

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 10 YEARS & UNDER

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ROSS LESLIE	30/06/98	WRNX	00.31.40	SCOTTISH SCHOOLS AT TOLLCROSS, 31/01/2009
100M	FREESTYLE	DUNCAN SCOTT	06/05/97	WBSX	01.07.05	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
200M	FREESTYLE	ROSS McPHERSON	08/09/98	WCGX	02.30.72	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
400M	FREESTYLE	DUNCAN SCOTT	06/05/97	WBSX	05.11.24	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 1/03/2008
800M	FREESTYLE	ROSS LESLIE	30/06/98	WRNX	10.46.47	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
50M	BREASTSTROKE	CAMERON PARK	2/02/97	WRNX	00.43.61	SCOTTISH SCHOOLS AT LASGOW, 26/01/2008
100M	BREASTSTROKE	MARTIN DOUGLAS	22/03/96	WCGX	01.38.72	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 3/03/2007
200M	BREASTSTROKE	ROSS HUGHES	22/01/98	WNAX	03.24.20	PORTOBELLO MEET AT RCP, 16/11/2008
50M	BACKSTROKE	ADAM CARNEGIE	29/07/98	WCGX	00.38.25	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
100M	BACKSTROKE	DUNCAN SCOTT	06/05/97	WBSX	01.20.91	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 1/03/2008
200M	BACKSTROKE	DUNCAN SCOTT	06/05/97	WBSX	02.48.08	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
50M	BUTTERFLY	DUNCAN SCOTT	06/05/97	WBSX	00.33.68	SCOTTISH SCHOOLS AT TOLLCROSS, 26/01/2008
100M	BUTTERFLY	DUNCAN SCOTT	06/05/97	WBSX	01.15.70	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
200M	BUTTERFLY	ROSS HUGHES	22/11/98	WNAX	02.49.45	PORTOBELLO MEET AT RCP, 16/11/2008
200M	IND. MEDLEY	DUNCAN SCOTT	06/05/97	WBSX	02.49.00	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
400M	IND. MEDLEY	DUNCAN SCOTT	06/05/97	WBSX	05.54.13	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 1/03/2008

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 11 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	JORDAN HUGHES	7/08/96	WNAX	00.29.88	SCOTTISH SCHOOLS AT TOLLCROSS, 26/01/2008
100M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	01.01.95	ASA NAT AGE GROUPS AT PONDS FORGE, 26/07/2008
200M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	02.15.11	ASA NAT AGE GROUPS AT PONDS FORGE, 25/07/2008
400M	FREESTYLE	JORDAN HUGHES	7/08/96	WNAX	04.45.46	ASA NAT AGE GROUPS AT PONDS FORGE, 27/07/2008
800M	FREESTYLE	CONNOR MacNEIL	26/06/96	WOOX	10.28.34	WEST DISTRICT GP4 AT TOLLCROSS, 21/06/2009
1500M	FREESTYLE	DAVID COLLEY	16/04/96	WCGX	19.15.35	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
50M	BREASTSTROKE	CAMERON PARK	2/02/97	WRNX	00.39.78	SCOTTISH SCHOOLS AT TOLLCROSS, 31/01/2009
100M	BREASTSTROKE	RORY SHIRLEY	9/05/95	WCGX	01.28.87	WEST DISTRICTS GP 1 AT EAST KILBRIDE 3/03/2007
200M	BREASTSTROKE	GREG WATSON	26/11/96	WCGX	03.02.67	C of GLASGOW LC OPEN AT TOLLCROSS, 4/05/2008
50M	BACKSTROKE	RYAN DAVIDSON	1993	WGHX	00.33.62	GROUP 6, EVENT 202 AT EAST KILBRIDE, 29/10/2005
100M	BACKSTROKE	CONNOR MacNEIL	26/06/97	WOOX	01.16.59	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
