

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)

6th March 2010 – Worksop Leisure Centre - 25m Pool

Session 9 Sheet 1

EVENT 401 Boys/Girls 11 Yrs/Over 800m Free.

BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1	Calum Murray	12	Calv Bing	9:52.71	456			
	50m 30.86	100m 1:06.42	150m 1:43.80	200m 2:21.02	250m 2:58.03	300m 3:35.62	350m 4:13.15	400m 4:50.76
	30.86	35.56	37.38	37.22	37.01	37.59	37.53	37.61
	450m 5:28.61	500m 6:05.96	550m 6:44.10	600m 7:22.64	650m 8:00.95	700m 8:38.87	750m 9:16.25	800m 9:52.71
	37.85	37.35	38.14	38.54	38.31	37.92	37.38	36.46
2	Kieran-Lee Simcox	12	Worksop	10:04.08	431			
	50m 33.97	100m 1:12.54	150m 1:50.61	200m 2:29.19	250m 3:07.68	300m 3:46.38	350m 4:24.91	400m 5:03.50
	33.97	38.57	38.07	38.58	38.49	38.70	38.53	38.59
	450m 5:41.35	500m 6:19.39	550m 6:57.12	600m 7:34.76	650m 8:12.40	700m 8:50.46	750m 9:27.88	800m 10:04.08
	37.85	38.04	37.73	37.64	37.64	38.06	37.42	36.20
3	Benjamin Palmer	12	Newark	10:04.78	429			
	50m 33.43	100m 1:10.65	150m 1:47.92	200m 2:26.13	250m 3:04.16	300m 3:42.56	350m 4:20.67	400m 4:58.57
	33.43	37.22	37.27	38.21	38.03	38.40	38.11	37.90
	450m 5:37.71	500m 6:15.85	550m 6:54.48	600m 7:32.82	650m 8:11.90	700m 8:50.50	750m 9:29.52	800m 10:04.78
	39.14	38.14	38.63	38.34	39.08	38.60	39.02	35.26
4	Luke Greenwood	12	Calv Bing	10:05.19	429			
	50m 33.67	100m 1:10.86	150m 1:49.20	200m 2:26.79	250m 3:05.43	300m 3:43.73	350m 4:22.24	400m 5:00.84
	33.67	37.19	38.34	37.59	38.64	38.30	38.51	38.60
	450m 5:38.84	500m 6:17.34	550m 6:55.84	600m 7:34.00	650m 8:12.03	700m 8:50.56	750m 9:29.06	800m 10:05.19
	38.00	38.50	38.50	38.16	38.03	38.53	38.50	36.13
5	Kiran Watkins	12	Arnold	10:16.55	405			
	50m 34.63	100m 1:11.77	150m 1:49.57	200m 2:27.87	250m 3:06.44	300m 3:45.11	350m 4:24.40	400m 5:03.50
	34.63	37.14	37.80	38.30	38.57	38.67	39.29	39.10
	450m 5:42.64	500m 6:22.36	550m 7:01.20	600m 7:40.35	650m 8:19.12	700m 8:58.76	750m 9:37.44	800m 10:16.55
	39.14	39.72	38.84	39.15	38.77	39.64	38.68	39.11
6	Thomas Howdle	12	Bramcote	10:25.36	388			
	50m 35.43	100m 1:15.47	150m 1:54.92	200m 2:34.15	250m 3:14.13	300m 3:54.04	350m 4:34.12	400m 5:14.28
	35.43	40.04	39.45	39.23	39.98	39.91	40.08	40.16
	450m 5:54.47	500m 6:33.67	550m 7:14.54	600m 7:54.03	650m 8:32.90	700m 9:11.65	750m 9:49.29	800m 10:25.36
	40.19	39.20	40.87	39.49	38.87	38.75	37.64	36.07
7	Brendan O'Keefe	12	Mansfield	10:25.67	388			
	50m 34.69	100m 1:13.37	150m 1:52.49	200m 2:32.79	250m 3:12.83	300m 3:51.92	350m 4:31.49	400m 5:12.38
	34.69	38.68	39.12	40.30	40.04	39.09	39.57	40.89
	450m 5:52.52	500m 6:32.35	550m 7:12.98	600m 7:53.46	650m 8:32.22	700m 9:11.88	750m 9:50.08	800m 10:25.67
	40.14	39.83	40.63	40.48	38.76	39.66	38.20	35.59

