



## East District Age Group Championships

FIPRE, Glenrothes – 6<sup>th</sup> November 2011

## Session 4 – Results

**Event 221 Girls 10-12 400 Metre Freestyle**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Lauren Pirouet	12	InCAS	4:39.23	31.27	1:05.88	1:40.87	2:16.42	2:52.16	3:28.28	4:04.22	4:39.23
2 Kirsty Armstrong	12	Kelso	4:43.74	31.27	1:06.08	1:42.15	2:18.19	2:54.10	3:30.85	4:07.54	4:43.74
3 Chanel Sneddon	12	Fauldhouse	4:49.40	31.88	1:07.54	1:44.15	2:21.33	2:58.36	3:35.39	4:12.90	4:49.40
4 Sarah Donnelly	12	Carnegie	4:51.23	32.15	1:08.17	1:45.32	2:22.01	2:59.10	3:36.04	4:14.47	4:51.23
5 Louise Fair	12	Heart Of Mid	4:59.41	33.91	1:11.00	1:48.88	2:27.17	3:05.70	3:44.22	4:23.06	4:59.41
6 Mhairi Swanson	12	Heart Of Mid	5:05.96	33.55	1:11.05	1:49.75	2:28.99	3:08.78	3:48.28	4:27.92	5:05.96
7 Ellie Neil	12	Warrender	5:06.47	34.24	1:12.39	1:51.24	2:30.27	3:08.95	3:48.15	4:27.84	5:06.47
8 Eilidh Collyer	11	Carnegie	5:07.19	33.39	1:11.90	1:51.16	2:30.56	3:09.93	3:49.15	4:29.26	5:07.19
9 Lexie Waller	10	Heart Of Mid	5:07.74	33.36	1:11.25	1:50.57	2:30.83	3:10.51	3:50.13	4:30.42	5:07.74
10 Charlie Cavens	12	Warrender	5:12.01	35.11	1:13.95	1:53.59	2:33.24	3:14.26	3:54.71	4:34.10	5:12.01
11 Caitlin Arnott	12	Warrender	5:14.15	35.41	1:14.75	1:54.89	2:35.45	3:15.71	3:56.24	4:36.58	5:14.15
12 Sarah Ogilvie	12	Heart Of Mid	5:16.91	35.21	1:14.32	1:54.35	2:35.66	3:16.56	3:57.66	4:38.52	5:16.91
13 Megan McGhee	11	Carnegie	5:17.41	35.36	1:15.72	1:56.49	2:37.36	3:18.23	3:59.02	4:39.18	5:17.41
14 Kathryn Swinney	12	Peebles	5:19.43	35.50	1:15.72	1:56.28	2:37.02	3:17.15	3:58.32	4:40.01	5:19.43
15 Fiona Elliott	12	Warrender	5:21.05	36.93	1:17.28	1:58.28	2:38.85	3:19.46	3:59.97	4:40.98	5:21.05
16 Emma Hogarth	11	Portobello	5:21.26	34.10	1:14.05	1:56.07	2:37.49	3:19.66	4:00.76	4:43.15	5:21.26
17 Anna Davison	11	Eyemouth	5:21.50	35.81	1:16.03	1:58.31	2:40.31	3:21.73	4:03.16	4:44.67	5:21.50
18 Claire Lee	12	Carnegie	5:26.16	36.47	1:16.16	1:56.48	2:37.38	3:19.64	4:03.56	4:45.65	5:26.16
19 Lucy McGregor	12	Warrender	5:28.31	36.05	1:16.87	1:59.16	2:40.51	3:23.55	4:06.84	4:48.47	5:28.31
20 Megan MacFarlane	12	Livingston	5:28.40	37.21	1:18.60	2:00.02	2:41.59	3:23.54	4:06.00	4:47.40	5:28.40
21 Sophie Ross	12	Carnegie	5:28.53	37.03	1:17.72	1:59.57	2:41.72	3:24.13	4:06.33	4:48.35	5:28.53
22 Beth MacFarlane	12	Midlothian	5:30.15	36.25	1:16.77	1:58.13	2:40.63	3:23.25	4:06.47	4:49.13	5:30.15
23 Megan Carmody	12	Livingston	5:33.91	34.79	1:15.38	1:57.92	2:40.73	3:24.90	4:08.87	4:53.51	5:33.91
24 Chloe Laird	12	Haddington	5:34.21	38.38	1:19.78	2:04.04	2:46.63	3:28.82	4:11.42	4:53.52	5:34.21
25 Jenny Adams	12	Kelso	5:36.66	37.26	1:19.59	2:02.14	2:44.10	3:26.87	4:11.40	4:55.55	5:36.66
26 Erin Robertson	12	Livingston	5:38.61	38.32	1:19.48	2:02.52	2:44.17	3:26.97	4:11.32	4:56.47	5:38.61
27 Devyn Crawford	12	Livingston	5:41.93	37.96	1:20.27	2:03.35	2:47.36	3:31.33	4:16.03	4:59.62	5:41.93
28 Ciara Simms	12	Warrender	5:42.22	38.13	1:21.22	2:04.86	2:49.35	3:34.59	4:19.10	5:02.77	5:42.22
29 Brigid Hay	11	Haddington	5:48.01	37.64	1:20.27	2:04.98	2:50.00	3:36.11	4:21.33	5:05.99	5:48.01
30 Katy Smith	11	Tranent	5:48.83	38.19	1:21.34	2:06.32	2:51.68	3:37.56	4:22.34	5:06.97	5:48.83
31 Jessica Damen	11	Warrender	5:49.33	38.18	1:21.80	2:06.81	2:51.55	3:37.11	4:22.40	5:07.81	5:49.33
32 Lucy Hallam	12	Carnegie	5:51.48	38.87	1:22.98	2:08.11	2:53.09	3:38.57	4:24.27	5:09.65	5:51.48
33 Flavia Forbes	11	Warrender	5:53.66	39.85	1:24.31	2:09.63	2:55.75	3:41.24	4:27.07	5:11.91	5:53.66

