

Competition Type

**Essex Senior Winter Champs 2019**

Short Course Licensed @ Level 2 : #2ER191968

Place

**Basildon Sports Village - Full AOE Timing**

Date

19th + 20th October 2019

Coach

Roger & John

# HALSTEAD SC



| Event No. | SWIMMER             | Age Group | Stroke            | Distance | Place | Time    | PB Improvement |             | Award    | Last Recorded PB |           | Club Record |                   |           |         |             |             | 2020 County Qualifying Times<br>(Age @ 31st Dec 2020) |         |             |             |
|-----------|---------------------|-----------|-------------------|----------|-------|---------|----------------|-------------|----------|------------------|-----------|-------------|-------------------|-----------|---------|-------------|-------------|---|---------|-------------|-------------|
|           |                     |           |                   |          |       |         | Slower by :    | Faster by : |          |                  |           | Age Band    | Set By :          | Date Set  | Record  | Slower by : | Faster by : | Comment   | Q/Time  | Slower by : | Faster by : |
| 1         | Lewis Archer        | Open      | Freestyle         | 400m     | 13    | 4:36.87 | -4.39 secs     |             | Platinum | 4:32.48          | 20-Oct-18 | OPEN        | K.Adams           | 11-Oct-19 | 4:18.50 | -18.37 secs |             |   | 4:39.90 |             | 3.03 secs   |
| 1         | Thomas Bale         | Open      | Freestyle         | 400m     | 26    | 4:49.69 | -4.46 secs     |             | Platinum | 4:45.23          | 11-Oct-19 | 14&U        | T.Bale            | 11-Oct-19 | 4:45.23 | -4.46 secs  |             |   | 4:40.70 | -8.99 secs  |             |
| 3         | Matthew Bale        | Open      | Breaststroke      | 50m      | 51    | 0:36.77 | -0.43 secs     |             | Gold     | 0:36.34          | 02-Jun-19 | OPEN        | O.Mills           | 30-Apr-17 | 0:31.35 | -5.42 secs  |             |   | 0:40.00 |             | 3.23 secs   |
| 3         | Thomas Bale         | Open      | Breaststroke      | 50m      | 71    | 0:38.84 | -1.41 secs     |             | Gold     | 0:37.43          | 02-Jun-19 | 14&U        | E.Clark           | 06-Jun-09 | 0:35.82 | -3.02 secs  |             |   | 0:40.60 |             | 1.76 secs   |
| 3         | Charlie Morgan      | Open      | Breaststroke      | 50m      | 85    | 0:40.05 | -0.85 secs     |             | Gold     | 0:39.20          | 02-Sep-17 | OPEN        | O.Mills           | 30-Apr-17 | 0:31.35 | -8.70 secs  |             |   | 0:40.00 | -0.05 secs  |             |
| 7         | Lewis Archer        | Open      | Backstroke        | 100m     | 27    | 1:08.39 | -0.64 secs     |             | Platinum | 1:07.75          | 20-Oct-18 | OPEN        | E.Clark           | 31-Mar-12 | 0:59.63 | -8.76 secs  |             |   | 1:11.20 |             | 2.81 secs   |
| 8         | Katherine Daynes    | Open      | Breaststroke      | 100m     | 8     | 1:15.74 | -0.09 secs     |             | Platinum | 1:15.65          | 14-Apr-19 | OPEN        | K.Daynes          | 12-Oct-19 | 1:17.45 |             | 1.71 secs   | NEW CLUB RECORD                                       | 1:27.50 |             | 11.76 secs  |
| 8         | Jasmine Bale        | Open      | Breaststroke      | 100m     | 45    | 1:26.10 |                | 4.46 secs   | PB       | 1:30.56          | 19-Jan-19 | 12&U        | S.Hutchison       | 09-Mar-13 | 1:24.51 | -1.59 secs  |             |   | 1:32.00 |             | 5.90 secs   |
| 12 Final  | Katherine Daynes    | Open      | Breaststroke      | 100m     | 8     | 1:17.21 | -1.56 secs     |             | Platinum | 1:15.65          | 14-Apr-19 | OPEN        | K.Daynes          | 12-Oct-19 | 1:17.45 |             | 0.24 secs   | NEW CLUB RECORD                                       | 1:27.50 |             | 10.29 secs  |
| 14        | Thomas Bale         | Open      | Freestyle         | 50m      | 56    | 0:27.52 |                | 0.70 secs   | PB       | 0:28.22          | 07-Sep-19 | 14&U        | D.Cooper          | 24-Jan-09 | 0:27.30 | -0.22 secs  |             |   | 0:29.00 |             | 1.48 secs   |
| 14        | Ben Styman-Heighton | Open      | Freestyle         | 50m      | 80    | 0:28.29 | -0.23 secs     |             | Gold     | 0:28.06          | 04-Oct-19 | 16&U        | E.Clark           | 17-Apr-11 | 0:25.50 | -2.79 secs  |             |   | 0:28.50 |             | 0.21 secs   |
