

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 1 Boys 9 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Martyn Walton	9	Stevenage	6:08.23	5:54.19	3
			39.29	1:22.92 (43.63)	2:08.59 (45.67)
			3:40.86 (46.42)	4:27.99 (47.13)	5:15.22 (47.23)
2 Zach Shalovsky	9	Barnet Cophall	6:23.36	6:02.84	2
			38.28	1:24.29 (46.01)	2:08.98 (44.69)
			3:42.14 (46.83)	4:30.09 (47.95)	5:18.36 (48.27)
3 Danny Nelson	9	Sea-Byrd Harlington	6:28.00	6:32.78	1
			41.27	1:29.18 (47.91)	2:20.00 (50.82)
			4:03.08 (51.70)	4:54.59 (51.51)	5:45.40 (50.81)

Event 1 Boys 10 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Jamie Woodman	10	Sea-Byrd Harlington	5:57.22	5:48.24	3
			37.23	1:19.63 (42.40)	2:03.61 (43.98)
			3:33.65 (45.27)	4:19.94 (46.29)	5:05.91 (45.97)
2 Josh Pointer	10	Barnet Cophall	6:05.46	6:07.64	2
			40.35	1:24.67 (44.32)	2:11.37 (46.70)
			3:47.07 (47.70)	6:30.67 (2:43.60)	6:57.00 (26.33)
3 Liam Chong	10	Barnet Cophall	6:09.86	6:19.58	1
			40.84	1:27.17 (46.33)	2:14.85 (47.68)
			3:50.90 (48.29)	4:39.37 (48.47)	5:26.14 (46.77)
4 Adam Nash	10	Barnet Cophall	6:45.78	6:38.19	
			43.65	1:32.67 (49.02)	2:23.96 (51.29)
			4:06.69 (52.07)	4:58.47 (51.78)	5:49.42 (50.95)

Event 1 Boys 11 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Jamie Richter	11	Barnet Cophall	5:18.42	5:12.82	3
			34.94	1:13.40 (38.46)	1:52.63 (39.23)
			3:12.10 (39.86)	3:52.56 (40.46)	4:33.75 (41.19)
2 Curtis Coleman	11	Barnet Cophall	5:31.74	5:23.81	2
			35.14	1:14.66 (39.52)	1:56.29 (41.63)
			3:19.80 (41.41)	4:00.51 (40.71)	4:43.56 (43.05)
3 Joe Jackson	11	Barnet Cophall	6:33.66	6:20.06	1
			41.33	1:28.53 (47.20)	2:18.29 (49.76)
			3:58.47 (49.95)	4:47.77 (49.30)	5:36.73 (48.96)
4 Joel Perrett	11	Sea-Byrd Harlington	6:44.00	6:20.76	
			40.57	1:29.94 (49.37)	2:20.50 (50.56)
			3:59.69 (49.60)	4:48.37 (48.68)	5:37.79 (49.42)
5 Matthew Lee	11	Barnet Cophall	7:19.98	6:58.01	
			42.04	1:34.15 (52.11)	2:28.83 (54.68)
			4:18.10 (55.23)	5:12.83 (54.73)	6:06.42 (53.59)
6 Omar Darwish	11	Barnet Cophall	7:09.43	7:14.47	
			43.25	1:34.09 (50.84)	2:30.26 (56.17)
			4:23.09 (56.99)	5:21.55 (58.46)	6:19.42 (57.87)

Event 1 Boys 12 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 George Carter	12	Barnet Cophall	4:56.85	4:54.05	3
			32.95	1:09.75 (36.80)	1:47.00 (37.25)
			3:01.38 (37.57)	3:39.09 (37.71)	4:17.21 (38.12)

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2	Michael Fernandes	12	Barnet Cophall	4:57.99	4:56.09	2
	32.61	1:09.33 (36.72)	1:46.89 (37.56)	2:24.35 (37.46)		
	3:02.54 (38.19)	3:41.14 (38.60)	4:19.42 (38.28)	4:56.09 (36.67)		
3	Hugo Cliff	12	Barnet Cophall	5:28.63	5:00.93	1
	32.30	1:09.65 (37.35)	1:47.97 (38.32)	2:27.57 (39.60)		
	3:06.49 (38.92)	3:45.43 (38.94)	4:23.91 (38.48)	5:00.93 (37.02)		
4	Henry Yau	12	Barnet Cophall	5:07.71	5:04.16	
	33.30	1:25.36 (52.06)	1:57.13 (31.77)	2:28.44 (31.31)		
	3:10.09 (41.65)	3:46.58 (36.49)	4:26.18 (39.60)	5:04.16 (37.98)		
5	Bradley Doherty	12	Barnet Cophall	6:11.62	5:24.92	
	35.58	1:15.71 (40.13)	1:56.51 (40.80)	2:38.06 (41.55)		
	3:20.19 (42.13)	4:02.05 (41.86)	4:43.81 (41.76)	5:24.92 (41.11)		
6	Rory Atkins	12	Hounslow Hurricanes	5:39.97	5:32.98	
	36.26	1:16.56 (40.30)	1:58.69 (42.13)	2:41.46 (42.77)		
	3:24.40 (42.94)	4:07.94 (43.54)	4:51.02 (43.08)	5:32.98 (41.96)		
7	Adrian Schindler	12	Barnet Cophall	6:16.08	5:51.46	
	38.57	1:23.26 (44.69)	2:07.29 (44.03)	2:52.58 (45.29)		
	3:38.02 (45.44)	4:22.99 (44.97)	5:08.20 (45.21)	5:51.46 (43.26)		

Event 1 Boys 13 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Kim Lam Liu	13	Barnet Cophall	4:50.06	4:45.81	3
	32.56	1:07.82 (35.26)	1:44.10 (36.28)	2:20.46 (36.36)	
	2:57.25 (36.79)	3:33.97 (36.72)	4:10.43 (36.46)	4:45.81 (35.38)	
2 Pavan Rooprai	13	Hounslow Hurricanes	4:48.80	4:47.75	2
	30.54	1:05.03 (34.49)	1:41.75 (36.72)	2:19.16 (37.41)	
	2:56.80 (37.64)	3:34.37 (37.57)	4:11.85 (37.48)	4:47.75 (35.90)	
3 Matthew Costello	13	Stevenage	6:10.00	5:43.14	1
	38.62	1:21.80 (43.18)	2:06.01 (44.21)	2:50.94 (44.93)	
	3:35.05 (44.11)	4:18.93 (43.88)	5:01.50 (42.57)	5:43.14 (41.64)	
4 Adam Taie	13	Barnet Cophall	6:43.53	5:44.32	
	36.35	1:18.99 (42.64)	2:03.07 (44.08)	2:47.54 (44.47)	
	3:32.17 (44.63)	4:16.19 (44.02)	4:59.28 (43.09)	5:44.32 (45.04)	

Event 1 Boys 14 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Charlie Boldison	14	Barnet Cophall	4:26.00	4:38.95	3
	30.22	1:03.77 (33.55)	1:39.77 (36.00)	2:15.94 (36.17)	
	2:53.16 (37.22)	3:29.91 (36.75)	4:04.90 (34.99)	4:38.95 (34.05)	
2 Ian Goode	17	City of Milton Keynes	4:39.39	4:39.31	2
	31.10	1:05.99 (34.89)	1:42.35 (36.36)	2:19.09 (36.74)	
	2:55.55 (36.46)	3:31.14 (35.59)	4:05.85 (34.71)	4:39.31 (33.46)	
3 Will Atkins	14	Hounslow Hurricanes	5:01.94	4:45.08	1
	31.33	1:06.71 (35.38)	1:42.79 (36.08)	2:19.34 (36.55)	
	2:56.33 (36.99)	3:32.66 (36.33)	4:09.46 (36.80)	4:45.08 (35.62)	
4 Oli Wiseman	15	Bishops Stortford	4:56.11	4:56.02	
	33.50	1:10.05 (36.55)	1:47.98 (37.93)	2:25.87 (37.89)	
	3:03.52 (37.65)	3:41.34 (37.82)	4:19.23 (37.89)	4:56.02 (36.79)	
5 Eric Baker	15	Harpenden	5:10.50	4:56.23	
	32.91	1:09.37 (36.46)	1:46.99 (37.62)	2:24.85 (37.86)	
	3:02.82 (37.97)	3:41.19 (38.37)	4:19.16 (37.97)	4:56.23 (37.07)	
6 Daniel Young	14	Hounslow Hurricanes	5:22.26	5:32.02	
	33.21	1:11.23 (38.02)	1:52.61 (41.38)	2:34.56 (41.95)	
	3:18.84 (44.28)	4:03.45 (44.61)	4:48.97 (45.52)	5:32.02 (43.05)	

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Name	Age	Team	Seed Time	Finals Time	Points
1 Eadaoin Vincent	9	Barnet Cophall	8:19.87	7:23.89	3
			47.00	1:52.66 (1:05.66)	2:43.90 (51.24)
			4:37.91 (1:01.88)	5:42.67 (1:04.76)	6:33.21 (50.54)
				3:36.03 (52.13)	7:23.89 (50.68)

Event 2 Girls 10 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Anum Bandey	10	Barnet Cophall	7:33.48	6:36.72	3
			42.90	1:33.99 (51.09)	2:24.42 (50.43)
			4:11.86 (56.79)	5:08.10 (56.24)	5:53.02 (44.92)
				3:15.07 (50.65)	6:36.72 (43.70)
2 Pascale Howell	10	Barnet Cophall	7:58.61	6:36.89	2
			43.80	1:36.41 (52.61)	2:25.06 (48.65)
			4:15.30 (1:00.30)	5:14.50 (59.20)	5:56.51 (42.01)
				3:15.00 (49.94)	6:36.89 (40.38)

Event 2 Girls 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Maddy Tichborne	11	Barnet Cophall	5:36.50	5:36.99	3
			37.58	1:20.31 (42.73)	2:00.87 (40.56)
			3:33.47 (51.41)	4:23.87 (50.40)	5:00.66 (36.79)
				2:42.06 (41.19)	5:36.99 (36.33)
2 Harumi Yagi	11	Barnet Cophall	5:51.58	5:47.76	2
			36.36	1:18.97 (42.61)	2:05.31 (46.34)
			3:39.52 (48.60)	4:28.97 (49.45)	5:09.22 (40.25)
				2:50.92 (45.61)	5:47.76 (38.54)

Event 2 Girls 12 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Georgia Jackson-Virk	12	Barnet Cophall	5:27.05	5:22.20	3
			35.49	1:16.16 (40.67)	1:57.14 (40.98)
			3:23.19 (44.51)	4:10.15 (46.96)	4:46.86 (36.71)
				2:38.68 (41.54)	5:22.20 (35.34)
2 Saniya Bandey	12	Barnet Cophall	7:03.10	6:56.41	2
			48.16	1:48.52 (1:00.36)	2:37.33 (48.81)
			4:23.82 (54.72)	5:21.00 (57.18)	6:09.78 (48.78)
				3:29.10 (51.77)	6:56.41 (46.63)

Event 2 Girls 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
--- Aimee Joyce	13	Hounslow Hurricanes	6:29.72	DQ	
			39.50	1:28.07 (48.57)	2:15.39 (47.32)
			3:57.77 (55.23)	4:53.86 (56.09)	5:37.81 (43.95)
				3:02.54 (47.15)	DQ (43.35)

Event 2 Girls 14 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Jessie Porter	15	Barnet Cophall	5:02.31	5:08.64	3
			32.96	1:10.06 (37.10)	1:49.25 (39.19)
			3:12.37 (43.86)	3:57.90 (45.53)	4:33.45 (35.55)
				2:28.51 (39.26)	5:08.64 (35.19)
2 Jessica Jackson-Virk	14	Barnet Cophall	5:24.66	5:21.42	2
			35.89	1:17.74 (41.85)	1:59.02 (41.28)
			3:22.93 (42.28)	4:07.02 (44.09)	4:45.26 (38.24)
				2:40.65 (41.63)	5:21.42 (36.16)
3 Karolina Siwec	14	Barnet Cophall	5:30.93	5:32.79	1
			35.60	1:16.21 (40.61)	1:55.57 (39.36)
			3:24.89 (49.08)	4:14.69 (49.80)	4:54.47 (39.78)
				2:35.81 (40.24)	5:32.79 (38.32)

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4	Lauren De Witt	15	Hounslow Hurricanes	5:44.63	5:52.28
	35.87	1:20.30 (44.43)	2:02.69 (42.39)	2:46.06 (43.37)	
	3:36.80 (50.74)	4:28.33 (51.53)	5:10.75 (42.42)	5:52.28 (41.53)	
5	Amy Thompson	17	Harpenden	5:53.78	5:55.47
	39.97	1:28.89 (48.92)	2:13.91 (45.02)	2:59.39 (45.48)	
	3:46.50 (47.11)	4:34.20 (47.70)	5:16.43 (42.23)	5:55.47 (39.04)	
6	Helen Richardson	14	Hounslow Hurricanes	7:20.26	6:53.56
	48.50	1:44.13 (55.63)	2:33.82 (49.69)	3:24.07 (50.25)	
	4:23.45 (59.38)	5:22.21 (58.76)	6:08.49 (46.28)	6:53.56 (45.07)	

