

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala
<b>Barlow, E</b>				
23.06	F	33 Free	DEP	26/01/02 Chesterfield Trophy Gala
29.04	S F	50 Free	DEP	06/03/05 County Champs Eckington
29.55	L	50 Free	DEP	08/01/05 C O D Open Ponds Forge
43.51	F	66 Free	DEP	7/02/04 Walsall Trophy Gala
1:02.10	B F	100 Free	DEP	6/11/05 Club Championships Queen St
1:05.49	L	100 Free	DEP	13/11/05 County Sprints Ponds Forge
2:22.10	F	200 Free	DEP	04/06/05 Midland District Coventry
4:57.46	L	400 Free	DEP	04/06/05 Midland District Coventry
4:53.04	F	400 Free	DEP	05/03/05 County Champs Eckington
10:10.51	F	800 Free	DEP	27/02/05 County Champs Clay Cross
34.24	S F	50 Back	DEP	26/02/05 County Champs Clay Cross
35.77	L	50 Back	DEP	13/11/05 Derby Sprint Champs Ponds Forge
1:11.75	F	100 Back	DEP	6/11/05 Club Championships Queen St
2:36.02	F	200 Back	DEP	06/03/05 County Champs Eckington
34.71	F	50 Breast	DEP	19/03/05 Peter Haynes Trophy Burton
36.17	L	50 Breast	DEP	13/11/05 Derby Sprint Champs Ponds Forge
1:16.94	F	100 Breast	DEP	27/02/05 County Champs Clay Cross
1:18.18	L	100 Breast	DEP	13/11/05 Derby Sprint Champs Ponds Forge
2:54.35	L	200 Breast	DEP	04/06/05 Midland District Coventry
2:49.51	F	200 Breast	DEP	06/03/05 County Champs Eckington
25.14	F	33 Fly	DEP	26/01/02 Chesterfield Trophy Gala
33.33	F	50 Fly	DEP	27/02/05 County Champs Clay Cross
33.13	G L	50 Fly	DEP	13/11/05 County Sprints Ponds Forge
57.44	F	66 Fly	DEP	08/02/03 Matlock Trophy
1:10.64	F	100 Fly	DEP	6/11/05 Club Championships Queen St
1:15.07	L	100 Fly	DEP	04/06/05 Midland District Coventry
3:03.61	F	200 Fly	DEP	07/03/04 Counties Queen St
1:09.96	S F	100 IM	DEP	06/03/05 County Champs Eckington
2:31.63	F	200 IM	DEP	6/11/05 Club Championships Queen St
2:36.37	S L	200 IM	DEP	12/11/05 Speedo League Coventry
5:58.24	F	400 IM	DEP	13/03/04 Counties Clay Cross
<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
34.81	F	50 Free	DEP	30/10/05 Belper Open Queen St
35.81	L	50 Free	DEP	28/11/04 Derby Sprint Champs Ponds Forge
1:19.79	F	100 Free	DEP	09/07/05 COD Open Queen St
2:54.18	F	200 Free	DEP	05/03/05 County Champs Eckington
6:20.77	F	400 Free	DEP	06/03/05 County Champs Eckington
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
44.47	F	50 Back	DEP	10/08/05 Lonsdale Time Trials
47.13	L	50 Back	DEP	13/11/05 Derby Sprint Champs Ponds Forge
1:16.26	F	66 Back	DEP	7/02/04 Walsall Trophy Gala
1:33.36	F	100 Back	DEP	06/11/05 Club Championships Queen St
3:26.33	F	200 Back	DEP	27/02/05 County Champs Clay Cross
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
47.47	L	50 Breast	DEP	13/11/05 County Sprints Ponds Forge
1:44.36	F	100 Breast	DEP	06/11/05 Club Championships Queen St
3:39.21	F	200 Breast	DEP	03/08/05 Lonsdale Time Trials
17.69	B	25 Fly	DEP	19/03/05 Peter Haynes Trophy Burton
38.31	F	50 Fly	DEP	30/10/05 Belper Open Queen St
38.53	L	50 Fly	DEP	13/11/05 Derby Sprint Champs Ponds Forge
1:27.66	F	100 Fly	DEP	06/11/05 Club Championships Queen St
3:34.72	F	200 Fly	DEP	26/02/05 County Champs Clay Cross
1:30.08	B	100 IM	DEP	06/11/05 Club Championships Queen St
3:26.04	F	200 IM	DEP	29/06/05 Time trails Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala
<b>Barlow, S</b>				
33.05	S F	50 Free	DEP 22/01/05	Lucozade Trophy Uttoxeter
33.81	L	50 Free	DEP 13/11/05	County Sprints Ponds Forge
1:11.04	B F	100 Free	DEP 06/03/04	County Champs Queen St
2:34.33	F	200 Free	DEP 07/03/04	Counties Queen St
5:18.27	F	400 Free	DEP 13/03/04	Counties Clay Cross
38.13	S F	50 Back	DEP 22/01/05	Lucozade Trophy Uttoxeter
39.73	L	50 Back	DEP 13/11/05	Derby Sprint Champs Ponds Forge
1:23.35	B F	100 Back	DEP 06/03/05	County Champs Eckington
3:11.13	F	200 Back	DEP 7/12/02	Stafford Apex Open Wolverhampton
42.07	S F	50 Breast	DEP 25/01/03	Belper Trophy Gala Heanor Pool
46.13	L	50 Breast	DEP 13/11/05	Derby Sprint Champs Ponds Forge
1:34.54	S F	100 Breast	DEP 22/01/05	Ryknelde Trophy Gala
3:22.94	B F	200 Breast	DEP 7/12/02	Stafford Apex Open Wolverhampton
35.81	G F	50 Fly	DEP 12/06/04	Dove Valley Trophy
37.15	L	50 Fly	DEP 13/11/05	County Sprints Ponds Forge
1:25.69	B F	100 Fly	DEP 12/07/03	COD B Grade Queen St
3:18.57	F	200 Fly	DEP 13/03/04	Counties Clay Cross
1:23.87	S F	100 IM	DEP 13/03/04	Counties Clay Cross
2:58.-9	S F	200 IM	DEP 7/09/03	Ripley Open Queen St
<b>Barradell, L</b>				
19.79	F	25 Free	DEP 23/11/05	Time Trials Lonsdale
43.53	F	50 Free	DEP 23/11/05	Time Trials Lonsdale
3:59.12	F	200 Free	DEP 23/11/05	Time Trials Lonsdale
59.43	F	50 Breast	DEP 06/11/05	Club Championships Queen St
25.25	F	25 Fly	DEP 23/11/05	Time Trials Lonsdale
1:03.84	F	50 Fly	DEP 06/11/05	Club Championships Queen St
1:54.88	F	100 IM	DEP 06/11/05	Club Championships Queen St
<b>Bathurst, G</b>				
23.12	F	25 Free	DEP 06/11/05	Club Championships Queen St
30.29	F	25 Back	DEP 06/11/05	Club Championships Queen St
27.39	F	25 Breast	DEP 06/11/05	Club Championships Queen St
1:13.97	F	50 Breast	DEP 8/12/04	Time Trials Lonsdale
<b>Baxter, C</b>				
20.57	F	25 Free	DEP 25/02/04	Time Trials Lonsdale
33.95	F	50 Free	DEP 30/10/05	Belper Open Queen St
35.57	L	50 Free	DEP 13/11/05	County Sprints Ponds Forge
1:15.46	B	100 Free	DEP 6/11/05	Club Championships Queen St
2:48.98	F	200 Free	DEP 03/08/05	Lonsdale Time Trials
6:43.24	F	400 Free	DEP 20/10/04	Time Trials Lonsdale
40.29	B	50 Back	DEP 24/09/05	Dove Valey Provincial Trophy
40.83	L	50 Back	DEP 13/11/05	Derby Sprint Champs Ponds Forge
1:23.73	F	100 Back	DEP 30/10/05	Belper Open Queen St
48.67	F	50 Breast	DEP 03/08/05	Lonsdale Time Trials
1:40.80	F	100 Breast	DEP 6/11/05	Club Championships 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
41.12	S	50 Fly	DEP 20/07/04	Time trials Lonsdale
38.71	L	50 Fly	DEP 13/11/05	County Sprints Ponds Forge
1:26.88	B	100 Fly	DEP 6/11/05	Club Championships Queen St
3:43.14	B	200 Fly	DEP 8/12/04	Time Trials Lonsdale
1:24.75	S	100 IM	DEP 30/10/05	Belper Open Queen St
3:12.25	S	200 IM	DEP 29/06/05	Time trails Lonsdale
<b>Baxter, C</b>				
18.57	B	25 Free	DEP 06/11/05	Club Championships Queen St
44.41	F	50 Free	DEP 23/11/05	Time Trials Lonsdale
2:02.45	F	100 Free	DEP 13/10/04	Time Trials Lonsdale
	F	200 Free	DEP	
23.56	F	25 Back	DEP 23/11/05	Time Trials Lonsdale
24.56	F	25 Breast	DEP 06/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
55.82	F	50 Breast	DEP	09/02/05	Time Trials Lonsdale
2:18.52	F	100 Breast	DEP	16/03/05	Time Trials Lonsdale
4:18.41	F	200 Breast	DEP	28/09/05	Time Trials Lonsdale
24.43	F	25 Fly	DEP	06/11/05	Club Championships Queen St
1:48.21	F	100 IM	DEP	06/11/05	Club Championships Queen St
3:54.52	B	200 IM	DEP	23/11/05	Time Trials Lonsdale
<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
35.83	F	50 Free	DEP	30/10/05	Belper Open Queen St
37.44	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.74	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:45.82	F	200 Free	DEP	23/11/05	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
40.06	B	50 Back	DEP	23/11/05	Time Trials Lonsdale
41.48	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:24.16	F	100 Back	DEP	06/11/05	Club Championships Queen St
1:31.67	L	100 Back	DEP	04/06/05	Midland District Coventry
2:57.37	F	200 Back	DEP	20/10/05	Time Trials Lonsdale
3:07.87	L	200 Back	DEP	04/06/05	Midland District Coventry
52.46	F	50 Breast	DEP	03/08/05	Lonsdale Time Trials
53.96	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:53.40	F	100 Breast	DEP	06/11/05	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
43.45	B	50 Fly	DEP	23/11/05	Time Trials Lonsdale
43.52	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:34.68	F	100 Fly	DEP	06/11/05	Club Championships Queen St
3:44.59	B	200 Fly	DEP	22/04/05	COD Open Queen St
1:30.06	B	100 IM	DEP	06/11/05	Club Championships Queen St
3:11.14	F	200 IM	DEP	23/11/05	Time Trials Lonsdale
<b>Beckett, E</b>					
20.99	F	25 Free	DEP	21/09/05	Time Trials Lonsdale
43.44	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
	F	25 Back	DEP		
51.13	F	50 Back	DEP	6/11/05	Club Championships Queen St
	F	25 Breast	DEP		
56.17	F	50 Breast	DEP	6/11/05	Club Championships Queen St
	F	200 Breast	DEP		
22.78	B	25 Fly	DEP	15/06/05	Time Trials Lonsdale
52.24	F	50 Fly	DEP	6/11/05	Club Championships Queen St
1:48.21	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:57.18	B	200 IM	DEP	28/09/05	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
35.35	B	50 Free	DEP	15/10/05	Burton Bill Brake Trophy
39.22	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:17.17	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:46.65	F	200 Free	DEP	29/06/05	Time trails 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
41.07	F	50 Back	DEP	26/06/05	Junior League Mansfield
45.82	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:27.55	F	100 Back	DEP	06/11/05	Club Championships Queen St
3:10.31	F	200 Back	DEP	03/08/05	Lonsdale Time Trials
24.56	F	25 Breast	DEP	21/02/04	Peter Haynes Trophy Burton
36.28	F	33 Breast	DEP	21/06/03	Matlock trophy
49.90	F	50 Breast	DEP	28/07/04	Time trials Lonsdale
51.83	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:50.53	F	100 Breast	DEP	30/04/05	Tulip Open Meet Spalding

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala	
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	
43.20	F	50 Fly	DEP	03/08/05	Lonsdale Time Trials	
49.10	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge	
1:44.68	F	100 Fly	DEP	06/11/05	Club Championships Queen St	
3:58.96	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale	
1:34.39	B	100 IM	DEP	09/07/05	COD Open Queen St	
3:15.56	F	200 IM	DEP	29/06/05	Time trails Lonsdale	
<b>Bell, J</b>						
17.77	F	25 Free	DEP	22/02/03	Burton Peter Haynes Trophy	
33.75	<b>B</b>	50 Free	DEP	30/04/05	Tulip Open Meet Spalding	
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	
1:08.56	F	100 Free	DEP	06/11/05	Club Championships Queen St	
2:30.43	F	200 Free	DEP	05/03/05	County Champs Eckington	
5:12.82	L	400 Free	DEP	04/06/05	Midland District Coventry	
5:04.77	F	400 Free	DEP	26/02/05	County Champs Clay Cross	
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	
1:18.28	F	100 Back	DEP	06/11/05	Club Championships Queen St	
2:54.24	F	200 Back	DEP	24/04/04	Rotherham Open Ponds Forge Conv	
2:38.76	F	200 Back	DEP	06/03/04	County Champs Queen St	
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	
1:32.25	F	100 Breast	DEP	06/11/05	Club Championships Queen St	
3:28.32	F	200 Breast	DEP	27/02/05	County Champs Clay Cross	
20.91	<b>B</b>	25 Fly	DEP	24/04/02	TTB&C 24/04/02	
27.11	F	33 Fly	DEP	18/10/03	Matlock Trophy	
38.21	F	50 Fly	DEP	19/03/05	Peter Haynes Trophy Burton	
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	
1:20.76	<b>S</b>	100 IM	DEP	15/10/05	Burton Bill Brake Trophy	
2:53.75	F	200 IM	DEP	05/03/05	County Champs Eckington	
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

