

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 4 – Results****Event 401 Girls 10 & Under 200 Metre Freestyle**

Record:	2:35.82	R	25/06/2006	Emily Jones				
	Name	Age	Club	Time	50	100	150	200
1	Rachael O'Donnell	10	InCAS	2:26.20 R	34.18	1:12.05	1:50.37	2:26.20
2	Joanna Whitelaw	10	East Lothian	2:30.09 R	34.15	1:12.69	1:52.50	2:30.09
3	Evelyn Mason	10	Banchory	2:32.09 R	35.29	1:13.70	1:53.46	2:32.09
4	Jennifer Ritchie	10	East Lothian	2:34.97 R	35.44	1:14.59	1:54.84	2:34.97
5	Charlotte McKenzie	10	Falkirk	2:35.29 R	34.88	1:14.96	1:56.84	2:35.29
6	Rachel Sharples	10	East Lothian	2:40.23	35.53	1:16.08	1:58.50	2:40.23
7	Rebecca Carrie	10	Dundee City	2:59.81	41.35	1:38.50	2:20.90	2:59.81
8	Eleanor Muncey	9	Kinross	2:59.87	40.36	1:26.24	2:14.80	2:59.87
9	Hannah Milne	10	Montrose	3:08.07	41.31	1:30.15	2:21.24	3:08.07

Event 401 Girls 11-12 200 Metre Freestyle

Record:	2:21.42	R	25/06/2006	Yasmin Khera				
	Name	Age	Club	Time	50	100	150	200
1	Amy Fraser	12	Galashiels	2:13.62 R	31.12	1:05.43	1:40.20	2:13.62
2	Nicole Petursdottir	12	Shetland	2:19.29 R	32.22	1:07.89	1:44.28	2:19.29
3	Lisa Fraser	12	Midlothian	2:22.03	32.67	1:08.95	1:46.28	2:22.03
4	Chelsea Lawson	11	InCAS	2:22.95	33.74	1:10.39	1:47.72	2:22.95
5	Mollie Osborne	12	Carnegie	2:25.19	33.65	1:10.66	1:48.28	2:25.19
6	Nicola Cuthbertson	12	Falkirk	2:26.88	33.38	1:10.71	1:49.34	2:26.88
7	Ellie Brisbane	12	Carnegie	2:26.90	34.35	1:11.90	1:49.79	2:26.90
8	Jodi Thomson	12	Buckie	2:27.49	32.08	1:08.74	1:48.72	2:27.49
9	Samantha MacMillan	11	InCAS	2:27.60	34.21	1:11.89	1:50.36	2:27.60
10	Nicola Glauch	12	Warrender	2:30.66	35.45	1:14.08	1:54.38	2:30.66
11	Kirsty Elliott	12	Warrender	2:30.71	34.63	1:13.03	1:52.96	2:30.71
12	Christina Burr	11	Coast	2:30.74	33.95	1:12.45	1:52.43	2:30.74
13	Laura-Kate O'Brien	11	InCAS	2:31.07	34.39	1:13.78	1:54.32	2:31.07
14	Gillian Clark	11	East Lothian	2:31.29	34.09	1:13.04	1:52.88	2:31.29
15	Abigail Tait	12	Duns	2:31.99	34.52	1:13.36	1:53.90	2:31.99
16	Caitlin Burns	11	Carnegie	2:32.40	34.65	1:13.62	1:53.84	2:32.40
17	Jordan Dunn	11	Forres	2:33.44	34.32	1:13.57	1:54.06	2:33.44
18	Emily Christie	12	Carnegie	2:33.57	36.16	1:15.49	1:55.62	2:33.57
19	Laura Muncey	11	Kinross	2:36.12	36.76	1:16.99	1:57.96	2:36.12
20	Azlyn Edens	12	Dundee City	2:36.57	35.44	1:16.19	1:58.59	2:36.57
21	Emma Paterson	12	Coast	2:37.76	36.46	1:17.66	1:58.84	2:37.76
22	Ashleigh Yates	12	InCAS	2:38.54	36.99	1:18.22	1:59.05	2:38.54
23	Ruth Laird	11	Dunfermline	2:41.02	37.82	1:18.97	2:01.19	2:41.02
24	Alanna Thomson	11	Banchory	2:41.10	37.27	1:18.91	2:01.23	2:41.10
25	Leah Marshall	12	InCAS	2:41.28	35.45	1:17.04	2:00.92	2:41.28
26	Rebecca Craigmile	12	Coast	2:42.43	36.74	1:18.13	2:00.50	2:42.43
27	Nicola Henry	12	East Lothian	2:42.52	36.75	1:17.85	2:00.27	2:42.52
28	Natalie Summers	11	Elgin	2:49.07	36.65	1:21.08	2:06.51	2:49.07

