

## Individual Top Times

### Garioch Amateur Swimming Club [NGHX] Show Long Course Only

Time	P/F/S	Event			
<b>Orla Adams (14) F</b>					
30.36 L	P	50 Free	29/05/2009	No Frills Meet 2009	
30.36 L	F	50 Free	29/05/2009	No Frills Meet 2009	
1:02.28 L S	P	100 Free	29/05/2009	No Frills Meet 2009	
1:02.28 L S	F	100 Free	29/05/2009	No Frills Meet 2009	
2:13.89 L	F	200 Free	08/04/2009	Scottish National Age Group	
4:34.64 L	P	400 Free	25/06/2009	Scottish Gas National Open Swimming Champs	
4:34.64 L	P	400 Free	25/06/2009	Scottish Gas National Open Swimming Champs	
34.77 L S	P	50 Back	25/06/2009	Scottish Gas National Open Swimming Champs	
1:10.53 L	P	100 Back	25/06/2009	Scottish Gas National Open Swimming Champs	
1:10.53 L	P	100 Back	25/06/2009	Scottish Gas National Open Swimming Champs	
2:30.06 L	F	200 Back	08/04/2009	Scottish National Age Group	
34.89 L S	F	50 Breast	08/04/2009	Scottish National Age Group	
1:15.34 L	F	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs	
2:42.08 L	P	200 Breast	16/03/2009	British Championships 2009	
32.50 L S	F	50 Fly	08/04/2009	Scottish National Age Group	
1:14.19 L	F	100 Fly	29/05/2009	No Frills Meet 2009	
2:26.31 L S	F	200 IM	08/04/2009	Scottish National Age Group	
5:12.79 L	F	400 IM	29/05/2009	No Frills Meet 2009	
5:12.79 L	P	400 IM	29/05/2009	No Frills Meet 2009	
<b>Victoria Allan (14) F</b>					
40.23 L S	F	50 Back	13/02/2009	Edinburgh Int Age Group -L1	
1:23.69 L	P	100 Back	13/02/2009	Edinburgh Int Age Group -L1	
2:53.22 L	F	200 Back	13/02/2009	Edinburgh Int Age Group -L1	
50.55 L S	F	50 Breast	13/02/2009	Edinburgh Int Age Group -L1	
1:46.90 L	P	100 Breast	13/02/2009	Edinburgh Int Age Group -L1	
3:45.12 L	F	200 Breast	13/02/2009	Edinburgh Int Age Group -L1	
6:46.45 L	F	400 IM	07/10/2009	Swim Camp Times	
<b>Molly Carlier (13) F</b>					
7:14.41 L	F	400 IM	07/10/2009	Swim Camp Times	
<b>Hannah Craig (14) F</b>					
31.98 L S	F	50 Free	31/01/2009	Scottish Schools Swimming Championships L1	
1:06.32 L	F	100 Free	31/01/2009	Scottish Schools Swimming Championships L1	
2:28.95 L	F	200 Free	26/06/2008	Scottish National Open Championships	
41.54 L S	F	50 Back	03/05/2008	City of Glasgow Open Meet 2008	
1:24.86 L	F	100 Back	03/05/2008	City of Glasgow Open Meet 2008	
39.28 L S	P	50 Breast	25/06/2009	Scottish Gas National Open Swimming Champs	
1:24.91 L	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs	
1:24.91 L	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs	
3:07.39 L	P	200 Breast	08/04/2009	Scottish National Age Group	
35.77 L S	F	50 Fly	03/05/2008	City of Glasgow Open Meet 2008	
1:18.51 L	F	100 Fly	03/05/2008	City of Glasgow Open Meet 2008	
3:03.58 L	F	200 Fly	26/06/2008	Scottish National Open Championships	
2:45.12 L S	P	200 IM	08/04/2009	Scottish National Age Group	
<b>Clara Douglas (14) F</b>					
47.53 L S	P	50 Breast	13/02/2009	Edinburgh Int Age Group -L1	
1:42.28 L	P	100 Breast	13/02/2009	Edinburgh Int Age Group -L1	
3:34.10 L	F	200 Breast	13/02/2009	Edinburgh Int Age Group -L1	
<b>Jemma Grant (12) F</b>					
32.11 L	P	50 Free	29/05/2009	No Frills Meet 2009	
