

| <i>Lane one</i>   |    |      |        | <b>HR</b> | <b>50</b> | <b>100</b> | <b>150</b> | <b>200</b> | <b>Drop</b> | <b>100<br/>29/10</b> | <b>100</b> | <b>200</b> | <b>Drop</b> |
|-------------------|----|------|--------|-----------|-----------|------------|------------|------------|-------------|----------------------|------------|------------|-------------|
| Sam Webber        | 14 | Sea  | 2.10   | 189       | 32        | 37         | 38         | 2.23       | 5secs       | 71                   | 71         | 2.23.5     | even        |
| Joseph Orritt     | 17 | Sals | 2.14   | 210       | 31        | 34         | 35         | 2.17       | 6secs       | 65                   | 70         | 2.15.7     | 5secs       |
| Adam Davidson     | 15 | Sals | 2.05   | 190       | 31        | 34         | 35         | 2.14       | 4secs       | 64                   | 65         | 2.09       | 1sec        |
| Gemma Currie      | 15 | Sals | 2.13.5 | 190       |           | 72         |            | 2.26       | 4secs       | 68                   | 71         | 2.19.01    | 3secs       |
| Sam Greenslade    | 13 | Sals | 2.16   | 200       | 33        | 36         | 37         | 2.22       | 3secs       | 70.4                 | 75.2       | 2.18.1     | 4.8secs     |
| Hannah Drewett    | 16 | Sals | 2.18   | 200       | 31        | 34         | 34         | 2.15       | 5secs       | 65.8                 | 69.6       | 2.15.4     | 3.8secs     |
| Jack McGarry      | 15 | LBSC | 2.18   | 200       |           |            |            |            |             | 72                   | 72         | 2.25.1     | Nil         |
| Lucy Gregory      | 15 | LBSC | 2.15   | 200       | 33        | 38         | 38         | 2.27       | 5secs       | 69                   | 70         | 2.19.05    | 1sec        |
| <i>Lane 2</i>     |    |      |        |           |           |            |            |            |             |                      |            |            |             |
| Alice Talbot      | 13 | Sea  | 2.20   | 190       | 35        | 36         | 36         | 2.25       | 1 sec       |                      |            |            |             |
| Isy Frampton      | 14 | Sea  | 2.24   | 200       | 37        | 40         | 40         | 2.37       | 2 secs      |                      |            |            |             |
| Gabby Pountney    | 14 | Sals | 64.6   | 200       | 34        | 36         | 36         | 2.23       | 3secs       | 70                   | 73         | 2.23.89    | 3secs       |
| Emma Irvine       | 15 | LBSC | 2.25   | 190       | 35        | 39         | 39         | 2.28       | Even        | 70                   | 75         | 2.25.5     | 5           |
| Nikkie Pike       | 16 | LBSC | 2.18   | 200       | 35        | 39         | 39         | 2.30       | 2secs       |                      |            |            |             |
| Natasha Pike      | 14 | LBSC | 2.20   | 192       | 34        | 39         | 40         | 2.31       | 5secs       | 70                   | 73         | 2.23       | 3secs       |
| Jenny Wiltshire   | 13 | Durr | 2.29   | 200       |           |            |            |            |             | 72.4                 | 77.4       | 2.29.8     | 5secs       |
| Charle Elderfield |    |      | 2.29   | 1         |           |            |            |            |             | 79                   | 80         | 2.37.76    | 1sec        |
| <i>Lane 3</i>     |    |      |        |           |           |            |            |            |             |                      |            |            |             |
| Peter Talbot      | 12 | Sea  | 2.30   | 200       | 38        | 44         | ???        | 2.45       | 1 sec       |                      |            |            |             |
| Rachel Awcock     | 12 | Sea  | 2.40   | 180       | 39        | 42         | 43         | 2.45       | 3secs       |                      |            |            |             |
| Louise Davidson   | 14 | Sals | 2.31   | 200       | 35        | 41         | 43         | 2.42       | 9secs       | 76.04                | 79.4       | 2.35.5     | 3.3secs     |
| Virginia Baker    | 12 | Sals | 2.41   | 180       | 38        | 45         | 45         | 2.52       | 4secs       | 80.6                 | 83.9       | 2.44.5     | 3.3secs     |
| Jess Davis        | 13 | Sals | 2.30   | 170?      | 40        | 45         | 45         | 2.54       | 4secs       | 81                   | 86         | 2.47.3     | 5secs       |
| Joe McGarry       | 13 | LBSC | 2.34   | 186       |           |            |            |            |             |                      |            |            |             |
| Harry Wears       | 12 | LBSC | 2.42   | 180       | 38        | 42         | 42         | 2.44       | 4secs       | 79.7                 | 79         | 2.38.7     | Even        |
| James Chapman     | 12 | Durr | 2.29   | 180       |           |            |            |            |             | 78.9                 | 83         | 2.41.8     | 4.1secs     |
| <i>Lane 4</i>     |    |      |        |           |           |            |            |            |             |                      |            |            |             |
| Sophie Godden     | 11 | Sea  | 2.48   |           |           |            |            |            |             |                      |            |            |             |
| Leana Galton      | 11 | Sea  | 2.48   |           |           |            |            |            |             | 82                   | 83         | 2.45       | 1sec        |
| Alex field        | 12 | Sea  | 2.44   | 180       | 40        | 45         | 45         | 2.55       | 5secs       | 79                   | 82         | 2.41.3     | 3secs       |
| Jasmine House     | 10 | Sea  | 2.44   |           |           |            |            |            |             |                      |            |            |             |
| Cerys Orritt      | 15 | Sals | 2.45   | 198       | 39        | 41         | 42         | 2.43       | 4secs       | 76                   | 83         | 2.40.8     | 7secs       |
| Josh Marshall     | 13 | Sals | 2.47   |           | 39        | 48         | 47         | 2.59       | 5sec        | 82.1                 | 85         | 2.47.2     | 3secs       |
| Clare Southon     | 10 | Sals | 2.43   | 180       | 39        | 43         | 46         | 2.42       | 5secs       | 81                   | 85         | 2.46       | 4secs       |
| Phoebe Wing       | 10 | Sals | 2.51   |           |           |            |            |            |             | 83                   | 83         | 2.47.5     | Even        |

**Red type = improved time compared to beginning of week &/or better drop off.**

**Blue = p.b or within 2 secs of p.b**

**18 swimmers achieved 1 of these  
13 achieved 2 of them  
6 achieved all 3 of these criteria**