

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 1

EVENT 402 Boys/Girls 11 Yrs/Over 1500m Free.

BOYS 12 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | FINA Pt | | | | | | | | | | |
|----------|--------------------------|-----------|------------------|-----------------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|
| 1 | Calum Murray | 12 | Calv Bing | 18:29.36 | 473 | | | | | | | | | | |
| | 50m 31.85 | | 100m 1:07.86 | | 150m 1:44.49 | | 200m 2:21.38 | | 250m 2:57.86 | | 300m 3:35.38 | | 350m 4:11.23 | | 400m 4:48.35 |
| | 31.85 | | 36.01 | | 36.63 | | 36.89 | | 36.48 | | 37.52 | | 35.85 | | 37.12 |
| | 450m 5:25.51 | | 500m 6:02.40 | | 550m 6:37.99 | | 600m 7:14.94 | | 650m 7:52.02 | | 700m 8:29.10 | | 750m 9:06.12 | | 800m 9:43.24 |
| | 37.16 | | 36.89 | | 35.59 | | 36.95 | | 37.08 | | 37.08 | | 37.02 | | 37.12 |
| | 850m 10:20.72 | | 900m 10:57.81 | | 950m 11:35.37 | | 1000m 12:12.78 | | 1050m 12:00.63 | | 1100m 13:28.88 | | 1150m 14:06.85 | | 1200m 14:45.93 |
| | 37.48 | | 37.09 | | 37.56 | | 37.41 | | 47.85 | | 1:28.25 | | 37.97 | | 39.08 |
| | 1250m 15:24.20 | | 1300m 16:02.94 | | 1350m 16:40.63 | | 1400m 17:18.10 | | 1450m 17:54.56 | | 1500m 18:29.36 | | | | |
| | 38.27 | | 38.74 | | 37.69 | | 37.47 | | 36.46 | | 34.80 | | | | |
| 2 | Kieran-Lee Simcox | 12 | Workshop | 18:52.48 | 445 | | | | | | | | | | |
| | 50m 33.34 | | 100m 1:11.21 | | 150m 1:49.60 | | 200m 2:27.60 | | 250m 3:05.66 | | 300m 3:43.54 | | 350m 4:21.77 | | 400m 4:59.67 |
| | 33.34 | | 37.87 | | 38.39 | | 38.00 | | 38.06 | | 37.88 | | 38.23 | | 37.90 |
| | 450m 5:37.80 | | 500m 6:15.71 | | 550m 6:54.20 | | 600m 7:31.87 | | 650m 8:09.75 | | 700m 8:47.70 | | 750m 9:25.50 | | 800m 10:03.51 |
| | 38.13 | | 37.91 | | 38.49 | | 37.67 | | 37.88 | | 37.95 | | 37.80 | | 38.01 |
| | 850m 10:41.49 | | 900m 11:19.34 | | 950m 11:57.12 | | 1000m 12:34.94 | | 1050m 13:12.74 | | 1100m 13:50.48 | | 1150m 14:28.37 | | 1200m 15:06.48 |
| | 37.98 | | 37.85 | | 37.78 | | 37.82 | | 37.80 | | 37.74 | | 37.89 | | 38.11 |
| | 1250m 15:44.09 | | 1300m 16:22.10 | | 1350m 17:00.27 | | 1400m 17:38.06 | | 1450m 18:15.80 | | 1500m 18:52.48 | | | | |
| | 37.61 | | 38.01 | | 38.17 | | 37.79 | | 37.74 | | 36.68 | | | | |
| 3 | Benjamin Palmer | 12 | Newark | 19:08.46 | 427 | | | | | | | | | | |
| | 50m 33.41 | | 100m 1:09.78 | | 150m 1:47.83 | | 200m 2:25.63 | | 250m 3:03.37 | | 300m 3:41.48 | | 350m 4:20.22 | | 400m 4:58.35 |
| | 33.41 | | 36.37 | | 38.05 | | 37.80 | | 37.74 | | 38.11 | | 38.74 | | 38.13 |
| | 450m 5:37.10 | | 500m 6:14.95 | | 550m 6:53.66 | | 600m 7:32.21 | | 650m 8:10.63 | | 700m 8:49.45 | | 750m 9:28.17 | | 800m 10:07.20 |
| | 38.75 | | 37.85 | | 38.71 | | 38.55 | | 38.42 | | 38.82 | | 38.72 | | 39.03 |
| | 850m 11:23.85 | | 900m 12:02.79 | | 950m 12:41.96 | | 1000m 13:20.99 | | 1050m 14:00.56 | | 1100m 14:39.11 | | 1150m 15:18.50 | | 1200m 15:57.11 |
| | 1:16.65 | | 38.94 | | 39.17 | | 39.03 | | 39.57 | | 38.55 | | 39.39 | | 38.61 |
| | 1250m 16:36.38 | | 1300m - | | 1350m 17:15.78 | | 1400m 17:54.06 | | 1450m 18:32.61 | | 1500m 19:08.46 | | | | |
| | 39.27 | | - | | 39.40 | | 38.28 | | 38.55 | | 35.85 | | | | |
| 4 | Kiran Watkins | 12 | Arnold | 19:19.72 | 414 | | | | | | | | | | |
| | 50m 34.12 | | 100m 1:11.55 | | 150m 1:49.80 | | 200m 2:28.40 | | 250m 3:06.99 | | 300m 3:45.70 | | 350m 4:24.74 | | 400m 5:03.71 |
| | 34.12 | | 37.43 | | 38.25 | | 38.60 | | 38.59 | | 38.71 | | 39.04 | | 38.97 |
| | 450m 5:42.63 | | 500m 6:21.53 | | 550m 7:00.75 | | 600m 7:39.43 | | 650m 8:18.56 | | 700m 8:57.53 | | 750m 9:36.41 | | 800m 10:15.26 |
| | 38.92 | | 38.90 | | 39.22 | | 38.68 | | 39.13 | | 38.97 | | 38.88 | | 38.85 |
| | 850m 10:53.85 | | 900m 11:32.79 | | 950m 12:11.90 | | 1000m 12:51.07 | | 1050m 13:30.16 | | 1100m 14:08.88 | | 1150m 14:48.15 | | 1200m 15:27.10 |
| | 38.59 | | 38.94 | | 39.11 | | 39.17 | | 39.09 | | 38.72 | | 39.27 | | 38.95 |
| | 1250m 16:06.37 | | 1300m 16:45.35 | | 1350m 17:24.65 | | 1400m 18:03.40 | | 1450m 18:42.26 | | 1500m 19:19.72 | | | | |
| | 39.27 | | 38.98 | | 39.30 | | 38.75 | | 38.86 | | 37.46 | | | | |
| 5 | Luke Greenwood | 12 | Calv Bing | 19:24.72 | 409 | | | | | | | | | | |
| | 50m 33.60 | | 100m 1:11.51 | | 150m 1:50.52 | | 200m 2:28.69 | | 250m 3:07.33 | | 300m 3:46.31 | | 350m 4:24.91 | | 400m 5:03.73 |
| | 33.60 | | 37.91 | | 39.01 | | 38.17 | | 38.64 | | 38.98 | | 38.60 | | 38.82 |
| | 450m 5:42.79 | | 500m 6:22.38 | | 550m 7:00.84 | | 600m 7:38.08 | | 650m 8:17.54 | | 700m 8:57.79 | | 750m 9:35.88 | | 800m 10:15.66 |
| | 39.06 | | 39.59 | | 38.46 | | 37.24 | | 39.46 | | 40.25 | | 38.09 | | 39.78 |
| | 850m 10:54.17 | | 900m 11:33.39 | | 950m 12:13.06 | | 1000m 12:52.35 | | 1050m 13:32.56 | | 1100m 14:11.13 | | 1150m 14:51.16 | | 1200m 15:29.21 |
| | 38.51 | | 39.22 | | 39.67 | | 39.29 | | 40.21 | | 38.57 | | 40.03 | | 38.05 |
| | 1250m 16:09.93 | | 1300m 16:49.30 | | 1350m 17:28.98 | | 1400m 18:08.85 | | 1450m 18:47.83 | | 1500m 19:24.72 | | | | |
| | 40.72 | | 39.37 | | 39.68 | | 39.87 | | 38.98 | | 36.89 | | | | |

BOYS 13 Yrs Age Group - Full Results

| Place | Name | AaD | Club | Time | FINA Pt | | | | | | | | | | |
|----------|----------------------|-----------|------------------|-----------------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|----------------|
| 1 | Joe Stevenson | 13 | Calv Bing | 16:50.17 | 627 | | | | | | | | | | |
| | 50m 30.31 | | 100m 1:03.06 | | 150m 1:36.86 | | 200m 2:10.80 | | 250m 2:44.42 | | 300m 3:18.35 | | 350m 3:52.19 | | 400m 4:25.83 |
| | 30.31 | | 32.75 | | 33.80 | | 33.94 | | 33.62 | | 33.93 | | 33.84 | | 33.64 |
| | 450m 4:59.74 | | 500m 5:33.02 | | 550m 6:06.73 | | 600m 6:40.85 | | 650m 7:14.62 | | 700m 7:47.89 | | 750m 8:21.82 | | 800m 8:55.38 |
| | 33.91 | | 33.28 | | 33.71 | | 34.12 | | 33.77 | | 33.27 | | 33.93 | | 33.56 |
| | 850m 9:28.63 | | 900m 10:02.49 | | 950m 10:36.54 | | 1000m 11:10.10 | | 1050m 11:43.83 | | 1100m 12:17.80 | | 1150m 12:52.52 | | 1200m 13:26.89 |
| | 33.25 | | 33.86 | | 34.05 | | 33.56 | | 33.73 | | 33.97 | | 34.72 | | 34.37 |
| | 1250m 14:00.64 | | 1300m 14:34.67 | | 1350m 15:08.74 | | 1400m 15:43.28 | | 1450m 16:17.00 | | 1500m 16:50.17 | | | | |
| | 33.75 | | 34.03 | | 34.07 | | 34.54 | | 33.72 | | 33.17 | | | | |
| 2 | James Bull | 13 | Bramcote | 17:03.80 | 602 | | | | | | | | | | |
| | 50m 31.47 | | 100m 1:05.12 | | 150m 1:39.21 | | 200m 2:13.45 | | 250m 2:47.67 | | 300m 3:21.89 | | 350m 3:56.08 | | 400m 4:30.36 |
| | 31.47 | | 33.65 | | 34.09 | | 34.24 | | 34.22 | | 34.22 | | 34.19 | | 34.28 |
| | 450m 5:04.48 | | 500m 5:38.57 | | 550m 6:12.40 | | 600m 6:46.60 | | 650m 7:20.73 | | 700m 7:54.85 | | 750m 8:28.86 | | 800m 9:03.09 |
| | 34.12 | | 34.09 | | 33.83 | | 34.20 | | 34.13 | | 34.12 | | 34.01 | | 34.23 |
| | 850m 9:37.20 | | 900m 10:11.47 | | 950m 10:45.91 | | 1000m 11:20.41 | | 1050m 11:54.98 | | 1100m 12:29.48 | | 1150m 13:03.75 | | 1200m 13:38.36 |
| | 34.11 | | 34.27 | | 34.44 | | 34.50 | | 34.57 | | 34.50 | | 34.27 | | 34.61 |
| | 1250m 14:12.78 | | 1300m 14:47.20 | | 1350m 15:21.72 | | 1400m 15:56.13 | | 1450m 16:30.58 | | 1500m 17:03.80 | | | | |
| | 34.42 | | 34.42 | | 34.52 | | 34.41 | | 34.45 | | 33.22 | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 2

| | | | | | | | |
|------------------------------------|---------------------|---------------------------|-----------------------|---------------------|---------------------|---------------------|---------------------|
| 3...Thomas Roberts | 13..... | Calv Bing | 17:21.09 | 573 | | | |
| 50m 30.67..... | 100m 1:04.98..... | 150m 1:39.64..... | 200m 2:14.16..... | 250m 2:47.80..... | 300m 3:22.32..... | 350m 3:56.94..... | 400m 4:31.45..... |
| 30.67..... | 34.31..... | 34.66..... | 34.52..... | 33.64..... | 34.52..... | 34.62..... | 34.51..... |
| 450m 5:05.92..... | 500m 5:40.63..... | 550m 6:15.58..... | 600m 6:50.57..... | 650m 7:25.73..... | 700m 8:00.77..... | 750m 8:35.69..... | 800m 9:10.71..... |
| 34.47..... | 34.71..... | 34.95..... | 34.99..... | 35.16..... | 35.04..... | 34.92..... | 35.02..... |
| 850m 9:45.50..... | 900m 10:20.66..... | 950m 10:55.11..... | 1000m 11:30.31..... | 1050m 12:06.00..... | 1100m 12:41.29..... | 1150m 13:16.71..... | 1200m 13:51.68..... |
| 34.79..... | 35.16..... | 34.45..... | 35.20..... | 35.69..... | 35.29..... | 35.42..... | 34.97..... |
| 1250m 14:27.01..... | 1300m 15:02.16..... | 1350m 15:37.65..... | 1400m 16:12.61..... | 1450m 16:47.78..... | 1500m 17:21.09..... | | |
| 35.33..... | 35.15..... | 35.49..... | 34.96..... | 35.17..... | 33.31..... | | |
| 4.....Harry Martin | 13..... | Calv Bing | 17:24.25 | 568 | | | |
| 50m 31.83..... | 100m 1:06.24..... | 150m 1:41.34..... | 200m 2:15.90..... | 250m 2:50.76..... | 300m 3:26.10..... | 350m 4:01.56..... | 400m 4:37.12..... |
| 31.83..... | 34.41..... | 35.10..... | 34.56..... | 34.86..... | 35.34..... | 35.46..... | 35.56..... |
| 450m 5:12.52..... | 500m 5:47.36..... | 550m 6:22.51..... | 600m 6:57.38..... | 650m 7:32.79..... | 700m 8:08.17..... | 750m 8:43.33..... | 800m 9:18.91..... |
| 35.40..... | 34.84..... | 35.15..... | 34.87..... | 35.41..... | 35.38..... | 35.16..... | 35.58..... |
| 850m 9:53.99..... | 900m 10:29.43..... | 950m 11:04.39..... | 1000m 11:39.22..... | 1050m 12:14.16..... | 1100m 12:49.20..... | 1150m 13:23.77..... | 1200m 13:58.78..... |
| 35.08..... | 35.44..... | 34.96..... | 34.83..... | 34.94..... | 35.04..... | 34.57..... | 35.01..... |
| 1250m 14:33.49..... | 1300m 15:08.46..... | 1350m 15:43.53..... | 1400m 16:18.29..... | 1450m 16:53.15..... | 1500m 17:24.25..... | | |
| 34.71..... | 34.97..... | 35.07..... | 34.76..... | 34.86..... | 31.10..... | | |
| 5..... Thomas Platt | 13..... | NottmLeander | 17:47.41 | 531 | | | |
| 50m 31.27..... | 100m 1:05.71..... | 150m 1:40.66..... | 200m 2:15.83..... | 250m 2:51.04..... | 300m 3:26.56..... | 350m 4:02.18..... | 400m 4:38.14..... |
| 31.27..... | 34.44..... | 34.95..... | 35.17..... | 35.21..... | 35.52..... | 35.62..... | 35.96..... |
| 450m 5:13.82..... | 500m 5:49.41..... | 550m 6:25.12..... | 600m 7:01.29..... | 650m 7:37.48..... | 700m 8:13.60..... | 750m 8:49.58..... | 800m 9:25.85..... |
| 35.68..... | 35.59..... | 35.71..... | 36.17..... | 36.19..... | 36.12..... | 35.98..... | 36.27..... |
| 850m 10:00.73..... | 900m 10:36.59..... | 950m 11:12.62..... | 1000m 11:48.69..... | 1050m 12:25.30..... | 1100m 13:01.50..... | 1150m 13:38.18..... | 1200m 14:14.13..... |
| 34.88..... | 35.86..... | 36.03..... | 36.07..... | 36.61..... | 36.20..... | 36.68..... | 35.95..... |
| 1250m 14:51.07..... | 1300m 15:27.52..... | 1350m 16:03.99..... | 1400m 16:39.00..... | 1450m 17:14.66..... | 1500m 17:47.41..... | | |
| 36.94..... | 36.45..... | 36.47..... | 35.01..... | 35.66..... | 32.75..... | | |
| 6...Thomas Roberts | 13..... | Sherwood | 18:22.12 | 483 | | | |
| 50m 33.18..... | 100m 1:09.30..... | 150m 1:46.22..... | 200m 2:22.64..... | 250m 2:59.36..... | 300m 4:13.18..... | 350m 4:50.08..... | 400m 5:26.92..... |
| 33.18..... | 36.12..... | 36.92..... | 36.42..... | 36.72..... | 1:13.82..... | 36.90..... | 36.84..... |
| 450m 6:03.43..... | 500m 6:39.90..... | 550m 7:16.69..... | 600m 7:53.54..... | 650m 8:30.61..... | 700m 9:07.54..... | 750m 9:44.15..... | 800m 10:20.78..... |
| 36.51..... | 36.47..... | 36.79..... | 36.85..... | 37.07..... | 36.93..... | 36.61..... | 36.63..... |
| 850m 10:57.65..... | 900m 11:34.67..... | 950m 12:11.51..... | 1000m 12:48.53..... | 1050m 13:25.82..... | 1100m 14:03.15..... | 1150m 14:40.31..... | 1200m 15:17.90..... |
| 36.87..... | 37.02..... | 36.84..... | 37.02..... | 37.29..... | 37.33..... | 37.16..... | 37.59..... |
| 1250m 15:55.44..... | 1300m -..... | 1350m -..... | 1400m 17:11.19..... | 1450m 17:48.29..... | 1500m 18:22.12..... | | |
| 37.54..... | -..... | -..... | 1:15.75..... | 37.10..... | 33.83..... | | |
| 7.Christopher Baguley | 13..... | Mansfield | 18:32.81 | 469 | | | |
| 50m 33.72..... | 100m 1:10.62..... | 150m 1:48.17..... | 200m 2:25.13..... | 250m 3:03.00..... | 300m 3:40.66..... | 350m 4:17.59..... | 400m 4:54.59..... |
| 33.72..... | 36.90..... | 37.55..... | 36.96..... | 37.87..... | 37.66..... | 36.93..... | 37.00..... |
| 450m 5:31.14..... | 500m 6:07.90..... | 550m 6:44.70..... | 600m 7:21.88..... | 650m 7:58.97..... | 700m 8:36.09..... | 750m 9:12.98..... | 800m 9:49.42..... |
| 36.55..... | 36.76..... | 36.80..... | 37.18..... | 37.09..... | 37.12..... | 36.89..... | 36.44..... |
| 850m 10:26.72..... | 900m 11:04.09..... | 950m 11:42.48..... | 1000m 12:20.68..... | 1050m 12:58.12..... | 1100m 13:35.71..... | 1150m 14:14.58..... | 1200m 14:52.47..... |
| 37.30..... | 37.37..... | 38.39..... | 38.20..... | 37.44..... | 37.59..... | 38.87..... | 37.89..... |
| 1250m 15:29.54..... | 1300m 16:07.84..... | 1350m 16:45.44..... | 1400m 17:23.28..... | 1450m 17:59.19..... | 1500m 18:32.81..... | | |
| 37.07..... | 38.30..... | 37.60..... | 37.84..... | 35.91..... | 33.62..... | | |
| 8..... Daniel Moore | 13..... | NottmLeander | 18:33.83 | 468 | | | |
| 50m 32.74..... | 100m 1:08.26..... | 150m 1:45.06..... | 200m 2:22.24..... | 250m 2:59.49..... | 300m 3:36.71..... | 350m 4:13.92..... | 400m 4:51.58..... |
| 32.74..... | 35.52..... | 36.80..... | 37.18..... | 37.25..... | 37.22..... | 37.21..... | 37.66..... |
| 450m 5:28.85..... | 500m 6:06.54..... | 550m 6:44.19..... | 600m 7:21.45..... | 650m 7:59.23..... | 700m 8:36.39..... | 750m 9:13.99..... | 800m 9:51.17..... |
| 37.27..... | 37.69..... | 37.65..... | 37.26..... | 37.78..... | 37.16..... | 37.60..... | 37.18..... |
| 850m 10:28.52..... | 900m 11:06.27..... | 950m 11:43.77..... | 1000m 12:21.52..... | 1050m 12:59.00..... | 1100m 13:36.33..... | 1150m 14:13.73..... | 1200m 14:51.01..... |
| 37.35..... | 37.75..... | 37.50..... | 37.75..... | 37.48..... | 37.33..... | 37.40..... | 37.28..... |
| 1250m 15:28.58..... | 1300m 16:05.93..... | 1350m 16:43.28..... | 1400m 17:20.63..... | 1450m 17:57.89..... | 1500m 18:33.83..... | | |
| 37.57..... | 37.35..... | 37.35..... | 37.35..... | 37.26..... | 35.94..... | | |
| 9... Dominic Hudson | 13..... | NottmLeander | 20:00.49 | 374 | | | |
| 50m 33.54..... | 100m 1:11.55..... | 150m 1:51.18..... | 200m 2:30.15..... | 250m 3:09.31..... | 300m 3:48.87..... | 350m 4:28.27..... | 400m 5:07.45..... |
| 33.54..... | 38.01..... | 39.63..... | 38.97..... | 39.16..... | 39.56..... | 39.40..... | 39.18..... |
| 450m 5:47.49..... | 500m 6:26.70..... | 550m 7:06.13..... | 600m 7:45.75..... | 650m 8:25.86..... | 700m 9:05.63..... | 750m 9:46.01..... | 800m 10:25.96..... |
| 40.04..... | 39.21..... | 39.43..... | 39.62..... | 40.11..... | 39.77..... | 40.38..... | 39.95..... |
| 850m 11:06.42..... | 900m 11:47.46..... | 950m 12:28.33..... | 1000m 13:09.48..... | 1050m 13:50.92..... | 1100m 14:32.54..... | 1150m 15:13.58..... | 1200m 15:54.36..... |
| 40.46..... | 41.04..... | 40.87..... | 41.15..... | 41.44..... | 41.62..... | 41.04..... | 40.78..... |
| 1250m 16:35.95..... | 1300m 17:16.67..... | 1350m 17:58.58..... | 1400m 18:40.41..... | 1450m 19:20.98..... | 1500m 20:00.49..... | | |
| 41.59..... | 40.72..... | 41.91..... | 41.83..... | 40.57..... | 39.51..... | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 3

