

**Barnet Cophall Swimming Club 200s Meet – 11<sup>th</sup> February 2007****Event 1 Girls 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
---	Akari Ishida	9 Barnet Cophall	3:59.00	DQ
	49.64	1:48.21 (58.57)	2:51.17 (1:02.96)	DQ (57.92)

**Event 1 Girls 10 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1	Harumi Yagi	10 Barnet Cophall	3:00.13	2:56.04
	38.42	1:22.30 (43.88)	2:10.52 (48.22)	2:56.04 (45.52)
2	Sarah Sharp	10 Barnet Cophall	3:59.06	3:31.07
	43.83	1:37.87 (54.04)	2:36.33 (58.46)	3:31.07 (54.74)

**Event 1 Girls 11 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1	Megan Boldison	11 Barnet Cophall	2:53.90	2:44.74
	36.32	1:18.45 (42.13)	2:01.03 (42.58)	2:44.74 (43.71)
2	Maddy Tichborne	11 Barnet Cophall	2:53.61	2:49.00
	36.88	1:19.64 (42.76)	2:03.65 (44.01)	2:49.00 (45.35)
3	Nicola Burlingham	11 Barnet Cophall	3:10.00	3:11.37
	39.62	1:26.42 (46.80)	2:19.41 (52.99)	3:11.37 (51.96)
4	Chloe Beard	11 City of St Albans	3:26.42	3:16.81
	41.66	1:31.91 (50.25)	2:25.34 (53.43)	3:16.81 (51.47)
5	Abigail Smith	11 Hertsmere Flyers	3:21.06	3:17.61
	43.02	1:34.05 (51.03)	2:29.27 (55.22)	3:17.61 (48.34)
6	Alex Votier	11 Teddington Swimming Club	3:54.57	3:32.73
	46.92	1:41.71 (54.79)	2:39.41 (57.70)	3:32.73 (53.32)
7	Angelina Filippone	11 Barnet Cophall	3:40.00	3:39.60
	47.89	1:45.23 (57.34)	2:44.08 (58.85)	3:39.60 (55.52)

**Event 1 Girls 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1	Georgia Jackson-Virk	12 Barnet Cophall	2:40.06	2:45.11
	36.18	1:17.54 (41.36)	2:00.34 (42.80)	2:45.11 (44.77)
2	Kerry Ranger	12 Cheshunt	3:14.49	2:56.73
	37.75	1:22.07 (44.32)	2:09.71 (47.64)	2:56.73 (47.02)
3	Katie Lightowler	12 City of St Albans	2:55.00	3:01.56
	38.39	1:24.55 (46.16)	2:14.30 (49.75)	3:01.56 (47.26)
4	Holly Winfield	12 City of St Albans	3:32.74	3:09.07
	38.50	1:25.27 (46.77)	2:18.68 (53.41)	3:09.07 (50.39)
5	Olivia D'Souza	12 Chelsea & Kensington SC	3:19.22	3:12.38
	42.99	1:31.82 (48.83)	2:19.43 (47.61)	3:12.38 (52.95)
6	Lily Cocks	12 Teddington Swimming Club	3:29.89	3:16.72
	41.41	1:31.77 (50.36)	2:25.98 (54.21)	3:16.72 (50.74)
---	Abigail Barnes	12 Berkhamsted Sports Centre	3:54.00	DQ
	46.03	1:41.19 (55.16)	2:38.88 (57.69)	DQ (58.16)

**Barnet Cophall Swimming Club 200s Meet – 11<sup>th</sup> February 2007****Event 1 Girls 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Nina Wiseman	13	Bishops Stortford	2:51.76	2:56.47
	38.50	1:22.95 (44.45)	2:08.84 (45.89)	2:56.47 (47.63)
2 Rebekah Holden	13	Berkhamsted Sports Centre	3:34.16	3:03.31
	38.70	1:24.37 (45.67)	2:14.50 (50.13)	3:03.31 (48.81)

**Event 2 Boys 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Zach Shalovsky	9	Barnet Cophall	3:14.72	2:58.83
	39.85	1:28.04 (48.19)	2:15.21 (47.17)	2:58.83 (43.62)
2 Robbie Lightowler	9	City of St Albans	3:04.81	3:03.43
	42.33	1:29.26 (46.93)	2:17.91 (48.65)	3:03.43 (45.52)
3 Charlie Turner	9	Barnet Cophall	4:00.29	3:25.09
	48.00	1:40.60 (52.60)	2:34.49 (53.89)	3:25.09 (50.60)
4 Kento Tsuda	9	Barnet Cophall	3:35.34	3:30.01
	47.61	1:42.54 (54.93)	2:36.99 (54.45)	3:30.01 (53.02)
5 Panayiotis Panteli	9	Barnet Cophall	3:45.00	3:43.05
	52.98	1:51.22 (58.24)	2:49.06 (57.84)	3:43.05 (53.99)
--- George Georgiou	9	Barnet Cophall	4:20.00	DQ
	58.37	2:07.26 (1:08.89)	3:17.33 (1:10.07)	DQ (1:00.25)
--- Luke Holden	9	Berkhamsted Sports Centre	4:20.00	DQ
	57.00	1:59.65 (1:02.65)	3:06.54 (1:06.89)	DQ (1:04.50)
--- Oscar Holden	9	Berkhamsted Sports Centre	4:08.06	DQ
	53.02	1:57.14 (1:04.12)	3:01.80 (1:04.66)	DQ (1:00.64)

**Event 2 Boys 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Liam Doonan	10	Stevenage	3:15.00	3:05.04
	43.75	1:31.64 (47.89)	2:20.62 (48.98)	3:05.04 (44.42)
2 Josh Pointer	10	Barnet Cophall	3:45.15	3:13.24
	43.26	1:32.28 (49.02)	2:23.83 (51.55)	3:13.24 (49.41)
3 Liam Chong	10	Barnet Cophall	3:44.10	3:17.23
	46.53	1:37.23 (50.70)	2:28.62 (51.39)	3:17.23 (48.61)
4 Samuel Henson	10	City of St Albans	3:23.32	3:18.23
	47.00	1:37.90 (50.90)	2:27.99 (50.09)	3:18.23 (50.24)
5 Michael Georgiou	10	Barnet Cophall	4:20.71	3:26.05
	49.06	1:42.92 (53.86)	2:37.02 (54.10)	3:26.05 (49.03)
6 James Brennan	10	Teddington Swimming Club	4:37.42	3:30.58
	48.77	1:42.56 (53.79)	2:37.49 (54.93)	3:30.58 (53.09)
7 Benjamin Rochford	10	Berkhamsted Sports Centre	3:30.00	3:31.44
	48.77	1:42.32 (53.55)	2:39.13 (56.81)	3:31.44 (52.31)
8 Stephen McKenzie	10	Barnet Cophall	5:00.00	4:15.80
	56.13	2:04.51 (1:08.38)	3:12.20 (1:07.69)	4:15.80 (1:03.60)

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9	Dino Caryotis	10	Barnet Cophall	4:20.00	4:45.90
	1:03.18	2:18.37 (1:15.19)	4:45.90 (2:27.53)		

**Event 2 Boys 11 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	George Carter	11	Barnet Cophall	2:53.73	2:41.81
	38.08	1:18.62 (40.54)	2:00.13 (41.51)	2:41.81 (41.68)	
2	Thomas Worbey	11	Stevenage	2:48.00	2:45.70
	38.03	1:20.24 (42.21)	2:03.49 (43.25)	2:45.70 (42.21)	
3	Jamie Richter	11	Barnet Cophall	3:29.74	2:54.22
	41.95	1:26.26 (44.31)	2:10.77 (44.51)	2:54.22 (43.45)	
3	Curtis Coleman	11	Barnet Cophall	3:10.28	2:54.22
	41.38	1:26.79 (45.41)	2:11.87 (45.08)	2:54.22 (42.35)	
5	Bradley Doherty	11	Barnet Cophall	2:59.00	2:54.94
	40.57	1:24.76 (44.19)	2:09.98 (45.22)	2:54.94 (44.96)	
6	Yaron Ash	11	Hertsmere Flyers	3:12.53	2:55.88
	39.61	1:25.16 (45.55)	2:12.67 (47.51)	2:55.88 (43.21)	
7	Lewis Grant	11	Hounslow Hurricanes	3:06.22	3:10.63
	42.74	1:31.24 (48.50)	2:21.61 (50.37)	3:10.63 (49.02)	
8	Aris Savva	11	Barnet Cophall	4:30.00	3:22.90
	49.67	1:44.38 (54.71)	2:36.74 (52.36)	3:22.90 (46.16)	
9	Alex Bramley	11	Berkhamsted Sports Centre	3:31.00	3:34.14
	49.11	1:43.99 (54.88)	2:38.41 (54.42)	3:34.14 (55.73)	
10	Thomas Patel	11	Berkhamsted Sports Centre	4:10.00	3:43.26
	51.37	1:48.88 (57.51)	2:49.22 (1:00.34)	3:43.26 (54.04)	

