

Individual Best Times (All Time)

Katie Matts - (288650) - City of Manchester Aquatics - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:25.06	852	F	25/07/18	British Summer Championships	Sheffield	Stockport Mo	1
2:25.51	844	F	19/04/17	British Swimming Championships 2017	Sheffield	Stockport Mo	1
2:25.58	843	F	17/04/19	British Championships 2019	Glasgow	Stockport Mo	1
2:25.78	840	F	24/07/19	British Summer Championships	Glasgow	Stockport Mo	1
2:25.82	839	S	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:25.82	839	S	07/07/19	2019 World University Games	Napoli, Italy		1
2:25.93	837	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Stockport Mo	1
2:26.07	835	F	27/07/16	British Summer Championships	Sheffield	Stockport Mo	1
2:26.43	828	F	12/02/21	Manchester International Swim Meet	Manchester	Co Manch Aq	1
2:26.50	827	F	17/06/17	Mare Nostrum	Canet, France		1
2:26.54	827	F	26/07/17	British Summer Championships	Sheffield	Stockport Mo	1
2:26.69	824	F	15/04/15	British Championships 2015	London		1
2:26.70	824	F	12/03/21	British Swimming Invitation Meet	Manchester	Co Manch Aq	1
2:27.02	818	H	25/07/18	British Summer Championships	Sheffield	Stockport Mo	1
2:27.09	817	F	13/06/17	Mare Nostrum - Barcelona	Barcelona		1
2:27.20	815	H	15/04/15	British Championships 2015	London		1
2:27.20	815	H	24/07/19	British Summer Championships	Glasgow	Stockport Mo	1
2:27.24	815	H	19/04/17	British Swimming Championships 2017	Sheffield	Stockport Mo	1
2:27.32	813	F	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:27.32	813	F	08/07/19	2019 World University Games	Napoli, Italy		1
2:27.39	812	H	30/08/15	5th World Junior Championships	Singapore		1
2:27.41	812	F	30/08/15	5th World Junior Championships	Singapore		1
2:27.62	808	H	13/06/17	Mare Nostrum - Barcelona	Barcelona		1
2:27.67	808	F	22/01/17	Flanders Speedo Cup 2017	Antwerp, Belgium	Stockport Mo	1
2:27.78	806	F	24/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
2:27.78	806	H	12/02/21	Manchester International Swim Meet	Manchester	Co Manch Aq	1
2:27.87	804	H	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1

2:27.01	804	F	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:27.87	804	S	06/07/19	2019 World University Games	Napoli, Italy		1
2:27.88	804	F	15/12/17	Swim England Winter Championships 2017	Sheffield	Stockport Mo	1
2:27.90	804	H	17/04/19	British Championships 2019	Glasgow	Stockport Mo	1
2:27.94	803	F	13/01/17	Arena Pro Swim Series USA 2017	Austin, USA	Stockport Mo	1
2:27.98	803	F	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:28.03	802	F	30/07/15	British Summer Championships	Sheffield		1
2:28.07	801	F	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:28.18	799	H	12/03/17	Edinburgh International Meet 2017	Edinburgh	Stockport Mo	1
2:28.22	799	H	17/06/17	Mare Nostrum	Canet, France		1
2:28.24	798	F	03/03/18	Edinburgh International Inc British Championships	Edinburgh	Stockport Mo	1
2:28.29	798	F	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
2:28.34	797	H	30/07/15	British Summer Championships	Sheffield		1
2:28.38	796	F	15/04/21	British Swimming Selection Trials 2021	London	Co Manch Aq	1
2:28.54	794	F	13/04/16	British Championships 2016	Glasgow	Stockport Mo	1
2:28.87	788	F	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
2:28.89	788	H	31/05/15	2015 North West Regional Championships	Manchester		1
2:28.98	787	F	19/01/20	Flanders Swimming Cup	Antwerp, Belgium		1
