



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)  
A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



## ***EVENT 501 Boys Open 200m Breaststroke***

### ***10 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Keenan STOKES	10	UEA Norwich	3:15.08	390	44.20	1:35.81	2:26.02
2.	Cameron SIMPSON	10	Colchester	3:20.60	354	45.11	1:37.46	2:30.55
3.	Michael REVELL	10	Harpندن	3:29.11	303	48.60	1:43.61	2:37.12
4.	Byron WOOD	10	Runnymede	3:30.49	297	51.00	1:44.76	2:39.93
5.	Casey BARRETT	10	UEA Norwich	3:31.25	293	50.22	1:43.69	2:38.12
6.	Ole MILLS	10	Braintree	3:32.69	285	48.50	1:45.12	2:38.03
7.	George CATTERALL	10	Mid Beds	3:33.52	280	49.96	1:46.92	2:41.23
8.	Spencer PRIOR	10	Colchester	3:33.75	280	50.63	1:46.10	2:41.74
9.	Harry WILLIAMS	10	Cheshunt	3:33.86	279	50.75	1:47.14	2:41.22
10.	Callum MOONEY	10	UEA Norwich	3:34.33	276	49.65	1:44.63	2:39.88
11.	Sam PEDDER	10	Co Cambridge	3:37.00	263	49.98	1:45.01	2:42.02
12.	Joshua CASSIDY	10	Co Peterboro	3:37.29	262	51.22	1:46.80	2:43.59
13.	Matthew CALVER	10	Lstof & OB	3:37.51	261	50.14	1:48.13	2:43.84
14.	Jack PICKERING	10	teamipswich	3:37.58	261	51.32	1:48.11	2:43.54
15.	Stanley COLLINS	10	Lstof & OB	3:38.18	258	51.45	1:46.16	2:43.41
16.	George RODGER	10	Luton	3:40.12	249	49.35	1:46.10	2:44.23

### ***11 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Benjamin PURCELL	11	Hatfield	2:59.12	514	40.83	1:27.06	2:12.32
2.	Adam COLYER	11	Hertsmere	3:01.18	496	39.97	1:27.43	2:16.02
3.	Jake TYSON	11	teamipswich	3:06.08	454	43.02	1:31.05	2:19.08
4.	Calum ELEY	11	Mid Beds	3:08.03	438	41.24	1:28.74	2:18.70
5.	Nico CAMPBELL	11	Cheshunt	3:08.25	437	42.35	1:30.60	2:19.13
6.	Mitchell PEARS	11	Co Peterboro	3:09.64	427	43.29	1:31.98	2:21.29
7.	Jack UTTING	11	Gt Yarmouth	3:10.20	422	42.08	1:33.12	2:21.94
8.	Ethan FARRELL	11	Hatfield	3:13.60	396	44.45	1:35.12	2:23.80
9.	Ben SWEETING	11	Diss Otters	3:17.55	370	44.33	1:35.91	2:28.11
10.	Nicholas STALLEY	11	Modernians	3:18.69	362	45.30	1:38.61	2:30.18
11.	Salaam MOTIN	11	Thurrock	3:20.32	352	46.16	1:38.27	2:29.75
12.	Jozef OCHWAT	11	teamipswich	3:20.73	349	45.95	1:38.96	2:30.20
13.	Calvin COE	11	Stowmarket	3:25.70	319	48.36	1:41.32	2:34.73
14.	Ashley TRENT	11	Newmarket	3:25.74	319	48.10	1:41.12	2:33.90
15.	Ben RANSOME	11	Hertford	3:25.92	318	46.93	1:42.12	2:35.58
16.	Samuel LONGDEN	11	Bishop Stort	3:26.06	318	46.50	1:40.93	2:34.38
17.	Peter TODD	11	St Ives	3:27.32	310	47.78	1:41.45	2:35.16
18.	Thomas BUCKLE	11	West Suffolk	3:28.37	305	48.59	1:43.88	2:36.61
	Jordan STAFF	11	UEA Norwich	DQ SL-3L				

### ***12 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Ethan LAMB	12	Hatfield	2:55.48	515	39.85	1:25.05	2:10.56
2.	George STANNARD	12	St Felix Sch	2:56.57	505	38.61	1:23.89	2:10.20
3.	Augustus VEASEY	12	Chelmsford	3:00.23	473	40.12	1:27.74	2:13.97
4.	Alexander FARRANDS	12	St Felix Sch	3:03.06	450	41.79	1:30.03	2:16.56
5.	Brandon NABARRO	12	Mid Beds	3:07.72	413	42.97	1:31.15	2:20.46
6.	Bartu ATAMERT	12	Co Cambridge	3:07.74	413	42.90	1:30.08	2:19.76
7.	Tim SHUTTLEWORTH	12	Hatfield	3:10.28	395	42.94	1:31.52	2:20.45
8.	Adam CRAFER	12	Aylisham Vikg	3:12.97	376	42.81	1:32.42	2:22.76
9.	Murphy TALBOT	12	Runnymede	3:14.06	369	44.29	1:33.00	2:24.26
10.	Ottavio TANZILLO	12	Co Peterboro	3:14.75	365	45.47	1:35.72	2:25.54
11.	Frederick WOODCOCK	12	Hemel Hemp	3:16.06	356	44.97	1:35.64	2:26.40
12.	Louis SELLER	12	Deben	3:22.00	321	45.72	1:37.86	2:30.00
	Joe GRAY	12	Hertsmere	DQ SL-2L				

### ***13 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Caleb HUGHES	13	Mid Beds	2:41.05	630	36.65	1:18.22	1:59.32
2.	Harry SMITH	13	UEA Norwich	2:46.31	574	37.13	1:20.00	2:03.48
3.	Luke BOURNE	13	Rochford	2:53.33	506	39.67	1:24.57	2:09.70
4.	Michael ANDREWS	13	Berkhamsted	2:54.11	498	37.40	1:21.31	2:07.66
5.	Rory GEOGHEGAN	13	Runnymede	2:55.78	484	39.88	1:25.07	2:11.43
6.	Kane FARRELL	13	Hatfield	2:56.13	482	37.79	1:22.68	2:09.58
7.	Tom LAMBERT	13	Mid Beds	2:56.20	480	40.56	1:25.76	2:12.03
8.	Hayden THOMAS	13	Epping For't	2:56.87	475	37.93	1:23.74	2:10.49
9.	Thomas SORRELL	13	UEA Norwich	2:57.54	469	39.50	1:25.67	2:12.28
10.	Jack CARTER	13	Southend	3:00.01	449	38.71	1:23.25	2:11.36
11.	Greg BAXTER	13	Berkhamsted	3:01.29	439	38.89	1:27.00	2:15.63
12.	Bradley CLARKE	13	Thurrock	3:01.63	435	41.40	1:29.50	2:15.37
13.	Dominic OLIVER	13	Lstof & OB	3:02.39	430	40.85	1:29.10	2:15.84
14.	Luke JONES	13	Hatfield	3:03.41	422	41.59	1:28.83	2:16.50
15.	Harry GEGGUS	13	Thurrock	3:04.93	411	38.91	1:25.33	2:14.89
16.	Adam LAST	13	Deben	3:05.67	405	41.24	1:28.48	2:18.16
17.	Matthew BRIGHAM	13	Co Peterboro	3:13.53	352	43.68	1:32.41	2:23.26

### ***14 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Liam KNIGHT	14	Co Peterboro	2:38.88	637	34.07	1:14.70	1:56.51
2.	Cameron BASHIR	14	Sudbury	2:43.33	588	37.15	1:19.00	2:01.07
3.	Miles GARNER	14	UEA Norwich	2:43.49	586	37.44	1:19.26	2:01.03
4.	Richard JEFFERIES	14	Co Cambridge	2:51.14	512	38.66	1:22.41	2:07.72
5.	Harry PAYNE	14	Bo Southend	2:51.42	508	38.77	1:22.52	2:07.02
6.	Luke TARGET	14	Hatfield	2:52.00	503	37.94	1:22.08	2:06.25
7.	Jake ROBINSON	14	Stevenage	2:52.59	499	37.48	1:20.34	2:05.74
8.	William HAWKES	14	Flitwick	2:52.68	497	39.46	1:24.17	2:09.41
9.	George FLINTHAM	14	UEA Norwich	2:53.67	489	37.67	1:21.65	2:07.11



