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**Individual Meet Results**

SSC Open Meet 2009 09-May-09 to 10-May-09 SC Meters

Location: Stevenage Swimming Pool

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

Time	F/P/S	Name	Age	Place	Points	Impr
<b>Event # 3A Female 100 Back 9 &amp; Under</b>						
1:37.27S	F	Geers, Heather	9	1	---	-2.41
		47.59 49.68				
<b>Event # 3B Female 100 Back 10-10</b>						
1:34.25S	F	Henson, Sophie	10	3	---	-4.83
		44.90 49.35				
<b>Event # 3C Female 100 Back 11-11</b>						
1:28.61S	F	Geers, Madeleine	11	6	---	2.70
		44.06 44.55				
<b>Event # 3D Female 100 Back 12-12</b>						
1:26.63S	F	Banks, Stephanie	12	8	---	3.73
		42.72 43.91				
<b>Event # 4D Male 100 Back 12-12</b>						
1:24.10S	F	Henson, Samuel	12	9	---	1.01
		41.46 42.64				
<b>Event # 4E Male 100 Back 13-13</b>						
1:15.83S	F	Astley, Alexander	13	1	---	-5.92
		36.48 39.35				
<b>Event # 4H Male 100 Back 16 &amp; Over</b>						
1:12.87S	F	Ong, Steve	44	2	---	-4.13
<b>Event # 5C Female 200 Breast 11-11</b>						
3:50.30S	F	Geers, Madeleine	11	13	---	1.01
		52.87 59.00 59.65 58.78				
<b>Event # 6A Male 200 Breast 9 &amp; Under</b>						
3:48.51S	F	Ong, Alex	9	1	---	-0.18
		1:54.49 1:54.02				
<b>Event # 6G Male 200 Breast 15-15</b>						
2:56.98S	F	Stobart, Chris	15	1	---	1.65
<b>Event # 7A Female 200 Free 9 &amp; Under</b>						
3:04.96S	F	Geers, Heather	9	2	---	-0.19
		42.29 48.74 48.15 45.78				
<b>Event # 7B Female 200 Free 10-10</b>						
3:06.91S	F	Henson, Sophie	10	5	---	4.02
		39.20 48.82 49.36 49.53				
<b>Event # 7C Female 200 Free 11-11</b>						

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Time	F/P/S	Name	Age	Place	Points	Impr
<b>Event # 7C Female 200 Free 11-11</b>						
2:54.15S	F	Geers, Madeleine	11	5	---	6.11
		40.64 45.00 45.16 43.35				
<b>Event # 7D Female 200 Free 12-12</b>						
2:56.74S	F	Banks, Stephanie	12	11	---	6.89
		40.02 46.15 47.74 42.83				
<b>Event # 8D Male 200 Free 12-12</b>						
2:44.30S	F	Henson, Samuel	12	7	---	4.44
		37.30 42.72 43.63 40.65				
<b>Event # 8E Male 200 Free 13-13</b>						
2:27.18S	F	Astley, Alexander	13	4	---	---
		33.22 37.10 38.79 38.07				
<b>Event # 8G Male 200 Free 15-15</b>						
2:16.41S	F	Stobart, Chris	15	3	---	2.59
		30.50 35.18 36.17 34.56				
<b>Event # 9A Female 100 Fly 9 &amp; Under</b>						
1:46.72S	F	Geers, Heather	9	2	---	---
		52.28 54.44				
<b>Event # 10C Male 100 Fly 11-11</b>						
1:49.31S	F	Irvine, Jordan	11	5	---	-4.28
		50.05 59.26				
<b>Event # 11A Female 200 IM 9 &amp; Under</b>						
3:37.22S	F	Geers, Heather	9	3	---	-2.71
		51.83 51.36 1:09.14 44.89				
<b>Event # 11C Female 200 IM 11-11</b>						
3:26.85S	F	Geers, Madeleine	11	4	---	0.21
		56.21 47.01 59.49 44.14				
<b>Event # 11D Female 200 IM 12-12</b>						
3:14.83S DQ	F	Banks, Stephanie	12	---	---	---
		42.72 49.98 58.94 43.19				
<b>Event # 13A Female 100 Breast 9 &amp; Under</b>						
1:53.81S	F	Halshaw, Lily	9	4	---	-6.98
		54.72 59.09				
2:02.24S	F	Ellis, Rhiannon	9	8	---	---
		58.29 1:03.95				
<b>Event # 13B Female 100 Breast 10-10</b>						
1:56.79S	F	Cadenhead, Catriona	10	9	---	-3.52
		54.98 1:01.81				

