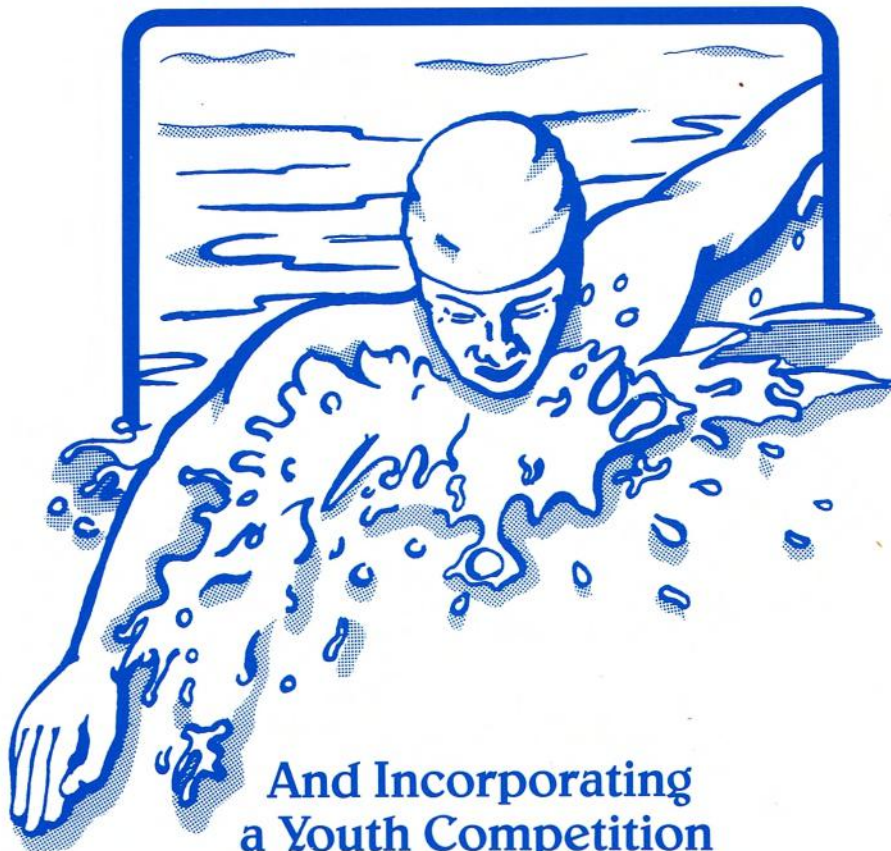




# The 1986 OCL Scottish National Swimming and Diving Championships

(Under SASA Rules)

(Final Qualifying Trials for Commonwealth Games Selection)



And Incorporating  
a Youth Competition  
16 years and under  
at the

## Royal Commonwealth Pool, Edinburgh

Wednesday 11 to Saturday 14 June

### INFORMATION LEAFLET

<b>SWIMMING:</b>	Wednesday:	}	Heats:	9.30 am	<b>DIVING:</b>	Wednesday:	}	12.00 noon approximately
	Thursday:		Youth Competition:	2.00 pm		Thursday:		
	Friday:		Finals:	6.30 pm		Friday:		
	Saturday:			9.30 am; 1.30 pm; 5.00 pm				

# Welcome from our Sponsor



With the Commonwealth Games now within “touching distance” the importance of this year’s Scottish Amateur Swimming and Diving Championships is surely significant for many of the competitors taking part this week.

I am sure that from those on their first visit to the pool to others whose ultimate goal is just a few weeks ahead, these Championships must hold great excitement and like them, all of us in Overseas Containers (UK Agencies) Ltd., are equally enthusiastic. Obviously we are again delighted to be associated with this important fixture in the swimming calendar.

To all taking part, whether you be a competitor, or one of their most ardent fans, to the hard working officials and helpers without whom these Championships could not take place, we at OCL Scotland bid you a warm welcome and look forward to seeing you. Finally, to the Lads and Lassies taking part, win or lose – enjoy yourselves.

**John McAllister**  
Manager, OCL Scotland

The 1986 OCL Scottish National  
Swimming and Diving Competiton



President's Address

"Once again we are indebted to Overseas Containers Limited for their Sponsorship of this Open Swimming and Diving Championship. The entries from all home countries are especially welcome, this year of the XIII Commonwealth Games.

Our thanks are also due to Edinburgh District Council for their continued support of this and other events in our Swim calendar; and the staff at the Royal Commonwealth Pool who, as always, keep the pool in immaculate condition.

Finally, a word of thanks to the SASA members who form the Organising Committee, act as Officials, Recorders and to all who contribute to the success of these Championships.

Good Luck to all."

NORMAN BEATTIE  
President  
Scottish Amateur Swimming Association

**OFFICIALS OF THE SCOTTISH AMATEUR SWIMMING ASSOCIATION**

PRESIDENT: Mr Norrie Beattie      VICE PRESIDENT: Mr Andrew Taylor  
GENERAL SECRETARY: Mr Bill Black      GENERAL TREASURER: Mr Mike Sheppard  
DIRECTOR OF SWIMMING: Mr Hamilton Smith  
ADMINISTRATOR: Mrs R Hallam

\* \* \*

**TECHNICAL OFFICIALS**

REFEREES, STARTERS, JUDGES AND TIMEKEEPERS: From the SASA List

HONORARY MEDICAL OFFICER: Dr Robert Howat

RECORDERS AND OTHER OFFICIALS: from the EAST DISTRICT, SASA

\* \* \*

**ORGANISING COMMITTEE CONVENER**

Mr Andrew Taylor

\* \* \*

**SWIMMING COMMITTEE CONVENER**

Mr Ron Taylor

\* \* \*

**DIVING COMMITTEE CONVENER**

Mr William Law

\* \* \*

MEETING HELD UNDER SASA RULES

**COMMONWEALTH GAMES 1986**

These Championships represent the final qualifying opportunity for Scottish Swimmers to establish performances for consideration by the Scottish Amateur Swimming Association for selection to the Scottish Commonwealth Games Team.

The Selection Meeting will take place at the conclusion of the Championships and nominations will be presented to the Commonwealth Games Council for Scotland which will meet on June 22nd after which the team will be announced.

SCOTTISH AMATEUR SWIMMING ASSOCIATION

Participating Clubs in the OCL Scottish National Swimming and Diving Championships 1986.

W/AA	ALLOA	E/BS	BARRACUDAS
W/AR	AYR	E/BG	BONNYRIGG
W/BL	BELLSHILL SHARKS	E/CE	CARNEGIE
W/CG	CITY OF GLASGOW	E/DS	DUNS
W/CD	CUMBERNAULD	E/FS	FINS
W/DN	DUNOON	E/GS	GLENROTHES
W/EK	EAST KILBRIDE	E/HN	HADDINGTON
W/FO	FALKIRK OTTERS	E/HM	HEART OF MIDLOTHIAN
W/GK	GOUROCK	E/IH	INVERLEITH
W/GH	GRANGEMOUTH	E/MS	MIDAS
W/HB	HAMILTON BATHS	E/WB	WARRENDER
W/KW	KILLER WHALES	E/WN	WHITBURN
W/KH	KIRKINTILLOCH		
W/LA	LARKHALL AVONDALE		
W/ML	MOTHERWELL	M/DA	DUNDEE ARNHALL
W/PY	PAISLEY	M/CD	CITY OF DUNDEE
W/SG	STIRLING	M/ML	MENZIESHILL
W/CH	CUNNINGHAME	M/AS	ARBROATH ST THOMAS
N/AN	ABERDEEN		
N/PD	PETERHEAD		
N/TO	THURSO		

Clubs outwith Scotland

BOROUGH OF SOUTHEND  
STOCKTON AQUATICS  
TYNEMOUTH SC  
DARLINGTON  
CITY OF CHESTER  
RUSHMOOR ROYALS  
CITY OF NEWCASTLE UPON TYNE  
MODERNIAN  
YORK CITY  
STOCKPORT METRO  
CITY OF LEICESTER  
NOVA CENTURION  
ICELANDIC SWIMMING ASSOCIATION  
MAXWELL  
KELLY COLLEGE  
PIONEER 79

## MEET INFORMATION

(1) **Cards** should be posted **only** for Heat declared Winner events ie 800/1500m Freestyle - 30 minutes before the start of the relevant session.

