



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



EVENT 101 Girls Open 200m Breaststroke

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Philippa DAVENALL	10	Colchester	3:16.50	478	45.62	1:36.83	2:30.22
2.	Sophie KENNY	10	Epping Fort	3:18.70	461	45.84	1:36.36	2:29.04
3.	Emily WOODS	10	Braintree	3:22.25	435	46.53	1:39.35	2:31.33
4.	Bethan McELROY	10	Canvey Isl	3:24.50	420	47.31	1:38.86	2:32.87
5.	Laura MARZOLINI	10	Norwich Swan	3:24.56	419	47.62	1:39.68	2:33.94
6.	Ebony TALBOT	10	Runnymede	3:26.04	410	47.59	1:40.66	2:33.57
7.	Andrea HOUBEN	10	Potters Bar	3:27.16	402	46.77	1:38.05	2:32.84
8.	Amber EVANS	10	Rochford	3:29.26	388	49.60	1:42.05	2:37.17
9.	Ellie STAMP	10	Chelmsford	3:29.42	388	49.73	1:43.25	2:36.96
10.	Fiona THORNTON	10	Hatfield	3:29.47	387	49.37	1:41.92	2:36.51
11.	Danica BRAZIER	10	Chelmsford	3:30.43	381	47.88	1:43.40	2:37.78
12.	Ellie MITCHELL	10	Runnymede	3:31.88	372	48.11	1:42.02	2:38.15
13.	Eleanor WRIGHT	10	West Suffolk	3:32.22	371	47.87	1:41.90	2:36.64
14.	Eleanor WASE	10	Mid Beds	3:32.32	370	47.04	1:41.27	2:36.70
15.	Alice WATSON-FLOWERS	10	Lstof & OB	3:33.62	362	48.75	1:43.85	2:39.87
16.	Chloe RUDKIN	10	Harwich DP	3:34.05	360	49.01	1:44.94	2:40.37
17.	Zoe BRADLEY	10	Southend	3:34.16	358	47.41	1:42.79	2:37.86
18.	Miranda WILLIS	10	Hertsmere	3:34.62	356	-	-	-
19.	Anna HENDERSON	10	Linslade	3:35.15	353	49.01	1:43.67	2:39.65
20.	Isabel HOLMES	10	Dereham	3:35.27	353	-	-	-
21.	Elinor MACDONALD	10	Berkhamsted	3:35.77	349	49.38	1:43.32	2:39.21
22.	Hope JONES	10	Thurrock	3:35.89	349	48.36	1:42.99	2:37.90
23.	Juliet MERELIE	10	Harpenden	3:36.73	345	50.33	1:46.36	2:43.30
24.	Sophie CONWAY	10	teamipswich	3:37.00	343	47.55	1:42.91	2:39.79
25.	Tillie GEGGUS	10	Thurrock	3:39.37	330	-	-	-
26.	Rebecca FREESTONE	10	Hoddesdon	3:39.64	329	-	-	-
27.	Isabelle DEAN	10	Hatfield	3:40.48	324	50.41	1:47.07	2:43.55
28.	Sophie BOWLER	10	St Felix Sch	3:44.29	305	-	-	-
29.	Sarah ELLIS	10	Runnymede	3:50.62	275	53.27	1:53.06	2:53.31

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Kayleigh UMFREVILLE	11	Thurrock	3:02.19	594	42.08	1:29.43	2:16.74
2.	Lily WEST	11	Hatfield	3:04.33	574	40.76	1:27.94	2:15.44
3.	Karis ELLERBY	11	Bo Southend	3:06.26	556	43.65	1:30.98	2:19.45
4.	Charlotte LONGDEN	11	Bishop Stort	3:09.95	524	43.02	1:32.15	2:21.28
5.	Grace GILROY	11	Brentwood	3:11.42	511	44.75	1:34.43	2:23.56
6.	Rachael GUNN	11	Bishop Stort	3:11.88	508	44.40	1:32.19	2:22.40
7.	Lucy ALLINGTON	11	Lstof & OB	3:12.95	499	42.87	1:32.74	2:22.74
8.	Jessica JACKSON	11	Mid Beds	3:15.22	481	44.41	1:34.40	2:25.88
9.	Eloise LYONS	11	Thurrock	3:16.66	471	45.51	1:35.97	2:27.52
10.	Isabelle READ	11	Lstof & OB	3:16.91	468	46.59	1:38.03	2:28.78
11.	Lauren McALINDEN	11	Hatfield	3:17.36	465	44.68	1:33.97	2:25.73
12.	Georgia KERRIDGE	11	St Felix Sch	3:17.71	462	45.10	1:35.42	2:26.56
13.	Elise BARRETT	11	UEA Norwich	3:19.15	452	46.55	1:37.16	2:28.34
14.	Robyn BRETT	11	Berkhamsted	3:19.48	449	45.84	1:36.66	2:27.97
15.	Eleanor McGRATH	11	Beccles Town	3:19.62	448	44.95	1:35.87	2:28.54
15.	Serena ARIS	11	UEA Norwich	3:19.62	448	45.46	1:37.18	2:29.81
17.	Hannah VICK	11	West Norfolk	3:21.73	434	47.25	1:39.52	2:30.91
18.	Erin PLUMMER	11	Hatfield	3:21.99	431	46.41	1:37.60	2:30.38
19.	Hannah BAGLEY	11	Hemel Hemp	3:22.98	425	46.16	1:38.82	2:31.81
20.	Alice WATERFIELD	11	Diss Otters	3:23.40	421	46.66	1:39.23	2:32.44
21.	Isabelle BERREY	11	Lstof & OB	3:23.59	420	47.39	1:39.49	2:32.16
22.	Medbh WILLIAMS	11	UEA Norwich	3:24.24	416	48.64	1:40.29	2:32.38
23.	Phoebe BAXTER	11	Berkhamsted	3:24.80	412	44.77	1:36.96	2:32.27
24.	Rachael MOORE	11	Thurrock	3:25.35	409	48.30	1:41.08	2:33.41
25.	Annie GARRARD	11	Runnymede	3:25.72	407	45.98	1:37.81	2:32.73
26.	Katie SMITH	11	Hatfield	3:29.75	381	48.08	1:40.37	2:36.28

12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Christie BAYS	12	Hatfield	2:52.41	681	39.48	1:24.26	2:08.98
2.	Kayleigh SIMS	12	Bo Southend	2:57.60	626	40.56	1:27.72	2:13.41
3.	Devon PRIOR	12	Watford	2:58.56	617	41.52	1:26.42	2:13.24
4.	Rebecca WILSON	12	Deben	2:58.86	614	40.75	1:26.44	2:13.14
5.	Flora SHAUL	12	UEA Norwich	2:59.16	611	41.42	1:26.38	2:13.02
6.	Hayley WARRINGTON	12	Hoddesdon	3:00.24	601	40.51	1:27.48	2:15.37
7.	Amy CHUNG	12	Watford	3:00.93	594	42.22	1:28.42	2:15.53
8.	Kathryn PEARSE	12	Phoenix Bas	3:00.96	593	41.61	1:27.42	2:14.99
9.	Ellie TRIPP	12	Colchester	3:01.09	592	41.88	1:27.56	2:15.91
10.	Isobel PAGE	12	UEA Norwich	3:02.06	583	42.06	1:30.16	2:16.69
11.	Eleanor PIRRIE	12	Runnymede	3:02.11	582	43.10	1:29.62	2:16.73
12.	Katie WHIFFIN	12	Epping Fort	3:02.25	581	39.51	1:25.43	2:14.01
13.	Madeleine CHURCHMAN	12	Hitchin	3:02.30	581	43.11	1:27.24	2:15.96
14.	Emily McCONNELL	12	Mid Beds	3:03.11	573	42.54	1:28.41	2:15.98
15.	Ella RIDES	12	Sudbury	3:06.32	545	43.45	1:33.21	2:21.30
16.	Molly NORMAN	12	Co Peterboro	3:07.74	532	41.09	1:28.88	2:18.46
17.	Hayley ALCOCK	12	Modernians	3:09.52	517	42.32	1:31.10	2:20.40
18.	Tasha LIZAK-NAIKAUSKAS	12	St Felix Sch	3:10.18	512	42.19	1:31.41	2:20.69
19.	Chloe-Jade COULSON	12	Co Peterboro	3:10.59	509	44.89	1:33.43	2:24.42
20.	Kelsey DOYLE	12	Hemel Hemp	3:10.66	507	41.58	1:29.89	2:21.22
21.	Cassie EVERILL	12	Lstof & OB	3:11.22	503	41.71	1:30.56	2:19.79
22.	Annie LITTLE	12	Co Cambridge	3:12.25	494	43.84	1:32.21	2:23.15
23.	Katarina BLANCO	12	Bo Southend	3:15.07	472	43.75	1:34.26	2:24.30
24.	Chelsie ROOT	12	Halstead	3:15.09	472	44.86	1:33.69	2:26.52
25.	Rhian MATHER	12	Hatfield	3:15.80	467	44.91	1:34.84	2:25.29
26.	Madeleine SINCLAIR	12	Harwich DP	3:16.44	462	42.72	1:34.42	2:26.53
27.	Georgia CRAWFORD	12	Co Cambridge	3:17.15	457	42.85	1:32.41	2:24.34



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13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Zara BAILEY	13	Co Peterboro	2:51.23	673	39.38	1:23.16	2:06.86
2.	Charlotte HICKS	13	St Felix Sch	2:56.03	623	40.12	1:24.38	2:09.73
3.	Anne-Marie DuPREEZ	13	Co St Albans	2:56.57	618	40.46	1:25.06	2:10.89
4.	Charlotte REID	13	Hatfield	2:57.34	610	39.51	1:24.96	2:11.02
5.	Marcella ARIS	13	UEA Norwich	2:59.80	587	41.18	1:27.64	2:14.01
6.	Fionnuala MAHER	13	Modernians	3:00.86	576	40.56	1:26.75	2:14.77
7.	Amber SWALES	13	Mid Beds	3:02.08	565	42.32	1:29.45	2:16.19
8.	Bethany CATCHPOLE	13	teamipswich	3:05.33	536	41.59	1:27.87	2:16.18
9.	Charlotte HARTIN	13	Bo Southend	3:06.50	526	42.06	1:30.13	2:18.92
10.	Cara ROSE	13	West Norfolk	3:06.52	526	41.36	1:28.31	2:17.42
11.	Melissa KNIGHTON	13	Runnymede	3:06.59	525	42.78	1:30.25	2:18.28

EVENT 102 Boys Open 400m Freestyle (Timed Finals)

