

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

## Meet Program - Session 3

**Event 301 Mixed 12 & Over 400 LC Metre Freestyle**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 7 Finals Starts at 02:45 PM**

2	Baker, Klara	W12	Ren 96	6:10.30
3	Hair, Cadhlea	W12	Inverclyde	5:57.30
4	Basu, Willow	W13	Cumbernauld	6:06.40

**Heat 2 of 7 Finals Starts at 02:53 PM**

1	Leggat, Lilly-Mai	W14	Milngavie & B	5:51.10
2	Scott, Michail	M14	Co Glasgow	5:50.00
3	Anderson, Cara	W13	Stranraer	5:46.02
4	Lewin, Isabella	W12	Co Glasgow	5:46.60
5	MacDonald, Jamie	M13	Co Glasgow	5:51.00

**Heat 3 of 7 Finals Starts at 02:59 PM**

1	Hughes, Erin	W15	Co Glasgow	5:34.30
2	McClure, Alba	W13	Ren 96	5:26.50
3	Bennett, Paige	W15	Cumbernauld	5:16.20
4	Farquhar, Kirstin	W14	StirlingSwim	5:25.20
5	Wood, Rory	M15	StirlingSwim	5:27.50
6	Cathcart, Elizabeth	W16	Lanark	5:37.80

**Heat 4 of 7 Finals Starts at 03:06 PM**

1	Robertson, Aimee	W14	Cumbernauld	5:12.00
2	Maher, Ellie	W15	Hamilton	5:10.48
3	Green, Murray	M13	Eastkilbride	5:09.70
4	Thomson, Alicia	W17	Cumbernauld	5:09.80
5	Birrell, Emma	W14	Co Glasgow	5:10.80
6	Jamieson, Hannah	W16	Eastkilbride	5:13.30

**Heat 5 of 7 Finals Starts at 03:12 PM**

1	King, Ethan	M14	Ren 96	5:03.07
2	White, Halle	W13	Eastkilbride	5:02.90
3	Grajciar, David	M14	Forth Valley	5:00.70
4	Steventon, Jaime	W17	Cumbernauld	5:00.80
5	Motion, Rebecca	W15	Eastkilbride	5:03.00
6	Miller, Oscar	M13	Eastkilbride	5:07.20

**Heat 6 of 7 Finals Starts at 03:18 PM**

1	Lindsay, Hannah	W18	Hamilton	4:57.33
2	Watson, Lewis	M16	Eastkilbride	4:52.30
3	Watson, Scott	M16	Eastkilbride	4:48.60
4	Alexander, Ethan	M16	Co Glasgow	4:51.97
5	Paterson, Emma	W15	Co Glasgow	4:55.27
6	Calder, Joanna	W18	Milngavie & B	5:00.66

**Heat 7 of 7 Finals Starts at 03:24 PM**

1	Reid, Adam	M14	Eastkilbride	4:47.10
2	Higgins, Matthew	M17	West Dunbart	4:45.70
3	Sinclair, Lewis	M15	Rutherglen	4:43.80
4	Szymczyk, Aleksander	M16	Co Glasgow	4:44.60
5	Taylor, Lucy	W16	Lanark	4:46.50
6	McMillan, Abbie	W17	Co Glasgow	4:47.60

**Event 302 Mixed 12 & Over 50 LC Metre Backstroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 16 Finals Starts at 03:29 PM**

1	Su, Miao	M12	Co Glasgow	50.90
2	Hay, Luke	M12	StirlingSwim	46.60
3	Redpath, Gillen	M14	Rutherglen	43.90
4	Jones, Sam	M14	Larkhall	44.00
5	Turner, Marcus	M14	Kingston	48.40
6	Craig, Emily	W15	Co Glasgow	54.50

**Heat 2 of 16 Finals Starts at 03:31 PM**

1	Crawford, Reein	W14	Co Glasgow	42.60
2	Jacovides, Lucas	M12	Inverclyde	41.80
3	Steventon, Holly	W14	Cumbernauld	41.80
4	McGovern, Anthony	M12	Co Glasgow	41.80
5	Turner, Emily	W15	Rutherglen	41.90
6	Stewart, Caleb	M13	StirlingSwim	43.80

**Heat 3 of 16 Finals Starts at 03:33 PM**

1	Connor, Dylan	M16	Cumbernauld	41.10
2	Thomson, Eva	W12	Ren 96	40.80
3	Mulloy, Hannah	W14	Eastkilbride	40.50
4	Whiteley, Nuala	W12	Milngavie & B	40.60
5	Miller, Isabella	W12	Ren 96	41.00
6	Ross, Isobel	W16	Co Glasgow	41.30

