



33.12	662	M	23/03/16	2016 Glasgow International Swim Meet	Glasgow	Newcastle	1
33.14	681	F	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.14	681	F	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.17	679	F	25/07/17	British Summer Championships	Sheffield	Co Sund'land	1
33.18	678	H	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	Newcastle	1
33.18	678	H	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Newcastle	1
33.22	676	H	18/04/17	British Swimming Championships 2017	Sheffield	Co Sund'land	1
33.24	675	C	11/03/17	Edinburgh International Meet 2017	Edinburgh	Co Sund'land	1
33.25	674	F	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	Newcastle	1
33.40	665	F	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	Newcastle	1
33.45	662	H	29/05/17	ASA North East Region Championships	Sunderland	Co Sund'land	1
33.47	661	H	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.47	661	H	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.48	660	F	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
33.58	654	F	26/07/16	British Summer Championships	Sheffield	Co Sund'land	1
33.65	650	F	31/07/15	British Summer Championships	Sheffield		1
33.77	643	H	19/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
33.82	640	H	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
33.96	633	H	31/07/15	British Summer Championships	Sheffield		1
33.98	631	H	26/07/16	British Summer Championships	Sheffield	Co Sund'land	1
33.99	631	F	19/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
34.00	630	F	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
34.02	629	H	01/05/16	ASANER Regional Championships 2016	Sunderland	Co Sund'land	1
34.02	629	H	14/03/20	Edinburgh International	Edinburgh		1
34.15	622	H	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
34.21	619	H	27/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
34.22	618	F	27/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
34.30	614	H	10/05/15	ASA North East Regional Championships	Sunderland		1
34.30	614	F	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
34.35	611	F	28/06/15	Scottish National Open Championships	Glasgow		1
34.37	610	F	23/07/19	British Summer Championships	Glasgow	Newcastle	1
34.43	607	H	17/01/16	City of Sunderland New Year Meet	Sunderland	Co Sund'land	1
34.47	605	F	01/05/16	ASANER Regional Championships 2016	Sunderland	Co Sund'land	1
34.49	604	F	28/02/15	Northumberland & Durham County Championships	Sunderland		1
34.52	602	H	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
34.57	600	F	13/03/15	Edinburgh International 2015	Edinburgh	Co Sund'land	1
34.59	599	F	10/05/15	ASA North East Regional Championships	Sunderland		1
34.61	598	H	28/02/15	Northumberland & Durham County Championships	Sunderland		1
34.65	596	H	13/03/15	Edinburgh International 2015	Edinburgh	Co Sund'land	1
34.86	585	H	28/06/15	Scottish National Open Championships	Glasgow		1
35.33	562	H	31/01/16	Burns Open Meet 2016	Sheffield	Co Sund'land	1
35.55	551	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	Co Sund'land	3
35.71	544	H	25/01/15	Burns Open Meet 2015	Sheffield		1
36.91	493	F	01/02/14	NDSA Championships	Sunderland	South Tyne	1
37.02	488	F	09/03/13	Northumberland & Durham County Champs	Sunderland	South Tyne	1
37.18	482	H	18/05/14	City of Sunderland May Open 2014	Sunderland	South Tyne	1
37.19	482	H	01/02/14	NDSA Championships	Sunderland	South Tyne	1
37.21	481	F	26/01/14	Northern Area Zonal Meet 2014	Sheffield	South Tyne	1
37.29	478	H	26/01/14	Northern Area Zonal Meet 2014	Sheffield	South Tyne	1
37.41	473	H	27/01/13	ASA Northern Region Zonal Competition	Sheffield	South Tyne	1
37.60	466	H	09/03/13	Northumberland & Durham County Champs	Sunderland	South Tyne	1
37.83	457	H	22/12/13	Co Leeds Christmas Meet 2013	Leeds	South Tyne	1
38.32	440	F	27/01/13	ASA Northern Region Zonal Competition	Sheffield	South Tyne	1
