

## Erith and District Swimming Club

## Meet Results

White Horse League R5 17-Sep-11 [Ageup: 31/12/2011] SC Meters  
Erith and District [EDSC]

Time	F/P/S	Relay	Place	Pts	Improv
<b>Event # 1 Female 200 Free Relay 9-11</b>					
2:29.36	S F	A Relay	Erith and District	5	4
	Ruby Verge (11)		Georgia Burdett (11)	Danielle Hills (11)	Jade Lucas (11)
	34.89	35.50	40.90	38.07	
<b>Event # 2 Male 200 Free Relay 9-11</b>					
2:22.34	S F	A Relay	Erith and District	3	6
	Alexander Song (11)		Lewis Hayes (10)	Joseph Leigh (11)	George Hills (11)
	34.44	35.13	35.71	37.06	
<b>Event # 3 Female 200 Medley Relay 12-13</b>					
DQ1	F	A Relay	Erith and District	---	---
	Olivia Fryett (13)		Ashton Middleton (13)	Olivia Maunders (13)	Amy Butterworth (13)
<b>Event # 4 Male 200 Medley Relay 12-13</b>					
2:35.14	S F	A Relay	Erith and District	3	6
	James Vick (12)		Joseph Leigh (11)	Alexander Song (11)	Myles Ellis (12)
	40.87	43.88	39.12	31.27	
<b>Event # 5 Female 200 Free Relay 14-15</b>					
2:08.07	S F	A Relay	Erith and District	5	4
	Holly Fryett (14)		Jade Hughes (14)	Alix Bliss (14)	Sarah-Louise Shattock-Gomez (15)
	30.76	32.21	32.95	32.15	
<b>Event # 6 Male 200 Free Relay 14-15</b>					
1:57.82	S F	A Relay	Erith and District	4	5
	Daniel Bassett (15)		Jack Capstick (15)	Anthony Noonan (15)	George Leigh (14)
	27.63	29.40	29.57	31.22	
<b>Event # 7 Female 200 Medley Relay16 &amp; Over</b>					
2:18.30	S F	A Relay	Erith and District	3	6
	Rebecca Gravell (17)		Holly Fryett (14)	Caitlin Colman (16)	Emily White (16)
	33.37	40.47	33.82	30.64	
<b>Event # 8 Male 200 Medley Relay16 &amp; Over</b>					
DQ2	F	A Relay	Erith and District	---	---
	Michael Cook (20)		Conor Middleton (16)	Daniel Bassett (15)	Tommy Cowell (16)
<b>Event # 9 Female 50 Back 10-11</b>					
40.64	S	F	Verge, Ruby	4	5
					0.94
<b>Event # 10 Male 50 Back 10-11</b>					
41.45	S	F	Song, Alexander	4	5
					-3.49
<b>Event # 11 Female 100 Breast 12-13</b>					
DQ3		F	Middleton, Ashton	---	---
<b>Event # 12 Male 100 Breast 12-13</b>					
1:35.95	S	F	Vick, James	4	5
					4.88
<b>Event # 13 Female 100 Back 14-15</b>					
1:14.49	S	F	Fryett, Holly	3	6
					0.75

