

WEST DISTRICT OPEN LONG COURSE RECORDS AS AT MARCH 2010
WOMEN

| DISTANCE | STROKE | NAME | D.o.B. | CLUB CODE | TIME ACHIEVED | CHAMPIONSHIP DETAILS VENUE & DATE ACHIEVED |
|----------|--------------|---|----------|-----------|---------------|---|
| 50M | FREESTYLE | KERRY MARTIN | 1975 | WSGX | 00.27.58 | GROUP 3, EV 101 AT EAST KILBRIDE, 7/05/2004 |
| 100M | FREESTYLE | CORRIE SCOTT | 17/08/93 | WEKX | 00.59.79 | SCOTTISH NATIONAL OPEN AT RCP, 08/04//2009 |
| 200M | FREESTYLE | LORNA SMITH | 1988 | WRXX | 02.08.48 | WD OPEN, EV 205 AT EAST KILBRIDE, 1/11/2003 |
| 400M | FREESTYLE | REBECCA COOKE | 1983 | WCGX | 04.22.67 | WD OPEN, EV 509 AT EAST KILBRIDE, 3/11/2001 |
| 800M | FREESTYLE | REBECCA COOKE | 1983 | WCGX | 08.52.84 | WD OPEN, EV 607 AT EAST KILBRIDE, 4/11/2001 |
| 1500M | FREESTYLE | REBECCA COOKE | 1983 | WCGX | 16.42.45 | WD OPEN, EV 657 AT EAST KILBRIDE, 4/11/2001 |
| 50M | BREASTSTROKE | CORRIE SCOTT | 17/08/93 | WEKX | 00.32.98 | MANCHESTER OPEN, MAN. AQUATICS 6/05/2008 |
| 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, EV207 AT EAST KILBRIDE, 7/05/2005 |
| 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 | 02.16.85 | BRITISH CHAMPS AT PONDS FORGE, 4/04/2008 |
| 50M | BUTTERFLY | KERRY MARTIN | 1975 | WSGX | 00.29.29 | WD OPEN, EV 309 AT EAST KILBRIDE, 2/11/2002 |
| 100M | BUTTERFLY | KIRSTY HART | 18/12/90 | WRXX | 01.02.76 | WELSH DRAGON MEET, SWANSEA, 9/01/2009 |
| 200M | BUTTERFLY | KIRSTY HART | 18/12/90 | WRXX | 02.15.61 | CELTIC TRI NATIONS AT SWANSEA 20/02/2009 |
| 200M | IND. MEDLEY | CORRIE SCOTT | 17/08/93 | WEKX | 02.21.06 | ASA YOUTH CHAMPS, PONDS FORGE, 2/08/2008 |
| 400M | IND. MEDLEY | KIRSTY HART | 31/12/90 | WRXX | 04.56.52 | WELSH DRAGON MEET, SWANSEA 10/01/2009 |
| 4 x 50M | MEDLEY RELAY | REN 96 Swim Team {L Smith, R Hillis, K Hart, J Williams} | OPEN | WRXX | 02.06.94 | WD OPEN, EV413 AT EAST KILBRIDE, 31/10/2004 |
| 4 x 50M | FREE RELAY | REN 96 Swim Team {A McGavigan, K Aitken, J Williams, L Smith}} | OPEN | WRXX | 01.55.96 | WD OPEN, EV 213 AT EAST KILBRIDE, 1/11/2003 |