



Scottish Amateur Swimming Association  
**East District Age Groups - Round 1**  
Michael Woods Centre - 26th November 2016  
**Session 1 – Results**



**Event 101 Boys 13 Year Olds 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 Jack McGill	04	Heart Of Mid	18:52.34	32.92	1:09.91	1:47.55	2:25.29	3:03.15	3:41.47	4:19.42	4:57.76	
				5:36.24	6:14.62	6:52.81	7:30.74	8:08.92	8:47.18	9:25.48	10:03.29	
				10:41.60	11:19.78	11:58.30	12:36.12	13:13.80	13:51.65	14:29.73	15:08.06	
				15:45.96	16:24.32	17:02.21	17:39.72	18:16.97	18:52.34			
2 Sam Glass	04	Warrender Ba	19:18.13	33.78	1:11.94	1:50.99	2:30.03	3:09.30	3:47.91	4:26.04	5:04.69	
				5:42.85	6:22.23	7:00.99	7:39.91	8:18.92	8:57.61	9:36.78	10:15.01	
				10:53.95	11:32.72	12:11.57	12:50.68	13:30.16	14:09.24	14:48.40	15:27.39	
				16:06.25	16:45.20	17:23.38	18:01.74	18:40.09	19:18.13			
3 Alex Thomson	04	Warrender Ba	19:38.75	34.20	1:13.01	1:52.12	2:31.41	3:10.92	3:50.76	4:30.30	5:10.10	
				5:49.78	6:29.68	7:09.37	7:49.65	8:30.26	9:10.30	9:50.20	10:31.35	
				11:11.34	11:50.49	12:29.84	13:09.59	13:49.11	14:27.60	15:07.34	15:46.89	
				16:26.46	17:06.63	17:46.21	18:24.68	19:02.87	19:38.75			
4 Finn Bremner	04	Warrender Ba	19:38.85	34.24	1:12.49	1:51.24	2:30.97	3:10.37	3:50.20	4:29.28	5:09.37	
				5:48.54	6:28.64	7:08.59	7:48.76	8:29.47	9:09.01	9:49.63	10:30.33	
				11:10.54	11:50.51	12:29.81	13:09.77	13:49.23	14:27.89	15:07.11	15:46.56	
				16:26.25	17:06.25	17:46.31	18:25.23	19:03.41	19:38.85			
5 Sam Harrison	04	Incas	19:51.57	34.08	1:11.74	1:50.88	2:29.60	3:09.75	3:48.74	4:28.05	5:08.64	
				5:48.67	6:28.22	7:07.92	7:47.61	8:27.53	9:07.44	9:47.55	10:27.76	
				11:08.34	11:48.85	12:28.86	13:09.38	13:49.75	14:30.25	15:11.10	15:51.70	
				16:32.15	17:12.99	17:54.24	18:34.74	19:13.86	19:51.57			

**Event 101 Boys 14 Year Olds 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 Angus Allison	03	Inverleith	17:09.59	30.83	1:04.72	1:39.44	2:13.75	2:48.28	3:22.78	3:57.83	4:32.66	
				5:07.53	5:42.30	6:17.64	6:52.57	7:27.21	8:01.95	8:36.69	9:11.59	
				9:46.64	10:21.27	10:55.84	11:30.73	12:05.84	12:40.53	13:14.64	13:48.91	
				14:23.11	14:57.26	15:31.02	16:04.95	16:38.33	17:09.59			
2 Daniel Saunders	03	Warrender Ba	17:26.46	31.11	1:05.17	1:40.08	2:15.00	2:50.16	3:24.96	4:00.29	4:35.60	
				5:10.81	5:46.24	6:21.57	6:57.03	7:32.30	8:07.34	8:42.43	9:17.48	
				9:52.87	10:27.99	11:03.16	11:38.45	12:13.69	12:49.08	13:24.06	13:59.15	
				14:34.21	15:09.13	15:44.05	16:18.80	16:53.63	17:26.46			
3 Myles Lapsley	03	Fauldhouse	17:48.95	30.13	1:04.76	1:40.73	2:16.35	2:51.84	3:27.20	4:02.84	4:38.89	
				5:15.02	5:50.93	6:26.74	7:03.58	7:39.72	8:14.79	8:50.60	9:26.80	
				10:03.41	10:39.78	11:15.66	11:51.77	12:28.27	13:03.69	13:39.16	14:15.69	
				14:51.95	15:28.17	16:04.76	16:40.75	17:16.41	17:48.95			
4 Finlay Scott	03	Warrender Ba	18:14.56	31.45	1:06.48	1:42.46	2:18.29	2:54.51	3:31.06	4:07.94	4:44.97	
				5:21.55	5:58.98	6:35.82	7:13.25	7:50.36	8:27.26	9:04.40	9:41.48	
				10:19.19	10:56.28	11:33.49	12:10.39	12:47.37	13:24.21	14:00.26	14:37.05	
				15:13.98	15:50.90	16:28.45	17:05.04	17:40.57	18:14.56			
5 Sean Craigmile	03	Haddington	18:23.27	31.79	1:05.92	1:40.66	2:15.27	2:50.76	3:26.21	4:01.68	4:37.36	
				5:13.29	5:50.21	6:26.43	7:03.88	7:40.23	8:15.83	8:53.63	9:31.34	
				10:09.73	10:47.93	11:26.17	12:04.48	12:43.31	13:21.50	13:59.96	14:38.48	
				15:16.86	15:55.32	16:33.46	17:11.37	17:47.70	18:23.27			
6 Nathan Grimley	03	Fauldhouse	18:24.97	30.97	1:05.96	1:42.41	2:19.31	2:55.97	3:31.68	4:08.57	4:45.45	
				5:23.15	6:00.91	6:39.09	7:14.90	7:52.23	8:30.60	9:08.51	9:46.61	
				10:23.71	11:00.85	11:38.17	12:16.06	12:54.03	13:31.74	14:09.44	14:46.74	
				15:24.31	16:00.66	16:38.58	17:15.89	17:50.52	18:24.97			
7 Thomas Coates	03	Livingston	18:26.79	33.22	1:10.15	1:47.75	2:25.61	3:03.98	3:42.04	4:20.25	4:58.47	
				5:36.63	6:15.65	6:52.41	7:29.04	8:06.51	8:43.94	9:21.01	9:58.16	
				10:35.32	11:12.51	11:49.21	12:26.32	13:02.96	13:39.11	14:15.84	14:52.23	
				15:29.20	16:05.34	16:41.36	17:17.65	17:53.46	18:26.79			



