

Scottish Amateur Swimming Association East District Records - Long Course

BACKSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Bowman	CE	00.34.66	11.04.08	50 - 11	Chelsea Lawson	IS	00.35.57	26.01.08
Zach Courtney	WB	00.31.88	23.02.07	50 - 12	Elizabeth Gasken	DS	00.31.32	22.06.00
Zach Courtney	DD	00.29.85	16.02.08	50 - 13	Lisa Main	DD	00.31.65	28.06.07
Colin Kerr	BE	00.30.71	23.06.01	50 - 14	Lisa Main	DD	00.31.62	15.02.08
Craig McNally	WB	00.29.23	01.06.08	50 - 15	Ailsa Hershaw	CE	00.31.94	29.06.08
Daniel Scott	GS	00.28.03	28.03.07	50 - 16	Rosie Hood	WB	00.31.50	16.02.08
Daniel Scott	GS	00.28.42	02.07.06	50 - Junior	Rosie Hood	WB	00.31.50	16.02.08
Billy Purnell	WB	00.27.33	26.03.07	50 - 17/18	Rosie Hood	WB	00.31.66	31.05.08
Gregor Tait	CI	00.25.93	29.07.07	50 - Senior	Rosie Hood	WB	00.31.50	16.02.08
Craig Bowman	CE	01.10.57	11.04.08	100 - 11	Rachael O'Donnell	IS	01.16.47	17.05.08
Zach Courtney	WB	01.07.16	12.04.07	100 - 12	Raquel Matos	PO	01.12.31	15.11.08
Zach Courtney	DD	01.04.94	20.01.08	100 - 13	Jennifer Dobson	UT	01.08.03	15.04.07
Bryan Morgan	CE	01.04.11	04.08.94	100 - 14	Ailsa Hershaw	CE	01.07.42	01.04.08
Craig McNally	WM	01.00.50	16.11.08	100 - 15	Rosie Hood	WB	01.06.50	27.01.07
Callum Shaw	WB	00.59.91	29.07.08	100 - 16	Rosie Hood	WB	01.06.19	28.06.07
Bryan Morgan	CE	*00.59.98	07.04.96	100 - Junior	Rosie Hood	WB	01.06.19	28.06.07
Billy Purnell	WB	00.58.01	04.08.06	100 - 17/18	Rosie Hood	WB	01.05.26	01.04.08
Gregor Tait	CI	00.54.22	01.04.08	100 - Senior	Rosie Hood	WB	01.05.26	01.04.08
Craig Bowman	CE	02.34.93	11.04.08	200 - 11	Ellie Brisbane	CE	02.47.18	12.04.07
Mark Szaraneck	CE	02.24.04	24.07.08	200 - 12	Ellie Brisbane	CE	02.33.09	04.05.08
Zach Courtney	DD	02.22.75	15.02.08	200 - 13	Lisa Main	DD	02.27.33	28.06.07
Craig McNally	WD	02.17.62	14.12.07	200 - 14	Jennifer Dobson	WB	02.23.31	13.04.08
Craig McNally	WB	02.09.23	02.04.08	200 - 15	Rosie Hood	WB	02.21.13	10.03.07
Callum Shaw	WB	02.09.99	31.07.08	200 - 16	Rosie Hood	WB	02.19.90	28.06.07
Craig McNally	WB	02.09.23	02.04.08	200 - Junior	Rosie Hood	WB	02.19.90	28.06.07
Billy Purnell	WB	02.05.12	05.08.06	200 - 17/18	Rosie Hood	WB	02.18.89	01.04.08
Gregor Tait	CI	01.56.67	03.04.08	200 - Senior	Rosie Hood	WB	02.18.89	01.04.08

