



Age On The Day League

Age: 10 GIRLS

PBs from all Peak and Plain, Deva and Speedo club leagues, Celebration galas, Club Championships and Time Trials, and Open Galas. Relay times NOT included.

Upto and Including: Club champs 2008

Back Stroke 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Shannon Friel	0.3964	07/07/2007	Derby Open	Derby Queens Pool
Eleanor Hesketh	0.3985	12/01/2008	North Mids	Biddulph
Samantha Smith	0.4159	20/06/2010	Sharks Club Championships	Alsager MMU
Verity R Porter	0.4331	20/06/2010	Sharks Club Championships	Alsager MMU
Alisha Amber Meakin	0.4457	11/07/2010	Open B Grade	Biddulph
Sarah Elizabeth Mullings	0.4486	14/12/2002	Speedo	Horwich
Jessica Porter	0.4492	11/02/2006	Peak Plain	Sandbach Leisure Cen
Abigail Rowlinson	0.4498	15/05/2010	Stockport	Stockport Metro
Jessica Budd	0.4577	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Anna White	0.4652	08/06/2002	Peak Plain	Trafford
Hannah Rebecca Mullings	0.4666	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Emma Harrison	0.4692	12/10/2002	Speedo	Woolston
Megan Friel	0.4729	21/02/2004	Peak Plain	Macclesfield Leisure C
Eleanor Mia Boulton	0.4738	24/09/2005	Deva	Buckley (Connahs Qua
Caroline Helen Grasmeder	0.4773	23/02/2008	Peak Plain	Trafford
Stephanie Bell	0.4796	12/07/2009	Open Level 3	Biddulph
Vicki Barratt	0.4828	27/04/2002	Peak Plain	Alsager Leisure Centre
Rosalind E Walsh	0.4972	02/02/2008	Peak Plain	Buxton
Rachel Trussler	0.5005	04/04/2009	Cheetham Lambert	Macclesfield
Kate Dilworth	0.5071	21/04/2001	Peak Plain	
Beth Dutton	0.5096	06/03/2010	Cheetham Lambert	Macclesfield
Katie Griffin	0.5164	20/06/2010	Sharks Club Championships	Alsager MMU
Eva Pickup	0.5182	21/06/2009	Sharks Club Championships	MMU Alsager
Emily Jevons	0.5188	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Frances Zoe Carson	0.5214	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Georgia Parker Aiken	0.5232	21/06/2009	Sharks Club Championships	MMU Alsager
Teresa Ingram	0.5262	30/06/2002	Peak & Plain Celebration Gala	Macclesfield
Chloe Gould	0.5272	05/04/2008	Cheetham Lambert	Macclesfield
Rachel N Slater	0.5290	11/07/2010	Open B Grade	Biddulph
Caroline Wilkie	0.5294	16/06/2007	Sharks Club Championships	Alsager MMU
Rachel Armstrong	0.5308	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Bethany Hughes	0.5331	12/01/2003	Peak Plain	Buxton
Megan Grace Walker	0.5333	09/06/2007	Peak Plain	Nantwich
Holly Ayers-Burgess	0.5346	29/06/2008	Sharks Club Championships	MMU Alsager
Charlotte Knight	0.5349	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Millie G Henderson	0.5419	11/10/2008	Speedo	Stretford Leisure Centr
Ella Ross	0.5431	17/04/2010	Peak Plain	Knutsford
Nicola Wellington	0.5465	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen



