

COSASC National Qualifier 2019 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 101 Boys/Girls Open 800m Freestyle

BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	James Raw	12	Ellesmere Co	9:53.37	442
	50m 33.02	100m 1:08.76	150m 1:45.95	200m 2:22.37	250m 3:00.27
	33.02	35.74	37.19	36.42	37.90
	450m 5:31.29	500m 6:08.57	550m 6:46.90	600m 7:24.41	650m 8:02.10
	38.02	37.28	38.33	37.51	37.69
2.	Guy Stovin	12	Ellesmere Co	10:53.17	331
	50m 35.19	100m 1:15.47	150m 1:56.61	200m 2:37.70	250m 3:19.42
	35.19	40.28	41.14	41.09	41.72
	450m 6:06.21	500m 6:47.65	550m 7:29.58	600m 8:11.48	650m 8:52.02
	41.87	41.44	41.93	41.90	40.54

BOYS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Jake Christon	13	Co Manch Aq	9:39.56	474
	50m 31.66	100m 1:06.55	150m 1:43.26	200m 2:19.64	250m 2:56.67
	31.66	34.89	36.71	36.38	37.03
	450m -	500m 5:59.72	550m -	600m 7:13.87	650m 7:50.53
	-	1:13.70	-	1:14.15	36.66
2.	William Morris	13	Middlesboro	9:43.87	464
	50m 32.87	100m 1:08.57	150m 1:45.32	200m 2:21.83	250m 2:58.66
	32.87	35.70	36.75	36.51	36.83
	450m 5:25.92	500m 6:02.83	550m 6:39.89	600m 7:16.73	650m 7:54.06
	37.18	36.91	37.06	36.84	37.33
3.	Alfie McGuire	13	Co Sund'land	10:32.98	364
	50m 32.16	100m 1:10.70	150m 1:50.87	200m 2:31.66	250m 3:11.89
	32.16	38.54	40.17	40.79	40.23
	450m 5:53.77	500m 6:34.30	550m 7:14.65	600m 7:55.64	650m 8:35.40
	39.92	40.53	40.35	40.99	39.76

BOYS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Jack Livingstone	14	Morpeth	9:30.79	496
	50m -	100m 1:06.87	150m -	200m 2:20.57	250m -
	-	1:06.87	-	1:13.70	-
	450m -	500m 5:58.94	550m -	600m 7:10.62	650m -
	-	1:11.95	-	1:11.68	-
2.	Joshua Robinson	14	Derwentside	10:10.05	407
	50m 33.33	100m 1:09.74	150m 1:47.75	200m 2:25.68	250m 3:03.99
	33.33	36.41	38.01	37.93	38.31
	450m 5:38.89	500m 6:18.09	550m 6:57.28	600m 7:35.90	650m 8:14.77
	38.84	39.20	39.19	38.62	38.87

BOYS 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Samuel Tate	15	Morpeth	9:25.99	509
	50m 31.02	100m 1:05.43	150m 1:41.59	200m 2:17.31	250m 2:53.04
	31.02	34.41	36.16	35.72	35.73
	450m 5:17.41	500m 5:53.49	550m 6:29.90	600m 7:05.94	650m 7:41.70
	36.09	36.08	36.41	36.04	35.76
2.	Harrison Aspinall	15	Ellesmere Co	9:39.92	473
	50m 30.57	100m 1:04.71	150m 1:39.95	200m 2:15.63	250m 2:51.63
	30.57	34.14	35.24	35.68	36.00
	450m 5:18.76	500m 5:56.75	550m 6:34.24	600m 7:11.79	650m 7:49.51
	37.18	37.99	37.49	37.55	37.72
3.	Richard Butterworth	15	Morpeth	9:41.20	470
	50m 30.95	100m 1:06.18	150m 1:41.99	200m 2:18.51	250m 2:54.50
	30.95	35.23	35.81	36.52	35.99
	450m 5:23.64	500m 6:00.89	550m 6:37.83	600m 7:15.20	650m 7:51.70
	36.98	37.25	36.94	37.37	36.50

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EVENT 101 Boys/Girls Open 800m Freestyle (cont)

BOYS 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Hector Pardoe	18	Ellesmere Co	8:21.89	+ 0.58 731
	50m 27.88	100m 58.45	150m 1:29.58	200m 2:01.09	250m 2:32.76
	27.88	30.57	31.13	31.51	31.67
	450m 4:39.15	500m 5:11.00	550m 5:43.21	600m 6:15.10	650m 6:47.42
	31.91	31.85	32.21	31.89	32.32
2.	Billy Pettit	18	Ellesmere Co	8:40.64	+ 0.42 654
	50m 28.57	100m 1:00.05	150m 1:32.60	200m 2:05.10	250m 2:37.90
	28.57	31.48	32.55	32.50	32.80
	450m 4:49.42	500m 5:22.37	550m 5:55.78	600m 6:28.97	650m 7:02.76
	32.84	32.95	33.41	33.19	33.79
3.	Charlie Hutchison	17	Ellesmere Co	8:42.65	+ 0.65 647
	50m 28.26	100m 58.96	150m 1:30.11	200m 2:01.76	250m 2:33.60
	28.26	30.70	31.15	31.65	31.84
	450m 4:44.80	500m 5:18.91	550m 5:53.64	600m 6:28.09	650m 7:02.39
	33.61	34.11	34.73	34.45	34.30
4.	Harris Lister	16	York City	9:25.72	+ 0.69 510
	50m 30.60	100m 1:05.06	150m 1:40.40	200m 2:15.53	250m 2:51.83
	30.60	34.46	35.34	35.13	36.30
	450m 5:14.86	500m 5:51.02	550m 6:27.41	600m 7:03.24	650m 7:39.11
	36.22	36.16	36.39	35.83	35.87

GIRLS 10/11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Katie Blunt	11	Co Sund'land	10:36.23	--- 442
	50m 35.58	100m 1:15.13	150m 1:54.72	200m 2:35.11	250m 3:15.80
	35.58	39.55	39.59	40.39	40.69
	450m 5:59.82	500m 6:40.31	550m 7:20.95	600m 8:00.92	650m 8:40.55
	41.06	40.49	40.64	39.97	39.63
2.	Cici Noss	11	Ellesmere Co	10:36.25	--- 442
	50m 34.77	100m 1:14.62	150m 1:54.60	200m 2:35.29	250m 3:15.07
	34.77	39.85	39.98	40.69	39.78
	450m 5:56.69	500m 6:38.27	550m 7:18.31	600m 7:59.91	650m 8:39.35
	39.48	41.58	40.04	41.60	39.44

GIRLS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Ellie Wilson	12	Carlisle Aq	10:12.24	--- 496
	50m 34.53	100m 1:12.74	150m 1:51.73	200m 2:30.78	250m 3:09.78
	34.53	38.21	38.99	39.05	39.00
	450m 5:47.06	500m 6:26.32	550m 7:05.36	600m 7:43.97	650m 8:21.89
	39.40	39.26	39.04	38.61	37.92
2.	Millie Wells	12	Ellesmere Co	10:25.66	--- 465
	50m 34.52	100m 1:12.56	150m 1:51.89	200m 2:31.29	250m 3:11.40
	34.52	38.04	39.33	39.40	40.11
	450m 5:50.30	500m 6:30.25	550m 7:10.03	600m 7:49.75	650m 8:29.55
	39.66	39.95	39.78	39.72	39.80
3.	Kate Kennedy	12	Morpeth	10:55.22	--- 405
	50m 35.74	100m 1:16.81	150m 1:58.05	200m 2:39.02	250m 3:21.26
	35.74	41.07	41.24	40.97	42.24
	450m 6:09.30	500m 6:50.89	550m 7:31.94	600m 8:13.77	650m 8:55.40
	42.67	41.59	41.05	41.83	41.63

