

Woking Swimming Club Records – Girls at 30th June 2003 (age on the blocks)

Stroke / Distance	Open	Under 16	Under14	Under 12	Under10
Breaststroke					
25m					20.82 C. Brady
50m	36.24 J. Pearce	36.70 A.M.Knight	37.56 I. Kikkert	39.09 C. Brady	45.34 C. Brady
100m	1.17.79 J. Buss	1.20.35 J. Pearce	1.20.85 I. Kikkert	1.23.67 C. Brady	1.41.97 C. Brady
200m	2.49.87 J. Buss	2.56.01 I. Kikkert	2.57.18 I. Kikkert	3.02.09 C. Brady	3.39.23 C. Brady
Butterfly					
25m					16.01 G. Fromson
50m	30.02 G. Fromson	30.02 G. Fromson	30.02 G. Fromson	32.09 G. Fromson	36.60 G. Fromson
100m	1.06.33 G. Fromson	1.06.33 G. Fromson	1.06.33 G. Fromson	1.13.17 G. Fromson	1.40.72 G. Fromson
200m	2.33.30 G. Fromson	2.33.30 G. Fromson	2.33.30 G. Fromson	2.50.58 G. Fromson	4.10.43 V. Metcalfe
Backstroke					
25m					19.11 S. Noble
50m	30.05 S. Redrup	32.06 G. Fromson	32.06 G. Fromson	34.70 C. Brady	39.98 G. Fromson
100m	1.05.80 S. Redrup	1.07.73 S. Redrup	1.10.31 G. Fromson	1.16.78 C. Brady	1.26.64 G. Fromson
200m	2.23.69 S. Redrup	2.28.52 S. Redrup	2.30.96 G. Fromson	2.41.94 G. Fromson	3.12.05 C. Brady
Freestyle					
25m					15.70 A.M.McGraw
50m	28.64 R. Gahagan	28.70 R. Gahagan	28.79 G. Fromson	30.35 C. Brady	34.73 G. Fromson
100m	1.01.58 S. Calvert	1.02.10 S. Calvert	1.03.05 S. Redrup	1.05.60 K. Glazier	1.19.90 G. Fromson
200m	2.13.86 G. Fromson	2.13.86 G. Fromson	2.13.86 G. Fromson	2.21.74 G. Fromson	3.01.04 A.M.McGraw
400m	4.45.68 E. Davis	4.48.24 E. Davis	5.00.23 J. Swanston	5.05.38 G. Fromson	6.14.55 A.M.McGraw
1500m	10.03.52 S. Calvert	10.05.82 P. Watts	10.14.92 G. Fromson	10.19.87 G. Fromson	
Individual Medley					
100m	1.08.46 S. Redrup	1.09.78 E. Davis	1.11.02 G. Fromson	1.17.24 C. Brady	1.28.78 G. Fromson
200m	2.29.22 S. Redrup	2.31.59 S. Redrup	2.34.13 S. Redrup	2.43.84 G. Fromson	3.17.06 C. Brady
400m	5.30.20 S. Ross	5.40.31 P. Watts			