BOYS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1	Joe Stevenson	13	Calv Bing	8:47.11	649			
	50m 30.27	100m 1:03.02	150m 1:36.57	200m 2:10.06	250m 2:43.57	300m 3:17.10	350m 3:50.80	400m 4:23.96
	30.27	32.75	33.55	33.49	33.51	33.53	33.70	33.16
	450m 4:56.72	500m 5:29.60	550m 6:02.35	600m 6:35.17	650m 7:08.31	700m 7:41.64	750m 8:14.78	800m 8:47.11
	32.76	32.88	32.75	32.82	33.14	33.33	33.14	32.33
2	James Bull	13	Bramcote	8:58.67	608			
	50m 30.95	100m 1:04.24	150m 1:37.93	200m 2:11.95	250m 2:46.29	300m 3:20.54	350m 3:54.59	400m 4:28.51
	30.95	33.29	33.69	34.02	34.34	34.25	34.05	33.92
	450m 5:02.67	500m 5:36.63	550m 6:10.68	600m 6:44.34	650m 7:18.11	700m 7:52.35	750m 8:26.15	800m 8:58.67
	34.16	33.96	34.05	33.66	33.77	34.24	33.80	32.52
3	Thomas Roberts	13	Calv Bing	9:05.69	585			
	50m 30.66	100m 1:04.56	150m 1:38.86	200m 2:12.96	250m 2:47.10	300m 3:21.27	350m 3:55.57	400m 4:30.27
	30.66	33.90	34.30	34.10	34.14	34.17	34.30	34.70
	450m 5:04.80	500m 5:39.31	550m 6:14.13	600m 6:48.94	650m 7:23.88	700m 7:58.65	750m 8:33.22	800m 9:05.69
	34.53	34.51	34.82	34.81	34.94	34.77	34.57	32.47
4	Harry Martin	13	Calv Bing	9:07.84	578			
	50m 30.57	100m 1:04.31	150m 1:38.51	200m 2:12.54	250m 2:46.85	300m 3:21.43	350m 3:56.28	400m 4:31.14
	30.57	33.74	34.20	34.03	34.31	34.58	34.85	34.86
	450m 5:06.24	500m 5:41.49	550m 6:17.11	600m 6:52.22	650m 7:26.86	700m 8:01.51	750m 8:36.02	800m 9:07.84
	35.10	35.25	35.62	35.11	34.64	34.65	34.51	31.82
5	Thomas Platt	13	NottmLeander	9:25.11	526			
	50m 30.33	100m 1:04.20	150m 1:38.94	200m 2:14.11	250m 2:49.65	300m 3:25.79	350m 4:01.87	400m 4:38.21
	30.33	33.87	34.74	35.17	35.54	36.14	36.08	36.34
	450m 5:14.22	500m 5:50.29	550m 6:26.36	600m 7:02.56	650m 7:39.03	700m 8:15.32	750m 8:50.75	800m 9:25.11
	36.01	36.07	36.07	36.20	36.47	36.29	35.43	34.36
6	Ben Canavan-Taylor	13	Mansfield	9:36.42	496			
	50m 32.35	100m 1:08.39	150m 1:45.18	200m 2:22.43	250m 2:59.61	300m 3:36.86	350m 4:13.86	400m 4:50.70
	32.35	36.04	36.79	37.25	37.18	37.25	37.00	36.84
	450m 5:27.70	500m 6:04.42	550m 6:41.54	600m 7:18.79	650m 7:54.08	700m 8:30.09	750m 9:04.94	800m 9:36.42
	37.00	36.72	37.12	37.25	35.29	36.01	34.85	31.48

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6th March 2010 – Worksop Leisure Centre - 25m Pool

Session 9 Sheet 3

10.....Adam Scotney.....	14.....NottmLeander.....	9:28.95.....	516		
.....50m 31.87.....	100m 1:06.74.....	150m 1:42.30.....	200m 2:18.41.....	250m 2:54.49.....	300m 3:30.54.....
.....31.87.....	34.87.....	35.56.....	36.11.....	36.08.....	36.05.....
.....450m 5:19.13.....	500m 5:55.54.....	550m 6:31.80.....	600m 7:08.12.....	650m 7:44.13.....	700m 8:20.14.....
.....36.26.....	36.41.....	36.26.....	36.32.....	36.01.....	36.01.....
.....35.79.....	33.02.....				
11.....Robert Barton.....	14.....Calv Bing.....	9:49.16.....	464		
.....50m 31.23.....	100m 1:07.12.....	150m 1:44.14.....	200m 2:21.44.....	250m 2:58.46.....	300m 3:36.08.....
.....31.23.....	35.89.....	37.02.....	37.30.....	37.02.....	37.62.....
.....450m 5:29.31.....	500m 6:07.15.....	550m 6:44.92.....	600m 7:22.49.....	650m 8:00.36.....	700m 8:37.91.....
.....38.26.....	37.84.....	37.77.....	37.57.....	37.87.....	37.55.....
.....36.97.....	34.28.....				

BOYS 15 Yrs Age Group - Full Results

Place.....	Name.....	AaD.....	Club.....	Time.....	FINA Pt.....		
1.....	Lewis Steptoe.....	15.....	Sherwood.....	8:35.61.....	693		
.....50m 29.25.....	100m 1:01.64.....	150m 1:34.44.....	200m 2:07.34.....	250m 2:39.94.....	300m 3:12.22.....	350m 3:44.85	400m 4:17.57
.....29.25.....	32.39.....	32.80.....	32.90.....	32.60.....	32.28.....	32.63	32.72
.....450m 4:49.99.....	500m 5:22.42.....	550m 5:54.83.....	600m 6:27.63.....	650m 6:59.79.....	700m 7:32.29.....	750m 8:04.46	800m 8:35.61
.....32.42.....	32.43.....	32.41.....	32.80.....	32.16.....	32.50.....	32.17	31.15
2.....	Matthew Dobson.....	15.....	Worksop.....	8:41.69.....	669		
.....50m 28.41.....	100m 59.74.....	150m 1:32.07.....	200m 2:04.82.....	250m 2:37.68.....	300m 3:10.63.....	350m 3:43.79	400m 4:17.23
.....28.41.....	31.33.....	32.33.....	32.75.....	32.86.....	32.95.....	33.16	33.44
.....450m 4:49.89.....	500m 5:23.43.....	550m 5:56.74.....	600m 6:30.39.....	650m 7:02.75.....	700m 7:36.16.....	750m 8:09.50	800m 8:41.69
.....32.66.....	33.54.....	33.31.....	33.65.....	32.36.....	33.41.....	33.34	32.19
3.....	Jorge Phenix-Coyne.....	15.....	Arnold.....	8:47.98.....	645		
.....50m 28.24.....	100m 59.03.....	150m 1:30.88.....	200m 2:02.91.....	250m 2:34.89.....	300m 3:07.50.....	350m 3:39.92	400m 4:10.85
.....28.24.....	30.79.....	31.85.....	32.03.....	31.98.....	32.61.....	32.42	30.93
.....450m 4:49.98.....	500m 5:24.71.....	550m 5:59.46.....	600m 6:34.32.....	650m 7:07.99.....	700m 7:42.12.....	750m 8:15.08	800m 8:47.98
.....39.13.....	34.73.....	34.75.....	34.86.....	33.67.....	34.13.....	32.96	32.90
4.....	Mitchell Jordan.....	15.....	Arnold.....	9:18.04.....	547		
.....50m 29.97.....	100m 1:02.80.....	150m 1:36.39.....	200m 2:10.21.....	250m 2:43.98.....	300m 3:18.11.....	350m 3:52.74	400m 4:28.08
.....29.97.....	32.83.....	33.59.....	33.82.....	33.77.....	34.13.....	34.63	35.34
.....450m 5:03.88.....	500m 5:40.28.....	550m 6:16.33.....	600m 6:53.07.....	650m 7:29.88.....	700m 8:06.90.....	750m 8:43.12	800m 9:18.04
.....35.80.....	36.40.....	36.05.....	36.74.....	36.81.....	37.02.....	36.22	34.92

