

THURROCK JUNIOR SPRINT GALA

SUNDAY 13TH JULY
BLACKSHOTS POOL GRAYS ESSEX

PROPOSED SWIMMERS AND RACES

GIRLS	SESSION 1	SESSION 2
CERI TOLLIDAY	50F/S 50BK 100IM	50BRST 50FLY 200IM
ELLIE DAVIS	50F/S 50BK 100IM	50BRST 50FLY
SARAH DAWKINS	50F/S 50BK 100IM	50BRST 50FLY
BETHANY FORD	50F/S 50BK	50BRST
CLAIRE GREGORY	50F/S 50BK 100IM	50BRST 50FLY
BECKY HAGGER	50F/S 50BK 100IM	50BRST
LISA MURPHY	50F/S 50BK	50BRST
EMMA PARKER	50F/S 50BK	50BRST
ELLA RUDGELY	50F/S 50BK	50BRST
EMMA SANDBERG	50F/S 50BK	50BRST
LAUREN SEDGEWICK	50F/S 50BK	50BRST
EMILY SEXTON	50F/S 50BK	50BRST
GEORGIA SIMMONS	50F/S 50BK	50BRST
CLAUDIA STRATFORD	50F/S 50BK	50BRST
OLIVIA STRATFORD	50F/S 50BK 100IM	50BRST 50FLY 200IM

BOYS	SESSION 1	SESSION 2
HARRY FOX	50BRST 200IM 50FLY	50F/S 100IM 50BK
CHARLIE FOX	50BRST 200IM 50FLY	50F/S 100IM 50BK
ALEX GOLDEN	50BRST 50FLY	50F/S 50BK
KIERAN GOODWIN	50BRST	50F/S 50BK
ALEX HENSON	50BRST	50F/S 100IM 50BK
FERGUS MACKENZIE O'M	50BRST	50F/S 50BK
SAM PULLINGER	50BRST	50F/S 50BK
DANIEL ROBINSON	50BRST 200IM 50FLY	50F/S 100IM 50BK
RHYS SEDGEWICK	50BRST	50F/S 50BK
ALEX STRAKER	50BRST	50F/S 50BK
THOMAS WESTON	50BRST	50F/S 50BK

WARM UPS: SESSION 1-8.30AM SESSION 2-1.15PM

£3.00 PER RACE PLUS COACHES SUPPLEMENT

PLEASE MAKE SURE YOUR GALA ACCOUNTS ARE IN CREDIT.