

## Incas Distance Meet 2010 - Session 1 Draft

### Event 101 Boys 8-14 200 Metre Butterfly

**8-10 Record:** 2:55.98 24/06/2006 Mark Szaranek  
**11-12 Record:** 2:24.70 21/06/2008 Mark Szaranek  
**13-14 Record:** 2:14.11 20/06/2009 Mark Szaranek

#### 8-10

1 Fraser Beeby 10 Carnegie 2:58.62 .....  
 2 James Collyer 10 Carnegie 3:02.96 .....  
 3 Jay-Ger Nelson 9 Warrender 3:30.71 .....

#### 11-12

1 Sam Andrews 12 West Lothian 2:52.31 .....  
 2 Chris McColm 12 East Lothian 2:55.83 .....  
 3 Craig McLean 11 West Lothian 2:58.48 .....  
 4 Cameron Broadfoot 11 East Lothian 3:06.45 .....  
 5 Fraser Samuel 11 East Lothian 3:08.70 .....  
 6 Craig Watt 12 West Lothian 3:16.77 .....  
 7 James Lowder 12 Heart Of Mid 3:19.33 .....  
 8 Murray Sheen 12 Warrender 3:22.73 .....  
 9 Callum MacGregor 12 Fins 3:29.42 .....  
 10 Jock McMillan 11 Warrender 3:30.82 .....  
 11 Hayden Moffat 11 Incas 3:31.52 .....

12 Cameron Finlayson  
 13 Oran Hosey

#### 13-14

1 Rory Mackay 14 Portobello 2:26.95 .....  
 2 David Mulligan 13 Warrender 2:34.14 .....  
 3 Matthew Anderson 14 Oban 2:34.97 .....  
 4 James Black 13 West Lothian 2:35.50 .....  
 5 David Colley 14 Warrender 2:37.89 .....  
 6 Dean Stevenson 13 Rutherglen 2:47.45 .....  
 7 Nathan Kennedy 14 West Lothian 2:47.59 .....  
 8 Dean Strachan 14 West Lothian 2:48.67 .....  
 9 Harry Crombie 13 Duns 3:09.57 .....  
 10 Conor Nally 13 Incas 3:10.39 .....  
 11 Jamie Whitefield 13 East Lothian 3:12.51 Res 1

### Event 102 Girls 8-14 800 Metre Freestyle

**8-10 Record:** 10:54.16 20/06/2009 Abi Proctor  
**11-12 Record:** 9:32.25 23/06/2007 Amy Fraser  
**13-14 Record:** 9:21.40 24/06/2006 Eloise Barber

#### 8-10

1 Lauren Pirouet 10 Incas 10:57.83 .....  
 2 Chanel Sneddon 10 West Lothian 11:17.03 .....  
 3 Megan McGhee 10 Carnegie 11:55.22 .....  
 4 Megan MacFarlane 10 West Lothian 12:45.98 Res

#### 11-12

1 Rachel Smith 12 Fins 10:23.80 .....  
 2 Eilidh Duthie 12 Aberdeen Dol 10:26.98 .....  
 3 Erin Rafferty 11 West Lothian 10:35.19 .....  
 4 Tain Bruce 11 Incas 10:35.66 .....  
 5 Caitlin Hamilton 12 East Lothian 10:45.90 .....  
 6 Emily Paterson 12 Incas 11:00.12 .....  
 7 Morven Rae-Seaman 11 Incas 11:03.24 .....  
 8 Alex Bryce 12 West Lothian 11:04.69 .....  
 9 Erin Cooper 12 West Lothian 11:06.52 .....  
 10 Jennifer Henderson 11 East Lothian 11:06.78 .....  
 11 Elizabeth Lim 11 Warrender 11:08.18 .....  
 12 Sarah Donnelly 11 West Lothian 11:10.58 .....  
 13 Shona Mackie 12 West Lothian 11:17.96 .....

8 Alexandra Adams 13 Warrender 10:02.53 .....  
 9 Eleanor England 14 Carnegie 10:07.78 .....  
 10 Catriona Murray 14 Warrender 10:15.77 .....  
 11 Kayleigh Hutton 14 Incas 10:17.77 .....  
 12 Ashley McAdam 13 West Lothian 10:24.80 .....  
 13 Fiona Corbett 14 Portobello 10:27.46 .....  
 14 Lean Stobbart 14 West Lothian 10:28.05 .....  
 15 Isla McLeod 13 Carnegie 10:30.38 .....  
 16 Kirsty Niblock 13 Warrender 10:31.98 .....  
 17 Rebecca Turner 14 Burntisland 10:35.85 .....  
 18 Paige Aitchison 13 West Lothian 10:36.13 .....  
 19 Rachel Taylor 14 West Lothian 10:38.47 .....  
 20 Emma Calvert 14 West Lothian 10:42.59 .....  
 21 Keri Greig 13 West Lothian 10:43.20 .....  
 22 Beth Grant 13 Heart Of Mid 10:44.31 .....  
 23 Lauren Walker Stewart 14 Heart Of Mid 10:46.53 .....  
 24 Libby Clapham 14 Warrender 10:46.72 .....  
 25 Cara Donnelly 13 West Lothian 10:55.33 .....  
 26 Catriona Young 14 Heart Of Mid 10:58.44 .....

14 Harriet Gray 12 Carnegie 11:22.33 Res 1  
 15 Kayleigh Orman 11 Heart Of Mid 11:25.69 Res 2  
 16 Kimberley MacKay 11 Midlothian 11:38.16 Oversub  
 17 Sarah Ogilvie 11 Heart Of Mid 11:55.02 Oversub  
 18 Ailidh McManus 12 East Lothian 12:06.55 Oversub  
 19 Gulsum Onal 11 West Lothian 12:35.22 Oversub  
 20 Michela Slawson 12 Heart Of Mid 13:33.01 Oversub  
 21 Ailie Herbert 11 Duns 13:39.05 Oversub

#### 13-14

1 Ailsa Small 14 Warrender 9:33.25 .....  
 2 Kate Forbes 14 Warrender 9:39.11 .....  
 3 Caitlin Burns 14 Carnegie 9:43.50 .....  
 4 Jennifer Ritchie 13 East Lothian 9:52.64 .....  
 5 Joanna Whiteclaw 13 East Lothian 9:52.90 .....  
 6 Megan Briggs 13 Warrender 9:55.60 .....  
 7 Rachel Donald 14 West Lothian 9:57.95 .....

27 Sophie Haig 14 Fins 11:07.82 Res 1  
 28 Anna McNairney 13 Warrender 11:08.34 Res 2  
 29 Melissa Sneddon 14 West Lothian 11:09.12 Res 3  
 30 Eilidh Levein 14 Warrender 11:11.75 Oversub  
 31 Erin Brown 13 Incas 11:16.51 Oversub  
 32 Lydia Westwood 13 West Lothian 11:22.85 Oversub  
 33 Rhiannon Mackay 13 Warrender 11:43.16 Oversub  
 34 Kirsty Wilson 13 Fins 11:47.26 Oversub  
 35 Zara Milton 13 Duns 11:54.52 Oversub  
 36 Gabby Gatherer 13 Incas 12:01.11 Oversub  
 37 Kirsty Reid 14 West Lothian 12:04.79 Oversub  
 38 Chloe Brannan 13 West Lothian 12:20.94 Oversub  
 39 Erin Brannan 13 West Lothian 12:50.47 Oversub  
 40 Clare Masson 13 Warrender NT Oversub

## Incas Distance Meet 2010 - Session 1 Draft

### Event 103 Boys 8-14 200 Metre Breaststroke

**8-10 Record:** 3:08.70 21/06/2008 Daniel Tiffen  
**11-12 Record:** 2:53.92 24/06/2006 Chris Kerr  
**13-14 Record:** 2:34.33 20/06/2009 Craig Nicolson

#### 8-10

1 Brodie Savage	10 Warrender	3:23.49	14 Cameron Finlayson	12 Heart Of Mid	3:42.31
2 George Clough	10 Warrender	3:29.30	15 Euan Dalglish	12 West Lothian	3:47.98
3 Kyle Pate	10 Fins	3:30.49	16 Grant Ogilvie	11 Carnegie	3:49.47
4 Fraser Beeby	10 Carnegie	3:30.99	17 David Macdonald	12 West Lothian	3:54.93
5 Hamish Neil	10 Carnegie	3:41.55	Res		
6 James Gray	9 Carnegie	3:48.37			
7 Frazer Hood	10 Rutherglen	3:50.23			
8 Conor McCormick	10 Kinross	3:51.69			
9 Joe Nally	10 Incas	3:55.35			

