

## 2026 WD Long Course Spring Meet - 21/03/2026 to 22/03/2026

## Meet Program - Session 1

**Event 101 Mixed 12 & Over 400 LC Metre IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals Starts at 02:45 PM**

1	Mackenzie, Louise	W15	Ren 96	6:51.10
2	Croxford, Rocco	M13	Co Glasgow	6:21.53
3	Taylor, Clara	W13	Lanark	6:03.40
4	Baillie, Sky	W13	Eastkilbride	6:11.00
5	Baker, Heidi	W14	Ren 96	6:26.69
6	Jacovides, Lucas	M12	Inverclyde	7:02.70

**Heat 2 of 3 Finals Starts at 02:53 PM**

1	Crosbie, Lexie	W13	Milngavie & B	5:51.44
2	Grajciar, David	M14	Forth Valley	5:46.00
3	McEwan, Samuel	M15	Cumbernauld	5:41.10
4	Hemmings, Ben	M14	Stranraer	5:42.11
5	McLachlan, Phoebe	W14	Cumbernauld	5:51.30
6	Taylor, Olivia	W12	Lanark	5:59.50

**Heat 3 of 3 Finals Starts at 03:00 PM**

1	Li, Leo	M14	Co Glasgow	5:39.80
2	Watson, Scott	M16	Eastkilbride	5:21.30
3	Nastjuks, Stepans	M16	Stranraer	5:05.40
4	MacKinnon, Jay	M17	West Dunbart	5:19.70
5	Reid, Adam	M14	Eastkilbride	5:23.80
6	Jeffrey, Orlaith	W16	Lanark	5:40.90

**Event 102 Mixed 12 & Over 50 LC Metre Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 12 Finals Starts at 03:07 PM**

1	Hoyle, Mark	M12	StirlingSwim	48.92
2	Turner, Emily	W15	Rutherglen	46.80
3	Wray, Phoebe	W14	Kingston	46.20
4	Craig, Millie	W15	Co Glasgow	46.80
5	Turner, Marcus	M14	Kingston	47.70
6	Connor, Richard	M12	Larkhall	49.30

**Heat 2 of 12 Finals Starts at 03:08 PM**

1	Stevenson, Chloe	W14	Cumbernauld	45.40
2	Connor, Carys	W13	Larkhall	44.80
3	Jamieson, Holly	W14	Milngavie & B	44.22
4	Alexander, David	M13	Hamilton	44.40
5	O'Halloran, Sarah	W13	StirlingSwim	45.38
6	Tait, Lewis	M13	Lanark	45.40

**Heat 3 of 12 Finals Starts at 03:10 PM**

1	Morrison, Amelie	W14	Milngavie & B	43.90
2	Greenan, Sophia	W14	Co Glasgow	43.60
3	Meyrick, Lucy	W14	Milngavie & B	43.30
4	Turner, Amelia	W17	Kingston	43.30
5	Paterson, Harris	M15	StirlingSwim	43.70
6	Jones, Sam	M14	Larkhall	43.90

**Heat 4 of 12 Finals Starts at 03:12 PM**

1	McLaughlin, Fay	W14	Milngavie & B	42.68
2	McGill, Michael	M13	Kingston	42.41
3	Oymak, Demir	M13	Hamilton	42.10
4	McLaughlin, Chikara	M15	Co Glasgow	42.40
5	McNeill, Zara	W14	Rutherglen	42.47
6	Lammie, Erin	W16	Lanark	42.83

**Heat 5 of 12 Finals Starts at 03:13 PM**

1	Millar, Hannah	W18	Kintyre	41.72
2	Dempsey, Ava	W16	Co Glasgow	41.60
3	Steele, Ava	W16	Forth Valley	40.90
4	Gratton, Abbi	W13	Stranraer	40.99
5	Crossan, Logan	M13	Forth Valley	41.60
6	Forbes, Zoe	W12	StirlingSwim	42.06

**Heat 6 of 12 Finals Starts at 03:15 PM**

1	Scott, Cole	M15	Larkhall	40.60
2	Lindsay, Beth	W15	Hamilton	40.50
3	McKenna, Lucie	W15	Cumbernauld	40.30
4	Byrne, Matthew	M14	Forth Valley	40.30
5	Chen, Jack	M14	Co Glasgow	40.58
6	Henderson, Florence	W13	StirlingSwim	40.88

**Heat 7 of 12 Finals Starts at 03:16 PM**

1	McQuaker, Kyle	M14	Kintyre	40.23
2	Walsh, Eilidh	W15	Rutherglen	40.12
3	Gavin, Olivia	W15	Milngavie & B	39.90
4	Nastjuka, Aleksandra	W14	Stranraer	40.01
5	Reid, Eilidh	W17	Co Glasgow	40.19
6	Crisp, Casey	W14	Eastkilbride	40.30

