

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 103 Mens MD 200m IM

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.BDPoints	50	100	150	
1.	Benjamin James Procter	19	Newquay	14	2:23.59	---	890	-	1:05.39	-
2.	Sascha Kindred	31	Leominster	6	2:50.57	---	860	-	1:20.74	-
3.	Daniel Pepper	20	Stockport Mo	14	2:26.05	+ 0.90	846	-	1:09.55	-
4.	Samuel Hynd	18	Nova Cent'n	8	2:32.20	+ 0.74	794	-	1:15.35	-
5.	Richard Howard	21	Co Salford	8	2:35.38	---	746	-	1:14.44	-
6.	Matthew Whorwood	19	Swansea Perf	6	3:03.52	---	690	-	1:32.18	-
7.	Andrew Zawadzki	16	Nova Cent'n	14	2:38.18	+ 0.70	666	-	1:14.46	-
8.	Matt Walker	31	Marple	7	3:02.32	+ 0.85	602	-	1:25.89	-
9.	Sam Bradley	15	Mid Beds	7	3:04.59	---	580	-	1:30.06	-
10.	David Roberts	29	Swansea Perf	7	3:05.05	---	575	-	1:27.86	-
11.	Jack Robert Thomas	14	Swansea Val	14	2:48.38	+ 0.78	552	-	1:20.02	-
12.	Antony Alen Sharkey	15	Wirral Metro	10	2:42.18	---	549	-	1:12.37	-
13.	Robert Gill	14	Horwich	9	2:55.12	+ 0.83	444	-	1:24.61	-
14.	Alexander Goodman	17	Portsmouth N	7	3:25.30	---	421	-	1:40.06	-
15.	William HollandLeavens	18	Deepings	6	3:37.25	+ 0.77	416	-	1:49.22	-
16.	James Pout	12	Co Liverpool	8	3:09.60	+ 0.78	411	-	1:28.43	-
17.	Damian Ng	19	Maidenhead	7	3:31.29	---	387	-	1:39.78	-
18.	Josef Isaac Craig	12	South Tyne	7	3:36.37	+ 0.91	360	-	1:44.48	-
	Sam Kaye	17	Troutbeck Br	9	DNC					
	Sean Fraser	19	Warrender Ba	8	DQ T-2L					

Ponds Forge Youth National Championships
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EVENT 104 Womens MD 200m IM

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50	100	150
1.	Heather Frederiksen	23	Co Salford	8	2:49.12	EUR+	0.95877	36.23	1:17.15	2:13.77
2.	Natalie Jones	24	Colchester P	6	3:22.40	+1.04	868	45.57	1:35.84	2:37.02
3.	Eleanor Simmonds	14	Swansea Perf	6	3:22.61	+0.73	865	45.07	1:39.92	2:38.85
4.	Natalie Massey	20	Aquabears	14	2:44.54	+0.77	810	35.11	1:18.21	2:06.62
5.	Louise Watkin	16	Kelly Coll	9	2:40.53	+0.77	781	37.80	1:17.51	2:04.87
6.	Claire Cashmore	21	Co Leeds	9	2:43.22	+0.69	743	34.74	1:17.47	2:03.36
7.	Eleni Papadopoulos	17	Co Sund'land	10	2:52.15	+0.77	711	35.73	1:18.99	2:11.81
8.	Gemma Almond	16	Shrewsbury	10	2:55.82	+0.89	667	39.35	1:23.78	2:14.58
9.	Lauren Steadman	16	Kelly Coll	9	2:49.54	+0.85	663	37.06	1:18.46	2:11.42
10.	Lizzie Simpkin	14	Southport	9	2:51.84	+0.81	637	35.98	1:18.40	2:13.68
11.	Amberley Hoar	16	Portsmouth N	14	2:58.50	+0.98	635	42.99	1:28.57	2:18.87
12.	Kate Grey	20	Bath Univ	9	2:52.07	+0.77	634	36.40	1:20.14	2:11.04
13.	Jan Langton	22	Kelly Coll	6	3:44.99	+1.14	632	50.65	1:44.88	2:54.82
14.	Emma Hollis	17	Epping For't	8	3:08.88	+0.89	629	40.19	1:29.48	2:26.28
15.	Charlotte Henshaw	22	Nova Cent'n	8	3:10.35	+0.79	615	40.26	1:31.47	2:26.73
16.	Rachael Latham	19	Co Sheffield	8	3:12.03	+0.83	599	38.34	1:24.10	2:24.88
17.	Lauren Alex Smith	15	Epping For't	9	2:57.49	+0.78	578	41.66	1:26.49	2:17.52
18.	Chloe Williams	20	Canvey Isl	14	3:06.43	+1.04	557	40.19	1:25.86	2:23.88
19.	Claire Warne	16	Flitwick	6	3:59.10	+0.94	526	53.79	1:48.72	3:05.83
20.	Sarah Michelle Bowling	19	West Norfolk	9	3:03.82	+0.92	520	41.48	1:30.28	2:21.68
21.	Jo-Jo Cranfield	16	Rochford	9	3:04.89	+0.77	511	41.32	1:27.26	2:22.89
22.	Chloe Rebecca Selman	14	Donc Dartes	14	3:16.12	+0.92	479	40.64	1:27.28	2:34.06
23.	Hannah Wright	13	West Suffolk	10	3:19.83	+1.08	454	44.14	1:37.48	2:32.61
24.	Lucy Chenery	14	Maxwell	14	3:31.64	+0.88	381	48.67	1:42.07	2:48.50
25.	Chloe Buck	12	York City	9	3:27.46	+1.10	362	45.99	1:43.36	2:39.39
	Alexandra Adams	15	Black Lion	13	DNC					
	Amy Claire Davies	14	Swansea Val	10	DNC					

Ponds Forge Youth National Championships
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EVENT 165 FINAL OF EVENT 103 Mens MD 200m IM

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50	100	150
1.	Daniel Pepper	20	Stockport Mo	14	2:19.70	+ 0.74	966	29.73	1:08.92	1:47.66
2.	Sascha Kindred	31	Leominster	6	2:44.44	+ 0.85	960	33.98	1:18.10	2:03.82
3.	Benjamin James Procter	19	Newquay	14	2:21.36	+ 0.93	933	29.07	1:04.20	1:47.96
4.	Samuel Hynd	18	Nova Cent'n	8	2:31.27	+ 0.70	808	33.74	1:16.23	1:56.03
5.	Richard Howard	21	Co Salford	8	2:33.01	+ 0.81	781	31.86	1:12.89	1:58.32
6.	Matthew Whorwood	19	Swansea Perf	6	2:59.26	+ 0.76	741	40.05	1:30.04	2:20.03
7.	David Roberts	29	Swansea Perf	7	2:50.27	+ 1.03	739	37.24	1:20.67	2:14.64
8.	Matt Walker	31	Marple	7	2:56.12	+ 1.15	668	35.95	1:24.61	2:18.78
9.	Andrew Zawadzki	16	Nova Cent'n	14	2:38.47	+ 0.93	662	32.59	1:14.06	2:02.65
10.	Sam Bradley	15	Mid Beds	7	3:05.49	+ 0.97	571	41.85	1:29.20	2:24.91

EVENT 166 FINAL OF EVENT 104 Womens MD 200m IM

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50	100	150
1.	Eleanor Simmonds	14	Swansea Perf	6	3:16.39	+ 0.83	950	44.32	1:37.82	2:35.10
2.	Natalie Jones	24	Colchester P	6	3:16.84	+ 1.01	943	44.28	1:34.15	2:33.32
3.	Heather Frederiksen	23	Co Salford	8	2:46.95	+ 0.94	911	35.80	1:17.40	2:11.56
4.	Claire Cashmore	21	Co Leeds	9	2:37.36	+ 0.76	829	34.61	1:15.13	2:00.11
5.	Natalie Massey	20	Aquabears	14	2:43.61	+ 0.79	824	35.23	1:17.53	2:06.06
6.	Louise Watkin	16	Kelly Coll	9	2:39.96	+ 0.78	789	37.89	1:18.16	2:05.47
7.	Eleni Papadopoulos	17	Co Sund'land	10	2:50.06	+ 0.87	737	35.63	1:19.28	2:11.84
8.	Lauren Steadman	16	Kelly Coll	9	2:45.83	+ 0.87	708	36.59	1:17.18	2:08.67
9.	Gemma Almond	16	Shrewsbury	10	2:53.07	+ 0.94	700	39.19	1:24.58	2:14.06
10.	Lizzie Simpkin	14	Southport	9	2:51.33	+ 0.78	642	36.38	1:20.16	2:14.52

