

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 10 YEARS & UNDER

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	JENNIFER KING	01/04/98	WNAX	00.32.99	PORTOBELLO MEET AT RCP, 15/11/2008
100M	FREESTYLE	SAMANTHA KING	10/07/96	WNAX	01.09.44	WEST DISTRICT GP 1 AT EAST KILBRIDE, 4/03/2007
200M	FREESTYLE	CARI KIDDIE	21/01/99	WCGX	02.35.00	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
400M	FREESTYLE	JENNIFER KING	01/04/98	WNAX	05.24.08	PORTOBELLO MEET AT RCP, 16/11/2008
800M	FREESTYLE	LUCY McGHEE	15/06/99	WCDX	11.09.94	CofG OPEN MEET AT TOLLCROSS, 01.05.2010
50M	BREASTSTROKE	KATIE McINTYRE	08/05/99	WLKX	00.42.60	WD GROUP 2 AT TOLLCROSS, 06/03/2010
100M	BREASTSTROKE	JENNIFER DICKSON	12/05/99	WCGX	01.34.92	CofG OPENMEET AT TOLLCROSS, 01/05/2010
200M	BREASTSTROKE	JENNIFER DICKSON	12/05/99	WCGX	03.17.11	WD GROUP 2 AT TOLLCROSS 07/03/2010
50M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	00.34.06	SCOTTISH SCHOOLS AT TOLLCROSS, 31/01/2009
100M	BACKSTROKE	SAMANTHA KING	10/07/96	WNAX	01.18.13	WEST DISTRICT GP 1 AT EAST KILBRIDE, 3/03/2007
200M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	02.38.67	PORTOBELLO MEET AT RCP, 16/11/2008
50M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	00.35.28	SCOTTISH SCHOOLS AT TOLLCROSS, 27/01/2007
100M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	01.19.60	WEST DISTRICT GP 1 AT EAST KILBRIDE, 4/03/2007
200M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	02.54.93	WEST DISTRICT GP 1 AT EAST KILBRIDE, 3/03/2007
200M	IND. MEDLEY	SAMANTHA KING	10/07/96	WNAX	02.52.33	WEST DISTRICT GP 1 AT EAST KILBRIDE, 4/03/2007
400M	IND. MEDLEY	LUCY McGHEE	15/06/99	WCDX	06.34.99	GofG OPEN MEET AT TOLLCROSS, 02.05.2010

