
Individual Top Times
Garioch Amateur Swimming Club [NGHX]**Show Long Course Only**

Time	P/F/S	Event			
Ciara Adams (11) F					
37.59 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:21.12 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
45.40 L S	P	50 Back	30/10/2010	Carnegie LC Open Winter Meet	
1:32.94 L	P	100 Back	30/10/2010	Carnegie LC Open Winter Meet	
58.28 L	F	50 Breast	23/10/2010	LC Time Trials	
53.11 L	F	50 Fly	23/10/2010	LC Time Trials	
8:07.60 L	F	400 IM	23/10/2010	LC Time Trials	
Orla Adams (15) F					
29.09 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:02.07 L	F	100 Free	08/04/2010	SNAGS 2010	
2:13.30 L L	F	200 Free	08/04/2010	SNAGS 2010	
4:33.52 L	P	400 Free	29/04/2010	Irish LC Championships	
9:32.85 L	F	800 Free	08/04/2010	SNAGS 2010	
33.27 L S	S	50 Back	22/06/2010	Scottish Gas National LC Open 2010	
1:07.53 L S	S	100 Back	22/06/2010	Scottish Gas National LC Open 2010	
2:21.30 L S	F	200 Back	22/06/2010	Scottish Gas National LC Open 2010	
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	
1:11.82 L S	P	100 Fly	03/08/2010	ASA Youth Championships 2010	
2:45.89 L	F	200 Fly	30/10/2010	Carnegie LC Open Winter Meet	
2:25.14 L	S	200 IM	03/08/2010	ASA Youth Championships 2010	
5:08.10 L	P	400 IM	03/08/2010	ASA Youth Championships 2010	
Ruth Bryce (14) F					
32.99 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:18.18 L	F	100 Free	31/07/2010	Robert & Ruth LC PBs	
2:45.59 L	F	200 Free	31/07/2010	Robert & Ruth LC PBs	
5:50.12 L	F	400 Free	31/07/2010	Robert & Ruth LC PBs	
39.68 L	F	50 Back	23/10/2010	LC Time Trials	
1:27.25 L	F	100 Back	31/07/2010	Robert & Ruth LC PBs	
46.40 L	F	50 Breast	23/10/2010	LC Time Trials	
1:41.95 L	F	100 Breast	31/07/2010	Robert & Ruth LC PBs	
43.90 L	F	50 Fly	23/10/2010	LC Time Trials	
1:42.03 L	F	100 Fly	31/07/2010	Robert & Ruth LC PBs	
6:30.00 L	F	400 IM	23/10/2010	LC Time Trials	
Molly Carlier (14) F					
36.30 L S	F	50 Free	01/05/2010	COGST Open Age Group	
1:15.86 L	F	100 Free	01/05/2010	COGST Open Age Group	
2:43.57 L	F	200 Free	01/05/2010	COGST Open Age Group	
5:43.25 L S	F	400 Free	01/05/2010	COGST Open Age Group	
11:43.88 L	F	800 Free	01/05/2010	COGST Open Age Group	
42.87 L S	F	50 Back	01/05/2010	COGST Open Age Group	
1:27.61 L S	F	100 Back	01/05/2010	COGST Open Age Group	
3:04.96 L	F	200 Back	01/05/2010	COGST Open Age Group	
53.32 L S	F	50 Breast	01/05/2010	COGST Open Age Group	
1:52.90 L	F	100 Breast	01/05/2010	COGST Open Age Group	
3:56.36 L	F	200 Breast	01/05/2010	COGST Open Age Group	
44.33 L S	F	50 Fly	01/05/2010	COGST Open Age Group	
1:36.84 L	F	100 Fly	01/05/2010	COGST Open Age Group	
3:15.44 L	F	200 IM	01/05/2010	COGST Open Age Group	
6:48.27 L	F	400 IM	01/05/2010	COGST Open Age Group	
Shannon Crawford (11) F					
35.64 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:19.65 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
2:50.66 L	F	200 Free	30/10/2010	Carnegie LC Open Winter Meet	
41.57 L S	F	50 Back	30/10/2010	Carnegie LC Open Winter Meet	
1:23.18 L	F	100 Back	30/10/2010	Carnegie LC Open Winter Meet	