**Heat 4 of 16 Finals Starts at 03:35 PM**

1	Von Moeller, Dannah	W16	Co Glasgow	40.30
2	Robertson, Susanna	W12	Co Glasgow	39.97
3	Purdon, Sarah	W13	Lanark	39.79
4	McVeigh, Penelope	W14	Eastkilbride	39.90
5	Connor, Richard	M12	Larkhall	40.00
6	Lammie, Erin	W16	Lanark	40.50

**Heat 5 of 16 Finals Starts at 03:36 PM**

1	Reid, Ethan	M17	Ren 96	39.69
2	Barratt, Annaliese	W13	Ren 96	39.40
3	Nastjuka, Aleksandra	W14	Stranraer	39.18
4	Stevenson, Chloe	W14	Cumbernauld	39.20
5	Morrison, Amelie	W14	Milngavie & B	39.40
6	Scott, Michail	M14	Co Glasgow	39.70

**Heat 6 of 16 Finals Starts at 03:38 PM**

1	Cassells, Nathan	M14	Eastkilbride	38.80
2	Scott, Cole	M15	Larkhall	38.30
3	McLaughlin, Fay	W14	Milngavie & B	38.20
4	Gratton, Abbi	W13	Stranraer	38.29
5	Motion, Rebecca	W15	Eastkilbride	38.60
6	Reid, Eilidh	W17	Co Glasgow	38.90

**Heat 7 of 16 Finals Starts at 03:40 PM**

1	Stevenson, Ava	W12	Stranraer	38.17
2	Baker, Heidi	W14	Ren 96	37.80
3	Crossan, Logan	M13	Forth Valley	37.70
4	Hind, Daniel	M14	Forth Valley	37.80
5	Gibson, Eva	W16	Cumbernauld	38.00
6	Carson, Mairi-Louise	W13	Eastkilbride	38.20

**Heat 8 of 16 Finals Starts at 03:41 PM**

1	McClure, Alba	W13	Ren 96	37.43
2	Keddie, Woody	M13	Cumbernauld	37.20
3	Henderson, Florence	W13	StirlingSwim	37.07
4	Baker, Klara	W12	Ren 96	37.10
5	Hannah, Eliza	W15	Hamilton	37.40
6	Whiteley, Sanna	W14	Milngavie & B	37.48

**Heat 9 of 16 Finals Starts at 03:43 PM**

1	Law, Anna	W15	Hamilton	36.50
2	Jamieson, Hannah	W16	Eastkilbride	36.30
3	Bell, Millie	W13	Milngavie & B	35.90
4	Gerrie, Samuel	M13	Milngavie & B	36.20
5	Wilson, Jet	M14	Cumbernauld	36.30
6	Steventon, Jaime	W17	Cumbernauld	36.60

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

## Meet Program - Session 3

**Heat 10 Finals (#302 Mixed 12 & Over 50 LC Metre Backstroke)**

1	Buchan, Oliver	M13	Larkhall	35.69
2	Gavin, Olivia	W15	Milngavie &B	35.65
3	Shepherd, Alex	W17	Cumbernauld	35.50
4	McCawley, Sophie	W16	Hamilton	35.60
5	Thomson, Finlay	M14	Eastkilbride	35.66
6	Chand, Ailsa	W14	Eastkilbride	35.90

**Heat 11 of 16 Finals Starts at 03:46 PM**

1	Hixon, Iona	W17	Milngavie &B	35.30
2	Chesser, Callan	M15	Milngavie &B	35.20
3	Hunter, Ruby	W15	Hamilton	35.00
4	Grajciar, David	M14	Forth Valley	35.13
5	Steele, Ava	W16	Forth Valley	35.20
6	McKie, Zoe	W17	Forth Valley	35.50

**Heat 12 of 16 Finals Starts at 03:48 PM**

1	Higgins, Matthew	M17	West Dunbart	34.80
2	McMahon, Clara	W15	Lanark	34.41
3	Wright, Douglas	M16	Milngavie &B	34.10
4	Walker, Holly	W14	Cumbernauld	34.20
5	Hemmings, Ben	M14	Stranraer	34.48
6	Rawding, Kyle	M15	Forth Valley	35.00

