## **Individual Best Times (All Time)**

Emily Locke - (517199) - Southwold Swimming Club - 50 Breaststroke - Short 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
37.21	443	F	30/01/16	Gloucester County ASA Championships	Gloucester	Southwold	2
37.24	442	F	29/05/16	Southwold May Meet	Gloucester	Southwold	3
37.28	440	F	18/10/15	GCSC Level 2 October Meet	Gloucester	Southwold	2
37.44	435	Н	05/07/15	ASA South West Fast 5 Competition	Gloucester		3
37.52	432	F	24/05/15	Southwold May Meet	Gloucester	Southwold	3
37.74	424	Н	03/07/16	ASA SWR Fast 5 Competitin	Gloucester	Southwold	3
37.82	422	F	08/02/15	Gloucestershire County Championships	Gloucester	Southwold	2
37.85	421	Н	16/11/14	Hereford 25th Anniversary Open Meet	Hereford		3
38.13	411	Н	06/07/14	BG ASA South West Fast 5 Competition	Gloucester	Southwold	3
38.15	411	F	09/02/14	Gloucester County ASA Championships	Gloucester	Southwold	2
38.24	408	Н	02/07/17	ASA SWR Fast 5 Competition	Gloucester	Southwold	3
38.42	402	Н	07/07/13	ASA South West Region Events Age Groups	Gloucester	Southwold	3
39.38	373	Н	17/11/13	City of Hereford Open Meet	Hereford	Southwold	3
39.52	369	F	13/10/13	Southwold SC Club Championships 2013	Gloucester	Southwold	4
39.79	362	Н	10/02/13	Gloucestershire County Champs	Gloucester	Southwold	2
40.53	342	F	12/10/14	Southwold Club Championships	Yate	Southwold	4
40.77	336	F	26/05/13	Southwold SC May Meet	Weston	Southwold	3
41.07	329	Н	30/06/12	British Gas ASA SWR Sprint Comp	Gloucester	Southwold	3
41.19	326	Н	19/02/12	Gloucestershire County Championships	Gloucester	Southwold	2
41.51	319	Н	08/04/12	Weston SC 10th Easter Open Meet	Weston-Super-Mare	Southwold	3
41.95	309	F	27/05/12	Southwold SC May Meet	Hutton Moor	Southwold	3
42.53	296	F	01/10/12	Southwold SC Club Championships 2012	Southwold	Southwold	4
42.66	294	F	01/10/12	Southwold SC Club Championships 2012	Southwold	Southwold	4
43.12	284	Н	12/02/11	Gloucester County Championships	Gloucester	Southwold	2
43.99	268		02/10/11	Gloucester City Open Meet	Gloucester	Southwold	3
45.03	250	F	29/10/11	Southwold SC Club Championships	Southwold	Southwold	4
right 2024	4	Е	10/10/10	Nouvert Vmas Creaker	Maurant	Powered By SPOR	TSYSTEM

40.00	<b>∠</b> 44	г	12/12/10	Newport Amas Gracker	ivewport	Southword	Page 2 / 2
46.17	232		03/10/10	Gloucester Open Meet	Gloucester	Southwold	2
46.68	224	F	27/11/10	Southwold Club Championships	Easton	Southwold	4
47.58	211	Н	04/07/10	ASA SWR Sprint Comp	Gloucester	Southwold	3
49.61	187	Н	04/04/10	Weston Super Mare Easter	Hutton Moor	Southwold	3
50.41	178	Н	19/07/09	Tigersharks Separate Med	Swindon	Southwold	3
51.93	163		24/10/09	Greater Gwent Fast Water	Newport	Southwold	2
52.16	160	F	04/10/09	Southwold Club Champs	Southwold	Southwold	4
52.92	154	Н	31/01/09	Gloucester County Champs	Weston Super Mare	Southwold	2
53.84	146	Н	12/04/09	Weston Super Mare Open	Hutton Moor	Southwold	2

## Swims in Date Order

38.24   408	Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
37.24       442       F       2905/18       Southwold May Meet       Gloucester       Southwold       2         37.21       443       F       3001/16       Gloucester County ASA Championships       Cloucester       Southwold       2         37.24       4405       H       605/715       ASA South West Fast 5 Competition       Cloucester       Southwold       3         37.52       432       F       24/05/15       Southwold May Meet       Gloucester       Southwold       2         37.85       422       F       0802/15       Gloucesters County Championships       Cloucester       Southwold       2         40.53       342       F       12/10/14       Southwold Club Championships       Yate       Southwold       4         40.53       342       F       12/10/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       4         38.15       411       F       06/02/14       Gloucester County ASA Championships       Gloucester       Southwold       2         39.32       373       H       17/11/13       Gloucester       Southwold       2         39.42	38.24	408	Н	02/07/17	ASA SWR Fast 5 Competition	Gloucester	Southwold	3
37.21   443   F   30011/6   Gloucester County ASA Championships   Gloucester   Southwold   2   37.48   440   F   181015   GCSC Level 2 Colabor Meet   Gloucester   Southwold   2   37.44   435   H   05/07/15   ASA South West Fast 5 Competition   Gloucester   Southwold   3   37.52   432   F   24/05/15   Southwold May Meet   Gloucester   Southwold   3   37.85   421   H   16/11/14   Hereford 25th Anniversary Open Meet   Hereford   Southwold   4   4   4   4   4   4   4   4   4	37.74	424	Н	03/07/16	ASA SWR Fast 5 Competitin	Gloucester	Southwold	3