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 202 Mens MD 100m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Benjamin James Procter	19	Newquay	14	56.54	GBR + 0.91	938	27.11
2.	David Roberts	29	Swansea Perf	7	1:03.39	+ 1.08	862	30.95
3.	Daniel Pepper	20	Stockport Mo	14	59.25	+ 0.80	815	28.19
4.	Matt Walker	31	Marple	7	1:04.99	+ 0.99	800	30.48
5.	Craig Rodgie	19	Carnegie	14	59.73	+ 0.74	795	28.23
6.	Anthony Stephens	23	Swansea Perf	5	1:16.74	+ 0.57	794	-
7.	Sean Fraser	19	Warrender Ba	8	1:02.56	+ 0.81	786	30.14
8.	Dave Ellis	23	Aquabears	13	57.87	+ 0.80	784	28.00
9.	Graham Edmunds	34	Swansea Perf	10	56.51	+ 0.83	752	27.20
10.	Simon Miller	23	Aquabears	9	1:01.01	--	745	29.20
11.	Sascha Kindred	31	Leominster	6	1:13.25	+ 0.92	730	34.63
11.	Alfie Goldsmith	14	Black Lion	13	59.27	+ 0.90	730	27.97
13.	Samuel Hynd	18	Nova Cent'n	8	1:04.24	+ 0.74	726	31.13
14.	Matthew Whorwood	19	Swansea Perf	6	1:13.40	+ 0.71	725	35.07
15.	Thomas Young	18	Gallica	8	1:05.81	+ 0.93	675	31.44
16.	Jonathan Fox	18	Newquay	7	1:09.05	+ 0.87	667	32.20
17.	Thomas Rust	20	Thanet Swim	13	1:01.18	+ 0.78	664	28.49
18.	Nicholas Boylan	25	Co Cant'bury	14	1:03.95	+ 0.84	648	30.21
19.	Andrew Zawadzki	16	Nova Cent'n	14	1:04.07	+ 0.95	644	31.16
20.	James Anderson	46	StirlingSwim	2	2:33.38	--	616	1:12.78
21.	Ryan Thomas Crouch	15	teamipswich	10	1:01.24	+ 0.76	591	28.57
22.	Joe Barton	16	Carnforth	8	1:10.33	+ 0.94	553	33.47
23.	Laurence Whiteley	17	RichmondDale	10	1:03.03	+ 0.94	542	29.99
24.	Robert Gill	14	Horwich	9	1:08.99	+ 0.88	515	33.01
25.	Antony Alen Sharkey	15	Wirral Metro	10	1:04.32	+ 0.81	510	31.10
26.	Jack Robert Thomas	14	Swansea Val	14	1:10.43	+ 0.92	485	33.97
27.	Sam Bradley	15	Mid Beds	7	1:16.90	+ 0.94	483	37.53
28.	Alexander Goodman	17	Portsmouth N	7	1:17.09	+ 1.09	480	36.21
29.	Michael Reeve	16	Leic Peng	12	1:08.70	+ 0.89	432	32.31
30.	Damian Ng	19	Maidenhead	7	1:20.82	+ 0.81	416	37.38
31.	William HollandLeavens	18	Deepings	6	1:33.73	+ 1.01	348	45.99
	Sam Kaye	17	Troutbeck Br	9	DNC			
	Thomas Brown	18	BethnalGreen	9	DNC			

Ponds Forge Youth National Championships
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EVENT 203 Womens MD 100m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Heather Frederiksen	23	Co Salford	8	1:06.55	+ 0.85	1011	GBR/EUR/WR 32.38
2.	Rhiannon Henry	22	Swansea Perf	13	1:01.83	+ 0.93	863	29.89
3.	Louise Watkin	16	Kelly Coll	9	1:04.57	+ 0.81	846	31.06
4.	Eleanor Simmonds	14	Swansea Perf	6	1:22.75	+ 0.80	819	40.29
5.	Natalie Massey	20	Aquabears	14	1:08.22	+ 0.76	780	32.57
6.	Stephanie Bird	20	Lstoft & OB	14	1:08.63	--	766	32.33
7.	Francesca O'Connor	18	Wyre Forest	7	1:19.24	+ 1.04	738	38.18
8.	Lauren Steadman	16	Kelly Coll	9	1:07.70	+ 0.84	734	32.81
9.	Natalie Jones	24	Colchester P	6	1:26.38	+ 1.05	720	41.78
10.	Danielle Watts	28	Co Oxford	1	3:16.28	--	703	1:38.00
11.	Emma Cattle	21	Aquabears	10	1:09.33	+ 0.81	700	33.70
12.	Emma Hollis	17	Epping For't	8	1:16.04	+ 0.91	678	36.04
13.	Amberley Hoar	16	Portsmouth N	14	1:13.03	+ 0.97	636	35.06
14.	Eleni Papadopoulos	17	Co Sund'land	10	1:11.70	+ 0.78	633	34.36
15.	Gemma Almond	16	Shrewsbury	10	1:12.29	+ 0.89	618	34.72
16.	Lauren Hobbins	13	Dunstable	13	1:09.58	+ 0.93	606	32.91
17.	Lauren Alex Smith	15	Epping For't	9	1:13.08	+ 0.82	584	34.82
18.	Nyree Lewis	28	Leominster	6	1:33.65	--	565	45.04
19.	Rosie Bancroft	14	Co Oxford	10	1:14.67	+ 1.13	561	36.28
20.	Chloe Rebecca Selman	14	Donc Dartes	14	1:16.18	+ 0.94	560	35.25
21.	Jo-Jo Cranfield	16	Rochford	9	1:14.85	+ 0.80	543	35.86
22.	Rachael Latham	19	Co Sheffield	8	1:22.82	--	525	39.70
23.	Chloe Williams	20	Canvey Isl	14	1:17.98	+ 1.10	522	36.80
24.	Alexandra Adams	15	Black Lion	13	1:13.65	+ 0.88	511	35.30
25.	Jan Langton	22	Kelly Coll	6	1:37.90	+ 1.09	495	46.33
26.	Lucy Chenery	14	Maxwell	14	1:22.04	+ 0.88	449	39.02
27.	Claire Warne	16	Flitwick	6	1:41.70	+ 0.97	441	49.84
	Lizzie Simpkin	14	Southport	9	DNC			

Ponds Forge Youth National Championships
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EVENT 265 FINAL OF EVENT 202 Mens MD 100m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Daniel Pepper	20	Stockport Mo	14	56.36	GBR+ 0.79	947	27.35
2.	Benjamin James Procter	19	Newquay	14	56.58	+ 0.91	936	26.86
3.	David Roberts	29	Swansea Perf	7	1:03.09	+ 1.03	875	30.76
4.	Dave Ellis	23	Aquabears	13	56.74	GBR+ 0.80	832	27.34
5.	Craig Rodgie	19	Carnegie	14	58.99	+ 0.80	826	27.83
6.	Anthony Stephens	23	Swansea Perf	5	1:15.93	+ 0.55	819	-
7.	Sean Fraser	19	Warrender Ba	8	1:02.03	+ 0.79	807	29.76
8.	Matt Walker	31	Marple	7	1:05.43	+ 0.96	784	30.44
9.	Simon Miller	23	Aquabears	9	1:00.81	+ 0.85	752	28.94
10.	Graham Edmunds	34	Swansea Perf	10	56.54	+ 0.88	750	26.78

