

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Alexander, Job		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Peanuts League 2010 Round 3	Jul-03-10								45.51			45.39					
Verulam Summer IM Championship	Jun-19-10								45.78			48.26					
Kate Lack Trophy Meet	May-16-10			2:59.20			1:28.92				3:36.04						
Peanuts League 2010 Round 2	May-15-10								45.52								
Stevenage Swimming Club Open Meet 20	May-08-10		1:21.03							1:37.04							
Peanuts League 2010 Round 1	Apr-24-10	34.34															
Herts Major League 2010. Round 3	Feb-27-10		1:22.35														
Winter Sprint Meet 2010	Jan-31-10	35.22				41.37			DQ			46.69					
Verulam Time trials	Jan-26-10			2:57.66													
Herts Major League 2010 round1&2	Jan-09-10	34.26	1:22.42			42.48											
Verulam Time Trials	Dec-17-09		1:25.05			45.77			50.87			49.82					
Verulam time trials	Dec-14-09							3:28.29							3:21.29		
National Arena Swimming League Round	Dec-12-09		1:23.58														
XmasPeanuts Gala 2009	Dec-05-09	34.62															
Hitchin Open Meet	Nov-29-09	35.53				42.99											
National Arena Swimming League 2009 R	Nov-14-09		1:25.08			43.09											
Verulam Club Champs 2009	Nov-07-09		1:19.52	3:18.50	6:37.88		1:38.12			1:49.82							
Summer Sprints Meet	Jul-05-09	37.58				47.22				1:48.35		NS					

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Alexander, Samson	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10	38.29										52.38					
Stevenage Swimming Club Open Meet 20 May-08-10		1:27.02				1:40.03			1:53.67							
Herts School Swimming Assn Junior Scho Apr-23-10	37.55															
Herts Major League 2010. Round 3 Feb-27-10											51.46					
St Albans District Primary School Trials G Feb-06-10	41.58				49.92			52.32			52.41					
Winter Sprint Meet 2010 Jan-31-10	39.52				DQ			53.99			48.19					
Herts Major League 2010 round1&2 Jan-09-10											49.92					
Verulam Time Trials Dec-17-09		1:44.47			57.70			59.86			54.82					
Verulam time trials Dec-14-09			4:03.23											4:02.56		
Hitchin Open Meet Nov-29-09	43.39				54.31											
Verulam Club Champs 2009 Nov-07-09	43.65				50.25			56.66			51.25					
200s Meet 2009 Oct-18-09														DQ		
Summer Sprints Meet Jul-05-09	44.51				55.33			NS			NS					

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Alexander, Tesni		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	43.01															
Verulam Time Trials	Dec-17-09									2:01.72							
Verulam time trials	Dec-14-09										DQ			3:47.54			
Verulam Club Champs 2009	Nov-07-09		NS							NS							

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Allen, Kelly		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10	49.03							51.77								
Kate Lack Trophy Meet	May-16-10					53.37				1:55.54							
Costa Club Champs Sprints Jan 2010	Jan-16-10	45.48				55.82			52.64								
Verulam time trials	Dec-14-09										4:17.43				DQ		
Verulam Club Champs 2009	Nov-07-09		1:52.87							1:56.54							

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Angel, Emily		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	39.97															
Verulam Club Champs 2009	Nov-07-09		1:42.20	NS						NS				DQ			

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Bennett, Bradley	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Stevenage Swimming Club Open Meet 20May-08-10									1:27.59							
National Arena Swimming League 2009 RNov-14-09									1:35.76							
Verulam Club Champs 2009 Nov-07-09		NS					1:41.16		1:28.57				3:38.68			
National Arena Swimming League 2009 ROct-10-09									1:29.03							
Verulam C grade Gala Sep-12-09									1:31.13							

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Bennett, Briony	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Stevenage Swimming Club Open Meet 20May-08-10							1:36.55									
Winter Sprint Meet 2010 Jan-31-10	40.16															
Verulam Club Champs 2009 Nov-07-09		NS					1:36.36		1:45.26							

