

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Barlow, E</b>				
23.06		33 Free	26/01/02	Chesterfield Trophy Gala
29.63	S	50 Free	18/09/04	Bill Brake Trophy Burton
29.55		50 Free	08/01/05	C O D Open Ponds Forge
43.51		66 Free	7/02/04	Walsall Trophy Gala
1:04.93	B	100 Free	26/06/04	Calverton Trophy Grantham
1:06.45		100 Free	08/01/05	C O D Open Ponds Forge
2:25.50		200 Free	19/06/04	Mid Dist Coventry
2:23.10		200 Free	19/06/04	Mid Dist Coventry C
5:06.03		400 Free	19/06/04	Mid Dist Coventry
5:01.43		400 Free	19/06/04	Mid Dist Coventry C
10:25.18		800 Free	06/03/04	County Champs Queen St
36.68	S	50 Back	06/03/04	County Champs Queen St
1:15.42		100 Back	07/11/04	Club Championships Queen St
2:47.31		200 Back	13/03/04	Counties Clay Cross
36.83		50 Breast	08/01/05	C O D Open Ponds Forge
1:18.74		100 Breast	26/06/04	Calverton Trophy Grantham
1:19.02		100 Breast	16/10/04	Lincoln Vulcans Open Ponds Forge
2:56.75		200 Breast	16/10/04	Lincoln Vulcans Open Ponds Forge
25.14		33 Fly	26/01/02	Chesterfield Trophy Gala
34.14	G	50 Fly	08/01/05	C O D Open Ponds Forge
57.44		66 Fly	08/02/03	Matlock Trophy
1:15.78		100 Fly	07/11/04	Club Championships Queen St
1:15.23		100 Fly	08/01/05	C O D Open Ponds Forge
3:03.61		200 Fly	07/03/04	Counties Queen St
1:13.40	S	100 IM	07/11/04	Club Championships Queen St
2:42.89	S	200 IM	16/10/04	Lincoln Vulcans Open Ponds Forge
5:58.24		400 IM	13/03/04	Counties Clay Cross
<b>Barlow, S</b>				
33.05	S	50 Free	22/01/05	Lucozade Trophy Uttoxeter
1:11.04	B	100 Free	06/03/04	County Champs Queen St
2:34.33		200 Free	07/03/04	Counties Queen St
5:18.27		400 Free	13/03/04	Counties Clay Cross
38.13	S	50 Back	22/01/05	Lucozade Trophy Uttoxeter
1:25.76	B	100 Back	10/07/04	COD B Meet Queen St
3:11.13		200 Back	DEP	7/12/02 Stafford Apex Open Wolverhampton
42.07	S	50 Breast	25/01/03	Belper Trophy Gala Heanor Pool
1:34.54	S	100 Breast	22/01/05	Rykneld Trophy Gala
3:22.94	B	200 Breast	7/12/02	Stafford Apex Open Wolverhampton
35.81	G	50 Fly	12/06/04	Dove Valley Trophy
1:25.69	B	100 Fly	12/07/03	COD B Grade Queen St
3:18.57		200 Fly	13/03/04	Counties Clay Cross
1:23.87	S	100 IM	13/03/04	Counties Clay Cross
2:58.-9	S	F 200 IM	DEP	7/09/03 Ripley Open Queen St
<b>Bathurst, G</b>				
29.12		25 Free	06/10/04	Time Trials Lonsdale
32.31		25 Breast	07/11/04	Club Championships Queen St
1:13.97		50 Breast	8/12/04	Time Trials Lonsdale

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Time	P/F/S	Event		Date	Gala
<b>Baxter, M</b>					
18.99	B	25 Free	DEP	19/05/04	Time Trials Lonsdale
31.76	F	33 Free	DEP	21/06/03	Matlock trophy
40.07	F	50 Free	DEP	07/11/04	Club Championships Queen St
40.13	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:45.51	F	100 Free	DEP	10/12/03	Time Trials Lonsdale
2:55.44	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:27.66	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
21.60	F	25 Back	DEP	18/09/04	Bill Brake Trophy Burton
44.55	B	50 Back	DEP	07/11/04	Club Championships Queen St
45.57	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
57.62	F	50 Breast	DEP	07/11/04	Club Championships Queen St
4:21.68	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
25.46	F	25 Fly	DEP	10/12/03	Time Trials Lonsdale
47.59	<b>B</b>	50 Fly	DEP	1/12/04	Time Trials Lonsdale
47.99	L	50 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
3:57.72	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:39.03	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:42.39	F	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Baxter, C</b>					
23.65	F	25 Free	DEP	07/11/04	Club Championships Queen St
	F	33 Free	DEP		
	F	50 Free	DEP		
2:02.45	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
	F	200 Free	DEP		
27.39	F	25 Back	DEP	07/11/04	Club Championships Queen St
26.04	F	25 Breast	DEP	22/01/05	Rykneld Trophy Gala
1:01.94	F	50 Breast	DEP	1/12/04	Time Trials Lonsdale
5:10.84	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale
<b>Barlow, M</b>					
17.08	B	25 Free	DEP	18/09/04	Bill Brake Trophy Burton
30.11	F	33 Free	DEP	08/02/03	Matlock Trophy
35.70	F	50 Free	DEP	12/02/05	Treonte Diddy Gala Queen St
35.81	L	100 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
3:02.28	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:24.89	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
59.31	F	66 Free	DEP	7/02/04	Walsall Trophy Gala
21.60	B	25 Back	DEP	21/02/04	Peter Haynes Trophy Burton
36.86	F	33 Back	DEP	08/02/03	Matlock Trophy
45.48		50 Back	DEP	07/11/04	Club Championships Queen St
47.42	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:16.26	F	66 Back	DEP	7/02/04	Walsall Trophy Gala
3:37.14	F	200 Back	DEP	07/03/04	County Champs Queen St
24.78	F	25 Breast	DEP	02/11/03	Club Championship Queen St
47.91	F	50 Breast	DEP	07/11/04	Club Championships Queen St
49.61	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
4:05.50	F	200 Breast	DEP	13/03/04	Counties Clay Cross
19.08	B	25 Fly	DEP	03/11/03	Club Championship Queen St
38.87		50 Fly	DEP	13/11/04	Speedo League Queen St
39.64	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
3:40.32	F	200 Fly	DEP	07/07/04	Time trials Lonsdale
1:31.93	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:28.64	F	200 IM	DEP	17/11/04	Time Trials Lonsdale

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All Teams Selected

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Time	P/F/S	Event		Date	Gala
<b>Baxter, C</b>					
20.57	F	25 Free	DEP	25/02/04	Time Trials Lonsdale
41.75	F	50 Free	DEP	13/03/04	Counties Clay Cross
40.54	L	50 Free	DEP	22/01/05	Rotherham Open Ponds Forge
1:26.54	B	100 Free	DEP	07/11/04	Club Championships Queen St
3:09.82	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:43.24	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
45.65	B	50 Back	DEP	06/03/04	County Champs Queen St
45.28	L	50 back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
52.53	F	50 Breast	DEP	17/11/04	Time Trials Lonsdale
2:01.66	F	100 Breast	DEP	7/09/03	Ripley Open Queen St
3:55.81	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
22.80	B	25 Fly	DEP	08/10/03	Time Trials Lonsdale
43.46	S	50 Fly	DEP	1/12/04	Time Trials Lonsdale
43.74	L	50 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
1:38.47	B	100 Fly	DEP	07/11/04	Club Championships Queen St
3:43.14	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:34.84	S	100 IM	DEP	07/11/04	Club Championships Queen St
3:25.34	F	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Bell, C</b>					
17.71	B	25 Free	DEP	21/02/04	Peter Haynes Trophy Burton
31.82	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
37.65	B	50 Free	DEP	17/11/04	Time Trials Lonsdale
39.22	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:24.54	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:55.44	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:10.88	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
23.54	F	25 Back	DEP	15/10/03	Time Trials Lonsdale
34.66	F	33 Back	DEP	08/02/03	Matlock Trophy
43.54	F	50 Back	DEP	12/02/05	Treonte Diddy Gala Queen St
45.82	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:37.81	F	100 Back	DEP	02/05/04	Tulip Open Spalding
3:18.89	F	200 Back	DEP	8/12/04	Time Trials Lonsdale
24.56	F	25 Breast	DEP	21/02/04	Peter Haynes Trophy Burton
36.28	F	33 Breast	DEP	21/06/03	Matlock trophy
50.22	F	50 Breast	DEP	17/11/04	Time Trials Lonsdale St
51.83	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:51.35	F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:42.41	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
22.61	B	25 Fly	DEP	05/07/03	Dove Valley
37.94	F	33 Fly	DEP	21/06/03	Matlock trophy
46.73	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
49.10	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:54.30	F	100 Fly	DEP	07/11/04	Club Championships Queen St
3:58.96	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:35.18	B	100 IM	DEP	07/07/04	Time trials Lonsdale
3:24.24	F	200 IM	DEP	17/11/04	Time Trials Lonsdale

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Time	P/F/S	Event	Date	Gala	
<b>Bell, J</b>					
17.77	F	25 Free	DEP	22/02/03 Burton Peter Haynes Trophy	
34.38	<b>B</b>	50 Free	DEP	26/06/04 Calverton Trophy Grantham	
34.48	L	50 Free	DEP	28/11/04 Derby Sprint Champs Ponds Forge	
1:14.27	F	100 Free	DEP	19/06/04 Mid Dist Coventry	
1:12.01	F	100 Free	DEP	07/11/04 Club Championships Queen St	
2:33.63	F	200 Free	DEP	17/04/04 COD Open Queen St	
5:23.76	F	400 Free	DEP	19/06/04 Mid Dist Coventry	
5:14.77	F	400 Free	DEP	19/06/04 Mid Dist Coventry C	
12:00.03	F	800 Free	DEP		
21:30.91	F	1500 Free	DEP		
21.51	<b>B</b>	25 Back	DEP	21/09/02 Burton Bill Brake Trophy	
31.47	F	33 Back	DEP	26/01/02 Chesterfield Trophy Gala	
38.39	F	50 Back	DEP	12/06/04 Dove Valley Trophy	
41.18	L	50 Back	DEP	28/11/04 Derby Sprint Champs Ponds Forge	
55.91	F	66 Back	DEP	7/02/04 Walsall Trophy Gala	
1:23.64	F	100 Back	DEP	02/05/04 Tulip Open Spalding	
2:54.24	F	200 Back	DEP	24/04/04 Rotherham Open Ponds Forge Conv	
23.15	F	25 Breast	DEP	25/01/03 Belper Trophy Gala Heanor Pool	
35.79	F	33 Breast	DEP	26/01/02 Chesterfield Trophy Gala	
44.53	F	50 Breast	DEP	06/03/04 County Champs Queen St	
46.31	L	50 Breast	DEP	28/11/04 Derby Sprint Champs Ponds Forge	
1:36.06	L	100 Breast	DEP	07/11/04 Club Championships Queen St	
3:22.72	F	200 Breast	DEP	13/03/04 Counties Clay Cross	
20.91	<b>B</b>	25 Fly	DEP	24/04/02 TT&C 24/04/02	
27.11	F	33 Fly	DEP	18/10/03 Matlock Trophy	
39.20	F	50 Fly	DEP	28/02/04 Peter Haynes Uttoxeter	
39.90	L	50 Fly	DEP	28/11/04 Derby Sprint Champs Ponds Forge	
54.89	F	66 Fly	DEP	7/02/04 Walsall Trophy Gala	
1:26.47	F	100 Fly	DEP	07/11/04 Club Championships Queen St	
4:31.34	F	200 Fly	DEP	10/12/03 Time Trials Lonsdale	
1:25.16	<b>S</b>	100 IM	DEP	07/11/04 Club Championships Queen St	
2:57.19	F	200 IM	DEP	07/03/04 County Champs Queen St	
3:03.52	L	200 IM	DEP	16/10/04 Lincoln Vulcans Open Ponds Forge	
<b>Bell, K</b>					
31.67	S	F	50 Free	DEP	23/11/03 County Sprints Ponds Forge
1:09.36	S	F	100 Free	DEP	02/11/03 Club Championships Queen St
2:34.55	<b>B</b>	F	200 Free	DEP	12/04/03 COD Open Queen St
5:18.61	F	F	400 Free	DEP	
10:56.39	F	F	800 Free	DEP	7/12/02 Stafford Apex Open Wolverhampton
34.53	P	F	50 Back	DEP	13/12/03 Speedo Final Leamington Spa
1:14.65	G	F	100 Back	DEP	13/11/04 Speedo League Queen St
2:44.35	S	F	200 Back	DEP	7/12/02 Stafford Apex Open Wolverhampton
41.51	S	F	50 Breast	DEP	05/07/03 Dove Valley
1:28.77	S	F	100 Breast	DEP	28/06/03 Sherwood Trophy
3:14.25	<b>B</b>	F	200 Breast	DEP	12/04/03 COD Open Queen St
36.73	G	F	50 Fly	DEP	23/11/03 County Sprints Ponds Forge
1:22.27	S	F	100 Fly	DEP	02/05/04 Tulip Open Spalding
3:21.81	F	F	200 Fly	DEP	12/01/03 Time Trials Repton
1:19.30	G	F	100 IM	DEP	02/05/04 Tulip Open Spalding
2:47.88	G	F	200 IM	DEP	07/11/04 Club Championships Queen St
5:51.78	F	F	400 IM	DEP	07/03/04 Counties Queen St

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### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Blavins, S</b>					
19.49	<b>B</b>	25 Free	DEP	17/07/02	TTC 17/07/02
36.40	<b>B</b>	50 Free	DEP	18/09/04	Bill Brake Trophy Burton
1:25.50	F	100 Free	DEP	07/11/04	Club Championships Queen St
3:12.66	F	200 Free	DEP	02/03/03	Time Trials March 2003
6:37.96	F	400 Free	DEP	9/03/03	Counties Queen St
21.58	F	25 Back	DEP	22/02/03	Burton Peter Haynes Trophy
33.26	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
45.04	<b>B</b>	50 Back	DEP	19/05/04	Time Trials Lonsdale
1:04.89	F	66 Back	DEP	7/02/04	Walsall Trophy Gala
1:35.97	F	100 Back	DEP	07/11/04	Club Championships Queen St
3:30.60	<b>B</b>	200 Back	DEP	8/12/04	Time Trials Lonsdale
26.73	F	25 Breast	DEP	04/11/01	Club Championship 2001
38.15	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala
59.26	F	50 Breast	DEP	05/03	Time Trials
2:05.27	F	100 Breast	DEP	07/11/04	Club Championships Queen St
24.94	F	25 Fly	DEP	24/04/02	TTB&C 24/04/02
50.59	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
1:57.86	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:41.40	<b>B</b>	100 IM	DEP	09/06/04	Time trials Lonsdale
3:50.02	F	200 IM	DEP	09/06/04	Time trials Lonsdale
3:56.79	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale
<b>Blount, J</b>					
17.10	B	25 Free	DEP	14/07/04	Time trials Lonsdale
35.77	B	50 Free	DEP	12/02/05	Treonte Diddy Gala Queen St
23.04	B	25 Breast	DEP	8/12/04	Time Trials Lonsdale
54.62	F	50 Breast	DEP	14/07/04	Time trials Lonsdale
40.6	F	50 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
3:48.78	B	200 IM	DEP	8/12/04	Time Trials Lonsdale
<b>Blount, M</b>					
19.83	F	25 Free	DEP	22/01/05	Rykneld Trophy Gala
50.76	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
	F	100 Free	DEP		
28.59	F	25 Fly	DEP	1/12/04	Time Trials Lonsdale
<b>Blurton, C</b>					
	F	25 Free	DEP		
41.40	<b>B</b>	50 Free	DEP	13/10/04	Time Trials Lonsdale
	F	100 Free	DEP		
3:54.60	F	200 Free	DEP	8/12/04	Time Trials Lonsdale
19.74	<b>B</b>	25 Back	DEP	13/10/04	Time Trials Lonsdale
22.50	<b>B</b>	25 Breast	DEP	06/10/04	Time Trials Lonsdale
50.55	<b>B</b>	50 Breast	DEP	06/10/04	Time Trials Lonsdale
1:47.20	<b>B</b>	100 Breast	DEP	13/10/04	Time Trials Lonsdale
<b>Blurton, W</b>					
31.40	B	50 Free	DEP	18/09/10	Leslie Seymour Trophy Queen St
1:14.45	S	100 Free	DEP	07/11/04	Club Championships Queen St
3:10.72	B	200 Free	DEP	16/01/04	Time Trials Lonsdale
6:14.42	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
39.50	S	50 Back	DEP	8/12/04	Time Trials Lonsdale
1:30.59	F	100 Back	DEP	10/07/04	COD B Meet Queen St
3:10.87	B	200 Back	DEP	8/12/04	Time Trials Lonsdale
46.57	B	50 Breast	DEP	09/06/04	Time trials Lonsdale
37.11	G	50 Fly	DEP	25/09/04	Olive Leivers Shield Ilkeston
5:10.76	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale
1:26.82	S	100 IM	DEP	10/07/04	COD B Meet Queen St
3:19.20	S	200 IM	DEP	07/11/04	Club Championships Queen St