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



## ***EVENT 502 Girls Open 400m Freestyle***

### ***10 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt							
1.	Bethan McELROY	10	Canvey Isl	5:24.88	462							
	50m 37.20	100m 1:17.83	150m 1:59.84	200m 2:41.55	250m 3:23.12	300m 4:04.83	350m 4:45.70	400m 5:24.88				
	37.20	40.63	42.01	41.71	41.57	41.71	40.87	39.18				
2.	Georgina PRYOR	10	Bishop Stort	5:31.05	435							
	50m 36.68	100m 1:18.21	150m 2:01.32	200m 2:43.94	250m 3:26.40	300m 4:09.86	350m 4:52.03	400m 5:31.05				
	36.68	41.53	43.11	42.62	42.46	43.46	42.17	39.02				
3.	Olivia STANDISH-LEIGH	10	Co Peterboro	5:31.58	433							
	50m 35.95	100m 1:18.72	150m 2:00.97	200m 2:43.93	250m 3:25.99	300m 4:08.49	350m 4:52.29	400m 5:31.58				
	35.95	42.77	42.25	42.96	42.06	42.50	43.80	39.29				
4.	Ellie MITCHELL	10	Runnymede	5:38.08	407							
	50m 37.55	100m 1:19.82	150m 2:02.89	200m 2:46.43	250m 3:30.05	300m 4:14.29	350m 4:57.70	400m 5:38.08				
	37.55	42.27	43.07	43.54	43.62	44.24	43.41	40.38				
5.	Danica BRAZIER	10	Chelmsford	5:38.30	407							
	50m 38.35	100m 1:22.35	150m 2:06.51	200m 2:49.91	250m 3:34.11	300m 4:17.20	350m 4:59.45	400m 5:38.30				
	38.35	44.00	44.16	43.40	44.20	43.09	42.25	38.85				
6.	Beckie SCAIFE	10	UEA Norwich	5:40.46	398							
	50m 38.62	100m 1:22.17	150m 2:05.34	200m 2:49.29	250m 3:33.28	300m 4:17.70	350m 5:00.51	400m 5:40.46				
	38.62	43.55	43.17	43.95	43.99	44.42	42.81	39.95				
7.	Fiona THORNTON	10	Hatfield	5:41.02	396							
	50m 39.09	100m 1:22.11	150m 2:04.86	200m 2:49.17	250m 3:33.08	300m 4:17.58	350m 5:00.63	400m 5:41.02				
	39.09	43.02	42.75	44.31	43.91	44.50	43.05	40.39				
8.	Miranda WILLIS	10	Hertsmere	5:43.70	386							
	50m 37.51	100m 1:20.58	150m 2:04.88	200m 2:48.60	250m 3:32.90	300m 4:17.43	350m 5:01.51	400m 5:43.70				
	37.51	43.07	44.30	43.72	44.30	44.53	44.08	42.19				
9.	Tillie GEGGUS	10	Thurrock	5:45.99	378							
	50m 38.11	100m 1:21.13	150m 2:04.93	200m 2:49.80	250m 3:34.04	300m 4:18.50	350m 5:02.80	400m 5:45.99				
	38.11	43.02	43.80	44.87	44.24	44.46	44.30	43.19				
10.	Philippa DAVENALL	10	Colchester	5:49.69	365							
	50m 39.88	100m 1:25.61	150m 2:11.27	200m 2:57.00	250m 3:41.43	300m 4:26.81	350m 5:10.75	400m 5:49.69				
	39.88	45.73	45.66	45.73	44.43	45.38	43.94	38.94				
11.	Sophie CONWAY	10	teamipswich	5:50.83	361							
	50m 38.79	100m 1:24.28	150m 2:09.38	200m 2:54.90	250m 3:39.37	300m 4:23.94	350m 5:06.98	400m 5:50.83				
	38.79	45.49	45.10	45.52	44.47	44.57	43.04	43.85				
12.	Courtney SMITH	10	teamipswich	5:52.02	357							
	50m 38.97	100m 1:24.70	150m 2:09.40	200m 2:55.53	250m 3:40.46	300m 4:24.39	350m 5:09.18	400m 5:52.02				
	38.97	45.73	44.70	46.13	44.93	43.93	44.79	42.84				
13.	Kiera McNALLY	10	Dunstable	5:53.46	352							
	50m 37.21	100m 1:20.56	150m 2:05.66	200m 2:52.16	250m 3:38.67	300m 4:25.16	350m 5:09.92	400m 5:53.46				
	37.21	43.35	45.10	46.50	46.51	46.49	44.76	43.54				
14.	Eleanor WASE	10	Mid Beds	5:57.10	340							
	50m 38.49	100m 1:21.82	150m 2:08.20	200m 2:55.01	250m 3:41.07	300m 4:27.38	350m 5:13.38	400m 5:57.10				
	38.49	43.33	46.38	46.81	46.06	46.31	46.00	43.72				
15.	Ebony TALBOT	10	Runnymede	5:57.47	339							
	50m 39.73	100m 1:24.45	150m 2:10.05	200m 2:56.27	250m 3:42.22	300m 4:27.80	350m 5:14.09	400m 5:57.47				
	39.73	44.72	45.60	46.22	45.95	45.58	46.29	43.38				
16.	Lauren GREENBAUM	10	Runnymede	6:11.24	298							
	50m 39.26	100m 1:25.67	150m 2:12.34	200m 3:00.32	250m 3:47.69	300m 4:35.87	350m 5:24.45	400m 6:11.24				
	39.26	46.41	46.67	47.98	47.37	48.18	48.58	46.79				
	Hope JONES	10	Thurrock	DNF								

### ***11 Yrs Age Group - Full Results***

Place	Name	AaD	Club	Time	BAG Pt							
1.	Jessica JACKSON	11	Mid Beds	4:56.31	604							
	50m 34.55	100m 1:12.34	150m 1:50.67	200m 2:29.83	250m 3:06.37	300m 3:43.41	350m 4:20.20	400m 4:56.31				
	34.55	37.79	38.33	39.16	36.54	37.04	36.79	36.11				
2.	Courtney SANDERS	11	Chelmsford	4:59.79	584							
	50m 33.82	100m 1:11.05	150m 1:49.52	200m 2:27.95	250m 3:06.57	300m 3:45.02	350m 4:23.53	400m 4:59.79				
	33.82	37.23	38.47	38.43	38.62	38.45	38.51	36.26				
3.	Karis ELLERBY	11	Bo Southend	5:04.10	561							
	50m 34.80	100m 1:14.17	150m 1:52.50	200m 2:31.80	250m 3:10.67	300m 3:49.71	350m 4:28.05	400m 5:04.10				
	34.80	39.37	38.33	39.30	38.87	39.04	38.34	36.05				
4.	Josie BLADES	11	St Felix Sch	5:04.39	559							
	50m 35.04	100m 1:13.09	150m 1:51.73	200m 2:30.64	250m 3:09.79	300m 3:49.28	350m 4:27.14	400m 5:04.39				
	35.04	38.05	38.64	38.91	39.15	39.49	37.86	37.25				
5.	Alice HEWSON	11	Berkhamsted	5:05.58	553							
	50m 33.50	100m -	150m 1:51.15	200m 2:30.86	250m 3:09.31	300m 3:49.87	350m 4:28.26	400m 5:05.58				
	33.50	-	1:17.65	39.71	38.45	40.56	38.39	37.32				
6.	Elise BARRETT	11	UEA Norwich	5:08.04	540							
	50m 35.08	100m 1:13.66	150m 1:52.50	200m 2:31.47	250m 3:10.45	300m 3:50.34	350m 4:29.61	400m 5:08.04				
	35.08	38.58	38.84	38.97	38.98	39.89	39.27	38.43				
7.	Georgia KERRIDGE	11	St Felix Sch	5:10.24	529							
	50m 35.12	100m 1:12.50	150m 1:51.57	200m 2:30.44	250m 3:11.32	300m 3:51.44	350m 4:32.11	400m 5:10.24				
	35.12	37.38	39.07	38.87	40.88	40.12	40.67	38.13				
8.	Alaina SCIFO	11	teamipswich	5:12.42	518							
	50m 33.56	100m 1:10.73	150m 1:49.64	200m 2:28.95	250m 3:09.70	300m 3:51.08	350m 4:32.70	400m 5:12.42				
	33.56	37.17	38.91	39.31	40.75	41.38	41.62	39.72				
9.	Rachael MOORE	11	Thurrock	5:14.01	511							
	50m 34.62	100m 1:15.02	150m 1:54.91	200m 2:35.34	250m 3:15.31	300m 3:55.73	350m 4:35.35	400m 5:14.01				
	34.62	40.40	39.89	40.43	39.97	40.42	39.62	38.66				
10.	Chloe Annie BASS	11	Thurrock	5:20.66	479							
	50m 34.32	100m 1:12.64	150m 1:53.92	200m 2:35.83	250m 3:18.32	300m 3:59.02	350m 4:41.50	400m 5:20.66				
	34.32	38.32	41.28	41.91	42.49	40.70	42.48	39.16				
11.	Abigail REYNOLDS	11	Bo Southend	5:21.58	475							
	50m 35.91	100m 1:15.54	150m 1:56.52	200m 2:38.27	250m 3:19.85	300m 4:01.38	350m 4:42.19	400m 5:21.58				
	35.91	39.63	40.98	41.75	41.58	41.53	40.81	39.39				
12.	Liberty GOOD	11	Basildon	5:22.00	473							
	50m 35.92	100m 1:16.42	150m 1:58.13	200m 2:39.79	250m 3:21.19	300m 4:01.10	350m 4:43.33	400m 5:22.00				
	35.92	40.50	41.71	41.66	41.40	39.91	42.23	38.67				



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13. Lucy ALLINGTON	11 Lstof & OB	5:23.65	466
50m 34.31	100m 1:14.78	150m 1:56.09	200m 2:37.81
34.31	40.47	41.31	41.72
250m 3:19.87	300m 4:01.54	350m 4:43.31	400m 5:23.65
42.06	41.67	41.77	40.34
14. Lucy CHURCHILL-COLEMAN	11 Modernians	5:26.59	453
50m 34.77	100m 1:15.07	150m 1:56.89	200m 2:39.97
34.77	40.30	41.82	43.08
250m 3:22.95	300m 4:05.58	350m 4:47.47	400m 5:26.59
42.98	42.63	41.89	39.12
15. Charlotte LONGDEN	11 Bishop Stort	5:26.96	452
50m 36.00	100m 1:16.20	150m 1:57.83	200m 2:39.70
36.00	40.20	41.63	41.87
250m 3:22.33	300m 4:04.76	350m 4:46.89	400m 5:26.96
42.63	42.43	42.13	40.07
16. Molly REEDER	11 West Suffolk	5:28.43	445
50m 35.78	100m 1:16.63	150m 1:58.52	200m 2:40.98
35.78	40.85	41.89	42.46
250m 3:22.74	300m 4:04.84	350m 4:47.37	400m 5:28.43
41.76	42.10	42.53	41.06
17. Hannah BRIGHAM	11 Co Peterboro	5:29.28	442
50m 34.41	100m 1:13.98	150m 1:55.83	200m 2:38.34
34.41	39.57	41.85	42.51
250m 3:22.28	300m 4:05.10	350m 4:48.26	400m 5:29.28
43.94	42.82	43.16	41.02
18. Isobelle BERREY	11 Lstof & OB	5:42.26	391
50m 37.12	100m 1:18.76	150m 2:02.15	200m 2:46.21
37.12	41.64	43.39	44.06
250m 3:30.32	300m 4:15.31	350m 5:00.42	400m 5:42.26
44.11	44.99	45.11	41.84

