



ALL TIME TOP TEN FEMALE - SENIOR



*ALL TIMES CONVERTED TO 25M

50m Freestyle				100m Freestyle				200m Freestyle			
25.6*	Sara Hopkins		1998	55.8*	Sara Hopkins		1998	2.00.11	Sarah Eaglesham	Glasgow	2010
26.17	Sarah Eaglesham	Glasgow	2009	56.00	Sarah Eaglesham	Glasgow	2009	2.02.3*	Lucy Worrall		2007
27.19	Amy Capner		1994	57.5*	Debbie Jones		1990	2.02.9*	Debbie Jones		1990
27.2*	Helen Mansfield		1989	58.3*	Helen Mansfield		1992	2.04.78	Helen Mansfield		1989
27.3*	Charlotte Hill		1992	58.65	Amy Capner		1995	2.05.3*	Shona Smart		1986
27.7*	Alex Tremellen		1995	59.15	Shona Smart		1987	2.06.4*	Lynsay Smart		1988
27.8*	Liz Gerrard		1995	59.7*	Sarah Mostyn		1993	2.06.6*	Sara Hopkins		1998
27.81	Alice Little	Stockport (LC)	2010	59.8*	Liz Gerrard		1997	2.09.32	Liz Gerrard		1996
27.9*	Sara Mostyn		1993	59.8*	Hannah Oldfield		2007	2.09.36	Amy Capner		1995
28.16	Shona Smart		1993	1.00.5*	Jenny Cowling		1999	2.09.45	Hannah Oldfield	Macclesfield	2007
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
4.14.61	Debbie Jones		1990	8.48.9*	Lucy Worrall		2006	18.40.18	Tia Hulse		2007
4.16.9*	Lucy Worrall		2006	8.53.0*	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	Macclesfield	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	9.30.1*	Charlotte Hill		1993	19.52.06	Lucy Ranford	Wolverhampton	2009
4.33.9*	Sara Hopkins		1992	9.30.29	Michelle Roberts	Birkenhead	2004				
4.34.30	Sian Roberts		2004	9.30.7*	Jill Jones		1993				
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	2.20.75	Jill Jones		1994
31.32	Nicky Ball	Manchester	2009	1.06.22	Rachel Dodd		2001	2.21.22	Debbie Jones		1992
31.5*	Joanne Allman		1991	1.06.35	Nicky Ball	Macclesfield	2010	2.21.30	Nicky Ball	Macclesfield	2010
31.55	Jill Jones		1993	1.06.58	Lucy Worrall		2006	2.21.4*	Julie Wright		1988
31.55	Rachel Dodd		2001	1.06.69	Amy Capner		1994	2.22.0*	Lucy Worrall		2005
31.89	Amy Capner		1996	1.06.7*	Julie Wright		1987	2.22.89	Rachel Dodd		2001
32.14	Sarah Ross		1999	1.07.04	Sarah Ross		1999	2.23.51	Beverly Jones		1990
50m Breaststroke				100m Breaststroke				200m Breaststroke			
33.45	Alice Little	Sheffield (LC)	2010	1.11.8*	Lauri Simkiss		2004	2.35.5*	Shona Smart		1986
33.5*	Lauri Simkiss		2004	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	1.13.52	Alice Little	Macclesfield	2010	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	1.16.30	Janet Dodds		1982	2.44.8*	Claire Russell		1993
36.7*	Sarah Fuller		1995	1.17.4*	Lynne Iball		1985	2.45.33	Hannah Phillips	Macclesfield	2006
37.02	Susie Arnold		1996	1.17.72	Hannah Phillips	Sheffield	2007	2.48.76	Ceri Fisher		1999
37.08	Sarah Stanley		2000	1.17.73	Liz Gerrard		1994	2.49.13	Jade Williams	Cumbernauld	2008
37.64	Janet Burton		1993	1.17.77	Sarah Fuller		1995	2.49.29	Helen Browett		1993
50m Butterfly				100m Butterfly				200m Butterfly			
27.99	Sarah Eaglesham	Glasgow	2010	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	2.22.3*	Beverly Jones		1990
29.6*	Alex Tremellen		1995	1.04.32	Liz Gerrard		1996	2.22.47	Jill Roberts		1988
29.7*	Amy Capner		1998	1.04.48	Alex Tremellen		1994	2.23.26	Lynsay Smart		1991
29.75	Nicky Ball	Macclesfield	2010	1.04.8*	Zowie Wild		1993	2.24.84	Rachel Dodd		2002
29.8	Alice Little	Macclesfield	2009	1.05.50	Beverly Jones		1990	2.25.4*	Liz Gerrard		1995
30.0*	Alana Bewley		1999	1.05.61	Amy Capner		1995	2.26.71	Zowie Wild		1992
30.1*	Charlotte Hill		1992	1.05.8*	Rachel Dodd		2001	2.27.49	Sarah Eaglesham	Wirral	2008
30.12	Sara Hopkins		1998	1.05.94	Jenny Cowling		1999	2.28.27	Jenny Cowling		2000
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	5.01.13	Lynsay Smart		1991
1.10.13	Sara Hopkins		1993	2.24.5*	Sarah Mostyn		1992	5.02.71	Debbie Jones		1991
1.10.68	Lisa Robinson		2000	2.24.83	Sarah Eaglesham	Macclesfield	2008	5.03.20	Sian Roberts	Macclesfield	2006
1.10.78	Jade Williams	Glasgow	2009	2.24.87	Jenny Cowling		1999	5.03.4*	Helen Mansfield		1989
1.11.00	Janet Burton		1992	2.25.03	Lynsay Smart		1991	5.03.9*	Keri Jones		1990
1.11.13	Emma Haycocks		2004	2.25.28	Keri Jones		1991	5.04.3*	Sarah Mostyn		1993
1.11.17	Alex Tremellen		1994	2.26.70	Sian Roberts	Macclesfield	2004	5.04.80	Jenny Cowling		1998