
RECORDS All Time Records
SC Meters-Female

8 & U	20	Free	15.38	13-May-19	NGRX	Luci Carvill	at Training times May - June 2019
	50	Free	37.96	18-Mar-07	NGRX	ISLA R. GOSLING	at TAIN SWIMFEST
	100	Free	1:47.47	17-Jun-13	NGRX	Jessica Schulz	at Updated times June 2013
	200	Free	4:03.00	* 20-Sep-18	NGRX		at Training Times September 2018 Luci Carvill at Training times May - June 20
	200	Free	4:03.00	* 20-Sep-18	NGRX	Isla Collins	at Training Times September 2018
	200	Free	4:03.00	* 13-May-19	NGRX	Luci Carvill	at Training times May - June 2019
	400	Free	8:38.00	17-Jan-19	NGRX	Luci Carvill	at Training times - December 18 - Mar 19
	800	Free	16:28.00	17-Jun-13	NGRX	Jessica Schulz	at Updated times June 2013
	1500	Free	40:33.00	16-Jun-01	NGRX	CATRIONA CALDER	at Records Udate
	20	Back	18.00	13-May-19	NGRX	Luci Carvill	at Timing Session - May 2019
	50	Back	51.07	9-Mar-13	NGRX	Jessica Schulz	at Forres Bluefins two-day meet
	100	Back	2:00.42	17-Jun-13	NGRX	Jessica Schulz	at Updated times June 2013
	200	Back	4:03.92	13-May-19	NGRX	Luci Carvill	at Timing Session - May 2019
	20	Breast	21.05	17-Jan-19	NGRX	Luci Carvill	at Training times - December 18 - Mar 19
	50	Breast	57.36	30-Jan-11	NGRX	Niamh PETERS	at HST New Year Meet
	100	Breast	2:07.28	30-Jan-11	NGRX	Niamh PETERS	at HST New Year Meet
	200	Breast	4:34.59	13-May-19	NGRX	Luci Carvill	at Timing Session - May 2019
	20	Fly	16.20	17-Jan-19	NGRX	Luci Carvill	at Training times - December 18 - Mar 19
	50	Fly	57.44	8-Mar-14	NGRX	Isla Oakes	at Forres Bluefins two-day meet
	100	Fly	2:47.91	8-Dec-12	NGRX	Jessica Schulz	at Updated Times Dec 2012
	200	Fly	5:13.00	17-Jan-19	NGRX	Luci Carvill	at Training times - December 18 - Mar 19
	100	IM	1:54.10	27-Apr-13	NGRX	Jessica Schulz	at Inverness Graded Meet 2013
	200	IM	5:03.00	28-Jun-14	NGRX	Holly Corcoran	at End June Training Times
	400	IM	13:15.17	26-Sep-17	NGRX	Eleanor Moore	at Training Times Aug - Sep 17
9-9	20	Free	13.80	10-Oct-19	NGRX	Isla Collins	at Timing Session October 2019
	50	Free	36.70	28-Sep-19	NGRX	Isla Collins	at Forres Bluefins Mini Meet 2019
	100	Free	1:09.05	16-Aug-19	NGRX	Lela Phin	at august to october 2019
	200	Free	3:18.00	6-Jun-14	NGRX	Jessica Schulz	at Training Times June 2014
	400	Free	7:07.42	25-Mar-14	NGRX	Jessica Schulz	at Updated Training Times 25/3/14
	800	Free	15:29.96	6-Jun-14	NGRX	Jessica Schulz	at Training Times June 2014
	1500	Free	28:01.00	5-Dec-13	NGRX	Sophie Borthwick	at Updating times Dec 13
	20	Back	16.48	13-May-19	NGRX	Sarah J. Szczypior	at Timing Session - May 2019
	50	Back	44.20	9-Jun-12	NGRX	Lauren Philip	at Elgin Mini Meet 2012
	100	Back	1:42.00	19-Sep-16	NGRX	Lucy-Ella McMaster	at Training times Sept 16 - Mar 17
	200	Back	3:45.16	6-Jun-14	NGRX	Jessica Schulz	at Training Times June 2014
	20	Breast	20.50	17-Jan-19	NGRX	Gary Sinclair	at Training times - December 18 - Mar 19
	50	Breast	49.75	23-Apr-16	NGRX	Lucy-Ella McMaster	at Inverness Graded Meet 2016
	100	Breast	1:52.00	19-Sep-16	NGRX	Lucy-Ella McMaster	at Training times Sept 16 - Mar 17
	200	Breast	3:55.72	26-Jan-14	NGRX	Jessica Schulz	at HST New Year Meet
	20	Fly	15.22	9-Mar-16	NGRX	Lucy-Ella McMaster	at Training Times
	50	Fly	45.87	* 12-Mar-16	NGRX		Forres Bluefins two-day meet Lucy-Ella McMaster at Forres Bluefins two-day n
	50	Fly	45.87	* 12-Mar-16	NGRX	Lucy-Ella McMaster	at Forres Bluefins two-day meet
	100	Fly	1:58.06	26-May-14	NGRX	Katie Hay	at Training Times 26/5/14
	200	Fly	4:18.00	1-Mar-14	NGRX	Katie Hay	at Updated Training Times March 2014
	100	IM	1:39.02	23-Apr-16	NGRX	Lucy-Ella McMaster	at Inverness Graded Meet 2016
	200	IM	3:47.75	26-Jan-14	NGRX	Katie Hay	at HST New Year Meet
	400	IM	6:22.90	19-Sep-16	NGRX	Annabelle Schulz	at Training times Sept 16 - Mar 17
10-10	20	Free	11.11	26-Sep-17	NGRX	Lucy-Ella McMaster	at Training Times Aug - Sep 17

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10-10	50	Free	34.09	6-May-17	NGRX	Lucy-Ella McMaster at Club Championships
	100	Free	1:15.53	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	200	Free	2:43.65	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	400	Free	6:00.16	1-May-15	NGRX	Katie Hay at May 2015 Training Times
	800	Free	13:22.44	8-Nov-14	NGRX	Nia Quinn at HST Training Times November 2014
	1500	Free	23:08.25	29-Sep-11	NGRX	AMELIA MCAULEY-BRAND at 1,500 & 50 timings
	20	Back	13.98	26-Sep-17	NGRX	Lucy-Ella McMaster at Training Times Aug - Sep 17
	50	Back	39.76	6-May-17	NGRX	Lucy-Ella McMaster at Club Championships
