

Individual Meet Results

Summer Sprints Meet 05-Jul-09 SC Meters

Location: Barnet Copthall

City of St Albans Swim Club [SAST] Coach: Wayne Riddin

Time	F/P/S	Name	Age	Place	Points	Improv
Event # 3B Female 50 Free 10-10						
38.39S	F	Geers, Heather	10	9	---	-0.97
Event # 3C Female 50 Free 11-11						
36.94S	F	Smith, Marlana	11	11	---	1.58
37.85S	F	Henson, Sophie	11	13	---	-1.57
38.56S	F	McAlister, Kitty	11	15	---	0.19
Event # 3D Female 50 Free 12-12						
35.39S	F	Geers, Madeleine	12	10	---	0.05
Event # 3F Female 50 Free 14 & Over						
30.26S	F	Henson, Charlotte	15	7	---	0.61
Event # 4F Male 50 Free 14 & Over						
25.86S	F	Henson, Matthew	17	3	---	0.47
Event # 5B Female 100 Breast 10-10						
2:03.86S	F	Geers, Heather	10	19	---	3.99
		58.95 1:04.91				
Event # 5C Female 100 Breast 11-11						
1:41.80S	F	McAlister, Kitty	11	3	---	1.64
		49.37 52.43				
Event # 5D Female 100 Breast 12-12						
1:46.42S	F	Geers, Madeleine	12	12	---	1.91
		50.80 55.62				
Event # 7B Female 50 Back 10-10						
46.82S	F	Geers, Heather	10	10	---	3.37
Event # 7C Female 50 Back 11-11						
42.99S	F	Smith, Marlana	11	6	---	-0.42
		Henson, Sophie				

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Time	F/P/S	Name	Age	Place	Points	Improv
43.06S	F		11	7	---	0.58
Event # 7D Female 50 Back 12-12						
40.86S	F	Geers, Madeleine	12	8	---	-0.42
Event # 7F Female 50 Back 14 & Over						
33.40S	F	Henson, Charlotte	15	1	---	1.14
Event # 8F Male 50 Back 14 & Over						
30.86S	F	Henson, Matthew	17	4	---	-1.26
Event # 9A Female 200 IM 11 & Under						
3:29.63S	F	Henson, Sophie	11	23	---	---
		50.87 49.25 1:00.88 48.63				
Event # 9C Female 200 IM 14 & Over						
2:37.55S	F	Henson, Charlotte	15	5	---	5.79
		35.54 38.46 46.67 36.88				
Event # 10C Male 200 IM 14 & Over						
2:24.84S	F	Henson, Matthew	17	8	---	3.19
		31.14 36.77 43.06 33.87				
Event # 26C Female 50 Fly 11-11						
46.52S	DQ F	Henson, Sophie	11	---	---	---
Event # 26F Female 50 Fly 14 & Over						
32.85S	F	Winfield, Holly	14	3	---	-0.25
Event # 27C Male 50 Fly 11-11						
40.67S	F	Horne, Zac	11	2	---	0.20
43.85S	F	Irvine, Jordan	11	4	---	0.88
Event # 27F Male 50 Fly 14 & Over						
29.10S	F	Henson, Matthew	17	4	---	0.09

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Time	F/P/S	Name	Age	Place	Points	Improv
Event # 28A Female 100 Free 9 & Under						
1:36.12S	F	Ellis, Rhiannon	9	8	---	-13.13
		44.70 51.42				
Event # 28C Female 100 Free 11-11						
1:18.17S	F	Winfield, Lauren	11	9	---	0.75
		38.03 40.14				
1:28.93S	F	Pearson, Natasha	11	15	---	-3.91
		42.51 46.42				
Event # 28F Female 100 Free 14 & Over						
1:06.44S	F	Smith, Isabel	17	8	---	0.06
		31.78 34.66				
Event # 29C Male 100 Free 11-11						
1:18.84S	F	Horne, Zac	11	4	---	-3.82
		38.37 40.47				
1:27.42S	F	Irvine, Jordan	11	6	---	-5.13
		43.18 44.24				
Event # 29F Male 100 Free 14 & Over						
1:03.38S	F	Stobart, Chris	15	14	---	2.73
		30.39 32.99				
Event # 30A Female 50 Breast 9 & Under						
53.96S	F	Ellis, Rhiannon	9	3	---	1.12
Event # 30C Female 50 Breast 11-11						
45.31S	F	McAlister, Kitty	11	1	---	2.31
50.65S	F	Winfield, Lauren	11	4	---	-0.05
51.26S	F	Henson, Sophie	11	6	---	-4.29
Event # 30F Female 50 Breast 14 & Over						
39.19S	F	Henson, Charlotte	15	3	---	0.15
		Winfield, Holly				

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Time	F/P/S	Name	Age	Place	Points	Improv
42.95S	F		14	6	---	1.14
Event # 31C Male 50 Breast 11-11						
46.21S	F	Horne, Zac	11	1	---	1.01
Event # 31F Male 50 Breast 14 & Over						
34.45S	F	Henson, Matthew	17	2	---	0.62
39.17S	F	Stobart, Chris	15	7	---	1.03
Event # 32C Female 100 Back 11-11						
1:38.70S	F	Pearson, Natasha 48.59 50.11	11	10	---	-6.00
Event # 32F Female 100 Back 14 & Over						
1:16.39S	F	Smith, Isabel 37.26 39.13	17	4	---	1.34
1:19.02S	F	Winfield, Holly 38.59 40.43	14	5	---	1.87
Event # 33C Male 100 Back 11-11						
NS	F	Horne, Zac	11	---	---	---