
Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
A. Adams (14) W					
NS	F # 203E	Women 14-14 200 Back	---	---	---
NS	F # 205E	Women 14-14 100 IM	---	---	---
W. Adams (12) M					
NS	F # 204C	Men 12-12 100 Free	---	---	---
NS	F # 209C	Men 12-12 200 IM	---	---	---
NS	F # 215C	Men 12-12 100 Back	---	---	---
J. Andrzejczyk (15) M					
4:53.59S	F # 101F	Men 15-15 400 Free	2	17	-4.04
	32.92	1:09.88 1:48.00 2:26.31 3:04.28 3:41.56 4:18.62 4:53.59			
1:18.07S	F # 105F	Men 15-15 100 IM	3	16	-2.02
	36.59	1:18.07			
41.46S	F # 107F	Men 15-15 50 Breast	3	16	-0.56
2:20.55S	F # 110F	Men 15-15 200 Free	3	16	-5.01
	32.44	1:08.76 1:45.54 2:20.55			
30.94S	F # 114F	Men 15-15 50 Free	5	14	-0.30
NS	F # 204F	Men 15-15 100 Free	---	---	---
NS	F # 206F	Men 15-15 200 Fly	---	---	---
NS	F # 209F	Men 15-15 200 IM	---	---	---
35.41S	F # 211F	Men 15-15 50 Back	2	17	-2.55
1:15.61S	F # 215F	Men 15-15 100 Back	3	16	-1.47
G. BARNES (12) M					
1:22.76S	F # 105C	Men 12-12 100 IM	5	14	-1.11
	40.35	1:22.76			
39.17S	F # 107C	Men 12-12 50 Breast	1	20	-0.13
2:42.39S	F # 110C	Men 12-12 200 Free	9	9	3.60
	35.66	1:17.48 1:59.78 2:42.39			
32.38S	F # 114C	Men 12-12 50 Free	3	16	-0.59
1:11.75S	F # 204C	Men 12-12 100 Free	8	11	-1.92
	33.24	1:11.75			
1:27.71S	F # 208C	Men 12-12 100 Breast	2	17	1.90
	40.47	1:27.71			
3:00.66S	F # 209C	Men 12-12 200 IM	8	11	1.46
	39.21	1:27.97 2:18.89 3:00.66			
I. Barnes (14) W					
4:54.46S	F # 201E	Women 14-14 400 Free	3	16	-18.06
	33.35	1:10.46 1:47.67 2:25.47 3:03.33 3:41.25 4:18.65 4:54.46			
R. Barrington (11) W					
NS	F # 205B	Women 11-11 100 IM	---	---	---
P. Beadle (14) M					
33.38S	F # 202E	Men 14-14 50 Fly	5	14	0.83
1:06.97S	F # 204E	Men 14-14 100 Free	6	13	-0.46
	32.16	1:06.97			
NS	F # 211E	Men 14-14 50 Back	---	---	---
NS	F # 215E	Men 14-14 100 Back	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
G. Beetham (9) W					
X 3:47.63S	DQ	F # 109A Women 9-10 200 IM	---	---	---
		52.98 1:47.17 2:53.65 3:47.63			
NS		F # 205A Women 9-10 100 IM	---	---	---
44.13S		F # 214A Women 9-10 50 Free	40	---	---
R. Benson (9) W					
48.98S		F # 102A Women 9-10 50 Fly	19	---	---
48.54S		F # 111A Women 9-10 50 Back	28	---	1.03
1:45.09S		F # 205A Women 9-10 100 IM	24	---	-15.03
		47.52 1:45.09			
56.73S		F # 207A Women 9-10 50 Breast	32	---	0.15
42.40S		F # 214A Women 9-10 50 Free	34	---	---
E. Berry (14) W					
2:37.21S		F # 203E Women 14-14 200 Back	2	17	-3.43
1:22.00S		F # 205E Women 14-14 100 IM	6	13	-1.64
		37.76 1:22.00			
L. Berry (11) W					
1:26.12S		F # 104B Women 11-11 100 Free	31	---	-2.74
		40.56 1:26.12			
1:53.81S		F # 108B Women 11-11 100 Breast	22	---	0.70
		54.13 1:53.81			
4:03.57S		F # 113B Women 11-11 200 Breast	16	1	4.49
		55.90 1:58.40 3:02.24 4:03.57			
1:44.64S		F # 115B Women 11-11 100 Back	23	---	2.60
		52.05 1:44.64			
6:13.10S		F # 201B Women 11-11 400 Free	8	11	5.33
		41.93 1:28.62 2:16.50 3:04.73 3:53.12 4:41.28 5:28.69 6:13.10			
1:39.41S		F # 205B Women 11-11 100 IM	28	---	-1.00
		46.52 1:39.41			
52.19S		F # 207B Women 11-11 50 Breast	22	---	-0.77
Z. Biadala (10) W					
NS		F # 111A Women 9-10 50 Back	---	---	---
NS		F # 207A Women 9-10 50 Breast	---	---	---
NS		F # 214A Women 9-10 50 Free	---	---	---
R. Birzgalis (13) M					
2:59.08S	DQ	F # 103D Men 13-13 200 Back	---	---	---
		41.83 1:28.75 2:15.95 2:59.08			
1:23.39S		F # 105D Men 13-13 100 IM	10	7	-3.33
		40.87 1:23.39			
2:43.39S		F # 110D Men 13-13 200 Free	12	5	-9.61
		36.64 1:18.15 2:02.73 2:43.39			
39.66S		F # 202D Men 13-13 50 Fly	8	11	-4.17
1:13.19S		F # 204D Men 13-13 100 Free	12	5	-1.98
		34.88 1:13.19			
1:28.34S		F # 208D Men 13-13 100 Breast	5	14	-1.31
		42.11 1:28.34			
3:09.49S	DQ	F # 213D Men 13-13 200 Breast	---	---	---
		42.83 1:31.23 2:21.99 3:09.49			