## 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Molly NORMAN	12	Co Peterboro	4:51.27	633
	50m 32.21	100m 1:07.95	150m 1:44.73	200m 2:22.22	250m 2:59.70
	32.21	35.74	36.78	37.49	37.48
	300m 3:37.66	350m 4:14.89	400m 4:51.27		
	37.96	37.23	36.38		
2.	Katarina BLANCO	12	Bo Southend	4:52.34	627
	50m 32.61	100m 1:09.24	150m 1:46.13	200m 2:23.46	250m 3:00.71
	32.61	36.63	36.89	37.33	37.25
	300m 3:39.50	350m 4:15.78	400m 4:52.34		
	38.79	36.28	36.56		
3.	Eliza DUFFY	12	Chelmsford	4:52.94	623
	50m 33.66	100m 1:10.78	150m 1:48.27	200m 2:25.91	250m 3:03.92
	33.66	37.12	37.49	37.64	38.01
	300m 3:41.01	350m 4:18.37	400m 4:52.94		
	37.09	37.36	34.57		
4.	Bethany FREEMAN	12	Co Peterboro	4:55.27	610
	50m 33.62	100m 1:10.06	150m 1:47.63	200m 2:24.98	250m 3:03.46
	33.62	36.44	37.57	37.35	38.48
	300m 3:41.35	350m 4:19.54	400m 4:55.27		
	37.89	38.19	35.73		
5.	Kathryn PEARSE	12	Phoenix Bas	4:55.71	607
	50m 33.37	100m 1:10.49	150m 1:48.10	200m 2:26.00	250m 3:03.14
	33.37	37.12	37.61	37.90	37.14
	300m 3:41.34	350m 4:19.28	400m 4:55.71		
	38.20	37.94	36.43		
6.	Alice OAKLEY	12	UEA Norwich	4:58.84	590
	50m 32.56	100m 1:10.03	150m 1:48.09	200m 2:26.95	250m 3:05.23
	32.56	37.47	38.06	38.86	38.28
	300m 3:44.06	350m 4:22.17	400m 4:58.84		
	38.83	38.11	36.67		
7.	Katie RUMSEY	12	St Felix Sch	5:00.04	583
	50m 34.14	100m 1:11.20	150m 1:49.46	200m 2:28.24	250m 3:06.83
	34.14	37.06	38.26	38.78	38.59
	300m 3:45.02	350m 4:23.75	400m 5:00.04		
	38.19	38.73	36.29		
8.	Alice WARD	12	St Felix Sch	5:00.45	581
	50m 33.19	100m 1:09.63	150m 1:46.87	200m 2:25.61	250m 3:03.86
	33.19	36.44	37.24	38.74	38.25
	300m 3:43.55	350m 4:22.36	400m 5:00.45		
	39.69	38.81	38.09		
9.	Tasha LIZAK-NAIKAUSKAS	12	St Felix Sch	5:01.17	577
	50m 33.41	100m 1:10.84	150m 1:49.52	200m 2:28.19	250m 3:07.11
	33.41	37.43	38.68	38.67	38.92
	300m 3:46.11	350m 4:24.89	400m 5:01.17		
	39.00	38.78	36.28		
10.	Pippa SHUTTLEWORTH	12	Hatfield	5:01.49	575
	50m 34.81	100m 1:13.34	150m 1:51.39	200m 2:30.98	250m 3:09.00
	34.81	38.53	38.05	39.59	38.02
	300m 3:47.95	350m 4:25.07	400m 5:01.49		
	38.95	37.12	36.42		
11.	Emma CASSIDY	12	Thurrock	5:02.46	570
	50m 33.33	100m 1:10.05	150m 1:48.11	200m 2:26.40	250m 3:05.89
	33.33	36.72	38.06	38.29	39.49
	300m 3:44.41	350m 4:24.72	400m 5:02.46		
	38.52	40.31	37.74		
12.	Victoria PRITCHARD	12	Hatfield	5:02.63	569
	50m 34.43	100m 1:12.39	150m 1:51.05	200m 2:29.51	250m 3:08.54
	34.43	37.96	38.66	38.46	39.03
	300m 3:47.08	350m 4:26.06	400m 5:02.63		
	38.54	38.98	36.57		
13.	Melissa COWELL	12	Thurrock	5:02.64	569
	50m 33.46	100m 1:11.15	150m 1:49.28	200m 2:28.61	250m 3:07.54
	33.46	37.69	38.13	39.33	38.93
	300m 3:47.22	350m 4:25.66	400m 5:02.64		
	39.68	38.44	36.98		
14.	Devon PRIOR	12	Watford	5:02.67	568
	50m 35.05	100m 1:14.08	150m 1:52.70	200m 2:31.61	250m 3:09.54
	35.05	39.03	38.62	38.91	37.93
	300m 3:48.67	350m 4:26.26	400m 5:02.67		
	39.13	37.59	36.41		
15.	Katherine STEPHENS	12	Thurrock	5:03.48	564
	50m 34.05	100m 1:12.22	150m 1:50.84	200m 2:29.81	250m 3:08.39
	34.05	38.17	38.62	38.97	38.58
	300m 3:47.83	350m 4:26.05	400m 5:03.48		
	39.44	38.22	37.43		
16.	Eleanor PIRRIE	12	Runnymede	5:03.92	562
	50m 34.54	100m 1:12.60	150m 1:50.84	200m 2:29.65	250m 3:08.27
	34.54	38.06	38.24	38.81	38.62
	300m 3:47.78	350m 4:25.93	400m 5:03.92		
	39.51	38.15	37.99		
17.	Georgia MILLS	12	Thurrock	5:04.48	559
	50m 34.05	100m 1:12.06	150m 1:50.89	200m 2:29.77	250m 3:09.16
	34.05	38.01	38.83	38.88	39.39
	300m 3:48.48	350m 4:27.23	400m 5:04.48		
	39.32	38.75	37.25		
18.	Emily McCONNELL	12	Mid Beds	5:08.03	540
	50m 34.70	100m 1:13.02	150m 1:52.71	200m 2:31.90	250m 3:12.13
	34.70	38.32	39.69	39.19	40.23
	300m 3:51.37	350m 4:30.71	400m 5:08.03		
	39.24	39.34	37.32		
19.	Eleanor TOMKINS	12	teampswich	5:08.81	536
	50m 35.23	100m 1:14.11	150m 1:52.89	200m 2:32.69	250m 3:12.48
	35.23	38.88	38.78	39.80	39.79
	300m 3:52.88	350m 4:31.99	400m 5:08.81		
	40.40	39.11	36.82		
20.	Gemma SHIPWAY	12	Cheshunt	5:11.33	524
	50m 33.38	100m 1:12.01	150m 1:51.28	200m 2:31.83	250m 3:11.55
	33.38	38.63	39.27	40.55	39.72
	300m 3:52.07	350m 4:32.44	400m 5:11.33		
	40.52	40.37	38.89		
21.	Maisie JONES	12	Rochford	5:11.41	523
	50m 34.51	100m 1:12.37	150m 1:52.38	200m 2:32.08	250m 3:12.66
	34.51	37.86	40.01	39.70	40.58
	300m 3:52.61	350m 4:33.09	400m 5:11.41		
	39.95	40.48	38.32		
22.	Emma LINES	12	Lstof & OB	5:12.39	518
	50m 35.95	100m 1:14.94	150m 1:54.30	200m 2:34.10	250m 3:13.63
	35.95	38.99	39.36	39.80	39.53
	300m 3:53.38	350m 4:32.99	400m 5:12.39		
	39.75	39.61	39.40		
23.	Emma STUDD	12	Deben	5:12.55	518
	50m 33.98	100m 1:12.65	150m 1:52.25	200m 2:32.25	250m 3:13.04
	33.98	38.67	39.60	40.00	40.79
	300m 3:54.53	350m 4:35.90	400m 5:12.55		
	41.49	41.37	36.65		
24.	Rebecca HAYES	12	Thurrock	5:14.00	511
	50m 35.45	100m 1:14.44	150m 1:54.07	200m 2:34.21	250m 3:13.91
	35.45	38.99	39.63	40.14	39.70
	300m 3:54.36	350m 4:34.56	400m 5:14.00		
	40.45	40.20	39.44		



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



25. Amy CHUNG	12 Watford	5:15.35	504
50m 36.14	100m 1:14.54	150m 1:54.67	200m 2:34.96
36.14	38.40	40.13	250m 3:16.01
			300m 3:56.08
			350m 4:36.76
			400m 5:15.35
			38.59
26. Flora SHAUL	12 UEA Norwich	5:17.79	493
50m 34.06	100m 1:13.15	150m 1:53.51	200m 2:34.33
34.06	39.09	40.36	250m 3:15.33
			300m 3:56.88
			350m 4:37.91
			400m 5:17.79
			39.88
27. Tamsin RANSOME	12 West Suffolk	5:20.69	479
50m 35.85	100m 1:17.74	150m 1:59.14	200m 2:40.74
35.85	41.89	41.40	250m 3:21.89
			300m 4:02.68
			350m 4:42.36
			400m 5:20.69
			38.33
28. Molly LANDOLFI	12 Watford	5:21.47	476
50m 36.85	100m 1:17.31	150m 1:58.84	200m 2:39.26
36.85	40.46	41.53	250m 3:21.04
			300m 4:01.85
			350m 4:42.66
			400m 5:21.47
			38.81
29. Isobel PAGE	12 UEA Norwich	5:26.11	455
50m 31.02	100m 1:04.03	150m 1:51.79	200m 2:35.55
31.02	33.01	47.76	250m 3:19.19
			300m 4:02.44
			350m 4:45.05
			400m 5:26.11
			41.06
30. Maisie FOX	12 UEA Norwich	5:43.79	385
50m 38.27	100m 1:21.60	150m 2:04.52	200m 2:48.50
38.27	43.33	42.92	250m 3:32.84
			300m 4:17.47
			350m 5:02.15
			400m 5:43.79
			41.64

