

COSASC National Qualifier 2017 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE170346)

Sunderland Aquatic Centre – Friday 31st March 2017

Results - Session One

EVENT 101 Girls Open 800m Freestyle

10/11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Asha Turner-Tarr	11	Ellesmere Co	10:50.11	421			
	50m 35.93	100m 1:14.89	150m 1:55.05	200m 2:35.21	250m 3:15.79	300m 3:56.44	350m 4:37.62	400m 5:19.13
	35.93	38.96	40.16	40.16	40.58	40.65	41.18	41.51
	450m 6:00.73	500m 6:41.75	550m 7:24.08	600m 8:06.26	650m 8:48.08	700m 9:29.19	750m 10:11.07	800m 10:50.11
	41.60	41.02	42.33	42.18	41.82	41.11	41.88	39.04
2.	Afia Minhas	11	Co Manch Aq	11:03.82	395			
	50m 36.03	100m 1:16.94	150m 1:59.92	200m 2:43.19	250m 3:26.18	300m 4:09.05	350m 4:51.75	400m 5:34.82
	36.03	40.91	42.98	43.27	42.99	42.87	42.70	43.07
	450m 6:15.95	500m 6:58.55	550m 7:41.03	600m 8:23.08	650m 9:04.85	700m 9:44.80	750m 10:25.98	800m 11:03.82
	41.13	42.60	42.48	42.05	41.77	39.95	41.18	37.84
3.	Emily Hedley	11	Tynemouth	11:11.17	382			
	50m 36.26	100m 1:17.02	150m 2:00.39	200m 2:42.77	250m 3:26.25	300m 4:09.52	350m 4:51.30	400m 5:34.78
	36.26	40.76	43.37	42.38	43.48	43.27	41.78	43.48
	450m 6:16.87	500m 6:59.77	550m 7:42.19	600m 8:24.78	650m 9:07.12	700m 9:49.67	750m 10:31.36	800m 11:11.17
	42.09	42.90	42.42	42.59	42.34	42.55	41.69	39.81

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Livia Kingsland	12	Nova Cent'n	9:57.86	541			
	50m 35.60	100m 1:14.64	150m 1:53.44	200m 2:32.48	250m 3:10.42	300m 3:49.49	350m 4:27.66	400m 5:06.03
	35.60	39.04	38.80	39.04	37.94	39.07	38.17	38.37
	450m 5:42.92	500m 6:20.22	550m 6:57.33	600m 7:34.17	650m 8:09.69	700m 8:46.32	750m 9:22.41	800m 9:57.86
	36.89	37.30	37.11	36.84	35.52	36.63	36.09	35.45
2.	Katie Hale	12	Ellesmere Co	10:11.35	506			
	50m 33.26	100m 1:11.45	150m 1:49.93	200m 2:28.72	250m 3:06.98	300m 3:45.80	350m 4:24.50	400m 5:03.69
	33.26	38.19	38.48	38.79	38.26	38.82	38.70	39.19
	450m 5:42.10	500m 6:21.37	550m 7:01.05	600m 7:39.78	650m 8:17.65	700m 8:55.93	750m 9:34.53	800m 10:11.35
	38.41	39.27	39.68	38.73	37.87	38.28	38.60	36.82
3.	Millie Fenton	12	Tynemouth	10:15.05	497			
	50m 34.01	100m 1:12.41	150m 1:51.45	200m 2:31.01	250m 3:10.38	300m 3:49.92	350m 4:28.45	400m 5:08.15
	34.01	38.40	39.04	39.56	39.37	39.54	38.53	39.70
	450m 5:47.02	500m 6:26.47	550m 7:06.11	600m 7:45.26	650m 8:23.76	700m 9:02.47	750m 9:39.69	800m 10:15.05
	38.87	39.45	39.64	39.15	38.50	38.71	37.22	35.36
4.	Ayumi Faulds	12	Co Sund'land	10:16.22	494			
	50m 34.69	100m 1:12.10	150m 1:51.15	200m 2:29.52	250m 3:08.43	300m 3:47.61	350m 4:26.70	400m 5:05.71
	34.69	37.41	39.05	38.37	38.91	39.18	39.09	39.01
	450m 5:45.27	500m 6:24.52	550m 7:03.64	600m 7:42.63	650m 8:21.53	700m 9:00.11	750m 9:38.95	800m 10:16.22
	39.56	39.25	39.12	38.99	38.90	38.58	38.84	37.27
5.	Jasmine Campbell	12	Tynemouth	10:52.22	417			
	50m 34.56	100m 1:14.73	150m 1:54.94	200m 2:36.59	250m 3:17.15	300m 3:59.48	350m 4:41.27	400m 5:22.35
	34.56	40.17	40.21	41.65	40.56	42.33	41.79	41.08
	450m 6:04.41	500m 6:46.57	550m 7:27.85	600m 8:10.53	650m 8:51.99	700m 9:33.84	750m 10:14.11	800m 10:52.22
	42.06	42.16	41.28	42.68	41.46	41.85	40.27	38.11
6.	Henrietta D'Amassa	12	Ellesmere Co	10:58.93	404			
	50m 37.13	100m 1:18.13	150m 1:59.41	200m 2:41.64	250m 3:22.77	300m 4:05.14	350m 4:47.34	400m 5:29.00
	37.13	41.00	41.28	42.23	41.13	42.37	42.20	41.66
	450m 6:11.85	500m 6:53.99	550m 7:35.72	600m 8:17.56	650m 8:59.62	700m 9:41.27	750m 10:21.45	800m 10:58.93
	42.85	42.14	41.73	41.84	42.06	41.65	40.18	37.48
7.	Rachael Scott	12	Tynemouth	11:22.97	363			
	50m 37.29	100m 1:18.16	150m 1:59.80	200m 2:42.57	250m 3:24.99	300m 4:09.16	350m 4:52.09	400m 5:36.08
	37.29	40.87	41.64	42.77	42.42	44.17	42.93	43.99
	450m 6:18.92	500m 7:03.36	550m 7:46.86	600m 8:30.61	650m 9:13.79	700m 9:57.05	750m 10:40.36	800m 11:22.97
	42.84	44.44	43.50	43.75	43.18	43.26	43.31	42.61

