

# NATIONAL SWIMMING LEAGUE ROUND 3

## STAFFORD - 10TH OCTOBER 2009

11/under	Time	Pos.	15/under	Time	Pos.
<b>50m backstroke</b>			<b>100m backstroke</b>		
B Oliver Thomson	40.44	☺ 2	B Josh Southwell	1:14.89	☺ 2
G Abigail Humphreys	39.92	2	G Lizzie Humphreys	1:16.09	☺ 3
<b>50m freestyle</b>			<b>100m freestyle</b>		
B Will Moss	36.02	3	B Sumant Kapoor	1:07.77	5
G Amelia Tompkin	33.47	☺ 1	G Sophie Bridgman	1:06.38	4
<b>50m breaststroke</b>			<b>100m breaststroke</b>		
B Jake Rowland	48.16	3	B Sumant Kapoor	1:37.65	5
G Amelia Tompkin	42.22	2	G Michaela Britt	1:24.69	2
<b>50m butterfly</b>			<b>100m butterfly</b>		
B Jake Rowland	38.45	☺ 1	B Adam Watson	1:31.98	☺ 5
G Madeleine Jarvis	39.73	1	G Sophie Bridgman	1:11.72	3
<b>13/under</b>			<b>Open</b>		
<b>100m backstroke</b>			<b>100m backstroke</b>		
B Braiden Hartles	1:18.57	☺ 2	B Dan Ruckwood	1:01.79	1
G Lucy Corden	1:18.16	☺ 2	G Lizzie Humphreys	1:17.07	3
<b>100m freestyle</b>			<b>100m freestyle</b>		
B Dan Bridgman	1:13.00	5	B Dan Ruckwood	53.42	1
G Lucy Corden	1:10.32	☺ 3	G Laura Cranshaw	1:04.78	2
<b>100m breaststroke</b>			<b>100m breaststroke</b>		
B Ricky Monk	1:35.08	☺ 4	B Paul Wilkes	1:10.19	1
G Clara Parker	1:29.21	☺ 3	G Lucy Knibbs	1:22.20	2
<b>100m butterfly</b>			<b>100m butterfly</b>		
B Braiden Hartles	1:24.71	☺ 3	B Paul Wilkes	58.87	1
G Lydia May	1:23.71	☺ 5	G Sophie Bridgman	1:11.76	1
<b>Final Points Totals</b>			<b>200m Individual Medley</b>		
1 Boldmere B	233		B Paul Wilkes	2:18.26	1
2 Redditch	213		G Lucy Knibbs	2:40.08	3
3 Stafford Apex	211				
4 Eckington	202				
5 Dunstable	137				

Pool length: 25 metres

☺ New PB

# NATIONAL SWIMMING LEAGUE ROUND 1

STAFFORD - 10TH OCTOBER 2009

## RELAY SPLITS

						Official Time	Pos.	
G	9-11	4 x 2 medley relay	Abby H	Caitlin B	Madeleine J	Amelia T	2:39.93	1
			42.31	43.71	39.20	34.47		
B	9-11	4 x 2 medley relay	Oliver T	Will M	Jake R	Jack H	2:51.41	3
			41.75	53.45	38.67	37.36		
G	13/U	4 x 2 medley relay	Lucy C	Clara P	Nicola M	Lydia M	2:26.71	3
			36.58	40.48	37.64	31.62		
B	13/U	4 x 2 medley relay	Adam W	Ricky M	Braiden H	Zac G	2:30.04	4
			38.87	43.11	35.77	32.08		
G	15/U	4 x 2 medley relay	Lizzie H	Michaela B	Sophie B	Emma H	2:22.49	2
			36.80	39.51	33.82	32.35		
B	15/U	4 x 2 medley relay	Josh S	Ricky M	Braiden H	Sumant K	2:25.31	5
			33.58	44.77	37.22	29.59		
G	Open	4 x 2 medley relay	Danielle H	Lucy K	Suzie B	Laura C	2:19.64	3
			38.60	37.75	34.34	28.95		
B	Open	4 x 2 medley relay	Dan R	Gareth R	Paul W	Sumant K	2:03.06	2
			27.33	40.20	26.11	29.14		
G	9-11	4 x 2 freestyle relay	Madeleine J	Abby H	Caitlin B	Millie T	2:20.31	1
			34.25	35.96	37.17	32.93		
B	9-11	4 x 2 freestyle relay	Jake R	Oliver T	Will M	Jack H	2:25.63	2
			35.94	38.37	34.63	36.49		
G	13/U	4 x 2 freestyle relay	Nicola M	Lydia M	Clara P	Lucy C	2:11.73	3
			32.69	33.72	32.75	32.28		
B	13/U	4 x 2 freestyle relay	Braiden H	Zac G	Dan B	Adam W	2:12.47	4
			32.44	32.48	33.73	33.81		
G	15/U	4 x 2 freestyle relay	Emma H	Sophie B	Michaela B	Lizzie H	2:05.84	DQ
			32.59	29.80	32.65	30.62		
B	15/U	4 x 2 freestyle relay	Sumant K	Dan B	Josh S	Zac G	2:03.94	5
			29.25	33.46	28.42	32.56		
G	Open	6 x 2 freestyle relay	1 Lucy K	3 Suzie B	5 Sophie B			
			32.45	31.26	29.92			
		2 Danielle H	4 Michaela B	6 Laura C				
		34.50	32.39	28.64		3:09.36	4	
B	Open	6 x 2 freestyle relay	1 Gareth R	3 Dan R	5 Paul W			
			28.57	23.75	25.00			
		2 Josh S	4 Zac G	6 Sumant K				
		30.30	31.76	29.87		2:49.42	2	

Pool length: 25 metres