



**Adriana Morrison**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	09/11/24 ClubChamps 0:57.70	08/06/24 JFLWisbech <b>0:56.42</b>						
<b>50 Back</b>	16/11/24 ClubChamps <b>0:52.23</b>	18/11/23 ClubChamps 0:57.11	17/06/23 DaveRobinson 0:57.59	31/03/23 TimeTrial 1:05.79	19/11/22 ClubChamps 1:10.55			
<b>50 Breast</b>	16/11/24 ClubChamps 1:01.00	27/09/24 ClubChampsLD <sup>(ST)</sup> 1:00.61	06/07/24 JFLThetford 0:59.31	15/06/24 DaveRobinson 1:00.06	18/05/24 JFLHunting <b>0:58.75</b>	18/11/23 ClubChamps 0:59.66	31/03/23 TimeTrial 1:11.09	
<b>50 Free</b>	09/11/24 ClubChamps 0:45.25	04/10/24 ClubChampsLD <sup>(ST)</sup> 0:48.83	14/09/24 JFLMildnhll <b>0:44.53</b>	06/07/24 JFLThetford 0:46.76	08/06/24 JFLWisbech 0:44.77	18/05/24 JFLHunting 0:45.25	24/06/23 SFLStlves 0:50.85	17/06/23 DaveRobinson 0:51.02
<b>100 Fly</b>								
<b>100 Back</b>	12/11/22 ClubChamps <b>2:54.40</b>							
<b>100 Breast</b>	09/11/24 ClubChamps <b>2:04.63</b>	27/09/24 ClubChampsLD <sup>(ST)</sup> 2:10.06						
<b>100 Free</b>	16/11/24 ClubChamps 1:51.76	04/10/24 ClubChampsLD <sup>(ST)</sup> <b>1:51.14</b>	18/11/23 ClubChamps 1:53.32	13/10/23 ClubChampsLD <sup>(ST)</sup> 2:03.76	19/11/22 ClubChamps 2:31.98			
<b>100 IM</b>	17/11/24 ClubChamps 1:56.85	14/09/24 JFLMildnhll <b>1:54.03</b>	06/07/24 JFLThetford 1:59.09	08/06/24 JFLWisbech 1:56.07				
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps <b>4:17.49</b>							
<b>200 Breast</b>	27/09/24 ClubChamps <b>4:32.14</b>							
<b>200 Free</b>	11/10/24 ClubChampsLD <sup>(ST)</sup> <b>3:55.02</b>	04/10/24 ClubChamps 3:55.10	13/10/23 ClubChamps 4:20.80					
<b>200 IM</b>								
<b>400 IM</b>								
<b>400 Free</b>	11/10/24 ClubChamps <b>7:58.43</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 8:32.88	20/10/23 ClubChamps 9:17.51					
<b>800 Free</b>	13/10/24 ClubChamps <b>16:53.89</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 17:15.81						
<b>1500 Free</b>	06/10/24 ClubChamps <b>32:40.47</b>							















## Eden Benion

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	09/11/24 ClubChamps <b>0:41.91</b>	16/09/23 JFLMildnhll 0:44.22	10/06/23 JFLWisbech 0:47.14	13/05/23 JFLMildnhll 0:46.70	11/03/23 JFLMildnhll 0:43.83	12/11/22 ClubChamps 0:45.71	09/07/22 JFLHunting 0:47.50	08/07/22 ColourGala 0:44.04
<b>50 Back</b>	16/11/24 ClubChamps <b>0:40.81</b>	18/11/23 ClubChamps 0:42.20	16/09/23 JFLMildnhll 0:41.89	10/06/23 JFLWisbech 0:42.73	13/05/23 JFLMildnhll 0:42.89	17/09/22 JFLMildnhll 0:44.79	09/07/22 JFLHunting 0:46.18	08/07/22 ColourGala 0:44.68
<b>50 Breast</b>	15/12/24 StwmrktOpen 0:43.80	01/12/24 NewmrktOpen 0:43.56	16/11/24 ClubChamps 0:43.75	20/10/24 SuffDevelop 0:44.10	09/03/24 NewmrktOpen 0:46.68	17/12/23 StwmrktOpen 0:43.94	03/12/23 NewmrktOpen 0:44.27	18/11/23 ClubChamps <b>0:42.93</b>
<b>50 Free</b>	15/12/24 StwmrktOpen 0:35.49	30/11/24 NewmrktOpen 0:34.36	09/11/24 ClubChamps <b>0:33.72</b>	20/10/24 SuffDevelop 0:34.66	09/03/24 NewmrktOpen 0:36.41	17/12/23 StwmrktOpen 0:34.62	03/12/23 NewmrktOpen 0:34.83	11/11/23 ClubChamps 0:33.99
<b>100 Fly</b>	16/11/24 ClubChamps 1:40.90	07/09/24 SFLNewmrkt <b>1:42.67</b>	15/06/24 DaveRobinson 1:52.97	20/11/21 ClubChamps 1:57.92				
<b>100 Back</b>	09/11/24 ClubChamps <b>1:27.04</b>	15/06/24 DaveRobinson 1:30.15	11/11/23 ClubChamps 1:31.35	09/09/23 SFLNewmrkt 1:32.92	07/12/19 NewmrktOpen 1:55.92	09/11/19 ClubChamps 2:00.66	22/03/19 TimeTrial 2:10.44	
<b>100 Breast</b>	09/11/24 ClubChamps <b>1:34.39</b>	20/10/24 SuffDevelop 1:36.58	07/09/24 SFLNewmrkt 1:35.71	15/06/24 DaveRobinson 1:35.61	09/03/24 NewmrktOpen 1:41.32	11/11/23 ClubChamps 1:34.45	09/09/23 SFLNewmrkt 1:38.18	24/06/23 SFLStlves 1:37.72
<b>100 Free</b>	16/11/24 ClubChamps <b>1:15.81</b>	20/05/24 TimeTrial 1:17.65	18/11/23 ClubChamps 1:15.89	25/03/23 Cambridge 1:16.57	12/06/22 WestSuff 1:22.38	20/03/22 NewmrktOpen 1:18.27	18/12/21 StwmrktOpen 1:27.14	20/11/21 ClubChamps 1:25.25
<b>100 IM</b>	17/11/24 ClubChamps 1:28.97	07/09/24 SFLNewmrkt 1:30.28	19/11/23 ClubChamps 1:29.71	16/09/23 JFLMildnhll <b>1:28.14</b>	09/09/23 SFLNewmrkt 1:29.53	01/07/23 JFLThetford 1:32.06	10/06/23 JFLWisbech 1:31.24	13/05/23 JFLMildnhll 1:29.40
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps <b>3:05.13</b>	22/09/23 ClubChamps 3:11.17	06/03/20 TimeTrial 3:53.34	27/09/19 ClubChamps 4:08.91				
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:24.05</b>	10/03/24 NewmrktOpen 3:26.88	29/09/23 ClubChamps 3:28.34	01/07/23 Cambridge 3:27.52	05/03/23 NewmrktOpen 3:34.57	17/12/22 StwmrktOpen 3:47.17	03/12/22 NewmrktOpen 3:45.43	30/09/22 ClubChamps 3:34.31
<b>200 Free</b>	04/10/24 ClubChamps <b>2:43.55</b>	13/10/23 ClubChamps 2:45.20	26/03/23 Cambridge 2:48.01	06/10/22 ClubChamps 2:48.83	20/03/22 NewmrktOpen 2:49.74	26/11/21 ClubChampsLD 2:58.18	21/02/20 TimeTrial 3:10.44	08/12/19 NewmrktOpen 3:18.96
<b>200 IM</b>	17/11/24 ClubChamps <b>3:09.68</b>	19/11/23 ClubChamps 3:11.34	04/03/23 NewmrktOpen 3:19.52	16/07/22 Cambridge 3:24.59	21/11/21 ClubChamps 3:28.30	17/11/19 ClubChamps 3:55.95		
<b>400 IM</b>	15/09/24 ClubChamps <b>6:46.89</b>	17/09/23 ClubChamps 7:08.84						
<b>400 Free</b>	11/10/24 ClubChamps <b>5:41.83</b>	20/10/23 ClubChamps 5:55.58	21/10/22 ClubChamps 5:53.20	06/05/22 TimeTrial 6:17.84	10/12/21 ClubChampsLD 6:26.87	25/10/19 ClubChamps 7:13.19		
<b>800 Free</b>	13/10/24 ClubChamps <b>11:59.55</b>	22/10/23 ClubChamps 12:08.51	23/10/22 ClubChamps 12:43.06					
<b>1500 Free</b>	06/10/24 ClubChamps <b>22:58.71</b>	15/10/23 ClubChamps 23:59.86						









## Emily Smith

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	14/09/24 JFLMildnhll <b>0:48.87</b>	06/07/24 JFLThetford 0:53.57	15/06/24 DaveRobinson 0:49.44	08/06/24 JFLWisbech 0:52.07				
<b>50 Back</b>	16/11/24 ClubChamps 0:47.42	14/09/24 JFLMildnhll 0:47.25	07/09/24 SFLNewmrkt <b>0:46.01</b>	06/07/24 JFLThetford 0:47.29	08/06/24 JFLWisbech 0:47.19	18/05/24 JFLHunting 0:47.10	09/03/24 JFLMildnhll 0:49.38	16/09/23 JFLMildnhll 0:53.62
<b>50 Breast</b>	16/11/24 ClubChamps <b>0:57.99</b>	27/09/24 ClubChampsLD <sup>(ST)</sup> 0:58.34	09/03/24 JFLMildnhll 0:58.28	18/11/23 ClubChamps 1:01.46	19/05/23 ColourGala 1:19.59			
<b>50 Free</b>	09/11/24 ClubChamps 0:41.99	04/10/24 ClubChampsLD <sup>(ST)</sup> 0:47.45	07/09/24 SFLNewmrkt <b>0:40.74</b>	09/03/24 JFLMildnhll 0:44.10	11/11/23 ClubChamps 0:46.22	16/09/23 JFLMildnhll 0:49.22	19/05/23 ColourGala 0:52.28	12/11/22 ClubChamps 1:01.58
<b>100 Fly</b>								
<b>100 Back</b>	09/11/24 ClubChamps <b>1:44.48</b>	11/11/23 ClubChamps 1:51.23	12/11/22 ClubChamps 2:09.24					
<b>100 Breast</b>	09/11/24 ClubChamps 2:06.60	27/09/24 ClubChampsLD <sup>(ST)</sup> <b>2:05.07</b>	11/11/23 ClubChamps 2:10.60					
<b>100 Free</b>	16/11/24 ClubChamps <b>1:38.66</b>	04/10/24 ClubChampsLD <sup>(ST)</sup> 1:40.12	18/11/23 ClubChamps 1:47.91	13/10/23 ClubChampsLD <sup>(ST)</sup> 2:03.91	19/11/22 ClubChamps 2:19.08			
<b>100 IM</b>								
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps <b>3:51.04</b>							
<b>200 Breast</b>	27/09/24 ClubChamps <b>4:17.75</b>							
<b>200 Free</b>	04/10/24 ClubChamps <b>3:28.66</b>	13/10/23 ClubChamps 4:11.39						
<b>200 IM</b>								
<b>400 IM</b>								
<b>400 Free</b>	11/10/24 ClubChamps <b>7:28.20</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 7:53.73	20/10/23 ClubChamps 8:52.58					
<b>800 Free</b>	13/10/24 ClubChamps <b>15:13.63</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 16:11.82						
<b>1500 Free</b>	06/10/24 ClubChamps <b>30:38.24</b>							

