2:29.07	785	H	12/03/21	British Swimming Invitation Meet	Manchester	Co Manch Aq	1
2:29.12	784	H	03/03/18	Edinburgh International Inc British Championships	Edinburgh	Stockport Mo	1
2:29.14	784	H	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Stockport Mo	1
2:29.16	784	H	13/04/16	British Championships 2016	Glasgow	Stockport Mo	1
2:29.24	782	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:29.32	781	H	13/01/17	Arena Pro Swim Series USA 2017	Austin, USA	Stockport Mo	1
2:29.35	781	H	26/07/17	British Summer Championships	Sheffield	Stockport Mo	1
2:29.45	779	H	15/04/21	British Swimming Selection Trials 2021	London	Co Manch Aq	1
2:29.46	779	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
2:29.72	775	H	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:29.84	773	H	19/05/18	2018 SENW Summer Championships	Liverpool	Stockport Mo	1
2:29.85	773	H	22/05/15	Japan Open Meet 2015	Tokyo		1
2:29.88	772		11/06/16	Mare Nostrum - Barcelona	Barcelona	Stockport Mo	1
2:29.88	772	H	27/07/16	British Summer Championships	Sheffield	Stockport Mo	1
2:29.96	771	H	24/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
2:29.97	771	H	25/03/18	Stockport Metro National Qualification Meet 2018	Stockport	Stockport Mo	1
2:29.99	771	H	15/12/17	Swim England Winter Championships 2017	Sheffield	Stockport Mo	1
2:30.02	770	F	10/01/16	Star 2016 organizer KPD zvezda	Slovenia	Stockport Mo	1
2:30.18	768	F	03/11/15	Fina Swimming World Cup 2015- Doha	Doha, Qatar		1
2:30.25	767	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
2:30.29	766	H	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
2:30.45	764	H	19/05/16	European Championships 2016	London		1
2:30.63	761	F	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:30.88	757	H	03/11/15	Fina Swimming World Cup 2015- Doha	Doha, Qatar		1
2:30.92	757	F	07/05/16	Manchester Open Meet 2016	Manchester	Stockport Mo	1
2:30.96	756	F	02/05/15	Manchester Open Meet 2015	Manchester	Stockport Mo	1
2:30.98	756		11/06/16	Mare Nostrum - Barcelona	Barcelona	Stockport Mo	1
2:31.77	744	S	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:31.80	743	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Stockport Mo	1
2:32.23	737	H	07/11/15	Fina World Swimming Cup 2015- Dubai	Dubai		1
2:32.26	737	H	19/01/20	Flanders Swimming Cup	Antwerp, Belgium		1
2:32.39	735	H	22/01/17	Flanders Speedo Cup 2017	Antwerp, Belgium	Stockport Mo	1
2:32.40	735	H	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Stockport Mo	1
2:32.80	729	F	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Stockport Mo	1
2:33.20	723	F	26/07/14	National Youth Team Championships	Portugal		1
2:33.61	717	H	10/01/16	Star 2016 organizer KPD zvezda	Slovenia	Stockport Mo	1

2:33.88	714	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:34.61	704	H	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:34.73	702	F	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:35.98	685	H	26/07/14	National Youth Team Championships	Portugal		1
2:37.82	662	F	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Co Salford	1
2:39.51	641	F	27/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Salford	1
2:39.57	640	H	08/03/14	Lancashire Age Groups & Championships	Manchester	Co Salford	1
2:40.32	631	F	25/07/13	BG ASA National Age Groups 2013	Sheffield	Co Salford	1
2:40.61	628	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Co Salford	1
