



Age On The Day League

Age: 11

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

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Katie Elizabeth Herd	0.3881	29/04/2000	Stockport	
Stephanie Bell	0.4020	22/05/2010	Peak Plain	Alsager MMU
Rosalind E Walsh	0.4224	24/01/2009	North Mids	Macclesfield
Emily Jevons	0.4330	15/04/2007	Peak Plain	Alsager MMU
Jessica Budd	0.4333	11/12/2004	Speedo	Biddulph
Jessica Porter	0.4340	17/09/2006	Deva	Buckley
Emma Bottomley	0.4382	07/09/2007	Deva	Connahs Quay
Abigail Rowlinson	0.4532	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Caroline Helen Grasmeder	0.4694	06/09/2008	Deva	Connahs Quay
Beth Dutton	0.4824	17/04/2010	Peak Plain	Knutsford
Catriona Cody	0.4956	14/02/2010	Open Level 3	Wolverhampton
Rachel Trussler	0.5029	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Millie G Henderson	0.5059	27/06/2009	Peak & Plain Celebration Gala	Macclesfield
Bronnen Mary Coles	0.5422	14/03/2009	Peak Plain	Buxton
Emma Hardwick	0.5577	04/05/2002	Peak Plain	Buxton
Victoria Dunn	0.5659	21/06/2009	Sharks Club Championships	MMU Alsager
Rebecca Louise Thomas	1.0027	13/04/2004	Sharks Club Championships	Sandbach Leisure Centre

Back Stroke 100 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Abigail Rowlinson	1.3210	10/07/2010	Open B Grade	Biddulph
Jessica Porter	1.3760	27/01/2007	North Mids	Macclesfield
Rosalind E Walsh	1.4436	22/06/2008	Open B Grade	Ponds Forge
Caroline Helen Grasmeder	1.4998	22/06/2008	Open B Grade	Ponds Forge

Back Stroke 200 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Abigail Rowlinson	3.2117	27/06/2010	Sharks Club Championships	Alsager MMU
Eva Pickup	3.3014	27/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	3.3056	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	3.4199	27/06/2010	Sharks Club Championships	Alsager MMU



Age On The Day League

Age: 11

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

Breast Stroke 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Emily Head	0.4227	08/05/2010	Peak Plain	Nantwich
Katie Elizabeth Herd	0.4245	26/02/2000	Stockport	
Catriona Cody	0.4498	06/03/2010	Cheetham Lambert	Macclesfield
Rosalind E Walsh	0.4871	24/01/2009	North Mids	Macclesfield
Abigail Rowlinson	0.4949	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Beth Dutton	0.5177	17/04/2010	Peak Plain	Knutsford
Jessica Porter	0.5201	31/03/2007	Cheshire County Champs	Macclesfield
Rachel Trussler	0.5202	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Caroline Helen Grasmeder	0.5326	27/09/2008	Deva	Winsford Leisure Centre
Rebecca Louise Thomas	0.5343	24/04/2004	Peak Plain	Sandbach
Bronnen Mary Coles	0.5360	21/06/2009	Sharks Club Championships	MMU Alsager
Eva Pickup	0.5360	22/11/2009	Open Level 3	Macclesfield
Emma Hardwick	0.5450	28/04/2002	Diddy Gala	Northwich
Millie G Henderson	0.5580	21/06/2009	Sharks Club Championships	MMU Alsager
Emma Bottomley	1.0266	16/06/2007	Sharks Club Championships	Alsager MMU
Victoria Dunn	1.1053	21/06/2009	Sharks Club Championships	MMU Alsager

Breast Stroke 100 Metre

Swimmer	P.B.	Achieved On	Achieved At	
Katie Elizabeth Herd	1.2933	11/03/2000	Cheshire County Champs	
Catriona Cody	1.3647	10/07/2010	Open B Grade	Biddulph
Abigail Rowlinson	1.4224	10/07/2010	Open B Grade	Biddulph
Eva Pickup	1.4823	10/07/2010	Open B Grade	Biddulph
Rosalind E Walsh	1.5867	22/06/2008	Open B Grade	Ponds Forge
Caroline Helen Grasmeder	2.0262	22/06/2008	Open B Grade	Ponds Forge