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Bennett, Freya	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10	47.07							52.93								
Stevenage Swimming Club Open Meet 20 May-08-10						1:48.40			1:52.80							
2010 HERTFORDSHIRE COUNTY CHAMar-06-10					48.45			50.66		4:02.27						
Winter Sprint Meet 2010 Jan-31-10	46.52				53.27			54.32								
Costa Club Champs Sprints Jan 2010 Jan-16-10	46.33				50.99			56.39			1:04.38					
Verulam Club Champs 2009 Nov-07-09	46.91				52.80			53.44			1:02.66					
200s Meet 2009 Oct-18-09										4:23.10						

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Brammer, Kevin	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010 round1&2 Jan-09-10									1:17.01							
Verulam Club Champs 2009 Nov-07-09		1:00.96	2:18.13	NS		2:10:02.81			1:16.29		1:06.22		2:31.56			

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Buer, Michaella		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10					54.02			59.77								
Verulam Club Champs 2009	Nov-07-09	NS				57.99			1:02.03			NS					

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Camera, Michael	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Peanuts League 2010 Round 3 Jul-03-10	36.04				40.76											
Verulam Summer IM Championship Jun-19-10	35.80				39.91											
Peanuts League 2010 Round 2 May-15-10	35.18				38.80											
Peanuts League 2010 Round 1 Apr-24-10					40.78											
2010 HERTFORDSHIRE COUNTY CHAMar-06-10					40.15		3:11.29									
Herts Major League 2010. Round 3 Feb-27-10					40.97											
Herts Major League 2010 round1&2 Jan-09-10	36.06				40.01											
Verulam Time Trials Dec-17-09					43.80	1:34.18		1:00.43			47.49					
Verulam time trials Dec-14-09							3:24.17							3:24.44		
National Arena Swimming League Round Dec-12-09	37.41				42.81											
XmasPeanuts Gala 2009 Dec-05-09					40.45											
National Arena Swimming League 2009 RNov-14-09	36.98				42.59											
Verulam Club Champs 2009 Nov-07-09		1:22.93	3:10.11	6:59.62		1:30.19										
Verulam C grade Gala Sep-12-09											47.61					

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Camera, Milly	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
2010 HERTFORDSHIRE COUNTY CHAMar-06-10					11:12.23											
Herts Major League 2010. Round 3 Feb-27-10											1:21.62					
Herts Major League 2010 round1&2 Jan-09-10											1:22.29					
Verulam Time Trials Dec-17-09							1:25.20									
Verulam time trials Dec-14-09			2:43.65										2:59.38			
National Arena Swimming League Round Dec-12-09											1:24.15					
National Arena Swimming League 2009 RNov-14-09		DQ									1:27.34		3:02.36			
Verulam Club Champs 2009 Nov-07-09		1:13.99	2:43.80	5:38.00			1:27.70		1:36.20		1:28.86		2:58.07	6:37.48		
National Arena Swimming League 2009 ROct-10-09		1:15.18									1:23.41					

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Canning, Eion	25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
Verulam Summer IM Championship Jun-19-10		1:01.12							1:16.38							

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Carroll, Eleanor		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Club Champs 2009	Nov-07-09		1:21.52	3:06.34	6:32.69			1:42.53		1:56.65		1:52.01		3:34.01	DQ		

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Chadwick, Aaron		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10					52.44			58.24								
Kate Lack Trophy Meet	May-16-10	48.93					1:47.04		59.25	2:04.10							
Stevenage Swimming Club Open Meet 20	May-08-10	51.55					1:54.56			2:08.62							
Verulam Time Trials	Dec-17-09	56.79				50.63			1:05.57								
Verulam Club Champs 2009	Nov-07-09	NS				NS			NS			NS					

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Chadwick, Joe		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	41.16															
Kate Lack Trophy Meet	May-16-10	44.30	1:34.28								DQ						
Verulam Time Trials	Dec-17-09	48.55															
Verulam Club Champs 2009	Nov-07-09		NS	NS	NS			NS		NS				NS			