| | | | |
|---|-------------------------------|----------------------|------------|
| 10..... Jack Smith..... | 13..... Calv Bing..... | 21:09.77..... | 316 |
| 50m 35.54..... 100m 1:15.81..... 150m 1:56.90..... 200m 2:38.05..... 250m 3:19.61..... 300m 4:02.11..... 350m 4:44.41..... 400m 5:26.64 | | | |
| 35.54..... 40.27..... 41.09..... 41.15..... 41.56..... 42.50..... 42.30 | | | 42.23 |
| 450m 6:09.90..... 500m 6:52.27..... 550m 7:33.34..... 600m 8:16.33..... 650m 8:59.40..... 700m 9:42.18..... 750m 10:25.72..... 800m 11:09.81 | | | |
| 43.26..... 42.37..... 41.07..... 42.99..... 43.07..... 42.78..... 43.54 | | | 44.09 |
| 850m 11:53.58..... 900m 12:37.74..... 950m 13:21.02..... 1000m 14:05.01..... 1050m 14:48.73..... 1100m 15:31.59..... 1150m 16:16.15..... 1200m 17:00.81 | | | |
| 43.77..... 44.16..... 43.28..... 43.99..... 43.72..... 42.86..... 44.56 | | | 44.66 |
| 1250m 17:44.35..... 1300m 18:26.70..... 1350m 19:08.71..... 1400m 19:51.82..... 1450m 20:32.57..... 1500m 21:09.77..... | | | |
| 43.54..... 42.35..... 42.01..... 43.11..... 40.75..... 37.20..... | | | |

BOYS 14 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|--|------------------------------|----------------|--------------------------|----------------------|------------|
| 1..... | Daniel Timms..... | 14..... | Sherwood..... | 16:53.04..... | 622 |
| 50m 31.06..... 100m 1:05.15..... 150m 1:39.09..... 200m 2:12.77..... 250m 2:46.76..... 300m 3:20.86..... 350m 3:55.25..... 400m 4:29.49 | | | | | |
| 31.06..... 34.09..... 33.94..... 33.68..... 33.99..... 34.10..... 34.39 | | | | | 34.24 |
| 450m 5:03.39..... 500m 5:37.37..... 550m 6:11.29..... 600m 6:44.88..... 650m 7:18.50..... 700m 7:52.44..... 750m 8:26.01..... 800m 8:59.33 | | | | | |
| 33.90..... 33.98..... 33.92..... 33.59..... 33.62..... 33.94..... 33.57 | | | | | 33.32 |
| 850m 9:33.40..... 900m 10:07.36..... 950m 10:40.92..... 1000m 11:14.80..... 1050m 11:48.89..... 1100m 12:22.72..... 1150m 12:56.23..... 1200m 13:29.73 | | | | | |
| 34.07..... 33.96..... 33.56..... 33.88..... 34.09..... 33.83..... 33.51 | | | | | 33.50 |
| 1250m 14:03.59..... 1300m 14:37.68..... 1350m 15:11.68..... 1400m 15:45.77..... 1450m 16:19.85..... 1500m 16:53.04..... | | | | | |
| 33.86..... 34.09..... 34.00..... 34.09..... 34.08..... 33.19..... | | | | | |
| 2..... | Matthew Renshaw..... | 14..... | Worksop..... | 17:12.85..... | 587 |
| 50m 30.26..... 100m 1:03.45..... 150m 1:37.30..... 200m 2:11.22..... 250m 2:45.43..... 300m 3:19.93..... 350m 3:54.24..... 400m 4:28.85 | | | | | |
| 30.26..... 33.19..... 33.85..... 33.92..... 34.21..... 34.50..... 34.31 | | | | | 34.61 |
| 450m 5:03.76..... 500m 5:38.72..... 550m 6:13.47..... 600m 6:47.84..... 650m 7:22.73..... 700m 7:57.19..... 750m 8:31.88..... 800m 9:06.62 | | | | | |
| 34.91..... 34.96..... 34.75..... 34.37..... 34.89..... 34.46..... 34.69 | | | | | 34.74 |
| 850m 9:41.75..... 900m 10:16.52..... 950m 10:51.46..... 1000m 11:26.61..... 1050m 12:01.42..... 1100m 12:36.64..... 1150m 13:11.78..... 1200m 13:46.78 | | | | | |
| 35.13..... 34.77..... 34.94..... 35.15..... 34.81..... 35.22..... 35.14 | | | | | 35.00 |
| 1250m 14:21.39..... 1300m 14:56.39..... 1350m 15:30.80..... 1400m 16:05.64..... 1450m 16:40.05..... 1500m 17:12.85..... | | | | | |
| 34.61..... 35.00..... 34.41..... 34.84..... 34.41..... 32.80..... | | | | | |
| 3..... | Alexander Hunter..... | 14..... | Worksop..... | 17:17.24..... | 579 |
| 50m 31.03..... 100m 1:04.68..... 150m 1:39.07..... 200m 2:13.26..... 250m 2:47.49..... 300m 3:22.20..... 350m 3:56.31..... 400m 4:30.73 | | | | | |
| 31.03..... 33.65..... 34.39..... 34.19..... 34.23..... 34.71..... 34.11 | | | | | 34.42 |
| 450m 5:05.29..... 500m 5:39.71..... 550m 6:14.21..... 600m 6:49.02..... 650m 7:23.14..... 700m 7:58.11..... 750m 8:32.78..... 800m 9:07.21 | | | | | |
| 34.56..... 34.42..... 34.50..... 34.81..... 34.12..... 34.97..... 34.67 | | | | | 34.43 |
| 850m 9:41.94..... 900m 10:16.83..... 950m 10:51.98..... 1000m 11:27.24..... 1050m 12:01.96..... 1100m 12:37.45..... 1150m 13:12.55..... 1200m 13:47.76 | | | | | |
| 34.73..... 34.89..... 35.15..... 35.26..... 34.72..... 35.49..... 35.10 | | | | | 35.21 |
| 1250m 14:23.07..... 1300m 14:58.53..... 1350m 15:33.91..... 1400m 16:09.25..... 1450m 16:44.33..... 1500m 17:17.24..... | | | | | |
| 35.31..... 35.46..... 35.38..... 35.34..... 35.08..... 32.91..... | | | | | |
| 4..... | Elliot Woodward..... | 14..... | CarltonForum..... | 17:21.45..... | 572 |
| 50m 31.58..... 100m 1:05.37..... 150m 1:39.58..... 200m 2:13.99..... 250m 2:48.47..... 300m 3:22.96..... 350m 3:57.58..... 400m 4:32.55 | | | | | |
| 31.58..... 33.79..... 34.21..... 34.41..... 34.48..... 34.49..... 34.62 | | | | | 34.97 |
| 450m 5:07.70..... 500m 5:42.83..... 550m 6:17.92..... 600m 6:52.90..... 650m 7:28.13..... 700m 8:03.35..... 750m 8:38.32..... 800m 9:13.08 | | | | | |
| 35.15..... 35.13..... 35.09..... 34.98..... 35.23..... 35.22..... 34.97 | | | | | 34.76 |
| 850m 9:47.89..... 900m 10:22.92..... 950m 10:58.04..... 1000m 11:33.28..... 1050m 12:08.57..... 1100m 12:43.68..... 1150m 13:19.05..... 1200m 13:54.16 | | | | | |
| 34.81..... 35.03..... 35.12..... 35.24..... 35.29..... 35.11..... 35.37 | | | | | 35.11 |
| 1250m 14:29.05..... 1300m 15:03.89..... 1350m 15:39.19..... 1400m 16:14.16..... 1450m 16:48.79..... 1500m 17:21.45..... | | | | | |
| 34.89..... 34.84..... 35.30..... 34.97..... 34.63..... 32.66..... | | | | | |
| 5..... | Ethan Tindall..... | 14..... | Mansfield..... | 17:23.49..... | 569 |
| 50m 31.51..... 100m 1:05.67..... 150m 1:40.87..... 200m 2:15.91..... 250m 2:51.19..... 300m 3:26.37..... 350m 4:01.70..... 400m 4:36.99 | | | | | |
| 31.51..... 34.16..... 35.20..... 35.04..... 35.28..... 35.18..... 35.33 | | | | | 35.29 |
| 450m 5:12.42..... 500m 5:47.82..... 550m 6:22.93..... 600m 6:58.08..... 650m 7:32.99..... 700m 8:08.18..... 750m 8:43.42..... 800m - | | | | | |
| 35.43..... 35.40..... 35.11..... 35.15..... 34.91..... 35.19..... 35.24 | | | | | - |
| 850m -..... 900m -..... 950m -..... 1000m -..... 1050m -..... 1100m -..... 1150m -..... 1200m - | | | | | |
| 1250m -..... 1300m 15:08.41..... 1350m 15:43.43..... 1400m 16:18.20..... 1450m 16:52.57..... 1500m 17:23.49..... | | | | | |
| 6:24.99..... 35.02..... 34.77..... 34.37..... 34.37..... 30.92..... | | | | | |
| 6..... | Connor Allison..... | 14..... | Worksop..... | 17:46.04..... | 533 |
| 50m 31.25..... 100m 1:05.56..... 150m 1:40.26..... 200m 2:14.92..... 250m 2:49.77..... 300m 3:25.05..... 350m 4:00.22..... 400m 4:35.59 | | | | | |
| 31.25..... 34.31..... 34.70..... 34.66..... 34.85..... 35.28..... 35.17 | | | | | 35.37 |
| 450m 5:10.93..... 500m 5:46.34..... 550m 6:22.09..... 600m 6:57.65..... 650m 7:32.96..... 700m 8:08.44..... 750m 8:44.20..... 800m 9:20.05 | | | | | |
| 35.34..... 35.41..... 35.75..... 35.56..... 35.31..... 35.48..... 35.76 | | | | | 35.85 |
| 850m 9:55.86..... 900m 10:31.80..... 950m 11:08.08..... 1000m 11:43.77..... 1050m 12:19.69..... 1100m 12:55.46..... 1150m 13:31.57..... 1200m 14:07.49 | | | | | |
| 35.81..... 35.94..... 36.28..... 35.69..... 35.92..... 35.77..... 36.11 | | | | | 35.92 |
| 1250m 14:43.66..... 1300m 15:20.01..... 1350m 15:56.43..... 1400m 16:32.94..... 1450m 17:09.27..... 1500m 17:46.04..... | | | | | |
| 36.17..... 36.35..... 36.42..... 36.51..... 36.33..... 36.77..... | | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 4

| | | | | |
|---|------------------------------|-----------------------|------------|--|
| 7.....Michael Shillito | 14.....Sherwood | 18:03.45 | 508 | |
| 50m 32.77..... 100m 1:07.67..... 150m 1:43.38..... 200m 2:19.18..... 250m 2:54.78..... 300m 3:30.58..... 350m 4:06.91..... 400m 4:43.41 | | | | |
| 32.77..... 34.90..... 35.71..... 35.80..... 35.60..... 35.80..... 36.33..... 36.50 | | | | |
| 450m 5:19.85..... 500m 5:56.25..... 550m 6:32.76..... 600m 7:08.92..... 650m 7:45.40..... 700m 8:22.12..... 750m 8:58.51..... 800m 9:35.37 | | | | |
| 36.44..... 36.40..... 36.51..... 36.16..... 36.48..... 36.72..... 36.39..... 36.86 | | | | |
| 850m 10:11.76..... 900m 10:48.25..... 950m 11:24.84..... 1000m 12:01.20..... 1050m 12:38.02..... 1100m 13:13.97..... 1150m 13:50.48..... 1200m 14:27.33 | | | | |
| 36.39..... 36.49..... 36.59..... 36.36..... 36.82..... 35.95..... 36.51..... 36.85 | | | | |
| 1250m 15:04.12..... 1300m 15:40.68..... 1350m 16:16.95..... 1400m 16:53.03..... 1450m 17:28.84..... 1500m 18:03.45..... | | | | |
| 36.79..... 36.56..... 36.27..... 36.08..... 35.81..... 34.61..... | | | | |

BOYS 15 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---------------|--|-----------------|----------------------|-----------------------|------------|
| 1.. | Matthew Dobson | 15 | Worksop | 16:31.13 | 664 |
| | 50m 29.25..... 100m 1:00.89..... 150m 1:33.12..... 200m 2:06.41..... 250m 2:39.33..... 300m 3:12.37..... 350m 3:45.22..... 400m 4:18.19 | | | | |
| | 29.25..... 31.64..... 32.23..... 33.29..... 32.92..... 33.04..... 32.85..... 32.97 | | | | |
| | 450m 4:51.12..... 500m 5:24.40..... 550m 5:57.59..... 600m 6:30.98..... 650m 7:04.65..... 700m 7:38.20..... 750m 8:11.55..... 800m 8:45.36 | | | | |
| | 32.93..... 33.28..... 33.19..... 33.39..... 33.67..... 33.55..... 33.35..... 33.81 | | | | |
| | 850m 9:18.94..... 900m 9:52.69..... 950m 10:25.70..... 1000m 10:58.01..... 1050m 11:31.70..... 1100m 12:05.32..... 1150m 12:38.80..... 1200m 13:11.91 | | | | |
| | 33.58..... 33.75..... 33.01..... 32.31..... 33.69..... 33.62..... 33.48..... 33.11 | | | | |
| | 1250m 13:45.50..... 1300m 14:19.30..... 1350m 14:52.79..... 1400m 15:26.25..... 1450m 15:59.43..... 1500m 16:31.13..... | | | | |
| | 33.59..... 33.80..... 33.49..... 33.46..... 33.18..... 31.70..... | | | | |
| 2. | Jorge Phenix-Coyne | 15 | Arnold | 17:22.78 | 570 |
| | 50m 28.29..... 100m 59.27..... 150m 1:31.44..... 200m 2:03.80..... 250m 2:36.69..... 300m 3:09.51..... 350m 3:42.33..... 400m 4:14.77 | | | | |
| | 28.29..... 30.98..... 32.17..... 32.36..... 32.89..... 32.82..... 32.82..... 32.44 | | | | |
| | 450m 5:31.03..... 500m 6:07.98..... 550m 6:45.18..... 600m 7:21.21..... 650m 7:57.35..... 700m 8:33.47..... 750m 9:11.55..... 800m 9:45.02 | | | | |
| | 1:16.26..... 36.95..... 37.20..... 36.03..... 36.14..... 36.12..... 1:11.55..... 35.51 | | | | |
| | 850m 10:56.49..... 900m 11:32.01..... 950m -..... 1000m -..... 1050m 12:07.82..... 1100m 12:43.45..... 1150m 13:19.58..... 1200m 13:54.89 | | | | |
| | 35.96..... 35.52..... -..... -..... 35.81..... 35.63..... 36.13..... 35.31 | | | | |
| | 1250m 14:29.85..... 1300m 15:04.76..... 1350m 15:40.19..... 1400m 16:14.54..... 1450m 16:49.49..... 1500m 17:22.78..... | | | | |
| | 34.96..... 34.91..... 35.43..... 34.35..... 34.95..... 33.29..... | | | | |
| 3..... | Mitchell Jordan | 15 | Arnold | 17:50.78 | 526 |
| | 50m 29.67..... 100m 1:03.10..... 150m 1:37.04..... 200m 2:11.45..... 250m 2:45.79..... 300m 3:19.97..... 350m 3:54.52..... 400m 4:29.47 | | | | |
| | 29.67..... 33.43..... 33.94..... 34.41..... 34.34..... 34.18..... 34.55..... 34.95 | | | | |
| | 450m 5:04.50..... 500m 5:40.23..... 550m 6:15.90..... 600m 6:52.42..... 650m 7:29.05..... 700m 8:03.35..... 750m 8:39.79..... 800m 9:16.87 | | | | |
| | 35.03..... 35.73..... 35.67..... 36.52..... 36.63..... 34.30..... 36.44..... 37.08 | | | | |
| | 850m 9:53.25..... 900m 10:30.15..... 950m 11:06.81..... 1000m 11:43.71..... 1050m 12:20.41..... 1100m 12:57.40..... 1150m 13:34.54..... 1200m 14:11.82 | | | | |
| | 36.38..... 36.90..... 36.66..... 36.90..... 36.70..... 36.99..... 37.14..... 37.28 | | | | |
| | 1250m 14:48.61..... 1300m 15:25.36..... 1350m 16:01.89..... 1400m 16:38.16..... 1450m 17:14.71..... 1500m 17:50.78..... | | | | |
| | 36.79..... 36.75..... 36.53..... 36.27..... 36.55..... 36.07..... | | | | |
| | Oliver Hynd..... | 15 | Sutton | DNC | |