37.28       440       F       18/10/15       GCSC Level 2 October Meet       Gloucester       Southwold       2         37.44       435       H       05/07/15       ASA South West Fast 5 Competition       Gloucester       Southwold       3         37.62       432       F       24/05/15       Southwold May Meet       Gloucester       Southwold       2         37.85       421       H       16/11/14       Hereford County Championships       Gloucester       Southwold       4         40.53       342       F       12/10/14       Southwold Club Championships       Yate       Southwold       4         38.13       411       H       06/07/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         39.35       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       2         39.35       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       3         39.52       399       F       13/10/13       Southwold SC Club Championships 2013       Gloucester       Southwold       3 <td>37.24</td> <td>442</td> <td>F</td> <td>29/05/16</td> <td>Southwold May Meet</td> <td>Gloucester</td> <td>Southwold</td> <td>3</td>	37.24	442	F	29/05/16	Southwold May Meet	Gloucester	Southwold	3
37.44       435       H       0507/15       ASA South West Fast 5 Competition       Gloucester       Southwold       3         37.52       432       F       2405/15       Southwold May Meet       Gloucester       Southwold       2         37.85       421       H       161/11/14       Hereford 25th Anniversary Open Meet       Hereford       3         40.53       342       F       12/10/14       Hereford 25th Anniversary Open Meet       Hereford       3         38.13       411       H       0607/14       Big ASA South West Fast 5 Competition       Gloucester       Southwold       2         39.35       373       H       171/11/3       City of Hereford Open Meet       Hereford       Southwold       2         39.35       389       F       13/10/13       Southwold SC Clab Championships 2013       Gloucester       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC Clab Championships       Gloucester       Southwold       2	37.21	443	F	30/01/16	Gloucester County ASA Championships	Gloucester	Southwold	2
37.52       432       F       24/05/15       Southwold May Meet       Gloucester       Southwold       2         37.82       422       F       08/02/15       Gloucestershire County Championships       Gloucester       Southwold       2         37.85       421       H       H 16/11/H       Hereford Stah Anniversary Open Meet       Hereford       3         40.53       342       F       12/10/H       Southwold Club Championships       Yate       Southwold       4         38.15       411       H       08/07/H       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         39.36       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         39.79       362       H       10/02/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       01/10/12       Southwold SC May Meet       Gloucester       Southwold       Southwold         <	37.28	440	F	18/10/15	GCSC Level 2 October Meet	Gloucester	Southwold	2
37.82       422       F       08/02/15       Gloucestershire County Championships       Gloucester       Southwold       2         37.85       421       H       16/11/14       Hereford 25th Anniversary Open Meet       Hereford       3         40.53       342       F       12/10/14       Southwold Club Championships       Yate       Southwold       4         38.15       411       H       06/07/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       3         39.52       369       F       13/10/13       Southwold SC Club Championships 2013       Claucester       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       366       F       26/05/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       01/10/12       Southwold SC Glub Championships 2012       Southwold       Southwold       4	37.44	435	Н	05/07/15	ASA South West Fast 5 Competition	Gloucester		3
37.85       421       H       16/11/14       Hereford 25th Anniversary Open Meet       Hereford       Southwold       4         40.53       342       F       12/10/14       Southwold Club Championships       Yate       Southwold       3         38.13       4111       H       0.60/7/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       0.1/10/12       Southwold SC Club Championships 2012       Southwold       2         42.56       298       F       0.1/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.97       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3   <	37.52	432	F	24/05/15	Southwold May Meet	Gloucester	Southwold	3
