

## Scottish Amateur Swimming Association East District Records - Short Course

<b>AGE GROUP 11 YEARS</b>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaraneck	CE	00.33.18	25.03.07	Backstroke 50	Caitlyn Morrison	AN	00.33.72	02.11.02
Craig Bowman	CE	01.10.68	02.03.08	Backstroke 100	Chelsea Lawson	IS	01.12.40	02.03.08
Craig Bowman	CE	02.34.55	15.12.07	Backstroke 200	Rachael O'Donnell	IS	02.33.26	21.06.08
Craig Benson	LD	00.38.26	23.10.05	Breaststroke 50	Kathryn Johnstone	CE	00.39.05	15.12.01
Craig Benson	LD	01.22.17	04.12.05	Breaststroke 100	Kathryn Johnstone	CE	01.23.44	15.12.01
Mathew Bale	DS	03.08.00	04.11.07	Breaststroke 200	Rachael O'Donnell	IS	02.59.18	21.06.08
Craig Bowman	CE	00.31.78	17.05.08	Butterfly 50	Raquel Matos	PO	00.32.87	11.11.07
Mark Szaraneck	CE	01.09.83	04.03.07	Butterfly 100	Rachael O'Donnell	IS	01.11.59	02.03.08
Jamie Coulter	FP	02.46.33	07.11.04	Butterfly 200	Rachael O'Donnell	IS	02.39.95	21.06.08
Craig Bowman	CE	00.29.55	17.05.08	Freestyle 50	Caitlyn Morrison	AN	00.29.89	08.09.02
Mark Szaraneck	CE	01.01.05	04.03.07	Freestyle 100	Rachael O'Donnell	IS	01.04.07	02.03.08
Callum Prentice	FP	02.16.30	16.12.00	Freestyle 200	Rachael O'Donnell	IS	02.16.68	21.06.08
Mark Szaraneck	CE	04.49.80	17.02.07	Freestyle 400	Rachael O'Donnell	IS	04.48.06	21.06.08
Mark Szaraneck	CEE	10.18.60	17.02.07	Freestyle 800	Rachael O'Donnell	IS	09.57.76	21.06.08
James Black	AN	19.20.61	21.06.08	Freestyle 1500	Lucy Ellis	IS	19.45.80	05.12.04
Mark Szaraneck	CE	01.14.27	25.03.07	Ind. Medley 100	Joanna Whitelaw	HN	01.16.64	04.05.08
Mark Szaraneck	CE	02.38.89	17.02.07	Ind. Medley 200	Rachael O'Donnell	IS	02.36.19	02.02.08
Mark Szaraneck	CE	05.34.77	03.02.07	Ind. Medley 400	Rachael O'Donnell	IS	05.24.14	21.06.08
<b>The following relays are for 11 years and under</b>								
Carnegie		02.03.50	04.03.07	F/S Relay 4x50	Musselburgh		02.05.69	02..03.08
Glenrothe		05.10.76	30.08.08	F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Carnegie		02.20.52	04.03.07	Med. Relay 4x50	Musselburgh		02.21.30	02.03.08
Portobello		06.08.28	30.08.08	Med. Relay 4x100	Glenrothes		05.58.13	30.08.08

