

## Individual Top Times

### Garioch Amateur Swimming Club [NGHX]

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
<b>Female 50 Free</b>						
1	27.46	L	F	Hannah Miley	20	30/01/2010 Burns Open Meet
2	27.65	L	F	Emily Jones	15	30/10/2010 Carnegie LC Open Winter Meet
3	29.09	L	P	Orla Adams	15	30/10/2010 Carnegie LC Open Winter Meet
4	31.02	L	F	Jemma Grant	13	30/10/2010 Carnegie LC Open Winter Meet
5	32.05	L	P	Sarah Smith	15	30/10/2010 Carnegie LC Open Winter Meet
6	32.26	L	F	Abbey Freer	11	30/10/2010 Carnegie LC Open Winter Meet
7	32.38	L	F	Jessica Thomson	12	29/01/2011 Scottish Schools
8	32.99	L	P	Ruth Bryce	14	30/10/2010 Carnegie LC Open Winter Meet
9	33.40	L	P	Nicole Mowat	12	30/10/2010 Carnegie LC Open Winter Meet
10	33.78	L	P	Hazel Johnston	12	30/10/2010 Carnegie LC Open Winter Meet
11	34.20	L	P	Clara Douglas	14	30/10/2010 Carnegie LC Open Winter Meet
12	35.64	L	P	Shannon Crawford	11	30/10/2010 Carnegie LC Open Winter Meet
13	35.71	L	P	Josephine Laing	13	30/10/2010 Carnegie LC Open Winter Meet
14	36.30	L S	F	Molly Carlier	14	01/05/2010 COGST Open Age Group
15	37.59	L	P	Ciara Adams	11	30/10/2010 Carnegie LC Open Winter Meet
16	38.01	L	P	Chloe Grant	10	30/10/2010 Carnegie LC Open Winter Meet
17	40.26	L	F	Sophie MCPHEE	11	23/10/2010 LC Time Trials
<b>Female 100 Free</b>						
1	57.45	L	F	Hannah Miley	19	25/06/2009 Scottish Gas National Open Swimmi
2	59.38	L	S	Emily Jones	14	22/06/2010 Scottish Gas National LC Open 2010
3	1:02.07	L	F	Orla Adams	15	08/04/2010 SNAGS 2010
4	1:05.28	L	F	Jemma Grant	13	30/10/2010 Carnegie LC Open Winter Meet
5	1:07.89	L S	P	Sarah Smith	15	22/06/2010 Scottish Gas National LC Open 2010
6	1:13.60	L	F	Jessica Thomson	11	30/10/2010 Carnegie LC Open Winter Meet
7	1:14.27	L	P	Nicole Mowat	12	30/10/2010 Carnegie LC Open Winter Meet
8	1:14.42	L	F	Abbey Freer	11	30/10/2010 Carnegie LC Open Winter Meet
9	1:15.86	L	F	Molly Carlier	14	01/05/2010 COGST Open Age Group
10	1:16.21	L	P	Hazel Johnston	12	30/10/2010 Carnegie LC Open Winter Meet
11	1:18.18	L	F	Ruth Bryce	14	31/07/2010 Robert & Ruth LC PBs
12	1:18.54	L	P	Josephine Laing	13	30/10/2010 Carnegie LC Open Winter Meet
13	1:19.65	L	P	Shannon Crawford	11	30/10/2010 Carnegie LC Open Winter Meet
14	1:21.12	L	P	Ciara Adams	11	30/10/2010 Carnegie LC Open Winter Meet
15	1:24.51	L	P	Chloe Grant	10	30/10/2010 Carnegie LC Open Winter Meet
<b>Female 200 Free</b>						
1	1:58.54	L	F	Hannah Miley	19	25/06/2009 Scottish Gas National Open Swimmi
2	2:04.12	L	F	Emily Jones	15	29/01/2011 Scottish Schools
3	2:13.30	L L	F	Orla Adams	15	08/04/2010 SNAGS 2010
4	2:21.53	L	P	Jemma Grant	12	22/06/2010 Scottish Gas National LC Open 2010
5	2:25.82	L	P	Sarah Smith	15	22/06/2010 Scottish Gas National LC Open 2010
6	2:36.68	L L	F	Nicole Mowat	12	08/04/2010 SNAGS 2010
7	2:40.91	L	F	Jessica Thomson	11	30/10/2010 Carnegie LC Open Winter Meet
8	2:43.57	L	F	Molly Carlier	14	01/05/2010 COGST Open Age Group
9	2:45.59	L	F	Ruth Bryce	14	31/07/2010 Robert & Ruth LC PBs
10	2:45.72	L	F	Abbey Freer	11	30/10/2010 Carnegie LC Open Winter Meet