## George Richardson

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	14/12/24 StwmrktOpen 0:38.84	01/12/24 NewmrktOpen 0:38.75	09/11/24 ClubChamps 0:39.35	19/10/24 SuffDevelop <b>0:38.10</b>	14/09/24 JFLMildnhll 0:39.85	06/07/24 JFLThetford 0:44.15	15/06/24 DaveRobinson 0:44.32	08/06/24 JFLWisbech 0:44.32
<b>50 Back</b>	01/12/24 NewmrktOpen 0:39.14	16/11/24 ClubChamps 0:39.69	20/10/24 SuffDevelop 0:39.31	14/09/24 JFLMildnhll 0:39.22	08/09/24 Nifty50s <b>0:39.13</b>	06/07/24 JFLThetford 0:39.42	22/06/24 WestSuff 0:40.13	08/06/24 JFLWisbech 0:40.20
<b>50 Breast</b>	15/12/24 StwmrktOpen <b>0:46.07</b>	30/11/24 NewmrktOpen 0:46.40	16/11/24 ClubChamps 0:44.93	27/09/24 ClubChampsLD <sup>(ST)</sup> 0:48.42	03/12/23 NewmrktOpen 0:52.25	18/11/23 ClubChamps 0:52.13	27/05/23 NewmrktGala 1:01.19	19/05/23 ColourGala 1:03.97
<b>50 Free</b>	15/12/24 StwmrktOpen 0:33.20	30/11/24 NewmrktOpen 0:33.62	09/11/24 ClubChamps <b>0:32.73</b>	20/10/24 SuffDevelop 0:33.84	14/09/24 JFLMildnhll 0:33.63	07/09/24 SFLNewmrkt 0:34.25	06/07/24 JFLThetford 0:35.64	23/06/24 WestSuff 0:34.67
<b>100 Fly</b>	16/11/24 ClubChamps <b>1:35.35</b>	18/11/23 ClubChamps 1:56.76						
<b>100 Back</b>	09/11/24 ClubChamps <b>1:25.23</b>	19/10/24 SuffDevelop 1:25.69	07/09/24 SFLNewmrkt 1:25.84	02/12/23 NewmrktOpen 1:33.03	11/11/23 ClubChamps 1:36.25	12/11/22 ClubChamps 1:52.57	13/11/21 ClubChamps 2:15.12	
<b>100 Breast</b>	09/11/24 ClubChamps <b>1:40.76</b>	27/09/24 ClubChampsLD <sup>(ST)</sup> 1:44.05	11/11/23 ClubChamps 1:55.39	29/09/23 ClubChampsLD <sup>(ST)</sup> 2:03.68	13/11/21 ClubChamps 2:59.00			
<b>100 Free</b>	16/11/24 ClubChamps <b>1:13.50</b>	20/10/24 SuffDevelop 1:16.42	22/06/24 WestSuff 1:16.22	20/05/24 TimeTrial 1:24.03	18/11/23 ClubChamps 1:24.10	13/10/23 ClubChampsLD <sup>(ST)</sup> 1:30.39	19/11/22 ClubChamps 1:38.86	
<b>100 IM</b>	17/11/24 ClubChamps <b>1:25.10</b>	06/07/24 JFLThetford 1:33.86	08/06/24 JFLWisbech 1:33.85	18/05/24 JFLHunting 1:34.66	09/03/24 JFLMildnhll 1:36.01	03/12/23 NewmrktOpen 1:38.35	19/11/23 ClubChamps 1:36.25	16/09/23 JFLMildnhll 1:37.36
<b>200 Fly</b>								
<b>200 Back</b>	15/12/24 StwmrktOpen 3:03.14	20/10/24 SuffDevelop 3:03.71	20/09/24 ClubChamps <b>3:00.97</b>	22/06/24 WestSuff 3:13.31	11/12/23 TimeTrial 4:00.50	22/09/23 ClubChamps 3:31.19		
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:32.96</b>	29/09/23 ClubChamps 4:12.46						
<b>200 Free</b>	04/10/24 ClubChamps <b>2:45.20</b>	11/12/23 TimeTrial 3:08.67	13/10/23 ClubChamps 3:05.66					
<b>200 IM</b>	14/12/24 StwmrktOpen 3:07.90	30/11/24 NewmrktOpen <b>3:03.38</b>	17/11/24 ClubChamps 3:08.38	19/11/23 ClubChamps 3:29.33				
<b>400 IM</b>								
<b>400 Free</b>	11/10/24 ClubChamps <b>6:00.66</b>	20/10/23 ClubChamps 6:40.06						
<b>800 Free</b>	13/10/24 ClubChamps <b>12:35.25</b>	22/10/23 ClubChamps 13:39.06	15/10/23 ClubChampsLD <sup>(ST)</sup> 14:37.24					
<b>1500 Free</b>	15/10/23 ClubChamps <b>27:24.66</b>							















# James Garry

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	10/09/21 ColourGala <b>1:15.54</b>	09/11/19 ClubChamps 1:26.28	08/09/19 Nifty50s 1:19.79	19/07/19 ColourGala 1:17.57	24/05/19 ColourGala 1:18.44	28/04/19 NewmrktMstrs 1:22.88	23/03/19 StwmrktOpen 1:21.26	10/11/18 ClubChamps 1:35.88
<b>50 Back</b>	24/04/22 NewmrktMstrs 0:58.79	16/02/20 SudMasters 0:58.26	07/02/20 ColourGala 0:59.83	08/12/19 NewmrktOpen 0:58.33	16/11/19 ClubChamps 0:58.42	08/09/19 Nifty50s 1:00.48	19/07/19 ColourGala 1:00.77	24/05/19 ColourGala 1:01.88
<b>50 Breast</b>	07/02/20 ColourGala 1:26.23	16/11/19 ClubChamps <b>1:20.30</b>	08/09/19 Nifty50s 1:20.76	19/07/19 ColourGala 1:21.60	24/05/19 ColourGala 1:20.68	28/04/19 NewmrktMstrs 1:32.93	26/04/19 ColourGala 1:23.10	13/04/19 NewmrktOpen 1:23.42
<b>50 Free</b>	24/04/22 NewmrktMstrs <b>0:47.45</b>	16/02/20 SudMasters 0:50.66	07/02/20 ColourGala 0:48.93	08/12/19 NewmrktOpen 0:50.15	30/11/19 NationalPara <sup>(CT)</sup> 0:50.07	09/11/19 ClubChamps 0:51.45	08/09/19 Nifty50s 0:49.85	19/07/19 ColourGala 0:50.42
<b>100 Fly</b>	16/11/19 ClubChamps <b>3:05.85</b>	08/03/19 TimeTrial 3:10.03	17/11/18 ClubChamps 3:16.94	18/11/17 ClubChamps 3:29.65	21/11/15 ClubChamps 3:38.83			
<b>100 Back</b>	24/04/22 NewmrktMstrs 2:10.16	16/02/20 SudMasters <b>2:06.58</b>	30/11/19 NationalPara <sup>(CT)</sup> 2:08.85	09/11/19 ClubChamps 2:12.21	07/09/19 SFLDiss 2:07.25	13/04/19 NewmrktOpen 2:08.37	22/03/19 TimeTrial 2:13.64	17/02/19 SudMasters 2:12.07
<b>100 Breast</b>	09/11/19 ClubChamps 3:06.71	29/03/19 TimeTrial <b>3:04.75</b>	10/11/18 ClubChamps 3:06.79	17/06/18 SuffDevelop 3:25.06	13/01/18 Barracudas 3:30.18	02/12/17 NewmrktOpen 3:11.02	11/11/17 ClubChamps 3:22.85	17/06/17 SuffDevelop 3:26.88
<b>100 Free</b>	24/04/22 NewmrktMstrs 2:01.61	21/02/20 TimeTrial <sup>(ST)</sup> 1:58.95	16/02/20 SudMasters 1:53.24	08/12/19 NewmrktOpen 1:52.78	30/11/19 NationalPara <sup>(CT)</sup> 1:56.74	16/11/19 ClubChamps <b>1:52.24</b>	07/09/19 SFLDiss 1:55.06	05/04/19 TimeTrial 1:56.68
<b>100 IM</b>	08/12/19 NewmrktOpen 2:22.97	17/11/19 ClubChamps 2:19.17	08/09/19 Nifty50s <b>2:17.61</b>	12/04/19 TimeTrial 2:37.06	23/03/19 StwmrktOpen 2:27.94	17/02/19 SudMasters 2:26.04	18/11/18 ClubChamps 2:31.04	24/06/18 InterClubTT 2:33.02
<b>200 Fly</b>	20/09/19 ClubChamps <b>6:36.28</b>	21/09/18 ClubChamps 6:55.00	25/05/18 TimeTrial 7:20.84					
<b>200 Back</b>	06/03/20 TimeTrial 4:28.44	16/02/20 SudMasters <b>4:14.90</b>	08/12/19 NewmrktOpen 4:21.75	27/09/19 ClubChamps 4:33.44	28/09/18 ClubChamps 4:40.52	17/06/18 SuffDevelop 4:37.55	03/12/17 NewmrktOpen 4:40.56	29/09/17 ClubChamps 5:03.44
<b>200 Breast</b>	11/10/19 ClubChamps 6:32.28	12/10/18 ClubChamps <b>6:30.82</b>	13/10/17 ClubChamps 6:49.31	14/10/16 ClubChamps 6:51.10	18/10/15 ClubChamps 7:13.06			
<b>200 Free</b>	24/04/22 NewmrktMstrs 4:21.31	21/02/20 TimeTrial <b>4:06.80</b>	16/02/20 SudMasters 4:07.56	08/12/19 NewmrktOpen 4:09.68	18/10/19 ClubChamps 4:11.79	28/04/19 NewmrktMstrs 4:26.83	17/02/19 SudMasters 4:12.96	06/01/19 SudburyLC 4:10.15
<b>200 IM</b>	17/11/19 ClubChamps <b>4:53.25</b>	18/11/18 ClubChamps 5:12.94	23/03/18 TimeTrial 5:27.00	19/11/17 ClubChamps 5:36.82	20/11/16 ClubChamps 5:56.39	22/11/15 ClubChamps 5:48.95	24/10/15 Barracudas 5:44.15	
<b>400 IM</b>	27/10/19 ClubChamps 11:23.37	05/01/19 SudburyLC <b>11:02.86</b>	29/10/17 ClubChamps 12:21.25	30/10/16 ClubChamps 12:28.09	25/10/15 ClubChamps 12:38.41			
<b>400 Free</b>	01/12/19 NationalPara <sup>(CT)</sup> 8:51.27	25/10/19 ClubChamps 8:55.35	13/04/19 NewmrktOpen 8:52.96	06/01/19 SudburyLC <b>8:50.87</b>	02/12/18 NationalPara <sup>(CT)</sup> 9:07.39	26/10/18 ClubChamps 8:53.16	22/04/18 NewmrktMstrs 9:12.97	15/04/18 NatJunPara 9:08.53
<b>800 Free</b>	20/10/19 ClubChamps <b>18:43.29</b>	21/10/18 ClubChamps 18:55.30	15/10/17 ClubChamps 18:52.41	25/09/16 ClubChamps <sup>(ST)</sup> 21:57.25				
<b>1500 Free</b>	22/09/19 ClubChamps <b>36:00.58</b>	23/09/18 ClubChamps 36:58.35	24/09/17 ClubChamps 38:25.05	25/09/16 ClubChamps 40:16.56	27/09/15 ClubChamps 42:00.61			

# James Shipp

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	08/09/24 Nifty50s 0:30.68	10/03/24 NewmrktOpen <b>0:30.37</b>	11/11/23 ClubChamps 0:31.59	10/09/23 Nifty50s 0:32.14	19/05/23 ColourGala 0:31.71	25/03/23 Cambridge 0:31.06	05/03/23 NewmrktOpen 0:31.55	12/11/22 ClubChamps 0:32.54
<b>50 Back</b>	10/03/24 NewmrktOpen 0:32.47	03/12/23 NewmrktOpen <b>0:32.43</b>	19/05/23 ColourGala 0:33.11	24/03/23 Cambridge 0:33.05	29/01/23 SuffCounty 0:33.62	17/07/22 Cambridge 0:33.88	08/07/22 ColourGala 0:34.93	06/02/22 SuffCounty 0:36.09
<b>50 Breast</b>	19/01/25 SuffCounty <b>0:34.41</b>	30/11/24 NewmrktOpen 0:35.14	08/09/24 Nifty50s 0:35.40	21/01/24 SuffCounty 0:34.89	03/12/23 NewmrktOpen 0:34.76	10/09/23 Nifty50s 0:36.46	19/05/23 ColourGala 0:36.26	04/03/23 NewmrktOpen 0:36.48
<b>50 Free</b>	30/11/24 NewmrktOpen 0:27.37	20/10/24 SuffDevelop <b>0:27.31</b>	08/09/24 Nifty50s 0:27.90	20/05/24 TimeTrial <sup>(ST)</sup> 0:28.88	03/12/23 NewmrktOpen 0:27.81	11/11/23 ClubChamps 0:27.39	10/09/23 Nifty50s 0:28.24	19/05/23 ColourGala 0:28.75
<b>100 Fly</b>	16/07/22 Cambridge <b>1:19.04</b>	20/11/21 ClubChamps 1:21.11	08/03/19 TimeTrial 1:47.15					
<b>100 Back</b>	11/11/23 ClubChamps <b>1:11.03</b>	09/09/23 SFLNewmrkt 1:13.32	12/11/22 ClubChamps 1:14.13	16/07/22 Cambridge 1:15.14	13/11/21 ClubChamps 1:20.59	09/11/19 ClubChamps 1:32.05	22/03/19 TimeTrial 1:41.34	
<b>100 Breast</b>	01/12/24 NewmrktOpen <b>1:16.90</b>	07/09/24 SFLNewmrkt 1:18.31	02/12/23 NewmrktOpen 1:16.93	11/11/23 ClubChamps 1:17.66	09/09/23 SFLNewmrkt 1:19.51	12/11/22 ClubChamps 1:25.18	06/02/22 SuffCounty 1:25.93	13/11/21 ClubChamps 1:27.39
<b>100 Free</b>	01/12/24 NewmrktOpen 1:00.72	20/10/24 SuffDevelop <b>1:00.33</b>	20/05/24 TimeTrial 1:00.96	09/09/23 SFLNewmrkt 1:05.41	25/03/23 Cambridge 1:03.10	04/12/22 NewmrktOpen 1:03.08	20/03/22 NewmrktOpen 1:06.37	20/11/21 ClubChamps 1:06.65
<b>100 IM</b>	08/09/24 Nifty50s 1:09.95	07/09/24 SFLNewmrkt 1:13.14	10/03/24 NewmrktOpen <b>1:09.85</b>	10/09/23 Nifty50s 1:10.50	04/12/22 NewmrktOpen 1:14.15	21/11/21 ClubChamps 1:15.67	08/12/19 NewmrktOpen 1:27.39	
<b>200 Fly</b>	16/09/22 ClubChamps <b>2:55.65</b>							
<b>200 Back</b>	22/09/23 ClubChamps <b>2:36.96</b>	23/09/22 ClubChamps 2:42.92	03/12/21 ClubChampsLD 2:45.42	06/03/20 TimeTrial 3:10.31	27/09/19 ClubChamps 3:26.72	03/05/19 TimeTrial 3:27.12	28/09/18 ClubChamps 3:39.66	23/03/18 TimeTrial 3:46.39
<b>200 Breast</b>	18/01/25 SuffCounty 2:47.47	27/09/24 ClubChamps 2:49.62	20/01/24 SuffCounty 2:49.27	29/09/23 ClubChamps <b>2:46.76</b>	30/09/22 ClubChamps 3:03.84	28/11/21 ClubChampsLD 3:06.84	26/11/21 ClubChampsLD 3:06.84	11/10/19 ClubChamps 3:41.40
<b>200 Free</b>	13/10/23 ClubChamps <b>2:14.09</b>	06/10/22 ClubChamps 2:19.79	26/11/21 ClubChampsLD 2:24.75	21/02/20 TimeTrial 2:50.00	18/10/19 ClubChamps 2:53.09	22/02/19 TimeTrial 3:18.07	19/10/18 ClubChamps 3:11.50	27/04/18 TimeTrial 3:24.94
<b>200 IM</b>	21/11/21 ClubChamps <b>2:49.37</b>							
<b>400 IM</b>	17/09/23 ClubChamps <b>5:39.81</b>	18/09/22 ClubChamps 5:58.58	27/10/19 ClubChamps 6:52.37					
<b>400 Free</b>	20/10/23 ClubChamps <b>5:02.11</b>	21/10/22 ClubChamps 5:05.92	10/12/21 ClubChampsLD 5:16.19	25/10/19 ClubChamps 6:16.03	26/10/18 ClubChamps 6:58.19			
<b>800 Free</b>	22/10/23 ClubChamps <b>10:32.24</b>	23/10/22 ClubChamps 10:54.05	20/10/19 ClubChamps 12:53.91	15/10/17 ClubChamps 16:01.80				
<b>1500 Free</b>	15/10/23 ClubChamps <b>20:38.94</b>	09/10/22 ClubChamps 21:46.97						

