EVENT 101 Girls Open 800m Freestyle

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Bethany Crump	12	Grimsby AST	10:27.58	+ 0.77	478
2.	Lucy Hedley	12	Tynemouth	10:40.68	+ 0.88	450
3.	Chloe Brammer	12	Donc Dartes	10:47.19	+ 1.04	436
4.	Ella Took	12	Tynemouth	10:51.85	+ 0.72	427
5.	Amelia Robertson	12	Tynemouth	11:00.49	+ 0.71	410
6.	Izzy Winter	12	Newcastle	11:02.23	+ 0.86	407

Place	Name	50m	100m	150m	200m	250m	300m	350m	400m
1.	Bethany Crump	35.91	1:14.80	1:55.11	2:34.51	3:14.81	3:54.19	4:33.86	5:13.37
		35.91	38.89	40.31	39.40	40.30	39.38	39.67	39.51
		450m	500m	550m	600m	650m	700m	750m	800m
		5:52.69	6:32.17	7:12.17	7:51.77	8:32.11	9:11.74	9:51.04	10:27.58
		39.32	39.48	40.00	39.60	40.34	39.63	39.30	36.54
2.	Lucy Hedley	36.09	1:16.33	1:57.03	2:37.62	3:18.22	3:59.46	4:40.17	5:14.36
		36.09	40.24	40.70	40.59	40.60	41.24	40.71	34.19
		450m	500m	550m	600m	650m	700m	750m	800m
		6:00.27	6:40.78	7:21.28	8:02.08	8:42.29	9:22.74	10:02.74	10:40.68
		45.91	40.51	40.50	40.80	40.21	40.45	40.00	37.94
3.	Chloe Brammer	36.75	1:17.30	1:58.96	2:41.70	3:22.20	4:03.48	4:45.08	5:26.49
		36.75	40.55	41.66	42.74	40.50	41.28	41.60	41.41
		450m	500m	550m	600m	650m	700m	750m	800m
		6:07.27	6:47.94	7:27.96	8:08.25	8:48.71	9:29.54	10:09.46	10:47.19
		40.78	40.67	40.02	40.29	40.46	40.83	39.92	37.73
4.	Ella Took	36.49	1:17.24	1:58.14	2:40.01	3:21.00	4:03.14	4:43.84	5:26.12
		36.49	40.75	40.90	41.87	40.99	42.14	40.70	42.28
		450m	500m	550m	600m	650m	700m	750m	800m
		6:07.28	6:48.97	7:30.30	8:11.94	8:52.91	9:33.77	10:13.29	10:51.85
		41.16	41.69	41.33	41.64	40.97	40.86	39.52	38.56
5.	Amelia Robertson	35.41	1:16.01	1:57.43	2:39.42	3:21.13	4:02.82	4:44.40	5:26.32
		35.41	40.60	41.42	41.99	41.71	41.69	41.58	41.92
		450m	500m	550m	600m	650m	700m	750m	800m
		6:08.34	6:50.44	7:32.19	8:14.27	8:56.15	9:38.43	10:19.94	11:00.49
		42.02	42.10	41.75	42.08	41.88	42.28	41.51	40.55
6.	Izzy Winter	36.50	1:17.47	1:58.43	2:40.44	3:22.18	4:04.66	4:46.72	5:29.40
		36.50	40.97	40.96	42.01	41.74	42.48	42.06	42.68
		450m	500m	550m	600m	650m	700m	750m	800m
		6:12.06	6:55.12	7:37.89	8:20.45	9:02.12	9:44.05	10:24.89	11:02.23
		42.66	43.06	42.77	42.56	41.67	41.93	40.84	37.34

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Madelaine Hardingham	13	Newcastle	9:48.77	+ 0.85	579
2.	Lola Davison	13	Newcastle	9:49.23	+ 0.81	578
3.	Freja Smith	13	Tynemouth	10:06.31	+ 0.71	531
4.	Abi Kirsop	13	South Tyne	10:22.36	+ 0.96	491

Place	Name	50m	100m	150m	200m	250m	300m	350m	400m
1.	Madelaine Hardingham	32.93	1:09.37	1:46.03	2:23.00	2:59.88	3:37.47	4:14.46	4:52.17
		32.93	36.44	36.66	36.97	36.88	37.59	36.99	37.71
		450m	500m	550m	600m	650m	700m	750m	800m
		5:29.71	6:07.19	6:44.34	7:21.61	7:58.59	8:35.87	9:12.31	9:48.77
		37.54	37.48	37.15	37.27	36.98	37.28	36.44	36.46
2.	Lola Davison	32.83	1:08.86	1:46.45	2:23.32	3:00.90	3:38.14	4:15.78	4:53.30
		32.83	36.03	37.59	36.87	37.58	37.24	37.64	37.52
		450m	500m	550m	600m	650m	700m	750m	800m
		5:31.01	6:08.26	6:46.02	7:23.44	8:01.01	8:37.27	9:13.56	9:49.23
		37.71	37.25	37.76	37.42	37.57	36.26	36.29	35.67
3.	Freja Smith	34.00	1:11.76	1:50.52	2:29.32	3:08.34	3:46.72	4:25.66	5:04.60
		34.00	37.76	38.76	38.80	39.02	38.38	38.94	38.94
		450m	500m	550m	600m	650m	700m	750m	800m
		5:42.61	6:21.53	7:00.20	7:39.02	8:16.70	8:54.76	9:31.71	10:06.31
		38.01	38.92	38.67	38.82	37.68	38.06	36.95	34.60
4.	Abi Kirsop	35.78	1:14.28	1:52.98	2:32.66	3:10.96	3:50.73	4:29.81	5:08.87
		35.78	38.50	38.70	39.68	38.30	39.77	39.08	39.06
		450m	500m	550m	600m	650m	700m	750m	800m
		5:48.06	6:27.79	7:07.28	7:46.87	8:26.51	9:06.26	9:45.54	10:22.36
		39.19	39.73	39.49	39.59	39.64	39.75	39.28	36.82

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Elle Brown	14	Chester Le S	9:33.44	+ 0.81	627
2.	Laura Cook	14	Newcastle	9:34.70	+ 0.73	623
3.	Niamh Page	14	Newcastle	9:51.50	+ 0.79	571
4.	Charlotte Howard	14	Donc Dartes	9:54.34	+ 0.80	563
5.	Lucy Pickard	14	Donc Dartes	10:00.71	+ 0.78	546
6.	Erika Coupek	14	B.E.S.T.	10:21.07	+ 0.68	494