## 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt
1.	Marcella ARIS	13	UEA Norwich	4:34.50	742
	50m 32.01	100m 1:06.78	150m 1:42.06	200m 2:17.67	250m 2:52.40
	32.01	34.77	35.28	35.61	34.73
					35.05
					34.21
					400m 4:34.50
					32.84
2.	Poppy INGLESON	13	UEA Norwich	4:34.90	740
	50m 32.09	100m 1:07.33	150m 1:42.37	200m 2:17.63	250m 2:52.41
	32.09	35.24	35.04	35.26	34.78
					35.16
					34.25
					400m 4:34.90
					33.08
3.	Charlotte HICKS	13	St Felix Sch	4:36.48	729
	50m 31.87	100m 1:06.94	150m 1:42.06	200m 2:17.73	250m 2:52.69
	31.87	35.07	35.12	35.67	34.96
					35.31
					34.97
					400m 4:36.48
					33.51
4.	Elizabeth WINTER	13	Co Cambridge	4:36.62	728
	50m 32.02	100m 1:06.73	150m 1:42.04	200m 2:17.77	250m 2:52.59
	32.02	34.71	35.31	35.73	34.82
					35.03
					34.78
					400m 4:36.62
					34.22
5.	Zara BAILEY	13	Co Peterboro	4:41.71	693
	50m 31.86	100m 1:07.12	150m 1:41.91	200m 2:17.82	250m 2:53.64
	31.86	35.26	34.79	35.91	35.82
					36.65
					36.33
					400m 4:41.71
					35.09
6.	Isabel FAULKNER	13	UEA Norwich	4:46.47	663
	50m 33.50	100m 1:09.92	150m 1:45.79	200m 2:21.77	250m 2:58.00
	33.50	36.42	35.87	35.98	36.23
					36.53
					36.71
					400m 4:46.47
					35.23
7.	Ellie TOWNLEY	13	Bo Southend	4:48.88	648
	50m 32.34	100m 1:07.99	150m 1:44.09	200m 2:21.83	250m 2:58.92
	32.34	35.65	36.10	37.74	37.09
					37.51
					37.53
					400m 4:48.88
					34.92
8.	Shauna LEE	13	Mid Beds	4:50.41	639
	50m 31.85	100m 1:07.44	150m 1:43.48	200m 2:20.69	250m 2:58.02
	31.85	35.59	36.04	37.21	37.33
					38.33
					37.47
					400m 4:50.41
					36.59
9.	Gemma BARTLE	13	teamipswich	4:51.29	633
	50m 33.18	100m 1:10.40	150m 1:47.72	200m 2:25.44	250m 3:02.43
	33.18	37.22	37.32	37.72	36.99
					37.25
					35.96
					400m 4:51.29
					35.65
10.	Chantel WHITING	13	St Felix Sch	4:51.95	629
	50m 33.12	100m 1:09.80	150m 1:46.76	200m 2:24.05	250m 3:01.50
	33.12	36.68	36.96	37.29	37.45
					37.47
					37.53
					400m 4:51.95
					35.45
11.	Megan BRETT	13	Berkhamsted	4:55.83	607
	50m 33.06	100m 1:09.46	150m 1:46.81	200m 2:24.71	250m 3:02.39
	33.06	36.40	37.35	37.90	37.68
					38.20
					37.93
					400m 4:55.83
					37.31
12.	Evie TAYLOR	13	teamipswich	4:55.87	606
	50m 34.21	100m 1:11.32	150m 1:49.47	200m 2:27.64	250m 3:05.42
	34.21	37.11	38.15	38.17	37.78
					37.84
					37.09
					400m 4:55.87
					35.52
13.	Bethany CATCHPOLE	13	teamipswich	4:56.33	604
	50m 33.03	100m 1:10.17	150m 1:47.54	200m 2:25.78	250m 3:02.90
	33.03	37.14	37.37	38.24	37.12
					38.29
					37.74
					400m 4:56.33
					37.40
14.	Lois MOORE	13	Hemel Hemp	5:01.02	577
	50m 33.37	100m 1:10.66	150m 1:47.92	200m 2:26.25	250m 3:04.81
	33.37	37.29	37.26	38.33	38.56
					39.52
					38.56
					400m 5:01.02
					38.13
15.	Abby SMITH	13	Harpenden	5:01.10	577
	50m 32.75	100m 1:09.96	150m 1:48.27	200m 2:27.39	250m 3:06.77
	32.75	37.21	38.31	39.12	39.38
					39.01
					38.69
					400m 5:01.10
					36.63
16.	Amelia KNOWLES	13	Southend	5:01.73	574
	50m 32.93	100m 1:10.53	150m 1:48.51	200m 2:27.02	250m 3:05.85
	32.93	37.60	37.98	38.51	38.83
					39.08
					39.08
					400m 5:01.73
					38.00
17.	Alexandra PERKINS	13	UEA Norwich	5:02.99	567
	50m 34.33	100m 1:12.37	150m 1:49.65	200m 2:28.79	250m 3:07.36
	34.33	38.04	37.28	39.14	38.57
					39.73
					38.87
					400m 5:02.99
					37.03
18.	Sian LOCKETT	13	Hatfield	5:04.27	560
	50m 33.87	100m 1:11.12	150m 1:50.34	200m 2:29.19	250m 3:08.97
	33.87	37.25	39.22	38.85	39.78
					39.98
					39.98
					400m 5:04.27
					36.57
19.	Shannon RUFF	13	Co Peterboro	5:06.71	547
	50m 34.83	100m 1:12.97	150m 1:52.21	200m 2:31.55	250m 3:10.37
	34.83	38.14	39.24	39.34	38.82
					39.12
					39.04
					400m 5:06.71
					38.18
20.	Ellie FAIRFOOT	13	UEA Norwich	5:07.50	543
	50m 34.64	100m 1:12.21	150m 1:50.88	200m 2:29.74	250m 3:08.73
	34.64	37.57	38.67	38.86	38.99
					39.31
					39.79
					400m 5:07.50
					39.67
21.	Katie COLLINS	13	Bo Southend	5:14.07	510
	50m 34.95	100m 1:14.13	150m 1:54.39	200m 2:34.22	250m 3:15.15
	34.95	39.18	40.26	39.83	40.93
					40.18
					40.11
					400m 5:14.07
					38.63
22.	Rebecca WELCH	13	Cheshunt	5:18.73	488
	50m 34.03	100m 1:12.50	150m 1:52.20	200m 2:33.56	250m 3:14.54
	34.03	38.47	39.70	41.36	40.98
					42.37
					40.98
					400m 5:18.73
					40.84



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)  
A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



## **EVENT 503 FINAL OF EVENT 501 Boys 10 Yrs 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Keenan STOKES	10	UEA Norwich	3:12.78	406	43.19	1:33.66	2:23.73
2.	Cameron SIMPSON	10	Colchester	3:17.53	373	44.54	1:36.15	2:27.45
3.	Byron WOOD	10	Runnymede	3:27.41	313	49.23	1:44.33	2:38.59
4.	Michael REVELL	10	Harpenden	3:27.57	312	46.71	1:41.02	2:34.52
5.	Ole MILLS	10	Braintree	3:30.63	295	48.63	1:43.33	2:37.46
6.	Casey BARRETT	10	UEA Norwich	3:31.24	293	48.30	1:43.35	2:37.66
7.	Spencer PRIOR	10	Colchester	3:32.78	284	49.79	1:44.49	2:40.27
8.	George CATTERALL	10	Mid Beds	3:32.79	284	51.68	1:45.34	2:40.20

## **EVENT 504 FINAL OF EVENT 501 Boys 11 Yrs 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Benjamin PURCELL	11	Hatfield	2:56.64	538	40.70	1:26.47	2:11.44
2.	Adam COLYER	11	Hertsmere	3:01.38	494	40.45	1:28.13	2:14.22
3.	Jake TYSON	11	teamipswich	3:03.76	473	41.83	1:29.47	2:17.22
4.	Calum ELEY	11	Mid Beds	3:05.57	458	41.61	1:29.23	2:18.27
5.	Nico CAMPBELL	11	Cheshunt	3:07.71	440	41.79	1:29.64	2:18.48
6.	Jack UTTING	11	Gt Yarmouth	3:08.61	434	40.82	1:29.78	2:19.72
7.	Mitchell PEARS	11	Co Peterboro	3:09.75	425	43.01	1:31.58	2:20.54
8.	Ethan FARRELL	11	Hatfield	3:15.45	384	44.43	1:34.64	2:25.19

## **EVENT 505 FINAL OF EVENT 501 Boys 12 Yrs 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Ethan LAMB	12	Hatfield	2:54.84	521	38.98	1:24.45	2:09.90
2.	George STANNARD	12	St Felix Sch	2:55.32	517	39.03	1:24.74	2:10.87
3.	Augustus VEASEY	12	Chelmsford	2:58.23	490	39.93	1:25.48	2:11.80
4.	Alexander FARRANDS	12	St Felix Sch	3:00.21	473	40.62	1:27.31	2:14.67
5.	Bartu ATAMERT	12	Co Cambridge	3:09.11	404	42.13	1:29.89	2:19.48
6.	Tim SHUTTLEWORTH	12	Hatfield	3:12.46	380	44.01	1:32.83	2:23.22
7.	Brandon NABARRO	12	Mid Beds	3:12.53	380	42.76	1:33.38	2:24.28
8.	Adam CRAFER	12	Aylsham Vikg	3:16.47	354	44.61	1:33.36	2:26.08

## **EVENT 506 FINAL OF EVENT 501 Boys 13 Yrs 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Caleb HUGHES	13	Mid Beds	2:40.79	633	37.16	1:18.13	1:59.06
2.	Kane FARRELL	13	Hatfield	2:52.45	514	38.16	1:23.27	2:08.82
3.	Luke BOURNE	13	Rochford	2:52.66	512	38.61	1:23.64	2:08.42
4.	Michael ANDREWS	13	Berkhamsted	2:52.76	511	38.03	1:22.59	2:07.80
5.	Rory GEOGHEGAN	13	Runnymede	2:53.45	505	39.17	1:24.24	2:09.95
6.	Tom LAMBERT	13	Mid Beds	2:55.14	489	39.60	1:24.33	2:09.53
7.	Hayden THOMAS	13	Epping Fort	2:59.61	452	39.15	1:24.66	2:12.90
	Thomas SORRELL	13	UEA Norwich	DNC				