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 11 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	DANIELLE JOYCE	14/06/96	WRXX	00.30.06	SCOTTISH SCHOOLS AT TOLLCROSS, 26/01/2008
100M	FREESTYLE	SAMANTHA KING	10/07/96	WNAX	01.03.73	SCOTTISH AGE GROUPS AT TOLLCROSS 12/04/2008
200M	FREESTYLE	SAMANTHA KING	10/07/96	WNAX	02.18.34	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2008
400M	FREESTYLE	SAMANTHA KING	10/07/96	WNAX	04.44.30	CoG LC MEET AT TOLLCROSS, 4/05/2008
800M	FREESTYLE	KIRSTIN McKINLEY	30/07/95	WCGX	10.09.49	BRITISH NATIONALS AT PONDS FORGE, 24/07/2007
1500M	FREESTYLE	JENNIFER KING	01/04/98	WNAX	19.29.78	WD GROUP 2 AT TOLLCROSS, 07/03/2010
50M	BREASTSTROKE	CORRIE SCOTT	1993	WEKX	00.39.52	WD OPEN, EVENT 101 AT EAST KLIBRIDE, 30/10/2004
100M	BREASTSTROKE	CORRIE SCOTT	1993	WEKX	01.24.28	WD OPEN, EVENT 403 AT EAST KILBRIDE, 31/10/2004
200M	BREASTSTROKE	KIRSTIN McKINLEY	30/07/95	WCGX	03.04.90	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2007
50M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	00.32.88	SCOTTISH SCHOOLS AT TOLLCROSS, 30/01/2010
100M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	01.08.51	ASA NAT. AGE GROUPS AT PONDS FORGE, 25/07/2009
200M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	02.26.05	ASA NAT. AGE GROUPS AT PONDS FORGE, 22/07/2009
50M	BUTTERFLY	LAUREN YORSTON	08/04/98	WFOX	00.34.36	WD GROUP 2 AT TOLLCROSS, 07/03/2010
100M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	01.09.53	SCOTTISH AGE GROUPS AT TOLLCROSS, 13/04/2008
200M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	02.36.87	SCOTTISH AGE GROUPS AT TOLLCROSS, 10/04/2008
200M	IND. MEDLEY	SAMANTHA KING	10/07/96	WNAX	02.36.33	CoG LC MEET AT TOLLCROSS, 04/05/2008
400M	IND. MEDLEY	JENNIFER KING	01/04/98	WNAX	05.25.65	ASA NATIONALS AT PONDS FORGE, 22/07/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 12 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	SAMANTHA KING	10/07/96	WNAX	00.29.62	PORTOBELLO MEET AT RCP, 15/11/2008
100M	FREESTYLE	CHARLOTTE McKENZIE	18/11/96	WFOX	01.03.48	SCOTTISH NATIONALS AT RCP, 08/04/2009
200M	FREESTYLE	REBECCA MURRAY	27/05/97	WFOX	02.16.72	SCOTTISH AGE GROUPS AT TOLLCROSS, 09/04/2010
400M	FREESTYLE	REBECCA MURRAY	27/05/97	WFOX	04.45.42	SCOTTISH AGE GROUPS AT TOLLCROSS, 08/04/2010
800M	FREESTYLE	CARA TOSH	28/07/95	WCGX	09.52.01	WD GROUP 4 AT EAST KILBRIDE, 1/06008
1500M	FREESTYLE	REBECCA MURRAY	27/05/97	WFOX	18.59.51	WD GROUP 2 AT TOLLCROSS, 07/03/2010
50M	BREASTSTROKE	REBECCA HILLIS	1990	WRXX	00.37.32	WD OPEN, EVENT 111 AT EAST KILBRIDE, 2/11/2002
100M	BREASTSTROKE	REBECCA HILLIS	1990	WCDX	01.20.10	WD OPEN, EVENT 411 AT EAST KILBRIDE, 3/11/2002
200M	BREASTSTROKE	REBECCA HILLIS	1990	WCDX	02.47.40	WD OPEN, EVENT 305 AT EAST KILBRIDE, 3/11/2002
50M	BACKSTROKE	SAMANTHA KING	10/07/96	WNAX	00.32.65	PORTOBELLO MEET AT RCP, 16/11/2008
100M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	01.07.98	ASA NATIONALS AT PONDS FORGE, 25/07/2009
200M	BACKSTROKE	JENNIFER KING	01/04/98	WNAX	02.26.47	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2010
50M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	00.30.74	PORTOBELLO MEET AT RCP, 16/11/2008
100M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	01.06.81	ASA AGE GROUPS AT PONDS FORGE, 26/07/2008
200M	BUTTERFLY	SAMANTHA KING	10/07/96	WNAX	02.31.80	SCOTTISH NATIONALS AT RCP, 08/04/2009
200M	IND. MEDLEY	CHARLOTTE McKENZIE	18/11/96	WFOX	02.31.83	SCOTTISH NATIONALS AT TOLLCROSS, 25/06//2009
400M	IND. MEDLEY	KIRSTIN McKINLEY	30/07/95	WCGX	05.23.73	WEST DISTRICTS GP 4 AT EAST KILBRIDE, 31/05/2008