BOYS 16/18 Yrs Age Group - Full Results

Place.....	Name.....	AaD.....	Club.....	Time.....	FINA Pt.....		
1.....	Ian Wrigley.....	16.....	Worksop.....	9:17.12.....	549		
.....50m 31.14.....	100m 1:04.42.....	150m 1:39.13.....	200m 2:14.19.....	250m 2:49.68.....	300m 3:25.22.....	350m 4:00.98	400m 4:36.47
.....31.14.....	33.28.....	34.71.....	35.06.....	35.49.....	35.54.....	35.76	35.49
.....450m 5:12.28.....	500m 5:48.21.....	550m 6:23.97.....	600m 7:00.19.....	650m 7:35.69.....	700m 8:11.23.....	750m 8:44.99	800m 9:17.12
.....35.81.....	35.93.....	35.76.....	36.22.....	35.50.....	35.54.....	33.76	32.13
2.....	Samuel Wass.....	16.....	Calv Bing.....	9:41.25.....	484		
.....50m 31.63.....	100m 1:06.72.....	150m 1:42.74.....	200m 2:19.35.....	250m 2:56.78.....	300m 3:33.81.....	350m 4:11.20	400m 4:48.84
.....31.63.....	35.09.....	36.02.....	36.61.....	37.43.....	37.03.....	37.39	37.64
.....450m 5:26.39.....	500m 6:03.49.....	550m 6:40.53.....	600m 7:17.48.....	650m 7:53.71.....	700m 8:29.89.....	750m 9:05.89	800m 9:41.25
.....37.55.....	37.10.....	37.04.....	36.95.....	36.23.....	36.18.....	36.00	35.36
.....	Liam Jordan.....	17.....	Worksop.....	DNC.....			
.....	Samuel Van De Schootbr.....	16.....	NottmLeander.....	DNC.....			

BOYS Open Age Group - Full Results

Place.....	Name.....	AaD.....	Club.....	Time.....	FINA Pt.....		
1.....	Daniel Mills.....	19.....	Mansfield.....	8:07.88.....	818		
.....50m 27.85.....	100m 57.94.....	150m 1:28.38.....	200m 1:58.83.....	250m 2:29.64.....	300m 3:00.61.....	350m 3:31.54	400m 4:02.58
.....27.85.....	30.09.....	30.44.....	30.45.....	30.81.....	30.97.....	30.93	31.04
.....450m 4:33.12.....	500m 5:03.83.....	550m 5:34.78.....	600m 6:05.94.....	650m 6:36.80.....	700m 7:07.64.....	750m 7:38.20	800m 8:07.88
.....30.54.....	30.71.....	30.95.....	31.16.....	30.86.....	30.84.....	30.56	29.68
2.....	Lewis Steptoe.....	15.....	Sherwood.....	8:35.61.....	693		
.....50m 29.25.....	100m 1:01.64.....	150m 1:34.44.....	200m 2:07.34.....	250m 2:39.94.....	300m 3:12.22.....	350m 3:44.85	400m 4:17.57
.....29.25.....	32.39.....	32.80.....	32.90.....	32.60.....	32.28.....	32.63	32.72
.....450m 4:49.99.....	500m 5:22.42.....	550m 5:54.83.....	600m 6:27.63.....	650m 6:59.79.....	700m 7:32.29.....	750m 8:04.46	800m 8:35.61
.....32.42.....	32.43.....	32.41.....	32.80.....	32.16.....	32.50.....	32.17	31.15
3.....	Matthew Dobson.....	15.....	Worksop.....	8:41.69.....	669		
.....50m 28.41.....	100m 59.74.....	150m 1:32.07.....	200m 2:04.82.....	250m 2:37.68.....	300m 3:10.63.....	350m 3:43.79	400m 4:17.23
.....28.41.....	31.33.....	32.33.....	32.75.....	32.86.....	32.95.....	33.16	33.44
.....450m 4:49.89.....	500m 5:23.43.....	550m 5:56.74.....	600m 6:30.39.....	650m 7:02.75.....	700m 7:36.16.....	750m 8:09.50	800m 8:41.69
.....32.66.....	33.54.....	33.31.....	33.65.....	32.36.....	33.41.....	33.34	32.19