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	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
1:18.06	F	100 Free	DEP	6/11/05	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
1:34.92	F	100 Back	DEP	6/11/05	Club Championships Queen St
3:30.60	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
1:49.72	F	100 Breast	DEP	6/11/05	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
1:42.20	F	100 Fly	DEP	6/11/05	Club Championships Queen St
1:32.33	<b>B</b>	100 IM	DEP	6/11/05	Club Championships Queen St
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
35.07	B	50 Free	DEP	10/04/05	Junior League Mansfield
34.27	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.46	F	100 Free	DEP	06/11/05	Club Championships Queen St
41.68	F	50 Back	DEP	20/07/04	Time trials Lonsdale
40.71	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:23.68	F	100 Back	DEP	06/11/05	Club Championships Queen St
23.04	B	25 Breast	DEP	8/12/04	Time Trials Lonsdale
44.33	F	50 Breast	DEP	24/09/05	Dove Valey Provincial Trophy
44.12	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:39.41	F	100 Breast	DEP	06/11/05	Club Championships Queen St
3:46.64	F	200 Breast	DEP	27/02/05	County Champs Clay Cross
38.63	F	50 Fly	DEP	26/06/05	Junior League Mansfield
38.30	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:32.75	F	100 Fly	DEP	06/11/05	Club Championships Queen St
1:25.01	F	100 IM	DEP	15/10/05	Burton Bill Brake Trophy
3:17.17	B	200 IM	DEP	29/06/05	Time trails Lonsdale
<b>Broad, S</b>					
25.94	F	25 Free	DEP	21/09/05	Time Trials Lonsdale
29.01	F	25 Back	DEP	21/09/05	Time Trials Lonsdale
36.50	F	25 Breast	DEP	21/09/05	Time Trials Lonsdale
<b>Brown, M</b>					
17.69	<b>B</b>	25 Free	DEP	15/10/05	Burton Bill Brake Trophy
39.09	<b>B</b>	50 Free	DEP	06/11/05	Club Championships Queen St
22.53	F	25 Back	DEP	21/09/05	Time Trials Lonsdale
47.35	F	50 Back	DEP	06/11/05	Club Championships Queen St
24.39	F	25 Breast	DEP	21/09/05	Time Trials Lonsdale
57.55	F	50 Breast	DEP	26/02/05	County Champs Clay Cross
2:17.60	F	100 Breast	DEP	13/10/04	Time Trials Lonsdale
4:05.97	<b>B</b>	200 Breast	DEP	28/09/05	Time Trials Lonsdale
51.63	F	50 Fly	DEP	06/11/05	Club Championships Queen St
1:43.57	<b>B</b>	100 IM	DEP	06/11/05	Club Championships Queen St
4:02.38	F	200 IM	DEP	15/06/05	Time Trials Lonsdale
<b>Carey, F</b>					
26.93	F	25 Free	DEP	6/11/05	Club Championships Queen St
	F	25 Back	DEP		
32.59	F	25 Breast	DEP	6/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala
<b>Carter, G</b>				
32.27	F	50 Free	DEP	17/09/05 Leslie Seymour Trophy Treonte
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
1:06.80	F	100 Free	DEP	06/11/05 Club Championships Queen St
1:10.57	L	100 Free	DEP	12/11/05 Speedo League Coventry
2:26.35	F	200 Free	DEP	22/04/05 COD Open Queen St
5:07.65	F	400 Free	DEP	26/02/05 County Champs Clay Cross
20:08.09	F	1500 Free	DEP	06/03/05 County Champs Eckington
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
1:21.88	F	100 Back	DEP	06/11/05 Club Championships Queen St
3-10.66	F	200 Back	DEP	01/04
43.96	F	50 Breast	DEP	26/02/05 County Champs Clay Cross
44.90	L	50 Breast	DEP	28/11/04 Derby Sprint Champs Ponds Forge
1:34.26	F	100 Breast	DEP	06/11/05 Club Championships Queen St
3:19.18	F	200 Breast	DEP	27/02/05 County Champs Clay Cross
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
1:22.28	F	100 Fly	DEP	10/12/05 Speedo League 3 <sup>rd</sup> round Cheslyn Hay
1:23.45	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>Cheek, M</b>				
30.16	P F	50 Free	DEP	13/12/03 Speedo Final Leamington Spa
1:04.72	S F	100 Free	DEP	10/12/05 Speedo League 3 <sup>rd</sup> round Cheslyn Hay
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
<b>Collins, H</b>				
19.12	B	25 Free	DEP	21/09/05 Time Trials Lonsdale
	F	50 Free	DEP	
	F	25 Back	DEP	
26.33	F	25 Breast	DEP	15/06/05 Time Trials Lonsdale
54.74	F	50 Breast	DEP	23/11/05 Time Trials Lonsdale
	f	200 Breast	DEP	
	F	25 Fly	DEP	
	F	100 IM	DEP	
<b>Collins, R</b>				
19.57	B	25 Free	DEP	21/09/05 Time Trials Lonsdale
41.86	F	50 Free	DEP	23/11/05 Time Trials Lonsdale
4:03.40	F	200 Free	DEP	15/06/05 Time Trials Lonsdale
23.12	F	25 Back	DEP	23/11/05 Time Trials Lonsdale
52.31	F	50 Back	DEP	06/11/05 Club Championships Queen St
27.48	F	25 Breast	DEP	21/09/05 Time Trials Lonsdale
58.89	F	50 Breast	DEP	
4:28.27	F	200 Breast	DEP	28/09/05 Time Trials Lonsdale
1:03.84	F	50 Fly	DEP	06/11/05 Club Championships Queen St
1:57.27	F	100 IM	DEP	06/11/05 Club Championships Queen St
<b>Cope, A</b>				
19.38	B	25 Free	DEP	1/12/04 Time Trials Lonsdale
39.49	B	50 Free	DEP	10/08/05 Lonsdale Time Trials

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
1:38.38	F	100 Free	DEP	25/02/04	Time Trials Lonsdale
3:25.64	F	200 Free	DEP	23/03/05	Time Trials Lonsdale
22.05	B	25 Back	DEP	16/02/05	Time Trials Lonsdale
33.70	F	33 Back	DEP	21/06/03	Matlock trophy
44.00	F	50 Back	DEP	24/09/05	Dove Valey Provincial Trophy
1:42.16	F	100 Back	DEP	07/11/04	Club Championships Queen St
27.44	F	25 Breast	DEP	16/03/05	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
4:04.93	F	200 Breast	DEP	05/03/05	County Champs Eckington
31.76	F	25 Fly	DEP	03/11/02	Club Championship 2002
55.54	F	50 Fly	DEP	20/07/04	Time trials Lonsdale
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
32.58	B	50 Free	DEP	24/09/05	Dove Valey Provincial Trophy
1:11.40	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:34.73	F	200 Free	DEP	05/03/05	County Champs Eckington
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
1:21.78	F	100 Back	DEP	06/11/05	Club Championships Queen St
2:57.45	S	200 Back	DEP	8/12/04	Time Trials Lonsdale
26.61	F	25 Breast	DEP	09/02/05	Time Trials Lonsdale
53.42	F	50 Breast	DEP	09/02/05	Time Trials Lonsdale
1:44.84	F	100 Breast	DEP	06/11/05	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
1:33.06	F	100 Fly	DEP	06/11/05	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
3:04.64	F	200 IM	DEP	06/11/05	Club Championships Queen St
<b>Corden, A</b>					
26.52	F	33 Free	DEP	10/02/01	Matlock Gala
33.20	S	50 Free	DEP	24/09/05	Dove Valey Provincial Trophy
35.69	L	50 Free	DEP	23/11/03	County Sprints Ponds Forge
1:11.66	F	100 Free	DEP	6/11/05	Club Championships Queen St
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					
1:26.35	F	100 Back	DEP	6/11/05	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
43.77	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:35.82	F	100 Breast	DEP	6/11/05	Club Championships Queen St
3:33.69	B	200 Breast	DEP	10/12/03	Time Trials Lonsdale
36.86	S	50 Fly	DEP	24/09/05	Dove Valey Provincial Trophy
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
2:58.92	S	200 IM	DEP	6/11/05	Club Championships Queen St
<b>Corden, D</b>					
30.38	S	50 Free	DEP	25/09/04	Olive Leivers Shield Ilkeston
30.04	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:06.02	B	100 Free	DEP	09/07/05	COD Open Queen St
2:45.11	B	200 Free	DEP	02/03/03	Time Trials March 2003
5:26.29	F	400 Free	DEP	07/03/04	Counties Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
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
41.43	L	50 Breast	DEP	13/11/05	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, A</b>					
37.59	F	50 Free	DEP	28/07/04	Time trials Lonsdale
	L	50 Free	DEP		
	F	100 Free	DEP		
	F	200 Free	DEP		
	F	400 Free	DEP		
41.84	F	50 Back	DEP	28/07/04	Time trials Lonsdale
	L	50 Back	DEP		
	F	100 Back	DEP		
	F	200 Back	DEP		
52.34	F	50 Breast	DEP	28/07/04	Time trials Lonsdale
46.17	F	50 Fly	DEP	28/07/04	Time trials Lonsdale
<b>Corgiolu, F</b>					
31.63	F	25 Free	DEP		
37.42	F	50 Free	DEP	07/07/04	Time trials Lonsdale
40.82	F	50 Back	DEP	19/05/04	Time Trials Lonsdale
1:29.55	F	50 Breast	DEP	07/07/04	Time trials Lonsdale
3:13.47	F	100 Breast	DEP	26/06/04	Calverton Trophy Grantham
36.67	F	200 Breast	DEP	07/07/04	Time trials Lonsdale
1:22.80	F	50 Fly	DEP	19/05/04	Time Trials Lonsdale
	F	100 IM	DEP	19/05/04	Time Trials Lonsdale
<b>Cunningham, A</b>					
20.71	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
42.31	F	50 Free	DEP	15/06/05	Time Trials Lonsdale
<b>Cunningham, H</b>					
23.31	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
49.40	F	50 Free	DEP	15/06/05	Time Trials Lonsdale
<b>Cutts, A</b>					
19.65	F	25 Free	DEP	27/03/02	TTB&C 27/03/02
30.96	B	50 Free	DEP	15/10/05	Burton Bill Brake Trophy
32.02	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:07.97	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:36.16	F	200 Free	DEP	05/03/05	County Champs Eckington
5:34.16	F	400 Free	DEP	26/02/05	County Champs Clay Cross
22:05.35	F	1500 Free	DEP	06/03/05	County Champs Eckington
21.68	B	25 Back	DEP	17/07/02	TTC 17/07/02
41.10	F	50 Back	DEP	05/03/05	County Champs Eckington
39.16	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:22.65	F	100 Back	DEP	06/11/05	Club Championships 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
41.53	F	50 Breast	DEP	17/09/05	Leslie Seymour Trophy Treonte
42.74	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:04.30	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:29.03	F	100 Breast	DEP	08/10/05	Speedo League Nuneaton
1:32.75	L	100 Breast	DEP	12/11/05	Speedo League Coventry
3:35.20	F	200 Breast	DEP	27/02/05	County Champs Clay Cross

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
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
39.01	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:31.29	F	100 Fly	DEP	09/07/05	COD Open Queen St
4:29.33	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale
1:21.58	B	100 IM	DEP	06/11/05	Club Championships Queen St
3:08.05	F	200 IM	DEP	05/03/05	County Champs Eckington
6:42.41	F	400 IM	DEP	26/02/05	County Champs Clay Cross
<b>Cutts, S</b>					
21.90	F	25 Free	DEP	23/11/05	Time Trials Lonsdale
52.98	F	50 Free	DEP	1/12/04	Time Trials Lonsdale
50.23	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
31.78	F	25 Back	DEP	07/11/04	Club Championships Queen St
56.75	F	50 Back	DEP	6/11/05	Club Championships Queen St
27.04	F	25 Breast	DEP	23/11/05	Time Trials Lonsdale
58.89	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
58.36	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
2:30.57	F	100 Breast	DEP	23/03/05	Time Trials Lonsdale
4:31.05	F	200 Breast	DEP	28/09/05	Time Trials Lonsdale
31.37	F	25 Fly	DEP	07/11/04	Club Championships Queen St
1:06.79	F	50 Fly	DEP	6/11/05	Club Championships Queen St
2:28.66	F	100 Fly	DEP	07/11/04	Club Championships Queen St
1:58.25	F	100 IM	DEP	6/11/05	Club Championships Queen St
4:19.34	F	200 IM	DEP	23/11/05	Time Trials Lonsdale
<b>Davies, A</b>					
18.51	B	25 Free	DEP	16/03/05	Time Trials Lonsdale
37.53	F	50 Free	DEP	15/10/05	Burton Bill Brake Trophy
37.90	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:26.27	F	100 Free	DEP	6/11/05	Club Championships Queen St
2:59.62	F	200 Free	DEP	30/10/05	Belper Open Queen St
21.37	B	25 Back	DEP	23/03/05	Time Trials Lonsdale
43.79	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
42.81	F	50 Back	DEP	15/10/05	Burton Bill Brake Trophy
1:31.76	F	100 Back	DEP	6/11/05	Club Championships Queen St
3:42.47	F	200 Back	DEP	05/03/05	County Champs Eckington
29.41	F	25 Breast	DEP	14/07/04	Time trials Lonsdale
54.28	F	50 Breast	DEP	30/10/05	Belper Open Queen St
53.75	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:56.69	F	100 Breast	DEP	6/11/05	Club Championships Queen St
21.38	F	25 Fly	DEP	19/03/05	Peter Haynes Trophy Burton
46.03	F	50 Fly	DEP	20/07/04	Time trials Lonsdale
47.49	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:48.44	F	100 Fly	DEP	6/11/05	Club Championships Queen St
4:19.02	F	200 Fly	DEP	23/03/05	Time Trials Lonsdale
1:35.61	B	100 IM	DEP	6/11/05	Club Championships Queen St
3:29.99	B	200 IM	DEP	03/08/05	Lonsdale Time Trials
<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
1:25.01	F	100 Free	DEP	06/11/05	Club Championships Queen St
3:12.02	F	200 Free	DEP	05/03/05	County Champs Eckington
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
1:40.14	F	100 Back	DEP	06/11/05	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
48.74	B	50 Breast	DEP	24/09/05	Dove Valey Provincial Trophy t
51.36	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:40.66	F	100 Breast	DEP	30/10/05	Belper Open Queen St
3:41.64	F	200 Breast	DEP	03/08/05	Lonsdale Time Trials

