



Wellingborough Amateur Swimming Club



50m FLY - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	36.63	12 April 1997	Wellingborough
Adele Solomon	36.52	10 May 1997	Wellingborough
Laura Pursey	36.39	22 November 1997	Wellingborough
Laura Pursey	35.97	04 April 1998	Corby
Laura Pursey	34.94	27 March 1999	Corby
Rachel Goodman	34.01	23 May 1999	Wellingborough
Rachel Goodman	34.00	15 April 2000	Wellingborough
Martine Bailey	33.86	20 April 2002	Wellingborough
Gemma Wooliscroft	33.86	20 April 2002	Wellingborough
Tamira Rafaluk	33.75	15 May 2004	Wellingborough
Tammy Cavender	33.59	15 October 2005	Wellingborough
Tammy Cavender	33.32	25 March 2007	Daventry
Tammy Cavender	32.66	14 April 2007	Wellingborough
Charlotte Evans	32.63	09 March 2008	Daventry
Abigail Williams	32.38	26 April 2008	Wellingborough
Abigail Williams	31.90	27 April 2008	Wellingborough
Abigail Williams	31.65	18 April 2009	Wellingborough
Abigail Williams	31.64	05 July 2009	Deepings

100m FLY - GIRLS under 16

Swimmer Name	Time	Date	Venue
Nicola Mellows	01:24.32	23 November 1996	Wellingborough
Laura Pursey	01:23.91	01 February 1998	Wellingborough
Laura Pursey	01:22.42	13 February 1998	Thetford
Laura Pursey	01:20.43	28 March 1998	Daventry
Laura Pursey	01:19.03	20 February 1999	Radley, Oxford
Laura Pursey	01:18.75	13 March 1999	Daventry
Laura Pursey	01:18.14	20 June 1999	Rugby
Laura Pursey	01:16.79	11 September 1999	Wellingborough
Martine Bailey	01:15.53	21 October 2000	Lowestoft
Martine Bailey	01:14.64	13 October 2001	Wellingborough
Martine Bailey	01:13.64	24 November 2001	Wellingborough
Tammy Cavender	01:13.29	19 November 2005	Wellingborough
Tammy Cavender	01:12.65	30 June 2007	Wellingborough
Abigail Williams	01:11.86	08 March 2008	Daventry
Abigail Williams	01:11.29	29 March 2008	Aylesbury
Abigail Williams	01:10.90	11 May 2008	Wolverhampton
Abigail Williams	01:10.59	17 May 2008	Aldershot
Abigail Williams	01:09.65	19 July 2008	Wellingborough
Abigail Williams	01:08.97	13 December 2008	Spalding
Abigail Williams	01:08.57	07 November 2009	Corby



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200m FLY - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	03:22.76	08 February 1997	Wellingborough
Adele Solomon	03:13.75	01 February 1998	Wellingborough
Laura Pursey	02:54.39	14 February 1999	Wellingborough
Martine Bailey	02:48.78	13 February 2000	Wellingborough
Leah Strachan	02:43.16	08 February 2004	Wellingborough
Abigail Williams	02:41.33	13 January 2008	Swindon
Abigail Williams	02:35.57	05 April 2008	Nuneaton
Abigail Williams	02:31.71	15 June 2008	Coventry

50m BACK - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	37.26	15 March 1997	Dunstable
Natalie Barley	36.98	12 April 1997	Wellingborough
Natalie Barley	36.66	05 July 1997	Wellingborough
Natalie Barley	36.64	04 October 1997	Corby
Natalie Barley	35.89	04 April 1998	Corby
Natalie Barley	35.14	23 May 1999	Wellingborough
Gemma Wooliscroft	34.95	21 April 2001	Wellingborough
Amy Vaughan	34.87	17 March 2002	Corby
Gemma Wooliscroft	33.67	20 April 2002	Wellingborough

100m BACK - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	01:20.39	22 February 1997	Wellingborough
Natalie Barley	01:17.44	23 March 1997	Daventry
Rachel Goodman	01:15.32	28 November 1999	Wellingborough
Gemma Wooliscroft	01:14.39	24 November 2001	Wellingborough
Ella Hardy	01:14.22	18 September 2004	Nottingham
Ella Hardy	01:13.80	25 September 2004	Daventry
Ella Hardy	01:13.26	20 November 2004	Wellingborough
Ella Hardy	01:12.52	27 March 2005	Birmingham
Ella Hardy	01:12.30	27 March 2005	Birmingham



