

Event 311 Girls 14 & Under 400 Metre IM

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Kirsty Armstrong	13	B.E.S.T.	4:57.76	31.36	1:06.81	1:45.39	2:23.24	3:06.38	3:50.05	4:24.46	4:57.76
2 Jennifer King	14	N Ayrshire	4:59.32	32.18	1:08.78	1:46.76	2:23.55	3:08.19	3:52.83	4:26.48	4:59.32
3 Elizabeth Lim	14	Warrender	5:02.54	31.78	1:09.32	1:48.96	2:27.60	3:11.43	3:54.80	4:28.84	5:02.54
4 Meg Fannon	14	South Lanark	5:06.95	31.97	1:09.03	1:48.65	2:27.49	3:13.14	3:58.80	4:33.12	5:06.95
5 Eve White	13	Dumfries	5:11.86	31.79	1:09.27	1:49.14	2:27.44	3:13.91	4:00.31	4:37.48	5:11.86
6 Jodie Bunker	13	Co Sund'land	5:12.06	32.86	1:09.87	1:49.63	2:28.71	3:13.07	3:58.94	4:36.71	5:12.06
7 Olivia Jackson	14	South Lanark	5:12.50	33.62	1:12.49	1:54.39	2:35.35	3:19.14	4:02.37	4:38.24	5:12.50
8 Freya Rayner	14	Co Sund'land	5:14.18	34.26	1:14.47	1:52.43	2:29.33	3:17.74	4:04.71	4:40.20	5:14.18
9 Lauren McKenzie	14	Elgin	5:15.99	33.26	1:12.00	1:51.93	2:30.75	3:16.58	4:03.38	4:41.13	5:15.99
10 Jessica Thomson	13	Garioch Asc	5:16.20	35.62	1:14.36	1:55.23	2:34.32	3:20.16	4:05.93	4:42.22	5:16.20
11 Sophia Green	12	Elgin	5:16.49	32.97	1:10.37	1:51.81	2:32.67	3:17.38	4:02.82	4:40.67	5:16.49
12 Kirstin Clark	14	Co Glasgow	5:17.62	32.89	1:10.22	1:50.29	2:29.35	3:16.58	4:05.02	4:42.55	5:17.62
13 India Dodd	14	Warrender	5:17.70	33.17	1:13.46	1:53.66	2:32.91	3:19.40	4:06.26	4:42.49	5:17.70
14 Ruth Gordon	14	Highland	5:18.31	34.02	1:13.69	1:54.85	2:35.17	3:19.83	4:04.65	4:42.12	5:18.31
15 Chanel Sneddon	13	West Lothian	5:18.37	32.37	1:10.48	1:51.60	2:31.45	3:17.65	4:04.23	4:41.72	5:18.37
16 Erin Rafferty	14	Carnegie	5:18.56	33.07	1:11.39	1:52.55	2:33.12	3:20.11	4:07.01	4:44.30	5:18.56
17 Lauren Pirouet	13	Fife Perf	5:19.18	33.70	1:12.84	1:53.79	2:32.59	3:21.94	4:10.72	4:45.51	5:19.18
18 Gulsum Onal	14	West Lothian	5:20.89	33.92	1:12.41	1:51.55	2:31.31	3:19.66	4:07.94	4:44.70	5:20.89
19 Robyn Dickson	14	Co Glasgow	5:21.81	34.59	1:14.82	1:55.48	2:35.59	3:21.25	4:07.93	4:45.67	5:21.81
20 Rachel Saxon	14	South Lanark	5:22.56	34.88	1:18.20	1:58.00	2:36.73	3:23.61	4:09.74	4:47.30	5:22.56
21 Emma Chittleburgh	14	Warrender	5:22.86	39.13	1:23.91	2:06.02	2:46.55	3:27.62	4:09.85	4:47.59	5:22.86
22 Emily Hewitson	14	Dumfries	5:22.89	35.10	1:15.83	1:54.49	2:33.19	3:21.54	4:10.29	4:46.77	5:22.89
23 Jenna Lafferty	13	F.I.R.S.T.	5:23.86	35.43	1:16.17	1:56.64	2:35.71	3:23.24	4:10.92	4:47.93	5:23.86
24 Rachel Taylor	12	South Tyne	5:24.41	35.11	1:16.42	1:57.56	2:38.03	3:22.89	4:08.21	4:47.10	5:24.41
25 Jordon Sturt	14	Warrender	5:24.83	35.28	1:19.68	2:01.09	2:40.18	3:27.25	4:14.35	4:50.20	5:24.83
26 Louise Fair	13	Heart Of Mid	5:25.24	34.09	1:13.63	1:54.71	2:34.98	3:21.68	4:09.82	4:48.08	5:25.24
27 Mhairi Swanson	13	Heart Of Mid	5:25.31	33.94	1:13.12	1:53.17	2:33.55	3:21.87	4:11.02	4:48.43	5:25.31
28 Alyx Cunningham	14	East Lothian	5:26.39	32.81	1:13.73	1:54.99	2:34.93	3:22.89	4:12.34	4:49.90	5:26.39