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Time	P/F/S	Event		Date	Gala
<b>Brady, S</b>					
32.08	F	50 Free	DEP	16/03/03	Counties Sharley Park
1:08.09	F	100 Free	DEP	10/07/04	COD B Meet Queen St
1:10.42	F	100 Free	DEP	04/10/03	Robin Hood Open Ponds Forge
2:29.68	F	200 Free	DEP	7/12/02	Stafford Apex Open Wolverhampton
5:15.18	F	400 Free	DEP	15/03/03	Counties Sharley Park
10:39.41	F	800 Free	DEP	9/03/03	Counties Queen St
35.53	F	50 Back	DEP	25/01/03	Belper Trophy Gala Heanor Pool
1:14.36	F	100 Back	DEP	13/03/04	Counties Clay Cross
1:18.89	L	100 Back	DEP	22/01/05	Rotherham Open Ponds Forge
2:40.26	F	200 Back	DEP	16/03/03	Counties Sharley Park
38.97	F	50 Breast	DEP	15/03/03	Counties Sharley Park
1:23.59	F	100 Breast	DEP	13/03/04	Counties Clay Cross
1:31.73	L	100 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
3:02.33	F	200 Breast	DEP	16/03/03	Counties Sharley Park
35.86	F	50 Fly	DEP	9/03/03	Counties Queen St
1:15.37	F	100 Fly	DEP	15/03/03	Counties Sharley Park
1:19.22	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
2:49.03	F	200 Fly	DEP	12/04/03	COD Open Queen St
1:15.05	F	100 IM	DEP	22/03/03	Counties Queen St.
2:41.86	F	200 IM	DEP	08/03/03	Counties Queen St
5:48.80	F	400 IM	DEP	15/03/03	Counties Sharley Park
<b>Broad, E</b>					
40.18	B	50 Free	DEP	15/10/03	Time Trials Lonsdale
17.96	B	25 Free	DEP	25/02/04	Time Trials Lonsdale
1:33.00	F	100 Free	DEP	07/11/04	Club Championships Queen St
3:29.53	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
7:44.91	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
21.42	B	25 Back	DEP	03/03/04	Time Trials Lonsdale
49.90	F	50 Back	DEP	19/05/04	Time Trials Lonsdale
1:37.99	F	100 Back	DEP	07/11/04	Club Championships Queen St
1:56.45	F	100 Breast	DEP	25/02/04	Time Trials Lonsdale
59.12	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
1:46.82	B	100 IM	DEP	03/03/04	Time Trials Lonsdale
<b>Broad, S</b>					
26.30	F	25 Free	DEP	07/11/04	Club Championships Queen St
32.11	F	25 Back	DEP	07/11/04	Club Championships Queen St
<b>Brennan, J</b>					
21.06	F	25 Free	DEP	06/10/04	Time Trials Lonsdale
47.31	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
1:55.55	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
4:11.36	F	200 Free	DEP	8/12/04	Time Trials Lonsdale
<b>Brown, M</b>					
19.06	B	25 Free	DEP	07/11/04	Club Championships Queen St
50.88	F	50 Free	DEP	14/07/04	Time trials Lonsdale
23.78	F	25 Back	DEP	07/11/04	Club Championships Queen St
26.97	F	25 Breast	DEP	07/11/04	Club Championships Queen St
1:05.50	F	50 Breast	DEP	25/05/04	Time Trials Lonsdale
2:17.60	F	100 Breast	DEP	13/10/04	Time Trials Lonsdale
<b>Bysouth, E</b>					
17.86	B	25 Free	DEP	18/09/10	Leslie Seymour Trophy Queen St
44.33	F	50 Free	DEP	8/12/04	Time Trials Lonsdale
1:44.20	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
3:57.40	F	200 Free	DEP	8/12/04	Time Trials Lonsdale
21.61	B	25 Back	DEP	07/11/04	Club Championships Queen St
32.07	F	25 Breast	DEP	07/11/04	Club Championships Queen St
21.04	B	25 Fly	DEP	07/11/04	Club Championships Queen St
1:57.43	F	100 IM	DEP	07/11/04	Club Championships Queen St

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### Top Times Report December 2004

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All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Carter, G</b>				
32.76	F	50 Free	DEP	18/09/04 Bill Brake Trophy Burton
32.63	L	50 Free	DEP	28/11/04 Derby Sprint Champs Ponds Forge
47.88	F	66 Free	DEP	7/02/04 Walsall Trophy Gala
1:10.67	L	100 Free	DEP	08/01/05 C O D Open Ponds Forge
1:08.88	F	100 Free	DEP	22/01/05 Rykneld Trophy Gala
2:33.20	L	200 Free	DEP	08/01/05 C O D Open Ponds Forge
5:33.01	F	400 Free	DEP	06/03/04 County Champs Queen St
41.49	F	50 Back	DEP	04/09/04 Russ Smithurst Sutton
41.57	L	50 Back	DEP	28/11/04 Derby Sprint Champs Ponds Forge
1:23.88	F	100 Back	DEP	07/11/04 Club Championships Queen St
3-10.66	F	200 Back	DEP	01/04
45.53	F	50 Breast	DEP	06/03/04 County Champs Queen St
44.90	L	50 Breast	DEP	28/11/04 Derby Sprint Champs Ponds Forge
1:36.52	F	100 Breast	DEP	07/11/04 Club Championships Queen St
3-32.10	F	200 Breast	DEP	07/03/04 County Champs Queen St
38.43	F	50 Fly	DEP	04/09/04 Russ Smithurst Sutton
38.23	L	50 Fly	DEP	08/01/05 C O D Open Ponds Forge
1:33.90	F	100 Fly	DEP	07/11/04 Club Championships Queen St
1-26.37	F	100 IM	DEP	07/11/04 Club Championships Queen St
2:57.04	L	200 IM	DEP	08/01/05 C O D Open Ponds Forge
<b>Carter, S</b>				
38.27	B	50 Free	DEP	07/07/04 Time trials Lonsdale
1:21.76	F	100 Free	DEP	07/11/04 Club Championships Queen St
3:18.88	F	200 Free	DEP	07/03 TT Lonsdale
6:22.67	F	400 Free	DEP	20/10/04 Time Trials Lonsdale
46.46	F	50 Back	DEP	19/05/04 Time Trials Lonsdale
3:31.68	F	200 Back	DEP	07/07/04 Time trials Lonsdale
52.58	F	50 Breast	DEP	09/06/04 Time trials Lonsdale
49.35	F	50 Fly	DEP	19/05/04 Time Trials Lonsdale
1:36.59	F	100 IM	DEP	09/06/04 Time trials Lonsdale
3:32.65	F	200 IM	DEP	09/06/04 Time trials Lonsdale
<b>Cheek, M</b>				
30.16	P F	50 Free	DEP	13/12/03 Speedo Final Leamington Spa
1:04.78	S F	100 Free	DEP	13/11/04 Speedo League Queen St
2:31.14	S F	200 Free	DEP	16/12/01 TTA&B 16/12/01
5:29.51	F	400 Free	DEP	26/03/00 Counties Gala 8
36.43	G F	50 Back	DEP	02/03/02 County Championships
1:17.60	G F	100 Back	DEP	04/12/99 West Midlands League
2:36.28	G F	200 Back	DEP	17/10/99 TTA&B/10
39.03	P F	50 Breast	DEP	09/04/00 Counties Gala 12
1:25.78	G F	100 Breast	DEP	04/12/99 West Midlands League
3:06.88	G F	200 Breast	DEP	20/03/99 Counties Gala 7
33.60	P F	50 Fly	DEP	19/01/02 Belper Marlin Trophy Gala
1:17.56	G F	100 Fly	DEP	9/03/03 Counties Queen St
3:10.25	S F	200 Fly	DEP	17/10/99 TTA&B/10
1:13.87	P F	100 IM	DEP	13/11/04 Speedo League Queen St
2:48.09	G F	200 IM	DEP	20/11/99 Club Championships

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Cope, A</b>					
19.38	B	25 Free	DEP	1/12/04	Time Trials Lonsdale
44.45	F	50 Free	DEP	14/07/04	Time trials Lonsdale
1:38.38	F	100 Free	DEP	25/02/04	Time Trials Lonsdale
24.16	F	25 Back	DEP	03/11/02	Club Championship 2002
33.70	F	33 Back	DEP	21/06/03	Matlock trophy
50.34	F	50 Back	DEP	8/12/04	Time Trials Lonsdale
1:42.16	F	100 Back	DEP	07/11/04	Club Championships Queen St
28.26	F	25 Breast	DEP	13/10/04	Time Trials Lonsdale
39.26	F	33 Breast	DEP	08/02/03	Matlock Trophy
54.88	F	50 Breast	DEP	8/12/04	Time Trials Lonsdale
1:59.43	F	100 Breast	DEP	07/11/04	Club Championships Queen St
31.76	F	25 Fly	DEP	03/11/02	Club Championship 2002
1:10.35	F	50 Fly	DEP	02/11/03	Club Championship Queen St
2:16.37	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:51.99	F	100 IM	DEP	21/05/04	Time Trials Lonsdale
3:40.43	B	200 IM	DEP	1/12/04	Time Trials Lonsdale
<b>Cope, C</b>					
24.96	F	25 Free	DEP	27/03/02	TTB&C 27/03/02
35.55	B	50 Free	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:15.86	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:40.44	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
5:56.90	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
21.41	B	25 Back	DEP	08/10/03	Time Trials Lonsdale
36.11	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:25.57	F	100 Back	DEP	07/11/04	Club Championships Queen St
2:57.45	S	200 Back	DEP	8/12/04	Time Trials Lonsdale
29.97	F	25 Breast	DEP	17/07/02	TTC 17/07/02
54.57	F	50 Breast	DEP	09/06/04	Time trials Lonsdale
1:51.27	F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:40.01	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
39.42	F	50 Fly	DEP	22/01/05	Rykneld Trophy Gala
1:37.80	F	100 Fly	DEP	07/11/04	Club Championships Queen St
3:27.37	S	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:28.76	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:07.92	F	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Copeland, S</b>					
	F	25 Free	DEP		
	B	50 Free	DEP		
<b>Corden, A</b>					
26.52	F	33 Free	DEP	10/02/01	Matlock Gala
34.81	S	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
35.69	L	50 Free	DEP	23/11/03	County Sprints Ponds Forge
1:15.89	F	100 Free	DEP	22/01/05	Rykneld Trophy Gala
2:45.28	F	200 Free	DEP	06/03/04	County Champs Queen St
6:04.47	F	400 Free	DEP	17/09/03	Time Trials Lonsdale
29.80	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
40.96	B	50 Back	DEP	04/09/04	Russ Smithurst Sutton
42.40					
1:31.64	F	100 Back	DEP	07/11/04	Club Championships Queen St
3:25.55	F	200 Back	DEP	01/03	Time Trials Jan 2003
32.93	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala
44.33	B	50 Breast	DEP	22/01/05	Rykneld Trophy Gala
1:38.04	F	100 Breast	DEP	07/03/04	Counties Queen St
3:33.69	B	200 Breast	DEP	10/12/03	Time Trials Lonsdale
40.01	S	50 Fly	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:52.13	F	100 Fly	DEP	03/11/02	Club Championship 2002
4:07.22	F	200 Fly	DEP	01/03	Time Trials Jan 2003
1:26.49	G	100 IM	DEP	13/03/04	Counties Clay Cross
3:08.05	S	F 200	IM	DEP	06/03/04 Counties Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Corden, D</b>				
30.38	S F	50 Free	DEP 25/09/04	Olive Leivers Shield Ilkeston
30.67	L	50 Free	DEP 28/11/04	Derby Sprint Champs Ponds Forge
1:08.29	B F	100 Free	DEP 07/11/04	Club Championships Queen St
2:45.11	B F	200 Free	DEP 02/03/03	Time Trials March 2003
5:26.29	F	400 Free	DEP 07/03/04	Counties Queen St
39.51	F	50 Back	DEP 06/03/04	County Champs Queen St
37.68	L	50 Back	DEP 28/11/04	Derby Sprint Champs Ponds Forge
1:21.14	F	100 Back	DEP 07/11/04	Club Championships Queen St
3:28.22	F	200 Back	DEP 01/03	Time Trials
42.38	B F	50 Breast	DEP 23/07/03	Time trials Lonsdale
43.65	I	50 Breast	DEP 28/11/04	Derby Sprint Champs Ponds Forge
1:34.49	F	100 Breast	DEP 06/03/04	County Champs Queen St
3:41.94	B F	200 Breast	DEP 01/03	Time Trials
50.56	F	50 Fly	DEP 05/03	TT B
4:09.07	F	200 Fly	DEP 01/03	Time Trials
1:30.86	S F	100 IM	DEP 23/07/03	Time trials Lonsdale
3:15.18	B F	200 IM	DEP 03/11/03	Club Championship Queen St
<b>Corgiolu, F</b>				
	F	25 Free	DEP	
31.63	F	50 Free	DEP 07/07/04	Time trials Lonsdale
37.42	F	50 Back	DEP 19/05/04	Time Trials Lonsdale
40.82	F	50 Breast	DEP 07/07/04	Time trials Lonsdale
1:29.55	F	100 Breast	DEP 26/06/04	Calverton Trophy Grantham
3:13.47	F	200 Breast	DEP 07/07/04	Time trials Lonsdale
36.67	F	50 Fly	DEP 19/05/04	Time Trials Lonsdale
1:22.80	F	100 IM	DEP 19/05/04	Time Trials Lonsdale
<b>Cunningham, A</b>				
21.03	F	25 Free	DEP 08/10/03	Time Trials Lonsdale
<b>Cunningham, H</b>				
25.02	F	25 Free	DEP 10/12/03	Time Trials Lonsdale
<b>Curzon, Z</b>				
24.00	F	25 Free	DEP 03/03/04	Time Trials Lonsdale
49.42	F	50 Free	DEP 15/10/03	Time Trials Lonsdale
36.10	F	25 Breast	DEP 11/06/03	TT C
<b>Cutts, A</b>				
19.65	F	25 Free	DEP 27/03/02	TTB&C 27/03/02
34.20	B	50 Free	DEP 07/03/04	County Champs Queen St
1:14.06	F	100 Free	DEP 07/11/04	Club Championships Queen St
2:57.94	F	200 Free	DEP 13/03/04	Counties Clay Cross
6:33.88	F	400 Free	DEP 17/09/03	Time Trials Lonsdale
21.68	B	25 Back	DEP 17/07/02	TTC 17/07/02
41.76	F	50 Back	DEP 13/03/04	Counties Clay Cross
1:33.02	F	100 Back	DEP 03/11/03	Club Championship Queen St
3:17.94	F	200 Back	DEP 07/07/04	Time trials Lonsdale
22.42	F	25 Breast	DEP 22/02/03	Burton Peter Haynes Trophy
37.23	F	33 Breast	DEP 10/02/01	Matlock Gala
44.12	F	50 Breast	DEP 26/06/04	Calverton Trophy Grantham
1:04.30	F	66 Breast	DEP 7/02/04	Walsall Trophy Gala
1:42.79	F	100 Breast	DEP 02/11/03	Club Championship Queen St
3:38.03	F	200 Breast	DEP 13/03/04	Counties Clay Cross
20.48	F	25 Fly	DEP 05/07/03	Dove Valley
36.23	F	33 Fly	DEP 26/01/02	Chesterfield Trophy Gala
43.90	F	50 Fly	DEP 07/07/04	Time trials Lonsdale
1:45.04	F	100 Fly	DEP 07/11/04	Club Championships Queen St
4:29.33	F	200 Fly	DEP 10/12/03	Time Trials Lonsdale
1:28.81	B	100 IM	DEP 07/07/04	Time trials Lonsdale
3:15.57	F	200 IM	DEP 07/03/04	County Champs Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