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200m BACK - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	02:50.80	08 February 1997	Wellingborough
Natalie Barley	02:48.06	22 March 1997	Daventry
Natalie Barley	02:47.76	28 March 1998	Daventry
Natalie Barley	02:46.06	14 February 1999	Wellingborough
Rachel Goodman	02:39.99	13 February 2000	Wellingborough
Leah Strachan	02:37.00	08 February 2004	Wellingborough
Ella Hardy	02:36.54	29 January 2005	Daventry
Ella Hardy	02:35.82	13 March 2005	Daventry
Stephanie Gollings	02:35.44	28 October 2007	Wolverhampton
Stephanie Gollings	02:33.79	02 February 2008	Wellingborough

50m BREAST - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	41.16	12 April 1997	Wellingborough
Victoria Roach	40.75	09 May 1998	Wellingborough
Amy Vaughan	40.18	24 March 2001	Corby
Amy Vaughan	38.90	21 April 2001	Wellingborough
Gemma Wooliscroft	38.83	16 March 2001	Corby
Gemma Wooliscroft	37.84	20 April 2002	Wellingborough

100m BREAST - GIRLS under 16

Swimmer Name	Time	Date	Venue
Leigh Abbott	01:37.64	13 September 1997	Wellingborough
Adele Solomon	01:29.87	29 November 1997	Wellingborough
Amy Vaughan	01:29.48	25 March 2000	Daventry
Amy Vaughan	01:28.06	03 June 2000	Wellingborough
Amy Vaughan	01:27.77	25 November 2000	Wellingborough
Amy Vaughan	01:26.25	17 February 2001	Dunstable
Amy Vaughan	01:25.77	08 April 2001	Corby
Amy Vaughan	01:25.31	22 September 2001	Wellingborough
Gemma Wooliscroft	01:24.45	17 November 2001	Wellingborough
Leah Strachan	01:22.19	23 November 2003	Wellingborough
Jessica Bland	01:19.67	20 November 2004	Wellingborough



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200m BREAST - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	03:16.75	21 January 1997	Wellingborough
Amy Vaughan	03:12.41	12 February 2000	Wellingborough
Amy Vaughan	03:06.52	10 February 2001	Wellingborough
Amy Vaughan	03:04.29	09 February 2002	Wellingborough
Gemma Wooliscroft	03:02.31	16 March 2002	Corby
Leah Strachan	02:58.84	08 February 2003	Wellingborough
Leah Strachan	02:57.24	07 February 2004	Wellingborough
Jessica Bland	02:57.01	30 January 2005	Wellingborough
Rachel Blades	02:53.78	04 February 2006	Wellingborough
Jessica Bland	02:50.96	08 March 2008	Daventry

50m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	33.14	15 February 1997	Dunstable
Laura Pursey	31.50	10 May 1997	Wellingborough
Laura Pursey	30.41	27 March 1999	Corby
Rachel Goodman	30.19	08 May 1999	Corby
Rachel Goodman	29.81	23 May 1999	Wellingborough
Gemma Wooliscroft	29.74	07 April 2002	Corby
Gemma Wooliscroft	29.47	20 April 2002	Wellingborough
Stephanie Gollings	29.33	19 April 2008	Rugby
Stephanie Gollings	29.30	15 March 2009	Daventry
Abigail Williams	29.27	15 March 2009	Daventry
Abigail Willaims	28.85	19 April 2009	Wellingborough

100m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Nicola Mellows	01:08.21	30 November 1996	Wellingborough
Laura Pursey	01:07.74	29 November 1997	Wellingborough
Laura Pursey	01:06.84	29 March 1998	Daventry
Rachel Goodman	01:06.04	28 November 1998	Wellingborough
Laura Pursey	01:06.02	19 June 1999	Rugby
Rachel Goodman	01:05.75	04 September 1999	Wellingborough
Rachel Goodman	01:05.12	28 November 1999	Wellingborough
Gemma Wooliscroft	01:04.78	18 November 2001	Wellingborough
Gemma Wooliscroft	01:03.68	17 March 2001	Corby
Leah Strachan	01:03.39	14 March 2004	Corby
Stephanie Gollings	01:03.09	24 November 2007	Wellingborough