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**Session 1 – Results**

8	Joshua Aspinall	03	Warrender Ba	18:46.91	33.35	1:10.57	1:48.23	2:25.95	3:02.25	3:39.49	4:16.49	4:53.90
					5:31.78	6:09.41	6:47.51	7:25.18	8:03.05	8:41.18	9:19.35	9:57.56
					10:35.46	11:14.14	11:51.86	12:29.91	13:08.06	13:46.25	14:24.89	15:03.97
					15:42.79	16:20.63	16:59.00	17:36.42	18:14.09	18:46.91		
9	Jamie Ferguson	03	Midlothian	18:51.60	33.43	1:10.09	1:48.12	2:26.63	3:04.99	3:43.25	4:21.21	4:59.30
					5:37.18	6:14.82	6:53.23	7:31.27	8:09.83	8:48.05	9:26.02	10:04.28
					10:42.65	11:21.15	11:59.20	12:37.89	13:16.06	13:54.25	14:31.98	15:10.58
					15:48.48	16:25.87	17:03.14	17:40.98	18:17.30	18:51.60		
10	Lewis Thomson	03	Midlothian	18:57.87	33.76	1:10.82	1:48.57	2:26.53	3:04.95	3:43.04	4:21.07	4:59.21
					5:37.16	6:15.39	6:53.21	7:31.32	8:10.08	8:48.13	9:26.29	10:04.12
					10:42.90	11:21.26	11:59.71	12:38.05	13:16.45	13:54.25	14:32.53	15:10.81
					15:48.94	16:26.67	17:04.50	17:42.99	18:20.61	18:57.87		