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 13 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	DANIELLE JOYCE	14/06/96	WRXX	00.28.72	SCOTTISH NATIONALS AT TOLLCROSS, 25/06/2009
100M	FREESTYLE	LAUREN AVERELL	13/08/95	WMBX	01.02.36	ASA NAT. AGE GROUP AT PONDS FORGE, 22/07/2009
200M	FREESTYLE	LEANNA MARSHALL	25/12/94	WCDX	02.13.56	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 1/03/2008
400M	FREESTYLE	LEANNA MARSHALL	25/12/94	WCDX	04.39.01	WEST DISTRICTS GP 4 AT EAST KILBRIDE, 31/05/2008
800M	FREESTYLE	LEANNA MARSHALL	25/12/94	WCDX	09.31.45	WD GP 4 AT EAST KILBRIDE, 1/06/2008
1500M	FREESTYLE	ABIGAIL McLELLAN	1992	WCGX	18.19.43	GROUP 3, EVENT 217 AT EAST KILBRIDE, 7/05/2005
50M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	00.34.98	WD GP 4, EVENT 101 AT EAST KILBRIDE, 2/06/2007
100M	BREASTSTROKE	JULIE WILLIAMS	1988	WRXX	01.16.15	WD OPEN, EVENT 653 AT EAST KILBRIDE, 4/11/2001
200M	BREASTSTROKE	REBECCA HILLIS	1990	WRXX	02.40.21	WD OPEN, EVENT 305 AT EAST KILBRIDE, 2/11/2003
50M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	00.31.51	WD GROUP 2 AT TOLLCROSS, 06/03/2010
100M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	01.06.16	EDINBURGH INT AT TOLLCROSS, 13/02/2010
200M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	02.22.89	EDINBURGH INT AT TOLLCROSS, 13/02/2010
50M	BUTTERFLY	JULIE HUNTER	23/11/96	WGHX	00.30.07	WD GROUP 2 AT TOLLCROSS , 07/03/2010
100M	BUTTERFLY	JULIE HUNTER	23/11/96	WGHX	01.05.83	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2010
200M	BUTTERFLY	KAYRINE KELLY	27/11/95	WSWX	02.26.20	SCOTTISH NATIONALS AT RCP, 08/04/2009
200M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	02.25.76	SCOTTISH NATIONALS AT TOLLCROSS, 30/06/2007
400M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	05.05.80	BRITISH NATIONALS AT PONDS FORGE, 23/07/2007

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 14 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	RHONA CONWAY	1988	WCDX	00.28.48	WD OPEN, EVENT 409 AT EAST KILBRIDE, 3/11/2002
100M	FREESTYLE	KIRSTIN McKINLEY	30/07/95	WCGX	01.00.08	SCOTTISH NAT AGE GROUPS AT TOLLCROSS 9/04/2010
200M	FREESTYLE	KIRSTIN McKINLEY	30/07/95	WCGX	02.09.76	SCOTTISH NAT AGE GROUPS AT TOLLCROSS, 9/04/2010
400M	FREESTYLE	KIRSTIN McKINLEY	30/07/95	WCGX	04.31.04	WD GROUP 2 AT TOLLCROSS, 06/03/2010
800M	FREESTYLE	KIRSTIN McKINLEY	30/07/95	WCGX	09.18.73	WD GROUP 2 AT TOLLCROSS, 07/03/2010
1500M	FREESTYLE	LORNA SMITH	1988	WRXX	17.42.06	WD OPEN, EVENT 407 AT EAST KILBRIDE, 3/11/2002
50M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	00.32.98	MANCHESTER OPEN, MANCHESTER AQUATICS 16/05/2008
100M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	01.13.96	WISE INTERNATIONAL AT CRAWLEY, 08/03/2008
200M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	02.39.70	ASA YOUTH CHAMPS AT PONDS FORGE, 30/07/2008
50M	BACKSTROKE	HAZEL McBRIDE	29/01/93	WRXX	00.32.11	MANCHESTER OPEN AT MANCHESTER, 20/05/2007
100M	BACKSTROKE	HANNAH MILEY	1989	WSGX	01.07.88	WD OPEN, EVENT 203 AT EAST KILBRIDE, 1/11/2003
200M	BACKSTROKE	STEPHANIE HANLEY	29/07/92	WSGX	02.26.45	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 4/03/2007
50M	BUTTERFLY	LAUREN AVERELL	13/08/95	WMBX	00.29.74	WD GROUP 2 AT TOLLCROSS, 07/03/2010
100M	BUTTERFLY	LAUREN AVERELL	13/08/95	WMBX	01.07.94	WD GROUP 2 AT TOLLCROSS, 06/03/2010
200M	BUTTERFLY	HANNAH MILEY	1989	WSGX	02.27.89	WD OPEN, EVENT 105 AT EAST KILBRIDE, 1/11/2003
200M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	02.21.06	ASA YOUTH CHAMPS AT PONDS FORGE, 2/08/2008
400M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	04.58.74	SCOTTISH NATIONALS AT TOLLCROSS, 29/06/2008