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala	
19.48	B	25 Fly	DEP	24/09/05	Dove Valey Provincial Trophy	
43.58	F	50 Fly	DEP	20/07/04	Time trials Lonsdale	
46.46	L	50 Fly	DEP	28/11/04	Derby Sprint Champs Ponds Forge	
1:38.06	F	100 Fly	DEP	06/11/05	Club Championships Queen St	
4:19.73	F	200 Fly	DEP	8/12/04	Time Trials Lonsdale	
1:34.51	B	100 IM	DEP	06/11/05	Club Championships Queen St	
3:26.46	F	200 IM	DEP	29/06/05	Time trails 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	
41.54	F	50 Free	DEP	20/07/04	Time trials Lonsdale	
1:26.99	F	100 Free	DEP	06/11/05	Club Championships Queen St	
50.64	F	50 Back	DEP	10/08/05	Lonsdale Time Trials	
24.55	F	25 Breast	DEP	25/05/04	Time Trials Lonsdale	
42.61	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala	
51.07	B	50 Breast	DEP	10/08/05	Lonsdale Time Trials	
1:49.58	F	100 Breast	DEP	06/11/05	Club Championships Queen St	
56.54	F	50 Fly	DEP	20/07/04	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>Doherty, J</b>						
23.24	F	25 Free	DEP	06/11/05	Club Championships Queen St	
	F	50 Free	DEP			
	F	100 Free	DEP			
	F	200 Free	DEP			
25.69	F	25 Back	DEP	06/11/05	Club Championships Queen St	
	F	50 Back	DEP			
35.60	B	25 Breast	DEP	06/11/05	Club Championships Queen St	
	B	50 Breast	DEP			
	F	200 Breast	DEP			
34.20	B	25 Fly	DEP			
	B	200 IM	DEP	06/11/05	Club Championships Queen St	
<b>Donald, P</b>						
28.85	S	F	50 Free	DEP	06/03/05	County Champs Eckington
29.20	L	50 Free	DEP	28/11/04	Derby Sprint Champs Ponds Forge	
1:02.30	S	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:18.37	B	F	200 Free	DEP	26/02/05	County Champs Clay Cross
5:06.94	F	400 Free	DEP	27/02/05	County Champs Clay Cross	
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	
33.67	F	50 Back	DEP	26/02/05	County Champs Clay Cross	
33.97	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge	
1:13.09	S	F	100 Back	DEP	27/02/05	County Champs Clay Cross
2:36.87	B	F	200 Back	DEP	06/03/05	County Champs Eckington
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	
31.74	G	F	50 Fly	DEP	27/02/05	County Champs Clay Cross
30.97	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge	
1:09.68	S	F	100 Fly	DEP	06/11/05	Club Championships Queen St
2:36.14	F	200 Fly	DEP	05/03/05	County Champs Eckington	
1:11.41	S	F	100 IM	DEP	06/03/05	County Champs Eckington
2:38.39	S	F	200 IM	DEP	06/11/05	Club Championships Queen St
<b>Earith, H</b>						
21.37	F	25 Free	DEP	07/11/04	Club Championships Queen St	
47.50	F	50 Free	DEP	6/11/05	Club Championships Queen St	
23.61	F	25 Back	DEP	07/11/04	Club Championships Queen St	
52.40	F	50 Back	DEP	6/11/05	Club Championships Queen St	
27.91	F	25 Breast	DEP	07/11/04	Club Championships Queen St	
56.09	F	50 Breast	DEP	6/11/05	Club Championships Queen St	
54.48	F	50 Fly	DEP	6/11/05	Club Championships Queen St	