11	2:50.66	L	F	Shannon Crawford	11	30/10/2010 Carnegie LC Open Winter Meet
12	2:52.75	L	F	Hazel Johnston	12	01/05/2010 COGST Open Age Group
13	2:57.42	L	F	Josephine Laing	13	01/05/2010 COGST Open Age Group
14	3:29.65	L	F	Chloe Grant	9	01/05/2010 COGST Open Age Group
<b>Female 400 Free</b>						
1	4:10.43	L	F	Hannah Miley	18	26/06/2008 Scottish National Open Championsh
2	4:26.22	L	F	Emily Jones	13	22/07/2009 British Gas ASA Nationals
3	4:33.52	L	P	Orla Adams	15	29/04/2010 Irish LC Championships
4	4:52.63	L	F	Jemma Grant	13	30/10/2010 Carnegie LC Open Winter Meet
5	5:10.91	L S	F	Sarah Smith	15	01/05/2010 COGST Open Age Group
6	5:25.65	L S	F	Nicole Mowat	12	01/05/2010 COGST Open Age Group
7	5:39.50	L	F	Jessica Thomson	11	30/10/2010 Carnegie LC Open Winter Meet
8	5:43.25	L S	F	Molly Carlier	14	01/05/2010 COGST Open Age Group
9	5:50.12	L	F	Ruth Bryce	14	31/07/2010 Robert & Ruth LC PBs
10	6:09.54	L S	F	Hazel Johnston	12	01/05/2010 COGST Open Age Group
11	6:10.44	L S	F	Josephine Laing	13	01/05/2010 COGST Open Age Group
12	6:25.52	L S	F	Abbey Freer	11	01/05/2010 COGST Open Age Group

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	Time	P/F/S	Name	Age/Yr		
<b>Female 800 Free</b>						
1	8:40.85 L	F	Hannah Miley	19	25/06/2009	Scottish Gas National Open Swimmi
2	9:18.14 L	F	Emily Jones	14	08/04/2010	SNAGS 2010
3	9:32.85 L	F	Orla Adams	15	08/04/2010	SNAGS 2010
4	10:25.45 L S	F	Jemma Grant	12	01/05/2010	COGST Open Age Group
5	10:30.71 L	F	Sarah Smith	15	01/05/2010	COGST Open Age Group
6	11:15.73 L	F	Nicole Mowat	12	01/05/2010	COGST Open Age Group
7	11:43.88 L	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
<b>Female 1500 Free</b>						
1	16:28.06 L	F	Hannah Miley	18	26/06/2008	Scottish National Open Championsh
2	17:42.93 L	F	Emily Jones	13	25/06/2009	Scottish Gas National Open Swimmi
3	19:40.25 L	F	Jemma Grant	12	01/05/2010	COGST Open Age Group
<b>Female 50 Back</b>						
1	29.80 L	F	Hannah Miley	19	13/02/2009	Edinburgh Int Age Group -L1
2	33.27 L S	S	Orla Adams	15	22/06/2010	Scottish Gas National LC Open 2010
3	34.28 L S	P	Emily Jones	14	13/02/2010	Edinburgh International
4	36.03 L S	P	Sarah Smith	15	08/04/2010	SNAGS 2010
5	37.29 L S	P	Jemma Grant	13	30/10/2010	Carnegie LC Open Winter Meet
6	39.68 L	F	Ruth Bryce	14	23/10/2010	LC Time Trials
7	41.35 L S	P	Josephine Laing	13	30/10/2010	Carnegie LC Open Winter Meet
8	41.57 L S	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
9	42.87 L S	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
10	42.95 L S	P	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
11	43.27 L S	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
12	43.95 L S	P	Hazel Johnston	12	13/02/2010	Edinburgh International
13	45.40 L S	P	Ciara Adams	11	30/10/2010	Carnegie LC Open Winter Meet
14	46.17 L	F	Sophie MCPHEE	11	23/10/2010	LC Time Trials
15	48.64 L S	F	Nicole Mowat	11	13/02/2009	Edinburgh Int Age Group -L1
16	49.24 L S	F	Chloe Grant	9	01/05/2010	COGST Open Age Group
<b>Female 100 Back</b>						
1	1:03.64 L	F	Hannah Miley	19	05/12/2008	Dutch Swim Cup
