

**Individual Meet Results**

**East Region Youth Championships 02-May-09 to 04-May-09 [Ageup: 04/05/2009] LC Meters**

**Location: Norwich**

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

Time	F/P/S	Name	Age	Place	Points	Impr
<b>Event # 1 Female 100 Back 15 &amp; Under</b>						
1:12.36L	F	Henson, Charlotte	15	16	---	0.83
		35.00 37.36				
<b>Event # 2 Male 50 Free 15 &amp; Under</b>						
26.63L	F	Baron, Jack	15	18	---	---
<b>Event # 3 Male 50 Free 16 &amp; Over</b>						
25.68L	F	Henson, Matthew	17	10	---	-1.12
<b>Event # 4 Female 50 Free 15 &amp; Under</b>						
30.61L	F	Beard, Chloe	14	49	---	---
30.96L	F	Lightowler, Katie	14	60	---	---
31.81L	F	Winfield, Holly	14	102	---	---
<b>Event # 5 Male 50 Fly 15 &amp; Under</b>						
29.33L	F	Baron, Jack	15	19	---	---
<b>Event # 6 Male 50 Fly 16 &amp; Over</b>						
29.39L	F	Henson, Matthew	17	21	---	---
<b>Event # 7 Female 50 Fly 15 &amp; Under</b>						
32.64L	F	Winfield, Holly	14	14	---	---
33.85L	F	Lightowler, Katie	14	28	---	---
<b>Event # 8 Female 1500 Free 15 &amp; Under</b>						
20:19.53L	F	Beard, Chloe	14	17	---	---
		34.94 39.28 40.26 40.51 40.35 40.49 39.92 40.87				
		40.63 40.75 40.42 40.88 40.67 41.13 40.71 40.76				
		41.16 41.56 41.37 41.60 41.84 41.30 42.06 42.21				
		40.77 42.07 41.28 41.42 40.42 37.90				
<b>Event # 9 Female 50 Back 15 &amp; Under</b>						
34.14L	F	Henson, Charlotte	15	9	---	-0.16
35.79L	F	Beard, Chloe	14	36	---	---
<b>Event # 10 Male 50 Back 15 &amp; Under</b>						
32.33L	F	Baron, Jack	15	26	---	---
<b>Event # 11 Female 200 Free 15 &amp; Under</b>						
2:20.17L	F	Lightowler, Katie	14	20	---	-2.50
		33.69 36.19 36.42 33.87				
2:24.75L	F	Beard, Chloe	14	43	---	---
		33.71 36.81 37.95 36.28				
<b>Event # 12 Male 200 Free 16 &amp; Over</b>						
2:08.57L	F	Henson, Matthew	17	19	---	---
		28.11 32.19 34.68 33.59				

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<b>Event # 13 Female 200 Fly 15 &amp; Under</b>						
2:42.22L	F	Winfield, Holly	14	9	---	---
		35.27 41.71 41.93 43.31				
<b>Event # 14 Female 800 Free 15 &amp; Under</b>						
10:14.91L	F	Lightowler, Katie	14	13	---	---
		37.47 38.87 39.06 38.85 39.24 39.20 39.14 38.91				
		37.99 38.25 38.33 39.12 39.12 37.95 37.84 35.57				
10:40.68L	F	Beard, Chloe	14	21	---	---
		35.73 38.41 40.20 40.38 40.44 40.29 40.80 40.21				
		40.83 40.58 41.34 40.85 41.80 1:20.88 37.94				
<b>Event # 15 Female 50 Breast 15 &amp; Under</b>						
39.95L	F	DuPreez, Coralie	15	28	---	---
<b>Event # 16 Female 200 IM 15 &amp; Under</b>						
2:40.35L	F	Henson, Charlotte	15	14	---	0.57
		34.93 39.24 48.51 37.67				
<b>Event # 17 Female 400 Free 15 &amp; Under</b>						
4:57.75L	F	Lightowler, Katie	14	22	---	---
		34.38 37.74 38.89 38.26 38.05 37.65 37.69 35.09				
<b>Event # 18 Male 100 Fly 15 &amp; Under</b>						
1:05.13L	F	Baron, Jack	15	10	---	-0.61
		30.34 34.79				
<b>Event # 19 Female 100 Fly 15 &amp; Under</b>						
1:12.05L	F	Winfield, Holly	14	9	---	-3.07
		34.37 37.68				
<b>Event # 20 Male 100 Free 16 &amp; Over</b>						
56.60L	F	Henson, Matthew	17	10	---	-2.40
		26.56 30.04				
<b>Event # 21 Female 100 Free 15 &amp; Under</b>						
1:06.04L	F	Beard, Chloe	14	38	---	-1.10
		32.19 33.85				
1:06.36L	F	Lightowler, Katie	14	44	---	-1.22
		32.74 33.62				