



# Bedfordshire ASA

## 2008 Age Group & County Championships

(Under ASA Laws & ASA Technical Rules)  
A Level Two Licensed Meet - N<sup>o</sup> CC8077/8/9



### EVENT 25 Male 15-18 200m Medley Team

Place	Name	A.G Club	Time	BAG Pt	50	100	150
1.	Bigg'Blue'	Biggleswade	1:56.83	592*	30.01	1:04.26	1:32.03
	Paul TITLEY	30.01					
	Robert BALDRANCE	34.25					
	Chris BRADBURY	27.77					
	Adam INGLEDEW	24.80					
2.	Mod'A'	Modernians	1:57.18	587*	31.16	1:03.95	1:31.42
	Liam WALKER	31.16					
	Matthew McKEOWN	32.79					
	James CARLINE	27.47					
	David CARLINE	25.76					
3.	LeightonB	Leighton Buz	2:01.11	534*	31.18	1:04.97	1:33.16
	Sam HARDY	31.18					
	Edward PAYNE	33.79					
	Christopher HOWE	28.19					
	Alex BRITT	27.95					
4.	Bigg'Yellow'	Biggleswade	2:03.34	506*	31.78	1:05.72	1:35.68
	Adam CONNELL	31.78					
	Myles GIBSON	33.94					
	Christian STOKES	29.96					
	Chris DAVEY	27.66					
5.	Dun'A'	Dunstable	2:06.48	469*	32.76	1:07.53	2:06.48
	Jack THREADGOLD	32.76					
	Joe GERAERTS	34.77					
	Christopher FISK	58.95					
	Sam PARRY	00.00					
6.	Dun'B'	Dunstable	2:11.38	416*	34.08	1:12.06	1:44.10
	Sam BREEDEN	34.08					
	Alex MAVEN-HAZELTON	37.98					
	Aaron McNALLY	32.04					
	Philip SMITH	27.28					
7.	Linslade	Linslade	2:12.26	408*	33.46	1:11.93	1:43.12
	Brandon JENNINGS	33.46					
	Matthew DENT	38.47					
	Jamie COOKE	31.19					
	Arron MOORE	29.14					
8.	Dun'C'	Dunstable	2:22.92	315*	36.91	1:18.93	1:51.58
	Philip NEVILLE	36.91					
	Tim MARSHALL	42.02					
	Ian WILLIAMS	32.65					
	Aristeidis GIANNAKOU	31.34					

### EVENT 26 Female 14-17 200m Medley Team

Place	Name	A.G Club	Time	BAG Pt	50	100	150
1.	Bigg'Blue'	Biggleswade	2:06.96	691*	31.66	1:07.39	1:38.24
	Harriet BRETTLER	31.66					
	Charlotte McCONNELL	35.73					
	Louise KING	30.85					
	Charlotte BLACKSLEY	28.72					
2.	Bigg'Yellow'	Biggleswade	2:11.35	630*	32.15	1:10.53	1:42.56
	Danielle LEE	32.15					
	Carmen MALLETT	38.38					
	Sophie THRUSSELL	32.03					
	Hannah RAINE	28.79					
3.	Dun'A'	Dunstable	2:14.90	584*	34.14	1:12.56	1:45.60
	Emily RIDOUT	34.14					
	Charlotte COOK	38.42					
	Emily TRUDGIAN	33.04					
	Laura CONDON	29.30					
4.	Linslade	Linslade	2:16.85	561*	34.25	1:12.98	1:45.15
	Beth MASTERS	34.25					
	Katherine MARRIOTT	38.73					
	Amelia VINCENT	32.17					
	Lucy DENT	31.70					
5.	Flit'A'	Flitwick	2:18.02	547*	35.21	1:14.14	1:48.21
	Rhianydd JONES	35.21					
	Louise SIMMONS	38.93					
	Hannah SCOTCHFORD	34.07					
	Kimberley BURROWS	29.81					



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6.	Luton'A'	Luton	2:21.12	513*	37.73	1:50.92
	Danielle DAVIS	37.73				
	Yolanda BATSON					
	Jessica BROWN	1.13.19				
	Zoe SMITH	30.20				
7.	Mod'B'	Modernians	2:28.46	439*	37.90	1:20.53 1:55.47
	D GINGELL	37.90				
	Rachel FRIMAN	42.63				
	Valentina HARGRAVE	34.94				
	Nicola SIMPSON	32.99				
	Mod'A'	Modernians	DQ	T-3L	34.57	1:09.49 1:42.30
	Joyce KWOK	34.57				
	Karen KWOK	34.92				
	C AYRES	32.81				
	Kelly JOHNSON					