BOYS Open Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---------------|--|-----------------|------------------------|-----------------------|------------|
| 1..... | Daniel Mills | 19 | Mansfield | 15:42.33 | 772 |
| | 50m 29.02..... 100m 1:00.25..... 150m 1:31.41..... 200m 2:02.30..... 250m 2:33.56..... 300m 3:05.03..... 350m 3:36.02..... 400m 4:07.48 | | | | |
| | 29.02..... 31.23..... 31.16..... 30.89..... 31.26..... 31.47..... 30.99..... 31.46 | | | | |
| | 450m 4:38.64..... 500m 5:09.78..... 550m 5:41.13..... 600m 6:12.60..... 650m 6:44.19..... 700m 7:15.78..... 750m 7:47.13..... 800m 8:18.80 | | | | |
| | 31.16..... 31.14..... 31.35..... 31.47..... 31.59..... 31.59..... 31.35..... 31.67 | | | | |
| | 850m 8:50.10..... 900m 9:21.95..... 950m 9:53.42..... 1000m 10:25.11..... 1050m 10:56.87..... 1100m 11:28.98..... 1150m 12:01.17..... 1200m 12:32.97 | | | | |
| | 31.30..... 31.85..... 31.47..... 31.69..... 31.76..... 32.11..... 32.19..... 31.80 | | | | |
| | 1250m 13:04.95..... 1300m 13:37.04..... 1350m 14:08.47..... 1400m 14:40.38..... 1450m 15:11.99..... 1500m 15:42.33..... | | | | |
| | 31.98..... 32.09..... 31.43..... 31.91..... 31.61..... 30.34..... | | | | |
| 2.. | Matthew Dobson | 15 | Worksop | 16:31.13 | 664 |
| | 50m 29.25..... 100m 1:00.89..... 150m 1:33.12..... 200m 2:06.41..... 250m 2:39.33..... 300m 3:12.37..... 350m 3:45.22..... 400m 4:18.19 | | | | |
| | 29.25..... 31.64..... 32.23..... 33.29..... 32.92..... 33.04..... 32.85..... 32.97 | | | | |
| | 450m 4:51.12..... 500m 5:24.40..... 550m 5:57.59..... 600m 6:30.98..... 650m 7:04.65..... 700m 7:38.20..... 750m 8:11.55..... 800m 8:45.36 | | | | |
| | 32.93..... 33.28..... 33.19..... 33.39..... 33.67..... 33.55..... 33.35..... 33.81 | | | | |
| | 850m 9:18.94..... 900m 9:52.69..... 950m 10:25.70..... 1000m 10:58.01..... 1050m 11:31.70..... 1100m 12:05.32..... 1150m 12:38.80..... 1200m 13:11.91 | | | | |
| | 33.58..... 33.75..... 33.01..... 32.31..... 33.69..... 33.62..... 33.48..... 33.11 | | | | |
| | 1250m 13:45.50..... 1300m 14:19.30..... 1350m 14:52.79..... 1400m 15:26.25..... 1450m 15:59.43..... 1500m 16:31.13..... | | | | |
| | 33.59..... 33.80..... 33.49..... 33.46..... 33.18..... 31.70..... | | | | |
| 3..... | Joe Stevenson | 13 | Calv Bing | 16:50.17 | 627 |
| | 50m 30.31..... 100m 1:03.06..... 150m 1:36.86..... 200m 2:10.80..... 250m 2:44.42..... 300m 3:18.35..... 350m 3:52.19..... 400m 4:25.83 | | | | |
| | 30.31..... 32.75..... 33.80..... 33.94..... 33.62..... 33.93..... 33.84..... 33.64 | | | | |
| | 450m 4:59.74..... 500m 5:33.02..... 550m 6:06.73..... 600m 6:40.85..... 650m 7:14.62..... 700m 7:47.89..... 750m 8:21.82..... 800m 8:55.38 | | | | |
| | 33.91..... 33.28..... 33.71..... 34.12..... 33.77..... 33.27..... 33.93..... 33.56 | | | | |
| | 850m 9:28.63..... 900m 10:02.49..... 950m 10:36.54..... 1000m 11:10.10..... 1050m 11:43.83..... 1100m 12:17.80..... 1150m 12:52.52..... 1200m 13:26.89 | | | | |
| | 33.25..... 33.86..... 34.05..... 33.56..... 33.73..... 33.97..... 34.72..... 34.37 | | | | |
| | 1250m 14:00.64..... 1300m 14:34.67..... 1350m 15:08.74..... 1400m 15:43.28..... 1450m 16:17.00..... 1500m 16:50.17..... | | | | |
| | 33.75..... 34.03..... 34.07..... 34.54..... 33.72..... 33.17..... | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 5

| | | | | |
|---|---------------------------------|----------------------|------------|----------------|
| 4.....Daniel Timms..... | 14.....Sherwood..... | 16:53.04..... | 622 | |
|50m 31.06.....100m 1:05.15.....150m 1:39.09.....200m 2:12.77.....250m 2:46.76.....300m 3:20.86.....350m 3:55.25 | | | | 400m 4:29.49 |
|31.06.....34.09.....33.94.....33.68.....33.99.....34.10.....34.39 | | | | 34.24 |
|450m 5:03.39.....500m 5:37.37.....550m 6:11.29.....600m 6:44.88.....650m 7:18.50.....700m 7:52.44.....750m 8:26.01 | | | | 800m 8:59.33 |
|33.90.....33.98.....33.92.....33.59.....33.62.....33.94.....33.57 | | | | 33.32 |
|850m 9:33.40.....900m 10:07.36.....950m 10:40.92.....1000m 11:14.80.....1050m 11:48.89.....1100m 12:22.72.....1150m 12:56.23 | | | | 1200m 13:29.73 |
|34.07.....33.96.....33.56.....33.88.....34.09.....33.83.....33.51 | | | | 33.50 |
|1250m 14:03.59.....1300m 14:37.68.....1350m 15:11.68.....1400m 15:45.77.....1450m 16:19.85.....1500m 16:53.04..... | | | | |
|33.86.....34.09.....34.00.....34.09.....34.08.....33.19..... | | | | |
| 5.....James Bull..... | 13.....Bramcote..... | 17:03.80..... | 602 | |
|50m 31.47.....100m 1:05.12.....150m 1:39.21.....200m 2:13.45.....250m 2:47.67.....300m 3:21.89.....350m 3:56.08 | | | | 400m 4:30.36 |
|31.47.....33.65.....34.09.....34.24.....34.22.....34.22.....34.19 | | | | 34.28 |
|450m 5:04.48.....500m 5:38.57.....550m 6:12.40.....600m 6:46.60.....650m 7:20.73.....700m 7:54.85.....750m 8:28.86 | | | | 800m 9:03.09 |
|34.12.....34.09.....33.83.....34.20.....34.13.....34.12.....34.01 | | | | 34.23 |
|850m 9:37.20.....900m 10:11.47.....950m 10:45.91.....1000m 11:20.41.....1050m 11:54.98.....1100m 12:29.48.....1150m 13:03.75 | | | | 1200m 13:38.36 |
|34.11.....34.27.....34.44.....34.50.....34.57.....34.50.....34.27 | | | | 34.61 |
|1250m 14:12.78.....1300m 14:47.20.....1350m 15:21.72.....1400m 15:56.13.....1450m 16:30.58.....1500m 17:03.80..... | | | | |
|34.42.....34.42.....34.52.....34.41.....34.45.....33.22..... | | | | |
| 6.Matthew Renshaw..... | 14.....Worksop..... | 17:12.85..... | 587 | |
|50m 30.26.....100m 1:03.45.....150m 1:37.30.....200m 2:11.22.....250m 2:45.43.....300m 3:19.93.....350m 3:54.24 | | | | 400m 4:28.85 |
|30.26.....33.19.....33.85.....33.92.....34.21.....34.50.....34.31 | | | | 34.61 |
|450m 5:03.76.....500m 5:38.72.....550m 6:13.47.....600m 6:47.84.....650m 7:22.73.....700m 7:57.19.....750m 8:31.88 | | | | 800m 9:06.62 |
|34.91.....34.96.....34.75.....34.37.....34.89.....34.46.....34.69 | | | | 34.74 |
|850m 9:41.75.....900m 10:16.52.....950m 10:51.46.....1000m 11:26.61.....1050m 12:01.42.....1100m 12:36.64.....1150m 13:11.78 | | | | 1200m 13:46.78 |
|35.13.....34.77.....34.94.....35.15.....34.81.....35.22.....35.14 | | | | 35.00 |
|1250m 14:21.39.....1300m 14:56.39.....1350m 15:30.80.....1400m 16:05.64.....1450m 16:40.05.....1500m 17:12.85..... | | | | |
|34.61.....35.00.....34.41.....34.84.....34.41.....32.80..... | | | | |
| 7..Alexander Hunter..... | 14.....Worksop..... | 17:17.24..... | 579 | |
|50m 31.03.....100m 1:04.68.....150m 1:39.07.....200m 2:13.26.....250m 2:47.49.....300m 3:22.20.....350m 3:56.31 | | | | 400m 4:30.73 |
|31.03.....33.65.....34.39.....34.19.....34.23.....34.71.....34.11 | | | | 34.42 |
|450m 5:05.29.....500m 5:39.71.....550m 6:14.21.....600m 6:49.02.....650m 7:23.14.....700m 7:58.11.....750m 8:32.78 | | | | 800m 9:07.21 |
|34.56.....34.42.....34.50.....34.81.....34.12.....34.97.....34.67 | | | | 34.43 |
|850m 9:41.94.....900m 10:16.83.....950m 10:51.98.....1000m 11:27.24.....1050m 12:01.96.....1100m 12:37.45.....1150m 13:12.55 | | | | 1200m 13:47.76 |
|34.73.....34.89.....35.15.....35.26.....34.72.....35.49.....35.10 | | | | 35.21 |
|1250m 14:23.07.....1300m 14:58.53.....1350m 15:33.91.....1400m 16:09.25.....1450m 16:44.33.....1500m 17:17.24..... | | | | |
|35.31.....35.46.....35.38.....35.34.....35.08.....32.91..... | | | | |
| 8...Thomas Roberts..... | 13.....Calv Bing..... | 17:21.09..... | 573 | |
|50m 30.67.....100m 1:04.98.....150m 1:39.64.....200m 2:14.16.....250m 2:47.80.....300m 3:22.32.....350m 3:56.94 | | | | 400m 4:31.45 |
|30.67.....34.31.....34.66.....34.52.....33.64.....34.52.....34.62 | | | | 34.51 |
|450m 5:05.92.....500m 5:40.63.....550m 6:15.58.....600m 6:50.57.....650m 7:25.73.....700m 8:00.77.....750m 8:35.69 | | | | 800m 9:10.71 |
|34.47.....34.71.....34.95.....34.99.....35.16.....35.04.....34.92 | | | | 35.02 |
|850m 9:45.50.....900m 10:20.66.....950m 10:55.11.....1000m 11:30.31.....1050m 12:06.00.....1100m 12:41.29.....1150m 13:16.71 | | | | 1200m 13:51.68 |
|34.79.....35.16.....34.45.....35.20.....35.69.....35.29.....35.42 | | | | 34.97 |
|1250m 14:27.01.....1300m 15:02.16.....1350m 15:37.65.....1400m 16:12.61.....1450m 16:47.78.....1500m 17:21.09..... | | | | |
|35.33.....35.15.....35.49.....34.96.....35.17.....33.31..... | | | | |
| 9...Elliot Woodward..... | 14.....CarltonForum..... | 17:21.45..... | 572 | |
|50m 31.58.....100m 1:05.37.....150m 1:39.58.....200m 2:13.99.....250m 2:48.47.....300m 3:22.96.....350m 3:57.58 | | | | 400m 4:32.55 |
|31.58.....33.79.....34.21.....34.41.....34.48.....34.49.....34.62 | | | | 34.97 |
|450m 5:07.70.....500m 5:42.83.....550m 6:17.92.....600m 6:52.90.....650m 7:28.13.....700m 8:03.35.....750m 8:38.32 | | | | 800m 9:13.08 |
|35.15.....35.13.....35.09.....34.98.....35.23.....35.22.....34.97 | | | | 34.76 |
|850m 9:47.89.....900m 10:22.92.....950m 10:58.04.....1000m 11:33.28.....1050m 12:08.57.....1100m 12:43.68.....1150m 13:19.05 | | | | 1200m 13:54.16 |
|34.81.....35.03.....35.12.....35.24.....35.29.....35.11.....35.37 | | | | 35.11 |
|1250m 14:29.05.....1300m 15:03.89.....1350m 15:39.19.....1400m 16:14.16.....1450m 16:48.79.....1500m 17:21.45..... | | | | |
|34.89.....34.84.....35.30.....34.97.....34.63.....32.66..... | | | | |
| 10.Jorge Phenix-Coyne..... | 15.....Arnold..... | 17:22.78..... | 570 | |
|50m 28.29.....100m 59.27.....150m 1:31.44.....200m 2:03.80.....250m 2:36.69.....300m 3:09.51.....350m 3:42.33 | | | | 400m 4:14.77 |
|28.29.....30.98.....32.17.....32.36.....32.89.....32.82.....32.82 | | | | 32.44 |
|450m 5:31.03.....500m 6:07.98.....550m 6:45.18.....600m 7:21.21.....650m 7:57.35.....700m 8:33.47.....750m 9:45.02 | | | | 800m 10:20.53 |
|1:16.26.....36.95.....37.20.....36.03.....36.14.....36.12.....1:11.55 | | | | 35.51 |
|850m 10:56.49.....900m 11:32.01.....950m -.....1000m -.....1050m 12:07.82.....1100m 12:43.45.....1150m 13:19.58 | | | | 1200m 13:54.89 |
|35.96.....35.52.....-.....-.....35.81.....35.63.....36.13 | | | | 35.31 |
|1250m 14:29.85.....1300m 15:04.76.....1350m 15:40.19.....1400m 16:14.54.....1450m 16:49.49.....1500m 17:22.78..... | | | | |
|34.96.....34.91.....35.43.....34.35.....34.95.....33.29..... | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 6

| | | | | |
|---|----------------------------------|----------------------|------------|-------|
| 11..... Ethan Tindall..... | 14..... Mansfield..... | 17:23.49..... | 569 | |
| 50m 31.51..... 100m 1:05.67..... 150m 1:40.87..... 200m 2:15.91..... 250m 2:51.19..... 300m 3:26.37..... 350m 4:01.70..... 400m 4:36.99 | | | | |
| 31.51..... 34.16..... 35.20..... 35.04..... 35.28..... 35.18..... 35.33 | | | | 35.29 |
| 450m 5:12.42..... 500m 5:47.82..... 550m 6:22.93..... 600m 6:58.08..... 650m 7:32.99..... 700m 8:08.18..... 750m 8:43.42..... 800m - | | | | |
| 35.43..... 35.40..... 35.11..... 35.15..... 34.91..... 35.19..... 35.24 | | | | - |
| 850m -..... 900m -..... 950m -..... 1000m -..... 1050m -..... 1100m -..... 1150m -..... 1200m - | | | | |
| 1250m -..... 1300m 15:08.41..... 1350m 15:43.43..... 1400m 16:18.20..... 1450m 16:52.57..... 1500m 17:23.49..... | | | | |
| 6:24.99..... 35.02..... 34.77..... 34.37..... 30.92..... | | | | |
| 12..... Harry Martin..... | 13..... Calv Bing..... | 17:24.25..... | 568 | |
| 50m 31.83..... 100m 1:06.24..... 150m 1:41.34..... 200m 2:15.90..... 250m 2:50.76..... 300m 3:26.10..... 350m 4:01.56..... 400m 4:37.12 | | | | |
| 31.83..... 34.41..... 35.10..... 34.56..... 34.86..... 35.34..... 35.46 | | | | 35.56 |
| 450m 5:12.52..... 500m 5:47.36..... 550m 6:22.51..... 600m 6:57.38..... 650m 7:32.79..... 700m 8:08.17..... 750m 8:43.33..... 800m 9:18.91 | | | | |
| 35.40..... 34.84..... 35.15..... 34.87..... 35.41..... 35.38..... 35.16 | | | | 35.58 |
| 850m 9:53.99..... 900m 10:29.43..... 950m 11:04.39..... 1000m 11:39.22..... 1050m 12:14.16..... 1100m 12:49.20..... 1150m 13:23.77..... 1200m 13:58.78 | | | | |
| 35.08..... 35.44..... 34.96..... 34.83..... 34.94..... 35.04..... 34.57 | | | | 35.01 |
| 1250m 14:33.49..... 1300m 15:08.46..... 1350m 15:43.53..... 1400m 16:18.29..... 1450m 16:53.15..... 1500m 17:24.25..... | | | | |
| 34.71..... 34.97..... 35.07..... 34.76..... 34.86..... 31.10..... | | | | |
| 13..... Connor Allison..... | 14..... Worksop..... | 17:46.04..... | 533 | |
| 50m 31.25..... 100m 1:05.56..... 150m 1:40.26..... 200m 2:14.92..... 250m 2:49.77..... 300m 3:25.05..... 350m 4:00.22..... 400m 4:35.59 | | | | |
| 31.25..... 34.31..... 34.70..... 34.66..... 34.85..... 35.28..... 35.17 | | | | 35.37 |
| 450m 5:10.93..... 500m 5:46.34..... 550m 6:22.09..... 600m 6:57.65..... 650m 7:32.96..... 700m 8:08.44..... 750m 8:44.20..... 800m 9:20.05 | | | | |
| 35.34..... 35.41..... 35.75..... 35.56..... 35.31..... 35.48..... 35.76 | | | | 35.85 |
| 850m 9:55.86..... 900m 10:31.80..... 950m 11:08.08..... 1000m 11:43.77..... 1050m 12:19.69..... 1100m 12:55.46..... 1150m 13:31.57..... 1200m 14:07.49 | | | | |
| 35.81..... 35.94..... 36.28..... 35.69..... 35.92..... 35.77..... 36.11 | | | | 35.92 |
| 1250m 14:43.66..... 1300m 15:20.01..... 1350m 15:56.43..... 1400m 16:32.94..... 1450m 17:09.27..... 1500m 17:46.04..... | | | | |
| 36.17..... 36.35..... 36.42..... 36.51..... 36.33..... 36.77..... | | | | |
| 14..... Thomas Platt..... | 13..... NottmLeander..... | 17:47.41..... | 531 | |
| 50m 31.27..... 100m 1:05.71..... 150m 1:40.66..... 200m 2:15.83..... 250m 2:51.04..... 300m 3:26.56..... 350m 4:02.18..... 400m 4:38.14 | | | | |
| 31.27..... 34.44..... 34.95..... 35.17..... 35.21..... 35.52..... 35.62 | | | | 35.96 |
| 450m 5:13.82..... 500m 5:49.41..... 550m 6:25.12..... 600m 7:01.29..... 650m 7:37.48..... 700m 8:13.60..... 750m 8:49.58..... 800m 9:25.85 | | | | |
| 35.68..... 35.59..... 35.71..... 36.17..... 36.19..... 36.12..... 35.98 | | | | 36.27 |
| 850m 10:00.73..... 900m 10:36.59..... 950m 11:12.62..... 1000m 11:48.69..... 1050m 12:25.30..... 1100m 13:01.50..... 1150m 13:38.18..... 1200m 14:14.13 | | | | |
| 34.88..... 35.86..... 36.03..... 36.07..... 36.61..... 36.20..... 36.68 | | | | 35.95 |
| 1250m 14:51.07..... 1300m 15:27.52..... 1350m 16:03.99..... 1400m 16:39.00..... 1450m 17:14.66..... 1500m 17:47.41..... | | | | |
| 36.94..... 36.45..... 36.47..... 35.01..... 35.66..... 32.75..... | | | | |
| 15..... Mitchell Jordan..... | 15..... Arnold..... | 17:50.78..... | 526 | |
| 50m 29.67..... 100m 1:03.10..... 150m 1:37.04..... 200m 2:11.45..... 250m 2:45.79..... 300m 3:19.97..... 350m 3:54.52..... 400m 4:29.47 | | | | |
| 29.67..... 33.43..... 33.94..... 34.41..... 34.34..... 34.18..... 34.55 | | | | 34.95 |
| 450m 5:04.50..... 500m 5:40.23..... 550m 6:15.90..... 600m 6:52.42..... 650m 7:29.05..... 700m 8:03.35..... 750m 8:39.79..... 800m 9:16.87 | | | | |
| 35.03..... 35.73..... 35.67..... 36.52..... 36.63..... 34.30..... 36.44 | | | | 37.08 |
| 850m 9:53.25..... 900m 10:30.15..... 950m 11:06.81..... 1000m 11:43.71..... 1050m 12:20.41..... 1100m 12:57.40..... 1150m 13:34.54..... 1200m 14:11.82 | | | | |
| 36.38..... 36.90..... 36.66..... 36.90..... 36.70..... 36.99..... 37.14 | | | | 37.28 |
| 1250m 14:48.61..... 1300m 15:25.36..... 1350m 16:01.89..... 1400m 16:38.16..... 1450m 17:14.71..... 1500m 17:50.78..... | | | | |
| 36.79..... 36.75..... 36.27..... 36.27..... 36.55..... 36.07..... | | | | |
| 16..... Michael Shillito..... | 14..... Sherwood..... | 18:03.45..... | 508 | |
| 50m 32.77..... 100m 1:07.67..... 150m 1:43.38..... 200m 2:19.18..... 250m 2:54.78..... 300m 3:30.58..... 350m 4:06.91..... 400m 4:43.41 | | | | |
| 32.77..... 34.90..... 35.71..... 35.80..... 35.60..... 35.80..... 36.33 | | | | 36.50 |
| 450m 5:19.85..... 500m 5:56.25..... 550m 6:32.76..... 600m 7:08.92..... 650m 7:45.40..... 700m 8:22.12..... 750m 8:58.51..... 800m 9:35.37 | | | | |
| 36.44..... 36.40..... 36.51..... 36.16..... 36.48..... 36.72..... 36.39 | | | | 36.86 |
| 850m 10:11.76..... 900m 10:48.25..... 950m 11:24.84..... 1000m 12:01.20..... 1050m 12:38.02..... 1100m 13:13.97..... 1150m 13:50.48..... 1200m 14:27.33 | | | | |
| 36.39..... 36.49..... 36.59..... 36.36..... 36.82..... 35.95..... 36.51 | | | | 36.85 |
| 1250m 15:04.12..... 1300m 15:40.68..... 1350m 16:16.95..... 1400m 16:53.03..... 1450m 17:28.84..... 1500m 18:03.45..... | | | | |
| 36.79..... 36.56..... 36.27..... 36.08..... 35.81..... 34.61..... | | | | |
| 17..... Thomas Roberts..... | 13..... Sherwood..... | 18:22.12..... | 483 | |
| 50m 33.18..... 100m 1:09.30..... 150m 1:46.22..... 200m 2:22.64..... 250m 2:59.36..... 300m 4:13.18..... 350m 4:50.08..... 400m 5:26.92 | | | | |
| 33.18..... 36.12..... 36.92..... 36.42..... 36.72..... 1:13.82..... 36.90 | | | | 36.84 |
| 450m 6:03.43..... 500m 6:39.90..... 550m 7:16.69..... 600m 7:53.54..... 650m 8:30.61..... 700m 9:07.54..... 750m 9:44.15..... 800m 10:20.78 | | | | |
| 36.51..... 36.47..... 36.79..... 36.85..... 37.07..... 36.93..... 36.61 | | | | 36.63 |
| 850m 10:57.65..... 900m 11:34.67..... 950m 12:11.51..... 1000m 12:48.53..... 1050m 13:25.82..... 1100m 14:03.15..... 1150m 14:40.31..... 1200m 15:17.90 | | | | |
| 36.87..... 37.02..... 36.84..... 37.02..... 37.29..... 37.33..... 37.16 | | | | 37.59 |
| 1250m 15:55.44..... 1300m -..... 1350m -..... 1400m 17:11.19..... 1450m 17:48.29..... 1500m 18:22.12..... | | | | |
| 37.54..... -..... -..... 1:15.75..... 37.10..... 33.83..... | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 8

