

## Individual Meet Results

**Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters**

**Sanction: 3LR22257 Location: Hillingdon Sports & Leisure Complex**

**Ealing Swimming Club [EALL] Coach: Dave Heathcock**

| Time                          | F/P/S   | Event                      | Place | Points | Improv |
|-------------------------------|---------|----------------------------|-------|--------|--------|
| <b>E. Birlouez-Lee (13) M</b> |         |                            |       |        |        |
| 34.03S                        | F # 3C  | Men 13-13 50 Back          | 4     | 6      | -2.11  |
| 2:55.06S                      | F # 5C  | Men 13-13 200 Breast       | 3     | 8      | -2.72  |
| 2:37.59S                      | F # 7C  | Men 13-13 200 IM           | 6     | 3      | -8.04  |
| 4:53.22S                      | F # 9C  | Men 13-13 400 Free         | 1     | 20     | -6.06  |
| 1:16.29S                      | F # 19C | Men 13-13 100 Breast       | 3     | 8      | 0.74   |
| 27.47S                        | F # 21C | Men 13-13 50 Free          | 1     | 20     | -1.63  |
| 2:36.19S                      | F # 23C | Men 13-13 200 Back         | 2     | 12     | -15.17 |
| 2:15.52S                      | F # 25C | Men 13-13 200 Free         | 3     | 8      | -1.73  |
| <b>L. Boulting (12) M</b>     |         |                            |       |        |        |
| 36.45S                        | F # 3B  | Men 12-12 50 Back          | 4     | 6      | 0.53   |
| 5:23.85S                      | F # 9B  | Men 12-12 400 Free         | 6     | 3      | -1.13  |
| 1:20.88S                      | F # 13B | Men 12-12 100 Back         | 6     | 3      | 0.68   |
| 30.80S                        | F # 21B | Men 12-12 50 Free          | 4     | 6      | -0.47  |
| 2:48.60S                      | F # 23B | Men 12-12 200 Back         | 3     | 8      | -7.05  |
| 2:29.20S                      | F # 25B | Men 12-12 200 Free         | 6     | 3      | -3.43  |
| <b>C. Brennan (16) W</b>      |         |                            |       |        |        |
| 2:55.34S                      | F # 6F  | Women 16 & Over 200 Breast | 4     | 6      | 1.23   |
| 2:18.36S                      | F # 8F  | Women 16 & Over 200 Free   | 6     | 3      | -0.14  |
| 36.98S                        | F # 16F | Women 16 & Over 50 Breast  | 5     | 4      | 0.86   |
| 1:20.32S                      | F # 18F | Women 16 & Over 100 Breast | 2     | 12     | 0.04   |
| 29.50S                        | F # 20F | Women 16 & Over 50 Free    | 8     | 1      | -0.04  |
