

London Swimming Long Distance Meet

Under ASA Laws & ASA Technical Rules of Swimming

Session - 1

Crystal Palace National Sports Centre

EVENT 1 Mens/Womens Open 800m Freestyle

MENS 11 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Louis South	16/06/97	Hillingdon	10:23.05	AAA
	100m 1:13.26	200m 2:31.67	300m 3:50.05	400m 5:09.10	500m 6:28.24
	1:13.26	1:18.41	1:18.38	1:19.05	1:19.14
					600m 7:47.61
					700m 9:06.75
					800m 10:23.05
					1:16.30

MENS 12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Timothy Robinson	21/06/96	Wandsworth	9:34.34	AAA
	100m 1:08.71	200m 2:21.22	300m 3:33.14	400m 4:45.82	500m 5:58.92
	1:08.71	1:12.51	1:11.92	1:12.68	1:13.10
					600m 7:11.95
					700m 8:24.44
					800m 9:34.34
					1:09.90
2.	Oliver Kilbey	19/07/96	Co Cant'bury	9:56.59	AAA
	100m 1:06.83	200m 2:20.33	300m 3:36.25	400m 4:53.85	500m 6:11.99
	1:06.83	1:13.50	1:15.92	1:17.60	1:18.14
					600m 7:29.04
					700m -
					800m 9:56.59
					2:27.55
3.	Augustus Veasey	30/10/96	Chelmsford	10:06.45	AA
	100m 1:10.30	200m 2:26.80	300m 3:43.88	400m 5:01.40	500m 6:19.23
	1:10.30	1:16.50	1:17.08	1:17.52	1:17.83
					600m 7:35.65
					700m 8:52.89
					800m 10:06.45
					1:13.56
4.	Murphy Tabot	24/01/97	Runnymede	10:25.00	AA
	100m 1:11.51	200m 2:29.05	300m 3:46.82	400m 5:06.89	500m 6:25.70
	1:11.51	1:17.54	1:17.77	1:20.07	1:18.81
					600m 7:46.16
					700m 9:06.63
					800m 10:25.00
					1:18.37
5.	Louis Phillips	23/07/96	Beckenham	10:26.80	AA
	100m 1:15.26	200m 2:35.67	300m 3:56.77	400m 5:17.49	500m 6:37.29
	1:15.26	1:20.41	1:21.10	1:20.72	1:19.80
					600m 7:56.14
					700m 9:11.19
					800m 10:26.80
					1:15.61
6.	Fravash Bilimoria	23/06/96	Hillingdon	10:59.16	A
	100m 1:11.64	200m 2:30.61	300m 3:50.45	400m 5:15.41	500m 6:42.75
	1:11.64	1:18.97	1:19.84	1:24.96	1:27.34
					600m 8:09.43
					700m 9:35.97
					800m 10:59.16
					1:23.19

MENS 13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Sean Houlihan	06/09/95	Romford Town	9:30.79	AAA
	100m 1:06.39	200m 2:17.16	300m 3:28.54	400m 4:41.43	500m 5:54.44
	1:06.39	1:10.77	1:11.38	1:12.89	1:13.01
					600m 7:07.34
					700m 8:19.70
					800m 9:30.79
					1:11.09
2.	Eamon Haroun	24/03/96	Ealing	9:37.38	AA
	100m 1:08.17	200m 2:21.13	300m 3:34.57	400m 4:47.16	500m 6:00.86
	1:08.17	1:12.96	1:13.44	1:12.59	1:13.70
					600m 7:14.27
					700m 8:27.44
					800m 9:37.38
					1:09.94
3.	Lawrence Brown	12/01/96	BorRedbridge	9:38.06	AA
	100m 1:04.82	200m 2:16.72	300m 3:29.81	400m 4:43.53	500m 5:57.25
	1:04.82	1:11.90	1:13.09	1:13.72	1:13.72
					600m 7:11.84
					700m 8:26.54
					800m 9:38.06
					1:11.52
4.	George Foley	28/11/95	Havering Aq	9:39.97	AA
	100m 1:08.57	200m 2:22.29	300m 3:37.23	400m 4:51.24	500m 6:04.33
	1:08.57	1:13.72	1:14.94	1:14.01	1:13.09
					600m 7:18.02
					700m 8:30.13
					800m 9:39.97
					1:09.84
5.	Conor Mortimer	27/05/95	Bexley	9:42.25	AA
	100m 1:08.45	200m 2:22.67	300m 3:36.97	400m 4:51.67	500m 6:05.59
	1:08.45	1:14.22	1:14.30	1:14.70	1:13.92
					600m 1:19.09
					700m 8:31.94
					800m 9:42.25
					1:10.31