#### 11-12

1 Morgan Anderson	12 Kelso	3:11.31	1 Matthew Anderson	14 Oban	2:50.83
2 Greg Turner	12 Burntisland	3:14.56	2 Greg Watson	14 Fins	2:52.27
3 Sean Cockburn	12 Heart Of Mid	3:16.41	3 Callum Robb	14 West Lothian	2:52.96
4 Greig Reid	11 Carnegie	3:26.33	4 Dean Strachan	14 West Lothian	2:57.71
5 Fraser Samuel	11 East Lothian	3:27.25	5 Murray Blair	13 Warrender	2:58.39
6 Fraser Reid	12 Carnegie	3:27.33	6 Ben Potrykus	13 Carnegie	3:03.86
7 Andrew England	11 Carnegie	3:31.22	7 Harry Crombie	13 Duns	3:04.69
8 Murray Sheen	12 Warrender	3:32.85	8 James Black	13 West Lothian	3:08.41
9 Fraser Meadows	12 Warrender	3:34.62	9 Jamie Whitefield	13 East Lothian	3:11.23
10 Hayden Moffat	11 Incas	3:38.16	10 Jordan Davidson	13 West Lothian	3:12.43
11 Arran Stowe	11 Fins	3:39.93	11 Kieran Pate	13 Fins	3:15.77
12 Oran Hosey	11 Heart Of Mid	3:40.05	12 Alex Thompson	13 Kelso	3:21.85
13 Danny Milton	11 Duns	3:41.65	13 Darren Smith	13 Fins	3:28.39
			14 Henry Mackenzie	13 Warrender	3:30.80
			15 Lewis Ferguson	13 Fins	3:33.19
			16 Conor Nally	13 Incas	3:33.62
			17 Christopher Thompson	14 Carnegie	3:40.73

### Event 104 Girls 8-14 200 Metre IM

**8-10 Record:** 2:45.48 23/06/2007 Rachael O'Donnell  
**11-12 Record:** 2:27.38 20/06/2009 Rachael O'Donnell  
**13-14 Record:** 2:25.23 24/06/2006 Eloise Barber

#### 8-10

1 Lauren Pirouet	10 Incas	3:10.65	19 Brooke Gillies	11 Carnegie	3:12.13
2 Laura Harrison	10 Nairn	3:15.69	20 India Dodd	11 Warrender	3:13.20
3 Claire Lee	10 Carnegie	3:16.32	21 Sarah Veale	11 West Lothian	3:13.82
4 Mhairi Swanson	10 Heart Of Mid	3:17.90	22 Jill Mulligan	11 Warrender	3:14.34
5 Sophie Ross	10 Carnegie	3:18.32	23 Zoey McAdam	11 West Lothian	3:15.57 Res 1
6 Lina Guarin	10 Rutherglen	3:27.67	24 Amber Biggam	12 Rutherglen	3:17.16 Res 2
7 Taylor Mason	10 Rutherglen	3:27.92 Res 1	25 Jodie White	12 Warrender	3:19.04 Res 3
8 Nicole Peggie	10 Fins	3:30.55 Res 2	26 Emma Scott	12 Fins	3:24.14 Oversub
9 Lili Paterson	10 Rutherglen	3:38.72 Oversub	27 Clare Moloney	11 Kinross	3:25.16 Oversub
10 Jane Hardie	10 Duns	3:46.41 Oversub	28 Claire Mitchell	12 Incas	3:26.72 Oversub
11 Eilidh Collyer	9 Dunfermline	3:54.94 Oversub	29 Nicole Gunn	12 Rutherglen	3:27.26 Oversub

#### 11-12

1 Rachel Smith	12 Fins	2:42.50	30 Katherine Fraser	12 Warrender	3:32.66 Oversub
2 Alex Bryce	12 West Lothian	2:43.19	31 Megan Carmody	11 West Lothian	3:34.65 Oversub
3 Tain Bruce	11 Incas	2:43.24	32 Lauren Biggam	11 Rutherglen	3:37.75 Oversub
4 Erin Cooper	12 West Lothian	2:47.21	33 Robyn Spence	11 Heart Of Mid	3:44.05 Oversub
5 Louise Fair	11 Heart Of Mid	2:54.93			
6 Victoria Broe	12 West Lothian	2:56.41			
7 Elizabeth Lim	11 Warrender	2:56.72			
8 Kayleigh Orman	11 Heart Of Mid	2:57.21			
9 Ellie Gallacher	11 Portobello	3:01.38			
10 Clare Mackinnon	12 Oban	3:02.79			
11 Sarah Ogilvie	11 Heart Of Mid	3:03.86			
12 Harriet Gray	12 Carnegie	3:08.37			
13 Fiona Dickson	11 Nairn	3:08.66			
14 Sarah Carstairs	11 Carnegie	3:08.96			
15 Megan Fraser	12 Nairn	3:09.13			
16 Shannon McLeod	12 Fins	3:09.29			
17 Cara Rooney	11 Rutherglen	3:10.84			
18 Ciara Gallacher	11 Portobello	3:11.78			

#### 13-14

1 Ailsa Small	14 Warrender	2:33.32
2 Kate Forbes	14 Warrender	2:33.81
3 Caitlin Burns	14 Carnegie	2:36.05
4 Rachel Taylor	14 West Lothian	2:38.69
5 Kate Laverick	13 Warrender	2:40.22
6 Alexandra Adams	13 Warrender	2:40.86
7 Paige Aitchison	13 West Lothian	2:41.10
8 Kayleigh Hutton	14 Incas	2:42.11
9 Eilidh Levein	14 Warrender	2:42.39
10 Catriona Murray	14 Warrender	2:42.85
11 Lauren Walker Stewart	14 Heart Of Mid	2:43.22
12 Ashley McAdam	13 West Lothian	2:44.22
13 Leah Stobbart	14 West Lothian	2:44.31
14 Keri Greig	13 West Lothian	2:45.60

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15 Kirsty Niblock	13 Warrender	2:46.60	.....	32 Kirsty Wilson	13 Fins	2:53.18	.....
16 Amber McWhirter	14 Carnegie	2:46.61	.....	33 Melissa Sneddon	14 West Lothian	2:54.19	Res 1
17 Emma Calvert	14 West Lothian	2:46.93	.....	34 Rhiannon Mackay	13 Warrender	2:54.52	Res 2
18 Catriona Young	14 Heart Of Mid	2:47.43	.....	35 Anna McNairney	13 Warrender	2:55.49	Res 3
19 Sophie Haig	14 Fins	2:47.88	.....	36 Lydia Westwood	13 West Lothian	2:59.18	Oversub
20 Kal Roderick	14 Warrender	2:47.95	.....	37 Kirsty Reid	14 West Lothian	3:02.47	Oversub
21 Alice Gray	13 Warrender	2:48.37	.....	38 Bryonie Plimer	14 Fins	3:03.87	Oversub
22 Rebecca Turner	14 Burntisland	2:48.42	.....	39 Dorothea McInnes	13 Rutherglen	3:05.68	Oversub
23 Eleanor England	14 Carnegie	2:48.66	.....	40 Gabby Gatherer	13 Incas	3:08.33	Oversub
24 Kate Johnston	14 East Lothian	2:48.85	.....	41 Shannon Prince	13 Heart Of Mid	3:10.67	Oversub
25 Libby Clapham	14 Warrender	2:49.21	.....	42 Clare Masson	13 Warrender	3:12.52	Oversub
26 Katie Johnstone	14 Carnegie	2:50.32	.....	43 Clare Andrew	14 Warrender	3:16.83	Oversub
27 Beth Grant	13 Heart Of Mid	2:50.35	.....	44 Erin Brannan	13 West Lothian	3:17.38	Oversub
28 Emma Christie	13 Rutherglen	2:50.57	.....	45 Chloe Brannan	13 West Lothian	3:21.81	Oversub
29 Danah Alsayed	14 West Lothian	2:50.59	.....	46 Charis Bell	13 Fins	3:24.99	Oversub
30 Hannah Gray	14 Carnegie	2:50.66	.....	47 Hattie Watt	14 West Lothian	3:31.23	Oversub
31 Cara Donnelly	13 West Lothian	2:52.53	.....				

DRAFT

## Incas Distance Meet 2010 - Session 2 Draft

### Event 201 Girls 8-14 200 Metre Butterfly

**8-10 Record:** 2:48.19 20/06/2009 **Abi Proctor**  
**11-12 Record:** 2:29.22 20/06/2009 **Rachael O'Donnell**  
**13-14 Record:** 2:29.17 20/06/2009 **Gillian Clark**

#### 8-10

1	Megan MacFarlane	10 West Lothian	3:12.89	.....	3	Ashley McAdam	13 West Lothian	2:39.57	.....
2	Mhairi Swanson	10 Heart Of Mid	4:00.45	.....	4	Rachel Donald	14 West Lothian	2:46.60	.....