Event 401 Girls 13-14 200 Metre Freestyle

Record:	2:08.97	R	25/06/2006	Eloise Barber				
	Name	Age	Club	Time	50	100	150	200
1	Nicola Whyte	14	Fins	2:13.46	30.81	1:05.19	1:40.07	2:13.46
2	Roisin Donnelly	14	InCAS	2:14.05	31.28	1:05.54	1:40.43	2:14.05
3	Gemma Stevenson	14	Fins	2:17.51	31.75	1:06.81	1:43.01	2:17.51
4	Tiffany Barber	13	Carnegie	2:18.34	32.04	1:07.77	1:44.21	2:18.34
5	Rachel Irvine	13	Fins	2:18.43	31.77	1:07.34	1:43.33	2:18.43
6	Nichola Lamb	14	Carnegie	2:18.52	32.31	1:07.27	1:43.50	2:18.52
7	Claire Rankin	14	Heart Of Mid	2:20.73	32.82	1:09.38	1:46.10	2:20.73
8	Eilidh McGregor	14	Carnegie	2:21.03	31.81	1:08.32	1:45.56	2:21.03
9	Lori Connell	14	Elgin	2:22.18	33.14	1:09.20	1:46.37	2:22.18
10	Francesca Stokes	14	Coast	2:22.56	33.49	1:10.61	1:47.57	2:22.56

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 4 – Results****Event 401 Girls 13-14 200 Metre Freestyle (continued)**

Name	Age	Club	Time	50	100	150	200
11 Catriona Laird	14	Dunedin	2:22.57	33.80	1:09.88	1:46.65	2:22.57
12 Catriona McKay	13	Coast	2:22.85	33.60	1:10.20	1:46.71	2:22.85
13 Hope Smith	14	Fins	2:23.91	32.95	1:09.32	1:46.65	2:23.91
14 Rosa Brownlee	14	Heart Of Mid	2:24.38	34.10	1:11.02	1:48.26	2:24.38
15 Emma Ross	13	Coast	2:24.74	33.17	1:09.80	1:47.33	2:24.74
16 Fiona Plain	13	East Lothian	2:25.24	33.35	1:10.05	1:47.82	2:25.24
17 Sarah-Jane McIntyre	14	Glenrothes	2:25.28	32.80	1:09.67	1:47.64	2:25.28
18 Megan Risk	14	Falkirk	2:25.70	33.59	1:10.89	1:49.03	2:25.70
19 Katie Sime	14	Falkirk	2:30.24	34.52	1:12.76	1:52.25	2:30.24
20 Danielle Dewsbury	13	Coast	2:32.33	33.83	1:12.69	1:52.77	2:32.33
21 Kirsty McKenzie	14	Elgin	2:32.88	34.13	1:13.02	1:53.21	2:32.88
22 Kayleigh Reid	13	Kinross	2:37.49	37.22	1:17.47	1:58.71	2:37.49
23 Caitlin Liddle	13	Midlothian	2:37.78	33.62	1:13.88	1:57.28	2:37.78

Event 402 Boys 10 & Under 200 Metre Backstroke

Name	Age	Club	Time	50	100	150	200
1 Lewis Proctor	10	Coast	2:46.40 R	39.01	1:21.30	2:05.43	2:46.40
2 Jordan Lamb	10	Carnegie	2:50.06	40.02	1:23.51	2:07.88	2:50.06
3 Kieran Smith	10	Coast	2:54.40	41.48	1:25.92	2:11.62	2:54.40
4 Eddie Watson	10	Coast	2:56.77	42.14	1:27.41	2:13.78	2:56.77
5 James Flaherty	10	Banchory	3:05.50	44.09	1:31.77	2:18.03	3:05.50
6 Alasdair Rennet	10	Dundee City	3:07.02	44.36	1:31.00	2:19.66	3:07.02
7 Jamie Ferguson	10	Fins	3:08.02	43.09	1:31.41	2:21.60	3:08.02
8 Liam Greig	10	Buckie	3:19.85	46.77	1:38.60	2:33.12	3:19.85
9 Euan McElwee	10	Dunfermline	3:20.70	49.92	1:41.45	2:32.79	3:20.70
--- Conor Nally	10	InCAS	DQ				
--- James Hewat	9	East Lothian	DQ				
--- Cameron Park	10	Rutherglen	DQ				