Event 3 Boys 9 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Zach Shalovsky	9	Barnet Cophall	3:19.60	3:08.39	3
	44.95	1:29.00 (44.05)	2:27.62 (58.62)	3:08.39 (40.77)		
2	George Kapanadze	9	Barnet Cophall	3:20.64	3:13.71	2
	44.57	1:33.24 (48.67)	2:29.71 (56.47)	3:13.71 (44.00)		
3	Martyn Walton	9	Stevenage	3:20.46	3:15.66	1
	43.10	1:31.44 (48.34)	2:33.41 (1:01.97)	3:15.66 (42.25)		
4	George Prunty	9	Sea-Byrd Harlington	3:27.21	3:22.74	
	47.52	1:36.58 (49.06)	2:38.30 (1:01.72)	3:22.74 (44.44)		
5	Danny Nelson	9	Sea-Byrd Harlington	3:19.00	3:26.94	
	48.08	1:39.88 (51.80)	2:42.00 (1:02.12)	3:26.94 (44.94)		
6	Hamish Wheen	9	Harpenden	3:51.23	3:40.10	
	50.21	1:44.45 (54.24)	2:50.63 (1:06.18)	3:40.10 (49.47)		
7	Matthew Quinn	9	Sea-Byrd Harlington	3:55.00	4:15.85	
	1:07.37	2:10.02 (1:02.65)	3:20.33 (1:10.31)	4:15.85 (55.52)		
---	Hamish Hudson	9	Barnet Cophall	4:00.35	DQ	
	55.98	1:52.32 (56.34)	3:00.57 (1:08.25)	DQ (48.13)		
---	Fabio Arricale	9	Barnet Cophall	4:00.17	DQ	
	1:06.16	1:59.10 (52.94)	3:08.08 (1:08.98)	DQ (52.88)		

Event 3 Boys 10 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Joseph Mileusnic	10	Stevenage	3:20.01	3:06.21	3
	44.95	1:34.70 (49.75)	2:25.03 (50.33)	3:06.21 (41.18)		
2	Jamie Woodman	10	Sea-Byrd Harlington	3:38.81	3:20.94	2
	49.77	1:38.16 (48.39)	2:40.29 (1:02.13)	3:20.94 (40.65)		
3	William Pocock	10	Sea-Byrd Harlington	3:50.00	3:22.41	1
	46.47	1:36.58 (50.11)	2:37.39 (1:00.81)	3:22.41 (45.02)		
4	Josh Pointer	10	Barnet Cophall	3:40.05	3:23.24	
	45.40	1:35.00 (49.60)	2:41.16 (1:06.16)	3:23.24 (42.08)		
5	Nicolas Gore	10	Sea-Byrd Harlington	3:34.81	3:23.31	
	49.58	1:38.44 (48.86)	2:40.80 (1:02.36)	3:23.31 (42.51)		
6	Arthur Hogleund-Stone	10	Sea-Byrd Harlington	3:39.11	3:30.34	
	53.36	1:43.53 (50.17)	2:46.54 (1:03.01)	3:30.34 (43.80)		
7	Liam Chong	10	Barnet Cophall	3:27.88	3:31.94	
	49.87	1:45.90 (56.03)	2:45.65 (59.75)	3:31.94 (46.29)		
8	Adam Nash	10	Barnet Cophall	3:43.39	3:36.35	
	57.63	1:48.47 (50.84)	2:49.91 (1:01.44)	3:36.35 (46.44)		

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9 Daniel Pusey	10 Sea-Byrd Harlington	3:54.00	3:44.94
54.37	1:50.46 (56.09)	2:57.87 (1:07.41)	3:44.94 (47.07)
--- Harry Jackson	10 Sea-Byrd Harlington	3:42.90	DQ
1:48.87		2:55.63 ()	DQ (46.73)
--- Charlie Turner	10 Barnet Cophall	3:58.50	DQ
57.88	1:51.40 (53.52)	2:52.57 (1:01.17)	DQ (46.10)

Event 3 Boys 11 Year Olds 200 SC Meter IM

Name	Age Team	Seed Time	Finals Time	Points
1 Jamie Richter	11 Barnet Cophall	3:03.65	2:56.92	3
40.24	1:27.47 (47.23)	2:17.21 (49.74)	2:56.92 (39.71)	
2 Billy Mayger	11 Sea-Byrd Harlington	3:01.13	2:57.26	2
40.01	1:26.16 (46.15)	2:17.96 (51.80)	2:57.26 (39.30)	
3 Lewis Grant	11 Hounslow Hurricanes	3:00.94	3:00.13	1
39.18	1:25.95 (46.77)	2:19.83 (53.88)	3:00.13 (40.30)	
4 Curtis Coleman	11 Barnet Cophall	3:03.86	3:01.16	
44.02	1:28.36 (44.34)	2:21.86 (53.50)	3:01.16 (39.30)	
5 Aris Savva	11 Barnet Cophall	3:58.66	3:22.81	
48.55	1:37.26 (48.71)	2:39.17 (1:01.91)	3:22.81 (43.64)	
6 David Moore	11 Sea-Byrd Harlington	3:48.82	3:33.68	
51.00	1:42.14 (51.14)	2:47.43 (1:05.29)	3:33.68 (46.25)	
7 Sean Jones	11 Sea-Byrd Harlington	4:05.00	3:38.63	
52.33	1:47.65 (55.32)	2:54.89 (1:07.24)	3:38.63 (43.74)	
8 Joel Perrett	11 Sea-Byrd Harlington	3:28.64	3:39.92	
51.61	1:46.52 (54.91)	2:52.73 (1:06.21)	3:39.92 (47.19)	
9 Omar Darwish	11 Barnet Cophall	3:53.55	3:45.23	
54.75	1:52.21 (57.46)	2:58.98 (1:06.77)	3:45.23 (46.25)	
10 Robert Hill	11 Sea-Byrd Harlington	4:00.00	3:52.53	
1:00.87	1:55.83 (54.96)	3:01.76 (1:05.93)	3:52.53 (50.77)	
11 Jasper Wong	11 Barnet Cophall	4:21.27	4:08.57	
55.97	1:59.25 (1:03.28)	3:07.77 (1:08.52)	4:08.57 (1:00.80)	
--- Joe Jackson	11 Barnet Cophall	3:24.92	DQ	
48.99	1:38.41 (49.42)	2:40.09 (1:01.68)	DQ (44.75)	
--- Matthew Lee	11 Barnet Cophall	4:17.20	DQ	
58.84	1:48.98 (50.14)	2:53.36 (1:04.38)	DQ (46.87)	

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Name	Age Team	Seed Time	Finals Time	Points
1 Henry Yau	12 Barnet Cophall	2:37.75	2:37.45	3
35.20	1:16.13 (40.93)	2:00.04 (43.91)	2:37.45 (37.41)	
2 Michael Fernandes	12 Barnet Cophall	2:44.58	2:40.38	2
34.59	1:14.64 (40.05)	2:03.96 (49.32)	2:40.38 (36.42)	
3 George Carter	12 Barnet Cophall	2:51.89	2:44.84	1
36.61	1:17.76 (41.15)	2:08.53 (50.77)	2:44.84 (36.31)	
4 Hugo Cliff	12 Barnet Cophall	3:04.84	2:51.87	
37.03	1:19.51 (42.48)	2:51.87 (1:32.36)	2:51.87 ()	
5 Akil Philip-Forde	12 Barnet Cophall	3:14.19	2:52.79	
37.79	1:23.62 (45.83)	2:14.84 (51.22)	2:52.79 (37.95)	

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6	Bradley Doherty	12	Barnet Cophall	3:24.94	3:00.75
	39.70	1:26.56 (46.86)	2:22.03 (55.47)	3:00.75 (38.72)	
7	Anthony Wood	12	Sea-Byrd Harlington	3:20.56	3:15.24
	45.97	1:33.78 (47.81)	2:33.95 (1:00.17)	3:15.24 (41.29)	
8	Adrian Schindler	12	Barnet Cophall	3:27.52	3:18.30
	45.00	1:34.44 (49.44)	2:37.24 (1:02.80)	3:18.30 (41.06)	
9	Nathan Wilson	12	Sea-Byrd Harlington	3:54.22	3:23.23
	48.53	1:39.81 (51.28)	2:38.63 (58.82)	3:23.23 (44.60)	
---	Theophilus Hee	12	Barnet Cophall	4:23.02	DQ
	1:08.09	2:15.26 (1:07.17)	3:25.25 (1:09.99)	DQ (57.90)	

Event 3 Boys 13 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Edward Allchorne	13	Barnet Cophall	2:36.26	2:34.15	3
	32.09	1:12.95 (40.86)	1:58.75 (45.80)	2:34.15 (35.40)	
2 Matthew Costello	13	Stevenage	3:45.00	3:15.15	2
	47.44	1:35.12 (47.68)	2:37.81 (1:02.69)	3:15.15 (37.34)	
3 Adam Taie	13	Barnet Cophall	3:51.61	3:15.32	1
	42.15	1:34.86 (52.71)	2:33.33 (58.47)	3:15.32 (41.99)	

Event 3 Boys 14 & Over 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Martyn Bermingham	17	Barnet Cophall	2:11.54	2:13.54	3
	28.55	1:02.96 (34.41)	1:42.07 (39.11)	2:13.54 (31.47)	
2 Chris Clements	19	Barnet Cophall	2:25.22	2:23.89	2
	33.53	1:13.34 (39.81)	1:51.20 (37.86)	2:23.89 (32.69)	
3 Charlie Boldison	14	Barnet Cophall	2:21.25	2:24.70	1
	27.90	1:03.25 (35.35)	1:48.66 (45.41)	2:24.70 (36.04)	
4 Akshay Shah	15	Barnet Cophall	2:26.68	2:27.85	
	31.62	1:06.50 (34.88)	1:54.18 (47.68)	2:27.85 (33.67)	
5 Ghasem Fathi	14	Barnet Cophall	2:28.00	2:31.58	
	32.51	1:12.69 (40.18)	1:56.16 (43.47)	2:31.58 (35.42)	
6 Daniel Young	14	Hounslow Hurricanes	3:01.11	2:58.36	
	36.15	1:22.39 (46.24)	2:18.25 (55.86)	2:58.36 (40.11)	

Event 4 Girls 9 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Akari Ishida	9	Barnet Cophall	2:48.59	2:44.37	3
	37.62	1:19.68 (42.06)	2:03.57 (43.89)	2:44.37 (40.80)	
2 Poppy Chapple	9	Barnet Cophall	2:57.45	2:53.49	2
	39.51	1:24.92 (45.41)	2:11.34 (46.42)	2:53.49 (42.15)	
3 Jodie Hare	9	Barnet Cophall	3:01.21	2:54.34	1
	37.77	1:21.86 (44.09)	2:09.25 (47.39)	2:54.34 (45.09)	
4 Paige Mann	9	Sea-Byrd Harlington	3:03.71	2:54.99	
	38.64	1:22.97 (44.33)	2:09.68 (46.71)	2:54.99 (45.31)	
5 Amy Moesley	9	Sea-Byrd Harlington	3:15.49	3:07.25	
	40.92	1:29.51 (48.59)	2:19.66 (50.15)	3:07.25 (47.59)	

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6	Emily Bell		9	Barnet Cophall	3:25.91	3:13.14
	40.66	1:30.06 (49.40)		2:21.76 (51.70)	3:13.14 (51.38)	
7	Eleanor Brothwood		9	Barnet Cophall	5:00.00	3:40.06
	47.26	1:43.02 (55.76)		2:42.39 (59.37)	3:40.06 (57.67)	
8	Dana Afshar		9	Barnet Cophall	3:40.00	3:45.15
	50.52	1:50.19 (59.67)		2:52.16 (1:01.97)	3:45.15 (52.99)	
9	Sabina Filippone		9	Barnet Cophall	5:00.00	4:54.94
	1:00.47	2:19.06 (1:18.59)		3:39.74 (1:20.68)	4:54.94 (1:15.20)	

