







# COSASC New Year Meet 2022 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE220080)

Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### **EVENT 101 Boy/Girl Open 800m Freestyle (cont)**

#### **GIRL 14 Yrs Age Group - Full Results**

Place	Name	YoB	Club	Class	Time	R.T.FINA Pt				
1.	Jessica Thomas	(08)	Bo Stockton		9:58.73	+ 0.76	530			
	50m 33.63	100m 1:10.22	150m 1:47.67	200m 2:25.50	250m 3:03.80	300m 3:41.30	350m 4:19.67	400m 4:57.78		
	33.63	36.59	37.45	37.83	38.30	37.50	38.37	38.11		
	450m 5:36.14	500m 6:14.05	550m 6:51.90	600m 7:29.52	650m 8:07.77	700m 8:45.76	750m 9:23.02	800m 9:58.73		
	38.36	37.91	37.85	37.62	38.25	37.99	37.26	35.71		
2.	Grace Burton	(08)	Donc Dartes		9:59.09	+ 0.70	529			
	50m 33.97	100m 1:10.99	150m 1:49.54	200m 2:27.73	250m 3:06.42	300m 3:44.53	350m 4:23.01	400m 5:01.73		
	33.97	37.02	38.55	38.19	38.69	38.11	38.48	38.72		
	450m 5:38.71	500m 6:15.85	550m 6:53.72	600m 7:31.04	650m 8:09.02	700m 8:46.61	750m 9:24.29	800m 9:59.09		
	36.98	37.14	37.87	37.32	37.98	37.59	37.68	34.80		
3.	Nadine Wilson	(08)	Bo Stockton		10:16.47		486			
	50m 3:07.58	100m 1:10.41	150m 4:26.40	200m 2:28.43	250m 7:02.58	300m 3:47.22	350m 9:38.94	400m 5:05.82		
	3:07.58	02.83	3:15.99	02.03	4:34.15	44.64	5:51.72	26.88		
	450m -	500m 6:23.74	550m -	600m 7:42.16	650m -	700m 9:00.40	750m -	800m 10:16.47		
	-	1:17.92	-	1:18.42	-	1:18.24	-	1:16.07		
4.	Yanaika Roberts	(08)	Co Sund'land		10:19.20		479			
	50m 32.93	100m 1:10.20	150m 1:48.64	200m 2:27.33	250m 3:05.38	300m 3:44.57	350m 4:23.64	400m 5:02.96		
	32.93	37.27	38.44	38.69	38.05	39.19	39.07	39.32		
	450m 5:43.03	500m 6:22.83	550m 7:02.53	600m 7:42.45	650m 8:22.01	700m 9:02.55	750m 9:41.54	800m 10:19.20		
	40.07	39.80	39.70	39.92	39.56	40.54	38.99	37.66		
5.	Freya Beaton	(08)	Co Glasgow		10:24.25	+ 0.72	468			
	50m 32.83	100m 1:09.64	150m 1:47.51	200m 2:25.99	250m 4:21.29	300m 3:42.63	350m 8:20.57	400m 5:00.98		
	32.83	36.81	37.87	38.48	1:55.30	21.34	4:37.94	40.41		
	450m 9:43.01	500m 6:20.79	550m -	600m 7:40.78	650m -	700m 9:02.01	750m -	800m 10:24.25		
	4:42.03	37.78	-	1:19.99	-	1:21.23	-	1:22.24		
6.	Rose Keefe	(08)	Donc Dartes		10:25.64	+ 0.66	465			
	50m 1:50.72	100m 1:12.05	150m 3:08.48	200m 2:29.52	250m 4:27.64	300m 3:48.15	350m 5:46.63	400m 5:07.78		
	1:50.72	21.33	1:56.43	21.04	1:58.12	20.51	1:58.48	21.15		