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EVENT 101 Boys/Girls Open 800m Freestyle (cont)

GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt	ACR
1.	Evie Dilley	13	Middlesboro	9:20.90	---	645
	50m 31.06	100m 1:05.38	150m 1:40.84	200m 2:16.18	250m 2:52.34	300m 3:27.51
	31.06	34.32	35.46	35.34	36.16	35.17
	450m 5:15.41	500m 5:51.26	550m 6:27.32	600m 7:02.32	650m 7:36.95	700m 8:12.10
	35.86	35.85	36.06	35.00	34.63	35.15
						350m 4:03.79
						362.8
						750m 8:47.01
						34.91
						400m 4:39.55
						35.76
						800m 9:20.90
						33.89
2.	Eleanor Broughton	13	Ellesmere Co	9:54.31	---	542
	50m 32.47	100m 1:08.38	150m 1:45.72	200m 2:22.09	250m 2:59.95	300m 3:37.17
	32.47	35.91	37.34	36.37	37.86	37.22
	450m 5:30.32	500m 6:07.99	550m 6:46.32	600m 7:24.25	650m 8:02.48	700m 8:39.99
	38.26	37.67	38.33	37.93	38.23	37.51
						350m 4:14.92
						37.75
						750m 9:18.18
						38.19
						400m 4:52.06
						37.14
						800m 9:54.31
						36.13
3.	Lauren Heppell	13	Tynemouth	10:12.96	---	494
	50m 33.18	100m 1:11.22	150m 1:49.93	200m 2:29.43	250m 3:07.83	300m 3:46.84
	33.18	38.04	38.71	39.50	38.40	39.01
	450m 5:42.19	500m 6:22.14	550m 7:01.68	600m 7:41.33	650m 8:19.77	700m 8:58.46
	37.75	39.95	39.54	39.65	38.44	38.69
						350m 4:24.78
						37.94
						750m 9:36.00
						37.54
						400m 5:04.44
						39.66
						800m 10:12.96
						36.96
4.	Asha Turner-Tarr	13	Ellesmere Co	10:13.19	---	494
	50m -	100m 1:10.19	150m -	200m 2:26.54	250m -	300m 3:44.00
	-	1:10.19	-	1:16.35	-	1:17.46
	450m 5:41.36	500m 6:20.67	550m 6:59.65	600m 7:39.16	650m 8:17.87	700m 8:57.33
	38.99	39.31	38.98	39.51	38.71	39.46
						350m 4:22.88
						38.88
						750m 9:35.85
						38.52
						400m 5:02.37
						39.49
						800m 10:13.19
						37.34
5.	Robyn Jacobs	13	Co Manch Aq	10:17.74	---	483
	50m 34.74	100m 1:13.12	150m 1:51.69	200m 2:30.45	250m 3:08.94	300m 3:47.85
	34.74	38.38	38.57	38.76	38.49	38.91
	450m 5:44.11	500m 6:23.37	550m 7:02.71	600m 7:42.06	650m 8:21.92	700m 9:01.01
	38.87	39.26	39.34	39.35	39.86	39.09
						350m 4:26.57
						38.72
						750m 9:40.40
						39.39
						400m 5:05.24
						38.67
						800m 10:17.74
						37.34
6.	Holly Stoker	13	Co Sund'land	10:19.48	---	479
	50m 33.51	100m 1:10.55	150m 1:48.95	200m 2:27.74	250m 3:06.53	300m 3:45.48
	33.51	37.04	38.40	38.79	38.79	38.95
	450m 5:43.83	500m 6:23.52	550m 7:03.10	600m 7:42.82	650m 8:22.44	700m 9:02.51
	39.47	39.69	39.58	39.72	39.62	40.07
						350m 4:24.84
						39.36
						750m 9:41.86
						39.35
						400m 5:04.36
						39.52
						800m 10:19.48
						37.62
7.	Laura Burgess	13	Darlington	10:25.31	---	465
	50m 33.26	100m 1:10.83	150m 1:49.50	200m 2:28.99	250m 3:08.06	300m 3:48.21
	33.26	37.57	38.67	39.49	39.07	40.15
	450m 5:47.95	500m 6:27.59	550m 7:07.48	600m 7:47.44	650m 8:27.05	700m 9:07.39
	40.42	39.64	39.89	39.96	39.61	40.34
						350m 4:27.69
						39.48
						750m 9:47.01
						39.62
						400m 5:07.53
						39.84
						800m 10:25.31
						38.30
8.	Afia Minhas	13	Co Manch Aq	10:40.72	---	433
	50m 34.49	100m 1:12.52	150m 1:51.59	200m 2:31.47	250m 3:11.85	300m 3:52.36
	34.49	38.03	39.07	39.88	40.38	40.51
	450m 5:56.27	500m 6:37.17	550m 7:18.88	600m 7:59.85	650m 8:41.05	700m 9:22.45
	42.02	40.90	41.71	40.97	41.20	41.40
						350m 4:33.28
						40.92
						750m 10:03.13
						40.68
						400m 5:14.25
						40.97
						800m 10:40.72
						37.59
9.	Mandy Sihlangu	13	Ellesmere Co	11:10.58	---	377
	50m -	100m 1:17.84	150m -	200m 2:43.80	250m -	300m 4:09.16
	-	1:17.84	-	1:25.96	-	1:25.36
	450m -	500m 6:56.25	550m -	600m 8:21.62	650m -	700m 9:47.18
	-	1:23.12	-	1:25.37	-	1:25.56
						350m -
						-
						750m -
						-
						400m 5:33.13
						1:23.97
						800m 11:10.58
						1:23.40
	Emma Finlay	13	Gates & Whick	DNC		
	Prue Noss	13	Ellesmere Co	DNC		

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EVENT 101 Boys/Girls Open 800m Freestyle (cont)