## EVENT 27 Male 15&Over 200m Freestyle

### 15/16 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150
1.	Adam INGLEDEW	15 Biggleswade	2:01.37	668*	28.29	58.75	1:29.98
2.	Christian STOKES	15 Biggleswade	2:04.95	616*	28.93	1:00.31	1:32.41
3.	Robert BALDRANCE	16 Biggleswade	2:08.47	570*	29.71	1:02.00	1:35.52
4.	Joe GERAERTS	15 Dunstable	2:08.65	568*	29.52	1:02.19	1:36.16
5.	David CARLINE	15 Modernians	2:09.92	552*	29.62	1:02.51	1:36.71
6.	Ian WILLIAMS	15 Dunstable	2:10.44	545*	29.74	1:02.27	1:36.84
7.	L CHAMBERLAIN-CLARK	16 Flitwick	2:10.91	540*	29.68	1:03.45	1:36.86
8.	Philip SMITH	15 Dunstable	2:11.24	536*	29.65	1:02.68	1:37.68
9.	Lawrence PALMER	15 Luton	2:11.57	532*	30.45	1:03.76	1:38.80
10.	Thomas CHALLEN	15 Modernians	2:11.97	527*	29.39	1:02.64	1:37.30
11.	Carl HALFORD	15 Flitwick	2:12.61	520*	30.50	1:04.15	1:39.00
12.	Simon LIDDLE	16 Flitwick	2:13.71	507*	29.83	1:04.15	1:39.54
13.	Adam THEOBALD	15 Leighton Buz	2:15.11	491*	31.57	1:06.17	1:41.32
14.	Arron MOORE	15 Linslade	2:16.79	473*	32.48	1:07.84	1:43.54
15.	Matthew DENT	15 Linslade	2:17.37	467*	32.23	1:07.55	1:42.95
16.	Matthew McKEOWN	16 Modernians	2:17.84	462*	31.95	1:07.14	1:42.83
17.	Chris DAVEY	15 Biggleswade	2:19.23	448*	30.26	1:05.73	1:42.56
18.	Josh FARRELL	15 Biggleswade	2:19.31	447*	30.83	1:05.61	1:42.11

### 17/18 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150
1.	Christopher HOWE	17 Leighton Buz	2:05.87	604*	29.10	1:01.35	1:33.98
2.	Paul TITLEY	18 Biggleswade	2:07.43	583*	29.06	1:01.59	1:35.14
3.	Myles GIBSON	17 Biggleswade	2:08.65	568*	30.10	1:03.38	1:36.54
4.	James CARLINE	18 Modernians	2:09.03	563*	28.89	1:01.54	1:35.76
5.	Jamie COOKE	17 Linslade	2:13.61	508*	30.69	1:04.39	1:39.68
6.	Christopher FISK	18 Dunstable	2:14.00	504*	30.73	1:04.81	1:39.96
7.	Adam CONNELL	17 Biggleswade	2:26.72	379*	32.43	1:09.85	1:48.72

### 19 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt	50	100	150
1.	Ryan CURRELL	19 Dunstable	2:08.39	571*	29.61	1:01.97	1:35.14
2.	Kieran ROBERTS	19 Leighton Buz	2:18.90	451*	30.48	1:04.09	1:40.01

	<i>Junior Champion The Dunstable SC Shield</i>	<i>Senior Champion The R T Jinks Cup</i>
<b>1</b>	<b>Adam INGLEDEW</b>	<b>Adam INGLEDEW</b>
<b>2</b>	<b>Samuel BRIGGS</b>	<b>Samuel BRIGGS</b>
<b>3</b>	<b>Aydin Berki</b>	<b>Aydin Berki</b>

## EVENT 28 Female 14&Over 100m IM

### 14/15 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50
1.	Charlotte McCONNELL	14 Biggleswade	1:11.94	638*	33.07
2.	Danielle LEE	15 Biggleswade	1:12.24	630*	32.57
3.	Charlotte BLACKSLEY	14 Biggleswade	1:13.56	599*	33.19
4.	Charlotte COOK	15 Dunstable	1:13.71	596*	34.53
5.	Laura CONDON	14 Dunstable	1:14.21	585*	36.26
6.	Emily RIDOUT	14 Dunstable	1:14.53	578*	34.76
7.	Beth MASTERS	15 Linslade	1:14.59	576*	33.61



