

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 1 Boys 10 Year Olds 400 SC Meter Freestyle**

| Name | Age | Team | Finals Time | Points |
|--------------------|-----------------|---------------------|-----------------|-----------------|
| 1 Jack Carr | 10 | Harrow & Wealdstone | 6:36.72 | 3 |
| 2 Andrew Whitbread | 10 | Teddington | 6:37.67 | 2 |
| | 42.12 | 1:31.62 (49.50) | 2:22.68 (51.06) | 3:14.33 (51.65) |
| | 4:06.90 (52.57) | 4:58.34 (51.44) | 5:50.18 (51.84) | 6:37.67 (47.49) |
| 3 Rory McMonagle | 10 | Harrow & Wealdstone | 6:37.86 | 1 |

Event 1 Boys 11 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|----------------|-----------------|---------------------|-----------------|-----------------|
| 1 Pavan Roprai | 11 | Hounslow Hurricanes | 5:55.97 | 3 |
| | 40.36 | 1:24.59 (44.23) | 2:10.25 (45.66) | 2:56.30 (46.05) |
| | 3:43.04 (46.74) | 4:27.12 (44.08) | 5:13.48 (46.36) | 5:55.97 (42.49) |

Event 1 Boys 12 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|---------------------|-----------------|---------------------|-----------------|-----------------|
| 1 Charlie Boldison | 12 | Barnet Cophall | 4:39.79 | 3 |
| | 30.48 | 1:06.14 (35.66) | 1:42.76 (36.62) | 2:18.58 (35.82) |
| | 2:54.88 (36.30) | 3:31.11 (36.23) | 4:06.77 (35.66) | 4:39.79 (33.02) |
| 2 Alex Jessop | 12 | Barnet Cophall | 4:50.53 | 2 |
| | 32.25 | 1:08.88 (36.63) | 1:45.64 (36.76) | 2:22.69 (37.05) |
| | 3:00.11 (37.42) | 3:37.10 (36.99) | 4:14.56 (37.46) | 4:50.53 (35.97) |
| 3 Adam Carter | 12 | Borough of Southend | 4:55.14 | 1 |
| | 34.19 | 1:11.10 (36.91) | 1:48.57 (37.47) | 2:25.78 (37.21) |
| | 3:03.19 (37.41) | 3:41.28 (38.09) | 4:19.05 (37.77) | 4:55.14 (36.09) |
| 4 Lee Evans | 12 | Barnet Cophall | 4:58.01 | |
| | 32.45 | 1:09.23 (36.78) | 1:47.64 (38.41) | 2:26.18 (38.54) |
| | 3:05.00 (38.82) | 3:43.53 (38.53) | 4:21.39 (37.86) | 4:58.01 (36.62) |
| 5 James Carter | 12 | Borough of Southend | 5:18.06 | |
| | 37.54 | 1:18.36 (40.82) | 1:58.61 (40.25) | 2:38.74 (40.13) |
| | 3:18.82 (40.08) | 3:58.95 (40.13) | 4:39.59 (40.64) | 5:18.06 (38.47) |
| 6 Matthew Donlevey | 12 | Harrow & Wealdstone | 5:18.58 | |
| | 35.31 | 1:15.83 (40.52) | 1:57.74 (41.91) | 2:39.36 (41.62) |
| | 3:19.84 (40.48) | 4:01.56 (41.72) | 4:41.50 (39.94) | 5:18.58 (37.08) |
| 7 William Atkins | 12 | Hounslow Hurricanes | 5:19.65 | |
| | 35.40 | 1:14.71 (39.31) | 1:56.01 (41.30) | 2:38.72 (42.71) |
| | 3:20.47 (41.75) | 4:01.07 (40.60) | 4:41.55 (40.48) | 5:19.65 (38.10) |
| 8 Ashley Bickers | 12 | Barnet Cophall | 5:36.62 | |
| | 36.37 | 1:17.60 (41.23) | 2:00.39 (42.79) | 2:43.44 (43.05) |
| | 3:27.43 (43.99) | 4:11.58 (44.15) | 4:55.10 (43.52) | 5:36.62 (41.52) |
| 9 Devansh Gor | 12 | Barnet Cophall | 5:47.91 | |
| 10 Joel Sands | 12 | Barnet Cophall | 5:53.91 | |
| 11 Joseph Whitbread | 12 | Teddington | 5:56.33 | |
| | 38.59 | 1:23.05 (44.46) | 2:08.36 (45.31) | 2:54.32 (45.96) |
| | 3:40.92 (46.60) | 4:27.86 (46.94) | 5:12.74 (44.88) | 5:56.33 (43.59) |
| 12 Thomas Miles | 12 | Hounslow Hurricanes | 6:12.23 | |
| | 39.43 | 1:24.78 (45.35) | 2:11.83 (47.05) | 2:59.99 (48.16) |
| | 3:48.81 (48.82) | 4:37.72 (48.91) | 5:24.90 (47.18) | 6:12.23 (47.33) |
| 13 Saagar Mayani | 12 | Barnet Cophall | 6:24.33 | |
| | | | 2:47.01 () | |
| | 3:54.88 () | 4:45.73 (50.85) | 5:36.47 (50.74) | 6:24.33 (47.86) |

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|----|------------------|-----------------|----------------------|-----------------|
| 14 | Andrew Wadsworth | 12 | Bletchley & District | 6:29.39 |
| | 39.99 | 1:27.92 (47.93) | 2:17.76 (49.84) | 3:07.35 (49.59) |
| | 3:59.09 (51.74) | 4:51.49 (52.40) | 5:43.41 (51.92) | 6:29.39 (45.98) |
| 15 | Adam Blake | 12 | Hounslow Hurricanes | 6:37.93 |
| | 40.98 | 1:29.00 (48.02) | 2:19.14 (50.14) | 3:10.28 (51.14) |
| | 4:03.02 (52.74) | 4:56.95 (53.93) | 5:49.80 (52.85) | 6:37.93 (48.13) |

Event 1 Boys 13 Year Olds 400 SC Meter Freestyle

| | Name | Age | Team | Finals Time | Points |
|---|------------------|-----------------|---------------------|-----------------|--------|
| 1 | Kevin O'Shea | 13 | Barnet Cophall | 4:40.72 | 3 |
| | 30.14 | 1:03.67 (33.53) | 1:39.09 (35.42) | 2:14.83 (35.74) | |
| | 2:51.62 (36.79) | 3:28.80 (37.18) | 4:05.27 (36.47) | 4:40.72 (35.45) | |
| 2 | Sam Munkley | 13 | Hertsmere Flyers | 4:47.41 | 2 |
| | 31.72 | 1:07.64 (35.92) | 1:44.22 (36.58) | 2:20.90 (36.68) | |
| | 2:57.78 (36.88) | 3:35.18 (37.40) | 4:12.33 (37.15) | 4:47.41 (35.08) | |
| 3 | James Creager | 13 | Barnet Cophall | 5:04.29 | 1 |
| | 33.11 | 1:10.88 (37.77) | 1:50.06 (39.18) | 2:29.29 (39.23) | |
| | 3:08.55 (39.26) | 3:47.66 (39.11) | 4:27.11 (39.45) | 5:04.29 (37.18) | |
| 4 | Akshay Shah | 13 | Barnet Cophall | 5:09.99 | |
| | 31.21 | 1:06.65 (35.44) | 1:43.81 (37.16) | 2:22.06 (38.25) | |
| | 3:02.25 (40.19) | 3:45.00 (42.75) | 4:27.40 (42.40) | 5:09.99 (42.59) | |
| 5 | Robert Van Tromp | 13 | Verulam | 5:14.23 | |
| | 32.54 | 1:10.01 (37.47) | 1:49.21 (39.20) | 2:29.87 (40.66) | |
| | 3:10.82 (40.95) | 3:52.72 (41.90) | 4:34.37 (41.65) | 5:14.23 (39.86) | |
| 6 | James Devey | 13 | Barnet Cophall | 5:44.49 | |
| | 37.45 | 1:20.18 (42.73) | 2:05.44 (45.26) | 2:50.13 (44.69) | |
| | 3:35.25 (45.12) | 4:20.98 (45.73) | 5:05.10 (44.12) | 5:44.49 (39.39) | |
| 7 | Jamie Atkins | 13 | Hounslow Hurricanes | 5:56.78 | |
| | 40.06 | 1:23.58 (43.52) | 2:08.38 (44.80) | 2:53.20 (44.82) | |
| | 3:38.95 (45.75) | 4:25.76 (46.81) | 5:14.89 (49.13) | 5:56.78 (41.89) | |

Event 1 Boys 14 & Over 400 SC Meter Freestyle

| | Name | Age | Team | Finals Time | Points |
|---|---------------------|-----------------|-----------------|-----------------|--------|
| 1 | Chris Timms | 17 | Barnet Cophall | 4:09.36 | 3 |
| | 27.75 | 58.00 (30.25) | 1:28.52 (30.52) | 1:59.72 (31.20) | |
| | 2:31.35 (31.63) | 3:03.83 (32.48) | 3:36.93 (33.10) | 4:09.36 (32.43) | |
| 2 | Chris Eddon | 16 | Barnet Cophall | 4:10.69 | 2 |
| | 29.32 | 1:00.52 (31.20) | 1:32.40 (31.88) | 2:04.61 (32.21) | |
| | 2:36.46 (31.85) | 3:08.06 (31.60) | 3:39.83 (31.77) | 4:10.69 (30.86) | |
| 3 | James Allchorne | 16 | Barnet Cophall | 4:14.62 | 1 |
| | 28.98 | 1:01.04 (32.06) | 1:33.29 (32.25) | 2:05.76 (32.47) | |
| | 2:38.26 (32.50) | 3:10.91 (32.65) | 3:43.35 (32.44) | 4:14.62 (31.27) | |
| 4 | Abeeku Philip-Forde | 17 | Barnet Cophall | 4:14.90 | |
| | 28.49 | 59.26 (30.77) | 1:30.82 (31.56) | 2:03.40 (32.58) | |
| | 2:36.77 (33.37) | 3:09.81 (33.04) | 3:42.92 (33.11) | 4:14.90 (31.98) | |
| 5 | Ben Woska | 16 | Barnet Cophall | 4:24.01 | |
| | 30.25 | 1:03.39 (33.14) | 1:36.95 (33.56) | 2:10.37 (33.42) | |
| | 2:43.95 (33.58) | 3:17.58 (33.63) | 3:51.13 (33.55) | 4:24.01 (32.88) | |
| 6 | Tom Reynolds | 14 | Barnet Cophall | 4:27.17 | |
| | 28.77 | 1:01.86 (33.09) | 1:35.29 (33.43) | 2:09.22 (33.93) | |
| | 2:43.55 (34.33) | 3:18.42 (34.87) | 3:53.39 (34.97) | 4:27.17 (33.78) | |
| 7 | Jamie Irvine | 15 | Hatfield | 4:34.63 | |
| | 29.96 | 1:03.70 (33.74) | 1:38.31 (34.61) | 2:13.91 (35.60) | |

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|----|---------------|-----------------|-------------------------|-----------------|-----------------|---------|
| 8 | Tom Hayward | 2:49.55 (35.64) | 3:25.49 (35.94) | 4:00.77 (35.28) | 4:34.63 (33.86) | 4:38.95 |
| | | 30.45 | 1:05.13 (34.68) | 1:40.54 (35.41) | 2:17.06 (36.52) | |
| | | 2:54.23 (37.17) | 3:30.19 (35.96) | 4:07.19 (37.00) | 4:38.95 (31.76) | |
| 9 | Robert Hewett | | 16 Bletchley & District | | | 4:49.28 |
| | | 30.82 | 1:05.86 (35.04) | 1:42.74 (36.88) | 2:20.11 (37.37) | |
| | | 2:58.49 (38.38) | 3:36.43 (37.94) | 4:15.02 (38.59) | 4:49.28 (34.26) | |
| 10 | Leigh Wright | | 17 Bletchley & District | | | 5:10.76 |
| | | 33.96 | 1:11.90 (37.94) | 1:51.76 (39.86) | 2:31.96 (40.20) | |
| | | 3:12.75 (40.79) | 3:54.05 (41.30) | 4:34.02 (39.97) | 5:10.76 (36.74) | |

Event 2 Girls 9 Year Olds 400 SC Meter IM

| | Name | Age | Team | | Finals Time | Points |
|---|------------------|-----|----------------|-------------------|-------------------|-------------------|
| 1 | Hannah Broderick | 9 | Barnet Cophall | | 8:46.58 | 3 |
| | | | | 1:01.97 | 2:18.40 (1:16.43) | 3:22.41 (1:04.01) |
| | | | | 5:39.33 (1:13.73) | 6:49.52 (1:10.19) | 7:49.71 (1:00.19) |
| | | | | | | 4:25.60 (1:03.19) |
| | | | | | | 8:46.58 (56.87) |

Event 2 Girls 10 Year Olds 400 SC Meter IM

| | Name | Age | Team | | Finals Time | Points |
|-----|----------------|-----|---------------------|-----------------|-----------------|-----------------|
| --- | Rory McMonagle | 10 | Harrow & Wealdstone | | DQ | |
| | | | | 43.07 | 1:33.04 (49.97) | 2:24.78 (51.74) |
| | | | | 4:08.16 (52.15) | 4:59.24 (51.08) | 5:51.49 (52.25) |
| | | | | | | DQ (46.37) |
| --- | Jack Carr | 10 | Harrow & Wealdstone | | DQ | |
| | | | | 42.45 | 1:32.27 (49.82) | 2:23.35 (51.08) |
| | | | | 4:06.67 () | 4:58.26 (51.59) | 5:50.43 (52.17) |
| | | | | | | DQ (46.29) |

Event 2 Girls 11 Year Olds 400 SC Meter IM

| | Name | Age | Team | | Finals Time | Points |
|-----|-----------------------------|-----|------------|-----------------|-----------------|-----------------|
| 1 | Alex Panayides | 11 | Teddington | | 6:29.48 | 3 |
| | | | | 44.91 | 1:39.99 (55.08) | 2:25.24 (45.25) |
| | | | | 4:07.41 (56.03) | 5:05.16 (57.75) | 5:48.23 (43.07) |
| | | | | | | 6:29.48 (41.25) |
| 2 | Elizabeth Bickford-Sawkings | 11 | Teddington | | 6:38.39 | 2 |
| | | | | 43.37 | 1:35.26 (51.89) | 2:24.63 (49.37) |
| | | | | 4:08.50 (53.46) | 5:06.40 (57.90) | 5:53.10 (46.70) |
| | | | | | | 6:38.39 (45.29) |
| --- | Katherine Melotte | 11 | Teddington | | DQ | |
| | | | | 44.03 | 1:38.45 (54.42) | 2:27.57 (49.12) |
| | | | | 4:09.36 (54.85) | 5:03.95 (54.59) | 5:48.46 (44.51) |
| | | | | | | DQ (40.92) |

Event 2 Girls 12 Year Olds 400 SC Meter IM

| | Name | Age | Team | | Finals Time | Points |
|-----|----------------------|-----|----------------|-------------------|-------------------|-----------------|
| 1 | Lauren Chapple | 12 | Barnet Cophall | | 5:15.73 | 3 |
| | | | | 32.96 | 1:11.57 (38.61) | 1:50.35 (38.78) |
| | | | | 3:14.42 (44.31) | 4:01.00 (46.58) | 4:38.76 (37.76) |
| | | | | | | 5:15.73 (36.97) |
| 2 | Jessica Jackson-Virk | 12 | Barnet Cophall | | 6:18.16 | 2 |
| | | | | 43.47 | 1:33.83 (50.36) | 2:22.59 (48.76) |
| | | | | 4:04.29 (52.97) | 4:57.68 (53.39) | 5:38.32 (40.64) |
| | | | | | | 6:18.16 (39.84) |
| 3 | Georgina Tasker | 12 | Amersham | | 6:24.59 | 1 |
| | | | | 42.03 | 1:35.72 (53.69) | 2:23.64 (47.92) |
| | | | | 4:05.04 (52.80) | 5:00.23 (55.19) | 5:42.83 (42.60) |
| | | | | | | 6:24.59 (41.76) |
| 4 | Tabitha Mainstone | 12 | Barnet Cophall | | 7:17.96 | |
| | | | | 46.27 | 1:44.30 (58.03) | 2:36.74 (52.44) |
| | | | | 4:34.80 (1:03.39) | 5:39.35 (1:04.55) | 6:29.24 (49.89) |
| | | | | | | 7:17.96 (48.72) |
| --- | Devansh Gor | 12 | Barnet Cophall | | DQ | |