**Heat 13 of 16 Finals Starts at 03:49 PM**

1	Hamilton, Caitlyn	W22	Lanark	33.78
2	McBrien, Isla	W15	Co Glasgow	33.64
3	Pettigrew, Ava Grace	W16	Cumbernauld	33.40
4	Sommerville, Adam	M16	Ren 96	33.43
5	Shaw, Regan	M18	Cumbernauld	33.70
6	Jeffrey, Orlaith	W16	Lanark	33.96

**Heat 14 of 16 Finals Starts at 03:51 PM**

1	Brown, Sophie	W17	Eastkilbride	33.40
2	MacDonald, Finn	M15	Eastkilbride	33.10
3	McGinlay, Sophia	W18	Cumbernauld	32.90
4	Shields, Niamh	W14	Hamilton	32.92
5	Dawson, Emily	W17	Milngavie &B	33.24
6	Henderson, Abbey	W16	Rutherglen	33.40

**Heat 15 of 16 Finals Starts at 03:52 PM**

1	Ashworth, Mollie	W18	Milngavie &B	32.70
2	Cittadini, Luca	M15	Kingston	32.68
3	Nelson, Lewis	M17	Eastkilbride	31.90
4	Szymczyk, Aleksander	M16	Co Glasgow	32.38
5	Jasinskis, Nikita	M16	Forth Valley	32.70
6	Dickson, Kaysey	W16	Rutherglen	32.86

**Heat 16 of 16 Finals Starts at 03:54 PM**

1	Jasinskis, Danila	M16	Forth Valley	31.60
2	Merrick, Adam	M17	Cumbernauld	30.30
3	Shaw, Craig	M18	Lanark	28.80
4	Kuklinek, Sebastian	M16	Forth Valley	30.06
5	Jacovides, Alex	M14	Inverclyde	30.88
6	Fraser, Aidan	M17	West Dunbart	31.70

**Reserves**

1	Wray, Phoebe	W14	Kingston	42.70
2	Pew, Keira	W16	Blantyre	44.42

**Event 303 Mixed 12 & Over 200 LC Metre IM**

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 10 Finals Starts at 03:55 PM</b>				
1	Turner, Amelia	W17	Kingston	3:20.60
2	Von Moeller, Dannah	W16	Co Glasgow	3:08.10
3	Miller, Oscar	M13	Eastkilbride	2:57.40
4	Connor, Dylan	M16	Cumbernauld	3:04.00
5	Ross, Isobel	W16	Co Glasgow	3:13.70
6	Craig, Millie	W15	Co Glasgow	3:26.70
<b>Heat 2 of 10 Finals Starts at 04:00 PM</b>				
1	Leslie, Ross	M14	Eastkilbride	2:55.20
2	Croxford, Rocco	M13	Co Glasgow	2:54.70
3	Green, Murray	M13	Eastkilbride	2:54.50
4	Gibson, Eva	W16	Cumbernauld	2:54.70
5	Sui, Samuel	M14	Co Glasgow	2:55.00
6	Wood, Rory	M15	StirlingSwim	2:56.30
<b>Heat 3 of 10 Finals Starts at 04:04 PM</b>				
1	Taylor, Olivia	W12	Lanark	2:53.00
2	Bell, Millie	W13	Milngavie &B	2:52.20
3	Farquhar, Kirstin	W14	StirlingSwim	2:49.90
4	Taylor, Clara	W13	Lanark	2:49.90
5	Dempsey, Ava	W16	Co Glasgow	2:52.20
6	McKenna, Lucie	W15	Cumbernauld	2:54.00
<b>Heat 4 of 10 Finals Starts at 04:07 PM</b>				
1	Addison, Heidi	W14	Hamilton	2:48.30
2	Roddie, Ethan	M14	Co Glasgow	2:47.20
3	White, Halle	W13	Eastkilbride	2:45.53
4	Cittadini, Luca	M15	Kingston	2:46.60
5	Crosbie, Lexie	W13	Milngavie &B	2:48.09
6	Morrison, Kayla	W14	StirlingSwim	2:49.01
<b>Heat 5 of 10 Finals Starts at 04:11 PM</b>				
1	McKie, Zoe	W17	Forth Valley	2:45.30
2	Grajciar, David	M14	Forth Valley	2:43.80
3	Tinch, Nicky	M14	StirlingSwim	2:43.58
4	Thomson, Finlay	M14	Eastkilbride	2:43.60
5	McLachlan, Phoebe	W14	Cumbernauld	2:44.60
6	Simpson, Jessica	W15	Hamilton	2:45.50
<b>Heat 6 of 10 Finals Starts at 04:15 PM</b>				
1	Pettigrew, Ava Grace	W16	Cumbernauld	2:43.10
2	Wright, Douglas	M16	Milngavie &B	2:42.30
3	Jeffrey, Orlaith	W16	Lanark	2:41.60
4	Hemmings, Ben	M14	Stranraer	2:42.24
5	Hunter, Ruby	W15	Hamilton	2:42.90
6	Stewart, Gabriel	M16	StirlingSwim	2:43.30
<b>Heat 7 of 10 Finals Starts at 04:18 PM</b>				
1	Crisp, Casey	W14	Eastkilbride	2:41.00
2	Khan, Adam	M13	Milngavie &B	2:40.40
3	Li, Leo	M14	Co Glasgow	2:40.20
4	Keddie, Sandie	W15	Cumbernauld	2:40.40
5	Martin, Kerr	M14	Co Glasgow	2:40.60
6	Shields, Niamh	W14	Hamilton	2:41.60
<b>Heat 8 of 10 Finals Starts at 04:22 PM</b>				
1	Getty, Morven	W14	Milngavie &B	2:39.89
2	McMillan, Abbie	W17	Co Glasgow	2:38.44
3	Martin, Kyle	M14	Co Glasgow	2:37.40
4	Todd, Luke	M15	Forth Valley	2:38.10
5	McEwan, Samuel	M15	Cumbernauld	2:39.70
6	Hutchison, Holly	W14	Hamilton	2:40.00