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<b>Event # 14 Male 100 Back 14-15</b>					
1:15.17S	F	Capstick, Jack	6	3	-0.71
<b>Event # 15 Female 100 Fly 16 &amp; Over</b>					
1:16.89S	F	Colman, Caitlin	5	4	-1.45
<b>Event # 16 Male 100 Fly 16 &amp; Over</b>					
1:04.32S	F	Cook, Michael	2	7	-0.36
<b>Event # 17 Female 50 Fly 10-11</b>					
41.51S	F	Burdett, Georgia	4	5	-2.18
<b>Event # 18 Male 50 Fly 10-11</b>					
39.84S	F	Song, Alexander	1	8	0.90
<b>Event # 19 Female 100 Back 12-13</b>					
1:25.83S	F	Fryett, Olivia	4	5	-0.15
<b>Event # 20 Male 100 Back 12-13</b>					
1:23.21S	F	Ellis, Myles	4	5	-2.68
<b>Event # 21 Female 100 Fly 14-15</b>					
1:28.23S	F	Hughes, Jade	5	4	4.31
<b>Event # 22 Male 100 Fly 14-15</b>					
DQ4	F	Bassett, Daniel	---	---	---
<b>Event # 23 Female 100 Back 16 &amp; Over</b>					
1:11.18S	F	Gravell, Rebecca	1	8	0.36
<b>Event # 24 Male 100 Back 16 &amp; Over</b>					
1:02.64S	F	Cook, Michael	1	8	0.48
<b>Event # 25 Female 50 Breast 10-11</b>					
46.57S	F	Burdett, Georgia	5	4	-0.30
<b>Event # 26 Male 50 Breast 10-11</b>					
44.00S	F	Leigh, Joseph	2	7	0.74
<b>Event # 27 Female 100 Fly 12-13</b>					
DQ5	F	Maunder, Olivia	---	---	---
<b>Event # 28 Male 100 Fly 12-13</b>					
DQ6	F	Vick, James	---	---	---

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<b>Event # 29 Female 100 Free 14-15</b>					
1:11.52S	F	Shattock-Gomez, Sarah-Louise	6	3	-2.92
<b>Event # 30 Male 100 Free 14-15</b>					
1:07.62S	F	Noonan, Anthony	6	3	-2.99
<b>Event # 31 Female 100 Breast 16 &amp; Over</b>					
1:30.47S	F	Gravell, Rebecca	3	6	3.97
<b>Event # 32 Male 100 Breast 16 &amp; Over</b>					
1:19.35S	F	Middleton, Conor	5	4	-1.49
<b>Event # 33 Female 50 Free 10-11</b>					
34.99S	F	Verge, Ruby	2	7	-0.04
<b>Event # 34 Male 50 Free 10-11</b>					
35.83S	F	Hayes, Lewis	4	5	0.21
<b>Event # 35 Female 100 Free 12-13</b>					
1:08.91S	F	Middleton, Ashton	3	6	-2.12
<b>Event # 36 Male 100 Free 12-13</b>					
1:12.64S	F	Ellis, Myles	5	4	-0.24
<b>Event # 37 Female 100 Breast 14-15</b>					
1:27.41S	F	Fryett, Holly	1	8	-0.99
<b>Event # 38 Male 100 Breast 14-15</b>					
1:25.01S	F	Leigh, George	5	4	0.45
<b>Event # 39 Female 100 Free 16 &amp; Over</b>					
1:09.17S	F	White, Emily	6	3	2.27
<b>Event # 40 Male 100 Free 16 &amp; Over</b>					
1:02.35S	F	Cowell, Tommy	4	5	2.20
<b>Event # 41 Female 200 Medley Relay 9-11</b>					
2:58.49 S F	A Relay	Erith and District	4	5	
Ruby Verge (11)		Jade Lucas (11)	Georgia Burdett (11)	Danielle Hills (11)	
	41.72	47.50	45.64	43.63	
<b>Event # 42 Male 200 Medley Relay 9-11</b>					
2:47.15 S F	A Relay	Erith and District	3	6	
Lewis Hayes (10)		Joseph Leigh (11)	Alexander Song (11)	George Hills (11)	
	43.19	44.46	40.74	38.76	