<b>AGE GROUP 12 YEARS</b>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	WB	00.30.52	25.03.07	Backstroke 50	Caitlyn Morrison	AN	00.31.90	02.11.03
Zach Courtney	WB	01.06.06	22.10.06	Backstroke 100	Caitlyn Morrison	AN	01.08.14	19.10.03
Craig Bowman	CE	02.23.52	02.11.08	Backstroke 200	Caitlyn Morrison	AN	02.26.23	13.12.03
Craig Benson	LD	00.34.29	12.01.07	Breaststroke 50	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	LD	01.12.75	04.03.07	Breaststroke 100	Ashley Warrender	FS	01.17.70	03.11.01
Lewis Smith	WB	02.39.39	17.12.00	Breaststroke 200	Ashley Warrender	FS	02.48.61	16.12.01
Zach Courtney	WB	00.30.38	25.03.07	Butterfly 50	Mairi Morrison	IS	00.31.47	02.10.04
Zach Courtney	WB	01.05.74	04.03.07	Butterfly 100	Amy Fraser	GA	01.07.69	04.03.07
Mark Szaraneck	CE	02.24.70	22.06.08	Butterfly 200	Rachael O'Donnell	IS	02.34.93	16.01.09
Mark Szaraneck	CE	00.27.58	02.03.08	Freestyle 50	Chelsea Lawson	IS	00.28.91	16.01.09
Callum Prentice	FP	00.59.70	14.12.01	Freestyle 100	Rachael Sharples	EL	01.01.82	16.01.09
Mark Szaraneck	CE	02.04.36	22.06.08	Freestyle 200	Rachael O'Donnell	IS	02.12.86	16.01.09
Mark Szaraneck	CE	04.23.90	22.06.08	Freestyle 400	Rachel Sharples	EL	04.40.38	16.01.09
Jamie Coulter	FP	09.29.45	02.10.05	Freestyle 800	Megan Gilchrist	AN	09.44.72	13.12.02
Jamie Coulter	FP	18.11.14	06.11.05	Freestyle 1500	Lucy Ellis	IS	18.43.60	02.04.05
Zach Courtney	WB	01.07.78	25.03.07	Ind. Medley 100	Rachael O'Donnell	IS	01.11.02	16.01.09
Lewis Smith	WB	02.26.00	17.12.00	Ind. Medley 200	Raquel Matos	PO	02.30.04	11.10.08
Mark Szaraneck	CE	05.05.03	22.06.08	Ind. Medley 400	Rachael O'Donnell	IS	05.14.66	16.01.09
<b>The following relays are for 12 years</b>								
Warrender		01.55.82	04.03.07	F/S Relay 4x50	East Lothian ST		01.59.13	16.01.09
Portobello		05.01.93	30.08.08	F/S Relay 4x100	East Lothian ST		04.16.50	16.01.09
Unclaimed				F/S Relay 4x200	Unclaimed			
Warrender		02.16.90	09.09.00	Med. Relay 4x50	East Lothian ST		02.13.53	16.01.09
Unclaimed				Med. Relay 4x100	Portobello		05.21.66	30.08.08

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

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

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Zach Courtney	DD	00.29.37	11.01.08	Backstroke 50	Lisa Main	DD	00.30.82	08.09.07
Zach Courtney	DD	01.01.93	02.03.08	Backstroke 100	Jennifer Dobson	DD	01.05.68	04.03.07
Zach Courtney	DD	02.15.65	11.01.08	Backstroke 200	Jennifer Dobson	DD	02.21.01	04.11.06
Craig Benson	WB	00.32.16	02.03.08	Breaststroke 50	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	01.07.94	22.03.08	Breaststroke 100	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	02.29.45	13.01.08	Breaststroke 200	Linda McLaren	WB	02.41.53	03.12.88
Chris Smith	WB	00.27.81	16.12.01	Butterfly 50	Lucy Ellis	DD	00.30.06	14.01.07
Zach Courtney	DD	01.01.17	02.03.08	Butterfly 100	Grace Kerr	WB	01.06.31	12.11.88
Simon Capaldi	WB	02.17.02	12.11.88	Butterfly 200	Emma Harrison	WB	02.23.11	13.12.03
Nathan Lamond	FS	00.26.21	10.11.01	Freestyle 50	Lucy Ellis	DD	00.27.14	13.01.07
Zachary Courtney	DD	00.55.21	02.03.08	Freestyle 100	Lucy Ellis	DD	00.58.00	12.01.07
Mark Szaranek	CE	02.00.60	16.01.09	Freestyle 200	Lucy Ellis	DD	02.04.54	14.01.07
Lewis Smith	WB	04.18.12	14.12.01	Freestyle 400	Lucy Ellis	DD	04.23.81	13.01.07
Lewis Smith	WB	09.02.12	15.12.01	Freestyle 800	Emma Harrison	WB	09.14.95	12.12.03
Mark Szaranek	CE	16.56.58	16.01.09	Freestyle 1500	Emma Harrison	WB	17.49.64	14.12.03
Craig Benson	WB	01.02.45	22.03.08	Ind. Medley 100	Lucy Ellis	DD	01.08.21	13.01.07
Craig Benson	WB	02.15.40	03.02.08	Ind. Medley 200	Emma Harrison	WB	02.22.91	12.12.03
Lewis Smith	WB	04.48.35	16.12.01	Ind. Medley 400	Emma Harrison	WB	04.56.49	11.12.03

