

COSASC National Qualifier 2018 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE180846)

Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



EVENT 101 Girls Open 800m Freestyle

10/11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt					
1.	Cici Noss	10	Ellesmere Co	11:22.22	358					
	50m -	100m	1:19.81	150m -	200m 2:45.90	250m 4:02.19	300m 4:12.25	350m 4:47.87	400m 5:40.00	
	-	-	1:19.81	-	1:26.09	1:16.29	10.06	35.62	52.13	
	450m -	500m	7:06.77	550m	7:29.32	600m 8:33.84	650m 8:06.15	700m 9:59.77	750m 11:20.26	800m 11:22.22
	-	-	1:26.77	-	22.55	1:04.52	32.31	1:53.62	1:20.49	01.96

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt					
1.	Prue Noss	12	Ellesmere Co	10:02.58	520					
	50m 32.89	100m	1:10.46	150m	1:48.47	200m 2:25.84	250m 3:04.52	300m 3:43.04	350m 4:22.07	400m 5:01.89
	32.89	-	37.57	-	38.01	37.37	38.68	38.52	39.03	39.82
	450m 5:40.85	500m	6:19.18	550m	6:57.32	600m 7:35.42	650m 8:13.33	700m 8:51.58	750m 9:28.70	800m 10:02.58
	38.96	-	38.33	-	38.14	38.10	37.91	38.25	37.12	33.88
2.	Helena Wyness	12	Co Sund'land	10:33.45	448					
	50m 35.68	100m	1:14.67	150m	1:54.68	200m 2:34.47	250m 3:14.87	300m 3:54.77	350m 4:35.21	400m 5:15.29
	35.68	-	38.99	-	40.01	39.79	40.40	39.90	40.44	40.08
	450m 5:55.65	500m	6:35.57	550m	7:16.32	600m 7:56.35	650m 8:36.94	700m 9:16.74	750m 9:55.32	800m 10:33.45
	40.36	-	39.92	-	40.75	40.03	40.59	39.80	38.58	38.13
3.	Eleanor Broughton	12	Ellesmere Co	10:40.05	434					
	50m 35.53	100m	1:14.88	150m	1:54.07	200m 2:35.00	250m 3:15.14	300m 3:56.21	350m 4:36.18	400m 5:17.71
	35.53	-	39.35	-	39.19	40.93	40.14	41.07	39.97	41.53
	450m 5:57.64	500m	6:38.64	550m	7:19.03	600m 7:59.90	650m 8:40.30	700m 9:21.69	750m 10:01.38	800m 10:40.05
	39.93	-	41.00	-	40.39	40.87	40.40	41.39	39.69	38.67
4.	Afia Minhas	12	Co Manch Aq	10:41.53	431					
	50m 34.82	100m	1:13.35	150m	1:53.65	200m 2:33.90	250m 3:13.89	300m 3:54.60	350m 4:35.96	400m 5:16.74
	34.82	-	38.53	-	40.30	40.25	39.99	40.71	41.36	40.78
	450m 5:57.87	500m	6:38.96	550m	7:19.99	600m 8:00.86	650m 8:42.00	700m 9:22.79	750m 10:04.03	800m 10:41.53
	41.13	-	41.09	-	41.03	40.87	41.14	40.79	41.24	37.50
5.	Robyn Jacobs	12	Co Manch Aq	10:51.91	411					
	50m 36.14	100m	1:16.34	150m	1:57.30	200m 2:38.67	250m 3:18.72	300m 3:59.41	350m 4:40.28	400m 5:21.83
	36.14	-	40.20	-	40.96	41.37	40.05	40.69	40.87	41.55
	450m 6:03.00	500m	6:44.73	550m	7:26.38	600m 8:08.12	650m 8:49.58	700m 9:30.46	750m 10:11.56	800m 10:51.91
	41.17	-	41.73	-	41.65	41.74	41.46	40.88	41.10	40.35
6.	Asha Turner-Tarr	12	Ellesmere Co	10:53.80	407					
	50m 33.55	100m	1:11.20	150m	1:50.20	200m 2:30.64	250m 3:11.15	300m 3:53.14	350m 4:34.69	400m 5:16.75
	33.55	-	37.65	-	39.00	40.44	40.51	41.99	41.55	42.06
	450m 5:58.77	500m	6:41.69	550m	7:24.23	600m 8:06.94	650m 8:49.16	700m 9:31.69	750m 10:13.59	800m 10:53.80
	42.02	-	42.92	-	42.54	42.71	42.22	42.53	41.90	40.21
7.	Riona Sorianosos	12	Co Sund'land	10:54.82	405					
	50m 35.26	100m	1:14.41	150m	1:54.96	200m 2:35.72	250m 3:16.79	300m 3:57.74	350m 4:39.71	400m 5:21.13
	35.26	-	39.15	-	40.55	40.76	41.07	40.95	41.97	41.42
	450m 6:03.41	500m	6:44.95	550m	7:26.97	600m 8:08.63	650m 8:50.93	700m 9:32.66	750m 10:14.98	800m 10:54.82
	42.28	-	41.54	-	42.02	41.66	42.30	41.73	42.32	39.84

