

56.30	703	H	24/07/19	British Summer Championships	Glasgow	Lboro Uni	1
56.40	765	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Lboro Uni	1
56.43	764	H	17/04/19	British Championships 2019	Glasgow	Lboro Uni	1
56.56	759	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Lboro Uni	1
56.61	757	H	13/04/16	British Championships 2016	Glasgow	Lboro Uni	1
56.63	756	H	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	Lboro Uni	1
56.65	755	H	19/02/17	BUCS Long Course Swimming Championships	Sheffield	Lboro Uni	1
56.66	755	H	29/06/18	Scottish National Open Championships	Tollcross	Lboro Uni	1
56.67	754	F	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Lboro Uni	1
56.74	752	F	01/08/15	British Summer Championships	Sheffield		1
56.76	751		23/07/19	British Summer Championships	Glasgow	Lboro Uni	1
56.76	751	R	28/07/19	British Summer Championships	Glasgow	Lboro Uni	1
56.78	750	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
56.79	750	F	29/06/18	Scottish National Open Championships	Tollcross	Lboro Uni	1
56.81	749	H	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Lboro Uni	1
56.97	743	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Lboro Uni	1
56.97	743	F	05/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1
57.04	740	H	10/03/17	Edinburgh International Meet 2017	Edinburgh	Lboro Uni	1
57.04	740	F	19/06/19	French Open	Chartres		1
57.10	737	F	14/04/15	British Championships 2015	London		1
57.11	737	H	01/08/15	British Summer Championships	Sheffield		1
57.11	737	H	19/06/19	French Open	Chartres		1
57.21	733	F	09/05/15	ASA North East Regional Championships	Sunderland		1
57.21	733	H	30/01/16	Burns Open Meet 2016	Sheffield	Lboro Uni	1
57.22	733	H	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
57.24	732	H	23/06/17	54 Trofeo Internazionale Sette Colli	Rome		1
57.29	730	H	14/04/15	British Championships 2015	London		1
57.33	729	F	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
57.42	725	H	01/07/17	French Open Meet	Chartres, France	Loughborough	1
57.45	724	F	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Bo Kirklees	1
57.48	723	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
57.56	720	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Lboro Uni	1
57.70	715	H	05/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1
57.72	714	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
57.93	706	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Bo Kirklees	1
58.03	703	F	22/02/15	Yorkshire County Championships	Leeds		1
58.06	701	F	01/07/17	French Open Meet	Chartres, France	Loughborough	1
58.68	679	S	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
58.87	673	H	09/05/15	ASA North East Regional Championships	Sunderland		1
58.92	671	F	23/02/14	Yorkshire SA County Championships	Leeds	Bo Kirklees	1
59.04	667	H	31/05/14	City of Sheffield No Frills Meet	Sheffield	Bo Kirklees	1
59.05	667	F	20/12/14	City of Leeds Christmas Meet	Leeds		1
59.12	664	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
59.33	657	H	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Bo Kirklees	1
59.33	657	F	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
59.35	657	H	26/06/14	British Gas International Swimming Meet 2014	Manchester	Bo Kirklees	1
59.41	655	H	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Bo Kirklees	1
59.43	654	F	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Bo Kirklees	1
59.46	653	H	10/04/14	British Gas Championships 2014	Glasgow	Bo Kirklees	1
59.49	652	H	03/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Bo Kirklees	1
59.58	649	F	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Bo Kirklees	1
59.66	646		05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Bo Kirklees	1
59.72	645	H	03/08/13	BG ASA National Youth Championships	Sheffield	Bo Kirklees	1