10 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150	200	250	300	350	400
1.	William COOPER	10	UEA Norwich	5:07.86	414								
	50m 35.26	100m 1:14.36	150m 1:53.18	200m 2:32.26	250m 3:11.26	300m 3:51.06	350m 4:29.86	400m 5:07.86					
	35.26	39.10	38.82	39.08	39.00	39.80	38.80	38.00					
2.	Cameron SIMPSON	10	Colchester	5:20.77	362								
	50m 36.11	100m 1:16.05	150m 1:56.43	200m 2:36.78	250m 3:17.71	300m 3:59.55	350m 4:40.70	400m 5:20.77					
	36.11	39.94	40.38	40.35	40.93	41.84	41.15	40.07					
3.	Jordan MANN	10	UEA Norwich	5:21.43	360								
	50m 36.69	100m 1:17.68	150m 1:58.17	200m 2:39.83	250m 3:21.02	300m 4:02.52	350m 4:42.30	400m 5:21.43					
	36.69	40.99	40.49	41.66	41.19	41.50	39.78	39.13					
4.	Keenan STOKES	10	UEA Norwich	5:22.16	357								
	50m 36.80	100m 1:18.10	150m 2:00.05	200m 2:41.46	250m 3:22.74	300m 4:03.95	350m 4:44.34	400m 5:22.16					
	36.80	41.30	41.95	41.41	41.28	41.21	40.39	37.82					
5.	Robert DOIG	10	teamipswich	5:25.30	346								
	50m 37.14	100m 1:18.87	150m 2:00.85	200m 2:42.63	250m 3:24.74	300m 4:05.48	350m 4:46.46	400m 5:25.30					
	37.14	41.73	41.98	41.78	42.11	40.74	40.98	38.84					
6.	Cavan BECK	10	Rochford	5:25.63	344								
	50m 36.03	100m 1:17.71	150m 1:58.60	200m 2:40.87	250m 3:22.32	300m 4:05.14	350m 4:47.43	400m 5:25.63					
	36.03	41.68	40.89	42.27	41.45	42.82	42.29	38.20					
7.	Lee CLARKE	10	Co Peterboro	5:31.64	324								
	50m 37.26	100m 1:19.39	150m 2:02.74	200m 2:45.90	250m 3:28.89	300m 4:11.75	350m 4:53.37	400m 5:31.64					
	37.26	42.13	43.35	43.16	42.99	42.86	41.62	38.27					
8.	Jack PICKERING	10	teamipswich	5:32.44	321								
	50m 37.44	100m 1:20.26	150m 2:03.55	200m 2:47.34	250m 3:30.70	300m 4:13.76	350m 4:54.06	400m 5:32.44					
	37.44	42.82	43.29	43.79	43.36	43.06	40.30	38.38					
9.	Matthew CALVER	10	Lstof & OB	5:32.85	320								
	50m 36.53	100m 1:20.38	150m 2:03.56	200m 2:47.38	250m 3:30.85	300m 4:14.23	350m 4:55.20	400m 5:32.85					
	36.53	43.85	43.18	43.82	43.47	43.38	40.97	37.65					
10.	George CATTERALL	10	Mid Beds	5:36.61	307								
	50m 33.23	100m 1:14.12	150m 1:57.74	200m 2:40.97	250m 3:24.77	300m 4:09.66	350m 4:54.89	400m 5:36.61					
	33.23	40.89	43.62	43.23	43.80	44.89	45.23	41.72					
11.	Aaron BEARWISH	10	Thurrock	5:45.42	281								
	50m 37.66	100m 1:20.85	150m 2:04.68	200m 2:49.38	250m 3:33.53	300m 4:17.79	350m 5:02.27	400m 5:45.42					
	37.66	43.19	43.83	44.70	44.15	44.26	44.48	43.15					
12.	Lewis COOPER	10	Phoenix Bas	5:45.53	280								
	50m 37.07	100m 1:21.54	150m 2:07.00	200m 2:52.00	250m 3:37.31	300m 4:21.96	350m 5:06.05	400m 5:45.53					
	37.07	44.47	45.46	45.00	45.31	44.65	44.09	39.48					
13.	Hal WHYATT	10	Co Peterboro	5:45.58	280								
	50m 37.66	100m 1:22.05	150m 2:07.11	200m 2:52.43	250m 3:37.34	300m 4:22.84	350m 5:06.47	400m 5:45.58					
	37.66	44.39	45.06	45.32	44.91	45.50	43.63	39.11					
14.	Charlie METCALF	10	Bo Southend	5:47.53	274								
	50m 38.77	100m 1:22.16	150m 2:06.44	200m 2:50.79	250m 3:34.53	300m 4:19.72	350m 5:04.40	400m 5:47.53					
	38.77	43.39	44.28	44.35	43.74	45.19	44.68	43.13					
15.	Aaron CLARKE	10	Thurrock	5:52.24	261								
	50m 37.25	100m 1:20.11	150m 2:04.97	200m 2:50.11	250m 3:35.64	300m 4:21.72	350m 5:06.41	400m 5:52.24					
	37.25	42.86	44.86	45.14	45.53	46.08	44.69	45.83					
16.	Piers CASEY	10	Co Peterboro	5:53.48	258								
	50m 38.89	100m 1:24.02	150m 2:09.18	200m 2:55.36	250m 3:39.69	300m 4:26.11	350m 5:10.41	400m 5:53.48					
	38.89	45.13	45.16	46.18	44.33	46.42	44.30	43.07					
17.	Stanley COLLINS	10	Lstof & OB	6:14.33	208								
	50m 38.44	100m 1:24.98	150m 2:12.67	200m 3:00.49	250m 3:49.20	300m 4:37.84	350m 5:27.02	400m 6:14.33					
	38.44	46.54	47.69	47.82	48.71	48.64	49.18	47.31					

11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150	200	250	300	350	400
1.	Philip DOWDING-YOUNG	11	teamipswich	4:45.61	521								
	50m 32.24	100m 1:07.90	150m 1:44.26	200m 2:20.87	250m 2:57.69	300m 3:34.72	350m 4:11.22	400m 4:45.61					
	32.24	35.66	36.36	36.61	36.82	37.03	36.50	34.39					
2.	Jake TYSON	11	teamipswich	4:50.71	494								
	50m 32.49	100m 1:09.07	150m 1:45.89	200m 2:23.51	250m 3:00.79	300m 3:38.79	350m 4:15.34	400m 4:50.71					
	32.49	36.58	36.82	37.62	37.28	38.00	36.55	35.37					
3.	George EPSLY	11	Thurrock	4:58.54	456								
	50m 33.50	100m 1:10.58	150m 1:47.96	200m 2:26.09	250m 3:04.45	300m 3:43.32	350m 4:21.28	400m 4:58.54					
	33.50	37.08	37.38	38.13	38.36	38.87	37.96	37.26					
4.	Jozef OCHWAT	11	teamipswich	5:00.84	445								
	50m 33.50	100m 1:10.73	150m 1:50.14	200m 2:29.27	250m 3:08.03	300m 3:46.69	350m 4:24.90	400m 5:00.84					
	33.50	37.23	39.41	39.13	38.76	38.66	38.21	35.94					



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A Level One Licensed Meet - N^o ERX913 & ERX914