Place	Name	50m	100m	150m	200m	250m	300m	350m	400m
1.	Elle Brown	30.84	1:05.29	1:40.54	2:16.66	2:52.34	3:29.14	4:05.52	4:42.58
		30.84	34.45	35.25	36.12	35.68	36.80	36.38	37.06
		450m	500m	550m	600m	650m	700m	750m	800m
		5:18.96	5:55.91	6:32.00	7:08.92	7:45.23	8:21.67	8:57.88	9:33.44
		36.38	36.95	36.09	36.92	36.31	36.44	36.21	35.56
2.	Laura Cook	31.59	1:07.04	1:42.84	2:18.57	2:54.63	3:30.93	4:07.11	4:43.92
		31.59	35.45	35.80	35.73	36.06	36.30	36.18	36.81
		450m	500m	550m	600m	650m	700m	750m	800m
		5:19.81	5:56.70	6:32.86	7:09.07	7:46.12	8:22.23	8:59.13	9:34.70
		35.89	36.89	36.16	36.21	37.05	36.11	36.90	35.57
3.	Niamh Page	32.35	1:07.69	1:44.65	2:21.12	2:58.79	3:36.24	4:13.93	4:51.14
		32.35	35.34	36.96	36.47	37.67	37.45	37.69	37.21
		450m	500m	550m	600m	650m	700m	750m	800m
		5:29.59	6:06.94	6:45.05	7:22.85	8:01.02	8:38.57	9:15.88	9:51.50
		38.45	37.35	38.11	37.80	38.17	37.55	37.31	35.62
4.	Charlotte Howard	32.90	1:08.35	1:44.16	2:20.86	2:57.30	3:34.82	4:12.26	4:50.12
		32.90	35.45	35.81	36.70	36.44	37.52	37.44	37.86
		450m	500m	550m	600m	650m	700m	750m	800m
		5:27.85	6:06.02	6:44.18	7:22.72	8:00.87	8:39.32	9:16.97	9:54.34
		37.73	38.17	38.16	38.54	38.15	38.45	37.65	37.37
5.	Lucy Pickard	34.07	1:10.30	1:47.99	2:26.09	3:04.76	3:42.87	4:21.81	4:59.98
		34.07	36.23	37.69	38.10	38.67	38.11	38.94	38.17
		450m	500m	550m	600m	650m	700m	750m	800m
		5:38.42	6:16.35	6:54.16	7:31.96	8:10.20	8:47.68	9:25.45	10:00.71
		38.44	37.93	37.81	37.80	38.24	37.48	37.77	35.26
6.	Erika Coupek	33.80	1:11.27	1:48.87	2:28.14	3:06.99	3:46.40	4:25.35	5:04.69
		33.80	37.47	37.60	39.27	38.85	39.41	38.95	39.34
		450m	500m	550m	600m	650m	700m	750m	800m
		5:43.72	6:23.79	7:03.38	7:43.61	8:23.31	9:03.27	9:42.23	10:21.07
		39.03	40.07	39.59	40.23	39.70	39.96	38.96	38.84

7. Jodie Pyman 14 B.E.S.T. 10:28.28 + 0.72 477
50m 35.27 100m 1:14.73 150m 1:54.56 200m 2:35.25 250m 3:15.61 300m 3:55.87 350m 4:35.59 400m 5:15.52
35.27 39.46 39.83 40.69 40.36 40.26 39.72 39.93
450m 5:55.37 500m 6:34.60 550m 7:13.67 600m 7:52.69 650m 8:31.84 700m 9:11.96 750m 9:50.29 800m 10:28.28
39.85 39.23 39.07 39.02 39.15 40.12 38.33 37.99
8. Kiah Develter 14 South Tyne 10:32.56 + 0.78 467
50m 35.98 100m 1:15.24 150m 1:54.80 200m 2:34.85 250m 3:14.71 300m 3:54.50 350m 4:34.66 400m 5:14.89
35.98 39.26 39.56 40.05 39.86 39.79 40.16 40.23
450m 5:54.78 500m 6:34.47 550m 7:14.50 600m 7:54.31 650m 8:34.71 700m 9:14.14 750m 9:54.29 800m 10:32.56
39.89 39.69 40.03 39.81 40.40 39.43 40.15 38.27
9. Lara Greggs 14 Co Sund'land 10:45.82 + 0.82 439
50m 35.36 100m 1:14.84 150m 1:55.44 200m 2:35.74 250m 3:16.70 300m 3:57.67 350m 4:39.89 400m 5:21.13
35.36 39.48 40.60 40.30 40.96 40.97 42.22 41.24
450m 6:03.61 500m 6:45.10 550m 7:26.61 600m 8:08.30 650m 8:49.35 700m 9:29.06 750m 10:08.75 800m 10:45.82
42.48 41.49 41.51 41.69 41.05 39.71 39.69 37.07
10. Celeste Quigley 14 Newcastle 10:46.32 + 0.81 438
50m 35.27 100m 1:13.76 150m 1:53.48 200m 2:32.96 250m 3:13.57 300m 3:53.62 350m 4:34.68 400m 5:16.03
35.27 38.49 39.72 39.48 40.61 40.05 41.06 41.35
450m 5:57.79 500m 6:39.31 550m 7:21.28 600m 8:03.61 650m 8:45.57 700m 9:26.84 750m 10:07.74 800m 10:46.32
41.76 41.52 41.97 42.33 41.96 41.27 40.90 38.58