**Event 101 Boys 15 Year Olds 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	Calum Hillis	02	Carnegie	17:07.42	30.10	1:02.95	1:36.22	2:09.45	2:43.16	3:16.99	3:51.11	4:25.77
					5:00.03	5:34.51	6:08.72	6:43.24	7:18.05	7:52.87	8:27.45	9:01.98
					9:36.68	10:11.70	10:46.48	11:21.83	11:56.65	12:31.85	13:06.30	13:41.20
					14:16.86	14:51.23	15:26.41	16:00.21	16:34.18	17:07.42		
2	Rory Young	02	Heart Of Mid	17:17.31	30.56	1:05.06	1:40.55	2:15.45	2:50.08	3:24.90	3:59.66	4:34.41
					5:09.26	5:44.03	6:18.75	6:53.17	7:27.69	8:02.16	8:36.88	9:11.91
					9:46.97	10:21.78	10:56.50	11:31.17	12:05.98	12:40.60	13:14.98	13:49.71
					14:24.76	15:00.20	15:34.89	16:09.56	16:44.18	17:17.31		
3	Fraser Wilson	02	Midlothian	17:29.96	29.57	1:04.05	1:38.47	2:12.97	2:47.56	3:22.74	3:57.97	4:33.36
					5:08.38	5:43.91	6:19.10	6:54.86	7:30.10	8:05.56	8:41.06	9:16.72
					9:51.75	10:27.32	11:03.07	11:38.75	12:14.74	12:49.77	13:25.28	14:01.04
					14:36.47	15:12.45	15:47.60	16:23.00	16:57.75	17:29.96		
4	Joe Ewing	02	Warrender Ba	17:32.07	30.64	1:04.17	1:38.07	2:12.42	2:46.76	3:21.29	3:55.97	4:30.64
					5:05.43	5:40.73	6:15.81	6:51.41	7:27.28	8:02.76	8:38.49	9:14.02
					9:49.56	10:25.00	11:00.52	11:35.92	12:11.59	12:47.47	13:23.12	13:58.58
					14:34.21	15:10.11	15:45.96	16:21.98	16:57.61	17:32.07		
5	Edward Alsop	02	Haddington	17:40.03	31.23	1:06.13	1:42.17	2:18.37	2:54.06	3:29.27	4:04.64	4:40.20
					5:15.71	5:51.38	6:26.90	7:03.06	7:38.75	8:14.00	8:49.77	9:25.62
					10:01.26	10:36.87	11:13.01	11:48.85	12:24.93	13:00.39	13:36.23	14:11.93
					14:47.86	15:23.93	15:59.36	16:34.32	17:08.36	17:40.03		
6	Liam McLaughlin	02	Warrender Ba	18:01.32	30.57	1:03.61	1:37.28	2:11.74	2:46.14	3:20.69	3:55.49	4:31.08
					5:07.40	5:43.53	6:20.03	6:55.45	7:32.67	8:08.84	8:45.43	9:20.77
					9:56.23	10:32.93	11:10.67	11:47.63	12:25.56	13:03.42	13:40.73	14:20.56
					14:58.82	15:38.22	16:15.49	16:52.98	17:29.45	18:01.32		
7	Euan Edmiston	02	Midlothian	18:26.29	32.38	1:08.66	1:45.38	2:22.32	2:59.63	3:36.35	4:13.52	4:50.69
					5:28.12	6:05.41	6:42.51	7:20.05	7:57.53	8:34.70	9:11.89	9:49.21
					10:26.46	11:04.00	11:40.97	12:17.99	12:55.33	13:32.44	14:09.60	14:46.75
					15:23.80	16:00.85	16:37.82	17:14.33	17:50.95	18:26.29		
8	Matthew Torrance	02	Musselburgh	18:35.44	33.06	1:10.24	1:47.87	2:25.76	3:03.62	3:40.44	4:18.07	4:54.62
					5:31.60	6:08.49	6:45.81	7:22.75	7:59.90	8:36.53	9:13.54	9:50.34
					10:27.54	11:04.81	11:41.83	12:18.91	12:56.73	13:34.90	14:12.40	14:50.73
					15:28.13	16:06.84	16:44.79	17:22.40	17:59.48	18:35.44		
9	Kieran Rafferty	02	Carnegie	18:35.70	31.85	1:07.37	1:43.56	2:20.14	2:56.74	3:33.61	4:09.65	4:46.94
					5:23.69	6:01.50	6:39.14	7:16.69	7:54.27	8:33.03	9:10.16	9:47.47
					10:24.56	11:02.10	11:39.83	12:17.64	12:55.63	13:33.36	14:11.18	14:49.71
					15:28.28	16:06.41	16:44.28	17:22.28	17:59.82	18:35.70		
10	Jamie Claxton	02	Heart Of Mid	18:39.00	33.72	1:10.80	1:48.62	2:26.21	3:03.93	3:41.88	4:19.91	4:58.49
					5:36.79	6:14.57	6:52.82	7:30.94	8:09.32	8:47.19	9:23.86	10:02.01
					10:39.52	11:16.79	11:53.94	12:31.52	13:08.83	13:46.23	14:23.52	15:00.57
					15:37.39	16:14.27	16:50.77	17:27.75	18:04.57	18:39.00		



**Session 1 – Results**

11	Alasdair Dunse	02	Livingston	18:39.57	31.35	1:06.31	1:41.73	2:17.94	2:53.68	3:30.07	4:07.01	4:44.43
					5:22.21	6:00.40	6:38.72	7:16.96	7:55.44	8:32.58	9:10.18	9:47.59
					10:25.03	11:03.56	11:42.16	12:20.94	12:59.57	13:38.23	14:17.17	14:56.26
					15:32.93	16:11.49	16:50.20	17:29.13	18:05.10	18:39.57		
12	Robert Wright	02	Warrender Ba	18:46.36	33.12	1:09.96	1:47.89	2:25.59	3:02.32	3:39.67	4:16.75	4:54.27
					5:31.89	6:09.66	6:47.47	7:25.31	8:03.07	8:41.26	9:19.48	9:57.56
					10:35.50	11:14.17	11:52.11	12:29.82	13:08.23	13:46.46	14:25.09	15:03.93
					15:42.55	16:20.68	16:59.26	17:36.23	18:13.89	18:46.36		

