

**ASA SE Region Long Course K2
- 24th/25th January 2009**

50m Back

Jon Gray	B	36.66	4th
Andy Cook	D	34.38	2nd
Phil Sears	H	57.00	6th
Amanda Doyle	F	44.41	2nd

100m Back

Andy Cook	D	1:17.29	3rd
Sue Norman	G	2:02.35	2nd

200m Back

Sue Norman	G	4:16.57	2nd
------------	---	---------	-----

50m Breast

Jon Gray	B	36.83	1st	
Andy Cook	D	43.34	6th	
Graham Reeve	F	37.77	2nd	
Brian Hosking	G	50.04	3rd	
Phil Sears	H	56.52	4th	
Terry Lazenby	J	46.95	3rd	
Amy Greene	B	45.87	7th	
Meera Siva	D	39.15	1st	MCR
Wendy Mountford	D	47.67	6th	
Amanda Doyle	F	49.40	2nd	

100m Breast

Alex Perrin	A	1:11.89	1st	
Jon Gray	B	1:23.31	3rd	
Duncan Biggs	E	1:42.32	11th	
Graham Reeve	F	1:31.40	5th	
Phil Sears	H	2:12.55	3rd	
Terry Lazenby	J	1:46.37	4th	
Meera Siva	D	1:27.18	1st	MCR

50m Fly

Andy Cook	D	32.00	2nd
David Shamp	F	31.96	1st
Phil Sears	H	53.38	6th
Amy Greene	B	40.55	8th
Amanda Doyle	F	42.88	3rd

100 Fly

Andy Cook	D	1:13.44	4th
David Shamp	F	1:12.57	1st

200 Fly

Sonja Wood	E	3:21.90	1st	
50m Free				
Jon Gray	B	28.80	4th	
Philip Farr	C	30.43	3rd	
Andy Cook	D	27.97	2nd	
Duncan Biggs	E	34.34	5th	
David Shamp	F	29.63	2nd	
Brian Hosking	G	31.81	1st	
Phil Sears	H	43.91	7th	
Amy Greene	B	36.11	9th	
Amanda Doyle	F	37.56	2nd	
100m Free				
Jon Gray	B	1:04.77	7th	
Andy Cook	D	1:03.71	2nd	
Duncan Biggs	D	1:19.04	6th	
David Shamp	F	1:07.79	4th	
Brian Hosking	G	1:09.21	2nd	
Phil Sears	H	1:42.26	5th	
Terry Lazenby	J	1:30.63	5th	MCR
Meera Siva	C	1:05.23	2nd	MCR
Amanda Doyle	F	1:21.15	2nd	
Sue Norman	G	1:37.32	2nd	
200m Free				
Duncan Biggs	E	3:07.16	6th	
David Shamp	F	DQ		
Phil Sears	H	3:38.54	4th	
Amanda Doyle	F	2:55.04	4th	
Sue Norman	G	3:36.90	2nd	
400m Free				
Duncan Biggs	E	6:42.45	8th	
Phil Sears	H	7:53.88	2nd	
800m Free				
Brian Hosking	G	12:20.15	2nd	
Phil Sears	H	16:12.38	3rd	
Wendy Mountford	D	14:03.20	4th	
Amanda Doyle	F	12:26.36	4th	
200m IM				
Jon Gray	B	2:48.37	5th	
Duncan Biggs	E	3:39.80		
Brian Hosking	G	3:21.64	3rd	
Sonja Wood	E	3:09.37	4th	
Sue Norman	G	4:18.28	3rd	
400IM				
Sheena Bassett	E	7:59.39	3rd	

Ladies 200+ 100m Free Relay Dorking	1.03.60	2nd
Mixed 160+ 200m Free Dorking (Andy/David/Meera/Amy)	2:03.29	3rd
Mixed 200+ 200m Free Dorking	2:23.54	4th
Mixed 160+ 200m Medley Dorking	2:21.42	5th
Mixed 200+ 200m Medley Dorking (Sue/Graham/David/Sheena)	2:45.25	3rd
Mens 200+ 200m Free relay Dorking (Andy/David/Brian/Phil)	2:10.44	1st
Mens 160+ 200m Medley Dorking	2:41.98	4th
Mens 200+ 200m Medley Dorking Andy/Graham/David/Brian	2:14.69	1st