15 Yrs Age Group - Full Results

Place Name AaD Club Time R.T. FINA Pt

1. Chantelle Waugh 15 Donc Dartes 9:27.13 + 0.72 648
50m 31.64 100m 1:06.24 150m 1:42.20 200m 2:18.22 250m 2:54.11 300m 3:30.21 350m 4:06.30 400m 4:42.01
31.64 34.60 35.96 36.02 35.89 36.10 36.09 35.71
450m 5:18.19 500m 5:54.01 550m 6:30.38 600m 7:06.02 650m 7:41.82 700m 8:17.33 750m 8:52.86 800m 9:27.13
36.18 35.82 36.37 35.64 35.80 35.51 35.53 34.27
2. Lucy Clarke 15 Donc Dartes 9:27.61 + 0.82 647
50m 31.89 100m 1:06.85 150m 1:41.61 200m 2:17.16 250m 2:52.29 300m 3:28.17 350m 4:03.57 400m 4:39.84
31.89 34.96 34.76 35.55 35.13 35.88 35.40 36.27
450m 5:15.40 500m 5:51.61 550m 6:27.77 600m 7:04.39 650m 7:40.12 700m 8:16.79 750m 8:52.74 800m 9:27.61
35.56 36.21 36.16 36.62 35.73 36.67 35.95 34.87
3. Tilly Arrand 15 Donc Dartes 9:30.21 + 0.84 638
50m 31.61 100m 1:06.40 150m 1:42.19 200m 2:18.20 250m 2:53.98 300m 3:29.86 350m 4:05.77 400m 4:41.48
31.61 34.79 35.79 36.01 35.78 35.88 35.91 35.71
450m 5:17.63 500m 5:54.16 550m 6:30.31 600m 7:06.22 650m 7:42.08 700m 8:18.47 750m 8:54.61 800m 9:30.21
36.15 36.53 36.15 35.91 35.86 36.39 36.14 35.60
4. Shannon Dalligan 15 Ellesmere Co 9:34.80 + 0.90 623
50m 31.95 100m 1:07.04 150m 1:42.70 200m 2:19.19 250m 2:54.98 300m 3:31.36 350m 4:07.20 400m 4:43.71
31.95 35.09 35.66 36.49 35.79 36.38 35.84 36.51
450m 5:19.89 500m 5:56.74 550m 6:32.97 600m 7:09.76 650m 7:46.26 700m 8:23.03 750m 8:59.24 800m 9:34.80
36.18 36.85 36.23 36.79 36.50 36.77 36.21 35.56
5. Rosie Holland 15 Ellesmere Co 9:35.84 + 0.73 619
50m 32.13 100m 1:06.49 150m 1:42.69 200m 2:18.13 250m 2:54.55 300m 3:30.33 350m 4:06.95 400m 4:43.12
32.13 34.36 36.20 35.44 36.42 35.78 36.62 36.17
450m 5:19.45 500m 5:55.68 550m 6:32.76 600m 7:09.22 650m 7:46.41 700m 8:23.18 750m 9:00.29 800m 9:35.84
36.33 36.23 37.08 36.46 37.19 36.77 37.11 35.55
6. Rebecca Dobbins 15 Newcastle 9:50.47 + 0.89 574
50m 32.98 100m 1:09.11 150m 1:45.87 200m 2:22.75 250m 3:00.44 300m 3:37.61 350m 4:15.21 400m 4:52.54
32.98 36.13 36.76 36.88 37.69 37.17 37.60 37.33
450m 5:30.20 500m 6:07.58 550m 6:45.24 600m 7:22.75 650m 8:00.34 700m 8:37.56 750m 9:14.77 800m 9:50.47
37.66 37.38 37.66 37.51 37.59 37.22 37.21 35.70
7. Amy Richardson 15 B.E.S.T. 10:02.10 + 0.72 542
50m 32.93 100m 1:08.99 150m 1:45.61 200m 2:24.04 250m 3:02.39 300m 3:40.56 350m 4:18.46 400m 4:57.07
32.93 36.06 36.62 38.43 38.35 38.17 37.90 38.61
450m 5:35.57 500m 6:13.68 550m 6:52.10 600m 7:30.79 650m 8:08.33 700m 8:47.16 750m 9:24.52 800m 10:02.10
38.50 38.11 38.42 38.69 37.54 38.83 37.36 37.58
8. Sarala Chatterjee 15 Ellesmere Co 10:06.36 + 0.77 530
50m 33.96 100m 1:11.67 150m 1:49.18 200m 2:27.44 250m 3:05.28 300m 3:43.54 350m 4:21.45 400m 5:00.11
33.96 37.71 37.51 38.26 37.84 38.26 37.91 38.66
450m 5:38.73 500m 6:17.78 550m 6:56.00 600m 7:35.19 650m 8:14.02 700m 8:52.61 750m 9:30.01 800m 10:06.36
38.62 39.05 38.22 39.19 38.83 38.59 37.40 36.35
9. Elizabeth Moor 15 Newcastle 10:14.83 + 0.76 509
50m 33.74 100m 1:11.11 150m 1:50.58 200m 2:29.98 250m 3:09.17 300m 3:48.04 350m 4:26.69 400m 5:04.74
33.74 37.37 39.47 39.40 39.19 38.87 38.65 38.05
450m 5:44.64 500m 6:23.04 550m 7:01.98 600m 7:41.39 650m 8:19.98 700m 9:00.02 750m 9:38.05 800m 10:14.83
39.90 38.40 38.94 39.41 38.59 40.04 38.03 36.78

16 Yrs/Over Age Group - Full Results

Place Name AaD Club Time R.T. FINA Pt

1. Phoebe Griffiths 16 Ellesmere Co 9:02.32 + 0.89 742
50m 30.79 100m 1:03.96 150m 1:37.75 200m 2:11.63 250m 2:45.70 300m 3:19.89 350m 3:54.31 400m 4:28.62
30.79 33.17 33.79 33.88 34.07 34.19 34.42 34.31
450m 5:02.97 500m 5:36.96 550m 6:11.63 600m 6:45.76 650m 7:20.43 700m 7:54.83 750m 8:29.33 800m 9:02.32
34.35 33.99 34.67 34.13 34.67 34.40 34.50 32.99
2. Sian Martin 16 Newcastle 9:04.44 + 0.77 733
50m 30.79 100m 1:03.66 150m 1:37.61 200m 2:11.40 250m 2:45.64 300m 3:19.80 350m 3:54.40 400m 4:28.75
30.79 32.87 33.95 33.79 34.24 34.16 34.60 34.35
450m 5:03.35 500m 5:37.72 550m 6:12.54 600m 6:47.55 650m 7:22.19 700m 7:56.60 750m 8:31.32 800m 9:04.44
34.60 34.37 34.82 35.01 34.64 34.41 34.72 33.12
3. Georgia Wright 18 Donc Dartes 9:09.26 + 0.82 714
50m 30.83 100m 1:03.41 150m 1:37.25 200m 2:11.19 250m 2:45.49 300m 3:19.83 350m 3:54.46 400m 4:28.97
30.83 32.58 33.84 33.94 34.30 34.34 34.63 34.51
450m 5:03.96 500m 5:38.56 550m 6:13.85 600m 6:48.63 650m 7:23.39 700m 7:58.55 750m 8:34.74 800m 9:09.26
34.99 34.60 35.29 34.78 34.76 35.16 36.19 34.52
4. Harriet Rothwell 18 Ellesmere Co 9:12.82 + 0.79 700
50m 31.81 100m 1:05.84 150m 1:40.36 200m 2:14.90 250m 2:49.66 300m 3:24.44 350m 3:59.38 400m 4:34.15
31.81 34.03 34.52 34.54 34.76 34.78 34.94 34.77
450m 5:09.31 500m 5:44.33 550m 6:19.60 600m 6:54.38 650m 7:29.49 700m 8:04.43 750m 8:39.40 800m 9:12.82
35.16 35.02 35.27 34.78 35.11 34.94 34.97 33.42