2	1:07.53 L S	S	Orla Adams	15	22/06/2010	Scottish Gas National LC Open 2010
3	1:10.64 L	P	Emily Jones	14	13/02/2010	Edinburgh International
4	1:14.99 L	P	Sarah Smith	15	08/04/2010	SNAGS 2010
5	1:16.45 L	F	Jemma Grant	13	30/10/2010	Carnegie LC Open Winter Meet
6	1:23.18 L	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
7	1:26.53 L	P	Josephine Laing	13	30/10/2010	Carnegie LC Open Winter Meet
8	1:26.66 L	P	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
9	1:27.25 L	F	Ruth Bryce	14	31/07/2010	Robert & Ruth LC PBs
10	1:27.61 L S	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
11	1:30.80 L	P	Hazel Johnston	12	13/02/2010	Edinburgh International
12	1:31.05 L	P	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
13	1:32.94 L	P	Ciara Adams	11	30/10/2010	Carnegie LC Open Winter Meet
14	1:39.73 L S	F	Nicole Mowat	11	13/02/2009	Edinburgh Int Age Group -L1
15	1:41.80 L S	F	Chloe Grant	9	01/05/2010	COGST Open Age Group
<b>Female 200 Back</b>						
1	2:12.66 L	F	Hannah Miley	18	26/06/2008	Scottish National Open Championsh
2	2:21.30 L S	F	Orla Adams	15	22/06/2010	Scottish Gas National LC Open 2010
3	2:27.99 L S	F	Emily Jones	14	22/06/2010	Scottish Gas National LC Open 2010
4	2:39.17 L S	P	Jemma Grant	12	22/06/2010	Scottish Gas National LC Open 2010
5	2:39.31 L	P	Sarah Smith	15	08/04/2010	SNAGS 2010
6	3:01.15 L	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
7	3:04.17 L	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
8	3:04.96 L	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
9	3:09.90 L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
10	3:11.11 L	F	Josephine Laing	13	01/05/2010	COGST Open Age Group
11	3:11.54 L	F	Hazel Johnston	12	01/05/2010	COGST Open Age Group
12	3:21.04 L	F	Nicole Mowat	11	13/02/2009	Edinburgh Int Age Group -L1
<b>Female 50 Breast</b>						
1	33.33 L	F	Hannah Miley	19	13/02/2009	Edinburgh Int Age Group -L1
2	34.89 L S	F	Orla Adams	14	08/04/2009	Scottish National Age Group
3	35.48 L S	S	Emily Jones	14	22/06/2010	Scottish Gas National LC Open 2010
4	42.12 L S	F	Jemma Grant	12	13/02/2010	Edinburgh International

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	Time	P/F/S	Name	Age/Yr			
5	45.37	L S	P	Clara Douglas	14	30/10/2010	Carnegie LC Open Winter Meet
6	46.17	L S	P	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
7	46.22	L S	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
8*	46.40	L	F	Ruth Bryce	14	23/10/2010	LC Time Trials
8*	46.40	L	F	Sarah Smith	15	23/10/2010	LC Time Trials
10	47.75	L S	P	Josephine Laing	13	30/10/2010	Carnegie LC Open Winter Meet
11	48.33	L S	P	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
12	49.66	L S	P	Hazel Johnston	12	13/02/2010	Edinburgh International
13	51.10	L	F	Sophie MCPHEE	11	23/10/2010	LC Time Trials
14	52.19	L	F	Shannon Crawford	11	23/10/2010	LC Time Trials
15	53.32	L S	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
16	58.28	L	F	Ciara Adams	11	23/10/2010	LC Time Trials
17	58.69	L S	F	Chloe Grant	9	01/05/2010	COGST Open Age Group
<b>Female 100 Breast</b>							