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.29.00	07.11.04	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Colin Kerr	BE	01.01.24	15.12.01	Backstroke 100	Lisa Main	DD	01.04.94	13.01.08
Craig McNally	WB	02.10.93	04.11.07	Backstroke 200	Jennifer Dobson	WB	02.21.19	04.11.07
Craig Benson	WB	00.30.02	16.01.09	Breaststroke 50	Robyn Matthews	AN	00.33.71	15.01.05
Craig Benson	WB	01.04.89	16.01.09	Breaststroke 100	Robyn Matthews	AN	01.11.63	15.01.05
Craig Benson	WB	02.22.47	16.01.09	Breaststroke 200	Robyn Matthews	AN	02.33.74	11.12.05
Nathan Lamond	FS	00.27.84	12.10.02	Butterfly 50	Lucy Ellis	DD	00.28.88	08.09.07
Chris Smith	WB	01.00.63	15.12.02	Butterfly 100	Lucy Ellis	DD	01.03.95	21.10.07
Paul Latimer	WB	02.11.53	15.12.90	Butterfly 200	Blaine Small	CE	02.21.49	11.01.08
Daniel Scott	GS	00.24.98	06.11.04	Freestyle 50	Lucy Ellis	DD	00.26.32	08.09.07
Iain MacMillan	IH	00.54.46	16.12.00	Freestyle 100	Lucy Ellis	DD	00.56.72	08.09.07
Iain MacMillan	IH	01.57.82	17.12.00	Freestyle 200	Lucy Ellis	DD	02.02.24	08.09.07
Lewis Smith	WB	04.09.47	12.12.02	Freestyle 400	Carol Shiell	PS	04.22.69	07.05.88
Daniel Ritchie	WB	08.50.70	15.12.01	Freestyle 800	Angela Pendrich	CE	08.59.25	14.12.90
Paul Latimer	WB	16.36.02	03.06.90	Freestyle 1500	Sarah Kelly	GS	17.36.34	03.02.07
Craig Benson	WB	01.00.34	16.01.09	Ind. Medley 100	Ailsa Hershaw	CE	01.07.08	13.01.08
Paul Latimer	WB	02.13.22	21.11.90	Ind. Medley 200	Lucy Ellis	DD	02.20.55	02.02.08
Lewis Smith	WB	04.36.97	12.12.02	Ind. Medley 400	Robyn Matthews	AS	04.59.17	16.04.05

**The following Relays combine 13/14 year Age Groups.**

Warrender		01.49.38	21.05.89	F/S Relay 4x50	Carnegie		01.56.18	02.07.95
Portobello		04.15.00	30.08.08	F/S Relay 4x100	Teviotdale ASC		04.33.35	30.08.08
Unclaimed				F/S Relay 4x200	Unclaimed			
Kingdom Composite		02.02.33	12.12.98	Med. Relay 4x50	Scotland East		02.07.81	16.10.05
Unclaimed				Med. Relay 4x100	Unclaimed			