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt					
1.	Jasmine Campbell	13	Tynemouth	9:56.89	535					
	50m 32.77	100m	1:09.08	150m	1:46.58	200m 2:24.75	250m 3:02.37	300m 3:40.42	350m 4:17.51	400m 4:55.50
	32.77	-	36.31	-	37.50	38.17	37.62	38.05	37.09	37.99
	450m 5:32.99	500m	6:11.08	550m	6:49.12	600m 7:27.41	650m 8:05.68	700m 8:44.03	750m 9:21.99	800m 9:56.89
	37.49	-	38.09	-	38.04	38.29	38.27	38.35	37.96	34.90
2.	Katie Hale	13	Ellesmere Co	9:56.98	535					
	50m 31.23	100m	1:07.07	150m	1:43.84	200m 2:21.25	250m 2:58.71	300m 3:36.92	350m 4:15.12	400m 4:53.30
	31.23	-	35.84	-	36.77	37.41	37.46	38.21	38.20	38.18
	450m 5:31.42	500m	6:09.91	550m	6:47.72	600m 7:26.54	650m 8:04.17	700m 8:34.65	750m 9:20.09	800m 9:56.98
	38.12	-	38.49	-	37.81	38.82	37.63	30.48	45.44	36.89
3.	Henrietta D'Amassa	13	Ellesmere Co	10:04.55	515					
	50m 33.78	100m	1:10.93	150m	1:49.31	200m 2:27.44	250m 3:06.11	300m 3:44.89	350m 4:23.53	400m 5:01.62
	33.78	-	37.15	-	38.38	38.13	38.67	38.78	38.64	38.09
	450m 5:39.99	500m	6:18.99	550m	6:56.75	600m 7:34.92	650m 8:13.25	700m 8:51.68	750m 9:29.74	800m 10:04.55
	38.37	-	39.00	-	37.76	38.17	38.33	38.43	38.06	34.81
4.	Rosie Linley	13	Ellesmere Co	10:05.08	514					
	50m 33.53	100m	1:11.38	150m	1:49.63	200m 2:28.06	250m 3:06.64	300m 3:45.33	350m 4:23.88	400m 5:02.17
	33.53	-	37.85	-	38.25	38.43	38.58	38.69	38.55	38.29
	450m 5:40.32	500m	6:18.73	550m	6:57.01	600m 7:35.31	650m 8:13.65	700m 8:51.81	750m 9:29.62	800m 10:05.08
	38.15	-	38.41	-	38.28	38.30	38.34	38.16	37.81	35.46
5.	Keira Lee	13	Ellesmere Co	10:15.95	487					
	50m 33.84	100m	1:10.94	150m	1:49.06	200m 2:27.53	250m 3:06.25	300m 3:45.26	350m 4:24.63	400m 5:03.68
	33.84	-	37.10	-	38.12	38.47	38.72	39.01	39.37	39.05
	450m 5:42.70	500m	6:21.76	550m	7:01.68	600m 7:40.19	650m 8:19.94	700m 8:59.35	750m 9:38.62	800m 10:15.95
	39.02	-	39.06	-	39.92	38.51	39.75	39.41	39.27	37.33
6.	Millie Fenton	13	Tynemouth	10:16.96	485					
	50m -	100m	1:09.25	150m -	200m 2:24.24	250m -	300m 3:39.58	350m -	400m 4:56.54	
	-	-	1:09.25	-	1:14.99	-	1:15.34	-	1:16.96	
	450m -	500m	6:13.95	550m -	600m 7:31.79	650m -	700m 8:52.81	750m -	800m 10:16.96	
	-	-	1:17.41	-	1:17.84	-	1:21.02	-	1:24.15	



WATER INSTINCT



COSASC National Qualifier 2018 - Results Sheet

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Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Lucy Hedley	14	Tynemouth	9:30.47	613
	50m 31.62	100m 1:07.28	150m 1:42.55	200m 2:18.32	250m 2:53.82
	31.62	35.66	35.27	35.77	35.50
	450m 5:18.33	500m 5:55.04	550m 6:31.37	600m 7:08.31	650m 7:44.71
	36.49	36.71	36.33	36.94	36.40
2.	Jessica Smith	14	Co Manch Aq	9:56.98	535
	50m -	100m 1:09.20	150m -	200m 2:23.10	250m -
	-	1:09.20	-	1:13.90	-
	450m -	500m 6:08.22	550m -	600m 7:24.57	650m -
	-	1:15.86	-	1:16.35	-
3.	Jasmine Stockton	14	Co Manch Aq	10:10.19	501
	50m 33.03	100m 1:09.37	150m 1:46.28	200m 2:24.14	250m 3:01.73
	33.03	36.34	36.91	37.86	37.59
	450m 5:36.08	500m 6:16.01	550m 6:55.50	600m 7:36.02	650m 8:15.30
	38.21	39.93	39.49	40.52	39.28
4.	Grace Keady	14	Derwentside	10:33.26	448
	50m 34.89	100m 1:14.10	150m 1:53.70	200m 2:34.14	250m 3:13.39
	34.89	39.21	39.60	40.44	39.25
	450m 5:53.44	500m 6:34.32	550m 7:14.09	600m 7:55.29	650m 8:34.74
	39.83	40.88	39.77	41.20	39.45
5.	Layla Trueman	14	Co Sund'land	10:41.88	430
	50m 35.86	100m 1:15.70	150m 1:56.15	200m 2:36.66	250m 3:16.95
	35.86	39.84	40.45	40.51	40.29
	450m 5:58.90	500m 6:39.76	550m 7:20.56	600m 8:01.56	650m 8:42.64
	40.68	40.86	40.80	41.00	41.08
6.	Aurora Fogato	14	Co Manch Aq	10:49.93	415
	50m 34.25	100m 1:13.52	150m 1:53.74	200m 2:33.90	250m 3:14.90
	34.25	39.27	40.22	40.16	41.00
	450m 6:01.18	500m 6:42.54	550m 7:24.65	600m 8:05.63	650m 8:46.99
	41.89	41.36	42.11	40.98	41.36

15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Lola Davison	15	Newcastle	9:17.50	657
	50m 30.88	100m 1:05.52	150m 1:40.37	200m 2:15.73	250m 2:51.12
	30.88	34.64	34.85	35.36	35.39
	450m 5:14.10	500m 5:49.67	550m 6:24.98	600m 7:00.49	650m 7:35.66
	35.62	35.57	35.31	35.51	35.17
2.	Rachel Bradley	15	Middlesboro	9:19.06	652
	50m 30.92	100m 1:05.86	150m 1:40.72	200m 2:15.93	250m 2:50.84
	30.92	34.94	34.86	35.21	34.91
	450m 5:11.58	500m 5:47.49	550m 6:22.81	600m 6:58.68	650m 7:34.07
	35.09	35.91	35.32	35.87	35.39
3.	Erin Hoyland	15	Co Manch Aq	9:27.36	623
	50m 32.61	100m 1:07.66	150m 1:43.44	200m 2:19.68	250m 2:55.75
	32.61	35.05	35.78	36.24	36.07
	450m 5:20.26	500m 5:55.85	550m 6:31.42	600m 7:06.97	650m 7:43.00
	35.70	35.59	35.57	35.55	36.03
4.	Eleanor Bainbridge	15	Ellesmere Co	9:42.07	577
	50m 31.04	100m 1:05.93	150m 1:41.42	200m 2:17.47	250m 2:53.69
	31.04	34.89	35.49	36.05	36.22
	450m 5:21.29	500m 5:58.78	550m 6:36.12	600m 7:13.78	650m 7:51.02
	36.77	37.49	37.34	37.66	37.24
5.	Alice Day	15	Darlington	9:49.67	555
	50m 33.15	100m 1:09.51	150m 1:46.73	200m 2:23.55	250m 3:00.27
	33.15	36.36	37.22	36.82	36.72
	450m 5:28.36	500m 6:05.69	550m 6:43.34	600m 7:20.55	650m 7:58.41
	37.59	37.33	37.65	37.21	37.86
6.	Caitlin Cambrook	15	Co Sund'land	10:02.50	520
	50m 32.23	100m 1:08.75	150m 1:46.35	200m 2:24.63	250m 3:02.93
	32.23	36.52	37.60	38.28	38.30
	450m 5:36.07	500m 6:14.41	550m 6:53.75	600m 7:32.51	650m 8:10.43
	39.22	38.34	39.34	38.76	37.92
7.	Rebecca Wren	15	Tynedale	10:08.85	504
	50m 33.03	100m 1:10.76	150m 1:48.50	200m 2:26.59	250m 3:05.02
	33.03	37.73	37.74	38.09	38.43
	450m 5:39.36	500m 6:18.22	550m 6:57.19	600m 7:36.20	650m 8:15.31
	38.19	38.86	38.97	39.01	39.11
8.	Ilaisa Redda	15	Co Sund'land	10:20.80	476
	50m 33.47	100m 1:11.73	150m 1:49.89	200m 2:28.54	250m 3:07.00
	33.47	38.26	38.16	38.65	38.46
	450m 5:43.08	500m 6:22.05	550m 7:01.97	600m 7:42.05	650m 8:22.26
	39.57	38.97	39.92	40.08	40.21
9.	Kate Salthouse	15	Tynedale	11:31.91	343
	50m 35.66	100m 1:17.03	150m 2:00.59	200m 2:44.03	250m 3:27.54
	35.66	41.37	43.56	43.44	43.51
	450m 6:22.95	500m 7:08.17	550m 7:52.72	600m 8:37.15	650m 9:21.04
	44.10	45.22	44.55	44.43	43.89

