

GIRLS**DRONFIELD DOLPHINS PERSONAL BEST****UPDATED 14/10/2007**

7Years & Under	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Alex Potts	38.7	1.09.47			29.03	1.03.96			31.43			29.76	55.8					
Hannah Court																		

8 Years (1999)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Claudia Peach	27.54	59.42			25.83	54.57			23.93	56.73		22.36	46.56				2.06.32	
Bethany Micklethwaite	30.9	1.08.92			26.97	57.86			27.92			24.13	48.17				2.15.51	
Elisabeth Tew	41.5 D	1.20.61			28.76	1.13.80			37.77			30.3	1.00.20					
Heather Grimes	37.95 D	1.10.06			27.36	1.00.98			30.98			25.92	55.7					
Isabella Meek	30.03 D	1.09.61			26.7	1.01.36			32.82			25.7	1.04.45					
Gabrielle Wickershan																		

9Years (1998)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Chloe Hawson	27.23 D	59.07			24.22	54.7			25.86	1.00.01		19.52	42.56			2.07.95*	1.49.31	
Maddie Swannack	31.70 D	1.10.88			24.24	1.01.96			28.07			24.86	52.95				2.17.13	
Lucy Jenkinson	29.77	1.10.16			25.8	1.00.17			26.67	1.06.29 *		24.27	49.5				2.21.92	
Charlotte Fenton	27.11	1.05.30			26.31	1.03.77			28.98			24.81	49.92				2.16.39	
Sophie Briggs-Willis	43.74	1.23.06			34.67	1.24.06			41.48			39.01	1.11.92					
Rachel Spooner	34.06	1.12.38			33.27	1.09.48			33.04			36.08	1.03.93					
Lucy Rose																		
Joanna S. Burch																		

10Years (1997)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Ellie Holmes	28.5	59.89			21.73	45.51			19.86	47.27		18.51	39.8	1.47.10 *			1.45.45	
Sarah Poyntz	25.2	55.9			23.23	51.12			23.16	53.73		18.7	41.48	1.42.32 *			1.49.95	
Heather Whitehead	23.97	48.37	1.49.51	3.48.26	23.08	45.02			22.08	44.48		21.36	38.45	1.30.16s	3.09.97		1.36.85	
Rebecca Spooner	27.40 D	57.9		59.96	25.95	52.46			28.91	1.15.88		23.21	47.96				2.09.16D	
Bethany Gore		52.2				49.95			50.95	49.95			39.86					
Lydia Raybould	24.97	47.86			23.48	47.9			25.11	55.92		19.57	41.32				1.53.49D	

11Years (1996)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Kathryn Goligher	48.49	1.47.09	3.56.98 *	50.21	1.58.01 *		52.53			40.7						1.47.20		
Lucy Hill	1.03.48			1.00.70			1.31.80			53.89						2.30.77		
Marie Atkinson	53.82			54.23			52.22			42.55						2.00.76		

Section 6 Trevor Hocking

* = Time Attained In Training

s = Split

JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2006	2006

Colour codes representing when PB's were achieved during 2006 / 2007

BOYS

DRONFIELD DOLPHINS PERSONAL BEST

UPDATED 14/10/2007

7Years & Under	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM	

8 Years (1999)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM	
James Edwards		1.32.09				1.08.13			33.8				54.64						
Jake Coupland	46.70 D	1.17.09			31.72	1.15.61			44.11			28.04	1.04.74						
Thomas Austin																			
Sam Rayner																			

9Years (1998)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Elliot Beeden	36.7	1.25.13			28.08	1.10.57			38.42			27.45	57.73				2.43.74	
Ryan Beck	46.53 D	1.34.73			30.06	1.17.58			47.48			31.03	1.14.76					
Michael Newman	36.16	1.29.98			34.06	1.35.20			1.18.77			36.92	1.13.16					
Jonathon Park	33.66	1.24.09			24.7	1.01.74			49.76			25.13	57.31					
Matthew Cooper	24.26	55.78			25.35	56.84			24.09 D	52.54		21.96	46.97				2.02.47	
Matthew Harris	29.3	1.05.98			21.84	56.3			32.32			23.09	54.26				2.17.35	
Jonathan Sanders	35.36 D	1.10.26			27.94	1.13.54			41.81			27.38	56				2.42.30	
Mikey Geary		1.11.70				1.17.89			45.36			21.84	58.3					