**Heat 8 of 12 Finals Starts at 03:18 PM**

1	Cassells, Nathan	M14	Eastkilbride	39.82
2	Gerrie, Samuel	M13	Milngavie & B	39.50
3	McEwan, Samuel	M15	Cumbernauld	38.90
4	MacDonald, Finn	M15	Eastkilbride	39.20
5	Shepherd, Alex	W17	Cumbernauld	39.75
6	Thomson, Finlay	M14	Eastkilbride	39.90

**Heat 9 of 12 Finals Starts at 03:19 PM**

1	Lindsay, Hannah	W18	Hamilton	38.60
2	Addison, Heidi	W14	Hamilton	38.26
3	Hixon, Iona	W17	Milngavie & B	38.19
4	McGinlay, Sophia	W18	Cumbernauld	38.20
5	Semple, Chloe	W17	Rutherglen	38.48
6	Dawson, Emily	W17	Milngavie & B	38.70

**Heat 10 of 12 Finals Starts at 03:21 PM**

1	Chand, Ailsa	W14	Eastkilbride	38.10
2	Calder, Joanna	W18	Milngavie & B	37.30
3	Law, Anna	W15	Hamilton	37.18
4	Merrick, Adam	M17	Cumbernauld	37.20
5	Reid, Ethan	M17	Ren 96	37.40
6	Ferris, Meghan	W14	Cumbernauld	38.11

**Heat 11 of 12 Finals Starts at 03:22 PM**

1	Rawding, Kyle	M15	Forth Valley	36.66
2	Alexander, Ethan	M16	Co Glasgow	36.40
3	Meyrick, Peter	M17	Milngavie & B	35.00
4	Morrison, Euan	M18	Hamilton	35.09
5	Wallace, Oscar	M15	Milngavie & B	36.65
6	Binnie, Emma	W17	Inverclyde	36.83

**Heat 12 of 12 Finals Starts at 03:24 PM**

1	Khan, Adam	M13	Milngavie & B	34.20
2	Brown, Ciaran	M18	Co Glasgow	32.32
3	Shaw, Craig	M18	Lanark	30.45
4	Nastjuks, Stepans	M16	Stranraer	31.48
5	Connolly, Kyle	M17	Eastkilbride	33.34
6	Hristov, Stanislav	M18	Forth Valley	34.55

## 2026 WD Long Course Spring Meet - 21/03/2026 to 22/03/2026

## Meet Program - Session 1

**Event 103 Mixed 12 & Over 200 LC Metre Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals Starts at 03:25 PM**

2	Smith, Cameron	M12	Eastkilbride	3:30.10
3	Keddie, Woody	M13	Cumbernauld	3:12.60
4	McDonald, Chloe	W14	Hamilton	3:21.10

**Heat 2 of 4 Finals Starts at 03:29 PM**

1	Gregory, Alexa	W13	Eastkilbride	3:12.30
2	Miller, Oscar	M13	Eastkilbride	3:05.40
3	Redpath, Gillen	M14	Rutherglen	3:00.10
4	Gaffney, Hannah	W14	Rutherglen	3:03.80
5	Baillie, Sky	W13	Eastkilbride	3:05.40

**Heat 3 of 4 Finals Starts at 03:33 PM**

1	Motion, Rebecca	W15	Eastkilbride	2:57.36
2	Taylor, Clara	W13	Lanark	2:56.10
3	Roddie, Ethan	M14	Co Glasgow	2:54.40
4	Dempsey, Ava	W16	Co Glasgow	2:55.90
5	Stewart, Gabriel	M16	StirlingSwim	2:56.90
6	Grajciar, David	M14	Forth Valley	2:59.70

**Heat 4 of 4 Finals Starts at 03:37 PM**

1	Kalamakis, Nikiforos	M13	Co Glasgow	2:46.00
2	MacKinnon, Jay	M17	West Dunbart	2:34.20
3	McIlwraith, Oliver	M15	Cumbernauld	2:28.11
4	Lyden, Brody	M16	Co Glasgow	2:30.00
5	Watson, Lewis	M16	Eastkilbride	2:40.99
6	Thomson, Alicia	W17	Cumbernauld	2:50.15

**Event 104 Mixed 12 & Over 100 LC Metre Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 14 Finals Starts at 03:41 PM**

