

CITY OF LEICESTER SWIMMING CLUB  
THE MIDLAND SHORT COURSE CHAMPIONSHIPS  
3<sup>rd</sup> & 4<sup>th</sup> NOVEMBER 2007  
BRAUNSTONE LEISURE CENTRE ~ LEICESTER

## RESULTS

### MENS 400m FREESTYLE

J.GRIEVE 28.77 31.83 1.00.76 32.32 32.75 2.05.88  
33.30 33.22 33.85 32.50 4.18.79 PB

### WOMENS 200m FREESTYLE

E.J.MIDDLETON 31.80 35.49 1.07.19 36.41 35.30 2.18.85 PB  
S.KONDERAK 31.86 34.79 1.06.72 36.38 35.79 2.18.76 PB  
C.ASHMORE 30.78 34.19 1.04.97 36.16 36.74 2.17.87  
A.BRETT 31.07 34.12 1.05.25 34.78 34.27 2.14.21 PB  
T.MITCHELL 31.13 34.21 1.05.31 34.99 34.47 2.14.81 PB  
R.LUCAS 30.62 33.63 1.04.18 33.90 33.81 2.11.81 PB  
A.TIMBRELL 30.18 33.38 1.03.58 34.14 33.72 2.11.39 PB  
S.SMITH 29.69 32.71 1.02.41 33.47 33.20 2.09.20 PB

### MENS 50m BREASTSTROKE

A.WAINSCOT 33.04 PB

### WOMENS 100m BREASTSTROKE

T.MITCHELL 38.98 43.97 1.22.72  
C.READ 36.69 40.66 1.17.35  
**FINAL 36.31 40.01 1.16.11 6<sup>th</sup> ~ 3<sup>rd</sup> JNR**  
L.KILBY 15.95 18.65 35.01 20.22 19.61 1.14.78  
**FINAL 15.77 18.12 34.13 19.68 20.13 1.13.99 2<sup>nd</sup>**

### MENS 400m INDIVIDUAL MEDLEY

G.KEATING 29.24 32.74 1.02.12 34.38 33.74 2.10.15  
39.51 40.29 32.13 31.27 4.33.22 PB  
**COUNTY SNR RECORD**

### WOMENS 100m BUTTERFLY

C.ASHMORE	32.45 36.75	1.09.11
S.SMITH	32.12 35.93	1.07.93

### WOMENS 50m BACKSTROKE

E.J.MIDDLETON	16.25	33.45	
A.TIMBRELL	16.35	33.68	
L.BURGESS	15.47	32.20	
<b>FINAL</b>	<b>16.27</b>	<b>32.23</b>	<b>8<sup>th</sup> ~ 3<sup>rd</sup> JNR</b>

### WOMENS 200m INDIVIDUAL MEDLEY

T.MITCHELL	36.15 43.59 1.19.70 45.75 38.71	2.44.21
C.ASHMORE	32.79 39.65 1.12.68 44.16 35.23	2.31.94
A.TIMBRELL	32.29 38.34 1.10.65 47.84 33.25	2.31.84 PB
S.SMITH	32.07 37.84 1.10.00 43.62 34.29	2.27.82

### MENS 100m FREESTYLE

A.WAINSCOT	12.91 13.96 26.97 15.01 15.33	57.57	
J.THORPE	12.69 14.65 27.05 14.29 14.15	56.00 PB	
<b>J.GRIEVE</b>	<b>12.38 13.80 26.43 14.28 14.43</b>	<b>55.19 PB</b>	<b>3<sup>rd</sup> JNR</b>
T.NAKAGAWA	25.54 27.79	53.22	
<b>FINAL</b>	<b>11.97 13.65 25.89 13.76 13.52</b>	<b>53.00</b>	<b>3<sup>rd</sup> ~ 1<sup>st</sup> JNR</b>

### WOMENS 50m FREESTYLE

R.LUCAS	14.38	29.47 PB
E.J.MIDDLETON	14.45	29.96 PB
A.TIMBRELL		28.89
B.SHELTON		28.84 PB
T.HUDSON	13.69	28.75
L.BURGESS		28.50
A.BRETT		28.20

### WOMENS 100m INDIVIDUAL MEDLEY

E.J.MIDDLETON	15.70 18.82 34.89 23.06 17.70	1.15.65
C.READ	35.00 38.14	1.13.14
A.TIMBRELL	14.27 18.60 33.04 22.60 16.50	1.12.23
S.SMITH	31.95 37.11	1.08.96

### WOMENS 200m BACKSTROKE

R.LUCAS	33.95 37.16 1.10.97 38.00 37.27	2.26.49
---------	---------------------------------	---------

### MENS 50m BUTTERFLY

J.THORPE  
FINAL

27.32  
26.70

6<sup>th</sup> ~ 1<sup>st</sup> JNR

**WOMENS 1500m FREESTYLE HDW**

L.TRUSSLER 33.00 36.18 1.09.26 37.32 37.69 2.24.20  
37.96 38.17 38.02 38.24 4.56.62 PB  
38.29 38.17 38.06 38.52 7.29.60  
38.40 38.56 38.66 38.53 10.03.92 PB  
38.27 38.66 38.38 38.50 12.37.59  
38.44 39.16 37.92 38.72 15.11.91  
38.80 39.10 38.27 38.50  
38.23 36.45 19.01.21 PB