#### 11-12

1	Alex Bryce	12 West Lothian	2:52.34	.....	6	Lauren Walker Stewart	14 Heart Of Mid	2:48.84	.....
2	Tain Bruce	11 Incas	2:53.28	.....	7	Megan Briggs	13 Warrender	2:56.06	.....
3	Shona Mackie	12 West Lothian	2:57.79	.....	8	Cara Donnelly	13 West Lothian	2:57.96	.....
4	Erin Cooper	12 West Lothian	2:58.19	.....	9	Eilidh Levein	14 Warrender	2:58.71	.....
5	Erin Rafferty	11 West Lothian	3:00.46	.....	10	Melissa Speddon	14 West Lothian	3:00.35	.....
6	Gulsum Onal	11 West Lothian	3:07.99	.....	11	Leah Stobart	14 West Lothian	3:05.09	.....
7	Louise Fair	11 Heart Of Mid	3:15.25	.....	12	Keri Greig	13 West Lothian	3:06.33	.....
8	Rachel Smith	12 Fins	3:16.34	.....	13	Rachel Taylor	14 West Lothian	3:07.03	.....
9	Sarah Donnelly	11 West Lothian	3:17.26	Res 1	14	Sophie Haig	14 Fins	3:08.10	.....
10	Kayleigh Orman	11 Heart Of Mid	3:24.13	Res 2	15	Beth Grant	13 Heart Of Mid	3:08.10	Res 1
11	Fiona Dickson	11 Nairn	3:24.48	Res 3	16	Molly Lucas	14 Rutherglen	3:11.48	Res 2
12	Sarah Ogilvie	11 Heart Of Mid	3:45.25	Oversub	17	Kirsty Reid	14 West Lothian	3:13.14	Res 3
13	Megan Carmody	11 West Lothian	4:46.47	Oversub	18	Kate Laverick	13 Warrender	3:13.28	Oversub

#### 13-14

1	Ailsa Small	14 Warrender	2:31.56	.....	20	Lydia Westwood	13 West Lothian	3:22.92	Oversub
2	Kate Forbes	14 Warrender	2:37.74	.....	21	Vicki Reid	13 Kinross	NT	Oversub

### Event 202 Boys 8-14 1500 Metre Freestyle

**8-10 Record:** 20:51.12 21/06/2008 **Ross Leslie**  
**11-12 Record:** 18:16.53 20/06/2009 **Donnie Price**  
**13-14 Record:** 16:27.23 20/06/2009 **Mark Szaraneck**

#### 8-10

1	Fraser Beeby	10 Carnegie	20:22.41	.....	12	Gavin Roderick	12 Carnegie	21:29.76	.....
2	Stephen Fraser	10 West Lothian	24:24.99	.....	13	Callum MacGregor	12 Fins	21:32.64	.....
3	Joe Nally	10 Incas	26:10.11	.....	14	Cameron Broadfoot	11 East Lothian	21:36.93	Res 1

#### 11-12

1	Fraser Reid	12 Carnegie	19:52.68	.....	15	Morgan Anderson	12 Kelso	22:11.09	Res 2
2	Craig McLean	11 West Lothian	20:18.49	.....	1	Matthew Anderson	14 Oban	18:16.09	.....
3	Chris McColm	12 East Lothian	20:24.08	.....	2	James Black	13 West Lothian	18:43.12	.....
4	James Hewat	12 East Lothian	20:28.60	.....	3	Cameron Park	13 Rutherglen	19:02.74	.....
5	Sam Andrews	12 West Lothian	20:34.23	.....	4	Euan McElwee	13 Carnegie	19:10.69	.....
6	Ghais Guarin	12 Rutherglen	20:41.68	.....	5	Callum Robb	14 West Lothian	19:24.93	.....
7	Cameron Macleod	11 Warrender	20:55.66	.....	6	Nathan Kennedy	14 West Lothian	20:45.80	.....
8	Sean Cockburn	12 Heart Of Mid	20:59.54	.....	7	Conor Nally	13 Incas	20:52.95	.....
9	Andrew England	11 Carnegie	21:09.32	.....	8	Struan Stuart	13 East Lothian	21:09.99	.....
10	Arran Stowe	11 Fins	21:10.39	.....	9	Christopher Thompson	14 Carnegie	21:54.88	Res 1
11	Sean Suayngam	12 East Lothian	21:14.50	.....	10	Murray Blair	13 Warrender	NT	Res 2

### Event 203 Girls 8-14 200 Metre Breaststroke

**8-10 Record:** 3:07.03 23/06/2007 **Rachael O'Donnell**  
**11-12 Record:** 2:48.75 20/06/2009 **Rachael O'Donnell**  
**13-14 Record:** 2:42.61 24/06/2006 **Eloise Barber**

#### 8-10

1	Taylor Mason	10 Rutherglen	3:26.75	.....	3	Caitlin Hamilton	12 East Lothian	3:13.24	.....
2	Megan McGhee	10 Carnegie	3:34.73	.....	4	Jodie White	12 Warrender	3:16.10	.....
3	Charlie Cavens	10 Warrender	3:38.12	.....	5	Elizabeth Lim	11 Warrender	3:20.73	.....
4	Laura Harrison	10 Nairn	3:39.74	.....	6	Emily Paterson	12 Incas	3:20.92	.....
5	Lina Guarin	10 Rutherglen	3:41.37	.....	7	Gulsum Onal	11 West Lothian	3:21.78	.....
6	Sophie Ross	10 Carnegie	3:42.49	.....	8	Megan Lawrie	11 Warrender	3:23.80	.....
7	Lauren Pirouet	10 Incas	3:44.56	.....	9	Harriet Gray	12 Carnegie	3:24.08	.....
8	Chanel Sneddon	10 West Lothian	3:49.56	Res 1	10	Ailie Herbert	11 Duns	3:25.47	.....
9	Mhairi Swanson	10 Heart Of Mid	3:50.12	Res 2	11	Louise Fair	11 Heart Of Mid	3:28.51	.....
10	Iona Crawford	9 Kinross	NT	Oversub	12	Rebecca Laing	11 Warrender	3:29.80	.....

#### 11-12

1	Erin Cooper	12 West Lothian	3:09.22	.....	14	Sarah Carstairs	11 Carnegie	3:31.21	.....
2	Tain Bruce	11 Incas	3:09.34	.....	15	Megan Fraser	12 Nairn	3:31.36	.....

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16 Cara Rooney	11 Rutherglen	3:32.66	.....	7 Erin Brown	13 Incas	3:05.55	.....
17 Katy Aitken	11 Fins	3:32.87	.....	8 Alexandra Adams	13 Warrender	3:05.55	.....
18 Nicole Urquhart	11 Portobello	3:35.48	.....	9 Leah Stobbart	14 West Lothian	3:08.73	.....
19 Ciara Gallacher	11 Portobello	3:37.95	.....	10 Vicki Reid	13 Kinross	3:08.93	.....
20 Zoe Urquhart	11 Portobello	3:38.58	.....	11 Isla McLeod	13 Carnegie	3:11.13	.....
21 Sarah Ogilvie	11 Heart Of Mid	3:40.92	.....	12 Danah Alsayed	14 West Lothian	3:11.98	.....
22 Ellie Gallacher	11 Portobello	3:41.57	.....	13 Emma Calvert	14 West Lothian	3:12.67	.....
23 Kirsten Cronie	11 Carnegie	3:46.22	.....	14 Lauren Walker Stewart	14 Heart Of Mid	3:12.88	.....
24 Morven Rae-Seaman	11 Incas	3:47.67	.....	15 Alice Gray	13 Warrender	3:15.14	.....
25 Emma Scott	12 Fins	3:48.02	.....	16 Ashley McAdam	13 West Lothian	3:16.31	.....
26 Taylor Fox	12 Carnegie	3:49.22	Res 1	17 Lydia Westwood	13 West Lothian	3:16.56	.....
27 Robyn Spence	11 Heart Of Mid	3:50.03	Res 2	18 Kirsty Reid	14 West Lothian	3:16.67	.....
28 Lauren Biggam	11 Rutherglen	3:50.10	Res 3	19 Gabby Gatherer	13 Incas	3:21.28	.....
29 Niven Lowe	12 Kinross	3:50.88	Oversub	20 Beth Grant	13 Heart Of Mid	3:21.46	.....
30 Kayleigh Orman	11 Heart Of Mid	3:53.82	Oversub	21 Kirsty Niblock	13 Warrender	3:23.46	.....
31 Clare Moloney	11 Kinross	3:55.68	Oversub	22 Kal Roderick	14 Warrender	3:24.09	.....
32 Alex Bryce	12 West Lothian	3:58.04	Oversub	23 Melissa Sneddon	14 West Lothian	3:24.35	Res 1
33 Megan Carmody	11 West Lothian	4:02.83	Oversub	24 Anna McNairney	13 Warrender	3:27.56	Res 2
13-14				25 Bryonie Plimer	14 Fins	3:28.43	Res 3
1 Amber McWhirter	14 Carnegie	3:00.56	.....	26 Cara Donnelly	13 West Lothian	3:30.36	Oversub
2 Hannah Gray	14 Carnegie	3:01.56	.....	27 Catriona Young	14 Heart Of Mid	3:30.75	Oversub
3 Paige Aitchison	13 West Lothian	3:02.49	.....	28 Hattie Watt	14 West Lothian	3:44.89	Oversub
4 Rachel Taylor	14 West Lothian	3:02.91	.....	29 Stephanie Campbell	13 Fins	3:48.77	Oversub
5 Keri Greig	13 West Lothian	3:04.64	.....	30 Charis Bell	13 Fins	3:51.47	Oversub
6 Clare Andrew	14 Warrender	3:04.90	.....				