### (2) WITHDRAWALS

(a) **FROM HEAT:** THESE MUST BE REPORTED TO THE RECORDER NOT LESS THAN 30 MINUTES PRIOR TO THE START OF THE SESSION. FAILURE TO DO SO WILL RESULT IN RULE 34 (10) BEING APPLIED ie. SWIMMERS WILL BE FINED THE SUM OF £3.

(b) **FROM FINALS:**

(1) UP TO 30 MINUTES AFTER POSTING OF FINALS AND CONSOLATION FINALS LIST. - NO PENALTY.

(2) AFTER 30 MINUTES AS ABOVE BUT PRIOR TO END OF FINALS WARM UP - FINE £3.

(3) AFTER END OF FINALS WARM UP. UNLESS SUPPORTED BY MEDICAL CERTIFICATE. - EXCLUSION FROM REMAINDER OF CHAMPIONSHIPS.

### (3) RESERVES FOR HEATS

They should report to the recorder in plenty of time prior to the event. If accepted, they will be allocated to the slowest available empty lane.

### (4) PRESENTATIONS OF AWARDS

These will take Place after the following event to the first three placed in each event. Recipients should assemble "appropriately dressed" in Club gear at the presentation assembly area. Anyone not present at the correct time will risk not receiving their medal.

Medals will be presented to the following:-

- |   |     |     |     |
|---|-----|-----|-----|
| (a) Scottish Open Champion:                     | 1st | 2nd | 3rd |
| (b) Scottish National Champion:                 | 1st |     |     |
| (c) Scottish National Junior Champion:          | 1st |     |     |
| (d) Scottish National Youth Competition Winner: | 1st | 2nd | 3rd |

**NB** Youth Competition medals can only be won by swimmers entered in that competition.

Highest points and club presentation will be made at the end of the last session. Potential recipients should be available if possible.

### CLUB CHAMPIONSHIP OF SCOTLAND (ROBERTSON TROPHY)

- (a) The Championship shall be open to clubs registered with the S.A.S.A.
- (b) The award shall be made to a male club, female club, or one section of a mixed club.
- (c) The rules for the Robertson Trophy state that the competition is confined to events in the National Open Championships.
- (d) Juniors who enter the National Open Championships may win points towards the Robertson Trophy in either the National Open Final or Youth Final.
- (e) Juniors who enter the Youth competition WILL NOT be eligible for points for the Robertson Trophy.
- (f) 3 Team Entries (2 Open, 1 Junior) may be entered. The Teams counting towards the Robertson Trophy must be identified prior to their event. Double Points awarded in Team Events.

- (g) Robertson Trophy points will be awarded to Scots swimming with Scots clubs by ranking from both Finals and Consolation Finals.

**NB: RULE CHANGE**

The determination of the Scottish National Junior Champion will use the following criteria.

- (1) The Champion will have National eligibility as in Rule 47 (2), (A) (B) or (C).
- (2) The eight fastest swimmers from the Open Championships Heats will go forward and swim in the Open Championships Finals.
- (3) The eight fastest Juniors from either the Open Championships Heats or the Youth Events Heats, excluding those Juniors who have qualified for the Open Championships Finals, will swim in the Youth Event Final.
- (4) The Junior Championship Trophy/Title will be awarded to the fastest Junior, with national eligibility, in either the Open Championships Final or the Youth Event Final. In Heat Declared Winner Events the Trophy/Title will be awarded to the fastest Junior in the Event. In the circumstances of no Junior with national eligibility reaching either Final the Trophy/Title will go to the fastest Junior in either the Open or Youth Heats.
- (5) The Open Championship Consolation Final will not count for Junior Trophies/Titles and will consist of the next fastest eight swimmers from the Open Championship Heats who have not qualified for either Open or Youth Final.

**BEST PERFORMANCE TROPHY AWARDED BY BERGER PAINTS**

This trophy is awarded to the person who scores the highest number of points at the Championships according to the German points tables.

(5) **WARM UPS**

These will be conducted in a controlled manner. Both the 50m pool and the teaching pool will be available during the allocated period prior to the start of each session. The teaching pool will be available throughout the period of the meet.

(6) **TEAM LINES FOR RELAY EVENTS**

These will be available at the Recorder's Table and should be returned duly completed prior to the start of the session and must indicate Junior or Senior. Year of birth of Junior must be shown.

(7) **REFUNDS**

£1 will be returned automatically after the Meet to the club by the Association Office in respect of all swims achieving the Considered Time. Reserves who are not accepted will have the full fee similarly returned.

(8) **MEDICAL/PHYSIOTHERAPY SERVICE**

Dr Howat and the Association's Physiotherapy Team will be available for advice and assistance throughout the Meet.

(9) **CONSOLATION FINALS**

Consolation Finals will only be held in events in which more than 16 competitors take part.

THE OCL 1986 SCOTTISH NATIONAL  
SWIMMING AND DIVING CHAMPIONSHIPS

ORDER OF EVENTS

WEDNESDAY 11 June

Session One:           Warm up: 8.00  
                          Start: 9.30

1/1	Mens	200m Individual Medley	Heats
1/2	Womens	200m Individual Medley	Heats
1/3	Mens	1500m Freestyle	Slowest Heats (Declared Winner)
1/4	Womens	800m Freestyle	Slowest Heats (Declared Winner)
1/5	Mens	50m Freestyle	Heats
1/6	Womens	50m Freestyle	Heats

DIVING

Approx 12 noon

Womens           3m Springboard

Session Two:           Warm up: 13.00  
                          Start: 14.00

2/1	Boys	200m Individual Medley	Heats
2/2	Girls	200m Individual Medley	Heats
2/3	Boys	1500m Freestyle	Heats (Declared Winner)
2/4	Girls	800m Freestyle	Heats (Declared Winner)
2/5	Boys	50m Freestyle	Heats
2/6	Girls	50m Freestyle	Heats

Session Three:       Warm up: 17.00  
                          Start: 18.30

3/1	Boys	200m Individual Medley	Final
3/2	Mens	200m Individual Medley	Consolation Final
3/3	Mens	200m Individual Medley	Final
3/4	Girls	200m Individual Medley	Final
3/5	Womens	200m Individual Medley	Consolation Final
3/6	Womens	200m Individual Medley	Final
3/7	Boys	1500m Freestyle	Fastest Heat
3/8	Mens	1500m Freestyle	Fastest Heat
3/9	Girls	800m Freestyle	Fastest Heat
3/10	Womens	800m Freestyle	Fastest Heat
3/11	Boys	50m Freestyle	Final
3/12	Mens	50m Freestyle	Consolation Final
3/13	Mens	50m Freestyle	Final
3/14	Girls	50m Freestyle	Final
3/15	Womens	50m Freestyle	Consolation Final
3/16	Womens	50m Freestyle	Final



**THURSDAY 12 June**

**Session Four:** Warm up: 8.00  
Start: 9.30

4/1	Mens	200m Freestyle	Heats
4/2	Womens	200m Freestyle	Heats
4/3	Mens	100m Breaststroke	Heats
4/4	Womens	100m Breaststroke	Heats
4/5	Mens	200m Backstroke	Heats
4/6	Womens	200m Backstroke	Heats
4/7	Mens	100m Butterfly	Heats
4/8	Womens	100m Butterfly	Heats
4/9	Mens	4 x 100m Freestyle Relay	Heats
4/10	Womens	4 x 100m Freestyle Relay	Heats

