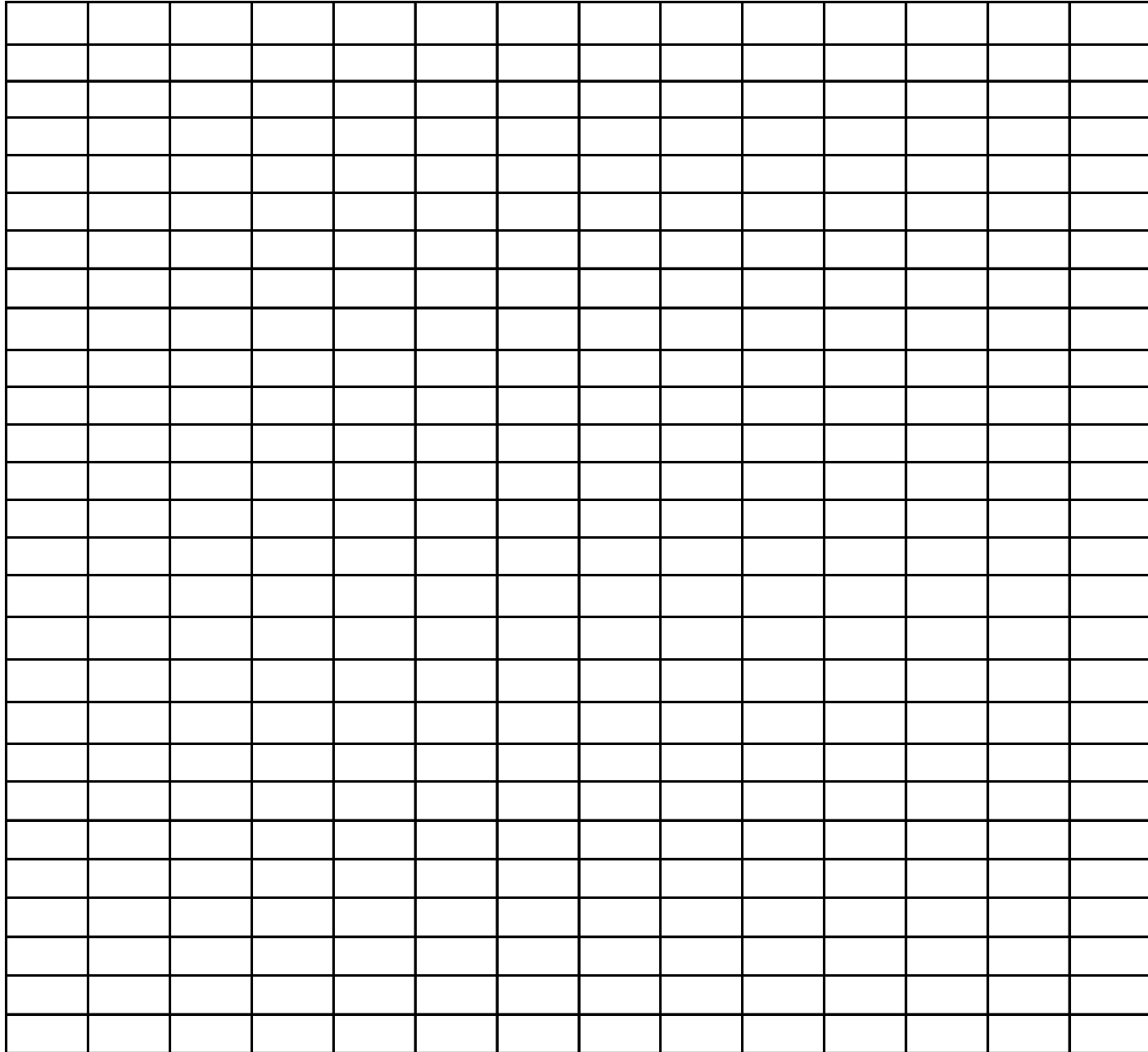






**Squad Personal Best Times and Training Lanes**

**October 2014**

A large grid for recording personal best times and training lanes. The grid consists of 15 columns and 25 rows. The first column is shaded gray and is intended for recording the lane number. The remaining 14 columns are blank, intended for recording personal best times for each lane.