	100	Back	1:26.42	8-Nov-14	NGRX	Nia Quinn at HST Training Times November 2014
	200	Back	3:11.09	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	20	Breast	14.35	26-Sep-17	NGRX	Lucy-Ella McMaster at Training Times Aug - Sep 17
	50	Breast	43.83	6-Jun-15	NGRX	Jessica Schulz at 2015 Elgin Mini Meet
	100	Breast	1:38.62	1-Feb-15	NGRX	Jessica Schulz at HST New Year Meet
	200	Breast	3:31.80	18-Apr-15	NGRX	Jessica Schulz at Buckie Age Groups 2015
	20	Fly	12.40	26-Sep-17	NGRX	Lucy-Ella McMaster at Training Times Aug - Sep 17
	50	Fly	37.88	10-Jun-17	NGRX	Lucy-Ella McMaster at Nairn IM Challenge Meet
	100	Fly	1:37.64	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	200	Fly	3:31.55	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	100	IM	1:26.93	10-Jun-17	NGRX	Lucy-Ella McMaster at Nairn IM Challenge Meet
	200	IM	3:12.34	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
	400	IM	6:35.79	18-Apr-15	NGRX	Katie Hay at Buckie Age Groups 2015
11-11	20	Free	12.20	28-Mar-18	NGRX	Lucy-Ella McMaster at Training Times March 2018
	50	Free	31.02	13-Feb-16	NGRX	Katie Hay at 2016 Elgin Spring Meet
	100	Free	1:08.96	23-Jan-16	NGRX	Katie Hay at SASA North District Age Group Meet 2016
	200	Free	2:27.90	13-Feb-16	NGRX	Katie Hay at 2016 Elgin Spring Meet
	400	Free	5:08.62	23-Jan-16	NGRX	Katie Hay at SASA North District Age Group Meet 2016
	800	Free	12:12.00	25-Sep-02	SASA	JENNY ASH at Records update
	1500	Free	25:03.00	22-May-14	NGRX	Lauren Philip at Updated training times 22/5/14
	20	Back	17.83	7-Feb-18	NGRX	Robyn Eaves at Training Times Feb 2018
	50	Back	37.89	26-Sep-15	NGRX	Nia Quinn at Forres Mini-Meet 2014
	100	Back	1:23.00	4-Jun-09	NGRX	Lesley Davis at Grantown Club Championship 2009
	200	Back	2:51.87	13-Feb-16	NGRX	Katie Hay at 2016 Elgin Spring Meet
	20	Breast	18.07	28-Mar-18	NGRX	Robyn Eaves at Training Times March 2018
	50	Breast	39.31	23-Jan-16	NGRX	Jessica Schulz at SASA North District Age Group Meet 2016
	100	Breast	1:29.94	23-Jan-16	NGRX	Jessica Schulz at SASA North District Age Group Meet 2016
	200	Breast	3:11.97	13-Feb-16	NGRX	Jessica Schulz at 2016 Elgin Spring Meet
	20	Fly	12.15	12-Jun-18	NGRX	Lucy-Ella McMaster at Timings Session - June 2018
	50	Fly	34.59	13-Feb-16	NGRX	Katie Hay at 2016 Elgin Spring Meet
	100	Fly	1:19.34	23-Jan-16	NGRX	Katie Hay at SASA North District Age Group Meet 2016
	200	Fly	3:02.34	13-Feb-16	NGRX	Katie Hay at 2016 Elgin Spring Meet
	100	IM	1:26.64	30-Sep-17	NGRX	Lucy-Ella McMaster at Forres Mini Meet
	200	IM	2:48.66	23-Jan-16	NGRX	Katie Hay at SASA North District Age Group Meet 2016
	400	IM	6:06.14	28-Nov-15	NGRX	Katie Hay at HST Timing Session
12-12	20	Free	10.85	17-Jan-19	NGRX	Lucy-Ella McMaster at Training times - December 18 - Mar 19
	50	Free	28.79	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	100	Free	1:03.13	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	200	Free	2:17.61	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	400	Free	4:49.55	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	800	Free	12:00.57	2-Feb-15	NGRX	Lauren Philip at February 2015 Training Times
	1500	Free	23:24.88	18-Jun-12	NGRX	Anna Harrold at training times June 2012

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12-12	20	Back	12.95	13-May-19	NGRX	Lucy-Ella McMaster at Timing Session - May 2019
	50	Back	34.81	8-Jun-19	NGRX	Lucy-Ella McMaster at Nairn IM Challenge Meet
	100	Back	1:17.21	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	200	Back	2:48.78	7-Nov-09	NGRX	Lesley Davis at Aberdeen Dolphin Mitchell Trophy
	20	Breast	17.31	17-Jan-19	NGRX	Robyn Eaves at Training times - December 18 - Mar 19
	50	Breast	37.46	6-May-17	NGRX	Jessica Schulz at Club Championships
	100	Breast	1:25.74	26-Nov-16	NGRX	Jessica Schulz at ND Age Group Meet 2016
	200	Breast	2:59.96	26-Nov-16	NGRX	Jessica Schulz at ND Age Group Meet 2016
	20	Fly	11.40	17-Jan-19	NGRX	Lucy-Ella McMaster at Training times - December 18 - Mar 19
	50	Fly	31.70	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	100	Fly	1:11.52	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	200	Fly	2:36.22	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	100	IM	1:16.22	8-Jun-19	NGRX	Lucy-Ella McMaster at Nairn IM Challenge Meet
	200	IM	2:38.00	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
	400	IM	5:32.95	26-Nov-16	NGRX	Katie Hay at ND Age Group Meet 2016
13-13	20	Free	11.20	10-Oct-19	NGRX	Lucy-Ella McMaster at Timing Session October 2019
