

Day 4 Heats – Results

Event 401 Mens 100 Metre Butterfly

	Name	Yr	Club	Time	50	100
1	Antony James	89	Plymouth Lea	53.00	25.07	53.00
2	Ian Hulme	84	Co Sund'land	53.41	24.61	53.41
3	James Doolan	90	Co Salford	53.91	25.20	53.91
4	Iain Macmillan	86	Edinburgh Un	53.98		
5	Andrew Mayor *	86	Nova Cent'n	54.03	25.22	54.03
6	Matthew Bowe	83	Loughboro Un	54.17	25.21	54.17
7	Ryan Bennett	90	Gallica SC	54.25		
8	Ian Powell	85	Beau Sejour	54.59	25.43	54.59
9	Matthew Clay	82	Bath Univ	54.66	25.06	54.66
10	Stuart Houston	89	Co Glasgow	54.93	25.82	54.93
11	Daniel Scott	90	Co Glasgow	55.00		
12	Adam Mallett	89	Lincoln Vulc	55.27		
13	Thomas Laxton	89	Loughboro Un	55.28	25.79	55.28
14	Roberto Pavoni	91	Brentwood	55.36	26.16	55.36
15	James Lovatt	89	Loughboro Un	55.64	25.67	55.64
16	Edward Castro	88	Bath Univ	55.89	26.50	55.89
17	Jamie Evans *	88	StirlingSwim	56.25		
18	Cameron Brodie *	92	Kelly Coll	56.52	26.62	56.52
19	Ewan Johnston	90	Warrender	56.92	26.56	56.92
20	Braxston Timm	92	Co Sheffield	57.03	26.54	57.03
21	James Faure	88	Bath Univ	57.15	27.07	57.15
22	Richard Sellers	88	Bath Univ	57.26		
23	Callum Hillicks *	91	Crawley	57.30	26.57	57.30
24	Alex Wooldridge	91	Exeter	57.60	26.70	57.60
25	Calum McGhee	91	North Lanark	57.83	27.00	57.83
26	Daniel Vickers	90	Stockport Mo	57.88		
27	Tom Kennedy	92	Haslemere	57.94	27.29	57.94
28	Greig Wilkinson	91	Co Glasgow	58.11	26.95	58.11
29	Joao Matias	86	Ealing SC	58.29	27.05	58.29
30	Ralph Anstis	88	Loughboro Un	58.79	27.42	58.79
31	Eamon Rivers	92	Perth City	58.88	27.19	58.88
32	Dan Wallace	93	Warrender	58.96	27.62	58.96
33	Warren Barrett	87	Exeter	58.99	27.12	58.99
34	Matthew McCusker	91	Ren 96	59.04	27.90	59.04
35	Gareth Cocks	89	Bath Univ	59.05	27.85	59.05
36	Patrick Clement	90	Haslemere	59.07	26.67	59.07
37	Daniel Sliwinski	90	Gallica SC	59.09	26.75	59.09
38	Stuart Conley	89	Dun City Aqu	59.26	27.24	59.26
39	Jamie Wilmshurst	92	Dun City Aqu	59.65	28.19	59.65
40	Daniel Heeley	90	Co Carlisle	59.67	27.48	59.67
41	Craig Spargo	92	Highland	59.78	27.50	59.78
42	James Welford	90	Co Newcastle	59.85	27.39	59.85
43	Braden Wren	93	Kelly Coll	59.88	27.57	59.88
44	Ross Woolley	92	Warrender	1:00.06	28.23	1:00.06
45	Edward Allchorne	94	Hatfield	1:00.37	28.34	1:00.37
46	Greig Mackenzie	91	Grangemouth	1:00.75		
47	Bruce Halloran	91	East Lothian	1:00.83	28.91	1:00.83
48	Niall McLeod	93	Portobello	1:00.97	28.72	1:00.97
49	Mark Szaranek	95	Carnegie	1:01.31		
50	James Garland	93	Co Newcastle	1:01.37	28.56	1:01.37
51	Rory More	91	Highland	1:01.78	28.02	1:01.78
52	Connor Mollison	92	Warrender	1:01.98	29.51	1:01.98
53	Murray Lawrence	93	Warrender	1:01.99	29.14	1:01.99
54	Michael McGovern	91	Co Aberdeen	1:02.14	28.59	1:02.14
55	Craig Nelson	90	Dumfries	1:02.16	29.45	1:02.16

Day 4 Heats – Results

Event 401 Mens 100 Metre Butterfly (continued)

	Name	Yr	Club	Time	50	100
56	Joe Lipworth	93	Dun City Aqu	1:02.23	28.28	1:02.23
57	Stephen Lamb	92	North Lanark	1:02.41	28.55	1:02.41
58	Richard Lee	95	Donc Dartes	1:02.53	29.46	1:02.53
59	Ross Gardner	91	North Lanark	1:02.67	28.46	1:02.67
60	Bruce Traill	93	Kelly Coll	1:02.72	29.62	1:02.72
61	Sam Long	91	Kelly Coll	1:02.84	28.84	1:02.84
62	Mark Campbell	91	Co Aberdeen	1:02.88	29.16	1:02.88
63	Mark Steeples	92	Warrender	1:02.89	29.30	1:02.89
64	Craig Benson	94	Warrender	1:03.01	29.10	1:03.01
65	Ryan Archibald	92	Warrender	1:03.05	29.26	1:03.05
66	Jamie Culpán	92	Milngavie &b	1:03.14	28.45	1:03.14
67	Andrew Hosie	93	West Lothian	1:03.30	28.85	1:03.30
68	David Sutherland	87	Highland	1:03.44	29.31	1:03.44
69	Ryan Davidson	93	F.I.R.S.T.	1:03.46	29.16	1:03.46
70	Jordan Dunn	93	Warrender	1:03.78	28.91	1:03.78
71	Alex Rea	92	Co Sund'land	1:03.80	28.82	1:03.80
72	David Morgan	94	Ren 96	1:03.90	29.49	1:03.90
73	Kevin Dickson	92	StirlingSwim	1:04.38	28.24	1:04.38
74	Rhys Jones	93	South Aberde	1:04.55	29.62	1:04.55
75	Liam Bosomworth	92	Co Sund'land	1:04.59	30.11	1:04.59
76	Sean Dawson	88	Co Aberdeen	1:04.87	30.16	1:04.87
77	Connor Smith	95	Derventio	1:04.94	30.38	1:04.94
78	Craig Rodgie ^	89	Carnegie	1:05.36	29.33	1:05.36
79	Thomas Leach	92	Forres	1:05.46	30.74	1:05.46
80	Blair Hush	92	Fins	1:05.50	30.63	1:05.50
81	David Smith	93	Garioch	1:05.52	30.48	1:05.52
82	Ewan Cameron	89	Sth Ayrshire	1:05.81	30.25	1:05.81
83	Euan Dunbar	94	Co Aberdeen	1:05.83	29.93	1:05.83
84	Michael Smith	89	Co Glasgow	1:07.36	30.41	1:07.36
85	Sean Fraser ^	90	Warrender	1:10.62	32.97	1:10.62
86	Scott Quin ^	90	Warrender	1:17.26	34.72	1:17.26
87	Bryan Ritchie ^	86	Broch Seals	1:25.57	36.27	1:25.57

Event 402 Womens 100 Metre Freestyle

	Name	Yr	Club	Time	50	100
1	Amy Smith	87	Loughboro Un	55.75	27.05	55.75
2	Jessica Sylvester	87	Nova Cent'n	55.91	27.01	55.91
3	Katherine Wyld	86	Nova Cent'n	56.39	27.53	56.39
4	Emma Wilkins	91	Plymouth Lea	56.57	27.30	56.57
5	Clare Dawson	87	StirlingSwim	56.77	27.46	56.77
6	Lucy Worrall	92	Stockport Mo	57.10	27.88	57.10
7	Rebecca Turner	92	Co Sheffield	57.13	28.22	57.13
8	Louisa Farrer-Fisher	90	Leander	57.25		
9	Lauren Collins	91	Stourbridge	57.39		
10	Georgina Heyn	84	Ealing SC	57.72	27.93	57.72
11	Natalie Durant	90	Ealing SC	58.03	27.93	58.03
12	Hannah Miley	89	Garioch	58.09	28.50	58.09
13	Sarah Eaglesham *	92	Co Chester	58.22	27.93	58.22
14	Katy Sexton	82	Portsmouth N	58.26	28.27	58.26
15	Emma Saunders	94	Co Manch Aq	58.66		
16	Sasha Matthews	91	Nova Cent'n	58.78	28.59	58.78
17	Kathryn Woolston-Thomas	95	Co Sund'land	59.29	28.55	59.29
18	Katie Avramova	91	Ealing SC	59.38	28.48	59.38
19	Eleanor Faulkner	93	Co Sheffield	59.41	28.57	59.41
20	Alice Tennant *	93	Co Glasgow	59.44	28.45	59.44

