

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 1 Lancing College**

**Event 1 Women 200 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Tate, Jade	16	Worthing	2:23.67	2:22.54
2	Yeandle, Zoe	14	Worthing	2:31.22	2:27.27
3	Piper, Emma	14	Worthing	NT	2:37.38
4	Redman, Claire	14	Worthing	2:37.42	2:38.28
5	Phouang, Navada	14	Worthing	2:40.63	2:39.38
6	Gatland, Alice	16	Worthing	NT	2:43.00
7	Poppeliers, Rianna	13	Worthing	NT	2:43.01
8	Humphreys, Naomi	15	Worthing	2:48.39	2:45.89
9	Piper, Rachel	12	Worthing	NT	2:51.29
10	Gatland, Nichola	12	Worthing	NT	2:54.27
11	Higson, Georgina	11	Worthing	2:59.99	2:58.44
12	Smith, Natalie	11	Worthing	NT	3:00.02
13	Gowler, Emma	13	Worthing	NT	3:03.35
14	Scordoulis, Florence	10	Worthing	NT	3:25.02
15	O'Brien, Tuesday	10	Worthing	NT	3:27.16
16	Grand, Bethany	9	Worthing	NT	3:34.30
17	Saunders, Sophie	11	Worthing	NT	3:35.67
18	Blacker, Sarah	11	Worthing	3:50.01	3:38.58
19	Chan, Karen	8	Worthing	NT	3:46.46
20	Windibank, Amy	9	Worthing	NT	3:48.26
21	Osborne, Tara	9	Worthing	NT	4:16.16
---	Wingrove, Elizabeth	13	Worthing	3:36.90	SCR
---	Barrass, Ellen	13	Worthing	NT	SCR
---	Barrass, Amy	13	Worthing	NT	SCR

**Event 2 Men 200 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Luesley, Chris	25	Worthing	2:15.16	2:18.48
2	Tate, Ziggy	13	Worthing	2:36.27	2:25.61
3	King, Lawrence	14	Worthing	NT	2:35.54
4	Winter, Peter	15	Worthing	NT	2:39.92
5	Chan, Kevin	12	Worthing	2:51.35	2:41.75
6	Goldsmith, Joshua	12	Worthing	2:56.67	2:43.10
7	Martin, Scott	12	Worthing	2:52.00	2:43.22
8	Cranford, Dominic	13	Worthing	NT	2:44.88
9	Abbott, Joel	13	Worthing	2:43.62	2:54.72
10	Hardinge, Alastair	12	Worthing	NT	2:54.97
11	Osborne, Robert	13	Worthing	3:05.20	3:00.33
12	Ellison, Elliott	13	Worthing	3:45.00	3:07.81
13	Cherriman, Luke	11	Worthing	NT	3:12.08
14	MacDonald, Daniel	10	Worthing	3:07.35	3:12.22
15	Maloney, Samuel	11	Worthing	NT	3:15.76
16	Cranford, Alexander	11	Worthing	NT	3:15.98
17	Kilby, James	11	Worthing	NT	3:20.35
18	Whiteside, John	60	Worthing	NT	3:28.07
19	Abbott, Samuel	12	Worthing	3:07.78	3:30.39
20	Coomber, Toby	12	Worthing	NT	3:35.71
---	Hart, Nathan	17	Worthing	NT	X2:15.01
---	Jones, Charlie	9	Worthing	3:05.06	X3:12.48
---	Phouang, Jimmy	12	Worthing	3:05.92	SCR