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala	
<b>Fowell, G</b>					
32.81	B	50 Free	DEP	18/09/04	Leslie Seymour Trophy Queen St
30.40	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:05.24	B	100 Free	DEP	06/11/05	Club Championships Queen St
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
1:17.33	F	100 Back	DEP	06/11/05	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
38.05	S	50 Breast	DEP	15/10/05	Burton Bill Brake Trophy
38.43	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:23.85	F	100 Breast	DEP	06/11/05	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
1:27.91	F	100 Fly	DEP	06/11/05	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
2:44.68	F	200 IM	DEP	06/11/05	Club Championships Queen St
<b>Fox, D</b>					
21.34	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
30.58	S F	50 Free	DEP	06/03/05	County Champs Eckington
30.58	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
1:06.07	S F	100 Free	DEP	22/04/05	COD Open Queen St
2:27.24	B F	200 Free	DEP	27/02/05	County Champs Clay Cross
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
34.05	G F	50 Back	DEP	17/09/05	Leslie Seymour Trophy Treonte
36.22	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
49.94	F	66 Back	DEP	7/02/04	Walsall Trophy Gala
1:12.33	S F	100 Back	DEP	06/03/05	County Champs Eckington
1:14.82	L	100 Back	DEP	13/11/05	County Sprints Ponds Forge
2:35.36	S F	200 Back	DEP	22/04/05	COD Open Queen St
28.38	F	33 Breast	DEP	26/01/02	Chesterfield Trophy Gala
40.55	S F	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 F	100 Breast	DEP	07/11/04	Club Championships Queen St
3:05.69	B F	200 Breast	DEP	13/03/04	Counties Clay Cross
23.04	F	33 Fly	DEP	26/01/02	Chesterfield Trophy Gala
34.94	G F	50 Fly	DEP	26/02/05	County Champs Clay Cross
34.01	L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
1:18.86	B F	100 Fly	DEP	6/11/05	Club Championships Queen St
3:56.08	B F	200 Fly	DEP	27/01/01	City Of Derby Open
1:14.51	G F	100 IM	DEP	15/10/05	Burton Bill Brake Trophy
2:45.29	S F	200 IM	DEP	06/03/04	Counties Queen St
<b>Froud, O</b>					
26.18	S F	50 Free	DEP	27/02/05	County Champs Clay Cross
25.67	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
39.15	F	66 Free	DEP	7/02/04	Walsall Trophy Gala
55.65	L	100 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
54.59	F	100 Free	DEP	16/10/05	Inter Counties Ponds Forge
2:05.15	L	200 Free	DEP	01/08/05	ASA Nationals Ponds Forge
2:04.79	F	200 Free	DEP	05/03/05	County Champs Eckington
4:35.17	F	400 Free	DEP	19/06/04	Mid Dist Coventry
4:29.41	F	400 Free	DEP	06/03/04	County Champs Queen St
17:39.70	F	1500 Free	DEP	13/03/04	Counties Clay Cross
25.15	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
29.21	G F	50 Back	DEP	19/03/05	Peter Haynes Trophy Burton
29.67	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
43.41	F	66 Back	DEP	7/02/04	Walsall Trophy Gala
1:03.51	L	100 Back	DEP	08/01/05	C O D Open Ponds Forge
1:01.73	F	100 Back	DEP	08/10/05	Speedo League Nuneaton
2:15.51	F	200 Back	DEP	27/02/05	County Champs Clay Cross
2:19.27	L	200 Back	DEP	01/08/05	ASA Nationals Ponds Forge
35.77	B F	50 Breast	DEP	26/02/05	County Champs Clay Cross
35.08	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.35	B F	100 Breast	DEP	06/11/05	Club Championships Queen St
3:13.44	F	200 Breast	DEP	09/03/03	Counties Queen St
29.31	B F	50 Fly	DEP	06/03/05	County Champs Eckington
28.52	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:09.63	L	100 Fly	DEP	19/06/04	Mid Dist Coventry
1:06.58	F	100 Fly	DEP	06/03/05	County Champs Eckington
1:03.92	F	100 IM	DEP	15/10/05	Burton Bill Brake Trophy
2:26.03	L	200 IM	DEP	08/01/05	C O D Open Ponds Forge
2:21.85	F	200 IM	DEP	05/03/05	County Champs Eckington
5:16.23	F	400 IM	DEP	24/04/04	Rotherham Open Ponds Forge Conv
<b>Fulford, A</b>					
21.66	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
27.51	S F	50 Free	DEP	17/09/05	Leslie Seymour Trophy Treonte
28.47	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:00.16	S F	100 Free	DEP	06/11/05	Club Championships Queen St
1:01.44	L	100 Free	DEP	13/11/05	County Sprints Ponds Forge
2:20.18	B F	200 Free	DEP	05/03/05	County Champs Eckington
33.49	S L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.20	S L	100 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:09.92	F	100 Back	DEP	06/11/05	Club Championships Queen St
2:41.93	F	200 Back	DEP	07/03/04	Counties Queen St
35.99	S F	50 Breast	DEP	26/02/05	County Champs Clay Cross
36.72	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
53.87	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:18.91	B F	100 Breast	DEP	06/11/05	Club Championships Queen St
1:23.35	L	100 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
2:56.47	B F	200 Breast	DEP	22/04/05	COD Open Queen St
24.09	F	33 Fly	DEP	26/01/02	Chesterfield Trophy Gala
32.21	G F	50 Fly	DEP	06/03/05	County Champs Eckington
31.13	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
48.19	F	66 Fly	DEP	7/02/04	Walsall Trophy Gala
1:09.95	S F	100 Fly	DEP	06/11/05	Club Championships Queen St
2:53.87	B F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:10.79	S F	100 IM	DEP	22/04/05	COD Open Queen St
2:29.56	S F	200 IM	DEP	06/11/05	Club Championships Queen St
6:35.05	F	400 IM	DEP	19/05/02	TT A Repton 19/05/02
<b>Fulford, T</b>					
19.46	B	25 Free	DEP	17/12/03	Time Trials Lonsdale
37.27	B	50 Free	DEP	28/07/04	Time trials Lonsdale
35.80	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:19.74	F	100 Free	DEP	06/11/05	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
44.86	B	50 Back	DEP	28/07/04	Time trials Lonsdale
44.63	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:33.66	F	100 Back	DEP	06/11/05	Club Championships Queen St
50.84	F	50 Breast	DEP	28/07/04	Time trials Lonsdale
51.98	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:51.23	F	100 Breast	DEP	06/11/05	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
40.39	F	50 Fly	DEP	24/09/05	Dove Valey Provincial Trophy
41.34	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:38.19	F	100 Fly	DEP	06/11/05	Club Championships Queen St
3:47.96	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:35.85	B	100 IM	DEP	06/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
<b>Green, C</b>					
22.35	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
49.28	F	50 Free	DEP	6/11/05	Club Championships Queen St
2:10.88	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
4:18.62	F	200 Free	DEP	15/06/05	Time Trials Lonsdale
23.52	F	25 Back	DEP	24/09/05	Dove Valey Provincial Trophy
53.97	F	50 Back	DEP	6/11/05	Club Championships Queen St
25.81	F	25 Breast	DEP	24/09/05	Dove Valey Provincial Trophy
1:01.21	F	50 Breast	DEP	6/11/05	Club Championships Queen St
29.64	F	25 Fly	DEP	07/11/04	Club Championships Queen St
1:09.11	F	50 Fly	DEP	6/11/05	Club Championships Queen St
2:05.86	F	100 IM	DEP	6/11/05	Club Championships Queen St
<b>Gregory, M</b>					
21.54	F	25 Free	DEP	16/03/05	Time Trials Lonsdale
39.74	F	50 Free	DEP	06/11/05	Club Championships Queen St
2:01.27	F	100 Free	DEP	23/03/05	Time Trials Lonsdale
3:44.69	F	200 Free	DEP	28/09/05	Time Trials Lonsdale
21.71	F	25 Back	DEP	24/09/05	Dove Valey Provincial Trophy
42.73	F	50 Back	DEP	06/11/05	Club Championships Queen St
23.24	<b>B</b>	25 Breast	DEP	15/10/05	Burton Bill Brake Trophy
51.54	<b>B</b>	50 Breast	DEP	28/09/05	Time Trials Lonsdale
4:20.84	F	200 Breast	DEP	15/06/05	Time Trials Lonsdale
21.58	<b>B</b>	25 Fly	DEP	21/09/05	Time Trials Lonsdale
48.11	F	50 Fly	DEP	06/11/05	Club Championships Queen St
3:52.68	<b>B</b>	200 IM	DEP	28/09/05	Time Trials Lonsdale
<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
22.07	F	25 Back	DEP	16/02/05	Time Trials Lonsdale
3:58.6	B	200 Fly	DEP	16/02/05	Time Trials Lonsdale
<b>Hill, E</b>					
34.19	F	50 Free	DEP	12/06/04	Dove Valley Trophy
1:09.90	F	100 Free	DEP	6/11/05	Club Championships Queen St
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
43.42	F	50 Breast	DEP	24/09/05	Dove Valey Provincial Trophy
1:33.07	F	100 Breast	DEP	6/11/05	Club Championships Queen St
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
2:55.20	F	200 IM	DEP	6/11/05	Club Championships Queen St
<b>Hill, R</b>					
36.13	F	50 Free	DEP	03/08/05	Lonsdale Time Trials
1:20.12	B	100 Free	DEP	30/10/05	Belper Open Queen St
2:48.90	F	200 Free	DEP	23/11/05	Time Trials Lonsdale
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
41.53	B	50 Back	DEP	23/11/05	Time Trials Lonsdale
1:27.29	F	100 Back	DEP	30/10/05	Belper Open Queen St
48.23	B	50 Breast	DEP	03/08/05	Lonsdale Time Trials
1:43.86	F	100 Breast	DEP	6/11/05	Club Championships Queen St
3:38.24	F	200 Breast	DEP	23/11/05	Time Trials Lonsdale
22.55	B	25 Fly	DEP	25/02/04	Time Trials Lonsdale
40.31	B	50 Fly	DEP	23/11/05	Time Trials Lonsdale
1:29.17	B	100 IM	DEP	30/10/05	Belper Open Queen St
3:08.09	F	200 IM	DEP	6/11/05	Club Championships Queen St
<b>Hithersley, C</b>					
20.14	F	25 Free	DEP	23/03/05	Time Trials Lonsdale
40.22	<b>B</b>	50 Free	DEP	27/07/05	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
1:31.18	F	100 Free	DEP	6/11/05	Club Championships Queen St
20.98	<b>B</b>	25 Back	DEP	27/07/05	Time Trials Lonsdale
46.77	F	50 Back	DEP	24/09/05	Dove Valey Provincial Trophy
1:37.94	F	100 Back	DEP	6/11/05	Club Championships Queen St
28.43	F	25 Breast	DEP	16/03/05	Time Trials Lonsdale
2:00.46	F	100 Breast	DEP	6/11/05	Club Championships Queen St
25.61	F	25 Fly	DEP	09/02/05	Time Trials Lonsdale
1:41.64	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:56.18	F	200 IM	DEP	15/06/05	Time Trials Lonsdale
<b>Hodgett, D</b>					
29.59	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
59.52	F	100 Free	DEP	06/11/05	Club Championships Queen St
1:01.96	L	100 Free	DEP	13/11/05	County Sprints Ponds Forge
	F	25 Back	DEP		
32.27	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:06.33	F	100 Back	DEP	06/11/05	Club Championships Queen St
1:09.59	L	100 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
34.63	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:11.55	F	100 Breast	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
1:15.55	L	100 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
30.64	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:05.66	B	100 Fly	DEP	08/10/05	Speedo League Nuneaton
1:10.38	L	100 Fly	DEP	12/11/05	Speedo League Coventry
2:22.76	F	200 IM	DEP	06/11/05	Club Championships Queen St
<b>Horsley, M</b>					
20.41	F	25 Free	DEP	06/11/05	Club Championships Queen St
	F	33 Free	DEP		
47.08	F	50 Free	DEP	15/06/05	Time Trials Lonsdale
2:05.92	F	100 Free	DEP	23/03/05	Time Trials Lonsdale
4:18.30	F	200 Free	DEP	23/11/05	Time Trials Lonsdale
25.80	F	25 Back	DEP	06/11/05	Club Championships Queen St
27.94	F	25 Breast	DEP	06/11/05	Club Championships Queen St
1:02.01	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
26.07	F	25 Fly	DEP	06/11/05	Club Championships Queen St
<b>Horsley, O</b>					
18.96	B	25 Free	DEP	15/06/05	Time Trials Lonsdale
41.85	F	50 Free	DEP	15/06/05	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
22.68	F	25 Back	DEP	21/09/05	Time Trials Lonsdale
46.80	F	50 Back	DEP	6/11/05	Club Championships Queen St
23.83	F	25 Breast	DEP	15/10/05	Burton Bill Brake Trophy
51.57	<b>B</b>	50 Breast	DEP	6/11/05	Club Championships Queen St
26.34	F	25 Fly	DEP	22/01/05	Lucozade Trophy Uttoxeter
54.15	F	50 Fly	DEP	6/11/05	Club Championships Queen St
1:59.91	F	100 IM	DEP	07/11/04	Club Championships Queen St
3:49.08	F	200 IM	DEP	15/06/05	Time Trials Lonsdale
<b>Hough, A</b>					
23.87	F	25 Free	DEP	6/11/05	Club Championships Queen St
58.26	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
27.08	F	25 Back	DEP	6/11/05	Club Championships Queen St
25.96	F	25 Breast	DEP	23/11/05	Time Trials Lonsdale
	F	50 Breast	DEP		
4:37.89	F	200 Breast	DEP	23/11/05	Time Trials Lonsdale
30.53	F	25 Fly	DEP	6/11/05	Club Championships Queen St
	F	100 IM	DEP		
<b>Hough, H</b>					
19.60	B	25 Free	DEP	23/11/05	Time Trials Lonsdale
42.70	F	50 Free	DEP	06/11/05	Club Championships Queen St
3:27.14	F	200 Free	DEP	23/11/05	Time Trials Lonsdale
24.82	F	25 Back	DEP	21/09/05	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
50.22	F	50 Back	DEP	06/11/05	Club Championships Queen St
25.51	F	25 Breast	DEP	23/11/05	Time Trials Lonsdale
57.70	F	50 Breast	DEP	06/11/05	Club Championships Queen St
59.68	F	50 Fly	DEP	06/11/05	Club Championships Queen St
1:52.87	F	100 IM	DEP	06/11/05	Club Championships Queen St
<b>Hurt, Z</b>					
17.90	B	25 Free	DEP	23/11/05	Time Trials Lonsdale
42.36	F	50 Free	DEP	23/11/05	Time Trials Lonsdale
3:25.39	F	200 Free	DEP	23/11/05	Time Trials Lonsdale
	F	25 Back	DEP		
55.37	F	50 Back	DEP	23/11/05	Time Trials Lonsdale
	F	25 Breast	DEP		
53.15	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
	F	50 Fly	DEP		
	F	100 IM	DEP		
<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
35.95	B	50 Free	DEP	30/10/05	Belper Open Queen St
36.37	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.83	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:43.79	F	200 Free	DEP	30/10/05	Belper Open Queen St
6:23.59	F	400 Free	DEP	06/03/05	County Champs Eckington
22.55	P F	25 Back	DEP	02/11/03	Club Championship Queen S
40.58	F	50 Back	DEP	24/09/05	Dove Valey Provincial Trophy
44.16	L	50 Back	DEP	22/01/05	Rotherham Open Ponds Forge
1:24.93	F	100 Back	DEP	06/11/05	Club Championships Queen St
3:11.92	F	200 Back	DEP	22/04/05	COD Open Queen St
31.98	F	25 Breast	DEP	02/11/03	Club Championship Queen St
53.14	F	50 Breast	DEP	30/10/05	Belper Open Queen St
1:53.13	F	100 Breast	DEP	06/11/05	Club Championships Queen St
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
39.04	S	50 Fly	DEP	30/10/05	Belper Open Queen St
39.59	L	50 Fly	DEP	12/11/05	Speedo League Coventry
1:26.57	L	100 Fly	DEP	06/11/05	Club Championships Queen St
3:29.33	B	200 Fly	DEP	26/02/05	County Champs Clay Cross
1:29.42	B	100 IM	DEP	30/10/05	Belper Open Queen St
3:08.34	B	200 IM	DEP	23/11/05	Time Trials Lonsdale
<b>Johal, J</b>					
18.44	B	25 Free	DEP	21/09/05	Time Trials Lonsdale
40.53	B	50 Free	DEP	28/09/05	Time Trials Lonsdale
1:32.60	F	100 Free	DEP	6/11/05	Club Championships Queen St
21.97	B	25 Back	DEP	28/09/05	Time Trials Lonsdale
	F	25 Breast	DEP		
50.51	B	50 Breast	DEP	21/09/05	Time Trials Lonsdale
1:52.87	F	100 Breast	DEP	6/11/05	Club Championships Queen St
4:06.25	B	200 Breast	DEP	28/09/05	Time Trials Lonsdale
25.47	F	25 Fly	DEP	21/09/05	Time Trials Lonsdale
<b>Johal, N</b>					
22.91	F	25 Free	DEP	6/11/05	Club Championships Queen St
	F	50 Free	DEP		
27.60	F	25 Back	DEP	23/11/05	Time Trials Lonsdale
26.97	F	25 Breast	DEP	6/11/05	Club Championships Queen St
	F	50 Breast	DEP		
2:13.13	f	100 IM	DEP	6/11/05	Club Championships Queen St
<b>Johnson, S</b>					
27.89	P F	50 Free	DEP	06/03/05	County Champs Eckington
1:00.02	G F	100 Free	DEP	13/03/04	Counties Clay Cross

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
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
34.72	L	50 Back	DEP	13/11/05	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
31.10	L	50 Fly	DEP	13/11/05	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>Jones, R</b>					
20.77	F	25 Free	DEP	16/02/05	Time Trials Lonsdale
38.10	B	50 Free	DEP	24/09/05	Dove Valley Provincial Trophy
1:29.10	F	100 Free	DEP	6/11/05	Club Championships Queen St
21.88	F	25 Back	DEP	15/06/05	Time Trials Lonsdale
44.07	B	50 Back	DEP	24/09/05	Dove Valey Provincial Trophy
1:36.57	F	100 Back	DEP	6/11/05	Club Championships Queen St
30.60	F	25 Breast	DEP	16/03/05	Time Trials Lonsdale
1:54.75	F	100 Breast	DEP	6/11/05	Club Championships Queen St
4:33.64	F	200 Breast	DEP	16/02/05	Time Trials Lonsdale
18.89	F	25 Fly	DEP	24/09/05	Dove Valey Provincial Trophy
1:48.85	F	100 Fly	DEP	6/11/05	Club Championships Queen St
1:43.48	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:58.03	F	200 IM	DEP	15/06/05	Time Trials Lonsdale
<b>Keane, E</b>					
16.21	B	25 Free	DEP	18/09/04	Bill Brake Trophy Burton
31.81	F	50 Free	DEP	06/03/05	County Champs Eckington
30.88	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
50.58	F	66 Free	DEP	7/02/04	Walsall Trophy Gala
1:06.06	L	100 Free	DEP	13/11/05	County Sprints Ponds Forge
1:06.14	F	100 Free	DEP	08/10/05	Speedo League Nuneaton
2:23.30	L	200 Free	DEP	01/08/05	ASA Nationals Ponds Forge
2:23.91	F	200 Free	DEP	22/04/05	COD Open Queen St
5:02.27	F	400 Free	DEP	27/02/05	County Champs Clay Cross
4:57.66	L	400 Free	DEP	01/08/05	ASA Nationals Ponds Forge
18.23	F	25 Back	DEP	18/09/04	Bill Brake Trophy Burton
29.56	F	33 Back	DEP	18/10/03	Matlock Trophy
35.06	F	50 Back	DEP	17/09/05	Leslie Seymour Trophy Treonte
35.90	L	50 Back	DEP	12/11/05	Speedo League Coventry
1:16.50	L	100 Back	DEP	01/08/05	ASA Nationals Ponds Forge
1:14.82	F	100 Back	DEP	6/11/05	Club Championships Queen St
2:40.27	L	200 Back	DEP	04/06/05	Midland District Coventry
2:42.47	F	200 Back	DEP	05/03/05	County Champs Eckington
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
1:35.36	F	100 Breast	DEP	6/11/05	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
34.79	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
34.34	F	50 Fly	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
1:16.81	L	100 Fly	DEP	13/11/05	County Sprints Ponds Forge
1:15.80	F	100 Fly	DEP	6/11/05	Club Championships Queen St
2:45.81	F	200 Fly	DEP	05/03/05	County Champs Eckington
2:43.87	L	200 Fly	DEP	01/08/05	ASA Nationals Ponds Forge
1:17.57	B	100 IM	DEP	6/11/05	Club Championships Queen St
2:44.28	L	200 IM	DEP	01/08/05	ASA Nationals Ponds Forge
2:44.80	F	200 IM	DEP	06/03/05	County Champs Eckington