3:01.15 L	F	200 Back	30/10/2010	Carnegie LC Open Winter Meet	
52.19 L	F	50 Breast	23/10/2010	LC Time Trials	
46.42 L	F	50 Fly	23/10/2010	LC Time Trials	
1:42.67 L S	F	100 Fly	30/10/2010	Carnegie LC Open Winter Meet	

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Time	P/F/S	Event			
Shannon Crawford (11) F					
3:32.90 L	F	200 Fly	30/10/2010	Carnegie LC Open Winter Meet	
3:10.66 L	F	200 IM	30/10/2010	Carnegie LC Open Winter Meet	
7:57.60 L	F	400 IM	23/10/2010	LC Time Trials	
Clara Douglas (15) F					
34.20 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
45.37 L S	P	50 Breast	30/10/2010	Carnegie LC Open Winter Meet	
1:36.94 L	P	100 Breast	30/10/2010	Carnegie LC Open Winter Meet	
3:34.10 L	F	200 Breast	13/02/2009	Edinburgh Int Age Group -L1	
Abbey Freer (12) F					
32.26 L	F	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:14.42 L	F	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
2:45.72 L	F	200 Free	30/10/2010	Carnegie LC Open Winter Meet	
6:25.52 L S	F	400 Free	01/05/2010	COGST Open Age Group	
42.95 L S	P	50 Back	30/10/2010	Carnegie LC Open Winter Meet	
1:26.66 L	P	100 Back	30/10/2010	Carnegie LC Open Winter Meet	
3:09.90 L	F	200 Back	30/10/2010	Carnegie LC Open Winter Meet	
46.22 L S	F	50 Breast	30/10/2010	Carnegie LC Open Winter Meet	
1:39.44 L	F	100 Breast	30/10/2010	Carnegie LC Open Winter Meet	
3:37.12 L	F	200 Breast	30/10/2010	Carnegie LC Open Winter Meet	
42.32 L S	P	50 Fly	30/10/2010	Carnegie LC Open Winter Meet	
1:30.90 L	F	100 Fly	30/10/2010	Carnegie LC Open Winter Meet	
3:30.89 L	F	200 Fly	30/10/2010	Carnegie LC Open Winter Meet	
3:09.42 L	F	200 IM	30/10/2010	Carnegie LC Open Winter Meet	
Chloe Grant (10) F					
38.01 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:24.51 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
3:29.65 L	F	200 Free	01/05/2010	COGST Open Age Group	
49.24 L S	F	50 Back	01/05/2010	COGST Open Age Group	
1:41.80 L S	F	100 Back	01/05/2010	COGST Open Age Group	
58.69 L S	F	50 Breast	01/05/2010	COGST Open Age Group	
2:00.82 L	F	100 Breast	01/05/2010	COGST Open Age Group	
4:30.71 L	F	200 Breast	01/05/2010	COGST Open Age Group	
47.82 L S	F	50 Fly	30/10/2010	Carnegie LC Open Winter Meet	
1:41.84 L	P	100 Fly	30/10/2010	Carnegie LC Open Winter Meet	
5:12.70 L	F	200 IM	23/10/2010	LC Time Trials	
Jemma Grant (13) F					
31.02 L	F	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:05.28 L	F	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
2:21.53 L	P	200 Free	22/06/2010	Scottish Gas National LC Open 2010	
4:52.63 L	F	400 Free	30/10/2010	Carnegie LC Open Winter Meet	
10:25.45 L S	F	800 Free	01/05/2010	COGST Open Age Group	
19:40.25 L	F	1500 Free	01/05/2010	COGST Open Age Group	
37.29 L S	P	50 Back	30/10/2010	Carnegie LC Open Winter Meet	
1:16.45 L	F	100 Back	30/10/2010	Carnegie LC Open Winter Meet	
2:39.17 L S	P	200 Back	22/06/2010	Scottish Gas National LC Open 2010	
42.12 L S	F	50 Breast	13/02/2010	Edinburgh International	
1:29.99 L	F	100 Breast	13/02/2010	Edinburgh International	
3:09.94 L	P	200 Breast	22/06/2010	Scottish Gas National LC Open 2010	