**All Meets Selected****All Teams Selected****Number Of Top Times Selected: 1 Show Short Course Only**

Time	P/F/S	Event		Date	Gala
<b>Cutts, S</b>					
27.49	F	25 Free	DEP	12/06/04	Dove Valley Trophy
56.97	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
31.78	F	25 Back	DEP	07/11/04	Club Championships Queen St
31.09	F	25 Breast	DEP	22/01/05	Rykneld Trophy Gala
1:07.75	F	50 Breast	DEP	07/07/04	Time Trials Lonsdale
2:35.07	F	100 Breast	DEP	13/10/04	Time Trials Lonsdale
5:04.43	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale
31.37	F	25 Fly	DEP	07/11/04	Club Championships Queen St
2:28.66	F	100 Fly	DEP	07/11/04	Club Championships Queen St
<b>Curzon, S</b>					
19.56	B	25 Free	DEP	15/10/03	Time Trials Lonsdale
42.42	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
1:51.34	F	100 Free	DEP	27/03/02	TTB&C 27/03/02
22.89	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
51.91	F	50 Back	DEP	14/07/04	Time trials Lonsdale
1:59.26	F	100 Back	DEP	19/05/04	Time Trials Lonsdale
26.77	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
1:07.94	F	50 Breast	DEP	12/09/01	TTC 12/09/01
2:53.53	F	100 Breast	DEP	28/02/01	TTC/28.02.01
22.68	B	25 Fly	DEP	14/07/04	Time trials Lonsdale
1:51.36	F	100 IM	DEP	13/10/04	Time Trials Lonsdale
<b>Davies, A</b>					
19.81	F	25 Free	DEP	1/12/04	Time Trials Lonsdale
42.96	F	50 Free	DEP	06/02/05	Trident Open Queen St
25.63	F	25 Back	DEP	25/05/04	Time Trials Lonsdale
47.87	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
47.72	F	50 Back	DEP	1/12/04	Time Trials Lonsdale
29.41	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
59.40	F	50 Breast	DEP	07/11/04	Club Championships Queen St
2:23.76	F	100 Breast	DEP	19/05/04	Time Trials Lonsdale
22.37	F	25 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
49.23	F	50 Fly	DEP	12/02/05	Treonte Diddy Gala Queen St
1:48.69	B	100 IM	DEP	13/10/04	Time Trials Lonsdale
3:53.12	B	200 IM	DEP	8/12/04	Time Trials Lonsdale
<b>Davies, L</b>					
19.30	B	25 Free	DEP	14/07/04	Time trials Lonsdale
38.70	F	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
40.22	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:28.82	F	100 Free	DEP	07/11/04	Club Championships Queen St
	F	200 Free	DEP		
49.89	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
46.03	F	50 Back	DEP	06/02/05	Trident Open Queen St
1:44.37	F	100 Back	DEP	07/11/04	Club Championships Queen St
3:44.74	F	200 Back	DEP	8/12/04	Time Trials Lonsdale
24.18	B	25 Breast	DEP	14/07/04	Time trials Lonsdale
49.17	B	50 Breast	DEP	12/02/05	Treonte Diddy Gala Queen St
51.36	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
2:01.48	F	100 Breast	DEP	19/05/04	Time Trials Lonsdale
4:00.10	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
22.28	B	25 Fly	DEP	14/07/04	Time trials Lonsdale
44.60	F	50 Fly	DEP	06/02/05	Trident Open Queen St
46.46	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:56.15	F	100 Fly	DEP	07/11/04	Club Championships Queen St
4:19.73	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:42.40	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:41.39	F	200 IM	DEP	17/11/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Davis, L</b>					
19.07	B	25 Free	DEP	24/07/02	TTC 24/07/02
45.14	F	50 Free	DEP	05/03	Time Trials
2:05.22	F	100 Free	DEP	03/11/00	Club Championships Heats
3:31.55	F	200 Free	DEP	16/01/04	Time Trials Lonsdale
26.15	F	25 Back	DEP	27/03/02	TTB&C 27/03/02
49.00	F	50 Back	DEP	19/05/04	Time Trials Lonsdale
4:03.87	F	200 Back	DEP	01/03	Time Trials Jan 2003
27.03	F	25 Breast	DEP	17/07/02	TTC 17/07/02
55.65	B	50 Breast	DEP	07/07/04	Time trials Lonsdale
2:08.47	F	100 Breast	DEP	14/02/01	TTC 14/02/01
4:09.38	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
25.62	F	25 Fly	DEP	24/04/02	TTB&C 24/04/02
53.68	F	50 Fly	DEP	05/03	Time Trials
4:24.15	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:46.87	B	100 IM	DEP	23/07/03	Time trials Lonsdale
3:40.90	F	200 IM	DEP	07/03	TT Lonsdale
<b>Davis, S</b>					
19.06	B	25 Free	DEP	06/10/04	Time Trials Lonsdale
31.32	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
43.30	F	50 Free	DEP	06/10/04	Time Trials Lonsdale
1:42.04	F	100 Free	DEP	08/10/03	Time Trials Lonsdale
1:15.53	F	50 Back	DEP	10/06/01	Derby & Notts Junior League B
24.55	F	25 Breast	DEP	25/05/04	Time Trials Lonsdale
42.61	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala
51.91	B	50 Breast	DEP	14/07/04	Time trials Lonsdale
1:59.14	F	100 Breast	DEP	19/05/04	Time Trials Lonsdale
1:54.09	F	100 IM	DEP	07/07/04	Time Trials Lonsdale
3:59.05	B	200 IM	DEP	1/12/04	Time Trials Lonsdale
<b>Donald, P</b>					
30.00	S F	50 Free	DEP	07/03/04	Counties Queen St
29.20	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:03.35	S F	100 Free	DEP	07/11/04	Club Championships Queen St
2:23.37	B F	200 Free	DEP	13/03/04	Counties Clay Cross
5:12.16	F	400 Free	DEP	08/03/03	Counties Queen St
20:16.81	F	1500 Free	DEP	13/03/04	Counties Clay Cross
30.73	F	33 Back	DEP	06/06/99	Matlock Trophy Gala
33.80	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
35.17	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:13.16	S F	100 Back	DEP	22/01/05	Rykneld Trophy Gala
2:41.88	B F	200 Back	DEP	07/03/04	Counties Queen St
37.94	S F	50 Breast	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:24.43	B F	100 Breast	DEP	07/11/04	Club Championships Queen St
25.47	F	33 Fly	DEP	02/06/01	Matlock Gala
32.31	G F	50 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:10.42	S F	100 Fly	DEP	06/02/05	Trident Open Queen St
2:46.94	F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:14.30	S F	100 IM	DEP	13/03/04	Counties Clay Cross
2:41.65	S F	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Earith, H</b>					
21.37	F	25 Free	DEP	07/11/04	Club Championships Queen St
23.61	F	25 Back	DEP	07/11/04	Club Championships Queen St
27.91	F	25 Breast	DEP	07/11/04	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Fox, D</b>				
21.34	F	33 Free	DEP	26/01/02 Chesterfield Trophy Gala
31.21	S	50 Free	DEP	13/03/04 Counties Clay Cross
1:06.86	S	100 Free	DEP	07/11/04 Club Championships Queen St
2:31.45	B	200 Free	DEP	08/03/03 Counties Queen St
5:13.33	F	400 Free	DEP	13/03/04 Counties Clay Cross
25.32	F	33 Back	DEP	26/01/02 Chesterfield Trophy Gala
35.70	G	50 Back	DEP	20/09/03 Bill Brake Trophy Burton
36.35	F	50 Back	DEP	23/11/03 County Sprints Ponds Forge
49.94	F	66 Back	DEP	7/02/04 Walsall Trophy Gala
1:12.73	S	100 Back	DEP	06/02/05 Trident Open Queen St
1:15.55	L	100 Back	DEP	11/12/04 Speedo League Coventry
2:40.01	S	200 Back	DEP	13/03/04 Counties Clay Cross
28.38	F	33 Breast	DEP	26/01/02 Chesterfield Trophy Gala
40.55	S	50 Breast	DEP	13/03/04 Counties Clay Cross
42.60	F	50 Breast	Dep	23/11/03 County Sprints Ponds Forge
1:27.00	S	100 Breast	DEP	07/11/04 Club Championships Queen St
3:05.69	B	200 Breast	DEP	13/03/04 Counties Clay Cross
23.04	F	33 Fly	DEP	26/01/02 Chesterfield Trophy Gala
35.93	G	50 Fly	DEP	9/03/03 Counties Queen St
1:22.52	B	100 Fly	DEP	07/11/04 Club Championships Queen St
3:56.08	B	200 Fly	DEP	27/01/01 City Of Derby Open
1:15.51	G	F 100	IM	DEP 13/03/04 Counties Clay Cross
2:45.29	S	F 200	IM	DEP 06/03/04 Counties Queen St
<b>Fowell, G</b>				
32.81	B	50 Free	DEP	18/09/04 Leslie Seymour Trophy Queen St
1:08.89	B	100 Free	DEP	22/01/05 Rykneld Trophy Gala
2:34.38	F	200 Free	DEP	17/11/04 Time Trials Lonsdale
5:27.68	F	400 Free	DEP	20/10/04 Time Trials Lonsdale
21.50	B	25 Back	DEP	08/10/03 Time Trials Lonsdale
43.39	F	50 Back	DEP	07/07/04 Time trials Lonsdale
1:31.11	F	100 Back	DEP	07/11/04 Club Championships Queen St
3:10.53	F	200 Back	DEP	8/12/04 Time Trials Lonsdale
22.70	B	25 Breast	DEP	15/10/03 Time Trials Lonsdale
41.80	S	50 Breast	DEP	22/01/05 Rykneld Trophy Gala
1:38.77	F	100 Breast	DEP	07/11/04 Club Championships Queen St
1:34.31	L	100 Breast	DEP	11/12/04 Speedo League Coventry
3:18.01	F	200 Breast	DEP	1/12/04 Time Trials Lonsdale
41.51	F	50 Fly	DEP	07/07/04 Time trials Lonsdale
1:38.74	F	100 Fly	DEP	07/11/04 Club Championships Queen St
3:34.22	S	200 Fly	DEP	8/12/04 Time Trials Lonsdale
1:26.63	F	100 IM	DEP	07/11/04 Club Championships Queen St
2:59.15	F	200 IM	DEP	17/11/04 Time Trials Lonsdale
<b>Forster, N</b>				
33.53	G	F 50 Free	DEP	17/11/04 Time Trials Lonsdale
1:14.30	F	100 Free	DEP	07/11/04 Club Championships Queen St
6:12.36	F	400 Free	DEP	20/10/04 Time Trials Lonsdale
42.69	S	F 50 Back	DEP	19/05/04 Time Trials Lonsdale
	49.16	S F 50	Breast	DEP 05/03 TT B
1:34.34	F	100 Breast	DEP	07/11/04 Club Championships Queen St
44.92	G	F 50 Fly	DEP	19/05/04 Time Trials Lonsdale
1:44.00	F	100 Fly	DEP	02/11/03 Club Championship Queen St
1:33.68	F	100 IM	DEP	19/05/04 Time Trials Lonsdale
3:13.05	F	200 IM	DEP	17/11/04 Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Froud, O</b>				
26.82	S	F 50 Free	07/03/04	Counties Queen St
26.73		L 50 Free	28/11/04	Derby Sprint Champs Ponds Forge
39.15		F 66 Free	7/02/04	Walsall Trophy Gala
57.88		L 100 Free	28/11/04	Derby Sprint Champs Ponds Forge
56.54		F 100 Free	07/11/04	Club Championships Queen St
2:07.97		L 200 Free	08/01/05	C O D Open Ponds Forge
2:06.94		F 200 Free	13/03/04	Counties Clay Cross
4:35.17		F 400 Free	19/06/04	Mid Dist Coventry
4:29.41		F 400 Free	06/03/04	County Champs Queen St
17:39.70		F 1500 Free	13/03/04	Counties Clay Cross
25.15		F 33 Back	26/01/02	Chesterfield Trophy Gala
30.73	G	F 50 Back	13/03/04	Counties Clay Cross
30.15		L 50 Back	28/11/04	Derby Sprint Champs Ponds Forge
43.41		F 66 Back	7/02/04	Walsall Trophy Gala
1:03.51		L 100 Back	08/01/05	C O D Open Ponds Forge
1:02.75		F 100 Back	13/11/04	Speedo League Queen St
2:19.91		F 200 Back	24/04/04	Rotherham Open Ponds Forge Conv
2:22.49		L 200 Back	08/01/05	C O D Open Ponds Forge
46.88	B	F 50 Breast	27/03/02	TTB&C 27/03/02
37.55		L 50 Breast	28/11/04	Derby Sprint Champs Ponds Forge
1:19.05	B	F 100 Breast	07/11/04	Club Championships Queen St
3:13.44		F 200 Breast	09/03/03	Counties Queen St
31.12	B	F 50 Fly	13/03/04	Counties Clay Cross
29.74		L 50 Fly	28/11/04	Derby Sprint Champs Ponds Forge
1:09.63		F 100 Fly	19/06/04	Mid Dist Coventry
1:07.15		F 100 Fly	07/11/04	Club Championships Queen St
1:14.70	S	F 100 IM	02/11/03	Club Championship Queen St
2:26.03		L 200 IM	08/01/05	C O D Open Ponds Forge
2:25.69		F 200 IM	19/06/04	Mid Dist Coventry C
5:16.23		F 400 IM	24/04/04	Rotherham Open Ponds Forge Conv
<b>Fulford, A</b>				
21.66		F 33 Free	26/01/02	Chesterfield Trophy Gala
28.86	S	F 50 Free	07/03/04	Counties Queen St
29.46		L 50 Free	28/11/04	Derby Sprint Champs Ponds Forge
1:02.53	S	F 100 Free	07/11/04	Club Championships Queen St
1:03.85		L 100 Free	22/01/05	Rotherham Open Ponds Forge
2:20.36	B	F 200 Free	13/03/04	Counties Clay Cross
34.94	S	L 50 Back	22/01/05	Rotherham Open Ponds Forge
1:16.20	S	L 100 Back	28/11/04	Derby Sprint Champs Ponds Forge
1:12.46		L 100 Back	07/11/04	Club Championships Queen St
2:41.93		F 200 Back	07/03/04	Counties Queen St
37.59	S	F 50 Breast	21/02/04	Peter Haynes Trophy Burton
37.56		L 50 Breast	28/11/04	Derby Sprint Champs Ponds Forge
53.87		F 66 Breast	7/02/04	Walsall Trophy Gala
1:19.95	B	F 100 Breast	26/06/04	Calverton Trophy Grantham
1:23.50		L 100 Breast	28/11/04	Derby Sprint Champs Ponds Forge
3:00.03	B	F 200 Breast	07/03/04	County Champs Queen St
24.09		F 33 Fly	26/01/02	Chesterfield Trophy Gala
33.22	G	F 50 Fly	13/03/04	Counties Clay Cross
33.59		L 50 Fly	28/11/04	Derby Sprint Champs Ponds Forge
48.19		F 66 Fly	7/02/04	Walsall Trophy Gala
1:15.17	S	F 100 Fly	07/11/04	Club Championships Queen St
2:53.87	B	F 200 Fly	13/03/04	Counties Clay Cross
1:12.76	S	F 100 IM	13/03/04	Counties Clay Cross
2:38.39	S	F 200 IM	13/03/04	Counties Clay Cross
2:37.94		L 200 IM	07/11/04	Club Championships Queen St
6:35.05		F 400 IM	19/05/02	TT A Repton 19/05/02