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Sarah Wellington	0.5500	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Holly May Reid	0.5528	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Catriona Cody	0.5551	21/06/2009	Sharks Club Championships	MMU Alsager
Stephanie Eccles	0.5607	30/01/2005	Peak Plain	Alsager MMU
Florence Robinson	0.5620	16/06/2007	Sharks Club Championships	Alsager MMU
Charlotte Griffiths	0.5628	08/05/2010	Peak Plain	Nantwich
Hannah Mann	0.5679	16/06/2007	Sharks Club Championships	Alsager MMU
Emily Hilson	0.5700	08/05/2010	Peak Plain	Nantwich
Iona Ellen MacRury	0.5729	29/04/2006	Peak Plain	Buxton
Victoria Dunn	0.5732	07/03/2009	Peak Plain	Congleton
Catherine L Cuttle	0.5787	29/06/2008	Sharks Club Championships	MMU Alsager
Emily Head	0.5829	21/06/2009	Sharks Club Championships	MMU Alsager
Emma Hardwick	0.5880	21/04/2001	Peak Plain	
Bronnen Mary Coles	0.5941	29/06/2008	Sharks Club Championships	MMU Alsager
Emma Elizabeth Vickers	0.5987	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Rebecca Louise Thomas	1.0034	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Sarah A Miller	1.0072	20/06/2010	Sharks Club Championships	Alsager MMU
Sophie Hardwick	1.0111	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Emma Saville	1.0116	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Natasha Sarah Mann	1.0216	06/03/2010	Cheetham Lambert	Macclesfield
Clara Jayne Coppenhall	1.0861	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen

Back Stroke 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Sarah Dickinson	1.1738	11/10/2008	Speedo	Stretford Leisure Centr
Hannah Rebecca Mullings	1.3341	20/03/2004	Cheshire County Champs	Macclesfield Leisure C

Back Stroke 200 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Alisha Amber Meakin	3.1397	27/06/2010	Sharks Club Championships	Alsager MMU
Shannon Friel	3.1835	17/03/2007	Cheshire County Champs	Macclesfield
Katie Griffin	3.5982	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel N Slater	4.0086	27/06/2010	Sharks Club Championships	Alsager MMU
Alia R Geary	4.4462	27/06/2010	Sharks Club Championships	Alsager MMU
Sarah A Miller	4.5262	27/06/2010	Sharks Club Championships	Alsager MMU



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Upto and Including: Club champs 2008

Breast Stroke 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Sarah Goddard	0.4256	15/11/2003	Deva	Sandbach Leisure Cen
Catriona Cody	0.4636	14/11/2009	National Swimming League	Stretford Leisure Centr
Eleanor Hesketh	0.4700	30/06/2007	Peak & Plain Celebration Gala	Macclesfield
Kirsty Owen	0.4732	04/10/2000	Salt Ayr - Speedo	
Alisha Amber Meakin	0.4751	11/07/2010	Open B Grade	Biddulph
Hannah Rebecca Mullings	0.4759	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Abigail Rowlinson	0.4772	27/02/2010	Stockport	Stockport Metro
Nicola Wellington	0.4774	09/10/2004	Speedo	Europa, Birkenhead
Shannon Friel	0.4783	16/06/2007	Sharks Club Championships	Alsager MMU
Emily Head	0.4791	27/06/2009	Peak & Plain Celebration Gala	Macclesfield
Charlotte Knight	0.4831	12/04/2003	Cheetham Lambert	Macclesfield Leisure C
Emma Rodaway	0.4886	11/02/2006	Peak Plain	Sandbach Leisure Cen
Beth Dutton	0.4959	06/03/2010	Cheetham Lambert	Macclesfield
Bethany Hughes	0.5069	09/11/2002	Speedo	Stretford
Emma Harrison	0.5211	21/09/2002	Deva	Connah's Quay
Rebecca Louise Thomas	0.5232	10/05/2003	Diddy Gala	Northwich
Charlotte Norville	0.5249	29/06/2008	Sharks Club Championships	MMU Alsager
Rachel Trussler	0.5297	14/02/2010	Open Level 3	Wolverhampton
Chloe Gould	0.5301	28/06/2008	Peak & Plain Celebration Gala	Macclesfield
Sarah Elizabeth Mullings	0.5325	06/07/2002	Eddie Anderson Celebration	Winsford
Eleanor Mia Boulton	0.5329	10/09/2005	Deva	Sandbach Leisure Cen
Caroline Helen Grasmeder	0.5331	08/12/2007	Speedo	Europa pool
Natalie Eccles	0.5346	21/04/2001	Peak Plain	
Eva Pickup	0.5353	21/06/2009	Sharks Club Championships	MMU Alsager
Sarah Wellington	0.5462	10/09/2004	Speedo	Stretford
Samantha Smith	0.5475	27/06/2010	Sharks Club Championships	Alsager MMU
Emma Hardwick	0.5511	19/05/2001	Peak Plain	
Stephanie Eccles	0.5514	16/07/2005	Eddie Anderson Celebration	Winsford
Stephanie Bell	0.5528	21/06/2009	Sharks Club Championships	MMU Alsager
Nicole Taylor	0.5555	30/10/2004	Deva	Sandbach Leisure Cen
Katie Griffin	0.5558	27/06/2010	Sharks Club Championships	Alsager MMU
Jessica Porter	0.5590	29/04/2006	Peak Plain	Buxton
Rosalind E Walsh	0.5605	02/02/2008	Peak Plain	Buxton
Holly May Reid	0.5610	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Millie G Henderson	0.5625	07/03/2009	Peak Plain	Congleton
Teresa Ingram	0.5635	20/04/2002	Cheetham Lambert	Macclesfield Leisure C
Megan Grace Walker	0.5654	12/05/2007	Peak Plain	Buxton
Rachel N Slater	0.5698	17/04/2010	Peak Plain	Knutsford