200M	BACKSTROKE	ROSS HUGHES	21/01/98	WNAX	02.42.72	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
50M	BUTTERFLY	DALE McANISH	10/10/96	WGHX	00.32.65	WEST DISTRICT GP 4, AT EAST KILBRIDE, 1/06/2008
100M	BUTTERFLY	DALE McANISH	10/10/96	WGHX	01.11.84	SCOTTISH NATIONALS AT TOLLCROSS, 11/04/2008
200M	BUTTERFLY	LEE EMMERSON	4/05/95	WDSX	02.37.77	SCOTTISH NATIONALS AT GLASGOW, 15/04/2007
200M	IND. MEDLEY	DUNCAN SCOTT	06/05/97	WBSX	02.44.00	SCOTTISH NATIONAL OPEN AT RCP, 12/04/2009
400M	IND. MEDLEY	ROSS HUGHES	22/01/98	WNAX	05.40.28	ASA NATIONALS AT PONDS FORGE, 26/07/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 12 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	00.27.26	WEST SISTRICK GP 4 AT TOLLCROSS, 21/06/2009
100M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	00.57.08	ASA NATIONALS AT PONDS FORGE, 23/07/2009
200M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	02.04.36	ASA NATIONALS AT PONDS FORGE, 25/07/2009
400M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	04.24.98	ASA NATIONALS AT PONDS FORGE, 22/07/2009
800M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	09.21.33	ASA NATIONALS AT PONDS FORGE, 25/07/2009
1500M	FREESTYLE	MARK DEANS	20/12/94	WCGX	17.32.59	STOCKPORT METRO MEET AT STOCKPORT, 23/11/2007
50M	BREASTSTROKE	DALE McANISH	10/10/96	WGHX	00.36.67	WEST DISTRICT GP 4, TOLLCROSS, 20/06/2009
100M	BREASTSTROKE	LEE EMMERSON	04/05/95	WDSX	01.19.98	WEST DISTRICT GP 1 AT EAST KILBRIDE, 1/03/2008
200M	BREASTSTROKE	LEE EMMERSON	04/05/95	WDSX	02.49.83	SCOTTISH NATIONALS AT TOLLCROSS, 13/04/2008
50M	BACKSTROKE	LEE EMMERSON	04/05/95	WDSX	00.32.55	SCOTTISH AGE GROUPS AT TOLLCROSS, 12/04/2008
100M	BACKSTROKE	LEE EMMERSON	04/05/95	WDSX	01.06.74	SCOTTISH AGE GROUPS AT TOLLCROSS, 12/04/2008
200M	BACKSTROKE	LEE EMMERSON	04/05/95	WDSX	02.26.00	SCOTTISH NATIONALS AT TOLLCROSS, 11/04/2008
50M	BUTTERFLY	JORDAN HUGHES	07/08/96	WNAX	00.29.64	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
100M	BUTTERFLY	JORDAN HUGHES	07/08/96	WNAX	01.04.39	ASA NATIONALS AT PONDS FORGE, 25/07/2009
200M	BUTTERFLY	LEE EMMERSON	04/05/95	WDSX	02.20.30	SCOTTISH AGE GROUPS AT TOLLCROSS, 10/04/2008
200M	IND. MEDLEY	LEE EMMERSON	04/05/95	WDSX	02.25.12	SCOTTISH AGE GROUPS AT TOLLCROSS, 12/04/2008
400M	IND. MEDLEY	LEE EMMERSON	04/05/95	WDSX	05.05.95	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2008

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010**BOYS 13 YEARS**

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	00.27.44	EDINBURGH INT AT TOLLCROSS, 14/02/2010
100M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	00.56.30	EDINBURGH INT. AT TOLLCROSS, 14/02/2010
200M	FREESTYLE	JORDAN HUGHES	07/08/96	WNAX	02.03.40	SCOTTISH SCHOOLS AT TOLLCROSS, 30/01/2010
400M	FREESTYLE	JAMIE McKINLEY	22/11/93	WCGX	04.23.02	BRITISH NATIONALS AT PONDS FORGE, 26 /07/2007
800M	FREESTYLE	MARK DEANS	20/12/94	WCGX	08.59.49	ASA NAT AGE GROUPS AT PONDS FORGE, 26/07/2008