# Bedfordshire ASA 2008 Age Group & County Championships

(Under ASA Laws & ASA Technical Rules)  
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8.	Kelly JOHNSON	14	Modernians	1:15.20	563*	34.34
9.	Emma JONES	14	Biggleswade	1:15.32	560*	34.79
10.	Eleanor MASON	14	Biggleswade	1:15.52	556*	34.82
11.	Sophie THRUSSELL	15	Biggleswade	1:16.10	544*	34.99
12.	Joyce KWOK	15	Modernians	1:16.98	526*	36.31
13.	Katherine MARRIOTT	15	Linslade	1:17.84	509*	36.92
14.	Valentina HARGRAVE	14	Modernians	1:17.96	506*	36.52
15.	Lucy BREEDEN	14	Dunstable	1:18.28	500*	36.59
16.	Kimberley BURROWS	14	Flitwick	1:18.30	500*	35.38
17.	Jessica BROWN	14	Luton	1:18.38	498*	38.37
18.	Yolanda BATSON	14	Luton	1:20.56	458*	40.86
19.	Carmen MALLETT	15	Biggleswade	1:20.98	451*	39.43
20.	Rachel FRIMAN	15	Modernians	1:21.46	443*	39.62
21.	Danielle DAVIS	14	Luton	1:23.10	416*	40.33
22.	Rebecca CASTERTON	14	Leighton Buz	1:24.27	398*	39.17

## 16/17 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	50	
1.	Hannah RAINE	17	Biggleswade	1:09.70	695*	32.82
2.	Zoe SMITH	16	Luton	1:14.84	571*	36.32
3.	Harriet LEE	16	Biggleswade	1:14.97	568*	35.74
4.	Christina AIKMAN	17	Leighton Buz	1:15.70	552*	35.83
5.	Amelia VINCENT	16	Linslade	1:18.47	497*	36.44
6.	Rebekah SHEARS	16	Leighton Buz	1:19.49	478*	35.23
7.	Hermione GINGELL	17	Modernians	1:22.71	422*	38.03
	Nicola SIMPSON	17	Modernians	DQ	T-3L	

## 18 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt	50	
1.	Emily AUST	18	Biggleswade	1:16.27	540*	36.13

	<i>Junior Champion The Beds ASA 100m I.M. Cup</i>	<i>Senior Champion The Beds ASA 100m I.M. Cup</i>
<b>1</b>	<b>Yasmin BITHREY</b>	<b>Hannah RAINE</b>
<b>2</b>	<b>Katie TAVENER</b>	<b>Yasmin BITHREY</b>
<b>3</b>	<b>Rachel HOLLINGTON</b>	<b>Katie TAVENER</b>

## EVENT 29 Male 15&Over 50m Butterfly

### 15/16 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	
1.	Aaron GALVANI	16	Putteridge	27.75	617*
2.	Adam INGLEDEW	15	Biggleswade	28.18	591*
3.	Chris BRADBURY	15	Biggleswade	28.62	566*
4.	Dean GIBSON	15	Biggleswade	30.32	477*
5.	Christian STOKES	15	Biggleswade	30.36	475*
6.	David CARLINE	15	Modernians	30.39	474*
6.	Simon LIDDLE	16	Flitwick	30.39	474*
8.	Lawrence PALMER	15	Luton	30.53	467*
9.	L CHAMBERLAIN-CLARK	16	Flitwick	31.32	431*
10.	Arron MOORE	15	Linslade	31.49	424*
11.	Alex BRITT	15	Leighton Buz	31.97	404*
12.	Chris DAVEY	15	Biggleswade	32.07	400*
13.	Philip SMITH	15	Dunstable	32.26	392*
14.	Matthew DENT	15	Linslade	32.43	386*
15.	Aaron McNALLY	16	Dunstable	33.00	364*
	Aaron ROBERTS	15	Leighton Buz	DNC	
	Liam WALKER	16	Modernians	DNC	

### 17/18 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt	
1.	Christopher HOWE	17	Leighton Buz	28.34	582*
2.	James CARLINE	18	Modernians	28.51	572*
3.	Sam HARDY	17	Leighton Buz	29.90	497*
4.	Adam CONNELL	17	Biggleswade	30.00	492*
5.	Edward PAYNE	17	Leighton Buz	30.18	484*
6.	Karl THOMAS	17	Putteridge	30.53	467*
7.	Christopher FISK	18	Dunstable	31.54	422*
8.	Jamie COOKE	17	Linslade	31.80	411*
9.	Myles GIBSON	17	Biggleswade	32.77	373*