City of Sunderland ASC (CIC)
National Qualifier 2016 (50m)

(Under ASA Laws & ASA Technical Rules Licensed Meet - No. **1NE160441**)

Friday 18th March – Session 1

5. Amy Henshaw 17 Co Sund'land 9:15.86 + 0.72 689

50m 31.05	100m 1:05.23	150m 1:39.59	200m 2:14.06	250m 2:48.85	300m 3:23.70	350m 3:58.79	400m 4:33.78
31.05	34.18	34.36	34.47	34.79	34.85	35.09	34.99
450m 5:09.03	500m 5:44.04	550m 6:19.27	600m 6:54.88	650m 7:30.67	700m 8:06.31	750m 8:41.73	800m 9:15.86
35.25	35.01	35.23	35.61	35.79	35.64	35.42	34.13

6. Kate Macphee 17 Newcastle 9:16.23 + 0.71 687

50m 31.92	100m 1:06.00	150m 1:41.08	200m 2:16.00	250m 2:51.03	300m 3:26.42	350m 4:01.48	400m 4:36.86
31.92	34.08	35.08	34.92	35.03	35.39	35.06	35.38
450m 5:12.38	500m 5:48.03	550m 6:22.87	600m 6:58.24	650m 7:33.30	700m 8:08.39	750m 8:42.92	800m 9:16.23
35.52	35.65	34.84	35.37	35.06	35.09	34.53	33.31

7. Meghann Leaver 17 Pioneer 79 9:18.26 + 0.81 680

50m 31.16	100m 1:05.63	150m 1:40.49	200m 2:15.53	250m 2:50.40	300m 3:25.84	350m 4:01.28	400m 4:36.99
31.16	34.47	34.86	35.04	34.87	35.44	35.44	35.71
450m 5:12.30	500m 5:47.84	550m 6:23.06	600m 6:58.68	650m 7:33.71	700m 8:09.39	750m 8:44.49	800m 9:18.26
35.31	35.54	35.22	35.62	35.03	35.68	35.10	33.77

8. Melissa Braddock 16 Wigan BEST 9:20.46 + 0.75 672

50m 31.20	100m 1:05.14	150m 1:40.82	200m 2:16.18	250m 2:51.86	300m 3:27.14	350m 4:02.75	400m 4:37.95
31.20	33.94	35.68	35.36	35.68	35.28	35.61	35.20
450m 5:13.76	500m 5:48.90	550m 6:24.88	600m 7:00.74	650m 7:36.80	700m 8:12.41	750m 8:47.23	800m 9:20.46
35.81	35.14	35.98	35.86	36.06	35.61	34.82	33.23

9. Grace Routledge 17 Chester Le S 10:23.57 + 0.86 488

50m 35.01	100m 1:13.89	150m 1:52.27	200m 2:31.45	250m 3:10.35	300m 3:49.90	350m 4:28.76	400m 5:09.07
35.01	38.88	38.38	39.18	38.90	39.55	38.86	40.31
450m 5:47.91	500m 6:27.83	550m 7:07.13	600m 7:47.76	650m 8:27.25	700m 9:07.27	750m 9:46.17	800m 10:23.57
38.84	39.92	39.30	40.63	39.49	40.02	38.90	37.40

10. Nicola McConnell 16 Chester Le S 11:05.27 + 0.94 402

50m 34.38	100m 1:13.24	150m 1:54.26	200m 2:36.42	250m 3:18.32	300m 4:01.13	350m 4:43.24	400m 5:26.29
34.38	38.86	41.02	42.16	41.90	42.81	42.11	43.05
450m 6:08.92	500m 6:52.42	550m 7:36.00	600m 8:17.33	650m 8:59.67	700m 9:42.44	750m 10:24.28	800m 11:05.27
42.63	43.50	43.58	41.33	42.34	42.77	41.84	40.99

EVENT 102 Boys Open 1500m Freestyle

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Kieron Mutch	12	Tynemouth	18:53.74	+ 0.69	453

50m 33.95	100m 1:10.80	150m 1:48.52	200m 2:25.91	250m 3:04.01	300m 3:41.88	350m 4:20.04	400m 4:57.55
33.95	36.85	37.72	37.39	38.10	37.87	38.16	37.51
450m 5:35.75	500m 6:13.65	550m 6:52.06	600m 7:30.07	650m 8:08.37	700m 8:46.78	750m 9:24.64	800m 10:02.43
38.20	37.90	38.41	38.01	38.30	38.41	37.86	37.79
850m 10:40.83	900m 11:18.53	950m 11:56.66	1000m 12:34.46	1050m 13:12.63	1100m 13:50.86	1150m 14:29.28	1200m 15:07.25
38.40	37.70	38.13	37.80	38.17	38.23	38.42	37.97
1250m 15:45.71	1300m 16:23.69	1350m 17:02.12	1400m 17:40.00	1450m 18:17.59	1500m 18:53.74		
38.46	37.98	38.43	37.88	37.59	36.15		

2. Ben Wright	12	Donc Dartes	19:45.69	+ 0.70	396		
50m 34.15	100m 1:11.65	150m 1:50.48	200m 2:29.41	250m 3:08.72	300m 3:48.03	350m 4:27.43	400m 5:06.80
34.15	37.50	38.83	38.93	39.31	39.31	39.40	39.37
450m 5:46.53	500m 6:26.13	550m 7:05.38	600m 7:45.01	650m 8:25.22	700m 9:04.69	750m 9:45.04	800m 10:25.26
39.73	39.60	39.25	39.63	40.21	39.47	40.35	40.22
850m 11:05.46	900m 11:45.14	950m 12:25.81	1000m 13:06.14	1050m 13:46.63	1100m 14:27.66	1150m 15:08.42	1200m 15:48.46
40.20	39.68	40.67	40.33	40.49	41.03	40.76	40.04
1250m 16:28.50	1300m 17:08.23	1350m 17:48.25	1400m 18:27.49	1450m 19:07.10	1500m 19:45.69		
40.04	39.73	40.02	39.24	39.61	38.59		

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Alfie Scott	13	Newcastle	20:52.93	+ 0.75	335