**Jane Smith**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	09/11/24 ClubChamps 0:57.25	02/06/19 Newmarket 0:51.42						
<b>50 Back</b>	16/11/24 ClubChamps 0:51.00	18/02/24 SuffMasters 0:48.72	18/11/23 ClubChamps 0:49.45	26/02/23 SuffMasters 0:48.05	24/04/22 NewmrktMstrs 0:49.42	20/11/21 ClubChamps 0:48.26	25/10/19 NationalMstrs 0:45.67	
<b>50 Breast</b>	18/11/23 ClubChamps 0:57.35	20/11/21 ClubChamps 0:57.20	25/06/17 Newmarket 0:53.62					
<b>50 Free</b>	17/11/24 ClubChamps 0:43.66	09/11/24 ClubChamps 0:43.18	19/11/23 ClubChamps 0:41.86	20/11/22 ClubChamps 0:42.32	24/04/22 NewmrktMstrs 0:42.88	21/11/21 ClubChamps 0:41.81	13/11/21 ClubChamps 0:41.45	23/06/19 Newmarket 0:38.90
<b>100 Fly</b>								
<b>100 Back</b>	09/11/24 ClubChamps 1:49.44	18/02/24 SuffMasters 1:48.00	26/02/23 SuffMasters 1:46.81	24/04/22 NewmrktMstrs 1:51.21	13/11/21 ClubChamps 1:45.73	23/06/19 Newmarket 1:39.98		
<b>100 Breast</b>	13/11/21 ClubChamps 2:04.72	02/06/19 SudMasters 1:58.97						
<b>100 Free</b>	16/11/24 ClubChamps 1:35.93	20/05/24 TimeTrial 1:43.66	18/02/24 SuffMasters 1:34.09	18/11/23 ClubChamps 1:33.77	26/02/23 SuffMasters 1:31.77	24/04/22 NewmrktMstrs 1:36.52	20/11/21 ClubChamps 1:32.87	25/10/19 NationalMstrs 1:27.72
<b>100 IM</b>	17/11/24 ClubChamps 1:52.49	18/02/24 SuffMasters 1:49.62	19/11/23 ClubChamps 1:50.06	20/11/22 ClubChamps 1:50.39	24/04/22 NewmrktMstrs 1:53.91	21/11/21 ClubChamps 1:51.77	29/04/19 Newmarket 1:43.55	
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps 3:53.75	18/02/24 SuffMasters 3:54.55	22/09/23 ClubChamps 3:46.60	26/02/23 SuffMasters 3:48.63	23/09/22 ClubChamps 3:55.69	03/12/21 ClubChampsLD 3:47.06	17/02/19 SudMasters 3:33.79	
<b>200 Breast</b>	29/09/23 ClubChamps 4:25.97	19/06/19 Newmarket 4:10.50						
<b>200 Free</b>	04/10/24 ClubChamps 3:29.66	18/02/24 SuffMasters 3:27.40	13/10/23 ClubChamps 3:19.13	06/10/22 ClubChamps 3:35.66	24/04/22 NewmrktMstrs 3:28.45	26/11/21 ClubChampsLD 3:21.33	25/10/19 NationalMstrs 3:10.44	
<b>200 IM</b>	19/11/23 ClubChamps 3:56.76	02/06/19 Newmarket 3:43.83						
<b>400 IM</b>								
<b>400 Free</b>	11/10/24 ClubChamps 7:17.86	20/10/23 ClubChamps 7:04.84	21/10/22 ClubChamps 7:08.32	24/04/22 NewmrktMstrs 7:20.05	10/12/21 ClubChampsLD 7:06.02	29/09/19 ERMasters 6:38.31		
<b>800 Free</b>	13/10/24 ClubChamps 14:52.12	15/10/23 ClubChampsLD <sup>(ST)</sup> 14:37.42	22/09/19 Newmarket 13:48.45					
<b>1500 Free</b>	06/10/24 ClubChamps 28:28.10	15/10/23 ClubChamps 27:53.18	26/11/15 TimeTrial 27:19.95					

## Jeannie Morley

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	10/09/21 ColourGala 1:04.76							
<b>50 Back</b>	16/11/24 ClubChamps 0:57.80	18/02/24 SuffMasters 0:59.31	18/11/23 ClubChamps 0:56.28	26/02/23 SuffMasters 0:57.34	19/11/22 ClubChamps 0:55.52	20/11/21 ClubChamps 0:55.26	10/09/21 ColourGala 0:55.38	18/02/18 SudMasters 0:53.50
<b>50 Breast</b>	10/09/21 ColourGala 1:03.83							
<b>50 Free</b>	17/11/24 ClubChamps 0:49.21	22/05/24 TimeTrial <sup>(ST)</sup> 0:55.63	20/05/24 TimeTrial <sup>(ST)</sup> 0:55.63	18/02/24 SuffMasters 0:50.48	19/11/23 ClubChamps 0:49.74	26/02/23 SuffMasters 0:48.46	20/11/22 ClubChamps 0:47.32	21/11/21 ClubChamps 0:47.08
<b>100 Fly</b>								
<b>100 Back</b>	26/02/23 SuffMasters 1:58.34	22/03/19 TimeTrial <b>1:55.77</b>	18/02/18 SudMasters 1:55.83	16/02/14 SudMasters 1:56.30	17/02/13 SudMasters 1:56.45			
<b>100 Breast</b>	29/03/19 TimeTrial <b>2:13.00</b>							
<b>100 Free</b>	22/05/24 TimeTrial 1:54.53	20/05/24 TimeTrial 1:55.06	13/10/23 ClubChampsLD <sup>(ST)</sup> 1:57.04	08/03/19 TimeTrial 1:46.16	13/05/17 NorfMasters <sup>(CT)</sup> 1:45.72			
<b>100 IM</b>	18/02/24 SuffMasters 2:08.56	18/02/18 SudMasters 2:00.21	15/02/15 SudMasters 1:56.45	16/02/14 SudMasters 1:56.88	18/05/13 NorfMasters 1:54.98	17/02/13 SudMasters 2:05.01	19/05/12 NorfMasters <b>1:56.01</b>	
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps 4:35.75	22/09/23 ClubChamps 4:26.66	23/09/22 ClubChamps 4:16.12	03/12/21 ClubChampsLD 4:13.18	24/02/17 TimeTrial 4:13.56	30/09/16 ClubChamps 4:06.13	29/07/16 TimeTrial 4:07.31	29/04/16 TimeTrial 4:06.82
<b>200 Breast</b>	29/06/18 TimeTrial <b>4:53.57</b>							
<b>200 Free</b>	13/10/23 ClubChamps 4:03.95	06/10/22 ClubChamps 3:57.61	26/11/21 ClubChampsLD 3:59.30	18/10/19 ClubChamps 3:50.82	19/10/18 ClubChamps 3:49.63	02/03/18 TimeTrial 3:51.22	18/02/18 SudMasters 3:53.17	20/10/17 ClubChamps 3:44.69
<b>200 IM</b>	03/05/19 TimeTrial 4:26.70	23/03/18 TimeTrial <b>4:22.49</b>						
<b>400 IM</b>								
<b>400 Free</b>	11/10/24 ClubChamps 8:30.95	20/10/23 ClubChamps 8:19.23	21/10/22 ClubChamps 8:17.57	25/10/19 ClubChamps 7:50.89	26/10/18 ClubChamps 7:51.81	20/07/18 TimeTrial 7:56.43	18/02/18 SudMasters 8:10.74	22/10/17 ClubChamps 7:53.93
<b>800 Free</b>	13/10/24 ClubChamps 16:51.84	23/10/22 ClubChamps 16:48.61	22/09/19 ClubChamps 16:28.09	24/09/17 ClubChamps 15:52.85	20/09/15 ClubChamps 16:38.50	21/09/14 ClubChamps 16:00.78	23/09/12 ClubChamps 15:35.06	
<b>1500 Free</b>	06/10/24 ClubChamps 32:31.97	15/10/23 ClubChamps 32:50.51	09/10/22 ClubChamps 32:20.13	20/10/19 ClubChamps 30:35.75	21/10/18 ClubChamps 31:03.00	02/10/16 ClubChamps 30:34.00	04/10/15 ClubChamps 31:29.39	05/10/14 ClubChamps 31:06.75



