The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 1***

EVENT 402 Boys/Girls 11 Yrs/Over 1500m Free.

BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1	**Calum Murray**	**12**	**Calv Bing**	**18:29.36**	**473**
	50m 31.85	100m 1:07.86	150m 1:44.49	200m 2:21.38	250m 2:57.86	300m 3:35.38	350m 4:11.23	400m 4:48.35
	31.85	36.01	36.63	36.89	36.48	37.52	35.85	37.12
	450m 5:25.51	500m 6:02.40	550m 6:37.99	600m 7:14.94	650m 7:52.02	700m 8:29.10	750m 9:06.12	800m 9:43.24
	37.16	36.89	35.59	36.95	37.08	37.08	37.02	37.12
	850m 10:20.72	900m 10:57.81	950m 11:35.37	1000m 12:12.78	1050m 12:00.63	1100m 13:28.88	1150m 14:06.85	1200m 14:45.93
	37.48	37.09	37.56	37.41	47.85	1:28.25	37.97	39.08
	1250m 15:24.20	1300m 16:02.94	1350m 16:40.63	1400m 17:18.10	1450m 17:54.56	1500m 18:29.36		
	38.27	38.74	37.69	37.47	36.46	34.80		
2	**Kieran-Lee Simcox**	**12**	**Worksop**	**18:52.48**	**445**
	50m 33.34	100m 1:11.21	150m 1:49.60	200m 2:27.60	250m 3:05.66	300m 3:43.54	350m 4:21.77	400m 4:59.67
	33.34	37.87	38.39	38.00	38.06	37.88	38.23	37.90
	450m 5:37.80	500m 6:15.71	550m 6:54.20	600m 7:31.87	650m 8:09.75	700m 8:47.70	750m 9:25.50	800m 10:03.51
	38.13	37.91	38.49	37.67	37.88	37.95	37.80	38.01
	850m 10:41.49	900m 11:19.34	950m 11:57.12	1000m 12:34.94	1050m 13:12.74	1100m 13:50.48	1150m 14:28.37	1200m 15:06.48
	37.98	37.85	37.78	37.82	37.80	37.74	37.89	38.11
	1250m 15:44.09	1300m 16:22.10	1350m 17:00.27	1400m 17:38.06	1450m 18:15.80	1500m 18:52.48		
	37.61	38.01	38.17	37.79	37.74	36.68		
3	**Benjamin Palmer**	**12**	**Newark**	**19:08.46**	**427**
	50m 33.41	100m 1:09.78	150m 1:47.83	200m 2:25.63	250m 3:03.37	300m 3:41.48	350m 4:20.22	400m 4:58.35
	33.41	36.37	38.05	37.80	37.74	38.11	38.74	38.13
	450m 5:37.10	500m 6:14.95	550m 6:53.66	600m 7:32.21	650m 8:10.63	700m 8:49.45	750m 9:28.17	800m 10:07.20
	38.75	37.85	38.71	38.55	38.42	38.82	38.72	39.03
	850m 11:23.85	900m 12:02.79	950m 12:41.96	1000m 13:20.99	1050m 14:00.56	1100m 14:39.11	1150m 15:18.50	1200m 15:57.11
	1:16.65	38.94	39.17	39.03	39.57	38.55	39.39	38.61
	1250m 16:36.38	1300m -	1350m 17:15.78	1400m 17:54.06	1450m 18:32.61	1500m 19:08.46		
	39.27	-	39.40	38.28	38.55	35.85		
4	**Kiran Watkins**	**12**	**Arnold**	**19:19.72**	**414**
	50m 34.12	100m 1:11.55	150m 1:49.80	200m 2:28.40	250m 3:06.99	300m 3:45.70	350m 4:24.74	400m 5:03.71
	34.12	37.43	38.25	38.60	38.59	38.71	39.04	38.97
	450m 5:42.63	500m 6:21.53	550m 7:00.75	600m 7:39.43	650m 8:18.56	700m 8:57.53	750m 9:36.41	800m 10:15.26
	38.92	38.90	39.22	38.68	39.13	38.97	38.88	38.85
	850m 10:53.85	900m 11:32.79	950m 12:11.90	1000m 12:51.07	1050m 13:30.16	1100m 14:08.88	1150m 14:48.15	1200m 15:27.10
	38.59	38.94	39.11	39.17	39.09	38.72	39.27	38.95
	1250m 16:06.37	1300m 16:45.35	1350m 17:24.65	1400m 18:03.40	1450m 18:42.26	1500m 19:19.72		
	39.27	38.98	39.30	38.75	38.86	37.46		
5	**Luke Greenwood**	**12**	**Calv Bing**	**19:24.72**	**409**
	50m 33.60	100m 1:11.51	150m 1:50.52	200m 2:28.69	250m 3:07.33	300m 3:46.31	350m 4:24.91	400m 5:03.73
	33.60	37.91	39.01	38.17	38.64	38.98	38.60	38.82
	450m 5:42.79	500m 6:22.38	550m 7:00.84	600m 7:38.08	650m 8:17.54	700m 8:57.79	750m 9:35.88	800m 10:15.66
	39.06	39.59	38.46	37.24	39.46	40.25	38.09	39.78
	850m 10:54.17	900m 11:33.39	950m 12:13.06	1000m 12:52.35	1050m 13:32.56	1100m 14:11.13	1150m 14:51.16	1200m 15:29.21
	38.51	39.22	39.67	39.29	40.21	38.57	40.03	38.05
	1250m 16:09.93	1300m 16:49.30	1350m 17:28.98	1400m 18:08.85	1450m 18:47.83	1500m 19:24.72		
	40.72	39.37	39.68	39.87	38.98	36.89		

BOYS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1	**Joe Stevenson**	**13**	**Calv Bing**	**16:50.17**	**627**
	50m 30.31	100m 1:03.06	150m 1:36.86	200m 2:10.80	250m 2:44.42	300m 3:18.35	350m 3:52.19	400m 4:25.83
	30.31	32.75	33.80	33.94	33.62	33.93	33.84	33.64
	450m 4:59.74	500m 5:33.02	550m 6:06.73	600m 6:40.85	650m 7:14.62	700m 7:47.89	750m 8:21.82	800m 8:55.38
	33.91	33.28	33.71	34.12	33.77	33.27	33.93	33.56
	850m 9:28.63	900m 10:02.49	950m 10:36.54	1000m 11:10.10	1050m 11:43.83	1100m 12:17.80	1150m 12:52.52	1200m 13:26.89
	33.25	33.86	34.05	33.56	33.73	33.97	34.72	34.37
	1250m 14:00.64	1300m 14:34.67	1350m 15:08.74	1400m 15:43.28	1450m 16:17.00	1500m 16:50.17		
	33.75	34.03	34.07	34.54	33.72	33.17		
2	**James Bull**	**13**	**Bramcote**	**17:03.80**	**602**
	50m 31.47	100m 1:05.12	150m 1:39.21	200m 2:13.45	250m 2:47.67	300m 3:21.89	350m 3:56.08	400m 4:30.36
	31.47	33.65	34.09	34.24	34.22	34.22	34.19	34.28
	450m 5:04.48	500m 5:38.57	550m 6:12.40	600m 6:46.60	650m 7:20.73	700m 7:54.85	750m 8:28.86	800m 9:03.09
	34.12	34.09	33.83	34.20	34.13	34.12	34.01	34.23
	850m 9:37.20	900m 10:11.47	950m 10:45.91	1000m 11:20.41	1050m 11:54.98	1100m 12:29.48	1150m 13:03.75	1200m 13:38.36
	34.11	34.27	34.44	34.50	34.57	34.50	34.27	34.61
	1250m 14:12.78	1300m 14:47.20	1350m 15:21.72	1400m 15:56.13	1450m 16:30.58	1500m 17:03.80		
	34.42	34.42	34.52	34.41	34.45	33.22		

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 2***

3....Thomas Roberts ..... 13 ..... Calv Bing 17:21.09 573

50m	30.67	100m	1:04.98	150m	1:39.64	200m	2:14.16	250m	2:47.80
	30.67		34.31		34.66		34.52		33.64
300m	3:22.32	350m	3:56.94	400m	4:31.45				
	34.52		34.62		34.51				
450m	5:05.92	500m	5:40.63	550m	6:15.58	600m	6:50.57	650m	7:25.73
	34.47		34.71		34.95		34.99		35.16
700m	8:00.77	750m	8:35.69	800m	9:10.71				
	35.04		34.92		35.02				
850m	9:45.50	900m	10:20.66	950m	10:55.11	1000m	11:30.31	1050m	12:06.00
	34.79		35.16		34.45		35.20		35.69
1100m	12:41.29	1150m	13:16.71	1200m	13:51.68				
	35.29		35.42		34.97				
1250m	14:27.01	1300m	15:02.16	1350m	15:37.65	1400m	16:12.61	1450m	16:47.78
	35.33		35.15		35.49		34.96		35.17
1500m	17:21.09								
	33.31								

4..... Harry Martin ..... 13 ..... Calv Bing 17:24.25 568

50m	31.83	100m	1:06.24	150m	1:41.34	200m	2:15.90	250m	2:50.76
	31.83		34.41		35.10		34.56		34.86
300m	3:26.10	350m	4:01.56	400m	4:37.12				
	35.34		35.46		35.56				
450m	5:12.52	500m	5:47.36	550m	6:22.51	600m	6:57.38	650m	7:32.79
	35.40		34.84		35.15		34.87		35.41
700m	8:08.17	750m	8:43.33	800m	9:18.91				
	35.38		35.16		35.58				
850m	9:53.99	900m	10:29.43	950m	11:04.39	1000m	11:39.22	1050m	12:14.16
	35.08		35.44		34.96		34.83		34.94
1100m	12:49.20	1150m	13:23.77	1200m	13:58.78				
	35.04		34.57		35.01				
1250m	14:33.49	1300m	15:08.46	1350m	15:43.53	1400m	16:18.29	1450m	16:53.15
	34.71		34.97		35.07		34.76		34.86
1500m	17:24.25								
	31.10								

5..... Thomas Platt ..... 13 ..... NottmLeander 17:47.41 531

50m	31.27	100m	1:05.71	150m	1:40.66	200m	2:15.83	250m	2:51.04
	31.27		34.44		34.95		35.17		35.21
300m	3:26.56	350m	4:02.18	400m	4:38.14				
	35.52		35.62		35.96				
450m	5:13.82	500m	5:49.41	550m	6:25.12	600m	7:01.29	650m	7:37.48
	35.68		35.59		35.71		36.17		36.19
700m	8:13.60	750m	8:49.58	800m	9:25.85				
	36.12		35.98		36.27				
850m	10:00.73	900m	10:36.59	950m	11:12.62	1000m	11:48.69	1050m	12:25.30
	34.88		35.86		36.03		36.07		36.61
1100m	13:01.50	1150m	13:38.18	1200m	14:14.13				
	36.20		36.68		35.95				
1250m	14:51.07	1300m	15:27.52	1350m	16:03.99	1400m	16:39.00	1450m	17:14.66
	36.94		36.45		36.47		35.01		35.66
1500m	17:47.41								
	32.75								

6....Thomas Roberts ..... 13 ..... Sherwood 18:22.12 483

50m	33.18	100m	1:09.30	150m	1:46.22	200m	2:22.64	250m	2:59.36
	33.18		36.12		36.92		36.42		36.72
300m	4:13.18	350m	4:50.08	400m	5:26.92				
	1:13.82		36.90		36.84				
450m	6:03.43	500m	6:39.90	550m	7:16.69	600m	7:53.54	650m	8:30.61
	36.51		36.47		36.79		36.85		37.07
700m	9:07.54	750m	9:44.15	800m	10:20.78				
	36.93		36.61		36.63				
850m	10:57.65	900m	11:34.67	950m	12:11.51	1000m	12:48.53	1050m	13:25.82
	36.87		37.02		36.84		37.02		37.29
1100m	14:03.15	1150m	14:40.31	1200m	15:17.90				
	37.33		37.16		37.59				
1250m	15:55.44	1300m	-	1350m	-	1400m	17:11.19	1450m	17:48.29
	37.54		-		-		1:15.75		37.10
1500m	18:22.12								
	33.83								

7.Christopher Baguley ..... 13 ..... Mansfield 18:32.81 469

50m	33.72	100m	1:10.62	150m	1:48.17	200m	2:25.13	250m	3:03.00
	33.72		36.90		37.55		36.96		37.87
300m	3:40.66	350m	4:17.59	400m	4:54.59				
	37.66		36.93		37.00				
450m	5:31.14	500m	6:07.90	550m	6:44.70	600m	7:21.88	650m	7:58.97
	36.55		36.76		36.80		37.18		37.09
700m	8:36.09	750m	9:12.98	800m	9:49.42				
	37.12		36.89		36.44				
850m	10:26.72	900m	11:04.09	950m	11:42.48	1000m	12:20.68	1050m	12:58.12
	37.30		37.37		38.39		38.20		37.44
1100m	13:35.71	1150m	14:14.58	1200m	14:52.47				
	37.59		38.87		37.89				
1250m	15:29.54	1300m	16:07.84	1350m	16:45.44	1400m	17:23.28	1450m	17:59.19
	37.07		38.30		37.60		37.84		35.91
1500m	18:32.81								
	33.62								

8..... Daniel Moore ..... 13 ..... NottmLeander 18:33.83 468

50m	32.74	100m	1:08.26	150m	1:45.06	200m	2:22.24	250m	2:59.49
	32.74		35.52		36.80		37.18		37.25
300m	3:36.71	350m	4:13.92	400m	4:51.58				
	37.22		37.21		37.66				
450m	5:28.85	500m	6:06.54	550m	6:44.19	600m	7:21.45	650m	7:59.23
	37.27		37.69		37.65		37.26		37.78
700m	8:36.39	750m	9:13.99	800m	9:51.17				
	37.16		37.60		37.18				
850m	10:28.52	900m	11:06.27	950m	11:43.77	1000m	12:21.52	1050m	12:59.00
	37.35		37.75		37.50		37.75		37.48
1100m	13:36.33	1150m	14:13.73	1200m	14:51.01				
	37.33		37.40		37.28				
1250m	15:28.58	1300m	16:05.93	1350m	16:43.28	1400m	17:20.63	1450m	17:57.89
	37.57		37.35		37.35		37.35		37.26
1500m	18:33.83								
	35.94								

9... Dominic Hudson ..... 13 ..... NottmLeander 20:00.49 374

50m	33.54	100m	1:11.55	150m	1:51.18	200m	2:30.15	250m	3:09.31
	33.54		38.01		39.63		38.97		39.16
300m	3:48.87	350m	4:28.27	400m	5:07.45				
	39.56		39.40		39.18				
450m	5:47.49	500m	6:26.70	550m	7:06.13	600m	7:45.75	650m	8:25.86
	40.04		39.21		39.43		39.62		40.11
700m	9:05.63	750m	9:46.01	800m	10:25.96				
	39.77		40.38		39.95				
850m	11:06.42	900m	11:47.46	950m	12:28.33	1000m	13:09.48	1050m	13:50.92
	40.46		41.04		40.87		41.15		41.44
1100m	14:32.54	1150m	15:13.58	1200m	15:54.36				
	41.62		41.04		40.78				
1250m	16:35.95	1300m	17:16.67	1350m	17:58.58	1400m	18:40.41	1450m	19:20.98
	41.59		40.72		41.91		41.83		40.57
1500m	20:00.49								
	39.51								