Breast Stroke 200 Metre

Swimmer	P.B.	Achieved On	Achieved At	
Catriona Cody	3.3632	20/06/2010	Sharks Club Championships	Alsager MMU
Stephanie Bell	3.5223	20/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	3.5279	20/06/2010	Sharks Club Championships	Alsager MMU
Beth Dutton	3.5616	20/06/2010	Sharks Club Championships	Alsager MMU
Caroline Helen Grasmeder	4.2388	22/06/2008	Open B Grade	Ponds Forge



Age On The Day League

Age: 11

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

Butterfly 50 Metres

Swimmer	P.B.	Achieved On	Achieved At
Katie Elizabeth Herd	0.3474	29/04/2000	Stockport
Stephanie Bell	0.3801	08/05/2010	Peak Plain Nantwich
Rosalind E Walsh	0.4043	28/03/2009	Cheshire County Champs Stockport Metro
Millie G Henderson	0.4327	14/02/2010	Open Level 3 Wolverhampton
Eva Pickup	0.4622	17/04/2010	Peak Plain Knutsford
Emily Head	0.4649	22/11/2009	Open Level 3 Macclesfield
Rachel Trussler	0.4957	19/06/2010	Stkprr Metro Mini Rnd 5+6 Stockport Metro
Caroline Helen Grasmeder	0.5589	29/06/2008	Sharks Club Championships MMU Alsager
Bronnen Mary Coles	0.5648	21/06/2009	Sharks Club Championships MMU Alsager

Butterfly 200 Metres

Swimmer	P.B.	Achieved On	Achieved At
Stephanie Bell	3.3470	20/06/2010	Sharks Club Championships Alsager MMU
Millie G Henderson	4.0380	14/06/2009	Sharks Club Championships MMU Alsager

Freestyle 50 Metres

Swimmer	P.B.	Achieved On	Achieved At
Katie Elizabeth Herd	0.3209	26/02/2000	Stockport
Rachel Havelock	0.3298	30/01/2005	Peak Plain Alsager MMU
Stephanie Bell	0.3570	09/01/2010	North Mids Macclesfield
Millie G Henderson	0.3695	14/02/2010	Open Level 3 Wolverhampton
Rosalind E Walsh	0.3754	10/01/2009	North Mids Macclesfield
Bronnen Mary Coles	0.3835	07/03/2009	Peak Plain Congleton
Rachel Trussler	0.3902	19/06/2010	Stkprr Metro Mini Rnd 5+6 Stockport Metro
Catriona Cody	0.3976	14/02/2010	Open Level 3 Wolverhampton
Emma Bottomley	0.3983	25/08/2007	Open Level 1 Sheffield Ponds For
Jessica Porter	0.4024	31/03/2007	Cheshire County Champs Macclesfield
Emily Head	0.4074	22/11/2009	Open Level 3 Macclesfield
Emily Jevons	0.4075	27/01/2007	North Mids Macclesfield
Eva Pickup	0.4129	22/11/2009	Open Level 3 Macclesfield
Caroline Helen Grasmeder	0.4147	22/06/2008	Open B Grade Ponds Forge



Age On The Day League

Age: 11

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

Freestyle 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Catriona Cody	1.2493	10/07/2010	Open B Grade	Biddulph
Millie G Henderson	1.2968	21/06/2009	Sharks Club Championships	MMU Alsager
Eva Pickup	1.2985	10/07/2010	Open B Grade	Biddulph
Abigail Rowlinson	1.3022	10/07/2010	Open B Grade	Biddulph
Bronnen Mary Coles	1.3078	21/06/2009	Sharks Club Championships	MMU Alsager
Emma Bottomley	1.3456	16/06/2007	Sharks Club Championships	Alsager MMU
Rosalind E Walsh	1.3904	29/06/2008	Sharks Club Championships	MMU Alsager
Caroline Helen Grasmeder	1.3920	29/06/2008	Sharks Club Championships	MMU Alsager
Victoria Dunn	1.5932	21/06/2009	Sharks Club Championships	MMU Alsager
Rebecca Louise Thomas	2.0045	13/04/2004	Sharks Club Championships	Sandbach Leisure Centre

