

Age On The Day League

Age: 12 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	
Sarah Lowden	0.3404	01/12/2001	Speedo	Broughton
Rochelle M Ollier	0.3504	23/02/2008	Peak Plain	Trafford
Megan Friel	0.3595	13/01/2007	North Mids	Biddulph
Katie Elizabeth Herd	0.3799	01/09/2000	Stkprt Metro Mini Rnd 5+6	
Sarah Elizabeth Mullings	0.3817	27/11/2004	Deva	Whitchurch
Leanne Mather	0.3906	02/12/2000	Salt Ayr - Speedo	
Jessica Porter	0.3979	19/04/2008	Peak Plain	MMU Alsager
Eleanor White	0.3989	16/09/2001	Deva	
Anna White	0.4016	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Emily Jevons	0.4070	12/01/2008	North Mids	Biddulph
Rosalind E Walsh	0.4113	14/02/2010	Open Level 3	Wolverhampton
Emma Rodaway	0.4138	29/06/2008	Sharks Club Championships	MMU Alsager
Jessica Budd	0.4148	11/02/2006	Peak Plain	Sandbach Leisure C
Emma Bottomley	0.4267	24/01/2009	North Mids	Macclesfield
Alexandra Brown	0.4327	30/10/2004	Deva	Sandbach Leisure C
Emily Griffiths	0.4368	30/01/2005	Peak Plain	Alsager MMU
Caroline Helen Grasmeder	0.4426	14/11/2009	National Swimming League	Stretford Leisure Ce
Frances Zoe Carson	0.4459	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Ella Cornwall	0.4530	08/05/2010	Peak Plain	Nantwich
Jessica Janet White	0.4562	13/01/2007	North Mids	Biddulph
Melissa Taylor	0.4592	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Millie G Henderson	0.4619	26/06/2010	Peak & Plain Celebration Gal	Trafford
Natalie Eccles	0.4711	16/11/2002	Deva	Winsford
Charlotte Knight	0.4735	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Ailsh Foy	0.4800	07/03/2009	Peak Plain	Congleton
Anja Meredith	0.4880	17/04/2010	Peak Plain	Knutsford
Sarah Victoria Snape	0.4905	09/03/2003	Peak Plain	Nantwich
Shannon Bradley	0.4952	31/01/2009	Peak & Plain Celebration Gal	Nantwich
Sarah Peart	0.4999	29/06/2008	Sharks Club Championships	MMU Alsager
Lauren Louise Mellor	0.5069	29/06/2008	Sharks Club Championships	MMU Alsager
Stephanie Helm-Grovas	0.5142	19/01/2002	Peak Plain	Sandbach
Catherine Nurse	0.5177	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Emma Saville	0.5475	16/06/2007	Sharks Club Championships	Alsager MMU
Emma Hardwick	0.5895	05/04/2003	Sharks Club Championships	Sandbach Leisure C



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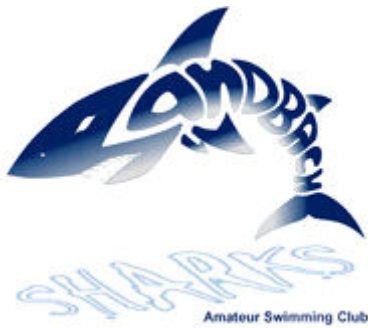
Upto and Including: Club champs 2008

Back Stroke 100 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Megan Friel	1.1930	27/01/2007	North Mids	Macclesfield
Sarah Lowden	1.2000	13/10/2001	Speedo	Widnes
Sarah Elizabeth Mullings	1.2482	10/01/2004	North Mids	Macclesfield Leisure Centre
Rosalind E Walsh	1.2725	24/01/2010	North Mids	Macclesfield
Emma Bottomley	1.3293	13/12/2008	Speedo	Salt Ayre Lancs
Jessica Porter	1.3333	28/10/2007	Open B Grade	Belper
Emily Jevons	1.3446	08/12/2007	Speedo	Europa pool
Millie G Henderson	1.4323	20/06/2010	Sharks Club Championships	Alsager MMU

Back Stroke 200 Metres

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Sarah Elizabeth Mullings	2.5192	29/05/2004	Inter Association	Broughton Pool, Salford
Rosalind E Walsh	3.1746	14/06/2009	Sharks Club Championships	MMU Alsager
Millie G Henderson	3.2942	27/06/2010	Sharks Club Championships	Alsager MMU