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Fulford, T</b>					
19.46	B	25 Free	DEP	17/12/03	Time Trials Lonsdale
42.01	B	50 Free	DEP	25/09/04	Olive Leivers Shield Ilkeston
44.05	L	50 Free	DEP	22/01/05	Rotherham Open Ponds Forge
1:33.97	F	100 Free	DEP	07/11/04	Club Championships Queen St
1:34.42	L	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge
3:05.79	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:49.87	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
45.58	B	50 Back	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:46.05	F	100 Back	DEP	07/11/04	Club Championships Queen St
56.22	F	50 Breast	DEP	17/11/04	Time Trials Lonsdale
2:02.97	F	100 Breast	DEP	07/11/04	Club Championships Queen St
4:15.58	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
21.55	B	25 Fly	DEP	21/05/04	Time Trials Lonsdale
47.37	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
2:04.20	F	100 Fly	DEP	02/11/03	Club Championship Queen St
3:47.96	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:44.27	B	100 IM	DEP	25/02/04	Time Trials Lonsdale
<b>Green, C</b>					
26.63	F	25 Free	DEP	19/05/04	Time Trials Lonsdale
53.43	F	50 Free	DEP	25/05/04	Time Trials Lonsdale
2:10.88	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
28.34	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
1:03.42	F	50 Back	DEP	13/10/04	Time Trials Lonsdale
29.44	F	25 Breast	DEP	07/11/04	Club Championships Queen St
1:09.68	F	50 Breast	DEP	19/05/04	Time Trials Lonsdale
29.64	F	25 Fly	DEP	07/11/04	Club Championships Queen St
2:28.27	F	100 IM	DEP	07/11/04	Club Championships Queen St
<b>Hand, J</b>					
18.46	B	25 Free	DEP	1/12/04	Time Trials Lonsdale
	F	33 Free	DEP		
39.88	B	50 Free	DEP	1/12/04	Time Trials Lonsdale
24.00	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
<b>Hill, E</b>					
34.19	F	50 Free	DEP	12/06/04	Dove Valley Trophy
2:44.95	F	200 Free	DEP	09/06/04	Time trials Lonsdale
38.65	F	50 Back	DEP	12/06/04	Dove Valley Trophy
47.22	F	50 Breast	DEP	09/06/04	Time trials Lonsdale
38.02	F	50 Fly	DEP	19/05/04	Time Trials Lonsdale
1:25.12	F	100 IM	DEP	09/06/04	Time trials Lonsdale
3:07.49	F	200 IM	DEP	09/06/04	Time trials Lonsdale
<b>Hill, R</b>					
38.78	F	50 Free	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:23.08	B	100 Free	DEP	07/11/04	Club Championships Queen St
	F	200 Free	DEP		
6:30.30	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
21.01	B	25 Back	DEP	03/03/04	Time Trials Lonsdale
43.49	B	50 Back	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:34.37	F	100 Back	DEP	07/11/04	Club Championships Queen St
50.44	B	50 Breast	DEP	07/07/04	Time trials Lonsdale
1:49.02	F	100 Breast	DEP	07/11/04	Club Championships Queen St
22.55	B	25 Fly	DEP	25/02/04	Time Trials Lonsdale
47.07	B	50 Fly	DEP	19/05/04	Time Trials Lonsdale
1:37.6	B	100 IM	DEP	09/06/04	Time trials Lonsdale
3:26.03	F	200 IM	DEP	07/11/04	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Hithersley, C</b>					
	F	25 Free	DEP		
43.75	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
	f	100 Free	DEP		
25.75	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
54.67	F	50 Back	DEP	07/11/04	Club Championships Queen St
	F	25 Breast	DEP		
26.49	F	25 Fly	DEP	1/12/04	Time Trials Lonsdale
<b>Horsley, O</b>					
19.86	F	25 Free	DEP	06/10/04	Time Trials Lonsdale
46.57	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
1:50.47	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
3:42.94	F	200 Free	DEP	8/12/04	Time Trials Lonsdale
25.29	F	25 Back	DEP	07/11/04	Club Championships Queen St
26.38	F	25 Breast	DEP	06/10/04	Time Trials Lonsdale
55.22	F	50 Breast	DEP	12/02/05	Treonte Diddy Gala Queen St
26.34	F	25 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
	F	50 Fly	DEP		
1:59.91	F	100 IM	DEP	07/11/04	Club Championships Queen St
<b>Jackson, B</b>					
19.24	B	25 Free	DEP	03/03/04	Time Trials Lonsdale
28.33	F	33 Free	DEP	18/10/03	Matlock Trophy
38.51	B	50 Free	DEP	04/09/04	Russ Smithurst Sutton
37.88	L	50 ree	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:39.20	F	100 Free	DEP	10/12/03	Time Trials Lonsdale
3:01.02	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:24.24	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
22.55	P F	25 Back	DEP	02/11/03	Club Championship Queen S
46.08	F	50 Back	DEP	07/11/04	Club Championships Queen St
44.16	L	50 Back	DEP	22/01/05	Rotherham Open Ponds Forge
1:43.49	F	100 Back	DEP	07/11/04	Club Championships Queen St
31.98	F	25 Breast	DEP	02/11/03	Club Championship Queen St
1:01.77	F	50 Breast	DEP	17/11/04	Time Trials Lonsdale
4:22.53	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
18.81	B	25 Fly	DEP	18/09/04	Bill Brake Trophy Burton
28.40	F	33 Fly	DEP	18/10/03	Matlock Trophy
42.91	S	50 Fly	DEP	12/02/05	Treonte Diddy Gala Queen St
45.01	L	50 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
1:39.69	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
3:46.50	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:46.91	B	100 IM	DEP	03/03/04	Time Trials Lonsdale
3:31.82	B	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Johal, J</b>					
23.36	F	25 Free	DEP	06/10/04	Time Trials Lonsdale
58.38	F	50 Free	DEP	13/10/04	Time Trials Lonsdale
	F	50 Back	DEP		
	F	25 Breast	DEP		
59.48	F	50 Breast	DEP	06/10/04	Time Trials Lonsdale
<b>Johal, N</b>					
45.44	F	25 Free	DEP	13/10/04	Time Trials Lonsdale
	F	50 Free	DEP		
	F	50 Back	DEP		
33.23	F	25 Breast	DEP	1/12/04	Time Trials Lonsdale
	F	50 Breast	DEP		

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala	
<b>Johnson, C</b>					
26.19	F	25 Free	DEP 25/09/02	TTC 25/09/02	
54.71	F	50 Free	DEP 02/10/02	TTC 02/10/02	
30.03	F	25 Back	DEP 02/10/02	TTC 02/10/02	
45.79	B	50 Back	DEP 17/12/03	Time Trials Lonsdale	
24.91	F	25 Breast	DEP 17/12/03	Time Trials Lonsdale	
53.00	F	50 Breast	DEP 15/10/03	Time Trials Lonsdale	
1:52.79	B	100 Breast	DEP 25/02/04	Time Trials Lonsdale	
22.42	B	25 Fly	DEP 25/02/04	Time Trials Lonsdale	
1:59.03	F	100 Fly	DEP 02/11/03	Club Championships Queen St	
1:54.52	F	100 IM	DEP 17/12/03	Time Trials Lonsdale	
<b>Johnson, E</b>					
26.89	F	25 Free	DEP 07/11/04	Club Championships Queen St	
	F	50 Free	DEP		
	F	25 Back	DEP		
	B	50 Back	DEP		
34.53	F	25 Breast	DEP 07/11/04	Club Championships Queen St	
	F	50 Breast	DEP		
<b>Johnson, J</b>					
27.91	P	F	50 Free	DEP 13/03/04	Counties Clay Cross
1:00.02	G	F	100 Free	DEP 13/03/04	Counties Clay Cross
1:00.97	L	100 Free	DEP 28/11/04	Derby Sprint Champs Ponds Forge	
2:14.64	S	F	200 Free	DEP 06/03/04	County Champs Queen St
4:59.71	F	400 Free	DEP 9/03/03	Counties Queen St	
33.19	G	F	50 Back	DEP 06/03/04	County Champs Queen St
35.11	L	50 Back	DEP 28/11/04	Derby Sprint Champs Ponds Forge	
1:10.95	G	F	100 Back	DEP 07/03/04	Counties Queen St
2:40.01	S	F	200 Back	DEP 22/03/03	Counties Queen St
40.04	G	F	50 Breast	DEP 15/03/03	Counties Sharley Park
1:29.86	S	F	100 Breast	DEP 02/11/03	Club Championship Queen St
31.18	P	F	50 Fly	DEP 07/03/04	Counties Queen St
31.30	I	50 Fly	DEP 28/11/04	Derby Sprint Champs Ponds Forge	
1:10.23	G	F	100 Fly	DEP 13/03/04	Counties Clay Cross
1:11.31	G	F	100 IM	DEP 13/03/04	Counties Clay Cross
2:39.38	F	200 IM	DEP 03/11/02	Club Championship 2002	
<b>Keane, E</b>					
16.21	B	25 Free	DEP 18/09/04	Bill Brake Trophy Burton	
32.81	F	50 Free	DEP 13/11/04	Speedo League Queen St	
33.86	L	50 Free	DEP 11/12/04	Speedo League Coventry	
50.58	F	66 Free	DEP 7/02/04	Walsall Trophy Gala	
1:11.94	L	100 Free	DEP 08/01/05	C O D Open Ponds Forge	
2:30.61	L	200 Free	DEP 08/01/05	C O D Open Ponds Forge	
5:37.41	F	400 Free	DEP 19/06/04	Mid Dist Coventry C	
18.23	F	25 Back	DEP 18/09/04	Bill Brake Trophy Burton	
29.56	F	33 Back	DEP 18/10/03	Matlock Trophy	
36.39	F	50 Back	DEP 06/02/05	Trident Open Queen St	
39.16	L	50 Back	DEP 28/11/04	Derby Sprint Champs Ponds Forge	
1:22.00	L	100 Back	DEP 08/01/05	C O D Open Ponds Forge	
2:50.34	L	200 Back	DEP 08/01/05	C O D Open Ponds Forge	
24.68	F	25 Breast	DEP 02/11/03	Club Championships Queen St	
35.62	F	33 Breast	DEP 21/06/03	Matlock trophy	
48.53	F	50 Breast	DEP 07/11/04	Club Championships Queen St	
4:13.02	F	200 Breast	DEP 10/12/03	Time Trials Lonsdale	
19.32	B	25 Fly	DEP 02/11/03	Club Championships Queen St	
27.62	F	33 Fly	DEP 18/10/03	Matlock Trophy	
36.74	L	50 Fly	DEP 08/01/05	C O D Open Ponds Forge	
36.06	F	50 Fly	DEP 06/02/05	Trident Open Queen St	
1:21.12	L	100 Fly	DEP 08/01/05	C O D Open Ponds Forge	
3:18.04	F	200 Fly	DEP 18/07/04	Northampton Open Rugby	
2:54.15	L	200 Fly	DEP 08/01/05	C O D Open Ponds Forge	
1:24.71	B	100 IM	DEP 07/11/04	Club Championships Queen St	
2:56.08	L	200 IM	DEP 08/01/05	C O D Open Ponds Forge	
3:09.90	F	200 IM	DEP 18/07/04	Northampton Open Rugby	