Event 402 Boys 11-12 200 Metre Backstroke

Name	Age	Club	Time	50	100	150	200
1 Myles Hershaw	12	Carnegie	2:37.81	36.92	1:17.24	1:58.64	2:37.81
2 Andrew Bryce	12	Garioch	2:38.23	38.37	1:19.36	1:59.30	2:38.23
3 Daniel Smith	12	Coast	2:39.20	37.94	1:18.22	1:59.68	2:39.20
4 Forrest Hamilton	12	Kinross	2:41.61	39.22	1:20.39	2:02.08	2:41.61
5 Craig Bowman	11	Carnegie	2:42.26	38.74	1:20.25	2:01.41	2:42.26
6 Timothy McGovern	12	Coast	2:42.85	38.33	1:20.23	2:02.04	2:42.85
7 Callum Roberts	12	Banchory	2:42.91	39.90	1:21.33	2:03.48	2:42.91
8 Gregor Birrell	12	Falkirk	2:43.77	39.11	1:20.45	2:02.27	2:43.77
9 Blair Hershaw	12	Carnegie	2:44.92	39.31	1:21.71	2:04.37	2:44.92
10 Charlie Watson	12	Coast	2:45.78	40.23	1:22.79	2:05.26	2:45.78
11 Matthew McClure	11	Coast	2:45.83	40.24	1:23.38	2:06.08	2:45.83
12 William Suayngam	12	East Lothian	2:45.98	40.04	1:23.91	2:07.04	2:45.98
13 James Wilson	12	Warrender	2:46.46	37.66	1:20.39	2:05.20	2:46.46
14 Cameron Craig	12	East Lothian	2:49.64	39.79	1:23.43	2:07.68	2:49.64
15 Craig Nicolson	12	Lerwick	2:50.66	39.97	1:23.15	2:07.87	2:50.66
16 Kieran Harper	12	Carnegie	2:51.22	41.41	1:24.91	2:08.92	2:51.22
17 Matthew Anderson	11	Oban	2:51.32	39.71	1:23.51	2:08.46	2:51.32
18 Daniel Kirkham	12	East Lothian	2:57.34	42.42	1:28.56	2:14.65	2:57.34
19 Fergus Izat	11	Eyemouth	3:00.92	41.53	1:27.68	2:14.87	3:00.92
--- Calum Ferguson	12	Unattached	DQ				

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 4 – Results****Event 402 Boys 13-14 200 Metre Backstroke**

Record:	2:26.47	R	25/06/2006	Jamie Wilmshurst							
Name	Age	Club	Time	50	100	150	200				
1 Joe Lipworth	13	Dundee City	2:21.54 R	32.87	1:08.87	1:45.52	2:21.54				
2 Jamie Burr	14	Coast	2:24.34 R	34.26	1:10.75	1:47.94	2:24.34				
3 Blair Hush	14	Fins	2:24.86 R	35.18	1:11.82	1:48.51	2:24.86				
4 Cameron Smith	14	East Lothian	2:26.84	33.70	1:10.53	1:49.52	2:26.84				
5 Scott Mackay	14	Falkirk	2:27.74	34.86	1:12.40	1:50.48	2:27.74				
6 Murray Lawrence	13	East Lothian	2:31.25	36.37	1:15.02	1:53.69	2:31.25				
7 Euan Inglis	13	Coast	2:32.10	36.42	1:15.26	1:53.90	2:32.10				
8 Scott Yates	14	Coast	2:32.13	35.49	1:13.95	1:53.24	2:32.13				
9 Jack Walker	14	Midlothian	2:34.69	35.94	1:15.36	1:55.75	2:34.69				
10 Ross Hunter	13	InCAS	2:37.53	35.90	1:15.65	1:57.02	2:37.53				
11 Niall Smith	14	Coast	2:37.92	37.19	1:17.73	1:58.54	2:37.92				
12 Andrew McGovern	14	Coast	2:39.37	38.58	1:17.99	1:58.81	2:39.37				
13 James Denholm	14	Warrender	2:45.97	38.65	1:21.14	2:04.34	2:45.97				
14 Corey McWilliam	13	Elgin	2:49.66	40.78	1:23.66	2:07.62	2:49.66				
--- Greig Shepherd	13	InCAS	DQ								