	450m 7:06.39	500m 6:26.86	550m 8:26.65	600m 7:46.82	650m 9:46.79	700m 9:07.03	750m -	800m 10:25.64		
	1:58.61	20.47	1:59.79	20.17	1:59.97	20.24	-	1:18.61		
7.	Raya Harrand	(08)	York City		10:26.04		464			
	50m 31.87	100m 1:09.02	150m 1:50.37	200m 2:30.10	250m 3:10.73	300m 3:50.43	350m 4:30.96	400m 5:12.08		
	31.87	37.15	41.35	39.73	40.63	39.70	40.53	41.12		
	450m 5:51.31	500m 6:32.17	550m 7:12.54	600m 7:54.07	650m 8:32.70	700m 9:12.91	750m 9:52.05	800m 10:26.04		
	39.23	40.86	40.37	41.53	38.63	40.21	39.14	33.99		
8.	Alice Cumming	(08)	West Dunbart		10:30.27		455			
	50m 33.46	100m 1:10.70	150m 1:49.00	200m 2:28.86	250m 3:08.13	300m 3:48.26	350m 4:28.11	400m 5:08.87		
	33.46	37.24	38.30	39.86	39.27	40.13	39.85	40.76		
	450m 5:48.97	500m 6:30.01	550m 7:10.36	600m 7:51.20	650m 8:31.89	700m 9:12.61	750m 9:51.76	800m 10:30.27		
	40.10	41.04	40.35	40.84	40.69	40.72	39.15	38.51		
9.	Elyssa Stoker	(08)	Co Sund'land		10:34.85		445			
	50m 33.48	100m 1:11.04	150m 1:50.03	200m 2:29.21	250m 3:08.99	300m 3:49.10	350m 4:29.67	400m 5:09.99		
	33.48	37.56	38.99	39.18	39.78	40.11	40.57	40.32		
	450m 5:50.89	500m 6:32.21	550m 7:13.63	600m 7:55.08	650m 8:35.96	700m 9:16.81	750m 9:56.87	800m 10:34.85		
	40.90	41.32	41.42	41.45	40.88	40.85	40.06	37.98		
10.	Molly-Rosanna Young	(08)	Tynemouth		10:49.23		416			
	50m 1:55.07	100m 1:14.18	150m 3:17.96	200m 2:36.97	250m 4:40.47	300m 3:59.59	350m 10:09.13	400m 5:22.48		
	1:55.07	19.11	2:03.78	19.01	2:03.50	19.12	6:09.54	13.35		
	450m -	500m 6:45.43	550m -	600m 8:08.07	650m -	700m 9:28.79	750m -	800m 10:49.23		
	-	1:22.95	-	1:22.64	-	1:20.72	-	1:20.44		
11.	Anna Carr	(08)	Tynemouth		10:54.31		406			
	50m 36.28	100m 1:16.80	150m 1:58.28	200m 2:39.72	250m 3:20.83	300m 4:02.70	350m 4:43.78	400m 5:25.36		
	36.28	40.52	41.48	41.44	41.11	41.87	41.08	41.58		
	450m 6:06.94	500m 6:48.65	550m 7:30.94	600m 8:12.64	650m 8:54.36	700m 9:35.33	750m 10:16.47	800m 10:54.31		
	41.58	41.71	42.29	41.70	41.72	40.97	41.14	37.84		
12.	Lily Roberts	(08)	Co Sund'land		11:00.08		396			
	50m 37.43	100m 1:17.76	150m 2:00.24	200m 2:41.95	250m 3:23.97	300m 4:05.38	350m 4:47.85	400m 5:29.45		
	37.43	40.33	42.48	41.71	42.02	41.41	42.47	41.60		
	450m 6:12.30	500m 6:53.56	550m 7:36.21	600m 8:17.57	650m 9:00.11	700m 9:41.43	750m 10:21.66	800m 11:00.08		
	42.85	41.26	42.65	41.36	42.54	41.32	40.23	38.42		
	Eva Knight	(08)	Bo Kirklees		DNC					