### 19 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt	
1.	Stuart KIRK	20	Modernians	27.86	611*
2.	David WHEELER	24	Modernians	27.99	603*
3.	Bogdan OLEINIK	20	Luton	28.06	598*
4.	Andrew WHEELER	22	Modernians	28.36	581*



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5.	Ellis GINGELL	19	Modernians	28.85	553*
6.	Tristan HAMPSON	19	Modernians	29.42	522*
7.	Ryan CURRELL	19	Dunstable	31.45	426*

	<i>Junior Champion The Julie Benjamin Memorial Cup</i>	<i>Senior Champion The Dunstable SC Cup</i>
<b>1</b>	<b>Adam INGLEDEW</b>	<b>Aaron GALVANI</b>
<b>2</b>	<b>Chris BRADBURY</b>	<b>Stuart KIRK</b>
<b>3</b>	<b>Dean GIBSON</b>	<b>David WHEELER</b>

## EVENT 30 Female 14&Over 50m Breaststroke

### 14/15 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Charlotte McCONNELL	14 Biggleswade	36.55	620*
2.	Kelly JOHNSON	14 Modernians	38.28	543*
3.	Katherine MARRIOTT	15 Linslade	38.45	536*
4.	Carmen MALLETT	15 Biggleswade	39.13	509*
5.	Emily RIDOUT	14 Dunstable	40.26	467*
6.	Joyce KWOK	15 Modernians	40.35	464*
7.	Danielle LEE	15 Biggleswade	40.43	461*
8.	Yolanda BATSON	14 Luton	40.55	457*
9.	Charlotte COOK	15 Dunstable	40.65	454*
10.	Valentina HARGRAVE	14 Modernians	41.68	419*
11.	Nikita RAFFERTY	15 Lewsey Centr	42.42	396*
12.	Danielle DAVIS	14 Luton	42.43	396*

### 16/17 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Karen KWOK	16 Modernians	35.71	661*
2.	Harriet LEE	16 Biggleswade	37.26	587*
3.	Zoe SMITH	16 Luton	37.48	577*
4.	Amelia VINCENT	16 Linslade	40.36	464*
5.	Hannah SCOTCHFORD	16 Flitwick	43.46	366*

### 18 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Emily AUST	18 Biggleswade	37.50	576*

	<i>Junior Champion The Bedfordshire ASA Cup</i>	<i>Senior Champion The Joanne Drewitt Cup</i>
<b>1</b>	<b>Charlotte OVENDEN</b>	<b>Charlotte OVENDEN</b>
<b>2</b>	<b>Charlotte McCONNELL</b>	<b>Karen KWOK</b>
<b>3</b>	<b>Katie TAVENER</b>	<b>Charlotte McCONNELL</b>

## EVENT 31 Male 15&Over 50m Breaststroke

### 15/16 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Lawrence PALMER	15 Luton	33.34	564*
2.	Matthew McKEOWN	16 Modernians	33.51	556*
3.	Tom CLARK	16 Putteridge	34.00	533*
4.	Robert BALDRANCE	16 Biggleswade	34.47	512*
5.	Dean GIBSON	15 Biggleswade	35.20	480*
6.	Joe GERAERTS	15 Dunstable	35.26	478*
7.	George TURNER	16 Leighton Buz	36.79	419*
8.	Aaron ROBERTS	15 Leighton Buz	36.83	417*
9.	Josh FARRELL	15 Biggleswade	37.08	409*
10.	Christian STOKES	15 Biggleswade	37.29	401*
11.	Chris DAVEY	15 Biggleswade	37.84	383*
12.	Matthew DENT	15 Linslade	39.37	335*

### 17/18 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Christopher HOWE	17 Leighton Buz	33.19	571*
2.	Myles GIBSON	17 Biggleswade	34.72	501*
3.	Edward PAYNE	17 Leighton Buz	35.01	488*
4.	Karl THOMAS	17 Putteridge	35.68	461*
5.	Christopher FISK	18 Dunstable	36.53	428*

### 19 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt
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1.	Bogdan OLEINIK	20	Luton	31.82	643*
2.	Marcel SCHOLTEN	42	Modernians	31.88	640*
3.	David DOWSETT	22	Biggleswade	32.70	596*
4.	Stuart KIRK	20	Modernians	33.26	568*
5.	Roger MALLET	19	Biggleswade	33.32	565*
6.	Ellis GINGELL	19	Modernians	34.45	513*