	50	Free	28.82	4-Nov-17	NGRX	Katie Hay at North District Open Championships 2017
	100	Free	1:01.96	25-Nov-17	NGRX	Katie Hay at ND Age Group Meet 2017
	200	Free	2:14.84	4-Nov-17	NGRX	Katie Hay at North District Open Championships 2017
	400	Free	4:46.47	4-Nov-17	NGRX	Katie Hay at North District Open Championships 2017
	800	Free	10:02.46	21-Jan-17	NGRX	Katie Hay at HST Timing Session
	1500	Free	18:51.38	7-Oct-17	NGRX	Katie Hay at ND Distance Meet
	20	Back	13.52	26-Sep-17	NGRX	Danielle McMaster at Training Times Aug - Sep 17
	50	Back	35.28	11-May-18	NGRX	Danielle McMaster at Nairn Grantown Friendly 2018
	100	Back	1:17.21	25-Nov-17	NGRX	Danielle McMaster at ND Age Group Meet 2017
	200	Back	2:43.64	5-Dec-09	NGRX	Ciara Peters at North District Age Group Meet
	20	Breast	13.91	26-Sep-17	NGRX	Danielle McMaster at Training Times Aug - Sep 17
	50	Breast	38.35	4-Nov-17	NGRX	Jessica Schulz at North District Open Championships 2017
	100	Breast	1:23.72	4-Nov-17	NGRX	Jessica Schulz at North District Open Championships 2017
	200	Breast	3:04.39	28-Jun-09	NGRX	HOLLY DUNBAR at HST June 09 Meet
	20	Fly	11.48	28-Mar-18	NGRX	Danielle McMaster at Training Times March 2018
	50	Fly	31.56	25-Nov-17	NGRX	Katie Hay at ND Age Group Meet 2017
	100	Fly	1:10.96	25-Nov-17	NGRX	Katie Hay at ND Age Group Meet 2017
	200	Fly	2:37.25	21-Jan-17	NGRX	Katie Hay at HST Timing Session
	100	IM	1:19.14	21-Jan-17	NGRX	Danielle McMaster at HST Timing Session
	200	IM	2:38.35	24-Jun-17	NGRX	Jessica Schulz at ND Development Meet 2017
	400	IM	5:39.25	24-Jun-17	NGRX	Jessica Schulz at ND Development Meet 2017
14-14	20	Free	10.20	17-Jan-19	NGRX	Danielle McMaster at Training times - December 18 - Mar 19
	50	Free	29.16	15-Dec-18	NGRX	Danielle McMaster at HST Open Meet
	100	Free	1:05.89	21-Mar-19	NGRX	Danielle McMaster at Grantown Club Gala Age groups
	200	Free	2:19.57	24-Jun-17	NGRX	Daisy Wisely at ND Development Meet 2017
	400	Free	4:47.28	24-Jun-17	NGRX	Daisy Wisely at ND Development Meet 2017
	800	Free	9:56.63	5-Mar-11	NGRX	Ciara Peters at ND Age Group Championships
	1500	Free	19:10.95	7-Oct-17	NGRX	Daisy Wisely at ND Distance Meet
	20	Back	12.70	13-May-19	NGRX	Danielle McMaster at Timing Session - May 2019
	50	Back	34.68	15-Dec-18	NGRX	Danielle McMaster at HST Open Meet
	100	Back	1:12.82	5-Mar-11	NGRX	Ciara Peters at ND Age Group Championships
	200	Back	2:31.00	5-Feb-11	NGRX	Ciara Peters at North District Age Group Meet
	50	Breast	38.08	25-Nov-17	NGRX	Daisy Wisely at ND Age Group Meet 2017
	100	Breast	1:20.71	25-Nov-17	NGRX	Daisy Wisely at ND Age Group Meet 2017

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14-14	200 Breast	2:52.11	25-Nov-17	NGRX	Daisy Wisely at ND Age Group Meet 2017
	20 Fly	11.04	17-Jan-19	NGRX	Danielle McMaster at Training times - December 18 - Mar 19
	50 Fly	31.81	16-Feb-19	NGRX	Danielle McMaster at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	100 Fly	1:14.06	16-Feb-19	NGRX	Danielle McMaster at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	200 Fly	3:05.10	5-Dec-13	NGRX	Rebecca SMITH at Updating times Dec 13
	100 IM	1:15.94	30-Jan-11	NGRX	Ciara Peters at HST New Year Meet
	200 IM	2:37.06	24-Jun-17	NGRX	Daisy Wisely at ND Development Meet 2017
	400 IM	5:40.00	5-Feb-11	NGRX	Ciara Peters at North District Age Group Meet
15-15	20 Free	10.99	10-Oct-19	NGRX	Danielle McMaster at Timing Session October 2019
	50 Free	30.45	29-Jan-12	NGRX	Ciara Peters at HST New Year Meet
	100 Free	1:06.12	29-Jan-12	NGRX	Ciara Peters at HST New Year Meet
	200 Free	2:18.80	3-Mar-12	NGRX	Ciara Peters at Age Group Championships 2012
	400 Free	4:44.32	3-Mar-12	NGRX	Ciara Peters at Age Group Championships 2012
	800 Free	9:55.82	15-Dec-11	NGRX	Ciara Peters at Scottish National S.C.Open Championships
	1500 Free	20:09.59	19-Sep-13	NGRX	Stephanie Macleod at Updated times Sept 2013
	20 Back	14.80	26-Sep-17	NGRX	Rhona Taylor at Training Times Aug - Sep 17
	50 Back	33.83	15-Dec-11	NGRX	Ciara Peters at Scottish National S.C.Open Championships
	100 Back	1:12.33	29-Jan-12	NGRX	Ciara Peters at HST New Year Meet
	200 Back	2:31.35	15-Dec-11	NGRX	Ciara Peters at Scottish National S.C.Open Championships
	20 Breast	15.03	26-Sep-17	NGRX	Rhona Taylor at Training Times Aug - Sep 17
	50 Breast	40.55	1-Oct-11	NGRX	Ciara Peters at North District Sprint Championships
	100 Breast	1:26.10	1-Mar-14	NGRX	Ailsa Hepburn at Updated Training Times March 2014
	200 Breast	3:05.19	27-Jan-13	NGRX	Stephanie Macleod at HST New Year Meet