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(Under ASA Laws and ASA Technical Rules of Swimming License 1NE220080)

Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### EVENT 101 Boy/Girl Open 800m Freestyle (cont)

#### GIRL 15 Yrs Age Group - Full Results

Place	Name	YoB	Club	Class	Time	R.T.FINA Pt				
1.	Suzie McNair	(07)	F.I.R.S.T.		9:46.33	+ 0.72	565			
	50m 32.32	100m 1:08.85	150m 1:45.09	200m 2:22.04	250m 2:59.09	300m 3:36.96	350m 5:28.95	400m 4:51.59		
	32.32	36.53	36.24	36.95	37.05	37.87	1:51.99	22.64		
	450m 6:43.02	500m 6:06.62	550m 7:56.69	600m 7:20.27	650m 9:10.18	700m 8:34.11	750m -	800m 9:46.33		
	1:51.43	23.60	1:50.07	23.58	1:49.91	23.93	-	1:12.22		
2.	Millie Wells	(07)	Ellesmere Co		9:54.56	+ 0.78	542			
	50m 32.06	100m 1:06.63	150m 1:43.86	200m 2:20.77	250m 2:58.44	300m 3:35.88	350m 4:14.17	400m 4:52.13		
	32.06	34.57	37.23	36.91	37.67	37.44	38.29	37.96		
	450m 5:30.41	500m 6:08.40	550m 6:47.21	600m 7:25.18	650m 8:03.42	700m 8:40.64	750m 9:18.61	800m 9:54.56		
	38.28	37.99	38.81	37.97	38.24	37.22	37.97	35.95		
3.	Maria Luiza Howe	(07)	Aberdeen Per		10:12.35		496			
	50m 32.41	100m 1:07.97	150m 1:44.74	200m 2:22.79	250m 3:00.84	300m 3:39.27	350m 4:16.99	400m 4:55.61		
	32.41	35.56	36.77	38.05	38.05	38.43	37.72	38.62		
	450m 5:34.21	500m 6:13.33	550m 6:53.03	600m 7:33.42	650m 8:13.77	700m 8:53.93	750m 9:33.79	800m 10:12.35		
	38.60	39.12	39.70	40.39	40.35	40.16	39.86	38.56		
4.	Saphrina Machin	(07)	West Dunbart		10:14.93	+ 0.69	489			
	50m 33.36	100m 1:10.81	150m 1:48.36	200m 2:26.70	250m 3:05.34	300m 3:44.06	350m 4:22.94	400m 5:02.09		
	33.36	37.45	37.55	38.34	38.64	38.72	38.88	39.15		
	450m 5:41.40	500m 6:21.11	550m 7:00.33	600m 7:40.00	650m 8:19.11	700m 8:58.37	750m 9:37.11	800m 10:14.93		
	39.31	39.71	39.22	39.67	39.11	39.26	38.74	37.82		
5.	Ruby Diment	(07)	Darlington		11:26.11	+ 0.68	352			
	50m 34.01	100m 1:14.22	150m 1:56.08	200m 2:39.54	250m 3:23.25	300m 4:07.24	350m 4:51.02	400m 5:35.54		
	34.01	40.21	41.86	43.46	43.71	43.99	43.78	44.52		
	450m 6:19.67	500m 7:04.72	550m 7:48.51	600m 8:33.00	650m 9:16.93	700m 10:00.98	750m 10:43.74	800m 11:26.11		
	44.13	45.05	43.79	44.49	43.93	44.05	42.76	42.37		



# COSASC New Year Meet 2022 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE220080)

Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### EVENT 102 Boy/Girl Open 1500m Freestyle

#### BOY 13 Yrs Age Group - Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Michael O'Neill	(09)	Bo Stockton	19:21.18	422
	50m 33.81	100m 1:11.97	150m 1:51.02	200m 2:30.72	250m 3:09.83
	33.81	38.16	39.05	39.70	39.11
	450m 5:46.52	500m 6:25.97	550m 7:04.98	600m 7:43.50	650m 8:22.53
	39.17	39.45	39.01	38.52	39.03
	850m 10:57.90	900m 11:36.45	950m 12:15.50	1000m 12:54.39	1050m 13:32.91
	37.57	38.55	39.05	38.89	38.52
	1250m 16:10.88	1300m 16:50.57	1350m 17:28.20	1400m 18:06.96	1450m 18:44.50
	39.21	39.69	37.63	38.76	37.54
					36.68
					300m 3:48.82
					350m 4:28.11
					400m 5:07.35
					39.29
					39.24
					700m 9:01.60
					750m 9:40.58
					800m 10:20.33
					39.07
					38.98
					1100m 14:12.19
					1150m 14:51.67
					1200m 15:31.67
					39.28
					39.48
					40.00