**Event 101 Boys 16 Year Olds 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	Archie Goodburn	01	Warrender Ba	16:12.47	28.24	59.12	1:31.07	2:03.77	2:36.06	3:08.29	3:40.72	4:12.93
					4:45.28	5:17.92	5:50.03	6:22.96	6:55.86	7:28.27	8:01.42	8:34.50
					9:07.57	9:40.58	10:13.42	10:46.14	11:18.74	11:51.72	12:24.73	12:57.46
					13:30.20	14:03.14	14:36.01	15:09.40	15:42.04	16:12.47		
2	Daniel Ferguson	01	Trojan	16:44.54	28.86	1:01.08	1:33.97	2:07.02	2:39.74	3:12.55	3:45.45	4:18.64
					4:51.72	5:24.64	5:58.00	6:31.57	7:05.03	7:38.58	8:12.24	8:46.27
					9:20.32	9:54.54	10:29.41	11:04.04	11:37.58	12:12.53	12:46.42	13:21.46
					13:56.02	14:30.07	15:04.82	15:38.44	16:13.24	16:44.54		
3	Finlay Hart	01	Tranent	16:52.98	29.70	1:01.68	1:35.42	2:09.67	2:43.77	3:17.41	3:51.64	4:25.28
					4:58.82	5:31.83	6:05.79	6:40.24	7:14.27	7:48.23	8:21.72	8:55.42
					9:29.77	10:04.02	10:38.28	11:12.39	11:46.91	12:20.77	12:54.79	13:28.80
					14:02.65	14:37.18	15:11.23	15:45.71	16:19.84	16:52.98		
4	Jamie Macdonald	01	Warrender Ba	16:58.09	31.01	1:06.72	1:41.94	2:15.76	2:49.40	3:23.94	3:58.34	4:32.70
					5:07.01	5:41.77	6:15.48	6:49.96	7:24.36	7:58.28	8:32.24	9:06.09
					9:39.88	10:13.87	10:47.18	11:21.35	11:55.39	12:29.56	13:03.75	13:37.28
					14:11.66	14:45.45	15:19.19	15:52.83	16:26.30	16:58.09		
5	Greig Rowe	01	Carnegie	17:04.21	30.84	1:04.27	1:37.68	2:11.40	2:45.17	3:19.07	3:53.30	4:27.88
					5:02.55	5:36.71	6:10.97	6:45.09	7:19.47	7:54.02	8:28.30	9:02.83
					9:37.15	10:11.62	10:46.06	11:20.71	11:55.10	12:29.87	13:04.43	13:38.92
					14:13.46	14:47.67	15:21.83	15:56.28	16:31.01	17:04.21		
6	Angus Rutherford	01	Heart Of Mid	17:04.32	30.34	1:04.42	1:39.26	2:14.05	2:48.93	3:23.71	3:58.41	4:33.04
					5:07.93	5:42.32	6:17.12	6:51.62	7:25.62	8:00.27	8:34.76	9:09.09
					9:43.42	10:18.04	10:52.43	11:26.27	12:00.46	12:34.63	13:08.87	13:42.73
					14:16.54	14:50.41	15:24.60	15:59.10	16:32.85	17:04.32		
7	Calum Chittleburgh	01	Warrender Ba	17:17.17	30.85	1:06.07	1:41.76	2:17.82	2:53.32	3:29.41	4:04.84	4:38.93
					5:13.13	5:48.14	6:22.65	6:57.35	7:32.25	8:07.01	8:42.21	9:16.60
					9:51.02	10:25.99	10:59.92	11:33.94	12:08.22	12:42.21	13:16.80	13:51.25
					14:26.01	15:00.28	15:34.54	16:09.31	16:43.61	17:17.17		
8	Sonny Kennedy	01	Warrender Ba	17:36.89	29.90	1:04.06	1:39.84	2:15.46	2:50.61	3:25.92	4:00.97	4:35.84
					5:11.67	5:46.67	6:22.08	6:56.61	7:32.22	8:06.98	8:42.21	9:16.65
					9:52.22	10:28.20	11:03.74	11:39.51	12:14.92	12:50.89	13:27.31	14:03.80
					14:40.11	15:16.04	15:52.48	16:29.27	17:03.71	17:36.89		
9	Murray Fraser	01	Tranent	17:50.02	31.37	1:05.56	1:41.07	2:17.10	2:52.81	3:28.67	4:04.20	4:39.74
					5:15.23	5:51.49	6:27.24	7:03.17	7:39.59	8:15.85	8:51.49	9:28.05
					10:04.30	10:40.28	11:16.38	11:52.61	12:28.98	13:05.41	13:41.21	14:17.44
					14:53.71	15:29.82	16:05.84	16:41.38	17:16.95	17:50.02		
10	Andrew Watt	01	Galashiels	18:03.50	30.98	1:06.13	1:42.02	2:17.32	2:52.66	3:28.42	4:03.78	4:39.65
					5:16.14	5:51.10	6:27.12	7:04.20	7:41.40	8:17.30	8:53.99	9:30.54
					10:07.00	10:43.71	11:20.17	11:56.59	12:34.45	13:11.72	13:48.18	14:24.54
					15:00.95	15:37.91	16:14.23	16:51.28	17:27.78	18:03.50		
11	Gregor Chalmers	01	Carnegie	18:08.55	31.03	1:05.83	1:41.34	2:17.00	2:52.78	3:28.22	4:04.02	4:39.88
					5:15.56	5:51.63	6:28.05	7:03.98	7:40.18	8:16.55	8:52.85	9:28.85
					10:05.83	10:43.05	11:19.45	11:56.28	12:33.20	13:10.12	13:47.16	14:24.15
					15:01.00	15:38.96	16:16.59	16:53.44	17:31.13	18:08.55		