| | | | |
|---|-------------------------------|-----------------------|------------|
| 25. Dominic Hudson | 13. NottmLeander | 20:00.49 | 374 |
| 50m 33.54..... 100m 1:11.55..... 150m 1:51.18..... 200m 2:30.15..... 250m 3:09.31..... 300m 3:48.87..... 350m 4:28.27..... 400m 5:07.45 | | | |
| 33.54..... 38.01..... 39.63..... 38.97..... 39.16..... 39.56..... 39.40..... 39.18 | | | |
| 450m 5:47.49..... 500m 6:26.70..... 550m 7:06.13..... 600m 7:45.75..... 650m 8:25.86..... 700m 9:05.63..... 750m 9:46.01..... 800m 10:25.96 | | | |
| 40.04..... 39.21..... 39.43..... 39.62..... 40.11..... 39.77..... 40.38..... 39.95 | | | |
| 850m 11:06.42..... 900m 11:47.46..... 950m 12:28.33..... 1000m 13:09.48..... 1050m 13:50.92..... 1100m 14:32.54..... 1150m 15:13.58..... 1200m 15:54.36 | | | |
| 40.46..... 41.04..... 40.87..... 41.15..... 41.44..... 41.62..... 41.04..... 40.78 | | | |
| 1250m 16:35.95..... 1300m 17:16.67..... 1350m 17:58.58..... 1400m 18:40.41..... 1450m 19:20.98..... 1500m 20:00.49..... | | | |
| 41.59..... 40.72..... 41.91..... 41.83..... 40.57..... 39.51..... | | | |
| 26. Jack Smith | 13. Calv Bing | 21:09.77 | 316 |
| 50m 35.54..... 100m 1:15.81..... 150m 1:56.90..... 200m 2:38.05..... 250m 3:19.61..... 300m 4:02.11..... 350m 4:44.41..... 400m 5:26.64 | | | |
| 35.54..... 40.27..... 41.09..... 41.15..... 41.56..... 42.50..... 42.30..... 42.23 | | | |
| 450m 6:09.90..... 500m 6:52.27..... 550m 7:33.34..... 600m 8:16.33..... 650m 8:59.40..... 700m 9:42.18..... 750m 10:25.72..... 800m 11:09.81 | | | |
| 43.26..... 42.37..... 41.07..... 42.99..... 43.07..... 42.78..... 43.54..... 44.09 | | | |
| 850m 11:53.58..... 900m 12:37.74..... 950m 13:21.02..... 1000m 14:05.01..... 1050m 14:48.73..... 1100m 15:31.59..... 1150m 16:16.15..... 1200m 17:00.81 | | | |
| 43.77..... 44.16..... 43.28..... 43.99..... 43.72..... 42.86..... 44.56..... 44.66 | | | |
| 1250m 17:44.35..... 1300m 18:26.70..... 1350m 19:08.71..... 1400m 19:51.82..... 1450m 20:32.57..... 1500m 21:09.77..... | | | |
| 43.54..... 42.35..... 42.01..... 43.11..... 40.75..... 37.20..... | | | |

GIRLS 11 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---|------------------------------|----------------|---------------------------|-----------------------|------------|
| 1..... | Rosie Rudin | 11..... | Calv Bing | 18:14.31 | 646 |
| 50m 33.05..... 100m 1:09.00..... 150m 1:45.62..... 200m 2:22.31..... 250m 2:59.24..... 300m 3:35.82..... 350m 4:12.16..... 400m 4:49.23 | | | | | |
| 33.05..... 35.95..... 36.62..... 36.69..... 36.93..... 36.58..... 36.34..... 37.07 | | | | | |
| 450m 5:25.59..... 500m 6:01.95..... 550m 6:38.45..... 600m 7:15.57..... 650m 7:52.36..... 700m 8:28.99..... 750m 9:05.79..... 800m 9:42.65 | | | | | |
| 36.36..... 36.36..... 36.50..... 37.12..... 36.79..... 36.63..... 36.80..... 36.86 | | | | | |
| 850m 10:19.11..... 900m 10:55.55..... 950m 11:32.32..... 1000m 12:09.15..... 1050m 12:46.44..... 1100m 13:23.66..... 1150m 14:00.48..... 1200m 14:36.97 | | | | | |
| 36.46..... 36.44..... 36.77..... 36.83..... 37.29..... 37.22..... 36.82..... 36.49 | | | | | |
| 1250m 15:13.28..... 1300m 15:50.07..... 1350m 16:26.55..... 1400m 17:03.25..... 1450m 17:39.90..... 1500m 18:14.31..... | | | | | |
| 36.31..... 36.79..... 36.48..... 36.70..... 36.65..... 34.41..... | | | | | |
| 2..... | Mollie Wright | 11..... | Kimberley | 18:37.71 | 607 |
| 50m 33.86..... 100m 1:10.55..... 150m 1:47.94..... 200m 2:25.12..... 250m 3:02.74..... 300m 3:40.35..... 350m 4:17.69..... 400m 4:54.99 | | | | | |
| 33.86..... 36.69..... 37.39..... 37.18..... 37.62..... 37.61..... 37.34..... 37.30 | | | | | |
| 450m 5:32.01..... 500m 6:09.20..... 550m 6:46.69..... 600m 7:24.15..... 650m 8:01.39..... 700m 8:39.17..... 750m 9:16.82..... 800m 9:54.28 | | | | | |
| 37.02..... 37.19..... 37.49..... 37.46..... 37.24..... 37.78..... 37.65..... 37.46 | | | | | |
| 850m 10:31.60..... 900m 11:09.07..... 950m 11:46.55..... 1000m 12:24.17..... 1050m 13:01.78..... 1100m 13:39.51..... 1150m 14:17.09..... 1200m 14:54.60 | | | | | |
| 37.32..... 37.47..... 37.48..... 37.62..... 37.61..... 37.73..... 37.58..... 37.51 | | | | | |
| 1250m 15:31.98..... 1300m 16:09.60..... 1350m 16:47.17..... 1400m 17:24.81..... 1450m 18:01.92..... 1500m 18:37.71..... | | | | | |
| 37.38..... 37.62..... 37.57..... 37.64..... 37.11..... 35.79..... | | | | | |
| 3..... | Eden Michell | 11..... | CarltonForum | 20:29.46 | 456 |
| 50m 36.34..... 100m 1:15.62..... 150m 1:56.29..... 200m 2:36.71..... 250m 3:17.58..... 300m 3:58.36..... 350m 4:38.84..... 400m 5:19.93 | | | | | |
| 36.34..... 39.28..... 40.67..... 40.42..... 40.87..... 40.78..... 40.48..... 41.09 | | | | | |
| 450m 6:01.13..... 500m 6:42.20..... 550m 7:23.51..... 600m 8:04.08..... 650m 8:44.87..... 700m 9:25.81..... 750m 10:06.60..... 800m 10:48.40 | | | | | |
| 41.20..... 41.07..... 41.31..... 40.57..... 40.79..... 40.94..... 40.79..... 41.80 | | | | | |
| 850m 11:29.85..... 900m 12:11.37..... 950m 12:52.09..... 1000m 13:33.92..... 1050m 14:15.73..... 1100m 14:57.48..... 1150m 15:39.45..... 1200m 16:21.38 | | | | | |
| 41.45..... 41.52..... 40.72..... 41.83..... 41.81..... 41.75..... 41.97..... 41.93 | | | | | |
| 1250m 17:03.32..... 1300m 17:45.35..... 1350m 18:27.29..... 1400m 19:08.66..... 1450m 19:50.71..... 1500m 20:29.46..... | | | | | |
| 41.94..... 42.03..... 41.94..... 41.37..... 42.05..... 38.75..... | | | | | |
| 4..... | Lucy Rixham | 11..... | Workshop | 21:34.27 | 391 |
| 50m 37.79..... 100m 1:18.69..... 150m 2:00.24..... 200m 2:43.28..... 250m 3:26.20..... 300m 4:08.63..... 350m 4:51.58..... 400m 5:35.48 | | | | | |
| 37.79..... 40.90..... 41.55..... 43.04..... 42.92..... 42.43..... 42.95..... 43.90 | | | | | |
| 450m 6:18.49..... 500m 7:01.79..... 550m 7:46.06..... 600m 8:29.35..... 650m 9:14.16..... 700m 9:58.71..... 750m 10:42.68..... 800m 11:26.48 | | | | | |
| 43.01..... 43.30..... 44.27..... 43.29..... 44.81..... 44.55..... 43.97..... 43.80 | | | | | |
| 850m 12:09.86..... 900m 12:53.87..... 950m 13:38.73..... 1000m 14:22.93..... 1050m 15:06.59..... 1100m 15:52.50..... 1150m 16:35.81..... 1200m 17:20.08 | | | | | |
| 43.38..... 44.01..... 44.86..... 44.20..... 43.66..... 45.91..... 43.31..... 44.27 | | | | | |
| 1250m 18:03.35..... 1300m 18:46.96..... 1350m 19:30.59..... 1400m 20:13.27..... 1450m 20:55.69..... 1500m 21:34.27..... | | | | | |
| 43.27..... 43.61..... 43.63..... 42.68..... 42.42..... 38.58..... | | | | | |
| 5..... | Kelsie Campbell | 11..... | NottmLeander | 21:54.45 | 373 |
| 50m 35.82..... 100m 1:14.07..... 150m 1:53.01..... 200m 2:31.73..... 250m 3:10.15..... 300m 3:49.23..... 350m 4:28.97..... 400m 5:08.91 | | | | | |
| 35.82..... 38.25..... 38.94..... 38.72..... 38.42..... 39.08..... 39.74..... 39.94 | | | | | |
| 450m 5:50.88..... 500m 6:31.76..... 550m 7:14.46..... 600m 7:56.55..... 650m 8:45.45..... 700m 9:26.67..... 750m 10:04.18..... 800m 10:46.14 | | | | | |
| 41.97..... 40.88..... 42.70..... 42.09..... 48.90..... 41.22..... 37.51..... 41.96 | | | | | |
| 850m 11:30.61..... 900m 12:17.13..... 950m 13:07.95..... 1000m 13:58.04..... 1050m 14:46.95..... 1100m 15:36.58..... 1150m 16:24.21..... 1200m 17:08.94 | | | | | |
| 44.47..... 46.52..... 50.82..... 50.09..... 48.91..... 49.63..... 47.63..... 44.73 | | | | | |
| 1250m 17:55.79..... 1300m 18:41.71..... 1350m 19:29.50..... 1400m 20:17.75..... 1450m 21:06.41..... 1500m 21:54.45..... | | | | | |
| 46.85..... 45.92..... 47.79..... 48.25..... 48.66..... 48.04..... | | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 9

| | |
|---|--|
| 6.....Lauren Quinn..... 11..... Sutton..... 22:10.54.....360 | |
| 50m 38.61..... 100m 1:20.46..... 150m 2:03.90..... 200m 2:48.08..... 250m 3:32.42..... 300m 4:17.06..... 350m 5:02.12..... 400m 5:47.19 | |
| 38.61..... 41.85..... 43.44..... 44.18..... 44.34..... 44.64..... 45.06..... 45.07 | |
| 450m 6:32.90..... 500m 7:17.91..... 550m 8:03.05..... 600m 8:47.48..... 650m 9:33.01..... 700m 10:18.11..... 750m 11:02.79..... 800m 11:48.36 | |
| 45.71..... 45.01..... 45.14..... 44.43..... 45.53..... 45.10..... 44.68..... 45.57 | |
| 850m 12:33.54..... 900m 13:18.45..... 950m 14:03.93..... 1000m 14:49.04..... 1050m 15:33.80..... 1100m 16:18.17..... 1150m 17:02.51..... 1200m 17:46.66 | |
| 45.18..... 44.91..... 45.48..... 45.11..... 44.76..... 44.37..... 44.34..... 44.15 | |
| 1250m 18:30.84..... 1300m 19:15.34..... 1350m 19:59.91..... 1400m 20:45.07..... 1450m 21:28.34..... 1500m 22:10.54..... | |
| 44.18..... 44.50..... 44.57..... 45.16..... 43.27..... 42.20..... | |
| 7..... Emily Waldram..... 11..... Falcon Nttm..... 22:54.79.....326 | |
| 50m 40.18..... 100m 1:24.47..... 150m 2:10.50..... 200m 2:56.44..... 250m 3:41.29..... 300m 4:27.17..... 350m 5:13.02..... 400m 5:58.81 | |
| 40.18..... 44.29..... 46.03..... 45.94..... 44.85..... 45.88..... 45.85..... 45.79 | |
| 450m 6:44.59..... 500m 7:30.39..... 550m 8:17.22..... 600m -..... 650m 9:51.09..... 700m 10:38.16..... 750m 11:25.24..... 800m 12:12.23 | |
| 45.78..... 45.80..... 46.83..... -..... 1:33.87..... 47.07..... 47.08..... 46.99 | |
| 850m 12:59.65..... 900m 13:46.99..... 950m -..... 1000m 15:19.70..... 1050m 16:06.81..... 1100m 16:52.11..... 1150m 17:38.30..... 1200m 18:24.95 | |
| 47.42..... 47.34..... -..... 1:32.71..... 47.11..... 45.30..... 46.19..... 46.65 | |
| 1250m 19:11.10..... 1300m 19:56.66..... 1350m 21:29.04..... 1400m 22:14.18..... 1450m -..... 1500m 22:54.79..... | |
| 46.15..... 45.56..... 1:32.38..... 45.14..... -..... 40.61..... | |

