

**ASA East Midland Region – Distance Time Trial 2009**  
**Loughborough University Pool -- Sunday 10th February 2009 Results Sheet 1 of 6**  
 (Under ASA laws and ASA Technical Rules of Swimming)

**Note the results now show both cumulative and incremental splits**

**EVENT 100 Mens/Womens 1500m Freestyle**

**MENS - Full Results**

Place	Name	AaD	Club	Time						
<b>1.</b>	<b>Jack BURNELL</b>	<b>16</b>	<b>Lincoln Vulc</b>	<b>16:18.91</b>						
	100m 1:01.19	200m 2:06.22	300m 3:11.83	400m 4:16.97	500m 5:22.51	600m 6:27.94	700m 7:33.22	800m 8:38.83		
		1:05.03	1:05.61	1:05.14	1:05.54	1:05.43	1:05.28	1:05.61		
	900m 9:44.01	1000m 10:49.79	1100m 11:55.60	1200m 13:01.91	1300m 14:07.55	1400m 15:14.28	1500m 16:18.91			
		1:05.18	1:05.81	1:06.31	1:05.64	1:06.73	1:04.63			
<b>2.</b>	<b>Ben GREEN</b>	<b>16</b>	<b>Northampton</b>	<b>16:36.70</b>						
	100m 1:01.69	200m 2:08.52	300m 3:15.15	400m 4:21.86	500m 5:28.24	600m 6:34.36	700m 7:40.89	800m 8:47.58		
		1:06.83	1:06.63	1:06.71	1:06.38	1:06.12	1:06.53	1:06.69		
	900m 9:54.77	1000m 11:01.58	1100m 12:08.75	1200m 13:15.94	1300m 14:23.36	1400m 15:31.02	1500m 16:36.70			
		1:07.19	1:07.17	1:07.19	1:07.42	1:07.66	1:05.68			
<b>3.</b>	<b>Scott TOVELL-COLEMAN</b>	<b>16</b>	<b>Derventio</b>	<b>16:52.80</b>						
	100m 1:01.18	200m 2:08.06	300m 3:14.53	400m 4:21.78	500m 5:30.17	600m 6:38.62	700m 7:46.91	800m 8:55.24		
		1:06.88	1:06.47	1:07.25	1:08.39	1:08.45	1:08.29	1:08.33		
	900m 10:03.55	1000m 11:11.65	1100m 12:19.99	1200m 13:28.57	1300m 14:37.38	1400m 15:46.26	1500m 16:52.80			
		1:08.31	1:08.10	1:08.34	1:08.58	1:08.81	1:06.54			
<b>4.</b>	<b>Sean WESTERMAN</b>	<b>15</b>	<b>Lincoln Vulc</b>	<b>17:01.16</b>						
	100m 1:03.41	200m 2:11.14	300m 3:19.54	400m 4:27.05	500m 5:35.41	600m 6:43.54	700m 7:52.01	800m 9:00.10		
		1:07.73	1:08.40	1:07.51	1:08.36	1:08.13	1:08.47	1:08.09		
	900m 10:08.64	1000m 11:17.39	1100m 12:27.08	1200m 13:36.20	1300m 14:45.67	1400m 15:54.74	1500m 17:01.16			
		1:08.54	1:08.75	1:09.69	1:09.12	1:09.47	1:06.42			
<b>5.</b>	<b>Jack JOHNSON</b>	<b>18</b>	<b>Northampton</b>	<b>17:05.55</b>						
	100m 1:02.36	200m 2:09.83	300m 3:17.64	400m 4:26.30	500m 5:35.84	600m 6:45.22	700m 7:55.02	800m 9:03.37		
		1:07.47	1:07.81	1:08.66	1:09.54	1:09.38	1:09.80	1:08.35		
	900m 10:12.49	1000m 11:21.39	1100m 12:30.42	1200m 13:39.13	1300m 14:48.20	1400m 15:57.61	1500m 17:05.55			
		1:09.12	1:08.90	1:09.03	1:08.71	1:09.07	1:09.41	1:07.94		
<b>6.</b>	<b>Freddie LITTLE</b>	<b>15</b>	<b>Northampton</b>	<b>17:06.65</b>						
	100m 1:02.58	200m 2:10.08	300m 3:18.16	400m 4:26.70	500m 5:35.06	600m 6:43.21	700m 7:52.03	800m 9:00.80		
		1:07.50	1:08.08	1:08.54	1:08.36	1:08.15	1:08.82	1:08.77		