**Event 2 Boys 12 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Michael Fernandes	12	Barnet Cophall	2:36.55	2:37.49
	37.01	1:17.26 (40.25)	1:57.82 (40.56)	2:37.49 (39.67)	
2	Edward Allchorne	12	Barnet Cophall	2:44.68	2:38.47
	36.91	1:16.88 (39.97)	1:57.79 (40.91)	2:38.47 (40.68)	
3	Jay Munkley	12	Hertsmere Flyers	2:49.92	2:39.50
	37.42	1:18.49 (41.07)	1:59.39 (40.90)	2:39.50 (40.11)	
4	Danny Buckley	12	Stevenage	2:53.21	2:45.87
	39.11	1:21.35 (42.24)	2:04.25 (42.90)	2:45.87 (41.62)	
5	Hugo Cliff	12	Barnet Cophall	3:45.27	2:50.81
	39.17	1:22.46 (43.29)	2:07.63 (45.17)	2:50.81 (43.18)	
6	Akil Philip-Forde	12	Barnet Cophall	3:24.47	3:06.25
	44.75	1:33.31 (48.56)	2:20.64 (47.33)	3:06.25 (45.61)	
7	Joseph Rochford	12	Berkhamsted Sports Centre	3:15.00	3:11.02
	44.72	1:33.76 (49.04)	2:24.00 (50.24)	3:11.02 (47.02)	
8	Adam Taie	12	Barnet Cophall	4:30.00	3:15.72
	49.38	1:39.63 (50.25)	2:28.68 (49.05)	3:15.72 (47.04)	

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Name	Age	Team	Seed Time	Finals Time
1 Ghasem Fathi	13	Barnet Cophall	2:34.06	2:30.28
	35.50	1:13.34 (37.84)	1:52.95 (39.61)	2:30.28 (37.33)
2 Oliver Keegan	13	Barnet Cophall	2:39.48	2:32.17
	34.97	1:13.99 (39.02)	1:53.51 (39.52)	2:32.17 (38.66)
3 Pavan Rooprai	13	Hounslow Hurricanes	2:45.96	2:39.13
	37.39	1:18.40 (41.01)	2:00.10 (41.70)	2:39.13 (39.03)
4 James Devine	13	Verulam	2:58.23	2:51.64
	40.12	1:23.72 (43.60)	2:08.50 (44.78)	2:51.64 (43.14)
5 Michael Imrie	13	Berkhamsted Sports Centre	3:24.05	3:10.38
	42.30	1:30.84 (48.54)	2:21.27 (50.43)	3:10.38 (49.11)
--- Will Stokes	13	Berkhamsted Sports Centre	3:23.62	DQ
	40.81	1:26.71 (45.90)	2:14.20 (47.49)	DQ (46.17)

**Event 2 Boys 14 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Jamie Atkins	15	Hounslow Hurricanes	2:35.55	2:35.39
	35.48	1:14.22 (38.74)	1:54.77 (40.55)	2:35.39 (40.62)
2 Joel Sands	14	Barnet Cophall	2:41.17	2:38.10
	38.17	1:18.14 (39.97)	1:59.42 (41.28)	2:38.10 (38.68)
3 Will Atkins	14	Hounslow Hurricanes	2:47.10	2:45.63
	39.08	1:21.09 (42.01)	2:04.37 (43.28)	2:45.63 (41.26)
--- Oliver Wiseman	14	Bishops Stortford	2:52.19	DQ
	40.13	1:22.84 (42.71)	2:05.50 (42.66)	DQ (44.13)

**Event 3 Girls 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Anum Bandey	9	Barnet Cophall	3:29.00	3:31.29
	49.03	1:42.93 (53.90)	2:38.11 (55.18)	3:31.29 (53.18)
2 Natalie Connor	9	Potters Bar	3:36.00	3:39.70
	51.32	1:46.14 (54.82)	2:44.44 (58.30)	3:39.70 (55.26)
3 Akari Ishida	9	Barnet Cophall	3:50.00	3:42.08
	52.79	1:50.06 (57.27)	2:46.89 (56.83)	3:42.08 (55.19)
4 Eadaoin Vincent	9	Barnet Cophall	4:47.35	4:04.42
	57.17	1:59.56 (1:02.39)	3:04.17 (1:04.61)	4:04.42 (1:00.25)
5 Ria Ogilvie-Herald	9	Barnet Cophall	4:30.00	4:11.12
	58.24	2:00.76 (1:02.52)	3:06.14 (1:05.38)	4:11.12 (1:04.98)
6 Emily Bell	9	Barnet Cophall	5:00.00	4:11.89
	54.01	1:59.26 (1:05.25)	3:05.37 (1:06.11)	4:11.89 (1:06.52)
7 Jodie Hare	9	Barnet Cophall	4:27.17	4:23.74
	59.12	2:07.56 (1:08.44)	3:17.33 (1:09.77)	4:23.74 (1:06.41)
8 Katie Shaw	9	Berkhamsted Sports Centre	4:32.29	4:24.79
	1:00.51	2:08.36 (1:07.85)	3:18.79 (1:10.43)	4:24.79 (1:06.00)

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9	Emma Barnes	9	Berkhamsted Sports Centre	5:03.66	4:42.10
	1:04.00	2:15.24 (1:11.24)	3:29.31 (1:14.07)	4:42.10 (1:12.79)	
---	Tulsi Behl	9	Barnet Cophall	4:50.00	DQ
	1:07.74	2:26.92 (1:19.18)	3:47.41 (1:20.49)	DQ (1:20.70)	

**Event 3 Girls 10 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Harumi Yagi	10	Barnet Cophall	3:19.59	3:12.75
	44.70	1:35.41 (50.71)	2:24.51 (49.10)	3:12.75 (48.24)	
2	Sarah Sharp	10	Barnet Cophall	4:01.11	3:42.79
	52.30	1:49.49 (57.19)	2:48.09 (58.60)	3:42.79 (54.70)	
3	Karis Fuller	10	Barnet Cophall	3:45.00	3:42.84
	52.14	1:49.45 (57.31)	2:48.53 (59.08)	3:42.84 (54.31)	
3	Cara Yates	10	Barnet Cophall	4:15.00	3:42.84
	47.71	1:46.20 (58.49)	2:45.30 (59.10)	3:42.84 (57.54)	
5	Zoe Munkley	10	Hertsmere Flyers	3:51.06	3:46.38
	54.52	1:53.49 (58.97)	2:51.64 (58.15)	3:46.38 (54.74)	
6	Malika Oyebola	10	Barnet Cophall	4:30.00	3:49.86
	51.14	1:51.84 (1:00.70)	2:53.18 (1:01.34)	3:49.86 (56.68)	
7	Pascale Howell	10	Barnet Cophall	3:30.00	3:59.37
	54.64	1:54.56 (59.92)	2:58.19 (1:03.63)	3:59.37 (1:01.18)	
8	Jessica Cato	10	Hertsmere Flyers	4:31.95	4:09.11
	58.54	2:02.33 (1:03.79)	3:05.55 (1:03.22)	4:09.11 (1:03.56)	
9	Victoria Huntingford	10	Verulam	3:41.31	4:17.98
	58.52	2:04.39 (1:05.87)	3:13.55 (1:09.16)	4:17.98 (1:04.43)	
10	Ellen Price	10	Berkhamsted Sports Centre	4:36.44	4:24.16
	57.52	2:06.00 (1:08.48)	3:17.80 (1:11.80)	4:24.16 (1:06.36)	
11	Nadia Asri	10	Barnet Cophall	4:20.71	4:24.72
	1:02.35	2:11.16 (1:08.81)	3:19.98 (1:08.82)	4:24.72 (1:04.74)	
12	Chloe Simmons	10	Hertsmere Flyers	4:52.57	4:32.46
	1:03.91	2:12.64 (1:08.73)	3:24.44 (1:11.80)	4:32.46 (1:08.02)	
13	Emma Becirovic	10	Barnet Cophall	4:50.00	4:57.32
	1:04.27	2:23.24 (1:18.97)	3:40.69 (1:17.45)	4:57.32 (1:16.63)	

**Event 3 Girls 11 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Maddy Tichborne	11	Barnet Cophall	3:20.24	3:11.09
	45.12	1:34.31 (49.19)	2:22.80 (48.49)	3:11.09 (48.29)	
2	Anne-Marie Du Preez	11	City of St Albans	3:18.11	3:17.34
	45.06	1:34.96 (49.90)	2:26.52 (51.56)	3:17.34 (50.82)	
3	Louise Rudasingwa	11	Chelsea & Kensington SC	3:31.47	3:21.88
	48.35	1:39.69 (51.34)	2:29.96 (50.27)	3:21.88 (51.92)	
4	Megan Boldison	11	Barnet Cophall	3:18.04	3:23.06
	47.29	1:39.38 (52.09)	2:32.30 (52.92)	3:23.06 (50.76)	

