

Erith & District Swimming Club



National Arena League

22 Personal Best Performances!

12.12.09

| | | | | | | | | |
|----|-------------------------------------|-------------------|-----------|-----------|-----------|---------------------|-----|----|
| 1 | Ladies Open 4x25m Individual Medley | Emily White | | | | 1.16.28 | 6 | |
| 2 | Mens Open 4x25m Individual Medley | Barry Cusselle | | | | 1.12.15 | 6 | |
| 3 | Girls 9-11 4x50m Freestyle Relay | Olivia M | Olivia F | Georgia B | Ashton M | 2.24.92 | 4 | |
| 4 | Boys 9-11 4x50m Freestyle Relay | Keelan C | Frankie H | James V | Myles E | 2.19.36 | 5 | |
| 5 | Girls 13/U 4x50m Medley Relay | Holly F | Lauren F | Lily G | Jade H | 2.28.46 | 5 | |
| 6 | Boys 13/U 4x50m Medley Relay | Jack C | Anthony N | Daniel B | Ben H | NTR | DQ | |
| 7 | Girls 15/U 4x50m Freestyle Relay | Daisie H | Caitlin C | Rebecca G | Chloe H | 2.05.00 | 4 | |
| 8 | Boys 15/U 4x50m Freestyle Relay | Conor M | Luke T | Lewis P | Tommy C | 2.03.45 | 6 | |
| 9 | Ladies Open 4x50m Medley Relay | Emily W | Alex B | Emma C | Caitlin C | 2.20.67 | 5 | |
| 10 | Mens Open 4x50m Medley Relay | Michael R | Mark R | Barry C | Paul N | 2.05.39 | 5 | |
| 11 | Girls 10/11 50m Backstroke | Olivia Fryett | | | | 42.01 | 5 | |
| 12 | Boys 10/11 50m Backstroke | Myles Ellis | | | | pb 39.81 | 3 | |
| 13 | Girls 13/U 100m Breaststroke | Lauren Frape | | | | False Start | NTR | DQ |
| 14 | Boys 13/U 100m Breaststroke | Anthony Noonan | | | | 1.32.70 | 4 | |
| 15 | Girls 15/U 100m Backstroke | Rebecca Gravell | | | | 1.13.20 | 3 | |
| 16 | Boys 15/U 100m Backstroke | Lewis Pick | | | | pb 1.17.05 | 6 | |
| 17 | Girls Open 100m Butterfly | Emma Coppen | | | | 1.10.37 | 1 | |
| 18 | Boys Open 100m Butterfly | Mark Russell | | | | sb 1.03.58 | 2 | |
| 19 | Girls 10/11 50m Butterfly | Ashton Middleton | | | | 39.17 | 3 | |
| 20 | Boys 10/11 50m Butterfly | Myles Ellis | | | | pb 37.92 | 3 | |
| 21 | Girls 13/U 100m Backstroke | Holly Fryett | | | | 1.21.71 | 6 | |
| 22 | Boys 13/U 100m Backstroke | Jack Capstick | | | | Non-Continuous Turn | NTR | DQ |
| 23 | Girls 15/U 100m Butterfly | Rebecca Gravell | | | | 1.19.56 | 3 | |
| 24 | Boys 15/U 100m Butterfly | Luke Tait | | | | 1.15.79 | 5 | |
