

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 3 – Results****Event 301 Girls 10 & Under 200 Metre Backstroke**

Record:	2:48.40	R	25/06/2006	Emily Jones				
Name	Age	Club	Time	50	100	150	200	
1 Evelyn Mason	10	Banchory	2:45.50 R	39.76	1:21.95	2:04.95	2:45.50	
2 Jennifer Ritchie	10	East Lothian	2:46.27	39.11	1:21.43	2:04.48	2:46.27	
3 Charlotte McKenzie	10	Falkirk	2:50.08	39.10	1:22.01	2:07.00	2:50.08	
4 Joanna Whitelaw	10	East Lothian	2:54.35	40.41	1:25.08	2:10.23	2:54.35	
5 Louise Feenie	10	Glenrothes	2:58.08	43.12	1:29.11	2:14.49	2:58.08	
6 Rachel Sharples	10	East Lothian	3:00.14	41.37	1:26.18	2:14.10	3:00.14	
7 Rebecca Carrie	10	Dundee City	3:00.24	43.99	1:29.95	2:15.89	3:00.24	
8 Isla McLeod	10	Unattached	3:30.52	48.93	1:43.67	2:38.17	3:30.52	

Event 301 Girls 11-12 200 Metre Backstroke

Record:	2:41.16	R	25/06/2006	Gemma Wimberley				
Name	Age	Club	Time	50	100	150	200	
1 Lisa Fraser	12	Midlothian	2:33.51 R	35.63	1:14.20	1:53.96	2:33.51	
2 Ailidh Brown	12	InCAS	2:37.51	37.51	1:17.59	1:59.34	2:37.51	
3 Ellie Brisbane	12	Carnegie	2:40.36	37.75	1:17.74	2:00.26	2:40.36	
4 Chelsea Lawson	11	InCAS	2:41.03	39.06	1:20.42	2:02.85	2:41.03	
5 Nicole Petursdottir	12	Shetland	2:43.11	37.80	1:19.46	2:02.32	2:43.11	
6 Amy Fraser	12	Galashiels	2:43.33	39.26	1:21.36	2:03.16	2:43.33	
7 Kirsty Bale	12	Duns	2:43.94	39.22	1:20.57	2:02.82	2:43.94	
8 Christina Burr	11	Coast	2:44.77	38.68	1:20.62	2:03.39	2:44.77	
9 Rebecca Craigmile	12	Coast	2:44.99	38.68	1:20.47	2:03.85	2:44.99	
10 Kirsty Elliott	12	Warrender	2:45.48	38.21	1:19.73	2:02.37	2:45.48	
11 Jodi Thomson	12	Buckie	2:46.72	36.73	1:17.58	2:02.38	2:46.72	
12 Caitlin Burns	11	Carnegie	2:47.78	38.70	1:21.52	2:05.83	2:47.78	
13 Mollie Osborne	12	Carnegie	2:49.26	39.66	1:23.39	2:07.45	2:49.26	
14 Anna Thikey	11	Coast	2:50.17	38.94	1:22.03	2:06.88	2:50.17	
15 Ashleigh Yates	12	InCAS	2:50.80	39.98	1:23.00	2:07.24	2:50.80	
16 Emma Paterson	12	Coast	2:51.24	39.52	1:23.38	2:08.28	2:51.24	
17 Nicola Henry	12	East Lothian	2:51.29	39.41	1:23.13	2:07.82	2:51.29	
18 Sabrina Wright	12	East Lothian	2:51.80	39.85	1:23.26	2:08.99	2:51.80	
19 Gillian Clark	11	East Lothian	2:53.55	40.65	1:25.21	2:09.72	2:53.55	
20 Natalie Summers	11	Elgin	2:55.15	40.00	1:25.64	2:11.49	2:55.15	
21 Caitlin Cooper	11	Coast	2:56.63	41.70	1:26.78	2:12.85	2:56.63	
22 Jordan Dunn	11	Forres	2:58.75	40.00	1:25.15	2:12.55	2:58.75	
23 Emily Christie	12	Carnegie	3:03.37	44.17	1:31.51	2:18.12	3:03.37	
24 Ruth Laird	11	Dunfermline	3:05.09	43.02	1:29.47	2:18.18	3:05.09	