| 1:03.35S                      | F # 30F | Women 16 & Over 100 Free   | 7     | ---    | -0.84  |
| <b>J. Britton (27) M</b>      |         |                            |       |        |        |
| 2:08.18S                      | F # 17F | Men 16 & Over 200 Fly      | 1     | 20     | 1.01   |
| 2:05.93S                      | F # 23F | Men 16 & Over 200 Back     | 1     | 20     | 2.99   |
| 1:51.95S                      | F # 25F | Men 16 & Over 200 Free     | 1     | 20     | 0.70   |
| 50.77S                        | F # 31F | Men 16 & Over 100 Free     | 1     | ---    | 0.02   |
| <b>A. Caygill (12) W</b>      |         |                            |       |        |        |
| 35.67S                        | F # 4B  | Women 12-12 50 Back        | 7     | 2      | 0.12   |
| 1:16.89S                      | F # 14B | Women 12-12 100 Back       | 5     | 4      | 0.03   |
| 2:45.67S                      | F # 22B | Women 12-12 200 Back       | 5     | 4      | -3.22  |
| <b>S. Chavchanidze (13) W</b> |         |                            |       |        |        |
| 33.10S                        | F # 4C  | Women 13-13 50 Back        | 1     | 20     | -0.33  |
| 1:11.32S                      | F # 14C | Women 13-13 100 Back       | 1     | 20     | -0.33  |
| 39.45S                        | F # 16C | Women 13-13 50 Breast      | 5     | 4      | -2.84  |
| 28.76S                        | F # 20C | Women 13-13 50 Free        | 1     | 20     | -0.52  |
| 2:44.20S                      | F # 24C | Women 13-13 200 IM         | 3     | 8      | -10.32 |
| NS                            | S # 28A | Women 14 & Under 50 Free   | ---   | ---    | ---    |
| 1:03.78S                      | F # 30C | Women 13-13 100 Free       | 2     | ---    | -0.35  |
| 34.50S                        | F # 32C | Women 13-13 50 Fly         | 11    | ---    | 0.36   |
| <b>I. Dhandapani (10) M</b>   |         |                            |       |        |        |
| 50.10S                        | F # 3A  | Men 10-11 50 Back          | 12    | ---    | -0.94  |
| 56.81S                        | F # 15A | Men 10-11 50 Breast        | 11    | ---    | -3.33  |
| 41.56S                        | F # 21A | Men 10-11 50 Free          | 19    | ---    | -1.41  |
| 3:35.28S                      | F # 25A | Men 10-11 200 Free         | 15    | ---    | -10.68 |
| 1:36.20S                      | F # 31A | Men 10-11 100 Free         | 16    | ---    | -2.36  |
| 52.14S                        | F # 33A | Men 10-11 50 Fly           | 13    | ---    | -10.46 |

