



*Records As At  
6 December 2009*

In order to show the progression of record breaking swims, records broken during 2009 will be included in the attached tables - **short course in red**, **long course in blue** - with the record as at 31 December 2008 scored through.

If you find any details that are incorrect, please notify David Hughes at [dav1dandalison@hotmail.com](mailto:dav1dandalison@hotmail.com).

Any claims for records must state the time swum, date, venue and meet.

Basis : Age as at 31 December / only accredited competitions / times in heats count / no splits.

COAST Records have been updated from the following meets in 2009:

<u>Month</u>	<u>Meet</u>	<u>Venue</u>	<u>Long / Short</u>	<u>Age Group</u>	<u>Junior</u>	<u>Open</u>	<u>Relay</u>	<u>Total</u>
January 2009	Scottish Short Course Championships	Tollcross	Short Course	7	0	0	2	9
January 2009	Scottish Schools Swimming Championships	Tollcross	Long Course	7	1	1	0	9
February 2009	Edinburgh International Age Group Champs	Commonwealth Pool	Long Course	5	4	3	0	12
February 2009	Elgin Meet	Buckie	Short Course	1	0	0	0	1
March 2009	North District Age Group Championships	Inverness	Short Course	10	3	3	3	19
April 2009	Scottish National AG Championships	Commonwealth Pool	Long Course	8	2	0	0	10
May 2009	Westhill Invitational	Westhill	Short Course	1	0	0	0	1
May 2009	North District Open Championships	Inverness	Short Course	3	3	2	0	8
May 2009	CO Sunderland 1st Long Course Open Meet	Sunderland	Long Course	10	0	0	0	10
June 2009	Scottish National Championships	Tollcross	Long Course	3	2	0	0	5
July 2009	ASA Age Group Championships	Sheffield	Long Course	2	0	0	0	2
Jul/Aug 2009	ASA National Youth Championships	Sheffield	Long Course	6	6	3	0	15
Sept 2009	UK School Games	Swansea	Long Course	2	2	1	0	5
October 2009	North District Sprints	Inverness	Short Course	14	3	2	1	20
October 2009	ASA National County Team Championships	Sheffield	Short Course	2	1	1	0	4
Oct/Nov 2009	Dundee City Aquatics 100/200 Meet	Dundee	Short Course	12	7	2	0	21
Nov 2009	Mitchell Trophy	Inverness	Short Course	9	3	0	0	12
Nov 2009	Scottish Schools Time Trials	Westhill	Short Course	1	0	0	0	4
Dec 2009	Snow Frills Winter Meet	Sheffield	Long Course	5	4	2	0	11
Dec 2009	North District Age Group Meet	Inverness	Short Course	5	0	0	0	5
<b>TOTALS</b>				<b>113</b>	<b>41</b>	<b>20</b>	<b>6</b>	<b>180</b>

## COAST Records 10 YEARS & Younger

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Tom Lindsay	32.22	Northfield December 1998	50 Free	Abigail Proctor	33.01	Northfield November 2007
Tom Primavesi	33.89	Scottish Schools Jan 2004		Rachel Wood	37.32	Tollcross January 2003
Tom Primavesi	1:09.57	Grangemouth Sept 2004	100 Free	Abigail Proctor	1:13.73	Inverness December 2008
				Abigail Proctor	1:12.71	Tollcross May 2008
Tom Primavesi	2:33.53	Bon Accord November 2004	200 Free	Abigail Proctor	2:30.50	Glenrothes June 2008
Kieran Smith	5:32.40	Inverness December 2006	400 Free	Abigail Proctor	5:20.88	Inverness December 2008
			800 Free	Abigail Proctor	11:16.20	Glenrothes June 2008
			1500 Free			
Tom Lindsay	35.46	Northfield December 1998	50 Fly	Abigail Proctor	34.22	Westhill November 2008
Stuart Murray	42.17	Tollcross January 2002		Abigail Proctor	35.74	Tollcross January 2008
Tom Primavesi	1:21.71	Grangemouth Sept 2004	100 Fly	Abigail Proctor	1:17.62	Inverness December 2008
				Abigail Proctor	1:20.97	Tollcross May 2008
Tom Primavesi	3:04.45	Bon Accord Nov 2004	200 Fly	Abigail Proctor	2:57.12	Inverness December 2008
Tom Primavesi	37.63	Dundee June 2004	50 Back	Joanna Anderson	36.64	Westhill November 2008
Ward Van Rijssen	44.84	Tollcross January 2002		Rachel Wood	47.10	Tollcross January 2003
Ranald Falconer	1:21.82	Bon Accord October 1997	100 Back	Abigail Proctor	1:16.77	Inverness December 2008
Paul Boef	2:54.76	Northfield November 2000	200 Back	Abigail Proctor	2:45.10	Glenrothes June 2008
Rolf Boef	41.26	Bon Accord November 2002	50 Brs	Kerry Harris	42.81	Northfield November 2001
Ward Van Rijssen	50.11	Tollcross January 2002				
Tom Primavesi	1:34.19	Grangemouth Sept 2004	100 Brs	Kerry Harris	1:33.68	Grangemouth September 2001
Tom Primavesi	3:18.01	Bon Accord November 2004	200 Brs	Kerry Harris	3:23.24	Bon Accord November 2001
Tom Lindsay	1:21.29	Northfield December 1998	100 IM	Abigail Proctor	1:24.64	Forres March 2008
No event				No event		
Tom Primavesi	2:53.28	Bon Accord Nov 2004	200 IM	Abigail Proctor	2:53.07	Inverness December 2008
Tom Primavesi	6:07.43	Northfield March 2004	400 IM	Joanna Anderson	6:43.55	Inverness December 2008

## COAST Records 11 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Tom Primavesi James MacFarlane	29.93 31.73	Inverness September 2005 Crystal Palace April 2002	50 Free	Gemma Sutherland Abigail Proctor Gemma Sutherland	31.13 30.71 31.90	Bon Accord October 1998 Inverness October 2009 Edinburgh January 1998
Tom Primavesi Tom Primavesi	1:05.15 1:10.03	Inverness December 2005 Tollcross May 2005	100 Free	Elizabeth Hughes Abigail Proctor Abigail Proctor Joanna Anderson Elizabeth Hughes Abigail Proctor	1:07.55 1:07.21 1:06.94 1:06.06 1:13.60 1:11.89	Inverness December 2005 Dundee Oct/Nov 2009 Dundee Oct/Nov 2009 Inverness December 2009 Commonwealth Pool April 2005 Sunderland May 2009
Tom Primavesi Ranald Falconer	2:17.15 2.26.78	Bon Accord November 2005 Tollcross June 1998	200 Free	Elizabeth Hughes Abigail Proctor Gemma Sutherland Abigail Proctor	2:24.15 2:22.22 2:37.80 2:33.84	Inverness December 2005 Inverness November 2009 Tollcross June 1998 Sunderland May 2009
Tom Primavesi	5:00.07	Inverness December 2005	400 Free	Elizabeth Hughes Kerry Harris	5:00.16 5.47.31	Inverness December 2005 Tollcross March 2002
Elliot Martin	10:40.84	Inverness December 2005	800 Free	Elizabeth Hughes	10:06.74	Inverness December 2005
Tom Primavesi	18:40.39	Inverness December 2005	1500 Free	Elizabeth Hughes	18:49.18	Inverness December 2005
Tom Primavesi Tom Primavesi	33.24 34.65	Inverness September 2005 Tollcross January 2005	50 Fly	Nicola Shand Abigail Proctor Abigail Proctor Abigail Proctor Elizabeth Hughes Abigail Proctor Abigail Proctor	34.75 32.38 32.35 32.27 37.54 34.07 33.51	Hazlehead November 2001 Inverness October 2009 Inverness October 2009 Westhill November 2009 Tollcross January 2005 Tollcross January 2009 Tollcross January 2009
Tom Primavesi Tom Primavesi	1:14.58 1:17.10	Grangemouth September 2005 Tollcross May 2005	100 Fly	Elizabeth Hughes Abigail Proctor Abigail Proctor Abigail Proctor Abigail Proctor Elizabeth Hughes Abigail Proctor	1:15.25 1:15.19 1:13.69 1:13.21 1:12.48 1:23.43 1:14.63	Inverness December 2005 Inverness March 2009 Inverness March 2009 Dundee Oct/Nov 2009 Inverness December 2009 Commonwealth Pool April 2005 Sunderland May 2009
Tom Primavesi Tom Primavesi	2:37.85 2:50.94	Bon Accord November 2005 Tollcross May 2005	200 Fly	Elizabeth Hughes Abigail Proctor Abigail Proctor	2:43.35 2:42.80 2:57.31	Inverness December 2005 Inverness December 2009 Sunderland May 2009
Ranald Falconer Jamie Burr Andrew Webb	34.74 40.55 38.25	Arbroath September 1998 Rotherham April 2004 Tollcross January 2009	50 Back	Gatherine Cameron Joanna Anderson Abigail Proctor	36.92 36.46 35.11	Bon Accord November 2005 Buckie February 2009 Inverness October 2009