MENS 14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Joshua Ling	28/10/94	Greenwich Bo	9:44.14	AA
	100m 1:05.89	200m 2:19.28	300m 3:33.46	400m 4:48.02	500m 6:02.65
	1:05.89	1:13.39	1:14.18	1:14.56	1:14.63
					600m 7:17.02
					700m 8:31.42
					800m 9:44.14
					1:12.72

MENS 15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Michael Gunning	29/04/94	Beckenham	9:06.82	AAA
	100m 1:02.40	200m 2:10.24	300m 3:18.93	400m 4:28.57	500m 7:38.72
	1:02.40	1:07.84	1:08.69	1:09.64	3:10.15
					600m 6:49.24
					700m -
					800m 9:06.82
					2:17.58

MENS 16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Ramsey Haroun	22/02/93	Ealing	8:54.73	AAA
	100m 1:00.09	200m 2:05.63	300m 3:12.82	400m 4:21.04	500m 5:30.45
	1:00.09	1:05.54	1:07.19	1:08.22	1:09.41
					600m 6:39.50
					700m -
					800m 8:54.73
					2:15.23

MENS 16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Daniel Stepton	04/11/91	Romford Town	8:47.92	AAA
	100m 59.82	200m 2:05.32	300m 3:11.64	400m 4:21.04	500m 5:26.79
	59.82	1:05.50	1:06.32	1:09.40	1:05.75
					600m 6:34.94
					700m -
					800m 8:47.92
					2:12.98
2.	Ramsey Haroun	22/02/93	Ealing	8:54.73	AAA
	100m 1:00.09	200m 2:05.63	300m 3:12.82	400m 4:21.04	500m 5:30.45
	1:00.09	1:05.54	1:07.19	1:08.22	1:09.41
					600m 6:39.50
					700m -
					800m 8:54.73
					2:15.23
3.	Matthew Tuff	14/09/91	Hillingdon	8:58.06	AA
	100m 1:02.92	200m 2:10.61	300m 3:18.48	400m 4:26.58	500m 5:34.93
	1:02.92	1:07.69	1:07.87	1:08.10	1:08.35
					600m 6:43.45
					700m -
					800m 8:58.06
					2:14.61
4.	Alex Carr	27/05/91	Harrow Weald	9:03.65	AA
	100m 1:01.24	200m 2:09.44	300m 3:18.31	400m 4:27.47	500m 5:37.19
	1:01.24	1:08.20	1:08.87	1:09.16	1:09.72
					600m 6:47.02
					700m -
					800m 9:03.65
					2:16.63
5.	George Morris	04/08/91	Bo Southend	9:24.11	A
	100m 1:02.84	200m 2:11.46	300m 3:22.44	400m 4:34.77	500m 5:46.79
	1:02.84	1:08.62	1:10.98	1:12.33	1:12.02
					600m 7:00.26
					700m -
					800m 9:24.11
					2:23.85

MENS 17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Daniel Stepton	04/11/91	Romford Town	8:47.92	AAA
	100m 59.82	200m 2:05.32	300m 3:11.64	400m 4:21.04	500m 5:26.79
	59.82	1:05.50	1:06.32	1:09.40	1:05.75
					600m 6:34.94
					700m -
					800m 8:47.92
					2:12.98
2.	Matthew Tuff	14/09/91	Hillingdon	8:58.06	AA
	100m 1:02.92	200m 2:10.61	300m 3:18.48	400m 4:26.58	500m 5:34.93
	1:02.92	1:07.69	1:07.87	1:08.10	1:08.35
					600m 6:43.45
					700m -
					800m 8:58.06
					2:14.61
3.	Alex Carr	27/05/91	Harrow Weald	9:03.65	AA
	100m 1:01.24	200m 2:09.44	300m 3:18.31	400m 4:27.47	500m 5:37.19
	1:01.24	1:08.20	1:08.87	1:09.16	1:09.72
					600m 6:47.02
					700m -
					800m 9:03.65
					2:16.63
4.	George Morris	04/08/91	Bo Southend	9:24.11	A
	100m 1:02.84	200m 2:11.46	300m 3:22.44	400m 4:34.77	500m 5:46.79
	1:02.84	1:08.62	1:10.98	1:12.33	1:12.02
					600m 7:00.26
					700m -
					800m 9:24.11
					2:23.85

