

## Southend

<b>Ellie Sheehan</b>	10/04/2002	
Event 102	Girls Open 100m Breaststroke	1:42.00
Event 214	Girls Open 50m Freestyle	35.99
<b>Erin Wilkinson</b>	23/02/2005	
Event 104	Girls Open 200m Backstroke	3:19.42
Event 214	Girls Open 50m Freestyle	36.7
Event 323	Girls Open 200m IM	3:31.35
Event 436	Girls Open 200m Breaststroke	3:50.00
Event 440	Girls Open 200m Freestyle	2:59.53
<b>Evie Arrowsmith</b>	13/07/2002	
Event 102	Girls Open 100m Breaststroke	1:42.00
Event 214	Girls Open 50m Freestyle	36
<b>George Overell</b>	28/03/2000	
Event 105	Boys Open 200m Breaststroke	3:15.48
Event 324	Boys Open 100m Freestyle	1:09.87
<b>Haydn Good</b>	20/03/2000	
Event 551	Boys Open 400m Freestyle	4:51.27
<b>Holly Lamb</b>	03/01/2005	
Event 323	Girls Open 200m IM	3:14.66
Event 436	Girls Open 200m Breaststroke	3:36.19
Event 440	Girls Open 200m Freestyle	2:59.98
<b>Jack Overell</b>	28/06/1997	
Event 105	Boys Open 200m Breaststroke	2:52.23
Event 215	Boys Open 400m IM	5:45.00
Event 324	Boys Open 100m Freestyle	1:01.89
<b>Lewis Bayley</b>	09/03/2001	
Event 322	Boys Open 100m Butterfly	1:16.77
Event 324	Boys Open 100m Freestyle	1:09.83
Event 437	Boys Open 100m Breaststroke	1:27.52
Event 439	Boys Open 200m Backstroke	2:38.48
Event 658	Boys Open 200m IM	2:45.94
<b>Liberty Good</b>	05/11/1997	
Event 657	Girls Open 100m Freestyle	1:07.38
<b>Oliver Whitney</b>	14/07/2003	
Event 105	Boys Open 200m Breaststroke	4:00.00
<b>Samantha Edwards</b>	05/03/2002	
Event 657	Girls Open 100m Freestyle	1:17.99

Session 01 (10/01/15 - Warm up 0830 hrs)  
Session 02 (10/01/15 - Warm up 1230 hrs)

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Session 02 (10/01/15 - Warm up 1230 hrs)  
Session 03 (10/01/15 - Warm up 1600 hrs)  
Session 04 (11/01/15 - Warm up 0830 hrs)  
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