

Name	20m	25m	40m	50m	60m	100m	200m	IM 4x40m	IM 4x25m	
Open										
Julia Laws	11.30	15.26	24.31	31.76	38.99	1.07.89	2.28.44	2.14.83	1.26.24	
Nikki Wintringham	18.21		30.75	38.86	51.91	1.30.61		2.54.65		
Amelia Howat	11.99	19.28	25.09	33.87	58.26	1.16.72		2.33.44		
15 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x40m	IM 4x25m	
Rachel Curnow	11.83	16.63	24.90	31.58	43.06	1.11.21	2.42.72	2.21.98	1.23.34	
Katie Quinn	11.99	16.77	26.73	33.96	42.90	1.15.47	2.56.09	2.23.48		
Emily Kendra	13.29		27.98	34.76	46.22	1.21.60	2.57.29	2.33.34	1.28.00	
14 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x40m	IM 4x25m	
Heather Briggs	14.24	17.81	29.18	37.54	48.65	1.28.55	3.18.89	2.51.79	1.41.55	
Heather Curnow	12.14	16.45	25.62	34.54	42.89	1.16.27	2.54.56	2.32.80	1.27.49	
Beth Edward	13.25		31.44			1.27.17		2.46.08		
13 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x40m	IM 4x25m	
Lucy Bowes	15.02	19.15	29.94	42.38	58.96	1.33.12	3.30.91			
Megan Briggs	15.25	18.09	30.36	39.40	53.25	1.32.88	4.39.88	2.52.50		
Lucy Eade	13.24	17.43	27.35	35.46	45.43	1.16.81	2.56.50	2.38.29		
Chloe Huffington	14.47	17.00	30.93	45.50	52.70	1.29.04		2.54.63		
Charlotte Palmer	12.22	18.45	28.48	36.92	46.62	1.19.23	2.56.43	2.28.91	1.28.59	
12 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x40m	IM 4x25m	
Kirsty Salmon	12.97	19.10	27.87	36.00	45.10	1.19.95	2.57.50	2.38.73	1.34.01	
Alice Willoughby	13.50	17.75	29.62	39.01	49.50	1.29.36	4.08.83	2.41.56	1.45.25	
Nikkia Rand	13.56	18.64	30.95	38.61	51.64	1.32.17		2.48.54		
Bethany Young	14.98	19.96	33.45	41.97	57.33	1.46.25		2.48.27	1.37.97	
Catherine Mellor	16.63	21.45	39.73		58.48	1.35.88		3.16.65		
11 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x20m	IM 4x25m	IM 4x40m
Katie Hopwood	14.40	18.54	33.49	40.87	50.05			1.22.01	1.48.75	
Lauren Owen	16.56	22.00	40.45		1.02.52			1.37.58		
Emily Stephenson	16.93	20.76	41.09		59.41		3.57.70	1.38.06		
Fran Lyon	14.80	18.36	33.14		52.06		3.28.28	1.31.65		
Ashley Harrower	15.87	21.20	41.78		54.20			1.29.81		
Claire Briggs	15.28	19.87	36.58	43.96	55.64		3.40.36	1.23.45		
Caroline Foot	18.43		47.34		1.12.21			1.54.53		
Caitlin Kingston	14.59	17.18	29.73	41.52	51.99		3.33.75	1.17.92	1.45.89	
Charlotte Albone	16.90		42.63		1.03.04		4.03.64			
10 Years	20m	25m	40m	50m	60m	100m	200m	IM 4x20m	IM 4x25m	IM 4x40m
Gabriella Cameron	15.51	19.99	37.30	44.37	53.99		3.34.53	1.30.04		
Katrina Stanton	14.10	18.17	33.48	39.15	49.41	1.33.59	3.28.87	1.16.67	1.40.34	2.52.61
Natalie Wragg	14.28	18.45	37.46	43.76	51.48		5.08.85	1.25.01		
Yasmin Reeve	17.45	25.38	41.30		1.02.04			1.38.27		
Bryony Lewis Ogden	18.97		47.82		1.12.54			1.54.09		
Elizabeth Snook	21.37		55.71		1.22.24					
Eloise Dyer	19.55		49.58		1.13.28			1.50.53		
9's and under	20m	25m	40m	50m	60m	100m	200m	IM 4x20m	IM 4x25m	