	900m 10:10.53	1000m 11:20.22	1100m 12:30.11	1200m 13:39.83	1300m 14:49.77	1400m 15:59.32	1500m 17:06.65			
		1:09.73	1:09.69	1:09.89	1:09.72	1:09.94	1:09.55	1:07.33		
<b>7.</b>	<b>Matthew WATKINSON</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>17:12.69</b>						
	100m 1:03.73	200m 2:12.07	300m 3:20.86	400m 4:30.35	500m 5:39.24	600m 6:48.64	700m 7:57.94	800m 9:07.51		
		1:08.34	1:08.79	1:09.49	1:08.89	1:09.40	1:09.30	1:09.57		
	900m 10:17.16	1000m 11:26.93	1100m 12:36.36	1200m 13:46.36	1300m 14:55.98	1400m 16:05.49	1500m 17:12.69			
		1:09.65	1:09.77	1:09.43	1:10.00	1:09.62	1:09.51	1:07.20		
<b>8.</b>	<b>Matthew DOBSON</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>17:42.16</b>						
	100m 1:05.11	200m 2:15.10	300m 3:27.17	400m 4:39.33	500m 5:51.27	600m 7:03.74	700m 8:15.61	800m 9:27.66		
		1:09.99	1:12.07	1:12.16	1:11.94	1:12.47	1:11.87	1:12.05		
	900m 10:39.04	1000m 11:49.69	1100m 13:01.42	1200m 14:11.98	1300m 15:23.02	1400m 16:32.32	1500m 17:42.16			
		1:11.38	1:11.73	1:10.56	1:11.04	1:09.30	1:09.84			
<b>9.</b>	<b>Alex THIRKELL</b>	<b>16</b>	<b>Derventio</b>	<b>17:46.05</b>						
	100m 1:02.20	200m 2:10.35	300m 3:18.79	400m 4:28.34	500m 5:38.75	600m 6:50.04	700m 8:02.82	800m 9:16.25		
		1:08.15	1:08.44	1:09.55	1:10.41	1:11.29	1:12.78	1:13.43		
	900m 10:29.35	1000m 11:41.64	1100m 12:55.19	1200m 14:08.56	1300m 15:21.30	1400m 16:35.00	1500m 17:46.05			
		1:13.10	1:13.55	1:13.37	1:12.74	1:13.70	1:11.05			
<b>10.</b>	<b>Oliver THOMPSON</b>	<b>15</b>	<b>Northampton</b>	<b>17:57.94</b>						
	100m 1:03.70	200m 2:11.33	300m 3:19.86	400m 4:28.47	500m 5:37.46	600m 6:46.75	700m 7:57.02	800m 9:06.20		
		1:07.63	1:08.53	1:08.61	1:08.99	1:09.29	1:10.27	1:09.18		
	900m 10:27.43	1000m 11:43.43	1100m 12:59.32	1200m 14:14.40	1300m 15:29.96	1400m 16:44.05	1500m 17:57.94			
		1:21.23	1:16.00	1:15.89	1:15.56	1:14.09	1:13.89			
<b>11.</b>	<b>Joe STEVENSON</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:01.82</b>						
	100m 1:09.45	200m 2:23.11	300m 3:37.38	400m 4:49.50	500m 6:02.40	600m 7:14.85	700m 8:26.71	800m 9:38.96		
		1:13.66	1:14.27	1:12.12	1:12.90	1:12.45	1:11.86	1:12.25		
	900m 10:51.89	1000m 12:05.11	1100m 13:17.42	1200m 14:29.59	1300m 15:41.41	1400m 16:52.54	1500m 18:01.82			
		1:12.93	1:13.22	1:12.31	1:12.17	1:11.82	1:09.28			
<b>12.</b>	<b>Matthew RENSHAW</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:03.53</b>						
	100m 1:04.78	200m 2:16.08	300m 3:28.70	400m 4:41.49	500m 5:54.25	600m 7:07.22	700m 8:20.06	800m 9:33.06		
		1:11.30	1:12.62	1:12.79	1:12.76	1:12.97	1:12.84	1:13.00		
	900m 10:46.27	1000m 11:59.29	1100m 13:12.46	1200m 14:25.71	1300m 15:39.17	1400m 16:52.38	1500m 18:03.53			
		1:13.21	1:13.02	1:13.17	1:13.25	1:13.46	1:11.15			