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 3***

10. Jack Smith 13. Calv Bing 21:09.77 316

50m 35.54	100m 1:15.81	150m 1:56.90	200m 2:38.05	250m 3:19.61	300m 4:02.11	350m 4:44.41	400m 5:26.64
35.54	40.27	41.09	41.15	41.56	42.50	42.30	42.23
450m 6:09.90	500m 6:52.27	550m 7:33.34	600m 8:16.33	650m 8:59.40	700m 9:42.18	750m 10:25.72	800m 11:09.81
43.26	42.37	41.07	42.99	43.07	42.78	43.54	44.09
850m 11:53.58	900m 12:37.74	950m 13:21.02	1000m 14:05.01	1050m 14:48.73	1100m 15:31.59	1150m 16:16.15	1200m 17:00.81
43.77	44.16	43.28	43.99	43.72	42.86	44.56	44.66
1250m 17:44.35	1300m 18:26.70	1350m 19:08.71	1400m 19:51.82	1450m 20:32.57	1500m 21:09.77		
43.54	42.35	42.01	43.11	40.75	37.20		

BOYS 14 Yrs Age Group - Full Results

Place Name AaD Club Time FINA Pt

1. Daniel Timms 14 Sherwood 16:53.04 622

50m 31.06	100m 1:05.15	150m 1:39.09	200m 2:12.77	250m 2:46.76	300m 3:20.86	350m 3:55.25	400m 4:29.49
31.06	34.09	33.94	33.68	33.99	34.10	34.39	34.24
450m 5:03.39	500m 5:37.37	550m 6:11.29	600m 6:44.88	650m 7:18.50	700m 7:52.44	750m 8:26.01	800m 8:59.33
33.90	33.98	33.92	33.59	33.62	33.94	33.57	33.32
850m 9:33.40	900m 10:07.36	950m 10:40.92	1000m 11:14.80	1050m 11:48.89	1100m 12:22.72	1150m 12:56.23	1200m 13:29.73
34.07	33.96	33.56	33.88	34.09	33.83	33.51	33.50
1250m 14:03.59	1300m 14:37.68	1350m 15:11.68	1400m 15:45.77	1450m 16:19.85	1500m 16:53.04		
33.86	34.09	34.00	34.09	34.08	33.19		

2. Matthew Renshaw 14 Worksop 17:12.85 587

50m 30.26	100m 1:03.45	150m 1:37.30	200m 2:11.22	250m 2:45.43	300m 3:19.93	350m 3:54.24	400m 4:28.85
30.26	33.19	33.85	33.92	34.21	34.50	34.31	34.61
450m 5:03.76	500m 5:38.72	550m 6:13.47	600m 6:47.84	650m 7:22.73	700m 7:57.19	750m 8:31.88	800m 9:06.62
34.91	34.96	34.75	34.37	34.89	34.46	34.69	34.74
850m 9:41.75	900m 10:16.52	950m 10:51.46	1000m 11:26.61	1050m 12:01.42	1100m 12:36.64	1150m 13:11.78	1200m 13:46.78
35.13	34.77	34.94	35.15	34.81	35.22	35.14	35.00
1250m 14:21.39	1300m 14:56.39	1350m 15:30.80	1400m 16:05.64	1450m 16:40.05	1500m 17:12.85		
34.61	35.00	34.41	34.84	34.41	32.80		

3. Alexander Hunter 14 Worksop 17:17.24 579

50m 31.03	100m 1:04.68	150m 1:39.07	200m 2:13.26	250m 2:47.49	300m 3:22.20	350m 3:56.31	400m 4:30.73
31.03	33.65	34.39	34.19	34.23	34.71	34.11	34.42
450m 5:05.29	500m 5:39.71	550m 6:14.21	600m 6:49.02	650m 7:23.14	700m 7:58.11	750m 8:32.78	800m 9:07.21
34.56	34.42	34.50	34.81	34.12	34.97	34.67	34.43
850m 9:41.94	900m 10:16.83	950m 10:51.98	1000m 11:27.24	1050m 12:01.96	1100m 12:37.45	1150m 13:12.55	1200m 13:47.76
34.73	34.89	35.15	35.26	34.72	35.49	35.10	35.21
1250m 14:23.07	1300m 14:58.53	1350m 15:33.91	1400m 16:09.25	1450m 16:44.33	1500m 17:17.24		
35.31	35.46	35.38	35.34	35.08	32.91		

4. Elliot Woodward 14 CarltonForum 17:21.45 572

50m 31.58	100m 1:05.37	150m 1:39.58	200m 2:13.99	250m 2:48.47	300m 3:22.96	350m 3:57.58	400m 4:32.55
31.58	33.79	34.21	34.41	34.48	34.49	34.62	34.97
450m 5:07.70	500m 5:42.83	550m 6:17.92	600m 6:52.90	650m 7:28.13	700m 8:03.35	750m 8:38.32	800m 9:13.08
35.15	35.13	35.09	34.98	35.23	35.22	34.97	34.76
850m 9:47.89	900m 10:22.92	950m 10:58.04	1000m 11:33.28	1050m 12:08.57	1100m 12:43.68	1150m 13:19.05	1200m 13:54.16
34.81	35.03	35.12	35.24	35.29	35.11	35.37	35.11
1250m 14:29.05	1300m 15:03.89	1350m 15:39.19	1400m 16:14.16	1450m 16:48.79	1500m 17:21.45		
34.89	34.84	35.30	34.97	34.63	32.66		

5. Ethan Tindall 14 Mansfield 17:23.49 569

50m 31.51	100m 1:05.67	150m 1:40.87	200m 2:15.91	250m 2:51.19	300m 3:26.37	350m 4:01.70	400m 4:36.99
31.51	34.16	35.20	35.04	35.28	35.18	35.33	35.29
450m 5:12.42	500m 5:47.82	550m 6:22.93	600m 6:58.08	650m 7:32.99	700m 8:08.18	750m 8:43.42	800m -
35.43	35.40	35.11	35.15	34.91	35.19	35.24	-
850m -	900m -	950m -	1000m -	1050m -	1100m -	1150m -	1200m -
-	-	-	-	-	-	-	-
1250m -	1300m 15:08.41	1350m 15:43.43	1400m 16:18.20	1450m 16:52.57	1500m 17:23.49		
-	6:24.99	35.02	34.77	34.37	30.92		

6. Connor Allison 14 Worksop 17:46.04 533

50m 31.25	100m 1:05.56	150m 1:40.26	200m 2:14.92	250m 2:49.77	300m 3:25.05	350m 4:00.22	400m 4:35.59
31.25	34.31	34.70	34.66	34.85	35.28	35.17	35.37
450m 5:10.93	500m 5:46.34	550m 6:22.09	600m 6:57.65	650m 7:32.96	700m 8:08.44	750m 8:44.20	800m 9:20.05
35.34	35.41	35.75	35.56	35.31	35.48	35.76	35.85
850m 9:55.86	900m 10:31.80	950m 11:08.08	1000m 11:43.77	1050m 12:19.69	1100m 12:55.46	1150m 13:31.57	1200m 14:07.49
35.81	35.94	36.28	35.69	35.92	35.77	36.11	35.92
1250m 14:43.66	1300m 15:20.01	1350m 15:56.43	1400m 16:32.94	1450m 17:09.27	1500m 17:46.04		
36.17	36.35	36.42	36.51	36.33	36.77		

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 4***

7.....Michael Shillito ..... 14..... Sherwood 18:03.45 508

50m	32.77	100m	1:07.67	150m	1:43.38	200m	2:19.18	250m	2:54.78	300m	3:30.58	350m	4:06.91	400m	4:43.41					
	32.77		34.90		35.71		35.80		35.60		35.80		36.33		36.50					
450m	5:19.85	500m	5:56.25	550m	6:32.76	600m	7:08.92	650m	7:45.40	700m	8:22.12	750m	8:58.51	800m	9:35.37					
	36.44		36.40		36.51		36.16		36.48		36.72		36.39		36.86					
850m	10:11.76	900m	10:48.25	950m	11:24.84	1000m	12:01.20	1050m	12:38.02	1100m	13:13.97	1150m	13:50.48	1200m	14:27.33					
	36.39		36.49		36.59		36.36		36.82		35.95		36.51		36.85					
1250m	15:04.12	1300m	15:40.68	1350m	16:16.95	1400m	16:53.03	1450m	17:28.84	1500m	18:03.45									
	36.79		36.56		36.27		36.08		35.81		34.61									

BOYS 15 Yrs Age Group - Full Results

Place.....Name..... AaD..... Club .... Time..... ..... FINA Pt

1... Matthew Dobson ..... 15..... Worksop 16:31.13 664

50m	29.25	100m	1:00.89	150m	1:33.12	200m	2:06.41	250m	2:39.33	300m	3:12.37	350m	3:45.22	400m	4:18.19					
	29.25		31.64		32.23		33.29		32.92		33.04		32.85		32.97					
450m	4:51.12	500m	5:24.40	550m	5:57.59	600m	6:30.98	650m	7:04.65	700m	7:38.20	750m	8:11.55	800m	8:45.36					
	32.93		33.28		33.19		33.39		33.67		33.55		33.35		33.81					
850m	9:18.94	900m	9:52.69	950m	10:25.70	1000m	10:58.01	1050m	11:31.70	1100m	12:05.32	1150m	12:38.80	1200m	13:11.91					
	33.58		33.75		33.01		32.31		33.69		33.62		33.48		33.11					
1250m	13:45.50	1300m	14:19.30	1350m	14:52.79	1400m	15:26.25	1450m	15:59.43	1500m	16:31.13									
	33.59		33.80		33.49		33.46		33.18		31.70									

2.Jorge Phenix-Coyne ..... 15..... Arnold 17:22.78 570

50m	28.29	100m	59.27	150m	1:31.44	200m	2:03.80	250m	2:36.69	300m	3:09.51	350m	3:42.33	400m	4:14.77					
	28.29		30.98		32.17		32.36		32.89		32.82		32.82		32.44					
450m	5:31.03	500m	6:07.98	550m	6:45.18	600m	7:21.21	650m	7:57.35	700m	8:33.47	750m	9:45.02	800m	10:20.53					
	1:16.26		36.95		37.20		36.03		36.14		36.12		1:11.55		35.51					
850m	10:56.49	900m	11:32.01	950m	-	1000m	-	1050m	12:07.82	1100m	12:43.45	1150m	13:19.58	1200m	13:54.89					
	35.96		35.52		.-		.-		35.81		35.63		36.13		35.31					
1250m	14:29.85	1300m	15:04.76	1350m	15:40.19	1400m	16:14.54	1450m	16:49.49	1500m	17:22.78									
	34.96		34.91		35.43		34.35		34.95		33.29									

3.....Mitchell Jordan ..... 15..... Arnold 17:50.78 526

50m	29.67	100m	1:03.10	150m	1:37.04	200m	2:11.45	250m	2:45.79	300m	3:19.97	350m	3:54.52	400m	4:29.47					
	29.67		33.43		33.94		34.41		34.34		34.18		34.55		34.95					
450m	5:04.50	500m	5:40.23	550m	6:15.90	600m	6:52.42	650m	7:29.05	700m	8:03.35	750m	8:39.79	800m	9:16.87					
	35.03		35.73		35.67		36.52		36.63		34.30		36.44		37.08					
850m	9:53.25	900m	10:30.15	950m	11:06.81	1000m	11:43.71	1050m	12:20.41	1100m	12:57.40	1150m	13:34.54	1200m	14:11.82					
	36.38		36.90		36.66		36.90		36.70		36.99		37.14		37.28					
1250m	14:48.61	1300m	15:25.36	1350m	16:01.89	1400m	16:38.16	1450m	17:14.71	1500m	17:50.78									
	36.79		36.75		36.53		36.27		36.55		36.07									
Oliver Hynd		15		Sutton				DNC												

BOYS Open Age Group - Full Results

Place.....Name..... AaD..... Club .... Time..... ..... FINA Pt

1..... Daniel Mills ..... 19..... Mansfield 15:42.33 772

50m	29.02	100m	1:00.25	150m	1:31.41	200m	2:02.30	250m	2:33.56	300m	3:05.03	350m	3:36.02	400m	4:07.48					
	29.02		31.23		31.16		30.89		31.26		31.47		30.99		31.46					
450m	4:38.64	500m	5:09.78	550m	5:41.13	600m	6:12.60	650m	6:44.19	700m	7:15.78	750m	7:47.13	800m	8:18.80					
	31.16		31.14		31.35		31.47		31.59		31.59		31.35		31.67					
850m	8:50.10	900m	9:21.95	950m	9:53.42	1000m	10:25.11	1050m	10:56.87	1100m	11:28.98	1150m	12:01.17	1200m	12:32.97					
	31.30		31.85		31.47		31.69		31.76		32.11		32.19		31.80					
1250m	13:04.95	1300m	13:37.04	1350m	14:08.47	1400m	14:40.38	1450m	15:11.99	1500m	15:42.33									
	31.98		32.09		31.43		31.91		31.61		30.34									

2... Matthew Dobson ..... 15..... Worksop 16:31.13 664

50m	29.25	100m	1:00.89	150m	1:33.12	200m	2:06.41	250m	2:39.33	300m	3:12.37	350m	3:45.22	400m	4:18.19					
	29.25		31.64		32.23		33.29		32.92		33.04		32.85		32.97					
450m	4:51.12	500m	5:24.40	550m	5:57.59	600m	6:30.98	650m	7:04.65	700m	7:38.20	750m	8:11.55	800m	8:45.36					
	32.93		33.28		33.19		33.39		33.67		33.55		33.35		33.81					
850m	9:18.94	900m	9:52.69	950m	10:25.70	1000m	10:58.01	1050m	11:31.70	1100m	12:05.32	1150m	12:38.80	1200m	13:11.91					
	33.58		33.75		33.01		32.31		33.69		33.62		33.48		33.11					
1250m	13:45.50	1300m	14:19.30	1350m	14:52.79	1400m	15:26.25	1450m	15:59.43	1500m	16:31.13									
	33.59		33.80		33.49		33.46		33.18		31.70									

3.....Joe Stevenson ..... 13..... Calv Bing 16:50.17 627

50m	30.31	100m	1:03.06	150m	1:36.86	200m	2:10.80	250m	2:44.42	300m	3:18.35	350m	3:52.19	400m	4:25.83					
	30.31		32.75		33.80		33.94		33.62		33.93		33.84		33.64					
450m	4:59.74	500m	5:33.02	550m	6:06.73	600m	6:40.85	650m	7:14.62	700m	7:47.89	750m	8:21.82	800m	8:55.38					
	33.91		33.28		33.71		34.12		33.77		33.27		33.93		33.56					
850m	9:28.63	900m	10:02.49	950m	10:36.54	1000m	11:10.10	1050m	11:43.83	1100m	12:17.80	1150m	12:52.52	1200m	13:26.89					
	33.25		33.86		34.05		33.56		33.73		33.97		34.72		34.37					
1250m	14:00.64	1300m	14:34.67	1350m	15:08.74	1400m	15:43.28	1450m	16:17.00	1500m	16:50.17									
	33.75		34.03		34.07		34.54		33.72		33.17									