	<i>Junior Champion The Leighton Buzzard Cup</i>	<i>Senior Champion The Mens Leighton Buzzard Cup</i>
<b>1</b>	<b>Lawrence PALMER</b>	<b>Bogdan OLEINIK</b>
<b>2</b>	<b>Thomas WINDER</b>	<b>Marcel SCHOLTEN</b>
<b>3</b>	<b>Simon WEIGHELL</b>	<b>David DOWSETT</b>

## EVENT 32 Female 14&Over 50m Butterfly

### 14/15 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Charlotte COOK	15 Dunstable	31.86	595*
2.	Charlotte BLACKSLEY	14 Biggleswade	32.34	570*
3.	Sophie THRUSSELL	15 Biggleswade	32.44	565*
4.	Danielle LEE	15 Biggleswade	32.51	561*
5.	Eleanor MASON	14 Biggleswade	33.29	524*
6.	Emily TRUDGIAN	15 Dunstable	33.52	513*
7.	Beth MASTERS	15 Linslade	34.05	490*
8.	Emily RIDOUT	14 Dunstable	34.06	489*
9.	Jessica BROWN	14 Luton	34.18	484*
10.	Laura CONDON	14 Dunstable	34.19	484*
11.	Emma JONES	14 Biggleswade	34.50	471*
12.	Mattaya NABARRO	14 Biggleswade	34.79	459*
13.	Lucy BREEDEN	14 Dunstable	35.28	439*
14.	Rhianydd JONES	15 Flitwick	35.33	437*
15.	Kelly JOHNSON	14 Modernians	35.34	437*
16.	Kimberley BURROWS	14 Flitwick	35.57	428*
17.	Valentina HARGRAVE	14 Modernians	35.90	416*
18.	Katherine MARRIOTT	15 Linslade	35.99	412*
19.	Rachel FRIMAN	15 Modernians	36.04	411*
20.	Rebecca CASTERTON	14 Leighton Buz	38.29	336*

### 16/17 Yrs Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Louise KING	17 Biggleswade	31.61	608*
2.	Hannah RAINE	17 Biggleswade	31.86	595*
3.	Amelia VINCENT	16 Linslade	33.52	513*
4.	Christina AIKMAN	17 Leighton Buz	35.07	447*
5.	Zoe SMITH	16 Luton	35.15	444*
6.	Hannah SCOTCHFORD	16 Flitwick	35.24	441*
7.	Rebekah SHEARS	16 Leighton Buz	35.86	417*
8.	Nicola SIMPSON	17 Modernians	36.19	405*
9.	Harriet LEE	16 Biggleswade	36.39	398*

### 18 Yrs/Over Age Group

Place	Name	AaD Club	Time	BAG Pt
1.	Rebecca WARNER	18 Modernians	29.04	763*
2.	Emily AUST	18 Biggleswade	34.92	453*

	<i>Junior Champion The Bedfordshire ASA Cup</i>	<i>Senior Champion The Joanne Drewitt Cup</i>
<b>1</b>	<b>Yasmin BITHREY</b>	<b>Rebecca WARNER</b>
<b>2</b>	<b>Jessica KARP</b>	<b>Yasmin BITHREY</b>
<b>3</b>	<b>Charlotte COOK</b>	<b>Jessica KARP</b>



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### EVENT 33 Male Open 400m Free Team