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Keane, J</b>				
	<b>B</b>	25 Free	DEP	
25.27	F	50 Free	DEP	24/04/04 Rotherham Open Ponds Forge Conv
25.54	L	50 Free	DEP	08/01/05 C O D Open Ponds Forge
36.11	F	66 Free	DEP	7/02/04 Walsall Trophy Gala
54.64	F	100 Free	DEP	13/11/04 Speedo League Queen St
54.72	L	100 Free	DEP	08/01/05 C O D Open Ponds Forge
1:58.79	L	200 Free	DEP	08/01/05 C O D Open Ponds Forge
4:12.84	Conv	400 Free	DEP	24/04/04 Rotherham Open Ponds Forge Conv
4:12.96	L	400 Free	DEP	27/11/04 Midland Long Course Champs Coventry
16:49.00	L	1500 Free	DEP	27/11/04 Midland Long Course Champs Coventry
	<b>B</b>	25 Back	DEP	
	F	50 Back	DEP	
1:04.25	F	100 Back	DEP	26/06/04 Calverton Trophy Grantham
2:18.61	F	200 Back	DEP	13/03/04 Counties Clay Cross
	F	50 Breast	DEP	
1:19.51	F	100 Breast	DEP	07/11/04 Club Championships Queen St
29.51	F	50 Fly	DEP	21/02/04 Peter Haynes Trophy Burton
1:02.14	F	100 Fly	DEP	13/11/04 Speedo League Queen St
1:04.27	L	100 Fly	DEP	16/10/04 Lincoln Vulcans Open Ponds Forge
2:20.27	L	200 Fly	DEP	08/01/05 C O D Open Ponds Forge
	<b>B</b>	100 IM	DEP	
2:19.33	F	200 IM	DEP	24/04/04 Rotherham Open Ponds Forge Conv
<b>Keaney, S</b>				
31.15	L	50 Free	DEP	16/10/04 Lincoln Vulcans Open Ponds Forge
1:05.78	<b>S</b>	100 Free	DEP	07/11/04 Club Championships Queen St
1:08.61	L	100 Free	DEP	28/11/04 Derby Sprint Champs Ponds Forge
2:28.59	F	200 Free	DEP	06/03/04 County Champs Queen St
2:30.59	L	200 Free	DEP	16/10/04 Lincoln Vulcans Open Ponds Forge
6:32.94	F	400 Free	DEP	19/05/02 TT A Repton 19/05/02
10:48.90	F	800 Free	DEP	06/03/04 County Champs Queen St
35.20	S F	50 Back	DEP	22/01/05 Rykneld Trophy Gala
1:15.22	F	100 Back	DEP	06/02/05 Trident Open Queen St
2:46.07	B F	200 Back	DEP	18/04/04 COD Open Queen St
2:50.64	I	200 Back	DEP	16/10/04 Lincoln Vulcans Open Ponds Forge
43.45	F	50 Breast	DEP	22/01/05 Lucozade Trophy Uttoxeter
1:38.11	F	100 Breast	DEP	07/11/04 Club Championships Queen St
18.76	F	25 Fly	DEP	05/07/03 Dove Valley
37.62	S F	50 Fly	DEP	04/09/04 Russ Smithurst Sutton
1:23.17	F	100 Fly	DEP	06/02/05 Trident Open Queen St
3:12.43	F	200 Fly	DEP	07/03/04 Counties Queen St
1:19.24	S F	100 IM	DEP	13/03/04 Counties Clay Cross
2:53.21	S F	200 IM	DEP	06/03/04 Counties Queen St
<b>King, S</b>				
	F	25 Free	DEP	
34.19	F	25 Breast	DEP	14/07/04 Time trials Lonsdale
<b>Luxton, K</b>				
19.54	B	25 Free	DEP	10/12/03 Time Trials Lonsdale
40.56	F	50 Free	DEP	17/11/04 Time Trials Lonsdale
1:30.73	F	100 Free	DEP	07/11/04 Club Championships Queen St
3:21.82	F	200 Free	DEP	17/11/04 Time Trials Lonsdale
6:45.64	F	400 Free	DEP	20/10/04 Time Trials Lonsdale
22.02	B	25 Back	DEP	08/10/03 Time Trials Lonsdale
48.59	F	50 Back	DEP	19/05/04 Time Trials Lonsdale
3:50.17	F	200 Back	DEP	8/12/04 Time Trials Lonsdale
25.30	F	25 Breast	DEP	02/10/02 TTC 02/10/02
54.67	F	50 Breast	DEP	07/07/04 Time trials Lonsdale
1:56.67	F	100 Breast	DEP	07/11/04 Club Championships Queen St
4:06.53	F	200 Breast	DEP	1/12/04 Time Trials Lonsdale
46.96	B	50 Fly	DEP	1/12/04 Time Trials Lonsdale
1:37.59	S	100 IM	DEP	07/11/04 Club Championships Queen St
3:37.92	B	200 IM	DEP	8/12/04 Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Machin, E</b>					
20.01	F	25 Free	DEP	03/11/02	Club Championship 2002
37.02	F	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:27.31	F	100 Free	DEP	07/11/04	Club Championships Queen St
23.12	F	25 Back	DEP	05/07/03	Dove Valley
44.54	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
21.43	F	25 Breast	DEP	21/02/04	Peter Haynes Trophy Burton
32.69	F	33 Breast	DEP	08/02/03	Matlock Trophy
43.21	F	50 Breast	DEP	12/02/05	Treonte Diddy Gala Queen St
1:33.59	F	100 Breast	DEP	07/11/04	Club Championships Queen St
22.26	F	25 Fly	DEP	05/07/03	Dove Valley
46.17	F	50 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:51.88	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:37.45	F	100 IM	DEP	07/11/04	Club Championships Queen St
<b>Maine, N</b>					
33.27	B F	50 Free	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:14.95	B F	100 Free	DEP	02/11/03	Club Championships Queen St
2:48.38	F	200 Free	DEP	07/03	TT Lonsdale
41.41	B F	50 Back	DEP	18/09/10	Leslie Seymour Trophy Queen St
1:25.19	B F	100 Back	DEP	07/11/04	Club Championships Queen St
3:23.71	F	200 Back	DEP	01/03	Time Trials Jan 2003
47.41	B F	50 Breast	DEP	05/03	Time Trials
1:38.58	B F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:39.18	F	200 Breast	DEP	27/03/02	TTB&C 27/03/02
36.42	S F	50 Fly	DEP	18/09/10	Leslie Seymour Trophy Queen St
1:32.65	F	100 Fly	DEP	07/11/04	Club Championships Queen St
3:54.02	F	200 Fly	DEP	01/03	Time Trials Jan 2003
1:35.01	B F	100 IM	DEP	24/04/02	TTB&C 24/04/02
3:04.22	B F	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Malomvari, B</b>					
30.53	F	25 Back	DEP	15/10/03	Time Trials Lonsdale
1:03.89	F	50 Free	DEP	03/11/03	Club Championship Queen St
2:04.56	F	100 Free	DEP	07/11/04	Club Championships Queen St
49.32	F	50 Back	DEP	02/11/03	Club Championships Queen St
1:11.06	F	50 Breast	DEP	02/11/03	Club Championships Queen St
2:20.70	f	100 Breast	DEP	07/11/04	Club Championships Queen St
<b>Maude, N</b>					
18.87	B	25 Free	DEP	25/05/04	Time Trials Lonsdale
43.37	F	50 Free	DEP	17/11/04	Time Trials Lonsdale
45.59	F	50 Back	DEP	06/02/05	Trident Open Queen St
3:49.94	F	200 Back	DEP	8/12/04	Time Trials Lonsdale
23.85	F	25 Breast	DEP	07/07/04	Time Trials Lonsdale
48.04	B	50 Breast	DEP	06/02/05	Trident Open Queen St
1:51.81	F	100 Breast	DEP	25/02/04	Time Trials Lonsdale
3:55.05	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
55.12	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
1:41.70	B	100 IM	DEP	07/07/04	Time Trials Lonsdale
3:41.94	F	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Maxwell, K</b>					
23.97	F	25 Free	DEP	8/12/04	Time Trials Lonsdale
	F	50 Free	DEP		
1:44.63	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
29.43	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
	F	50 Back	DEP		
27.49	F	25 Breast	DEP	06/10/04	Time Trials Lonsdale
56.49	F	50 Breast	DEP	1/12/04	Time Trials Lonsdale
2:10.76	F	100 Breast	DEP	13/10/04	Time Trials Lonsdale
4:28.51	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Maxwell, L</b>				
	F	25 Free	DEP	
	F	50 Free	DEP	
	F	100 Free	DEP	
32.43	F	25 Back	DEP	1/12/04 Time Trials Lonsdale
1:15.87	F	50 Back	DEP	8/12/04 Time Trials Lonsdale
<b>Milligan, L</b>				
23.34	F	25 Free	DEP	14/07/04 Time trials Lonsdale
45.61	F	50 Free	DEP	1/12/04 Time Trials Lonsdale
1:52.84	F	100 Free	DEP	07/07/04 Time Trials Lonsdale
22.81	F	25 Back	DEP	22/01/05 Rykneld Trophy Gala
	F	50 Back	DEP	
33.75	F	25 Breast	DEP	25/05/04 Time Trials Lonsdale
59.00	F	50 Breast	DEP	07/11/04 Club Championships Queen St
26.17	F	25 Fly	DEP	14/07/04 Time trials Lonsdale
1:00.53	F	50 Fly	DEP	07/11/04 Club Championships Queen St
1:54.30	F	100 IM	DEP	07/11/04 Club Championships Queen St
<b>Molyneux, R</b>				
23.16	F	25 Free	DEP	14/07/04 Time trials Lonsdale
		100 Free	DEP	
35.00	F	25 Breast	DEP	14/07/04 Time trials Lonsdale
32.83	F	25 Fly	DEP	14/07/04 Time trials Lonsdale
<b>Mosley, J</b>				
26.31	P F	50 Free	DEP	16/03/03 Counties Sharley Park
58.85	G F	100 Free	DEP	03/11/02 Club Championship 2002
2:21.31	G F	200 Free	DEP	21/05/00 TT A&B5
5:14.54	F	400 Free	DEP	20/03/99 Counties Gala 6
37.27	G F	50 Back	DEP	27/05/00 House Gala
1:17.06	G F	100 Back	DEP	20/11/99 Club Championships
3:12.84	S F	200 Back	DEP	03/11/98 PB's@startup Nov98
32.55	P F	50 Breast	DEP	15/03/03 Counties Sharley Park
46.94	F	66 Breast	DEP	7/02/04 Walsall Trophy Gala
1:10.90	G F	100 Breast	DEP	08/03/03 Counties Queen St
2:41.31	G F	200 Breast	DEP	16/03/03 Counties Sharley Park
29.41	P F	50 Fly	DEP	9/03/03 Counties Queen St
1:14.24	G F	100 Fly	DEP	04/11/01 Club Championship 2001
2:56.28	F	200 Fly	DEP	02/03/03 Time Trials March 2003
1:17.83	P F	100 IM	DEP	03/11/98 PB's@startup Nov98
2:33.27	G F	200 IM	DEP	19/11/00 Club Championships
<b>Murphy, R</b>				
21.41	F	25 Free	DEP	14/07/04 Time trials Lonsdale
46.50	F	50 Free	DEP	03/03/04 Time Trials Lonsdale
1:52.43	F	100 Free	DEP	02/11/03 Club Championships Queen St
26.44	F	25 Back	DEP	17/12/03 Time Trials Lonsdale
31.86	F	25 Breast	DEP	04/12/02 TTC 04/12/02 & 11/12/02
1:00.87	F	50 Breast	DEP	14/07/04 Time trials Lonsdale
2:23.98	F	100 Breast	DEP	03/11/03 Club Championship Queen St
2:04.83	F	100 IM	DEP	07/07/04 Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Palmer, C</b>					
35.06	F	50 Free	DEP	13/03/04	Counties Clay Cross
1:17.66	F	100 Free	DEP	02/11/03	Club Championships Queen St
2:59.59	F	200 Free	DEP	07/03	TT Lonsdale
6:19.47	F	400 Free	DEP	17/09/03	Time Trials Lonsdale
43.60	F	50 Back	DEP	23/11/03	County Sprints Ponds Forge
1:30.60	F	100 Back	DEP	06/02/05	Trident Open Queen St
1:32.64	L	100 Back	DEP	22/01/05	Rotherham Open Ponds Forge
41.60	G F	50 Breast	DEP	12/06/04	Dove Valley Trophy
42.54	L	50 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
1:31.08	B F	100 Breast	DEP	13/03/04	Counties Clay Cross
1:31.77	L	100 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
3:16.92	B F	200 Breast	DEP	06/03/04	County Champs Queen St
47.81	F	50 Fly	DEP	30/07/03	Time Trials Lonsdale
1:42.11	F	100 Fly	DEP	02/11/03	Club Championships Queen St
4:17.90	F	200 Fly	DEP	01/03	Time Trials
1:25.49	S F	100 IM	DEP	10/12/03	Time Trials Lonsdale
3:09.06	B F	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Palmer, F</b>					
32.53	S F	50 Free	DEP	12/06/04	Dove Valley Trophy
1:11.13	B F	100 Free	DEP	03/11/02	Club Championships 2002
2:40.02	F	200 Free	DEP	07/03/04	Counties Queen St
5:59.78	F	400 Free	DEP	19/05/02	TT A Repton 19/05/02
39.93	B F	50 Back	DEP	13/03/04	Counties Clay Cross
39.76	F	50 Back	DEP	25/09/04	Olive Leivers Shield Ilkeston
1:22.61	B F	100 Back	DEP	07/11/04	Club Championships Queen St
1:27.33	I	100 back	DEP	22/01/05	Rotherham Open Ponds Forge
3:02.46	F	200 Back	DEP	19/05/02	TT A Repton 19/05/02
37.64	P F	50 Breast	DEP	12/06/04	Dove Valley Trophy
38.01	L	50 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
1:20.66	G F	100 Breast	DEP	07/11/04	Club Championships Queen St
1:24.76	L	100 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
2:56.89	S F	200 Breast	DEP	06/03/04	County Champs Queen St
36.14	S F	50 Fly	DEP	06/03/04	County Champs Queen St
1:25.33	S F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:30.55	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
1:18.29	S F	100 IM	DEP	13/03/04	Counties Clay Cross
2:47.78	S F	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Palmer, J</b>					
18.94	B	25 Free	DEP	28/02/04	Peter Haynes Uttoxeter
38.72	B	50 Free	DEP	07/11/04	Club Championships Queen St
40.15	L	50 Free	DEP	22/01/05	Rotherham Open Ponds Forge
1:47.16	F	100 Free	DEP	08/10/03	Time Trials Lonsdale
3:14.53	F	200 Free	DEP	17/11/04	Time Trials Lonsdale
6:57.64	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
25.15	F	25 Back	DEP	10/12/03	Time Trials Lonsdale
46.59	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
46.22	L	50 Back	DEP	22/01/05	Rotherham Open Ponds Forge
3:36.69	B	200 Back	DEP	8/12/04	Time Trials Lonsdale
24.28	B	25 Breast	DEP	21/05/04	Time Trials Lonsdale
51.48	F	50 Breast	DEP	22/01/05	Ryknelde Trophy Gala
52.07	L	30 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
36.35	F	33 Breast	DEP	18/10/03	Matlock Trophy
1:18.51	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:53.97	L	100 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
3:57.66	F	200 breast	DEP	1/12/04	Time Trials Lonsdale
21.69	B	25 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
52.71	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
1:40.05	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:41.25	F	200 IM	DEP	17/11/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Parkinson, J</b>					
19.64	F	25 Free	DEP	07/07/04	Time Trials Lonsdale
43.50	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
26.01	F	25 Back	DEP	06/10/04	Time Trials Lonsdale
55.01	F	50 Back	DEP	06/10/04	Time Trials Lonsdale
27.22	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
1:01.31	F	50 Breast	DEP	06/10/04	Time Trials Lonsdale
24.75	F	25 Fly	DEP	1/12/04	Time Trials Lonsdale
2:01.97	F	100 IM	DEP	13/10/04	Time Trials Lonsdale
3:59.56	B	200 IM	DEP	8/12/04	Time Trials Lonsdale
<b>Pratt, E</b>					
32.94	F	50 Free	DEP	13/03/04	Counties Clay Cross
1:06.15	S F	100 Free	DEP	07/11/04	Club Championships Queen St
1:08.14	L	100 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
2:25.80	B F	200 Free	DEP	06/03/04	County Champs Queen St
5:14.75	F	400 Free	DEP	13/03/04	Counties Clay Cross
29.61	F	33 Back	DEP	10/02/01	Matlock Gala
37.44	B F	50 Back	DEP	18/09/04	Bill Brake Trophy Burton
1:17.57	S F	100 Back	DEP	07/11/04	Club Championships Queen St
2:49.57	B F	200 Back	DEP	13/03/04	Counties Clay Cross
29.72	F	33 Breast	DEP	02/06/01	Matlock Gala
38.84	G F	50 Breast	DEP	13/03/04	Counties Clay Cross
55.18	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:21.73	F	100 Breast	DEP	13/11/04	Speedo League Queen St
2:58.88	S F	200 Breast	DEP	13/03/04	Counties Clay Cross
35.95	G F	50 Fly	DEP	18/09/04	Bill Brake Trophy Burton
1:20.33	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:16.69	S F	100 IM	DEP	07/11/04	Club Championships Queen St
2:46.07	S F	200 IM	DEP	18/04/04	COD Open Queen St
2:47.56	L	200 IM	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
5:57.22	F	400 IM	DEP	13/03/04	Counties Clay Cross
<b>Pratt, R</b>					
27.88	F	33 Free	DEP	06/06/99	Matlock Trophy Gala
31.95	G F	50 Free	DEP	03/05/03	Tulip Open Spalding
1:07.08	S F	100 Free	DEP	02/11/03	Club Championships Queen St
2:27.21	S F	200 Free	DEP	07/03/04	Counties Queen St
5:11.80	F	400 Free	DEP	6/12/03	Stafford Apex Open Wolverhampton
11:01.68	F	800 Free	DEP	7/12/02	Stafford Apex Open Wolverhampton
38.42	S F	50 Back	DEP	13/03/04	Counties Clay Cross
1:20.96	S F	100 Back	DEP	10/07/04	COD B Meet Queen St
2:51.49	S F	200 Back	DEP	22/03/03	Counties Queen St.
45.98	S F	50 Breast	DEP	18/11/01	Converted Times LC To SC
1:33.99	S F	100 Breast	DEP	03/11/02	Club Championships 2002/4
3:55.64	B F	200 Breast	DEP	24/01/01	TTA&B/b
38.27	G F	50 Fly	DEP	23/11/03	County Sprints Ponds Forge
1:23.25	S F	100 Fly	DEP	10/07/04	COD B Meet Queen St
1:21.14	G F	100 IM	DEP	13/03/04	Counties Clay Cross
2:52.22	S F	200 IM	DEP	07/11/04	Club Championships Queen St
	F	400 IM	DEP	6/12/03	Stafford Apex Open Wolverhampton

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala	
<b>Reed, E</b>						
18.87	B	25 Free	DEP	18/06/03	TT C	
38.81	B	50 Free	DEP	17/11/04	Time Trials Lonsdale	
1:26.40	F	100 Free	DEP	07/11/04	Club Championships Queen St	
3:17.06	F	200 Free	DEP	16/01/04	Time Trials Lonsdale	
6:46.53	F	400 Free	DEP	20/10/04	Time Trials Lonsdale	
27.14	F	25 Back	DEP	04/11/01	Club Championship 2001	
43.55	F	50 Back	DEP	04/04/04	Notts & Derby Junior Lge Queen St	
1:45.29	F	100 Back	DEP	02/11/03	Club Championships Queen St	
30.53	F	25 Breast	DEP	03/02/01	Sherwood Colliery S.C	
52.42	F	50 Breast	DEP	25/09/04	Olive Leivers Shield Ilkeston	
1:58.78	F	100 Breast	DEP	07/11/04	Club Championships Queen St	
4:06.88	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale	
23.64	F	25 Fly	DEP	04/12/02	TTC 04/12/02 & 11/12/02	
27.23	F	33 Fly	DEP	18/10/03	Matlock Trophy	
45.12	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale	
1:42.80	F	100 Fly	DEP	07/11/04	Club Championships Queen St	
3:45.90	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale	
1:38.38	B	100 IM	DEP	07/11/04	Club Championships Queen St	
3:26.78	F	200 IM	DEP	17/11/04	Time Trials Lonsdale	
<b>Reed, C</b>						
36.88	B	50 Free	DEP	10/12/03	Time Trials Lonsdale	
1:14.12	F	100 Free	DEP	07/11/04	Club Championships Queen St	
2:54.54	F	200 Free	DEP	09/06/04	Time trials Lonsdale	
5:56.79	F	400 Free	DEP	20/10/04	Time Trials Lonsdale	
41.45	F	50 Back	DEP	25/09/04	Olive Leivers Shield Ilkeston	
1:27.51	F	100 Back	DEP	07/11/04	Club Championships Queen St	
24.04	B	25 Breast	DEP	24/07/02	TTC 24/07/02	
33.63	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala	
45.74	F	50 Breast	DEP	09/06/04	Time trials Lonsdale	
1:34.89	F	100 Breast	DEP	07/11/04	Club Championships Queen St	
3:36.94	F	200 Breast	DEP	10/12/03	Time Trials Lonsdale	
22.90	B	25 Fly	DEP	24/04/02	TTB&C 24/04/02	
30.13	F	33 Fly	DEP	26/01/02	Chesterfield Trophy Gala	
38.67	F	50 Fly	DEP	18/09/10	Leslie Seymour Trophy Queen St	
1:30.70	F	100 Fly	DEP	07/11/04	Club Championships Queen St	
4:26.58	F	200 Fly	DEP	01/03	Time Trials	
1:28.87	B	100 IM	DEP	09/06/04	Time trials Lonsdale	
2:59.26	F	200 IM	DEP	07/11/04	Club Championships Queen St	
<b>Reeks, C</b>						
31.26	G	F	50 Free	DEP	20/04/02	Melton Mowbray Trophy Gala
1:08.87	S	F	100 Free	DEP	7/09/03	Ripley Open Queen St
2:32.62	S	F	200 Free	DEP	03/03/02	County Championships
5:09.02	F	400 Free	DEP	22/03/03	Counties Queen St.	
10:56.21	F	800 Free	DEP	17/03/02	County Championships	
36.39	G	F	50 Back	DEP	03/03/02	County Championships
1:17.71	G	F	100 Back	DEP	20/09/03	Bill Brake Trophy Burton
2:46.23	F	200 Back	DEP	22/03/03	Counties Queen St.	
43.37	S	F	50 Breast	DEP	20/06/00	BTT/6
1:35.62	S	F	100 Breast	DEP	11/02/01	Trident Open
35.61	G	F	50 Fly	DEP	31/08/02	Workshop Open, Ponds Forge-- Conv LC to SC
1:18.71	G	F	100 Fly	DEP	9/11/02	Speedo Lge Sharley Park
3:05.00	S	F	200 Fly	DEP	10/03/02	County Championships
1:21.47	G	F	100 IM	DEP	16/03/02	County Championships
2:46.55	G	F	200 IM	DEP	02/11/03	Club Championships Queen St
5:54.08	F	400 IM	DEP	9/03/03	Counties Queen St	