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 5***

4.....Daniel Timms..... 14..... Sherwood ....16:53.04..... 622

50m	31.06	100m	1:05.15	150m	1:39.09	200m	2:12.77	250m	2:46.76	300m	3:20.86	350m	3:55.25	400m	4:29.49
	31.06		34.09		33.94		33.68		33.99		34.10		34.39		34.24
450m	5:03.39	500m	5:37.37	550m	6:11.29	600m	6:44.88	650m	7:18.50	700m	7:52.44	750m	8:26.01	800m	8:59.33
	33.90		33.98		33.92		33.59		33.62		33.94		33.57		33.32
850m	9:33.40	900m	10:07.36	950m	10:40.92	1000m	11:14.80	1050m	11:48.89	1100m	12:22.72	1150m	12:56.23	1200m	13:29.73
	34.07		33.96		33.56		33.88		34.09		33.83		33.51		33.50
1250m	14:03.59	1300m	14:37.68	1350m	15:11.68	1400m	15:45.77	1450m	16:19.85	1500m	16:53.04				
	33.86		34.09		34.00		34.09		34.08		33.19				

5..... James Bull..... 13..... Bramcote ....17:03.80..... 602

50m	31.47	100m	1:05.12	150m	1:39.21	200m	2:13.45	250m	2:47.67	300m	3:21.89	350m	3:56.08	400m	4:30.36
	31.47		33.65		34.09		34.24		34.22		34.22		34.19		34.28
450m	5:04.48	500m	5:38.57	550m	6:12.40	600m	6:46.60	650m	7:20.73	700m	7:54.85	750m	8:28.86	800m	9:03.09
	34.12		34.09		33.83		34.20		34.13		34.12		34.01		34.23
850m	9:37.20	900m	10:11.47	950m	10:45.91	1000m	11:20.41	1050m	11:54.98	1100m	12:29.48	1150m	13:03.75	1200m	13:38.36
	34.11		34.27		34.44		34.50		34.57		34.50		34.27		34.61
1250m	14:12.78	1300m	14:47.20	1350m	15:21.72	1400m	15:56.13	1450m	16:30.58	1500m	17:03.80				
	34.42		34.42		34.52		34.41		34.45		33.22				

6. Matthew Renshaw..... 14..... Worksop ....17:12.85..... 587

50m	30.26	100m	1:03.45	150m	1:37.30	200m	2:11.22	250m	2:45.43	300m	3:19.93	350m	3:54.24	400m	4:28.85
	30.26		33.19		33.85		33.92		34.21		34.50		34.31		34.61
450m	5:03.76	500m	5:38.72	550m	6:13.47	600m	6:47.84	650m	7:22.73	700m	7:57.19	750m	8:31.88	800m	9:06.62
	34.91		34.96		34.75		34.37		34.89		34.46		34.69		34.74
850m	9:41.75	900m	10:16.52	950m	10:51.46	1000m	11:26.61	1050m	12:01.42	1100m	12:36.64	1150m	13:11.78	1200m	13:46.78
	35.13		34.77		34.94		35.15		34.81		35.22		35.14		35.00
1250m	14:21.39	1300m	14:56.39	1350m	15:30.80	1400m	16:05.64	1450m	16:40.05	1500m	17:12.85				
	34.61		35.00		34.41		34.84		34.41		32.80				

7.. Alexander Hunter..... 14..... Worksop ....17:17.24..... 579

50m	31.03	100m	1:04.68	150m	1:39.07	200m	2:13.26	250m	2:47.49	300m	3:22.20	350m	3:56.31	400m	4:30.73
	31.03		33.65		34.39		34.19		34.23		34.71		34.11		34.42
450m	5:05.29	500m	5:39.71	550m	6:14.21	600m	6:49.02	650m	7:23.14	700m	7:58.11	750m	8:32.78	800m	9:07.21
	34.56		34.42		34.50		34.81		34.12		34.97		34.67		34.43
850m	9:41.94	900m	10:16.83	950m	10:51.98	1000m	11:27.24	1050m	12:01.96	1100m	12:37.45	1150m	13:12.55	1200m	13:47.76
	34.73		34.89		35.15		35.26		34.72		35.49		35.10		35.21
1250m	14:23.07	1300m	14:58.53	1350m	15:33.91	1400m	16:09.25	1450m	16:44.33	1500m	17:17.24				
	35.31		35.46		35.38		35.34		35.08		32.91				

8....Thomas Roberts..... 13..... Calv Bing ....17:21.09..... 573

50m	30.67	100m	1:04.98	150m	1:39.64	200m	2:14.16	250m	2:47.80	300m	3:22.32	350m	3:56.94	400m	4:31.45
	30.67		34.31		34.66		34.52		33.64		34.52		34.62		34.51
450m	5:05.92	500m	5:40.63	550m	6:15.58	600m	6:50.57	650m	7:25.73	700m	8:00.77	750m	8:35.69	800m	9:10.71
	34.47		34.71		34.95		34.99		35.16		35.04		34.92		35.02
850m	9:45.50	900m	10:20.66	950m	10:55.11	1000m	11:30.31	1050m	12:06.00	1100m	12:41.29	1150m	13:16.71	1200m	13:51.68
	34.79		35.16		34.45		35.20		35.69		35.29		35.42		34.97
1250m	14:27.01	1300m	15:02.16	1350m	15:37.65	1400m	16:12.61	1450m	16:47.78	1500m	17:21.09				
	35.33		35.15		35.49		34.96		35.17		33.31				

9....Elliot Woodward..... 14..... CarltonForum ....17:21.45..... 572

50m	31.58	100m	1:05.37	150m	1:39.58	200m	2:13.99	250m	2:48.47	300m	3:22.96	350m	3:57.58	400m	4:32.55
	31.58		33.79		34.21		34.41		34.48		34.49		34.62		34.97
450m	5:07.70	500m	5:42.83	550m	6:17.92	600m	6:52.90	650m	7:28.13	700m	8:03.35	750m	8:38.32	800m	9:13.08
	35.15		35.13		35.09		34.98		35.23		35.22		34.97		34.76
850m	9:47.89	900m	10:22.92	950m	10:58.04	1000m	11:33.28	1050m	12:08.57	1100m	12:43.68	1150m	13:19.05	1200m	13:54.16
	34.81		35.03		35.12		35.24		35.29		35.11		35.37		35.11
1250m	14:29.05	1300m	15:03.89	1350m	15:39.19	1400m	16:14.16	1450m	16:48.79	1500m	17:21.45				
	34.89		34.84		35.30		34.97		34.63		32.66				

10.Jorge Phenix-Coyne..... 15..... Arnold ....17:22.78..... 570

50m	28.29	100m	59.27	150m	1:31.44	200m	2:03.80	250m	2:36.69	300m	3:09.51	350m	3:42.33	400m	4:14.77
	28.29		30.98		32.17		32.36		32.89		32.82		32.82		32.44
450m	5:31.03	500m	6:07.98	550m	6:45.18	600m	7:21.21	650m	7:57.35	700m	8:33.47	750m	9:45.02	800m	10:20.53
	1:16.26		36.95		37.20		36.03		36.14		36.12		1:11.55		35.51
850m	10:56.49	900m	11:32.01	950m	-	1000m	-	1050m	12:07.82	1100m	12:43.45	1150m	13:19.58	1200m	13:54.89
	35.96		35.52		.-		.-		35.81		35.63		36.13		35.31
1250m	14:29.85	1300m	15:04.76	1350m	15:40.19	1400m	16:14.54	1450m	16:49.49	1500m	17:22.78				
	34.96		34.91		35.43		34.35		34.95		33.29				

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 6***

11..... Ethan Tindall ..... 14..... Mansfield 17:23.49 569

50m	31.51	100m	1:05.67	150m	1:40.87	200m	2:15.91	250m	2:51.19	300m	3:26.37	350m	4:01.70	400m	4:36.99					
	31.51		34.16		35.20		35.04		35.28		35.18		35.33		35.29					
450m	5:12.42	500m	5:47.82	550m	6:22.93	600m	6:58.08	650m	7:32.99	700m	8:08.18	750m	8:43.42	800m	-					
	35.43		35.40		35.11		35.15		34.91		35.19		35.24		-					
850m	-	900m	-	950m	-	1000m	-	1050m	-	1100m	-	1150m	-	1200m	-					
	-		-		-		-		-		-		-		-					
1250m	-	1300m	15:08.41	1350m	15:43.43	1400m	16:18.20	1450m	16:52.57	1500m	17:23.49									
	-		6:24.99		35.02		34.77		34.37		30.92									

12..... Harry Martin ..... 13..... Calv Bing 17:24.25 568

50m	31.83	100m	1:06.24	150m	1:41.34	200m	2:15.90	250m	2:50.76	300m	3:26.10	350m	4:01.56	400m	4:37.12					
	31.83		34.41		35.10		34.56		34.86		35.34		35.46		35.56					
450m	5:12.52	500m	5:47.36	550m	6:22.51	600m	6:57.38	650m	7:32.79	700m	8:08.17	750m	8:43.33	800m	9:18.91					
	35.40		34.84		35.15		34.87		35.41		35.38		35.16		35.58					
850m	9:53.99	900m	10:29.43	950m	11:04.39	1000m	11:39.22	1050m	12:14.16	1100m	12:49.20	1150m	13:23.77	1200m	13:58.78					
	35.08		35.44		34.96		34.83		34.94		35.04		34.57		35.01					
1250m	14:33.49	1300m	15:08.46	1350m	15:43.53	1400m	16:18.29	1450m	16:53.15	1500m	17:24.25									
	34.71		34.97		35.07		34.76		34.86		31.10									

13.... Connor Allison ..... 14..... Worksop 17:46.04 533

50m	31.25	100m	1:05.56	150m	1:40.26	200m	2:14.92	250m	2:49.77	300m	3:25.05	350m	4:00.22	400m	4:35.59					
	31.25		34.31		34.70		34.66		34.85		35.28		35.17		35.37					
450m	5:10.93	500m	5:46.34	550m	6:22.09	600m	6:57.65	650m	7:32.96	700m	8:08.44	750m	8:44.20	800m	9:20.05					
	35.34		35.41		35.75		35.56		35.31		35.48		35.76		35.85					
850m	9:55.86	900m	10:31.80	950m	11:08.08	1000m	11:43.77	1050m	12:19.69	1100m	12:55.46	1150m	13:31.57	1200m	14:07.49					
	35.81		35.94		36.28		35.69		35.92		35.77		36.11		35.92					
1250m	14:43.66	1300m	15:20.01	1350m	15:56.43	1400m	16:32.94	1450m	17:09.27	1500m	17:46.04									
	36.17		36.35		36.42		36.51		36.33		36.77									

14..... Thomas Platt ..... 13..... NottmLeander 17:47.41 531

50m	31.27	100m	1:05.71	150m	1:40.66	200m	2:15.83	250m	2:51.04	300m	3:26.56	350m	4:02.18	400m	4:38.14					
	31.27		34.44		34.95		35.17		35.21		35.52		35.62		35.96					
450m	5:13.82	500m	5:49.41	550m	6:25.12	600m	7:01.29	650m	7:37.48	700m	8:13.60	750m	8:49.58	800m	9:25.85					
	35.68		35.59		35.71		36.17		36.19		36.12		35.98		36.27					
850m	10:00.73	900m	10:36.59	950m	11:12.62	1000m	11:48.69	1050m	12:25.30	1100m	13:01.50	1150m	13:38.18	1200m	14:14.13					
	34.88		35.86		36.03		36.07		36.61		36.20		36.68		35.95					
1250m	14:51.07	1300m	15:27.52	1350m	16:03.99	1400m	16:39.00	1450m	17:14.66	1500m	17:47.41									
	36.94		36.45		36.47		35.01		35.66		32.75									

15.... Mitchell Jordan ..... 15..... Arnold 17:50.78 526

50m	29.67	100m	1:03.10	150m	1:37.04	200m	2:11.45	250m	2:45.79	300m	3:19.97	350m	3:54.52	400m	4:29.47					
	29.67		33.43		33.94		34.41		34.34		34.18		34.55		34.95					
450m	5:04.50	500m	5:40.23	550m	6:15.90	600m	6:52.42	650m	7:29.05	700m	8:03.35	750m	8:39.79	800m	9:16.87					
	35.03		35.73		35.67		36.52		36.63		34.30		36.44		37.08					
850m	9:53.25	900m	10:30.15	950m	11:06.81	1000m	11:43.71	1050m	12:20.41	1100m	12:57.40	1150m	13:34.54	1200m	14:11.82					
	36.38		36.90		36.66		36.90		36.70		36.99		37.14		37.28					
1250m	14:48.61	1300m	15:25.36	1350m	16:01.89	1400m	16:38.16	1450m	17:14.71	1500m	17:50.78									
	36.79		36.75		36.53		36.27		36.55		36.07									

16.... Michael Shillito ..... 14..... Sherwood 18:03.45 508

50m	32.77	100m	1:07.67	150m	1:43.38	200m	2:19.18	250m	2:54.78	300m	3:30.58	350m	4:06.91	400m	4:43.41					
	32.77		34.90		35.71		35.80		35.60		35.80		36.33		36.50					
450m	5:19.85	500m	5:56.25	550m	6:32.76	600m	7:08.92	650m	7:45.40	700m	8:22.12	750m	8:58.51	800m	9:35.37					
	36.44		36.40		36.51		36.16		36.48		36.72		36.39		36.86					
850m	10:11.76	900m	10:48.25	950m	11:24.84	1000m	12:01.20	1050m	12:38.02	1100m	13:13.97	1150m	13:50.48	1200m	14:27.33					
	36.39		36.49		36.59		36.36		36.82		35.95		36.51		36.85					
1250m	15:04.12	1300m	15:40.68	1350m	16:16.95	1400m	16:53.03	1450m	17:28.84	1500m	18:03.45									
	36.79		36.56		36.27		36.08		35.81		34.61									

17.. Thomas Roberts ..... 13..... Sherwood 18:22.12 483

50m	33.18	100m	1:09.30	150m	1:46.22	200m	2:22.64	250m	2:59.36	300m	4:13.18	350m	4:50.08	400m	5:26.92					
	33.18		36.12		36.92		36.42		36.72		1:13.82		36.90		36.84					
450m	6:03.43	500m	6:39.90	550m	7:16.69	600m	7:53.54	650m	8:30.61	700m	9:07.54	750m	9:44.15	800m	10:20.78					
	36.51		36.47		36.79		36.85		37.07		36.93		36.61		36.63					
850m	10:57.65	900m	11:34.67	950m	12:11.51	1000m	12:48.53	1050m	13:25.82	1100m	14:03.15	1150m	14:40.31	1200m	15:17.90					
	36.87		37.02		36.84		37.02		37.29		37.33		37.16		37.59					
1250m	15:55.44	1300m	-	1350m	-	1400m	17:11.19	1450m	17:48.29	1500m	18:22.12									
	37.54		-		-		1:15.75		37.10		33.83									

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool **_Session 10 Sheet 7_**