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Time	F/P/S	Event	Place	Points	Improv
I. Booth (11) W					
41.78S	F # 102B	Women 11-11 50 Fly	15	2	---
1:17.76S	F # 104B	Women 11-11 100 Free	17	---	-3.38
	38.01	1:17.76			
1:42.57S DQ	F # 108B	Women 11-11 100 Breast	---	---	---
	48.97	1:42.57			
3:13.52S	F # 109B	Women 11-11 200 IM	17	---	-2.69
	44.38	1:34.13 2:31.60 3:13.52			
41.41S	F # 111B	Women 11-11 50 Back	12	5	-1.81
3:38.21S	F # 113B	Women 11-11 200 Breast	11	6	0.98
	50.61	1:46.26 2:42.57 3:38.21			
1:30.04S	F # 115B	Women 11-11 100 Back	13	4	---
	44.02	1:30.04			
X 6:11.59S	F # 201B	Women 11-11 400 Free	---	---	---
	39.27	1:24.64 2:12.92 3:02.12 3:50.50 4:39.79 5:27.67 1:24.64			
	2:12.92	3:02.12 3:50.50 4:39.79 5:27.67 6:11.59			
3:11.72S DQ	F # 203B	Women 11-11 200 Back	---	---	---
X 1:31.46S	F # 205B	Women 11-11 100 IM	---	---	---
	42.06	1:31.46			
49.36S	F # 207B	Women 11-11 50 Breast	18	---	-0.48
2:51.80S	F # 210B	Women 11-11 200 Free	23	---	---
	38.64	1:22.60 2:08.73 2:51.80			
37.58S DQ	F # 214B	Women 11-11 50 Free	---	---	---
E. Bryce (12) W					
37.07S	F # 102C	Women 12-12 50 Fly	4	15	-1.45
1:11.51S	F # 104C	Women 12-12 100 Free	9	9	-0.83
	33.74	1:11.51			
1:31.53S	F # 108C	Women 12-12 100 Breast	5	14	-0.94
	42.84	1:31.53			
37.65S	F # 111C	Women 12-12 50 Back	2	17	-0.50
3:16.62S	F # 113C	Women 12-12 200 Breast	5	14	-7.69
	44.45	1:34.58 2:26.22 3:16.62			
NS	F # 203C	Women 12-12 200 Back	---	---	---
1:21.50S	F # 205C	Women 12-12 100 IM	4	15	-1.78
	38.01	1:21.50			
41.89S	F # 207C	Women 12-12 50 Breast	1	20	0.09
2:39.06S	F # 210C	Women 12-12 200 Free	7	12	-7.38
	35.16	1:16.07 1:58.71 2:39.06			
31.53S	F # 214C	Women 12-12 50 Free	2	17	-1.28
J. Bryce (10) M					
53.15S DQ	F # 107A	Men 9-10 50 Breast	---	---	---
J. BUCKLE (14) W					
1:10.44S	F # 104E	Women 14-14 100 Free	6	13	0.02
	33.67	1:10.44			
1:27.03S	F # 108E	Women 14-14 100 Breast	3	16	0.80
	40.92	1:27.03			
2:52.10S	F # 109E	Women 14-14 200 IM	8	11	1.60
	39.19	1:24.75 2:13.62 2:52.10			
NS	F # 111E	Women 14-14 50 Back	---	---	---
NS	F # 113E	Women 14-14 200 Breast	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
E. Buckle (10) M					
6:10.83S	F # 101A	Men 9-10 400 Free	2	17	3.15
	40.92	1:27.38 2:16.03 3:03.67 3:51.97 4:41.05 5:25.69 6:10.83			
1:29.24S	F # 105A	Men 9-10 100 IM	5	14	-0.05
	42.83	1:29.24			
45.21S	F # 107A	Men 9-10 50 Breast	2	17	0.12
2:55.58S	F # 110A	Men 9-10 200 Free	7	12	-15.81
	40.28	1:26.10 2:12.35 2:55.58			
34.68S	F # 114A	Men 9-10 50 Free	4	15	-0.48
1:17.90S	F # 204A	Men 10-10 100 Free	3	16	-3.17
	37.28	1:17.90			
1:40.16S	F # 208A	Men 10-10 100 Breast	1	20	-16.11
	47.49	1:40.16			
3:12.35S	F # 209A	Men 9-10 200 IM	5	14	-6.99
	43.59	1:33.89 2:29.67 1:33.89 2:29.67 3:12.35			
W. Chatterton (12) M					
1:38.43S	F # 105C	Men 12-12 100 IM	15	2	3.18
	47.97	1:38.43			
45.69S	F # 107C	Men 12-12 50 Breast	6	13	-0.39
1:21.58S	F # 204C	Men 12-12 100 Free	20	---	-1.54
1:39.34S	F # 208C	Men 12-12 100 Breast	6	13	-3.34
	46.03	1:39.34			
A. Chung (16) W					
2:18.12S	F # 210G	Women 16 & Over 200 Free	2	17	1.57
	31.77	1:06.80 1:42.64 2:18.12			
30.43S	F # 214G	Women 16 & Over 50 Free	2	17	-0.20
M. Clark (13) M					
2:28.56S	F # 103D	Men 13-13 200 Back	1	20	-7.43
	35.22	1:13.69 1:52.31 2:28.56			
1:08.71S	F # 112D	Men 13-13 100 Fly	2	17	-1.64
	31.77	1:08.71			
1:01.48S	F # 204D	Men 13-13 100 Free	1	20	-2.49
	29.90	1:01.48			
2:26.18S	F # 209D	Men 13-13 200 IM	1	20	-10.61
	31.98	1:09.44 1:52.09 2:26.18			
J. Connelly (14) W					
5:07.21S	F # 201E	Women 14-14 400 Free	6	13	5.76
	35.27	1:13.14 1:52.09 2:31.40 3:10.86 3:50.11 4:29.15 5:07.21			
1:25.97S	F # 205E	Women 14-14 100 IM	9	9	4.23
	40.37	1:25.97			
50.09S	F # 207E	Women 14-14 50 Breast	7	12	4.04
2:28.36S	F # 210E	Women 14-14 200 Free	3	16	2.67
	34.75	1:12.45 1:50.84 2:28.36			
33.72S	F # 214E	Women 14-14 50 Free	8	11	1.02

