

ISF European School Games – Milan 2004

Event	Name	PB	Heat	%	Rank		Final	%	Rank	Improvement
100 Fly	Chloe Ross	69.50	68.82	-0.98	9th		68.81	-0.01	7th	-0.01
	Amy Spencer	72.60	73.39	1.09	12th					
	Chloe Winter	63.40	65.11	2.70	5th		64	-1.70	4th	-1.11
	Ashley Davies	63.50	62.31	-1.87	12th					
	Sean Downey	61.90	61.99	0.15	11th					
	Anthony James	59.70	59.01	-1.16	6th		58.79	-0.37	5th	-0.22
100 Back	Chloe Winter	67.80	67.69	-0.16	3rd		66.8	-1.31	3rd	-0.89
	Claire Manton	67.80	68.59	1.17	5th		69.42	1.21	7th	0.83
	Joshua Clinch	73.30	66.50	-9.28	10th					
	Anthony James	71.20	67.95	-4.56	11th					
100 Breast	Elspeth Taylor	74.35	77.90	4.77	10th					
	Amy Spencer	75.80	77.29	1.97	7th		76.24	-1.36	5th	-1.05
	Chris Fox	70.80	70.21	-0.83	7th		69.24	-1.38	6th	-0.97
	Ed Downes	66.90	69.99	4.62	6th		69.05	-1.34	5th	-0.94
100 Free	Rachel Gatford	58.97	60.82	3.14	9th		59.77	-1.73	6th	-1.05
	Chloe Ross	60.35	61.97	2.68	13th					
	Ashley Davies	56.40	56.33	-0.12	14th					
	Sean Downey	55.40	55.04	-0.65	8th		54.53	-0.93	7th	-0.51
200 IM	Elspeth Taylor	145.79	151.36	3.82	7th		146.81	-3.01	4th	-4.55
	Claire Manton	144.00	149.07	3.52	5th		149.75	0.46	6th	0.68
	Ed Downes	129.51	131.87	1.82	2nd		129.18	-2.04	1st	-2.69
	Chris Fox	144.68	143.98	-0.48	14th					
	Joshua Clinch		140.67	PBLC	10th		138.64	-1.44	7th	-2.03

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4 x 100 Medley Relay		(All relays manual splits)							
	Claire Manton		1.09.92						
	Amy Spencer		1.16.79			4.31.75		4th	
	Chloe Winter		1.04.50						
	Rachael Gatford		1.00.22						
	Joshua Clinch		1.07.23						
	Chris Fox		1.10.66			4.13.51		7th	
	Anthony James		59.95						
	Sean Downey		54.70						
6 x 50 Free Relay									
	Chloe Winter		27.47						
	Chloe Ross		28.35						
	Elsbeth Taylor		28.97			2.49.56		4th	
	Amy Spencer		30.16						
	Claire Manton		27.78						
	Rachael Gatford		26.54						
	Sean Downey		25.07						
	Ed Downes		24.81						
	Josh Clinch		26.87			2.33.25		6th	
	Chris Fox		25.29						
	Anthony James		25.55						
	Ashley Davies		25.45						

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Notes:	Heats: 23 swims - 9 PB's, 5 within 1%, 2 within 2%, 5 within 3%, 2 outside. 9 out of 10 finals made - 11 finalists. Finals: 14 swims - 7 PB's, 4 within 1%, 2 within 2%, 1 outside. 1 Gold - Ed Downes 200 IM, 1 Bronze Medal - Chloe Winter 100 Back..
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Top 3 + 8th Final Times - Euro Schools 26th / 27th May 2004 - Brescia

Female

Fly	National	School		Back	National	School
	100m	50m			100m	50m
Gold	1.03.63	28.96		Gold	1.04.30	31.86
Silver	1.03.79	29.36		Silver	1.04.54	31.87
Bronze	1.03.97	29.42		Bronze	1.06.80	32.02
8th	1.08.81	31.33		8th	1.12.04	34.09
Breast	National	School		Free	National	School
	100m	50m			100m	50m
Gold	1.13.06	35.36		Gold	58.25	27.36
Silver	1.13.59	35.55		Silver	58.61	27.76
Bronze	1.14.48	35.80		Bronze	58.92	27.92
8th	1.18.01	38.55		8th	1.00.30	29.48
IM	National					
	200m					
Gold	2.21.87					
Silver	2.24.80					
Bronze	2.25.13					