EVENT 266 FINAL OF EVENT 203 Womens MD 100m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Heather Frederiksen	23	Co Salford	8	1:07.35	+ 0.87	976	32.66
2.	Louise Watkin	16	Kelly Coll	9	1:03.25	+ 0.76	901	30.73
3.	Rhiannon Henry	22	Swansea Perf	13	1:01.07	GBR+ 0.89	896	29.28
4.	Eleanor Simmonds	14	Swansea Perf	6	1:20.98	+ 0.87	874	39.36
5.	Natalie Jones	24	Colchester P	6	1:23.41	+ 1.02	800	39.51
6.	Natalie Massey	20	Aquabears	14	1:07.94	+ 0.76	790	32.25
7.	Lauren Steadman	16	Kelly Coll	9	1:06.84	+ 0.84	763	32.35
8.	Francesca O'Connor	18	Wyre Forest	7	1:18.82	+ 0.96	750	38.59
9.	Stephanie Bird	20	Lstof & OB	14	1:09.14	+ 0.85	749	32.16
10.	Danielle Watts	28	Co Oxford	1	3:16.04	--	706	1:37.91

Ponds Forge Youth National Championships
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EVENT 303 Mens MD 100m Breaststroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Sascha Kindred	31	Leominster	7	1:27.15	+ 0.86	838	41.22
2.	Matthew Whorwood	19	Swansea Perf	6	1:32.57	+ 0.74	831	44.35
3.	Thomas Young	18	Gallica	7	1:31.45	+ 0.94	726	43.20
4.	Dave Ellis	23	Aquabears	13	1:12.50	+ 0.79	708	33.37
5.	Daniel Pepper	20	Stockport Mo	14	1:15.03	+ 0.77	694	35.54
6.	Gareth Duke	23	Swansea Perf	6	1:40.94	+ 0.72	641	47.56
7.	Samuel Hynd	18	Nova Cent'n	8	1:18.15	+ 0.71	630	36.13
8.	Sam Bradley	15	Mid Beds	6	1:43.44	+ 0.93	596	48.02
9.	Nicholas Boylan	25	Co Cant'bury	14	1:20.05	+ 0.83	571	36.64
10.	Richard Howard	21	Co Salford	8	1:23.81	+ 0.84	511	39.26
11.	William HollandLeavens	18	Deepings	6	1:49.33	+ 1.02	505	52.18
12.	Antony Alen Sharkey	15	Wirral Metro	9	1:28.43	+ 0.81	466	41.59
13.	Robert Gill	14	Horwich	9	1:29.16	+ 0.92	455	41.59
14.	Ryan Thomas Crouch	15	teamipswich	9	1:29.45	+ 0.78	451	40.97
15.	Jack Robert Thomas	14	Swansea Val	14	1:32.95	+ 0.75	365	43.30

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EVENT 304 Womens MD 100m Breaststroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Charlotte Henshaw	22	Nova Cent'n	6	1:42.22	+ 0.78	939	47.69
2.	Elizabeth Johnson	23	Swansea Perf	6	1:45.02	+ 0.91	866	50.71
3.	Claire Cashmore	21	Co Leeds	8	1:25.19	+ 0.69	846	40.44
4.	Louise Watkin	16	Kelly Collg	GBR	9 1:25.03	+ 0.79	741	40.76
5.	Amberley Hoar	16	Portsmouth N	14	1:31.51	+ 1.01	708	42.89
6.	Kate Grey	20	Bath Univ	9	1:28.21	+ 0.76	663	41.40
7.	Emma Hollis	17	Epping For't	7	1:46.04	+ 0.94	645	49.88
8.	Lauren Alex Smith	15	Epping For't	8	1:35.41	+ 0.79	602	45.12
9.	Stephanie Bird	20	Lstoft & OB	14	1:36.70	+ 0.82	600	43.84
10.	Gemma Almond	16	Shrewsbury	9	1:31.58	+ 0.86	593	43.93
11.	Lauren Hobbins	13	Dunstable	13	1:32.99	+ 0.91	570	43.76
12.	Eleni Papadopoulos	17	Co Sund'land	9	1:33.91	+ 0.82	550	44.26
13.	Alexandra Adams	15	Black Lion	13	1:36.70	+ 0.91	507	46.24
14.	Jo-Jo Cranfield	16	Rochford	8	1:42.46	+ 0.78	486	47.65
15.	Sarah Michelle Bowling	19	West Norfolk	9	1:38.92	+ 0.91	470	47.88
16.	Chloe Williams	20	Canvey Isl	14	1:46.82	+ 0.97	445	50.02
17.	Hannah Wright	13	West Suffolk	9	1:42.96	+ 1.07	417	47.72
18.	Chloe Buck	12	York City	9	1:43.09	+ 1.11	416	49.76

Ponds Forge Youth National Championships
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EVENT 363 FINAL OF EVENT 303 Mens MD 100m Breaststroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Sascha Kindred	31	Leominster	7	1:25.68	+ 0.86	882	40.26
2.	Matthew Whorwood	19	Swansea Perf	6	1:32.91	+ 0.74	822	44.54
3.	Daniel Pepper	20	Stockport MoGBR	14	1:11.33	+ 0.72	807	33.61
4.	Dave Ellis	23	Aquabears	13	1:11.13	+ 0.80	750	33.22
5.	Thomas Young	18	Gallica	7	1:30.58	+ 0.72	747	41.36
6.	Gareth Duke	23	Swansea Perf	6	1:36.67	+ 0.69	730	44.64
7.	Samuel Hynd	18	Nova Cent'n	8	1:17.03	+ 0.70	658	35.24
8.	Sam Bradley	15	Mid Beds	6	1:42.28	+ 1.01	616	47.49
9.	Nicholas Boylan	25	Co Cant'bury	14	1:18.19	+ 0.76	613	35.83
10.	Richard Howard	21	Co Salford	8	1:23.36	+ 0.79	519	39.74

EVENT 364 FINAL OF EVENT 304 Womens MD 100m Breaststroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Elizabeth Johnson	23	Swansea Perf	6	1:41.13	+ 0.92	969	47.23
2.	Claire Cashmore	21	Co LeedsGBR	8	1:21.91	+ 0.75	952	38.97
3.	Charlotte Henshaw	22	Nova Cent'n	6	1:43.29	+ 0.76	910	47.73
4.	Louise Watkin	16	Kelly ColIGBR EUR	9	1:23.51	+ 0.79	782	40.45
5.	Amberley Hoar	16	Portsmouth N	14	1:31.16	+ 1.01	716	42.57
6.	Kate Grey	20	Bath Univ	9	1:26.20	+ 0.79	711	40.63
7.	Emma Hollis	17	Epping For'tGBR	7	1:45.43	+ 0.90	656	49.08
8.	Lauren Alex Smith	15	Epping For't	8	1:34.30	+ 0.77	624	44.53
9.	Gemma Almond	16	Shrewsbury	9	1:31.50	+ 0.88	594	43.71
10.	Stephanie Bird	20	Lstoff & OB	14	1:38.00	+ 0.66	576	45.44

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 374 FINAL OF EVENT 308 Mens MD 50m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	James Anderson	46	StirlingSwim	2	1:09.84	+ 0.80	740

EVENT 375 FINAL OF EVENT 309 Womens MD 50m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Danielle Watts	28	Co Oxford	1	1:35.64	+ 0.74	456
	Jane Stidever	43	Leic Peng	5	DNC		

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 402 Mens MD 100m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Benjamin James Procter	19	Newquay	14	1:03.52	+ 0.90	861	28.81
2.	Craig Rodgie	19	Carnegie	14	1:04.13	+ 0.77	836	29.40
3.	Dave Ellis	23	Aquabears	13	1:02.79	+ 0.81	825	28.71
4.	Richard Howard	21	Co Salford	8	1:07.08	+ 0.82	750	31.94
5.	Sean Fraser	19	Warrender Ba	8	1:08.37	+ 0.81	708	31.85
6.	Robert Welbourn	22	Swansea Perf	10	1:03.61	+ 0.86	700	29.74
7.	Alfie Goldsmith	14	Black Lion	13	1:08.24	+ 0.46	643	30.66
8.	Thomas Rust	20	Thanet Swim	13	1:08.86	+ 0.80	625	31.36
9.	David Hill	20	Bath Univ	9	1:10.97	+ 0.74	585	32.14
10.	Jack Robert Thomas	14	Swansea Val	14	1:19.00	+ 0.74	447	36.83
	Thomas Brown	18	BethnalGreen	9	DNC			