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Reeks, J</b>				
32.96	S	F 50 Free	DEP 13/03/04	Counties Clay Cross
32.69		L 50 Free	DEP 16/10/04	Lincoln Vulcans Open Ponds Forge
1:05.78	S	F 100 Free	DEP 07/11/04	Club Championships Queen St
1:07.10		L 100 free	DEP 28/11/04	Derby Sprint Champs Ponds Forge
2:27.93		F 200 Free	DEP 19/06/04	Mid Dist Coventry
2:25.53		F 200 Free	DEP 19/06/04	Mid Dist Coventry C
4:55.57		L 400 Free	DEP 04	City of Sheffield Ponds Forge
10:12.84		F 800 Free	DEP 04	City of Sheffield Ponds Forge
38.61	S	F 50 Back	DEP 06/03/04	County Champs Queen St
38.01		I 500 back	DEP 28/11/04	Derby Sprint Champs Ponds Forge
1:17.35		F 100 Back	DEP 07/11/04	Club Championships Queen St
2:50.90		L 200 Back	DEP 16/10/04	Lincoln Vulcans Open Ponds Forge
40.41	G	F 50 Breast	DEP 13/03/04	Counties Clay Cross
1:25.91	S	F 100 Breast	DEP 24/04/04	Rotherham Open Ponds Forge Conv
3:00.36	S	F 200 Breast	DEP 13/03/04	Counties Clay Cross
3:08.69		LC 200 Breast	DEP 19/06/04	Mid Dist Coventry
27.12		F 33 Fly	DEP 02/06/01	Matlock Gala
34.50	G	F 50 Fly	DEP 08/01/05	C O D Open Ponds Forge
33.85		F 50 Fly	DEP 22/01/05	Rykneld Trophy Gala
49.34		F 66 Fly	DEP 7/02/04	Walsall Trophy Gala
1:12.83		F 100 Fly	DEP 07/11/04	Club Championships Queen St
1:12.99		L 100 Fly	DEP 11/12/04	Speedo League Coventry
2:41.88		L 200 Fly	DEP 04	City of Sheffield Ponds Forge
1:16.58	G	F 100 IM	DEP 07/11/04	Club Championships Queen St
2:40.62	G	F 200 IM	DEP 08/01/05	C O D Open Ponds Forge
5:36.02		F 400 IM	DEP 13/03/04	Counties Clay Cross
5:34.40		L 400 IM	DEP 04	City of Sheffield Ponds Forge
<b>Reeks, L</b>				
19.11	<b>B</b>	25 Free	DEP 03/11/02	Club Championship 2002
27.24	F	33 Free	DEP 26/01/02	Chesterfield Trophy Gala
36.36	F	50 Free	DEP 13/03/04	Counties Clay Cross
34.94	L	50 Free	DEP 16/10/04	Lincoln Vulcans Open Ponds Forge
1:15.04	F	100 Free	DEP 07/11/04	Club Championships Queen St
2:48.50	L	200 Free	DEP 16/10/04	Lincoln Vulcans Open Ponds Forge
5:50.01	F	400 Free	DEP 07/03/04	Counties Queen St
22.73	F	25 Back	DEP 03/11/02	Club Championship 2002
34.48	F	33 Back	DEP 26/01/02	Chesterfield Trophy Gala
40.70	F	50 Back	DEP 12/06/04	Dove Valley Trophy
41.61	L	50 Back	DEP 28/11/04	Derby Sprint Champs Ponds Forge
1:24.91	F	100 Back	DEP 07/11/04	Club Championships Queen St
3:07.29	F	200 Back	DEP 18/04/04	COD Open Queen St
24.59	F	25 Breast	DEP 05/07/03	Dove Valley
34.18	F	33 Breast	DEP 21/06/03	Matlock Trophy
48.40	F	50 Breast	DEP 02/11/03	Club Championships Queen St
1:39.60	F	100 Breast	DEP 07/11/04	Club Championships Queen St
3:39.06	F	200 Breast	DEP 06/03/04	County Champs Queen St
17.34	<b>B</b>	25 Fly	DEP 21/02/04	Peter Haynes Trophy Burton
29.74	F	33 Fly	DEP 08/02/03	Matlock Trophy
37.03	<b>B</b>	50 Fly	DEP 12/02/05	Treonte Diddy Gala Queen St
39.61	L	50 Fly	DEP 08/01/05	C O D Open Ponds Forge
1:04.06	F	66 Fly	DEP 21/06/03	Matlock trophy
1:22.55	L	100 Fly	DEP 07/11/04	Club Championships Queen St
3:18.43	L	200 Fly	DEP 08/01/05	C O D Open Ponds Forge
1:26.07	<b>B</b>	100 IM	DEP 07/11/04	Club Championships Queen St
3:03.07	L	200 IM	DEP 16/10/04	Lincoln Vulcans Open Ponds Forge
<b>Rothwell, T</b>				
19.07	<b>B</b>	25 Free	DEP 13/10/04	Time Trials Lonsdale
42.25	F	50 Free	DEP 13/10/04	Time Trials Lonsdale
1:29.67	F	100 Free	DEP 13/10/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Rothwell, W</b>				
31.79	B	F 50 Free	DEP 25/09/04	Olive Leivers Shield Ilkeston
32.39		L 50 Free	DEP 22/01/05	Rotherham Open Ponds Forge
1:06.94		F 100 Free	DEP 07/11/04	Club Championships Queen St
1:11.21		L 100 Free	DEP 22/01/05	Rotherham Open Ponds Forge
2:33.75		F 200 Free	DEP 17/04/04	COD Open Queen St
30.78		F 33 Back	DEP 26/01/02	Chesterfield Trophy Gala
39.82		L 50 Back	DEP 22/01/05	Rotherham Open Ponds Forge
1:21.49	B	F 100 Back	DEP 07/11/04	Club Championships Queen St
3:01.21		F 200 Back	DEP 07/03/04	Counties Queen St
32.35		F 33 Breast	DEP 26/01/02	Chesterfield Trophy Gala
40.01	B	F 50 Breast	DEP 18/09/04	Bill Brake Trophy Burton
39.35		L 50 Breast	DEP 22/01/05	Rotherham Open Ponds Forge
1:25.37	B	F 100 Breast	DEP 07/11/04	Club Championships Queen St
1:29.24		L 100 Breast	DEP 22/01/05	Rotherham Open Ponds Forge
3:08.71	B	F 200 Breast	DEP 18/04/04	COD Open Queen St
41.51		F 50 Fly	DEP 13/03/04	Counties Clay Cross
1:20.91	S	F 100 IM	DEP 17/04/04	COD Open Queen St
2:47.94	B	F 200 IM	DEP 07/11/04	Club Championships Queen St
<b>Ryde, E</b>				
30.44	P	F 50 Free	DEP 23/11/03	County Sprints Ponds Forge
1:05.93	G	F 100 Free	DEP 03/11/02	Club Championships 2002
2:25.99	S	F 200 Free	DEP 03/03/02	County Championships
5:17.42		F 400 Free	DEP 16/03/02	County Championships
34.11	P	F 50 Back	DEP 15/03/03	Counties Sharley Park
47.53		F 66 Back	DEP 7/02/04	Walsall Trophy Gala
1:11.59	G	F 100 Back	DEP 16/03/03	Counties Sharley Park
2:34.51	G	F 200 Back	DEP 22/03/03	Counties Queen St.
45.57	P	F 50 Breast	DEP 05/03	Time Trials
1:33.86	S	F 100 Breast	DEP 03/11/03	Club Championship Queen St
35.61	G	F 50 Fly	DEP 08/03/03	Counties Queen St
1:17.79	G	F 100 Fly	DEP 03/11/02	Club Championships 2002
3:02.10	G	F 200 Fly	DEP 17/10/99	TTA&B/10
1:16.44	P	F 100 IM	DEP 27/10/02	Belper Open Queen St
2:45.40	G	F 200 IM	DEP 03/11/02	Club Championships 2002
<b>Ryde, J</b>				
27.76	P	F 50 Free	DEP 18/11/01	Converted Times LC To SC
1:02.27	G	F 100 Free	DEP 03/11/02	Club Championship 2002
2:18.06	G	F 200 Free	DEP 27/01/01	City Of Derby Open
5:10.27		F 400 Free	DEP 25/03/00	Counties Gala 6
19:35.59		F 1500 Free	DEP 10/03/01	County Championships
33.52	P	F 50 Back	DEP 18/11/01	Converted Times LC To SC
1:12.36	G	F 100 Back	DEP 04/11/01	Club Championship 2001
2:38.41	G	F 200 Back	DEP 10/03/01	County Championships
49.10	B	F 50 Breast	DEP 03/11/98	PB's@startup Nov98
1:34.68	S	F 100 Breast	DEP 04/11/01	Club Championship 2001
3:38.43	S	F 200 Breast	DEP 03/11/98	PB's@startup Nov98
36.32	G	F 50 Fly	DEP 13/06/01	TTA&B 13/06/01
1:22.10	G	F 100 Fly	DEP 21/05/00	TT A&B5
1:15.93	P	F 100 IM	DEP 10/09/00	Rascals Open
2:43.89	G	F 200 IM	DEP 10/03/01	County Championships