## Individual Meet Results

**Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters**

**Sanction: 3LR222257 Location: Hillingdon Sports & Leisure Complex**

**Ealing Swimming Club [EALL] Coach: Dave Heathcock**

| Time                         | F/P/S   | Event                  | Place | Points | Improv |
|------------------------------|---------|------------------------|-------|--------|--------|
| <b>I. Dhandapani (14) M</b>  |         |                        |       |        |        |
| 1:28.02S                     | F # 1D  | Men 14-14 100 Fly      | 11    | ---    | 6.94   |
| 2:52.16S                     | F # 7D  | Men 14-14 200 IM       | 13    | ---    | -20.13 |
| 37.92S                       | F # 15D | Men 14-14 50 Breast    | 5     | 4      | -0.52  |
| 29.18S                       | F # 21D | Men 14-14 50 Free      | 11    | ---    | 0.17   |
| NS                           | F # 25D | Men 14-14 200 Free     | ---   | ---    | ---    |
| 1:06.36S                     | F # 31D | Men 14-14 100 Free     | 10    | ---    | 0.88   |
| 33.25S                       | F # 33D | Men 14-14 50 Fly       | 9     | ---    | 0.02   |
| <b>C. Ferhat (15) W</b>      |         |                        |       |        |        |
| 33.25S                       | F # 20E | Women 15-15 50 Free    | 10    | ---    | -0.56  |
| 3:03.57S                     | F # 22E | Women 15-15 200 Back   | 8     | 1      | -0.77  |
| 1:14.00S                     | F # 30E | Women 15-15 100 Free   | 10    | ---    | 0.45   |
| <b>L. Frainer-Law (12) M</b> |         |                        |       |        |        |
| NS                           | F # 1B  | Men 12-12 100 Fly      | ---   | ---    | ---    |
| 32.91S                       | F # 3B  | Men 12-12 50 Back      | 1     | 20     | 1.20   |
| 5:11.67S                     | F # 9B  | Men 12-12 400 Free     | 4     | 6      | ---    |
| <b>I. Ingleton (12) W</b>    |         |                        |       |        |        |
| 35.64S                       | F # 4B  | Women 12-12 50 Back    | 6     | 3      | -0.54  |
| 3:03.61S                     | F # 6B  | Women 12-12 200 Breast | 1     | 20     | -1.58  |
| 2:26.86S                     | F # 8B  | Women 12-12 200 Free   | 4     | 6      | -0.68  |
| 1:18.75S                     | F # 14B | Women 12-12 100 Back   | 6     | 3      | 0.18   |
| 40.05S                       | F # 16B | Women 12-12 50 Breast  | 2     | 12     | 1.14   |
| 1:25.42S                     | F # 18B | Women 12-12 100 Breast | 1     | 20     | 1.19   |
| 30.57S                       | F # 20B | Women 12-12 50 Free    | 7     | 2      | 0.14   |
| <b>A. Ingram (11) W</b>      |         |                        |       |        |        |
| 1:34.87S                     | F # 2A  | Women 10-11 100 Fly    | 7     | 2      | -6.40  |
| 41.08S                       | F # 4A  | Women 10-11 50 Back    | 11    | ---    | -1.09  |
| 2:43.70S                     | F # 8A  | Women 10-11 200 Free   | 9     | ---    | -2.06  |
| 1:27.20S                     | F # 14A | Women 10-11 100 Back   | 10    | ---    | -2.32  |
| 50.04S                       | F # 16A | Women 10-11 50 Breast  | 9     | ---    | 1.52   |
| 34.58S                       | F # 20A | Women 10-11 50 Free    | 11    | ---    | -1.35  |
| 3:01.81S                     | F # 22A | Women 10-11 200 Back   | 7     | 2      | -1.48  |
| 5:39.95S                     | F # 26A | Women 10-11 400 Free   | 4     | 6      | -1.71  |
| 1:18.61S                     | F # 30A | Women 10-11 100 Free   | 12    | ---    | 0.45   |
| <b>M. Jervis (14) M</b>      |         |                        |       |        |        |
| 39.60S                       | F # 3D  | Men 14-14 50 Back      | 12    | ---    | -1.81  |
| 3:17.13S                     | F # 5D  | Men 14-14 200 Breast   | 7     | 2      | -3.27  |
| 1:24.59S                     | F # 13D | Men 14-14 100 Back     | 10    | ---    | -0.99  |
| 39.24S                       | F # 15D | Men 14-14 50 Breast    | 6     | 3      | -0.63  |
| 1:28.69S                     | F # 19D | Men 14-14 100 Breast   | 9     | ---    | -0.68  |
| 31.74S                       | F # 21D | Men 14-14 50 Free      | 16    | ---    | 0.36   |
| 2:41.81S                     | F # 25D | Men 14-14 200 Free     | 15    | ---    | -3.29  |
| 1:08.80S                     | F # 31D | Men 14-14 100 Free     | 12    | ---    | -2.08  |