GIRLS 12 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---|-----------------------------|----------------|--------------------------|----------------------|------------|
| 1..... | Emma Lowry..... | 12..... | NottmLeander..... | 18:31.92..... | 616 |
| 50m 33.44..... 100m 1:09.73..... 150m 1:46.38..... 200m 2:22.97..... 250m 3:00.02..... 300m 3:37.19..... 350m 4:14.19..... 400m 4:51.40 | | | | | |
| 33.44..... 36.29..... 36.65..... 36.59..... 37.05..... 37.17..... 37.00..... 37.21 | | | | | |
| 450m 5:28.67..... 500m 6:06.25..... 550m 6:43.18..... 600m 7:20.44..... 650m 7:57.73..... 700m 8:35.04..... 750m 9:12.09..... 800m 9:49.47 | | | | | |
| 37.27..... 37.58..... 36.93..... 37.26..... 37.29..... 37.31..... 37.05..... 37.38 | | | | | |
| 850m 10:26.97..... 900m 11:04.29..... 950m 11:41.52..... 1000m 12:19.37..... 1050m 12:56.74..... 1100m 13:34.02..... 1150m 14:11.25..... 1200m 14:48.84 | | | | | |
| 37.50..... 37.32..... 37.23..... 37.85..... 37.37..... 37.28..... 37.23..... 37.59 | | | | | |
| 1250m 15:26.14..... 1300m 16:04.17..... 1350m 16:41.47..... 1400m 17:18.88..... 1450m 17:56.34..... 1500m 18:31.92..... | | | | | |
| 37.30..... 38.03..... 37.30..... 37.41..... 37.46..... 35.58..... | | | | | |
| 2..... | Danielle Binks..... | 12..... | NottmLeander..... | 18:35.92..... | 610 |
| 50m 34.53..... 100m 1:11.56..... 150m 1:49.31..... 200m 2:26.94..... 250m 3:04.45..... 300m 3:42.00..... 350m 4:19.93..... 400m 4:57.47 | | | | | |
| 34.53..... 37.03..... 37.75..... 37.63..... 37.51..... 37.55..... 37.93..... 37.54 | | | | | |
| 450m 5:34.50..... 500m 6:11.86..... 550m 6:49.20..... 600m 7:26.43..... 650m 8:03.75..... 700m 8:41.10..... 750m 9:18.63..... 800m 9:55.91 | | | | | |
| 37.03..... 37.36..... 37.34..... 37.23..... 37.32..... 37.35..... 37.53..... 37.28 | | | | | |
| 850m 10:33.27..... 900m 11:10.53..... 950m 11:47.91..... 1000m 12:25.14..... 1050m 13:02.43..... 1100m 13:39.91..... 1150m 14:17.19..... 1200m 14:54.31 | | | | | |
| 37.36..... 37.26..... 37.38..... 37.23..... 37.29..... 37.48..... 37.28..... 37.12 | | | | | |
| 1250m 15:31.58..... 1300m 16:08.61..... 1350m 16:45.80..... 1400m 17:23.04..... 1450m 18:00.27..... 1500m 18:35.92..... | | | | | |
| 37.27..... 37.03..... 37.19..... 37.24..... 37.23..... 35.65..... | | | | | |
| 3..... | Shannon Brown..... | 12..... | Sherwood..... | 18:41.98..... | 600 |
| 50m 33.31..... 100m 1:10.05..... 150m 1:47.52..... 200m 2:25.16..... 250m 3:02.65..... 300m 3:40.11..... 350m 4:17.77..... 400m 4:55.54 | | | | | |
| 33.31..... 36.74..... 37.47..... 37.64..... 37.49..... 37.46..... 37.66..... 37.77 | | | | | |
| 450m 5:33.18..... 500m 6:10.46..... 550m 6:47.97..... 600m 7:25.67..... 650m 8:03.39..... 700m 8:41.13..... 750m 9:18.89..... 800m 9:56.61 | | | | | |
| 37.64..... 37.28..... 37.51..... 37.70..... 37.72..... 37.74..... 37.76..... 37.72 | | | | | |
| 850m 10:34.60..... 900m 11:12.13..... 950m 11:49.91..... 1000m 12:27.41..... 1050m 13:05.34..... 1100m 13:43.16..... 1150m 14:21.11..... 1200m 14:58.79 | | | | | |
| 37.99..... 37.53..... 37.78..... 37.50..... 37.93..... 37.82..... 37.95..... 37.68 | | | | | |
| 1250m 15:36.73..... 1300m 16:14.21..... 1350m 16:51.63..... 1400m 17:29.74..... 1450m 18:06.11..... 1500m 18:41.98..... | | | | | |
| 37.94..... 37.48..... 37.42..... 38.11..... 36.37..... 35.87..... | | | | | |
| 4..... | Megan Geoghegan..... | 12..... | Calv Bing..... | 18:51.05..... | 585 |
| 50m 34.09..... 100m 1:11.82..... 150m 1:50.15..... 200m 2:27.75..... 250m 3:05.46..... 300m 3:42.80..... 350m 4:20.88..... 400m 4:58.96 | | | | | |
| 34.09..... 37.73..... 38.33..... 37.60..... 37.71..... 37.34..... 38.08..... 38.08 | | | | | |
| 450m 5:36.48..... 500m 6:14.29..... 550m 6:51.99..... 600m 7:30.01..... 650m 8:07.95..... 700m 8:45.99..... 750m 9:24.04..... 800m 10:02.34 | | | | | |
| 37.52..... 37.81..... 37.70..... 38.02..... 37.94..... 38.04..... 38.05..... 38.30 | | | | | |
| 850m 10:40.21..... 900m 11:18.39..... 950m 11:56.88..... 1000m 12:34.96..... 1050m 13:12.69..... 1100m 13:50.47..... 1150m 14:28.71..... 1200m 15:06.97 | | | | | |
| 37.87..... 38.18..... 38.49..... 38.08..... 37.73..... 37.78..... 38.24..... 38.26 | | | | | |
| 1250m 15:44.59..... 1300m 16:22.29..... 1350m 17:00.06..... 1400m 17:37.78..... 1450m 18:15.73..... 1500m 18:51.05..... | | | | | |
| 37.62..... 37.70..... 37.77..... 37.72..... 37.95..... 35.32..... | | | | | |
| 5..... | Danielle Cherry..... | 12..... | Calv Bing..... | 19:09.48..... | 558 |
| 50m 35.73..... 100m 1:13.78..... 150m 1:53.09..... 200m 2:31.13..... 250m 3:09.64..... 300m 3:48.16..... 350m 4:26.52..... 400m 5:05.08 | | | | | |
| 35.73..... 38.05..... 39.31..... 38.04..... 38.51..... 38.52..... 38.36..... 38.56 | | | | | |
| 450m 5:42.84..... 500m 6:20.95..... 550m 6:59.15..... 600m 7:37.12..... 650m 8:15.73..... 700m 8:54.51..... 750m 9:32.70..... 800m 10:10.97 | | | | | |
| 37.76..... 38.11..... 38.20..... 37.97..... 38.61..... 38.78..... 38.19..... 38.27 | | | | | |
| 850m 10:48.85..... 900m 11:26.85..... 950m 12:05.26..... 1000m 12:43.97..... 1050m 13:22.58..... 1100m 14:01.32..... 1150m 14:39.69..... 1200m 15:18.11 | | | | | |
| 37.88..... 38.00..... 38.41..... 38.71..... 38.61..... 38.74..... 38.37..... 38.42 | | | | | |
| 1250m 15:56.81..... 1300m 16:35.63..... 1350m 17:14.45..... 1400m 17:53.22..... 1450m 18:31.72..... 1500m 19:09.48..... | | | | | |
| 38.70..... 38.82..... 38.82..... 38.77..... 38.50..... 37.76..... | | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 10

| | | | |
|--|-----------------------------|-----------------------|----------------|
| 6...Charlotte Lomas | 12.....Radford | 19:29.50 | 530 |
|50m 35.55.....100m 1:13.83.....150m 1:52.56.....200m 2:30.46.....250m 3:09.00.....300m 3:47.14.....350m 4:25.64 | | | 400m 5:04.47 |
|35.55.....38.28.....38.73.....37.90.....38.54.....38.14.....38.50 | | | 38.83 |
|450m 5:43.11.....500m 6:22.28.....550m 7:01.11.....600m 7:39.81.....650m 8:18.95.....700m 8:58.07.....750m 9:37.38 | | | 800m 10:16.59 |
|38.64.....39.17.....38.83.....38.70.....39.14.....39.12.....39.31 | | | 39.21 |
|850m 10:55.84.....900m 11:35.31.....950m 12:14.76.....1000m 12:54.13.....1050m 13:33.70.....1100m 14:13.19.....1150m 14:52.96 | | | 1200m 15:32.82 |
|39.25.....39.47.....39.45.....39.37.....39.57.....39.49.....39.77 | | | 39.86 |
|1250m 16:12.44.....1300m 16:52.35.....1350m 17:32.23.....1400m 18:12.04.....1450m 18:51.35.....1500m 19:29.50..... | | | |
|39.62.....39.91.....39.88.....39.81.....39.31.....38.15..... | | | |
| 7.....Hannah Clay | 12.....Radford | 20:14.08 | 473 |
|50m 36.02.....100m 1:15.78.....150m 1:56.16.....200m 2:36.71.....250m 3:17.60.....300m 3:58.37.....350m 4:39.88 | | | 400m 5:21.17 |
|36.02.....39.76.....40.38.....40.55.....40.89.....40.77.....41.51 | | | 41.29 |
|450m 6:02.00.....500m 6:42.41.....550m 7:22.98.....600m 8:04.34.....650m 8:44.63.....700m 9:25.96.....750m 10:06.07 | | | 800m 10:46.51 |
|40.83.....40.41.....40.57.....41.36.....40.29.....41.33.....40.11 | | | 40.44 |
|850m 11:27.35.....900m 12:07.93.....950m 12:49.34.....1000m 13:30.31.....1050m 14:09.58.....1100m 14:49.67.....1150m 15:29.60 | | | 1200m 16:10.68 |
|40.84.....40.58.....41.41.....40.97.....39.27.....40.09.....39.93 | | | 41.08 |
|1250m 16:52.54.....1300m 17:33.88.....1350m 18:14.60.....1400m 18:55.73.....1450m 19:35.66.....1500m 20:14.08..... | | | |
|41.86.....41.34.....40.72.....41.13.....39.93.....38.42..... | | | |

GIRLS 13 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---------------|--|----------------|------------------------|-----------------------|----------------|
| 1..... | Poppy Rudin | 13..... | Calv Bing | 17:41.39 | 708 |
| |50m 31.87.....100m 1:05.97.....150m 1:41.04.....200m 2:15.58.....250m 2:50.58.....300m 3:25.28.....350m 4:00.08 | | | | 400m 4:35.29 |
| |31.87.....34.10.....35.07.....34.54.....35.00.....34.70.....34.80 | | | | 35.21 |
| |450m 5:10.18.....500m 5:46.20.....550m 6:21.73.....600m 6:57.05.....650m 7:32.95.....700m 8:09.00.....750m 8:44.79 | | | | 800m 9:20.85 |
| |34.89.....36.02.....35.53.....35.32.....35.90.....36.05.....35.79 | | | | 36.06 |
| |850m 9:56.70.....900m 10:32.25.....950m 11:08.00.....1000m 11:43.23.....1050m 12:18.48.....1100m 12:54.66.....1150m 13:31.11 | | | | 1200m 14:07.33 |
| |35.85.....35.55.....35.75.....35.23.....35.25.....36.18.....36.45 | | | | 36.22 |
| |1250m 14:43.40.....1300m 15:19.71.....1350m 15:55.39.....1400m 16:30.99.....1450m 17:06.32.....1500m 17:41.39..... | | | | |
| |36.07.....36.31.....35.68.....35.60.....35.33.....35.07..... | | | | |
| 2..... | Amber Keegan | 13..... | Calv Bing | 18:00.49 | 671 |
| |50m 32.64.....100m 1:08.21.....150m 1:43.94.....200m 2:19.27.....250m 2:54.86.....300m 3:30.69.....350m 4:06.67 | | | | 400m 4:43.06 |
| |32.64.....35.57.....35.73.....35.33.....35.59.....35.83.....35.98 | | | | 36.39 |
| |450m 5:19.19.....500m 5:56.69.....550m 6:33.27.....600m 7:10.14.....650m 7:46.83.....700m 8:23.27.....750m 8:59.39 | | | | 800m 9:36.09 |
| |36.13.....37.50.....36.58.....36.87.....36.69.....36.44.....36.12 | | | | 36.70 |
| |850m 10:13.06.....900m 10:49.39.....950m 11:25.59.....1000m 12:01.71.....1050m 12:38.18.....1100m 13:14.03.....1150m 13:49.77 | | | | 1200m 14:25.71 |
| |36.97.....36.33.....36.20.....36.12.....36.47.....35.85.....35.74 | | | | 35.94 |
| |1250m 15:01.68.....1300m 15:38.86.....1350m 16:14.68.....1400m 16:49.73.....1450m 17:25.04.....1500m 18:00.49..... | | | | |
| |35.97.....37.18.....35.82.....35.05.....35.31.....35.45..... | | | | |
| 3..... | Hannah Meek | 13..... | Calv Bing | 18:02.07 | 669 |
| |50m 32.34.....100m 1:08.52.....150m 1:44.58.....200m 2:20.37.....250m 2:56.31.....300m 3:32.29.....350m 4:08.33 | | | | 400m 4:44.33 |
| |32.34.....36.18.....36.06.....35.79.....35.94.....35.98.....36.04 | | | | 36.00 |
| |450m 5:20.30.....500m 5:56.43.....550m 6:32.44.....600m 7:08.48.....650m 7:44.64.....700m 8:20.82.....750m 8:57.14 | | | | 800m 9:33.45 |
| |35.97.....36.13.....36.01.....36.04.....36.16.....36.18.....36.32 | | | | 36.31 |
| |850m 10:09.65.....900m 10:46.23.....950m 11:22.47.....1000m 11:58.88.....1050m 12:35.38.....1100m 13:11.73.....1150m 13:48.35 | | | | 1200m 14:24.69 |
| |36.20.....36.58.....36.24.....36.41.....36.50.....36.35.....36.62 | | | | 36.34 |
| |1250m 15:01.13.....1300m 15:37.76.....1350m 16:14.17.....1400m 16:51.02.....1450m 17:27.37.....1500m 18:02.07..... | | | | |
| |36.44.....36.63.....36.41.....36.85.....36.35.....34.70..... | | | | |
| 4..... | Elizabeth Davies | 13..... | Retford | 18:28.60 | 622 |
| |50m 33.19.....100m 1:09.34.....150m 1:45.98.....200m 2:22.39.....250m 2:58.98.....300m 3:36.11.....350m 4:12.93 | | | | 400m 4:49.90 |
| |33.19.....36.15.....36.64.....36.41.....36.59.....37.13.....36.82 | | | | 36.97 |
| |450m 5:26.61.....500m 6:04.02.....550m 6:40.92.....600m 7:17.91.....650m 7:55.14.....700m 8:32.28.....750m 9:09.59 | | | | 800m 9:46.92 |
| |36.71.....37.41.....36.90.....36.99.....37.23.....37.14.....37.31 | | | | 37.33 |
| |850m 10:24.66.....900m 11:02.14.....950m 11:39.93.....1000m 12:16.75.....1050m 12:54.37.....1100m 13:31.92.....1150m 14:08.88 | | | | 1200m 14:46.50 |
| |37.74.....37.48.....37.79.....36.82.....37.62.....37.55.....36.96 | | | | 37.62 |
| |1250m 15:23.24.....1300m 16:00.71.....1350m 16:37.51.....1400m 17:14.63.....1450m 17:51.79.....1500m 18:28.60..... | | | | |
| |36.74.....37.47.....36.80.....37.12.....37.16.....36.81..... | | | | |
| 5..... | Regan Jordan | 13..... | Arnold | 18:30.58 | 618 |
| |50m 34.07.....100m 1:10.20.....150m 1:47.43.....200m 2:24.83.....250m 3:02.23.....300m 3:39.69.....350m 4:17.09 | | | | 400m 4:54.67 |
| |34.07.....36.13.....37.23.....37.40.....37.40.....37.46.....37.40 | | | | 37.58 |
| |450m 5:31.71.....500m 6:08.51.....550m 6:46.10.....600m 7:23.10.....650m 8:00.34.....700m 8:37.49.....750m 9:14.78 | | | | 800m 9:52.00 |
| |37.04.....36.80.....37.59.....37.00.....37.24.....37.15.....37.29 | | | | 37.22 |
| |850m 10:29.21.....900m 11:06.39.....950m 11:43.48.....1000m 12:20.71.....1050m 12:57.54.....1100m 13:34.62.....1150m 14:11.62 | | | | 1200m 14:49.06 |
| |37.21.....37.18.....37.09.....37.23.....36.83.....37.08.....37.00 | | | | 37.44 |
| |1250m 15:26.52.....1300m 16:03.58.....1350m 16:40.45.....1400m 17:17.85.....1450m 17:54.45.....1500m 18:30.58..... | | | | |
| |37.46.....37.06.....36.87.....37.40.....36.60.....36.13..... | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 11

| | |
|---|--|
| 6.....Kerris Palmer..... 13..... Mansfield..... 18:45.97.....593 | |
| 50m 33.82..... 100m 1:10.34..... 150m 1:47.77..... 200m 2:24.99..... 250m 3:02.26..... 300m 3:39.87..... 350m 4:17.17..... 400m 4:54.67 | |
| 33.82..... 36.52..... 37.43..... 37.22..... 37.27..... 37.61..... 37.30..... 37.50 | |
| 450m 5:31.20..... 500m 6:08.51..... 550m 6:45.43..... 600m 7:22.47..... 650m 8:00.10..... 700m 8:37.35..... 750m 9:14.78..... 800m 9:52.12 | |
| 36.53..... 37.31..... 36.92..... 37.04..... 37.63..... 37.25..... 37.43..... 37.34 | |
| 850m 10:30.10..... 900m 11:07.97..... 950m 11:45.94..... 1000m 12:23.54..... 1050m 13:01.73..... 1100m 13:39.77..... 1150m 14:17.34..... 1200m 14:55.95 | |
| 37.98..... 37.87..... 37.97..... 37.60..... 38.19..... 38.04..... 37.57..... 38.61 | |
| 1250m 15:34.20..... 1300m 16:13.12..... 1350m 16:51.51..... 1400m 17:30.67..... 1450m 18:09.68..... 1500m 18:45.97..... | |
| 38.25..... 38.92..... 38.39..... 39.16..... 39.01..... 36.29..... | |
| 7..... Heidi Gregory..... 13..... Sherwood..... 18:56.95.....576 | |
| 50m 33.14..... 100m 1:09.28..... 150m 1:46.00..... 200m 2:22.79..... 250m 3:00.11..... 300m 3:37.69..... 350m 4:15.53..... 400m 4:53.55 | |
| 33.14..... 36.14..... 36.72..... 36.79..... 37.32..... 37.58..... 37.84..... 38.02 | |
| 450m 5:31.42..... 500m 6:09.85..... 550m 6:47.96..... 600m 7:25.82..... 650m 8:04.26..... 700m 8:42.75..... 750m 9:21.18..... 800m 9:59.63 | |
| 37.87..... 38.43..... 38.11..... 37.86..... 38.44..... 38.49..... 38.43..... 38.45 | |
| 850m 10:37.95..... 900m 11:16.37..... 950m 11:54.96..... 1000m 12:33.61..... 1050m 13:12.64..... 1100m 13:51.51..... 1150m 14:29.77..... 1200m 15:08.21 | |
| 38.32..... 38.42..... 38.59..... 38.65..... 39.03..... 38.87..... 38.26..... 38.44 | |
| 1250m 15:46.70..... 1300m 16:25.22..... 1350m 17:03.70..... 1400m 17:42.17..... 1450m 18:20.33..... 1500m 18:56.95..... | |
| 38.49..... 38.52..... 38.48..... 38.47..... 38.16..... 36.62..... | |
| 8..... Jessica Moore..... 13..... NottmLeander..... 19:03.51.....566 | |
| 50m 32.26..... 100m 1:08.01..... 150m 1:45.95..... 200m 2:24.23..... 250m 3:02.49..... 300m 3:40.23..... 350m 4:18.91..... 400m 4:57.41 | |
| 32.26..... 35.75..... 37.94..... 38.28..... 38.26..... 37.74..... 38.68..... 38.50 | |
| 450m 5:36.38..... 500m 6:14.87..... 550m 6:53.71..... 600m 7:32.01..... 650m 8:11.01..... 700m 8:50.26..... 750m 9:29.07..... 800m 10:07.92 | |
| 38.97..... 38.49..... 38.84..... 38.30..... 39.00..... 39.25..... 38.81..... 38.85 | |
| 850m 10:44.67..... 900m 11:23.83..... 950m 12:02.45..... 1000m 12:41.19..... 1050m 13:20.64..... 1100m 13:59.39..... 1150m 14:36.15..... 1200m 15:15.07 | |
| 36.75..... 39.16..... 38.62..... 38.74..... 39.45..... 38.75..... 36.76..... 38.92 | |
| 1250m 15:54.36..... 1300m 16:33.37..... 1350m 17:11.55..... 1400m 17:51.13..... 1450m 18:28.84..... 1500m 19:03.51..... | |
| 39.29..... 39.01..... 38.18..... 39.58..... 37.71..... 34.67..... | |
| 9..... Abby Walton..... 13..... Arnold..... 19:16.68.....547 | |
| 50m 33.38..... 100m 1:09.62..... 150m 1:46.29..... 200m 2:23.47..... 250m 3:00.53..... 300m 3:37.81..... 350m 4:15.19..... 400m 4:53.10 | |
| 33.38..... 36.24..... 36.67..... 37.18..... 37.06..... 37.28..... 37.38..... 37.91 | |
| 450m 5:31.09..... 500m 6:09.18..... 550m 6:47.31..... 600m 7:25.96..... 650m 8:04.98..... 700m 8:43.73..... 750m 9:22.89..... 800m 10:02.36 | |
| 37.99..... 38.09..... 38.13..... 38.65..... 39.02..... 38.75..... 39.16..... 39.47 | |
| 850m 10:41.79..... 900m 11:21.09..... 950m 12:00.62..... 1000m 12:40.35..... 1050m 13:20.05..... 1100m 13:59.67..... 1150m 14:39.61..... 1200m 15:19.50 | |
| 39.43..... 39.30..... 39.53..... 39.73..... 39.70..... 39.62..... 39.94..... 39.89 | |
| 1250m 15:59.41..... 1300m 16:39.43..... 1350m 17:19.09..... 1400m 17:58.89..... 1450m 18:38.16..... 1500m 19:16.68..... | |
| 39.91..... 40.02..... 39.66..... 39.80..... 39.27..... 38.52..... | |
| 10..... Esme Fairhurst..... 13..... Calv Bing..... 20:34.52.....450 | |
| 50m 35.14..... 100m 1:13.68..... 150m 1:53.31..... 200m 2:33.78..... 250m 3:14.95..... 300m 3:55.94..... 350m 4:36.77..... 400m 5:18.31 | |
| 35.14..... 38.54..... 39.63..... 40.47..... 41.17..... 40.99..... 40.83..... 41.54 | |
| 450m 6:00.53..... 500m 6:42.65..... 550m 7:24.07..... 600m 8:05.62..... 650m 8:47.53..... 700m 9:29.14..... 750m 10:11.29..... 800m 10:53.04 | |
| 42.22..... 42.12..... 41.42..... 41.55..... 41.91..... 41.61..... 42.15..... 41.75 | |
| 850m 11:34.62..... 900m 12:16.23..... 950m 12:57.59..... 1000m 13:39.26..... 1050m 14:21.47..... 1100m 15:03.55..... 1150m 15:44.97..... 1200m 16:27.10 | |
| 41.58..... 41.61..... 41.36..... 41.67..... 42.21..... 42.08..... 41.42..... 42.13 | |
| 1250m 17:09.71..... 1300m 17:51.10..... 1350m 18:33.09..... 1400m 19:14.94..... 1450m 19:56.44..... 1500m 20:34.52..... | |
| 42.61..... 41.39..... 41.99..... 41.85..... 41.50..... 38.08..... | |

