



InCAS Distance Meet

FIPRE, Glenrothes – 25th June 2006

Session 4 – Results

**Event 401 Girls 10 & Under 200 Metre Freestyle**

Name	Age	Team	Time	50	100	150	200
1 Emily Jones	10	Garioch	2:35.82	35.25	1:15.53	1:56.79	2:35.82
2 Lorna Stewart	10	Garioch	2:39.93	36.78	1:18.21	2:00.74	2:39.93
3 Christina Burr	10	Co Aberdeen	2:41.35	37.22	1:18.53	2:01.58	2:41.35
4 Rachael O'Donnell	9	InCAS	2:44.94	38.11	1:20.52	2:03.35	2:44.94
5 Caitlin Burns	10	Carnegie	2:45.47	37.00	1:20.11	2:03.82	2:45.47
6 Samantha MacMillan	10	InCAS	2:46.16	38.99	1:22.92	2:05.58	2:46.16
7 Kate McCullough-Young	10	Warrender	2:46.91	37.82	1:20.22	2:04.53	2:46.91
8 Chelsea Lawson	10	InCAS	2:49.28	39.09	1:22.91	2:08.44	2:49.28
9 Eilidh Gibson	10	Kinross	2:50.49	39.15	1:24.04	2:09.44	2:50.49
10 Autumn Farrell	9	Fauldhouse	2:52.43	39.68	1:24.48	2:09.83	2:52.43
11 Jennifer Ritchie	9	East Lothian	2:53.13	39.22	1:24.30	2:10.15	2:53.13
12 Laura-Kate O'Brien	10	InCAS	2:53.44	39.78	1:24.23	2:09.53	2:53.44
13 Joanna Whitelaw	9	East Lothian	2:55.87	39.79	1:24.91	2:12.58	2:55.87
14 Fiona Corbett	10	Portobello	2:58.83	40.92	1:27.42	2:15.72	2:58.83

Event 401 Girls 11-12 200 Metre Freestyle

Name	Age	Team	Time	50	100	150	200
1 Yasmin Khera	12	Warrender	2:21.42	31.85	1:08.11	1:45.66	2:21.42
2 Gemma Wimberley	12	Hearts	2:24.81	33.56	1:10.52	1:48.37	2:24.81
3 Fiona Plain	12	East Lothian	2:25.48	33.36	1:10.60	1:48.82	2:25.48
4 Stacey Leach	12	Forres	2:26.69	32.54	1:10.14	1:49.28	2:26.69
5 Nicole Petursdottir	11	Shetland	2:27.88	33.75	1:11.57	1:50.83	2:27.88
6 Rachel Irvine	12	Fins	2:28.68	32.30	1:10.34	1:50.21	2:28.68
7 Courtney Nelson	12	Alloa	2:31.35	34.85	1:13.37	1:53.31	2:31.35
8 Kirsty McKenzie	12	Co Aberdeen	2:31.65	35.05	1:13.71	1:53.41	2:31.65
9 Emma Ross	12	Co Aberdeen	2:31.70	34.36	1:13.55	1:53.72	2:31.70
10 Danielle Dewsbury	12	Co Aberdeen	2:31.82	33.86	1:12.67	1:53.25	2:31.82
11 Camille Brash	12	Warrender	2:31.95	34.97	1:13.70	1:53.39	2:31.95
12 Phoebe Whitehead	11	Garioch	2:32.96	35.51	1:15.11	1:54.84	2:32.96
13 Hannah Soutar	12	Hearts	2:33.15	35.59	1:14.82	1:54.90	2:33.15
14 Rachel McQueen	12	Warrender	2:33.72	35.11	1:14.77	1:55.56	2:33.72
15 Kirsty Bale	11	Duns	2:34.18	34.47	1:13.98	1:55.31	2:34.18
16 Claire Osborne	11	Hearts	2:34.26	35.23	1:15.00	1:55.13	2:34.26
17 Kayleigh Hutton	11	InCAS	2:35.41	35.44	1:15.81	1:56.95	2:35.41
18 Sarah Carruthers	12	Alloa	2:36.77	36.50	1:16.81	1:57.20	2:36.77
19 Ailsa Small	11	Warrender	2:37.63	36.60	1:17.81	1:58.81	2:37.63
20 Tiffany Barber	12	Carnegie	2:37.73	35.45	1:16.12	1:58.30	2:37.73
21 Kirsty Pyper	12	Warrender	2:39.63	36.60	1:17.55	1:59.37	2:39.63
22 Shona Lambert	12	Warrender	2:39.70	36.58	1:18.13	2:01.08	2:39.70
23 Ailidh Brown	11	InCAS	2:40.45	36.96	1:18.50	2:00.90	2:40.45
24 Leora Guillonneau	12	Hearts	2:40.73	36.54	1:16.99	1:59.94	2:40.73
25 Nicole Gilmour	11	Livingston	2:41.23	37.93	1:18.99	2:02.61	2:41.23
26 Kendall Deans	12	Co Aberdeen	2:42.53	38.23	1:20.59	2:03.21	2:42.53
27 Rachael Wells	11	Inverness	2:43.43	37.10	1:19.55	2:01.84	2:43.43
28 Catherine Russell	12	Stirling	2:46.39	38.09	1:20.92	2:05.05	2:46.39
29 Kelly Law	12	Fins	2:47.37	39.56	1:22.66	2:05.96	2:47.37
30 Amy Gardner	12	Fins	2:58.70	40.93	1:27.34	2:14.06	2:58.70
--- Robyn Gallacher	12	Portobello	DQ				
--- Rebecca French	12	Hearts	DNF				
--- Ellie Brisbane	11	Carnegie	DNF				