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<b>13. Kevin WALLBANK</b>	<b>13</b>	<b>Derventio</b>	<b>18:04.28</b>					
100m 1:06.05	200m 2:18.39	300m 3:31.18	400m 4:44.08	500m 5:58.20	600m 7:11.97	700m 8:25.51	800m 9:38.88	
1:06.05	1:12.34	1:12.79	1:12.90	1:14.12	1:13.77	1:13.54	1:13.37	
900m 10:53.41	1000m 12:06.90	1100m 13:20.74	1200m 14:33.12	1300m 15:45.40	1400m 16:57.08	1500m 18:04.28		
1:14.53	1:13.49	1:13.84	1:12.38	1:12.28	1:11.68	1:07.20		
<b>14. Corey MEAD</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:05.78</b>					
<b>100m 1:08.07</b>	<b>200m 2:20.86</b>	<b>300m 3:33.83</b>	<b>400m 4:47.18</b>	<b>500m 5:59.31</b>	<b>600m 7:11.42</b>	<b>700m 8:23.47</b>	<b>800m 9:35.97</b>	
1:08.07	1:12.79	1:12.97	1:13.35	1:12.13	1:12.11	1:12.05	1:12.50	
900m 10:49.32	1000m 12:02.47	1100m 13:16.11	1200m 14:29.76	1300m 15:43.07	1400m 16:56.05	1500m 18:05.78		
1:13.35	1:13.15	1:13.64	1:13.65	1:13.31	1:12.98	1:09.73		
<b>15. Benjamin GOODALL</b>	<b>13</b>	<b>Derventio</b>	<b>18:07.80</b>					
100m 1:06.49	200m 2:17.55	300m 3:29.18	400m 4:41.67	500m 5:55.18	600m 7:08.84	700m 8:22.00	800m 9:35.50	
1:06.49	1:11.06	1:11.63	1:12.49	1:13.51	1:13.66	1:13.16	1:13.50	
900m 10:48.24	1000m 12:01.63	1100m 13:15.81	1200m 14:29.89	1300m 15:44.13	1400m 16:56.43	1500m 18:07.80		
1:12.74	1:13.39	1:14.18	1:14.08	1:14.24	1:12.30	1:11.37		
<b>16. Matthew BRIGHAM</b>	<b>13</b>	<b>Co Peterboro</b>	<b>18:12.02</b>					
100m 1:07.69	200m 2:19.21	300m 3:31.45	400m 4:44.26	500m 5:56.63	600m 7:09.63	700m 8:22.79	800m 9:36.37	
1:07.69	1:11.52	1:12.24	1:12.81	1:12.37	1:13.00	1:13.16	1:13.58	
900m 10:49.75	1000m 12:03.85	1100m 13:18.11	1200m 14:32.52	1300m 15:46.24	1400m 16:59.85	1500m 18:12.02		
1:13.38	1:14.10	1:14.26	1:14.41	1:13.72	1:13.61	1:12.17		
<b>17. Alex HUNTER</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:16.86</b>					
100m 1:07.37	200m 2:19.37	300m 3:31.67	400m 4:44.42	500m 5:57.90	600m 7:11.09	700m 8:24.45	800m 9:38.24	
1:07.37	1:12.00	1:12.30	1:12.75	1:13.48	1:13.19	1:13.36	1:13.79	
900m 10:51.93	1000m 12:06.10	1100m 13:20.19	1200m 14:36.08	1300m 15:51.24	1400m 17:05.43	1500m 18:16.86		
1:13.69	1:14.17	1:14.09	1:15.89	1:15.16	1:14.19	1:11.43		
<b>18. Jack HOWARTH</b>	<b>14</b>	<b>Northampton</b>	<b>18:26.37</b>					
100m 1:03.91	200m 2:14.54	300m 3:26.53	400m 4:39.21	500m 5:52.81	600m 7:06.16	700m 8:20.80	800m 9:35.83	
1:03.91	1:10.63	1:11.99	1:12.68	1:13.60	1:13.35	1:14.64	1:15.03	
900m 10:50.55	1000m 12:07.34	1100m 13:24.94	1200m 14:42.35	1300m 15:58.91	1400m 17:14.61	1500m 18:26.37		
1:14.72	1:16.79	1:17.60	1:17.41	1:16.56	1:15.70	1:11.76		
<b>19. Thomas ROBERTS</b>	<b>12</b>	<b>Nova Cent'n</b>	<b>18:57.48</b>					
100m 1:11.00	200m 2:26.80	300m 3:43.03	400m 4:59.75	500m 6:16.95	600m 7:34.06	700m 8:50.57	800m 10:07.11	
1:11.00	1:15.80	1:16.23	1:16.72	1:17.20	1:17.11	1:16.51	1:16.54	
900m 11:22.52	1000m 12:38.75	1100m 13:54.79	1200m 15:11.56	1300m 16:27.96	1400m 17:44.34	1500m 18:57.48		
1:15.41	1:16.23	1:16.04	1:16.77	1:16.40	1:16.38	1:13.14		
<b>20. Connor ALLISON</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:57.53</b>					
100m 1:07.62	200m 2:20.85	300m 3:35.28	400m 4:50.54	500m 6:06.81	600m 7:24.14	700m 8:40.95	800m 9:57.67	
1:07.62	1:13.23	1:14.43	1:15.26	1:16.27	1:17.33	1:16.81	1:16.72	
900m 11:15.40	1000m 12:33.08	1100m 13:51.15	1200m 15:08.65	1300m 16:25.92	1400m 17:42.24	1500m 18:57.53		
1:17.73	1:17.68	1:18.07	1:17.50	1:17.27	1:16.32	1:15.29		
<b>21. Daniel MOORE</b>	<b>12</b>	<b>Nova Cent'n</b>	<b>20:20.34</b>					
100m 1:16.56	200m 2:37.23	300m 3:57.75	400m 5:18.60	500m 6:40.03	600m 8:01.45	700m 9:22.36	800m 10:44.08	
1:16.56	1:20.67	1:20.52	1:20.85	1:21.43	1:21.42	1:20.91	1:21.72	
900m 12:05.72	1000m 13:28.09	1100m 14:50.67	1200m 16:14.01	1300m 17:37.06	1400m 18:58.30	1500m 20:20.34		
1:21.64	1:22.37	1:22.58	1:23.34	1:23.05	1:21.24	1:22.04		
900m 12:05.72	1000m 13:28.09	1100m 14:50.67	1200m 16:14.01	1300m 17:37.06	1400m 18:58.30	1500m 20:20.34		
1:21.64	1:22.37	1:22.58	1:23.34	1:23.05	1:21.24	1:22.04		