				Abigail Proctor Rachel Milne Joanna Anderson	34.11 40.60 37.80	Inverness October 2009 Crystal Palace April 2002 Tollcross January 2009
Ranald Falconer Greg Morrison Andrew Webb	1:14.26 1:27.46 1:20.26	Inverness May 1998 <del>Tollcross March 2003</del> Sunderland May 2009	100 Back	Gatherine Cameron Abigail Proctor Abigail Proctor Joanna Anderson Nicola Shand Abigail Proctor	1:17.55 1:15.29 1:14.91 1:14.52 1:22.92 1:19.54	Inverness December 2005 Dundee Oct/Nov 2009 Dundee Oct/Nov 2009 Inverness December 2009 Edinburgh April 2001 Sunderland May 2009
Tom Primavesi Ranald Falconer	2:38.23 2:44.33	Bon Accord November 2005 Tollcross June 1998	200 Back	Elizabeth Hughes Gemma Sutherland Joanna Anderson Abigail Proctor	2:38.05 2:57.92 2:51.76 2:49.27	Inverness December 2005 Tollcross June 1998 Commonwealth Pool April 2009 Sunderland May 2009
Daniel Tiffen Russell Thom	39.79 44.67	Westhill November 2008 Tollcross January 2002	50 Brs	Kerry Harris Kerry Harris	40.85 42.82	Westhill September 2002 Tollcross May 2002
Daniel Tiffen Daniel Tiffen	1:25.63 1:35.38	Inverness December 2008 Tollcross May 2008	100 Brs	Kerry Harris Kerry Harris	1:28.04 1:35.49	Northfield December 2002 Edinburgh April 2002
Daniel Tiffin Daniel Tiffin	3:03.31 3:21.16	Inverness December 2008 Tollcross May 2008	200 Brs	Natalie Fyvie Kerry Harris	3:03.08 3:21.00	Inverness December 2000 Tollcross March 2002
Tom Primavesi No event	1:14.79	Bon Accord November 2005	100 IM	Kerry Harris Abigail Proctor No event	1:18.60 1:18.27	Northfield December 2002 Inverness November 2009
Tom Primavesi Tom Primavesi	2:37.32 2:46.33	Bon Accord November 2005 Tollcross June 2005	200 IM	Elizabeth Hughes Anna Harrington Abigail Proctor	2:42.82 3:10.55 2:50.82	Inverness December 2005 Tollcross June 1998 Sunderland May 2009
Tom Primavesi Andrew Webb	5:25.69 6:35.35	Inverness December 2005 Sunderland May 2009	400 IM	Elizabeth Hughes Joanna Anderson	5:39.42 6:07.29	Inverness December 2005 Sunderland May 2009

## COAST Records 12 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Adrian O'Neill Ranald Falconer	28.38 29.20	Bon Accord November 2001 Tollcross June 1999	50 Free	Gemma Sutherland Zoe Grant Zoe Grant Gemma Sutherland	29.54 29.26 29.18 30.55	Bon Accord October 1999 Inverness October 2009 Inverness October 2009 Tollcross June 1999
Iain Tough Iain Tough	59.44 1.02.61	Bridge of Don December 1999 Coventry August 1999	100 Free	Gemma Sutherland Gemma Sutherland	1.03.74 1.05.90	Inverness December 1999 Tollcross June 1999
Iain Tough Iain Tough	2.07.81 2.17.99	Bridge of Don December 1999 Edinburgh June 1999	200 Free	Elizabeth Hughes Gemma Sutherland	2:17.04 2.24.57	Inverness December 2006 Edinburgh June 1999
Iain Tough Iain Tough	4.35.74 4.43.12	Stockport November 1999 Coventry August 1999	400 Free	Elizabeth Hughes Elizabeth Hughes	4:42.72 5:01.38	Inverness December 2006 Tollcross Mar/Apr 2006
Tom Primavesi Tom Primavesi	9:46.82 9:53.99	Westhill June 2006 Tollcross Mar/Apr 2006	800 Free	Elizabeth Hughes Elizabeth Hughes	9:35.19 10:08.14	Inverness December 2006 Tollcross Mar/Apr 2006
Tom Primavesi Tom Primavesi	18:23.91 18:46.44	Inverness December 2006 Tollcross May 2006	1500 Free	Elizabeth Hughes Elizabeth Hughes	18:38.60 19:20.26	Westhill June 2006 Tollcross Mar/Apr 2006
Adrian O'Neill Tom Lindsay	30.88 32.20	Bon Accord November 2001 Edinburgh January 2000	50 Fly	Nicola Shand Zoe Grant Natalie Fyvie	32.50 32.49 33.43	Bon Accord November 2002 Inverness November 2009 Sheffield August 2001
Adrian O'Neill Tom Lindsay	1.09.20 1.12.10	Inverness December 2001 Edinburgh June 2000	100 Fly	Rachel Wood Elizabeth Hughes	1:12.21 1:14.23	Inverness December 2005 Tollcross Mar/Apr 2006
Adrian O'Neill Tom Primavesi	2.36.01 2:39.90	Bon Accord November 2001 Tollcross Mar/Apr 2006	200 Fly	Elizabeth Hughes Elizabeth Hughes	2:36.35 2:39.65	Inverness December 2006 Tollcross Jun/Jul 2006
Iain Tough Ranald Falconer	33.50 34.15	Peterhead September 1999 Tollcross June 1999	50 Back	Gillian Robb Zoe Grant Zoe Grant Rebecca Will	34.14 33.70 33.28 34.83	Peterhead October 1998 Inverness October 2009 Inverness November 2009 Tollcross June 1999
Ranald Falconer Ranald Falconer	1.07.31 1.10.21	Inverness December 1999 Coventry August 1999	100 Back	Gemma Sutherland Gemma Sutherland	1.09.90 1.14.79	Inverness December 1999 Coventry August 1999
Iain Tough Ranald Falconer	2.24.21 2.31.15	Stockport November 1999 Edinburgh June 1999	200 Back	Elizabeth Hughes Gemma Sutherland	2:28.58 2.40.80	Inverness December 2006 Edinburgh June 1999
Adrian O'Neill Sebastian Troell-Smith	36.22 39.29	Bon Accord November 2001 Scottish Schools Jan 2004	50 Brs	Nikki Grant Nikki Grant	38.86 39.33	Northfield 1998 Edinburgh January 1998
Adrian O'Neill Sebastian Troell-Smith Daniel Tiffen Daniel Tiffen	1.19.47 1:28.07 1:27.42 1:27.11	Inverness December 2001 SNAG Tollcross June 2004 Commonwealth Pool April 2009 Commonwealth Pool April 2009	100 Brs	Nikki Grant Natalie Fyvie	1.20.61 1.25.18	Bon Accord October 1998 Tollcross July 2001
Adrian O'Neill Euan Inglis	2.49.81 3:06.56	Inverness December 2001 Tollcross June 2005	200 Brs	Natalie Fyvie Nikki Grant	2.51.57 3.02.21	Inverness December 2001 Tollcross June 1998

Adrian O'Neill No event	1.10.44	Bucksburn December 2001	100 IM	Gemma Sutherland No event	1.13.59	Northfield December 1999
Adrian O'Neill Ranald Falconer	2.31.30 2.37.57	Inverness December 2001 Coventry August 1999	200 IM	Elizabeth Hughes Elizabeth Hughes	2:33.38 2:41.33	Inverness December 2006 Tollcross May 2006
Adrian O'Neill Tom Primavesi	5.17.73 5:24.60	Inverness December 2001 Sheffield July 2006	400 IM	Elizabeth Hughes Elizabeth Hughes	5:25.19 5:47.07	Inverness December 2006 Tollcross Mar/Apr 2006