Event 401 Girls 13-14 200 Metre Freestyle

Name	Age	Team	Time	50	100	150	200
1 Eloise Barber	14	Carnegie	2:08.97	29.71	1:02.39	1:36.11	2:08.97
2 Sarah Chapman	14	Fins	2:14.42	31.30	1:05.34	1:40.20	2:14.42
3 Blaine Small	13	Glenrothes	2:15.55	31.50	1:06.21	1:41.15	2:15.55



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4	Roisin Donnelly	13	Unattached	2:17.88	31.73	1:06.59	1:42.31	2:17.88
5	Nicola Whyte	13	Fins	2:20.18	31.86	1:07.74	1:44.65	2:20.18
6	Amanda Woodhouse	14	Carnegie	2:21.20	31.97	1:07.38	1:43.83	2:21.20
7	Tammi Warrender	13	Fins	2:21.49	32.40	1:08.10	1:44.96	2:21.49
8	Sarah-Jane McIntyre	13	Glenrothes	2:21.61	32.42	1:08.41	1:45.76	2:21.61
9	Rebecca Stephen	13	Dunedin	2:25.05	33.89	1:10.53	1:48.27	2:25.05
10	Kirsten McCallum	14	InCAS	2:25.94	34.54	1:11.64	1:49.62	2:25.94
11	Gemma Stevenson	13	Fins	2:27.52	33.66	1:10.99	1:49.83	2:27.52
12	Rosa Brownlee	13	Hearts	2:29.07	33.72	1:12.17	1:51.40	2:29.07
13	Carol Roberts	13	Stirling	2:30.43	33.98	1:11.82	1:52.04	2:30.43
14	Flora Pollok	13	Warrender	2:31.26	35.74	1:15.20	2:19.90	2:31.26
15	Beth Scanlon	14	Dunedin	2:32.13	34.06	1:12.93	1:52.36	2:32.13
16	Mhairi Michie	14	Co Aberdeen	2:33.14	34.54	1:13.40	1:53.73	2:33.14
17	Hannah Caithness	13	East Lothian	2:33.37	35.81	1:14.49	1:54.61	2:33.37
18	Clare Burberry	14	Warrender	2:33.54	35.42	1:15.32	1:56.10	2:33.54
19	Kirsty Ferguson	14	Fins	2:33.62	35.44	1:14.18	1:53.93	2:33.62
20	Helen Cumber	13	Warrender	2:35.54	36.03	1:15.76	1:56.34	2:35.54
21	Francesca Stokes	13	Co Aberdeen	2:36.46	34.63	1:16.13	1:57.51	2:36.46
22	Grace Hinchcliffe	13	Hearts	2:36.55	35.33	1:15.08	1:56.48	2:36.55
23	Vivian Pringle	14	Livingston	2:37.14	35.35	1:15.29	1:56.89	2:37.14
24	Jenny MacDougall	13	Portobello	2:40.08	35.25	1:16.07	1:58.35	2:40.08
25	Katherine McClure	13	Co Aberdeen	2:51.02	37.94	1:22.34	2:06.89	2:51.02