WOMENS 11 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Katarina Blanco	13/06/97	Bo Southend	10:00.07	AAA
	100m 1:10.82	200m 2:26.23	300m 3:41.27	400m 4:57.92	500m 6:14.39
	1:10.82	1:15.41	1:15.04	1:16.65	1:16.47
					600m 7:30.85
					700m 8:46.42
					800m 10:00.07
					1:13.65
2.	Erin Nabney	24/08/97	Harrow Weald	10:12.11	AAA
	100m 1:13.23	200m 2:31.70	300m 3:48.61	400m 5:05.89	500m 6:23.37
	1:13.23	1:18.47	1:16.91	1:17.28	1:17.48
					600m 7:40.20
					700m 8:57.83
					800m 10:12.11
					1:14.28
3.	Poppy Chapple	16/01/98	Barnet Copt	10:12.63	AAA
	100m 1:13.91	200m 2:32.06	300m 3:49.05	400m 5:05.57	500m 6:23.02
	1:13.91	1:18.15	1:16.99	1:16.52	1:17.45
					600m 7:40.83
					700m 8:58.36
					800m 10:12.63
					1:14.27
4.	Courtney Sanders	20/10/97	Chelmsford	10:25.16	AAA
	100m 1:11.88	200m 2:30.36	300m 3:49.25	400m 5:08.31	500m 6:28.44
	1:11.88	1:18.48	1:18.89	1:19.06	1:20.13
					600m 7:48.47
					700m 9:08.11
					800m 10:25.16
					1:17.05

WOMENS 12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Holly Wylie	19/05/96	Greenwich Bo	10:01.72	AA
	100m 1:08.92	200m 2:23.25	300m 3:39.08	400m 4:55.56	500m 6:12.17
	1:08.92	1:14.33	1:15.83	1:16.48	1:16.61
					600m 7:29.89
					700m 8:46.46
					800m 10:01.72
					1:15.26
2.	Eliza Duffy	13/05/97	Chelmsford	10:13.63	AA
	100m 1:12.78	200m 2:31.15	300m 3:48.98	400m 5:06.02	500m 6:24.89
	1:12.78	1:18.37	1:17.83	1:17.04	1:18.87
					600m 7:42.72
					700m 9:01.06
					800m 10:13.63
					1:12.57
3.	Kelsey Ellerby	25/05/96	Bo Southend	10:50.68	A
	100m 1:13.81	200m 2:35.46	300m 3:56.81	400m 5:18.74	500m 6:41.75
	1:13.81	1:21.65	1:21.35	1:21.93	1:23.01
					600m 8:04.71
					700m 9:28.60
					800m 10:50.68
					1:22.08

WOMENS 13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Sophie Weymouth	05/06/95	Co Cant'bury	9:37.05	AAA
	100m 1:08.05	200m 2:21.30	300m 3:34.20	400m 4:47.28	500m 6:00.85
	1:08.05	1:13.25	1:12.90	1:13.08	1:13.57
					600m 7:14.53
					700m 8:27.65
					800m 9:37.05
					1:09.40
2.	Rebecca Walton	21/07/95	Beckenham	9:39.75	AAA
	100m 1:08.78	200m 2:21.10	300m 3:33.77	400m 4:46.71	500m 6:00.59
	1:08.78	1:12.32	1:12.67	1:12.94	1:13.88
					600m 7:14.38
					700m 8:28.07
					800m 9:39.75
					1:11.68
3.	Sanaa Akbar	16/06/95	Bo Waltham F	9:49.10	AA
	100m 1:08.63	200m 2:22.02	300m 3:35.90	400m 4:50.64	500m 6:05.66
	1:08.63	1:13.39	1:13.88	1:14.74	1:15.02
					600m 7:21.04
					700m 8:35.74
					800m 9:49.10
					1:13.36
4.	Elena Sheridan	29/10/95	Romford Town	9:51.12	AA
	100m 1:09.79	200m 2:25.04	300m 3:39.19	400m 4:54.38	500m 6:08.84
	1:09.79	1:15.25	1:14.15	1:15.19	1:14.46
					600m 7:24.38
					700m 8:38.76
					800m 9:51.12
					1:12.36
5.	Jaycee Sibley	17/11/95	Hillingdon	10:11.87	AA
	100m 1:11.12	200m 2:27.95	300m 3:45.46	400m 5:03.66	500m 6:21.31
	1:11.12	1:16.83	1:17.51	1:18.20	1:17.65
					600m 7:38.87
					700m 8:56.41
					800m 10:11.87
					1:15.46

WOMENS 14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Harriette Davis	20/02/95	Romford Town	9:40.78	AA
	100m 1:06.55	200m 2:18.23	300m 3:31.22	400m 4:44.82	500m 5:59.51
	1:06.55	1:11.68	1:12.99	1:13.60	1:14.69
					600m 7:13.99
					700m 8:28.79
					800m 9:40.78
					1:11.99
2.	Johanna Lindblom	24/09/94	BorRedbridge	10:27.76	A
	100m 1:08.19	200m 2:26.13	300m 3:46.13	400m 5:06.38	500m 6:26.82
	1:08.19	1:17.94	1:20.00	1:20.25	1:20.44
					600m 7:47.61
					700m 9:08.96
					800m 10:27.76
					1:18.80

