

## Waltham Forest Open 16th & 17th October 2010

Dist	Stroke	Age	Swimmer	Pos	Time	CQTs	Splits
200m	IM	Girls	9-11 Andrea Houben	1	2 51.65 PB (7.9s)	CQT	(39.49/45.57/46.91/39.68)
			12-13 Georgina Lawson	4	2 52.96 PB (10.8s)	CQT	(37.20/43.78/54.25/37.73)
200m	Free	Boys	9-11 Ben Harrison	2	2 46.07 PB (7.8s)	CQT	(37.13/42.25/43.70/42.99)
			Jack Shewell-Cooper	6	3 00.58		(39.86/45.76/48.26/46.70)
			Jack Higgins	8	3 05.11 PB (0.5s)	CQT	(43.15/48.14/47.24/46.58)
			Morgan Newman	9	3 09.91 NPT		(42.43/48.43/49.88/49.17)
			Josef Wheeler	13	3 21.44 PB (237.8s)		(45.12/52.82/54.46/49.04)
			12-13 Aryan Alekasir	6	2 29.63 PB (13.7s)		(32.16/38.46/40.58/38.43)
			Joshua Higgins	9	2 52.92 PB (4.6s)		(39.40/44.18/45.77/43.57)
Kaywon Alekasir	11	2 55.34		(38.26/43.87/45.09/48.12)			
50m	Free	Girls	9-11 Lauren Andrew	11	38.89	CQT	
			Eleanor Lawson	15	39.93		
			12-13 Phoebe Love	1	30.27	CQT	
			Georgina Lawson	4	31.72	CQT	
			Samantha Burt	13	34.00 PB (0.1s)		
Samantha Over	15	34.26	CQT				
50m	Back	Boys	9-11 Ben Harrison	5	44.01	CQT	
			Jack Shewell-Cooper	7	45.83		
			Morgan Newman	10	49.53		
			12-13 Aryan Alekasir	9	39.88		
Kaywon Alekasir	12	43.67					
100m	Back	Girls	10-11 Eleanor Lawson	14	1 49.08		(53.73/55.35)
			12-13 Georgina Lawson	6	1 19.41	CQT	(38.85/40.56)
			Samantha Over	12	1 26.62		(42.09/44.53)
100m	Breast	Boys	10-11 Josef Wheeler	3	2 00.19 PB (15.4s)		(56.96/63.23)
200m	Fly	Girls	10-11 Andrea Houben	1	3 09.06 PB (5.6s)		(43.20/49.85/51.12/44.89)
400m	Free	Boys	9-11 Jack Shewell-Cooper	7	6 15.17 PB (14.5s)		(1 30.16/1 36.83/1 36.03/1 32.15)
			12-13 Aryan Alekasir	12	6 14.61		(1 27.81/1 35.67/1 38.28/1 32.85)
200m	Breast	Girls	9-11 Andrea Houben	DQ			
			12-13 Samantha Burt	11	3 29.75		(48.55/53.15/53.73/54.32)
200m	Back	Boys	9-11 Ben Harrison	2	3 05.99 PB (11.7s)	CQT	(45.67/47.88/47.36/45.08)
			Jack Higgins	DQ			
			Morgan Newman	DQ			
			12-13 Joshua Higgins	3	3 02.73		(42.99/46.87/47.18/45.69)
50m	Fly	Girls	9-11 Andrea Houben	1	37.05	CQT	
			Lauren Andrew	8	44.18		
			Eleanor Lawson	11	51.91		
			Georgina Tallon	12	52.17 PB (2.3s)		
			Stephanie Tallon	14	57.42		
			12-13 Phoebe Love	1	34.65	CQT	
			Georgina Lawson	2	35.14	CQT	
Samantha Burt	9	39.23					
50m	Breast	Boys	9-11 Ben Harrison	2	47.65 PB (0.2s)	CQT	
			Jack Higgins	4	51.81		
			Jack Shewell-Cooper	9	55.06		
			Morgan Newman	10	55.26		
100m	Free	Girls	12-13 Georgina Lawson	4	1 10.75	CQT	(34.32/36.43)
100m	Fly	Boys	10-11 Ben Harrison	3	1 33.78 PB (1.7s)		(43.74/50.04)
			Jack Shewell-Cooper	5	1 53.47		(49.46/64.01)
100m	IM	Girls	9-11 Andrea Houben	1	1 22.08	CQT	
			Lauren Andrew	10	1 40.11		
			Amelia Hardy	17	1 56.74 PB (2.0s)		
			12-13 Phoebe Love	3	1 21.46 PB (0.9s)	CQT	
			Samantha Burt	15	1 36.98		
200m	IM	Boys	9-11 Jack Shewell-Cooper	4	3 28.52		(47.64/53.99/59.99/46.90)
			Ben Harrison	DQ			
12-13 Joshua Higgins	10	3 11.96 PB (6.2s)		(43.59/45.91/59.23/43.23)			
200m	Free	Girls	9-11 Andrea Houben	1	2 32.91 PB (16.8s)	CQT	(36.41/39.88/40.33/36.29)
			Lauren Andrew	10	3 01.04 PB (23.5s)	CQT	(41.21/45.76/46.10/47.97)
			12-13 Georgina Lawson	4	2 33.01 PB (2.9s)	CQT	(35.79/40.18/39.66/37.38)
			Samantha Burt	11	2 46.17 PB (0.5s)		(38.35/43.63/44.23/39.96)
50m	Free	Boys	9-11 Ben Harrison	6	36.70	CQT	