2:40.61	628	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Co Salford	1
2:41.31	620	H	27/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Salford	1
2:41.44	618	F	23/07/12	BG ASA National Age Groups Championships	Sheffield	Co Salford	1
2:41.60	616	H	25/07/13	BG ASA National Age Groups 2013	Sheffield	Co Salford	1
2:41.75	614	H	23/07/12	BG ASA National Age Groups Championships	Sheffield	Co Salford	1
2:41.86	613	H	16/03/13	Lancashire County Championships	Liverpool	Co Salford	1
2:43.02	600	H	08/03/13	British Gas International 2013	Leeds	Co Salford	1
2:43.24	598	H	07/03/12	British Gas Swimming Championships 2012	London	Co Salford	1
2:43.44	596	H	14/04/12	Radford SC 30th Open Meet	Sheffield	Co Salford	1
2:43.73	592	H	06/10/13	The Robin Hood Open Meet 2013	Sheffield	Co Salford	1
2:43.81	592	F	29/01/12	ASA Northern Zonal Meet	Sheffield	Co Salford	1
2:43.81	592	H	30/06/12	ESSA Inter-Divisional Championships	Liverpool	Co Salford	1
2:44.27	587	H	06/10/12	32nd Robin Hood Open Meet	Sheffield	Co Salford	1
2:44.41	585	H	29/01/12	ASA Northern Zonal Meet	Sheffield	Co Salford	1
2:44.53	584	F	03/06/12	North West Region Age Group Championships	Manchester	Co Salford	1
2:45.16	577	F	22/07/11	British Gas ASA NAG Championships 2011	Sheffield	Co Salford	1
2:45.17	577	H	03/03/12	Lancashire County Championships	Liverpool	Co Salford	1
2:45.30	576	H	03/06/12	North West Region Age Group Championships	Manchester	Co Salford	1
2:46.87	560	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Co Salford	1
2:48.27	546	H	26/03/11	Lancashire County Championships	Liverpool	Co Salford	1
2:48.32	545	H	22/07/11	British Gas ASA NAG Championships 2011	Sheffield	Co Salford	1
2:50.09	528	H	24/04/11	Radford Easter Open Meet	Sheffield	Co Salford	1
2:50.53	524	H	05/06/11	BG North West Region Age Group Championshi	Manchester	Co Salford	1
2:50.86	521	H	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	Co Salford	1
2:50.88	521	F	05/06/11	BG North West Region Age Group Championshi	Manchester	Co Salford	1
2:52.48	507	F	22/01/11	City of Liverpool Winter Distance Meet	Liverpool	Co Salford	1
2:54.01	493	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Co Salford	1
2:54.74	487	F	29/07/10	British Gas Nat Age Grps	Sheffield	Co Salford	1
2:57.33	466	H	29/07/10	British Gas Nat Age Grps	Sheffield	Co Salford	1
2:57.52	465	H	03/10/10	City of Leeds Junior Open	Leeds	Co Salford	1
2:59.75	448	F	06/06/10	BG North West Age Groups	Manchester	Co Salford	1
3:00.64	441	H	13/03/10	Lancashire County Champs	Manchester	Co Salford	1
3:01.19	437	H	09/01/10	City of Derby Long Course	Sheffield	Co Salford	1
3:01.35	436	H	18/12/10	Leeds Christmas Cracker	Leeds	Co Salford	1
3:03.12	423	H	06/06/10	BG North West Age Groups	Manchester	Co Salford	1
3:03.18	423	H	08/05/10	Radford Annual Open Meet	Sheffield	Co Salford	1
3:06.44	401	H	22/11/09	Stockport Metro 15th Mt	Stockport	Co Salford	1
3:07.88	392	H	07/06/09	North West Region Champs	Manchester	Co Salford	1
3:08.14	390	F	07/06/09	North West Region Champs	Manchester	Co Salford	1
3:08.82	386	H	11/10/09	Borough of Stockton Open	Leeds	Co Salford	1
3:11.22	372	H	06/12/09	Co Sheffield Snow Frills	Sheffield	Co Salford	1
3:11.45	370	H	14/03/09	Lancashire County Champs	Manchester	Co Salford	2
3:12.07	367	H	02/05/09	Radford 27th Annual Open	Sheffield	Co Salford	2
3:16.63	342	H	17/01/09	Liverpool Winter Open	Liverpool	Co Salford	2