	20 Fly	11.41	16-Aug-19	NGRX	Danielle McMaster at august to october 2019
	50 Fly	33.22	1-Feb-15	NGRX	Rebecca SMITH at HST New Year Meet
	100 Fly	1:17.70	26-Mar-07	NGRX	JENNY ASH at GRANTOWN CLUB Championships 07
	200 Fly	2:49.08	3-Jul-11	NGRX	Ciara Peters at HST Summer Meet 2011
	100 IM	1:13.79	1-Oct-11	NGRX	Ciara Peters at North District Sprint Championships
	200 IM	2:36.57	3-Mar-12	NGRX	Ciara Peters at Age Group Championships 2012
	400 IM	5:31.08	12-Nov-11	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2011
16-16	20 Free	12.27	26-Sep-17	NGRX	Erinne MacKellar at Training Times Aug - Sep 17
	50 Free	30.01	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
	100 Free	1:06.07	21-Mar-13	NGRX	Ciara Peters at Grantown Club Championships 2013
	200 Free	2:17.92	2-Mar-13	NGRX	Ciara Peters at N D Age Group Championships
	400 Free	4:45.65	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
	800 Free	10:01.91	14-Dec-12	NGRX	Ciara Peters at Scottish Gas National Open SC Championships
	1500 Free	19:12.95	3-Nov-12	NGRX	Ciara Peters at ND Distance Meet
	20 Back	14.02	1-Dec-15	NGRX	Beth Rutledge at December Training Times 2015
	50 Back	34.76	6-Oct-12	NGRX	Ciara Peters at ND Sprint Championships 2012
	100 Back	1:13.44	26-Jan-14	NGRX	Stephanie Macleod at HST New Year Meet
	200 Back	2:36.08	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
	20 Breast	16.25	26-Sep-17	NGRX	Erinne MacKellar at Training Times Aug - Sep 17
	50 Breast	41.78	6-Oct-12	NGRX	Ciara Peters at ND Sprint Championships 2012
	100 Breast	1:28.44	8-Mar-14	NGRX	Stephanie Macleod at Forres Bluefins two-day meet
	200 Breast	3:12.52	13-Feb-16	NGRX	Anna Harrold at 2016 Elgin Spring Meet
	20 Fly	13.16	26-Sep-17	NGRX	Erinne MacKellar at Training Times Aug - Sep 17
	50 Fly	32.76	6-Oct-12	NGRX	Ciara Peters at ND Sprint Championships 2012
	100 Fly	1:15.81	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
	200 Fly	2:51.65	9-Nov-07	NGRX	JENNY ASH at HIGHLAND SCHOOLS 2007
	100 IM	1:13.31	6-Oct-12	NGRX	Ciara Peters at ND Sprint Championships 2012

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16-16	200 IM	2:37.91	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
	400 IM	5:37.18	2-Feb-13	NGRX	Ciara Peters at Aberdeen Dolphin Mitchell Trophy 2013
17-17	20 Free	12.67	1-Dec-15	NGRX	Ailsa Hepburn at December Training Times 2015
	50 Free	29.90	26-Jan-14	NGRX	Ciara Peters at HST New Year Meet
	100 Free	1:05.59	3-Apr-14	NGRX	Ciara Peters at Grantown Club Champs
	200 Free	2:20.00	25-Jun-16	NGRX	Anna Harrold at ND Development Meet 2016
	400 Free	4:45.81	14-Nov-12	NGRX	Ciara Peters at Highland School Championships
	800 Free	10:03.61	29-Jun-13	NGRX	Ciara Peters at ND EoS Champs 2013
	1500 Free	19:31.37	29-Jun-13	NGRX	Ciara Peters at ND EoS Champs 2013
	50 Back	34.70	5-Oct-13	NGRX	Ciara Peters at ND Sprint Championships 2013
	100 Back	1:13.65	19-Mar-15	NGRX	Stephanie Macleod at Grantown Club Champs
	200 Back	2:36.88	25-Jun-16	NGRX	Anna Harrold at ND Development Meet 2016
	50 Breast	41.63	5-Oct-13	NGRX	Ciara Peters at ND Sprint Championships 2013
	100 Breast	1:26.80	5-Nov-14	NGRX	Iris Westbrook at Scottish Schools Highland Heats
	200 Breast	3:19.92	5-Dec-13	NGRX	Ciara Peters at Updating times Dec 13
	50 Fly	34.09	5-Oct-13	NGRX	Ciara Peters at ND Sprint Championships 2013
	100 Fly	1:15.88	3-Apr-14	NGRX	Ciara Peters at Grantown Club Champs
	200 Fly	2:54.95	5-Dec-13	NGRX	Ciara Peters at Updating times Dec 13
	100 IM	1:16.58	5-Oct-13	NGRX	Ciara Peters at ND Sprint Championships 2013
	200 IM	2:38.93	14-Nov-12	NGRX	Ciara Peters at Highland School Championships
	400 IM	5:38.77	25-Jun-16	NGRX	Anna Harrold at ND Development Meet 2016
18 & O	100 Free	1:06.44	13-Nov-13	NGRX	Ciara Peters at Scottish Schools Highland Heats
	200 Free	2:29.00	6-Jun-14	NGRX	Ciara Peters at Training Times June 2014
	400 Free	4:53.06	13-Nov-13	NGRX	Ciara Peters at Scottish Schools Highland Heats
	800 Free	20:00.00	16-Feb-14	NGRX	No record
	1500 Free	18:45.00	22-May-14	NGRX	Ciara Peters at Updated training times 22/5/14
	50 Back	41.57	8-Dec-12	NGRX	Alexandrea Macleod at Updated Times Dec 2012
	100 Back	1:16.42	21-Mar-19	NGRX	Elizabeth Mills at Grantown Club Gala Age groups
	200 Back	2:53.02	6-Jun-14	NGRX	Ciara Peters at Training Times June 2014
	50 Breast	53.07	8-Dec-12	NGRX	Alexandrea Macleod at Updated Times Dec 2012
	100 Breast	1:46.00	26-May-14	NGRX	Ciara Peters at Training Times 26/5/14
