



Braintree Pool Shakedown Event
Under ASA Laws & ASA Technical Rules of Swimming
Braintree Swimming Centre
Sunday 6 July 2008 - Session 1



EVENT 1 Boys/Girls 11/14 Years 800m Freestyle (HDW)

BOYS 12 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	George FOLEY	12	Havering Aq	10:10.65	1:13.02	2:30.95	3:48.66	5:06.23	6:22.53	7:39.42	8:56.04
2.	Aiden ROBINSON	12	Killerwhales	10:50.26	1:15.62	2:36.92	3:58.41	5:20.49	6:43.19	8:06.20	9:28.70

BOYS 13 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	Lee BAKER	13	Epping For't	10:07.10	1:11.05	2:27.86	3:45.63	5:03.82	6:20.53	7:37.52	8:53.91
2.	Samuel HARVEY	13	Orpington OJ	10:24.15	1:12.77	2:31.12	3:49.97	5:09.81	6:28.34	7:46.57	9:06.02

BOYS 14 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	David BENNETT	14	Havering Aq	9:33.60	1:05.87	2:17.72	3:29.38	4:42.24	5:55.68	7:08.55	8:22.37
2.	Emile DU TOIT	14	Halstead	10:02.43	1:09.09	2:24.32	3:41.56	4:58.90	6:15.61	7:32.86	8:50.59
3.	Jonathon ELLIS	14	Runnymede	10:08.00	1:10.23	2:27.68	3:46.34	5:04.90	6:22.82	7:40.55	8:58.83

GIRLS 11 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	Katie WHIFFIN	11	Epping For't	10:36.18	1:12.63	2:32.38	3:52.55	5:13.60	6:34.04	7:54.97	9:16.33
2.	Alexa FOSTER-CARTER	11	Bo Southend	11:01.29	1:17.88	2:39.55	4:02.23	5:25.46	6:49.91	8:14.86	9:39.15
3.	Lorna MACLEAN	11	Bo Southend	11:13.20	1:18.06	2:41.20	4:05.79	5:30.51	6:57.79	8:23.83	9:49.50
4.	Robyn BROADBENT	11	Halstead	12:00.50	1:21.40	2:50.60	4:20.95	5:53.60	7:25.43	8:58.58	10:31.35
5.	Sophie HOWARD	11	Braintree	12:01.20	1:25.76	2:57.28	4:28.65	6:02.49	7:36.24	9:09.68	10:40.33
6.	Harriett BARTRAM-BAIRD	11	Braintree	12:57.58	1:33.29	3:09.50	4:48.58	6:28.00	8:07.23	9:45.09	11:22.93
7.	Charlotte MARVEN	11	Colchester	13:24.21	1:35.62	3:18.02	5:00.25	6:40.90	8:20.72	10:04.53	11:49.37

GIRLS 12 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	Danielle ROOKE	12	Killerwhales	10:42.38	1:13.04	2:33.02	3:54.07	5:16.39	6:38.56	8:00.42	9:22.20
2.	Charlotte HARTIN	12	Runnymede	11:05.00	1:20.42	2:44.96	4:09.05	5:33.25	6:56.47	8:19.35	9:42.16
3.	Hayley MITCHELL	12	Runnymede	11:32.33	1:20.47	2:47.13	4:14.65	5:41.24	7:08.35	8:35.66	10:03.23

GIRLS 13 Years Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
1.	Ellie TOWNLEY	13	Runnymede	10:31.38	1:11.31	2:30.53	3:49.65	5:10.73	6:31.26	7:52.49	9:13.80

TIME TRIAL

Name	AaD	Club	Time	100	200	300	400	500	600	700
Amanda RULTON	14	Halstead	11:59.43	1:24.29	2:54.14	4:24.31	5:57.09	7:30.22	9:02.80	10:34.45

EVENT 2 Boys 09/11 Years 200m Individual Medley (HDW)

09 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Harry FOX	9	Killerwhales	3:17.23	44.95	1:32.41	2:36.33
2.	Richard ROBINSON	9	Havering Aq	3:37.74	47.43	1:43.59	2:47.39

10 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Jack ORWELL	10	Havering Aq	3:17.34	41.61	1:31.96	2:32.05
2.	Samuel WOOLF	10	Bo Southend	3:25.89	50.57	1:41.40	2:42.25
3.	Samuel SMYTH	10	Havering Aq	3:40.01	45.56	1:39.27	2:45.22

11 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Jim VICKERS	11	Colchester	2:54.78	39.14	1:22.27	2:17.08
2.	Orin MANN	11	Braintree	2:55.08	37.05	1:21.79	2:15.48
3.	Charles STURLEY	11	Havering Aq	3:00.48	39.71	1:26.72	2:22.51
4.	Damian GREEN	11	Colchester	3:00.65	43.69	1:28.61	2:21.63
5.	Alex MERCHAN	11	Killerwhales	3:01.17	42.43	1:26.94	2:22.02
6.	Alexander CARTER	11	Colchester	3:02.70	39.74	1:30.07	2:23.90
7.	Jake MARSHALL	11	Havering Aq	3:06.51	39.29	1:25.76	2:24.94

