

Newham ESL Gala - 21 March 2009 (at East Ham)

Event			Swimmers	Pre Event DRs	Place	Event Time	
# 1	Female 9-11 100 Free Relay	11 & Under	4 x 25	Mikeala Gore, Meg Vaughan, Abby Colton, Lauren Colton		3	1:11.07
# 2	Male 9-11 100 Free Relay	11 & Under	4 x 25	Tom Smith-Evans, Steven Beasley, Callum Marley, Mat Holland		4	1:09.92
# 3	Female Senior 50 Fly	OPEN	50	Steph Agar	36.53	5	38:86
# 4	Male Senior 50 Fly	OPEN	50	Dean Shepherd	31.91	5	32.82
# 5	Female 9-13 50 Back	13 & Under	50	Hannah Flight	38.22	3	38.42
# 6	Male 9-13 50 Back	13 & Under	50	Callum Marley	43.46	4	43.98
# 7	Female 9-15 100 Breast	15 & Under	100	Lauren Baker	1:23.03	2	1:21.54
# 8	Male 9-15 100 Breast	15 & Under	100	Casey Reed	1:55.94	5	1:48.07
# 9	Female 9-11 50 Free	11 & Under	50	Mikeala Gore	34.29	2	34.20
# 10	Male 9-11 50 Free	11 & Under	50	Tom Smith-Evans	37.91	5	38.36
# 11	Female OPEN 100 Medley Relay	OPEN	4 x 25	Lauren F, Lauren B, Steph Agar, Sophie Johnstone		1	1:06.16
# 12	Male OPEN 100 Medley Relay	OPEN	4 x 25	Dean Shepherd, James Dickson, Mat Holland, Matt Stoker		5	1:08.48
# 13	Female 9-13 200 Free Relay	13 & Under	4 x 50	Lauren B, Sarah, Mikeala, Hannah		2	2:13.73
# 14	Male 9-13 200 Free Relay	13 & Under	4 x 50	Mat H, Cameron B, Tom, Casey		5	2:29.98
# 15	Female 9-15 100 Free	15 & Under	100	Lauren F	1:07.38	2	1:05.89
# 16	Male 9-15 100 Free	15 & Under	100	Matt S	1:04.61	-	DQ start
# 17	Female 9-11 25 Fly	11 & Under	25	Grace Hellier	17.69	2	17:57
# 18	Male 9-11 25 Fly	11 & Under	25	Steven	20.16	3	19:32
# 19	Female Senior 100 Back	OPEN	100	Sophie	1:16.54	2	1:15.76
# 20	Male Senior 100 Back	OPEN	100	Mat H	1:35.79	5	1:29.76
# 21	Female 9-13 50 Breast	13 & Under	50	Lauren B	39.07	3	38.58
# 22	Male 9-13 50 Breast	13 & Under	50	James	47.24	5	45.54
# 23	Female 9-15 200 Medley Relay	15 & Under	4 x 50	Steph, Jenny Stott, Lauren F, Sam Mitchell		1	2:22.23
# 24	Male 9-15 200 Medley Relay	15 & Under	4 x 50	Mat H, Casey, Matt S, Joe Hellier		5	2:35.60
# 25	Female 9-11 100 Medley Relay	11 & Under	4 x 25	Lauren C, Abby, Grace, Meg		-	DQ finish
# 26	Male 9-11 100 Medley Relay	11 & Under	4 x 25	Callum, Tom, Steven, Cameron Crozier		4	1:22.74
# 27	Female Senior 100 Breast	OPEN	100	Jenny	1:20.87	1	1:21.29
# 28	Male Senior 100 Breast	OPEN	100	Casey	1:55.94	5	1:45.58
# 29	Female 9-13 50 Free	13 & Under	50	Sarah	36.77	3	35.32
# 30	Male 9-13 50 Free	13 & Under	50	Joe	30.13	2	30:02
# 31	Female 9-15 50 Fly	15 & Under	50	Steph	36.53	5	39.82
# 32	Male 9-15 50 Fly	15 & Under	50	Matt S	36.86	4	34.29
# 33	Female 9-11 50 Back	11 & Under	50	Mikeala	42.42	2	42.67
# 34	Male 9-11 50 Back	11 & Under	50	Callum	43.46	5	44.26

# 35 Female 9-13 200 Medley Relay	13 & Under	4 x 50	Mikeala, Lauren B, Hannah, Sarah		5	2:38.04
# 36 Male 9-13 200 Medley Relay	13 & Under	4 x 50	Mat H, James, Steven, Cameron B		5	2:56.95
# 37 Female 9-15 200 Free Relay	15 & Under	4 x 50	Lauren F, Sam, Sophie, Lauren B		2	2:04.67
# 38 Male 9-15 200 Free Relay	15 & Under	4 x 50	Joe, Tom, Casey, Matt S		5	2:13.10
# 39 Female Senior 100 Free	OPEN	100	Sophie	1.08.82	1	1:08.26
# 40 Male Senior 100 Free	OPEN	100	Dean	1.02.53	5	1:07.20
# 41 Female 9-11 50 Breast	11 & Under	50	Abby	49.91	1	48.39
# 42 Male 9-11 50 Breast	11 & Under	50	Tom	52.84	4	52.32
# 43 Female 9-13 50 Fly	13 & Under	50	Hannah	38.41	5	37.95
# 44 Male 9-13 50 Fly	13 & Under	50	Casey	42.18	5	42.73
# 45 Female 9-15 100 Back	15 & Under	100	Lauren F	1:14.08	1	1:15.80
# 46 Male 9-15 100 Back	15 & Under	100	Mat H	1:29.76	5	1:35.04
# 47 Female Senior 200 Free Relay	OPEN	4 x 50	Lauren F, Steph, Sam, Sophie		3	2:11.70
# 48 Male Senior 200 Free Relay	OPEN	4 x 50	Dean, Mat H, Matt S, Joe		5	2:04.42
# 49 Female/Male Squadron 200 Free Relay	SQUAD	8 x 25	Lauren C, Cameron C, Hannah, Cameron B, Sam, Matt S, Sophie, Dean		5	2:07.32

Look at all these individual PB's!!

As always, our swimmers worked their socks off, a fact that isn't reflected in the evening's totals:

Newham	231
Basildon	208
Eltham	185
Becontree	177
Witham	165