COSASC National Qualifier 2018 - Results Sheet

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Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Phoebe Griffiths	18	Ellesmere Co	9:14.40	668
	50m 31.22	100m 1:04.43	150m 1:38.53	200m 2:12.66	250m 2:47.59
	31.22	33.21	34.10	34.13	34.93
	450m 5:07.89	500m 5:42.74	550m 6:18.38	600m 6:53.38	650m 7:29.13
	35.43	34.85	35.64	35.00	35.75
2.	Emma Dickson	16	Co Manch Aq	9:17.92	656
	50m 31.66	100m 1:06.54	150m 1:41.97	200m 2:16.78	250m 2:51.94
	31.66	34.88	35.43	34.81	35.16
	450m 5:12.91	500m 5:48.36	550m 6:23.56	600m 6:58.86	650m 7:34.02
	35.43	35.45	35.20	35.30	35.16
3.	Shannon Dalligan	17	Ellesmere Co	9:25.33	630
	50m 31.61	100m 1:06.18	150m 1:41.20	200m 2:16.32	250m 2:50.99
	31.61	34.57	35.02	35.12	34.67
	450m 5:12.77	500m 5:48.67	550m 6:24.78	600m 7:00.89	650m 7:37.19
	35.60	35.90	36.11	36.11	36.30
4.	Melissa Braddock	18	Wigan BEST	9:29.74	616
	50m 31.59	100m 1:05.63	150m 1:41.33	200m 2:16.32	250m 2:53.23
	31.59	34.04	35.70	35.76	36.14
	450m 5:17.13	500m 5:52.96	550m 6:29.36	600m 7:05.72	650m 7:42.14
	35.93	35.83	36.40	36.36	36.42
5.	Anna Smail	16	Ellesmere Co	9:40.22	583
	50m 31.37	100m 1:06.59	150m 1:41.65	200m 2:17.55	250m 2:52.96
	31.37	35.22	35.06	35.90	35.41
	450m 5:17.61	500m 5:54.46	550m 6:31.64	600m 7:09.32	650m 7:47.41
	35.56	36.85	37.18	37.68	38.09
6.	Rosie Holland	17	Ellesmere Co	9:42.25	577
	50m 31.53	100m 1:05.54	150m 1:40.93	200m 2:16.11	250m 2:52.06
	31.53	34.01	35.39	35.18	35.95
	450m 5:17.81	500m 5:54.78	550m 6:32.86	600m 7:10.45	650m 7:48.87
	37.06	36.97	38.08	37.59	38.42
7.	Laura Cook	16	Newcastle	9:42.93	575
	50m 32.13	100m 1:07.62	150m 1:44.31	200m 2:21.02	250m 2:58.24
	32.13	35.49	36.69	36.71	37.22
	450m 5:26.26	500m 6:03.17	550m 6:39.85	600m 7:16.82	650m 7:53.46
	37.03	36.91	36.68	36.97	36.64
8.	Melissa Carter	19	Durham City	10:09.99	501
	50m 34.80	100m 1:13.28	150m 1:52.28	200m 2:30.81	250m 3:09.78
	34.80	38.48	39.00	38.53	38.97
	450m 5:44.00	500m 6:22.24	550m 7:00.78	600m 7:38.81	650m 8:17.55
	38.31	38.24	38.54	38.03	38.74
9.	Emily Peters	16	Co Manch Aq	10:20.39	477
	50m 33.60	100m 1:11.72	150m 1:50.54	200m 2:29.88	250m 3:08.60
	33.60	38.12	38.82	39.34	38.72
	450m 5:45.30	500m 6:24.76	550m 7:04.25	600m 7:44.25	650m 8:23.94
	39.00	39.46	39.49	40.00	39.69
10.	Koshiki Chauhan	16	Co Manch Aq	10:26.31	463
	50m 33.82	100m 1:11.45	150m 1:49.83	200m 2:28.92	250m 3:07.82
	33.82	37.63	38.38	39.09	38.90
	450m 5:47.76	500m 6:28.69	550m 7:08.81	600m 7:49.37	650m 8:28.13
	39.57	40.93	40.12	40.56	38.76
11.	Caitlin Poulson	19	Penrith	10:32.70	449
	50m 33.14	100m 1:10.70	150m 1:48.64	200m 2:27.43	250m 3:07.48
	33.14	37.56	37.94	38.79	40.05
	450m 5:49.01	500m 6:30.78	550m 7:11.74	600m 7:53.41	650m 8:33.70
	40.50	41.77	40.96	41.67	40.29
12.	Lily Shaw	16	Newcastle	10:43.49	427
	50m 35.44	100m 1:14.76	150m 1:55.98	200m 2:36.10	250m 3:17.28
	35.44	39.32	41.22	40.12	41.18
	450m 6:02.50	500m 6:43.87	550m 7:25.44	600m 8:06.03	650m 8:46.64
	41.66	41.37	41.57	40.59	40.61
13.	Anna Jobling	16	Durham City	10:51.83	411
	50m 12.73	100m 1:15.82	150m 2:13.77	200m 2:37.87	250m 2:33.86
	12.73	1:03.09	57.95	24.10	55.99
	450m 5:58.60	500m 6:45.59	550m 7:23.61	600m 8:09.50	650m 8:36.81
	36.38	46.99	38.02	45.89	27.31