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12	Tom Easton	01	Warrender Ba	18:29.55	33.38	1:09.31	1:46.24	2:23.19	3:00.39	3:36.92	4:14.28	4:51.39
					5:28.61	6:05.57	6:43.11	7:20.38	7:57.96	8:34.78	9:12.15	9:49.42
					10:26.90	11:04.27	11:41.66	12:18.79	12:56.36	13:33.08	14:10.11	14:47.55
					15:24.70	16:02.08	16:39.25	17:16.25	17:53.30	18:29.55		

**Event 101 Boys 17 Senior 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	Calum Reid	95	Warrender Ba	15:55.32	29.41	1:00.85	1:32.44	2:04.13	2:35.65	3:07.32	3:39.02	4:10.76
					4:42.49	5:14.30	5:46.04	6:18.05	6:49.96	7:21.83	7:53.84	8:26.01
					8:57.79	9:29.82	10:01.82	10:34.11	11:05.76	11:37.94	12:10.00	12:42.08
					13:14.18	13:46.69	14:19.11	14:51.72	15:24.31	15:55.32		
2	Fraser Allison	00	Warrender Ba	16:01.00	29.72	1:01.45	1:33.10	2:04.71	2:36.37	3:08.26	3:40.09	4:11.99
					4:43.77	5:15.90	5:48.10	6:20.39	6:52.70	7:25.09	7:57.58	8:30.13
					9:02.73	9:35.14	10:07.80	10:40.07	11:12.80	11:45.40	12:17.74	12:50.11
					13:22.56	13:55.04	14:27.05	14:59.54	15:30.45	16:01.00		
3	Ruairidh Lawless	99	Carnegie	16:30.32	30.20	1:03.05	1:35.94	2:08.51	2:41.43	3:14.28	3:47.43	4:20.32
					4:53.49	5:26.56	5:59.39	6:32.42	7:05.44	7:38.38	8:11.21	8:44.30
					9:17.33	9:50.72	10:24.21	10:57.83	11:31.55	12:04.80	12:38.48	13:11.98
					13:45.68	14:18.98	14:52.62	15:26.37	15:59.17	16:30.32		
4	George Clough	99	Warrender Ba	16:32.60	30.31	1:03.07	1:35.27	2:07.45	2:40.31	3:13.07	3:45.59	4:18.54
					4:51.01	5:23.95	5:56.41	6:29.50	7:02.64	7:36.41	8:09.66	8:43.07
					9:16.26	9:49.66	10:23.74	10:57.05	11:30.34	12:04.37	12:38.20	13:11.97
					13:45.67	14:19.47	14:53.70	15:27.16	16:00.42	16:32.60		
5	Fraser Beeby	99	Carnegie	16:45.53	30.22	1:03.42	1:35.89	2:08.42	2:41.17	3:14.07	3:47.02	4:20.05
					4:53.40	5:27.04	6:00.31	6:33.65	7:06.79	7:40.22	8:13.88	8:47.67
					9:21.72	9:55.12	10:29.24	11:03.43	11:37.06	12:11.59	12:46.24	13:20.93
					13:55.45	14:29.61	15:04.29	15:38.87	16:12.91	16:45.53		
6	James Collyer	99	Carnegie	16:59.24	30.02	1:02.49	1:34.29	2:06.91	2:40.00	3:12.88	3:45.95	4:18.77
					4:51.95	5:25.56	5:59.21	6:33.57	7:07.84	7:41.70	8:16.17	8:50.59
					9:25.31	10:00.41	10:35.78	11:11.62	11:45.94	12:20.05	12:55.56	13:30.86
					14:05.82	14:41.12	15:16.13	15:50.67	16:25.09	16:59.24		
7	Jonah Walsh	00	Warrender Ba	17:10.32	31.71	1:05.67	1:40.43	2:14.86	2:49.39	3:23.68	3:58.70	4:33.48
					5:07.97	5:42.84	6:17.27	6:52.15	7:26.79	8:01.07	8:35.58	9:10.24
					9:45.04	10:20.06	10:54.62	11:29.44	12:04.09	12:38.76	13:13.54	13:48.15
					14:22.71	14:57.40	15:31.72	16:06.23	16:39.60	17:10.32		
8	James Thompson	00	Duns	17:38.58	30.14	1:04.28	1:38.90	2:13.68	2:48.54	3:23.20	3:58.22	4:32.84
					5:07.98	5:43.34	6:18.10	6:53.51	7:28.85	8:04.07	8:39.81	9:15.41
					9:50.86	10:26.73	11:03.04	11:39.29	12:15.53	12:51.96	13:27.31	14:02.87
					14:39.03	15:14.87	15:51.33	16:27.51	17:03.47	17:38.58		
9	Arran Stowe	98	Fins	17:43.96	29.76	1:03.03	1:36.17	2:09.57	2:43.32	3:16.98	3:51.42	4:26.00
					5:00.83	5:36.14	6:11.21	6:46.97	7:23.37	7:59.19	8:35.65	9:12.02
					9:48.67	10:25.22	11:01.95	11:38.40	12:15.21	12:52.75	13:29.69	14:06.46
					14:43.12	15:20.40	15:56.70	16:33.26	17:08.76	17:43.96		