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 403 Womens MD 100m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Rhiannon Henry	22	Swansea Perf	13	1:09.07	+ 0.95	871	32.11
2.	Heather Frederiksen	23	Co Salford	8	1:15.90	+ 0.90	841	35.97
3.	Stephanie Millward	27	Swansea Perf	9	1:12.58	+ 0.90	778	33.42
4.	Eleni Papadopoulos	17	Co Sund'land	10	1:16.88	+ 0.75	719	35.50
5.	Lizzie Simpkin	14	Southport	9	1:14.85	+ 0.81	709	35.45
6.	Claire Cashmore	21	Co Leeds	9	1:16.38	+ 0.74	667	34.93
7.	Rachael Latham	19	Co Sheffield	8	1:23.76	+ 0.83	626	38.55
8.	Lauren Steadman	16	Kelly Coll	9	1:19.82	+ 0.87	585	36.81
9.	Emma Hollis	17	Epping For't	8	1:28.36	+ 0.90	533	40.48
10.	Rosie Bancroft	14	Co Oxford	10	1:27.82	+ 1.10	483	41.88
11.	Lauren Alex Smith	15	Epping For't	9	1:27.57	+ 0.83	443	41.32
12.	Jo-Jo Cranfield	16	Rochford	9	1:27.89	+ 0.78	438	41.76
13.	Sarah Michelle Bowling	19	West Norfolk	9	1:28.03	+ 0.93	436	40.39
14.	Charlotte Henshaw	22	Nova Cent'n	8	1:37.16	+ 0.76	401	41.59
15.	Amberley Hoar	16	Portsmouth N	14	1:41.40	+ 1.04	324	45.97

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 407 Mens MD 50m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Matt Walker	31	Marple	7	28.35	+ 0.98	930
2.	Benjamin James Procter	19	Newquay	14	26.76	+ 0.99	844
3.	Graham Edmunds	34	Swansea Perf	10	25.30	+ 0.83	813
4.	Anthony Stephens	23	Swansea Perf	5	35.06	+ 0.55	805
5.	David Roberts	29	Swansea Perf	7	29.80	--	801
6.	Craig Rodgie	19	Carnegie	14	27.26	+ 0.80	798
7.	Sean Fraser	19	Warrender Ba	8	28.72	GBR + 0.82	781
8.	Simon Miller	23	Aquabears	9	27.57	+ 0.85	776
9.	Thomas Young	18	Gallica	8	29.07	+ 0.94	753
10.	Jonathan Fox	18	Newquay	7	30.55	+ 0.85	743
11.	Thomas Rust	20	Thanet Swim	13	26.82	+ 0.78	694
12.	Samuel Hynd	18	Nova Cent'n	8	30.01	+ 0.73	685
13.	David Hill	20	Bath Univ	9	28.93	+ 0.72	672
14.	Alfie Goldsmith	14	Black Lion	13	27.33	--	656
15.	James Anderson	46	StirlingSwim	2	1:09.21	--	655
16.	Andrew Zawadzki	16	Nova Cent'n	14	29.40	+ 0.99	637
17.	Laurence Whiteley	17	RichmondDale	10	27.55	+ 0.96	629
18.	Richard Howard	21	Co Salford	8	31.01	+ 0.80	621
19.	Joe Barton	16	Carnforth	8	31.69	+ 0.97	581
20.	Morgyn Peters	12	Wycombe Dist	9	30.82	+ 1.01	556
21.	Jack Robert Thomas	14	Swansea Val	14	30.77	+ 0.73	555
22.	Robert Gill	14	Horwich	9	30.92	+ 0.94	550
23.	Ryan Thomas Crouch	15	teamipswich	10	28.87	--	547
24.	Antony Alen Sharkey	15	Wirral Metro	10	29.13	+ 0.77	532
25.	Alexander Goodman	17	Portsmouth N	7	35.43	+ 0.85	476
26.	Michael Reeve	16	Leic Peng	12	30.40	+ 0.97	458
27.	Sam Bradley	15	Mid Beds	7	36.72	+ 0.95	428
28.	William HollandLeavens	18	Deepings	6	41.09	+ 0.99	309
	Thomas Brown	18	BethnalGreen	9	DNC		

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 408 Womens MD 50m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Heather Frederiksen	23	Co Salford	8	31.74	+ 0.88	978
2.	Louise Watkin	16	Kelly Coll	9	30.21	+ 0.84	888
3.	Stephanie Bird	20	Lstoft & OB	14	30.44	+ 0.84	860
4.	Rhiannon Henry	22	Swansea Perf	13	29.32	+ 0.93	814
5.	Claire Cashmore	21	Co Leeds	9	31.43	+ 0.74	789
6.	Francesca O'Connor	18	Wyre Forest	7	36.44	+ 0.97	779
7.	Lauren Steadman	16	Kelly Coll	9	31.57	+ 0.90	778
8.	Emma Hollis	17	Epping For't	8	34.63	+ 0.84	753
9.	Natalie Jones	24	Colchester P	6	39.64	+ 1.06	724
10.	Emma Cattle	21	Aquabears	10	31.96	--	705
11.	Elizabeth Johnson	23	Swansea Perf	6	40.89	+ 0.97	660
12.	Lauren Alex Smith	15	Epping For't	9	33.63	+ 0.77	644
13.	Chloe Rebecca Selman	14	Donc Dartes	14	33.84	+ 0.96	626
14.	Jo-Jo Cranfield	16	Rochford	9	34.34	--	605
15.	Danielle Watts	28	Co Oxford	1	1:34.90	--	591
16.	Amberley Hoar	16	Portsmouth N	14	34.66	+ 1.02	583
17.	Chloe Williams	20	Canvey Isl	14	35.24	+ 1.00	554
18.	Eleni Papadopoulos	17	Co Sund'land	10	34.65	--	553
19.	Alexandra Adams	15	Black Lion	13	33.67	+ 0.75	538
20.	Rosie Bancroft	14	Co Oxford	10	35.48	+ 1.10	515
21.	Jan Langton	22	Kelly Coll	6	45.50	+ 1.10	479
22.	Claire Warne	16	Flitwick	6	47.72	+ 1.06	415
	Jane Stidever	43	Leic Peng	5	DNC		
	Susie Rodgers	25	Otter	7	DQ ST-		

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 463 FINAL OF EVENT 402 Mens MD 100m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Benjamin James Procter	19	Newquay	14	1:02.78	+ 0.91	891	28.04
2.	Craig Rodgie	19	Carnegie	14	1:03.03	+ 0.77	881	29.15
3.	Dave Ellis	23	Aquabears	13	1:01.94	GBR+ 0.79	859	28.30
4.	Richard Howard	21	Co Salford	8	1:06.46	+ 0.82	771	31.09
5.	Robert Welbourn	22	Swansea Perf	10	1:01.91	+ 0.76	759	28.99
6.	Sean Fraser	19	Warrender Ba	8	1:07.07	+ 0.61	750	31.22
7.	Alfie Goldsmith	14	Black Lion	13	1:07.45	+ 0.85	666	31.63
8.	Thomas Rust	20	Thanet Swim	13	1:08.91	+ 0.77	624	31.30
9.	David Hill	20	Bath Univ	9	1:12.43	+ 0.73	550	32.40
10.	Jack Robert Thomas	14	Swansea Val	14	1:18.44	+ 0.75	457	36.30