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

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Daniel Scott	GS	00.27.72	06.11.05	Backstroke 50	Ailsa Hershaw	CE	00.30.39	06.09.08
Bryan Morgan	CE	00.57.94	16.12.95	Backstroke 100	Rosie Hood	WB	01.03.77	04.03.07
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Nicole Wilson	HM	02.16.84	05.11.06
Iain Scanlon	AN	00.30.61	05.11.05	Breaststroke 50	Kirsty Balfour	HM	00.33.58	12.12.99
Iain Scanlon	AN	01.06.64	16.10.05	Breaststroke 100	Robyn Matthews	DD	01.10.93	12.01.07
Lewis Smith	WB	02.22.67	17.08.03	Breaststroke 200	Robyn Matthews	CI	02.31.33	02.12.06
Daniel Scott	GS	00.26.44	06.11.05	Butterfly 50	Eloise Barber	CE	00.28.77	11.01.08
Daniel Scott	GS	00.58.46	16.10.05	Butterfly 100	Megan Gilchrist	CI	01.03.85	07.05.05
Lewis Smith	WB	02.09.91	04.10.03	Butterfly 200	Megan Gilchrist	CI	02.16.44	11.12.05
Daniel Scott	GS	00.23.92	16.10.05	Freestyle 50	Lynn McLaren	CE	00.26.81	01.12.96
Daniel Scott	GS	00.52.95	08.05.05	Freestyle 100	Lucy Ellis	DD	00.57.45	02.03.08
Richard Schafers	DD	01.54.16	03.12.06	Freestyle 200	Robyn Matthews	CI	02.02.56	03.12.06
Richard Schafers	DD	04.03.97	03.12.06	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.48.06	16.08.03	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Daniel Scott	GS	01.00.32	05.11.05	Ind. Medley 100	Eloise Barber	CE	01.04.63	11.01.08
Lewis Smith	WB	02.09.05	14.08.03	Ind. Medley 200	Eloise Barber	CE	02.17.91	11.01.08
Lewis Smith	WB	04.27.92	15.08.03	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Bryan Morgan	CE	00.27.02	20.12.96	Backstroke 50	Eloise Barber	CE	00.29.42	16.01.09
Daniel Scott	GS	00.57.23	04.03.07	Backstroke 100	Eloise Barber	CE	01.03.73	16.01.09
Joel Roberts	DS	02.06.33	14.12.01	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Iain Scanlon	DD	00.30.16	12.01.07	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Gary Watson	FS	01.04.05	21.12.85	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Lewis Smith	WB	02.23.16	29.08.04	Breaststroke 200	Lauren Greenshields	PS	02.31.67	05.03.00
Daniel Scott	GS	00.25.40	14.01.07	Butterfly 50	Eloise Barber	CE	00.28.97	16.01.09
Daniel Scott	GS	00.55.55	04.03.07	Butterfly 100	Louise Pate	HM	01.03.52	06.11.04
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Megan Gilchrist	CI	02.16.94	04.11.06
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Eloise Barber	CE	00.26.61	16.01.09
Daniel Scott	GS	00.51.43	04.03.07	Freestyle 100	Eloise Barber	CE	00.57.27	16.01.09
Ewan Johnston	WB	01.52.69	12.01.07	Freestyle 200	Megan Gilchrist	CI	02.02.02	12.01.07
Craig Hamilton	WB	03.52.29	07.12.08	Freestyle 400	Megan Gilchrist	CI	04.15.86	13.01.07
Lewis Smith	WB	08.25.04	28.08.04	Freestyle 800	Megan Gilchrist	CI	08.42.43	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.20.65	03.02.08
Daniel Scott	GS	00.58.53	14.01.07	Ind. Medley 100	Eloise Barber	CE	01.04.09	16.01.09
Ewan Johnston	WB	02.06.32	12.01.07	Ind. Medley 200	Eloise Barber	CE	02.15.84	16.01.09
Lewis Smith	WB	04.24.48	27.08.04	Ind. Medley 400	Eloise Barber	CE	04.52.36	16.01.09

**The following Relays combine 15/16 year Age Groups**

Midlothian		01.41.02	07.11.04	F/S Relay 4x50	Warrender		01.52.07	05.03.06
Warrender		03.41.97	15.08.03	F/S Relay 4x100	Unclaimed			
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Unclaimed			
Scotland East		01.52.02	16.10.05	Med. Relay 4x50	Heart of Midlothian		02.04.55	05.03.06
Warrender		04.02.80	16.08.03	Med. Relay 4x100	Unclaimed			