1	1:11.25	L	F	Hannah Miley	19	13/02/2009	Edinburgh Int Age Group -L1
2	1:14.00	L	S	Emily Jones	14	03/08/2010	ASA Youth Championships 2010
3	1:15.34	L	F	Orla Adams	14	25/06/2009	Scottish Gas National Open Swimmi
4	1:29.99	L	F	Jemma Grant	12	13/02/2010	Edinburgh International
5	1:36.94	L	P	Clara Douglas	14	30/10/2010	Carnegie LC Open Winter Meet
6	1:38.70	L	P	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
7	1:39.34	L	P	Josephine Laing	13	30/10/2010	Carnegie LC Open Winter Meet
8	1:39.44	L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
9	1:41.95	L	F	Ruth Bryce	14	31/07/2010	Robert & Ruth LC PBs
10	1:42.69	L S	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
11	1:43.68	L	F	Hazel Johnston	12	01/05/2010	COGST Open Age Group
12	1:47.68	L	F	Sarah Smith	12	03/02/2007	COGST Graded LC Age Group Mee
13	1:52.90	L	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
14	2:00.82	L	F	Chloe Grant	9	01/05/2010	COGST Open Age Group
<b>Female 200 Breast</b>							
1	2:26.31	L	F	Hannah Miley	19	16/03/2009	British Championships 2009
2	2:39.49	L	F	Emily Jones	14	22/06/2010	Scottish Gas National LC Open 2010
3	2:42.08	L	P	Orla Adams	14	16/03/2009	British Championships 2009
4	3:09.94	L	P	Jemma Grant	12	22/06/2010	Scottish Gas National LC Open 2010
5	3:32.48	L	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
6	3:33.51	L	F	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
7	3:34.10	L	F	Clara Douglas	13	13/02/2009	Edinburgh Int Age Group -L1
8	3:37.12	L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
9	3:39.03	L	F	Josephine Laing	13	01/05/2010	COGST Open Age Group
10	3:46.52	L	F	Hazel Johnston	12	01/05/2010	COGST Open Age Group
11	3:56.36	L	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
12	4:30.71	L	F	Chloe Grant	9	01/05/2010	COGST Open Age Group
<b>Female 50 Fly</b>							
1	28.93	L S	P	Hannah Miley	19	26/03/2008	British Swimming Champs 2008
2	30.27	L	P	Emily Jones	14	27/11/2009	Swimcup Eindhoven
3	32.50	L S	F	Orla Adams	14	08/04/2009	Scottish National Age Group
4	33.64	L S	F	Sarah Smith	15	30/10/2010	Carnegie LC Open Winter Meet
5	34.76	L S	F	Jemma Grant	12	01/05/2010	COGST Open Age Group
6	39.56	L S	F	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
7	40.51	L S	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
8	42.32	L S	P	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
9	43.90	L	F	Ruth Bryce	14	23/10/2010	LC Time Trials
10	44.33	L S	F	Molly Carlier	14	01/05/2010	COGST Open Age Group
11	44.84	L S	P	Hazel Johnston	12	30/10/2010	Carnegie LC Open Winter Meet
12	46.42	L	F	Shannon Crawford	11	23/10/2010	LC Time Trials
13	46.60	L	F	Josephine Laing	13	23/10/2010	LC Time Trials
14	47.82	L S	F	Chloe Grant	10	30/10/2010	Carnegie LC Open Winter Meet
15	49.95	L	F	Sophie MCPHEE	11	23/10/2010	LC Time Trials
16	53.11	L	F	Ciara Adams	11	23/10/2010	LC Time Trials
<b>Female 100 Fly</b>							
1	1:01.14	L	P	Hannah Miley	19	26/03/2008	British Swimming Champs 2008
2	1:04.97	L	F	Emily Jones	14	22/06/2010	Scottish Gas National LC Open 2010
3	1:11.82	L S	P	Orla Adams	15	03/08/2010	ASA Youth Championships 2010