### Event 204 Boys 8-14 200 Metre IM

8-10 Record: 2:47.36 24/06/2006 Mark Szaranek  
 11-12 Record: 2:26.66 21/06/2008 Mark Szaranek  
 13-14 Record: 2:17.15 24/06/2006 Rory More

#### 8-10

1 Fraser Beeby	10 Carnegie	2:50.24	.....	17 Stuart Niblock	11 Warrender	3:21.19	.....
2 Hamish Neil	10 Carnegie	3:12.33	.....	18 Christian Marks	11 Warrender	3:25.89	Res 1
3 Kyle Pate	10 Fins	3:12.77	.....	19 Jock McMillan	11 Warrender	3:26.82	Res 2
4 Brodie Savage	10 Warrender	3:15.26	.....	20 Oran Hosey	11 Heart Of Mid	3:31.85	Res 3
5 James Collyer	10 Carnegie	3:18.37	.....	21 Grant Ogilvie	11 Carnegie	3:39.33	Oversub
6 Jay-Ger Nelson	9 Warrender	3:18.73	.....	13-14			
7 Harris Bruce	8 Incas	3:20.63	.....	1 David Colley	14 Warrender	2:29.42	.....
8 Joe Nally	10 Incas	3:23.66	.....	2 Greg Watson	14 Fins	2:29.71	.....
9 George Clough	10 Warrender	3:27.33	Res 1	3 Matthew Anderson	14 Oban	2:30.44	.....
10 Conor McCormick	10 Kinross	3:37.10	Res 1	4 David Mulligan	13 Warrender	2:34.36	.....
11 Frazer Hood	10 Rutherglen	4:00.60	Oversub	5 Callum Robb	14 West Lothian	2:34.55	.....
11-12				6 Dean Strachan	14 West Lothian	2:36.90	.....
1 James Lowder	12 Heart Of Mid	2:47.90	.....	7 James Black	13 West Lothian	2:37.35	.....
2 Sean Cockburn	12 Heart Of Mid	2:50.25	.....	8 Murray Blair	13 Warrender	2:37.87	.....
3 Euan Dalglish	12 West Lothian	2:52.78	.....	9 Patrick Mackinnon	14 Oban	2:39.31	.....
4 Fraser Meadows	12 Warrender	2:53.91	.....	10 Dean Stevenson	13 Rutherglen	2:45.64	.....
5 Murray Sheen	12 Warrender	3:01.48	.....	11 Cameron McCarthy	13 West Lothian	2:46.43	.....
6 Jack Harrison	11 Incas	3:03.52	.....	12 Jamie Whitefield	13 East Lothian	2:47.90	.....
7 Cameron Finlayson	12 Heart Of Mid	3:03.62	.....	13 Ben Potrykus	13 Carnegie	2:49.83	.....
8 Arran Stowe	11 Fins	3:03.78	.....	14 Henry Mackenzie	13 Warrender	2:50.08	.....
9 Greg Reid	11 Carnegie	3:04.26	.....	15 Conor Nally	13 Incas	2:50.32	.....
10 Craig Watt	12 West Lothian	3:05.10	.....	16 Kieran Pate	13 Fins	2:52.02	.....
11 Callum Smith	12 Fins	3:05.49	.....	17 Alex Thompson	13 Kelso	2:52.21	.....
12 Cameron Macleod	11 Warrender	3:05.95	.....	18 Robert Dalglish	14 West Lothian	2:58.53	Res 1
13 David Macdonald	12 West Lothian	3:06.38	.....	19 Jordan Davidson	13 West Lothian	3:06.83	Res 2
14 Hayden Moffat	11 Incas	3:11.61	.....	20 Christopher Thompson	14 Carnegie	3:10.25	Res 3
15 Gavin Roderick	12 Carnegie	3:19.29	.....	21 Lewis Ferguson	13 Fins	3:19.23	Oversub
16 Thomas Harrison	12 Warrender	3:20.19	.....	22 Darren Smith	13 Fins	3:21.56	Oversub

## Incas Distance Meet 2010 - Session 3 Draft

### Event 301 Girls 8-14 200 Metre Backstroke

**8-10 Record:** 2:45.10 22/06/2008 **Abi Proctor**  
**11-12 Record:** 2:33.26 22/06/2008 **Rachael O'Donnell**  
**13-14 Record:** 2:25.85 21/06/2009 **Ellie Brisbane**

#### 8-10

1 Lauren Pirouet	10 Incas	3:04.39	.....	30 Zoe Urquhart	11 Portobello	3:14.45	Res 2
2 Megan McGhee	10 Carnegie	3:07.54	.....	31 Megan Carmody	11 West Lothian	3:16.29	Res 3
3 Megan MacFarlane	10 West Lothian	3:09.10	.....	32 Taylor Fox	12 Carnegie	3:21.44	Oversub
4 Erin Robertson	10 West Lothian	3:13.82	.....	33 Robyn Spence	11 Heart Of Mid	3:32.76	Oversub
5 Sophie Ross	10 Carnegie	3:13.90	.....	34 Claire Mitchell	12 Incas	3:34.17	Oversub
6 Charlie Cavens	10 Warrender	3:18.64	.....	35 Amber Biggam	12 Rutherglen	3:36.94	Oversub
7 Claire Lee	10 Carnegie	3:20.54	Res 1				
8 Lucy Hallam	10 Carnegie	3:21.55	Res 2				
9 Heather Paul	10 Carnegie	3:27.59	Oversub				
10 Jane Hardie	10 Duns	3:41.80	Oversub				

#### 11-12

1 Shona Mackie	12 West Lothian	2:40.59	.....	1 Kate Forbes	14 Warrender	2:27.24	.....
2 Alex Bryce	12 West Lothian	2:43.07	.....	2 Caitlin Burns	14 Carnegie	2:32.71	.....
3 Tain Bruce	11 Incas	2:48.47	.....	3 Sophie Ross	14 West Lothian	2:33.93	.....
4 Erin Cooper	12 West Lothian	2:49.72	.....	4 Ailsa Small	14 Warrender	2:36.32	.....
5 Morven Rae-Seaman	11 Incas	2:49.78	.....	5 Rachel Taylor	14 West Lothian	2:37.06	.....
6 Ellie Gallacher	11 Portobello	2:50.56	.....	6 Megan Briggs	13 Warrender	2:39.43	.....
7 Megan Hill	12 Carnegie	2:51.88	.....	7 Emma Christie	13 Rutherglen	2:41.43	.....
8 Clare Mackinnon	12 Oban	2:51.97	.....	8 Lauren Walker Stewart	14 Heart Of Mid	2:41.94	.....
9 Jennifer Henderson	11 East Lothian	2:52.50	.....	9 Paige Aitchison	13 West Lothian	2:42.17	.....
10 Megan Lawrie	11 Warrender	2:53.49	.....	10 Amber McWhirter	14 Carnegie	2:42.71	.....
11 Sarah Donnelly	11 West Lothian	2:54.41	.....	11 Isla McLeod	13 Carnegie	2:44.02	.....
12 Louise Fair	11 Heart Of Mid	2:57.36	.....	12 Emma Calvert	14 West Lothian	2:44.95	.....
13 Alyx Cunningham	12 East Lothian	2:57.88	.....	13 Catriona Young	14 Heart Of Mid	2:45.73	.....
14 Kayleigh Orman	11 Heart Of Mid	2:58.19	.....	14 Leah Stobbart	14 West Lothian	2:46.74	.....
15 India Dodd	11 Warrender	3:00.73	.....	15 Ashley McAdam	13 West Lothian	2:47.37	.....
16 Jodie White	12 Warrender	3:04.02	.....	16 Alice Gray	13 Warrender	2:48.02	.....
17 Emily Paterson	12 Incas	3:04.12	.....	17 Keri Greig	13 West Lothian	2:49.65	.....
18 Cara Rooney	11 Rutherglen	3:05.41	.....	18 Melissa Sneddon	14 West Lothian	2:50.45	.....
19 Katherine Fraser	12 Warrender	3:06.27	.....	19 Cara Donnelly	13 West Lothian	2:51.09	.....
20 Sarah Ogilvie	11 Heart Of Mid	3:06.43	.....	20 Dorothea McInnes	13 Rutherglen	2:53.80	.....
21 Ciara Mussen	11 Carnegie	3:06.83	.....	21 Rhannon Mackay	13 Warrender	2:55.05	.....
22 Lucy Thomson	11 Carnegie	3:07.34	.....	22 Beth Grant	13 Heart Of Mid	2:55.53	.....
23 Nicole Urquhart	11 Portobello	3:08.60	.....	23 Kate Laverick	13 Warrender	2:57.64	.....
24 Sarah Carstairs	11 Carnegie	3:08.92	.....	24 Stephanie Campbell	13 Fins	2:59.63	.....
25 Jill Mulligan	11 Warrender	3:09.26	.....	25 Lydia Westwood	13 West Lothian	3:01.27	.....
26 Rosanna Pollock	11 Portobello	3:11.24	.....	26 Hannah Gray	14 Carnegie	3:05.47	.....
27 Kirsten Cronie	11 Carnegie	3:12.83	.....	27 Anna McNairney	13 Warrender	3:06.49	Res 1
28 Nicole Gunn	12 Rutherglen	3:13.33	.....	28 Clare Masson	13 Warrender	3:06.85	Res 2
29 Emily Cross	11 Warrender	3:13.50	Res 1	29 Chloe Brannan	13 West Lothian	3:10.99	Res 3
				30 Shannon Prince	13 Heart Of Mid	3:15.53	Oversub
				31 Erin Brannan	13 West Lothian	3:25.83	Oversub
				32 Gabby Gatherer	13 Incas	3:26.23	Oversub
				33 Charis Bell	13 Fins	3:26.63	Oversub