**ASA East Midland Region – Distance Time Trial 2009**  
**Loughborough University Pool -- Sunday 10th February 2009 Results Sheet 3 of 6**  
 (Under ASA laws and ASA Technical Rules of Swimming)

**WOMENS - Full Results**

Place	Name	AaD	Club	Time					
<b>1.</b>	<b>Zoe GIDDEN</b>	<b>13</b>	<b>Northampton</b>	<b>18:06.57</b>					
	100m 1:06.95	200m 2:18.48	300m 3:30.79	400m 4:43.72	500m 5:56.84	600m 7:10.27	700m 8:23.19	800m 9:36.41	
	1:06.95	1:11.53	1:12.31	1:12.93	1:13.12	1:13.43	1:12.92	1:13.22	
	900m 10:49.24	1000m 12:02.40	1100m 13:15.71	1200m 14:28.95	1300m 15:42.55	1400m 16:55.35	1500m 18:06.57		
	1:12.83	1:13.16	1:13.31	1:13.24	1:13.60	1:12.80	1:11.22		
<b>2.</b>	<b>Gabrielle HIGNETT</b>	<b>14</b>	<b>Derventio</b>	<b>18:21.61</b>					
	100m 1:08.69	200m 2:21.55	300m 3:34.59	400m 4:47.69	500m 6:01.02	600m 7:14.48	700m 8:28.53	800m 9:43.09	
	1:08.69	1:12.86	1:13.04	1:13.10	1:13.33	1:13.46	1:14.05	1:14.56	
	900m 10:57.84	1000m 12:11.61	1100m 13:25.99	1200m 14:40.22	1300m 15:54.83	1400m 17:09.30	1500m 18:21.61		
	1:14.75	1:13.77	1:14.38	1:14.23	1:14.61	1:14.47	1:12.31		
<b>3.</b>	<b>Megan BERRIDGE</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>18:35.91</b>					
	100m 1:09.30	200m 2:23.87	300m 3:39.22	400m 4:54.43	500m 6:09.43	600m 7:23.92	700m 8:38.66	800m 9:53.61	
	1:09.30	1:14.57	1:15.35	1:15.21	1:15.00	1:14.49	1:14.74	1:14.95	
	900m 11:08.61	1000m 12:23.22	1100m 13:38.42	1200m 14:53.60	1300m 16:08.85	1400m 17:23.65	1500m 18:35.91		
	1:15.00	1:14.61	1:15.20	1:15.18	1:15.25	1:14.80	1:12.26		
<b>4.</b>	<b>Ellen WILLIAMS</b>	<b>14</b>	<b>Co Peterboro</b>	<b>19:11.17</b>					
	100m 1:10.57	200m 2:25.43	300m 3:40.57	400m 4:56.33	500m 6:13.10	600m 7:29.95	700m 8:47.11	800m 10:04.68	
	1:10.57	1:14.86	1:15.14	1:15.76	1:16.77	1:16.85	1:17.16	1:17.57	
	900m 11:22.35	1000m 12:40.07	1100m 13:57.84	1200m 15:16.45	1300m 16:35.36	1400m 17:54.15	1500m 19:11.17		
	1:17.67	1:17.72	1:17.77	1:18.61	1:18.91	1:18.79	1:17.02		
<b>5.</b>	<b>Beth WELCH</b>	<b>14</b>	<b>Co Leicester</b>	<b>19:19.72</b>					
	100m 1:12.65	200m 2:29.71	300m 3:46.40	400m 5:03.53	500m 6:20.77	600m 7:38.22	700m 8:55.39	800m 10:12.93	
	1:12.65	1:17.06	1:16.69	1:17.13	1:17.24	1:17.45	1:17.17	1:17.54	
	900m 11:31.09	1000m 12:49.19	1100m 14:07.06	1200m 15:24.73	1300m 16:42.98	1400m 18:01.77	1500m 19:19.72		
	1:18.16	1:18.10	1:17.87	1:17.67	1:18.25	1:18.79	1:17.95		
<b>6.</b>	<b>Alison HOWORTH</b>	<b>12</b>	<b>Lincoln Vulc</b>	<b>19:22.96</b>					
	100m 1:11.53	200m 2:28.90	300m 3:46.01	400m 5:03.96	500m 6:22.40	600m 7:41.36	700m 9:00.12	800m 10:18.41	
	1:11.53	1:17.37	1:17.11	1:17.95	1:18.44	1:18.96	1:18.76	1:18.29	
	900m 11:36.70	1000m 12:55.55	1100m 14:15.17	1200m 15:33.28	1300m 16:51.63	1400m 18:09.58	1500m 19:22.96		
	1:18.29	1:18.85	1:19.62	1:18.11	1:18.35	1:17.95	1:13.38		
<b>7.</b>	<b>Sarah FOUNTAIN</b>	<b>13</b>	<b>Lincoln Vulc</b>	<b>19:29.85</b>					
	100m 1:10.01	200m 2:25.00	300m 3:40.37	400m 4:56.38	500m 6:13.90	600m 7:33.01	700m 8:52.44	800m 10:12.90	
	1:10.01	1:14.99	1:15.37	1:16.01	1:17.52	1:19.11	1:19.43	1:20.46	
	900m 11:32.68	1000m 12:53.00	1100m 14:13.58	1200m 15:34.40	1300m 16:54.11	1400m 18:12.76	1500m 19:29.85		
	1:19.78	1:20.32	1:20.58	1:20.82	1:19.71	1:18.65	1:17.09		
<b>8.</b>	<b>Olivia KELSEY</b>	<b>12</b>	<b>Lincoln Vulc</b>	<b>19:37.29</b>					
	100m 1:11.83	200m 2:31.65	300m 3:50.38	400m 5:08.75	500m 6:27.92	600m 7:47.38	700m 9:06.11	800m 10:25.83	
	1:11.83	1:19.82	1:18.73	1:18.37	1:19.17	1:19.46	1:18.73	1:19.72	
	900m 11:44.11	1000m 13:03.39	1100m 14:23.04	1200m 15:42.08	1300m 17:01.78	1400m 18:21.41	1500m 19:37.29		
	1:18.28	1:19.28	1:19.65	1:19.04	1:19.70	1:19.63	1:15.88		
<b>9.</b>	<b>Zoey GARLICK</b>	<b>12</b>	<b>Northampton</b>	<b>19:44.39</b>					
<b>10.</b>	<b>Sarah VASEY</b>	<b>12</b>	<b>Derventio</b>	<b>19:50.69</b>					
	100m 1:13.88	200m 2:34.05	300m 3:53.82	400m 5:13.82	500m 6:34.03	600m 7:54.61	700m 9:13.61	800m 10:32.80	
	1:13.88	1:20.17	1:19.77	1:20.00	1:20.21	1:20.58	1:19.00	1:19.19	
	900m 11:52.98	1000m 13:12.81	1100m 14:33.39	1200m 15:54.06	1300m 17:14.41	1400m 18:34.62	1500m 19:50.69		
	1:20.18	1:19.83	1:20.58	1:20.67	1:20.35	1:20.21	1:16.07		
<b>11.</b>	<b>Alice HUNT</b>	<b>12</b>	<b>Northampton</b>	<b>19:50.74</b>					
	100m 1:15.58	200m 2:34.38	300m 3:54.03	400m 5:13.71	500m 6:34.24	600m 7:54.57	700m 9:14.18	800m 10:33.51	
	1:15.58	1:18.80	1:19.65	1:19.68	1:20.53	1:20.33	1:19.61	1:19.33	
	900m 11:53.54	1000m 13:13.46	1100m 14:33.38	1200m 15:53.76	1300m 17:13.92	1400m 18:33.55	1500m 19:50.74		
	1:20.03	1:19.92	1:19.92	1:20.38	1:20.16	1:19.63	1:17.19		
<b>12.</b>	<b>Gabrielle VICKERS</b>	<b>11</b>	<b>Lincoln Vulc</b>	<b>20:32.84</b>					
<b>13.</b>	<b>Danielle CHERRY</b>	<b>11</b>	<b>Nova Cent'n</b>	<b>21:45.86</b>					
	<b>Francesca HAY</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>DNF</b>					