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

## Meet Program - Session 3

**Heat 9 Finals (#303 Mixed 12 & Over 200 LC Metre IM)**

1	Reid, Adam	M14	Eastkilbride	2:34.30
2	Watson, Scott	M16	Eastkilbride	2:32.60
3	Szymczyk, Aleksander	M16	Co Glasgow	2:31.00
4	Jasinskis, Danila	M16	Forth Valley	2:31.20
5	Ferris, Meghan	W14	Cumbernauld	2:33.21
6	Taylor, Emily	W14	Lanark	2:34.40

**Heat 10 of 10 Finals Starts at 04:29 PM**

1	Mcllwraith, Oliver	M15	Cumbernauld	2:27.10
2	Nastjuks, Stepans	M16	Stranraer	2:21.44
3	Hay, Daniel	M18	Forth Valley	2:18.90
4	Mossman, Kyle	M17	Eastkilbride	2:20.89
5	Merrick, Adam	M17	Cumbernauld	2:23.50
6	Malkin-Gill, Clark	M17	Inverclyde	2:28.68

**Reserves**

1	Nastjuka, Aleksandra	W14	Stranraer	2:55.26
2	Wilson, Jet	M14	Cumbernauld	2:56.90
3	McVeigh, Penelope	W14	Eastkilbride	2:59.70
4	Scott, Michail	M14	Co Glasgow	3:07.20

**Event 304 Mixed 12 & Over 100 LC Metre Breaststroke**

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

**Heat 1 of 12 Finals Starts at 04:32 PM**

1	Alexander, David	M13	Hamilton	1:36.50
2	Cathcart, Elizabeth	W16	Lanark	1:36.10
3	Forbes, Zoe	W12	StirlingSwim	1:35.90
4	Oymak, Demir	M13	Hamilton	1:36.00
5	Jones, Sam	M14	Larkhall	1:36.30
6	Tohmaz, Adam	M12	Co Glasgow	1:36.80

**Heat 2 of 12 Finals Starts at 04:34 PM**

1	Zhao, Helen	W12	Co Glasgow	1:34.58
2	Lammie, Erin	W16	Lanark	1:33.40
3	Buchanan, Ben	M12	Kingston	1:33.13
4	Croxford, Rocco	M13	Co Glasgow	1:33.20
5	Mayo, Kiera	W12	Lanark	1:34.05
6	McGill, Michael	M13	Kingston	1:35.70

**Heat 3 of 12 Finals Starts at 04:37 PM**

1	Henderson, Florence	W13	StirlingSwim	1:32.90
2	Chen, Jack	M14	Co Glasgow	1:31.60
3	Stevenson, Ava	W12	Stranraer	1:30.75
4	McLaughlin, Fay	W14	Milngavie & B	1:31.20
5	Wilson, Alba	W13	Milngavie & B	1:32.60
6	Gratton, Abbi	W13	Stranraer	1:32.96

**Heat 4 of 12 Finals Starts at 04:39 PM**

1	O'Reilly, Holly	W13	Cumbernauld	1:30.60
2	Hemmings, Ben	M14	Stranraer	1:30.19
3	McNeill, Zara	W14	Rutherglen	1:30.00
4	Anderson, Cara	W13	Stranraer	1:30.06
5	Steele, Ava	W16	Forth Valley	1:30.50
6	Byrne, Matthew	M14	Forth Valley	1:30.60