1:10.61 L S	P	100 Free	29/05/2009	No Frills Meet 2009	
2:32.87 L	P	200 Free	29/05/2009	No Frills Meet 2009	
41.69 L S	F	50 Back	13/02/2009	Edinburgh Int Age Group -L1	
1:27.43 L S	F	100 Back	13/02/2009	Edinburgh Int Age Group -L1	
2:58.61 L	F	200 Back	13/02/2009	Edinburgh Int Age Group -L1	
46.89 L S	P	50 Breast	13/02/2009	Edinburgh Int Age Group -L1	
1:35.78 L	P	100 Breast	29/05/2009	No Frills Meet 2009	
36.12 L	P	50 Fly	29/05/2009	No Frills Meet 2009	
1:31.48 L	P	100 Fly	13/02/2009	Edinburgh Int Age Group -L1	
6:01.19 L	F	400 IM	07/10/2009	Swim Camp Times	
<b>Emily Jones (14) F</b>					
28.94 L	P	50 Free	16/03/2009	British Championships 2009	

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Time	P/F/S	Event		
<b>Emily Jones (14) F</b>				
1:00.37 L	F	100 Free	20/02/2009	Celtic Tri Nations
2:08.09 L	F	200 Free	22/07/2009	British Gas ASA National AG Champs Meet
4:26.22 L	F	400 Free	22/07/2009	British Gas ASA National AG Champs Meet
9:20.20 L	P	800 Free	29/05/2009	No Frills Meet 2009
9:20.20 L	F	800 Free	29/05/2009	No Frills Meet 2009
17:42.93 L	F	1500 Free	25/06/2009	Scottish Gas National Open Swimming Champs
34.46 L S	P	50 Back	29/05/2009	No Frills Meet 2009
1:11.42 L	F	100 Back	08/04/2009	Scottish National Age Group
2:32.31 L	P	200 Back	29/05/2009	No Frills Meet 2009
36.63 L S	F	50 Breast	29/05/2009	No Frills Meet 2009
36.63 L S	P	50 Breast	29/05/2009	No Frills Meet 2009
1:18.83 L S	F	100 Breast	08/04/2009	Scottish National Age Group
2:47.72 L S	F	200 Breast	29/05/2009	No Frills Meet 2009
2:47.72 L S	P	200 Breast	29/05/2009	No Frills Meet 2009
30.27 L	P	50 Fly	27/11/2009	Swimcup Eindhoven
1:07.76 L	F	100 Fly	08/04/2009	Scottish National Age Group
2:26.01 L	F	200 Fly	08/04/2009	Scottish National Age Group
2:26.56 L	F	200 IM	31/01/2009	Scottish Schools Swimming Championships L1
5:06.06 L	F	400 IM	27/11/2009	Swimcup Eindhoven
<b>Gemma JONES (17) F</b>				
4:32.15 L	F	400 Free	27/11/2009	Swimcup Eindhoven
<b>Laura Macbrayne (16) F</b>				
40.57 L	P	50 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
40.57 L	P	50 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
1:28.24 L S	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
1:28.24 L S	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
3:06.95 L	P	200 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
3:06.95 L	P	200 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
<b>Rosie Maddock (16) F</b>				
31.73 L	F	50 Free	15/11/2008	Portobello LC Prize Meet - L2
1:07.66 L	F	100 Free	26/05/2007	City of Glasgow Swim Team Open Age Group Meet
2:28.30 L	F	200 Free	26/05/2007	City of Glasgow Swim Team Open Age Group Meet
5:04.53 L	F	400 Free	10/04/2008	Scottish National Age Group
10:32.06 L S	F	800 Free	10/04/2008	Scottish National Age Group
19:47.10 L	F	1500 Free	10/04/2008	Scottish National Age Group
35.91 L	P	50 Back	25/06/2009	Scottish Gas National Open Swimming Champs
35.91 L	P	50 Back	25/06/2009	Scottish Gas National Open Swimming Champs
1:14.94 L	P	100 Back	26/06/2008	Scottish National Open Championships
2:40.23 L	P	200 Back	10/04/2008	Scottish National Age Group