## COAST Records 13 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Iain Tough	26.76	Inverness December 2000	50 Free	Gemma Sutherland	28.78	Westhill May 2000
Adrian O'Neill	28.08	Tollcross June 2002		Gemma Sutherland	30.01	Geneva January 2000
Iain Tough	58.30	Inverness December 2000	100 Free	Gemma Sutherland	1.01.91	Westhill May 2000
Adrian O'Neill	59.79	Sheffield August 2002		Gemma Sutherland	1.03.29	Edinburgh June 2000
Adrian O'Neill	2.01.24	Inverness December 2000	200 Free	Rachel Milne	2.13.60	Westhill May 2004
Iain Tough	2.08.45	Coventry August 2000		Gemma Sutherland	2.16.51	Tollcross July 2000
Iain Tough	4.21.31	Inverness December 2000	400 Free	Rachel Milne	4:36.68	Westhill October 2004
Iain Tough	4.29.38	Coventry August 2000		Elizabeth Hughes	4:46.74	Sheffield Nov/Dec 2007
Adrian O'Neill	9.11.25	Westhill October 2002	800 Free	Elizabeth Hughes	9:27.51	Inverness March 2007
Tom Primavesi	9:46.83	Tollcross April 2007		Elizabeth Hughes	9:40.77	Tollcross May 2007
Nathan Whitcombe	17.42.21	Dunfermline December 1998	1500 Free	Elizabeth Hughes	17:59.45	Inverness March 2007
Nathan Whitcombe	18.27.67	Edinburgh June 1998		Elizabeth Hughes	18:19.73	Sheffield Nov/Dec 2007
Tom Lindsay	28.66	Inverness December 2001	50 Fly	Rachel Wood	31.51	Inverness October 2006
Tom Lindsay	29.93	Sheffield August 2001		Nicola Shand	33.49	Tollcross January 2003
Adrian O'Neill	1.04.33	Hazlehead November 2002	100 Fly	Nicola Shand	1.08.62	Inverness December 2003
Adrian O'Neill	1.06.54	Tollcross June 2002		Nicola Shand	1.09.24	Sheffield July 2003
Michael Adams	2.19.92	Inverness December 2002	200 Fly	Rachel Wood	2:29.05	Dundee October 2006
Adrian O'Neill	2.26.77	Tollcross June 2002		Nicola Shand	2.32.82	Sheffield July 2003
Tom Lindsay	30.75	Inverness December 2001	50 Back	Gemma Sutherland	31.82	Inverness December 2000
Jack Ness	29.87	Inverness October 2009		Gemma Sutherland	33.34	Tollcross July 2000
Tom Lindsay	33.37	Sheffield August 2001				
Iain Tough	1.05.11	Bon Accord November 2000	100 Back	Gemma Sutherland	1.07.62	Inverness December 2000
Jack Ness	1:03.99	Sheffield October 2009		Gemma Sutherland	1.10.64	Edinburgh June 2000
Iain Tough	1.08.52	Edinburgh April 2000				
Jack Ness	1:07.39	Sheffield July 2009				
Jack Ness	1:06.90	Sheffield July 2009				
Iain Tough	2.17.36	Inverness December 2000	200 Back	Elizabeth Hughes	2:23.35	Westhill November 2007
Iain Tough	2.24.66	Edinburgh June 2000		Gemma Sutherland	2.29.12	Edinburgh June 2000
Adrian O'Neill	33.93	Bon Accord November 2002	50 Brs	Lucy Low	36.31	Inverness December 1999
Adrian O'Neill	32.73	Tollcross June 2002		Charlotte Rigden	37.74	Tollcross June 2001
Philip Lloyd	1.12.98	Inverness December 1999	100 Brs	Nikki Grant	1.18.05	Bon Accord October 1999
Philip Lloyd	1.18.28	Coventry August 1999		Nikki Grant	1.22.22	Edinburgh June 1999
Philip Lloyd	2.35.87	Inverness December 1999	200 Brs	Nikki Grant	2.45.42	Bon Accord October 1999
Philip Lloyd	2.44.59	Coventry August 1999		Laura Robertson	2.52.97	Tollcross July 2001
Adrian O'Neill	1.06.98	Northfield December 2002	100 IM	Elizabeth Hughes	1:11.76	Westhill October 2007
No event				No event		
Adrian O'Neill	2.18.36	Inverness December 2002	200 IM	Gemma Sutherland	2.27.85	Inverness December 2000
Adrian O'Neill	2.26.30	Sheffield August 2002		Elizabeth Hughes	2:33.34	Sheffield Nov/Dec 2007

Adrian O'Neill	4.54.32	Inverness December 2002	400 IM	Gillian Robb	5.10.66	Inverness December 1999
Adrian O'Neill	5.09.44	Tollcross June 2002		Elizabeth Hughes	5:13.40	Sheffield Nov/Dec 2007

## COAST Records 14 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Rory Dewar	25.54	Inverness December 2000	50 Free	Gemma Sutherland	27.75	Inverness December 2001
Iain Tough	26.87	Sheffield August 2001		Gemma Sutherland	28.42	Sheffield April 2001
Adrian O'Neill	54.75	Inverness December 2003	100 Free	Gemma Sutherland	58.91	Inverness December 2001
Adrian O'Neill	56.06	Sheffield July 2003		Gemma Sutherland	1.00.78	Sheffield August 2001
Martyn Taylor	1.59.17	Inverness December 2000	200 Free	Gemma Sutherland	2.09.67	Tollcross March 2001
Martyn Taylor	2.03.65	Edinburgh June 2000		Carrie Simpson	2.11.60	Rotherham April 2004
Martyn Taylor	4.08.68	Inverness December 2000	400 Free	Gillian Robb	4.32.38	Inverness December 2000
Martyn Taylor	4.21.31	Tollcross July 2000		Elizabeth Hughes	4:36.66	Tollcross May 2008
Iain Tough	8.50.94	Inverness December 2001	800 Free	Gillian Robb	9.13.79	Inverness December 2000
Iain Tough	9.09.73	Tollcross June 2001		Elizabeth Hughes	9:31.35	Tollcross April 2008
Iain Tough	16.39.76	Inverness December 2001	1500 Free	Elizabeth Hughes	17:37.67	Inverness March 2008
Chris Whitcombe	17.21.90	Tollcross December 1997		Elizabeth Hughes	17:54.69	Sheffield December 2008
Adrian O'Neill	27.53	Stockport August 2003	50 Fly	Rachel Wood	30.96	Westhill October 2007
Tom Lindsay	28.61	Tollcross June 2002		Nicola Shand	31.59	Rotherham April 2004
Adrian O'Neill	1.00.33	Stockport August 2003	100 Fly	Elizabeth Hughes	1:06.93	Inverness March 2008
Adrian O'Neill	1.00.59	Sheffield July 2003		Elizabeth Hughes	1:08.00	Sheffield Jul/Aug 2008
Adrian O'Neill	2.14.50	Inverness April 2003	200 Fly	Elizabeth Hughes	2:23.49	Inverness March 2008
Keith Beveridge	2:18.81	Tollcross June 2005		Elizabeth Hughes	2:25.44	Tollcross May 2008
Rory Dewar	29.72	Inverness December 2000	50 Back	Gemma Sutherland	30.06	Inverness December 2001
Ranald Falconer	30.22	Sheffield August 2001		Gemma Sutherland	31.50	Sheffield August 2001
Tom Lindsay	1.02.02	Inverness December 2002	100 Back	Gemma Sutherland	1.04.51	Bon Accord November 2001
Ranald Falconer	1.04.70	Sheffield August 2001		Gemma Sutherland	1.06.85	Sheffield August 2001
Iain Tough	2.16.00	Westhill May 2001	200 Back	Elizabeth Hughes	2:19.57	Dundee October 2008
Iain Tough	2.18.83	Sheffield August 2001		Elizabeth Hughes	2:26.17	Tollcross January 2008
Philip Lloyd	31.89	Inverness December 2000	50 Brs	Siobhan McMahon	35.70	Inverness December 2001
Philip Lloyd	33.26	Edinburgh June 2000		Charlotte Rigden	36.77	Tollcross June 2002
Philip Lloyd	1.09.84	Inverness December 2000	100 Brs	<del>Nikki Grant</del>	<del>1:17.67</del>	<del>Glenrothes February 2000</del>
Philip Lloyd	1.11.74	Edinburgh June 2000		Morven Sneddon	1:17.53	Inverness November 2009
				Morven Sneddon	1:16.15	Inverness December 2009
				<del>Charlotte Rigden</del>	<del>1:20.69</del>	<del>Tollcross June 2002</del>
				Morven Sneddon	1:19.71	Tollcross January 2009
Philip Lloyd	2.30.82	Inverness December 2000	200 Brs	Siobhan McMahon	2.43.91	Inverness December 2001
Philip Lloyd	2.34.42	Coventry August 2000		Nikki Grant	2.50.90	Tollcross July 2000
Adrian O'Neill	1.04.11	Westhill June 2003	100 IM	Elizabeth Hughes	1:11.44	Tollcross January 2008
No event				No event		
Adrian O'Neill	2.14.50	Stockport August 2003	200 IM	Elizabeth Hughes	2:24.34	Westhill May/Jun 2008
Adrian O'Neill	2.17.85	Sheffield July 2003		Elizabeth Hughes	2:28.40	Tollcross April 2008
Philip Lloyd	4.57.46	Inverness December 2000	400 IM	Elizabeth Hughes	4:58.43	Westhill May/Jun 2008