18. Calum Murray 12 **Calv Bing** **18:29.36** **473**

50m	31.85		100m	1:07.86		150m	1:44.49		200m	2:21.38		250m	2:57.86		300m	3:35.38		350m	4:11.23		400m	4:48.35
	31.85			36.01			36.63			36.89			36.48			37.52			35.85			37.12
450m	5:25.51		500m	6:02.40		550m	6:37.99		600m	7:14.94		650m	7:52.02		700m	8:29.10		750m	9:06.12		800m	9:43.24
	37.16			36.89			35.59			36.95			37.08			37.08			37.02			37.12
850m	10:20.72		900m	10:57.81		950m	11:35.37		1000m	12:12.78		1050m	12:00.63		1100m	13:28.88		1150m	14:06.85		1200m	14:45.93
	37.48			37.09			37.56			37.41			47.85			1:28.25			37.97			39.08
1250m	15:24.20		1300m	16:02.94		1350m	16:40.63		1400m	17:18.10		1450m	17:54.56		1500m	18:29.36						
	38.27			38.74			37.69			37.47			36.46			34.80						

19. Christopher Baguley 13 **Mansfield** **18:32.81** **469**

50m	33.72		100m	1:10.62		150m	1:48.17		200m	2:25.13		250m	3:03.00		300m	3:40.66		350m	4:17.59		400m	4:54.59
	33.72			36.90			37.55			36.96			37.87			37.66			36.93			37.00
450m	5:31.14		500m	6:07.90		550m	6:44.70		600m	7:21.88		650m	7:58.97		700m	8:36.09		750m	9:12.98		800m	9:49.42
	36.55			36.76			36.80			37.18			37.09			37.12			36.89			36.44
850m	10:26.72		900m	11:04.09		950m	11:42.48		1000m	12:20.68		1050m	12:58.12		1100m	13:35.71		1150m	14:14.58		1200m	14:52.47
	37.30			37.37			38.39			38.20			37.44			37.59			38.87			37.89
1250m	15:29.54		1300m	16:07.84		1350m	16:45.44		1400m	17:23.28		1450m	17:59.19		1500m	18:32.81						
	37.07			38.30			37.60			37.84			35.91			33.62						

20. Daniel Moore 13 **NottmLeander** **18:33.83** **468**

50m	32.74		100m	1:08.26		150m	1:45.06		200m	2:22.24		250m	2:59.49		300m	3:36.71		350m	4:13.92		400m	4:51.58
	32.74			35.52			36.80			37.18			37.25			37.22			37.21			37.66
450m	5:28.85		500m	6:06.54		550m	6:44.19		600m	7:21.45		650m	7:59.23		700m	8:36.39		750m	9:13.99		800m	9:51.17
	37.27			37.69			37.65			37.26			37.78			37.16			37.60			37.18
850m	10:28.52		900m	11:06.27		950m	11:43.77		1000m	12:21.52		1050m	12:59.00		1100m	13:36.33		1150m	14:13.73		1200m	14:51.01
	37.35			37.75			37.50			37.75			37.48			37.33			37.40			37.28
1250m	15:28.58		1300m	16:05.93		1350m	16:43.28		1400m	17:20.63		1450m	17:57.89		1500m	18:33.83						
	37.57			37.35			37.35			37.35			37.26			35.94						

21. Kieran-Lee Simcox 12 **Worksop** **18:52.48** **445**

50m	33.34		100m	1:11.21		150m	1:49.60		200m	2:27.60		250m	3:05.66		300m	3:43.54		350m	4:21.77		400m	4:59.67
	33.34			37.87			38.39			38.00			38.06			37.88			38.23			37.90
450m	5:37.80		500m	6:15.71		550m	6:54.20		600m	7:31.87		650m	8:09.75		700m	8:47.70		750m	9:25.50		800m	10:03.51
	38.13			37.91			38.49			37.67			37.88			37.95			37.80			38.01
850m	10:41.49		900m	11:19.34		950m	11:57.12		1000m	12:34.94		1050m	13:12.74		1100m	13:50.48		1150m	14:28.37		1200m	15:06.48
	37.98			37.85			37.78			37.82			37.80			37.74			37.89			38.11
1250m	15:44.09		1300m	16:22.10		1350m	17:00.27		1400m	17:38.06		1450m	18:15.80		1500m	18:52.48						
	37.61			38.01			38.17			37.79			37.74			36.68						

22. Benjamin Palmer 12 **Newark** **19:08.46** **427**

50m	33.41		100m	1:09.78		150m	1:47.83		200m	2:25.63		250m	3:03.37		300m	3:41.48		350m	4:20.22		400m	4:58.35
	33.41			36.37			38.05			37.80			37.74			38.11			38.74			38.13
450m	5:37.10		500m	6:14.95		550m	6:53.66		600m	7:32.21		650m	8:10.63		700m	8:49.45		750m	9:28.17		800m	10:07.20
	38.75			37.85			38.71			38.55			38.42			38.82			38.72			39.03
850m	11:23.85		900m	12:02.79		950m	12:41.96		1000m	13:20.99		1050m	14:00.56		1100m	14:39.11		1150m	15:18.50		1200m	15:57.11
	1:16.65			38.94			39.17			39.03			39.57			38.55			39.39			38.61
1250m	16:36.38		1300m	-		1350m	17:15.78		1400m	17:54.06		1450m	18:32.61		1500m	19:08.46						
	39.27			-			39.40			38.28			38.55			35.85						

23. Kiran Watkins 12 **Arnold** **19:19.72** **414**

50m	34.12		100m	1:11.55		150m	1:49.80		200m	2:28.40		250m	3:06.99		300m	3:45.70		350m	4:24.74		400m	5:03.71
	34.12			37.43			38.25			38.60			38.59			38.71			39.04			38.97
450m	5:42.63		500m	6:21.53		550m	7:00.75		600m	7:39.43		650m	8:18.56		700m	8:57.53		750m	9:36.41		800m	10:15.26
	38.92			38.90			39.22			38.68			39.13			38.97			38.88			38.85
850m	10:53.85		900m	11:32.79		950m	12:11.90		1000m	12:51.07		1050m	13:30.16		1100m	14:08.88		1150m	14:48.15		1200m	15:27.10
	38.59			38.94			39.11			39.17			39.09			38.72			39.27			38.95
1250m	16:06.37		1300m	16:45.35		1350m	17:24.65		1400m	18:03.40		1450m	18:42.26		1500m	19:19.72						
	39.27			38.98			39.30			38.75			38.86			37.46						

24. Luke Greenwood 12 **Calv Bing** **19:24.72** **409**

50m	33.60		100m	1:11.51		150m	1:50.52		200m	2:28.69		250m	3:07.33		300m	3:46.31		350m	4:24.91		400m	5:03.73
	33.60			37.91			39.01			38.17			38.64			38.98			38.60			38.82
450m	5:42.79		500m	6:22.38		550m	7:00.84		600m	7:38.08		650m	8:17.54		700m	8:57.79		750m	9:35.88		800m	10:15.66
	39.06			39.59			38.46			37.24			39.46			40.25			38.09			39.78
850m	10:54.17		900m	11:33.39		950m	12:13.06		1000m	12:52.35		1050m	13:32.56		1100m	14:11.13		1150m	14:51.16		1200m	15:29.21
	38.51			39.22			39.67			39.29			40.21			38.57			40.03			38.05
1250m	16:09.93		1300m	16:49.30		1350m	17:28.98		1400m	18:08.85		1450m	18:47.83		1500m	19:24.72						
	40.72			39.37			39.68			39.87			38.98			36.89						

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 8***

25. Dominic Hudson ..... 13 ..... NottmLeander 20:00.49 374

50m	33.54	100m	1:11.55	150m	1:51.18	200m	2:30.15	250m	3:09.31	300m	3:48.87	350m	4:28.27	400m	5:07.45
	33.54		38.01		39.63		38.97		39.16		39.56		39.40		39.18
450m	5:47.49	500m	6:26.70	550m	7:06.13	600m	7:45.75	650m	8:25.86	700m	9:05.63	750m	9:46.01	800m	10:25.96
	40.04		39.21		39.43		39.62		40.11		39.77		40.38		39.95
850m	11:06.42	900m	11:47.46	950m	12:28.33	1000m	13:09.48	1050m	13:50.92	1100m	14:32.54	1150m	15:13.58	1200m	15:54.36
	40.46		41.04		40.87		41.15		41.44		41.62		41.04		40.78
1250m	16:35.95	1300m	17:16.67	1350m	17:58.58	1400m	18:40.41	1450m	19:20.98	1500m	20:00.49				
	41.59		40.72		41.91		41.83		40.57		39.51				

26. ..... Jack Smith ..... 13 ..... Calv Bing 21:09.77 316

50m	35.54	100m	1:15.81	150m	1:56.90	200m	2:38.05	250m	3:19.61	300m	4:02.11	350m	4:44.41	400m	5:26.64
	35.54		40.27		41.09		41.15		41.56		42.50		42.30		42.23
450m	6:09.90	500m	6:52.27	550m	7:33.34	600m	8:16.33	650m	8:59.40	700m	9:42.18	750m	10:25.72	800m	11:09.81
	43.26		42.37		41.07		42.99		43.07		42.78		43.54		44.09
850m	11:53.58	900m	12:37.74	950m	13:21.02	1000m	14:05.01	1050m	14:48.73	1100m	15:31.59	1150m	16:16.15	1200m	17:00.81
	43.77		44.16		43.28		43.99		43.72		42.86		44.56		44.66
1250m	17:44.35	1300m	18:26.70	1350m	19:08.71	1400m	19:51.82	1450m	20:32.57	1500m	21:09.77				
	43.54		42.35		42.01		43.11		40.75		37.20				

GIRLS 11 Yrs Age Group - Full Results

Place ..... Name ..... AaD ..... Club ..... Time ..... FINA Pt

1 ..... Rosie Rudin ..... 11 ..... Calv Bing 18:14.31 646

50m	33.05	100m	1:09.00	150m	1:45.62	200m	2:22.31	250m	2:59.24	300m	3:35.82	350m	4:12.16	400m	4:49.23
	33.05		35.95		36.62		36.69		36.93		36.58		36.34		37.07
450m	5:25.59	500m	6:01.95	550m	6:38.45	600m	7:15.57	650m	7:52.36	700m	8:28.99	750m	9:05.79	800m	9:42.65
	36.36		36.36		36.50		37.12		36.79		36.63		36.80		36.86
850m	10:19.11	900m	10:55.55	950m	11:32.32	1000m	12:09.15	1050m	12:46.44	1100m	13:23.66	1150m	14:00.48	1200m	14:36.97
	36.46		36.44		36.77		36.83		37.29		37.22		36.82		36.49
1250m	15:13.28	1300m	15:50.07	1350m	16:26.55	1400m	17:03.25	1450m	17:39.90	1500m	18:14.31				
	36.31		36.79		36.48		36.70		36.65		34.41				

2 ..... Mollie Wright ..... 11 ..... Kimberley 18:37.71 607

50m	33.86	100m	1:10.55	150m	1:47.94	200m	2:25.12	250m	3:02.74	300m	3:40.35	350m	4:17.69	400m	4:54.99
	33.86		36.69		37.39		37.18		37.62		37.61		37.34		37.30
450m	5:32.01	500m	6:09.20	550m	6:46.69	600m	7:24.15	650m	8:01.39	700m	8:39.17	750m	9:16.82	800m	9:54.28
	37.02		37.19		37.49		37.46		37.24		37.78		37.65		37.46
850m	10:31.60	900m	11:09.07	950m	11:46.55	1000m	12:24.17	1050m	13:01.78	1100m	13:39.51	1150m	14:17.09	1200m	14:54.60
	37.32		37.47		37.48		37.62		37.61		37.73		37.58		37.51
1250m	15:31.98	1300m	16:09.60	1350m	16:47.17	1400m	17:24.81	1450m	18:01.92	1500m	18:37.71				
	37.38		37.62		37.57		37.64		37.11		35.79				

3 ..... Eden Michell ..... 11 ..... CarltonForum 20:29.46 456

50m	36.34	100m	1:15.62	150m	1:56.29	200m	2:36.71	250m	3:17.58	300m	3:58.36	350m	4:38.84	400m	5:19.93
	36.34		39.28		40.67		40.42		40.87		40.78		40.48		41.09
450m	6:01.13	500m	6:42.20	550m	7:23.51	600m	8:04.08	650m	8:44.87	700m	9:25.81	750m	10:06.60	800m	10:48.40
	41.20		41.07		41.31		40.57		40.79		40.94		40.79		41.80
850m	11:29.85	900m	12:11.37	950m	12:52.09	1000m	13:33.92	1050m	14:15.73	1100m	14:57.48	1150m	15:39.45	1200m	16:21.38
	41.45		41.52		40.72		41.83		41.81		41.75		41.97		41.93
1250m	17:03.32	1300m	17:45.35	1350m	18:27.29	1400m	19:08.66	1450m	19:50.71	1500m	20:29.46				
	41.94		42.03		41.94		41.37		42.05		38.75				

4 ..... Lucy Rixham ..... 11 ..... Worksop 21:34.27 391

50m	37.79	100m	1:18.69	150m	2:00.24	200m	2:43.28	250m	3:26.20	300m	4:08.63	350m	4:51.58	400m	5:35.48
	37.79		40.90		41.55		43.04		42.92		42.43		42.95		43.90
450m	6:18.49	500m	7:01.79	550m	7:46.06	600m	8:29.35	650m	9:14.16	700m	9:58.71	750m	10:42.68	800m	11:26.48
	43.01		43.30		44.27		43.29		44.81		44.55		43.97		43.80
850m	12:09.86	900m	12:53.87	950m	13:38.73	1000m	14:22.93	1050m	15:06.59	1100m	15:52.50	1150m	16:35.81	1200m	17:20.08
	43.38		44.01		44.86		44.20		43.66		45.91		43.31		44.27
1250m	18:03.35	1300m	18:46.96	1350m	19:30.59	1400m	20:13.27	1450m	20:55.69	1500m	21:34.27				
	43.27		43.61		43.63		42.68		42.42		38.58				

5 .... Kelsie Campbell ..... 11 ..... NottmLeander 21:54.45 373

50m	35.82	100m	1:14.07	150m	1:53.01	200m	2:31.73	250m	3:10.15	300m	3:49.23	350m	4:28.97	400m	5:08.91
	35.82		38.25		38.94		38.72		38.42		39.08		39.74		39.94
450m	5:50.88	500m	6:31.76	550m	7:14.46	600m	7:56.55	650m	8:45.45	700m	9:26.67	750m	10:04.18	800m	10:46.14
	41.97		40.88		42.70		42.09		48.90		41.22		37.51		41.96
850m	11:30.61	900m	12:17.13	950m	13:07.95	1000m	13:58.04	1050m	14:46.95	1100m	15:36.58	1150m	16:24.21	1200m	17:08.94
	44.47		46.52		50.82		50.09		48.91		49.63		47.63		44.73
1250m	17:55.79	1300m	18:41.71	1350m	19:29.50	1400m	20:17.75	1450m	21:06.41	1500m	21:54.45				
	46.85		45.92		47.79		48.25		48.66		48.04				