29 Erin Holmes	14	South Lanark	5:26.48	34.32	1:14.19	1:56.35	2:36.76	3:24.32	4:12.16	4:49.81	5:26.48
30 Ailsa Timoney	14	Warrender	5:26.57	34.57	1:16.87	1:58.76	2:39.17	3:26.01	4:13.57	4:50.92	5:26.57
31 Robyn Patrick	14	South Lanark	5:26.60	35.70	1:17.76	2:00.92	2:42.70	3:27.57	4:11.98	4:50.04	5:26.60
32 Natalie Lees	14	West Lothian	5:26.80	34.02	1:12.77	1:53.52	2:33.59	3:21.94	4:11.72	4:50.65	5:26.80
33 Kirsty McGinley	13	Ren 96	5:27.95	34.66	1:15.19	1:57.25	2:37.30	3:25.04	4:12.72	4:50.74	5:27.95
34 Inez Holliday	14	Elgin	5:29.17	34.37	1:13.93	1:55.88	2:36.36	3:24.38	4:13.18	4:52.29	5:29.17
35 Catriona Fowle	13	N Ayrshire	5:29.38	35.20	1:16.02	1:57.05	2:36.55	3:27.01	4:16.64	4:54.15	5:29.38
36 Megan Lawrie	14	Warrender	5:29.66	34.81	1:16.39	1:57.17	2:37.66	3:25.96	4:15.04	4:53.23	5:29.66
37 Michelle Hoffin	14	Sth Ayrshire	5:30.07	36.57	1:20.69	2:00.21	2:40.10	3:28.40	4:15.94	4:53.62	5:30.07
38 Claire Moloney	13	Carnegie	5:30.42	33.55	1:13.79	1:55.94	2:37.56	3:27.40	4:17.40	4:54.97	5:30.42
39 Amy Henshaw	13	Co Sund'land	5:31.18	34.54	1:14.91	1:56.55	2:36.58	3:28.77	4:19.06	4:55.91	5:31.18
40 Jemma Brown	13	F.I.R.S.T.	5:31.23	34.41	1:14.22	1:56.48	2:37.23	3:26.81	4:16.64	4:54.70	5:31.23
41 Erin Robertson	13	Sth Ayrshire	5:31.65	34.74	1:18.87	2:04.35	2:47.88	3:32.53	4:19.35	4:56.78	5:31.65
42 Ailsa Gavan McHarg *	14	Warrender	5:33.04	33.30	1:12.84	1:53.80	2:34.54	3:25.66	4:17.90	4:56.28	5:33.04
43 Aisla Gordon	14	Stirling	5:33.60	34.66	1:16.51	1:59.14	2:40.44	3:29.76	4:19.27	4:57.47	5:33.60
44 Erin Cummins	14	Perth City	5:33.74	34.88	1:16.42	1:58.17	2:38.85	3:29.30	4:20.00	4:58.48	5:33.74
45 Brooke Gillies	14	Carnegie	5:33.88	34.84	1:18.94	2:00.91	2:42.06	3:30.87	4:21.05	4:58.91	5:33.88
46 Anya Reed	12	F.I.R.S.T.	5:36.27	35.99	1:19.51	2:03.99	2:46.28	3:32.42	4:20.20	4:58.96	5:36.27
47 Katy Wilson	13	Aberdeen	5:36.61	36.07	1:19.23	2:01.09	2:41.83	3:30.32	4:18.85	4:57.90	5:36.61
48 Shannon Crawford	13	Garioch Asc	5:37.03	37.08	1:21.12	2:01.62	2:40.99	3:30.73	4:20.59	4:59.18	5:37.03
49 Eilidh Grant	13	Dun City Aqu	5:37.84	37.44	1:21.90	2:03.64	2:44.70	3:34.13	4:24.48	5:01.68	5:37.84
50 Heather Ingram	14	St Thomas	5:38.44	33.93	1:14.23	1:58.21	2:41.40	3:30.28	4:20.86	5:00.24	5:38.44
51 Claire Dow	13	Inverleith	5:38.60	34.43	1:16.53	1:59.71	2:41.55	3:32.85	4:23.77	5:01.65	5:38.60
52 Bethany Brodie	13	South Lanark	5:38.63	34.85	1:15.68	1:59.08	2:41.74	3:32.11	4:23.16	5:01.85	5:38.63
53 Eilidh Collyer	11	Carnegie	5:39.41	37.02	1:20.38	2:02.17	2:43.54	3:33.27	4:22.81	5:02.28	5:39.41
54 Eilidh Love	13	Inverclyde	5:41.22	35.78	1:19.70	2:04.33	2:48.40	3:36.72	4:24.87	5:03.77	5:41.22
55 Jennifer Dickson	13	F.I.R.S.T.	5:41.45	38.29	1:22.31	2:05.17	2:47.45	3:33.26	4:20.04	5:01.70	5:41.45
56 Lexie Waller	11	Heart Of Mid	5:42.49	36.05	1:18.21	2:01.67	2:43.23	3:33.65	4:25.57	5:05.87	5:42.49
57 Katie Taylor	11	F.I.R.S.T.	5:42.83	36.48	1:18.52	1:59.50	2:41.14	3:33.97	4:27.52	5:05.74	5:42.83