**ASA East Midland Region – Distance Time Trial 2009**  
**Loughborough University Pool -- Sunday 10th February 2009 Results Sheet 4 of 6**  
 (Under ASA laws and ASA Technical Rules of Swimming)

**EVENT 101 Mens/Womens 800m Freestyle**

**MENS - Full Results**

Place	Name	AaD	Club	Time					
1.	<b>Oliver BITOWT</b>	<b>14</b>	<b>Lincoln Vulc</b>	<b>8:41.18</b>					
	100m 1:02.11	200m 2:07.21	300m 3:12.95	400m 4:18.05	500m 5:23.20	600m 6:30.02	700m 7:36.76	800m 8:41.18	
	1:02.11	1:05.10	1:05.74	1:05.10	1:05.15	1:06.82	1:06.74	1:04.42	
2.	<b>James GRIEVE</b>	<b>16</b>	<b>Co Leicester</b>	<b>8:46.85</b>					
	100m 59.77	200m 2:04.74	300m 3:10.98	400m 4:18.10	500m 5:25.58	600m 6:34.63	700m 7:42.40	800m 8:46.85	
	59.77	1:04.97	1:06.24	1:07.12	1:07.48	1:09.05	1:07.77	1:04.45	
3.	<b>Mitch JORDAN</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>9:04.02</b>					
	100m 1:02.86	200m 2:11.09	300m 3:19.95	400m 4:29.00	500m 5:38.21	600m 6:47.60	700m 7:57.13	800m 9:04.02	
	1:02.86	1:08.23	1:08.86	1:09.05	1:09.21	1:09.39	1:09.53	1:06.89	
4.	<b>Myles CROUCH-ANDERSON</b>	<b>16</b>	<b>Northampton</b>	<b>9:11.83</b>					
	100m 55.73	200m 1:53.91	300m 3:18.89	400m 4:27.05	500m 5:39.18	600m 6:50.24	700m 8:00.50	800m 9:11.83	
	55.73	58.18	1:24.98	1:08.16	1:12.13	1:11.06	1:10.26	1:11.33	
5.	<b>Charles BITOWT</b>	<b>15</b>	<b>Lincoln Vulc</b>	<b>9:13.51</b>					
	100m 1:02.76	200m 2:11.09	300m 3:20.09	400m 4:29.57	500m 5:40.38	600m 6:51.33	700m 8:03.01	800m 9:13.51	
	1:02.76	1:08.33	1:09.00	1:09.48	1:10.81	1:10.95	1:11.68	1:10.50	
6.	<b>Thomas FREEMAN</b>	<b>17</b>	<b>Co Peterboro</b>	<b>9:15.04</b>					
	100m 1:02.44	200m 2:11.25	300m 3:21.92	400m 4:32.81	500m 5:44.71	600m 6:56.02	700m 8:07.06	800m 9:15.04	
	1:02.44	1:08.81	1:10.67	1:10.89	1:11.90	1:11.31	1:11.04	1:07.98	
7.	<b>Daniel BARKE</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>9:15.65</b>					
	100m 1:03.49	200m 2:13.02	300m 3:23.56	400m 4:34.55	500m 5:45.18	600m 6:55.75	700m 8:06.34	800m 9:15.65	
	1:03.49	1:09.53	1:10.54	1:10.99	1:10.63	1:10.57	1:10.59	1:09.31	
8.	<b>Oliver RICHMOND</b>	<b>14</b>	<b>Lincoln Vulc</b>	<b>9:17.03</b>					
	100m 1:04.09	200m 3:25.76	300m 4:35.86	400m 5:46.75	500m 6:57.38	600m 8:08.63	700m 9:17.09	800m 9:17.03	
	1:04.09	2:21.67	1:10.10	1:10.89	1:10.63	1:11.25	1:08.46	59.94	
9.	<b>Daniel TIMMS</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>9:18.63</b>					
	100m 1:04.87	200m 2:14.19	300m 3:24.48	400m 4:35.19	500m 5:46.29	600m 6:57.61	700m 8:09.60	800m 9:18.63	
	1:04.87	1:09.32	1:10.29	1:10.71	1:11.10	1:11.32	1:11.99	1:09.03	
10.	<b>Luke HOWDLE</b>	<b>14</b>	<b>Bramcote</b>	<b>9:20.40</b>					
	100m 1:05.99	200m 2:16.64	300m 3:27.49	400m 4:38.65	500m 5:49.56	600m 7:00.63	700m 8:11.54	800m 9:20.40	
	1:05.99	1:10.65	1:10.85	1:11.16	1:10.91	1:11.07	1:10.91	1:08.86	
11.	<b>Guy WARD</b>	<b>15</b>	<b>Chesterfiled</b>	<b>9:35.01</b>					
	100m 1:06.93	200m 2:18.75	300m 3:30.87	400m 4:44.18	500m 5:57.80	600m 7:10.91	700m 8:23.98	800m 9:35.01	
	1:06.93	1:11.82	1:12.12	1:13.31	1:13.62	1:13.11	1:13.07	1:11.03	
12.	<b>Karl MORGAN</b>	<b>14</b>	<b>Nova Cent'n</b>	<b>9:39.04</b>					
	100m 1:04.21	200m 2:15.82	300m 3:29.79	400m 4:43.92	500m 5:59.07	600m 7:13.54	700m 8:28.30	800m 9:39.04	
	1:04.21	1:11.61	1:13.97	1:14.13	1:15.15	1:14.47	1:14.76	1:10.74	
13.	<b>Oliver WILKES</b>	<b>14</b>	<b>Matlock</b>	<b>9:41.84</b>					
	100m 1:10.23	200m 2:24.30	300m 3:38.40	400m 4:52.32	500m 6:05.72	600m 7:19.30	700m 8:31.45	800m 9:41.84	
	1:10.23	1:14.07	1:14.10	1:13.92	1:13.40	1:13.58	1:12.15	1:10.39	
14.	<b>Elliot WOODWARD</b>	<b>13</b>	<b>CarltonForum</b>	<b>9:45.24</b>					
	100m 1:10.29	200m 2:24.24	300m 3:38.46	400m 4:52.57	500m 6:05.58	600m 7:19.35	700m 8:33.55	800m 9:45.24	
	1:10.29	1:13.95	1:14.22	1:14.11	1:13.01	1:13.77	1:14.20	1:11.69	
15.	<b>Harry MARTIN</b>	<b>12</b>	<b>Nova Cent'n</b>	<b>9:55.79</b>					
	100m 1:10.39	200m 2:25.26	300m 3:40.21	400m 4:56.34	500m 6:12.41	600m 7:28.59	700m 8:43.98	800m 9:55.79	
	1:10.39	1:14.87	1:14.95	1:16.13	1:16.07	1:16.18	1:15.39	1:11.81	
16.	<b>Charlie HEYWORTH</b>	<b>13</b>	<b>Northampton</b>	<b>9:58.11</b>					
	100m 1:10.37	200m 2:25.94	300m 3:41.76	400m 4:57.54	500m 6:13.59	600m 7:30.49	700m 8:46.35	800m 9:58.11	
	1:10.37	1:15.57	1:15.82	1:15.78	1:16.05	1:16.90	1:15.86	1:11.76	
17.	<b>Stuart MORRIS</b>	<b>13</b>	<b>Northampton</b>	<b>9:58.21</b>					
	100m 1:09.42	200m 2:25.20	300m 3:41.62	400m 4:58.38	500m 6:16.19	600m 7:32.89	700m 8:49.20	800m 9:58.21	
	1:09.42	1:15.78	1:16.42	1:16.76	1:17.81	1:16.70	1:16.31	1:09.01	
18.	<b>Thomas ROBERTS</b>	<b>12</b>	<b>Nova Cent'n</b>	<b>10:01.12</b>					
	100m 1:10.46	200m 2:26.68	300m 3:43.01	400m 4:59.62	500m 6:15.81	600m 7:31.78	700m 8:47.55	800m 10:01.12	
	1:10.46	1:16.22	1:16.33	1:16.61	1:16.19	1:15.97	1:15.77	1:13.57	
19.	<b>Joshua AYLETT</b>	<b>12</b>	<b>Co Peterboro</b>	<b>10:14.89</b>					
	100m 1:13.65	200m 2:32.71	300m 3:50.27	400m 5:09.12	500m 6:27.60	600m 7:44.27	700m 9:00.75	800m 10:14.89	
	1:13.65	1:19.06	1:17.56	1:18.85	1:18.48	1:16.67	1:16.48	1:14.14	