Age On The Day League

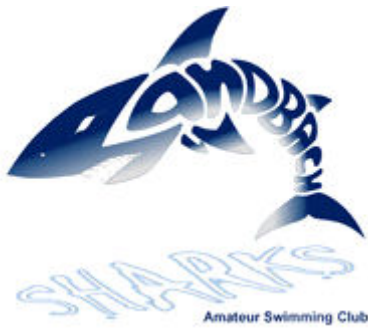
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Upto and Including: Club champs 2008

Breast Stroke 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Rochelle M Ollier	0.3974	10/11/2007	Speedo	Holywell
Hannah Rebecca Mullings	0.4082	08/07/2006	Open Level 3	City of Liverpool
Katie Elizabeth Herd	0.4199	01/09/2000	Stkprt Metro Mini Rnd 5+6	
Emma Rodaway	0.4200	29/06/2008	Sharks Club Championships	MMU Alsager
Megan Friel	0.4378	27/01/2007	North Mids	Macclesfield
Charlotte Knight	0.4387	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Sarah Elizabeth Mullings	0.4398	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Leanne Mather	0.4413	07/07/2001	Peak Plain	
Kirsty Owen	0.4431	17/11/2001	Deva	Wrexham
Jessica Porter	0.4632	19/04/2008	Peak Plain	MMU Alsager
Rachel Hancock	0.4654	19/01/2002	Peak Plain	Sandbach
Caroline Helen Grasmeyer	0.4818	14/11/2009	National Swimming League	Stretford Leisure Ce
Melissa Taylor	0.4821	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Rosalind E Walsh	0.4826	18/10/2009	Deva	Chirk
Anna White	0.4866	30/10/2004	Deva	Sandbach Leisure C
Natalie Eccles	0.4868	09/11/2002	Speedo	Sretford
Frances Zoe Carson	0.4874	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Millie G Henderson	0.4936	26/06/2010	Peak & Plain Celebration Gal	Trafford
Sarah Victoria Snape	0.5028	05/04/2003	Sharks Club Championships	Sandbach Leisure C
Leah Francis	0.5110	16/06/2007	Sharks Club Championships	Alsager MMU
Emma Hardwick	0.5143	22/11/2003	Deva	Sandbach Leisure C
Anja Meredith	0.5151	17/04/2010	Peak Plain	Knutsford
Catherine Nurse	0.5158	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Alexandra Brown	0.5169	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Lauren Louise Mellor	0.5176	29/06/2008	Sharks Club Championships	MMU Alsager
Sarah Peart	0.5241	29/06/2008	Sharks Club Championships	MMU Alsager
Jessica Budd	0.5248	30/04/2005	Cheetham Lambert	Macclesfield Leisure
Shannon Bradley	0.5290	29/06/2008	Sharks Club Championships	MMU Alsager
Mollie Dale	0.5445	19/05/2007	Peak Plain	Knutsford
Jessica Janet White	0.5457	27/01/2007	North Mids	Macclesfield
Emily Jevons	0.5628	16/06/2007	Sharks Club Championships	Alsager MMU
Joanne Saville	0.5641	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Emma Saville	0.5855	16/06/2007	Sharks Club Championships	Alsager MMU



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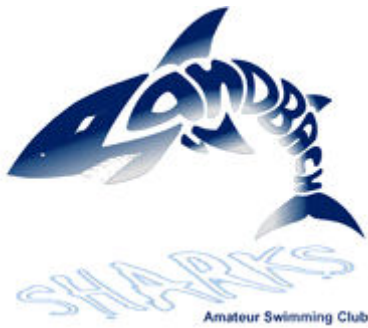
Upto and Including: Club champs 2008

Breast Stroke 100 Metre

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Hannah Rebecca Mullings	1.2822	09/07/2006	Open Level 3	City of Liverpool
Emma Rodaway	1.3190	10/05/2008	Satellites of Macclesfield Op	Macclesfield
Sarah Elizabeth Mullings	1.3303	13/03/2004	Cheshire County Champs	Macclesfield Leisure Centre
Eleanor White	1.3920	13/10/2001	Speedo	Widnes
Frances Zoe Carson	1.4038	07/05/2005	Satellites of Macclesfield Op	Macclesfield
Rosalind E Walsh	1.4491	23/01/2010	North Mids	Macclesfield
Jessica Porter	1.4618	08/12/2007	Speedo	Europa pool
Millie G Henderson	1.5521	27/06/2010	Sharks Club Championships	Alsager MMU