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Megan Friel	0.5703	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Jessica Budd	0.5728	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Alannah Friend	0.5740	05/04/2008	Cheetham Lambert	Macclesfield
Emma Elizabeth Vickers	0.5769	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Abigail Emma Hodgkinson	0.5772	22/05/2004	Peak Plain	Buxton
Georgia Parker Aiken	0.5780	21/06/2009	Sharks Club Championships	MMU Alsager
Frances Zoe Carson	0.5890	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Sabrina Sumner	0.5905	23/02/2008	Peak Plain	Trafford
Bethany E Willmott	0.5964	27/06/2010	Sharks Club Championships	Alsager MMU
Sarah A Miller	0.5967	27/06/2010	Sharks Club Championships	Alsager MMU
Emily B Roberts	0.5967	27/06/2010	Sharks Club Championships	Alsager MMU
Hannah Mann	1.0068	16/06/2007	Sharks Club Championships	Alsager MMU
Rachel Armstrong	1.0108	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Bronnen Mary Coles	1.0258	29/06/2008	Sharks Club Championships	MMU Alsager
Holly Ayers-Burgess	1.0272	29/06/2008	Sharks Club Championships	MMU Alsager
Sophie Hardwick	1.0440	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Emma Saville	1.0641	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Helena Walsh	1.0656	27/06/2010	Sharks Club Championships	Alsager MMU
Clara Jayne Coppenhall	1.1926	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen

Breast Stroke 100 Metre

Swimmer	P.B.	Achieved On	Achieved At	
Anna White	1.3295	09/11/2002	Speedo	Sretford
Hannah Rebecca Mullings	1.4585	10/01/2004	North Mids	Macclesfield Leisure C



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Upto and Including: Club champs 2008

Breast Stroke 200 Metre

Swimmer	P.B.	Achieved On	Achieved At	
Hannah Rebecca Mullings	3.2617	29/05/2004	Inter Association	Broughton Pool, Salford
Abigail Rowlinson	3.4488	20/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	3.4600	14/06/2009	Sharks Club Championships	MMU Alsager
Alisha Amber Meakin	3.5379	20/06/2010	Sharks Club Championships	Alsager MMU
Katie Griffin	4.0581	20/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	4.1659	14/06/2009	Sharks Club Championships	MMU Alsager
Samantha Smith	4.1766	20/06/2010	Sharks Club Championships	Alsager MMU
Rachel N Slater	4.1766	20/06/2010	Sharks Club Championships	Alsager MMU
Georgia Parker Aiken	4.2455	14/06/2009	Sharks Club Championships	MMU Alsager
Sarah A Miller	4.3181	20/06/2010	Sharks Club Championships	Alsager MMU
Bethany E Willmott	4.3300	20/06/2010	Sharks Club Championships	Alsager MMU
Natasha Sarah Mann	4.3649	20/06/2010	Sharks Club Championships	Alsager MMU
Helena Walsh	5.0219	20/06/2010	Sharks Club Championships	Alsager MMU
Abigail Channing	5.2596	20/06/2010	Sharks Club Championships	Alsager MMU