**Event 221 Girls 13 Year Olds 400 Metre Freestyle**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Tain Bruce	13	InCAS	4:38.15	30.97	1:05.76	1:41.03	2:17.00	2:52.68	3:28.11	4:03.62	4:38.15
2 Jennifer Henderson	13	Musselburgh	4:42.16	31.49	1:06.32	1:42.52	2:18.66	2:54.90	3:31.12	4:07.12	4:42.16
3 Kimberley MacKay	13	Midlothian	4:45.81	31.67	1:07.49	1:44.57	2:22.20	2:58.76	3:35.51	4:11.71	4:45.81
4 India Dodd	13	Warrender	4:47.03	32.49	1:08.08	1:44.35	2:20.85	2:57.36	3:34.33	4:11.14	4:47.03
5 Brooke Gillies	13	Carnegie	4:47.81	32.78	1:08.97	1:46.21	2:23.28	3:00.01	3:35.74	4:12.54	4:47.81
6 Elizabeth Lim	13	Warrender	4:48.19	31.84	1:07.03	1:43.70	2:21.00	2:57.92	3:35.90	4:12.76	4:48.19
7 Gulsum Onal	13	Livingston	4:49.46	33.54	1:09.59	1:46.97	2:23.79	3:00.32	3:37.32	4:13.95	4:49.46
8 Natalie Lees	13	Livingston	4:51.63	32.93	1:08.65	1:45.58	2:23.40	3:01.12	3:38.32	4:16.06	4:51.63
9 Alyx Cunningham	13	Tranent	4:53.24	32.32	1:09.04	1:46.50	2:23.74	3:01.28	3:38.69	4:16.35	4:53.24
10 Shannon Paterson	13	Broxburn	4:53.84	32.65	1:09.05	1:46.42	2:24.30	3:02.49	3:40.41	4:17.86	4:53.84
11 Morven Rae-Seaman	13	Fins	4:58.06	33.28	1:10.18	1:47.73	2:25.85	3:03.91	3:42.69	4:20.86	4:58.06
12 Katie Stark	13	Warrender	4:59.65	32.70	1:10.64	1:49.56	2:28.04	3:06.83	3:45.50	4:24.34	4:59.65
13 Beth Denholm	13	Midlothian	5:00.46	33.27	1:10.69	1:49.38	2:27.80	3:06.45	3:45.03	4:23.32	5:00.46
14 Ailsa Timoney	13	Warrender	5:00.96	34.27	1:11.06	1:48.92	2:27.21	3:06.43	3:45.57	4:24.61	5:00.96
15 Megan Lawrie	13	Warrender	5:04.73	34.20	1:11.94	1:50.59	2:29.41	3:08.27	3:47.49	4:26.70	5:04.73
16 Kayleigh Orman	13	Heart Of Mid	5:04.94	33.66	1:11.50	1:50.77	2:30.06	3:09.66	3:49.71	4:28.88	5:04.94
17 Lucy Thomson	13	Carnegie	5:11.30	34.87	1:14.07	1:54.69	2:35.16	3:15.73	3:56.00	4:36.10	5:11.30
18 Jordon Sturt	13	Warrender	5:11.75	33.07	1:11.60	1:51.55	2:31.17	3:11.50	3:52.51	4:33.79	5:11.75
19 Cara Elliott	13	Warrender	5:12.01	35.49	1:15.39	1:56.25	2:36.05	3:15.65	3:56.13	4:36.07	5:12.01
20 Megan Hill	13	Carnegie	5:12.62	34.34	1:11.95	1:50.55	2:30.22	3:10.84	3:51.77	4:33.21	5:12.62
21 Carrie McLennan	13	Carnegie	5:13.44	34.04	1:12.23	1:51.63	2:32.26	3:12.75	3:53.52	4:34.57	5:13.44
22 Jodie White	13	Warrender	5:14.80	35.18	1:14.51	1:55.10	2:35.66	3:16.15	3:56.71	4:37.19	5:14.80
23 Hannah Munro	13	Haddington	5:15.01	33.91	1:12.14	1:51.68	2:32.46	3:13.40	3:54.19	4:35.76	5:15.01



