

Erith & District Swimming Club



National Arena League

36 Personal Best Performances!

10.10.09

1	Ladies Open 4x25m Individual Medley	Emma Coppen				1.13.17	5
2	Mens Open 4x25m Individual Medley	Alan Fordham				1.08.39	6
3	Girls 9-11 4x50m Freestyle Relay	Ashton M	Olivia F	Georgia B	Leticia DM	2.37.84	6
4	Boys 9-11 4x50m Freestyle Relay	James V	Myles E	Frankie H	Joseph N	2.26.44	4
5	Girls 13/U 4x50m Medley Relay	Holly F	Francesca W	Lily G	Asthon M	2.29.87	4
6	Boys 13/U 4x50m Medley Relay	Jack C	Anthony N	Daniel B	Toluwa A	2.29.59	3
7	Girls 15/U 4x50m Freestyle Relay	Chloe H	Emily W	Elizabeth K	Caitlin C	2.03.47	5
8	Boys 15/U 4x50m Freestyle Relay	Tommy C	Luke T	Conor M	Luke F	2.04.51	6
9	Ladies Open 4x50m Medley Relay	Rebecca G	Alexandra B	Emma C	Caitlin C	2.19.24	5
10	Mens Open 4x50m Medley Relay	Mike R	Ayo A	Barry C	Paul N	2.05.35	4
11	Girls 10/11 50m Backstroke	Olivia Fryett				pb 43.67	6
12	Boys 10/11 50m Backstroke	Myles Ellis				pb 41.14	3
13	Girls 13/U 100m Breaststroke	Francesca Williams				1.36.88	6
14	Boys 13/U 100m Breaststroke	Anthony Noonan				1.31.93	4
15	Girls 15/U 100m Backstroke	Rebecca Gravell				pb 1.13.02	1
16	Boys 15/U 100m Backstroke	Luke Forrest				1.23.16	6
17	Girls Open 100m Butterfly	Emma Coppen				1.10.19	2
18	Boys Open 100m Butterfly	Barry Cuselle				1.05.97	3
19	Girls 10/11 50m Butterfly	Ashton Middleton				38.08	4
20	Boys 10/11 50m Butterfly	Myles Ellis				pb 38.84	3
21	Girls 13/U 100m Backstroke	Holly Fryett				pb 1.20.76	5
22	Boys 13/U 100m Backstroke	Jack Capstick				1.28.82	4
23	Girls 15/U 100m Butterfly	Emily White				1.19.67	6
24	Boys 15/U 100m Butterfly	Luke Tait				pb 1.15.05	6
25	Ladies Open 100m Backstroke	Rebecca Gravell				1.14.65	4
26	Mens Open 100m Backstroke	Mark Nicholls				1.13.14	5
27	Girls 10/11 50m Breaststroke	Olivia Fryett				49.10	5
28	Boys 10/11 50m Breaststroke	James Vick				47.45	3
29	Girls 13/U 100m Butterfly	Lily Gardner				pb 1.22.71	4
30	Boys 13/U 100m Butterfly	Daniel Bassett				1.32.40	5
31	Girls 15/U 100m Freestyle	Chloe Hobbs				1.06.05	2
32	Boys 15/U 100m Freestyle	Tommy Cowell				pb 1.06.44	6
33	Ladies Open 100m Breaststroke	Alexandra Bonner				1.27.79	6
34	Mens Open 100m Breaststroke	Alan Fordham				1.19.75	6
35	Girls 10/11 50m Freestyle	Ashton Middleton				33.17	1
36	Boys 10/11 50m Freestyle	James Vick				36.75	5
37	Girls 13/U 100m Freestyle	Holly Fryett				pb 1.10.77	5
38	Boys 13/U 100m Freestyle	Daniel Bassett				pb 1.05.64	3
39	Girls 15/U 100m Breaststroke	Elizabeth Kennedy				1.30.93	6
40	Boys 15/U 100m Breaststroke	Ayodele Ajanaku				pb 1.20.16	4
41	Ladies Open 100m Freestyle	Chloe Hobbs				1.06.87	5
42	Mens Open 100m Freestyle	Mike Redpath				59.00	6
43	Girls 9-11 4x50m Medley Relay	Olivia F	Georgia B	Ashton M	Leticia DM	2.56.82	6
44	Boys 9-11 4x50m Medley Relay	Joseph N	James V	Myles E	Frankie H	2.51.21	4
45	Girls 13/U 4x50m Freestyle Relay	Lily G	Francesca W	Holly F	Asthon M	2.11.45	3
46	Boys 13/U 4x50m Freestyle Relay	Daniel B	Anthony N	Toluwa A	Jack C	2.08.60	3
47	Girls 15/U 4x50m Medley Relay	Emily W	Elizabeth K	Caitlin C	Chloe H	2.21.85	6
48	Boys 15/U 4x50m Medley Relay	Luke F	Conor M	Luke T	Tommy C	2.21.30	6
49	Ladies Open 6x50m Free Squadron	Chloe H	Rebecca G	Emily W		3.08.33	6
		Emma C	Elizabeth K	Alexandra B			
50	Mens Open 6x50m Free Squadron	Alan F	Mark N	Paul N		2.41.18	4
		Barry C	Ayo A	Mike R			