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Lucy Hedley	13	Tynemouth	9:46.34	574			
	50m 32.39	100m 1:09.21	150m 1:45.26	200m 2:22.30	250m 2:58.90	300m 3:36.18	350m 4:12.82	400m 4:50.25
	32.39	36.82	36.05	37.04	36.60	37.28	36.64	37.43
	450m 5:27.50	500m 6:05.21	550m 6:42.46	600m 7:20.56	650m 7:57.23	700m 8:34.97	750m 9:10.96	800m 9:46.34
	37.25	37.71	37.25	38.10	36.67	37.74	35.99	35.38
2.	Lauren Shipley	13	Nova Cent'n	9:47.62	570			
	50m 31.94	100m 1:07.48	150m 1:43.82	200m 2:20.91	250m 2:57.63	300m 3:34.96	350m 4:12.20	400m 4:49.71
	31.94	35.54	36.34	37.09	36.72	37.33	37.24	37.51
	450m 5:27.26	500m 6:05.18	550m 6:42.74	600m 7:20.54	650m 7:57.84	700m 8:35.29	750m 9:12.11	800m 9:47.62
	37.55	37.92	37.56	37.80	37.30	37.45	36.82	35.51
3.	Ella Took	13	Tynemouth	9:54.21	551			
	50m 33.30	100m 1:09.74	150m 1:47.07	200m 2:24.15	250m 3:01.69	300m 3:39.36	350m 4:17.34	400m 4:54.46
	33.30	36.44	37.33	37.08	37.54	37.67	37.98	37.12
	450m 5:32.35	500m 6:10.03	550m 6:47.96	600m 7:25.56	650m 8:03.28	700m 8:41.04	750m 9:18.61	800m 9:54.21
	37.89	37.68	37.93	37.60	37.72	37.76	37.57	35.60
4.	Ellie Blakey	13	Nova Cent'n	9:56.96	544			
	50m 33.30	100m 1:10.84	150m 1:47.97	200m 2:26.96	250m 3:04.59	300m 3:43.19	350m 4:20.69	400m 4:59.19
	33.30	37.54	37.13	38.99	37.63	38.60	37.50	38.50
	450m 5:36.21	500m 6:14.43	550m 6:51.49	600m 7:29.72	650m 8:06.34	700m 8:44.49	750m 9:21.16	800m 9:56.96
	37.02	38.22	37.06	38.23	36.62	38.15	36.67	35.80
5.	Emma Erskine	13	Nova Cent'n	10:05.43	521			
	50m 32.86	100m 1:09.52	150m 1:47.16	200m 2:24.75	250m 3:01.89	300m 3:40.30	350m 4:18.08	400m 4:56.85
	32.86	36.66	37.64	37.59	37.14	38.41	37.78	38.57
	450m 5:35.06	500m 6:14.09	550m 6:52.19	600m 7:31.93	650m 8:10.14	700m 8:49.87	750m 9:27.45	800m 10:05.43
	38.21	39.03	38.10	39.74	38.21	39.73	37.58	37.98
6.	Merewyn Jones	13	Nova Cent'n	10:09.23	512			
	50m 32.83	100m 1:10.24	150m 1:47.59	200m 2:26.21	250m 3:04.12	300m 3:42.91	350m 4:20.85	400m 5:00.07
	32.83	37.41	37.35	38.62	37.91	38.79	37.94	39.22
	450m 5:38.49	500m 6:17.50	550m 6:55.67	600m 7:35.24	650m 8:13.64	700m 8:52.83	750m 9:30.77	800m 10:09.23
	38.42	39.01	38.17	39.57	38.40	39.19	37.94	38.46

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7.	Ellie Baister	13	Middlesboro	10:09.92	510															
	50m	33.60	100m	1:10.89	150m	1:49.02	200m	2:27.16	250m	3:05.47	300m	3:43.86	350m	4:22.05	400m	5:00.69				
		33.60		37.29		38.13		38.14		38.31		38.39		38.19		38.64				
	450m	5:39.30	500m	6:18.53	550m	6:57.26	600m	7:35.61	650m	8:14.41	700m	8:53.12	750m	9:31.90	800m	10:09.92				
		38.61		39.23		38.73		38.35		38.80		38.71		38.78		38.02				
8.	Ellie Burke	13	South Tyne	10:10.09	509															
	50m	34.35	100m	1:11.88	150m	1:50.64	200m	2:29.37	250m	3:08.49	300m	3:46.92	350m	4:26.01	400m	5:04.65				
		34.35		37.53		38.76		38.73		39.12		38.43		39.09		38.64				
	450m	5:43.74	500m	6:22.06	550m	7:01.17	600m	7:39.69	650m	8:18.91	700m	8:57.04	750m	9:34.99	800m	10:10.09				
		39.09		38.32		39.11		38.52		39.22		38.13		37.95		35.10				
9.	Lola Oke	13	Ellesmere Co	10:13.44	501															
	50m	33.07	100m	1:10.94	150m	1:49.26	200m	2:27.72	250m	3:06.00	300m	3:45.05	350m	4:23.78	400m	5:03.09				
		33.07		37.87		38.32		38.46		38.28		39.05		38.73		39.31				
	450m	5:42.00	500m	6:21.32	550m	7:00.44	600m	7:39.44	650m	8:18.20	700m	8:57.51	750m	9:35.98	800m	10:13.44				
		38.91		39.32		39.12		39.00		38.76		39.31		38.47		37.46				
10.	Hannah Swift	13	Ellesmere Co	10:27.78	467															
	50m	35.32	100m	1:13.45	150m	1:53.41	200m	2:32.60	250m	3:11.69	300m	3:51.19	350m	4:31.15	400m	5:10.71				
		35.32		38.13		39.96		39.19		39.09		39.50		39.96		39.56				
	450m	5:50.79	500m	6:30.46	550m	7:10.34	600m	7:49.99	650m	8:29.34	700m	9:09.44	750m	9:49.25	800m	10:27.78				
		40.08		39.67		39.88		39.65		39.35		40.10		39.81		38.53				
11.	Holly Tibbs	13	Tynemouth	10:33.22	456															
	50m	35.28	100m	1:14.33	150m	1:54.51	200m	2:34.78	250m	3:14.80	300m	3:55.13	350m	4:35.54	400m	5:16.24				
		35.28		39.05		40.18		40.27		40.02		40.33		40.41		40.70				
	450m	5:56.60	500m	6:37.02	550m	7:17.16	600m	7:57.33	650m	8:36.88	700m	9:16.44	750m	9:55.72	800m	10:33.22				
		40.36		40.42		40.14		40.17		39.55		39.56		39.28		37.50				