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6th March 2010 – Worksop Leisure Centre - 25m Pool

Session 9 Sheet 5

18..... Mitchell Jordan.....	15..... Arnold.....	9:18.04.....	547	
..... 50m 29.97..... 100m 1:02.80..... 150m 1:36.39..... 200m 2:10.21..... 250m 2:43.98..... 300m 3:18.11..... 350m 3:52.74	400m 4:28.08
..... 29.97..... 32.83..... 33.59..... 33.82..... 33.77..... 34.13..... 34.63 35.34
..... 450m 5:03.88..... 500m 5:40.28..... 550m 6:16.33..... 600m 6:53.07..... 650m 7:29.88..... 700m 8:06.90..... 750m 8:43.12	800m 9:18.04
..... 35.80..... 36.40..... 36.05..... 36.74..... 36.81..... 37.02..... 36.22 34.92
19..... Michael Shillito.....	14..... Sherwood.....	9:19.09.....	544	
..... 50m 32.75..... 100m 1:07.29..... 150m 1:42.33..... 200m 2:17.30..... 250m 2:52.55..... 300m 3:27.89..... 350m 4:03.41	400m 4:38.81
..... 32.75..... 34.54..... 35.04..... 34.97..... 35.25..... 35.34..... 35.52 35.40
..... 450m 5:13.89..... 500m 5:49.28..... 550m 6:24.92..... 600m 7:00.36..... 650m 7:35.31..... 700m 8:10.51..... 750m 8:45.16	800m 9:19.09
..... 35.08..... 35.39..... 35.64..... 35.44..... 34.95..... 35.20..... 34.65 33.93
20..... Thomas Platt.....	13..... NottmLeander.....	9:25.11.....	526	
..... 50m 30.33..... 100m 1:04.20..... 150m 1:38.94..... 200m 2:14.11..... 250m 2:49.65..... 300m 3:25.79..... 350m 4:01.87	400m 4:38.21
..... 30.33..... 33.87..... 34.74..... 35.17..... 35.54..... 36.14..... 36.08 36.34
..... 450m 5:14.22..... 500m 5:50.29..... 550m 6:26.36..... 600m 7:02.56..... 650m 7:39.03..... 700m 8:15.32..... 750m 8:50.75	800m 9:25.11
..... 36.01..... 36.07..... 36.07..... 36.20..... 36.47..... 36.29..... 35.43 34.36
21..... Adam Scotney.....	14..... NottmLeander.....	9:28.95.....	516	
..... 50m 31.87..... 100m 1:06.74..... 150m 1:42.30..... 200m 2:18.41..... 250m 2:54.49..... 300m 3:30.54..... 350m 4:06.55	400m 4:42.87
..... 31.87..... 34.87..... 35.56..... 36.11..... 36.08..... 36.05..... 36.01 36.32
..... 450m 5:19.13..... 500m 5:55.54..... 550m 6:31.80..... 600m 7:08.12..... 650m 7:44.13..... 700m 8:20.14..... 750m 8:55.93	800m 9:28.95
..... 36.26..... 36.41..... 36.26..... 36.32..... 36.01..... 36.01..... 35.79 33.02
22..... Ben Canavan-Taylor.....	13..... Mansfield.....	9:36.42.....	496	
..... 50m 32.35..... 100m 1:08.39..... 150m 1:45.18..... 200m 2:22.43..... 250m 2:59.61..... 300m 3:36.86..... 350m 4:13.86	400m 4:50.70
..... 32.35..... 36.04..... 36.79..... 37.25..... 37.18..... 37.25..... 37.00 36.84
..... 450m 5:27.70..... 500m 6:04.42..... 550m 6:41.54..... 600m 7:18.79..... 650m 7:54.08..... 700m 8:30.09..... 750m 9:04.94	800m 9:36.42
..... 37.00..... 36.72..... 37.12..... 37.25..... 35.29..... 36.01..... 34.85 31.48
23..... Christopher Baguley.....	13..... Mansfield.....	9:36.89.....	495	
..... 50m 32.57..... 100m 1:08.35..... 150m 1:45.14..... 200m 2:21.19..... 250m 2:57.62..... 300m 3:34.33..... 350m 4:11.80	400m 4:48.01
..... 32.57..... 35.78..... 36.79..... 36.05..... 36.43..... 36.71..... 37.47 36.21
..... 450m 5:24.84..... 500m 6:01.36..... 550m 6:38.59..... 600m 7:14.79..... 650m 7:51.30..... 700m 8:27.64..... 750m 9:04.10	800m 9:36.89
..... 36.83..... 36.52..... 37.23..... 36.20..... 36.51..... 36.34..... 36.46 32.79
24..... Thomas Roberts.....	13..... Sherwood.....	9:41.14.....	484	
..... 50m 32.19..... 100m 1:08.09..... 150m 1:45.03..... 200m 2:21.80..... 250m 2:58.47..... 300m 3:35.51..... 350m 4:12.64	400m 4:49.65
..... 32.19..... 35.90..... 36.94..... 36.77..... 36.67..... 37.04..... 37.13 37.01
..... 450m 5:26.68..... 500m 6:03.65..... 550m 6:40.22..... 600m 7:17.35..... 650m 7:54.30..... 700m 8:30.83..... 750m 9:07.07	800m 9:41.14