Event 301 Girls 13-14 200 Metre Backstroke

Record:	2:30.58	R	25/06/2006	Nicola Whyte				
Name	Age	Club	Time	50	100	150	200	
1 Rebecca Stephen	14	Bo'ness	2:25.99 R	34.75	1:11.12	1:49.01	2:25.99	
2 Nicola Whyte	14	Fins	2:27.30	33.62	1:10.79	1:49.24	2:27.30	
3 Kirsty McKenzie	14	Elgin	2:31.51	35.95	1:14.46	1:53.44	2:31.51	
4 Rachel Irvine	13	Fins	2:34.12	35.97	1:14.77	1:54.28	2:34.12	
5 Louise McPhail	14	Coast	2:34.28	35.13	1:13.16	1:53.92	2:34.28	
6 Nichola Lamb	14	Carnegie	2:34.87	36.11	1:14.99	1:55.73	2:34.87	
7 Sarah-Jane McIntyre	14	Glenrothes	2:37.47	36.68	1:15.68	1:56.57	2:37.47	
8 Laura Gray	14	Midlothian	2:37.96	35.69	1:15.75	1:57.31	2:37.96	
9 Rosa Brownlee	14	Heart Of Mid	2:38.00	37.69	1:18.43	1:58.91	2:38.00	
10 Gemma Stevenson	14	Fins	2:38.64	37.32	1:17.78	1:58.42	2:38.64	
11 Katie Sime	14	Falkirk	2:38.81	36.56	1:16.41	1:57.76	2:38.81	
12 Francesca Stokes	14	Coast	2:39.20	37.62	1:18.07	1:59.26	2:39.20	
13 Stacey Leach	13	Forres	2:40.67	36.73	1:17.57	1:59.29	2:40.67	
14 Tiffany Barber	13	Carnegie	2:41.53	37.83	1:19.21	2:01.73	2:41.53	
15 Lori Connell	14	Elgin	2:42.62	37.62	1:18.91	2:01.30	2:42.62	

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 3 – Results****Event 301 Girls 13-14 200 Metre Backstroke (continued)**

Name	Age	Club	Time	50	100	150	200
16 Kendall Deans	13	Coast	2:42.93	38.14	1:19.71	2:01.91	2:42.93
17 Emma Ross	13	Coast	2:43.21	38.43	1:20.20	2:02.56	2:43.21
18 Megan Risk	14	Falkirk	2:44.93	39.00	1:20.75	2:03.02	2:44.93
19 Danielle Dewsbury	13	Coast	2:45.62	37.16	1:18.96	2:02.35	2:45.62
20 Jodie Braid	13	Forres	2:46.16	38.75	1:20.49	2:04.01	2:46.16
21 Catriona McKay	13	Coast	2:46.46	38.37	1:19.79	2:03.12	2:46.46
22 Hope Smith	14	Fins	2:46.93	39.45	1:21.32	2:04.39	2:46.93
23 Emma Wilson	13	Bathgate	2:49.31	38.58	1:20.77	2:06.49	2:49.31
24 Lorna Gallacher	14	Bathgate	2:50.47	38.81	1:21.36	2:05.79	2:50.47
25 Jenny Betchley	13	Heart Of Mid	2:59.38	41.31	1:27.98	2:15.36	2:59.38

Event 302 Boys 10 & Under 200 Metre Freestyle

Record:	2:32.55	R	25/06/2006	Mark Szaraneck				
Name	Age	Club	Time	50	100	150	200	
1 Jordan Lamb	10	Carnegie	2:30.59 R	33.91	1:12.94	1:53.57	2:30.59	
2 Kieran Smith	10	Coast	2:31.49	34.89	1:13.82	1:53.88	2:31.49	
3 Lewis Proctor	10	Coast	2:31.88	34.19	1:13.35	1:53.62	2:31.88	
4 Eddie Watson	10	Coast	2:32.72	35.56	1:14.84	1:55.21	2:32.72	
5 James Flaherty	10	Banchory	2:42.38	37.36	1:19.64	2:02.92	2:42.38	
6 Sandy Waller	10	Heart Of Mid	2:43.49	37.61	1:20.55	2:03.28	2:43.49	
7 Cameron Park	10	Rutherglen	2:43.53	37.16	1:19.29	2:02.13	2:43.53	
8 Conor Nally	10	InCAS	2:52.31	36.81	1:21.57	2:07.64	2:52.31	
9 Alasdair Rennet	10	Dundee City	2:53.43	39.54	1:24.39	2:09.37	2:53.43	
10 Jamie Waller	9	Heart Of Mid	2:58.73	41.20	1:27.07	2:15.09	2:58.73	