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|----------------|-----------------|-------------------|-----------------|-----------------|----|
| | 37.76 | 1:20.82 (43.06) | 2:05.78 (44.96) | 2:51.45 (45.67) | |
| | 3:35.53 (44.08) | 4:21.08 (45.55) | 5:05.49 (44.41) | DQ (42.42) | |
| --- Joel Sands | | 12 Barnet Cophall | | | DQ |
| | 39.09 | 1:24.05 (44.96) | 2:09.86 (45.81) | 2:55.67 (45.81) | |
| | 3:40.69 (45.02) | 4:27.07 (46.38) | 5:13.01 (45.94) | DQ (40.90) | |

Event 2 Girls 13 Year Olds 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|--------------------|-----------------|-----------------|-----------------|-----------------|
| 1 Willow Malin | 13 | Teddington | 5:37.92 | 3 |
| | 36.94 | 1:21.32 (44.38) | 2:03.07 (41.75) | 2:45.54 (42.47) |
| | 3:33.52 (47.98) | 4:22.19 (48.67) | 5:00.61 (38.42) | 5:37.92 (37.31) |
| 2 Leanne Fernandes | 13 | Barnet Cophall | 5:41.07 | 2 |
| | 39.55 | 1:24.04 (44.49) | 2:05.75 (41.71) | 2:48.84 (43.09) |
| | 3:37.15 (48.31) | 4:26.02 (48.87) | 5:04.16 (38.14) | 5:41.07 (36.91) |

Event 2 Girls 14 & Over 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|----------------|-----------------|---------------------|-----------------|-----------------|
| 1 Grace Rake | 14 | Hounslow Hurricanes | 5:54.65 | 3 |
| | 37.53 | 1:22.65 (45.12) | 2:06.06 (43.41) | 2:48.12 (42.06) |
| | 3:41.28 (53.16) | 4:33.44 (52.16) | 5:15.70 (42.26) | 5:54.65 (38.95) |
| 2 Amy Thompson | 15 | Verulam | 6:18.10 | 2 |
| | 42.41 | 1:34.42 (52.01) | 2:23.13 (48.71) | 3:10.69 (47.56) |
| | 4:00.53 (49.84) | 4:50.50 (49.97) | 5:36.10 (45.60) | 6:18.10 (42.00) |

Event 3 Boys 9 Year Olds 200 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|--------------------|---------|---------------------|-------------------|-----------------|
| 1 Lewis Newman | 9 | Harrow & Wealdstone | 3:57.30 | 3 |
| | 55.74 | 1:53.38 (57.64) | 3:00.87 (1:07.49) | 3:57.30 (56.43) |
| 2 Jack Stevens | 9 | Barnet Cophall | 4:23.22 | 2 |
| | 1:11.81 | 2:16.72 (1:04.91) | 3:26.11 (1:09.39) | 4:23.22 (57.11) |
| --- Joe Jackson | 9 | Barnet Cophall | | DQ |
| | 1:05.34 | 2:11.08 (1:05.74) | 3:17.16 (1:06.08) | DQ (57.10) |
| --- Curtis Coleman | 9 | Barnet Cophall | | DQ |
| | 1:03.60 | 2:04.99 (1:01.39) | 3:08.99 (1:04.00) | DQ (51.55) |

Event 3 Boys 10 Year Olds 200 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|---------------------|---------|-------------------|-------------------|-----------------|
| 1 Michael Fernandes | 10 | Barnet Cophall | 3:19.20 | 3 |
| | 47.27 | 1:37.51 (50.24) | 2:36.79 (59.28) | 3:19.20 (42.41) |
| 2 Henry Yau | 10 | Barnet Cophall | 3:52.12 | 2 |
| | 54.36 | 1:55.39 (1:01.03) | 2:55.30 (59.91) | 3:52.12 (56.82) |
| | | 2:08.08 () | 3:19.48 (1:11.40) | 4:15.66 (56.18) |
| --- Thomas Dwyer | 10 | Barnet Cophall | | DQ |
| | 1:02.31 | 1:58.16 (55.85) | 3:05.15 (1:06.99) | DQ (56.73) |
| --- Aron Barta | 10 | Barnet Cophall | | DQ |
| | 48.26 | 1:41.18 (52.92) | 2:43.31 (1:02.13) | DQ (47.88) |

Event 3 Boys 11 Year Olds 200 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|--------------------|-----|----------------|-------------|--------|
| 1 Edward Allchorne | 11 | Barnet Cophall | 2:50.26 | 3 |

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|-----|---------------|---------|------------------------|-------------------|-------------------|---------|---|
| 2 | James Devine | 35.51 | 1:19.05 (43.54) | 2:10.65 (51.60) | 2:50.26 (39.61) | 3:12.09 | 2 |
| | | | 11 Verulam | | | | |
| 3 | Jay Munkley | 42.49 | 1:28.98 (46.49) | 2:31.45 (1:02.47) | 3:12.09 (40.64) | 3:13.98 | 1 |
| | | | 11 Hertsmere Flyers | | | | |
| 4 | Shimon Kiwada | 44.63 | 1:36.24 (51.61) | 2:34.99 (58.75) | 3:13.98 (38.99) | 3:26.82 | |
| | | | 11 Barnet Cophall | | | | |
| 5 | Sean Yip | 48.63 | 1:41.18 (52.55) | 2:41.01 (59.83) | 3:26.82 (45.81) | 3:27.22 | |
| | | | 11 Barnet Cophall | | | | |
| 6 | Mateo Calonje | 48.71 | 1:43.42 (54.71) | 2:40.93 (57.51) | 3:27.22 (46.29) | 4:20.55 | |
| | | | 11 Barnet Cophall | | | | |
| --- | Leon Tricot | 1:03.19 | 2:08.08 (1:04.89) | 3:16.66 (1:08.58) | 4:20.55 (1:03.89) | DQ | |
| | | | 11 Barnet Cophall | | | | |
| --- | Pavan Rooprai | 58.96 | 1:57.76 (58.80) | 3:02.12 (1:04.36) | DQ (53.33) | DQ | |
| | | | 11 Hounslow Hurricanes | | | | |
| | | 47.45 | 1:35.32 (47.87) | 2:35.19 (59.87) | DQ (41.18) | | |

Event 3 Boys 12 Year Olds 200 SC Meter IM

| | Name | Age | Team | | | Finals Time | Points | | |
|---|------------------|-----|----------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Charlie Boldison | 12 | Barnet Cophall | | | 2:34.40 | 3 | | |
| 2 | Alex Jessop | 12 | Barnet Cophall | 31.96 | 1:10.96 (39.00) | 1:59.99 (49.03) | 2:34.40 (34.41) | 2:50.80 | 2 |
| 3 | Jack Donaghue | 12 | Verulam | 39.00 | 1:21.24 (42.24) | 2:13.72 (52.48) | 2:50.80 (37.08) | 3:03.14 | 1 |
| 4 | Devansh Gor | 12 | Barnet Cophall | 38.89 | 1:27.24 (48.35) | 2:20.98 (53.74) | 3:03.14 (42.16) | 3:06.53 | |
| 5 | Ashley Bickers | 12 | Barnet Cophall | 40.85 | 1:28.21 (47.36) | 2:23.63 (55.42) | 3:06.53 (42.90) | 3:11.49 | |
| | | | | 41.97 | 1:30.70 (48.73) | 2:29.16 (58.46) | 3:11.49 (42.33) | | |

Event 3 Boys 13 Year Olds 200 SC Meter IM

| | Name | Age | Team | | | Finals Time | Points | | |
|-----|-------------|-----|----------------|-------|-----------------|-------------------|-----------------|----|--|
| 1 | Stuart Webb | 13 | Verulam | | | 2:49.73 | 3 | | |
| --- | James Devey | 13 | Barnet Cophall | 35.61 | 1:19.90 (44.29) | 2:11.48 (51.58) | 2:49.73 (38.25) | DQ | |
| | | | | 45.55 | 1:34.65 (49.10) | 2:38.89 (1:04.24) | DQ (42.44) | | |

Event 3 Boys 14 & Over 200 SC Meter IM

| | Name | Age | Team | | | Finals Time | Points | | |
|---|---------------------|-----|----------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Jamil Mirza | 19 | Barnet Cophall | | | 2:12.14 | 3 | | |
| 2 | Martyn Bermingham | 15 | Barnet Cophall | 28.24 | 1:00.79 (32.55) | 1:40.19 (39.40) | 2:12.14 (31.95) | 2:19.97 | 2 |
| 3 | Chris Timms | 17 | Barnet Cophall | 29.08 | 1:03.76 (34.68) | 1:46.98 (43.22) | 2:19.97 (32.99) | 2:20.02 | 1 |
| 4 | Abeeku Philip-Forde | 17 | Barnet Cophall | 29.93 | 1:05.50 (35.57) | 1:50.12 (44.62) | 2:20.02 (29.90) | 2:26.76 | |
| 5 | Ben Woska | 16 | Barnet Cophall | 29.88 | 1:08.55 (38.67) | 1:51.40 (42.85) | 2:26.76 (35.36) | 2:27.03 | |
| | | | | 30.30 | 1:05.06 (34.76) | 1:54.10 (49.04) | 2:27.03 (32.93) | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | |
|-----|----------------|-------------------|---------------------|-----------------|---------|
| 6 | Peter Lee | 17 | Hounslow Hurricanes | | 2:29.09 |
| | 32.09 | 1:09.97 (37.88) | 1:55.69 (45.72) | 2:29.09 (33.40) | |
| 7 | Dennis Crowley | 16 | Hounslow Hurricanes | | 2:31.54 |
| | 31.94 | 1:09.78 (37.84) | 1:57.96 (48.18) | 2:31.54 (33.58) | |
| 8 | Tom Hayward | 15 | Verulam | | 2:36.64 |
| | 34.63 | 1:14.44 (39.81) | 2:02.18 (47.74) | 2:36.64 (34.46) | |
| 9 | Danny Papworth | 14 | Hounslow Hurricanes | | 2:37.04 |
| | 33.31 | 1:15.06 (41.75) | 2:01.96 (46.90) | 2:37.04 (35.08) | |
| 10 | Ben Munkley | 15 | Hertsmere Flyers | | 2:47.54 |
| | 37.35 | 1:22.67 (45.32) | 2:08.99 (46.32) | 2:47.54 (38.55) | |
| 11 | Anthony Craft | 14 | Harrow & Wealdstone | | 2:50.81 |
| | 35.04 | 1:17.70 (42.66) | 2:11.23 (53.53) | 2:50.81 (39.58) | |
| --- | David Naughton | 8 | Barnet Cophall | | XDQ |
| | 1:12.44 | 2:35.82 (1:23.38) | 4:03.29 (1:27.47) | DQ (1:09.03) | |

Event 4 Girls 9 Year Olds 200 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|----------------------|-------|---------------------|-------------------|-------------------|
| 1 Emma Craft | 9 | Harrow & Wealdstone | 3:08.78 | 3 |
| | 41.58 | 1:30.98 (49.40) | 2:22.15 (51.17) | 3:08.78 (46.63) |
| 2 Nicola Burlingham | 9 | Amersham | 3:09.74 | 2 |
| | 43.31 | 1:31.97 (48.66) | 2:22.22 (50.25) | 3:09.74 (47.52) |
| 3 Rachael Hughes | 9 | Borough of Southend | 3:21.42 | 1 |
| | 44.60 | 1:37.25 (52.65) | 2:30.73 (53.48) | 3:21.42 (50.69) |
| 4 Daisy Malin | 9 | Teddington | 3:22.11 | |
| | 45.00 | 1:36.20 (51.20) | 2:30.28 (54.08) | 3:22.11 (51.83) |
| 5 Rachael Holmes | 9 | Harrow & Wealdstone | 3:42.45 | |
| | 47.32 | 1:46.30 (58.98) | 2:44.06 (57.76) | 3:42.45 (58.39) |
| 6 Hannah Broderick | 9 | Barnet Cophall | 3:44.54 | |
| | 50.75 | 1:47.93 (57.18) | 2:46.90 (58.97) | 3:44.54 (57.64) |
| 7 Sahana Cooper | 9 | Verulam | 3:52.10 | |
| | 49.66 | 1:50.59 (1:00.93) | 2:52.44 (1:01.85) | 3:52.10 (59.66) |
| 8 Talisa Mistry | 9 | Harrow & Wealdstone | 4:01.14 | |
| | 50.76 | 1:53.19 (1:02.43) | 3:00.42 (1:07.23) | 4:01.14 (1:00.72) |
| 9 Amy-Louise Wakeley | 9 | Barnet Cophall | 4:15.94 | |
| | 59.59 | 2:07.50 (1:07.91) | 3:12.53 (1:05.03) | 4:15.94 (1:03.41) |

Event 4 Girls 10 Year Olds 200 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|----------------------|-------|---------------------|-----------------|-----------------|
| 1 Katherine Shaw | 10 | Amersham | 2:41.40 | 3 |
| | 36.95 | 1:18.51 (41.56) | 2:00.84 (42.33) | 2:41.40 (40.56) |
| 2 Alessandra Quincey | 10 | Amersham | 3:02.08 | 2 |
| | 40.41 | 1:27.62 (47.21) | 2:16.42 (48.80) | 3:02.08 (45.66) |
| 3 Suzu Sato | 10 | Barnet Cophall | 3:04.79 | 1 |
| | 41.04 | 1:27.46 (46.42) | 2:18.95 (51.49) | 3:04.79 (45.84) |
| 4 Isobel Thompson | 10 | Verulam | 3:12.21 | |
| | 42.10 | 1:31.81 (49.71) | 2:23.52 (51.71) | 3:12.21 (48.69) |
| 5 Grace Doolan | 10 | Harrow & Wealdstone | 3:13.27 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|--------------------------|-------|------------------------|-------------------|-------------------|---------|
| 6 | Nisha Hunjan | 43.05 | 1:33.32 (50.27) | 2:24.01 (50.69) | 3:13.27 (49.26) | 3:16.05 |
| | | | 10 Harrow & Wealdstone | | | |
| 7 | Ruth Williams | 42.65 | 1:33.86 (51.21) | 2:26.98 (53.12) | 3:16.05 (49.07) | 3:19.80 |
| | | | 10 Verulam | | | |
| 8 | Jessica Karp | 43.99 | 1:36.25 (52.26) | 2:29.46 (53.21) | 3:19.80 (50.34) | 3:25.54 |
| | | | 10 Barnet Cophall | | | |
| 9 | Hannah Kendall-Troughton | 42.86 | 1:34.56 (51.70) | 2:30.72 (56.16) | 3:25.54 (54.82) | 3:26.89 |
| | | | 10 Barnet Cophall | | | |
| 10 | Katie Taylor | 44.11 | 1:38.48 (54.37) | 2:34.07 (55.59) | 3:26.89 (52.82) | 3:29.73 |
| | | | 10 Barnet Cophall | | | |
| 11 | Yee-Yewt Smart | 45.10 | 1:39.41 (54.31) | 2:36.60 (57.19) | 3:29.73 (53.13) | 3:32.67 |
| | | | 10 Barnet Cophall | | | |
| 12 | Yasmin Sweeney | 44.85 | 1:41.99 (57.14) | 2:39.51 (57.52) | 3:32.67 (53.16) | 3:33.23 |
| | | | 10 Barnet Cophall | | | |
| 13 | Annie Johnson | 46.53 | 1:41.37 (54.84) | 2:39.75 (58.38) | 3:33.23 (53.48) | 3:33.97 |
| | | | 10 Barnet Cophall | | | |
| 14 | Rhiannon McColl | 46.59 | 1:41.82 (55.23) | 2:39.35 (57.53) | 3:33.97 (54.62) | 3:38.19 |
| | | | 10 Barnet Cophall | | | |
| 15 | Saniya Bandey | 47.40 | 1:42.24 (54.84) | 2:41.29 (59.05) | 3:38.19 (56.90) | 3:59.60 |
| | | | 10 Barnet Cophall | | | |
| | | 48.61 | 1:51.92 (1:03.31) | 2:57.52 (1:05.60) | 3:59.60 (1:02.08) | |