**Event 102 Girls 13 Year Olds 400 Metre IM**

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
1	Abbi Sinclair	04	Warrender Ba	5:21.89	35.24	1:16.02	1:56.64	2:36.51	3:23.39	4:10.81	4:47.99	5:21.89
2	Natalie Jones	04	Warrender Ba	5:29.54	34.62	1:16.50	1:58.58	2:38.77	3:27.62	4:16.78	4:53.69	5:29.54
3	Emma Parker	04	Fauldhouse	5:31.69	34.51	1:16.16	1:59.37	2:42.42	3:29.21	4:16.29	4:54.97	5:31.69
4	Faye Williamson	04	Warrender Ba	5:36.59	36.52	1:19.81	2:00.94	2:41.12	3:30.09	4:19.45	4:58.42	5:36.59
5	Sophie Hoole	04	Warrender Ba	5:42.51	37.17	1:21.48	2:04.82	2:47.16	3:36.50	4:26.07	5:05.51	5:42.51
6	Kate Banner	04	Peebles	5:45.55	35.03	1:16.59	2:01.69	2:46.29	3:37.58	4:28.82	5:06.98	5:45.55
7	Kiera Rennie	04	Warrender Ba	5:46.06	37.00	1:20.26	2:02.98	2:45.12	3:36.60	4:27.91	5:07.51	5:46.06
8	Katie Wardrop	04	Trojan	5:47.81	36.99	1:19.69	2:05.36	2:49.75	3:41.85	4:33.02	5:11.41	5:47.81
9	Laura Frizzel	04	Galashiels	5:51.15	36.43	1:19.97	2:03.91	2:48.21	3:39.17	4:31.44	5:11.73	5:51.15



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10	Summer Innes	04	Fauldhouse	5:52.50	37.75	1:23.27	2:08.18	2:51.82	3:43.81	4:34.59	5:13.57	5:52.50
11	Emily McEwen	04	Warrender Ba	5:54.25	37.96	1:24.16	2:07.95	2:52.59	3:42.52	4:33.78	5:14.49	5:54.25
12	Elouise Farndon	04	Peebles	6:00.45	39.54	1:28.23	2:11.19	2:53.55	3:46.56	4:40.73	5:22.36	6:00.45
13	Caitlin Heaney	04	Musselburgh	6:01.33	40.65	1:32.47	2:17.76	3:01.22	3:50.48	4:40.89	5:21.98	6:01.33
---	Jacqueline McMillan	04	Glenrothes	DQ								