**DIVING**

**Approx 12 noon**

Mens 3m Springboard

**Session Five:** Warm up: 13.00  
Start: 14.00

5/1	Boys	200m Freestyle	Heats
5/2	Girls	200m Freestyle	Heats
5/3	Boys	100m Breaststroke	Heats
5/4	Girls	100m Breaststroke	Heats
5/5	Boys	200m Backstroke	Heats
5/6	Girls	200m Backstroke	Heats
5/7	Boys	100m Butterfly	Heats
5/8	Girls	100m Butterfly	Heats

**Session Six:** Warm up: 17.00  
Start: 18.30

6/1	Boys	200m Freestyle	Final
6/2	Mens	200m Freestyle	Consolation Final
6/3	Mens	200m Freestyle	Final
6/4	Girls	200m Freestyle	Final
6/5	Womens	200m Freestyle	Consolation Final
6/6	Womens	200m Freestyle	Final
6/7	Boys	100m Breaststroke	Final
6/8	Mens	100m Breaststroke	Consolation Final
6/9	Mens	100m Breaststroke	Final
6/10	Girls	100m Breaststroke	Final
6/11	Womens	100m Breaststroke	Consolation Final
6/12	Womens	100m Breaststroke	Final
6/13	Boys	200m Backstroke	Final
6/14	Mens	200m Backstroke	Consolation Final
6/15	Mens	200m Backstroke	Final
6/16	Girls	200m Backstroke	Final
6/17	Womens	200m Backstroke	Consolation Final
6/18	Womens	200m Backstroke	Final
6/19	Boys	100m Butterfly	Final
6/20	Mens	100m Butterfly	Consolation Final
6/21	Mens	100m Butterfly	Final
6/22	Girls	100m Butterfly	Final
6/23	Womens	100m Butterfly	Consolation Final
6/24	Womens	100m Butterfly	Final
6/25	Mens	4 x 100m Freestyle Relay	Final
6/26	Womens	4 x 100m Freestyle Relay	Final

**FRIDAY 13 June**

**Session Seven:** Warm up: 8.00  
Start: 9.30

7/1	Mens	400m Individual Medley	Heats
7/2	Womens	400m Individual Medley	Heats
7/3	Mens	200m Breaststroke	Heats
7/4	Womens	200m Breaststroke	Heats
7/5	Mens	100m Freestyle	Heats
7/6	Womens	100m Freestyle	Heats
7/7	Mens	4 x 100m Medley Relay	Heats
7/8	Womens	4 x 100m Medley Relay	Heats

**DIVING** Approx 12 noon

Womens	Highboard
Mens	Highboard

**Session Eight:** Warm up: 13.00  
Start: 14.00

8/1	Boys	400m Individual Medley	Heats
8/2	Girls	400m Individual Medley	Heats
8/3	Boys	200m Breaststroke	Heats
8/4	Girls	200m Breaststroke	Heats
8/5	Boys	100m Freestyle	Heats
8/6	Girls	100m Freestyle	Heats

**Session Nine:**

9/1	Boys	400m Individual Medley	Final
9/2	Mens	400m Individual Medley	Consolation Final
9/3	Mens	400m Individual Medley	Final
9/4	Girls	400m Individual Medley	Final
9/5	Womens	400m Individual Medley	Consolation Final
9/6	Womens	400m Individual Medley	Final
9/7	Boys	200m Breaststroke	Final
9/8	Mens	200m Breaststroke	Consolation Final
9/9	Mens	200m Breaststroke	Final
9/10	Girls	200m Breaststroke	Final
9/11	Womens	200m Breaststroke	Consolation Final
9/12	Womens	200m Breaststroke	Final
9/13	Boys	100m Freestyle	Final
9/14	Mens	100m Freestyle	Consolation Final
9/15	Mens	100m Freestyle	Final
9/16	Girls	100m Freestyle	Final
9/17	Womens	100m Freestyle	Consolation Final
9/18	Womens	100m Freestyle	Final
9/19	Mens	4 x 100m Medley Relay	Final
9/20	Womens	4 x 100m Medley Relay	Final

**SATURDAY 14 June**

**Session Ten: Warm up: 8.00  
Start: 9.30**

10/1	Mens	400m Freestyle	Heats
10/2	Womens	400m Freestyle	Heats
10/3	Mens	100m Backstroke	Heats
10/4	Womens	100m Backstroke	Heats
10/5	Mens	200m Butterfly	Heats
10/6	Womens	200m Butterfly	Heats
10/7	Mens	4 x 200m Freestyle Relay	Heats
10/8	Womens	4 x 200m Freestyle Relay	Heats

**Session Eleven: Warm up: 12.30  
Start: 13.30**

11/1	Boys	400m Freestyle	Heats
11/2	Girls	400m Freestyle	Heats
11/3	Boys	100m Backstroke	Heats
11/4	Girls	100m Backstroke	Heats
11/5	Boys	200m Butterfly	Heats
11/6	Girls	200m Butterfly	Heats

**Session Twelve: Warm up: 15.30  
Start: 17.00**

12/1	Boys	400m Freestyle	Finals
12/2	Mens	400m Freestyle	Consolation Finals
12/3	Mens	400m Freestyle	Finals
12/4	Girls	400m Freestyle	Finals
12/5	Womens	400m Freestyle	Consolation Finals
12/6	Womens	400m Freestyle	Finals
12/7	Boys	100m Backstroke	Finals
12/8	Mens	100m Backstroke	Consolation Final
12/9	Mens	100m Backstroke	Finals
12/10	Girls	100m Backstroke	Finals
12/11	Womens	100m Backstroke	Consolation Final
12/12	Womens	100m Backstroke	Finals
12/13	Boys	200m Butterfly	Finals
12/14	Mens	200m Butterfly	Consolation Finals
12/15	Mens	200m Butterfly	Finals
12/16	Girls	200m Butterfly	Finals
12/17	Womens	200m Butterfly	Consolation Finals
12/18	Womens	200m Butterfly	Finals
12/19	Mens	4 x 200m Freestyle Relays	Finals
12/20	Womens	4 x 200m Freestyle Relays	Finals