Event 302 Boys 11-12 200 Metre Freestyle

Record:	2:19.85	R	25/06/2006	Craig Benson				
Name	Age	Club	Time	50	100	150	200	
1 Andrew Bryce	12	Garioch	2:21.03	32.69	1:08.69	1:45.13	2:21.03	
2 Blair Hershaw	12	Carnegie	2:21.55	32.11	1:08.27	1:45.89	2:21.55	
3 Forrest Hamilton	12	Kinross	2:21.67	32.82	1:08.51	1:45.94	2:21.67	
4 Craig Bowman	11	Carnegie	2:25.18	32.50	1:09.69	1:47.77	2:25.18	
5 Gregor Birrell	12	Falkirk	2:25.22	34.01	1:11.22	1:49.08	2:25.22	
6 William Suayngam	12	East Lothian	2:25.24	32.50	1:10.14	1:48.29	2:25.24	
7 Callum Roberts	12	Banchory	2:27.22	34.55	1:12.21	1:50.65	2:27.22	
8 Timothy McGovern	12	Coast	2:27.54	33.21	1:10.96	1:49.75	2:27.54	
9 Myles Hershaw	12	Carnegie	2:27.79	32.94	1:11.38	1:51.27	2:27.79	
10 James Wilson	12	Warrender	2:28.06	34.09	1:13.25	1:52.26	2:28.06	
11 Charlie Watson	12	Coast	2:28.29	33.77	1:11.59	1:50.87	2:28.29	
12 Matthew Anderson	11	Oban	2:28.71	33.90	1:11.65	1:50.59	2:28.71	
13 Greg Watson	11	Fins	2:28.96	33.38	1:11.49	1:50.78	2:28.96	
14 Craig Nicolson	12	Lerwick	2:30.59	34.09	1:12.67	1:52.49	2:30.59	
15 Cameron Craig	12	East Lothian	2:30.77	34.55	1:13.62	1:52.93	2:30.77	
16 Matthew McClure	11	Coast	2:31.15	34.72	1:13.63	1:53.64	2:31.15	
17 Daniel Smith	12	Coast	2:31.90	35.38	1:14.46	1:54.38	2:31.90	
18 Matthew Bale	11	Duns	2:32.28	35.13	1:14.37	1:53.91	2:32.28	
19 Kieran Harper	12	Carnegie	2:33.30	34.19	1:13.46	1:54.17	2:33.30	
20 Calum Ferguson	12	Unattached	2:34.11	34.31	1:14.86	1:55.48	2:34.11	
21 Fergus Izat	11	Eyemouth	2:37.09	35.16	1:15.13	1:56.71	2:37.09	
22 Daniel Kirkham	12	East Lothian	2:37.89	35.79	1:16.91	1:59.36	2:37.89	
23 Kieran Watson	12	Carnegie	2:40.01	35.42	1:16.60	1:59.76	2:40.01	
24 Alastair Kirkwood	11	Falkirk	2:41.86	37.07	1:20.32	2:02.25	2:41.86	

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 3 – Results****Event 302 Boys 13-14 200 Metre Freestyle**

