

## HILLINGDON SWIMMING CLUB AGE GROUP RECORDS / RANKINGS

Updated: 19.09.2011

(Age at date of swim)

## GIRLS 400M FREE - LONG COURSE

RANKING	11 YEAR OLDS				12 YEAR OLDS				13 YEAR OLDS			
	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME
1	Francesca Marr	15/05/2005	Crystal Palace	04:49.05	Karley Mann	25/07/2007	Sheffield	04:43.24	Karley Mann	18/05/2008	Sheffield	04:39.22
2	Karley Mann	27/07/2006	Sheffield	04:57.86	Francesca Marr	03/06/2006	Crystal Palace	04:51.20	Melanie Quinn	27/07/2003	Sheffield	04:39.38
3	Amy Grimshaw	15/05/2011	Sheffield	05.10.63	Sarah Harrington	22/11/2009	Crawley	04:56.52	Nadia Alikacem	27/07/2003	Sheffield	04:45.56
4	Sarah Harrington	07/06/2008	Ealing	05:12.38	Jaycee Sibley	04/10/2008	Crawley	04:57.67	Sarah Quinn	13/05/2007	Sheffield	04:46.29
5	Lauren O'Connor	05/06/2010	London	05.17.75	Nadia Alikacem	05/08/2002	Sheffield	04:58.81	Francesca Marr	07/04/2007	Norwich	04:46.49

	14 YEAR OLDS				15 YEAR OLDS				16 YEAR OLDS			
	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME
1	Catherine Monaghan	02/08/2003	Sheffield	04:35.89	Catherine Monaghan	04/08/2004	Sheffield	04:31.79	Karley Mann	28/07/2011	Sheffield	04:26.41
2	Melanie Quinn	01/05/2004	Crystal Palace	04:36.87	Karley Mann	19/12/2010	Hillingdon	04:33.57	Catherine Monaghan	26/03/2005	Norwich	04:41.65
3	Karley Mann	03/05/2009	Crystal Palace	04:37.97	Sophie Wilson	24/05/2009	Sheffield	04:34.32	Sarah Nisbet	02/05/2005	Crystal Palace	04:45.47
4	Sarah Harrington	30/04/2011	London	04.44.22	Melanie Quinn	26/03/2005	Norwich	04:39.48	Melanie Quinn	28/01/2006	Ealing	04:48.70
5	Jaycee Sibley	01/05/2010	London	04.48.28	Sarah Quinn	24/05/2009	Sheffield	04:42.54	Katherine Neal	01/05/2010	London	04.57.44

	17 YEAR OLDS				18 YEAR OLDS				ALL AGES			
	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME	NAME	DATE	VENUE	TIME
1	Francesca Marr	15/05/2011	Sheffield	04.28.97					Karley Mann	28/07/2011	Sheffield	04:26.41
2	Melanie Quinn	13/05/2007	Sheffield	04:42.15					Francesca Marr	15/05/2011	Sheffield	04:28.97
3	Sarah Nisbet	01/05/2006	Crystal Palace	04:58.89					Catherine Monaghan	04/08/2004	Sheffield	04:31.79
4									Sophie Wilson	24/05/2009	Sheffield	04:34.32
5									Melanie Quinn	01/05/2004	Crystal Palace	04:36.87