## Jemma Garry

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	13/10/18 RichardShaw 0:53.38	24/06/18 InterClubTT 0:54.50	19/05/18 NorfMasters 0:50.95	22/04/18 NewmrktMstrs 0:49.74	18/02/18 SudMasters 0:51.61	02/12/17 NewmrktOpen 0:49.93	11/11/17 ClubChamps 0:52.41	03/09/17 Nifty50s <b>0:49.39</b>
<b>50 Back</b>	17/11/18 ClubChamps 0:49.25	13/10/18 RichardShaw 0:50.34	18/11/17 ClubChamps 0:49.77	03/09/17 Nifty50s 0:49.52	14/01/17 WLPswich 0:50.63	09/12/16 ColourGala 0:50.56	19/11/16 ClubChamps 0:47.87	09/09/16 ColourGala 0:52.75
<b>50 Breast</b>	10/10/21 ERMasters 1:03.59	28/04/19 NewmrktMstrs 0:54.74	17/02/19 SudMasters 0:51.96	17/11/18 ClubChamps 0:50.49	13/10/18 RichardShaw 0:50.28	24/06/18 InterClubTT 0:51.44	19/05/18 NorfMasters 0:54.07	22/04/18 NewmrktMstrs 0:50.92
<b>50 Free</b>	28/04/19 NewmrktMstrs 0:40.89	13/10/18 RichardShaw 0:40.76	24/06/18 InterClubTT 0:40.58	19/05/18 NorfMasters 0:41.08	22/04/18 NewmrktMstrs 0:38.60	11/11/17 ClubChamps 0:39.95	03/09/17 Nifty50s 0:40.52	23/04/17 NewmrktMstrs 0:41.79
<b>100 Fly</b>	07/09/19 SFLDiss 2:09.88	06/07/19 SFLThetford 2:04.18	18/11/17 ClubChamps <b>1:49.94</b>	01/07/17 SFLWisbech 1:56.14	19/02/17 SudMasters 2:14.98	19/11/16 ClubChamps 2:04.34	24/04/16 NewmrktMstrs 1:55.62	21/11/15 ClubChamps 1:52.32
<b>100 Back</b>	11/11/17 ClubChamps 1:48.39	12/11/16 ClubChamps 1:44.15	29/10/16 WLNewmrkt 1:45.08	09/01/16 Barracudas 1:48.56	14/11/15 ClubChamps 1:50.60	24/10/15 Barracudas 1:47.29	26/09/15 Barracudas 1:44.01	26/04/15 NewmrktMstrs <b>1:34.46</b>
<b>100 Breast</b>	09/09/23 SFLNewmrkt 2:12.06	10/10/21 ERMasters 2:20.15	16/02/20 SudMasters 1:58.37	06/07/19 SFLThetford 2:00.04	28/04/19 NewmrktMstrs 1:59.41	17/02/19 SudMasters 1:50.14	19/05/18 NorfMasters 1:51.15	18/02/18 SudMasters 1:52.05
<b>100 Free</b>	22/05/24 TimeTrial 1:53.56	16/02/20 SudMasters 1:39.47	17/02/19 SudMasters 1:25.33	17/11/18 ClubChamps 1:26.65	18/11/17 ClubChamps 1:25.38	23/04/17 NewmrktMstrs 1:28.74	19/11/16 ClubChamps 1:24.13	29/10/16 WLNewmrkt 1:33.47
<b>100 IM</b>	10/10/21 ERMasters 2:02.02	16/02/20 SudMasters 2:01.30	06/07/19 SFLThetford 1:52.18	28/04/19 NewmrktMstrs 1:43.72	17/02/19 SudMasters 1:43.53	18/11/18 ClubChamps 1:41.64	24/06/18 InterClubTT 1:47.32	22/04/18 NewmrktMstrs 1:40.55
<b>200 Fly</b>	22/09/17 ClubChamps 3:59.57	23/09/16 ClubChamps 4:07.94	25/09/15 ClubChamps 4:06.35	26/09/14 ClubChamps 3:58.00	30/11/13 WLBungay 4:08.43	27/09/13 ClubChamps 4:11.25	30/11/12 TimeTrial 4:40.03	28/09/12 ClubChamps 4:26.35
<b>200 Back</b>	29/09/17 ClubChamps 3:33.95	26/11/16 WLDeben 3:36.78	30/09/16 ClubChamps 3:34.57	03/01/16 SudburyLC 3:33.03	02/10/15 ClubChamps 3:43.75	10/05/15 WestSuff 3:23.48	11/01/15 SudburyLC <b>3:17.52</b>	03/10/14 ClubChamps 3:26.12
<b>200 Breast</b>	19/05/18 NorfMasters 4:04.56	02/12/17 NewmrktOpen 3:52.21	13/10/17 ClubChamps 3:49.56	26/11/16 WLDeben 3:56.28	14/10/16 ClubChamps <b>3:39.82</b>	17/04/16 NewmrktOpen 3:41.67	17/04/16 Newmrkt 3:41.67	29/01/16 TimeTrial 4:03.64
<b>200 Free</b>	16/02/20 SudMasters 3:42.49	20/10/17 ClubChamps 3:09.81	19/02/17 SudMasters 3:35.22	21/10/16 ClubChamps 3:12.68	24/04/16 NewmrktMstrs 3:03.60	17/04/16 NewmrktOpen 3:06.46	17/04/16 Newmrkt 3:06.46	03/01/16 SudburyLC 3:10.74
<b>200 IM</b>	16/02/20 SudMasters 4:22.07	17/02/19 SudMasters 3:41.75	18/11/18 ClubChamps 3:45.25	19/05/18 NorfMasters 3:41.68	18/02/18 SudMasters 3:34.87	02/12/17 NewmrktOpen 3:25.09	19/11/17 ClubChamps 3:33.01	03/12/16 NewmrktOpen 3:40.46
<b>400 IM</b>	29/10/17 ClubChamps 7:51.32	03/12/16 NewmrktOpen 7:41.53	03/12/16 Newmrkt 7:41.53	30/10/16 ClubChamps 7:45.25	16/04/16 NewmrktOpen 7:29.17	16/04/16 Newmrkt 7:29.17	25/10/15 ClubChamps 7:36.04	19/10/14 ClubChamps <b>7:19.00</b>
<b>400 Free</b>	22/10/17 ClubChamps <b>6:26.75</b>	23/10/16 ClubChamps 6:42.87	01/11/15 ClubChamps 6:42.44	02/11/14 ClubChamps 6:32.38	03/11/13 ClubChamps 6:43.10	06/07/13 TimeTrail 6:58.98	04/11/12 ClubChamps 7:45.72	
<b>800 Free</b>	24/09/17 ClubChamps 13:45.07	18/09/16 ClubChamps 13:31.41	20/09/15 ClubChamps <b>13:09.31</b>	21/09/14 ClubChamps 13:35.25	22/09/13 ClubChamps 13:38.97	06/07/13 TimeTrail 14:11.46	23/09/12 ClubChamps 15:45.90	
<b>1500 Free</b>	15/10/17 ClubChamps 25:45.31	02/10/16 ClubChamps 25:56.43	04/10/15 ClubChamps 25:56.06	05/10/14 ClubChamps <b>25:08.66</b>	13/10/13 ClubChamps 27:11.22	06/07/13 TimeTrail 28:45.30	14/10/12 ClubChamps 30:33.01	

**John Browne**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	11/11/23 ClubChamps 1:07.75	12/11/22 ClubChamps 1:04.51	24/06/18 InterClubTT <b>1:02.50</b>					
<b>50 Back</b>	10/09/21 ColourGala 1:05.87							
<b>50 Breast</b>	16/11/24 ClubChamps 0:58.70	18/11/23 ClubChamps 0:58.00	19/11/22 ClubChamps 0:55.57	10/09/21 ColourGala 0:56.24	24/06/18 InterClubTT 0:56.35	13/05/17 NorfMasters <sup>(CT)</sup> 0:54.65	01/10/16 NewmrktMstrs 0:55.33	16/05/15 NorfMasters 0:53.49
<b>50 Free</b>	17/11/24 ClubChamps 0:52.42	09/11/24 ClubChamps 0:52.19	20/05/24 TimeTrial <sup>(ST)</sup> 0:56.62	19/11/23 ClubChamps 0:49.13	11/11/23 ClubChamps 0:48.21	20/11/22 ClubChamps 0:50.56	21/11/21 ClubChamps 0:50.27	10/09/21 ColourGala 0:51.46
<b>100 Fly</b>	19/11/22 ClubChamps <b>2:26.16</b>							
<b>100 Back</b>								
<b>100 Breast</b>	09/11/24 ClubChamps 2:13.89	11/11/23 ClubChamps 2:10.60	12/11/22 ClubChamps 2:11.37	30/09/22 ClubChampsLD <sup>(ST)</sup> 2:16.11	13/05/17 NorfMasters <sup>(CT)</sup> 2:07.18	01/10/16 NewmrktMstrs 2:06.05	05/10/13 ERMasters 2:03.09	
<b>100 Free</b>	16/11/24 ClubChamps 1:54.84	20/05/24 TimeTrial 1:57.39	18/11/23 ClubChamps 1:50.34	19/11/22 ClubChamps 1:48.64	08/03/19 TimeTrial 1:53.15	13/05/17 NorfMasters <sup>(CT)</sup> 1:47.75	01/10/16 NewmrktMstrs 1:49.21	05/10/13 ERMasters 1:47.11
<b>100 IM</b>	17/11/24 ClubChamps 2:09.80	19/11/23 ClubChamps 2:08.14	20/11/22 ClubChamps 2:10.05	21/11/21 ClubChamps 2:09.91	17/11/19 ClubChamps 2:05.22	24/06/18 InterClubTT 2:04.11	01/10/16 NewmrktMstrs 1:59.72	16/05/15 NorfMasters 1:56.57
<b>200 Fly</b>								
<b>200 Back</b>								
<b>200 Breast</b>	27/09/24 ClubChamps 4:45.47	29/09/23 ClubChamps 4:38.30	30/09/22 ClubChamps 4:36.58	11/10/19 ClubChamps 4:33.87	12/10/18 ClubChamps 4:43.43	13/10/17 ClubChamps 4:28.66	14/10/16 ClubChamps 4:22.34	18/10/15 ClubChamps 4:29.25
<b>200 Free</b>	04/10/24 ClubChamps 4:02.50	13/10/23 ClubChamps 3:56.84	06/10/22 ClubChamps 4:06.74	26/11/21 ClubChampsLD 3:58.75	20/10/17 ClubChamps 4:03.62	13/05/17 NorfMasters <sup>(CT)</sup> 3:57.83	30/10/15 ClubChamps 3:52.44	31/10/14 ClubChamps 3:46.27
<b>200 IM</b>	17/11/24 ClubChamps 4:45.13	19/11/23 ClubChamps 4:36.91	20/11/22 ClubChamps 4:35.78	21/11/21 ClubChamps 4:39.39	17/11/19 ClubChamps 4:42.04	13/05/17 NorfMasters <sup>(CT)</sup> 4:32.04		
<b>400 IM</b>	29/10/17 ClubChamps <b>9:23.02</b>							
<b>400 Free</b>	20/10/23 ClubChamps 8:23.73	21/10/22 ClubChamps 8:23.38	09/10/22 ClubChampsLD <sup>(ST)</sup> 8:23.96	10/12/21 ClubChampsLD <b>8:21.12</b>				
<b>800 Free</b>	22/10/23 ClubChamps <b>17:05.10</b>	09/10/22 ClubChampsLD <sup>(ST)</sup> 17:09.02						
<b>1500 Free</b>	06/10/24 ClubChamps 33:36.25	15/10/23 ClubChamps <b>32:36.59</b>	09/10/22 ClubChamps 32:48.34					

## Karol Poplawski

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	01/12/24 NewmrktOpen 0:44.76	09/11/24 ClubChamps 0:47.38	14/09/24 JFLMildnhll 0:46.50	07/09/24 SFLNewmrkt <b>0:44.12</b>	07/07/24 Cambridge 0:47.12	08/06/24 JFLWisbech 0:50.54	18/05/24 JFLHunting 0:52.19	09/03/24 JFLMildnhll 0:49.97
<b>50 Back</b>	08/06/24 JFLWisbech 0:54.41	18/11/23 ClubChamps 0:55.82	16/09/23 JFLMildnhll 0:55.59	24/06/23 SFLStlves 0:52.83	17/06/23 DaveRobinson 0:54.58	03/06/23 WestSuff 0:53.83	19/05/23 ColourGala 0:55.48	13/05/23 JFLMildnhll 0:54.29
<b>50 Breast</b>	16/11/24 ClubChamps <b>0:45.92</b>	27/09/24 ClubChampsLD <sup>(ST)</sup> 0:51.03	14/09/24 JFLMildnhll 0:47.75	08/09/24 Nifty50s 0:47.43	08/06/24 JFLWisbech 0:50.38	03/12/23 NewmrktOpen 0:54.17	18/11/23 ClubChamps 0:53.79	16/09/23 JFLMildnhll 0:54.28
<b>50 Free</b>	30/11/24 NewmrktOpen <b>0:36.13</b>	09/11/24 ClubChamps 0:37.04	20/10/24 SuffDevelop 0:38.05	06/07/24 Cambridge 0:37.82	03/12/23 NewmrktOpen 0:43.32	11/11/23 ClubChamps 0:43.11	03/06/23 WestSuff 0:45.54	19/05/23 ColourGala 0:48.41
<b>100 Fly</b>								
<b>100 Back</b>								
<b>100 Breast</b>	09/11/24 ClubChamps <b>1:43.23</b>	20/10/24 SuffDevelop 1:46.25	27/09/24 ClubChampsLD <sup>(ST)</sup> 1:49.71	11/11/23 ClubChamps 1:58.09				
<b>100 Free</b>	16/11/24 ClubChamps <b>1:25.56</b>	03/12/23 NewmrktOpen 1:43.53	18/11/23 ClubChamps 1:44.84	24/06/23 SFLStlves 1:44.51				
<b>100 IM</b>	17/11/24 ClubChamps <b>1:36.22</b>	14/09/24 JFLMildnhll 1:37.88	18/05/24 JFLHunting 1:43.91	09/03/24 JFLMildnhll 1:44.40	19/11/23 ClubChamps 1:50.85			
<b>200 Fly</b>								
<b>200 Back</b>								
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:50.24</b>							
<b>200 Free</b>	04/10/24 ClubChamps <b>3:17.22</b>	13/10/23 ClubChamps 3:48.62						
<b>200 IM</b>	19/11/23 ClubChamps <b>4:06.86</b>							
<b>400 IM</b>								
<b>400 Free</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> <b>7:43.32</b>	20/10/23 ClubChamps 8:35.91						
<b>800 Free</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> <b>15:59.66</b>							
<b>1500 Free</b>	06/10/24 ClubChamps <b>30:17.05</b>							