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5	Anyah Dimmick	11	Chelsea & Kensington SC	3:29.25	3:27.99
	48.85	1:43.89 (55.04)	2:37.14 (53.25)	3:27.99 (50.85)	
6	Nicola Burlingham	11	Barnet Cophall	3:40.67	3:31.15
	48.94	1:41.91 (52.97)	2:37.53 (55.62)	3:31.15 (53.62)	
7	Saniya Bandey	11	Barnet Cophall	3:44.09	3:32.90
	46.82	1:41.57 (54.75)	2:36.95 (55.38)	3:32.90 (55.95)	
8	Chloe Beard	11	City of St Albans	3:30.79	3:34.00
	48.97	1:43.00 (54.03)	2:39.14 (56.14)	3:34.00 (54.86)	
9	Jessica Samuel	11	Chelsea & Kensington SC	3:42.03	3:35.09
	52.57	1:46.88 (54.31)	2:41.64 (54.76)	3:35.09 (53.45)	
10	Angelina Filippone	11	Barnet Cophall	3:53.00	3:37.54
	52.37	1:48.94 (56.57)	2:43.78 (54.84)	3:37.54 (53.76)	
11	Alex Votier	11	Teddington Swimming Club	3:44.04	3:41.83
	51.59	1:48.58 (56.99)	2:46.94 (58.36)	3:41.83 (54.89)	
12	Molly Hogan	11	Barnet Cophall	4:07.11	3:49.39
	52.75	1:51.14 (58.39)	2:50.53 (59.39)	3:49.39 (58.86)	
13	Caroline Wong	11	Barnet Cophall	4:20.11	3:50.57
	52.46	1:52.26 (59.80)	2:52.49 (1:00.23)	3:50.57 (58.08)	
14	Emma Desmond	11	Barnet Cophall	4:25.77	4:03.61
	55.36	1:58.54 (1:03.18)	3:02.34 (1:03.80)	4:03.61 (1:01.27)	
15	Victoria Dobbie	11	Berkhamsted Sports Centre	4:44.03	4:20.21
	57.09	2:04.52 (1:07.43)	3:13.00 (1:08.48)	4:20.21 (1:07.21)	
16	Linda Epstein	11	Barnet Cophall	5:00.00	4:34.07
	1:00.42	2:10.78 (1:10.36)	3:24.04 (1:13.26)	4:34.07 (1:10.03)	
---	Emily Au	11	Hertsmere Flyers	NT	X3:50.28
	55.01	1:54.32 (59.31)	2:54.47 (1:00.15)	3:50.28 (55.81)	
---	Saeidah Toupchiani	11	Barnet Cophall	4:50.00	DQ
	1:16.27	2:42.45 (1:26.18)	4:14.14 (1:31.69)	DQ (1:24.86)	

**Event 3 Girls 12 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Georgia Jackson-Virk	12	Barnet Cophall	3:02.47	3:01.74
	42.17	1:29.24 (47.07)	2:15.84 (46.60)	3:01.74 (45.90)	
2	Holly Winfield	12	City of St Albans	3:16.00	3:19.15
	45.16	1:35.63 (50.47)	2:28.51 (52.88)	3:19.15 (50.64)	
3	Katie Lightowler	12	City of St Albans	3:15.45	3:19.22
	46.10	1:38.08 (51.98)	2:29.71 (51.63)	3:19.22 (49.51)	
4	Alice Harper	12	Teddington Swimming Club	3:17.59	3:21.12
	45.65	1:36.63 (50.98)	2:29.48 (52.85)	3:21.12 (51.64)	
5	Coralie Du Preez	12	City of St Albans	3:24.02	3:29.80
	46.41	1:41.53 (55.12)	2:34.73 (53.20)	3:29.80 (55.07)	
6	Abigail Barnes	12	Berkhamsted Sports Centre	3:52.78	3:43.87
	52.93	1:51.01 (58.08)	2:49.36 (58.35)	3:43.87 (54.51)	
7	Evie Price	12	Berkhamsted Sports Centre	3:43.06	3:43.88
	49.97	1:46.24 (56.27)	2:47.49 (1:01.25)	3:43.88 (56.39)	

**Barnet Cophall Swimming Club 200s Meet – 11<sup>th</sup> February 2007****Event 3 Girls 13 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Charlotte Henson	13	City of St Albans	3:05.13	3:06.50
42.86	1:29.74 (46.88)	2:18.18 (48.44)	3:06.50 (48.32)	
2 Lauren Rigby	13	City of St Albans	3:19.63	3:13.29
45.51	1:34.95 (49.44)	2:23.98 (49.03)	3:13.29 (49.31)	
3 Nina Wiseman	13	Bishops Stortford	3:17.12	3:15.90
45.54	1:36.09 (50.55)	2:27.37 (51.28)	3:15.90 (48.53)	
4 Eva Grant	13	Hounslow Hurricanes	3:17.55	3:16.94
45.35	1:35.43 (50.08)	2:28.27 (52.84)	3:16.94 (48.67)	
5 Abigail Crinall	13	Teddington Swimming Club	3:26.67	3:20.66
45.34	1:36.30 (50.96)	2:28.58 (52.28)	3:20.66 (52.08)	
6 Helena Soteriou	13	Barnet Cophall	3:23.00	3:25.88
49.05	1:41.74 (52.69)	2:35.49 (53.75)	3:25.88 (50.39)	
7 Rebekah Holden	13	Berkhamsted Sports Centre	3:25.75	3:26.33
48.67	1:41.38 (52.71)	2:34.26 (52.88)	3:26.33 (52.07)	

**Event 3 Girls 14 & Over 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Jessica Jackson-Virk	14	Barnet Cophall	2:54.20	2:48.66
37.67	1:20.14 (42.47)	2:04.22 (44.08)	2:48.66 (44.44)	
2 Sallee Dineen	17	Cheshunt	2:54.00	2:55.35
38.61	1:23.10 (44.49)	2:08.89 (45.79)	2:55.35 (46.46)	
3 Leanne Fernandes	15	Hertsmere Flyers	3:01.46	3:13.75
44.63	1:32.23 (47.60)	2:23.60 (51.37)	3:13.75 (50.15)	
4 Angel Dimmick	14	Chelsea & Kensington SC	3:22.79	3:19.88
45.22	1:35.81 (50.59)	2:27.95 (52.14)	3:19.88 (51.93)	

**Event 4 Boys 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	
1 Robbie Lightowler	9	City of St Albans	2:55.89	2:46.82	8
37.33	1:19.97 (42.64)	2:03.51 (43.54)	2:46.82 (43.31)		
2 Nico Campbell	9	Cheshunt	3:20.00	2:54.65	7
39.47	1:23.61 (44.14)	2:12.63 (49.02)	2:54.65 (42.02)		
3 Zach Shalovsky	9	Barnet Cophall	3:06.11	3:04.03	6
38.70	1:27.16 (48.46)	2:15.70 (48.54)	3:04.03 (48.33)		
4 Charlie Turner	9	Barnet Cophall	3:28.17	3:17.06	5
43.49	1:36.21 (52.72)	2:28.26 (52.05)	3:17.06 (48.80)		
5 Ryan Ranger	9	Cheshunt	3:30.28	3:18.62	4
45.04	1:38.78 (53.74)	2:32.61 (53.83)	3:18.62 (46.01)		
6 Callan Jones	9	Hertsmere Flyers	3:41.55	3:26.82	3
44.66	1:39.18 (54.52)	2:33.34 (54.16)	3:26.82 (53.48)		
7 Hamish MacCaig	9	Berkhamsted Sports Centre	3:37.94	3:32.24	2
47.17	1:41.31 (54.14)	2:36.32 (55.01)	3:32.24 (55.92)		

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8	Panayiotis Panteli	9	Barnet Cophall	3:25.00	3:38.48	1
	50.76	1:48.19 (57.43)	2:44.85 (56.66)	3:38.48 (53.63)		
9	Oscar Holden	9	Berkhamsted Sports Centre	3:57.22	3:55.16	
	48.94	1:49.54 (1:00.60)	2:51.83 (1:02.29)	3:55.16 (1:03.33)		
10	Luke Holden	9	Berkhamsted Sports Centre	4:09.22	3:55.75	
	48.18	1:48.26 (1:00.08)	2:52.88 (1:04.62)	3:55.75 (1:02.87)		
11	Kento Tsuda	9	Barnet Cophall	3:21.44	3:59.76	
	51.20	1:54.81 (1:03.61)	2:57.61 (1:02.80)	3:59.76 (1:02.15)		
12	George Georgiou	9	Barnet Cophall	4:00.00	4:28.34	
	55.04	2:04.57 (1:09.53)	3:17.12 (1:12.55)	4:28.34 (1:11.22)		