Event 4 Girls 11 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | Finals Time | Points |
|-----|-------------------|-------|---------------------|-----------------|------------|
| 1 | Hayley Mellon | 11 | Hounslow Hurricanes | 2:31.13 | 3 |
| 2 | Yat-Wing Smart | 11 | Barnet Cophall | 2:39.94 | 2 |
| 3 | Katherine Melotte | 11 | Teddington | 2:45.12 | 1 |
| 4 | Alex Panayides | 11 | Teddington | 2:49.72 | |
| 5 | Sarah Pickin | 11 | Amersham | 2:52.90 | |
| 6 | Charlotte Holmes | 11 | Harrow & Wealdstone | 2:53.69 | |
| 7 | Chloe Hughes | 11 | Borough of Southend | 3:07.48 | |
| 8 | Ria Sanders | 11 | Verulam | 3:17.13 | |
| 9 | Laura Medhurst | 11 | Borough of Southend | 3:21.07 | |
| 10 | Aimee Joyce | 11 | Hounslow Hurricanes | 3:22.66 | |
| 11 | Vanisha Patel | 11 | Harrow & Wealdstone | 3:42.58 | |
| --- | Georgina Luke | 11 | Harrow & Wealdstone | DQ | |
| | | 42.12 | 1:30.52 (48.40) | 2:23.28 (52.76) | DQ (51.94) |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 4 Girls 12 Year Olds 200 SC Meter Freestyle**

| | Name | Age | Team | | Finals Time | Points |
|----|----------------------|-----------------|----------------------|-----------------|-------------|--------|
| 1 | Lauren Chapple | 12 | Barnet Cophall | | 2:16.53 | 3 |
| | 31.57 | 1:06.11 (34.54) | 1:41.65 (35.54) | 2:16.53 (34.88) | | |
| 2 | Sarah Powell | 12 | Bletchley & District | | 2:22.56 | 2 |
| | 32.46 | 1:08.71 (36.25) | 1:45.66 (36.95) | 2:22.56 (36.90) | | |
| 3 | Alice Pearson | 12 | Barnet Cophall | | 2:22.99 | 1 |
| | 33.84 | 1:10.55 (36.71) | 1:47.41 (36.86) | 2:22.99 (35.58) | | |
| 4 | Kyra Jones | 12 | Barnet Cophall | | 2:23.66 | |
| | 33.25 | 1:09.63 (36.38) | 1:46.81 (37.18) | 2:23.66 (36.85) | | |
| 5 | Polly Kemp-King | 12 | Hounslow Hurricanes | | 2:24.45 | |
| | 33.10 | 1:10.41 (37.31) | 1:48.01 (37.60) | 2:24.45 (36.44) | | |
| 6 | Regan Massey | 12 | Hounslow Hurricanes | | 2:32.95 | |
| | 34.50 | 1:14.50 (40.00) | 1:55.17 (40.67) | 2:32.95 (37.78) | | |
| 7 | Jessica Jackson-Virk | 12 | Barnet Cophall | | 2:37.94 | |
| | 36.82 | 1:18.03 (41.21) | 1:59.91 (41.88) | 2:37.94 (38.03) | | |
| 8 | Alison Nicholls | 12 | Hertsmere Flyers | | 2:44.26 | |
| | 35.44 | 1:16.87 (41.43) | 2:00.98 (44.11) | 2:44.26 (43.28) | | |
| 9 | Hannah Carey | 12 | Verulam | | 2:46.23 | |
| | 37.67 | 1:20.17 (42.50) | 2:04.15 (43.98) | 2:46.23 (42.08) | | |
| 10 | Tabitha Mainstone | 12 | Barnet Cophall | | 3:00.99 | |
| | 40.15 | 1:27.83 (47.68) | 2:15.99 (48.16) | 3:00.99 (45.00) | | |
| 11 | Samantha Horton | 12 | Borough of Southend | | 3:06.00 | |
| | 41.30 | 1:28.73 (47.43) | 2:17.05 (48.32) | 3:06.00 (48.95) | | |
| 12 | Daisy Yeomans | 12 | Verulam | | 3:27.68 | |
| | 45.13 | 1:39.33 (54.20) | 2:36.25 (56.92) | 3:27.68 (51.43) | | |

Event 4 Girls 13 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points |
|---|------------------|-----------------|---------------------|-----------------|-------------|--------|
| 1 | Michelle Lewis | 13 | Barnet Cophall | | 2:13.44 | 3 |
| | 30.44 | 1:04.25 (33.81) | 1:38.65 (34.40) | 2:13.44 (34.79) | | |
| 2 | Willow Malin | 13 | Teddington | | 2:20.66 | 2 |
| | 32.72 | 1:08.15 (35.43) | 1:45.22 (37.07) | 2:20.66 (35.44) | | |
| 3 | Lottie Hudson | 13 | Barnet Cophall | | 2:20.87 | 1 |
| | 32.07 | 1:08.43 (36.36) | 1:45.13 (36.70) | 2:20.87 (35.74) | | |
| 4 | Leanne Fernandes | 13 | Barnet Cophall | | 2:22.34 | |
| | 33.53 | 1:09.57 (36.04) | 1:46.31 (36.74) | 2:22.34 (36.03) | | |
| 5 | Roxanne Bevan | 13 | Hounslow Hurricanes | | 2:24.63 | |
| | 33.66 | 1:10.86 (37.20) | 1:48.11 (37.25) | 2:24.63 (36.52) | | |
| 6 | Elizabeth Comer | 13 | Amersham | | 2:26.10 | |
| | 33.88 | 1:11.05 (37.17) | 1:49.03 (37.98) | 2:26.10 (37.07) | | |
| 7 | Yasmin Barnett | 13 | Teddington | | 2:30.14 | |
| | 33.74 | 1:12.16 (38.42) | 1:51.50 (39.34) | 2:30.14 (38.64) | | |
| 8 | Katherine Browne | 13 | Borough of Southend | | 2:36.33 | |
| | 35.67 | 1:14.91 (39.24) | 1:55.59 (40.68) | 2:36.33 (40.74) | | |
| 9 | Donna Lineman | 13 | Hounslow Hurricanes | | 2:39.52 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|-----------------|-------|-------------------------|-----------------|-----------------|---------|
| 10 | Kiran Flynn | 35.31 | 1:16.03 (40.72) | 1:58.29 (42.26) | 2:39.52 (41.23) | |
| | | | 13 Bletchley & District | | | 2:42.64 |
| 11 | Claire Humphrey | 38.40 | 1:20.46 (42.06) | 2:02.49 (42.03) | 2:42.64 (40.15) | |
| | | | 13 Bletchley & District | | | 2:51.27 |
| 12 | Lucy King | 38.00 | 1:20.95 (42.95) | 2:06.30 (45.35) | 2:51.27 (44.97) | |
| | | | 13 Bletchley & District | | | 2:59.39 |
| | | 41.26 | 1:25.85 (44.59) | 2:13.08 (47.23) | 2:59.39 (46.31) | |

Event 4 Girls 14 & Over 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points | | | |
|-----|--------------------|-----|----------------------|-------|-------------------|-------------------|-----------------|----------|---|
| 1 | Ashley Harris | 15 | Barnet Cophall | | 2:08.76 | 3 | | | |
| 2 | Aneeka Shah | 17 | Barnet Cophall | 30.02 | 1:02.67 (32.65) | 1:35.88 (33.21) | 2:08.76 (32.88) | 2:11.85 | 2 |
| 3 | Zoe Colyer-Worsell | 15 | Barnet Cophall | 30.44 | 1:03.74 (33.30) | 1:37.62 (33.88) | 2:11.85 (34.23) | 2:14.71 | 1 |
| 4 | Kate Ferrigno | 15 | Barnet Cophall | 31.03 | 1:05.44 (34.41) | 1:40.19 (34.75) | 2:14.71 (34.52) | 2:22.46 | |
| 5 | Kathryn Mellon | 14 | Hounslow Hurricanes | 32.46 | 1:08.09 (35.63) | 1:45.01 (36.92) | 2:22.46 (37.45) | 2:24.42 | |
| 6 | Fay Pearce | 14 | Amersham | 32.42 | 1:08.74 (36.32) | 1:46.65 (37.91) | 2:24.42 (37.77) | 2:25.24 | |
| 7 | Charlotte Ashton | 14 | Hounslow Hurricanes | 32.70 | 1:08.80 (36.10) | 1:46.99 (38.19) | 2:25.24 (38.25) | 2:41.07 | |
| 8 | Abby Patterson | 14 | Verulam | 35.70 | 1:17.07 (41.37) | 1:59.88 (42.81) | 2:41.07 (41.19) | 2:49.79 | |
| 9 | Joanne Quainton | 15 | Bletchley & District | 36.93 | 1:19.65 (42.72) | 2:05.31 (45.66) | 2:49.79 (44.48) | 2:53.92 | |
| --- | Mayuto Goto | 8 | Barnet Cophall | 39.52 | 1:23.97 (44.45) | 2:10.03 (46.06) | 2:53.92 (43.89) | X3:19.56 | |
| --- | Maho Takeda | 7 | Barnet Cophall | 45.38 | 1:38.09 (52.71) | 2:32.13 (54.04) | 3:19.56 (47.43) | X4:10.72 | |
| | | | | 58.24 | 2:05.41 (1:07.17) | 3:11.07 (1:05.66) | 4:10.72 (59.65) | | |

Event 5 Boys 9 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points | | | |
|---|----------------|-----|---------------------|-------|-------------------|-------------------|-------------------|---------|---|
| 1 | Amar Patel | 9 | Harrow & Wealdstone | | 4:07.01 | 3 | | | |
| 2 | Curtis Coleman | 9 | Barnet Cophall | 58.59 | 2:01.36 (1:02.77) | 3:04.73 (1:03.37) | 4:07.01 (1:02.28) | 4:18.56 | 2 |
| | | | | 58.80 | 2:05.76 (1:06.96) | 3:13.16 (1:07.40) | 4:18.56 (1:05.40) | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 5 Boys 10 Year Olds 200 SC Meter Breaststroke**

| Name | Age | Team | Finals Time | Points |
|----------------------|---------|-------------------------------------|-------------------|--------|
| 1 Henry Yau | 10 | Barnet Cophall | 3:49.60 | 3 |
| | 48.55 | 1:47.75 (59.20) 2:49.22 (1:01.47) | 3:49.60 (1:00.38) | |
| 2 Rory Atkins | 10 | Hounslow Hurricanes | 3:51.09 | 2 |
| | 53.63 | 1:52.89 (59.26) 2:52.08 (59.19) | 3:51.09 (59.01) | |
| 3 Aron Barta | 10 | Barnet Cophall | 3:56.26 | 1 |
| | 53.47 | 1:54.25 (1:00.78) 2:56.44 (1:02.19) | 3:56.26 (59.82) | |
| 4 Andrew Whitbread | 10 | Teddington | 3:56.33 | |
| | 53.84 | 1:54.62 (1:00.78) 2:56.42 (1:01.80) | 3:56.33 (59.91) | |
| 5 Temitaiya Fambegbe | 10 | Harrow & Wealdstone | 4:09.28 | |
| | 55.44 | 1:57.85 (1:02.41) 4:10.96 (2:13.11) | 4:09.28 () | |
| 6 Hugo Cliff | 10 | Barnet Cophall | 4:10.41 | |
| | 57.28 | 2:02.34 (1:05.06) 3:09.17 (1:06.83) | 4:10.41 (1:01.24) | |
| 7 Thomas Dwyer | 10 | Barnet Cophall | 4:39.18 | |
| | 1:02.61 | 2:16.16 (1:13.55) 3:29.37 (1:13.21) | 4:39.18 (1:09.81) | |
| 8 James King | 10 | Barnet Cophall | 4:53.06 | |
| | 1:08.70 | 2:23.95 (1:15.25) 3:39.11 (1:15.16) | 4:53.06 (1:13.95) | |

Event 5 Boys 11 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Finals Time | Points |
|--------------------|---------|-------------------------------------|-------------------|--------|
| 1 Edward Allchorne | 11 | Barnet Cophall | 3:08.09 | 3 |
| | 43.27 | 1:32.61 (49.34) 2:20.56 (47.95) | 3:08.09 (47.53) | |
| 2 Sean Yip | 11 | Barnet Cophall | 3:40.70 | 2 |
| | 50.15 | 1:47.29 (57.14) 2:46.56 (59.27) | 3:40.70 (54.14) | |
| 3 Miran Shah | 11 | Hertsmere Flyers | 3:52.91 | 1 |
| | 53.05 | 1:53.96 (1:00.91) 2:55.82 (1:01.86) | 3:52.91 (57.09) | |
| 4 Shimon Kiwada | 11 | Barnet Cophall | 3:56.18 | |
| | 56.03 | 1:55.96 (59.93) 2:58.33 (1:02.37) | 3:56.18 (57.85) | |
| 5 Thomas Abbott | 11 | Harrow & Wealdstone | 4:09.42 | |
| | 57.57 | 2:02.40 (1:04.83) 3:07.02 (1:04.62) | 4:09.42 (1:02.40) | |
| 6 Leon Tricot | 11 | Barnet Cophall | 4:20.61 | |
| | 55.67 | 2:04.56 (1:08.89) 3:12.25 (1:07.69) | 4:20.61 (1:08.36) | |
| 7 Mateo Calonje | 11 | Barnet Cophall | 4:36.80 | |
| | 1:03.33 | 2:17.56 (1:14.23) 3:31.24 (1:13.68) | 4:36.80 (1:05.56) | |

Event 5 Boys 12 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Finals Time | Points |
|-------------------|-------|---------------------------------|-----------------|--------|
| 1 Lee Evans | 12 | Barnet Cophall | 3:04.16 | 3 |
| | 42.35 | 1:28.70 (46.35) 2:17.05 (48.35) | 3:04.16 (47.11) | |
| 2 Jack Donaghue | 12 | Verulam | 3:22.99 | 2 |
| | 46.45 | 1:38.03 (51.58) 2:31.05 (53.02) | 3:22.99 (51.94) | |
| 3 Adam Carter | 12 | Borough of Southend | 3:28.69 | 1 |
| | 48.46 | 1:42.24 (53.78) 2:35.27 (53.03) | 3:28.69 (53.42) | |
| 4 Christopher Cox | 12 | Hertsmere Flyers | 3:35.41 | |
| | 49.63 | 1:44.07 (54.44) 2:40.27 (56.20) | 3:35.41 (55.14) | |
| 5 Devansh Gor | 12 | Barnet Cophall | 3:40.35 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|----------------------|---------|-------------------------|-------------------|-------------------|---------|
| 6 | William Atkins | 50.05 | 1:46.58 (56.53) | 2:44.36 (57.78) | 3:40.35 (55.99) | 3:42.67 |
| | | | 12 Hounslow Hurricanes | | | |
| 7 | Joseph Whitbread | 51.91 | 1:50.66 (58.75) | 2:47.29 (56.63) | 3:42.67 (55.38) | 3:42.91 |
| | | | 12 Teddington | | | |
| 8 | Andrew Wadsworth | 51.42 | 1:47.94 (56.52) | 2:45.94 (58.00) | 3:42.91 (56.97) | 3:44.30 |
| | | | 12 Bletchley & District | | | |
| 9 | Joel Sands | 51.13 | 1:48.82 (57.69) | 2:48.40 (59.58) | 3:44.30 (55.90) | 3:55.88 |
| | | | 12 Barnet Cophall | | | |
| 10 | Saagar Mayani | 55.78 | 1:57.05 (1:01.27) | 2:58.10 (1:01.05) | 3:55.88 (57.78) | 4:02.98 |
| | | | 12 Barnet Cophall | | | |
| 11 | Adam Blake | 54.51 | 1:56.83 (1:02.32) | 3:00.63 (1:03.80) | 4:02.98 (1:02.35) | 4:04.88 |
| | | | 12 Hounslow Hurricanes | | | |
| 12 | Christopher Williams | 55.58 | 1:57.61 (1:02.03) | 3:00.56 (1:02.95) | 4:04.88 (1:04.32) | 4:28.77 |
| | | | 12 Verulam | | | |
| | | 1:00.16 | 2:07.71 (1:07.55) | 3:19.26 (1:11.55) | 4:28.77 (1:09.51) | |

Event 5 Boys 13 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points |
|---|-----------------|-----|---------------------|-------------------|-----------------|--------|
| 1 | Jamie Atkins | 13 | Hounslow Hurricanes | | 3:27.30 | 3 |
| 2 | Kieran Campbell | 13 | Verulam | 47.26 | 3:32.76 | 2 |
| | | | | 1:40.22 (52.96) | | |
| | | | | 2:35.19 (54.97) | | |
| | | | | 3:27.30 (52.11) | | |
| 3 | James Devey | 13 | Barnet Cophall | 43.98 | 3:55.59 | 1 |
| | | | | 1:37.98 (54.00) | | |
| | | | | 2:34.92 (56.94) | | |
| | | | | 3:32.76 (57.84) | | |
| | | | | 54.25 | 3:55.59 (58.85) | |
| | | | | 1:55.82 (1:01.57) | | |
| | | | | 2:56.74 (1:00.92) | | |

