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**RECORDS LDD Club Records**
**SC Meters-Female**

8 & U	25 Free	18.03	<b>17-Jan-16</b>	Emma Russell	
	50 Free	37.88	<b>30-Apr-16</b>	Emma Russell	
	100 Free	1:37.50	<b>1-Nov-87</b>	Gillian Steel	
	200 Free	3:50.80	<b>14-Nov-10</b>	Vhari Ross	
	400 Free	59:59.59	<b>1-Jan-80</b>	no record	
	25 Back	22.35	<b>17-Jan-16</b>	Suzanne McNair	
	50 Back	41.70	<b>1-Nov-99</b>	Heather Nisbet	
	100 Back	2:06.28	<b>20-Jun-10</b>	Vhari Ross	
	200 Back	59:59.59	<b>1-Jan-80</b>	no record	
	25 Breast	27.03	<b>17-Jan-16</b>	Emma Russell	
	50 Breast	55.40	<b>25-Mar-17</b>	Rosie Heeps	
	100 Breast	2:40.94	<b>19-Nov-11</b>	Beth Templeton	
	200 Breast	59:59.59	<b>1-Jan-80</b>	no record	
	25 Fly	20.38	<b>17-Jan-16</b>	Emma Russell	
	50 Fly	51.37	<b>25-Mar-17</b>	Rosie Heeps	
	100 Fly	3:02.75	<b>19-Nov-11</b>	Beth Templeton	
	200 Fly	59:59.59	<b>1-Jan-80</b>	no record	
	100 IM	1:46.30	<b>1-Nov-87</b>	Gillian Steel	
	200 IM	59:59.59	<b>1-Jan-80</b>	no record	
	9-9	50 Free	36.33	<b>25-Mar-17</b>	Emma Russell
100 Free		1:18.82	<b>19-May-17</b>	Emma Russell	
200 Free		2:51.62	<b>4-Mar-17</b>	Emma Russell	
400 Free		5:56.74	<b>19-Apr-17</b>	Emma Russell	
800 Free		59:59.59	<b>1-Jan-80</b>	no record	
1500 Free		59:59.59	<b>1-Jan-80</b>	no record	
50 Back		41.56	<b>19-Apr-17</b>	Emma Russell	
100 Back		1:37.80	<b>4-Sep-11</b>	Vhari Ross	
200 Back		59:59.59	<b>1-Jan-80</b>	no record	
50 Breast		50.59	<b>28-Jan-12</b>	Eilin Alsop	
100 Breast		1:41.66	<b>19-May-17</b>	Emma Russell	
200 Breast		3:41.43	<b>19-May-17</b>	Emma Russell	
50 Fly		42.81	<b>4-Mar-17</b>	Suzanne McNair	
100 Fly		1:53.66	<b>29-Oct-16</b>	Emma Russell	
200 Fly		59:59.59	<b>1-Jan-80</b>	no record	
100 IM		1:34.69	<b>18-Mar-17</b>	Suzanne McNair	
200 IM		3:39.69	<b>29-Oct-16</b>	Emma Russell	
400 IM		59:59.59	<b>1-Jan-80</b>	no record	
10-10		50 Free	32.09	<b>19-Mar-17</b>	Jessica Dempster
		100 Free	1:11.36	<b>10-Feb-17</b>	Jessica Dempster
	200 Free	2:36.89	<b>22-Apr-17</b>	Jessica Heeps	
	400 Free	5:38.89	<b>22-Apr-17</b>	Jessica Heeps	
	800 Free	59:59.59	<b>1-Jan-80</b>	no record	
	1500 Free	59:59.59	<b>1-Jan-80</b>	no record	
	50 Back	36.61	<b>18-Mar-17</b>	Jessica Dempster	
	100 Back	1:22.09	<b>22-Apr-17</b>	Jessica Heeps	
	200 Back	2:50.57	<b>22-Apr-17</b>	Jessica Heeps	
	50 Breast	44.20	<b>1-Sep-87</b>	Nicola Steel	
	100 Breast	1:39.82	<b>22-Apr-17</b>	Jessica Heeps	
	200 Breast	3:30.08	<b>22-Apr-17</b>	Jessica Heeps	
	50 Fly	37.76	<b>18-Mar-17</b>	Jessica Dempster	
	100 Fly	1:28.92	<b>19-Feb-17</b>	Jessica Heeps	

