

AYLESBURY & DISTRICT SWIMMING CLUB INDIVIDUAL & MIXED RELAY GALA.
30th April 2005

	Age	EVENTS		Swimmer	Split		Swimmer	Split	Time	Pl
1	M	OPEN	4X25M FLY	1 Amy Claridge	17.66	2	Dan Heath	14.43	59.83	3
				3 Shannon Grehan	14.72	4	Deon Tan	13.15		
2	M	16&U	4X25 BACK	1 Katie Smith	17.05	2	Calum Diggins	15.65	1.06.90	3
				3 Nadia Alikacem	17.91	4	Alex Marr	16.44		
3	M	14&U	4X25M BREAST	1 Charlotte Cramer	20.53	2	David Luckam	20	1.17.60	4
				3 Olivia Lawrence	20.3	4	Luke Spain	17.55		
4	M	12&U	4X25M FREE	1 Suzanne Bilham	18.46	2	Luke Davis	16.1	1.03.74	2
				3 Zhara Legris	14.04	4	Steven Fish	15.14		
5	G	OPEN	50M BACK	Anna Mozdzyński					34.46	1
6	B	OPEN	50M BACK	Dan Davis					31.47	2
7	G	16&U	50M FLY	Abigail Bird	16.27			18.89	35.14	3
8	B	16&U	50M FLY	Dan Heath	15.38			16.9	32.13	4
9	G	14&U	50M FREE	Lucy Bowes					32.64	4
10	B	14&U	50M FREE	David Luckham					32.07	5
11	G	12&U	50M BREAST	Monica Ashby					51.2	8
12	B	12&U	50M BREAST	Robert Harding	20.78			24.3	44.8	3
13	M	OPEN	4X25M BACK	1 Nadia Alikacem	17.98	2	Calum Diggins	16.29	1.06.95	3
				3 Anna Mozdzyński	16.89	4	Adam Harding	15.85		
14	M	16&U	4X25M FLY	1 Katie Smith	15.03	2	Dan Heath	14.38	58.86	2
				3 Shannon Grehan	14.9	4	Dan Davis	14.34		
15	M	14&U	4X25M FREE	1 Lucy Bowes	15.47	2	David Luckam	14.09	56.73	2
				3 Abigail Bird	13.99	4	Alex Marr	13.32		
16	M	12&U	4X25M BREAST	1 Chloe Bingham	21.53	2	Cameron Kelly	23.26	1.28.69	DQ
				3 Monica Ashby	22.97	4	Robert Harding	21.11		
17	G	OPEN	50M FLY	Shannon Grehan	15.38			16.98	32.22	1
18	B	OPEN	50M FLY	Deon Tan	13.7			15.98	29.56	3
19	G	16&U	50M BACK	Zhara Legris	19.55			19.24	38.71	5
20	B	16&U	50M BACK	Calum Diggins	17.8			16.75	34.35	2
21	G	14&U	50M BREAST	Charlotte Cramer	20.27			23.98	44.06	6
22	B	14&U	50M BREAST	Luke Spain	18.75			20.95	39.48	DQ
23	G	12&U	50M FLY	Chloe Bingham	18.2			22.23	40.39	3
24	B	12&U	50M FLY	Luke Davis	21.09			28.49	49.54	7
25	M	OPEN	4X25M BREAST	1 Anna Mozdzyński	20.06	2	Alex Marr	17.1	1.12.45	4
				3 Amy Claridge	20.1	4	Adam Harding	15.43		
26	M	16&U	4X25M FREE	1 Amy Keen	14.79	2	Dan Heath	14.12	55.44	2
				3 Abigail Bird	14.05	4	Deon Tan	12.46		
27	M	14&U	4X25M BACK	1 Alice Goodridge	19.07	2	Calum Diggins	16.27	1.07.23	1
				3 Katie Smith		4	Dan Davis	15.04		
28	M	12&U	4X25M FLY	1 Monica Ashby	19.61	2	Ashley Wood	17.56	1.10.10	1
				3 Chloe Bingham	17.98	4	Luke Spain	15		
29	G	OPEN	50M FREE	Nadia Alikacem	15.42			15.49	30.81	2
30	B	OPEN	50M FREE	Adam Harding	13.51			13.92	27.27	4
31	G	16&U	50M BREAST	Amy Keen	20.51			23.41	43.8	6
32	B	16&U	50M BREAST	John Moran	18.49			20.75	39.21	4
33	G	14&U	50M FLY	Alice Goodridge	19			22.61	41.72	7
34	B	14&U	50M FLY	Ashley Wood	17.88			22.88	40.83	6
35	G	12&U	50M BACK	Tria Lawrence	20.36			20.84	41.06	4
36	B	12&U	50M BACK	Paul Norman	23			23.91	47.19	7
37	M	OPEN	4X25M FREE	1 Anna Mozdzyński	14.44	2	Deon Tan	12.26	54.04	2
				3 Nadia Alikacem	14.72	4	Dan Davis	12.59		
38	M	16&U	4X25M BREAST	1 Amy Keen	20.24	2	John Moran	18.24	1.13.79	3
				3 Shannon Grehan	19.35	4	Adam Harding	16.17		
39	M	14&U	4X25M FLY	1 Lucy Bowes	16.21	2	Luke Spain	15.39	1.01.60	2
				3 Abigail Bird	15.54	4	Alex Marr	14.47		
40	M	12&U	4X25M BACK	1 Tria Lawrence	20.1	2	Paul Norman	22.04	1.18.48	2
				3 Zhara Legris	19.08	4	Steven Fish	17.22		
41	G	OPEN	50M BREAST	Amy Claridge	20.82			23.2	43.97	7
42	B	OPEN	50M BREAST	Adam Harding	16.71			19.48	36.07	2
43	G	16&U	50M FREE	Katie Smith	14.66			14.8	29.61	2
44	B	16&U	50M FREE	Alex Marr	14.53			15.07	29.51	2
45	G	14&U	50M BACK	Olivia Lawrence	20.32			21.06	41.57	5
46	B	14&U	50M BACK	Steven Fish	19.36			19.22	38.8	6