Emma Hamilton	17.80	23.53	43.50	52.58	1.04.65			1.41.62		
Rheanna Reeve	18.96	25.64	51.83		1.16.52			1.59.07		
Isobel Sinclair	17.85	26.91	50.00		1.09.94			1.48.66		
Natasha Durie	16.29	24.25	38.58		1.01.93			1.43.22		
Abbie Pickering	18.39	22.57	41.26		1.01.31		4.17.52	1.46.34		
Helena Walker	16.67	19.93	40.31		58.25		4.11.39	1.38.73		
Holly Coop	19.02		45.62		1.08.10					
Laura Elliott-White (8)	16.76	25.01	40.68		1.02.99		4.06.07	2.30.73		
Aimee Hopwood (8)	19.48		45.03		1.10.34					
Tilly Rennison (8)	15.34		35.87		52.27		3.25.39	1.22.44		
Hannah Stanton (8)	16.30	22.41	39.98		57.94		3.55.94	1.33.52		
Rebecca Mardall (8)	23.34		52.21		1.18.47			2.06.04		
Imogen Lewis Ogden (8)					1.31.60			1.39.38		
Olivia Pickering (8)					1.26.68			2.08.24		

Name	20m	25m	40m	50m	60m	100m	200m
Open							
Julia Laws	15.51	35.14	35.32	44.80	55.12	1.35.68	3.24.63
Nikki Wintringham	24.33				1.08.77	2.02.01	
Amelia Howat	16.06	26.41	33.81	43.33	57.46	1.37.37	
15 Years							
	20m	25m	40m	50m	60m	100m	200m
Rachel Curnow	16.05	23.96	35.14	46.73	57.79	1.33.30	3.41.48
Katie Quinn	15.83	23.53	36.10	44.45	58.98	1.35.45	3.42.83
Emily Kendra	17.95		38.46	47.63	1.02.68	1.41.91	3.44.66
14 Years							
	20m	25m	40m	50m	60m	100m	200m
Heather Briggs	16.55	21.05	34.24	44.35	56.64	1.38.41	3.30.12
Heather Curnow	15.72	20.89	34.25	43.87	55.11	1.37.24	3.46.53
Beth Edwards	16.78		39.23			1.45.87	
13 Years							
	20m	25m	40m	50m	60m	100m	200m
Lucy Bowes	23.31	24.50	47.10		1.17.17	1.56.17	3.57.70
Megan Briggs	18.79	24.00			1.09.67	1.54.70	4.57.78
Lucy Eade	16.77	22.33	34.52	47.61	58.99	1.43.51	3.44.80
Chloe Huffington	17.96	22.35	37.08	47.60	59.11	1.44.20	3.48.54
Charlotte Palmer	15.04	19.46	32.40	41.61	54.00	1.30.99	3.12.81
12 Years							
	20m	25m	40m	50m	60m	100m	200m
Kirsty Salmon	17.97		43.06		1.06.93	1.55.50	3.58.67
Alice Willoughby	18.17	23.40	40.11	51.97	1.01.60	1.53.62	4.43.42
Nikkia Rand	18.46	24.29	38.08	48.67	1.04.14	1.51.70	
Bethany Young	16.94	22.60	36.27	45.05	1.00.85	1.41.34	3.28.47
Catherine Mellor	22.84		54.47		1.19.14		
11 Years							
	20m	25m	40m	50m	60m	100m	200m
Katie Hopwood	18.31	24.25	43.36	52.09	1.04.80		
Lauren Owen	20.57	26.60	45.56		1.06.37		5.46.98
Emily Stephenson	21.45	27.18	51.00		1.15.61		
Fran Lyon	20.97	27.30	47.80		1.09.40		
Ashley Harrower	22.16	27.23	55.80		1.13.68		
Claire Briggs	19.71	24.33	43.72	55.76	1.06.77		4.07.13
Caroline Foot	27.30		1.32.38		1.36.80		
Caitlin Kingston	19.73	24.57	40.49	53.66	1.04.87		3.53.51
Charlotte Albone	24.59				1.20.40		
10 Years							
	20m	25m	40m	50m	60m	100m	200m
Gabriella Cameron	20.50	29.00	47.76		1.12.77		4.28.31
Katrina Stanton	18.80	25.05	40.19	49.99	1.02.47	1.55.23	3.47.21
Natalie Wragg	20.75	25.44	47.11	53.12	1.05.92		
Yasmin Reeve	21.25	28.42	50.22		1.10.18		4.33.26