WOMENS 15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Joanne Zambelli	11/05/94	Barnet Copt	9:29.03	AAA
	100m 1:08.69	200m 2:20.01	300m 3:31.75	400m 4:43.57	500m 5:55.05
	1:08.69	1:11.32	1:11.74	1:11.82	1:11.48
					600m 7:06.59
					700m 8:18.12
					800m 9:29.03
					1:10.91
2.	Kelsey Richards	22/10/93	BorRedbridge	9:34.44	AA
	100m 1:06.21	200m 2:17.80	300m 3:30.40	400m 4:21.04	500m 5:55.62
	1:06.21	1:11.59	1:12.60	50.64	1:34.58
					600m 7:08.99
					700m 8:22.40
					800m 9:34.44
					1:12.04

WOMENS 16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Roxanne Bevan	19/10/91	Harrow Weald	9:54.63	AA
	100m 1:07.55	200m 2:21.88	300m 3:37.24	400m 4:52.81	500m 6:08.01
	1:07.55	1:14.33	1:15.36	1:15.57	1:15.20
					600m 7:23.89
					700m 8:39.90
					800m 9:54.63
					1:14.73

WOMENS 17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Roxanne Bevan	19/10/91	Harrow Weald	9:54.63	AA
	100m 1:07.55	200m 2:21.88	300m 3:37.24	400m 4:52.81	500m 6:08.01
	1:07.55	1:14.33	1:15.36	1:15.57	1:15.20
					600m 7:23.89
					700m 8:39.90
					800m 9:54.63
					1:14.73

EVENT 2 Mens/Womens Open 1500m Freestyle**MENS 12 Yrs Age Group - Full Results**

Place	Name	DoB	Club	Time	Grade
1.	Tommy Willis	16/07/96	Bo Waltham F	18:25.00	AAA
	100m 32.93	200m 1:08.74	300m 1:45.34	400m 2:22.32	500m 2:59.19
	32.93	35.81	36.60	36.98	36.87
	900m 5:26.26	1000m 6:04.04	1100m 6:41.68	1200m 7:19.51	1300m 7:57.25
	36.88	37.78	37.64	37.83	37.74
					1400m 8:34.73
					1500m 18:25.00
					9:50.27
2.	Barton Townley	20/08/96	Bo Southend	19:00.33	AA
	100m 1:08.98	200m 2:24.03	300m 3:41.06	400m 4:57.38	500m 6:14.49
	1:08.98	1:15.05	1:17.03	1:17.11	1:17.11
	900m 11:22.35	1000m 12:39.76	1100m 13:57.41	1200m 15:15.28	1300m 16:32.89
	1:17.80	1:17.41	1:17.65	1:17.87	1:17.61
					1400m 17:49.47
					1500m 19:00.33
					1:10.86
3.	Jamie Wodman	09/11/96	Hillingdon	19:23.81	AA
	100m 1:11.56	200m 2:28.39	300m 3:45.69	400m 5:03.15	500m 6:20.89
	1:11.56	1:16.83	1:17.30	1:17.46	1:17.74
	900m 11:34.43	1000m 12:52.65	1100m 14:12.29	1200m 15:30.86	1300m 16:49.83
	1:18.38	1:18.22	1:19.64	1:18.57	1:18.97
					1400m 18:08.26
					1500m 19:23.81
					1:15.55
4.	Murphy Tabot	24/01/97	Runnymede	20:26.93	A
	100m 1:13.72	200m 2:33.74	300m 3:55.21	400m 5:17.01	500m 6:39.20
	1:13.72	1:20.02	1:21.47	1:21.80	1:22.19
	900m 11:29.67	1000m 12:52.87	1100m 14:15.83	1200m 15:39.12	1300m 17:02.97
	1:24.13	1:23.20	1:22.96	1:23.29	1:23.85
					1400m 19:04.88
					1500m 20:26.93
					1:22.05

MENS 13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	Grade
1.	Jamie Richter	10/02/96	Barnet Copt	17:48.05	AAA
	100m 32.43	200m 1:07.26	300m 1:42.52	400m 2:17.76	500m 2:53.25
	32.43	34.83	35.26	35.24	35.49
	900m 5:14.76	1000m 5:50.06	1100m 6:25.47	1200m 7:01.31	1300m 7:37.07
	35.19	35.30	35.41	35.84	35.76
					1400m 8:12.65
					1500m 17:48.05
					9:35.40
2.	Curtis Coleman	29/11/95	Barnet Copt	18:30.21	AA
	100m 32.88	200m 1:08.80	300m 1:45.70	400m 2:22.55	500m 2:59.18
	32.88	35.			