Adrian O'Neill	4:55.91	Sheffield July 2003		Elizabeth Hughes	5:06.56	Tollcross May 2008
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## COAST Records 15 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Ranald Falconer	24.76	Bon Accord November 2002	50 Free	Gemma Sutherland	27.70	Newcastle February 2002
Ranald Falconer	25.41	Tollcross June 2002		Gemma Sutherland	28.75	Tollcross March 2002
Robbie Renwick	54.12	Inverness April 2003	100 Free	Gemma Sutherland	59.37	Westhill May 2002
Ranald Falconer	54.56	Tollcross June 2002		Gemma Sutherland	59.82	Tollcross June 2002
Robbie Renwick	1:54.17	Inverness December 2003	200 Free	Rachel Milne	2:08.11	Westhill June 2006
Martyn Taylor	1:58.49	Sheffield August 2001		Gillian Robb	2:10.52	Sheffield August 2001
Robbie Renwick	4:03.39	Inverness December 2003	400 Free	Rachel Milne	4:27.97	Westhill June 2006
Martyn Taylor	4:09.73	Tollcross July 2001		Gillian Robb	4:36.37	Tollcross July 2001
				Elizabeth Hughes	4:33.69	Commonwealth Pool February 2009
Robbie Renwick	8:28.66	Inverness December 2003	800 Free	Gillian Robb	9:11.81	Tollcross March 2001
Martyn Taylor	8:52.83	Tollcross July 2001		Elizabeth Hughes	9:03.84	Tollcross January 2009
				Hayley Monteith	9:03.15	Inverness November 2009
				Gillian Robb	9:27.29	Sheffield August 2001
				Elizabeth Hughes	9:24.73	Commonwealth Pool February 2009
				Hayley Monteith	9:19.68	Sheffield December 2009
Michael Adams	16:01.98	Tollcross March 2004	1500 Free	Lauren Kane	17:31.83	Westhill May 2008
Michael Adams	16:41.47	Tollcross July 2004		Elizabeth Hughes	17:11.91	Inverness March 2009
				Lauren Kane	18:12.36	Sheffield Jul/Aug 2008
				Elizabeth Hughes	18:00.66	Tollcross June 2009
				Elizabeth Hughes	17:33.14	Sheffield Jul/Aug 2009
Tom Lindsay	27.07	Westhill June 2003	50 Fly	Nicola Shand	31.58	Inverness September 2005
Tom Lindsay	27.64	Sheffield March 2001		Elizabeth Hughes	31.42	Inverness October 2009
				Elizabeth Hughes	29.77	Inverness October 2009
				Nicola Shand	30.90	Tollcross July 2005
Adrian O'Neill	59.36	Tollcross March 2004	100 Fly	Rachel Wood	1:07.42	Tollcross January 2008
Adrian O'Neill	59.54	Rotherham April 2004		Elizabeth Hughes	= 1:07.39	Inverness March 2009 (heats)
				Elizabeth Hughes	= 1:07.39	Inverness March 2009 (final)
				Elizabeth Hughes	1:06.17	Dundee Oct/Nov 2009
				Nicola Shand	1:06.78	Sheffield August 2005
Gregor McMillan	2:13.13	Inverness December 2001	200 Fly	Nicola Shand	2:24.49	Bon Accord November 2005
Keith Beveridge	2:12.27	Tollcross Jun/Jul 2006		Elizabeth Hughes	2:24.28	Tollcross January 2009
				Elizabeth Hughes	2:23.59	Inverness March 2009
				Elizabeth Hughes	2:21.92	Dundee Oct/Nov 2009
				Nicola Shand	2:25.83	Sheffield August 2005
Robert Lang	29.13	Inverness December 1999	50 Back	Gemma Sutherland	30.66	Cambridge September 2002
Ranald Falconer	29.06	Tollcross June 1999		Gemma Sutherland	31.11	Manchester April 2002
Ranald Falconer	1:00.34	Inverness December 2002	100 Back	Gemma Sutherland	1:05.28	Westhill October 2002
Robert Lang	1:02.59	Edinburgh June 1999		Elizabeth Hughes	1:04.31	Sheffield October 2009
				Elizabeth Hughes	1:04.03	Dundee Oct/Nov 2009

				<b>Gemma Sutherland</b>	<b>1.06.10</b>	<b>Tollcross March 2002</b>
Robert Lang	2.09.42	Inverness December 1999	<b>200 Back</b>	<del>Rebecca Will</del>	<del>2.24.38</del>	<del>Newcastle February 2002</del>
Robert Lang	2.14.10	Tollcross June 1999		Elizabeth Hughes	2:21.06	Tollcross January 2009
				Elizabeth Hughes	2:19.88	Tollcross January 2009
				Elizabeth Hughes	2:17.70	Inverness March 2009
				Elizabeth Hughes	2:17.56	Inverness May 2009
				Elizabeth Hughes	2:17.13	Inverness May 2009
				Elizabeth Hughes	2:15.19	Dundee Oct/Nov 2009
				<del>Gemma Sutherland</del>	<del>2.23.06</del>	<del>Tollcross June 2002</del>
				Elizabeth Hughes	2:22.17	Tollcross January 2009
			Elizabeth Hughes	2:21.33	Sheffield Jul/Aug 2009	
			Elizabeth Hughes	2:21.03	Swansea September 2009	
Steven Sutherland	31.02	Manchester Aug 2004	<b>50 Brs</b>	<del>Eleanor Brooke</del>	<del>34.85</del>	<del>Inverness October 2006</del>
Steven Sutherland	32.33	SNAG Tollcross June 2004		Hayley Monteith	34.19	Inverness October 2009
				Eleanor Brooke	36.41	Tollcross Jun/Jul 2006
Steven Sutherland	1.06.85	Manchester Aug 2004	<b>100 Brs</b>	<del>Eleanor Brooke</del>	<del>1:16.13</del>	<del>Westhill June 2006</del>
Steven Sutherland	1.08.84	SNAG Tollcross June 2004		Hayley Monteith	1:13.54	Dundee Oct/Nov 2009
				<del>Eleanor Brooke</del>	<del>1:17.84</del>	<del>Tollcross Jun/Jul 2006</del>
				Hayley Monteith	1:13.66	Sheffield December 2009
Philip Lloyd	2.25.34	Inverness December 2001	<b>200 Brs</b>	<del>Eleanor Brooke</del>	<del>2:44.71</del>	<del>Westhill June 2006</del>
Euan Inglis	2:32.63	Sheffield July 2008		Hayley Monteith	2:38.95	Dundee Oct/Nov 2009
				Hayley Monteith	2:37.93	Inverness November 2009
				<del>Eleanor Brooke</del>	<del>2:48.70</del>	<del>Sheffield December 2006</del>
				Hayley Monteith	2:48.29	Commonwealth Pool April 2009
			Hayley Monteith	2:36.32	Sheffield December 2009	
Philip Lloyd	1.02.89	Bridge of Don September 2001	<b>100 IM</b>	<del>Eleanor Brooke</del>	<del>1:10.08</del>	<del>Westhill May 2006</del>
No event				Elizabeth Hughes	1:09.56	Tollcross January 2009
				Elizabeth Hughes	1:08.99	Inverness October 2009
				Elizabeth Hughes	1:07.17	Inverness October 2009
			No event			
Adrian O'Neill	2.10.93	Tollcross March 2004	<b>200 IM</b>	<del>Gemma Sutherland</del>	<del>2.23.89</del>	<del>Newcastle February 2002</del>
Adrian O'Neill	2.15.03	Olympic Trials April 2004		Elizabeth Hughes	2:23.14	Dundee Oct/Nov 2009
				Gillian Robb	2.30.20	Tollcross July 2001
				Elizabeth Hughes	2:26.90	Commonwealth Pool February 2009
			Elizabeth Hughes	2:25.04	Sheffield Jul/Aug 2009	
Euan Inglis	4:40.66	Westhill November 2008	<b>400 IM</b>	<del>Gillian Robb</del>	<del>5.06.56</del>	<del>Westhill May 2001</del>
Euan Inglis	4:52.99	Sheffield July 2008		Elizabeth Hughes	5:05.68	Tollcross January 2009
				Elizabeth Hughes	4:58.69	Tollcross January 2009
				Elizabeth Hughes	4:56.78	Inverness March 2009
				Nicola Shand	5:15.39	Sheffield August 2005
				Elizabeth Hughes	5:06.86	Tollcross January 2009
			Elizabeth Hughes	5:06.38	Commonwealth Pool February 2009	
			Elizabeth Hughes	5:01.13	Commonwealth Pool February 2009	