#### BOY 15 Yrs Age Group - Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	James Raw	(07)	Ellesmere Co	16:45.30	650
	50m 30.18	100m 1:03.40	150m 1:37.22	200m 2:11.09	250m 2:45.24
	30.18	33.22	33.82	33.87	34.15
	450m 4:59.20	500m 5:32.32	550m 6:05.78	600m 6:39.03	650m 7:12.50
	33.19	33.12	33.46	33.25	33.47
	850m 9:26.53	900m 9:59.82	950m 10:33.70	1000m 11:07.46	1050m 11:41.45
	33.92	33.29	33.88	33.76	33.99
	1250m 13:57.02	1300m 14:30.88	1350m 15:04.63	1400m 15:38.38	1450m 16:12.50
	33.94	33.86	33.75	33.75	34.12
					32.80
					300m 3:18.85
					350m 3:52.51
					400m 4:26.01
					33.61
					33.66
					700m 7:45.71
					750m 8:19.36
					800m 8:52.61
					33.21
					33.25
					1100m 12:15.37
					1150m 12:49.23
					1200m 13:23.08
					33.92
					33.86
					33.85
2.	Jacob Barnett	(07)	Co Sund'land	17:32.97	566
	50m 30.11	100m 1:03.96	150m 1:38.76	200m 2:13.91	250m 2:49.39
	30.11	33.85	34.80	35.15	35.48
	450m 5:08.79	500m 5:43.50	550m 6:18.46	600m 6:53.54	650m 7:28.68
	34.60	34.71	34.96	35.08	35.14
	850m 9:49.20	900m 10:24.41	950m 12:11.52	1000m 11:36.09	1050m 13:23.57
	35.22	35.21	1:47.11	24.57	1:47.48
	1250m 15:47.45	1300m 15:11.80	1350m -	1400m 16:23.34	1450m -
	1:47.44	24.35	-	1:11.54	-
					1:09.63
					300m 3:24.45
					350m 3:59.39
					400m 4:34.19
					34.80
					34.94
					700m 8:03.63
					750m 8:38.85
					800m 9:13.98
					34.95
					35.22
					1100m 12:47.52
					1150m 14:35.78
					1200m 14:00.01
					23.95
					1:48.26
					24.23
3.	Alex Boyer	(07)	Darlington	18:45.61	463
	50m 32.07	100m 1:08.28	150m 1:45.50	200m 2:23.30	250m 3:01.37
	32.07	36.21	37.22	37.80	38.07
	450m 5:32.34	500m 6:10.27	550m 6:48.23	600m 7:26.29	650m 8:04.52
	37.71	37.93	37.96	38.06	38.23
	850m 10:35.88	900m 11:13.99	950m 11:52.11	1000m 12:29.77	1050m 13:07.51
	37.68	38.11	38.12	37.66	37.74
	1250m 15:39.58	1300m 16:17.71	1350m 16:55.16	1400m 17:32.71	1450m 18:10.13
	37.95	38.13	37.45	37.55	37.42
					35.48
					300m 3:38.78
					350m 4:16.65
					400m 4:54.63
					37.41
					37.87
					700m 8:42.70
					750m 9:20.55
					800m 9:58.20
					38.18
					37.85
					1100m 13:45.63
					1150m 14:23.71
					1200m 15:01.63
					38.12
					38.08
					37.92

# COSASC New Year Meet 2022 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE220080)

Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### EVENT 102 Boy/Girl Open 1500m Freestyle (cont)

