
RECORDS LCM RECORDS FEMALE
LC Meters-Female

8-8	50 Free	1:00.00	28-Feb-05		STANDARD	
	100 Free	2:00.00	27-Dec-05		STANDARD	
	200 Free	5:00.00	27-Dec-05		STANDARD	
	50 Back	1:00.00	31-Dec-05		STANDARD	
	100 Back	2:00.00	31-Dec-05		STANDARD	
	50 Breast	1:30.00	31-Dec-05		STANDARD	
	100 Breast	2:30.00	31-Dec-05		STANDARD	
	50 Fly	1:30.00	31-Dec-05		STANDARD	
9-9	50 Free	39.86	8-Jan-05		CHLOE WEST	
	100 Free	1:34.62	1-May-10	NGHX	Chloe C. Grant at COGST Open Age Group	
	200 Free	3:29.65	1-May-10	NGHX	Chloe C. Grant at COGST Open Age Group	
	400 Free	8:00.00	31-Dec-05		STANDARD	
	800 Free	15:56.25	13-Feb-05		IMOGEN JONES	
	50 Back	46.63	8-Jan-05		IMOGEN JONES	
	100 Back	1:41.80	1-May-10	NGHX	Chloe C. Grant at COGST Open Age Group	
	200 Back	4:00.00	31-Dec-05		STANDARD	
	50 Breast	55.12	8-Jan-05		LORNA STEWART	
	100 Breast	2:00.00	31-Dec-05		STANDARD	
	200 Breast	4:30.00	31-Dec-05		STANDARD	
	50 Fly	51.81	1-May-10	NGHX	Chloe C. Grant at COGST Open Age Group	
	100 Fly	1:52.97	1-May-10	NGHX	Chloe C. Grant at COGST Open Age Group	
	200 IM	4:30.00	31-Dec-05		STANDARD	
	400 IM	12:00.00	31-Dec-05		STANDARD	
	10-10	50 Free	37.70	20-May-06	NGHX	LORNA STEWART at Glasgow LC Open Age Group
100 Free		1:15.81	20-May-06	NGHX	LORNA STEWART at Glasgow LC Open Age Group	
200 Free		2:39.43	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
400 Free		7:00.00	31-Dec-05		STANDARD	
800 Free		14:43.13	13-Feb-05		PHOEBE WHITEHEAD	
1500 Free		35:00.00	31-Dec-05		STANDARD	
50 Back		40.65	29-Jun-06	NGHX	EMILY B. JONES at Scottish National Open Champs 2006	
100 Back		1:23.30	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
200 Back		2:55.49	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
50 Breast		46.70	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
100 Breast		1:36.07	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
200 Breast		3:25.29	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
50 Fly		41.62	29-Jun-06	NGHX	EMILY B. JONES at Scottish National Open Champs 2006	
100 Fly		1:32.17	20-May-06	NGHX	EMILY B. JONES at Glasgow LC Open Age Group	
200 Fly		3:19.63	29-Jun-06	NGHX	EMILY B. JONES at Scottish National Open Champs 2006	
200 IM		2:57.21	29-Jun-06	NGHX	EMILY B. JONES at Scottish National Open Champs 2006	
400 IM		10:00.00	31-Dec-05		STANDARD	
11-11		50 Free	32.11	29-May-09	NGHX	Jemma A. Grant at No Frills Meet 2009
		100 Free	1:07.71	28-Jun-07	NGHX	EMILY B. JONES at Scottish National Open Champs 2007
		200 Free	2:26.89	12-Apr-07	NGHX	EMILY B. JONES at Scottish National Age Groups 2007
	400 Free	5:03.07	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
	800 Free	13:46.81	13-Feb-05		LUCY PRIMMER	
	1500 Free	25:00.00	31-Dec-05		STANDARD	
	50 Back	37.72	28-Jun-07	NGHX	EMILY B. JONES at Scottish National Open Champs 2007	