Event 401 Girls 15 & Over 200 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	
1	Ashley Williamson	16	Co Dundee	2:11.53	30.20	1:03.90	1:37.95	2:11.53
2	Laura Anderson	15	Glenrothes	2:17.42	30.96	1:05.87	1:41.94	2:17.42
3	Fiona Bale	15	Duns	2:18.64	30.78	1:05.69	1:43.02	2:18.64
4	Emily Bradshaw	15	InCAS	2:23.81	31.84	1:08.25	1:46.46	2:23.81
5	Alicia McCutcheon	15	East Lothian	2:27.17	34.56	1:11.84	1:50.13	2:27.17
6	Lisa Tiffen	15	Co Aberdeen	2:32.08	34.60	1:12.51	1:52.29	2:32.08
7	Siobhan Clark	15	Co Dundee	2:32.48	33.19	1:11.53	1:52.27	2:32.48

Event 402 Boys 10 & Under 200 Metre Backstroke

Name	Age	Team	Time	50	100	150	200	
1	Mark Szaranek	10	Glenrothes	2:49.52	38.35	1:22.78	2:08.54	2:49.52
2	Lewis Kirby	10	InCAS	2:56.38	43.64	1:28.48	2:13.64	2:56.38
3	Matthew McClure	10	Aberdeen Dol	3:03.05	43.74	1:31.31	2:18.53	3:03.05
4	Matthew Anderson	10	Oban	3:03.78	44.06	1:30.91	2:18.32	3:03.78
5	Eddie Watson	9	Aberdeen Dol	3:05.51	44.11	1:31.52	2:19.70	3:05.51
6	Kieran Smith	9	Cults Otters	3:09.99	45.24	1:34.75	2:24.21	3:09.99

Event 402 Boys 11-12 200 Metre Backstroke

Name	Age	Team	Time	50	100	150	200	
1	Joe Lipworth	12	Co Dundee	2:28.30	34.83	1:12.32	1:50.76	2:28.30
2	Craig Benson	12	Livingston	2:42.50	38.37	1:20.23	2:02.68	2:42.50
3	Iain Condie	12	InCAS	2:45.23	39.99	1:21.57	2:04.21	2:45.23
4	Charlie Watson	11	Co Aberdeen	2:47.75	39.73	1:22.14	2:05.65	2:47.75
5	Alastair Miley	11	Garioch	2:48.39	40.04	1:23.68	2:07.41	2:48.39
6	Ross Hunter	12	InCAS	2:48.56	40.00	1:22.58	2:05.79	2:48.56
7	William Clegg	11	Co Aberdeen	2:49.41	38.85	1:23.00	2:08.15	2:49.41
8	Andrew Bryce	11	Garioch	2:49.85	39.46	1:22.88	2:06.76	2:49.85
9	Greig Shepherd	12	InCAS	2:49.91	39.62	1:23.00	2:06.85	2:49.91
10	Ross McWhirter	12	Warrender	2:52.05	41.10	1:24.76	2:09.32	2:52.05
11	Duncan Collier	11	Warrender	2:52.16	41.25	1:26.71	2:10.79	2:52.16
12	Jordan MacKenzie	12	InCAS	2:52.99	40.83	1:25.28	2:10.06	2:52.99
13	Scott Bence	12	Glenrothes	2:56.65	43.46	1:27.97	2:13.32	2:56.65
14	Kieran Harper	11	Carnegie	3:01.32	41.08	1:26.50	2:11.92	3:01.32
15	Gavin Scoular	11	Portobello	3:10.59	45.40	1:34.36	2:23.35	3:10.59