EVENT 3 Girls 09/10 Years 200m Individual Medley (HDW)

09 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
	Phoebe COLES	9	Colchester	DQ	SA-1L		

10 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Isabella SALTHOUSE	10	Braintree	3:21.40	44.11	1:35.16	2:36.48
2.	Katherine-jayne WATTS	10	Colchester	3:22.16	42.97	1:33.73	2:37.26
3.	Sarah FOLEY	10	Havering Aq	3:30.39	45.89	1:41.02	2:43.30

EVENT 4 Boys 12/14 Years 200m Individual Medley (HDW & Final)

12/14 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Tom WEBB	14	Killerwhales	2:30.48	33.33	1:11.50	1:55.37
2.	Karl ROBERTS	14	Colchester	2:38.90	34.25	1:11.64	2:01.44
3.	Tom VICKERS	13	Colchester	2:40.41	33.80	1:11.99	2:04.34
4.	James ROBINSON	13	Havering Aq	2:46.50	37.78	1:20.54	2:09.19
5.	Matthew HORNE	13	Braintree	2:46.51	35.65	1:19.87	2:07.91
6.	George CROW	13	Killerwhales	2:46.68	37.28	1:17.47	2:10.07
7.	Matthew KNOWLES	13	Chelmsford	2:47.63	36.88	1:19.57	2:10.21
8.	Henry MAHER	13	Epping Fort	2:51.24	36.10	1:19.01	2:10.72
9.	Lewis BIRKS	12	Braintree	2:55.40	39.12	1:24.33	2:17.41
10.	Freddy CASSFORD	12	Epping Fort	2:55.63	37.56	1:23.77	2:16.79
11.	James ROOME	13	Killerwhales	2:56.36	39.58	1:24.10	2:17.95
12.	Aiden ROBINSON	12	Killerwhales	2:57.29	40.77	1:25.58	2:18.79
13.	Elliot HART	12	Runnymede	3:04.76	42.86	1:30.54	2:23.74

12 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Lewis BIRKS	12	Braintree	2:55.40	39.12	1:24.33	2:17.41
2.	Freddy CASSFORD	12	Epping Fort	2:55.63	37.56	1:23.77	2:16.79
3.	Aiden ROBINSON	12	Killerwhales	2:57.29	40.77	1:25.58	2:18.79
4.	Elliot HART	12	Runnymede	3:04.76	42.86	1:30.54	2:23.74

13 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Tom VICKERS	13	Colchester	2:40.41	33.80	1:11.99	2:04.34
2.	James ROBINSON	13	Havering Aq	2:46.50	37.78	1:20.54	2:09.19
3.	Matthew HORNE	13	Braintree	2:46.51	35.65	1:19.87	2:07.91
4.	George CROW	13	Killerwhales	2:46.68	37.28	1:17.47	2:10.07
5.	Matthew KNOWLES	13	Chelmsford	2:47.63	36.88	1:19.57	2:10.21
6.	Henry MAHER	13	Epping For't	2:51.24	36.10	1:19.01	2:10.72
7.	James ROOME	13	Killerwhales	2:56.36	39.58	1:24.10	2:17.95

14 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Tom WEBB	14	Killerwhales	2:30.48	33.33	1:11.50	1:55.37
2.	Karl ROBERTS	14	Colchester	2:38.90	34.25	1:11.64	2:01.44

EVENT 5 Girls 11/13 Years 200m Individual Medley (HDW & Final)

11/13 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Helen MITCHELL	13	Braintree	2:42.78	34.50	1:15.49	2:03.67
2.	Paige YOUNG	13	Colchester	2:44.66	37.53	1:19.79	2:08.15
3.	Hannah TRAVELL	12	Braintree	2:45.96	36.53	1:20.45	2:08.80
4.	Grace BAUCKHAM	13	Braintree	2:46.00	35.99	1:18.52	2:08.78
5.	Ellie TOWNLEY	13	Runnymede	2:51.83	37.68	1:21.82	2:12.97
6.	Danielle ROOKE	12	Killerwhales	2:54.44	39.27	1:22.59	2:16.18
7.	Rebekah BOOTY	12	Braintree	2:54.83	37.96	1:23.39	2:14.55
8.	Chloe FOWLER	12	Basildon	2:54.88	37.18	1:23.25	2:15.34
9.	Kelsey ELLERBY	12	Runnymede	2:57.45	39.10	1:23.83	2:18.68
10.	Alexandra EDGE	13	Bo Southend	2:58.41	39.30	1:24.32	2:18.59
11.	Demi SMITH	12	Killerwhales	2:58.87	40.81	1:27.91	2:18.70
12.	Megan BOYDEN	11	Colchester	3:00.28	38.34	1:26.16	2:20.35
13.	Sian ELMY	11	Runnymede	3:04.90	42.62	1:28.39	2:22.76
14.	Sophie HOWARD	11	Braintree	3:07.90	41.44	1:29.74	2:26.29
15.	Rebecca MARTIN	11	Havering Aq	3:15.53	43.87	1:33.85	2:34.10
16.	Harriett BARTRAM-BAIRD	11	Braintree	3:16.89	43.17	1:35.38	2:32.79
17.	Rebecca WHYMAN	11	Killerwhales	3:17.86	44.73	1:35.41	2:32.55
	Helena WRIGHT	11	Colchester	DQ	SA-1L		