### Event 302 Boys 8-14 200 Metre Freestyle

**8-10 Record:** 2:30.59 24/06/2007 **Jordan Lamb**  
**11-12 Record:** 2:04.36 22/06/2008 **Mark Szaranek**  
**13-14 Record:** 1:56.92 21/06/2009 **Mark Szaranek**

#### 8-10

1 Fraser Beeby	10 Carnegie	2:29.71	.....	2 James Lowder	12 Heart Of Mid	2:27.00	.....
2 James Collyer	10 Carnegie	2:36.59	.....	3 Sean Cockburn	12 Heart Of Mid	2:27.10	.....
3 Kyle Pate	10 Fins	2:47.38	.....	4 Greg Turner	12 Burntisland	2:31.62	.....
4 Jamie Watson	10 Fins	2:49.55	.....	5 Sam Andrews	12 West Lothian	2:31.71	.....
5 Hamish Neil	10 Carnegie	2:52.70	.....	6 Greig Reid	11 Carnegie	2:32.38	.....
6 Joe Nally	10 Incas	2:53.58	.....	7 Gavin Roderick	12 Carnegie	2:36.51	.....
7 Stephen Fraser	10 West Lothian	2:59.55	.....	8 Euan Dalglish	12 West Lothian	2:37.80	.....
8 Brodie Savage	10 Warrender	3:04.40	.....	9 Morgan Anderson	12 Kelso	2:39.59	.....
9 Harris Bruce	8 Incas	3:21.36	.....	10 Fraser Meadows	12 Warrender	2:40.14	.....
10 Euan Boyle	10 Kinross	3:26.59	Res 1	11 Thomas Brogden	12 East Lothian	2:41.00	.....
11 Frazer Hood	10 Rutherglen	3:45.21	Res 2	12 Cameron Finlayson	12 Heart Of Mid	2:45.55	.....
				13 Callum MacGregor	12 Fins	2:47.49	.....
				14 Hayden Moffat	11 Incas	2:48.75	.....

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15 Murray Sheen	12 Warrender	2:49.02	.....	7 Callum Robb	14 West Lothian	2:19.99	.....
16 Jack Harrison	11 Incas	2:50.92	.....	8 Cameron Park	13 Rutherglen	2:20.60	.....
17 Christian Marks	11 Warrender	2:51.13	.....	9 Patrick Mackinnon	14 Oban	2:21.40	.....
18 Stuart Niblock	11 Warrender	2:56.63	.....	10 Cameron McCarthy	13 West Lothian	2:24.80	.....
19 David Macdonald	12 West Lothian	2:58.90	.....	11 Jamie Whitefield	13 East Lothian	2:25.70	.....
20 Jordan Dingwall	12 Carnegie	3:02.85	.....	12 Murray Blair	13 Warrender	2:26.29	.....
21 Jock McMillan	11 Warrender	3:03.51	Res 1	13 Robert Dalgleish	14 West Lothian	2:28.65	.....
22 Grant Ogilvie	11 Carnegie	3:12.76	Res 2	14 Alex Thompson	13 Kelso	2:29.03	.....
23 Oran Hosey	11 Heart Of Mid	3:13.90	Res 3	15 Conor Nally	13 Incas	2:30.18	.....
<b>13-14</b>				16 Kieran Pate	13 Fins	2:32.45	.....
1 Greg Watson	14 Fins	2:10.18	.....	17 Jordan Davidson	13 West Lothian	2:33.06	.....
2 David Colley	14 Warrender	2:13.06	.....	18 Nathan Kennedy	14 West Lothian	2:35.33	.....
3 Rory Mackay	14 Portobello	2:13.95	.....	19 Lewis Ferguson	13 Fins	2:37.28	.....
4 Matthew Anderson	14 Oban	2:14.21	.....	20 Henry Mackenzie	13 Warrender	2:39.02	Res 1
5 Dean Strachan	14 West Lothian	2:17.60	.....	21 Darren Smith	13 Fins	2:42.31	Res 2
6 Euan McElwee	13 Carnegie	2:18.09	.....	22 Christopher Thompson	14 Carnegie	2:44.01	Res 3

### Event 303 Girls 8-14 400 Metre Freestyle

<b>8-10 Record:</b>	<b>5:07.21</b>	<b>24/06/2007</b>	<b>Rachael O'Donnell</b>
<b>11-12 Record:</b>	<b>4:39.08</b>	<b>24/06/2007</b>	<b>Amy Fraser</b>
<b>13-14 Record:</b>	<b>4:29.62</b>	<b>25/06/2006</b>	<b>Lucy Ellis</b>

#### 8-10

1 Lauren Pirouet	10 Incas	5:29.00	.....	31 Ailsa Wotherspoon	11 Carnegie	5:59.23	Oversub
2 Chanel Sneddon	10 West Lothian	5:34.49	.....	32 Anna Connolly	11 Portobello	6:05.34	Oversub
3 Claire Lee	10 Carnegie	5:46.22	.....	33 Emma Scott	12 Fins	6:06.46	Oversub
4 Erin Robertson	10 West Lothian	5:58.91	.....	34 Megan Carmody	11 West Lothian	6:06.60	Oversub
5 Nicole Peggie	10 Fins	6:06.34	.....	35 Ellie Gallacher	11 Portobello	6:08.23	Oversub
6 Murrin Laing	10 East Lothian	6:07.70	.....	36 Rosanna Pollock	11 Portobello	6:09.45	Oversub
7 Devyn Crawford	10 West Lothian	6:09.23	.....	37 Zoe Urquhart	11 Portobello	6:09.68	Oversub
8 Lucy Hallam	10 Carnegie	6:11.02	Res 1	38 Ciara Gallacher	11 Portobello	6:15.83	Oversub
9 Megan MacFarlane	10 West Lothian	6:12.12	Res 2	39 Nicole Urquhart	11 Portobello	6:16.80	Oversub
10 Heather Paul	10 Carnegie	6:12.76	Oversub	40 Michzela Slawson	12 Heart Of Mid	6:23.17	Oversub
11 Jane Hardie	10 Duns	7:06.19	Oversub	41 Megan Lawrie	11 Warrender	6:26.49	Oversub