3:32.36	271	H	09/03/08	Lancashire County Champs	Manchester	Co Salford	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:28.38	796	F	15/04/21	British Swimming Selection Trials 2021	London	Co Manch Aq	1
2:29.45	779	H	15/04/21	British Swimming Selection Trials 2021	London	Co Manch Aq	1
2:26.70	824	F	12/03/21	British Swimming Invitation Meet	Manachester	Co Manch Aq	1
2:29.07	785	H	12/03/21	British Swimming Invitation Meet	Manachester	Co Manch Aq	1
2:26.43	828	F	12/02/21	Manchester International Swim Meet	Manchester	Co Manch Aq	1
2:27.78	806	H	12/02/21	Manchester International Swim Meet	Manchester	Co Manch Aq	1
2:28.07	801	F	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:29.24	782	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:29.14	784	H	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Stockport Mo	1
2:28.98	787	F	19/01/20	Flanders Swimming Cup	Antwerp, Belgium		1
2:32.26	737	H	19/01/20	Flanders Swimming Cup	Antwerp, Belgium		1
2:25.78	840	F	24/07/19	British Summer Championships	Glasgow	Stockport Mo	1
2:27.20	815	H	24/07/19	British Summer Championships	Glasgow	Stockport Mo	1
2:27.32	813	F	08/07/19	2019 World University Games	Napoli, Italy		1
2:25.82	839	S	07/07/19	2019 World University Games	Napoli, Italy		1
2:27.87	804	S	06/07/19	2019 World University Games	Napoli, Italy		1
2:27.32	813	F	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:25.82	839	S	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:27.87	804	H	04/07/19	2019 World University Games	Napoli, Italy	Stockport Mo	1
2:25.58	843	F	17/04/19	British Championships 2019	Glasgow	Stockport Mo	1
2:27.90	804	H	17/04/19	British Championships 2019	Glasgow	Stockport Mo	1
2:28.87	788	F	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
2:30.25	767	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
2:25.06	852	F	25/07/18	British Summer Championships	Sheffield	Stockport Mo	1
2:27.02	818	H	25/07/18	British Summer Championships	Sheffield	Stockport Mo	1
2:29.84	773	H	19/05/18	2018 SENW Summer Championships	Liverpool	Stockport Mo	1
2:29.97	771	H	25/03/18	Stockport Metro National Qualification Meet 2018	Stockport	Stockport Mo	1
2:28.24	798	F	03/03/18	Edinburgh International Inc British Championships	Edinburgh	Stockport Mo	1
2:29.12	784	H	03/03/18	Edinburgh International Inc British Championships	Edinburgh	Stockport Mo	1
2:27.88	804	F	15/12/17	Swim England Winter Championships 2017	Sheffield	Stockport Mo	1
2:29.99	771	H	15/12/17	Swim England Winter Championships 2017	Sheffield	Stockport Mo	1
2:32.80	729	F	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Stockport Mo	1
2:32.40	735	H	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Stockport Mo	1
2:26.54	827	F	26/07/17	British Summer Championships	Sheffield	Stockport Mo	1
2:29.35	781	H	26/07/17	British Summer Championships	Sheffield	Stockport Mo	1
2:26.50	827	F	17/06/17	Mare Nostrum	Canet, France		1
2:28.22	799	H	17/06/17	Mare Nostrum	Canet, France		1
2:27.09	817	F	13/06/17	Mare Nostrum - Barcelona	Barcelona		1
2:27.62	808	H	13/06/17	Mare Nostrum - Barcelona	Barcelona		1
2:25.51	844	F	19/04/17	British Swimming Championships 2017	Sheffield	Stockport Mo	1
2:27.24	815	H	19/04/17	British Swimming Championships 2017	Sheffield	Stockport Mo	1
2:25.93	837	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Stockport Mo	1
2:28.18	799	H	12/03/17	Edinburgh International Meet 2017	Edinburgh	Stockport Mo	1