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Upto and Including: Club champs 2008

Butterfly 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Shannon Friel	0.4122	30/06/2007	Peak & Plain Celebration Gala	Macclesfield
Alisha Amber Meakin	0.4147	11/07/2010	Open B Grade	Biddulph
Stephanie Bell	0.4149	12/07/2009	Open Level 3	Biddulph
Anna White	0.4270	14/12/2002	Speedo	Horwich
Eleanor Hesketh	0.4451	08/12/2007	Speedo	Europa pool
Emma Rodaway	0.4538	23/09/2006	Deva	Bebington
Hannah Rebecca Mullings	0.4570	22/05/2004	Peak Plain	Buxton
Emma Harrison	0.4664	19/01/2002	Peak Plain	Sandbach
Samantha Smith	0.4718	27/06/2010	Sharks Club Championships	Alsager MMU
Millie G Henderson	0.4809	07/03/2009	Peak Plain	Congleton
Verity R Porter	0.4823	24/01/2010	North Mids	Macclesfield
Catriona Cody	0.4845	22/11/2009	Open Level 3	Macclesfield
Katie Griffin	0.4925	27/06/2010	Sharks Club Championships	Alsager MMU
Abigail Rowlinson	0.4928	19/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Rachel Trussler	0.5084	14/02/2010	Open Level 3	Wolverhampton
Vicki Barratt	0.5111	28/04/2002	Diddy Gala	Northwich
Abigail Emma Hodgkinson	0.5112	23/04/2005	Peak Plain	Nantwich
Sabrina Sumner	0.5133	02/02/2008	Peak Plain	Buxton
Jaime Lee	0.5165	29/04/2006	Peak Plain	Buxton
Charlotte Norville	0.5172	24/05/2008	Peak Plain	Macclesfield
Chloe Gould	0.5205	19/04/2008	Peak Plain	MMU Alsager
Sarah Gale	0.5336	21/04/2001	Peak Plain	
Stephanie Eccles	0.5465	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Helena Walsh	0.5665	27/06/2010	Sharks Club Championships	Alsager MMU
Sarah Elizabeth Mullings	0.5841	15/03/2002	Cheshire County Champs	Alsager
Rachel Armstrong	0.5911	10/05/2003	Diddy Gala	Northwich
Charlotte Griffiths	1.0080	06/03/2010	Cheetham Lambert	Macclesfield
Holly May Reid	1.0338	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Rosalind E Walsh	1.0527	23/09/2007	Sheffield spoons	Sheffield Ponds Forge
Sophie Hardwick	1.0568	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen

Butterfly 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Sarah Dickinson	1.1865	11/10/2008	Speedo	Stretford Leisure Centr



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Butterfly 200 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Alisha Amber Meakin	3.4915	20/06/2010	Sharks Club Championships	Alsager MMU
Samantha Smith	4.1372	20/06/2010	Sharks Club Championships	Alsager MMU



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Upto and Including: Club champs 2008

