

**Dyce ASC 7th Cromar Trophy Meet      15-Apr-06**  
**Location: Westhill**

Time	Event	Place	Improv
<b>Grant, Iona (11) W</b>			
1:37.77S	Women 8-11 100 Back		-6.44
1:27.65S	Women 8-11 100 Free		-7.16
<b>Gray, Jonathan (11) M</b>			
1:50.23S	Men 8-11 100 Breast		-3.55
1:39.15S	Men 8-11 100 Back		-0.18
1:26.66S	Men 8-11 100 Free		-0.56
<b>Howard, Kirstie (13) W</b>			
1:29.81S	Women 13-13 100 Fly		3.41
1:15.37S	Women 13-13 100 Free		0.76
<b>MacDonald, Nicola (13) W</b>			
1:42.26S	Women 13-13 100 Breast		-5.50
1:34.16S	Women 13-13 100 Fly		-15.56
1:33.36S	Women 13-13 100 Back		1.05
1:23.52S	Women 13-13 100 Free		2.74
<b>Mitchell, Ruairidh (13) M</b>			
1:36.09S	Men 13-13 100 Breast		1.34
1:30.28S	Men 13-13 100 Fly		1.38
1:19.41S	Men 13-13 100 Back	SILVER	-5.93
1:13.67S	Men 13-13 100 Free	SILVER	-3.63
<b>Setter, Elise (11) W</b>			
1:47.36S	Women 8-11 100 Breast		-1.00
1:28.01S	Women 8-11 100 Back		-5.31
1:23.98S	Women 8-11 100 Free		-1.52
<b>Shoker, Arran (11) M</b>			
1:46.73S	Men 8-11 100 Breast		-2.27
1:46.73S	Men 8-11 100 Breast		-2.27
1:32.53S	Men 8-11 100 Back		-4.59
1:25.16S	Men 8-11 100 Free		-3.32
<b>Shoker, Kiren (13) W</b>			
1:42.51S	Women 13-13 100 Back		-0.33
1:32.22S	Women 13-13 100 Free		3.05
<b>Speakman, Emily (13) W</b>			
1:41.79S	Women 13-13 100 Breast		3.19
1:32.00S	Women 13-13 100 Fly		-1.78
1:22.56S	Women 13-13 100 Back	SILVER	-0.60
1:16.37S	Women 13-13 100 Free		2.13
<b>Wood, Karen (13) W</b>			
1:30.80S	Women 13-13 100 Fly		-1.67
1:27.63S	Women 13-13 100 Back		-3.07
1:17.16S	Women 13-13 100 Free		-1.94

**Silver:** Ruairidh Mitchell 100m Back & 100m Free, Emily Speakman 100m Back

22 PB's from 31 swims