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BREASTSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Ewan Chalmers	WB	00.41.52	23.11.00	50 - 11	Clare Hyland	PO	00.39.99	27.01.07
Craig Benson	LD	00.34.30	10.03.07	50 - 12	Kathryn Johnstone	CE	00.37.58	19.06.02
Craig Benson	WB	00.32.06	13.04.08	50 - 13	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	00.31.13	24.07.08	50 - 14	Robyn Matthews	AN	00.34.48	06.08.05
Iain Scanlon	AN	00.31.70	02.07.05	50 - 15	Robyn Matthews	CI	00.33.65	24.02.07
Iain Scanlon	DD	00.30.47	28.06.07	50 - 16	Kirsty Balfour	HM	00.33.10	28.07.00
Ian Edmond	WB	00.30.87	23.04.94	50 - Junior	Kirsty Balfour	HM	*00.33.10	28.07.00
Iain Scanlon	TN	00.29.99	15.10.08	50 - 17/18	Kirsty Balfour	HM	00.32.80	22.06.01
Kris Gilchrist	CI	00.28.49	02.04.08	50 - Senior	Kirsty Balfour	CI	*00.32.08	20.03.06
Craig Benson	LD	01.31.94	30.06.05	100 - 11	Clare Hyland	PO	01.27.85	18.02.07
Craig Benson	LD	01.12.62	10.03.07	100 - 12	Lorna McCallum	WB	01.20.97	21.06.88
Craig Benson	WB	01.08.33	13.04.08	100 - 13	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	01.06.94	24.07.08	100 - 14	Robyn Matthews	AN	01.12.49	29.01.05
Lewis Smith	WB	01.10.55	30.03.03	100 - 15	Robyn Matthews	CI	01.13.45	01.08.06
Gary Watson	FS	*01.05.43	25.07.85	100 - 16	Kirsty Balfour	HM	*01.11.35	29.07.00
Gary Watson	FS	*01.05.43	25.07.85	100 - Junior	Kirsty Balfour	HM	*01.11.35	29.07.00
Andrew Rodgie	CE	01.04.30	04.04.06	100 - 17/18	Kirsty Balfour	HM	*01.10.34	23.06.01
Kris Gilchrist	CI	01.01.06	02.04.08	100 - Senior	Kirsty Balfour	CI	01.07.67	26.03.07
Gavin Scoular	PO	03.17.04	10.02.07	200 - 11	Zoe Mitchell	CE	03.06.74	01.06.08
Craig Benson	LD	02.40.16	14.04.07	200 - 12	Katelyn Stewart	WB	02.55.99	18.06.03
Craig Benson	WB	02.32.50	13.04.08	200 - 13	Robyn Matthews	AN	02.44.05	12.12.04
Craig Benson	WB	02.26.41	24.07.08	200 - 14	Robyn Matthews	AN	02.37.06	30.07.05
Lewis Smith	WB	02.29.38	18.06.03	200 - 15	Lauren Greenshields	PS	02.35.44	17.12.99
Andrew Haslett	WB	02.24.88	03.08.06	200 - 16	Fiona Gray	HM	02.37.83	06.08.06
Andrew Haslett	WB	02.24.88	03.08.06	200 - Junior	Lauren Greenshields	PS	*02.35.44	17.12.99
Andrew Rodgie	CE	02.18.16	09.07.06	200 - 17/18	Kirsty Balfour	HM	*02.30.78	03.03.02
Kris Gilchrist	CI	02.10.27	13.08.08	200 - Senior	Kirsty Balfour	HM	**02.24.04	18.03.06