### Individual Meet Results

Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters

Sanction: 3LR22257 Location: Hillingdon Sports & Leisure Complex

Ealing Swimming Club [EALL] Coach: Dave Heathcock

| Time                       | F/P/S   | Event                  | Place | Points | Improv |
|----------------------------|---------|------------------------|-------|--------|--------|
| <b>E. Kc (13) W</b>        |         |                        |       |        |        |
| 1:18.71S                   | F # 2C  | Women 13-13 100 Fly    | 5     | 4      | -0.96  |
| 35.61S                     | F # 4C  | Women 13-13 50 Back    | 8     | 1      | -0.03  |
| 2:23.88S                   | F # 8C  | Women 13-13 200 Free   | 9     | ---    | 1.11   |
| 1:19.00S                   | F # 14C | Women 13-13 100 Back   | 12    | ---    | 1.77   |
| 29.60S                     | F # 20C | Women 13-13 50 Free    | 4     | 6      | 0.34   |
| 2:47.56S                   | F # 24C | Women 13-13 200 IM     | 6     | 3      | 0.78   |
| 5:12.46S                   | F # 26C | Women 13-13 400 Free   | 6     | 3      | 7.86   |
| 1:05.04S                   | F # 30C | Women 13-13 100 Free   | 5     | ---    | 0.78   |
| 32.92S                     | F # 32C | Women 13-13 50 Fly     | 2     | ---    | 0.07   |
| <b>B. Kowal (14) W</b>     |         |                        |       |        |        |
| 1:23.68S                   | F # 2D  | Women 14-14 100 Fly    | 12    | ---    | -0.41  |
| 3:02.53S                   | F # 6D  | Women 14-14 200 Breast | 7     | 2      | -1.02  |
| 6:01.77S                   | F # 10D | Women 14-14 400 IM     | 4     | 6      | -2.14  |
| 1:22.39S                   | F # 14D | Women 14-14 100 Back   | 10    | ---    | -1.17  |
| 38.94S                     | F # 16D | Women 14-14 50 Breast  | 2     | 12     | 1.25   |
| 1:22.87S                   | F # 18D | Women 14-14 100 Breast | 6     | 3      | -0.96  |
| 31.04S                     | F # 20D | Women 14-14 50 Free    | 9     | ---    | -0.12  |
| 2:47.84S                   | F # 24D | Women 14-14 200 IM     | 8     | 1      | -0.69  |
| 1:07.90S                   | F # 30D | Women 14-14 100 Free   | 9     | ---    | -1.78  |
| 35.56S                     | F # 32D | Women 14-14 50 Fly     | 10    | ---    | 0.66   |
| <b>C. Kwok (12) M</b>      |         |                        |       |        |        |
| 39.89S                     | F # 3B  | Men 12-12 50 Back      | 9     | ---    | 0.35   |
| 3:25.93S                   | F # 5B  | Men 12-12 200 Breast   | 7     | 2      | 2.53   |
| 3:09.21S                   | F # 7B  | Men 12-12 200 IM       | 9     | ---    | -3.14  |
| NS                         | F # 9B  | Men 12-12 400 Free     | ---   | ---    | ---    |
| NS                         | F # 13B | Men 12-12 100 Back     | ---   | ---    | ---    |
| NS                         | F # 15B | Men 12-12 50 Breast    | ---   | ---    | ---    |
| <b>E. Loud (11) W</b>      |         |                        |       |        |        |
| 1:51.21S                   | F # 18A | Women 10-11 100 Breast | 14    | ---    | -8.23  |
| 37.60S                     | F # 20A | Women 10-11 50 Free    | 29    | ---    | -1.28  |
| 3:39.07S                   | F # 24A | Women 10-11 200 IM     | 22    | ---    | ---    |
| <b>E. Lovell (15) W</b>    |         |                        |       |        |        |
| 2:41.39S                   | F # 8E  | Women 15-15 200 Free   | 7     | 2      | 7.62   |
| 45.24S                     | F # 16E | Women 15-15 50 Breast  | 3     | 8      | 1.53   |
| <b>G. Macintyre (13) W</b> |         |                        |       |        |        |
| 33.44S                     | F # 20C | Women 13-13 50 Free    | 22    | ---    | -0.06  |
| NS                         | F # 24C | Women 13-13 200 IM     | ---   | ---    | ---    |
| 1:13.40S                   | F # 30C | Women 13-13 100 Free   | 20    | ---    | -1.87  |
| 37.05S                     | F # 32C | Women 13-13 50 Fly     | 19    | ---    | -0.70  |
| <b>K. Madani (10) M</b>    |         |                        |       |        |        |
| 35.73S                     | F # 21A | Men 10-11 50 Free      | 11    | ---    | -3.36  |
| 1:23.75S                   | F # 31A | Men 10-11 100 Free     | 13    | ---    | -5.28  |
| 47.41S                     | F # 33A | Men 10-11 50 Fly       | 12    | ---    | 0.69   |