47	G	12&U	50M FREE		Tria Lawrence	17.65			18.49	36.03	2
48	B	12&U	50M FREE		Cameron Kelly	18.3			18.66	36.65	6
49	M	SQUAD	32X25M FREE	1	Choe Bingham	15.82	2	Robert Harding	16.24	7.58.98	1
				3	Monica Ashby	16.05	4	Luke Davis	16.75		
				5	Suzanne Bilham	18.75	6	Paul Norman	17.71		
				7	Zhara Legris	15.29	8	Steven Fish	15.03		
				9	Tria Lawrence	16.42	10	Dan Davis	12.34		
				11	Olivia Lawrence	16.07	12	Ashley Wood	15.79		
				13	Katie Smith	14.07	14	Luke Spain	14.21		
				15	Lucy Bowes	14.8	16	Cameron Kelly	17.49		
				17	Abigail Bird	13.99	18	Alex Marr	13.62		
				19	Nadia Alikacem	14.88	20	John Moran	14.51		
				21	Alice Goodridge	16.3	22	David Luckham	13.92		
				23	Charlotte Cramer	15.37	24	Calum Diggins	13.58		
				25	Amy Keen	14.44	26	Daniel Heath	13.98		
				27	Shannon Grehan	14.65	28	Deon Tan	12.52		
				29	Anna Mozdzynski	13.95	30	Greg Buck	11.54		
				31	Amy Claridge	15.69	32	Adam Harding	12.29		

Club	Points	Position
Aylesbury	195	6
Chalfont	92	8
Tilehurst	262	4
Newport Pagnell	347	1
Letchworth	135	7
Henley	267	2
RNSS	265	3
St Albans	213	5

A good evening resulting in 3rd position. Many personal bests achieved and a resounding 1st place in the final 32 swimmer squadron relay

Thanks to all the RNSS team - the swimmers, the coaches & helpers on poolside and the supporters in the gallery