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BUTTERFLY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.31.96	27.01.07	50 - 11	Raquel Matos	PO	00.33.45	22.11.07
Mark Szaranek	CE	00.29.93	01.06.08	50 - 12	Raquel Matos	PO	00.31.27	16.11.08
Zach Courtney	DD	00.28.16	11.04.16	50 - 13	Lucy Ellis	DD	00.30.81	27.07.06
Chris Smith	WB	00.28.37	17.05.02	50 - 14	Lucy Ellis	DD	00.30.03	29.06.07
Daniel Scott	GS	00.27.29	02.07.05	50 - 15	Lucy Ellis	DD	00.28.71	15.10.08
Daniel Scott	GS	00.26.06	28.06.07	50 - 16	Louise Pate	HM	00.29.07	01.12.04
Daniel Scott	GS	00.26.06	28.06.07	50 - Junior	Louise Pate	HM	00.29.07	01.12.04
Daniel Scott	GS	00.24.38	15.10.08	50 - 17/18	Louise Pate	HM	00.27.92	27.03.07
Daniel Scott	GS	00.24.38	15.10.08	50 - Senior	Alena Popchanka	CI	00.26.97	29.03.07
Mark Szaranek	CE	01.09.26	23.07.07	100 - 11	Rachael O'Donnell	IS	01.12.37	17.05.08
Mark Szaranek	CE	01.05.46	29.06.08	100 - 12	Mairi Morrison	IS	01.09.84	29.06.04
Zach Courtney	DD	01.01.08	11.04.08	100 - 13	Lucy Ellis	DD	01.06.70	27.07.06
Simon Capaldi	WB	01.01.16	07.07.89	100 - 14	Lucy Ellis	DD	01.04.63	14.04.07
Simon Capaldi	WB	00.58.91	30.03.90	100 - 15	Lucy Ellis	DD	01.02.26	13.04.08
Daniel Scott	GS	00.56.50	01.04.07	100 - 16	Louise Pate	HM	01.03.64	04.08.04
Daniel Scott	GS	00.57.02	05.08.06	100 - Junior	Lucy Ellis	DD	01.02.26	13.04.08
Daniel Scott	GS	00.54.66	02.08.08	100 - 17/18	Louise Pate	HM	01.00.70	04.08.06
Daniel Scott	GS	00.54.66	02.08.08	100 - Senior	Alena Popchanka	CI	00.58.33	08.06.06
Mark Szaranek	CE	02.38.82	23.07.07	200 - 11	Rachael O'Donnell	IS	02.42.26	17.05.08
Mark Szaranek	CE	02.28.01	24.07.08	200 - 12	Emma Harrison	WB	02.38.38	17.05.02
Craig Benson	WB	02.21.04	13.04.08	200 - 13	Kelly Hamill	CE	02.28.04	06.08.98
Paul Latimer	WB	02.15.82	28.01.90	200 - 14	Megan Gilchrist	FP	02.23.01	29.06.04
Lewis Smith	WB	02.13.59	18.06.03	200 - 15	Emma Harrison	WB	02.18.02	05.08.05
Lewis Smith	WB	02.06.82	15.04.04	200 - 16	Megan Gilchrist	CI	02.20.74	08.04.06
Lewis Smith	WB	02.06.82	15.04.04	200 - Junior	Emma Harrison	WB	02.18.02	05.08.05
Lewis Smith	WB	02.02.76	07.04.06	200 - 17/18	Louise Pate	HM	02.16.41	14.08.07
Lewis Smith	WB	02.00.90	29.07.07	200 - Senior	Louise Pate	HM	02.16.41	14.08.07