Event 5 Boys 14 & Over 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points |
|-----|-------------------|-----|----------------------|-------------------|--------------|--------|
| 1 | James Allchorne | 16 | Barnet Cophall | | 2:33.60 | 3 |
| 2 | Sean O'Shea | 16 | Barnet Cophall | 34.60 | 2:35.44 | 2 |
| | | | | 1:14.57 (39.97) | | |
| | | | | 1:54.85 (40.28) | | |
| | | | | 2:33.60 (38.75) | | |
| 3 | Martyn Bermingham | 15 | Barnet Cophall | 34.79 | 2:43.15 | 1 |
| | | | | 1:14.57 (39.78) | | |
| | | | | 1:55.09 (40.52) | | |
| | | | | 2:35.44 (40.35) | | |
| 4 | Dennis Crowley | 16 | Hounslow Hurricanes | 35.31 | 2:56.00 | |
| | | | | 1:17.03 (41.72) | | |
| | | | | 2:00.14 (43.11) | | |
| | | | | 2:43.15 (43.01) | | |
| 5 | Robert Hewett | 16 | Bletchley & District | 41.41 | 2:57.42 | |
| | | | | 1:26.03 (44.62) | | |
| | | | | 2:10.94 (44.91) | | |
| | | | | 2:56.00 (45.06) | | |
| 6 | Ben Munkley | 15 | Hertsmere Flyers | 39.12 | 2:59.89 | |
| | | | | 1:23.20 (44.08) | | |
| | | | | 2:10.45 (47.25) | | |
| | | | | 2:57.42 (46.97) | | |
| --- | David Naughton | 8 | Barnet Cophall | 40.61 | XDQ | |
| | | | | 1:26.83 (46.22) | | |
| | | | | 2:14.46 (47.63) | | |
| | | | | 2:59.89 (45.43) | | |
| | | | | 1:17.53 | DQ (1:21.47) | |
| | | | | 2:39.46 (1:21.93) | | |
| | | | | 4:04.80 (1:25.34) | | |

Event 6 Girls 9 Year Olds 200 SC Meter Backstroke

| | Name | Age | Team | | Finals Time | Points |
|---|-------------------|-----|------------|-----------------|-----------------|--------|
| 1 | Daisy Malin | 9 | Teddington | | 3:19.97 | 3 |
| 2 | Nicola Burlingham | 9 | Amersham | 46.81 | 3:22.93 | 2 |
| | | | | 1:37.27 (50.46) | | |
| | | | | 2:31.17 (53.90) | | |
| | | | | 3:19.97 (48.80) | | |
| | | | | 46.67 | 3:22.93 (49.89) | |
| | | | | 1:40.32 (53.65) | | |
| | | | | 2:33.04 (52.72) | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | |
|---|--------------------|-------------------|---------------------|-------------------|---|
| 3 | Rachael Hughes | 9 | Borough of Southend | 3:45.34 | 1 |
| | 53.39 | 1:51.00 (57.61) | 2:49.15 (58.15) | 3:45.34 (56.19) | |
| 4 | Hannah Broderick | 9 | Barnet Cophall | 4:10.34 | |
| | 58.32 | 2:03.74 (1:05.42) | 3:08.08 (1:04.34) | 4:10.34 (1:02.26) | |
| 5 | Amy-Louise Wakeley | 9 | Barnet Cophall | 4:37.54 | |
| | 1:08.52 | 2:20.09 (1:11.57) | 3:29.60 (1:09.51) | 4:37.54 (1:07.94) | |

Event 6 Girls 10 Year Olds 200 SC Meter Backstroke

| | Name | Age | Team | Finals Time | Points |
|---|--------------------------|-------------------|---------------------|-----------------|--------|
| 1 | Katherine Shaw | 10 | Amersham | 2:59.87 | 3 |
| | 43.28 | 1:28.64 (45.36) | 2:14.68 (46.04) | 2:59.87 (45.19) | |
| 2 | Samantha McCabe | 10 | Harrow & Wealdstone | 3:00.67 | 2 |
| | 41.73 | 1:27.62 (45.89) | 2:14.72 (47.10) | 3:00.67 (45.95) | |
| 3 | Phoebe Sellars | 10 | Harrow & Wealdstone | 3:21.73 | 1 |
| | 47.15 | 1:39.18 (52.03) | 2:30.80 (51.62) | 3:21.73 (50.93) | |
| 4 | Risa Kobayashi | 10 | Barnet Cophall | 3:21.97 | |
| | 46.82 | 1:38.88 (52.06) | 2:30.91 (52.03) | 3:21.97 (51.06) | |
| 5 | Grace Doolan | 10 | Harrow & Wealdstone | 3:34.00 | |
| | 50.11 | 1:43.31 (53.20) | 2:39.59 (56.28) | 3:34.00 (54.41) | |
| 6 | Hannah Kendall-Troughton | 10 | Barnet Cophall | 3:44.36 | |
| | 52.06 | 1:49.12 (57.06) | 2:48.29 (59.17) | 3:44.36 (56.07) | |
| 7 | Yee-Yewt Smart | 10 | Barnet Cophall | 3:48.30 | |
| | 51.50 | 1:51.63 (1:00.13) | 2:50.80 (59.17) | 3:48.30 (57.50) | |
| 8 | Ruth Williams | 10 | Verulam | 3:51.11 | |
| | 52.55 | 1:52.81 (1:00.26) | 3:51.58 (1:58.77) | 3:51.11 () | |
| 9 | Yasmin Sweeney | 10 | Barnet Cophall | 3:58.48 | |
| | 56.25 | 1:58.05 (1:01.80) | 3:00.42 (1:02.37) | 3:58.48 (58.06) | |

Event 6 Girls 11 Year Olds 200 SC Meter Backstroke

| | Name | Age | Team | Finals Time | Points |
|-----|-----------------------------|-----------------|---------------------|-----------------|--------|
| 1 | Alex Panayides | 11 | Teddington | 2:56.49 | 3 |
| | 41.89 | 1:26.69 (44.80) | 2:12.35 (45.66) | 2:56.49 (44.14) | |
| 2 | Yat-Wing Smart | 11 | Barnet Cophall | 2:56.69 | 2 |
| | 41.40 | 1:26.48 (45.08) | 2:12.99 (46.51) | 2:56.69 (43.70) | |
| 3 | Hayley Mellon | 11 | Hounslow Hurricanes | 2:59.54 | 1 |
| | 42.56 | 1:28.38 (45.82) | 2:14.65 (46.27) | 2:59.54 (44.89) | |
| 4 | Charlotte Holmes | 11 | Harrow & Wealdstone | 3:06.23 | |
| | 42.84 | 1:30.48 (47.64) | 2:18.70 (48.22) | 3:06.23 (47.53) | |
| 5 | Elizabeth Bickford-Sawkings | 11 | Teddington | 3:10.28 | |
| | 44.94 | 1:33.02 (48.08) | 2:22.25 (49.23) | 3:10.28 (48.03) | |
| 6 | Chloe Hughes | 11 | Borough of Southend | 3:30.16 | |
| | 48.28 | 1:45.64 (57.36) | 2:41.74 (56.10) | 3:30.16 (48.42) | |
| 7 | Aimee Joyce | 11 | Hounslow Hurricanes | 3:37.72 | |
| | 53.39 | 1:47.37 (53.98) | 2:43.54 (56.17) | 3:37.72 (54.18) | |
| --- | Laura Medhurst | 11 | Borough of Southend | DQ | |
| | 48.09 | 1:42.03 (53.94) | 2:37.87 (55.84) | DQ (52.90) | |

Event 6 Girls 12 Year Olds 200 SC Meter Backstroke

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| Name | Age | Team | Finals Time | Points |
|------------------------|-------------------|---------------------|-----------------|--------|
| 1 Lauren Chapple | 12 | Barnet Cophall | 2:27.01 | 3 |
| 35.10 | 1:12.06 (36.96) | 1:49.80 (37.74) | 2:27.01 (37.21) | |
| 2 Kyra Jones | 12 | Barnet Cophall | 2:28.58 | 2 |
| 35.43 | 1:13.44 (38.01) | 1:51.50 (38.06) | 2:28.58 (37.08) | |
| 3 Alice Pearson | 12 | Barnet Cophall | 2:34.91 | 1 |
| 35.87 | 1:15.13 (39.26) | 1:54.97 (39.84) | 2:34.91 (39.94) | |
| 4 Polly Kemp-King | 12 | Hounslow Hurricanes | 2:45.18 | |
| 38.67 | 1:21.14 (42.47) | 2:04.04 (42.90) | 2:45.18 (41.14) | |
| 5 Regan Massey | 12 | Hounslow Hurricanes | 2:53.66 | |
| 40.79 | 1:26.71 (45.92) | 2:11.34 (44.63) | 2:53.66 (42.32) | |
| 6 Alison Nicholls | 12 | Hertsmere Flyers | 3:01.48 | |
| 43.53 | 3:01.48 (2:17.95) | | | |
| 7 Jessica Jackson-Virk | 12 | Barnet Cophall | 3:07.68 | |
| 44.96 | 1:33.17 (48.21) | 2:21.06 (47.89) | 3:07.68 (46.62) | |
| 8 Samantha Horton | 12 | Borough of Southend | 3:22.32 | |
| 47.19 | 1:38.63 (51.44) | 2:31.63 (53.00) | 3:22.32 (50.69) | |
| 9 Tabitha Mainstone | 12 | Barnet Cophall | 3:33.14 | |
| 50.09 | 1:44.76 (54.67) | 2:39.67 (54.91) | 3:33.14 (53.47) | |

Event 6 Girls 13 Year Olds 200 SC Meter Backstroke

| Name | Age | Team | Finals Time | Points |
|--------------------|-----------------|----------------------|-----------------|--------|
| 1 Michelle Lewis | 13 | Barnet Cophall | 2:30.16 | 3 |
| 35.25 | 1:12.96 (37.71) | 1:51.67 (38.71) | 2:30.16 (38.49) | |
| 2 Leanne Fernandes | 13 | Barnet Cophall | 2:40.18 | 2 |
| 39.32 | 1:20.15 (40.83) | 2:00.32 (40.17) | 2:40.18 (39.86) | |
| 3 Willow Malin | 13 | Teddington | 2:44.08 | 1 |
| 39.04 | 1:20.70 (41.66) | 2:03.46 (42.76) | 2:44.08 (40.62) | |
| 4 Lottie Hudson | 13 | Barnet Cophall | 2:48.21 | |
| 39.50 | 1:22.25 (42.75) | 2:05.65 (43.40) | 2:48.21 (42.56) | |
| 5 Roxanne Bevan | 13 | Hounslow Hurricanes | 2:51.08 | |
| 39.95 | 1:23.88 (43.93) | 2:07.73 (43.85) | 2:51.08 (43.35) | |
| 6 Katherine Browne | 13 | Borough of Southend | 2:54.28 | |
| 41.32 | 1:25.19 (43.87) | 2:09.92 (44.73) | 2:54.28 (44.36) | |
| 7 Lucy King | 13 | Bletchley & District | 3:11.13 | |
| 45.00 | 1:33.66 (48.66) | 2:23.39 (49.73) | 3:11.13 (47.74) | |

Event 6 Girls 14 & Over 200 SC Meter Backstroke

| Name | Age | Team | Finals Time | Points |
|--------------------|-----------------|---------------------|-----------------|--------|
| 1 Stephanie Hyams | 15 | Barnet Cophall | 2:35.35 | 3 |
| 36.14 | 1:15.22 (39.08) | 1:56.18 (40.96) | 2:35.35 (39.17) | |
| 2 Rebecca Miles | 17 | Hounslow Hurricanes | 2:36.63 | 2 |
| 36.01 | 1:15.39 (39.38) | 1:56.20 (40.81) | 2:36.63 (40.43) | |
| 3 Grace Rake | 14 | Hounslow Hurricanes | 2:42.51 | 1 |
| 38.72 | 1:19.84 (41.12) | 2:02.18 (42.34) | 2:42.51 (40.33) | |
| 4 Charlotte Ashton | 14 | Hounslow Hurricanes | 3:08.96 | |
| 43.79 | 1:32.58 (48.79) | 2:21.84 (49.26) | 3:08.96 (47.12) | |

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| | | | | | | |
|-----|-----------------|-------------------|---|-------------------|--|-------------------|
| --- | Mayuto Goto | | 8 | Barnet Cophall | | X3:34.36 |
| | 50.28 | 1:45.89 (55.61) | | 2:43.12 (57.23) | | 3:34.36 (51.24) |
| --- | Haruka Takeuchi | | 8 | Barnet Cophall | | X3:45.44 |
| | 50.07 | 1:50.24 (1:00.17) | | 2:48.56 (58.32) | | 3:45.44 (56.88) |
| --- | Eadaoin Vincent | | 7 | Barnet Cophall | | X4:07.37 |
| | 54.77 | 2:00.23 (1:05.46) | | 3:05.10 (1:04.87) | | 4:07.37 (1:02.27) |

Event 7 Boys 10 Year Olds 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points |
|---|------------------|-------------------|----------------|-------------------|-------------------|--------|
| 1 | George Holgate | 10 | Amersham | | 3:56.23 | 3 |
| | 46.30 | 1:48.48 (1:02.18) | | 2:53.53 (1:05.05) | 3:56.23 (1:02.70) | |
| 2 | Andrew Whitbread | 10 | Teddington | | 4:17.11 | 2 |
| | 53.55 | 2:01.67 (1:08.12) | | 3:11.07 (1:09.40) | 4:17.11 (1:06.04) | |
| 3 | Aron Barta | 10 | Barnet Cophall | | 4:20.47 | 1 |
| | 52.71 | 1:58.10 (1:05.39) | | 3:08.85 (1:10.75) | 4:20.47 (1:11.62) | |

Event 7 Boys 11 Year Olds 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points |
|---|-------------|-------------------|------------------|-------------------|-------------------|--------|
| 1 | Jay Munkley | 11 | Hertsmere Flyers | | 3:39.87 | 3 |
| | 47.14 | 1:47.09 (59.95) | | 2:47.59 (1:00.50) | 3:39.87 (52.28) | |
| 2 | Sean Yip | 11 | Barnet Cophall | | 4:28.93 | 2 |
| | 56.77 | 2:06.80 (1:10.03) | | 3:18.17 (1:11.37) | 4:28.93 (1:10.76) | |

Event 7 Boys 12 Year Olds 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points |
|---|----------------|-----------------|---------------------|-----------------|-----------------|--------|
| 1 | Josh Eddon | 12 | Barnet Cophall | | 3:06.71 | 3 |
| | 38.57 | 1:25.02 (46.45) | | 2:16.79 (51.77) | 3:06.71 (49.92) | |
| 2 | Ashley Bickers | 12 | Barnet Cophall | | 3:18.59 | 2 |
| | 42.53 | 1:34.01 (51.48) | | 2:28.30 (54.29) | 3:18.59 (50.29) | |
| 3 | Devansh Gor | 12 | Barnet Cophall | | 3:19.76 | 1 |
| | 43.98 | 1:35.41 (51.43) | | 2:28.95 (53.54) | 3:19.76 (50.81) | |
| 4 | James Carter | 12 | Borough of Southend | | 3:25.84 | |
| | 45.76 | 1:38.97 (53.21) | | 2:34.53 (55.56) | 3:25.84 (51.31) | |

Event 7 Boys 13 Year Olds 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points |
|---|---------------|-----------------|------------------|-----------------|-----------------|--------|
| 1 | Sam Munkley | 13 | Hertsmere Flyers | | 2:43.74 | 3 |
| | 34.09 | 1:15.83 (41.74) | | 2:00.31 (44.48) | 2:43.74 (43.43) | |
| 2 | James Creager | 13 | Barnet Cophall | | 2:54.23 | 2 |
| | 36.92 | 1:23.55 (46.63) | | 2:10.21 (46.66) | 2:54.23 (44.02) | |