	200 Breast	5:00.00	16-Feb-14	NGRX	No record
	50 Fly	49.76	8-Dec-12	NGRX	Alexandrea Macleod at Updated Times Dec 2012
	100 Fly	1:23.00	26-May-14	NGRX	Ciara Peters at Training Times 26/5/14
	200 Fly	2:58.00	6-Jun-14	NGRX	Ciara Peters at Training Times June 2014
	100 IM	2:00.00	16-Feb-14	NGRX	No record
	200 IM	2:53.04	5-Nov-14	NGRX	Stephanie Macleod at Scottish Schools Highland Heats
	400 IM	10:00.00	16-Feb-14	NGRX	No record

RECORDS All Time Records
SC Meters-Male

8 & U	20	Free	18.32	10-Oct-19	NGRX	Andrew Unda at Timing Session October 2019
	50	Free	42.64	1-Jan-03	NGRX	Ian MacKeller Missing Record
	100	Free	1:43.00	12-Jan-00	NGRX	Michael Wells Missing Record
	200	Free	4:10.72	26-Sep-12	NGRX	Calum Mackintosh at Training times Sep 2012
	800	Free	17:06.65	8-Dec-12	NGRX	Calum Mackintosh at Updated Times Dec 2012
	1500	Free	33:28.00	26-Sep-12	NGRX	Calum Mackintosh at Training times Sep 2012
	20	Back	19.44	9-Mar-16	NGRX	Matthew Pawsey at Training Times
	50	Back	44.44	12-Jan-00	NGRX	Michael Wells missing Record
	100	Back	1:44.97	3-Jul-11	NGRX	Angus Harrold at HST Summer Meet 2011
	200	Back	4:22.20	26-Sep-12	NGRX	Calum Mackintosh at Training times Sep 2012
	20	Breast	24.52	9-Mar-16	NGRX	Matthew Pawsey at Training Times
	50	Breast	58.54	18-May-08	NGRX	Edward Fletcher at Grantown Club Championships
	100	Breast	2:19.46	8-Dec-12	NGRX	Calum Mackintosh at Updated Times Dec 2012
	200	Breast	4:40.36	26-Sep-12	NGRX	Calum Mackintosh at Training times Sep 2012
	20	Fly	16.64	9-Mar-16	NGRX	Matthew Pawsey at Training Times
	50	Fly	49.00	12-Jan-00	NGRX	Michael Wells missing Record
	100	Fly	2:31.55	20-Sep-11	NGRX	Calum Langmuir at Grantown Training 100 Fly & 100 Back
	200	Fly	5:15.09	1-Jul-15	NGRX	James Hay at July Training Times 2015
	100	IM	1:48.64	3-Jul-11	NGRX	Angus Harrold at HST Summer Meet 2011
	200	IM	4:48.41	1-Dec-14	NGRX	Andrew Murphie at December Training Times
	400	IM	9:31.34	8-Dec-12	NGRX	Calum Mackintosh at Updated Times Dec 2012
9-9	20	Free	14.34	7-Dec-17	SASA	Duncan Sparham at Training Times Dec 2017
	50	Free	36.02	1-Jan-02	NGRX	Angus Crake Missing Record
	100	Free	1:23.61	1-Jan-99	NGRX	Hamish Crake Missing Record
	200	Free	3:05.00	1-Jan-99	NGRX	Hamish Crake Missing Record
	400	Free	6:46.21	1-Jan-99	NGRX	Hamish Crake Missing Record
	800	Free	14:57.08	18-Jun-12	NGRX	Angus Harrold at training times June 2012
	1500	Free	29:16.00	1-Jan-02	NGRX	David Murray Missing Record
	20	Back	17.80	7-Dec-17	SASA	Duncan Sparham at Training Times Dec 2017
	50	Back	42.72	1-Jan-99	NGRX	Hamish Crake Missing Record
	100	Back	1:27.72	1-Jan-99	NGRX	Hamish Crake Missing Record
	200	Back	3:06.49	1-Jan-99	NGRX	Hamish Crake Missing Record
	20	Breast	20.50	17-Jan-19	NGRX	Gary Sinclair at Training times - December 18 - Mar 19
	50	Breast	51.62	7-Jun-14	NGRX	Joshua Talbot-Heigh at 2014 Elgin Mini Meet
	100	Breast	2:01.00	17-Jan-19	NGRX	Gary Sinclair at Training times - December 18 - Mar 19
	200	Breast	4:09.90	6-Jun-14	NGRX	Joshua Talbot-Heigh at Training Times June 2014
	20	Fly	16.50	17-Jan-19	NGRX	Gary Sinclair at Training times - December 18 - Mar 19
	50	Fly	32.96	18-Mar-07	NGRX	Ciaran Robertson at TAIN SWIMFEST
	100	Fly	1:44.37	1-Jan-99	NGRX	Hamish Crake Missing Record
	200	Fly	4:27.89	9-Feb-12	NGRX	Angus Harrold at Training times updated
	100	IM	1:34.06	1-Jan-99	NGRX	Hamish Crake Missing Record
	200	IM	3:22.00	1-Jan-99	NGRX3	Hamish Crake
	400	IM	6:26.00	19-Sep-16	NGRX	Matthew Pawsey at Training times Sept 16 - Mar 17
10-10	20	Free	13.00	16-Aug-18	NGRX	Duncan Sparham at Summer Camp 2018
	50	Free	34.07	1-Jan-01	NGRX	Duncan Wells Missing Record
	100	Free	1:14.91	1-Jan-01	NGRX	Duncan Wells Missing Records
	200	Free	2:43.62	1-Jan-01	NGRX	Duncan Wells Missing Records
	400	Free	6:10.88	1-May-15	NGRX	Joshua Talbot-Heigh at May 2015 Training Times

RECORDS All Time Records

10-10	800 Free	14:28.04	8-Dec-12	NGRX	Angus Harrold at Updated Times Dec 2012
	1500 Free	25:44.00	1-Jan-01	NGRX	Duncan Wells at Missing Records
	20 Back	15.09	1-Dec-15	NGRX	Freddie Talbot-Heigh at December Training Times 2015
	50 Back	39.28	2-Feb-15	NGRX	Calum Mackintosh at February 2015 Training Times
	100 Back	1:25.14	1-Jan-01	NGRX	Hamish Crake Missing Records
	200 Back	2:59.63	1-Jan-01	NGRX	Hamish Crake Missing Records
	20 Breast	21.81	16-Aug-18	NGRX	Duncan Sparham at Summer Camp 2018
	50 Breast	49.19	8-May-15	NGRX	Joshua Talbot-Heigh at Grantown Friendly
	100 Breast	1:40.48	1-Jan-01	NGRX	Duncan Wells