#### 11-12

1 Rachel Smith	12 Fins	4:57.63	.....	<b>13-14</b>			
2 Alex Bryce	12 West Lothian	4:58.74	.....	1 Kate Forbes	14 Warrender	4:37.59	.....
3 Caitlin Hamilton	12 East Lothian	5:05.22	.....	2 Ailsa Small	14 Warrender	4:41.84	.....
4 Erin Cooper	12 West Lothian	5:12.32	.....	3 Caitlin Burns	14 Carnegie	4:45.23	.....
5 Shona Mackie	12 West Lothian	5:13.43	.....	4 Rachel Donald	14 West Lothian	4:49.47	.....
6 Tain Bruce	11 Incas	5:16.35	.....	5 Megan Briggs	13 Warrender	4:53.48	.....
7 Jennifer Henderson	11 East Lothian	5:16.38	.....	6 Kim Taylor	14 West Lothian	4:55.97	.....
8 Erin Rafferty	11 West Lothian	5:16.62	.....	7 Alexandra Adams	13 Warrender	4:59.32	.....
9 Megan Hill	12 Carnegie	5:22.33	.....	8 Kayleigh Hutton	14 Incas	4:59.41	.....
10 Emily Paterson	12 Incas	5:31.24	.....	9 Catriona Murray	14 Warrender	5:00.71	.....
11 Louise Fair	11 Heart Of Mid	5:31.84	.....	10 Lauren Walker Stewart	14 Heart Of Mid	5:03.42	.....
12 Morven Rae-Seaman	11 Incas	5:34.56	.....	11 Paige Aitchison	13 West Lothian	5:03.81	.....
13 Megan Fraser	12 Nairn	5:35.00	.....	12 Rachel Taylor	14 West Lothian	5:04.14	.....
14 Elizabeth Lim	11 Warrender	5:35.47	.....	13 Alice Gray	13 Warrender	5:06.55	.....
15 Ciara Mussen	11 Carnegie	5:38.07	.....	14 Sophie Ross	14 West Lothian	5:06.95	.....
16 Lucy Thomson	11 Carnegie	5:39.22	.....	15 Leah Stobbart	14 West Lothian	5:08.11	.....
17 Kimberley MacKay	11 Midlothian	5:39.25	.....	16 Kirsty Niblock	13 Warrender	5:08.73	.....
18 Kayleigh Orman	11 Heart Of Mid	5:41.05	.....	17 Isla McLeod	13 Carnegie	5:08.81	.....
19 Mhairi Boyle	12 Kinross	5:41.98	.....	18 Sophie Haig	14 Fins	5:09.60	.....
20 Shannon McLeod	12 Fins	5:43.25	.....	19 Catriona Young	14 Heart Of Mid	5:10.05	.....
21 Harriet Gray	12 Carnegie	5:43.74	.....	20 Ashley McAdam	13 West Lothian	5:10.92	.....
22 Nicole Gunn	12 Rutherglen	5:45.51	.....	21 Beth Grant	13 Heart Of Mid	5:11.59	.....
23 Brooke Gillies	11 Carnegie	5:47.08	.....	22 Amber McWhirter	14 Carnegie	5:11.60	.....
24 Clare Mackinnon	12 Oban	5:47.12	.....	23 Katie Johnstone	14 Carnegie	5:11.65	.....
25 Sarah Ogilvie	11 Heart Of Mid	5:47.64	.....	24 Cara Donnelly	13 West Lothian	5:11.73	.....
26 Alyx Cunningham	12 East Lothian	5:48.62	.....	25 Eilidh Levein	14 Warrender	5:12.42	.....
27 Ailidh McManus	12 East Lothian	5:49.18	.....	26 Rebecca Turner	14 Burntisland	5:12.64	.....
28 Cara Rooney	11 Rutherglen	5:51.75	Res 1	27 Libby Clapham	14 Warrender	5:14.21	.....
29 Emma Crawford	12 Portobello	5:56.77	Res 2	28 Lydia Westwood	13 West Lothian	5:14.26	.....
30 Gulsum Onal	11 West Lothian	5:58.68	Res 3	29 Kal Roderick	14 Warrender	5:17.76	.....

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30 Keri Greig	13 West Lothian	5:18.55	.....	40 Zara Milton	13 Duns	5:49.67	Oversub
31 Melissa Sneddon	14 West Lothian	5:19.33	.....	41 Dorothea McInnes	13 Rutherglen	5:50.17	Oversub
32 Kirsty Wilson	13 Fins	5:20.84	.....	42 Clare Andrew	14 Warrender	5:53.04	Oversub
33 Emma Christie	13 Rutherglen	5:23.96	Res 1	43 Kirsty Reid	14 West Lothian	5:54.20	Oversub
34 Anna McNairney	13 Warrender	5:27.66	Res 2	44 Bryonie Plimer	14 Fins	6:00.54	Oversub
35 Molly Lucas	14 Rutherglen	5:28.24	Res 3	45 Clare Masson	13 Warrender	6:06.30	Oversub
36 Rhiannon Mackay	13 Warrender	5:31.67	Oversub	46 Chloe Brannan	13 West Lothian	6:09.46	Oversub
37 Laura McBain	13 Portobello	5:35.43	Oversub	47 Shannon Prince	13 Heart Of Mid	6:13.34	Oversub
38 Danah Alsayed	14 West Lothian	5:38.07	Oversub	48 Erin Brannan	13 West Lothian	6:25.59	Oversub
39 Vicki Reid	13 Kinross	5:40.06	Oversub	49 Gabby Gatherer	13 Incas	6:35.69	Oversub

### Event 304 Boys 8-14 400 Metre IM

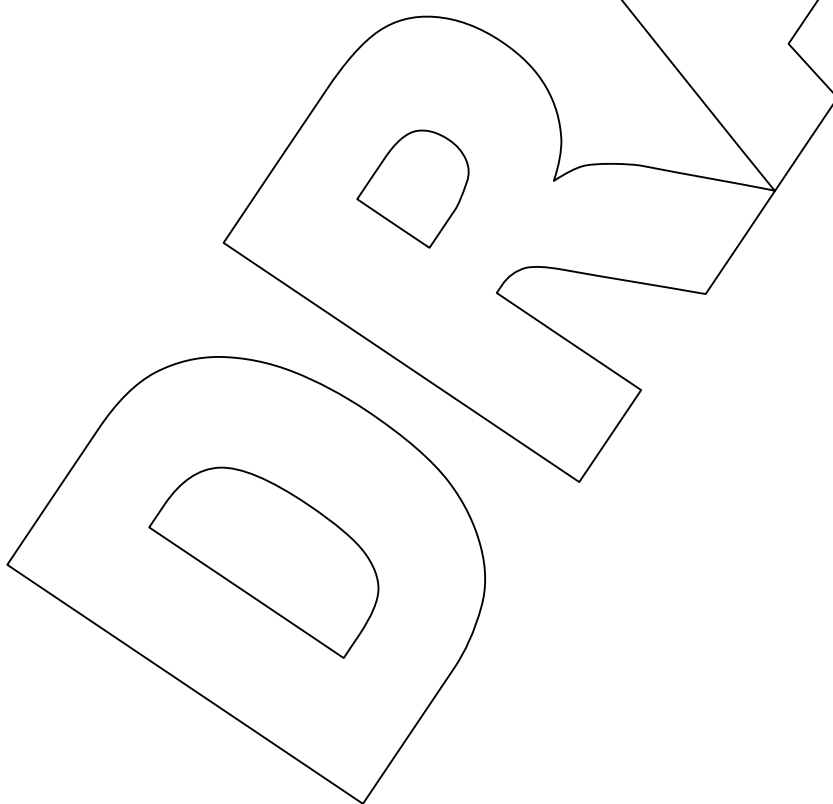
<b>8-10 Record:</b>	<b>6:10.44</b>	<b>22/06/2008</b>	<b>Daniel Tiffen</b>
<b>11-12 Record:</b>	<b>5:05.03</b>	<b>22/06/2008</b>	<b>Mark Szaranek</b>
<b>13-14 Record:</b>	<b>4:47.86</b>	<b>21/06/2009</b>	<b>Mark Szaranek</b>

#### 8-10

1 Fraser Beeby	10 Carnegie	5:59.47	.....	12 Thomas Harrison	12 Warrender	6:50.21	Res 1
2 James Collyer	10 Carnegie	6:45.52	.....	13 Fraser Meadows	12 Warrender	NT	Res 2
3 Joe Nally	10 Incas	7:11.02	.....	<del>13-14</del>			

#### 11-12

1 Craig McLean	11 West Lothian	5:57.82	.....	1 David Colley	14 Warrender	5:09.72	.....
2 James Lowder	12 Heart Of Mid	6:10.78	.....	2 Matthew Anderson	14 Oban	5:15.10	.....
3 Sean Cockburn	12 Heart Of Mid	6:10.81	.....	3 Greg Watson	14 Fins	5:15.99	.....
4 Greg Turner	12 Burntisland	6:15.01	.....	4 David Mulligan	13 Warrender	5:26.45	.....
5 Sean Suayngam	12 East Lothian	6:15.26	.....	5 Patrick Mackinnon	14 Oban	5:42.16	.....
6 Fraser Gill	12 West Lothian	6:26.39	.....	6 Dean Strachan	14 West Lothian	5:48.94	.....
7 Thomas Brogden	12 East Lothian	6:27.97	.....	7 Jamie Whitefield	13 East Lothian	6:03.03	.....
8 Cameron Macleod	11 Warrender	6:28.48	.....	8 Struan Stuart	13 East Lothian	6:04.27	.....
9 Arran Stowe	11 Fins	6:29.31	.....	9 Harry Crombie	13 Duns	6:06.95	.....
10 Callum Smith	12 Fins	6:45.11	.....	10 Conor Nally	13 Incas	6:07.38	.....
11 Hayden Moffat	11 Incas	6:49.87	.....	11 Callum Robb	14 West Lothian	6:10.30	Res 1



## Incas Distance Meet 2010 - Session 4 Draft

### Event 401 Girls 8-14 200 Metre Freestyle

**8-10 Record:** 2:24.30 21/06/2009 **Abi Proctor**  
**11-12 Record:** 2:10.40 21/06/2009 **Rachael O'Donnell**  
**13-14 Record:** 2:08.97 25/06/2006 **Eloise Barber**