**ASA East Midland Region – Distance Time Trial 2009**  
**Loughborough University Pool -- Sunday 10th February 2009 Results Sheet 5 of 6**  
 (Under ASA laws and ASA Technical Rules of Swimming)

<b>20. Chris BARRETT</b>	<b>13</b>	<b>Deepings</b>	<b>10:25.10</b>						
100m 1:11.25	200m 2:27.39	300m 3:44.37	400m 5:03.83	500m 6:23.26	600m 7:44.86	700m 9:05.51	800m 10:25.10		
1:11.25	1:16.14	1:16.98	1:19.46	1:19.43	1:21.60	1:20.65	1:19.59		

**WOMENS - Full Results**

Place	Name	AaD	Club	Time					
<b>1. Hazel COLBOURNE</b>	<b>20</b>	<b>Loughboro Un</b>	<b>9:13.31</b>						
100m 1:05.61	200m 2:15.17	300m 3:25.29	400m 4:35.26	500m 5:45.25	600m 6:55.09	700m 8:05.07	800m 9:13.31		
1:05.61	1:09.56	1:10.12	1:09.97	1:09.99	1:09.84	1:09.98	1:08.24		
<b>2. Emma HERD</b>	<b>15</b>	<b>Northampton</b>	<b>9:14.50</b>						
100m 1:04.85	200m 2:14.53	300m 3:24.63	400m 4:34.75	500m 5:45.05	600m 6:55.70	700m 8:06.47	800m 9:14.50		
1:04.85	1:09.68	1:10.10	1:10.12	1:10.30	1:10.65	1:10.77	1:08.03		
<b>3. Georgie MCMANUS</b>	<b>14</b>	<b>Northampton</b>	<b>9:19.17</b>						
100m 1:05.39	200m 2:15.73	300m 3:26.72	400m 4:37.44	500m 5:48.22	600m 6:59.07	700m 8:09.96	800m 9:19.17		
1:05.39	1:10.34	1:10.99	1:10.72	1:10.78	1:10.85	1:10.89	1:09.21		
<b>4. Catherine WILLIAMS</b>	<b>13</b>	<b>Derventio</b>	<b>9:30.53</b>						
100m 1:05.84	200m 2:16.06	300m 3:27.37	400m 4:39.33	500m 5:52.26	600m 7:05.77	700m 8:19.97	800m 9:30.53		
1:05.84	1:10.22	1:11.31	1:11.96	1:12.93	1:13.51	1:14.20	1:10.56		
<b>5. Poppy RUDIN</b>	<b>13</b>	<b>Nova Cent'n</b>	<b>9:31.16</b>						
100m 1:07.21	200m 2:19.05	300m 3:31.63	400m 4:44.17	500m 5:56.27	600m 7:08.60	700m 8:21.14	800m 9:31.16		
1:07.21	1:11.84	1:12.58	1:12.54	1:12.10	1:12.33	1:12.54	1:10.02		
<b>6. Lauren FREEMAN</b>	<b>14</b>	<b>Lincoln Vulc</b>	<b>9:31.41</b>						
100m 1:07.05	200m 2:19.02	300m 3:30.93	400m 4:43.08	500m 5:55.47	600m 7:08.75	700m 8:20.68	800m 9:31.41		
1:07.05	1:11.97	1:11.91	1:12.15	1:12.39	1:13.28	1:11.93	1:10.73		
<b>7. Rachel SELBY</b>	<b>15</b>	<b>Nova Cent'n</b>	<b>9:32.07</b>						
100m 1:05.94	200m 2:17.52	300m 3:29.75	400m 4:41.72	500m 5:54.47	600m 7:08.02	700m 8:21.97	800m 9:32.07		
1:05.94	1:11.58	1:12.23	1:11.97	1:12.75	1:13.55	1:13.95	1:10.10		
<b>8. Charlotte MILLIGAN</b>	<b>14</b>	<b>Northampton</b>	<b>9:35.16</b>						
100m 1:06.61	200m 2:18.53	300m 3:31.29	400m 4:43.74	500m 5:56.89	600m 7:10.60	700m 8:24.18	800m 9:35.16		
1:06.61	1:11.92	1:12.76	1:12.45	1:13.15	1:13.71	1:13.58	1:10.98		
<b>9. Jessica FORD</b>	<b>18</b>	<b>Loughboro Un</b>	<b>9:35.83</b>						