InCAS Distance Meet

FIPRE, Glenrothes – 25th June 2006

Session 4 – Results

**Event 402 Boys 13-14 200 Metre Backstroke**

Name	Age	Team	Time	50	100	150	200
1 Jamie Wilmshurst	13	Forfar	2:26.47	33.46	1:11.53	2:18.60	2:26.47
2 Jonas Whitehead	14	Garioch	2:26.86	35.29	1:12.50	1:50.21	2:26.86
3 Blair Hush	13	Fins	2:29.44	35.51	1:14.05	1:52.50	2:29.44
4 Matt Green	14	Warrender	2:34.34	37.01	1:15.83	1:55.72	2:34.34
5 Scott Wilcox	13	Teviotdale	2:36.03	36.13	1:15.39	1:56.02	2:36.03
6 Scott Wilson	13	Teviotdale	2:37.89	38.12	1:18.10	1:59.12	2:37.89
7 Liam Mitchell	14	Kelso	2:39.78	37.61	1:17.84	1:59.21	2:39.78
8 Thomas Leach	14	Forres	2:41.03	38.65	1:20.26	2:01.77	2:41.03
9 Niall Smith	13	Co Aberdeen	2:41.90	38.79	1:20.43	2:01.81	2:41.90
10 Andrew McGovern	13	Co Aberdeen	2:45.49	39.92	1:21.89	2:04.15	2:45.49
11 Alexander Clough	13	Warrender	2:46.80	38.89	1:22.85	2:07.77	2:46.80
12 Donald Griffiths	13	InCAS	2:47.41	39.06	1:22.30	2:05.08	2:47.41
13 Corrie Cunningham	14	Warrender	2:49.13	38.91	1:22.86	2:07.44	2:49.13
14 Thomas Harkins	14	Livingston	2:50.10	38.82	1:22.36	2:07.37	2:50.10
15 David Cameron	14	Stirling	2:52.84	40.01	1:24.65	2:09.41	2:52.84
16 Michael Connelly	14	Warrender	2:52.94	41.36	1:25.28	2:08.78	2:52.94
17 Euan Ballantyne	13	Warrender	3:00.52	42.69	1:28.74	2:15.41	3:00.52

Event 402 Boys 15 & Over 200 Metre Backstroke

Name	Age	Team	Time	50	100	150	200
1 Phillip Kelly	17	Dunedin	2:20.32	32.92	1:08.49	1:45.11	2:20.32
2 Marco Ladd	15	Warrender	2:54.30	39.20	1:24.30	2:10.04	2:54.30
3 Dean Anderson	15	Burntisland	3:07.93	40.49	1:28.83	2:19.49	3:07.93

Event 403 Girls 10 & Under 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Emily Jones	10	Garioch	5:59.71	42.79	1:31.20	2:14.59	2:58.97	3:49.92	4:41.30	5:21.63	5:59.71
2 Lorna Stewart	10	Garioch	6:20.99	43.32	1:34.39	2:23.30	3:09.82	4:03.24	4:57.71	5:41.54	6:20.99
3 Christina Burr	10	Co Aberdeen	6:33.40	41.39	1:31.81	2:19.06	3:05.89	4:06.22	5:06.64	5:50.14	6:33.40