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 15 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	LINDSAY BLOOMER	18/02/93	WEKX	00.28.05	ASA YOUTH CHAMPS AT PPONDS FORGE, 2/08/2008
100M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	00.59.79	SCOTTISH NATIONAL OPEN AT RCP, 08/04/2009
200M	FREESTYLE	LORNA SMITH	1988	W/RX	02.08.48	WD OPEN, EVENT 205 AT EAST KILBRIDE, 1/11/2003
400M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	04.30.89	SCOTTISH NATIONAL OPEN AT RCP,09//04/2009
800M	FREESTYLE	REBECCA HILLIS	1990	UNAT	09.22.43	GROUP 3, EVENT 109 AT EAST KILBRIDE, 6/05/2005
1500M	FREESTYLE	LORNA SMITH	1988	W/RX	17.21.27	WD OPEN, EVENT 407 AT EAST KILBRIDE, 2/11/2003
50M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	00.33.22	SCOTTISH NATIONALS AT TOLLCROSS, 27/06/2009
100M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	01.12.96	BRITISH CHAMPS AT PONDS FORGE, 17/03/2009
200M	BREASTSTROKE	REBECCA HILLIS	1990	UNAT	02.38.78	GROUP 3, EVENT 207 AT EAST KILBRIDE, 7/05/2005
50M	BACKSTROKE	LORNA SMITH	1988	W/RX	00.31.37	WD OPEN, EVENT 209 AT EAST KILBRIDE, 1/11/2003
100M	BACKSTROKE	LORNA SMITH	1988	W/RX	01.06.35	GROUP 3, EVENT 215 AT EAST KILBRIDE, 10/05/2003
200M	BACKSTROKE	LORNA SMITH	1988	W/RX	02.21.25	GROUP 3, EVENT 407 AT EAST KILBRIDE, 11/05/2003
50M	BUTTERFLY	ROCHELLE CALLAN	08/01/94	WCDX	00.29.94	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
100M	BUTTERFLY	ROCHELLE CALLAN	08/01/94	WCDX	01.07.66	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
200M	BUTTERFLY	CHERYL BOND	1991	W/CG	02.25.63	GROUP 5 , EVENT 105 AT EAST KILBRIDE, 30/09/2006
200M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	02.22.50	BRITISH CHAMPS AT PONDS FORGE, 16/03/2009
400M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	05.06.27	SCOTTISH NATIONAL OPEN AT RCP, 08/04/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 16 YEARS

DISTANCE	STROKE	NAME	Y.O.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	00.27.60	EDINBURGH INT AT TOLLCROSS, 13/02/2010
100M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	01.00.06	SCOTTISH AGE GROUPS AT TOLLCROSS, 10/04/2010
200M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	02.09.64	EDINBURGH INT AT TOLLCROSS, 13/02/2010
400M	FREESTYLE	RECHEL TEDESCHI	06/11/93	WEKX	04.33.49	WD GROUP 2 AT TOLLCROSS, 06/03/2010
800M	FREESTYLE	ASHTON BOWMAN	1987	WAAX	09.22.12	GROUP 3, EVENT 109 AT EAST KILBRIDE, 9/05/2003
1500M	FREESTYLE	ASHTON BOWMAN	1987	WAAX	17.57.17	GROUP 3, EVENT 217 AT EAST KILBRIDE, 10/05/2003
50M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	00.32.54	BRITISH CHAMPS AT PONDS FORGE, 29/03/2010
100M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	01.12.61	SCOTTISH AGE GROUPS AT TOLLCROSS, 08/04/2010
200M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	02.35.17	SCOTTISH AGE GROUPS AT TOLLCROSS, 09/04/2010
50M	BACKSTROKE	AILEEN STIRLING	1990	WEKX	00.32.47	GROUP 2, EVENT 105 AT EAST KILBRIDE, 5/25/2006
100M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	01.05.36	SCOTTISH NATIONALS AT GLASGOW, 15/04/2007
200M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	02.20.32	SCOTTISH NATIONALS AT GLASGOW, 14/04/2007
50M	BUTTERFLY	CORRIE SCOTT	17/08/93	WEKX	00.29.79	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2010
100M	BUTTERFLY	CORRIE SCOTT	17/08/93	WEKX	01.03.96	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2010
200M	BUTTERFLY	CORRIE SCOTT	17/08/94	WEKX	02.20.98	SCOTTISH AGE GROUPS AT TOLLCROSS, 10/04/2010
200M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	02.19.65	SCOTISH AGE GROUPS AT TOLLCROSS, 08/04/2010
400M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	04.55.52	SCOTTISH AGE GROUPS AT TOLLCROSS, 11/04/2010