**Event 4 Boys 10 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	
1	Liam Doonan	10	Stevenage	2:49.00	2:38.60	8
	36.65	1:18.07 (41.42)	1:59.47 (41.40)	2:38.60 (39.13)		
2	Josh Pointer	10	Barnet Cophall	3:34.76	2:58.92	7
	38.55	1:23.97 (45.42)	2:12.36 (48.39)	2:58.92 (46.56)		
3	Liam Chong	10	Barnet Cophall	3:22.09	3:00.29	6
	40.65	1:26.63 (45.98)	2:14.24 (47.61)	3:00.29 (46.05)		
4	James Brennan	10	Teddington Swimming Club	3:06.49	3:02.62	5
	38.79	1:25.87 (47.08)	2:15.32 (49.45)	3:02.62 (47.30)		
5	Hector Wilson	10	Chelsea & Kensington SC	3:28.25	3:02.78	4
	40.51	1:27.26 (46.75)	2:15.61 (48.35)	3:02.78 (47.17)		
6	Samuel Henson	10	City of St Albans	3:07.76	3:08.18	3
	41.92	1:30.78 (48.86)	2:20.79 (50.01)	3:08.18 (47.39)		
7	Benjamin Rochford	10	Berkhamsted Sports Centre	3:15.00	3:10.01	2
	42.49	1:34.06 (51.57)	2:24.84 (50.78)	3:10.01 (45.17)		
8	Michael Georgiou	10	Barnet Cophall	3:16.17	3:11.99	1
	41.45	1:31.85 (50.40)	2:24.71 (52.86)	3:11.99 (47.28)		
9	Stephen McKenzie	10	Barnet Cophall	4:30.00	4:16.58	
	58.16	2:04.96 (1:06.80)	3:13.86 (1:08.90)	4:16.58 (1:02.72)		
10	Dino Caryotis	10	Barnet Cophall	4:00.00	4:27.91	
	53.98	2:05.72 (1:11.74)	4:27.91 (2:22.19)			

**Event 4 Boys 11 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	
1	George Carter	11	Barnet Cophall	2:29.77	2:21.25	8
	33.28	1:09.58 (36.30)	1:45.83 (36.25)	2:21.25 (35.42)		
2	Matthew Williams	11	Cheshunt	2:38.00	2:32.90	7
	34.77	1:13.80 (39.03)	1:54.03 (40.23)	2:32.90 (38.87)		
3	Thomas Worbey	11	Stevenage	2:30.00	2:34.24	6
	34.42	1:13.16 (38.74)	1:54.19 (41.03)	2:34.24 (40.05)		
4	Jamie Richter	11	Barnet Cophall	3:04.76	2:35.07	5
	35.88	1:16.05 (40.17)	1:56.26 (40.21)	2:35.07 (38.81)		

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5	Yaron Ash	11	Hertsmere Flyers	2:57.72	2:35.12	4
	35.69	1:16.07 (40.38)	1:57.10 (41.03)	2:35.12 (38.02)		
6	Curtis Coleman	11	Barnet Cophall	2:53.09	2:40.11	3
	37.25	1:18.68 (41.43)	2:00.31 (41.63)	2:40.11 (39.80)		
7	Bradley Doherty	11	Barnet Cophall	2:45.00	2:44.10	2
	35.42	1:16.17 (40.75)	2:00.24 (44.07)	2:44.10 (43.86)		
8	Lewis Grant	11	Hounslow Hurricanes	2:48.81	2:52.90	1
	37.50	1:20.93 (43.43)	2:07.61 (46.68)	2:52.90 (45.29)		
9	Alex Bramley	11	Berkhamsted Sports Centre	2:56.75	2:56.43	
	38.48	1:23.78 (45.30)	2:12.76 (48.98)	2:56.43 (43.67)		
10	Aris Savva	11	Barnet Cophall	4:00.00	3:18.91	
	44.98	1:37.79 (52.81)	2:30.50 (52.71)	3:18.91 (48.41)		

**Event 4 Boys 12 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	
1	Jay Munkley	12	Hertsmere Flyers	2:26.71	2:18.83	8
	31.58	1:06.69 (35.11)	1:43.38 (36.69)	2:18.83 (35.45)		
2	Edward Allchorne	12	Barnet Cophall	2:28.51	2:21.43	7
	32.91	1:09.21 (36.30)	1:46.03 (36.82)	2:21.43 (35.40)		
3	Michael Fernandes	12	Barnet Cophall	2:25.05	2:25.27	6
	33.69	1:11.18 (37.49)	1:48.67 (37.49)	2:25.27 (36.60)		
4	Hugo Cliff	12	Barnet Cophall	2:41.74	2:27.25	5
	33.72	1:11.95 (38.23)	1:50.75 (38.80)	2:27.25 (36.50)		
5	Danny Buckley	12	Stevenage	2:35.74	2:32.39	4
	34.26	1:13.49 (39.23)	1:53.56 (40.07)	2:32.39 (38.83)		
6	Akil Philip-Forde	12	Barnet Cophall	2:59.69	2:43.99	3
	37.21	1:19.40 (42.19)	2:03.31 (43.91)	2:43.99 (40.68)		
7	Adam Taie	12	Barnet Cophall	4:00.00	2:56.82	2
	40.15	1:24.89 (44.74)	2:13.32 (48.43)	2:56.82 (43.50)		
8	Joseph Rochford	12	Berkhamsted Sports Centre	3:10.52	2:57.97	1
	38.77	1:24.93 (46.16)	2:13.35 (48.42)	2:57.97 (44.62)		
9	Robert Littleton	12	Barnet Cophall	4:00.00	4:16.53	
	55.07	2:00.59 (1:05.52)	3:08.64 (1:08.05)	4:16.53 (1:07.89)		

**Event 4 Boys 13 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	
1	Pavan Rooprai	13	Hounslow Hurricanes	2:17.88	2:16.27	8
	30.73	1:05.34 (34.61)	1:41.10 (35.76)	2:16.27 (35.17)		
2	Oliver Keegan	13	Barnet Cophall	2:18.00	2:17.66	7
	31.00	1:05.22 (34.22)	1:41.90 (36.68)	2:17.66 (35.76)		
3	Ghasem Fathi	13	Barnet Cophall	2:24.67	2:20.76	6
	31.93	1:07.53 (35.60)	1:45.21 (37.68)	2:20.76 (35.55)		
4	Kim Lam Liu	13	Barnet Cophall	2:25.65	2:20.91	5
	31.89	1:07.02 (35.13)	1:44.18 (37.16)	2:20.91 (36.73)		

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5	James Devine	13	Verulam	2:38.88	2:30.57	4
	34.78	1:13.26 (38.48)	1:52.06 (38.80)	2:30.57 (38.51)		
6	Chris Stobart	13	City of St Albans	2:44.84	2:32.66	3
	34.84	1:14.42 (39.58)	1:55.06 (40.64)	2:32.66 (37.60)		
7	Will Stokes	13	Berkhamsted Sports Centre	2:36.19	2:34.88	2
	33.74	1:14.35 (40.61)	1:56.33 (41.98)	2:34.88 (38.55)		
8	Michael Imrie	13	Berkhamsted Sports Centre	3:14.00	2:53.27	1
	39.08	1:23.91 (44.83)	2:09.47 (45.56)	2:53.27 (43.80)		
---	Christopher Au	13	Hertsmere Flyers	NT	X3:00.39	
	41.29	1:28.40 (47.11)	2:15.93 (47.53)	3:00.39 (44.46)		

**Event 4 Boys 14 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	
1 Sam Munkley	15	Hertsmere Flyers	2:12.31	2:11.66	8
	29.71	1:03.44 (33.73)	1:38.26 (34.82)	2:11.66 (33.40)	
2 Matthew Henson	15	City of St Albans	2:16.51	2:13.73	7
	29.85	1:03.62 (33.77)	1:39.21 (35.59)	2:13.73 (34.52)	
3 Will Atkins	14	Hounslow Hurricanes	2:24.07	2:19.41	6
	31.74	1:07.55 (35.81)	1:43.84 (36.29)	2:19.41 (35.57)	
4 Stephen Crinall	15	Teddington Swimming Club	2:18.78	2:20.91	5
	31.40	1:06.31 (34.91)	1:44.16 (37.85)	2:20.91 (36.75)	
5 Joel Sands	14	Barnet Cophall	2:24.73	2:24.49	4
	33.15	1:10.68 (37.53)	1:48.26 (37.58)	2:24.49 (36.23)	
6 Oliver Wiseman	14	Bishops Stortford	2:25.71	2:30.00	3
	34.58	1:13.00 (38.42)	1:51.81 (38.81)	2:30.00 (38.19)	
7 Jamie Atkins	15	Hounslow Hurricanes	2:31.01	2:30.76	2
	32.75	1:10.84 (38.09)	1:50.90 (40.06)	2:30.76 (39.86)	
8 Chris Brown	14	Chelsea & Kensington SC	2:38.91	2:35.74	1
	34.48	1:13.60 (39.12)	1:53.47 (39.87)	2:35.74 (42.27)	