Bryony Lewis Ogden	25.47				1.27.73		
Elizabeth Snook	30.19				1.37.43		
Eloise Dyer	23.53				1.21.92		
9's and under							
	20m	25m	40m	50m	60m	100m	200m
Emma Hamilton	23.40	34.36		1.03.90	1.19.05		4.38.32
Rheanna Reeve	23.35	30.10	1.01.62		1.20.64		
Isobel Sinclair	24.25	34.31	1.03.00		1.18.57		
Natasha Durie	20.75				1.17.78		
Abbie Pickering	25.93				1.29.38		5.19.70
Helena Walker	24.20	30.76			1.24.56		
Holly Coop	22.48				1.18.00		
Laura Elliott-White (8)	21.86				1.12.77		
Aimee Hopwood (8)	22.62		53.28		1.20.60		
Tilly Rennison (8)	20.11		45.19		1.07.92		4.09.46
Hannah Stanton (8)	22.19		50.81		1.18.62		
Rebecca Mardall (8)	29.30				1.34.91		
Imogen Lewis Ogden (8)					1.59.32		
Olivia Pickering (8)					1.57.38		

Back stroke

Pocklington Dolphins Girls Personal Best Times

Name	20m	25m	40m	50m	60m	100m	200m
Open							
Julia Laws	14.82	22.37	32.23	40.50	48.90	1.22.30	3.10.80
Nikki Wintringham	21.47		38.14		1.02.23	1.47.53	
Amelia Howat	14.45		31.63		50.07	1.29.00	
15 Years							
Rachel Curnow	14.22	23.72	29.86	37.26	46.75	1.22.37	3.10.19
Katie Quinn	14.10	21.49	29.17	38.43	47.20	1.20.06	3.06.66
Emily Kendra	15.22		31.16	40.43	53.90	1.28.40	3.06.45
14 Years							
Heather Briggs	17.77		36.25	47.02	57.78	1.41.93	3.27.17
Heather Curnow	14.50	23.16	29.17	40.37	50.20	1.26.94	3.15.96
Beth Edwards	18.24		41.08				
13 Years							
Lucy Bowes	20.83	23.43	35.65		1.04.71	1.44.70	
Megan Briggs	20.85	26.46		55.05	1.09.03	1.52.13	
Lucy Eade	16.92	21.75	35.50	46.74	56.20	1.33.25	3.21.86
Chloe Huffington	18.97	23.72	37.69	49.95	1.04.03	1.42.18	4.14.44
Charlotte Palmer	14.49	19.51	32.25	40.62	52.34	1.28.17	3.08.57
12 Years							
Kirsty Salmon	16.34	23.10	33.38	41.95	53.58	1.32.73	3.19.31
Alice Willoughby	16.82	21.32	34.50	44.04	53.58	1.35.96	4.22.53
Nikkia Rand	18.56	24.10	37.74	49.06	1.06.10	1.57.70	
Bethany Young	18.39		40.62	47.96	1.07.52	1.46.88	
Catherine Mellor	24.61				1.20.70	2.10.11	
11 Years							
Katie Hopwood	18.45	24.51	41.70	51.82	1.02.03		
Lauren Owen	21.68				1.13.35		
Emily Stephenson	21.85	25.98	49.62		1.06.48		
Fran Lyon	18.34	22.54	40.64		1.02.60		3.49.56
Ashley Harrower	22.82		51.62		1.10.83		
Claire Briggs	19.14	25.26	42.74		1.06.89		4.03.61
Caroline Foot	22.80				1.24.07		
Caitlin Kingston	18.90		41.62	50.84	1.00.55		3.43.02
Charlotte Albone	23.15				1.26.95		
10 Years							
Gabriella Cameron	20.06	25.28	45.81	54.14	1.06.97		4.07.43
Katrina Stanton	18.22	22.72	38.11	46.53	55.93	1.47.42	3.30.00
Natalie Wragg	17.14	21.13	41.54	48.25	1.01.37		
Yasmin Reevell	21.83				1.17.77		
Bryony Lewis Ogden	23.15				1.21.41		
Elizabeth Snook	24.59						
Eloise Dyer	22.70				1.15.43		
9's and under							
Emma Hamilton	20.54		52.58		1.11.07		
Rheanna Reevell	24.56				1.27.38		
Isobel Sinclair	22.62						
Natasha Durie	19.08		48.92		1.11.48		