Freestyle 200 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Katie Elizabeth Herd	2.3254	26/02/2000	Stockport	
Stephanie Bell	2.5264	27/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	3.0225	27/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	3.0461	27/06/2010	Sharks Club Championships	Alsager MMU
Jessica Porter	3.0740	27/01/2007	North Mids	Macclesfield
Millie G Henderson	3.1545	14/06/2009	Sharks Club Championships	MMU Alsager
Abigail Rowlinson	3.1599	27/06/2010	Sharks Club Championships	Alsager MMU
Eva Pickup	3.1719	27/06/2010	Sharks Club Championships	Alsager MMU
Rosalind E Walsh	3.2226	26/10/2008	Derby Open	Queens Leisure Centre
Emily Head	3.2432	27/06/2010	Sharks Club Championships	Alsager MMU
Bronnen Mary Coles	3.2650	14/06/2009	Sharks Club Championships	MMU Alsager
Caroline Helen Grasmeder	3.3134	22/06/2008	Open B Grade	Ponds Forge

Freestyle 400 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Stephanie Bell	6.1223	20/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	6.2881	20/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	6.3122	20/06/2010	Sharks Club Championships	Alsager MMU



Age On The Day League

Age: 11

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

Freestyle 800 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Catriona Cody	13.1278	25/06/2010	Sharks Club Championships	Alsager MMU
Stephanie Bell	13.1799	25/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	13.2411	25/06/2010	Sharks Club Championships	Alsager MMU
Emily Head	15.0782	25/06/2010	Sharks Club Championships	Alsager MMU

Freestyle 1500 meters

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Stephanie Bell	25.4463	18/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	26.1083	18/06/2010	Sharks Club Championships	Alsager MMU
Rachel Trussler	26.2413	18/06/2010	Sharks Club Championships	Alsager MMU

Individual Medley 100 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Katie Elizabeth Herd	1.2060	29/04/2000	Stockport	
Rosalind E Walsh	1.3173	10/01/2009	North Mids	Macclesfield
Stephanie Bell	1.3210	09/01/2010	North Mids	Macclesfield
Emily Head	1.4076	22/11/2009	Open Level 3	Macclesfield
Millie G Henderson	1.4115	21/06/2009	Sharks Club Championships	MMU Alsager
Caroline Helen Grasmeder	1.4170	29/06/2008	Sharks Club Championships	MMU Alsager
Bronnen Mary Coles	1.4529	21/06/2009	Sharks Club Championships	MMU Alsager
Eva Pickup	1.4761	22/11/2009	Open Level 3	Macclesfield
Rebecca Louise Thomas	2.0893	13/04/2004	Sharks Club Championships	Sandbach Leisure Centre

Individual Medley 200 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Stephanie Bell	3.1726	20/06/2010	Sharks Club Championships	Alsager MMU
Catriona Cody	3.2449	20/06/2010	Sharks Club Championships	Alsager MMU
Abigail Rowlinson	3.2926	26/06/2010	Stkprt Metro Mini Rnd 5+6	Stockport Metro
Rachel Trussler	3.3551	20/06/2010	Sharks Club Championships	Alsager MMU
Millie G Henderson	3.4955	14/06/2009	Sharks Club Championships	MMU Alsager



Age On The Day League

Age: 11

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 400 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Stephanie Bell	7.0015	27/06/2010	Sharks Club Championships	Alsager MMU
Eva Pickup	7.2936	27/06/2010	Sharks Club Championships	Alsager MMU
Abigail Rowlinson	7.3091	27/06/2010	Sharks Club Championships	Alsager MMU
Emily Head	7.4137	27/06/2010	Sharks Club Championships	Alsager MMU