	200 Breast	3:40.51	14-Feb-15	NGRX	Calum Mackintosh at 2015 Elgin Spring Meet
	20 Fly	14.55	9-Mar-16	NGRX	Andrew Murphie at Training Times
	50 Fly	36.52	1-Jan-01	NGRX	Duncan Wells Missing Records
	100 Fly	1:27.74	31-Jan-10	NGRX	Duncan Wells Missing Record
	200 Fly	3:45.58	1-Jan-02	NGRX	Michael Wells Missing Record
	100 IM	1:27.00	1-Jan-01	NGRX	Duncan Wells Missing Record
	200 IM	3:04.70	1-Jan-01	NGRX	Duncan Wells Missing Record
	400 IM	6:51.31	18-Apr-15	NGRX	Joshua Talbot-Heigh at Buckie Age Groups 2015
11-11	20 Free	12.00	26-Sep-17	NGRX	Andrew Murphie at Training Times Aug - Sep 17
	50 Free	32.69	1-Jan-03	NGRX	Michael Wells Missing Record
	100 Free	1:10.72	1-Jan-02	NGRX	Duncan Wells Missing Record
	200 Free	2:38.59	5-Feb-11	NGRX	Alex Philip at North District Age Group Meet
	400 Free	5:22.80	5-Nov-11	NGRX	Alex Philip at North District Distance Meet 2011
	800 Free	11:55.00	1-Jan-03	NGRX	Michael Wells Missing Records
	1500 Free	22:33.16	29-Sep-11	NGRX	Alex Philip at Grantown Sprint Challenge
	20 Back	15.06	1-Dec-15	NGRX	Jamie Kant at December Training Times 2015
	50 Back	36.97	23-Jan-16	NGRX	Calum Mackintosh at SASA North District Age Group Meet 2016
	100 Back	1:20.00	26-May-14	NGRX	Angus Harrold at Training Times 26/5/14
	200 Back	2:52.94	23-Jan-16	NGRX	Joshua Talbot-Heigh at SASA North District Age Group Meet 2016
	20 Breast	17.41	26-Sep-17	NGRX	Andrew Murphie at Training Times Aug - Sep 17
	50 Breast	43.68	7-Nov-15	NGRX	Joshua Talbot-Heigh at Buckie ASC Mini Meet 2015
	100 Breast	1:39.80	28-Nov-15	NGRX	Joshua Talbot-Heigh at HST Timing Session
	200 Breast	3:23.57	23-Jan-16	NGRX	Joshua Talbot-Heigh at SASA North District Age Group Meet 2016
	20 Fly	14.63	17-Jan-19	NGRX	Duncan Sparham at Training times - December 18 - Mar 19
	50 Fly	35.68	1-Jan-02	NGRX	Duncan Wells Missing Records
	100 Fly	1:21.96	1-Jan-02	NGRX	Duncan Wells Missing Records
	200 Fly	3:14.18	30-Jan-11	NGRX	Alex Philip at HST New Year Meet
	100 IM	1:25.35	2-Oct-11	NGRX	Alex Philip at Forres Bluefins Mini Meet
	200 IM	2:57.23	1-Jan-02	NGRX	Duncan Wells Missing Record
	400 IM	6:42.87	3-Oct-15	NGRX	Joshua Talbot-Heigh at ND Distance Meet
12-12	20 Free	10.86	17-Jan-19	NGRX	Andrew Murphie at Training times - December 18 - Mar 19
	50 Free	30.37	3-Apr-02	NGRX	Duncan Wells - missing records
	100 Free	1:04.78	9-Mar-03	NGRX	Duncan Wells -missing record
	200 Free	2:00.00	3-Dec-03	NGRX	Duncan Wells - missing record
	400 Free	5:07.11	3-Mar-03	NGRX	Duncan Wells - missing record ionships 2012
	800 Free	11:06.18	3-Nov-12	NGRX	Alex Philip at ND Distance Meet
	1500 Free	20:42.33	3-Nov-12	NGRX	Alex Philip at ND Distance Meet
	50 Back	34.49	9-May-15	NGRX	Angus Harrold at Westhill Invitational Meet 2015
	100 Back	1:13.51	9-May-15	NGRX	Angus Harrold at Westhill Invitational Meet 2015
	200 Back	2:34.33	14-Jun-03	NGRX	Duncan Wells - missing record
	20 Breast	14.98	17-Jan-19	NGRX	Andrew Murphie at Training times - December 18 - Mar 19

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12-12	50 Breast	41.16	3-Apr-02	NGRX	Duncan Wells - missing record
	100 Breast	1:29.56	5-Mar-03	NGRX	Duncan Wells - missing record
	200 Breast	3:12.00	18-Jun-03	NGRX	Duncan Wells - missing record June 2012
	20 Fly	11.84	17-Jan-19	NGRX	Andrew Murphie at Training times - December 18 - Mar 19
	50 Fly	32.50	3-Apr-02	NGRX	Duncan Wells - missing record
	100 Fly	1:14.16	1-Jan-03	NGRX	Duncan Wells Missing Time
	200 Fly	2:22.00	17-Jan-19	NGRX	Andrew Murphie at Training times - December 18 - Mar 19
	100 IM	1:16.03	1-Jan-01	NGRX	Duncan Wells Missing Records
	200 IM	2:42.55	1-Jan-03	NGRX	Duncan Wells Missing Records
13-13	400 IM	6:11.17	3-Nov-12	NGRX	Alex Philip at ND Distance Meet
	20 Free	10.48	10-Oct-19	NGRX	Andrew Murphie at Timing Session October 2019
	50 Free	29.25	18-Mar-07	NGRX	David Murray at TAIN SWIMFEST
	100 Free	1:06.48	13-May-19	NGRX	Andrew Murphie at Timing Session - May 2019
	200 Free	2:18.49	29-Nov-14	NGRX	Ryan MacLean at ND Age Group Meet 2014
	400 Free	5:10.77	27-Jan-13	NGRX	Alex Philip at HST New Year Meet
	800 Free	11:02.88	2-Nov-13	NGRX	Alex Philip at ND Distance Meet
	1500 Free	22:08.27	17-Jan-19	NGRX	Freddie Talbot-Heigh at Training times - December 18 - Mar 19
	20 Back	12.44	13-May-19	NGRX	Freddie Talbot-Heigh at Timing Session - May 2019
	50 Back	33.07	23-Jan-16	NGRX	Angus Harrold at SASA North District Age Group Meet 2016
	100 Back	1:11.40	23-Jan-16	NGRX	Angus Harrold at SASA North District Age Group Meet 2016