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Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



EVENT 102 Boys Open 1500m Freestyle

10/11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Louie Leggett	11	Ellesmere Co	24:20.66	212			
	50m 41.47	100m 1:28.21	150m 2:16.70	200m 3:04.88	250m 3:54.58	300m 4:42.39	350m 5:32.45	400m 6:20.26
	41.47	46.74	48.49	48.18	49.70	47.81	50.06	47.81
	450m 7:10.28	500m 7:59.43	550m 8:49.19	600m 9:38.56	650m 10:28.13	700m 11:18.11	750m 12:07.63	800m 12:56.53
	50.02	49.15	49.76	49.37	49.57	49.98	49.52	48.90
	850m 13:46.73	900m 14:35.28	950m 15:26.14	1000m 16:15.09	1050m 17:06.13	1100m 17:55.00	1150m 18:45.51	1200m 19:34.92
	50.20	48.55	50.86	48.95	51.04	48.87	50.51	49.41
	1250m 20:23.01	1300m 21:11.79	1350m 21:59.25	1400m 22:46.14	1450m 23:34.18	1500m 24:20.66		
	48.09	48.78	47.46	46.89	48.04	46.48		

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Luke McGee	12	Co Sund'land	19:00.61	445			
	50m 32.36	100m 1:09.23	150m 1:46.74	200m 2:24.69	250m 3:02.09	300m 3:40.40	350m 4:18.22	400m 4:56.28
	32.36	36.87	37.51	37.95	37.40	38.31	37.82	38.06
	450m 5:33.51	500m 6:12.49	550m 6:50.32	600m 7:28.10	650m 8:06.59	700m 8:45.09	750m 9:23.82	800m 10:02.42
	37.23	38.98	37.83	37.78	38.49	38.50	38.73	38.60
	850m 10:41.02	900m 11:20.07	950m 11:58.45	1000m 12:37.39	1050m 13:16.22	1100m 13:54.30	1150m 14:33.68	1200m 15:12.48
	38.60	39.05	38.38	38.94	38.83	38.08	39.38	38.80
	1250m 15:51.40	1300m 16:30.29	1350m 17:08.92	1400m 17:47.04	1450m 18:24.11	1500m 19:00.61		
	38.92	38.89	38.63	38.12	37.07	36.50		
2.	Jake Christon	12	Co Manch Aq	19:40.02	402			
	50m 34.33	100m 1:11.92	150m 1:51.25	200m 2:30.45	250m 3:09.44	300m 3:49.43	350m 4:29.33	400m 5:08.73
	34.33	37.59	39.33	39.20	38.99	39.99	39.90	39.40
	450m 5:48.41	500m 6:27.97	550m 7:07.81	600m 7:47.74	650m 8:27.32	700m 9:07.12	750m 9:47.40	800m 10:27.14
	39.68	39.56	39.84	39.93	39.58	39.80	40.28	39.74
	850m 11:06.94	900m 11:46.53	950m 12:26.64	1000m 13:06.50	1050m 13:46.29	1100m 14:26.54	1150m 15:05.26	1200m 15:45.03
	39.80	39.59	40.11	39.86	39.79	40.25	38.72	39.77
	1250m 16:25.41	1300m 17:04.80	1350m 17:44.51	1400m 18:23.12	1450m 19:02.33	1500m 19:40.02		
	40.38	39.39	39.71	38.61	39.21	37.69		
3.	Blake Hooper	12	Derwentside	20:47.22	340			
	50m 37.28	100m 1:17.98	150m 1:59.51	200m 2:39.86	250m 3:21.34	300m 4:02.14	350m 4:44.16	400m 5:25.10
	37.28	40.70	41.53	40.35	41.48	40.80	42.02	40.94
	450m 6:07.14	500m 6:48.06	550m 7:30.14	600m 8:10.96	650m 8:52.64	700m 9:32.35	750m 10:13.72	800m 10:55.08
	42.04	40.92	42.08	40.82	41.68	39.71	41.37	41.36
	850m 11:37.20	900m 12:19.36	950m 13:01.61	1000m 13:43.90	1050m 14:26.38	1100m 15:09.40	1150m 15:52.21	1200m 16:34.46
	42.12	42.16	42.25	42.29	42.48	43.02	42.81	42.25
	1250m 18:43.08	1300m 18:00.24	1350m -	1400m 19:25.13	1450m 20:07.52	1500m 20:47.22		
	2:08.62	17.16	-	1:24.89	42.39	39.70		
4.	Jacob Lee	12	Ellesmere Co	21:10.73	322			
	50m 34.79	100m 1:14.95	150m 1:56.36	200m 2:37.22	250m 3:19.06	300m 3:59.76	350m 4:41.57	400m 5:23.53
	34.79	40.16	41.41	40.86	41.84	40.70	41.81	41.96
	450m 6:05.58	500m 6:46.90	550m 7:29.37	600m 8:10.67	650m 8:52.45	700m 9:33.75	750m 10:16.86	800m 10:59.25
	42.05	41.32	42.47	41.30	41.78	41.30	43.11	42.39
	850m 11:42.70	900m 12:25.46	950m 13:09.28	1000m 13:52.79	1050m 14:36.23	1100m 15:20.18	1150m 16:04.52	1200m 16:47.84
	43.45	42.76	43.82	43.51	43.44	43.95	44.34	43.32
	1250m 17:32.73	1300m 18:16.38	1350m 19:00.99	1400m 19:44.92	1450m 20:28.61	1500m 21:10.73		
	44.89	43.65	44.61	43.93	43.69	42.12		

COSASC National Qualifier 2018 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE180846)

Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Archie Neaves	13	Ellesmere Co	18:55.35	451			
	50m 32.88	100m 1:09.75	150m 1:47.04	200m 2:24.40	250m 3:01.91	300m 3:39.30	350m 4:16.72	400m 4:54.43
	32.88	36.87	37.29	37.36	37.51	37.39	37.42	37.71
	450m 5:32.26	500m 6:10.24	550m 6:48.09	600m 7:26.15	650m 8:04.61	700m 8:42.91	750m 9:21.11	800m 9:59.55
	37.83	37.98	37.85	38.06	38.46	38.30	38.20	38.44
	850m 10:38.11	900m 11:16.52	950m 11:55.18	1000m 12:32.82	1050m 13:11.38	1100m 13:49.41	1150m 14:28.11	1200m 15:06.25
	38.56	38.41	38.66	37.64	38.56	38.03	38.70	38.14
	1250m 15:45.39	1300m 16:23.70	1350m 17:02.37	1400m 17:40.45	1450m 18:19.12	1500m 18:55.35		
	39.14	38.31	38.67	38.08	38.67	36.23		
2.	Leo White	13	Derwentside	19:01.89	443			
	50m 34.27	100m 1:12.49	150m 1:50.88	200m 2:28.96	250m 3:06.99	300m 3:45.34	350m 4:23.37	400m 5:02.10
	34.27	38.22	38.39	38.08	38.03	38.35	38.03	38.73
	450m 5:39.87	500m 6:18.44	550m 8:13.88	600m 7:35.60	650m 9:30.62	700m 8:52.70	750m -	800m 10:09.29
	37.77	38.57	1:55.44	21.72	1:55.02	22.08	-	1:16.59
	850m 10:47.20	900m 11:25.74	950m 12:03.83	1000m 12:42.42	1050m 13:20.40	1100m 13:59.22	1150m 14:37.42	1200m 15:15.74
	37.91	38.54	38.09	38.59	37.98	38.82	38.20	38.32
	1250m 15:53.73	1300m 16:32.09	1350m 17:09.94	1400m 17:48.08	1450m 18:25.81	1500m 19:01.89		
	37.99	38.36	37.85	38.14	37.73	36.08		
3.	Nathan Clare	13	Co Manch Aq	19:17.56	426			
	50m 33.25	100m 1:10.71	150m 1:48.99	200m 2:27.44	250m 3:06.24	300m 3:45.13	350m 4:24.48	400m 5:03.44
	33.25	37.46	38.28	38.45	38.80	38.89	39.35	38.96
	450m 5:43.01	500m 6:21.67	550m 7:01.21	600m 7:40.00	650m 8:19.60	700m 8:58.23	750m 9:37.28	800m 10:16.12
	39.57	38.66	39.54	38.79	39.60	38.63	39.05	38.84
	850m 10:54.98	900m 11:33.92	950m 12:12.87	1000m 12:51.42	1050m 13:29.97	1100m 14:08.83	1150m 14:48.12	1200m 15:27.47
	38.86	38.94	38.95	38.55	38.55	38.86	39.29	39.35
	1250m 16:06.62	1300m 16:46.17	1350m 17:25.72	1400m 18:04.30	1450m 18:42.34	1500m 19:17.56		
	39.15	39.55	39.55	38.58	38.04	35.22		
4.	Oliver Covill	13	Ellesmere Co	19:34.55	407			
	50m 32.88	100m 1:10.86	150m 1:49.53	200m 2:27.78	250m 3:07.46	300m 3:47.34	350m 4:26.75	400m 5:06.84
	32.88	37.98	38.67	38.25	39.68	39.88	39.41	40.09
	450m 5:46.82	500m 6:26.88	550m 7:06.48	600m 7:46.74	650m 8:26.72	700m 9:05.96	750m 9:46.46	800m 10:26.44
	39.98	40.06	39.60	40.26	39.98	39.24	40.50	39.98
	850m 11:06.80	900m 11:45.39	950m 12:26.44	1000m 13:05.85	1050m 13:46.26	1100m 14:26.68	1150m 15:04.97	1200m 15:44.85
	40.36	38.59	41.05	39.41	40.41	40.42	38.29	39.88
	1250m 16:25.39	1300m 17:04.24	1350m 17:44.27	1400m 18:22.80	1450m 19:00.64	1500m 19:34.55		
	40.54	38.85	40.03	38.53	37.84	33.91		
5.	Joshua Robinson	13	Derwentside	19:55.74	386			
	50m 34.38	100m 1:13.75	150m 1:53.23	200m 2:33.41	250m 3:13.99	300m 3:54.57	350m 4:33.80	400m 5:14.93
	34.38	39.37	39.48	40.18	40.58	40.58	39.23	41.13
	450m 5:54.86	500m 6:35.02	550m 7:14.98	600m 7:55.88	650m 8:35.60	700m 9:16.72	750m 9:55.77	800m 10:37.26
	39.93	40.16	39.96	40.90	39.72	41.12	39.05	41.49
	850m 11:17.11	900m 11:57.60	950m 12:37.41	1000m 13:18.66	1050m 13:58.12	1100m 14:39.05	1150m 15:17.95	1200m 15:58.32
	39.85	40.49	39.81	41.25	39.46	40.93	38.90	40.37
	1250m 16:37.47	1300m 17:18.17	1350m 17:57.67	1400m 18:38.24	1450m 19:16.80	1500m 19:55.74		
	39.15	40.70	39.50	40.57	38.56	38.94		
6.	Toma Saha	13	Middlesboro	21:36.37	303			
	50m 35.53	100m 1:15.87	150m 1:56.87	200m 2:38.94	250m 3:21.18	300m 4:04.54	350m 6:12.87	400m 5:29.87
	35.53	40.34	41.00	42.07	42.24	43.36	2:08.33	17.00
	450m 7:39.27	500m 6:56.39	550m 9:06.48	600m 8:23.23	650m 10:33.75	700m 9:50.51	750m 12:01.96	800m 11:18.38
	2:09.40	17.12	2:10.09	16.75	2:10.52	16.76	2:11.45	16.42
	850m 13:29.83	900m 12:46.07	950m 14:57.95	1000m 14:13.99	1050m 16:26.89	1100m 15:43.23	1150m 17:56.00	1200m 17:12.06
	2:11.45	16.24	2:11.88	16.04	2:12.90	16.34	2:12.77	16.06
	1250m 19:24.52	1300m 18:40.98	1350m -	1400m 20:10.22	1450m 20:53.37	1500m 21:36.37		
	2:12.46	16.46	-	1:29.24	43.15	43.00		
7.	Fran Proctor	13	Co Sund'land	22:14.98	277			
	50m 36.51	100m 1:20.45	150m 2:04.39	200m 2:48.63	250m 3:32.44	300m 4:16.68	350m 5:01.02	400m 5:46.14
	36.51	43.94	43.94	44.24	43.81	44.24	44.34	45.12
	450m 6:30.43	500m 7:15.18	550m 7:58.99	600m 8:44.07	650m 9:28.94	700m 10:14.00	750m 10:58.24	800m 11:43.21
	44.29	44.75	43.81	45.08	44.87	45.06	44.24	44.97
	850m 12:28.39	900m 13:14.35	950m 15:29.04	1000m 14:44.34	1050m 20:01.89	1100m 16:15.28	1150m 21:31.52	1200m 17:45.96
	45.18	45.96	2:14.69	15.30	5:17.55	13.39	5:16.24	14.44
	1250m -	1300m 19:16.75	1350m -	1400m 20:47.51	1450m -	1500m 22:14.98		
	-	1:30.79	-	1:30.76	-	1:27.47		