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt																
1.	Sophie Negrine	14	Ellesmere Co	9:15.94	673																
	50m	31.80	100m	1:05.57	150m	1:40.13	200m	2:14.79	250m	2:49.88	300m	3:24.86	350m	4:00.02	400m	4:35.08					
		31.80		33.77		34.56		34.66		35.09		34.98		35.16		35.06					
	450m	5:10.59	500m	5:46.12	550m	6:21.81	600m	6:57.74	650m	7:33.50	700m	8:09.33	750m	8:43.64	800m	9:15.94					
		35.51		35.53		35.69		35.93		35.76		35.83		34.31		32.30					
2.	Rachel Bradley	14	Middlesboro	9:34.02	612																
	50m	31.76	100m	1:07.37	150m	1:42.74	200m	2:18.91	250m	2:54.49	300m	3:31.11	350m	4:06.96	400m	4:43.66					
		31.76		35.61		35.37		36.17		35.58		36.62		35.85		36.70					
	450m	5:19.57	500m	5:56.33	550m	6:32.80	600m	7:09.36	650m	7:45.47	700m	8:22.12	750m	8:58.35	800m	9:34.02					
		35.91		36.76		36.47		36.56		36.11		36.65		36.23		35.67					
3.	Freja Smith	14	Tynemouth	9:45.14	577																
	50m	31.89	100m	1:07.04	150m	1:43.56	200m	2:19.62	250m	2:56.80	300m	3:33.78	350m	4:11.12	400m	4:48.16					
		31.89		35.15		36.52		36.06		37.18		36.98		37.34		37.04					
	450m	5:25.92	500m	6:02.88	550m	6:40.16	600m	7:17.55	650m	7:55.10	700m	8:32.55	750m	9:09.99	800m	9:45.14					
		37.76		36.96		37.28		37.39		37.55		37.45		37.44		35.15					
4.	Eleanor Bainbridge	14	Ellesmere Co	9:45.41	577																
	50m	31.03	100m	1:06.00	150m	1:42.51	200m	2:19.29	250m	2:56.70	300m	3:34.22	350m	4:11.90	400m	4:49.19					
		31.03		34.97		36.51		36.78		37.41		37.52		37.68		37.29					
	450m	5:27.35	500m	6:04.77	550m	6:42.18	600m	7:19.28	650m	7:56.74	700m	8:33.71	750m	9:10.39	800m	9:45.41					
		38.16		37.42		37.41		37.10		37.46		36.97		36.68		35.02					
5.	Beth Gibbons	14	York City	9:49.29	565																
	50m	31.64	100m	1:07.48	150m	1:44.09	200m	2:21.65	250m	2:58.52	300m	3:35.92	350m	4:12.71	400m	4:50.65					
		31.64		35.84		36.61		37.56		36.87		37.40		36.79		37.94					
	450m	5:27.91	500m	6:06.08	550m	6:42.99	600m	7:20.89	650m	7:58.13	700m	8:36.33	750m	9:13.28	800m	9:49.29					
		37.26		38.17		36.91		37.90		37.24		38.20		36.95		36.01					
6.	Gerda Vasiliauskaitė	14	Ellesmere Co	9:49.88	564																
	50m	31.82	100m	1:06.54	150m	1:42.93	200m	2:19.05	250m	2:56.46	300m	3:33.18	350m	4:11.25	400m	4:48.24					
		31.82		34.72		36.39		36.12		37.41		36.72		38.07		36.99					
	450m	5:26.62	500m	6:03.55	550m	6:41.76	600m	7:19.23	650m	7:57.56	700m	8:35.50	750m	9:13.73	800m	9:49.88					
		38.38		36.93		38.21		37.47		38.33		37.94		38.23		36.15					
7.	Olivia Humphrey	14	Nova Cent'n	9:53.06	555																
	50m	33.28	100m	1:09.93	150m	1:47.41	200m	2:25.42	250m	3:03.07	300m	3:41.51	350m	4:19.22	400m	4:57.47					
		33.28		36.65		37.48		38.01		37.65		38.44		37.71		38.25					
	450m	5:33.75	500m	6:11.29	550m	6:48.32	600m	7:26.32	650m	8:03.60	700m	8:40.93	750m	9:17.64	800m	9:53.06					
		36.28		37.54		37.03		38.00		37.28		37.33		36.71		35.42					
8.	Hannah Wright	14	Chester Le S	9:54.02	552																
	50m	32.75	100m	1:08.73	150m	1:46.05	200m	2:22.77	250m	3:00.20	300m	3:37.16	350m	4:14.54	400m	4:52.31					
		32.75		35.98		37.32		36.72		37.43		36.96		37.38		37.77					
	450m	5:30.40	500m	6:08.54	550m	6:46.59	600m	7:24.38	650m	8:03.03	700m	8:41.20	750m	9:18.96	800m	9:54.02					
		38.09		38.14		38.05		37.79		38.65		38.17		37.76		35.06					
9.	Olivia Clare	14	Co Manch Aq	9:54.26	551																
	50m	33.54																			

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14. Freya Kirtley	14 Gates &Whick	10:48.36	424						
50m 34.07	100m 1:13.56	150m 1:54.03	200m 2:33.67	250m 3:14.31	300m 3:55.14	350m 4:35.74	400m 5:17.15		
34.07	39.49	40.47	39.64	40.64	40.83	40.60	41.41		
450m 5:58.14	500m 6:39.97	550m 7:21.36	600m 8:03.19	650m 8:45.74	700m 9:27.03	750m 10:08.89	800m 10:48.36		
40.99	41.83	41.39	41.83	42.55	41.29	41.86	39.47		

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Jessica McDonough	15	Ellesmere Co	9:15.95	673				
50m 32.36	100m 1:07.27	150m 1:42.54	200m 2:18.22	250m 2:53.63	300m 3:29.05	350m 4:03.99	400m 4:39.77		
32.36	34.91	35.27	35.68	35.41	35.42	34.94	35.78		
450m 5:14.67	500m 5:49.55	550m 6:24.80	600m 6:59.52	650m 7:34.36	700m 8:09.13	750m 8:43.84	800m 9:15.95		
34.90	34.88	35.25	34.72	34.84	34.77	34.71	32.11		
2.	Annie Pearson	15	Nova Cent'n	9:22.11	651				
50m 32.03	100m 1:07.12	150m 1:42.19	200m 2:17.91	250m 2:53.12	300m 3:28.78	350m 4:04.28	400m 4:39.57		
32.03	35.09	35.07	35.72	35.21	35.66	35.50	35.29		
450m 5:15.15	500m 5:51.07	550m 6:26.67	600m 7:02.91	650m 7:38.67	700m 8:14.53	750m 8:48.86	800m 9:22.11		
35.58	35.92	35.60	36.24	35.76	35.86	34.33	33.25		
3.	Harriet Lee	15	Tynemouth	9:33.09	615				
50m 31.45	100m 1:05.77	150m 1:41.40	200m 2:16.82	250m 2:53.29	300m 3:29.27	350m 4:06.20	400m 4:42.76		
31.45	34.32	35.63	35.42	36.47	35.98	36.93	36.56		
450m 5:19.66	500m 5:55.96	550m 6:32.33	600m 7:08.95	650m 7:45.46	700m 8:10.18	750m 8:57.89	800m 9:33.09		
36.90	36.30	36.37	36.62	36.51	24.72	47.71	35.20		