GIRLS 14 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|--|---------------------------|----------------|--------------------------|----------------------|------------|
| 1..... | Francesca Hay..... | 14..... | NottmLeander..... | 17:10.37..... | 774 |
| 50m 31.56..... 100m 1:05.26..... 150m 1:39.52..... 200m 2:13.78..... 250m 2:48.24..... 300m 3:22.07..... 350m 3:56.24..... 400m 4:30.54 | | | | | |
| 31.56..... 33.70..... 34.26..... 34.26..... 34.46..... 33.83..... 34.17..... 34.30 | | | | | |
| 450m 5:04.81..... 500m 5:39.26..... 550m 6:13.72..... 600m 6:48.20..... 650m 7:22.82..... 700m 7:57.19..... 750m 8:31.82..... 800m 9:06.21 | | | | | |
| 34.27..... 34.45..... 34.46..... 34.48..... 34.62..... 34.37..... 34.63..... 34.39 | | | | | |
| 850m 9:40.83..... 900m 10:15.41..... 950m 10:50.15..... 1000m 11:24.77..... 1050m 11:59.26..... 1100m 12:33.97..... 1150m 13:08.66..... 1200m 13:43.26 | | | | | |
| 34.62..... 34.58..... 34.74..... 34.62..... 34.49..... 34.71..... 34.69..... 34.60 | | | | | |
| 1250m 14:17.90..... 1300m 14:52.65..... 1350m 15:27.51..... 1400m 16:02.30..... 1450m 16:37.12..... 1500m 17:10.37..... | | | | | |
| 34.64..... 34.75..... 34.86..... 34.79..... 34.82..... 33.25..... | | | | | |
| 2..... | Faye Henesy..... | 14..... | Calv Bing..... | 17:46.36..... | 699 |
| 50m 31.86..... 100m 1:05.83..... 150m 1:40.48..... 200m 2:15.34..... 250m 2:50.39..... 300m 3:25.42..... 350m 4:00.42..... 400m 4:35.82 | | | | | |
| 31.86..... 33.97..... 34.65..... 34.86..... 35.05..... 35.03..... 35.00..... 35.40 | | | | | |
| 450m 5:11.25..... 500m 5:46.88..... 550m 6:22.49..... 600m 6:58.20..... 650m 7:34.06..... 700m 8:09.93..... 750m 8:45.71..... 800m 9:21.35 | | | | | |
| 35.43..... 35.63..... 35.61..... 35.71..... 35.86..... 35.87..... 35.78..... 35.64 | | | | | |
| 850m 9:57.01..... 900m 10:32.62..... 950m 11:08.10..... 1000m 11:43.77..... 1050m 12:19.85..... 1100m 12:56.26..... 1150m 13:32.41..... 1200m 14:08.52 | | | | | |
| 35.66..... 35.61..... 35.48..... 35.67..... 36.08..... 36.41..... 36.15..... 36.11 | | | | | |
| 1250m 14:44.64..... 1300m 15:20.50..... 1350m 15:56.69..... 1400m 16:33.38..... 1450m 17:10.07..... 1500m 17:46.36..... | | | | | |
| 36.12..... 35.86..... 36.19..... 36.69..... 36.69..... 36.29..... | | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 12

| | | | | |
|---|--------------------------------|----------------------|------------|----------------|
| 3.....Megan Berridge..... | 14..... Worksop | 17:52.28..... | 687 | |
| 50m 32.81..... 100m 1:07.95..... 150m 1:43.63..... 200m 2:19.17..... 250m 2:54.87..... 300m 3:30.75..... 350m 4:06.29 | | | | 400m 4:42.30 |
| 32.81..... 35.14..... 35.68..... 35.54..... 35.70..... 35.88..... 35.54 | | | | 36.01 |
| 450m 5:17.90..... 500m 5:53.75..... 550m 6:29.60..... 600m 7:05.61..... 650m 7:41.44..... 700m 8:17.43..... 750m 8:53.38 | | | | 800m 9:28.89 |
| 35.60..... 35.85..... 35.85..... 36.01..... 35.83..... 35.99..... 35.95 | | | | 35.51 |
| 850m 10:04.54..... 900m 10:40.35..... 950m 11:16.29..... 1000m 11:52.40..... 1050m 12:28.48..... 1100m 13:04.65..... 1150m 13:40.56 | | | | 1200m 14:17.15 |
| 35.65..... 35.81..... 35.94..... 36.11..... 36.08..... 36.17..... 35.91 | | | | 36.59 |
| 1250m 14:53.82..... 1300m 15:30.24..... 1350m 16:06.64..... 1400m 16:42.15..... 1450m 17:17.92..... 1500m 17:52.28..... | | | | |
| 36.67..... 36.42..... 36.40..... 35.51..... 35.77..... 34.36..... | | | | |
| 4..... Lauren Gill..... | 14..... Kimberley | 18:27.25..... | 624 | |
| 50m 32.69..... 100m 1:08.39..... 150m 1:44.53..... 200m 2:20.60..... 250m 2:57.50..... 300m 3:33.91..... 350m 4:10.59 | | | | 400m 4:47.24 |
| 32.69..... 35.70..... 36.14..... 36.07..... 36.90..... 36.41..... 36.68 | | | | 36.65 |
| 450m 5:24.51..... 500m 6:01.38..... 550m 6:39.39..... 600m 7:16.15..... 650m 7:53.73..... 700m 8:31.33..... 750m 9:08.86 | | | | 800m 9:45.97 |
| 37.27..... 36.87..... 38.01..... 36.76..... 37.58..... 37.60..... 37.53 | | | | 37.11 |
| 850m 10:23.11..... 900m 11:00.51..... 950m 11:37.81..... 1000m 12:15.69..... 1050m 12:53.25..... 1100m 13:30.81..... 1150m 14:07.90 | | | | 1200m 14:45.08 |
| 37.14..... 37.40..... 37.30..... 37.88..... 37.56..... 37.56..... 37.09 | | | | 37.18 |
| 1250m 15:22.58..... 1300m 16:00.38..... 1350m 16:37.58..... 1400m 17:15.08..... 1450m 17:52.25..... 1500m 18:27.25..... | | | | |
| 37.50..... 37.80..... 37.20..... 37.50..... 37.17..... 35.00..... | | | | |

GIRLS 16/18 Yrs Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---|--------------------------|----------------|--------------------------|----------------------|----------------|
| 1..... | Zoe Huckerby..... | 17..... | CarltonForum..... | 22:00.82..... | 368 |
| 50m 35.57..... 100m 1:16.64..... 150m 1:58.59..... 200m 2:41.24..... 250m 3:24.54..... 300m 4:08.02..... 350m 4:52.29 | | | | | 400m 5:36.16 |
| 35.57..... 41.07..... 41.95..... 42.65..... 43.30..... 43.48..... 44.27 | | | | | 43.87 |
| 450m 6:20.49..... 500m 7:04.48..... 550m 7:48.90..... 600m 8:33.91..... 650m 9:18.25..... 700m 10:02.34..... 750m 10:46.98 | | | | | 800m 11:30.60 |
| 44.33..... 43.99..... 44.42..... 45.01..... 44.34..... 44.09..... 44.64 | | | | | 43.62 |
| 850m 12:15.49..... 900m 13:00.56..... 950m 13:46.51..... 1000m 14:31.09..... 1050m 15:17.09..... 1100m 16:02.73..... 1150m 16:47.97 | | | | | 1200m 17:34.03 |
| 44.89..... 45.07..... 45.95..... 44.58..... 46.00..... 45.64..... 45.24 | | | | | 46.06 |
| 1250m 18:20.03..... 1300m 19:04.35..... 1350m 19:48.69..... 1400m 20:33.59..... 1450m 21:18.05..... 1500m 22:00.82..... | | | | | |
| 46.00..... 44.32..... 44.34..... 44.90..... 44.46..... 42.77..... | | | | | |

GIRLS Open Age Group - Full Results

| Place..... | Name..... | AaD..... | Club..... | Time..... | FINA Pt |
|---|----------------------------|----------------|--------------------------|----------------------|----------------|
| 1..... | Francesca Hay..... | 14..... | NottmLeander..... | 17:10.37..... | 774 |
| 50m 31.56..... 100m 1:05.26..... 150m 1:39.52..... 200m 2:13.78..... 250m 2:48.24..... 300m 3:22.07..... 350m 3:56.24 | | | | | 400m 4:30.54 |
| 31.56..... 33.70..... 34.26..... 34.26..... 34.46..... 33.83..... 34.17 | | | | | 34.30 |
| 450m 5:04.81..... 500m 5:39.26..... 550m 6:13.72..... 600m 6:48.20..... 650m 7:22.82..... 700m 7:57.19..... 750m 8:31.82 | | | | | 800m 9:06.21 |
| 34.27..... 34.45..... 34.46..... 34.48..... 34.62..... 34.37..... 34.63 | | | | | 34.39 |
| 850m 9:40.83..... 900m 10:15.41..... 950m 10:50.15..... 1000m 11:24.77..... 1050m 11:59.26..... 1100m 12:33.97..... 1150m 13:08.66 | | | | | 1200m 13:43.26 |
| 34.62..... 34.58..... 34.74..... 34.62..... 34.49..... 34.71..... 34.69 | | | | | 34.60 |
| 1250m 14:17.90..... 1300m 14:52.65..... 1350m 15:27.51..... 1400m 16:02.30..... 1450m 16:37.12..... 1500m 17:10.37..... | | | | | |
| 34.64..... 34.75..... 34.86..... 34.79..... 34.82..... 33.25..... | | | | | |
| 2..... | Poppy Rudin..... | 13..... | Calv Bing..... | 17:41.39..... | 708 |
| 50m 31.87..... 100m 1:05.97..... 150m 1:41.04..... 200m 2:15.58..... 250m 2:50.58..... 300m 3:25.28..... 350m 4:00.08 | | | | | 400m 4:35.29 |
| 31.87..... 34.10..... 35.07..... 34.54..... 35.00..... 34.70..... 34.80 | | | | | 35.21 |
| 450m 5:10.18..... 500m 5:46.20..... 550m 6:21.73..... 600m 6:57.05..... 650m 7:32.95..... 700m 8:09.00..... 750m 8:44.79 | | | | | 800m 9:20.85 |
| 34.89..... 36.02..... 35.53..... 35.32..... 35.90..... 36.05..... 35.79 | | | | | 36.06 |
| 850m 9:56.70..... 900m 10:32.25..... 950m 11:08.00..... 1000m 11:43.23..... 1050m 12:18.48..... 1100m 12:54.66..... 1150m 13:31.11 | | | | | 1200m 14:07.33 |
| 35.85..... 35.55..... 35.75..... 35.23..... 35.25..... 36.18..... 36.45 | | | | | 36.22 |
| 1250m 14:43.40..... 1300m 15:19.71..... 1350m 15:55.39..... 1400m 16:30.99..... 1450m 17:06.32..... 1500m 17:41.39..... | | | | | |
| 36.07..... 36.31..... 35.68..... 35.60..... 35.33..... 35.07..... | | | | | |
| 3..... | Faye Henesy..... | 14..... | Calv Bing..... | 17:46.36..... | 699 |
| 50m 31.86..... 100m 1:05.83..... 150m 1:40.48..... 200m 2:15.34..... 250m 2:50.39..... 300m 3:25.42..... 350m 4:00.42 | | | | | 400m 4:35.82 |
| 31.86..... 33.97..... 34.65..... 34.86..... 35.05..... 35.03..... 35.00 | | | | | 35.40 |
| 450m 5:11.25..... 500m 5:46.88..... 550m 6:22.49..... 600m 6:58.20..... 650m 7:34.06..... 700m 8:09.93..... 750m 8:45.71 | | | | | 800m 9:21.35 |
| 35.43..... 35.63..... 35.61..... 35.71..... 35.86..... 35.87..... 35.78 | | | | | 35.64 |
| 850m 9:57.01..... 900m 10:32.62..... 950m 11:08.10..... 1000m 11:43.77..... 1050m 12:19.85..... 1100m 12:56.26..... 1150m 13:32.41 | | | | | 1200m 14:08.52 |
| 35.66..... 35.61..... 35.48..... 35.67..... 36.08..... 36.41..... 36.15 | | | | | 36.11 |
| 1250m 14:44.64..... 1300m 15:20.50..... 1350m 15:56.69..... 1400m 16:33.38..... 1450m 17:10.07..... 1500m 17:46.36..... | | | | | |
| 36.12..... 35.86..... 36.19..... 36.69..... 36.69..... 36.29..... | | | | | |
| 4..... | Megan Berridge..... | 14..... | Worksop..... | 17:52.28..... | 687 |
| 50m 32.81..... 100m 1:07.95..... 150m 1:43.63..... 200m 2:19.17..... 250m 2:54.87..... 300m 3:30.75..... 350m 4:06.29 | | | | | 400m 4:42.30 |
| 32.81..... 35.14..... 35.68..... 35.54..... 35.70..... 35.88..... 35.54 | | | | | 36.01 |
| 450m 5:17.90..... 500m 5:53.75..... 550m 6:29.60..... 600m 7:05.61..... 650m 7:41.44..... 700m 8:17.43..... 750m 8:53.38 | | | | | 800m 9:28.89 |
| 35.60..... 35.85..... 35.85..... 36.01..... 35.83..... 35.99..... 35.95 | | | | | 35.51 |
| 850m 10:04.54..... 900m 10:40.35..... 950m 11:16.29..... 1000m 11:52.40..... 1050m 12:28.48..... 1100m 13:04.65..... 1150m 13:40.56 | | | | | 1200m 14:17.15 |
| 35.65..... 35.81..... 35.94..... 36.11..... 36.08..... 36.17..... 35.91 | | | | | 36.59 |
| 1250m 14:53.82..... 1300m 15:30.24..... 1350m 16:06.64..... 1400m 16:42.15..... 1450m 17:17.92..... 1500m 17:52.28..... | | | | | |
| 36.67..... 36.42..... 36.40..... 35.51..... 35.77..... 34.36..... | | | | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 13

| | |
|---|--|
| 5.....Amber Keegan..... 13.....Calv Bing..... 18:00.49.....671 | |
| 50m 32.64..... 100m 1:08.21..... 150m 1:43.94..... 200m 2:19.27..... 250m 2:54.86..... 300m 3:30.69..... 350m 4:06.67..... 400m 4:43.06 | |
| 32.64..... 35.57..... 35.73..... 35.33..... 35.59..... 35.83..... 35.98..... 36.39 | |
| 450m 5:19.19..... 500m 5:56.69..... 550m 6:33.27..... 600m 7:10.14..... 650m 7:46.83..... 700m 8:23.27..... 750m 8:59.39..... 800m 9:36.09 | |
| 36.13..... 37.50..... 36.58..... 36.87..... 36.69..... 36.44..... 36.12..... 36.70 | |
| 850m 10:13.06..... 900m 10:49.39..... 950m 11:25.59..... 1000m 12:01.71..... 1050m 12:38.18..... 1100m 13:14.03..... 1150m 13:49.77..... 1200m 14:25.71 | |
| 36.97..... 36.33..... 36.20..... 36.12..... 36.47..... 35.85..... 35.74..... 35.94 | |
| 1250m 15:01.68..... 1300m 15:38.86..... 1350m 16:14.68..... 1400m 16:49.73..... 1450m 17:25.04..... 1500m 18:00.49..... | |
| 35.97..... 37.18..... 35.82..... 35.05..... 35.31..... 35.45..... | |
| 6.....Hannah Meek..... 13.....Calv Bing..... 18:02.07.....669 | |
| 50m 32.34..... 100m 1:08.52..... 150m 1:44.58..... 200m 2:20.37..... 250m 2:56.31..... 300m 3:32.29..... 350m 4:08.33..... 400m 4:44.33 | |
| 32.34..... 36.18..... 36.06..... 35.79..... 35.94..... 35.98..... 36.04..... 36.00 | |
| 450m 5:20.30..... 500m 5:56.43..... 550m 6:32.44..... 600m 7:08.48..... 650m 7:44.64..... 700m 8:20.82..... 750m 8:57.14..... 800m 9:33.45 | |
| 35.97..... 36.13..... 36.01..... 36.04..... 36.16..... 36.18..... 36.32..... 36.31 | |
| 850m 10:09.65..... 900m 10:46.23..... 950m 11:22.47..... 1000m 11:58.88..... 1050m 12:35.38..... 1100m 13:11.73..... 1150m 13:48.35..... 1200m 14:24.69 | |
| 36.20..... 36.58..... 36.24..... 36.41..... 36.50..... 36.35..... 36.62..... 36.34 | |
| 1250m 15:01.13..... 1300m 15:37.76..... 1350m 16:14.17..... 1400m 16:51.02..... 1450m 17:27.37..... 1500m 18:02.07..... | |
| 36.44..... 36.63..... 36.41..... 36.85..... 36.35..... 34.70..... | |
| 7.....Rosie Rudin..... 11.....Calv Bing..... 18:14.31.....646 | |
| 50m 33.05..... 100m 1:09.00..... 150m 1:45.62..... 200m 2:22.31..... 250m 2:59.24..... 300m 3:35.82..... 350m 4:12.16..... 400m 4:49.23 | |
| 33.05..... 35.95..... 36.62..... 36.69..... 36.93..... 36.58..... 36.34..... 37.07 | |
| 450m 5:25.59..... 500m 6:01.95..... 550m 6:38.45..... 600m 7:15.57..... 650m 7:52.36..... 700m 8:28.99..... 750m 9:05.79..... 800m 9:42.65 | |
| 36.36..... 36.36..... 36.50..... 37.12..... 36.79..... 36.63..... 36.80..... 36.86 | |
| 850m 10:19.11..... 900m 10:55.55..... 950m 11:32.32..... 1000m 12:09.15..... 1050m 12:46.44..... 1100m 13:23.66..... 1150m 14:00.48..... 1200m 14:36.97 | |
| 36.46..... 36.44..... 36.77..... 36.83..... 37.29..... 37.22..... 36.82..... 36.49 | |
| 1250m 15:13.28..... 1300m 15:50.07..... 1350m 16:26.55..... 1400m 17:03.25..... 1450m 17:39.90..... 1500m 18:14.31..... | |
| 36.31..... 36.79..... 36.48..... 36.70..... 36.65..... 34.41..... | |
| 8.....Lauren Gill..... 14.....Kimberley..... 18:27.25.....624 | |
| 50m 32.69..... 100m 1:08.39..... 150m 1:44.53..... 200m 2:20.60..... 250m 2:57.50..... 300m 3:33.91..... 350m 4:10.59..... 400m 4:47.24 | |
| 32.69..... 35.70..... 36.14..... 36.07..... 36.90..... 36.41..... 36.68..... 36.65 | |
| 450m 5:24.51..... 500m 6:01.38..... 550m 6:39.39..... 600m 7:16.15..... 650m 7:53.73..... 700m 8:31.33..... 750m 9:08.86..... 800m 9:45.97 | |
| 37.27..... 36.87..... 38.01..... 36.76..... 37.58..... 37.60..... 37.53..... 37.11 | |
| 850m 10:23.11..... 900m 11:00.51..... 950m 11:37.81..... 1000m 12:15.69..... 1050m 12:53.25..... 1100m 13:30.81..... 1150m 14:07.90..... 1200m 14:45.08 | |
| 37.14..... 37.40..... 37.30..... 37.88..... 37.56..... 37.56..... 37.09..... 37.18 | |
| 1250m 15:22.58..... 1300m 16:00.38..... 1350m 16:37.58..... 1400m 17:15.08..... 1450m 17:52.25..... 1500m 18:27.25..... | |
| 37.50..... 37.80..... 37.20..... 37.50..... 37.17..... 35.00..... | |
| 9.....Elizabeth Davies..... 13.....Retford..... 18:28.60.....622 | |
| 50m 33.19..... 100m 1:09.34..... 150m 1:45.98..... 200m 2:22.39..... 250m 2:58.98..... 300m 3:36.11..... 350m 4:12.93..... 400m 4:49.90 | |
| 33.19..... 36.15..... 36.64..... 36.41..... 36.59..... 37.13..... 36.82..... 36.97 | |
| 450m 5:26.61..... 500m 6:04.02..... 550m 6:40.92..... 600m 7:17.91..... 650m 7:55.14..... 700m 8:32.28..... 750m 9:09.59..... 800m 9:46.92 | |
| 36.71..... 37.41..... 36.90..... 36.99..... 37.23..... 37.14..... 37.31..... 37.33 | |
| 850m 10:24.66..... 900m 11:02.14..... 950m 11:39.93..... 1000m 12:16.75..... 1050m 12:54.37..... 1100m 13:31.92..... 1150m 14:08.88..... 1200m 14:46.50 | |
| 37.74..... 37.48..... 37.79..... 36.82..... 37.62..... 37.55..... 36.96..... 37.62 | |
| 1250m 15:23.24..... 1300m 16:00.71..... 1350m 16:37.51..... 1400m 17:14.63..... 1450m 17:51.79..... 1500m 18:28.60..... | |
| 36.74..... 37.47..... 36.80..... 37.12..... 37.16..... 36.81..... | |
| 10.....Regan Jordan..... 13.....Arnold..... 18:30.58.....618 | |
| 50m 34.07..... 100m 1:10.20..... 150m 1:47.43..... 200m 2:24.83..... 250m 3:02.23..... 300m 3:39.69..... 350m 4:17.09..... 400m 4:54.67 | |
| 34.07..... 36.13..... 37.23..... 37.40..... 37.40..... 37.46..... 37.40..... 37.58 | |
| 450m 5:31.71..... 500m 6:08.51..... 550m 6:46.10..... 600m 7:23.10..... 650m 8:00.34..... 700m 8:37.49..... 750m 9:14.78..... 800m 9:52.00 | |
| 37.04..... 36.80..... 37.59..... 37.00..... 37.24..... 37.15..... 37.29..... 37.22 | |
| 850m 10:29.21..... 900m 11:06.39..... 950m 11:43.48..... 1000m 12:20.71..... 1050m 12:57.54..... 1100m 13:34.62..... 1150m 14:11.62..... 1200m 14:49.06 | |
| 37.21..... 37.18..... 37.09..... 37.23..... 36.83..... 37.08..... 37.00..... 37.44 | |
| 1250m 15:26.52..... 1300m 16:03.58..... 1350m 16:40.45..... 1400m 17:17.85..... 1450m 17:54.45..... 1500m 18:30.58..... | |
| 37.46..... 37.06..... 36.87..... 37.40..... 36.60..... 36.13..... | |
| 11.....Emma Lowry..... 12.....NottmLeander..... 18:31.92.....616 | |
| 50m 33.44..... 100m 1:09.73..... 150m 1:46.38..... 200m 2:22.97..... 250m 3:00.02..... 300m 3:37.19..... 350m 4:14.19..... 400m 4:51.40 | |
| 33.44..... 36.29..... 36.65..... 36.59..... 37.05..... 37.17..... 37.00..... 37.21 | |
| 450m 5:28.67..... 500m 6:06.25..... 550m 6:43.18..... 600m 7:20.44..... 650m 7:57.73..... 700m 8:35.04..... 750m 9:12.09..... 800m 9:49.47 | |
| 37.27..... 37.58..... 36.93..... 37.26..... 37.29..... 37.31..... 37.05..... 37.38 | |
| 850m 10:26.97..... 900m 11:04.29..... 950m 11:41.52..... 1000m 12:19.37..... 1050m 12:56.74..... 1100m 13:34.02..... 1150m 14:11.25..... 1200m 14:48.84 | |
| 37.50..... 37.32..... 37.23..... 37.85..... 37.37..... 37.28..... 37.23..... 37.59 | |
| 1250m 15:26.14..... 1300m 16:04.17..... 1350m 16:41.47..... 1400m 17:18.88..... 1450m 17:56.34..... 1500m 18:31.92..... | |
| 37.30..... 38.03..... 37.30..... 37.41..... 37.46..... 35.58..... | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 14