## East District Age Group Championships

FIPRE, Glenrothes – 6<sup>th</sup> November 2011

## Session 4 – Results

**Event 221 Girls 13 Year Olds 400 Metre Freestyle (continued)**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
24 Hebe Ramsay	13	Midlothian	5:16.58	34.89	1:13.55	1:53.13	2:33.54	3:14.04	3:54.63	4:35.49	5:16.58
25 Ailidh McManus	13	Tranent	5:18.88	36.35	1:15.07	1:55.21	2:35.92	3:16.78	3:58.13	4:39.33	5:18.88
26 Katherine Fraser	13	Warrender	5:20.91	34.33	1:12.82	1:53.76	2:35.06	3:16.19	3:58.32	4:40.09	5:20.91
27 Jill Mulligan	13	Warrender	5:25.18	36.11	1:15.79	1:56.61	2:37.97	3:19.22	4:01.66	4:43.57	5:25.18
28 Rebecca Laing	13	Warrender	5:26.40	35.51	1:16.87	1:59.55	2:41.68	3:24.76	4:06.20	4:48.57	5:26.40
29 Libby Adams	13	Warrender	5:26.99	36.61	1:18.20	1:59.72	2:41.81	3:23.42	4:05.15	4:47.87	5:26.99

**Event 221 Girls 14 Year Olds 400 Metre Freestyle**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Megan Briggs	14	Warrender	4:27.19	30.70	1:04.40	1:38.41	2:12.63	2:46.40	3:20.64	3:54.46	4:27.19
2 Samantha Caulfield	14	Carnegie	4:36.96	31.56	1:05.68	1:40.47	2:15.79	2:50.66	3:26.07	4:02.07	4:36.96
3 Alex Bryce	14	Trojan	4:40.63	31.39	1:06.14	1:41.87	2:17.76	2:53.66	3:29.39	4:05.46	4:40.63
4 Shona Mackie	14	Aquanauts	4:42.89	32.07	1:07.42	1:43.64	2:19.89	2:55.76	3:32.05	4:07.79	4:42.89
5 Katie Macdonald	14	Warrender	4:51.54	33.21	1:09.61	1:46.42	2:23.72	3:01.18	3:38.51	4:16.18	4:51.54
6 Chloe McCallum	14	Haddington	4:51.83	31.42	1:05.52	1:41.57	2:18.33	2:56.97	3:35.40	4:12.08	4:51.83
7 Caitlin Hamilton	14	Musselburgh	4:53.14	30.95	1:05.84	1:42.47	2:19.92	2:58.22	3:37.00	4:15.87	4:53.14
8 Emma Crawford	14	Haddington	4:53.71	31.33	1:07.95	1:45.18	2:23.08	3:01.09	3:38.58	4:16.66	4:53.71
9 Louise Feenie	14	Glenrothes	4:55.63	31.21	1:06.83	1:43.70	2:21.11	2:59.67	3:38.84	4:17.84	4:55.63
10 Kirsty Wilson	14	Fins	4:56.89	32.91	1:10.14	1:48.17	2:26.23	3:03.80	3:41.75	4:19.60	4:56.89
11 Nieve Smith	14	Portobello	4:57.20	32.57	1:09.14	1:47.14	2:24.97	3:02.74	3:42.03	4:20.73	4:57.20
12 Victoria Broe	14	Livingston	4:58.16	32.42	1:08.50	1:46.16	2:24.70	3:03.80	3:42.05	4:21.36	4:58.16
13 Harriet Gray	14	Fins	4:58.81	34.10	1:11.15	1:49.22	2:27.33	3:05.57	3:43.90	4:22.20	4:58.81
14 Erin Cooper	14	Trojan	4:59.63	33.01	1:09.97	1:48.26	2:27.13	3:05.57	3:44.01	4:22.93	4:59.63