## COAST Records 16 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Ranald Falconer	24.15	Stockport August 2003	50 Free	Rachel Milne	27.77	Westhill October 2007
Ranald Falconer	24.42	Sheffield August 2003		Debbie Moore	28.65	Rotherham April 2004
Ranald Falconer	52.01	Inverness December 2003	100 Free	Rachel Milne	59.14	Westhill May 2007
Ranald Falconer	52.74	Sheffield August 2003		Kirsten Renwick	1.01.66	Sheffield March 2003
Robbie Renwick	1.50.65	Manchester August 2004	200 Free	Marie Jones	2.05.62	Tollcross March 2001
Robbie Renwick	1.53.87	SNAG Tollcross June 2004		Marie Jones	2.11.32	Tollcross July 2001
Robbie Renwick	3:57.51	Westhill October 2004	400 Free	Marie Jones	4.21.69	Tollcross March 2001
Robbie Renwick	4:00.66	SNAG Tollcross June 2004		Marie Jones	4.29.24	Tollcross June 2001
Robbie Renwick	8.28.66	Glasgow June 2003	800 Free	Marie Jones	9.00.23	Tollcross March 2001
Chris Whitcombe	8.46.38	Edinburgh June 1999		Marie Jones	9.28.37	Tollcross July 2001
Euan Inglis	8:36.18	Sheffield Jul/Aug 2009				
Euan Inglis	8:33.16	Sheffield December 2009				
Robbie Renwick	16:00.26	Tollcross March 2004	1500 Free	Nicola Shand	18:04.34	Inverness March 2006
Euan Inglis	15:47.35	Inverness November 2009		Lauren Kane	17:43.03	Inverness March 2009
Robbie Renwick	16:08.88	Bendigo, Australia Dec 2004		Marie Jones	17.38.32	Tollcross June 2001
Keith Beveridge	26.37	Westhill October 2007	50 Fly	Nicola Shand	30.62	Westhill May 2006
Keith Beveridge	27.25	Tollcross Jun/Jul 2007		Nicola Shand	30.98	Tollcross Mar/Apr 2006
Adrian O'Neill	58.99	Tollcross January 2005	100 Fly	Nicola Shand	1:06.37	Inverness March 2006
Keith Beveridge	58.04	Sheffield Jul/Aug 2007		Nicola Shand	1:07.05	Tollcross Mar/Apr 2006
Adrian O'Neill	2:08.14	Tollcross January 2005	200 Fly	Nicola Shand	2:23.68	Dundee October 2006
Adrian O'Neill	2:09.61	Tollcross June 2005		Nicola Shand	2:25.67	Sheffield August 2006
Tom Lindsay	28.35	Tollcross March 2004	50 Back	Rachel Milne	31.76	Westhill October 2007
Robbie Renwick	30.10	SNAG Tollcross June 2004		Nicola Shand	33.47	Tollcross Jun/Jul 2006
Ranald Falconer	57.95	Stockport August 2003	100 Back	Rachel Milne	1:07.06	Westhill June 2007
Ranald Falconer	1.00.45	Sheffield March 2003		Nicola Shand	1:12.39	Tollcross Mar/Apr 2006
				Katherine Gordon	1:11.40	Commonwealth Pool April 2009
Ranald Falconer	2.06.94	Stockport August 2003	200 Back	Linda McGregor	2.23.35	Bon Accord December 1996
Robbie Renwick	2.11.04	SNAG Tollcross June 2004		Nicola Shand	2:28.33	Tollcross Jun/Jul 2006
Steven Sutherland	30.64	Tollcross January 2005	50 Brs	Eleanor Brooke	34.28	Westhill October 2007
Steven Sutherland	31.28	Tollcross July 2005		Claire Bruce	34.17	Tollcross December 1997
Steven Sutherland	1:05.64	Bon Accord November 2005	100 Brs	Claire Bruce	1.13.93	Bon Accord October 1997
Steven Sutherland	1:08.32	Manchester March 2005		Claire Bruce	1.14.45	Tollcross December 1997
Christopher Wilson	2:25.11	Bon Accord November 2005	200 Brs	Carly Fraser	2:38.95	Westhill May 2008
Euan Inglis	2:24.61	Inverness May 2009		Carly Fraser	2:43.29	Tollcross April 2008
Christopher Wilson	2:33.01	Tollcross June 2005				
Euan Inglis	2:32.64	Commonwealth Pool April 2009				
Euan Inglis	2:30.65	Commonwealth Pool April 2009				
Euan Inglis	2:30.48	Sheffield Jul/Aug 2009				

<b>Euan Inglis</b>	<b>2:29.86</b>	<b>Swansea September 2009</b>				
Steven Sutherland No event	1:01.75	Inverness September 2005	<b>100 IM</b>	Eleanor Brooke No event	1:07.63	Westhill October 2007
Marc Lafargue Adrian O'Neill	2:08.53 2:12.21	Paris December 2000 Tollcross June 2005	<b>200 IM</b>	Rachel Milne Marie Jones	2:24.81 2:29.74	Westhill June 2007 Tollcross July 2001
<del>Adrian O'Neill</del> <b>Euan Inglis</b> <b>Euan Inglis</b> <del>Adrian O'Neill</del> <b>Euan Inglis</b> <b>Euan Inglis</b> <b>Euan Inglis</b> <b>Euan Inglis</b>	<del>4:41.70</del> <b>4:41.67</b> <b>4:30.61</b> <del>4:47.56</del> <b>4:46.94</b> <b>4:45.61</b> <b>4:43.66</b> <b>4:40.77</b>	<del>Bon Accord November 2005</del> <b>Inverness March 2009</b> <b>Inverness November 2009</b> <del>Manchester March 2005</del> <b>Commonwealth Pool April 2009</b> <b>Tollcross June 2009</b> <b>Tollcross June 2009</b> <b>Sheffield Jul/Aug 2009</b>	<b>400 IM</b>	Nicola Shand Nicola Shand	5:06.23 5:13.65	Westhill June 2006 Tollcross May 2006

## COAST Records JUNIOR AS UNDER 17 YEARS (year of birth)

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Ranald Falconer	24.15	Stockport August 2003	50 Free	Gemma Sutherland	27.70	Newcastle February 2002
Ranald Falconer	24.42	Sheffield August 2003		Gemma Sutherland	28.42	Sheffield April 2001
Ranald Falconer	52.01	Inverness December 2003	100 Free	Gemma Sutherland	58.91	Inverness December 2001
Ranald Falconer	52.74	Sheffield August 2003		Gemma Sutherland	59.82	Tollcross June 2002
Robbie Renwick	1:50.65	Manchester August 2004	200 Free	Marie Jones	2:05.62	Tollcross March 2001
Robbie Renwick	1:53.87	SNAG Tollcross June 2004		Gillian Robb	2:10.52	Sheffield August 2001
Robbie Renwick	3:57.51	Westhill October 2004	400 Free	Marie Jones	4:21.89	Tollcross March 2001
Robbie Renwick	4:00.66	SNAG Tollcross June 2004		Marie Jones	4:29.24	Tollcross June 2001
Robbie Renwick	8:28.66	Glasgow June 2003	800 Free	Marie Jones	9:00.23	Inverness December 2000
Chris Whitecombe	8:46.38	Edinburgh June 1999		Gillian Robb	9:27.29	Sheffield August 2001
Euan Inglis	8:36.18	Sheffield Jul/Aug 2009		Elizabeth Hughes	9:24.73	Commonwealth Pool February 2009
Euan Inglis	8:33.16	Sheffield December 2009		Hayley Monteith	9:19.68	Sheffield December 2009
Robbie Renwick	16:00.26	Tollcross March 2004	1500 Free	Lauren Kane	17:31.83	Westhill May 2008
Euan Inglis	15:47.35	Inverness November 2009		Elizabeth Hughes	17:11.91	Inverness March 2009
Robbie Renwick	16:08.88	Bendigo, Australia Dec 2004		Marie Jones	17:38.32	Tollcross June 2001
				Elizabeth Hughes	17:33.14	Sheffield Jul/Aug 2009
Keith Beveridge	26.37	Westhill October 2007	50 Fly	Nicola Shand	30.62	Westhill May 2006
Keith Beveridge	27.25	Tollcross Jun/Jul 2007		Elizabeth Hughes	29.77	Inverness October 2009
				Nicola Shand	30.90	Tollcross July 2005
Adrian O'Neill	58.99	Tollcross January 2005	100 Fly	Nicola Shand	1:06.37	Inverness March 2006
Keith Beveridge	58.04	Sheffield Jul/Aug 2007		Elizabeth Hughes	1:06.17	Dundee Oct/Nov 2009
				Nicola Shand	1:06.78	Sheffield August 2005
Adrian O'Neill	2:08.14	Tollcross January 2005	200 Fly	Elizabeth Hughes	2:23.49	Inverness March 2008
Adrian O'Neill	2:09.61	Tollcross June 2005		Elizabeth Hughes	2:21.92	Dundee Oct/Nov 2009
				Elizabeth Hughes	2:25.44	Tollcross May 2008
Tom Lindsay	28.35	Tollcross March 2004	50 Back	Gemma Sutherland	30.06	Inverness December 2001
Ranald Falconer	29.06	Tollcross June 2002		Gemma Sutherland	31.11	Manchester April 2002
Ranald Falconer	57.95	Stockport August 2003	100 Back	Gemma Sutherland	1:04.51	Ben Accord November 2001
Ranald Falconer	1:00.45	Sheffield March 2003		Elizabeth Hughes	1:04.31	Sheffield October 2009
				Elizabeth Hughes	1:04.03	Dundee Oct/Nov 2009
				Gemma Sutherland	1:06.10	Tollcross March 2002
Ranald Falconer	2:06.94	Stockport August 2003	200 Back	Elizabeth Hughes	2:19.57	Dundee October 2008
Robbie Renwick	2:11.04	SNAG Tollcross June 2004		Elizabeth Hughes	2:17.70	Inverness March 2009
				Elizabeth Hughes	2:17.56	Inverness May 2009
				Elizabeth Hughes	2:17.13	Inverness May 2009
				Elizabeth Hughes	2:15.19	Dundee Oct/Nov 2009
				Gemma Sutherland	2:23.06	Tollcross June 2002
				Elizabeth Hughes	2:22.17	Tollcross January 2009
				Elizabeth Hughes	2:21.33	Sheffield Jul/Aug 2009