1	Stewart, Caleb	M13	StirlingSwim	1:38.80
2	Jones, Sam	M14	Larkhall	1:32.70
3	Gerrie, Samuel	M13	Milngavie & B	1:28.10
4	Jacovides, Lucas	M12	Inverclyde	1:31.80
5	Melville, Lewis	M13	StirlingSwim	1:36.20
6	Turner, Marcus	M14	Kingston	1:44.10

**Heat 2 of 14 Finals Starts at 03:44 PM**

1	Hind, Daniel	M14	Forth Valley	1:26.10
2	Wood, Rory	M15	StirlingSwim	1:24.00
3	Cassells, Nathan	M14	Eastkilbride	1:23.30
4	Lewin, Isabella	W12	Co Glasgow	1:23.49
5	Crossan, Logan	M13	Forth Valley	1:24.60
6	Kelly, Roan	M12	Ren 96	1:27.20

**Heat 3 of 14 Finals Starts at 03:46 PM**

1	Croxford, Nico	M13	Co Glasgow	1:22.00
2	Whiteley, Sanna	W14	Milngavie & B	1:21.65
3	McLaughlin, Fay	W14	Milngavie & B	1:21.30
4	Wood, Anya	W13	StirlingSwim	1:21.41
5	Carson, Mairi-Louise	W13	Eastkilbride	1:21.70
6	McClure, Alba	W13	Ren 96	1:22.50

**Heat 4 of 14 Finals Starts at 03:49 PM**

1	Tohmaz, Adam	M12	Co Glasgow	1:20.40
2	Paterson, Amber	W13	StirlingSwim	1:20.20
3	Baker, Heidi	W14	Ren 96	1:19.69
4	McFarlane, Anna	W12	Rutherglen	1:19.87
5	O'Halloran, Sarah	W13	StirlingSwim	1:20.30
6	Nastjuka, Aleksandra	W14	Stranraer	1:20.45

**Heat 5 of 14 Finals Starts at 03:51 PM**

1	Jamieson, Hannah	W16	Eastkilbride	1:19.20
2	Gibson, Eva	W16	Cumbernauld	1:18.50
3	Henderson, Florence	W13	StirlingSwim	1:18.20
4	Kelly, Seth	M15	Ren 96	1:18.33
5	Buchan, Oliver	M13	Larkhall	1:18.70
6	Scott, Cole	M15	Larkhall	1:19.20

**Heat 6 of 14 Finals Starts at 03:53 PM**

1	Crosbie, Lexie	W13	Milngavie & B	1:17.80
2	McKenna, Lucie	W15	Cumbernauld	1:17.50
3	Baldwin, Elizabeth	W15	Co Glasgow	1:17.30
4	Millar, Hannah	W18	Kintyre	1:17.45
5	Bell, Millie	W13	Milngavie & B	1:17.55
6	Crisp, Casey	W14	Eastkilbride	1:18.10

**Heat 7 of 14 Finals Starts at 03:56 PM**

1	Cussons, Amelie	W15	Co Glasgow	1:17.10
2	Roddie, Ethan	M14	Co Glasgow	1:16.30
3	Rawding, Kyle	M15	Forth Valley	1:16.10
4	Keddie, Sandie	W15	Cumbernauld	1:16.20
5	Stewart, Gabriel	M16	StirlingSwim	1:16.40
6	Steventon, Jaime	W17	Cumbernauld	1:17.10

**Heat 8 of 14 Finals Starts at 03:58 PM**

1	Steele, Ava	W16	Forth Valley	1:16.00
2	Robertson, Aaron	M15	Ren 96	1:15.70
3	Chand, Ailsa	W14	Eastkilbride	1:15.50
4	Chesser, Callan	M15	Milngavie & B	1:15.60
5	McMahon, Clara	W15	Lanark	1:15.80
6	McRitchie, Nathan	M13	Cumbernauld	1:16.10

**Heat 9 of 14 Finals Starts at 04:00 PM**

1	McCawley, Sophie	W16	Hamilton	1:15.30
2	Binnie, Emma	W17	Inverclyde	1:14.60
3	Walker, Holly	W14	Cumbernauld	1:14.50
4	McCafferty, Maisie	W18	Forth Valley	1:14.60
5	Khan, Adam	M13	Milngavie & B	1:14.77
6	Gavin, Olivia	W15	Milngavie & B	1:15.50

**Heat 10 of 14 Finals Starts at 04:02 PM**

1	Morrison, Kayla	W14	StirlingSwim	1:13.80
2	Shepherd, Alex	W17	Cumbernauld	1:13.80
3	Addison, Heidi	W14	Hamilton	1:13.00
4	Thomson, Finlay	M14	Eastkilbride	1:13.70
5	Hunter, Ruby	W15	Hamilton	1:13.80
6	Cittadini, Luca	M15	Kingston	1:14.50