## **EVENT 507 FINAL OF EVENT 501 Boys 14 Yrs 200m Breaststroke**

Full Results

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	Liam KNIGHT	14	Co Peterboro	2:37.18	657	34.11	1:15.02	1:55.94
2.	Miles GARNER	14	UEA Norwich	2:40.41	620	36.71	1:18.05	1:59.62
3.	Cameron BASHIR	14	Sudbury	2:41.49	608	36.34	1:17.76	1:59.08
4.	Richard JEFFERIES	14	Co Cambridge	2:50.81	514	37.89	1:21.67	2:06.04
5.	William HAWKES	14	Flitwick	2:53.34	492	39.48	1:23.15	2:08.66
6.	Luke TARGET	14	Hatfield	2:53.98	485	38.52	1:23.26	2:08.40
7.	Jake ROBINSON	14	Stevenage	2:54.54	481	38.30	1:22.88	2:08.36
	Harry PAYNE	14	Bo Southend	DNC				

## **EVENT 508 Boys/Girls Open 1500m Freestyle**

### **BOYS 12 Yrs Age Group - Full Results**

Place	Name	AaD	Club	Time	BAG Pt	50	100	150
1.	George STANNARD	12	St Felix Sch	18:07.50	587			
	50m 32.79	100m 1:09.33	150m 1:46.25	200m 2:23.15	250m 3:00.01	300m 3:36.87	350m 4:13.18	400m 4:49.99
	32.79	36.54	36.92	36.90	36.86	36.86	36.31	36.81
	450m 5:26.40	500m 6:02.58	550m 6:38.93	600m 7:14.62	650m 7:50.81	700m 8:26.93	750m 9:03.37	800m 9:39.68
	36.41	36.18	36.35	35.69	36.19	36.12	36.44	36.31
	850m 10:16.14	900m 10:52.14	950m 11:28.65	1000m 12:04.95	1050m 12:41.59	1100m 13:17.77	1150m 13:54.27	1200m 14:30.90
	36.46	36.00	36.51	36.30	36.64	36.18	36.50	36.63
	1250m 15:07.50	1300m 15:44.05	1350m 16:20.34	1400m 16:56.60	1450m 17:32.59	1500m 18:07.50		
	36.60	36.55	36.29	36.26	35.99	34.91		
2.	Jarrold BRADFELD	12	Clacton On S	18:57.58	515			
	50m 31.71	100m 1:06.62	150m 1:42.83	200m 2:19.50	250m 2:57.11	300m 3:33.83	350m 4:11.55	400m 4:48.55
	31.71	34.91	36.21	36.67	37.61	36.72	37.72	37.00
	450m 5:25.98	500m 6:02.89	550m 6:40.31	600m 7:17.13	650m 7:55.47	700m 8:33.19	750m 9:11.21	800m 9:49.14
	37.43	36.91	37.42	36.82	38.34	37.72	38.02	37.93
	850m 10:28.37	900m 11:07.40	950m 11:46.39	1000m 12:25.80	1050m 13:04.93	1100m 13:44.06	1150m 14:24.40	1200m 15:04.33
	39.23	39.03	38.99	39.41	39.13	39.13	40.34	39.93
	1250m 15:44.80	1300m 16:24.22	1350m 17:03.95	1400m 17:43.78	1450m 18:21.83	1500m 18:57.58		
	40.47	39.42	39.73	39.83	38.05	35.75		





# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



5.	Luke DURBAN	13 Braintree	17:49.22	615					
	50m 32.59	100m 1:07.74	150m 1:43.48	200m 2:18.39	250m 2:54.63	300m 3:29.95	350m 4:05.63	400m 4:41.14	
	32.59	35.15	35.74	34.91	36.24	35.32	35.68	35.51	
	450m 5:16.87	500m 5:52.76	550m 6:28.46	600m 7:04.25	650m 7:39.86	700m 8:16.36	750m 8:52.13	800m 9:27.62	
	35.73	35.89	35.70	35.79	35.61	36.50	35.77	35.49	
	850m 10:03.33	900m 10:39.25	950m 11:15.14	1000m 11:51.08	1050m 12:27.09	1100m 13:03.69	1150m 13:39.76	1200m 14:16.18	
	35.71	35.92	35.89	35.94	36.01	36.60	36.07	36.42	
	1250m 14:52.72	1300m 15:29.01	1350m 16:05.51	1400m 16:41.66	1450m 17:16.51	1500m 17:49.22			
	36.54	36.29	36.50	36.15	34.85	32.71			
6.	Bradley CLARKE	13 Thurrock	18:21.97	565					
	50m 32.13	100m 1:07.23	150m 1:42.94	200m 2:18.83	250m 2:54.96	300m 3:31.36	350m 4:07.48	400m 4:43.74	
	32.13	35.10	35.71	35.89	36.13	36.40	36.12	36.26	
	450m 5:19.59	500m 5:56.02	550m 6:32.47	600m 7:08.76	650m 7:45.10	700m 8:21.68	750m 8:58.25	800m 9:35.25	
	35.85	36.43	36.45	36.29	36.34	36.58	36.57	37.00	
	850m 10:11.99	900m 10:49.34	950m 11:26.27	1000m 12:03.58	1050m 12:40.83	1100m 13:18.41	1150m 13:55.89	1200m 14:33.41	
	36.74	37.35	36.93	37.31	37.25	37.58	37.48	37.52	
	1250m 15:11.20	1300m 15:49.76	1350m 16:28.09	1400m 17:06.44	1450m 17:44.38	1500m 18:21.97			
	37.79	38.56	38.33	38.35	37.94	37.59			
7.	James WINTER	13 Chelmsford	18:27.28	557					
	50m 32.89	100m 1:09.16	150m 1:46.01	200m 2:23.36	250m 3:00.85	300m 3:37.97	350m 4:15.18	400m 4:52.28	
	32.89	36.27	36.85	37.35	37.49	37.12	37.21	37.10	
	450m 5:29.42	500m 6:06.23	550m 6:43.49	600m 7:19.94	650m 7:56.58	700m 8:33.42	750m 9:10.32	800m 9:47.52	
	37.14	36.81	37.26	36.45	36.64	36.84	36.90	37.20	
	850m 10:24.45	900m 11:01.88	950m 11:39.15	1000m 12:15.96	1050m 12:52.98	1100m 13:30.57	1150m 14:07.52	1200m 14:44.87	
	36.93	37.43	37.27	36.81	37.02	37.59	36.95	37.35	
	1250m 15:21.92	1300m 15:59.26	1350m 16:36.77	1400m 17:13.97	1450m 17:50.82	1500m 18:27.28			
	37.05	37.34	37.51	37.20	36.85	36.46			
8.	Matthew BRIGHAM	13 Co Peterboro	18:30.71	552					
	50m 32.33	100m 1:07.97	150m 1:43.97	200m 2:20.71	250m 2:57.11	300m 3:33.75	350m 4:10.52	400m 4:47.36	
	32.33	35.64	36.00	36.74	36.40	36.64	36.77	36.84	
	450m 5:24.05	500m 6:00.68	550m 6:37.39	600m 7:14.20	650m 7:50.92	700m 8:27.89	750m 9:05.05	800m 9:41.98	
	36.69	36.63	36.71	36.81	36.72	36.97	37.16	36.93	
	850m 10:19.12	900m 10:56.85	950m 11:34.57	1000m 12:12.34	1050m 12:49.81	1100m 13:27.54	1150m 14:05.20	1200m 14:43.12	
	37.14	37.73	37.72	37.77	37.47	37.73	37.66	37.92	
	1250m 15:21.06	1300m 15:59.15	1350m 16:37.34	1400m 17:15.62	1450m 17:53.67	1500m 18:30.71			
	37.94	38.09	38.19	38.28	38.05	37.04			
9.	Matthew WILLIAMS	13 Cheshunt	18:45.39	532					
	50m 32.53	100m 1:08.38	150m 1:44.94	200m 2:22.23	250m 2:59.33	300m 3:36.74	350m 4:13.92	400m 4:51.66	
	32.53	35.85	36.56	37.29	37.10	37.41	37.18	37.74	
	450m 5:28.85	500m 6:06.25	550m 6:43.68	600m 7:21.43	650m 7:58.89	700m 8:37.03	750m 9:14.54	800m 9:52.97	
	37.19	37.40	37.43	37.75	37.46	38.14	37.51	38.43	
	850m 10:30.87	900m 11:08.93	950m 11:46.89	1000m 12:24.73	1050m 13:02.84	1100m 13:41.43	1150m 14:20.07	1200m 14:58.78	
	37.90	38.06	37.96	37.84	38.11	38.59	38.64	38.71	
	1250m 15:37.27	1300m 16:15.39	1350m 16:53.28	1400m 17:31.67	1450m 18:08.51	1500m 18:45.39			
	38.49	38.12	37.89	38.39	36.84	36.88			
10.	Gareth HAWKINS	13 Thurrock	18:48.03	528					
	50m 31.85	100m 1:07.59	150m 1:43.74	200m 2:20.53	250m 2:57.19	300m 3:34.30	350m 4:10.23	400m 4:47.80	
	31.85	35.74	36.15	36.79	36.66	37.11	35.93	37.57	
	450m 5:24.28	500m 6:01.77	550m 6:38.30	600m 7:15.38	650m 7:52.42	700m 8:30.11	750m 9:07.69	800m 9:45.59	
	36.48	37.49	36.53	37.08	37.04	37.69	37.58	37.90	
	850m 10:23.54	900m 11:01.67	950m 11:39.79	1000m 12:18.06	1050m 12:56.62	1100m 13:34.91	1150m 14:13.20	1200m 14:52.27	
	37.95	38.13	38.12	38.27	38.56	38.29	38.29	39.07	
	1250m 15:31.62	1300m 16:12.03	1350m 16:51.97	1400m 17:31.26	1450m 18:09.45	1500m 18:48.03			
	39.35	40.41	39.94	39.29	38.19	38.58			