40.53       342       F       12/10/14       Southwold Club Championships       Yate       Southwold       3         38.13       411       H       06/07/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         38.15       411       F       09/02/14       Gloucester County ASA Championships       Gloucester       Southwold       3         39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       3         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       28/05/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       01/10/12       Gloucestershire County Champs       Gloucester       Southwold       4         41.07       329       H       10/02/13       Gloucester Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/05/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold	37.82	422	F	08/02/15	Gloucestershire County Championships	Gloucester	Southwold	2
38.13       411       H       06/07/14       BG ASA South West Fast 5 Competition       Gloucester       Southwold       2         38.15       411       F       09/02/14       Gloucester County ASA Championships       Gloucester       Southwold       2         39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       3         39.79       362       H       10/02/13       Gloucesterhier County Champs       Gloucester       Southwold       2         42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold	37.85	421	Н	16/11/14	Hereford 25th Anniversary Open Meet	Hereford		3
38.15       411       F       09/02/14       Gloucester County ASA Championships       Gloucester       Southwold       3         39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       28/05/13       Southwold SC May Meet       Weston       Southwold       3         39.79       362       H       10/02/13       Gloucestershire County Champs       Gloucester       Southwold       2         42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       3006/142       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.19       309       F       27/05/12       Southwold SC Club Championships       Gloucester       Southwold       3         41.19       36       H       1902/12       Gloucester Southwold       3       3	40.53	342	F	12/10/14	Southwold Club Championships	Yate	Southwold	4
39.38       373       H       17/11/13       City of Hereford Open Meet       Hereford       Southwold       4         39.52       369       F       13/10/13       Southwold SC Club Championships 2013       Gloucester       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         42.66       294       F       01/10/12       Southwold SC May Meet       Hutton Moor       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.91       326       H       19/02/12       Gloucester       Hutton Moor       Southwold       3 <tr< td=""><td>38.13</td><td>411</td><td>Н</td><td>06/07/14</td><td>BG ASA South West Fast 5 Competition</td><td>Gloucester</td><td>Southwold</td><td>3</td></tr<>	38.13	411	Н	06/07/14	BG ASA South West Fast 5 Competition	Gloucester	Southwold	3
39.52       369       F       13/10/13       Southwold SC Club Championships 2013       Gloucester       Southwold       4         38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       2         42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         42.66       294       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       3006/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.19       326       H       19/02/12       Gloucester Depn Meet       Weston-Super-Mare       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Gloucester       Southwold	38.15	411	F	09/02/14	Gloucester County ASA Championships	Gloucester	Southwold	2
38.42       402       H       07/07/13       ASA South West Region Events Age Groups       Gloucester       Southwold       3         40.77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       2         39.79       362       H       10/02/13       Gloucestershire County Champs       Gloucester       Southwold       4         42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         42.66       294       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.51       319       H       08/04/12       Weston SC 10th Easter Open Meet       Weston-Super-Mare       Southwold       3         41.19       326       H       19/02/12       Gloucesterine County Championships       Gloucester       Southwold       2         43.99       268       02/10/11       Southwold SC Club Championships       Gloucester       Southwold	39.38	373	Н	17/11/13	City of Hereford Open Meet	Hereford	Southwold	3