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 2 Worthing Aquarena**

**Event 3 Women 200 SC Metre Open Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Tate, Jade	16	Worthing	2:41.46	2:44.22
2	Yeandle, Zoe	14	Worthing	2:46.24	2:46.59
3	Phouang, Navada	14	Worthing	2:45.80	2:58.16
4	Piper, Emma	14	Worthing	NT	2:58.86
5	Redman, Claire	14	Worthing	3:12.99	3:07.19
6	Poppeliers, Rianna	13	Worthing	NT	3:10.31
7	Humphreys, Naomi	15	Worthing	3:17.78	3:15.42
8	Piper, Rachel	12	Worthing	NT	3:22.29
9	Higson, Georgina	11	Worthing	3:37.36	3:22.64
10	Smith, Natalie	11	Worthing	NT	3:23.86
11	Scordoulis, Florence	10	Worthing	NT	3:26.93
12	Grand, Bethany	9	Worthing	NT	3:55.05
13	Saunders, Sophie	11	Worthing	NT	3:57.23
14	Blacker, Sarah	11	Worthing	4:20.00	4:02.60
15	Chan, Karen	8	Worthing	NT	4:09.94
16	Osborne, Tara	9	Worthing	4:27.74	4:19.64
17	Windibank, Amy	9	Worthing	NT	4:49.70
---	Willett, Deborah L	20	Worthing	NT	X3:00.50
---	Barrass, Ellen	13	Worthing	NT	SCR
---	Wingrove, Elizabeth	13	Worthing	3:55.55	SCR
---	Gowler, Emma	13	Worthing	NT	SCR
---	Barrass, Amy	13	Worthing	NT	SCR

**Event 4 Men 200 SC Metre Open Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Luesley, Chris	25	Worthing	2:41.50	2:44.61
2	Tate, Ziggy	13	Worthing	2:55.31	2:52.46
3	King, Lawrence	14	Worthing	NT	2:53.41
4	Chan, Kevin	12	Worthing	3:09.49	3:05.58
5	Martin, Scott	12	Worthing	3:06.00	3:17.19
6	Osborne, Robert	13	Worthing	3:45.87	3:32.40
7	Abbott, Samuel	12	Worthing	3:43.27	3:32.90
---	Hart, Nathan	17	Worthing	NT	X2:39.96
---	Cherriman, Luke	11	Worthing	NT	DQ
---	MacDonald, Daniel	10	Worthing	NT	DQ
---	Ellison, Elliott	13	Worthing	4:20.00	DQ
---	Abbott, Joel	13	Worthing	3:00.89	DQ
---	Goldsmith, Joshua	12	Worthing	3:20.39	SCR
---	Phouang, Jimmy	12	Worthing	3:28.40	SCR
---	Winter, Peter	15	Worthing	NT	SCR

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 3 Worthing Aquarena**

**Event 5 Women 200 SC Metre Open Breastroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Phouang, Navada	14	Worthing	3:01.91	3:05.04
2	Udeen, Lucy	13	Worthing	3:23.16	3:09.32
3	Yeandle, Zoe	14	Worthing	3:13.84	3:12.75
4	Humphreys, Naomi	15	Worthing	3:42.50	3:35.64
5	Wingrove, Elizabeth	13	Worthing	3:45.47	3:38.83
6	Poppeliers, Rianna	13	Worthing	NT	3:39.75
7	Smith, Natalie	11	Worthing	NT	3:43.75
8	Piper, Rachel	12	Worthing	NT	3:48.76
9	Higson, Georgina	11	Worthing	NT	3:58.98
10	Scordoulis, Florence	10	Worthing	NT	4:00.19
11	Gowler, Emma	13	Worthing	NT	4:01.73
12	Saunders, Sophie	11	Worthing	NT	4:08.45
13	Blacker, Sarah	11	Worthing	5:00.00	4:08.50
14	Chan, Karen	8	Worthing	NT	4:33.70
15	Grand, Bethany	9	Worthing	NT	4:47.18
16	Windibank, Amy	9	Worthing	NT	4:50.65
17	Osborne, Tara	9	Worthing	5:20.86	4:50.86
---	Piper, Emma	14	Worthing	NT	SCR
---	Boiling, Jade M	14	Worthing	NT	SCR
---	Redman, Claire	14	Worthing	3:50.22	SCR
---	Gatland, Nichola	12	Worthing	NT	SCR
---	Tate, Jade	16	Worthing	3:23.37	SCR