1500M	FREESTYLE	MARK DEANS	20/12/94	WCGX	17.06.92	STOCKPORT METRO MEET AT STOCKPORT , 28/11/2008
50M	BREASTSTROKE	IAN ELRICK	20/04/96	WFOX	00.34.78	EDINBURGH INT, AT TOLLCROSS, 13/02/2010
100M	BREASTSTROKE	IAN ELRICK	20/04/96	WFOX	01.14.22	EDINBURGH INT, AT TOLLCROSS, 13/02 /2010
200M	BREASTSTROKE	DOUGLAS SCOTT	1991	WEKX	02.42.14	WD OPEN, EVENT 306 AT EAST KILBRIDE, 31/10/2004
50M	BACKSTROKE	ANDREW ARTHUR	11/01/94	UNAT	00.30.65	WD GP 4, EVENT 202 AT EAST KILBRIDE, 2/06/2007
100M	BACKSTROKE	ANDREW ARTHUR	11/01/94	UNAT	01.05.51	SCOTTISH NATIONALS AT TOLLCROSS, 28/06/2007
200M	BACKSTROKE	ANDREW ARTHUR	11/01/94	UNAT	02.20.19	SCOTTISH NATONALS AT TOLLCROSS, 29/06/2007
50M	BUTTERFLY	STUART HOUSTON	1989	WRXX	00.29.55	WD OPEN, EVENT 302 AT EAST KILBRIDE, 3/11/2002
100M	BUTTERFLY	DAVID SHEWAN	1989	WNAX	01.04.15	WD OPEN, EVENT 204 AT EAST KILBRIDE, 2/11/2002
200M	BUTTERFLY	DAVID MORGAN	30/04/94	WRXX	02.17.12	SCOTTISH SCHOOLS AT TOLLCROSS, 26/01/2008
200M	IND. MEDLEY	DAVID MORGAN	30/04/94	WRXX	02.23.21	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
400M	IND. MEDLEY	DAVID MORGAN	30/04/94	WRXX	04.58.56	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 1/03/2008

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 14 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	STUART GREIG	1989	WAAX	00.26.45	WD OPEN, EVENT 410 AT EAST KILBRIDE, 2/11/2003
100M	FREESTYLE	SCOTT JACKSON	08/08/94	WRXX	00.55.94	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
200M	FREESTYLE	STEPHEN CRICHTON	23/04/93	WRXX	01.59.59	SCOTTISH NATIONAL AT TOLLCROSS, 13/04/2008
400M	FREESTYLE	SCOTT JACKSON	08/08/94	WSEX	04.16.68	CELTIC NATIONS AT SWANSEA, 22/02/2009
800M	FREESTYLE	MARK DEANS	20/12/94	WCGX	09.02.42	SHEFFIELD NO FRILLS AT PONDS FORGE, 29/05/2009
1500M	FREESTYLE	MARK DEANS	20/12/94	WCGX	16.59.84	SHEFFIELD NO FRILLS AT PONDS FORGE, 29/05/2009
50M	BREASTSTROKE	DOUGLAS SCOTT	1991	WEKX	00.31.78	GROUP 6, EVENT 102 AT EAST KILBRIDE, 29/10/2005
100M	BREASTSTROKE	DOUGLAS SCOTT	1991	WEKX	01.09.64	GROUP 6, EVENT 404 AT EAST KILBRIDE 30/10/2005
200M	BREASTSTROKE	DOUGLAS SCOTT	1991	WEKX	02.29.00	GROUP 6, EVENT 306 AT EAST KILBRIDE 30/10/2005
50M	BACKSTROKE	ANDREW ARTHUR	11/01/94	WMBX	00.30.29	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
100M	BACKSTROKE	ANDREW ARTHUR	11/01/94	WMBX	01.01.91	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
200M	BACKSTROKE	ANDREW ARTHUR	11/01/94	WMBX	02.16.31	SCOTTISH NATIONALS AT TOLLCROSS, 11/04/2008
50M	BUTTERFLY	SCOTT JACKSON	08/08/94	WRXX	00.28.84	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
100M	BUTTERFLY	DAVID MORGAN	30/04/94	WRXX	01.01.67	SCOTTISH NATIONALS AT RCP, 09/04/2009
200M	BUTTERFLY	DAVID MORGAN	30/04/94	WRXX	02.12.83	SCOTTISH NATIONALS AT RCP, 11/04/2009
200M	IND. MEDLEY	DAVID MORGAN	30/04/94	WRXX	02.18.71	SCOTTISH NATIONALS AT RCP, 12/04/09
