

## SASC Distance Championships – Part One

### EVENT 101 400m Individual Medley

1. Kirstie HOWARD	A Squad	(12)	.....	5. Luke BROWN	A Squad	(13)	6:18.91	.....
2. Adam SHUTTLEWORTH	A Squad	(16)	.....	6. Richard PRESTON	A Squad	(14)	5:56.27	.....
3. Kirsty WOOD	A Squad	(14)	7:26.61	.....	7. Emma MITCHELL	A Squad	(15)	5:18.07
4. Kimberley PRESTON	A Squad	(11)	7:16.91	.....	8. Gregor THURLOW	A Squad	(16)	4:56.79

### EVENT 102 200m Freestyle

1. Bethany GRAVES	B Squad	(13)	.....	14. Alexandra CONNOLLY	A Squad	(12)	3:25.28	.....
2. Chase BOUMA	B Squad	(10)	.....	15. Karen WOOD	B Squad	(12)	3:23.91	.....
2. Mary BIRD	B Squad	(13)	.....	16. Nicola MACDONALD	B Squad	(12)	3:23.74	.....
3. Katrina AWRAMENKO	B Squad	(12)	.....	17. Duncan ANDERSON	B Squad	(12)	3:15.07	.....
4. Heather METCALFE	B Squad	(12)	.....	18. Callum METCALFE	B Squad	(14)	3:04.82	.....
5. Rachel CURRY	B Squad	(13)	.....	19. Matthew GRANT	B Squad	(13)	3:02.78	.....
6. Kieran FERGUSON	B Squad	(11)	.....	20. Fraser REID	A Squad	(11)	3:00.16	.....
7. Daniel CONNOLLY	B Squad	(11)	.....	21. Ross TUCKWOOD	B Squad	(17)	2:54.73	.....
8. Jordan RASH	B Squad	(12)	.....	22. Peter ANDERSON	A Squad	(12)	2:51.49	.....
9. Laura ROBERTSON	B Squad	(13)	.....	23. Kirsty WOOD	A Squad	(14)	2:51.41	.....
10. Jarod SHUTTLEWORTH	A Squad	(13)	.....	24. Amy ANDERSON	A Squad	(16)	2:43.32	.....
11. Rhona LAMONT	B Squad	(13)	4:19.08	.....	25. Kirstie DUNCAN	A Squad	(13)	2:34.07
12. Cathie ANDERSON	A Squad	(14)	3:43.57	.....	26. Emma MITCHELL	A Squad	(15)	2:13.81
13. Ashleigh INGRAM	B Squad	(14)	3:41.46	.....	27. Gregor THURLOW	A Squad	(16)	1:59.61

### EVENT 103 200m Breaststroke

1. Chase BOUMA	B Squad	(10)	.....	13. Callum METCALFE	B Squad	(14)	3:54.20	.....
2. Mary BIRD	B Squad	(13)	.....	14. Cathie ANDERSON	A Squad	(14)	3:53.58	.....
3. Emily SPEAKMAN	B Squad	(11)	.....	15. Heather METCALFE	B Squad	(12)	3:52.79	.....
4. Duncan ANDERSON	B Squad	(12)	.....	16. Louise WEBSTER	A Squad	(13)	3:47.37	.....
5. Rachel CURRY	B Squad	(13)	.....	17. Matthew GRANT	B Squad	(13)	3:35.09	.....
6. Kieran FERGSUON	B Squad	(11)	.....	18. Ross TUCKWOOD	B Squad	(17)	3:33.21	.....
7. Daniel CONNOLLY	B Squad	(11)	.....	19. Peter ANDERSON	A Squad	(12)	3:32.08	.....
8. Ruairidh MITCHELL	B Squad	(11)	.....	20. Laura ROBERTSON	B Squad	(13)	3:30.08	.....
9. Jordan RASH	B Squad	(12)	.....	21. Duncan REID	A Squad	(13)	3:09.51	.....
10. Rhona LAMONT	B Squad	(13)	.....	22. Adam SHUTTLEWORTH	A Squad	(16)	3:03.72	.....
11. Nicola MACDONALD	B Squad	(12)	4:13.55	.....	23. Emma MITCHELL	A Squad	(15)	2:43.38
12. Ashleigh INGRAM	B Squad	(14)	3:54.98	.....	24. Chris FERGUSON	A Squad	(22)	2:38.31

### EVENT 104 200m Individual Medley

1. Katrina AWRAMENKO	B Squad	(12)	.....	7. Fraser REID	A Squad	(11)	3:48.96	.....
2. Emily SPEAKMAN	B Squad	(11)	.....	8. Nicola MACDONALD	B Squad	(12)	3:39.04	.....
3. Karen WOOD	B Squad	(12)	.....	9. Louise WEBSTER	A Squad	(13)	3:35.44	.....
4. Ruairidh MITCHELL	B Squad	(11)	.....	10. Kirstie HOWARD	A Squad	(12)	3:20.94	.....
5. Jarod SHUTTLEWORTH	A Squad	(13)	.....	11. Matthew GRANT	B Squad	(13)	3:18.22	.....
6. Alexandra CONNOLLY	A Squad	(12)	3:51.75	.....	12. Luke BROWN	A Squad	(13)	2:55.00

### EVENT 105 800m Freestyle

1. Callum METCALFE	B Squad	(14)	13:51.14	.....	5. Amy ANDERSON	A Squad	(16)	11:59.11	.....
2. Kimberley PRESTON	A Squad	(11)	12:51.97	.....	6. Kirstie DUNCAN	A Squad	(13)	11:42.64	.....
3. Peter ANDERSON	A Squad	(12)	12:26.85	.....	7. Duncan REID	A Squad	(13)	11:41.08	.....
4. Richard PRESTON	A Squad	(14)	12:14.48	.....					