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Colbourne, Emily		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	36.90															
Herts Major League 2010. Round 3	Feb-27-10											1:35.10					
Verulam Time trials	Jan-26-10			2:59.28													
Herts Major League 2010 round1&2	Jan-09-10		1:19.61														
Verulam Time Trials	Dec-17-09		1:28.94														
Verulam time trials	Dec-14-09			3:14.76										3:31.93			
National Arena Swimming League Round	Dec-12-09											1:35.93					
National Arena Swimming League 2009 R	Nov-14-09											1:40.93					
Verulam Club Champs 2009	Nov-07-09		1:24.45	3:09.52				1:37.45		1:52.62		1:35.42		3:31.50			

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Colbourne, Tommy	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10	41.03							51.63								
Herts School Swimming Assn Junior SchoApr-23-10								47.88								
Herts Major League 2010. Round 3 Feb-27-10								51.89								
St Albans District Primary School Trials GFeb-06-10	40.25				48.16			52.88								
Herts Major League 2010 round1&2 Jan-09-10								49.86								
Verulam Time Trials Dec-17-09					49.33			52.95	1:53.01		58.01					
Verulam time trials Dec-14-09										DQ				DQ		
National Arena Swimming League RoundDec-12-09	41.67															
Verulam Club Champs 2009 Nov-07-09	41.13				47.47			55.19			DQ					

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Donoghue, Jack	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
2010 HERTFORDSHIRE COUNTY CHAMar-06-10											1:11.89					
Herts Major League 2010. Round 3 Feb-27-10									1:20.84							
Verulam Time trials Jan-26-10											30.03					
Herts Major League 2010 round1&2 Jan-09-10											1:10.64					
Verulam time trials Dec-14-09			2:26.36										2:36.85			
National Arena Swimming League Round Dec-12-09									1:20.26							
National Arena Swimming League 2009 RNov-14-09									1:24.18		1:08.63					
Verulam Club Champs 2009 Nov-07-09		1:01.16	2:25.12	5:15.04		21:27.79	1:11.36		1:18.35		1:07.09		2:38.71			
National Arena Swimming League 2009 ROct-10-09									1:22.18				2:37.92			

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Donovan, Isabel		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10	43.28				49.22											
Kate Lack Trophy Meet	May-16-10		1:38.10			45.80		3:42.67		1:59.29							
Stevenage Swimming Club Open Meet 20	May-08-10						1:43.21			2:01.82		57.02					
2010 HERTFORDSHIRE COUNTY CHAMar	Mar-06-10	41.83				47.79											
Winter Sprint Meet 2010	Jan-31-10	44.27				51.30											
Costa Club Champs Sprints Jan 2010	Jan-16-10	47.29				51.44			1:04.22			58.70					
Verulam time trials	Dec-14-09							4:16.49								4:19.46	
XmasPeanuts Gala 2009	Dec-05-09	40.70															
Hitchin Open Meet	Nov-29-09	42.69				48.95											
Verulam Club Champs 2009	Nov-07-09	43.95				48.38			58.57			59.78					

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Eaves-Bunce, Elijah	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship Jun-19-10	32.59															
Kate Lack Trophy Meet May-16-10	33.10		2:38.81				1:26.97			3:22.54	1:28.60					
Stevenage Swimming Club Open Meet 20May-08-10		1:09.91							1:34.55							
Herts Major League 2010. Round 3 Feb-27-10							1:25.25									
Winter Sprint Meet 2010 Jan-31-10	33.48															
Verulam Time trials Jan-26-10			2:41.39													
Herts Major League 2010 round1&2 Jan-09-10									1:35.37							
Verulam Time Trials Dec-17-09		1:15.73														
Verulam time trials Dec-14-09			2:52.51										2:59.27			
National Arena Swimming League Round Dec-12-09											1:39.58					
Hitchin Open Meet Nov-29-09		1:17.69							1:41.42		1:40.57		3:08.03			
National Arena Swimming League 2009 RNov-14-09											1:44.53					
Verulam Club Champs 2009 Nov-07-09		1:17.50	2:46.56	6:09.36		23:28.50	1:29.98		1:38.33		1:49.06		3:06.31			
200s Meet 2009 Oct-18-09			2:52.57					3:09.58		3:44.21						
National Arena Swimming League 2009 ROct-10-09	36.01	1:15.64									1:40.27					
Summer Sprints Meet Jul-05-09	35.74	1:23.10					1:34.24		1:44.84							