Record:	2:05.70	R	25/06/2006	Jamie Wilmshurst								
	Name	Age	Club	Time	50	100	150	200				
1	Calum Veitch	14	Coast	2:08.68	29.50	1:02.42	1:36.28	2:08.68				
2	Jamie Burr	14	Coast	2:09.32	29.34	1:01.81	1:35.88	2:09.32				
3	Euan Inglis	13	Coast	2:13.29	30.99	1:05.01	1:39.68	2:13.29				
4	Kieran Kiely	14	Rutherglen	2:14.43	30.64	1:04.72	1:39.84	2:14.43				
5	Scott Mackay	14	Falkirk	2:15.84	31.36	1:05.79	1:41.25	2:15.84				
6	Scott Yates	14	Coast	2:18.05	31.32	1:05.94	1:42.78	2:18.05				
7	Jack Walker	14	Midlothian	2:18.88	30.70	1:05.95	1:43.00	2:18.88				
8	Andrew McGovern	14	Coast	2:19.02	32.12	1:07.27	1:43.71	2:19.02				
9	Murray Lawrence	13	East Lothian	2:19.85	31.72	1:07.69	1:44.43	2:19.85				
10	Jack Brownlee	13	Fins	2:19.87	31.50	1:06.87	1:44.03	2:19.87				
11	Niall Smith	14	Coast	2:20.66	31.94	1:07.48	1:44.75	2:20.66				
12	James Denholm	14	Warrender	2:24.41	32.90	1:10.05	1:47.98	2:24.41				
13	Greig Shepherd	13	InCAS	2:27.13	33.26	1:10.34	1:49.19	2:27.13				
14	Iain Condie	13	InCAS	2:30.19	33.11	1:10.92	1:51.20	2:30.19				
15	Alasdair Marwick	13	Bo'ness	2:39.54	35.27	1:16.02	1:58.43	2:39.54				

Event 303 Girls 10 & Under 400 Metre Freestyle

Record:	5:25.89	R	25/06/2006	Emily Jones								
	Name	Age	Club	Time	50	100	150	200	250	300	350	400
1	Rachael O'Donnell	10	InCAS	5:07.21 R	34.67	1:12.96	1:52.12	2:31.55	3:11.32	3:51.45	4:30.19	5:07.21
2	Evelyn Mason	10	Banchory	5:20.86 R	36.04	1:15.97	1:57.44	2:38.72	3:20.18	4:01.66	4:42.52	5:20.86
3	Jennifer Ritchie	10	East Lothian	5:28.73	35.60	1:16.36	1:58.24	2:40.47	3:22.79	4:05.18	4:48.14	5:28.73
4	Rachel Sharples	10	East Lothian	5:39.28	35.91	1:17.12	2:01.71	2:46.38	3:30.04	4:14.64	4:58.47	5:39.28
5	Sophie Ewen	10	Buckie	6:24.23	40.85	1:27.63	2:17.41	3:07.21	3:57.98	4:47.93	5:36.73	6:24.23
6	Hannah Milne	10	Montrose	6:38.79	41.63	1:30.63	2:21.77	3:12.77	4:05.68	4:58.67	5:51.08	6:38.79

