

Erith & District Swimming Club



National Arena League 17 Personal Best Performances! 14.11.09

1	Ladies Open 4x25m Individual Medley	Emily White	1.17.19	6
2	Mens Open 4x25m Individual Medley	Alan Fordham	1.08.44	4
3	Girls 9-11 4x50m Freestyle Relay	Ashton M Olivia M Olivia F Georgia B	2.24.22	2
4	Boys 9-11 4x50m Freestyle Relay	James V Myles E Frankie H Joseph N	2.23.48	2
5	Girls 13/U 4x50m Medley Relay	Holly F Olivia M Lily G Jade H	2.32.06	5
6	Boys 13/U 4x50m Medley Relay	Jack C Anthony N Daniel B Toluwa A	2.31.14	4
7	Girls 15/U 4x50m Freestyle Relay	Chloe H Emily W Daisy H Caitlin C	2.03.45	2
8	Boys 15/U 4x50m Freestyle Relay	Tommy C Lewis P Luke T Conor M	2.04.63	5
9	Ladies Open 4x50m Medley Relay	Emma C Alex B Caitlin C Daisy H	2.24.10	4
10	Mens Open 4x50m Medley Relay	Michael C Sam G Barry C Paul N	2.01.49	4
11	Girls 10/11 50m Backstroke	Olivia Fryett	pb 41.66	3
12	Boys 10/11 50m Backstroke	Myles Ellis	41.69	2
13	Girls 13/U 100m Breaststroke	Jade Huges	1.34.91	4
14	Boys 13/U 100m Breaststroke	Anthony Noonan	1.33.06	3
15	Girls 15/U 100m Backstroke	Emily White	1.16.17	3
16	Boys 15/U 100m Backstroke	Lewis Pick	1.17.13	4
17	Girls Open 100m Butterfly	Emma Coppen	1.10.11	2
18	Boys Open 100m Butterfly	Barry Cusselle	1.07.59	3
19	Girls 10/11 50m Butterfly	Ashton Middleton	38.08	1
20	Boys 10/11 50m Butterfly	Myles Ellis	pb 38.70	2
21	Girls 13/U 100m Backstroke	Holly Fryett	1.21.13	5
22	Boys 13/U 100m Backstroke	Jack Capstick	1.24.18	4
23	Girls 15/U 100m Butterfly	Caitlin Colman	1.21.10	5
24	Boys 15/U 100m Butterfly	Luke Tait	1.17.30	6
25	Ladies Open 100m Backstroke	Emma Coppen	1.13.56	1
26	Mens Open 100m Backstroke	Michael Cook	1.02.16	1
27	Girls 10/11 50m Breaststroke	Olivia Maunders	48.59	4
28	Boys 10/11 50m Breaststroke	James Vick	pb 45.07	2
29	Girls 13/U 100m Butterfly	Lily Gardner	pb 1.22.66	4
30	Boys 13/U 100m Butterfly	Daniel Bassett	1.31.91	6
31	Girls 15/U 100m Freestyle	Chloe Hobbs	1.05.55	1
32	Boys 15/U 100m Freestyle	Tommy Cowell	1.07.48	6
33	Ladies Open 100m Breaststroke	Alexandra Bonner	1.29.38	4
34	Mens Open 100m Breaststroke	Sam Gardiner	1.19.86	6
35	Girls 10/11 50m Freestyle	Ashton Middleton	32.68	2
36	Boys 10/11 50m Freestyle	James Vick	34.15	2
37	Girls 13/U 100m Freestyle	Holly Fryett	pb 1.10.36	5
38	Boys 13/U 100m Freestyle	Daniel Bassett	1.05.70	1
39	Girls 15/U 100m Breaststroke	Daisy Hutchinson	1.28.46	3
40	Boys 15/U 100m Breaststroke	Conor Middleton	1.39.17	6
41	Ladies Open 100m Freestyle	Chloe Hobbs	1.05.77	4
42	Mens Open 100m Freestyle	Alan Fordham	58.90	6
43	Girls 9-11 4x50m Medley Relay	Olivia F Olivia M Ashton M Georgia B	2.49.89	3
44	Boys 9-11 4x50m Medley Relay	Joseph N James V Myles E Frankie H	2.50.00	2
45	Girls 13/U 4x50m Freestyle Relay	Lily G Holly F Jade H Ashton M	2.08.86	3
46	Boys 13/U 4x50m Freestyle Relay	Daniel B Anthony N Toluwa A Jack C	2.12.45	4
47	Girls 15/U 4x50m Medley Relay	Emily W Daisy H Caitlin C Chloe H	2.20.41	2
48	Boys 15/U 4x50m Medley Relay	Lewis P Conor M Luke T Tommy C	2.28.24	6
49	Ladies Open 6x50m Free Squadron	Chloe H Emily W Alexandra B Emma C Daisy H Caitlin C	3.08.59	5
50	Mens Open 6x50m Free Squadron	Michael C Paul N Sam G Barry C Alan F Daniel B	2.45.48	5