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 9***

6.....Lauren Quinn..... 11..... Sutton ....22:10.54..... 360

50m 38.61	100m 1:20.46	150m 2:03.90	200m 2:48.08	250m 3:32.42	300m 4:17.06	350m 5:02.12	400m 5:47.19
38.61	41.85	43.44	44.18	44.34	44.64	45.06	45.07
450m 6:32.90	500m 7:17.91	550m 8:03.05	600m 8:47.48	650m 9:33.01	700m 10:18.11	750m 11:02.79	800m 11:48.36
45.71	45.01	45.14	44.43	45.53	45.10	44.68	45.57
850m 12:33.54	900m 13:18.45	950m 14:03.93	1000m 14:49.04	1050m 15:33.80	1100m 16:18.17	1150m 17:02.51	1200m 17:46.66
45.18	44.91	45.48	45.11	44.76	44.37	44.34	44.15
1250m 18:30.84	1300m 19:15.34	1350m 19:59.91	1400m 20:45.07	1450m 21:28.34	1500m 22:10.54		
44.18	44.50	44.57	45.16	43.27	42.20		

7..... Emily Waldram..... 11.....Falcon Nttm ....22:54.79..... 326

50m 40.18	100m 1:24.47	150m 2:10.50	200m 2:56.44	250m 3:41.29	300m 4:27.17	350m 5:13.02	400m 5:58.81
40.18	44.29	46.03	45.94	44.85	45.88	45.85	45.79
450m 6:44.59	500m 7:30.39	550m 8:17.22	600m -	650m 9:51.09	700m 10:38.16	750m 11:25.24	800m 12:12.23
45.78	45.80	46.83	-	1:33.87	47.07	47.08	46.99
850m 12:59.65	900m 13:46.99	950m -	1000m 15:19.70	1050m 16:06.81	1100m 16:52.11	1150m 17:38.30	1200m 18:24.95
47.42	47.34	-	1:32.71	47.11	45.30	46.19	46.65
1250m 19:11.10	1300m 19:56.66	1350m 21:29.04	1400m 22:14.18	1450m -	1500m 22:54.79		
46.15	45.56	1:32.38	45.14	-	40.61		

GIRLS 12 Yrs Age Group - Full Results

Place.....Name..... AaD..... Club .... Time..... ..... FINA Pt

1.....Emma Lowry..... 12..... NottmLeander ....18:31.92..... 616

50m 33.44	100m 1:09.73	150m 1:46.38	200m 2:22.97	250m 3:00.02	300m 3:37.19	350m 4:14.19	400m 4:51.40
33.44	36.29	36.65	36.59	37.05	37.17	37.00	37.21
450m 5:28.67	500m 6:06.25	550m 6:43.18	600m 7:20.44	650m 7:57.73	700m 8:35.04	750m 9:12.09	800m 9:49.47
37.27	37.58	36.93	37.26	37.29	37.31	37.05	37.38
850m 10:26.97	900m 11:04.29	950m 11:41.52	1000m 12:19.37	1050m 12:56.74	1100m 13:34.02	1150m 14:11.25	1200m 14:48.84
37.50	37.32	37.23	37.85	37.37	37.28	37.23	37.59
1250m 15:26.14	1300m 16:04.17	1350m 16:41.47	1400m 17:18.88	1450m 17:56.34	1500m 18:31.92		
37.30	38.03	37.30	37.41	37.46	35.58		

2..... Danielle Binks..... 12..... NottmLeander ....18:35.92..... 610

50m 34.53	100m 1:11.56	150m 1:49.31	200m 2:26.94	250m 3:04.45	300m 3:42.00	350m 4:19.93	400m 4:57.47
34.53	37.03	37.75	37.63	37.51	37.55	37.93	37.54
450m 5:34.50	500m 6:11.86	550m 6:49.20	600m 7:26.43	650m 8:03.75	700m 8:41.10	750m 9:18.63	800m 9:55.91
37.03	37.36	37.34	37.23	37.32	37.35	37.53	37.28
850m 10:33.27	900m 11:10.53	950m 11:47.91	1000m 12:25.14	1050m 13:02.43	1100m 13:39.91	1150m 14:17.19	1200m 14:54.31
37.36	37.26	37.38	37.23	37.29	37.48	37.28	37.12
1250m 15:31.58	1300m 16:08.61	1350m 16:45.80	1400m 17:23.04	1450m 18:00.27	1500m 18:35.92		
37.27	37.03	37.19	37.24	37.23	35.65		

3.... Shannon Brown..... 12..... Sherwood ....18:41.98..... 600

50m 33.31	100m 1:10.05	150m 1:47.52	200m 2:25.16	250m 3:02.65	300m 3:40.11	350m 4:17.77	400m 4:55.54
33.31	36.74	37.47	37.64	37.49	37.46	37.66	37.77
450m 5:33.18	500m 6:10.46	550m 6:47.97	600m 7:25.67	650m 8:03.39	700m 8:41.13	750m 9:18.89	800m 9:56.61
37.64	37.28	37.51	37.70	37.72	37.74	37.76	37.72
850m 10:34.60	900m 11:12.13	950m 11:49.91	1000m 12:27.41	1050m 13:05.34	1100m 13:43.16	1150m 14:21.11	1200m 14:58.79
37.99	37.53	37.78	37.50	37.93	37.82	37.95	37.68
1250m 15:36.73	1300m 16:14.21	1350m 16:51.63	1400m 17:29.74	1450m 18:06.11	1500m 18:41.98		
37.94	37.48	37.42	38.11	36.37	35.87		

4.Megan Geoghegan ..... 12..... Calv Bing ....18:51.05..... 585

50m 34.09	100m 1:11.82	150m 1:50.15	200m 2:27.75	250m 3:05.46	300m 3:42.80	350m 4:20.88	400m 4:58.96
34.09	37.73	38.33	37.60	37.71	37.34	38.08	38.08
450m 5:36.48	500m 6:14.29	550m 6:51.99	600m 7:30.01	650m 8:07.95	700m 8:45.99	750m 9:24.04	800m 10:02.34
37.52	37.81	37.70	38.02	37.94	38.04	38.05	38.30
850m 10:40.21	900m 11:18.39	950m 11:56.88	1000m 12:34.96	1050m 13:12.69	1100m 13:50.47	1150m 14:28.71	1200m 15:06.97
37.87	38.18	38.49	38.08	37.73	37.78	38.24	38.26
1250m 15:44.59	1300m 16:22.29	1350m 17:00.06	1400m 17:37.78	1450m 18:15.73	1500m 18:51.05		
37.62	37.70	37.77	37.72	37.95	35.32		

5.....Danielle Cherry..... 12..... Calv Bing ....19:09.48..... 558

50m 35.73	100m 1:13.78	150m 1:53.09	200m 2:31.13	250m 3:09.64	300m 3:48.16	350m 4:26.52	400m 5:05.08
35.73	38.05	39.31	38.04	38.51	38.52	38.36	38.56
450m 5:42.84	500m 6:20.95	550m 6:59.15	600m 7:37.12	650m 8:15.73	700m 8:54.51	750m 9:32.70	800m 10:10.97
37.76	38.11	38.20	37.97	38.61	38.78	38.19	38.27
850m 10:48.85	900m 11:26.85	950m 12:05.26	1000m 12:43.97	1050m 13:22.58	1100m 14:01.32	1150m 14:39.69	1200m 15:18.11
37.88	38.00	38.41	38.71	38.61	38.74	38.37	38.42
1250m 15:56.81	1300m 16:35.63	1350m 17:14.45	1400m 17:53.22	1450m 18:31.72	1500m 19:09.48		
38.70	38.82	38.82	38.77	38.50	37.76		

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13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 10***

6....Charlotte Lomas ..... 12 ..... Radford 19:29.50 530

50m	35.55	100m	1:13.83	150m	1:52.56	200m	2:30.46	250m	3:09.00	300m	3:47.14	350m	4:25.64	400m	5:04.47
	35.55		38.28		38.73		37.90		38.54		38.14		38.50		38.83
450m	5:43.11	500m	6:22.28	550m	7:01.11	600m	7:39.81	650m	8:18.95	700m	8:58.07	750m	9:37.38	800m	10:16.59
	38.64		39.17		38.83		38.70		39.14		39.12		39.31		39.21
850m	10:55.84	900m	11:35.31	950m	12:14.76	1000m	12:54.13	1050m	13:33.70	1100m	14:13.19	1150m	14:52.96	1200m	15:32.82
	39.25		39.47		39.45		39.37		39.57		39.49		39.77		39.86
1250m	16:12.44	1300m	16:52.35	1350m	17:32.23	1400m	18:12.04	1450m	18:51.35	1500m	19:29.50				
	39.62		39.91		39.88		39.81		39.31		38.15				

7..... Hannah Clay ..... 12 ..... Radford 20:14.08 473

50m	36.02	100m	1:15.78	150m	1:56.16	200m	2:36.71	250m	3:17.60	300m	3:58.37	350m	4:39.88	400m	5:21.17
	36.02		39.76		40.38		40.55		40.89		40.77		41.51		41.29
450m	6:02.00	500m	6:42.41	550m	7:22.98	600m	8:04.34	650m	8:44.63	700m	9:25.96	750m	10:06.07	800m	10:46.51
	40.83		40.41		40.57		41.36		40.29		41.33		40.11		40.44
850m	11:27.35	900m	12:07.93	950m	12:49.34	1000m	13:30.31	1050m	14:09.58	1100m	14:49.67	1150m	15:29.60	1200m	16:10.68
	40.84		40.58		41.41		40.97		39.27		40.09		39.93		41.08
1250m	16:52.54	1300m	17:33.88	1350m	18:14.60	1400m	18:55.73	1450m	19:35.66	1500m	20:14.08				
	41.86		41.34		40.72		41.13		39.93		38.42				

GIRLS 13 Yrs Age Group - Full Results

Place ..... Name ..... AaD ..... Club .... Time .... FINA Pt

1..... Poppy Rudin ..... 13 ..... Calv Bing 17:41.39 708

50m	31.87	100m	1:05.97	150m	1:41.04	200m	2:15.58	250m	2:50.58	300m	3:25.28	350m	4:00.08	400m	4:35.29
	31.87		34.10		35.07		34.54		35.00		34.70		34.80		35.21
450m	5:10.18	500m	5:46.20	550m	6:21.73	600m	6:57.05	650m	7:32.95	700m	8:09.00	750m	8:44.79	800m	9:20.85
	34.89		36.02		35.53		35.32		35.90		36.05		35.79		36.06
850m	9:56.70	900m	10:32.25	950m	11:08.00	1000m	11:43.23	1050m	12:18.48	1100m	12:54.66	1150m	13:31.11	1200m	14:07.33
	35.85		35.55		35.75		35.23		35.25		36.18		36.45		36.22
1250m	14:43.40	1300m	15:19.71	1350m	15:55.39	1400m	16:30.99	1450m	17:06.32	1500m	17:41.39				
	36.07		36.31		35.68		35.60		35.33		35.07				

2..... Amber Keegan ..... 13 ..... Calv Bing 18:00.49 671

50m	32.64	100m	1:08.21	150m	1:43.94	200m	2:19.27	250m	2:54.86	300m	3:30.69	350m	4:06.67	400m	4:43.06
	32.64		35.57		35.73		35.33		35.59		35.83		35.98		36.39
450m	5:19.19	500m	5:56.69	550m	6:33.27	600m	7:10.14	650m	7:46.83	700m	8:23.27	750m	8:59.39	800m	9:36.09
	36.13		37.50		36.58		36.87		36.69		36.44		36.12		36.70
850m	10:13.06	900m	10:49.39	950m	11:25.59	1000m	12:01.71	1050m	12:38.18	1100m	13:14.03	1150m	13:49.77	1200m	14:25.71
	36.97		36.33		36.20		36.12		36.47		35.85		35.74		35.94
1250m	15:01.68	1300m	15:38.86	1350m	16:14.68	1400m	16:49.73	1450m	17:25.04	1500m	18:00.49				
	35.97		37.18		35.82		35.05		35.31		35.45				

3..... Hannah Meek ..... 13 ..... Calv Bing 18:02.07 669

50m	32.34	100m	1:08.52	150m	1:44.58	200m	2:20.37	250m	2:56.31	300m	3:32.29	350m	4:08.33	400m	4:44.33
	32.34		36.18		36.06		35.79		35.94		35.98		36.04		36.00
450m	5:20.30	500m	5:56.43	550m	6:32.44	600m	7:08.48	650m	7:44.64	700m	8:20.82	750m	8:57.14	800m	9:33.45
	35.97		36.13		36.01		36.04		36.16		36.18		36.32		36.31
850m	10:09.65	900m	10:46.23	950m	11:22.47	1000m	11:58.88	1050m	12:35.38	1100m	13:11.73	1150m	13:48.35	1200m	14:24.69
	36.20		36.58		36.24		36.41		36.50		36.35		36.62		36.34
1250m	15:01.13	1300m	15:37.76	1350m	16:14.17	1400m	16:51.02	1450m	17:27.37	1500m	18:02.07				
	36.44		36.63		36.41		36.85		36.35		34.70				

4....Elizabeth Davies ..... 13 ..... Retford 18:28.60 622

50m	33.19	100m	1:09.34	150m	1:45.98	200m	2:22.39	250m	2:58.98	300m	3:36.11	350m	4:12.93	400m	4:49.90
	33.19		36.15		36.64		36.41		36.59		37.13		36.82		36.97
450m	5:26.61	500m	6:04.02	550m	6:40.92	600m	7:17.91	650m	7:55.14	700m	8:32.28	750m	9:09.59	800m	9:46.92
	36.71		37.41		36.90		36.99		37.23		37.14		37.31		37.33
850m	10:24.66	900m	11:02.14	950m	11:39.93	1000m	12:16.75	1050m	12:54.37	1100m	13:31.92	1150m	14:08.88	1200m	14:46.50
	37.74		37.48		37.79		36.82		37.62		37.55		36.96		37.62
1250m	15:23.24	1300m	16:00.71	1350m	16:37.51	1400m	17:14.63	1450m	17:51.79	1500m	18:28.60				
	36.74		37.47		36.80		37.12		37.16		36.81				

5..... Regan Jordan ..... 13 ..... Arnold 18:30.58 618

50m	34.07	100m	1:10.20	150m	1:47.43	200m	2:24.83	250m	3:02.23	300m	3:39.69	350m	4:17.09	400m	4:54.67
	34.07		36.13		37.23		37.40		37.40		37.46		37.40		37.58
450m	5:31.71	500m	6:08.51	550m	6:46.10	600m	7:23.10	650m	8:00.34	700m	8:37.49	750m	9:14.78	800m	9:52.00
	37.04		36.80		37.59		37.00		37.24		37.15		37.29		37.22
850m	10:29.21	900m	11:06.39	950m	11:43.48	1000m	12:20.71	1050m	12:57.54	1100m	13:34.62	1150m	14:11.62	1200m	14:49.06
	37.21		37.18		37.09		37.23		36.83		37.08		37.00		37.44
1250m	15:26.52	1300m	16:03.58	1350m	16:40.45	1400m	17:17.85	1450m	17:54.45	1500m	18:30.58				
	37.46		37.06		36.87		37.40		36.60		36.13				

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13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 11***

6.....Kerris Palmer..... 13.....Mansfield ....18:45.97..... 593

.....	50m	33.82	.....	100m	1:10.34	.....	150m	1:47.77	.....	200m	2:24.99	.....	250m	3:02.26	.....	300m	3:39.87	.....	350m	4:17.17	400m	4:54.67
.....		33.82	.....		36.52	.....		37.43	.....		37.22	.....		37.27	.....		37.61	.....		37.30		37.50
.....	450m	5:31.20	.....	500m	6:08.51	.....	550m	6:45.43	.....	600m	7:22.47	.....	650m	8:00.10	.....	700m	8:37.35	.....	750m	9:14.78	800m	9:52.12
.....		36.53	.....		37.31	.....		36.92	.....		37.04	.....		37.63	.....		37.25	.....		37.43		37.34
.....	850m	10:30.10	.....	900m	11:07.97	.....	950m	11:45.94	....	1000m	12:23.54	....	1050m	13:01.73	....	1100m	13:39.77	.....	1150m	14:17.34	1200m	14:55.95
.....		37.98	.....		37.87	.....		37.97	.....		37.60	.....		38.19	.....		38.04	.....		37.57		38.61
.....	1250m	15:34.20	....	1300m	16:13.12	.....	1350m	16:51.51	....	1400m	17:30.67	....	1450m	18:09.68	....	1500m	18:45.97	.....				
.....		38.25	.....		38.92	.....		38.39	.....		39.16	.....		39.01	.....		36.29	.....				