Event 303 Girls 11-12 400 Metre Freestyle

Record:	5:02.78	R	25/06/2006	Yasmin Khera								
	Name	Age	Club	Time	50	100	150	200	250	300	350	400
1	Amy Fraser	12	Galashiels	4:39.08 R	32.19	1:06.64	1:42.41	2:18.21	2:54.19	3:30.17	4:05.71	4:39.08
2	Nicole Petursdottir	12	Shetland	4:59.53 R	32.98	1:09.64	1:47.50	2:26.50	3:05.09	3:44.24	4:23.22	4:59.53
3	Chelsea Lawson	11	InCAS	5:02.90	34.42	1:12.51	1:51.51	2:30.32	3:09.21	3:48.05	4:27.77	5:02.90
4	Samantha MacMillan	11	InCAS	5:08.64	34.06	1:12.40	1:51.84	2:31.85	3:11.97	3:52.61	4:31.63	5:08.64
5	Kirsty Elliott	12	Warrender	5:13.36	35.64	1:14.57	1:54.71	2:34.49	3:14.19	3:54.22	4:34.22	5:13.36
6	Nicola Cuthbertson	12	Falkirk	5:15.08	35.65	1:14.67	1:54.88	2:35.39	3:15.55	3:55.86	4:36.86	5:15.08
7	Jodi Thomson	12	Buckie	5:15.31	33.62	1:12.10	1:51.38	2:31.67	3:12.19	3:53.07	4:35.25	5:15.31
8	Nicola Glauch	12	Warrender	5:17.63	35.90	1:15.59	1:55.70	2:36.09	3:16.63	3:57.95	4:38.52	5:17.63
9	Christina Burr	11	Coast	5:17.75	34.59	1:13.60	1:54.84	2:36.46	3:18.07	3:59.09	4:39.47	5:17.75
10	Emily Christie	12	Carnegie	5:18.65	37.19	1:17.20	1:58.37	2:38.89	3:19.74	4:00.25	4:40.64	5:18.65
11	Laura-Kate O'Brien	11	InCAS	5:18.88	35.97	1:16.55	1:58.31	2:40.39	3:22.71	4:04.35	4:41.88	5:18.88
12	Jordan Dunn	11	Forres	5:21.82	34.62	1:14.05	1:56.03	2:37.73	3:19.89	4:01.40	4:42.87	5:21.82
13	Sabrina Wright	12	East Lothian	5:27.57	36.63	1:16.31	1:57.92	2:40.42	3:22.01	4:04.83	4:47.12	5:27.57
14	Emma Paterson	12	Coast	5:28.67	36.12	1:17.36	1:58.58	2:41.40	3:23.39	4:06.15	4:47.34	5:28.67
15	Ashleigh Yates	12	InCAS	5:29.05	36.95	1:18.61	2:00.10	2:42.59	3:24.89	4:07.65	4:48.44	5:29.05
16	Abigail Tait	12	Duns	5:29.36	35.33	1:14.61	1:56.86	2:38.73	3:21.55	4:05.23	4:49.10	5:29.36
17	Azlyn Edens	12	Dundee City	5:32.39	36.00	1:18.45	2:01.75	2:45.14	3:28.57	4:11.58	4:53.91	5:32.39
18	Laura Muncey	11	Kinross	5:34.02	38.51	1:20.80	2:04.03	2:47.72	3:31.28	4:14.68	4:56.46	5:34.02
19	Rebecca Craigmile	12	Coast	5:37.81	39.22	1:22.78	2:06.94	2:52.17	3:35.32	4:17.16	4:56.38	5:37.81
20	Alanna Thomson	11	Banchory	5:38.33	37.98	1:19.79	2:02.61	2:46.05	3:29.59	4:13.08	4:56.96	5:38.33
21	Caitlin Cooper	11	Coast	5:43.53	38.31	1:20.61	2:04.07	2:48.59	3:32.63	4:17.51	5:01.93	5:43.53
22	Nicola Henry	12	East Lothian	5:44.52	37.69	1:19.91	2:03.39	2:47.68	3:32.24	4:16.43	5:01.04	5:44.52
23	Leah Marshall	12	InCAS	5:45.69	35.19	1:17.01	2:02.09	2:47.67	3:32.96	4:18.73	5:03.84	5:45.69
24	Kirsty Hunter	11	East Lothian	5:52.94	38.17	1:21.42	2:05.86	2:51.05	3:36.52	4:22.63	5:09.74	5:52.94
25	Nicola Saunders	12	InCAS	5:58.97	40.21	1:25.03	2:11.20	2:58.32	3:45.01	4:31.72	5:18.06	5:58.97

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 3 – Results****Event 303 Girls 13-14 400 Metre Freestyle**