**Heat 5 of 12 Finals Starts at 04:41 PM**

1	Morrison, Kayla	W14	StirlingSwim	1:29.70
2	Leslie, Ross	M14	Eastkilbride	1:29.20
3	Gerrie, Samuel	M13	Milngavie & B	1:28.75
4	Nastjuka, Aleksandra	W14	Stranraer	1:29.04
5	Dempsey, Ava	W16	Co Glasgow	1:29.20
6	Kalamakis, Nikiforos	M13	Co Glasgow	1:29.90

**Heat 6 of 12 Finals Starts at 04:44 PM**

1	Shepherd, Alex	W17	Cumbernauld	1:28.10
2	Shields, Niamh	W14	Hamilton	1:28.00
3	Lindsay, Beth	W15	Hamilton	1:27.50
4	Taylor, Florence	W16	Co Glasgow	1:27.60
5	Brown, Sophie	W17	Eastkilbride	1:28.00
6	Cassells, Nathan	M14	Eastkilbride	1:28.70

**Heat 7 of 12 Finals Starts at 04:46 PM**

1	McKenna, Lucie	W15	Cumbernauld	1:26.80
2	Bennett, Paige	W15	Cumbernauld	1:26.20
3	Crosbie, Lexie	W13	Milngavie & B	1:26.06
4	Gavin, Olivia	W15	Milngavie & B	1:26.10
5	Reid, Eilidh	W17	Co Glasgow	1:26.70
6	Scott, Cole	M15	Larkhall	1:27.10

**Heat 8 of 12 Finals Starts at 04:48 PM**

1	Grajciar, David	M14	Forth Valley	1:25.20
2	Paterson, Emma	W15	Co Glasgow	1:24.80
3	Keddie, Sandie	W15	Cumbernauld	1:24.40
4	Addison, Heidi	W14	Hamilton	1:24.70
5	Chesser, Callan	M15	Milngavie & B	1:24.90
6	Walsh, Eilidh	W15	Rutherglen	1:25.60

**Heat 9 of 12 Finals Starts at 04:51 PM**

1	Hixon, Iona	W17	Milngavie & B	1:24.10
2	Li, Leo	M14	Co Glasgow	1:23.54
3	MacDonald, Finn	M15	Eastkilbride	1:23.00
4	Lindsay, Hannah	W18	Hamilton	1:23.50
5	McEwan, Samuel	M15	Cumbernauld	1:23.90
6	Simpson, Jessica	W15	Hamilton	1:24.30

**Heat 10 of 12 Finals Starts at 04:53 PM**

1	Law, Anna	W15	Hamilton	1:22.40
2	McGinlay, Sophia	W18	Cumbernauld	1:21.40
3	Ferris, Meghan	W14	Cumbernauld	1:21.20
4	Todd, Luke	M15	Forth Valley	1:21.30
5	Gunn, Lois	W18	Milngavie & B	1:21.80
6	Hutchison, Holly	W14	Hamilton	1:22.53

**Heat 11 of 12 Finals Starts at 04:55 PM**

1	Rawding, Kyle	M15	Forth Valley	1:20.00
2	Alexander, Ethan	M16	Co Glasgow	1:18.10
3	Devlin, Luke	M18	Lanark	1:15.60
4	Khan, Adam	M13	Milngavie & B	1:15.70
5	Reid, Ethan	M17	Ren 96	1:19.80
6	Calder, Joanna	W18	Milngavie & B	1:21.00

**Heat 12 of 12 Finals Starts at 04:57 PM**

1	Brown, Ciaran	M18	Co Glasgow	1:12.90
2	Connolly, Kyle	M17	Eastkilbride	1:12.30
3	Bennett, Finlay	M17	Rutherglen	1:09.17
4	Nastjuks, Stepans	M16	Stranraer	1:09.96
5	Malkin-Gill, Clark	M17	Inverclyde	1:12.90
6	Mossman, Kyle	M17	Eastkilbride	1:13.20

**Reserves**

1	Purdon, Erin	W15	Lanark	1:31.10
2	Turner, Amelia	W17	Kingston	1:37.50
3	Craig, Emily	W15	Co Glasgow	1:37.60
4	Scott, Corrie	W14	StirlingSwim	1:41.00
5	Leggat, Lilly-Mai	W14	Milngavie & B	1:41.40
6	Turner, Marcus	M14	Kingston	1:48.50