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<b>Event # 13B Female 100 Breast 10-10</b>						
2:00.10S	F	Lees, Emma	10	11	---	---
		57.68 1:02.42				
<b>Event # 13C Female 100 Breast 11-11</b>						
1:47.12S	F	Yates, Rebecca	11	10	---	1.90
		51.83 55.29				
<b>Event # 13D Female 100 Breast 12-12</b>						
1:45.82S	F	Lees, Amy	12	11	---	1.49
		49.86 55.96				
<b>Event # 14A Male 100 Breast 9 &amp; Under</b>						
1:49.21S	F	Ong, Alex	9	1	---	---
		51.94 57.27				
<b>Event # 14F Male 100 Breast 14-14</b>						
1:21.91S	F	Loveman, James	14	4	---	-1.51
		39.18 42.73				
<b>Event # 14G Male 100 Breast 15-15</b>						
1:21.66S	F	Stobart, Chris	15	1	---	1.03
		38.87 42.79				
<b>Event # 14H Male 100 Breast 16 &amp; Over</b>						
1:17.54S	F	Ong, Steve	44	3	---	---
		37.60 39.94				
<b>Event # 15B Female 200 Back 10-10</b>						
3:13.06S	F	Henson, Sophie	10	1	---	-3.87
		45.63 48.64 50.24 48.55				
<b>Event # 15D Female 200 Back 12-12</b>						
3:07.91S	F	Banks, Stephanie	12	7	---	12.07
		44.41 47.66 48.74 47.10				
<b>Event # 16D Male 200 Back 12-12</b>						
2:57.40S	F	Henson, Samuel	12	5	---	-3.75
		40.99 44.38 46.50 45.53				
<b>Event # 17A Female 100 Free 9 &amp; Under</b>						
1:45.01S	F	Halshaw, Lily	9	9	---	---
		48.90 56.11				
1:49.25S	F	Ellis, Rhiannon	9	10	---	---
		50.96 58.29				
<b>Event # 17B Female 100 Free 10-10</b>						
1:30.10S	F	Henson, Sophie	10	7	---	-1.87
		41.86 48.24				

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Time	F/P/S	Name	Age	Place	Points	Impr
<b>Event # 17B Female 100 Free 10-10</b>						
1:36.52S	F	Lees, Emma	10	10	---	-3.93
		45.71 50.81				
1:39.28S	F	Cadenhead, Catriona	10	11	---	0.45
		46.78 52.50				
<b>Event # 17D Female 100 Free 12-12</b>						
1:21.90S	F	Banks, Stephanie	12	15	---	5.57
		39.42 42.48				
1:29.66S	F	Lees, Amy	12	20	---	0.96
		42.51 47.15				
<b>Event # 18A Male 100 Free 9 &amp; Under</b>						
1:37.53S	F	Ong, Alex	9	7	---	3.22
		45.47 52.06				
<b>Event # 18D Male 100 Free 12-12</b>						
1:17.92S	F	Henson, Samuel	12	8	---	4.62
		36.81 41.11				
<b>Event # 18E Male 100 Free 13-13</b>						
1:06.31S	F	Astley, Alexander	13	2	---	-2.49
		31.57 34.74				
<b>Event # 18F Male 100 Free 14-14</b>						
1:06.63S	F	Loveman, James	14	10	---	-0.72
		31.58 35.05				
<b>Event # 18G Male 100 Free 15-15</b>						
1:00.65S	F	Stobart, Chris	15	1	---	-0.02
		29.51 31.14				
<b>Event # 18H Male 100 Free 16 &amp; Over</b>						
1:01.65S	F	Ong, Steve	44	2	---	1.26
		30.10 31.55				