5.	Ethan FARRELL	11	Hatfield	5:01.23	443					
	50m 33.37	100m 1:10.47	150m 1:48.41	200m 2:27.20	250m 3:06.22	300m 3:45.28	350m 4:23.99	400m 5:01.23		
	33.37	37.10	37.94	38.79	39.02	39.06	38.71	37.24		
6.	James DAY	11	Thurrock	5:01.59	442					
	50m 33.70	100m 1:11.60	150m 1:50.27	200m 2:29.35	250m 3:08.53	300m 3:47.96	350m 4:26.00	400m 5:01.59		
	33.70	37.90	38.67	39.08	39.18	39.43	38.04	35.59		
7.	Martyn WALTON	11	Hatfield	5:01.91	440					
	50m 32.76	100m 1:10.19	150m 1:48.38	200m 2:27.36	250m 3:06.22	300m 3:45.57	350m 4:25.07	400m 5:01.91		
	32.76	37.43	38.19	38.98	38.86	39.35	39.50	36.84		
8.	Russell BECK	11	Rochford	5:05.77	423					
	50m 34.66	100m 1:13.37	150m 1:52.56	200m 2:31.10	250m 3:10.09	300m 3:49.22	350m 4:27.98	400m 5:05.77		
	34.66	38.71	39.19	38.54	38.99	39.13	38.76	37.79		
9.	Nico CAMPBELL	11	Cheshunt	5:08.55	411					
	50m 32.22	100m 1:09.58	150m 1:48.43	200m 2:28.16	250m 3:08.45	300m 3:49.29	350m 4:30.36	400m 5:08.55		
	32.22	37.36	38.85	39.73	40.29	40.84	41.07	38.19		
10.	Salaam MOTIN	11	Thurrock	5:10.45	403					
	50m 35.80	100m 1:14.25	150m 1:53.53	200m 2:32.91	250m 3:12.48	300m 3:52.24	350m 4:31.78	400m 5:10.45		
	35.80	38.45	39.28	39.38	39.57	39.76	39.54	38.67		
11.	Daniel POWELL	11	Co Peterboro	5:15.47	383					
	50m 35.15	100m 1:14.95	150m 1:54.75	200m 2:35.54	250m 3:15.68	300m 3:56.64	350m 4:36.25	400m 5:15.47		
	35.15	39.80	39.80	40.79	40.14	40.96	39.61	39.22		
12.	Ben CLARK	11	teamipswich	5:17.92	373					
	50m 35.89	100m 1:16.65	150m 1:57.22	200m 2:37.81	250m 3:18.26	300m 3:58.92	350m 4:39.31	400m 5:17.92		
	35.89	40.76	40.57	40.59	40.45	40.66	40.39	38.61		
13.	Ben NEALE	11	Chelmsford	5:19.47	367					
	50m 36.05	100m 1:15.76	150m 1:57.03	200m 2:38.39	250m 3:19.54	300m 4:01.27	350m 4:42.32	400m 5:19.47		
	36.05	39.71	41.27	41.36	41.15	41.73	41.05	37.15		
14.	Jordan STAFF	11	UEA Norwich	5:20.71	362					
	50m 36.43	100m 1:17.09	150m 1:57.98	200m 2:38.84	250m 3:19.63	300m 4:01.17	350m 4:42.12	400m 5:20.71		
	36.43	40.66	40.89	40.86	40.79	41.54	40.95	38.59		
15.	Daniel MILLS	11	Co Cambridge	5:21.31	360					
	50m 34.98	100m 1:14.39	150m 1:55.23	200m 2:37.23	250m 3:18.86	300m 4:01.36	350m 4:42.27	400m 5:21.31		
	34.98	39.41	40.84	42.00	41.63	42.50	40.91	39.04		
16.	Samuel WOOLF	11	Bo Southend	5:22.54	356					
	50m 35.13	100m 1:14.81	150m 1:56.61	200m 2:37.45	250m 3:19.66	300m 4:00.07	350m 4:42.27	400m 5:22.54		
	35.13	39.68	41.80	40.84	42.21	40.41	42.20	40.27		
17.	Joseph COOPER	11	UEA Norwich	5:23.35	353					
	50m 36.33	100m 1:17.05	150m 1:58.20	200m 2:39.78	250m 3:21.54	300m 4:02.99	350m 4:43.82	400m 5:23.35		
	36.33	40.72	41.15	41.58	41.76	41.45	40.83	39.53		
18.	Kalaam MOTIN	11	Thurrock	5:23.73	351					
	50m 36.33	100m 1:17.49	150m 1:59.71	200m 2:41.26	250m 3:24.12	300m 4:04.59	350m 4:46.47	400m 5:23.73		
	36.33	41.16	42.22	41.55	42.86	40.47	41.88	37.26		
19.	Samuel LONGDEN	11	Bishop Stort	5:24.63	348					
	50m 34.61	100m 1:14.70	150m 1:56.64	200m 2:38.60	250m 3:20.78	300m 4:03.12	350m 4:45.08	400m 5:24.63		
	34.61	40.09	41.94	41.96	42.18	42.34	41.96	39.55		
20.	Charlie CHURCH	11	Lstof & OB	5:24.69	348					
	50m 35.86	100m 1:17.62	150m 1:58.88	200m 2:40.63	250m 3:22.41	300m 4:04.16	350m 4:45.20	400m 5:24.69		
	35.86	41.76	41.26	41.75	41.78	41.75	41.04	39.49		
21.	Cameron HARRIS	11	teamipswich	5:25.17	346					
	50m 35.76	100m 1:16.78	150m 1:58.28	200m 2:39.87	250m 3:21.17	300m 4:02.73	350m 4:44.47	400m 5:25.17		
	35.76	41.02	41.50	41.59	41.30	41.56	41.74	40.70		
22.	Tom MITCHELL	11	Co Peterboro	5:25.84	344					
	50m 36.42	100m 1:18.33	150m 2:00.09	200m 2:41.89	250m 3:23.94	300m 4:07.50	350m 4:47.98	400m 5:25.84		
	36.42	41.91	41.76	41.80	42.05	43.56	40.48	37.86		
23.	Luke PLANT	11	Hertford	5:26.47	341					
	50m 35.32	100m 1:16.70	150m 1:58.38	200m 2:40.75	250m 3:21.78	300m 4:04.84	350m 4:47.10	400m 5:26.47		
	35.32	41.38	41.68	42.37	41.03	43.06	42.26	39.37		
24.	Jack THOMSON	11	UEA Norwich	5:27.74	337					
	50m 35.41	100m 1:16.45	150m 1:59.82	200m 2:43.35	250m 3:26.44	300m 4:09.65	350m 4:51.56	400m 5:27.74		
	35.41	41.04	43.37	43.53	43.09	43.21	41.91	36.18		
25.	Stephen THOM	11	Mid Beds	5:27.76	337					
	50m 36.60	100m 1:17.88	150m 2:00.02	200m 2:41.60	250m 3:24.43	300m 4:06.59	350m 4:48.08	400m 5:27.76		
	36.60	41.28	42.14	41.58	42.83	42.16	41.49	39.68		
26.	Peter TODD	11	St Ives	5:28.58	334					
	50m 35.83	100m 1:16.00	150m 1:57.44	200m 2:39.56	250m 3:22.45	300m 4:05.35	350m 4:47.87	400m 5:28.58		
	35.83	40.17	41.44	42.12	42.89	42.90	42.52	40.71		
27.	Oliver MALTBY	11	Modernians	5:28.73	334					
	50m 34.73	100m 1:14.90	150m 1:56.87	200m 2:39.49	250m 3:21.32	300m 4:04.21	350m 4:46.51	400m 5:28.73		
	34.73	40.17	41.97	42.62	41.83	42.89	42.30	42.22		
28.	Thomas BUCKLE	11	West Suffolk	5:30.10	329					
	50m 36.62	100m 1:16.35	150m 1:58.24	200m 2:40.12	250m 3:23.32	300m 4:06.09	350m 4:49.16	400m 5:30.10		
	36.62	39.73	41.89	41.88	43.20	42.77	43.07	40.94		
29.	Billy MAYNARD	11	Southend	5:30.25	328					
	50m 36.16	100m -	150m 2:00.19	200m -	250m -	300m 4:09.02	350m 4:51.70	400m 5:30.25		
	36.16	-	1:24.03	-	-	2:08.83	42.68	38.55		
30.	Ashley TRENT	11	Newmarket	5:30.51	327					
	50m 36.67	100m 1:17.84	150m 2:00.50	200m 2:42.66	250m 3:25.20	300m 4:07.81	350m 4:50.55	400m 5:30.51		
	36.67	41.17	42.66	42.16	42.54	42.61	42.74	39.96		
31.	William MANNING	11	Thurrock	5:33.53	317					
	50m 38.22	100m 1:21.30	150m 2:04.64	200m 2:47.02	250m 3:29.69	300m 4:12.54	350m 4:53.91	400m 5:33.53		
	38.22	43.08	43.34	42.38	42.67	42.85	41.37	39.62		
32.	Calvin COE	11	Stowmarket	5:43.68	286					
	50m 38.10	100m 1:21.67	150m 2:05.40	200m 2:50.40	250m 3:34.10	300m 4:18.88	350m 5:02.52	400m 5:43.68		
	38.10	43.57	43.73	45.00	43.70	44.78	43.64	41.16		



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt						
1.	Jarrod BRADFIELD	12	Clacton On S	4:44.42	528						
	50m 31.86	100m 1:06.46	150m 1:41.87	200m 2:19.12	250m 2:55.93	300m 3:33.03	350m 4:09.62	400m 4:44.42			
2.	George STANNARD	12	St Felix Sch	4:44.62	527						
	50m 31.91	100m 1:07.24	150m 1:44.08	200m 2:20.25	250m 2:56.61	300m 3:33.41	350m 4:10.09	400m 4:44.62			
3.	Barton TOWNLEY	12	Bo Southend	4:45.87	520						
	50m 31.96	100m 1:07.97	150m 1:44.65	200m 2:21.87	250m 2:58.34	300m 3:35.36	350m 4:12.02	400m 4:45.87			
4.	Sam HOLMES	12	Co Peterboro	4:53.72	479						
	50m 32.27	100m 1:07.79	150m 1:44.96	200m 2:22.44	250m 3:00.45	300m 3:38.25	350m 4:16.84	400m 4:53.72			
5.	Joshua AYLETT	12	Co Peterboro	4:54.56	475						
	50m 33.62	100m 1:10.79	150m 1:48.16	200m 2:26.24	250m 3:03.25	300m 3:41.30	350m 4:17.94	400m 4:54.56			
6.	Tim SHUTTLEWORTH	12	Hatfield	4:56.26	467						
	50m 32.29	100m 1:08.56	150m 1:45.87	200m 2:24.23	250m 3:02.29	300m 3:41.06	350m 4:19.17	400m 4:56.26			
7.	Regan LLOYD	12	teamipswich	4:56.57	465						
	50m 32.63	100m 1:10.27	150m 1:48.87	200m 2:27.50	250m 3:06.23	300m 3:44.60	350m 4:22.47	400m 4:56.57			
8.	Ethan LAMB	12	Hatfield	4:57.05	463						
	50m 33.40	100m 1:10.03	150m 1:47.91	200m 2:25.81	250m 3:04.43	300m 3:42.85	350m 4:20.99	400m 4:57.05			
9.	Christopher MURPHY	12	Flitwick	4:57.40	461						
	50m 33.06	100m 1:10.38	150m 1:48.69	200m 2:28.08	250m 3:06.62	300m 3:45.12	350m 4:22.62	400m 4:57.40			
10.	Jim VICKERS	12	Colchester	4:59.60	451						
	50m 32.64	100m 1:10.29	150m 1:48.56	200m 2:27.24	250m 3:06.50	300m 3:45.55	350m 4:23.98	400m 4:59.60			
11.	Ottavio TANZILLO	12	Co Peterboro	5:01.22	443						
	50m 32.77	100m 1:08.81	150m 1:46.85	200m 2:26.23	250m 3:05.69	300m 3:45.10	350m 4:23.84	400m 5:01.22			
12.	Murphy TALBOT	12	Runnymede	5:02.44	438						
	50m 33.77	100m 1:11.49	150m 1:49.85	200m 2:28.60	250m 3:07.79	300m 3:46.77	350m 4:25.27	400m 5:02.44			
13.	Alexander FARRANDS	12	St Felix Sch	5:05.52	424						
	50m 35.72	100m 1:14.93	150m 1:53.78	200m 2:33.22	250m 3:11.09	300m 3:49.90	350m 4:28.60	400m 5:05.52			
14.	Brandon NABARRO	12	Mid Beds	5:06.11	422						
	50m 33.68	100m 1:11.78	150m 1:51.17	200m 2:30.61	250m 3:10.36	300m 3:50.39	350m 4:28.64	400m 5:06.11			
15.	Jack PICKFORD	12	Watford	5:06.95	418						
	50m 34.37	100m 1:12.98	150m 1:51.42	200m 2:31.09	250m 3:10.48	300m 3:50.96	350m 4:29.48	400m 5:06.95			
16.	Jack CATTERALL	12	Mid Beds	5:07.60	415						
	50m 34.04	100m 1:12.37	150m 1:51.26	200m 2:32.22	250m 3:10.20	300m 3:50.77	350m 4:29.40	400m 5:07.60			
17.	Louis SELLER	12	Deben	5:13.43	391						
	50m 33.51	100m 1:12.61	150m 1:52.37	200m 2:33.44	250m 3:13.88	300m 3:54.98	350m 4:35.20	400m 5:13.43			
18.	Damian GREEN	12	Colchester	5:15.47	383						
	50m 34.55	100m 1:13.12	150m 1:53.72	200m 2:34.74	250m 3:15.87	300m 3:57.78	350m 4:38.43	400m 5:15.47			
19.	Ashley HOLNESS-WRIGHT	12	Watford	5:19.40	367						
	50m 35.23	100m 1:15.60	150m 1:56.26	200m 2:37.14	250m 3:17.86	300m 3:58.93	350m 4:40.41	400m 5:19.40			

13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt						
1.	Caleb HUGHES	13	Mid Beds	4:18.71	688						
	50m 29.17	100m 1:01.15	150m 1:33.60	200m 2:06.55	250m 2:39.62	300m 3:13.01	350m 3:46.43	400m 4:18.71			
2.	Harry SMITH	13	UEA Norwich	4:27.64	628						
	50m 30.72	100m 1:04.86	150m 1:38.74	200m 2:13.52	250m 2:47.02	300m 3:21.10	350m 3:54.87	400m 4:27.64			
3.	Charlie SMITH	13	teamipswich	4:28.94	619						
	50m 30.21	100m 1:03.74	150m 1:37.58	200m 2:12.17	250m 2:46.51	300m 3:21.93	350m 3:54.92	400m 4:28.94			
4.	Luke DURBAN	13	Braintree	4:32.57	596						
	50m 30.78	100m 1:05.47	150m 1:39.89	200m 2:15.03	250m 2:49.51	300m 3:24.97	350m 3:59.58	400m 4:32.57			
5.	Jordan PURDY	13	St Felix Sch	4:34.94	582						
	50m 30.95	100m 1:04.81	150m 1:39.12	200m 2:13.82	250m 2:48.85	300m 3:24.01	350m 4:00.06	400m 4:34.94			
6.	Kilian KORTH	13	teamipswich	4:37.94	564						
	50m 30.74	100m 1:04.97	150m 1:40.34	200m 2:16.05	250m 2:51.26	300m 3:27.10	350m 4:02.72	400m 4:37.94			
7.	Bradley CLARKE	13	Thurrock	4:40.47	550						
	50m 31.64	100m 1:06.41	150m 1:41.59	200m 2:17.10							