**Heat 11 of 14 Finals Starts at 04:05 PM**

1	Shaw, Regan	M18	Cumbernauld	1:12.20
2	Dawson, Emily	W17	Milngavie & B	1:12.10
3	Jones, Amy	W18	Forth Valley	1:11.70
4	Hemmings, Ben	M14	Stranraer	1:11.86
5	McQuaker, Kyle	M14	Kintyre	1:12.14
6	McMillan, Abbie	W17	Co Glasgow	1:12.74

**Heat 12 of 14 Finals Starts at 04:07 PM**

1	Alexander, Ethan	M16	Co Glasgow	1:11.50
2	Sommerville, Adam	M16	Ren 96	1:11.23
3	McGavin, Charlotte	W16	Hamilton	1:11.10
4	McBrien, Isla	W15	Co Glasgow	1:11.20
5	Pettigrew, Ava Grace	W16	Cumbernauld	1:11.40
6	Taylor, Emily	W14	Lanark	1:11.69

## 2026 WD Long Course Spring Meet - 21/03/2026 to 22/03/2026

## Meet Program - Session 1

**Heat 13 Finals (#104 Mixed 12 & Over 100 LC Metre Backstroke)**

1	Tinch, Nicky	M14	StirlingSwim	1:10.50
2	Fraser, Aidan	M17	West Dunbart	1:10.00
3	Dickson, Kaysey	W16	Rutherglen	1:09.40
4	Semple, Chloe	W17	Rutherglen	1:09.98
5	Henderson, Abbey	W16	Rutherglen	1:10.33
6	Brown, Sophie	W17	Eastkilbride	1:10.80

**Heat 14 of 14 Finals Starts at 04:11 PM**

1	Jacovides, Alex	M14	Inverclyde	1:07.30
2	Binnie, Dean	M17	Inverclyde	1:04.80
3	Merrick, Adam	M17	Cumbernauld	1:04.50
4	Nelson, Lewis	M17	Eastkilbride	1:04.70
5	Ormrod, Malcolm	M18	Lanark	1:05.50
6	Szymczyk, Aleksander	M16	Co Glasgow	1:08.76

**Reserves**

1	Hannah, Eliza	W15	Hamilton	1:18.80
2	Stevenson, Chloe	W14	Cumbernauld	1:25.60
3	McVeigh, Penelope	W14	Eastkilbride	1:25.60
4	Turner, Amelia	W17	Kingston	1:34.10

**Event 105 Mixed 12 & Over 200 LC Metre Freestyle****Lane Name Age Team Seed Time****Heat 1 of 12 Finals Starts at 04:13 PM**

1	Buchan, Oliver	M13	Larkhall	2:46.50
2	Whiteley, Nuala	W12	Milngavie &B	2:43.11
3	Wood, Anya	W13	StirlingSwim	2:42.40
4	McGovern, Anthony	M12	Co Glasgow	2:42.60
5	Chen, Jack	M14	Co Glasgow	2:45.50
6	Croxford, Rocco	M13	Co Glasgow	2:48.40

**Heat 2 of 12 Finals Starts at 04:17 PM**

1	Nastjuka, Aleksandra	W14	Stranraer	2:37.76
2	Baker, Klara	W12	Ren 96	2:37.30
3	Crossan, Logan	M13	Forth Valley	2:36.00
4	Baker, Heidi	W14	Ren 96	2:36.90
5	Tohmaz, Adam	M12	Co Glasgow	2:37.60
6	McVeigh, Penelope	W14	Eastkilbride	2:38.70

**Heat 3 of 12 Finals Starts at 04:21 PM**

1	McClure, Alba	W13	Ren 96	2:35.30
2	Croxford, Nico	M13	Co Glasgow	2:33.88
3	Gratton, Abbi	W13	Stranraer	2:32.72
4	Whiteley, Sanna	W14	Milngavie &B	2:33.46
5	McLaughlin, Chikara	M15	Co Glasgow	2:34.30
6	Bennett, Zander	M12	Rutherglen	2:35.80

**Heat 4 of 12 Finals Starts at 04:24 PM**

1	Wood, Rory	M15	StirlingSwim	2:31.40
2	Morrison, Eve	W17	Inverclyde	2:31.25
3	Muir, Ewan	M18	StirlingSwim	2:30.65
4	McLernon, Orla	W14	Cumbernauld	2:30.70
5	Morrison, Kayla	W14	StirlingSwim	2:31.30
6	Gibson, Eva	W16	Cumbernauld	2:32.60