#### 8-10

1	Lauren Pirouet	10	Incas	2:32.15	.....
2	Claire Lee	10	Carnegie	2:44.37	.....
3	Megan McGhee	10	Carnegie	2:44.68	.....
4	Sophie Ross	10	Carnegie	2:46.77	.....
5	Emily Burns	9	Burntisland	2:54.04	.....
6	Erin Robertson	10	West Lothian	2:54.14	.....
7	Taylor Mason	10	Rutherglen	2:55.42	.....
8	Megan MacFarlane	10	West Lothian	2:57.69	.....
9	Devyn Crawford	10	West Lothian	2:59.78	.....
10	Lucy Hallam	10	Carnegie	3:05.75	.....
11	Heather Paul	10	Carnegie	3:06.42	.....
12	Charlie Cavens	10	Warrender	3:07.67	Res 1
13	Nicole Peggie	10	Fins	3:07.91	Res 2
14	Jane Hardie	10	Duns	3:09.96	Oversub
15	Eilidh Collyer	9	Dunfermline	3:14.35	Oversub

#### 11-12

1	Alex Bryce	12	West Lothian	2:21.24	.....
2	Caitlin Hamilton	12	East Lothian	2:23.25	.....
3	Erin Cooper	12	West Lothian	2:32.07	.....
4	Emily Paterson	12	Incas	2:33.51	.....
5	Kayleigh Orman	11	Heart Of Mid	2:35.13	.....
6	Morven Rae-Seaman	11	Incas	2:36.07	.....
7	Mhairi Boyle	12	Kinross	2:36.93	.....
8	Ciara Mussen	11	Carnegie	2:37.41	.....
9	Louise Fair	11	Heart Of Mid	2:38.41	.....
10	Sarah Ogilvie	11	Heart Of Mid	2:38.99	.....
11	Alyx Cunningham	12	East Lothian	2:40.12	.....
12	Harriet Gray	12	Carnegie	2:42.26	.....
13	Shannon McLeod	12	Fins	2:42.61	.....
14	Megan Carmody	11	West Lothian	2:43.67	.....
15	Emma Crawford	12	Portobello	2:46.07	.....
16	Amy Maxwell	12	Fins	2:46.25	.....
17	Kirsten Cronie	11	Carnegie	2:47.03	.....
18	Jill Mulligan	11	Warrender	2:47.10	.....
19	Gulsum Onal	11	West Lothian	2:47.49	.....
20	Nicole Gunn	12	Rutherglen	2:47.82	.....
21	Ellie Gallacher	11	Portobello	2:48.07	.....
22	Megan Fraser	12	Nairn	2:49.46	.....
23	Alicia Wotherspoon	11	Carnegie	2:50.30	.....
24	Katherine Fraser	12	Warrender	2:50.34	.....
25	Ciara Gallacher	11	Portobello	2:52.77	.....
26	Nicole Urquhart	11	Portobello	2:54.93	Res 1
27	Taylor Fox	12	Carnegie	2:59.62	Res 2
28	Rebecca Laing	11	Warrender	3:00.23	Res 3
29	Libby Adams	11	Warrender	3:06.46	Oversub
30	Amber Biggam	12	Rutherglen	3:01.28	Oversub
31	Jennifer Corstorphine	11	Fins	3:04.79	Oversub
32	Claire Mitchell	12	Incas	3:15.62	Oversub
33	Lauren Biggam	11	Rutherglen	3:33.60	Oversub

#### 13-14

1	Kate Forbes	14	Warrender	2:12.32	.....
2	Ailsa Small	14	Warrender	2:15.57	.....
3	Caitlin Burns	14	Carnegie	2:19.00	.....
4	Kayleigh Hutton	14	Incas	2:19.94	.....
5	Megan Briggs	13	Warrender	2:20.17	.....
6	Rachel Donald	14	West Lothian	2:20.56	.....
7	Kim Taylor	14	West Lothian	2:20.90	.....
8	Alexandra Adams	13	Warrender	2:21.89	.....
9	Catrina Murray	14	Warrender	2:21.97	.....
10	Lauren Walker Stewart	14	Heart Of Mid	2:22.65	.....
11	Rachel Taylor	14	West Lothian	2:23.18	.....
12	Beth Grant	13	Heart Of Mid	2:24.99	.....
13	Kal Roderick	14	Warrender	2:25.13	.....
14	Alice Gray	13	Warrender	2:25.22	.....
15	Paige Aitchison	13	West Lothian	2:25.58	.....
16	Catrina Young	14	Heart Of Mid	2:26.35	.....
17	Ashley McAdam	13	West Lothian	2:26.48	.....
18	Rebecca Turner	14	Burntisland	2:26.93	.....
19	Katie Johnstone	14	Carnegie	2:26.97	.....
20	Eilidh Levein	14	Warrender	2:27.47	.....
21	Keri Greig	13	West Lothian	2:27.59	.....
22	Sophie Ross	14	West Lothian	2:28.31	.....
23	Emma Calvert	14	West Lothian	2:29.06	.....
24	Isla McLeod	13	Carnegie	2:29.14	.....
25	Kirsty Niblock	13	Warrender	2:29.15	.....
26	Emma Christie	13	Rutherglen	2:29.88	.....
27	Amber McWhirter	14	Carnegie	2:30.06	.....
28	Leah Stobart	14	West Lothian	2:30.61	.....
29	Lydia Westwood	13	West Lothian	2:30.70	.....
30	Cara Donnelly	13	West Lothian	2:31.32	.....
31	Libby Clapham	14	Warrender	2:32.25	.....
32	Melissa Sneddon	14	West Lothian	2:33.90	.....
33	Molly Lucas	14	Rutherglen	2:34.52	.....
34	Kate Laverick	13	Warrender	2:34.88	.....
35	Rhiannon Mackay	13	Warrender	2:38.33	.....
36	Vicki Reid	13	Kinross	2:39.36	.....
37	Hannah Gray	14	Carnegie	2:39.45	Res 1
38	Clare Andrew	14	Warrender	2:39.69	Res 2
39	Dorothea McInnes	13	Rutherglen	2:43.73	Res 3
40	Clare Masson	13	Warrender	2:44.70	Oversub
41	Stephanie Campbell	13	Fins	2:45.85	Oversub
42	Kirsty Reid	14	West Lothian	2:46.70	Oversub
43	Chloe Brannan	13	West Lothian	2:46.74	Oversub
44	Anna McNairney	13	Warrender	2:48.09	Oversub
45	Gabby Gatherer	13	Incas	2:50.61	Oversub
46	Erin Brannan	13	West Lothian	2:57.01	Oversub
47	Shannon Prince	13	Heart Of Mid	3:07.01	Oversub
48	Charis Bell	13	Fins	3:08.62	Oversub

### Event 402 Boys 8-14 200 Metre Backstroke

**8-10 Record:** 2:46.40 24/06/2007 **Lewis Proctor**  
**11-12 Record:** 2:22.50 21/06/2009 **Jordan Lamb**  
**13-14 Record:** 2:16.87 21/06/2009 **Mark Szaraneck**

#### 8-10

1	Fraser Beeby	10	Carnegie	2:48.72	.....
2	James Collyer	10	Carnegie	3:01.97	.....
3	Kyle Pate	10	Fins	3:18.39	.....
4	Conor McCormick	10	Kinross	3:20.19	.....
5	Euan Boyle	10	Kinross	3:22.75	.....
6	Aidan Mitchell	10	Carnegie	3:22.76	.....
7	Joe Nally	10	Incas	3:25.79	Res 1
8	Frazer Hood	10	Rutherglen	3:55.64	Res 2

## Incas Distance Meet 2010 - Session 4 Draft

<b>11-12</b>			<b>13-14</b>		
1 Fraser Gill	12 West Lothian	2:40.45	19 Oran Hosey	11 Heart Of Mid	3:20.21
2 Fraser Reid	12 Carnegie	2:42.59	20 Hayden Moffat	11 Incas	3:22.07 Res 1
3 Fraser Meadows	12 Warrender	2:48.25	21 Jordan Dingwall	12 Carnegie	3:22.78 Res 2
4 Greg Turner	12 Burntisland	2:50.98	22 Sam Andrews	12 West Lothian	3:38.56 Res 3
5 James Lowder	12 Heart Of Mid	2:51.94	1 Rory Mackay	14 Portobello	2:22.37
6 Sean Cockburn	12 Heart Of Mid	2:54.55	2 Matthew Anderson	14 Oban	2:28.29
7 Cameron McCloskey	12 Kinross	3:00.52	3 Patrick Mackinnon	14 Oban	2:31.86
8 Fraser Samuel	11 East Lothian	3:01.04	4 Euan McElwee	13 Carnegie	2:36.57
9 Jack Harrison	11 Incas	3:03.26	5 Callum Robb	14 West Lothian	2:39.42
10 Callum MacGregor	12 Fins	3:03.27	6 Dean Strachan	14 West Lothian	2:39.95
11 Gavin Roderick	12 Carnegie	3:04.60	7 Kieran Pate	13 Fins	2:43.65
12 Callum Smith	12 Fins	3:05.74	8 Robert Dalgleish	14 West Lothian	2:44.12
13 Euan Dalgleish	12 West Lothian	3:06.08	9 Dean Stevenson	13 Rutherglen	2:50.92
14 David Macdonald	12 West Lothian	3:07.94	10 Lewis Ferguson	13 Fins	2:56.99
15 Cameron Finlayson	12 Heart Of Mid	3:08.82	11 Conor Nally	13 Incas	3:06.46
16 Murray Sheen	12 Warrender	3:13.62	12 Darren Smith	13 Fins	3:16.77 Res 1
17 Thomas Harrison	12 Warrender	3:14.67	13 Nathan Kennedy	14 West Lothian	3:46.89 Res 2
18 Stuart Niblock	11 Warrender	3:16.04			