59.75	644	S	03/08/13	BG ASA National Youth Championships	Sheffield	Bo Kirklees	1

59.83	641	H	20/12/14	City of Leeds Christmas Meet	Leeds		1
59.95	637	H	23/02/14	Yorkshire SA County Championships	Leeds	Bo Kirklees	1
59.98	636	H	24/01/15	Burns Open Meet 2015	Sheffield		1
1:00.12	632	F	27/06/14	British Gas International Swimming Meet 2014	Manchester	Bo Kirklees	1
1:00.22	629	F	21/12/13	Co Leeds Christmas Meet 2013	Leeds	Bo Kirklees	1
1:00.34	625	F	03/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Bo Kirklees	1
1:00.51	620		02/07/16	French Open Championships 2016	Vichy	Loughborough	1
1:00.97	606	H	21/12/13	Co Leeds Christmas Meet 2013	Leeds	Bo Kirklees	1
1:01.06	603	F	04/05/13	ASA North East Youth & Senior Championship	Sunderland	Bo Kirklees	1
1:01.29	596	F	24/02/13	Yorkshire Age Group Championships	Leeds	Bo Kirklees	1
1:01.65	586	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	Bo Kirklees	1
1:01.74	583	H	22/02/15	Yorkshire County Championships	Leeds		1
1:01.88	579	H	04/05/13	ASA North East Youth & Senior Championship	Sunderland	Bo Kirklees	1
1:02.36	566	H	22/12/12	City of Leeds Xmas Grand Prix 2012	Leeds	Bo Kirklees	1
1:02.58	560	F	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Bo Kirklees	1
1:03.02	548	H	07/10/12	32nd Robin Hood Open Meet	Sheffield	Bo Kirklees	1
1:03.05	548	H	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Bo Kirklees	1
1:03.20	544	H	24/02/13	Yorkshire Age Group Championships	Leeds	Bo Kirklees	1
1:03.62	533	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	Bo Kirklees	1
1:03.78	529	H	05/05/12	North East Region Youth & Senior Champs	Sunderland	Bo Kirklees	1
1:03.93	525	F	26/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:04.15	520	F	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:04.42	513	F	31/03/12	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:04.72	506	F	05/05/12	North East Region Youth & Senior Champs	Sunderland	Bo Kirklees	1
1:04.77	505	H	28/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	Bo Kirklees	1
1:05.17	496	H	31/03/12	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:05.25	494	H	26/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.47	489	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Bo Kirklees	1
1:05.52	488	H	28/01/12	ASA Northern Zonal Meet	Sheffield	Bo Kirklees	1
1:05.76	483	F	25/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.78	482	H	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:05.87	480	H	25/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:06.98	457	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Bo Kirklees	1
1:07.09	454	F	27/02/11	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:07.52	446	F	10/04/11	City of Leeds National Qualifying Meet	Leeds	Bo Kirklees	1
1:07.54	445	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Bo Kirklees	1
1:07.56	445	F	26/03/11	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:07.66	443	R	25/07/11	British Gas ASA NAG Championships 2011	Sheffield	Bo Kirklees	1
1:08.19	433	F	05/06/11	BG North East Region Bagcat Championships	Sheffield	Bo Kirklees	1
1:08.26	431	H	05/06/11	BG North East Region Bagcat Championships	Sheffield	Bo Kirklees	1
1:08.31	431	H	30/01/11	North & North West Zonal Competition	Sheffield	Bo Kirklees	1
1:08.33	430	H	08/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	Bo Kirklees	1
1:08.42	428	H	26/03/11	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:08.46	428	F	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:08.76	422	H	10/04/11	City of Leeds National Qualifying Meet	Leeds	Bo Kirklees	1
1:08.97	418	H	27/02/11	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:09.01	418	H	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:11.55	375	H	06/06/10	BG North East Bagcats	Sheffield	Bo Kirklees	1
