



ALL TIME TOP TEN FEMALE - JUNIOR (16/UNDER)



*ALL TIMES CONVERTED TO 25M

50m Freestyle				100m Freestyle				200m Freestyle			
25.9*	Sara Hopkins		1992	56.00	Sarah Eaglesham	Glasgow	2009	2.00.95	Sarah Eaglesham	Glasgow	2009
26.17	Sarah Eaglesham	Glasgow	2009	57.0*	Sara Hopkins		1998	2.02.3*	Lucy Worrall		2007
27.19	Amy Capner		1994	57.5*	Debbie Jones		1990	2.03.2*	Debbie Jones		1990
27.9	Alice Little	Stockport (LC)	2009	58.65	Amy Capner		1995	2.06.4*	Lynsay Smart		1988
27.9*	Sarah Mostyn		1993	59.15	Shona Smart		1987	2.07.63	Sara Hopkins		1998
27.9*	Liz Gerrard		1995	59.7*	Sarah Mostyn		1993	2.09.32	Liz Gerrard		1996
28.16	Shona Smart		1986	59.8*	Hannah Oldfield		2007	2.09.36	Amy Capner		1995
28.25	Jenny Cowling		2000	1.00.0*	Liz Gerrard		1995	2.09.45	Hannah Oldfield	Macclesfield	2007
28.3*	Nina Gordon		1998	1.00.5*	Jenny Cowling		1999	2.09.9*	S Kench		1988
28.39	Rachel Dodd		2000	1.00.61	Nicky Ball	Manchester	2009	2.10.09	Jenny Cowling		2002
400m Freestyle				800m Freestyle				1500m Freestyle			
4.14.17	Sarah Eaglesham	Manchester	2009	8.44.3*	Debbie Jones		1990	17.24.50	Sarah Eaglesham	Stockport (LC)	2009
4.16.9*	Debbie Jones		1990	8.48.9*	Lucy Worrall		2006	18.40.18	Tia Hulse		2007
4.16.9*	Lucy Worrall		2006	8.55.1*	Lynsay Smart		1990	18.54.59	Emma Haycocks		2003
4.20.7*	Lynsay Smart		1988	9.04.10	Sarah Eaglesham	Scottish Ags	2008	19.29.51	Amy Young	Manchester	2009
4.28.84	Hannah Oldfield		2007	9.16.80	Sian Roberts		2005	19.36.45	Nic Canfield	Biddulph	2008
4.29.6*	Liz Gerrard		1996	9.17.02	Hannah Oldfield	Everton	2006	19.37.11	Holly McCann	Macclesfield	2009
4.32.64	Jenny Cowling		1999	9.18.82	Nicky Ball	Manchester	2009	19.41.09	Gill Bentley	Macclesfield	2006
4.32.77	Nicky Ball	Manchester	2009	9.30.29	Michelle Roberts	Birkenhead	2004				
4.33.9*	Sara Hopkins		1992	9.30.7*	Jill Jones		1993				
4.34.30	Sian Roberts		2004	9.44.87	Jenny Cowling		1998				
50m Backstroke				100m Backstroke				200m Backstroke			
28.67	Sarah Eaglesham	Glasgow	2009	1.03.72	Sarah Eaglesham	Glasgow	2009	2.18.64	Lucy Doherty	Stoke-on-Trent	2010
30.87	Jenny Cowling		2000	1.04.83	Lucy Doherty	Macclesfield	2010	2.19.23	Jenny Cowling		2000
31.01	Lucy Doherty	Liverpool (LC)	2010	1.04.99	Jenny Cowling		2000	2.20.04	Sarah Eaglesham	Wirral	2008
31.30	Alice Howarth	Macclesfield	2008	1.06.1*	Jill Jones		1993	2.21.30	Nicky Ball	Macclesfield	2010
31.32	Nicky Ball	Manchester	2009	1.06.22	Rachel Dodd		2001	2.21.4*	Julie Wright		1988
31.5*	Joanne Allman		1991	1.06.35	Nicky Ball	Macclesfield	2010	2.21.92	Jill Jones		1993
31.55	Jill Jones		1995	1.06.58	Lucy Worrall		2006	2.22.0*	Lucy Worrall		2005
31.55	Rachel Dodd		2001	1.06.69	Amy Capner		1994	2.22.89	Rachel Dodd		2001
31.89	Amy Capner		1996	1.07.04	Sarah Ross		1999	2.24.31	Hannah Oldfield		2007
32.14	Sarah Ross		1999	1.07.21	Sara Hopkins		1993	2.24.64	Alana Bewley		1998
