

## Swim West Lothian Long Course Records

**Female**

11 - 12 Years				13 - 14 Years			15 Years and Over			
Distance	Name	Time	Date	Name	Time	Date	Name	Time	Date	Distance
<b>F/S 50</b>	Emma Parker	00:29.69	05-Feb-17	Emma Govan	00:27.48	03-Apr-16	Gülsüm Önal	00:25.89	23-Apr-17	<b>F/S 50</b>
<b>100</b>	Alex Bryce	01:03.59	08-Apr-10	Emma Govan	00:59.83	24-Jan-16	Gülsüm Önal	00:55.82	23-Apr-17	<b>100</b>
<b>200</b>	Alex Bryce	02:18.63	08-Apr-10	Emma Govan	02:11.45	03-Apr-16	Gülsüm Önal	02:04.49	17-Jul-16	<b>200</b>
<b>400</b>	Erin Rafferty	04:49.19	10-Apr-11	Gülsüm Önal	04:42.28	02-Jun-13	Megan Gilchrist	04:31.25	06-Jun-09	<b>400</b>
<b>800</b>	Erin Rafferty	09:52.82	10-Apr-11	Alex Bryce	09:41.56	04-Apr-12	Megan Gilchrist	09:01.01	06-Jun-09	<b>800</b>
<b>1500</b>	Erin Rafferty	18:49.60	10-Apr-11	Alex Bryce	18:43.48	10-Apr-11	Holly Ross	17:34.75	26-Jun-08	<b>1,500</b>
<b>B/C 50</b>	Emma De Wet	00:34.70	02-Apr-17	Shona Mackie	00:33.36	01-Jul-12	Gülsüm Önal	00:29.98	01-May-16	<b>B/C 50</b>
<b>100</b>	Erin Cruikshank	01:14.27	02-Apr-17	Shona Mackie	01:07.07	04-Apr-12	Gülsüm Önal	01:04.60	13-Mar-16	<b>100</b>
<b>200</b>	Erin Cruikshank	02:40.21	02-Apr-17	Shona Mackie	02:25.43	04-Apr-12	Shona Mackie	02:20.19	04-Aug-13	<b>200</b>
<b>B/S 50</b>	Emma Parker	00:37.55	05-Feb-17	Emma Parker	00:37.43	02-Apr-17	Shannon Paterson	00:35.58	24-Jan-16	<b>B/S 50</b>
<b>100</b>	Emma Parker	01:22.10	07-Aug-16	Gülsüm Önal	01:19.45	10-Apr-13	Shona Mackie	01:16.62	31-Jan-14	<b>100</b>
<b>200</b>	Emma Parker	02:55.27	07-Aug-16	Shona Mackie	02:47.66	03-Jun-12	Shona Mackie	02:44.90	22-Dec-13	<b>200</b>
<b>B/F 50</b>	Emma De Wet	00:31.44	02-Apr-17	Emma Govan	00:29.78	03-Apr-16	Gülsüm Önal	00:28.16	31-Jul-16	<b>B/F 50</b>
<b>100</b>	Chanel Sneddon	01:09.18	03-Jun-12	Emma Govan	01:06.70	03-Apr-16	Gülsüm Önal	01:03.30	17-Jul-16	<b>100</b>
<b>200</b>	Chanel Sneddon	02:37.53	04-Apr-12	Nicola Lees	02:28.04	03-Apr-16	Ashley McAdam	02:22.80	29-Jun-14	<b>200</b>
<b>IM 200</b>	Chanel Sneddon	02:33.76	03-Jun-12	Chanel Sneddon	02:28.53	10-Apr-13	Gülsüm Önal	02:24.77	24-Jan-16	<b>IM 200</b>
<b>400</b>	Chanel Sneddon	05:25.46	04-Apr-12	Chanel Sneddon	05:11.61	10-Apr-13	Ishbel Rodger	05:12.46	03-Jul-11	<b>400</b>