### Individual Meet Results

Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters

Sanction: 3LR22257 Location: Hillingdon Sports & Leisure Complex

Ealing Swimming Club [EALL] Coach: Dave Heathcock

| Time                         | F/P/S   | Event                    | Place | Points | Improv |
|------------------------------|---------|--------------------------|-------|--------|--------|
| <b>A. Messis (10) M</b>      |         |                          |       |        |        |
| 41.79S                       | F # 3A  | Men 10-11 50 Back        | 6     | 3      | 0.02   |
| 3:01.21S                     | F # 7A  | Men 10-11 200 IM         | 4     | 6      | -9.07  |
| 5:27.31S                     | F # 9A  | Men 10-11 400 Free       | 2     | 12     | -7.08  |
| 1:29.61S                     | F # 13A | Men 10-11 100 Back       | 6     | 3      | 0.34   |
| 50.14S                       | F # 15A | Men 10-11 50 Breast      | 9     | ---    | 1.38   |
| 35.50S                       | F # 21A | Men 10-11 50 Free        | 10    | ---    | -0.07  |
| 3:04.00S                     | F # 23A | Men 10-11 200 Back       | 3     | 8      | 4.44   |
| 2:37.81S                     | F # 25A | Men 10-11 200 Free       | 3     | 8      | -2.88  |
| 1:16.70S                     | F # 31A | Men 10-11 100 Free       | 5     | ---    | -1.02  |
| 42.26S                       | F # 33A | Men 10-11 50 Fly         | 9     | ---    | 1.10   |
| <b>J. Neal (20) W</b>        |         |                          |       |        |        |
| 31.82S                       | F # 4F  | Women 16 & Over 50 Back  | 2     | 12     | ---    |
| 2:15.32S                     | F # 8F  | Women 16 & Over 200 Free | 5     | 4      | ---    |
| 1:09.03S                     | F # 14F | Women 16 & Over 100 Back | 3     | 8      | ---    |
| 29.14S                       | F # 20F | Women 16 & Over 50 Free  | 6     | 3      | ---    |
| 2:29.12S                     | F # 22F | Women 16 & Over 200 Back | 3     | 8      | ---    |
| 1:01.85S                     | F # 30F | Women 16 & Over 100 Free | 4     | ---    | ---    |
| <b>N. Ng (11) M</b>          |         |                          |       |        |        |
| 6:26.06S                     | F # 9A  | Men 10-11 400 Free       | 6     | 3      | ---    |
| <b>K. Nowosielski (10) M</b> |         |                          |       |        |        |
| 1:52.66S                     | F # 19A | Men 10-11 100 Breast     | 10    | ---    | ---    |
| 35.44S                       | F # 21A | Men 10-11 50 Free        | 9     | ---    | 1.21   |
| 1:20.88S                     | F # 31A | Men 10-11 100 Free       | 8     | ---    | -0.20  |
| 41.80S                       | F # 33A | Men 10-11 50 Fly         | 7     | ---    | ---    |
| <b>D. O'keeffe (13) W</b>    |         |                          |       |        |        |
| 39.33S                       | F # 4C  | Women 13-13 50 Back      | 19    | ---    | 0.23   |
| 42.07S                       | F # 16C | Women 13-13 50 Breast    | 11    | ---    | 0.22   |
| 1:31.94S                     | F # 18C | Women 13-13 100 Breast   | 10    | ---    | 2.47   |
| <b>H. Pytlowany (14) M</b>   |         |                          |       |        |        |
| 1:06.37S                     | F # 1D  | Men 14-14 100 Fly        | 4     | 6      | 2.80   |
| 32.43S                       | F # 3D  | Men 14-14 50 Back        | 3     | 8      | -0.22  |
| 2:33.12S                     | F # 7D  | Men 14-14 200 IM         | 5     | 4      | 7.68   |
| NS                           | S # 11A | Men 14 & Under 50 Free   | ---   | ---    | ---    |
| 1:09.02S                     | F # 13D | Men 14-14 100 Back       | 2     | 12     | 1.45   |
| <b>C. Ramshaw (10) W</b>     |         |                          |       |        |        |
| 2:02.84S                     | F # 18A | Women 10-11 100 Breast   | 15    | ---    | -1.50  |
| <b>D. Self (14) W</b>        |         |                          |       |        |        |
| 33.99S                       | F # 4D  | Women 14-14 50 Back      | 1     | 20     | 0.54   |
| 2:29.22S                     | F # 8D  | Women 14-14 200 Free     | 7     | 2      | 3.50   |
| 30.05S                       | F # 20D | Women 14-14 50 Free      | 4     | 6      | 0.01   |
| 2:36.61S                     | F # 22D | Women 14-14 200 Back     | 3     | 8      | -0.72  |
| 1:06.01S                     | F # 30D | Women 14-14 100 Free     | 6     | ---    | 0.78   |
| 34.86S                       | F # 32D | Women 14-14 50 Fly       | 7     | ---    | 1.49   |