Record:	4:29.62	R	25/06/2006	Lucy Ellis	50	100	150	200	250	300	350	400
Name	Age	Club	Time									
1	Roisin Donnelly	14	InCAS	4:41.94	31.72	1:07.01	1:42.90	2:19.02	2:54.84	3:31.06	4:07.26	4:41.94
2	Emma Hunter	14	East Lothian	4:42.41	31.50	1:06.46	1:42.34	2:18.52	2:54.64	3:31.25	4:07.69	4:42.41
3	Nicola Whyte	14	Fins	4:47.02	32.20	1:07.50	1:43.71	2:20.45	2:57.48	3:34.82	4:11.79	4:47.02
4	Rebecca Stephen	14	Bo'ness	4:48.82	33.05	1:09.13	1:45.30	2:21.86	2:58.37	3:35.89	4:13.11	4:48.82
5	Tiffany Barber	13	Carnegie	4:49.03	31.80	1:07.80	1:44.59	2:22.10	3:00.03	3:37.65	4:14.77	4:49.03
6	Gemma Stevenson	14	Fins	4:49.17	31.86	1:07.79	1:45.14	2:22.51	2:59.98	3:37.98	4:15.70	4:49.17
7	Nichola Lamb	14	Carnegie	4:49.37	33.11	1:08.82	1:45.63	2:22.42	2:59.45	3:37.23	4:14.57	4:49.37
8	Eilidh McGregor	14	Carnegie	4:51.54	31.56	1:07.04	1:44.31	2:21.48	2:59.05	3:37.14	4:15.41	4:51.54
9	Francesca Stokes	14	Coast	4:52.63	33.64	1:10.65	1:48.06	2:25.70	3:03.24	3:39.70	4:16.53	4:52.63
10	Rachel Irvine	13	Fins	4:55.34	32.88	1:09.10	1:45.98	2:23.59	3:01.64	3:39.74	4:17.94	4:55.34
11	Claire Rankin	14	Heart Of Mid	4:57.96	33.70	1:11.06	1:49.55	2:28.46	3:07.31	3:45.24	4:23.04	4:57.96
12	Rosa Brownlee	14	Heart Of Mid	4:58.17	33.81	1:11.28	1:49.53	2:28.11	3:06.54	3:44.58	4:22.92	4:58.17
13	Catriona Laird	14	Dunedin	5:00.58	33.21	1:11.42	1:49.53	2:27.82	3:06.19	3:45.30	4:23.62	5:00.58
14	Jodie Braid	13	Forres	5:01.54	32.30	1:08.64	1:46.75	2:25.80	3:05.59	3:44.77	4:24.07	5:01.54
15	Hope Smith	14	Fins	5:03.61	34.44	1:11.80	1:50.57	2:29.21	3:08.03	3:46.78	4:25.53	5:03.61
16	Lori Connell	14	Elgin	5:03.79	33.04	1:10.73	1:49.47	2:28.42	3:07.98	3:47.13	4:26.03	5:03.79
17	Catriona McKay	13	Coast	5:04.32	34.63	1:12.82	1:51.44	2:30.72	3:09.28	3:48.67	4:27.48	5:04.32
18	Kirsty McKenzie	14	Elgin	5:05.22	34.22	1:12.94	1:52.37	2:31.31	3:09.81	3:48.97	4:27.80	5:05.22
19	Fiona Plain	13	East Lothian	5:05.86	33.84	1:10.80	1:49.21	2:28.72	3:08.36	3:47.74	4:27.57	5:05.86
20	Megan Risk	14	Falkirk	5:06.37	34.61	1:13.75	1:53.57	2:33.12	3:12.51	3:51.71	4:30.24	5:06.37
21	Katie Sime	14	Falkirk	5:08.38	34.87	1:13.43	1:52.56	2:32.13	3:11.56	3:51.41	4:30.77	5:08.38
22	Emma Ross	13	Coast	5:08.55	34.08	1:11.96	1:50.78	2:30.20	3:10.09	3:50.03	4:29.55	5:08.55
23	Sarah-Jane McIntyre	14	Glenrothes	5:08.69	33.61	1:10.89	1:49.32	2:28.99	3:09.83	3:50.80	4:31.26	5:08.69
24	Lorna Gallacher	14	Bathgate	5:15.57	34.23	1:13.62	1:54.38	2:34.94	3:15.39	3:56.34	4:36.39	5:15.57
25	Emma Wilson	13	Bathgate	5:19.17	35.57	1:14.89	1:55.83	2:36.89	3:17.36	3:58.92	4:39.40	5:19.17
26	Caitlin Liddle	13	Midlothian	5:25.00	35.23	1:14.31	1:54.76	2:35.85	3:17.66	4:00.69	4:44.90	5:25.00
27	Kayleigh Reid	13	Kinross	5:30.11	37.16	1:18.71	2:00.71	2:43.34	3:25.96	4:08.50	4:50.64	5:30.11

Event 304 Boys 10 & Under 400 Metre IM

Record:	6:18.15	R	25/06/2006	Cameron MacPhail	50	100	150	200	250	300	350	400
Name	Age	Club	Time									
1	Kieran Smith	10	Coast	6:16.24 R	43.72	1:36.30	2:23.09	3:09.52	4:03.10	4:56.07	5:38.44	6:16.24
2	Eddie Watson	10	Coast	6:24.75	38.80	1:26.31	2:14.98	3:01.65	4:00.11	4:57.71	5:40.31	6:24.75
3	James Flaherty	10	Banchory	6:32.50	44.07	1:37.36	2:26.68	3:15.59	4:11.22	5:09.29	5:51.04	6:32.50
4	Sandy Waller	10	Heart Of Mid	6:34.44	45.19	1:41.10	2:30.28	3:17.04	4:12.74	5:09.85	5:53.76	6:34.44