	200 Back	2:34.29	23-Jan-16	NGRX	Angus Harrold at SASA North District Age Group Meet 2016
	20 Breast	14.53	16-Aug-19	NGRX	Andrew Murphie at august to october 2019
	50 Breast	39.50	18-Mar-07	NGRX	David Murray at TAIN SWIMFEST
	100 Breast	1:26.44	15-Mar-12	NGRX	Jake Mills at Grantown Club Championships 2012
	200 Breast	3:06.91	13-May-19	NGRX	Freddie Talbot-Heigh at Timing Session - May 2019
	20 Fly	12.27	16-Aug-18	NGRX	Freddie Talbot-Heigh at Summer Camp 2018
	50 Fly	32.21	18-Mar-07	NGRX	David Murray at TAIN SWIMFEST
	100 Fly	1:20.26	12-Mar-16	NGRX	Andrew Airey at Forres Bluefins two-day meet
	200 Fly	2:59.38	23-Jun-12	NGRX	Alex Philip at North District Development Meet
	100 IM	1:14.85	8-Jun-19	NGRX	Freddie Talbot-Heigh at Nairn IM Challenge Meet
	200 IM	2:46.93	8-Jun-19	NGRX	Freddie Talbot-Heigh at Nairn IM Challenge Meet
	400 IM	6:00.57	23-Jan-16	NGRX	Angus Harrold at SASA North District Age Group Meet 2016
14-14	20 Free	11.21	17-Jan-19	NGRX	Matthew Murphie at Training times - December 18 - Mar 19
	50 Free	27.51	16-Feb-19	NGRX	Joshua Talbot-Heigh at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	100 Free	1:01.30	26-Mar-07	NGRX	MICHAEL WELLS at GRANTOWN CLUB Championships 07
	200 Free	2:18.49	29-Nov-14	NGRX	Ryan K. MacLean at ND Age Group Meet 2014
	400 Free	4:46.73	9-Dec-06	NGRX	David Murray at North District Age Group Meet 2006
	800 Free	10:35.87	15-Dec-18	NGRX	Joshua Talbot-Heigh at HST Open Meet
	1500 Free	21:20.00	22-May-14	NGRX	Alex Philip at Updated training times 22/5/14
	20 Back	12.18	20-Sep-18	NGRX	Joshua Talbot-Heigh at Training Times September 2018
	50 Back	31.37	16-Feb-19	NGRX	Joshua Talbot-Heigh at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	100 Back	1:08.62	26-Nov-16	NGRX	Angus Harrold at ND Age Group Meet 2016
	200 Back	2:28.15	26-Nov-16	NGRX	Angus Harrold at ND Age Group Meet 2016
	20 Breast	13.63	17-Jan-19	NGRX	Joshua Talbot-Heigh at Training times - December 18 - Mar 19
	50 Breast	34.73	16-Feb-19	NGRX	Joshua Talbot-Heigh at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	100 Breast	1:21.55	2-Mar-13	NGRX	Jake Mills at N D Age Group Championships
	200 Breast	2:52.04	16-Feb-19	NGRX	Joshua Talbot-Heigh at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	20 Fly	11.74	12-Jun-18	NGRX	Matthew Murphie at Timings Session - June 2018
	50 Fly	33.07	15-Dec-18	NGRX	Joshua Talbot-Heigh at HST Open Meet
	100 Fly	1:12.48	26-Mar-07	NGRX	MICHAEL WELLS at GRANTOWN CLUB Championships 07

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14-14	200 Fly	2:52.32	30-Nov-13	NGRX	Alex Philip at ND Age Group Meet 2013
	100 IM	1:10.02	16-Feb-19	NGRX	Joshua Talbot-Heigh at Elgin ASC Spring Meet 2019 L2/ND/031/FEB19
	200 IM	2:37.33	26-Nov-16	NGRX	Angus Harrold at ND Age Group Meet 2016
	400 IM	5:38.90	29-Nov-14	NGRX	Alex Philip at ND Age Group Meet 2014
15-15	50 Free	27.56	18-Mar-07	NGRX	MICHAEL WELLS at TAIN SWIMFEST
	100 Free	1:00.93	1-Jan-02	NGRX	Billy Laird Missing Records
	200 Free	2:14.38	21-Jun-08	NGRX	David Murray at North District Development Meet
	400 Free	4:42.58	21-Jun-08	NGRX	David Murray at North District Development Meet
	800 Free	10:12.65	4-Feb-07	NGRX	David Murray at HST New Year Meet 2007
	1500 Free	19:15.01	1-Jan-01	NGRX	Billy Laird Missing Record
	20 Back	12.98	13-May-19	NGRX	Matthew Murphie at Timing Session - May 2019
	50 Back	30.78	4-Nov-17	NGRX	Angus Harrold at North District Open Championships 2017
	100 Back	1:07.48	4-Nov-17	NGRX	Angus Harrold at North District Open Championships 2017
	200 Back	2:24.17	4-Nov-17	NGRX	Angus Harrold at North District Open Championships 2017
	50 Breast	36.33	5-Oct-13	NGRX	Jake Mills at ND Sprint Championships 2013
	100 Breast	1:20.37	4-Nov-17	NGRX	Angus Harrold at North District Open Championships 2017
	200 Breast	2:52.53	4-Nov-17	NGRX	Angus Harrold at North District Open Championships 2017
	50 Fly	31.15	18-Mar-07	NGRX	MICHAEL WELLS at TAIN SWIMFEST
	100 Fly	1:09.48	18-May-08	NGRX	David Murray at Grantown Club Championships
	200 Fly	2:23.00	6-Jun-14	NGRX	Hamish Smith at Training Times June 2014
	100 IM	1:11.07	24-Oct-15	NGRX	Ryan K. MacLean at Alloa Graded Meet 2015
	200 IM	15.00	1-Jan-11	NGRX	no record
	400 IM	15.00	11-Jan-11	NGRX	no record
16-16	20 Free	12.30	26-Sep-17	NGRX	Gregory A. Price at Training Times Aug - Sep 17
	50 Free	27.76	17-Feb-08	NGRX	JOHN RUTLEDGE at Tain Swim Fest
	100 Free	58.81	3-Dec-08	NGRX	JOHN RUTLEDGE at Highland Schools Championships 2009