GIRLS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Laura Hodgson	14	Newcastle	9:30.57	613
	50m 32.32	100m 1:06.68	150m 1:41.47	200m 2:17.05	250m 2:52.51
	32.32	34.36	34.79	35.58	35.46
	450m 5:14.78	500m 5:51.39	550m 6:27.15	600m 7:04.32	650m 7:40.80
	35.21	36.61	35.76	37.17	36.48
2.	Katie Hale	14	Ellesmere Co	9:31.89	609
	50m 31.05	100m 1:05.97	150m 1:41.17	200m 2:17.14	250m 2:52.80
	31.05	34.92	35.20	35.97	35.66
	450m 5:16.94	500m 5:53.90	550m 6:30.52	600m 7:07.25	650m 7:43.45
	36.22	36.96	36.62	36.73	36.20
3.	Keira Lee	14	Ellesmere Co	9:54.44	542
	50m 33.14	100m 1:09.37	150m 1:46.19	200m 2:23.03	250m 2:59.92
	33.14	36.23	36.82	36.84	36.89
	450m 5:30.03	500m 6:07.80	550m 6:47.03	600m 7:25.36	650m 8:03.50
	37.66	37.77	39.23	38.33	38.14
4.	Annabel Cooper	14	Wear Valley	10:01.73	522
	50m 32.52	100m 1:08.98	150m 1:46.13	200m 2:23.57	250m 3:01.17
	32.52	36.46	37.15	37.44	37.60
	450m 5:32.80	500m 6:11.27	550m 6:49.55	600m 7:28.35	650m 8:06.76
	37.77	38.47	38.28	38.80	38.41
5.	Jasmine Campbell	14	Newcastle	10:06.94	509
	50m 32.69	100m 1:08.59	150m 1:45.80	200m 2:22.71	250m 3:00.72
	32.69	35.90	37.21	36.91	38.01
	450m 5:34.92	500m 6:14.09	550m 6:53.74	600m 7:32.82	650m 8:11.91
	39.27	39.17	39.65	39.08	39.09
6.	Louise-Emma Williams	14	Middlesboro	10:08.35	506
	50m 33.89	100m 1:11.44	150m 1:49.89	200m 2:27.94	250m 3:06.42
	33.89	37.55	38.45	38.05	38.48
	450m 5:40.79	500m 6:19.27	550m 6:58.75	600m 7:37.37	650m 8:16.35
	39.31	38.48	39.48	38.62	38.98
7.	Elyssa Palmer	14	Co Sund'land	10:12.90	494
	50m 33.36	100m 1:10.50	150m 1:48.78	200m 2:27.85	250m 3:06.86
	33.36	37.14	38.28	39.07	39.01
	450m 5:42.50	500m 6:22.23	550m 7:01.30	600m 7:40.72	650m 8:19.82
	38.67	39.73	39.07	39.42	39.10
8.	Grace Larsen	14	Newcastle	10:13.84	492
	50m -	100m 1:13.13	150m -	200m 2:30.85	250m -
	-	1:13.13	-	1:17.72	-
	450m -	500m 6:24.22	550m -	600m 7:42.34	650m -
	-	1:17.67	-	1:18.12	-
9.	Megan Cairns	14	Middlesboro	10:34.06	446
	50m 35.46	100m 1:14.13	150m 1:53.71	200m 2:32.85	250m 3:13.07
	35.46	38.67	39.58	39.14	40.22
	450m 5:51.64	500m 6:31.90	550m 7:12.06	600m 7:52.21	650m 8:32.53
	39.64	40.26	40.16	40.15	40.32

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EVENT 101 Boys/Girls Open 800m Freestyle (cont)

GIRLS 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Lizzy Winter	15	Newcastle	9:34.97	599
	50m 32.29	100m 1:07.81	150m 1:43.91	200m 2:20.00	250m 2:55.79
	32.29	35.52	36.10	36.09	35.79
	450m 5:19.97	500m 5:56.25	550m 6:33.18	600m 7:10.10	650m 7:46.91
	36.07	36.28	36.93	36.92	36.81
2.	Hannah Swift	15	Ellesmere Co	9:49.95	554
	50m 32.18	100m 1:07.21	150m 1:44.10	200m 2:20.77	250m 2:58.51
	32.18	35.03	36.89	36.67	37.74
	450m 5:28.38	500m 6:05.40	550m 6:43.32	600m 7:20.34	650m 7:58.21
	37.89	37.02	37.92	37.02	37.87
3.	Mia Boyle	15	York City	9:57.57	533
	50m -	100m 1:08.64	150m -	200m 2:24.19	250m -
	-	1:08.64	-	1:15.55	-
	450m -	500m 6:13.32	550m -	600m 7:29.51	650m -
	-	1:16.44	-	1:16.19	-
4.	Niamh Atchison	15	Morpeth	10:04.16	516
	50m -	100m 1:09.94	150m -	200m 2:27.12	250m -
	-	1:09.94	-	1:17.18	-
	450m -	500m 6:18.25	550m -	600m 7:35.08	650m -
	-	1:16.84	-	1:16.83	-
5.	Grace Keady	15	Derwentside	10:14.84	490
	50m 33.87	100m 1:11.32	150m 1:49.58	200m 2:28.01	250m 3:06.99
	33.87	37.45	38.26	38.43	38.98
	450m 5:42.31	500m 6:21.12	550m 7:00.74	600m 7:40.02	650m 8:19.75
	38.94	38.81	39.62	39.28	39.73
6.	Holly Richardson	15	Newcastle	10:40.51	433
	50m 33.99	100m 1:12.17	150m 1:51.68	200m 2:31.66	250m 3:11.69
	33.99	38.18	39.51	39.98	40.03
	450m 5:54.36	500m 6:35.71	550m 7:16.68	600m 7:58.20	650m 8:39.14
	40.78	41.35	40.97	41.52	40.94
7.	Aurora-mar Fogato	15	Co Manch Aq	10:41.19	432
	50m 34.06	100m 1:12.15	150m 1:51.78	200m 2:31.57	250m 3:12.19
	34.06	38.09	39.63	39.79	40.62
	450m 5:56.45	500m 6:37.74	550m 7:19.61	600m 8:00.99	650m 8:42.48
	41.51	41.29	41.87	41.38	41.49
8.	Emily Hurst	15	North Tyne	10:50.49	413
	50m 34.94	100m 1:15.05	150m 1:55.13	200m 2:36.16	250m 3:17.17
	34.94	40.11	40.08	41.03	41.01
	450m 6:03.44	500m 6:45.52	550m 7:26.62	600m 8:08.27	650m 8:49.17
	42.12	42.08	41.10	41.65	40.90

COSASC National Qualifier 2019 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 101 Boys/Girls Open 800m Freestyle (cont)

GIRLS 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Amelia Rodd	17	Ellesmere Co	8:55.73	741
	50m 31.11	100m 1:04.62	150m 1:37.78	200m 2:11.84	250m 2:45.54
	31.11	33.51	33.16	34.06	33.70
	450m 4:59.72	500m 5:33.28	550m 6:06.70	600m 6:41.74	650m 7:16.25
	33.24	33.56	33.42	35.04	34.51
2.	Lauren Wetherell	17	Ellesmere Co	8:55.74	+ 0.62 740
	50m 29.66	100m 1:01.66	150m 1:34.34	200m 2:07.72	250m 2:40.85
	29.66	32.00	32.68	33.38	33.13
	450m 4:56.22	500m 5:30.45	550m 6:04.46	600m 6:38.75	650m 7:13.16
	33.87	34.23	34.01	34.29	34.41
3.	Phoebe Griffiths	19	Ellesmere Co	9:05.00	+ 0.63 703
	50m 30.50	100m 1:03.43	150m 1:37.13	200m 2:10.53	250m 2:45.60
	30.50	32.93	33.70	33.40	35.07
	450m 5:02.91	500m 5:37.42	550m 6:12.71	600m 6:47.12	650m 7:22.02
	34.64	34.51	35.29	34.41	34.90
4.	Shannon Dalligan	18	Ellesmere Co	9:11.42	679
	50m 31.12	100m 1:04.76	150m 1:38.98	200m 2:13.44	250m 2:47.50
	31.12	33.64	34.22	34.46	34.06
	450m 5:05.99	500m 5:41.09	550m 6:16.16	600m 6:51.17	650m 7:26.25
	34.66	35.10	35.07	35.01	35.08
5.	Erin Hoyland	16	Co Manch Aq	9:14.09	669
	50m 31.25	100m 1:05.32	150m 1:39.48	200m 2:14.72	250m 2:49.51
	31.25	34.07	34.16	35.24	34.79
	450m 5:09.71	500m 5:44.93	550m 6:19.83	600m 6:55.15	650m 7:29.96
	34.21	35.22	34.90	35.32	34.81
6.	Meghann Leaver	20	Co Manch Aq	9:22.96	638
	50m -	100m 1:04.70	150m -	200m 2:14.29	250m -
	-	1:04.70	-	1:09.59	-
	450m -	500m 5:47.00	550m -	600m 6:58.83	650m -
	-	1:11.05	-	1:11.83	-
7.	Eleanor Cooper	19	Team Jorvik	9:45.01	569
	50m 32.29	100m 1:08.40	150m 1:44.81	200m 2:22.13	250m 2:58.73
	32.29	36.11	36.41	37.32	36.60
	450m 5:26.86	500m 6:04.29	550m 6:41.82	600m 7:18.68	650m 7:55.91
	37.03	37.43	37.53	36.86	37.23
8.	Leonie Aldridge	16	Tynemouth	9:47.73	561
	50m 31.67	100m 1:07.77	150m 1:44.68	200m 2:22.27	250m 2:58.83
	31.67	36.10	36.91	37.59	36.56
	450m 5:27.57	500m 6:04.98	550m 6:42.33	600m 7:20.02	650m 7:57.35
	37.23	37.41	37.35	37.69	37.33
9.	Alice Day	16	Darlington	9:59.93	527
	50m 33.12	100m 1:09.24	150m 1:46.68	200m 2:24.36	250m 3:02.33
	33.12	36.12	37.44	37.68	37.97
	450m 5:33.42	500m 6:11.43	550m 6:49.34	600m 7:27.67	650m 8:06.08
	37.75	38.01	37.91	38.33	38.41
10.	Jessica Buckton	17	Team Jorvik	10:17.38	484
	50m 33.40	100m 1:11.04	150m 1:49.14	200m 2:27.64	250m 3:05.99
	33.40	37.64	38.10	38.50	38.35
	450m 5:42.57	500m 6:22.18	550m 7:01.30	600m 7:41.53	650m 8:21.63
	38.87	39.61	39.12	40.23	40.10
11.	Stephanie Wellings	16	Harrogate	10:23.89	469
	50m 33.13	100m 1:10.36	150m 1:47.72	200m 2:26.70	250m 3:05.30
	33.13	37.23	37.36	38.98	38.60
	450m 5:43.88	500m 6:24.56	550m 7:04.75	600m 7:45.45	650m 8:25.88
	39.57	40.68	40.19	40.70	40.43

