

# Walnut Creek Aquabears All-Time Top Ten Times

Senior Women - Short Course Yards (updated through December 12, 2009)

## 50 yard Freestyle

1	deMAN, NICOLE	22.83	1983
2	DELAY, SARA E	23.11	2009
3	BEREKNYEI, SYLVIA	23.43	1998
4	FULLER, MARCIE	23.51	1986
5	RANDALL, MARYELLA K	23.55	2009
6	DORMAN, LISA	23.73	
7	WILKINSON, BRENNIA	23.83	1999
8	GARDNER, SHARI	23.86	1983
9	SADLER, JENNY	23.89	
10	BIERWITH, KIMBERLY N	23.91	2006

## 1650 yard Freestyle

1	LINKE, SARA	16:42.40	1981
2	HARPER, SHELLEY A	17:01.59	2007
3	PLACE, LESLIE	17:10.30	
4	PURDY, PAM	17:18.20	
5	HANCOCK, JULIE	17:23.02	1983
6	HARPER, KIRSTEN A	17:24.53	2004
7	HECK, KIRSTEN	17:25.89	
8	DELAY, SARA E	17:29.60	2008
9	RILEY, TAYLOR C	17:29.73	2009
10	McGOWAN, CHRISTINA A	17:32.72	2004

## 100 yard Butterfly

1	BEREKNYEI, SYLVIA	54.97	1997
2	LINKE, SARA	55.50	
3	WESTESON, PIA	55.66	1990
4	ARDELL, ANN	56.42	1982
5	HARPER, SHELLEY A	56.47	2007
6	BISCHOFF, HEIDI	56.56	1985
7	POWERS, ALEXA D	56.68	2009
8	PLUMMER, EMILY	56.78	1982
9	AHMANN, CHRISTINE	56.81	
	KRENGEL, KRISTINE	56.81	1985

## 100 yard Freestyle

1	BEREKNYEI, SYLVIA	49.95	1998
2	WESTESON, PIA	50.56	1990
3	DELAY, SARA E	50.69	2009
4	LINKE, SARA	50.99	1982
5	DORMAN, LISA	51.42	
6	RANDALL, MARYELLA K	51.52	2008
7	LYON, ALEXIS	51.58	1997
	BAUER, COURTNEY G	51.58	2006
9	MITCHELL, KATHERINE	51.62	1998
10	HARPER, SHELLEY A	51.78	2007

## 100 yard Backstroke

1	POWERS, ALEXA D	56.55	2009
2	PLUMMER, EMILY	56.80	1994
3	THOMAS, CHRISSY L	57.10	2009
4	BEREKNYEI, SYLVIA	57.12	1998
5	LIANG, JOANN	57.33	2009
6	HENDRICKS, HEIDI	57.52	
7	BIERWITH, KIMBERLY N	58.71	2005
8	LIU, KATHRYN	58.77	1993
9	CROOKS, CATHI	59.35	1991
	SHEA, KELLY	59.35	

## 200 yard Butterfly

1	LINKE, SARA	1:58.87	1982
2	BEREKNYEI, SYLVIA	1:59.30	1997
3	LINKE, SARA	2:03.12	1981
4	LIETZ, HEIDI	2:03.25	1997
5	NASCIMENTO, AMANDA	2:03.95	
6	HARPER, SHELLEY A	2:04.31	2007
7	LUNSFORD, LISA	2:04.86	1982
8	BEAUDET, LIBBY	2:04.95	
9	CASTILLO, BIANCA	2:05.40	1985
10	ARDELL, ANN	2:05.70	

## 200 yard Freestyle

1	LINKE, SARA	1:46.77	1982
2	BEREKNYEI, SYLVIA	1:47.49	1998
3	DELAY, SARA E	1:49.34	2009
4	HARPER, SHELLEY A	1:49.72	2008
5	LYON, ALEXIS	1:50.56	1997
6	ARDELL, ANN	1:50.69	
7	ROGERS, REBECCA C	1:51.18	2003
8	MITCHELL, KATHERINE	1:51.38	
9	LIETZ, HEIDI	1:51.81	1998
10	WESTESON, PIA	1:53.31	