	200 Free	2:18.19	22-Nov-08	NGRX	David Murray at Upper Deeside Challenge 2007
	400 Free	5:03.00	19-May-17	NGRX	Ryan K. MacLean at Training times May 17 to June 17
	800 Free	9:59.24	1-Nov-08	NGRX	JOHN RUTLEDGE at North District Distance Meet 2008
	1500 Free	21:29.27	29-Sep-11	NGRX	CALLUM SMITH at 1,500 & 50 timings
	20 Back	13.86	26-Sep-17	NGRX	Gregory A. Price at Training Times Aug - Sep 17
	50 Back	32.37	3-Apr-11	NGRX	Iain Mackellar at Tain Swimfest
	100 Back	1:09.83	3-Dec-08	NGRX	David Murray at Highland Schools Championships 2009
	200 Back	2:42.11	2-Mar-15	NGRX	Lewis Taylor at March 2015 Training Times
	20 Breast	17.61	26-Sep-17	NGRX	Gregory A. Price at Training Times Aug - Sep 17
	50 Breast	36.19	3-Apr-11	NGRX	Iain Mackellar at Tain Swimfest
	50 Breast	36.19	30-Jan-11	NGRX	Iain Mackellar at HST New Year Meet Iain Mackellar at Tain Swimfest
	100 Breast	1:20.51	13-Nov-13	NGRX	Jake Mills at Scottish Schools Highland Heats
	200 Breast	3:04.36	30-Jan-11	NGRX	Iain Mackellar at HST New Year Meet
	20 Fly	14.06	26-Sep-17	NGRX	Gregory A. Price at Training Times Aug - Sep 17
	50 Fly	31.21	1-Feb-09	NGRX	David Murray at HST NEW YEAR MEET FEB. '09
	100 Fly	1:09.49	3-Dec-08	NGRX	JOHN RUTLEDGE at Highland Schools Championships 2009
	200 Fly	3:07.75	2-Mar-15	NGRX	Lewis Taylor at March 2015 Training Times
	100 IM	1:12.87	21-Mar-09	NGRX	David Murray at DEVERON SPRINT GALA
	200 IM	2:29.27	3-Dec-08	NGRX	David Murray at Highland Schools Championships 2009
	400 IM	5:34.90	1-Nov-08	NGRX	JOHN RUTLEDGE at North District Distance Meet 2008
17-17	20 Free	10.15	26-Sep-17	NGRX	Ryan K. MacLean at Training Times Aug - Sep 17
	50 Free	27.13	28-Jun-09	NGRX	JOHN RUTLEDGE at HST June 09 Meet
	100 Free	58.40	30-May-09	NGRX	JOHN RUTLEDGE at North District Open Championships

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17-17	200	Free	2:14.80	28-Jun-09	NGRX	JOHN RUTLEDGE at HST June 09 Meet
	400	Free	4:44.09	1-Feb-09	NGRX	JOHN RUTLEDGE at HST NEW YEAR MEET FEB. '09
	800	Free	9:53.83	30-May-09	NGRX	JOHN RUTLEDGE at North District Open Championships
	1500	Free	23:07.86	19-Sep-13	NGRX	Bruce Smith at Updated times Sept 2013
	20	Back	12.51	26-Sep-17	NGRX	Ryan K. MacLean at Training Times Aug - Sep 17
	50	Back	37.47	8-Dec-12	NGRX	Duncan Miller at Updated Times Dec 2012
	100	Back	1:10.30	1-Feb-09	NGRX	JOHN RUTLEDGE at HST NEW YEAR MEET FEB. '09
	200	Back	2:55.28	9-Feb-12	NGRX	CALLUM SMITH at Training times updated
	20	Breast	13.54	26-Sep-17	NGRX	Ryan K. MacLean at Training Times Aug - Sep 17
	50	Breast	47.59	1-Dec-15	NGRX	Hamish Smith at December Training Times 2015
	100	Breast	1:18.82	5-Nov-14	NGRX	Jake Mills at Scottish Schools Highland Heats
	200	Breast	3:29.90	3-Jun-18	NGRX	Gregory A. Price at Training times - Apr-June 2018
	20	Fly	11.45	26-Sep-17	NGRX	Ryan K. MacLean at Training Times Aug - Sep 17
	50	Fly	30.26	28-Jun-09	NGRX	JOHN RUTLEDGE at HST June 09 Meet
	100	Fly	1:07.23	7-Mar-09	NGRX	JOHN RUTLEDGE at ND Age Group Championships
	200	Fly	2:48.42	5-Nov-14	NGRX	Alex Philip at Scottish Schools Highland Heats
	100	IM	15.00	1-Jan-11	NGRX	no record
	200	IM	2:45.18	5-Nov-14	NGRX	Alex Philip at Scottish Schools Highland Heats
	400	IM	5:37.57	7-Mar-09	NGRX	JOHN RUTLEDGE at ND Age Group Championships
18-18	20	Fly	11.50	12-Jun-18	NGRX	SAMUEL D. COOKE at Timings Session - June 2018
18 & O	50	Free	25.89	1-Oct-11	NGRX	JOHN RUTLEDGE at North District Sprint Championships
	100	Free	58.60	31-Jan-10	NGRX	JOHN RUTLEDGE at HST New Year Meet
	200	Free	2:16.06	29-Jan-12	NGRX	JOHN RUTLEDGE at HST New Year Meet
	400	Free	4:45.52	31-Jan-10	NGRX	JOHN RUTLEDGE at HST New Year Meet
	800	Free	20:00.00	16-Feb-14	NGRX	No record
	1500	Free	30:00.00	16-Feb-14	NGRX	No record
	50	Back	32.61	29-Sep-11	NGRX	JOHN RUTLEDGE at 1,500 & 50 timings
	100	Back	1:10.06	15-Mar-12	NGRX	JOHN RUTLEDGE at Grantown Club Championships 2012
	200	Back	5:00.00	16-Feb-14	NGRX	No record
	50	Breast	37.76	29-Sep-11	NGRX	JOHN RUTLEDGE at 1,500 & 50 timings
	100	Breast	1:24.69	15-Mar-12	NGRX	JOHN RUTLEDGE at Grantown Club Championships 2012
	200	Breast	2:54.05	13-Nov-13	NGRX	Hamish Hepburn at Scottish Schools Highland Heats
	50	Fly	28.12	1-Oct-11	NGRX	JOHN RUTLEDGE at North District Sprint Championships
	100	Fly	1:07.82	29-Jan-12	NGRX	JOHN RUTLEDGE at HST New Year Meet
	200	Fly	5:00.00	16-Feb-14	NGRX	No record
	200	IM	2:36.39	13-Nov-13	NGRX	Hamish Hepburn at Scottish Schools Highland Heats
	400	IM	10:00.00	16-Feb-14	NGRX	No record