NATIONAL LONG COURSE RECORDS

50m Freestyle	Senior	G Wilson	24.23	1985	S Watson	27.23	1985
	Junior	P Smith	25.83	1985	S Watson	27.23	1985
100m Freestyle	Senior	P Easter	51.83	1984	L Donnelly) S Watson )	58.64	1985
	Junior	G Wilson	53.84	1981	L Donnelly) S Watson )	58.64	1985
200m Freestyle	Senior	P Easter	1.51.70	1984	R Gilfillan	2.03.92	1984
	Junior	G Wilson	1.55.37	1981	R Gilfillan	2.05.68	1983
400m Freestyle	Senior	P Easter	3.57.97	1982	R Gilfillan	4.19.26	1986
	Junior	C McNeil	4.07.50	1985	R Gilfillan	4.22.40	1983
800m Freestyle	Senior	P Easter	8.19.75	1982	R Gilfillan	8.48.82	1986
	Junior	D Cruickshank	8.37.65	1981	A Hamilton	8.58.82	1982
1500m Freestyle	Senior	P Easter	15.47.53	1982	A Hamilton	17.23.35	1983
	Junior	C McNeil	16.21.37	1985	A Hamilton	17.38.61	1982
100m Backstroke	Senior	P Marshall	58.35	1980	B Rose	1.03.61	1984
	Junior	I Hughes	1.02.00	1974	B Rose	1.06.26	1980
200m Backstroke	Senior	D Campbell	2.04.23	1980	B Rose	2.19.81	1982
	Junior	N Cochran	2.10.08	1981	A Ratcliff	2.24.23	1985
100m Breaststroke	Senior	D Wilkie	1.03.43	1976	J Hill	1.11.37	1984
	Junior	G Watson	1.05.43	1985	M Campbell	1.15.15	1979
200m Breaststroke	Senior	D Wilkie	2.15.11	1976	J Hill	2.36.67	1986
	Junior	I Campbell	2.27.10	1981	M Campbell	2.41.96	1979
100m Butterfly	Senior	N Cochran	56.62	1985	C Finlay	1.04.40	1982
	Junior	R Leishman	57.65	1985	C Lewis	1.06.12	1982
200m Butterfly	Senior	P Easter	2.03.50	1984	L Montford	2.19.50	1985
	Junior	R Leishman	2.08.15	1985	D Simpson	2.22.69	1975
200m I Medley	Senior	N Cochran	2.03.76	1985	J Hill	2.21.29	1984
	Junior	N Cochran	2.13.53	1981	S Smart	2.23.49	1986
400m I Medley	Senior	R Brew	4.31.02	1984	J Hill	4.59.40	1985
	Junior	A Smith	4.42.08	1984	A Ratcliff	5.05.86	1985
4 x 50m F/S Relay	Senior				Paisley ASC	1.52.84	1986
	Junior	Nat Team	1.47.02	1985	Nat Team	1.54.86	1986
4 x 100m F/S Relay	Senior	Nat Team	3.30.87	1985	Nat Team	3.58.27	1985
	Junior	Warrender 'A'	3.44.10	1982	Nat Team	4.09.36	1986
4 x 200m F/S Relay	Senior	Nat Team	7.39.86	1982	Nat Team	8.37.82	1985
	Junior	Nat Team	8.23.08	1986	Nat Team	8.51.97	1986
4 x 50m Med Relay	Senior	Carnegie	1.51.58	1986	Paisley	2.03.55	1986
	Junior	Nat Team	2.01.22	1986	Nat Team	2.11.03	1986
4 x 100m Med Relay	Senior	Nat Team	3.55.45	1982	Nat Team	4.23.61	1985
	Junior	Warrender 'A'	4.11.16	1982	Nat Team	4.36.26	1986

*Jane Linnighan*

OMEGA SWIM-O-MATIC

OSM 6

EVENT : 114 HEAT : 03

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3 5 2 1:12.42

4 7 2 1:14.05

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8 8 2 1:17.05

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SESSION ONE - WEDNESDAY 11th JUNE - 0930 HOURS

EVENT 1/1 - Mens 200m Individual Medley Heats

2. 0346

Buff 2.

**Heat No. 1**

1.						
2.	David Waddell	E/DS	11000	68	2.23.60	.....
3.	James Watt	W/HB	6451	68	2.21.2	.....
4.	Paul Brew	Kelly College		65	2.09.60	.....
5.	Martin McQueenie	E/WB	5304	68	2.16.4	.....
6.	Stuart Albin	M/CD	6445	69	2.22.4	.....
7.	Gavin English	E/FS	9776	69	2.27.62	.....
8.						

**Heat No. 2**

1.	John Brand	W/GH	5124	69	2.23.48	.....
2.	Paul Douglas	W/CD	10453	69	2.22.6	.....
3.	Stuart McTavish	E/WB	5305	68	2.21.2	.....
4.	Robin Brew	Maxwell		62	2.06.71	.....
5.	Neil Anderson	N/AN	14304	65	2.16.0	.....
6.	Martin Sreenan	W/CD	8657	66	2.22.3	.....
7.	Ingolfur Arnarson	Icelandic SA		69	2.27.2	.....
8.						

**Heat No. 3**

1.	Arntor Ragnarsson	Icelandic SA		68	2.27.7	.....
2.	Wilson Ferguson	W/CD	3344	67	2.22.5	.....
3.	Calum Glenny	W/PY	7043	68	2.20.9	.....
4.	Neil Cochran	N/AN	1208	65	2.02.7	.....
5.	Edvard Edvardsson	Icelandic SA		67	2.09.70	.....
6.	Alastair Boyd	City of Newcastle		67	2.21.7	.....
7.	Iain Cox	W/PY	6820	67	2.23.9	.....
8.						

EVENT 1/2 - Womens 200m Individual Medley Heats

**Heat No. 1**

1.	Jill MacIntyre	E/BS	3333	67	2.35.5	.....
2.	Alison McKellican	M/CD	5217	68	2.32.5	.....
3.	Karen Connolly	E/HM	0723	65	2.29.1	.....
4.	Jean Hill	W/CD	1788	64	2.22.12	.....
5.	Derna Campbell	W/CD	6607	68	2.26.0	.....
6.	Stephanie Forrester	N/AN	7318	69	2.30.2	.....
7.	Arlene Ewing	W/PY	6436	70	2.34.5	.....
8.	Fiona Fleming	E/IH	0887	64	2.44.10	.....

**Heat No. 2**

1.	Ann-Marie Griffin	W/BL	10639	71	2.34.6	.....
2.	Lynne Salmond	W/CD	8441	72	2.31.8	.....
3.	Jill Ewing	W/PY	6548	69	2.28.6	.....
4.	Sarah Hardcastle	Southend		69	2.21.9	.....
5.	Anna Ratcliff	W/CD	9855	70	2.25.0	.....
6.	Laura Still	N/AN	4019	69	2.29.9	.....
7.	Kathryn Alexander	W/CD	9260	71	2.32.9	.....
8.	Helga Sigurdardottir	Icelandic SA		69	2.40.8	.....

**Heat No. 3**

1. Elaine Cooper	E/CE	5002	69	2.34.6	.....
2. Julie Roberts	W/BL	10637	69	2.30.6	.....
3. Stephanie Watson	W/PY	4234	69	2.27.8	.....
4. Sandra Bowman	Darlington		67	2.21.66	.....
5. Shona Smart	City of Chester		71	2.23.0	.....
6. Sandra McDonald	W/PY	0808	58	2.29.7	.....
7. Lesley Kirk	W/CD	12321	73	2.32.6	.....
8. Lorna Harvey	W/PY	7863	71	2.40.8	.....

**EVENT 1/3 - Mens 1500m Freestyle - Declared Winner Event**

**Please Note :** All cards for this Event should be posted before 0845 hours.  
The fastest eight Men will swim during the Finals Session.

1. Martin Lee	E/FS	4516	69	17.41.3	.....
2. Tomas Trainsson	Icelandic SA		68	17.27.8	.....
3. Ross Martin	City of Leicester		67	17.12.30	.....
4. Ian Lewis	E/FS	5153	67	17.09.3	.....
5. Colin Taylor	W/PY	9384	70	17.03.7	.....
6. David Rennie	W/BL	7420	67	16.27.90	.....
7. D Legge	York		68	16.27.5	.....
8. Nicky Waterson	W/CD	3600	68	16.23.7	.....
9. Campbell McNeil	W/PY	3901	69	16.10.0	.....
10. Duncan Cruikshank	N/AN	1188	65	15.42.8	.....

**EVENT 1/4 - Womens 800m Freestyle - Declared Winner Event**

**Please Note :** All cards for this Event should be posted before 0845 hours.  
The fastest eight Women will swim during the Finals Session.

1. Susan Brown	E/IH	6168	72	10.58.00	.....
2. Johan Ray	N/PD	10961	73	10.23.7	.....
3. Jennifer Small	W/CD	9357	72	9.55.7	.....
4. Susan Bishop	E/CE	5111	69	9.50.8	.....
5. Nicola Atkinson	Stockport Metro		71	9.41.01	.....
6. Janice Russell	W/SG		70	9.36.7	.....
7. Michaela Hulme	Stockport Metro		71	9.24.7	.....
8. Shona Cowie	N/PD	3025	68	9.09.8	.....
9. Sarah Hardcastle	Southend		69	8.32.57	.....