40.25 L S	P	50 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
1:25.58 L	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
1:25.58 L	P	100 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
2:59.52 L	P	200 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
2:59.52 L	P	200 Breast	25/06/2009	Scottish Gas National Open Swimming Champs
31.50 L	P	50 Fly	25/06/2009	Scottish Gas National Open Swimming Champs
31.50 L	P	50 Fly	25/06/2009	Scottish Gas National Open Swimming Champs
1:09.33 L	P	100 Fly	25/06/2009	Scottish Gas National Open Swimming Champs
1:09.33 L	P	100 Fly	25/06/2009	Scottish Gas National Open Swimming Champs
2:36.54 L	P	200 Fly	26/06/2008	Scottish National Open Championships
2:36.35 L	F	200 IM	15/02/2008	Edinburgh Int Age Group - Celtic Tri Nation
5:29.05 L	P	400 IM	25/06/2009	Scottish Gas National Open Swimming Champs
5:29.05 L	P	400 IM	25/06/2009	Scottish Gas National Open Swimming Champs
<b>Beth McIntosh (14) F</b>				
6:50.45 L	F	400 IM	07/10/2009	Swim Camp Times
<b>Hannah Miley (20) F</b>				
27.52 L	P	50 Free	05/12/2008	Dutch Swim Cup
57.45 L	F	100 Free	25/06/2009	Scottish Gas National Open Swimming Champs
1:58.54 L	F	200 Free	25/06/2009	Scottish Gas National Open Swimming Champs
4:10.43 L	F	400 Free	26/06/2008	Scottish National Open Championships
8:40.85 L	F	800 Free	25/06/2009	Scottish Gas National Open Swimming Champs
16:28.06 L	F	1500 Free	26/06/2008	Scottish National Open Championships
29.80 L	F	50 Back	13/02/2009	Edinburgh Int Age Group -L1
1:03.64 L	F	100 Back	05/12/2008	Dutch Swim Cup

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Time	P/F/S	Event			
<b>Hannah Miley (20) F</b>					
2:12.66 L	F	200 Back	26/06/2008	Scottish National Open Championships	
33.33 L	F	50 Breast	13/02/2009	Edinburgh Int Age Group -L1	
1:11.25 L	F	100 Breast	13/02/2009	Edinburgh Int Age Group -L1	
2:26.31 L	F	200 Breast	16/03/2009	British Championships 2009	
28.93 L S	P	50 Fly	26/03/2008	British Swimming Champs 2008	
1:01.14 L	P	100 Fly	26/03/2008	British Swimming Champs 2008	
2:08.24 L	F	200 Fly	16/03/2009	British Championships 2009	
2:09.46 L	S	200 IM	17/07/2009	FINA World Championships	
4:31.33 L	F	400 IM	16/03/2009	British Championships 2009	
<b>Lois Milne (12) F</b>					
33.24 L	F	50 Free	15/11/2008	Portobello LC Prize Meet - L2	
1:10.96 L L	F	100 Free	08/04/2009	Scottish National Age Group	
1:10.96 L L	F	100 Free	08/04/2009	Scottish National Age Group	
2:36.85 L	F	200 Free	15/11/2008	Portobello LC Prize Meet - L2	
5:28.20 L	F	400 Free	15/11/2008	Portobello LC Prize Meet - L2	
38.23 L S	P	50 Back	08/04/2009	Scottish National Age Group	
1:21.34 L S	P	100 Back	08/04/2009	Scottish National Age Group	
2:48.39 L	P	200 Back	08/04/2009	Scottish National Age Group	
49.40 L S	F	50 Breast	15/11/2008	Portobello LC Prize Meet - L2	
1:44.06 L S	F	100 Breast	15/11/2008	Portobello LC Prize Meet - L2	
3:35.93 L	F	200 Breast	15/11/2008	Portobello LC Prize Meet - L2	
41.55 L	F	50 Fly	15/11/2008	Portobello LC Prize Meet - L2	
3:02.64 L	F	200 IM	15/11/2008	Portobello LC Prize Meet - L2	