COSASC National Qualifier 2019 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle

BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Jacob Barnett	12	Co Sund'land	19:42.77	+ 0.50 399
	50m 34.17	100m 1:11.96	150m 1:50.68	200m 2:29.99	250m 3:10.02
	34.17	37.79	38.72	39.31	40.03
	450m 5:49.74	500m 6:29.23	550m 7:09.34	600m 7:49.00	650m 8:29.78
	39.75	39.49	40.11	39.66	40.78
	850m 11:10.33	900m 11:50.02	950m 12:30.71	1000m 13:11.36	1050m 13:51.60
	40.18	39.69	40.69	40.65	40.24
	1250m 16:28.91	1300m 17:08.46	1350m 17:48.33	1400m 18:27.83	1450m 19:06.50
	39.40	39.55	39.87	39.50	38.67
2.	Alex Boyer	12	Darlington	20:11.73	--- 371
	50m 34.97	100m 1:13.79	150m 1:53.92	200m 2:33.99	250m 3:14.81
	34.97	38.82	40.13	40.07	40.82
	450m 5:57.55	500m 6:37.66	550m 7:18.71	600m 8:00.13	650m 8:40.98
	40.99	40.11	41.05	41.42	40.85
	850m 11:25.09	900m 12:05.99	950m 12:47.40	1000m 13:27.60	1050m 14:09.37
	40.59	40.90	41.41	40.20	41.77
	1250m 16:52.20	1300m 17:33.28	1350m 18:14.22	1400m 18:54.79	1450m 19:34.52
	40.85	41.08	40.94	40.57	39.73
3.	Alexandru Lazar	12	Co Sund'land	20:56.08	--- 333
	50m 34.76	100m 1:14.92	150m 1:55.68	200m 2:37.33	250m 3:17.80
	34.76	40.16	40.76	41.65	40.47
	450m 6:06.04	500m 6:48.74	550m 7:30.36	600m 8:13.28	650m 8:55.26
	41.36	42.70	41.62	42.92	41.98
	850m 11:46.00	900m 12:28.87	950m 13:11.76	1000m 13:55.54	1050m 14:37.91
	42.47	42.87	42.89	43.78	42.37
	1250m 17:27.75	1300m 18:11.16	1350m 18:53.02	1400m 19:36.23	1450m 20:16.74
	42.27	43.41	41.86	43.21	40.51

BOYS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Luke McGee	13	Co Sund'land	17:57.21	--- 528
	50m 30.93	100m 1:06.26	150m 1:41.42	200m 2:17.77	250m 2:53.50
	30.93	35.33	35.16	36.35	35.73
	450m 5:16.71	500m 5:53.23	550m 6:29.18	600m 7:06.02	650m 7:42.17
	35.51	36.52	35.95	36.84	36.15
	850m 10:07.36	900m 10:43.55	950m 11:19.65	1000m 11:56.46	1050m 12:32.85
	35.68	36.19	36.10	36.81	36.39
	1250m 14:58.63	1300m 15:35.71	1350m 16:11.28	1400m 16:47.95	1450m 17:22.92
	36.07	37.08	35.57	36.67	34.97
2.	Tom Jobling	13	Durham City	19:56.55	--- 385
	50m 34.23	100m 1:12.50	150m 1:51.56	200m 2:31.55	250m 3:10.94
	34.23	38.27	39.06	39.99	39.39
	450m 5:49.92	500m 6:29.48	550m 7:09.27	600m 7:49.13	650m 8:29.56
	39.80	39.56	39.79	39.86	40.43
	850m 11:12.11	900m 11:52.75	950m 12:32.88	1000m 13:11.79	1050m 13:51.31
	40.25	40.64	40.13	38.91	39.52
	1250m 16:32.49	1300m 17:14.48	1350m 17:55.83	1400m 18:36.93	1450m 19:15.87
	40.83	41.99	41.35	41.10	38.94
3.	Blake Hooper	13	Chester Le S	20:08.69	--- 374
	50m -	100m 1:11.67	150m -	200m 2:31.41	250m -
	-	1:11.67	-	1:19.74	-
	450m -	500m 6:35.00	550m -	600m 7:57.28	650m -
	-	1:21.21	-	1:22.28	-
	850m -	900m 12:02.15	950m -	1000m 13:23.49	1050m -
	-	1:22.26	-	1:21.34	-
	1250m -	1300m 17:29.00	1350m -	1400m 18:50.53	1450m -
	-	1:22.04	-	1:21.53	-
	Reece Blackett	13	Newcastle	DNC	1:18.16

COSASC National Qualifier 2019 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