EVENT 464 FINAL OF EVENT 403 Womens MD 100m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Rhiannon Henry	22	Swansea Perf	13	1:07.14	+ 0.91	948 GBR	31.24
2.	Stephanie Millward	27	Swansea Perf	9	1:10.61	+ 0.95	844 GBRIEUR	32.88
3.	Heather Frederiksen	23	Co Salford	8	1:16.97	+ 0.91	806 GBRIEUR	36.38
4.	Claire Cashmore	21	Co Leeds	9	1:12.73	+ 0.74	773	34.35
5.	Lizzie Simpkin	14	Southport	9	1:13.36	+ 0.78	753	34.42
6.	Eleni Papadopoulos	17	Co Sund'land	10	1:17.36	+ 0.82	706	36.06
7.	Rachael Latham	19	Co Sheffield	8	1:23.01	+ 0.83	643	38.63
8.	Lauren Steadman	16	Kelly Coll	9	1:20.08	+ 0.78	579	37.08
9.	Emma Hollis	17	Epping Fort	8	1:27.42	+ 0.94	550	40.41
10.	Rosie Bancroft	14	Co Oxford	10	1:25.99	+ 1.11	514	40.13

EVENT 472 FINAL OF EVENT 407 Mens MD 50m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Matt Walker	31	Marple	7	28.19	+ 0.88	946
2.	David Roberts	29	Swansea Perf	7	28.55	+ 1.03	910
3.	Benjamin James Procter	19	Newquay	14	26.45	+ 0.91	874
4.	Anthony Stephens	23	Swansea Perf	5	34.54	GBR+ 0.52	842
5.	Graham Edmonds	34	Swansea Perf	10	25.17	+ 0.78	825
6.	Sean Fraser	19	Warrender Ba	8	28.23	GBR+ 0.75	823
7.	Craig Rodgie	19	Carnegie	14	27.14	--	809
8.	Simon Miller	23	Aquabears	9	27.44	+ 0.78	788
9.	Jonathan Fox	18	Newquay	7	30.18	+ 0.86	771
10.	Thomas Young	18	Gallica	8	29.46	+ 0.89	724

EVENT 473 FINAL OF EVENT 408 Womens MD 50m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Heather Frederiksen	23	Co Salford	8	31.61	+ 0.89	991
2.	Louise Watkin	16	Kelly Coll	9	29.21	+ 0.76	983 GBRIEUR
3.	Claire Cashmore	21	Co Leeds	9	30.48	+ 0.71	865
4.	Stephanie Bird	20	Lstoft & OB	14	30.43	--	861
5.	Rhiannon Henry	22	Swansea Perf	13	28.96	+ 0.91	845
6.	Lauren Steadman	16	Kelly Coll	9	31.08	+ 0.82	816
7.	Natalie Jones	24	Colchester P	6	38.35	+ 1.02	800
8.	Emma Hollis	17	Epping Fort	8	34.19	+ 0.89	783
9.	Francesca O'Connor	18	Wyre Forest	7	36.60	+ 1.02	769
10.	Emma Cattle	21	Aquabears	10	31.82	+ 0.88	714

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 502 Mens MD 100m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	David Hill	20	Bath Univ	9	1:06.49	+ 0.66	865	31.75
2.	Jonathan Fox	18	Newquay	7	1:15.76	+ 0.69	862	35.98
3.	Sean Fraser	19	Warrender Ba	8	1:10.16	+ 0.73	845	34.40
4.	Benjamin James Procter	19	Newquay	14	1:08.09	+ 0.66	823	32.40
5.	Thomas Young	18	Gallica	8	1:11.16	+ 0.70	810	35.00
6.	Craig Rodgie	19	Carnegie	14	1:08.93	+ 0.63	793	33.98
7.	Andrew Lindsay	29	Incas	7	1:17.92	+ 0.72	792	38.08
8.	Andrew Zawadzki	16	Nova Cent'n	14	1:11.34	+ 0.72	715	34.56
9.	Antony Alen Sharkey	15	Wirral Metro	10	1:09.49	+ 0.69	681	33.69
10.	Morgyn Peters	12	Wycombe Dist	9	1:12.38	+ 0.78	670	35.38
11.	Nicholas Boylan	25	Co Cant'bury	14	1:13.78	+ 0.64	647	35.43
12.	Alfie Goldsmith	14	Black Lion	13	1:11.39	+ 0.79	589	35.43
13.	Ryan Thomas Crouch	15	teamipswich	10	1:13.10	+ 0.61	585	35.70
14.	Joe Barton	16	Carnforth	8	1:20.21	+ 0.51	566	38.98
15.	Jack Robert Thomas	14	Swansea Val	14	1:17.61	+ 0.75	556	37.78
16.	Laurence Whiteley	17	RichmondDale	10	1:15.14	+ 0.75	539	36.24
17.	Sam Bradley	15	Mid Beds	7	1:28.66	+ 0.72	538	43.03
18.	William HollandLeavens	18	Deepings	6	1:51.90	+ 0.71	289	56.56

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 503 Womens MD 100m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Heather Frederiksen	23	Co Salford	8	1:16.30	+ 0.81	1017	36.90
2.	Stephanie Millward	27	Swansea Perf	9	1:10.85	+ 0.69	936	34.35
3.	Nyree Lewis	28	Leominster	6	1:29.77	+ 0.82	907	44.28
4.	Emma Cattle	21	Aquabears	10	1:14.38	+ 0.71	854	36.34
5.	Rachael Latham	19	Co Sheffield	8	1:22.76	+ 0.75	797	40.26
6.	Louise Watkin	16	Kelly Coll	9	1:16.15	+ 0.73	754	36.90
7.	Claire Cashmore	21	Co Leeds	9	1:18.61	+ 0.62	685	38.06
8.	Lauren Hobbins	13	Dunstable	13	1:19.22	+ 0.71	663	38.07
9.	Amberley Hoar	16	Portsmouth N	14	1:20.92	+ 0.71	641	39.08
10.	Eleni Papadopoulos	17	Co Sund'land	10	1:22.20	+ 0.62	633	39.02
10.	Jan Langton	22	Kelly Coll	6	1:41.19	+ 0.91	633	-
12.	Lizzie Simpkin	14	Southport	9	1:21.71	+ 0.74	610	40.17
13.	Emma Hollis	17	Epping For't	8	1:30.81	+ 0.64	603	43.35
14.	Stephanie Bird	20	Lstof & OB	14	1:22.70	+ 0.71	600	39.55
15.	Elizabeth Johnson	23	Swansea Perf	6	1:43.47	+ 0.83	592	49.81
16.	Chloe Williams	20	Canvey Isl	14	1:23.51	+ 0.90	583	40.00
17.	Claire Warne	16	Flitwick	6	1:46.23	+ 0.69	547	52.57
18.	Chloe Rebecca Selman	14	Donc Dartes	14	1:25.94	+ 1.12	535	41.80
19.	Lauren Alex Smith	15	Epping For't	9	1:26.93	+ 0.71	507	42.15
20.	Alexandra Adams	15	Black Lion	13	1:30.84	+ 1.00	440	44.68
21.	Rosie Bancroft	14	Co Oxford	10	1:34.08	--	422	46.35

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 508 Mens MD 50m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Matt Walker	31	Marple	7	33.34	+ 0.92	756
2.	Alexander Goodman	17	Portsmouth N	7	40.02	--	437
3.	Sam Bradley	15	Mid Beds	7	41.61	+ 0.94	389

EVENT 509 Womens MD 50m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Natalie Jones	24	Colchester P	6	44.48	+ 1.03	645
2.	Jan Langton	22	Kelly Coll	6	45.40	+ 1.07	607
3.	Susie Rodgers	25	Otter	7	40.75	--	605
4.	Claire Warne	16	Flitwick	6	49.69	+ 0.91	463