S.KONDERAK 33.01 36.66 1.09.77 37.03 37.41 2.24.23  
37.47 37.33 37.36 37.50 4.53.73  
37.50 38.00 38.04 37.67 7.25.03  
37.90 37.72 38.09 38.26 9.57.05  
38.43 38.38 38.15 38.16 12.30.25  
38.06 38.11 38.13 38.12 15.40.70  
38.11 38.12 38.32 38.64  
38.74 37.02 18.51.30 PB

**MENS 1500m FREESTYLE HDW**

G.KEATING 29.96 31.65 1.01.61 31.57 31.63 2.04.81  
31.53 31.57 31.33 31.90 4.11.20  
31.56 31.76 31.33 31.54  
31.71 31.87 31.89 31.77 8.56.60  
31.77 31.77 31.63 31.97  
32.01 31.77 31.81 32.02  
32.38 32.23 31.72 31.79  
31.96 30.18 15.50.84 PB 1<sup>st</sup>

**WOMENS 400m FREESTYLE**

S.KONDERAK 31.40 33.53 1.04.87 38.43 38.21 2.21.03  
37.60 37.15 37.27 35.97 4.48.43 PB  
A.BRETT 31.37 35.22 1.06.59 35.99 36.29 2.18.88  
36.28 36.59 36.85 35.21 4.43.81 PB  
C.ASHMORE 31.87 35.14 1.06.99 35.15 35.34 2.17.57  
36.01 35.81 35.69 34.97 4.40.05

**MENS 200m FREESTYLE**

J.GRIEVE 27.91 30.66 58.70 32.62 32.58 2.03.79

**WOMENS 50m BREASTSTROKE**

T.MITCHELL 17.18 37.02 PB  
S.KONDERAK 17.43 37.82  
C.READ 17.00 36.30  
L.KILBY 15.27 33.45  
**FINAL 15.50 33.45 1<sup>st</sup>**

**MENS 100m BREASTSTROKE**

A.WAINSCOT 15.57 18.79 34.60 19.50 19.85 1.14.02

**WOMENS 400m INDIVIDUAL MEDLEY**

S.SMITH 32.70 37.81 1.10.32 40.98 40.68 2.32.12  
44.69 45.09 36.03 35.13 5.13.04 PB

**MENS 100m BUTTERFLY**

J.THORPE 12.97 15.53 28.87 16.62 15.70 1.01.06 PB

**WOMENS 100m BACKSTROKE**

L.BURGESS 16.00 16.97 33.25 17.41 17.84 1.08.48  
R.LUCAS 32.95 34.22 1.07.05 PB  
**FINAL 15.53 16.57 32.47 17.13 17.06 1.06.58 PB 6<sup>th</sup> ~ 3<sup>rd</sup> JNR**

**WOMENS 200m BUTTERFLY**

C.ASHMORE 34.57 39.75 1.14.57 39.96 40.08 2.34.18  
S.SMITH 33.16 39.22 1.11.73 38.94 40.47 2.31.79

**WOMENS 100m FREESTYLE**

E.J.MIDDLETON 14.25 16.28 30.98 17.22 16.78 1.04.85  
B.SHELTON 13.90 15.97 30.17 17.00 16.59 1.03.70  
T.HUDSON 13.88 15.74 29.98 16.59 15.94 1.02.48  
R.LUCAS 14.32 15.60 30.15 16.22 15.72 1.01.98  
A.BRETT 13.89 16.21 30.01 15.55 15.43 1.01.97  
T.MITCHELL 29.80 32.01 1.01.81 PB  
A.TIMBRELL 13.90 15.58 29.87 15.89 15.85 1.01.57  
L.BURGESS 13.95 15.02 29.32 15.87 15.45 1.01.19  
S.SMITH 29.52 31.42 1.01.06

### MENS 50m FREESTYLE

J.GRIEVE	12.48	26.11 PB	
J.THORPE	11.84	25.26 PB	
<b>FINAL</b>	<b>12.09</b>	<b>25.27</b>	<b>8<sup>th</sup> ~ 2<sup>nd</sup> JNR</b>
T.NAKAGAWA	11.41	24.05 PB	

### EAST MIDLAND JNR RECORD COUNTY JNR RECORD

<b>FINAL</b>	<b>11.45</b>	<b>24.17</b>	<b>2<sup>nd</sup> ~ 1<sup>st</sup> JNR</b>
--------------	--------------	--------------	--

### WOMENS 200m BREASTSTROKE

S.KONDERAK	39.16 44.04 1.23.17 45.55 46.03	2.54.59 PB	
C.READ	37.29 41.69 1.18.77 42.53 41.78	2.43.25	
<b>FINAL</b>	<b>37.01 41.10 1.18.17 42.49 42.01</b>	<b>2.42.34</b>	<b>7<sup>th</sup> ~ 3<sup>rd</sup> JNR</b>

### MENS 100m INDIVIDUAL MEDLEY

A.WAINSCOT	12.67 16.42 29.20 18.31 15.59	1.03.37 PB	
<b>FINAL</b>	<b>12.57 16.12 29.07 18.60 15.34</b>	<b>1.03.03 PB</b>	<b>3<sup>rd</sup> JNR</b>

### WOMENS 50m BUTTERFLY

T.HUDSON	14.66	32.46	
----------	-------	-------	--

## MEET STATISTICS:-

<b>FINALS</b>	<b>12</b>
<b>SNR TOP 3</b>	<b>05</b>
<b>JNR TOP 3</b>	<b>10</b>
<b>PERSONAL BEST TIMES</b>	<b>35</b>
<b>COUNTY RECORDS</b>	<b>02</b>
<b>EAST MIDLAND RECORDS</b>	<b>01</b>