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



10. Gareth HAWKINS	13 Thurrock	4:42.22	540
50m 30.80	100m 1:05.69	150m 1:41.29	200m 2:16.78
30.80	34.89	35.60	35.49
250m 2:52.69	300m 3:28.84	350m 4:05.65	400m 4:42.22
35.91	36.15	36.81	36.57
11. James WINTER	13 Chelmsford	4:43.72	531
50m 32.04	100m 1:07.71	150m 1:43.09	200m 2:19.48
32.04	35.67	35.38	36.39
250m 2:56.04	300m 3:32.93	350m 4:09.58	400m 4:43.72
36.56	36.89	36.65	34.14
12. Luke HOUSE	13 UEA Norwich	4:44.84	525
50m 32.96	100m 1:09.94	150m 1:44.76	200m 2:20.91
32.96	36.98	34.82	36.15
250m 2:56.73	300m 3:33.17	350m 4:09.23	400m 4:44.84
35.82	36.44	36.06	35.61
13. Jack CARTER	13 Southend	4:45.37	522
50m 30.78	100m 1:05.23	150m 1:41.70	200m 2:18.82
30.78	34.45	36.47	37.12
250m 2:56.22	300m 3:33.67	350m 4:10.80	400m 4:45.37
37.40	37.45	37.13	34.57
14. Robert ALAND	13 teamipswich	4:45.43	522
50m 31.81	100m 1:08.75	150m 1:46.09	200m 2:23.34
31.81	36.94	37.34	37.25
250m 3:01.08	300m 3:37.70	350m 4:12.79	400m 4:45.43
37.74	36.62	35.09	32.64
15. Adam LAST	13 Deben	4:46.08	519
50m 31.52	100m 1:07.85	150m 1:44.49	200m 2:22.42
31.52	36.33	36.64	37.93
250m 2:59.11	300m 3:35.66	350m 4:11.93	400m 4:46.08
36.69	36.55	36.27	34.15
16. Michael ANDREWS	13 Berkhamsted	4:47.91	509
50m 31.47	100m 1:06.43	150m 1:43.31	200m 2:20.19
31.47	34.96	36.88	36.88
250m 2:57.25	300m 3:34.74	350m 4:12.42	400m 4:47.91
37.06	37.49	37.68	35.49
17. Thomas McLAGAN	13 Braintree	4:48.82	504
50m 32.88	100m 1:08.73	150m 1:45.31	200m 2:22.07
32.88	35.85	36.58	36.76
250m 2:58.99	300m 3:35.90	350m 4:12.91	400m 4:48.82
36.92	36.91	37.01	35.91
18. Sonny FORD	13 Thurrock	4:49.68	500
50m 31.64	100m 1:07.58	150m 1:44.05	200m 2:21.55
31.64	35.94	36.47	37.50
250m 2:58.90	300m 3:36.99	350m 4:13.96	400m 4:49.68
37.35	38.09	36.97	35.72
19. Tom LAMBERT	13 Mid Beds	4:51.12	492
50m 33.38	100m 1:09.84	150m 1:47.69	200m 2:25.31
33.38	36.46	37.85	37.62
250m 3:02.33	300m 3:39.53	350m 4:16.31	400m 4:51.12
37.02	37.20	36.78	34.81
20. Braddan WESTLAKE	13 Newmarket	4:52.81	484
50m 32.36	100m 1:08.67	150m 1:46.01	200m 2:24.28
32.36	36.31	37.34	38.27
250m 3:02.60	300m 3:40.72	350m 4:18.31	400m 4:52.81
38.32	38.12	37.59	34.50
21. Matthew CHAPMAN	13 Watford	4:53.62	480
50m 32.45	100m 1:08.24	150m 1:45.14	200m 2:22.97
32.45	35.79	36.90	37.83
250m 3:01.07	300m 3:40.12	350m 4:18.16	400m 4:53.62
38.10	39.05	38.04	35.46
22. Harry GEGGUS	13 Thurrock	4:56.24	467
50m 33.02	100m 1:09.53	150m 1:46.16	200m 2:23.38
33.02	36.51	36.63	37.22
250m 3:01.79	300m 3:40.17	350m 4:19.20	400m 4:56.24
38.41	38.38	39.03	37.04
23. Luke JONES	13 Hatfield	4:57.19	462
50m 33.22	100m 1:09.94	150m 1:47.64	200m 2:25.87
33.22	36.72	37.70	38.23
250m 3:04.23	300m 3:43.07	350m 4:21.25	400m 4:57.19
38.36	38.84	38.18	35.94
24. Thomas SHERRIFF	13 Hemel Hemp	4:58.51	456
50m 32.24	100m 1:09.17	150m 1:46.96	200m 2:24.79
32.24	36.93	37.79	37.83
250m 3:02.85	300m 3:42.01	350m 4:20.73	400m 4:58.51
38.06	39.16	38.72	37.78
25. Greg BAXTER	13 Berkhamsted	4:59.39	452
50m 32.29	100m 1:08.64	150m 1:46.99	200m 2:24.36
32.29	36.35	38.35	37.37
250m 3:03.37	300m 3:41.92	350m 4:21.30	400m 4:59.39
39.01	38.55	39.38	38.09
26. David ALLEN	13 Flitwick	5:00.99	444
50m 31.70	100m 1:08.40	150m 1:45.66	200m 2:24.93
31.70	36.70	37.26	39.27
250m 3:03.58	300m 3:43.76	350m 4:22.55	400m 5:00.99
38.65	40.18	38.79	38.44
27. Harry BEAUMONT	13 Watford	5:02.47	438
50m 33.03	100m 1:10.14	150m 1:49.02	200m 2:27.80
33.03	37.11	38.88	38.78
250m 3:07.40	300m 3:46.93	350m 4:25.43	400m 5:02.47
39.60	39.53	38.50	37.04
28. Alexander VIPOND	13 Colchester	5:05.75	423
50m 32.72	100m 1:10.31	150m 1:49.94	200m 2:29.20
32.72	37.59	39.63	39.26
250m 3:10.10	300m 3:50.24	350m 4:30.17	400m 5:05.75
40.90	40.14	39.93	35.58

14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Miles GARNER	14	UEA Norwich	4:15.91	709
	50m 29.84	100m 1:02.20	150m 1:35.66	200m 2:08.99	250m 2:40.24
	29.84	32.36	33.46	33.33	31.25
	300m 3:11.85	350m 3:44.40	400m 4:15.91		31.61
		32.55	31.51		
2.	Harry PAYNE	14	Bo Southend	4:18.69	689
	50m 28.33	100m 1:00.70	150m 1:33.31	200m 2:06.48	250m 2:39.64
	28.33	32.37	32.61	33.17	33.16
	300m 3:13.03	350m 3:46.26	400m 4:18.69		33.39
		33.23	32.43		
3.	Lewis HUGHES	14	UEA Norwich	4:22.67	661
	50m 29.66	100m 1:02.37	150m 1:35.56	200m 2:09.64	250m 2:43.43
	29.66	32.71	33.19	34.08	33.79
	300m 3:17.42	350m 3:50.26	400m 4:22.67		33.99
		32.84	32.41		
4.	Richard JEFFERIES	14	Co Cambridge	4:24.77	647
	50m 29.62	100m 1:02.36	150m 1:35.66	200m 2:09.79	250m 2:43.49
	29.62	32.74	33.30	34.13	33.70
	300m 3:18.08	350m 3:51.43	400m 4:24.77		34.59
		33.35	33.34		
5.	Liam KNIGHT	14	Co Peterboro	4:25.38	643
	50m 28.81	100m 1:01.55	150m 1:35.61	200m 2:09.92	250m 2:44.14
	28.81	32.74	34.06	34.31	34.22
	300m 3:18.56	350m 3:52.81	400m 4:25.38		34.42
		34.25	32.57		
6.	Jack SPENCE	14	Watford	4:25.77	640
	50m 29.70	100m 1:02.99	150m 1:36.71	200m 2:10.90	250m 2:44.55
	29.70	33.29	33.72	34.19	33.65
	300m 3:18.92	350m 3:52.70	400m 4:25.77		34.37
		33.78	33.07		
7.	Daniel SORRELL	14	Chelmsford	4:26.07	638
	50m 29.19	100m 1:01.61	150m 1:35.56	200m 2:09.82	250m 2:44.01
	29.19	32.42	33.95	34.26	34.19
	300m 3:18.30	350m 3:52.52	400m 4:26.07		34.29
		34.22	33.55		
8.	Elliot COOK	14	teamipswich	4:28.16	624
	50m 30.25	100m 1:04.14	150m 1:37.80	200m 2:12.39	250m 2:46.40
	30.25	33.89	33.66	34.59	34.01
	300m 3:21.01	350m 3:55.49	400m 4:28.16		34.61
		34.48	32.67		
9.	Danny PROFFITT	14	West Suffolk	4:31.14	605
	50m 30.37	100m 1:04.28	150m 1:38.36	200m 2:13.06	250m 2:47.71
	30.37	33.91	34.08	34.70	34.65
	300m 3:23.05	350m 3:57.56	400m 4:31.14		35.34
		34.51	33.58		
10.	Jack BARTLETT	14	St Felix Sch	4:31.99	600
	50m 29.79	100m 1:03.43	150m 1:37.20	200m 2:12.21	250m 2:46.66
	29.79	33.64	33.77	35.01	34.45
	300m 3:22.05	350m 3:57.29	400m 4:31.99		35.39
		35.24	34.70		