7..... Heidi Gregory..... 13..... Sherwood ....18:56.95..... 576

.....	50m	33.14	.....	100m	1:09.28	.....	150m	1:46.00	.....	200m	2:22.79	.....	250m	3:00.11	.....	300m	3:37.69	.....	350m	4:15.53	400m	4:53.55
.....		33.14	.....		36.14	.....		36.72	.....		36.79	.....		37.32	.....		37.58	.....		37.84		38.02
.....	450m	5:31.42	.....	500m	6:09.85	.....	550m	6:47.96	.....	600m	7:25.82	.....	650m	8:04.26	.....	700m	8:42.75	.....	750m	9:21.18	800m	9:59.63
.....		37.87	.....		38.43	.....		38.11	.....		37.86	.....		38.44	.....		38.49	.....		38.43		38.45
.....	850m	10:37.95	.....	900m	11:16.37	.....	950m	11:54.96	....	1000m	12:33.61	....	1050m	13:12.64	....	1100m	13:51.51	.....	1150m	14:29.77	1200m	15:08.21
.....		38.32	.....		38.42	.....		38.59	.....		38.65	.....		39.03	.....		38.87	.....		38.26		38.44
.....	1250m	15:46.70	....	1300m	16:25.22	.....	1350m	17:03.70	....	1400m	17:42.17	....	1450m	18:20.33	....	1500m	18:56.95	.....				
.....		38.49	.....		38.52	.....		38.48	.....		38.47	.....		38.16	.....		36.62	.....				

8..... Jessica Moore..... 13..... NottmLeander ....19:03.51..... 566

.....	50m	32.26	.....	100m	1:08.01	.....	150m	1:45.95	.....	200m	2:24.23	.....	250m	3:02.49	.....	300m	3:40.23	.....	350m	4:18.91	400m	4:57.41
.....		32.26	.....		35.75	.....		37.94	.....		38.28	.....		38.26	.....		37.74	.....		38.68		38.50
.....	450m	5:36.38	.....	500m	6:14.87	.....	550m	6:53.71	.....	600m	7:32.01	.....	650m	8:11.01	.....	700m	8:50.26	.....	750m	9:29.07	800m	10:07.92
.....		38.97	.....		38.49	.....		38.84	.....		38.30	.....		39.00	.....		39.25	.....		38.81		38.85
.....	850m	10:44.67	.....	900m	11:23.83	.....	950m	12:02.45	....	1000m	12:41.19	....	1050m	13:20.64	....	1100m	13:59.39	.....	1150m	14:36.15	1200m	15:15.07
.....		36.75	.....		39.16	.....		38.62	.....		38.74	.....		39.45	.....		38.75	.....		36.76		38.92
.....	1250m	15:54.36	....	1300m	16:33.37	.....	1350m	17:11.55	....	1400m	17:51.13	....	1450m	18:28.84	....	1500m	19:03.51	.....				
.....		39.29	.....		39.01	.....		38.18	.....		39.58	.....		37.71	.....		34.67	.....				

9..... Abby Walton..... 13..... Arnold ....19:16.68..... 547

.....	50m	33.38	.....	100m	1:09.62	.....	150m	1:46.29	.....	200m	2:23.47	.....	250m	3:00.53	.....	300m	3:37.81	.....	350m	4:15.19	400m	4:53.10
.....		33.38	.....		36.24	.....		36.67	.....		37.18	.....		37.06	.....		37.28	.....		37.38		37.91
.....	450m	5:31.09	.....	500m	6:09.18	.....	550m	6:47.31	.....	600m	7:25.96	.....	650m	8:04.98	.....	700m	8:43.73	.....	750m	9:22.89	800m	10:02.36
.....		37.99	.....		38.09	.....		38.13	.....		38.65	.....		39.02	.....		38.75	.....		39.16		39.47
.....	850m	10:41.79	.....	900m	11:21.09	.....	950m	12:00.62	....	1000m	12:40.35	....	1050m	13:20.05	....	1100m	13:59.67	.....	1150m	14:39.61	1200m	15:19.50
.....		39.43	.....		39.30	.....		39.53	.....		39.73	.....		39.70	.....		39.62	.....		39.94		39.89
.....	1250m	15:59.41	....	1300m	16:39.43	.....	1350m	17:19.09	....	1400m	17:58.89	....	1450m	18:38.16	....	1500m	19:16.68	.....				
.....		39.91	.....		40.02	.....		39.66	.....		39.80	.....		39.27	.....		38.52	.....				

10....Esme Fairhurst..... 13..... Calv Bing ....20:34.52..... 450

.....	50m	35.14	.....	100m	1:13.68	.....	150m	1:53.31	.....	200m	2:33.78	.....	250m	3:14.95	.....	300m	3:55.94	.....	350m	4:36.77	400m	5:18.31
.....		35.14	.....		38.54	.....		39.63	.....		40.47	.....		41.17	.....		40.99	.....		40.83		41.54
.....	450m	6:00.53	.....	500m	6:42.65	.....	550m	7:24.07	.....	600m	8:05.62	.....	650m	8:47.53	.....	700m	9:29.14	.....	750m	10:11.29	800m	10:53.04
.....		42.22	.....		42.12	.....		41.42	.....		41.55	.....		41.91	.....		41.61	.....		42.15		41.75
.....	850m	11:34.62	.....	900m	12:16.23	.....	950m	12:57.59	....	1000m	13:39.26	....	1050m	14:21.47	....	1100m	15:03.55	.....	1150m	15:44.97	1200m	16:27.10
.....		41.58	.....		41.61	.....		41.36	.....		41.67	.....		42.21	.....		42.08	.....		41.42		42.13
.....	1250m	17:09.71	....	1300m	17:51.10	.....	1350m	18:33.09	....	1400m	19:14.94	....	1450m	19:56.44	....	1500m	20:34.52	.....				
.....		42.61	.....		41.39	.....		41.99	.....		41.85	.....		41.50	.....		38.08	.....				

GIRLS 14 Yrs Age Group - Full Results

Place.....Name..... AaD..... Club ....Time..... ..... FINA Pt

1.....Francesca Hay..... 14..... NottmLeander ....17:10.37..... 774

.....	50m	31.56	.....	100m	1:05.26	.....	150m	1:39.52	.....	200m	2:13.78	.....	250m	2:48.24	.....	300m	3:22.07	.....	350m	3:56.24	400m	4:30.54
.....		31.56	.....		33.70	.....		34.26	.....		34.26	.....		34.46	.....		33.83	.....		34.17		34.30
.....	450m	5:04.81	.....	500m	5:39.26	.....	550m	6:13.72	.....	600m	6:48.20	.....	650m	7:22.82	.....	700m	7:57.19	.....	750m	8:31.82	800m	9:06.21
.....		34.27	.....		34.45	.....		34.46	.....		34.48	.....		34.62	.....		34.37	.....		34.63		34.39
.....	850m	9:40.83	.....	900m	10:15.41	.....	950m	10:50.15	....	1000m	11:24.77	....	1050m	11:59.26	....	1100m	12:33.97	.....	1150m	13:08.66	1200m	13:43.26
.....		34.62	.....		34.58	.....		34.74	.....		34.62	.....		34.49	.....		34.71	.....		34.69		34.60
.....	1250m	14:17.90	....	1300m	14:52.65	.....	1350m	15:27.51	....	1400m	16:02.30	....	1450m	16:37.12	....	1500m	17:10.37	.....				
.....		34.64	.....		34.75	.....		34.86	.....		34.79	.....		34.82	.....		33.25	.....				

2..... Faye Henesy..... 14..... Calv Bing ....17:46.36..... 699

.....	50m	31.86	.....	100m	1:05.83	.....	150m	1:40.48	.....	200m	2:15.34	.....	250m	2:50.39	.....	300m	3:25.42	.....	350m	4:00.42	400m	4:35.82
.....		31.86	.....		33.97	.....		34.65	.....		34.86	.....		35.05	.....		35.03	.....		35.00		35.40
.....	450m	5:11.25	.....	500m	5:46.88	.....	550m	6:22.49	.....	600m	6:58.20	.....	650m	7:34.06	.....	700m	8:09.93	.....	750m	8:45.71	800m	9:21.35
.....		35.43	.....		35.63	.....		35.61	.....		35.71	.....		35.86	.....		35.87	.....		35.78		35.64
.....	850m	9:57.01	.....	900m	10:32.62	.....	950m	11:08.10	....	1000m	11:43.77	....	1050m	12:19.85	....	1100m	12:56.26	.....	1150m	13:32.41	1200m	14:08.52
.....		35.66	.....		35.61	.....		35.48	.....		35.67	.....		36.08	.....		36.41	.....		36.15		36.11
.....	1250m	14:44.64	....	1300m	15:20.50	.....	1350m	15:56.69	....	1400m	16:33.38	....	1450m	17:10.07	....	1500m	17:46.36	.....				
.....		36.12	.....		35.86	.....		36.19	.....		36.69	.....		36.69	.....		36.29	.....				

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 12***

3.....Megan Berridge..... 14..... Worksop ....17:52.28..... 687

50m	32.81	100m	1:07.95	150m	1:43.63	200m	2:19.17	250m	2:54.87	300m	3:30.75	350m	4:06.29	400m	4:42.30						
	32.81		35.14		35.68		35.54		35.70		35.88		35.54		36.01						
450m	5:17.90	500m	5:53.75	550m	6:29.60	600m	7:05.61	650m	7:41.44	700m	8:17.43	750m	8:53.38	800m	9:28.89						
	35.60		35.85		35.85		36.01		35.83		35.99		35.95		35.51						
850m	10:04.54	900m	10:40.35	950m	11:16.29	1000m	11:52.40	1050m	12:28.48	1100m	13:04.65	1150m	13:40.56	1200m	14:17.15						
	35.65		35.81		35.94		36.11		36.08		36.17		35.91		36.59						
1250m	14:53.82	1300m	15:30.24	1350m	16:06.64	1400m	16:42.15	1450m	17:17.92	1500m	17:52.28										
	36.67		36.42		36.40		35.51		35.77		34.36										

4..... Lauren Gill..... 14..... Kimberley ....18:27.25..... 624

50m	32.69	100m	1:08.39	150m	1:44.53	200m	2:20.60	250m	2:57.50	300m	3:33.91	350m	4:10.59	400m	4:47.24						
	32.69		35.70		36.14		36.07		36.90		36.41		36.68		36.65						
450m	5:24.51	500m	6:01.38	550m	6:39.39	600m	7:16.15	650m	7:53.73	700m	8:31.33	750m	9:08.86	800m	9:45.97						
	37.27		36.87		38.01		36.76		37.58		37.60		37.53		37.11						
850m	10:23.11	900m	11:00.51	950m	11:37.81	1000m	12:15.69	1050m	12:53.25	1100m	13:30.81	1150m	14:07.90	1200m	14:45.08						
	37.14		37.40		37.30		37.88		37.56		37.56		37.09		37.18						
1250m	15:22.58	1300m	16:00.38	1350m	16:37.58	1400m	17:15.08	1450m	17:52.25	1500m	18:27.25										
	37.50		37.80		37.20		37.50		37.17		35.00										

GIRLS 16/18 Yrs Age Group - Full Results

Place.....Name..... AaD..... Club ....Time..... ..... FINA Pt

1..... Zoe Huckerby..... 17..... CarltonForum ....22:00.82..... 368

50m	35.57	100m	1:16.64	150m	1:58.59	200m	2:41.24	250m	3:24.54	300m	4:08.02	350m	4:52.29	400m	5:36.16						
	35.57		41.07		41.95		42.65		43.30		43.48		44.27		43.87						
450m	6:20.49	500m	7:04.48	550m	7:48.90	600m	8:33.91	650m	9:18.25	700m	10:02.34	750m	10:46.98	800m	11:30.60						
	44.33		43.99		44.42		45.01		44.34		44.09		44.64		43.62						
850m	12:15.49	900m	13:00.56	950m	13:46.51	1000m	14:31.09	1050m	15:17.09	1100m	16:02.73	1150m	16:47.97	1200m	17:34.03						
	44.89		45.07		45.95		44.58		46.00		45.64		45.24		46.06						
1250m	18:20.03	1300m	19:04.35	1350m	19:48.69	1400m	20:33.59	1450m	21:18.05	1500m	22:00.82										
	46.00		44.32		44.34		44.90		44.46		42.77										

GIRLS Open Age Group - Full Results

Place.....Name..... AaD..... Club ....Time..... ..... FINA Pt

1.....Francesca Hay..... 14..... NottmLeander ....17:10.37..... 774

50m	31.56	100m	1:05.26	150m	1:39.52	200m	2:13.78	250m	2:48.24	300m	3:22.07	350m	3:56.24	400m	4:30.54						
	31.56		33.70		34.26		34.26		34.46		33.83		34.17		34.30						
450m	5:04.81	500m	5:39.26	550m	6:13.72	600m	6:48.20	650m	7:22.82	700m	7:57.19	750m	8:31.82	800m	9:06.21						
	34.27		34.45		34.46		34.48		34.62		34.37		34.63		34.39						
850m	9:40.83	900m	10:15.41	950m	10:50.15	1000m	11:24.77	1050m	11:59.26	1100m	12:33.97	1150m	13:08.66	1200m	13:43.26						
	34.62		34.58		34.74		34.62		34.49		34.71		34.69		34.60						
1250m	14:17.90	1300m	14:52.65	1350m	15:27.51	1400m	16:02.30	1450m	16:37.12	1500m	17:10.37										
	34.64		34.75		34.86		34.79		34.82		33.25										