## 200 yard Backstroke

1	HENDRICKS, HEIDI	2:01.33	
2	PLUMMER, EMILY	2:02.58	1992
3	POWERS, ALEXA D	2:03.77	2009
4	BEREKNYEI, SYLVIA	2:04.47	1997
5	LIU, KATHRYN	2:04.55	
6	LIANG, JOANN	2:04.82	2008
7	LEWIS, ELLEN	2:06.62	
8	THOMAS, CHRISSY L	2:07.58	2008
9	POWELL, PENNY	2:08.10	
10	McGOWAN, CHRISTINA A	2:08.64	2004

## 200 yard Individual Medley

1	BEREKNYEI, SYLVIA	2:02.48	1997
2	THOMAS, CHRISSY L	2:03.23	2009
3	HARPER, SHELLEY A	2:03.37	2008
4	POWERS, ALEXA D	2:04.42	2009
5	LINKE, SARA	2:04.45	
6	PATTERSON, ANNE	2:06.22	
7	LEWIS, KELSEY	2:07.20	2004
8	HARRIS, KASEY	2:07.23	2004
9	RENNER, TRICIA	2:07.54	1981
10	LIETZ, HEIDI	2:07.59	1998

## 500 yard Freestyle

1	LINKE, SARA	4:42.56	1982
2	HARPER, SHELLEY A	4:47.97	2008
3	DELAY, SARA E	4:54.28	2009
4	RILEY, TAYLOR C	4:58.88	2008
5	PURDY, PAM	4:59.61	
6	ROGERS, REBECCA C	4:59.99	2004
	HARPER, KIRSTEN A	4:59.99	2004
8	MITCHELL, KATHERINE	5:00.61	
9	BEREKNYEI, SYLVIA	5:01.40	1995
10	HECK, KIRSTEN	5:01.44	1994

## 100 yard Breaststroke

1	YODER, SHAILA A	1:03.33	2009
2	FREEMAN, KATLIN N	1:03.69	2005
3	BEREKNYEI, SYLVIA	1:03.84	1997
4	KONSTANTINOVA, MAGGIE	1:04.63	1998
5	deMAN, NICOLE	1:04.82	
6	CURRAN, HANNAH M	1:05.00	2009
7	COLES, ZOE L	1:05.20	2009
8	WEIGAND, ELAINE	1:05.32	1987
9	RENNER, TRICIA	1:05.70	
10	FOWLES, LESLIE	1:05.95	2000

## 400 yard Individual Medley

1	BEREKNYEI, SYLVIA	4:19.96	1997
2	LINKE, SARA	4:22.60	1982
3	HARPER, SHELLEY A	4:23.93	2007
4	LEWIS, KELSEY	4:27.62	2004
5	LIETZ, HEIDI	4:28.89	1997
6	PRIDEAUX, JULIE	4:29.10	1985
7	VENDL, LORI	4:30.93	1983
8	RENNER, TRICIA	4:31.15	
9	BEAUDET, LIBBY	4:32.26	
10	SIEGRIST, KRISTY	4:32.55	

## 1000 yard Freestyle

1	LINKE, SARA	9:54.84	1981
2	HARPER, SHELLEY A	10:05.07	2007
3	DELAY, SARA E	10:18.59	2009
4	RILEY, TAYLOR C	10:18.92	2008
5	HECK, KIRSTEN	10:20.99	1994
6	McGOWAN, CHRISTINA A	10:22.56	2005
7	HANCOCK, JULIE	10:23.06	
8	BEREKNYEI, SYLVIA	10:24.69	
9	PRIDEAUX, JEANNIE	10:26.74	
10	PALMER, DIANA	10:28.59	

## 200 yard Breaststroke

1	BEREKNYEI, SYLVIA	2:16.27	1997
2	FREEMAN, KATLIN N	2:18.26	2005
3	HARPER, KIRSTEN A	2:19.73	2005
4	YODER, SHAILA A	2:20.06	2008
5	LINKE, SARA	2:20.28	1982
6	WEIGAND, ELAINE	2:20.61	1988
7	LEWIS, KELSEY L	2:20.91	2004
8	KONSTANTINOVA, MAGGIE	2:20.92	1998
9	LAMBERT, BETHANNE	2:21.74	1982
10	HARPER, SHELLEY A	2:22.23	2008