38.36	439	F	21/12/13	Co Leeds Christmas Meet 2013	Leeds	South Tyne	1

38.57	432	H	19/05/13	City of Sunderland May Open Meet	Sunderland	South Tyne	1
38.59	431	H	03/11/12	City of Sunderland 2012 Firecracker	Sunderland	South Tyne	1
38.85	422	H	20/05/12	City of Sunderland ASC May Open Meet	Sunderland	South Tyne	1
39.06	416	H	06/11/11	City of Sunderland Firecracker Open Meet	Sunderland	South Tyne	1
39.15	413	H	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	South Tyne	3
39.25	410	H	07/07/12	City of Sunderland Summer Splash	Sunderland	South Tyne	3
39.78	393	H	05/02/12	Northumberland & Durham Championships	Sunderland	South Tyne	1
41.56	345	H	27/03/11	City of Sunderland Spring Meet	Sunderland	South Tyne	3
41.69	342	H	20/02/11	Northumberland & Durham Championships	Sunderland	South Tyne	1
41.96	335	H	27/11/10	Co Sunderland Winter Meet	Sunderland	South Tyne	1
49.06	209	H	10/10/09	Borough of Stockton Open	Leeds	South Tyne	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
34.00	630	F	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
34.52	602	H	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
34.02	629	H	14/03/20	Edinburgh International	Edinburgh		1
33.25	674	F	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	Newcastle	1
33.06	686	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	Newcastle	1
32.57	717	F	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Newcastle	1
33.18	678	H	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Newcastle	1
34.37	610	F	23/07/19	British Summer Championships	Glasgow	Newcastle	1
33.09	684	H	23/07/19	British Summer Championships	Glasgow	Newcastle	1
32.71	708	F	05/05/19	Swim England North East Region Championships (50)	Sheffield	Newcastle	1
32.46	724	H	05/05/19	Swim England North East Region Championships (50)	Sheffield	Newcastle	1
32.20	742	F	16/04/19	British Championships 2019	Glasgow	Newcastle	1
32.33	733	H	16/04/19	British Championships 2019	Glasgow	Newcastle	1
32.77	704	F	16/03/19	Edinburgh International	Edinburgh	Newcastle	1
32.49	722	H	16/03/19	Edinburgh International	Edinburgh	Newcastle	1
33.40	665	F	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	Newcastle	1
32.91	695	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	Newcastle	1
32.72	707	H	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Newcastle	1
32.69	709	F	24/07/18	British Summer Championships	Sheffield	Newcastle	1
32.80	702	H	24/07/18	British Summer Championships	Sheffield	Newcastle	1
32.74	706	F	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Newcastle	1
33.12	682	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Newcastle	1
32.44	726	F	05/05/18	ISF World School Games	Casablanca, Morocco		1
32.88	697	H	05/05/18	ISF World School Games	Casablanca, Morocco		1
33.14	681	F	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.14	681	F	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.47	661	H	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.47	661	H	04/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
33.18	678	H	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	Newcastle	1
32.35	732	F	13/12/17	Swim England Winter Championships 2017	Sheffield	Newcastle	1
32.51	721	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Newcastle	1
33.48	660	F	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
33.82	640	H	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
33.17	679	F	25/07/17	British Summer Championships	Sheffield	Co Sund'land	1
33.10	683	H	25/07/17	British Summer Championships	Sheffield	Co Sund'land	1
32.86	698	F	29/05/17	ASA North East Region Championships	Sunderland	Co Sund'land	1
33.45	662	H	29/05/17	ASA North East Region Championships	Sunderland	Co Sund'land	1
32.50	722	F	18/04/17	British Swimming Championships 2017	Sheffield	Co Sund'land	1
33.22	676	H	18/04/17	British Swimming Championships 2017	Sheffield	Co Sund'land	1

32.93	694	F	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Sund'land	1