Day 4 Heats – Results

Event 402 Womens 100 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100
21 Amy Jessett	90	Co Newcastle	J59.50	28.87	59.50
22 Jenny Starling	90	Co Sheffield	J59.50	28.71	59.50
23 Catherine Pickthall	84	Loughboro Un	59.63	28.42	59.63
24 Rachel Martin	95	Nova Cent'n	59.87	29.04	59.87
25 Aisha Thornton *	91	Warrington W	59.91	29.14	59.91
26 Ann Morris	93	Nova Cent'n	59.94		
27 Emma Hunter	93	East Lothian	1:00.00	28.84	1:00.00
28 Laura Dawson *	93	Co Newcastle	1:00.02	28.69	1:00.02
29 Nicola Pearson	94	West Dunbart	1:00.15	29.16	1:00.15
30 Katy Whitfield	89	Stockport Mo	1:00.24	29.44	1:00.24
31 Charlotte Graham	90	Co Coventry	1:00.33		
32 Sophie Ward	94	Gallica SC	1:00.36	28.68	1:00.36
33 Natasha Hofton	95	Nova Cent'n	1:00.37	29.45	1:00.37
34 Aimee Willmott	93	Middlesboro	1:00.39	29.52	1:00.39
35 Eloise Barber	92	Carnegie	1:00.42	28.92	1:00.42
36 Lucy Spencer	93	Co Sheffield	1:00.55	29.56	1:00.55
37 Katie Cooper	94	Co Manch Aq	1:00.62	29.48	1:00.62
38 Laura Huggon	91	Penrith	1:00.79		
39 Ailsa Hershaw	93	Carnegie	1:00.80	29.00	1:00.80
40 Flora Hanson	94	Hatfield	1:00.94	29.40	1:00.94
41 Lucy Gordon *	93	Co Newcastle	1:01.06	29.80	1:01.06
42 Helen McRoberts	91	Warrender	1:01.07	29.86	1:01.07
43 Lindsay Bloomer	93	South Lanark	1:01.15		
44 Emily Jones	95	Garioch	1:01.31	29.89	1:01.31
45 Sally Wood	90	Warrender	1:01.34		
46 Georgina Lomas	92	Bath Univ	1:01.40	29.51	1:01.40
47 Yasmin Khera	94	Warrender	1:01.57	29.38	1:01.57
48 Rachael O'Donnell	96	InCAS	1:01.69	30.16	1:01.69
49 Rosie Ogg	90	StirlingSwim	1:01.70	29.83	1:01.70
50 Jennifer Davis	91	Warrender	1:01.73	29.88	1:01.73
51 Rachel Masson	95	South Aberde	1:01.77	29.98	1:01.77
52 Rona Plowman	94	Highland	1:01.93	29.47	1:01.93
53 Jessica Wilkie	94	Heart Of Mid	1:02.14	30.05	1:02.14
*54 Katie McKenna	92	StirlingSwim	1:02.34	29.97	1:02.34
*54 Ashley Williamson	90	Dun City Aqu	1:02.34	30.07	1:02.34
56 Amy Fraser	94	Galashiels	1:02.35	30.16	1:02.35
57 Emily Allsopp	94	Buxton	1:02.39	30.04	1:02.39
58 Emma Bysouth	93	Kelly Coll	1:02.42	30.02	1:02.42
59 Lindsay Sinclair	94	Midlothian	1:02.43	29.78	1:02.43
60 Leigh Thompson	95	Co Sund'land	1:02.53	29.87	1:02.53
61 Holly Ross	91	West Lothian	1:02.75	30.30	1:02.75
62 Andie Hinit	95	Co Sund'land	1:02.81	30.49	1:02.81
63 Mairi Morrison	92	Glenrothes	1:02.88	30.60	1:02.88
64 Louise Kennedy	92	Dun City Aqu	1:02.93	30.45	1:02.93
65 Lauren Averell	95	Milngavie &b	1:03.10	30.40	1:03.10
66 Molly Redford	96	Dun City Aqu	1:03.16	30.71	1:03.16
67 Charlotte Sim	94	Co Newcastle	1:03.22	31.02	1:03.22
68 Kirsten Dippie	93	West Lothian	1:03.32	30.23	1:03.32
69 Gabrielle Hignett	95	Derventio	1:03.41	30.37	1:03.41
70 Rosie Hood	91	Warrender	1:03.44	31.23	1:03.44
71 Lauren Forsyth	96	F.I.R.S.T.	1:03.47	30.84	1:03.47
72 Helena Teague	94	Middlesboro	1:03.66	30.36	1:03.66
73 Claire Dobson	94	Dun City Aqu	1:03.67	31.04	1:03.67
74 Kirstin McKinley	95	Co Glasgow	1:03.69	31.04	1:03.69
75 Lorna Breeze	92	Co Sund'land	1:03.76	30.61	1:03.76

Day 4 Heats – Results

Event 402 Womens 100 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100	
76	Catriona Laird	93	Dun City Aqu	1:03.80	31.05	1:03.80
77	Sarah Chapman	92	Fins	1:03.83	30.76	1:03.83
78	Allie McGowan	90	West Lothian	1:03.85	30.01	1:03.85
79	Libby Francis	92	St Thomas	1:03.90	31.02	1:03.90
80	Jo Pettitt	95	Midlothian	1:03.92	30.61	1:03.92
81	Megan Finlayson	92	Dun City Aqu	1:03.95	30.36	1:03.95
82	Stephanie Hanley	92	StirlingSwim	1:03.96	30.82	1:03.96
83	Gillian Clark	96	East Lothian	1:04.00	30.38	1:04.00
84	Hannah Coats	94	North Lanark	1:04.02	31.18	1:04.02
85	Kirsten McCallum	92	Carnegie	1:04.03	30.30	1:04.03
*86	Liz Hierons	93	Co Newcastle	1:04.15	30.93	1:04.15
*86	Alix Picken	93	Sth Ayrshire	1:04.15	30.87	1:04.15
88	Ellie Stephenson	94	Middlesboro	1:04.27	31.41	1:04.27
89	Hannah Soutar	94	Heart Of Mid	1:04.28	30.88	1:04.28
*90	Claire Moir	94	South Aberde	1:04.38	30.36	1:04.38
*90	Chloe Willmott	94	Middlesboro	1:04.38	30.98	1:04.38
92	Nicole Govan	95	StirlingSwim	1:04.42	30.76	1:04.42
*93	Lisa Fraser	94	Midlothian	1:04.47	30.58	1:04.47
*93	Kate Fowlie	93	Peterhead	1:04.47	30.27	1:04.47
*93	Elizabeth Templeman	94	Middlesboro	1:04.47	30.90	1:04.47
*96	Rachael Irvine	94	Fins	1:04.48	30.61	1:04.48
*96	Chelsea Lawson	96	InCAS	1:04.48	30.76	1:04.48
98	Maggie Luck	94	Dun City Aqu	1:04.50	31.13	1:04.50
99	Jessica Christie	96	South Aberde	1:04.54	30.67	1:04.54
100	Camille Brash	94	Warrender	1:04.55	30.95	1:04.55
*101	Rachel Sharples	96	East Lothian	1:04.71	31.23	1:04.71
*101	Raquel Matos	96	Portobello	1:04.71	30.28	1:04.71
103	Janis Macdonald	92	Highland	1:04.79	31.08	1:04.79
104	Holly Shearer	94	Milngavie &b	1:04.85	31.44	1:04.85
105	Ailsa McNab	94	South Lanark	1:04.93	31.29	1:04.93
106	Kirsty Simpson	96	Dun City Aqu	1:04.95	30.24	1:04.95
107	Kayrine Kelly	95	StirlingSwim	1:05.06	31.04	1:05.06
*108	Charlotte McKenzie	96	F.I.R.S.T.	1:05.10	30.54	1:05.10
*108	Gemma Wimberley	93	Heart Of Mid	1:05.10	30.94	1:05.10
110	Orla Adams	95	Garioch	1:05.16	31.37	1:05.16
111	Stacey Leach	94	Forres	1:05.18	31.09	1:05.18
112	Kate Williams	94	Billingham	1:05.38	31.36	1:05.38
113	Isabelle Cowen	92	F.I.R.S.T.	1:05.73	30.77	1:05.73
114	Lauren Kane	93	Co Aberdeen	1:05.79	31.92	1:05.79
115	Chloe Coates	94	Middlesboro	1:05.99	30.30	1:05.99
116	Zoe Kane ^	89	Peterhead	1:13.76	34.28	1:13.76
117	Amy Macfarlane ^	93	Motherwell	1:22.06	37.45	1:22.06
118	Erin Goldstraw ^	93	St Thomas	1:24.29	40.65	1:24.29
119	Jennifer Somerville ^	91	InCAS	1:38.66	45.32	1:38.66

Event 403 Mens 200 Metre Freestyle

Name	Yr	Club	Time	50	100	150	200	
1	Robbie Renwick	88	Co Glasgow	1:49.01	25.67	53.39	1:21.50	1:49.01
2	Andrew Hunter	86	StirlingSwim	1:49.10	25.34	52.63	1:20.51	1:49.10
3	Robert Bale	90	Loughboro Un	1:49.33	25.74	53.26	1:21.83	1:49.33
4	Chris Walker-Hebborn	90	Teamipswich	1:50.15	25.74	53.79	1:22.01	1:50.15
5	Daniel Coombs	88	Loughboro Un	1:50.31	26.34	54.98	1:22.82	1:50.31
6	David Carry	81	Stockport Mo	1:50.54	25.83	53.66	1:22.29	1:50.54
7	Ben Hockin	86	Loughboro Un	1:50.55	25.93	53.65	1:22.10	1:50.55
8	Daniel Hester	86	Bath Univ	1:50.60		53.83	1:50.60	