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
<b>Keane, J</b>					
25.24	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
36.11	F	66 Free	DEP	7/02/04	Walsall Trophy Gala
53.48	F	100 Free	DEP	16/10/05	Inter Counties Ponds Forge
53.95	L	100 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:55.14	L	200 Free	DEP	04/08/05	ASA Nationals Ponds Forge
4:07.18	L	400 Free	DEP	04/08/05	ASA Nationals Ponds Forge
16:49.00	L	1500 Free	DEP	27/11/04	Midland Long Course Champs Coventry
30.53	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:01.92	F	100 Back	DEP	08/10/05	Speedo League Nuneaton
1:04.41	L	100 Back	DEP	12/11/05	Speedo League Coventry
2:18.61	F	200 Back	DEP	13/03/04	Counties Clay Cross
1:17.25	F	100 Breast	DEP	06/11/05	Club Championships Queen St
29.51	F	50 Fly	DEP	21/02/04	Peter Haynes Trophy Burton
28.37	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
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
2:15.67	L	200 IM	DEP	04/08/05	ASA Nationals Ponds Forge
4:41.72	F	400 IM	DEP	26/02/05	County Champs Clay Cross
<b>Keaney, S</b>					
30.12	F	50 Free	DEP	19/03/05	Peter Haynes Trophy Burton
31.52	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
1:05.78	<b>S</b>	100 Free	DEP	07/11/04	Club Championships Queen St
1:08.38	L	100 Free	DEP	13/11/05	County Sprints 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
5:11.23	F	400 Free	DEP	05/03/05	County Champs Eckington
10:45.10	F	800 Free	DEP	27/02/05	County Champs Clay Cross
34.53	S	50 Back	DEP	15/10/05	Burton Bill Brake Trophy
36.09	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:12.54	F	100 Back	DEP	30/04/05	Tulip Open Meet Spalding
1:17.99	L	100 Back	DEP	12/11/05	Speedo League Coventry
2:38.47	B	200 Back	DEP	06/03/05	County Champs Eckington
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
1:34.99	F	100 Breast	DEP	30/04/05	Tulip Open Meet Spalding
18.76	F	25 Fly	DEP	05/07/03	Dove Valley
37.62	S	50 Fly	DEP	04/09/04	Russ Smithurst Sutton
36.30	L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
1:20.43	F	100 Fly	DEP	6/11/05	Club Championships Queen St
3:02.25	F	200 Fly	DEP	27/02/05	County Champs Clay Cross
1:17.76	S	100 IM	DEP	06/03/05	County Champs Eckington
2:50.38	S	200 IM	DEP	26/02/05	County Champs Clay Cross
<b>Kirk, H</b>					
21.21	F	25 Free	DEP	6/11/05	Club Championships Queen St
	F	50 Free	DEP		
	F	25 Back	DEP		
26.33	F	25 Breast	DEP	6/11/05	Club Championships Queen St
	F	50 Breast	DEP		
<b>Lawrence, N</b>					
23.53	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
49.05	F	50 Free	DEP	23/11/05	Time Trials Lonsdale
26.71	F	25 Back	DEP	15/06/05	Time Trials Lonsdale
28.24	F	25 Breast	DEP	15/06/05	Time Trials Lonsdale
56.03	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
2:08.13	F	100 Breast	DEP	6/11/05	Club Championships Queen St
4:22.62	F	200 Breast	DEP	23/11/05	Time Trials Lonsdale
25.84	F	25 Fly	DEP	23/11/05	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala
<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>Maude, N</b>				
18.87	B	25 Free	DEP 25/05/04	Time Trials Lonsdale
39.60	F	50 Free	DEP 06/03/05	County Champs Eckington
1:27.24	F	100 Free	DEP 6/11/05	Club Championships Queen St
3:30.24	F	200 Free	DEP 26/02/05	County Champs Clay Cross
7:10.17	F	400 Free	DEP 27/02/05	County Champs Clay Cross
20.53	F	25 Back	DEP 19/03/05	Peter Haynes Trophy Burton
45.59	F	50 Back	DEP 06/02/05	Trident Open Queen St
1:35.94	F	100 Back	DEP 6/11/05	Club Championships Queen St
3:30.22	F	200 Back	DEP 05/03/05	County Champs Eckington
23.85	F	25 Breast	DEP 07/07/04	Time Trials Lonsdale
47.86	B	50 Breast	DEP 05/03/05	County Champs Eckington
1:44.40	F	100 Breast	DEP 6/11/05	Club Championships Queen St
3:46.86	F	200 Breast	DEP 03/08/05	Lonsdale Time Trials
55.12	F	50 Fly	DEP 1/12/04	Time Trials Lonsdale
1:35.43	B	100 IM	DEP 06/03/05	County Champs Eckington
3:37.55	F	200 IM	DEP 06/03/05	County Champs Eckington
<b>Maxwell, L</b>				
21.25	F	25 Free	DEP 6/11/05	Club Championships Queen St
51.86	F	50 Free	DEP 21/09/05	Time Trials Lonsdale
	F	100 Free	DEP	
25.64	F	25 Back	DEP 6/11/05	Club Championships Queen St
1:15.37	F	50 Back	DEP 16/03/05	Time Trials Lonsdale
28.51	F	25 Breast	DEP 24/09/05	Dove Valley Provincial Trophy
1:12.53	F	50 Breast	DEP 16/02/05	Time Trials Lonsdale
4:37.71	F	200 Breast	DEP 28/09/05	Time Trials Lonsdale
25.47	F	25 Fly	DEP 6/11/05	Club Championships Queen St
4:31.35	F	200 IM	DEP 23/11/05	Time Trials Lonsdale
<b>Milligan, L</b>				
19.55	<b>B</b>	25 Free	DEP 15/06/05	Time Trials Lonsdale
41.43	<b>B</b>	50 Free	DEP 22/06/05	Time Trials Lonsdale
42.09	L	50 Free	DEP 13/11/05	Derby Sprint Champs Ponds Forge
1:33.00	F	100 Free	DEP 6/11/05	Club Championships Queen St
3:16.94	F	200 Free	DEP 30/10/05	Belper Open Queen St
22.81	F	25 Back	DEP 22/01/05	Rykneld Trophy Gala
47.22	L	50 Back	DEP 13/11/05	County Sprints Ponds Forge
1:40.94	F	100 Back	DEP 6/11/05	Club Championships Queen St
33.75	F	25 Breast	DEP 25/05/04	Time Trials Lonsdale
1:55.75	F	100 Breast	DEP 6/11/05	Club Championships Queen St
58.24	F	50 Breast	DEP 05/03/05	County Champs Eckington
54.51	L	50 Breast	DEP 13/11/05	County Sprints Ponds Forge
20.59	<b>B</b>	25 Fly	DEP 24/09/05	Dove Valley Provincial Trophy
48.06	<b>B</b>	50 Fly	DEP 30/10/05	Belper Open Queen St
51.86	L	50 Fly	DEP 13/11/05	Derby Sprint Champs Ponds Forge
1:57.42	F	100 Fly	DEP 6/11/05	Club Championships Queen St
1:41.28	F	100 IM	DEP 30/10/05	Belper Open Queen St
4:02.21	<b>B</b>	200 IM	DEP 23/03/05	Time Trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	Date	Gala	
<b>Molyneux, R</b>					
21.60	F	25 Free	DEP	15/06/05	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>Noon, A</b>					
27.57	F	25 Free	DEP	23/11/05	Time Trials Lonsdale
	F	50 Free	DEP		
	F	100 Free	DEP		
	F	200 Free	DEP		
	F	25 Back	DEP		
	F	50 Back	DEPt		
	F	200 Back	DEP		
27.46	F	25 Breast	DEP	23/11/05	Time Trials Lonsdale
1:00.84	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
4:39.54	B	200 Breast	DEP	28/09/05	Time Trials Lonsdale
	B	25 Fly	DEP		
	F	100 IM	DEP		
<b>Palmer, C</b>					
35.06	F	50 Free	DEP	13/03/04	Counties Clay Cross
37.21	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
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	L	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
1:29.89	B F	100 Breast	DEP	05/03/05	County Champs Eckington
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
34.60	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
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

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time		F/Long	Event		Date	Gala
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
1:24.39		L	100 Breast	DEP	13/11/05	County Sprints 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
37.12		L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
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
1:21.55		F	100 Free	DEP	06/11/05	Club Championships Queen St
3:11.94		F	200 Free	DEP	05/03/05	County Champs Eckington
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
46.25		F	50 Back	DEP	20/07/04	Time trials Lonsdale
46.22		L	50 Back	DEP	22/01/05	Rotherham Open Ponds Forge
1:33.77		F	100 Back	DEP	06/11/05	Club Championships Queen St
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
51.36	F		50 Breast	DEP	20/07/04	Time trials Lonsdale
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
1:47.18	F		100 Breast	DEP	06/11/05	Club Championships Queen St
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
1:37.15	B		100 IM	DEP	06/11/05	Club Championships Queen St
3:32.26	F		200 IM	DEP	29/06/05	Time trails Lonsdale
<b>Pearson, T</b>						
		F	25 Free	DEP		
37.27	<b>B</b>		50 Free	DEP	24/09/05	Dove Valley Provincial Trophy
		F	100 Free	DEP		
3:11.78	<b>B</b>		200 Free	DEP	28/09/05	Time Trials Lonsdale
22.04	<b>B</b>		25 Back	DEP	21/09/05	Time Trials Lonsdale
49.25		F	50 Back	DEP		
		F	25 Breast	DEP		
50.39	F		50 Breast	DEP	24/09/05	Dove Valley Provincial Trophy
22.20	<b>B</b>		25 Fly	DEP	21/09/05	Time Trials Lonsdale
51.50	F		50 Fly	DEP		
1:41.32	F		100 Fly	DEP	6/11/05	Club Championships Queen St
<b>Pratt, E</b>						
31.63		F	50 Free	DEP	06/03/05	County Champs Eckington
32.19		L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
1:05.95	S	F	100 Free	DEP	6/11/05	Club Championships Queen St
1:07.37		L	100 Free	DEP	13/11/05	County Sprints Ponds Forge
2:25.80	B	F	200 Free	DEP	06/03/04	County Champs Queen St
5:03.33		F	400 Free	DEP	05/03/05	County Champs Eckington
10:28.83		F	800 Free	DEP	27/02/05	County Champs Clay Cross
29.61		F	33 Back	DEP	10/02/01	Matlock Gala
36.78	B	F	50 Back	DEP	18/09/04	Bill Brake Trophy Burton
39.15		I	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:16.19	S	F	100 Back	DEP	6/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time		F/Long	Event		Date	Gala
2:41.37	B	F	200 Back	DEP	06/03/05	County Champs Eckington
29.72		F	33 Breast	DEP	02/06/01	Matlock Gala
38.05	G	F	50 Breast	DEP	17/09/05	Leslie Seymour Trophy Treonte
40.06		L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
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
1:27.06		L	100 Breast	DEP	13/11/05	County Sprints Ponds Forge
2:58.88	S	F	200 Breast	DEP	13/03/04	Counties Clay Cross
34.41	G	F	50 Fly	DEP	15/10/05	Burton Bill Brake Trophy
34.69		L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
1:16.92		F	100 Fly	DEP	6/11/05	Club Championships Queen St
1:15.67	S	F	100 IM	DEP	06/03/05	County Champs Eckington
2:39.35	S	F	200 IM	DEP	6/11/05	Club Championships Queen St
2:47.56		L	200 IM	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
5:41.96		F	400 IM	DEP	05/03/05	County Champs Eckington
<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
32.64		L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
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
39.15		L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
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
45.40		L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
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
<b>Reed, E</b>						
18.87	B		25 Free	DEP	18/06/03	TT C
36.42	B		50 Free	DEP	10/08/05	Lonsdale Time Trials
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
41.60		F	50 Back	DEP	10/08/05	Lonsdale Time Trials
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
49.92		F	50 Breast	DEP	10/08/05	Lonsdale Time Trials
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
41.87		F	50 Fly	DEP	10/08/05	Lonsdale Time Trials
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
3:25.58		F	200 IM	DEP	29/06/05	Time trails Lonsdale
<b>Reeks, J</b>						
31.63	S	F	50 Free	DEP	06/03/05	County Champs Eckington
32.69		L	50 Free	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
1:05.04	S	F	100 Free	DEP	6/11/05	Club Championships Queen St
1:07.10		L	100 free	DEP	28/11/04	Derby Sprint Champs Ponds Forge
2:24.68		F	200 Free	DEP	04/06/05	Midland District Coventry
2:19.64		F	200 Free	DEP	22/04/05	COD Open Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
4:54.61	L	400 Free	DEP	04/06/05	Midland District Coventry
4:50.63	F	400 Free	DEP	05/03/05	County Champs Eckington
10:07.68	L	800 Free	DEP	04/06/05	Midland District Coventry
10:02.58	F	800 Free	DEP	27/02/05	County Champs Clay Cross
36.48	S F	50 Back	DEP	26/02/05	County Champs Clay Cross
38.01	I	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:14.91	F	100 Back	DEP	06/03/05	County Champs Eckington
1:17.08	L	100 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
2:39.35	L	200 Back	DEP	04/06/05	Midland District Coventry
2:37.56	F	200 Back	DEP	06/03/05	County Champs Eckington
40.01	G F	50 Breast	DEP	05/03/05	County Champs Eckington
1:22.95	S F	100 Breast	DEP	16/10/05	Inter Counties Ponds Forge
1:28.28	L	100 Breast	DEP	13/11/05	County Sprints Ponds Forge
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 L	50 Fly	DEP	08/01/05	C O D Open Ponds Forge
32.92	F	50 Fly	DEP	17/09/05	Leslie Seymour Trophy Treonte
49.34	F	66 Fly	DEP	7/02/04	Walsall Trophy Gala
1:11.54	F	100 Fly	DEP	08/10/05	Speedo League Nuneaton
1:11.91	L	100 Fly	DEP	12/11/05	Speedo League Coventry
2:41.88	L	200 Fly	DEP	04	City of Sheffield Ponds Forge
2:40.47	F	200 Fly	DEP	27/02/05	County Champs Clay Cross
1:13.23	G F	100 IM	DEP	15/10/05	Burton Bill Brake Trophy
2:40.56	G L	200 IM	DEP	04/06/05	Midland District Coventry
2:36.56	F	200 IM	DEP	26/02/05	County Champs Clay Cross
5:23.02	F	400 IM	DEP	05/03/05	County Champs Eckington
5:32.25	L	400 IM	DEP	04/06/05	Midland District Coventry
<b>Reeks, L</b>					
19.11	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
34.20	L	50 Free	DEP	13/11/05	Derby Sprint Champs 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
2:38.96	F	200 Free	DEP	26/02/05	County Champs Clay Cross
5:41.77	F	400 Free	DEP	05/03/05	County Champs Eckington
22.73	F	25 Back	DEP	03/11/02	Club Championship 2002
34.48	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
39.99	F	50 Back	DEP	26/02/05	County Champs Clay Cross
39.85	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
1:22.75	F	100 Back	DEP	06/03/05	County Champs Eckington
2:53.11	F	200 Back	DEP	06/03/05	County Champs Eckington
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	25 Fly	DEP	21/02/04	Peter Haynes Trophy Burton
29.74	F	33 Fly	DEP	08/02/03	Matlock Trophy
35.74	B	50 Fly	DEP	17/09/05	Leslie Seymour Trophy Treonte
35.50	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:04.06	F	66 Fly	DEP	21/06/03	Matlock trophy
1:22.55	F	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
3:14.48	F	200 Fly	DEP	27/02/05	County Champs Clay Cross
1:24.07	B	100 IM	DEP	06/03/05	County Champs Eckington
3:01.33	F	200 IM	DEP	26/02/05	County Champs Clay Cross
3:03.07	L	200 IM	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
<b>Rothwell, W</b>					
31.04	B F	50 Free	DEP	27/02/05	County Champs Clay Cross
31.03	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:04.41	F	100 Free	DEP	06/11/05	Club Championships Queen St
1:11.21	L	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
2:26.69	F	200 Free	DEP	05/03/05	County Champs Eckington
30.78	F	33 Back	DEP	26/01/02	Chesterfield Trophy Gala
39.48	F	50 Back	DEP	05/03/05	County Champs Eckington
39.55	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:20.37	B F	100 Back	DEP	06/11/05	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
37.27	B F	50 Breast	DEP	19/03/05	Peter Haynes Trophy Burton
39.35	L	50 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
1:23.63	B F	100 Breast	DEP	06/03/05	County Champs Eckington
1:29.24	L	100 Breast	DEP	22/01/05	Rotherham Open Ponds Forge
3:01.75	B F	200 Breast	DEP	27/02/05	County Champs Clay Cross
41.51	F	50 Fly	DEP	13/03/04	Counties Clay Cross
1:18.27	S F	100 IM	DEP	06/03/05	County Champs Eckington
2:45.13	B F	200 IM	DEP	06/11/05	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>Sanghera, D</b>					
24.54	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
	F	50 Free	DEP		
	F	100 Free	DEP		
33.48	F	25 Breast	DEP	16/03/05	Time Trials Lonsdale
<b>Selfe, K</b>					
16.58	F	25 Free	DEP	15/10/05	Burton Bill Brake Trophy
35.94	F	50 Free	DEP	28/09/05	Time trials Lonsdale
36.44	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
18.99	F	25 Back	DEP	15/10/05	Burton Bill Brake Trophy
41.87	F	50 Back	DEP	6/11/05	Club Championships Queen St
42.92	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
	F	25 Breast	DEP		
49.94	F	50 Breast	DEP	6/11/05	Club Championships Queen St
50.86	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
45.89	F	50 Fly	DEP	6/11/05	Club Championships Queen St
43.18	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:34.90	F	100 IM	DEP	6/11/05	Club Championships Queen St
<b>Sellers, R</b>					
26.19	P L	50 Free	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
24.86	F	50 Free	DEP	17/09/05	Leslie Seymour Trophy Treonte
54.83	G F	100 Free	DEP	19/03/05	Peter Haynes Trophy Burton
55.32	L	100 Free	DEP	04/08/05	ASA Nationals Ponds Forge
2:02.86	S F	200 Free	DEP	24/04/04	Rotherham Open Ponds Forge Conv
1:57.18	F	200 Free	DEP	26/02/05	County Champs Clay Cross
1:58.97	I	200 Free	DEP	04/08/05	ASA Nationals Ponds Forge
4:38.12	F	400 Free	DEP	08/03/03	Counties Queen St
29.85	F	50 Back	DEP	26/02/05	County Champs Clay Cross
1:02.24	G F	100 Back	DEP	06/11/05	Club Championships Queen St
1:03.51	L	100 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
2:22.32	F	200 Back	DEP	13/03/04	Counties Clay Cross