40,77       336       F       26/05/13       Southwold SC May Meet       Weston       Southwold       3         39,79       362       H       10/02/13       Gloucestershire County Champs       Gloucester       Southwold       2         42,53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         42,66       294       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR SyR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.19       326       H       19/02/12       Gloucester Open Meet       Weston-Super-Mare       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       3         43.12       284       H       12/02/11       Gloucester City Open Meet       Gloucester       Southwold       2	39.52	369	F	13/10/13	Southwold SC Club Championships 2013	Gloucester	Southwold	4
39.79   362	38.42	402	Н	07/07/13	ASA South West Region Events Age Groups	Gloucester	Southwold	3
42.53       296       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         42.66       294       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.51       319       H       08/04/12       Weston SC 10th Easter Open Meet       Weston-Super-Mare       Southwold       3         41.19       326       H       19/02/12       Gloucester County Championships       Gloucester       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       3         43.12       284       H       12/02/11       Gloucester City Open Meet       Gloucester       Southwold       2         45.35       244       F       12/11/10       Newport Xmas Cracker       Newport       Southwold       <	40.77	336	F	26/05/13	Southwold SC May Meet	Weston	Southwold	3
42.66       294       F       01/10/12       Southwold SC Club Championships 2012       Southwold       Southwold       4         41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.51       319       H       08/04/12       Weston SC 10th Easter Open Meet       Weston-Super-Mare       Southwold       3         41.93       326       H       19/02/12       Gloucester Southy Championships       Gloucester       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       4         43.99       268       02/10/11       Gloucester Cluby Championships       Gloucester       Southwold       3         43.12       284       H       12/02/11       Gloucester County Championships       Gloucester       Southwold       2         45.35       244       F       12/12/10       Newport Xmas Cracker       Newport       Southwold       4 <td>39.79</td> <td>362</td> <td>Н</td> <td>10/02/13</td> <td>Gloucestershire County Champs</td> <td>Gloucester</td> <td>Southwold</td> <td>2</td>	39.79	362	Н	10/02/13	Gloucestershire County Champs	Gloucester	Southwold	2
41.07       329       H       30/06/12       British Gas ASA SWR Sprint Comp       Gloucester       Southwold       3         41.95       309       F       27/05/12       Southwold SC May Meet       Hutton Moor       Southwold       3         41.91       319       H       08/04/12       Weston SC 10th Easter Open Meet       Weston-Super-Mare       Southwold       3         41.19       326       H       19/02/12       Gloucestershire County Championships       Gloucester       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       3         43.99       268       02/10/11       Gloucester City Open Meet       Gloucester       Southwold       3         43.12       284       H       12/02/11       Gloucester County Championships       Gloucester       Southwold       2         45.35       244       F       12/11/10       Newport Xmas Cracker       Newport       Southwold       4         46.68       224       F       27/11/10       Southwold Club Championships       Easton       Southwold       2	42.53	296	F	01/10/12	Southwold SC Club Championships 2012	Southwold	Southwold	4