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 565 FINAL OF EVENT 502 Mens MD 100m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Jonathan Fox	18	Newquay	7	1:15.75	+ 0.71	862	36.46
2.	Benjamin James Procter	19	Newquay	14	1:07.31	GBR+ 0.64	852	32.09
3.	Sean Fraser	19	Warrender Ba	8	1:10.30	+ 0.65	840	33.88
4.	David Hill	20	Bath Univ	9	1:07.55	+ 0.75	824	32.21
5.	Thomas Young	18	Gallica	8	1:11.07	+ 0.72	813	34.65
6.	Andrew Lindsay	29	Incas	7	1:17.48	+ 0.76	805	38.02
7.	Craig Rodgie	19	Carnegie	14	1:08.77	+ 0.62	798	33.20
8.	Morgyn Peters	12	Wycombe Dist	9	1:11.11	+ 0.78	707	35.34
9.	Antony Alen Sharkey	15	Wirral Metro	10	1:10.19	+ 0.65	661	34.06
10.	Andrew Zawadzki	16	Nova Cent'n	14	1:13.49	+ 0.73	654	37.14

EVENT 566 FINAL OF EVENT 503 Womens MD 100m Backstroke

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50
1.	Heather Frederiksen	23	Co Salford	8	1:14.70	+ 0.92	1084	36.20
2.	Stephanie Millward	27	Swansea Perf	9	1:10.57	GBREUR + 0.72	947	33.90
3.	Nyree Lewis	28	Leominster	6	1:29.14	+ 0.89	926	42.80
4.	Emma Cattle	21	Aquabears	10	1:14.94	+ 0.77	835	36.84
5.	Rachael Latham	19	Co Sheffield	8	1:22.99	+ 0.82	791	39.51
6.	Claire Cashmore	21	Co Leeds	9	1:15.35	+ 0.64	778	36.86
7.	Louise Watkin	16	Kelly Coll	9	1:15.77	+ 0.73	765	37.23
8.	Lauren Hobbins	13	Dunstable	13	1:18.41	+ 0.30	684	37.35
9.	Amberley Hoar	16	Portsmouth N	14	1:19.33	+ 0.80	680	38.65
10.	Eleni Papadopoulos	17	Co Sund'land	10	1:21.74	+ 0.66	644	39.45

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 576 FINAL OF EVENT 508 Mens MD 50m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Matt Walker	31	Marple	7	33.11	+ 0.99	772
2.	Sam Bradley	15	Mid Beds	7	39.23	--	464
3.	Alexander Goodman	17	Portsmouth N	7	40.00	+ 0.86	438

EVENT 577 FINAL OF EVENT 509 Womens MD 50m Butterfly

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints
1.	Natalie Jones	24	Colchester P	6	43.24	+ 0.99	703
2.	Susie Rodgers	25	Otter	7	40.52	GBR + 1.11	616
3.	Jan Langton	22	Kelly Coll	6	45.42	--	606
4.	Claire Warne	16	Flitwick	6	49.73	+ 0.94	462

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 602 Mens MD 400m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints						
1.	Samuel Hynd	18	Nova Cent'n	8	4:33.52	+ 0.85	922						
	50m 31.16	100m 1:04.59	150m 1:38.86	200m 2:13.25	250m 2:47.87	300m 3:23.28	350m 3:58.83	400m 4:33.52					
	31.16	33.43	34.27	34.39	34.62	35.41	35.55	34.69					
2.	Robert Welbourn	22	Swansea Perf	10	4:18.00	+ 0.84	848						
	50m 29.74	100m 1:02.81	150m 1:36.27	200m 2:09.46	250m 2:42.03	300m 3:14.13	350m 3:46.39	400m 4:18.00					
	29.74	33.07	33.46	33.19	32.57	32.10	32.26	31.61					
3.	Alfie Goldsmith	14	Black Lion	13	4:34.81	+ 0.92	790						
	50m 30.51	100m 1:04.26	150m 1:39.02	200m 2:14.21	250m 2:49.94	300m 3:25.06	350m 4:00.86	400m 4:34.81					
	30.51	33.75	34.76	35.19	35.73	35.12	35.80	33.95					
4.	Sean Fraser	19	Warrender Ba	8	4:49.88	+ 0.87	775						
	50m 32.12	100m 1:08.36	150m 1:45.45	200m 2:23.02	250m 2:59.37	300m 3:35.56	350m 4:13.39	400m 4:49.88					
	32.12	36.24	37.09	37.57	36.35	36.19	37.83	36.49					
5.	Andrew Lindsay	29	Incas	7	5:19.52	+ 1.29	766						
	50m 35.09	100m 1:14.35	150m 1:54.64	200m 2:35.17	250m 3:15.90	300m 3:57.68	350m 4:38.56	400m 5:19.52					
	35.09	39.26	40.29	40.53	40.73	41.78	40.88	40.96					
6.	Andrew Zawadzki	16	Nova Cent'n	14	4:51.64	+ 1.10	746						
	50m 32.52	100m 1:08.80	150m -	200m 2:23.16	250m -	300m 3:37.64	350m -	400m 4:51.64					
	32.52	36.28	-	1:14.36	-	1:14.48	-	1:14.00					
7.	Sam Bradley	15	Mid Beds	7	5:26.24	+ 1.01	720						
	50m 37.83	100m 1:18.88	150m 2:00.92	200m 2:41.74	250m 3:23.13	300m 4:04.67	350m 4:45.92	400m 5:26.24					
	37.83	41.05	42.04	40.82	41.39	41.54	41.25	40.32					
8.	Jack Robert Thomas	14	Swansea Val	14	4:59.32	+ 0.83	690						
	50m 33.77	100m 1:11.20	150m 1:49.21	200m 2:26.73	250m 3:05.22	300m 3:43.43	350m 4:21.95	400m 4:59.32					
	33.77	37.43	38.01	37.52	38.49	38.21	38.52	37.37					
9.	Ryan Thomas Crouch	15	teamipswich	10	4:44.24	+ 0.85	634						
	50m 31.86	100m 1:08.02	150m 1:45.26	200m 2:22.67	250m 2:58.73	300m 3:35.22	350m 4:10.46	400m 4:44.24					
	31.86	36.16	37.24	37.41	36.06	36.49	35.24	33.78					
10.	Alexander Goodman	17	Portsmouth N	7	5:44.61	+ 0.91	611						
	50m 36.82	100m 1:18.92	150m 2:03.25	200m 2:48.22	250m 3:32.77	300m 4:17.36	350m 5:01.76	400m 5:44.61					
	36.82	42.10	44.33	44.97	44.55	44.59	44.40	42.85					
11.	Robert Gill	14	Horwich	9	5:14.06	+ 0.84	548						
	50m 34.37	100m 1:13.28	150m 1:53.20	200m 2:34.74	250m 3:14.81	300m 3:55.96	350m 4:36.34	400m 5:14.06					
	34.37	38.91	39.92	41.54	40.07	41.15	40.38	37.72					
12.	Joe Barton	16	Carnforth	8	5:28.26	+ 1.02	534						
	50m 36.12	100m 1:15.84	150m 1:58.81	200m 2:40.86	250m 3:24.06	300m 4:07.15	350m 4:49.27	400m 5:28.26					
	36.12	39.72	42.97	42.05	43.20	43.09	42.12	38.99					
13.	Thomas Young	18	Gallica	8	5:28.31	--	533						
	50m 35.08	100m 1:12.29	150m 1:59.60	200m 2:41.12	250m 3:23.65	300m 4:05.15	350m -	400m 5:28.31					
	35.08	37.21	47.31	41.52	42.53	41.50	-	1:23.16					
14.	Josef Isaac Craig	12	South Tyne	7	6:00.79	+ 0.89	532						
	50m 39.18	100m -	150m 2:12.41	200m 2:59.94	250m 3:46.68	300m 4:33.61	350m 5:18.74	400m 6:00.79					
	39.18	-	1:33.23	47.53	46.74	46.93	45.13	42.05					
15.	Damian Ng	19	Maidenhead	7	6:07.31	+ 0.88	504						
	50m 37.45	100m 1:20.02	150m 2:06.66	200m 2:54.24	250m 3:42.04	300m 4:30.33	350m 5:19.19	400m 6:07.31					
	37.45	42.57	46.64	47.58	47.80	48.29	48.86	48.12					
16.	Antony Alen Sharkey	15	Wirral Metro	10	5:07.68	+ 1.17	500						
	50m 33.20	100m -	150m 1:49.39	200m 2:28.97	250m 3:08.48	300m -	350m 4:28.55	400m 5:07.68					
	33.20	-	1:16.19	39.58	39.51	-	1:20.07	39.13					
17.	Michael Reeve	16	Leic Peng	12	5:20.73	+ 0.63	466						
	50m 33.83	100m 1:13.39	150m 1:54.33	200m 2:36.01	250m 3:17.50	300m 4:00.35	350m 4:41.97	400m 5:20.73					
	33.83	39.56	40.94	41.68	41.49	42.85	41.62	38.76					
18.	William HollandLeavens	18	Deepings	6	6:53.24	+ 1.03	340						
	50m -	100m 1:37.18	150m 2:29.94	200m 3:22.04	250m 4:15.50	300m 5:08.99	350m 6:02.75	400m 6:53.24					
	-	1:37.18	52.76	52.10	53.46	53.49	53.76	50.49					