#### BOY 16 Yrs/Over Age Group - Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Luke McGee	(06)	Co Sund'land	16:31.93	+ 0.70 677
	50m 28.72	100m 1:00.51	150m 1:33.36	200m 2:06.62	250m 2:40.04
	28.72	31.79	32.85	33.26	33.42
	450m 4:54.13	500m 5:27.69	550m 6:01.32	600m 6:34.65	650m 7:07.90
	33.55	33.56	33.63	33.33	33.25
	850m 9:20.84	900m 9:54.06	950m 10:27.58	1000m 11:01.00	1050m 11:34.46
	33.31	33.22	33.52	33.42	33.46
	1250m 13:47.83	1300m 14:21.19	1350m 14:54.50	1400m 15:27.16	1450m 16:00.26
	33.50	33.36	33.31	32.66	33.10
2.	Michael Flynn	(03)	Co Glasgow	16:39.57	+ 0.65 661
	50m 29.03	100m 1:00.87	150m 1:33.87	200m 2:06.85	250m 2:40.70
	29.03	31.84	33.00	32.98	33.85
	450m 4:55.29	500m 5:29.00	550m 6:03.15	600m 6:36.81	650m 7:10.94
	34.04	33.71	34.15	33.66	34.13
	850m 9:27.01	900m 10:00.79	950m 10:34.58	1000m 11:08.21	1050m 11:41.67
	33.93	33.78	33.79	33.63	33.46
	1250m 13:54.66	1300m 14:27.76	1350m 15:01.78	1400m 15:34.99	1450m 16:07.94
	33.51	33.10	34.02	33.21	32.95
3.	Tom McCabe	(05)	Stockport Mo	17:13.95	+ 0.75 597
	50m 30.32	100m 1:03.89	150m 1:37.78	200m 2:12.68	250m 3:56.07
	30.32	33.57	33.89	34.90	1:43.39
	450m 6:15.24	500m 5:40.82	550m 7:24.31	600m 6:50.22	650m 8:33.60
	1:44.17	25.58	1:43.49	25.91	1:43.38
	850m 10:52.97	900m 10:18.35	950m 12:02.95	1000m 11:27.84	1050m 13:12.20
	1:44.20	25.38	1:44.60	24.89	1:44.36
	1250m 15:31.37	1300m 14:57.05	1350m 16:40.57	1400m 16:06.57	1450m -
	1:44.19	25.68	1:43.52	26.00	-
4.	Archie Neaves	(05)	Ellesmere Co	17:22.68	+ 0.71 582
	50m 31.05	100m 1:05.17	150m 1:39.82	200m 2:14.94	250m 2:49.74
	31.05	34.12	34.65	35.12	34.80
	450m 5:09.27	500m 5:44.26	550m 6:18.98	600m 6:53.91	650m 7:29.21
	34.71	34.99	34.72	34.93	35.30
	850m 9:49.66	900m 10:24.68	950m 10:59.79	1000m 11:34.59	1050m 12:09.48
	34.99	35.02	35.11	34.80	34.89
	1250m 14:29.93	1300m 15:04.78	1350m 15:39.54	1400m 16:14.17	1450m 16:48.77
	35.31	34.85	34.76	34.63	34.60
5.	Robert Burgess	(05)	Co Glasgow	17:26.58	+ 0.65 576
	50m 30.27	100m 1:03.49	150m 1:37.39	200m 2:11.80	250m 2:46.58
	30.27	33.22	33.90	34.41	34.78
	450m 5:06.49	500m 5:41.35	550m 6:16.08	600m 6:50.94	650m 7:26.07
	34.66	34.86	34.73	34.86	35.13
	850m 9:46.38	900m 10:22.00	950m 10:56.95	1000m 11:32.16	1050m 12:07.60
	34.64	35.62	34.95	35.21	35.44
	1250m 14:30.49	1300m 15:06.06	1350m 15:41.33	1400m 16:16.72	1450m 16:51.85
	35.71	35.57	35.27	35.39	35.13
6.	Ralph Robson	(05)	Tynedale	18:10.62	+ 0.81 509
	50m 30.14	100m 1:05.44	150m 1:42.35	200m 2:18.90	250m 2:55.89
	30.14	35.30	36.91	36.55	36.99
	450m 5:23.91	500m 6:01.38	550m 6:38.32	600m 7:15.19	650m 7:52.04
	37.19	37.47	36.94	36.87	36.85
	850m 10:17.18	900m 10:53.41	950m 11:29.73	1000m 12:06.40	1050m 12:43.49
	36.77	36.23	36.32	36.67	37.09
	1250m 15:09.75	1300m 15:46.07	1350m 16:23.16	1400m 16:59.70	1450m 17:36.17
	36.74	36.32	37.09	36.54	36.47
	Ben Giles	(05)	South Tyneside	DNC	
	Luke Critchlow	(05)	Stockport Mo	DNC	



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Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### **EVENT 102 Boy/Girl Open 1500m Freestyle (cont)**