## BOYS 14 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt				
1.	Harry PAYNE	14	Bo Southend	16:52.13	717				
	50m 29.22	100m 1:03.08	150m 1:37.18	200m 2:11.86	250m 2:45.48	300m 3:19.25	350m 3:52.90	400m 4:26.60	
	29.22	33.86	34.10	34.68	33.62	33.77	33.65	33.70	
	450m 5:00.15	500m 5:33.92	550m 6:07.73	600m 6:41.61	650m 7:15.26	700m 7:49.33	750m 8:22.92	800m 8:56.62	
	33.55	33.77	33.81	33.88	33.65	34.07	33.59	33.70	
	850m 9:30.17	900m 10:03.78	950m 10:37.45	1000m 11:11.29	1050m 11:45.57	1100m 12:19.69	1150m 12:53.77	1200m 13:28.12	
	33.55	33.61	33.67	33.84	34.28	34.12	34.08	34.35	
	1250m 14:02.74	1300m 14:37.22	1350m 15:11.45	1400m 15:46.18	1450m 16:19.84	1500m 16:52.13			
	34.62	34.48	34.23	34.73	33.66	32.29			
2.	Richard JEFFERIES	14	Co Cambridge	17:13.90	678				
	50m 30.30	100m 1:03.72	150m 1:38.25	200m 2:12.68	250m 2:47.24	300m 3:22.01	350m 3:56.70	400m 4:32.16	
	30.30	33.42	34.53	34.43	34.56	34.77	34.69	35.46	
	450m 5:06.98	500m 5:42.18	550m 6:17.19	600m 6:52.31	650m 7:27.39	700m 8:02.71	750m 8:37.74	800m 9:13.15	
	34.82	35.20	35.01	35.12	35.08	35.32	35.03	35.41	
	850m 9:47.59	900m 10:22.26	950m 10:56.87	1000m 11:32.31	1050m 12:06.75	1100m 12:41.40	1150m 13:16.05	1200m 13:50.48	
	34.44	34.67	34.61	35.44	34.44	34.65	34.65	34.43	
	1250m 14:24.75	1300m 14:58.98	1350m 15:33.31	1400m 16:07.75	1450m 16:41.32	1500m 17:13.90			
	34.27	34.23	34.33	34.44	33.57	32.58			
3.	Daniel SORRELL	14	Chelmsford	17:15.16	675				
	50m 30.09	100m 1:04.03	150m 1:38.43	200m 2:13.14	250m 2:47.55	300m 3:22.64	350m 3:57.32	400m 4:32.33	
	30.09	33.94	34.40	34.71	34.41	35.09	34.68	35.01	
	450m 5:07.15	500m 5:42.15	550m 6:16.60	600m 6:51.58	650m 7:26.10	700m 8:01.29	750m 8:35.75	800m 9:10.78	
	34.82	35.00	34.45	34.98	34.52	35.19	34.46	35.03	
	850m 9:45.23	900m 10:20.65	950m 10:55.31	1000m 11:30.50	1050m 12:05.13	1100m 12:40.45	1150m 13:14.88	1200m 13:49.92	
	34.45	35.42	34.66	35.19	34.63	35.32	34.43	35.04	
	1250m 14:24.06	1300m 14:59.05	1350m 15:33.64	1400m 16:08.65	1450m 16:41.79	1500m 17:15.16			
	34.14	34.99	34.59	35.01	33.14	33.37			
4.	Cameron BASHIR	14	Sudbury	18:05.30	592				
	50m 32.30	100m 1:08.01	150m 1:43.89	200m 2:20.08	250m 2:56.66	300m 3:32.83	350m 4:09.38	400m 4:45.73	
	32.30	35.71	35.88	36.19	36.58	36.17	36.55	36.35	
	450m 5:22.80	500m 5:59.42	550m 6:36.00	600m 7:12.67	650m 7:49.40	700m 8:26.10	750m 9:02.31	800m 9:38.89	
	37.07	36.62	36.58	36.67	36.73	36.70	36.21	36.58	
	850m 10:15.20	900m 10:51.38	950m 11:28.23	1000m 12:04.78	1050m 12:40.32	1100m 13:16.60	1150m 13:52.79	1200m 14:29.19	
	36.31	36.18	36.85	36.55	35.54	36.28	36.19	36.40	
	1250m 15:05.06	1300m 15:41.50	1350m 16:17.92	1400m 16:54.70	1450m 17:30.33	1500m 18:05.30			
	35.87	36.44	36.42	36.78	35.63	34.97			



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



5.	Gavin COURNANE	14	Hatfield	18:28.56	557					
	50m 32.73	100m 1:08.78	150m 1:45.13	200m 2:21.58	250m 2:58.12	300m 3:34.55	350m 4:10.89	400m 4:47.88		
	32.73	36.05	36.35	36.45	36.54	36.43	36.34	36.99		
	450m 5:24.59	500m 6:01.40	550m 6:38.04	600m 7:15.02	650m 7:50.96	700m 8:27.41	750m 9:03.51	800m 9:40.48		
	36.71	36.81	36.64	36.98	35.94	36.45	36.10	36.97		
	850m 10:16.45	900m 10:54.37	950m 11:31.29	1000m 12:09.38	1050m 12:46.72	1100m 13:24.83	1150m 14:03.00	1200m 14:41.39		
	35.97	37.92	36.92	38.09	37.34	38.11	38.17	38.39		
	1250m 15:19.38	1300m 15:57.82	1350m 16:35.78	1400m 17:13.98	1450m 17:51.46	1500m 18:28.56				
	37.99	38.44	37.96	38.20	37.48	37.10				
6.	Benjamin TURP	14	Basildon	18:36.53	546					
	50m 31.68	100m 1:06.83	150m 1:42.04	200m 2:18.37	250m 2:54.37	300m 3:31.05	350m 4:07.17	400m 4:43.90		
	31.68	35.15	35.21	36.33	36.00	36.68	36.12	36.73		
	450m 5:20.24	500m 5:57.08	550m 6:34.74	600m 7:11.94	650m 7:49.23	700m 8:26.76	750m 9:04.41	800m 9:42.87		
	36.34	36.84	37.66	37.20	37.29	37.53	37.65	38.46		
	850m 10:20.76	900m 10:58.96	950m 11:36.57	1000m 12:14.75	1050m 12:52.41	1100m 13:30.74	1150m 14:08.14	1200m 14:45.89		
	37.89	38.20	37.61	38.18	37.66	38.33	37.40	37.75		
	1250m 15:24.21	1300m 16:02.56	1350m 16:41.12	1400m 17:20.18	1450m 17:58.63	1500m 18:36.53				
	38.32	38.35	38.56	39.06	38.45	37.90				
7.	Jack SPENCE	14	Watford	20:09.01	428					
	50m 29.03	100m 1:01.95	150m 1:35.68	200m 2:09.60	250m 2:43.58	300m 3:17.81	350m 3:51.75	400m 4:25.16		
	29.03	32.92	33.73	33.92	33.98	34.23	33.94	33.41		
	450m 5:21.96	500m 6:14.28	550m 6:59.81	600m 7:44.28	650m 8:29.04	700m 9:13.68	750m 9:57.82	800m 10:41.86		
	56.80	52.32	45.53	44.47	44.76	44.64	44.14	44.04		
	850m 11:24.98	900m 12:08.54	950m 12:51.19	1000m 13:32.92	1050m 14:14.74	1100m 14:56.60	1150m 15:37.79	1200m 16:18.59		
	43.12	43.56	42.65	41.73	41.82	41.86	41.19	40.80		
	1250m 16:58.47	1300m 17:36.74	1350m 18:14.28	1400m 18:53.31	1450m 19:31.88	1500m 20:09.01				
	39.88	38.27	37.54	39.03	38.57	37.13				
	Oliver TAFFS	14	Bishop Stort	DNC						