Event 403 Girls 10 & Under 400 Metre IM

Record:	5:59.71	R	25/06/2006	Emily Jones							
Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Rachael O'Donnell	10	InCAS	5:52.05 R	38.32	1:24.25	2:08.21	2:51.36	3:42.49	4:33.71	5:13.82	5:52.05
2 Evelyn Mason	10	Banchory	6:00.50	39.68	1:25.59	2:09.76	2:53.92	3:46.52	4:40.07	5:21.58	6:00.50
3 Charlotte McKenzie	10	Falkirk	6:22.68	41.74	1:36.81	2:24.20	3:10.09	4:02.29	4:56.26	5:40.00	6:22.68

Event 403 Girls 11-12 400 Metre IM

Record:	5:48.26	R	25/06/2006	Ishbel Rodger							
Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Amy Fraser	12	Galashiels	5:25.51 R	34.01	1:12.72	1:57.00	2:39.49	3:28.05	4:16.87	4:51.85	5:25.51
2 Kirsty Bale	12	Duns	5:29.87 R	35.90	1:18.32	2:01.13	2:43.05	3:28.20	4:13.76	4:52.79	5:29.87
3 Nicole Petursdottir	12	Shetland	5:41.27 R	36.48	1:20.20	2:03.60	2:46.18	3:36.67	4:27.14	5:05.45	5:41.27
4 Ailidh Brown	12	InCAS	5:43.34 R	37.40	1:23.03	2:06.17	2:48.05	3:37.26	4:27.43	5:07.22	5:43.34
5 Samantha MacMillan	11	InCAS	5:55.55	37.20	1:21.93	2:06.43	2:49.48	3:43.30	4:37.56	5:17.51	5:55.55
6 Nicola Cuthbertson	12	Falkirk	5:59.66	37.51	1:24.12	2:12.39	2:59.02	3:48.67	4:40.03	5:21.01	5:59.66
7 Christina Burr	11	Coast	6:00.18	39.56	1:26.68	2:10.50	2:53.26	3:48.38	4:42.43	5:21.70	6:00.18
8 Gillian Clark	11	East Lothian	6:05.46	39.76	1:30.14	2:16.32	3:02.17	3:55.45	4:49.34	5:29.44	6:05.46
9 Laura-Kate O'Brien	11	InCAS	6:06.48	41.30	1:30.38	2:17.22	3:03.12	3:57.75	4:50.06	5:29.31	6:06.48
10 Kirsty Elliott	12	Warrender	6:11.45	41.75	1:33.43	2:17.86	3:02.11	3:55.51	4:50.60	5:31.63	6:11.45
11 Alanna Thomson	11	Banchory	6:16.38	43.32	1:31.26	2:20.57	3:09.12	4:01.68	4:52.45	5:34.94	6:16.38
12 Natalie Summers	11	Elgin	6:24.93	40.33	1:31.34	2:16.81	3:03.47	3:57.50	4:55.68	5:39.99	6:24.93
13 Nicola Saunders	12	InCAS	7:12.64	50.08	1:51.99	2:47.36	3:40.61	4:41.95	5:45.49	6:30.83	7:12.64
--- Nicola Glauch	12	Warrender	DQ								