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala	
<b>Salt, C</b>						
38.65	B	50 Free	DEP	10/12/03	Time Trials Lonsdale	
1:27.00	F	100 Free	DEP	03/11/02	Club Championships 2002	
3:19.79	F	200 Free	DEP	07/03	TT Lonsdale	
6:50.63	F	400 Free	DEP	17/09/03	Time Trials Lonsdale	
21.56	B	25 Back	DEP	24/04/02	TTB&C 24/04/02	
45.29	F	50 Back	DEP	16/01/04	Time Trials Lonsdale	
2:01.30	F	100 Back	DEP	19/10/01	Club Championship Heats	
48.09	B	50 Breast	DEP	09/06/04	Time trials Lonsdale	
1:50.35	B	100 Breast	DEP	24/07/02	TTC 24/07/02	
3:54.18	F	200 Breast	DEP	10/12/03	Time Trials Lonsdale	
50.17	F	50 Fly	DEP	30/07/03	Time Trials Lonsdale	
4:30.51	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale	
1:38.43	F	100 IM	DEP	09/06/04	Time trials Lonsdale	
3:44.24	F	200 IM	DEP	10/12/03	Time Trials Lonsdale	
<b>Sellers, R</b>						
26.19	P	L	50 Free	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
55.43	G	F	100 Free	DEP	26/06/04	Calverton Trophy Grantham
56.28		L	100 Free	DEP	08/01/05	C O D Open Ponds Forge
2:02.86	S	F	200 Free	DEP	24/04/04	Rotherham Open Ponds Forge Conv
4:38.12		F	400 Free	DEP	08/03/03	Counties Queen St
30.89		F	50 Back	DEP	06/03/04	County Champs Queen St
1:04.08	G	F	100 Back	DEP	07/03/04	Counties Queen St
2:22.32		F	200 Back	DEP	13/03/04	Counties Clay Cross
34.60	G	F	50 Breast	DEP	12/06/04	Dove Valley Trophy
1:17.52	S	F	100 Breast	DEP	06/03/04	County Champs Queen St
27.85	P	F	50 Fly	DEP	24/04/04	Rotherham Open Ponds Forge Conv
27.68		L	50 Fly	DEP	08/01/05	C O D Open Ponds Forge
39.36		F	66 Fly	DEP	7/02/04	Walsall Trophy Gala
58.88	G	F	100 Fly	DEP	22/01/05	Rykneld Trophy Gala
1:00.52		L	100 Fly	DEP	08/01/05	C O D Open Ponds Forge
2:21.71	G	F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:04.02	P	F	100 IM	DEP	13/11/04	Speedo League Queen St
2:20.96	G	L	200 IM	DEP	11/12/04	Speedo League Coventry
2:18.77		L	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Sellers, S</b>						
29.26	B	F	50 Free	DEP	18/09/04	Bill Brake Trophy Burton
30.01		L	50 Free	DEP	08/01/05	C O D Open Ponds Forge
1:04.63		F	100 Free	DEP	07/11/04	Club Championships Queen St
2:39.30		F	200 Free	DEP	13/03/04	Counties Clay Cross
38.06	B	F	50 Back	DEP	05/07/03	Dove Valley
34.67		L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:14.05		F	100 Back	DEP	06/02/05	Trident Open Queen St
3:17.02		F	200 Back	DEP	01/03	Time Trials
42.12	B	F	50 Breast	DEP	06/03/04	County Champs Queen St
41.55		L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:30.07		F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:30.49		F	200 Breast	DEP	09/03/03	Counties Queen St
33.24	B	F	50 Fly	DEP	12/06/04	Dove Valley Trophy
33.00		L	50 Fly	DEP	08/01/05	C O D Open Ponds Forge
1:12.59		F	100 Fly	DEP	06/02/05	Trident Open Queen St
3:12.79		F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:17.77	B	F	100 IM	DEP	10/07/04	COD B Meet Queen St
2:46.49	B	F	200 IM	DEP	07/11/04	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Shand, J</b>					
16.54	B	25 Free	DEP	13/12/03	Speedo Final Leamington Spa
26.71	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
33.80	L	50 Free	DEP	08/01/05	C O D Open Ponds Forge
34.80	F	50 Free	DEP	04/10/03	Robin Hood Open Ponds Forge Conv
1:14.00	F	100 Free	DEP	24/04/04	Rotherham Open Ponds Forge Conv
1:11.77	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:35.17	L	200 Free	DEP	08/01/05	C O D Open Ponds Forge
2:34.83	F	200 Free	DEP	13/03/04	Counties Clay Cross
5:16.08	F	400 Free	DEP	19/06/04	Mid Dist Coventry
5:11.58	F	400 Free	DEP	19/06/04	Mid Dist Coventry C
18.86	B	25 Back	DEP	22/02/03	Burton Peter Haynes Trophy
33.04	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
35.67	G	50 Back	DEP	22/01/05	Ryknelde Trophy Gala
36.47	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:19.12	L	100 Back	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
1:17.08	F	100 Back	DEP	07/11/04	Club Championships Queen St
2:39.76	L	200 Back	DEP	08/01/05	C O D Open Ponds Forge
35.55	F	25 Breast	DEP	19/10/01	Club Championship Heats
47.11	B	50 Breast	DEP	06/03/04	County Champs Queen St
45.76	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:38.57	F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:35.21	F	200 Breast	DEP	22/11/03	Major Oaks Mansfield
18.76	F	25 Fly	DEP	05/07/03	Dove Valley
37.61	F	50 Fly	DEP	22/01/05	Ryknelde Trophy Gala
36.95	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:22.61	L	100 Fly	DEP	07/11/04	Club Championships Queen St
3:13.68	L	200 Fly	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
1:21.13	S	100 IM	DEP	07/11/04	Club Championships Queen St
2:57.40	L	200 IM	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
2:57.43	F	200 IM	DEP	07/03/04	County Champs Queen St
<b>Shilling, J</b>					
19.58	B	25 Free	DEP	1/12/04	Time Trials Lonsdale
39.41	F	50 Free	DEP	06/02/05	Trident Open Queen St
1:43.13	F	100 Free	DEP	07/11/04	Club Championships Queen St
1:40.06	L	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge
3:50.77	F	200 Free	DEP	13/03/04	Counties Clay Cross
23.44	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
45.85	L	50 Back	DEP	22/01/05	Rotherham Open Ponds Forge
47.49	F	50 back	DEP	06/02/05	Trident Open Queen St
4:20.22	F	200 Back	DEP	07/03/04	County Champs Queen St
53.22	F	50 Breast	DEP	06/02/05	Trident Open Queen St
56.89	L	50 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
2:03.19	F	100 Breast	DEP	07/11/04	Club Championships Queen St
2:11.26	F	100 IM	DEP	07/11/04	Club Championships Queen St
4:24.31	F	200 IM	DEP	8/12/04	Time Trials Lonsdale
<b>Simpson, P</b>					
23.66	F	25 Free	DEP	1/12/04	Time Trials Lonsdale
50.87	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
36.74	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
<b>Southall, A</b>					
21.17	F	25 Free	DEP	22/01/05	Ryknelde Trophy Gala
48.23	F	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
26.68	F	25 Back	DEP	07/11/04	Club Championships Queen St
56.95	F	50 Back	DEP	12/02/05	Treonte Diddy Gala Queen St
28.08	F	25 Breast	DEP	07/11/04	Club Championships Queen St
5:03.75	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale
27.65	F	25 Fly	DEP	07/11/04	Club Championships Queen St
2:24.85	F	100 IM	DEP	07/11/04	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Southwell, W</b>					
30.06	F	25 Free	DEP	1/12/04	Time Trials Lonsdale
	F	50 Free	DEP		
	F	100 Free	DEP		
	F	200 Free	DEP		
	F	25 Back	DEP		
1:05.64	F	50 Breast	DEP	8/12/04	Time Trials Lonsdale
<b>Spencer, M</b>					
31.27	F	50 Free	DEP		
1:10.54	F	100 Free	DEP	11/01/03	Bromsgrove McDonald Trophy
	F	200 Free	DEP		
5:25.45	F	400 Free	DEP	19/05/02	TT A Repton 19/05/02
37.91	F	50 Back	DEP		
1:18.56	F	100 Back	DEP	03/11/02	Club Championships 2002
	F	200 Back	DEP		
35.64	F	50 Breast	DEP		
53.56	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:20.74	F	100 Breast	DEP	15/03/03	Counties Sharley Park
1:17.67	F	100 Breast	DEP		
2:52.72	F	200 Breast	DEP		
37.62	F	50 Fly	DEP		
1:17.05	F	100 IM	DEP	22/03/03	Counties Queen St.
2:46.90	F	200 IM	DEP	03/11/02	Club Championships 2002
<b>Spencer, R</b>					
32.95	F	50 Free	DEP	23/11/03	County Sprints Ponds Forge
1:12.70	F	100 Free	DEP	02/11/03	Club Championships Queen St
2:41.82	F	200 Free	DEP	06/03/04	County Champs Queen St
5:33.03	F	400 Free	DEP	15/03/03	Counties Sharley Park
11:26.25	F	800 Free	DEP	9/03/03	Counties Queen St
37.21	F	50 Back	DEP	08/03/03	Counties Queen St
1:20.00	F	100 Back	DEP	13/03/04	Counties Clay Cross
2:49.51	F	200 Back	DEP	13/03/04	Counties Clay Cross
41.15	F	50 Breast	DEP	13/03/04	Counties Clay Cross
1:29.95	F	100 Breast	DEP	9/03/03	Counties Queen St
3:09.92	F	200 Breast	DEP	16/03/03	Counties Sharley Park
37.18	F	50 Fly	DEP	07/03/04	County Champs Queen St
1:24.43	F	100 Fly	DEP	13/03/04	Counties Clay Cross
1:21.12	F	100 IM	DEP	22/03/03	Counties Queen St.
2:56.13	F	200 IM	DEP	08/03/03	Counties Queen St
<b>Stevenson, A</b>					
19.82	<b>B</b>	25 Free	DEP	02/10/02	TTC 02/10/02
33.21	<b>B</b>	50 Free	DEP	8/12/04	Time Trials Lonsdale
1:20.22	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:56.61	F	200 Free	DEP	09/06/04	Time trials Lonsdale
6:14.78	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
22.94	F	25 Back	DEP	02/10/02	TTC 02/10/02
42.22	<b>B</b>	50 Back	DEP	8/12/04	Time Trials Lonsdale
2:01.51	F	100 Back	DEP	24/07/02	TTC 24/07/02
3:15.43	<b>B</b>	200 Back	DEP	8/12/04	Time Trials Lonsdale
26.23	F	25 Breast	DEP	04/12/02	TTC 04/12/02 & 11/12/02
46.25	<b>B</b>	50 Breast	DEP	18/09/10	Leslie Seymour Trophy Queen St
1:52.03	F	100 Breast	DEP	02/11/03	Club Championship Queen St
3:54.72	f	200 Breast	DEP	1/12/04	Time Trials Lonsdale
44.06	<b>B</b>	50 Fly	DEP	19/05/04	Time Trials Lonsdale
4:13.15	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:31.47	<b>B</b>	100 IM	DEP	09/06/04	Time trials Lonsdale
3:25.07	F	200 IM	DEP	09/06/04	Time trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Stephenson, P</b>					
17.50	<b>B</b>	25 Free	DEP	24/07/02	TTC 24/07/02
34.78	<b>B</b>	50 Free	DEP	07/03/04	Counties Queen St
33.68	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:11.14	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:49.90	F	200 Free	DEP	13/03/04	Counties Clay Cross
6:33.22	F	400 Free	DEP	17/09/03	Time Trials Lonsdale
36.59	F	50 Back	DEP	18/09/04	Bill Brake Trophy Burton
38.35	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:18.64	F	100 Back	DEP	07/11/04	Club Championships Queen St
3:04.97	F	200 Back	DEP	07/03/04	Counties Queen St
22.55	<b>B</b>	25 Breast	DEP	17/07/02	TTC 17/07/02
41.28	F	50 Breast	DEP	25/09/04	Olive Leivers Shield Ilkeston
42.67	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:34.43	F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:30.29	F	200 Breast	DEP	07/03/04	County Champs Queen St
2:04.84	F	100 Back	DEP	12/12/01	TTC 12/12/01
43.24	F	50 Fly	DEP	10/12/03	Time Trials Lonsdale
41.86	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:31.81	F	100 Fly	DEP	07/11/04	Club Championships Queen St t
3:55.65	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale
1:25.56	<b>B</b>	100 IM	DEP	10/07/04	COD B Meet Queen St
2:58.25	F	200 IM	DEP	07/11/04	Club Championships Queen St
<b>Stoll, C</b>					
23.46	F	25 Free	DEP	07/11/04	Club Championships Queen St
59.12	F	50 Free	DEP	19/05/04	Time Trials Lonsdale
25.84	F	25 Back	DEP	22/01/05	Rykneld Trophy Gala
32.01	F	25 Breast	DEP	1/12/04	Time Trials Lonsdale
1:05.47	F	50 Breast	DEP	1/12/04	Time Trials Lonsdale
2:32.31	F	100 Breast	DEP	10/12/03	Time Trials Lonsdale
5:10.84	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale
30.59	F	25 Fly	DEP	07/11/04	Club Championships Queen St
<b>Stoll, E</b>					
19.56	B	25 Free	DEP	25/05/04	Time Trials Lonsdale
41.72	F	50 Free	DEP	07/11/04	Club Championships Queen St
3:42.45	F	200 Free	DEP	06/03/04	County Champs Queen St
7:22.63	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
24.75	F	25 Back	DEP	03/11/03	Club Championship Queen St
35.46	F	33 Back	DEP	21/06/03	Matlock trophy
49.04	F	50 Back	DEP	07/11/04	Club Championships Queen St
49.11	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
24.58	F	25 Breast	DEP	02/11/03	Club Championships Queen St
49.92	F	50 Breast	DEP	07/11/04	Club Championships Queen St
1:58.78	F	100 Breast	DEP	07/07/04	Time Trials Lonsdale
4:00.44	F	200 Breast	DEP	1/12/04	Time Trials Lonsdale
25.67	F	25 Fly	DEP	02/11/03	Club Championships Queen St
1:00.65	F	50 Fly	DEP	1/12/04	Time Trials Lonsdale
4:31.56	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:43.96	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:50.92	F	200 IM	DEP	17/11/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Taylor E</b>					
19.35	B	25 Free	DEP	08/10/03	Time Trials Lonsdale
32.22		50 Free	DEP	12/02/05	Treonte Diddy Gala Queen St
1:14.57	L	100 Free	DEP	08/01/05	C O D Open Ponds Forge
1:10.57	F	100 Free	DEP	06/02/05	Trident Open Queen St
2:39.66	L	200Free	DEP	08/01/05	C O D Open Ponds Forge
7:03.98	F	400 Free	DEP	07/03/04	Counties Queen St
38.05	F	50 Back	DEP	12/02/05	Treonte Diddy Gala Queen St
40.72	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:21.11	F	100 Back	DEP	06/02/05	Trident Open Queen St
1:25.53	L	100 Back	DEP	08/01/05	C O D Open Ponds Forge
3:16.49	F	200 Back	DEP	07/07/04	Time trials Lonsdale
43.02	B	50 Breast	DEP	18/09/10	Leslie Seymour Trophy Queen St
1:38.68	F	100 Breast	DEP	06/02/05	Trident Open Queen St
1:34.45	L	100 Breast	DEP	08/01/05	C O D Open Ponds Forge
3:19.81	L	200 Breast	DEP	08/01/05	C O D Open Ponds Forge
22.79	B	25 Fly	DEP	15/10/03	Time Trials Lonsdale
38.79	F	33 Fly	DEP	21/06/03	Matlock trophy
34.74	F	50 Fly	DEP	22/01/05	Rykneld Trophy Gala
35.56	L	50 Fly	DEP	08/01/05	C O D Open Ponds Forge
1:17.47	F	100 Fly	DEP	06/02/05	Trident Open Queen St
3:15.91	L	200 Fly	DEP	08/01/05	C O D Open Ponds Forge
1:22.83	B	100 IM	DEP	07/11/04	Club Championships Queen St
3:09.23	F	200 IM	DEP	09/06/04	Time trials Lonsdale
2:58.70	L	200 IM	DEP	08/01/05	C O D Open Ponds Forge
<b>Taylor, S</b>					
18.10	<b>B</b>	25 Free	DEP	22/01/05	Rykneld Trophy Gala
40.25	<b>B</b>	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
42.02	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
22.87	F	25 Back	DEP	14/07/04	Time trials Lonsdale
50.04	F	50 Back	DEP	06/02/05	Trident Open Queen St
51.16	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
25.39	F	25 Breast	DEP	07/11/04	Club Championships Queen St
52.27	F	50 Breast	DEP	06/02/05	Trident Open Queen St
20.40	<b>B</b>	25 Fly	DEP	12/02/05	Treonte Diddy Gala Queen St
57.36	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
50.16	F	50 Fly	DEP	06/02/05	Trident Open Queen St
1:46.04	<b>B</b>	100 Ind Medley	DEP	13/10/04	Time Trials Lonsdale
3:59.89	<b>B</b>	200 IM	DEP	8/12/04	Time Trials Lonsdale
<b>Taylor, J</b>					
18.93	<b>B</b>	25 Free	DEP	22/01/05	Rykneld Trophy Gala
54.10	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
24.22	F	25 Back	DEP	8/12/04	Time Trials Lonsdale
27.89	F	25 Breast	DEP	07/11/04	Club Championships Queen St
1:05.44	F	50 Breast	DEP	8/12/04	Time Trials Lonsdale
26.89	F	25 Fly	DEP	07/11/04	Club Championships Queen St
<b>Thomson, T</b>					
20.82	F	25 Free	DEP	07/07/04	Time Trials Lonsdale
26.17	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
1:01.19	F	50 Breast	DEP	14/07/04	Time trials Lonsdale
2:04.03	F	100 Breast	DEP	07/07/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Tidbury, L</b>					
19.99	F	25 Free	DEP	17/07/02	TTC 17/07/02
41.52	F	50 Free	DEP	10/12/03	Time Trials Lonsdale
1:30.22	F	100 Free	DEP	07/11/04	Club Championships Queen St
3:29.86	f	200 Free	DEP	8/12/04	Time Trials Lonsdale
7:34.69	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
22.26	F	25 Back	DEP	10/12/03	Time Trials Lonsdale
42.23	F	50 Back	DEP	8/12/04	Time Trials Lonsdale
1:59.71	F	100 Back	DEP	02/11/03	Club Championships Queen St
26.53	F	25 Breast	DEP	24/04/02	TTB&C 24/04/02
49.81	B	50 Breast	DEP	03/03/04	Time Trials Lonsdale
1:50.40	F	100 Breast	DEP	07/11/04	Club Championships Queen St
4:04.09	F	200 Breast	DEP	07/07/04	Time trials Lonsdale
54.72	F	50 Fly	DEP	19/05/04	Time Trials Lonsdale
3:14.47?	S	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:48.62	B	100 IM	DEP	07/07/04	Time trials Lonsdale
<b>Tolley, C</b>					
24.86	F	25 Free	DEP	28/02/04	Peter Haynes Uttoxeter
53.89	F	50 Free	DEP	14/07/04	Time trials Lonsdale
2:01.64	F	100 Free	DEP	19/05/04	Time Trials Lonsdale
27.66	F	25 Back	DEP	1/12/04	Time Trials Lonsdale
27.27	F	25 Breast	DEP	1/12/04	Time Trials Lonsdale
1:01.64	F	50 Breast	DEP	25/05/04	Time Trials Lonsdale
<b>Tomlinson, A</b>					
19.57	B	25 Free	DEP	03/03/04	Time Trials Lonsdale
30.26	F	33 Free	DEP	18/10/03	Matlock Trophy
42.21	F	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
26.17	F	25 Back	DEP	14/07/04	Time trials Lonsdale
51.30	F	50 Back	DEP	18/09/10	Leslie Seymour Trophy Queen St
24.83	F	25 Breast	DEP	06/10/04	Time Trials Lonsdale
51.89	B	50 Breast	DEP	07/11/04	Club Championships Queen St
2:06.05	F	100 Breast	DEP	13/10/04	Time Trials Lonsdale
28.59	F	25 Fly	DEP	02/11/03	Club Championships Queen St
1:50.78	F	100 IM	DEP	07/11/04	Club Championships Queen St
<b>Tye, A</b>					
32.73	F	25 Free	DEP	25/02/04	Time Trials Lonsdale
2:14.67	F	100 Free	DEP	25/02/04	Time Trials Lonsdale
26.17					
<b>Ward, A</b>					
19.44	B	25 Free	DEP	11/06/03	TT C
29.04	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
41.95	F	50 Free	DEP	8/12/04	Time Trials Lonsdale
1:41.85	F	100 Free	DEP	02/11/03	Club Championships Queen St
1:28.76	I	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge
6:58.67	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
23.84	F	25 Back	DEP	04/12/02	TTC 04/12/02 & 11/12/02
33.84	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
49.49	F	50 Back	DEP	08/03/03	Counties Queen St
1:48.72	F	100 Back	DEP	02/11/03	Club Championships Queen St
1:45.29	L	100 Back	DEP	22/01/05	Rotherham Open Ponds Forge
3:37.32	B	200 Back	DEP	8/12/04	Time Trials Lonsdale
26.19	F	25 Breast	DEP	03/03/04	Time Trials Lonsdale
59.31	F	50 Breast	DEP	03/11/02	Club Championship 2002
53.83	L	50 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
2:04.87	F	100 Breast	DEP	07/03/04	Counties Queen St
22.63	B	25 Fly	DEP	17/12/03	Time Trials Lonsdale
47.46	B	50 Fly	DEP	25/05/04	Time Trials Lonsdale
46.10	L	50 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
2:06.18	F	100 Fly	DEP	02/11/03	Club Championships Queen St
1:44.58	B	100 IM	DEP	19/05/04	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event	Date	Gala
<b>Ward, R</b>				
27.84	P F	50 Free	DEP 18/11/01	Converted Times LC To SC
40.06	F	66 Free	DEP 7/02/04	Walsall Trophy Gala
1:01.63	G F	100 Free	DEP 16/03/02	County Championships
2:23.13	S F	200 Free	DEP 10/03/01	County Championships
5:12.05	F	400 Free	DEP 10/03/01	County Championships
10:42.50	F	800 Free	DEP 10/03/01	County Championships
32.51	P F	50 Back	DEP 08/04/00	Counties Gala 10
1:13.46	G F	100 Back	DEP 22/01/00	City Of Derby Open
2:30.72	G F	200 Back	DEP 17/10/99	TTA&B/10
35.95	P F	50 Breast	DEP 09/04/00	Counties Gala 12
1:18.11	G F	100 Breast	DEP 03/02/01	Sherwood Colliery S.C
2:56.49	G F	200 Breast	DEP 10/03/01	County Championships
30.78	P F	50 Fly	DEP 30/07/03	Time Trials Lonsdale
45.58	F	66 Fly	DEP 7/02/04	Walsall Trophy Gala
1:12.40	G F	100 Fly	DEP 03/11/03	Club Championship Queen St
2:55.91	F	200 Fly	DEP 10/12/03	Time Trials Lonsdale
1:10.11	P F	100 IM	DEP 10/03/01	County Championships
2:36.55	G F	200 IM	DEP 07/03	TT Lonsdale
5:38.93	F	400 IM	DEP 10/03/01	County Championships
<b>Ward, S</b>				
35.84	F	50 Free	DEP 13/03/04	Counties Clay Cross
35.40	L	50 Free	DEP 22/01/05	Rotherham Open Ponds Forge
1:17.69	F	100 Free	DEP 07/11/04	Club Championships Queen St
2:52.75	F	200 Free	DEP 8/12/04	Time Trials Lonsdale
6:22.12	F	400 Free	DEP 17/09/03	Time Trials Lonsdale
40.82	F	50 Back	DEP 06/03/04	County Champs Queen St
42.50	L	50 Back	DEP 22/01/05	Rotherham Open Ponds Forge
1:27.05	F	100 Back	DEP 13/03/04	Counties Clay Cross
3:12.37	F	200 Back	DEP 8/12/04	Time Trials Lonsdale
43.27	B F	50 Breast	DEP 15/03/03	Counties Sharley Park
46.22	L	50 Breast	DEP 22/01/05	Rotherham Open Ponds Forge
1:33.71	B F	100 Breast	DEP 8/02/04	Trident Open Queen St
3:22.93	B F	200 Breast	DEP 13/03/04	Counties Clay Cross
39.11	F	50 Fly	DEP 8/12/04	Time Trials Lonsdale
39.43	L	50 Fly	DEP 22/01/05	Rotherham Open Ponds Forge
1:26.28	F	100 Fly	DEP 07/11/04	Club Championships Queen St
1:28.86	L	100 Fly	DEP 22/01/05	Rotherham Open Ponds Forge
3:18.04	F	200 Fly	DEP 07/03/04	Counties Queen St
1:26.67	B F	100 IM	DEP 13/03/04	Counties Clay Cross
3:11.38	B F	200 IM	DEP 17/11/04	Time Trials Lonsdale
<b>Wesslingh, S</b>				
19.78	F	25 Free	DEP 19/05/04	Time Trials Lonsdale
38.37	B	50 Free	DEP 06/02/05	Trident Open Queen St
1:38.28	F	100 Free	DEP 19/05/04	Time Trials Lonsdale
3:02.82	f	200 Free	DEP 17/11/04	Time Trials Lonsdale
46.12	B	50 Back	DEP 07/11/04	Club Championships Queen St
3:30.59	B	200 Back	DEP 8/12/04	Time Trials Lonsdale
50.59	F	50 Breast	DEP 22/01/05	Lucozade Trophy Uttoxeter
22.79	B	25 Fly	DEP 21/05/04	Time Trials Lonsdale
42.22	B	50 Fly	DEP 22/01/05	Rykneld Trophy Gala
3:58.12	B	200 Fly	DEP 8/12/04	Time Trials Lonsdale
1:50.03	B	100 IM	DEP 21/05/04	Time Trials Lonsdale
3:30.26	B	200 IM	DEP 8/12/04	Time Trials Lonsdale
<b>Wesslingh, J</b>				
20.62	F	25 Free	DEP 07/11/04	Club Championships Queen St
	F	50 Free	DEP	
4:01.47	F	200 Free	DEP 8/12/04	Time Trials Lonsdale
27.63	F	25 Back	DEP 07/11/04	Club Championships Queen St
1:57.04	F	100 Free	DEP 13/10/04	Time Trials Lonsdale
33.81	F	25 Breast	DEP 13/10/04	Time Trials Lonsdale
24.11	F	25 Fly	DEP 22/01/05	Rykneld Trophy Gala