Breast Stroke 200 Metre

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Emma Rodaway	3.1022	26/04/2008	Derby Open	Queens
Hannah Rebecca Mullings	3.1351	20/04/2006	Derby Open	Derby
Millie G Henderson	4.1096	20/06/2010	Sharks Club Championships	Alsager MMU



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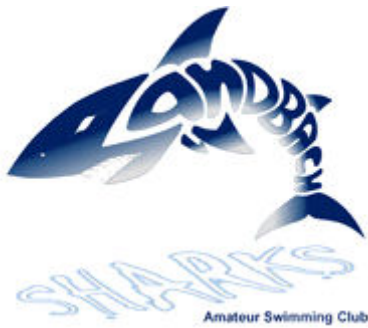
Upto and Including: Club champs 2008

Butterfly 50 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Rochelle M Ollier	0.3434	23/02/2008	Peak Plain	Trafford
Katie Elizabeth Herd	0.3461	01/09/2000	Stkprt Metro Mini Rnd 5+6	
Emma Rodaway	0.3707	29/06/2008	Sharks Club Championships	MMU Alsager
Frances Zoe Carson	0.3722	16/07/2005	Eddie Anderson Celebration	Winsford
Sarah Elizabeth Mullings	0.3743	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Anna White	0.3750	09/10/2004	Speedo	Europa, Birkenhead
Megan Friel	0.3842	17/09/2006	Sheffield spoons	Ponds Forge - Sheffi
Leanne Mather	0.3966	07/07/2001	Peak Plain	
Rosalind E Walsh	0.3993	24/01/2010	North Mids	Macclesfield
Ella Cornwall	0.4082	06/03/2010	Cheetham Lambert	Macclesfield
Millie G Henderson	0.4280	22/05/2010	Peak Plain	Alsager MMU
Sarah Gale	0.4562	21/09/2002	Deva	Connah's Quay
Charlotte Knight	0.4664	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Catherine Nurse	0.4745	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Melissa Taylor	0.4794	22/11/2003	Deva	Sandbach Leisure C
Natalie Eccles	0.4833	05/04/2003	Sharks Club Championships	Sandbach Leisure C
Jessica Porter	0.4837	16/06/2007	Sharks Club Championships	Alsager MMU
Caroline Helen Grasmeder	0.4876	12/12/2009	National Swimming League	Kendal
Sarah Peart	0.4926	29/06/2008	Sharks Club Championships	MMU Alsager
Jessica Janet White	0.4962	31/03/2007	Cheshire County Champs	Macclesfield
Emily Jevons	0.5113	16/06/2007	Sharks Club Championships	Alsager MMU
Emma Bottomley	0.5231	29/06/2008	Sharks Club Championships	MMU Alsager
Lauren Louise Mellor	0.5696	29/06/2008	Sharks Club Championships	MMU Alsager
Stephanie Eccles	0.5802	02/12/2006	Diddy Gala	PO Trophy Gala
Emma Saville	0.5805	16/06/2007	Sharks Club Championships	Alsager MMU
Shannon Bradley	0.5827	29/06/2008	Sharks Club Championships	MMU Alsager
Joanne Saville	0.5989	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Emma Hardwick	1.0109	05/04/2003	Sharks Club Championships	Sandbach Leisure C
Alexandra Brown	1.0300	13/04/2004	Sharks Club Championships	Sandbach Leisure C

Butterfly 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Katie Elizabeth Herd	1.1735	02/12/2000	Salt Ayr - Speedo	
Emma Rodaway	1.2488	10/05/2008	Satellites of Macclesfield Op	Macclesfield
Frances Zoe Carson	1.3423	09/10/2004	Speedo	Europa, Birkenhead
Rosalind E Walsh	1.4599	12/07/2009	Open Level 3	Biddulph
Millie G Henderson	1.5983	27/06/2010	Sharks Club Championships	Alsager MMU



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Upto and Including: Club champs 2008

Butterfly 200 Metres

Swimmer	P.B.	Achieved On	Achieved At
Millie G Henderson	4.0331	20/06/2010	Sharks Club Championships Alsager MMU

