



RESULTS OVERVIEW

Scottish National Short Course Championships

12 - 14 January 2007 at Tollcross Leisure Centre, Glasgow

EVENT	NAME	Heat Time	PB	Semi Final	Final	PB	Place	Additional Notes.
50m Freestyle	Robert Lang	00:23.70	*		00:23.72		5	
	John Owen	00:23.59			00:23.46	*	4	
	Kris Gilchrist	00:23.64			00:23.40	*	3	Bronze Medal
	Iain MacMillan	00:24.39			00:24.32		11	
	Michael Jamieson	00:24.66			00:24.42	*	14	
100m Breaststroke	Kirsty Balfour	01:13.02			01:09.20		2	Silver Medal
	Robyn Matthew	01:11.72			01:10.93	*	4	Junior Champion, SAGR 15
200m Backstroke	Gregor Tait	02:01.46			01:57.49		1	Scottish Open & National Champion
200m Ind Medley	Robyn Matthews	02:19.70			02:19.26	*	2	Silver Medal
	Lucy Ross	02:27.11			02:28.16		13	
100m Butterfly	Iain MacMillan	00:56.71			00:56.18		4	
50m Back	Catherine Garner	00:31.81	*		00:31.54	*	11	
50m Breaststroke	Kris Gilchrist	00:29.45			00:28.59		1	Senior Open and National Champion
	Matthew Trodden	00:30.05			00:30.54		10	
	Michael Jamieson	00:29.99	*		00:29.82	*	8	

200m Butterfly	Megan Gilchrist	02:19.20			02:17.45		3	Bronze Medal
400m Freestyle	John Owen	03:54.99			03:45.24	*	2	Silver Medal
	Robert Lang	03:51.65			03:48.21	*	3	Bronze Medal
	Michael Jamieson	04:09.19			04:06.50		13	
	Ian MacMillan	03:59.59	*		03:59.21	*	6	
100m Freestyle	Catherine Garner	00:59.22			00:58.92	*	5	
	Kirsty Balfour	01:02.85					43	
	Lucy Ross	01:01.33	*				23	
800m Freestyle	Megan Gilchrist	HDW			08:42.43	**	2	Silver Medal and SAGR 16
	Robyn Matthews	HDW			08:42.31	SJR	1	Senior/Junior Open & Nat Champ & SAGR 15
	Lucy Ross	HDW			09:04.76	*	6	
200m Medley Relay	Men	HDW			01:39.74	SC/NR	1	Scottish Open & National Champions
Back	Gregor Tait	00:25.14						
Breast	Kris Gilchrist	00:27.82						
Fly	David Leith	00:24.15						
Free	Robert Lang	00:22.63						
50m Freestyle	Catherine Garner	00:26.91	*		00:26.83	*	3	Bronze Medal
	Robyn Matthews	00:27.61	*		00:27.51	*	8	
	Kirsty Balfour	00:28.33	*		00:28.02	*	14	
	Lucy Ross	00:29.05	*				33	
100m Breaststroke	Kris Gilchrist	01:03.19			01:01.07		1	Scottish Open & National Champion
	Mathew Trodden	01:04.28	*		29.99/1:03.33	**	4	
	Michael Jamieson	01:04.46	*		01:03.71	*	5	Scottish Age Group 18 Record

200m Backstroke	Catherine Garner	02:28.05			w/d		R18	
200m Ind Medley	Gregor Tait	02:07.37			02:00.72	*	1	Scottish Open & Nat Champ SAGR 16
	Kris Gilchrist	02:06.09			02:02.11	*	3	Bronze Medal
	Michael Jamieson	02:07.30	*		02:04.92	*	5	Scottish Age Group 18 Record
100m Butterfly	Megan Gilchrist	01:04.36			01:04.36		5	
50m Backstroke	Gregor Tait	00:27.00			00:24.92		1	Scottish Open & National Champion
	Robert Lang	00:27.30			00:27.43		5	
50m Breaststroke	Kirsty Balfour	00:32.95			00:32.82		2=	Silver Medal
	Robyn Matthews	00:34.26			00:33.62	*	5	Scottish Junior Champion
200m Butterfly	Iain MacMillan	02:03.36			02:00.22	*	4	
400m Freestyle	Robyn Matthews	04:22.92			04:15.68		1	Scottish Open, National & Junior Champion
	Megan Gilchrist	04:26.12			04:15.86	*	2	Silver Medal
	Lucy Ross	04:30.88			04:30.76		9	
100m Freestyle	John Owen	00:51.15			00:50.92		4	
	Robert Lang	00:50.73	*		00:51.72		8	
	Michael Jamieson	00:52.68	*		00:52.90		16	
	Matthew Trodden	00:56.30	*				59	
	Ian MacMillan	00:52.61	*		00:52.84		15	
1500m Freestyle	John Owen	HDW			14:59.82	*	1	Scottish Open & National Champion
	Robert Lang	HDW			15:25.98		3	Bronze Medal
200m Medley Relay	Women				02:00.02		2	Silver Medal
	Catherine Garner	00:31.55						
	Kirsty Balfour	00:31.71						
	Megan Gilchrist	00:29.57						
	Robyn Matthews	00:26.97						