..... 37.03..... 36.97..... 36.57..... 37.13..... 36.95..... 36.53..... 36.24 34.07
25..... Samuel Wass.....	16..... Calv Bing.....	9:41.25.....	484	
..... 50m 31.63..... 100m 1:06.72..... 150m 1:42.74..... 200m 2:19.35..... 250m 2:56.78..... 300m 3:33.81..... 350m 4:11.20	400m 4:48.84
..... 31.63..... 35.09..... 36.02..... 36.61..... 37.43..... 37.03..... 37.39 37.64
..... 450m 5:26.39..... 500m 6:03.49..... 550m 6:40.53..... 600m 7:17.48..... 650m 7:53.71..... 700m 8:29.89..... 750m 9:05.89	800m 9:41.25
..... 37.55..... 37.10..... 37.04..... 36.95..... 36.23..... 36.18..... 36.00 35.36
26..... Luke Carnell.....	13..... Sherwood.....	9:41.44.....	483	
..... 50m 31.93..... 100m 1:07.61..... 150m 1:44.02..... 200m 2:20.44..... 250m 2:56.69..... 300m 3:33.25..... 350m 4:10.28	400m 4:47.55
..... 31.93..... 35.68..... 36.41..... 36.42..... 36.25..... 36.56..... 37.03 37.27
..... 450m 5:24.53..... 500m 6:02.11..... 550m 6:39.36..... 600m 7:16.86..... 650m 7:53.64..... 700m 8:30.69..... 750m 9:06.84	800m 9:41.44
..... 36.98..... 37.58..... 37.25..... 37.50..... 36.78..... 37.05..... 36.15 34.60
27..... Robert Barton.....	14..... Calv Bing.....	9:49.16.....	464	
..... 50m 31.23..... 100m 1:07.12..... 150m 1:44.14..... 200m 2:21.44..... 250m 2:58.46..... 300m 3:36.08..... 350m 4:13.22	400m 4:51.05
..... 31.23..... 35.89..... 37.02..... 37.30..... 37.02..... 37.62..... 37.14 37.83
..... 450m 5:29.31..... 500m 6:07.15..... 550m 6:44.92..... 600m 7:22.49..... 650m 8:00.36..... 700m 8:37.91..... 750m 9:14.88	800m 9:49.16
..... 38.26..... 37.84..... 37.77..... 37.57..... 37.87..... 37.55..... 36.97 34.28
28..... Calum Murray.....	12..... Calv Bing.....	9:52.71.....	456	
..... 50m 30.86..... 100m 1:06.42..... 150m 1:43.80..... 200m 2:21.02..... 250m 2:58.03..... 300m 3:35.62..... 350m 4:13.15	400m 4:50.76
..... 30.86..... 35.56..... 37.38..... 37.22..... 37.01..... 37.59..... 37.53 37.61
..... 450m 5:28.61..... 500m 6:05.96..... 550m 6:44.10..... 600m 7:22.64..... 650m 8:00.95..... 700m 8:38.87..... 750m 9:16.25	800m 9:52.71
..... 37.85..... 37.35..... 38.14..... 38.54..... 38.31..... 37.92..... 37.38 36.46
29..... Daniel Moore.....	13..... NottmLeander.....	9:53.37.....	455	
..... 50m 33.40..... 100m 1:09.67..... 150m 1:47.23..... 200m 2:24.50..... 250m 3:02.19..... 300m 3:39.82..... 350m 4:17.30	400m 4:55.09
..... 33.40..... 36.27..... 37.56..... 37.27..... 37.69..... 37.63..... 37.48 37.79
..... 450m 5:31.69..... 500m 6:09.25..... 550m 6:46.74..... 600m 7:24.25..... 650m 8:01.52..... 700m 8:39.50..... 750m 9:16.93	800m 9:53.37
..... 36.60..... 37.56..... 37.49..... 37.51..... 37.27..... 37.98..... 37.43 36.44
30..... Kieran-Lee Simcox.....	12..... Worksop.....	10:04.08.....	431	
..... 50m 33.97..... 100m 1:12.54..... 150m 1:50.61..... 200m 2:29.19..... 250m 3:07.68..... 300m 3:46.38..... 350m 4:24.91	400m 5:03.50
..... 33.97..... 38.57..... 38.07..... 38.58..... 38.49..... 38.70..... 38.53 38.59
..... 450m 5:41.35..... 500m 6:19.39..... 550m 6:57.12..... 600m 7:34.76..... 650m 8:12.40..... 700m 8:50.46..... 750m 9:27.88	800m 10:04.08
..... 37.85..... 38.04..... 37.73..... 37.64..... 37.64..... 38.06..... 37.42 36.20
31..... Benjamin Palmer.....	12..... Newark.....	10:04.78.....	429	
..... 50m 33.43..... 100m 1:10.65..... 150m 1:47.92..... 200m 2:26.13..... 250m 3:04.16..... 300m 3:42.56..... 350m 4:20.67	400m 4:58.57
..... 33.43..... 37.22..... 37.27..... 38.21..... 38.03..... 38.40..... 38.11 37.90
..... 450m 5:37.71..... 500m 6:15.85..... 550m 6:54.48..... 600m 7:32.82..... 650m 8:11.90..... 700m 8:50.50..... 750m 9:29.52	800m 10:04.78
..... 39.14..... 38.14..... 38.63..... 38.34..... 39.08..... 38.60..... 39.02 35.26