1:12.19	365	F	06/06/10	BG North East Bagcats	Sheffield	Bo Kirklees	1
1:12.79	356	F	11/04/10	City of Leeds Nat Qual Meet	Leeds	Bo Kirklees	1
1:13.91	340	H	11/04/10	City of Leeds Nat Qual Meet	Leeds	Bo Kirklees	1
1:15.24	322	F	28/02/10	Yorkshire County Champs	Leeds	Bo Kirklees	1
1:15.27	322	H	28/02/10	Yorkshire County Champs	Leeds	Bo Kirklees	1
1:19.23	276	H	30/05/09	Sheffield No Frills Meet	Sheffield	Bo Kirklees	1

1:19.53	273	H	07/06/09	ASNER Bagcat Championship	Sheffield	Bo Kirklees	1
1:20.83	260		16/05/09	City of Manchester Open	Manchester	Bo Kirklees	1
1:23.45	236	H	11/05/08	SportsAid Open Meet	Leeds	Bo Kirklees	1
1:25.74	217	H	19/01/08	Rotherham Metro A B Meet	Sheffield	Bo Kirklees	3
1:33.80	166	H	03/06/07	ASANER Bagcat Champs	Sheffield	Bo Kirklees	1
1:37.04	150	H	21/01/07	Rotherham Metro A B Grade	Sheffield	Bo Kirklees	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
55.88	787	C	06/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
56.00	782	H	05/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
56.00	782	F	15/04/21	British Swimming Selection Trials 2021	London	Lboro Uni	1
55.57	800	H	15/04/21	British Swimming Selection Trials 2021	London	Lboro Uni	1
56.81	749	H	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Lboro Uni	1
56.76	751	R	28/07/19	British Summer Championships	Glasgow	Lboro Uni	1
55.85	788	F	24/07/19	British Summer Championships	Glasgow	Lboro Uni	1
56.30	769	H	24/07/19	British Summer Championships	Glasgow	Lboro Uni	1
55.78	791		23/07/19	British Summer Championships	Glasgow	Lboro Uni	1
56.76	751		23/07/19	British Summer Championships	Glasgow	Lboro Uni	1
57.04	740	F	19/06/19	French Open	Chartres		1
57.11	737	H	19/06/19	French Open	Chartres		1
56.67	754	F	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Lboro Uni	1
56.56	759	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Lboro Uni	1
56.43	764	H	17/04/19	British Championships 2019	Glasgow	Lboro Uni	1
55.78	791	F	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Lboro Uni	1
56.40	765	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Lboro Uni	1
56.63	756	H	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	Lboro Uni	1
55.71	794	F	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
55.83	789	H	25/07/18	British Summer Championships	Sheffield	Lboro Uni	1
56.79	750	F	29/06/18	Scottish National Open Championships	Tollcross	Lboro Uni	1
56.66	755	H	29/06/18	Scottish National Open Championships	Tollcross	Lboro Uni	1
56.78	750	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
55.09	821	F	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
55.56	801	H	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
55.87	787	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Lboro Uni	1
56.14	776	F	11/01/18	2018 TYR Pro Swim Series	Texas, USA		1
55.90	786	H	11/01/18	2018 TYR Pro Swim Series	Texas, USA		1
54.76	836	F	13/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
55.24	815	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
56.97	743	F	05/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1
57.70	715	H	05/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1
57.33	729	F	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
57.22	733	H	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
54.71	838	R	30/07/17	British Summer Championships	Sheffield		1
55.56	801	F	26/07/17	British Summer Championships	Sheffield	Lboro Uni	1
55.63	798	H	26/07/17	British Summer Championships	Sheffield	Lboro Uni	1
58.06	701	F	01/07/17	French Open Meet	Chatres, France	Loughborough	1
57.42	725	H	01/07/17	French Open Meet	Chatres, France	Loughborough	1
57.24	732	H	23/06/17	54 Trofeo Internazionale Sette Colli	Rome		1
