

Scottish Amateur Swimming Association

East District Records - Short Course

BACKSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.32.19	31.08.13	50 - 11	Caitlyn Morrison	AN	00.33.72	02.11.02
Craig McLean	CE	00.30.32	03.09.11	50 - 12	Lexie Waller	HM	00.31.06	13.12.13
Craig McLean	CE	00.28.28	21.10.12	50 - 13	Lucy Hope	KO	00.30.76	07.01.11
Craig McLean	CE	00.27.01	20.10.13	50 - 14	Lucy Hope	KO	00.29.72	17.12.11
Craig McLean	CE	00.26.88	14.12.13	50 - 15	Lucy Hope	KO	00.29.08	14.12.12
Chris McColm	UEL	00.26.59	13.12.13	50 - 16	Lucy Hope	KO	00.28.36	13.12.13
Chris McColm	UEL	00.26.59	15.11.13	50 - Junior	Lucy Hope	KO	00.28.36	13.12.13
Craig McNally	WB	00.25.34	12.11.11	50 - 17/18	Raquel Matos	UEL	00.28.28	13.12.13
Gregor Tait	HM	00.24.52	12.12.03	50 - Senior	Raquel Matos	UEL	00.28.28	13.12.13
Keir Edgar	CE	01.09.13	26.10.13	100 - 11	Sarah Donnelly	CE	01.11.04	19.03.11
Craig McLean	CE	01.04.45	16.10.11	100 - 12	Chelsea Lawson	IS	01.07.79	07.03.09
Craig McLean	CE	01.00.55	21.10.12	100 - 13	Chelsea Lawson	CE	01.04.60	06.03.10
Craig McLean	CE	00.57.66	20.10.13	100 - 14	Lucy Hope	KE	01.03.40	18.12.11
Craig McLean	CE	00.56.86	04.05.14	100 - 15	Chelsea Lawson	CE	01.01.82	12.11.11
Craig Bowman	CE	00.56.57	16.12.12	100 - 16	Lucy Hope	KO	01.00.86	15.12.13
Craig Bowman	CE	00.56.57	16.12.12	100 - Junior	Lucy Hope	KO	01.00.86	15.12.13
Craig McNally	WB	00.54.69	12.11.11	100 - 17/18	Raquel Matos	UEL	01.00.27	16.11.13
Gregor Tait	HM	00.51.88	16.08.03	100 - Senior	Raquel Matos	UEL	01.00.27	16.11.13
Keir Edgar	CE	02.31.46	01.09.13	200 - 11	Rachael O'Donnell	IS	02.33.26	21.06.08
Craig McLean	CE	02.20.25	04.09.11	200 - 12	Lucy Hope	KO	02.24.31	31.10.09
Craig McLean	CE	02.10.72	10.06.12	200 - 13	Lucy Hope	KO	02.18.56	07.11.10
Ryan Brown	KO	02.06.75	14.12.12	200 - 14	Lucy Hope	KO	02.13.44	17.12.11
Craig McNally	WB	02.02.66	01.11.08	200 - 15	Lucy Hope	KO	02.12.49	02.12.12
Craig McNally	WB	02.00.79	06.08.09	200 - 16	Lucy Hope	KO	02.08.92	14.12.13
Craig McNally	WB	02.02.66	01.11.08	200 - Junior	Lucy Hope	KO	02.08.92	14.12.13
Craig McNally	WB	01.57.37	07.01.11	200 - 17/18	Chelsea Lawson	CE	02.11.71	14.12.13
Gregor Tait	CI	01.51.66	13.04.08	200 - Senior	Lucy Hope	KO	02.08.92	14.12.13

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Short Course

BREASTSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.37.33	31.08.13	50 - 11	Anna Balfour	EL	00.37.07	17.11.12
Craig Benson	LD	00.34.29	12.01.07	50 - 12	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	WB	00.32.16	02.03.08	50 - 13	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	00.30.02	16.01.09	50 - 14	Robyn Mathews	AN	00.33.71	15.01.05
Craig Benson	WB	00.29.45	15.01.09	50 - 15	Emma Crawford	UEL	00.32.93	14.12.13
Craig Benson	WB	00.28.77	07.01.11	50 - 16	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	00.29.45	15.01.10	50 - Junior	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	00.27.28	15.12.12	50 - 17/18	Rachael O'Donnell	CE	00.32.27	13.12.13
Craig Benson	WB	00.27.28	15.12.12	50 - Senior	Kathryn Johnstone	EU	00.30.90	15.12.12
Keir Edgar	CE	01.21.56	08.09.13	100 - 11	Kirsty Armstrong	KO	01.21.91	19.03.11
Craig Benson	LD	01.12.75	04.03.07	100 - 12	Beth McFarlane	ML	01.16.67	05.02.12
Craig Benson	WB	01.07.94	22.03.08	100 - 13	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	01.04.74	07.03.09	100 - 14	Robyn Matthews	AN	01.11.63	15.01.05
Craig Benson	WB	01.03.93	06.03.10	100 - 15	Rachael O'Donnell	CE	01.10.71	05.02.12
Craig Benson	WB	01.02.39	08.01.11	100 - 16	Kirsty Balfour	HM	01.09.97	15.12.00
Craig Benson	WB	01.03.93	06.03.10	100 - Junior	Kirsty Balfour	HM	01.09.97	15.12.00
Craig Benson	WB	00.59.08	09.09.11	100 - 17/18	Rachael O'Donnell	CE	01.08.14	13.12.13
Craig Benson	WB	00.59.08	09.09.11	100 - Senior	Kirsty Balfour	CI	01.06.51	21.01.06
Joe Ewing	WB	02.53.35	15.02.14	200 - 11	Kirsty Armstrong	KO	02.56.25	22.06.11
Lewis Smith	WB	02.39.39	17.12.00	200 - 12	Tain Bruce	IS	02.45.13	06.03.11
Craig Benson	WB	02.29.45	13.01.08	200 - 13	Linda McLaren	WB	02.41.53	03.12.88
Craig Benson	WB	02.22.47	16.01.09	200 - 14	Robyn Matthews	AN	02.33.74	11.12.05
Daniel Lim	WB	02.21.13	17.12.11	200 - 15	Emma Chitleburgh	WB	02.30.68	15.12.13
Craig Benson	WB	02.16.55	09.01.11	200 - 16	Roisin Donnelly	CE	02.30.66	05.12.09
Daniel Lim	WB	02.21.13	17.12.11	200 - Junior	Roisin Donnelly	CE	02.30.66	05.12.09
Craig Benson	WB	02.07.02	25.11.12	200 - 17/18	Rachel O'Donnell	CE	02.28.68	15.12.13
Ian Edmond	WB	02.05.63	14.12.03	200 - Senior	Kirsty Balfour	CI	02.21.81	08.12.06

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Scottish Amateur Swimming Association East District Records - Short Course

BUTTERFLY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Bowman	CE	00.31.78	17.05.08	50 - 11	Keanna Macinnes	HM	00.32.22	09.06.13
Craig McLean	CE	00.29.79	04.09.11	50 - 12	Keanna Macinnes	HM	00.30.62	15.12.13
Chris Smith	WB	00.27.81	16.12.01	50 - 13	Lucy Ellis	DD	00.30.06	14.01.07
Craig McLean	CE	00.26.74	08.09.13	50 - 14	Lucy Ellis	DD	00.28.88	08.09.07
Mark Szaranek	CE	00.25.91	07.01.11	50 - 15	Raquel Matos	EL	00.28.43	15.12.11
Mark Szaranek	CE	00.25.13	09.09.11	50 - 16	Raquel Matos	EL	00.27.52	16.12.12
Mark Szaranek	CE	00.25.13	09.09.11	50 - Junior	Raquel Matos	EL	00.27.52	16.12.12
Mark Szaranek	CE	00.24.21	13.12.13	50 - 17/18	Raquel Matos	UEL	00.27.02	15.12.13
Mark Szaranek	CE	00.24.21	13.12.13	50 - Senior	Alena Popchanka	CI	00.26.41	02.12.06
Mark Szaranek	CE	01.09.83	04.03.07	100 - 11	Rachael O'Donnell	IS	01.11.59	02.03.08
Zach Courtney	WB	01.05.74	04.03.07	100 - 12	Tain Bruce	IS	01.05.89	20.03.11
Zach Courtney	DD	01.01.17	02.03.08	100 - 13	Rachael O'Donnell	CE	01.04.91	07.03.10
Mark Szaranek	CE	00.58.03	06.03.10	100 - 14	Rachael O'Donnell	CE	01.02.24	19.03.11
Mark Szaranek	CE	00.55.64	19.03.11	100 - 15	Tain Bruce	CE	01.01.01	14.12.13
Craig Bowman	CE	00.54.91	14.12.12	100 - 16	Rachael O'Donnell	CE	01.01.39	15.12.12
Craig Bowman	CE	00.54.91	14.12.12	100 - Junior	Tain Bruce	CE	01.01.01	14.12.13
Mark Szaranek	CE	00.52.27	13.12.13	100 - 17/18	Raquel Matos	UEL	00.59.50	14.12.13
Mark Szaranek	CE	00.52.27	13.12.13	100 - Senior	Alena Popchanka	CI	00.57.55	09.12.07
Joe Ewing	WB	02.34.72	16.02.14	200 - 11	Keanna Macinnes	HM	02.34.87	08.06.13
Mark Szaranek	CE	02.24.70	22.06.08	200 - 12	Keanna Macinnes	HM	02.26.91	24.05.14
Mark Szaranek	CE	02.14.11	20.06.09	200 - 13	Kirsty Armstrong	KO	02.22.23	01.12.12
Ryan Brown	KO	02.07.16	15.12.12	200 - 14	Tain Bruce	CE	02.16.97	08.06.13
Ryan Brown	KO	02.04.41	14.12.13	200 - 15	Rachael O'Donnell	CE	02.13.26	16.12.11
Lewis Smith	WB	02.04.16	28.08.04	200 - 16	Megan Gilchrist	CI	02.16.94	04.11.06
Lewis Smith	WB	02.04.16	28.08.04	200 - Junior	Rachael O'Donnell	CE	02.13.26	16.12.11
Mark Szaranek	CE	01.56.32	14.12.13	200 - 17/18	Louise Pate	HM	02.15.14	12.01.07
Iain Macmillan	EU	01.55.70	08.08.09	200 - Senior	Alena Popchanka	CI	02.10.95	11.11.05

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Scottish Amateur Swimming Association East District Records - Short Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.28.11	27.10.13	50 - 11	Caitlyn Morrison	AN	00.29.89	08.09.02
Craig McLean	CE	00.26.60	04.09.11	50 - 12	Katie Stark	WB	00.28.42	30.10.11
Mark Szaraneck	CE	00.25.85	08.03.09	50 - 13	Lucy Ellis	DD	00.27.14	13.01.07
Craig McLean	CE	00.23.87	20.10.13	50 - 14	Lucy Ellis	DD	00.26.32	08.09.07
Craig McLean	CE	00.23.78	27.10.13	50 - 15	Lucy Hope	KO	00.26.09	14.12.12
Daniel Scott	GS	00.23.50	04.06.06	50 - 16	Lucy Hope	KO	00.25.66	14.12.13
Daniel Scott	GS	00.23.50	04.06.06	50 - Junior	Lucy Hope	KO	00.25.66	14.12.13
Jack Thorpe	EU	00.22.76	14.12.12	50 - 17/18	Kirsty Simpson	CE	00.26.11	14.12.13
Richard Schafers	EU	00.22.33	14.12.12	50 - Senior	Alena Popchanka	CI	00.24.79	09.12.05
Mark Szaraneck	CE	01.01.05	04.03.07	100 - 11	Lauren Pirouet	IS	01.03.39	20.03.11
Craig McLean	CE	00.57.01	16.10.11	100 - 12	Rachael O'Donnell	IS	01.00.95	07.03.09
Craig McLean	CE	00.54.27	21.10.12	100 - 13	Lucy Ellis	DD	00.58.00	12.01.07
Craig McLean	CE	00.51.85	20.10.13	100 - 14	Lucy Ellis	DD	00.56.72	08.09.07
Craig McLean	CE	00.51.86	27.10.13	100 - 15	Rachael O'Donnell	CE	00.56.62	16.12.11
Mark Szaraneck	GS	00.50.85	13.11.11	100 - 16	Lucy Hope	KO	00.55.65	13.12.13
Mark Szaraneck	CE	00.50.85	13.11.11	100 - Junior	Lucy Hope	KO	00.55.65	13.12.13
Mark Szaraneck	CE	00.49.49	15.12.13	100 - 17/18	Rachael O'Donnell	CE	00.55.98	13.12.13
Kieran McGuckin	EU	00.48.86	15.12.12	100 - Senior	Alena Popchanka	CI	00.52.91	08.12.06
Keir Edgar	CE	02.15.90	27.10.13	200 - 11	Rachael O'Donnell	IS	02.16.68	21.06.08
Mark Szaraneck	CE	02.04.36	22.06.08	200 - 12	Lauren Pirouet	IS	02.09.32	17.06.12
Mark Szaraneck	CE	01.56.92	20.06.09	200 - 13	Lucy Ellis	DD	02.04.54	14.01.07
Mark Szaraneck	CE	01.54.88	05.06.10	200 - 14	Lucy Ellis	DD	02.02.24	08.09.07
Richard Schafers	DD	01.54.16	03.12.06	200 - 15	Rachael O'Donnell	CE	02.00.94	03.12.11
Mark Szaraneck	CE	01.51.31	16.12.11	200 - 16	Rachael O'Donnell	CE	02.00.29	16.12.12
Mark Szaraneck	CE	01.51.31	16.12.11	200 - Junior	Rachael O'Donnell	CE	02.00.29	16.12.12
Mark Szaraneck	CE	01.47.11	15.12.13	200 - 17/18	Rachael O'Donnell	CE	01.59.66	15.12.13
Jamie Salter	WB	01.44.99	14.12.01	200 - Senior	Alena Popchanka	CI	01.54.25	10.12.06