34.76 L S	F	50 Fly	01/05/2010	COGST Open Age Group	
1:16.80 L	F	100 Fly	01/05/2010	COGST Open Age Group	
2:44.07 L	F	200 Fly	29/01/2011	Scottish Schools	
2:41.81 L	F	200 IM	29/01/2011	Scottish Schools	
5:46.39 L	F	400 IM	01/05/2010	COGST Open Age Group	
Hazel Johnston (13) F					
33.78 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:16.21 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
2:52.75 L	F	200 Free	01/05/2010	COGST Open Age Group	
6:09.54 L S	F	400 Free	01/05/2010	COGST Open Age Group	
43.95 L S	P	50 Back	13/02/2010	Edinburgh International	
1:30.80 L	P	100 Back	13/02/2010	Edinburgh International	
3:11.54 L	F	200 Back	01/05/2010	COGST Open Age Group	
49.66 L S	P	50 Breast	13/02/2010	Edinburgh International	
1:43.68 L	F	100 Breast	01/05/2010	COGST Open Age Group	

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Time	P/F/S	Event			
Hazel Johnston (13) F					
3:46.52 L	F	200 Breast	01/05/2010	COGST Open Age Group	
44.84 L S	P	50 Fly	30/10/2010	Carnegie LC Open Winter Meet	
1:36.44 L	P	100 Fly	30/10/2010	Carnegie LC Open Winter Meet	
3:56.33 L S	F	200 Fly	01/05/2010	COGST Open Age Group	
3:20.15 L	F	200 IM	01/05/2010	COGST Open Age Group	
7:21.00 L	F	400 IM	23/10/2010	LC Time Trials	
Emily Jones (15) F					
27.65 L	F	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
59.38 L	S	100 Free	22/06/2010	Scottish Gas National LC Open 2010	
2:04.12 L	F	200 Free	29/01/2011	Scottish Schools	
4:26.22 L	F	400 Free	22/07/2009	British Gas ASA Nationals	
9:18.14 L	F	800 Free	08/04/2010	SNAGS 2010	
17:42.93 L	F	1500 Free	25/06/2009	Scottish Gas National Open Swimming Champs	
34.28 L S	P	50 Back	13/02/2010	Edinburgh International	
1:10.64 L	P	100 Back	13/02/2010	Edinburgh International	
2:27.99 L S	F	200 Back	22/06/2010	Scottish Gas National LC Open 2010	
35.48 L S	S	50 Breast	22/06/2010	Scottish Gas National LC Open 2010	
1:14.00 L	S	100 Breast	03/08/2010	ASA Youth Championships 2010	
2:39.49 L	F	200 Breast	22/06/2010	Scottish Gas National LC Open 2010	
30.27 L	P	50 Fly	27/11/2009	Swimcup Eindhoven	
1:04.97 L	F	100 Fly	22/06/2010	Scottish Gas National LC Open 2010	
2:22.68 L	S	200 Fly	03/08/2010	ASA Youth Championships 2010	
2:18.79 L	F	200 IM	29/01/2011	Scottish Schools	
4:59.40 L	F	400 IM	03/08/2010	ASA Youth Championships 2010	
Josephine Laing (14) F					
35.71 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet	
1:18.54 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet	
2:57.42 L	F	200 Free	01/05/2010	COGST Open Age Group	
6:10.44 L S	F	400 Free	01/05/2010	COGST Open Age Group	
41.35 L S	P	50 Back	30/10/2010	Carnegie LC Open Winter Meet	
1:26.53 L	P	100 Back	30/10/2010	Carnegie LC Open Winter Meet	
3:11.11 L	F	200 Back	01/05/2010	COGST Open Age Group	
47.75 L S	P	50 Breast	30/10/2010	Carnegie LC Open Winter Meet	
1:39.34 L	P	100 Breast	30/10/2010	Carnegie LC Open Winter Meet	
3:39.03 L	F	200 Breast	01/05/2010	COGST Open Age Group	
46.60 L	F	50 Fly	23/10/2010	LC Time Trials	
1:43.89 L	F	100 Fly	01/05/2010	COGST Open Age Group	