	100 Back	1:18.21	28-Jun-07	NGHX	EMILY B. JONES at Scottish National Open Champs 2007	
	200 Back	2:45.27	28-Jun-07	NGHX	EMILY B. JONES at Scottish National Open Champs 2007	
	50 Breast	40.39	25-Jan-03		LUCY SKITMORE	

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11-11	100 Breast	1:27.18	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
	200 Breast	3:02.54	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
	50 Fly	35.00	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
	100 Fly	1:15.71	14-Apr-01		HANNAH MILEY	
	200 Fly	2:48.44	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
	200 IM	2:43.32	28-Jun-07	NGHX	EMILY B. JONES at Scottish National Open Champs 2007	
	400 IM	5:36.21	23-Jul-07	NGHX	EMILY B. JONES at ASA 2007	
12-12	50 Free	29.01	26-Jun-08	NGHX	Emily B. JONES at Scottish National Open Championships	
	100 Free	1:02.82	26-Jun-08	NGHX	Emily B. JONES at Scottish National Open Championships	
	200 Free	2:09.87	24-Jul-08	NGHX	Emily B. JONES at ASA 2008 BAGCAT	
	400 Free	4:40.10	24-Jul-08	NGHX	Emily B. JONES at ASA 2008 BAGCAT	
	800 Free	9:38.91	24-Jul-08	NGHX	Emily B. JONES at ASA 2008 BAGCAT	
	1500 Free	18:24.22	26-Jun-08	NGHX	Emily B. JONES at Scottish National Open Championships	
	50 Back	34.60	17-May-02		HANNAH MILEY	
	100 Back	1:13.22	15-Feb-08	NGHX	EMILY B. JONES at Edinburgh Int Age Group - Celtic Tri Nation	
	200 Back	2:35.60	10-Apr-08	NGHX	Emily B. JONES at Scottish National Age Group	
	50 Breast	38.10	15-Feb-08	NGHX	Emily B. JONES at Edinburgh Int Age Group - Celtic Tri Nation	
	100 Breast	1:18.78	26-Jan-08	SAIA	ORLA L. ADAMS at Scottish Schools Swimming Championships	
	200 Breast	2:48.01	26-Jan-08	SAIA	ORLA L. ADAMS at Scottish Schools Swimming Championships	
	50 Fly	32.28	18-Jun-02		HANNAH MILEY	
	100 Fly	1:10.54	24-Jul-08	NGHX	Emily B. JONES at ASA 2008 BAGCAT	
	200 Fly	2:30.83	18-Jun-02		HANNAH MILEY	
	200 IM	2:29.97	26-Jun-08	NGHX	Emily B. JONES at Scottish National Open Championships	
	400 IM	5:17.19	26-Jun-08	NGHX	Emily B. JONES at Scottish National Open Championships	
	13-13	50 Free	28.31	19-Oct-08	NGHX	Emily B. JONES at ASA County Championships
		100 Free	59.94	19-Oct-08	NGHX	Emily B. JONES at ASA County Championships
200 Free		2:08.09	22-Jul-09	NGHX	Emily B. JONES at British Gas ASA National AG Champs Meet	
400 Free		4:26.22	22-Jul-09	NGHX	Emily B. JONES at British Gas ASA National AG Champs Meet	
800 Free		9:20.20	29-May-09	NGHX	Emily B. JONES at No Frills Meet 2009	
1500 Free		17:42.93	25-Jun-09	NGHX	Emily B. JONES at Scottish Gas National Open Swimming Champs	
50 Back		34.19	11-Jan-03		HANNAH MILEY	
100 Back		1:11.06	12-Apr-03		HANNAH MILEY	
200 Back		2:27.07	18-Jun-03		HANNAH MILEY	
50 Breast		34.98	5-Dec-08	NGHX	ORLA L. ADAMS at Dutch Swim Cup	