2..... Poppy Rudin..... 13..... Calv Bing ....17:41.39..... 708

50m	31.87	100m	1:05.97	150m	1:41.04	200m	2:15.58	250m	2:50.58	300m	3:25.28	350m	4:00.08	400m	4:35.29						
	31.87		34.10		35.07		34.54		35.00		34.70		34.80		35.21						
450m	5:10.18	500m	5:46.20	550m	6:21.73	600m	6:57.05	650m	7:32.95	700m	8:09.00	750m	8:44.79	800m	9:20.85						
	34.89		36.02		35.53		35.32		35.90		36.05		35.79		36.06						
850m	9:56.70	900m	10:32.25	950m	11:08.00	1000m	11:43.23	1050m	12:18.48	1100m	12:54.66	1150m	13:31.11	1200m	14:07.33						
	35.85		35.55		35.75		35.23		35.25		36.18		36.45		36.22						
1250m	14:43.40	1300m	15:19.71	1350m	15:55.39	1400m	16:30.99	1450m	17:06.32	1500m	17:41.39										
	36.07		36.31		35.68		35.60		35.33		35.07										

3..... Faye Henesy..... 14..... Calv Bing ....17:46.36..... 699

50m	31.86	100m	1:05.83	150m	1:40.48	200m	2:15.34	250m	2:50.39	300m	3:25.42	350m	4:00.42	400m	4:35.82						
	31.86		33.97		34.65		34.86		35.05		35.03		35.00		35.40						
450m	5:11.25	500m	5:46.88	550m	6:22.49	600m	6:58.20	650m	7:34.06	700m	8:09.93	750m	8:45.71	800m	9:21.35						
	35.43		35.63		35.61		35.71		35.86		35.87		35.78		35.64						
850m	9:57.01	900m	10:32.62	950m	11:08.10	1000m	11:43.77	1050m	12:19.85	1100m	12:56.26	1150m	13:32.41	1200m	14:08.52						
	35.66		35.61		35.48		35.67		36.08		36.41		36.15		36.11						
1250m	14:44.64	1300m	15:20.50	1350m	15:56.69	1400m	16:33.38	1450m	17:10.07	1500m	17:46.36										
	36.12		35.86		36.19		36.69		36.69		36.29										

4.....Megan Berridge..... 14..... Worksop ....17:52.28..... 687

50m	32.81	100m	1:07.95	150m	1:43.63	200m	2:19.17	250m	2:54.87	300m	3:30.75	350m	4:06.29	400m	4:42.30						
	32.81		35.14		35.68		35.54		35.70		35.88		35.54		36.01						
450m	5:17.90	500m	5:53.75	550m	6:29.60	600m	7:05.61	650m	7:41.44	700m	8:17.43	750m	8:53.38	800m	9:28.89						
	35.60		35.85		35.85		36.01		35.83		35.99		35.95		35.51						
850m	10:04.54	900m	10:40.35	950m	11:16.29	1000m	11:52.40	1050m	12:28.48	1100m	13:04.65	1150m	13:40.56	1200m	14:17.15						
	35.65		35.81		35.94		36.11		36.08		36.17		35.91		36.59						
1250m	14:53.82	1300m	15:30.24	1350m	16:06.64	1400m	16:42.15	1450m	17:17.92	1500m	17:52.28										
	36.67		36.42		36.40		35.51		35.77		34.36										

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 13***

5.....Amber Keegan ..... 13 ..... Calv Bing 18:00.49 671

50m	32.64	100m	1:08.21	150m	1:43.94	200m	2:19.27	250m	2:54.86	300m	3:30.69	350m	4:06.67	400m	4:43.06
	32.64		35.57		35.73		35.33		35.59		35.83		35.98		36.39
450m	5:19.19	500m	5:56.69	550m	6:33.27	600m	7:10.14	650m	7:46.83	700m	8:23.27	750m	8:59.39	800m	9:36.09
	36.13		37.50		36.58		36.87		36.69		36.44		36.12		36.70
850m	10:13.06	900m	10:49.39	950m	11:25.59	1000m	12:01.71	1050m	12:38.18	1100m	13:14.03	1150m	13:49.77	1200m	14:25.71
	36.97		36.33		36.20		36.12		36.47		35.85		35.74		35.94
1250m	15:01.68	1300m	15:38.86	1350m	16:14.68	1400m	16:49.73	1450m	17:25.04	1500m	18:00.49				
	35.97		37.18		35.82		35.05		35.31		35.45				

6.....Hannah Meek ..... 13 ..... Calv Bing 18:02.07 669

50m	32.34	100m	1:08.52	150m	1:44.58	200m	2:20.37	250m	2:56.31	300m	3:32.29	350m	4:08.33	400m	4:44.33
	32.34		36.18		36.06		35.79		35.94		35.98		36.04		36.00
450m	5:20.30	500m	5:56.43	550m	6:32.44	600m	7:08.48	650m	7:44.64	700m	8:20.82	750m	8:57.14	800m	9:33.45
	35.97		36.13		36.01		36.04		36.16		36.18		36.32		36.31
850m	10:09.65	900m	10:46.23	950m	11:22.47	1000m	11:58.88	1050m	12:35.38	1100m	13:11.73	1150m	13:48.35	1200m	14:24.69
	36.20		36.58		36.24		36.41		36.50		36.35		36.62		36.34
1250m	15:01.13	1300m	15:37.76	1350m	16:14.17	1400m	16:51.02	1450m	17:27.37	1500m	18:02.07				
	36.44		36.63		36.41		36.85		36.35		34.70				

7.....Rosie Rudin ..... 11 ..... Calv Bing 18:14.31 646

50m	33.05	100m	1:09.00	150m	1:45.62	200m	2:22.31	250m	2:59.24	300m	3:35.82	350m	4:12.16	400m	4:49.23
	33.05		35.95		36.62		36.69		36.93		36.58		36.34		37.07
450m	5:25.59	500m	6:01.95	550m	6:38.45	600m	7:15.57	650m	7:52.36	700m	8:28.99	750m	9:05.79	800m	9:42.65
	36.36		36.36		36.50		37.12		36.79		36.63		36.80		36.86
850m	10:19.11	900m	10:55.55	950m	11:32.32	1000m	12:09.15	1050m	12:46.44	1100m	13:23.66	1150m	14:00.48	1200m	14:36.97
	36.46		36.44		36.77		36.83		37.29		37.22		36.82		36.49
1250m	15:13.28	1300m	15:50.07	1350m	16:26.55	1400m	17:03.25	1450m	17:39.90	1500m	18:14.31				
	36.31		36.79		36.48		36.70		36.65		34.41				

8..... Lauren Gill ..... 14 ..... Kimberley 18:27.25 624

50m	32.69	100m	1:08.39	150m	1:44.53	200m	2:20.60	250m	2:57.50	300m	3:33.91	350m	4:10.59	400m	4:47.24
	32.69		35.70		36.14		36.07		36.90		36.41		36.68		36.65
450m	5:24.51	500m	6:01.38	550m	6:39.39	600m	7:16.15	650m	7:53.73	700m	8:31.33	750m	9:08.86	800m	9:45.97
	37.27		36.87		38.01		36.76		37.58		37.60		37.53		37.11
850m	10:23.11	900m	11:00.51	950m	11:37.81	1000m	12:15.69	1050m	12:53.25	1100m	13:30.81	1150m	14:07.90	1200m	14:45.08
	37.14		37.40		37.30		37.88		37.56		37.56		37.09		37.18
1250m	15:22.58	1300m	16:00.38	1350m	16:37.58	1400m	17:15.08	1450m	17:52.25	1500m	18:27.25				
	37.50		37.80		37.20		37.50		37.17		35.00				

9....Elizabeth Davies ..... 13 ..... Retford 18:28.60 622

50m	33.19	100m	1:09.34	150m	1:45.98	200m	2:22.39	250m	2:58.98	300m	3:36.11	350m	4:12.93	400m	4:49.90
	33.19		36.15		36.64		36.41		36.59		37.13		36.82		36.97
450m	5:26.61	500m	6:04.02	550m	6:40.92	600m	7:17.91	650m	7:55.14	700m	8:32.28	750m	9:09.59	800m	9:46.92
	36.71		37.41		36.90		36.99		37.23		37.14		37.31		37.33
850m	10:24.66	900m	11:02.14	950m	11:39.93	1000m	12:16.75	1050m	12:54.37	1100m	13:31.92	1150m	14:08.88	1200m	14:46.50
	37.74		37.48		37.79		36.82		37.62		37.55		36.96		37.62
1250m	15:23.24	1300m	16:00.71	1350m	16:37.51	1400m	17:14.63	1450m	17:51.79	1500m	18:28.60				
	36.74		37.47		36.80		37.12		37.16		36.81				

10..... Regan Jordan ..... 13 ..... Arnold 18:30.58 618

50m	34.07	100m	1:10.20	150m	1:47.43	200m	2:24.83	250m	3:02.23	300m	3:39.69	350m	4:17.09	400m	4:54.67
	34.07		36.13		37.23		37.40		37.40		37.46		37.40		37.58
450m	5:31.71	500m	6:08.51	550m	6:46.10	600m	7:23.10	650m	8:00.34	700m	8:37.49	750m	9:14.78	800m	9:52.00
	37.04		36.80		37.59		37.00		37.24		37.15		37.29		37.22
850m	10:29.21	900m	11:06.39	950m	11:43.48	1000m	12:20.71	1050m	12:57.54	1100m	13:34.62	1150m	14:11.62	1200m	14:49.06
	37.21		37.18		37.09		37.23		36.83		37.08		37.00		37.44
1250m	15:26.52	1300m	16:03.58	1350m	16:40.45	1400m	17:17.85	1450m	17:54.45	1500m	18:30.58				
	37.46		37.06		36.87		37.40		36.60		36.13				

11.....Emma Lowry ..... 12 ..... NottmLeander 18:31.92 616

50m	33.44	100m	1:09.73	150m	1:46.38	200m	2:22.97	250m	3:00.02	300m	3:37.19	350m	4:14.19	400m	4:51.40
	33.44		36.29		36.65		36.59		37.05		37.17		37.00		37.21
450m	5:28.67	500m	6:06.25	550m	6:43.18	600m	7:20.44	650m	7:57.73	700m	8:35.04	750m	9:12.09	800m	9:49.47
	37.27		37.58		36.93		37.26		37.29		37.31		37.05		37.38
850m	10:26.97	900m	11:04.29	950m	11:41.52	1000m	12:19.37	1050m	12:56.74	1100m	13:34.02	1150m	14:11.25	1200m	14:48.84
	37.50		37.32		37.23		37.85		37.37		37.28		37.23		37.59
1250m	15:26.14	1300m	16:04.17	1350m	16:41.47	1400m	17:18.88	1450m	17:56.34	1500m	18:31.92				
	37.30		38.03		37.30		37.41		37.46		35.58				

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 14***

12..... Danielle Binks ..... 12..... NottmLeander 18:35.92 610

50m	34.53	100m	1:11.56	150m	1:49.31	200m	2:26.94	250m	3:04.45
	34.53		37.03		37.75		37.63		37.51
300m	3:42.00	350m	4:19.93	400m	4:57.47				
	37.55		37.93		37.54				
450m	5:34.50	500m	6:11.86	550m	6:49.20	600m	7:26.43	650m	8:03.75
	37.03		37.36		37.34		37.23		37.32
700m	8:41.10	750m	9:18.63	800m	9:55.91				
	37.35		37.53		37.28				
850m	10:33.27	900m	11:10.53	950m	11:47.91	1000m	12:25.14	1050m	13:02.43
	37.36		37.26		37.38		37.23		37.29
1100m	13:39.91	1150m	14:17.19	1200m	14:54.31				
	37.48		37.28		37.12				
1250m	15:31.58	1300m	16:08.61	1350m	16:45.80	1400m	17:23.04	1450m	18:00.27
	37.27		37.03		37.19		37.24		37.23
1500m	18:35.92								
	35.65								

13..... Mollie Wright ..... 11..... Kimberley 18:37.71 607

50m	33.86	100m	1:10.55	150m	1:47.94	200m	2:25.12	250m	3:02.74
	33.86		36.69		37.39		37.18		37.62
300m	3:40.35	350m	4:17.69	400m	4:54.99				
	37.61		37.34		37.30				
450m	5:32.01	500m	6:09.20	550m	6:46.69	600m	7:24.15	650m	8:01.39
	37.02		37.19		37.49		37.46		37.24
700m	8:39.17	750m	9:16.82	800m	9:54.28				
	37.78		37.65		37.46				
850m	10:31.60	900m	11:09.07	950m	11:46.55	1000m	12:24.17	1050m	13:01.78
	37.32		37.47		37.48		37.62		37.61
1100m	13:39.51	1150m	14:17.09	1200m	14:54.60				
	37.73		37.58		37.51				
1250m	15:31.98	1300m	16:09.60	1350m	16:47.17	1400m	17:24.81	1450m	18:01.92
	37.38		37.62		37.57		37.64		37.11
1500m	18:37.71								
	35.79								

14.. Shannon Brown ..... 12..... Sherwood 18:41.98 600

50m	33.31	100m	1:10.05	150m	1:47.52	200m	2:25.16	250m	3:02.65
	33.31		36.74		37.47		37.64		37.49
300m	3:40.11	350m	4:17.77	400m	4:55.54				
	37.46		37.66		37.77				
450m	5:33.18	500m	6:10.46	550m	6:47.97	600m	7:25.67	650m	8:03.39
	37.64		37.28		37.51		37.70		37.72
700m	8:41.13	750m	9:18.89	800m	9:56.61				
	37.74		37.76		37.72				
850m	10:34.60	900m	11:12.13	950m	11:49.91	1000m	12:27.41	1050m	13:05.34
	37.99		37.53		37.78		37.50		37.93
1100m	13:43.16	1150m	14:21.11	1200m	14:58.79				
	37.82		37.95		37.68				
1250m	15:36.73	1300m	16:14.21	1350m	16:51.63	1400m	17:29.74	1450m	18:06.11
	37.94		37.48		37.42		38.11		36.37
1500m	18:41.98								
	35.87								

15.....Kerris Palmer ..... 13..... Mansfield 18:45.97 593

50m	33.82	100m	1:10.34	150m	1:47.77	200m	2:24.99	250m	3:02.26
	33.82		36.52		37.43		37.22		37.27
300m	3:39.87	350m	4:17.17	400m	4:54.67				
	37.61		37.30		37.50				
450m	5:31.20	500m	6:08.51	550m	6:45.43	600m	7:22.47	650m	8:00.10
	36.53		37.31		36.92		37.04		37.63
700m	8:37.35	750m	9:14.78	800m	9:52.12				
	37.25		37.43		37.34				
850m	10:30.10	900m	11:07.97	950m	11:45.94	1000m	12:23.54	1050m	13:01.73
	37.98		37.87		37.97		37.60		38.19
1100m	13:39.77	1150m	14:17.34	1200m	14:55.95				
	38.04		37.57		38.61				
1250m	15:34.20	1300m	16:13.12	1350m	16:51.51	1400m	17:30.67	1450m	18:09.68
	38.25		38.92		38.39		39.16		39.01
1500m	18:45.97								
	36.29								