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Time	F/P/S	Event	Place	Points	Improv
R. Connelly (11) M					
5:38.57S	F # 101B	Men 11-11 400 Free	5	14	-0.32
	36.80	1:18.29 2:02.11 2:45.29 3:29.11 4:13.62 4:57.81	5:38.57		
1:30.09S	F # 105B	Men 11-11 100 IM	6	13	-1.07
	42.53	1:30.09			
47.51S	F # 107B	Men 11-11 50 Breast	8	11	-4.70
2:42.09S	F # 110B	Men 11-11 200 Free	9	9	-0.36
	36.81	1:18.92 2:01.12 2:42.09			
35.65S	F # 114B	Men 11-11 50 Free	15	1.5	-0.22
M. Couffon (12) W					
1:17.38S	F # 104C	Women 12-12 100 Free	20	---	-2.13
	37.36	1:17.38			
1:37.70S	F # 108C	Women 12-12 100 Breast	11	6	-4.11
	46.48	1:37.70			
3:26.72S	F # 113C	Women 12-12 200 Breast	8	11	-5.83
	47.69	1:40.86 2:35.63 3:26.72			
1:30.17S	F # 205C	Women 12-12 100 IM	13	4	-1.09
	42.74	1:30.17			
X 2:54.63S	F # 210C	Women 12-12 200 Free	---	---	-3.52
	38.15	1:23.74 2:09.87 2:54.63			
35.48S	F # 214C	Women 12-12 50 Free	12	5	0.10
L. Dalby (10) W					
3:12.53S	F # 210A	Women 9-10 200 Free	19	---	---
	40.28	1:30.92 2:23.00 3:12.53			
1:51.58S	F # 212A	Women 10-10 100 Fly	5	14	---
	50.07	1:51.58			
37.76S	F # 214A	Women 9-10 50 Free	16	1	-3.76
D. De Vivenot (10) M					
38.32S	F # 114A	Men 9-10 50 Free	14	3	---
45.19S	F # 211A	Men 9-10 50 Back	8	11	---

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Time	F/P/S	Event	Place	Points	Improv
M. Decermic (11) M					
3:12.22S	F # 103B	Men 11-11 200 Back	10	7	-17.25
	43.60	1:33.17 2:23.86 3:12.22			
1:33.04S	F # 105B	Men 11-11 100 IM	10	7	-4.64
	43.13	1:33.04			
48.17S	F # 107B	Men 11-11 50 Breast	9	9	-3.10
2:50.08S	F # 110B	Men 11-11 200 Free	14	3	-13.16
	36.69	1:21.08 2:06.18 2:50.08			
34.81S	F # 114B	Men 11-11 50 Free	11	6	-2.15
45.39S	F # 202B	Men 11-11 50 Fly	16	1	-2.65
1:19.46S	F # 204B	Men 11-11 100 Free	13	4	---
	37.20	1:19.46			
1:51.16S	F # 208B	Men 11-11 100 Breast	16	1	---
	50.14	1:51.16			
3:23.14S DQ	F # 209B	Men 11-11 200 IM	---	---	---
	49.17	1:42.06 2:40.65 3:23.14			
44.86S	F # 211B	Men 11-11 50 Back	19	---	0.91
3:56.72S	F # 213B	Men 11-11 200 Breast	15	2	---
	51.52	1:52.87 2:55.02 3:56.72			
1:48.67S DQ	F # 215B	Men 11-11 100 Back	---	---	---
	---	1:48.67			
L. Djankoff (9) M					
40.03S	F # 114A	Men 9-10 50 Free	21	---	---
H. Elkholy (13) W					
X 33.58S	F # 102D	Women 13-13 50 Fly	---	---	---
X 2:25.99S	F # 210D	Women 13-13 200 Free	---	---	---
	32.21	1:09.42 1:48.19 2:25.99			
X 31.41S	F # 214D	Women 13-13 50 Free	---	---	---
S. Elkholy (13) M					
X 45.39S	F # 107D	Men 13-13 50 Breast	---	---	---
2:57.10S	F # 209D	Men 13-13 200 IM	8	11	---
	39.49	1:24.20 2:16.47 2:57.10			
X 41.10S	F # 211D	Men 13-13 50 Back	---	---	---

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H. Filby (11) M					
2:55.01S	F # 103B	Men 11-11 200 Back	4	15	-4.76
	40.64	1:25.45 2:10.84 2:55.01			
1:23.47S	F # 105B	Men 11-11 100 IM	1	20	-2.72
	39.36	1:23.47			
X 40.78S	F # 107B	Men 11-11 50 Breast	---	---	-1.46
2:33.48S	F # 110B	Men 11-11 200 Free	4	15	-1.27
	34.69	1:13.96 1:54.19 2:33.48			
1:25.07S	F # 112B	Men 11-11 100 Fly	1	20	-16.56
	38.72	1:25.07			
33.76S	F # 114B	Men 11-11 50 Free	6	13	0.17
37.38S	F # 202B	Men 11-11 50 Fly	2	17	-2.11
1:12.66S	F # 204B	Men 11-11 100 Free	5	14	-8.08
	34.46	1:12.66			
2:59.28S	F # 206B	Men 11-11 200 Fly	1	20	-9.88
	38.45	1:25.67 2:12.19 2:59.28			
1:30.33S	F # 208B	Men 11-11 100 Breast	1	20	-9.90
	42.25	1:30.33			
39.78S	F # 211B	Men 11-11 50 Back	5	14	-4.03
3:10.46S	F # 213B	Men 11-11 200 Breast	2	17	-3.00
	42.61	1:31.58 2:21.33 3:10.46			
1:23.79S	F # 215B	Men 11-11 100 Back	3	16	-12.07
	41.08	1:23.79			
M. Freegard (15) M					
5:26.66S	F # 101F	Men 15-15 400 Free	3	16	---
	34.52	1:14.93 1:56.48 2:39.93 3:21.79 --- 4:04.87 5:26.66			
1:18.68S	F # 105F	Men 15-15 100 IM	4	15	-50.77
	36.34	1:18.68			
39.23S	F # 107F	Men 15-15 50 Breast	2	17	-1.16
S. Freegard (11) W					
46.79S DQ	F # 102B	Women 11-11 50 Fly	---	---	---
1:27.29S	F # 104B	Women 11-11 100 Free	32	---	---
	40.53	1:27.29			
1:47.53S	F # 108B	Women 11-11 100 Breast	17	---	1.91
	51.64	1:47.53			
S. Gorman (14) W					
43.80S	F # 111E	Women 14-14 50 Back	15	2	1.79
1:33.33S	F # 115E	Women 14-14 100 Back	11	6	1.74
	45.32	1:33.33			
S. Griffiths (10) W					
1:17.55S	F # 104A	Women 10-10 100 Free	6	13	-0.34
	37.38	1:17.55			
40.43S	F # 111A	Women 9-10 50 Back	2	17	0.79
1:26.59S	F # 115A	Women 10-10 100 Back	1	20	---
	42.54	1:26.59			
6:02.46S	F # 201A	Women 9-10 400 Free	4	15	---
	39.79	1:25.40 2:13.30 2:59.82 3:46.29 4:32.12 5:17.96 6:02.46			
48.62S	F # 207A	Women 9-10 50 Breast	4	15	-1.53
2:47.84S	F # 210A	Women 9-10 200 Free	5	14	-1.90
	38.24	1:21.63 2:05.84 2:47.84			