50m 35.20	100m 1:15.34	150m 1:56.71	200m 2:38.72	250m 3:20.31	300m 4:02.28	350m 4:43.95	400m 5:26.10
35.20	40.14	41.37	42.01	41.59	41.97	41.67	42.15
450m 6:08.77	500m 6:50.96	550m 7:33.12	600m 8:15.83	650m 8:57.63	700m 9:39.66	750m 10:21.56	800m 11:03.92
42.67	42.19	42.16	42.71	41.80	42.03	41.90	42.36
850m 11:45.79	900m 12:28.06	950m 13:10.23	1000m 13:52.76	1050m 14:35.13	1100m 15:18.00	1150m 16:00.21	1200m 16:43.05
41.87	42.27	42.17	42.53	42.37	42.87	42.21	42.84
1250m 17:25.10	1300m 18:07.86	1350m 18:49.52	1400m 19:31.72	1450m 20:12.70	1500m 20:52.93		
42.05	42.76	41.66	42.20	40.98	40.23		

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Daniel Butler	14	Chester Le S	17:47.17	+ 0.75	543

50m 30.56	100m 1:04.38	150m 1:39.53	200m 2:14.94	250m 2:50.45	300m 3:25.85	350m 4:01.73	400m 4:37.43
30.56	33.82	35.15	35.41	35.51	35.40	35.88	35.70
450m 5:13.61	500m 5:49.20	550m 6:24.95	600m 7:00.82	650m 7:36.77	700m 8:12.21	750m 8:48.19	800m 9:24.03
36.18	35.59	35.75	35.87	35.95	35.44	35.98	35.84
850m 9:59.88	900m 10:35.71	950m 11:11.80	1000m 11:47.48	1050m 12:23.56	1100m 12:59.60	1150m 13:36.11	1200m 14:11.77
35.85	35.83	36.09	35.68	36.08	36.04	36.51	35.66
1250m 14:47.79	1300m 15:24.26	1350m 16:00.31	1400m 16:36.14	1450m 17:12.68	1500m 17:47.17		
36.02	36.47	36.05	35.83	36.54	34.49		

2. Luke Jackson	14	Cockermouth	18:28.16	+ 0.75	485		
50m 30.86	100m 1:05.40	150m 1:40.70	200m 2:16.87	250m 2:52.47	300m 3:29.19	350m 4:04.99	400m 4:41.58
30.86	34.54	35.30	36.17	35.60	36.72	35.80	36.59
450m 5:18.30	500m 5:55.23	550m 6:32.57	600m 7:09.49	650m 7:47.15	700m 8:25.13	750m 9:02.33	800m 9:40.54
36.72	36.93	37.34	36.92	37.66	37.98	37.20	38.21
850m 10:18.08	900m 10:55.55	950m 11:32.76	1000m 12:10.22	1050m 12:47.32	1100m 13:25.81	1150m 14:04.15	1200m 14:41.85
37.54	37.47	37.21	37.46	37.10	38.49	38.34	37.70
1250m 15:20.38	1300m 15:59.12	1350m 16:36.95	1400m 17:15.29	1450m 17:51.45	1500m 18:28.16		
38.53	38.74	37.83	38.34	36.16	36.71		

3. Kareem Eldegwy	14	Ellesmere Co	18:29.05	+ 0.77	484		
50m 33.61	100m 1:09.19	150m 1:45.69	200m 2:21.95	250m 2:58.68	300m 3:35.24	350m 4:12.15	400m 4:49.22
33.61	35.58	36.50	36.26	36.73	36.56	36.91	37.07
450m 5:26.27	500m 6:03.36	550m 6:40.79	600m 7:17.70	650m 7:55.45	700m 8:32.63	750m 9:09.81	800m 9:47.14
37.05	37.09	37.43	36.91	37.75	37.18	37.18	37.33
850m 10:24.62	900m 11:01.66	950m 11:39.48	1000m 12:16.86	1050m 12:54.80	1100m 13:32.44	1150m 14:10.29	1200m 14:47.68
37.48	37.04	37.82	37.38	37.94	37.64	37.85	37.39
1250m 15:25.64	1300m 16:03.60	1350m 16:40.64	1400m 17:17.92	1450m 17:54.34	1500m 18:29.05		
37.96	37.96	37.04	37.28	36.42	34.71		

4. Samuel Pashley	14	Gates &Whick	18:55.27	+ 0.76	451		
50m 31.95	100m 1:08.18	150m 1:45.29	200m 2:23.09	250m 3:00.82	300m 3:38.64	350m 4:16.62	400m 4:54.76
31.95	36.23	37.11	37.80	37.73	37.82	37.98	38.14
450m 5:32.17	500m 6:10.59	550m 6:48.13	600m 7:26.46	650m 8:04.05	700m 8:42.51	750m 9:20.03	800m 9:58.04
37.41	38.42	37.54	38.33	37.59	38.46	37.52	38.01
850m 10:35.75	900m 11:14.06	950m 11:51.59	1000m 12:29.86	1050m 13:07.84	1100m 13:46.22	1150m 14:24.44	1200m 15:02.97
37.71	38.31	37.53	38.27	37.98	38.38	38.22	38.53
1250m 15:42.06	1300m 16:20.91	1350m 16:59.33	1400m 17:38.20	1450m 18:16.77	1500m 18:55.27		
39.09	38.85	38.42	38.87	38.57	38.50		

5. Cade Darby	14	Middlesboro	19:06.20	+ 0.87	438		
50m 33.76	100m 1:10.37	150m 1:48.07	200m 2:25.72	250m 3:03.43	300m 3:41.44	350m 4:19.56	400m 4:57.26
33.76	36.61	37.70	37.65	37.71	38.01	38.12	37.70
450m 5:35.49	500m 6:13.25	550m 6:51.94	600m 7:30.27	650m 8:08.54	700m 8:46.93	750m 9:25.15	800m 10:02.80
38.23	37.76	38.69	38.33	38.27	38.39	38.22	37.65
850m 10:42.01	900m 11:20.27	950m 11:59.43	1000m 12:37.88	1050m 13:16.81	1100m 13:55.65	1150m 14:34.98	1200m 15:13.53
39.21	38.26	39.16	38.45	38.93	38.84	39.33	38.55
1250m 15:52.73	1300m 16:31.73	1350m 17:11.14	1400m 17:50.05	1450m 18:29.58	1500m 19:06.20		
39.20	39.00	39.41	38.91	39.53	36.62		