**Event 102 Girls 14 Year Olds 400 Metre IM**

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
1	Ellie Reilly	03	Heart Of Mid	5:04.19	33.91	1:12.59	1:53.46	2:33.30	3:13.80	4:30.53	5:04.19	
2	Ellie Turner	03	Carnegie	5:04.95	32.03	1:09.16	1:47.39	2:24.67	3:09.15	4:30.64	5:04.95	
3	Morven Lister	03	Carnegie	5:15.31	32.88	1:11.46	1:50.22	2:29.03	3:15.46	4:02.05	4:39.36	5:15.31
4	Katie Goodburn	03	Warrender Ba	5:18.94	32.46	1:11.47	1:50.27	2:29.63	3:14.94	4:01.92	4:40.96	5:18.94
5	Eve Corrigan	03	Warrender Ba	5:21.32	34.13	1:13.77	1:54.08	2:34.26	3:20.97	4:07.43	4:45.66	5:21.32
6	Emma Russell	03	Carnegie	5:25.69	32.78	1:13.16	1:55.69	2:37.05	3:23.80	4:11.74	4:48.99	5:25.69
7	Rebecca Braid	03	Carnegie	5:28.78	36.15	1:18.33	1:59.48	2:39.68	3:26.77	4:14.44	4:52.48	5:28.78
8	Alexandra Murray	03	Warrender Ba	5:29.00	33.84	1:13.74	1:54.10	2:34.68	3:23.81	4:13.81	4:52.71	5:29.00
9	Louise Macarthur	03	Heart Of Mid	5:32.45	37.14	1:19.25	2:02.76	2:45.12	3:30.94	4:17.49	4:55.96	5:32.45
10	Jenny Galloway	03	Warrender Ba	5:33.12	35.63	1:19.09	2:03.33	2:45.91	3:31.59	4:17.68	4:56.29	5:33.12
11	Ailsa Kellas	03	Burntisland	5:37.43	36.20	1:20.40	2:02.09	2:42.67	3:32.20	4:20.30	5:00.62	5:37.43
12	Mia Blair	03	Haddington	5:38.86	37.44	1:22.78	2:05.36	2:43.24	3:34.99	4:24.24	5:03.27	5:38.86
13	Adele McDaid	03	Inverleith	5:39.22	33.64	1:14.46	1:58.34	2:42.04	3:31.31	4:20.03	5:00.03	5:39.22
14	Bella Bishop	03	Haddington	5:39.83	35.81	1:17.48	2:01.57	2:45.27	3:34.08	4:24.01	5:03.72	5:39.83
15	Grace Robertson	03	Warrender Ba	5:40.28	37.44	1:20.34	2:03.80	2:47.51	3:34.49	4:21.23	5:01.51	5:40.28
16	Eireann Comrie	03	Burntisland	5:41.96	37.54	1:22.86	2:06.06	2:47.89	3:35.63	4:25.60	5:05.83	5:41.96
17	Ella Wood	03	Heart Of Mid	5:42.06	36.51	1:22.27	2:05.31	2:45.83	3:36.54	4:26.60	5:06.81	5:42.06
18	Sophie Allen	03	Galashiels	5:43.43	35.90	1:18.22	2:02.35	2:44.51	3:33.95	4:24.48	5:04.98	5:43.43
19	Lucy Lucas	03	Haddington	5:53.18	35.76	1:18.47	2:02.57	2:45.87	3:38.59	4:30.85	5:13.45	5:53.18

**Event 102 Girls 15 Year Olds 400 Metre IM**

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
1	Eilidh Redpath	02	Midlothian	5:03.87	31.42	1:07.99	1:48.20	2:27.87	3:11.43	4:30.07	5:03.87	
2	Christen Russell	02	Haddington	5:13.97	33.68	1:13.19	1:55.71	2:36.45	3:18.47	4:00.37	4:38.20	5:13.97
3	Libby Simpson	02	Warrender Ba	5:16.95	34.26	1:12.15	1:53.22	2:33.61	3:18.26	4:03.43	4:40.81	5:16.95
4	Karen Heath	02	Broxburn	5:18.38	33.39	1:12.16	1:52.87	2:32.57	3:20.45	4:08.04	4:44.09	5:18.38
5	Erika Coupek	02	Kelso	5:18.55	31.94	1:10.50	1:49.12	2:26.93	3:13.64	4:02.49	4:41.55	5:18.55
6	Flora Nicholls	02	Warrender Ba	5:18.57	34.56	1:15.21	1:55.90	2:35.77	3:21.62	4:07.82	4:44.16	5:18.57
7	Jodie Pyman	02	Peebles	5:18.86	33.42	1:12.00	1:53.45	2:33.41	3:20.11	4:08.04	4:44.89	5:18.86
8	Caitlyn Dodds	02	Fins	5:20.05	32.03	1:10.53	1:49.74	2:27.73	3:15.67	4:05.29	4:43.52	5:20.05
9	Levi Wilson	02	Carnegie	5:22.02	33.96	1:13.77	1:54.66	2:34.22	3:21.01	4:07.94	4:45.72	5:22.02
10	Kirsty Peng	02	Warrender Ba	5:22.94	34.00	1:12.30	1:55.02	2:36.49	3:21.62	4:07.71	4:46.75	5:22.94
11	Jessica McKee	02	Carnegie	5:23.21	34.08	1:13.92	1:52.43	2:31.90	3:20.43	4:09.94	4:46.79	5:23.21
12	Eilidh Jaffray	02	Hawick&Te	5:26.54	34.04	1:14.63	1:57.92	2:39.48	3:25.76	4:12.23	4:51.10	5:26.54
13	Bridget Lemasurier	02	Musselburgh	5:26.96	35.86	1:19.62	2:01.43	2:42.97	3:26.62	4:11.73	4:50.62	5:26.96
14	Demi Hornsey	02	Musselburgh	5:31.72	36.12	1:21.37	2:02.35	2:41.99	3:28.93	4:16.76	4:55.01	5:31.72
15	Helena Cutajar	02	Aquanauts Li	5:51.09	36.98	1:21.09	2:07.70	2:52.27	3:41.18	4:30.60	5:11.85	5:51.09
---	Luci Robertson	02	Heart Of Mid	DQ								
---	Natalie Reilly	02	Bathgate	DQ								