Event 403 Girls 11-12 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Ishbel Rodger	12	Fauldhouse	5:48.26	37.84	1:22.39	2:06.87	2:49.98	3:41.39	4:31.93	5:11.62	5:48.26
2 Gemma Veale	12	Fauldhouse	5:48.29	37.72	1:23.72	2:06.77	2:50.54	3:42.87	4:35.34	5:12.68	5:48.29
3 Kirsty McKenzie	12	Co Aberdeen	5:49.67	37.51	1:21.77	2:05.82	2:49.22	3:41.82	4:33.32	5:11.88	5:49.67
4 Rachel McQueen	12	Warrender	5:52.45	39.70	1:28.71	2:13.75	2:59.04	3:46.70	4:35.09	5:14.85	5:52.45
5 Stacey Leach	12	Forres	5:53.69	39.29	1:28.52	2:12.22	2:57.02	3:45.81	4:36.43	5:16.18	5:53.69
6 Nicole Petursdottir	11	Shetland	5:53.74	39.88	1:27.50	2:11.45	2:54.70	3:45.92	4:36.71	5:16.60	5:53.74
7 Camille Brash	12	Warrender	5:53.80	38.03	1:24.32	2:08.28	2:51.19	3:43.60	4:35.68	5:15.79	5:53.80
8 Emma Ross	12	Co Aberdeen	5:56.27	37.84	1:23.49	2:08.82	2:52.59	3:45.47	4:37.82	5:18.00	5:56.27
9 Phoebe Whitehead	11	Garioch	5:57.50	41.42	1:31.27	2:14.82	2:58.21	3:48.17	4:39.29	5:19.56	5:57.50
10 Sophie Clayton	12	Warrender	5:59.12	40.50	1:27.46	2:13.02	2:57.36	3:48.26	4:38.69	5:20.25	5:59.12
11 Danielle Dewsbury	12	Co Aberdeen	6:00.93	37.00	1:21.54	2:08.36	2:54.26	3:47.11	4:39.76	5:21.01	6:00.93
12 Ailsa Small	11	Warrender	6:02.58	41.69	1:30.29	2:16.78	3:01.63	3:51.97	4:41.81	5:23.26	6:02.58
13 Rebecca French	12	Hearts	6:02.94	40.47	1:28.64	2:17.04	3:04.68	3:51.81	4:41.67	5:23.93	6:02.94
14 Amber Whitelaw	12	East Lothian	6:04.95	37.91	1:24.66	2:14.07	3:00.60	3:51.69	4:43.85	5:24.96	6:04.95
15 Courtney Nelson	12	Alloa	6:06.56	40.33	1:25.91	2:12.38	2:58.41	3:51.97	4:45.70	5:26.37	6:06.56
16 Adrienne Hudson	11	East Lothian	6:08.10	39.70	1:27.82	2:15.27	3:02.29	3:52.62	4:45.05	5:26.84	6:08.10
17 Sarah Carruthers	12	Alloa	6:09.17	42.85	1:31.84	2:16.26	3:01.56	3:53.61	4:46.53	5:28.32	6:09.17
18 Kendall Deans	12	Co Aberdeen	6:13.33	41.78	1:33.85	2:20.98	3:04.46	3:57.62	4:49.75	5:33.34	6:13.33
19 Rachael Meldrum	12	Co Dundee	6:19.33	41.51	1:32.87	2:19.58	3:06.10	4:01.22	4:55.67	5:39.70	6:19.33
20 Rachael Wells	11	Inverness	6:23.22	42.15	1:35.02	2:21.37	3:06.69	4:03.17	4:58.90	5:42.21	6:23.22
--- Leora Guillonneau	12	Hearts	DQ	40.19	1:30.78	2:18.25	3:05.01	3:56.73	4:48.70	5:31.41	



InCAS Distance Meet

FIPRE, Glenrothes – 25th June 2006

Session 4 – Results

**Event 403 Girls 13-14 400 Metre IM**

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Eloise Barber	14	Carnegie	5:06.23	32.76	1:11.50	1:51.13	2:29.77	3:12.62	3:56.95	4:31.90	5:06.23
2 Blaine Small	13	Glenrothes	5:22.97	34.73	1:16.40	1:57.97	2:39.40	3:26.43	4:12.40	4:47.99	5:22.97
3 Roisin Donnelly	13	Unattached	5:30.17	34.06	1:15.50	1:58.18	2:40.13	3:25.72	4:12.82	4:52.20	5:30.17
4 Rosa Brownlee	13	Hearts	5:37.55	36.08	1:20.66	2:03.22	2:46.34	3:33.36	4:20.91	5:00.00	5:37.55
5 Catriona Laird	13	InCAS	5:47.32	35.70	1:19.25	2:02.77	2:46.27	3:36.80	4:27.20	5:08.24	5:47.32
6 Lorraine Johnstone	14	InCAS	5:49.38	38.37	1:23.54	2:08.22	2:51.73	3:41.16	4:31.72	5:12.10	5:49.38
7 Clare Burberry	14	Warrender	5:51.74	38.15	1:23.68	2:08.80	2:53.72	3:44.77	4:34.79	5:14.15	5:51.74
8 Hannah Caithness	13	East Lothian	5:55.86	39.10	1:25.01	2:11.60	2:57.55	3:44.85	4:31.84	5:14.92	5:55.86
9 Shona Young	13	InCAS	5:56.12	36.87	1:22.85	2:10.15	2:55.56	3:45.19	4:35.12	5:16.82	5:56.12
10 Francesca Stokes	13	Co Aberdeen	6:00.70	39.84	1:27.26	2:10.90	2:53.57	3:47.55	4:40.53	5:21.73	6:00.70
--- Emma Hunter	13	East Lothian	DQ								