Event 403 Girls 13-14 400 Metre IM

Record:	5:06.23	R	25/06/2006	Eloise Barber							
Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Rebecca Stephen	14	Bo'ness	5:17.18	33.86	1:12.42	1:52.71	2:31.91	3:16.78	4:02.10	4:41.14	5:17.18
2 Roisin Donnelly	14	InCAS	5:19.01	33.55	1:14.14	1:56.49	2:37.90	3:21.51	4:06.17	4:43.53	5:19.01
3 Emma Hunter	14	East Lothian	5:26.22	35.24	1:18.68	1:59.88	2:41.18	3:28.68	4:16.05	4:52.55	5:26.22
4 Gemma Wimberley	13	Heart Of Mid	5:27.01	35.12	1:17.30	1:59.31	2:39.44	3:26.26	4:13.23	4:51.27	5:27.01
5 Catriona Laird	14	Dunedin	5:32.41	35.66	1:17.19	1:59.95	2:40.21	3:27.39	4:15.98	4:55.36	5:32.41
6 Rosa Brownlee	14	Heart Of Mid	5:34.89	36.20	1:19.79	2:03.32	2:44.39	3:32.37	4:19.67	4:58.40	5:34.89
7 Francesca Stokes	14	Coast	5:35.88	36.79	1:20.17	2:01.15	2:41.89	3:31.39	4:22.15	4:59.00	5:35.88
8 Stacey Leach	13	Forres	5:38.39	36.89	1:21.36	2:04.49	2:47.23	3:37.49	4:26.31	5:03.75	5:38.39
9 Rebecca French	13	Heart Of Mid	5:40.81	38.43	1:24.20	2:08.11	2:52.59	3:38.41	4:24.25	5:03.05	5:40.81
10 Lori Connell	14	Elgin	5:40.86	37.29	1:20.63	2:02.49	2:42.87	3:34.22	4:26.42	5:04.66	5:40.86
11 Kirsty McKenzie	14	Elgin	5:48.21	37.01	1:21.62	2:04.92	2:46.91	3:37.51	4:28.10	5:08.55	5:48.21

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 4 – Results****Event 403 Girls 13-14 400 Metre IM (continued)**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
12 Emma Ross	13	Coast	5:48.55	36.60	1:20.48	2:03.05	2:47.95	3:39.78	4:30.44	5:09.80	5:48.55
13 Danielle Dewsbury	13	Coast	5:55.78	36.44	1:20.00	2:04.48	2:47.62	3:40.70	4:34.16	5:15.81	5:55.78
14 Kendall Deans	13	Coast	5:55.98	41.02	1:29.30	2:13.96	2:56.84	3:45.38	4:32.95	5:16.30	5:55.98
15 Amy Ross	13	Buckie	6:02.48	36.76	1:20.88	2:07.50	2:53.85	3:47.70	4:40.92	5:22.59	6:02.48
--- Rachael Meldrum	13	Dundee City	DQ								

Event 404 Boys 10 & Under 400 Metre Freestyle

Record: 5:27.36 R 25/06/2006 Cameron MacPhail

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Kieran Smith	10	Coast	5:22.56 R	36.09	1:16.52	1:57.99	2:39.81	3:21.63	4:03.87	4:44.96	5:22.56
2 Jordan Lamb	10	Carnegie	5:31.02	36.68	1:18.48	2:01.42	2:44.49	3:27.80	4:10.94	5:31.20	5:31.02
3 Eddie Watson	10	Coast	5:35.62	38.31	1:20.44	2:03.64	2:46.12	3:28.94	4:11.66	4:55.24	5:35.62
4 James Flaherty	10	Banchory	5:36.50	37.65	1:19.58	2:02.72	2:46.05	3:29.57	4:13.45	4:56.75	5:36.50
5 Sandy Waller	10	Heart Of Mid	5:50.67	39.45	1:23.74	2:07.89	2:53.51	3:39.03	4:25.29	5:09.30	5:50.67
6 Conor Nally	10	InCAS	6:03.18	40.40	1:28.19	2:16.73	3:03.89	3:49.62	4:35.04	5:21.13	6:03.18
7 Jamie Ferguson	10	Fins	6:08.09	38.57	1:24.96	2:13.02	3:01.72	3:49.18	4:36.07	5:23.82	6:08.09
8 Liam Greig	10	Buckie	6:42.07	43.68	1:36.08	2:28.36	3:20.99	4:14.17	5:06.74	5:58.27	6:42.07

