

NATIONAL ARENA LEAGUE

Biggleswade 09/1/2010

Tamara Richards	200I M	2.38.17	33.54
			39.60
			46.12
			38.91
	Free Relay Split	28.86	
Zoe Griffiths	Medley Relay Split (Bu)	35.48	
	100m Bu	1.24.48	38.88
Adrian Vuylsteke	Medley Relay Split (Br)	38.43	
	100m Br	1.24.53	38.99
Tom Russell	Free Relay Split	29.07	
	Medley Relay Split (Br)	36.13	
	100m Br	1.17.56	36.52
Ryan Skeels	Free Relay Split	23.99	