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Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.29.82	23.07.07	50 - 11	Yasmin Khera	UT	00.31.58	17.11.05
Mark Szaranek	CE	00.27.94	01.06.08	50 - 12	Raquel Matos	PO	00.29.80	15.11.08
Craig Benson	WB	00.27.09	13.04.08	50 - 13	Lucy Ellis	DD	00.28.66	28.05.06
Iain Scanlon	TN	00.26.39	29.06.04	50 - 14	Lucy Ellis	DD	00.27.18	28.06.07
Daniel Scott	GS	00.25.24	02.07.05	50 - 15	Lucy Ellis	DD	00.27.07	27.06.08
Daniel Scott	GS	00.23.92	31.03.07	50 - 16	Lynn McLaren	CE	00.26.49	21.12.97
Daniel Scott	GS	00.24.22	05.08.06	50 - Junior	Lynn McLaren	CE	00.26.49	21.12.97
Bryan Morgan	CE	*00.23.28	16.09.98	50 - 17/18	Lynn McLaren	CE	00.27.42	14.06.98
Bryan Morgan	CE	*00.23.28	16.09.98	50 - Senior	Alena Popchanka	CI	00.25.49	15.06.08
Mark Szaranek	CE	01.01.20	23.07.07	100 - 11	Rachael O'Donnell	IS	01.05.64	10.04.08
Mark Szaranek	CE	00.58.52	24.07.08	100 - 12	Lucy Ellis	IS	01.03.76	31.07.05
Craig Benson	WB	00.57.35	13.04.08	100 - 13	Lucy Ellis	DD	00.59.46	27.01.07
Jamie Coultar	FP	00.55.43	13.04.08	100 - 14	Lucy Ellis	DD	00.58.78	23.07.07
Jak Scott	DD	00.54.00	14.04.07	100 - 15	Lucy Ellis	DD	00.57.11	30.07.08
Jak Scott	DD	00.52.44	04.04.08	100 - 16	Robyn Matthews	DD	00.58.21	12.04.08
Daniel Scott	GS	00.53.29	02.08.06	100 - Junior	Lucy Ellis	DD	00.57.11	30.07.08
Bryan Morgan	CE	*00.50.68	15.09.98	100 - 17/18	Megan Gilchrist	CI	00.57.67	31.03.08
David Leith	CI	00.50.43	05.04.08	100 - Senior	Alena Popchanka	CI	00.54.60	03.08.07
Mark Szaranek	CE	02.12.70	23.07.07	200 - 11	Rachael O'Donnell	IS	02.19.51	10.04.08
Mark Szaranek	CE	02.07.83	24.07.08	200 - 12	Emma Harrison	WB	02.14.50	20.06.02
Ross Fleming	FP	02.08.03	14.04.07	200 - 13	Lucy Ellis	DD	02.08.73	27.01.07
Jamie Coultar	FP	02.01.52	13.04.08	200 - 14	Lucy Ellis	DD	02.05.53	29.07.07
Jak Scott	DD	01.59.09	13.04.07	200 - 15	Lucy Ellis	DD	02.05.26	05.04.08
Craig Hamilton	WB	01.54.82	29.07.08	200 - 16	Robtn Matthews	DD	02.02.68	05.04.08
Graeme Wilson	CE	*01.55.37	16.07.81	200 - Junior	Megan Gilchrist	CI	02.05.15	04.08.06
David Leith	WB	01.54.12	30.05.98	200 - 17/18	Megan Gilchrist	CI	02.03.30	01.08.08
Jamie Salter	WB	01.48.64	00.08.00	200 - Senior	Alena Popchanka	CI	01.57.86	26.03.07

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FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Jamie Coulter	FP	04.57.16	11.12.04	400 - 11	Rachael O'Donnell	IS	04.52.42	17.05.08
Mark Szaranek	CE	04.26.83	24.07.08	400 - 12	Emma Harrison	WB	04.40.76	05.08.02
Jamie Coulter	FP	04.28.13	10.12.06	400 - 13	Emma Harrison	WB	04.35.55	22.11.03
Jamie Coulter	FP	04.13.26	13.04.08	400 - 14	Carol Shiell	PS	04.27.84	21.06.88
Daniel Ritchie	WB	04.08.22	05.08.02	400 - 15	Robyn Matthews	CI	04.20.29	24.02.07
Craig Hamilton	WB	04.00.94	29.07.08	400 - 16	Megan Gilchrist	CI	04.17.15	29.07.07
Daniel Ritchie	WB	04.04.66	01.08.03	400 - Junior	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Ritchie	WB	04.01.46	07.04.04	400 - 17/18	Megan Gilchrist	CI	04.15.76	30.07.08
Jamie Salter	WB	03.50.47	22.06.01	400 - Senior	Alena Popchanka	CI	04.09.02	01.07.06
Unclaimed				800 - 11	Rachael O'Donnell	IS	10.14.99	10.04.08
Mark Szaranek	CE	09.34.12	04.05.08	800 - 12	Emma Harrison	WB	09.56.55	22.06.02
Jamie Coulter	FP	09.20.42	01.04.05	800 - 13	Emma Harrison	WB	09.28.50	21.11.03
Connor Wilson	HM	09.00.40	13.04.08	800 - 14	Carol Shiell	PS	09.13.14	21.06.88
Daniel Lee	DD	08.32.76	29.07.07	800 - 15	Robyn Matthews	CI	08.56.17	26.03.07
Craig Hamilton	WB	08.17.69	29.07.08	800 - 16	Megan Gilchrist	CI	08.44.57	29.07.07
Daniel Lee	DD	08.32.76	29.07.07	800 - Junior	Megan Gilchrist	CI	08.55.22	03.12.06
Daniel Ritchie	WB	08.20.69	11.04.04	800 - 17/18	Megan Gilchrist	CI	08.52.88	03.04.08
John Owen	CI	08.04.02	03.12.06	800 - Senior	Megan Gilchrist	CI	08.44.57	29.07.07
Jamie Coulter	FP	20.18.39	22.05.04	1500 - 11	Unclaimed			
Jamie Coulter	FP	18.52.28	01.08.05	1500 - 12	Unclaimed			
Jamie Coulter	FP	17.51.82	30.03.06	1500 - 13	Unclaimed			
Lewis Smith	WB	16.52.46	29.11.02	1500 - 14	Marnie Stewart	WB	17.55.92	14.04.07
Daniel Ritchie	WB	16.23.30	05.08.02	1500 - 15	Nicole Wilson	HM	17.42.63	14.04.07
Craig Hamilton	WB	16.00.09	29.07.08	1500 - 16	Megan Gilchrist	CI	16.48.88	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	1500 - Junior	Megan Gilchrist	CI	16.48.88	03.12.06
Daniel Ritchie	WB	15.45.67	11.04.04	1500 - 17/18	Megan Gilchrist	CI	17.12.08	23.11.08
Daniel Ritchie	WB	15.45.67	11.04.04	1500 - Senior	Megan Gilchrist	CI	16.48.88	03.12.06