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Scottish Amateur Swimming Association East District Records - Short Course

FREESTYLE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Fraser Beeby	CE	04.49.53	25.06.11	400 - 11	Lauren Pirouet	IS	04.42.20	12.06.11
Mark Szaranek	CE	04.23.90	22.06.08	400 - 12	Lauren Pirouet	IS	04.30.82	27.05.12
Mark Szaranek	CE	04.12.11	20.06.09	400 - 13	Lucy Ellis	DD	04.23.81	13.01.07
Mark Szaranek	CE	04.02.48	05.06.10	400 - 14	Carol Shiell	PS	04.22.69	07.05.88
James Black	WB	04.02.60	17.11.12	400 - 15	Robyn Matthews	CI	04.15.52	03.12.06
Craig Hamilton	WB	03.52.29	07.12.08	400 - 16	Megan Gilchrist	CI	04.15.86	13.01.07
Graeme Wilson	CE	04.01.82	07.03.81	400 - Junior	Robyn Matthews	CI	04.15.52	03.12.06
Ewan Johnston	WB	03.50.38	16.11.08	400 - 17/18	Sian Morgan	EU	04.11.34	15.12.12
Jamie Salter	WB	03.43.48	00.12.99	400 - Senior	Alena Popchanka	CI	04.00.80	16.12.07
Joe Ewing	WB	09.58.22	01.02.14	800 - 11	Lauren Pirouet	IS	09.45.97	11.06.11
Keir Edgar	CE	09.18.68	03.05.14	800 - 12	Lauren Pirouet	IS	09.14.09	26.05.12
Mark Szaranek	CE	08.48.70	08.02.09	800 - 13	Lauren Pirouet	IS	09.09.36	08.06.13
Mark Szaranek	CE	08.32.51	08.02.10	800 - 14	Angela Pendrich	CE	08.59.25	14.12.90
Richard Schafers	DD	08.23.13	24.06.06	800 - 15	Robyn Matthews	DD	08.42.31	12.01.07
Dan Wallace	WB	08.20.37	07.02.10	800 - 16	Megan Gilchrist	CI	08.42.43	12.01.07
Richard Schafers	DD	08.23.13	24.06.06	800 - Junior	Robyn Matthews	DD	08.42.31	12.01.07
Craig Hamilton	WB	07.57.26	08.02.09	800 - 17/18	Sian Morgan	EU	08.36.04	14.12.12
Craig Hamilton	WB	07.57.26	08.02.09	800 - Senior	Sian Morgan	EU	08.36.04	14.12.12
Fraser Beeby	CE	18.57.51	12.06.11	1500 - 11	Lauren Pirouet	IS	19.04.51	06.02.11
Keir Edgar	CE	17.40.92	03.05.14	1500 - 12	Lauren Pirouet	FP	18.13.65	11.02.12
Mark Szaranek	CE	16.27.23	20.06.09	1500 - 13	Rachel Sharples	HM	17.46.14	07.02.10
Ryan Brown	KO	16.15.86	15.12.12	1500 - 14	Chelsea Lawson	CE	17.20.09	06.02.11
Lewis Smith	WB	15.48.06	16.08.03	1500 - 15	Helen McRoberts	WB	17.19.03	03.02.07
Lewis Smith	WB	15.42.64	28.08.04	1500 - 16	Helen McRoberts	WB	17.20.65	03.02.08
Lewis Smith	WB	15.42.64	28.08.04	1500 - Junior	Helen McRoberts	WB	17.19.03	03.02.07
Craig Hamilton	WB	15.20.68	07.02.09	1500 - 17/18	Katelyn Stewart	WB	17.30.85	03.02.08
John Owen	CI	14.58.69	16.12.06	1500 - Senior	Megan Gilchrist	AB	16.38.56	12.11.10

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Scottish Amateur Swimming Association East District Records - Short Course

INDIVIDUAL MEDLEY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	01.11.47	26.10.13	100 - 11	Joanna Whitelaw	HN	01.16.64	04.05.08
Zach Courtney	WB	01.07.78	25.03.07	100 - 12	Kirsty Armstrong	KE	01.10.68	29.10.11
Craig Benson	WB	01.02.45	22.03.08	100 - 13	Rachael O'Donnell	CE	01.07.31	05.06.10
Craig Benson	WB	01.00.34	16.01.09	100 - 14	Tain Bruce	CE	01.05.09	15.12.12
Craig McLean	CE	00.57.85	13.12.13	100 - 15	Rachael O'Donnell	CE	01.03.47	17.12.11
Mark Szaranek	CE	00.57.34	16.12.11	100 - 16	Raquel Matos	EL	01.03.42	15.12.12
Mark Szaranek	CE	00.57.34	16.12.11	100 - Junior	Raquel Matos	EL	01.03.42	15.12.12
Mark Szaranek	CE	00.54.42	13.12.13	100 - 17/18	Raquel Matos	UEL	01.01.41	15.12.13
Kristopher Gilchrist	EU	00.53.42	08.08.09	100 - Senior	Raquel Matos	UEL	01.01.41	15.12.13
Archie Goodburn	WB	02.31.14	08.06.13	200 - 11	Kirsty Armstrong	KO	02.34.13	22.06.11
Lewis Smith	WB	02.26.00	17.12.00	200 - 12	Kirsy Armstrong	KO	02.26.09	04.02.12
Craig Benson	WB	02.15.40	03.02.08	200 - 13	Rachael O'Donnell	CE	02.20.27	05.06.10
Mark Szaranek	CE	02.10.27	07.02.10	200 - 14	Rachael O'Donnell	CE	02.18.35	05.02.11
Mark Szaranek	CE	02.04.38	05.02.11	200 - 15	Tain Bruce	CE	02.16.28	13.12.13
Mark Szaranek	CE	02.03.02	11.09.11	200 - 16	Rachael O'Donnell	CE	02.14.53	14.12.12
Mark Szaranek	CE	02.03.02	11.09.11	200 - Junior	Rachael O'Donnell	CE	02.14.53	14.12.12
Mark Szaranek	CE	01.57.31	14.12.13	200 - 17/18	Rachael O'Donnell	CE	02.12.10	13.12.13
Mark Szaranek	CE	01.57.31	14.12.13	200 - Senior	Rachael O'Donnell	CE	02.12.10	13.12.13
Archie Goodburn	WB	05.24.96	22.06.13	400 - 11	Kirsty Armstrong	KO	05.19.67	25.06.11
Mark Szaranek	CE	05.05.03	22.06.08	400 - 12	Tain Bruce	IS	05.08.24	12.06.11
Mark Szaranek	CE	04.47.86	20.06.09	400 - 13	Emma Harrison	WB	04.56.49	11.12.03
Ryan Brown	KO	04.31.29	16.12.12	400 - 14	Tain Bruce	CE	04.54.09	09.06.13
Mark Szaranek	CE	04.26.68	07.01.11	400 - 15	Robyn Mathews	CI	04.48.97	14.01.07
Dan Wallace	WB	04.22.20	17.01.10	400 - 16	Raquel Matos	ELST	04.50.79	17.11.12
Mark Szaranek	CE	04.24.24	17.12.12	400 - Junior	Robyn Mathews	CI	04.48.97	14.01.07
Mark Szaranek	CE	04.10.41	15.12.13	400 - 17/18	Sally Wood	WB	04.48.19	17.01.09
Mark Szaranek	CE	04.10.41	15.12.13	400 - Senior	Sally Wood	WB	04.48.19	17.01.09

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Scottish Amateur Swimming Association East District Records - Short Course

FREESTYLE RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		02.03.50	04.03.07	Free 4x50 - 11/U	Musselburgh		02.05.69	02.03.08
Warrender		01.55.82	04.03.07	Free 4x50 - 12	Musselburgh		01.58.21	08.03.09
Carnegie		01.41.81	06.06.10	Free 4x50 - 13/14	Carnegie		01.53.23	07.03.10
Carnegie		01.37.64	14.12.13	Free 4x50 - 15/16	East Lothian ST		01.46.84	15.12.12
Carnegie		01.37.64	14.12.13	Free 4x50 - Junior	East Lothian ST		01.46.84	15.12.12
Carnegie		01.38.22	06.05.00	Free 4x50 - 17/18	Warrender		01.52.94	08.03.09
Edinburgh University		01.29.52	15.12.12	Free 4x50 - Senior	Edinburgh University		01.43.57	15.12.12
Carnegie		04.52.02	04.05.14	Free 4x100 - 11/U	Carnegie		04.51.65	04.05.14
Portobello		05.01.93	30.08.08	Free 4x100 - 12	East Lothian ST		04.16.50	16.01.09
Carnegie		03.43.87	15.02.10	Free 4x100 - 13/14	Carnegie		04.16.02	05.05.13
Carnegie		03.33.03	16.12.11	Free 4x100 - 15/16	Carnegie		04.16.67	04.05.14
Carnegie		03.33.03	16.12.11	Free 4x100 - Junior	Carnegie		03.53.16	16.12.12
Unclaimed				Free 4x100 - 17/18	Unclaimed			
Edinburgh University		03.18.06	16.12.12	Free 4x100 - Senior	Edinburgh University		03.44.97	16.12.12
Unclaimed				Free 4x200 - 11/U	Glenrothes		11.31.39	30.08.08
Unclaimed				Free 4x200 - 12	Unclaimed			
Unclaimed				Free 4x200 - 13/14	Unclaimed			
Warrender		07.58.52	26.08.04	Free 4x200 - 15/16	Unclaimed			
Warrender		07.58.52	26.08.04	Free 4x200 - Junior	Glenrothes		11.31.39	30.08.08
Unclaimed				Free 4x200 - 17/18	Unclaimed			
Edinburgh University		07.12.77	07.08.09	Free 4x200 - Senior	Aquanauts Livingston		08.52.41	07.03.04

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Short Course

MEDLEY RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		02.20.52	04.03.07	Medley 4x50 - 11/U	Musselburgh		02.21.30	02.03.08
Carnegie		02.12.90	08.03.09	Medley 4x50 - 12	Musselburgh		02.13.40	08.03.09
Carnegie		01.54.20	05.06.10	Medley 4x50 - 13/14	Carnegie		02.06.54	15.01.10
Carnegie		01.48.53	05.02.12	Medley 4x50 - 15/16	East Lothian ST		01.57.79	14.12.12
Carnegie		01.48.53	05.02.12	Medley 4x50 - Junior	East Lothian ST		01.57.79	14.12.12
East District Team		01.43.34	20.10.13	Medley 4x50 - 17/18	Scotland East		02.06.10	16.10.05
City of Edinburgh		01.38.78	11.01.08	Medley 4x50 - Senior	Edinburgh University		01.53.30	14.12.12
Carnegie		05.36.15	04.05.14	Medley 4x100 - 11/U	Carnegie		05.32.08	04.05.14
Carnegie		04.55.37	04.05.14	Medley 4x100 - 12	Portobello		05.21.66	30.08.08
Heart of Midlothian		04.21.84	06.05.12	Medley 4x100 - 13/14	Carnegie		05.05.96	06.05.12
Carnegie		03.56.46	04.05.14	Medley 4x100 - 15/16	East Lothian ST		04.19.68	17.11.12
Carnegie		03.56.46	04.05.14	Medley 4x100 - Junior	East Lothian ST		04.19.68	17.11.12
Unclaimed				Medley 4x100 - 17/18	Unclaimed			
City of Edinburgh		03.36.96	28.08.04	Medley 4x100 - Senior	Edinburgh University		04.09.51	09.08.09

East District records are based on, age on day of competition.