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R. Hadjazi (13) M					
33.75S	F # 202D	Men 13-13 50 Fly	1	20	-0.39
1:08.24S	F # 204D	Men 13-13 100 Free	9	9	0.07
	32.70	1:08.24			
2:43.69S	F # 209D	Men 13-13 200 IM	4	15	-9.59
	36.52	1:15.91 2:07.94 2:43.69			
1:10.94S	F # 215D	Men 13-13 100 Back	2	17	-1.73
	35.25	1:10.94			
M. HALL-JONES (14) W					
2:59.45S	F # 203E	Women 14-14 200 Back	10	7	7.41
1:30.12S	F # 205E	Women 14-14 100 IM	13	4	1.28
	39.69	1:30.12			
R. Horan (11) W					
41.93S	F # 102B	Women 11-11 50 Fly	18	---	---
1:18.28S	F # 104B	Women 11-11 100 Free	19	---	-4.85
	37.68	1:18.28			
41.35S	F # 111B	Women 11-11 50 Back	11	6	-2.13
1:29.34S	F # 115B	Women 11-11 100 Back	12	5	-6.35
	43.90	1:29.34			
3:08.51S	F # 203B	Women 11-11 200 Back	10	7	-9.04
1:33.44S	F # 205B	Women 11-11 100 IM	21	---	-5.32
	42.37	1:33.44			
53.27S	F # 207B	Women 11-11 50 Breast	23	---	-5.33
2:50.60S	F # 210B	Women 11-11 200 Free	21	---	-6.71
	38.44	1:22.48 2:08.41 2:50.60			
34.76S	F # 214B	Women 11-11 50 Free	13	4	-1.44
M. Johnson (10) W					
1:13.81S	F # 104A	Women 10-10 100 Free	1	20	-5.28
	36.21	1:13.81			
X 1:46.95S	F # 108A	Women 10-10 100 Breast	---	---	---
	49.60	1:46.95			
3:12.85S	F # 109A	Women 9-10 200 IM	6	13	-0.71
	42.25	1:32.89 2:32.10 3:12.85			
X 3:51.61S	F # 113A	Women 9-10 200 Breast	---	---	---
	52.50	1:52.54 2:53.43 3:51.61			
X 1:38.47S	F # 115A	Women 10-10 100 Back	---	---	---
	48.00	1:38.47			
X 6:08.33S	F # 201A	Women 9-10 400 Free	---	---	---
	37.86	1:21.09 2:06.31 2:52.40 3:41.37 4:32.01 5:22.41 1:21.09			
	2:06.31	2:52.40 3:41.37 4:32.01 5:22.41 6:08.33			
X 3:19.17S DQ	F # 203A	Women 9-10 200 Back	---	---	---
	1:37.42	2:28.87 3:19.17			
1:27.52S	F # 205A	Women 9-10 100 IM	1	20	-1.65
	41.06	1:27.52			
2:46.31S	F # 210A	Women 9-10 200 Free	3	16	-8.23
	38.26	1:21.27 2:04.34 2:46.31			
X 1:29.34S	F # 212A	Women 10-10 100 Fly	---	---	---
	40.86	1:29.34			

Individual Meet Results

Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters

Location: Northolt Leisure Centre

Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
B. KELLY (16) M					
4:27.68S	F # 101G	Men 16 & Over 400 Free	2	17	0.60
	29.73	1:02.38 1:35.84 2:10.04			
	2:44.80	3:19.52 3:54.06			
2:26.57S	F # 103G	Men 16 & Over 200 Back	3	16	4.02
	33.44	1:10.96 1:49.04 2:26.57			
2:07.60S	F # 110G	Men 16 & Over 200 Free	2	17	1.17
	29.44	1:01.73 1:35.34 2:07.60			
J. Kelly (14) M					
2:08.71S	F # 110E	Men 14-14 200 Free	1	20	-2.73
	29.26	1:00.95 1:34.71 2:08.71			
1:04.10S	F # 112E	Men 14-14 100 Fly	1	20	0.08
	30.61	1:04.10			
27.21S	F # 114E	Men 14-14 50 Free	1	20	-0.35
NS	F # 204E	Men 14-14 100 Free	---	---	---
NS	F # 206E	Men 14-14 200 Fly	---	---	---
L. Kelly (12) W					
1:15.78S	F # 104C	Women 12-12 100 Free	16	0.5	-5.09
	36.19	1:15.78			
X 3:08.64S	F # 109C	Women 12-12 200 IM	---	---	-16.53
	43.33	1:27.48 2:25.59 3:08.64			
39.47S	F # 111C	Women 12-12 50 Back	6	13	-0.15
1:25.30S	F # 115C	Women 12-12 100 Back	6	13	-2.50
	42.56	1:25.30			
2:58.80S	F # 203C	Women 12-12 200 Back	8	11	-18.68
1:30.06S	F # 205C	Women 12-12 100 IM	12	5	-7.48
	40.95	1:30.06			
2:51.83S	F # 210C	Women 12-12 200 Free	18	---	-7.43
	39.40	1:24.10 2:10.57 2:51.83			
L. Kovenklioglu (10) W					
X 46.03S	F # 102A	Women 9-10 50 Fly	---	---	---
X 1:28.25S	F # 104A	Women 10-10 100 Free	---	---	---
	41.59	1:28.25			
X 3:30.14S	F # 109A	Women 9-10 200 IM	---	---	---
	49.82	1:43.72 2:41.94 3:30.14			
X 3:06.97S	F # 210A	Women 9-10 200 Free	---	---	---
	40.87	1:28.92 2:20.27 3:06.97			
X 1:48.77S DQ	F # 212A	Women 10-10 100 Fly	---	---	---
	46.28	1:48.77			
X 39.63S	F # 214A	Women 9-10 50 Free	---	---	---