400M	IND. MEDLEY	DAVID MORGAN	30/04/94	WRXX	04.53.93	SCOTTISH NATIONALS AT RCP, 08/04/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 15 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ALASDAIR STIRLING	26/03/93	WEKX	00.24.17	BRITISH CHAMPS AT PONDS FORGE, 16/03/2009
100M	FREESTYLE	ALASDAIR STIRLING	26/03/93	WEKX	00.52.55	BRITISH CHAMPS AT PONDS FORGE, 19/03/2009
200M	FREESTYLE	ALASDAIR STIRLING	26/03/93	WEKX	01.54.37	BRITISH CHAMPS AT PONDS FORGE, 17/03/2009
400M	FREESTYLE	ALASTAIR TURNER	11/09/92	WRXX	04.14.96	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
800M	FREESTYLE	ALASTAIR TURNER	11/09/92	WRXX	08.45.54	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
1500M	FREESTYLE	MARTIN CREMIN	11/11/91	WSSX	16.33.59	WD GP 4, EV 408 AT EAST KILBRIDE, 3/06/2007
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.30.25	WD GP 4, EV 102 AT EAST KILBRIDE, 2/06/2007
100M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	01.06.29	WISE INTERNATIONAL AT DUBLIN, 10/03/2007
200M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	02.22.61	SCOTTISH SCHOOLS AT GLASGOW, 27/01/2007
50M	BACKSTROKE	ANDREW ARTHUR	11/01/94	WMBX	00.28.24	SCOTTISH NATIONALS AT TOLLCROSS, 28/09/2009
100M	BACKSTROKE	SCOTT HOUSTON	1987	WRXX	01.01.15	WD OPEN, EVENT 114 AT EAST KILBRIDE, 2/11/2002
200M	BACKSTROKE	ANDREW DONALDSON	1991	WNAX	02.17.50	GROUP 5, EVENT 406 AT EAST KILBRIDE, 1/10/2006
50M	BUTTERFLY	ANDREW ARTHUR	11/01/94	WMBX	00.26.77	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
100M	BUTTERFLY	ANDREW ARTHUR	11/01/94	WMBX	00.59.68	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
200M	BUTTERFLY	STUART HOUSTON	1989	WRXX	02.11.29	GROUP 3, EVENT 308 AT EAST KILBRIDE, 8/05/2004
200M	IND. MEDLEY	DOUGLAS SCOTT	12/06/91	WEKX	02.11.45	BRITISH CHAMPS AT MANCHESTER, 27/03/2007
400M	IND. MEDLEY	ROSS MUIR	29/10/91	WFOX	04.51.75	WD GP 4, EV 208 AT EAST KILBRIDE, 2/06/2007

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 16 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ALASDAIR STIRLING	26/03/93	WEKX	00.24.65	ASA NATS. AT PONDS FORGE, 1/08/2009
100M	FREESTYLE	ALASTAIR TURNER	11/09/92	WRXX	00.54.32	WELSH DRAGON MEET AT SWANSEA, 10/01/2009
200M	FREESTYLE	ALASTAIR TURNER	11/09/92	WRXX	01.57.44	EDINBURGH INTERNATIONAL AT RCP, 14/02/09
400M	FREESTYLE	ALASTAIR TURNER	11/09/92	WRXX	04.09.74	CELTIC NATIONS AT SWANSEA, 22/02/2009
800M	FREESTYLE	MARTIN CREMIN	11/11/91	WSWX	08.35.89	WD GP 4, AT EAST KILBRIDE, 1/06/2008
1500M	FREESTYLE	MARTIN CREMIN	11/11/91	WSWX	16.32.04	GROUP 4, AT EAST KILBRIDE 1/06/2008
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.29.69	BRITISH CHAMPS AT PONDS FORGE, 1/04/2008
100M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	01.03.76	BRITISH CHAMPS AT PONDS FORGE, 1/04/2008
200M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	02.20.23	BRITISH CHAMPS AT PONDS FORGE, 3/04/2008
50M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	00.28.79	WD GP 4, EV 202 AT EAST KILBRIDE, 2/06/2007
100M	BACKSTROKE	SCOTT HOUSTON	1987	WRXX	01.00.89	GROUP 3, EVENT 216 AT EAST KILBRIDE, 10/05/2003