15 Chloe Payne	14	Warrender	5:01.67	34.33	1:11.53	1:49.70	2:28.17	3:07.12	3:45.68	4:24.34	5:01.67
16 Hana Duheric	14	Warrender	5:05.50	33.56	1:11.37	1:50.35	2:29.87	3:09.11	3:48.87	4:28.17	5:05.50
17 Emily Paterson	14	Fins	5:05.88	33.20	1:10.89	1:50.38	2:30.10	3:09.30	3:49.08	4:28.19	5:05.88
18 Amy Sylvester	14	Midlothian	5:12.16	35.60	1:14.30	1:53.71	2:33.46	3:13.81	3:53.65	4:34.01	5:12.16
19 Shannon McLeod	14	Fins	5:17.02	35.18	1:14.42	1:54.43	2:34.95	3:15.93	3:57.05	4:38.13	5:17.02
20 Lucy Brown	14	Warrender	5:18.50	35.45	1:15.08	1:55.84	2:36.65	3:17.85	3:58.62	4:39.52	5:18.50
--- Aimee Adam	14	Carnegie	DNF								

**Event 221 Girls 15 Year Olds 400 Metre Freestyle**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Rachael O'Donnell	15	Carnegie	4:17.53	29.38	1:01.38	1:34.17	2:07.31	2:39.78	3:13.14	3:45.82	4:17.53
2 Gillian Clark	15	Musselburgh	4:24.12	29.97	1:03.56	1:37.22	2:11.28	2:43.97	3:17.84	3:51.64	4:24.12
3 Lucy Hope	15	Kelso	4:24.15	30.02	1:03.02	1:36.80	2:10.28	2:43.78	3:17.83	3:52.12	4:24.15
4 Chelsea Lawson	15	Carnegie	4:33.00	30.76	1:04.34	1:38.63	2:13.47	2:48.65	3:23.87	3:59.08	4:33.00
5 Zoe Mitchell	15	Carnegie	4:33.53	30.65	1:04.59	1:39.12	2:13.98	2:49.03	3:24.28	3:59.40	4:33.53
6 Joanna Whitelaw	15	Haddington	4:35.47	30.99	1:04.88	1:39.62	2:14.58	2:49.83	3:25.29	4:01.04	4:35.47
7 Tiffany Bachelet	15	Warrender	4:38.87	31.03	1:05.90	1:41.74	2:17.18	2:53.42	3:29.07	4:04.30	4:38.87
8 Ruth Laird	15	Carnegie	4:42.20	32.17	1:07.17	1:42.99	2:19.12	2:55.21	3:31.41	4:07.44	4:42.20
9 Lorna Blair	15	Heart Of Mid	4:42.85	32.23	1:07.36	1:43.21	2:19.72	2:56.09	3:33.00	4:08.56	4:42.85
10 Eleanor England	15	Carnegie	4:48.28	32.10	1:07.68	1:44.20	2:21.26	2:58.20	3:35.52	4:12.97	4:48.28
11 Paige Aitchison	15	Aquanauts	4:48.82	31.91	1:07.79	1:44.64	2:22.00	2:59.49	3:36.24	4:13.35	4:48.82
12 Katie Johnstone	15	Fins	4:49.42	31.50	1:06.18	1:42.28	2:19.04	2:56.41	3:34.35	4:12.45	4:49.42
13 Keri Greig	15	Aquanauts	4:49.60	32.18	1:07.50	1:43.94	2:21.05	2:58.34	3:36.03	4:13.93	4:49.60
14 Kirsty Niblock	15	Warrender	4:50.64	32.70	1:09.33	1:46.49	2:23.70	3:01.06	3:38.13	4:15.10	4:50.64
15 Lisa Harkins	15	Livingston	4:58.65	33.31	1:10.05	1:48.15	2:26.05	3:04.11	3:42.50	4:20.86	4:58.65
16 Cara Donnelly	15	Aquanauts	5:05.72	34.20	1:13.04	1:52.16	2:30.15	3:09.35	3:49.13	4:28.72	5:05.72