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

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Billy Purnell	WB	00.25.70	12.01.07	Backstroke 50	Alexandra Hamilton	CE	00.31.18	15.12.01
Billy Purnell	WB	00.55.44	04.03.07	Backstroke 100	Louise Pate	HM	01.05.19	04.03.07
Lewis Smith	WB	01.59.42	12.01.07	Backstroke 200	Sally Wood	WB	02.16.63	16.01.09
Andrew Rodgie	CE	00.29.13	13.01.06	Breaststroke 50	Kirsty Balfour	HM	00.32.46	09.08.01
Andrew Rodgie	CE	01.02.81	18.03.06	Breaststroke 100	Kirsty Balfour	HM	01.09.21	03.03.01
Lewis Smith	WB	02.14.98	12.01.07	Breaststroke 200	Lauren Greenshields	PS	02.30.31	15.12.01
Malcolm Kerr	WB	00.25.50	29.08.04	Butterfly 50	Louise Pate	HM	00.27.84	15.01.06
Daniel Scott	GS	00.55.90	02.03.08	Butterfly 100	Louise Pate	HM	00.59.67	04.03.07
Lewis Smith	WB	01.59.66	12.01.07	Butterfly 200	Louise Pate	HM	02.15.14	12.01.07
Bryan Morgan	CE	00.23.06	22.03.98	Freestyle 50	Megan Gilchrist	CI	00.27.03	12.01.08
Bryan Morgan	CE	00.50.53	21.03.98	Freestyle 100	Megan Gilchrist	CI	00.57.47	28.10.07
Jak Scott	DD	01.49.04	07.12.08	Freestyle 200	Megan Gilchrist	CI	02.03.87	28.10.07
Ewan Johnston	WB	03.50.38	16.11.08	Freestyle 400	Sally Wood	WB	04.16.40	17.01.09
Alistair Brown	DD	08.18.74	02.02.08	Freestyle 800	Megan Gilchrist	CI	08.40.57	11.01.08
Lewis Smith	WB	15.42.67	15.01.05	Freestyle 1500	Katelyn Stewart	WB	17.30.85	03.02.08
Lewis Smith	WB	00.57.17	12.01.07	Ind. Medley 100	Sally Wood	WB	01.04.48	16.01.09
Ewan Johnston	WB	02.00.66	16.11.08	Ind. Medley 200	Sally Wood	WB	02.15.66	16.01.09
Lewis Smith	WB	04.13.91	12.01.07	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
Carnegie		01.38.22	06.05.00	F/S Relay 4x50	Heart of Midlothian		01.55.52	05.03.06
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
Scotland East		01.47.80	16.10.05	Med. Relay 4x50	Scotland East		02.06.10	16.10.05
Unclaimed				Med. Relay 4x100	Unclaimed			

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## Scottish Amateur Swimming Association East District Records - Short Course

<b>JUNIOR</b>								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Bryan Morgan	CE	00.27.02	20.12.96	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Bryan Morgan	CE	00.57.94	16.12.95	Backstroke 100	Rosie Hood	WB	01.03.77	04.03.07
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Dominic Sheils	WB	00.30.21	27.01.91	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Gary Watson	FS	01.04.05	21.12.85	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Lewis Smith	WB	02.23.16	29.08.04	Breaststroke 200	Robyn Matthews	CI	02.31.33	02.12.06
Malcolm Kerr	WB	00.26.27	17.08.03	Butterfly 50	Lucy Ellis	WB	00.28.88	08.09.07
Lee Aitken	CE	00.57.26	15.12.02	Butterfly 100	Louise Pate	HM	01.03.52	06.11.04
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Megan Gilchrist	CI	02.16.44	11.12.05
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Lucy Ellis	DD	00.26.32	08.09.07
Graeme Wilson	CE	00.52.26	11.04.81	Freestyle 100	Lucy Ellis	DD	00.56.72	08.09.07
Richard Schafers	DD	01.54.16	03.12.06	Freestyle 200	Lucy Ellis	DD	02.02.24	08.09.07
Graeme Wilson	CE	04.01.82	07.03.81	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Daniel Scott	GS	00.59.15	03.06.06	Ind. Medley 100	Sally Wood	WB	01.06.43	12.01.07
Lewis Smith	WB	02.07.24	26.08.04	Ind. Medley 200	Katy Burke	WB	02.18.37	18.12.93
Lewis Smith	WB	04.24.48	27.08.04	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07
Midlothian		01.41.02	07.11.04	F/S Relay 4x50	Dunedin Swim Team		01.51.28	02.03.08
Warrender		03.41.97	15.08.03	F/S Relay 4x100	Teviotdale ASC		04.33.35	30.08.08
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Scotland East		01.52.02	16.10.05	Med.Relay 4x50	Carnegie		02.04.32	06.03.93
Warrender		04.02.80	16.08.03	Med.Relay 4x100	Unclaimed			