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
A. Krynska (13) W					
36.04S	F # 102D	Women 13-13 50 Fly	4	14.5	-1.39
1:14.86S	F # 104D	Women 13-13 100 Free	13	4	-8.14
	36.23	1:14.86			
3:04.76S	F # 109D	Women 13-13 200 IM	12	5	---
	41.35	1:28.15 2:26.02 3:04.76			
39.07S	F # 111D	Women 13-13 50 Back	11	6	-0.15
1:23.96S DQ	F # 115D	Women 13-13 100 Back	---	---	---
	41.54	1:23.96			
1:25.20S	F # 205D	Women 13-13 100 IM	9	9	-9.09
	39.85	1:25.20			
48.86S	F # 207D	Women 13-13 50 Breast	8	11	2.26
2:37.66S	F # 210D	Women 13-13 200 Free	7	12	---
	37.27	1:17.62 1:59.03 2:37.66			
1:23.98S	F # 212D	Women 13-13 100 Fly	6	13	---
	39.74	1:23.98			
32.22S	F # 214D	Women 13-13 50 Free	5	14	-0.57
K. Krynska (16) W					
34.33S	F # 102G	Women 16 & Over 50 Fly	2	17	-2.71
1:10.29S	F # 104G	Women 16 & Over 100 Free	3	16	-4.18
	33.12	1:10.29			
2:54.54S	F # 109G	Women 16 & Over 200 IM	3	16	---
	36.54	1:21.82 2:15.44 2:54.54			
5:43.12S	F # 201G	Women 16 & Over 400 Free	2	17	---
	36.86	1:18.53 2:02.45 2:48.01 3:32.28 4:16.06 5:00.76 5:43.12			
2:55.46S	F # 203G	Women 16 & Over 200 Back	2	17	---
1:22.21S	F # 205G	Women 16 & Over 100 IM	1	20	-5.70
	38.30	1:22.21			
2:37.26S	F # 210G	Women 16 & Over 200 Free	3	16	---
	35.43	1:16.26 1:59.01 2:37.26			
1:24.61S	F # 212G	Women 16 & Over 100 Fly	2	17	-10.57
	38.89	1:24.61			
30.95S	F # 214G	Women 16 & Over 50 Free	3	16	-1.61
J. Krynski (10) M					
1:46.31S DQ	F # 105A	Men 9-10 100 IM	---	---	---
	51.04	1:46.31			
58.34S	F # 107A	Men 9-10 50 Breast	17	---	---
39.79S	F # 114A	Men 9-10 50 Free	19	---	---
54.61S	F # 202A	Men 9-10 50 Fly	14	3	---
45.85S	F # 211A	Men 9-10 50 Back	10	7	---
1:47.10S	F # 215A	Men 10-10 100 Back	7	12	---
	52.57	1:47.10			
C. Larkam (9) M					
1:08.54S	F # 107A	Men 9-10 50 Breast	22	---	---
3:10.56S	F # 110A	Men 9-10 200 Free	13	4	---
	41.36	1:31.11 2:22.61 3:10.56			
38.00S	F # 114A	Men 9-10 50 Free	13	4	---
58.53S DQ	F # 202A	Men 9-10 50 Fly	---	---	---
47.76S	F # 211A	Men 9-10 50 Back	16	1	---

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
J. Leach (12) W					
42.63S	F # 102C	Women 12-12 50 Fly	14	3	0.22
1:30.11S	F # 104C	Women 12-12 100 Free	24	---	4.83
	42.01	1:30.11			
J. Lee (11) M					
5:39.37S	F # 101B	Men 11-11 400 Free	6	13	-7.44
	37.07	1:19.28 2:02.61 2:46.58 3:30.41 4:14.87 4:58.70 5:39.37			
1:24.52S	F # 105B	Men 11-11 100 IM	2	17	-5.77
	39.74	1:24.52			
44.42S	F # 107B	Men 11-11 50 Breast	1	20	-2.88
2:41.33S	F # 110B	Men 11-11 200 Free	8	11	-6.78
	36.90	1:19.15 2:01.21 2:41.33			
1:39.46S	F # 112B	Men 11-11 100 Fly	9	9	---
	44.43	1:39.46			
34.31S	F # 114B	Men 11-11 50 Free	8	11	-0.68
39.83S	F # 202B	Men 11-11 50 Fly	5	14	-1.94
1:34.15S	F # 208B	Men 11-11 100 Breast	3	16	-9.70
	45.13	1:34.15			
3:04.69S	F # 209B	Men 11-11 200 IM	7	12	-5.63
	41.61	1:30.17 2:23.60 3:04.69			
40.92S	F # 211B	Men 11-11 50 Back	10	7	0.12
3:21.23S	F # 213B	Men 11-11 200 Breast	3	16	-4.84
	46.05	1:37.85 2:30.13 3:21.23			
J. Lollesgaard (11) M					
1:35.80S DQ	F # 105B	Men 11-11 100 IM	---	---	---
	46.68	1:35.80			
48.23S	F # 107B	Men 11-11 50 Breast	10	7	-2.73
35.44S	F # 114B	Men 11-11 50 Free	14	3	-3.88
1:18.96S	F # 204B	Men 11-11 100 Free	12	5	---
	37.27	1:18.96			
1:44.37S	F # 208B	Men 11-11 100 Breast	9	9	---
	49.73	1:44.37			
44.83S	F # 211B	Men 11-11 50 Back	18	---	-4.78
3:40.93S	F # 213B	Men 11-11 200 Breast	7	12	-16.33
	52.12	1:47.41 2:41.69 3:40.93			
H. LOVELL (14) M					
35.61S	F # 202E	Men 14-14 50 Fly	6	13	-0.67
1:10.29S	F # 204E	Men 14-14 100 Free	9	9	1.22
	33.68	1:10.29			
1:29.44S	F # 208E	Men 14-14 100 Breast	1	20	-1.90
	41.82	1:29.44			
36.44S	F # 211E	Men 14-14 50 Back	4	15	-1.02
3:10.56S	F # 213E	Men 14-14 200 Breast	3	16	-2.42
	43.11	1:33.24 2:22.42 3:10.56			