BOYS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	William Hannant	14	North Tyne	18:17.83	499
	50m 31.75	100m 1:07.30	150m 1:43.29	200m 2:19.45	250m 2:55.86
	31.75	35.55	35.99	36.16	36.41
	450m 5:23.74	500m 6:01.04	550m 6:38.03	600m 7:15.51	650m 7:52.54
	36.94	37.30	36.99	37.48	37.03
	850m 10:20.19	900m 10:57.50	950m 11:34.31	1000m 12:11.33	1050m 12:47.96
	36.59	37.31	36.81	37.02	36.63
	1250m 15:16.18	1300m 15:53.41	1350m 16:30.14	1400m 17:07.36	1450m 17:43.15
	36.97	37.23	36.73	37.22	35.79
					300m 3:33.03
					350m 4:09.90
					400m 4:46.80
					36.87
					37.17
					36.91
					37.24
					36.70
					37.29
2.	Archie Neaves	14	Ellesmere Co	18:31.85	+ 0.75 480
	50m 31.48	100m 1:06.82	150m 1:43.82	200m 2:20.32	250m 2:57.12
	31.48	35.34	37.00	36.50	36.80
	450m 5:27.04	500m 6:04.13	550m 6:42.09	600m 7:18.93	650m 7:56.54
	38.23	37.09	37.96	36.84	37.61
	850m 10:26.99	900m 11:04.42	950m 11:43.00	1000m 12:20.32	1050m 12:58.22
	38.29	37.43	38.58	37.32	37.90
	1250m 15:28.02	1300m 16:04.83	1350m 16:42.19	1400m 17:19.06	1450m 17:56.31
	37.68	36.81	37.36	36.87	37.25
					35.54
					300m 3:33.81
					350m 4:11.50
					400m 4:48.81
					37.69
					36.69
					37.31
					37.69
					37.35
					37.75
					37.35
					37.67
					37.67
					1150m 14:13.52
					1200m 14:50.34
					36.82
3.	Lucas Waligora	14	York City	18:33.52	478
	50m 31.44	100m 1:06.66	150m 1:43.26	200m 2:20.54	250m 2:58.30
	31.44	35.22	36.60	37.28	37.76
	450m 5:28.42	500m 6:05.91	550m 6:43.40	600m 7:21.18	650m 7:58.69
	37.66	37.49	37.49	37.78	37.51
	850m 10:28.98	900m 11:06.57	950m 11:44.12	1000m 12:21.89	1050m 12:59.50
	37.64	37.59	37.55	37.77	37.61
	1250m 15:29.34	1300m 16:06.58	1350m 16:44.12	1400m 17:21.75	1450m 17:58.27
	37.23	37.24	37.54	37.63	36.52
					35.25
					300m 3:36.19
					350m 4:13.43
					400m 4:50.76
					37.89
					37.41
					37.40
					37.40
					37.50
					37.52
					37.52
					1150m 14:14.52
					1200m 14:52.11
					37.59
4.	Josh Denholm	14	Co Sund'land	18:57.84	448
	50m 33.50	100m 1:11.04	150m 1:49.47	200m 2:28.08	250m 3:06.34
	33.50	37.54	38.43	38.61	38.26
	450m 5:40.39	500m 6:18.74	550m 6:56.99	600m 7:35.40	650m 8:13.59
	38.47	38.35	38.25	38.41	38.19
	850m 10:47.71	900m 11:26.02	950m 12:03.85	1000m 12:41.71	1050m 13:19.55
	38.28	38.31	37.83	37.86	37.84
	1250m 15:51.40	1300m 16:29.82	1350m 17:07.51	1400m 17:45.58	1450m 18:22.02
	37.80	38.42	37.69	38.07	36.44
					35.82
					300m 3:45.30
					350m 4:23.85
					400m 5:01.92
					38.96
					38.55
					38.07
					38.58
					38.41
					38.01
					37.38
					37.38
					1150m 14:34.94
					1200m 15:13.60
					38.66
5.	James Mason-Douglas	14	Gates & Whick	19:42.66	399
	50m 32.56	100m 1:09.17	150m 1:48.41	200m 2:27.19	250m 3:06.34
	32.56	36.61	39.24	38.78	39.15
	450m 5:45.00	500m 6:24.59	550m 7:04.72	600m 7:44.20	650m 8:23.98
	39.76	39.59	40.13	39.48	39.78
	850m 11:04.31	900m 11:44.39	950m 12:24.92	1000m 13:04.52	1050m 13:45.10
	40.60	40.08	40.53	39.60	40.58
	1250m 16:26.05	1300m 17:05.71	1350m 17:46.17	1400m 18:25.86	1450m 19:05.69
	40.23	39.66	40.46	39.69	39.83
					36.97
					300m 3:46.02
					350m 4:25.75
					400m 5:05.24
					39.68
					39.73
					39.49
					39.96
					39.56
					40.18
					40.37
					40.13
					1150m 15:05.60
					1200m 15:45.82
					40.22
6.	Toma Saha	14	Middlesboro	19:42.72	399
	50m 34.33	100m 1:12.68	150m 1:51.72	200m 2:30.48	250m 3:09.90
	34.33	38.35	39.04	38.76	39.42
	450m 5:49.38	500m 6:28.61	550m 7:09.00	600m 7:48.27	650m 8:28.80
	40.35	39.23	40.39	39.27	40.53
	850m 11:09.05	900m 11:48.25	950m 12:28.80	1000m 13:08.82	1050m 13:49.36
	40.44	39.20	40.55	40.02	40.54
	1250m 16:29.06	1300m 17:08.64	1350m 17:49.00	1400m 18:27.99	1450m 19:07.19
	39.90	39.58	40.36	38.99	39.20
					35.53
					300m 3:49.29
					350m 4:29.61
					400m 5:09.03
					39.39
					39.39
					40.32
					39.42
					39.39
					39.39
					40.75
					40.75
					1150m 15:09.80
					1200m 15:49.16
					39.36
7.	Fran Proctor	14	Co Sund'land	21:38.24	302
	50m 37.23	100m 1:20.39	150m 2:03.89	200m 2:47.67	250m 3:31.73
	37.23	43.16	43.50	43.78	44.06
	450m 6:23.94	500m 7:08.20	550m 7:52.15	600m 8:35.78	650m 9:19.42
	42.35	44.26	43.95	43.63	43.64
	850m 12:16.87	900m 13:00.66	950m 13:42.44	1000m 14:24.66	1050m 15:07.20
	43.64	43.79	41.78	42.22	42.54
	1250m 18:00.70	1300m 18:45.65	1350m 19:28.35	1400m 20:12.69	1450m 20:56.30
	44.52	44.95	42.70	44.34	43.61
					41.94
					300m 4:14.70
					350m 4:58.73
					400m 5:41.59
					44.03
					42.86
					44.03
					44.67
					44.67
					1150m 16:32.48
					1200m 17:16.18
					43.70

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Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

