

---

**Individual Meet Results**
**2015 West District Grand Prix 16-Jan-15 to 18-Jan-15 [Ageup: 31/12/2015] LC Meters**
**Location: Tollcross Int. Swimming Centre - Glasgow**
**Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Orla Adams (20) F</b>					
33.14L	P # 101	Female 50 Back	19	---	1.54
33.67L	F # 101	Female 50 Back	20	---	2.07
31.52L	P # 103	Female 50 Fly	40	---	1.11
2:23.13L	F # 201	Female 200 IM	3	---	3.49
2:25.10L	P # 201	Female 200 IM	3	---	5.46
2:44.28L	F # 203	Female 200 Breast	8	---	6.08
2:45.57L	P # 203	Female 200 Breast	7	---	7.37
35.46L	F # 207	Female 50 Breast	13	---	1.29
35.66L	P # 207	Female 50 Breast	13	---	1.49
4:55.84L	F # 406	Female 400 IM	1	---	0.56
5:01.79L	P # 406	Female 400 IM	1	---	6.51
1:14.87L	F # 412	Female 100 Breast	8	---	1.26
1:15.63L	P # 412	Female 100 Breast	8	---	2.02
<b>Shannon Crawford (16) F</b>					
2:28.37L	F # 201	Female 200 IM	11	---	-2.56
2:31.87L	P # 201	Female 200 IM	11	---	0.94
4:43.03L	P # 205	Female 400 Free	17	---	-1.06
1:10.01L	P # 209	Female 100 Back	18	---	2.37
1:10.13L	F # 209	Female 100 Back	18	---	2.49
1:03.88L	P # 213	Female 100 Free	41	---	0.55
1:09.38L	F # 214	400 Medley Relay Lead Off	---	---	1.74
1:03.88L	P # 313	Female 100 Free	9	---	0.55
2:14.71L	P # 402	Female 200 Free	17	---	-0.94
2:15.51L	F # 402	Female 200 Free	19	---	-0.14
1:08.39L	F # 404	Female 100 Fly	13	---	-0.95
1:09.02L	P # 404	Female 100 Fly	17	---	-0.32
5:19.04L	F # 406	Female 400 IM	9	---	-2.84
5:19.38L	P # 406	Female 400 IM	9	---	-2.50
2:29.69L	P # 410	Female 200 Back	12	---	4.35
2:31.94L	F # 410	Female 200 Back	10	---	6.60
<b>Gavin Haggerwood (20) M</b>					
26.33L	F # 102	Male 50 Fly	15	---	-0.23
26.56L	P # 102	Male 50 Fly	16	---	---
28.46L	F # 104	Male 50 Back	11	---	0.35
28.84L	P # 104	Male 50 Back	14	---	0.73
1:56.77L	P # 202	Male 200 Free	8	---	0.67
1:58.34L	F # 202	Male 200 Free	9	---	2.24
58.12L	F # 204	Male 100 Fly	5	---	-0.81
58.32L	P # 204	Male 100 Fly	6	---	-0.61
24.90L	F # 208	Male 50 Free	16	---	0.32
25.12L	P # 208	Male 50 Free	18	---	0.54
2:10.00L	F # 401	Male 200 IM	2	---	1.10
2:12.99L	P # 401	Male 200 IM	2	---	4.09
1:02.66L	F # 409	Male 100 Back	12	---	3.21
1:04.35L	P # 409	Male 100 Back	13	---	4.90
54.46L	F # 413	Male 100 Free	11	---	1.40
55.44L	P # 413	Male 100 Free	16	---	2.38
55.69L	F # 414	400 Free Relay Lead Off	---	---	2.63

---

**Individual Meet Results**
**2015 West District Grand Prix 16-Jan-15 to 18-Jan-15 [Ageup: 31/12/2015] LC Meters**
**Location: Tollcross Int. Swimming Centre - Glasgow**
**Garioch Amateur Swimming Club [NGHX]**