				<b>Elizabeth Hughes</b>	<b>2:21.03</b>	<b>Swansea September 2009</b>
Steven Sutherland	30.64	Tollcross January 2005	<b>50 Brs</b>	<del>Eleanor Brooke</del>	34.28	<del>Westhill October 2007</del>
Steven Sutherland	31.28	Tollcross July 2005		<b>Hayley Monteith</b>	<b>34.19</b>	<b>Inverness October 2009</b>
				<del>Claire Bruce</del>	34.17	<del>Tollcross December 1997</del>
Steven Sutherland	1:05.64	Bon Accord November 2005	<b>100 Brs</b>	<del>Claire Bruce</del>	1:13.93	<del>Bon Accord October 1997</del>
Steven Sutherland	1:08.52	Tollcross March 2005		<b>Hayley Monteith</b>	<b>1:13.54</b>	<b>Dundee Oct/Nov 2009</b>
				<del>Claire Bruce</del>	1:14.45	<del>Tollcross December 1997</del>
				<b>Hayley Monteith</b>	<b>1:13.66</b>	<b>Sheffield December 2009</b>
Christopher Wilson	2:25.11	Bon Accord November 2005	<b>200 Brs</b>	<del>Carly Fraser</del>	2:38.95	<del>Westhill May 2008</del>
<b>Euan Inglis</b>	<b>2:24.61</b>	<b>Inverness May 2009</b>		<b>Hayley Monteith</b>	<b>= 2:38.95</b>	<b>Dundee Oct/Nov 2009</b>
<del>Euan Inglis</del>	<del>2:32.63</del>	<del>Sheffield July 2008</del>		<b>Hayley Monteith</b>	<b>2:37.93</b>	<b>Inverness November 2009</b>
<b>Euan Inglis</b>	<b>2:30.65</b>	<b>Commonwealth Pool April 2009</b>		<del>Carly Fraser</del>	2:43.29	<del>Tollcross April 2008</del>
<b>Euan Inglis</b>	<b>2:30.48</b>	<b>Sheffield Jul/Aug 2009</b>		<b>Hayley Monteith</b>	<b>2:36.32</b>	<b>Sheffield December 2009</b>
<b>Euan Inglis</b>	<b>2:29.86</b>	<b>Swansea September 2009</b>				
Steven Sutherland	1:01.75	Inverness September 2005	<b>100 IM</b>	<del>Eleanor Brooke</del>	1:07.63	<del>Westhill October 2007</del>
No event				<b>Elizabeth Hughes</b>	<b>1:07.17</b>	<b>Inverness October 2009</b>
				No event		
Marc Lafargue	2:08.53	Paris December 2000	<b>200 IM</b>	<del>Gemma Sutherland</del>	2:23.89	<del>Newcastle February 2002</del>
Adrian O'Neill	2:12.21	Tollcross June 2005		<b>Elizabeth Hughes</b>	<b>2:23.14</b>	<b>Dundee Oct/Nov 2009</b>
				<del>Elizabeth Hughes</del>	2:28.40	<del>Tollcross April 2008</del>
				<b>Elizabeth Hughes</b>	<b>2:26.90</b>	<b>Commonwealth Pool February 2009</b>
				<b>Elizabeth Hughes</b>	<b>2:25.04</b>	<b>Sheffield Jul/Aug 2009</b>
Euan Inglis	4:40.66	Westhill November 2008	<b>400 IM</b>	<del>Elizabeth Hughes</del>	4:58.43	<del>Westhill May/June 2008</del>
<b>Euan Inglis</b>	<b>4:30.61</b>	<b>Inverness November 2009</b>		<b>Elizabeth Hughes</b>	<b>4:56.78</b>	<b>Inverness March 2009</b>
<del>Adrian O'Neill</del>	<del>4:47.56</del>	<del>Manchester March 2005</del>		<del>Elizabeth Hughes</del>	5:06.56	<del>Tollcross May 2008</del>
<b>Euan Inglis</b>	<b>4:46.94</b>	<b>Commonwealth Pool April 2009</b>		<b>Elizabeth Hughes</b>	<b>5:06.38</b>	<b>Commonwealth Pool February 2009</b>
<b>Euan Inglis</b>	<b>4:45.61</b>	<b>Tollcross June 2009</b>		<del>Elizabeth Hughes</del>	5:01.13	<del>Commonwealth Pool February 2009</del>
<b>Euan Inglis</b>	<b>4:43.66</b>	<b>Tollcross June 2009</b>		<b>Elizabeth Hughes</b>		
<b>Euan Inglis</b>	<b>4:40.77</b>	<b>Sheffield Jul/Aug 2009</b>				

## COAST Records 17 - 18 YEARS

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Ranald Falconer	23.52	Tollcross January 2005	50 Free	Debbie Moore	27.84	Tollcross January 2006
Ranald Falconer	23.71	Sheffield August 2005		Debbie Moore	28.49	Tollcross March 2005
Robbie Renwick	49.98	Tollcross January 2006	100 Free	Rachel Milne	59.79	Inverness March 2008
Robbie Renwick	51.04	Sheffield April 2006		Marie Jones	1.01.21	Tollcross March 2002
Robbie Renwick	1:46.75	Tollcross January 2006	200 Free	Rachel Milne	2:07.49	Tollcross January 2008
Robbie Renwick	1:49.26	Majorca July 2006		Marie Jones	2.09.32	Tollcross March 2002
Robbie Renwick	3:46.75	Tollcross January 2006	400 Free	Rachel Milne	4:27.09	Inverness March 2008
Robbie Renwick	3:51.54	Sheffield April 2006		Marie Jones	4.29.79	Tollcross March 2002
Andy Jameson	8.18.31	Bon Accord October 1999	800 Free	Linda McGregor	9.15.96	Peterhead October 1998
Robbie Renwick	8:08.81	Sheffield December 2006		Linda McGregor	9.31.92	Tollcross December 1997
Andy Jameson	15.27.44	Bon Accord October 1999	1500 Free	Nicola Shand	17:35.18	Inverness March 2007
Robbie Renwick	15:42.90	US Open December 2006		Nicola Shand	18:17.60	Tollcross April 2007
Martin Leel	25.53	Stockport August 2003	50 Fly	Juliette Botterill	30.40	Bon Accord October 1997
Martin Leel	25.88	Sheffield March 2003		Juliette Botterill	30.66	Tollcross December 1997
Martin Leel	55.56	Stockport August 2003	100 Fly	Juliette Botterill	1.05.51	Bon Accord October 1997
Martin Leel	55.75	Glasgow August 2003		Linda McGregor	1.07.60	Tollcross December 1997
Martin Leel	2.01.00	Stockport August 2003	200 Fly	Juliette Botterill	2.20.44	Bon Accord October 1997
Martin Leel	2.03.62	Glasgow Jul 2003 (European)		Nicola Shand	2:23.89	Dublin March 2007
Chris Whitcombe	28.28	Inverness September 2001	50 Back	Debbie Moore	32.39	Tollcross January 2006
Robbie Renwick	28.67	Tollcross March 2005		Linda McGregor	32.89	Edinburgh June 1998
Ranald Falconer	56.46	Bon Accord November 2005	100 Back	Linda McGregor	1.07.67	Peterhead October 1998
Ranald Falconer	59.14	Tollcross June 2005		Linda McGregor	1.08.88	Edinburgh June 1998
Ranald Falconer	2:04.77	Bon Accord November 2005	200 Back	Linda McGregor	2.22.34	Bon Accord October 1998
Ross MacDonald	2:09.93	Sheffield Jul/Aug 2008		Linda McGregor	2.27.14	Tollcross June 1997
Steven Sutherland	29.86	Tollcross January 2006	50 Brs	Beverley Robertson	33.60	Malmo March 1998
Steven Sutherland	30.38	Sheffield Jul/Aug 2007		Beverley Robertson	33.53	Tollcross June 1997
Steven Sutherland	1:04.29	Inverness March 2007	100 Brs	Beverley Robertson	1.10.91	Malmo March 1998
<del>Christopher Wilson</del>	<del>1:05.90</del>	<del>Tollcross April 2007</del>		Beverley Robertson	1.11.98	Tollcross December 1997
Mark Campbell	1:05.85	Sheffield December 2009				
Christopher Wilson	2:21.38	Westhill June 2007	200 Brs	Beverley Robertson	2.32.11	Malmo March 1998
Christopher Wilson	2:27.11	Tollcross Jun/Jul 2006		Beverley Robertson	2.34.86	Tollcross December 1997
Steven Sutherland	59.26	Westhill October 2007	100 IM	Eleanor Brooke	1:08.25	Westhill May 2008
No event				No event		
<del>Christopher Wilson</del>	<del>2:09.63</del>	<del>Westhill June 2007</del>	200 IM	Linda McGregor	2.21.93	Inverness May 1998
Mark Campbell	2:08.70	Westhill May 2009		Linda McGregor	2.25.66	Tollcross December 1997
Adrian O'Neill	2:11.24	Sheffield August 2006				
Robbie Renwick	4:30.42	Westhill October 2005	400 IM	Linda McGregor	5.03.75	Westhill March 1998
Robert Lang	4.39.69	Tollcross June 2002		Nicola Shand	5:11.34	Tollcross June 2008