| 25 | Ladies Open 100m Backstroke | Emma Coppen | | | | 1.13.86 | 4 | |
| 26 | Mens Open 100m Backstroke | Mark Nicholls | | | | 1.14.89 | 6 | |
| 27 | Girls 10/11 50m Breaststroke | Olivia Maunders | | | | 49.76 | 6 | |
| 28 | Boys 10/11 50m Breaststroke | James Vick | | | | 46.62 | 4 | |
| 29 | Girls 13/U 100m Butterfly | Lily Gardner | | | | 1.28.11 | 5 | |
| 30 | Boys 13/U 100m Butterfly | Daniel Bassett | | | | pb 1.30.88 | 5 | |
| 31 | Girls 15/U 100m Freestyle | Chloe Hobbs | | | | 1.05.33 | 1 | |
| 32 | Boys 15/U 100m Freestyle | Tommy Cowell | | | | pb 1.06.43 | 6 | |
| 33 | Ladies Open 100m Breaststroke | Alexandra Bonner | | | | 1.30.36 | 4 | |
| 34 | Mens Open 100m Breaststroke | Alan Fordham | | | | 1.23.96 | 6 | |
| 35 | Girls 10/11 50m Freestyle | Ashton Middleton | | | | 32.61 | 2 | |
| 36 | Boys 10/11 50m Freestyle | James Vick | | | | pb 33.94 | 4 | |
| 37 | Girls 13/U 100m Freestyle | Holly Fryett | | | | False Start | NTR | DQ |
| 38 | Boys 13/U 100m Freestyle | Daniel Bassett | | | | 1.06.37 | 4 | |
| 39 | Girls 15/U 100m Breaststroke | Daisie Hutchinson | | | | 1.30.69 | 3 | |
| 40 | Boys 15/U 100m Breaststroke | Conor Middleton | | | | 1.25.35 | 6 | |
| 41 | Ladies Open 100m Freestyle | Chloe Hobbs | | | | 1.06.45 | 5 | |
| 42 | Mens Open 100m Freestyle | Michael Redpath | | | | sb 58.33 | 3 | |
| 43 | Girls 9-11 4x50m Medley Relay | Olivia F | Georgia B | Ashton M | Olivia M | NTR | DQ | |
| 44 | Boys 9-11 4x50m Medley Relay | Frankie H | James V | Myles E | Keelan C | 2.46.01 | 5 | |
| 45 | Girls 13/U 4x50m Freestyle Relay | Lily G | Jade H | Lauren F | Holly F | 2.09.96 | 5 | |
| 46 | Boys 13/U 4x50m Freestyle Relay | Daniel B | Anthony N | Jack C | Ben H | 2.14.26 | 4 | |
| 47 | Girls 15/U 4x50m Medley Relay | Emily W | Daisie H | Rebecca G | Chloe H | 2.22.99 | 3 | |
| 48 | Boys 15/U 4x50m Medley Relay | Lewis P | Conor M | Luke T | Tommy C | 2.18.92 | 5 | |
| 49 | Ladies Open 6x50m Free Squadron | Emma C | Rebecca G | Caitlin C | | | | |
| | | Chloe H | Emily W | Jade H | | | | |
| | | | | | | 3.05.08 | 4 | |
| 50 | Mens Open 6x50m Free Squadron | Alan F | Paul N | Mark R | | | | |
| | | Barry C | Mark N | Michael R | | | | |
| | | | | | | 2.40.64 | 4 | |