55.40	808	F	19/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
56.28	770	H	19/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
56.09	778	F	10/03/17	Edinburgh International Meet 2017	Edinburgh	Lboro Uni	1
57.04	740	H	10/03/17	Edinburgh International Meet 2017	Edinburgh	Lboro Uni	1

56.19	774	F	19/02/17	BUCS Long Course Swimming Championships	Sheffield	Lboro Uni	1
56.65	755	H	19/02/17	BUCS Long Course Swimming Championships	Sheffield	Lboro Uni	1
57.56	720	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Lboro Uni	1
56.23	772	F	27/07/16	British Summer Championships	Sheffield	Lboro Uni	1
56.27	771	H	27/07/16	British Summer Championships	Sheffield	Lboro Uni	1
1:00.51	620		02/07/16	French Open Championships 2016	Vichy	Loughborough	1
56.11	777	F	13/04/16	British Championships 2016	Glasgow	Lboro Uni	1
56.61	757	H	13/04/16	British Championships 2016	Glasgow	Lboro Uni	1
56.97	743	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Lboro Uni	1
57.21	733	H	30/01/16	Burns Open Meet 2016	Sheffield	Lboro Uni	1
56.74	752	F	01/08/15	British Summer Championships	Sheffield		1
57.11	737	H	01/08/15	British Summer Championships	Sheffield		1
57.72	714	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
57.48	723	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
57.21	733	F	09/05/15	ASA North East Regional Championships	Sunderland		1
58.87	673	H	09/05/15	ASA North East Regional Championships	Sunderland		1
57.10	737	F	14/04/15	British Championships 2015	London		1
57.29	730	H	14/04/15	British Championships 2015	London		1
57.45	724	F	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Bo Kirklees	1
57.93	706	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Bo Kirklees	1
58.03	703	F	22/02/15	Yorkshire County Championships	Leeds		1
1:01.74	583	H	22/02/15	Yorkshire County Championships	Leeds		1
59.98	636	H	24/01/15	Burns Open Meet 2015	Sheffield		1
59.05	667	F	20/12/14	City of Leeds Christmas Meet	Leeds		1
59.83	641	H	20/12/14	City of Leeds Christmas Meet	Leeds		1
59.33	657	F	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
58.68	679	S	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
59.12	664	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
59.66	646		05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Bo Kirklees	1
1:00.12	632	F	27/06/14	British Gas International Swimming Meet 2014	Manchester	Bo Kirklees	1
59.35	657	H	26/06/14	British Gas International Swimming Meet 2014	Manchester	Bo Kirklees	1
59.04	667	H	31/05/14	City of Sheffield No Frills Meet	Sheffield	Bo Kirklees	1
1:00.34	625	F	03/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Bo Kirklees	1
59.49	652	H	03/05/14	ASANER Youth & Senior Championships 2014	Sunderland	Bo Kirklees	1
59.46	653	H	10/04/14	British Gas Championships 2014	Glasgow	Bo Kirklees	1
59.58	649	F	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Bo Kirklees	1
59.33	657	H	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Bo Kirklees	1
58.92	671	F	23/02/14	Yorkshire SA County Championships	Leeds	Bo Kirklees	1
59.95	637	H	23/02/14	Yorkshire SA County Championships	Leeds	Bo Kirklees	1
59.43	654	F	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Bo Kirklees	1
59.41	655	H	25/01/14	Northern Area Zonal Meet 2014	Sheffield	Bo Kirklees	1
1:00.22	629	F	21/12/13	Co Leeds Christmas Meet 2013	Leeds	Bo Kirklees	1
1:00.97	606	H	21/12/13	Co Leeds Christmas Meet 2013	Leeds	Bo Kirklees	1
59.75	644	S	03/08/13	BG ASA National Youth Championships	Sheffield	Bo Kirklees	1
59.72	645	H	03/08/13	BG ASA National Youth Championships	Sheffield	Bo Kirklees	1
1:01.65	586	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	Bo Kirklees	1
1:01.06	603	F	04/05/13	ASA North East Youth & Senior Championship	Sunderland	Bo Kirklees	1