#### **GIRL 14 Yrs Age Group - Full Results**

Place	Name	YoB	Club	Time	R.T.FINA Pt			
1.	Katie Blunt	(08)	Co Sund'land	18:27.67	+ 0.74 573			
	50m 31.79	100m 1:07.80	150m 1:44.41	200m 2:21.27	250m 2:58.06	300m 3:35.04	350m 4:11.97	400m 4:48.94
	31.79	36.01	36.61	36.86	36.79	36.98	36.93	36.97
	450m 5:26.10	500m 6:03.35	550m 6:40.57	600m 7:18.01	650m 7:55.49	700m 8:33.03	750m 9:10.68	800m 9:47.76
	37.16	37.25	37.22	37.44	37.48	37.54	37.65	37.08
	850m 11:40.00	900m 11:02.58	950m 12:54.57	1000m 12:16.87	1050m 14:09.63	1100m 13:31.87	1150m 15:24.43	1200m 14:46.94
	1:52.24	22.58	1:51.99	22.30	1:52.76	22.24	1:52.56	22.51
	1250m 16:39.46	1300m 16:01.66	1350m 17:53.74	1400m 17:16.83	1450m -	1500m 18:27.67		
	1:52.52	22.20	1:52.08	23.09	-	1:10.84		
2.	Katherine Noble	(08)	Newcastle	18:42.74	+ 0.67 551			
	50m 33.32	100m 1:09.98	150m 1:47.34	200m 2:24.84	250m 3:02.84	300m 3:40.53	350m 4:18.46	400m 4:56.19
	33.32	36.66	37.36	37.50	38.00	37.69	37.93	37.73
	450m 5:34.61	500m 6:12.83	550m 6:51.44	600m 7:28.79	650m 8:07.33	700m 8:44.70	750m 9:22.95	800m 10:00.37
	38.42	38.22	38.61	37.35	38.54	37.37	38.25	37.42
	850m 10:38.06	900m 11:15.61	950m 11:53.43	1000m 12:31.00	1050m 13:08.44	1100m 13:45.82	1150m 14:23.26	1200m 15:00.97
	37.69	37.55	37.82	37.57	37.44	37.38	37.44	37.71
	1250m 15:38.77	1300m 16:16.34	1350m 16:53.61	1400m 17:31.31	1450m 18:08.38	1500m 18:42.74		
	37.80	37.57	37.27	37.70	37.07	34.36		
3.	Sophie Quinn	(08)	Bo Stockton	19:54.21	+ 0.83 457			
	50m 34.16	100m 1:13.05	150m 1:51.72	200m 2:31.76	250m 3:11.46	300m 3:51.84	350m 4:31.81	400m 5:11.86
	34.16	38.89	38.67	40.04	39.70	40.38	39.97	40.05
	450m 5:51.88	500m 6:32.11	550m 7:12.59	600m 7:53.52	650m 8:33.72	700m 9:14.50	750m 9:55.05	800m 10:35.39
	40.02	40.23	40.48	40.93	40.20	40.78	40.55	40.34
	850m 11:14.75	900m 11:55.00	950m 12:35.31	1000m 13:15.13	1050m 13:54.60	1100m 14:34.38	1150m 15:14.21	1200m 15:54.87
	39.36	40.25	40.31	39.82	39.47	39.78	39.83	40.66
	1250m 16:34.92	1300m 17:15.28	1350m 17:56.05	1400m 18:35.70	1450m 19:14.82	1500m 19:54.21		
	40.05	40.36	40.77	39.65	39.12	39.39		
	Niamh Savory	(08)	Tynemouth	DQ				

#### **GIRL 15 Yrs Age Group - Full Results**

Place	Name	YoB	Club	Time	R.T.FINA Pt			
1.	Sophie Trill	(07)	Stockport Mo	18:01.86	+ 0.61 615			
	50m 30.66	100m 1:05.51	150m 1:41.04	200m 2:16.93	250m 2:52.55	300m 3:29.12	350m 4:04.77	400m 4:40.95
	30.66	34.85	35.53	35.89	35.62	36.57	35.65	36.18
	450m 5:17.03	500m 5:53.95	550m 6:30.11	600m 7:06.85	650m 7:42.85	700m 8:19.74	750m 8:55.45	800m 9:32.09
	36.08	36.92	36.16	36.74	36.00	36.89	35.71	36.64
	850m 10:07.94	900m 10:45.43	950m 11:21.68	1000m 11:57.69	1050m 12:33.90	1100m 13:10.75	1150m 13:47.18	1200m 14:23.01
	35.85	37.49	36.25	36.01	36.21	36.85	36.43	35.83
	1250m 14:59.83	1300m 15:36.98	1350m 16:13.54	1400m 16:50.72	1450m 17:27.15	1500m 18:01.86		
	36.82	37.15	36.56	37.18	36.43	34.71		
2.	Megan Wood	(07)	Donc Dartes	19:30.93	+ 0.69 485			
	50m 35.49	100m 1:13.75	150m 1:52.14	200m 2:30.86	250m 3:09.26	300m 3:48.33	350m 4:26.80	400m 5:05.56
	35.49	38.26	38.39	38.72	38.40	39.07	38.47	38.76
	450m 5:44.51	500m 6:24.15	550m 7:02.90	600m 7:41.93	650m 8:20.45	700m 8:59.85	750m 9:38.91	800m 10:18.62
	38.95	39.64	38.75	39.03	38.52	39.40	39.06	39.71
	850m 10:56.12	900m 11:34.88	950m 12:14.96	1000m 12:55.62	1050m 13:35.79	1100m 14:16.32	1150m 14:56.30	1200m 15:36.63
	37.50	38.76	40.08	40.66	40.17	40.53	39.98	40.33
	1250m 16:16.57	1300m 16:56.84	1350m 17:36.45	1400m 18:16.79	1450m 18:54.35	1500m 19:30.93		
	39.94	40.27	39.61	40.34	37.56	36.58		