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**RECORDS LDD Club Records**

10-10	200 Fly	3:22.82	<b>11-Feb-17</b>	Jessica Dempster	
	100 IM	1:20.38	<b>18-Mar-17</b>	Jessica Dempster	
	200 IM	3:11.84	<b>29-Oct-16</b>	Jessica Dempster	
	400 IM	6:21.26	<b>22-Apr-17</b>	Jessica Heeps	
11-11	50 Free	31.62	<b>19-May-17</b>	Jessica Dempster	
	100 Free	1:07.67	<b>19-May-17</b>	Jessica Dempster	
	200 Free	2:36.12	<b>6-Oct-10</b>	Megan Carmody	
	400 Free	5:24.07	<b>6-Mar-11</b>	Megan Carmody	
	800 Free	11:03.73	<b>15-May-15</b>	Beth Templeton	
	1500 Free	59:59.59	<b>1-Jan-80</b>	no record	
	50 Back	37.50	<b>2-Oct-10</b>	Gulsum Onal	
	100 Back	1:19.79	<b>19-May-17</b>	Jessica Heeps	
	200 Back	2:47.41	<b>19-May-17</b>	Jessica Heeps	
	50 Breast	41.96	<b>30-Jan-11</b>	Megan Carmody	
	100 Breast	1:31.40	<b>6-Oct-10</b>	Megan Carmody	
	200 Breast	3:12.97	<b>19-May-17</b>	Jessica Dempster	
	50 Fly	36.22	<b>5-Sep-09</b>	Courtney Torrance	
	100 Fly	1:23.49	<b>7-Mar-09</b>	Courtney Torrance	
	200 Fly	3:07.19	<b>19-May-17</b>	Jessica Dempster	
	100 IM	1:22.98	<b>22-Apr-17</b>	Jessica Dempster	
	200 IM	2:55.93	<b>19-May-17</b>	Jessica Dempster	
	400 IM	6:07.72	<b>22-Apr-17</b>	Jessica Dempster	
	12-12	50 Free	29.84	<b>3-Sep-11</b>	Gulsum Onal
100 Free		1:02.89	<b>19-Nov-11</b>	Gulsum Onal	
200 Free		2:19.22	<b>19-Nov-11</b>	Gulsum Onal	
400 Free		4:49.46	<b>5-Nov-11</b>	Gulsum Onal	
800 Free		9:57.29	<b>5-Nov-11</b>	Gulsum Onal	
1500 Free		21:22.18	<b>17-May-13</b>	Nicole McFarlane	
50 Back		34.81	<b>21-May-11</b>	Gulsum Onal	
100 Back		1:11.80	<b>19-Nov-11</b>	Gulsum Onal	
200 Back		2:39.04	<b>18-Jun-11</b>	Gulsum Onal	
50 Breast		39.85	<b>4-Sep-11</b>	Megan Carmody	
100 Breast		1:24.30	<b>1-Sep-91</b>	Janet Connacher	
200 Breast		3:04.73	<b>16-May-14</b>	Ellis Bryant	
50 Fly		33.51	<b>5-Jun-10</b>	Courtney Torrance	
100 Fly		1:13.10	<b>19-Nov-11</b>	Gulsum Onal	
200 Fly		2:49.02	<b>4-Sep-10</b>	Courtney Torrance	
100 IM		1:17.66	<b>4-Sep-10</b>	Courtney Torrance	
200 IM		2:44.03	<b>9-Oct-11</b>	Gulsum Onal	
400 IM		5:38.66	<b>5-Nov-11</b>	Gulsum Onal	
13-13		50 Free	28.13	<b>21-Oct-12</b>	Gulsum Onal
		100 Free	1:00.05	<b>21-Oct-12</b>	Gulsum Onal
	200 Free	2:11.43	<b>1-Sep-12</b>	Gulsum Onal	
	400 Free	4:37.24	<b>3-Nov-12</b>	Gulsum Onal	
	800 Free	9:36.35	<b>20-May-12</b>	Gulsum Onal	
	1500 Free	21:46.04	<b>4-May-13</b>	Kirsten Heath	
	50 Back	32.45	<b>4-Feb-12</b>	Gulsum Onal	
	100 Back	1:08.14	<b>4-Feb-12</b>	Gulsum Onal	
	200 Back	2:29.22	<b>4-Dec-11</b>	Gulsum Onal	
	50 Breast	39.56	<b>14-Oct-12</b>	Gulsum Onal	
	100 Breast	1:22.87	<b>15-May-15</b>	Ellis Bryant	
	200 Breast	2:58.24	<b>15-May-15</b>	Ellis Bryant	
	50 Fly	31.27	<b>24-Jan-15</b>	Emma Govan	