Event 4 Girls 10 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Karis Fuller	10	Barnet Cophall	2:48.77	2:42.41	3
	37.20	1:19.76 (42.56)		2:02.69 (42.93)	2:42.41 (39.72)	
2	Sarah Sharp	10	Barnet Cophall	2:50.05	2:47.40	2
	37.90	1:21.17 (43.27)		2:05.91 (44.74)	2:47.40 (41.49)	
3	Ria Ogilvie-Herald	10	Barnet Cophall	2:58.52	2:51.48	1
	37.75	1:22.89 (45.14)		2:09.16 (46.27)	2:51.48 (42.32)	
4	Anum Bandey	10	Barnet Cophall	2:53.43	2:52.44	
	39.94	1:24.48 (44.54)		2:10.97 (46.49)	2:52.44 (41.47)	
5	Emily Reeves	10	Sea-Byrd Harlington	3:26.00	3:05.27	
	40.87	1:30.22 (49.35)		2:19.14 (48.92)	3:05.27 (46.13)	
6	Emma Irwin	10	Sea-Byrd Harlington	3:25.00	3:07.52	
	39.79	1:27.52 (47.73)		2:19.23 (51.71)	3:07.52 (48.29)	
7	Mollie Whiteside	10	Barnet Cophall	3:22.60	3:07.73	
	40.94	1:29.41 (48.47)		2:20.12 (50.71)	3:07.73 (47.61)	
8	Megan Campfield	10	Harpenden	3:25.35	3:07.93	
	41.20	1:30.11 (48.91)		2:22.10 (51.99)	3:07.93 (45.83)	
9	Nadia Asri	10	Barnet Cophall	3:29.10	3:08.96	
	41.86	1:30.45 (48.59)		2:21.38 (50.93)	3:08.96 (47.58)	
10	Jessica Garner	10	Harpenden	3:26.30	3:13.77	
	43.36	1:33.89 (50.53)		2:24.92 (51.03)	3:13.77 (48.85)	
11	Davina Kundi	10	Sea-Byrd Harlington	3:27.41	3:17.38	
	42.52	1:34.62 (52.10)		2:27.56 (52.94)	3:17.38 (49.82)	
12	Emma Becirovic	10	Barnet Cophall	3:38.22	3:18.87	
	41.88	1:32.43 (50.55)		2:26.02 (53.59)	3:18.87 (52.85)	
13	Zoe Taplin	10	Sea-Byrd Harlington	3:50.27	3:18.99	
	46.04	1:36.80 (50.76)		2:29.19 (52.39)	3:18.99 (49.80)	
14	Natalie Wilson	10	Sea-Byrd Harlington	3:45.73	3:19.06	
	45.19	1:36.46 (51.27)		2:28.02 (51.56)	3:19.06 (51.04)	
15	Laura Watt	10	City of Milton Keynes	3:12.50	3:20.33	
	44.74	1:36.17 (51.43)		2:29.05 (52.88)	3:20.33 (51.28)	
16	Sian Hyland	10	Sea-Byrd Harlington	4:12.00	3:23.20	
	46.38	1:37.96 (51.58)		2:33.16 (55.20)	3:23.20 (50.04)	
17	Megan Morris	10	Hounslow Hurricanes	3:42.49	3:37.18	
	45.50	1:40.61 (55.11)		2:40.97 (1:00.36)	3:37.18 (56.21)	

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Name	Age	Team	Seed Time	Finals Time	Points
1 Maddy Tichborne	11	Barnet Cophall	2:19.22	2:18.76	3
32.62	1:07.71 (35.09)	1:43.63 (35.92)	2:18.76 (35.13)		
2 Nicola Burlingham	11	Barnet Cophall	2:24.77	2:22.37	2
33.35	1:10.20 (36.85)	1:47.29 (37.09)	2:22.37 (35.08)		
3 Emily Dean	11	Barnet Cophall	2:29.21	2:28.59	1
34.57	1:12.67 (38.10)	1:51.09 (38.42)	2:28.59 (37.50)		
4 Angelina Filippone	11	Barnet Cophall	2:42.08	2:36.69	
37.62	1:18.44 (40.82)	1:58.11 (39.67)	2:36.69 (38.58)		
5 Abigail Smith	11	Harpenden	2:51.05	2:42.39	
37.29	1:19.16 (41.87)	2:02.53 (43.37)	2:42.39 (39.86)		
6 Caroline Wong	11	Barnet Cophall	3:00.57	2:44.23	
36.04	1:18.64 (42.60)	2:02.82 (44.18)	2:44.23 (41.41)		
7 Molly Hogan	11	Barnet Cophall	3:03.16	2:46.48	
37.37	1:20.11 (42.74)	2:03.90 (43.79)	2:46.48 (42.58)		
8 Natalie Redmayne	11	Hounslow Hurricanes	3:02.29	2:50.95	
37.06	1:20.63 (43.57)	2:06.19 (45.56)	2:50.95 (44.76)		
9 Hannah Page	11	Sea-Byrd Harlington	3:00.12	2:51.67	
38.36	1:23.36 (45.00)	2:10.57 (47.21)	2:51.67 (41.10)		
10 Katie Tuff	11	Sea-Byrd Harlington	3:05.81	2:55.45	
39.79	1:25.10 (45.31)	2:13.55 (48.45)	2:55.45 (41.90)		
11 Cara Yates	11	Barnet Cophall	3:13.17	3:01.99	
39.19	1:25.88 (46.69)	2:14.33 (48.45)	3:01.99 (47.66)		
12 Esme Dove	11	Barnet Cophall	3:29.34	3:02.59	
39.60	1:26.92 (47.32)	2:15.58 (48.66)	3:02.59 (47.01)		
13 Olivia Harpley	11	Barnet Cophall	3:40.21	3:12.25	
42.95	1:31.87 (48.92)	2:22.95 (51.08)	3:12.25 (49.30)		
14 Emily Au	11	Hertsmere Flyers	3:39.64	3:23.05	
46.57	1:40.21 (53.64)	2:32.52 (52.31)	3:23.05 (50.53)		
15 Georgina Ring	11	Sea-Byrd Harlington	3:41.44	3:27.08	
42.91	1:36.17 (53.26)	2:31.96 (55.79)	3:27.08 (55.12)		
16 Emma Desmond	11	Barnet Cophall	3:33.22	3:29.48	
43.92	1:38.33 (54.41)	2:34.93 (56.60)	3:29.48 (54.55)		
17 Rebecca McDonagh	11	Barnet Cophall	3:57.22	3:34.00	
46.79	1:42.50 (55.71)	2:40.53 (58.03)	3:34.00 (53.47)		
18 Safina Hardy	11	Barnet Cophall	4:18.09	3:52.56	
48.25	1:49.62 (1:01.37)	2:53.36 (1:03.74)	3:52.56 (59.20)		
19 Danna Karayeva	11	Barnet Cophall	4:30.00	3:58.69	
46.81	1:48.44 (1:01.63)	2:54.59 (1:06.15)	3:58.69 (1:04.10)		
20 Saeidah Toupchiani	11	Barnet Cophall	5:00.00	4:01.73	
50.41	1:54.97 (1:04.56)	3:00.79 (1:05.82)	4:01.73 (1:00.94)		

Event 4 Girls 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Megan Boldison	12	Barnet Cophall	2:18.42	2:17.47	3
32.65	1:06.62 (33.97)	1:42.41 (35.79)	2:17.47 (35.06)		

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2	Georgia Jackson-Virk	12	Barnet Cophall	2:21.35	2:20.50	2
	32.97	1:09.06 (36.09)	1:44.77 (35.71)	2:20.50 (35.73)		
3	Hannah Weetman	12	City of Milton Keynes	2:44.78	2:32.88	1
	34.66	1:13.74 (39.08)	1:53.94 (40.20)	2:32.88 (38.94)		
4	Eleanor Wheen	12	Harpenden	2:48.97	2:42.67	
	36.92	1:19.00 (42.08)	2:02.49 (43.49)	2:42.67 (40.18)		
5	Isobel Thompson	12	Harpenden	2:50.68	2:47.12	
	37.03	1:19.42 (42.39)	2:03.90 (44.48)	2:47.12 (43.22)		
6	Valerie Boivin	12	Barnet Cophall	3:10.00	2:47.39	
	37.42	1:19.67 (42.25)	2:05.41 (45.74)	2:47.39 (41.98)		
7	Rhian Morris	12	Hounslow Hurricanes	3:15.00	2:52.29	
	39.56	1:25.21 (45.65)	2:10.38 (45.17)	2:52.29 (41.91)		
8	Saniya Bandey	12	Barnet Cophall	2:58.82	3:00.01	
	39.82	1:26.00 (46.18)	2:13.97 (47.97)	3:00.01 (46.04)		
9	Linda Epstein	12	Barnet Cophall	3:39.47	3:27.10	
	44.04	1:39.36 (55.32)	2:32.71 (53.35)	3:27.10 (54.39)		
---	Vani Mudgal	12	Hounslow Hurricanes	3:24.77	DQ	
	39.58	1:28.37 (48.79)	2:17.79 (49.42)	DQ (48.31)		

Event 4 Girls 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jo-Anne Zambelli	13	Barnet Cophall	2:17.96	2:18.12	3
	31.66	1:06.32 (34.66)	1:42.56 (36.24)	2:18.12 (35.56)		
2	Nina Wiseman	13	Bishops Stortford	2:22.10	2:22.08	2
	31.99	1:07.67 (35.68)	1:45.28 (37.61)	2:22.08 (36.80)		
3	Eva Grant	13	Hounslow Hurricanes	2:35.41	2:28.09	1
	33.52	1:11.30 (37.78)	1:50.46 (39.16)	2:28.09 (37.63)		
4	Georgette Smith	13	Harpenden	2:38.89	2:32.79	
	33.70	1:12.37 (38.67)	1:53.44 (41.07)	2:32.79 (39.35)		
5	Lauren Yates	13	Barnet Cophall	2:38.97	2:34.50	
	34.54	1:14.34 (39.80)	1:55.65 (41.31)	2:34.50 (38.85)		
6	Helena Soteriou	13	Barnet Cophall	2:44.01	2:36.49	
	37.21	1:17.59 (40.38)	1:58.13 (40.54)	2:36.49 (38.36)		
7	Aimee Joyce	13	Hounslow Hurricanes	2:50.47	2:41.85	
	36.37	1:17.72 (41.35)	2:01.00 (43.28)	2:41.85 (40.85)		
8	Grace Coventry	13	Stevenage	2:40.00	2:44.66	
	36.74	1:18.32 (41.58)	2:01.27 (42.95)	2:44.66 (43.39)		
9	Jasmine Rusk	13	Hounslow Hurricanes	3:25.02	2:58.11	
	37.58	1:22.04 (44.46)	2:10.73 (48.69)	2:58.11 (47.38)		

Event 4 Girls 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jessie Porter	15	Barnet Cophall	2:09.25	2:10.13	3
	31.58	1:05.07 (33.49)	1:37.92 (32.85)	2:10.13 (32.21)		
2	Lauren Chapple	14	Barnet Cophall	2:10.24	2:10.44	2
	31.51	1:04.53 (33.02)	1:37.87 (33.34)	2:10.44 (32.57)		
3	Alice Pearson	14	Barnet Cophall	2:12.82	2:17.68	1
	32.84	1:07.76 (34.92)	1:42.93 (35.17)	2:17.68 (34.75)		

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4	Jessica Jackson-Virk	14	Barnet Cophall	2:19.59	2:22.21
	33.66	1:09.31 (35.65)	1:46.48 (37.17)	2:22.21 (35.73)	
5	Lauren De Witt	15	Hounslow Hurricanes	2:21.86	2:29.82
	33.15	1:11.20 (38.05)	1:50.77 (39.57)	2:29.82 (39.05)	
6	Louise Hughes	14	Stevenage	2:40.30	2:35.06
	34.28	1:13.69 (39.41)	1:54.55 (40.86)	2:35.06 (40.51)	
7	Jill Cooper	15	Hounslow Hurricanes	2:49.72	2:41.38
	35.08	1:15.03 (39.95)	2:41.60 (1:26.57)	2:41.38 ()	
8	Sabrina Faramazi	14	Hounslow Hurricanes	3:04.48	2:58.79
	37.08	1:21.86 (44.78)	2:58.79 (1:36.93)		

Event 5 Boys 9 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Zach Shalovsky	9	Barnet Cophall	3:59.35	3:41.79	3
	54.18	1:50.25 (56.07)	2:47.46 (57.21)	3:41.79 (54.33)	
2 George Prunty	9	Sea-Byrd Harlington	3:57.08	3:50.41	2
	53.47	1:53.76 (1:00.29)	2:51.70 (57.94)	3:50.41 (58.71)	
3 Fabio Arricale	9	Barnet Cophall	4:10.19	4:05.45	1
	56.10	2:01.55 (1:05.45)	3:04.53 (1:02.98)	4:05.45 (1:00.92)	
4 Panayiotis Panteli	9	Barnet Cophall	4:25.55	4:17.18	
	57.92	2:04.19 (1:06.27)	3:12.78 (1:08.59)	4:17.18 (1:04.40)	
5 Hamish Hudson	9	Barnet Cophall	4:17.19	4:22.38	
	1:00.27	2:10.24 (1:09.97)	3:16.51 (1:06.27)	4:22.38 (1:05.87)	
6 Matthew Quinn	9	Sea-Byrd Harlington	4:08.00	4:23.47	
	1:01.43	2:10.91 (1:09.48)	3:18.46 (1:07.55)	4:23.47 (1:05.01)	
7 Leighton Jones	9	Sea-Byrd Harlington	4:30.00	4:29.47	
	1:00.62	2:11.60 (1:10.98)	3:22.37 (1:10.77)	4:29.47 (1:07.10)	
8 Michael Gill	9	Sea-Byrd Harlington	4:30.00	4:29.75	
	1:02.95	2:11.68 (1:08.73)	3:21.74 (1:10.06)	4:29.75 (1:08.01)	
9 Conor Bateman	9	Sea-Byrd Harlington	5:00.00	5:14.00	
	1:09.39	2:33.53 (1:24.14)	3:53.25 (1:19.72)	5:14.00 (1:20.75)	
--- George Kapanadze	9	Barnet Cophall	3:34.23	DQ	
	49.70	1:46.46 (56.76)	2:44.76 (58.30)	DQ (56.26)	
--- George Georgiou	9	Barnet Cophall	4:59.87	DQ	
	1:03.71	2:19.11 (1:15.40)	3:35.37 (1:16.26)	DQ (1:12.13)	