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



11. Cameron BASHIR	14 Sudbury	4:37.51	567
50m 30.05	100m 1:04.14	150m 1:39.06	200m 2:14.14
30.05	34.09	34.92	35.08
250m 2:49.31	300m 3:25.41	350m 4:01.74	400m 4:37.51
35.17	36.10	36.33	35.77
12. Lee BAKER	14 Epping For't	4:41.87	542
50m 31.02	100m 1:06.19	150m 1:42.38	200m 2:19.73
31.02	35.17	36.19	37.35
250m 2:56.42	300m 3:33.66	350m 4:09.89	400m 4:41.87
36.69	37.24	36.23	31.98
13. Jake LLOYD	14 Bishop Stort	4:42.92	536
50m 31.35	100m 1:06.61	150m 1:42.10	200m 2:18.87
31.35	35.26	35.49	36.77
250m 2:56.45	300m 3:33.79	350m 4:10.41	400m 4:42.92
37.58	37.34	36.62	32.51
14. Nicholas ILSLEY	14 Co Peterboro	4:43.73	531
50m 30.73	100m 1:05.52	150m 1:41.37	200m 2:17.63
30.73	34.79	35.85	36.26
250m 2:53.78	300m 3:30.75	350m 4:07.77	400m 4:43.73
36.15	36.97	37.02	35.96
15. William HAWKES	14 Flitwick	4:45.28	523
50m 31.18	100m 1:06.35	150m 1:42.57	200m 2:19.27
31.18	35.17	36.22	36.70
250m 2:56.13	300m 3:33.36	350m 4:10.29	400m 4:45.28
36.86	37.23	36.93	34.99
16. Robert COOPER	14 West Suffolk	4:45.87	520
50m 31.72	100m 1:07.25	150m 1:44.17	200m 2:21.25
31.72	35.53	36.92	37.08
250m 2:58.40	300m 3:35.14	350m 4:12.42	400m 4:45.87
37.15	36.74	37.28	33.45
17. Gavin COURNANE	14 Hatfield	4:45.88	520
50m 32.07	100m 1:08.47	150m 1:44.64	200m 2:21.17
32.07	36.40	36.17	36.53
250m 2:57.21	300m 3:33.78	350m 4:09.97	400m 4:45.88
36.04	36.57	36.19	35.91
18. Joe HATTON	14 UEA Norwich	4:47.06	513
50m 31.36	100m 1:06.05	150m 1:42.39	200m 2:19.78
31.36	34.69	36.34	37.39
250m 2:57.57	300m 3:35.66	350m 4:11.56	400m 4:47.06
37.79	38.09	35.90	35.50
19. Oliver BARKER	14 Bishop Stort	4:47.28	512
50m 30.26	100m 1:05.00	150m 1:41.19	200m 2:18.55
30.26	34.74	36.19	37.36
250m 2:55.86	300m 3:34.16	350m 4:11.15	400m 4:47.28
37.31	38.30	36.99	36.13
20. Daniel BONFANTE	14 Hatfield	4:47.34	512
50m 31.53	100m 1:07.04	150m 1:44.18	200m 2:21.11
31.53	35.51	37.14	36.93
250m 2:58.59	300m 3:35.34	350m 4:12.23	400m 4:47.34
37.48	36.75	36.89	35.11
21. Thomas LANGFORD	14 Modernians	4:49.98	498
50m 31.94	100m 1:06.82	150m 1:42.32	200m 2:19.54
31.94	34.88	35.50	37.22
250m 2:57.56	300m 3:35.39	350m 4:13.36	400m 4:49.98
38.02	37.83	37.97	36.62
22. Alexander SNOWDEN	14 Bishop Stort	4:53.29	481
50m 31.18	100m 1:06.61	150m 1:43.53	200m 2:21.73
31.18	35.43	36.92	38.20
250m 3:00.51	300m 3:38.55	350m 4:17.06	400m 4:53.29
38.78	38.04	38.51	36.23
Oliver TAFFS	14 Bishop Stort		DNC

EVENT 103 FINAL OF EVENT 101 Girls 10 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Philippa DAVENALL	10	Colchester	3:12.24	512	45.47	1:33.93	2:24.08
2.	Emily WOODS	10	Braintree	3:16.78	476	44.34	1:35.51	2:26.50
3.	Sophie KENNY	10	Epping For't	3:16.91	475	44.80	1:35.44	2:26.44
4.	Bethan McELROY	10	Canvey Isl	3:19.62	454	44.59	1:36.30	2:27.97
5.	Andrea HOUBEN	10	Potters Bar	3:24.08	422	45.83	1:38.99	2:32.99
6.	Laura MARZOLINI	10	Norwich Swan	3:26.08	409	47.42	1:38.84	2:33.81
7.	Ebony TALBOT	10	Runnymede	3:27.06	403	49.36	1:40.81	2:35.09
8.	Amber EVANS	10	Rochford	3:28.63	393	49.40	1:40.91	2:34.69

EVENT 104 FINAL OF EVENT 101 Girls 11 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Karis ELLERBY	11	Bo Southend	3:01.72	599	42.03	1:28.44	2:15.14
2.	Kayleigh UMFREVILLE	11	Thurrock	3:02.38	592	41.79	1:29.01	2:17.25
3.	Lily WEST	11	Hatfield	3:06.48	554	42.43	1:29.83	2:17.96
4.	Charlotte LONGDEN	11	Bishop Stort	3:09.67	527	44.92	1:32.67	2:21.68
5.	Grace GILROY	11	Brentwood	3:10.09	522	42.20	1:30.67	2:20.83
6.	Rachael GUNN	11	Bishop Stort	3:12.99	499	43.51	1:33.04	2:23.00
7.	Jessica JACKSON	11	Mid Beds	3:13.39	495	43.21	1:33.05	2:24.07
8.	Lucy ALLINGTON	11	Lstof & OB	3:14.34	489	43.34	1:32.45	2:24.63

EVENT 105 FINAL OF EVENT 101 Girls 12 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Christie BAYS	12	Hatfield	2:53.63	668	37.70	1:22.36	2:07.54
2.	Rebecca WILSON	12	Deben	2:56.02	643	41.19	1:26.04	2:12.88
3.	Kayleigh SIMS	12	Bo Southend	2:56.71	636	40.03	1:25.35	2:11.24
4.	Hayley WARRINGTON	12	Hoddesdon	2:58.98	613	39.97	1:26.16	2:13.09
5.	Devon PRIOR	12	Watford	2:59.52	608	41.42	1:28.50	2:14.68
6.	Ellie TRIPP	12	Colchester	3:01.64	587	40.95	1:27.12	2:14.77
7.	Amy CHUNG	12	Watford	3:03.45	570	42.67	1:29.05	2:17.17
8.	Flora SHAUL	12	UEA Norwich	3:03.91	566	42.80	1:29.31	2:16.53

EVENT 106 FINAL OF EVENT 101 Girls 13 Yrs 200m Breaststroke

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Zara BAILEY	13	Co Peterboro	2:51.02	675	40.28	1:23.19	2:07.13
2.	Charlotte HICKS	13	St Felix Sch	2:54.35	640	39.61	1:23.78	2:08.98
3.	Charlotte REID	13	Hatfield	2:55.55	628	39.43	1:24.23	2:09.51
4.	Marcella ARIS	13	UEA Norwich	2:57.66	607	40.63	1:26.45	2:12.49
5.	Anne-Marie DuPREEZ	13	Co St Albans	2:58.84	595	40.32	1:25.53	2:11.52
6.	Fionnuala MAHER	13	Modernians	3:01.33	572	39.93	1:26.43	2:13.57
7.	Amber SWALES	13	Mid Beds	3:01.36	572	42.55	1:28.15	2:16.30
8.	Bethany CATCHPOLE	13	teamipswich	3:04.76	541	41.65	1:27.78	2:16.40



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



EVENT 107 Boys/Girls Open 800m Freestyle (Timed Finals)

BOYS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Jake TYSON	11	teamspwivch	10:11.67	536
	50m 33.32	100m 1:10.55	150m 1:48.49	200m 2:27.27	250m 3:05.87
	33.32	37.23	37.94	38.78	38.60
	450m 5:42.34	500m 6:21.82	550m 7:00.57	600m 7:40.18	650m 8:19.20
	39.33	39.48	38.75	39.61	39.02
					300m 3:44.84
					38.97
					350m 4:23.46
					38.62
					700m 8:58.66
					39.46
					350m 4:18.87
					37.47
					750m 9:35.42
					36.76
					800m 10:11.67
					36.25