**Scottish Amateur Swimming Association
East District Records - Long Course**

BACKSTROKE

MALE				Distance & Age Metres	FEMALE			
Name	Club	Time	Date		Name	Club	Time	Date
Keir Edgar	CE	00.33.73	05.10.13	50 - 11	Lexie Waller	HM	00.31.40	31.01.14
Craig McLean	CE	00.31.75	03.07.11	50 - 12	Lexie Waller	HM	00.32.14	12.01.14
Craig McLean	CE	00.28.66	01.07.12	50 - 13	Lucy Hope	KO	00.30.32	03.06.12
Craig McLean	CE	00.28.26	16.06.13	50 - 14	Lucy Hope	KO	00.30.96	30.06.11
Craig Mclean	CE	00.27.35	28.02.14	50 - 15	Lucy Hope	KO	00.30.32	03.06.12
Craig McNally	WB	00.27.44	28.06.09	50 - 16	Lucy Hope	KO	00.29.89	08.12.13
Craig Mclean	CE	00.27.62	12.01.14	50 - Junior	Lucy Hope	KO	00.29.89	08.12.13
Craig McNally	WB	00.25.92	12.03.11	50 - 17/18	Lucy Hope	KO	00.29.60	03.04.14
Craig McNally	WB	00.25.92	12.03.11	50 - Senior	Lucy Hope	KO	00.29.60	03.04.14
Craig Bowman	CE	01.10.57	11.04.08	100 - 11	Lexie Waller	HM	01.10.65	13.04.13
Craig McLean	CE	01.06.86	21.07.11	100 - 12	Lexie Waller	HM	01.08.43	05.04.14
Craig McLean	CE	01.01.96	22.07.12	100 - 13	Chelsea Lawson	CE	01.07.37	13.02.10
Craig Mclean	CE	00.58.68	24.07.13	100 - 14	Lucy Hope	KO	01.05.12	15.01.12
Craig Mclean	CE	00.58.21	04.04.14	100 - 15	Lucy Hope	KO	01.03.77	31.03.12
Craig McNally	WB	00.57.69	29.07.09	100 - 16	Lucy Hope	KO	01.03.29	15.06.13
Craig Mclean	CE	00.58.21	04.04.14	100 - Junior	Lucy Hope	KO	01.03.29	15.06.13
Craig McNally	WB	00.55.24	28.07.11	100 - 17/18	Lucy Hope	KO	01.02.65	05.04.14
Gregor Tait	CI	00.54.22	01.04.08	100 - Senior	Lucy Hope	KO	01.02.65	05.04.14
Craig Bowman	CE	02.34.93	11.04.08	200 - 11	Lexie Waller	HM	02.32.80	11.04.13
Mark Szaraneck	CE	02.24.04	24.07.08	200 - 12	Lexie Waller	HM	02.25.68	04.04.14
Craig McLean	CE	02.14.07	30.06.12	200 - 13	Lucy Hope	KO	02.23.71	29.01.11
Craig McLean	CE	02.11.10	26.07.13	200 - 14	Lucy Hope	KO	02.17.97	15.01.12
Jordon Lamb	UFP	02.08.41	01.04.12	200 - 15	Lucy Hope	KO	02.16.58	04.04.12
Craig McNally	WB	02.03.96	01.09.09	200 - 16	Megan Briggs	WB	02.13.35	03.08.13
Jordon Lamb	UFP	02.06.53	20.07.12	200 - Junior	Megan Briggs	WB	02.13.35	03.08.13
Craig McNally	WB	02.01.14	30.07.11	200 - 17/18	Lucy Hope	KO	02.13.85	04.04.14
Craig McNally	WB	01.55.67	02.08.13	200 - Senior	Megan Briggs	WB	02.13.35	03.08.13

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Long Course

BREASTSTROKE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Greig Rowe	CE	00.39.68	26.01.13	50 - 11	Megan Pthal	HM	00.38.69	15.06.13
Craig Benson	LD	00.34.30	10.03.07	50 - 12	Kirsty Armstrong	KO	00.36.42	30.06.12
Craig Benson	WB	00.32.06	13.04.08	50 - 13	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	00.30.92	17.03.09	50 - 14	Emma Crawford	EL	00.34.37	30.06.12
Craig Benson	WB	00.30.34	30.03.10	50 - 15	Robyn Matthews	CI	00.33.65	24.02.07
Craig Benson	WB	00.29.48	07.03.11	50 - 16	Kirsty Balfour	HM	00.33.10	28.07.00
Craig Benson	WB	00.30.34	30.03.10	50 - Junior	Kirsty Balfour	HM	00.33.10	28.07.00
Craig Benson	WB	00.28.22	28.07.12	50 - 17/18	Corrie Scott	EU	00.31.81	30.06.12
Mark Tully	ELST	00.28.05	28.02.14	50 - Senior	Kathryn Johnstone	EU	00.31.48	30.06.12
Joe Ewing	WB	01.24.73	11.01.14	100 - 11	Kirsty Armstrong	KO	01.23.21	24.07.11
Craig Benson	LD	01.12.62	10.03.07	100 - 12	Kirsty Armstrong	KO	01.20.24	01.04.12
Craig Benson	WB	01.08.33	13.04.08	100 - 13	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	01.05.42	17.03.09	100 - 14	Robyn Matthews	AN	01.12.49	29.01.05
Craig Benson	WB	01.05.53	25.07.09	100 - 15	Rachael O'Donnell	CE	01.12.12	02.06.12
Craig Benson	WB	01.03.01	09.04.11	100 - 16	Kirsty Balfour	HM	01.11.35	29.07.00
Craig Benson	WB	01.04.40	07.08.10	100 - Junior	Kirsty Balfour	HM	01.11.35	29.07.00
Craig Benson	WB	01.00.04	27.07.12	100 - 17/18	Corrie Scott	EU	01.09.16	21.07.12
Craig Benson	WB	01.00.04	27.07.12	100 - Senior	Kirsty Balfour	CI	01.07.67	26.03.07
Brodie Savage	WB	03.07.51	30.04.11	200 - 11	Kirsty Armstrong	KO	02.56.98	22.07.11
Craig Benson	LD	02.40.16	14.04.07	200 - 12	Kirsty Armstrong	KO	02.52.34	03.04.12
Craig Benson	WB	02.32.50	13.04.08	200 - 13	Robyn Matthews	AN	02.44.05	12.12.04
Craig Benson	WB	02.26.41	24.07.08	200 - 14	Emma Chittleburgh	WB	02.33.35	25.07.13
Craig Benson	WB	02.23.25	25.07.09	200 - 15	Emma Chittleburgh	WB	02.33.20	05.04.14
Craig Benson	WB	02.20.04	08.04.11	200 - 16	Rachael O'Donnell	CE	02.34.73	16.06.13
Craig Benson	WB	02.22.60	04.08.10	200 - Junior	Emma Chittleburgh	WB	02.33.20	05.04.14
Craig Benson	WB	02.13.84	10.04.13	200 - 17/18	Kirsty Balfour	HM	02.30.78	03.03.02
Kris Gilchrist	EU	02.10.16	17.06.11	200 - Senior	Kirsty Balfour	HM	02.24.04	18.03.06

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Long Course

BUTTERFLY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Mark Szaranek	CE	00.31.96	27.01.07	50 - 11	Keanna Macinnes	HM	00.31.36	16.06.13
Finlay Hart	ELST	00.29.52	17.05.14	50 - 12	Rachael O'Donnell	IS	00.30.72	28.06.09
Mark Szaranek	CE	00.27.77	22.06.09	50 - 13	Kirsty Armstrong	KO	00.29.87	25.07.13
Mark Szaranek	CE	00.26.72	23.06.10	50 - 14	Rachel Sharples	EL	00.28.86	03.07.11
Mark Szaranek	CE	00.25.98	15.05.11	50 - 15	Lucy Ellis	DD	00.28.71	15.10.08
Mark Szaranek	CE	00.25.38	02.06.12	50 - 16	Rachel Sharples	MS	00.28.27	31.05.13
Craig Bowman	CE	00.25.82	02.06.12	50 - Junior	Eloise Barber	CE	00.28.69	20.02.09
Daniel Scott	GS	00.24.38	15.10.08	50 - 17/18	Raquel Matos	UEL	00.27.53	30.06.13
Daniel Scott	GS	00.24.38	15.10.08	50 - Senior	Alena Popchanka	CI	00.26.97	29.03.07
Mark Szaranek	CE	01.09.26	23.07.07	100 - 11	Keanna Macinnes	HM	01.08.77	14.04.13
Mark Szaranek	CE	01.05.46	29.06.08	100 - 12	Kirsty Armstrong	KO	01.05.60	23.07.12
Mark Szaranek	CE	00.58.95	22.06.09	100 - 13	Kirsty Armstrong	KO	01.03.58	25.07.13
Mark Szaranek	CE	00.57.69	31.07.10	100 - 14	Rachel Sharples	EL	01.02.99	08.04.11
Mark Szaranek	CE	00.56.66	26.07.11	100 - 15	Tain Bruce	CE	01.02.22	03.04.14
Mark Szaranek	CE	00.55.02	21.07.12	100 - 16	Rachel sharples	UEL	01.01.46	28.06.13
Craig Bowman	CE	00.56.30	02.06.12	100 - Junior	Tain Bruce	CE	01.02.22	03.04.14
Mark Szaranek	CE	00.54.27	31.07.13	100 - 17/18	Jessica Dickons	EU	01.00.60	27.06.09
Ian Macmillan	EU	00.53.45	27.06.09	100 - Senior	Alena Popchanka	CI	00.58.33	08.06.06
Mark Szaranek	CE	02.38.82	23.07.07	200 - 11	Keanna Macinnes	HM	02.35.49	10.04.13
Archie Goodburn	WB	02.27.78	03.04.14	200 - 12	Kirsty Armstrong	KO	02.25.26	30.06.12
Mark Szaranek	CE	02.11.07	22.06.09	200 - 13	Kirsty Armstrong	KO	02.22.15	26.07.13
Mark Szaranek	CE	02.07.39	29.07.10	200 - 14	Tain Bruce	CE	02.18.42	15.06.13
Ryan Brown	KO	02.05.09	02.08.13	200 - 15	Tain Bruce	CE	02.16.06	06.04.14
Craig Bowman	CE	02.04.78	13.04.13	200 - 16	Blaine Small	CE	02.18.27	28.06.09
Ryan Brown	KO	02.05.02	03.04.14	200 - Junior	Tain Bruce	CE	02.16.06	06.04.14
Lewis Smith	WB	02.02.76	07.04.06	200 - 17/18	Jessica Dickons	EU	02.10.96	27.06.09
Ian Macmillan	EU	01.57.24	30.07.09	200 - Senior	Jessica Dickons	EU	02.10.91	02.07.11

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.29.65	06.10.13	50 - 11	Caitlin Hamilton	DD	00.29.46	30.05.09
Craig McLean	CE	00.27.85	22.07.11	50 - 12	Lexie Waller	HM	00.28.32	04.04.14
Craig McLean	CE	00.25.56	03.06.12	50 - 13	Katie Stark	WB	00.28.08	03.06.12
Craig McLean	CE	00.24.46	15.12.12	50 - 14	Katie Stark	WB	00.26.78	14.09.13
Mark Szaranek	CE	00.24.36	31.07.11	50 - 15	Katie Stark	WB	00.26.55	02.02.14
Daniel Scott	GS	00.23.92	31.03.07	50 - 16	Lynn McLaren	CE	00.26.49	21.12.97
Daniel Scott	GS	00.24.22	05.08.06	50 - Junior	Lynn McLaren	CE	00.26.49	21.12.97
Bryan Morgan	CE	00.23.28	16.09.98	50 - 17/18	Lucy Hope	KO	00.26.84	04.04.14
Richard Schafers	EU	00.22.63	02.07.11	50 - Senior	Alena Popchanka	CI	00.25.49	15.06.08
Mark Szaranek	CE	01.01.20	23.07.07	100 - 11	Lexie Waller	HM	01.04.17	10.04.13
Craig McLean	CE	00.58.45	22.07.11	100 - 12	Rachael O'Donnell	IS	01.01.69	28.06.09
Mark Szaranek	CE	00.55.47	22.06.09	100 - 13	Lucy Ellis	DD	00.59.46	27.01.07
Craig McLean	CE	00.52.53	24.07.13	100 - 14	Rachael O'Donnell	CE	00.58.54	09.04.11
Craig Mclean	CE	00.52.36	05.04.14	100 - 15	Lucy Ellis	DD	00.57.11	30.07.08
Mark Szaranek	CE	00.52.05	30.06.12	100 - 16	Lucy Hope	KO	00.57.11	02.08.13
					Lucy Ellis	DD	00.57.11	30.07.08
Craig Mclean	CE	00.52.36	05.04.14	100 - Junior	Lucy Hope	KO	00.57.11	02.08.13
Bryan Morgan	CE	00.50.68	15.09.98	100 - 17/18	Lucy Hope	KO	00.57.28	28.02.14
David Leith	CI	00.50.43	05.04.08	100 - Senior	Alena Popchanka	CI	00.54.60	03.08.07
Mark Szaranek	CE	02.12.70	23.07.07	200 - 11	Lauren Pirouet	UFP	02.18.73	22.07.11
Mark Szaranek	CE	02.07.83	24.07.08	200 - 12	Kirsty Armstrong	KO	02.13.45	01.04.12
Mark Szaranek	CE	01.59.30	22.06.09	200 - 13	Lucy Ellis	DD	02.08.73	27.01.07
Mark Szaranek	CE	01.56.36	25.06.10	200 - 14	Rachael O'Donnell	CE	02.05.33	10.04.11
Jamie Coulter	AN	01.56.72	17.03.09	200 - 15	Rachael O'Donnell	CE	02.03.20	20.07.12
Mark Szaranek	CE	01.53.40	21.07.12	200 - 16	Lucy Ellis	DD	02.02.30	09.06.09
Jamie Coulter	AN	01.54.80	30.06.09	200 - Junior	Lucy Ellis	DD	02.02.30	09.06.09
Craig Hamilton	WB	01.53.18	08.04.09	200 - 17/18	Lucy Hope	KO	02.02.94	03.04.14
Jamie Salter	WB	01.48.64	00.08.00	200 - Senior	Alena Popchanka	CI	01.57.86	26.03.07