	900m 5:18.73 37.06	1000m 5:57.14 38.41	1100m 6:35.30 38.16	1200m 7:14.09 38.79	1300m 7:52.53 38.44	1400m 8:31.24 38.71	1500m 18:55.01 10:23.77
	Rohan Singh	17/03/96	Ealing	DNF			
MENS 14 Yrs Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	Daniel Sorrell	04/08/94	Chelmsford	17:26.36	AAA		
	100m 29.91	200m 1:03.54	300m 1:38.01	400m 2:13.22	500m 2:48.94	600m 3:24.36	700m 3:59.89
	29.91	33.63	34.47	35.21	35.72	35.42	35.53
	900m 5:11.36	1000m 5:46.69	1100m 6:21.78	1200m 6:57.02	1300m 7:32.10	1400m 8:07.38	1500m 17:26.36
	35.53	35.33	35.09	35.24	35.08	35.28	9:18.98
2.	Alexander Burgess	25/04/95	Camden Swiss	17:32.11	AAA		
	100m 30.28	200m 1:04.45	300m 1:38.78	400m 2:13.41	500m 2:47.98	600m 3:22.70	700m 3:58.01
	30.28	34.17	34.33	34.63	34.57	34.72	35.31
	900m 5:07.97	1000m -	1100m 6:17.69	1200m 6:53.22	1300m 7:27.85	1400m 8:02.71	1500m 17:32.11
	34.84	-	1:09.72	35.53	34.63	34.86	9:29.40
3.	Niall Gandy	13/06/94	Bo Waltham F	17:39.53	AA		
	100m 30.81	200m 1:04.38	300m 1:39.03	400m 2:14.32	500m 2:49.45	600m 3:24.68	700m 3:59.62
	30.81	33.57	34.65	35.29	35.13	35.23	34.94
	900m 5:10.25	1000m 5:45.59	1100m 6:21.18	1200m 6:56.93	1300m 7:32.33	1400m 8:08.01	1500m 17:39.53
	35.13	35.34	35.59	35.75	35.40	35.68	9:31.52
4.	Alfie Burr	17/10/94	Romford Town	18:11.85	AA		
	100m 30.88	200m 1:05.19	300m 1:40.54	400m 2:16.35	500m 2:52.72	600m 3:28.70	700m 4:05.26
	30.88	34.31	35.35	35.81	36.37	35.98	36.56
	900m 5:18.58	1000m 5:55.73	1100m 6:32.69	1200m 7:09.49	1300m 7:46.51	1400m 8:23.41	1500m 18:11.85
	36.50	37.15	36.96	36.80	37.02	36.90	9:48.44

MENS 15 Yrs Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	Elliott Hill	13/02/94	Bo Waltham F	16:42.65	AAA		
	100m 29.58	200m 1:01.85	300m 1:34.86	400m 2:08.03	500m 2:40.98	600m 3:14.16	700m 3:47.30
	29.58	32.27	33.01	33.17	32.95	33.18	33.14
	900m 4:53.81	1000m 5:27.07	1100m 6:00.32	1200m 6:33.64	1300m 7:07.05	1400m 7:40.72	1500m 16:42.65
	33.18	33.26	33.25	33.32	33.41	33.67	9:01.93
2.	Dan Seagrove-castle	03/12/93	Co Cant'bury	17:25.07	AA		
	100m 28.83	200m 1:01.66	300m 1:35.41	400m 2:09.60	500m 2:43.70	600m 3:18.25	700m 3:53.70
	28.83	32.83	33.75	34.19	34.10	34.55	35.45
	900m 5:04.17	1000m 5:39.71	1100m 6:15.57	1200m 6:51.60	1300m 7:27.28	1400m 8:02.93	1500m 17:25.07
	35.44	35.54	35.86	36.03	35.68	35.65	9:22.14

MENS 16 Yrs Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	James Davis	19/01/93	Romford Town	16:50.11	AAA		
	100m 29.45	200m 1:02.17	300m 1:35.61	400m 2:09.27	500m 2:42.57	600m 3:16.21	700m 3:49.76
	29.45	32.72	33.44	33.66	33.30	33.64	33.55
	900m 4:57.07	1000m 5:30.88	1100m 6:04.72	1200m 6:38.40	1300m 7:12.27	1400m 7:45.98	1500m 16:50.11
	33.57	33.81	33.84	33.68	33.87	33.71	9:04.13
2.	Ramsey Haroun	22/02/93	Ealing	17:08.39	AA		
	100m 29.08	200m 1:01.70	300m 1:35.87	400m 2:09.61	500m 2:43.94	600m 3:17.98	700m 3:52.80
	29.08	32.62	34.17	33.74	34.33	34.04	34.82
	900m 5:02.08	1000m 5:36.63	1100m 6:11.16	1200m 6:46.39	1300m 7:21.52	1400m 7:56.14	1500m 17:08.39
	34.78	34.55	34.53	35.23	35.13	34.62	9:12.25
3.	Joel Sands	14/11/92	Camden Swiss	17:14.42	AA		
	100m 29.80	200m 1:03.09	300m 1:36.84	400m 2:10.90	500m 2:45.26	600m 3:19.63	700m 3:54.24
	29.80	33.29	33.75	34.06	34.36	34.37	34.61
	900m 5:03.40	1000m 5:38.01	1100m 6:12.70	1200m 6:47.22	1300m 7:22.02	1400m 7:56.61	1500m 17:14.42
	34.63	34.61	34.69	34.52	34.80	34.59	9:17.81