Freestyle 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Eleanor Hesketh	0.3429	23/09/2007	Sheffield spoons	Sheffiel Ponds Forge
Sarah Goddard	0.3462	14/06/2003	Peak & Plain Celebration Gala	Macclesfield Leisure C
Shannon Friel	0.3567	07/07/2007	Derby Open	Derby Queens Pool
Stephanie Bell	0.3678	11/07/2009	Open Level 3	Biddulph
Alisha Amber Meakin	0.3719	10/07/2010	Open B Grade	Biddulph
Hannah Rebecca Mullings	0.3771	20/03/2004	Cheshire County Champs	Macclesfield Leisure C
Sarah Elizabeth Mullings	0.3777	14/12/2002	Speedo	Horwich
Abigail Rowlinson	0.3801	10/04/2010	Stockport	Stockport Metro
Megan Friel	0.3875	09/10/2004	Speedo	Europa, Birkenhead
Charlotte Norville	0.3890	28/06/2008	Peak & Plain Celebration Gala	Macclesfield
Catriona Cody	0.3925	09/01/2010	North Mids	Macclesfield
Rachel Trussler	0.3950	14/02/2010	Open Level 3	Wolverhampton
Jane Taylor	0.4006	23/04/2005	Peak Plain	Nantwich
Emma Harrison	0.4021	20/04/2002	Cheetham Lambert	Macclesfield Leisure C
Iona Ellen MacRury	0.4064	02/12/2006	Diddy Gala	PO Trophy Gala
Samantha Smith	0.4065	20/06/2010	Sharks Club Championships	Alsager MMU
Nicola Wellington	0.4072	10/09/2004	Speedo	Stretford
Georgia Parker Aiken	0.4114	18/10/2009	Deva	Chirk
Verity R Porter	0.4123	20/06/2010	Sharks Club Championships	Alsager MMU
Emily Jevons	0.4135	15/01/2006	Peak Plain	Trafford
Anna White	0.4165	12/01/2003	Peak Plain	Buxton
Sabrina Sumner	0.4186	02/02/2008	Peak Plain	Buxton
Eleanor Mia Boulton	0.4233	23/04/2005	Peak Plain	Nantwich
Eva Pickup	0.4238	21/06/2009	Sharks Club Championships	MMU Alsager
Millie G Henderson	0.4238	10/01/2009	North Mids	Macclesfield
Emma Bottomley	0.4310	17/09/2006	Sheffield spoons	Ponds Forge - Sheffield
Sarah Gale	0.4338	21/04/2001	Peak Plain	
Katie Griffin	0.4351	20/06/2010	Sharks Club Championships	Alsager MMU
Ella Ross	0.4380	22/05/2010	Peak Plain	Alsager MMU
Florence Robinson	0.4413	30/06/2007	Peak & Plain Celebration Gala	Macclesfield
Charlotte Knight	0.4415	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Bethany E Willmott	0.4416	20/06/2010	Sharks Club Championships	Alsager MMU
Bethany Hughes	0.4455	30/06/2002	Peak & Plain Celebration Gala	Macclesfield
Frances Zoe Carson	0.4499	10/05/2003	Diddy Gala	Northwich
Vicki Barratt	0.4506	28/04/2002	Diddy Gala	Northwich
Bronnen Mary Coles	0.4562	29/06/2008	Sharks Club Championships	MMU Alsager
Teresa Ingram	0.4604	04/05/2002	Peak Plain	Buxton
Jessica Budd	0.4626	21/02/2004	Peak Plain	Macclesfield Leisure C