Event 304 Boys 11-12 400 Metre IM

Record:	5:23.18	R	25/06/2006	Joe Lipworth	50	100	150	200	250	300	350	400
Name	Age	Club	Time									
1	Andrew Bryce	12	Garioch	5:42.90	38.12	1:22.89	2:05.38	2:47.34	3:37.40	4:26.05	5:05.76	5:42.90
2	Callum Roberts	12	Banchory	5:54.41	39.82	1:28.48	2:11.86	2:53.83	3:45.68	4:37.69	5:17.33	5:54.41
3	Timothy McGovern	12	Coast	5:56.34	39.36	1:27.22	2:11.91	2:55.64	3:47.77	4:41.35	5:19.45	5:56.34
4	Charlie Watson	12	Coast	5:56.83	38.10	1:25.65	2:09.69	2:52.87	3:47.89	4:40.10	5:19.33	5:56.83
5	James Wilson	12	Warrender	5:59.81	37.45	1:23.97	2:08.49	2:53.29	3:46.14	4:41.73	5:22.59	5:59.81
6	Matthew McClure	11	Coast	6:00.65	39.20	1:26.05	2:11.19	2:55.59	3:47.28	4:39.49	5:20.67	6:00.65
7	William Suayngam	12	East Lothian	6:04.27	36.16	1:23.75	2:08.75	2:54.59	3:46.70	4:41.12	5:23.36	6:04.27
8	Alistair Davis	12	Carnegie	6:14.17	40.87	1:35.14	2:24.99	3:13.43	4:03.27	4:55.10	5:35.29	6:14.17
9	Alastair Kirkwood	11	Falkirk	6:17.14	39.40	1:26.31	2:14.59	3:01.95	3:57.85	4:54.49	5:36.94	6:17.14
10	Ewan Simpson	12	Kinross	6:20.12	39.48	1:32.40	2:20.08	3:07.36	4:02.46	4:58.34	5:41.19	6:20.12

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 3 – Results****Event 304 Boys 13-14 400 Metre IM**

Record:	5:06.85	R	25/06/2006	Jonas Whitehead									
	Name	Age	Club	Time	50	100	150	200	250	300	350	400	
1	Blair Hush	14	Fins	5:04.64 R	32.06	1:08.24	1:48.38	2:27.20	3:11.69	3:56.82	4:32.21	5:04.64	
2	Euan Inglis	13	Coast	5:06.88	35.04	1:15.19	1:54.34	2:34.29	3:15.88	4:00.20	4:34.25	5:06.88	
3	Joe Lipworth	13	Dundee City	5:10.58	31.62	1:09.82	1:49.56	2:28.58	3:13.36	3:59.06	4:34.63	5:10.58	
4	Murray Lawrence	13	East Lothian	5:12.24	32.97	1:11.95	1:53.08	2:32.80	3:16.75	4:01.29	4:37.31	5:12.24	
5	Calum Veitch	14	Coast	5:14.69	33.63	1:13.63	1:53.43	2:33.98	3:19.55	4:04.74	4:40.50	5:14.69	
6	Connor Wilson	13	Heart Of Mid	5:20.86	36.75	1:22.64	2:03.51	2:43.12	3:27.64	4:11.71	4:47.05	5:20.86	
7	Scott Yates	14	Coast	5:25.69	34.09	1:14.77	1:55.17	2:34.71	3:22.88	4:11.39	4:48.87	5:25.69	
8	Andrew McGovern	14	Coast	5:31.31	36.37	1:20.19	2:00.52	2:40.08	3:29.00	4:18.55	4:55.60	5:31.31	
9	Niall Smith	14	Coast	5:36.62	35.80	1:17.74	1:59.32	2:39.86	3:30.86	4:20.91	4:59.30	5:36.62	