11 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Megan BOYDEN	11	Colchester	3:00.28	38.34	1:26.16	2:20.35
2.	Sian ELMY	11	Runnymede	3:04.90	42.62	1:28.39	2:22.76
3.	Sophie HOWARD	11	Braintree	3:07.90	41.44	1:29.74	2:26.29
4.	Rebecca MARTIN	11	Havering Aq	3:15.53	43.87	1:33.85	2:34.10
5.	Harriett BARTRAM-BAIRD	11	Braintree	3:16.89	43.17	1:35.38	2:32.79
6.	Rebecca WHYMAN	11	Killerwhales	3:17.86	44.73	1:35.41	2:32.55
	Helena WRIGHT	11	Colchester	DQ	SA-1L		

12 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Hannah TRAVELL	12	Braintree	2:45.96	36.53	1:20.45	2:08.80
2.	Danielle ROOKE	12	Killerwhales	2:54.44	39.27	1:22.59	2:16.18
3.	Rebekah BOOTY	12	Braintree	2:54.83	37.96	1:23.39	2:14.55
4.	Chloe FOWLER	12	Basildon	2:54.88	37.18	1:23.25	2:15.34
5.	Kelsey ELLERBY	12	Runnymede	2:57.45	39.10	1:23.83	2:18.68
6.	Demi SMITH	12	Killerwhales	2:58.87	40.81	1:27.91	2:18.70

13 Years Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Helen MITCHELL	13	Braintree	2:42.78	34.50	1:15.49	2:03.67
2.	Paige YOUNG	13	Colchester	2:44.66	37.53	1:19.79	2:08.15
3.	Grace BAUCKHAM	13	Braintree	2:46.00	35.99	1:18.52	2:08.78
4.	Ellie TOWNLEY	13	Runnymede	2:51.83	37.68	1:21.82	2:12.97
5.	Alexandra EDGE	13	Bo Southend	2:58.41	39.30	1:24.32	2:18.59

EVENT 6 Boys 10/11 Years 400m Individual Medley (HDW)

09 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Jack AYLING	9	Havering Aq	6:11.30	38.29	1:25.60	2:12.77	2:58.74	3:53.10	4:48.72	5:29.98
2.	Calum CONNELLY	9	Havering Aq	6:19.16	41.12	1:31.88	2:18.43	3:04.88	4:01.47	4:56.66	5:38.30

10 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Connor KEARNS	10	Killerwhales	6:08.12	39.14	1:26.59	2:15.64	3:02.97	3:54.67	4:47.44	5:28.20
2.	Charlie FOX	10	Killerwhales	6:21.83	41.17	1:28.87	2:14.83	3:00.34	3:58.20	4:57.49	5:39.88

11 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Matthew ALEXANDER	11	Havering Aq	6:14.32	39.06	1:27.86	2:11.90	2:57.21	3:53.10	4:48.24	5:30.26
2.	Jim VICKERS	11	Colchester	6:14.50	40.66	1:29.50	2:16.26	3:02.83	3:57.73	4:53.99	5:35.59
3.	Alexander CARTER	11	Colchester	6:31.11	42.87	1:35.24	2:27.10	3:18.19	4:12.50	5:07.96	5:50.36

EVENT 7 Girls 10/11 Years 400m Individual Medley (HDW)

10 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Karis ELLERBY	10	Runnymede	6:37.33	43.82	1:38.76	2:29.61	3:18.31	4:13.50	5:10.51	5:56.28
2.	Abigail REYNOLDS	10	Bo Southend	6:37.58	44.24	1:38.97	2:25.76	3:12.99	4:11.59	5:11.01	5:54.08
3.	Isabella SALTHOUSE	10	Braintree	7:14.97	48.89	1:48.19	2:41.34	3:34.86	4:39.27	5:41.91	6:31.54