## GIRLS 11 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt					
1.	Karis ELLERBY	11	Bo Southend	19:45.18	599					
	50m 36.84	100m 1:16.68	150m 1:57.22	200m 2:37.62	250m 3:17.45	300m 3:57.56	350m 4:37.68	400m 5:17.75		
	36.84	39.84	40.54	40.40	39.83	40.11	40.12	40.07		
	450m 5:57.65	500m 6:38.53	550m 7:17.83	600m 7:57.28	650m 8:36.26	700m 9:15.04	750m 9:53.97	800m 10:33.71		
	39.90	40.88	39.30	39.45	38.98	38.78	38.93	39.74		
	850m 11:13.18	900m 11:53.53	950m 12:33.33	1000m 13:13.67	1050m 13:53.21	1100m 14:33.66	1150m 15:13.06	1200m 15:52.34		
	39.47	40.35	39.80	40.34	39.54	40.45	39.40	39.28		
	1250m 16:32.00	1300m 17:12.16	1350m 17:51.85	1400m 18:31.18	1450m 19:08.72	1500m 19:45.18				
	39.66	40.16	39.69	39.33	37.54	36.46				
2.	Georgia KERRIDGE	11	St Felix Sch	20:09.98	564					
	50m 36.98	100m 1:16.72	150m 1:57.25	200m 2:37.63	250m 3:17.50	300m 3:57.90	350m 4:38.07	400m 5:18.24		
	36.98	39.74	40.53	40.38	39.87	40.40	40.17	40.17		
	450m 5:58.63	500m 6:38.91	550m 7:19.17	600m 7:59.19	650m 8:39.43	700m 9:19.61	750m 10:00.12	800m 10:40.91		
	40.39	40.28	40.26	40.02	40.24	40.18	40.51	40.79		
	850m 11:21.92	900m 12:02.40	950m 12:42.98	1000m 13:23.90	1050m 14:04.77	1100m 14:45.57	1150m 15:26.41	1200m 16:07.05		
	41.01	40.48	40.58	40.92	40.87	40.80	40.84	40.64		
	1250m 16:47.93	1300m 17:29.00	1350m 18:10.37	1400m 18:50.99	1450m 19:32.07	1500m 20:09.98				
	40.88	41.07	41.37	40.62	41.08	37.91				
3.	Rachael MOORE	11	Thurrock	20:59.90	500					
	50m 36.69	100m 1:17.05	150m 1:58.37	200m 2:39.49	250m 3:20.88	300m 4:02.02	350m 4:44.03	400m 5:25.18		
	36.69	40.36	41.32	41.12	41.39	41.14	42.01	41.15		
	450m 6:07.35	500m 6:48.86	550m 7:31.40	600m 8:12.18	650m 8:54.74	700m 9:37.69	750m 10:20.26	800m 11:02.09		
	42.17	41.51	42.54	40.78	42.56	42.95	42.57	41.83		
	850m 11:44.11	900m 12:26.33	950m 13:08.72	1000m 13:51.63	1050m 14:35.82	1100m 15:18.86	1150m 16:01.77	1200m 16:45.16		
	42.02	42.22	42.39	42.91	44.19	43.04	42.91	43.39		
	1250m 17:28.33	1300m 18:11.54	1350m 18:53.87	1400m 19:35.84	1450m 20:18.71	1500m 20:59.90				
	43.17	43.21	42.33	41.97	42.87	41.19				
4.	Kirstie FEHILY	11	Canvey Isl	21:05.06	494					
	50m 35.91	100m 1:15.36	150m 1:55.95	200m 2:37.35	250m 3:17.95	300m 3:59.18	350m 4:40.45	400m 5:22.81		
	35.91	39.45	40.59	41.40	40.60	41.23	41.27	42.36		
	450m 6:05.04	500m 6:47.19	550m 7:30.03	600m 8:12.53	650m 8:55.40	700m 9:38.24	750m 10:20.80	800m 11:03.31		
	42.23	42.15	42.84	42.50	42.87	42.84	42.56	42.51		
	850m 11:46.42	900m 12:29.58	950m 13:13.15	1000m 13:56.14	1050m 14:40.19	1100m 15:22.83	1150m 16:06.35	1200m 16:49.33		
	43.11	43.16	43.57	42.99	44.05	42.64	43.52	42.98		
	1250m 17:32.92	1300m 18:16.13	1350m 18:59.53	1400m 19:41.92	1450m 20:23.74	1500m 21:05.06				
	43.59	43.21	43.40	42.39	41.82	41.32				
5.	Chloe Annie BASS	11	Thurrock	21:19.05	477					
	50m 35.35	100m 1:16.19	150m 1:58.49	200m 2:41.05	250m 3:22.99	300m 4:07.18	350m 4:49.99	400m 5:33.09		
	35.35	40.84	42.30	42.56	41.94	44.19	42.81	43.10		
	450m 6:16.42	500m 6:59.51	550m 7:43.81	600m 8:27.04	650m 9:10.30	700m 9:53.83	750m 10:36.05	800m 11:20.10		
	43.33	43.09	44.30	43.23	43.26	43.53	42.22	44.05		
	850m 12:04.21	900m 12:46.84	950m 13:30.05	1000m 14:13.70	1050m 14:55.67	1100m 15:39.17	1150m 16:22.36	1200m 17:05.45		
	44.11	42.63	43.21	43.65	41.97	43.50	43.19	43.09		
	1250m 17:50.18	1300m 18:33.64	1350m 19:15.85	1400m 19:57.91	1450m 20:37.81	1500m 21:19.05				
	44.73	43.46	42.21	42.06	39.90	41.24				
6.	Hannah BRIGHAM	11	Co Peterboro	22:05.58	427					
	50m 37.19	100m 1:18.86	150m 2:02.09	200m 2:45.59	250m 3:29.89	300m 4:14.17	350m 4:58.47	400m 5:41.96		
	37.19	41.67	43.23	43.50	44.30	44.28	44.30	43.49		
	450m 6:26.41	500m 7:11.01	550m 7:56.05	600m 8:40.70	650m 9:25.29	700m 10:10.92	750m 10:55.21	800m 11:40.09		
	44.45	44.60	45.04	44.65	44.59	45.63	44.29	44.88		
	850m 12:25.52	900m 13:10.96	950m 13:56.04	1000m 14:42.16	1050m 15:27.07	1100m 16:12.43	1150m 16:57.47	1200m 17:42.64		
	45.43	45.44	45.08	46.12	44.91	45.36	45.04	45.17		
	1250m 18:27.73	1300m 19:12.79	1350m 19:57.67	1400m 20:41.36	1450m 21:23.70	1500m 22:05.58				
	45.09	45.06	44.88	43.69	42.34	41.88				



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



## GIRLS 12 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt					
1.	Katarina BLANCO	12	Bo Southend	19:13.13	643					
	50m 34.36	100m 1:12.74	150m 1:50.44	200m 2:28.77	250m 3:06.67	300m 3:44.57	350m 4:22.62	400m 5:00.88		
	34.36	38.38	37.70	38.33	37.90	37.90	38.05	38.26		
	450m 5:38.82	500m 6:16.16	550m 6:54.33	600m 7:32.97	650m 8:11.65	700m 8:50.94	750m 9:29.17	800m 10:08.44		
	37.94	37.34	38.17	38.64	38.68	39.29	38.23	39.27		
	850m 10:48.45	900m 11:28.24	950m 12:06.49	1000m 12:45.71	1050m 13:24.72	1100m 14:03.53	1150m 14:41.97	1200m 15:21.35		
	40.01	39.79	38.25	39.22	39.01	38.81	38.44	39.38		
	1250m 16:00.25	1300m 16:39.08	1350m 17:18.84	1400m 17:57.35	1450m 18:35.60	1500m 19:13.13				
	38.90	38.83	39.76	38.51	38.25	37.53				
2.	Melissa COWELL	12	Thurrock	19:25.51	624					
	50m 34.52	100m 1:12.90	150m 1:51.56	200m 2:30.05	250m 3:08.80	300m 3:48.33	350m 4:27.21	400m 5:06.16		
	34.52	38.38	38.66	38.49	38.75	39.53	38.88	38.95		
	450m 5:44.57	500m 6:23.67	550m 7:02.29	600m 7:41.56	650m 8:20.22	700m 8:59.99	750m 9:38.54	800m 10:17.75		
	38.41	39.10	38.62	39.27	38.66	39.77	38.55	39.21		
	850m 10:56.29	900m 11:35.98	950m 12:14.71	1000m 12:53.98	1050m 13:32.52	1100m 14:12.00	1150m 14:50.95	1200m 15:30.94		
	38.54	39.69	38.73	39.27	38.54	39.48	38.95	39.99		
	1250m 16:10.00	1300m 16:49.88	1350m 17:28.81	1400m 18:08.78	1450m 18:47.00	1500m 19:25.51				
	39.06	39.88	38.93	39.97	38.22	38.51				
3.	Rebecca HAYES	12	Thurrock	19:32.90	613					
	50m 35.71	100m 1:13.68	150m 1:52.88	200m 2:31.58	250m 3:11.15	300m 3:50.39	350m 4:29.69	400m 5:08.23		
	35.71	37.97	39.20	38.70	39.57	39.24	39.30	38.54		
	450m 5:47.67	500m 6:26.62	550m 7:06.18	600m 7:45.37	650m 8:24.73	700m 9:03.96	750m 9:43.49	800m 10:22.70		
	39.44	38.95	39.56	39.19	39.36	39.23	39.53	39.21		
	850m 11:02.33	900m 11:41.59	950m 12:21.14	1000m 13:00.47	1050m 13:40.30	1100m 14:19.33	1150m 14:59.37	1200m 15:38.42		
	39.63	39.26	39.55	39.33	39.83	39.03	40.04	39.05		
	1250m 16:18.56	1300m 16:58.41	1350m 17:37.91	1400m 18:16.81	1450m 18:55.74	1500m 19:32.90				
	40.14	39.85	39.50	38.90	38.93	37.16				
4.	Sophie WAYMONT	12	Southend	19:34.37	611					
	50m 35.14	100m 1:13.59	150m 1:52.80	200m 2:31.91	250m 3:11.07	300m 3:50.48	350m 4:29.42	400m 5:08.52		
	35.14	38.45	39.21	39.11	39.16	39.41	38.94	39.10		
	450m 5:48.15	500m 6:27.11	550m 7:06.51	600m 7:45.90	650m 8:25.14	700m 9:04.41	750m 9:43.58	800m 10:23.02		
	39.63	38.96	39.40	39.39	39.24	39.27	39.17	39.44		
	850m 11:02.39	900m 11:41.86	950m 12:21.20	1000m 13:00.76	1050m 13:39.89	1100m 14:19.70	1150m 14:59.40	1200m 15:38.78		
	39.37	39.47	39.34	39.56	39.13	39.81	39.70	39.38		
	1250m 16:18.69	1300m 16:58.71	1350m 17:38.30	1400m 18:17.66	1450m 18:56.88	1500m 19:34.37				
	39.91	40.02	39.59	39.36	39.22	37.49				
5.	Georgia MILLS	12	Thurrock	19:37.79	606					
	50m 34.90	100m 1:13.35	150m 1:52.41	200m 2:31.61	250m 3:11.35	300m 3:51.05	350m 4:30.68	400m 5:10.29		
	34.90	38.45	39.06	39.20	39.74	39.70	39.63	39.61		
	450m 5:49.97	500m 6:29.20	550m 7:09.03	600m 7:48.44	650m 8:28.70	700m 9:08.05	750m 9:48.47	800m 10:27.60		
	39.68	39.23	39.83	39.41	40.26	39.35	40.42	39.13		
	850m 11:07.78	900m 11:47.18	950m 12:27.54	1000m 13:06.52	1050m 13:46.08	1100m 14:25.49	1150m 15:04.83	1200m 15:44.03		
	40.18	39.40	40.36	38.98	39.56	39.41	39.34	39.20		
	1250m 16:23.01	1300m 17:02.01	1350m 17:41.07	1400m 18:20.04	1450m 18:59.77	1500m 19:37.79				
	38.98	39.00	39.06	38.97	39.73	38.02				
6.	Victoria PRITCHARD	12	Hatfield	19:44.95	595					
	50m 34.86	100m 1:13.46	150m 1:52.25	200m 2:31.60	250m 3:11.24	300m 3:50.57	350m 4:29.73	400m 5:09.02		
	34.86	38.60	38.79	39.35	39.64	39.33	39.16	39.29		
	450m 5:48.04	500m 6:27.73	550m 7:07.17	600m 7:46.63	650m 8:26.03	700m 9:05.54	750m 9:44.72	800m 10:24.51		
	39.02	39.69	39.44	39.46	39.40	39.51	39.18	39.79		
	850m 11:04.01	900m 11:43.72	950m 12:24.11	1000m 13:04.15	1050m 13:44.07	1100m 14:24.05	1150m 15:03.82	1200m 15:44.08		
	39.50	39.71	40.39	40.04	39.92	39.98	39.77	40.26		
	1250m 16:24.19	1300m 17:04.54	1350m 17:44.73	1400m 18:25.40	1450m 19:05.42	1500m 19:44.95				
	40.11	40.35	40.19	40.67	40.02	39.53				
7.	Emma CASSIDY	12	Thurrock	19:51.50	586					
	50m 34.53	100m 1:13.35	150m 1:52.37	200m 2:31.63	250m 3:10.29	300m 3:50.18	350m 4:30.24	400m 5:10.35		
	34.53	38.82	39.02	39.26	38.66	39.89	40.06	40.11		
	450m 5:49.16	500m 6:29.15	550m 7:08.50	600m 7:48.51	650m 8:28.01	700m 9:07.90	750m 9:48.00	800m 10:27.85		
	38.81	39.99	39.35	40.01	39.50	39.89	40.10	39.85		
	850m 11:07.38	900m 11:47.34	950m 12:26.49	1000m 13:06.11	1050m 13:44.99	1100m 14:25.30	1150m 15:05.08	1200m 15:45.92		
	39.53	39.96	39.15	39.62	38.88	40.31	39.78	40.84		
	1250m 16:26.49	1300m 17:08.03	1350m 17:48.62	1400m 18:30.17	1450m 19:10.82	1500m 19:51.50				
	40.57	41.54	40.59	41.55	40.65	40.68				
8.	Katie WHIFFIN	12	Epping For't	19:55.20	581					
	50m 34.12	100m 1:12.68	150m 1:52.27	200m 2:31.80	250m 3:11.88	300m 3:51.51	350m 4:30.89	400m 5:10.28		
	34.12	38.56	39.59	39.53	40.08	39.63	39.38	39.39		
	450m 5:50.46	500m 6:30.43	550m 7:10.84	600m 7:50.25	650m 8:30.26	700m 9:09.92	750m 9:50.53	800m 10:30.02		
	40.18	39.97	40.41	39.41	40.01	39.66	40.61	39.49		
	850m 11:10.62	900m 11:50.57	950m 12:31.96	1000m 13:12.33	1050m 13:53.02	1100m 14:33.67	1150m 15:14.61	1200m 15:54.67		
	40.60	39.95	41.39	40.37	40.69	40.65	40.94	40.06		
	1250m 16:35.59	1300m 17:15.93	1350m 17:56.76	1400m 18:37.05	1450m 19:16.54	1500m 19:55.20				
	40.92	40.34	40.83	40.29	39.49	38.66				
9.	Cassie EVERILL	12	Lstof & OB	20:14.13	555					
	50m 34.66	100m 1:12.97	150m 1:52.13	200m 2:31.80	250m 3:11.65	300m 3:51.53	350m 4:31.31	400m 5:11.82		
	34.66	38.31	39.16	39.67	39.85	39.88	39.78	40.51		
	450m 5:52.07	500m 6:33.22	550m 7:13.72	600m 7:54.83	650m 8:35.43	700m 9:16.68	750m 9:57.59	800m 10:39.20		
	40.25	41.15	40.50	41.11	40.60	41.25	40.91	41.61		
	850m 11:20.16	900m 12:01.78	950m 12:42.61	1000m 13:24.52	1050m 14:05.81	1100m 14:47.32	1150m 15:28.34	1200m 16:09.64		
	40.96	41.62	40.83	41.91	41.29	41.51	41.02	41.30		
	1250m 16:50.66	1300m 17:31.47	1350m 18:12.48	1400m 18:53.38	1450m 19:33.88	1500m 20:14.13				
	41.02	40.81	41.01	40.90	40.50	40.25				