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Chloe Gould	0.4628	29/06/2008	Sharks Club Championships	MMU Alsager
Rosalind E Walsh	0.4646	28/10/2007	Open B Grade	Belper
Caroline Helen Grasmeder	0.4651	16/06/2007	Sharks Club Championships	Alsager MMU
Beth Dutton	0.4688	06/06/2009	Peak Plain	MMU Alsager
Lucy Jane Wilding	0.4706	21/06/2009	Sharks Club Championships	MMU Alsager
Abigail Emma Hodgkinson	0.4716	30/10/2004	Deva	Sandbach Leisure Cen
Emily Head	0.4726	21/06/2009	Sharks Club Championships	MMU Alsager
Holly Ayers-Burgess	0.4749	29/06/2008	Sharks Club Championships	MMU Alsager
Hannah Mann	0.4796	09/06/2007	Peak Plain	Nantwich
Jessica Porter	0.4810	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Rachel Armstrong	0.4819	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Natasha Sarah Mann	0.4858	20/06/2010	Sharks Club Championships	Alsager MMU
Catherine L Cuttle	0.4859	29/06/2008	Sharks Club Championships	MMU Alsager
Rachel N Slater	0.4928	20/06/2010	Sharks Club Championships	Alsager MMU
Victoria Dunn	0.5068	14/03/2009	Peak Plain	Buxton
Helena Walsh	0.5128	20/06/2010	Sharks Club Championships	Alsager MMU
Emma Elizabeth Vickers	0.5150	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Alia R Geary	0.5185	26/06/2010	Peak & Plain Celebration Gala	Trafford
Alice McIlveen	0.5496	06/03/2010	Cheetham Lambert	Macclesfield
Rebecca Louise Thomas	0.5528	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Emma Saville	0.5608	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Clara Jayne Coppenhall	1.0414	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Mollie Dale	1.0581	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Abigail Channing	1.0662	20/06/2010	Sharks Club Championships	Alsager MMU

Freestyle 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Eleanor Hesketh	1.1802	08/12/2007	Speedo	Europa pool
Hannah Rebecca Mullings	1.2510	06/03/2004	Cheshire County Champs	Stockport Central Pool
Shannon Friel	1.2576	16/06/2007	Sharks Club Championships	Alsager MMU
Rachel Trussler	1.3350	14/02/2010	Open Level 3	Wolverhampton
Jessica Budd	1.4182	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Florence Robinson	1.4418	16/06/2007	Sharks Club Championships	Alsager MMU
Eleanor Mia Boulton	1.4622	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Stephanie Eccles	1.5079	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Nicola Wellington	1.5357	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Sophie Hardwick	1.5434	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Caroline Wilkie	1.5654	16/06/2007	Sharks Club Championships	Alsager MMU
Holly May Reid	1.5994	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Sarah Wellington	2.0508	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen



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Freestyle 200 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Hannah Rebecca Mullings	2.5233	30/05/2004	Inter Association	Broughton Pool, Salford
Alisha Amber Meakin	3.0448	27/06/2010	Sharks Club Championships	Alsager MMU
Shannon Friel	3.1039	18/03/2007	Cheshire County Champs	Macclesfield
Verity R Porter	3.1182	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	3.1503	14/02/2010	Open Level 3	Wolverhampton
Stephanie Bell	3.1516	14/06/2009	Sharks Club Championships	MMU Alsager
Abigail Rowlinson	3.1560	19/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Katie Griffin	3.2528	27/06/2010	Sharks Club Championships	Alsager MMU
Samantha Smith	3.2565	27/06/2010	Sharks Club Championships	Alsager MMU
Bethany E Willmott	3.3088	27/06/2010	Sharks Club Championships	Alsager MMU
Georgia Parker Aiken	3.3610	14/06/2009	Sharks Club Championships	MMU Alsager
Catriona Cody	3.4837	14/06/2009	Sharks Club Championships	MMU Alsager
Natasha Sarah Mann	3.5388	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel N Slater	4.0015	27/06/2010	Sharks Club Championships	Alsager MMU
Helena Walsh	4.0050	27/06/2010	Sharks Club Championships	Alsager MMU
Emily B Roberts	4.1695	27/06/2010	Sharks Club Championships	Alsager MMU
Alia R Geary	4.2717	27/06/2010	Sharks Club Championships	Alsager MMU
Beth Dutton	4.3545	14/06/2009	Sharks Club Championships	MMU Alsager
Abigail Channing	5.1665	27/06/2010	Sharks Club Championships	Alsager MMU

Freestyle 400 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Hannah Rebecca Mullings	5.5749	31/05/2004	Inter Association	Broughton Pool, Salford
Abigail Rowlinson	6.4855	20/06/2010	Sharks Club Championships	Alsager MMU



Age On The Day League

Age: 10 GIRLS

PBs from all Peak and Plain, Deva and Speedo club leagues, Celebration galas, Club Championships and Time Trials, and Open Galas. Relay times NOT included.