COSASC National Qualifier 2018 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE180846)

Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	James Woods	14	Middlesboro	17:49.90	539			
	50m 30.84	100m 1:05.31	150m 1:40.46	200m 2:16.08	250m 2:51.88	300m 3:27.50	350m 4:03.47	400m 4:39.49
	30.84	34.47	35.15	35.62	35.80	35.62	35.97	36.02
	450m 5:15.47	500m 5:51.93	550m 6:27.26	600m 7:03.15	650m -	700m 8:14.80	750m 8:50.66	800m 9:26.94
	35.98	36.46	35.33	35.89	-	1:11.65	35.86	36.28
	850m 10:02.67	900m 10:38.66	950m 11:14.59	1000m 11:50.97	1050m 12:26.65	1100m 13:02.68	1150m 13:38.58	1200m 14:14.82
	35.73	35.99	35.93	36.38	35.68	36.03	35.90	36.24
	1250m 14:50.63	1300m 15:27.16	1350m 16:03.43	1400m 16:39.23	1450m 17:14.89	1500m 17:49.90		
	35.81	36.53	36.27	35.80	35.66	35.01		
2.	Oliver Taylor	14	Co Manch Aq	17:58.23	527			
	50m 30.20	100m 1:04.56	150m 1:39.74	200m 2:15.55	250m 2:52.03	300m 3:28.84	350m 4:05.48	400m 4:42.15
	30.20	34.36	35.18	35.81	36.48	36.81	36.64	36.67
	450m 5:18.35	500m 5:54.99	550m 6:31.25	600m 7:07.81	650m 7:44.07	700m 8:20.32	750m 8:56.52	800m 9:33.20
	36.20	36.64	36.26	36.56	36.26	36.25	36.20	36.68
	850m 10:09.23	900m 10:45.90	950m 11:22.29	1000m 11:58.96	1050m 12:35.61	1100m 13:11.95	1150m 13:48.54	1200m 14:25.06
	36.03	36.67	36.39	36.67	36.65	36.34	36.59	36.52
	1250m 15:01.00	1300m 15:37.53	1350m 16:13.43	1400m 16:49.72	1450m 17:24.44	1500m 17:58.23		
	35.94	36.53	35.90	36.29	34.72	33.79		
3.	Adam Barrett	14	Gates & Whick	18:24.22	490			
	50m 31.21	100m 1:06.69	150m 1:42.23	200m 2:18.70	250m 2:55.10	300m 3:31.58	350m 4:07.75	400m 4:44.03
	31.21	35.48	35.54	36.47	36.40	36.48	36.17	36.28
	450m 5:20.04	500m 5:56.69	550m 6:33.45	600m 7:10.08	650m 7:46.78	700m 8:23.96	750m 9:00.49	800m 9:37.71
	36.01	36.65	36.76	36.63	36.70	37.18	36.53	37.22
	850m 10:14.77	900m 10:52.45	950m 11:30.24	1000m 12:08.78	1050m 12:46.26	1100m 13:24.42	1150m 14:01.92	1200m 14:40.30
	37.06	37.68	37.79	38.54	37.48	38.16	37.50	38.38
	1250m 15:18.11	1300m 15:56.05	1350m 16:33.96	1400m 17:11.98	1450m 17:48.78	1500m 18:24.22		
	37.81	37.94	37.91	38.02	36.80	35.44		
4.	Joshua Savage	14	Derwentside	18:25.24	489			
	50m 32.46	100m 1:08.63	150m 1:46.01	200m 2:22.69	250m 2:59.58	300m 3:36.25	350m 4:13.20	400m 4:50.03
	32.46	36.17	37.38	36.68	36.89	36.67	36.95	36.83
	450m 5:27.18	500m 6:03.67	550m 6:41.37	600m 7:18.40	650m 7:55.21	700m 8:31.74	750m 9:09.36	800m 9:46.17
	37.15	36.49	37.70	37.03	36.81	36.53	37.62	36.81
	850m 10:23.68	900m 11:00.33	950m 11:37.56	1000m 12:14.40	1050m 12:51.46	1100m 13:28.44	1150m 14:05.58	1200m 14:42.60
	37.51	36.65	37.23	36.84	37.06	36.98	37.14	37.02
	1250m 15:20.37	1300m 15:57.50	1350m 16:35.49	1400m 17:12.86	1450m 17:50.45	1500m 18:25.24		
	37.77	37.13	37.99	37.37	37.59	34.79		
5.	Joseph Fairbairn	14	Chester Le S	19:23.90	419			
	50m 31.69	100m 1:08.26	150m 1:46.68	200m 2:24.71	250m 3:03.81	300m 3:43.09	350m 4:22.38	400m 5:01.61
	31.69	36.57	38.42	38.03	39.10	39.28	39.29	39.23
	450m 5:41.03	500m 6:20.67	550m 6:59.94	600m 7:39.14	650m 8:18.74	700m 8:57.57	750m 9:37.36	800m 10:16.42
	39.42	39.64	39.27	39.20	39.60	38.83	39.79	39.06
	850m 10:55.59	900m 11:34.64	950m 12:14.16	1000m 12:53.13	1050m 13:32.50	1100m 14:11.97	1150m 14:52.03	1200m 15:31.42
	39.17	39.05	39.52	38.97	39.37	39.47	40.06	39.39
	1250m 16:10.62	1300m 16:50.03	1350m 17:29.16	1400m 18:08.53	1450m 18:47.09	1500m 19:23.90		
	39.20	39.41	39.13	39.37	38.56	36.81		
6.	Harrison Aspinall	14	Ellesmere Co	19:25.26	417			
	50m 32.29	100m 1:08.99	150m 1:46.54	200m 2:24.07	250m 3:01.35	300m 3:38.91	350m 4:16.78	400m 4:54.89
	32.29	36.70	37.55	37.53	37.28	37.56	37.87	38.11
	450m 5:32.78	500m 6:11.57	550m 6:50.46	600m 7:29.86	650m 8:08.90	700m 8:49.42	750m 9:28.52	800m 10:08.33
	37.89	38.79	38.89	39.40	39.04	40.52	39.10	39.81
	850m 10:46.80	900m 11:25.78	950m 12:03.94	1000m 12:43.11	1050m 13:22.56	1100m 14:02.84	1150m 14:43.03	1200m 15:23.14
	38.47	38.98	38.16	39.17	39.45	40.28	40.19	40.11
	1250m 16:03.58	1300m 16:44.17	1350m 17:24.75	1400m 18:05.65	1450m 18:46.92	1500m 19:25.26		
	40.44	40.59	40.58	40.90	41.27	38.34		
7.	Arensi Isufi	14	Co Manch Aq	20:13.09	370			
	50m 32.60	100m 1:10.48	150m 1:49.17	200m 2:28.67	250m 3:07.78	300m 3:47.58	350m 4:26.92	400m 5:07.28
	32.60	37.88	38.69	39.50	39.11	39.80	39.34	40.36
	450m 5:47.33	500m 6:29.38	550m 7:08.54	600m 7:51.55	650m 8:32.38	700m 9:13.85	750m 9:54.50	800m 10:37.35
	40.05	42.05	39.16	43.01	40.83	41.47	40.65	42.85
	850m 11:18.38	900m 12:00.78	950m 12:41.38	1000m 13:24.51	1050m 14:04.70	1100m 14:45.43	1150m 15:27.87	1200m 16:09.07
	41.03	42.40	40.60	43.13	40.19	40.73	42.44	41.20
	1250m 16:50.07	1300m 17:32.26	1350m 18:13.65	1400m 18:54.14	1450m 19:35.65	1500m 20:13.09		
	41.00	42.19	41.39	40.49	41.51	37.44		