6. Matthew Whitehead	14	Carlisle Aq	19:08.60	+ 0.75	436		
50m 31.97	100m 1:07.92	150m 1:45.48	200m 2:24.02	250m 3:02.47	300m 3:41.48	350m 4:20.88	400m 5:00.46
31.97	35.95	37.56	38.54	38.45	39.01	39.40	39.58
450m 5:39.90	500m 6:18.74	550m 6:57.72	600m 7:36.76	650m 8:15.94	700m 8:55.36	750m 9:34.89	800m 10:14.19
39.44	38.84	38.98	39.04	39.18	39.42	39.53	39.30
850m 10:53.24	900m 11:31.43	950m 12:09.61	1000m 12:48.33	1050m 13:26.43	1100m 14:04.81	1150m 14:42.63	1200m 15:21.11
39.05	38.19	38.18	38.72	38.10	38.38	37.82	38.48
1250m 15:59.37	1300m 16:38.22	1350m 17:16.67	1400m 17:55.55	1450m 18:33.39	1500m 19:08.60		
38.26	38.85	38.45	38.88	37.84	35.21		

City of Sunderland ASC (CIC)
National Qualifier 2016 (50m)

(Under ASA Laws & ASA Technical Rules Licensed Meet - No. **1NE160441**)

Friday 18th March – Session 1

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Hector Pardoe	15	Ellesmere Co	16:34.04	+ 0.75	672

50m 29.18	100m 1:01.14	150m 1:33.80	200m 2:06.75	250m 2:39.84	300m 3:12.86	350m 3:45.95	400m 4:18.42
29.18	31.96	32.66	32.95	33.09	33.02	33.09	32.47
450m 4:51.44	500m 5:24.35	550m 5:57.55	600m 6:30.81	650m 7:04.25	700m 7:38.35	750m 8:11.80	800m 8:44.97
33.02	32.91	33.20	33.26	33.44	34.10	33.45	33.17
850m 9:18.43	900m 9:52.29	950m 10:25.98	1000m 10:59.89	1050m 11:33.39	1100m 12:07.34	1150m 12:40.95	1200m 13:15.25
33.46	33.86	33.69	33.91	33.50	33.95	33.61	34.30
1250m 13:48.84	1300m 14:22.86	1350m 14:56.47	1400m 15:30.54	1450m 16:03.48	1500m 16:34.04		
33.59	34.02	33.61	34.07	32.94	30.56		

2.	Adam Wilson	15	Newcastle	16:41.09	+ 0.70	658	

50m 29.66	100m 1:02.82	150m 1:35.80	200m 2:08.40	250m 2:40.92	300m 3:13.61	350m 3:46.15	400m 4:18.97
29.66	33.16	32.98	32.60	32.52	32.69	32.54	32.82
450m 4:52.00	500m 5:25.18	550m 5:57.71	600m 6:31.08	650m 7:04.13	700m 7:37.90	750m 8:11.27	800m 8:45.05
33.03	33.18	32.53	33.37	33.05	33.77	33.37	33.78
850m 9:18.66	900m 9:52.80	950m 10:26.72	1000m 11:00.91	1050m 11:35.12	1100m 12:09.65	1150m 12:43.66	1200m 13:18.40
33.61	34.14	33.92	34.19	34.21	34.53	34.01	34.74
1250m 13:52.44	1300m 14:27.13	1350m 15:01.12	1400m 15:34.95	1450m 16:09.24	1500m 16:41.09		
34.04	34.69	33.99	33.83	34.29	31.85		

3.	Alfie Kelly	15	Newcastle	16:59.34	+ 0.68	623	

50m 29.61	100m 1:02.89	150m 1:36.35	200m 2:09.34	250m 2:42.18	300m 3:15.14	350m 3:48.26	400m 4:21.52
29.61	33.28	33.46	32.99	32.84	32.96	33.12	33.26
450m 4:55.05	500m 5:28.71	550m 6:03.71	600m 6:38.40	650m 7:12.37	700m 7:46.87	750m 8:20.90	800m 8:55.98
33.53	33.66	35.00	34.69	33.97	34.50	34.03	35.08
850m 9:30.01	900m 10:05.11	950m 10:38.55	1000m 11:13.38	1050m 11:47.65	1100m 12:22.77	1150m 12:57.03	1200m 13:32.18
34.03	35.10	33.44	34.83	34.27	35.12	34.26	35.15
1250m 14:07.12	1300m 14:41.98	1350m 15:16.13	1400m 15:51.11	1450m 16:25.31	1500m 16:59.34		
34.94	34.86	34.15	34.98	34.20	34.03		

4.	Adam Williams	15	Middlesboro	18:06.93	+ 0.89	514	

50m 32.02	100m 1:07.14	150m 1:42.78	200m 2:18.57	250m 2:54.29	300m 3:30.33	350m 4:06.77	400m 4:43.39
32.02	35.12	35.64	35.79	35.72	36.04	36.44	36.62
450m 5:19.76	500m 5:56.47	550m 6:32.61	600m 7:09.06	650m 7:45.70	700m 8:22.26	750m 8:58.64	800m 9:35.43
36.37	36.71	36.14	36.45	36.64	36.56	36.38	36.79
850m 10:11.83	900m 10:48.61	950m 11:25.11	1000m 12:01.56	1050m 12:38.06	1100m 13:14.55	1150m 13:51.44	1200m 14:28.28
36.40	36.78	36.50	36.45	36.50	36.49	36.89	36.84
1250m 15:04.76	1300m 15:41.49	1350m 16:18.15	1400m 16:54.61	1450m 17:31.10	1500m 18:06.93		
36.48	36.73	36.66	36.46	36.49	35.83		

5.	Jay Hill	15	South Tyne	18:40.16	+ 0.80	470	

50m 31.93	100m 1:08.68	150m 1:46.18	200m 2:23.58	250m 3:01.16	300m 3:39.41	350m 4:17.12	400m 4:55.22
31.93	36.75	37.50	37.40	37.58	38.25	37.71	38.10
450m 5:32.72	500m 6:10.64	550m 6:48.25	600m 7:26.26	650m 8:03.99	700m 8:42.07	750m 9:19.67	800m 9:57.79
37.50	37.92	37.61	38.01	37.73	38.08	37.60	38.12
850m 10:35.39	900m 11:13.45	950m 11:50.76	1000m 12:29.11	1050m 13:06.36	1100m 13:44.31	1150m 14:21.49	1200m 14:59.25
37.60	38.06	37.31	38.35	37.25	37.95	37.18	37.76
1250m 15:36.69	1300m 16:14.38	1350m 16:51.66	1400m 17:29.63	1450m 18:05.98	1500m 18:40.16		
37.44	37.69	37.28	37.97	36.35	34.18		