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8th	2.34.14	
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Top 3 + 8th Final Times - Euro Schools 26th / 27th May 2004 - Brescia					
Male					
Fly	National	School		Back	
	100m	50m		100m	50m
Gold	56.45	25.78		Gold	58.86 27.99
Silver	57.06	26.43		Silver	59.12 29.36
Bronze	58.08	26.88		Bronze	59.32 29.40
8th	1.00.09	28.05		8th	1.05.56 31.88
Breast	National	School		Free	National
	100m	50m		100m	50m
Gold	1.07.32	30.86		Gold	53.07 24.50
Silver	1.07.64	31.17		Silver	53.13 25.25
Bronze	1.08.54	31.20		Bronze	54.07 25.66
8th	1.13.47	34.90		8th	54.88 26.26
IM	National				
	200m				
Gold	2.09.18				
Silver	2.09.45				
Bronze	2.09.71				
8th	2.21.87				

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ISF European Schools Games - Milan 26th May 2004. Schools Competition - Millfield School										
Event	Name	PB	Heat	%	Rank		Final	%	Rank	Improvement
50 Breast	Emily Shaw	38.09 (sc)	39.80	PBLC	11th					
	Alex Holderness		36.67	1%	5th		36.09	PBLC	4th	-0.58
	Gemma Carmichael		43.19	PBLC	15th					
	Matthew Hall	34.98	34.46	-1.49	8th		34.62	0.46	7th	0.16
	Louis Mech		37.47	PBLC	11th					
	Gareth Cotter-Stone	35.28	34.10	-3.34	7th		33.92	-0.53	6th	-0.18
50 Back	Emily Walker	33.28	32.88	-1.20	5th		33.29	1.25	6th	0.41
	Gemma Carmichael	38.84	36.93	-4.92	17th					
	Katherine Bowe	32.3 (sc)	32.72	PBLC	4th		32.8	0.24	5th	0.08
	Matthew Hall	31.64	31.96	1.01	9th					
	Louis Mech	32.86 (SC)	32.31	PBLC	11th					
	Dane Baker	32.32 (sc)	32.55	PBLC	12th					
50 Free	Alex Holderness		29.40	PBLC	10th					
	Emily Shaw	28.10	28.03	-0.25	3rd		27.92	-0.39	3rd	-0.11
	Charlotte Bufton	30.70	29.34	-4.43	8th		29.48	0.48	8th	0.14
	Chris Gabbett	27.34	26.53	-2.96	10th					
	Shane Traill	26.41	26.19	-0.83	6th		26.2	0.04	7th	0.01
	Dane Baker	27.79 (sc)	27.11	PBLC	12th					

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50 Fly	Emily Walker	31.94 (sc)	32.38	PBLC	12th				
	Katherine Bowe		31.75	PBLC	10th				
	Charlotte Bufton	31.31 (sc)	31.07	PBLC	7th	31.09	0.06	7th	0.02
	Shane Traill	29.78 (sc)	29.62	PBLC	14th				
	Chris Gabbett	29.22	28.20	PBLC	10th				
	Gareth Cotter-Stone	28.51	28.15	-1.26	9th				
4 x 50 Medley Relay		<i>(All relays manual splits)</i>							
	Katherine Bowe		32.70						
	Alex Holderness		35.50			2.06.99		4th	
	Charlotte Bufton		31.50						
	Emily Shaw		27.05						
	Matthew Hall		31.95						
	Gareth Cotter-Stone		33.16			1.58.30		5th	
	Chris Gabbett		27.85						
	Shane Traill		25.20						
6 x 50 Free Relay									
	Emily Shaw		28.10						
	Gemma Carmichael		30.00						
	Alex Holderness		28.80			2.55.28		3rd	
	Katherine Bowe		29.00						
	Charlotte Bufton		29.30						
	Emily Walker		29.50						

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	Gareth Cotter-Stone		26.70						
	Chris Gabbett		25.80						
	Louis Mech		26.40			2.38.61		5th	
	Matthew Hall		27.00						
	Dane Baker		26.90						
	Shane Traill		25.40						
	Heats: 24 swims - 22 PB's, 2 within 1%. 6 out of 8 finals made - 8 finalists.								
Notes:	Finals: 9 swims - 3 PB's, 5 within 1%, 1 within 2%.								
	2 Bronze Medals - Emily Shaw 50 Free, Girls 6 x 50m Free Relay								

Compiled by Richard Thorp (ESSA Coach)