## Kieron Alderson

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	18/01/25 SuffCounty <b>0:33.31</b>	14/12/24 StwmrktOpen 0:33.59	01/12/24 NewmrktOpen 0:34.37	09/11/24 ClubChamps 0:34.88	08/09/24 Nifty50s 0:35.40	07/07/24 Cambridge 0:35.01	20/01/24 SuffCounty 0:34.24	16/12/23 StwmrktOpen 0:35.35
<b>50 Back</b>	16/11/24 ClubChamps <b>0:36.93</b>	08/09/24 Nifty50s 0:37.28	16/12/23 StwmrktOpen 0:38.49	18/11/23 ClubChamps 0:38.30	16/09/23 JFLMildnhll 0:38.42	10/09/23 Nifty50s 0:41.45	01/07/23 JFLThetford 0:38.86	10/06/23 JFLWisbech 0:39.71
<b>50 Breast</b>	16/11/24 ClubChamps <b>0:46.98</b>	08/09/24 Nifty50s 0:48.16	18/11/23 ClubChamps 0:49.00	16/09/23 JFLMildnhll 0:54.13	27/05/23 NewmrktGala 0:57.83	19/05/23 ColourGala 0:57.73	08/07/22 ColourGala 1:12.38	20/11/21 ClubChamps 1:17.38
<b>50 Free</b>	09/11/24 ClubChamps <b>0:31.48</b>	08/09/24 Nifty50s 0:32.66	20/05/24 TimeTrial <sup>(ST)</sup> 0:33.97	17/12/23 StwmrktOpen 0:33.27	03/12/23 NewmrktOpen 0:33.10	11/11/23 ClubChamps 0:32.59	16/09/23 JFLMildnhll 0:34.24	10/09/23 Nifty50s 0:34.70
<b>100 Fly</b>	15/12/24 StwmrktOpen 1:17.69	30/11/24 NewmrktOpen 1:18.11	16/11/24 ClubChamps 1:19.79	07/09/24 SFLNewmrkt 1:23.61	15/06/24 DaveRobinson <b>1:17.37</b>	28/01/24 SuffCounty 1:17.77	17/12/23 StwmrktOpen 1:20.57	18/11/23 ClubChamps 1:20.99
<b>100 Back</b>	09/11/24 ClubChamps <b>1:18.83</b>	07/09/24 SFLNewmrkt 1:23.57	11/11/23 ClubChamps 1:22.84	04/03/23 NewmrktOpen 1:26.89	12/11/22 ClubChamps 1:30.64	19/03/22 NewmrktOpen 1:44.17	13/11/21 ClubChamps 2:06.36	
<b>100 Breast</b>								
<b>100 Free</b>	16/11/24 ClubChamps <b>1:09.94</b>	15/06/24 DaveRobinson 1:10.83	20/05/24 TimeTrial 1:11.92	17/12/23 StwmrktOpen 1:11.36	03/12/23 NewmrktOpen 1:10.22	18/11/23 ClubChamps 1:10.44	09/09/23 SFLNewmrkt 1:15.26	24/06/23 SFLStlves 1:16.46
<b>100 IM</b>	15/12/24 StwmrktOpen <b>1:20.84</b>	01/12/24 NewmrktOpen 1:21.59	17/11/24 ClubChamps 1:23.00	07/09/24 SFLNewmrkt 1:22.72	03/12/23 NewmrktOpen 1:25.40	19/11/23 ClubChamps 1:25.52	16/09/23 JFLMildnhll 1:29.12	10/09/23 Nifty50s 1:29.59
<b>200 Fly</b>	13/09/24 ClubChamps <b>3:03.29</b>	27/01/24 SuffCounty 3:05.22	02/12/23 NewmrktOpen 3:18.68	15/09/23 ClubChamps 3:17.06	04/03/23 NewmrktOpen 3:23.23	17/12/22 StwmrktOpen 3:23.05	03/12/22 NewmrktOpen 3:27.47	16/09/22 ClubChamps 3:47.71
<b>200 Back</b>	20/09/24 ClubChamps <b>2:49.19</b>	22/09/23 ClubChamps 3:03.89	23/09/22 ClubChamps 3:28.81					
<b>200 Breast</b>								
<b>200 Free</b>	04/10/24 ClubChamps 2:32.78	07/07/24 Cambridge <b>2:30.54</b>	03/12/23 NewmrktOpen 2:35.00	13/10/23 ClubChamps 2:41.93	05/03/23 NewmrktOpen 2:46.45	04/12/22 NewmrktOpen 2:48.32	06/10/22 ClubChamps 2:57.72	
<b>200 IM</b>	17/11/24 ClubChamps <b>2:52.95</b>	28/01/24 SuffCounty 2:59.43	02/12/23 NewmrktOpen 3:00.86	19/11/23 ClubChamps 3:02.95	04/03/23 NewmrktOpen 3:20.54	20/11/22 ClubChamps 3:31.49		
<b>400 IM</b>	15/09/24 ClubChamps <b>6:16.98</b>	17/09/23 ClubChamps 6:50.74	18/09/22 ClubChamps 7:52.49					
<b>400 Free</b>	11/10/24 ClubChamps <b>5:16.11</b>	20/10/23 ClubChamps 5:40.41	04/03/23 NewmrktOpen 5:50.22	18/12/22 StwmrktOpen 6:06.22	21/10/22 ClubChamps 6:13.49	09/10/22 ClubChampsLD <sup>(ST)</sup> 6:37.80		
<b>800 Free</b>	11/01/25 SuffCounty <sup>(CT)</sup> 11:04.94	23/11/24 WestSuffLDQ <b>11:00.27</b>	13/10/24 ClubChamps 11:01.71	13/01/24 SuffCountyLD <sup>(CT)</sup> 11:25.41	22/10/23 ClubChamps 11:23.05	23/10/22 ClubChamps 12:40.20	09/10/22 ClubChampsLD <sup>(ST)</sup> 13:42.95	
<b>1500 Free</b>	12/01/25 SuffCounty <sup>(CT)</sup> <b>20:51.16</b>	24/11/24 WestSuffLDQ 21:13.86	14/01/24 SuffCountyLD <sup>(CT)</sup> 21:36.40	26/11/23 StFelixLDQ 21:58.04	15/10/23 ClubChamps 24:03.25	09/10/22 ClubChamps 25:54.00		



**Liz Peck**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	10/11/18 ClubChamps <b>0:44.12</b>	09/11/13 ClubChamps 0:45.56						
<b>50 Back</b>	16/11/13 ClubChamps 0:44.71							
<b>50 Breast</b>	16/11/13 ClubChamps 0:50.85							
<b>50 Free</b>	19/11/23 ClubChamps 0:39.46	20/11/22 ClubChamps 0:40.88	21/11/21 ClubChamps 0:39.14	17/11/19 ClubChamps 0:40.48	10/11/18 ClubChamps 0:37.78	19/11/17 ClubChamps 0:39.03	22/11/15 ClubChamps 0:39.39	16/11/14 ClubChamps 0:37.94
<b>100 Fly</b>	17/11/18 ClubChamps 1:45.97	29/09/18 SFLNewmrkt <b>1:44.39</b>						
<b>100 Back</b>	06/07/19 SFLThetford <b>1:40.89</b>	29/09/18 SFLNewmrkt 1:42.57						
<b>100 Breast</b>	29/09/18 SFLNewmrkt <b>1:51.59</b>							
<b>100 Free</b>	07/09/19 SFLDiss 1:28.59	06/07/19 SFLThetford 1:27.38	17/11/18 ClubChamps 1:22.01	16/11/13 ClubChamps 1:21.67				
<b>100 IM</b>	07/09/19 SFLDiss 1:41.19	22/11/15 ClubChamps 1:38.92	17/11/13 ClubChamps 1:35.50					
<b>200 Fly</b>	21/09/18 ClubChamps <b>3:45.38</b>							
<b>200 Back</b>	28/09/18 ClubChamps <b>3:29.12</b>	29/09/17 ClubChamps 3:39.37						
<b>200 Breast</b>	12/10/18 ClubChamps <b>3:44.20</b>	13/10/17 ClubChamps 3:53.50						
<b>200 Free</b>	18/10/19 ClubChamps 3:10.05	19/10/18 ClubChamps 2:58.87	26/11/16 WLDeben 3:10.23	27/05/16 TimeTrial 3:08.00	01/11/13 ClubChamps 2:55.09			
<b>200 IM</b>								
<b>400 IM</b>	27/10/19 ClubChamps 7:37.01	28/10/18 ClubChamps <b>7:11.32</b>	29/10/17 ClubChamps 7:42.00					
<b>400 Free</b>	25/10/19 ClubChamps 6:57.85	26/10/18 ClubChamps <b>6:08.31</b>	03/11/13 ClubChamps 6:10.70					
<b>800 Free</b>	23/09/18 ClubChamps 13:05.79	24/09/17 ClubChamps 14:23.82	22/09/13 ClubChamps 12:39.22					
<b>1500 Free</b>	20/10/19 ClubChamps 27:04.44	21/10/18 ClubChamps 24:56.21	15/10/17 ClubChamps 27:18.98	13/10/13 ClubChamps 24:43.53				







**Lyla Hill**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	14/09/24 JFLMildnhll <b>0:53.75</b>	07/09/24 SFLNewmrkt 0:49.19	06/07/24 JFLThetford 0:52.97					
<b>50 Back</b>	16/11/24 ClubChamps <b>0:44.23</b>	06/07/24 JFLThetford 0:45.38	15/06/24 DaveRobinson 0:45.30	10/03/24 NewmrktOpen 0:49.88	18/11/23 ClubChamps 0:51.20			
<b>50 Breast</b>	16/11/24 ClubChamps <b>0:50.09</b>	20/10/24 SuffDevelop 0:53.03	27/09/24 ClubChampsLD <sup>(ST)</sup> 0:57.62	06/07/24 JFLThetford 0:51.92	18/11/23 ClubChamps 1:03.55			
<b>50 Free</b>	04/10/24 ClubChampsLD <sup>(ST)</sup> 0:42.39	06/07/24 JFLThetford <b>0:41.82</b>						
<b>100 Fly</b>	16/11/24 ClubChamps <b>1:46.28</b>	15/09/24 ClubChampsLD <sup>(ST)</sup> 2:02.64	18/11/23 ClubChamps 2:34.09					
<b>100 Back</b>								
<b>100 Breast</b>	27/09/24 ClubChampsLD <sup>(ST)</sup> <b>1:59.15</b>							
<b>100 Free</b>	16/11/24 ClubChamps <b>1:24.44</b>	20/10/24 SuffDevelop 1:28.37	04/10/24 ClubChampsLD <sup>(ST)</sup> 1:31.83	18/11/23 ClubChamps 1:49.82				
<b>100 IM</b>	18/01/25 SuffCounty <b>1:32.07</b>	17/11/24 ClubChamps 1:32.80						
<b>200 Fly</b>								
<b>200 Back</b>	15/12/24 StwmrktOpen <b>3:32.83</b>	20/10/24 SuffDevelop 3:34.32	20/09/24 ClubChamps 3:37.16					
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:56.04</b>							
<b>200 Free</b>	01/12/24 NewmrktOpen <b>3:01.98</b>	04/10/24 ClubChamps 3:11.92	22/06/24 WestSuff 3:25.12	10/03/24 NewmrktOpen 3:47.82	20/10/23 TimeTrial 4:39.46			
<b>200 IM</b>	17/11/24 ClubChamps 3:29.01							
<b>400 IM</b>	01/12/24 NewmrktOpen <b>7:27.51</b>	15/09/24 ClubChamps 7:51.77						
<b>400 Free</b>	11/10/24 ClubChamps <b>6:38.25</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 7:13.76	10/03/24 NewmrktOpen 8:05.11	20/10/23 TimeTrial 9:37.39				
<b>800 Free</b>	11/01/25 SuffCounty <sup>(CT)</sup> <b>13:30.48</b>	23/11/24 WestSuffLDQ 13:48.50	13/10/24 ClubChamps 14:00.25	06/10/24 ClubChampsLD <sup>(ST)</sup> 14:41.87				
<b>1500 Free</b>	06/10/24 ClubChamps <b>27:41.11</b>							