16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt				
1.	Mollie Wright	19	Nova Cent'n	8:57.03	747				
50m 30.87	100m 1:04.24	150m 1:37.70	200m 2:11.49	250m 2:45.25	300m 3:19.47	350m 3:53.98	400m 4:27.71		
30.87	33.37	33.46	33.79	33.76	34.22	34.51	33.73		
450m 5:01.51	500m 5:35.34	550m 6:09.47	600m 6:43.52	650m 7:17.65	700m 7:51.54	750m 8:25.23	800m 8:57.03		
33.80	33.83	34.13	34.05	34.13	33.89	33.69	31.80		
2.	Phoebe Griffiths	17	Ellesmere Co	8:57.19	746				
50m 31.38	100m 1:04.56	150m 1:38.68	200m 2:12.02	250m 2:45.93	300m 3:19.59	350m 3:54.04	400m 4:27.70		
31.38	33.18	34.12	33.34	33.91	33.66	34.45	33.66		
450m 5:01.75	500m 5:35.52	550m 6:09.76	600m 6:43.62	650m 7:17.97	700m 7:51.64	750m 8:25.58	800m 8:57.19		
34.05	33.77	34.24	33.86	34.35	33.67	33.94	31.61		
3.	Shannon Dalligan	16	Ellesmere Co	9:22.53	650				
50m 31.78	100m 1:06.04	150m 1:41.18	200m 2:16.08	250m 2:51.60	300m 3:26.94	350m 4:02.56	400m 4:37.73		
31.78	34.26	35.14	34.90	35.52	35.34	35.62	35.17		
450m 5:13.31	500m 5:48.93	550m 6:24.77	600m 7:00.49	650m 7:36.63	700m 8:12.50	750m 8:48.25	800m 9:22.53		
35.58	35.62	35.84	35.72	36.14	35.87	35.75	34.28		
4.	Jade Kennerell	16	Nova Cent'n	9:24.22	644				
50m 32.00	100m 1:06.61	150m 1:41.59	200m 2:16.78	250m 2:52.09	300m 3:27.57	350m 4:03.15	400m 4:38.37		
32.00	34.61	34.98	35.19	35.31	35.48	35.58	35.22		
450m 5:14.14	500m 5:50.07	550m 6:26.21	600m 7:02.77	650m 7:38.71	700m 8:14.77	750m 8:49.82	800m 9:24.22		
35.77	35.93	36.14	36.56	35.94	36.06	35.05	34.40		
5.	Alana Hedges	18	Co Manch Aq	9:28.16	631				
50m 31.65	100m 1:07.12	150m 1:42.47	200m 2:18.62	250m 2:54.49	300m 3:30.52	350m 4:06.13	400m 4:42.43		
31.65	35.47	35.35	36.15	35.87	36.03	35.61	36.30		
450m 5:18.11	500m 5:54.45	550m 6:30.32	600m 7:06.57	650m 7:42.30	700m 8:18.33	750m 8:53.90	800m 9:28.16		
35.68	36.34	35.87	36.25	35.73	36.03	35.57	34.26		
6.	Abigail Rylance	18	Co Manch Aq	9:36.19	605				
50m 31.72	100m 1:06.59	150m 1:42.16	200m 2:17.37	250m 2:53.46	300m 3:29.57	350m 4:06.36	400m 4:42.55		
31.72	34.87	35.57	35.21	36.09	36.11	36.79	36.19		
450m 5:19.55	500m 5:56.27	550m 6:33.53	600m 7:09.67	650m 7:47.10	700m 8:23.90	750m 9:01.20	800m 9:36.19		
37.00	36.72	37.26	36.14	37.43	36.80	37.30	34.99		
7.	Amy Durrant	16	York City	9:38.22	598				
50m 32.40	100m 1:08.23	150m 1:43.96	200m 2:20.50	250m 2:56.66	300m 3:33.33	350m 4:09.62	400m 4:46.23		
32.40	35.83	35.73	36.54	36.16	36.67	36.29	36.61		
450m 5:22.73	500m 5:59.75	550m 6:36.29	600m 7:13.03	650m 7:49.59	700m 8:26.56	750m 9:03.15	800m 9:38.22		
36.50	37.02	36.54	36.74	36.56	36.97	36.59	35.07		
8.	Olivia McAvoyn	17	Middlesboro	9:46.10	575				
50m 32.20	100m 1:07.46	150m 1:43.94	200m 2:20.72	250m 2:57.87	300m 3:34.84	350m 4:12.06	400m 4:49.41		
32.20	35.26	36.48	36.78	37.15	36.97	37.22	37.35		
450m 5:27.00	500m 6:04.09	550m 6:41.89	600m 7:18.82	650m 7:56.49	700m 8:33.41	750m 9:10.62	800m 9:46.10		
37.59	37.09	37.80	36.93	37.67	36.92	37.21	35.48		
9.	Rosie Holland	16	Ellesmere Co	9:53.32	554				
50m 32.27	100m 1:07.60	150m 1:43.23	200m 2:19.92	250m 2:56.50	300m 3:34.39	350m 4:11.43	400m 4:49.52		
32.27	35.33	35.63	36.69	36.58	37.89	37.04	38.09		
450m 5:27.06	500m 6:05.41	550m 6:43.43	600m 7:21.82	650m 8:00.16	700m 8:38.13	750m 9:16.37	800m 9:53.32		
37.54	38.35	38.02	38.39	38.34	37.97	38.24	36.95		
10.	Caitlin Poulson	18	Penrith	9:57.64	542				
50m 31.33	100m 1:05.84	150m 1:42.30	200m 2:20.00	250m 2:57.97	300m 3:35.89	350m 4:14.09	400m 4:52.46		
31.33	34.51	36.46	37.70	37.97	37.92	38.20	38.37		
450m 5:30.59	500m 6:09.26	550m 6:49.17	600m 7:27.80	650m 8:06.30	700m 8:44.72	750m 9:21.98	800m 9:57.64		
38.13	38.67	39.91	38.63	38.50	38.42	37.26	35.66		
11.	Eleanor Nanson	18	Cockermouth	10:08.56	513				
50m 34.67	100m 1:11.65	150m 1:50.36	200m 2:28.52	250m 3:07.09	300m 3:45.56	350m 4:23.92	400m 5:02.42		
34.67	36.98	38.71	38.16	38.57	38.47	38.36	38.50		
450m 5:41.24	500m 6:19.74	550m 6:58.57	600m 7:37.33	650m 8:16.05	700m 8:54.21	750m 9:32.33	800m 10:08.56		
38.82	38.50	38.83	38.76	38.72	38.16	38.12	36.23		
12.	Melissa Carter	18	Durham City	10:12.09	504				
50m 34.80	100m 1:13.03	150m 1:51.99	200m 2:30.69	250m 3:09.40	300m 3:47.85	350m 4:27.13	400m 5:05.56		
34.80	38.23	38.96	38.70	38.71	38.45	39.28	38.43		
450m 5:44.25	500m 6:22.98	550m 7:01.82	600m 7:40.48	650m 8:19.14	700m 8:57.41	750m 9:35.96	800m 10:12.09		
38.69	38.73	38.84	38.66	38.66	38.27	38.55	36.13		
13.	Lucy Turnbull	17	Middlesboro	10:21.18	483				
50m 35.21	100m 1:13.52	150m 1:52.39	200m 2:31.40	250m 3:10.17	300m 3:48.43	350m 4:27.05	400m 5:06.37		
35.21	38.31	38.87	39.01	38.77	38.26	38.62	39.32		
450m 5:45.46	500m 6:25.33	550m 7:05.25	600m 7:44.84	650m 8:23.97	700m 9:03.21	750m 9:42.81	800m 10:21.18		
39.09	39.87	39.92	39.59	39.13	39.24	39.60	38.37		

COSASC National Qualifier 2017 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE170346)

Sunderland Aquatic Centre – Friday 31st March 2017

Results - Session One

14. Grace Routledge	18	Washington	10:26.38	471					
50m 35.07	100m 1:13.34	150m 1:52.61	200m 2:32.24	250m 3:11.50	300m 3:51.09	350m 4:31.39	400m 5:11.38		
35.07	38.27	39.27	39.63	39.26	39.59	40.30	39.99		
450m 5:52.23	500m 6:31.06	550m 7:10.71	600m 7:50.15	650m 8:29.62	700m 9:09.60	750m 9:49.23	800m 10:26.38		
40.85	38.83	39.65	39.44	39.47	39.98	39.63	37.15		
15. Emma Muirhead	16	Middlesboro	10:32.57	457					
50m 33.75	100m 1:11.99	150m 1:51.28	200m 2:30.98	250m 3:11.16	300m 3:51.56	350m 4:31.91	400m 5:12.35		
33.75	38.24	39.29	39.70	40.18	40.40	40.35	40.44		
450m 5:52.15	500m 6:32.72	550m 7:12.97	600m 7:53.28	650m 8:33.21	700m 9:13.13	750m 9:53.52	800m 10:32.57		
39.80	40.57	40.25	40.31	39.93	39.92	40.39	39.05		
16. Lauren Allinson	18	Darlington	11:08.80	387					
50m 36.16	100m 1:15.87	150m 1:57.38	200m 2:39.28	250m 3:21.28	300m 4:03.65	350m 4:46.23	400m 5:29.38		
36.16	39.71	41.51	41.90	42.00	42.37	42.58	43.15		
450m 6:12.37	500m 6:55.63	550m 7:38.60	600m 8:21.47	650m 9:04.41	700m 9:46.88	750m 10:28.29	800m 11:08.80		
42.99	43.26	42.97	42.87	42.94	42.47	41.41	40.51		

