

Speedo League Round 3 - Hemel Hempstead 13th December 2003

Event	Age	Stroke	Distance	Position	Time	Swimmer	Split	Swimmer	Split	Swimmer	Split	Swimmer	Split
12	10-11	Back	50m	4	45.92	D.Rosewell							
28	10-11	Breast	50m	4	48.10	D.McKay							
20	10-11	Fly	50m	4	43.04	M.Amis							
36	10-11	Free	50m	3	36.57	D.McKay							
44	9-11	Medley Relay	4 x 50m	4	3.00.11	D.Rosewell	47.12	D.McKay	49.78	M.Amis	45.08	A.Taylor	38.15
4	9-11	Free Relay	4 x 50m	4	2.31.91	D.Rosewell	37.70	M.Amis	38.57	A.Taylor	38.96	D.McKay	36.68
22	13/U	Back	100m	3	1.26.22	R.Worland							
14	13/U	Breast	100m	2	1.26.67	S.Bayles							
30	13/U	Fly	100m	4	1.24.21	S.Bayles							
38	13/U	Free	100m	4	1.12.89	K.Vakilzadeh							
6	13/U	Medley Relay	4 x 50m	2	2.29.16	R.Worland	39.68	C.Williamson	42.83	S.Bayles	34.35	K.Vakilzadeh	32.30
46	13/U	Free Relay	4 x 50m	2	2.12.31	C.Williamson	34.24	R.Worland	35.68	K.Vakilzadeh	32.28	S.Bayles	29.97
16	15/U	Back	100m	3	1.14.56	B.Smith							
40	15/U	Breast	100m	5	1.27.87	S.Bayles							
24	15/U	Fly	100m	2	1.14.16	B.Smith							
32	15/U	Free	100m	6	1.07.29	M.Holland							
48	15/U	Medley Relay	4 x 50m	5	2.23.00	M.Holland	36.63	S.Bayles	40.95	B.Smith	32.76	K.Vakilzadeh	32.66
8	15/U	Free Relay	4 x 50m	6	2.03.49	M.Holland	30.01	C.Williamson	35.16	S.Bayles	30.44	B.Smith	31.88
26	Open	Back	100m	3	1.09.53	S.Lewis							
34	Open	Breast	100m	2	1.15.80	B.Morgan							
18	Open	Fly	100m	1	1.02.23	J.Stewart							
42	Open	Free	100m	1	57.36	J.Stewart							
2	Open	IM	4 x 50m	1	2.25.91	B.Morgan							
10	Open	Medley Relay	4 x 50m	2	2.03.32	J.Stewart	30.21	B.Morgan	34.68	S.Lewis	29.18	S.Moorhouse	29.27
50	Open	Free Relay	6 x 50m	2	2.46.86	S.Lewis	27.83	S.Moorhouse	28.98	B.Smith	29.91	M.Holland	29.94
										B.Morgan	25.75	J.Stewart	24.45

Gala Result

Epping Forest	215	1
Sutton & Cheam/Cheam Ladies	202	2=
Bethnal Green	202	2=
Seven Islands	133	4
Acton	133	5
Barracuda	102	6