## Individual Meet Results

**Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters**

**Sanction: 3LR222257 Location: Hillingdon Sports & Leisure Complex**

**Ealing Swimming Club [EALL] Coach: Dave Heathcock**

| Time                      | F/P/S   | Event                    | Place | Points | Improv |
|---------------------------|---------|--------------------------|-------|--------|--------|
| <b>E. Sennis (14) W</b>   |         |                          |       |        |        |
| 1:20.40S                  | F # 2D  | Women 14-14 100 Fly      | 11    | ---    | -3.40  |
| 37.39S                    | F # 4D  | Women 14-14 50 Back      | 9     | ---    | -3.70  |
| 2:27.59S                  | F # 8D  | Women 14-14 200 Free     | 5     | 4      | -5.66  |
| 1:19.72S                  | F # 14D | Women 14-14 100 Back     | 8     | 1      | -0.29  |
| 30.59S                    | F # 20D | Women 14-14 50 Free      | 7     | 2      | -0.21  |
| 5:14.81S                  | F # 26D | Women 14-14 400 Free     | 9     | ---    | -1.17  |
| 1:08.31S                  | F # 30D | Women 14-14 100 Free     | 11    | ---    | 0.14   |
| 35.46S                    | F # 32D | Women 14-14 50 Fly       | 9     | ---    | 0.25   |
| <b>R. Sharma (12) W</b>   |         |                          |       |        |        |
| 42.92S                    | F # 4B  | Women 12-12 50 Back      | 20    | ---    | -0.23  |
| 2:51.03S                  | F # 8B  | Women 12-12 200 Free     | 17    | ---    | 1.06   |
| 48.72S                    | F # 16B | Women 12-12 50 Breast    | 15    | ---    | 0.07   |
| 1:47.14S                  | F # 18B | Women 12-12 100 Breast   | 13    | ---    | -0.01  |
| 36.30S                    | F # 20B | Women 12-12 50 Free      | 23    | ---    | -0.21  |
| 1:18.18S                  | F # 30B | Women 12-12 100 Free     | 18    | ---    | -1.42  |
| 41.61S                    | F # 32B | Women 12-12 50 Fly       | 13    | ---    | 0.45   |
| <b>D. Tedesco (15) M</b>  |         |                          |       |        |        |
| 4:18.15S                  | F # 9E  | Men 15-15 400 Free       | 1     | 20     | 0.30   |
| 2:20.26S                  | F # 17E | Men 15-15 200 Fly        | 2     | 12     | -6.76  |
| 4:52.75S                  | F # 27E | Men 15-15 400 IM         | 1     | 20     | -9.51  |
| 55.92S                    | F # 31E | Men 15-15 100 Free       | 2     | ---    | -0.80  |
| <b>L. Turner (10) W</b>   |         |                          |       |        |        |
| 1:48.25S                  | F # 18A | Women 10-11 100 Breast   | 12    | ---    | ---    |
| 36.53S                    | F # 20A | Women 10-11 50 Free      | 21    | ---    | 0.69   |
| <b>A. Williams (17) M</b> |         |                          |       |        |        |
| 2:11.56S                  | F # 7F  | Men 16 & Over 200 IM     | 1     | 20     | 1.01   |
| NS                        | S # 12A | Men 15 & Over 50 Free    | ---   | ---    | ---    |
| 56.11S                    | F # 31F | Men 16 & Over 100 Free   | 9     | ---    | 0.35   |
| 27.38S                    | F # 33F | Men 16 & Over 50 Fly     | 7     | ---    | 0.24   |
| <b>J. Wilson (18) M</b>   |         |                          |       |        |        |
| 36.47S                    | F # 3F  | Men 16 & Over 50 Back    | 8     | 1      | -1.37  |
| 1:17.41S                  | F # 13F | Men 16 & Over 100 Back   | 7     | 2      | -5.48  |
| 36.08S                    | F # 15F | Men 16 & Over 50 Breast  | 10    | ---    | 0.66   |
| 1:19.73S                  | F # 19F | Men 16 & Over 100 Breast | 7     | 2      | -3.13  |
| 29.87S                    | F # 21F | Men 16 & Over 50 Free    | 16    | ---    | 0.53   |
| 2:35.46S                  | F # 25F | Men 16 & Over 200 Free   | 14    | ---    | ---    |
| 1:07.54S                  | F # 31F | Men 16 & Over 100 Free   | 19    | ---    | -0.78  |
| 33.71S                    | F # 33F | Men 16 & Over 50 Fly     | 15    | ---    | -4.59  |