Day 4 Heats – Results

Event 403 Mens 200 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100	150	200
9 Chris Alderton	87	Wear Valley	1:50.61		53.98	1:50.61	
10 Jak Scott	91	StirlingSwim	1:51.27	25.74	53.73	1:22.41	1:51.27
11 Jonathan Greig	89	StirlingSwim	1:51.39	26.49	54.82	1:23.40	1:51.39
12 Simon Burnett	83	Windsor	1:51.67	26.19	54.13	1:23.34	1:51.67
13 Ross Douglas	89	Swansea Perf	1:52.09		54.16	1:52.09	
14 Ryan Bennett	90	Gallica SC	1:52.20	26.21	54.48	1:22.97	1:52.20
15 Joshua Walsh	91	Gallica SC	1:52.58	26.52	54.93	1:23.99	1:52.58
16 Steven Beckerleg	89	Plymouth Lea	1:52.59	25.92	54.06	1:22.79	1:52.59
17 Ewan Johnston	90	Warrender	1:53.15	26.60	55.32	1:24.34	1:53.15
18 Stuart Greig	89	StirlingSwim	1:53.66		55.40	1:53.66	
19 Dan Waddingham	90	Swansea Perf	1:53.93	26.84	55.72	1:24.67	1:53.93
20 Ben Higson	86	Co Glasgow	1:54.12		56.10	1:54.12	
21 Scott Houston	87	Co Glasgow	1:54.26	26.24	54.63	1:24.24	1:54.26
22 Matthew Henry	90	Kelly Coll	1:54.28	27.13	55.83	1:25.27	1:54.28
23 Richard Butler	91	KingstonHull	1:54.97	26.70	55.71	1:25.49	1:54.97
24 Craig Hamilton	91	Warrender	1:55.42		55.92	1:55.42	
25 James Cowburn	90	Stockport Mo	1:55.43	26.90	56.34	1:26.01	1:55.43
26 Ross Clark	87	Dun City Aqu	1:55.67	26.38	55.39	1:25.17	1:55.67
27 Simon Churchman	87	Loughboro Un	1:55.81	26.83	55.64	1:25.47	1:55.81
28 James Crawford	88	Ealing SC	1:56.00	26.42	55.30	1:24.96	1:56.00
29 Iain Scanlon	90	Loughboro Un	1:56.24	27.31	56.84	1:26.59	1:56.24
30 Greig Wilkinson	91	Co Glasgow	1:56.32	27.20	56.38	1:26.48	1:56.32
31 Robert Iddiols	89	Windsor	1:56.54	25.85	54.75	1:25.37	1:56.54
32 Alistair Brown	89	Edinburgh Un	1:56.55		56.05	1:56.55	
33 Martin Cremin	91	StirlingSwim	1:56.63	27.41	56.90	1:26.90	1:56.63
34 Chris Wilkinson	91	Billingham	1:56.83	26.58	56.17	1:27.02	1:56.83
35 Richard Schafers	91	Unattached	1:56.91	27.14	56.22	1:26.23	1:56.91
36 Fraser Smith	90	Co Glasgow	1:56.93	27.54	57.36	1:28.08	1:56.93
37 Jamie Coulter	93	West Lothian	1:57.23	26.07	55.62	1:26.95	1:57.23
38 Daniel Cocking	90	Co Sheffield	1:57.33	27.42	57.39	1:27.67	1:57.33
39 Alasdair Stirling	93	South Lanark	1:57.49	25.95	55.30	1:26.50	1:57.49
40 Andrew Donaldson	91	Ren 96	1:57.50	27.15	56.79	1:27.16	1:57.50
41 Adam Ingledew	93	Hatfield	1:57.79	27.11	57.09	1:27.50	1:57.79
42 Jeffery Hill	89	Bath Univ	1:57.94	26.90	56.64	1:27.32	1:57.94
43 Peter Stewart	92	Dun City Aqu	1:58.48	26.47	56.52	1:27.51	1:58.48
44 Luke Bridgman	88	Haslemere	1:58.72	27.53	56.96	1:27.56	1:58.72
45 Thomas Sunter	92	Co Sheffield	1:58.93	27.47	57.52	1:28.56	1:58.93
46 Paul Robinson	87	Co Newcastle	1:59.13	25.91	55.52	1:26.84	1:59.13
47 Jordan Theaker	93	Gallica SC	1:59.24	27.94	58.04	1:28.84	1:59.24
48 Johnstone Shearer	92	Co Glasgow	1:59.37	27.31	56.93	1:28.22	1:59.37
49 Glenn McIntosh	92	Co Glasgow	1:59.68	27.58	57.50	1:29.49	1:59.68
50 Callum Ross *	90	Unattached	1:59.80	27.86	58.77	1:29.99	1:59.80
51 Chris Jones *	81	Ealing SC	1:59.82	27.58	57.09	1:26.90	1:59.82
52 Rob Welbourn	87	Swansea Perf	1:59.83	27.99	58.90	1:29.51	1:59.83
53 Michael Caldwell	91	South Aberde	2:00.04	28.35	58.62	1:29.52	2:00.04
54 Daniel Mills	91	Nova Cent'n	2:00.05		57.60	2:00.05	
55 Christopher Steeples	92	Derventio	2:00.08	27.84	58.28	1:29.81	2:00.08
56 Andrew Martin	91	Co Manch Aq	2:00.17	28.24	59.32	1:30.41	2:00.17
57 Charles Hockin	89	Loughboro Un	2:00.20	25.99	55.64	1:27.63	2:00.20
*58 Cameron Smith	92	East Lothian	2:00.36	27.86	58.09	1:29.54	2:00.36
*58 Lewis Wiseman-Ord	93	Co Newcastle	2:00.36	27.83	58.25	1:30.09	2:00.36
60 Liam Macdonald	88	Highland	2:00.37	26.67	56.93	1:28.74	2:00.37
61 Jonas Whitehead	91	Garioch	2:00.49	27.94	58.71	1:30.19	2:00.49
62 Mark Szaranek	95	Carnegie	2:00.59	28.24	58.95	1:29.68	2:00.59
63 Scott Jackson	94	Ren 96	2:00.65	27.70	57.86	1:29.42	2:00.65

Day 4 Heats – Results

Event 403 Mens 200 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100	150	200	
64	Ricky Speed	92	Co Sheffield	2:00.67	28.34	59.03	1:30.69	2:00.67
65	Jamie McKinley	93	Co Glasgow	2:00.68	27.86	58.02	1:29.54	2:00.68
66	Andrew Dewar	89	Co Coventry	2:01.74	27.64	57.69	1:29.79	2:01.74
67	Ewan Govan	94	Milngavie &b	2:02.12	27.94	58.83	1:30.94	2:02.12
68	Alastair Haynes	90	Edinburgh Un	2:02.15	28.01	58.24	1:30.30	2:02.15
69	Jamie Wilmshurst	92	Dun City Aqu	2:02.18	28.08	58.94	1:30.36	2:02.18
70	Ian Porteous	90	Ren 96	2:02.42	27.77	57.92	1:29.99	2:02.42
71	Max Litchfield	95	Donc Dartes	2:02.58	27.75	58.70	1:30.66	2:02.58
72	Stephen Lamb	92	North Lanark	2:02.85	28.77	59.64	1:31.87	2:02.85
73	Craig Nelson	90	Dumfries	2:03.35	28.72	1:00.42	1:32.49	2:03.35
74	David Sutherland	87	Highland	2:03.41	28.72	59.98	1:31.97	2:03.41
75	Jordan Dunn	93	Warrender	2:04.13	28.66	59.91	1:31.78	2:04.13
76	Stuart McIntosh	93	Co Aberdeen	2:04.16	29.20	1:00.48	1:32.23	2:04.16
77	Michael McGovern	91	Co Aberdeen	2:04.31	28.87	1:00.54	1:32.26	2:04.31
78	Patrick Blake	92	Kelly Coll	2:04.45	28.98	1:00.13	1:33.18	2:04.45
79	Tom Kennedy	92	Haslemere	2:04.49		1:00.11	2:04.49	
80	James Garland	93	Co Newcastle	2:04.50	28.24	59.58	1:31.91	2:04.50
81	Andrew Loudon	91	StirlingSwim	2:04.77	28.09	59.35	1:32.55	2:04.77
82	Stephen Milne	94	Perth City	2:04.99	28.59	1:00.54	1:33.06	2:04.99
83	Kieran McGuckin	90	F.I.R.S.T.	2:05.01	28.20	1:00.13	1:31.95	2:05.01
84	Mark Steeples	92	Warrender	2:05.19	30.01	1:02.76	1:35.62	2:05.19
85	Scott MacFarlane	94	Ren 96	2:05.29	28.39	1:00.26	1:32.62	2:05.29
86	Chris Wilson	93	South Lanark	2:05.97	28.46	1:00.08	1:32.59	2:05.97
*87	Eamon Rivers	92	Perth City	2:05.98	28.45	59.78	1:33.90	2:05.98
*87	Connor Smith	95	Derventio	2:05.98	29.42	1:01.45	1:34.18	2:05.98
89	Sam Long	91	Kelly Coll	2:06.24	28.84	1:00.60	1:33.23	2:06.24
90	Campbell Kerr	93	Ren 96	2:06.62	28.29	59.64	1:33.30	2:06.62
91	Fraser Gordon	94	South Aberde	2:06.90	29.99	1:02.41	1:35.52	2:06.90
92	Michael Smith	89	Co Glasgow	2:07.04	29.72	1:01.28	1:34.92	2:07.04
93	Connor Wilson	93	Warrender	2:07.05	29.68	1:01.75	1:34.14	2:07.05
94	Ryan Robinson	93	Co Sund'land	2:07.14	29.00	1:00.86	1:34.61	2:07.14
95	Liam Bosomworth	92	Co Sund'land	2:07.25	29.00	1:01.84	1:35.68	2:07.25
96	Fraser Reid	93	South Aberde	2:07.61	28.40	1:00.34	1:34.28	2:07.61
97	Gregor Birrell	94	F.I.R.S.T.	2:07.64	30.15	1:02.98	1:35.78	2:07.64
98	Ramsay Elfendi	94	F.I.R.S.T.	2:07.74	29.55	1:02.34	1:35.61	2:07.74
99	Kevin Dickson	92	StirlingSwim	2:08.36	28.87	1:01.33	1:34.85	2:08.36
100	Robert Bryce	94	Aberdeen	2:08.42	29.25	1:01.60	1:34.89	2:08.42
101	Craig Spargo	92	Highland	2:08.57	29.58	1:01.77	1:35.76	2:08.57
102	Rory More	91	Highland	2:08.86	29.00	1:01.78	1:35.45	2:08.86
103	Dima Isakau	94	Co Sund'land	2:09.18	28.84	1:00.71	1:34.90	2:09.18
104	Alan Clark	94	Forres	2:10.24	30.04	1:03.43	1:36.95	2:10.24
105	Perran Cater	92	Sth Ayrshire	2:10.87	28.92	1:01.49	1:35.75	2:10.87
106	Allan Campbell	92	South Lanark	2:13.60	29.88	1:02.93	1:38.33	2:13.60
107	David Smith	93	Garioch	2:14.93	31.64	1:05.62	1:40.83	2:14.93