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**LACTATE TESTING**

by Courtesy of

**ANALOX INSTRUMENTS LIMITED**

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## EVENT 8/5 - Boys 100m Freestyle Heats

### Heat No. 1

1.	Andrew Grant	W/GH	10880	71	1.04.00	.....
2.	Stephen Cockarill	Rushmoor Royals		71	1.03.9	.....
3.	Steven Hansen	W/AA	13803	70	1.03.30	.....
4.	Kevin McMillan	E/GS	8006	70	1.03.10	.....
5.	Christopher Milligan	Rushmoor Royals		70	1.03.2	.....
6.	Keith Wilson	E/GS	10773	70	1.03.60	.....
7.	Raymond Smith	E/HN	12244	72	1.03.9	.....
8.	Alasdair Ross	W/AR	8204	71	1.04.0	.....

### Heat No. 2

1.	Andrew May	M/CD	10210	72	1.02.6	.....
2.	Kenneth Walker	E/BS	9746	71	1.02.4	.....
3.	Fraser Donaldson	E/HN	11664	71	1.02.2	.....
4.	Anthony Robinson	Stockton Aquatics			1.02.0	.....
5.	Andrew Buchanan	W/SG	8860	71	1.02.1	.....
6.	Robbie Mitchell	M/CD	12591	71	1.02.36	.....
7.	Philip Hewitt	Stockton Aquatics		72	1.02.5	.....
8.	Ian Holland	Killerwhales	11569	71	1.03.0	.....

### Heat No. 3

1.	Garry Bryce	E/BS	8008	71	1.01.6	.....
2.	Robert Hammond	Killerwhales	4115	72	1.01.4	.....
3.	Julian Slater	City of Newcastle		72	1.01.2	.....
4.	Jack Dickson	W/LA	12192	71	1.01.0	.....
5.	Colin Dupre	W/DN	8099	71	1.01.1	.....
6.	Mark Hunter	W/AA	11728	70	1.01.23	.....
7.	Gordon McNee	E/WB	6195	70	1.01.4	.....
8.	Paul Williams	Stockton Aquatics		71	1.01.8	.....

### Heat No. 4

1.	Jonathan Rottier	Rushmoor Royals		71	1.00.89	.....
2.	Ewan McGregor	M/CD	5536	70	1.00.66	.....
3.	David Knight	M/DA		71	1.00.6	.....
4.	Michael Wynn	E/WB	4781	70	1.00.4	.....
5.	Stewart Ferguson	E/BS	8007	70	1.00.6	.....
6.	David Warren	Tynemouth		71	1.00.6	.....
7.	Iain MacIntyre	E/BS	5053	70	1.00.7	.....
8.	Scott Warnock	W/ML	6492	70	1.00.9	.....

### Heat No. 5

1.	Peter McArthur	W/SG	8859	71	59.9	.....
2.	Ian Craighead	W/AR	12283	70	59.29	.....
3.	Gavin Munro	N/TO	8637	70	58.82	.....
4.	Stephen Brown	Rushmoor Royals		70	56.90	.....
5.	Calvin Hendry	Stockton Aquatics		71	58.7	.....
6.	Craig White	W/AR	5603	71	59.16	.....
7.	Neil Mitchell	W/HB	12381	71	59.42	.....
8.	Michael Cochran	N/AN	7258	72	1.00.4	.....



**Heat No. 6**

1.	Shaun Fleming	E/GS	6663	70	59.80	.....
2.	Graeme Sneddon	W/LA	8475	71	59.23	.....
3.	Gregor Forrester	N/AN	7332	70	58.8	.....
4.	Lee Kilby	City of Leicester		70	56.8	.....
5.	M Andrews	York		70	58.7	.....
6.	Stuart Lochhead	W/KH	11632	70	59.05	.....
7.	Alan Duffield	E/CE	7459	71	59.34	.....
8.	Marc Mills	W/KH	7113	70	1.00.27	.....

**Heat No. 7**

1.	Fergus Maclean	E/WB	5315	70	59.5	.....
2.	Peter Hendry	Killerwhales	11522	71	59.2	.....
3.	Iain Lasseter	E/CE	6273	70	58.71	.....
4.	I Stewart	York		70	55.9	.....
5.	Gareth Williams	Rushmoor Royals		71	57.23	.....
6.	John Lowery	Tynemouth		71	58.9	.....
7.	Robert White	Rushmoor Royals		70	59.30	.....
8.	Scott Milne	N/PD	9784	71	1.00.0	.....

**EVENT 8/6 - Girls 100m Freestyle Heats****Heat No. 1**

1.	Lisa Anne Nichols	Stockton Aquatics		72	1.08.0	.....
2.	Pauline Higgins	Killerwhales	14112	72	1.08.0	.....
3.	Yvonne Barbour	W/CH		71	1.07.9	.....
4.	Ailsa Denholm	Killerwhales	9818	71	1.07.7	.....
5.	Sandra Cameron	W/KH	6128	70	1.07.80	.....
6.	Joanne Gilfillan	Stockton Aquatics		71	1.08.0	.....
7.	Caroline Macfarlane	E/WB	9512	73	1.08.00	.....
8.	Nicola Whitby	City of Chester		72	1.08.0	.....

**Heat No. 2**

1.	Alison Cook	Stockton Aquatics		71	1.07.7	.....
2.	Caroline Lawrie	E/WB	9117	72	1.07.5	.....
3.	Gayle Pearson	E/WB	9115	72	1.07.50	.....
4.	Susan Wallace	M/CD	10153	71	1.07.36	.....
5.	Karen Gillon	W/HB	10618	73	1.07.4	.....
6.	Colleen Christie	W/SG	6826	70	1.07.5	.....
7.	Julie English	E/FS	9777	71	1.07.62	.....
8.	Carolyn Hawkins	E/HN	11665	73	1.07.7	.....

**Heat No. 3**

1.	Rhona Sinclair	N/TO	8625	70	1.07.1	.....
2.	Lorna Cunningham	E/CE	13859	71	1.06.99	.....
3.	Susan Fawn	Rushmoor Royals		71	1.06.7	.....
4.	Angela McLeish	W/LA	7868	71	1.06.67	.....
5.	Sharon Mawhinney	M/CD	10053	70	1.06.7	.....
6.	Joanne Boyden	E/WB	6215	71	1.06.9	.....
7.	Emma Firbank	Stockton Aquatics			1.07.0	.....
8.	Julie Cunningham	E/GS	12882	71	1.07.20	.....

**Heat No. 4**

1.	Susan Heggie	W/SG	10652	72	1.06.6	.....
2.	Lynne Mackay	E/BS	9592	70	1.06.3	.....
3.	Pamela Szaranek	E/FS	8851	71	1.06.23	.....
4.	Joanne Gibson	Tynemouth		71	1.06.17	.....
5.	Vicky Taylor	M/CD	12684	70	1.06.2	.....
6.	Johan Ray	N/PD	10961	73	1.06.3	.....
7.	Jackie Whalen	E/IH	8063	70	1.06.42	.....
8.	Alison Dunn	W/HB	10617	73	1.06.67	.....

**Heat No. 5**

1.	Debra Jones	W/KH	11633	72	1.05.50	.....
2.	Amanda Jenkinson	E/BS	8608	71	1.04.4	.....
3.	Pippa Herron	City of Newcastle		71	1.03.0	.....
4.	Sharon Gilfillan	M/CD	5518	70	1.02.0	.....
5.	Tracy McGhee	N/PD	7912	71	1.02.6	.....
6.	Donna Harding	Rushmoor Royals		72	1.04.21	.....
7.	Helen Watson	Nova Centurion		72	1.04.8	.....
8.	Kerri McIntosh	N/TO	7816	71	1.05.8	.....