16.Megan Geoghegan ..... 12..... Calv Bing 18:51.05 585

50m	34.09	100m	1:11.82	150m	1:50.15	200m	2:27.75	250m	3:05.46
	34.09		37.73		38.33		37.60		37.71
300m	3:42.80	350m	4:20.88	400m	4:58.96				
	37.34		38.08		38.08				
450m	5:36.48	500m	6:14.29	550m	6:51.99	600m	7:30.01	650m	8:07.95
	37.52		37.81		37.70		38.02		37.94
700m	8:45.99	750m	9:24.04	800m	10:02.34				
	38.04		38.05		38.30				
850m	10:40.21	900m	11:18.39	950m	11:56.88	1000m	12:34.96	1050m	13:12.69
	37.87		38.18		38.49		38.08		37.73
1100m	13:50.47	1150m	14:28.71	1200m	15:06.97				
	37.78		38.24		38.26				
1250m	15:44.59	1300m	16:22.29	1350m	17:00.06	1400m	17:37.78	1450m	18:15.73
	37.62		37.70		37.77		37.72		37.95
1500m	18:51.05								
	35.32								

17..... Heidi Gregory ..... 13..... Sherwood 18:56.95 576

50m	33.14	100m	1:09.28	150m	1:46.00	200m	2:22.79	250m	3:00.11
	33.14		36.14		36.72		36.79		37.32
300m	3:37.69	350m	4:15.53	400m	4:53.55				
	37.58		37.84		38.02				
450m	5:31.42	500m	6:09.85	550m	6:47.96	600m	7:25.82	650m	8:04.26
	37.87		38.43		38.11		37.86		38.44
700m	8:42.75	750m	9:21.18	800m	9:59.63				
	38.49		38.43		38.45				
850m	10:37.95	900m	11:16.37	950m	11:54.96	1000m	12:33.61	1050m	13:12.64
	38.32		38.42		38.59		38.65		39.03
1100m	13:51.51	1150m	14:29.77	1200m	15:08.21				
	38.87		38.26		38.44				
1250m	15:46.70	1300m	16:25.22	1350m	17:03.70	1400m	17:42.17	1450m	18:20.33
	38.49		38.52		38.48		38.47		38.16
1500m	18:56.95								
	36.62								

18..... Jessica Moore ..... 13..... NottmLeander 19:03.51 566

50m	32.26	100m	1:08.01	150m	1:45.95	200m	2:24.23	250m	3:02.49
	32.26		35.75		37.94		38.28		38.26
300m	3:40.23	350m	4:18.91	400m	4:57.41				
	37.74		38.68		38.50				
450m	5:36.38	500m	6:14.87	550m	6:53.71	600m	7:32.01	650m	8:11.01
	38.97		38.49		38.84		38.30		39.00
700m	8:50.26	750m	9:29.07	800m	10:07.92				
	39.25		38.81		38.85				
850m	10:44.67	900m	11:23.83	950m	12:02.45	1000m	12:41.19	1050m	13:20.64
	36.75		39.16		38.62		38.74		39.45
1100m	13:59.39	1150m	14:36.15	1200m	15:15.07				
	38.75		36.76		38.92				
1250m	15:54.36	1300m	16:33.37	1350m	17:11.55	1400m	17:51.13	1450m	18:28.84
	39.29		39.01		38.18		39.58		37.71
1500m	19:03.51								
	34.67								

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

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13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 15***

19....Danielle Cherry ..... 12 ..... Calv Bing 19:09.48 558

50m	35.73	100m	1:13.78	150m	1:53.09	200m	2:31.13	250m	3:09.64
	35.73		38.05		39.31		38.04		38.51
300m	3:48.16	350m	4:26.52	400m	5:05.08				
	38.52		38.36		38.56				
450m	5:42.84	500m	6:20.95	550m	6:59.15	600m	7:37.12	650m	8:15.73
	37.76		38.11		38.20		37.97		38.61
700m	8:54.51	750m	9:32.70	800m	10:10.97				
	38.78		38.19		38.27				
850m	10:48.85	900m	11:26.85	950m	12:05.26	1000m	12:43.97	1050m	13:22.58
	37.88		38.00		38.41		38.71		38.61
1100m	14:01.32	1150m	14:39.69	1200m	15:18.11				
	38.74		38.37		38.42				
1250m	15:56.81	1300m	16:35.63	1350m	17:14.45	1400m	17:53.22	1450m	18:31.72
	38.70		38.82		38.82		38.77		38.50
1500m	19:09.48								
	37.76								

20..... Abby Walton ..... 13 ..... Arnold 19:16.68 547

50m	33.38	100m	1:09.62	150m	1:46.29	200m	2:23.47	250m	3:00.53
	33.38		36.24		36.67		37.18		37.06
300m	3:37.81	350m	4:15.19	400m	4:53.10				
	37.28		37.38		37.91				
450m	5:31.09	500m	6:09.18	550m	6:47.31	600m	7:25.96	650m	8:04.98
	37.99		38.09		38.13		38.65		39.02
700m	8:43.73	750m	9:22.89	800m	10:02.36				
	38.75		39.16		39.47				
850m	10:41.79	900m	11:21.09	950m	12:00.62	1000m	12:40.35	1050m	13:20.05
	39.43		39.30		39.53		39.73		39.70
1100m	13:59.67	1150m	14:39.61	1200m	15:19.50				
	39.62		39.94		39.89				
1250m	15:59.41	1300m	16:39.43	1350m	17:19.09	1400m	17:58.89	1450m	18:38.16
	39.91		40.02		39.66		39.80		39.27
1500m	19:16.68								
	38.52								

21..Charlotte Lomas ..... 12 ..... Radford 19:29.50 530

50m	35.55	100m	1:13.83	150m	1:52.56	200m	2:30.46	250m	3:09.00
	35.55		38.28		38.73		37.90		38.54
300m	3:47.14	350m	4:25.64	400m	5:04.47				
	38.14		38.50		38.83				
450m	5:43.11	500m	6:22.28	550m	7:01.11	600m	7:39.81	650m	8:18.95
	38.64		39.17		38.83		38.70		39.14
700m	8:58.07	750m	9:37.38	800m	10:16.59				
	39.12		39.31		39.21				
850m	10:55.84	900m	11:35.31	950m	12:14.76	1000m	12:54.13	1050m	13:33.70
	39.25		39.47		39.45		39.37		39.57
1100m	14:13.19	1150m	14:52.96	1200m	15:32.82				
	39.49		39.77		39.86				
1250m	16:12.44	1300m	16:52.35	1350m	17:32.23	1400m	18:12.04	1450m	18:51.35
	39.62		39.91		39.88		39.81		39.31
1500m	19:29.50								
	38.15								

22..... Hannah Clay ..... 12 ..... Radford 20:14.08 473

50m	36.02	100m	1:15.78	150m	1:56.16	200m	2:36.71	250m	3:17.60
	36.02		39.76		40.38		40.55		40.89
300m	3:58.37	350m	4:39.88	400m	5:21.17				
	40.77		41.51		41.29				
450m	6:02.00	500m	6:42.41	550m	7:22.98	600m	8:04.34	650m	8:44.63
	40.83		40.41		40.57		41.36		40.29
700m	9:25.96	750m	10:06.07	800m	10:46.51				
	41.33		40.11		40.44				
850m	11:27.35	900m	12:07.93	950m	12:49.34	1000m	13:30.31	1050m	14:09.58
	40.84		40.58		41.41		40.97		39.27
1100m	14:49.67	1150m	15:29.60	1200m	16:10.68				
	40.09		39.93		41.08				
1250m	16:52.54	1300m	17:33.88	1350m	18:14.60	1400m	18:55.73	1450m	19:35.66
	41.86		41.34		40.72		41.13		39.93
1500m	20:14.08								
	38.42								

23..... Eden Michell ..... 11 ..... CarltonForum 20:29.46 456

50m	36.34	100m	1:15.62	150m	1:56.29	200m	2:36.71	250m	3:17.58
	36.34		39.28		40.67		40.42		40.87
300m	3:58.36	350m	4:38.84	400m	5:19.93				
	40.78		40.48		41.09				
450m	6:01.13	500m	6:42.20	550m	7:23.51	600m	8:04.08	650m	8:44.87
	41.20		41.07		41.31		40.57		40.79
700m	9:25.81	750m	10:06.60	800m	10:48.40				
	40.94		40.79		41.80				
850m	11:29.85	900m	12:11.37	950m	12:52.09	1000m	13:33.92	1050m	14:15.73
	41.45		41.52		40.72		41.83		41.81
1100m	14:57.48	1150m	15:39.45	1200m	16:21.38				
	41.75		41.97		41.93				
1250m	17:03.32	1300m	17:45.35	1350m	18:27.29	1400m	19:08.66	1450m	19:50.71
	41.94		42.03		41.94		41.37		42.05
1500m	20:29.46								
	38.75								

24....Esme Fairhurst ..... 13 ..... Calv Bing 20:34.52 450

50m	35.14	100m	1:13.68	150m	1:53.31	200m	2:33.78	250m	3:14.95
	35.14		38.54		39.63		40.47		41.17
300m	3:55.94	350m	4:36.77	400m	5:18.31				
	40.99		40.83		41.54				
450m	6:00.53	500m	6:42.65	550m	7:24.07	600m	8:05.62	650m	8:47.53
	42.22		42.12		41.42		41.55		41.91
700m	9:29.14	750m	10:11.29	800m	10:53.04				
	41.61		42.15		41.75				
850m	11:34.62	900m	12:16.23	950m	12:57.59	1000m	13:39.26	1050m	14:21.47
	41.58		41.61		41.36		41.67		42.21
1100m	15:03.55	1150m	15:44.97	1200m	16:27.10				
	42.08		41.42		42.13				
1250m	17:09.71	1300m	17:51.10	1350m	18:33.09	1400m	19:14.94	1450m	19:56.44
	42.61		41.39		41.99		41.85		41.50
1500m	20:34.52								
	38.08								

25.....Lucy Rixham ..... 11 ..... Worksop 21:34.27 391

50m	37.79	100m	1:18.69	150m	2:00.24	200m	2:43.28	250m	3:26.20
	37.79		40.90		41.55		43.04		42.92
300m	4:08.63	350m	4:51.58	400m	5:35.48				
	42.43		42.95		43.90				
450m	6:18.49	500m	7:01.79	550m	7:46.06	600m	8:29.35	650m	9:14.16
	43.01		43.30		44.27		43.29		44.81
700m	9:58.71	750m	10:42.68	800m	11:26.48				
	44.55		43.97		43.80				
850m	12:09.86	900m	12:53.87	950m	13:38.73	1000m	14:22.93	1050m	15:06.59
	43.38		44.01		44.86		44.20		43.66
1100m	15:52.50	1150m	16:35.81	1200m	17:20.08				
	45.91		43.31		44.27				
1250m	18:03.35	1300m	18:46.96	1350m	19:30.59	1400m	20:13.27	1450m	20:55.69
	43.27		43.61		43.63		42.68		42.42
1500m	21:34.27								
	38.58								

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool ***Session 10 Sheet 16***

26.. Kelsie Campbell ..... 11 ..... NottmLeander 21:54.45 373

50m	35.82	100m	1:14.07	150m	1:53.01	200m	2:31.73	250m	3:10.15	300m	3:49.23	350m	4:28.97	400m	5:08.91					
	35.82		38.25		38.94		38.72		38.42		39.08		39.74		39.94					
450m	5:50.88	500m	6:31.76	550m	7:14.46	600m	7:56.55	650m	8:45.45	700m	9:26.67	750m	10:04.18	800m	10:46.14					
	41.97		40.88		42.70		42.09		48.90		41.22		37.51		41.96					
850m	11:30.61	900m	12:17.13	950m	13:07.95	1000m	13:58.04	1050m	14:46.95	1100m	15:36.58	1150m	16:24.21	1200m	17:08.94					
	44.47		46.52		50.82		50.09		48.91		49.63		47.63		44.73					
1250m	17:55.79	1300m	18:41.71	1350m	19:29.50	1400m	20:17.75	1450m	21:06.41	1500m	21:54.45									
	46.85		45.92		47.79		48.25		48.66		48.04									

27..... Zoe Huckerby ..... 17 ..... CarltonForum 22:00.82 368

50m	35.57	100m	1:16.64	150m	1:58.59	200m	2:41.24	250m	3:24.54	300m	4:08.02	350m	4:52.29	400m	5:36.16					
	35.57		41.07		41.95		42.65		43.30		43.48		44.27		43.87					
450m	6:20.49	500m	7:04.48	550m	7:48.90	600m	8:33.91	650m	9:18.25	700m	10:02.34	750m	10:46.98	800m	11:30.60					
	44.33		43.99		44.42		45.01		44.34		44.09		44.64		43.62					
850m	12:15.49	900m	13:00.56	950m	13:46.51	1000m	14:31.09	1050m	15:17.09	1100m	16:02.73	1150m	16:47.97	1200m	17:34.03					
	44.89		45.07		45.95		44.58		46.00		45.64		45.24		46.06					
1250m	18:20.03	1300m	19:04.35	1350m	19:48.69	1400m	20:33.59	1450m	21:18.05	1500m	22:00.82									
	46.00		44.32		44.34		44.90		44.46		42.77									

28..... Lauren Quinn ..... 11 ..... Sutton 22:10.54 360

50m	38.61	100m	1:20.46	150m	2:03.90	200m	2:48.08	250m	3:32.42	300m	4:17.06	350m	5:02.12	400m	5:47.19					
	38.61		41.85		43.44		44.18		44.34		44.64		45.06		45.07					
450m	6:32.90	500m	7:17.91	550m	8:03.05	600m	8:47.48	650m	9:33.01	700m	10:18.11	750m	11:02.79	800m	11:48.36					
	45.71		45.01		45.14		44.43		45.53		45.10		44.68		45.57					
850m	12:33.54	900m	13:18.45	950m	14:03.93	1000m	14:49.04	1050m	15:33.80	1100m	16:18.17	1150m	17:02.51	1200m	17:46.66					
	45.18		44.91		45.48		45.11		44.76		44.37		44.34		44.15					
1250m	18:30.84	1300m	19:15.34	1350m	19:59.91	1400m	20:45.07	1450m	21:28.34	1500m	22:10.54									
	44.18		44.50		44.57		45.16		43.27		42.20									

29.... Emily Waldram ..... 11 ..... Falcon Nttm 22:54.79 326

50m	40.18	100m	1:24.47	150m	2:10.50	200m	2:56.44	250m	3:41.29	300m	4:27.17	350m	5:13.02	400m	5:58.81					
	40.18		44.29		46.03		45.94		44.85		45.88		45.85		45.79					
450m	6:44.59	500m	7:30.39	550m	8:17.22	600m	-	650m	9:51.09	700m	10:38.16	750m	11:25.24	800m	12:12.23					
	45.78		45.80		46.83		-		1:33.87		47.07		47.08		46.99					
850m	12:59.65	900m	13:46.99	950m	-	1000m	15:19.70	1050m	16:06.81	1100m	16:52.11	1150m	17:38.30	1200m	18:24.95					
	47.42		47.34		-		1:32.71		47.11		45.30		46.19		46.65					
1250m	19:11.10	1300m	19:56.66	1350m	21:29.04	1400m	22:14.18	1450m	-	1500m	22:54.79									
	46.15		45.56		1:32.38		45.14		-		40.61									