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala	
<b>Wesslingh, R</b>						
19.47	B	25 Free	DEP	14/07/04	Time trials Lonsdale	
37.77	B	50 Free	DEP	06/02/05	Trident Open Queen St	
1:32.66	F	100 Free	DEP	19/05/04	Time Trials Lonsdale	
3:02.27	F	200 Free	DEp	17/11/04	Time Trials Lonsdale	
6:46.13	F	400 Free	DEP	20/10/04	Time Trials Lonsdale	
21.26	B	25 Back	DEP	19/05/04	Time Trials Lonsdale	
40.48	B	50 Back	DEP	06/02/05	Trident Open Queen St	
41.96	L	50 Back	DEP	11/12/04	Speedo League Coventry	
3:15.09	B	200 Back	DEP	8/12/04	Time Trials Lonsdale	
22.75	B	25 Breast	DEP	18/09/04	Bill Brake Trophy Burton	
46.76	B	50 Breast	DEP	06/02/05	Trident Open Queen St	
49.24	L	50 Breast	DEP	11/12/04	Speedo League Coventry	
1:54.45	F	100 Breast	DEP	07/07/04	Time Trials Lonsdale	
46.84	F	50 Fly	DEP	06/02/05	Trident Open Queen St	
4:09.74	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale	
1:38.70	B	100 IM	DEP	07/11/04	Club Championships Queen St	
3:26.78	S	200 IM	DEP	8/12/04	Time Trials Lonsdale	
<b>Wesselingh, T</b>						
30.95	<b>B</b>	50 Free	DEP			
2:29.00	F	200 Free	DEP	09/06/04	Time trials Lonsdale	
5:18.65	F	400 Free	DEP	08/01/05	Shrewsbury Masters The Quarry	
35.94	F	50 Back	DEP	04/09/04	Russ Smithurst Sutton	
1:16.74	F	100 Back	DEP	08/01/05	Shrewsbury Masters The Quarry	
43.80	F	50 Breast	DEP	08/01/05	Shrewsbury Masters The Quarry	
34.05	F	50 Fly	DEP	08/01/05	Shrewsbury Masters The Quarry	
1:18.84	F	100 Fly	DEP	07/07/04	Time trials Lonsdale	
1:17.86	F	100 IM	DEP	08/01/05	Shrewsbury Masters The Quarry	
<b>Whitlam, G</b>						
27.24	P	F	50 Free	DEP	09/03/02	County Championships
27.34		L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
58.86	G	F	100 Free	DEP	07/11/04	Club Championships Queen St
2:21.09	G	F	200 Free	DEP	24/01/01	TTA&B/b
5:00.78		F	400 Free	DEP	03/11/98	PB's@startup Nov98
20:15.31		F	1500 Free	DEP	16/12/98	TTA&B12
30.59	P	F	50 Back	DEP	13/12/03	Speedo Final Leamington Spa
31.62		L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
43.93		F	66 Back	DEP	7/02/04	Walsall Trophy Gala
1:04.73	G	F	100 Back	DEP	07/03/04	Counties Queen St
2:27.34	G	F	200 Back	DEP	10/03/01	County Championships
34.53	P	F	50 Breast	DEP	19/01/02	Belper Marlin Trophy Gala
34.16		L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:16.99	G	F	100 Breast	DEP	03/11/02	Club Championship 2002
2:55.43	G	F	200 Breast	DEP	14/01/01	TTA&B/1a
31.37	P	F	50 Fly	DEP	31/01/01	TTA&B1b
30.31		L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:09.41	G	F	100 Fly	DEP	03/11/02	Club Championship 2002
3:44.79	B	F	200 Fly	DEP	03/11/98	PB's@startup Nov98
1:08.20	P	F	100 IM	DEP	12/10/02	Speedo Lge Bromsgrove
2:27.45	G	F	200 IM	DEP	03/11/02	Club Championship 2002
<b>Wilkinson, B</b>						
	F	25 Free	DEP			
<b>Wilkinson, J</b>						
	F	25 Free	DEP			

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Wisdish, A</b>					
24.80	F	25 Free	DEP	25/05/04	Time Trials Lonsdale
47.75	F	50 Free	DEP	22/01/05	Lucozade Trophy Uttoxeter
25.45	F	25 Back	DEP	22/01/05	Rykneld Trophy Gala
56.22	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
27.82	F	25 Breast	DEP	12/06/04	Dove Valley Trophy nsdale
57.68	F	50 Breast	DEP	12/02/05	Treonte Diddy Gala Queen St
32.42	F	25 Fly	DEP	03/11/03	Club Championship Queen St
2:07.33	F	100 IM	DEP	19/05/04	Time Trials Lonsdale
<b>Wisdish, H</b>					
19.57	<b>B</b>	25 Free	DEP	21/09/02	Burton Bill Brake Trophy
36.04		50 Free	DEP	04/04/04	Notts & Derby Junior Lge Queen St
52.06	F	66 Free	DEP	7/02/04	Walsall Trophy Gala
1:18.16	F	100 Free	DEP	8/02/04	Trident Open Queen St
1:21.18	L	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge
2:53.66	F	200 Free	DEP	09/06/04	Time trials Lonsdale
6:00.68	F	400 Free	DEP	6/12/03	Stafford Apex Open Wolverhampton
29.74	F	25 Back	DEP	04/11/01	Club Championship 2001
41.36	F	50 Back	DEP	18/09/04	Bill Brake Trophy Burton
41.03	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:25.56	F	100 Back	DEP	07/11/04	Club Championships Queen St
3:06.76	F	200 Back	DEP	13/03/04	Counties Clay Cross
25.58	F	25 Breast	DEP	02/10/02	TTC 02/10/02
37.72	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala
47.41	F	50 Breast	DEP	09/05/04	Notts & Derby Junior Lge Queen St
1:08.31	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:38.06	F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:34.55	F	200 Breast	DEP	10/12/03	Time Trials Lonsdale
22.67	<b>B</b>	25 Fly	DEP	07/04/02	Derby & Notts Junior League
42.58	F	50 Fly	DEP	04/09/04	Russ Smithurst Sutton
1:36.19	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:36.34	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
3:41.70	F	200 Fly	DEP	07/03/04	Counties Queen St
1:27.38	<b>S</b>	100 IM	DEP	18/09/04	Bill Brake Trophy Burton
3:08.02	F	200 IM	DEP	09/06/04	Time trials Lonsdale
<b>Wisdish, S</b>					
17.00	<b>B</b>	25 Free	DEP	03/11/03	Club Championship Queen St
34.27	F	50 Free	DEP	07/11/04	Club Championships Queen St
36.08	L	50 Free	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
1:16.04	L	100 Free	DEP	08/01/05	C O D Open Ponds Forge
2:38.17	L	200 Free	DEP	08/01/05	C O D Open Ponds Forge
5:53.72	F	400 Free	DEP	07/03/04	Counties Queen St
32.99	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
22.08	F	25 Back	DEP	20/09/03	Bill Brake Trophy Burton
42.07	F	50 Back	DEP	10/07/04	COD B Meet Queen St
41.66	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:28.04	L	100 Back	DEP	22/01/05	Rotherham Open Ponds Forge
1:23.41	F	100 Back	DEP	06/02/05	Trident Open Queen St
3:09.13	F	200 Back	DEP	07/07/04	Time trials Lonsdale
3:05.31	L	200 Back	DEP	08/01/05	C O D Open Ponds Forge
20.91	<b>B</b>	25 Breast	DEP	18/09/04	Bill Brake Trophy Burton
30.19	F	33 Breast	DEP	18/10/03	Matlock Trophy
41.80	F	50 Breast	DEP	07/11/04	Club Championships Queen St
1:08.51	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:29.55	L	100 Breast	DEP	08/01/05	C O D Open Ponds Forge
1:28.80	F	100 Breast	DEP	06/02/05	Trident Open Queen St
3:13.95	L	200 Breast	DEP	08/01/05	C O D Open Ponds Forge
17.89	<b>B</b>	25 Fly	DEP	18/09/04	Bill Brake Trophy Burton
26.57	F	33 Fly	DEP	21/06/03	Matlock Trophy
39.15	F	50 Fly	DEP	07/11/04	Club Championships Queen St
1:35.15	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
3:39.58	F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:23.04	<b>S</b>	100 IM	DEP	07/11/04	Club Championships Queen St
3:08.15	L	200 IM	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
3:07.49	F	200 IM	DEP	09/06/04	Time trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2004

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short Course Only

Time	P/F/S	Event		Date	Gala
<b>Wisdish, Sue</b>					
30.31	<b>B</b>	50 Free	DEP	07/07/04	Time trials Lonsdale
2:33.98	F	50 Free	DEP	09/06/04	Time trials Lonsdale
37.32	F	50 Back	DEP	07/07/04	Time trials Lonsdale
41.60	f	50 Breast	DEP	09/06/04	Time trials Lonsdale
3:11.25	F	200 Breast	DEP	07/07/04	Time trials Lonsdale
35.82	F	50 Fly	DEP	19/05/04	Time Trials Lonsdale
1:18.46	F	100 IM	DEP	09/06/04	Time trials Lonsdale
2:54.96	F	200 IM	DEP	09/06/04	Time trials Lonsdale
<b>Wisdish, L</b>					
28.18	F	25 Free	DEP	07/11/04	Club Championships Queen St
	F	50 Free	DEP		
30.05	F	25 Back	DEP	07/11/04	Club Championships Queen St
33.29	F	25 Breast	DEP	07/07/04	Time trials Lonsdale
29.52	F	25 Fly	DEP	22/01/05	Rykneld Trophy Gala
<b>Wyatt, S</b>					
18.54	<b>B</b>	25 Free	DEP	07/11/04	Club Championships Queen St
47.78	F	50 Free	DEP	25/05/04	Time Trials Lonsdale
1:47.70	F	100 Free	DEP	07/07/04	Time Trials Lonsdale
21.49	<b>B</b>	25 Back	DEP	07/11/04	Club Championships Queen St
47.82	F	50 Back	DEP	12/02/05	Treonte Diddy Gala Queen St
25.69	F	25 Breast	DEP	07/11/04	Club Championships Queen St
23.33	B	25 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
1:46.68	<b>B</b>	100 IM	DEP	07/11/04	Club Championships Queen St
<b>Young, L</b>					
19.53	<b>B</b>	25 Free	DEP	07/11/04	Club Championships Queen St
40.44	F	50 Free	DEP	12/02/05	Treonte Diddy Gala Queen St
23.26	F	25 Back	DEP	07/11/04	Club Championships Queen St
49.07	F	50 Back	DEP	22/01/05	Lucozade Trophy Uttoxeter
25.14	F	25 Breast	DEP	22/01/05	Rykneld Trophy Gala
20.60	<b>B</b>	25 Fly	DEP	12/02/05	Treonte Diddy Gala Queen St
46.91	F	50 Fly	DEP	06/02/05	Trident Open Queen St
4:18.27	F	200 IM	DEP	8/12/04	Time Trials Lonsdale