Results

Session 8 Sunday 17th December

Event 311 Girls 14 & Under 400 Metre IM (continued)

Name	Age	Club	Time	50	100	150	200	250	300	350	400
58 Georgia Lynch	14	Milngavie &b	5:42.88	36.22	1:20.03	2:02.75	2:44.60	3:32.86	4:22.65	5:03.43	5:42.88
59 Kathryn Swinney	13	B.E.S.T.	5:48.63	35.73	1:19.67	2:02.79	2:45.10	3:37.95	4:30.24	5:10.04	5:48.63
60 Zoe MacDonald	11	Milngavie &b	5:59.52	36.83	1:25.35	2:10.62	2:54.09	3:45.84	4:40.31	5:20.62	5:59.52

Event 312 Boys 15 & Under 400 Metre IM

Name	Age	Club	Time	50	100	150	200	250	300	350	400
1 Ryan Brown	14	B.E.S.T.	4:32.18	28.11	1:00.68	1:35.16	2:08.89	2:48.46	3:28.86	4:01.04	4:32.18
2 Chris McColm	15	East Lothian	4:40.08	29.34	1:03.32	1:39.04	2:14.06	2:54.36	3:35.13	4:08.15	4:40.08
3 Cameron Finlayson	14	Heart Of Mid	4:42.47	28.95	1:03.27	1:38.55	2:14.18	2:55.85	3:37.14	4:09.90	4:42.47
4 Euan Murgatroyd	15	Dumfries	4:44.44	29.34	1:03.87	1:41.42	2:17.82	3:00.55	3:42.35	4:13.85	4:44.44
5 Joseph Miley	15	Garioch Asc	4:44.55	30.45	1:05.58	1:41.52	2:16.67	2:57.47	3:38.96	4:12.69	4:44.55
6 Callum Lawrie	14	F.I.R.S.T.	4:45.61	29.54	1:04.28	1:40.96	2:16.90	2:57.53	3:39.14	4:13.00	4:45.61
7 Ross Gale	15	Ren 96	4:46.03	30.49	1:05.87	1:43.33	2:19.66	3:00.41	3:42.30	4:14.56	4:46.03
8 Craig McLean	14	Carnegie	4:47.60	30.44	1:06.68	1:43.82	2:19.19	3:01.00	3:43.16	4:15.73	4:47.60
9 Stephen Gibb	15	Dun City Aqu	4:50.25	29.52	1:04.58	1:41.42	2:16.75	3:00.49	3:44.48	4:18.01	4:50.25
10 Adam Murray	15	Dun City Aqu	4:50.69	31.49	1:07.88	1:45.60	2:22.34	3:03.93	3:45.32	4:18.62	4:50.69
11 Sam Andrews	15	West Lothian	4:51.92	31.07	1:07.50	1:43.88	2:19.00	3:02.16	3:45.75	4:19.12	4:51.92
12 Aleksander Forsysiak	15	Strat Sharks	4:53.52	30.83	1:07.78	1:44.79	2:22.35	3:04.68	3:47.40	4:20.89	4:53.52
13 Calum Deans	15	Elgin	4:54.02	30.79	1:06.42	1:43.98	2:21.81	3:04.11	3:47.34	4:22.40	4:54.02
14 Cameron Nelson	14	Carnegie	4:54.43	29.64	1:04.55	1:43.10	2:19.65	3:03.51	3:46.88	4:22.07	4:54.43
15 Ross Hughes	14	N Ayrshire	4:54.53	30.36	1:05.89	1:43.31	2:19.74	3:02.37	3:46.44	4:20.97	4:54.53
16 Arran Todd	15	Perth City	4:56.29	30.75	1:06.63	1:43.23	2:19.31	3:03.72	3:47.57	4:22.86	4:56.29
17 Ciaran Nelson	15	Stirling	4:56.48	31.56	1:08.08	1:47.38	2:24.58	3:06.02	3:48.16	4:23.25	4:56.48
18 Jake Whitelock	14	South Tyne	4:56.58	30.37	1:04.90	1:43.48	2:22.62	3:03.63	3:46.93	4:22.97	4:56.58
19 Blair Doughty	15	Dun City Aqu	4:57.65	31.20	1:08.23	1:47.24	2:25.57	3:08.46	3:51.72	4:24.95	4:57.65
20 Alex Forsyth	15	West Lothian	4:58.37	29.89	1:06.62	1:43.49	2:20.48	3:04.14	3:49.39	4:23.82	4:58.37
21 Scott Deans	14	Co Glasgow	4:58.57	31.81	1:08.35	1:45.61	2:22.11	3:06.52	3:51.23	4:25.33	4:58.57
22 George Clough	13	Warrender	4:58.84	32.24	1:10.45	1:47.54	2:23.77	3:05.59	3:47.87	4:24.81	4:58.84
23 Euan Dalgleish	15	West Lothian	4:58.89	31.45	1:09.03	1:48.11	2:27.02	3:09.44	3:52.10	4:25.44	4:58.89