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Jamie Coulter	FP	04.57.16	11.12.04	400 - 11	Lauren Pirouet	UFP	04.43.20	22.07.11
Mark Szaranek	CE	04.26.83	24.07.08	400 - 12	Lauren Pirouet	UFP	04.35.59	23.07.12
Mark Szaranek	CE	04.12.89	22.06.09	400 - 13	Lauren Pirouet	IS	04.30.40	25.07.13
Mark Szaranek	CE	04.11.38	29.07.10	400 - 14	Carol Shiell	PS	04.27.84	21.06.88
Daniel Ritchie	WB	04.08.22	05.08.02	400 - 15	Robyn Matthews	CI	04.20.29	24.02.07
Craig Hamilton	WB	04.00.94	29.07.08	400 - 16	Megan Gilchrist	CI	04.17.15	29.07.07
Daniel Ritchie	WB	04.04.66	01.08.03	400 - Junior	Robyn Matthews	CI	04.20.29	24.02.07
Craig Hamilton	WB	03.56.51	16.03.09	400 - 17/18	Megan Gilchrist	CI	04.15.76	30.07.08
Jamie Salter	WB	03.50.47	22.06.01	400 - Senior	Alena Popchanka	CI	04.09.02	01.07.06
Unclaimed				800 - 11	Lauren Pirouet	UFP	09.44.17	23.07.11
Mark Szaranek	CE	09.34.12	04.05.08	800 - 12	Lauren Pirouet	UFP	09.27.97	24.07.12
Mark Szaranek	CE	09.01.60	09.04.09	800 - 13	Lauren Pirouet	UFP	09.15.13	26.07.13
Mark Szaranek	CE	08.55.84	11.04.10	800 - 14	Carol Shiell	PS	09.13.14	21.06.88
Daniel Lee	DD	08.32.76	29.07.07	800 - 15	Robyn Matthews	CI	08.56.17	26.03.07
Craig Hamilton	WB	08.17.69	29.07.08	800 - 16	Megan Gilchrist	CI	08.44.57	29.07.07
Daniel Lee	DD	08.32.76	29.07.07	800 - Junior	Megan Gilchrist	CI	08.55.22	03.12.06
Craig Hamilton	WB	08.13.21	11.07.09	800 - 17/18	Megan Gilchrist	AB	08.50.07	29.07.09
John Owen	CI	08.04.02	03.12.06	800 - Senior	Keri-Anne Payne	WB	08.34.27	31.05.13
Jamie Coulter	FP	20.18.39	22.05.04	1500 - 11	Lauren Pirouet	UFP	18.58.31	09.04.11
Jamie Coulter	FP	18.52.28	01.08.05	1500 - 12	Lauren Pirouet	UFP	18.18.51	01.04.12
Fraser Gill	AQ	17.37.17	02.04.12	1500 - 13	Lauren Pirouet	UFP	17.56.20	14.04.13
Lewis Smith	WB	16.52.46	29.11.02	1500 - 14	Marnie Stewart	WB	17.55.92	14.04.07
Daniel Ritchie	WB	16.23.30	05.08.02	1500 - 15	Nicole Wilson	HM	17.42.63	14.04.07
Craig Hamilton	WB	16.00.09	29.07.08	1500 - 16	Megan Gilchrist	CI	16.48.88	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	1500 - Junior	Megan Gilchrist	CI	16.48.88	03.12.06
Craig Hamilton	WB	15.37.07	20.03.09	1500 - 17/18	Megan Gilchrist	AB	16.49.32	28.06.09
Craig Hamilton	WB	15.37.07	20.03.09	1500 - Senior	Megan Gilchrist	AB	16.27.49	18.08.11

East District records are based on, age on day of competition.

**Scottish Amateur Swimming Association
East District Records - Long Course**

INDIVIDUAL MEDLEY

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Archie Goodburn	WB	02.36.57	14.04.13	200 - 11	Kirsty Armstrong	KO	02.36.29	21.07.11
Mark Szaranek	CE	02.26.25	24.07.08	200 - 12	Kirsty Armstrong	KO	02.28.39	23.07.12
Mark Szaranek	CE	02.15.06	22.06.09	200 - 13	Kirsty Armstrong	KO	02.25.25	24.07.13
Mark Szaranek	CE	02.08.60	29.07.10	200 - 14	Tain Bruce	CE	02.21.57	01.06.13
Mark Szaranek	CE	02.08.41	10.03.11	200 - 15	Rachael O'Donnell	CE	02.18.98	29.06.12
Mark Szaranek	CE	02.05.65	08.03.12	200 - 16	Rachael O'Donnell	CE	02.19.29	14.06.13
Mark Szaranek	CE	02.08.41	10.03.11	200 - Junior	Rachael O'Donnell	CE	02.18.98	29.06.12
Dan Wallace	WB	02.01.61	07.07.11	200 - 17/18	Rachael O'Donnell	CE	02.17.49	28.02.14
Dan Wallace	WB	01.59.00	29.06.13	200 - Senior	Rachael O'Donnell	CE	02.17.49	28.02.14
Mark Szaranek	CE	05.46.40	13.04.07	400 - 11	Kirsty Armstrong	KO	05.23.19	25.07.11
Archie Goodburn	WB	05.17.43	06.04.14	400 - 12	Kirsty Armstrong	KO	05.09.48	28.06.12
Mark Szaranek	CE	04.47.55	22.06.09	400 - 13	Emma Harrison	WB	05.08.97	22.11.03
Mark Szaranek	CE	04.37.26	01.08.10	400 - 14	Emma Harrison	WB	05.00.89	28.03.04
Ryan Brown	KO	04.34.74	04.08.13	400 - 15	Robyn Mathews	CI	04.53.71	26.03.07
Dan Wallace	WB	04.29.51	09.04.10	400 - 16	Helen McRoberts	WB	05.03.21	26.03.07
Lewis Smith	WB	04.30.14	11.04.04	400 - Junior	Robyn Mathews	CI	04.53.71	26.03.07
Dan Wallace	WB	04.20.60	10.07.11	400 - 17/18	Sally Wood	WB	04.54.22	26.06.08
Dan Wallace	WB	04.13.72	04.08.13	400 - Senior	Robyn Mathews	CI	04.53.71	26.03.07

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Long Course

FREESTYLE RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		01.59.10	29.06.08	Free 4x50 - 12/U	Hearts		02.02.80	11.01.14
Carnegie		01.46.85	03.02.13	Free 4x50 - 13/14	Warrender		01.54.82	03.02.13
Kingdom Swim Team		01.43.14	27.06.98	Free 4x50 - 15/16	Carnegie		01.49.88	03.02.13
Warrender		01.43.84	01.07.90	Free 4x50 - Junior	East District Team		01.47.28	01.06.13
Carnegie		01.41.58	29.07.00	Free 4x50 - 17/18	Carnegie		01.54.54	02.06.07
City of Edinburgh		01.33.94	28.06.07	Free 4x50 - Senior	Carnegie		01.46.76	12.01.14
Carnegie		04.20.91	12.04.08	Free 4x100 - 12/U	East Lothain S-T		04.30.16	15.11.08
				Free 4x100 - 11/13	East Lothain S-T		04.16.55	29.07.10
Carnegie		03.50.11	24.07.13	Free 4x100 - 11/14				
Carnegie		03.50.11	24.07.13	Free 4x100 - 13/14	Carnegie		04.16.91	26.06.10
Carnegie		03.37.78	31.03.12	Free 4x100 - 15/16	Warrender		04.00.13	14.04.07
				Free 4x100 - 14/17	Carnegie		03.56.88	12.04.13
Carnegie		03.34.84	30.07.13	Free 4x100 - 15/18				
Carnegie		03.40.96	08.04.11	Free 4x100 - Junior	East Lothain S-T		04.01.14	01.04.12
Unclaimed				Free 4x100 - 17/18	Unclaimed			
Edinburgh University		03.25.64	16.06.13	Free 4x100 - Senior	Edinburgh University		03.49.54	16.06.13
Carnegie		09.21.99	12.04.08	Free 4x200 - 12/U	Unclaimed			
				Free 4x200 - 11/13	East Lothian S-T		09.20.49	10.04.09
Carnegie		08.28.89	12.04.13	Free 4x200 - 11/14				
Carnegie		08.28.89	12.04.13	Free 4x200 - 13/14	Carnegie		09.06.33	24.06.10
Carnegie		08.04.55	02.04.12	Free 4x200 - 15/16	Warrender		08.39.83	15.04.07
				Free 4x200 - 14/17	Warrender		08.35.69	02.08.08
Warrender		07.41.54	02.08.08	Free 4x200 - 15/18				
Carnegie		08.21.19	07.04.11	Free 4x200 - Junior	East Lothian S-T		08.41.41	28.06.12
Unclaimed				Free 4x200 - 17/18	Unclaimed			
City of Edinburgh		07.39.35	01.04.07	Free 4x200 - Senior	Edinburgh University		08.24.39	28.06.12

East District records are based on, age on day of competition.

**Scottish Amateur Swimming Association
East District Records - Long Course**

MEDLEY RELAYS

MALE				Distance & Age	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Carnegie		02.12.02	11.01.14	Medley 4x50 - 12/U	Hearts		02.11.63	11.01.14
Carnegie		01.58.51	03.02.13	Medley 4x50 - 13/14	Warrender		02.08.18	03.02.13
Warrender		01.54.96	28.07.90	Medley 4x50 - 15/16	Carnegie		02.03.02	03.02.13
Warrender		01.54.96	01.07.90	Medley 4x50 - Junior	East Lothain S-T		02.03.09	13.05.12
Carnegie		01.53.60	28.07.00	Medley 4x50 - 17/18	Carnegie		02.08.96	02.06.07
City of Edinburgh		01.43.19	28.06.07	Medley 4x50 - Senior	Carnegie		01.58.49	12.01.14
Carnegie		04.49.13	12.04.08	Medley 4x100 - 12/U	East Lothian S-T		05.01.97	15.11.08
				Medley 4x100 - 11/13	Incas		04.50.08	14.04.09
Carnegie		04.17.27	28.07.13	Medley 4x100 - 11/14				
Carnegie		04.17.27	28.07.13	Medley 4x100 - 13/14	Warrender		04.31.39	28.07.13
Carnegie		04.03.04	04.04.12	Medley 4x100 - 15/16	Musselburgh		04.29.17	02.06.12
				Medley 4x100 - 14/17	Carnegie		04.21.70	13.04.13
Warrender		03.55.71	02.08.08	Medley 4x100 - 15/18				
Carnegie		04.06.51	03.07.11	Medley 4x100 - Junior	East Lothian S-T		04.27.66	03.04.12
Warrender		03.57.52	09.08.05	Medley 4x100 - 17/18	Carnegie		04.50.98	05.03.05
Edinburgh University		03.46.17	28.06.09	Medley 4x100 - Senior	Edinburgh University		04.15.74	28.06.09

East District records are based on, age on day of competition.