10Years (1997)	25 Breast	50 Breast	100 Breast	200 Breast	25 back	50 Back	100 Back	200 back	25 Fly	50 Fly	100 Fly	25 Free	50 Free	100 Free	200 Free	400 Free	100 IM	200 IM
Scott Shooter	25.2	51.23			22.12	48.3			23.9	51.39		18.29	40.8	1.53.10 *			1.44.45	
Matthew Ashman	22.03	50.48	1.57.70 *	3.56.91	19.26	41.38	1.33.94	3.12.12	19.49	42.43	2.01.02s	16.88	34.96	1.24.95s	2.56.97		1.31.43	3.30.57
Phillip Durkin	33.59	1.19.22 *			28.63	1.03.57			30.57	1.13.36 *		23.28	53.35				2.20.78	
Alex Scown	27.72	1.01.20			27.42	57.07			28.4	1.01.67		22.57	47.57				2.12.93D	
Adam Brock	34.03	1.18.20			29.05	1.18.51			52.33			27.12	1.07.07					

11Years (1996)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Daniel Creaser	53.79	2.00.86 *		44.27	1.45.05		44.35	1.56.68s	4.02.14	39.51	1.42.12 *	3.25.73 *	7.36.76	16.54.89		1.37.38	3.30.96	
Izack Peach	46.74	1.55.51 *	4.07.15 *	39.52	1.40.76 *	3.36.80 *	44.97	1.52.89		34.28	1.25.80 *	3.00.27	8.02.41 *			1.35.39	3.28.86	
Matthew Hunt	54.63	2.01.86 *		51.56	2.03.26 *		44.87	2.01.59 *	4.16.32	39.26	1.36.26s	3.13.67		15.32.09 *		1.45.71	3.39.13 *	
Daniel Young	56.1	2.18.61 *		45.35			48.32			41.59	1.36.76 *					1.53.16		
Lewis McManaman	57.03			55.95			1.01.09			44.52						1.56.38		
Sam Barringer	51.51	1.41.09	3.47.65	49.09	1.32.01	3.30.22	51.69			39.35	1.25.02	3.04.92				1.34.45	3.34.57	
Aidan Sahni																		
Sami Beck	1.28.35						1.18.90			58.51								

Section 6 Trevor Hocking

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2007	2007	2007	2007	2007	2007	2007	2006	2007	2007	2006	2006

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BOYS**DRONFIELD DOLPHINS PERSONAL BEST****UPDATED 14/10/2007**

12Years (1995)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Vikram Barn	55.29	2.04.82 *		48.35	2.02.54 *		1.02.59 *	2.24.76 *	5.26.95	41.23	1.42.48 *					2.02.13 *		
Oliver Bright	46.47	1.48.82 *	3.49.88	45.6	1.46.89 *		50.06	1.59.51 *		42.5	1.42.48 *		7.49.82 *	15.53.23 *		1.40.92	3.52.54 *	
Matthew Carroll	50.54	1.51.16	4.12.02	40.26	1.25.40	3.24.68	38.12	1.36.72		32.9	1.15.17	2.56.98	7.10.23 *			1.29.29	3.26.59	
Jack Price	42.57	1.33.52	3.16.01	45.67	1.33.49	3.43.84 *	45.7	1.40.60	3.35.09	39.2	1.25.27	3.02.70	6.20.61			1.32.68	3.13.29	

13Years (1994)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Joseph Ashman	46.39	1.42.34s	3.33.00	37.41	1.21.23	2.54.82	39.56	1.35.69s	3.17.76	32.76	1.12.24	2.37.19	5.53.14s	11.51.45	22.49.15	1.23.90	3.04.11	
Elliot Cooper	43.86	1.41.28	3.35.44	42.84	1.40.93	3.26.20	42.64	2.00.66		33.97	1.22.11	2.53.13s	5.52.73	12.08.80		1.28.42	3.13.76	
Thomas Newman	53.14	1.52.76 *	3.52.87 *	51.45	1.52.29 *		56.07			44.50 *	1.38.09 *	3.37.32 *		16.01.54 *		1.48.00 *	3.58.20	
David Geary	42.41	1.36.10	3.24.84	39.08	1.26.13	3.30.24 *	36.96			33.33	1.13.04	2.46.76	7.35.56 *			1.23.39	3.02.61	