## Squad Personal Best Times and Training Lanes

October 2014

<b>DOLPHINS Thursday 6.00 - 7.00</b>														
<b>LANE 3</b>														
D.O.B	Name	25	Back		25	Breast		Fly		25	F/Crawl		100IM	Combined
		50	100		50	100	25	50		50	100	100	100	Br.100 + F.C100
6.8.05	vanBERK, MICAH	39	1.16	2.31	38	1.08	2.25	27		24	56	1.51		4.16
13.8.04	ROBERTSON, JOCK	31	1.06	2.3	33	1.12	2.23	33		34	1.01	1.57		4.2
25/09/05	WATSON, MAISIE	33	1.05		37	1.12	2.26	33		29	52	1.54		4.2
3.9.04	BLANCHFIELD, MEGAN	26	1.04	2.33	40	1.12	2.26	29	1.25	27	1	1.59		4.25
22/05/05	LINDSAY, CALLUM	32	1.07		33	1.12	2.18	34		28	1.01	2.09		4.27
13.11.02	REDMOND, MHAIRI	29	58	2.12	47*	1.18*	2.4	33		31	50	1.52		4.32
24.10.04	BLAIR, CAMERON	27.7		2.26	40	1.2	2.38	32		26	50	1.58		4.36
<b>LANE 2</b>														
01/08/05	DARLINGTON, JORJA		1.09	2.31		1.15	2.3	35			1.01	2.06		4.36
13.6.05	McQUILTON, LAUREN	33	1.14	2.16	38	1.13	2.33	33	1.36	29	1.03	2.05		4.38
09/02/06	WILLIAMS, ISOBEL	32	1.09		36	1.18	2.34	32		26	55	2.04		4.38
26.8.04	YULE, MAX	36	1.15	2.53	45*	1.34	2.4	32	1.38	26	55	1.58		4.38
25.5.04	TANNOCK, CHARLIE	35	53	2.44	47	1.18	2.46	38	1.3	34	62	1.53		4.39
26.6.06	FERRIS, PHOEBE	34	1.08		44	1.15	2.41	34		34	1.02	2.01		4.42
12.4.04	SMITH, LIBBY	30	1.04		40	1.16	2.42	37		27	1.02	2.06		4.48
<b>LANE 1</b>														
13.7.05	REDMOND, NIAMH	36	1.06		43	1.21	2.43	37		31	1	2.09		4.52
6.11.03	CORBISHLEY, DEMI	30	1.05	2.14	47*	1.36	3.06	27	1.28	26	58	1.48		4.54
9.3.04	KIDD-DUNCAN, GEORGI	51	1.12		55	1.11	2.43	40		47	1.08	2.12		4.55
25.3.05	DAVIE, AMELIA	38	1.1		48	1.23	2.52	33		30	55	2.06		4.58
06/07/06	ANDERSON, OWEN	29.7	1.06		42	1.17	2.46	36		29.2	59	2.14		5













## Squad Personal Best Times and Training Lanes

October 2014

	<b>MINNOWS 1</b>																	
			Back			Breast			Fly			F/Crawl					Combined	
D.O.B	Name	25	50	100	25	50	100	25	50	25	50	100	group	Br.25 + F.C.25				
07/03/06	KINNEAR, SANDY	35			31			39		27			1	1.01				
08/05/06	JARRETT, EILIDH	46			37			41		29			1	1.06				
21/06/06	HARGREAVES, AMY	29			38			43		29			1	1.07				
01/04/08	ANDERSON, TOM	30			39*			41		29			1	1.08				
31/01/07	BAILEY, CAERA	32			41			45		28			1	1.09				
07/06/06	DUNCAN, ARCHIE	32			39			42		32			1	1.11				
02/02/05	GILCHRIST, EMMA	34			48			42		26			1	1.14				
30/08/04	GIBSON, KATIE	35			48			42		30			1	1.18				
08/10/06	AKERS, JAMIE	30			41			47		30			1	1.24				
21/07/07	MAITLAND, ROSS	37			48			59		38			1	1.26				
25/05/07	BLACK, BEN	47			58			1.08		38			1	1.36				
06/03/07	McMASTER, BETH																	
	<b>MINNOWS 2</b>																	
22/01/14	ARKWRIGHT, AMILIA	27			32			36		27			2	59				
18/12/06	SUDJIC, MURRAY	30			43	1.25		29		27	1.01		2	1.01				
06/02/05	MARTIN, MEGAN	33			39	1.43		45		25	1.02		2	1.04				
03/02/08	FERRIS, LIZZIE	34			40	1.35		44		26	1.13		2	1.06				
18/05/05	KIRKBRIDE, GRACE	36			40*	1		42		28	1.24		2	1.08				
21.12.05	THOMASSON-KAY, ROBYN	35			44*			40		27	1.08		2	1.11				
1.6.07	WHITE, RORY	34			44	1.46		42		28	1.09		2	1.12				
10/02/08	HEWITT, FRANCESCA	38			42*			45		34	1.32		2	1.16				
30.4.06	WHITE FRASER	34			43	1.36		53		34	1.25		2	1.17				