BOYS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	George STANNARD	12	St Felix Sch	9:50.63	538
	50m 33.70	100m 1:11.22	150m 1:49.25	200m 2:26.57	250m 3:04.31
	33.70	37.52	38.03	37.32	37.74
	450m 5:33.09	500m 6:10.00	550m 6:47.14	600m 7:24.59	650m 8:01.97
	37.26	36.91	37.14	37.45	37.38
					300m 3:41.40
					37.09
					350m 4:18.87
					37.47
					700m 8:39.15
					37.18
					36.68
					800m 9:50.63
					34.80
2.	Jarrold BRADFIELD	12	Clacton On S	9:51.08	537
	50m 32.34	100m 1:07.98	150m 1:44.61	200m 2:21.82	250m 2:58.82
	32.34	35.64	36.63	37.21	37.00
	450m 5:29.14	500m 6:06.99	550m 6:44.70	600m 7:22.68	650m 8:00.41
	37.43	37.85	37.71	37.98	37.73
					300m 3:36.42
					37.60
					350m 4:13.98
					37.56
					700m 8:37.89
					37.48
					37.19
					800m 9:51.08
					36.00
3.	Sam HOLMES	12	Co Peterboro	9:56.31	524
	50m 32.81	100m 1:08.83	150m 1:45.85	200m 2:23.44	250m 3:00.97
	32.81	36.02	37.02	37.59	37.53
	450m 5:32.44	500m 6:11.27	550m 6:49.56	600m 7:27.61	650m 8:05.24
	37.93	38.83	38.29	38.05	37.63
					300m 3:39.19
					38.22
					350m 4:16.55
					37.36
					700m 8:43.48
					38.24
					36.47
					800m 9:56.31
					36.36
4.	Joshua AYLETT	12	Co Peterboro	9:58.13	519
	50m 34.89	100m 1:12.79	150m 1:51.34	200m 2:29.35	250m 3:07.48
	34.89	37.90	38.55	38.01	38.13
	450m 5:39.10	500m 6:16.56	550m 6:54.16	600m 7:32.00	650m 8:09.43
	37.95	37.46	37.60	37.84	37.43
					300m 3:45.19
					37.71
					350m 4:23.29
					38.10
					700m 8:46.35
					36.92
					35.87
					800m 9:58.13
					35.91
5.	Augustus VEASEY	12	Chelmsford	9:59.96	514
	50m 33.74	100m 1:10.56	150m 1:48.35	200m 2:25.96	250m 3:04.12
	33.74	36.82	37.79	37.61	38.16
	450m 5:36.04	500m 6:14.35	550m 6:52.71	600m 7:30.53	650m 8:08.18
	38.34	38.31	38.36	37.82	37.65
					300m 3:41.84
					37.72
					350m 4:19.64
					37.80
					700m 8:45.82
					37.64
					37.39
					800m 9:59.96
					36.75
6.	Tim SHUTTLEWORTH	12	Hatfield	10:07.90	494
	50m 33.85	100m 1:11.77	150m 1:49.38	200m 2:28.34	250m 3:06.00
	33.85	37.92	37.61	38.96	37.66
	450m 5:39.89	500m 6:18.61	550m 6:57.01	600m 7:35.73	650m 8:14.17
	38.45	38.72	38.40	38.72	38.44
					300m 3:44.88
					38.88
					350m 4:22.93
					38.05
					700m 8:53.13
					38.96
					38.20
					800m 10:07.90
					36.57
7.	Brandon NABARRO	12	Mid Beds	10:15.96	475
	50m 34.13	100m 1:12.47	150m 1:50.76	200m 2:29.30	250m 3:08.12
	34.13	38.34	38.29	38.54	38.82
	450m 5:45.75	500m 6:24.92	550m 7:03.86	600m 7:43.67	650m 8:22.78
	40.32	39.17	38.94	39.81	39.11
					300m 3:46.54
					38.42
					350m 4:25.40
					38.86
					700m 9:01.07
					38.29
					38.25
					800m 10:15.96
					36.64
8.	Frederick WOODCOCK	12	Hemel Hemp	10:16.01	475
	50m 35.01	100m 1:13.41	150m 1:51.66	200m 2:31.45	250m 3:09.67
	35.01	38.40	38.25	39.79	38.22
	450m 5:44.98	500m 6:23.82	550m 7:02.81	600m 7:42.09	650m 8:21.07
	38.66	38.84	38.99	39.28	38.98
					300m 3:48.38
					38.71
					350m 4:27.30
					38.92
					700m 9:00.38
					39.31
					38.58
					800m 10:16.01
					37.05
9.	Jim VICKERS	12	Colchester	10:19.07	468
	50m 32.39	100m 1:10.80	150m 1:49.56	200m 2:29.69	250m 3:08.80
	32.39	38.41	38.76	40.13	39.11
	450m 5:47.34	500m 6:27.49	550m 7:07.29	600m 7:46.83	650m 8:26.51
	39.72	40.15	39.80	39.54	39.68
					300m 3:48.68
					39.88
					350m 4:27.94
					39.26
					700m 9:05.91
					39.40
					38.56
					800m 10:19.07
					34.60
10.	Murphy TALBOT	12	Runnymede	10:19.84	466
	50m 34.88	100m 1:13.84	150m 1:53.36	200m 2:32.76	250m 3:12.02
	34.88	38.96	39.52	39.40	39.26
	450m 5:51.00	500m 6:31.37	550m 7:09.39	600m 7:47.43	650m 8:26.64
	39.75	40.37	38.02	38.04	39.21
					300m 3:51.50
					39.48
					350m 4:31.54
					40.04
					700m 9:05.15
					38.51
					38.36
					800m 10:19.84
					36.33
11.	Ethan LAMB	12	Hatfield	10:20.29	465
	50m 34.17	100m 1:12.76	150m 1:51.22	200m 2:28.71	250m 3:07.60
	34.17	38.59	38.46	37.49	38.89
	450m 5:44.52	500m 6:24.14	550m 7:03.91	600m 7:44.18	650m 8:23.70
	39.75	39.62	39.77	40.27	39.52
					300m 3:46.40
					38.80
					350m 4:24.94
					38.54
					700m 9:03.55
					39.85
					39.35
					800m 10:20.29
					37.39
12.	Christopher MURPHY	12	Flitwick	10:21.72	462
	50m 34.64	100m 1:12.84	150m 1:52.68	200m 2:32.49	250m 3:12.39
	34.64	38.20	39.84	39.81	39.90
	450m 5:55.07	500m 6:34.79	550m 7:14.74	600m 7:52.94	650m 8:32.55
	40.56	39.72	39.95	38.20	39.61
					300m 3:52.59
					40.20
					350m 4:33.81
					41.22
					700m 9:10.62
					38.07
					36.89
					800m 10:21.72
					34.21
13.	Jack CATTERALL	12	Mid Beds	11:01.78	379
	50m 33.90	100m 1:13.45	150m 1:54.94	200m 2:37.72	250m 3:19.83
	33.90	39.55	41.49	42.78	42.11
	450m 6:08.76	500m 6:51.01	550m 7:34.33	600m 8:18.72	650m 8:59.65
	42.82	42.25	43.32	44.39	40.93
					300m 4:01.92
					42.09
					350m 4:43.42
					41.50
					700m 9:41.72
					35.44
					34.70
					800m 11:01.78
					32.37

BOYS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Caleb H				



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



3.	Jordan PURDY	13	St Felix Sch	9:24.89	612					
	50m 31.75	100m 1:05.99	150m 1:41.16	200m 2:16.61	250m 2:52.15	300m 3:27.85	350m 4:03.85	400m 4:39.86		
	31.75	34.24	35.17	35.45	35.54	35.70	36.00	36.01		
	450m 5:15.30	500m 5:50.83	550m 6:26.71	600m 7:02.23	650m 7:38.14	700m 8:13.77	750m 8:50.20	800m 9:24.89		
	35.44	35.53	35.88	35.52	35.91	35.63	36.43	34.69		
4.	Gareth HAWKINS	13	Thurrock	9:40.29	567					
	50m 30.74	100m 1:06.28	150m 1:42.26	200m 2:18.77	250m 2:55.15	300m 3:31.15	350m 4:07.86	400m 4:44.88		
	30.74	35.54	35.98	36.51	36.38	36.00	36.71	37.02		
	450m 5:21.77	500m 5:59.06	550m 6:36.11	600m 7:13.28	650m 7:50.74	700m 8:28.16	750m 9:03.95	800m 9:40.29		
	36.89	37.29	37.05	37.17	37.46	37.42	35.79	36.34		
5.	Bradley CLARKE	13	Thurrock	9:40.87	565					
	50m 32.13	100m 1:07.87	150m 1:43.41	200m 2:19.77	250m 2:55.64	300m 3:32.16	350m 4:08.25	400m 4:44.67		
	32.13	35.74	35.54	36.36	35.87	36.52	36.09	36.42		
	450m 5:21.24	500m 5:58.67	550m 6:35.58	600m 7:13.21	650m 7:50.34	700m 8:27.80	750m 9:04.57	800m 9:40.87		
	36.57	37.43	36.91	37.63	37.13	37.46	36.77	36.30		
6.	James WINTER	13	Chelmsford	9:41.54	563					
	50m 33.21	100m 1:09.21	150m 1:46.16	200m 2:23.40	250m 3:00.19	300m 3:36.80	350m 4:13.41	400m 4:50.22		
	33.21	36.00	36.95	37.24	36.79	36.61	36.61	36.81		
	450m 5:26.75	500m 6:03.51	550m 6:39.90	600m 7:16.90	650m 7:53.30	700m 8:29.95	750m 9:05.92	800m 9:41.54		
	36.53	36.76	36.39	37.00	36.40	36.65	35.97	35.62		
7.	Louis MAYHEW	13	Watford	9:43.50	558					
	50m 31.40	100m 1:06.84	150m 1:43.55	200m 2:19.99	250m 2:56.82	300m 3:33.15	350m 4:10.23	400m 4:47.37		
	31.40	35.44	36.71	36.44	36.83	36.33	37.08	37.14		
	450m 5:24.77	500m 6:01.71	550m 6:39.39	600m 7:17.06	650m 7:54.08	700m 8:31.34	750m 9:08.11	800m 9:43.50		
	37.40	36.94	37.68	37.67	37.02	37.26	36.77	35.39		
8.	Tom LAMBERT	13	Mid Beds	9:44.29	556					
	50m 32.29	100m 1:08.18	150m 1:44.43	200m 2:21.15	250m 2:56.90	300m 3:33.58	350m 4:10.02	400m 4:46.83		
	32.29	35.89	36.25	36.72	35.75	36.68	36.44	36.81		
	450m 5:24.20	500m 6:01.49	550m 6:39.05	600m 7:16.96	650m 7:54.66	700m 8:32.42	750m 9:08.93	800m 9:44.29		
	37.37	37.29	37.56	37.91	37.70	37.76	36.51	35.36		
9.	Matthew WILLIAMS	13	Cheshunt	9:46.16	550					
	50m 31.94	100m 1:08.03	150m 1:44.46	200m 2:21.31	250m 2:57.93	300m 3:35.06	350m 4:12.02	400m 4:49.66		
	31.94	36.09	36.43	36.85	36.62	37.13	36.96	37.64		
	450m 5:27.07	500m 6:05.01	550m 6:42.44	600m 7:19.80	650m 7:56.83	700m 8:33.95	750m 9:10.67	800m 9:46.16		
	37.41	37.94	37.43	37.36	37.03	37.12	36.72	35.49		
10.	Thomas McLAGAN	13	Braintree	9:47.43	547					
	50m 32.99	100m 1:09.64	150m 1:46.71	200m 2:24.19	250m 3:01.05	300m 3:38.50	350m 4:15.35	400m 4:52.51		
	32.99	36.65	37.07	37.48	36.86	37.45	36.85	37.16		
	450m 5:29.57	500m 6:07.11	550m 6:44.23	600m 7:21.71	650m 7:58.63	700m 8:35.73	750m 9:11.93	800m 9:47.43		
	37.06	37.54	37.12	37.48	36.92	37.10	36.20	35.50		
11.	Kane FARRELL	13	Hatfield	9:55.57	525					
	50m 31.54	100m 1:07.53	150m 1:43.96	200m 2:21.04	250m 2:58.13	300m 3:36.49	350m 4:14.39	400m 4:52.49		
	31.54	35.99	36.43	37.08	37.09	38.36	37.90	38.10		
	450m 5:30.46	500m 6:08.92	550m 6:47.12	600m 7:25.85	650m 8:03.87	700m 8:42.28	750m 9:19.70	800m 9:55.57		
	37.97	38.46	38.20	38.73	38.02	38.41	37.42	35.87		
12.	Sonny FORD	13	Thurrock	10:07.84	494					
	50m 33.67	100m 1:12.09	150m 1:50.07	200m 2:29.35	250m 3:07.74	300m 3:46.98	350m 4:25.65	400m 5:05.23		
	33.67	38.42	37.98	39.28	38.39	39.24	38.67	39.58		
	450m 5:44.28	500m 6:23.27	550m 7:01.68	600m 7:40.04	650m 8:18.73	700m 8:56.90	750m 9:34.32	800m 10:07.84		
	39.05	38.99	38.41	38.36	38.69	38.17	37.42	33.52		
13.	Luke JONES	13	Hatfield	10:09.73	490					
	50m 33.84	100m 1:11.18	150m 1:49.30	200m 2:27.69	250m 3:06.30	300m 3:45.10	350m 4:24.48	400m 5:03.46		
	33.84	37.34	38.12	38.39	38.61	38.80	39.38	38.98		
	450m 5:42.24	500m 6:21.53	550m 7:00.42	600m 7:39.10	650m 8:17.34	700m 8:56.47	750m 9:34.18	800m 10:09.73		
	38.78	39.29	38.89	38.68	38.24	39.13	37.71	35.55		
14.	Harry GEGGUS	13	Thurrock	10:10.83	487					
	50m 33.13	100m 1:09.52	150m 1:47.82	200m 2:26.39	250m 3:04.66	300m 3:43.49	350m 4:22.75	400m 5:01.82		
	33.13	36.39	38.30	38.57	38.27	38.83	39.26	39.07		
	450m 5:41.45	500m 6:20.35	550m 7:00.00	600m 7:39.00	650m 8:17.97	700m 8:56.56	750m 9:34.99	800m 10:10.83		
	39.63	38.90	39.65	39.00	38.97	38.59	38.43	35.84		