14Years (1993)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Matthew Goligher	44.96	1.44.92 *	4.14.60	46.39	1.42.70	4.06.21	41.29			34.9	1.20.56	3.30.84 *	7.12.37 *			1.52.39	4.20.44	
Jonathan Hunt	37.37	1.20.74	2.54.21 *	32.54 *	1.10.04	2.35.58	31.01	1.11.26	2.54.89 *	28.51	1.03.04	2.22.45	4.55.60	11.06.35		1.11.11	2.32.48 *	5.44.00 *

15Years and over	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Nicky Allcroft	40.51	1.40.51 *	3.28.81 *	41.49	1.36.22 *		44.42 *			32.66	1.19.72 *	3.18.64 *				1.27.51		
Sam Franklin	35.65	1.20.22	3.13.70 *	31.89	1.09.44	2.30.83	30.68	1.09.94	2.42.41	25.67	59.19	2.11.99	4.40.89	10.41.01		1.09.66	2.29.91	5.33.00 *
Ben Hughes	36.64	1.21.58	3.00.24	32.56	1.10.05	2.36.69	38.9	1.25.41 *	3.03.80 *	29.39 *	1.02.38	2.18.67	4.56.59s	10.08.71		1.13.30	2.46.01 *	6.07.00 *
Jonathan Holmes	43.70 *	1.59.77 *		37.82			38.79			33.17		3.16.67 *				2.18.46	3.27.78 *	
Harry Williams			3.12.45							30.51	1.05.58							
Greg Mclennan	42.66	1.39.32 *		44.14 *	1.43.86 *		42.16 *			30.85	1.18.63	3.10.27 *				1.25.04	3.28.79	
Laurence Mottershaw	39.69	1.28.50	3.18.30 *	32.06	1.10.73	2.41.77	31.76	1.11.01	2.51.38 *	28.67	1.05.36 *	2.26.70 *	5.14.60 *	11.30.96		1.13.14	2.41.82	
Scott Felton	34.86	1.17.20	2.50.48	31.17	1.16.71	2.39.95 *	29.68	1.06.33	2.51.92 *	27.08	1.05.78	2.24.60 *	5.11.20 *	10.39.30 *		1.07.39	2.28.31	
Tom Hughes	35.73	1.18.60	2.52.56	33.2	1.14.04	2.37.71	32.8	1.12.91	2.46.42 *	27.67	1.03.18	2.22.16	5.03.60 *	10.52.89	21.06.22	1.10.34	2.35.05	5.35.78
Jonathan Olijnyk	37.06	1.20.33	3.00.49	35.54	1.19.52	2.49.30	36.43	1.23.06 *		29.22	1.04.11	2.21.46	5.13.40 *	11.27.44 *	22.45.45	1.15.74	2.42.42 *	
Daniel Sanders	44.27	1.49.16 *		38.24			42.66		3.40.35 *	34.72 *	1.13.41 *	2.42.07 *	7.02.00 *				3.03.48 *	7.56.3 *
James Stevenson	35.36			31.07						28.8	1.04.86					1.14.93		
Craig Mallinson	41.4	1.32.03	3.18.10 *	32.5	1.08.20	2.31.09	33.86	1.18.29		28.64	1.02.18	2.18.98	4.59.61	10.26.10 *	19.22.18	1.15.19	2.37.92 *	
Tom Clarke	39.44	1.28.61 *		34.02	1.15.81 *		30.28	1.08.97	2.37.76	27.6	1.05.25					1.10.53	2.37.64 *	5.35.70
Tom Lotka		1.30.97 *			1.39.53 *					30.56 *	1.10.75 *					1.22.63 *		

