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**RECORDS All Club Records**
**SC Meters-Women**

12 & U	50 Free	30.83	<b>13-Oct-01</b>	EIHX	Karen Bennett		
	100 Free	1:06.70	<b>10-Feb-04</b>	EIHX	Helen McRoberts		
	200 Free	2:26.72	<b>3-Dec-01</b>	EIHX	Claire Dow		
	400 Free	5:06.80	<b>20-May-16</b>	EIHX	Carla Lovell	at Swim West Lothian IM Tough 2016	
	800 Free	10:24.30	<b>20-May-16</b>	EIHX	Carla Lovell	at Swim West Lothian IM Tough 2016	
	1650 Free	25:22.80	<b>24-Mar-13</b>		Ailsa Inglis		
	50 Back	34.71	<b>13-Oct-01</b>	EIHX	Karen Bennett		
	100 Back	1:15.50	<b>2-Oct-01</b>		Karen Bennett		
	200 Back	2:42.31	<b>9-Feb-04</b>		Helen McRoberts		
	50 Breast	39.74	<b>20-Nov-16</b>	EIHX	Ines Donald	at Edinburgh & Midlothian Schools	
	100 Breast	1:24.79	<b>17-May-13</b>		Sophie Hamilton		
	200 Breast	3:02.12	<b>20-May-16</b>	EIHX	Carla Lovell	at Swim West Lothian IM Tough 2016	
	50 Fly	35.14	<b>17-May-13</b>	EIHX	Sophie Hamilton		
	100 Fly	1:13.30	<b>13-Feb-16</b>	EIHX	Adele McDaid	at Sharks Open Meet	
	200 Fly	2:41.59	<b>28-Nov-15</b>	EIHX	Adele McDaid	at East District Age Group Championships	
	100 IM	1:17.65	<b>1-May-16</b>	EIHX	Carla Lovell	at Haddington Total Swimmer Meet	
	200 IM	2:42.00	<b>1-May-16</b>	EIHX	Carla Lovell	at Haddington Total Swimmer Meet	
	400 IM	5:47.79	<b>15-Apr-03</b>		Sally Wood		
	13-13	50 Free	29.71	<b>2-May-04</b>		Sally Wood	
		100 Free	1:03.56	<b>1-Feb-04</b>		Sally Wood	
200 Free		2:18.09	<b>13-Mar-04</b>		Sally Wood		
400 Free		4:50.24	<b>16-Jan-05</b>		Helen McRoberts		
800 Free		9:51.17	<b>3-Apr-04</b>		Sally Wood		
1500 Free		19:04.53	<b>4-Dec-04</b>		Helen McRoberts		
50 Back		34.21	<b>13-Mar-02</b>		Karen Bennett		
100 Back		1:12.09	<b>4-May-02</b>		Karen Bennett		
200 Back		2:42.31	<b>9-Feb-04</b>		Helen McRoberts		
50 Breast		37.85	<b>15-Feb-14</b>	EIHX	Sophie Hamilton	at Sharks Open Meet	
100 Breast		1:18.81	<b>18-Nov-18</b>	EIHX	Ines Donald	at Edinburgh & Midlothian Schools	
200 Breast		2:52.71	<b>13-Mar-04</b>		Sally Wood		
50 Fly		33.30	<b>1-May-16</b>	EIHX	Adele McDaid	at Haddington Total Swimmer Meet	
100 Fly		1:10.55	<b>20-Nov-16</b>	EIHX	Adele McDaid	at Edinburgh & Midlothian Schools	
200 Fly		2:39.79	<b>30-Nov-13</b>	EIHX	Sophie Hamilton	at East District Age Group Championships	
100 IM		1:13.39	<b>1-Nov-03</b>		Sally Wood		
200 IM		2:33.59	<b>9-Feb-04</b>		Sally Wood		
400 IM		5:22.35	<b>3-Apr-04</b>		Sally Wood		
14-14	50 Free	29.75	<b>16-May-04</b>		Sally Wood		
	100 Free	1:03.38	<b>16-Nov-04</b>		Sally Wood		
	200 Free	2:14.32	<b>24-Oct-04</b>		Sally Wood		
	400 Free	4:41.21	<b>24-Oct-04</b>		Sally Wood		
	800 Free	9:39.51	<b>16-Jan-05</b>		Sally Wood		
	1500 Free	18:36.99	<b>4-Dec-04</b>		Sally Wood		
	50 Back	33.53	<b>4-Mar-03</b>		Karen Bennett		
	100 Back	1:11.01	<b>12-Oct-13</b>	EIHX	Claire Dow	at Hearts and Best Premier Age Group Meet	
	200 Back	2:29.33	<b>20-Nov-04</b>		Sally Wood		
	50 Breast	37.74	<b>20-Feb-16</b>	EIHX	Scarlett Donald	at Carnegie Open Spring Age Group Meet	
	100 Breast	1:19.65	<b>3-Oct-04</b>		Sally Wood		
	200 Breast	2:47.33	<b>20-Nov-04</b>		Sally Wood		