**Event 6 Men 200 SC Metre Open Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Hart, Nathan	17	Worthing	NT	2:55.66
2	King, Lawrence	14	Worthing	NT	3:08.03
3	Tate, Ziggy	13	Worthing	3:19.80	3:09.37
4	Winter, Peter	15	Worthing	3:08.47	3:15.91
5	Chan, Kevin	12	Worthing	3:23.81	3:24.70
6	Phouang, Jimmy	12	Worthing	3:31.34	3:31.99
7	Martin, Scott	12	Worthing	3:46.00	3:32.56
8	Hardinge, Alastair	12	Worthing	NT	3:33.95
9	Goldsmith, Joshua	12	Worthing	3:37.32	3:41.30
10	Osborne, Robert	13	Worthing	4:01.84	3:44.59
11	MacDonald, Daniel	10	Worthing	3:47.44	3:48.45
12	Maloney, Samuel	11	Worthing	NT	3:51.86
13	Hazeldine, Joe	7	Worthing	NT	4:04.12
14	Abbott, Joel	13	Worthing	3:35.02	4:06.28
15	Abbott, Samuel	12	Worthing	4:02.96	4:06.42
---	Ellison, Elliott	13	Worthing	5:02.00	DQ
---	Coomber, Toby	12	Worthing	NT	SCR
---	Luesley, Chris	25	Worthing	3:26.42	SCR

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 4 Lancing College**

**Event 7 Women 200 SC Metre Open Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Udeen, Lucy	13	Worthing	3:09.30	2:50.10
2	Tate, Jade	16	Worthing	2:55.07	2:56.61
3	Redman, Claire	14	Worthing	3:12.52	2:56.63
4	Yeandle, Zoe	14	Worthing	2:57.30	2:56.87
5	Piper, Emma	14	Worthing	NT	3:08.51
6	Higson, Georgina	11	Worthing	NT	3:46.23
7	Wingrove, Elizabeth	13	Worthing	3:55.19	4:00.62
8	Grand, Bethany	9	Worthing	NT	4:11.65
9	Humphreys, Naomi	15	Worthing	NT	4:14.47
10	Scordoulis, Florence	10	Worthing	NT	4:22.40
11	Saunders, Sophie	11	Worthing	NT	4:45.08
---	Goldsmith, Joshua	12	Worthing	3:49.32	X3:23.20
---	Phouang, Navada	14	Worthing	NT	SCR
---	Piper, Rachel	12	Worthing	NT	SCR

**Event 8 Men 200 SC Metre Open Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Hart, Nathan	17	Worthing	NT	2:41.86
2	Luesley, Chris	25	Worthing	2:51.86	2:55.77
3	Tate, Ziggy	13	Worthing	3:19.84	3:18.37
4	Chan, Kevin	12	Worthing	4:09.65	3:25.66
5	Winter, Peter	15	Worthing	NT	3:31.85
6	Osborne, Robert	13	Worthing	4:04.03	3:44.65
7	Abbott, Joel	13	Worthing	3:45.65	4:11.80
---	King, Lawrence	14	Worthing	NT	X2:53.07
---	Jones, Charlie	9	Worthing	NT	SCR
---	Goldsmith, Joshua	12	Worthing	3:49.32	SCR
---	Martin, Scott	12	Worthing	NT	SCR

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results**

**Event 9 Women 400 SC Metre Open Ind Medley**

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Entry Time</u>	<u>Finals Time</u>
1	Tate, Jade	16	Worthing	5:59.12	5:55.29
2	Udeen, Lucy	13	Worthing	6:21.05	5:57.16
3	Yeandle, Zoe	14	Worthing	6:04.12	6:01.85
4	Piper, Emma	14	Worthing	NT	6:30.88
5	Poppeliers, Rianna	13	Worthing	NT	7:02.49
6	Humphreys, Naomi	15	Worthing	NT	7:07.64
7	Higson, Georgina	11	Worthing	NT	7:25.88
8	Wingrove, Elizabeth	13	Worthing	NT	7:37.40
9	Scordoulis, Florence	10	Worthing	NT	8:13.45
---	Phouang, Navada	14	Worthing	NT	SCR
---	Redman, Claire	14	Worthing	6:58.98	SCR
---	Saunders, Sophie	11	Worthing	NT	SCR

**Event 10 Men 400 SC Metre Open Ind Medley**

	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Entry Time</u>	<u>Finals Time</u>
1	Hart, Nathan	17	Worthing	NT	5:33.73
2	Luesley, Chris	25	Worthing	6:02.84	5:45.01
3	King, Lawrence	14	Worthing	NT	6:02.41
4	Tate, Ziggy	13	Worthing	6:18.03	6:09.90
5	Chan, Kevin	12	Worthing	7:40.54	6:30.91
6	Osborne, Robert	13	Worthing	7:50.07	7:28.89
7	MacDonald, Daniel	10	Worthing	NT	7:50.34
---	Winter, Peter	15	Worthing	NT	X6:51.50
---	Martin, Scott	12	Worthing	NT	DQ
---	Goldsmith, Joshua	12	Worthing	6:45.15	NS