**Heat 5 of 12 Finals Starts at 04:27 PM**

1	Birrell, Emma	W14	Co Glasgow	2:29.70
2	Robertson, Aimee	W14	Cumbernauld	2:29.40
3	Farquhar, Kirstin	W14	StirlingSwim	2:29.03
4	Jamieson, Hannah	W16	Eastkilbride	2:29.10
5	McKinlay, Rebekah	W13	Ren 96	2:29.60
6	Miller, Oscar	M13	Eastkilbride	2:30.20

**Heat 6 of 12 Finals Starts at 04:31 PM**

1	Li, Leo	M14	Co Glasgow	2:28.70
2	Simpson, Jessica	W15	Hamilton	2:28.40
3	Brown, Sophie	W17	Eastkilbride	2:27.86
4	Motion, Rebecca	W15	Eastkilbride	2:28.20
5	Scott, Cole	M15	Larkhall	2:28.60
6	Bell, Millie	W13	Milngavie &B	2:28.90

**Heat 7 of 12 Finals Starts at 04:34 PM**

1	Millar, Hannah	W18	Kintyre	2:26.36
2	Maher, Ellie	W15	Hamilton	2:25.50
3	Jones, Amy	W18	Forth Valley	2:25.00
4	McGovern, Lucy	W16	Co Glasgow	2:25.10
5	Thomson, Alicia	W17	Cumbernauld	2:25.70
6	Rousseau, Amy	W18	Co Glasgow	2:26.88

**Heat 8 of 12 Finals Starts at 04:37 PM**

1	McLachlan, Phoebe	W14	Cumbernauld	2:24.30
2	Hunter, Ruby	W15	Hamilton	2:22.70
3	Grajciar, David	M14	Forth Valley	2:21.93
4	McGinlay, Sophia	W18	Cumbernauld	2:22.10
5	McQuaker, Kyle	M14	Kintyre	2:24.10
6	King, Ethan	M14	Ren 96	2:25.00

**Heat 9 of 12 Finals Starts at 04:41 PM**

1	Reid, Ethan	M17	Ren 96	2:21.70
2	McGavin, Charlotte	W16	Hamilton	2:20.52
3	Lindsay, Hannah	W18	Hamilton	2:19.90
4	Hixon, Iona	W17	Milngavie &B	2:20.20
5	Martin, Kerr	M14	Co Glasgow	2:21.00
6	Meyrick, Peter	M17	Milngavie &B	2:21.80

**Heat 10 of 12 Finals Starts at 04:44 PM**

1	McMillan, Abbie	W17	Co Glasgow	2:19.47
2	Watson, Lewis	M16	Eastkilbride	2:18.70
3	Robertson, Aaron	M15	Ren 96	2:17.40
4	Ferris, Meghan	W14	Cumbernauld	2:17.40
5	Calder, Joanna	W18	Milngavie &B	2:19.44
6	Henderson, Abbey	W16	Rutherglen	2:19.50

**Heat 11 of 12 Finals Starts at 04:47 PM**

1	Reid, Adam	M14	Eastkilbride	2:15.10
2	Mcllwraith, Oliver	M15	Cumbernauld	2:13.70
3	Sinclair, Lewis	M15	Rutherglen	2:12.20
4	Szymczyk, Aleksander	M16	Co Glasgow	2:12.40
5	MacDonald, Finn	M15	Eastkilbride	2:14.30
6	Watson, Scott	M16	Eastkilbride	2:16.10

**Heat 12 of 12 Finals Starts at 04:50 PM**

1	Pyne, Zachary	M14	Inverclyde	2:11.40
2	Nelson, Lewis	M17	Eastkilbride	2:03.90
3	Connolly, Kyle	M17	Eastkilbride	2:02.60
4	Bennett, Finlay	M17	Rutherglen	2:03.10
5	Nastjuks, Stepans	M16	Stranraer	2:10.23
6	Wallace, Oscar	M15	Milngavie &B	2:11.70

**Reserves**

1	Hughes, Erin	W15	Co Glasgow	2:33.50
2	McBrien, Isla	W15	Co Glasgow	2:34.10
3	Kelly, Seth	M15	Ren 96	2:36.10
4	Paterson, Harris	M15	StirlingSwim	2:43.00
5	Leggat, Lilly-Mai	W14	Milngavie &B	2:45.10
6	Steventon, Holly	W14	Cumbernauld	2:48.40
7	Turner, Amelia	W17	Kingston	2:52.60
8	Ross, Isobel	W16	Co Glasgow	2:54.70