Round 1 Gala Result

Our League Position is 15th out of 18

1	Dover Lifeguards	222	13	Hastings	147	2.5
2	Elmbridge Phoenix	199	14	Southend on Sea	132	2
3	Sevenoaks 'A'	190	15	Erith & District	124	2
4	Atlantis	185	16	1066	137	1
5	Erith & District	124	17	Beckenham 'B'	125	1
6	Dartford & District	123	18	Dartford & District	123	1



Erith & District Swimming Club

Splits Sheet

National Arena League Round I

9 - 11yrs		pb		pb		FREE	
Olivia F	BK	44.13	45.97	Ashton M	32.61	32.34	pb
Georgia B	BR	49.13	NTR	Olivia F	37.22	45.21	
Ashton M	FLY	37.72	NTR	Georgia B	38.77	38.29	pb
Leticia DM	FREE	41.72	41.40	Leticia DM	45.92	41.72	pb
Joseph N	BK	43.10	43.76	James V	33.98	35.08	
James V	BR	45.55	48.89	Myles E	34.63	34.20	pb
Myles E	FLY	39.92	40.50	Frankie H	36.91	38.07	
Frankie H	FREE	36.91	37.93	Joseph N	38.03	38.93	
13 & Under		pb		pb		FREE	
Holly F	BK	37.13	37.44	Lily G	31.50	31.99	
Francesca W	BR	45.00*	43.85	Francesca W	33.00	33.69	
Lily G	FLY	35.97	35.98	Holly F	32.90	32.79	pb
Ashton M	FREE	32.61	32.37	Ashton M	32.61	32.75	
Jack C	BK	37.59	38.15	Daniel B	30.44	30.86	
Anthony N	BR	40.59	40.26	Anthony N	31.92	32.15	
Daniel B	FLY	37.38	37.96	Toluwa A	32.30	32.11	pb
Toluwa A	FREE	32.30	32.98	Jack C	32.87	33.43	
15 & Under		pb		pb		FREE	
Emily W	BK	34.04	35.46	Chloe H	29.16	29.93	
Elizabeth K	BR	40.02	41.35	Emily W	30.70	30.29	pb
Caitlin C	FLY	35.48	34.96	Elizabeth K	30.89	31.67	
Chloe H	FREE	29.16	29.77	Caitlin C	31.47	31.30	pb
Luke F	BK	39.09	38.46	Tommy C	30.47	30.61	
Conor M	BR	39.30	38.93	Luke T	31.19	30.80	pb
Luke T	FLY	34.13	33.12	Conor M	31.32	31.28	pb
Tommy C	FREE	30.47	30.50	Luke F	32.36	31.81	pb
Open		pb		pb		FREE	
Rebecca G	BK	34.71	34.61	Chloe H	29.16	31.09	
Alexandra B	BR	39.14	40.78	Emma C	29.49	30.34	
Emma C	FLY	31.61	31.97	Rebecca G	30.78	31.68	
Caitlin C	FREE	31.47	31.87	Elizabeth K	30.89	32.61	
Mike R	BK	32.86	34.06	Emily W	30.70	29.97	pb
Ayo A	BR	34.93	34.94	Alexandra B	31.20	32.43	
Barry C	FLY	28.47	29.18	Alan F	26.00	26.51	
Paul N	FREE	26.74	26.72	Barry C	25.95	26.02	
				Mark N	28.28	28.25	pb
				Ayo A	28.26	27.78	pb
				Paul N	26.72	26.61	pb
				Mike R	25.50	25.71	

NTR No Time Recorded
splits taken by John Burdett