Event 5 Boys 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Joseph Mileusnic	10	Stevenage	3:32.89	3:31.36	3
	49.00	1:44.19 (55.19)	2:39.42 (55.23)	3:31.36 (51.94)	
2 Adam Nash	10	Barnet Cophall	4:00.17	3:47.56	2
	54.08	1:52.09 (58.01)	2:51.11 (59.02)	3:47.56 (56.45)	
3 William Pocock	10	Sea-Byrd Harlington	3:59.00	3:49.57	1
	53.46	1:53.35 (59.89)	2:52.34 (58.99)	3:49.57 (57.23)	
4 Nicolas Gore	10	Sea-Byrd Harlington	4:19.35	3:59.28	
	55.38	1:56.29 (1:00.91)	2:59.02 (1:02.73)	3:59.28 (1:00.26)	
5 Harry Jackson	10	Sea-Byrd Harlington	4:02.87	4:02.77	
	55.73	1:59.44 (1:03.71)	3:03.32 (1:03.88)	4:02.77 (59.45)	

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6	Arthur Hogleund-Stone	10	Sea-Byrd Harlington	4:04.00	4:03.82
	55.37	2:00.10 (1:04.73)	3:02.67 (1:02.57)	4:03.82 (1:01.15)	
7	Rory Linnane	10	Sea-Byrd Harlington	5:00.00	4:33.87
	1:00.61	2:10.26 (1:09.65)	3:22.03 (1:11.77)	4:33.87 (1:11.84)	
8	Dino Caryotis	10	Barnet Cophall	5:13.49	4:45.76
	1:04.89	2:19.90 (1:15.01)	3:34.25 (1:14.35)	4:45.76 (1:11.51)	

Event 5 Boys 11 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Billy Mayger	11	Sea-Byrd Harlington	3:25.86	3:17.16	3
	44.75	1:35.68 (50.93)	2:27.70 (52.02)	3:17.16 (49.46)		
2	Lewis Grant	11	Hounslow Hurricanes	3:25.82	3:21.12	2
	44.21	1:35.82 (51.61)	2:29.40 (53.58)	3:21.12 (51.72)		
3	Jamie Richter	11	Barnet Cophall	3:16.45	3:25.87	1
	46.26	1:38.54 (52.28)	2:32.73 (54.19)	3:25.87 (53.14)		
4	Matthew Kersey	11	Verulam	4:04.36	3:47.86	
	52.40	1:52.29 (59.89)	2:50.56 (58.27)	3:47.86 (57.30)		
5	Aris Savva	11	Barnet Cophall	4:14.77	4:00.93	
	57.46	2:00.22 (1:02.76)	3:03.23 (1:03.01)	4:00.93 (57.70)		
6	Joe Jackson	11	Barnet Cophall	4:17.89	4:01.50	
	57.58	2:00.81 (1:03.23)	3:03.27 (1:02.46)	4:01.50 (58.23)		
7	Matthew Lee	11	Barnet Cophall	4:41.68	4:03.04	
	57.73	2:00.26 (1:02.53)	3:02.71 (1:02.45)	4:03.04 (1:00.33)		
8	Omar Darwish	11	Barnet Cophall	4:23.07	4:12.04	
	56.14	2:02.68 (1:06.54)	3:09.91 (1:07.23)	4:12.04 (1:02.13)		
9	Jasper Wong	11	Barnet Cophall	4:20.17	4:12.34	
	52.78	1:56.77 (1:03.99)	3:05.08 (1:08.31)	4:12.34 (1:07.26)		

Event 5 Boys 12 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Henry Yau	12	Barnet Cophall	2:54.60	2:52.70	3
	39.25	1:22.74 (43.49)	2:07.61 (44.87)	2:52.70 (45.09)		
2	Manasseh Dalton-Brown	12	Barnet Cophall	3:30.00	3:19.43	2
	44.58	1:36.91 (52.33)	2:29.62 (52.71)	3:19.43 (49.81)		
3	Rory Atkins	12	Hounslow Hurricanes	3:43.26	3:21.94	1
	45.85	1:37.56 (51.71)	2:30.03 (52.47)	3:21.94 (51.91)		
4	Theophilus Hee	12	Barnet Cophall	4:35.27	4:23.71	
	1:00.63	2:10.12 (1:09.49)	3:17.06 (1:06.94)	4:23.71 (1:06.65)		

Event 5 Boys 13 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kim Lam Liu	13	Barnet Cophall	2:49.44	2:44.24	3
	37.46	1:18.63 (41.17)	2:01.71 (43.08)	2:44.24 (42.53)		
2	Christopher Au	13	Hertsmere Flyers	3:46.46	3:42.11	2
	53.49	1:50.19 (56.70)	2:46.27 (56.08)	3:42.11 (55.84)		
3	Adam Taie	13	Barnet Cophall	4:04.81	3:45.61	1
	51.06	1:50.35 (59.29)	2:49.19 (58.84)	3:45.61 (56.42)		

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Name	Age	Team	Seed Time	Finals Time	Points
1 Chris Clements	19	Barnet Cophall	2:30.80	2:29.22	3
34.43	1:11.98 (37.55)	1:50.46 (38.48)	2:29.22 (38.76)		
2 Joao Matias	20	Barnet Cophall	2:30.00	2:38.38	2
35.75	1:15.21 (39.46)	1:56.27 (41.06)	2:38.38 (42.11)		
3 Martyn Bermingham	17	Barnet Cophall	2:32.71	2:43.30	1
36.15	1:18.23 (42.08)	2:02.13 (43.90)	2:43.30 (41.17)		
4 Eric Baker	15	Harpندن	2:47.89	2:45.27	
39.10	1:20.25 (41.15)	2:03.57 (43.32)	2:45.27 (41.70)		
5 Will Atkins	14	Hounslow Hurricanes	3:01.60	2:59.21	
39.76	1:26.22 (46.46)	2:14.06 (47.84)	2:59.21 (45.15)		
6 David Yam	15	City of Milton Keynes	3:19.95	3:14.53	
43.47	1:31.26 (47.79)	2:23.50 (52.24)	3:14.53 (51.03)		
7 Oli Wiseman	15	Bishops Stortford	3:23.18	3:24.15	
46.38	1:40.05 (53.67)	2:32.98 (52.93)	3:24.15 (51.17)		
8 Daniel Young	14	Hounslow Hurricanes	3:40.95	3:39.99	
47.25	1:43.21 (55.96)	2:41.70 (58.49)	3:39.99 (58.29)		
--- Magdy Darwish	14	Barnet Cophall	3:20.00	DQ	
42.27	1:35.01 (52.74)	2:32.26 (57.25)	DQ (56.49)		

Event 6 Girls 9 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Akari Ishida	9	Barnet Cophall	2:56.02	2:56.32	3
43.19	1:28.51 (45.32)	2:13.26 (44.75)	2:56.32 (43.06)		
2 Eadaoin Vincent	9	Barnet Cophall	4:07.37	3:11.27	2
44.28	1:33.95 (49.67)	2:23.96 (50.01)	3:11.27 (47.31)		
3 Emily Bell	9	Barnet Cophall	3:56.00	3:20.73	1
46.67	1:38.49 (51.82)	2:30.39 (51.90)	3:20.73 (50.34)		
4 Dana Afshar	9	Barnet Cophall	3:55.00	4:00.93	
56.59	2:00.22 (1:03.63)	3:03.54 (1:03.32)	4:00.93 (57.39)		
--- Jodie Hare	9	Barnet Cophall	3:17.03	DQ	
45.00	1:34.33 (49.33)	2:23.91 (49.58)	DQ (50.38)		

Event 6 Girls 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Karis Fuller	10	Barnet Cophall	3:05.64	2:58.91	3
42.48	1:28.77 (46.29)	2:15.89 (47.12)	2:58.91 (43.02)		
2 Pascale Howell	10	Barnet Cophall	3:06.24	3:02.13	2
43.96	1:30.73 (46.77)	2:17.31 (46.58)	3:02.13 (44.82)		
3 Ria Ogilvie-Herald	10	Barnet Cophall	3:05.33	3:03.37	1
42.51	1:29.98 (47.47)	2:18.18 (48.20)	3:03.37 (45.19)		
4 Anum Bandey	10	Barnet Cophall	3:04.18	3:10.70	
45.71	1:34.02 (48.31)	2:23.46 (49.44)	3:10.70 (47.24)		
5 Alexandra Lima	10	City of Milton Keynes	3:27.41	3:11.64	
45.83	1:35.70 (49.87)	2:25.02 (49.32)	3:11.64 (46.62)		
6 Nadia Asri	10	Barnet Cophall	3:36.19	3:21.30	
47.87	1:40.80 (52.93)	2:31.75 (50.95)	3:21.30 (49.55)		

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7	Emma Becirovic	10	Barnet Cophall	3:39.86	3:25.10
	45.70	1:41.42 (55.72)	2:35.29 (53.87)	3:25.10 (49.81)	
8	Mollie Whiteside	10	Barnet Cophall	3:56.37	3:25.93
	46.78	1:40.13 (53.35)	2:34.70 (54.57)	3:25.93 (51.23)	
9	Megan Campfield	10	Harpندن	3:36.15	3:30.16
	50.56	1:45.20 (54.64)	2:40.57 (55.37)	3:30.16 (49.59)	
10	Emma Irwin	10	Sea-Byrd Harlington	3:42.00	3:31.13
	49.32	1:44.59 (55.27)	2:38.98 (54.39)	3:31.13 (52.15)	
11	Jessica Garner	10	Harpندن	3:37.80	3:31.82
	49.47	1:44.87 (55.40)	2:40.33 (55.46)	3:31.82 (51.49)	
12	Zoe Taplin	10	Sea-Byrd Harlington	3:40.99	3:35.30
	51.14	1:47.08 (55.94)	2:43.92 (56.84)	3:35.30 (51.38)	
13	Natalie Wilson	10	Sea-Byrd Harlington	4:00.21	3:41.87
	1:47.50	2:44.32 (56.82)	3:47.29 (1:02.97)	3:41.87 ()	
14	Laura Watt	10	City of Milton Keynes	3:34.40	3:54.22
	56.21	1:56.05 (59.84)	2:55.74 (59.69)	3:54.22 (58.48)	
15	Megan Morris	10	Hounslow Hurricanes	4:01.28	3:54.26
	52.42	1:54.30 (1:01.88)	2:54.75 (1:00.45)	3:54.26 (59.51)	
16	Sian Hyland	10	Sea-Byrd Harlington	4:32.00	3:54.90
	56.86	1:56.08 (59.22)	2:57.84 (1:01.76)	3:54.90 (57.06)	

Event 6 Girls 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Maddy Tichborne	11	Barnet Cophall	2:35.18	2:31.34	3
	36.57	1:15.07 (38.50)	1:53.52 (38.45)	2:31.34 (37.82)		
2	Nicola Burlingham	11	Barnet Cophall	2:38.09	2:32.29	2
	36.05	1:14.25 (38.20)	1:52.96 (38.71)	2:32.29 (39.33)		
3	Harumi Yagi	11	Barnet Cophall	2:46.64	2:50.30	1
	40.66	1:24.09 (43.43)	2:07.64 (43.55)	2:50.30 (42.66)		
4	Emily Dean	11	Barnet Cophall	2:49.83	2:54.96	
	42.01	1:26.59 (44.58)	2:11.63 (45.04)	2:54.96 (43.33)		
5	Caroline Wong	11	Barnet Cophall	3:21.07	3:06.16	
	44.16	1:32.02 (47.86)	2:20.42 (48.40)	3:06.16 (45.74)		
6	Hannah Page	11	Sea-Byrd Harlington	3:12.34	3:08.48	
	43.46	1:33.54 (50.08)	2:23.66 (50.12)	3:08.48 (44.82)		
7	Natalie Redmayne	11	Hounslow Hurricanes	3:20.34	3:15.87	
	44.18	1:34.30 (50.12)	2:25.37 (51.07)	3:15.87 (50.50)		
8	Esme Dove	11	Barnet Cophall	3:49.67	3:19.88	
	48.00	1:38.59 (50.59)	2:29.86 (51.27)	3:19.88 (50.02)		
9	Olivia Harpley	11	Barnet Cophall	3:50.12	3:34.38	
	50.12	1:46.01 (55.89)	2:41.66 (55.65)	3:34.38 (52.72)		
10	Danna Karayeva	11	Barnet Cophall	5:00.00	3:48.35	
	49.60	1:48.26 (58.66)	2:49.42 (1:01.16)	3:48.35 (58.93)		
11	Safina Hardy	11	Barnet Cophall	4:40.17	4:02.62	
	54.87	1:59.46 (1:04.59)	3:03.99 (1:04.53)	4:02.62 (58.63)		
12	Rebecca McDonagh	11	Barnet Cophall	4:10.17	4:05.02	
	56.53		3:06.55 ()	4:05.02 (58.47)		

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13	Emma Desmond	11	Barnet Cophall	4:05.49	4:05.96
	57.62	2:01.46 (1:03.84)	3:04.33 (1:02.87)	4:05.96 (1:01.63)	
14	Georgina Ring	11	Sea-Byrd Harlington	4:09.00	4:11.64
	1:02.56	2:09.12 (1:06.56)	3:14.43 (1:05.31)	4:11.64 (57.21)	
---	Angelina Filippone	11	Barnet Cophall	3:00.24	DQ
	43.15	1:27.73 (44.58)	2:10.90 (43.17)	DQ (42.02)	
---	Molly Hogan	11	Barnet Cophall	3:14.93	DQ
	44.44	1:32.65 (48.21)	2:19.02 (46.37)	DQ (52.22)	

