garioch	5:06.85	32.88	1:11.43	1:50.68	2:30.12	3:12.48	3:56.37	4:32.17	5:06.85
2 Peter Stewart	14	Co Dundee	5:15.96	33.36	1:13.22	1:52.09	2:31.21	3:14.04	3:58.44	4:37.64	5:15.96
3 Blair Hush	13	Fins	5:17.14	32.69	1:10.10	1:51.71	2:32.87	3:19.34	4:07.44	4:43.38	5:17.14
4 Ryan Archibald	13	Midlothian	5:23.15	34.69	1:15.45	1:57.59	2:37.48	3:26.21	4:14.96	4:50.95	5:23.15
5 Matt Green	14	Warrender	5:26.64	37.37	1:21.64	2:04.30	2:45.69	3:30.31	4:14.11	4:51.92	5:26.64
6 Jack Caster	13	Warrender	5:29.86	35.76	1:18.14	2:01.14	2:44.16	3:29.31	4:15.56	4:53.65	5:29.86
7 Scott Wilson	13	Teviotdale	5:30.50	35.86	1:20.07	2:15.20	2:42.74	3:29.93	4:17.18	4:55.70	5:30.50
8 Connor Mollison	13	Warrender	5:34.70	35.18	1:16.63	1:58.39	2:38.78	3:27.94	4:16.75	4:56.49	5:34.70
9 Craig McNally	13	Warrender	5:39.35	36.01	1:21.42	2:01.77	2:42.09	3:32.95	4:23.54	5:02.29	5:39.35
10 Thomas Leach	14	Forres	5:45.61	37.05	1:20.77	2:04.34	2:48.85	3:39.37	4:29.38	5:08.83	5:45.61
11 Conan Cooper	14	Cults Otters	5:47.01	36.57	1:22.10	2:04.98	2:48.48	3:38.34	4:31.26	5:10.28	5:47.01
12 Niall Smith	13	Co Aberdeen	5:48.77	36.92	1:21.72	2:05.20	2:48.66	3:39.67	4:33.34	5:11.00	5:48.77
13 Ruairidh Loughlin	13	Warrender	5:48.82	37.60	1:25.74	2:07.45	2:48.18	3:39.03	4:30.17	5:10.44	5:48.82
14 Michael Connelly	14	Warrender	5:50.55	39.79	1:26.34	2:12.48	2:55.38	3:44.44	4:33.38	5:13.19	5:50.55
15 Euan Johnston	13	Duns	5:54.90	38.25	1:24.66	2:11.93	2:57.74	3:47.55	4:38.49	5:17.62	5:54.90
16 Alexander Clough	13	Warrender	5:57.11	39.22	1:28.41	2:14.86	2:59.08	3:47.98	4:37.77	5:19.57	5:57.11
17 Corrie Cunningham	14	Warrender	6:07.52	36.82	1:23.32	2:10.44	2:54.30	3:49.24	4:43.64	5:25.93	6:07.52
18 Euan Ballantyne	13	Warrender	6:15.29	43.03	1:33.65	2:23.31	3:10.37	4:01.47	4:51.55	5:34.63	6:15.29

**InCAS Distance Meet**FIPRE, Glenrothes – 25<sup>th</sup> June 2006**Session 3 – Results****Event 304 Boys 15 & Over 400 Metre IM**

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Phillip Kelly	17	Dunedin	4:56.53	32.90	1:12.60	1:49.99	2:26.29	3:07.90	3:51.45	4:24.01	4:56.53
2 Fraser Clark	15	Glenrothes	5:20.70	31.76	1:10.04	1:52.08	2:33.78	3:18.67	4:06.14	4:43.66	5:20.70
3 Grant Nutley	15	Stirling	5:22.00	33.58	1:12.78	1:56.10	2:38.15	3:25.45	4:12.43	4:47.54	5:22.00