

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 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	CASSIE McCLEMENTS	28/05/96	WAAX	11.30.27	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 4/03/2007
50M	BREASTSTROKE	JENNIFER DICKSON		WCGX	00.43.19	C of G LC GRADED MEET AT TOLLCROSS, 06/02/2010
100M	BREASTSTROKE	SAMANTHA KING	10/07/96	WNAX	01.35.41	WEST DISTRICT GP 1 AT EAST KILBRIDE, 3/04/2007
200M	BREASTSTROKE	ADRIENNE ALLAN	23/07/98	WHBX	03.26.96	WEST DISTRICT GP 4 AT TOLLCROSS 21/06/2009
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	CASSIE McCLEMENTS	28/05/96	WAAX	06.36.27	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 3/03/2007

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 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	MEGAN DONNELLY	1994	WCGX	20.23.86	GROUP 6, EVENT 407 AT EAST KILBRIDE, 29/10/2005
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	JULIE NIMMO	13/06/97	WGHX	00.34.46	SCOTTISH SCHOOLS AT TOLLCROSS, 31/01/2009
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 MARCH 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	SHONA WHITE	1992	WRXX	02.19.65	WD OPEN, EVENT 205 AT EAST KILBRIDE, 30/10/2004
400M	FREESTYLE	SHONA WHITE	1992	WRXX	04.51.19	WD OPEN, EVENT 109 AT EAST KILBRIDE, 30/10/2004
800M	FREESTYLE	CARA TOSH	28/07/95	WCGX	09.52.01	WD GROUP 4 AT EAST KILBRIDE, 1/06008
1500M	FREESTYLE	MEGAN DONNELLY	1994	WCGX	19.09.76	GROUP 5, EVENT 407 AT EAST KILBRIDE, 1/10/2006
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	SAMANTHA KING	10/07/96	WNAX	02.26.69	SCOTTISH NATIONAL OPEN AT RCP, 10/04/2009
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 MARCH 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	00.31.55	LEEDS XMAS CRACKER AT JOHN CHARLES CENTRE, 19/12/2009
100M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	01.06.16	EDINBURGH INT AT TOLLCROSS,130/02/2010
200M	BACKSTROKE	CHARLOTTE McKENZIE	18/11/96	WFOX	02.22.89	EDINBURGH INT AT TOLLCROSS, 13/02/2010
50M	BUTTERFLY	CORRIE SCOTT	17/08/93	WEKX	00.30.98	SCOTTISH NATIONALS, AT TOLLCROSS , 1/07/2007
100M	BUTTERFLY	CORRIE SCOTT	17/08/93	WEKX	01.07.83	SCOTTISH NATIONALS AT TOLLCROSS, 28/06/2007
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 NATIONALSAT 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 MARCH 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	LEANNA MARSHALL	25/12/94	WCDX	01.00.78	WEST DISTRICT GP 4 AT TOLLCROSS 21/06/2009
200M	FREESTYLE	LORNA SMITH	1988	WRXX	02.10.86	WD OPEN, EVENT 205 AT EAST KILBRIDE, 2/11/2002
400M	FREESTYLE	LORNA SMITH	1988	WRXX	04.31.66	WD OPEN, EVENT 109 AT EAST KILBRIDE, 2/11/2002
800M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	09.25.78	WEST DISTRICTS GP 1 AT EAST KILBRIDE, 2/03/2008
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	CORRIE SCOTT	17/08/93	WEKX	00.30.38	SCOTTISH NATIONALS AT TOLLCROSS, 28/06/2008
100M	BUTTERFLY	KIRSTY HART	1990	WRXX	01.08.29	WD OPEN, EVENT 203 AT EAST KILBRIDE, 30/10/2004
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 MARCH 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 MARCH 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	LINDSAY BLOOMER	18/02/93	WEKX	01.00.24	SCOTTISH NATIONALS AT RCP, 08/04/2009
200M	FREESTYLE	CORRIE SCOTT	17/08/93	WEKX	02.09.64	EDINBURGH INT AT TOLLCROSS, 13/02/2010
400M	FREESTYLE	ASHTON BOWMAN	1987	WAAX	04.34.42	WD OPEN, EVENT 109 AT EAST KILBRIDE, 1/11/2003
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	00.34.46	EDINBURGH INT AT TOLLCROSS, 13/02/2010
100M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	01.13.08	EDINBURGH INT AT TOLLCROSS, 13/02/2010
200M	BREASTSTROKE	CORRIE SCOTT	17/08/93	WEKX	02.39.92	EDINBURGH INT AT TOLLCROSS, 14/02/2010
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	RHONA CONWAY	1988	WCDX	00.30.80	GROUP 3, EVENT 117 AT EAST KILBRIDE, 8/05/2004
100M	BUTTERFLY	KIRSTY HART	18/12/90	WRXX	01.05.09	WISE INTERNATIONAL AT DUBMIN, 10/03/2007
200M	BUTTERFLY	KIRSTY HART	18/12/90	WRXX	02.22.84	SCOTTISH NATIONALS AT GLASGOW, 13/04/2007
200M	IND. MEDLEY	CORRIE SCOTT	17/08/93	WEKX	02.21.81	EDINBURGH INT AT TOLLCROSS, 14/02/2010
400M	IND. MEDLEY	KERRY BUCHAN	1987	WSGX	05.06.57	WD OPEN, EVENT 207 AT EAST KILBRIDE, 30/11/2004

WEST DISTRICT AGE GROUP LONG COURSE RECORDS, AS AT MARCH 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 MARCH 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 MARCH 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	ARLENE WILSON	1985	WMWX	00.38.29	GROUP 3, EVENT 103 AT EAST KILBRIDE, 6/05/2005
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 AT EAST KILBRIDE, 11/05/2003
50M	BUTTERFLY	SINEAD ROWNEY	1983	WCDX	00.30.80	WD OPEN, EVENT 301 AT EAST KILBRIDE, 2/11/2003
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	REBECCA COOKE	1983	WCGX	05.05.77	GROUP 6, EVENT 207 AT EAST KILBRIDE, 29/10/2005