7:25.80 L	F	400 IM	23/10/2010	LC Time Trials	
Sophie MCPHEE (11) F					
40.26 L	F	50 Free	23/10/2010	LC Time Trials	
46.17 L	F	50 Back	23/10/2010	LC Time Trials	
51.10 L	F	50 Breast	23/10/2010	LC Time Trials	
49.95 L	F	50 Fly	23/10/2010	LC Time Trials	
4:24.20 L	F	200 IM	23/10/2010	LC Time Trials	
Hannah Miley (21) F					
27.46 L	F	50 Free	30/01/2010	Burns Open Meet	
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	
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	
Nicole Mowat (13) F					

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Time	P/F/S	Event		
Nicole Mowat (13) F				
33.40 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet
1:14.27 L	P	100 Free	30/10/2010	Carnegie LC Open Winter Meet
2:36.68 L L	F	200 Free	08/04/2010	SNAGS 2010
5:25.65 L S	F	400 Free	01/05/2010	COGST Open Age Group
11:15.73 L	F	800 Free	01/05/2010	COGST Open Age Group
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
46.17 L S	P	50 Breast	30/10/2010	Carnegie LC Open Winter Meet
1:38.70 L	P	100 Breast	30/10/2010	Carnegie LC Open Winter Meet
3:33.51 L	F	200 Breast	30/10/2010	Carnegie LC Open Winter Meet
39.56 L S	F	50 Fly	30/10/2010	Carnegie LC Open Winter Meet
1:31.26 L	P	100 Fly	30/10/2010	Carnegie LC Open Winter Meet
3:04.61 L	F	200 IM	30/10/2010	Carnegie LC Open Winter Meet
6:56.70 L	F	400 IM	07/10/2009	Swim Camp Time Trial
Sarah Smith (16) F				
32.05 L	P	50 Free	30/10/2010	Carnegie LC Open Winter Meet
1:07.89 L S	P	100 Free	22/06/2010	Scottish Gas National LC Open 2010
2:25.82 L	P	200 Free	22/06/2010	Scottish Gas National LC Open 2010
5:10.91 L S	F	400 Free	01/05/2010	COGST Open Age Group
10:30.71 L	F	800 Free	01/05/2010	COGST Open Age Group
36.03 L S	P	50 Back	08/04/2010	SNAGS 2010
1:14.99 L	P	100 Back	08/04/2010	SNAGS 2010
2:39.31 L	P	200 Back	08/04/2010	SNAGS 2010
46.40 L	F	50 Breast	23/10/2010	LC Time Trials
1:47.68 L	F	100 Breast	03/02/2007	COGST Graded LC Age Group Meet
33.64 L S	F	50 Fly	30/10/2010	Carnegie LC Open Winter Meet
1:13.21 L	P	100 Fly	08/04/2010	SNAGS 2010
2:37.76 L	F	200 Fly	29/01/2011	Scottish Schools
2:41.76 L	P	200 IM	22/06/2010	Scottish Gas National LC Open 2010
5:42.89 L	F	400 IM	01/05/2010	COGST Open Age Group
Jessica Thomson (12) F				
32.38 L	F	50 Free	29/01/2011	Scottish Schools
1:13.60 L	F	100 Free	30/10/2010	Carnegie LC Open Winter Meet
2:40.91 L	F	200 Free	30/10/2010	Carnegie LC Open Winter Meet
5:39.50 L	F	400 Free	30/10/2010	Carnegie LC Open Winter Meet
43.27 L S	F	50 Back	30/10/2010	Carnegie LC Open Winter Meet
1:31.05 L	P	100 Back	30/10/2010	Carnegie LC Open Winter Meet
3:04.17 L	F	200 Back	30/10/2010	Carnegie LC Open Winter Meet
48.33 L S	P	50 Breast	30/10/2010	Carnegie LC Open Winter Meet
1:42.69 L S	F	100 Breast	30/10/2010	Carnegie LC Open Winter Meet
3:32.48 L	F	200 Breast	30/10/2010	Carnegie LC Open Winter Meet
40.51 L S	F	50 Fly	30/10/2010	Carnegie LC Open Winter Meet
1:28.20 L	F	100 Fly	30/10/2010	Carnegie LC Open Winter Meet
3:17.56 L	F	200 Fly	30/10/2010	Carnegie LC Open Winter Meet
3:07.65 L	F	200 IM	30/10/2010	Carnegie LC Open Winter Meet