Event 7 Boys 14 & Over 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points |
|---|---------------|-----------------|----------------|-----------------|-----------------|--------|
| 1 | Sean O'Shea | 16 | Barnet Cophall | | 2:14.88 | 3 |
| | 32.30 | 1:07.49 (35.19) | | 1:41.71 (34.22) | 2:14.88 (33.17) | |
| 2 | Chris Eddon | 16 | Barnet Cophall | | 2:15.76 | 2 |
| | 30.03 | 1:03.98 (33.95) | | 1:39.56 (35.58) | 2:15.76 (36.20) | |
| 3 | Kiran Dattani | 14 | Barnet Cophall | | 2:31.22 | 1 |

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| | | | | | |
|-------------|-------|-----------------|------------------------|-----------------|---------|
| | 33.43 | 1:12.19 (38.76) | 1:51.84 (39.65) | 2:31.22 (39.38) | |
| 4 Peter Lee | | | 17 Hounslow Hurricanes | | 2:39.74 |
| | 32.08 | 1:12.21 (40.13) | 1:55.26 (43.05) | 2:39.74 (44.48) | |

Event 8 Girls 9 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|--------------------|-------------------|-------------------|-------------------|-------------------|
| 1 Hannah Broderick | 9 | Barnet Cophall | 8:00.90 | 3 |
| | 52.19 | 1:52.59 (1:00.40) | 2:53.54 (1:00.95) | 3:56.68 (1:03.14) |
| | 4:57.51 (1:00.83) | 6:00.11 (1:02.60) | 7:01.64 (1:01.53) | 8:00.90 (59.26) |

Event 8 Girls 10 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|-------------------|-----------------|---------------------|-----------------|-----------------|
| 1 Samantha McCabe | 10 | Harrow & Wealdstone | 6:12.65 | 3 |
| | 41.17 | 1:28.21 (47.04) | 2:16.74 (48.53) | 3:03.98 (47.24) |
| | 3:51.98 (48.00) | 4:40.90 (48.92) | 5:29.49 (48.59) | 6:12.65 (43.16) |
| 2 Phoebe Sellars | 10 | Harrow & Wealdstone | 6:23.66 | 2 |
| | 42.23 | 1:30.77 (48.54) | 2:19.57 (48.80) | 3:08.99 (49.42) |
| | 3:58.19 (49.20) | 4:48.51 (50.32) | 5:37.62 (49.11) | 6:23.66 (46.04) |

Event 8 Girls 11 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|-------------------------------|-----------------|---------------------|-----------------|-----------------|
| 1 Katherine Melotte | 11 | Teddington | 5:39.75 | 3 |
| | 37.83 | 1:21.31 (43.48) | 2:05.07 (43.76) | 2:47.72 (42.65) |
| | 3:31.34 (43.62) | 4:14.59 (43.25) | 4:58.93 (44.34) | 5:39.75 (40.82) |
| 2 Alex Panayides | 11 | Teddington | 5:41.15 | 2 |
| | 38.71 | 1:21.54 (42.83) | 2:05.31 (43.77) | 2:49.30 (43.99) |
| | 3:33.63 (44.33) | 4:18.39 (44.76) | 5:01.68 (43.29) | 5:41.15 (39.47) |
| 3 Sarah Pickin | 11 | Amersham | 5:51.18 | 1 |
| | 39.57 | 1:23.85 (44.28) | 2:09.17 (45.32) | 2:54.90 (45.73) |
| | 3:38.79 (43.89) | 4:23.33 (44.54) | 5:08.57 (45.24) | 5:51.18 (42.61) |
| 4 Elizabeth Bickford-Sawkings | 11 | Teddington | 6:01.01 | |
| | 39.57 | 1:23.96 (44.39) | 2:10.35 (46.39) | 2:56.60 (46.25) |
| | 3:43.71 (47.11) | 4:30.74 (47.03) | 5:18.71 (47.97) | 6:01.01 (42.30) |
| 5 Molly Mansbridge | 11 | Harrow & Wealdstone | 6:43.03 | |
| | 41.52 | 1:31.01 (49.49) | 2:21.45 (50.44) | 3:13.80 (52.35) |
| | 4:07.29 (53.49) | 5:01.87 (54.58) | 5:55.21 (53.34) | 6:43.03 (47.82) |

Event 8 Girls 12 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|------------------------|-----------------|-----------------|-----------------|-----------------|
| 1 Lauren Chapple | 12 | Barnet Cophall | 4:41.70 | 3 |
| | 32.53 | 1:07.61 (35.08) | 1:43.26 (35.65) | 2:19.26 (36.00) |
| | 2:54.85 (35.59) | 3:30.65 (35.80) | 4:06.92 (36.27) | 4:41.70 (34.78) |
| 2 Jessica Jackson-Virk | 12 | Barnet Cophall | 5:24.04 | 2 |
| | 37.33 | 1:18.25 (40.92) | 1:59.77 (41.52) | 2:41.67 (41.90) |
| | 3:23.32 (41.65) | 4:04.08 (40.76) | 4:45.26 (41.18) | 5:24.04 (38.78) |
| 3 Tabitha Mainstone | 12 | Barnet Cophall | 6:22.95 | 1 |
| | 40.78 | 1:29.67 (48.89) | 2:18.66 (48.99) | 3:08.26 (49.60) |
| | 3:57.72 (49.46) | 4:48.59 (50.87) | 5:37.49 (48.90) | 6:22.95 (45.46) |

Event 8 Girls 13 Year Olds 400 SC Meter Freestyle

| Name | Age | Team | Finals Time | Points |
|--------------------|-------|-----------------|-----------------|-----------------|
| 1 Leanne Fernandes | 13 | Barnet Cophall | 4:53.71 | 3 |
| | 33.31 | 1:09.18 (35.87) | 1:46.38 (37.20) | 2:23.67 (37.29) |

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| | | | | | | |
|---|------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|---|
| 2 | Willow Malin | 3:01.33 (37.66) 3:39.00 (37.67) | 4:16.59 (37.59) | 4:53.71 (37.12) | 4:54.10 | 2 |
| | | 33.65 3:02.91 (37.71) | 1:10.72 (37.07) 3:40.38 (37.47) | 1:47.95 (37.23) 4:18.25 (37.87) | 2:25.20 (37.25) 4:54.10 (35.85) | |
| 3 | Roxanne Bevan | | 13 Hounslow Hurricanes | | 4:57.02 | 1 |
| | | 34.07 3:05.76 (38.22) | 1:11.69 (37.62) 3:43.83 (38.07) | 1:49.83 (38.14) 4:21.91 (38.08) | 2:27.54 (37.71) 4:57.02 (35.11) | |
| 4 | Lottie Hudson | | 13 Barnet Cophall | | 4:57.40 | |
| | | 33.49 3:03.80 (38.16) | 1:10.39 (36.90) 3:41.67 (37.87) | 1:47.72 (37.33) 4:20.05 (38.38) | 2:25.64 (37.92) 4:57.40 (37.35) | |
| 5 | Katherine Browne | | 13 Borough of Southend | | 5:30.30 | |
| | | 37.71 3:26.15 (41.07) | 1:20.11 (42.40) 4:08.40 (42.25) | 2:02.31 (42.20) 4:50.41 (42.01) | 2:45.08 (42.77) 5:30.30 (39.89) | |
| 6 | Kiran Flynn | | 13 Bletchley & District | | 5:41.75 | |
| | | 38.00 3:32.19 (43.64) | 1:20.35 (42.35) 4:16.27 (44.08) | 2:04.48 (44.13) 5:01.69 (45.42) | 2:48.55 (44.07) 5:41.75 (40.06) | |
| 7 | Claire Humphrey | | 13 Bletchley & District | | 5:58.57 | |
| | | 39.41 3:42.09 (46.73) | 1:22.92 (43.51) 4:29.22 (47.13) | 2:08.73 (45.81) 5:16.24 (47.02) | 2:55.36 (46.63) 5:58.57 (42.33) | |
| 8 | Lucy King | | 13 Bletchley & District | | 6:00.45 | |
| | | 42.34 3:48.00 (46.89) | 1:27.96 (45.62) 4:32.61 (44.61) | 2:14.81 (46.85) 5:17.71 (45.10) | 3:01.11 (46.30) 6:00.45 (42.74) | |

Event 8 Girls 14 & Over 400 SC Meter Freestyle

| | Name | Age | Team | Finals Time | Points | |
|----|-------------------|--------------------------|------------------------------------|------------------------------------|------------------------------------|--|
| 1 | Ashley Harris | 15 | Barnet Cophall | 4:28.22 | 3 | |
| | | | | | | |
| | | 31.00 2:46.18 (33.81) | 1:04.79 (33.79) 3:20.37 (34.19) | 1:38.51 (33.72) 3:54.73 (34.36) | 2:12.37 (33.86) 4:28.22 (33.49) | |
| 2 | Charlotte Creager | 16 | Barnet Cophall | 4:30.42 | 2 | |
| | | | | | | |
| | | 31.20 2:47.59 (34.32) | 1:05.00 (33.80) 3:21.83 (34.24) | 1:39.22 (34.22) 3:56.64 (34.81) | 2:13.27 (34.05) 4:30.42 (33.78) | |
| 3 | Aneeka Shah | 17 | Barnet Cophall | 4:37.71 | 1 | |
| | | | | | | |
| | | 31.64 2:51.57 (35.12) | 1:06.29 (34.65) 3:27.43 (35.86) | 1:41.15 (34.86) 4:02.84 (35.41) | 2:16.45 (35.30) 4:37.71 (34.87) | |
| 4 | Stephanie Hyams | 15 | Barnet Cophall | 4:42.16 | | |
| | | | | | | |
| | | 32.60 2:54.72 (35.69) | 1:07.90 (35.30) 3:31.22 (36.50) | 1:43.17 (35.27) 4:07.88 (36.66) | 2:19.03 (35.86) 4:42.16 (34.28) | |
| 5 | Kate Ferrigno | 15 | Barnet Cophall | 4:57.81 | | |
| | | | | | | |
| | | 34.11 3:04.24 (37.12) | 1:12.11 (38.00) 3:41.64 (37.40) | 1:49.36 (37.25) 4:19.54 (37.90) | 2:27.12 (37.76) 4:57.81 (38.27) | |
| 6 | Fay Pearce | 14 | Amersham | 4:59.49 | | |
| | | | | | | |
| | | 34.25 3:06.31 (37.93) | 1:12.15 (37.90) 3:44.61 (38.30) | 1:50.41 (38.26) 4:23.24 (38.63) | 2:28.38 (37.97) 4:59.49 (36.25) | |
| 7 | Kathryn Mellon | 14 | Hounslow Hurricanes | 5:00.82 | | |
| | | | | | | |
| | | 33.19 3:05.38 (38.34) | 1:10.00 (36.81) 3:44.79 (39.41) | 1:48.32 (38.32) 4:23.72 (38.93) | 2:27.04 (38.72) 5:00.82 (37.10) | |
| 8 | Amy Thompson | 15 | Verulam | 5:34.48 | | |
| | | | | | | |
| | | 38.08 3:27.77 (42.03) | 1:19.61 (41.53) 4:10.73 (42.96) | 2:02.57 (42.96) 4:53.21 (42.48) | 2:45.74 (43.17) 5:34.48 (41.27) | |
| 9 | Charlotte Ashton | 14 | Hounslow Hurricanes | 5:47.93 | | |
| | | | | | | |
| | | 38.57 3:37.46 (45.35) | 1:22.62 (44.05) 4:21.11 (43.65) | 2:07.12 (44.50) 5:06.45 (45.34) | 2:52.11 (44.99) 5:47.93 (41.48) | |
| 10 | Abby Patterson | 14 | Verulam | 5:49.86 | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | |
|--------------------|-----------------|-------------------------|-----------------|-----------------|--|
| | 38.81 | 1:21.78 (42.97) | 2:06.58 (44.80) | 2:51.60 (45.02) | |
| | 3:35.66 (44.06) | 4:20.63 (44.97) | 5:06.37 (45.74) | 5:49.86 (43.49) | |
| 11 Joanne Quainton | | 15 Bletchley & District | | 6:05.19 | |
| | 39.74 | 1:23.88 (44.14) | 2:10.20 (46.32) | 2:57.81 (47.61) | |
| | 3:45.33 (47.52) | 4:33.39 (48.06) | 5:21.20 (47.81) | 6:05.19 (43.99) | |

Event 9 Boys 10 Year Olds 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|------------------|-------------------|-------------------|-----------------|-----------------|
| 1 George Holgate | 10 | Amersham | 7:15.03 | 3 |
| | 48.75 | 1:53.56 (1:04.81) | 2:47.03 (53.47) | 3:40.24 (53.21) |
| | 4:43.23 (1:02.99) | 5:45.12 (1:01.89) | 6:30.90 (45.78) | 7:15.03 (44.13) |

Event 9 Boys 12 Year Olds 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|--------------------|-------------------|-------------------|-----------------|-----------------|
| 1 Joel Sands | 12 | Barnet Cophall | 6:35.61 | 3 |
| | 46.42 | 1:40.47 (54.05) | 2:30.71 (50.24) | 3:19.48 (48.77) |
| | 4:16.69 (57.21) | 5:13.36 (56.67) | 5:56.90 (43.54) | 6:35.61 (38.71) |
| 2 Devansh Gor | 12 | Barnet Cophall | 6:35.87 | 2 |
| | 41.54 | 1:32.96 (51.42) | 2:24.15 (51.19) | 3:14.87 (50.72) |
| | 4:12.12 (57.25) | 5:06.80 (54.68) | 5:52.74 (45.94) | 6:35.87 (43.13) |
| 3 Joseph Whitbread | 12 | Teddington | 7:23.82 | 1 |
| | 54.48 | 2:05.74 (1:11.26) | 3:01.40 (55.66) | 3:52.44 (51.04) |
| | 4:53.22 (1:00.78) | 5:54.98 (1:01.76) | 6:39.50 (44.52) | 7:23.82 (44.32) |
| 4 Saagar Mayani | 12 | Barnet Cophall | 7:24.10 | |
| | 48.47 | 1:49.85 (1:01.38) | 2:45.59 (55.74) | 3:40.96 (55.37) |
| | 4:43.65 (1:02.69) | 5:47.79 (1:04.14) | 6:35.61 (47.82) | 7:24.10 (48.49) |

Event 9 Boys 13 Year Olds 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|-----------------|-------------------|-------------------|-----------------|-----------------|
| 1 Kevin O'Shea | 13 | Barnet Cophall | 5:30.91 | 3 |
| | 34.51 | 1:15.04 (40.53) | 1:57.36 (42.32) | 2:38.20 (40.84) |
| | 3:26.01 (47.81) | 4:15.89 (49.88) | 4:53.50 (37.61) | 5:30.91 (37.41) |
| --- James Devey | 13 | Barnet Cophall | DQ | |
| | 46.34 | 1:45.54 (59.20) | 2:34.35 (48.81) | 3:25.84 (51.49) |
| | 4:29.62 (1:03.78) | 5:34.70 (1:05.08) | 6:16.44 (41.74) | DQ (43.87) |