100 Breast		1:14.82	19-Oct-08	NGHX	ORLA L. ADAMS at ASA County Championships	
200 Breast		2:42.46	5-Dec-08	NGHX	ORLA L. ADAMS at Dutch Swim Cup	
50 Fly		31.36	18-Jun-03		HANNAH MILEY	
100 Fly		1:06.86	19-Mar-03		HANNAH MILEY	
200 Fly		2:22.54	27-Jul-03		HANNAH MILEY	
200 IM		2:26.58	22-Jul-09	NGHX	Emily B. JONES at British Gas ASA National AG Champs Meet	
400 IM		5:03.83	27-Jul-03		HANNAH MILEY	
14-14		50 Free	28.82	22-Jun-10	NGHX	Emily B. Jones at Scottish Gas National LC Open 2010
		100 Free	59.38	22-Jun-10	NGHX	Emily B. Jones at Scottish Gas National LC Open
	200 Free	2:06.06	22-Jun-10	NGHX	Emily B. Jones at Scottish Gas National LC Open	
	400 Free	4:26.90	29-Mar-10	NGHX	Emily B. Jones at British LC Championships	
	800 Free	9:16.28	22-May-04		HANNAH MILEY	
	1500 Free	17:57.41	2-Nov-03		HANNAH MILEY	
	50 Back	34.28	13-Feb-10	NGHX	Emily B. Jones at Edinburgh International	
	100 Back	1:08.81	22-May-04		HANNAH MILEY	
	200 Back	2:24.06	2-Aug-04		HANNAH MILEY	
	50 Breast	34.89	8-Apr-09	NGHX	ORLA L. ADAMS at Scottish National Age Group	
	100 Breast	1:14.00	3-Aug-10	NGHX	Emily B. Jones at ASA Youth Championships 2010	
	200 Breast	2:39.49	22-Jun-10	NGHX	Emily B. Jones at Scottish Gas National LC Open	

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14-14	50 Fly	30.27	27-Nov-09	NGHX	Emily B. Jones at Swimcup Eindhoven	
	100 Fly	1:04.84	29-Jun-04		HANNAH MILEY	
	200 Fly	2:20.96	29-Jun-04		HANNAH MILEY	
	200 IM	2:20.23	3-Aug-10	NGHX	Emily B. Jones at ASA Youth Championships 2010	
	400 IM	4:59.40	3-Aug-10	NGHX	Emily B. Jones at ASA Youth Championships 2010	
15-15	50 Free	27.60	2-Jul-05		HANNAH MILEY	
	100 Free	58.14	7-Apr-11	NGHX	Emily B. Jones at Scottish National Age Group	
	200 Free	2:03.97	30-Jun-11	NGHX	Emily B. Jones at Scottish Gas National Open Champs	
	400 Free	4:19.54	7-Aug-05	NGHX	HANNAH L. MILEY at ASA Commonwealth Trials	
	800 Free	8:59.67	5-Aug-05		HANNAH MILEY	
	1500 Free	18:22.43	8-Apr-10	NGHX	Phoebe L. Whitehead at SNAGS	
	50 Back	33.27	22-Jun-10	NGHX	Orla L. Adams at Scottish Gas National LC Open 2010	
	100 Back	1:05.70	17-Jul-05		HANNAH MILEY	
	200 Back	2:17.79	28-Jun-05		HANNAH MILEY	
	50 Breast	33.47	16-Aug-11	NGHX	Emily B. Jones at 3rd World Junior Championships	
	100 Breast	1:12.14	7-Apr-11	NGHX	Emily B. Jones at Scottish National Age Group	
	200 Breast	2:36.57	7-Apr-11	NGHX	Emily B. Jones at Scottish National Age Group	
	50 Fly	31.15	23-Oct-10	NGHX	Emily B. Jones at LC Time Trials	
	100 Fly	1:03.02	7-Apr-11	NGHX	Emily B. Jones at Scottish National Age Group	
	200 Fly	2:16.02	30-Jun-05		HANNAH MILEY	
	200 IM	2:18.34	30-Jun-11	NGHX	Emily B. Jones at Scottish Gas National Open Champs	
	400 IM	4:47.47	14-Jul-05		HANNAH MILEY	
	16-16	50 Free	27.60	* 31-Dec-05	NGHX	HANNAH L. MILEY at Accredited PB Times LC