### Event 403 Girls 8-14 400 Metre IM

<b>8-10 Record:</b>	<b>5:52.05</b>	<b>24/06/2007</b>	<b>Rachael O'Donnell</b>
<b>11-12 Record:</b>	<b>5:24.14</b>	<b>22/06/2008</b>	<b>Rachael O'Donnell</b>
<b>13-14 Record:</b>	<b>5:06.23</b>	<b>25/06/2006</b>	<b>Eloise Barber</b>

#### 8-10

1 Chanel Sneddon	10 West Lothian	6:15.42	5 Kim Taylor	14 West Lothian	5:36.87
2 Murrin Laing	10 East Lothian	6:52.07	6 Alexandra Adams	13 Warrender	5:39.60
3 Jane Hardie	10 Duns	NT	7 Lauren Walker Stewart	14 Heart Of Mid	5:44.64
<b>11-12</b>			8 Ashley McAdam	13 West Lothian	5:45.47
1 Alex Bryce	12 West Lothian	5:46.55	9 Sophie Ross	14 West Lothian	5:45.97
2 Shona Mackie	12 West Lothian	5:50.05	10 Emma Calvert	14 West Lothian	5:46.65
3 Erin Rafferty	11 West Lothian	5:53.17	11 Leah Stobbart	14 West Lothian	5:46.65
4 Caitlin Hamilton	12 East Lothian	5:53.82	12 Kirsty Niblock	13 Warrender	5:51.72
5 Erin Cooper	12 West Lothian	5:53.83	13 Keri Greig	13 West Lothian	5:52.53
6 Rachel Smith	12 Fins	5:55.65	14 Megan Reppie	14 Heart Of Mid	5:52.66
7 Tain Bruce	11 Incas	6:02.78	15 Kate Laverick	13 Warrender	5:55.30
8 Sarah Donnelly	11 West Lothian	6:05.88	16 Isla McLeod	13 Carnegie	5:58.31
9 Ciara Mussen	11 Carnegie	6:15.22	17 Sophie Haig	14 Fins	6:01.25
10 Louise Fair	11 Heart Of Mid	6:23.06	18 Kirsty Wilson	13 Fins	6:01.66
11 Jennifer Henderson	11 East Lothian	6:23.12	19 Eilidh Levein	14 Warrender	6:01.72
12 Elizabeth Lim	11 Warrender	6:25.19	20 Rebecca Turner	14 Burntisland	6:04.07
13 Clare Mackinnon	12 Oban	6:26.31	21 Cara Donnelly	13 West Lothian	6:05.02
14 Sarah Ogilvie	11 Heart Of Mid	6:35.10	22 Beth Grant	13 Heart Of Mid	6:06.06
15 Anna Connelly	11 Portobello	6:44.98	23 Libby Clapham	14 Warrender	6:06.52
16 Kayleigh Orman	11 Heart Of Mid	6:50.22	24 Melissa Sneddon	14 West Lothian	6:06.80
17 India Dodd	11 Warrender	6:51.21	25 Anna McNairney	13 Warrender	6:10.76
18 Rosanna Pollock	11 Portobello	6:58.04	26 Lydia Westwood	13 West Lothian	6:14.89
19 Zoe Urquhart	11 Portobello	6:58.09 Res 1	27 Zara Milton	13 Duns	6:15.41
20 Emily Cross	11 Warrender	7:04.62 Res 2	28 Danah Alsayed	14 West Lothian	6:16.43 Res 1
21 Victoria Broe	12 West Lothian	7:15.20 Res 3	29 Erin Brown	13 Incas	6:21.34 Res 2
22 Sarah Veale	11 West Lothian	7:18.81 Oversub	30 Laura McBain	13 Portobello	6:22.87 Res 3
23 Michaela Slawson	12 Heart Of Mid	7:24.94 Oversub	31 Gabby Gatherer	13 Incas	6:22.89 Oversub
24 Zoey McAdam	11 West Lothian	7:54.03 Oversub	32 Kirsty Reid	14 West Lothian	6:36.01 Oversub
25 Jodie White	12 Warrender	NT Oversub	33 Rhiannon Mackay	13 Warrender	6:37.22 Oversub
<b>13-14</b>			34 Vicki Reid	13 Kinross	6:37.82 Oversub
1 Ailsa Small	14 Warrender	5:16.79	35 Shannon Prince	13 Heart Of Mid	6:48.10 Oversub
2 Kate Forbes	14 Warrender	5:28.08	36 Clare Andrew	14 Warrender	6:49.95 Oversub
3 Rachel Taylor	14 West Lothian	5:33.98	37 Clare Masson	13 Warrender	6:50.32 Oversub
4 Paige Aitchison	13 West Lothian	5:36.47			

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**Event 404 Boys 8-14 400 Metre Freestyle**

**8-10 Record:** 5:22.56 24/06/2007 Kieran Smith  
**11-12 Record:** 4:23.90 22/06/2008 Mark Szaranek  
**13-14 Record:** 4:12.11 21/06/2009 Mark Szaranek

**8-10**

1 Fraser Beeby	10 Carnegie	5:09.87	.....
2 James Collyer	10 Carnegie	5:45.33	.....
3 Hamish Neil	10 Carnegie	6:01.33	.....
4 Joe Nally	10 Incas	6:07.58	.....
5 Stephen Fraser	10 West Lothian	6:12.67	.....
6 Aidan Mitchell	10 Carnegie	6:17.28	Res 1
7 Conor McCormick	10 Kinross	NT	Res 2

**11-12**

1 Fraser Reid	12 Carnegie	5:02.41	.....
2 Craig McLean	11 West Lothian	5:07.10	.....
3 Sean Suayngam	12 East Lothian	5:12.39	.....
4 James Hewat	12 East Lothian	5:15.10	.....
5 James Lowder	12 Heart Of Mid	5:16.00	.....
6 Greg Turner	12 Burntisland	5:17.75	.....
7 Greig Reid	11 Carnegie	5:19.25	.....
8 Fraser Meadows	12 Warrender	5:24.09	.....
9 Sean Cockburn	12 Heart Of Mid	5:27.30	.....
10 Cameron Macleod	11 Warrender	5:27.79	.....
11 Fraser Samuel	11 East Lothian	5:27.79	.....
12 Arran Stowe	11 Fins	5:30.38	.....
13 Gavin Roderick	12 Carnegie	5:35.85	.....
14 Sam Andrews	12 West Lothian	5:36.00	.....
15 Morgan Anderson	12 Kelso	5:41.35	.....
16 Thomas Brogden	12 East Lothian	5:45.09	.....
17 Cameron McCloskey	12 Kinross	5:45.62	.....
18 Christian Marks	11 Warrender	5:45.66	.....
19 Hayden Moffat	11 Incas	6:02.41	.....
20 Cameron Finlayson	12 Heart Of Mid	6:06.37	Res 1

21 Euan Dalglish
22 Oran Hosey
23 Murray Sheen
24 Grant Ogilvie

12 West Lothian	6:12.13	Res 2
11 Heart Of Mid	6:25.08	Res 3
12 Warrender	6:30.45	Oversub
11 Carnegie	6:43.22	Oversub

**13-14**

1 David Colley
2 Matthew Anderson
3 David Mulligan
4 Rory Mackay
5 Cameron Park
6 Callum Robb
7 Patrick Mackinnon
8 Euan McElwee
9 Nathan Kennedy
10 Dean Strachan
11 Harry Crombie
12 Cameron McCarthy
13 Robert Dalglish
14 Conor Nally
15 Murray Blair
16 Lewis Ferguson
17 Jordan Davidson
18 Struan Stuart
19 Henry Mackenzie
20 Kieran Pate
21 Alex Thompson
22 Christopher Thompson

14 Warrender	4:35.46	.....
14 Oban	4:36.39	.....
13 Warrender	4:40.90	.....
14 Portobello	4:44.15	.....
13 Rutherglen	4:46.61	.....
14 West Lothian	4:49.11	.....
14 Oban	4:52.58	.....
13 Carnegie	4:53.29	.....
14 West Lothian	4:58.12	.....
14 West Lothian	5:01.80	.....
13 Duns	5:05.70	.....
13 West Lothian	5:08.10	.....
14 West Lothian	5:14.88	.....
13 Incas	5:15.60	.....
13 Warrender	5:16.16	.....
13 Fins	5:16.27	.....
13 West Lothian	5:17.09	.....
13 East Lothian	5:22.19	.....
13 Warrender	5:27.08	Res 1
13 Fins	5:28.35	Res 2
13 Kelso	5:32.12	Res 3
14 Carnegie	5:46.30	Oversub