100m 1:07.29	200m 2:18.54	300m 3:30.62	400m 4:43.49	500m 5:55.50	600m 7:09.34	700m 8:22.71	800m 9:35.83		
1:07.29	1:11.25	1:12.08	1:12.87	1:12.01	1:13.84	1:13.37	1:13.12		
<b>10. Kimberley BELL</b>	<b>18</b>	<b>Northampton</b>	<b>9:37.39</b>						
100m 1:07.03	200m 2:18.86	300m 3:31.41	400m 4:44.46	500m 5:57.85	600m 7:11.60	700m 8:25.49	800m 9:37.39		
1:07.03	1:11.83	1:12.55	1:13.05	1:13.39	1:13.75	1:13.89	1:11.90		
<b>11. Joanne LONGLAND</b>	<b>15</b>	<b>Co Peterboro</b>	<b>9:38.85</b>						
100m 1:07.33	200m 2:19.68	300m 3:33.13	400m 4:45.91	500m 6:00.22	600m 7:14.92	700m 8:28.89	800m 9:38.85		
1:07.33	1:12.35	1:13.45	1:12.78	1:14.31	1:14.70	1:13.97	1:09.96		
<b>12. Lauren WRAY</b>	<b>14</b>	<b>Deepings</b>	<b>9:39.16</b>						
100m 1:06.94	200m 2:19.48	300m 3:32.17	400m 4:45.25	500m 6:00.92	600m 7:14.38	700m 8:27.78	800m 9:39.16		
1:06.94	1:12.54	1:12.69	1:13.08	1:15.67	1:13.46	1:13.40	1:11.38		
<b>13. Harriet CLUGSTON</b>	<b>16</b>	<b>Chesterfield</b>	<b>9:43.07</b>						
100m 1:06.08	200m 2:19.02	300m 3:33.75	400m 4:48.47	500m 6:01.82	600m 7:15.56	700m 8:31.44	800m 9:43.07		
1:06.08	1:12.94	1:14.73	1:14.72	1:13.35	1:13.74	1:15.88	1:11.63		
<b>14. Sasha WISHDISH</b>	<b>15</b>	<b>Derventio</b>	<b>9:49.37</b>						
100m 1:09.63	200m 2:23.48	300m 3:38.03	400m 4:52.02	500m 6:06.48	600m 7:21.33	700m 8:35.88	800m 9:49.37		
1:09.63	1:13.85	1:14.55	1:13.99	1:14.46	1:14.85	1:14.55	1:13.49		
<b>15. Chloe HANNAM</b>	<b>12</b>	<b>Lincoln Vulc</b>	<b>9:49.58</b>						
100m 1:08.68	200m 2:22.51	300m 3:36.92	400m 4:51.56	500m 6:06.87	600m 7:21.44	700m 8:36.03	800m 9:49.58		
1:08.68	1:13.83	1:14.41	1:14.64	1:15.31	1:14.57	1:14.59	1:13.55		
<b>16. Fay WILLET</b>	<b>15</b>	<b>Co Leicester</b>	<b>9:53.65</b>						
100m 1:10.31	200m 2:24.80	300m 3:40.11	400m 4:54.76	500m 6:09.05	600m 7:24.62	700m 8:40.02	800m 9:53.65		
1:10.31	1:14.49	1:15.31	1:14.65	1:14.29	1:15.57	1:15.40	1:13.63		
<b>17. Ella THOMPSON</b>	<b>14</b>	<b>Northampton</b>	<b>9:54.28</b>						
100m 1:08.94	200m 2:22.80	300m 3:37.31	400m 4:53.06	500m 6:08.04	600m 7:23.94	700m 8:39.58	800m 9:54.28		
1:08.94	1:13.86	1:14.51	1:15.75	1:14.98	1:15.90	1:15.64	1:14.70		
<b>18. Evie KEANE</b>	<b>15</b>	<b>Derventio</b>	<b>9:57.42</b>						
100m 1:06.34	200m 2:19.03	300m 3:33.17	400m 4:49.40	500m 6:06.37	600m 7:24.22	700m 8:41.06	800m 9:57.42		
1:06.34	1:12.69	1:14.14	1:16.23	1:16.97	1:17.85	1:16.84	1:16.36		

**ASA East Midland Region – Distance Time Trial 2009**  
**Loughborough University Pool -- Sunday 10th February 2009 Results Sheet 6 of 6**  
 (Under ASA laws and ASA Technical Rules of Swimming)