MENS 16 Yrs/Over Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	James Davis	19/01/93	Romford Town	16:50.11	AAA		
	100m 29.45	200m 1:02.17	300m 1:35.61	400m 2:09.27	500m 2:42.57	600m 3:16.21	700m 3:49.76
	29.45	32.72	33.44	33.66	33.30	33.64	33.55
	900m 4:57.07	1000m 5:30.88	1100m 6:04.72	1200m 6:38.40	1300m 7:12.27	1400m 7:45.98	1500m 16:50.11
	33.57	33.81	33.84	33.68	33.87	33.71	9:04.13
2.	Ramsey Haroun	22/02/93	Ealing	17:08.39	AA		
	100m 29.08	200m 1:01.70	300m 1:35.87	400m 2:09.61	500m 2:43.94	600m 3:17.98	700m 3:52.80
	29.08	32.62	34.17	33.74	34.33	34.04	34.82
	900m 5:02.08	1000m 5:36.63	1100m 6:11.16	1200m 6:46.39	1300m 7:21.52	1400m 7:56.14	1500m 17:08.39
	34.78	34.55	34.53	35.23	35.13	34.62	9:12.25
3.	Joel Sands	14/11/92	Camden Swiss	17:14.42	AA		
	100m 29.80	200m 1:03.09	300m 1:36.84	400m 2:10.90	500m 2:45.26	600m 3:19.63	700m 3:54.24
	29.80	33.29	33.75	34.06	34.36	34.37	34.61
	900m 5:03.40	1000m 5:38.01	1100m 6:12.70	1200m 6:47.22	1300m 7:22.02	1400m 7:56.61	1500m 17:14.42
	34.63	34.61	34.69	34.52	34.80	34.59	9:17.81
4.	Adam Warner	17/01/90	Harrow Weald	17:38.28	AA		
	100m 29.65	200m 1:02.66	300m 1:36.53	400m 2:10.81	500m 2:45.70	600m 3:20.43	700m 3:55.51
	29.65	33.01	33.87	34.28	34.89	34.73	35.08
	900m 5:05.96	1000m 5:41.29	1100m 6:16.88	1200m 6:52.70	1300m 7:28.04	1400m 8:03.89	1500m 17:38.28
	35.42	35.33	35.59	35.82	35.34	35.85	9:34.39
5.	Alex Carr	27/05/91	Harrow Weald	17:48.35	A		
	100m 29.54	200m 1:03.14	300m 1:38.25	400m 2:12.76	500m 2:48.16	600m 3:23.98	700m 3:59.26
	29.54	33.60	35.11	34.51	35.40	35.82	35.28
	900m 5:10.65	1000m 5:46.70	1100m 6:22.85	1200m 6:58.72	1300m 7:35.17	1400m 8:12.01	1500m 17:48.35
	35.81	36.05	36.15	35.87	36.45	36.84	9:36.34
	Jonathan Sayer	30/04/90	Bo Southend	DNF			

MENS 17 Yrs/Over Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	Adam Warner	17/01/90	Harrow Weald	17:38.28	AA		
	100m 29.65	200m 1:02.66	300m 1:36.53	400m 2:10.81	500m 2:45.70	600m 3:20.43	700m 3:55.51
	29.65	33.01	33.87	34.28	34.89	34.73	35.08
	900m 5:05.96	1000m 5:41.29	1100m 6:16.88	1200m 6:52.70	1300m 7:28.04	1400m 8:03.89	1500m 17:38.28
	35.42	35.33	35.59	35.82	35.34	35.85	9:34.39
2.	Alex Carr	27/05/91	Harrow Weald	17:48.35	A		
	100m 29.54	200m 1:03.14	300m 1:38.25	400m 2:12.76	500m 2:48.16	600m 3:23.98	700m 3:59.26
	29.54	33.60	35.11	34.51	35.40	35.82	35.28
	900m 5:10.65	1000m 5:46.70	1100m 6:22.85	1200m 6:58.72	1300m 7:35.17	1400m 8:12.01	1500m 17:48.35
	35.81	36.05	36.15	35.87	36.45	36.84	9:36.34
	Jonathan Sayer	30/04/90	Bo Southend	DNF			