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Ffoulkes, Cara	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10					50.08			57.23								
2010 HERTFORDSHIRE COUNTY CHAMar-06-10								53.93								
Costa Club Champs Sprints Jan 2010 Jan-16-10	45.98				51.56			59.16			1:02.50					
Verulam Time Trials Dec-17-09					53.92			1:02.49	2:13.19		1:07.65					
Verulam time trials Dec-14-09			4:04.24												DQ	
Hitchin Open Meet Nov-29-09	45.63				52.28											
Verulam Club Champs 2009 Nov-07-09	47.01				51.60			57.92			DQ					

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Ffoulkes, Pia	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
2010 HERTFORDSHIRE COUNTY CHAMar-06-10		1:12.43											3:05.72			
Herts Major League 2010. Round 3 Feb-27-10		1:12.75									1:27.34					
Verulam Time Trials Dec-17-09		1:12.03														
Verulam time trials Dec-14-09								3:01.98					3:04.44			
Hitchin Open Meet Nov-29-09											1:30.54					
National Arena Swimming League 2009 RNov-14-09	33.73						1:25.00									
Verulam Club Champs 2009 Nov-07-09		1:14.28	2:48.53	NS			1:25.03		1:38.53		1:30.60		2:58.42			
Verulam C grade Gala Sep-12-09											1:25.61					

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Geddie, Christopher	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Herts School Swimming Assn Junior SchoApr-23-10								48.26								
St Albans District Primary School Trials GFeb-06-10					54.07											
Verulam Time Trials Dec-17-09		1:53.60			52.92			54.32			54.73					

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Grundy, Cecelia		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Time Trials	Dec-17-09							1:31.64									
Verulam time trials	Dec-14-09			3:07.10										3:15.30			

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Hayward, Tom		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam time trials	Dec-14-09			2:18.31										2:24.23			

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Healey, Libby		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3	Feb-27-10		1:11.28														
Costa Club Champs Sprints Jan 2010	Jan-16-10	32.38															
Herts Major League 2010 round1&2	Jan-09-10		1:11.98					1:22.22									
Verulam Time Trials	Dec-17-09		1:19.28														
Verulam time trials	Dec-14-09			2:55.41										3:10.44			
National Arena Swimming League Round	Dec-12-09		1:15.66									1:34.60					
Verulam Club Champs 2009	Nov-07-09		1:14.11	2:45.48	6:00.84			1:25.22		DQ		1:32.52		3:00.78			
National Arena Swimming League 2009 R	Oct-10-09											DQ					

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Healey, Vickie		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Costa Club Champs Sprints Jan 2010	Jan-16-10	30.99															
Herts Major League 2010 round1&2	Jan-09-10							1:18.36		1:31.61							
Verulam Time Trials	Dec-17-09											1:23.63					
Verulam time trials	Dec-14-09			2:42.85										2:57.28			
National Arena Swimming League Round	Dec-12-09		1:09.40							1:31.23							
Verulam Club Champs 2009	Nov-07-09		1:09.19	2:34.75	NS			1:19.81		1:28.44		1:21.59		2:43.09	6:20.18		
National Arena Swimming League 2009 R	Oct-10-09		1:10.16							1:30.15							

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Heath, Suzy	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3 Feb-27-10		1:16.53														
Costa Club Champs Sprints Jan 2010 Jan-16-10	33.63															
National Arena Swimming League Round Dec-12-09		1:15.21							1:36.54							
National Arena Swimming League 2009 RNov-14-09		1:18.38							1:38.51							

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Hitchen, Lauren		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10								52.97			47.81					
St Albans District Primary School Trials	Feb-06-10	39.56				48.64			52.98			49.01					
Winter Sprint Meet 2010	Jan-31-10	44.26							55.73								
Herts Major League 2010 round1&2	Jan-09-10					47.39											
Verulam Time Trials	Dec-17-09					50.96			57.00	2:02.54		52.52					
Verulam time trials	Dec-14-09										4:13.05				3:41.44		
Hitchin Open Meet	Nov-29-09	40.50				47.58											
Verulam Club Champs 2009	Nov-07-09	39.53				45.78			50.88			46.31					
200s Meet 2009	Oct-18-09										4:03.84						
Verulam C grade Gala	Sep-12-09					49.70											
Summer Sprints Meet	Jul-05-09	43.58				54.76				1:53.70			1:56.27				