COSASC National Qualifier 2017 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE170346)

Sunderland Aquatic Centre – Friday 31st March 2017

Results - Session One

EVENT 102 Boys Open 1500m Freestyle

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt				
1.	Josh Denholm	12	South Tyne		19:33.35	409				
	50m 34.96	100m 1:13.86	150m 1:53.85	200m 2:32.69	250m 3:12.64	300m 3:52.00	350m 4:31.57	400m 5:00.90		
	34.96	38.90	39.99	38.84	39.95	39.36	39.57	29.33		
	450m 5:50.94	500m 6:30.40	550m 7:10.45	600m 7:50.03	650m 8:29.32	700m 9:08.64	750m 9:48.41	800m 10:28.08		
	50.04	39.46	40.05	39.58	39.29	39.32	39.77	39.67		
	850m 11:07.26	900m 11:46.57	950m 12:26.99	1000m 13:05.83	1050m 13:44.89	1100m 14:24.29	1150m 15:04.11	1200m 15:43.04		
	39.18	39.31	40.42	38.84	39.06	39.40	39.82	38.93		
	1250m 16:22.30	1300m 17:00.34	1350m 17:39.19	1400m 18:17.24	1450m 18:56.30	1500m 19:33.35				
	39.26	38.04	38.85	38.05	39.06	37.05				
2.	Archie Neaves	12	Ellesmere Co		19:43.05	399				
	50m 34.30	100m 1:12.77	150m 1:51.87	200m 2:31.76	250m 3:10.79	300m 3:50.42	350m 4:30.19	400m 5:09.70		
	34.30	38.47	39.10	39.89	39.03	39.63	39.77	39.51		
	450m 5:49.25	500m 6:29.79	550m 7:09.41	600m 7:49.70	650m 8:29.14	700m 9:09.08	750m 9:48.39	800m 10:28.81		
	39.55	40.54	39.62	40.29	39.44	39.94	39.31	40.42		
	850m 11:08.43	900m 11:49.00	950m 12:28.28	1000m 13:08.38	1050m 13:47.73	1100m 14:28.20	1150m 15:07.42	1200m 15:47.33		
	39.62	40.57	39.28	40.10	39.35	40.47	39.22	39.91		
	1250m 16:26.84	1300m 17:07.35	1350m 17:46.52	1400m 18:26.47	1450m 19:05.05	1500m 19:43.05				
	39.51	40.51	39.17	39.95	38.58	38.00				
3.	Nathan Clare	12	Co Manch Aq		20:20.64	363				
	50m 35.27	100m 1:14.66	150m 1:54.66	200m 2:35.62	250m 3:16.09	300m 3:57.42	350m 4:38.24	400m 5:19.27		
	35.27	39.39	40.00	40.96	40.47	41.33	40.82	41.03		
	450m 6:00.18	500m 6:42.14	550m 7:23.74	600m 8:05.70	650m 8:46.97	700m 9:28.66	750m 10:09.95	800m 10:51.89		
	40.91	41.96	41.60	41.96	41.27	41.69	41.29	41.94		
	850m 11:32.85	900m 12:14.40	950m 12:55.47	1000m 13:36.81	1050m 14:18.31	1100m 14:59.53	1150m 15:40.91	1200m 16:21.34		
	40.96	41.55	41.07	41.34	41.50	41.22	41.38	40.43		
	1250m 17:02.39	1300m 17:43.55	1350m 18:24.19	1400m 19:05.04	1450m 19:43.80	1500m 20:20.64				
	41.05	41.16	40.64	40.85	38.76	36.84				
4.	Toma Saha	12	Middlesboro		21:25.67	310				
	50m 35.19	100m 1:16.23	150m 1:57.42	200m 2:39.69	250m 3:22.06	300m 4:04.57	350m 4:47.35	400m 5:30.48		
	35.19	41.04	41.19	42.27	42.37	42.51	42.78	43.13		
	450m 6:13.72	500m 6:56.98	550m 7:40.06	600m 8:23.71	650m 9:06.83	700m 9:49.73	750m 10:33.03	800m 11:16.69		
	43.24	43.26	43.08	43.65	43.12	42.90	43.30	43.66		
	850m 11:59.57	900m 12:43.43	950m 13:26.29	1000m 14:10.97	1050m 14:55.26	1100m 15:38.71	1150m 16:22.48	1200m 17:06.45		
	42.88	43.86	42.86	44.68	44.29	43.45	43.77	43.97		
	1250m 17:50.20	1300m 18:34.24	1350m 19:17.96	1400m 20:01.67	1450m 20:43.87	1500m 21:25.67				
	43.75	44.04	43.72	43.71	42.20	41.80				

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt				
1.	Oliver Taylor	13	Co Manch Aq		19:03.12	442				
	50m 33.71	100m 1:11.54	150m 1:49.58	200m 2:27.62	250m 3:06.26	300m 3:44.59	350m 4:23.47	400m 5:02.29		
	33.71	37.83	38.04	38.04	38.64	38.33	38.88	38.82		
	450m 5:41.13	500m 6:19.79	550m 6:58.32	600m 7:37.12	650m 8:16.11	700m 8:54.40	750m 9:33.11	800m 10:11.16		
	38.84	38.66	38.53	38.80	38.99	38.29	38.71	38.05		
	850m 10:49.75	900m 11:28.24	950m 12:06.84	1000m 12:44.88	1050m 13:22.95	1100m 14:01.39	1150m 14:39.85	1200m 15:18.06		
	38.59	38.49	38.60	38.04	38.07	38.44	38.46	38.21		
	1250m 15:56.01	1300m 16:34.36	1350m 17:12.51	1400m 17:50.61	1450m 18:27.80	1500m 19:03.12				
	37.95	38.35	38.15	38.10	37.19	35.32				
2.	Adam Barrett	13	Gates & Whick		19:33.15	409				
	50m 32.88	100m 1:10.09	150m 1:48.41	200m 2:26.74	250m 3:05.34	300m 3:44.57	350m 4:23.60	400m 5:02.39		
	32.88	37.21	38.32	38.33	38.60	39.23	39.03	38.79		
	450m 5:42.06	500m 6:21.75	550m 7:00.93	600m 7:40.93	650m 8:20.54	700m 9:00.25	750m 9:39.87	800m 10:20.02		
	39.67	39.69	39.18	40.00	39.61	39.71	39.62	40.15		
	850m 10:59.67	900m 11:39.61	950m 12:19.47	1000m 13:00.05	1050m 13:40.15	1100m 14:20.09	1150m 14:58.39	1200m 15:37.06		
	39.65	39.94	39.86	40.58	40.10	39.94	38.30	38.67		
	1250m 16:16.70	1300m 16:56.27	1350m 17:36.08	1400m 18:15.59	1450m 18:54.82	1500m 19:33.15				
	39.64	39.57	39.81	39.51	39.23	38.33				
3.	Joseph Fairbairn	13	Chester Le S		19:35.28	407				
	50m 33.54	100m 1:12.71	150m 1:52.32	200m 2:32.22	250m 3:12.21	300m 3:51.70	350m 4:31.45	400m 5:11.31		
	33.54	39.17	39.61	39.90	39.99	39.49	39.75	39.86		
	450m 5:50.84	500m 6:30.58	550m 7:10.43	600m 7:50.14	650m 8:29.34	700m 9:08.80	750m 9:48.17	800m 10:27.83		
	39.53	39.74	39.85	39.71	39.20	39.46	39.37	39.66		
	850m 11:07.39	900m 11:46.37	950m 12:26.66	1000m 13:05.94	1050m 13:44.38	1100m 14:23.92	1150m 15:03.53	1200m 15:42.82		
	39.56	38.98	40.29	39.28	38.44	39.54	39.61	39.29		
	1250m 16:21.68	1300m 17:01.23	1350m 17:40.65	1400m 18:19.49	1450m 18:58.18	1500m 19:35.28				
	38.86	39.55	39.42	38.84	38.69	37.10				