| | | | |
|---|--|--|--|
| 12..... Danielle Binks..... | 12..... NottmLeander..... | 18:35.92..... | 610 |
| 50m 34.53..... 100m 1:11.56..... 150m 1:49.31..... 200m 2:26.94..... 250m 3:04.45..... 300m 3:42.00..... 350m 4:19.93..... 400m 4:57.47 | 150m 1:49.31..... 200m 2:26.94..... 250m 3:04.45..... 300m 3:42.00..... 350m 4:19.93..... 400m 4:57.47 | 250m 3:04.45..... 300m 3:42.00..... 350m 4:19.93..... 400m 4:57.47 | 350m 4:19.93..... 400m 4:57.47 |
| 34.53..... 37.03..... 37.75..... 37.63..... 37.51..... 37.55..... 37.93..... 37.54 | 37.03..... 37.75..... 37.63..... 37.51..... 37.55..... 37.93..... 37.54 | 37.51..... 37.55..... 37.93..... 37.54 | 37.55..... 37.93..... 37.54 |
| 450m 5:34.50..... 500m 6:11.86..... 550m 6:49.20..... 600m 7:26.43..... 650m 8:03.75..... 700m 8:41.10..... 750m 9:18.63..... 800m 9:55.91 | 500m 6:11.86..... 550m 6:49.20..... 600m 7:26.43..... 650m 8:03.75..... 700m 8:41.10..... 750m 9:18.63..... 800m 9:55.91 | 600m 7:26.43..... 650m 8:03.75..... 700m 8:41.10..... 750m 9:18.63..... 800m 9:55.91 | 700m 8:41.10..... 750m 9:18.63..... 800m 9:55.91 |
| 37.03..... 37.36..... 37.34..... 37.23..... 37.32..... 37.35..... 37.53..... 37.28 | 37.36..... 37.36..... 37.34..... 37.23..... 37.32..... 37.35..... 37.53..... 37.28 | 37.32..... 37.35..... 37.53..... 37.28 | 37.35..... 37.53..... 37.28 |
| 850m 10:33.27..... 900m 11:10.53..... 950m 11:47.91..... 1000m 12:25.14..... 1050m 13:02.43..... 1100m 13:39.91..... 1150m 14:17.19..... 1200m 14:54.31 | 900m 11:10.53..... 950m 11:47.91..... 1000m 12:25.14..... 1050m 13:02.43..... 1100m 13:39.91..... 1150m 14:17.19..... 1200m 14:54.31 | 1000m 12:25.14..... 1050m 13:02.43..... 1100m 13:39.91..... 1150m 14:17.19..... 1200m 14:54.31 | 1100m 13:39.91..... 1150m 14:17.19..... 1200m 14:54.31 |
| 37.36..... 37.26..... 37.38..... 37.23..... 37.29..... 37.48..... 37.28..... 37.12 | 37.26..... 37.38..... 37.23..... 37.29..... 37.48..... 37.28..... 37.12 | 37.29..... 37.48..... 37.28..... 37.12 | 37.48..... 37.28..... 37.12 |
| 1250m 15:31.58..... 1300m 16:08.61..... 1350m 16:45.80..... 1400m 17:23.04..... 1450m 18:00.27..... 1500m 18:35.92..... 35.65..... | 1300m 16:08.61..... 1350m 16:45.80..... 1400m 17:23.04..... 1450m 18:00.27..... 1500m 18:35.92..... 35.65..... | 1400m 17:23.04..... 1450m 18:00.27..... 1500m 18:35.92..... 35.65..... | 1500m 18:35.92..... 35.65..... |
| 37.27..... 37.03..... 37.19..... 37.24..... 37.23..... 37.23..... 35.65..... | 37.03..... 37.19..... 37.24..... 37.23..... 37.23..... 35.65..... | 37.23..... 37.23..... 35.65..... | 35.65..... |
| 13..... Mollie Wright..... | 11..... Kimberley..... | 18:37.71..... | 607 |
| 50m 33.86..... 100m 1:10.55..... 150m 1:47.94..... 200m 2:25.12..... 250m 3:02.74..... 300m 3:40.35..... 350m 4:17.69..... 400m 4:54.99 | 150m 1:47.94..... 200m 2:25.12..... 250m 3:02.74..... 300m 3:40.35..... 350m 4:17.69..... 400m 4:54.99 | 200m 2:25.12..... 250m 3:02.74..... 300m 3:40.35..... 350m 4:17.69..... 400m 4:54.99 | 300m 3:40.35..... 350m 4:17.69..... 400m 4:54.99 |
| 33.86..... 36.69..... 37.39..... 37.18..... 37.62..... 37.61..... 37.34..... 37.30 | 36.69..... 37.39..... 37.18..... 37.62..... 37.61..... 37.34..... 37.30 | 37.62..... 37.61..... 37.34..... 37.30 | 37.61..... 37.34..... 37.30 |
| 450m 5:32.01..... 500m 6:09.20..... 550m 6:46.69..... 600m 7:24.15..... 650m 8:01.39..... 700m 8:39.17..... 750m 9:16.82..... 800m 9:54.28 | 500m 6:09.20..... 550m 6:46.69..... 600m 7:24.15..... 650m 8:01.39..... 700m 8:39.17..... 750m 9:16.82..... 800m 9:54.28 | 600m 7:24.15..... 650m 8:01.39..... 700m 8:39.17..... 750m 9:16.82..... 800m 9:54.28 | 700m 8:39.17..... 750m 9:16.82..... 800m 9:54.28 |
| 37.02..... 37.19..... 37.49..... 37.46..... 37.24..... 37.78..... 37.65..... 37.46 | 37.19..... 37.49..... 37.46..... 37.24..... 37.78..... 37.65..... 37.46 | 37.24..... 37.78..... 37.65..... 37.46 | 37.78..... 37.65..... 37.46 |
| 850m 10:31.60..... 900m 11:09.07..... 950m 11:46.55..... 1000m 12:24.17..... 1050m 13:01.78..... 1100m 13:39.51..... 1150m 14:17.09..... 1200m 14:54.60 | 900m 11:09.07..... 950m 11:46.55..... 1000m 12:24.17..... 1050m 13:01.78..... 1100m 13:39.51..... 1150m 14:17.09..... 1200m 14:54.60 | 1000m 12:24.17..... 1050m 13:01.78..... 1100m 13:39.51..... 1150m 14:17.09..... 1200m 14:54.60 | 1100m 13:39.51..... 1150m 14:17.09..... 1200m 14:54.60 |
| 37.32..... 37.47..... 37.48..... 37.62..... 37.61..... 37.73..... 37.58..... 37.51 | 37.47..... 37.48..... 37.62..... 37.61..... 37.73..... 37.58..... 37.51 | 37.61..... 37.73..... 37.58..... 37.51 | 37.73..... 37.58..... 37.51 |
| 1250m 15:31.98..... 1300m 16:09.60..... 1350m 16:47.17..... 1400m 17:24.81..... 1450m 18:01.92..... 1500m 18:37.71..... | 1300m 16:09.60..... 1350m 16:47.17..... 1400m 17:24.81..... 1450m 18:01.92..... 1500m 18:37.71..... | 1400m 17:24.81..... 1450m 18:01.92..... 1500m 18:37.71..... | 1500m 18:37.71..... |
| 37.38..... 37.62..... 37.57..... 37.64..... 37.11..... 35.79..... | 37.62..... 37.57..... 37.64..... 37.11..... 35.79..... | 37.11..... 35.79..... | 35.79..... |
| 14. Shannon Brown..... | 12..... Sherwood..... | 18:41.98..... | 600 |
| 50m 33.31..... 100m 1:10.05..... 150m 1:47.52..... 200m 2:25.16..... 250m 3:02.65..... 300m 3:40.11..... 350m 4:17.77..... 400m 4:55.54 | 150m 1:47.52..... 200m 2:25.16..... 250m 3:02.65..... 300m 3:40.11..... 350m 4:17.77..... 400m 4:55.54 | 200m 2:25.16..... 250m 3:02.65..... 300m 3:40.11..... 350m 4:17.77..... 400m 4:55.54 | 300m 3:40.11..... 350m 4:17.77..... 400m 4:55.54 |
| 33.31..... 36.74..... 37.47..... 37.64..... 37.49..... 37.46..... 37.66..... 37.77 | 36.74..... 37.47..... 37.64..... 37.49..... 37.46..... 37.66..... 37.77 | 37.49..... 37.46..... 37.66..... 37.77 | 37.46..... 37.66..... 37.77 |
| 450m 5:33.18..... 500m 6:10.46..... 550m 6:47.97..... 600m 7:25.67..... 650m 8:03.39..... 700m 8:41.13..... 750m 9:18.89..... 800m 9:56.61 | 500m 6:10.46..... 550m 6:47.97..... 600m 7:25.67..... 650m 8:03.39..... 700m 8:41.13..... 750m 9:18.89..... 800m 9:56.61 | 600m 7:25.67..... 650m 8:03.39..... 700m 8:41.13..... 750m 9:18.89..... 800m 9:56.61 | 700m 8:41.13..... 750m 9:18.89..... 800m 9:56.61 |
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| 850m 10:34.60..... 900m 11:12.13..... 950m 11:49.91..... 1000m 12:27.41..... 1050m 13:05.34..... 1100m 13:43.16..... 1150m 14:21.11..... 1200m 14:58.79 | 900m 11:12.13..... 950m 11:49.91..... 1000m 12:27.41..... 1050m 13:05.34..... 1100m 13:43.16..... 1150m 14:21.11..... 1200m 14:58.79 | 1000m 12:27.41..... 1050m 13:05.34..... 1100m 13:43.16..... 1150m 14:21.11..... 1200m 14:58.79 | 1100m 13:43.16..... 1150m 14:21.11..... 1200m 14:58.79 |
| 37.99..... 37.53..... 37.78..... 37.50..... 37.93..... 37.82..... 37.95..... 37.68 | 37.53..... 37.78..... 37.50..... 37.93..... 37.82..... 37.95..... 37.68 | 37.93..... 37.82..... 37.95..... 37.68 | 37.82..... 37.95..... 37.68 |
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| 37.94..... 37.48..... 37.42..... 38.11..... 36.37..... 35.87..... | 37.48..... 37.42..... 38.11..... 36.37..... 35.87..... | 38.11..... 36.37..... 35.87..... | 36.37..... 35.87..... |
| 15..... Kerris Palmer..... | 13..... Mansfield..... | 18:45.97..... | 593 |
| 50m 33.82..... 100m 1:10.34..... 150m 1:47.77..... 200m 2:24.99..... 250m 3:02.26..... 300m 3:39.87..... 350m 4:17.17..... 400m 4:54.67 | 150m 1:47.77..... 200m 2:24.99..... 250m 3:02.26..... 300m 3:39.87..... 350m 4:17.17..... 400m 4:54.67 | 200m 2:24.99..... 250m 3:02.26..... 300m 3:39.87..... 350m 4:17.17..... 400m 4:54.67 | 300m 3:39.87..... 350m 4:17.17..... 400m 4:54.67 |
| 33.82..... 36.52..... 37.43..... 37.22..... 37.27..... 37.61..... 37.30..... 37.50 | 36.52..... 37.43..... 37.22..... 37.27..... 37.61..... 37.30..... 37.50 | 37.27..... 37.61..... 37.30..... 37.50 | 37.61..... 37.30..... 37.50 |
| 450m 5:31.20..... 500m 6:08.51..... 550m 6:45.43..... 600m 7:22.47..... 650m 8:00.10..... 700m 8:37.35..... 750m 9:14.78..... 800m 9:52.12 | 500m 6:08.51..... 550m 6:45.43..... 600m 7:22.47..... 650m 8:00.10..... 700m 8:37.35..... 750m 9:14.78..... 800m 9:52.12 | 600m 7:22.47..... 650m 8:00.10..... 700m 8:37.35..... 750m 9:14.78..... 800m 9:52.12 | 700m 8:37.35..... 750m 9:14.78..... 800m 9:52.12 |
| 36.53..... 37.31..... 36.92..... 37.04..... 37.63..... 37.25..... 37.43..... 37.34 | 37.31..... 36.92..... 37.04..... 37.63..... 37.25..... 37.43..... 37.34 | 37.63..... 37.25..... 37.43..... 37.34 | 37.25..... 37.43..... 37.34 |
| 850m 10:30.10..... 900m 11:07.97..... 950m 11:45.94..... 1000m 12:23.54..... 1050m 13:01.73..... 1100m 13:39.77..... 1150m 14:17.34..... 1200m 14:55.95 | 900m 11:07.97..... 950m 11:45.94..... 1000m 12:23.54..... 1050m 13:01.73..... 1100m 13:39.77..... 1150m 14:17.34..... 1200m 14:55.95 | 1000m 12:23.54..... 1050m 13:01.73..... 1100m 13:39.77..... 1150m 14:17.34..... 1200m 14:55.95 | 1100m 13:39.77..... 1150m 14:17.34..... 1200m 14:55.95 |
| 37.98..... 37.87..... 37.97..... 37.60..... 38.19..... 38.04..... 37.57..... 38.61 | 37.87..... 37.97..... 37.60..... 38.19..... 38.04..... 37.57..... 38.61 | 38.19..... 38.04..... 37.57..... 38.61 | 38.04..... 37.57..... 38.61 |
| 1250m 15:34.20..... 1300m 16:13.12..... 1350m 16:51.51..... 1400m 17:30.67..... 1450m 18:09.68..... 1500m 18:45.97..... | 1300m 16:13.12..... 1350m 16:51.51..... 1400m 17:30.67..... 1450m 18:09.68..... 1500m 18:45.97..... | 1400m 17:30.67..... 1450m 18:09.68..... 1500m 18:45.97..... | 1500m 18:45.97..... |
| 38.25..... 38.92..... 38.39..... 39.16..... 39.01..... 36.29..... | 38.92..... 38.39..... 39.16..... 39.01..... 36.29..... | 39.16..... 39.01..... 36.29..... | 39.01..... 36.29..... |
| 16. Megan Geoghegan..... | 12..... Calv Bing..... | 18:51.05..... | 585 |
| 50m 34.09..... 100m 1:11.82..... 150m 1:50.15..... 200m 2:27.75..... 250m 3:05.46..... 300m 3:42.80..... 350m 4:20.88..... 400m 4:58.96 | 150m 1:50.15..... 200m 2:27.75..... 250m 3:05.46..... 300m 3:42.80..... 350m 4:20.88..... 400m 4:58.96 | 200m 2:27.75..... 250m 3:05.46..... 300m 3:42.80..... 350m 4:20.88..... 400m 4:58.96 | 300m 3:42.80..... 350m 4:20.88..... 400m 4:58.96 |
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| 450m 5:36.48..... 500m 6:14.29..... 550m 6:51.99..... 600m 7:30.01..... 650m 8:07.95..... 700m 8:45.99..... 750m 9:24.04..... 800m 10:02.34 | 500m 6:14.29..... 550m 6:51.99..... 600m 7:30.01..... 650m 8:07.95..... 700m 8:45.99..... 750m 9:24.04..... 800m 10:02.34 | 600m 7:30.01..... 650m 8:07.95..... 700m 8:45.99..... 750m 9:24.04..... 800m 10:02.34 | 700m 8:45.99..... 750m 9:24.04..... 800m 10:02.34 |
| 37.52..... 37.81..... 37.70..... 38.02..... 37.94..... 38.04..... 38.05..... 38.30 | 37.81..... 37.70..... 38.02..... 37.94..... 38.04..... 38.05..... 38.30 | 38.02..... 37.94..... 38.04..... 38.05..... 38.30 | 38.04..... 38.05..... 38.30 |
| 850m 10:40.21..... 900m 11:18.39..... 950m 11:56.88..... 1000m 12:34.96..... 1050m 13:12.69..... 1100m 13:50.47..... 1150m 14:28.71..... 1200m 15:06.97 | 900m 11:18.39..... 950m 11:56.88..... 1000m 12:34.96..... 1050m 13:12.69..... 1100m 13:50.47..... 1150m 14:28.71..... 1200m 15:06.97 | 1000m 12:34.96..... 1050m 13:12.69..... 1100m 13:50.47..... 1150m 14:28.71..... 1200m 15:06.97 | 1100m 13:50.47..... 1150m 14:28.71..... 1200m 15:06.97 |
| 37.87..... 38.18..... 38.49..... 38.08..... 37.73..... 37.78..... 38.24..... 38.26 | 38.18..... 38.49..... 38.08..... 37.73..... 37.78..... 38.24..... 38.26 | 38.08..... 37.73..... 37.78..... 38.24..... 38.26 | 37.73..... 37.78..... 38.24..... 38.26 |
| 1250m 15:44.59..... 1300m 16:22.29..... 1350m 17:00.06..... 1400m 17:37.78..... 1450m 18:15.73..... 1500m 18:51.05..... | 1300m 16:22.29..... 1350m 17:00.06..... 1400m 17:37.78..... 1450m 18:15.73..... 1500m 18:51.05..... | 1400m 17:37.78..... 1450m 18:15.73..... 1500m 18:51.05..... | 1500m 18:51.05..... |
| 37.62..... 37.70..... 37.72..... 37.72..... 37.95..... 35.32..... | 37.70..... 37.72..... 37.72..... 37.95..... 35.32..... | 37.72..... 37.95..... 35.32..... | 37.95..... 35.32..... |
| 17..... Heidi Gregory..... | 13..... Sherwood..... | 18:56.95..... | 576 |
| 50m 33.14..... 100m 1:09.28..... 150m 1:46.00..... 200m 2:22.79..... 250m 3:00.11..... 300m 3:37.69..... 350m 4:15.53..... 400m 4:53.55 | 150m 1:46.00..... 200m 2:22.79..... 250m 3:00.11..... 300m 3:37.69..... 350m 4:15.53..... 400m 4:53.55 | 200m 2:22.79..... 250m 3:00.11..... 300m 3:37.69..... 350m 4:15.53..... 400m 4:53.55 | 300m 3:37.69..... 350m 4:15.53..... 400m 4:53.55 |
| 33.14..... 36.14..... 36.72..... 36.79..... 37.32..... 37.58..... 37.84..... 38.02 | 36.14..... 36.72..... 36.79..... 37.32..... 37.58..... 37.84..... 38.02 | 37.32..... 37.58..... 37.84..... 38.02 | 37.58..... 37.84..... 38.02 |
| 450m 5:31.42..... 500m 6:09.85..... 550m 6:47.96..... 600m 7:25.82..... 650m 8:04.26..... 700m 8:42.75..... 750m 9:21.18..... 800m 9:59.63 | 500m 6:09.85..... 550m 6:47.96..... 600m 7:25.82..... 650m 8:04.26..... 700m 8:42.75..... 750m 9:21.18..... 800m 9:59.63 | 600m 7:25.82..... 650m 8:04.26..... 700m 8:42.75..... 750m 9:21.18..... 800m 9:59.63 | 700m 8:42.75..... 750m 9:21.18..... 800m 9:59.63 |
| 37.87..... 38.43..... 38.11..... 37.86..... 38.44..... 38.49..... 38.43..... 38.45 | 38.43..... 38.11..... 37.86..... 38.44..... 38.49..... 38.43..... 38.45 | 38.44..... 38.49..... 38.43..... 38.45 | 38.49..... 38.43..... 38.45 |
| 850m 10:37.95..... 900m 11:16.37..... 950m 11:54.96..... 1000m 12:33.61..... 1050m 13:12.64..... 1100m 13:51.51..... 1150m 14:29.77..... 1200m 15:08.21 | 900m 11:16.37..... 950m 11:54.96..... 1000m 12:33.61..... 1050m 13:12.64..... 1100m 13:51.51..... 1150m 14:29.77..... 1200m 15:08.21 | 1000m 12:33.61..... 1050m | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 15