200m Freestyle	Megan Gilchrist	02:07.06			02:02.02	*	1	Scottish Open & National Champion SAGR 16
	Robyn Matthews	02:06.05			02:03.29		2	Silver Medal, Scottish Junior Champion
	Catherine Garner	02:09.92			w/d		R10	
	Lucy Ross	02:10.19			02:08.29	*	13	
200m Freestyle	Robert Lang	01:50.43			01:47.24	*	4	
	John Owen	01:51.63			01:47.17	*	2	Silver Medal
	Ian MacMillan	01:55.03			01:52.60	*	13	
	Michael Jamieson	01:57.40					23	
50m Butterfly	Megan Gilchrist	00:29.30	*		00:30.01		9	
	Kirsty Balfour	00:32.10	*		00:30.94	*	18	
50m Butterfly	Iain MacMillan	00:25.84	*		00:25.71	*	4	
100m Backstroke	Catherine Garner	01:08.60			w/d		R16	
100m Backstroke	Gregor Tait	00:56.78			00:54.16		1	Scottish Open & National Champion
200m Breaststroke	Kirsty Balfour	02:32.54			02:30.11		2	Silver Medal
	Robyn Matthews	02:34.94			02:34.38		4	Scottish Junior Champion
200m Breaststroke	Kris Gilchrist	02:14.99			02:09.93		1	Scottish Open & National Champion
	Mathew Trodden	02:16.20	*		02:15.19	*	5	
	Michael Jamieson	02:21.72			02:15.80	*	11	SAGR 18
100 Ind Medley	Gregor Tait	00:58.86			00:55.67	*	1	Scottish Open & National Champion
	Kris Gilchrist	00:57.71			00:56.15		2	Silver Medal
	Iain MacMillan	01:01.74			01:01.45		15	
	Mathew Trodden	01:02.67			01:03.19		20	
400 Ind Medley	Robyn Matthews	04:52.70	*		04:48.97	*	1	Scottish Open, National & Junior Champion
	Lucy Ross	05:03.69	*		05:04.23		5	SAGR 17
400 Ind Medley	Michael Jamieson	04:36.00			w/d		R5	

Womens	200m Freestyle Relay	HDW			01:47.51	*	2	Silver Medal - inside SSC/NR
	C Garner	00:26.72						
	R Matthews	00:27.04						
	M Gilchrist	00:26.81						
	K Balfour	00:26.94						
Mens	200m Freestyle Relay	HDW			01:31.26	*		Silver Medal - inside SSC/NR
	D Leith	00:23.01						
	K Gilchrist	00:22.78						
	R Lang	00:22.88						
	G Tait	00:22.59						

Summary

14 Scottish Open and National Championship Titles	5	Gregor Tait
	3	Robyn Matthews
	3	Kris Gilchrist
	1	John Owen
	1	Megan Gilchrist
	1	200m Medley Relay Men
7 Scottish Junior Championship Titles	7	Robyn Matthews
13 Silver Medals		
6 Bronze Medals		
147 Swims	62 PB'S	42.17%

PAISLEY 500 TROPHY FOR BEST OVERALL PERFORMANCE MALE AND FEMALE

Robyn Matthews

CITRUS TROPHY FOR BEST JUNIOR FEMALE PERFORMANCE

Robyn Matthews