Time	F/P/S	Event	Place	Points	Improv
<b>Christy Johnston (16) F</b>					
2:39.99L	P # 201	Female 200 IM	32	---	2.67
3:02.12L	DQ P # 203	Female 200 Breast	---	---	---
39.07L	P # 207	Female 50 Breast	39	---	2.38
1:05.75L	P # 213	Female 100 Free	57	---	0.06
1:05.75L	P # 313	Female 100 Free	21	---	0.06
5:44.87L	P # 406	Female 400 IM	34	---	4.49
1:22.88L	P # 412	Female 100 Breast	29	---	1.74
<b>Heather McIntosh (15) F</b>					
NS	P # 402	Female 200 Free	---	---	---
NS	P # 404	Female 100 Fly	---	---	---
NS	P # 406	Female 400 IM	---	---	---
NS	P # 410	Female 200 Back	---	---	---
NS	P # 412	Female 100 Breast	---	---	---
NS	P # 502	Female 200 Free	---	---	---
NS	P # 504	Female 100 Fly	---	---	---
NS	P # 510	Female 200 Back	---	---	---
NS	P # 512	Female 100 Breast	---	---	---
<b>Daniel McNally (16) M</b>					
31.54L	P # 104	Male 50 Back	44	---	0.49
2:15.93L	P # 202	Male 200 Free	59	---	6.03
1:11.57L	P # 204	Male 100 Fly	53	---	1.97
5:51.93L	P # 206	Male 400 IM	56	---	24.21
26.84L	P # 208	Male 50 Free	49	---	-0.07
1:24.20L	P # 212	Male 100 Breast	64	---	0.28
2:15.93L	P # 302	Male 200 Free	25	---	6.03
1:11.57L	P # 304	Male 100 Fly	19	---	1.97
5:51.93L	P # 306	Male 400 IM	25	---	24.21
1:24.20L	P # 312	Male 100 Breast	29	---	0.28
3:05.02L	P # 403	Male 200 Breast	63	---	4.59
36.24L	P # 407	Male 50 Breast	47	---	-1.13
1:08.96L	P # 409	Male 100 Back	39	---	2.52
2:59.90L	P # 411	Male 200 Fly	52	---	14.98
58.94L	P # 413	Male 100 Free	39	---	0.59
3:05.02L	P # 503	Male 200 Breast	30	---	4.59
2:59.90L	P # 511	Male 200 Fly	18	---	14.98
58.94L	P # 513	Male 100 Free	7	---	0.59
<b>Lauren McPhee (14) F</b>					
NS	P # 205	Female 400 Free	---	---	---
<b>Joseph Miley (18) M</b>					
1:00.49L	F # 204	Male 100 Fly	17	---	-0.33
1:00.58L	P # 204	Male 100 Fly	17	---	-0.24
4:37.54L	F # 206	Male 400 IM	2	---	-0.66
4:40.00L	P # 206	Male 400 IM	2	---	1.80
2:11.46L	P # 210	Male 200 Back	3	---	-0.79
2:11.79L	F # 210	Male 200 Back	5	---	-0.46
4:15.07L	F # 405	Male 400 Free	5	---	-0.40
4:17.38L	P # 405	Male 400 Free	5	---	1.91
2:14.62L	F # 411	Male 200 Fly	10	---	3.75

---

**Individual Meet Results**
**2015 West District Grand Prix 16-Jan-15 to 18-Jan-15 [Ageup: 31/12/2015] LC Meters**
**Location: Tollcross Int. Swimming Centre - Glasgow**
**Garioch Amateur Swimming Club [NGHX]**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
2:16.00L	P # 411	Male 200 Fly	10	---	5.13
<b>Connor Morrison (18) M</b>					
1:16.22L	P # 212	Male 100 Breast	43	---	-2.89
1:16.22L	P # 312	Male 100 Breast	9	---	-2.89
2:56.73L	P # 403	Male 200 Breast	49	---	-11.39
33.30L	P # 407	Male 50 Breast	25	---	-1.25
<b>Gemma Ogg (15) F</b>					
3:11.11L	P # 203	Female 200 Breast	58	---	-1.36
3:11.11L	P # 303	Female 200 Breast	24	---	-1.36
5:57.61L	P # 406	Female 400 IM	46	---	-12.51
1:29.72L	P # 412	Female 100 Breast	62	---	-2.57
5:57.61L	P # 506	Female 400 IM	13	---	-12.51
1:29.72L	P # 512	Female 100 Breast	26	---	-2.57
<b>David Smith (22) M</b>					
28.95L	P # 102	Male 50 Fly	49	---	0.20
33.48L	P # 104	Male 50 Back	53	---	-0.91
1:03.77L	P # 204	Male 100 Fly	30	---	1.77
5:22.57L	P # 206	Male 400 IM	36	---	21.39
2:55.60L	P # 403	Male 200 Breast	48	---	5.00
35.19L	P # 407	Male 50 Breast	41	---	-2.19
1:14.76L	P # 409	Male 100 Back	56	---	4.15
2:23.10L	F # 411	Male 200 Fly	17	---	10.20
2:26.00L	P # 411	Male 200 Fly	21	---	13.10
2:55.60L	P # 503	Male 200 Breast	18	---	5.00
1:14.76L	P # 509	Male 100 Back	26	---	4.15