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)

6th March 2010 – Worksop Leisure Centre - 25m Pool

Session 9 Sheet 7

10.....Emily Waldram.....	11.....Falcon Nttm.....	11:52.31.....	324
.....50m 40.63.....100m 1:23.45.....150m 2:07.26.....200m 2:51.67.....250m 3:36.49.....300m 4:22.46.....350m 5:08.44	400m 5:54.33		
.....40.63.....42.82.....43.81.....44.41.....44.82.....45.97.....45.98	45.89		
.....450m 6:41.39.....500m 7:27.02.....550m 8:12.79.....600m 8:59.45.....650m 9:44.51.....700m 10:30.30.....750m 11:13.66	800m 11:52.31		
.....47.06.....45.63.....45.77.....46.66.....45.06.....45.79.....43.36	38.65		

GIRLS 12 Yrs Age Group - Full Results

Place.....	Name.....	AaD.....	Club.....	Time.....	FINA Pt.....
1.....	Emma Lowry.....	12.....	NottmLeander.....	9:44.68.....	586
.....50m 33.40.....100m 1:09.64.....150m 1:46.04.....200m 2:22.55.....250m 2:59.06.....300m 3:35.65.....350m 4:12.49	400m 4:49.54				
.....33.40.....36.24.....36.40.....36.51.....36.51.....36.59.....36.84	37.05				
.....450m 5:26.77.....500m 6:03.63.....550m 6:40.43.....600m 7:17.88.....650m 7:54.82.....700m 8:31.92.....750m 9:08.90	800m 9:44.68				
.....37.23.....36.86.....36.80.....37.45.....36.94.....37.10.....36.98	35.78				
2.....	Shannon Brown.....	12.....	Sherwood.....	9:54.26.....	558
.....50m 32.38.....100m 1:07.99.....150m 1:44.66.....200m 2:21.66.....250m 2:58.88.....300m 3:36.40.....350m 4:14.20	400m 4:52.31				
.....32.38.....35.61.....36.67.....37.00.....37.22.....37.52.....37.80	38.11				
.....450m 5:29.75.....500m 6:07.75.....550m 6:45.94.....600m 7:23.95.....650m 8:01.94.....700m 8:40.31.....750m 9:17.83	800m 9:54.26				
.....37.44.....38.00.....38.19.....38.01.....37.99.....38.37.....37.52	36.43				
3.....	Megan Geoghegan.....	12.....	Calv Bing.....	10:00.73.....	540
.....50m 33.33.....100m 1:10.51.....150m 1:48.26.....200m 2:26.17.....250m 3:03.98.....300m 3:42.33.....350m 4:20.32	400m 4:58.41				
.....33.33.....37.18.....37.75.....37.91.....37.81.....38.35.....37.99	38.09				
.....450m 5:37.07.....500m 6:15.40.....550m 6:53.43.....600m 7:31.91.....650m 8:10.01.....700m 8:47.97.....750m 9:25.71	800m 10:00.73				
.....38.66.....38.33.....38.03.....38.48.....38.10.....37.96.....37.74	35.02				
4.....	Charlotte Lomas.....	12.....	Radford.....	10:07.56.....	522
.....50m 35.47.....100m 1:13.78.....150m 1:52.43.....200m 2:31.24.....250m 3:09.32.....300m 3:47.38.....350m 4:25.60	400m 5:04.15				
.....35.47.....38.31.....38.65.....38.81.....38.08.....38.06.....38.22	38.55				
.....450m 5:43.05.....500m 6:21.30.....550m 6:59.70.....600m 7:37.97.....650m 8:16.03.....700m 8:54.19.....750m 9:32.41	800m 10:07.56				
.....38.90.....38.25.....38.40.....38.27.....38.06.....38.16.....38.22	35.15				
5.....	Danielle Binks.....	12.....	NottmLeander.....	10:07.68.....	522
.....50m 34.52.....100m 1:11.77.....150m 1:49.63.....200m 2:27.72.....250m 3:06.13.....300m 3:44.63.....350m 4:23.28	400m 5:01.91				
.....34.52.....37.25.....37.86.....38.09.....38.41.....38.50.....38.65	38.63				
.....450m 5:40.43.....500m 6:19.03.....550m 6:57.44.....600m 7:35.81.....650m 8:14.39.....700m 8:52.36.....750m 9:30.70	800m 10:07.68				
.....38.52.....38.60.....38.41.....38.37.....38.58.....37.97.....38.34	36.98				
6.....	Danielle Cherry.....	12.....	Calv Bing.....	10:08.87.....	519
.....50m 34.90.....100m 1:12.43.....150m 1:50.48.....200m 2:28.49.....250m 3:06.83.....300m 3:45.19.....350m 4:23.51	400m 5:01.94				