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt				
1.	Joseph Kingsland	14	Nova Cent'n		17:11.35	602				
	50m 30.43	100m 1:04.26	150m 1:38.59	200m 2:13.12	250m 2:47.14	300m 3:21.96	350m 3:56.61	400m 4:31.49		
	30.43	33.83	34.33	34.53	34.02	34.82	34.65	34.88		
	450m 5:05.90	500m 5:40.99	550m 6:15.53	600m 6:50.89	650m 7:25.46	700m 7:59.98	750m 8:34.15	800m 9:09.13		
	34.41	35.09	34.54	35.36	34.57	34.52	34.17	34.98		
	850m 9:43.79	900m 10:18.43	950m 10:52.71	1000m 11:27.60	1050m 12:02.08	1100m 12:36.30	1150m 13:10.26	1200m 13:45.36		
	34.66	34.64	34.28	34.89	34.48	34.22	33.96	35.10		
	1250m 14:19.35	1300m 14:54.23	1350m 15:27.80	1400m 16:03.18	1450m 16:37.38	1500m 17:11.35				
	33.99	34.88	33.57	35.38	34.20	33.97				
2.	Joshua Skinner	14	Nova Cent'n		17:36.40	560				
	50m 31.62	100m 1:05.94	150m 1:40.49	200m 2:15.44	250m 2:50.68	300m 3:26.19	350m 4:01.93	400m 4:37.66		
	31.62	34.32	34.55	34.95	35.24	35.51	35.74	35.73		
	450m 5:12.88	500m 5:48.62	550m 6:23.76	600m 6:59.30	650m 7:34.88	700m 8:10.13	750m 8:45.00	800m 9:20.58		
	35.22	35.74	35.14	35.54	35.58	35.25	34.87	35.58		
	850m 9:55.83	900m 10:31.25	950m 11:06.69	1000m 11:42.98	1050m 12:17.66	1100m 12:53.28	1150m 13:28.51	1200m 14:03.85		
	35.25	35.42	35.44	36.29	34.68	35.62	35.23	35.34		
	1250m 14:38.89	1300m 15:14.27	1350m 15:49.79	1400m 16:25.63	1450m 17:01.08	1500m 17:36.40				
	35.04	35.38	35.52	35.84	35.45	35.32				

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Sunderland Aquatic Centre – Friday 31st March 2017

Results - Session One

3.	Andrew Hall	14	Nova Cent'n	18:00.17	524				
	50m 31.64	100m 1:06.74	150m 1:41.83	200m 2:17.65	250m 2:52.73	300m 3:28.43	350m 4:03.45	400m 4:39.51	
	31.64	35.10	35.09	35.82	35.08	35.70	35.02	36.06	
	450m 5:14.89	500m 5:50.90	550m 6:26.54	600m 7:02.58	650m 7:37.87	700m 8:14.34	750m 8:49.76	800m 9:26.16	
	35.38	36.01	35.64	36.04	35.29	36.47	35.42	36.40	
	850m 10:01.81	900m 10:38.53	950m 11:14.68	1000m 11:51.49	1050m 12:28.01	1100m 13:05.39	1150m 13:41.88	1200m 14:19.21	
	35.65	36.72	36.15	36.81	36.52	37.38	36.49	37.33	
	1250m 14:56.15	1300m 15:33.58	1350m 16:10.31	1400m 16:47.75	1450m 17:24.34	1500m 18:00.17			
	36.94	37.43	36.73	37.44	36.59	35.83			
4.	Alexander Rosser-Barne	14	Ellesmere Co	18:03.85	519				
	50m 31.19	100m 1:05.73	150m 1:41.22	200m 2:17.23	250m 2:52.82	300m 3:28.89	350m 4:05.38	400m 4:41.59	
	31.19	34.54	35.49	36.01	35.59	36.07	36.49	36.21	
	450m 5:17.74	500m 5:53.94	550m 6:29.90	600m 7:06.08	650m 7:42.42	700m 8:18.99	750m 8:55.60	800m 9:32.35	
	36.15	36.20	35.96	36.18	36.34	36.57	36.61	36.75	
	850m 10:08.75	900m 10:45.52	950m 11:21.87	1000m 11:58.75	1050m 12:35.00	1100m 13:12.23	1150m 13:48.82	1200m 14:25.78	
	36.40	36.77	36.35	36.88	36.25	37.23	36.59	36.96	
	1250m 15:02.46	1300m 15:39.26	1350m 16:15.51	1400m 16:52.54	1450m 17:28.60	1500m 18:03.85			
	36.68	36.80	36.25	37.03	36.06	35.25			
5.	Christopher Walker	14	Co Manch Aq	18:53.61	453				
	50m 34.06	100m 1:11.15	150m 1:49.19	200m 2:26.46	250m 3:04.12	300m 3:41.80	350m 4:20.12	400m 4:57.82	
	34.06	37.09	38.04	37.27	37.66	37.68	38.32	37.70	
	450m 5:36.02	500m 6:14.16	550m 6:51.91	600m 7:29.55	650m 8:07.28	700m 8:45.15	750m 9:22.94	800m 10:00.47	
	38.20	38.14	37.75	37.64	37.73	37.87	37.79	37.53	
	850m 10:38.90	900m 11:17.18	950m 11:55.19	1000m 12:32.75	1050m 13:11.02	1100m 13:49.48	1150m 14:27.35	1200m 15:05.55	
	38.43	38.28	38.01	37.56	38.27	38.46	37.87	38.20	
	1250m 15:43.64	1300m 16:22.03	1350m 17:00.18	1400m 17:38.47	1450m 18:16.55	1500m 18:53.61			
	38.09	38.39	38.15	38.29	38.08	37.06			