| 14        | Jamie Hall          | Open      | Freestyle         | 50m      | 135   | 0:30.67 |                | 0.73 secs   | PB       | 0:31.40          | 07-Sep-19 | 16&U        | E.Clark           | 17-Apr-11 | 0:25.50 | -5.17 secs  |             |   | 0:28.50 | -2.17 secs  |             |
| 15        | Katherine Daynes    | Open      | Butterfly         | 50m      | 28    | 0:31.90 | -0.54 secs     |             | Gold     | 0:31.36          | 21-Jul-19 | OPEN        | A.Cox             | 22-Feb-14 | 0:31.40 | -0.50 secs  |             |   | 0:35.70 |             | 3.80 secs   |
| 15        | Rosy Bird           | Open      | Butterfly         | 50m      | 97    | 0:36.50 | -0.97 secs     |             | Gold     | 0:35.53          | 07-Sep-19 | 16&U        | K.Daynes          | 21-Jul-19 | 0:31.36 | -5.14 secs  |             |   | 0:35.70 | -0.80 secs  |             |
| 16        | Thomas Bale         | Open      | Individual Medley | 200m     | 37    | 2:35.08 |                | 2.72 secs   | PB       | 2:37.80          | 05-Oct-19 | 14&U        | E.Clark           | 08-Mar-09 | 2:29.32 | -5.76 secs  |             |   | 2:34.70 | -0.38 secs  |             |
| 18        | Ben Styman-Heighton | Open      | Butterfly         | 100m     | 29    | 1:06.35 | -0.14 secs     |             | Platinum | 1:06.21          | 12-Oct-19 | 16&U        | E.Clark           | 27-Mar-11 | 0:59.21 | -7.14 secs  |             |   | 1:10.30 |             | 3.95 secs   |
| 21        | Jasmine Bale        | Open      | Individual Medley | 100m     | 32    | 1:20.09 | -1.26 secs     |             | Gold     | 1:18.83          | 07-Sep-19 | 12&U        | J.Root            | 06-Sep-14 | 1:16.91 | -3.18 secs  |             |   |         |             |             |
| 26        | Jasmine Bale        | Open      | Freestyle         | 400m     | 38    | 5:17.34 | -2.19 secs     |             | Platinum | 5:15.15          | 21-Jul-19 | 12&U        | M.Gerrard         | 09-Oct-15 | 5:11.92 | -5.42 secs  |             |   | 4:57.00 | -20.34 secs |             |
| 28        | Katherine Daynes    | Open      | Breaststroke      | 50m      | 6     | 0:34.79 | -0.63 secs     |             | Gold     | 0:34.16          | 29-Mar-19 | OPEN        | K.Daynes          | 07-Sep-19 | 0:35.12 |             | 0.33 secs   | NEW CLUB RECORD                                       | 0:42.70 |             | 7.91 secs   |
| 28        | Jasmine Bale        | Open      | Breaststroke      | 50m      | 51    | 0:39.38 |                | 0.04 secs   | PB       | 0:39.42          | 28-Sep-19 | 12&U        | C.Root            | 05-Jul-09 | 0:38.33 | -1.05 secs  |             |   | 0:43.50 |             | 4.12 secs   |
| 29        | Thomas Bale         | Open      | Backstroke        | 50m      | 51    | 0:32.47 |                | 1.17 secs   | PB       | 0:33.64          | 05-Oct-19 | 14&U        | D.Cooper          | 21-Feb-09 | 0:30.63 | -1.84 secs  |             |   | 0:36.00 |             | 3.53 secs   |
| 31        | Lewis Archer        | Open      | Freestyle         | 200m     | 20    | 2:09.41 |                | 0.51 secs   | PB       | 2:09.92          | 20-Jan-19 | OPEN        | K.Adams           | 20-Jan-19 | 1:58.23 | -11.18 secs |             |   | 2:13.50 |             | 4.09 secs   |
| 31        | Thomas Bale         | Open      | Freestyle         | 200m     | 26    | 2:11.26 |                | 1.66 secs   | PB       | 2:12.92          | 27-Sep-19 | 14&U        | T.Bale            | 27-Sep-19 | 2:12.92 |             | 1.66 secs   | NEW CLUB RECORD                                       | 2:17.50 |             | 6.24 secs   |
| 33        | Matthew Bale        | Open      | Breaststroke      | 100m     | 61    | 1:25.78 | -2.23 secs     |             | Platinum | 1:23.55          | 02-Jun-19 | OPEN        | E.Clark           | 15-Apr-12 | 1:08.17 | -17.61 secs |             |   | 1:22.20 | -3.58 secs  |             |
| 34 Final  | Katherine Daynes    | Open      | Breaststroke      | 50m      | 5     | 0:34.75 | -0.59 secs     |             | Gold     | 0:34.16          | 29-Mar-19 | OPEN        | K.Daynes          | 07-Sep-19 | 0:35.12 |             | 0.37 secs   | NEW CLUB RECORD                                       | 0:42.70 |             | 7.95 secs   |
| 39        | Katherine Daynes    | Open      | Freestyle         | 50m      | 67    | 0:30.40 | -0.90 secs     |             | Gold     | 0:29.50          | 01-Dec-18 | OPEN        | J.Scott-Robertson | ---       | 0:27.73 | -2.67 secs  |             |   | 0:31.00 |             | 0.60 secs   |