6.	Joseph Robins	15	Co Sund'land	18:42.43	+ 0.74	467	

50m 33.09	100m 1:09.65	150m 1:47.65	200m 2:24.55	250m 3:02.26	300m 3:39.35	350m 4:17.33	400m 4:54.13
33.09	36.56	38.00	36.90	37.71	37.09	37.98	36.80
450m 5:31.68	500m 6:08.65	550m 6:46.49	600m 7:23.36	650m 8:01.44	700m 8:38.67	750m 9:17.04	800m 9:54.39
37.55	36.97	37.84	36.87	38.08	37.23	38.37	37.35
850m 10:32.61	900m 11:10.54	950m 11:49.35	1000m 12:26.46	1050m 13:04.68	1100m 13:42.84	1150m 14:21.28	1200m 14:58.07
38.22	37.93	38.81	37.11	38.22	38.16	38.44	36.79
1250m 15:36.81	1300m 16:13.34	1350m 16:51.22	1400m 17:28.28	1450m 18:05.94	1500m 18:42.43		
38.74	36.53	37.88	37.06	37.66	36.49		

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	FINA Pt
1.	Gordon Mason	17	Ellesmere Co	16:09.36	+ 0.69	725

50m 29.07	100m 1:00.47	150m 1:32.68	200m 2:04.72	250m 2:37.08	300m 3:09.44	350m 3:41.97	400m 4:14.24
29.07	31.40	32.21	32.04	32.36	32.36	32.53	32.27
450m 4:47.03	500m 5:19.36	550m 5:52.20	600m 6:24.74	650m 6:57.79	700m 7:30.50	750m 8:03.49	800m 8:36.33
32.79	32.33	32.84	32.54	33.05	32.71	32.99	32.84
850m 9:09.29	900m 9:41.93	950m 10:14.56	1000m 10:46.87	1050m 11:19.10	1100m 11:51.44	1150m 12:23.86	1200m 12:56.45
32.96	32.64	32.63	32.31	32.23	32.34	32.42	32.59
1250m 13:29.03	1300m 14:01.58	1350m 14:34.10	1400m 15:06.98	1450m 15:38.65	1500m 16:09.36		
32.58	32.55	32.52	32.88	31.67	30.71		

2.	Daniel Wheeler	20	Newcastle	16:12.14	+ 0.71	719	

50m 29.03	100m 1:00.35	150m 1:32.84	200m 2:04.93	250m 2:37.49	300m 3:09.86	350m 3:42.33	400m 4:14.69
29.03	31.32	32.49	32.09	32.56	32.37	32.47	32.36
450m 4:47.27	500m 5:19.80	550m 5:52.27	600m 6:25.00	650m 6:57.71	700m 7:30.59	750m 8:03.11	800m 8:36.10
32.58	32.53	32.47	32.73	32.71	32.88	32.52	32.99
850m 9:08.76	900m 9:41.58	950m 10:14.39	1000m 10:47.48	1050m 11:20.01	1100m 11:52.84	1150m 12:25.38	1200m 12:58.16
32.66	32.82	32.81	33.09	32.53	32.83	32.54	32.78
1250m 13:30.82	1300m 14:03.48	1350m 14:36.36	1400m 15:08.94	1450m 15:41.21	1500m 16:12.14		
32.66	32.66	32.88	32.58	32.27	30.93		

3.	Zak Logue	18	Co Sund'land	16:34.34	+ 0.64	672	

50m 28.90	100m 1:00.19	150m 1:33.03	200m 2:05.53	250m 2:38.44	300m 3:11.18	350m 3:44.65	400m 4:18.34
28.90	31.29	32.84	32.50	32.91	32.74	33.47	33.69
450m 4:51.91	500m 5:25.75	550m 5:59.61	600m 6:33.70	650m 7:07.66	700m 7:41.59	750m 8:15.50	800m 8:48.93
33.57	33.84	33.86	34.09	33.96	33.93	33.91	33.43
850m 9:22.89	900m 9:56.42	950m 10:30.17	1000m 11:03.34	1050m 11:37.27	1100m 12:10.49	1150m 12:44.18	1200m 13:17.57
33.96	33.53	33.75	33.17	33.93	33.22	33.69	33.39
1250m 13:51.06	1300m 14:24.17	1350m 14:57.89	1400m 15:31.15	1450m 16:04.40	1500m 16:34.34		
33.49	33.11	33.72	33.26	33.25	29.94		

City of Sunderland ASC (CIC)
National Qualifier 2016 (50m)

(Under ASA Laws & ASA Technical Rules Licensed Meet - No. **1NE160441**)

Friday 18th March – Session 1

4. Kieran Fryer 19 Newcastle 16:34.72 + 0.81 671

50m 28.30	100m 1:00.05	150m 1:33.03	200m 2:05.67	250m 2:38.65	300m 3:11.47	350m 3:44.68	400m 4:18.12
28.30	31.75	32.98	32.64	32.98	32.82	33.21	33.44
450m 4:51.79	500m 5:24.99	550m 5:58.77	600m 6:32.20	650m 7:05.87	700m 7:39.28	750m 8:12.42	800m 8:45.69
33.67	33.20	33.78	33.43	33.67	33.41	33.14	33.27
850m 9:19.44	900m 9:52.76	950m 10:26.44	1000m 11:00.12	1050m 11:34.07	1100m 12:07.81	1150m 12:41.85	1200m 13:15.38
33.75	33.32	33.68	33.68	33.95	33.74	34.04	33.53
1250m 13:49.48	1300m 14:23.10	1350m 14:57.25	1400m 15:30.72	1450m 16:04.34	1500m 16:34.72		
34.10	33.62	34.15	33.47	33.62	30.38		

5. Harley Beentjes 16 Wigan BEST 16:41.24 + 0.77 658

50m 27.68	100m 59.29	150m 1:32.03	200m 2:04.86	250m 2:37.90	300m 3:11.06	350m 3:44.78	400m 4:18.40
27.68	31.61	32.74	32.83	33.04	33.16	33.72	33.62
450m 4:51.94	500m 5:25.49	550m 5:59.24	600m 6:32.97	650m 7:06.75	700m 7:40.16	750m 8:14.25	800m 8:48.02
33.54	33.55	33.75	33.73	33.78	33.41	34.09	33.77
850m 9:21.99	900m 9:56.18	950m 10:30.32	1000m 11:04.41	1050m 11:38.32	1100m 12:12.07	1150m 12:46.52	1200m 13:20.13
33.97	34.19	34.14	34.09	33.91	33.75	34.45	33.61
1250m 13:54.36	1300m 14:28.10	1350m 15:02.30	1400m 15:36.62	1450m 16:10.14	1500m 16:41.24		
34.23	33.74	34.20	34.32	33.52	31.10		