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Cat	Time	FINA Pt			
1.	Dante Des Rosier	15	Ellesmere Co	17:06.29	611				
	50m 31.00	100m 1:04.48	150m 1:38.07	200m 2:12.00	250m 2:45.80	300m 3:20.03	350m 3:53.88	400m 4:28.43	
	31.00	33.48	33.59	33.93	33.80	34.23	33.85	34.55	
	450m 5:02.58	500m 5:37.24	550m 6:11.07	600m 6:45.35	650m 7:19.57	700m 7:54.50	750m 8:28.71	800m 9:03.63	
	34.15	34.66	33.83	34.28	34.22	34.93	34.21	34.92	
	850m 9:37.79	900m 10:12.76	950m 10:47.26	1000m 11:22.38	1050m 11:56.40	1100m 12:31.20	1150m 13:05.41	1200m 13:40.09	
	34.16	34.97	34.50	35.12	34.02	34.80	34.21	34.68	
	1250m 14:14.35	1300m 14:49.24	1350m 15:23.53	1400m 15:58.55	1450m 16:32.67	1500m 17:06.29			
	34.26	34.89	34.29	35.02	34.12	33.62			
2.	Ryan Wilcox	15	Nova Cent'n	17:20.50	586				
	50m 30.34	100m 1:03.90	150m 1:37.87	200m 2:12.11	250m 2:46.29	300m 3:21.36	350m 3:55.90	400m 4:30.85	
	30.34	33.56	33.97	34.24	34.18	35.07	34.54	34.95	
	450m 5:05.61	500m 5:40.90	550m 6:15.57	600m 6:50.93	650m 7:26.01	700m 8:00.97	750m 8:35.08	800m 9:10.30	
	34.76	35.29	34.67	35.36	35.08	34.96	34.11	35.22	
	850m 9:45.21	900m 10:20.50	950m 10:55.62	1000m 11:31.06	1050m 12:05.89	1100m 12:41.01	1150m 13:16.36	1200m 13:51.78	
	34.91	35.29	35.12	35.44	34.83	35.12	35.35	35.42	
	1250m 14:27.32	1300m 15:02.68	1350m 15:37.99	1400m 16:13.59	1450m 16:48.26	1500m 17:20.50			
	35.54	35.36	35.31	35.60	34.67	32.24			
3.	Matthew Fallon	15	Nova Cent'n	17:41.09	553				
	50m 31.98	100m 1:06.16	150m 1:41.30	200m 2:16.44	250m 2:51.96	300m 3:27.15	350m 4:02.82	400m 4:38.22	
	31.98	34.18	35.14	35.14	35.52	35.19	35.67	35.40	
	450m 5:13.89	500m 5:49.07	550m 6:24.63	600m 7:00.01	650m 7:35.43	700m 8:10.74	750m 8:46.47	800m 9:21.91	
	35.67	35.18	35.56	35.38	35.42	35.31	35.73	35.44	
	850m 9:57.63	900m 10:33.28	950m 11:09.08	1000m 11:44.60	1050m 12:20.46	1100m 12:56.06	1150m 13:31.83	1200m 14:07.42	
	35.72	35.65	35.80	35.52	35.86	35.60	35.77	35.59	
	1250m 14:43.48	1300m 15:19.12	1350m 15:55.05	1400m 16:30.84	1450m 17:06.60	1500m 17:41.09			
	36.06	35.64	35.93	35.79	35.76	34.49			
4.	Cade Darby	15	Middlesboro	17:49.18	540				
	50m 31.18	100m 1:05.18	150m 1:40.63	200m 2:16.10	250m 2:52.14	300m 3:28.21	350m 4:04.29	400m 4:40.00	
	31.18	34.00	35.45	35.47	36.04	36.07	36.08	35.71	
	450m 5:15.99	500m 5:51.42	550m 6:27.03	600m 7:02.61	650m 7:38.68	700m 8:14.65	750m 8:50.55	800m 9:26.58	
	35.99	35.43	35.61	35.58	36.07	35.97	35.90	36.03	
	850m 10:02.70	900m 10:38.41	950m 11:14.60	1000m 11:50.19	1050m 12:26.20	1100m 13:02.36	1150m 13:38.86	1200m 14:14.90	
	36.12	35.71	36.19	35.59	36.01	36.16	36.50	36.04	
	1250m 14:50.75	1300m 15:26.80	1350m 16:03.48	1400m 16:39.18	1450m 17:15.28	1500m 17:49.18			
	35.85	36.05	36.68	35.70	36.10	33.90			
5.	Kris Moodley	15	Nova Cent'n	17:51.00	537				
	50m 30.92	100m 1:04.28	150m 1:38.74	200m 2:13.43	250m 2:48.54	300m 3:23.29	350m 3:58.70	400m 4:33.96	
	30.92	33.36	34.46	34.69	35.11	34.75	35.41	35.26	
	450m 5:09.71	500m 5:45.97	550m 6:21.69	600m 6:57.88	650m 7:33.94	700m 8:09.93	750m 8:45.92	800m 9:21.76	
	35.75	36.26	35.72	36.19	36.06	35.99	35.99	35.84	
	850m 9:57.33	900m 10:33.79	950m 11:09.97	1000m 11:45.52	1050m 12:21.83	1100m 12:57.65	1150m 13:34.38	1200m 14:10.93	
	35.57	36.46	36.18	35.55	36.31	35.82	36.73	36.55	
	1250m 14:47.28	1300m 15:23.98	1350m 15:59.83	1400m 16:37.03	1450m 17:14.35	1500m 17:51.00			
	36.35	36.70	35.85	37.20	37.32	36.65			
6.	Luke Jackson	15	Cockermouth	17:52.79	535				
	50m 29.69	100m 1:03.07	150m 1:37.68	200m 2:12.35	250m 2:46.53	300m 3:21.48	350m 3:56.70	400m 4:31.82	
	29.69	33.38	34.61	34.67	34.18	34.95	35.22	35.12	
	450m 5:07.43	500m 5:43.34	550m 6:19.14	600m 6:55.15	650m 7:31.32	700m 8:07.50	750m 8:43.77	800m 9:20.24	
	35.61	35.91	35.80	36.01	36.17	36.18	36.27	36.47	
	850m 9:56.69	900m 10:33.27	950m 11:09.16	1000m 11:45.81	1050m 12:22.98	1100m 12:59.92	1150m 13:36.75	1200m 14:13.58	
	36.45	36.58	35.89	36.65	37.17	36.94	36.83	36.83	
	1250m 14:50.73	1300m 15:27.88	1350m 16:04.85	1400m 16:41.97	1450m 17:17.57	1500m 17:52.79			
	37.15	37.15	36.97	37.12	35.60	35.22			
7.	Tom Brumwell	15	Durham City	18:28.43	485				
	50m 30.78	100m 1:06.54	150m 1:42.81	200m 2:19.58	250m 2:56.68	300m 3:33.40	350m 4:10.73	400m 4:48.01	
	30.78	35.76	36.27	36.77	37.10	36.72	37.33	37.28	
	450m 5:25.93	500m 6:03.41	550m 6:40.66	600m 7:17.59	650m 7:54.99	700m 8:32.21	750m 9:09.18	800m 9:46.53	
	37.92	37.48	37.25	36.93	37.40	37.22	36.97	37.35	
	850m 10:23.47	900m 11:01.03	950m 11:38.05	1000m 12:15.66	1050m 12:53.20	1100m 13:30.81	1150m 14:08.26	1200m 14:46.11	
	36.94	37.56	37.02	37.61	37.54	37.61	37.45	37.85	
	1250m 15:23.97	1300m 16:01.32	1350m 16:38.77	1400m 17:16.25	1450m 17:53.23	1500m 18:28.43			
	37.86	37.35	37.45	37.48	36.98	35.20			