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 17 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	ASHLEY HILL	1989	WMWX	00.28.58	GROUP 2, EVENT 101 AT EAST KILBRIDE, 5/05/2006
100M	FREESTYLE	LORNA DOCHERTY	1987	WAAX	01.00.66	GROUP 3, EVENT 315 AT EAST KILBRIDE, 8/05/2004
200M	FREESTYLE	LAURA McGARVEY	1985	WRXX	02.09.95	GROUP 3, EVENT 509 AT EAST KILBRIDE, 28/04/2002
400M	FREESTYLE	LORNA SMITH	1988	WCGX	04.29.07	GROUP 3, EVENT 211 AT EAST KILBRIDE, 7/05/2005
800M	FREESTYLE	LORNA SMITH	1988	WCGX	09.08.17	GROUP 3, EVENT 109 AT EAST KILBRIDE, 6/05/2005
1500M	FREESTYLE	JO ANN McGARVEY	1989	WRXX	18.08.75	GROUP 2, EVENT 217 AT EAST KILBRIDE, 6/05/2006
50M	BREASTSTROKE	VICTORIA GOURLAY	14/04/92	WLKX	00.34.02	SCOTTISH NATONAL OPEN AT TOLLCROSS, 27/06/2009
100M	BREASTSTROKE	VICTORIA GOURLAY	14/04/92	WLKX	01.15.31	SCOTTISH NATIONAL OPEN AT TOLLCROSS, 26/06/2009
200M	BREASTSTROKE	VICTORIA GOURLAY	14/04/92	WLKX	02.44.70	SCOTTISH NATIONAL OPEN AT TOLLCROSS, 28/06/2009
50M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	00.31.48	EDINBURGH INT & TRI NATIONS AT RCP, 15/02/2008
100M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	01.05.07	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
200M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	02.16.85	BRITISH CHAMPS AT PONDS FORGE, 4/04/2008
50M	BUTTERFLY	ALISON MALCOLM	1987	WRXX	00.30.85	GROUP 3, EVENT 117 AT EAST KILBRIDE, 7/05/2004
100M	BUTTERFLY	KIRSTY HART	18/12/90	WRXX	01.03.48	ASA YOUTH CHAMPS AT PONDS FORGE, 1/08/2008
200M	BUTTERFLY	KIRSTY HART	18/12/90	WRXX	02.18.69	SCOTTISH NATIONALS AT TOLLCROSS, 12/04/2008
200M	IND. MEDLEY	KIRSTY HART	18/12/90	WRXX	02.21.42	ASA YOUTH CHAMPS AT PONDS FORGE, 2/08/2008
400M	IND. MEDLEY	LORNA SMITH	1988	WCGX	05.00.25	GROUP 3, EVENT 411 AT EAST KILBRIDE, 8/05/2005

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 18 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	LOUISE COULL	1984	WRXX	00.28.38	WD OPEN, EVENT 409 AT EAST KILBRIDE, 3/11/2002
100M	FREESTYLE	LORNA SMITH	1988	WCGX	01.01.55	GROUP 2, EVENT 301 AT EAST KILBRIDE, 6/05/2006
200M	FREESTYLE	LORNA SMITH	1988	WCGX	02.12.94	GROUP 2, EVENT 509 AT EAST KILBRIDE, 7/05/2006
400M	FREESTYLE	REBECCA COOKE	1983	WCGX	04.22.67	WD OPEN, EVENT 509 AT EAST KILBRIDE, 3/11/2001
800M	FREESTYLE	REBECCA COOKE	1983	WCGX	08.52.84	WD OPEN, EVENT 607 AT EAST KILBRIDE, 4/11/2001
1500M	FREESTYLE	REBECCA COOKE	1983	WCGX	16.42.45	WD OPEN, EVENT 657 AT EAST KILBRIDE, 4/11/2001
50M	BREASTSTROKE	REBECCA HILLIS	7/01/90	WCGX	00.34.97	GROUP 4, AT EAST KILBRIDE, 31/05/2008
100M	BREASTSTROKE	REBECCA HILLIS	7/01/90	WCGX	01.15.86	WD GROUP 4 AT EAST KILBRIDE, 1/06/2008
200M	BREASTSTROKE	FIONA McCORMACK	7/01/90	WCGX	02.41.26	WD GROUP 4 AT EAST KILBRIDE, 1/06/2008
50M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	00.30.88	CELTIC TRI NATIONS AT SWANSEA, 20/02/2009
100M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	01.04.49	SCOTTISH NATIONALS AT RCP, 11/04/2009
200M	BACKSTROKE	KIRSTY HART	18/12/90	WRXX	02.17.39	SCOTTISH NATIONALS AT RCP, 10/04/2009
50M	BUTTERFLY	LAURA McGARVEY	1985	WRXX	00.30.61	GROUP 3, EVENT 117 AT EAST KILBRIDE, 9/05/2003
100M	BUTTERFLY	KIRSTY HART	31/12/90	WRXX	01.02.76	WELSH DRAGON MEET AT SWANSEA, 9/01/2009
200M	BUTTERFLY	KIRSTY HART	31/12/90	WRXX	02.15.61	CELTIC TRI NATIONS AT SWANSEA, 20/02/2009
200M	IND. MEDLEY	KIRSTY HART	18/12/90	WRXX	02.23.68	SCOTTISH NATIONALS AT TOLLCROSS, 25/06/2009
400M	IND. MEDLEY	KIRSTY HART	31/12/90	WRXX	04.56.52	WELSH DRAGON MEET AT SWANSEA, 10/01/2009