Event 9 Boys 14 & Over 400 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|-------------------|-----------------|----------------------|-----------------|-----------------|
| 1 James Allchorne | 16 | Barnet Cophall | 4:43.72 | 3 |
| | 31.34 | 1:06.31 (34.97) | 1:41.82 (35.51) | 2:19.28 (37.46) |
| | 2:58.37 (39.09) | 3:39.38 (41.01) | 4:12.12 (32.74) | 4:43.72 (31.60) |
| 2 Chris Eddon | 16 | Barnet Cophall | 4:50.02 | 2 |
| | 30.56 | 1:05.30 (34.74) | 1:44.04 (38.74) | 2:21.45 (37.41) |
| | 3:03.83 (42.38) | 3:47.12 (43.29) | 4:19.45 (32.33) | 4:50.02 (30.57) |
| 3 Kiran Dattani | 14 | Barnet Cophall | 5:14.48 | 1 |
| | 32.97 | 1:10.82 (37.85) | 1:50.99 (40.17) | 2:27.90 (36.91) |
| | 3:14.50 (46.60) | 4:02.29 (47.79) | 4:39.72 (37.43) | 5:14.48 (34.76) |
| 4 Peter Lee | 17 | Hounslow Hurricanes | 5:17.23 | |
| | 34.62 | 1:15.33 (40.71) | 1:55.01 (39.68) | 2:35.57 (40.56) |
| | 3:21.37 (45.80) | 4:07.84 (46.47) | 4:42.87 (35.03) | 5:17.23 (34.36) |
| 5 Robert Hewett | 16 | Bletchley & District | 5:31.79 | |
| | 33.85 | 1:15.91 (42.06) | 1:57.36 (41.45) | 2:39.08 (41.72) |
| | 3:28.64 (49.56) | 4:18.57 (49.93) | 4:55.46 (36.89) | 5:31.79 (36.33) |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 10 Girls 9 Year Olds 200 SC Meter IM**

| Name | Age | Team | Finals Time | Points |
|------------------------|-------------------|---------------------|-------------------|--------|
| 1 Daisy Malin | 9 | Teddington | 3:24.01 | 3 |
| 47.48 | 1:36.77 (49.29) | 2:37.88 (1:01.11) | 3:24.01 (46.13) | |
| 2 Carolyn Cohen | 9 | Harrow & Wealdstone | 3:53.41 | 2 |
| 53.10 | 1:50.18 (57.08) | 3:00.02 (1:09.84) | 3:53.41 (53.39) | |
| 3 Hannah Broderick | 9 | Barnet Cophall | 4:32.14 | 1 |
| 1:09.11 | 2:15.95 (1:06.84) | 3:31.40 (1:15.45) | 4:32.14 (1:00.74) | |
| --- Nicola Burlingham | 9 | Amersham | DQ | |
| 55.03 | 1:46.21 (51.18) | 2:52.84 (1:06.63) | DQ (48.23) | |
| --- Angelina Filippone | 9 | Barnet Cophall | DQ | |
| 1:02.83 | 1:59.30 (56.47) | 3:06.71 (1:07.41) | DQ (56.53) | |
| --- Amy-Louise Wakeley | 9 | Barnet Cophall | DQ | |
| 1:26.06 | 2:38.41 (1:12.35) | 4:02.43 (1:24.02) | DQ (1:05.50) | |

Event 10 Girls 10 Year Olds 200 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|----------------------------|-------------------|-------------------|-----------------|--------|
| 1 Katherine Shaw | 10 | Amersham | 3:01.08 | 3 |
| 41.89 | 1:28.34 (46.45) | 2:21.42 (53.08) | 3:01.08 (39.66) | |
| 2 Sophie Elphick | 10 | Amersham | 3:03.80 | 2 |
| 45.44 | 1:30.67 (45.23) | 2:23.40 (52.73) | 3:03.80 (40.40) | |
| 3 Suzu Sato | 10 | Barnet Cophall | 3:23.86 | 1 |
| 50.85 | 1:42.10 (51.25) | 2:39.84 (57.74) | 3:23.86 (44.02) | |
| 4 Risa Kobayashi | 10 | Barnet Cophall | 3:41.25 | |
| 55.79 | 1:47.96 (52.17) | 2:51.75 (1:03.79) | 3:41.25 (49.50) | |
| 5 Camilla Cameraea | 10 | Verulam | 3:46.15 | |
| 51.30 | 1:47.76 (56.46) | 2:56.59 (1:08.83) | 3:46.15 (49.56) | |
| 6 Annie Johnson | 10 | Barnet Cophall | 3:55.01 | |
| 57.65 | 1:53.92 (56.27) | 2:59.16 (1:05.24) | 3:55.01 (55.85) | |
| 7 Hannah Kendall-Troughton | 10 | Barnet Cophall | 3:55.23 | |
| 53.72 | 1:51.66 (57.94) | 3:01.61 (1:09.95) | 3:55.23 (53.62) | |
| 8 Yee-Yewt Smart | 10 | Barnet Cophall | 4:00.83 | |
| 1:00.13 | 1:58.32 (58.19) | 3:06.03 (1:07.71) | 4:00.83 (54.80) | |
| 9 Saniya Bandey | 10 | Barnet Cophall | 4:14.98 | |
| 1:08.53 | 2:13.92 (1:05.39) | 3:17.23 (1:03.31) | 4:14.98 (57.75) | |
| --- Jessica Karp | 10 | Barnet Cophall | DQ | |
| 52.32 | 1:51.03 (58.71) | 2:58.87 (1:07.84) | DQ (50.95) | |
| --- Rhiannon McColl | 10 | Barnet Cophall | DQ | |
| 1:01.54 | 2:06.26 (1:04.72) | 3:14.40 (1:08.14) | DQ (1:00.34) | |
| --- Yasmin Sweeney | 10 | Barnet Cophall | DQ | |
| 1:03.43 | 2:04.06 (1:00.63) | 3:10.79 (1:06.73) | DQ (51.65) | |
| --- Katie Taylor | 10 | Barnet Cophall | DQ | |
| 57.06 | 1:55.65 (58.59) | 3:06.31 (1:10.66) | DQ (54.93) | |

Event 10 Girls 11 Year Olds 200 SC Meter IM

| Name | Age | Team | Finals Time | Points |
|------------------|-----|------------|-------------|--------|
| 1 Alex Panayides | 11 | Teddington | 3:05.17 | 3 |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | | |
|---|-----------------------------|-------|------------------------|-------------------|-----------------|---------|---|
| 2 | Yat-Wing Smart | 45.05 | 1:29.28 (44.23) | 2:24.38 (55.10) | 3:05.17 (40.79) | 3:07.15 | 2 |
| | | | 11 Barnet Cophall | | | | |
| 3 | Elizabeth Bickford-Sawkings | 45.25 | 1:29.05 (43.80) | 2:26.05 (57.00) | 3:07.15 (41.10) | 3:12.83 | 1 |
| | | | 11 Teddington | | | | |
| 4 | Aimee Joyce | 43.98 | 1:33.17 (49.19) | 2:29.50 (56.33) | 3:12.83 (43.33) | 3:38.14 | |
| | | | 11 Hounslow Hurricanes | | | | |
| | | 50.72 | 1:44.78 (54.06) | 2:49.51 (1:04.73) | 3:38.14 (48.63) | | |

Event 10 Girls 12 Year Olds 200 SC Meter IM

| | Name | Age | Team | | | Finals Time | Points | | |
|----|----------------------|-------|----------------------|-------------------|-----------------|-------------------|-----------------|---------|---|
| 1 | Lauren Chapple | 12 | Barnet Cophall | | | 2:29.02 | 3 | | |
| 2 | Alice Pearson | 12 | Barnet Cophall | 33.80 | 1:10.13 (36.33) | 1:53.99 (43.86) | 2:29.02 (35.03) | 2:38.43 | 2 |
| 3 | Polly Kemp-King | 12 | Hounslow Hurricanes | 39.25 | 1:19.24 (39.99) | 2:03.00 (43.76) | 2:38.43 (35.43) | 2:42.50 | 1 |
| 4 | Kyra Jones | 12 | Barnet Cophall | 35.92 | 1:16.86 (40.94) | 2:06.01 (49.15) | 2:42.50 (36.49) | 2:42.63 | |
| 5 | Sarah Powell | 12 | Bletchley & District | 38.02 | 1:15.11 (37.09) | 2:06.30 (51.19) | 2:42.63 (36.33) | 2:46.37 | |
| 6 | Regan Massey | 12 | Hounslow Hurricanes | 39.01 | 1:19.30 (40.29) | 2:08.24 (48.94) | 2:46.37 (38.13) | 2:51.97 | |
| 7 | Georgina Tasker | 12 | Amersham | 38.37 | 1:23.73 (45.36) | 2:11.55 (47.82) | 2:51.97 (40.42) | 3:03.39 | |
| 8 | Jessica Jackson-Virk | 12 | Barnet Cophall | 41.98 | 1:30.84 (48.86) | 2:23.43 (52.59) | 3:03.39 (39.96) | 3:04.65 | |
| 9 | Ella Harding | 12 | Teddington | 43.57 | 1:32.58 (49.01) | 2:25.31 (52.73) | 3:04.65 (39.34) | 3:08.29 | |
| 10 | Abbie Smith | 12 | Verulam | 40.25 | 1:26.72 (46.47) | 2:22.31 (55.59) | 3:08.29 (45.98) | 3:12.68 | |
| 11 | Tabitha Mainstone | 12 | Barnet Cophall | 43.36 | 1:29.53 (46.17) | 2:32.43 (1:02.90) | 3:12.68 (40.25) | 3:33.32 | |
| | | 51.23 | 1:44.51 (53.28) | 2:47.32 (1:02.81) | 3:33.32 (46.00) | | | | |

Event 10 Girls 13 Year Olds 200 SC Meter IM

| | Name | Age | Team | | | Finals Time | Points | | |
|---|-------------------|-------|---------------------|-----------------|-----------------|-----------------|-----------------|---------|---|
| 1 | Michelle Lewis | 13 | Barnet Cophall | | | 2:32.78 | 3 | | |
| 2 | Willow Malin | 13 | Teddington | 33.04 | 1:09.22 (36.18) | 1:58.37 (49.15) | 2:32.78 (34.41) | 2:43.25 | 2 |
| 3 | Leanne Fernandes | 13 | Barnet Cophall | 38.31 | 1:20.41 (42.10) | 2:07.36 (46.95) | 2:43.25 (35.89) | 2:44.18 | 1 |
| 4 | Lottie Hudson | 13 | Barnet Cophall | 40.52 | 1:21.70 (41.18) | 2:09.58 (47.88) | 2:44.18 (34.60) | 2:49.26 | |
| 5 | Alice Barraclough | 13 | Amersham | 38.05 | 1:21.21 (43.16) | 2:12.64 (51.43) | 2:49.26 (36.62) | 2:57.42 | |
| 6 | Donna Lineman | 13 | Hounslow Hurricanes | 39.02 | 1:24.34 (45.32) | 2:18.14 (53.80) | 2:57.42 (39.28) | 3:05.00 | |
| | | 42.56 | 1:28.49 (45.93) | 2:24.89 (56.40) | 3:05.00 (40.11) | | | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 10 Girls 14 & Over 200 SC Meter IM**

| | Name | Age | Team | | Finals Time | Points |
|-----|--------------------|-------------------|---------------------|-------------------|-------------|--------|
| 1 | Ashley Harris | 15 | Barnet Cophall | | 2:32.02 | 3 |
| | 32.90 | 1:12.80 (39.90) | 1:59.39 (46.59) | 2:32.02 (32.63) | | |
| 2 | Charlotte Creager | 16 | Barnet Cophall | | 2:33.73 | 2 |
| | 34.50 | 1:14.32 (39.82) | 2:00.80 (46.48) | 2:33.73 (32.93) | | |
| 3 | Zoe Colyer-Worsell | 15 | Barnet Cophall | | 2:34.11 | 1 |
| | 33.68 | 1:15.87 (42.19) | 1:59.31 (43.44) | 2:34.11 (34.80) | | |
| 4 | Stephanie Hyams | 15 | Barnet Cophall | | 2:37.99 | |
| | 37.03 | 1:16.96 (39.93) | 2:04.12 (47.16) | 2:37.99 (33.87) | | |
| 5 | Fay Pearce | 14 | Amersham | | 2:45.53 | |
| | 36.81 | 1:18.62 (41.81) | 2:08.87 (50.25) | 2:45.53 (36.66) | | |
| 6 | Grace Rake | 14 | Hounslow Hurricanes | | 2:45.84 | |
| | 37.72 | 1:19.27 (41.55) | 2:08.92 (49.65) | 2:45.84 (36.92) | | |
| --- | Mayuto Goto | 8 | Barnet Cophall | | X3:40.40 | |
| | 48.95 | 1:45.85 (56.90) | 2:48.83 (1:02.98) | 3:40.40 (51.57) | | |
| --- | Haruka Takeuchi | 8 | Barnet Cophall | | X3:58.58 | |
| | 55.35 | 1:54.64 (59.29) | 3:03.69 (1:09.05) | 3:58.58 (54.89) | | |
| --- | Eadaoin Vincent | 7 | Barnet Cophall | | X4:26.70 | |
| | 1:03.56 | 2:07.00 (1:03.44) | 3:19.03 (1:12.03) | 4:26.70 (1:07.67) | | |
| --- | Maho Takeda | 7 | Barnet Cophall | | XDQ | |
| | 1:10.97 | 2:16.07 (1:05.10) | 3:28.08 (1:12.01) | DQ (58.04) | | |

Event 11 Boys 9 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points |
|---|--------------|-------------------|---------------------|-------------------|-------------|--------|
| 1 | Kyle Mellon | 9 | Hounslow Hurricanes | | 3:39.72 | 3 |
| | 45.17 | 1:44.04 (58.87) | 2:42.97 (58.93) | 3:39.72 (56.75) | | |
| 2 | Jack Stevens | 9 | Barnet Cophall | | 3:52.89 | 2 |
| | 51.91 | 1:51.17 (59.26) | 2:51.29 (1:00.12) | 3:52.89 (1:01.60) | | |
| 3 | Joe Jackson | 9 | Barnet Cophall | | 3:56.70 | 1 |
| | 53.49 | 1:54.75 (1:01.26) | 2:55.46 (1:00.71) | 3:56.70 (1:01.24) | | |
| 4 | Maneek Tanda | 9 | Harrow & Wealdstone | | 4:02.91 | |
| | 50.11 | 1:53.00 (1:02.89) | 2:57.30 (1:04.30) | 4:02.91 (1:05.61) | | |

Event 11 Boys 10 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points |
|---|----------------|-----------------|---------------------|-----------------|-------------|--------|
| 1 | George Holgate | 10 | Amersham | | 2:59.46 | 3 |
| | 40.17 | 1:26.75 (46.58) | 2:13.81 (47.06) | 2:59.46 (45.65) | | |
| 2 | David Somper | 10 | Harrow & Wealdstone | | 3:01.02 | 2 |
| | 39.59 | 1:26.52 (46.93) | 2:14.78 (48.26) | 3:01.02 (46.24) | | |
| 3 | Aron Barta | 10 | Barnet Cophall | | 3:06.11 | 1 |
| | 42.24 | 1:30.13 (47.89) | 2:20.40 (50.27) | 3:06.11 (45.71) | | |
| 4 | Rory Atkins | 10 | Hounslow Hurricanes | | 3:06.95 | |
| | 42.35 | 1:30.78 (48.43) | 2:19.91 (49.13) | 3:06.95 (47.04) | | |
| 5 | Oliver Barker | 10 | Verulam | | 3:08.12 | |
| | 38.62 | 1:25.44 (46.82) | 2:16.73 (51.29) | 3:08.12 (51.39) | | |
| 6 | Rory McMonagle | 10 | Harrow & Wealdstone | | 3:09.97 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|--------------------|-------|------------------------|-------------------|-----------------|---------|
| 7 | Jack Carr | 41.52 | 1:31.39 (49.87) | 2:23.20 (51.81) | 3:09.97 (46.77) | |
| | | | 10 Harrow & Wealdstone | | | 3:17.67 |
| 8 | Hugo Cliff | 43.46 | 1:34.82 (51.36) | 2:27.06 (52.24) | 3:17.67 (50.61) | |
| | | | 10 Barnet Cophall | | | 3:19.69 |
| 9 | Henry Yau | 43.93 | 1:35.99 (52.06) | 2:28.77 (52.78) | 3:19.69 (50.92) | |
| | | | 10 Barnet Cophall | | | 3:36.03 |
| 10 | Temitaiya Fambegbe | 44.76 | 1:39.91 (55.15) | 2:38.24 (58.33) | 3:36.03 (57.79) | |
| | | | 10 Harrow & Wealdstone | | | 3:49.60 |
| | | 47.06 | 1:47.77 (1:00.71) | 2:51.33 (1:03.56) | 3:49.60 (58.27) | |

Event 11 Boys 11 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points |
|---|---------------|-------|---------------------|-------------------|-------------------|--------|
| 1 | Jay Munkley | 11 | Hertsmere Flyers | | 2:42.72 | 3 |
| | | 37.91 | 1:21.18 (43.27) | 2:04.20 (43.02) | 2:42.72 (38.52) | |
| 2 | Pavan Roprai | 11 | Hounslow Hurricanes | | 2:52.94 | 2 |
| | | 39.35 | 1:24.47 (45.12) | 2:10.02 (45.55) | 2:52.94 (42.92) | |
| 3 | Anoop Tanda | 11 | Harrow & Wealdstone | | 3:00.95 | 1 |
| | | 39.09 | 1:27.02 (47.93) | 2:15.46 (48.44) | 3:00.95 (45.49) | |
| 4 | Lewis Childs | 11 | Verulam | | 3:07.08 | |
| | | 38.74 | 1:27.19 (48.45) | 2:18.26 (51.07) | 3:07.08 (48.82) | |
| 5 | Miran Shah | 11 | Hertsmere Flyers | | 3:09.09 | |
| | | 42.20 | 1:33.38 (51.18) | 2:24.68 (51.30) | 3:09.09 (44.41) | |
| 6 | Sean Yip | 11 | Barnet Cophall | | 3:15.03 | |
| | | 42.63 | 1:34.49 (51.86) | 2:28.49 (54.00) | 3:15.03 (46.54) | |
| 7 | Mateo Calonje | 11 | Barnet Cophall | | 4:16.85 | |
| | | 51.98 | 2:01.84 (1:09.86) | 3:10.48 (1:08.64) | 4:16.85 (1:06.37) | |