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 6 Worthing Aquarena**

**Event 11 Women 400 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Tate, Jade	16	Worthing	5:10.01	5:09.23
2	Yeandle, Zoe	14	Worthing	5:19.98	5:15.55
3	Piper, Emma	14	Worthing	NT	5:40.72
4	Redman, Claire	14	Worthing	5:45.12	5:49.94
5	Phouang, Navada	14	Worthing	6:07.14	5:55.09
6	Gatland, Alice	16	Worthing	NT	5:56.29
7	Poppeliers, Rianna	13	Worthing	NT	6:03.88
8	Humphreys, Naomi	15	Worthing	NT	6:04.65
9	Piper, Rachel	12	Worthing	NT	6:15.22
10	Higson, Georgina	11	Worthing	NT	6:16.59
11	Gatland, Nichola	12	Worthing	NT	6:20.60
12	Wingrove, Elizabeth	13	Worthing	7:02.44	7:00.12
---	Gowler, Emma	13	Worthing	NT	NS
---	Scordoulis, Florence	10	Worthing	NT	SCR
---	Saunders, Sophie	11	Worthing	NT	SCR

**Event 12 Men 400 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Hart, Nathan	17	Worthing	NT	4:46.81
2	Luesley, Chris	25	Worthing	4:59.50	5:03.10
3	Tate, Ziggy	13	Worthing	5:18.35	5:15.59
4	Goldsmith, Joshua	12	Worthing	6:01.56	5:48.83
5	Chan, Kevin	12	Worthing	6:02.50	5:54.77
6	Cranford, Dominic	13	Worthing	NT	5:56.69
7	Martin, Scott	12	Worthing	6:30.20	5:57.27
8	Winter, Peter	15	Worthing	NT	6:03.32
9	Osborne, Robert	13	Worthing	6:44.19	6:27.20
10	Abbott, Samuel	12	Worthing	NT	6:31.84
11	Abbott, Joel	13	Worthing	5:53.45	6:31.86
12	MacDonald, Daniel	10	Worthing	NT	6:52.24
13	Coomber, Toby	12	Worthing	NT	7:14.95
14	Whiteside, John	60	Worthing	NT	7:15.60
---	King, Lawrence	14	Worthing	NT	X5:39.72

**Worthing Swimming Club Open Championships 200 - 15/11/2004 to 29/11/2004**  
**Results - 7 Lancing College**

**Event 13 Women 800 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Tate, Jade	16	Worthing	9:59.03	10:36.36
2	Yeandle, Zoe	14	Worthing	11:00.07	10:50.32
3	Piper, Emma	14	Worthing	NT	11:27.43
4	Phouang, Navada	14	Worthing	12:03.00	12:01.53
5	Redman, Claire	14	Worthing	12:13.02	12:03.67
6	Poppeliers, Rianna	13	Worthing	NT	12:14.41
7	Gatland, Alice	16	Worthing	NT	12:25.12
8	Humphreys, Naomi	15	Worthing	13:10.19	12:52.11
9	Wingrove, Elizabeth	13	Worthing	14:32.57	15:30.40
---	Higson, Georgina	11	Worthing	NT	SCR

**Event 14 Men 1500 SC Metre Open Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Hart, Nathan	17	Worthing	NT	19:00.04
2	Luesley, Chris	25	Worthing	19:53.80	20:15.50
3	Tate, Ziggy	13	Worthing	20:59.03	20:44.07
4	King, Lawrence	14	Worthing	NT	22:44.84
5	Martin, Scott	12	Worthing	NT	23:07.67
6	Chan, Kevin	12	Worthing	25:54.28	23:42.42
7	Winter, Peter	15	Worthing	NT	24:02.83
8	Osborne, Robert	13	Worthing	26:34.07	25:14.69
9	Hardinge, Alastair	12	Worthing	NT	26:05.85
---	Stacey, Stephen	28	Worthing	NT	X21:18.75
---	Goldsmith, Joshua	12	Worthing	26:04.98	SCR