**Heat No. 6**

1.	Kirsty Robson	E/CE	10978	71	1.05.44	.....
2.	Carol Donaldson	M/CD	5345	71	1.04.4	.....
3.	Elma Alexander	M/CD	6847	72	1.02.98	.....
4.	Sarah Sabin	Nova Centurion		71	1.01.6	.....
5.	Hugrun Olafsdottir	Icelandic		71	1.02.4	.....
6.	Caroline Dunn	W/HB	9263	70	1.03.4	.....
7.	Briony Shimmons	W/FO	9824	72	1.04.80	.....
8.	Lynne Dalgleish	Stockport Metro	12481	71	1.05.7	.....

**Heat No. 7**

1.	Stephanie Hill	Stockton Aquatics		72	1.05.4	.....
2.	Fiona Patillo	N/AN	7316	71	1.04.3	.....
3.	Jane McClure	W/AR	7496	70	1.02.64	.....
4.	Shona Smart	City of Chester		71	1.01.2	.....
5.	Janice Russell	W/SG	6819	70	1.02.1	.....
6.	Ann-Marie Griffin	W/BL	10639	71	1.03.3	.....
7.	Fiona Reid	E/WB	6206	70	1.04.6	.....
8.	Donna Milne	M/DA		71	1.05.6	.....

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**L A C T A T E   T E S T I N G**

by Courtesy of

**ANALOX INSTRUMENTS LIMITED**

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Act

SESSION TEN - SATURDAY 14th JUNE - 0930 HOURS

EVENT 10/1 - Mens 400m Freestyle Heats

8.31

Heat No. 1

1.						
2.						
3.	Barry Cochrane	W/SG	10662	68	4.34.2	.....
4.	Arntor Ragnarsson	Icelandic SA		68	4.33.3	.....
5.	Anthony Rose	W/PY	3829	68	4.33.4	.....
6.	Clark Moore	W/CG	6468	69	4.37.5	.....
7.						
8.						

9.37

Heat No. 2

1.	Tomas Trainsson	Icelandic SA		68	4.28.6	.....
2.	Calum Glenny	W/PY	7043	68	4.19.6	.....
3.	Colin Taylor	W/PY	9384	70	4.18.3	.....
4.	Paul Easter	E/WB	9502	63	4.03.5	.....
5.	Neil Anderson	N/AN	14304	65	4.10.5	.....
6.	Scott Nelson	W/SG	7531	69	4.13.7	.....
7.	Alastair Boyd	City of Newcastle		67	4.25.9	.....
8.	David Waddell	E/DS	11000	68	4.32.40	.....

9.43

Heat No. 3

1.	Colin McDonald	W/CG	6951	69	4.26.6	.....
2.	Ross Martin	City of Leicester		67	4.19.40	.....
3.	Magnus Olafsson	Icelandic SA		67	4.11.5	.....
4.	Paul Brew	Kelly College		65	4.03.5	.....
5.	D Legge	York		68	4.10.0	.....
6.	Ian Lewis	E/FS	5153	67	4.17.1	.....
7.	Wilson Ferguson	W/CD	3344	67	4.23.58	.....
8.	Iain Lasseter	E/CE	6273	70	4.31.09	.....

9.50

Heat No. 4

1.	Brian Hughes	W/HB	5354	68	4.26.6	.....
2.	Scott Noble	W/SG	10656	68	4.18.9	.....
3.	Nicky Waterson	W/CD	3600	68	4.10.9	.....
4.	Duncan Cruikshank	N/AN	1188	65	4.01.0	.....
5.	Campbell McNeil	W/PY	3901	69	4.06.1	.....
6.	Mark Duffy	City of Newcastle		69	4.15.7	.....
7.	David Charles	W/SG	3810	67	4.20.5	.....
8.	Martin Sreenan	W/CD	8657	66	4.29.5	.....

EVENT 10/2 - Womens 400m Freestyle Heats

9.56

Heat No. 1

1.	Helga Sigurdardottir	Icelandic SA	69	4.51.4	.....	
2.	Michaela Hulme	Stockport Metro	71	4.42.40	.....	
3.	Julie Bennett	Stockport Metro	71	4.34.4	.....	
4.	Ruth Gilfillan	M/CD	3568	67	4.19.2	.....
5.	Elaine Gilfillan	M/CD	3467	65	4.33.7	.....
6.	Janice Russell	W/SG	6819	70	4.38.0	.....
7.	Stephanie Forrester	N/AN	7318	69	4.43.4	.....
8.	Lynne Salmond	W/CD	8441	72	4.55.7	.....

Heat No. 2

FALSE ST.

10.04

1.	Susan Bishop	E/CE	5111	69	4.50.75	.....
2.	Carol McIntyre	E/BS	2099	65	4.41.9	.....
3.	Julie Roberts	W/BL	10637	69	4.33.9	.....
4.	Sarah Hardcastle	Southend		69	4.11.9	.....
5.	Linda Donnelly	W/HB	4367	69	4.26.3	.....
6.	Bryndis Olafsdottir	Icelandic SA		69	4.37.90	.....
7.	Elaine Rennie	W/BL	7421	70	4.3.0	.....
8.	Lorna Harvey	W/PY	7863	71	4.52.9	.....

EVENT 10/3 - Mens 100m Backstroke Heats

Heat No. 1

10.12

1.						
2.	Kristinn Magnusson	Icelandic SA	67	1.06.8	.....	
3.	D Legge	York	68	1.04.2	.....	
4.	Graeme Goudie	E/WB	3515	66	1.00.5	.....
5.	Graham Low	N/AN	3978	69	1.02.2	.....
6.	Scott Leith	M/CD	4728	68	1.06.2	.....
7.	Barry Cochrane	W/SG	10622	68	1.08.1	.....
8.						

Heat No. 2

10.15

1.						
2.	James Watt	W/HB	6451	68	1.06.57	.....
3.	Andrew Smith	E/WB		68	1.03.2	.....
4.	Edvard Edvardsson	Icelandic SA		67	57.7	.....
5.	Craig Nelson	E/CE	0003	62	1.01.64	.....
6.	Euan Stewart	M/CD	6711	65	1.05.7	.....
7.	David Waddell	E/DS	11000	68	1.08.00	.....
8.						

Heat No. 3

10.18

1.	David McHendry	W/CG	14246	70	1.08.6	.....
2.	Jonathan Kerr	E/WB	12988	71	1.06.5	.....
3.	Gregor Methven	Pioneer 79		69	1.02.82	.....
4.	Neil Cochran	N/AN	1208	65	56.8	.....
5.	Michael Peyrebrune	E/WB	1667	65	1.00.9	.....
6.	Wilson Ferguson	W/CD	3344	67	1.04.5	.....
7.	Scott Nelson	W/SG	7531	69	1.06.9	.....
8.						

EVENT 10/4 - Womens 100m Backstroke Heats

10.21

Heat No. 1

1.	Val Weatherley	E/WB	5671	71	1.13.5	.....
2.	Laura Still	N/AN	4019	69	1.11.0	.....
3.	Philippa Rickard	City of Newcastle		71	1.09.14	.....
4.	Jill Ewing	W/PY	6548	69	1.06.4	.....
5.	Karen Connolly	E/HM	0723	65	1.08.1	.....
6.	Elaine Paul	W/CD	11346	72	1.09.9	.....
7.	Allison Campbell	N/AN	4118	68	1.13.4	.....
8.						

Heat No. 2

10.24

1.	Alison McKellican	M/CD	5217	68	1.13.3	.....
2.	Maureen Cameron	W/PY	2899	63	1.10.81	.....
3.	Anna Ratcliff	W/CD	9855	70	1.08.7	.....
4.	Beverley Rose	W/CG	3006		1.05.73	.....
5.	Sharon Page	Stockport Metro			1.07.6	.....
6.	Julie Bennett	Stockport Metro		71	1.09.4	.....
7.	Andrea Fox	W/LA	7862	68	1.11.64	.....
8.	Fiona Fleming	E/IH	0887	64	1.13.53	.....