**Event 221 Girls 16 & Over 400 Metre Freestyle**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Nicola Lamb	18	Fins	4:20.53	29.71	1:01.48	1:34.75	2:07.90	2:41.14	3:14.85	3:47.74	4:20.53
2 Amy Fraser	17	Galashiels	4:24.72	30.09	1:02.65	1:35.85	2:09.50	2:43.52	3:17.60	3:52.20	4:24.72
3 Jessica Wilkie	17	Heart Of Mid	4:30.46	30.04	1:02.79	1:36.68	2:10.88	2:44.94	3:20.22	3:55.63	4:30.46
4 Lauren Aisbitt	17	Eyemouth	4:32.40	30.79	1:04.50	1:38.88	2:13.31	2:48.01	3:23.19	3:58.33	4:32.40
5 Ellie Brisbane	16	Fins	4:34.44	30.77	1:05.20	1:39.70	2:14.60	2:49.75	3:25.23	4:00.52	4:34.44
6 Kate Forbes	16	Warrender	4:35.06	31.28	1:05.88	1:41.51	2:17.10	2:51.97	3:26.78	4:01.89	4:35.06
7 Caitlin Burns	16	Carnegie	4:35.07	30.49	1:04.53	1:39.15	2:14.68	2:50.19	3:26.04	4:01.04	4:35.07



## East District Age Group Championships

FIPRE, Glenrothes – 6<sup>th</sup> November 2011

## Session 4 – Results

**Event 221 Girls 16 & Over 400 Metre Freestyle (continued)**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
8 Alix Eastham	16	Eyemouth	4:35.11	30.98	1:04.44	1:39.19	2:14.30	2:49.54	3:24.99	4:00.54	4:35.11
9 Alice Bumstead	16	Warrender	4:36.57	32.22	1:07.18	1:42.99	2:18.27	2:52.95	3:28.05	4:02.91	4:36.57
10 Shona Lambert	17	Warrender	4:39.55	31.77	1:06.54	1:41.89	2:17.53	2:52.92	3:28.72	4:04.76	4:39.55
11 Kirsty Elliott	17	Warrender	4:40.68	31.95	1:06.66	1:42.07	2:17.65	2:53.22	3:29.06	4:05.18	4:40.68
12 Lauren Walker Stewart	16	Heart Of Mid	4:42.14	32.21	1:07.45	1:43.16	2:19.45	2:55.73	3:32.68	4:08.60	4:42.14
*13 Rachel Taylor	16	Aquanauts	4:44.32	31.85	1:07.21	1:43.44	2:19.84	2:56.49	3:33.35	4:09.50	4:44.32
*13 Rachel Donald	16	Aquanauts	4:44.32	30.96	1:04.65	1:39.67	2:15.54	2:52.38	3:29.78	4:07.12	4:44.32
15 Sophie Ross	16	Broxburn	4:49.77	32.28	1:07.95	1:44.36	2:21.22	2:58.68	3:36.55	4:13.24	4:49.77
16 Rebecca Turner	16	Burntisland	4:50.30	31.80	1:06.51	1:42.62	2:19.47	2:57.20	3:35.28	4:13.38	4:50.30
17 Tilly Sawrey	16	Heart Of Mid	4:52.87	33.54	1:09.44	1:46.16	2:23.57	3:00.92	3:38.46	4:16.19	4:52.87
18 Robyn Flockhart	16	Eyemouth	4:53.23	32.39	1:08.71	1:46.38	2:24.36	3:01.58	3:39.34	4:17.02	4:53.23
19 Fiona Inglis	16	Midlothian	4:59.07	32.35	1:08.87	1:46.79	2:24.96	3:04.02	3:42.97	4:21.49	4:59.07
20 Rachael Stewart	16	Musselburgh	5:00.52	32.65	1:09.51	1:48.28	2:26.85	3:06.37	3:45.22	4:23.59	5:00.52
21 Fiona Donald	18	Aquanauts	5:03.44	33.31	1:09.72	1:47.02	2:25.34	3:04.32	3:43.80	4:23.98	5:03.44