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
P. Lovell (12) W					
3:03.58S	F # 203C	Women 12-12 200 Back	10	7	6.46
1:32.26S	F # 205C	Women 12-12 100 IM	17	---	0.75
	43.07	1:32.26			
48.27S	F # 207C	Women 12-12 50 Breast	12	5	-2.28
2:50.67S	F # 210C	Women 12-12 200 Free	16	1	0.81
	39.26	1:24.58 2:09.25 2:50.67			
35.33S	F # 214C	Women 12-12 50 Free	11	6	-0.79
O. MACIONIS (13) M					
2:49.91S	F # 110D	Men 13-13 200 Free	15	2	-2.36
	37.41	1:20.40 2:05.80 2:49.91			
34.28S	F # 114D	Men 13-13 50 Free	12	4.5	-1.17
40.67S	F # 211D	Men 13-13 50 Back	7	12	-0.82
1:28.80S	F # 215D	Men 13-13 100 Back	8	11	-0.83
	43.33	1:28.80			
C. McKenna (9) W					
54.07S	F # 102A	Women 9-10 50 Fly	25	---	---
48.04S	F # 111A	Women 9-10 50 Back	27	---	1.01
1:45.10S	F # 205A	Women 9-10 100 IM	25	---	-10.77
	50.16	1:45.10			
X 58.46S	F # 207A	Women 9-10 50 Breast	---	---	-1.17
40.65S	F # 214A	Women 9-10 50 Free	28	---	---
M. Mckenna (11) W					
45.55S DQ	F # 102B	Women 11-11 50 Fly	---	---	---
1:24.98S	F # 104B	Women 11-11 100 Free	30	---	0.78
	40.34	1:24.98			
44.50S	F # 111B	Women 11-11 50 Back	25	---	-0.45
1:36.13S	F # 205B	Women 11-11 100 IM	23	---	-5.88
	44.11	1:36.13			
54.87S	F # 207B	Women 11-11 50 Breast	26	---	1.92
1:56.49S	F # 212B	Women 11-11 100 Fly	13	4	---
	50.48	1:56.49			
37.97S	F # 214B	Women 11-11 50 Free	26	---	-0.37
I. Miller (13) W					
36.69S	F # 102D	Women 13-13 50 Fly	7	12	-0.31
1:14.98S	F # 104D	Women 13-13 100 Free	14	3	-4.37
	36.20	1:14.98			
2:59.34S	F # 109D	Women 13-13 200 IM	10	7	-5.44
	37.57	1:21.79 2:17.44 2:59.34			
37.59S	F # 111D	Women 13-13 50 Back	6	13	-0.99
1:21.42S	F # 115D	Women 13-13 100 Back	8	11	-2.70
	38.92	1:21.42			

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
S. Miller (13) M					
6:05.14S	F # 101D	Men 13-13 400 Free	8	11	2.78
	39.52	1:25.17 2:12.10 2:59.83 3:47.84 4:35.91 5:21.92 6:05.14			
1:33.45S DQ	F # 105D	Men 13-13 100 IM	---	---	---
	42.70	1:33.45			
2:48.79S	F # 110D	Men 13-13 200 Free	14	3	---
	37.42	1:21.19 2:06.79 2:48.79			
34.60S	F # 114D	Men 13-13 50 Free	15	2	1.06
H. Moloney (12) W					
39.56S	F # 102C	Women 12-12 50 Fly	11	6	-3.19
1:13.98S	F # 104C	Women 12-12 100 Free	13	4	-11.01
	34.26	1:13.98			
1:38.49S	F # 108C	Women 12-12 100 Breast	12	5	-1.69
	47.15	1:38.49			
39.26S	F # 111C	Women 12-12 50 Back	5	14	-5.20
3:27.79S	F # 113C	Women 12-12 200 Breast	10	7	-6.53
	47.67	1:41.43 2:35.73 3:27.79			
1:24.20S	F # 115C	Women 12-12 100 Back	4	15	-12.11
	41.20	1:24.20			
2:56.93S	F # 203C	Women 12-12 200 Back	6	13	-4.31
	40.56	1:26.75 2:13.70 2:56.93			
1:25.94S	F # 205C	Women 12-12 100 IM	7	12	-2.14
	39.58	1:25.94			
46.74S	F # 207C	Women 12-12 50 Breast	10	7	-3.37
2:44.01S	F # 210C	Women 12-12 200 Free	10	7	-2.32
	37.13	1:19.86 2:03.68 2:44.01			
1:31.29S	F # 212C	Women 12-12 100 Fly	6	13	-2.65
	40.44	1:31.29			
34.11S	F # 214C	Women 12-12 50 Free	6	13	-4.47
K. Morlese (13) W					
38.74S	F # 102D	Women 13-13 50 Fly	14	3	0.02
1:13.38S	F # 104D	Women 13-13 100 Free	11	6	2.43
	35.45	1:13.38			
36.90S	F # 111D	Women 13-13 50 Back	5	14	1.27
1:16.89S	F # 115D	Women 13-13 100 Back	2	17	0.52
	38.03	1:16.89			
2:47.24S	F # 203D	Women 13-13 200 Back	6	13	4.19
K. Morrison (15) M					
32.43S	F # 202F	Men 15-15 50 Fly	3	16	-4.22
1:00.37S	F # 204F	Men 15-15 100 Free	3	16	0.15
	28.35	1:00.37			
1:22.73S	F # 208F	Men 15-15 100 Breast	2	17	3.00
	38.17	1:22.73			
2:43.45S	F # 209F	Men 15-15 200 IM	4	15	2.83
	35.30	1:17.25 2:05.10 2:43.45			
36.80S	F # 211F	Men 15-15 50 Back	3	16	-0.77
1:20.68S	F # 215F	Men 15-15 100 Back	4	15	3.60