WOMENS 11 Yrs Age Group - Full Results							
Place	Name	DoB	Club	Time	Grade		
1.	Emily Bell	30/08/97	Barnet Copt	19:10.60	AAA		
	100m 1:11.60	200m 2:27.27	300m 3:44.07	400m 5:00.95	500m 6:16.75	600m 7:34.73	700m 8:51.75
	1:11.60	1:15.67	1:16.80	1:16.88	1:15.80	1:17.98	1:17.02
	900m 11:25.91	1000m 12:43.40	1100m 14:00.71	1200m 15:18.66	1300m 16:36.85	1400m 17:55.09	1500m 19:10.60
	1:17.14	1:17.49	1:17.31	1:17.95	1:18.19	1:18.24	1:15.51
2.	Karis Ellerby	27/08/97	Bo Southend	19:43.45	AAA		
	100m 1:13.74	200m 2:32.88	300m 3:53.06	400m 5:12.77	500m 6:32.59	600m 7:52.50	700m 9:12.85
	1:13.74	1:19.14	1:20.18	1:19.71	1:19.82	1:19.91	1:20.35
	900m 11:52.92	1000m 13:11.42	1100m 14:30.98	1200m 15:50.33	1300m 17:09.63	1400m 18:28.51	1500m 19:43.45
	1:20.04	1:18.50	1:19.56	1:19.35	1:19.30	1:18.88	1:14.94
3.	Grace Wingrove	11/09/97	BorRedbridge	19:48.59	AAA		
	100m 1:13.36	200m 2:32.37	300m 3:51.76	400m 5:11.68	500m 6:31.47	600m 7:51.40	700m 9:11.57
	1:13.36	1:19.01	1:19.39	1:19.92	1:19.79	1:19.93	1:20.17
	900m 11:51.79	1000m 13:11.46	1100m 14:31.23	1200m 15:50.00	1300m 17:10.61	1400m 18:30.19	1500m 19:48.59

WOMENS 12 Yrs Age Group - Full Results										
Place	Name	DoB	Club	Time	Grade					
1.	Kathryn Pearse	06/09/96	Phoenix Bas	19:06.58	AAA					
	100m 1:10.61	200m 2:26.10	300m 3:42.38	400m 4:58.23	500m 6:14.29	600m 7:31.28	700m 8:48.65	800m 10:06.54		
	1:10.61	1:15.49	1:16.28	1:15.85	1:16.06	1:16.99	1:17.37	1:17.89		
	900m 11:23.74	1000m 12:40.87	1100m 13:58.77	1200m 15:15.63	1300m 16:33.71	1400m 17:50.86	1500m 19:06.58			
	1:17.20	1:17.13	1:17.90	1:16.86	1:18.08	1:17.15	1:15.72			
2.	Sarah Harrington	02/01/97	Hillingdon	19:08.96	AAA					
	100m 1:10.28	200m 2:25.55	300m 3:41.82	400m 4:58.33	500m 6:15.13	600m 7:32.12	700m 8:42.03	800m 10:06.50		
	1:10.28	1:15.27	1:16.27	1:16.51	1:16.80	1:16.99	1:17.37	5:46.47		
	900m 11:23.60	1000m 12:41.58	1100m 13:59.22	1200m 15:16.92	1300m 16:34.88	1400m 17:52.50	1500m 19:08.96			
	1:17.10	1:17.98	1:17.64	1:17.70	1:17.96	1:17.62	1:16.46			

