


Erith & District Swimming Club						10.07.10		
Octopus League - Round IV				15 Personal Best Performances!				
1	<b>Mixed 8x25m Breastsroke Squardon</b>	Jade L Alfie R	Ellena J Kamal FO	Olivia F George L	Laura B Conor M	3.03.51	2	
2	Girls 10yrs 25m Freestyle	Lucy Jeffery				pb 20.74	1	
3	Boys 10yrs 25m Freestyle	Alfie Rowlingson				pb 22.35	4	
4	Girls 11/u 25m Backstroke	Ellena Jeffery				pb 22.25	2	
5	Boys 11/u 25m Backstroke	Kamal Fruci-Oduah				pb 22.89	2	
6	Girls 13/u 50m Breaststroke	Olivia Fryett				pb 47.07	2	
7	Boys 13/u 50m Breaststroke	Daniel Wesley				43.39	2	
8	Girls 16/u 50m Butterfly	Laura Bonner				38.74	2	
9	Boys 16/u 50m Butterfly	Conor Middleton				pb 36.09	6	
10	<b>Mixed 10yrs 4x25m Free Relay</b>	Lucy J	Alfie R	Jade L	Kim H	1.25.01	4	
11	<b>Mixed 13/u 4x25m Free Relay</b>	Olivia F	George L	Emily S	Daniel W	1.08.45	1	
12	Girls 10yrs 25m Backstroke	Lucy Jeffery				pb 27.80	5	
13	Boys 10yrs 25m Backstroke	Kim Hollman				24.61	4	
14	Girls 11/u 25m Breaststroke	Ellena Jeffery				pb 23.92	TF	
15	Boys 11/u 25m Breaststroke	Ben Capstick				26.20	5	
16	Girls 13/u 50m Butterfly	Emily Simmons				41.20	4	
17	Boys 13/u 50m Butterfly	George Leigh				pb 37.80	2	
18	Girls 16/u 50m Freestyle	Kathryn Perkins				33.33	1	
19	Boys 16/u 50m Freestyle	Jack Capstick				pb 31.07	1	
20	<b>Mixed 11/u 4x25m Free Relay</b>	Lucy J	Ben C	Ellena J	Kamal FO	1.22.70	7	
21	<b>Mixed 16/u 4x25m Free Relay</b>	Laura B	Jack C	Kathryn P	Conor M	1.02.06	3	
22	Girls 10yrs 25m Breaststroke	Lucy Jeffery				pb 29.48	4	
23	Boys 10yrs 25m Breaststroke	Alfie Rowlingson				28.73	3	
24	Girls 11/u 25m Butterfly	Ellena Jeffery				pb 21.73	1	
25	Boys 11/u 25m Butterfly	Ben Capstick				pb 26.16	5	
26	Girls 13/u 50m Freestyle	Olivia Fryett				36.95	3	
27	Boys 13/u 50m Freestyle	Daniel Wesley				35.61	3	
28	Girls 16/u 50m Backstroke	Kathryn Perkins				pb 39.48	2	
29	Boys 16/u 50m Backstroke	Jack Capstick				36.39	3	
30	<b>Mixed 10yrs 4x25m Medley Relay</b>	Lucy J	Jade L	Kim H	Alfie R	1.47.32	6	
31	<b>Mixed 13/u 4x25m Medley Relay</b>	Emily S	George L	Daniel W	Olivia F	1.18.11	2	
32	Girls 10yrs 25m Butterfly	Jade Lucas				24.26	2	
33	Boys 10yrs 25m Butterfly	Kim Hollman				<i>arms not clearing</i>	no time	DQ
34	Girls 11/u 25m Freestyle	Jade Lucas				19.86	2	
35	Boys 11/u 25m Freestyle	Alfie Rowlingson				23.67	5	
36	Girls 13/u 50m Backstroke	Emily Simmons				42.23	2	
37	Boys 13/u 50m Backstroke	George Leigh				<i>non-continuous turn</i>	no time	DQ
38	Girls 16/u 50m Breaststroke	Laura Bonner				pb 41.95	1	
39	Boys 16/u 50m Breaststroke	George Leigh				43.33	3	
40	<b>Mixed 11/u 4x25m Medley Relay</b>	Jade L	Ellena J	Ben C	Kamal FO	1.37.07	7	
41	<b>Mixed 16/u 4x25m Medley Relay</b>	Kathryn P	Laura B	Conor M	Jack C	1.11.32	2	
42	<b>Mixed 8x25m Freestyle Squadron</b>	Jade L Kim H	Ellena J Kamal FO	Emily S Daniel W	Kathryn P Conor M	no time	DQ	
<b>Round IV Gala Result</b>				<b>Gala &amp; League Points after Round IV of VI</b>				
1	<b>Erith &amp; District</b>	226	1	Cheam Marcuda	854	28		
2	Bromley	222	2	Bromley	824	27		
3	Cheam Marcuda	217	3	<b>Erith &amp; District</b>	801	26		
4	Eltham Stingrays	199	4	Eltham Stingrays	769	22		
5	Edenbridge Pirahnas	166	5	Edenbridge Pirahnas	661	16		
6	Croydon Ampibians	144	6	Woodside & Thornton Heath	589	12		
7	Woodside & Thornton Heath	119	7	Croydon Amphibians	552	9		
8	Streatham	106	8	Streatham	443	5		



# Erith & District Swimming Club

## Octopus League

## Round IV - Splits

**Event 1 pb**

1	Jade L	25.30	
2	Alfie R	28.34	
3	Ellena J	25.64	
4	Kamal FC	22.79	

**pb**

5	Olivia F	21.57	
6	George L	18.94	
7	Laura B	18.44	
8	Conor M	18.00	

**Event 10**

1	Lucy J	24.32	
2	Alfie R	22.88	
3	Jade L	18.69	
4	Kim H	18.92	

**Event 11**

1	Olivia F	16.78	
2	George L	15.88	
3	Emily S	15.40	
4	Daniel W	16.41	

**Event 20**

1	Lucy J	24.32	
2	Ben C	18.82	
3	Ellena J	18.39	
4	Ahmed A	17.94	

**Event 21**

1	Laura B	15.45	
2	Jack C	14.13	
3	Katheryn P	15.50	
4	Conor M	14.00	

**Event 30**

BK	Lucy J	28.02	
BR	Jade L	25.3	
FLY	Kim H	24.50*	
FREE	Alfie R	22.88	

**Event 31**

BK	Emily S	19.88	
BR	George L	18.94	
FLY	Daniel W	17.80	
FREE	Olivia F	16.78	

**Event 40**

BK	Jade L	22.54	
BR	Ellena J	25.64	
FLY	Ben C	27.05	
FREE	Kamal FO	17.93	

**Event 41**

BK	Katheryn P	19.00*	
BR	Laura B	18.44	
FLY	Conor M	15.50*	
FREE	Jack C	14.13	

**Event 42**

1	Jade L	18.69	
2	Kim H	18.92	
3	Ellena J	18.39	
4	Ahmed A	17.94	

5	Emily S	15.40	
6	Daniel W	16.41	
7	Kathryn P	15.50	
8	Conor M	14.00	

*unfortunately there were no splits taken due to a faulty stop watch*