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 603 Womens MD 400m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints						
1.	Heather Frederiksen	23	Co Salford	8	4:53.08	+ 0.93	943						
	50m 33.59	100m 1:10.03	150m 1:46.99	200m 2:24.44	250m 3:00.93	300m 3:38.45	350m 4:16.37	400m 4:53.08					
	33.59	36.44	36.96	37.45	36.49	37.52	37.92	36.71					
2.	Natalie Massey	20	Aquabears	14	5:02.80	+ 0.77	836						
	50m 34.34	100m 1:12.18	150m 1:50.77	200m 2:29.49	250m 3:08.02	300m 3:46.56	350m 4:25.18	400m 5:02.80					
	34.34	37.84	38.59	38.72	38.53	38.54	38.62	37.62					
3.	Natalie Jones	24	Colchester P	6	6:12.24	+ 1.01	771						
	50m 41.47	100m 1:27.23	150m 2:14.71	200m 3:02.18	250m 3:50.22	300m 4:37.92	350m 5:25.67	400m 6:12.24					
	41.47	45.76	47.48	47.47	48.04	47.70	47.75	46.57					
4.	Nyree Lewis	28	Leominster	6	6:17.04	--	742						
	50m 43.68	100m 1:30.08	150m 2:17.56	200m 3:05.70	250m 3:54.00	300m 4:42.10	350m 5:29.78	400m 6:17.04					
	43.68	46.40	47.48	48.14	48.30	48.10	47.68	47.26					
5.	Louise Watkin	16	Kelly Coll	9	4:52.09	+ 0.77	737						
	50m 32.06	100m 1:08.30	150m 1:45.07	200m 2:22.33	250m 2:59.59	300m 3:37.51	350m 4:15.19	400m 4:52.09					
	32.06	36.24	36.77	37.26	37.26	37.92	37.68	36.90					
6.	Lauren Steadman	16	Kelly Coll	9	4:57.42	+ 0.86	698						
	50m 34.03	100m 1:10.97	150m 1:48.30	200m 2:26.42	250m 3:04.38	300m 3:42.84	350m 4:20.31	400m 4:57.42					
	34.03	36.94	37.33	38.12	37.96	38.46	37.47	37.11					
7.	Emma Cattle	21	Aquabears	10	5:10.73	+ 0.86	679						
	50m 35.34	100m 1:14.15	150m 1:54.39	200m 2:33.67	250m 3:12.62	300m 3:51.28	350m 4:31.80	400m 5:10.73					
	35.34	38.81	40.24	39.28	38.95	38.66	40.52	38.93					
8.	Eleni Papadopoulou	17	Co Sund'land	10	5:18.84	+ 0.77	629						
	50m 35.05	100m 1:13.62	150m 1:53.50	200m 2:33.65	250m 3:14.47	300m 3:56.03	350m 4:37.86	400m 5:18.84					
	35.05	38.57	39.88	40.15	40.82	41.56	41.83	40.98					
9.	Amberley Hoar	16	Portsmouth N	14	5:36.64	+ 0.99	608						
	50m 36.17	100m 1:17.51	150m 2:00.21	200m 2:43.50	250m 3:27.53	300m 4:11.23	350m 4:54.75	400m 5:36.64					
	36.17	41.34	42.70	43.29	44.03	43.70	43.52	41.89					
10.	Stephanie Bird	20	Lstof & OB	14	5:39.85	+ 0.78	591						
	50m 35.58	100m 1:15.80	150m 1:59.05	200m 2:43.74	250m 3:28.48	300m 4:13.04	350m 4:57.94	400m 5:39.85					
	35.58	40.22	43.25	44.69	44.74	44.56	44.90	41.91					
11.	Emma Hollis	17	Epping Fort	8	5:43.74	+ 0.90	585						
	50m 37.57	100m 1:19.65	150m 2:04.16	200m 2:48.54	250m 3:32.62	300m 4:17.92	350m 5:01.86	400m 5:43.74					
	37.57	42.08	44.51	44.38	44.08	45.30	43.94	41.88					
12.	Chloe Rebecca Selman	14	Donc Dartes	14	5:43.09	+ 0.80	575						
	50m 36.74	100m 1:18.87	150m 2:01.26	200m 2:45.49	250m 3:30.34	300m 4:15.46	350m 5:00.99	400m 5:43.09					
	36.74	42.13	42.39	44.23	44.85	45.12	45.53	42.10					
13.	Gemma Almond	16	Shrewsbury	10	5:29.23	+ 0.87	571						
	50m 35.26	100m 1:14.93	150m 1:56.34	200m 2:38.71	250m 3:21.59	300m 4:04.28	350m 4:47.30	400m 5:29.23					
	35.26	39.67	41.41	42.37	42.88	42.69	43.02	41.93					
14.	Rosie Bancroft	14	Co Oxford	10	5:31.91	+ 1.13	557						
	50m -	100m 1:17.76	150m -	200m 2:41.35	250m 3:24.04	300m 4:06.67	350m 4:50.12	400m 5:31.91					
	-	1:17.76	-	1:23.59	42.69	42.63	43.45	41.79					
15.	Charlotte Henshaw	22	Nova Cent'n	8	5:54.28	+ 0.75	534						
	50m 40.65	100m -	150m 2:07.97	200m 2:52.96	250m 3:38.20	300m 4:23.82	350m 5:09.17	400m 5:54.28					
	40.65	-	1:27.32	44.99	45.24	45.62	45.35	45.11					
16.	Lauren Alex Smith	15	Epping Fort	9	5:30.23	+ 0.84	510						
	50m 37.30	100m 1:18.40	150m 2:00.27	200m 2:42.90	250m 3:24.80	300m 4:07.68	350m 4:49.85	400m 5:30.23					
	37.30	41.10	41.87	42.63	41.90	42.88	42.17	40.38					
17.	Claire Warne	16	Flitwick	6	7:11.11	+ 0.93	496						
	50m 50.31	100m 1:45.06	150m 2:40.08	200m 3:34.43	250m 4:28.76	300m 5:23.61	350m 6:17.79	400m 7:11.11					
	50.31	54.75	55.02	54.35	54.33	54.85	54.18	53.32					
18.	Lucy Chenery	14	Maxwell	14	6:02.85	+ 0.94	486						
	50m 40.04	100m -	150m 2:11.44	200m 2:57.94	250m 3:45.41	300m 4:32.11	350m 5:18.84	400m 6:02.85					
	40.04	-	1:31.40	46.50	47.47	46.70	46.73	44.01					
19.	Erin Goldstraw	16	St Thomas	12	6:19.76	+ 1.04	390						
	50m 42.84	100m 1:29.02	150m 2:16.66	200m 3:04.64	250m 3:52.93	300m 4:41.38	350m 5:30.71	400m 6:19.76					
	42.84	46.18	47.64	47.98	48.29	48.45	49.33	49.05					
20.	Rachael Latham	19	Co Sheffield	8	6:41.79	--	366						
	50m 44.15	100m 1:34.41	150m 2:25.97	200m 3:17.84	250m 4:10.43	300m 5:01.87	350m 5:53.56	400m 6:41.79					
	44.15	50.26	51.56	51.87	52.59	51.44	51.69	48.23					