Abbie Pickering	20.73				1.11.67		4.12.13
Helena Walker	20.78				1.11.88		
Holly Coop	24.60				1.16.16		
Laura Elliott-White (8)	21.32	26.70	51.90		1.12.63		
Aimee Hopwood (8)	21.00				1.10.64		
Tilly Rennison (8)	18.78		40.32		58.58		3.45.69
Hannah Stanton (8)	18.28	23.55	43.94		58.53		4.01.89
Rebecca Mardall (8)	29.06				1.26.51		
Imogen Lewis Ogden (8)							
Olivia Pickering (8)					1.19.92		

Name	20m	25m	40m	50m	60m	100m	200m
Open							
Julia Laws	11.69	18.36	26.22	33.55	43.94	1.23.46	3.29.98
Nikki Wintringham	23.09				57.44	1.51.61	
Amelia Howat	14.15	22.84	33.18	40.47	1.14.13	1.40.13	
15 Years							
	20m	25m	40m	50m	60m	100m	200m
Rachel Curnow	13.39	19.64	30.36	38.72	56.72	1.34.29	3.34.64
Katie Quinn	13.16	26.44	29.52	38.55	51.75	1.28.18	4.37.87
Emily Kendra	14.20		29.93	37.93	53.31	1.29.23	3.23.63
14 Years							
	20m	25m	40m	50m	60m	100m	200m
Heather Briggs	19.05		42.84		1.09.05	2.06.12	
Heather Curnow	13.59	18.14	28.59	39.98	54.53	1.35.06	
Beth Edwards							
13 Years							
	20m	25m	40m	50m	60m	100m	200m
Lucy Bowes	23.38				1.19.94		3.49.81
Megan Briggs	16.20	20.11	33.72	57.61	1.10.20	1.57.46	
Lucy Eade	17.57	21.85	37.87		1.04.24	1.52.90	
Chloe Huffington	18.97	24.78	42.25		1.14.00	1.59.74	4.58.49
Charlotte Palmer	15.52	22.18	35.25	43.76	55.95	1.42.62	3.32.64
12 Years							
	20m	25m	40m	50m	60m	100m	200m
Kirsty Salmon	15.72	23.58	33.53	43.14	57.75	1.42.00	
Alice Willoughby	16.60			1.02.67	59.86	1.54.78	
Nikkia Rand	17.74	23.62		52.22	1.12.21	1.58.19	
Bethany Young	17.23				1.12.14	1.51.51	
Catherine Mellor	26.00					2.31.87	
11 Years							
	20m	25m	40m	50m	60m	100m	200m
Katie Hopwood	17.88	22.05		55.71	1.05.87		
Lauren Owen	21.82				1.31.18		
Emily Stephenson	23.67				1.14.01		
Fran Lyon	19.40	21.55			1.14.34		
Ashley Harrower	20.71	21.97			1.17.31		
Claire Briggs	19.03				1.07.06		
Caroline Foot	23.90				1.34.79		
Caitlin Kingston	16.90	20.61		45.16	58.94		
Charlotte Albone	22.49				1.25.42		
10 Years							
	20m	25m	40m	50m	60m	100m	200m
Gabriella Cameron	22.51	25.51			1.11.76		
Katrina Stanton	16.35	20.60		47.60	59.76	1.52.50	3.57.98
Natalie Wragg	18.28	28.10		58.03	1.06.42		
Yasmin Reeve	23.86				1.18.77		
Bryony Lewis Ogden	28.53				1.41.81		
Elizabeth Snook	32.09				1.49.70		
Eloise Dyer	28.99						
9's and under							
	20m	25m	40m	50m	60m	100m	200m
Emma Hamilton	23.76				1.18.60		
Rheanna Reeve	26.14				1.47.84		
Isobel Sinclair	27.86				1.37.55		
Natasha Durie	20.69				1.30.67		
Abbie Pickering	26.15				1.34.41		
Helena Walker	20.27	27.22			1.18.51		
Holly Coop	24.02						
Laura Elliott-White (8)	21.05						
Tilly Rennison (8)	17.27				1.18.30		
Hannah Stanton (8)	19.22	27.99			1.34.69		5.39.74
Rebecca Mardall (8)	31.82						
Imogen Lewis Ogden (8)	35.08						
Olivia Pickering (8)	31.76						