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**RECORDS LDD Club Records**

13-13	100 Fly	1:08.57	<b>12-Dec-14</b>	Emma Govan
	200 Fly	2:38.00	<b>4-Dec-11</b>	Natalie Lees
	100 IM	1:12.46	<b>1-Sep-12</b>	Gulsum Onal
	200 IM	2:33.41	<b>18-Mar-12</b>	Gulsum Onal
	400 IM	5:16.59	<b>3-Nov-12</b>	Gulsum Onal
14-14	50 Free	26.94	<b>11-Dec-15</b>	Emma Govan
	100 Free	58.90	<b>11-Dec-15</b>	Emma Govan
	200 Free	2:07.05	<b>17-Nov-13</b>	Gulsum Onal
	400 Free	4:33.67	<b>2-Nov-13</b>	Gulsum Onal
	800 Free	9:31.66	<b>14-Dec-12</b>	Gulsum Onal
	1500 Free	19:47.73	<b>26-Mar-10</b>	Leah Stobbart
	50 Back	31.68	<b>11-Dec-15</b>	Emma Govan
	100 Back	1:09.89	<b>12-Oct-13</b>	Gulsum Onal
	200 Back	2:25.56	<b>16-Feb-13</b>	Gulsum Onal
	50 Breast	38.18	<b>26-Oct-13</b>	Gulsum Onal
	100 Breast	1:22.60	<b>1-Sep-90</b>	Laura Turnbull
	200 Breast	2:54.96	<b>1-Dec-12</b>	Gulsum Onal
	50 Fly	29.43	<b>15-Nov-13</b>	Gulsum Onal
	100 Fly	1:06.14	<b>11-Dec-15</b>	Emma Govan
	200 Fly	2:30.24	<b>28-Nov-15</b>	Emma Govan
	100 IM	1:10.37	<b>15-Dec-12</b>	Gulsum Onal
	200 IM	2:28.24	<b>11-Dec-15</b>	Emma Govan
	400 IM	5:26.38	<b>3-Nov-13</b>	Gulsum Onal
	15 & O	50 Free	26.56	<b>11-Dec-15</b>
100 Free		54.63	<b>9-Dec-16</b>	Gulsum Onal
200 Free		1:59.81	<b>9-Dec-16</b>	Gulsum Onal
400 Free		4:29.93	<b>31-Oct-15</b>	Gulsum Onal
800 Free		9:19.57	<b>7-Nov-15</b>	Gulsum Onal
1500 Free		20:25.59	<b>11-Sep-09</b>	Kat Jones
50 Back		28.84	<b>13-Nov-15</b>	Gulsum Onal
100 Back		1:02.89	<b>18-Oct-15</b>	Gulsum Onal
200 Back		2:17.38	<b>17-Oct-15</b>	Gulsum Onal
50 Breast		36.66	<b>19-May-17</b>	Emma Govan
100 Breast		1:16.48	<b>16-Nov-14</b>	Gulsum Onal
200 Breast		2:41.12	<b>13-Nov-15</b>	Gulsum Onal
50 Fly		28.49	<b>13-Nov-15</b>	Gulsum Onal
100 Fly		1:01.34	<b>9-Dec-16</b>	Gulsum Onal
200 Fly		2:27.07	<b>28-Nov-15</b>	Gulsum Onal
100 IM		1:02.90	<b>9-Dec-16</b>	Gulsum Onal
200 IM		2:20.06	<b>12-Dec-14</b>	Gulsum Onal
400 IM		5:02.00	<b>31-Oct-15</b>	Gulsum Onal