## SASC Distance Championships – Part Two

### EVENT 201 400m Freestyle

1. Katrina AWRAMENKO	B Squad	(12)	.....	13. Rhona LAMONT	B Squad	(13)	.....
2. Mary BIRD	B Squad	(13)	.....	14. Karen WOOD	B Squad	(12)	.....
3. Nicola MACDONALD	B Squad	(12)	.....	15. Rachel CURRY	B Squad	(13)	.....
4. Emily SPEAKMAN	B Squad	(11)	.....	16. Kieran FERGUSON	B Squad	(11)	.....
5. Duncan ANDERSON	B Squad	(12)	.....	17. Cathie ANDERSON	A Squad	(14)	6:57.79
6. Fraser REID	A Squad	(11)	.....	18. Alexandra CONNOLLY	A Squad	(12)	6:33.53
7. Laura ROBERTSON	B Squad	(13)	.....	19. Matthew GRANT	B Squad	(13)	6:28.24
8. Jarod SHUTTLEWORTH	A Squad	(13)	.....	20. Peter ANDERSON	A Squad	(12)	6:15.82
9. Daniel CONNOLLY	B Squad	(11)	.....	21. Amy ANDERSON	A Squad	(16)	5:51.84
10. Ross TUCKWOOD	B Squad	(17)	.....	22. Duncan REID	A Squad	(13)	5:17.63
11. Ruairidh MITCHELL	B Squad	(12)	.....	23. Roslyn HENDRY	SAS Top Sqd	(16)	4:42.58
12. Jordan RASH	B Squad	(12)	.....	24. Emma MITCHELL	A Squad	(15)	4:41.33

### EVENT 202 200m Butterfly

1. Laura ROBERTSON	B Squad	(13)	(200B/C)	.....	5. Luke Brown	A Squad	(13)	3:22.90	.....
2. Katrina AWRAMENKO	B Squad	(12)	(200B/C)	.....	6. Roslyn HENDRY	SAS Top Sqd	(16)	2:30.91	.....
3. Kirstie HOWARD	A Squad	(12)	3:35.92	.....	7. Gregor THURLOW	A Squad	(16)	2:24.65	.....
4. Kimberley PRESTON	A Squad	(11)	3:24.50	.....					

### EVENT 203 200m Backstroke

1. Mary BIRD	B Squad	(13)	.....	15. Alexandra CONNOLLY	A Squad	(12)	3:17.14	.....
2. Karen WOOD	B Squad	(12)	.....	16. Jarod SHUTTLEWORTH	A Squad	(13)	3:13.60	.....
3. Heather METCALFE	B Squad	(12)	.....	17. Kirstie HOWARD	A Squad	(12)	3:12.68	.....
4. Bethany GRAVES	B Squad	(13)	.....	18. Fraser REID	A Squad	(11)	3:11.56	.....
5. Chase BOUMA	B Squad	(10)	.....	19. Callum METCALFE	B Squad	(14)	3:05.91	.....
6. Emily SPEAKMAN	B Squad	(11)	.....	20. Kirsty WOOD	A Squad	(14)	2:59.02	.....
7. Rachel CURRY	B Squad	(13)	.....	21. Amy ANDERSON	A Squad	(16)	2:56.41	.....
8. Kieran FERGUSON	B Squad	(11)	.....	22. Richard PRESTON	A Squad	(14)	2:52.96	.....
9. Ruairidh MITCHELL	B Squad	(12)	.....	23. Luke BROWN	A Squad	(13)	2:52.06	.....
10. Jordan RASH	B Squad	(12)	.....	24. Adam SHUTTLEWORTH	A Squad	(16)	2:47.02	.....
11. Rhona LAMONT	B Squad	(13)	.....	25. Kirstie DUNCAN	A Squad	(13)	2:44.83	.....
12. Duncan ANDERSON	B Squad	(12)	.....	26. Roslyn HENDRY	SAS Top Sqd	(16)	2:31.77	.....
13. Ross TUCKWOOD	B Squad	(17)	3:57.37	27. Gregor THURLOW	A Squad	(16)	2:15.32	.....
14. Cathie ANDERSON	A Squad	(14)	3:30.13					

### EVENT 204 1500m Freestyle

1. Kimberley PRESTON	A Squad	(11)	.....	5. Richard PRESTON	A Squad	(14)	.....
2. Kirsty WOOD	A Squad	(14)	.....	6. Duncan REID	A Squad	(13)	.....
3. Kirstie DUNCAN	A Squad	(13)	.....	7. Roslyn HENDRY	SAS Top Sqd	(16)	18:30.46
4. Adam SHUTTLEWORTH	A Squad	(16)	.....				