4	1:13.21	L	P	Sarah Smith	15	08/04/2010	SNAGS 2010
5	1:16.80	L	F	Jemma Grant	12	01/05/2010	COGST Open Age Group

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
6	1:28.20 L	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
7	1:30.90 L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
8	1:31.26 L	P	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
9	1:36.44 L	P	Hazel Johnston	12	30/10/2010	Carnegie LC Open Winter Meet
10	1:36.84 L	F	Molly Cartier	14	01/05/2010	COGST Open Age Group
11	1:41.84 L	P	Chloe Grant	10	30/10/2010	Carnegie LC Open Winter Meet
12	1:42.03 L	F	Ruth Bryce	14	31/07/2010	Robert & Ruth LC PBs
13	1:42.67 L S	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
14	1:43.89 L	F	Josephine Laing	13	01/05/2010	COGST Open Age Group
<b>Female 200 Fly</b>						
1	2:08.24 L	F	Hannah Miley	19	16/03/2009	British Championships 2009
2	2:22.68 L	S	Emily Jones	14	03/08/2010	ASA Youth Championships 2010
3	2:37.76 L	F	Sarah Smith	16	29/01/2011	Scottish Schools
4	2:44.07 L	F	Jemma Grant	13	29/01/2011	Scottish Schools
5	2:45.89 L	F	Orla Adams	15	30/10/2010	Carnegie LC Open Winter Meet
6	3:17.56 L	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
7	3:30.89 L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
8	3:32.90 L	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
9	3:56.33 L S	F	Hazel Johnston	12	01/05/2010	COGST Open Age Group
<b>Female 200 IM</b>						
1	2:09.46 L	S	Hannah Miley	19	17/07/2009	FINA World Championships
2	2:18.79 L	F	Emily Jones	15	29/01/2011	Scottish Schools
3	2:25.14 L	S	Orla Adams	15	03/08/2010	ASA Youth Championships 2010
4	2:41.76 L	P	Sarah Smith	15	22/06/2010	Scottish Gas National LC Open 2010
5	2:41.81 L	F	Jemma Grant	13	29/01/2011	Scottish Schools
6	3:04.61 L	F	Nicole Mowat	12	30/10/2010	Carnegie LC Open Winter Meet
7	3:07.65 L	F	Jessica Thomson	11	30/10/2010	Carnegie LC Open Winter Meet
8	3:09.42 L	F	Abbey Freer	11	30/10/2010	Carnegie LC Open Winter Meet
9	3:10.66 L	F	Shannon Crawford	11	30/10/2010	Carnegie LC Open Winter Meet
10	3:15.44 L	F	Molly Cartier	14	01/05/2010	COGST Open Age Group
11	3:20.15 L	F	Hazel Johnston	12	01/05/2010	COGST Open Age Group
12	4:24.20 L	F	Sophie MCPHEE	11	23/10/2010	LC Time Trials
13	5:12.70 L	F	Chloe Grant	10	23/10/2010	LC Time Trials
<b>Female 400 IM</b>						
1	4:31.33 L	F	Hannah Miley	19	16/03/2009	British Championships 2009
2	4:59.40 L	F	Emily Jones	14	03/08/2010	ASA Youth Championships 2010
3	5:08.10 L	P	Orla Adams	15	03/08/2010	ASA Youth Championships 2010
4	5:42.89 L	F	Sarah Smith	15	01/05/2010	COGST Open Age Group
5	5:46.39 L	F	Jemma Grant	12	01/05/2010	COGST Open Age Group
6	6:30.00 L	F	Ruth Bryce	14	23/10/2010	LC Time Trials
7	6:48.27 L	F	Molly Cartier	14	01/05/2010	COGST Open Age Group
8	6:56.70 L	F	Nicole Mowat	11	07/10/2009	Swim Camp Time Trial
9	7:21.00 L	F	Hazel Johnston	12	23/10/2010	LC Time Trials
10	7:25.80 L	F	Josephine Laing	13	23/10/2010	LC Time Trials
11	7:57.60 L	F	Shannon Crawford	11	23/10/2010	LC Time Trials
12	8:07.60 L	F	Ciara Adams	11	23/10/2010	LC Time Trials