<b>SENIOR</b>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Gregor Tait	HM	00.24.52	12.12.03	Backstroke 50	Lisa Main	DD	00.29.82	11.01.08
Gregor Tait	HM	00.51.88	16.08.03	Backstroke 100	Eloise Barber	CE	01.03.73	16.01.09
Gregor Tait	CI	01.51.66	13.04.08	Backstroke 200	Rosie Hood	WB	02.13.31	12.01.08
Kris Gilchrist	CI	00.27.65	16.11.08	Breaststroke 50	Kirsty Balfour	CI	00.31.56	12.01.08
Ian Edmond	WB	*00.59.18	00.12.01	Breaststroke 100	Kirsty Balfour **	CI	01.06.51	21.01.06
Ian Edmond	WB	*02.05.63	14.12.03	Breaststroke 200	Kirsty Balfour **	CI	02.21.81	08.12.06
David Leith	CI	00.24.27	15.01.06	Butterfly 50	Alena Popchanka	CI	00.26.41	02.12.06
David Leith	WB	00.54.63	13.01.06	Butterfly 100	Alena Popchanka	CI	00.57.55	09.12.07
Chris Jones	HM	01.58.69	16.12.01	Butterfly 200	Alena Popchanka	CI	02.10.95	11.11.05
David Leith	CI	00.22.94	13.01.06	Freestyle 50	Alena Popchanka	CI	00.24.79	09.12.05
Nicholas Shackell	HM	00.49.33	19.12.98	Freestyle 100	Alena Popchanka	CI	00.52.91	08.12.06
Jamie Salter	WB	01.44.99	14.12.01	Freestyle 200	Alena Popchanka	CI	01.54.25	10.12.06
Jamie Salter	WB	03.43.48	00.12.99	Freestyle 400	Alena Popchanka	CI	04.00.80	16.12.07
John Owen	CI	07.58.77	14.01.06	Freestyle 800	Megan Gilchrist	CI	08.40.57	11.01.08
John Owen	CI	14.58.69	16.12.06	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Gregor Tait	CI	00.54.87	11.01.08	Ind. Medley 100	Fiona Booth	WB	01.02.32	15.01.06
Gregor Tait	CI	01.57.40	12.01.08	Ind. Medley 200	Sally Wood	WB	02.15.66	16.01.09
Lewis Smith	WB	04.10.70	14.12.07	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
City of Edinburgh		01.30.15	12.01.08	F/S Relay 4x50	Warrender		01.46.67	12.01.07
City of Edinburgh		03.21.85	09.08.01	F/S Relay 4x100	City of Edinburgh		04.04.93	06.03.04
City of Edinburgh		07.20.32	09.08.01	F/S Relay 4x200	Aquanauts Livingston		08.52.41	07.03.04
City of Edinburgh		01.38.78	11.01.08	Med. Relay 4x50	Warrender		01.59.03	12.01.07
City of Edinburgh		03.36.96	28.08.04	Med. Relay 4x100	City of Edinburgh		04.23.48	07.03.04

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