Round II Gala Result

Our League Postion is 12th out of 18

1	Hastings	191	10	Atlantis	385.5	7
2	Chelmsford	182	11	Southend On Sea	308	6
3	Southend On Sea	176	12	Erith & District	295	5
4	Erith & District	171	13	Braintree & Bocking	290	5
5	Dartford & District	168	14	White Oak	252	5
6	Rehill & Reigate	159	15	Redhill & Reigate	306	3.5



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Splits Sheet

National Arena League Round II

9 - 11yrs		pb		pb		FREE
Olivia F	BK	43.67	NTR	Ashton M	32.34	32.62
Olivia M	BR	48.57	NTR	Olivia M	36.35	36.92
Ashton M	FLY	37.72	38.79	Olivia F	37.22	36.13
Georgia B	FREE	38.29	39.17	Georgia B	38.29	38.42
Joseph N	BK	43.10	43.35	James V	33.98	34.53
James V	BR	45.55	45.79	Myles E	34.20	34.1
Myles E	FLY	38.84	41.05	Frankie H	36.91	36.65
Frankie H	FREE	36.91	37.01	Joseph N	38.03	38.31

13 & Under		pb		pb		FREE
Holly F	BK	37.13	37.02	Lily G	31.50	31.19
Olivia M	BR	48.57	47.54	Holly F	32.79	32.32
Lily G	FLY	35.97	35.63	Jade H	33.29	31.98
Jade H	FREE	33.29	31.82	Ashton M	32.34	33.42
Jack C	BK	37.59	38.19	Daniel B	30.44	31.34
Anthony N	BR	40.26	41.88	Anthony N	31.92	34.75
Daniel B	FLY	37.38	38.9	Toluwa A	32.11	32.39
Toluwa A	FREE	32.11	32.05	Jack C	32.87	33.92

15 & Under		pb		pb		FREE
Emily W	BK	34.04	35.46	Chloe H	29.16	29.96
Daisie H	BR	39.38	40.52	Emily W	29.97	30.64
Caitlin C	FLY	34.96	34.99	Daisie H	30.76	32.18
Chloe H	FREE	29.16	29.92	Caitlin C	31.30	30.83
Lewis P	BK	36.98	37.56	Tommy C	30.47	30.69
Anthony N	BR	38.93	44.31	Lewis P	30.63	30.68
Luke T	FLY	33.12	NTR	Luke T	30.80	30.76
Tommy C	FREE	30.47	NTR	Toluwa A	31.28	32.41

Open		pb		pb		FREE
Emma C	BK	33.91	34.82	Chloe H	29.16	30.62
Alex B	BR	39.14	41.14	Emma C	29.49	30.11
Caitlin C	FLY	34.96	35.54	Emily W	29.97	30.81
Daisie H	FREE	30.76	32.59	Daisie H	30.76	32.74
Michael C	BK	28.50	29.34	Alexandra B	31.20	32.66
Sam G	BR	34.12	35.46	Caitlin C	31.30	31.71
Barry C	FLY	29.18	29.45	Michael C	25.60	27.68
Paul N	FREE	26.61	27.68	Barry C	25.95	26.33
				Paul N	26.61	26.94
				Alan F	26.00	26.53
				Sam G	28.13	29.21
				Daniel B	30.44	29.34

NTR No Time Recorded
splits taken by John Burdett