		50 Free	27.60	* 29-Apr-06	NGHX	Hannah L. Miley at Edinburgh International
		100 Free	59.01	31-Dec-05	NGHX	HANNAH L. MILEY at All PB Times LC
200 Free		2:10.45	5-Nov-11	NGHX	Orla L. Adams at Firecracker Open 2011	
400 Free		4:19.54	9-Aug-05		HANNAH MILEY	
800 Free		8:58.58	4-Apr-06	NGHX	HANNAH L. MILEY at 2006 British Championships	
1500 Free		17:14.16	29-Jun-06	NGHX	HANNAH L. MILEY at Scottish National Open Champs 2006	
50 Back		32.34	4-Apr-06	NGHX	HANNAH L. MILEY at 2006 British Championships	
100 Back		1:05.52	* 4-Dec-05		HANNAH MILEY	
100 Back		1:05.52	* 5-Dec-05	NGHX	Hannah L. Miley at WASA Winter Open	
200 Back		2:17.17	29-Jun-06	NGHX	HANNAH L. MILEY at Scottish National Open Champs 2006	
50 Breast		35.55	5-Nov-11	NGHX	Orla L. Adams at Firecracker Open 2011	
100 Breast		1:15.04	27-Jul-11	NGHX	Orla L. Adams at ASA Nationals 2011	
200 Breast		2:39.57	29-Apr-06	NGHX	HANNAH L. MILEY at Edinburgh International	
50 Fly		29.99	15-Mar-06	NGHX	HANNAH L. MILEY at XVIII Commonwealth Games	
100 Fly		1:04.04	15-Mar-06	NGHX	HANNAH L. MILEY at XVIII Commonwealth Games	
200 Fly		2:15.66	29-Jun-06	NGHX	HANNAH L. MILEY at Scottish National Open Champs 2006	
200 IM		2:17.35	10-Jun-06	NGHX	HANNAH L. MILEY at Mare Nostrum XXVII Barcelona	
400 IM		4:44.87	29-Jun-06	NGHX	HANNAH L. MILEY at Scottish National Open Champs 2006	
17 & O		50 Free	27.46	30-Jan-10	NGHX	Hannah L. Miley at Burns Open Meet
		100 Free	57.38	12-Feb-11	NGHX	Hannah L. Miley at Edinburgh Int Age Grp Champs
		200 Free	1:58.54	25-Jun-09	NGHX	Hannah L. Miley at Scottish Gas National Open Swimming Champs
		400 Free	4:09.49	2-Dec-11	NGHX	Hannah L. Miley at Dutch Olympic Trials
		800 Free	8:35.30	14-Jun-11	NGHX	Hannah L. Miley at BG ASA Nationals 2011
		1500 Free	16:28.06	26-Jun-08	NGHX	Hannah L. Miley at Scottish National Open Championships
	50 Back	29.80	13-Feb-09	NGHX	Hannah L. Miley at Edinburgh Int Age Group -L1	
	100 Back	1:03.64	5-Dec-08	NGHX	Hannah L. Miley at Dutch Swim Cup	
	200 Back	2:12.66	26-Jun-08	NGHX	Hannah L. Miley at Scottish National Open Championships	
	50 Breast	33.33	13-Feb-09	NGHX	Hannah L. Miley at Edinburgh Int Age Group -L1	
	100 Breast	1:11.15	2-Dec-11	NGHX	Hannah L. Miley at Dutch Olympic Trials	
	200 Breast	2:26.31	16-Mar-09	NGHX	Hannah L. Miley at British Championships 2009	

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17 & O	50 Fly	28.93	26-Mar-08	NGHX	Hannah L. Miley at British Swimming Champs 2008
	100 Fly	1:01.14	26-Mar-08	NGHX	Hannah L. Miley at British Swimming Champs 2008
	200 Fly	2:08.24	16-Mar-09	NGHX	Hannah L. Miley at British Championships 2009
	200 IM	2:09.46	17-Jul-09	NGHX	Hannah L. Miley at FINA World Championships
	400 IM	4:31.33	16-Mar-09	NGHX	Hannah L. Miley at British Championships 2009