## Waltham Forest Open 16th & 17th October 2010

Dist	Stroke	Age	Swimmer	Pos	Time	CQTs	Splits
			Jack Shewell-Cooper	8	38.42		
			Morgan Newman	9	38.50	CQT	
			Nicholas Formby	10	41.42		
50m	Back	Girls	12-13 Oliver Formby	10	34.95 PB (0.4s)	CQT	
			9-11 Andrea Houben	2	40.16	CQT	
			Lauren Andrew	11	46.86		
			Eleanor Lawson	14	47.18 PB (1.2s)		
			Stephanie Tallon	17	49.51		
			Georgina Tallon	19	50.52		
			Madeleine Formby	23	57.85 PB (0.4s)		
100m	Back	Boys	12-13 Georgina Lawson	2	35.95	CQT	
			10-11 Nicholas Formby	4	2 00.63		(58.20/62.43)
			12-13 Joshua Higgins	5	1 25.53 PB (0.5s)		(41.71/43.82)
			Oliver Formby	8	1 33.62 PB (18.2s)		(46.03/47.59)
100m	Breast	Girls	9-11 Andrea Houben	1	1 28.32	CQT	(43.00/45.32)
			Amelia Hardy	6	2 18.32		(66.71/71.61)
			12-13 Samantha Burt	9	1 40.21		(47.99/52.22)
200m	Fly	Boys	9-11 Ben Harrison	1	3 23.43 PB (6.2s)	CQT	(42.45/52.89/54.89/53.20)
400m	Free	Girls	9-11 Andrea Houben	7	5 40.16 PB (60.0s)	CQT	(1 22.11/1 26.11/1 26.58/1 25.36)
			12-13 Georgina Lawson	4	5 22.92 NPT	CQT	(1 18.95/1 24.31/1 22.48/1 17.18)
200m	Breast	Boys	9-11 Jack Higgins	4	3 44.23 PB (7.3s)	CQT	(50.64/57.24/59.00/57.35)
			Josef Wheeler	9	4 16.68 PB (26.5s)		(58.24/67.81/64.68/65.95)
			12-13 Oliver Formby	DQ			
200m	Back	Girls	12-13 Georgina Lawson	5	2 50.62	CQT	(39.13/44.56/44.77/42.16)
50m	Fly	Boys	9-11 Ben Harrison	1	39.73	CQT	
			Jack Shewell-Cooper	5	46.73		
			12-13 Aryan Alekasir	7	36.36 PB (0.7s)		
			Kaywon Alekasir	10	42.03		
50m	Breast	Girls	9-11 Madeleine Formby	15	1 02.83 NPT		
			12-13 Phoebe Love	3	41.97 PB (2.4s)	CQT	
100m	Free	Boys	10-11 Jack Shewell-Cooper	3	1 24.64		(39.67/44.97)
			Nicholas Formby	5	1 34.65 PB (2.9s)		(45.89/48.76)
			Josef Wheeler	6	1 35.04 PB (1.1s)		(45.62/49.42)
			12-13 Aryan Alekasir	2	1 06.29	CQT	(31.79/34.50)
			Kaywon Alekasir	8	1 19.53		(38.39/41.14)
			Oliver Formby	10	1 20.02		(39.06/40.96)
100m	IM	Boys	10-11 Ben Harrison	1	1 28.73 PB (0.6s)	CQT	
			Josef Wheeler	9	1 47.73		
			12-13 Oliver Formby	11	1 34.28 PB (0.5s)		

Swims	101
First Places	11
Second Places	7
Third Places	6
Personal Bests	36
No Previous Times	3 <sup>39%</sup>
County Qualifying Times	36