EVENT 10/5 - Mens 200m Butterfly Heats

Heat No. 1

1.	Iain Cox	W/PY	6820	67	2.19.0	.....
2.	Derek Watson	E/CE	2681	65	2.13.37	.....
3.	Duncan Cruikshank	N/AN	1188	65	2.11.3	.....
4.	Paul Easter	E/WB	9502	63	2.08.60	.....
5.	Andrew Smith	E/WB	4203		2.10.0	.....
6.	Martin Lynch	W/CD	2146	64	2.12.11	.....
7.	David Charles	W/SG	3810	67	2.14.9	.....
8.	Olafur Einarsson	Icelandic SA		67	2.20.60	.....

Heat No. 2

1.	Johann Bjoernsson	Icelandic SA		66	2.17.7	.....
2.	David Rennie	W/BL	7420	67	2.12.20	.....
3.	Ian Campbell	W/PY	7485		2.11.3	.....
4.	William McGoldrick	M/ML		62	2.07.5	.....
5.	Kevin Reynard	E/WB	1206	65	2.09.6	.....
6.	Magnus Olafsson	Icelandic SA		67	2.11.3	.....
7.	Richard Leishman	W/CD	10674	69	2.14.53	.....
8.	Stuart McTavish	E/WB	5305	68	2.19.8	.....
R1	John Brand	W/GH	5724	69	2.21.40	.....

EVENT 10/6 - Womens 200m Butterfly

Please Note : This will be swum as a Straight Final during the Evening Session.

1.	Susan Bishop	E/CE	5111	69	2.31.6	.....
2.	Carole Lewis	E/FS	4511	66	2.27.2	.....
3.	Nicola Atkinson	Stockport Metro		71	2.24.01	.....
4.	Lorraine Montford	W/PY	14173	68	2.20.7	.....
5.	Shona Cowie	N/PD	3025	68	2.21.5	.....
6.	Sandra McDonald	W/PY	0808	58	2.26.2	.....
7.	Arlene Ewing	W/PY	6436	70	2.28.2	.....
8.	Sharon Barbour	W/PY	12451	70	2.38.6	.....

EVENT 10/7 - Mens 4x200m Freestyle Relay Heats

Heat No. 1

- 1.
2. Warrender 'A' .....
3. Paisley .....
4. Cumbernauld .....
5. Barracudas J .....
6. Carnegie .....
7. City of Glasgow .....
- 8.

Heat No. 2

1. Stirling .....
2. Rushmoor Royals .....
3. City of Dundee J .....
4. Killerwhales J .....
5. Paisley J .....
6. City of Dundee .....
7. York .....
- 8.

Heat No. 3

1. Warrender J .....
2. Inverleith .....
3. Paisley .....
4. Stirling J .....
5. Aberdeen .....
6. Hamilton Baths .....
7. Warrender 'B' .....
- 8.

EVENT 10/8 - Womens 4x200m Freestyle Relay Heats

Heat No. 1

1. Cunninghame J .....
2. Cumbernauld J .....
3. City of Dundee J .....
4. Killerwhales J .....
5. Warrender J .....
6. Barracudas J .....
7. Barracudas .....
- 8.

Heat No. 2

1. Paisley .....
2. Warrender .....
3. Cumbernauld .....
4. Inverleith J .....
5. Paisley .....
6. City of Dundee .....
7. Stirling J .....
- 8.

SESSION ELEVEN - SATURDAY 14th JUNE - 1330 HOURS

EVENT 11/1 - Boys 400m Freestyle Heats

1-30

Heat No. 1

1.								
2.	Anthony Robinson	Stockton Aquatics			4.39.1	.....		
3.	Fergus Maclean	E/WB	5315	70	4.34.3	.....		
4.	Craig White	W/AR	5603	71	4.24.58	.....		
5.	Gavin Munro	N/TO	8637	70	4.30.0	.....		
6.	Iain MacIntyre	E/BS	5053	70	4.37.8	.....		
7.	Marc Mills	W/KH	7113	70	4.41.60	.....		
8.								

1-36

Heat No. 2

1.	Fraser Donaldson	E/HN	11664	71	4.48.4	.....		
2.	Mark Hunter	W/AA	11728	70	4.38.49	.....		
3.	John Lowery	Tynemouth		71	4.32.4	.....		
4.	I Stewart	York		70	4.17.8	.....		
5.	David Warren	Tynemouth		71	4.28.2	.....		
6.	Andrew May	M/CD	10210	72	4.36.31	.....		
7.	Stewart Ferguson	E/BS	8007	70	4.41.3	.....		
8.								

1-43

Heat No. 3

1.	Ross Noble	W/SG	10657	72	4.46.5	.....		
2.	Peter McArthur	W/SG	8859	71	4.38.0	.....		
3.	Calvin Hendry	Stockton Aquatics		71	4.31.4	.....		
4.	Lee Kilby	City of Leicester		70	4.16.5	.....		
5.	Gregor Forrester	N/AN	7332	70	4.27.7	.....		
6.	Ian Craighead	W/AR	12283	70	4.34.41	.....		
7.	Angus Brown	E/IH	5678	70	4.39.17	.....		
8.								

EVENT 11/2 - Girls 400m Freestyle Heats

1-51

Heat No. 1

1.	Lynn Mackenzie	E/WB	9511	73	5.09.80	.....		
2.	Eleanor Kane	W/KH	9671	72	5.04.00	.....		
3.	Kerri MacIntosh	N/TO	7816	71	4.52.0	.....		
4.	Sharon Gilfillan	M/CD	5518	70	4.41.0	.....		
5.	Ingibjoerg Arnardottir	Icelandic SA		72	4.43.4	.....		
6.	Joanne Boyden	E/WB	6215	71	5.02.0	.....		
7.	Carolyn Hawkins	E/HN	11665	73	5.07.2	.....		
8.								

**Heat No. 2**

1.	Debbie Jones	City of Chester	74	5.09.6	.....	
2.	Lisa Anne Nichols	Stockton Aquatics	72	5.02.7	.....	
3.	Stephanie Hill	Stockton Aquatics	72	4.48.2	.....	
4.	Sarah Sabin	Nova Centurion	71	4.35.9	.....	
5.	Tracy McGhee	N/PD	7912	71	4.43.0	.....
6.	Kirsty Robson	E/CE	10978	71	4.57.3	.....
7.	Gayle Pearson	E/WB	9115	72	5.04.30	.....
* 8.	Susan Brown	E/IH	6168	72	5.10.80	.....

**Heat No. 3**

1.	Pauline Higgins	Killerwhales	72	5.08.5	.....	
2.	Nicola Whitby	City of Chester	72	5.02.2	.....	
3.	Joanne Gibson	Tynemouth	71	4.45.9	.....	
4.	Ann-Marie Griffin	W/BL	10639	71	4.34.5	.....
5.	Pippa Herron	City of Newcastle	71	4.42.4	.....	
6.	Fiona Black	W/SG	9531	71	4.56.8	.....
7.	Colleen Christie	W/SG	6826	70	5.04.1	.....
8.	Julie Latimer	E/WB	12252	73	5.09.90	.....

\* Time Trial Swim

**EVENT 11/3 - Boys 100m Backstroke Heats****Heat No. 1**

1.						
2.	Stephen Cockarill	Rushmoor Royals	71	1.15.9	.....	
3.	Mark Kelly	E/HN	10356	70	1.14.6	.....
4.	Gordon Horsburgh	E/GS	8856	70	1.14.20	.....
5.	Anthony Robinson	Stockton Aquatics	72	1.14.6	.....	
6.	Fergus Maclean	E/WB	5315	70	1.15.8	.....
7.						
8.						

**Heat No. 2**

1.						
2.	Fraser Donaldson	E/HN	11664	71	1.14.1	.....
3.	Don McLean	W/LA	10103	71	1.12.83	.....
4.	Ian Craighead	W/AR	12283	70	1.12.4	.....
5.	Andrew Gould	W/FO	8442	71	1.12.60	.....
6.	Darren Adams	Stockton Aquatics	72	1.14.0	.....	
7.						
8.						