Individual Meet Results

Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters

Location: Northolt Leisure Centre

Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
S. Nabney (10) W					
3:25.17S	F # 203A	Women 9-10 200 Back	10	7	---
	48.00	1:41.05 2:34.32 3:25.17			
1:33.84S	F # 205A	Women 9-10 100 IM	12	5	-0.87
	44.23	1:33.84			
51.27S	F # 207A	Women 9-10 50 Breast	18	---	-0.75
3:02.63S	F # 210A	Women 9-10 200 Free	15	2	-18.92
	42.69	1:31.03 2:19.48 3:02.63			
37.48S	F # 214A	Women 9-10 50 Free	12	5	---
R. Naresh (12) W					
X 1:13.62S	F # 115C	Women 12-12 100 Back	---	---	-3.01
	35.75	1:13.62			
S. Naresh (11) M					
1:39.09S	F # 105B	Men 11-11 100 IM	16	1	-5.07
	46.45	1:39.09			
52.35S	F # 107B	Men 11-11 50 Breast	16	1	-0.47
3:10.75S	F # 110B	Men 11-11 200 Free	19	---	1.55
	43.37	1:32.61 2:23.38 3:10.75			
46.94S	F # 202B	Men 11-11 50 Fly	17	---	-0.43
1:30.31S	F # 204B	Men 11-11 100 Free	28	---	-2.79
	42.00	1:30.31			
46.22S	F # 211B	Men 11-11 50 Back	22	---	0.21
A. Osborne (10) W					
2:01.24S DQ	F # 108A	Women 10-10 100 Breast	---	---	---
	56.31	2:01.24			
4:24.00S	F # 113A	Women 9-10 200 Breast	20	---	8.67
	59.09	2:07.89 3:17.49 4:24.00			
NS	F # 203A	Women 9-10 200 Back	---	---	---
J. Osborne (11) M					
6:00.33S DQ	F # 101B	Men 11-11 400 Free	---	---	---
	38.41	1:21.16 2:06.50 2:52.41 3:40.33 4:28.23 5:16.60 6:00.33			
3:10.28S	F # 103B	Men 11-11 200 Back	7	12	-0.97
	45.85	1:33.89 2:22.95 3:10.28			
2:51.49S	F # 110B	Men 11-11 200 Free	15	2	-1.64
	37.56	1:21.78 2:07.61 2:51.49			
35.22S	F # 114B	Men 11-11 50 Free	13	4	0.98
1:14.58S	F # 204B	Men 11-11 100 Free	8	11	-0.70
	35.08	1:14.58			
40.43S	F # 211B	Men 11-11 50 Back	6	13	-3.19
1:29.58S	F # 215B	Men 11-11 100 Back	8	11	-3.90
	44.24	1:29.58			

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
H. PAPWORTH (15) W					
1:09.03S	F # 104F	Women 15-15 100 Free	3	16	0.16
	33.19	1:09.03			
2:55.64S	F # 109F	Women 15-15 200 IM	2	17	---
	39.76	1:23.75 2:17.71 2:55.64			
37.22S	F # 111F	Women 15-15 50 Back	2	17	0.29
1:20.84S	F # 115F	Women 15-15 100 Back	1	20	2.15
	40.01	1:20.84			
5:22.04S	F # 201F	Women 15-15 400 Free	3	16	-3.27
	35.88	1:16.70 1:58.78 2:40.06 3:21.60 4:01.73 4:42.64 5:22.04			
1:23.18S	F # 205F	Women 15-15 100 IM	4	15	2.44
	38.35	1:23.18			
46.13S	F # 207F	Women 15-15 50 Breast	6	13	0.37
A. Phillips (11) W					
1:40.58S	F # 104B	Women 11-11 100 Free	38	---	-4.19
	45.31	1:40.58			
44.78S	F # 214B	Women 11-11 50 Free	31	---	-2.88
S. Polleri (11) W					
1:30.51S	F # 104B	Women 11-11 100 Free	35	---	-5.30
	42.16	1:30.51			
1:44.34S DQ	F # 108B	Women 11-11 100 Breast	---	---	---
	48.47	1:44.34			
51.49S	F # 111B	Women 11-11 50 Back	29	---	2.00
1:42.34S	F # 205B	Women 11-11 100 IM	30	---	---
	52.44	1:42.34			
47.35S	F # 207B	Women 11-11 50 Breast	11	6	-0.64
41.36S	F # 214B	Women 11-11 50 Free	29	---	2.11
E. Psarri (12) W					
1:15.55S	F # 104C	Women 12-12 100 Free	15	2	-3.41
	35.09	1:15.55			
1:45.29S	F # 108C	Women 12-12 100 Breast	18	---	---
	48.98	1:45.29			
3:08.80S	F # 109C	Women 12-12 200 IM	8	11	-2.46
	41.93	1:29.16 2:27.14 3:08.80			
3:39.28S	F # 113C	Women 12-12 200 Breast	14	3	-3.63
	49.62	1:45.65 2:43.31 3:39.28			
1:27.07S	F # 205C	Women 12-12 100 IM	10	7	-3.10
	39.47	1:27.07			
2:46.61S	F # 210C	Women 12-12 200 Free	14	3	-5.56
	35.73	1:17.79 2:03.08 2:46.61			
K. Psarri (10) W					
2:18.82S	F # 108A	Women 10-10 100 Breast	19	---	---
	1:05.65	2:18.82			
3:58.07S	F # 210A	Women 9-10 200 Free	42	---	-8.40
	50.66	1:51.84 2:55.08 3:58.07			
48.79S	F # 214A	Women 9-10 50 Free	45	---	-0.07

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
A. Roche (13) M					
2:43.29S	F # 103D	Men 13-13 200 Back	6	13	-20.48
	37.85	1:19.14 2:02.12 2:43.29			
1:20.38S	F # 105D	Men 13-13 100 IM	7	12	-5.57
	36.82	1:20.38			
42.11S	F # 107D	Men 13-13 50 Breast	3	16	-4.22
2:29.24S	F # 110D	Men 13-13 200 Free	9	9	-20.20
	35.35	1:13.38 1:52.26 2:29.24			
1:22.11S	F # 112D	Men 13-13 100 Fly	8	11	-11.33
	38.21	1:22.11			
31.74S	F # 114D	Men 13-13 50 Free	9	9	-2.29
I. Ryland (13) W					
NS	F # 205D	Women 13-13 100 IM	---	---	---
R. Singh (17) M					
4:42.10S	F # 101G	Men 16 & Over 400 Free	3	16	14.37
	31.09	1:05.50 1:41.08 2:17.30 2:53.09 3:29.33 4:06.51 4:42.10			
2:35.29S	F # 103G	Men 16 & Over 200 Back	5	14	3.18
	35.69	1:14.46 1:54.67 2:35.29			
1:12.23S	F # 105G	Men 16 & Over 100 IM	3	16	1.44
	33.44	1:12.23			
2:11.42S	F # 110G	Men 16 & Over 200 Free	5	14	7.08
	30.01	1:02.93 1:37.49 2:11.42			
NS	F # 208G	Men 16 & Over 100 Breast	---	---	---
I. Stevens (10) W					
1:20.45S	F # 104A	Women 10-10 100 Free	10	7	---
	38.35	1:20.45			
1:50.15S	F # 108A	Women 10-10 100 Breast	10	7	---
	53.65	1:50.15			
3:31.10S	F # 109A	Women 9-10 200 IM	10	7	5.50
	49.94	1:40.29 2:45.67 3:31.10			
43.21S	F # 111A	Women 9-10 50 Back	8	11	1.60
1:30.86S	F # 115A	Women 10-10 100 Back	5	14	---
	44.69	1:30.86			
3:08.69S	F # 203A	Women 9-10 200 Back	6	13	1.74
	45.96	1:35.27 2:23.95 3:08.69			
1:35.67S	F # 205A	Women 9-10 100 IM	16	1	1.40
	44.35	1:35.67			
50.44S	F # 207A	Women 9-10 50 Breast	12	4.5	0.21
3:05.39S	F # 210A	Women 9-10 200 Free	17	---	3.39
	43.02	1:31.60 2:20.35 3:05.39			
P. Stevens (9) M					
1:58.26S DQ	F # 105A	Men 9-10 100 IM	---	---	---
	54.69	1:58.26			
1:03.57S	F # 107A	Men 9-10 50 Breast	19	---	---
50.50S	F # 211A	Men 9-10 50 Back	18	---	---
S. Sugino (9) M					
52.00S DQ	F # 107A	Men 9-10 50 Breast	---	---	---
3:53.10S	F # 213A	Men 9-10 200 Breast	8	11	---
	53.59	1:52.15 2:52.58 3:53.10			