**Event 222 Boys 10-12 400 Metre IM**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Fraser Beeby	12	Carnegie	5:29.97	35.47	1:16.62	1:58.30	2:39.18	3:28.05	4:17.20	4:54.71	5:29.97
2 James Collyer	12	Carnegie	5:35.72	35.09	1:17.11	1:59.76	2:42.15	3:31.57	4:22.98	5:00.76	5:35.72
3 Stuart Niblock	12	Warrender	5:41.85	36.23	1:18.75	2:02.21	2:44.93	3:36.88	4:27.35	5:06.35	5:41.85
4 Brodie Savage	12	Warrender	5:42.04	36.70	1:21.38	2:06.89	2:51.58	3:39.51	4:28.91	5:06.67	5:42.04
5 Ethan Sievwright	12	Fauldhouse	6:19.33	39.46	1:27.52	2:15.73	3:01.95	3:57.98	4:53.53	5:36.43	6:19.33

**Event 222 Boys 13 Year Olds 400 Metre IM**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Craig McLean	13	Carnegie	5:05.04	31.23	1:07.79	1:48.44	2:26.84	3:10.49	3:55.57	4:31.36	5:05.04
2 Cameron Finlayson	13	Heart Of Mid	5:10.72	31.38	1:09.03	1:49.35	2:27.92	3:13.02	3:58.99	4:35.66	5:10.72
3 Greg Turner	13	Burntisland	5:11.95	33.90	1:13.72	1:54.91	2:34.22	3:17.69	4:02.36	4:37.81	5:11.95
4 Samuel Jones	13	Livingston	5:14.30	33.15	1:11.70	1:54.39	2:35.63	3:20.87	4:06.54	4:41.24	5:14.30
5 Arran Stowe	13	Fins	5:27.68	37.94	1:20.07	2:00.94	2:41.74	3:29.50	4:17.92	4:54.03	5:27.68
6 Jeremy Scott	13	Warrender	5:31.68	38.04	1:23.29	2:04.34	2:44.48	3:33.68	4:23.37	4:58.70	5:31.68
7 Evan Curtis	13	Warrender	5:38.33	38.41	1:27.18	2:05.20	2:44.92	3:34.54	4:25.04	5:03.08	5:38.33

**Event 222 Boys 14 Year Olds 400 Metre IM**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Ryan Brown	14	Kelso	4:51.38	31.00	1:06.32	1:43.17	2:18.72	3:00.80	3:43.72	4:18.46	4:51.38
2 Daniel McGregor	14	Warrender	4:52.19	31.15	1:07.33	1:44.27	2:20.64	3:03.55	3:47.42	4:21.09	4:52.19
3 Chris McColm	14	Musselburgh	4:54.21	32.65	1:09.24	1:46.44	2:23.13	3:05.21	3:48.09	4:21.88	4:54.21
4 Jamie Waller	14	Heart Of Mid	5:01.04	33.44	1:12.96	1:50.55	2:28.69	3:12.01	3:54.86	4:28.65	5:01.04
5 Sean Cockburn	14	Heart Of Mid	5:01.17	33.57	1:13.01	1:50.88	2:27.73	3:10.88	3:54.52	4:29.12	5:01.17
6 Alistair Crichton	14	Warrender	5:04.68	33.62	1:13.14	1:51.76	2:30.24	3:12.36	3:55.30	4:30.21	5:04.68
7 Sam Andrews	14	Livingston	5:17.87	34.19	1:13.57	1:54.56	2:33.89	3:21.47	4:08.64	4:43.84	5:17.87
8 Fraser Meadows	14	Warrender	5:18.09	33.91	1:14.30	1:54.81	2:35.18	3:21.24	4:07.53	4:43.74	5:18.09
9 David MacDonald	14	Broxburn	5:20.22	33.31	1:12.61	1:53.89	2:33.29	3:20.54	4:08.32	4:45.43	5:20.22
10 Conor Nally	14	InCAS	5:22.00	33.04	1:12.65	1:54.94	2:35.19	3:21.70	4:08.06	4:45.79	5:22.00
11 Andrew Hepburn	14	Warrender	5:27.60	37.00	1:21.22	2:01.61	2:42.00	3:28.27	4:15.69	4:52.40	5:27.60
12 James Lowder	14	Heart Of Mid	5:28.56	33.23	1:13.78	1:53.93	2:33.32	3:21.89	4:15.81	4:50.81	5:28.56
13 Chris Watson	14	Warrender	5:32.81	35.14	1:18.28	2:38.57	3:27.41	4:15.67	4:54.82	5:32.81	
14 Jamie Eason	14	Warrender	5:34.42	35.47	1:19.31	2:02.35	2:44.15	3:31.69	4:18.67	4:57.24	5:34.42
--- Alasdair Lambert	14	Warrender	DQ								