Scottish Amateur Swimming Association East District Records - Short Course

AGE GROUP 11 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.32.19	31.08.13	Backstroke 50	Caitlyn Morrison	AN	00.33.72	02.11.02
Keir Edgar	CE	01.09.13	26.10.13	Backstroke 100	Sarah Donnelly	CE	01.11.04	19.03.11
Keir Edgar	CE	02.31.46	01.09.13	Backstroke 200	Rachael O'Donnell	IS	02.33.26	21.06.08
Keir Edgar	CE	00.37.33	31.08.13	Breaststroke 50	Anna Balfour	EL	00.37.07	17.11.12
Keir Edgar	CE	01.21.56	08.09.13	Breaststroke 100	Kirsty Armstrong	KO	01.21.91	19.03.11
Joe Ewing	WB	02.53.35	15.02.14	Breaststroke 200	Kirsty Armstrong	KO	02.56.25	22.06.11
Craig Bowman	CE	00.31.78	17.05.08	Butterfly 50	Keanna Macinnes	HM	00.32.22	09.06.13
Mark Szaranek	CE	01.09.83	04.03.07	Butterfly 100	Rachael O'Donnell	IS	01.11.59	02.03.08
Joe Ewing	WB	02.34.72	16.02.14	Butterfly 200	Keanna Macinnes	HM	02.34.87	08.06.13
Keir Edgar	CE	00.28.11	27.10.13	Freestyle 50	Caitlyn Morrison	AN	00.29.89	08.09.02
Mark Szaranek	CE	01.01.05	04.03.07	Freestyle 100	Lauren Pirouet	IS	01.03.39	20.03.11
Keir Edgar	CE	02.15.90	27.10.13	Freestyle 200	Rachael O'Donnell	IS	02.16.68	21.06.08
Fraser Beeby	CE	04.49.53	25.06.11	Freestyle 400	Lauren Pirouet	IS	04.42.20	12.06.11
Joe Ewing	WB	09.58.22	01.02.14	Freestyle 800	Lauren Pirouet	IS	09.45.97	11.06.11
Fraser Beeby	CE	18.57.51	12.06.11	Freestyle 1500	Lauren Pirouet	IS	19.04.51	06.02.11
Keir Edgar	CE	01.11.47	26.10.13	Ind. Medley 100	Joanna Whitelaw	HN	01.16.64	04.05.08
Archie Goodburn	WB	02.31.14	08.06.13	Ind. Medley 200	Kirsty Armstrong	KO	02.34.13	22.06.11
Archie Goodburn	WB	05.24.96	22.06.13	Ind. Medley 400	Kirsty Armstrong	KO	05.19.67	25.06.11
The following relays are for 11 years and under								
Carnegie		02.03.50	04.03.07	F/S Relay 4x50	Musselburgh		02.05.69	02.03.08
Carnegie		04.52.02	04.05.14	F/S Relay 4x100	Carnegie		04.51.65	04.05.14
Unclaimed				F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Carnegie		02.20.52	04.03.07	Med. Relay 4x50	Musselburgh		02.21.30	02.03.08
Carnegie		05.36.15	04.05.14	Med. Relay 4x100	Carnegie		05.32.08	04.05.14

AGE GROUP 12 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.30.32	03.09.11	Backstroke 50	Lexie Waller	HM	00.31.06	13.12.13
Craig McLean	CE	01.04.45	16.10.11	Backstroke 100	Chelsea Lawson	IS	01.07.79	07.03.09
Craig McLean	CE	02.20.25	04.09.11	Backstroke 200	Lucy Hope	KO	02.24.31	31.10.09
Craig Benson	LD	00.34.29	12.01.07	Breaststroke 50	Kathryn Johnstone	CE	00.36.13	02.11.02
Craig Benson	LD	01.12.75	04.03.07	Breaststroke 100	Beth McFarlane	ML	01.16.67	05.02.12
Lewis Smith	WB	02.39.39	17.12.00	Breaststroke 200	Tain Bruce	IS	02.45.13	06.03.11
Craig McLean	CE	00.29.79	04.09.11	Butterfly 50	Keanna Macinnes	HM	00.30.62	15.12.13
Zach Courtney	WB	01.05.74	04.03.07	Butterfly 100	Tain Bruce	IS	01.05.89	20.03.11
Mark Szaranek	CE	02.24.70	22.06.08	Butterfly 200	Keanna Macinnes	HM	02.26.91	24.05.14
Craig McLean	CE	00.26.60	04.09.11	Freestyle 50	Katie Stark	WB	00.28.42	30.10.11
Craig McLean	CE	00.57.01	16.10.11	Freestyle 100	Rachael O'Donnell	IS	01.00.95	07.03.09
Mark Szaranek	CE	02.04.36	22.06.08	Freestyle 200	Lauren Pirouet	IS	02.09.32	17.06.12
Mark Szaranek	CE	04.23.90	22.06.08	Freestyle 400	Lauren Pirouet	IS	04.30.82	27.05.12
Keir Edgar	CE	09.18.68	03.05.14	Freestyle 800	Lauren Pirouet	IS	09.14.09	26.05.12
Keir Edgar	CE	17.40.92	03.05.14	Freestyle 1500	Lauren Pirouet	FP	18.13.65	11.02.12
Zach Courtney	WB	01.07.78	25.03.07	Ind. Medley 100	Kirsty Armstrong	KE	01.10.68	29.10.11
Lewis Smith	WB	02.26.00	17.12.00	Ind. Medley 200	Kirsty Armstrong	KO	02.26.09	04.02.12
Mark Szaranek	CE	05.05.03	22.06.08	Ind. Medley 400	Tain Bruce	IS	05.08.24	12.06.11
The following relays are for 12 years								
Warrender		01.55.82	04.03.07	F/S Relay 4x50	Musselburgh		01.58.21	08.03.09
Portobello		05.01.93	30.08.08	F/S Relay 4x100	East Lothian ST		04.16.50	16.01.09
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		02.12.90	08.03.09	Med. Relay 4x50	Musselburgh		02.13.40	08.03.09
Carnegie		04.55.37	04.05.14	Med. Relay 4x100	Portobello		05.21.66	30.08.08

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**Scottish Amateur Swimming Association
East District Records - Short Course**

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.28.28	21.10.12	Backstroke 50	Lucy Hope	KO	00.30.76	07.01.11
Craig McLean	CE	01.00.55	21.10.12	Backstroke 100	Chelsea Lawson	CE	01.04.60	06.03.10
Craig McLean	CE	02.10.72	10.06.12	Backstroke 200	Lucy Hope	KO	02.18.56	07.11.10
Craig Benson	WB	00.32.16	02.03.08	Breaststroke 50	Robyn Matthews	AN	00.34.39	06.11.04
Craig Benson	WB	01.07.94	22.03.08	Breaststroke 100	Robyn Matthews	AN	01.13.49	07.11.04
Craig Benson	WB	02.29.45	13.01.08	Breaststroke 200	Linda McLaren	WB	02.41.53	03.12.88
Chris Smith	WB	00.27.81	16.12.01	Butterfly 50	Lucy Ellis	DD	00.30.06	14.01.07
Zach Courtney	DD	01.01.17	02.03.08	Butterfly 100	Rachael O'Donnell	CE	01.04.91	07.03.10
Mark Szaraneck	CE	02.14.11	20.06.09	Butterfly 200	Kirsty Armstrong	KO	02.22.23	01.12.12
Mark Szaraneck	CE	00.25.85	08.03.09	Freestyle 50	Lucy Ellis	DD	00.27.14	13.01.07
Craig McLean	CE	00.54.27	21.10.12	Freestyle 100	Lucy Ellis	DD	00.58.00	12.01.07
Mark Szaraneck	CE	01.56.92	20.06.09	Freestyle 200	Lucy Ellis	DD	02.04.54	14.01.07
Mark Szaraneck	CE	04.12.11	20.06.09	Freestyle 400	Lucy Ellis	DD	04.23.81	13.01.07
Mark Szaraneck	CE	08.48.70	08.02.09	Freestyle 800	Lauren Pirouet	IS	09.09.36	08.06.13
Mark Szaraneck	CE	16.27.23	20.06.09	Freestyle 1500	Rachel Sharples	HM	17.46.14	07.02.10
Craig Benson	WB	01.02.45	22.03.08	Ind. Medley 100	Rachael O'Donnell	CE	01.07.31	05.06.10
Craig Benson	WB	02.15.40	03.02.08	Ind. Medley 200	Rachael O'Donnell	CE	02.20.27	05.06.10
Mark Szaraneck	CE	04.47.86	20.06.09	Ind. Medley 400	Emma Harrison	WB	04.56.49	11.12.03

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.27.01	20.10.13	Backstroke 50	Lucy Hope	KO	00.29.72	17.12.11
Craig McLean	CE	00.57.66	20.10.13	Backstroke 100	Lucy Hope	KE	01.03.40	18.12.11
Ryan Brown	KO	02.06.75	14.12.12	Backstroke 200	Lucy Hope	KO	02.13.44	17.12.11
Craig Benson	WB	00.30.02	16.01.09	Breaststroke 50	Robyn Matthews	AN	00.33.71	15.01.05
Craig Benson	WB	01.04.74	07.03.09	Breaststroke 100	Robyn Matthews	AN	01.11.63	15.01.05
Craig Benson	WB	02.22.47	16.01.09	Breaststroke 200	Robyn Matthews	AN	02.33.74	11.12.05
Craig McLean	CE	00.26.74	08.09.13	Butterfly 50	Lucy Ellis	DD	00.28.88	08.09.07
Mark Szaraneck	CE	00.58.03	06.03.10	Butterfly 100	Rachael O'Donnell	CE	01.02.24	19.03.11
Ryan Brown	KO	02.07.16	15.12.12	Butterfly 200	Tain Bruce	CE	02.16.97	08.06.13
Craig McLean	CE	00.23.87	20.10.13	Freestyle 50	Lucy Ellis	DD	00.26.32	08.09.07
Craig McLean	CE	00.51.85	20.10.13	Freestyle 100	Lucy Ellis	DD	00.56.72	08.09.07
Mark Szaraneck	CE	01.54.88	05.06.10	Freestyle 200	Lucy Ellis	DD	02.02.24	08.09.07
Mark Szaraneck	CE	04.02.48	05.06.10	Freestyle 400	Carol Shiell	PS	04.22.69	07.05.88
Mark Szaraneck	CE	08.32.51	08.02.10	Freestyle 800	Angela Pendrich	CE	08.59.25	14.12.90
Ryan Brown	KO	16.15.86	15.12.12	Freestyle 1500	Chelsea Lawson	CE	17.20.09	06.02.11
Craig Benson	WB	01.00.34	16.01.09	Ind. Medley 100	Tain Bruce	CE	01.05.09	15.12.12
Mark Szaraneck	CE	02.10.27	07.02.10	Ind. Medley 200	Rachael O'Donnell	CE	02.18.35	05.02.11
Ryan Brown	KO	04.31.29	16.12.12	Ind. Medley 400	Tain Bruce	CE	04.54.09	09.06.13
The following Relays combine 13/14 year Age Groups.								
Carnegie		01.41.81	06.06.10	F/S Relay 4x50	Carnegie		01.53.23	07.03.10
Carnegie		03.43.87	15.02.10	F/S Relay 4x100	Carnegie		04.16.02	05.05.13
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		01.54.20	05.06.10	Med. Relay 4x50	Carnegie		02.06.54	15.01.10
Heart of Midlothian		04.21.84	06.05.12	Med. Relay 4x100	Carnegie		05.05.96	06.05.12

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**Scottish Amateur Swimming Association
East District Records - Short Course**