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**RECORDS All Club Records**

14-14	50 Fly	31.97	<b>12-Oct-13</b>		Claire Dow at Hearts and Best Premier Age Group Meet
	100 Fly	1:10.41	<b>12-Oct-13</b>	EIHX	Claire Dow at Hearts and Best Premier Age Group Meet
	200 Fly	2:41.68	<b>12-Oct-13</b>	EIHX	Claire Dow at Hearts and Best Premier Age Group Meet
	100 IM	1:10.86	<b>2-Oct-04</b>		Sally Wood
	200 IM	2:29.77	<b>20-Nov-04</b>		Sally Wood
	400 IM	5:11.44	<b>15-Jan-05</b>		Sally Wood
15-15	50 Free	28.84	<b>7-Mar-06</b>		Helen McRoberts
	100 Free	1:04.17	<b>5-Oct-13</b>	EIHX	Claire Dow at SASA East District SC Time Trial
	200 Free	2:19.89	<b>30-Nov-13</b>	EIHX	Claire Dow at East District Age Group Championships
	400 Free	4:47.85	<b>18-Nov-18</b>	EIHX	Orla Kennedy at Edinburgh & Midlothian Schools
	800 Free	10:04.24	<b>8-Jun-18</b>	EIHX	Orla Kennedy at ELST Distance Meet
	50 Back	33.35	<b>16-May-14</b>	EIHX	Claire Dow at Swim West Lothian IM Tough 2014
	100 Back	1:10.51	<b>1-Jun-14</b>	EIHX	Claire Dow at DASC Accredited Time Trial
	200 Back	2:31.96	<b>16-May-14</b>	EIHX	Claire Dow at Swim West Lothian IM Tough 2014
	50 Breast	36.10	<b>2-Nov-19</b>	EIHX	Ines Donald at East District Age Group Championships
	100 Breast	1:21.89	<b>25-Feb-18</b>	EIHX	Kate Gray at Hearts pre SNAGs 18
	200 Breast	3:01.91	<b>14-May-87</b>		Louise Allan
	50 Fly	31.29	<b>15-Feb-14</b>	EIHX	Claire Dow at Sharks Open Meet
	100 Fly	1:09.45	<b>16-May-14</b>	EIHX	Claire Dow at Swim West Lothian IM Tough 2014
	200 Fly	2:36.66	<b>30-Nov-13</b>	EIHX	Claire Dow at East District Age Group Championships
	100 IM	1:11.03	<b>7-Mar-06</b>		Helen McRoberts
	200 IM	2:31.06	<b>21-Jun-14</b>	EIHX	Claire Dow at ELST Distance Meet 2013
	400 IM	5:27.29	<b>2-Nov-13</b>	EIHX	Claire Dow at East District Age Group Championships
16-16	50 Free	29.91	<b>12-Jun-11</b>		Moira Watkins
	100 Free	1:03.28	<b>6-Dec-14</b>	EIHX	Claire Dow at Club Championships
	200 Free	2:15.50	<b>9-Apr-88</b>		Susan Brown
	400 Free	4:37.18	<b>9-Apr-88</b>		Susan Brown
	800 Free	9:19.10	<b>9-Apr-88</b>		Susan Brown
	50 Back	34.74	<b>1-Nov-98</b>		Ailsa Morrison
	100 Back	1:11.54	<b>1-May-94</b>		Michelle Livingston
	200 Back	2:38.84	<b>11-Jun-16</b>	EIHX	Emily Mander at ELST Distance Meet 2016
	50 Breast	36.73	<b>9-Dec-16</b>	EIHX	Eve Lovell at Scottish National Short Course
	100 Breast	1:20.30	<b>21-Feb-88</b>		Lynne Sturgeon
	200 Breast	2:51.10	<b>1-May-88</b>		Lynne Sturgeon
	50 Fly	31.77	<b>13-Feb-16</b>	EIHX	Rebecca O'Donnell at Sharks Open Meet
	100 Fly	1:09.32	<b>11-Dec-15</b>	EIHX	Claire Dow at Scottish National Short Course Open
	200 Fly	2:36.20	<b>1-May-88</b>		Lynne Sturgeon
	100 IM	1:14.59	<b>21-Oct-17</b>	EIHX	Charlotte Drainer at Carnegie Winter Open Meet
	200 IM	2:31.10	<b>8-May-88</b>		Lynne Sturgeon
	400 IM	5:20.30	<b>8-May-88</b>		Lynne Sturgeon
17-18	50 Free	30.21	<b>20-Feb-16</b>	EIHX	Rebecca O'Donnell at Carnegie Open Spring Age Group Meet
	100 Free	1:03.28	<b>13-Oct-99</b>		Ailsa Morrison
	200 Free	2:17.39	<b>8-May-88</b>		Lynne Sturgeon
	400 Free	4:46.02	<b>8-May-88</b>		Lynne Sturgeon
	800 Free	9:37.51	<b>6-Aug-88</b>		Lynne Sturgeon
	50 Back	33.18	<b>31-Jan-15</b>	EIHX	Claire Dow at ELST Meet
	100 Back	1:12.29	<b>2-Dec-17</b>	EIHX	Emily Mander at Inverleith Club Championships
	200 Back	2:35.57	<b>14-Mar-99</b>		Ailsa Morrison
	50 Breast	39.46	<b>1-May-95</b>		Laura Connel