**Event 222 Boys 15 Year Olds 400 Metre IM**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Daniel Lim	15	Warrender	4:37.66	29.87	1:04.44	1:42.64	2:19.83	2:56.62	3:34.72	4:07.17	4:37.66
2 Craig Bowman	15	Carnegie	4:41.41	28.26	1:02.05	1:38.31	2:13.08	2:54.54	3:35.36	4:09.05	4:41.41
3 Matthew Anderson	15	Warrender	4:42.98	30.10	1:05.13	1:42.88	2:19.41	2:59.94	3:40.22	4:12.66	4:42.98
4 Finlay Williamson	15	Haddington	4:52.16	31.92	1:08.97	1:47.71	2:24.53	3:06.04	3:48.69	4:21.63	4:52.16



Scottish Amateur Swimming Association  
**East District Age Group Championships**

FIPRE, Glenrothes – 6<sup>th</sup> November 2011

**Session 4 – Results**



**Event 222 Boys 15 Year Olds 400 Metre IM (continued)**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
5 James Black	15	Aquanauts	4:55.40	29.86	1:05.18	1:43.09	2:20.16	3:03.43	3:47.76	4:22.12	4:55.40
6 David Mulligan	15	Warrender	4:59.43	30.17	1:06.14	1:44.84	2:22.10	3:07.87	3:52.84	4:26.90	4:59.43
7 Iain Rose	15	Warrender	5:00.21	32.21	1:11.42	1:50.02	2:28.03	3:10.08	3:51.94	4:27.59	5:00.21
8 Fraser Spooner	15	Livingston	5:04.71	30.91	1:08.66	1:46.06	2:23.32	3:09.76	3:57.76	4:31.90	5:04.71
9 Kieran Pate	15	Fins	5:19.97	33.65	1:14.36	1:55.63	2:34.98	3:20.57	4:05.28	4:43.18	5:19.97

**Event 222 Boys 16 & Over 400 Metre IM**

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Mark Szaranek	16	Carnegie	4:24.74	27.33	59.88	1:35.30	2:09.85	2:47.65	3:25.09	3:55.14	4:24.74
2 Craig Benson	17	Warrender	4:26.70	29.13	1:01.90	1:36.68	2:11.30	2:47.26	3:22.87	3:55.61	4:26.70
3 Fabian Whitbread	19	Warrender	4:29.38	28.58	1:00.99	1:35.21	2:09.15	2:47.03	3:25.61	3:58.79	4:29.38
4 Craig McNally	19	Warrender	4:29.69	29.77	1:04.58	1:38.56	2:11.39	2:51.78	3:31.67	4:02.13	4:29.69
5 Connor Wilson	18	Warrender	4:43.12	30.81	1:07.83	1:43.62	2:18.89	2:58.33	3:38.14	4:11.87	4:43.12
6 Greg Watson	16	Fins	4:51.17	30.94	1:07.23	1:44.21	2:20.31	3:02.99	3:45.68	4:19.80	4:51.17
7 Lewis Kirby	16	Carnegie	4:51.63	29.84	1:05.95	1:43.14	2:20.19	3:04.77	3:48.63	4:21.64	4:51.63
8 Andrew Harkins	16	Livingston	5:00.12	32.19	1:09.58	1:46.74	2:22.93	3:08.31	3:54.48	4:27.72	5:00.12
--- Andrew Hosie	19	Aquanauts	DQ								