6. Thomas Flower 17 RichmondDale 16:51.23 + 0.64 639

50m 28.59	100m 1:00.53	150m 1:32.57	200m 2:05.28	250m 2:37.86	300m 3:11.05	350m 3:44.35	400m 4:17.77
28.59	31.94	32.04	32.71	32.58	33.19	33.30	33.42
450m 4:50.59	500m 5:24.11	550m 5:57.29	600m 6:30.57	650m 7:04.21	700m 7:38.36	750m 8:12.41	800m 8:46.38
32.82	33.52	33.18	33.28	33.64	34.15	34.05	33.97
850m 9:20.04	900m 9:54.70	950m 10:28.76	1000m 11:03.43	1050m 11:37.59	1100m 12:12.26	1150m 12:46.99	1200m 13:22.12
33.66	34.66	34.06	34.67	34.16	34.67	34.73	35.13
1250m 13:56.72	1300m 14:32.14	1350m 15:07.30	1400m 15:42.46	1450m 16:16.76	1500m 16:51.23		
34.60	35.42	35.16	35.16	34.30	34.47		

7. Harry Bamforth 16 Ellesmere Co 16:59.42 + 0.80 623

50m 30.19	100m 1:02.88	150m 1:36.03	200m 2:09.66	250m 2:43.09	300m 3:17.22	350m 3:50.91	400m 4:25.24
30.19	32.69	33.15	33.63	33.43	34.13	33.69	34.33
450m 4:58.76	500m 5:33.11	550m 6:06.73	600m 6:41.35	650m 7:15.00	700m 7:49.30	750m 8:23.15	800m 8:57.56
33.52	34.35	33.62	34.62	33.65	34.30	33.85	34.41
850m 9:31.39	900m 10:05.78	950m 10:40.01	1000m 11:14.71	1050m 11:49.25	1100m 12:23.74	1150m 12:58.47	1200m 13:33.43
33.83	34.39	34.23	34.70	34.54	34.49	34.73	34.96
1250m 14:08.23	1300m 14:43.25	1350m 15:17.42	1400m 15:52.27	1450m 16:26.47	1500m 16:59.42		
34.80	35.02	34.17	34.85	34.20	32.95		

8. Declan Hall 17 Wigan BEST 17:20.35 + 0.67 586

50m 28.67	100m 1:01.24	150m 1:35.58	200m 2:09.77	250m 2:45.12	300m 3:19.52	350m 3:54.84	400m 4:29.37
28.67	32.57	34.34	34.19	35.35	34.40	35.32	34.53
450m 5:04.71	500m 5:39.27	550m 6:14.40	600m 6:49.00	650m 7:24.39	700m 7:59.10	750m 8:34.40	800m 9:09.08
35.34	34.56	35.13	34.60	35.39	34.71	35.30	34.68
850m 9:44.25	900m 10:18.52	950m 10:53.60	1000m 11:28.41	1050m 12:03.70	1100m 12:38.53	1150m 13:14.36	1200m 13:49.39
35.17	34.27	35.08	34.81	35.29	34.83	35.83	35.03
1250m 14:24.93	1300m 15:00.16	1350m 15:35.47	1400m 16:10.60	1450m 16:45.93	1500m 17:20.35		
35.54	35.23	35.31	35.13	35.33	34.42		

9. Nathan To 17 Newcastle 17:33.40 + 0.78 565

50m 29.95	100m 1:03.39	150m 1:38.56	200m 2:13.65	250m 2:49.56	300m 3:24.52	350m 3:59.95	400m 4:35.23
29.95	33.44	35.17	35.09	35.91	34.96	35.43	35.28
450m 5:10.98	500m 5:46.68	550m 6:21.97	600m 6:57.19	650m 7:32.91	700m 8:08.24	750m 8:43.41	800m 9:18.78
35.75	35.70	35.29	35.22	35.72	35.33	35.17	35.37
850m 9:54.04	900m 10:29.17	950m 11:04.25	1000m 11:39.37	1050m 12:14.72	1100m 12:49.78	1150m 13:25.49	1200m 14:00.72
35.26	35.13	35.08	35.12	35.35	35.06	35.71	35.23
1250m 14:36.09	1300m 15:11.40	1350m 15:47.06	1400m 16:22.46	1450m 16:58.29	1500m 17:33.40		
35.37	35.31	35.66	35.40	35.83	35.11		

10. James Cross 16 Wigan BEST 17:35.59 + 0.79 561

50m 29.90	100m 1:03.29	150m 1:37.57	200m 2:12.55	250m 2:47.13	300m 3:22.23	350m 3:57.53	400m 4:32.71
29.90	33.39	34.28	34.98	34.58	35.10	35.30	35.18
450m 5:07.82	500m 5:42.92	550m 6:17.73	600m 6:52.72	650m 7:28.08	700m 8:03.41	750m 8:38.64	800m 9:14.22
35.11	35.10	34.81	34.99	35.36	35.33	35.23	35.58
850m 9:50.69	900m 10:26.97	950m 11:03.02	1000m 11:38.71	1050m 12:14.35	1100m 12:50.64	1150m 13:26.60	1200m 14:02.80
36.47	36.28	36.05	35.69	35.64	36.29	35.96	36.20
1250m 14:38.05	1300m 15:14.21	1350m 15:49.93	1400m 16:25.98	1450m 17:01.17	1500m 17:35.59		
35.25	36.16	35.72	36.05	35.19	34.42		

11. Iain Rennie 17 Dun City Aqu 18:04.16 + 0.72 518

50m 31.48	100m 1:06.51	150m 1:41.80	200m 2:16.96	250m 2:52.30	300m 3:27.63	350m 4:02.75	400m 4:38.54
31.48	35.03	35.29	35.16	35.34	35.33	35.12	35.79
450m 5:14.37	500m 5:50.43	550m 6:27.38	600m 7:03.84	650m 7:40.19	700m 8:17.04	750m 8:53.59	800m 9:30.15
35.83	36.06	36.95	36.46	36.35	36.85	36.55	36.56
850m 10:06.51	900m 10:43.43	950m 11:20.79	1000m 11:58.12	1050m 12:34.94	1100m 13:11.99	1150m 13:48.53	1200m 14:25.03
36.36	36.92	37.36	37.33	36.82	37.05	36.54	36.50
1250m 15:02.18	1300m 15:38.53	1350m 16:15.57	1400m 16:51.89	1450m 17:28.71	1500m 18:04.16		
37.15	36.35	37.04	36.32	36.82	35.45		