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**RECORDS All Club Records**

17-18	100 Breast	1:19.83	<b>1-May-86</b>		Lee Cockburn
	200 Breast	2:57.51	<b>21-Mar-15</b>	EIHX	Claire Dow
	50 Fly	32.87	<b>31-Jan-15</b>	EIHX	Claire Dow at ELST Meet
	100 Fly	1:10.50	<b>9-Apr-88</b>		Lynne Sturgeon
	200 Fly	2:43.66	<b>8-May-88</b>		Lynne Sturgeon
	100 IM	1:13.61	<b>1-May-95</b>		Laura Connell
	200 IM	2:33.62	<b>17-May-88</b>		Lynne Sturgeon
	400 IM	5:15.61	<b>3-Apr-88</b>		Lynne Sturgeon

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**RECORDS All Club Records**
**SC Meters-Men**

12 & U	50 Free	28.75	<b>13-Feb-16</b>	EIHX	Angus Allison	at Sharks Open Meet	
	100 Free	1:03.22	<b>24-Oct-15</b>	EIHX	Angus Allison	at Carnegie Winter Open Meet	
	200 Free	2:12.54	<b>28-Nov-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	400 Free	4:41.11	<b>31-Oct-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	800 Free	10:10.63	<b>31-Oct-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	1500 Free	18:56.67	<b>31-Oct-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	1650 Free	20:59.80	<b>24-Mar-13</b>		Fraser Allison		
	50 Back	37.90	<b>1-Mar-15</b>	EIHX	Iain MacMillan		
	100 Back	1:11.94	<b>18-Sep-16</b>	EIHX	Cameron Alexander	at Haddington 100s Meet	
	200 Back	2:31.57	<b>28-Nov-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	50 Breast	36.23	<b>13-Feb-16</b>	EIHX	Angus Allison	at Sharks Open Meet	
	100 Breast	1:17.68	<b>22-Nov-15</b>	EIHX	Angus Allison	at Edinburgh & Midlothian Schools	
	200 Breast	2:44.10	<b>28-Nov-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	50 Fly	32.27	<b>13-Feb-16</b>	EIHX	Angus Allison	at Sharks Open Meet	
	100 Fly	1:11.60	<b>20-May-16</b>	EIHX	Cameron Alexander	at Swim West Lothian IM Tough 2016	
	200 Fly	2:37.66	<b>28-Nov-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	100 IM	1:12.77	<b>10-Oct-15</b>	EIHX	Angus Allison	at Hearts Premier Age Group Meet	
	200 IM	2:32.12	<b>11-Jun-16</b>	EIHX	Cameron Alexander	at ELST Distance Meet 2016	
	400 IM	5:15.35	<b>31-Oct-15</b>	EIHX	Angus Allison	at East District Age Group Championships	
	13-13	50 Free	26.56	<b>11-Feb-17</b>	EIHX	Angus Allison	at Sharks Open Meet