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**RECORDS LDD Club Records**
**SC Meters-Male**

8 & U	25 Free	19.53	<b>22-Jan-12</b>	Thomas Coates
	50 Free	40.47	<b>17-Mar-12</b>	Thomas Coates
	100 Free	1:31.27	<b>19-Nov-11</b>	Thomas Coates
	200 Free	3:18.82	<b>13-Nov-11</b>	Thomas Coates
	400 Free	7:09.04	<b>18-Nov-11</b>	Thomas Coates
	25 Back	22.19	<b>26-Aug-06</b>	James MacFarlane
	50 Back	45.80	<b>17-Mar-12</b>	Thomas Coates
	100 Back	1:45.30	<b>19-Nov-11</b>	Thomas Coates
	200 Back	3:43.00	<b>18-Jun-11</b>	Thomas Coates
	25 Breast	28.19	<b>21-Jan-17</b>	Casey Johnston
	50 Breast	57.46	<b>11-Sep-10</b>	Keir Edgar
	100 Breast	2:30.08	<b>19-Nov-11</b>	Thomas Coates
	200 Breast	59:59.59	<b>1-Jan-80</b>	no record
	25 Fly	20.57	<b>22-Jan-12</b>	Thomas Coates
	50 Fly	46.52	<b>29-Jan-12</b>	Thomas Coates
	100 Fly	2:03.60	<b>19-Nov-11</b>	Thomas Coates
	200 Fly	59:59.59	<b>1-Jan-80</b>	no record
	100 IM	1:50.86	<b>17-Mar-12</b>	Thomas Coates
	200 IM	3:53.44	<b>19-Nov-11</b>	Thomas Coates
	9-9	50 Free	36.12	<b>9-Oct-11</b>
100 Free		1:25.91 *	<b>17-May-13</b>	Lewis Foskett
100 Free		1:25.91 *	<b>4-Sep-11</b>	Keir Edgar
200 Free		3:00.11	<b>9-Mar-13</b>	Thomas Coates
400 Free		6:18.41	<b>24-Jun-12</b>	Thomas Coates
800 Free		59:59.59	<b>1-Jan-80</b>	no record
1500 Free		59:59.59	<b>1-Jan-80</b>	no record
50 Back		41.57	<b>16-Jun-07</b>	James MacFarlane
100 Back		1:33.35	<b>2-Nov-12</b>	Thomas Coates
200 Back		3:18.16	<b>24-Jun-12</b>	Thomas Coates
50 Breast		50.24	<b>4-Sep-11</b>	Keir Edgar
100 Breast		1:48.56	<b>4-Sep-11</b>	Keir Edgar
200 Breast		59:59.59	<b>1-Jan-80</b>	no record
50 Fly		40.33	<b>27-Jan-13</b>	Thomas Coates
100 Fly		1:36.67	<b>24-Nov-12</b>	Thomas Coates
200 Fly		59:59.59	<b>1-Jan-80</b>	no record
100 IM		1:36.19	<b>9-Oct-11</b>	Keir Edgar
200 IM		3:33.69	<b>24-Nov-12</b>	Thomas Coates
400 IM		59:59.59	<b>1-Jan-80</b>	no record
10-10		50 Free	33.79	<b>12-Oct-13</b>
	100 Free	1:16.29	<b>13-Oct-13</b>	Thomas Coates
	200 Free	2:40.09	<b>23-Nov-13</b>	Thomas Coates
	400 Free	5:37.77	<b>23-Nov-13</b>	Thomas Coates
	800 Free	12:42.70	<b>15-May-15</b>	Euan Dunse
	1500 Free	59:59.59	<b>1-Jan-80</b>	no record
	50 Back	38.94	<b>4-Sep-11</b>	Sean Allan
	100 Back	1:23.01	<b>15-Feb-14</b>	Thomas Coates
	200 Back	2:50.78	<b>1-Mar-14</b>	Thomas Coates
	50 Breast	48.75	<b>4-Sep-11</b>	Sean Allan
	100 Breast	1:45.47	<b>29-May-15</b>	Euan Dunse
	200 Breast	3:50.98	<b>4-Mar-12</b>	Keir Edgar
	50 Fly	37.91	<b>19-Feb-11</b>	Sean Allan