BOYS 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Oliver Taylor	15	Co Manch Aq	17:06.91	+ 0.56 610
	50m 29.27	100m 1:02.40	150m 1:36.57	200m 2:10.80	250m 2:45.55
	29.27	33.13	34.17	34.23	34.75
	450m 5:04.34	500m 5:39.28	550m 6:14.36	600m 6:49.36	650m 7:24.09
	34.99	34.94	35.08	35.00	34.73
	850m 9:42.46	900m 10:16.97	950m 10:51.46	1000m 11:26.29	1050m 12:00.99
	34.42	34.51	34.49	34.83	34.70
	1250m 14:19.30	1300m 14:53.66	1350m 15:27.77	1400m 16:01.68	1450m 16:35.17
	34.57	34.36	34.11	33.91	33.49
2.	James Woods	15	Middlesboro	17:26.53	--- 576
	50m 29.58	100m 1:02.65	150m 1:36.71	200m 2:11.31	250m 2:45.94
	29.58	33.07	34.06	34.60	34.63
	450m 5:05.62	500m 5:40.62	550m 6:15.48	600m 6:50.75	650m 7:25.90
	34.90	35.00	34.86	35.27	35.15
	850m 9:46.86	900m -	950m 10:57.74	1000m 11:33.59	1050m 12:09.15
	1:10.68	-	1:10.88	35.85	35.56
	1250m 14:32.12	1300m 15:07.05	1350m 15:42.33	1400m 16:17.25	1450m 16:52.48
	35.46	34.93	35.28	34.92	35.23
3.	Adam Strickland	15	Derwentside	17:32.32	--- 567
	50m 30.80	100m 1:06.28	150m 1:42.03	200m 2:17.62	250m 2:52.47
	30.80	35.48	35.75	35.59	34.85
	450m 5:13.05	500m 5:48.64	550m 6:23.26	600m 6:58.94	650m 7:33.90
	35.31	35.59	34.62	35.68	34.96
	850m 9:54.94	900m 10:30.21	950m 11:05.39	1000m 11:40.77	1050m 12:15.72
	34.99	35.27	35.18	35.38	34.95
	1250m 14:36.68	1300m 15:12.46	1350m 15:48.34	1400m 16:23.40	1450m 16:57.77
	34.75	35.78	35.88	35.06	34.37
4.	Nathan Bunkle	15	York City	17:37.94	+ 0.51 558
	50m 30.40	100m 1:04.63	150m 1:39.47	200m 2:14.60	250m 2:50.39
	30.40	34.23	34.84	35.13	35.79
	450m 5:13.14	500m 5:48.50	550m 6:24.30	600m 6:59.98	650m 7:35.84
	35.71	35.36	35.80	35.68	35.86
	850m 9:59.09	900m 10:34.95	950m 11:10.96	1000m 11:46.97	1050m 12:22.35
	36.03	35.86	36.01	36.01	35.38
	1250m 14:43.86	1300m 15:19.21	1350m 15:54.55	1400m 16:29.46	1450m 17:04.19
	35.71	35.35	35.34	34.91	34.73
5.	Owen Cogan	15	Carlisle Aq	19:02.02	+ 0.85 443
	50m 33.61	100m 1:10.06	150m 1:47.42	200m 2:24.80	250m 3:02.84
	33.61	36.45	37.36	37.38	38.04
	450m 5:35.37	500m 6:13.64	550m 6:51.79	600m 7:30.08	650m 8:09.79
	38.28	38.27	38.15	38.29	39.71
	850m 10:44.68	900m 11:23.12	950m 12:02.32	1000m 12:41.21	1050m 13:20.51
	38.89	38.44	39.20	38.89	39.30
	1250m 15:54.81	1300m 16:33.00	1350m 17:12.06	1400m 17:49.33	1450m 18:26.57
	39.08	38.19	39.06	37.27	37.24

BOYS 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Joel Thompson	18	Ellesmere Co	16:16.98	+ 0.64 708
	50m 28.60	100m 1:00.17	150m 1:32.81	200m 2:05.57	250m 2:38.64
	28.60	31.57	32.64	32.76	33.07
	450m 4:51.81	500m 5:25.04	550m 5:57.25	600m 6:29.35	650m 7:02.01
	33.63	33.23	32.21	32.10	32.66
	850m 9:12.64	900m 9:45.27	950m 10:18.09	1000m 10:50.70	1050m 11:23.97
	32.84	32.63	32.82	32.61	33.27
	1250m 13:36.16	1300m 14:08.75	1350m 14:41.98	1400m 15:14.43	1450m 15:46.37
	33.24	32.59	33.23	32.45	31.94
2.	Ciaran Thomas	17	Newcastle	16:19.69	--- 702
	50m 29.00	100m 1:00.35	150m 1:33.00	200m 2:05.76	250m 2:38.80
	29.00	31.35	32.65	32.76	33.04
	450m 4:51.96	500m 5:24.77	550m 5:57.50	600m 6:30.18	650m 7:03.58
	33.92	32.81	32.73	32.68	33.40
	850m 9:15.02	900m 9:47.87	950m 10:21.08	1000m 10:53.91	1050m 11:26.87
	32.94	32.85	33.21	32.83	32.96
	1250m 13:38.17	1300m 14:11.01	1350m 14:43.95	1400m 15:16.75	1450m 15:49.10
	32.81	32.84	32.94	32.80	32.35
3.	Elliot Pickford	19	Co Manch Aq	17:03.52	--- 616
	50m 29.32	100m 1:02.51	150m 1:37.16	200m 2:11.24	250m 2:46.04
	29.32	33.19	34.65	34.08	34.80
	450m 5:03.38	500m 5:37.41	550m 6:11.75	600m 6:45.68	650m 7:20.06
	34.52	34.03	34.34	33.93	34.38
	850m 9:36.76	900m 10:11.04	950m 10:45.75	1000m 11:20.07	1050m 11:54.75
	34.45	34.28	34.71	34.32	34.68
	1250m 14:12.88	1300m 14:47.27	1350m 15:21.92	1400m 15:56.19	1450m 16:30.80
	34.61	34.39	34.65	34.27	34.61

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Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