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.26.88	14.12.13	Backstroke 50	Lucy Hope	KO	00.29.08	14.12.12
Craig McLean	CE	00.56.86	04.05.14	Backstroke 100	Chelsea Lawson	CE	01.01.82	12.11.11
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Lucy Hope	KO	02.12.49	02.12.12
Craig Benson	WB	00.29.45	15.01.09	Breaststroke 50	Emma Crawford	UEL	00.32.93	14.12.13
Craig Benson	WB	01.03.93	06.03.10	Breaststroke 100	Rachael O'Donnell	CE	01.10.71	05.02.12
Daniel Lim	WB	02.21.13	17.12.11	Breaststroke 200	Emma Chitleburgh	WB	02.30.68	15.12.13
Mark Szaraneck	CE	00.25.91	07.01.11	Butterfly 50	Raquel Matos	EL	00.28.43	15.12.11
Mark Szaraneck	CE	00.55.64	19.03.11	Butterfly 100	Tain Bruce	CE	01.01.01	14.12.13
Ryan Brown	KO	02.04.41	14.12.13	Butterfly 200	Rachael O'Donnell	CE	02.13.26	16.12.11
Craig McLean	CE	00.23.78	27.10.13	Freestyle 50	Lucy Hope	KO	00.26.09	14.12.12
Craig McLean	CE	00.51.86	27.10.13	Freestyle 100	Rachael O'Donnell	CE	00.56.62	16.12.11
Richard Schafers	DD	01.54.16	03.12.06	Freestyle 200	Rachael O'Donnell	CE	02.00.94	03.12.11
James Black	WB	04.02.60	17.11.12	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.48.06	16.08.03	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Craig McLean	CE	00.57.85	13.12.13	Ind. Medley 100	Rachael O'Donnell	CE	01.03.47	17.12.11
Mark Szaraneck	CE	02.04.38	05.02.11	Ind. Medley 200	Tain Bruce	CE	02.16.28	13.12.13
Mark Szaraneck	CE	04.26.68	07.01.11	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Chris McColm	UEL	00.26.59	13.12.13	Backstroke 50	Lucy Hope	KO	00.28.36	13.12.13
Craig Bowman	CE	00.56.57	16.12.12	Backstroke 100	Lucy Hope	KO	01.00.86	15.12.13
Craig McNally	WB	02.00.79	06.08.09	Backstroke 200	Lucy Hope	KO	02.08.92	14.12.13
Craig Benson	WB	00.28.77	07.01.11	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	01.02.39	08.01.11	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Craig Benson	WB	02.16.55	09.01.11	Breaststroke 200	Roisin Donnelly	CE	02.30.66	05.12.09
Mark Szaraneck	CE	00.25.13	09.09.11	Butterfly 50	Raquel Matos	EL	00.27.52	16.12.12
Craig Bowman	CE	00.54.91	14.12.12	Butterfly 100	Rachael O'Donnell	CE	01.01.39	15.12.12
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Megan Gilchrist	CI	02.16.94	04.11.06
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Lucy Hope	KO	00.25.66	14.12.13
Mark Szaraneck	GS	00.50.85	13.11.11	Freestyle 100	Lucy Hope	KO	00.55.65	13.12.13
Mark Szaraneck	CE	01.51.31	16.12.11	Freestyle 200	Rachael O'Donnell	CE	02.00.29	16.12.12
Craig Hamilton	WB	03.52.29	07.12.08	Freestyle 400	Megan Gilchrist	CI	04.15.86	13.01.07
Dan Wallace	WB	08.20.37	07.02.10	Freestyle 800	Megan Gilchrist	CI	08.42.43	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.20.65	03.02.08
Mark Szaraneck	CE	00.57.34	16.12.11	Ind. Medley 100	Raquel Matos	EL	01.03.42	15.12.12
Mark Szaraneck	CE	02.03.02	11.09.11	Ind. Medley 200	Rachael O'Donnell	CE	02.14.53	14.12.12
Dan Wallace	WB	04.22.20	17.01.10	Ind. Medley 400	Raquel Matos	ELST	04.50.79	17.11.12
The following Relays combine 15/16 year Age Groups								
Carnegie		01.37.64	14.12.13	F/S Relay 4x50	East Lothian ST		01.46.84	15.12.12
Carnegie		03.33.03	16.12.11	F/S Relay 4x100	Carnegie		04.16.67	04.05.14
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Unclaimed			
Carnegie		01.48.53	05.02.12	Med. Relay 4x50	East Lothian ST		01.57.79	14.12.12
Carnegie		03.56.46	04.05.14	Med. Relay 4x100	East Lothian ST		04.19.68	17.11.12

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**Scottish Amateur Swimming Association
East District Records - Short Course**

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.25.34	12.11.11	Backstroke 50	Raquel Matos	UEL	00.28.28	13.12.13
Craig McNally	WB	00.54.69	12.11.11	Backstroke 100	Raquel Matos	UEL	01.00.27	16.11.13
Craig McNally	WB	01.57.37	07.01.11	Backstroke 200	Chelsea Lawson	CE	02.11.71	14.12.13
Craig Benson	WB	00.27.28	15.12.12	Breaststroke 50	Rachael O'Donnell	CE	00.32.27	13.12.13
Craig Benson	WB	00.59.08	09.09.11	Breaststroke 100	Rachael O'Donnell	CE	01.08.14	13.12.13
Craig Benson	WB	02.07.02	25.11.12	Breaststroke 200	Rachel O'Donnell	CE	02.28.68	15.12.13
Mark Szaranek	CE	00.24.21	13.12.13	Butterfly 50	Raquel Matos	UEL	00.27.02	15.12.13
Mark Szaranek	CE	00.52.27	13.12.13	Butterfly 100	Raquel Matos	UEL	00.59.50	14.12.13
Mark Szaranek	CE	01.56.32	14.12.13	Butterfly 200	Louise Pate	HM	02.15.14	12.01.07
Jack Thorpe	EU	00.22.76	14.12.12	Freestyle 50	Kirsty Simpson	CE	00.26.11	14.12.13
Mark Szaranek	CE	00.49.49	15.12.13	Freestyle 100	Rachael O'Donnell	CE	00.55.98	13.12.13
Mark Szaranek	CE	01.47.11	15.12.13	Freestyle 200	Rachael O'Donnell	CE	01.59.66	15.12.13
Ewan Johnston	WB	03.50.38	16.11.08	Freestyle 400	Sian Morgan	EU	04.11.34	15.12.12
Craig Hamilton	WB	07.57.26	08.02.09	Freestyle 800	Sian Morgan	EU	08.36.04	14.12.12
Craig Hamilton	WB	15.20.68	07.02.09	Freestyle 1500	Katelyn Stewart	WB	17.30.85	03.02.08
Mark Szaranek	CE	00.54.42	13.12.13	Ind. Medley 100	Raquel Matos	UEL	01.01.41	15.12.13
Mark Szaranek	CE	01.57.31	14.12.13	Ind. Medley 200	Rachael O'Donnell	CE	02.12.10	13.12.13
Mark Szaranek	CE	04.10.41	15.12.13	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
Carnegie		01.38.22	06.05.00	F/S Relay 4x50	Warrender		01.52.94	08.03.09
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
East District Team		01.43.34	20.10.13	Med. Relay 4x50	Scotland East		02.06.10	16.10.05
Unclaimed				Med. Relay 4x100	Unclaimed			

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Short Course

JUNIOR								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Chris McColm	UEL	00.26.59	15.11.13	Backstroke 50	Lucy Hope	KO	00.28.36	13.12.13
Craig Bowman	CE	00.56.57	16.12.12	Backstroke 100	Lucy Hope	KO	01.00.86	15.12.13
Craig McNally	WB	02.02.66	01.11.08	Backstroke 200	Lucy Hope	KO	02.08.92	14.12.13
Craig Benson	WB	00.29.45	15.01.10	Breaststroke 50	Kirsty Balfour	HM	00.32.70	17.12.00
Craig Benson	WB	01.03.93	06.03.10	Breaststroke 100	Kirsty Balfour	HM	01.09.97	15.12.00
Daniel Lim	WB	02.21.13	17.12.11	Breaststroke 200	Roisin Donnelly	CE	02.30.66	05.12.09
Mark Szaraneck	CE	00.25.13	09.09.11	Butterfly 50	Raquel Matos	EL	00.27.52	16.12.12
Craig Bowman	CE	00.54.91	14.12.12	Butterfly 100	Tain Bruce	CE	01.01.01	14.12.13
Lewis Smith	WB	02.04.16	28.08.04	Butterfly 200	Rachael O'Donnell	CE	02.13.26	16.12.11
Daniel Scott	GS	00.23.50	04.06.06	Freestyle 50	Lucy Hope	KO	00.25.66	14.12.13
Mark Szaraneck	CE	00.50.85	13.11.11	Freestyle 100	Lucy Hope	KO	00.55.65	13.12.13
Mark Szaraneck	CE	01.51.31	16.12.11	Freestyle 200	Rachael O'Donnell	CE	02.00.29	16.12.12
Graeme Wilson	CE	04.01.82	07.03.81	Freestyle 400	Robyn Matthews	CI	04.15.52	03.12.06
Richard Schafers	DD	08.23.13	24.06.06	Freestyle 800	Robyn Matthews	DD	08.42.31	12.01.07
Lewis Smith	WB	15.42.64	28.08.04	Freestyle 1500	Helen McRoberts	WB	17.19.03	03.02.07
Mark Szaraneck	CE	00.57.34	16.12.11	Ind. Medley 100	Raquel Matos	EL	01.03.42	15.12.12
Mark Szaraneck	CE	02.03.02	11.09.11	Ind. Medley 200	Rachael O'Donnell	CE	02.14.53	14.12.12
Mark Szaraneck	CE	04.24.24	17.12.12	Ind. Medley 400	Robyn Mathews	CI	04.48.97	14.01.07
Carnegie		01.37.64	14.12.13	F/S Relay 4x50	East Lothian ST		01.46.84	15.12.12
Carnegie		03.33.03	16.12.11	F/S Relay 4x100	Carnegie		03.53.16	16.12.12
Warrender		07.58.52	26.08.04	F/S Relay 4x200	Glenrothes		11.31.39	30.08.08
Carnegie		01.48.53	05.02.12	Med.Relay 4x50	East Lothian ST		01.57.79	14.12.12
Carnegie		03.56.46	04.05.14	Med.Relay 4x100	East Lothian ST		04.19.68	17.11.12

SENIOR								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Gregor Tait	HM	00.24.52	12.12.03	Backstroke 50	Raquel Matos	UEL	00.28.28	13.12.13
Gregor Tait	HM	00.51.88	16.08.03	Backstroke 100	Raquel Matos	UEL	01.00.27	16.11.13
Gregor Tait	CI	01.51.66	13.04.08	Backstroke 200	Lucy Hope	KO	02.08.92	14.12.13
Craig Benson	WB	00.27.28	15.12.12	Breaststroke 50	Kathryn Johnstone	EU	00.30.90	15.12.12
Craig Benson	WB	00.59.08	09.09.11	Breaststroke 100	Kirsty Balfour	CI	01.06.51	21.01.06
Ian Edmond	WB	02.05.63	14.12.03	Breaststroke 200	Kirsty Balfour	CI	02.21.81	08.12.06
Mark Szaraneck	CE	00.24.21	13.12.13	Butterfly 50	Alena Popchanka	CI	00.26.41	02.12.06
Mark Szaraneck	CE	00.52.27	13.12.13	Butterfly 100	Alena Popchanka	CI	00.57.55	09.12.07
Iain Macmillan	EU	01.55.70	08.08.09	Butterfly 200	Alena Popchanka	CI	02.10.95	11.11.05
Richard Schafers	EU	00.22.33	14.12.12	Freestyle 50	Alena Popchanka	CI	00.24.79	09.12.05
Kieran McGuckin	EU	00.48.86	15.12.12	Freestyle 100	Alena Popchanka	CI	00.52.91	08.12.06
Jamie Salter	WB	01.44.99	14.12.01	Freestyle 200	Alena Popchanka	CI	01.54.25	10.12.06
Jamie Salter	WB	03.43.48	00.12.99	Freestyle 400	Alena Popchanka	CI	04.00.80	16.12.07
Craig Hamilton	WB	07.57.26	08.02.09	Freestyle 800	Sian Morgan	EU	08.36.04	14.12.12
John Owen	CI	14.58.69	16.12.06	Freestyle 1500	Megan Gilchrist	AB	16.38.56	12.11.10
Kristopher Gilchrist	EU	00.53.42	08.08.09	Ind. Medley 100	Raquel Matos	UEL	01.01.41	15.12.13
Mark Szaraneck	CE	01.57.31	14.12.13	Ind. Medley 200	Rachael O'Donnell	CE	02.12.10	13.12.13
Mark Szaraneck	CE	04.10.41	15.12.13	Ind. Medley 400	Sally Wood	WB	04.48.19	17.01.09
Edinburgh University		01.29.52	15.12.12	F/S Relay 4x50	Edinburgh University		01.43.57	15.12.12
Edinburgh University		03.18.06	16.12.12	F/S Relay 4x100	Edinburgh University		03.44.97	16.12.12
Edinburgh University		07.12.77	07.08.09	F/S Relay 4x200	Aquanauts Livingston		08.52.41	07.03.04
City of Edinburgh		01.38.78	11.01.08	Med. Relay 4x50	Edinburgh University		01.53.30	14.12.12
City of Edinburgh		03.36.96	28.08.04	Med. Relay 4x100	Edinburgh University		04.09.51	09.08.09