Event 6 Girls 12 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Georgia Jackson-Virk	12	Barnet Cophall	2:40.30	2:38.61	3
	37.98	1:18.00 (40.02)	1:59.05 (41.05)	2:38.61 (39.56)		
2	Megan Boldison	12	Barnet Cophall	2:41.01	2:38.87	2
	37.73	1:17.77 (40.04)	1:58.57 (40.80)	2:38.87 (40.30)		
3	Saniya Bandey	12	Barnet Cophall	3:04.44	3:09.25	1
	44.58	1:33.11 (48.53)	2:21.94 (48.83)	3:09.25 (47.31)		
4	Valerie Boivin	12	Barnet Cophall	3:30.14	3:13.78	
	45.62	1:36.01 (50.39)	2:26.28 (50.27)	3:13.78 (47.50)		
5	Rhian Morris	12	Hounslow Hurricanes	3:22.46	3:14.30	
	45.70	1:36.60 (50.90)	2:27.49 (50.89)	3:14.30 (46.81)		
6	Linda Epstein	12	Barnet Cophall	3:46.56	3:40.77	
	51.49	1:50.26 (58.77)	2:47.42 (57.16)	3:40.77 (53.35)		
---	Hannah Weetman	12	City of Milton Keynes	3:16.34	DQ	
	44.63	1:33.29 (48.66)	2:19.20 (45.91)	DQ (53.40)		
---	Isobel Thompson	12	Harpenden	3:15.82	DQ	
	45.88	1:34.26 (48.38)	2:25.53 (51.27)	DQ (48.33)		

Event 6 Girls 13 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jo-Anne Zambelli	13	Barnet Cophall	2:33.01	2:38.06	3
	37.39	1:17.72 (40.33)	1:58.01 (40.29)	2:38.06 (40.05)		
2	Eva Grant	13	Hounslow Hurricanes	2:47.86	2:40.45	2
	37.01	1:17.99 (40.98)	1:59.61 (41.62)	2:40.45 (40.84)		
3	Nina Wiseman	13	Bishops Stortford	2:45.45	2:42.60	1
	38.38	1:19.24 (40.86)	2:01.44 (42.20)	2:42.60 (41.16)		
4	Georgette Smith	13	Harpenden	2:56.45	2:45.04	
	38.34	1:20.10 (41.76)	2:03.62 (43.52)	2:45.04 (41.42)		
5	Helena Soteriou	13	Barnet Cophall	3:04.02	2:47.10	
	40.45	1:23.39 (42.94)	2:06.64 (43.25)	2:47.10 (40.46)		
6	Lauren Yates	13	Barnet Cophall	2:53.18	2:48.07	
	40.86	1:24.45 (43.59)	2:06.75 (42.30)	2:48.07 (41.32)		

Event 6 Girls 14 & Over 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lauren Chapple	14	Barnet Cophall	2:21.56	2:24.13	3
	34.55	1:10.79 (36.24)	1:47.23 (36.44)	2:24.13 (36.90)		

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2	Karolina Siwec	14	Barnet Cophall	2:24.17	2:26.91	2
	34.32	1:11.07 (36.75)	1:48.62 (37.55)	2:26.91 (38.29)		
3	Alice Pearson	14	Barnet Cophall	2:25.17	2:29.64	1
	35.19	1:13.23 (38.04)	1:51.75 (38.52)	2:29.64 (37.89)		
4	Lauren De Witt	15	Hounslow Hurricanes	2:37.41	2:39.11	
	36.90	1:17.21 (40.31)	1:58.79 (41.58)	2:39.11 (40.32)		
5	Louise Hughes	14	Stevenage	2:55.40	2:48.69	
	40.28	1:24.00 (43.72)	2:07.43 (43.43)	2:48.69 (41.26)		
6	Jill Cooper	15	Hounslow Hurricanes	3:06.11	2:53.89	
	40.23	1:23.89 (43.66)	2:09.00 (45.11)	2:53.89 (44.89)		
7	Helen Richardson	14	Hounslow Hurricanes	3:21.62	3:14.26	
	46.64	1:37.06 (50.42)	2:27.90 (50.84)	3:14.26 (46.36)		

Event 7 Boys 9 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
---	George Kapanadze	9	Barnet Cophall	3:34.12	DQ	
	46.57	1:41.96 (55.39)	2:39.54 (57.58)	DQ (54.64)		

Event 7 Boys 10 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	James Brennan	10	Teddington	4:11.36	3:58.29	3
	50.54	1:53.50 (1:02.96)	2:56.84 (1:03.34)	3:58.29 (1:01.45)		

Event 7 Boys 11 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Curtis Coleman	11	Barnet Cophall	3:44.97	3:29.83	3
	43.59	1:39.37 (55.78)	2:36.60 (57.23)	3:29.83 (53.23)		

Event 7 Boys 12 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Michael Fernandes	12	Barnet Cophall	2:47.55	2:39.87	3
	35.72	1:18.31 (42.59)	1:59.29 (40.98)	2:39.87 (40.58)		
2	Hugo Cliff	12	Barnet Cophall	3:16.51	2:58.67	2
	38.40	1:23.41 (45.01)	2:11.78 (48.37)	2:58.67 (46.89)		
---	George Carter	12	Barnet Cophall	2:49.51	DQ	
	36.81	1:21.33 (44.52)	2:08.10 (46.77)	DQ (47.44)		

Event 7 Boys 13 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
1	Edward Allchorne	13	Barnet Cophall	2:32.19	2:30.58	3
	33.11	1:11.25 (38.14)	1:50.17 (38.92)	2:30.58 (40.41)		

Event 7 Boys 14 & Over 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	Points
---	Daniel Young	14	Hounslow Hurricanes	3:24.11	DQ	
	37.74	1:27.37 (49.63)	2:23.03 (55.66)	DQ (57.70)		

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Name	Age	Team	Seed Time	Finals Time	Points	
1 Jodie Hare	9	Barnet Cophall	6:23.34	6:14.22	3	
			41.26 3:53.92 (48.09)	1:28.83 (47.57) 4:42.67 (48.75)	2:17.34 (48.51) 5:30.20 (47.53)	3:05.83 (48.49) 6:14.22 (44.02)

Event 8 Girls 10 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points	
1 Sarah Sharp	10	Barnet Cophall	6:02.56	6:03.34	3	
			39.60 3:43.87 (46.90)	1:24.05 (44.45) 4:32.12 (48.25)	2:10.66 (46.61) 5:18.37 (46.25)	2:56.97 (46.31) 6:03.34 (44.97)
2 Anum Bandey	10	Barnet Cophall	6:35.42	6:12.61	2	
			42.24 3:51.97 (48.63)	1:28.50 (46.26) 4:39.85 (47.88)	2:16.91 (48.41) 5:26.60 (46.75)	3:03.34 (46.43) 6:12.61 (46.01)
3 Ria Ogilvie-Herald	10	Barnet Cophall	6:54.25	6:22.49	1	
			43.20 3:58.58 (49.83)	1:32.10 (48.90) 4:47.74 (49.16)	2:19.66 (47.56) 5:35.13 (47.39)	3:08.75 (49.09) 6:22.49 (47.36)
4 Mollie Whiteside	10	Barnet Cophall	6:53.81	6:46.07		
			44.42 4:12.10 (52.34)	1:36.20 (51.78) 5:04.33 (52.23)	2:28.00 (51.80) 5:56.71 (52.38)	3:19.76 (51.76) 6:46.07 (49.36)
--- Alexandra Lima	10	City of Milton Keynes	6:45.18	DQ		
			44.53 4:14.15 (53.10)	1:35.04 (50.51) 5:06.74 (52.59)	2:28.22 (53.18) 5:59.02 (52.28)	3:21.05 (52.83) DQ (51.99)

Event 8 Girls 11 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points	
1 Maddy Tichborne	11	Barnet Cophall	4:49.89	4:50.35	3	
			34.12 3:00.96 (36.75)	1:10.45 (36.33) 3:37.47 (36.51)	1:47.35 (36.90) 4:14.21 (36.74)	2:24.21 (36.86) 4:50.35 (36.14)
2 Nicola Burlingham	11	Barnet Cophall	5:02.08	4:56.63	2	
			33.89 3:04.43 (37.68)	1:10.52 (36.63) 3:42.59 (38.16)	1:48.16 (37.64) 4:20.23 (37.64)	2:26.75 (38.59) 4:56.63 (36.40)
3 Emily Dean	11	Barnet Cophall	5:03.22	5:02.96	1	
			34.93 3:07.99 (38.47)	1:12.67 (37.74) 3:46.81 (38.82)	1:50.86 (38.19) 4:25.41 (38.60)	2:29.52 (38.66) 5:02.96 (37.55)
4 Angelina Filippone	11	Barnet Cophall	6:11.35	5:36.18		
			39.27 3:30.69 (43.15)	1:22.12 (42.85) 4:13.23 (42.54)	2:04.72 (42.60) 4:54.11 (40.88)	2:47.54 (42.82) 5:36.18 (42.07)
5 Molly Hogan	11	Barnet Cophall	6:29.54	5:57.84		
			39.56 3:42.88 (46.04)	1:24.47 (44.91) 4:28.76 (45.88)	2:10.69 (46.22) 5:14.45 (45.69)	2:56.84 (46.15) 5:57.84 (43.39)
6 Caroline Wong	11	Barnet Cophall	6:34.69	6:02.37		
			40.05 3:44.56 (45.80)	1:25.53 (45.48) 4:32.24 (47.68)	2:12.17 (46.64) 5:17.30 (45.06)	2:58.76 (46.59) 6:02.37 (45.07)
7 Natalie Redmayne	11	Hounslow Hurricanes	6:15.87	6:11.65		
			41.60 3:49.98 (46.51)	1:28.17 (46.57) 4:38.73 (48.75)	2:16.06 (47.89) 5:26.05 (47.32)	3:03.47 (47.41) 6:11.65 (45.60)
8 Katie Tuff	11	Sea-Byrd Harlington	6:54.00	6:15.41		
			42.25 3:53.77 (47.86)	1:29.84 (47.59) 4:42.27 (48.50)	2:17.37 (47.53) 5:31.32 (49.05)	3:05.91 (48.54) 6:15.41 (44.09)
9 Esme Dove	11	Barnet Cophall	6:54.05	6:25.72		
			42.82 4:02.26 (50.50)	1:31.83 (49.01) 4:50.65 (48.39)	2:21.80 (49.97) 5:39.45 (48.80)	3:11.76 (49.96) 6:25.72 (46.27)

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 8 Girls 12 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Megan Boldison	12	Barnet Cophall	4:52.98	4:46.55	3
	33.80	1:09.74 (35.94)	1:45.72 (35.98)	2:21.77 (36.05)	
	2:58.09 (36.32)	3:33.98 (35.89)	4:10.37 (36.39)	4:46.55 (36.18)	
2 Georgia Jackson-Virk	12	Barnet Cophall	4:53.96	4:49.81	2
	34.18	1:10.57 (36.39)	1:47.29 (36.72)	2:23.44 (36.15)	
	3:00.17 (36.73)	3:36.70 (36.53)	4:13.69 (36.99)	4:49.81 (36.12)	
3 Isobel Thompson	12	Harpندن	6:19.38	5:49.87	1
	39.41	1:23.33 (43.92)	2:08.18 (44.85)	2:53.29 (45.11)	
	3:38.25 (44.96)	4:23.38 (45.13)	5:08.25 (44.87)	5:49.87 (41.62)	
4 Valerie Boivin	12	Barnet Cophall	6:35.15	6:08.78	
	40.81	1:27.45 (46.64)	2:15.08 (47.63)	3:03.10 (48.02)	
	3:49.93 (46.83)	4:37.51 (47.58)	5:24.85 (47.34)	6:08.78 (43.93)	
5 Saniya Bandey	12	Barnet Cophall	6:07.16	6:28.28	
	41.82	1:30.09 (48.27)	2:19.80 (49.71)	3:09.57 (49.77)	
	4:00.33 (50.76)	4:50.41 (50.08)	5:39.81 (49.40)	6:28.28 (48.47)	

Event 8 Girls 13 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Jo-Anne Zambelli	13	Barnet Cophall	4:42.92	4:41.48	3
	33.08	1:08.31 (35.23)	1:44.45 (36.14)	2:20.20 (35.75)	
	2:55.27 (35.07)	3:30.61 (35.34)	4:06.24 (35.63)	4:41.48 (35.24)	
2 Nina Wiseman	13	Bishops Stortford	4:58.11	4:58.10	2
	33.80	1:10.94 (37.14)	1:48.33 (37.39)	2:25.87 (37.54)	
	3:04.14 (38.27)	3:42.52 (38.38)	4:20.77 (38.25)	4:58.10 (37.33)	
3 Grace Coventry	13	Stevenage	5:37.00	5:45.32	1
	39.11	1:22.10 (42.99)	2:05.51 (43.41)	2:48.41 (42.90)	
	3:32.31 (43.90)	4:17.07 (44.76)	5:01.19 (44.12)	5:45.32 (44.13)	