.....34.90.....37.53.....38.05.....38.01.....38.34.....38.36.....38.32	38.43				
.....450m 5:40.31.....500m 6:18.75.....550m 6:57.55.....600m 7:36.10.....650m 8:14.83.....700m 8:53.28.....750m 9:31.56	800m 10:08.87				
.....38.37.....38.44.....38.80.....38.55.....38.73.....38.45.....38.28	37.31				
7.....	Ruth Money.....	12.....	Newark.....	10:16.04.....	501
.....50m 34.05.....100m 1:11.18.....150m 1:48.79.....200m 2:26.97.....250m 3:05.41.....300m 3:43.94.....350m 4:23.21	400m 5:02.07				
.....34.05.....37.13.....37.61.....38.18.....38.44.....38.53.....39.27	38.86				
.....450m 5:40.71.....500m 6:19.88.....550m 6:59.54.....600m 7:38.96.....650m 8:18.41.....700m 8:57.85.....750m 9:37.24	800m 10:16.04				
.....38.64.....39.17.....39.66.....39.42.....39.45.....39.44.....39.39	38.80				
8.....	Emilia Bowes-Hall.....	12.....	Newark.....	10:38.47.....	450
.....50m 34.86.....100m 1:14.20.....150m 1:54.73.....200m 2:34.86.....250m 3:15.75.....300m 3:57.23.....350m 4:37.96	400m 5:19.05				
.....34.86.....39.34.....40.53.....40.13.....40.89.....41.48.....40.73	41.09				
.....450m 6:00.07.....500m 6:40.09.....550m 7:20.73.....600m 8:01.96.....650m 8:42.79.....700m 9:22.55.....750m 10:01.85	800m 10:38.47				
.....41.02.....40.02.....40.64.....41.23.....40.83.....39.76.....39.30	36.62				
9.....	Asha-Jo Anthony.....	12.....	Retford.....	10:43.10.....	440
.....50m 36.01.....100m 1:16.03.....150m 1:57.38.....200m 2:37.85.....250m 3:18.77.....300m 3:58.85.....350m 4:39.36	400m 5:20.81				
.....36.01.....40.02.....41.35.....40.47.....40.92.....40.08.....40.51	41.45				
.....450m 6:01.11.....500m 6:41.58.....550m 7:22.73.....600m 8:04.61.....650m 8:44.65.....700m 9:25.61.....750m 10:05.77	800m 10:43.10				
.....40.30.....40.47.....41.15.....41.88.....40.04.....40.96.....40.16	37.33				
10.....	Rebecca Schinagl.....	12.....	Calv Bing.....	10:55.99.....	415
.....50m 35.60.....100m 1:15.56.....150m 1:57.05.....200m 2:37.95.....250m 3:19.90.....300m 4:02.21.....350m 4:44.25	400m 5:25.52				
.....35.60.....39.96.....41.49.....40.90.....41.95.....42.31.....42.04	41.27				
.....450m 6:07.24.....500m 6:49.38.....550m 7:31.47.....600m 8:13.60.....650m 8:54.75.....700m 9:37.03.....750m 10:18.44	800m 10:55.99				
.....41.72.....42.14.....42.09.....42.13.....41.15.....42.28.....41.41	37.55				
11.....	Hannah Hodgkinson.....	12.....	NottNorthern.....	11:06.75.....	395
.....50m 36.87.....100m 1:17.60.....150m 1:59.40.....200m 2:41.63.....250m 3:23.38.....300m 4:05.12.....350m 4:47.34	400m 5:29.60				
.....36.87.....40.73.....41.80.....42.23.....41.75.....41.74.....42.22	42.26				
.....450m 6:11.92.....500m 6:54.11.....550m 7:37.01.....600m 8:20.56.....650m 9:04.01.....700m 9:46.55.....750m 10:28.28	800m 11:06.75				
.....42.32.....42.19.....42.90.....43.55.....43.45.....42.54.....41.73	38.47				
12.....	Alice Venkatesan.....	12.....	NottNorthern.....	11:27.60.....	360
.....50m 36.26.....100m 1:17.24.....150m 1:59.49.....200m 2:41.86.....250m 3:25.01.....300m 4:08.42.....350m 4:51.81	400m 5:34.84				
.....36.26.....40.98.....42.25.....42.37.....43.15.....43.41.....43.39	43.03				
.....450m 6:17.89.....500m 7:00.70.....550m 7:43.38.....600m 8:26.46.....650m 9:09.39.....700m 9:53.14.....750m 10:41.54	800m 11:27.60				
.....43.05.....42.81.....42.68.....43.08.....42.93.....43.75.....48.40	46.06				