# COSASC New Year Meet 2022 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License 1NE220080)

Sunderland Aquatic Centre – Friday 21<sup>st</sup> January 2022

## Results - Session One

### EVENT 102 Boy/Girl Open 1500m Freestyle (cont)

#### GIRL 16 Yrs/Over Age Group - Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt			
1.	Fleur Lewis	(03)	Ellesmere Co	16:56.23	+ 0.78 743			
	50m 31.23	100m 1:05.38	150m 1:39.12	200m 2:13.21	250m 3:54.40	300m 3:20.55	350m 6:09.71	400m 4:28.24
	31.23	34.15	33.74	34.09	1:41.19	26.15	2:49.16	18.53
	450m 7:17.69	500m 5:35.84	550m 8:26.01	600m 6:43.70	650m 10:42.29	700m 7:51.96	750m 11:50.60	800m 9:00.25
	2:49.45	18.15	2:50.17	17.69	3:58.59	09.67	3:58.64	09.65
	850m 14:06.96	900m 10:08.53	950m 16:22.93	1000m 11:16.88	1050m -	1100m 12:24.71	1150m -	1200m 13:33.11
	5:06.71	01.57	6:14.40	53.95	-	1:07.83	-	1:08.40
	1250m -	1300m 14:41.22	1350m -	1400m 15:49.38	1450m -	1500m 16:56.23	-	-
	-	1:08.11	-	1:08.16	-	1:06.85	-	-
2.	Ella Took	(04)	Newcastle	17:48.80	+ 0.73 638			
	50m 31.55	100m 1:05.55	150m 1:40.55	200m 2:15.26	250m 2:50.25	300m 3:25.00	350m 4:00.33	400m 4:35.22
	31.55	34.00	35.00	34.71	34.99	34.75	35.33	34.89
	450m 5:18.12	500m 5:46.17	550m 6:22.12	600m 6:57.89	650m 7:34.13	700m 8:09.97	750m 8:46.42	800m 9:22.44
	35.68	35.27	35.95	35.77	36.24	35.84	36.45	36.02
	850m 9:58.98	900m 10:34.85	950m 11:11.58	1000m 11:47.63	1050m 12:24.00	1100m 12:59.98	1150m 13:36.28	1200m 14:12.63
	36.54	35.87	36.73	36.05	36.37	35.98	36.30	36.35
	1250m 14:48.87	1300m 15:24.80	1350m 16:01.24	1400m 16:37.48	1450m 17:13.70	1500m 17:48.80	-	-
	36.24	35.93	36.44	36.24	36.22	35.10	-	-
3.	Emma Willis	(79)	York City	17:58.15	+ 0.81 622			
	50m 32.57	100m 1:07.46	150m 1:43.12	200m 2:18.65	250m 2:54.38	300m 3:30.21	350m 4:06.09	400m 4:42.09
	32.57	34.89	35.66	35.53	35.73	35.83	35.88	36.00
	450m 5:18.12	500m 5:54.12	550m 6:30.11	600m 7:06.30	650m 7:42.29	700m 8:18.13	750m 8:54.15	800m 9:30.12
	36.03	36.00	35.99	36.19	35.99	35.84	36.02	35.97
	850m 10:06.24	900m 10:42.38	950m 11:18.55	1000m 11:54.64	1050m 12:30.97	1100m 13:07.25	1150m 13:43.47	1200m 14:19.76
	36.12	36.14	36.17	36.09	36.33	36.28	36.22	36.29
	1250m 14:56.28	1300m 15:33.26	1350m 16:09.95	1400m 16:46.55	1450m 17:23.02	1500m 17:58.15	-	-
	36.52	36.98	36.69	36.60	36.47	35.13	-	-
4.	Amelia Brian	(05)	Ellesmere Co	18:01.73	+ 0.71 616			
	50m 31.24	100m 1:05.30	150m 1:40.44	200m 2:15.22	250m 2:50.92	300m 3:26.16	350m 4:01.64	400m 4:37.28
	31.24	34.06	35.14	34.78	35.70	35.24	35.48	35.64
	450m 5:13.34	500m 5:49.59	550m 6:26.12	600m 7:02.08	650m 7:38.77	700m 8:15.47	750m 8:51.67	800m 9:28.48
	36.06	36.25	36.53	35.96	36.69	36.70	36.20	36.81
	850m 10:05.83	900m 10:42.78	950m 11:19.92	1000m 11:56.51	1050m 12:33.47	1100m 13:10.82	1150m 13:47.86	1200m 14:24.59
	37.35	36.95	37.14	36.59	36.96	37.35	37.04	36.73