| | | | |
|---|---|-----------------------|------------|
| 19.....Danielle Cherry | 12.....Calv Bing | 19:09.48 | 558 |
| 50m 35.73..... 100m 1:13.78..... 150m 1:53.09..... 200m 2:31.13..... 250m 3:09.64..... 300m 3:48.16..... 350m 4:26.52..... 400m 5:05.08 | 35.73..... 38.05..... 39.31..... 38.04..... 38.51..... 38.52..... 38.36 | | 38.56 |
| 450m 5:42.84..... 500m 6:20.95..... 550m 6:59.15..... 600m 7:37.12..... 650m 8:15.73..... 700m 8:54.51..... 750m 9:32.70..... 800m 10:10.97 | 37.76..... 38.11..... 38.20..... 37.97..... 38.61..... 38.78..... 38.19 | | 38.27 |
| 850m 10:48.85..... 900m 11:26.85..... 950m 12:05.26..... 1000m 12:43.97..... 1050m 13:22.58..... 1100m 14:01.32..... 1150m 14:39.69..... 1200m 15:18.11 | 37.88..... 38.00..... 38.41..... 38.71..... 38.61..... 38.74..... 38.37 | | 38.42 |
| 1250m 15:56.81..... 1300m 16:35.63..... 1350m 17:14.45..... 1400m 17:53.22..... 1450m 18:31.72..... 1500m 19:09.48..... | 38.70..... 38.82..... 38.82..... 38.77..... 38.50..... 37.76..... | | |
| 20.....Abby Walton | 13.....Arnold | 19:16.68 | 547 |
| 50m 33.38..... 100m 1:09.62..... 150m 1:46.29..... 200m 2:23.47..... 250m 3:00.53..... 300m 3:37.81..... 350m 4:15.19..... 400m 4:53.10 | 33.38..... 36.24..... 36.67..... 37.18..... 37.06..... 37.28..... 37.38 | | 37.91 |
| 450m 5:31.09..... 500m 6:09.18..... 550m 6:47.31..... 600m 7:25.96..... 650m 8:04.98..... 700m 8:43.73..... 750m 9:22.89..... 800m 10:02.36 | 37.99..... 38.09..... 38.13..... 38.65..... 39.02..... 38.75..... 39.16 | | 39.47 |
| 850m 10:41.79..... 900m 11:21.09..... 950m 12:00.62..... 1000m 12:40.35..... 1050m 13:20.05..... 1100m 13:59.67..... 1150m 14:39.61..... 1200m 15:19.50 | 39.43..... 39.30..... 39.53..... 39.73..... 39.70..... 39.62..... 39.94 | | 39.89 |
| 1250m 15:59.41..... 1300m 16:39.43..... 1350m 17:19.09..... 1400m 17:58.89..... 1450m 18:38.16..... 1500m 19:16.68..... | 39.91..... 40.02..... 39.66..... 39.80..... 39.27..... 38.52..... | | |
| 21.....Charlotte Lomas | 12.....Radford | 19:29.50 | 530 |
| 50m 35.55..... 100m 1:13.83..... 150m 1:52.56..... 200m 2:30.46..... 250m 3:09.00..... 300m 3:47.14..... 350m 4:25.64..... 400m 5:04.47 | 35.55..... 38.28..... 38.73..... 37.90..... 38.54..... 38.14..... 38.50 | | 38.83 |
| 450m 5:43.11..... 500m 6:22.28..... 550m 7:01.11..... 600m 7:39.81..... 650m 8:18.95..... 700m 8:58.07..... 750m 9:37.38..... 800m 10:16.59 | 38.64..... 39.17..... 38.83..... 38.70..... 39.14..... 39.12..... 39.31 | | 39.21 |
| 850m 10:55.84..... 900m 11:35.31..... 950m 12:14.76..... 1000m 12:54.13..... 1050m 13:33.70..... 1100m 14:13.19..... 1150m 14:52.96..... 1200m 15:32.82 | 39.25..... 39.47..... 39.45..... 39.37..... 39.57..... 39.49..... 39.77 | | 39.86 |
| 1250m 16:12.44..... 1300m 16:52.35..... 1350m 17:32.23..... 1400m 18:12.04..... 1450m 18:51.35..... 1500m 19:29.50..... | 39.62..... 39.91..... 39.88..... 39.81..... 39.31..... 38.15..... | | |
| 22.....Hannah Clay | 12.....Radford | 20:14.08 | 473 |
| 50m 36.02..... 100m 1:15.78..... 150m 1:56.16..... 200m 2:36.71..... 250m 3:17.60..... 300m 3:58.37..... 350m 4:39.88..... 400m 5:21.17 | 36.02..... 39.76..... 40.38..... 40.55..... 40.89..... 40.77..... 41.51 | | 41.29 |
| 450m 6:02.00..... 500m 6:42.41..... 550m 7:22.98..... 600m 8:04.34..... 650m 8:44.63..... 700m 9:25.96..... 750m 10:06.07..... 800m 10:46.51 | 40.83..... 40.41..... 40.57..... 41.36..... 40.29..... 41.33..... 40.11 | | 40.44 |
| 850m 11:27.35..... 900m 12:07.93..... 950m 12:49.34..... 1000m 13:30.31..... 1050m 14:09.58..... 1100m 14:49.67..... 1150m 15:29.60..... 1200m 16:10.68 | 40.84..... 40.58..... 41.41..... 40.97..... 39.27..... 40.09..... 39.93 | | 41.08 |
| 1250m 16:52.54..... 1300m 17:33.88..... 1350m 18:14.60..... 1400m 18:55.73..... 1450m 19:35.66..... 1500m 20:14.08..... | 41.86..... 41.34..... 40.72..... 41.13..... 39.93..... 38.42..... | | |
| 23.....Eden Michell | 11.....CarltonForum | 20:29.46 | 456 |
| 50m 36.34..... 100m 1:15.62..... 150m 1:56.29..... 200m 2:36.71..... 250m 3:17.58..... 300m 3:58.36..... 350m 4:38.84..... 400m 5:19.93 | 36.34..... 39.28..... 40.67..... 40.42..... 40.87..... 40.78..... 40.48 | | 41.09 |
| 450m 6:01.13..... 500m 6:42.20..... 550m 7:23.51..... 600m 8:04.08..... 650m 8:44.87..... 700m 9:25.81..... 750m 10:06.60..... 800m 10:48.40 | 41.20..... 41.07..... 41.31..... 40.57..... 40.79..... 40.94..... 40.79 | | 41.80 |
| 850m 11:29.85..... 900m 12:11.37..... 950m 12:52.09..... 1000m 13:33.92..... 1050m 14:15.73..... 1100m 14:57.48..... 1150m 15:39.45..... 1200m 16:21.38 | 41.45..... 41.52..... 40.72..... 41.83..... 41.81..... 41.75..... 41.97 | | 41.93 |
| 1250m 17:03.32..... 1300m 17:45.35..... 1350m 18:27.29..... 1400m 19:08.66..... 1450m 19:50.71..... 1500m 20:29.46..... | 41.94..... 42.03..... 41.94..... 41.37..... 42.05..... 38.75..... | | |
| 24.....Esme Fairhurst | 13.....Calv Bing | 20:34.52 | 450 |
| 50m 35.14..... 100m 1:13.68..... 150m 1:53.31..... 200m 2:33.78..... 250m 3:14.95..... 300m 3:55.94..... 350m 4:36.77..... 400m 5:18.31 | 35.14..... 38.54..... 39.63..... 40.47..... 41.17..... 40.99..... 40.83 | | 41.54 |
| 450m 6:00.53..... 500m 6:42.65..... 550m 7:24.07..... 600m 8:05.62..... 650m 8:47.53..... 700m 9:29.14..... 750m 10:11.29..... 800m 10:53.04 | 42.22..... 42.12..... 41.42..... 41.55..... 41.91..... 41.61..... 42.15 | | 41.75 |
| 850m 11:34.62..... 900m 12:16.23..... 950m 12:57.59..... 1000m 13:39.26..... 1050m 14:21.47..... 1100m 15:03.55..... 1150m 15:44.97..... 1200m 16:27.10 | 41.58..... 41.61..... 41.36..... 41.67..... 42.21..... 42.08..... 41.42 | | 42.13 |
| 1250m 17:09.71..... 1300m 17:51.10..... 1350m 18:33.09..... 1400m 19:14.94..... 1450m 19:56.44..... 1500m 20:34.52..... | 42.61..... 41.39..... 41.99..... 41.85..... 41.50..... 38.08..... | | |
| 25.....Lucy Rixham | 11.....Workshop | 21:34.27 | 391 |
| 50m 37.79..... 100m 1:18.69..... 150m 2:00.24..... 200m 2:43.28..... 250m 3:26.20..... 300m 4:08.63..... 350m 4:51.58..... 400m 5:35.48 | 37.79..... 40.90..... 41.55..... 43.04..... 42.92..... 42.43..... 42.95 | | 43.90 |
| 450m 6:18.49..... 500m 7:01.79..... 550m 7:46.06..... 600m 8:29.35..... 650m 9:14.16..... 700m 9:58.71..... 750m 10:42.68..... 800m 11:26.48 | 43.01..... 43.30..... 44.27..... 43.29..... 44.81..... 44.55..... 43.97 | | 43.80 |
| 850m 12:09.86..... 900m 12:53.87..... 950m 13:38.73..... 1000m 14:22.93..... 1050m 15:06.59..... 1100m 15:52.50..... 1150m 16:35.81..... 1200m 17:20.08 | 43.38..... 44.01..... 44.86..... 44.20..... 43.66..... 45.91..... 43.31 | | 44.27 |
| 1250m 18:03.35..... 1300m 18:46.96..... 1350m 19:30.59..... 1400m 20:13.27..... 1450m 20:55.69..... 1500m 21:34.27..... | 43.27..... 43.61..... 43.63..... 42.68..... 42.42..... 38.58..... | | |

The BRITISH GAS

Nottinghamshire ASA County Championships and Age Groups

(Affiliated to ASA East Midland Region - Under ASA Laws and ASA Technical Rules of Swimming)

13th March 2010 – Retford Leisure Centre - 25m Pool

Session 10 Sheet 16

| | | | | | | | |
|-----------------------------------|-----------------------------------|-----------------------|---------------------|---------------------|---------------------|----------------|----------------|
| 26.. Kelsie Campbell | 11..... NottmLeander | 21:54.45 | 373 | | | | |
| 50m 35.82..... | 100m 1:14.07..... | 150m 1:53.01..... | 200m 2:31.73..... | 250m 3:10.15..... | 300m 3:49.23..... | 350m 4:28.97 | 400m 5:08.91 |
| 35.82..... | 38.25..... | 38.94..... | 38.72..... | 38.42..... | 39.08..... | 39.74 | 39.94 |
| 450m 5:50.88..... | 500m 6:31.76..... | 550m 7:14.46..... | 600m 7:56.55..... | 650m 8:45.45..... | 700m 9:26.67..... | 750m 10:04.18 | 800m 10:46.14 |
| 41.97..... | 40.88..... | 42.70..... | 42.09..... | 48.90..... | 41.22..... | 37.51 | 41.96 |
| 850m 11:30.61..... | 900m 12:17.13..... | 950m 13:07.95..... | 1000m 13:58.04..... | 1050m 14:46.95..... | 1100m 15:36.58..... | 1150m 16:24.21 | 1200m 17:08.94 |
| 44.47..... | 46.52..... | 50.82..... | 50.09..... | 48.91..... | 49.63..... | 47.63 | 44.73 |
| 1250m 17:55.79..... | 1300m 18:41.71..... | 1350m 19:29.50..... | 1400m 20:17.75..... | 1450m 21:06.41..... | 1500m 21:54.45..... | | |
| 46.85..... | 45.92..... | 47.79..... | 48.25..... | 48.66..... | 48.04..... | | |
| 27..... Zoe Huckerby | 17..... CarltonForum | 22:00.82 | 368 | | | | |
| 50m 35.57..... | 100m 1:16.64..... | 150m 1:58.59..... | 200m 2:41.24..... | 250m 3:24.54..... | 300m 4:08.02..... | 350m 4:52.29 | 400m 5:36.16 |
| 35.57..... | 41.07..... | 41.95..... | 42.65..... | 43.30..... | 43.48..... | 44.27 | 43.87 |
| 450m 6:20.49..... | 500m 7:04.48..... | 550m 7:48.90..... | 600m 8:33.91..... | 650m 9:18.25..... | 700m 10:02.34..... | 750m 10:46.98 | 800m 11:30.60 |
| 44.33..... | 43.99..... | 44.42..... | 45.01..... | 44.34..... | 44.09..... | 44.64 | 43.62 |
| 850m 12:15.49..... | 900m 13:00.56..... | 950m 13:46.51..... | 1000m 14:31.09..... | 1050m 15:17.09..... | 1100m 16:02.73..... | 1150m 16:47.97 | 1200m 17:34.03 |
| 44.89..... | 45.07..... | 45.95..... | 44.58..... | 46.00..... | 45.64..... | 45.24 | 46.06 |
| 1250m 18:20.03..... | 1300m 19:04.35..... | 1350m 19:48.69..... | 1400m 20:33.59..... | 1450m 21:18.05..... | 1500m 22:00.82..... | | |
| 46.00..... | 44.32..... | 44.34..... | 44.90..... | 44.46..... | 42.77..... | | |
| 28..... Lauren Quinn | 11..... Sutton | 22:10.54 | 360 | | | | |
| 50m 38.61..... | 100m 1:20.46..... | 150m 2:03.90..... | 200m 2:48.08..... | 250m 3:32.42..... | 300m 4:17.06..... | 350m 5:02.12 | 400m 5:47.19 |
| 38.61..... | 41.85..... | 43.44..... | 44.18..... | 44.34..... | 44.64..... | 45.06 | 45.07 |
| 450m 6:32.90..... | 500m 7:17.91..... | 550m 8:03.05..... | 600m 8:47.48..... | 650m 9:33.01..... | 700m 10:18.11..... | 750m 11:02.79 | 800m 11:48.36 |
| 45.71..... | 45.01..... | 45.14..... | 44.43..... | 45.53..... | 45.10..... | 44.68 | 45.57 |
| 850m 12:33.54..... | 900m 13:18.45..... | 950m 14:03.93..... | 1000m 14:49.04..... | 1050m 15:33.80..... | 1100m 16:18.17..... | 1150m 17:02.51 | 1200m 17:46.66 |
| 45.18..... | 44.91..... | 45.48..... | 45.11..... | 44.76..... | 44.37..... | 44.34 | 44.15 |
| 1250m 18:30.84..... | 1300m 19:15.34..... | 1350m 19:59.91..... | 1400m 20:45.07..... | 1450m 21:28.34..... | 1500m 22:10.54..... | | |
| 44.18..... | 44.50..... | 44.57..... | 45.16..... | 43.27..... | 42.20..... | | |
| 29... Emily Waldram | 11..... Falcon Nttm | 22:54.79 | 326 | | | | |
| 50m 40.18..... | 100m 1:24.47..... | 150m 2:10.50..... | 200m 2:56.44..... | 250m 3:41.29..... | 300m 4:27.17..... | 350m 5:13.02 | 400m 5:58.81 |
| 40.18..... | 44.29..... | 46.03..... | 45.94..... | 44.85..... | 45.88..... | 45.85 | 45.79 |
| 450m 6:44.59..... | 500m 7:30.39..... | 550m 8:17.22..... | 600m -..... | 650m 9:51.09..... | 700m 10:38.16..... | 750m 11:25.24 | 800m 12:12.23 |
| 45.78..... | 45.80..... | 46.83..... | -..... | 1:33.87..... | 47.07..... | 47.08 | 46.99 |
| 850m 12:59.65..... | 900m 13:46.99..... | 950m -..... | 1000m 15:19.70..... | 1050m 16:06.81..... | 1100m 16:52.11..... | 1150m 17:38.30 | 1200m 18:24.95 |
| 47.42..... | 47.34..... | -..... | 1:32.71..... | 47.11..... | 45.30..... | 46.19 | 46.65 |
| 1250m 19:11.10..... | 1300m 19:56.66..... | 1350m 21:29.04..... | 1400m 22:14.18..... | 1450m -..... | 1500m 22:54.79..... | | |
| 46.15..... | 45.56..... | 1:32.38..... | 45.14..... | -..... | 40.61..... | | |