200M	BACKSTROKE	SCOTT HOUSTON	1987	WRXX	02.10.75	GROUP 3, EVENT 408 AT EAST KILBRIDE, 11/05/2003
50M	BUTTERFLY	STUART HOUSTON	1989	WRXX	00.27.19	GROUP 3, EVENT 118 AT EAST KILBRIDE, 6/05/2005
100M	BUTTERFLY	ALASDAIR STIRLING	26/03/93	WEKX	00.58.86	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
200M	BUTTERFLY	ALASDAIR STIRLING	26/03/93	WEKX	02.10.96	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
200M	IND. MEDLEY	DOUGLAS SCOTT	12/06/91	WEKX	02.09.59	QUEENSLAND CHAMPS, AUSTRALIA 15/12/2007
400M	IND. MEDLEY	DOUGLAS SCOTT	12/06/91	WEKX	04.40.29	QUEENSLAND CHAMPS, AUSTRALIA, 21/12/2007

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 17 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ANDREW DONALDSON	10/02/91	WRXX	00.24.34	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
100M	FREESTYLE	ANDREW DONALDSON	10/02/91	WRXX	00.53.86	SCOTTISH NATIONALS AT TOLLCROSS, 10/04/2008
200M	FREESTYLE	ANDREW DONALDSON	10/02/91	WRXX	01.54.73	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
400M	FREESTYLE	ROSS MUIR	29/10/91	WFOX	04.10.80	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
800M	FREESTYLE	IAN PORTEOUS	8/12/90	WRXX	08.33.79	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
1500M	FREESTYLE	ROSS DOUGLAS	1989	WCDX	17.05.64	GROUP 5, EVENT 308 AT EAST KILBRIDE, 1/10/2006
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.29.50	BRITIDH CHAMPS AT PONDS FORGE, 17/03/2009
100M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	01.02.91	BRITISH CHAMPS AT PONDS FORGE, 17/03/2009
200M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	02.19.97	BRITISH CHAMPS AT PONDS FORGE, 19/03/2009
50M	BACKSTROKE	RORY LAMONT	26/05/91	WWDX	00.28.28	SCOTTISH NATS AT TOLLCROSS, 29/06/2008
100M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	00.58.79	BRITISH CHAMPS AT PONDS FORGE, 31/03/2008
200M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	02.06.24	ASA YOUTH CHAMPS AT PONDS FORGE, 2/08/2008
50M	BUTTERFLY	ALASDAIR HALL	1984	WWDX	00.26.58	GROUP 3, EVENT 118 AT EAST KILBRIDE, 26/04/2001
100M	BUTTERFLY	CALUM McGHEE	17/04/91	WCDX	00.56.91	ASA YOUTH CHAMPS AT PONDS FORGE, 02/08/2008
200M	BUTTERFLY	CALUM McGHEE	17/04/91	WCDX	02.04.30	ASA YOUTH CHAMPS AT PONDS FORGE, 30/07/2008
200M	IND. MEDLEY	ANDREW DONALDSON	10/02/91	WRXX	02.11.77	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
400M	IND. MEDLEY	ROSS MUIR	29/10/91	WFOX	04.33.70	SCOTTISH NATIONAL OPEN AT RCP, 8/04/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 18 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ALASDAIR HALL	1984	WWDX	00.24.48	GROUP 3, EVENT 112 AT EAST KILBRIDE, 26/04/2002
100M	FREESTYLE	ANDREW DONALDSON	10/02/91	WRXX	00.52.16	ASA NATS AT PONDS FORGE, 29/07/2009
200M	FREESTYLE	ANDREW DONALDSON	10/02/91	WRXX	01.51.62	ASA NATS AT PONDS FORGE, 31/07/2009
400M	FREESTYLE	IAN PORTEOUS	8/12/90	WRXX	04.06.89	SCOTTISH NATIONALS AT RCP, 10/04/2009
800M	FREESTYLE	IAN PORTEOUS	8/12/90	WRXX	08.25.96	SCOTTISH NATIONALS AT RCP, 08/04/2009