Event 404 Womens 200 Metre Breaststroke

Name	Yr	Club	Time	50	100	150	200	
1	Hannah Miley	89	Garioch	2:33.94	36.24	1:15.58	1:54.80	2:33.94
2	Stacey Tadd	89	Bath Univ	2:34.05	35.12	1:14.01	1:54.18	2:34.05
3	Georgia Holderness	87	Millfield	2:34.14	35.21	1:14.32	1:54.05	2:34.14
4	Emma Bird	91	Nova Cent'n	2:34.61	35.41	1:13.82	1:54.25	2:34.61
5	Kerry Buchan	87	South Aberde	2:35.91	35.81	1:15.06	1:55.83	2:35.91
6	Robyn Matthews	91	Swansea Perf	2:38.44	35.97	1:16.24	1:57.35	2:38.44
7	Charlie Barnes	91	Bath Univ	2:39.34	36.73	1:17.12	1:58.35	2:39.34
8	Aimee Willmott	93	Middlesboro	2:40.17	36.48	1:17.06	1:57.98	2:40.17

Day 4 Heats – Results

Event 404 Womens 200 Metre Breaststroke (continued)

	Name	Yr	Club	Time	50	100	150	200
9	Emma White	90	Loughboro Un	2:40.19	36.86	1:17.21	1:58.63	2:40.19
10	Kathryn Johnstone	90	Edinburgh Un	2:40.24	35.93	1:16.12	1:57.72	2:40.24
11	Roisin Donnelly	93	InCAS	2:40.83	36.71	1:17.20	1:58.80	2:40.83
12	Helena Thornton	91	Nova Cent'n	2:42.45	37.51	1:18.39	2:00.07	2:42.45
13	Katie Raybould	90	Loughboro Un	2:43.55	35.63	1:17.05	1:59.64	2:43.55
14	Victoria Gourlay	92	South Lanark	2:44.81	35.29	1:16.41	2:00.02	2:44.81
15	Anna Peyton	92	Co Manch Aq	2:45.29	36.88	1:18.53	2:01.07	2:45.29
16	Shannon Loder	94	Gallica SC	2:46.42	37.71	1:19.97	2:03.30	2:46.42
17	Sophie Taylor	96	Donc Dartes	2:46.81	36.98	1:19.65	2:03.97	2:46.81
18	Fiona Gray	90	StirlingSwim	2:47.64	37.31	1:19.22	2:03.18	2:47.64
19	Eleanor Brooke	91	South Aberde	2:48.11	37.37	1:19.61	2:03.87	2:48.11
20	Rebecca Hillis	90	Co Glasgow	2:49.38	37.57	1:20.23	2:04.49	2:49.38
21	Jennifer Dobson	93	Warrender	2:49.39	37.50	1:19.88	2:04.80	2:49.39
22	Orla Adams	95	Garioch	2:49.80	36.44	1:19.06	2:04.22	2:49.80
23	Hayley Monteith	94	Co Aberdeen	2:50.22	37.98	1:21.24	2:06.01	2:50.22
24	Amy-Jo Bellany	94	Broch Seals	2:50.62	37.40	1:21.08	2:05.66	2:50.62
25	Holly Phimister	92	South Aberde	2:51.40	38.13	1:20.89	2:06.01	2:51.40
26	Alex Diamond	91	Bath Univ	2:51.80	33.33	1:12.78	2:03.36	2:51.80
27	Emma McDougall	90	Ren 96	2:51.96	38.24	1:22.56	2:06.43	2:51.96
28	Signe Tolstrup	95	Silkeborg	2:53.10	41.06	1:24.18	2:08.69	2:53.10
29	Kirsty Paterson	93	Duns	2:53.84	39.11	1:23.69	2:09.23	2:53.84
30	Emily Jones	95	Garioch	2:54.07	38.08	1:22.08	2:07.52	2:54.07
31	Camilla Hattersley	95	Perth City	2:54.44	39.90	1:25.00	2:10.49	2:54.44
32	Iona Campbell	92	South Lanark	2:54.86	38.92	1:23.06	2:08.54	2:54.86
33	Andie Hinitt	95	Co Sund'land	2:56.24	39.86	1:24.30	2:10.32	2:56.24
34	Rona Plowman	94	Highland	2:56.37	38.59	1:22.73	2:09.68	2:56.37
35	Chloe Coates	94	Middlesboro	2:56.43	39.60	1:24.73	2:11.04	2:56.43
36	Morven Sneddon	95	Co Aberdeen	2:57.03	39.54	1:25.38	2:12.36	2:57.03
37	Jennifer Rogerson	93	StirlingSwim	2:57.10	39.53	1:24.62	2:11.14	2:57.10
38	Robyn Leslie	94	North Lanark	2:57.19	39.26	1:24.78	2:11.67	2:57.19
*39	Shannon McClelland	95	Dumfries	2:57.20	40.71	1:26.32	2:12.15	2:57.20
*39	Amy Brown	95	Co Sund'land	2:57.20	38.44	1:23.58	2:09.41	2:57.20
41	Gillian Bell	91	Portobello	2:57.59	40.14	1:24.84	2:11.47	2:57.59
42	Kirstin McKinley	95	Co Glasgow	2:57.75	39.91	1:24.73	2:11.85	2:57.75
43	Caitlin McGowan	93	South Lanark	2:58.00	40.78	1:25.99	2:11.78	2:58.00
44	Amber Whitelaw	94	East Lothian	2:58.14	41.04	1:26.03	2:12.30	2:58.14
45	Claire Osborne	94	Heart Of Mid	2:58.20	39.36	1:24.76	2:11.90	2:58.20
46	Alanna Thomson	96	South Aberde	2:58.21	40.49	1:25.99	2:11.73	2:58.21
47	Jodie Braid	93	Forres	2:58.60	40.49	1:24.72	2:10.90	2:58.60
48	Amy Roberts	92	Billingham	2:58.62	39.90	1:25.81	2:12.07	2:58.62
49	Stacey Henderson	95	Co Glasgow	2:59.13	40.22	1:25.40	2:12.14	2:59.13
50	Ellie Minto	96	Dumfries	2:59.37	40.82	1:26.61	2:13.45	2:59.37
51	Rosie Maddock	93	Garioch	2:59.52	40.48	1:25.90	2:12.79	2:59.52
52	Rachel Masson	95	South Aberde	2:59.97	40.95	1:27.38	2:13.53	2:59.97
53	Rhona Stewart	95	Co Glasgow	3:00.23	41.11	1:27.13	2:14.45	3:00.23
54	Tara Campbell	95	Warrender	3:00.48	41.14	1:28.86	2:14.31	3:00.48
55	Sasha Wisdich	94	Derventio	3:00.73	41.01	1:26.66	2:13.75	3:00.73
56	Claire Matthews	94	Kingsbury	3:01.05	40.07	1:25.44	2:13.15	3:01.05
57	Molly Redford	96	Dun City Aqu	3:01.12	41.39	1:27.05	2:14.58	3:01.12
58	Roo Kerr	92	Carnegie	3:01.18	39.39	1:24.70	2:13.08	3:01.18
59	Hannah Ward	93	Dun City Aqu	3:01.27	39.30	1:25.18	2:12.96	3:01.27
60	Laura Muncey	95	Perth City	3:01.72	41.39	1:27.53	2:14.90	3:01.72
61	Laura Milne	94	St Thomas	3:02.46	40.81	1:27.11	2:14.90	3:02.46
62	Zoe Mitchell	96	Carnegie	3:02.50	41.00	1:27.71	2:14.76	3:02.50
63	Claire Moir	94	South Aberde	3:02.59	39.28	1:25.73	2:13.97	3:02.59