## COAST Records OPEN

TOP line is SHORT COURSE (pools less than 50 metres long)

SECOND line is LONG COURSE (pools 50 metres long)

MALE	Time	Venue & Date	Event	FEMALE	Time	Venue & Date
Robbie Renwick	22.91	Tollcross January 2007	50 Free	Gemma Sutherland	27.70	Newcastle February 2002
Ranald Falconer	23.71	Sheffield 2005		Gemma Sutherland	28.42	Sheffield April 2001
Robbie Renwick	49.51	Tollcross January 2007	100 Free	Gemma Sutherland	58.91	Inverness December 2001
Robbie Renwick	50:44	Sheffield Mar/Apr 2008		Gemma Sutherland	59.82	Tollcross June 2002
David Carry	1:46.20	Loughborough April 2007	200 Free	Marie Jones	2.05.62	Tollcross March 2001
Robbie Renwick	1:47.07	Beijing August 2008		Marie Jones	2.09.32	Tollcross March 2002
Robbie Renwick	3:40.22	Manchester April 2008	400 Free	Marie Jones	4.21.69	Tollcross March 2001
David Carry	3:47.40	Sheffield Jul/Aug 2007		Marie Jones	4.29.24	Tollcross June 2001
Andy Jameson	8.05.06	Inverness January 2002	800 Free	Marie Jones	9.00.23	Inverness December 2000
Robbie Renwick	7:59.74	Tollcross June 2008		Gillian Robb	9:27.29	Sheffield August 2001
				Elizabeth Hughes	9:24.73	Commonwealth Pool February 2009
				Hayley Monteith	9:19.68	Sheffield December 2009
Robbie Renwick	15:08.42	Tollcross January 2007	1500 Free	Lauren Kane	17:31.83	Westhill May 2008
Andy Jameson	15.34.62	Manchester April 2001		Elizabeth Hughes	17:11.91	Inverness March 2009
				Marie Jones	17:38.32	Tollcross June 2001
				Elizabeth Hughes	17:33.14	Sheffield Jul/Aug 2009
Martin Leel	24.33	Manchester August 2004	50 Fly	Juliette Botterill	30.40	Bon Accord October 1997
Martin Leel	25.43	Sheffield August 2005		Elizabeth Hughes	29.77	Inverness October 2009
				Juliette Botterill	30.66	Tollcross December 1997
Martin Leel	54.58	Manchester August 2004	100 Fly	Juliette Botterill	1.05.51	Bon Accord October 1997
Martin Leel	55.32	Sheffield August 2005		Nicola Shand	1:06.78	Sheffield August 2005
Martin Leel	2.00.81	Tollcross March 2004	200 Fly	Juliette Botterill	2.20.44	Bon Accord October 1997
Martin Leel	2.03.62	Glasgow Jul 2003 (European)		Nicola Shand	2:23.89	Dublin March 2007
Ranald Falconer	26.66	Tollcross January 2006	50 Back	Gemma Sutherland	30.06	Inverness December 2001
Ranald Falconer	27.35	Sheffield April 2006		Gemma Sutherland	31.11	Manchester April 2002
Ranald Falconer	56.46	Bon Accord November 2005	100 Back	Gemma Sutherland	1:04.51	Bon Accord November 2001
Ranald Falconer	58.54	Sheffield April 2006		Elizabeth Hughes	1:04.31	Sheffield October 2009
				Elizabeth Hughes	1:04.03	Dundee Oct/Nov 2009
				Gemma Sutherland	1.06.10	Tollcross March 2002
Robert Lang	2.04.74	Inverness December 2000	200 Back	Elizabeth Hughes	2:19.57	Dundee October 2008
Robert Lang	2.09.86	Tollcross June 2002		Elizabeth Hughes	2:17.70	Inverness March 2009
				Elizabeth Hughes	2:17.56	Inverness May 2009
				Elizabeth Hughes	2:17.13	Inverness May 2009
				Elizabeth Hughes	2:15.19	Dundee Oct/Nov 2009
				Gemma Sutherland	2:23.06	Tollcross June 2002
				Elizabeth Hughes	2:22.17	Tollcross January 2009
				Elizabeth Hughes	2:21.33	Sheffield Jul/Aug 2009
			Elizabeth Hughes	2:21.03	Swansea September 2009	

Steven Sutherland Steven Sutherland	29.86 30.38	Tollcross January 2006 Sheffield Jul/Aug 2007	50 Brs	Beverley Robertson Beverley Robertson	33.60 33.53	Malmo March 1998 Tollcross June 1997
Steven Sutherland Christopher Wilson Mark Campbell	1:04.00 <del>1:05.90</del> 1:05.85	Inverness March 2008 <del>Tollcross April 2007</del> Sheffield December 2009	100 Brs	Beverley Robertson Beverley Robertson	1.10.91 1.11.98	Malmo March 1998 Tollcross December 1997
Christopher Wilson Christopher Wilson	2:21.38 2:27.11	Westhill June 2007 Tollcross Jun/Jul 2006	200 Brs	Beverley Robertson Beverley Robertson	2.32.11 2.34.86	Malmo March 1998 Tollcross December 1997
Steven Sutherland No event	59.26	Westhill October 2007	100 IM	<del>Claire Bruce</del> Elizabeth Hughes No event	1:07.28 1:07.17	<del>Westhill May 2000</del> Inverness October 2009
David Carry David Carry	2:00.34 2:02.06	Trieste December 2005 Melbourne March 2006	200 IM	Linda McGregor <del>Linda McGregor</del> Elizabeth Hughes	2.21.93 2.25.66 2:25.04	Inverness May 1998 <del>Tollcross December 1997</del> Sheffield Jul/Aug 2009
David Carry David Carry	4:15.73 4:15.98	Trieste December 2005 Melbourne March 2006	400 IM	Elizabeth Hughes Elizabeth Hughes Elizabeth Hughes Elizabeth Hughes	4:58.43 4:56.78 5:06.56 5:06.38 5:01.13	<del>Westhill May/June 2008</del> Inverness March 2009 <del>Tollcross May 2008</del> Commonwealth Pool February 2009 Commonwealth Pool February 2009

## RELAYS 11/12 & 13/14

TOP 2 lines are SHORT COURSE (pools less than 50 metres long) SECOND 2 lines are LONG COURSE (pools 50 metres long)