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 11 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Keir Edgar	CE	00.33.73	05.10.13	Backstroke 50	Lexie Waller	HM	00.31.40	31.01.14
Craig Bowman	CE	01.10.57	11..04.08	Backstroke 100	Lexie Waller	HM	01.10.65	13.04.13
Craig Bowman	CE	02.34.93	11.04.08	Backstroke 200	Lexie Waller	HM	02.32.80	11.04.13
Greig Rowe	CE	00.39.68	26.01.13	Breaststroke 50	Megan Pathal	HM	00.38.69	15.06.13
Joe Ewing	WB	01.24.73	11.01.14	Breaststroke 100	Kirsty Armstrong	KO	01.23.21	24.07.11
Brodie Savage	WB	03.07.51	30.04.11	Breaststroke 200	Kirsty Armstrong	KO	02.56.98	22.07.11
Mark Szaranek	CE	00.31.96	27.01.07	Butterfly 50	Keanna Macinnes	HM	00.31.36	16.06.13
Mark Szaranek	CE	01.09.26	23.07.07	Butterfly 100	Keanna Macinnes	HM	01.08.77	14.04.13
Mark Szaranek	CE	02.38.82	23.07.07	Butterfly 200	Keanna Macinnes	HM	02.35.49	10.04.13
Keir Edgar	CE	00.29.65	06.10.13	Freestyle 50	Caitlin Hamilton	DD	00.29.46	30.05.09
Mark Szaranek	CE	01.01.20	23.07.07	Freestyle 100	Lexie Waller	HM	01.04.17	10.04.13
Mark Szaranek	CE	02.12.70	23.07.07	Freestyle 200	Lauren Pirouet	UFP	02.18.73	22.07.11
Jamie Coulter	FP	04.57.16	11.12.04	Freestyle 400	Lauren Pirouet	UFP	04.43.20	22.07.11
Unclaimed				Freestyle 800	Lauren Pirouet	UFP	09.44.17	23.07.11
Jamie Coulter	FP	20.18.39	22.05.04	Freestyle 1500	Lauren Pirouet	UFP	18.58.31	09.04.11
Archie Goodburn	WB	02.36.57	14.04.13	Ind. Med. 200	Kirsty Armstrong	KO	02.36.29	21.07.11
Mark Szaranek	CE	05.46.40	13.04.07	Ind. Med. 400	Kirsty Armstrong	KO	05.23.19	25.07.11

AGE GROUP 12 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.31.75	03.07.11	Backstroke 50	Lexie Waller	HM	00.32.14	12.01.14
Craig McLean	CE	01.06.86	21.07.11	Backstroke 100	Lexie Waller	HM	01.08.43	05.04.14
Mark Szaranek	CE	02.24.04	24.07.08	Backstroke 200	Lexie Waller	HM	02.25.68	04.04.14
Craig Benson	LD	00.34.30	10.03.07	Breaststroke 50	Kirsty Armstrong	KO	00.36.42	30.06.12
Craig Benson	LD	01.12.62	10.03.07	Breaststroke 100	Kirsty Armstrong	KO	01.20.24	01.04.12
Craig Benson	LD	02.40.16	14.04.07	Breaststroke 200	Kirsty Armstrong	KO	02.52.34	03.04.12
Finlay Hart	ELST	00.29.52	17.05.14	Butterfly 50	Rachael O'Donnell	IS	00.30.72	28.06.09
Mark Szaranek	CE	01.05.46	29.06.08	Butterfly 100	Kirsty Armstrong	KO	01.05.60	23.07.12
Archie Goodburn	WB	02.27.78	03.04.14	Butterfly 200	Kirsty Armstrong	KO	02.25.26	30.06.12
Craig McLean	CE	00.27.85	22.07.11	Freestyle 50	Lexie Waller	HM	00.28.32	04.04.14
Craig McLean	CE	00.58.45	22.07.11	Freestyle 100	Rachael O'Donnell	IS	01.01.69	28.06.09
Mark Szaranek	CE	02.07.83	24.07.08	Freestyle 200	Kirsty Armstrong	KO	02.13.45	01.04.12
Mark Szaranek	CE	04.26.83	24.07.08	Freestyle 400	Lauren Pirouet	UFP	04.35.59	23.07.12
Mark Szaranek	CE	09.34.12	04.05.08	Freestyle 800	Lauren Pirouet	UFP	09.27.97	24.07.12
Jamie Coulter	FP	18.52.28	01.08.05	Freestyle 1500	Lauren Pirouet	UFP	18.18.51	01.04.12
Mark Szaranek	CE	02.26.25	24.07.08	Ind. Med. 200	Kirsty Armstrong	KO	02.28.39	23.07.12
Archie Goodburn	WB	05.17.43	06.04.14	Ind. Med. 400	Kirsty Armstrong	KO	05.09.48	28.06.12
The following relays are for 12 years and under								
Carnegie		01.59.10	29.06.08	F/S Relay 4x50	Hearts		02.02.80	11.01.14
Carnegie		04.20.91	12.04.08	F/S Relay 4x100	East Lothain S-T		04.30.16	15.11.08
Carnegie		09.21.99	12.04.08	F/S Relay 4x200	Unclaimed			
Carnegie		02.12.02	11.01.14	Med. Relay 4x50	Hearts		02.11.63	11.01.14
Carnegie		04.49.13	12.04.08	Med. Relay 4x100	East Lothian S-T		05.01.97	15.11.08

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

Scottish Amateur Swimming Association East District Records - Long Course

AGE GROUP 13 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.28.66	01.07.12	Backstroke 50	Lucy Hope	KO	00.30.32	03.06.12
Craig McLean	CE	01.01.96	22.07.12	Backstroke 100	Chelsea Lawson	CE	01.07.37	13.02.10
Craig McLean	CE	02.14.07	30.06.12	Backstroke 200	Lucy Hope	KO	02.23.71	29.01.11
Craig Benson	WB	00.32.06	13.04.08	Breaststroke 50	Robyn Matthews	AN	00.35.23	11.12.04
Craig Benson	WB	01.08.33	13.04.08	Breaststroke 100	Robyn Matthews	AN	01.15.38	18.11.04
Craig Benson	WB	02.32.50	13.04.08	Breaststroke 200	Robyn Matthews	AN	02.44.05	12.12.04
Mark Szaranek	CE	00.27.77	22.06.09	Butterfly 50	Kirsty Armstrong	KO	00.29.87	25.07.13
Mark Szaranek	CE	00.58.95	22.06.09	Butterfly 100	Kirsty Armstrong	KO	01.03.58	25.07.13
Mark Szaranek	CE	02.11.07	22.06.09	Butterfly 200	Kirsty Armstrong	KO	02.22.15	26.07.13
Craig McLean	CE	00.25.56	03.06.12	Freestyle 50	Katie Stark	WB	00.28.08	03.06.12
Mark Szaranek	CE	00.55.47	22.06.09	Freestyle 100	Lucy Ellis	DD	00.59.46	27.01.07
Mark Szaranek	CE	01.59.30	22.06.09	Freestyle 200	Lucy Ellis	DD	02.08.73	27.01.07
Mark Szaranek	CE	04.12.89	22.06.09	Freestyle 400	Lauren Pirouet	IS	04.30.40	25.07.13
Mark Szaranek	CE	09.01.60	09.04.09	Freestyle 800	Lauren Pirouet	UFP	09.15.13	26.07.13
Fraser Gill	AQ	17.37.17	02.04.12	Freestyle 1500	Lauren Pirouet	UFP	17.56.20	14.04.13
Mark Szaranek	CE	02.15.06	22.06.09	Ind. Med. 200	Kirsty Armstrong	KO	02.25.25	24.07.13
Mark Szaranek	CE	04.47.55	22.06.09	Ind. Med. 400	Emma Harrison	WB	05.08.97	22.11.03
The following relays are defined by the SASA Age Group Championships								
				F/S Relay 4x100 - 11/13	East Lothain S-T	0	04.16.55	29.07.10
Carnegie		03.50.11	24.07.13	F/S Relay 4x100 - 11/14				
				F/S Relay 4x200 - 11/13	East Lothian S-T		09.20.49	10.04.09
Carnegie		08.28.89	12.04.13	F/S Relay 4x200 - 11/14				
				Med. Relay 4x100 - 11/13	Incas		04.50.08	14.04.09
Carnegie		04.17.27	28.07.13	Med. Relay 4x100 - 11/14				

AGE GROUP 14 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McLean	CE	00.28.26	16.06.13	Backstroke 50	Lucy Hope	KO	00.30.96	30.06.11
Craig Mclean	CE	00.58.68	24.07.13	Backstroke 100	Lucy Hope	KO	01.05.12	15.01.12
Craig McLean	CE	02.11.10	26.07.13	Backstroke 200	Lucy Hope	KO	02.17.97	15.01.12
Craig Benson	WB	00.30.92	17.03.09	Breaststroke 50	Emma Crawford	EL	00.34.37	30.06.12
Craig Benson	WB	01.05.42	17.03.09	Breaststroke 100	Robyn Matthews	AN	01.12.49	29.01.05
Craig Benson	WB	02.26.41	24.07.08	Breaststroke 200	Emma Chittleburgh	WB	02.33.35	25.07.13
Mark Szaranek	CE	00.26.72	23.06.10	Butterfly 50	Rachel Sharples	EL	00.28.86	03.07.11
Mark Szaranek	CE	00.57.69	31.07.10	Butterfly 100	Rachel Sharples	EL	01.02.99	08.04.11
Mark Szaranek	CE	02.07.39	29.07.10	Butterfly 200	Tain Bruce	CE	02.18.42	15.06.13
Craig McLean	CE	00.24.46	15.12.12	Freestyle 50	Katie Stark	WB	00.26.78	14.09.13
Craig McLean	CE	00.52.53	24.07.13	Freestyle 100	Rachael O'Donnell	CE	00.58.54	09.04.11
Mark Szaranek	CE	01.56.36	25.06.10	Freestyle 200	Rachael O'Donnell	CE	02.05.33	10.04.11
Mark Szaranek	CE	04.11.38	29.07.10	Freestyle 400	Carol Shiell	PS	04.27.84	21.06.88
Mark Szaranek	CE	08.55.84	11.04.10	Freestyle 800	Carol Shiell	PS	09.13.14	21.06.88
Lewis Smith	WB	16.52.46	29.11.02	Freestyle 1500	Marnie Stewart	WB	17.55.92	14.04.07
Mark Szaranek	CE	02.08.60	29.07.10	Ind. Med. 200	Tain Bruce	CE	02.21.57	01.06.13
Mark Szaranek	CE	04.37.26	01.08.10	Ind. Med. 400	Emma Harrison	WB	05.00.89	28.03.04
The following relays combine 13/14 year Age Groups.								
Carnegie		01.46.85	03.02.13	F/S Relay 4x50	Warrender		01.54.82	03.02.13
Carnegie		03.50.11	24.07.13	F/S Relay 4x100	Carnegie		04.16.91	26.06.10
Carnegie		08.28.89	12.04.13	F/S Relay 4x200	Carnegie		09.06.33	24.06.10
Carnegie		01.58.51	03.02.13	Med. Relay 4x50	Warrender		02.08.18	03.02.13
Carnegie		04.17.27	28.07.13	Med. Relay 4x100	Warrender		04.31.39	28.07.13

East District records are based on, age on day of competition.
Times marked with an * signify a Scottish record

**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 15 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Mclean	CE	00.27.35	28.02.14	Backstroke 50	Lucy Hope	KO	00.30.32	03.06.12
Craig Mclean	CE	00.58.21	04.04.14	Backstroke 100	Lucy Hope	KO	01.03.77	31.03.12
Jordon Lamb	UFP	02.08.41	01.04.12	Backstroke 200	Lucy Hope	KO	02.16.58	04.04.12
Craig Benson	WB	00.30.34	30.03.10	Breaststroke 50	Robyn Matthews	CI	00.33.65	24.02.07
Craig Benson	WB	01.05.53	25.07.09	Breaststroke 100	Rachael O'Donnell	CE	01.12.12	02.06.12
Craig Benson	WB	02.23.25	25.07.09	Breaststroke 200	Emma Chittleburgh	WB	02.33.20	05.04.14
Mark Szaranek	CE	00.25.98	15.05.11	Butterfly 50	Lucy Ellis	DD	00.28.71	15.10.08
Mark Szaranek	CE	00.56.66	26.07.11	Butterfly 100	Tain Bruce	CE	01.02.22	03.04.14
Ryan Brown	KO	02.05.09	02.08.13	Butterfly 200	Tain Bruce	CE	02.16.06	06.04.14
Mark Szaranek	CE	00.24.36	31.07.11	Freestyle 50	Katie Stark	WB	00.26.55	02.02.14
Craig Mclean	CE	00.52.36	05.04.14	Freestyle 100	Lucy Ellis	DD	00.57.11	30.07.08
Jamie Coultar	AN	01.56.72	17.03.09	Freestyle 200	Rachael O'Donnell	CE	02.03.20	20.07.12
Daniel Ritchie	WB	04.08.22	05.08.02	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Robyn Matthews	CI	08.56.17	26.03.07
Daniel Ritchie	WB	16.23.30	05.08.02	Freestyle 1500	Nicole Wilson	HM	17.42.63	14.04.07
Mark Szaranek	CE	02.08.41	10.03.11	Ind. Med. 200	Rachael O'Donnell	CE	02.18.98	29.06.12
Ryan Brown	KO	04.34.74	04.08.13	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07