		100 Free	1:00.16	<b>20-May-16</b>	EIHX	Angus Allison	at Swim West Lothian IM Tough 2016
		200 Free	2:09.53	<b>20-May-16</b>	EIHX	Angus Allison	at Swim West Lothian IM Tough 2016
		400 Free	4:30.88	<b>11-Jun-16</b>	EIHX	Angus Allison	at ELST Distance Meet 2016
800 Free		10:06.63	<b>2-Apr-05</b>		Ryan Scott		
1500 Free		17:50.08	<b>20-May-16</b>	EIHX	Angus Allison	at Swim West Lothian IM Tough 2016	
1650 Free		20:38.98	<b>11-May-14</b>	EIHX	Fraser Allison	at Internal Cups 200, 800, 1650	
50 Back		31.79	<b>16-Oct-99</b>		Iain MacMillan		
100 Back		1:06.75	<b>8-Oct-16</b>	EIHX	Angus Allison	at Hearts Premier Age Group Meet	
200 Back		2:25.52	<b>20-May-16</b>	EIHX	Angus Allison	at Swim West Lothian IM Tough 2016	
50 Breast		35.11	<b>15-Feb-14</b>	EIHX	Fraser Allison	at Sharks Open Meet	
100 Breast		1:11.29	<b>23-Oct-16</b>	EIHX	Angus Allison	at ASA National County Teams	
200 Breast		2:39.97	<b>17-Dec-00</b>		Ruariadh Disher		
50 Fly		30.41	<b>8-Oct-16</b>	EIHX	Angus Allison	at Hearts Premier Age Group Meet	
100 Fly		1:07.12	<b>3-Dec-16</b>	EIHX	Angus Allison	at Inverleith Club Championships	
200 Fly		2:31.68	<b>29-Oct-16</b>	EIHX	Cameron Alexander	at Carnegie Winter Open Meet	
100 IM		1:06.53	<b>29-Oct-16</b>	EIHX	Angus Allison	at Carnegie Winter Open Meet	
200 IM		2:17.53	<b>9-Dec-16</b>	EIHX	Angus Allison	at Scottish National Short Course	
400 IM		4:46.84	<b>9-Dec-16</b>	EIHX	Angus Allison	at Scottish National Short Course	
14-14		50 Free	25.33	<b>15-Dec-00</b>		Iain MacMillan	
		100 Free	54.46	<b>16-Dec-00</b>		Iain MacMillan	
		200 Free	1:57.82	<b>17-Dec-00</b>		Iain MacMillan	
		400 Free	4:12.87	<b>15-Dec-00</b>		Iain MacMillan	
	800 Free	8:56.83	<b>26-Nov-16</b>	EIHX	Angus Allison	at EDAG	
	1500 Free	17:09.59	<b>26-Nov-16</b>	EIHX	Angus Allison	at EDAG	
	1650 Free	21:38.30	<b>25-Mar-12</b>	EIHX	Mark Reid	at Internal Cups 100,200,800,1650	
	50 Back	30.46	<b>7-Mar-15</b>	EIHX	Joseph Penman	at Lothian Leagues 2015 Round 1	
	100 Back	1:03.31	<b>2-Dec-17</b>	EIHX	Angus Allison	at Inverleith Club Championships	
	200 Back	2:16.68	<b>14-Jan-17</b>	EIHX	Angus Allison	at East District Age Groups Round 2	

