

## Adele Poole – Gala Times

### Colchester Phoenix Meet 21<sup>st</sup> October 2006

Stroke	50 Metres	100 Metres
Freestyle	<b>42.97</b>	
Breaststroke	<b>47.11</b>	<b>1:44.00</b>
Backstroke		
Butterfly		
Ind Medley		<b>1:40.81</b>

Items In **BOLD RED** are New Personal Best Times.