MALE		TIME	VENUE & DATE	EVENT	FEMALE		TIME	VENUE & DATE
R. Falconer T. Lindsay A. O'Neill C. Wilson	R. Renwick I. Tough A. Benzie A. Mackenzie	2.02.36 2:00.69	Glenrothes March 1999 Tollcross June 2002	11 - 12 4 x 50 FREE	R. Will K. Renwick G. Sutherland R. Will	A. Harrington G. Sutherland A. Harrington K. Renwick	2.04.67 2.03.30	Glenrothes March 1999 Tollcross June 1999
R. Falconer T. Lindsay A. O'Neill C. Wilson	S. Maxwell K. Taylor A. Benzie A. Mackenzie	2.25.27 2:15.34	Inverness April 1999 Tollcross June 2002	11 - 12 4 x 50 MEDLEY	R. Will G. Sutherland G. Sutherland C. Barrie	S. McMahon K. Renwick S. McMahon R. Will	2.23.82 2.20.45	Glenrothes March 1999 Tollcross June 1999
N. Whitcombe B. McKay	M. Taylor A. Davie	4.38.41	Edinburgh June 1997	11 - 12 4 x 100 FREE	A. Jess L. Low	C. Little E. Massie	5.05.00	Edinburgh June 1997
N. Whitcombe A. Davie	A. Barnett M. Taylor	5.22.28	Edinburgh June 1997	11 - 12 4 x 100 MEDLEY	A. Jess E. Massie	L. Gordon C. Little	5.41.98	Edinburgh June 1997
E. Porteous S. Robb R. Renwick M. Adams	N. Whitcombe C. Waldron A. O'Neill P. McCue	1.49.88 1.48.52	Dunfermline December 1998 Tollcross June 2003	13 - 14 4 x 50 FREE	R. Will N. Grant K. Renwick A. Harrington	L. Low G. Sutherland R. Will G. Sutherland	2.00.87 1.57.08	Peterhead Sept 2000 Tollcross July 2001
R. Lang C. Waldron R. Renwick M. Adams	D. O'Neill E. Porteous A. O'Neill L. Mathers	2.02.21 2.00.23	Inverness May 1997 Tollcross June 2003	13 - 14 4 x 50 MEDLEY	R. Will G. Robb G. Sutherland R. Will	L. Low K. Renwick C. Rigden K. Renwick	2.10.35 2.10.97	Glenrothes Feb 2000 Tollcross July 2001
Christopher Stirling Jonathon Hughes	Stuart Murray Greig Morrison	4.23.74 4:08.04	Westhill March 1998 Tollcross Mar/Apr 2006	13 - 14 4 x 100 FREE	R. Will M. Gaunt	K. Renwick N. Grant	4.46.32 4.25.67	Westhill March 1998 Tollcross July 2000
D. Harrington N. Whitcombe Michael McGovern Jonathon Hughes	M. Taylor B. McKay Christopher Stirling Stuart Murray	5.00.19 4:23.63	Westhill March 1998 Sheffield July 2006	13 - 14 4 x 100 MEDLEY	R. Will N. Grant	L. Low K. Renwick	5.21.86 5.01.79	Westhill March 1998 Tollcross July 2000

## RELAYS 15/16 & 17/18

TOP 2 lines are SHORT COURSE (pools less than 50 metres long) SECOND 2 lines are LONG COURSE (pools 50 metres long)

MALE		TIME	VENUE & DATE	EVENT	FEMALE		TIME	VENUE & DATE
D. O'Neill R. Lang A O'Neill S Sutherland	M. Dunford E. Porteous J Greig R Renwick	1.44.32 1:41.11	Glenrothes February 2000 Tollcross July 2005	15 - 16 4 x 50 FREE	G. Sutherland K. Renwick	R. Will S. McMahon	2.04.24 1:54.15	Inverness May 1997 Tollcross June 2002
R. Lang E. Porteous A O'Neill S Sutherland	P. Lloyd D. O'Neill J Greig R Renwick	1.57.56 1:53.70	Glenrothes February 2000 Tollcross July 2005	15 - 16 4 x 50 MEDLEY	G. Sutherland K. Renwick	R. Will S. McMahon	2.21.96 2:07.70	Inverness May 1997 Tollcross June 2002
N. Beaton I. Logan	D. Moore M. Shepherd	4.02.49	Edinburgh June 1997	15 - 16 4 x 100 FREE	Elizabeth Hughes Katherine Gordon L. Mackie M. Evans	Carly Fraser Lauren Kane J. Butler C. Bruce	4:13.89 4.24.68	Inverness March 2009 Edinburgh June 1997
D. Moore M. Arnold	J. Hughes I. Logan	4.32.74	Edinburgh June 1997	15 - 16 4 x 100 MEDLEY	Katherine Gordon Elizabeth Hughes J. Butler M. Evans	Carly Fraser Lauren Kane C. Bruce L. Mackie	4:33.62 4.56.12	Inverness March 2009 Edinburgh June 1997
N. Beaton D. Moore Steven Sutherland Peter McCue	M. Shepherd M. Arnold Christopher Wilson Michael Adams	1.49.67 1:44.56	Inverness April 1999 Tollcross Jun/Jul 2006	17 - 18 4 x 50 FREE	C. Bruce E. Leigh	S. Masson L. McGregor	2.01.12	Edinburgh June 1998
D. Moore M. Shepherd Christopher Wilson Pete McCue	M. Arnold N. Beaton Steven Sutherland Michael Adams	2.02.37 1:57.21	Inverness April 1999 Tollcross Jun/Jul 2006	17 - 18 4 x 50 MEDLEY	L. McGregor S. Masson	C. Bruce E. Leigh	2.12.31	Edinburgh June 1998
N. Valentine P. Beaton	S. Shand N. McLaren	4.01.48	Edinburgh June 1997	17 - 18 4 x 100 FREE	L. McGregor B. Robertson	C. Bruce J. Botterill	4.31.35	Tollcross Dec 1997
N. McLaren N. Valentine	S. Shand P. Beaton	4.27.19	Edinburgh June 1997	17 - 18 4 x 100 MEDLEY	L. McGregor J. Botterill	B. Robertson C. Bruce	4.37.72	Sheffield Dec 1997

## RELAYS Open

TOP 2 lines are SHORT COURSE (pools less than 50 metres long) SECOND 2 lines are LONG COURSE (pools 50 metres long)

MALE		TIME	VENUE & DATE	EVENT	FEMALE		TIME	VENUE & DATE
Ranald Falconer	Steven Sutherland	1:34.65	Tollcross	OPEN 4 x 50 FREE	Rachel Wong	Eleanor Brooke	1:55.89	Tollcross
Adrian O'Neill	Robbie Renwick		January 2006		Rachel Milne	Debbie Moore		January 2006
Ranald Falconer	Christopher Wilson	1:39.58	Tollcross		Jenny Sangster	Lauren Kane	1:55.49	Tollcross
Steven Sutherland	Jonathan Greig		Jun/Jul 2007		Carly Fraser	Eleanor Brooke		January 2009
					C. Bruce	S. Masson	2.01.12	Edinburgh
					E. Leigh	L. McGregor		June 1998
Ranald Falconer	Steven Sutherland	1:45.87	Tollcross	OPEN 4 x 50 MEDLEY	Rachel Wood	Eleanor Brooke	=2:07.74	Westhill
Adrian O'Neill	Robbie Renwick		January 2006		Rachael Davidson	Rachel Milne		June 2007
Ranald Falconer	Christopher Wilson	1:49.92	Tollcross		Elizabeth Hughes	Eleanor Brooke	=2:07.74	Westhill
Adrian O'Neill	Steven Sutherland		Jun/Jul 2007		Nicola Shand	Rachel Milne		May/June 2008
					Elizabeth Hughes	Carly Fraser	2:07.20	Tollcross
					Rachel Wood	Eleanor Brooke		January 2009
					Elizabeth Hughes	Hayley Monteith	2:07.01	Inverness
					Katherine Gordon	Hannah Grayson		October 2009
					G. Robb	L. Low	2.08.36	Stirling
					R. Will	G. Sutherland		March 1998
Ranald Falconer	Steven Sutherland	3:27.59	Tollcross	OPEN 4 x 100 FREE	Lauren Kane	Eleanor Brooke	4:10.57	Tollcross
Mark Campbell	Robbie Renwick		January 2008		Carly Fraser	Rachel Milne		January 2008
Robbie Renwick	Keith Beveridge	3:29.58	Tollcross		R. Will	M. Jones	4.06.18	Tollcross
Ranald Falconer	Steven Sutherland		June 2008		G. Robb	G. Sutherland		June 2001
M Leel	R Falconer	4.00.15	Tollcross	OPEN 4 x 100 MEDLEY	Elizabeth Hughes	Carly Fraser	4:35.93	Inverness
S Porteous	R Renwick		March 2004		Lauren Kane	Rachel Milne		March 2008
Ross MacDonald	Christopher Wilson	4:00.36	Sheffield		Katherine Gordon	Carly Fraser	4:33.62	Inverness
Adrian O'Neill	Jonathan Greig		Jul/Aug 2007		Elizabeth Hughes	Lauren Kane		March 2009
					G. Sutherland	L. Low	4.37.35	Tollcross
					G. Robb	M. Jones		June 2001
E. Porteous	M. Taylor	7.50.93	Bon Accord	OPEN 4 x 200 FREE	G. Robb	R. Will	8.57.16	Bon Accord
R. Lang	A. Jameson		November 2001		K. Renwick	G. Sutherland		Nov 2001
R Falconer	K O'Neill	7:42.22	Sheffield		G. Robb	M. Jones	8.52.22	Tollcross
A O'Neill	R Renwick		August 2005		K. Renwick	G. Sutherland		June 2001
E. Porteous	R. Lang	2.33.62	Glenrothes	OPEN 6 x 50 FREE SC	C. Bruce	G. Robb	2.51.39	Glenrothes
C. Whitcombe	S. Neyedli		February 2000		R. Will	K. Renwick		February 2001
D. O'Neill	N. Bonsall				M. Gaunt	G. Sutherland		
M. Lafargue	N. Bonsall	2.34.94	Sheffield	OPEN 6 x 50	G. Robb	C. Bruce	2.58.55	Sheffield
E. Porteous	C. Whitcombe		April 2001		R. Will	K. Renwick		April 2001
M. Taylor	I. Tough				M. Gaunt	G. Sutherland		

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