1500M	FREESTYLE	IAN PORTEOUS	8/12/90	WRXX	16.13.34	SCOTTISH NATIONALS AT RCP, 11/04/2009
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.29.62	SCOTTISH NATIONALS AT TOLLCROSS, 27/06/2009
100M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	01.03.71	EURO JUNIORS AT PRAGUE, 11/07/2009
200M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	02.20.59	EUROPEAN JUNIORS AT PRAGUE, 08/07/2009
50M	BACKSTROKE	KIERAN McGUCKIN	25/10/90	WFOX	00.27.83	SCOTTISH NATIONALS AT TOLLCROSS, 28/06/2009
100M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	00.58.56	ASA NATS AT PONDS FORGE, 28/07/2009
200M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	02.06.28	SCOTTISH NATIONALS AT RCP, 09/04/2009
50M	BUTTERFLY	ALASDAIR HALL	1984	WWDX	00.26.58	GROUP 3, EVENT 118 AT EAST KILBRIDE, 28/04/2002
100M	BUTTERFLY	TODD COUPER	1983	WSGX	00.57.29	WD OPEN, EVENT 562 AT EAST KILBRIDE, 3/11/2001
200M	BUTTERFLY	MATTHEW McCUSKER	04/01/91	WRXX	02.03.58	SCOTTISH NATIONALS AT TOLLCROSS, 25/06/2009
200M	IND. MEDLEY	ANDREW DONALDSON	10/02/91	WRXX	02.10.47	SCOTTISH NATIONALS AT RCP, 12/04/2009
400M	IND. MEDLEY	MATTHEW McCUSKER	04/01/91	WRXX	04.35.21	WELSH DRAGON MEET AT SWANSEA, 9/01/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 2010
BOYS 19/24 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ANDREW HAGGERTY	23/05/85	WRBX	00.24.71	GROUP 6, AT EAST KILBRIDE, 30/10/2005 + Gp4 1/06/2008
100M	FREESTYLE	CRAIG HOUSTON	06/02/85	WCGX	00.51.95	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
200M	FREESTYLE	BEN HIGSON	01/07/86	WSWX	01.54.14	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
400M	FREESTYLE	BRADLEY HAY	1982	WSGX	04.08.49	WD OPEN, EVENT 110 AT EAST KILBRIDE, 2/11/2002
800M	FREESTYLE	DEREK McGOWN	1984	WEKX	08.38.78	GROUP 3, EVENT 110 AT EAST KILBRIDE, 9/05/2003
1500M	FREESTYLE	FRASER SMITH	10/02/90	WCGX	16.32.97	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
50M	BREASTSTROKE	IAIN SCANLON	15/07/90	WRXX	00.30.04	ASA NATS. AT PONDS FORGE, 02/08/2009
100M	BREASTSTROKE	IAIN SCANLON	15/07/90	WRXX	01.06.55	ASA NATS. AT PONDS FORGE, 28/07/2009
200M	BREASTSTROKE	IAIN SCANLON	15/07/90	WRXX	02.25.85	ASA NATS. AT PONDS FORGE, 30/07/2009
50M	BACKSTROKE	GRAEME LYONS	8/05/86	WWDX	00.27.85	WD GP 4, EV 202 AT EAST KILBRIDE, 2/06/2007
100M	BACKSTROKE	SEAN SEPULIS	1977	WDNX	00.58.65	WD OPEN, EVENT 514 AT EAST KILBRIDE, 3/11/2001
200M	BACKSTROKE	NICK NECKLES	1978	WSGX	02.10.50	WD OPEN, EVENT 656 AT EAST KILBRIDE, 4/11/2001
50M	BUTTERFLY	ANDREW HAGGERTY	23/05/85	WRBX	00.26.41	GROUP 4, AT EAST KILBRIDE, 1/06/2008
100M	BUTTERFLY	MARK LEWIS	1983	WSGX	00.59.08	WD OPEN, EVENT 204 AT EAST KILBRIDE, 1/11/2003
200M	BUTTERFLY	MARK LEWIS	1983	WSGX	02.05.77	WD OPEN, EVENT 106 AT EAST KILBRIDE, 1/11/2003
200M	IND. MEDLEY	STEVEN BINNIE	28/03/86	WSWX	02.13.37	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
400M	IND. MEDLEY	STEVEN BINNIE	28/03/86	WSGX	04.43.87	WD GP 4, EVENT 208 AT EAST KILBRIDE, 2/06/2007