2:27.67	808	F	22/01/17	Flanders Speedo Cup 2017	Antwerp, Belgium	Stockport Mo	1
2:32.39	735	H	22/01/17	Flanders Speedo Cup 2017	Antwerp, Belgium	Stockport Mo	1
2:27.94	803	F	13/01/17	Arena Pro Swim Series USA 2017	Austin, USA	Stockport Mo	1
2:29.32	781	H	13/01/17	Arena Pro Swim Series USA 2017	Austin, USA	Stockport Mo	1
2:26.07	835	F	27/07/16	British Summer Championships	Sheffield	Stockport Mo	1
2:29.88	772	H	27/07/16	British Summer Championships	Sheffield	Stockport Mo	1
2:29.88	772		11/06/16	Mare Nostrum - Barcelona	Barcelona	Stockport Mo	1

2:30.98	756		11/06/16	Mare Nostrum - Barcelona	Barcelona	Stockport Mo	1
2:30.45	764	H	19/05/16	European Championships 2016	London		1
2:30.92	757	F	07/05/16	Manchester Open Meet 2016	Manchester	Stockport Mo	1
2:28.54	794	F	13/04/16	British Championships 2016	Glasgow	Stockport Mo	1
2:29.16	784	H	13/04/16	British Championships 2016	Glasgow	Stockport Mo	1
2:27.78	806	F	24/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
2:29.96	771	H	24/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
2:30.02	770	F	10/01/16	Star 2016 organizer KPD zvezda	Slovenia	Stockport Mo	1
2:33.61	717	H	10/01/16	Star 2016 organizer KPD zvezda	Slovenia	Stockport Mo	1
2:32.23	737	H	07/11/15	Fina World Swimming Cup 2015- Dubai	Dubai		1
2:30.18	768	F	03/11/15	Fina Swimming World Cup 2015- Doha	Doha, Qatar		1
2:30.88	757	H	03/11/15	Fina Swimming World Cup 2015- Doha	Doha, Qatar		1
2:27.41	812	F	30/08/15	5th World Junior Championships	Singapore		1
2:27.39	812	H	30/08/15	5th World Junior Championships	Singapore		1
2:28.03	802	F	30/07/15	British Summer Championships	Sheffield		1
2:28.34	797	H	30/07/15	British Summer Championships	Sheffield		1
2:29.46	779	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
2:27.98	803	F	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:29.72	775	H	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
2:28.89	788	H	31/05/15	2015 North West Regional Championships	Manchester		1
2:29.85	773	H	22/05/15	Japan Open Meet 2015	Tokyo		1
2:30.96	756	F	02/05/15	Manchester Open Meet 2015	Manchester	Stockport Mo	1
2:26.69	824	F	15/04/15	British Championships 2015	London		1
2:27.20	815	H	15/04/15	British Championships 2015	London		1
2:28.29	798	F	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
2:30.29	766	H	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
2:31.80	743	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Stockport Mo	1
2:34.73	702	F	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:33.88	714	H	07/12/14	ASA North West Region Winter Championships	Liverpool		1
2:30.63	761	F	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:31.77	744	S	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:34.61	704	H	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
2:33.20	723	F	26/07/14	National Youth Team Championships	Portugal		1
2:35.98	685	H	26/07/14	National Youth Team Championships	Portugal		1
2:39.57	640	H	08/03/14	Lancashire Age Groups & Championships	Manchester	Co Salford	1
2:43.73	592	H	06/10/13	The Robin Hood Open Meet 2013	Sheffield	Co Salford	1
2:40.32	631	F	25/07/13	BG ASA National Age Groups 2013	Sheffield	Co Salford	1
2:41.60	616	H	25/07/13	BG ASA National Age Groups 2013	Sheffield	Co Salford	1
2:37.82	662	F	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Co Salford	1
2:40.61	628	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Co Salford	1