Place	Name	A.G Club	Time	BAG Pt	50	100	150	200	250	300	350
1.	Mod'A'	Modernians	3:40.80	696*	25.68	54.62	1:20.83	1:50.03	2:16.10	2:45.43	3:11.54
	Stuart KIRK	25.68	28.94	( 54.62)							
	Samuel BRIGGS	26.21	29.20	( 55.41)							
	James CARLINE	26.07	29.33	( 55.40)							
	Marcel SCHOLTEN	26.11	29.26	( 55.37)							
2.	Bigg'Blue'	Biggleswade	3:48.33	635*	26.23	54.62	1:21.51	1:51.91	2:19.50	2:50.51	3:17.23
	Adam INGLEDEW	26.23	28.39	( 54.62)							
	Paul TITLEY	26.89	30.40	( 57.29)							
	Christian STOKES	27.59	31.01	( 58.60)							
	Chris BRADBURY	26.72	31.10	( 57.82)							
3.	Mod'B'	Modernians	3:50.60	618*	27.26	57.54	1:24.99	1:55.76	2:22.64	2:52.32	3:19.67
	David WHEELER	27.26	30.28	( 57.54)							
	David CARLINE	27.45	30.77	( 58.22)							
	Ellis GINGELL	26.88	29.68	( 56.56)							
	Andrew WHEELER	27.35	30.93	( 58.28)							
4.	Bigg'Yellow'	Biggleswade	3:59.82	553*	28.51	59.67	1:28.26		2:29.05	3:01.90	3:29.78
	Aydin BERKI	28.51	31.16	( 59.67)							
	David DOWSETT	28.59		( 28.59)							
	Alex RAINE	1:00.79	32.85	( 1.33.64)							
	Myles GIBSON	27.88	30.04	( 57.92)							
5.	Luton'A'	Luton	4:00.90	546*	27.70	57.82	1:27.20	1:59.25	2:28.01	2:59.89	3:28.77
	Bogdan OLEINIK	27.70	30.12	( 57.82)							
	Lawrence PALMER	29.38	32.05	( 1.01.43)							
	Daniel RILEY	28.76	31.88	( 1.00.64)							
	Jack LEE	28.88	32.13	( 1.01.01)							
6.	Flit'A'	Flitwick	4:01.19	544*	29.50	1:00.91	1:30.10	2:02.90	2:31.74	3:03.39	3:31.43
	Thomas WINDER	29.50	31.41	( 1.00.91)							
	Simon LIDDLE	29.19	32.80	( 1.01.99)							
	L CHAMBERLAIN-CLARK	28.84	31.65	( 1.00.49)							
	Simon WEIGHELL	28.04	29.76	( 57.80)							
	Mod'C'	Modernians	DQ	0-4L	28.37	1:00.00	1:27.78	1:58.88	2:26.12	2:57.85	3:26.34
	R TABERNER	28.37	31.63	( 1.00.00)							
	Tristan HAMPSON	27.78	31.10	( 58.88)							
	Thomas CHALLEN	27.24	31.73	( 58.97)							
	Matthew McKEOWN	28.49		( 28.49)							

### EVENT 34 Female Open 400m Free Team

Place	Name	A.G Club	Time	BAG Pt	50	100	150	200	250	300	350
1.	Bigg'Blue'	Biggleswade	4:06.52	725*	29.48	1:00.69	1:30.45	2:02.37	2:32.47	3:04.60	3:34.21
	Yasmin BITHREY	29.48	31.21	( 1.00.69)							
	Charlotte BLACKSLEY	29.76	31.92	( 1.01.68)							
	Rachel HOLLINGTON	30.10	32.13	( 1.02.23)							
	Harriet BRETTE	29.61	32.31	( 1.01.92)							
2.	Mod'A'	Modernians	4:10.15	697*	30.06	1:01.54	1:30.64	2:01.94	2:31.68	3:05.19	3:35.82
	B WARNER	30.06	31.48	( 1.01.54)							
	Natalie EFFEMEY	29.10	31.30	( 1.00.40)							
	Karen KWOK	29.74	33.51	( 1.03.25)							
	Charlotte OVENDEN	30.63	34.33	( 1.04.96)							
3.	Bigg'Yellow'	Biggleswade	4:19.94	628*	30.68	1:03.13	1:33.03	2:07.45	2:37.69	3:11.28	3:43.57
	Hannah RAINE	30.68	32.45	( 1.03.13)							
	Emma JONES	29.90	34.42	( 1.04.32)							
	Danielle LEE	30.24	33.59	( 1.03.83)							
	Charlotte BECK	32.29	36.37	( 1.08.66)							
4.	Flit'A'	Flitwick	4:30.01	564*	32.53	1:08.14	1:40.65	2:17.63	2:49.97	3:25.14	3:55.88
	Leah NEARY	32.53	35.61	( 1.08.14)							
	Hannah SCOTCHFORD	32.51	36.98	( 1.09.49)							
	Louise SIMMONS	32.34	35.17	( 1.07.51)							
	Rhianydd JONES	30.74	34.13	( 1.04.87)							
5.	Luton'A'	Luton	4:34.11	540*	32.39	1:06.72	1:40.08	2:16.61	2:48.28	3:23.99	3:57.52
	Zoe SMITH	32.39	34.33	( 1.06.72)							
	Jessica BROWN	33.36	36.53	( 1.09.89)							
	Hannah PARR	31.67	35.71	( 1.07.38)							
	Yolanda BATSON	33.53	36.59	( 1.10.12)							