**Event 5 Girls 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	
1 Akari Ishida	9	Barnet Cophall	3:31.00	3:06.29	
	46.49	1:34.02 (47.53)	2:21.07 (47.05)	3:06.29 (45.22)	
2 Natalie Connor	9	Potters Bar	3:08.00	3:06.40	
	43.09	1:31.65 (48.56)	2:20.11 (48.46)	3:06.40 (46.29)	
3 Anum Bandey	9	Barnet Cophall	3:25.00	3:08.48	
	45.22	1:33.80 (48.58)	2:21.89 (48.09)	3:08.48 (46.59)	
4 Jodie Hare	9	Barnet Cophall	4:00.12	3:17.03	
	46.23	1:35.95 (49.72)	2:27.21 (51.26)	3:17.03 (49.82)	
5 Katie Shaw	9	Berkhamsted Sports Centre	4:00.84	3:46.60	
	52.43	1:51.49 (59.06)	2:49.87 (58.38)	3:46.60 (56.73)	
6 Emma Barnes	9	Berkhamsted Sports Centre	4:20.00	4:24.60	
	59.63	2:07.06 (1:07.43)	3:14.41 (1:07.35)	4:24.60 (1:10.19)	

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7	Tulsi Behl	9	Barnet Cophall	4:20.00	4:26.60
	59.86	2:08.09 (1:08.23)	3:18.65 (1:10.56)	4:26.60 (1:07.95)	
---	Emily Bell	9	Barnet Cophall	4:30.00	DQ
	48.03	1:41.14 (53.11)	2:37.95 (56.81)	DQ (52.86)	
---	Eadaoin Vincent	9	Barnet Cophall	4:07.37	DQ
	47.17	1:39.54 (52.37)	2:33.28 (53.74)	DQ (51.09)	
---	Lauren Flynn	9	Teddington Swimming Club	3:54.86	DQ
	50.51	1:45.11 (54.60)	2:38.93 (53.82)	DQ (1:00.74)	
---	Lauren Winfield	9	City of St Albans	4:01.67	DQ
	52.80	1:51.96 (59.16)	2:51.98 (1:00.02)	DQ (55.44)	
---	Ria Ogilvie-Herald	9	Barnet Cophall	4:00.00	DQ
	42.53	1:31.72 (49.19)	2:22.63 (50.91)	DQ (47.62)	

**Event 5 Girls 10 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Harumi Yagi	10	Barnet Cophall	3:00.00	3:00.65
	42.53	1:28.85 (46.32)	2:15.19 (46.34)	3:00.65 (45.46)	
2	Pascale Howell	10	Barnet Cophall	3:25.00	3:07.65
	44.31	1:33.14 (48.83)	2:22.99 (49.85)	3:07.65 (44.66)	
3	Sarah Sharp	10	Barnet Cophall	3:31.98	3:08.96
	45.04	1:34.11 (49.07)	2:22.22 (48.11)	3:08.96 (46.74)	
4	Stephanie Banks	10	City of St Albans	3:38.96	3:16.24
	46.13	1:36.38 (50.25)	2:26.28 (49.90)	3:16.24 (49.96)	
5	Malika Oyebola	10	Barnet Cophall	4:00.00	3:25.94
	48.37	1:41.47 (53.10)	2:35.17 (53.70)	3:25.94 (50.77)	
6	Mackenzie Rigby	10	City of St Albans	3:33.60	3:27.49
	48.01	1:41.75 (53.74)	2:36.09 (54.34)	3:27.49 (51.40)	
7	Zoe Munkley	10	Hertsmere Flyers	3:43.74	3:35.13
	51.91	1:47.17 (55.26)	2:43.34 (56.17)	3:35.13 (51.79)	
8	Nadia Asri	10	Barnet Cophall	4:00.17	3:36.19
	51.48	1:47.11 (55.63)	2:43.37 (56.26)	3:36.19 (52.82)	
9	Georgina Izen	10	Hertsmere Flyers	3:37.44	3:36.40
	50.53	1:48.02 (57.49)	2:44.06 (56.04)	3:36.40 (52.34)	
10	Jessica Cato	10	Hertsmere Flyers	3:46.68	3:37.27
	50.85	1:47.60 (56.75)	2:44.04 (56.44)	3:37.27 (53.23)	
11	Emma Becirovic	10	Barnet Cophall	4:20.00	3:39.86
	50.94	1:48.48 (57.54)	2:46.41 (57.93)	3:39.86 (53.45)	
12	Georgina Brown	10	Hertsmere Flyers	3:52.24	3:48.22
	52.14	1:52.22 (1:00.08)	2:52.84 (1:00.62)	3:48.22 (55.38)	
13	Chloe Simmons	10	Hertsmere Flyers	3:58.71	3:51.06
	52.30	1:51.78 (59.48)	2:56.65 (1:04.87)	3:51.06 (54.41)	
---	Karis Fuller	10	Barnet Cophall	3:20.00	DQ
	48.95	1:41.36 (52.41)	2:34.41 (53.05)	DQ (48.36)	

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Name	Age	Team	Seed Time	Finals Time
1 Maddy Tichborne	11	Barnet Cophall	2:43.90	2:39.62
38.34	1:18.78 (40.44)	1:59.91 (41.13)	2:39.62 (39.71)	
2 Megan Boldison	11	Barnet Cophall	2:47.13	2:46.59
39.93	1:22.34 (42.41)	2:04.96 (42.62)	2:46.59 (41.63)	
3 Emily Dean	11	Barnet Cophall	2:54.92	2:53.46
41.62	1:26.07 (44.45)	2:10.07 (44.00)	2:53.46 (43.39)	
4 Angelina Filippone	11	Barnet Cophall	3:08.00	3:00.24
44.06	1:29.70 (45.64)	2:15.61 (45.91)	3:00.24 (44.63)	
5 Saniya Bandey	11	Barnet Cophall	3:21.96	3:04.44
43.09	1:29.42 (46.33)	2:17.52 (48.10)	3:04.44 (46.92)	
6 Chloe Beard	11	City of St Albans	3:06.08	3:05.28
44.15	1:32.75 (48.60)	2:20.84 (48.09)	3:05.28 (44.44)	
7 Anne-Marie Du Preez	11	City of St Albans	3:10.96	3:06.84
44.12	1:31.44 (47.32)	2:20.04 (48.60)	3:06.84 (46.80)	
8 Anyah Dimmick	11	Chelsea & Kensington SC	3:10.00	3:13.38
45.54	1:34.75 (49.21)	2:25.52 (50.77)	3:13.38 (47.86)	
9 Molly Hogan	11	Barnet Cophall	3:37.83	3:14.93
45.62	1:35.12 (49.50)	2:26.12 (51.00)	3:14.93 (48.81)	
10 Alex Votier	11	Teddington Swimming Club	3:14.34	3:17.84
46.52	1:37.00 (50.48)	2:28.58 (51.58)	3:17.84 (49.26)	
11 Abigail Smith	11	Hertsmere Flyers	3:17.96	3:19.62
47.15	1:39.29 (52.14)	2:31.72 (52.43)	3:19.62 (47.90)	
12 Caroline Wong	11	Barnet Cophall	3:50.17	3:21.07
45.98	1:37.68 (51.70)	2:30.38 (52.70)	3:21.07 (50.69)	
13 Isabelle Hartley	11	Berkhamsted Sports Centre	3:42.00	3:29.88
49.20	1:44.22 (55.02)	2:39.84 (55.62)	3:29.88 (50.04)	
14 Linda Epstein	11	Barnet Cophall	4:30.00	3:46.56
52.12	1:49.43 (57.31)	2:48.77 (59.34)	3:46.56 (57.79)	
15 Emma Desmond	11	Barnet Cophall	4:51.06	4:05.49
57.56	2:01.27 (1:03.71)	3:05.34 (1:04.07)	4:05.49 (1:00.15)	
--- Victoria Dobbie	11	Berkhamsted Sports Centre	3:53.00	DQ
50.15	1:46.06 (55.91)	DQ (1:51.43)		
--- Nicola Burlingham	11	Barnet Cophall	2:55.96	DQ
36.43	1:16.03 (39.60)	1:57.85 (41.82)	DQ (42.91)	

**Event 5 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Georgia Jackson-Virk	12	Barnet Cophall	2:46.44	2:41.42
38.39	1:20.04 (41.65)	2:00.90 (40.86)	2:41.42 (40.52)	
2 Katie Lightowler	12	City of St Albans	2:50.00	2:43.59
39.41	1:20.85 (41.44)	2:02.67 (41.82)	2:43.59 (40.92)	
3 Lily Cocks	12	Teddington Swimming Club	3:15.00	2:54.46
42.43	1:26.62 (44.19)	2:11.65 (45.03)	2:54.46 (42.81)	

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4	Holly Winfield	12	City of St Albans	3:03.37	2:56.78
	42.03	1:26.71 (44.68)	2:12.89 (46.18)	2:56.78 (43.89)	
5	Alice Harper	12	Teddington Swimming Club	3:06.32	3:08.43
	45.20	1:33.25 (48.05)	2:22.32 (49.07)	3:08.43 (46.11)	
6	Abigail Barnes	12	Berkhamsted Sports Centre	3:21.25	3:21.90
	47.38	1:39.11 (51.73)	2:32.42 (53.31)	3:21.90 (49.48)	