**Event 102 Girls 16 Year Olds 400 Metre IM**

Name	Yr	Club	Time	50	100	150	200	250	300	350	400	
1	Keanna MacInnes	01	Heart Of Mid	4:53.13	29.71	1:03.97	1:42.41	2:19.06	3:02.42	3:46.38	4:20.37	4:53.13
2	Roisin Ramsay	01	Warrender Ba	5:01.71	31.89	1:08.61	1:47.32	2:25.08	3:10.54	3:56.20	4:29.34	5:01.71
3	Taylor Finlayson	01	Warrender Ba	5:14.27	33.11	1:09.03	1:50.01	2:30.26	3:15.69	4:01.54	4:38.44	5:14.27
4	Claire Thomson	01	Fins	5:22.47	34.29	1:13.75	1:55.23	2:35.01	3:21.11	4:07.64	4:46.23	5:22.47
5	Anna Galloway	01	Warrender Ba	5:26.33	35.94	1:16.54	1:56.84	2:36.33	3:24.16	4:12.15	4:49.91	5:26.33
6	Lindsay Jack	01	Galashiels	5:32.05	32.37	1:12.61	1:53.99	2:33.85	3:21.66	4:11.85	4:52.64	5:32.05
7	Nicola Lees	01	Fauldhouse	5:32.97	31.46	1:07.86	1:48.90	2:28.42	3:21.16	4:14.44	4:54.14	5:32.97
8	Megan Pathal	01	Heart Of Mid	5:34.45	34.99	1:15.07	2:00.10	2:43.62	3:32.62	4:21.60	4:59.44	5:34.45



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9	Mia Payne	01	Warrender Ba	5:48.29	37.24	1:20.87	2:06.34	2:51.16	3:40.34	4:29.86	5:10.02	5:48.29
---	Amy Richardson	01	Duns	DQ	32.80	1:09.34	1:51.48	2:31.46	3:17.90	4:06.03	4:43.96	DQ

**Event 102 Girls 17 Senior 400 Metre IM**

	Name	Yr	Club	Time	50	100	150	200	250	300	350	400
1	Katie Taylor	00	Heart Of Mid	4:54.77	31.55	1:06.07	1:42.81	2:18.78	3:01.74	3:46.00	4:21.15	4:54.77
2	Katy Smith	00	Warrender Ba	5:01.57	31.80	1:07.84	1:47.74	2:26.54	3:09.03	3:52.40	4:27.82	5:01.57
3	Jessica Damen	00	Warrender Ba	5:05.65	32.42	1:09.64	1:48.78	2:25.57	3:10.68	3:56.07	4:31.24	5:05.65
4	Mhairi Swanson	99	Warrender Ba	5:05.71	32.50	1:09.22	1:48.24	2:26.49	3:11.13	3:55.41	4:31.40	5:05.71
5	Lizi Clelland	99	Galashiels	5:10.85	31.93	1:10.03	1:49.25	2:27.11	3:12.16	3:58.25	4:34.64	5:10.85
6	Catherine Comrie	00	Burntisland	5:19.61	34.03	1:13.83	1:53.97	2:33.42	3:19.08	4:05.79	4:43.69	5:19.61
7	Anna Mackay	00	Warrender Ba	5:19.84	34.36	1:14.29	1:57.58	2:38.78	3:22.60	4:06.07	4:44.20	5:19.84
8	Hannah Ewing	00	Warrender Ba	5:31.04	34.70	1:13.98	1:57.41	2:38.23	3:26.30	4:14.61	4:53.84	5:31.04
9	Sophie Hamilton	00	Warrender Ba	5:33.51	34.69	1:14.49	1:59.75	2:43.72	3:30.11	4:16.90	4:57.20	5:33.51
---	Beth McFarlane	99	Midlothian	DQ								