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41.51       319       H       08/04/12       Weston SC 10th Easter Open Meet       Weston-Super-Mare       Southwold       3         41.19       326       H       19/02/12       Gloucestershire County Championships       Gloucester       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       3         43.99       268       02/10/11       Gloucester City Open Meet       Gloucester       Southwold       3         43.12       284       H       12/02/11       Gloucester County Championships       Gloucester       Southwold       2         45.35       244       F       12/12/10       Newport Xmas Cracker       Newport       Southwold       4         46.68       224       F       27/11/10       Southwold Club Championships       Easton       Southwold       4         47.58       211       H       04/07/10       ASA SWR Sprint Comp       Gloucester       Southwold       3         49.61       187       H       04/04/10       Weston Super Mare Easter       Hutton Moor       Southwold       3         <	41.07	329	Н	30/06/12	British Gas ASA SWR Sprint Comp	Gloucester	Southwold	3
41.19       326       H       19/02/12       Gloucestershire County Championships       Gloucester       Southwold       2         45.03       250       F       29/10/11       Southwold SC Club Championships       Southwold       Southwold       4         43.99       268       02/10/11       Gloucester City Open Meet       Gloucester       Southwold       2         43.12       284       H       12/02/11       Gloucester County Championships       Gloucester       Southwold       2         45.35       244       F       12/12/10       Newport Xmas Cracker       Newport       Southwold       4         46.68       224       F       27/11/10       Southwold Club Championships       Easton       Southwold       4         46.17       232       03/10/10       Gloucester Open Meet       Gloucester       Southwold       2         47.58       211       H       04/07/10       ASA SWR Sprint Comp       Gloucester       Southwold       3         49.61       187       H       04/04/10       Weston Super Mare Easter       Hutton Moor       Southwold       2         52.16       160	41.95	309	F	27/05/12	Southwold SC May Meet	Hutton Moor	Southwold	3
45.03     250     F     29/10/11     Southwold SC Club Championships     Southwold     Southwold     4       43.99     268     02/10/11     Gloucester City Open Meet     Gloucester     Southwold     3       43.12     284     H     12/02/11     Gloucester County Championships     Gloucester     Southwold     2       45.35     244     F     12/12/10     Newport Xmas Cracker     Newport     Southwold     4       46.68     224     F     27/11/10     Southwold Club Championships     Easton     Southwold     4       46.17     232     03/10/10     Gloucester Open Meet     Gloucester     Southwold     2       47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     3	41.51	319	Н	08/04/12	Weston SC 10th Easter Open Meet	Weston-Super-Mare	Southwold	3
43.99     268     02/10/11     Gloucester City Open Meet     Gloucester     Southwold     3       43.12     284     H     12/02/11     Gloucester County Championships     Gloucester     Southwold     2       45.35     244     F     12/12/10     Newport Xmas Cracker     Newport     Southwold     4       46.68     224     F     27/11/10     Southwold Club Championships     Easton     Southwold     4       46.17     232     03/10/10     Gloucester Open Meet     Gloucester     Southwold     2       47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     4       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     2       53.	41.19	326	Н	19/02/12	Gloucestershire County Championships	Gloucester	Southwold	2
43.12     284     H     12/02/11     Gloucester County Championships     Gloucester     Southwold     2       45.35     244     F     12/12/10     Newport Xmas Cracker     Newport     Southwold     4       46.68     224     F     27/11/10     Southwold Club Championships     Easton     Southwold     4       46.17     232     03/10/10     Gloucester Open Meet     Gloucester     Southwold     2       47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     3       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     3       53.84     146     H     12/04/09     Weston Super Mare Open     Hutton Moor     Southwold     2 <td>45.03</td> <td>250</td> <td>F</td> <td>29/10/11</td> <td>Southwold SC Club Championships</td> <td>Southwold</td> <td>Southwold</td> <td>4</td>	45.03	250	F	29/10/11	Southwold SC Club Championships	Southwold	Southwold	4