WOMENS 13 Yrs Age Group - Full Results										
Place	Name	DoB	Club	Time	Grade					
1.	Maddie Tichborne	11/10/95	Barnet Copt	17:37.13	AAA					
	100m 32.38	200m 1:06.76	300m 1:42.08	400m 2:17.30	500m 2:52.84	600m 3:28.01	700m 4:03.40	800m 4:38.70		
	32.38	34.38	35.32	35.22	35.54	35.17	35.39	35.30		
	900m 5:13.77	1000m 5:48.89	1100m 6:24.11	1200m 6:59.48	1300m 7:34.79	1400m 8:10.29	1500m 17:37.13			
	35.07	35.12	35.22	35.37	35.31	35.50	9:26.84			
2.	Lauren Walton	21/07/95	Beckenham	18:03.65	AAA					
	100m 32.80	200m 1:08.46	300m 1:43.83	400m 2:19.62	500m 2:55.10	600m 3:30.97	700m 4:06.49	800m 4:42.30		
	32.80	35.66	35.37	35.79	35.48	35.87	35.52	35.81		
	900m 5:18.18	1000m 5:54.10	1100m 6:29.92	1200m 7:06.11	1300m 7:42.89	1400m 8:19.62	1500m 18:03.65			
	35.88	35.92	35.82	36.19	36.78	36.73	9:44.03			
3.	Poppy Hill	27/07/95	Bo Waltham F	18:23.84	AAA					
	100m 32.47	200m 1:07.91	300m 1:44.14	400m 2:20.46	500m 2:56.63	600m 3:33.31	700m 4:09.66	800m 4:46.72		
	32.47	35.44	36.23	36.17	36.17	36.68	36.35	37.06		
	900m 5:23.34	1000m 6:00.19	1100m 6:37.00	1200m 7:14.39	1300m 7:51.20	1400m 8:28.54	1500m 18:23.84			
	36.62	36.85	36.81	37.39	36.81	37.34	9:55.30			
4.	Elizabeth Hare	12/10/95	Bo Waltham F	18:31.66	AAA					
	100m 32.96	200m 1:08.44	300m 1:44.95	400m 2:21.76	500m 2:58.05	600m 3:35.00	700m 4:11.68	800m 4:48.85		
	32.96	35.48	36.51	36.81	36.29	36.95	36.68	37.17		
	900m 5:26.13	1000m 6:03.18	1100m 6:40.85	1200m 7:18.20	1300m 7:55.35	1400m 8:33.11	1500m 18:31.66			
	37.28	37.05	37.67	37.35	37.15	37.76	9:58.55			
5.	Bethaney Hall	25/08/95	Romford Town	19:11.94	AA					
	100m 1:10.73	200m 2:26.93	300m 3:43.46	400m 5:00.99	500m 6:17.91	600m 7:35.41	700m 8:52.59	800m 10:09.91		
	1:10.73	1:16.20	1:16.53	1:17.53	1:16.92	1:17.50	1:17.18	1:17.32		
	900m 11:27.12	1000m 12:44.66	1100m 14:02.73	1200m 15:20.69	1300m 16:37.81	1400m 17:55.40	1500m 19:11.94			
	1:17.21	1:17.54	1:18.07	1:17.96	1:17.12	1:17.59	1:16.54			
	Jaycee Sibley	17/11/95	Hillingdon	DNC						

WOMENS 14 Yrs Age Group - Full Results										
Place	Name	DoB	Club	Time	Grade					
1.	Harriette Davis	20/02/95	Romford Town	18:34.89	AA					
	100m 1:00.78	200m 2:24.31	300m 3:37.27	400m 4:50.91	500m 6:05.55	600m 7:19.80	700m 8:35.76	800m 9:51.04		
	1:00.78	1:23.53	1:12.96	1:13.64	1:14.64	1:14.25	1:15.96	1:15.28		
	900m 11:06.84	1000m 12:22.56	1100m 13:38.39	1200m 14:53.49	1300m 16:07.74	1400m 17:21.93	1500m 18:34.89			
	1:15.80	1:15.72	1:15.83	1:15.10	1:14.25	1:14.19	1:12.96			
2.	Libby Henson	03/07/94	Thanet Swim	18:54.01	AA					
	100m 33.26	200m 1:09.27	300m 1:46.21	400m 2:23.46	500m 3:00.93	600m 3:38.74	700m 4:16.85	800m 4:54.33		
	33.26	36.01	36.94	37.25	37.47	37.81	38.11	37.48		
	900m 5:31.99	1000m 6:10.13	1100m 6:47.81	1200m 7:25.65	1300m 8:03.79	1400m 8:42.52	1500m 18:54.01			
	37.66	38.14	37.68	37.84	38.14	38.73	10:11.49			
3.	Evie Fisher	27/09/94	Chelmsford	19:02.48	AA					
	100m 1:11.00	200m 2:27.89	300m 3:44.63	400m 5:01.93	500m 6:18.43	600m 7:34.94	700m 8:51.23	800m 10:07.99		
	1:11.00	1:16.89	1:16.74	1:17.30	1:16.50	1:16.51	1:16.29	1:16.76		
	900m 11:24.78	1000m 12:41.70	1100m 13:58.57	1200m 15:15.40	1300m 16:32.03	1400m 17:48.42	1500m 19:02.48			
	1:16.79	1:16.92	1:16.87	1:16.83	1:16.63	1:16.39	1:14.06			

WOMENS 15 Yrs Age Group - Full Results										
Place	Name	DoB	Club	Time	Grade					
1.	Kat Neal	13/01/94	Hillingdon	19:25.49	AA					
	100m 1:12.54	200m 2:29.60	300m 3:47.40	400m 5:05.33	500m 6:23.39	600m 7:41.94	700m 9:00.61	800m 10:19.14		
	1:12.54	1:17.06	1:17.80	1:17.93	1:18.06	1:18.55	1:18.67	1:18.53		
	900m 11:37.77	1000m 12:56.17	1100m 14:14.33	1200m 15:33.03	1300m 16:50.97	1400m 18:09.38	1500m 19:25.49			
	1:18.63	1:18.40	1:18.16	1:18.70	1:17.94	1:18.41	1:16.11			
	Jodie Mcmonagle	01/07/93	Beckenham	DNF						