COSASC National Qualifier 2018 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE180846)

Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt			
1.	Benjamin Holland	15	Ellesmere Co	17:49.12	540			
	50m 31.43	100m 1:06.84	150m 1:42.63	200m 2:19.42	250m 2:55.33	300m 3:31.66	350m 4:07.54	400m 4:43.38
	31.43	35.41	35.79	36.79	35.91	36.33	35.88	35.84
	450m 5:19.00	500m 5:54.92	550m 6:30.47	600m 7:06.56	650m 7:42.21	700m 8:18.52	750m 8:54.17	800m 9:29.71
	35.62	35.92	35.55	36.09	35.65	36.31	35.65	35.54
	850m 10:04.89	900m 10:40.81	950m 11:16.43	1000m 11:52.19	1050m 12:27.70	1100m 13:04.39	1150m 13:39.99	1200m 14:16.02
	35.18	35.92	35.62	35.76	35.51	36.69	35.60	36.03
	1250m 14:51.79	1300m 15:28.17	1350m 16:03.52	1400m 16:39.44	1450m 17:14.73	1500m 17:49.12		
	35.77	36.38	35.35	35.92	35.29	34.39		
2.	Alexander Rosser-Barne	15	Ellesmere Co	18:16.94	500			
	50m 31.31	100m 1:05.65	150m 1:41.49	200m 2:17.74	250m 2:54.51	300m 3:32.00	350m 4:09.54	400m 4:46.07
	31.31	34.34	35.84	36.25	36.77	37.49	37.54	36.53
	450m 5:23.45	500m 6:00.44	550m 6:37.67	600m 7:15.01	650m 7:52.34	700m 8:29.45	750m 9:07.13	800m 9:44.62
	37.38	36.99	37.23	37.34	37.33	37.11	37.68	37.49
	850m 10:21.77	900m 10:55.78	950m 11:33.03	1000m 12:09.98	1050m 12:47.68	1100m 13:25.13	1150m 14:03.10	1200m 14:39.78
	37.15	34.01	37.25	36.95	37.70	37.45	37.97	36.68
	1250m 15:16.95	1300m 15:54.02	1350m 16:30.50	1400m 17:06.66	1450m 17:42.42	1500m 18:16.94		
	37.17	37.07	36.48	36.16	35.76	34.52		
3.	Alfie Scott	15	Newcastle	18:25.05	489			
	50m 31.22	100m 1:06.46	150m 1:43.28	200m 2:19.52	250m 2:57.00	300m 3:33.64	350m 4:10.61	400m 4:47.34
	31.22	35.24	36.82	36.24	37.48	36.64	36.97	36.73
	450m 5:24.69	500m 6:01.86	550m 6:39.38	600m 7:15.83	650m 7:53.45	700m 8:30.18	750m 9:07.58	800m 9:44.70
	37.35	37.17	37.52	36.45	37.62	36.73	37.40	37.12
	850m 10:22.58	900m 10:59.13	950m 11:36.67	1000m 12:13.45	1050m 12:51.00	1100m 13:27.71	1150m 14:04.80	1200m 14:42.20
	37.88	36.55	37.54	36.78	37.55	36.71	37.09	37.40
	1250m 15:19.84	1300m 15:57.96	1350m 16:35.52	1400m 17:13.20	1450m 17:49.97	1500m 18:25.05		
	37.64	38.12	37.56	37.68	36.77	35.08		
4.	Johnson Bache	15	Darlington	18:30.60	482			
	50m 31.65	100m 1:08.48	150m 1:45.41	200m 2:22.85	250m 3:00.30	300m 3:38.22	350m 4:15.13	400m 4:52.06
	31.65	36.83	36.93	37.44	37.45	37.92	36.91	36.93
	450m 5:29.25	500m 6:06.51	550m 6:44.19	600m 7:21.66	650m 7:59.02	700m 8:36.63	750m 9:13.91	800m 9:51.40
	37.19	37.26	37.68	37.47	37.36	37.61	37.28	37.49
	850m 10:28.49	900m 11:05.24	950m 11:42.55	1000m 12:20.17	1050m 12:57.76	1100m 13:35.00	1150m 14:11.98	1200m 14:49.28
	37.09	36.75	37.31	37.62	37.59	37.24	36.98	37.30
	1250m 15:26.03	1300m 16:03.18	1350m 16:41.13	1400m 17:17.74	1450m 17:54.60	1500m 18:30.60		
	36.75	37.15	37.95	36.61	36.86	36.00		

COSASC National Qualifier 2018 - Results Sheet

(Under ASA Laws and ASA Technical Rules of Swimming License NE180846)