11 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Kayleigh SIMS	11	Runnymede	6:02.84	40.61	1:29.49	2:14.03	2:58.95	3:46.38	4:35.07	5:19.01
2.	Lorna MACLEAN	11	Bo Southend	6:10.66	43.21	1:33.83	2:19.10	3:05.12	3:57.63	4:50.17	5:31.11
3.	Alexa FOSTER-CARTER	11	Bo Southend	6:29.13	41.40	1:31.09	2:21.51	3:11.37	4:07.56	5:04.74	5:48.10
4.	Rebecca MARTIN	11	Havering Aq	6:57.00	45.93	1:40.76	2:34.14	3:26.02	4:26.55	5:27.57	6:13.64
5.	Charlotte MARVEN	11	Colchester	7:14.87	50.52	1:53.12	2:45.42	3:38.12	4:38.64	5:40.23	6:29.94

EVENT 8 Boys 12/14 Years 400m Individual Medley (HDW)

12 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	George FOLEY	12	Havering Aq	5:47.43	37.70	1:19.48	2:04.39	2:48.72	3:39.63	4:31.65	5:10.63
2.	Elliot HART	12	Runnymede	6:32.65	43.84	1:34.17	2:25.63	3:14.81	4:10.30	5:06.16	5:50.40

13 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Tom VICKERS	13	Colchester	5:44.60	34.80	1:18.02	2:01.12	2:43.78	3:35.74	4:27.37	5:05.50
	George CROW	13	Killerwhales	DQ	T-4L						

14 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Lewis CLIFFORD-STEPHEN	14	Killerwhales	5:02.81	31.31	1:09.11	1:49.11	2:28.02	3:09.96	3:53.23	4:29.30
2.	David BENNETT	14	Havering Aq	5:24.74	33.54	1:13.14	1:54.05	2:33.88	3:22.57	4:11.52	4:49.56
3.	Tom WEBB	14	Killerwhales	5:26.60	35.02	1:16.67	1:59.26	2:41.31	3:28.21	4:14.81	4:51.89

EVENT 9 Girls 12/13 Years 400m Individual Medley (HDW)

12 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Hannah TRAVELL	12	Braintree	5:51.31	38.38	1:23.38	2:08.87	2:52.40	3:43.02	4:33.29	5:13.22
2.	Chloe FOWLER	12	Basildon	6:09.47	39.24	1:27.81	2:15.45	3:02.58	3:53.44	4:46.98	5:29.39

13 Years Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Helen MITCHELL	13	Braintree	5:36.77	35.63	1:18.75	2:03.06	2:46.09	3:34.19	4:23.82	5:00.72
2.	Abigail WHIFFIN	13	Epping For't	5:37.41	36.55	1:19.73	2:02.64	2:44.55	3:31.86	4:21.64	5:00.16
3.	Paige YOUNG	13	Colchester	5:45.68	38.90	1:25.95	2:08.63	2:50.79	3:39.71	4:29.65	5:08.53

Finals

EVENT 10 SUPER FINAL OF EVENT 4 Boys 12/14 Years 200m Individual Medley

Place	Name	AaD	Club	Time	50	100	150
1.	Tom WEBB	14	Killerwhales	2:28.63	32.89	1:09.55	1:53.24
2.	Karl ROBERTS	14	Colchester	2:37.68	32.88	1:10.66	2:00.66
3.	Tom VICKERS	13	Colchester	2:37.79	33.31	1:13.29	2:03.86
4.	Matthew HORNE	13	Braintree	2:46.20	35.81	1:19.51	2:07.75
5.	James ROBINSON	13	Havering Aq	2:46.55	37.98	1:20.68	2:09.01
6.	Matthew KNOWLES	13	Chelmsford	2:51.68	37.21	1:20.46	2:12.50
7.	Henry MAHER	13	Epping For't	2:52.83	37.60	1:22.40	2:11.60
	George CROW	13	Killerwhales	DQ	T-4L		

EVENT 11 SUPER FINAL OF EVENT 5 Girls 11/13 Years 200m Individual Medley

Place	Name	AaD	Club	Time	50	100	150
1.	Helen MITCHELL	13	Braintree	2:40.89	34.41	1:16.15	2:03.80
2.	Paige YOUNG	13	Colchester	2:44.78	38.00	1:19.77	2:07.76
3.	Hannah TRAVELL	12	Braintree	2:46.60	37.81	1:20.37	2:08.49
4.	Ellie TOWNLEY	13	Runnymede	2:50.25	37.72	1:21.63	2:12.65
5.	Grace BAUCKHAM	13	Braintree	2:50.30	37.29	1:21.40	2:11.86
6.	Danielle ROOKE	12	Killerwhales	2:52.80	38.53	1:22.54	2:15.20
7.	Rebekah BOOTY	12	Braintree	2:55.03	38.85	1:24.36	2:15.44
8.	Chloe FOWLER	12	Basildon	2:55.23	37.51	1:23.66	2:15.64