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Jones, Francesca		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Winter Sprint Meet 2010	Jan-31-10	38.24															
Verulam Time Trials	Dec-17-09									1:57.61							
Hitchin Open Meet	Nov-29-09		1:26.40					1:35.42									
Verulam Club Champs 2009	Nov-07-09		1:27.60	3:20.85	7:09.47			1:38.47		DQ		1:48.97		DQ			

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Keane, Chloe		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Time Trials	Dec-17-09									1:59.28							
Verulam Club Champs 2009	Nov-07-09							1:57.25		1:59.56							

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Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Kellett, Eoin	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Herts School Swimming Assn Junior SchoApr-23-10					43.65											
2010 HERTFORDSHIRE COUNTY CHAMar-06-10	39.14															
Herts Major League 2010. Round 3 Feb-27-10	38.81															
St Albans District Primary School Trials GFeb-06-10	41.13				48.26						DQ					
Herts Major League 2010 round1&2 Jan-09-10	40.16															
Verulam Time Trials Dec-17-09		1:50.93			52.03			1:04.76			56.41					
Verulam Club Champs 2009 Nov-07-09	NS							1:01.07			NS					

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Kersey, Matt		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	37.03															
Kate Lack Trophy Meet	May-16-10			2:53.96													
Herts Major League 2010. Round 3	Feb-27-10									1:36.66							
Herts Major League 2010 round1&2	Jan-09-10									1:41.86							
Verulam Time Trials	Dec-17-09									1:44.51							
Verulam time trials	Dec-14-09										DQ			3:09.92			
National Arena Swimming League Round	Dec-12-09									1:42.36							
National Arena Swimming League 2009 R	Nov-14-09									1:42.42							
Verulam Club Champs 2009	Nov-07-09		1:22.30	2:54.34	NS		NS	1:32.13		1:36.60		1:42.27		3:15.03			
National Arena Swimming League 2009 R	Oct-10-09									1:45.36							
Verulam C grade Gala	Sep-12-09		1:21.39														
Summer Sprints Meet	Jul-05-09									DQ				3:14.69			

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Khilji, Anisha		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Club Champs 2009	Nov-07-09	NS				NS			NS			NS					

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Law, Jonathon	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3 Feb-27-10											1:19.38					
Herts Major League 2010 round1&2 Jan-09-10											1:19.77					
Verulam Time Trials Dec-17-09									1:34.84							
Verulam time trials Dec-14-09			2:46.08										2:58.13			
National Arena Swimming League Round Dec-12-09							1:21.21									
National Arena Swimming League 2009 RNov-14-09							1:22.69									
Verulam Club Champs 2009 Nov-07-09		NS	2:48.63	NS			1:26.26		1:26.63		NS		2:57.09			
National Arena Swimming League 2009 ROct-10-09		1:14.04									1:21.12					
Verulam C grade Gala Sep-12-09									1:26.73							

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Law, Nathan		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Club Champs 2009	Nov-07-09		1:14.07	NS				1:22.34		1:25.81		DQ		DQ			

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

McRae, James		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Club Champs 2009	Nov-07-09		1:37.97	3:35.90	7:38.11		DQ			DQ							

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Meakins, Devon	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3 Feb-27-10									1:31.62							
Herts Major League 2010 round1&2 Jan-09-10									1:32.20							
Verulam time trials Dec-14-09										3:25.09			3:09.28			
National Arena Swimming League Round Dec-12-09	37.02								1:32.72							
National Arena Swimming League 2009 RN Nov-14-09									1:36.25							
Verulam Club Champs 2009 Nov-07-09		1:22.51	2:57.78	6:11.76			1:28.96		1:32.95				DQ			
National Arena Swimming League 2009 RO Oct-10-09									1:35.36							
Verulam C grade Gala Sep-12-09									1:33.58							

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Molloy, Lucy	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10	44.54							53.95								
Stevenage Swimming Club Open Meet 20 May-08-10	43.56	1:35.24			51.52	DQ		53.66								
Verulam Club Champs 2009 Nov-07-09	48.16				51.69			58.86			NS					