Section 6 Trevor Hocking

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GIRLS**DRONFIELD DOLPHINS PERSONAL BEST****UPDATED 14/10/2007**

12Years (1995)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Bethany Crowley	48.01	1.48.82 *	3.58.61 *	47.99	1.44.67		43.5	2.02.45 *		38.70 *	1.36.11		8.39.09 *			1.37.15	4.05.42 *	
Emily Newman	46.8	1.49.67 *	3.52.01 *	49.73	1.48.48 *	4.20.88 *	59.89			39.24	1.37.67 *	3.28.48 *	8.11.36 *	14.57.73 *		1.46.40 *		
Katie Pratt	53.94	2.06.60 *		43.5	1.34.43	3.32.27	42.29	1.46.22	4.28.07	36.38	1.21.44	3.00.93	7.29.82 *	14.45.09 *		1.35.33	3.38.14	
Lucy Wilson	50.64	1.49.96	4.24.45 *	39.15	1.31.50		47.21		4.38.67	33.84	1.22.40					1.29.45	3.31.67 *	
Rebecca Woodhead	1.04.22			1.04.20						50.92						2.23.68		

13Years (1994)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Megan Barringer	43.92	1.36.14	3.26.72	38.07	1.20.45	2.49.33	39.11	1.29.83		33.7	1.13.90	2.38.16	5.38.86	11.26.99		1.23.06	2.56.12	
Harriot Bland	50.89	1.56.20 *	4.05.67 *	47.07	1.50.10 *		51.26			39.54	1.33.56 *	4.03.57	8.05.73	16.09.20 *		1.40.67	4.18.41	
Lee Durkin	53.22 *			53.37			55.42			42.57								
Lucy Franklin	49.03	1.50.89 *	4.05.13 *	49.89	1.50.92 *		50.41	1.57.76 *	4.37.20	42.06	1.32.48 *	3.39.70	7.32.58	14.46.57 *		1.44.82	3.58.95	
Georgia Hemingway	45.6	1.38.08	3.44.95 *	39.46	1.27.73	3.26.44 *	39.39	1.38.12	3.52.09	34.59	1.21.14	3.09.96	6.52.12	14.30.32		1.27.08	3.24.20	
Anna Hughes	50.64	1.42.07 *	3.41.20 *	48.06	1.40.70 *	3.49.39 *	52.66			41.11	1.29.67 *	3.06.67 *				1.41.23	3.37.12 *	
Anna King	42.15	1.30.97	3.27.86 *	42.56		3.28.76 *	36.59	1.32.03	3.30.36 *	33.51	1.18.75		7.19.88 *			1.26.42	3.08.82 *	
Sally McLennan	48.32	1.55.86 *	4.25.97 *	43.62	1.45.29	3.45.39 *	45.64 *	1.59.83 *		38.33	1.35.61 *	3.54.51 *	8.06.09 *			1.56.77	3.57.09	
Ellie Sanders	55.86	1.52.36 *		51.03			45.06	1.54.42 *	4.16.10	38.71	1.33.48 *		8.16.80	15.15.76 *		1.40.19	3.48.48	
Holly Scothern	50.89 *	2.00.32 *	4.31.51 *	40.28	1.31.33	3.41.98 *	39.86	1.40.86	4.07.45	36.75	1.26.34 *	3.52.41	7.38.36	14.55.32 *		1.27.71	3.39.20 *	

14Years (1993)	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Samantha Creaser	44.08	1.36.84 *	3.49.47 *	38.47	1.25.94	3.59.19	38.08	1.29.76	3.26.98 *	34.33	1.12.74	2.53.04	7.14.51 *			1.25.06	3.03.16	
Bethany Moore	40.01	1.21.85	2.53.28	32.43	1.07.95	2.26.69	34.91	1.18.27		31.36	1.04.62	2.16.48	4.49.61	9.43.08		1.13.75	2.36.54	5.34.71
Lorna Olijnyk	43.36	1.36.11	3.29.13	41.42	1.34.98 *	3.35.31 *	47.25	2.11.57 *		35.4	1.32.55	3.32.77	7.56.40 *			1.30.17	4.15.86	
Michelle Peat	36.43	1.20.62	2.54.08	37.58	1.16.88	2.46.52	34.75	1.23.98	4.48.20	29.18	1.01.26	2.12.50	4.39.79	9.38.25	18.06.35	1.13.43	2.40.98	