45.35       244       F       12/12/10       Newport Xmas Cracker       Newport       Southwold       4         46.68       224       F       27/11/10       Southwold Club Championships       Easton       Southwold       4         46.17       232       03/10/10       Gloucester Open Meet       Gloucester       Southwold       2         47.58       211       H       04/07/10       ASA SWR Sprint Comp       Gloucester       Southwold       3         49.61       187       H       04/04/10       Weston Super Mare Easter       Hutton Moor       Southwold       3         51.93       163       24/10/09       Greater Gwent Fast Water       Newport       Southwold       2         52.16       160       F       04/10/09       Southwold Club Champs       Southwold       Southwold       4         50.41       178       H       19/07/09       Tigersharks Separate Med       Swindon       Southwold       3         53.84       146       H       12/04/09       Weston Super Mare Open       Hutton Moor       Southwold       2	43.99	268		02/10/11	Gloucester City Open Meet	Gloucester	Southwold	3
46.68     224     F     27/11/10     Southwold Club Championships     Easton     Southwold     4       46.17     232     03/10/10     Gloucester Open Meet     Gloucester     Southwold     2       47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     4       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     3       53.84     146     H     12/04/09     Weston Super Mare Open     Hutton Moor     Southwold     2	43.12	284	Н	12/02/11	Gloucester County Championships	Gloucester	Southwold	2
46.17     232     03/10/10     Gloucester Open Meet     Gloucester     Southwold     2       47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     4       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     3       53.84     146     H     12/04/09     Weston Super Mare Open     Hutton Moor     Southwold     2	45.35	244	F	12/12/10	Newport Xmas Cracker	Newport	Southwold	4
47.58     211     H     04/07/10     ASA SWR Sprint Comp     Gloucester     Southwold     3       49.61     187     H     04/04/10     Weston Super Mare Easter     Hutton Moor     Southwold     3       51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     4       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     3       53.84     146     H     12/04/09     Weston Super Mare Open     Hutton Moor     Southwold     2	46.68	224	F	27/11/10	Southwold Club Championships	Easton	Southwold	4
49.61       187       H       04/04/10       Weston Super Mare Easter       Hutton Moor       Southwold       3         51.93       163       24/10/09       Greater Gwent Fast Water       Newport       Southwold       2         52.16       160       F       04/10/09       Southwold Club Champs       Southwold       Southwold       4         50.41       178       H       19/07/09       Tigersharks Separate Med       Swindon       Southwold       3         53.84       146       H       12/04/09       Weston Super Mare Open       Hutton Moor       Southwold       2	46.17	232		03/10/10	Gloucester Open Meet	Gloucester	Southwold	2
51.93     163     24/10/09     Greater Gwent Fast Water     Newport     Southwold     2       52.16     160     F     04/10/09     Southwold Club Champs     Southwold     Southwold     4       50.41     178     H     19/07/09     Tigersharks Separate Med     Swindon     Southwold     3       53.84     146     H     12/04/09     Weston Super Mare Open     Hutton Moor     Southwold     2	47.58	211	Н	04/07/10	ASA SWR Sprint Comp	Gloucester	Southwold	3
52.16       160       F       04/10/09       Southwold Club Champs       Southwold       Southwold       4         50.41       178       H       19/07/09       Tigersharks Separate Med       Swindon       Southwold       3         53.84       146       H       12/04/09       Weston Super Mare Open       Hutton Moor       Southwold       2	49.61	187	Н	04/04/10	Weston Super Mare Easter	Hutton Moor	Southwold	3
50.41       178       H       19/07/09       Tigersharks Separate Med       Swindon       Southwold       3         53.84       146       H       12/04/09       Weston Super Mare Open       Hutton Moor       Southwold       2	51.93	163		24/10/09	Greater Gwent Fast Water	Newport	Southwold	2
53.84 146 H 12/04/09 Weston Super Mare Open Hutton Moor Southwold 2	52.16	160	F	04/10/09	Southwold Club Champs	Southwold	Southwold	4
	50.41	178	Н	19/07/09	Tigersharks Separate Med	Swindon	Southwold	3
52.92 154 H 31/01/09 Gloucester County Champs Weston Super Mare Southwold 2	53.84	146	Н	12/04/09	Weston Super Mare Open	Hutton Moor	Southwold	2
	52.92	154	Н	31/01/09	Gloucester County Champs	Weston Super Mare	Southwold	2

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