	1250m 15:00.83	1300m 15:37.93	1350m 16:14.62	1400m 16:50.61	1450m 17:26.88	1500m 18:01.73	-	-
	36.24	37.10	36.69	35.99	36.27	34.85	-	-
5.	Emily Hedley	(06)	Newcastle	18:18.77	+ 0.77 587			
	50m 32.10	100m 1:07.62	150m 1:43.52	200m 2:20.20	250m 2:56.94	300m 3:33.95	350m 4:10.66	400m 4:47.90
	32.10	35.52	35.90	36.68	36.74	37.01	36.71	37.24
	450m 5:24.71	500m 6:01.79	550m 6:38.54	600m 7:15.81	650m 7:52.88	700m 8:29.94	750m 9:06.95	800m 9:43.97
	36.81	37.08	36.75	37.27	37.07	37.06	37.01	37.02
	850m 10:21.06	900m 10:58.41	950m 11:35.02	1000m 12:12.10	1050m 12:48.95	1100m 13:26.05	1150m 14:02.87	1200m 14:39.86
	37.09	37.35	36.61	37.08	36.85	37.10	36.82	36.99
	1250m 15:16.69	1300m 15:53.72	1350m 16:30.65	1400m 17:07.54	1450m 17:43.82	1500m 18:18.77	-	-
	36.83	37.03	36.93	36.89	36.28	34.95	-	-
6.	Emily Oliver	(06)	Bo Kirklees	18:44.68	+ 0.81 548			
	50m 31.70	100m 1:08.22	150m 1:45.23	200m 2:22.82	250m 3:00.18	300m 3:37.74	350m 4:14.79	400m 4:52.44
	31.70	36.52	37.01	37.59	37.36	37.56	37.05	37.65
	450m 5:29.64	500m 6:07.63	550m 6:44.94	600m 7:23.00	650m 8:00.49	700m 8:38.54	750m 9:15.98	800m 9:54.00
	37.20	37.99	37.31	38.06	37.49	38.05	37.44	38.02
	850m 10:31.77	900m 11:10.25	950m 11:48.08	1000m 12:26.11	1050m 13:04.10	1100m 13:42.27	1150m 14:19.99	1200m 14:58.69
	37.77	38.48	37.83	38.03	37.99	38.17	37.72	38.70
	1250m 15:36.80	1300m 16:15.23	1350m 16:53.13	1400m 17:31.25	1450m 18:08.45	1500m 18:44.68	-	-
	38.11	38.43	37.90	38.12	37.20	36.23	-	-
7.	Stella McCardie	(06)	Co Glasgow	18:44.88	+ 0.70 547			
	50m 32.10	100m 1:08.20	150m 1:45.29	200m 2:22.78	250m 3:00.55	300m 3:37.96	350m 4:16.13	400m 4:53.73
	32.10	36.10	37.09	37.49	37.77	37.41	38.17	37.60
	450m 5:31.71	500m 6:09.72	550m 6:47.84	600m 7:25.70	650m 8:04.31	700m 8:42.02	750m 9:20.08	800m 9:57.45
	37.98	38.01	38.12	37.86	38.61	37.71	38.06	37.37
	850m 10:35.56	900m 11:13.29	950m 11:51.22	1000m 12:28.71	1050m 13:07.00	1100m 13:44.78	1150m 14:23.22	1200m 15:01.21
	38.11	37.73	37.93	37.49	38.29	37.78	38.44	37.99
	1250m 15:39.48	1300m 16:17.27	1350m 16:54.83	1400m 17:31.97	1450m 18:09.41	1500m 18:44.88	-	-
	38.27	37.79	37.56	37.14	37.44	35.47	-	-
8.	Abigail Slack	(04)	Bo Stockton	20:07.74	+ 0.81 442			
	50m 33.77	100m 1:12.15	150m 1:51.80	200m 2:31.85	250m 3:11.77	300m 3:52.17	350m 4:32.25	400m 5:12.96
	33.77	38.38	39.65	40.05	39.92	40.40	40.08	40.71
	450m 5:53.05	500m 6:33.51	550m 7:13.94	600m 7:54.64	650m 8:35.24	700m 9:15.91	750m 9:56.63	800m 10:37.27
	40.09	40.46	40.43	40.70	40.60	40.67	40.72	40.64
	850m 11:17.55	900m 11:58.26	950m 12:39.12	1000m 13:20.25	1050m 14:01.62	1100m 14:43.03	1150m 15:24.04	1200m 16:05.24
	40.28	40.71	40.86	41.13	41.37	41.41	41.01	41.20
	1250m 16:46.55	1300m 17:27.92	1350m 18:08.81	1400m 18:49.85	1450m 19:30.23	1500m 20:07.74	-	-
	41.31	41.37	40.89	41.04	40.38	37.51	-	-
	Holly Stoker	(06)	Co Sund'land	DNC				