Upto and Including: Club champs 2008

Individual Medley 100 M

Swimmer	P.B.	Achieved On	Achieved At	
Emma Rodaway	1.2964	20/04/2006	Derby Open	Derby
Shannon Friel	1.3124	16/06/2007	Sharks Club Championships	Alsager MMU
Alisha Amber Meakin	1.3232	10/07/2010	Open B Grade	Biddulph
Eleanor Hesketh	1.3345	16/06/2007	Sharks Club Championships	Alsager MMU
Hannah Rebecca Mullings	1.3454	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Catriona Cody	1.3880	09/01/2010	North Mids	Macclesfield
Stephanie Bell	1.3988	21/06/2009	Sharks Club Championships	MMU Alsager
Verity R Porter	1.4295	09/01/2010	North Mids	Macclesfield
Charlotte Norville	1.4359	29/06/2008	Sharks Club Championships	MMU Alsager
Rachel Trussler	1.4658	22/11/2009	Open Level 3	Macclesfield
Eva Pickup	1.4667	21/06/2009	Sharks Club Championships	MMU Alsager
Eleanor Mia Boulton	1.4888	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Jessica Budd	1.4893	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Frances Zoe Carson	1.4929	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Megan Friel	1.4968	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Jessica Porter	1.5322	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Georgia Parker Aiken	1.5335	21/06/2009	Sharks Club Championships	MMU Alsager
Caroline Helen Grasmeder	1.5350	16/06/2007	Sharks Club Championships	Alsager MMU
Emily Jevons	1.5356	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Millie G Henderson	1.5482	29/06/2008	Sharks Club Championships	MMU Alsager
Emily Head	1.5488	21/06/2009	Sharks Club Championships	MMU Alsager
Beth Dutton	1.5579	21/06/2009	Sharks Club Championships	MMU Alsager
Holly Ayers-Burgess	1.5638	29/06/2008	Sharks Club Championships	MMU Alsager
Rachel Armstrong	1.5785	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen
Catherine L Cuttle	1.5795	29/06/2008	Sharks Club Championships	MMU Alsager
Rosalind E Walsh	1.5825	28/10/2007	Open B Grade	Belper
Florence Robinson	2.0039	16/06/2007	Sharks Club Championships	Alsager MMU
Lucy Jane Wilding	2.0134	21/06/2009	Sharks Club Championships	MMU Alsager
Emma Saville	2.0248	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Emma Elizabeth Vickers	2.0261	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Caroline Wilkie	2.0381	16/06/2007	Sharks Club Championships	Alsager MMU
Nicola Wellington	2.0396	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Holly May Reid	2.0427	13/04/2004	Sharks Club Championships	Sandbach Leisure Cen
Sophie Hardwick	2.0515	21/05/2005	Sharks Club Championships	Sandbach Leisure Cen
Clara Jayne Coppenhall	2.2700	05/04/2003	Sharks Club Championships	Sandbach Leisure Cen



Age On The Day League

Age: 10 GIRLS

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Upto and Including: Club champs 2008

Individual Medley 200 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Alisha Amber Meakin	3.2384	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Abigail Rowlinson	3.2835	15/05/2010	Stockport	Stockport Metro
Samantha Smith	3.4419	27/06/2010	Sharks Club Championships	Alsager MMU
Katie Griffin	3.4869	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel N Slater	4.2276	27/06/2010	Sharks Club Championships	Alsager MMU
Natasha Sarah Mann	4.3249	27/06/2010	Sharks Club Championships	Alsager MMU
Sarah A Miller	4.5945	27/06/2010	Sharks Club Championships	Alsager MMU