

COMPETITION	VENUE	DATE	TOTAL PB'S	RUNNING TOTAL
Ken Deeley Sprints Level 3	Brighton SC	19.09.2009	175	175
Octopus Sprint League 2009 Gala 5	Beckenham SC	26.09.2009	13	188
ASA Duel in the Pool Meet Level 2	Barnett SC	03.10.2009	3	191
C.A.S.C. Club Champs Gala 1 Level 4	Whitgift SC	03.10.2009	151	342
C.A.S.C. Club Champs Gala 2 Level 4	Whitgift SC	04.10.2009	140	482
C.A.S.C. Club Champs Gala 3 Level 4	Whitgift SC	06.10.2009	41	523
National Arena League 2009 - 1st Round Unlicensed	Trinity SC	10.10.2009	27	550
C.A.S.C. Club Champs Gala 4 Level 4	Whitgift SC	11.10.2009	190	740
Octopus Sprint League 2009 Gala 6	Beckenham SC	17.10.2009	14	754
C.A.S.C. Club Champs Gala 5 Level 4	Whitgift SC	18.10.2009	96	850
ASA Intercounties 2009 Level 1	Ponds Forge SC	18.10.2009	1	851
C.A.S.C. Club Champs Gala 6 Level 4	Whitgift SC	20.10.2009	21	872
London Regional Winter Championships 2009	Barnet, SC	07-08.11.2009	5	877
National Arena League 2009 - 2nd Round Unlicensed	Trinity SC	14.11.2009	19	896
C.A.S.C. Club Champs Gala 7 Level 4	Whitgift SC	15.11.2009	61	957
C.A.S.C. Club Champs Gala 8 Level 4	Whitgift SC	17.11.2009	29	986
Crawley Early Bird Long Course Meet Level 1	Crawley LC	21-22.11.2009	46	1032
C.A.S.C. Club Champs Gala 9 Level 4	Whitgift SC	24.11.2009	14	1046

<b>C.A.S.C. Club Champs Gala 10 Level 4</b>	<b>Whitgift SC</b>	<b>01.12.2009</b>	<b>17</b>	<b>1063</b>
<b>Horsham Christmas Cracker 2009 Level 2</b>	<b>Horsham SC</b>	<b>06.12.2009</b>	<b>44</b>	<b>1107</b>
<b>Northampton Long Course Meet Level 1</b>	<b>Corby LC</b>	<b>05-06.12.2009</b>	<b>7</b>	<b>1114</b>
<b>Redhill &amp; Reigate Christmas Open Meet Level 2</b>	<b>Redhill SC</b>	<b>13.12.2009</b>	<b>16</b>	<b>1130</b>
<b>Plymouth Leander Long Course Meet Level 1</b>	<b>Millfield LC</b>	<b>19-20.12.2009</b>	<b>8</b>	<b>1138</b>
<b>Surrey Development Meet 2010</b>	<b>Guildford SC</b>	<b>16-30.01.2010</b>	<b>44</b>	<b>1182</b>
<b>Octopus Sprint League 2010 Gala 1</b>	<b>Whitgift SC</b>	<b>31.01.2010</b>	<b>35</b>	<b>1217</b>
<b>Surrey County Championships Weekend 1 - Level 1</b>	<b>Guildford SC</b>	<b>20-21.02.2010</b>	<b>50</b>	<b>1267</b>
<b>Surrey County Championships Weekend 2 - Level 1</b>	<b>Aldershot LC</b>	<b>27-28.02.2010</b>	<b>9</b>	<b>1276</b>
<b>Surrey County Championships Weekend 3 - Level 1</b>	<b>Crystal Palace LC</b>	<b>13-14.03.2010</b>	<b>130</b>	<b>1406</b>
<b>Croydon Boroughs 2010 Gala 1 - Level 4</b>	<b>Whitgift SC</b>	<b>20.03.2010</b>	<b>106</b>	<b>1512</b>
<b>Surrey County Championships Weekend 4 - Level 1</b>	<b>Guildford SC</b>	<b>27-28.03.2010</b>	<b>41</b>	<b>1553</b>
<b>Portsmouth Easter Meet - Level 1</b>	<b>Mountbatten LC</b>	<b>01-04.04.2010</b>	<b>61</b>	<b>1614</b>
<b>Croydon Boroughs 2010 Gala 2 - Level 4</b>	<b>Whitgift SC</b>	<b>10.04.2010</b>	<b>83</b>	<b>1697</b>
<b>Octopus Sprint League 2010 Gala 2</b>	<b>Beckenham SC</b>	<b>11.04.2010</b>	<b>28</b>	<b>1725</b>
<b>Crawley Spring Meet - Level 1</b>	<b>Crawley LC</b>	<b>17-18.04.2010</b>	<b>34</b>	<b>1759</b>
<b>Haslemere B Grade Meet - Level 3</b>	<b>Haslemere SC</b>	<b>18.04.2010</b>	<b>75</b>	<b>1834</b>
<b>Orpington O'Jays Meet - Level 2</b>	<b>Gillingham SC</b>	<b>18.04.2010</b>	<b>9</b>	<b>1843</b>
<b>Littlehampton - Last Chance Meet - Level 2</b>	<b>Bognor SC</b>	<b>25.04.2010</b>	<b>18</b>	<b>1861</b>

<b>London Regional Youth Championships 2010 - Level 1</b>	<b>Crystal Palace LC</b>	<b>01-02.05.2010</b>	<b>17</b>	<b>1878</b>
<b>Beckenham Open Meet - Level 1</b>	<b>Crystal Palace LC</b>	<b>01-02.05.2010</b>	<b>34</b>	<b>1912</b>
<b>Croydon Boroughs 2010 Gala 3 - Level 4</b>	<b>Whitgift SC</b>	<b>01.05.2010</b>	<b>97</b>	<b>2009</b>
<b>Rotherham Metro Meet - Level 1</b>	<b>Sheffield LC</b>	<b>15-16.05.2010</b>	<b>19</b>	<b>2028</b>
<b>Octopus Sprint League 2010 Gala 3</b>	<b>Beckenham SC</b>	<b>16.05.2010</b>	<b>20</b>	<b>2048</b>
<b>London Regional Bagcat Championships 2010 - Level 1</b>	<b>Crystal Palace LC</b>	<b>5-6.06.2010</b>	<b>21</b>	<b>2069</b>
<b>London Regional Bagcat Championships 2010 - Level 1</b>	<b>Crystal Palace LC</b>	<b>12-13.06.2010</b>	<b>17</b>	<b>2086</b>
<b>Croydon Boroughs 2010 Gala 4 - Level 4</b>	<b>Whitgift SC</b>	<b>19.06.2010</b>	<b>97</b>	<b>2183</b>
<b>ZNA Gala - No License</b>	<b>Dorking SC</b>	<b>03.07.2010</b>	<b>29</b>	<b>2212</b>
<b>Octopus Sprint League 2010 Gala 4</b>	<b>Beckenham SC</b>	<b>10.07.2010</b>	<b>14</b>	<b>2226</b>
<b>ASA National BAGCAT &amp; YOUTH Championships - Level 1</b>	<b>Sheffield LC</b>	<b>28/7 - 7/8/2010</b>	<b>2</b>	<b>2228</b>