24 Calum Maccoll	15	Delting	4:59.31	30.67	1:08.12	1:47.25	2:25.67	3:08.12	3:53.13	4:27.95	4:59.31
25 Taylor Young	15	St Thomas	4:59.63	29.92	1:06.51	1:45.44	2:24.15	3:06.35	3:49.99	4:25.06	4:59.63
26 Cameron Muir	13	Sth Ayrshire	5:00.23	31.79	1:09.44	1:48.54	2:27.43	3:08.20	3:50.69	4:26.46	5:00.23
27 Andrew Hepburn	15	Warrender	5:01.15	32.33	1:11.65	1:49.78	2:27.13	3:09.15	3:52.44	4:27.56	5:01.15
28 Findlay Douglas	15	Garioch Asc	5:03.82	31.38	1:10.00	1:46.93	2:24.30	3:09.46	3:55.88	4:30.35	5:03.82
29 Alasdair Lambert	15	Warrender	5:04.28	31.16	1:07.53	1:44.07	2:20.92	3:07.26	3:53.92	4:29.32	5:04.28
30 Greg Turner	14	Fife Perf	5:04.69	32.98	1:11.17	1:51.61	2:29.45	3:11.62	3:55.53	4:30.50	5:04.69
31 David MacGregor	14	Dumfries	5:04.78	30.86	1:06.53	1:45.43	2:23.87	3:09.27	3:56.28	4:31.47	5:04.78
32 Callum MacGregor	15	Fife Perf	5:05.03	30.43	1:06.77	1:46.15	2:23.81	3:11.61	3:59.59	4:33.21	5:05.03
33 Alastair Robertson	15	Aberdeen	5:05.52	32.09	1:09.38	1:47.11	2:25.37	3:09.47	3:55.71	4:31.21	5:05.52
34 Scott Mitchell	15	Dun City Aqu	5:05.66	31.90	1:10.80	1:48.79	2:26.75	3:12.84	4:00.38	4:34.15	5:05.66
35 Samuel Jones	14	West Lothian	5:05.69	29.58	1:04.69	1:44.94	2:25.09	3:10.35	3:55.91	4:31.12	5:05.69
36 Jack Szaranek	14	Carnegie	5:06.48	31.49	1:10.34	1:50.05	2:27.84	3:11.83	3:57.01	4:32.20	5:06.48
37 James Collyer	13	Carnegie	5:06.78	31.62	1:09.38	1:47.80	2:25.32	3:10.98	3:57.10	4:33.73	5:06.78
38 Ellis Lawson	14	F.I.R.S.T.	5:07.68	33.00	1:11.41	1:49.92	2:27.36	3:12.70	3:59.19	4:34.58	5:07.68
39 Callum Reveley	14	Co Sund'land	5:07.77	31.33	1:08.59	1:47.82	2:26.13	3:13.26	4:00.73	4:35.21	5:07.77
40 Henry Mackenzie	15	Warrender	5:07.80	30.87	1:08.12	1:47.40	2:26.08	3:11.84	3:59.37	4:34.36	5:07.80
41 Josh Mitchell	13	Sth Ayrshire	5:08.29	32.80	1:11.29	1:51.40	2:30.77	3:14.59	4:00.50	4:36.12	5:08.29
42 Martin McInnes	14	Co Glasgow	5:08.74	31.12	1:07.61	1:48.05	2:28.79	3:12.97	3:59.10	4:33.69	5:08.74
43 Greig Reid	14	Carnegie	5:08.97	31.57	1:10.46	1:49.13	2:28.43	3:11.91	3:56.43	4:33.85	5:08.97
44 Jack Harrison	13	Fife Perf	5:09.00	32.47	1:11.11	1:47.46	2:24.12	3:12.45	4:00.48	4:35.33	5:09.00
45 Marc Elrick	13	F.I.R.S.T.	5:09.20	30.16	1:06.12	1:44.84	2:23.44	3:09.71	3:57.52	4:33.25	5:09.20
*46 Caoilen Doyle	14	North Lanark	5:10.20	30.93	1:07.22	1:47.14	2:27.24	3:13.11	4:01.12	4:36.38	5:10.20
*46 Gregor Swinney	15	B.E.S.T.	5:10.20	31.96	1:09.84	1:48.86	2:26.99	3:12.18	3:58.46	4:34.83	5:10.20
48 Arran Stowe	14	Fife Perf	5:10.21	34.52	1:13.61	1:53.74	2:32.19	3:17.33	4:02.06	4:36.98	5:10.21
49 David MacDonald	15	West Lothian	5:10.85	29.96	1:06.80	1:46.71	2:25.80	3:12.01	3:58.43	4:35.58	5:10.85
50 Christopher Wall	15	F.I.R.S.T.	5:12.52	31.98	1:09.89	1:50.29	2:29.88	3:15.90	4:02.34	4:38.27	5:12.52
51 Calum Mitchell	13	F.I.R.S.T.	5:14.04	33.38	1:11.89	1:51.74	2:30.62	3:15.57	4:01.20	4:37.94	5:14.04