Event 11 Boys 12 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points |
|----|------------------|-------|---------------------|-----------------|-----------------|--------|
| 1 | Charlie Boldison | 12 | Barnet Cophall | | 2:15.64 | 3 |
| | | 31.61 | 1:07.25 (35.64) | 1:43.27 (36.02) | 2:15.64 (32.37) | |
| 2 | Adam Carter | 12 | Borough of Southend | | 2:23.18 | 2 |
| | | 33.79 | 1:10.41 (36.62) | 1:47.52 (37.11) | 2:23.18 (35.66) | |
| 3 | Alex Jessop | 12 | Barnet Cophall | | 2:23.31 | 1 |
| | | 33.52 | 1:10.72 (37.20) | 1:48.35 (37.63) | 2:23.31 (34.96) | |
| 4 | Josh Eddon | 12 | Barnet Cophall | | 2:24.30 | |
| | | 33.95 | 1:11.18 (37.23) | 1:48.94 (37.76) | 2:24.30 (35.36) | |
| 5 | Lee Evans | 12 | Barnet Cophall | | 2:25.01 | |
| | | 32.16 | 1:08.77 (36.61) | 1:47.30 (38.53) | 2:25.01 (37.71) | |
| 6 | Matthew Donlevey | 12 | Harrow & Wealdstone | | 2:31.74 | |
| | | 34.59 | 1:14.14 (39.55) | 1:53.77 (39.63) | 2:31.74 (37.97) | |
| 7 | William Atkins | 12 | Hounslow Hurricanes | | 2:33.78 | |
| | | 34.33 | 1:13.49 (39.16) | 1:54.54 (41.05) | 2:33.78 (39.24) | |
| 8 | James Carter | 12 | Borough of Southend | | 2:35.11 | |
| | | 37.08 | 1:16.97 (39.89) | 1:56.90 (39.93) | 2:35.11 (38.21) | |
| 9 | Daniel Andrawos | 12 | Harrow & Wealdstone | | 2:40.28 | |
| | | 35.13 | 1:16.01 (40.88) | 1:59.07 (43.06) | 2:40.28 (41.21) | |
| 10 | Ashley Bickers | 12 | Barnet Cophall | | 2:47.25 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|---------------|-------|-----------------|------------------------|-----------------|---------|
| 11 | Devansh Gor | 37.63 | 1:20.64 (43.01) | 2:05.16 (44.52) | 2:47.25 (42.09) | 2:53.56 |
| | | | | 12 Barnet Cophall | | |
| 12 | Thomas Miles | 39.23 | 1:24.50 (45.27) | 2:10.17 (45.67) | 2:53.56 (43.39) | 2:55.00 |
| | | | | 12 Hounslow Hurricanes | | |
| 13 | Saagar Mayani | 38.42 | 1:24.99 (46.57) | 2:11.59 (46.60) | 2:55.00 (43.41) | 2:59.51 |
| | | | | 12 Barnet Cophall | | |
| | | 39.69 | 1:27.12 (47.43) | 2:14.52 (47.40) | 2:59.51 (44.99) | |

Event 11 Boys 13 Year Olds 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points | | | |
|---|------------------|-----|------------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Kevin O'Shea | 13 | Barnet Cophall | | 2:14.59 | 3 | | | |
| 2 | Sam Munkley | 13 | Hertsmere Flyers | 31.37 | 1:05.41 (34.04) | 1:40.52 (35.11) | 2:14.59 (34.07) | 2:16.65 | 2 |
| 3 | Robert Van Tromp | 13 | Verulam | 31.49 | 1:06.37 (34.88) | 1:42.18 (35.81) | 2:16.65 (34.47) | 2:28.02 | 1 |
| 4 | Jake Sanders | 13 | Verulam | 33.68 | 1:11.42 (37.74) | 1:49.97 (38.55) | 2:28.02 (38.05) | 2:32.48 | |
| 5 | Stuart Webb | 13 | Verulam | 34.00 | 1:12.67 (38.67) | 1:53.74 (41.07) | 2:32.48 (38.74) | 2:33.12 | |
| 6 | James Devey | 13 | Barnet Cophall | 34.92 | 1:14.52 (39.60) | 1:55.63 (41.11) | 2:33.12 (37.49) | 2:52.65 | |
| 7 | Kieran Campbell | 13 | Verulam | 39.23 | 1:24.29 (45.06) | 2:11.64 (47.35) | 2:52.65 (41.01) | 2:58.83 | |
| | | | | 37.45 | 1:22.12 (44.67) | 2:10.39 (48.27) | 2:58.83 (48.44) | | |

Event 11 Boys 14 & Over 200 SC Meter Freestyle

| | Name | Age | Team | | Finals Time | Points | | | |
|----|---------------------|-----|---------------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Chris Timms | 17 | Barnet Cophall | | 1:57.15 | 3 | | | |
| 2 | Sean O'Shea | 16 | Barnet Cophall | 26.80 | 56.83 (30.03) | 1:27.01 (30.18) | 1:57.15 (30.14) | 1:58.32 | 2 |
| 3 | Chris Eddon | 16 | Barnet Cophall | 27.70 | 58.12 (30.42) | 1:28.50 (30.38) | 1:58.32 (29.82) | 1:58.44 | 1 |
| 4 | Jamil Mirza | 19 | Barnet Cophall | 27.65 | 57.68 (30.03) | 1:28.30 (30.62) | 1:58.44 (30.14) | 1:58.64 | |
| 5 | Abeeku Philip-Forde | 17 | Barnet Cophall | 27.28 | 57.73 (30.45) | 1:28.05 (30.32) | 1:58.64 (30.59) | 2:00.83 | |
| 6 | Martyn Bermingham | 15 | Barnet Cophall | 26.76 | 57.12 (30.36) | 1:28.73 (31.61) | 2:00.83 (32.10) | 2:04.74 | |
| 7 | Tom Reynolds | 14 | Barnet Cophall | 26.86 | 57.03 (30.17) | 1:30.05 (33.02) | 2:04.74 (34.69) | 2:07.14 | |
| 8 | Ben Woska | 16 | Barnet Cophall | 28.96 | 1:01.74 (32.78) | 1:34.69 (32.95) | 2:07.14 (32.45) | 2:07.35 | |
| 9 | Dennis Crowley | 16 | Hounslow Hurricanes | 29.60 | 1:02.10 (32.50) | 1:34.92 (32.82) | 2:07.35 (32.43) | 2:13.07 | |
| 10 | Peter Lee | 17 | Hounslow Hurricanes | 29.96 | 1:03.95 (33.99) | 1:39.49 (35.54) | 2:13.07 (33.58) | 2:14.83 | |
| | | | | 29.78 | 1:04.21 (34.43) | 1:39.85 (35.64) | 2:14.83 (34.98) | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | |
|-----|----------------|-------------------|----------------------|-----------------|
| 11 | Danny Papworth | 14 | Hounslow Hurricanes | 2:21.66 |
| | 31.95 | 1:07.87 (35.92) | 1:45.14 (37.27) | 2:21.66 (36.52) |
| 12 | Leigh Wright | 17 | Bletchley & District | 2:23.00 |
| | 32.69 | 1:09.50 (36.81) | 1:47.73 (38.23) | 2:23.00 (35.27) |
| 13 | Ben Munkley | 15 | Hertsmere Flyers | 2:24.59 |
| | 32.50 | 1:08.87 (36.37) | 1:47.45 (38.58) | 2:24.59 (37.14) |
| 14 | Anthony Craft | 14 | Harrow & Wealdstone | 2:33.03 |
| | 34.05 | 1:12.85 (38.80) | 1:53.82 (40.97) | 2:33.03 (39.21) |
| 15 | Martin Bithell | 14 | Verulam | 2:41.46 |
| | 38.25 | 1:20.62 (42.37) | 2:04.17 (43.55) | 2:41.46 (37.29) |
| --- | David Naughton | 8 | Barnet Cophall | XDQ |
| | 54.01 | 2:04.45 (1:10.44) | 3:15.78 (1:11.33) | DQ (1:03.97) |

Event 12 Girls 9 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Finals Time | Points |
|----------------------|---------|---------------------|-------------------|-------------------|
| 1 Daisy Malin | 9 | Teddington | 3:59.53 | 3 |
| | 54.90 | 1:56.85 (1:01.95) | 2:58.91 (1:02.06) | 3:59.53 (1:00.62) |
| 2 Nicola Burlingham | 9 | Amersham | 4:16.11 | 2 |
| | 1:01.70 | 2:07.47 (1:05.77) | 3:12.31 (1:04.84) | 4:16.11 (1:03.80) |
| 3 Nina Harding | 9 | Teddington | 4:24.15 | 1 |
| | 54.55 | 1:58.34 (1:03.79) | 3:10.44 (1:12.10) | 4:24.15 (1:13.71) |
| 4 Talisa Mistry | 9 | Harrow & Wealdstone | 4:26.32 | |
| | 1:01.13 | 2:10.00 (1:08.87) | 3:19.63 (1:09.63) | 4:26.32 (1:06.69) |
| 5 Angelina Filippone | 9 | Barnet Cophall | 4:38.81 | |
| | 1:08.71 | 2:19.22 (1:10.51) | 3:29.08 (1:09.86) | 4:38.81 (1:09.73) |
| 6 Hannah Broderick | 9 | Barnet Cophall | 4:55.30 | |
| | 1:07.91 | 2:24.27 (1:16.36) | 3:41.40 (1:17.13) | 4:55.30 (1:13.90) |

Event 12 Girls 10 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Finals Time | Points |
|-------------------|---------|---------------------|-------------------|-------------------|
| 1 Sophie Elphick | 10 | Amersham | 3:23.12 | 3 |
| | 47.71 | 1:39.73 (52.02) | 2:32.39 (52.66) | 3:23.12 (50.73) |
| 2 Suzu Sato | 10 | Barnet Cophall | 3:39.51 | 2 |
| | 53.11 | 1:49.69 (56.58) | 2:45.94 (56.25) | 3:39.51 (53.57) |
| 3 Isobel Thompson | 10 | Verulam | 3:57.32 | 1 |
| | 54.89 | 1:56.47 (1:01.58) | 2:59.58 (1:03.11) | 3:57.32 (57.74) |
| 4 Risa Kobayashi | 10 | Barnet Cophall | 4:06.40 | |
| | 56.36 | 1:59.07 (1:02.71) | 3:05.62 (1:06.55) | 4:06.40 (1:00.78) |
| 5 Saniya Bandey | 10 | Barnet Cophall | 4:08.78 | |
| | 55.77 | 2:00.03 (1:04.26) | 3:04.88 (1:04.85) | 4:08.78 (1:03.90) |
| 6 Nisha Hunjan | 10 | Harrow & Wealdstone | 4:09.43 | |
| | 55.51 | 1:59.36 (1:03.85) | 3:05.26 (1:05.90) | 4:09.43 (1:04.17) |
| 7 Annie Johnson | 10 | Barnet Cophall | 4:10.71 | |
| | 56.67 | 2:00.62 (1:03.95) | 3:06.74 (1:06.12) | 4:10.71 (1:03.97) |
| 8 Rhiannon McColl | 10 | Barnet Cophall | 4:23.12 | |
| | 1:00.93 | 2:08.99 (1:08.06) | 3:17.80 (1:08.81) | 4:23.12 (1:05.32) |
| 9 Jessica Karp | 10 | Barnet Cophall | 4:28.56 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|--------------|---------|-------------------|-------------------|-------------------|---------|
| 10 | Katie Taylor | 1:02.31 | 2:08.95 (1:06.64) | 4:32.11 (2:23.16) | 4:28.56 () | 4:55.89 |
| | | | | 10 Barnet Cophall | | |
| | | 1:05.71 | 2:22.06 (1:16.35) | 3:40.80 (1:18.74) | 4:55.89 (1:15.09) | |

Event 12 Girls 11 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points |
|-----|-------------------|-------|---------------------|-------------------|-------------------|--------|
| 1 | Sarah Pickin | 11 | Amersham | | 3:25.40 | 3 |
| | | 49.16 | 1:41.88 (52.72) | 2:34.79 (52.91) | 3:25.40 (50.61) | |
| 2 | Katherine Melotte | 11 | Teddington | | 3:27.57 | 2 |
| | | 45.58 | 1:40.24 (54.66) | 2:35.42 (55.18) | 3:27.57 (52.15) | |
| 3 | Laura Medhurst | 11 | Borough of Southend | | 4:01.76 | 1 |
| | | 55.52 | 1:58.24 (1:02.72) | 2:59.82 (1:01.58) | 4:01.76 (1:01.94) | |
| 4 | Ria Sanders | 11 | Verulam | | 4:16.52 | |
| | | 54.64 | 2:00.13 (1:05.49) | 3:08.88 (1:08.75) | 4:16.52 (1:07.64) | |
| --- | Georgina Luke | 11 | Harrow & Wealdstone | | DQ | |
| | | 54.72 | 1:55.01 (1:00.29) | 2:56.73 (1:01.72) | DQ (58.87) | |

Event 12 Girls 12 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points |
|----|----------------------|-------|----------------------|-------------------|-------------------|--------|
| 1 | Lauren Chapple | 12 | Barnet Cophall | | 2:53.44 | 3 |
| | | 39.65 | 1:24.23 (44.58) | 2:08.60 (44.37) | 2:53.44 (44.84) | |
| 2 | Sarah Powell | 12 | Bletchley & District | | 3:05.28 | 2 |
| | | 40.93 | 1:28.06 (47.13) | 2:17.99 (49.93) | 3:05.28 (47.29) | |
| 3 | Alice Pearson | 12 | Barnet Cophall | | 3:06.70 | 1 |
| | | 43.38 | 1:31.72 (48.34) | 2:19.57 (47.85) | 3:06.70 (47.13) | |
| 4 | Regan Massey | 12 | Hounslow Hurricanes | | 3:08.27 | |
| | | 42.45 | 1:30.91 (48.46) | 2:21.03 (50.12) | 3:08.27 (47.24) | |
| 5 | Polly Kemp-King | 12 | Hounslow Hurricanes | | 3:10.69 | |
| | | 44.02 | 1:33.02 (49.00) | 2:22.59 (49.57) | 3:10.69 (48.10) | |
| 6 | Ella Harding | 12 | Teddington | | 3:21.77 | |
| | | 47.08 | 1:38.19 (51.11) | 2:29.79 (51.60) | 3:21.77 (51.98) | |
| 7 | Hannah Carey | 12 | Verulam | | 3:25.54 | |
| | | 47.94 | 1:40.30 (52.36) | 2:33.69 (53.39) | 3:25.54 (51.85) | |
| 8 | Jessica Jackson-Virk | 12 | Barnet Cophall | | 3:27.79 | |
| | | 48.82 | 1:42.40 (53.58) | 2:35.87 (53.47) | 3:27.79 (51.92) | |
| 9 | Georgina Tasker | 12 | Amersham | | 3:27.92 | |
| | | 47.59 | 1:41.56 (53.97) | 2:34.59 (53.03) | 3:27.92 (53.33) | |
| 10 | Louise Lowe | 12 | Verulam | | 3:28.02 | |
| | | 48.84 | 1:40.53 (51.69) | 2:35.74 (55.21) | 3:28.02 (52.28) | |
| 11 | Samantha Horton | 12 | Borough of Southend | | 4:05.74 | |
| | | 56.51 | 1:58.00 (1:01.49) | 3:04.18 (1:06.18) | 4:05.74 (1:01.56) | |
| 12 | Tabitha Mainstone | 12 | Barnet Cophall | | 4:12.47 | |
| | | 57.24 | 2:01.58 (1:04.34) | 3:06.51 (1:04.93) | 4:12.47 (1:05.96) | |

Event 12 Girls 13 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | | Finals Time | Points |
|---|--------------|-------|-----------------|-----------------|-----------------|--------|
| 1 | Willow Malin | 13 | Teddington | | 3:00.05 | 3 |
| | | 41.39 | 1:27.41 (46.02) | 2:14.02 (46.61) | 3:00.05 (46.03) | |