Sunderland Aquatic Centre – Friday 23rd March 2018

Results - Session One



16 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	FINA Pt
1.	Joel Thompson	17	Ellesmere Co	16:20.46	701
	50m 29.01	100m 1:00.88	150m 1:34.22	200m 2:06.92	250m 2:39.77
	29.01	31.87	33.34	32.70	32.85
	450m 4:52.96	500m 5:25.87	550m 5:58.91	600m 6:31.94	650m 7:05.24
	33.76	32.91	33.04	33.03	33.30
	850m 9:16.80	900m 9:49.35	950m 10:21.91	1000m 10:54.40	1050m 11:27.46
	32.80	32.55	32.56	32.49	33.06
	1250m 13:38.47	1300m 14:11.39	1350m 14:44.51	1400m 15:17.49	1450m 15:50.12
	32.96	32.92	33.12	32.98	32.63
2.	Bailey Hairsine	19	Co Manch Aq	16:33.12	674
	50m 29.67	100m 1:00.99	150m 1:34.24	200m 2:07.09	250m 2:40.34
	29.67	31.32	33.25	32.85	33.25
	450m 4:52.73	500m 5:25.64	550m 5:58.88	600m 6:31.69	650m 7:05.25
	33.56	32.91	33.24	32.81	33.56
	850m 9:18.14	900m 9:51.26	950m 10:24.86	1000m 10:58.27	1050m 11:32.07
	33.38	33.12	33.60	33.41	33.80
	1250m 13:46.78	1300m 14:20.11	1350m 14:54.00	1400m 15:27.48	1450m 16:00.95
	34.20	33.33	33.89	33.48	33.47
3.	James Cross	18	Wigan BEST	17:04.03	615
	50m 30.15	100m 1:03.03	150m 1:36.92	200m 2:10.95	250m 2:45.12
	30.15	32.88	33.89	34.03	34.17
	450m 5:02.60	500m 5:37.09	550m 6:11.45	600m 6:45.38	650m 7:19.95
	34.51	34.49	34.36	33.93	34.57
	850m 9:37.23	900m 10:11.52	950m 10:45.72	1000m 11:19.95	1050m 11:54.08
	34.27	34.29	34.20	34.23	34.13
	1250m 14:12.03	1300m 14:47.22	1350m 15:22.11	1400m 15:56.14	1450m 16:30.59
	34.49	35.19	34.89	34.03	34.45
4.	Joseph Robins	17	Co Sund'land	17:26.11	577
	50m 30.79	100m 1:04.91	150m 1:39.79	200m 2:14.75	250m 2:49.48
	30.79	34.12	34.88	34.96	34.73
	450m 5:09.63	500m 5:44.67	550m 6:19.64	600m 6:54.42	650m 7:28.92
	35.04	35.04	34.97	34.78	34.50
	850m 9:48.59	900m 10:23.57	950m 10:58.60	1000m 11:33.78	1050m 12:09.17
	35.35	34.98	35.03	35.18	35.39
	1250m 14:30.77	1300m 15:06.82	1350m 15:42.19	1400m 16:17.18	1450m 16:52.43
	35.48	36.05	35.37	34.99	35.25
5.	Ben Smith	17	Co Manch Aq	17:44.64	547
	50m 30.18	100m 1:03.08	150m 1:37.62	200m 2:12.05	250m 2:46.79
	30.18	32.90	34.54	34.43	34.74
	450m 5:06.95	500m 5:42.75	550m 6:19.19	600m 6:55.55	650m 7:31.93
	35.17	35.80	36.44	36.36	36.38
	850m 11:08.68	900m 10:32.77	950m 12:21.79	1000m 11:45.07	1050m 13:34.61
	1:48.89	24.09	1:49.02	23.28	1:49.54
	1250m 15:58.64	1300m 15:22.73	1350m 17:10.40	1400m 16:34.70	1450m -
	1:48.05	24.09	1:47.67	24.30	-
6.	Tom Brumwell	16	Durham City	17:57.69	527
	50m 32.16	100m 1:07.64	150m 1:43.97	200m 2:19.64	250m 2:55.83
	32.16	35.48	36.33	35.67	36.19
	450m 5:21.21	500m 5:57.28	550m 6:34.02	600m 7:09.94	650m 7:46.47
	36.82	36.07	36.74	35.92	36.53
	850m 10:10.76	900m 10:46.52	950m 11:22.78	1000m 11:58.72	1050m 12:34.93
	36.28	35.76	36.26	35.94	36.21
	1250m 14:58.87	1300m 15:34.93	1350m 16:11.47	1400m 16:47.23	1450m 17:23.69
	36.22	36.06	36.54	35.76	36.46
7.	Brook Miller	16	Tynemouth	19:03.46	441
	50m 31.92	100m 1:10.27	150m 1:49.22	200m 2:28.12	250m 3:06.56
	31.92	38.35	38.95	38.90	38.44
	450m 5:36.74	500m 6:14.90	550m 6:53.23	600m 7:31.49	650m 8:09.40
	37.55	38.16	38.33	38.26	37.91
	850m 10:42.12	900m 11:23.04	950m 12:03.10	1000m 12:41.08	1050m 13:19.53
	38.29	40.92	40.06	37.98	38.45
	1250m 15:53.22	1300m 16:31.84	1350m 17:10.82	1400m 17:49.41	1450m 18:26.87
	38.25	38.62	38.98	38.59	37.46
8.	Thomas Klijn	16	Kendal	19:26.41	416
	50m 32.01	100m 1:09.67	150m 1:47.92	200m 2:26.70	250m 3:05.09
	32.01	37.66	38.25	38.78	38.39
	450m 5:38.66	500m 6:18.00	550m 6:56.86	600m 7:36.98	650m 8:15.88
	38.37	39.34	38.86	40.12	38.90
	850m 10:54.62	900m 11:34.99	950m 12:14.63	1000m 12:55.01	1050m 13:34.12
	39.28	40.37	39.64	40.38	39.11
	1250m 16:13.27	1300m 16:54.00	1350m 17:32.51	1400m 18:12.42	1450m 18:50.34
	39.09	40.73	38.51	39.91	37.92
9.	Jonathan Stones	16	Durham City	19:40.00	402
	50m 33.43	100m 1:12.37	150m 1:52.96	200m 2:31.01	250m 3:10.15
	33.43	38.94	40.59	38.05	39.14
	450m 5:48.48	500m 6:27.89	550m 7:09.07	600m 7:48.34	650m 8:27.95
	39.11	39.41	41.18	39.27	39.61
	850m 11:06.21	900m 11:45.51	950m 12:26.16	1000m 13:05.62	1050m 13:45.01
	40.24	39.30	40.65	39.46	39.39
	1250m 16:24.32	1300m 17:03.84	1350m 17:44.16	1400m 18:23.76	1450m 19:02.23
	39.36	39.52	40.32	39.60	38.47



WATER INSTINCT