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time		F/Long	Event		Date	Gala
34.60	G	F	50 Breast	DEP	12/06/04	Dove Valley Trophy
1:13.71	S	F	100 Breast	DEP	19/03/05	Peter Haynes Trophy Burton
1:18.75		L	100 Breast	DEP	12/11/05	Speedo League Coventry
26.81	P	F	50 Fly	DEP	17/09/05	Leslie Seymour Trophy Treonte
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
58.43	G	F	100 Fly	DEP	16/10/05	Inter Counties Ponds Forge
59.53		L	100 Fly	DEP	04/08/05	ASA Nationals Ponds Forge
2:12.68	G	F	200 Fly	DEP	05/03/05	County Champs Eckington
2:10.39		L	200 Fly	DEP	04/06/05	Midland District Coventry
1:01.10	P	F	100 IM	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
2:15.52	G	L	200 IM	DEP	04/08/05	ASA Nationals Ponds Forge
2:13.91		F	200 IM	DEP	06/11/05	Club Championships Queen St
<b>Sellers, S</b>						
29.25	B	F	50 Free	DEP	06/03/05	County Champs Eckington
29.65		L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:04.32		F	100 Free	DEP	06/11/05	Club Championships Queen St
2:18.80		F	200 Free	DEP	26/02/05	County Champs Clay Cross
34.14	B	F	50 Back	DEP	26/02/05	County Champs Clay Cross
34.00		L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:13.63		F	100 Back	DEP	06/11/05	Club Championships 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
1:29.53		F	100 Breast	DEP	09/07/05	COD Open Queen St
3:30.49		F	200 Breast	DEP	09/03/03	Counties Queen St
32.05	B	F	50 Fly	DEP	17/09/05	Leslie Seymour Trophy Treonte
31.79		L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:11.49		F	100 Fly	DEP	09/07/05	COD Open Queen St
2:40.33		F	200 Fly	DEP	05/03/05	County Champs Eckington
1:14.11	B	F	100 IM	DEP	09/07/05	COD Open Queen St
2:37.11	B	F	200 IM	DEP	06/11/05	Club Championships Queen St
<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
30.46	L		50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
32.94	F		50 Free	DEP	27/02/05	County Champs Clay Cross
1:05.21	F		100 Free	DEP	06/11/05	Club Championships Queen St
2:26.05	L		200 Free	DEP	04/06/05	Midland District Coventry
2:29.60	F		200 Free	DEP	05/03/05	County Champs Eckington
4:57.74	L		400 Free	DEP	04/06/05	Midland District Coventry
5:04.97	F		400 Free	DEP	26/02/05	County Champs Clay Cross
19:24.87	F		1500 Free	DEP	06/03/05	County Champs Eckington
19:09.47	L		1500 Free	DEP	04/06/05	Midland District Coventry
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
33.91	G		50 Back	DEP	17/09/05	Leslie Seymour Trophy Treonte
34.24	L		50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:12.85	L		100 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:10.75	F		100 Back	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
2:31.93	L		200 Back	DEP	04/08/05	ASA Nationals Ponds Forge
2:35.11	F		200 Back	DEP	05/03/05	County Champs Eckington
35.55	F		25 Breast	DEP	19/10/01	Club Championship Heats
46.26	B		50 Breast	DEP	26/02/05	County Champs Clay Cross
41.73	L		50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:30.31	F		100 Breast	DEP	06/11/05	Club Championships Queen St
3:26.50	F		200 Breast	DEP	27/02/05	County Champs Clay Cross
18.76	F		25 Fly	DEP	05/07/03	Dove Valley
35.56	F		50 Fly	DEP	17/09/05	Leslie Seymour Trophy Treonte
36.15	L		50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:18.78	F		100 Fly	DEP	06/11/05	Club Championships Queen St
1:24.67	L		100 Fly	DEP	12/11/05	Speedo League Coventry
3:13.68	L		200 Fly	DEP	16/10/04	Lincoln Vulcans Open Ponds Forge
3:00.14	F		200 Fly	DEP	06/03/05	County Champs Eckington

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
1:17.58	S	100 IM	DEP	06/11/05	Club Championships Queen St
2:49.67	L	200 IM	DEP	04/06/05	Midland District Coventry
2:48.25	F	200 IM	DEP	05/03/05	County Champs Eckington
5:52.71	F	400 IM	DEP	26/02/05	County Champs Clay Cross
5:50.13	L	400 IM	DEP	04/06/05	Midland District Coventry
<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
1:28.31	F	100 Free	DEP	06/11/05	Club Championships Queen St
1:40.06	L	100 Free	DEP	22/01/05	Rotherham Open Ponds Forge
3:37.26	F	200 Free	DEP	23/03/05	Time Trials Lonsdale
22.46	F	25 Back	DEP	16/02/05	Time Trials Lonsdale
43.62	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
46.47	F	50 Back	DEP	10/08/05	Lonsdale Time Trials
1:35.33	F	100 Back	DEP	06/11/05	Club Championships Queen St
3:33.33	F	200 Back	DEP	27/02/05	County Champs Clay Cross
25.14	F	25 Breast	DEP	09/02/05	Time Trials Lonsdale
53.22	F	50 Breast	DEP	06/02/05	Trident Open Queen St
52.06	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:46.38	F	100 Breast	DEP	06/11/05	Club Championships Queen St
1:38.96	F	100 IM	DEP	06/11/05	Club Championships Queen St
3:46.27	F	200 IM	DEP	09/02/05	Time Trials Lonsdale
<b>Simpson, P</b>					
20.90	F	25 Free	DEP	21/09/05	Time Trials Lonsdale
47.64	F	50 Free	DEP	23/11/05	Time Trials Lonsdale
27.14	F	25 Back	DEP	21/09/05	Time Trials Lonsdale
30.25	F	25 Breast	DEP	16/03/05	Time Trials Lonsdale
<b>Southall, A</b>					
19.74	F	25 Free	DEP	23/11/05	Time Trials Lonsdale
44.49	F	50 Free	DEP	24/09/05	Dove Valey Provincial Trophy
42.57	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
4:08.97	F	200 Free	DEP	26/02/05	County Champs Clay Cross
26.68	F	25 Back	DEP	07/11/04	Club Championships Queen St
52.09	F	50 Back	DEP	6/11/05	Club Championships Queen St
50.02	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
4:12.53	F	200 Back	DEP	05/03/05	County Champs Eckington
26.22	F	25 Breast	DEP	21/09/05	Time Trials Lonsdale
53.53	F	50 Breast	DEP	6/11/05	Club Championships Queen St
56.00	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
4:21.90	F	200 Breast	DEP	28/09/05	Time Trials Lonsdale
20.89	B	25 Fly	DEP	23/11/05	Time Trials Lonsdale
55.01	F	50 Fly	DEP	6/11/05	Club Championships Queen St
1:50.27	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:50.51	B	200 IM	DEP	23/11/05	Time Trials Lonsdale
<b>Southall, W</b>					
26.42	F	25 Free	DEP	16/03/05	Time Trials Lonsdale
1:13.39	F	50 Free	DEP	16/02/05	Time Trials Lonsdale
	F	100 Free	DEP		
	F	200 Free	DEP		
35.94	F	25 Back	DEP	23/11/05	Time Trials Lonsdale
37.46	F	25 Breast	DEP	23/11/05	Time Trials Lonsdale
1:05.64	F	50 Breast	DEP	8/12/04	Time Trials Lonsdale
<b>Spencer, R</b>					
32.95	L	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
39.46	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:20.00	F	100 Back	DEP	13/03/04	Counties Clay Cross