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200m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	02:48.80	25 January 1997	Wellingborough
Natalie Barley	02:33.68	22 March 1997	Daventry
Laura Pursey	02:28.74	24 January 1998	Wellingborough
Laura Pursey	02:23.93	13 February 1999	Wellingborough
Laura Pursey	02:22.25	12 February 2000	Wellingborough
Gemma Wooliscroft	02:22.12	10 February 2001	Wellingborough
Gemma Wooliscroft	02:20.80	02 February 2002	Daventry
Gemma Wooliscroft	02:18.56	07 April 2002	Corby
Leah Strachan	02:15.28	07 February 2004	Wellingborough

400m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	05:23.61	09 March 1997	Wellingborough
Laura Pursey	05:19.96	01 February 1998	Wellingborough
Laura Pursey	05:08.62	15 March 1998	Corby
Laura Pursey	05:06.58	14 February 1999	Wellingborough
Laura Pursey	05:03.96	08 January 2000	Corby
Gemma Wooliscroft	04:57.86	11 February 2001	Wellingborough
Gemma Wooliscroft	04:48.28	03 March 2002	Corby
Leah Strachan	04:40.25	14 March 2004	Corby

800m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Natalie Barley	10:59.49	16 February 1997	Wellingborough
Laura Pursey	10:53.64	28 February 1998	Corby
Laura Pursey	10:49.92	23 January 1999	Rushden
Laura Pursey	10:34.05	22 January 2000	Wellingborough
Gemma Wooliscroft	10:31.00	05 March 2000	Stantonbury
Gemma Wooliscroft	10:19.00	04 February 2001	Wellingborough
Gemma Wooliscroft	10:15.18	25 February 2001	Stantonbury
Gemma Wooliscroft	10:03.54	03 February 2002	Wellingborough
Gemma Wooliscroft	09:56.75	24 February 2002	Corby
Leah Strachan	09:41.10	06 March 2004	Wellingborough

1500m FREE - GIRLS under 16

Swimmer Name	Time	Date	Venue
Jessica Bland	20:13.29	07 January 2006	Wellingborough
Stephanie Gollings	19:15.26	13 January 2008	Wellingborough



Wellingborough Amateur Swimming Club



100m IM - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	01:21.41	12 April 1997	Wellingborough
Adele Solomon	01:20.64	04 October 1997	Corby
Rachel Goodman	01:20.49	28 November 1998	Wellingborough
Laura Pursey	01:18.61	27 March 1999	Corby
Rachel Goodman	01:17.63	23 May 1999	Wellingborough
Rachel Goodman	01:17.05	09 October 1999	Wellingborough
Rachel Goodman	01:16.55	13 November 1999	Wellingborough
Gemma Wooliscroft	01:16.43	05 May 2001	Corby
Gemma Wooliscroft	01:16.25	30 September 2001	Rugby
Gemma Wooliscroft	01:15.42	16 March 2001	Corby
Gemma Wooliscroft	01:15.01	20 April 2001	Wellingborough
Leah Strachan	01:13.19	23 November 2003	Wellingborough
Leah Strachan	01:12.55	29 February 2004	Corby
Abigail Williams	01:12.51	08 March 2009	Daventry
Abigail Williams	01:11.13	21 March 2009	Aylesbury

200m IM - GIRLS under 16

Swimmer Name	Time	Date	Venue
Nicola Mellows	02:54.69	23 November 1996	Wellingborough
Adele Solomon	05:52.69	22 November 1997	Wellingborough
Rachel Goodman	02:45.10	21 November 1999	Wellingborough
Gemma Wooliscroft	02:44.57	29 September 2001	Wellingborough
Gemma Wooliscroft	02:43.70	17 November 2001	Wellingborough
Gemma Wooliscroft	02:42.53	07 April 2002	Corby
Leah Strachan	02:38.44	21 September 2002	Corby
Leah Strachan	02:31.92	29 November 2003	Wellingborough
Leah Strachan	02:30.69	03 April 2004	Peterborough

400m IM - GIRLS under 16

Swimmer Name	Time	Date	Venue
Adele Solomon	06:29.72	25 January 1997	Wellingborough
Natalie Barley	06:16.69	09 March 1997	Wellingborough
Laura Pursey	06:09.93	24 January 1998	Wellingborough
Laura Pursey	06:03.39	13 February 1999	Wellingborough
Laura Pursey	06:01.70	21 February 1999	Corby
Martine Bailey	05:50.06	12 February 2000	Wellingborough
Leah Strachan	05:32.92	08 February 2003	Wellingborough
Leah Strachan	05:21.90	06 December 2003	Woverhampton
Leah Strachan	05:17.95	29 February 2004	Corby