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 607 Mens MD 200m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints	50	100	150
1.	James Anderson	46	StirlingSwim	2	5:13.81	--	752	1:14.87	2:34.09	3:56.40

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 667 FINAL OF EVENT 602 Mens MD 400m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints						
1.	Robert Welbourn	22	Swansea Perf	10	4:09.22	+ 0.84	941						
	50m 28.73	100m 1:00.71	150m 1:32.46		200m 2:03.95	250m 2:34.99		300m 3:06.65	350m 3:38.29	400m 4:09.22			
	28.73	31.98	31.75		31.49	31.04		31.66	31.64	30.93			
2.	Samuel Hynd	18	Nova Cent'n	8	4:35.83	+ 0.72	899						
	50m 31.00	100m 1:04.43	150m 1:38.74		200m 2:13.89	250m 2:49.10		300m 3:24.97	350m 4:00.68	400m 4:35.83			
	31.00	33.43	34.31		35.15	35.21		35.87	35.71	35.15			
3.	Sean Fraser	19	Warrender Ba	8	4:44.54	+ 0.83	819						
	50m 31.37	100m 1:06.74	150m 1:42.71		200m 2:18.66	250m 2:54.83		300m 3:31.72	350m 4:08.63	400m 4:44.54			
	31.37	35.37	35.97		35.95	36.17		36.89	36.91	35.91			
4.	Alfie Goldsmith	14	Black Lion	13	4:33.54	+ 0.90	801						
	50m 30.17	100m 1:04.25	150m 1:38.92		200m 2:13.84	250m 2:48.86		300m 3:24.20	350m 3:59.54	400m 4:33.54			
	30.17	34.08	34.67		34.92	35.02		35.34	35.34	34.00			
5.	Sam Bradley	15	Mid Beds	7	5:22.37	+ 0.97	746						
	50m 37.72	100m 1:18.20	150m 1:58.50		200m 2:39.30	250m 3:20.31		300m 4:01.84	350m 4:42.42	400m 5:22.37			
	37.72	40.48	40.30		40.80	41.01		41.53	40.58	39.95			
6.	Andrew Lindsay	29	Incas	7	5:22.76	+ 1.22	743						
	50m 37.20	100m 1:16.87	150m 1:58.07		200m 2:38.80	250m 3:20.14		300m 4:02.05	350m 4:43.34	400m 5:22.76			
	37.20	39.67	41.20		40.73	41.34		41.91	41.29	39.42			
7.	Andrew Zawadzki	16	Nova Cent'n	14	4:55.77	+ 0.97	715						
	50m 32.92	100m -	150m 1:47.54		200m -	250m 3:03.88		300m -	350m 4:20.69	400m 4:55.77			
	32.92	-	1:14.62		-	1:16.34		-	1:16.81	35.08			
8.	Jack Robert Thomas	14	Swansea Val	14	5:00.08	+ 0.74	684						
	50m 33.31	100m 1:10.17	150m 1:48.55		200m 2:27.08	250m 3:05.81		300m 3:44.71	350m 4:23.62	400m 5:00.08			
	33.31	36.86	38.38		38.53	38.73		38.90	38.91	36.46			
9.	Ryan Thomas Crouch	15	teamipswich	10	4:40.96	+ 0.80	657						
	50m 30.63	100m 1:04.89	150m 1:40.49		200m 2:16.44	250m 2:52.91		300m 3:29.59	350m 4:06.12	400m 4:40.96			
	30.63	34.26	35.60		35.95	36.47		36.68	36.53	34.84			
10.	Alexander Goodman	17	Portsmouth N	7	5:41.35	+ 0.88	628						
	50m 37.70	100m 1:20.36	150m 2:03.80		200m 2:47.73	250m 3:31.23		300m 4:15.47	350m 4:59.16	400m 5:41.35			
	37.70	42.66	43.44		43.93	43.50		44.24	43.69	42.19			

Ponds Forge Youth National Championships
Disability Results July/August 2009

EVENT 668 FINAL OF EVENT 603 Womens MD 400m Freestyle

Multi-Disability by British Disability Points

Place	Name	AaD	Club	Cat.	Time	R.T.	BDPoints						
1.	Heather Frederiksen	23	Co Salford	8	4:47.01	+ 0.96	1005						
	50m 33.17	100m 1:08.83	150m 1:45.15		200m 2:21.76		250m 2:58.40	300m 3:34.81	350m 4:11.13	400m 4:47.01			
	33.17	35.66	36.32		36.61		36.64	36.41	36.32	35.88			
2.	Natalie Massey	20	Aquabears	14	4:59.57	+ 0.79	863						
	50m 34.04	100m 1:11.08	150m 1:49.45		200m 2:27.44		250m 3:05.42	300m 3:43.89	350m 4:22.34	400m 4:59.57			
	34.04	37.04	38.37		37.99		37.98	38.47	38.45	37.23			
3.	Natalie Jones	24	Colchester P	6	6:07.22	+ 1.04	803						
	50m -	100m 1:25.86	150m 2:12.48		200m 2:59.90		250m 3:47.39	300m 4:34.68	350m 5:21.50	400m 6:07.22			
	-	1:25.86	46.62		47.42		47.49	47.29	46.82	45.72			
4.	Louise Watkin	16	Kelly Coll	9	4:45.61	+ 0.81	788	GBR/EUR					
	50m 33.09	100m 1:09.46	150m 1:45.44		200m 2:22.12		250m 2:58.05	300m 3:34.29	350m 4:10.46	400m 4:45.61			
	33.09	36.37	35.98		36.68		35.93	36.24	36.17	35.15			
5.	Lauren Steadman	16	Kelly Coll	9	4:57.30	+ 0.89	699						
	50m 34.36	100m 1:11.80	150m 1:49.82		200m 2:27.85		250m -	300m 3:43.45	350m 4:21.01	400m 4:57.30			
	34.36	37.44	38.02		38.03		-	1:15.60	37.56	36.29			
6.	Emma Cattle	21	Aquabears	10	5:14.64	+ 0.85	654						
	50m 35.37	100m 1:14.81	150m 1:55.61		200m 2:36.28		250m 3:16.98	300m -	350m 4:37.17	400m 5:14.64			
	35.37	39.44	40.80		40.67		40.70	-	1:20.19	37.47			
7.	Eleni Papadopoulou	17	Co Sund'land	10	5:17.69	+ 0.81	636						
	50m 35.44	100m 1:14.61	150m 1:55.70		200m 2:36.22		250m 3:16.83	300m 3:57.62	350m 4:38.18	400m 5:17.69			
	35.44	39.17	41.09		40.52		40.61	40.79	40.56	39.51			
8.	Emma Hollis	17	Epping Fort	8	5:39.96	+ 0.93	605						
	50m 36.90	100m 1:19.01	150m 2:02.41		200m 2:46.34		250m 3:30.25	300m 4:15.30	350m 4:58.25	400m 5:39.96			
	36.90	42.11	43.40		43.93		43.91	45.05	42.95	41.71			
9.	Stephanie Bird	20	Lstof & OB	14	5:38.02	+ 0.81	601						
	50m 34.79	100m 1:16.09	150m 1:59.05		200m 2:42.40		250m 3:26.89	300m 4:11.19	350m 4:55.44	400m 5:38.02			
	34.79	41.30	42.96		43.35		44.49	44.30	44.25	42.58			
10.	Chloe Rebecca Selman	14	Donc Dartes	14	5:49.65	+ 0.97	543						
	50m 37.31	100m 1:21.77	150m 2:08.00		200m 2:51.84		250m 3:36.42	300m 4:22.02	350m 5:06.91	400m 5:49.65			
	37.31	44.46	46.23		43.84		44.58	45.60	44.89	42.74			