4. Declan Hall	20 Wigan BEST	17:11.56	+ 0.56	602					
50m -	100m 1:00.76	150m -	200m 2:08.09	250m -	300m 3:17.03	350m -	400m 4:25.96		
-	1:00.76	-	1:07.33	-	1:08.94	-	1:08.93		
450m -	500m 5:35.29	550m -	600m 6:44.41	650m -	700m 7:54.07	750m -	800m 9:03.64		
-	1:09.33	-	1:09.12	-	1:09.66	-	1:09.57		
850m -	900m 10:13.56	950m -	1000m 11:23.35	1050m -	1100m 12:33.23	1150m -	1200m 13:42.86		
-	1:09.92	-	1:09.79	-	1:09.88	-	1:09.63		
1250m -	1300m 14:52.94	1350m -	1400m 16:02.69	1450m -	1500m 17:11.56				
-	1:10.08	-	1:09.75	-	1:08.87				
5. Patrick Shimmin	17 Newcastle	17:14.45	---	596					
50m 30.70	100m 1:04.32	150m 1:38.87	200m 2:13.72	250m 2:48.17	300m 3:23.92	350m 3:59.54	400m 4:34.22		
30.70	33.62	34.55	34.85	34.45	35.75	35.62	34.68		
450m 5:08.87	500m 5:43.40	550m 6:18.32	600m 6:52.38	650m 7:27.56	700m 8:01.93	750m 8:37.04	800m 9:11.46		
34.65	34.53	34.92	34.06	35.18	34.37	35.11	34.42		
850m 9:46.38	900m 10:20.97	950m 10:56.00	1000m 11:30.37	1050m 12:05.46	1100m 12:40.14	1150m 13:14.60	1200m 13:48.84		
34.92	34.59	35.03	34.37	35.09	34.68	34.46	34.24		
1250m 14:23.54	1300m 14:57.79	1350m 15:32.61	1400m 16:07.10	1450m 16:41.43	1500m 17:14.45				
34.70	34.25	34.82	34.49	34.33	33.02				
6. Joseph Robins	18 Durham City	17:20.57	+ 0.52	586					
50m 30.49	100m 1:04.42	150m 1:39.06	200m 2:13.93	250m 2:48.82	300m 3:23.48	350m 3:58.45	400m 4:33.23		
30.49	33.93	34.64	34.87	34.89	34.66	34.97	34.78		
450m 5:08.17	500m 5:42.76	550m 6:17.95	600m 6:52.46	650m 7:27.07	700m 8:01.85	750m 8:36.70	800m 9:11.48		
34.94	34.59	35.19	34.51	34.61	34.78	34.85	34.78		
850m 9:46.24	900m 10:21.15	950m 10:55.64	1000m 11:31.03	1050m 12:05.41	1100m 12:40.46	1150m 13:15.42	1200m 13:50.58		
34.76	34.91	34.49	35.39	34.38	35.05	34.96	35.16		
1250m 14:25.10	1300m 15:00.73	1350m 15:36.01	1400m 16:11.60	1450m 16:46.80	1500m 17:20.57				
34.52	35.63	35.28	35.59	35.20	33.77				
7. Tom Brumwell	17 Chester Le S	17:28.65	+ 0.60	573					
50m 30.37	100m 1:04.74	150m 1:39.06	200m 2:14.18	250m 2:49.15	300m 3:24.49	350m 3:59.50	400m 4:35.54		
30.37	34.37	34.32	35.12	34.97	35.34	35.01	36.04		
450m 5:11.27	500m 5:46.81	550m 6:22.14	600m 6:58.06	650m 7:33.76	700m 8:09.27	750m 8:44.81	800m 9:19.99		
35.73	35.54	35.33	35.92	35.70	35.51	35.54	35.18		
850m 9:55.12	900m 10:30.46	950m 11:05.32	1000m 11:39.84	1050m 12:14.47	1100m 12:49.44	1150m 13:24.02	1200m 13:59.38		
35.13	35.34	34.86	34.52	34.63	34.97	34.58	35.36		
1250m 14:34.32	1300m 15:09.77	1350m 15:44.97	1400m 16:20.32	1450m 16:55.22	1500m 17:28.65				
34.94	35.45	35.20	35.35	34.90	33.43				
8. Finlay Waligora	16 York City	17:40.89	---	553					
50m 31.58	100m 1:05.91	150m 1:41.03	200m 2:15.83	250m 2:51.04	300m 3:25.87	350m 4:01.15	400m 4:36.16		
31.58	34.33	35.12	34.80	35.21	34.83	35.28	35.01		
450m 5:11.65	500m 5:46.66	550m 6:22.51	600m 6:57.95	650m 7:33.94	700m 8:09.54	750m 8:45.48	800m 9:21.04		
35.49	35.01	35.85	35.44	35.99	35.60	35.94	35.56		
850m 9:57.22	900m 10:33.07	950m 11:09.21	1000m 11:44.89	1050m 12:20.96	1100m 12:56.71	1150m 13:32.84	1200m 14:08.41		
36.18	35.85	36.14	35.68	36.07	35.75	36.13	35.57		
1250m 14:44.61	1300m 15:20.25	1350m 15:55.79	1400m 16:31.28	1450m 17:06.83	1500m 17:40.89				
36.20	35.64	35.54	35.49	35.55	34.06				
9. Ben Gilchrist	18 Durham City	17:48.62	---	541					
50m 30.59	100m 1:06.14	150m 1:41.95	200m 2:17.83	250m 2:52.07	300m 3:26.87	350m 4:00.81	400m 4:35.47		
30.59	35.55	35.81	35.88	34.24	34.80	33.94	34.66		
450m 5:09.97	500m 5:45.25	550m 6:20.14	600m 6:55.75	650m 7:31.13	700m 8:06.64	750m 8:42.02	800m 9:18.05		
34.50	35.28	34.89	35.61	35.38	35.51	35.38	36.03		
850m 9:54.14	900m 10:30.04	950m 11:06.09	1000m 11:42.34	1050m 12:18.10	1100m 12:54.53	1150m 13:31.20	1200m 14:08.24		
36.09	35.90	36.05	36.25	35.76	36.43	36.67	37.04		
1250m 14:45.04	1300m 15:22.30	1350m 15:59.41	1400m 16:36.19	1450m 17:12.91	1500m 17:48.62				
36.80	37.26	37.11	36.78	36.72	35.71				
10. Matthew Selous	16 Bo Barnsley	18:11.42	---	508					
50m 30.94	100m 1:06.62	150m 1:42.20	200m 2:19.05	250m 2:55.25	300m 3:31.50	350m 4:08.68	400m 4:45.57		
30.94	35.68	35.58	36.85	36.20	36.25	37.18	36.89		
450m 5:22.29	500m 5:58.42	550m 6:36.31	600m 7:13.65	650m 7:51.37	700m 8:28.30	750m 9:05.40	800m 9:42.91		
36.72	36.13	37.89	37.34	37.72	36.93	37.10	37.51		
850m 10:19.58	900m 10:57.19	950m 11:33.82	1000m 12:11.26	1050m 12:47.99	1100m 13:25.06	1150m 14:02.60	1200m 14:39.81		
36.67	37.61	36.63	37.44	36.73	37.07	37.54	37.21		
1250m 15:16.81	1300m 15:52.31	1350m 16:29.06	1400m 17:05.49	1450m 17:39.32	1500m 18:11.42				
37.00	35.50	36.75	36.43	33.83	32.10				
11. Jonathan Stones	17 Durham City	18:20.00	+ 0.55	496					
50m 31.35	100m 1:06.65	150m -	200m 2:19.89	250m -	300m 3:32.54	350m -	400m 4:45.42		
31.35	35.30	-	1:13.24	-	1:12.65	-	1:12.88		
450m -	500m 5:58.43	550m -	600m 7:12.56	650m -	700m 8:26.61	750m -	800m 9:41.17		
-	1:13.01	-	1:14.13	-	1:14.05	-	1:14.56		
850m -	900m 10:56.49	950m -	1000m 12:10.85	1050m -	1100m 13:24.93	1150m -	1200m 14:40.31		
-	1:15.32	-	1:14.36	-	1:14.08	-	1:15.38		
1250m -	1300m 15:55.72	1350m -	1400m 17:09.62	1450m -	1500m 18:20.00				
-	1:15.41	-	1:13.90	-	1:10.38				

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(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

GIRLS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt			
1.	Katie Pink	12	Middlesboro	21:09.26	381			
	50m 36.99	100m 1:19.15	150m 2:00.68	200m 2:43.23	250m 3:26.63	300m 4:10.02	350m 4:52.77	400m 5:34.88
	36.99	42.16	41.53	42.55	43.40	43.39	42.75	42.11
	450m 6:17.76	500m 7:00.65	550m 7:42.51	600m 8:25.34	650m 9:07.90	700m 9:50.78	750m 10:32.95	800m 11:15.54
	42.88	42.89	41.86	42.83	42.56	42.88	42.17	42.59
	850m 11:57.88	900m 12:40.69	950m 13:23.69	1000m 14:06.87	1050m 14:48.96	1100m 15:32.00	1150m 16:14.46	1200m 16:57.42
	42.34	42.81	43.00	43.18	42.09	43.04	42.46	42.96
	1250m 17:39.56	1300m 18:22.29	1350m 19:04.05	1400m 19:45.76	1450m 20:27.78	1500m 21:09.26		
	42.14	42.73	41.76	41.71	42.02	41.48		

GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt			
1.	Helena Wyness	13	Co Sund'land	19:17.78	502			
	50m 33.94	100m 1:12.07	150m 1:50.15	200m 2:28.55	250m 3:07.05	300m 3:46.07	350m -	400m 5:04.79
	33.94	38.13	38.08	38.40	38.50	39.02	-	1:18.72
	450m 5:43.79	500m 6:22.63	550m 7:00.47	600m 7:39.03	650m 8:17.82	700m 8:56.71	750m 9:35.93	800m 10:15.62
	39.00	38.84	37.84	38.56	38.79	38.89	39.22	39.69
	850m 10:54.51	900m 11:33.92	950m 12:12.66	1000m 12:51.82	1050m 13:29.87	1100m 14:08.56	1150m 14:47.19	1200m 15:26.33
	38.89	39.41	38.74	39.16	38.05	38.69	38.63	39.14
	1250m 16:05.09	1300m 16:44.35	1350m 17:23.69	1400m 18:02.82	1450m 18:40.89	1500m 19:17.78		
	38.76	39.26	39.34	39.13	38.07	36.89		
2.	Emily Hedley	13	Tynemouth	19:18.68	501			
	50m 32.60	100m 1:08.45	150m 1:46.17	200m 2:24.39	250m 3:02.68	300m 3:41.13	350m 4:19.79	400m 4:58.95
	32.60	35.85	37.72	38.22	38.29	38.45	38.66	39.16
	450m 5:37.99	500m 6:16.89	550m 6:56.36	600m 7:35.82	650m 8:15.03	700m 8:54.32	750m 9:33.54	800m 10:13.16
	39.04	38.90	39.47	39.46	39.21	39.29	39.22	39.62
	850m 10:52.39	900m 11:31.21	950m 12:10.39	1000m 12:49.56	1050m 13:29.25	1100m 14:08.19	1150m 14:48.26	1200m 15:27.14
	39.23	38.82	39.18	39.17	39.69	38.94	40.07	38.88
	1250m 16:06.69	1300m 16:45.90	1350m 17:25.13	1400m 18:04.14	1450m 18:42.67	1500m 19:18.68		
	39.55	39.21	39.23	39.01	38.53	36.01		
3.	Afia Minhas	13	Co Manch Aq	20:53.90	395			
	50m 34.64	100m 1:13.31	150m 1:53.17	200m 2:34.02	250m 3:15.33	300m 3:56.32	350m 4:38.05	400m 5:20.28
	34.64	38.67	39.86	40.85	41.31	40.99	41.73	42.23
	450m 6:02.24	500m 6:45.29	550m 7:26.60	600m 8:08.59	650m 8:50.96	700m 9:33.74	750m 10:16.82	800m 10:59.35
	41.96	43.05	41.31	41.99	42.37	42.78	43.08	42.53
	850m 11:41.64	900m 12:24.03	950m 13:06.74	1000m 13:50.42	1050m 14:31.90	1100m 15:14.29	1150m 15:56.95	1200m 16:39.73
	42.29	42.39	42.71	43.68	41.48	42.39	42.66	42.78
	1250m 17:22.58	1300m 18:05.63	1350m 18:48.38	1400m 19:31.07	1450m 20:12.75	1500m 20:53.90		
	42.85	43.05	42.75	42.69	41.68	41.15		

GIRLS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt			
1.	Francesca Lightfoot	14	Lincoln Vulc	19:50.95	461			
	50m -	100m 1:11.23	150m -	200m 2:27.95	250m -	300m 3:46.04	350m -	400m 5:05.39
	-	1:11.23	-	1:16.72	-	1:18.09	-	1:19.35
	450m -	500m 6:25.48	550m -	600m 7:44.48	650m -	700m 9:05.19	750m -	800m 10:26.21
	-	1:20.09	-	1:19.00	-	1:20.71	-	1:21.02
	850m -	900m 11:47.26	950m -	1000m 13:08.85	1050m -	1100m 14:28.82	1150m -	1200m 15:51.51
	-	1:21.05	-	1:21.59	-	1:19.97	-	1:22.69
	1250m -	1300m 17:13.82	1350m -	1400m 18:34.67	1450m -	1500m 19:50.95	-	-
	-	1:22.31	-	1:20.85	-	1:16.28	-	-

GIRLS 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt			
1.	Megan Speirs	15	Lincoln Vulc	18:11.12	600			
	50m 33.18	100m 1:08.85	150m 1:44.98	200m 2:20.82	250m 2:56.61	300m 3:32.56	350m 4:08.62	400m 4:45.34
	33.18	35.67	36.13	35.84	35.79	35.95	36.06	36.72
	450m 5:21.23	500m 5:57.57	550m 6:33.89	600m 7:10.59	650m 7:47.27	700m 8:23.98	750m 9:00.81	800m 9:37.72
	35.89	36.34	36.32	36.70	36.68	36.71	36.83	36.91
	850m 10:14.05	900m 10:51.01	950m 11:28.06	1000m 12:05.09	1050m 12:42.53	1100m 13:19.90	1150m 13:57.15	1200m 14:34.09
	36.33	36.96	37.05	37.03	37.44	37.37	37.25	36.94
	1250m 15:10.94	1300m 15:48.31	1350m 16:24.51	1400m 17:01.33	1450m 17:36.76	1500m 18:11.12		
	36.85	37.37	36.20	36.82	35.43	34.36		
2.	Beth Hartwell	15	Co Manch Aq	20:06.16	444			
	50m 33.39	100m 1:12.47	150m 1:50.94	200m 2:30.37	250m 3:09.27	300m 3:49.09	350m 4:27.96	400m 5:07.93
	33.39	39.08	38.47	39.43	38.90	39.82	38.87	39.97
	450m 5:47.59	500m 6:28.13	550m 7:08.83	600m 7:49.42	650m 8:29.50	700m 9:10.06	750m 9:51.05	800m 10:32.11
	39.66	40.54	40.70	40.59	40.08	40.56	40.99	41.06
	850m 11:13.36	900m 11:54.82	950m 12:36.04	1000m 13:17.10	1050m 13:58.25	1100m 14:39.93	1150m 15:21.04	1200m 16:02.34
	41.25	41.46	41.22	41.06	41.15	41.68	41.11	41.30
	1250m 16:43.25	1300m 17:24.69	1350m 18:05.44	1400m 18:46.68	1450m 19:27.06	1500m 20:06.16		
	40.91	41.44	40.75	41.24	40.38	39.10		

COSASC National Qualifier 2019 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE190554)

Sunderland Aquatic Centre – Friday 22nd March 2019

Results - Session One



EVENT 102 Boys/Girls Open 1500m Freestyle (cont)

GIRLS 16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.FINA Pt
1.	Rachel Bradley	16	Middlesboro	18:18.97	587
	50m 31.58	100m 1:06.77	150m 1:43.21	200m 2:19.58	250m 2:56.39
	31.58	35.19	36.44	36.37	36.81
	450m 5:24.02	500m 6:00.65	550m 6:37.81	600m 7:14.56	650m 7:51.60
	37.20	36.63	37.16	36.75	37.04
	850m 10:19.49	900m 10:56.50	950m 11:33.88	1000m 12:10.60	1050m 12:47.79
	37.13	37.01	37.38	36.72	37.19
	1250m 15:15.34	1300m 15:52.27	1350m 16:29.51	1400m 17:06.33	1450m 17:43.31
	37.32	36.93	37.24	36.82	36.98
					35.66
					300m 3:32.71
					36.32
					37.36
					350m 4:10.07
					36.75
					700m 8:28.49
					36.89
					36.95
					750m 9:05.44
					36.81
					800m 9:42.36
					36.92
					1100m 13:24.48
					36.69
					1150m 14:01.29
					36.73
					1200m 14:38.02
					36.73
2.	Maisie Aubrey	17	Lincoln Vulc	19:02.32	523
	50m 1:49.39	100m 1:10.92	150m -	200m 2:27.01	250m 3:05.20
	1:49.39	21.53	-	1:16.09	38.19
	450m 5:39.42	500m 6:17.41	550m 6:55.36	600m 7:33.21	650m 8:11.59
	39.10	37.99	37.95	37.85	38.38
	850m 10:44.34	900m 11:22.50	950m 12:00.62	1000m 12:38.52	1050m 13:17.42
	38.78	38.16	38.12	37.90	38.90
	1250m 15:51.15	1300m 16:29.66	1350m 17:08.84	1400m 17:48.01	1450m 18:26.98
	38.80	38.51	39.18	39.17	38.97
					35.34
					300m 3:43.60
					38.40
					39.12
					350m 4:22.72
					37.60
					700m 8:49.47
					37.88
					38.33
					750m 9:27.80
					37.76
					1100m 13:55.06
					37.64
					1150m 14:34.19
					39.13
					1200m 15:12.35
					38.16
	Erin Hoyland	16	Co Manch Aq	DNC	



WATER INSTINCT



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