## Individual Meet Results

Hillingdon SC Winter Open Meet 2022 17-Dec-22 to 18-Dec-22 [Ageup: 31/12/2022] SC Meters

Sanction: 3LR222257 Location: Hillingdon Sports & Leisure Complex

Ealing Swimming Club [EALL] Coach: Dave Heathcock

| Time                     | F/P/S   | Event                 | Place | Points | Improv |
|--------------------------|---------|-----------------------|-------|--------|--------|
| <b>M. Wilson (15) W</b>  |         |                       |       |        |        |
| 34.73S                   | F # 4E  | Women 15-15 50 Back   | 3     | 8      | -1.10  |
| 2:29.00S                 | F # 8E  | Women 15-15 200 Free  | 4     | 6      | 3.35   |
| 1:16.98S                 | F # 14E | Women 15-15 100 Back  | 2     | 12     | 0.12   |
| 41.13S                   | F # 16E | Women 15-15 50 Breast | 1     | 20     | -0.07  |
| 29.38S                   | F # 20E | Women 15-15 50 Free   | 4     | 6      | 0.02   |
| 2:46.18S                 | F # 22E | Women 15-15 200 Back  | 7     | 2      | -2.83  |
| 2:48.66S                 | F # 24E | Women 15-15 200 IM    | 5     | 4      | -0.46  |
| 1:05.62S                 | F # 30E | Women 15-15 100 Free  | 5     | ---    | -0.59  |
| 32.87S                   | F # 32E | Women 15-15 50 Fly    | 3     | ---    | 0.67   |
| <b>M. Wojtala (12) W</b> |         |                       |       |        |        |
| 35.13S                   | F # 20B | Women 12-12 50 Free   | 18    | ---    | 0.67   |
| 5:39.73S                 | F # 26B | Women 12-12 400 Free  | 7     | 2      | -28.44 |
| 1:16.90S                 | F # 30B | Women 12-12 100 Free  | 16    | ---    | 0.67   |
| 44.37S                   | F # 32B | Women 12-12 50 Fly    | 16    | ---    | -0.77  |