Day 4 Heats – Results

Event 404 Womens 200 Metre Breaststroke (continued)

Name	Yr	Club	Time	50	100	150	200
64 Hannah Soutar	94	Heart Of Mid	3:02.88	40.85	1:27.87	2:16.59	3:02.88
65 Yong Chin Breslin	96	Co Glasgow	3:02.91	43.27	1:29.71	2:17.06	3:02.91
66 Kirsty Young	95	Menzieshill	3:02.96	41.61	1:28.06	2:15.48	3:02.96
67 Hannah Boyd	93	Forres	3:03.05	41.64	1:27.55	2:15.53	3:03.05
68 Gabrielle Hignett	95	Derventio	3:03.12	43.60	1:29.29	2:17.42	3:03.12
69 Rachel Smithers	93	South Lanark	3:03.65	40.88	1:27.25	2:14.90	3:03.65
70 Gillian Graham	96	Sth Ayrshire	3:03.88	42.48	1:28.80	2:16.42	3:03.88
71 Rebecca French	93	Heart Of Mid	3:04.57	40.81	1:28.41	2:17.06	3:04.57
72 Eilidh Kirkwood	94	Broch Seals	3:04.59	41.51	1:28.66	2:16.06	3:04.59
73 Kirsty Park	94	F.I.R.S.T.	3:05.33	41.68	1:28.72	2:17.40	3:05.33
74 Morven McNab	96	South Lanark	3:05.79	42.51	1:28.21	2:17.40	3:05.79
75 Louise McMahon	95	Portobello	3:06.00	41.99	1:28.47	2:17.14	3:06.00
76 Ailsa Small	95	Warrender	3:06.94	41.76	1:29.01	2:18.53	3:06.94
77 Laura Macbrayne	93	Garioch	3:06.95	41.86	1:28.24	2:17.26	3:06.95
78 Hannah Sharp	95	Billingham	3:07.60	42.23	1:30.96	2:19.08	3:07.60
79 Sandie Smillie	96	Perth City	3:09.06	42.54	1:31.44	2:19.74	3:09.06
80 Rebecca Kondol	92	South Lanark	3:10.27	41.91	1:28.96	2:20.19	3:10.27
81 Nicola Bett	94	Warrender	3:10.97	42.30	1:30.57	2:20.56	3:10.97
82 Anna Green	94	Warrender	3:13.67	43.58	1:32.64	2:22.89	3:13.67
83 Jessica Christie	96	South Aberde	3:14.23	46.28	1:36.04	2:26.00	3:14.23
--- Joanna Whitelaw	96	East Lothian	DQ				

Event 405 Mens 50 Metre Backstroke

Name	Yr	Club	Time	Name	Yr	Club	Time
1 Marco Loughran	89	Guildford Ct	25.81	*32 Matthew Davies *	90	Donc Dartes	30.52
2 Craig Gibbons	85	Loughboro Un	26.54	*32 Conor Crozier	92	Co Sund'land	30.52
3 Darren Ward	85	Edinburgh Un	26.80	34 Patrick Blake	92	Kelly Coll	30.57
4 Scott Hathaway	88	Loughboro Un	26.90	35 Stephen Milne	94	Perth City	30.65
5 Billy Purnell	88	Warrender	27.18	36 Ryan Archibald	92	Warrender	30.76
6 James Lovatt	89	Loughboro Un	27.46	*37 Alan Clark	94	Forres	30.78
7 Joseph Canlan-Shaw	88	Loughboro Un	27.67	*37 Mark Campbell	91	Co Aberdeen	30.78
8 Craig McNally	92	Warrender	27.86	*39 Blair Hush	92	Fins	30.79
9 Kieran McGuckin	90	F.I.R.S.T.	27.93	*39 William Suayngam	94	East Lothian	30.79
10 Andrew Shepherd	84	Co Sheffield	28.15	41 Ross Kirkwood	93	StirlingSwim	30.84
11 Andrew Donaldson	91	Ren 96	28.17	42 Ross Fleming	93	West Lothian	30.90
12 Andrew Arthur	94	Milngavie &b	28.25	43 James O'Connell	94	Co Newcastle	30.92
13 Joseph Jelly	89	Loughboro Un	28.50	44 Andrew Gairns	93	Broch Seals	30.98
14 Jonathan Carlisle	92	Co Sund'land	28.55	45 Andrew Park	91	South Lanark	31.11
*15 Alex Baker	93	Hatfield	28.64	46 Matthew Smithurst	92	Derventio	31.17
*15 James Cowburn	90	Stockport Mo	28.64	47 David Hill	89	Bath Univ	31.30
17 Callum Hillicks *	91	Crawley	28.77	*48 Chris Wilson	93	South Lanark	31.47
18 Richard Molloy	90	Loughboro Un	28.93	*48 Scott MacFarlane	94	Ren 96	31.47
19 Tom Rooke	90	Crawley	28.98	50 Ewan Govan	94	Milngavie &b	31.48
20 Michael McGovern	91	Co Aberdeen	29.10	51 Rhys Jones	93	South Aberde	31.67
21 Justin Austin	92	Gallica SC	29.14	52 Thomas Leach	92	Forres	31.73
22 Daniel Heeley	90	Co Carlisle	29.66	53 Craig Spargo	92	Highland	31.75
23 Bruce Traill	93	Kelly Coll	30.00	54 William Broadhurst	95	Aberdeen	31.79
24 Alex Rea	92	Co Sund'land	30.03	55 Joe Lipworth	93	Dun City Aqu	31.83
25 Allan Campbell	92	South Lanark	30.07	56 Jamie McGregor	89	F.I.R.S.T.	31.86
26 Hamish Wise	90	Dun City Aqu	30.18	*57 Myles Hershaw	95	Carnegie	32.01
27 Ross Johnston	87	Edinburgh Un	30.19	*57 Connor Edenborough	90	Ren 96	32.01
28 Jonas Whitehead	91	Garioch	30.21	59 Euan Dunbar	94	Co Aberdeen	32.16
29 Craig Mathieson	86	East Lothian	30.23	60 James Reid	91	Milngavie &b	32.17
30 Warren Barrett	87	Exeter	30.27	61 Cameron Smith	92	East Lothian	32.32
31 Ryan Robinson	93	Co Sund'land	30.43	62 Ryan Doherty	93	South Lanark	32.33

Day 4 Heats – Results

Event 405 Mens 50 Metre Backstroke (continued)

Name	Yr	Club	Time	Name	Yr	Club	Time
63 Chris Cannon	91	North Lanark	32.49	69 Greg Wilson	95	Ren 96	33.75
64 Thomas Harkins	92	West Lothian	33.13	70 Graeme Hunter	89	Perth City	34.25
65 Alastair Miley	94	Garioch	33.20	71 David Smith	93	Garioch	34.39
66 Perran Cater	92	Sth Ayrshire	33.32	72 Shawn Lawrence ^	88	West Dunbart	50.43
67 Connor Smith	95	Derventio	33.44	73 Andrew Mullen ^	96	Ren 96	58.11
68 Robert Bryce	94	Aberdeen	33.53				