Individual Meet Results
Ealing November Short Course L3 Open 02-Nov-13 to 03-Nov-13 [Ageup: 03/11/2013] SC Meters
Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
R. Sweeney (9) W					
43.99S	F # 102A	Women 9-10 50 Fly	9	9	---
4:26.22S	DQ F # 106A	Women 9-10 200 Fly	---	---	---
	50.13	1:57.61	3:10.59	4:26.22	
3:35.75S	F # 109A	Women 9-10 200 IM	15	2	---
	52.05	1:45.98	2:47.89	3:35.75	
44.43S	F # 111A	Women 9-10 50 Back	13	4	---
3:48.96S	F # 113A	Women 9-10 200 Breast	9	9	---
	51.83	1:51.56	2:50.92	3:48.96	
NS	F # 203A	Women 9-10 200 Back	---	---	---
1:35.61S	F # 205A	Women 9-10 100 IM	15	2	-39.82
	43.00	1:35.61			
50.26S	F # 207A	Women 9-10 50 Breast	10	7	---
S. Thornton (12) M					
2:32.85S	F # 110C	Men 12-12 200 Free	3	16	-9.77
	34.88	1:13.47	1:53.42	2:32.85	
1:23.51S	DQ F # 112C	Men 12-12 100 Fly	---	---	---
	37.49	1:23.51			
33.02S	F # 114C	Men 12-12 50 Free	5	14	0.08
35.67S	F # 202C	Men 12-12 50 Fly	6	13	-1.06
1:12.08S	F # 204C	Men 12-12 100 Free	9	9	-4.30
	34.43	1:12.08			
NS	F # 208C	Men 12-12 100 Breast	---	---	---
2:59.39S	F # 209C	Men 12-12 200 IM	7	12	-7.10
	36.57	1:24.36	2:18.84	2:59.39	
39.39S	F # 211C	Men 12-12 50 Back	7	12	-1.95
1:24.82S	F # 215C	Men 12-12 100 Back	5	14	---
	41.95	1:24.82			
L. Walsh (13) W					
37.53S	F # 102D	Women 13-13 50 Fly	11	6	1.47
1:32.09S	F # 108D	Women 13-13 100 Breast	7	12	1.55
	42.79	1:32.09			
A. White (11) M					
X 2:54.71S	F # 103B	Men 11-11 200 Back	---	---	---
	39.11	1:23.34	2:10.12	2:54.71	
X 1:12.13S	DQ F # 105B	Men 11-11 100 IM	---	---	---
	38.88	1:12.13			
X 43.41S	F # 107B	Men 11-11 50 Breast	---	---	-0.84
X 2:38.30S	F # 110B	Men 11-11 200 Free	---	---	---
	36.42	1:17.67	1:58.87	2:38.30	

Individual Meet Results
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Location: Northolt Leisure Centre
Ealing Swimming Club [EALL] Coach: Dave Heathcock

Time	F/P/S	Event	Place	Points	Improv
E. Whitmore (9) W					
55.87S	F # 102A	Women 9-10 50 Fly	27	---	-0.93
3:46.54S	DQ F # 109A	Women 9-10 200 IM	---	---	---
	56.91	1:54.26 2:53.81 3:46.54			
4:09.03S	F # 113A	Women 9-10 200 Breast	18	---	---
	58.11	2:02.39 3:06.68 4:09.03			
1:47.16S	F # 205A	Women 9-10 100 IM	30	---	0.42
	51.86	1:47.16			
55.83S	F # 207A	Women 9-10 50 Breast	31	---	-1.18
3:35.75S	F # 210A	Women 9-10 200 Free	37	---	---
	49.67	1:45.82 2:42.60 3:35.75			
47.08S	F # 214A	Women 9-10 50 Free	44	---	-1.22
C. Wilson (11) W					
43.06S	F # 111B	Women 11-11 50 Back	20	---	-3.76
3:32.24S	F # 203B	Women 11-11 200 Back	13	4	-7.12
	48.91	1:44.85 2:39.97 3:32.24			
51.48S	F # 207B	Women 11-11 50 Breast	20	---	-2.91
42.37S	F # 214B	Women 11-11 50 Free	30	---	-2.09
N. Wilson (12) W					
NS	F # 210C	Women 12-12 200 Free	---	---	---
NS	F # 214C	Women 12-12 50 Free	---	---	---
C. Yearwood (11) W					
35.98S	F # 102B	Women 11-11 50 Fly	3	16	-0.01
1:09.88S	F # 104B	Women 11-11 100 Free	2	17	-2.88
	33.73	1:09.88			
1:33.36S	F # 108B	Women 11-11 100 Breast	2	17	---
	43.61	1:33.36			
1:22.08S	F # 205B	Women 11-11 100 IM	3	16	---
	36.59	1:22.08			
2:40.50S	F # 210B	Women 11-11 200 Free	7	12	---
	37.48	1:18.69 2:00.61 2:40.50			
31.58S	F # 214B	Women 11-11 50 Free	2	17	0.20