50m Breaststroke				100m Breaststroke				200m Breaststroke			
33.5*	Lauri Simkiss		2004	1.11.8*	Lauri Simkiss		2004	2.35.5*	Shona Smart		1986
33.7	Alice Little	Stockport (LC)	2009	1.12.4*	Shona Smart		1986	2.38.1*	Lauri Simkiss		2004
35.29	Claire Russell		1993	1.13.44	Claire Russell		1996	2.39.4*	Sarah Mostyn		1993
35.8*	Sarah Mostyn		1993	1.13.55	Alice Little	Wirral	2008	2.41.22	Alice Little	Macclesfield	2009
35.92	Hannah Phillips	Stockport	2006	1.14.7*	Sarah Mostyn		1993	2.44.78	Sian Roberts	Birkenhead	2004
36.10	Sian Roberts		2005	1.17.72	Hannah Phillips	Sheffield	2007	2.44.8*	Claire Russell		1993
36.7*	Sarah Fuller		1995	1.17.73	Liz Gerrard		1994	2.45.33	Hannah Phillips	Macclesfield	2006
37.02	Susie Arnold		1996	1.17.77	Sarah Fuller		1995	2.48.76	Ceri Fisher		1999
37.08	Sarah Stanley		2000	1.18.00	Sian Roberts		2006	2.50.13	Janet Burton		1994
37.64	Janet Burton		1993	1.18.68	Jenny Cowling		1998	2.50.21	Sarah Stanley		2000
50m Butterfly				100m Butterfly				200m Butterfly			
28.02	Sarah Eaglesham	Glasgow	2009	1.02.6*	Lucy Worrall		2007	2.16.2*	Shona Smart		1987
29.2*	Liz Gerrard		1995	1.02.9*	Shona Smart		1986	2.18.7*	Lucy Worrall		2007
29.4*	Zowie Wild		1992	1.04.17	Sarah Eaglesham	Macclesfield	2009	2.24.84	Rachel Dodd		2002
29.75	Nicky Ball	Macclesfield	2010	1.04.32	Liz Gerrard		1996	2.25.4*	Liz Gerrard		1995
29.8	Alice Little	Macclesfield	2009	1.05.4*	Zowie Wild		1992	2.25.9*	Jill Roberts		1987
30.12	Amy Capner		1995	1.05.61	Amy Capner		1995	2.26.71	Zowie Wild		1992
30.17	Lucy Worrall		2006	1.05.8*	Rachel Dodd		2001	2.27.35	Lynsay Smart		1987
30.2*	Jenny Cowling		2000	1.05.94	Jenny Cowling		1999	2.27.49	Sarah Eaglesham	Wirral	2008
30.2*	Rachel Dodd		2001	1.07.4*	Jill Jones		1993	2.28.27	Jenny Cowling		2000
30.35	Alana Bewley		1998	1.07.92	Gemma Clethro		2007	2.29.02	Nicky Ball	Macclesfield	2010
100m Individual Medley				200m Individual Medley				400m Individual Medley			
1.09.67	Jenny Cowling		2001	2.18.9*	Shona Smart		1986	4.53.7*	Shona Smart		1987
1.09.74	Hannah Oldfield	Wolverhampton	2006	2.22.62	Debbie Jones		1991	4.55.9*	Lucy Worrall		2006
1.09.75	Nicky Ball	Macclesfield	2010	2.23.4*	Lucy Worrall		2006	5.00.00	Sarah Eaglesham	Chester (yds)	2008
1.09.98	Liz Gerrard		1995	2.24.2*	Helen Mansfield		1990	5.03.20	Sian Roberts	Macclesfield	2006
1.11.00	Janet Burton		1992	2.24.5*	Sarah Mostyn		1992	5.04.3*	Sarah Mostyn		1993
1.11.13	Emma Haycocks		2004	2.24.83	Sarah Eaglesham	Macclesfield	2008	5.04.80	Jenny Cowling		1998
1.12.17	Zowie Wild		1992	2.24.87	Jenny Cowling		1999	5.06.3*	Beverly Jones		1988
1.13.78	Sophie Armstrong	Macclesfield	2010	2.25.03	Lynsay Smart		1991	5.06.3*	Debbie Jones		1990
1.13.88	Lucy Doherty	Stoke-on-Trent	2010	2.25.28	Keri Jones		1991	5.06.8*	Helen Mansfield		1988
1.14.13	Sian Roberts		2004	2.26.70	Sian Roberts	Macclesfield	2004	5.10.97	Alice Little	Wirral	2008