Event 406 Womens 50 Metre Butterfly

Name	Yr	Club	Time	Name	Yr	Club	Time
1 Louise Pate	88	Edinburgh Un	27.33	*40 Rosie Maddock	93	Garioch	31.50
2 Sarah Eaglesham *	92	Co Chester	28.31	42 Yasmin Khera	94	Warrender	31.52
3 Eloise Barber	92	Carnegie	28.54	43 Lisa Mackenzie	95	St Thomas	31.61
4 Catherine Pickthall	84	Loughboro Un	28.82	44 Rachael Clark	95	Co Glasgow	31.67
5 Emma Smithurst	91	Co Manch Aq	28.87	45 Connie Mackay	95	Ren 96	31.73
6 Laura Dawson *	93	Co Newcastle	28.94	46 Rachel Masson	95	South Aberde	31.74
7 Kimberley Colton	89	Nova Cent'n	28.99	47 Kirsty Simpson	96	Dun City Aqu	31.83
8 Fiona Booth	86	Edinburgh Un	29.00	48 Sasha Wisdich	94	Derventio	31.85
9 Blaine Small	93	Carnegie	29.25	49 Lauren Averell	95	Milngavie &b	31.91
10 Georgina Heyn	84	Ealing SC	29.31	50 Kirsten Dippie	93	West Lothian	31.92
11 Kirsty Armstrong	89	Loughboro Un	29.47	51 Runa Dalby	93	Silkeborg	31.95
12 Alice Tennant *	93	Co Glasgow	29.67	52 Louise Hamilton	91	North Lanark	32.04
13 Fiona Donnelly *	95	Nova Cent'n	29.71	53 Gillian Clark	96	East Lothian	32.05
14 Katie Johnson	87	Co Sheffield	29.78	54 Hannah Coats	94	North Lanark	32.18
15 Roisin Donnelly	93	InCAS	30.08	55 Claire Osborne	94	Heart Of Mid	32.26
16 Ashley Williamson	90	Dun City Aqu	30.12	56 Sophie Taylor	96	Donc Dartes	32.30
17 Libby Francis	92	St Thomas	30.32	57 Joanna Whitelaw	96	East Lothian	32.40
*18 Sophie Ward	94	Gallica SC	30.33	58 Eilidh Kirkwood	94	Broch Seals	32.45
*18 Nicole Govan	95	StirlingSwim	30.33	59 Jessica Wilkie	94	Heart Of Mid	32.49
20 Jennifer Davis	91	Warrender	30.35	60 Katy Templeman	94	Middlesboro	32.55
21 Amy Jessett	90	Co Newcastle	30.49	61 Sarah Chapman	92	Fins	32.57
22 Ailsa Hershaw	93	Carnegie	30.51	62 Kelsey Cook	94	Peterhead	32.68
23 Emily Allsopp	94	Buxton	30.52	63 Jade Williams	91	StirlingSwim	32.78
*24 Leigh Thompson	95	Co Sund'land	30.66	64 Nicola Bett	94	Warrender	32.83
*24 Tilly Gray	91	Derventio	30.66	65 Charlotte Sim	94	Co Newcastle	32.84
26 Rachael O'Donnell	96	InCAS	30.72	66 Paige Lang	96	Milngavie &b	33.05
27 Raquel Matos	96	Portobello	30.75	67 Kate Williams	94	Billingham	33.16
28 Kirsty Paterson	93	Duns	30.80	68 Rachael Lindsay	92	North Lanark	33.24
29 Camille Brash	94	Warrender	30.90	69 Stacey Leach	94	Forres	33.31
30 Charlotte Graham	90	Co Coventry	30.95	70 Roo Kerr	92	Carnegie	33.48
31 Megan Finlayson	92	Dun City Aqu	31.15	71 Emma Hunter	93	East Lothian	33.55
*32 Isabelle Cowen	92	F.I.R.S.T.	31.18	72 Tilly Sawrey	95	Heart Of Mid	33.63
*32 Claire Moir	94	South Aberde	31.18	73 Genna Doctor	92	StirlingSwim	33.83
34 Nicola Pearson	94	West Dunbart	31.20	74 Rosa Brownlee	92	Heart Of Mid	33.84
35 Nicola Crook	92	West Dunbart	31.27	75 Orla Adams	95	Garioch	34.24
36 Lorna Breeze	92	Co Sund'land	31.29	76 Charlotte McKenzie	96	F.I.R.S.T.	34.27
37 Rebecca Donaldson	94	Perth City	31.34	77 Amber Whitelaw	94	East Lothian	34.35
38 Mairi Morrison	92	Glenrothes	31.39	78 Kate Forbes	95	Warrender	34.81
39 Alix Picken	93	Sth Ayrshire	31.47	79 Ishbel Rodger	94	West Lothian	34.96
*40 Molly Redford	96	Dun City Aqu	31.50	80 Jennifer Somerville ^	91	InCAS	53.78

Day 4 Heats – Results

Event 407 Mens 400 Metre IM

	Name	Yr	Club	Time	50	100	150	200	250	300	350	400
1	Lewis Smith	88	Warrender	4:26.61	27.84	1:00.06	1:34.91	2:08.87	2:47.45	3:25.28	3:56.64	4:26.61
*2	Andrew Willis	90	Bracknell	4:32.85	28.65	1:02.44	1:38.17	2:12.43	2:50.10	3:28.41	4:01.16	4:32.85
*2	Ieuan Lloyd	93	Co Cardiff	4:32.85	28.79	1:02.38	1:37.51	2:12.85	2:51.85	3:31.29	4:02.97	4:32.85
4	Rich Tullett	90	Swansea Perf	4:33.53	28.40	1:01.15	1:36.84	2:11.41	2:51.94	3:31.13	4:02.77	4:33.53
5	Tom Greenfield	89	Co Cardiff	4:33.93	28.39	1:01.99	1:37.42	2:12.17	2:52.02	3:32.66	4:03.88	4:33.93
6	Ross Muir	91	F.I.R.S.T.	4:34.52	29.46	1:02.42	1:36.63	2:11.13	2:48.99	3:28.31	4:01.97	4:34.52
7	Joseph Roebuck	85	Loughboro Un	4:34.62	27.36	58.40	1:35.06	2:11.37	2:49.65	3:28.70	4:01.91	4:34.62
8	James Thomson	89	Edinburgh Un	4:35.06	29.40	1:02.95	1:38.06	2:12.67	2:50.75	3:29.86	4:03.44	4:35.06
9	Andrew Haslett	90	Warrender	4:35.16	29.57	1:03.19	1:37.44	2:10.91	2:49.56	3:28.71	4:03.41	4:35.16
10	Matthew McCusker	91	Ren 96	4:36.28	28.47	1:00.68	1:37.09	2:12.54	2:52.75	3:32.25	4:05.12	4:36.28
11	Jamie Ross	87	StirlingSwim	4:36.39	29.67	1:04.42	1:40.40	2:15.94	2:53.58	3:31.27	4:03.97	4:36.39
12	Ross Woolley	92	Warrender	4:37.54	29.25	1:02.99	1:37.99	2:12.18	2:52.04	3:32.98	4:06.18	4:37.54
13	Dan Wallace	93	Warrender	4:38.26	29.09	1:03.25	1:39.86	2:15.65	2:54.48	3:34.07	4:06.93	4:38.26
14	Sean Asher	88	Co Coventry	4:40.47	29.01	1:02.45	1:38.82	2:14.51	2:53.82	3:34.42	4:08.12	4:40.47
15	Chris Bayliss	88	Loughboro Un	4:41.39	28.23	1:01.58	1:38.38	2:15.87	2:54.63	3:35.08	4:08.88	4:41.39
16	Steven Binnie	86	StirlingSwim	4:42.10	28.62	1:01.65	1:38.62	2:15.56	2:55.21	3:35.99	4:09.84	4:42.10
17	Lewis Wiseman-Ord	93	Co Newcastle	4:42.51	29.19	1:02.74	1:40.39	2:17.43	2:58.47	3:39.16	4:11.81	4:42.51
18	Callum Ross *	90	Unattached	4:44.27	28.16	1:01.33	1:39.27	2:16.03	2:59.52	3:42.85	4:14.32	4:44.27
19	Cameron Brodie *	92	Kelly Coll	4:44.66	28.77	1:01.86	1:38.65	2:15.57	2:56.82	3:38.57	4:11.91	4:44.66
20	James Radcliffe	90	Gallica SC	4:45.54	29.38	1:03.08	1:41.33	2:18.15	2:59.35	3:40.76	4:13.74	4:45.54
21	Euan Inglis	93	Co Aberdeen	4:45.61	30.69	1:06.75	1:42.94	2:20.19	2:59.77	3:41.21	4:13.82	4:45.61
22	Craig Thomson	90	South Aberde	4:47.57	29.89	1:04.14	1:40.58	2:16.90	2:58.99	3:40.90	4:14.88	4:47.57
23	James Pepper	91	Co Sheffield	4:47.68	29.45	1:03.75	1:41.82	2:18.46	3:01.14	3:43.67	4:16.37	4:47.68
24	Ian Porteous	90	Ren 96	4:49.05	29.39	1:02.98	1:42.03	2:19.67	2:59.87	3:42.12	4:16.12	4:49.05
25	Murray Lawrence	93	Warrender	4:49.66	30.59	1:06.22	1:45.02	2:22.99	3:03.50	3:44.46	4:18.01	4:49.66
26	Craig Benson	94	Warrender	4:50.22	30.90	1:06.01	1:44.00	2:21.35	3:02.38	3:43.07	4:17.59	4:50.22
27	Chris Wilkinson	91	Billingham	4:50.26	29.75	1:04.32	1:43.61	2:21.70	3:04.41	3:48.38	4:20.26	4:50.26
28	Mark Steeples	92	Warrender	4:50.69	30.55	1:06.75	1:42.71	2:18.56	3:00.61	3:42.87	4:17.07	4:50.69
29	Joe Lipworth	93	Dun City Aqu	4:52.56	29.64	1:04.28	1:42.47	2:19.71	3:01.73	3:43.46	4:18.82	4:52.56
30	Ricky Speed	92	Co Sheffield	4:52.60	30.03	1:04.02	1:42.55	2:20.21	3:04.29	3:48.38	4:21.58	4:52.60
31	Braden Wren	93	Kelly Coll	4:52.93	30.09	1:03.15	1:41.75	2:20.92	3:03.30	3:46.41	4:20.22	4:52.93
32	Jamie Coulter	93	West Lothian	4:53.03	29.09	1:03.66	1:43.67	2:21.65	3:04.01	3:46.40	4:20.22	4:53.03
33	Max Litchfield	95	Donc Dartes	4:53.58	30.84	1:06.57	1:42.57	2:19.32	3:04.05	3:47.91	4:20.70	4:53.58
34	James Garland	93	Co Newcastle	4:54.36	29.71	1:04.26	1:42.58	2:21.32	3:03.23	3:46.10	4:20.75	4:54.36
35	Andrew Hosie	93	West Lothian	4:55.29	30.09	1:05.34	1:42.63	2:20.34	3:02.37	3:45.61	4:21.39	4:55.29
36	Martin Cremin	91	StirlingSwim	4:56.33	29.85	1:04.64	1:41.49	2:18.59	3:05.55	3:53.75	4:25.26	4:56.33
37	Stuart McIntosh	93	Co Aberdeen	4:56.41	30.98	1:06.42	1:44.68	2:21.79	3:05.34	3:49.14	4:23.64	4:56.41
38	Jack Thorpe	94	Milngavie &b	4:56.45	31.17	1:06.55	1:47.63	2:26.98	3:07.38	3:49.32	4:23.55	4:56.45
39	James Yule	94	South Aberde	4:56.77	30.71	1:06.19	1:44.44	2:22.53	3:05.94	3:47.50	4:22.86	4:56.77
40	Mark Szaranek	95	Carnegie	4:58.06	30.81	1:08.23	1:46.94	2:26.24	3:09.47	3:52.99	4:26.56	4:58.06
41	Connor Mollison	92	Warrender	4:58.73	30.84	1:05.99	1:43.32	2:20.32	3:04.72	3:50.60	4:24.44	4:58.73
42	Jack Caster	92	Warrender	4:59.32	30.72	1:06.68	1:45.88	2:24.92	3:06.82	3:50.66	4:25.97	4:59.32
43	Jamie Forrest *	87	Bath Univ	4:59.48	30.47	1:06.75	1:44.56	2:21.32	3:05.48	3:50.18	4:25.06	4:59.48
44	Roy Cameron	90	West Dunbart	4:59.91	30.83	1:08.00	1:46.39	2:26.23	3:08.44	3:53.11	4:26.89	4:59.91
45	Connor Wilson	93	Warrender	5:00.92	32.62	1:09.58	1:48.94	2:26.43	3:09.58	3:54.24	4:28.66	5:00.92
46	Bruce Halloran	91	East Lothian	5:01.15	30.70	1:04.93	1:46.28	2:25.70	3:09.46	3:52.83	4:28.02	5:01.15
47	Calum Tait	94	Milngavie &b	5:01.82	30.88	1:06.95	1:47.28	2:26.91	3:07.96	3:49.63	4:26.08	5:01.82
48	Fraser Reid	93	South Aberde	5:02.67	31.89	1:09.27	1:48.28	2:26.62	3:11.66	3:56.16	4:30.87	5:02.67
49	Greig Rennie	94	Garioch	5:02.75	30.50	1:06.33	1:47.03	2:27.85	3:11.21	3:54.81	4:29.80	5:02.75
50	Ryan Doherty	93	South Lanark	5:03.17	30.82	1:09.34	1:50.82	2:29.64	3:11.82	3:55.30	4:31.10	5:03.17
51	Johnstone Shearer	92	Co Glasgow	5:03.55	30.93	1:08.69	1:47.78	2:25.60	3:09.03	3:53.72	4:28.86	5:03.55
52	Richard Lee	95	Donc Dartes	5:03.74	30.79	1:08.21	1:48.54	2:28.73	3:11.03	3:55.17	4:29.76	5:03.74
53	James O'Connell	94	Co Newcastle	5:03.81	31.85	1:10.22	1:46.80	2:23.48	3:08.29	3:52.70	4:28.76	5:03.81
54	Ryan Davidson	93	F.I.R.S.T.	5:04.83	29.83	1:05.11	1:43.97	2:23.20	3:07.91	3:53.88	4:29.30	5:04.83
55	Matthew Smithurst	92	Derventio	5:05.76	33.01	1:10.56	1:49.64	2:28.24	3:12.64	3:55.56	4:31.81	5:05.76