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MAY 2010
GIRLS 19/24 YEARS

DISTANCE	STROKE	NAME	D.o.B.	CLUB CODE	TIME ACHIEVED	CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED
50M	FREESTYLE	SINEAD ROWNEY	1983	WCDX	00.29.35	WD OPEN, EVENT 401 AT EAST KILBRIDE, 2/11/2003
100M	FREESTYLE	LORNA SMITH	09/08/88	WRXX	01.00.66	WEST DISTRICT GP 4 AT TOLLCROSS, 21/06/2009
200M	FREESTYLE	LOUISE COULL	1984	WRXX	02.11.85	GROUP 3, EVENT 509 AT EAST KILBRIDE, 11/05/2003
400M	FREESTYLE	REBECCA COOKE	1983	WCGX	04.24.95	GROUP 2, EVENT 211 AT EAST KILBRIDE, 6/05/2006
800M	FREESTYLE	EMMA REID	12/06/89	WMBX	09.25.64	SCOTTISH NATIONALS AT TOLLCROSS, 27/06/2008
1500M	FREESTYLE	REBECCA COOKE	1983	WCGX	16.46.60	GROUP 2, EVENT 217 AT EAST KILBRIDE, 6/05/2006
50M	BREASTSTROKE	FIONA GRAY	12/04/90	WSWX	00.36.89	WD GROUP 2 AT TOLLCROSS, 6/03/2010
100M	BREASTSTROKE	SUSAN KENT	1979	WCDX	01.22.90	GROUP 3, EVENT 415 AT EAST KILBRIDE, 28/04/2002
200M	BREASTSTROKE	REBECCA COOKE	1983	WCGX	02.53.81	GROUP 2, EVENT 201 AT EAST KILBRIDE, 6/05/2006
50M	BACKSTROKE	LORNA SMITH	09/08/88	WRXX	00.30.91	WEST DISTRICT GP 4 AT TOLLCROSS, 20/06/2009
100M	BACKSTROKE	LOUISE COULL	1984	WRXX	01.05.02	WEST DISTRICT GP 3 AT EAST KILBRIDE, 10/05/2003
200M	BACKSTROKE	LOUISE COULL	1984	WRXX	02.17.73	WEST DISTRICT GP 3 AR EAST KILBRIDE, 11/05/2003
50M	BUTTERFLY	KIRSTY HART	18/12/90	WRXX	00.30.05	WD GROUP 2 AT TOLLCROSS, 07/03/2010
100M	BUTTERFLY	CLAIRE McGARVEY	1984	WRXX	01.06.86	GROUP 3, EVENT 515 AT EAST KILBRIDE, 11/05/2003
200M	BUTTERFLY	REBECCA COOKE	1983	WCGX	02.26.96	GROUP 2, EVENT 307 AT EAST KILBRIDE, 6/05/2006
200M	IND. MEDLEY	REBECCA COOKE	1983	WCGX	02.28.56	GROUP 6, EVENT 107 AT EAST KILBRIDE, 29/10/2005
400M	IND. MEDLEY	REBECC COOKE	1983	WCGX	05.05.77	GROUP 6, EVENT 207 AT EAST KILBRIDE, 29/10/2005