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)

6th March 2010 – Worksop Leisure Centre - 25m Pool

Session 9 Sheet 8

GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt											
1	Amber Keegan	13	Calv Bing	9:25.82	647											
	50m	31.94	100m	1:06.83	150m	1:42.01	200m	2:17.32	250m	2:52.93	300m	3:28.33	350m	4:04.09	400m	4:39.69
		31.94		34.89		35.18		35.31		35.61		35.40		35.76		35.60
	450m	5:15.28	500m	5:51.17	550m	6:27.22	600m	7:02.97	650m	7:39.09	700m	8:15.23	750m	8:50.88	800m	9:25.82
		35.59		35.89		36.05		35.75		36.12		36.14		35.65		34.94
2	Hannah Meek	13	Calv Bing	9:26.95	643											
	50m	32.77	100m	1:08.31	150m	1:43.71	200m	2:19.60	250m	2:54.82	300m	3:30.40	350m	4:05.99	400m	4:41.74
		32.77		35.54		35.40		35.89		35.22		35.58		35.59		35.75
	450m	5:17.24	500m	5:52.99	550m	6:28.88	600m	7:05.08	650m	7:40.99	700m	8:17.10	750m	8:52.89	800m	9:26.95
		35.50		35.75		35.89		36.20		35.91		36.11		35.79		34.06
3	Georgina Young	13	NottmLeander	9:35.79	614											
	50m	32.23	100m	1:07.28	150m	1:43.29	200m	2:19.50	250m	2:56.03	300m	3:32.51	350m	4:09.25	400m	4:45.86
		32.23		35.05		36.01		36.21		36.53		36.48		36.74		36.61
	450m	5:21.83	500m	5:58.47	550m	6:34.95	600m	7:11.79	650m	7:48.19	700m	8:24.69	750m	9:00.98	800m	9:35.79
		35.97		36.64		36.48		36.84		36.40		36.50		36.29		34.81
4	Elizabeth Davies	13	Retford	9:39.77	601											
	50m	33.05	100m	1:09.17	150m	1:45.89	200m	2:22.40	250m	2:59.01	300m	3:36.03	350m	4:12.61	400m	4:49.54
		33.05		36.12		36.72		36.51		36.61		37.02		36.58		36.93
	450m	5:26.59	500m	6:03.03	550m	6:39.95	600m	7:16.06	650m	7:52.66	700m	8:29.14	750m	9:05.62	800m	9:39.77
		37.05		36.44		36.92		36.11		36.60		36.48		36.48		34.15
5	Regan Jordan	13	Arnold	9:46.01	582											
	50m	33.57	100m	1:09.26	150m	1:46.04	200m	2:23.05	250m	3:00.31	300m	3:37.73	350m	4:15.07	400m	4:52.28
		33.57		35.69		36.78		37.01		37.26		37.42		37.34		37.21
	450m	5:29.39	500m	6:06.53	550m	6:43.51	600m	7:20.61	650m	7:57.43	700m	8:34.43	750m	9:10.79	800m	9:46.01
		37.11		37.14		36.98		37.10		36.82		37.00		36.36		35.22
6	Kerris Palmer	13	Mansfield	9:49.40	572											
	50m	33.20	100m	1:09.72	150m	1:46.88	200m	2:24.21	250m	3:01.54	300m	3:38.99	350m	4:16.43	400m	4:53.39
		33.20		36.52		37.16		37.33		37.33		37.45		37.44		36.96
	450m	5:30.72	500m	6:08.21	550m	6:46.02	600m	7:23.09	650m	8:00.30	700m	8:37.48	750m	9:13.98	800m	9:49.40
		37.33		37.49		37.81		37.07		37.21		37.18		36.50		35.42
7	Abby Walton	13	Arnold	9:59.44	544											
	50m	33.08	100m	1:08.98	150m	1:45.30	200m	2:22.03	250m	2:58.95	300m	3:36.22	350m	4:13.49	400m	4:51.21
		33.08		35.90		36.32		36.73		36.92		37.27		37.27		37.72
	450m	5:28.88	500m	6:07.08	550m	6:45.42	600m	7:24.02	650m	8:03.11	700m	8:42.30	750m	9:21.06	800m	9:59.44
		37.67		38.20		38.34		38.60		39.09		39.19		38.76		38.38
8	Jessica Moore	13	NottmLeander	10:00.35	541											
	50m	33.38	100m	1:10.57	150m	1:48.42	200m	2:26.37	250m	3:04.64	300m	3:42.73	350m	4:21.20	400m	4:59.34
		33.38		37.19		37.85		37.95		38.27		38.09		38.47		38.14
	450m	5:37.60	500m	6:16.32	550m	6:54.91	600m	7:32.07	650m	8:09.88	700m	8:47.69	750m	9:25.32	800m	10:00.35
		38.26		38.72		38.59		37.16		37.81		37.81		37.63		35.03
9	Louise Hamer	13	NottmLeander	10:00.53	541											
	50m	33.33	100m	1:09.57	150m	1:46.85	200m	2:24.62	250m	3:02.73	300m	3:41.03	350m	4:19.52	400m	4:57.52
		33.33		36.24		37.28		37.77		38.11		38.30		38.49		38.00
	450m	5:35.97	500m	6:14.54	550m	6:52.75	600m	7:31.22	650m	8:09.57	700m	8:47.48	750m	9:24.57	800m	10:00.53
		38.45		38.57		38.21		38.47		38.35		37.91		37.09		35.96
10	Paige Denyer	13	Worksop	10:14.45	505											
	50m	34.41	100m	1:11.70	150m	1:50.04	200m	2:27.63	250m	3:05.81	300m	3:44.75	350m	4:23.94	400m	5:03.60
		34.41		37.29		38.34		37.59		38.18		38.94		39.19		39.66
	450m	5:42.02	500m	6:21.47	550m	7:01.64	600m	7:40.69	650m	8:19.43	700m	8:58.23	750m	9:37.44	800m	10:14.45
		38.42		39.45		40.17		39.05		38.74		38.80		39.21		37.01

GIRLS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt											
1	Rachel Martin	14	Arnold	8:55.93	761											
	50m	29.29	100m	1:01.94	150m	1:35.12	200m	2:08.53	250m	2:41.97	300m	3:15.59	350m	3:49.49	400m	4:23.54
		29.29		32.65		33.18		33.41		33.44		33.62		33.90		34.05
	450m	4:57.56	500m	5:32.04	550m	6:06.36	600m	6:40.88	650m	7:15.42	700m	7:49.84	750m	8:23.76	800m	8:55.93
		34.02		34.48		34.32		34.52		34.54		34.42		33.92		32.17
2	Francesca Hay	14	NottmLeander	8:59.61	745											
	50m	31.07	100m	1:04.46	150m	1:37.98	200m	2:11.82	250m	2:45.51	300m	3:19.34	350m	3:53.10	400m	4:27.09
		31.07		33.39		33.52		33.84		33.69		33.83		33.76		33.99
	450m	5:01.16	500m	5:35.40	550m	6:09.63	600m	6:43.80	650m	7:18.15	700m	7:52.11	750m	8:26.69	800m	8:59.61
		34.07		34.24		34.23		34.17		34.35		33.96		34.58		32.92
3	Megan Berridge	14	Worksop	9:23.55	654											
	50m	32.58	100m	1:07.53	150m	1:43.16	200m	2:18.74	250m	2:54.23	300m	3:29.86	350m	4:05.50	400m	4:41.04
		32.58		34.95		35.63		35.58		35.49		35.63		35.64		35.54
	450m	5:16.59	500m	5:52.20	550m	6:27.81	600m	7:03.48	650m	7:38.80	700m	8:13.93	750m	8:49.18	800m	9:23.55
		35.55		35.61		35.61		35.67		35.32		35.13		35.25		34.37