Day 4 Heats – Results

Event 407 Mens 400 Metre IM (continued)

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
56	Jamie McKinley	93	Co Glasgow	5:06.81	32.06	1:11.79	1:51.31	2:29.91	3:14.95	3:59.56	4:34.37	5:06.81
57	Fraser Gordon	94	South Aberde	5:07.14	32.97	1:11.19	1:50.60	2:30.12	3:14.93	3:59.76	4:34.61	5:07.14
58	Alan Clark	94	Forres	5:07.31	31.85	1:09.05	1:48.26	2:27.17	3:11.59	3:58.23	4:34.08	5:07.31
59	Craig Spargo	92	Highland	5:08.71	29.48	1:06.01	1:48.78	2:29.20	3:15.65	4:01.82	4:36.33	5:08.71
60	David Morgan	94	Ren 96	5:08.79	30.07	1:05.18	1:44.26	2:22.72	3:07.87	3:55.95	4:32.46	5:08.79
61	Alastair Miley	94	Garioch	5:09.00	32.28	1:09.73	1:48.02	2:25.63	3:12.31	4:00.89	4:36.24	5:09.00
62	Euan Dunbar	94	Co Aberdeen	5:09.30	30.69	1:08.88	1:47.73	2:25.68	3:12.07	3:58.78	4:34.56	5:09.30
63	Chris Ritchie	93	Dunoon	5:09.36	30.92	1:07.78	1:48.64	2:29.41	3:12.74	3:58.61	4:34.53	5:09.36
64	Ewan Christie	96	Milngavie &b	5:09.48	32.37	1:08.80	1:49.32	2:27.31	3:14.07	4:00.58	4:35.72	5:09.48
65	Gregor Birrell	94	F.I.R.S.T.	5:10.32	31.81	1:08.61	1:47.22	2:24.96	3:12.59	4:01.33	4:36.15	5:10.32
66	Conor Crozier	92	Co Sund'land	5:11.96	30.92	1:08.92	1:49.59	2:28.74	3:16.03	4:03.72	4:38.18	5:11.96
67	Campbell Kerr	93	Ren 96	5:12.96	32.63	1:10.93	1:53.76	2:35.26	3:18.16	4:02.19	4:38.56	5:12.96
68	Ross McWhirter	94	Warrender	5:13.03	33.26	1:12.03	1:50.63	2:28.75	3:15.42	4:02.58	4:38.32	5:13.03
69	Andrew Gairns	93	Broch Seals	5:13.37	32.60	1:10.29	1:51.08	2:31.49	3:17.72	4:02.65	4:39.02	5:13.37
70	Euan Johnston	93	Duns	5:14.37	32.18	1:10.09	1:54.02	2:35.49	3:19.70	4:04.99	4:40.71	5:14.37
71	Matthew Bell	94	Co Sund'land	5:14.71	31.66	1:09.16	1:49.71	2:29.64	3:16.28	4:04.36	4:39.98	5:14.71
72	Ramsay Elfendi	94	F.I.R.S.T.	5:16.11	31.12	1:07.49	1:47.69	2:26.91	3:14.63	4:02.44	4:39.86	5:16.11
73	Edward Gray	94	Co Glasgow	5:16.18	31.95	1:10.31	1:51.26	2:32.67	3:16.42	4:02.09	4:39.39	5:16.18
74	Blair Hershaw	95	Carnegie	5:17.50	33.09	1:13.68	1:54.70	2:36.40	3:21.83	4:07.72	4:44.60	5:17.50
75	Calum Ferguson	95	F.I.R.S.T.	5:18.73	32.38	1:09.97	1:50.75	2:31.19	3:19.20	4:05.92	4:43.04	5:18.73
76	David Smith	93	Garioch	5:20.26	32.04	1:09.23	1:51.44	2:32.59	3:19.39	4:07.37	4:43.60	5:20.26
77	Grant McPherson	93	Co Glasgow	5:24.45	34.74	1:17.07	1:56.80	2:36.03	3:23.27	4:11.06	4:48.04	5:24.45
78	Sam Burgess	94	South Aberde	5:25.65	33.16	1:14.11	1:55.98	2:36.11	3:23.45	4:11.31	4:48.91	5:25.65

Event 408 Womens 1500 Metre Freestyle

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
				450	500	550	600	650	700	750	800	
				850	900	950	1000	1050	1100	1150	1200	
				1250	1300	1350	1400	1450	1500			
1	Becky Wilde	93	Co Newcastle	17:49.44	31.02	1:05.09	1:40.26	2:15.61	2:51.28	3:26.60	4:02.27	4:37.96
				5:14.03	5:49.92	6:25.97	7:01.98	7:38.14	8:14.23	8:50.33	9:26.48	
				10:02.68	10:38.59	11:15.15	11:51.57	12:28.11	13:04.41	13:41.20	14:17.21	
				14:53.45	15:29.50	16:05.49	16:41.48	17:16.49	17:49.44			
2	Camilla Hattersley	95	Perth City	17:49.49	32.24	1:07.91	1:44.13	2:20.36	2:55.92	3:32.20	4:08.00	4:44.10
				5:19.88	5:56.24	6:32.04	7:07.80	7:43.16	8:19.28	8:55.02	9:31.07	
				10:06.96	10:42.64	11:18.49	11:54.50	12:30.39	13:06.45	13:42.20	14:18.05	
				14:53.50	15:29.38	16:05.19	16:40.76	17:16.13	17:49.49			
3	Elizabeth Hughes	94	Co Aberdeen	18:00.66	31.40	1:06.09	1:41.55	2:17.52	2:53.30	3:29.84	4:05.77	4:42.08
				5:18.02	5:54.22	6:30.44	7:06.87	7:42.97	8:19.54	8:55.79	9:32.14	
				10:07.76	10:44.02	11:20.32	11:57.05	12:32.64	13:08.99	13:45.36	14:21.92	
				14:57.87	15:34.44	16:11.13	16:47.94	17:23.81	18:00.66			
4	Ellie Stephenson	94	Middlesboro	18:03.86	32.52	1:08.11	1:44.08	2:20.49	2:56.17	3:32.10	4:07.91	4:44.27
				5:20.01	5:56.20	6:32.09	7:08.18	7:43.69	8:20.21	8:56.09	9:32.61	
				10:08.61	10:45.58	11:21.95	11:58.70	12:34.95	13:12.02	13:48.30	14:25.15	
				15:01.54	15:38.68	16:15.04	16:52.01	17:28.55	18:03.86			
5	Gabrielle Hignett	95	Derventio	18:15.44	32.32	1:08.11	1:44.06	2:20.02	2:55.99	3:32.11	4:08.32	4:44.70
				5:21.52	5:57.99	6:34.36	7:11.15	7:47.58	8:24.55	9:01.34	9:38.27	
				10:14.95	10:51.79	11:28.52	12:05.52	12:42.07	13:19.14	13:56.07	14:33.07	
				15:10.21	15:47.60	16:24.70	17:01.67	17:38.73	18:15.44			
6	Martha Hirst	95	Gallica SC	18:18.00	33.09	1:08.78	1:44.54	2:20.56	2:56.55	3:32.42	4:08.74	4:45.34
				5:21.68	5:58.62	6:34.88	7:11.90	7:48.32	8:25.12	9:01.38	9:38.81	
				10:15.14	10:52.15	11:28.82	12:06.64	12:44.31	13:21.60	13:58.44	14:36.47	
				15:13.71	15:50.97	16:27.83	17:06.11	17:43.10	18:18.00			