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
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
43.12	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
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
37.78	L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
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>Stephenson, L</b>					
19.01	F	25 Free	DEP	6/11/05	Club Championships Queen St
19.79	F	25 Free	DEP	19/03/05	Relay Split Burton Trophy
45.51	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
2:00.04	F	100 Free	DEP	16/03/05	Time Trials Lonsdale
23.34	F	25 Back	DEP	6/11/05	Club Championships Queen St
26.41	F	25 Breast	DEP	17/09/05	Leslie Seymour Trophy Treonte
59.89	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
25.12	F	25 Fly	DEP	6/11/05	Club Championships Queen St
4:38.35	F	200 IM	DEP	15/06/05	Time Trials Lonsdale
<b>Stephenson, P</b>					
17.50	<b>B</b>	25 Free	DEP	24/07/02	TTC 24/07/02
31.99	<b>B</b>	50 Free	DEP	27/02/05	County Champs Clay Cross
31.62	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:08.19	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:32.97	F	200 Free	DEP	05/03/05	County Champs Eckington
5:26.19	F	400 Free	DEP	26/02/05	County Champs Clay Cross
36.35	F	50 Back	DEP	05/03/05	County Champs Eckington
36.96	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:18.38	F	100 Back	DEP	06/11/05	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
41.12	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:28.05	F	100 Breast	DEP	06/11/05	Club Championships Queen St
3:15.64	F	200 Breast	DEP	27/02/05	County Champs Clay Cross
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
37.65	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:29.08	F	100 Fly	DEP	09/07/05	COD Open Queen St
3:55.65	F	200 Fly	DEP	10/12/03	Time Trials Lonsdale
1:20.65	<b>B</b>	100 IM	DEP	09/07/05	COD Open Queen St
2:49.50	F	200 IM	DEP	06/11/05	Club Championships 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
1:11.54	F	100 Free	DEP	06/11/05	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
1:23.13	F	100 Back	DEP	06/11/05	Club Championships Queen St
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
1:35.28	F	100 Breast	DEP	06/11/05	Club Championships 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
3:05.42	F	200 IM	DEP	06/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
<b>Stoll, C</b>					
20.46	F	25 Free	DEP	6/11/05	Club Championships Queen St
49.56	F	50 Free	DEP	06/03/05	County Champs Eckington
24.82	F	25 Back	DEP	6/11/05	Club Championships Queen St
27.29	F	25 Breast	DEP	6/11/05	Club Championships Queen St
1:05.47	F	50 Breast	DEP	1/12/04	Time Trials Lonsdale
2:22.26	F	100 Breast	DEP	16/03/05	Time Trials Lonsdale
5:10.84	F	200 Breast	DEP	8/12/04	Time Trials Lonsdale
25.97	F	25 Fly	DEP	6/11/05	Club Championships Queen St
2:02.73	F	100 IM	DEP	6/11/05	Club Championships Queen St
<b>Stoll, E</b>					
19.56	B	25 Free	DEP	25/05/04	Time Trials Lonsdale
39.71	F	50 Free	DEP	06/03/05	County Champs Eckington
1:27.82	F	100 Free	DEP	6/11/05	Club Championships Queen St
3:42.45	F	200 Free	DEP	06/03/04	County Champs Queen St
6:48.13	F	400 Free	DEP	05/03/05	County Champs Eckington
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
1:50.03	F	100 Breast	DEP	27/02/05	County Champs Clay Cross
3:51.95	F	200 Breast	DEP	06/03/05	County Champs Eckington
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
1:40.48	B	100 IM	DEP	06/03/05	County Champs Eckington
3:37.78	F	200 IM	DEP	26/02/05	County Champs Clay Cross
<b>Taylor E</b>					
19.35	B	25 Free	DEP	08/10/03	Time Trials Lonsdale
29.97	F	50 Free	DEP	17/09/05	Leslie Seymour Trophy Treonte
30.95	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:07.90	L	100 Free	DEP	13/11/05	County Sprints Ponds Forge
1:05.67	F	100 Free	DEP	6/11/05	Club Championships Queen St
2:33.85	L	200 Free	DEP	04/06/05	Midland District Coventry
2:34.04	F	300 Free	DEP	26/02/05	County Champs Clay Cross
5:22.47	F	400 Free	DEP	05/03/05	County Champs Eckington
38.05	F	50 Back	DEP	12/02/05	Treonte Diddy Gala Queen St
37.81	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
1:16.49	F	100 Back	DEP	6/11/05	Club Championships Queen St
1:19.99	L	100 Back	DEP	13/11/05	County Sprints Ponds Forge
2:49.50	F	200 Back	DEP	06/03/05	County Champs Eckington
2:54.78	L	200 Back	DEP	04/06/05	Midland District Coventry
38.87	B	50 Breast	DEP	15/10/05	Burton Bill Brake Trophy
38.53	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:21.41	F	100 Breast	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
1:24.30	L	100 Breast	DEP	12/11/05	Speedo League Coventry
3:16.06	L	200 Breast	DEP	04/06/05	Midland District Coventry
3:08.04	F	200 Breast	DEP	06/03/05	County Champs Eckington
22.79	B	25 Fly	DEP	15/10/03	Time Trials Lonsdale
38.79	F	33 Fly	DEP	21/06/03	Matlock trophy
33.51	F	50 Fly	DEP	27/02/05	County Champs Clay Cross
33.40	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:12.43	F	100 Fly	DEP	08/10/05	Speedo League Nuneaton
1:14.33	L	100 Fly	DEP	12/11/05	Speedo League Coventry
2:55.46	F	200 Fly	DEP	27/02/05	County Champs Clay Cross
2:57.70	F	200 Fly	DEP	04/06/05	Midland District Coventry
1:13.68	B	100 IM	DEP	15/10/05	Burton Bill Brake Trophy
2:46.15	F	200 IM	DEP	22/04/05	COD Open Queen St
2:48.27	L	200 IM	DEP	04/06/05	Midland District Coventry
5:57.68	L	400 IM	DEP	04/06/05	Midland District Coventry

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event		Date	Gala
<b>Taylor, J</b>					
18.88	<b>B</b>	25 Free	DEP	06/11/05	Club Championships Queen St
42.47	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
4:14.39	F	200 Free	DEP	16/02/05	Time Trials Lonsdale
21.12	F	25 Back	DEP	17/09/05	Leslie Seymour Trophy Treonte
24.88	F	25 Breast	DEP	06/11/05	Club Championships Queen St
1:02.18	F	50 Breast	DEP	15/06/05	Time Trials Lonsdale
20.83	<b>B</b>	25 Fly	DEP	06/11/05	Club Championships Queen St
52.70	F	50 Fly	DEP	28/09/05	Time Trials Lonsdale
3:58.75	<b>B</b>	200 IM	DEP	28/09/05	Time Trials Lonsdale
<b>Taylor, S</b>					
18.10	<b>B</b>	25 Free	DEP	22/01/05	Rykneld Trophy Gala
37.13	<b>B</b>	50 Free	DEP	09/07/05	COD Open Queen St
36.69	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
3:15.62	F	200 Free	DEP	05/03/05	County Champs Eckington
22.87	F	25 Back	DEP	14/07/04	Time trials Lonsdale
45.55	F	50 Back	DEP	24/09/05	Dove Valey Provincial Trophy
45.18	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
3:46.54	F	200 Back	DEP	27/02/05	County Champs Clay Cross
25.39	F	25 Breast	DEP	07/11/04	Club Championships Queen St
49.70	F	50 Breast	DEP	26/02/05	County Champs Clay Cross
47.37	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
3:51.72	F	200 Breast	DEP	05/03/05	County Champs Eckington
18.92	<b>B</b>	25 Fly	DEP	15/10/05	Burton Bill Brake Trophy
44.75	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
46.79	F	50 Fly	DEP	09/07/05	COD Open Queen St
4:29.96	F	200 Fly	DEP	26/02/05	County Champs Clay Cross
1:33.98	<b>B</b>	100 IM	DEP	06/11/05	Club Championships Queen St
3:43.89	<b>B</b>	200 IM	DEP	27/02/05	County Champs Clay Cross
<b>Tolley, C</b>					
22.18	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
46.55	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
2:01.64	F	100 Free	DEP	19/05/04	Time Trials Lonsdale
4:17.21	F	200 Free	DEP	15/06/05	Time Trials Lonsdale
23.35	F	25 Back	DEP	23/11/05	Time Trials Lonsdale
51.93	F	50 Back	DEP	15/06/05	Time Trials Lonsdale
26.38	F	25 Breast	DEP	16/03/05	Time Trials Lonsdale
53.63	F	50 Breast	DEP	6/11/05	Club Championships Queen St
1:05.96	F	50 Fly	DEP	6/11/05	Club Championships Queen St
<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
38.79	F	50 Free	DEP	06/03/05	County Champs Eckington
40.64	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:22.58	F	100 Free	DEP	6/11/05	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
45.41	F	50 Back	DEP	26/02/05	County Champs Clay Cross
43.95	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
1:34.19	F	100 Back	DEP	6/11/05	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
53.58	F	50 Breast	DEP	05/03/05	County Champs Eckington
52.97	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:53.75	F	100 Breast	DEP	6/11/05	Club Championships Queen St
22.63	B	25 Fly	DEP	17/12/03	Time Trials Lonsdale
45.20	B	50 Fly	DEP	20/07/04	Time trials Lonsdale

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
46.10	L	50 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
1:40.17	F	100 Fly	DEP	6/11/05	Club Championships Queen St
1:39.07	B	100 IM	DEP	6/11/05	Club Championships Queen St
<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>					
34.80	F	50 Free	DEP	06/03/05	County Champs Eckington
34.75	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
1:14.34	F	100 Free	DEP	6/11/05	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
1:24.07	F	100 Back	DEP	6/11/05	Club Championships Queen St
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
37.84	F	50 Fly	DEP	26/02/05	County Champs Clay Cross
36.94	L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
1:23.65	F	100 Fly	DEP	27/02/05	County Champs Clay Cross
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
1:26.34	B F	100 IM	DEP	06/03/05	County Champs Eckington
3:11.38	B F	200 IM	DEP	17/11/04	Time Trials Lonsdale
<b>Watson, T</b>					
24.44	F	25 Free	DEP	23/11/05	Time Trials Lonsdale
59.33	F	50 Free	DEP	23/11/05	Time Trials Lonsdale
	F	200 Free	DEP		
	F	25 Back	DEP		
	F	25 Breast	DEP		
	F	50 Breast	DEP		
	F	25 Fly	DEP		
	F	50 Fly	DEP		
	F	200 IM	DEP		
<b>Webster, L</b>					
18.19	F	25 Free	DEP	15/06/05	Time Trials Lonsdale
	F	50 Free	DEP		
	F	25 Back	DEP		
	F	25 Breast	DEP		
51.05	F	50 Breast	DEP	24/09/05	Dove Valley Provincial Trophy
3:52.73	F	200 Breast	DEP	15/06/05	Time Trials Lonsdale
1:52.11	F	100 Breast	DEP	6/11/05	Club Championships Queen St

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
	F	25 Fly	DEP		
55.59	F	50 Fly	DEP	15/06/05	Time Trials Lonsdale
1:44.42	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:48.88	F	200 IM	DEP	27/07/05	Time Trials Lonsdale
<b>Wesselingh, J</b>					
18.56	B	25 Free	DEP	06/11/05	Club Championships Queen St
43.99	F	50 Free	DEP	21/09/05	Time Trials Lonsdale
38.39	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:55.10	F	100 Free	DEP	23/03/05	Time Trials Lonsdale
3:53.61	F	200 Free	DEP	15/06/05	Time Trials Lonsdale
23.20	F	25 Back	DEP	06/11/05	Club Championships Queen St
53.53	F	50 Back	DEP	15/06/05	Time Trials Lonsdale
49.77	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:57.04	F	100 Free	DEP	13/10/04	Time Trials Lonsdale
25.51	F	25 Breast	DEP	06/11/05	Club Championships Queen St
59.00	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
22.19	F	25 Fly	DEP	06/11/05	Club Championships Queen St
1:47.64	F	100 IM	DEP	06/11/05	Club Championships Queen St
3:58.93	B	200 IM	DEP	28/09/05	Time Trials Lonsdale
<b>Wesselingh, R</b>					
19.47	B	25 Free	DEP	14/07/04	Time trials Lonsdale
33.77	B	50 Free	DEP	30/10/05	Belper Open Queen St
33.72	L	50 free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:14.66	F	100 Free	DEP	06/11/05	Club Championships Queen St
2:58.85	F	200 Free	DEP	05/03/05	County Champs Eckington
6:46.13	F	400 Free	DEP	20/10/04	Time Trials Lonsdale
18.94	B	25 Back	DEP	19/03/05	Peter Haynes Trophy Burton
38.62	B	50 Back	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
38.98	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:20.40	F	100 Back	DEP	06/11/05	Club Championships Queen St
2:57.40	B	200 Back	DEP	22/04/05	COD Open Queen St
22.52	B	25 Breast	DEP	19/03/05	Peter Haynes Trophy Burton
44.60	B	50 Breast	DEP	30/10/05	Belper Open Queen St
45.21	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:39.79	F	100 Breast	DEP	06/11/05	Club Championships Queen St
3:35.82	F	200 Breast	DEP	22/04/05	COD Open Queen St
43.03	F	50 Fly	DEP	30/10/05	Belper Open Queen St
43.71	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:38.70	F	100 Fly	DEP	06/11/05	Club Championships Queen St
4:09.74	B	200 Fly	DEP	8/12/04	Time Trials Lonsdale
1:25.35	B	100 IM	DEP	30/10/05	Belper Open Queen St
3:10.17	S	200 IM	DEP	29/06/05	Time trails Lonsdale
<b>Wesselingh, S</b>					
16.54	F	25 Free	DEP	19/03/05	Peter Haynes Trophy Burton
33.66	B	50 Free	DEP	17/09/05	Leslie Seymour Trophy Treonte
34.67	L	50 Free	DEP	12/11/05	Speedo League Coventry
1:18.17	F	100 Free	DEP	06/11/05	Club Championships Queen St
3:00.98	F	200 Free	DEP	05/03/05	County Champs Eckington
41.52	B	50 Back	DEP	03/08/05	Lonsdale Time Trials
1:30.42	F	100 Back	DEP	06/11/05	Club Championships Queen St
3:17.48	B	200 Back	DEP	03/08/05	Lonsdale Time Trials
47.84	F	50 Breast	DEP	03/08/05	Lonsdale Time Trials
22.79	B	25 Fly	DEP	21/05/04	Time Trials Lonsdale
40.55	B	50 Fly	DEP	30/10/05	Belper Open Queen St
40.96	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:31.17	F	100 Fly	DEP	09/07/05	COD Open Queen St
3:29.34	B	200 Fly	DEP	22/04/05	COD Open Queen St
1:26.80	B	100 IM	DEP	30/10/05	Belper Open Queen St
<b>Wesselingh, T</b>					
30.95	B	50 Free	DEP		
1:08.80	F	100 Free	DEP	6/11/05	Club Championships Queen St
2:28.99	F	200 Free	DEP	03/08/05	Lonsdale Time Trials