2-16

## Heat No. 3

1.	Garry Bryce	E/BS	8008	71	1.11.9	.....
2.	Colin Dupre	W/DN	8099	71	1.10.4	.....
3.	Desmond Hamill	E/BG	12264	70	1.09.2	.....
4.	Iain Lasseter	E/CE	6273	70	1.07.18	.....
5.	Andrew May	M/CD	10210	72	1.08.53	.....
6.	Iain MacIntyre	E/BS	5053	70	1.09.9	.....
7.	F Sneddon	W/FO	13097	72	1.11.10	.....
8.	Philip Hewitt	Stockton Aquatics		72	1.12.4	.....

2-18

## Heat No. 4

1.	Robert White	Rushmoor Royals		70	1.11.78	.....
2.	Christopher Milligan	Rushmoor Royals		70	1.10.10	.....
3.	James Fox	W/HB	10717	71	1.08.84	.....
4.	I Stewart	York		70	1.03.8	.....
5.	John Lowery	Tynemouth		71	1.07.9	.....
6.	Stewart Ferguson	E/BS	8007	70	1.09.7	.....
7.	Gordon McNee	E/WB	6195	70	1.10.8	.....
8.	Stuart Lochhead	W/KH	11632	70	1.12.40	.....

2-21

## Heat No. 5

1.	Andrew Grant	W/GH	10880	71	1.11.77	.....
2.	Craig White	W/AR	5603	71	1.10.1	.....
3.	Julian Slater	City of Newcastle		72	1.08.6	.....
4.	Gareth Williams	Rushmoor Royals		71	1.03.32	.....
5.	Michael Cochran	N/AN	7258	72	1.07.5	.....
6.	Ewan McGregor	M/CD	5536	70	1.09.42	.....
7.	Alan Duffield	E/CE	7459	71	1.10.73	.....
8.	Paul Williams	Stockton Aquatics		71	1.12.4	.....

EVENT 11/4 - Girls 100m Backstroke Heats

2-23

## Heat No. 1

1.	Linda Morrison	E/WB	9515	72	1.20.00	.....
2.	Debbie Jones	City of Chester		74	1.19.8	.....
3.	Susan Fawn	Rushmoor Royals		71	1.19.52	.....
4.	Helen Watson	Nova Centurion		72	1.19.1	.....
5.	Alison Conn	W/HB	8472	70	1.19.17	.....
6.	Lynne Donaldson	E/HN	10510	73	1.19.77	.....
7.	Joanne Gilfillan	Stockton Aquatics		71	1.19.8	.....
8.						

Heat No. 2

2.27

1. Caroline Lawrie	E/WB	9117	72	1.18.2	.....
2. Caroline Taylor	N/PD	8684	73	1.18.1	.....
3. Alison Dunn	W/HB	10617	73	1.17.5	.....
4. Alison Day	Modernian		71	1.16.8	.....
5. Beverley Jones	City of Chester		72	1.17.14	.....
6. Vicky Taylor	M/CD	12684	70	1.18.0	.....
7. Jane McClure	W/AR	7496	70	1.18.13	.....
8. Shirley Jackson	N/TO	8626	70	1.18.5	.....

Heat No. 3

2.30

1. Lisa Anderson	Stockton Aquatics		70	1.15.3	.....
2. Fiona Reid	E/WB	6206	70	1.14.4	.....
3. Lorna Cunningham	E/CE	13859	71	1.13.1	.....
4. Emma Firkbank	Stockton Aquatics		73	1.11.4	.....
5. Gillian Dorricott	W/HB	10622	71	1.12.05	.....
6. Gillian Higgins	W/AA	7529	70	1.13.82	.....
7. Pippa Herron	City of Newcastle		71	1.14.9	.....
8. Johan Ray	N/PD	10961	73	1.16.4	.....

Heat No. 4

2.33 ?

1. Dawn Cawley	City of Chester		70	1.15.2	.....
2. Angela Drummond	E/GS	10762	71	1.14.20	.....
3. Gillian Bone	W/CH		70	1.13.0	.....
4. Fiona Patillo	N/AN	7310	71	1.11.1	.....
5. Amanda Donald	E/CE	5138	70	1.11.67	.....
6. Donna Harding	Rushmoor Royals		72	1.13.7	.....
7. Lisa Randall	Modernian		71	1.14.8	.....
8. Briony Shimmons	W/FO	9824	72	1.16.00	.....

Heat No. 5

2.36

1. Pamela Hill	E/CE	9266	71	1.14.96	.....
2. Sandra Cameron	W/KH	6128	70	1.14.00	.....
3. Caroline Dunn	W/HB	9263	70	1.12.49	.....
4. Carol Donaldson	M/CD	5345	71	1.10.2	.....
5. Angela McLeish	W/LA	7868	71	1.11.11	.....
6. Elaine Rennie	W/BL	7421	70	1.13.2	.....
7. Hugrun Olafsdottir	Icelandic SA		71	1.14.7	.....
8. Sarah Coatsworth	Rushmoor Royals		73	1.15.91	.....

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RESULTS SHEETS

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## EVENT 11/5 - Boys 200m Butterfly Heats

### Heat No. 1

1.						
2.	Andrew Buchanan	W/SG	8860	71	2.34.4	.....
3.	Paul Williams	Stockton Aquatics		71	2.32.6	.....
4.	David Warren	Tynemouth		71	2.23.0	.....
5.	A Murdock	Nova Centurion		71	2.25.4	.....
6.	Ross Noble	W/SG	10657	72	2.32.9	.....
7.						
8.						

### Heat No. 2

1.						
2.	Ian Holland	Killerwhales	11569	71	2.33.0	.....
3.	Craig White	W/AR	5603	71	2.28.54	.....
4.	Scott Milne	N/PD	9784	71	2.21.8	.....
5.	Shaun Fleming	E/GS	6663	70	2.23.60	.....
6.	Robert Hammond	Killerwhales		72	2.32.80	.....
7.						
8.						

## EVENT 11/6 - Girls 200m Butterfly Heats

### Heat No. 1

1.	Lynn MacKenzie	E/WB	9511	73	2.55.00	.....
2.	Lesley Kirk	W/CD	12321	73	2.43.4	.....
3.	Donna Harding	Rushmoor Royals		72	2.36.2	.....
4.	Lynne Dalgleish	Stockport Metro	12481	71	2.31.5	.....
5.	Sarah Sabin	Nova Centurion		71	2.34.5	.....
6.	Sharon Mawhinney	M/CD	10053	70	2.39.8	.....
7.	Julie Bryce	E/WB	13941	72	2.54.00	.....
8.						

### Heat No. 2

1.	Katy Lamb	E/WB	9525	73	2.55.00	.....
2.	Elaine Rennie	W/BL	7421	70	2.40.20	.....
3.	Shona Forrest	W/HB	6396	70	2.35.9	.....
4.	Ingibjoerg Arnardottir	Icelandic SA		72	2.30.7	.....
5.	Janice Russell	W/SG	6819	70	2.34.2	.....
6.	Susan Law	E/WB	9518	71	2.37.5	.....
7.	Lisa Anne Nicholas	Stockton Aquatics		72	2.52.2	.....
8.						

### Heat No 3

1.	Julie Hughes	E/WB	12250	72	2.54.90	.....
2.	Susan Wallace	M/CD	10153	71	2.39.93	.....
3.	Gillian Higgins	W/AA	7529	70	2.34.50	.....
4.	Shona Smart	City of Chester		71	2.23.8	.....
5.	Stephanie Hill	Stockton Aquatics		72	2.33.1	.....
6.	Jane McClure	W/AR	7496	70	2.36.97	.....
7.	Helen McDowell	E/WN	10439	72	2.50.40	.....
8.						



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