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|-----------|---------------------|-----------|-------------------|----------|-------|---------|----------------|-------------|-------|------------------|---------|-------------|----------|-----------|-----------|-------------|-------------|---|--------|-------------|-------------|------------|
|           |                     |           |                   |          |       |         | Slower by :    | Faster by : |       |                  |         | Age Band    | Set By : | Date Set  | Record    | Slower by : | Faster by : | Comment   | Q/Time | Slower by : | Faster by : |            |
| 39        | Jasmine Bale        | Open      | Freestyle         | 50m      | 108   | 0:31.32 |                | 0.42 secs   | PB    | Gold             | 0:31.74 | 02-Jun-19   | 12&U     | M.Gerrard | 08-Nov-15 | 0:30.09     | -1.23 secs  |   |        | 0:31.70     |             | 0.38 secs  |
| 39        | Rosy Bird           | Open      | Freestyle         | 50m      | 114   | 0:31.80 | -0.59 secs     |             |       | Gold             | 0:31.21 | 04-Oct-19   | 16&U     | H.Rendall | 29-Mar-14 | 0:28.86     | -2.94 secs  |   |        | 0:31.00     | -0.80 secs  |            |
| 40        | Ben Styman-Heighton | Open      | Butterfly         | 50m      | 39    | 0:29.40 |                | 0.74 secs   | PB    | Gold             | 0:30.14 | 02-Feb-19   | 16&U     | E.Clark   | 17-Apr-11 | 0:26.72     | -2.68 secs  |   |        | 0:34.00     |             | 4.60 secs  |
| 40        | Charlie Morgan      | Open      | Butterfly         | 50m      | 103   | 0:34.13 | -0.38 secs     |             |       | Gold             | 0:33.75 | 13-Jul-19   | OPEN     | E.Clark   | 31-Mar-12 | 0:26.50     | -7.63 secs  |   |        | 0:34.00     | -0.13 secs  |            |
| 42        | Thomas Bale         | Open      | Freestyle         | 100m     | 62    | 1:00.92 | -0.70 secs     |             |       | Platinum         | 1:00.22 | 05-Oct-19   | 14&U     | D.Cheung  | --        | 0:58.72     | -2.20 secs  |   |        | 1:02.60     |             | 1.68 secs  |
| 42        | Lewis Archer        | Open      | Freestyle         | 100m     | 64    | 1:01.13 | -1.18 secs     |             |       | Platinum         | 0:59.95 | 21-Oct-18   | OPEN     | K.Adams   | 04-Nov-18 | 0:53.51     | -7.62 secs  |   |        | 1:01.90     |             | 0.77 secs  |
| 44        | Lewis Archer        | Open      | Backstroke        | 200m     | 16    | 2:27.85 | -4.30 secs     |             |       | Platinum         | 2:23.55 | 19-Jan-19   | OPEN     | E.Clark   | 01-Apr-12 | 2:07.68     | -20.17 secs |   |        | 2:31.10     |             | 3.25 secs  |
| 45        | Katherine Daynes    | Open      | Breaststroke      | 200m     | 7     | 2:46.91 | -1.42 secs     |             |       | Platinum         | 2:45.49 | 20-Jan-19   | OPEN     | K.Daynes  | 27-Sep-19 | 2:46.38     | -0.53 secs  |   |        | 3:06.40     |             | 19.49 secs |
| 45        | Jasmine Bale        | Open      | Breaststroke      | 200m     | 30    | 3:06.17 |                | 6.91 secs   | PB    | Platinum         | 3:13.08 | 20-Jan-19   | 12&U     | J.Root    | 26-Sep-14 | 3:04.38     | -1.79 secs  |   |        | 3:15.50     |             | 9.33 secs  |
| 46        | Ben Styman-Heighton | Open      | Individual Medley | 100m     | 25    | 1:11.12 | -0.73 secs     |             |       | Gold             | 1:10.39 | 28-Sep-19   | 16&U     | E.Clark   | 19-Feb-11 | 1:02.45     | -8.67 secs  |   |        |             |             |            |
| 46        | Thomas Bale         | Open      | Individual Medley | 100m     | 38    | 1:15.29 | -4.23 secs     |             |       | Gold             | 1:11.06 | 28-Sep-19   | 14&U     | O.Swallow | 22-Sep-12 | 1:09.58     | -5.71 secs  |   |        |             |             |            |
| 46        | Jamie Hall          | Open      | Individual Medley | 100m     | 52    | 1:20.27 |                | 0.46 secs   | PB    | Gold             | 1:20.73 | 07-Sep-19   | 16&U     | E.Clark   | 19-Feb-11 | 1:02.45     | -17.82 secs |   |        |             |             |            |

-37.04 secs    20.52 secs

Seconds Down    -16.52 secs