BOYS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt					
1.	Ryan TOMKINS	14	teampswich	8:47.43	738					
	50m 29.28	100m 1:01.52	150m 1:34.31	200m 2:07.45	250m 2:40.60	300m 3:13.65	350m 3:46.80	400m 4:20.38		
	29.28	32.24	32.79	33.14	33.15	33.05	33.15	33.58		
	450m 4:53.91	500m 5:27.32	550m 6:00.72	600m 6:34.14	650m 7:07.98	700m 7:41.69	750m 8:14.63	800m 8:47.43		
	33.53	33.41	33.40	33.42	33.84	33.71	32.94	32.80		
2.	Harry PAYNE	14	Bo Southend	8:58.87	698					
	50m 30.39	100m 1:04.90	150m 1:38.99	200m 2:13.54	250m 2:47.75	300m 3:21.91	350m 3:55.92	400m 4:30.43		
	30.39	34.51	34.09	34.55	34.21	34.16	34.01	34.51		
	450m 5:04.03	500m 5:37.88	550m 6:10.87	600m 6:44.64	650m 7:18.03	700m 7:52.14	750m 8:25.32	800m 8:58.87		
	33.60	33.85	32.99	33.77	33.39	34.11	33.18	33.55		
3.	Daniel SORRELL	14	Chelmsford	9:01.87	687					
	50m 29.97	100m 1:03.13	150m 1:36.76	200m 2:10.81	250m 2:45.14	300m 3:19.81	350m 3:53.87	400m 4:28.68		
	29.97	33.16	33.63	34.05	34.33	34.67	34.06	34.81		
	450m 5:02.83	500m 5:37.43	550m 6:11.47	600m 6:46.15	650m 7:20.49	700m 7:55.30	750m 8:28.67	800m 9:01.87		
	34.15	34.60	34.04	34.68	34.34	34.81	33.37	33.20		
4.	Richard JEFFERIES	14	Co Cambridge	9:03.50	682					
	50m 30.50	100m 1:03.98	150m 1:38.03	200m 2:12.40	250m 2:46.87	300m 3:21.41	350m 3:56.15	400m 4:30.32		
	30.50	33.48	34.05	34.37	34.47	34.54	34.74	34.17		
	450m 5:04.65	500m 5:39.14	550m 6:13.57	600m 6:47.99	650m 7:22.26	700m 7:56.74	750m 8:30.48	800m 9:03.50		
	34.33	34.49	34.43	34.42	34.27	34.48	33.74	33.02		
5.	Jack SPENCE	14	Watford	9:13.60	649					
	50m 30.64	100m 1:04.71	150m 1:39.27	200m 2:14.01	250m 2:48.89	300m 3:23.75	350m 3:58.78	400m 4:33.96		
	30.64	34.07	34.56	34.74	34.88	34.86	35.03	35.18		
	450m 5:09.42	500m 5:44.84	550m 6:20.81	600m 6:55.63	650m 7:30.45	700m 8:05.63	750m 8:39.89	800m 9:13.60		
	35.46	35.42	35.97	34.82	34.82	35.18	34.26	33.71		



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



6.	Danny PROFFITT	14	West Suffolk	9:24.17	616															
	50m 31.88	100m 1:07.04	150m 1:42.50	200m 2:18.30	250m 2:54.28	300m 3:30.67	350m 4:06.66	400m 4:42.89												
	31.88	35.16	35.46	35.80	35.98	36.39	35.99	36.23												
	450m 5:17.20	500m 5:53.41	550m 6:29.37	600m 7:05.29	650m 7:40.04	700m 8:16.33	750m 8:51.47	800m 9:24.17												
	34.31	36.21	35.96	35.92	34.75	36.29	35.14	32.70												
7.	Jack BARTLETT	14	St Felix Sch	9:33.91	587															
	50m 31.35	100m 1:05.90	150m 1:41.25	200m 2:17.49	250m 2:53.63	300m 3:29.94	350m 4:06.33	400m 4:42.50												
	31.35	34.55	35.35	36.24	36.14	36.31	36.39	36.17												
	450m 5:18.73	500m 5:55.36	550m 6:32.37	600m 7:08.51	650m 7:45.55	700m 8:22.27	750m 8:58.74	800m 9:33.91												
	36.23	36.63	37.01	36.14	37.04	36.72	36.47	35.17												
8.	Cameron BASHIR	14	Sudbury	9:39.09	572															
	50m 32.20	100m 1:07.61	150m 1:43.94	200m 2:20.86	250m 2:57.80	300m 3:34.52	350m 4:11.44	400m 4:47.98												
	32.20	35.41	36.33	36.92	36.94	36.72	36.92	36.54												
	450m 5:24.86	500m 6:01.14	550m 6:37.70	600m 7:14.33	650m 7:51.10	700m 8:27.05	750m 9:03.38	800m 9:39.09												
	36.88	36.28	36.56	36.63	36.77	35.95	36.33	35.71												
9.	Gavin COURNANE	14	Hatfield	9:39.47	571															
	50m 32.84	100m 1:09.54	150m 1:45.68	200m 2:22.83	250m 2:59.15	300m 3:36.05	350m 4:12.60	400m 4:49.47												
	32.84	36.70	36.14	37.15	36.32	36.90	36.55	36.87												
	450m 5:26.19	500m 6:03.45	550m 6:39.69	600m 7:15.84	650m 7:51.93	700m 8:28.03	750m 9:03.94	800m 9:39.47												
	36.72	37.26	36.24	36.15	36.09	36.10	35.91	35.53												
10.	William HAWKES	14	Flitwick	9:43.13	561															
	50m 31.40	100m 1:06.71	150m 1:42.87	200m 2:19.62	250m 2:55.94	300m 3:33.04	350m 4:09.79	400m 4:47.47												
	31.40	35.31	36.16	36.75	36.32	37.10	36.75	37.68												
	450m 5:24.90	500m 6:02.84	550m 6:40.10	600m 7:17.67	650m 7:54.97	700m 8:32.22	750m 9:08.22	800m 9:43.13												
	37.43	37.94	37.26	37.57	37.30	37.25	36.00	34.91												

GIRLS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt															
1.	Karis ELLERBY	11	Bo Southend	10:31.68	562															
	50m 35.72	100m 1:15.12	150m 1:55.29	200m 2:35.17	250m 3:15.18	300m 3:54.90	350m 4:35.64	400m 5:14.70												
	35.72	39.40	40.17	39.88	40.01	39.72	40.74	39.06												
	450m 5:55.09	500m 6:34.76	550m 7:14.90	600m 7:55.01	650m 8:35.89	700m 9:15.90	750m 9:55.47	800m 10:31.68												
	40.39	39.67	40.14	40.11	40.88	40.01	39.57	36.21												
2.	Georgia KERRIDGE	11	St Felix Sch	10:35.81	551															
	50m 34.99	100m 1:13.38	150m 1:52.63	200m 2:32.23	250m 3:11.82	300m 3:52.28	350m 4:32.39	400m 5:13.16												
	34.99	38.39	39.25	39.60	39.59	40.46	40.11	40.77												
	450m 5:53.43	500m 6:33.85	550m 7:14.84	600m 7:55.27	650m 8:35.90	700m 9:16.78	750m 9:57.38	800m 10:35.81												
	40.27	40.42	40.99	40.43	40.63	40.88	40.60	38.43												
3.	Rachael MOORE	11	Thurrock	10:46.79	524															
	50m 36.17	100m 1:16.63	150m 1:57.47	200m 2:38.07	250m 3:19.15	300m 3:59.71	350m 4:40.82	400m 5:21.23												
	36.17	40.46	40.84	40.60	41.08	40.56	41.11	40.41												
	450m 6:02.26	500m 6:43.53	550m 7:24.30	600m 8:05.28	650m 8:46.73	700m 9:27.46	750m 10:08.02	800m 10:46.79												
	41.03	41.27	40.77	40.98	41.45	40.73	40.56	38.77												
4.	Chloe Annie BASS	11	Thurrock	11:10.79	469															
	50m 35.47	100m 1:15.25	150m 1:55.51	200m 2:37.47	250m 3:19.58	300m 4:02.86	350m 4:45.35	400m 5:28.02												
	35.47	39.78	40.26	41.96	42.11	43.28	42.49	42.67												
	450m 6:11.81	500m 6:54.59	550m 7:37.89	600m 8:19.97	650m 9:04.28	700m 9:46.88	750m 10:29.66	800m 11:10.79												
	43.79	42.78	43.30	42.08	44.31	42.60	42.78	41.13												
5.	Abigail REYNOLDS	11	Bo Southend	11:16.18	458															
	50m 36.15	100m 1:15.31	150m 1:56.71	200m 2:38.97	250m 3:21.37	300m 4:03.99	350m 4:46.95	400m 5:30.63												
	36.15	39.16	41.40	42.26	42.40	42.62	42.96	43.68												
	450m 6:14.61	500m 6:57.79	550m 7:42.27	600m 8:26.30	650m 10:34.92	700m 9:52.33	750m -	800m 11:16.18												
	43.98	43.18	44.48	44.03	2:08.62	17.41	-	1:23.85												

GIRLS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt															
1.	Molly NORMAN	12	Co Peterboro	9:56.14	649															
	50m 32.40	100m 1:08.47	150m 1:45.28	200m 2:22.62	250m 3:00.94	300m 3:39.08	350m 4:17.12	400m 4:55.81												
	32.40	36.07	36.81	37.34	38.32	38.14	38.04	38.69												
	450m 5:33.85	500m 6:12.06	550m 6:49.79	600m 7:28.09	650m 8:06.05	700m 8:43.58	750m 9:20.63	800m 9:56.14												
	38.04	38.21	37.73	38.30	37.96	37.53	37.05	35.51												
2.	Katarina BLANCO	12	Bo Southend	10:01.94	632															
	50m 33.21	100m 1:09.99	150m 1:47.89	200m 2:25.96	250m 3:03.78	300m 3:41.99	350m 4:19.99	400m 4:58.24												
	33.21	36.78	37.90	38.07	37.82	38.21	38.00	38.25												
	450m 5:36.83	500m 6:14.46	550m 6:52.72	600m 7:30.94	650m 8:09.39	700m 8:47.94	750m 9:25.07	800m 10:01.94												
	38.59	37.63	38.26	38.22	38.45	38.55	37.13	36.87												
3.	Sophie WAYMONT	12	Southend	10:10.12	609															
	50m 34.64	100m 1:12.85	150m 1:50.95	200m 2:29.45	250m 3:07.77	300m 3:45.94	350m 4:24.30	400m 5:02.86												
	34.64	38.21	38.10	38.50	38.32	38.17	38.36	38.56												
	450m 5:40.94	500m 6:19.50	550m 6:57.71	600m 7:37.09	650m 8:15.77	700m 8:55.11	750m 9:32.48	800m 10:10.12												
	38.08	38.56	38.21	39.38	38.68	39.34	37.37	37.64												
4.	Kathryn PEARSE	12	Phoenix Bas	10:10.84	607															