Event 403 Girls 15 & Over 400 Metre IM

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Fiona Bale	15	Duns	5:33.37	34.49	1:17.08	2:01.99	2:44.77	3:31.98	4:18.70	4:57.01	5:33.37
2 Paula Preston	15	Warrender	5:48.10	39.98	1:26.77	2:13.49	2:57.10	3:43.52	4:30.42	5:10.48	5:48.10
3 Gillian Bell	15	Dunedin	6:25.38	39.41	1:31.54	2:23.34	3:12.20	4:01.39	4:51.81	5:40.45	6:25.38
--- Lisa Tiffen	15	Co Aberdeen	DQ								

Event 404 Boys 10 & Under 400 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Cameron MacPhail	10	Portobello	5:27.36	35.56	1:16.39	1:58.04	2:39.86	3:22.24	4:04.64	4:46.79	5:27.36
2 Lewis Kirby	10	InCAS	5:29.55	40.04	1:22.66	2:05.48	2:48.20	3:29.85	4:11.04	4:50.81	5:29.55
3 Kieran Smith	9	Cults Otters	5:41.01	40.05	1:23.59	2:07.24	2:50.94	3:34.35	4:17.45	5:00.76	5:41.01
4 Eddie Watson	9	Aberdeen Dol	5:47.64	39.88	1:23.86	2:07.35	2:51.05	3:34.94	4:19.43	5:04.17	5:47.64
5 Matthew McClure	10	Aberdeen Dol	5:54.49	40.54	1:24.68	2:09.22	2:55.79	3:40.65	4:26.40	5:12.48	5:54.49
6 Duncan Scott	9	Alloa	6:08.39	42.35	1:29.62	2:17.21	3:04.21	3:50.74	4:37.59	5:23.71	6:08.39

Event 404 Boys 11-12 400 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Joe Lipworth	12	Co Dundee	4:43.01	31.56	1:08.01	1:44.62	2:21.16	2:57.55	3:33.82	4:09.10	4:43.01
2 Craig Benson	12	Livingston	5:04.83	34.53	1:13.63	1:52.63	2:32.00	3:11.29	3:50.08	4:28.99	5:04.83
3 Darren Campbell	12	InCAS	5:08.45	37.31	1:17.62	1:57.21	2:37.08	3:15.76	3:52.38	4:29.84	5:08.45
4 Christopher Campbell	12	InCAS	5:11.96	34.74	1:13.37	1:52.43	2:32.52	3:13.51	3:54.56	4:34.40	5:11.96
5 Alastair Miley	11	Garioch	5:12.48	36.34	1:16.63	1:56.73	2:36.65	3:16.63	3:56.17	4:35.49	5:12.48
6 Jack Brownlee	12	Fins	5:15.56	34.65	1:13.81	1:54.32	2:34.85	3:15.20	3:56.55	4:36.66	5:15.56
7 Iain Condie	12	InCAS	5:19.03	35.87	1:16.38	1:57.11	2:38.44	3:18.66	4:00.45	4:40.96	5:19.03
8 Andrew Bryce	11	Garioch	5:20.06	35.56	1:15.35	1:56.26	2:37.87	3:19.16	4:00.14	4:41.07	5:20.06
9 Greig Shepherd	12	InCAS	5:24.27	36.01	1:17.03	1:58.97	2:40.25	3:21.99	4:03.72	4:45.33	5:24.27
10 Charlie Watson	11	Co Aberdeen	5:29.61	36.39	1:16.92	1:58.58	2:41.12	3:23.34	4:05.53	4:48.66	5:29.61
11 Scott Bence	12	Glenrothes	5:31.20	37.60	1:18.86	2:02.22	2:45.36	3:27.95	4:09.87	4:52.13	5:31.20
12 Jordan MacKenzie	12	InCAS	5:32.72	37.96	1:20.64	2:03.56	2:46.38	3:29.45	4:12.63	4:54.16	5:32.72
13 Cameron Taylor	12	Teviotdale	5:35.13	35.74	1:16.74	1:59.66	2:43.50	3:27.42	4:10.76	4:53.66	5:35.13
14 William Clegg	11	Co Aberdeen	5:37.29	35.65	1:17.66	2:01.57	2:45.00	3:29.67	4:13.84	4:58.92	5:37.29
15 Scott Caldwell	12	Livingston	5:38.25	37.61	1:20.73	2:04.60	2:48.74	3:31.97	4:15.48	4:58.84	5:38.25
16 Fraser Humphries	12	Warrender	5:39.65	37.95	1:20.68	2:04.78	2:48.08	3:31.13	4:14.84	4:58.33	5:39.65