Round III Gala Result

Our Final 2009 League Postion is 12th out of 18

| | | | | | | |
|---|-----------------------------|-------|----|-----------------------------|--------------|-----------|
| 1 | Woking | 227 | 10 | Hastings | 489.5 | 26.5 |
| 2 | Atlantis | 221 | 11 | Southend on Sea | 449 | 22 |
| 3 | Elmbridge Phoenix | 176 | 12 | Erith & District | 415.5 | 19 |
| 4 | Hastings | 151.5 | 13 | Braintree & Bocking | 475 | 17 |
| 5 | Southend on Sea | 141 | 14 | 1066 Swimmers | 464 | 13 |
| 6 | Erith & District | 120.5 | 15 | Redhill & Reigate | 486 | 11.5 |



Erith & District Swimming Club

Splits Sheet

National Arena League Round III

| 9 - 11yrs | | pb | | | pb | | FREE | |
|------------|------|-------|-------|----------|-----------|-------|-------|----|
| Olivia F | BK | 41.66 | 42.72 | DQ - U/W | Olivia M | 36.35 | 36.54 | |
| Georgia B | BR | 49.13 | 49.09 | | Olivia F | 36.13 | 36.84 | |
| Ashton M | FLY | 37.72 | 38.74 | | Georgia B | 38.29 | 39.54 | |
| Olivia M | FREE | 36.35 | 38.10 | | Ashton M | 32.34 | 31.78 | pb |
| Frankie H | BK | 45.86 | 45.48 | pb | Keelan C | 36.50 | 34.54 | pb |
| James V | BR | 45.07 | 45.57 | | Frankie H | 36.65 | 37.60 | |
| Myles E | FLY | 38.70 | 39.30 | | James V | 33.98 | 33.33 | pb |
| Keelan C | FREE | 36.50 | 35.46 | | Myles E | 34.10 | 33.60 | pb |
| 13 & Under | | pb | | | pb | | FREE | |
| Holly F | BK | 37.02 | 37.83 | | Lily G | 31.19 | 32.35 | |
| Lauren F | BR | 41.06 | 41.61 | | Jade H | 31.82 | 32.28 | |
| Lily G | FLY | 35.63 | 36.53 | | Lauren F | 32.14 | 33.33 | |
| Jade H | FREE | 31.82 | 32.13 | | Holly F | 32.32 | 32.06 | pb |
| Jack C | BK | 37.59 | 37.28 | pb | Daniel B | 29.34 | 31.06 | |
| Anthony N | BR | 40.26 | 42.13 | | Anthony N | 31.92 | 32.85 | |
| Daniel B | FLY | 37.38 | 38.11 | | Jack C | 32.87 | 33.86 | |
| Ben H | FREE | 34.87 | 34.48 | DQ - T/O | Ben H | 34.87 | 36.19 | |
| 15 & Under | | pb | | | pb | | FREE | |
| Emily W | BK | 34.04 | 34.97 | | Daisie H | 30.76 | 33.52 | pb |
| Daisie H | BR | 39.38 | 43.04 | | Caitlin C | 31.30 | 30.78 | pb |
| Rebecca G | FLY | 34.06 | 34.34 | | Rebecca G | 30.78 | 30.91 | |
| Chloe H | FREE | 29.16 | 30.40 | | Chloe H | 29.16 | 29.41 | |
| Lewis P | BK | 36.98 | 35.65 | pb | Conor M | 31.28 | 31.59 | |
| Conor M | BR | 38.93 | 39.14 | | Luke T | 30.80 | NTR | |
| Luke T | FLY | 33.12 | 33.45 | | Lewis P | 30.63 | 30.17 | pb |
| Tommy C | FREE | 30.47 | 30.46 | | Tommy C | 30.47 | 30.17 | pb |
| Open | | pb | | | pb | | FREE | |
| Emily W | BK | 34.04 | 35.19 | | Emma C | 29.49 | 30.51 | |
| Alex B | BR | 39.14 | 41.70 | | Chloe H | 29.16 | 30.04 | |
| Emma C | FLY | 31.61 | 32.32 | | Rebecca G | 30.78 | 31.00 | |
| Caitlin C | FREE | 31.30 | 31.27 | pb | Emily W | 29.97 | 30.49 | |
| | | | | | Caitlin C | 31.30 | 31.17 | pb |
| | | | | | Jade H | 31.82 | 31.72 | pb |
| Michael R | BK | 32.86 | 34.29 | | Alan F | 26.00 | 26.43 | |
| Mark R | BR | 33.61 | 32.41 | sb | Barry C | 25.95 | 27.16 | |
| Barry C | FLY | 28.47 | 31.48 | | Paul N | 26.61 | 27.00 | |
| Paul N | FREE | 26.61 | 26.99 | | Mark N | 28.25 | 28.34 | |
| | | | | | Mark R | 25.91 | 25.35 | sb |
| | | | | | Michael R | 25.50 | 26.09 | |

NTR No Time Recorded

DQ - T/O Take Over

DQ - U/W 2 strokes under water on Breaststroke

splits taken by John Burdett