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**RECORDS All Club Records**

14-14	50 Breast	34.18	<b>6-May-01</b>	EIHX	Ruariadh Disher	
	100 Breast	1:12.55	<b>13-Jan-01</b>		Ruariadh Disher	
	200 Breast	2:31.81	<b>14-Jan-17</b>	EIHX	Angus Allison	at East District Age Groups Round 2
	50 Fly	28.41	<b>17-Dec-00</b>		Iain MacMillan	
	100 Fly	1:04.70	<b>20-Jun-00</b>		Iain MacMillan	
	200 Fly	2:20.83	<b>6-Nov-00</b>		Iain MacMillan	
	100 IM	1:07.32	<b>12-Nov-00</b>		Iain MacMillan	
	200 IM	2:15.53	<b>15-Dec-00</b>		Iain MacMillan	
	400 IM	5:03.48	<b>13-Feb-11</b>		Calum Watkins	
15-15	50 Free	25.66	<b>16-Dec-01</b>		Iain MacMillan	
	100 Free	54.16	<b>22-Nov-01</b>		Iain MacMillan	
	200 Free	1:56.46	<b>17-Feb-01</b>		Iain MacMillan	
	400 Free	4:09.71	<b>16-Dec-01</b>		Iain MacMillan	
	1500 Free	18:07.39	<b>28-Oct-17</b>	EIHX	Felix Hale	at East District Time Trial
	1650 Free	20:13.98	<b>25-Mar-12</b>		Calum Watkins	
	50 Back	28.94	<b>11-Dec-15</b>	EIHX	Joe Penman	at Scottish National Short Course Open
	100 Back	1:01.37	<b>11-Dec-15</b>	EIHX	Joe Penman	at Scottish National Short Course Open
	200 Back	2:13.98	<b>20-May-16</b>	EIHX	Joe Penman	at Swim West Lothian IM Tough 2016
	50 Breast	32.29	<b>12-Oct-02</b>		Ruariadh Disher	
	100 Breast	1:09.66	<b>4-May-03</b>		Ruariadh Disher	
	200 Breast	2:26.06	<b>3-Nov-18</b>	EIHX	Angus Allison	at North District Open Championships
	50 Fly	28.04	<b>16-Dec-01</b>		Iain MacMillan	
	100 Fly	1:02.99	<b>11-Jan-01</b>		Iain MacMillan	
	200 Fly	2:16.15	<b>13-Jan-18</b>	EIHX	Angus Allison	at EDAG Round 2 2018
	100 IM	1:03.12	<b>11-May-19</b>	EIHX	Felix Hale	at Haddington Total Swimmer Meet 2019
	200 IM	2:15.87	<b>11-May-19</b>	EIHX	Felix Hale	at Haddington Total Swimmer Meet 2019
	400 IM	4:48.67	<b>7-Dec-18</b>	EIHX	Felix Hale	at Scottish National Short Course Open
	16-16	50 Free	25.35	<b>22-Dec-18</b>	EIHX	Felix Hale
100 Free		52.32	<b>9-Nov-19</b>	EIHX	Angus Allison	at North District Open Championships
200 Free		1:53.13	<b>5-Oct-19</b>	EIHX	Angus Allison	at LVSC Short Course Meet
400 Free		3:57.78	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
800 Free		9:18.13	<b>20-Oct-18</b>	EIHX	Felix Hale	at East District Time Trials
1500 Free		16:42.35	<b>19-May-02</b>		Iain MacMillan	
1650 Free		20:36.85	<b>25-Mar-12</b>		Alex Maslov	
50 Back		29.14	<b>22-Dec-18</b>	EIHX	Felix Hale	at East District Age Group Championships
100 Back		58.76	<b>9-Nov-19</b>	EIHX	Angus Allison	at North District Open Championships
200 Back		2:05.96	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
50 Breast		32.83	<b>8-Dec-19</b>	EIHX	Cameron Alexander	at Tranent Christmas Gala
100 Breast		1:05.65	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
200 Breast		2:42.22	<b>9-Mar-97</b>	EIHX	Craig Angus	
50 Fly		27.37	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
100 Fly		58.11	<b>10-Nov-19</b>		Angus Allison	at North District Open Championships
200 Fly		2:13.34	<b>2-Nov-02</b>		Iain MacMillan	
100 IM		1:01.02	<b>15-Sep-19</b>	EIHX	Angus Allison	at WBC Championships Day 1
200 IM		2:01.87	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
400 IM		4:19.16	<b>13-Dec-19</b>	EIHX	Angus Allison	at Scottish National Short Course
17-18		50 Free	25.02	<b>2-Nov-19</b>	EIHX	Angus Allison
	100 Free	52.31	<b>6-Mar-04</b>		Iain MacMillan	
	200 Free	1:52.24	<b>6-Mar-04</b>		Iain MacMillan	