AGE GROUP 16 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.27.44	28.06.09	Backstroke 50	Lucy Hope	KO	00.29.89	08.12.13
Craig McNally	WB	00.57.69	29.07.09	Backstroke 100	Lucy Hope	KO	01.03.29	15.06.13
Craig McNally	WB	02.03.96	01.09.09	Backstroke 200	Megan Briggs	WB	02.13.35	03.08.13
Craig Benson	WB	00.29.48	07.03.11	Breaststroke 50	Kirsty Balfour	HM	00.33.10	28.07.00
Craig Benson	WB	01.03.01	09.04.11	Breaststroke 100	Kirsty Balfour	HM	01.11.35	29.07.00
Craig Benson	WB	02.20.04	08.04.11	Breaststroke 200	Rachael O'Donnell	CE	02.34.73	16.06.13
Mark Szaranek	CE	00.25.38	02.06.12	Butterfly 50	Rachel Sharples	MS	00.28.27	31.05.13
Mark Szaranek	CE	00.55.02	21.07.12	Butterfly 100	Rachel sharples	UEL	01.01.46	28.06.13
Craig Bowman	CE	02.04.78	13.04.13	Butterfly 200	Blaine Small	CE	02.18.27	28.06.09
Daniel Scott	GS	00.23.92	31.03.07	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
Mark Szaranek	CE	00.52.05	30.06.12	Freestyle 100	Lucy Hope	KO	00.57.11	02.08.13
Mark Szaranek	CE	01.53.40	21.07.12	Freestyle 200	Lucy Ellis	DD	02.02.30	09.06.09
Craig Hamilton	WB	04.00.94	29.07.08	Freestyle 400	Megan Gilchrist	CI	04.17.15	29.07.07
Craig Hamilton	WB	08.17.69	29.07.08	Freestyle 800	Megan Gilchrist	CI	08.44.57	29.07.07
Craig Hamilton	WB	16.00.09	29.07.08	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Mark Szaranek	CE	02.05.65	08.03.12	Ind. Med. 200	Rachael O'Donnell	CE	02.19.29	14.06.13
Dan Wallace	WB	04.29.51	09.04.10	Ind. Med. 400	Helen McRoberts	WB	05.03.21	26.03.07
The following relays combine 15/16 Age Groups								
Kingdom Swim Team		01.43.14	27.06.98	F/S Relay 4x50	Carnegie		01.49.88	03.02.13
Carnegie		03.37.78	31.03.12	F/S Relay 4x100	Warrender		04.00.13	14.04.07
Carnegie		08.04.55	02.04.12	F/S Relay 4x200	Warrender		08.39.83	15.04.07
Warrender		01.54.96	28.07.90	Med. Relay 4x50	Carnegie		02.03.02	03.02.13
Carnegie		04.03.04	04.04.12	Med. Relay 4x100	Musselburgh		04.29.17	02.06.12

East District records are based on, age on day of competition.
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**Scottish Amateur Swimming Association
East District Records - Long Course**

AGE GROUP 17/18 YEARS								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.25.92	12.03.11	Backstroke 50	Lucy Hope	KO	00.29.60	03.04.14
Craig McNally	WB	00.55.24	28.07.11	Backstroke 100	Lucy Hope	KO	01.02.65	05.04.14
Craig McNally	WB	02.01.14	30.07.11	Backstroke 200	Lucy Hope	KO	02.13.85	04.04.14
Craig Benson	WB	00.28.22	28.07.12	Breaststroke 50	Corrie Scott	EU	00.31.81	30.06.12
Craig Benson	WB	01.00.04	27.07.12	Breaststroke 100	Corrie Scott	EU	01.09.16	21.07.12
Craig Benson	WB	02.13.84	10.04.13	Breaststroke 200	Kirsty Balfour	HM	02.30.78	03.03.02
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Raquel Matos	UEL	00.27.53	30.06.13
Mark Szaranek	CE	00.54.27	31.07.13	Butterfly 100	Jessica Dickons	EU	01.00.60	27.06.09
Lewis Smith	WB	02.02.76	07.04.06	Butterfly 200	Jessica Dickons	EU	02.10.96	27.06.09
Bryan Morgan	CE	00.23.28	16.09.98	Freestyle 50	Lucy Hope	KO	00.26.84	04.04.14
Bryan Morgan	CE	00.50.68	15.09.98	Freestyle 100	Lucy Hope	KO	00.57.28	28.02.14
Craig Hamilton	WB	01.53.18	08.04.09	Freestyle 200	Lucy Hope	KO	02.02.94	03.04.14
Craig Hamilton	WB	03.56.51	16.03.09	Freestyle 400	Megan Gilchrist	CI	04.15.76	30.07.08
Craig Hamilton	WB	08.13.21	11.07.09	Freestyle 800	Megan Gilchrist	AB	08.50.07	29.07.09
Craig Hamilton	WB	15.37.07	20.03.09	Freestyle 1500	Megan Gilchrist	AB	16.49.32	28.06.09
Dan Wallace	WB	02.01.61	07.07.11	Ind. Med. 200	Rachael O'Donnell	CE	02.17.49	28.02.14
Dan Wallace	WB	04.20.60	10.07.11	Ind. Med. 400	Sally Wood	WB	04.54.22	26.06.08
Carnegie		01.41.58	29.07.00	F/S Relay 4x50	Carnegie		01.54.54	02.06.07
Unclaimed				F/S Relay 4x100	Unclaimed			
Unclaimed				F/S Relay 4x200	Unclaimed			
Carnegie		01.53.60	28.07.00	Med. Relay 4x50	Carnegie		02.08.96	02.06.07
Warrender		03.57.52	09.08.05	Med. Relay 4x100	Carnegie		04.50.98	05.03.05
The following relays are defined by the SASA Age Group Championships								
				F/S Relay 4x100 - 14/17	Carnegie		03.56.88	12.04.13
Carnegie	0	03.34.84	30.07.13	F/S Relay 4x100 - 15/18				
				F/S Relay 4x200 - 14/17	Warrender		08.35.69	02.08.08
Warrender		07.41.54	02.08.08	F/S Relay 4x200 - 15/18				
				Med. Relay 4x100 - 14/17	Carnegie	0	04.21.70	13.04.13
Warrender		03.55.71	02.08.08	Med. Relay 4x100 - 15/18				

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Scottish Amateur Swimming Association East District Records - Long Course

JUNIOR								
<i>Juniors are defined as under 17 years of age at midnight on the 31st Dec. in the year of competition (SW3.2.3)</i>								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig Mclean	CE	00.27.62	12.01.14	Backstroke 50	Lucy Hope	KO	00.29.89	08.12.13
Craig Mclean	CE	00.58.21	04.04.14	Backstroke 100	Lucy Hope	KO	01.03.29	15.06.13
Jordon Lamb	UFP	02.06.53	20.07.12	Backstroke 200	Megan Briggs	WB	02.13.35	03.08.13
Craig Benson	WB	00.30.34	30.03.10	Breaststroke 50	Kirsty Balfour	HM	00.33.10	28.07.00
Craig Benson	WB	01.04.40	07.08.10	Breaststroke 100	Kirsty Balfour	HM	01.11.35	29.07.00
Craig Benson	WB	02.22.60	04.08.10	Breaststroke 200	Emma Chittleburgh	WB	02.33.20	05.04.14
Craig Bowman	CE	00.25.82	02.06.12	Butterfly 50	Eloise Barber	CE	00.28.69	20.02.09
Craig Bowman	CE	00.56.30	02.06.12	Butterfly 100	Tain Bruce	CE	01.02.22	03.04.14
Ryan Brown	KO	02.05.02	03.04.14	Butterfly 200	Tain Bruce	CE	02.16.06	06.04.14
Daniel Scott	GS	00.24.22	05.08.06	Freestyle 50	Lynn McLaren	CE	00.26.49	21.12.97
					Lucy Ellis	DD	00.57.11	30.07.08
Craig Mclean	CE	00.52.36	05.04.14	Freestyle 100	Lucy Hope	KO	00.57.11	02.08.13
Jamie Coulter	AN	01.54.80	30.06.09	Freestyle 200	Lucy Ellis	DD	02.02.30	09.06.09
Daniel Ritchie	WB	04.04.66	01.08.03	Freestyle 400	Robyn Matthews	CI	04.20.29	24.02.07
Daniel Lee	DD	08.32.76	29.07.07	Freestyle 800	Megan Gilchrist	CI	08.55.22	03.12.06
Daniel Ritchie	WB	16.03.69	02.08.03	Freestyle 1500	Megan Gilchrist	CI	16.48.88	03.12.06
Mark Szaranek	CE	02.08.41	10.03.11	Ind. Med. 200	Rachael O'Donnell	CE	02.18.98	29.06.12
Lewis Smith	WB	04.30.14	11.04.04	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
Warrender		01.43.84	01.07.90	F/S Relay 4x50	East District Team		01.47.28	01.06.13
Carnegie		03.40.96	08.04.11	F/S Relay 4x100	East Lothain S-T		04.01.14	01.04.12
Carnegie		08.21.19	07.04.11	F/S Relay 4x200	East Lothian S-T		08.41.41	28.06.12
Warrender		01.54.96	01.07.90	Med. Relay 4x50	East Lothain S-T		02.03.09	13.05.12
Carnegie		04.06.51	03.07.11	Med. Relay 4x100	East Lothian S-T		04.27.66	03.04.12

SENIOR								
MALE				Stroke & Distance	FEMALE			
Name	Club	Time	Date	Metres	Name	Club	Time	Date
Craig McNally	WB	00.25.92	12.03.11	Backstroke 50	Lucy Hope	KO	00.29.60	03.04.14
Gregor Tait	CI	00.54.22	01.04.08	Backstroke 100	Lucy Hope	KO	01.02.65	05.04.14
Craig McNally	WB	01.55.67	02.08.13	Backstroke 200	Megan Briggs	WB	02.13.35	03.08.13
Mark Tully	ELST	00.28.05	28.02.14	Breaststroke 50	Kathryn Johnstone	EU	00.31.48	30.06.12
Craig Benson	WB	01.00.04	27.07.12	Breaststroke 100	Kirsty Balfour	CI	01.07.67	26.03.07
Kris Gilchrist	EU	02.10.16	17.06.11	Breaststroke 200	Kirsty Balfour	HM	02.24.04	18.03.06
Daniel Scott	GS	00.24.38	15.10.08	Butterfly 50	Alena Popchanka	CI	00.26.97	29.03.07
Ian Macmillan	EU	00.53.45	27.06.09	Butterfly 100	Alena Popchanka	CI	00.58.33	08.06.06
Ian Macmillan	EU	01.57.24	30.07.09	Butterfly 200	Jessica Dickons	EU	02.10.91	02.07.11
Richard Schafers	EU	00.22.63	02.07.11	Freestyle 50	Alena Popchanka	CI	00.25.49	15.06.08
David Leith	CI	00.50.43	05.04.08	Freestyle 100	Alena Popchanka	CI	00.54.60	03.08.07
Jamie Salter	WB	01.48.64	00.08.00	Freestyle 200	Alena Popchanka	CI	01.57.86	26.03.07
Jamie Salter	WB	03.50.47	22.06.01	Freestyle 400	Alena Popchanka	CI	04.09.02	01.07.06
John Owen	CI	08.04.02	03.12.06	Freestyle 800	Keri-Anne Payne	WB	08.34.27	31.05.13
Craig Hamilton	WB	15.37.07	20.03.09	Freestyle 1500	Megan Gilchrist	AB	16.27.49	18.08.11
Dan Wallace	WB	01.59.00	29.06.13	Ind. Med. 200	Rachael O'Donnell	CE	02.17.49	28.02.14
Dan Wallace	WB	04.13.72	04.08.13	Ind. Med. 400	Robyn Mathews	CI	04.53.71	26.03.07
City of Edinburgh		01.33.94	28.06.07	F/S Relay 4x50	Carnegie		01.46.76	12.01.14
Edinburgh University		03.25.64	16.06.13	F/S Relay 4x100	Edinburgh University		03.49.54	16.06.13
City of Edinburgh		07.39.35	01.04.07	F/S Relay 4x200	Edinburgh University		08.24.39	28.06.12
City of Edinburgh		01.43.19	28.06.07	Med. Relay 4x50	Carnegie		01.58.49	12.01.14
Edinburgh University		03.46.17	28.06.09	Med. Relay 4x100	Edinburgh University		04.15.74	28.06.09

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