Event 312 Boys 15 & Under 400 Metre IM (continued)

Name	Age	Club	Time	50	100	150	200	250	300	350	400
52 Jeremy Scott	14	Warrender	5:14.56	32.48	1:10.45	1:49.24	2:27.56	3:14.65	4:02.91	4:39.24	5:14.56
53 Thomas Harrison	14	Warrender	5:15.05	32.24	1:09.76	1:47.25	2:24.77	3:11.55	4:01.71	4:39.32	5:15.05
54 James Lowder	15	Heart Of Mid	5:15.10	30.45	1:07.48	1:45.32	2:24.45	3:14.70	4:04.32	4:40.47	5:15.10
55 Fraser Meadows	14	Warrender	5:16.67	30.98	1:08.39	1:47.10	2:25.51	3:13.07	4:02.60	4:39.52	5:16.67
56 David McLuckie	15	North Lanark	5:17.13	30.82	1:08.45	1:47.87	2:26.86	3:14.57	4:04.51	4:41.60	5:17.13
57 William Balfour	13	North Lanark	5:17.79	33.33	1:14.72	1:56.11	2:36.56	3:20.31	4:06.04	4:42.53	5:17.79
58 Oscar Heald	13	Elgin	5:18.76	31.80	1:09.19	1:50.31	2:29.75	3:16.89	4:05.92	4:43.60	5:18.76
59 Fraser Beeby	13	Carnegie	5:18.78	34.40	1:14.62	1:54.71	2:33.56	3:20.26	4:07.46	4:44.14	5:18.78
60 Ross McPherson	14	South Lanark	5:19.34	33.59	1:13.47	1:53.91	2:33.42	3:19.84	4:07.42	4:42.95	5:19.34
61 Peter Holmes	15	Garioch Asc	5:20.35	33.66	1:15.76	1:55.34	2:34.70	3:20.43	4:07.79	4:44.36	5:20.35
62 Gareth Habberfield	13	F.I.R.S.T.	5:20.89	34.10	1:15.36	1:55.37	2:35.57	3:20.81	4:07.28	4:44.38	5:20.89
63 Euan McCormish	13	South Lanark	5:20.91	33.52	1:12.21	1:52.94	2:32.45	3:18.42	4:07.35	4:44.62	5:20.91
64 Liam Spooner	14	Alford	5:22.81	33.21	1:13.82	1:52.60	2:30.07	3:18.70	4:09.88	4:46.08	5:22.81
--- James Murphy	15	Ren 96	DQ								
--- Sean Cockburn	15	Heart Of Mid	DQ								
--- James MacFarlane	15	West Lothian	DQ								
--- Chris Watson	15	Warrender	DQ								