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Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Muschamp, India	25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
Verulam Summer IM Championship Jun-19-10									1:11.10							

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

O'Keefe, Ellie		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Time Trials	Dec-17-09	46.64				52.06			1:01.53								
Verulam time trials	Dec-14-09			4:01.64											4:04.57		
Verulam Club Champs 2009	Nov-07-09	49.31										DQ					

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Raymond, Anastasia		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship	Jun-19-10	37.47															
Kate Lack Trophy Meet	May-16-10		1:22.96							1:54.86							
Stevenage Swimming Club Open Meet 20	May-08-10	37.97								1:53.86							

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Shreeves, Rosie		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10					41.31			48.84								
Kate Lack Trophy Meet	May-16-10		1:24.46			40.27		3:14.95		1:47.49		51.68					
Stevenage Swimming Club Open Meet 20	May-08-10		1:25.15			42.04			49.80								
2010 HERTFORDSHIRE COUNTY CHAMar	Mar-06-10	37.16				40.25			51.70								
Herts Major League 2010. Round 3	Feb-27-10					39.63											
Winter Sprint Meet 2010	Jan-31-10	39.52							53.63								
Herts Major League 2010 round1&2	Jan-09-10					41.42											
Verulam Time Trials	Dec-17-09				7:36.22	46.87	1:44.65		55.04		4:10.49	54.67					
National Arena Swimming League Round	Dec-12-09					42.83											
Verulam Club Champs 2009	Nov-07-09					42.75			50.53								
National Arena Swimming League 2009 R	Oct-10-09	38.95				46.06											
Summer Sprints Meet	Jul-05-09	40.71				47.31				DQ							

Seasonal Spreadsheet Report

Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Tack, Caroline	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship Jun-19-10	44.43				47.45											
Stevenage Swimming Club Open Meet 20 May-08-10	43.32	1:37.56			46.27	1:39.24		58.37								
St Albans District Primary School Trials G Feb-06-10	44.29				DQ			59.13								
Verulam time trials Dec-14-09			4:03.79				4:04.24									
Verulam Club Champs 2009 Nov-07-09	43.91				53.62			1:03.31			NS					

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Times since: 28-Jun-09 Times until: 30-Jul-10

Convert To: SC Print: SC

Thornton, Georgina	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010 round1&2 Jan-09-10		1:04.56									1:19.13					
National Arena Swimming League Round Dec-12-09							1:12.53						2:42.23			
Hitchin Open Meet Nov-29-09		1:04.07														
Verulam Club Champs 2009 Nov-07-09		1:05.60	2:29.41	5:12.75			1:14.63		1:28.81		1:19.82		2:40.03	5:57.09		
National Arena Swimming League 2009 ROct-10-09													DQ			

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Thornton, James		50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3	Feb-27-10		1:12.65							DQ							
Verulam Club Champs 2009	Nov-07-09		1:14.21	2:48.06	NS		NS	1:29.08		1:27.81		1:24.84		3:01.22			

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Convert To: SC Print: SC

Tinkler, Eloise	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Verulam Summer IM Championship Jun-19-10	34.19															
Kate Lack Trophy Meet May-16-10	NS															
Stevenage Swimming Club Open Meet 20May-08-10							1:22.63		1:39.16							
2010 HERTFORDSHIRE COUNTY CHAMar-06-10	34.04															
Herts Major League 2010. Round 3 Feb-27-10							1:23.56									
Verulam Time trials Jan-26-10								2:57.32								
Herts Major League 2010 round1&2 Jan-09-10							1:22.89									
Verulam Time Trials Dec-17-09							1:26.59									
Verulam time trials Dec-14-09										3:31.68			3:01.08			
National Arena Swimming League Round Dec-12-09							1:24.20									
Hitchin Open Meet Nov-29-09		1:18.60					1:26.89		1:37.73		1:33.87		3:07.84			
National Arena Swimming League 2009 RNov-14-09	35.16										1:34.64					
Verulam Club Champs 2009 Nov-07-09		1:20.99	2:46.25	6:11.41			1:23.86		1:38.16		1:34.58		3:10.39			
200s Meet 2009 Oct-18-09										3:44.13						
National Arena Swimming League 2009 ROct-10-09	35.35						1:24.40		1:39.93							
Summer Sprints Meet Jul-05-09	35.58								1:41.66		1:35.21		3:10.51			