COSASC National Qualifier 2017 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE170346)

Sunderland Aquatic Centre – Friday 31st March 2017

Results - Session One

8.	Matthew Gibson	19	Derwentside	14	17:45.24		546												
	50m	30.27	100m	1:02.55	150m	1:36.41	200m	2:10.15	250m	2:44.91	300m	3:18.90	350m	3:53.96	400m	4:28.96			
		30.27		32.28		33.86		33.74		34.76		33.99		35.06		35.00			
	450m	5:05.00	500m	5:41.07	550m	6:17.46	600m	6:54.03	650m	7:31.64	700m	8:08.08	750m	8:44.45	800m	9:20.06			
		36.04		36.07		36.39		36.57		37.61		36.44		36.37		35.61			
	850m	9:57.22	900m	10:33.24	950m	11:09.82	1000m	11:45.85	1050m	12:22.49	1100m	12:58.78	1150m	13:35.20	1200m	14:10.73			
		37.16		36.02		36.58		36.03		36.64		36.29		36.42		35.53			
	1250m	14:48.05	1300m	15:22.85	1350m	16:00.08	1400m	16:36.16	1450m	17:11.36	1500m	17:45.24							
		37.32		34.80		37.23		36.08		35.20		33.88							
9.	Joseph Robins	16	Co Sund'land	17	17:46.88		544												
	50m	31.24	100m	1:06.22	150m	1:41.59	200m	2:17.28	250m	2:52.81	300m	3:28.48	350m	4:03.95	400m	4:39.74			
		31.24		34.98		35.37		35.69		35.53		35.67		35.47		35.79			
	450m	5:15.44	500m	5:51.28	550m	6:26.59	600m	7:02.41	650m	7:37.53	700m	8:13.34	750m	8:48.46	800m	9:24.46			
		35.70		35.84		35.31		35.82		35.12		35.81		35.12		36.00			
	850m	9:59.76	900m	10:35.75	950m	11:10.88	1000m	11:46.89	1050m	12:22.88	1100m	12:59.00	1150m	13:35.46	1200m	14:11.63			
		35.30		35.99		35.13		36.01		35.99		36.12		36.46		36.17			
	1250m	14:47.49	1300m	15:24.06	1350m	16:00.26	1400m	16:36.49	1450m	17:12.22	1500m	17:46.88							
		35.86		36.57		36.20		36.23		35.73		34.66							
10.	Jack Pears-Dorland	17	York City	17	17:55.84		530												
	50m	30.93	100m	1:05.23	150m	1:40.19	200m	2:15.93	250m	2:51.36	300m	3:27.03	350m	4:02.89	400m	4:38.70			
		30.93		34.30		34.96		35.74		35.43		35.67		35.86		35.81			
	450m	5:14.60	500m	5:50.42	550m	6:26.43	600m	7:02.70	650m	7:38.63	700m	8:14.79	750m	8:50.79	800m	9:27.29			
		35.90		35.82		36.01		36.27		35.93		36.16		36.00		36.50			
	850m	10:03.57	900m	10:40.30	950m	11:16.46	1000m	11:53.00	1050m	12:29.27	1100m	13:05.96	1150m	13:42.22	1200m	14:18.66			
		36.28		36.73		36.16		36.54		36.27		36.69		36.26		36.44			
	1250m	14:55.12	1300m	15:31.73	1350m	16:08.02	1400m	16:44.79	1450m	17:20.84	1500m	17:55.84							
		36.46		36.61		36.29		36.77		36.05		35.00							
11.	Tiago Lawrie	16	Co Manch Aq	16	18:13.46		505												
	50m	31.88	100m	1:07.36	150m	1:42.97	200m	2:18.88	250m	2:54.15	300m	3:30.59	350m	4:06.88	400m	4:43.15			
		31.88		35.48		35.61		35.91		35.27		36.44		36.29		36.27			
	450m	5:18.97	500m	5:55.77	550m	6:31.60	600m	7:08.43	650m	7:44.49	700m	8:21.30	750m	8:57.92	800m	9:35.05			
		35.82		36.80		35.83		36.83		36.06		36.81		36.62		37.13			
	850m	10:11.27	900m	10:48.58	950m	11:25.25	1000m	12:02.89	1050m	12:39.50	1100m	13:17.35	1150m	13:54.35	1200m	14:32.35			
		36.22		37.31		36.67		37.64		36.61		37.85		37.00		38.00			
	1250m	15:09.24	1300m	15:46.82	1350m	16:24.12	1400m	17:01.13	1450m	17:37.95	1500m	18:13.46							
		36.89		37.58		37.30		37.01		36.82		35.51							
12.	George Hogg	18	York City	18	18:17.66		499												
	50m	31.24	100m	1:06.01	150m	1:41.32	200m	2:17.07	250m	2:52.71	300m	3:28.44	350m	4:04.60	400m	4:40.22			
		31.24		34.77		35.31		35.75		35.64		35.73		36.16		35.62			
	450m	5:16.02	500m	5:51.52	550m	6:26.93	600m	7:02.46	650m	7:38.37	700m	8:14.23	750m	8:50.39	800m	9:27.00			
		35.80		35.50		35.41		35.53		35.91		35.86		36.16		36.61			
	850m	10:04.21	900m	10:41.18	950m	11:18.30	1000m	11:56.44	1050m	12:34.56	1100m	13:13.06	1150m	13:51.16	1200m	14:29.83			
		37.21		36.97		37.12		38.14		38.12		38.50		38.10		38.67			
	1250m	15:08.27	1300m	15:46.51	1350m	16:24.54	1400m	17:03.78	1450m	17:41.53	1500m	18:17.66							
		38.44		38.24		38.03		39.24		37.75		36.13							

Combined Result - Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat	Time	BDPoints														
1.	Matthew Gibson	19	Derwentside	14	17:45.24	931														
	50m	30.27	100m	1:02.55	150m	1:36.41	200m	2:10.15	250m	2:44.91	300m	3:18.90	350m	3:53.96	400m	4:28.96				
		30.27		32.28		33.86		33.74		34.76		33.99		35.06		35.00				
	450m	5:05.00	500m	5:41.07	550m	6:17.46	600m	6:54.03	650m	7:31.64	700m	8:08.08	750m	8:44.45	800m	9:20.06				
		36.04		36.07		36.39		36.57		37.61		36.44		36.37		35.61				
	850m	9:57.22	900m	10:33.24	950m	11:09.82	1000m	11:45.85	1050m	12:22.49	1100m	12:58.78	1150m	13:35.20	1200m	14:10.73				
		37.16		36.02		36.58		36.03		36.64		36.29		36.42		35.53				
	1250m	14:48.05	1300m	15:22.85	1350m	16:00.08	1400m	16:36.16	1450m	17:11.36	1500m	17:45.24								
		37.32		34.80		37.23		36.08		35.20		33.88								