# ASA East Region 2009 BAGCAT Championships (50m)

(Under ASA Laws, ASA Technical Rules)

A Level One Licensed Meet - N<sup>o</sup> ERX913 & ERX914



## GIRLS 13 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	BAG Pt					
1.	Charlotte HICKS	13	St Felix Sch	18:00.57	754					
	50m 31.82	100m 1:06.37	150m 1:41.78	200m 2:17.40	250m 2:53.53	300m 3:29.04	350m 4:05.64	400m 4:41.62		
	31.82	34.55	35.41	35.62	36.13	35.51	36.60	35.98		
	450m 5:18.15	500m 5:54.50	550m 6:30.65	600m 7:07.02	650m 7:43.53	700m 8:20.16	750m 8:56.71	800m 9:32.99		
	36.53	36.35	36.15	36.37	36.51	36.63	36.55	36.28		
	850m 10:09.53	900m 10:46.00	950m 11:22.65	1000m 11:59.53	1050m 12:35.98	1100m 13:12.52	1150m 13:48.91	1200m 14:25.70		
	36.54	36.47	36.65	36.88	36.45	36.54	36.39	36.79		
	1250m 15:02.46	1300m 15:39.17	1350m 16:15.41	1400m 16:51.61	1450m 17:26.66	1500m 18:00.57				
	36.76	36.71	36.24	36.20	35.05	33.91				
2.	Isabel FAULKNER	13	UEA Norwich	18:35.25	693					
	50m 33.36	100m 1:09.87	150m 1:46.28	200m 2:23.29	250m 2:59.64	300m 3:36.36	350m 4:12.96	400m 4:49.88		
	33.36	36.51	36.41	37.01	36.35	36.72	36.60	36.92		
	450m 5:26.59	500m 6:04.04	550m 6:41.08	600m 7:18.86	650m 7:56.19	700m 8:34.08	750m 9:11.92	800m 9:49.81		
	36.71	37.45	37.04	37.78	37.33	37.89	37.84	37.89		
	850m 10:27.33	900m 11:04.93	950m 11:42.82	1000m 12:20.46	1050m 12:57.99	1100m 13:35.42	1150m 14:12.95	1200m 14:50.56		
	37.52	37.60	37.89	37.64	37.53	37.43	37.53	37.61		
	1250m 15:28.21	1300m 16:06.40	1350m 16:43.63	1400m 17:21.71	1450m 17:58.66	1500m 18:35.25				
	37.65	38.19	37.23	38.08	36.95	36.59				
3.	Chantel WHITING	13	St Felix Sch	18:46.85	675					
	50m 33.80	100m 1:11.04	150m 1:48.60	200m 2:26.14	250m 3:04.24	300m 3:41.85	350m 4:19.49	400m 4:57.09		
	33.80	37.24	37.56	37.54	38.10	37.61	37.64	37.60		
	450m 5:35.02	500m 6:12.55	550m 6:50.43	600m 7:28.87	650m 8:06.81	700m 8:44.89	750m 9:22.31	800m 10:00.20		
	37.93	37.53	37.88	38.44	37.94	38.08	37.42	37.89		
	850m 10:38.35	900m 11:16.23	950m 11:54.09	1000m 12:32.02	1050m 13:09.57	1100m 13:47.57	1150m 14:25.76	1200m 15:03.96		
	38.15	37.88	37.86	37.93	37.55	38.00	38.19	38.20		
	1250m 15:41.41	1300m 16:18.99	1350m 16:56.76	1400m 17:34.20	1450m 18:11.11	1500m 18:46.85				
	37.45	37.58	37.77	37.44	36.91	35.74				
4.	Ellie TOWNLEY	13	Bo Southend	18:59.35	655					
	50m 33.47	100m 1:10.03	150m 1:47.97	200m 2:25.25	250m 3:04.07	300m 3:41.59	350m 4:20.34	400m 4:57.90		
	33.47	36.56	37.94	37.28	38.82	37.52	38.75	37.56		
	450m 5:36.49	500m 6:14.73	550m 6:53.33	600m 7:31.56	650m 8:10.09	700m 8:48.20	750m 9:27.20	800m 10:05.64		
	38.59	38.24	38.60	38.23	38.53	38.11	39.00	38.44		
	850m 10:43.95	900m 11:22.12	950m 12:00.51	1000m 12:38.91	1050m 13:17.59	1100m 13:55.97	1150m 14:35.07	1200m 15:13.50		
	38.31	38.17	38.39	38.40	38.68	38.38	39.10	38.43		
	1250m 15:52.44	1300m 16:30.92	1350m 17:09.37	1400m 17:46.58	1450m 18:24.40	1500m 18:59.35				
	38.94	38.48	38.45	37.21	37.82	34.95				
5.	Shannon RUFF	13	Co Peterboro	19:36.18	599					
	50m 35.14	100m 1:14.13	150m 1:53.47	200m 2:33.34	250m 3:12.80	300m 3:52.04	350m 4:31.66	400m 5:11.48		
	35.14	38.99	39.34	39.87	39.46	39.24	39.62	39.82		
	450m 5:50.87	500m 6:30.53	550m 7:09.81	600m 7:49.62	650m 8:28.87	700m 9:08.21	750m 9:47.66	800m 10:27.51		
	39.39	39.66	39.28	39.81	39.25	39.34	39.45	39.85		
	850m 11:06.82	900m 11:46.13	950m 12:24.55	1000m 13:04.21	1050m 13:43.62	1100m 14:23.26	1150m 15:02.29	1200m 15:42.16		
	39.31	39.31	38.42	39.66	39.41	39.64	39.03	39.87		
	1250m 16:21.07	1300m 17:00.51	1350m 17:39.84	1400m 18:19.08	1450m 18:57.96	1500m 19:36.18				
	38.91	39.44	39.33	39.24	38.88	38.22				