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Convert To: SC Print: SC

Tinkler, Stanley		50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Verulam Summer IM Championship	Jun-19-10	31.72										35.05					
Peanuts League 2010 Round 2	May-15-10											33.84					
Stevenage Swimming Club Open Meet 20	May-08-10						1:21.01		42.74			34.31	1:25.79				
Peanuts League 2010 Round 1	Apr-24-10								41.88			35.94					
2010 HERTFORDSHIRE COUNTY CHAMar-06-10	Mar-06-10	32.31		2:40.97					44.07	1:36.66	3:30.62	36.03			2:58.99		
Herts Major League 2010. Round 3	Feb-27-10												1:27.50				
Verulam Time trials	Jan-26-10										3:27.20						
Herts Major League 2010 round1&2	Jan-09-10												1:32.58				
Verulam Time Trials	Dec-17-09					40.82			43.94	1:36.00		38.80					
Verulam time trials	Dec-14-09										3:23.39				3:03.33		
National Arena Swimming League Round	Dec-12-09											39.00	1:35.35				
XmasPeanuts Gala 2009	Dec-05-09								43.68			39.42					
Hitchin Open Meet	Nov-29-09	34.41				40.86			45.80			37.84					
National Arena Swimming League 2009 RN	Nov-14-09											36.19	1:30.16				
Verulam Club Champs 2009	Nov-07-09		1:20.34	3:04.85	6:23.46		1:31.51			1:38.70			1:40.94		3:04.56		
National Arena Swimming League 2009 R	Oct-10-09								46.09			38.41					
Verulam C grade Gala	Sep-12-09								45.45								
Peanuts League 2009 Round 3	Jul-04-09								46.21			DQ					

Seasonal Spreadsheet Report

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Convert To: SC Print: SC

Ward, Hannah	50 Free	100 Free	200 Free	400 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM	
Peanuts League 2010 Round 3 Jul-03-10	37.56															
Verulam Summer IM Championship Jun-19-10								48.94			45.90					
Peanuts League 2010 Round 2 May-15-10	36.95				45.13											
Peanuts League 2010 Round 1 Apr-24-10	37.25				44.87											
Herts Major League 2010. Round 3 Feb-27-10											45.56					
Verulam Time Trials Dec-17-09				7:07.04						4:07.34						
National Arena Swimming League Round Dec-12-09	38.75															
XmasPeanuts Gala 2009 Dec-05-09								51.59								
Verulam Club Champs 2009 Nov-07-09		1:29.21	3:15.25	NS		1:44.16			1:49.53			1:52.01		3:33.48		
Verulam C grade Gala Sep-12-09								51.64								
Summer Sprints Meet Jul-05-09	43.14				51.96				1:57.73		1:54.17					

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Convert To: SC Print: SC

Webb, Stuart	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Herts Major League 2010. Round 3 Feb-27-10											1:08.60					
Verulam Time Trials Dec-17-09		1:08.21														
Verulam time trials Dec-14-09										3:03.14			2:34.40			
National Arena Swimming League Round Dec-12-09											1:08.64					
National Arena Swimming League 2009 RN Nov-14-09													2:34.38			
Verulam Club Champs 2009 Nov-07-09		1:04.37	2:18.04	5:11.33		21:15.33	1:13.44		1:23.16		1:09.61		2:31.72			
National Arena Swimming League 2009 ROct-10-09											1:08.01					

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Convert To: SC Print: SC

Woolf, Jem		25 Free	50 Free	100 Free	200 Free	25 Back	50 Back	100 Back	25 Breast	50 Breast	100 Breast	25 Fly	50 Fly	100 Fly	100 IM	200 IM	
Verulam Summer IM Championship	Jun-19-10						1:00.24			1:04.27							
Verulam Time Trials	Dec-17-09		1:06.46				1:03.53			1:12.35							
Verulam Club Champs 2009	Nov-07-09	29.07				29.95			30.75			37.00					