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**Scottish Amateur Swimming Association
East District Records - Long Course**

INDIVIDUAL MEDLEY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	02.37.14	03.06.07	200 - 11	Rachael O'Donnell	IS	02.37.11	17.05.08
Mark Szaranek	CE	02.26.25	24.07.08	200 - 12	Emma Harrison	WB	02.34.07	05.08.02
Craig Benson	WB	02.18.36	13.04.08	200 - 13	Emma Harrison	WB	02.28.91	20.11.03
Craig Benson	WB	02.15.80	24.07.08	200 - 14	Emma Harrison	WB	02.23.82	28.03.04
Lewis Smith	WB	02.14.78	03.08.03	200 - 15	Eloise Barber	CE	02.20.89	01.04.08
Ross Woolley	WB	02.09.53	30.07.08	200 - 16	Megan Gilchrist	CI	02.20.86	05.08.07
Lewis Smith	WB	02.10.15	16.04.04	200 - Junior	Eloise Barber	CE	02.20.89	01.04.08
Lewis Smith	WB	02.05.09	06.04.06	200 - 17/18	Sally Wood	WB	02.19.63	26.06.08
Gregor Tait	CI	01.59.15	01.04.08	200 - Senior	Sally Wood	WB	02.19.63	26.06.08
Mark Szaranek	CE	05.46.40	13.04.07	400 - 11	Rachael O'Donnell	IS	05.40.92	10.04.08
Mark Szaranek	WB	05.18.48	04.05.08	400 - 12	Emma Harrison	WB	05.19.47	05.08.02
Lewis Smith	WB	04.58.59	25.11.01	400 - 13	Emma Harrison	WB	05.08.97	22.11.03
Lewis Smith	WB	04.46.44	05.08.02	400 - 14	Emma Harrison	WB	05.00.89	28.03.04
Lewis Smith	WB	04.35.06	31.07.03	400 - 15	Robyn Mathews	CI	04.53.71	26.03.07
Lewis Smith	WB	04.30.14	11.04.04	400 - 16	Helen McRoberts	WB	05.03.21	26.03.07
Lewis Smith	WB	04.30.14	11.04.04	400 - Junior	Robyn Mathews	CI	04.53.71	26.03.07
Lewis Smith	WB	04.21.25	06.07.06	400 - 17/18	Sally Wood	WB	04.54.22	26.06.08
Lewis Smith	WB	04.19.24	01.08.07	400 - Senior	Robyn Mathews	CI	04.53.71	26.03.07