## Miko Poplawski

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	18/01/25 SuffCounty 0:32.02	01/12/24 NewmrktOpen 0:31.60	09/11/24 ClubChamps <b>0:30.89</b>	08/09/24 Nifty50s 0:32.21	20/01/24 SuffCounty 0:32.41	11/11/23 ClubChamps 0:33.26	19/05/23 ColourGala 0:37.14	25/03/23 Cambridge 0:33.97
<b>50 Back</b>	16/11/24 ClubChamps <b>0:31.26</b>	20/10/24 SuffDevelop 0:31.63	03/12/23 NewmrktOpen 0:32.93	18/11/23 ClubChamps 0:34.04	19/05/23 ColourGala 0:35.32	24/03/23 Cambridge 0:35.14	05/03/23 NewmrktOpen 0:34.91	04/12/22 NewmrktOpen 0:35.80
<b>50 Breast</b>	19/01/25 SuffCounty <b>0:35.09</b>	16/11/24 ClubChamps 0:35.03	08/09/24 Nifty50s 0:35.52	06/07/24 Cambridge 0:35.82	21/01/24 SuffCounty 0:36.09	03/12/23 NewmrktOpen 0:37.48	18/11/23 ClubChamps 0:36.17	01/07/23 Cambridge 0:37.69
<b>50 Free</b>	30/11/24 NewmrktOpen 0:26.87	09/11/24 ClubChamps <b>0:26.75</b>	20/10/24 SuffDevelop 0:26.81	08/09/24 Nifty50s 0:27.38	06/07/24 Cambridge 0:27.01	27/01/24 SuffCounty 0:27.28	03/12/23 NewmrktOpen 0:27.96	11/11/23 ClubChamps 0:28.71
<b>100 Fly</b>	07/09/24 SFLNewmrkt 1:24.53	18/11/23 ClubChamps <b>1:22.02</b>						
<b>100 Back</b>	09/11/24 ClubChamps <b>1:09.42</b>	15/06/24 DaveRobinson 1:09.70	11/11/23 ClubChamps 1:17.14	17/06/23 DaveRobinson 1:15.00	04/03/23 NewmrktOpen 1:16.17	12/11/22 ClubChamps 1:23.05		
<b>100 Breast</b>	09/11/24 ClubChamps <b>1:19.10</b>	07/09/24 SFLNewmrkt 1:23.83	15/06/24 DaveRobinson 1:19.28	11/11/23 ClubChamps 1:25.26	09/09/23 SFLNewmrkt 1:26.55	24/06/23 SFLStives 1:25.30	17/06/23 DaveRobinson 1:26.66	03/06/23 WestSuff 1:26.66
<b>100 Free</b>	18/01/25 SuffCounty 0:59.32	01/12/24 NewmrktOpen 1:00.02	16/11/24 ClubChamps <b>0:59.17</b>	07/09/24 SFLNewmrkt 0:59.46	22/05/24 TimeTrial 1:01.23	20/01/24 SuffCounty 1:02.72	03/12/23 NewmrktOpen 1:02.60	18/11/23 ClubChamps 1:02.44
<b>100 IM</b>	17/11/24 ClubChamps <b>1:07.85</b>	08/09/24 Nifty50s 1:11.24	06/07/24 Cambridge 1:10.11	27/01/24 SuffCounty 1:12.31	19/11/23 ClubChamps 1:11.19	09/09/23 SFLNewmrkt 1:16.81	01/07/23 Cambridge 1:14.29	24/06/23 SFLStives 1:16.86
<b>200 Fly</b>								
<b>200 Back</b>	20/09/24 ClubChamps <b>2:36.06</b>	22/09/23 ClubChamps 2:45.98	23/09/22 ClubChamps 3:06.99					
<b>200 Breast</b>	27/09/24 ClubChamps <b>2:58.62</b>	29/09/23 ClubChamps 3:07.28	30/09/22 ClubChamps 3:43.34					
<b>200 Free</b>	04/10/24 ClubChamps <b>2:14.53</b>	13/10/23 ClubChamps 2:25.68	06/10/22 ClubChamps 2:54.38					
<b>200 IM</b>	17/11/24 ClubChamps <b>2:35.31</b>	19/11/23 ClubChamps 2:38.96	04/03/23 NewmrktOpen 2:53.55	20/11/22 ClubChamps 3:02.03				
<b>400 IM</b>	17/09/23 ClubChamps <b>6:12.99</b>							
<b>400 Free</b>	11/10/24 ClubChamps <b>5:02.84</b>	20/10/23 ClubChamps 5:19.62	21/10/22 ClubChamps 5:59.49					
<b>800 Free</b>	13/10/24 ClubChamps <b>11:42.76</b>	23/10/22 ClubChamps 12:38.17						
<b>1500 Free</b>	06/10/24 ClubChamps <b>21:11.86</b>	15/10/23 ClubChamps 21:53.90						













**Phoebe Mallen**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	19/05/23 ColourGala 0:39.30	01/10/22 WestSuff 0:40.44	17/06/22 NewmrktCC 0:39.29	24/05/21 NewmrktOpen <b>0:37.91</b>				
<b>50 Back</b>	10/09/23 Nifty50s 0:38.07	19/05/23 ColourGala 0:38.72	02/10/22 WestSuff 0:37.65	16/04/22 ColchstrOpen 0:36.84	03/06/19 NewmrktCC <b>0:36.76</b>			
<b>50 Breast</b>	08/09/24 Nifty50s 0:41.94	18/02/24 SuffMasters 0:42.86	10/09/23 Nifty50s 0:41.87	19/05/23 ColourGala 0:42.74	26/03/23 Cambridge 0:42.42	26/02/23 SuffMasters 0:42.96	04/12/22 NewmrktOpen 0:42.91	19/11/22 ClubChamps 0:41.74
<b>50 Free</b>	08/09/24 Nifty50s 0:32.52	10/09/23 Nifty50s 0:32.16	19/05/23 ColourGala 0:32.26	26/02/23 SuffMasters 0:31.59	04/12/22 NewmrktOpen 0:31.84	12/11/22 ClubChamps 0:31.63	01/10/22 WestSuff 0:31.61	29/01/22 SuffCounty 0:30.94
<b>100 Fly</b>	19/11/22 ClubChamps 1:38.58	02/06/21 NewmrktOpen <b>1:33.37</b>						
<b>100 Back</b>	07/09/24 SFLNewmrkt 1:26.37	12/11/22 ClubChamps <b>1:21.70</b>	03/07/21 NewmrktOpen 1:23.04					
<b>100 Breast</b>	30/11/24 NewmrktOpen 1:34.52	07/09/24 SFLNewmrkt <b>1:32.73</b>	18/02/24 SuffMasters 1:32.86	17/06/23 DaveRobinson 1:34.24	18/06/22 NewmrktCC 1:36.53	14/12/19 StwmrktOpen 1:32.93		
<b>100 Free</b>	07/09/24 SFLNewmrkt 1:14.29	04/12/22 NewmrktOpen 1:11.24	01/10/22 WestSuff 1:11.83	20/03/22 NewmrktOpen 1:09.42	15/12/19 StwmrktOpen <b>1:08.85</b>			
<b>100 IM</b>	10/09/23 Nifty50s 1:23.84	04/12/22 NewmrktOpen 1:23.89	20/11/22 ClubChamps 1:22.70	19/06/22 NewmrktCC 1:22.22	15/12/19 StwmrktOpen <b>1:21.20</b>			
<b>200 Fly</b>								
<b>200 Back</b>	22/09/23 ClubChamps <b>2:59.20</b>	05/06/19 NewmrktCC 3:07.65						
<b>200 Breast</b>	01/12/24 NewmrktOpen 3:20.96	27/09/24 ClubChamps 3:20.73	29/09/23 ClubChamps <b>3:19.97</b>	26/03/23 Cambridge 3:21.64	26/02/23 SuffMasters 3:22.88	20/03/22 NewmrktOpen 3:21.94		
<b>200 Free</b>	04/10/24 ClubChamps 2:39.08	18/02/24 SuffMasters 2:41.62	13/10/23 ClubChamps <b>2:33.61</b>	26/03/23 Cambridge 2:34.30	26/02/23 SuffMasters 2:40.69	16/04/22 ColchstrOpen 2:33.92		
<b>200 IM</b>	20/11/22 ClubChamps 3:03.69	18/06/22 NewmrktCC 3:06.69	07/12/19 NewmrktOpen <b>2:58.61</b>					
<b>400 IM</b>	15/09/24 ClubChamps <b>6:33.90</b>							
<b>400 Free</b>	26/03/23 Cambridge 5:34.11	21/10/22 ClubChamps <b>5:33.53</b>	19/03/22 NewmrktOpen 5:34.72					
<b>800 Free</b>	22/10/23 ClubChamps <b>11:35.31</b>	23/10/22 ClubChamps 11:42.80	22/09/19 NewmrktCC 11:43.32					
<b>1500 Free</b>	06/10/24 ClubChamps 23:15.37	15/10/23 ClubChamps 22:34.32	09/10/22 ClubChamps 22:23.53	23/09/19 NewmrktCC <b>22:17.18</b>				



## Polly Jackson

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	09/11/24 ClubChamps 0:44.69	14/09/24 JFLMildnhll 0:43.31	22/06/24 WestSuff 0:44.41	15/06/24 DaveRobinson <b>0:41.70</b>	08/06/24 JFLWisbech 0:44.48	18/05/24 JFLHunting 0:45.12	09/03/24 JFLMildnhll 0:47.12	
<b>50 Back</b>	16/11/24 ClubChamps <b>0:41.16</b>	22/06/24 WestSuff 0:43.22	08/06/24 JFLWisbech 0:42.73	18/11/23 ClubChamps 0:49.60				
<b>50 Breast</b>	16/11/24 ClubChamps 0:47.36	27/09/24 ClubChampsLD <sup>(ST)</sup> 0:52.38	14/09/24 JFLMildnhll 0:47.56	08/06/24 JFLWisbech 0:48.43	18/05/24 JFLHunting <b>0:47.25</b>	09/03/24 JFLMildnhll 0:48.84	28/01/24 SuffCounty 0:52.00	03/12/23 NewmrktOpen 0:55.73
<b>50 Free</b>	09/11/24 ClubChamps <b>0:36.52</b>	04/10/24 ClubChampsLD <sup>(ST)</sup> 0:39.71	20/05/24 TimeTrial <sup>(ST)</sup> 0:41.73	18/05/24 JFLHunting 0:37.00	20/01/24 SuffCounty 0:41.09	03/12/23 NewmrktOpen 0:43.77	11/11/23 ClubChamps 0:42.12	13/10/23 ClubChampsLD <sup>(ST)</sup> 0:52.53
<b>100 Fly</b>	16/11/24 ClubChamps <b>1:40.59</b>	15/09/24 ClubChampsLD <sup>(ST)</sup> 1:45.49						
<b>100 Back</b>	09/11/24 ClubChamps <b>1:29.89</b>							
<b>100 Breast</b>	19/01/25 SuffCounty <b>1:35.85</b>	09/11/24 ClubChamps 1:39.33	27/09/24 ClubChampsLD <sup>(ST)</sup> 1:48.71	15/06/24 DaveRobinson 1:41.94	21/01/24 SuffCounty 1:55.73	11/11/23 ClubChamps 1:58.42		
<b>100 Free</b>	16/11/24 ClubChamps <b>1:19.93</b>	04/10/24 ClubChampsLD <sup>(ST)</sup> 1:25.53	20/05/24 TimeTrial 1:25.14	03/12/23 NewmrktOpen 1:38.66	18/11/23 ClubChamps 1:41.27	13/10/23 ClubChampsLD <sup>(ST)</sup> 1:52.60		
<b>100 IM</b>	18/01/25 SuffCounty <b>1:26.66</b>	17/11/24 ClubChamps 1:30.74						
<b>200 Fly</b>								
<b>200 Back</b>	19/01/25 SuffCounty <b>3:08.36</b>	20/09/24 ClubChamps 3:16.11						
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:39.83</b>							
<b>200 Free</b>	04/10/24 ClubChamps <b>2:54.65</b>	22/06/24 WestSuff 2:56.35	03/12/23 NewmrktOpen 3:30.76	20/10/23 ClubChampsLD <sup>(ST)</sup> 3:51.97	13/10/23 ClubChamps 3:57.20			
<b>200 IM</b>	19/01/25 SuffCounty <b>3:09.87</b>	17/11/24 ClubChamps 3:13.66						
<b>400 IM</b>	15/09/24 ClubChamps <b>6:57.80</b>							
<b>400 Free</b>	11/10/24 ClubChamps <b>5:59.54</b>	06/10/24 ClubChampsLD <sup>(ST)</sup> 6:40.23	20/10/23 ClubChamps 7:50.47					
<b>800 Free</b>	11/01/25 SuffCounty <sup>(CT)</sup> <b>12:16.40</b>	13/10/24 ClubChamps 12:40.26	06/10/24 ClubChampsLD <sup>(ST)</sup> 13:36.51					
<b>1500 Free</b>	12/01/25 SuffCounty <sup>(CT)</sup> <b>23:38.19</b>	06/10/24 ClubChamps 25:34.50						