Day 4 Heats – Results

Event 408 Womens 1500 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100	150	200	250	300	350	400
				450	500	550	600	650	700	750	800
				850	900	950	1000	1050	1100	1150	1200
7 Emma Reid	89	Milngavie & b	18:23.35	33.07	1:08.36	1:44.28	2:20.30	2:56.50	3:32.98	4:09.56	4:46.17
				5:22.97	5:59.61	6:36.00	7:12.51	7:48.83	8:25.25	9:01.70	9:38.29
				10:14.85	10:51.68	11:28.65	12:05.98	12:43.82	13:22.03	13:59.72	14:38.40
				15:16.54	15:54.73	16:32.31	17:09.65	17:46.61	18:23.35		
8 Evie Keane	94	Derventio	18:25.91	32.39	1:07.52	1:43.37	2:19.22	2:55.04	3:31.18	4:07.58	4:43.94
				5:20.86	5:57.63	6:34.87	7:11.52	7:48.49	8:26.26	9:03.58	9:41.44
				10:19.66	10:55.80	11:33.80	12:12.08	12:50.10	13:28.42	14:07.03	14:43.77
				15:21.23	15:59.51	16:36.87	17:13.01	17:49.77	18:25.91		
9 Kayrine Kelly	95	StirlingSwim	18:32.75	33.43	1:10.12	1:47.43	2:24.53	3:01.72	3:39.15	4:16.73	4:53.66
				5:31.42	6:08.83	6:46.07	7:23.55	8:01.10	8:38.35	9:15.64	9:52.59
				10:29.48	11:06.45	11:43.55	12:20.55	12:57.71	13:34.71	14:12.83	14:50.45
				15:28.76	16:05.79	16:43.42	17:20.67	17:57.42	18:32.75		
10 Phoebe Whitehead	94	Garioch	18:34.26	33.29	1:10.06	1:47.22	2:24.31	3:01.19	3:38.17	4:14.77	4:51.63
				5:28.58	6:05.79	6:42.77	7:19.73	7:56.76	8:33.96	9:11.13	9:48.43
				10:25.58	11:03.05	11:39.86	12:17.36	12:55.04	13:32.75	14:10.28	14:48.25
				15:25.95	16:03.43	16:41.24	17:19.68	17:57.00	18:34.26		
11 Liz Hierons	93	Co Newcastle	18:42.21	32.19	1:07.81	1:43.82	2:20.28	2:57.00	3:34.19	4:11.68	4:49.25
				5:27.00	6:04.75	6:42.61	7:20.27	7:58.50	8:35.88	9:13.48	9:51.14
				10:28.80	11:06.27	11:44.16	12:22.19	12:59.98	13:37.82	14:16.21	14:54.33
				15:32.58	16:11.00	16:49.60	17:27.91	18:05.98	18:42.21		
12 Freja Ostergard	95	Silkeborg	18:42.30	33.77	1:10.10	1:47.26	2:24.66	3:02.10	3:39.51	4:16.85	4:54.11
				5:31.77	6:08.93	6:46.79	7:24.28	8:01.83	8:39.21	9:16.72	9:53.99
				10:32.26	11:09.85	11:47.92	12:25.63	13:03.57	13:41.37	14:19.82	14:57.68
				15:35.39	16:13.17	16:51.38	17:29.15	18:06.06	18:42.30		
13 Zoe Kirkwood	95	Co Newcastle	18:44.65	32.96	1:08.67	1:45.69	2:23.48	3:01.00	3:38.22	4:15.76	4:52.92
				5:30.98	6:09.13	6:46.51	7:24.53	8:02.78	8:40.31	9:17.75	9:56.07
				10:34.07	11:12.02	11:50.09	12:27.83	13:06.38	13:44.00	14:22.10	15:00.35
				15:38.56	16:16.00	16:54.28	17:31.17	18:07.87	18:44.65		
14 Cara Tosh	95	Co Glasgow	18:45.09	33.66	1:09.86	1:47.25	2:25.39	3:03.14	3:40.57	4:18.61	4:56.53
				5:34.39	6:11.57	6:48.83	7:26.64	8:04.79	8:42.39	9:20.42	9:58.11
				10:36.25	11:14.07	11:52.88	12:30.09	13:08.32	13:46.44	14:24.65	15:02.36
				15:40.68	16:18.36	16:57.03	17:34.51	18:11.17	18:45.09		
15 Tilly Sawrey	95	Heart Of Mid	18:45.34	33.41	1:10.23	1:46.61	2:24.23	3:01.07	3:38.93	4:16.02	4:54.19
				5:32.06	6:10.34	6:47.38	7:25.63	8:02.85	8:41.14	9:18.45	9:56.90
				10:34.63	11:13.21	11:51.09	12:29.51	13:06.65	13:45.16	14:22.84	15:01.15
				15:38.58	16:17.15	16:54.71	17:32.70	18:09.44	18:45.34		
16 Rachel Sharples	96	East Lothian	18:48.25	31.58	1:07.01	1:43.79	2:20.78	2:58.06	3:35.53	4:13.23	4:50.78
				5:28.96	6:06.57	6:43.60	7:20.58	7:57.76	8:35.53	9:14.08	9:52.67
				10:31.55	11:10.42	11:49.15	12:27.26	13:05.73	13:43.67	14:21.86	15:00.37
				15:38.84	16:17.40	16:56.13	17:34.39	18:11.82	18:48.25		
17 Nikoline Laidlaw	95	StirlingSwim	18:49.85	34.32	1:11.73	1:49.11	2:27.41	3:05.35	3:43.69	4:21.97	5:00.38
				5:38.15	6:16.76	6:54.76	7:33.86	8:11.59	8:49.88	9:27.68	10:05.92
				10:43.75	11:21.74	11:59.48	12:37.87	13:15.86	13:53.52	14:30.83	15:08.78
				15:45.62	16:23.49	17:00.86	17:38.32	18:14.48	18:49.85		
18 Yong Sonn Breslin	95	Co Glasgow	18:50.94	33.96	1:10.71	1:48.12	2:25.91	3:03.90	3:41.68	4:19.80	4:57.44
				5:35.51	6:13.25	6:50.96	7:28.66	8:06.84	8:44.80	9:22.67	10:00.29
				10:37.96	11:15.96	11:54.17	12:32.39	13:10.56	13:48.95	14:27.03	15:05.38
				15:43.25	16:21.27	16:59.33	17:37.48	18:14.79	18:50.94		
19 Ailsa McNab	94	South Lanark	18:53.40	33.34	1:10.19	1:47.40	2:24.84	3:02.38	3:40.29	4:18.11	4:55.99
				5:33.83	6:11.96	6:49.83	7:28.14	8:05.87	8:43.97	9:22.22	10:00.59
				10:38.81	11:16.87	11:55.44	12:33.90	13:12.33	13:50.18	14:28.16	15:06.69
				15:44.80	16:22.58	17:00.86	17:38.98	18:16.83	18:53.40		

Day 4 Heats – Results

Event 408 Womens 1500 Metre Freestyle (continued)

Name	Yr	Club	Time	50	100	150	200	250	300	350	400
				450	500	550	600	650	700	750	800
				850	900	950	1000	1050	1100	1150	1200
				1250	1300	1350	1400	1450	1500		
20 Ailsa Small	95	Warrender	19:05.82	34.50	1:12.25	1:50.36	2:28.72	3:07.08	3:45.91	4:24.19	5:02.53
				5:41.04	6:19.67	6:57.60	7:35.54	8:13.58	8:51.59	9:29.49	10:07.40
				10:45.30	11:23.60	12:01.91	12:40.47	13:18.85	13:57.52	14:36.07	15:14.53
				15:53.28	16:32.08	17:10.55	17:49.56	18:28.27	19:05.82		
21 Stacey Leach	94	Forres	19:22.03	33.71	1:11.04	1:48.96	2:27.12	3:05.35	3:44.19	4:23.04	5:01.96
				5:40.62	6:19.79	6:58.55	7:37.50	8:16.44	8:55.90	9:35.31	10:14.65
				10:54.00	11:33.69	12:12.71	12:52.23	13:31.60	14:10.46	14:49.95	15:29.29
				16:08.60	16:47.97	17:27.18	18:05.68	18:44.55	19:22.03		