15Years and over	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	50 Fly	100 Fly	200 Fly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 IM	200 IM	400 IM
Frances Pearson	43.06	1.34.88	3.25.20	39.24	1.26.74	3.02.02	37.66	1.29.46	3.14.95 *	33.14	1.11.53	2.36.90	5.25.83	11.16.73		1.23.31	2.57.37	
Hannah Sanders	1.03.97	2.10.82 *	3.54.80 *	46.91	1.47.83 *	3.51.73 *	47.7	1.52.70		37.43	1.27.76 *	3.16.95 *	7.23.82 *			1.51.13 *	3.47.73	
Jenny Basford	42.07	1.34.00	3.25.00	33.76	1.12.84	2.37.04	33.92	1.18.54 *	3.05.82 *	29.26	1.05.15	2.25.70 *	4.59.89	10.21.23	20.11.23	1.16.33	2.47.35	6.31.00 *
Amy Bickerstaffe	40.09	1.31.81	3.18.46	35.2	1.17.45	2.49.22	35.28	1.22.68	3.36.62 *	29.82	1.03.49	2.19.90	4.53.26	10.02.98		1.16.73	3.01.58 *	6.50.7*
Heather Booth	42.79	1.34.06	3.23.32 *	37.15	1.23.45 *	2.57.07 *	36.46	1.23.80	2.56.89 *	31.25	1.08.96s	2.24.65	6.45.72 *	11.12.90 *		1.19.61	2.55.1 *	
Chloe Howard	43.8	1.37.89 *	3.39.69 *	47.73	1.58.92 *	3.53.22 *	38.39	1.40.69		36.36	1.39.53 *					1.42.81 *	3.13.67	
Emma Hallam	53.70 *	2.10.85 *		38.35	1.27.42	3.41.86	37.25	1.21.74	3.14.80 *	32.2	1.11.33	2.39.30	5.42.89s	11.45.90	22.31.06	1.27.03	3.15.46 *	
Rebecca Hocking	41.53	1.31.19	3.19.46	34.46	1.13.43	2.39.64	34.47	1.19.11	3.14.01 *	30.66	1.07.78	2.30.62	5.32.48	11.14.90 *		1.16.26	2.43.23	6.17.00 *
Kathryn Olijnyk	45.64	1.44.85 *	3.58.25	37.13	1.21.83	3.02.12	46.00 *	1.44.67 *		35.01	1.24.73	3.10.99	7.04.00 *			1.31.79	3.13.39	8.16.5*
Sophie Palmer	44.37	1.41.88	3.32.29 *	43.95	1.42.20 *		47.38 *	1.44.98 *		35.97	1.25.23	3.00.13					3.23.70 *	8.12.4*
Heather Graham	38.92	1.26.77	3.07.13 *	35.61	1.18.86	2.58.95 *	35.74	1.29.67 *	2.58.95 *	30.07	1.06.02	2.24.11	5.15.40 *	11.18.26		1.15.56	2.48.98 *	
Lauren Pearson	41.35	1.29.05	3.12.46	37.45	1.19.24	2.50.11	35.28	1.18.58	3.00.13	32.64	1.10.34	2.33.22	5.19.26	11.20.46 *		1.19.60	2.49.18	6.00.62
Stephanie Peat	38.7	1.23.94	3.04.10	34.11	1.10.09	2.30.89	31.47	1.07.95	2.27.86	30.4	1.03.83	2.19.68	4.53.20	9.52.05		1.13.16	2.34.10	5.20.30
Elizabeth Shooter	43.42	1.32.11		37.04	1.21.80		36.91	1.23.69		31.72	1.10.11					1.20.67		

Section 6 Trevor Hocking

JAN	FEB	MAR	APR	MAY	JUNE	JUL	AUG	SEPT	OCT	NOV	DEC
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2006	2006

* = Time Attained In Training

s = Split

Colour codes representing when PB's were achieved during 2006 / 2007