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<b>Event # 43 Female 200 Free Relay 12-13</b>								
2:19.38	S F	A Relay	Erith and District			5	4	
	Ashton Middleton (13)		Olivia Maunders (13)	Olivia Fryett (13)				Amy Butterworth (13)
		32.56	35.12	35.07	36.63			
<b>Event # 44 Male 200 Free Relay 12-13</b>								
2:20.40	S F	A Relay	Erith and District			4	5	
	Myles Ellis (12)		James Vick (12)	Lewis Hayes (10)				Alexander Song (11)
		33.86	34.17	36.22	36.15			
<b>Event # 45 Female 200 Medley Relay 14-15</b>								
2:28.74	S F	A Relay	Erith and District			5	4	
	Holly Fryett (14)		Jade Hughes (14)	Alix Bliss (14)				Sarah-Louise Shattock-Gomez (15)
		34.87	43.52	37.72	32.63			
<b>Event # 46 Male 200 Medley Relay 14-15</b>								
2:14.55	S F	A Relay	Erith and District			4	5	
	Jack Capstick (15)		George Leigh (14)	Daniel Bassett (15)				Anthony Noonan (15)
		34.20	38.49	32.57	29.29			
<b>Event # 47 Female 200 Free Relay16 &amp; Over</b>								
2:03.17	S F	A Relay	Erith and District			2	6	
	Rebecca Gravell (17)		Caitlin Colman (16)	Emily White (16)				Holly Fryett (14)
		31.33	30.69	31.01	30.14			
<b>Event # 48 Male 200 Free Relay16 &amp; Over</b>								
1:50.97	S F	A Relay	Erith and District			5	4	
	Michael Cook (20)		Tommy Cowell (16)	Conor Middleton (16)				Daniel Bassett (15)
		26.57	28.32	28.20	27.88			

Round V Gala Result			Gala & League Points after Round V of VI		
1	Bromley	327	1	Orpington O'Jays	1439 54
2	Orpington O'Jays	307	2	Bromley	1373 50
3	Beckenham	255	3	Beckenham	1295.5 49
4	<b>Erith &amp; District</b>	<b>218</b>	4	White Oak	1016 39
5	White Oak	200	5	<b>Erith &amp; District</b>	<b>1011 36</b>
6	Saxon Crown	171	6	Saxon Crown	878.5 33

DQ1/3 – legs not on horizontal plane  
 DQ4 – moving at start  
 DQ2/5/6 – alternating legs

On the back of a strong performance in round 4 we attacked the gala from the start eventually matching our position **finishing 4th again** (out of 6 clubs), but this had **no effect on our league position and is unlikely to now as we sit in 5th** place. That said we came away with **29 personal best performances**, half of which coming from our individuals which is unusual, but very welcome. We had **4 individual winners** on this evening, they were; **Alex Song** (10/11 50m Butterfly), **Rebecca Gravell & Michael Cook** (Open 100m BK) and **Holly Fryett** (15/u 100m Breaststroke), we are definitely getting stronger in this respect so well done to those four trail blazers.

Individual Personal Bests were achieved by; **Jack Capstick** (15/u 100m BK), **Caitlin Colman** (Open 100m FLY), **Georgia Burdett** (10/11 50m FLY + BR), **Olivia Fryett** (13/u 100m BK), **Myles Ellis** (13/u 100m BK + FREE), **Sarah-Louise Shattock-Gomex & Anthony Noonan** (15/u 100m FREE), **Conor Middleton** (Open 100m BR) and **Ashton Middleton** (13/u 100m FREE). In our relays these guys also swam a personal best time; **Ruby Verge, Danielle Hills** (who was called in from

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the gallery on the night!), **Jade Lucas, Lewis Hayes, Jospheh Leigh and George Hills** (9-11 4x50m FREE). Jade also swam a 2 second pb on her BR leg of the medley relay in the same age group.

As always there are some issues for us to work on. **6 disqualifications** are far too many, though the 14 points it cost us would not have changed our final position. 3 were from alternating legs on Butterfly, 2 were legs not on the same horizontal plane on Breaststroke and 1 was moving at the start. These aren't repeat offenders so I am not too concerned I just think they were tired and so their stroke diminished, however it is something we need to be aware of. I actually thought **our starts were some of the best I've seen** us do at the club. Lots of us were very quick off the block and nearly everyone who dived into an individual made 10m or more under water which is something I've been talking about for a long time now. So our hard work is paying off, let's keep it up and make sure it's built into the next generation.

Thanks to **Paul White** for team managing and **Jason Middleton** for time keeping - one more round to go and once again we're going for a top 4 finish.

**Steven O'Neill**