19.	<b>Molly NORMAN</b>	13	<b>Co Peterboro</b>	9:57.78					
	100m 1:08.70	200m 2:23.04	300m 3:38.50	400m 4:54.30	500m 6:10.66	600m 7:27.87	700m 8:44.93	800m 9:57.78	
	1:08.70	1:14.34	1:15.46	1:15.80	1:16.36	1:17.21	1:17.06	1:12.85	
20.	<b>Georgina TOVELL-COLEMA</b>	13	<b>Derventio</b>	9:57.79					
	100m 1:09.41	200m 2:23.12	300m 3:37.92	400m 4:53.09	500m 6:09.07	600m 7:25.86	700m 8:42.39	800m 9:57.79	
	1:09.41	1:13.71	1:14.80	1:15.17	1:15.98	1:16.79	1:16.53	1:15.40	
21.	<b>Hannah MEEK</b>	12	<b>Nova Cent'n</b>	9:58.46					
	100m 1:11.07	200m 2:26.36	300m 3:42.15	400m 4:57.81	500m 6:14.04	600m 7:29.89	700m 8:45.61	800m 9:58.46	
	1:11.07	1:15.29	1:15.79	1:15.66	1:16.23	1:15.85	1:15.72	1:12.85	
22.	<b>Regan JORDAN</b>	13	<b>Nova Cent'n</b>	10:00.83					
	100m 1:11.85	200m 2:28.37	300m 3:44.68	400m 5:00.83	500m 6:16.52	600m 7:32.43	700m 8:47.67	800m 10:00.83	
	1:11.85	1:16.52	1:16.31	1:16.15	1:15.69	1:15.91	1:15.24	1:13.16	
23.	<b>Alex GALUN</b>	15	<b>Northampton</b>	10:01.17					
	100m 1:08.28	200m 2:22.65	300m 3:37.95	400m 4:54.77	500m 6:11.36	600m 7:28.17	700m 8:45.37	800m 10:01.17	
	1:08.28	1:14.37	1:15.30	1:16.82	1:16.59	1:16.81	1:17.20	1:15.80	
24.	<b>Joanne REEKS</b>	17	<b>Derventio</b>	10:01.79					
	100m 1:09.62	200m 2:23.78	300m 3:38.79	400m 4:53.98	500m 6:10.13	600m 7:27.94	700m 8:45.59	800m 10:01.79	
	1:09.62	1:14.16	1:15.01	1:15.19	1:16.15	1:17.81	1:17.65	1:16.20	
25.	<b>Lauren BETTS</b>	12	<b>Northampton</b>	10:11.49					
	100m 1:11.40	200m 2:27.40	300m 3:44.06	400m 5:01.43	500m 6:19.07	600m 7:37.08	700m 8:55.32	800m 10:11.49	
	1:11.40	1:16.00	1:16.66	1:17.37	1:17.64	1:18.01	1:18.24	1:16.17	
26.	<b>Georgia YOUNG</b>	12	<b>Nova Cent'n</b>	10:15.12					
	100m 1:11.74	200m 2:28.49	300m 3:45.59	400m 5:03.30	500m 6:21.32	600m 7:39.55	700m 8:57.83	800m 10:15.12	
	1:11.74	1:16.75	1:17.10	1:17.71	1:18.02	1:18.23	1:18.28	1:17.29	
27.	<b>Sophie LYNN</b>	14	<b>Lincoln Vulc</b>	10:22.05					
	100m 1:13.10	200m 2:31.55	300m 3:50.52	400m 5:09.78	500m 6:29.81	600m 7:48.86	700m 9:06.08	800m 10:22.05	
	1:13.10	1:18.45	1:18.97	1:19.26	1:20.03	1:19.05	1:17.22	1:15.97	
28.	<b>Tiana GORDON</b>	12	<b>Northampton</b>	10:23.09					
	100m 1:11.41	200m 2:28.06	300m 3:46.23	400m 5:05.38	500m 6:25.19	600m 7:44.84	700m 9:04.97	800m 10:23.09	
	1:11.41	1:16.65	1:18.17	1:19.15	1:19.81	1:19.65	1:20.13	1:18.12	
29.	<b>Georgie WILKS</b>	11	<b>Northampton</b>	10:23.80					
	100m 1:11.70	200m 2:28.58	300m 3:46.98	400m 5:06.68	500m 6:26.32	600m 7:46.72	700m 9:06.99	800m 10:23.80	
	1:11.70	1:16.88	1:18.40	1:19.70	1:19.64	1:20.40	1:20.27	1:16.81	
30.	<b>Kerensa WARD</b>	11	<b>Northampton</b>	10:27.06					
	100m 1:14.20	200m 2:33.06	300m 3:52.20	400m 5:12.16	500m 6:31.60	600m 7:51.35	700m 9:10.84	800m 10:27.06	
	1:14.20	1:18.86	1:19.14	1:19.96	1:19.44	1:19.75	1:19.49	1:16.22	
31.	<b>Carey DAVIS</b>	11	<b>Northampton</b>	10:44.51					
	100m 1:15.05	200m 2:36.97	300m 3:58.42	400m 5:21.15	500m 6:44.72	600m 8:06.30	700m 9:26.62	800m 10:44.51	
	1:15.05	1:21.92	1:21.45	1:22.73	1:23.57	1:21.58	1:20.32	1:17.89	
32.	<b>Megan GEOGHEGAN</b>	11	<b>Nova Cent'n</b>	10:51.33					
	100m 1:14.48	200m 2:35.57	300m 3:58.69	400m 5:21.74	500m 6:44.72	600m 8:08.43	700m 9:31.45	800m 10:51.33	
	1:14.48	1:21.09	1:23.12	1:23.05	1:22.98	1:23.71	1:23.02	1:19.88	
33.	<b>Saffron MABBUTT</b>	12	<b>Northampton</b>	10:52.13					
	100m 1:15.44	200m 2:35.52	300m 3:56.92	400m 5:19.76	500m 6:43.41	600m 8:05.91	700m 9:29.73	800m 10:52.13	
	1:15.44	1:20.08	1:21.40	1:22.84	1:23.65	1:22.50	1:23.82	1:22.40	