**Male**

11 - 12 Years				13 - 14 Years			15 Years and Over			
Distance	Name	Time	Date	Name	Time	Date	Name	Time	Date	Distance
<b>F/S 50</b>	Myles Lapsley	00:26.73	17-Jul-16	John Kean	00:26.03	02-Apr-17	Jamie Coulter	00:24.08	28-May-17	<b>F/S 50</b>
<b>100</b>	Myles Lapsley	01:00.64	17-Jul-16	Jamie Coulter	00:55.43	10-Apr-08	Jamie Coulter	00:52.02	26-Mar-17	<b>100</b>
<b>200</b>	Myles Lapsley	02:12.40	03-Jul-16	Jamie Coulter	02:01.52	10-Apr-08	Jamie Coulter	01:57.15	02-Apr-17	<b>200</b>
<b>400</b>	Daniel Ferguson	04:35.31	22-Dec-13	Jamie Coulter	04:13.26	10-Apr-08	Daniel Ferguson	04:11.60	02-Jul-17	<b>400</b>
<b>800</b>	Fraser Gill	10:00.01	10-Apr-11	Jamie Coulter	09:02.02	10-Apr-08	Daniel Ferguson	08:46.37	02-Jul-17	<b>800</b>
<b>1,500</b>	Myles Lapsley	18:25.46	17-Jul-16	Jamie Coulter	16:55.16	10-Apr-08	Sean Campsie	16:40.36	31-Jul-11	<b>1,500</b>
<b>B/C 50</b>	Euan Dunse	00:33.58	02-Apr-17	Daniel Ferguson	00:30.41	24-Jan-16	Fraser Spooner	00:28.07	10-Aug-14	<b>B/C 50</b>
<b>100</b>	Euan Dunse	01:10.86	14-May-17	Jamie Coulter	01:05.92	10-Apr-08	Fraser Spooner	00:58.35	10-Aug-14	<b>100</b>
<b>200</b>	Fraser Gill	02:28.67	10-Apr-11	Jamie Coulter	02:20.13	10-Apr-08	Fraser Spooner	02:04.98	10-Aug-14	<b>200</b>
<b>B/S 50</b>	Myles Lapsley	00:35.60	17-Jul-16	John Kean	00:30.77	02-Apr-17	Andrew Hosie	00:30.00	28-May-17	<b>B/S 50</b>
<b>100</b>	Myles Lapsley	01:18.32	17-Jul-16	John Kean	01:08.12	02-Apr-17	Andrew Hosie	01:06.52	28-May-17	<b>100</b>
<b>200</b>	Daniel Ferguson	02:47.04	31-Jan-14	John Kean	02:29.20	14-May-17	Daniel Ferguson	02:27.59	02-Apr-17	<b>200</b>
<b>B/F 50</b>	Myles Lapsley	00:29.23	17-Jul-16	Daniel Ferguson	00:27.46	13-Mar-16	Jamie Coulter	00:26.11	12-Mar-17	<b>B/F 50</b>
<b>100</b>	Daniel Ferguson	01:06.60	12-Jan-14	Daniel Ferguson	01:01.00	13-Mar-16	James Black	00:57.49	26-Mar-17	<b>100</b>
<b>200</b>	Daniel Ferguson	02:27.82	03-Apr-14	Samuel Jones	02:13.46	28-Jul-13	Andrew Hosie	02:08.36	01-Jul-12	<b>200</b>
<b>IM 200</b>	Daniel Ferguson	02:30.50	12-Jan-14	Daniel Ferguson	02:18.69	24-Jul-15	Andrew Hosie	02:12.11	01-Jul-12	<b>IM 200</b>
<b>400</b>	Daniel Ferguson	05:18.51	22-Dec-13	Daniel Ferguson	04:49.12	03-Apr-16	Andrew Hosie	04:40.10	01-Jul-12	<b>400</b>