**Event 5 Girls 13 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Karolina Siwiec	13	Barnet Cophall	2:30.49	2:26.68
	33.67	1:10.42 (36.75)	1:48.85 (38.43)	2:26.68 (37.83)	
2	Charlotte Henson	13	City of St Albans	2:41.46	2:41.31
	36.58	1:16.80 (40.22)	1:59.41 (42.61)	2:41.31 (41.90)	
3	Nina Wiseman	13	Bishops Stortford	2:45.45	2:45.62
	39.10	1:20.73 (41.63)	2:03.47 (42.74)	2:45.62 (42.15)	
4	Grace Moore	13	Hertsmere Flyers	2:45.85	2:47.81
	39.77	1:23.42 (43.65)	2:07.27 (43.85)	2:47.81 (40.54)	
5	Lauren Yates	13	Barnet Cophall	3:05.79	2:53.18
	40.21	1:24.49 (44.28)	2:09.03 (44.54)	2:53.18 (44.15)	
6	Eva Grant	13	Hounslow Hurricanes	2:47.86	2:55.41
	39.99	1:23.33 (43.34)	2:07.84 (44.51)	2:55.41 (47.57)	
7	Helena Soteriou	13	Barnet Cophall	3:20.00	3:04.02
	45.13	1:31.84 (46.71)	2:18.85 (47.01)	3:04.02 (45.17)	
---	Rebekah Holden	13	Berkhamsted Sports Centre	3:04.52	DQ
	41.66	1:28.08 (46.42)	2:15.44 (47.36)	DQ (46.59)	

**Event 5 Girls 14 & Over 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time
1	Leanne Fernandes	15	Hertsmere Flyers	2:36.81	2:47.83
	38.60	1:20.39 (41.79)	2:04.60 (44.21)	2:47.83 (43.23)	

**Event 6 Boys 9 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Robbie Lightowler	9	City of St Albans	3:44.06	3:40.24
	50.02	1:48.87 (58.85)	2:48.03 (59.16)	3:40.24 (52.21)	
2	Zach Shalovsky	9	Barnet Cophall	4:09.11	4:25.13
	49.30	2:01.08 (1:11.78)	3:14.12 (1:13.04)	4:25.13 (1:11.01)	
---	Hamish MacCaig	9	Berkhamsted Sports Centre	4:20.00	DQ
	54.12	2:00.48 (1:06.36)	3:10.59 (1:10.11)	DQ (1:07.81)	

**Event 6 Boys 10 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Liam Doonan	10	Stevenage	3:20.00	3:22.56
	45.94	1:41.02 (55.08)	2:36.17 (55.15)	3:22.56 (46.39)	
2	David Spicer	10	Stevenage	4:35.00	3:58.75
	51.97	1:56.05 (1:04.08)	3:00.67 (1:04.62)	3:58.75 (58.08)	

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3	James Brennan	10	Teddington Swimming Club	4:11.36	4:13.90
	52.68	1:58.27 (1:05.59)	3:09.09 (1:10.82)	4:13.90 (1:04.81)	

**Event 6 Boys 11 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	George Carter	11	Barnet Cophall	2:56.00	2:56.18
	38.03	1:21.14 (43.11)	2:08.93 (47.79)	2:56.18 (47.25)	
2	Thomas Worbey	11	Stevenage	2:58.00	3:14.75
	41.11	1:30.37 (49.26)	3:14.76 (1:44.39)	3:14.75 ( )	
3	Matthew Williams	11	Cheshunt	3:15.00	3:22.62
	45.78	1:39.03 (53.25)	2:35.23 (56.20)	3:22.62 (47.39)	
4	Alex Bramley	11	Berkhamsted Sports Centre	3:37.00	3:37.06
	46.01	1:41.56 (55.55)	2:41.06 (59.50)	3:37.06 (56.00)	
5	Curtis Coleman	11	Barnet Cophall	3:53.87	3:44.97
	45.24	1:44.47 (59.23)	2:46.30 (1:01.83)	3:44.97 (58.67)	
6	Bradley Doherty	11	Barnet Cophall	3:37.00	3:48.60
	44.25	1:38.77 (54.52)	2:42.56 (1:03.79)	3:48.60 (1:06.04)	

**Event 6 Boys 12 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Edward Allchorne	12	Barnet Cophall	2:41.00	2:35.09
	34.54	1:13.20 (38.66)	1:54.14 (40.94)	2:35.09 (40.95)	
2	Michael Fernandes	12	Barnet Cophall	2:52.36	2:47.55
	36.19	1:18.46 (42.27)	2:04.05 (45.59)	2:47.55 (43.50)	
3	Jay Munkley	12	Hertsmere Flyers	3:27.76	3:05.78
	37.18	1:23.54 (46.36)	2:14.67 (51.13)	3:05.78 (51.11)	
4	Hugo Cliff	12	Barnet Cophall	3:30.21	3:16.51
	38.08	2:20.65 (1:42.57)	3:16.42 (55.77)	3:16.51 (0.09)	

**Event 6 Boys 13 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Oliver Keegan	13	Barnet Cophall	2:26.42	2:22.30
	32.27	1:08.12 (35.85)	1:45.39 (37.27)	2:22.30 (36.91)	
2	Paul Spicer	13	Stevenage	3:50.00	3:28.17
	44.28	1:38.28 (54.00)	2:34.85 (56.57)	3:28.17 (53.32)	
3	Michael Imrie	13	Berkhamsted Sports Centre	3:39.72	3:42.78
	44.35	1:41.48 (57.13)	2:42.27 (1:00.79)	3:42.78 (1:00.51)	
---	Will Stokes	13	Berkhamsted Sports Centre	3:50.00	DQ
	42.02	1:37.65 (55.63)	2:39.80 (1:02.15)	DQ (1:02.29)	

**Event 6 Boys 14 & Over 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Sam Munkley	15	Hertsmere Flyers	2:27.11	2:20.64
	30.91	1:07.19 (36.28)	1:44.32 (37.13)	2:20.64 (36.32)	
2	Oliver Wiseman	14	Bishops Stortford	3:06.15	3:02.27
	41.39	1:28.84 (47.45)	2:16.61 (47.77)	3:02.27 (45.66)	

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3	Will Atkins	14	Hounslow Hurricanes	2:57.10	3:02.65
	38.84	1:26.04 (47.20)	2:15.85 (49.81)	3:02.65 (46.80)	

**Event 7 Girls 9 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Natalie Connor	9	Potters Bar	2:42.00	2:44.73
	37.92	1:18.99 (41.07)	2:02.41 (43.42)	2:44.73 (42.32)	
2	Akari Ishida	9	Barnet Cophall	3:18.00	2:55.42
	40.54	1:25.44 (44.90)	2:11.56 (46.12)	2:55.42 (43.86)	
3	Anum Bandey	9	Barnet Cophall	3:03.00	3:01.45
	41.04	1:28.02 (46.98)	2:16.36 (48.34)	3:01.45 (45.09)	
4	Jodie Hare	9	Barnet Cophall	3:10.17	3:02.63
	39.68	1:27.17 (47.49)	2:16.66 (49.49)	3:02.63 (45.97)	
5	Ria Ogilvie-Herald	9	Barnet Cophall	3:45.00	3:06.91
	40.86	1:31.13 (50.27)	2:20.90 (49.77)	3:06.91 (46.01)	
6	Abby Smith	9	Cheshunt	3:30.00	3:17.31
	42.58	1:32.88 (50.30)	2:26.62 (53.74)	3:17.31 (50.69)	
7	Eadaoin Vincent	9	Barnet Cophall	4:00.00	3:22.60
	45.57	1:38.55 (52.98)	2:30.66 (52.11)	3:22.60 (51.94)	
8	Lauren Flynn	9	Teddington Swimming Club	3:57.23	3:24.14
	47.19	1:41.93 (54.74)	2:36.25 (54.32)	3:24.14 (47.89)	
9	Emily Bell	9	Barnet Cophall	4:00.00	3:25.91
	46.44	1:39.41 (52.97)	2:32.99 (53.58)	3:25.91 (52.92)	
10	Lauren Winfield	9	City of St Albans	4:25.01	3:42.43
	48.73	1:46.97 (58.24)	2:47.87 (1:00.90)	3:42.43 (54.56)	
11	Katie Shaw	9	Berkhamsted Sports Centre	3:40.02	3:51.45
	51.94	1:50.46 (58.52)	2:52.42 (1:01.96)	3:51.45 (59.03)	
12	Tulsi Behl	9	Barnet Cophall	4:00.00	4:17.07
	55.53	2:04.97 (1:09.44)	3:13.45 (1:08.48)	4:17.07 (1:03.62)	
13	Emma Barnes	9	Berkhamsted Sports Centre	4:00.02	4:19.71
	53.29	1:58.50 (1:05.21)	3:09.77 (1:11.27)	4:19.71 (1:09.94)	

**Event 7 Girls 10 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Harumi Yagi	10	Barnet Cophall	2:36.33	2:34.13
	35.99	1:15.30 (39.31)	1:54.93 (39.63)	2:34.13 (39.20)	
2	Pascale Howell	10	Barnet Cophall	3:02.00	2:55.08
	40.73	1:26.44 (45.71)	2:11.58 (45.14)	2:55.08 (43.50)	
3	Sarah Sharp	10	Barnet Cophall	3:18.35	2:58.94
	41.23	1:28.98 (47.75)	2:16.09 (47.11)	2:58.94 (42.85)	
4	Stephanie Banks	10	City of St Albans	3:22.47	3:06.49
	42.50	1:30.98 (48.48)	2:20.73 (49.75)	3:06.49 (45.76)	
5	Karis Fuller	10	Barnet Cophall	3:31.17	3:07.35
	42.03	1:31.56 (49.53)	2:20.96 (49.40)	3:07.35 (46.39)	