Freestyle 50 Metres

Swimmer	P.B.	Achieved On	Achieved At
Rochelle M Ollier	0.2968	26/01/2008	North Mids Macclesfield L c
Sarah Elizabeth Mullings	0.3129	27/11/2004	Deva Whitchurch
Rachel Havelock	0.3146	16/07/2005	Eddie Anderson Celebration Winsford
Katie Elizabeth Herd	0.3212	02/12/2000	Salt Ayr - Speedo
Megan Friel	0.3285	27/01/2007	North Mids Macclesfield
Hannah Rebecca Mullings	0.3388	09/07/2006	Open Level 3 City of Liverpool
Anna White	0.3416	11/12/2004	Speedo Biddulph
Emma Rodaway	0.3440	19/04/2008	Peak Plain MMU Alsager
Eleanor White	0.3475	19/05/2001	Peak Plain
Rosalind E Walsh	0.3496	22/11/2009	Open Level 3 Macclesfield
Frances Zoe Carson	0.3513	19/03/2005	Cheshire County Champs Macclesfield Leisure Center
Emily Jevons	0.3553	23/09/2007	Sheffield spoons Sheffield Ponds For
Jessica Porter	0.3578	05/04/2008	Cheetham Lambert Macclesfield
Sarah Lowden	0.3613	07/07/2001	Peak Plain
Millie G Henderson	0.3642	22/05/2010	Peak Plain Alsager MMU
Jessica Janet White	0.3793	31/03/2007	Cheshire County Champs Macclesfield
Emma Bottomley	0.3837	10/01/2009	North Mids Macclesfield
Sarah Gale	0.3838	09/11/2002	Speedo Sretford
Melissa Taylor	0.3915	08/11/2003	Speedo Widnes
Caroline Helen Grasmeder	0.3945	18/10/2009	Deva Chirk
Ailsh Foy	0.3978	31/01/2009	Peak & Plain Celebration Gal Nantwich
Anja Meredith	0.4190	06/03/2010	Cheetham Lambert Macclesfield
Natalie Eccles	0.4409	06/07/2002	Eddie Anderson Celebration Winsford



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Freestyle 100 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Rochelle M Ollier	1.0500	26/01/2008	North Mids	Macclesfield L c
Katie Elizabeth Herd	1.0787	09/06/2001	Macclesfield	
Sarah Elizabeth Mullings	1.0978	06/03/2004	Cheshire County Champs	Stockport Central Po
Rachel Havelock	1.1206	10/09/2005	Deva	Sandbach Leisure C
Hannah Rebecca Mullings	1.1398	11/03/2006	Cheshire County Champs	Macclesfield Leisure
Emma Rodaway	1.1526	10/05/2008	Satellites of Macclesfield Op	Macclesfield
Megan Friel	1.1538	09/07/2006	Open Level 3	City of Liverpool
Rosalind E Walsh	1.1652	09/01/2010	North Mids	Macclesfield
Jessica Porter	1.1785	10/05/2008	Satellites of Macclesfield Op	Macclesfield
Anna White	1.1946	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Frances Zoe Carson	1.2008	07/05/2005	Satellites of Macclesfield Op	Macclesfield
Emily Jevons	1.2357	16/06/2007	Sharks Club Championships	Alsager MMU
Millie G Henderson	1.2467	20/06/2010	Sharks Club Championships	Alsager MMU
Alexandra Brown	1.2978	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Jessica Budd	1.3066	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Caroline Helen Grasmeder	1.3094	21/06/2009	Sharks Club Championships	MMU Alsager
Emma Bottomley	1.3110	29/06/2008	Sharks Club Championships	MMU Alsager
Leah Francis	1.3280	16/06/2007	Sharks Club Championships	Alsager MMU
Charlotte Knight	1.3453	21/05/2005	Sharks Club Championships	Sandbach Leisure C
Natalie Eccles	1.3560	05/04/2003	Sharks Club Championships	Sandbach Leisure C
Melissa Taylor	1.3584	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Lauren Louise Mellor	1.3807	29/06/2008	Sharks Club Championships	MMU Alsager
Sarah Peart	1.3879	29/06/2008	Sharks Club Championships	MMU Alsager
Catherine Nurse	1.3996	13/04/2004	Sharks Club Championships	Sandbach Leisure C
Emma Hardwick	1.5533	05/04/2003	Sharks Club Championships	Sandbach Leisure C
Emma Saville	1.5739	16/06/2007	Sharks Club Championships	Alsager MMU
Shannon Bradley	1.5755	29/06/2008	Sharks Club Championships	MMU Alsager