## Rob Garry

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	09/11/24 ClubChamps 0:56.36	11/11/23 ClubChamps 0:58.26	12/11/22 ClubChamps 0:51.84	13/11/21 ClubChamps 0:58.40	10/09/21 ColourGala 0:53.05	10/11/18 ClubChamps 0:50.19	24/06/18 InterClubTT 0:54.32	19/05/18 NorfMasters 0:53.23
<b>50 Back</b>	16/11/24 ClubChamps 0:50.94	18/11/23 ClubChamps 0:49.46	01/10/23 ERMasters 0:48.58	19/11/22 ClubChamps 0:46.26	20/11/21 ClubChamps 0:49.40	10/09/21 ColourGala 0:52.07	11/05/19 NorfMasters <sup>(CT)</sup> 0:49.28	17/11/18 ClubChamps 0:47.94
<b>50 Breast</b>	16/11/24 ClubChamps 0:54.00	18/11/23 ClubChamps 0:52.80	19/11/22 ClubChamps 0:51.50	20/11/21 ClubChamps 0:55.58	10/09/21 ColourGala 0:58.12	17/11/18 ClubChamps 0:50.05	24/06/18 InterClubTT 0:54.75	22/04/18 NewmrktMstrs 0:51.76
<b>50 Free</b>	17/11/24 ClubChamps 0:40.84	09/11/24 ClubChamps 0:39.20	19/11/23 ClubChamps 0:39.97	11/11/23 ClubChamps 0:39.31	20/11/22 ClubChamps 0:38.61	12/11/22 ClubChamps 0:38.01	21/11/21 ClubChamps 0:41.38	13/11/21 ClubChamps 0:39.58
<b>100 Fly</b>	16/11/24 ClubChamps 2:03.28	18/11/23 ClubChamps 2:08.88	26/02/23 SuffMasters 2:09.16	19/11/22 ClubChamps 2:02.86	02/10/22 ERMasters 2:07.61	16/09/22 ClubChamps <sup>(ST)</sup> 2:07.92	24/04/22 NewmrktMstrs 2:10.56	20/11/21 ClubChamps 2:11.72
<b>100 Back</b>	09/11/24 ClubChamps 1:53.57	29/09/24 ERMasters 1:57.66	07/04/24 NewmrktMstrs 1:58.38	18/02/24 SuffMasters 1:58.90	11/11/23 ClubChamps 1:49.56	01/10/23 ERMasters 1:53.82	24/06/23 SFLStIves 1:54.51	23/04/23 NewmrktMstrs 1:54.07
<b>100 Breast</b>	09/11/24 ClubChamps 2:07.70	11/11/23 ClubChamps 2:02.69	23/04/23 NewmrktMstrs 2:09.83	26/02/23 SuffMasters 2:04.69	12/11/22 ClubChamps 2:04.44	02/10/22 ERMasters 2:14.00	24/04/22 NewmrktMstrs 2:13.87	13/11/21 ClubChamps 2:14.05
<b>100 Free</b>	16/11/24 ClubChamps 1:28.91	29/09/24 ERMasters 1:32.84	22/05/24 TimeTrial 1:39.63	07/04/24 NewmrktMstrs 1:35.58	18/02/24 SuffMasters 1:32.82	18/11/23 ClubChamps 1:30.78	01/10/23 ERMasters 1:31.37	23/04/23 NewmrktMstrs 1:35.05
<b>100 IM</b>	17/11/24 ClubChamps 1:51.55	29/09/24 ERMasters 1:56.08	18/02/24 SuffMasters 2:01.58	19/11/23 ClubChamps 1:54.40	23/04/23 NewmrktMstrs 2:04.31	26/02/23 SuffMasters 1:53.73	20/11/22 ClubChamps 1:47.88	02/10/22 ERMasters 1:58.91
<b>200 Fly</b>	13/09/24 ClubChamps 5:53.32	15/09/23 ClubChamps 5:23.63	16/09/22 ClubChamps 4:59.44	20/09/19 ClubChamps 4:30.35	21/09/18 ClubChamps <b>4:27.68</b>	22/09/17 ClubChamps 4:37.31	26/11/16 WLDeben 4:47.61	23/09/16 ClubChamps 4:48.37
<b>200 Back</b>	20/09/24 ClubChamps 4:02.64	22/09/23 ClubChamps 3:55.23	23/09/22 ClubChamps 3:47.25	03/12/21 ClubChampsLD 4:09.81	27/09/19 ClubChamps 3:50.12	28/09/18 ClubChamps 3:49.06	29/09/17 ClubChamps 3:53.93	30/09/16 ClubChamps 3:47.75
<b>200 Breast</b>	27/09/24 ClubChamps 4:34.18	29/09/23 ClubChamps 4:34.28	30/09/22 ClubChamps 4:31.14	28/11/21 ClubChampsLD 4:39.13	12/10/18 ClubChamps 4:13.16	13/10/17 ClubChamps <b>4:09.43</b>	14/10/16 ClubChamps 4:16.44	18/10/15 ClubChamps 4:32.91
<b>200 Free</b>	04/10/24 ClubChamps 3:17.81	13/10/23 ClubChamps 3:16.10	06/10/22 ClubChamps 3:16.83	26/11/21 ClubChampsLD 3:25.75	11/05/19 NorfMasters <sup>(CT)</sup> 3:27.82	19/10/18 ClubChamps 3:09.00	18/02/18 SudMasters 3:15.43	20/10/17 ClubChamps <b>3:03.81</b>
<b>200 IM</b>	17/11/24 ClubChamps 4:14.33	07/04/24 NewmrktMstrs 4:17.04	19/11/23 ClubChamps 4:10.29	20/11/22 ClubChamps 3:55.79	21/11/21 ClubChamps 4:23.75	10/10/21 ERMasters 4:17.08	11/05/19 NorfMasters <sup>(CT)</sup> 4:02.06	18/11/18 ClubChamps 3:55.16
<b>400 IM</b>	15/09/24 ClubChamps 8:51.89	17/09/23 ClubChamps 8:57.44	18/09/22 ClubChamps 8:47.71	28/10/18 ClubChamps <b>8:05.78</b>	29/10/17 ClubChamps 8:07.03	30/10/16 ClubChamps 8:29.31	25/10/15 ClubChamps 8:44.63	19/10/14 ClubChamps 8:25.38
<b>400 Free</b>	11/10/24 ClubChamps 6:55.34	20/10/23 ClubChamps 7:02.25	21/10/22 ClubChamps 6:52.77	10/12/21 ClubChampsLD 7:25.01	26/10/18 ClubChamps <b>6:38.31</b>	22/10/17 ClubChamps 6:41.87	23/04/17 NewmrktMstrs 6:51.16	23/10/16 ClubChamps 6:49.32
<b>800 Free</b>	13/10/24 ClubChamps 14:40.46	22/10/23 ClubChamps 14:38.05	23/10/22 ClubChamps 14:16.56	21/10/18 ClubChamps <b>13:35.25</b>	15/10/17 ClubChamps 13:42.32	09/10/16 ClubChamps 14:09.73	11/10/15 ClubChamps 14:36.25	12/10/14 ClubChamps 14:15.37
<b>1500 Free</b>	06/10/24 ClubChamps 28:24.12	15/10/23 ClubChamps 29:00.12	09/10/22 ClubChamps 28:28.59	22/09/19 ClubChamps 27:17.60	23/09/18 ClubChamps <b>26:26.78</b>	24/09/17 ClubChamps 27:17.68	25/09/16 ClubChamps 28:29.90	27/09/15 ClubChamps 27:57.98



















## Sophia Andrews

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	09/11/24 ClubChamps 0:46.38	18/05/24 JFLHunting <b>0:41.35</b>	09/03/24 JFLMildnhll 0:43.89	27/01/24 SuffCounty 0:44.86	11/11/23 ClubChamps 0:47.83	19/05/23 ColourGala 0:51.31	11/03/23 JFLMildnhll 0:55.14	12/11/22 ClubChamps 0:58.37
<b>50 Back</b>	16/11/24 ClubChamps 0:43.09	18/05/24 JFLHunting <b>0:42.47</b>	09/03/24 JFLMildnhll 0:42.74	18/11/23 ClubChamps 0:44.46	19/05/23 ColourGala 0:47.55	13/05/23 JFLMildnhll 0:44.16	19/11/22 ClubChamps 0:52.52	09/07/22 JFLHunting 0:54.65
<b>50 Breast</b>	16/11/24 ClubChamps 0:53.67	27/09/24 ClubChampsLD <sup>(ST)</sup> <b>0:53.11</b>	18/11/23 ClubChamps 0:57.80	27/05/23 NewmrktGala 0:59.55	19/05/23 ColourGala 0:59.75	19/11/22 ClubChamps 1:05.86	17/09/22 JFLMildnhll 1:03.51	09/07/22 JFLHunting 1:04.64
<b>50 Free</b>	18/01/25 SuffCounty <b>0:33.83</b>	20/01/24 SuffCounty 0:34.27	11/11/23 ClubChamps 0:36.63	19/05/23 ColourGala 0:40.71	11/03/23 JFLMildnhll 0:38.79	12/11/22 ClubChamps 0:39.84	09/07/22 JFLHunting 0:42.32	08/07/22 ColourGala 0:45.43
<b>100 Fly</b>	21/01/24 SuffCounty <b>1:38.55</b>	18/11/23 ClubChamps 1:55.37						
<b>100 Back</b>	09/11/24 ClubChamps 1:34.20	15/06/24 DaveRobinson <b>1:32.71</b>	28/01/24 SuffCounty 1:33.07	11/11/23 ClubChamps 1:39.46				
<b>100 Breast</b>	09/11/24 ClubChamps 1:56.57	27/09/24 ClubChampsLD <sup>(ST)</sup> <b>1:53.33</b>	11/11/23 ClubChamps 2:03.23					
<b>100 Free</b>	15/06/24 DaveRobinson 1:18.28	27/01/24 SuffCounty <b>1:17.07</b>	18/11/23 ClubChamps 1:26.47	21/10/22 ClubChampsLD <sup>(ST)</sup> 1:36.07	06/10/22 ClubChampsLD <sup>(ST)</sup> 1:39.31			
<b>100 IM</b>	18/01/25 SuffCounty <b>1:31.44</b>	20/01/24 SuffCounty 1:32.08	19/11/23 ClubChamps 1:41.76	11/03/23 JFLMildnhll 1:46.88				
<b>200 Fly</b>								
<b>200 Back</b>								
<b>200 Breast</b>	27/09/24 ClubChamps <b>3:55.85</b>							
<b>200 Free</b>	04/10/24 ClubChamps <b>2:55.37</b>	28/01/24 SuffCounty 2:55.41	13/10/23 ClubChamps 3:05.72	06/10/22 ClubChamps 3:23.05				
<b>200 IM</b>	17/11/24 ClubChamps <b>3:26.53</b>	21/01/24 SuffCounty 3:32.11	19/11/23 ClubChamps 3:45.87	20/11/22 ClubChamps 3:57.51				
<b>400 IM</b>	15/09/24 ClubChamps <b>7:41.90</b>							
<b>400 Free</b>	04/02/24 SuffCounty <b>6:12.68</b>	20/10/23 ClubChamps 6:48.94	21/10/22 ClubChamps 7:01.76					
<b>800 Free</b>	11/01/25 SuffCounty <sup>(CT)</sup> <b>12:32.58</b>	23/11/24 WestSuffLDQ 12:40.60	06/10/24 ClubChampsLD <sup>(ST)</sup> 13:54.71					
<b>1500 Free</b>	12/01/25 SuffCounty <sup>(CT)</sup> <b>25:25.81</b>	06/10/24 ClubChamps 26:19.07						