Event 404 Boys 11-12 400 Metre Freestyle

Record: 4:43.01 R 25/06/2006 Joe Lipworth

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Andrew Bryce	12	Garioch	4:45.74	33.29	1:09.00	1:45.05	2:21.83	2:58.59	3:35.24	4:11.80	4:45.74
2 Blair Hershaw	12	Carnegie	4:57.50	32.76	1:10.41	1:48.69	2:27.64	3:06.02	3:44.32	4:22.11	4:57.50
3 Gregor Birrell	12	Falkirk	5:04.40	35.17	1:13.78	1:52.24	2:30.86	3:09.10	3:47.79	4:26.41	5:04.40
4 Callum Roberts	12	Banchory	5:05.28	35.06	1:13.59	1:52.56	2:31.55	3:10.25	3:49.54	4:28.59	5:05.28
5 Timothy McGovern	12	Coast	5:05.33	34.17	1:13.14	1:52.38	2:31.22	3:11.01	3:50.32	4:29.32	5:05.33
6 Craig Nicolson	12	Lerwick	5:12.78	35.25	1:14.67	1:55.02	2:35.40	3:15.61	3:56.35	4:35.44	5:12.78
7 Kieran Harper	12	Carnegie	5:13.59	36.18	1:16.37	1:56.11	2:36.63	3:16.63	3:56.51	4:37.05	5:13.59
8 Myles Hershaw	12	Carnegie	5:13.63	34.66	1:13.83	1:54.67	2:35.74	3:16.37	3:57.30	4:37.11	5:13.63
9 Alistair Davis	12	Carnegie	5:13.92	33.53	1:12.99	1:53.48	2:33.08	3:13.99	3:55.06	4:35.86	5:13.92
10 Greg Watson	11	Fins	5:14.14	33.90	1:13.03	1:53.69	2:34.42	3:15.06	3:56.49	4:37.92	5:14.14
11 Charlie Watson	12	Coast	5:15.16	34.56	1:13.98	1:54.55	2:35.32	3:15.83	3:57.00	4:36.74	5:15.16
12 Matthew McClure	11	Coast	5:17.94	36.78	1:17.66	1:58.62	2:39.04	3:19.78	3:59.87	4:40.17	5:17.94
13 Daniel Smith	12	Coast	5:18.32	35.88	1:15.55	1:56.61	2:37.87	3:18.95	3:59.64	4:40.60	5:18.32
14 Cameron Craig	12	East Lothian	5:18.89	36.76	1:17.06	1:58.13	2:39.47	3:20.97	4:01.32	4:41.55	5:18.89
15 James Wilson	12	Warrender	5:21.52	34.67	1:15.26	1:57.00	2:38.62	3:19.83	4:02.67	4:43.99	5:21.52
16 William Suayngam	12	East Lothian	5:23.32	35.21	1:16.82	1:58.46	2:41.15	3:21.95	4:04.63	4:46.92	5:23.32
17 Matthew Bale	11	Duns	5:23.52	35.91	1:16.37	1:57.67	2:39.44	3:20.24	4:02.34	4:43.83	5:23.52
18 Kieran Watson	12	Carnegie	5:31.95	36.25	1:17.42	2:00.03	2:42.96	3:26.02	4:09.59	4:51.70	5:31.95
19 Calum Ferguson	12	Unattached	5:33.09	36.26	1:17.40	1:59.35	2:42.47	3:25.99	4:09.58	4:53.57	5:33.09
20 Daniel Kirkham	12	East Lothian	5:36.88	36.99	1:20.24	2:03.20	2:47.12	3:30.39	4:14.78	4:57.75	5:36.88
21 Cody Kirkland	12	Dundee City	5:38.52	37.26	1:19.29	2:02.85	2:47.22	3:31.30	4:14.69	4:58.30	5:38.52
22 Alastair Kirkwood	11	Falkirk	5:39.37	36.99	1:19.53	2:03.28	2:46.89	3:30.68	4:14.66	4:58.72	5:39.37
23 Fergus Izat	11	Eyemouth	5:45.27	37.97	1:20.68	2:03.70	2:47.95	3:32.85	4:17.66	5:02.85	5:45.27

Event 404 Boys 13-14 400 Metre Freestyle

Record: 4:33.73 R 25/06/2006 Jamie Wilmshurst

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Joe Lipworth	13	Dundee City	4:31.63 R	30.59	1:05.16	1:39.91	2:14.77	2:49.21	3:24.15	3:58.69	4:31.63
2 Euan Inglis	13	Coast	4:34.68	31.42	1:06.20	1:41.22	2:15.89	2:50.70	3:25.91	4:01.17	4:34.68
3 Connor Wilson	13	Heart Of Mid	4:36.53	31.22	1:04.70	1:39.47	2:14.60	2:50.27	3:25.97	4:01.63	4:36.53
4 Cameron Smith	14	East Lothian	4:36.79	30.92	1:06.13	1:41.85	2:17.57	2:53.37	3:28.92	4:04.12	4:36.79
5 Blair Hush	14	Fins	4:38.20	31.42	1:06.30	1:41.99	2:17.61	2:53.26	3:28.95	4:04.15	4:38.20
6 Calum Veitch	14	Coast	4:38.88	31.72	1:06.74	1:42.22	2:17.84	2:53.20	3:28.89	4:04.61	4:38.88
7 Donald Griffiths	14	InCAS	4:44.69	31.55	1:06.81	1:43.77	2:20.54	2:56.92	3:33.72	4:09.65	4:44.69
8 Andrew McGovern	14	Coast	4:46.74	32.93	1:08.54	1:44.52	2:21.55	2:58.04	3:35.25	4:12.07	4:46.74