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Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		01.59.10	29.06.08	Free 4x50 - 12/U	Warrender		02.03.79	08.08.87
Warrender		01.48.68	06.07.89	Free 4x50 - 13/14	Dunedin		01.55.92	28.06.07
Kingdom Swim Team		01.43.14	27.06.98	Free 4x50 - 15/16	Dunedin		01.54.65	29.06.08
Warrender		01.43.84	01.07.90	Free 4x50 - Junior	Warrender		01.56.91	28.08.90
Carnegie		01.41.58	29.07.00	Free 4x50 - 17/18	Carnegie		01.54.54	02.06.07
City of Edinburgh		01.33.94	28.06.07	Free 4x50 - Senior	City of Edinburgh		01.48.10	28.06.07
Carnegie		04.20.91	12.04.08	Free 4x100 - 12/U	East Lothain S-T	EL	04.30.16	15.11.08
				Free 4x100 - 11/13	Unclaimed			
Unclaimed				Free 4x100 - 11/14				
Aquanauts Livingston		04.07.70	04.03.05	Free 4x100 - 13/14	Carnegie		04.20.05	05.03.05
Unclaimed				Free 4x100 - 15/16	Warrender		04.00.13	14.04.07
				Free 4x100 - 14/17	Unclaimed			
Unclaimed				Free 4x100 - 15/18				
Warrender		03.41.48	14.06.86	Free 4x100 - Junior	Warrender		04.02.88	01.04.06
Unclaimed				Free 4x100 - 17/18	Unclaimed			
Warrender		03.32.24	21.12.97	Free 4x100 - Senior	Warrender		04.00.13	14.04.07
Carnegie		09.21.99	12.04.08	Free 4x200 - 12/U	Unclaimed			
				Free 4x200 - 11/13	Unclaimed			
Unclaimed				Free 4x200 - 11/14				
Aquanauts Livingston		08.54.06	06.03.05	Free 4x200 - 13/14	Aquanauts Livingston		09.28.25	06.03.05
Unclaimed				Free 4x200 - 15/16	Warrender		08.39.83	15.04.07
				Free 4x200 - 14/17	Unclaimed			
Unclaimed				Free 4x200 - 15/18				
Warrender		08.25.91	26.06.88	Free 4x200 - Junior	Carnegie		08.46.93	12.04.08
Unclaimed				Free 4x200 - 17/18	Unclaimed			
City of Edinburgh		07.39.35	01.04.07	Free 4x200 - Senior	Warrender		08.39.83	15.04.07

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MEDLEY RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		02.16.55	29.06.08	Medley 4x50 - 12/U	Warrender		02.16.58	08.08.87
Warrender		02.03.57	06.07.89	Medley 4x50 - 13/14	Dunedin		02.08.55	28.06.07
Warrender		01.54.96	28.07.90	Medley 4x50 - 15/16	Warrender		02.07.32	24.06.87
Warrender		01.54.96	01.07.90	Medley 4x50 - Junior	Heart of Midlothian		02.06.15	25.06.00
Carnegie		01.53.60	28.07.00	Medley 4x50 - 17/18	Carnegie		02.08.96	02.06.07
City of Edinburgh		01.43.19	28.06.07	Medley 4x50 - Senior	City of Edinburgh		02.01.51	02.07.06
Carnegie		04.49.13	12.04.08	Medley 4x100 - 12/U	East Lothian S-T		05.01.97	15.11.08
				Medley 4x100 - 11/13	Unclaimed			
Unclaimed				Medley 4x100 - 11/14				
Warrender		04.22.25	26.07.07	Medley 4x100 - 13/14	Dunedin		04.48.52	31.03.06
Unclaimed				Medley 4x100 - 15/16	Warrender		04.31.61	12.04.07
				Medley 4x100 - 14/17	Unclaimed			
Unclaimed				Medley 4x100 - 15/18				
Warrender		04.11.16	07.08.82	Medley 4x100 - Junior	Carnegie		04.35.92	12.04.08
Warrender		03.57.52	09.08.05	Medley 4x100 - 17/18	Carnegie		04.50.98	05.03.05
City of Edinburgh		03.46.30	15.12.07	Medley 4x100 - Senior	Heart of Midlothian		04.22.76	04.08.06

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record