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



7.	Pippa SHUTTLEWORTH	12	Hatfield	10:15.95	592															
	50m 34.36	100m 1:12.55	150m 1:51.44	200m 2:29.98	250m 3:09.26	300m 3:48.33	350m 4:27.01	400m 5:06.89												
	34.36	38.19	38.89	38.54	39.28	39.07	38.68	39.88												
	450m 5:45.48	500m 6:24.84	550m 7:04.67	600m 7:43.40	650m 8:22.07	700m 9:01.33	750m 9:38.92	800m 10:15.95												
	38.59	39.36	39.83	38.73	38.67	39.26	37.59	37.03												
8.	Rebecca HAYES	12	Thurrock	10:17.45	588															
	50m 34.80	100m 1:13.00	150m 1:51.84	200m 2:31.08	250m 3:09.89	300m 3:49.27	350m 4:27.89	400m 5:06.94												
	34.80	38.20	38.84	39.24	38.81	39.38	38.62	39.05												
	450m 5:45.95	500m 6:24.87	550m 7:04.24	600m 7:43.01	650m 8:22.41	700m 9:00.99	750m 9:39.78	800m 10:17.45												
	39.01	38.92	39.37	38.77	39.40	38.58	38.79	37.67												
9.	Alice WARD	12	St Felix Sch	10:20.30	580															
	50m 33.96	100m 1:11.42	150m 1:49.45	200m 2:27.97	250m 3:06.54	300m 3:45.39	350m 4:24.39	400m 5:03.91												
	33.96	37.46	38.03	38.52	38.57	38.85	39.00	39.52												
	450m 5:43.14	500m 6:23.34	550m 7:02.80	600m 7:43.46	650m 8:23.89	700m 9:03.91	750m 9:43.73	800m 10:20.30												
	39.23	40.20	39.46	40.66	40.43	40.02	39.82	36.57												
10.	Eleanor PIRRIE	12	Runnymede	10:22.71	574															
	50m 34.74	100m 1:13.06	150m 1:52.38	200m 2:31.91	250m 3:11.70	300m 3:51.10	350m 4:31.12	400m 5:11.08												
	34.74	38.32	39.32	39.53	39.79	39.47	40.02	39.96												
	450m 5:50.74	500m 6:30.56	550m 7:09.83	600m 7:49.40	650m 8:28.72	700m 9:07.87	750m 9:45.44	800m 10:22.71												
	39.66	39.82	39.27	39.57	39.32	39.15	37.57	37.27												
11.	Georgia MILLS	12	Thurrock	10:22.99	573															
	50m 34.06	100m 1:12.06	150m 1:50.52	200m 2:29.83	250m 3:08.86	300m 3:48.66	350m 4:28.24	400m 5:07.83												
	34.06	38.00	38.46	39.31	39.03	39.80	39.58	39.59												
	450m 5:47.55	500m 6:27.17	550m 7:07.13	600m 7:46.96	650m 8:26.96	700m 9:05.96	750m 9:45.32	800m 10:22.99												
	39.72	39.62	39.96	39.83	40.00	39.00	39.36	37.67												
12.	Cassie EVERILL	12	Lstof & OB	10:24.87	568															
	50m 34.51	100m 1:12.81	150m 1:51.56	200m 2:30.35	250m 3:09.46	300m 3:48.71	350m 4:27.94	400m 5:07.53												
	34.51	38.30	38.75	38.79	39.11	39.25	39.23	39.59												
	450m 5:47.12	500m 6:27.00	550m 7:06.59	600m 7:46.76	650m 8:26.11	700m 9:06.20	750m 9:45.68	800m 10:24.87												
	39.59	39.88	39.59	40.17	39.35	40.09	39.48	39.19												
13.	Victoria PRITCHARD	12	Hatfield	10:25.44	567															
	50m 34.23	100m 1:12.92	150m 1:51.97	200m 2:31.49	250m 3:11.00	300m 3:50.77	350m 4:30.31	400m 5:10.34												
	34.23	38.69	39.05	39.52	39.51	39.77	39.54	40.03												
	450m 5:49.69	500m 6:29.44	550m 7:08.64	600m 7:48.32	650m 8:27.82	700m 9:07.56	750m 9:47.45	800m 10:25.44												
	39.35	39.75	39.20	39.68	39.50	39.74	39.89	37.99												
14.	Emma CASSIDY	12	Thurrock	10:25.51	567															
	50m 32.58	100m 1:10.03	150m 1:47.41	200m 2:26.14	250m 3:04.76	300m 3:43.71	350m 4:23.59	400m 5:03.79												
	32.58	37.45	37.38	38.73	38.62	38.95	39.88	40.20												
	450m 5:43.57	500m 6:24.37	550m 7:04.94	600m 7:45.05	650m 8:25.66	700m 9:06.27	750m 9:45.95	800m 10:25.51												
	39.78	40.80	40.57	40.11	40.61	40.61	39.68	39.56												
15.	Katherine STEPHENS	12	Thurrock	10:28.42	559															
	50m 34.00	100m 1:11.93	150m 1:50.67	200m 2:30.06	250m 3:09.12	300m 3:49.03	350m 4:28.78	400m 5:08.79												
	34.00	37.93	38.74	39.39	39.06	39.91	39.75	40.01												
	450m 5:48.97	500m 6:29.50	550m 7:09.14	600m 7:49.96	650m 8:29.21	700m 9:09.49	750m 9:48.84	800m 10:28.42												
	40.18	40.53	39.64	40.82	39.25	40.28	39.35	39.58												
16.	Katie WHIFFIN	12	Epping For't	10:34.24	545															
	50m 34.00	100m 1:13.15	150m 1:53.11	200m 2:33.20	250m 3:13.14	300m 3:54.02	350m 4:34.19	400m 5:14.98												
	34.00	39.15	39.96	40.09	39.94	40.88	40.17	40.79												
	450m 5:55.48	500m 6:36.41	550m 7:16.63	600m 7:57.45	650m 8:37.92	700m 9:18.28	750m 9:57.20	800m 10:34.24												
	40.50	40.93	40.22	40.82	40.47	40.36	38.92	37.04												
17.	Gemma SHIPWAY	12	Cheshunt	10:36.12	540															
	50m 34.55	100m 1:12.87	150m 1:52.41	200m 2:32.55	250m 3:12.88	300m 3:53.42	350m 4:34.46	400m 5:14.42												
	34.55	38.32	39.54	40.14	40.33	40.54	41.04	39.96												
	450m 5:55.67	500m 6:35.89	550m 7:16.96	600m 7:56.86	650m 8:38.12	700m 9:17.91	750m 9:57.71	800m 10:36.12												
	41.25	40.22	41.07	39.90	41.26	39.79	39.80	38.41												

GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt															
1.	Marcella ARIS	13	UEA Norwich	9:24.72	743															
	50m 32.40	100m 1:07.49	150m 1:43.24	200m 2:18.66	250m 2:54.75	300m 3:30.35	350m 4:06.52	400m 4:41.80												
	32.40	35.09	35.75	35.42	36.09	35.60	36.17	35.28												
	450m 5:17.37	500m 5:53.26	550m 6:29.32	600m 7:04.85	650m 7:40.53	700m 8:16.08	750m 8:51.58	800m 9:24.72												
	35.57	35.89	36.06	35.53	35.68	35.55	35.50	33.14												
2.	Charlotte HICKS	13	St Felix Sch	9:27.47	734															
	50m 31.63	100m 1:06.43	150m 1:41.58	200m 2:17.52	250m 2:52.66	300m 3:28.63	350m 4:04.39	400m 4:40.58												
	31.63	34.80	35.15	35.94	35.14	35.97	35.76	36.19												
	450m 5:16.36	500m 5:52.99	550m 6:28.93	600m 7:05.61	650m 7:40.84	700m 8:17.26	750m 8:52.35	800m 9:27.47												
	35.78	36.63	35.94	36.68	35.23	36.42	35.09	35.12												
3.	Poppy INGLESON	13	UEA Norwich	9:30.82	723															
	50m 31.84	100m 1:07.31	150m 1:42.83	200m 2:18.97	250m 2:54.56	300m 3:30.68														



ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N^o ERX913 & ERX914



7.	Megan BRETT	13	Berkhamsted	10:22.12	570					
	50m 35.33	100m 1:14.13	150m 1:52.67	200m 2:32.14	250m 3:10.91	300m 3:50.20	350m 4:29.45	400m 5:09.59		
	35.33	38.80	38.54	39.47	38.77	39.29	39.25	40.14		
	450m 5:48.25	500m 6:28.35	550m 7:07.90	600m 7:48.56	650m 8:27.97	700m 9:07.49	750m 9:45.52	800m 10:22.12		
	38.66	40.10	39.55	40.66	39.41	39.52	38.03	36.60		
8.	Katherine FITZJOHN	13	Co Peterboro	10:32.07	544					
	50m 34.38	100m 1:11.99	150m 1:50.68	200m 2:29.61	250m 3:08.88	300m 3:48.70	350m 4:28.91	400m 5:09.95		
	34.38	37.61	38.69	38.93	39.27	39.82	40.21	41.04		
	450m 5:50.42	500m 6:32.12	550m 7:11.59	600m 7:53.60	650m 8:33.32	700m 9:13.75	750m 9:53.08	800m 10:32.07		
	40.47	41.70	39.47	42.01	39.72	40.43	39.33	38.99		
9.	India HAMMOND	13	Hatfield	10:42.70	518					
	50m 33.58	100m 1:11.91	150m 1:51.50	200m 2:31.83	250m 3:12.00	300m 3:52.70	350m 4:33.76	400m 5:15.36		
	33.58	38.33	39.59	40.33	40.17	40.70	41.06	41.60		
	450m 5:56.61	500m 6:37.65	550m 7:19.26	600m 8:00.33	650m 8:41.47	700m 9:23.36	750m 10:03.43	800m 10:42.70		
	41.25	41.04	41.61	41.07	41.14	41.89	40.07	39.27		
10.	Emily DEAN	13	Hatfield	10:48.22	505					
	50m 33.87	100m 1:12.10	150m 1:51.91	200m 2:32.00	250m 3:12.34	300m 3:52.61	350m 4:33.29	400m 5:14.92		
	33.87	38.23	39.81	40.09	40.34	40.27	40.68	41.63		
	450m 5:56.43	500m 6:38.06	550m 7:19.93	600m 8:02.58	650m 8:45.08	700m 9:27.08	750m 10:08.39	800m 10:48.22		
	41.51	41.63	41.87	42.65	42.50	42.00	41.31	39.83		