**Tyler Baxter**

	<b>Latest</b>							<b>Oldest</b>
<b>50 Fly</b>	09/11/24 ClubChamps 0:29.24	08/09/24 Nifty50s <b>0:28.56</b>	10/03/24 NewmrktOpen 0:29.79	20/01/24 SuffCounty 0:28.84	16/12/23 StwmrktOpen 0:28.84	10/09/23 Nifty50s 0:29.53	19/05/23 ColourGala 0:29.07	21/01/23 SuffCounty 0:30.80
<b>50 Back</b>	16/11/24 ClubChamps 0:30.28	08/09/24 Nifty50s <b>0:29.59</b>	10/03/24 NewmrktOpen 0:30.17	28/01/24 SuffCounty 0:30.57	16/12/23 StwmrktOpen 0:30.57	18/11/23 ClubChamps 0:30.55	10/09/23 Nifty50s 0:31.03	19/05/23 ColourGala 0:31.12
<b>50 Breast</b>	19/01/25 SuffCounty 0:34.31	16/11/24 ClubChamps 0:34.28	20/10/24 SuffDevelop <b>0:34.13</b>	08/09/24 Nifty50s 0:34.36	18/11/23 ClubChamps 0:36.19	19/05/23 ColourGala 0:35.45	26/02/23 SuffMasters 0:37.35	19/11/22 ClubChamps 0:36.63
<b>50 Free</b>	09/11/24 ClubChamps <b>0:26.40</b>	20/10/24 SuffDevelop 0:27.07	08/09/24 Nifty50s 0:26.59	20/05/24 TimeTrial <sup>(ST)</sup> 0:28.43	09/03/24 NewmrktOpen 0:26.77	10/09/23 Nifty50s 0:27.41	01/07/23 Cambridge 0:27.05	19/05/23 ColourGala 0:27.15
<b>100 Fly</b>	16/11/24 ClubChamps 1:09.79	15/06/24 DaveRobinson <b>1:04.84</b>	18/11/23 ClubChamps 1:11.11	17/06/23 DaveRobinson 1:08.48	19/11/22 ClubChamps 1:13.06	20/11/21 ClubChamps 1:21.10	16/11/19 ClubChamps 1:42.66	29/06/19 SuffDevelop 1:44.54
<b>100 Back</b>	19/01/25 SuffCounty <b>1:04.52</b>	09/11/24 ClubChamps 1:04.89	17/06/23 DaveRobinson 1:05.73	12/11/22 ClubChamps 1:08.72	19/03/22 NewmrktOpen 1:12.65	30/01/22 SuffCounty 1:13.60	13/11/21 ClubChamps 1:14.53	09/11/19 ClubChamps 1:26.91
<b>100 Breast</b>	09/11/24 ClubChamps <b>1:15.85</b>	13/11/21 ClubChamps 1:31.82	09/11/19 ClubChamps 1:48.13	29/03/19 TimeTrial 1:56.19	10/11/18 ClubChamps 1:52.10	11/11/17 ClubChamps 2:28.06		
<b>100 Free</b>	16/11/24 ClubChamps 0:58.96	15/06/24 DaveRobinson <b>0:58.11</b>	20/05/24 TimeTrial 0:59.78	18/11/23 ClubChamps 1:01.16	17/06/23 DaveRobinson 1:01.10	19/11/22 ClubChamps 1:00.93	20/11/21 ClubChamps 1:08.49	23/10/21 SuffDevelop 1:10.99
<b>100 IM</b>	17/11/24 ClubChamps 1:05.50	08/09/24 Nifty50s <b>1:05.65</b>	19/11/23 ClubChamps 1:07.82	26/02/23 SuffMasters 1:09.68	28/01/23 SuffCounty 1:09.06	20/11/22 ClubChamps 1:09.89	25/09/22 NewmrktOpen 1:11.90	21/11/21 ClubChamps 1:15.50
<b>200 Fly</b>	13/09/24 ClubChamps <b>2:37.24</b>	15/09/23 ClubChamps 2:45.11	06/12/21 ClubChampsLD 3:12.88	20/09/19 ClubChamps 3:41.54	21/09/18 ClubChamps 4:19.40			
<b>200 Back</b>	20/09/24 ClubChamps <b>2:22.23</b>	22/09/23 ClubChamps 2:27.38	23/09/22 ClubChamps 2:31.97	06/02/22 SuffCounty 2:37.52	03/12/21 ClubChampsLD 2:40.53	23/10/21 SuffDevelop 2:47.75	27/09/19 ClubChamps 3:09.15	30/06/19 SuffDevelop 3:02.31
<b>200 Breast</b>	28/11/21 ClubChampsLD <b>3:14.85</b>	12/10/18 ClubChamps 4:00.13	25/05/18 TimeTrial 4:24.46					
<b>200 Free</b>	04/10/24 ClubChamps <b>2:12.53</b>	06/10/22 ClubChamps 2:16.15	30/01/22 SuffCounty 2:29.89	26/11/21 ClubChampsLD 2:29.59	23/10/21 SuffDevelop 2:34.12	22/02/19 TimeTrial 3:00.06	19/10/18 ClubChamps 3:10.85	27/04/18 TimeTrial 3:25.74
<b>200 IM</b>	17/11/24 ClubChamps <b>2:28.99</b>	19/11/23 ClubChamps 2:33.74	20/11/22 ClubChamps 2:38.94	17/11/19 ClubChamps 3:24.46				
<b>400 IM</b>	15/09/24 ClubChamps <b>5:22.33</b>	17/09/23 ClubChamps 5:26.57	18/09/22 ClubChamps 5:36.17					
<b>400 Free</b>	11/10/24 ClubChamps <b>4:17.19</b>	21/10/22 ClubChamps 5:02.50	10/12/21 ClubChampsLD 5:15.84	13/04/19 NewmrktOpen 6:17.85	26/10/18 ClubChamps 6:41.44	20/07/18 TimeTrial 7:26.09		
<b>800 Free</b>	13/10/24 ClubChamps 11:27.41	23/10/22 ClubChamps <b>10:39.74</b>						
<b>1500 Free</b>	06/10/24 ClubChamps <b>19:37.20</b>	09/10/22 ClubChamps 20:29.79	22/09/19 ClubChamps 25:14.43					

## Wendy Airey

	<i>Latest</i>							<i>Oldest</i>
<b>50 Fly</b>	10/09/21 ColourGala 0:44.94	10/11/18 ClubChamps <b>0:43.50</b>	24/06/18 InterClubTT 0:45.02	18/02/18 SudMasters 0:44.63	11/11/17 ClubChamps 0:44.49	01/10/17 ERMasters 0:45.60	12/11/16 ClubChamps 0:44.77	01/10/16 NewmrktMstrs 0:43.82
<b>50 Back</b>	10/09/21 ColourGala 0:52.44	30/09/18 ERMasters 0:45.61	24/06/18 InterClubTT 0:48.75	18/02/18 SudMasters 0:45.49	18/11/17 ClubChamps <b>0:44.77</b>	01/10/17 ERMasters 0:45.06	19/11/16 ClubChamps 0:47.73	01/10/16 NewmrktMstrs 0:48.72
<b>50 Breast</b>	10/09/21 ColourGala 0:53.32	19/11/16 ClubChamps 0:52.12	01/10/16 NewmrktMstrs 0:52.54	24/04/16 NewmrktMstrs 0:51.99	21/11/15 ClubChamps <b>0:50.21</b>	15/11/14 ClubChamps 0:54.27		
<b>50 Free</b>	20/11/22 ClubChamps 0:36.35	21/11/21 ClubChamps 0:36.20	10/09/21 ColourGala 0:38.69	17/11/19 ClubChamps 0:35.25	18/11/18 ClubChamps 0:35.21	10/11/18 ClubChamps 0:34.81	30/09/18 ERMasters 0:35.18	24/06/18 InterClubTT 0:35.26
<b>100 Fly</b>	16/09/22 ClubChampsLD <sup>(ST)</sup> 1:59.90	27/04/18 TimeTrial <b>1:41.82</b>	18/02/18 SudMasters 1:45.19	18/11/17 ClubChamps 1:45.48	21/11/15 ClubChamps 1:57.73			
<b>100 Back</b>	10/11/18 ClubChamps 1:46.06	11/11/17 ClubChamps 1:46.20	01/10/17 ERMasters <b>1:42.67</b>	12/11/16 ClubChamps 1:46.90	14/05/16 TimeTrial 1:56.58			
<b>100 Breast</b>	02/10/22 ERMasters 1:59.11	12/11/16 ClubChamps 1:55.40	01/10/16 NewmrktMstrs 1:59.50	07/02/16 SudMasters <b>1:52.71</b>	14/11/15 ClubChamps 1:53.93	26/04/15 NewmrktMstrs 2:00.93		
<b>100 Free</b>	20/05/24 TimeTrial 1:28.82	15/04/18 TimeTrial <b>1:19.83</b>	18/11/17 ClubChamps 1:21.87	01/10/17 ERMasters 1:25.01	19/11/16 ClubChamps 1:24.54	01/10/16 NewmrktMstrs 1:26.11	24/04/16 NewmrktMstrs 1:25.07	07/02/16 SudMasters 1:31.17
<b>100 IM</b>	24/06/18 InterClubTT 1:44.99	19/11/17 ClubChamps <b>1:35.26</b>	01/10/17 ERMasters 1:39.95	20/11/16 ClubChamps 1:40.84	14/05/16 TimeTrial 1:39.85	22/11/15 ClubChamps 1:42.52	16/11/14 ClubChamps 1:45.34	
<b>200 Fly</b>	16/09/22 ClubChamps 4:18.95	20/09/19 ClubChamps <b>4:03.53</b>	22/09/17 ClubChamps 4:24.81					
<b>200 Back</b>	28/09/18 ClubChamps 3:53.25	29/09/17 ClubChamps <b>3:45.89</b>	02/10/15 ClubChamps 4:14.06					
<b>200 Breast</b>	18/10/15 ClubChamps <b>4:05.70</b>	17/10/14 ClubChamps 4:30.94						
<b>200 Free</b>	19/10/18 ClubChamps <b>3:04.82</b>	20/10/17 ClubChamps 3:12.65	21/10/16 ClubChamps 3:14.13	24/04/16 NewmrktMstrs 3:24.67	30/10/15 ClubChamps 3:28.26	31/10/14 ClubChamps 3:27.97		
<b>200 IM</b>	18/02/18 SudMasters <b>3:36.11</b>	19/11/17 ClubChamps 3:57.80	14/05/16 TimeTrial 4:00.80					
<b>400 IM</b>	18/09/22 ClubChamps 8:16.64	27/10/19 ClubChamps 8:24.87	29/10/17 ClubChamps <b>8:08.20</b>					
<b>400 Free</b>	10/12/21 ClubChampsLD 7:02.72	30/09/18 ERMasters <b>6:56.85</b>	22/10/17 ClubChamps 7:11.72	23/10/16 ClubChamps 7:24.78				
<b>800 Free</b>	23/09/18 ClubChamps <b>14:39.97</b>	24/09/17 ClubChamps 15:23.81						
<b>1500 Free</b>	15/10/17 ClubChamps <b>30:18.69</b>							





Abbreviation	Gala / Event
B&P	Bussens & Parkins Gala - Mildenhall
Barracudas	Barracudas
BarodsEFSL	Barracudas - European Forces Swimming League
Cambridge	Cambridge Open Meet
ColchstrOpen	Colchester Open
ClubChamps	Mildenhall Club Championships
ClubChampsLD	Long Distance Mildenhall Club Championships (Unlicenced)
ColourGala	Mildenhall Colour Gala
DaveRobinson	Dave Robinson Memorial Gala - Mildenhall
Diss	Diss Gala
DissOpen	Diss Open Meet
EastReg	East Region Championships
EastRegPara	East Region Para-Swimming Championships
ERMasters	East Region Masters
EuroMasters	European Masters
FenlandOpen	Fenland Open Meet - Whittlesea
Huntingdon	Huntington Gala
Iceni	Iceni Open Meet
InterClubTT	Inter-Club Time Trial
Ipswich	Ipswich Gala / Open Meet
JFL	Junior Fenland League
JFLBedford	Junior Fenland League - Bedford
JFLBSEdmunds	Junior Fenland League - Bury St. Edmunds
JFLBoston	Junior Fenland League - Boston
JFLCambr	Junior Fenland League - Cambridge
JFLDeepings	Junior Fenland League - Deepings
JFLHunting	Junior Fenland League - Huntingdon
JFLMarch	Junior Fenland League - March
JFLKingsLynn	Junior Fenland League - Kings Lynn
JFLMidnhll	Junior Fenland League - Mildenhall
JFLNewmrkt	Junior Fenland League - Newmarket
JFLPeterb	Junior Fenland League - Peterborough
JFLStives	Junior Fenland League - St. Ives
JFLThetford	Junior Fenland League - Thetford
JFLWhittlesey	Junior Fenland League - Whittlesey
JFLWisbech	Junior Fenland League - Wisbech
JKHNovice	JKH Drainage Novice Gala - Mildenhall
Larking	Larking on the Lark Gala - Mildenhall
LonRegPara	London Region Para-Swimming Championships
NationalCounty	National County Teams
NationalMstrs	National Masters Championships
NationalPara	National Para-Swimming Championships
NatJunPara	National Junior Para-Swimming Championships
NewmrktCC	Newmarket Club Championships
NewmrktGala	Newmarket Gala
NewmrktOpen	Newmarket Open Meet
NewmrktMstrs	Newmarket Masters
Nifty50s	Thetford Nifty 50s
NorfMasters	Norfolk Masters
Norwich	Norwich Open Meet
PeterbrOpen	Peterborough Open Meet
RPValves	R P Valves Gala
RichardShaw	Richard Shaw Memorial Gala - March
Saxons	Saxons Gala
SFL	Senior Fenland League
SFLCambr	Senior Fenland League - Cambridge
SFLDiss	Senior Fenland League - Diss
SFLNewmrkt	Senior Fenland League - Newmarket
SFLPeterb	Senior Fenland League - Peterborough
SFLStives	Senior Fenland League - St. Ives
SFLThetford	Senior Fenland League - Thetford
SFLWhittisy	Senior Fenland League - Whittlesey
SFLWisbech	Senior Fenland League - Wisbech
StFelixLDQ	St. Felix Long Distance Qualifier
StwmrktOpen	Stowmarket Gala / Open Meet
Sudbury	Sudbury Gala
SudburyLC	Sudbury Last Chance
SudMasters	Sudbury Masters
SuffCounty	Suffolk County Championships
SuffCountyLD	Suffolk County Long Distance Championships
SuffDevelop	Suffolk Development Championships
SuffSchool	Suffolk School Championships
SuffMasters	Suffolk Masters
SuffSwimabily	Suffolk Swimability Meet (Lowestoft)
ThetfordOpen	Thetford Open Meet
TimeTrial	Mildenhall Time Trials
WendyRead	Wendy Read Novice Gala - Mildenhall
WestRowC	West Row Coaches Gala - Mildenhall
WestNorf	West Norfolk Open Meet (Kings Lynn)
WestSuff	West Suffolk Open Meet (Bury St. Edmunds)
WestSuffLDQ	West Suffolk Long Distance Qualifier (Bury St. Edmunds)
WestSuffMstrs	West Suffolk Masters (Bury St. Edmunds)
WL	Winter League Gala
WLBungay	Winter League - Bungay
WLDeben	Winter League - Deben
WLFelixstow	Winter League - Felixstowe
WLIpswich	Winter League - Ipswich
WLNewmrkt	Winter League - Newmarket
WLStowmrkt	Winter League - Stowmarket
WLSudbury	Winter League - Sudbury
WLThetford	Winter League - Thetford

Abbreviation	Meaning
ST	Split Time (split time from longer race)
CT	Converted Time (from 50m pool)