Event 8 Girls 14 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 Jessie Porter	15	Barnet Cophall	4:28.77	4:29.10	3
	31.51	1:04.98 (33.47)	1:39.09 (34.11)	2:13.41 (34.32)	
	2:47.80 (34.39)	3:22.37 (34.57)	3:56.61 (34.24)	4:29.10 (32.49)	
2 Lauren Chapple	14	Barnet Cophall	4:31.55	4:29.27	2
	32.18	1:05.96 (33.78)	1:40.36 (34.40)	2:14.55 (34.19)	
	2:48.33 (33.78)	3:22.47 (34.14)	3:56.53 (34.06)	4:29.27 (32.74)	
3 Jessica Jackson-Virk	14	Barnet Cophall	4:53.47	4:53.64	1
	34.47	1:11.07 (36.60)	1:48.08 (37.01)	2:25.17 (37.09)	
	3:02.22 (37.05)	3:39.64 (37.42)	4:17.10 (37.46)	4:53.64 (36.54)	
4 Connie Green	16	Harpندن	5:19.25	5:14.56	
	34.28	1:12.37 (38.09)	1:51.88 (39.51)	2:32.10 (40.22)	
	3:12.63 (40.53)	3:53.44 (40.81)	4:34.49 (41.05)	5:14.56 (40.07)	
5 Louise Hughes	14	Stevenage	5:35.00	5:27.86	
	36.49	1:17.11 (40.62)	1:58.68 (41.57)	2:40.32 (41.64)	
	3:22.02 (41.70)	4:04.17 (42.15)	4:46.15 (41.98)	5:27.86 (41.71)	
6 Helen Richardson	14	Hounslow Hurricanes	6:22.87	6:13.60	
	42.97	1:30.43 (47.46)	2:18.61 (48.18)	3:05.11 (46.50)	
	3:52.12 (47.01)	4:40.69 (48.57)	5:28.25 (47.56)	6:13.60 (45.35)	

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 9 Boys 9 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Zach Shalovsky	9	Barnet Cophall	7:29.55	7:05.52	3
			50.18 4:34.56 (1:00.94)	1:56.04 (1:05.86) 5:33.25 (58.69)	2:45.91 (49.87) 6:22.02 (48.77)
2 George Prunty	9	Sea-Byrd Harlington	7:30.00	7:30.63	2
			53.78 4:53.46 (1:01.22)	2:03.89 (1:10.11) 5:55.33 (1:01.87)	2:57.65 (53.76) 6:44.02 (48.69)

Event 9 Boys 10 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Joseph Mileusnic	10	Stevenage	7:00.00	7:00.78	3
			49.22 4:33.15 (56.62)	1:46.84 (57.62) 5:30.72 (57.57)	2:41.93 (55.09) 6:18.20 (47.48)

Event 9 Boys 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Jamie Richter	11	Barnet Cophall	6:34.16	6:12.31	3
			42.56 3:57.48 (52.52)	1:30.91 (48.35) 4:52.67 (55.19)	2:17.25 (46.34) 5:32.94 (40.27)
2 Curtis Coleman	11	Barnet Cophall	6:44.11	6:22.88	2
			44.88 4:05.49 (54.42)	1:40.65 (55.77) 5:02.07 (56.58)	2:25.84 (45.19) 5:42.26 (40.19)

Event 9 Boys 12 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Henry Yau	12	Barnet Cophall	7:47.00	5:36.39	3
			36.24 3:29.70 (44.15)	1:18.60 (42.36) 4:16.14 (46.44)	2:02.17 (43.57) 4:56.78 (40.64)

Event 9 Boys 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Edward Allchorne	13	Barnet Cophall	5:22.63	5:21.55	3
			32.93 3:20.72 (47.01)	1:12.03 (39.10) 4:07.63 (46.91)	1:52.67 (40.64) 4:44.89 (37.26)
2 Kim Lam Liu	13	Barnet Cophall	5:35.64	5:27.54	2
			37.00 3:29.03 (42.78)	1:18.70 (41.70) 4:13.71 (44.68)	2:01.82 (43.12) 4:51.59 (37.88)

Event 9 Boys 14 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Chris Eddon	18	Barnet Cophall	4:44.83	4:49.19	3
			29.35 3:00.40 (42.72)	1:03.84 (34.49) 3:44.77 (44.37)	1:41.78 (37.94) 4:17.77 (33.00)
2 Josh Eddon	14	Barnet Cophall	4:59.61	4:59.81	2
			32.32 3:06.05 (44.47)	1:09.35 (37.03) 3:50.50 (44.45)	1:45.63 (36.28) 4:26.21 (35.71)
3 Eric Baker	15	Harpندن	5:51.23	5:30.25	1
			37.17 3:29.72 (44.01)	1:20.44 (43.27) 4:15.42 (45.70)	2:02.45 (42.01) 4:53.79 (38.37)
4 Will Atkins	14	Hounslow Hurricanes	6:03.21	5:38.30	
			38.22 3:37.81 (48.40)	1:25.20 (46.98) 4:26.04 (48.23)	2:07.17 (41.97) 5:03.00 (36.96)

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---	Daniel Young	14	Hounslow Hurricanes	6:24.02	DQ
	39.64	1:30.43 (50.79)	2:23.43 (53.00)	3:13.19 (49.76)	
	4:11.83 (58.64)	5:11.76 (59.93)	5:56.69 (44.93)	DQ (41.59)	

Event 10 Girls 9 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Akari Ishida	9	Barnet Cophall	3:08.18	3:04.44	3
	44.94	1:29.50 (44.56)	2:25.34 (55.84)	3:04.44 (39.10)	
2 Poppy Chapple	9	Barnet Cophall	3:32.02	3:20.67	2
	49.37	1:38.51 (49.14)	2:37.79 (59.28)	3:20.67 (42.88)	
3 Eadaoin Vincent	9	Barnet Cophall	3:30.31	3:21.08	1
	48.48	1:35.31 (46.83)	2:37.45 (1:02.14)	3:21.08 (43.63)	
4 Paige Mann	9	Sea-Byrd Harlington	3:44.45	3:22.44	
	48.76	1:42.21 (53.45)	2:38.57 (56.36)	3:22.44 (43.87)	
5 Jodie Hare	9	Barnet Cophall	3:36.37	3:33.33	
	46.80	1:41.15 (54.35)	2:45.96 (1:04.81)	3:33.33 (47.37)	
6 Amy Moesley	9	Sea-Byrd Harlington	3:55.88	3:34.93	
	53.05	1:47.94 (54.89)	2:47.97 (1:00.03)	3:34.93 (46.96)	

Event 10 Girls 10 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Pascale Howell	10	Barnet Cophall	3:21.20	3:11.44	3
	44.72	1:31.78 (47.06)	2:31.64 (59.86)	3:11.44 (39.80)	
2 Anum Bandey	10	Barnet Cophall	3:24.09	3:15.78	2
	46.28	1:34.45 (48.17)	2:33.10 (58.65)	3:15.78 (42.68)	
3 Emily Reeves	10	Sea-Byrd Harlington	3:56.00	3:34.89	1
	56.42	1:47.10 (50.68)	2:48.48 (1:01.38)	3:34.89 (46.41)	
4 Mollie Whiteside	10	Barnet Cophall	3:44.60	3:38.73	
	52.04	1:46.67 (54.63)	2:47.24 (1:00.57)	3:38.73 (51.49)	
5 Davina Kundi	10	Sea-Byrd Harlington	3:40.00	3:47.44	
	56.83	1:50.28 (53.45)	2:57.52 (1:07.24)	3:47.44 (49.92)	
6 Laura Watt	10	City of Milton Keynes	3:37.50	3:49.98	
	57.25	1:57.40 (1:00.15)	3:01.17 (1:03.77)	3:49.98 (48.81)	
7 Emma Becirovic	10	Barnet Cophall	3:40.00	3:56.19	
	52.63	1:48.14 (55.51)	3:02.47 (1:14.33)	3:56.19 (53.72)	

Event 10 Girls 11 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	Points
1 Harumi Yagi	11	Barnet Cophall	2:43.58	2:42.09	3
	36.14	1:19.47 (43.33)	2:05.65 (46.18)	2:42.09 (36.44)	
2 Nicola Burlingham	11	Barnet Cophall	2:50.24	2:44.23	2
	36.94	1:17.15 (40.21)	2:07.58 (50.43)	2:44.23 (36.65)	
3 Maddy Tichborne	11	Barnet Cophall	2:38.77	2:45.94	1
	38.55	1:19.33 (40.78)	2:09.97 (50.64)	2:45.94 (35.97)	
4 Emily Dean	11	Barnet Cophall	2:57.16	3:01.72	
	45.25	1:31.18 (45.93)	2:23.80 (52.62)	3:01.72 (37.92)	
5 Angelina Filippone	11	Barnet Cophall	3:18.31	3:05.41	
	46.62	1:30.95 (44.33)	2:26.22 (55.27)	3:05.41 (39.19)	

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6	Abigail Smith		11 Harpenden	3:21.23	3:07.26
	42.59	1:34.10 (51.51)	2:25.31 (51.21)	3:07.26 (41.95)	
7	Caroline Wong		11 Barnet Cophall	3:25.45	3:13.61
	44.23	1:34.11 (49.88)	2:32.92 (58.81)	3:13.61 (40.69)	
8	Hannah Page		11 Sea-Byrd Harlington	3:34.60	3:18.39
	49.45	1:37.56 (48.11)	2:35.87 (58.31)	3:18.39 (42.52)	
9	Natalie Redmayne		11 Hounslow Hurricanes	3:10.11	3:19.37
	45.97	1:36.46 (50.49)	2:36.58 (1:00.12)	3:19.37 (42.79)	
10	Molly Hogan		11 Barnet Cophall	3:45.80	3:20.66
	50.66	1:42.53 (51.87)	2:38.26 (55.73)	3:20.66 (42.40)	
11	Cara Yates		11 Barnet Cophall	3:50.00	3:23.56
	51.26	1:42.61 (51.35)	2:38.31 (55.70)	3:23.56 (45.25)	
12	Jessie McCabe		11 Barnet Cophall	3:50.70	3:24.76
	50.97	1:45.36 (54.39)	2:40.67 (55.31)	3:24.76 (44.09)	
13	Esme Dove		11 Barnet Cophall	3:40.01	3:27.72
	48.78	1:41.51 (52.73)	2:44.07 (1:02.56)	3:27.72 (43.65)	
14	Katie Tuff		11 Sea-Byrd Harlington	3:47.00	3:31.99
	49.88	1:45.02 (55.14)	2:48.18 (1:03.16)	3:31.99 (43.81)	
15	Emma Desmond		11 Barnet Cophall	4:03.03	3:54.54
	1:00.56	1:59.31 (58.75)	3:03.35 (1:04.04)	3:54.54 (51.19)	
16	Georgina Ring		11 Sea-Byrd Harlington	4:05.00	4:09.87
	1:00.89	2:06.62 (1:05.73)	3:14.26 (1:07.64)	4:09.87 (55.61)	
---	Olivia Harpley		11 Barnet Cophall	4:09.25	XDQ
	52.63	1:48.09 (55.46)	2:51.04 (1:02.95)	DQ (49.12)	
---	Safina Hardy		11 Barnet Cophall	4:59.92	DQ
	1:13.34	2:23.98 (1:10.64)	3:30.08 (1:06.10)	DQ (56.72)	

Event 10 Girls 12 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Georgia Jackson-Virk	12	Barnet Cophall	2:38.74	2:37.02	3
	35.70	1:16.23 (40.53)	2:02.13 (45.90)	2:37.02 (34.89)		
2	Eleanor Wheen	12	Harpenden	3:18.82	3:03.35	2
	44.44	1:30.12 (45.68)	2:21.19 (51.07)	3:03.35 (42.16)		
3	Isobel Thompson	12	Harpenden	3:25.70	3:13.69	1
	48.09	1:39.12 (51.03)	2:33.01 (53.89)	3:13.69 (40.68)		
4	Saniya Bandey	12	Barnet Cophall	3:17.09	3:23.23	
	50.87	1:40.91 (50.04)	2:37.60 (56.69)	3:23.23 (45.63)		
---	Rhian Morris	12	Hounslow Hurricanes	3:28.14	DQ	
	47.46	1:36.63 (49.17)	2:36.65 (1:00.02)	DQ (44.09)		
---	Valerie Boivin	12	Barnet Cophall	3:22.66	DQ	
	43.29	1:33.73 (50.44)	2:28.93 (55.20)	DQ (44.17)		
---	Vani Mudgal	12	Hounslow Hurricanes	3:31.18	DQ	
	43.60	1:37.33 (53.73)	2:36.62 (59.29)	DQ (47.14)		

Event 10 Girls 13 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jo-Anne Zambelli	13	Barnet Cophall	2:36.04	2:36.46	3
	35.54	1:14.48 (38.94)	2:01.96 (47.48)	2:36.46 (34.50)		

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2	Eva Grant	13	Hounslow Hurricanes	2:53.24	2:42.50	2
	35.56	1:16.79 (41.23)	2:04.92 (48.13)	2:42.50 (37.58)		
3	Georgette Smith	13	Harpenden	3:10.75	2:54.29	1
	40.95	1:23.46 (42.51)	2:14.96 (51.50)	2:54.29 (39.33)		
4	Lauren Yates	13	Barnet Cophall	3:04.11	2:58.28	
	41.88	1:28.63 (46.75)	2:19.87 (51.24)	2:58.28 (38.41)		
5	Helena Soteriou	13	Barnet Cophall	3:27.15	3:02.11	
	45.00	1:29.32 (44.32)	2:22.48 (53.16)	3:02.11 (39.63)		
---	Jasmine Rusk	13	Hounslow Hurricanes	4:02.88	DQ	
	46.67	1:43.51 (56.84)	2:40.61 (57.10)	DQ (48.14)		

