

**WEST DISTRICT OPEN LONG COURSE RECORDS AS AT MARCH 2010**

**MEN**

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	CRAIG HOUSTON	06/02/95	WCGX	00.51.95	WD GROUP 4 AT TOLLCROSS, 21/06/2009
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	GREG ORPHANIDES	1978	WCGX	16.12.50	WD OPEN, EV 308 AT EAST KILBRIDE, 2/11/2003
50M	BREASTSTROKE	DOUGLAS SCOTT	12/06/91	WEKX	00.29.50	BRITISH 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	12/06/94	WEKX	02.19.97	BRITISH CHAMPS AT PONDS FORGE, 19/03/2009
50M	BACKSTROKE	KIERAN McGUCKIN	25/10/90	WFOX	00.27.83	SCOTTISH NATS 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	02.06.24	ASA YOUTH CHAMPS, PONDS FORGE, 31/07/2008
50M	BUTTERFLY	DANIEL SCOTT	09/07/90	WCGX	00.26.00	WD GROUP 2 AT TOLLCROSS, 07/03/2010
100M	BUTTERFLY	CALUM McGHEE	17/04/91	WCDX	00.56.91	ASA YOUTH CHAMPS, PONDS FORGE, 2/08/2008
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	02.08.75	WD GROUP 2 AT TOLLCROSS, 06/03/2010
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