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6	Malika Oyebola	10	Barnet Cophall	3:45.00	3:10.01
	40.97	1:32.82 (51.85)	2:23.50 (50.68)	3:10.01 (46.51)	
7	Mackenzie Rigby	10	City of St Albans	3:12.45	3:10.64
	43.07	1:32.13 (49.06)	2:20.72 (48.59)	3:10.64 (49.92)	
8	Cara Yates	10	Barnet Cophall	4:00.00	3:13.17
	41.44	1:32.32 (50.88)	2:23.15 (50.83)	3:13.17 (50.02)	
9	Jessica Cato	10	Hertsmere Flyers	3:13.97	3:16.43
	44.99	1:36.81 (51.82)	2:27.93 (51.12)	3:16.43 (48.50)	
10	Georgina Izen	10	Hertsmere Flyers	3:13.17	3:16.92
	46.13	1:36.92 (50.79)	2:29.12 (52.20)	3:16.92 (47.80)	
11	Zoe Munkley	10	Hertsmere Flyers	3:23.55	3:20.58
	45.19	1:37.47 (52.28)	2:30.35 (52.88)	3:20.58 (50.23)	
12	Georgina Brown	10	Hertsmere Flyers	3:18.72	3:23.55
	47.11	1:41.17 (54.06)	2:36.85 (55.68)	3:23.55 (46.70)	
13	Ellen Price	10	Berkhamsted Sports Centre	3:49.44	3:24.82
	43.70	1:37.54 (53.84)	2:33.42 (55.88)	3:24.82 (51.40)	
14	Nadia Asri	10	Barnet Cophall	3:28.72	3:29.10
	46.24	1:39.40 (53.16)	2:35.77 (56.37)	3:29.10 (53.33)	
15	Chloe Simmons	10	Hertsmere Flyers	3:35.97	3:37.22
	47.90	1:44.79 (56.89)	2:44.25 (59.46)	3:37.22 (52.97)	
16	Emma Becirovic	10	Barnet Cophall	4:00.00	3:38.22
	48.76	1:43.76 (55.00)	2:42.01 (58.25)	3:38.22 (56.21)	

**Event 7 Girls 11 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Maddy Tichborne	11	Barnet Cophall	2:25.16	2:23.24
	33.83	1:10.29 (36.46)	1:47.12 (36.83)	2:23.24 (36.12)	
2	Megan Boldison	11	Barnet Cophall	2:20.13	2:24.53
	33.65	1:10.49 (36.84)	1:48.18 (37.69)	2:24.53 (36.35)	
3	Emily Dean	11	Barnet Cophall	2:34.81	2:31.13
	35.27	1:14.05 (38.78)	1:52.88 (38.83)	2:31.13 (38.25)	
4	Nicola Burlingham	11	Barnet Cophall	2:44.95	2:32.20
	35.32	1:14.08 (38.76)	1:53.67 (39.59)	2:32.20 (38.53)	
5	Chloe Beard	11	City of St Albans	2:34.76	2:32.54
	34.27	1:13.12 (38.85)	1:53.96 (40.84)	2:32.54 (38.58)	
6	Alex Votier	11	Teddington Swimming Club	2:46.35	2:43.66
	37.31	1:19.10 (41.79)	2:02.18 (43.08)	2:43.66 (41.48)	
7	Angelina Filippone	11	Barnet Cophall	2:52.00	2:44.46
	38.80	1:22.26 (43.46)	2:04.11 (41.85)	2:44.46 (40.35)	
8	Anne-Marie Du Preez	11	City of St Albans	2:51.31	2:49.57
	39.23	1:22.40 (43.17)	2:06.84 (44.44)	2:49.57 (42.73)	
9	Jessica Samuel	11	Chelsea & Kensington SC	3:42.46	2:50.85
	40.33	1:23.43 (43.10)	2:07.43 (44.00)	2:50.85 (43.42)	
10	Abigail Smith	11	Hertsmere Flyers	3:01.41	2:54.62
	41.07	1:27.01 (45.94)	2:13.90 (46.89)	2:54.62 (40.72)	

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11	Louise Rudasingwa	11	Chelsea & Kensington SC	3:08.08	2:57.60
	40.08	1:26.45 (46.37)	2:12.87 (46.42)	2:57.60 (44.73)	
12	Caroline Wong	11	Barnet Cophall	3:26.21	3:00.57
	40.33	1:27.04 (46.71)	2:15.94 (48.90)	3:00.57 (44.63)	
13	Saniya Bandey	11	Barnet Cophall	3:09.07	3:00.67
	39.78	1:26.38 (46.60)	2:14.27 (47.89)	3:00.67 (46.40)	
14	Molly Hogan	11	Barnet Cophall	3:13.91	3:03.16
	40.94	1:26.92 (45.98)	2:14.94 (48.02)	3:03.16 (48.22)	
15	Isabelle Hartley	11	Berkhamsted Sports Centre	3:14.31	3:11.46
	41.00	1:30.83 (49.83)	2:22.89 (52.06)	3:11.46 (48.57)	
16	Victoria Dobbie	11	Berkhamsted Sports Centre	4:16.00	3:27.84
	44.89	1:39.39 (54.50)	2:34.66 (55.27)	3:27.84 (53.18)	
17	Emma Desmond	11	Barnet Cophall	3:49.01	3:33.22
	45.20	1:41.06 (55.86)	2:39.00 (57.94)	3:33.22 (54.22)	
18	Linda Epstein	11	Barnet Cophall	4:00.00	3:39.47
	47.98	1:45.57 (57.59)	2:43.76 (58.19)	3:39.47 (55.71)	
---	Emily Au	11	Hertsmere Flyers	NT	X3:39.54
	49.16	1:46.26 (57.10)	2:44.01 (57.75)	3:39.54 (55.53)	

**Event 7 Girls 12 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Jo-Anne Zambelli	12	Barnet Cophall	2:19.44	2:17.96
	32.06	1:07.32 (35.26)	1:42.86 (35.54)	2:17.96 (35.10)	
2	Georgia Jackson-Virk	12	Barnet Cophall	2:29.16	2:22.96
	34.27	1:10.98 (36.71)	1:48.05 (37.07)	2:22.96 (34.91)	
3	Olivia D'Souza	12	Chelsea & Kensington SC	2:41.43	2:37.46
	36.65	1:16.83 (40.18)	1:56.72 (39.89)	2:37.46 (40.74)	
4	Holly Winfield	12	City of St Albans	2:42.43	2:37.54
	35.84	1:16.11 (40.27)	1:57.75 (41.64)	2:37.54 (39.79)	
5	Lily Cocks	12	Teddington Swimming Club	2:44.35	2:38.19
	36.11	1:16.14 (40.03)	1:58.58 (42.44)	2:38.19 (39.61)	
6	Alice Harper	12	Teddington Swimming Club	2:47.39	2:39.10
	36.88	1:17.72 (40.84)	2:00.17 (42.45)	2:39.10 (38.93)	
7	Abigail Barnes	12	Berkhamsted Sports Centre	3:01.15	2:58.43
	40.62	1:27.57 (46.95)	2:15.94 (48.37)	2:58.43 (42.49)	
8	Evie Price	12	Berkhamsted Sports Centre	3:28.31	3:12.61
	41.18	1:30.34 (49.16)	2:22.39 (52.05)	3:12.61 (50.22)	
---	Katie Lightowler	12	City of St Albans	2:35.71	DQ
	33.72	1:10.50 (36.78)	1:49.09 (38.59)	DQ (35.93)	

**Event 7 Girls 13 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Nina Wiseman	13	Bishops Stortford	2:24.12	2:26.28
	33.47	1:10.72 (37.25)	1:49.09 (38.37)	2:26.28 (37.19)	

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2	Grace Moore	13	Hertsmere Flyers	2:25.36	2:32.00
	33.87	1:13.04 (39.17)	1:53.56 (40.52)	2:32.00 (38.44)	
3	Eva Grant	13	Hounslow Hurricanes	2:35.41	2:37.49
	35.18	1:15.34 (40.16)	1:56.46 (41.12)	2:37.49 (41.03)	
4	Lauren Yates	13	Barnet Cophall	2:46.20	2:38.97
	35.41	1:16.38 (40.97)	1:58.16 (41.78)	2:38.97 (40.81)	
5	Lauren Rigby	13	City of St Albans	2:41.62	2:39.40
	37.10	1:17.99 (40.89)	1:59.52 (41.53)	2:39.40 (39.88)	
6	Abigail Crinall	13	Teddington Swimming Club	3:08.05	2:41.45
	36.74	1:17.47 (40.73)	1:59.92 (42.45)	2:41.45 (41.53)	
7	Rebekah Holden	13	Berkhamsted Sports Centre	2:46.72	2:41.66
	37.13	1:18.86 (41.73)	2:01.70 (42.84)	2:41.66 (39.96)	
8	Helena Soteriou	13	Barnet Cophall	2:58.00	2:44.01
	39.38	1:22.32 (42.94)	2:03.92 (41.60)	2:44.01 (40.09)	