2:41.86	613	H	16/03/13	Lancashire County Championships	Liverpool	Co Salford	1
2:43.02	600	H	08/03/13	British Gas International 2013	Leeds	Co Salford	1
2:39.51	641	F	27/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Salford	1
2:41.31	620	H	27/01/13	ASA Northern Region Zonal Competition	Sheffield	Co Salford	1
2:40.61	628	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Co Salford	1
2:44.27	587	H	06/10/12	32nd Robin Hood Open Meet	Sheffield	Co Salford	1
2:41.44	618	F	23/07/12	BG ASA National Age Groups Championships	Sheffield	Co Salford	1
2:41.75	614	H	23/07/12	BG ASA National Age Groups Championships	Sheffield	Co Salford	1
2:43.81	592	H	30/06/12	ESSA Inter-Divisional Championships	Liverpool	Co Salford	1
2:44.53	584	F	03/06/12	North West Region Age Group Championships	Manchester	Co Salford	1
2:45.30	576	H	03/06/12	North West Region Age Group Championships	Manchester	Co Salford	1
2:43.44	596	H	14/04/12	Radford SC 30th Open Meet	Sheffield	Co Salford	1
2:43.24	598	H	07/03/12	British Gas Swimming Championships 2012	London	Co Salford	1
2:45.17	577	H	03/03/12	Lancashire County Championships	Liverpool	Co Salford	1

2:43.81	592	F	29/01/12	ASA Northern Zonal Meet	Sheffield	Co Salford	1
2:44.41	585	H	29/01/12	ASA Northern Zonal Meet	Sheffield	Co Salford	1
2:46.87	560	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Co Salford	1
2:50.86	521	H	01/10/11	Sherwood Colliery Robin Hood Open Meet	Sheffield	Co Salford	1
2:45.16	577	F	22/07/11	British Gas ASA NAG Championships 2011	Sheffield	Co Salford	1
2:48.32	545	H	22/07/11	British Gas ASA NAG Championships 2011	Sheffield	Co Salford	1
2:50.88	521	F	05/06/11	BG North West Region Age Group Championshi	Manchester	Co Salford	1
2:50.53	524	H	05/06/11	BG North West Region Age Group Championshi	Manchester	Co Salford	1
2:50.09	528	H	24/04/11	Radford Easter Open Meet	Sheffield	Co Salford	1
2:48.27	546	H	26/03/11	Lancashire County Championships	Liverpool	Co Salford	1
2:52.48	507	F	22/01/11	City of Liverpool Winter Distance Meet	Liverpool	Co Salford	1
2:54.01	493	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Co Salford	1
3:01.35	436	H	18/12/10	Leeds Christmas Cracker	Leeds	Co Salford	1
2:57.52	465	H	03/10/10	City of Leeds Junior Open	Leeds	Co Salford	1
2:54.74	487	F	29/07/10	British Gas Nat Age Grps	Sheffield	Co Salford	1
2:57.33	466	H	29/07/10	British Gas Nat Age Grps	Sheffield	Co Salford	1
2:59.75	448	F	06/06/10	BG North West Age Groups	Manchester	Co Salford	1
3:03.12	423	H	06/06/10	BG North West Age Groups	Manchester	Co Salford	1
3:03.18	423	H	08/05/10	Radford Annual Open Meet	Sheffield	Co Salford	1
3:00.64	441	H	13/03/10	Lancashire County Champs	Manchester	Co Salford	1
3:01.19	437	H	09/01/10	City of Derby Long Course	Sheffield	Co Salford	1
3:11.22	372	H	06/12/09	Co Sheffield Snow Frills	Sheffield	Co Salford	1
3:06.44	401	H	22/11/09	Stockport Metro 15th Mt	Stockport	Co Salford	1
3:08.82	386	H	11/10/09	Borough of Stockton Open	Leeds	Co Salford	1
3:08.14	390	F	07/06/09	North West Region Champs	Manchester	Co Salford	1
3:07.88	392	H	07/06/09	North West Region Champs	Manchester	Co Salford	1
3:12.07	367	H	02/05/09	Radford 27th Annual Open	Sheffield	Co Salford	2
3:11.45	370	H	14/03/09	Lancashire County Champs	Manchester	Co Salford	2
3:16.63	342	H	17/01/09	Liverpool Winter Open	Liverpool	Co Salford	2
3:32.36	271	H	09/03/08	Lancashire County Champs	Manchester	Co Salford	2