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**RECORDS LDD Club Records**

10-10	100 Fly	1:25.39	<b>15-Feb-14</b>	Thomas Coates	
	200 Fly	3:06.36	<b>15-Feb-14</b>	Thomas Coates	
	100 IM	1:30.35	<b>4-Sep-11</b>	Sean Allan	
	200 IM	3:11.73	<b>16-Nov-13</b>	Thomas Coates	
	400 IM	6:12.54	<b>1-Mar-14</b>	Thomas Coates	
11-11	50 Free	31.76	<b>6-Jun-15</b>	Myles Lapsley	
	100 Free	1:05.57	<b>12-Sep-15</b>	Myles Lapsley	
	200 Free	2:25.91	<b>12-Sep-15</b>	Myles Lapsley	
	400 Free	5:12.85	<b>16-May-14</b>	Alasdair Dunse	
	800 Free	11:06.15	<b>15-May-15</b>	Myles Lapsley	
	1500 Free	20:35.90	<b>16-May-14</b>	Thomas Coates	
	50 Back	35.92	<b>19-Mar-16</b>	Euan Dunse	
	100 Back	1:15.55	<b>21-May-16</b>	Euan Dunse	
	200 Back	2:38.62	<b>21-May-16</b>	Euan Dunse	
	50 Breast	41.61	<b>5-Sep-15</b>	Myles Lapsley	
	100 Breast	1:26.75	<b>12-Sep-15</b>	Myles Lapsley	
	200 Breast	3:17.68	<b>13-Jun-15</b>	Myles Lapsley	
	50 Fly	33.80	<b>16-May-14</b>	Alasdair Dunse	
	100 Fly	1:16.33	<b>16-May-14</b>	Alasdair Dunse	
	200 Fly	2:57.95	<b>14-Feb-15</b>	Thomas Coates	
	100 IM	1:16.40	<b>5-Sep-15</b>	Myles Lapsley	
	200 IM	2:48.25	<b>21-May-16</b>	Euan Dunse	
	400 IM	5:59.68	<b>16-May-14</b>	Alasdair Dunse	
	12-12	50 Free	28.08	<b>21-May-16</b>	Myles Lapsley
100 Free		1:00.33	<b>15-May-15</b>	Alasdair Dunse	
200 Free		2:12.06	<b>15-May-15</b>	Alasdair Dunse	
400 Free		4:42.65	<b>11-Jun-16</b>	Myles Lapsley	
800 Free		9:55.55	<b>15-May-15</b>	Alasdair Dunse	
1500 Free		18:31.74	<b>11-Jun-16</b>	Myles Lapsley	
50 Back		33.28	<b>21-Feb-16</b>	Thomas Coates	
100 Back		1:09.82	<b>19-May-17</b>	Euan Dunse	
200 Back		2:24.99	<b>19-May-17</b>	Euan Dunse	
50 Breast		36.34	<b>21-May-16</b>	Myles Lapsley	
100 Breast		1:17.15	<b>21-May-16</b>	Myles Lapsley	
200 Breast		2:47.93	<b>11-Jun-16</b>	Myles Lapsley	
50 Fly		30.78	<b>21-May-16</b>	Myles Lapsley	
100 Fly		1:08.08	<b>15-May-15</b>	Alasdair Dunse	
200 Fly		2:37.88	<b>15-May-15</b>	Alasdair Dunse	
100 IM		1:13.24	<b>11-Jun-16</b>	Myles Lapsley	
200 IM		2:31.60	<b>15-May-15</b>	Myles Lapsley	
400 IM		5:30.47	<b>11-Jun-16</b>	Myles Lapsley	
13-13		50 Free	27.21	<b>27-Apr-08</b>	Ross Shearer
		100 Free	57.60	<b>21-May-16</b>	Alasdair Dunse
	200 Free	2:04.55	<b>21-May-16</b>	Alasdair Dunse	
	400 Free	4:27.06	<b>13-Feb-16</b>	Alasdair Dunse	
	800 Free	9:18.61	<b>20-May-12</b>	Sam Jones	
	1500 Free	18:00.81	<b>7-Nov-15</b>	Alasdair Dunse	
	50 Back	31.32	<b>19-Feb-17</b>	Thomas Coates	
	100 Back	1:04.91	<b>21-May-16</b>	Alasdair Dunse	
	200 Back	2:21.29	<b>14-Jan-17</b>	Thomas Coates	
	50 Breast	35.85	<b>15-Apr-12</b>	Sam Jones	
	100 Breast	1:17.44	<b>27-Nov-11</b>	Sam Jones	
	200 Breast	2:50.61	<b>4-Dec-11</b>	Sam Jones	