1:01.88	579	H	04/05/13	ASA North East Youth & Senior Championship	Sunderland	Bo Kirklees	1
1:01.29	596	F	24/02/13	Yorkshire Age Group Championships	Leeds	Bo Kirklees	1
1:03.20	544	H	24/02/13	Yorkshire Age Group Championships	Leeds	Bo Kirklees	1
1:02.58	560	F	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Bo Kirklees	1
1:03.05	548	H	26/01/13	ASA Northern Region Zonal Competition	Sheffield	Bo Kirklees	1
1:02.36	566	H	22/12/12	City of Leeds Xmas Grand Prix 2012	Leeds	Bo Kirklees	1
1:03.02	548	H	07/10/12	32nd Robin Hood Open Meet	Sheffield	Bo Kirklees	1

1:03.62	533	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	Bo Kirklees	1
1:04.72	506	F	05/05/12	North East Region Youth & Senior Champs	Sunderland	Bo Kirklees	1
1:03.78	529	H	05/05/12	North East Region Youth & Senior Champs	Sunderland	Bo Kirklees	1
1:04.77	505	H	28/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	Bo Kirklees	1
1:04.42	513	F	31/03/12	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:05.17	496	H	31/03/12	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:03.93	525	F	26/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.25	494	H	26/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.76	483	F	25/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.87	480	H	25/02/12	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:05.52	488	H	28/01/12	ASA Northern Zonal Meet	Sheffield	Bo Kirklees	1
1:04.15	520	F	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:05.78	482	H	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:05.47	489	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Bo Kirklees	1
1:07.66	443	R	25/07/11	British Gas ASA NAG Championships 2011	Sheffield	Bo Kirklees	1
1:08.19	433	F	05/06/11	BG North East Region Bagcat Championships	Sheffield	Bo Kirklees	1
1:08.26	431	H	05/06/11	BG North East Region Bagcat Championships	Sheffield	Bo Kirklees	1
1:06.98	457	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Bo Kirklees	1
1:08.33	430	H	08/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	Bo Kirklees	1
1:07.52	446	F	10/04/11	City of Leeds National Qualifying Meet	Leeds	Bo Kirklees	1
1:08.76	422	H	10/04/11	City of Leeds National Qualifying Meet	Leeds	Bo Kirklees	1
1:07.56	445	F	26/03/11	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:08.42	428	H	26/03/11	City of Sheffield Premier Meet	Sheffield	Bo Kirklees	1
1:07.09	454	F	27/02/11	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:08.97	418	H	27/02/11	Yorkshire County Championships	Leeds	Bo Kirklees	1
1:08.31	431	H	30/01/11	North & North West Zonal Competition	Sheffield	Bo Kirklees	1
1:07.54	445	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Bo Kirklees	1
1:08.46	428	F	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:09.01	418	H	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Bo Kirklees	1
1:12.19	365	F	06/06/10	BG North East Bagcats	Sheffield	Bo Kirklees	1
1:11.55	375	H	06/06/10	BG North East Bagcats	Sheffield	Bo Kirklees	1
1:12.79	356	F	11/04/10	City of Leeds Nat Qual Meet	Leeds	Bo Kirklees	1
1:13.91	340	H	11/04/10	City of Leeds Nat Qual Meet	Leeds	Bo Kirklees	1
1:15.24	322	F	28/02/10	Yorkshire County Champs	Leeds	Bo Kirklees	1
1:15.27	322	H	28/02/10	Yorkshire County Champs	Leeds	Bo Kirklees	1
1:19.53	273	H	07/06/09	ASNER Bagcat Championship	Sheffield	Bo Kirklees	1
1:19.23	276	H	30/05/09	Sheffield No Frills Meet	Sheffield	Bo Kirklees	1
1:20.83	260		16/05/09	City of Manchester Open	Manchester	Bo Kirklees	1
1:23.45	236	H	11/05/08	SportsAid Open Meet	Leeds	Bo Kirklees	1
1:25.74	217	H	19/01/08	Rotherham Metro A B Meet	Sheffield	Bo Kirklees	3
1:33.80	166	H	03/06/07	ASANER Bagcat Champs	Sheffield	Bo Kirklees	1
1:37.04	150	H	21/01/07	Rotherham Metro A B Grade	Sheffield	Bo Kirklees	3