Freestyle 200 Metres

Swimmer	P.B.	Achieved On	Achieved At	
Katie Elizabeth Herd	2.3086	01/09/2000	Stkprt Metro Mini Rnd 5+6	
Hannah Rebecca Mullings	2.3332	12/03/2006	Cheshire County Champs	Macclesfield
Sarah Elizabeth Mullings	2.3640	10/01/2004	North Mids	Macclesfield Leisure
Rosalind E Walsh	2.4676	24/01/2010	North Mids	Macclesfield
Jessica Porter	2.4818	10/05/2008	Satellites of Macclesfield Op	Macclesfield
Millie G Henderson	3.0381	27/06/2010	Sharks Club Championships	Alsager MMU



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Freestyle 400 Metres

Swimmer	P.B.	Achieved On	Achieved At
Katie Elizabeth Herd	5.0099	09/06/2001	Macclesfield
Sarah Elizabeth Mullings	5.2315	30/05/2004	Inter Association
Millie G Henderson	6.2407	20/06/2010	Sharks Club Championships

Broughton Pool, Salford
Alsager MMU

Freestyle 800 Metres

Swimmer	P.B.	Achieved On	Achieved At
Millie G Henderson	13.1042	25/06/2010	Sharks Club Championships

Alsager MMU

Freestyle 1500 meters

Swimmer	P.B.	Achieved On	Achieved At
Millie G Henderson	25.3632	18/06/2010	Sharks Club Championships

Alsager MMU

Individual Medley 100 M

Swimmer	P.B.	Achieved On	Achieved At
Rochelle M Ollier	1.1577	19/04/2008	Peak Plain
Katie Elizabeth Herd	1.2060	01/08/2000	Stkprt Metro Mini Rnd 3+4
Sarah Elizabeth Mullings	1.2126	13/04/2004	Sharks Club Championships
Megan Friel	1.2170	28/01/2007	North Mids
Emma Rodaway	1.2194	29/06/2008	Sharks Club Championships
Hannah Rebecca Mullings	1.2273	08/07/2006	Open Level 3
Anna White	1.2731	13/04/2004	Sharks Club Championships
Rosalind E Walsh	1.2789	09/01/2010	North Mids
Frances Zoe Carson	1.2975	21/05/2005	Sharks Club Championships
Charlotte Knight	1.3366	21/05/2005	Sharks Club Championships
Jessica Porter	1.3615	16/06/2007	Sharks Club Championships
Melissa Taylor	1.3754	13/04/2004	Sharks Club Championships
Alexandra Brown	1.3820	13/04/2004	Sharks Club Championships
Caroline Helen Grasmeder	1.3941	21/06/2009	Sharks Club Championships
Sarah Peart	1.3943	29/06/2008	Sharks Club Championships
Natalie Eccles	1.4086	05/04/2003	Sharks Club Championships
Catherine Nurse	1.4301	13/04/2004	Sharks Club Championships
Lauren Louise Mellor	1.4379	29/06/2008	Sharks Club Championships
Emma Saville	1.5175	16/06/2007	Sharks Club Championships
Emma Hardwick	1.5400	05/04/2003	Sharks Club Championships
Joanne Saville	1.5511	13/04/2004	Sharks Club Championships

MMU Alsager

Sandbach Leisure C
Macclesfield

MMU Alsager

City of Liverpool

Sandbach Leisure C
Macclesfield

Sandbach Leisure C

Sandbach Leisure C

Alsager MMU

Sandbach Leisure C
Sandbach Leisure C

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Individual Medley 200 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Katie Elizabeth Herd	2.4219	10/06/2001	Macclesfield	
Hannah Rebecca Mullings	2.5341	11/03/2006	Cheshire County Champs	Macclesfield Leisure Centre
Rosalind E Walsh	3.1099	23/01/2010	North Mids	Macclesfield
Millie G Henderson	3.4456	20/06/2010	Sharks Club Championships	Alsager MMU

Individual Medley 400 M

<i>Swimmer</i>	<i>P.B.</i>	<i>Achieved On</i>	<i>Achieved At</i>	
Sarah Elizabeth Mullings	6.0643	14/03/2004	Cheshire County Champs	Europa Pools, Birkenhead
Millie G Henderson	7.2142	27/06/2010	Sharks Club Championships	Alsager MMU