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
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
42.85	F	50 Breast	DEP	20/07/04	Time trials Lonsdale
33.75	F	50 Fly	DEP	20/07/04	Time trials Lonsdale
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
2:46.77	F	200 IM	DEP	6/11/05	Club Championships Queen St
3:14.52	B	200 IM	DEP	29/06/05	Time trails Lonsdale
<b>Whitlam, G</b>					
26.79	P F	50 Free	DEP	06/03/05	County Champs Eckington
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
30.51	P F	50 Back	DEP	26/02/05	County Champs Clay Cross
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
33.74	P F	50 Breast	DEP	05/03/05	County Champs Eckington
34.16	L	50 Breast	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:16.93	G F	100 Breast	DEP	06/11/05	Club Championships Queen St
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
30.27	L	50 Fly	DEP	13/11/05	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
1:07.88	P F	100 IM	DEP	06/03/05	County Champs Eckington
2:27.45	G F	200 IM	DEP	03/11/02	Club Championship 2002
<b>Wisdish, A</b>					
19.35	B	25 Free	DEP	28/09/05	Time Trials Lonsdale
44.10	F	50 Free	DEP	06/11/05	Club Championships Queen St
3:33.99	F	200 Free	DEP	05/03/05	County Champs Eckington
25.45	F	25 Back	DEP	22/01/05	Rykneld Trophy Gala
52.93	F	50 Back	DEP	06/11/05	Club Championships Queen St
27.82	F	25 Breast	DEP	12/06/04	Dove Valley Trophy nsdale
51.98	B	50 Breast	DEP	21/09/05	Time Trials Lonsdale
4:09.49	F	200 Breast	DEP	05/03/05	County Champs Eckington
32.42	F	25 Fly	DEP	03/11/03	Club Championship Queen St
57.04	F	50 Fly	DEP	06/11/05	Club Championships Queen St
1:46.66	F	100 IM	DEP	06/11/05	Club Championships Queen St
4:01.23	B	200 IM	DEP	27/02/05	County Champs Clay Cross
<b>Wisdish, H</b>					
19.57	B	25 Free	DEP	21/09/02	Burton Bill Brake Trophy
36.04	L	50 Free	DEP	04/04/04	Notts & Derby Junior Lge Queen St
37.52	L	50 Free	DEP	13/11/05	County Sprints Ponds Forge
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
5:42.72	F	400 Free	DEP	05/03/05	County Champs Eckington
29.74	F	25 Back	DEP	04/11/01	Club Championship 2001
39.41	F	50 Back	DEP	19/03/05	Peter Haynes Trophy Burton
41.03	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:23.58	F	100 Back	DEP	06/03/05	County Champs Eckington
2:58.15	F	200 Back	DEP	06/03/05	County Champs Eckington
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
45.86	F	50 Breast	DEP	05/03/05	County Champs Eckington
46.01	L	50 Breast	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:08.31	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
1:35.28	F	100 Breast	DEP	27/02/05	County Champs Clay Cross
3:19.21	F	200 Breast	DEP	22/04/05	COD Open Queen St
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
43.83	L	50 Fly	DEP	13/11/05	County Sprints Ponds Forge
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
3:25.00	F	200 Fly	DEP	27/02/05	County Champs Clay Cross
1:26.97	<b>S</b>	100 IM	DEP	06/03/05	County Champs Eckington
2:59.18	F	200 IM	DEP	26/02/05	County Champs Clay Cross
6:21.15	F	400 IM	DEP	05/03/05	County Champs Eckington
<b>Wisdish, L</b>					
20.72	F	25 Free	DEP	6/11/05	Club Championships Queen St
51.94	F	50 Free	DEP	23/11/05	Time Trials Lonsdale
24.53	F	25 Back	DEP	17/09/05	Leslie Seymour Trophy Treonte
28.07	F	25 Breast	DEP	21/09/05	Time Trials Lonsdale
1:05.30	F	50 Breast	DEP	23/11/05	Time Trials Lonsdale
24.03	F	25 Fly	DEP	6/11/05	Club Championships Queen St
2:20.25	F	100 IM	DEP	16/03/05	Time Trials Lonsdale
4:09.05	F	200 IM	DEP	23/11/05	Time Trials Lonsdale
<b>Wisdish, S</b>					
16.09	<b>B</b>	25 Free	DEP	19/03/05	Peter Haynes Trophy Burton
32.31	F	50 Free	DEP	17/09/05	Leslie Seymour Trophy Treonte
34.47	L	50 Free	DEP	12/11/05	Speedo League Coventry
1:16.04	L	100 Free	DEP	08/01/05	C O D Open Ponds Forge
1:09.77	F	100 Free	DEP	6/11/05	Club Championships Queen St
2:37.35	L	200 Free	DEP	04/06/05	Midland District Coventry
5:20.95	F	400 Free	DEP	05/03/05	County Champs Eckington
32.99	F	33 Free	DEP	26/01/02	Chesterfield Trophy Gala
11:13.34	F	800 Free	DEP	27/02/05	County Champs Clay Cross
22.08	F	25 Back	DEP	20/09/03	Bill Brake Trophy Burton
41.37	F	50 Back	DEP	26/02/05	County Champs Clay Cross
41.66	L	50 Back	DEP	28/11/04	Derby Sprint Champs Ponds Forge
1:25.51	L	100 Back	DEP	12/11/05	Speedo League Coventry
1:20.84	F	100 Back	DEP	6/11/05	Club Championships Queen St
2:51.39	F	200 Back	DEP	22/04/05	COD Open Queen St
2:55.20	L	200 Back	DEP	04/06/05	Midland District Coventry
19.95	<b>B</b>	25 Breast	DEP	19/03/05	Peter Haynes Trophy Burton
30.19	F	33 Breast	DEP	18/10/03	Matlock Trophy
39.68	F	50 Breast	DEP	10/12/05	Speedo League 3 <sup>rd</sup> round Cheslyn Hay
40.28	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:08.51	F	66 Breast	DEP	7/02/04	Walsall Trophy Gala
1:27.58	L	100 Breast	DEP	13/11/05	County Sprints Ponds Forge
1:26.55	F	100 Breast	DEP	6/11/05	Club Championships Queen St
3:08.98	L	200 Breast	DEP	04/06/05	Midland District Coventry
3:06.11	F	200 Breast	DEP	06/03/05	County Champs Eckington
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
39.39	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:35.15	L	100 Fly	DEP	22/01/05	Rotherham Open Ponds Forge
1:23.42	F	100 Fly	DEP	6/11/05	Club Championships Queen St
3:39.58	F	200 Fly	DEP	13/03/04	Counties Clay Cross
1:20.16	<b>S</b>	100 IM	DEP	6/11/05	Club Championships Queen St
2:55.61	L	200 IM	DEP	04/06/05	Midland District Coventry
2:49.23	F	200 IM	DEP	22/04/05	COD Open Queen St
6:01.02	L	400 IM	DEP	01/08/05	ASA Nationals Ponds Forge
<b>Wisdish, S</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

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

All Meets Selected

All Teams Selected

Number Of Top Times Selected: 1 Show Short &amp; Long Course

Time	F/Long	Event	DEP	Date	Gala
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>Woods, D</b>					
19.39	<b>B</b>	25 Free	DEP	23/11/05	Time Trials Lonsdale
52.98	F	50 Free	DEP	15/06/05	Time Trials Lonsdale
1:48.56	F	100 Free	DEP	6/11/05	Club Championships Queen St
27.13	F	25 Back	DEP	21/09/05	Time Trials Lonsdale
2:07.13	F	100 Back	DEP	6/11/05	Club Championships Queen St
27.31	F	25 Breast	DEP	15/06/05	Time Trials Lonsdale
56.19	F	50 Breast	DEP	21/09/05	Time Trials Lonsdale
2:08.90	F	100 Breast	DEP	6/11/05	Club Championships Queen St
4:25.14	F	200 Breast	DEP	28/09/05	Time Trials Lonsdale
	F	25 Fly	DEP		
2:30.93	F	100 Fly	DEP	6/11/05	Club Championships Queen St
2:06.14	F	100 IM	DEP	6/11/05	Club Championships Queen St
<b>Wroe, J</b>					
29.71	F	25 Free	DEP	06/11/05	Club Championships Queen St
	F	50 Free	DEP		
	F	100 Free	DEP		
	F	200 Free	DEP		
	F	25 Back	DEP		
	F	50 Back	DEPt		
	F	200 Back	DEP		
37.08	F	25 Breast	DEP	06/11/05	Club Championships Queen St
	F	50 Breast	DEP		
	<b>B</b>	200 Breast	DEP		
	<b>B</b>	25 Fly	DEP		
	F	100 IM	DEP		
<b>Wyatt, S</b>					
18.54	<b>B</b>	25 Free	DEP	07/11/04	Club Championships Queen St
37.05	F	50 Free	DEP	06/11/05	Club Championships Queen St
38.51	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:47.70	F	100 Free	DEP	07/07/04	Time Trials Lonsdale
3:48.37	F	200 Free	DEP	05/03/05	County Champs Eckington
20.12	<b>B</b>	25 Back	DEP	15/10/05	Burton Bill Brake Trophy
42.59	F	50 Back	DEP	06/11/05	Club Championships Queen St
43.77	L	50 Back	DEP	13/11/05	Derby Sprint Champs Ponds Forge
3:37.97	F	200 Back	DEP	27/02/05	County Champs Clay Cross
24.09	F	25 Breast	DEP	15/06/05	Time Trials Lonsdale
50.63	F	50 Breast	DEP	24/09/05	Dove Valey Provincial Trophy
51.78	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
3:57.49	<b>B</b>	200 Breast	DEP	15/06/05	Time Trials Lonsdale Lonsdale
20.34	<b>B</b>	25 Fly	DEP	24/09/05	Dove Valey Provincial Trophy
54.96	F	50 Fly	DEP	06/11/05	Club Championships Queen St t
1:37.53	<b>B</b>	100 IM	DEP	06/11/05	Club Championships Queen St
<b>Wye, E</b>					
35.50	F	25 Free	DEP	21/09/05	Time Trials Lonsdale
	F	50 Free	DEP		
	F	25 Back	DEP		
36.86	F	25 Breast	DEP	21/09/05	Time Trials Lonsdale
	F	50 Breast	DEP		
	f	200 Breast	DEP		
	F	25 Fly	DEP		
	F	100 IM	DEP		
<b>Wye, H</b>					
20.80	F	25 Free	DEP	21/09/05	Time Trials Lonsdale
46.28	F	50 Free	DEP	06/11/05	Club Championships Queen St
	F	100 Free	DEP		
	F	200 Free	DEP		

## DERBY PHOENIX SWIMMING CLUB

### Top Times Report December 2005

**All Meets Selected**

**All Teams Selected**

**Number Of Top Times Selected: 1 Show Short & Long Course**

Time	F/Long	Event	DEP	Date	Gala
50.21	F	25 Back	DEP		
	F	50 Back	DEP	06/11/05	Club Championships Queen St
	F	200 Back	DEP		
	F	25 Breast	DEP		
	F	50 Breast	DEP		
4:45.11	B	200 Breast	DEP	23/11/05	Time Trials Lonsdale
26.35	B	25 Fly	DEP	21/09/05	Time Trials Lonsdale
59.68	F	50 Fly	DEP	06/11/05	Club Championships Queen St
1:57.98	F	100 IM	DEP	06/11/05	Club Championships Queen St
<b>Young, L</b>					
19.41	<b>B</b>	25 Free	DEP	16/03/05	Time Trials Lonsdale
34.85	F	50 Free	DEP	30/10/05	Belper Open Queen St
35.84	L	50 Free	DEP	13/11/05	Derby Sprint Champs Ponds Forge
2:53.55	F	200 Free	DEP	23/11/05	Time Trials Lonsdale St
23.26	F	25 Back	DEP	07/11/04	Club Championships Queen St
42.57	F	50 Back	DEP	30/10/05	Belper Open Queen St
41.39	L	50 Back	DEP	13/11/05	County Sprints Ponds Forge
25.10	F	25 Breast	DEP	09/02/05	Time Trials Lonsdale
47.54	F	50 Breast	DEP	6/11/05	Club Championships Queen St
47.67	L	50 Breast	DEP	13/11/05	County Sprints Ponds Forge
3:44.90	F	200 Breast	DEP	23/11/05	Time Trials Lonsdale
17.04	<b>B</b>	25 Fly	DEP	15/10/05	Burton Bill Brake Trophy
38.45	F	50 Fly	DEP	15/10/05	Burton Bill Brake Trophy
39.85	L	50 Fly	DEP	13/11/05	Derby Sprint Champs Ponds Forge
1:32.20	F	100 IM	DEP	6/11/05	Club Championships Queen St
3:14.67	F	200 IM	DEP	23/11/05	Time Trials Lonsdale