Event 10 Girls 14 & Over 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lauren Chapple	14	Barnet Cophall	2:22.22	2:25.65	3
	32.28	1:08.86 (36.58)	1:51.91 (43.05)	2:25.65 (33.74)		
2	Jessie Porter	15	Barnet Cophall	2:27.58	2:32.69	2
	33.02	1:12.12 (39.10)	1:57.37 (45.25)	2:32.69 (35.32)		
3	Alice Pearson	14	Barnet Cophall	2:32.16	2:35.42	1
	35.18	1:14.71 (39.53)	1:59.29 (44.58)	2:35.42 (36.13)		
4	Jessica Jackson-Virk	14	Barnet Cophall	2:36.31	2:40.72	
	37.46	1:20.30 (42.84)	2:04.48 (44.18)	2:40.72 (36.24)		
5	Ellen Crick	14	Harpenden	2:52.48	2:52.63	
	36.30	1:21.98 (45.68)	2:13.57 (51.59)	2:52.63 (39.06)		
6	Jill Cooper	15	Hounslow Hurricanes	3:10.00	3:06.43	
	40.33	1:24.06 (43.73)	2:24.82 (1:00.76)	3:06.43 (41.61)		
7	Sabrina Faramazi	14	Hounslow Hurricanes	3:15.08	3:14.51	
	46.29	1:32.88 (46.59)	2:30.03 (57.15)	3:14.51 (44.48)		

Event 11 Boys 9 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Martyn Walton	9	Stevenage	2:59.54	2:48.41	3
	37.39	1:22.04 (44.65)	2:08.55 (46.51)	2:48.41 (39.86)		
2	Zach Shalovsky	9	Barnet Cophall	2:56.40	3:00.87	2
	39.37	1:27.27 (47.90)	2:15.50 (48.23)	3:00.87 (45.37)		
3	Danny Nelson	9	Sea-Byrd Harlington	3:02.00	3:03.74	1
	40.89	1:29.59 (48.70)	2:18.70 (49.11)	3:03.74 (45.04)		
4	George Prunty	9	Sea-Byrd Harlington	3:09.75	3:06.30	
	43.03	1:33.41 (50.38)	2:23.41 (50.00)	3:06.30 (42.89)		
5	Leighton Jones	9	Sea-Byrd Harlington	4:10.41	3:15.05	
	43.63	1:34.36 (50.73)	2:25.19 (50.83)	3:15.05 (49.86)		
6	Michael Gill	9	Sea-Byrd Harlington	4:00.32	3:26.25	
	46.70	1:39.52 (52.82)	2:34.85 (55.33)	3:26.25 (51.40)		
7	Fabio Arricale	9	Barnet Cophall	3:42.20	3:27.33	
	46.49	1:40.86 (54.37)	2:35.37 (54.51)	3:27.33 (51.96)		
8	Matthew Quinn	9	Sea-Byrd Harlington	3:45.00	3:36.98	
	47.81	1:42.11 (54.30)	2:40.38 (58.27)	3:36.98 (56.60)		
9	Panayiotis Panteli	9	Barnet Cophall	3:38.48	3:37.78	
	47.89	1:46.53 (58.64)	2:44.10 (57.57)	3:37.78 (53.68)		

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10	Jonathan Wells	9	Barnet Cophall	4:30.00	3:42.53
	46.77	1:45.55 (58.78)	2:47.61 (1:02.06)	3:42.53 (54.92)	
11	Duy Hoang	9	Hounslow Hurricanes	3:48.11	3:42.89
	49.03	1:46.24 (57.21)	2:45.12 (58.88)	3:42.89 (57.77)	
12	Hamish Hudson	9	Barnet Cophall	3:30.11	3:45.43
	1:05.60	1:58.90 (53.30)	2:48.63 (49.73)	3:45.43 (56.80)	
13	George Georgiou	9	Barnet Cophall	4:28.34	3:49.16
	49.42	1:51.07 (1:01.65)	2:53.56 (1:02.49)	3:49.16 (55.60)	
14	Conor Bateman	9	Sea-Byrd Harlington	4:10.00	3:55.41
	54.68	1:58.27 (1:03.59)	3:00.89 (1:02.62)	3:55.41 (54.52)	
15	Miles Harpley	9	Barnet Cophall	5:30.00	4:12.10
	51.07	1:53.74 (1:02.67)	3:04.39 (1:10.65)	4:12.10 (1:07.71)	

Event 11 Boys 10 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jamie Woodman	10	Sea-Byrd Harlington	2:49.32	2:44.01	3
	38.05	1:20.89 (42.84)	2:03.83 (42.94)	2:44.01 (40.18)		
2	James Brennan	10	Teddington	2:58.38	2:49.13	2
	38.35	1:21.56 (43.21)	2:06.28 (44.72)	2:49.13 (42.85)		
3	Liam Chong	10	Barnet Cophall	3:00.29	2:53.20	1
	40.31	1:25.29 (44.98)	2:10.23 (44.94)	2:53.20 (42.97)		
4	Josh Pointer	10	Barnet Cophall	2:58.92	2:53.90	
	38.64	1:23.28 (44.64)	2:09.82 (46.54)	2:53.90 (44.08)		
5	Joseph Mileusnic	10	Stevenage	2:56.00	2:54.90	
	40.22	1:25.89 (45.67)	2:12.47 (46.58)	2:54.90 (42.43)		
6	Nicolas Gore	10	Sea-Byrd Harlington	3:03.13	2:59.75	
	39.30	1:25.04 (45.74)	2:13.28 (48.24)	2:59.75 (46.47)		
7	William Pocock	10	Sea-Byrd Harlington	3:10.77	3:05.94	
	42.28	1:30.49 (48.21)	2:19.24 (48.75)	3:05.94 (46.70)		
8	Arthur Hogleund-Stone	10	Sea-Byrd Harlington	3:02.79	3:08.97	
	42.92	1:32.58 (49.66)	2:22.08 (49.50)	3:08.97 (46.89)		
9	Harry Jackson	10	Sea-Byrd Harlington	3:21.16	3:10.06	
	41.05	1:30.99 (49.94)	2:21.72 (50.73)	3:10.06 (48.34)		
10	Charlie Turner	10	Barnet Cophall	3:17.06	3:12.41	
	44.68	1:34.24 (49.56)	2:24.05 (49.81)	3:12.41 (48.36)		
11	Adam Nash	10	Barnet Cophall	3:19.06	3:12.93	
	44.16	1:34.64 (50.48)	2:25.59 (50.95)	3:12.93 (47.34)		
12	Daniel Pusey	10	Sea-Byrd Harlington	3:37.00	3:15.59	
	44.75	1:35.78 (51.03)	2:27.35 (51.57)	3:15.59 (48.24)		
13	Xerxes Panthakee	10	Barnet Cophall	4:30.00	3:30.71	
	44.82	1:41.45 (56.63)	2:37.88 (56.43)	3:30.71 (52.83)		
14	Rory Linnane	10	Sea-Byrd Harlington	4:00.78	3:42.36	
	48.10	1:48.96 (1:00.86)	2:48.00 (59.04)	3:42.36 (54.36)		
15	Dino Caryotis	10	Barnet Cophall	4:27.91	3:49.73	
	48.29	1:50.35 (1:02.06)	2:54.42 (1:04.07)	3:49.73 (55.31)		
16	Ravi Karimi	10	Barnet Cophall	5:00.00	4:29.70	
	55.46	2:05.00 (1:09.54)	3:19.01 (1:14.01)	4:29.70 (1:10.69)		

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 11 Boys 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jamie Richter	11	Barnet Cophall	2:28.82	2:30.55	3
35.30	1:13.35 (38.05)	1:52.44 (39.09)	2:30.55 (38.11)		
2 Billy Mayger	11	Sea-Byrd Harlington	2:40.56	2:34.90	2
35.48	1:15.29 (39.81)	1:55.87 (40.58)	2:34.90 (39.03)		
3 Curtis Coleman	11	Barnet Cophall	2:36.49	2:37.01	1
35.92	1:15.74 (39.82)	1:56.73 (40.99)	2:37.01 (40.28)		
4 David Moore	11	Sea-Byrd Harlington	3:23.58	2:59.87	
41.41	1:27.57 (46.16)	2:14.80 (47.23)	2:59.87 (45.07)		
5 Aris Savva	11	Barnet Cophall	3:18.91	3:01.17	
42.49	1:30.11 (47.62)	2:18.23 (48.12)	3:01.17 (42.94)		
6 Joel Perrett	11	Sea-Byrd Harlington	3:09.27	3:04.19	
40.76	1:30.29 (49.53)	2:19.25 (48.96)	3:04.19 (44.94)		
7 Joe Jackson	11	Barnet Cophall	3:23.22	3:04.52	
41.47	1:28.75 (47.28)	2:17.69 (48.94)	3:04.52 (46.83)		
8 Robert Hill	11	Sea-Byrd Harlington	3:45.30	3:08.41	
43.13	1:31.00 (47.87)	2:21.40 (50.40)	3:08.41 (47.01)		
9 Sean Jones	11	Sea-Byrd Harlington	3:20.00	3:12.40	
44.96	1:36.04 (51.08)	2:26.72 (50.68)	3:12.40 (45.68)		
10 Omar Darwish	11	Barnet Cophall	3:22.07	3:23.03	
41.69	1:33.85 (52.16)	2:28.80 (54.95)	3:23.03 (54.23)		
11 Jake Aldridge	11	Barnet Cophall	4:30.00	3:42.99	
43.89	1:40.16 (56.27)	2:41.44 (1:01.28)	3:42.99 (1:01.55)		
12 Jasper Wong	11	Barnet Cophall	4:10.17	3:49.39	
47.15	1:43.30 (56.15)	2:47.73 (1:04.43)	3:49.39 (1:01.66)		
13 Kay Iwaya	11	Barnet Cophall	5:00.00	4:31.36	
51.49	2:00.19 (1:08.70)	3:16.84 (1:16.65)	4:31.36 (1:14.52)		
--- Harry Turner	11	Barnet Cophall	4:30.00	DQ	
46.98	1:48.25 (1:01.27)	2:52.23 (1:03.98)	DQ (1:00.91)		
--- Mark Gianni	11	Barnet Cophall	5:00.00	DQ	
50.63	2:00.42 (1:09.79)	3:09.97 (1:09.55)	DQ (1:05.60)		

Event 11 Boys 12 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	Points
1 George Carter	12	Barnet Cophall	2:19.04	2:20.31	3
32.49	1:08.28 (35.79)	1:44.58 (36.30)	2:20.31 (35.73)		
2 Michael Fernandes	12	Barnet Cophall	2:21.37	2:21.56	2
32.59	1:09.43 (36.84)	1:45.78 (36.35)	2:21.56 (35.78)		
3 Henry Yau	12	Barnet Cophall	2:31.90	2:23.34	1
33.07	1:09.74 (36.67)	1:46.83 (37.09)	2:23.34 (36.51)		
4 Hugo Cliff	12	Barnet Cophall	2:27.25	2:23.72	
33.85	1:11.38 (37.53)	1:48.68 (37.30)	2:23.72 (35.04)		
5 Manasseh Dalton-Brown	12	Barnet Cophall	2:37.00	2:26.94	
33.10	1:10.47 (37.37)	1:49.37 (38.90)	2:26.94 (37.57)		
6 Akil Philip-Forde	12	Barnet Cophall	2:43.99	2:30.44	
35.66	1:14.15 (38.49)	1:52.97 (38.82)	2:30.44 (37.47)		

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7	Bradley Doherty	12	Barnet Cophall	2:36.56	2:33.31
	34.95	1:13.72 (38.77)	1:53.72 (40.00)	2:33.31 (39.59)	
8	Rory Atkins	12	Hounslow Hurricanes	2:43.26	2:42.64
	36.87	1:18.20 (41.33)	2:00.94 (42.74)	2:42.64 (41.70)	
9	Anthony Wood	12	Sea-Byrd Harlington	2:53.66	2:44.05
	36.87	1:18.71 (41.84)	2:03.07 (44.36)	2:44.05 (40.98)	
10	Adrian Schindler	12	Barnet Cophall	2:57.90	2:52.42
	39.10	1:23.13 (44.03)	2:08.03 (44.90)	2:52.42 (44.39)	
11	Nathan Wilson	12	Sea-Byrd Harlington	3:12.00	3:00.66
	41.23	1:27.01 (45.78)	2:13.98 (46.97)	3:00.66 (46.68)	
12	Theophilus Hee	12	Barnet Cophall	4:12.13	3:55.48
	54.55	1:56.39 (1:01.84)	2:57.40 (1:01.01)	3:55.48 (58.08)	

Event 11 Boys 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Edward Allchorne	13	Barnet Cophall	2:20.62	2:17.68	3
	31.61	1:06.77 (35.16)	1:42.75 (35.98)	2:17.68 (34.93)		
2	Kim Lam Liu	13	Barnet Cophall	2:19.34	2:17.81	2
	32.13	1:06.84 (34.71)	1:42.55 (35.71)	2:17.81 (35.26)		
3	Matthew Costello	13	Stevenage	2:52.00	2:42.60	1
	38.37	1:21.01 (42.64)	2:03.34 (42.33)	2:42.60 (39.26)		
4	Christopher Au	13	Hertsmere Flyers	3:00.39	2:55.82	
	40.68	1:26.12 (45.44)	2:12.15 (46.03)	2:55.82 (43.67)		
---	Adam Taie	13	Barnet Cophall	2:56.82	DQ	
	36.73	1:18.77 (42.04)	2:02.44 (43.67)	DQ (40.95)		