**InCAS Distance Meet**FIPRE, Glenrothes – 24th June 2007**Session 4 – Results****Event 404 Boys 13-14 400 Metre Freestyle (continued)**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
9 Scott Mackay	14	Falkirk	4:47.37	32.83	1:09.56	1:46.52	2:23.20	2:59.31	3:35.63	4:11.95	4:47.37
10 Murray Lawrence	13	East Lothian	4:49.74	32.74	1:09.46	1:46.97	2:24.14	3:01.10	3:38.05	4:14.81	4:49.74
11 Jack Brownlee	13	Fins	4:50.42	32.55	1:08.64	1:45.95	2:23.37	3:00.60	3:38.08	4:15.21	4:50.42
12 Niall Smith	14	Coast	4:54.49	32.74	1:09.55	1:46.74	2:24.55	3:02.30	3:40.83	4:18.31	4:54.49
13 Ross Hunter	13	InCAS	4:57.63	32.19	1:08.73	1:46.59	2:25.00	3:03.53	3:42.03	4:21.36	4:57.63
14 Corey McWilliam	13	Elgin	5:05.52	35.05	1:13.69	1:52.35	2:31.39	3:10.27	3:49.40	4:28.55	5:05.52
15 Alan Rattray	14	Falkirk	5:06.11	33.19	1:10.82	1:50.77	2:30.28	3:09.63	3:49.14	4:28.50	5:06.11
16 Greig Shepherd	13	InCAS	5:06.79	34.61	1:12.66	1:52.10	2:31.86	3:11.26	3:50.59	4:29.65	5:06.79
17 Scott Bence	13	Glenrothes	5:08.84	35.24	1:14.53	1:54.21	2:33.92	3:13.82	3:53.44	4:32.47	5:08.84
18 James Denholm	14	Warrender	5:09.04	34.58	1:13.79	1:53.92	2:34.68	3:13.93	3:54.27	4:33.71	5:09.04
19 Grant Mills	14	Elgin	5:13.47	34.00	1:12.57	1:52.84	2:33.32	3:14.19	3:55.66	4:35.41	5:13.47
20 Lee Horne	13	Dundee City	5:15.59	35.10	1:14.84	1:55.42	2:37.01	3:17.09	3:57.72	4:38.01	5:15.59

Top Girl

10 & Under Girls	Rachael O'Donnell	10	InCAS	36
11-12 Girls	Amy Fraser	12	Galashiels	43
13-14 Girls	Roisin Donnelly	14	InCAS	33

Top Boy

10 & Under Boys	Kieran Smith	10	Coast	36
11-12 Boys	Andrew Bryce	12	Garioch	46
13-14 Boys	Euan Inglis	13	Coast	34

Top Club

1	City of Aberdeen Swim Team	UCAX	196
2	InCAS	EISX	116
3	Carnegie Swimming Club	ECEX	107
4	East Lothian Swim Team	UELX	103
5	Banchory Beavers Swimming Club	NBBX	75
6	Fins Csc	EFSX	64
7	Garioch Amateur Swimming Club	NGHX	46
8	Galashiels Asc	EGAX	43
9	Heart of Midlothian	EHMX	36
10	Falkirk Otter Asc	WFOX	34
11	Shetland A.C.S.C.	NSHX	29
12	Bo'ness Asc	WBSX	26
12	Dundee City Aquatics	MDCX	26
14	Midlothian Asc	EMNX	18
15	Duns Asc	EDSX	12
16	Kinross Otters	MKOX	10
16	Glenrothes Asc	EGSX	10
18	Rutherglen Asc	WRNX	9
19	Elgin Asc	NENX	8
19	Buckie Asc	NBKX	8
21	Warrender Baths Club	EWBX	7
22	Lerwick A.S.C.	NLXX	3
23	Dunedin Swim Team	EDDX	2
24	Montrose & District Seals Asc	MMSX	1