Event 404 Boys 13-14 400 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Jamie Wilmshurst	13	Forfar	4:33.73	30.59	1:05.52	1:40.52	2:15.67	2:51.17	3:26.95	4:02.25	4:33.73
2 Jonas Whitehead	14	Garioch	4:33.99	31.62	1:06.85	1:42.39	2:17.96	2:52.78	3:27.79	4:02.82	4:33.99
3 Ryan Archibald	13	Midlothian	4:41.05	29.60	1:04.44	1:41.27	2:18.42	2:55.06	3:31.83	4:07.28	4:41.05
4 Liam Mitchell	14	Kelso	4:56.75	33.11	1:10.23	1:48.07	2:26.81	3:05.04	3:43.84	4:21.12	4:56.75
5 Scott Wilson	13	Teviotdale	4:57.71	33.44	1:10.81	1:49.16	2:27.38	3:05.29	3:42.55	4:19.84	4:57.71
6 Scott Wilcox	13	Teviotdale	4:59.65	32.61	1:10.72	1:48.95	2:27.29	3:06.09	3:44.86	4:23.27	4:59.65



InCAS Distance Meet

FIPRE, Glenrothes – 25th June 2006

Session 4 – Results



7	Andrew McGovern	13	Co Aberdeen	5:05.70	34.08	1:12.96	1:51.53	2:30.79	3:09.47	3:48.99	4:28.15	5:05.70
8	Niall Smith	13	Co Aberdeen	5:07.24	34.45	1:12.88	1:51.98	2:31.33	3:11.16	3:50.28	4:30.03	5:07.24
9	Thomas Leach	14	Forres	5:09.31	33.90	1:12.16	1:51.30	2:31.27	3:11.61	3:51.81	4:32.05	5:09.31
10	Euan Ballantyne	13	Warrender	5:24.98	36.05	1:17.71	1:59.90	2:42.06	3:23.74	4:04.60	4:45.64	5:24.98

Event 404 Boys 15 & Over 400 Metre Freestyle

Name	Age	Team	Time	50	100	150	200	250	300	350	400
1 Graeme Hunter	16	Kinross	4:26.41	29.08	1:01.87	1:35.37	2:10.01	2:44.12	3:20.09	3:54.47	4:26.41
2 Grant Nutley	15	Stirling	4:35.46	30.85	1:05.14	1:40.32	2:15.83	2:50.75	3:26.13	4:01.26	4:35.46
3 Ross Caithness	15	East Lothian	4:38.96	30.31	1:04.98	1:40.68	2:16.61	2:52.38	3:28.58	4:04.31	4:38.96

10 & Under Girls - Individual Scores

1	Emily Jones	10	NGHX	42
2	Lorna Stewart	10	NGHX	35
3	Christina Burr	10	UCAX	30

11-12 Girls - Individual Scores

1	Yasmin Khera	12	EWBX	27
2	Stacey Leach	12	NFBX	17
3	Gemma Wimberley	12	EHMx	16

13-14 Girls - Individual Scores

1	Eloise Barber	14	ECEX	35
2	Blaine Small	13	EGSX	26
3	Sarah Chapman	14	EFSX	21

15 & Over Girls - Individual Scores

1	Fiona Bale	15	EDSX	26
2	Laura Anderson	15	EGSX	19
3	Ashley Williamson	16	MCDX	18

10 & Under Boys - Individual Scores

1	Matthew McClure	10	NADX	26
2	Mark Szaranek	10	EGSX	24
2	Lewis Kirby	10	EISX	24

11-12 Boys - Individual Scores

1	Joe Lipworth	12	MCDX	34
2	Craig Benson	12	ELDX	30
3	Alastair Miley	11	NGHX	16

13-14 Boys - Individual Scores

1	Jonas Whitehead	14	NGHX	38
2	Jamie Wilmshurst	13	MFRX	26
3	Blair Hush	13	EFSX	18

15 & Over Boys - Individual Scores

1	Grant Nutley	15	WSWX	21
2	Phillip Kelly	17	EDDX	18
3	Graeme Hunter	16	MKOX	12