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**RECORDS LDD Club Records**

13-13	50 Fly	29.55	<b>21-Feb-16</b>	Alasdair Dunse
	100 Fly	1:04.03	<b>21-May-16</b>	Alasdair Dunse
	200 Fly	2:28.50	<b>28-Nov-15</b>	Alasdair Dunse
	100 IM	1:11.70	<b>5-Dec-15</b>	Alasdair Dunse
	200 IM	2:25.42	<b>21-May-16</b>	Alasdair Dunse
	400 IM	5:08.32	<b>21-Feb-16</b>	Alasdair Dunse
14-14	50 Free	26.36	<b>6-Dec-16</b>	Alasdair Dunse
	100 Free	55.61	<b>9-Dec-16</b>	Alasdair Dunse
	200 Free	2:01.63	<b>19-May-17</b>	Alasdair Dunse
	400 Free	4:25.44	<b>15-Jan-10</b>	Andrew Harkins
	800 Free	9:02.36	<b>6-Feb-10</b>	Andrew Harkins
	1500 Free	17:27.07	<b>26-Mar-10</b>	Andrew Harkins
	50 Back	30.20	<b>19-May-17</b>	Yasin Onal
	100 Back	1:04.23	<b>19-May-17</b>	Alasdair Dunse
	200 Back	2:17.01	<b>14-Jan-17</b>	Alasdair Dunse
	50 Breast	34.53	<b>22-Dec-12</b>	Euan Dalgleish
	100 Breast	1:14.88	<b>4-Feb-12</b>	Euan Dalgleish
	200 Breast	2:44.19	<b>20-May-12</b>	Euan Dalgleish
	50 Fly	28.63	<b>6-Dec-16</b>	Alasdair Dunse
	100 Fly	1:03.42	<b>19-May-17</b>	Alasdair Dunse
	200 Fly	2:20.43	<b>16-Mar-13</b>	Samuel Jones
	100 IM	1:08.56	<b>14-Dec-12</b>	Samuel Jones
	200 IM	2:22.90	<b>9-Oct-16</b>	Alasdair Dunse
	400 IM	5:01.55	<b>19-May-17</b>	Thomas Coates
15 & O	50 Free	24.00	<b>12-Dec-14</b>	Alex Forsyth
	100 Free	51.83	<b>12-Dec-14</b>	Alex Forsyth
	200 Free	1:55.61	<b>12-Dec-14</b>	Alex Forsyth
	400 Free	4:15.79	<b>14-Dec-12</b>	Fraser Spooner
	800 Free	8:54.09	<b>15-May-15</b>	Sam Andrews
	1500 Free	16:57.04	<b>5-Nov-11</b>	Andrew Harkins
	50 Back	27.24	<b>13-Dec-13</b>	Fraser Spooner
	100 Back	58.27	<b>13-Dec-13</b>	Fraser Spooner
	200 Back	2:02.33	<b>13-Dec-13</b>	Fraser Spooner
	50 Breast	31.41	<b>12-Dec-14</b>	Euan Dalgleish
	100 Breast	1:08.06	<b>12-Dec-14</b>	Euan Dalgleish
	200 Breast	2:26.48	<b>12-Dec-14</b>	Euan Dalgleish
	50 Fly	26.41	<b>21-May-16</b>	Alex Forsyth
	100 Fly	58.14	<b>11-Dec-15</b>	Samuel Jones
	200 Fly	2:05.29	<b>11-Dec-15</b>	Samuel Jones
	100 IM	1:03.88	<b>1-Nov-14</b>	James MacFarlane
	200 IM	2:10.93	<b>11-Dec-15</b>	Samuel Jones
	400 IM	4:41.46	<b>11-Dec-15</b>	Samuel Jones