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| | | | | | |
|---|-------------------|-----------------|---------------------|-----------------|---|
| 2 | Leanne Fernandes | 13 | Barnet Cophall | 3:07.89 | 2 |
| | 44.49 | 1:32.18 (47.69) | 2:19.55 (47.37) | 3:07.89 (48.34) | |
| 3 | Alice Barraclough | 13 | Amersham | 3:19.18 | 1 |
| | 45.06 | 1:37.36 (52.30) | 2:31.61 (54.25) | 3:19.18 (47.57) | |
| 4 | Donna Lineman | 13 | Hounslow Hurricanes | 3:38.17 | |
| | 49.72 | 1:45.34 (55.62) | 2:42.08 (56.74) | 3:38.17 (56.09) | |

Event 12 Girls 14 & Over 200 SC Meter Breaststroke

| | Name | Age | Team | Finals Time | Points |
|-----|--------------------|-------------------|----------------------|-------------------|--------|
| 1 | Zoe Colyer-Worsell | 15 | Barnet Cophall | 2:55.70 | 3 |
| | 39.30 | 1:23.95 (44.65) | 2:10.39 (46.44) | 2:55.70 (45.31) | |
| 2 | Rebecca Miles | 17 | Hounslow Hurricanes | 2:59.12 | 2 |
| | 41.48 | 1:27.84 (46.36) | 2:13.70 (45.86) | 2:59.12 (45.42) | |
| 3 | Kathryn Mellon | 14 | Hounslow Hurricanes | 3:09.69 | 1 |
| | 42.99 | 1:31.86 (48.87) | 2:21.69 (49.83) | 3:09.69 (48.00) | |
| 4 | Claire Pearce | 18 | Hounslow Hurricanes | 3:11.34 | |
| | 44.43 | 1:34.12 (49.69) | 2:23.42 (49.30) | 3:11.34 (47.92) | |
| 5 | Grace Rake | 14 | Hounslow Hurricanes | 3:11.61 | |
| | 45.66 | 1:33.94 (48.28) | 2:23.06 (49.12) | 3:11.61 (48.55) | |
| 6 | Fay Pearce | 14 | Amersham | 3:11.86 | |
| | 43.82 | 1:32.31 (48.49) | 2:22.01 (49.70) | 3:11.86 (49.85) | |
| 7 | Amy Thompson | 15 | Verulam | 3:16.93 | |
| | 44.42 | 1:35.32 (50.90) | 2:27.16 (51.84) | 3:16.93 (49.77) | |
| 8 | Charlotte Ashton | 14 | Hounslow Hurricanes | 3:28.35 | |
| | 47.83 | 1:41.69 (53.86) | 2:35.49 (53.80) | 3:28.35 (52.86) | |
| 9 | Joanne Quainton | 15 | Bletchley & District | 3:41.71 | |
| | 50.41 | 1:46.47 (56.06) | 2:44.79 (58.32) | 3:41.71 (56.92) | |
| --- | Mayuto Goto | 8 | Barnet Cophall | X4:07.90 | |
| | 58.00 | 2:00.68 (1:02.68) | 3:07.43 (1:06.75) | 4:07.90 (1:00.47) | |
| --- | Maho Takeda | 7 | Barnet Cophall | X4:43.53 | |
| | 1:06.41 | 2:20.89 (1:14.48) | 3:34.02 (1:13.13) | 4:43.53 (1:09.51) | |
| --- | Haruka Takeuchi | 8 | Barnet Cophall | X4:44.51 | |
| | 1:03.89 | 2:18.75 (1:14.86) | 3:33.13 (1:14.38) | 4:44.51 (1:11.38) | |
| --- | Eadaoin Vincent | 7 | Barnet Cophall | X4:47.35 | |
| | 1:07.27 | 2:20.95 (1:13.68) | 3:33.69 (1:12.74) | 4:47.35 (1:13.66) | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 13 Boys 9 Year Olds 200 SC Meter Backstroke**

| Name | Age | Team | Finals Time | Points |
|------------------|---------|-------------------------------------|-------------------|--------|
| 1 Kyle Mellon | 9 | Hounslow Hurricanes | 3:48.92 | 3 |
| | 52.36 | 1:51.38 (59.02) 2:51.56 (1:00.18) | 3:48.92 (57.36) | |
| 2 Curtis Coleman | 9 | Barnet Cophall | 3:52.02 | 2 |
| | 53.31 | 1:54.26 (1:00.95) 2:54.97 (1:00.71) | 3:52.02 (57.05) | |
| 3 Jack Stevens | 9 | Barnet Cophall | 4:15.02 | 1 |
| | 1:01.80 | 2:08.41 (1:06.61) 3:14.34 (1:05.93) | 4:15.02 (1:00.68) | |

Event 13 Boys 10 Year Olds 200 SC Meter Backstroke

| Name | Age | Team | Finals Time | Points |
|---------------------|-------|---------------------------------|-----------------|--------|
| 1 Michael Fernandes | 10 | Barnet Cophall | 3:06.37 | 3 |
| | 44.46 | 1:33.20 (48.74) 2:21.26 (48.06) | 3:06.37 (45.11) | |
| 2 Aron Barta | 10 | Barnet Cophall | 3:32.66 | 2 |
| | 48.65 | 1:42.85 (54.20) 2:35.51 (52.66) | 3:32.66 (57.15) | |
| 3 Thomas Dwyer | 10 | Barnet Cophall | 3:51.18 | 1 |
| | 56.07 | 1:56.00 (59.93) 2:55.86 (59.86) | 3:51.18 (55.32) | |
| --- Hugo Cliff | 10 | Barnet Cophall | 4:07.41 () | DQ |
| | 50.46 | 4:50.45 (42.86) 4:50.45 () | 4:07.41 () | |
| | | 2:42.40 (56.11) | DQ (53.65) | |

Event 13 Boys 11 Year Olds 200 SC Meter Backstroke

| Name | Age | Team | Finals Time | Points |
|-----------------|-------|---------------------------------|-----------------|--------|
| 1 Pavan Rooprai | 11 | Hounslow Hurricanes | 3:14.97 | 3 |
| | 46.57 | 1:37.12 (50.55) 2:27.79 (50.67) | 3:14.97 (47.18) | |
| 2 Lewis Childs | 11 | Verulam | 3:33.25 | 2 |
| | 46.92 | 1:42.37 (55.45) 2:39.28 (56.91) | 3:33.25 (53.97) | |
| 3 Thomas Abbott | 11 | Harrow & Wealdstone | 3:39.66 | 1 |
| | 51.33 | 1:47.60 (56.27) 2:46.67 (59.07) | 3:39.66 (52.99) | |

Event 13 Boys 12 Year Olds 200 SC Meter Backstroke

| Name | Age | Team | Finals Time | Points |
|--------------------|-------|---------------------------------|-----------------|--------|
| 1 Charlie Boldison | 12 | Barnet Cophall | 2:29.41 | 3 |
| | 36.01 | 1:14.48 (38.47) 1:53.32 (38.84) | 2:29.41 (36.09) | |
| 2 Josh Eddon | 12 | Barnet Cophall | 2:41.61 | 2 |
| | 37.73 | 1:19.08 (41.35) 2:01.14 (42.06) | 2:41.61 (40.47) | |
| 3 Alex Jessop | 12 | Barnet Cophall | 2:43.45 | 1 |
| | 39.51 | 1:21.15 (41.64) 2:03.38 (42.23) | 2:43.45 (40.07) | |
| 4 Lee Evans | 12 | Barnet Cophall | 2:51.98 | |
| | 40.48 | 1:24.83 (44.35) 2:09.41 (44.58) | 2:51.98 (42.57) | |
| 5 Daniel Andrawos | 12 | Harrow & Wealdstone | 2:54.92 | |
| | 40.31 | 1:25.74 (45.43) 2:12.41 (46.67) | 2:54.92 (42.51) | |
| 6 Christopher Cox | 12 | Hertsmere Flyers | 2:57.56 | |
| | 42.00 | 1:27.64 (45.64) 2:13.38 (45.74) | 2:57.56 (44.18) | |
| 7 James Carter | 12 | Borough of Southend | 2:59.21 | |
| | 43.42 | 1:28.70 (45.28) 2:14.63 (45.93) | 2:59.21 (44.58) | |
| 8 Devansh Gor | 12 | Barnet Cophall | 3:05.07 | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005

| | | | | | | |
|----|------------------|-------|------------------------|-----------------|-----------------|---------|
| 9 | Matthew Donlevey | 42.30 | 1:30.53 (48.23) | 2:18.48 (47.95) | 3:05.07 (46.59) | 3:07.94 |
| | | | 12 Harrow & Wealdstone | | | |
| 10 | Ashley Bickers | 43.16 | 1:32.13 (48.97) | 2:20.98 (48.85) | 3:07.94 (46.96) | 3:08.58 |
| | | | 12 Barnet Cophall | | | |
| 11 | Joel Sands | 43.87 | 1:31.60 (47.73) | 2:21.18 (49.58) | 3:08.58 (47.40) | 3:13.93 |
| | | | 12 Barnet Cophall | | | |
| 12 | Thomas Miles | 46.36 | 1:36.24 (49.88) | 2:26.15 (49.91) | 3:13.93 (47.78) | 3:20.05 |
| | | | 12 Hounslow Hurricanes | | | |
| | | 47.46 | 1:38.93 (51.47) | 2:29.07 (50.14) | 3:20.05 (50.98) | |

Event 13 Boys 13 Year Olds 200 SC Meter Backstroke

| | Name | Age | Team | | Finals Time | Points | | | |
|---|--------------|-----|----------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Jake Sanders | 13 | Verulam | | 2:51.08 | 3 | | | |
| 2 | James Devey | 13 | Barnet Cophall | 39.88 | 1:24.20 (44.32) | 2:09.45 (45.25) | 2:51.08 (41.63) | 3:13.93 | 2 |
| | | | | 44.23 | 1:36.07 (51.84) | 2:27.67 (51.60) | 3:13.93 (46.26) | | |

Event 13 Boys 14 & Over 200 SC Meter Backstroke

| | Name | Age | Team | | Finals Time | Points | | | |
|----|-------------------|-----|---------------------|-------|-----------------|-----------------|-----------------|---------|---|
| 1 | Jamil Mirza | 19 | Barnet Cophall | | 2:09.37 | 3 | | | |
| 2 | Martyn Bermingham | 15 | Barnet Cophall | 30.02 | 1:02.66 (32.64) | 1:35.53 (32.87) | 2:09.37 (33.84) | 2:16.25 | 2 |
| 3 | James Allchorne | 16 | Barnet Cophall | 31.20 | 1:05.12 (33.92) | 1:40.70 (35.58) | 2:16.25 (35.55) | 2:17.14 | 1 |
| 4 | Ben Woska | 16 | Barnet Cophall | 32.83 | 1:07.63 (34.80) | 1:42.92 (35.29) | 2:17.14 (34.22) | 2:20.16 | |
| 5 | Kiran Dattani | 14 | Barnet Cophall | 32.03 | 1:07.23 (35.20) | 1:44.17 (36.94) | 2:20.16 (35.99) | 2:20.37 | |
| 6 | Tom Reynolds | 14 | Barnet Cophall | 33.19 | 1:09.03 (35.84) | 1:45.10 (36.07) | 2:20.37 (35.27) | 2:20.78 | |
| 7 | Sean O'Shea | 16 | Barnet Cophall | 32.98 | 1:08.70 (35.72) | 1:45.51 (36.81) | 2:20.78 (35.27) | 2:22.60 | |
| 8 | Dennis Crowley | 16 | Hounslow Hurricanes | 32.50 | 1:09.16 (36.66) | 1:45.86 (36.70) | 2:22.60 (36.74) | 2:29.61 | |
| 9 | Peter Lee | 17 | Hounslow Hurricanes | 35.05 | 1:13.25 (38.20) | 1:52.49 (39.24) | 2:29.61 (37.12) | 2:31.72 | |
| 10 | Danny Papworth | 14 | Hounslow Hurricanes | 34.82 | 1:12.83 (38.01) | 1:52.46 (39.63) | 2:31.72 (39.26) | 2:40.23 | |
| 11 | Martin Bithell | 14 | Verulam | 38.09 | 1:19.13 (41.04) | 2:00.94 (41.81) | 2:40.23 (39.29) | 3:05.29 | |
| | | | | 43.06 | 1:31.41 (48.35) | 2:20.26 (48.85) | 3:05.29 (45.03) | | |

Event 14 Girls 9 Year Olds 200 SC Meter Butterfly

| | Name | Age | Team | | Finals Time | Points | | | |
|---|-------------|-----|---------------------|-------|-------------------|-------------------|-------------------|---------|---|
| 1 | Emma Craft | 9 | Harrow & Wealdstone | | 3:38.69 | 3 | | | |
| 2 | Daisy Malin | 9 | Teddington | 50.00 | 1:48.07 (58.07) | 2:44.97 (56.90) | 3:38.69 (53.72) | 3:53.51 | 2 |
| | | | | 48.28 | 1:51.23 (1:02.95) | 2:53.46 (1:02.23) | 3:53.51 (1:00.05) | | |

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 8th May 2005**Event 14 Girls 10 Year Olds 200 SC Meter Butterfly**

| Name | Age | Team | Finals Time | Points |
|------------------|-------|-----------------|-----------------|-----------------|
| 1 Katherine Shaw | 10 | Amersham | 3:19.75 | 3 |
| | 42.89 | 1:31.78 (48.89) | 2:25.43 (53.65) | 3:19.75 (54.32) |

Event 14 Girls 11 Year Olds 200 SC Meter Butterfly

| Name | Age | Team | Finals Time | Points |
|-------------------------------|-------|---------------------|-----------------|-----------------|
| 1 Hayley Mellon | 11 | Hounslow Hurricanes | 3:09.22 | 3 |
| | 39.62 | 1:26.89 (47.27) | 2:17.54 (50.65) | 3:09.22 (51.68) |
| 2 Elizabeth Bickford-Sawkings | 11 | Teddington | 3:22.67 | 2 |
| | 46.32 | 1:39.23 (52.91) | 2:33.30 (54.07) | 3:22.67 (49.37) |

Event 14 Girls 12 Year Olds 200 SC Meter Butterfly

| Name | Age | Team | Finals Time | Points |
|-------------------|-------|-----------------|-------------------|-------------------|
| 1 Lauren Chapple | 12 | Barnet Cophall | 2:26.53 | 3 |
| | 33.93 | 1:10.58 (36.65) | 1:49.58 (39.00) | 2:26.53 (36.95) |
| 2 Georgina Tasker | 12 | Amersham | 3:25.83 | 2 |
| | 44.46 | 1:39.53 (55.07) | 2:33.41 (53.88) | 3:25.83 (52.42) |
| 3 Ella Harding | 12 | Teddington | 3:47.80 | 1 |
| | 46.67 | 1:44.78 (58.11) | 2:45.34 (1:00.56) | 3:47.80 (1:02.46) |

Event 14 Girls 13 Year Olds 200 SC Meter Butterfly

| Name | Age | Team | Finals Time | Points |
|-----------------|-------|---------------------|-----------------|-----------------|
| 1 Roxanne Bevan | 13 | Hounslow Hurricanes | 2:42.88 | 3 |
| | 36.45 | 1:18.18 (41.73) | 2:00.96 (42.78) | 2:42.88 (41.92) |
| 2 Lottie Hudson | 13 | Barnet Cophall | 2:45.29 | 2 |
| | 38.24 | 1:20.40 (42.16) | 2:02.73 (42.33) | 2:45.29 (42.56) |

Event 14 Girls 14 & Over 200 SC Meter Butterfly

| Name | Age | Team | Finals Time | Points |
|---------------------|-------|---------------------|------------------|-----------------|
| 1 Charlotte Creager | 16 | Barnet Cophall | 2:28.24 | 3 |
| | 34.77 | 1:12.36 (37.59) | 1:51.50 (39.14) | 2:28.24 (36.74) |
| 2 Aneeka Shah | 17 | Barnet Cophall | 2:28.25 | 2 |
| | 33.14 | 1:11.34 (38.20) | 1:50.58 (39.24)A | 2:28.25 (37.67) |
| 3 Kathryn Mellon | 14 | Hounslow Hurricanes | 2:53.04 | 1 |
| | 37.24 | 1:19.73 (42.49) | 2:06.31 (46.58) | 2:53.04 (46.73) |