**Event 7 Girls 14 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Angel Dimmick	14	Chelsea & Kensington SC	2:40.13	2:39.48
	36.40	1:16.58 (40.18)	1:58.43 (41.85)	2:39.48 (41.05)

**Event 8 Boys 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Robbie Lightowler	9	City of St Albans	3:42.97	3:47.31
	54.16	1:52.06 (57.90)	2:49.90 (57.84)	3:47.31 (57.41)
2 Charlie Turner	9	Barnet Cophall	4:12.63	4:09.00
	57.08	2:01.42 (1:04.34)	3:07.75 (1:06.33)	4:09.00 (1:01.25)
3 Zach Shalovsky	9	Barnet Cophall	3:51.72	4:12.92
	55.70	2:02.61 (1:06.91)	3:10.33 (1:07.72)	4:12.92 (1:02.59)
4 Callan Jones	9	Hertsmere Flyers	4:55.40	4:16.62
	58.39	2:04.90 (1:06.51)	3:11.55 (1:06.65)	4:16.62 (1:05.07)
5 Kento Tsuda	9	Barnet Cophall	3:44.01	4:25.45
	59.90	2:07.97 (1:08.07)	3:15.95 (1:07.98)	4:25.45 (1:09.50)
6 Panayiotis Panteli	9	Barnet Cophall	4:05.00	4:25.55
	1:01.64	2:09.44 (1:07.80)	3:18.71 (1:09.27)	4:25.55 (1:06.84)
7 Oscar Holden	9	Berkhamsted Sports Centre	4:49.84	4:43.41
	1:03.71	2:16.77 (1:13.06)	3:31.21 (1:14.44)	4:43.41 (1:12.20)
8 Hamish MacCaig	9	Berkhamsted Sports Centre	4:30.00	4:53.59
	1:06.95	2:23.60 (1:16.65)	3:39.87 (1:16.27)	4:53.59 (1:13.72)
--- George Georgiou	9	Barnet Cophall	4:50.00	DQ
	1:10.24	2:24.15 (1:13.91)	3:44.67 (1:20.52)	DQ (1:15.21)

**Event 8 Boys 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Hector Wilson	10	Chelsea & Kensington SC	3:38.43	3:34.17
	48.78	1:44.23 (55.45)	2:40.46 (56.23)	3:34.17 (53.71)
2 Samuel Henson	10	City of St Albans	3:43.21	3:47.92

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3	Liam Doonan	52.29	1:50.07 (57.78)	2:49.12 (59.05)	3:47.92 (58.80)	3:51.88
			10 Stevenage		3:50.00	
4	Liam Chong	54.65	1:55.74 (1:01.09)	2:55.50 (59.76)	3:51.88 (56.38)	3:55.55
			10 Barnet Cophall		4:19.99	
5	Benjamin Rochford	55.19	1:56.63 (1:01.44)	2:57.26 (1:00.63)	3:55.55 (58.29)	4:08.12
			10 Berkhamsted Sports Centre		4:02.50	
6	Michael Georgiou	56.82	2:02.42 (1:05.60)	3:06.81 (1:04.39)	4:08.12 (1:01.31)	4:21.16
			10 Barnet Cophall		4:21.77	
7	David Spicer	56.75	2:04.54 (1:07.79)	3:13.13 (1:08.59)	4:21.16 (1:08.03)	4:28.42
			10 Stevenage		4:14.22	
8	James Brennan	1:00.25	2:11.05 (1:10.80)	3:21.68 (1:10.63)	4:28.42 (1:06.74)	4:29.32
			10 Teddington Swimming Club		4:22.84	
9	Dino Caryotis	1:01.60	2:09.18 (1:07.58)	3:21.82 (1:12.64)	4:29.32 (1:07.50)	5:13.49
			10 Barnet Cophall		4:50.00	
---	Stephen McKenzie	1:10.05	2:30.90 (1:20.85)	3:54.35 (1:23.45)	5:13.49 (1:19.14)	DQ
			10 Barnet Cophall		5:30.00	
		1:06.88	2:17.69 (1:10.81)	3:31.72 (1:14.03)	DQ (1:11.73)	

**Event 8 Boys 11 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Jamie Richter	11	Barnet Cophall	3:35.21	3:19.26
2	Lewis Grant	11	Hounslow Hurricanes	3:25.82	3:25.88
3	Thomas Worbey	11	Stevenage	3:29.00	3:34.38
4	Bradley Doherty	11	Barnet Cophall	3:45.00	3:47.53
5	Thomas Patel	11	Berkhamsted Sports Centre	4:04.05	3:54.33
6	Alex Bramley	11	Berkhamsted Sports Centre	3:31.00	3:57.91
---	Aris Savva	11	Barnet Cophall	5:00.00	DQ
---	Curtis Coleman	11	Barnet Cophall	3:48.50	DQ
		52.10	1:50.83 (58.73)	2:50.22 (59.39)	DQ (56.88)

**Event 8 Boys 12 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Edward Allchorne	12	Barnet Cophall	3:04.32	3:01.64
2	Akil Philip-Forde	12	Barnet Cophall	3:38.65	3:15.57
3	Joseph Rochford	12	Berkhamsted Sports Centre	3:38.91	3:34.20
		48.61	1:44.20 (55.59)	2:40.34 (56.14)	3:34.20 (53.86)

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4	Hugo Cliff	12	Barnet Cophall	4:10.41	3:44.82
	52.52	1:50.55 (58.03)	2:48.60 (58.05)	3:44.82 (56.22)	
5	Adam Taie	12	Barnet Cophall	5:00.00	4:04.81
	56.87	2:00.14 (1:03.27)	3:03.31 (1:03.17)	4:04.81 (1:01.50)	
---	Robert Littleton	12	Barnet Cophall	4:50.00	DQ
	54.68		3:07.65 ( )	DQ (1:04.13)	

**Event 8 Boys 13 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Kim Lam Liu	13	Barnet Cophall	2:51.52	2:49.44
	38.20	1:20.90 (42.70)	2:06.35 (45.45)	2:49.44 (43.09)	
2	Ghasem Fathi	13	Barnet Cophall	2:57.27	2:56.99
	39.28	1:23.58 (44.30)	2:10.35 (46.77)	2:56.99 (46.64)	
3	Oliver Keegan	13	Barnet Cophall	3:16.40	3:00.65
	42.73	1:29.43 (46.70)	2:15.60 (46.17)	3:00.65 (45.05)	
4	Chris Stobart	13	City of St Albans	3:15.54	3:12.50
	43.61	1:32.72 (49.11)	2:22.66 (49.94)	3:12.50 (49.84)	
5	Michael Imrie	13	Berkhamsted Sports Centre	3:35.87	3:26.72
	48.38	1:40.99 (52.61)	2:34.89 (53.90)	3:26.72 (51.83)	
6	Craig Hill	13	Chelsea & Kensington SC	3:40.58	3:28.73
	48.35	1:40.65 (52.30)	2:36.39 (55.74)	3:28.73 (52.34)	
---	Christopher Au	13	Hertsmere Flyers	NT	X3:45.46
	53.99	1:50.15 (56.16)	2:47.81 (57.66)	3:45.46 (57.65)	
---	Paul Spicer	13	Stevenage	4:10.00	DQ
	51.98	1:52.72 (1:00.74)	2:53.13 (1:00.41)	DQ (57.48)	

**Event 8 Boys 14 & Over 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Sam Munkley	15	Hertsmere Flyers	2:50.03	2:51.39
	38.61	1:22.86 (44.25)	2:07.83 (44.97)	2:51.39 (43.56)	
2	Stephen Crinall	15	Teddington Swimming Club	2:48.77	2:52.18
	38.13	1:21.91 (43.78)	2:07.18 (45.27)	2:52.18 (45.00)	
3	Matthew Henson	15	City of St Albans	2:52.28	2:53.06
	38.87	1:22.77 (43.90)	2:07.30 (44.53)	2:53.06 (45.76)	
4	Will Atkins	14	Hounslow Hurricanes	3:07.60	3:01.32
	41.77	1:28.77 (47.00)	2:17.18 (48.41)	3:01.32 (44.14)	
5	Chris Brown	14	Chelsea & Kensington SC	3:02.65	3:05.82
	41.92	1:28.43 (46.51)	2:16.64 (48.21)	3:05.82 (49.18)	
6	Jamie Atkins	15	Hounslow Hurricanes	3:05.74	3:06.14
	41.91	1:29.67 (47.76)	2:18.18 (48.51)	3:06.14 (47.96)	
7	Oliver Wiseman	14	Bishops Stortford	3:24.11	3:23.47
	48.02	1:40.37 (52.35)	2:32.37 (52.00)	3:23.47 (51.10)	