

WEST DISTRICT OPEN LONG COURSE RECORDS AS AT DECEMBER 2011
MEN

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	RICHARD SCHAFERS	29/03/91	WCGX	00.23.37	SCOTTISH NATS AT TOLLCROSS, 26/06/2010
100M	FREESTYLE	ROBBIE RENWICK	21/07/88	WCGX	00.49.53	BRITISH CHAMPS AT PONDS FORGE, 17/06/2011
200M	FREESTYLE	ROBBIE RENWICK	21/07/88	WCGX	01.47.46	BRITISH CHAMPS AT PONDS FORGE, 15/06/2011
400M	FREESTYLE	ROBBIE RENWICK	21/07/88	WCGX	03.48.60	BRITISH CHAMPS AT PONDS FORGE, 14/06/2011
800M	FREESTYLE	IAN PORTEOUS	8/12/90	WRXX	08.25.96	SCOTTISH NATIONALS AT RCP, 08/04/2009
1500M	FREESTYLE	MARTIN CREMIN	11/11/91	WSWX	15.54.38	WD GROUP 4 AT TOLLCROSS, 5/06/2011
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.28.74	BRITISH CHAMPS AT MANCHESTER, 9/03/2011
100M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	01.02.57	BRITISH CHAMPS AT MANCHESTER, 5/03/2011
200M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	02.19.97	BRITISH CHAMPS AT PONDS FORGE, 19/03/2009
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50M	BACKSTROKE	GRAEME LYONS	08.05.86	WWDX	00.26.40	SCOTTISH NATS AT TOLLCROSS, 22/06/2010
100M	BACKSTROKE	GRAEME LYONS	08.05.86	WWDX	00.58.36	SCOTTISH NATS AT TOLLCROSS, 25/06/2010
200M	BACKSTROKE	ANDREW DONALDSON	10/02/91	WRXX	02.06.24	ASA YOUTH CHAMPS, PONDS FORGE, 31/07/2008
50M	BUTTERFLY	DANIEL SCOTT	09/07/90	WCGX	00.24.81	SCOTTISH NATS AT TOLLCROSS, 30/06/2011
100M	BUTTERFLY	DANIEL SCOTT	09/07/90	WCGX	00.55.58	SCOTTISH NATS AT TOLLCROSS, 25/06/2010
200M	BUTTERFLY	MATTHEW McCUSKER	04/01/91	WRXX	02.03.58	SCOTTISH NATS AT TOLLCROSS 25/06/2009
200M	IND. MEDLEY	ROSS MUIR	29/10/91	WFOX	02.06.93	SCOTTISH NATS AT TOLLCROSS, 02/07/2011
400M	IND. MEDLEY	ROSS MUIR	29/10/91	WFOX	04.29.02	WD GROUP 2 AT TOLLCROSS, 06/03/2010
4 x 50M	MEDLEY RELAY	EAST KILBRIDE ASC. {D McGown, R Martin, A Frondigoun, K Clark}	OPEN	WEKX	01.55.99	WD OPEN, EV 664 AT EAST KILBRIDE, 4/11/2001
4 x 50M	FREE RELAY	WEST DUNBARTONSHIRE ASC {A McCallum, M MacKenzie, R Lamont, G Lyons}	OPEN	WWDX	01.44.16	GROUP 5, EV 214 AT EAST KILBRIDE, 30/09/2006