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**RECORDS All Club Records**

17-18	400 Free	3:58.64	<b>6-Mar-04</b>		Iain MacMillan	
	800 Free	8:18.33	<b>23-Nov-19</b>	EIHX	Angus Allison	at East District Age Groups round 2
	1500 Free	15:58.47	<b>23-Nov-19</b>		Angus Allison	East District Age Groups Round 2
	1650 Free	23:01.12	<b>11-May-14</b>	EIHX	Stuart Crawford	
	50 Back	28.32	<b>2-Nov-19</b>	EIHX	Angus Allison	at East District Age Group Championships
	100 Back	1:02.64	<b>9-Dec-16</b>	EIHX	Stuart Crawford	at Scottish National Short Course
	200 Back	2:14.85	<b>7-Nov-15</b>	EIHX	Stuart Crawford	at REN96 Open Meet
	50 Breast	30.81	<b>2-Nov-19</b>		Angus Allison	at East District Age Grouo Championships
	100 Breast	1:07.83	<b>12-Dec-03</b>		Matt Trodden	
	200 Breast	2:19.72	<b>12-Dec-03</b>		Matt Trodden	
	50 Fly	27.31	<b>6-Mar-04</b>		Iain MacMillan	
	100 Fly	58.32	<b>6-Mar-04</b>		Iain MacMillan	
	200 Fly	2:40.54	<b>1-May-88</b>		Angus Brown	
	100 IM	1:06.97	<b>15-Jun-08</b>		Ryan Scott	
	200 IM	2:22.34	<b>3-Sep-16</b>	EIHX	Stuart Crawford	at North Ayrshire Distance Meet
	400 IM	5:00.50	<b>3-Apr-88</b>		Angus Brown	