33.01	689	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Sund'land	1
33.24	675	C	11/03/17	Edinburgh International Meet 2017	Edinburgh	Co Sund'land	1
32.99	690	H	11/03/17	Edinburgh International Meet 2017	Edinburgh	Co Sund'land	1
32.75	705	F	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Co Sund'land	1
33.09	684	H	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Co Sund'land	1
33.58	654	F	26/07/16	British Summer Championships	Sheffield	Co Sund'land	1
33.98	631	H	26/07/16	British Summer Championships	Sheffield	Co Sund'land	1
34.47	605	F	01/05/16	ASANER Regional Championships 2016	Sunderland	Co Sund'land	1
34.02	629	H	01/05/16	ASANER Regional Championships 2016	Sunderland	Co Sund'land	1
33.99	631	F	19/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
33.77	643	H	19/03/16	City of Sunderland National Qualifier	Sunderland	Co Sund'land	1
34.22	618	F	27/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
34.21	619	H	27/02/16	Northumberland & Durham County Champs	Sunderland	Co Sund'land	1
35.33	562	H	31/01/16	Burns Open Meet 2016	Sheffield	Co Sund'land	1
34.43	607	H	17/01/16	City of Sunderland New Year Meet	Sunderland	Co Sund'land	1
33.65	650	F	31/07/15	British Summer Championships	Sheffield		1
33.96	633	H	31/07/15	British Summer Championships	Sheffield		1
34.35	611	F	28/06/15	Scottish National Open Championships	Glasgow		1
34.86	585	H	28/06/15	Scottish National Open Championships	Glasgow		1
34.30	614	F	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
34.15	622	H	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
34.59	599	F	10/05/15	ASA North East Regional Championships	Sunderland		1
34.30	614	H	10/05/15	ASA North East Regional Championships	Sunderland		1
34.57	600	F	13/03/15	Edinburgh International 2015	Edinburgh	Co Sund'land	1
34.65	596	H	13/03/15	Edinburgh International 2015	Edinburgh	Co Sund'land	1
34.49	604	F	28/02/15	Northumberland & Durham County Championships	Sunderland		1
34.61	598	H	28/02/15	Northumberland & Durham County Championships	Sunderland		1
35.71	544	H	25/01/15	Burns Open Meet 2015	Sheffield		1
35.55	551	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland	Co Sund'land	3
37.18	482	H	18/05/14	City of Sunderland May Open 2014	Sunderland	South Tyne	1
36.91	493	F	01/02/14	NDSA Championships	Sunderland	South Tyne	1
37.19	482	H	01/02/14	NDSA Championships	Sunderland	South Tyne	1
37.21	481	F	26/01/14	Northern Area Zonal Meet 2014	Sheffield	South Tyne	1
37.29	478	H	26/01/14	Northern Area Zonal Meet 2014	Sheffield	South Tyne	1
37.83	457	H	22/12/13	Co Leeds Christmas Meet 2013	Leeds	South Tyne	1
38.36	439	F	21/12/13	Co Leeds Christmas Meet 2013	Leeds	South Tyne	1
38.57	432	H	19/05/13	City of Sunderland May Open Meet	Sunderland	South Tyne	1
37.02	488	F	09/03/13	Northumberland & Durham County Champs	Sunderland	South Tyne	1
37.60	466	H	09/03/13	Northumberland & Durham County Champs	Sunderland	South Tyne	1
38.32	440	F	27/01/13	ASA Northern Region Zonal Competition	Sheffield	South Tyne	1
37.41	473	H	27/01/13	ASA Northern Region Zonal Competition	Sheffield	South Tyne	1
38.59	431	H	03/11/12	City of Sunderland 2012 Firecracker	Sunderland	South Tyne	1
39.25	410	H	07/07/12	City of Sunderland Summer Splash	Sunderland	South Tyne	3
38.85	422	H	20/05/12	City of Sunderland ASC May Open Meet	Sunderland	South Tyne	1
39.78	393	H	05/02/12	Northumberland & Durham Championships	Sunderland	South Tyne	1
39.06	416	H	06/11/11	City of Sunderland Firecracker Open Meet	Sunderland	South Tyne	1
39.15	413	H	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	South Tyne	3
41.56	345	H	27/03/11	City of Sunderland Spring Meet	Sunderland	South Tyne	3
41.69	342	H	20/02/11	Northumberland & Durham Championships	Sunderland	South Tyne	1
41.96	335	H	27/11/10	Co Sunderland Winter Meet	Sunderland	South Tyne	1
49.06	209	H	10/10/09	Borough of Stockton Open	Leeds	South Tyne	1