6:18.66 L	F	400 IM	07/10/2009	Swim Camp Times	
<b>Nicole Mowat (12) F</b>					
38.11 L	F	50 Free	15/11/2008	Portobello LC Prize Meet - L2	
1:23.36 L	P	100 Free	13/02/2009	Edinburgh Int Age Group -L1	
3:00.98 L	F	200 Free	13/02/2009	Edinburgh Int Age Group -L1	
48.64 L S	F	50 Back	13/02/2009	Edinburgh Int Age Group -L1	
1:39.73 L S	F	100 Back	13/02/2009	Edinburgh Int Age Group -L1	
3:21.04 L	F	200 Back	13/02/2009	Edinburgh Int Age Group -L1	
50.92 L S	F	50 Breast	13/02/2009	Edinburgh Int Age Group -L1	
1:47.57 L	F	100 Breast	15/11/2008	Portobello LC Prize Meet - L2	
3:48.36 L	F	200 Breast	13/02/2009	Edinburgh Int Age Group -L1	
6:56.70 L	F	400 IM	07/10/2009	Swim Camp Times	
<b>Sarah Smith (14) F</b>					
35.60 L S	F	50 Free	03/05/2008	City of Glasgow Open Meet 2008	
1:09.00 L L	F	100 Free	08/04/2009	Scottish National Age Group	
1:09.00 L L	F	100 Free	08/04/2009	Scottish National Age Group	
38.94 L S	P	50 Back	08/04/2009	Scottish National Age Group	
1:21.40 L S	P	100 Back	08/04/2009	Scottish National Age Group	
2:46.53 L	P	200 Back	08/04/2009	Scottish National Age Group	
50.98 L S	F	50 Breast	03/02/2007	COGST Graded LC Age Group Meet	
1:47.68 L	F	100 Breast	03/02/2007	COGST Graded LC Age Group Meet	
34.98 L S	P	50 Fly	25/06/2009	Scottish Gas National Open Swimming Champs	
1:15.85 L S	P	100 Fly	25/06/2009	Scottish Gas National Open Swimming Champs	
1:15.85 L S	P	100 Fly	25/06/2009	Scottish Gas National Open Swimming Champs	
2:44.67 L	P	200 Fly	25/06/2009	Scottish Gas National Open Swimming Champs	
2:44.67 L	P	200 Fly	25/06/2009	Scottish Gas National Open Swimming Champs	
5:52.97 L	P	400 IM	25/06/2009	Scottish Gas National Open Swimming Champs	
5:52.97 L	P	400 IM	25/06/2009	Scottish Gas National Open Swimming Champs	
<b>Phoebe Whitehead (15) F</b>					
30.76 L L	F	50 Free	28/06/2007	Scottish National Open Champs 2007	
30.76 L L	F	50 Free	28/06/2007	Scottish National Open Champs 2007	
1:05.13 L	P	100 Free	27/11/2009	Swimcup Eindhoven	
2:18.37 L	P	200 Free	27/11/2009	Swimcup Eindhoven	
4:43.02 L	F	400 Free	08/04/2009	Scottish National Age Group	
9:42.12 L	F	800 Free	27/11/2009	Swimcup Eindhoven	
18:34.26 L	F	1500 Free	25/06/2009	Scottish Gas National Open Swimming Champs	
35.27 L	F	50 Back	15/11/2008	Portobello LC Prize Meet - L2	
1:12.85 L	F	100 Back	15/11/2008	Portobello LC Prize Meet - L2	
2:33.06 L	P	200 Back	08/04/2009	Scottish National Age Group	
42.00 L S	F	50 Breast	29/05/2009	No Frills Meet 2009	

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<b>Time</b>	<b>P/F/S</b>	<b>Event</b>		
<b>Phoebe Whitehead (15) F</b>				
1:30.03 L	F	100 Breast	15/11/2008	Portobello LC Prize Meet - L2
3:16.91 L	F	200 Breast	28/06/2007	Scottish National Open Champs 2007
34.54 L	F	50 Fly	29/05/2009	No Frills Meet 2009
34.54 L	P	50 Fly	29/05/2009	No Frills Meet 2009
1:14.19 L	P	100 Fly	08/04/2009	Scottish National Age Group
2:40.34 L	P	200 Fly	08/04/2009	Scottish National Age Group
2:36.38 L S	P	200 IM	08/04/2009	Scottish National Age Group
5:31.60 L	P	400 IM	26/06/2008	Scottish National Open Championships