Event 11 Boys 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chris Eddon	18	Barnet Cophall	1:56.65	1:58.17	3
	27.34	57.20 (29.86)	1:27.95 (30.75)	1:58.17 (30.22)		
2	Charlie Boldison	14	Barnet Cophall	2:06.73	2:04.21	2
	29.01	1:00.99 (31.98)	1:32.58 (31.59)	2:04.21 (31.63)		
3	Chris Clements	19	Barnet Cophall	2:07.82	2:07.53	1
	29.67	1:02.39 (32.72)	1:35.07 (32.68)	2:07.53 (32.46)		
4	Will Atkins	14	Hounslow Hurricanes	2:19.08	2:15.10	
	31.12	1:05.88 (34.76)	1:41.39 (35.51)	2:15.10 (33.71)		
5	Ian Goode	17	City of Milton Keynes	2:15.51	2:15.61	
	30.34	1:04.52 (34.18)	1:40.09 (35.57)	2:15.61 (35.52)		
6	Ghasem Fathi	14	Barnet Cophall	2:20.00	2:17.32	
	31.05	1:06.06 (35.01)	1:42.97 (36.91)	2:17.32 (34.35)		
7	Oli Wiseman	15	Bishops Stortford	2:23.16	2:24.47	
	33.32	1:10.20 (36.88)	1:48.22 (38.02)	2:24.47 (36.25)		
8	David Yam	15	City of Milton Keynes	3:16.95	2:37.18	
	34.82	1:15.89 (41.07)	1:57.55 (41.66)	2:37.18 (39.63)		
9	Daniel Young	14	Hounslow Hurricanes	2:31.72	2:41.44	
	34.79	1:15.46 (40.67)	1:57.88 (42.42)	2:41.44 (43.56)		
10	Magdy Darwish	14	Barnet Cophall	2:30.00	2:47.78	
	34.50	1:14.71 (40.21)	2:01.50 (46.79)	2:47.78 (46.28)		

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 12 Girls 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Akari Ishida	9	Barnet Cophall	3:34.49	3:33.97	3
51.46	1:46.64 (55.18)	2:41.70 (55.06)	3:33.97 (52.27)		
2 Paige Mann	9	Sea-Byrd Harlington	3:56.89	3:47.00	2
51.94	1:52.00 (1:00.06)	2:50.26 (58.26)	3:47.00 (56.74)		
3 Eadaoin Vincent	9	Barnet Cophall	4:04.42	3:49.60	1
54.18	1:53.52 (59.34)	2:53.98 (1:00.46)	3:49.60 (55.62)		
4 Emily Bell	9	Barnet Cophall	4:11.89	3:49.70	
50.66	1:48.37 (57.71)	2:49.22 (1:00.85)	3:49.70 (1:00.48)		
5 Amy Moesley	9	Sea-Byrd Harlington	4:19.24	3:56.07	
53.59	1:55.03 (1:01.44)	2:56.06 (1:01.03)	3:56.07 (1:00.01)		
6 Eleanor Brothwood	9	Barnet Cophall	5:30.00	4:39.81	
1:03.18	2:16.68 (1:13.50)	3:31.95 (1:15.27)	4:39.81 (1:07.86)		

Event 12 Girls 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Anum Bandey	10	Barnet Cophall	3:31.04	3:29.97	3
50.15	1:43.90 (53.75)	2:38.01 (54.11)	3:29.97 (51.96)		
2 Emily Reeves	10	Sea-Byrd Harlington	3:51.00	3:46.74	2
53.54	1:51.45 (57.91)	2:50.34 (58.89)	3:46.74 (56.40)		
3 Pascale Howell	10	Barnet Cophall	3:59.37	3:48.07	1
54.40	1:52.39 (57.99)	2:50.23 (57.84)	3:48.07 (57.84)		
4 Laura Watt	10	City of Milton Keynes	4:04.10	3:49.05	
55.18	1:55.57 (1:00.39)	2:55.50 (59.93)	3:49.05 (53.55)		
5 Natalie Wilson	10	Sea-Byrd Harlington	4:25.00	4:07.98	
55.85	1:57.68 (1:01.83)	2:59.33 (1:01.65)	4:07.98 (1:08.65)		
6 Davina Kundi	10	Sea-Byrd Harlington	4:32.26	4:12.98	
57.31	2:03.11 (1:05.80)	3:08.87 (1:05.76)	4:12.98 (1:04.11)		
7 Zoe Taplin	10	Sea-Byrd Harlington	4:27.00	4:13.57	
59.52	2:03.11 (1:03.59)	3:08.18 (1:05.07)	4:13.57 (1:05.39)		
8 Sian Hyland	10	Sea-Byrd Harlington	5:03.00	4:22.25	
1:00.11	2:08.64 (1:08.53)	3:18.28 (1:09.64)	4:22.25 (1:03.97)		
--- Karis Fuller	10	Barnet Cophall	3:35.98	DQ	
46.81	1:41.34 (54.53)	2:35.92 (54.58)	DQ (52.68)		

Event 12 Girls 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Harumi Yagi	11	Barnet Cophall	3:08.44	3:14.58	3
44.79	1:35.74 (50.95)	2:25.74 (50.00)	3:14.58 (48.84)		
2 Abigail Smith	11	Harpندن	3:31.87	3:26.37	2
48.23	1:42.04 (53.81)	2:35.77 (53.73)	3:26.37 (50.60)		
3 Cara Yates	11	Barnet Cophall	3:42.84	3:36.64	1
49.00	1:45.57 (56.57)	2:43.17 (57.60)	3:36.64 (53.47)		
4 Molly Hogan	11	Barnet Cophall	3:49.39	3:38.68	
50.12	1:46.10 (55.98)	2:42.76 (56.66)	3:38.68 (55.92)		

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5	Jessie McCabe	11	Barnet Cophthall	4:17.42	3:41.66
	50.40	1:48.46 (58.06)	2:46.39 (57.93)	3:41.66 (55.27)	
6	Caroline Wong	11	Barnet Cophthall	3:50.57	3:41.80
	52.39	1:50.92 (58.53)	2:46.51 (55.59)	3:41.80 (55.29)	
7	Hannah Page	11	Sea-Byrd Harlington	3:41.60	3:43.98
	50.38	1:48.99 (58.61)	2:47.33 (58.34)	3:43.98 (56.65)	
8	Emily Au	11	Hertsmere Flyers	3:50.28	3:44.46
	53.39	1:50.08 (56.69)	2:47.85 (57.77)	3:44.46 (56.61)	
9	Kimberley Dixon	11	Barnet Cophthall	5:30.00	3:49.77
	52.22	1:49.97 (57.75)	2:50.90 (1:00.93)	3:49.77 (58.87)	
10	Emma Desmond	11	Barnet Cophthall	4:03.61	4:08.63
	56.58	2:02.60 (1:06.02)	3:05.97 (1:03.37)	4:08.63 (1:02.66)	
11	Esme Dove	11	Barnet Cophthall	4:31.94	4:11.03
	58.37	2:03.30 (1:04.93)	3:09.50 (1:06.20)	4:11.03 (1:01.53)	
12	Safina Hardy	11	Barnet Cophthall	4:59.95	4:14.36
	57.99	2:03.93 (1:05.94)	3:11.36 (1:07.43)	4:14.36 (1:03.00)	
13	Georgina Ring	11	Sea-Byrd Harlington	5:05.00	4:23.75
	1:00.88	2:08.15 (1:07.27)	3:18.04 (1:09.89)	4:23.75 (1:05.71)	
---	Danna Karayeva	11	Barnet Cophthall	5:30.00	DQ
	1:02.89	2:14.06 (1:11.17)	3:26.51 (1:12.45)	DQ (1:12.22)	
---	Saeidah Toupchiani	11	Barnet Cophthall	5:30.00	DQ
	1:06.18	2:24.29 (1:18.11)	3:42.83 (1:18.54)	DQ (1:15.31)	

Event 12 Girls 12 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Georgia Jackson-Virk	12	Barnet Cophthall	2:58.90	2:57.17	3
	41.65	1:27.17 (45.52)	2:12.31 (45.14)	2:57.17 (44.86)		
2	Eleanor Wheen	12	Harpندن	3:18.00	3:11.66	2
	45.08	1:32.72 (47.64)	2:23.74 (51.02)	3:11.66 (47.92)		
3	Saniya Bandey	12	Barnet Cophthall	3:32.90	3:30.53	1
	48.80	1:42.37 (53.57)	2:37.14 (54.77)	3:30.53 (53.39)		
4	Vani Mudgal	12	Hounslow Hurricanes	3:52.22	3:45.54	
	50.62	1:49.00 (58.38)	2:49.55 (1:00.55)	3:45.54 (55.99)		
5	Linda Epstein	12	Barnet Cophthall	4:34.07	4:19.44	
	58.67	2:07.19 (1:08.52)	3:12.78 (1:05.59)	4:19.44 (1:06.66)		

Event 12 Girls 13 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Eva Grant	13	Hounslow Hurricanes	3:16.94	3:09.48	3
	43.26	1:31.52 (48.26)	2:20.57 (49.05)	3:09.48 (48.91)		
2	Nina Wiseman	13	Bishops Stortford	3:15.16	3:16.57	2
	44.88	1:35.28 (50.40)	2:25.97 (50.69)	3:16.57 (50.60)		
3	Helena Soteriou	13	Barnet Cophthall	3:25.88	3:26.93	1
	49.47	1:43.53 (54.06)	2:36.39 (52.86)	3:26.93 (50.54)		

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Name	Age	Team	Seed Time	Finals Time	Points
1 Jessica Jackson-Virk	14	Barnet Cophall	2:45.20	2:49.93	3
38.87	1:22.11 (43.24)	2:06.26 (44.15)	2:49.93 (43.67)		
2 Amy Thompson	17	Harpندن	2:59.26	3:03.16	2
41.67	1:28.39 (46.72)	2:15.87 (47.48)	3:03.16 (47.29)		
3 Connie Green	16	Harpندن	3:02.63	3:07.48	1
42.61	1:29.60 (46.99)	2:18.18 (48.58)	3:07.48 (49.30)		
4 Sabrina Faramazi	14	Hounslow Hurricanes	3:43.16	3:40.56	
50.29	1:47.31 (57.02)	2:41.47 (54.16)	3:40.56 (59.09)		

Event 13 Boys 9 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Zach Shalovsky	9	Barnet Cophall	2:58.83	2:55.64	3
40.63	1:26.13 (45.50)	2:12.51 (46.38)	2:55.64 (43.13)		
2 Danny Nelson	9	Sea-Byrd Harlington	3:10.00	3:13.96	2
45.40	1:35.42 (50.02)	2:26.03 (50.61)	3:13.96 (47.93)		
3 Fabio Arricale	9	Barnet Cophall	3:58.17	3:26.25	1
50.66	1:44.54 (53.88)	2:36.91 (52.37)	3:26.25 (49.34)		
4 Matthew Quinn	9	Sea-Byrd Harlington	3:55.00	3:43.71	
52.70	1:51.06 (58.36)	2:48.65 (57.59)	3:43.71 (55.06)		
5 George Georgiou	9	Barnet Cophall	4:17.58	3:51.96	
53.03	1:52.62 (59.59)	2:54.45 (1:01.83)	3:51.96 (57.51)		
6 Michael Gill	9	Sea-Byrd Harlington	4:10.94	3:56.34	
1:00.12	2:01.16 (1:01.04)	3:01.35 (1:00.19)	3:56.34 (54.99)		
7 Duy Hoang	9	Hounslow Hurricanes	4:02.83	3:58.00	
57.40	1:58.96 (1:01.56)	3:01.41 (1:02.45)	3:58.00 (56.59)		
8 Jonathan Wells	9	Barnet Cophall	5:00.00	3:59.49	
56.83	1:59.13 (1:02.30)	3:03.20 (1:04.07)	3:59.49 (56.29)		
9 Conor Bateman	9	Sea-Byrd Harlington	4:30.00	4:16.98	
59.96	2:07.51 (1:07.55)	3:15.22 (1:07.71)	4:16.98 (1:01.76)		
10 Miles Harpley	9	Barnet Cophall	5:30.00	4:24.04	
59.11		4:24.04 ()	4:24.04 ()		
--- Hamish Hudson	9	Barnet Cophall	3:55.27	DQ	
54.75		2:52.98 ()	DQ (1:00.64)		
--- Leighton Jones	9	Sea-Byrd Harlington	4:20.20	DQ	
50.35	1:44.93 (54.58)	2:42.15 (57.22)	DQ (52.71)		
--- Martyn Walton	9	Stevenage	3:08.90	DQ	
43.43	1:30.81 (47.38)	2:20.43 (49.62)	DQ (45.00)		

Event 13 Boys 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Joseph Mileusnic	10	Stevenage	3:11.26	3:11.70	3
46.61	1:37.64 (51.03)	2:26.56 (48.92)	3:11.70 (45.14)		
2 Jamie Woodman	10	Sea-Byrd Harlington	3:14.55	3:12.58	2
46.85	1:36.24 (49.39)	2:25.79 (49.55)	3:12.58 (46.79)		
3 Josh Pointer	10	Barnet Cophall	3:13.24	3:16.57	1
44.31	1:34.87 (50.56)	2:28.09 (53.22)	3:16.57 (48.48)		

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4	Liam Chong	10	Barnet Cophall	3:17.23	3:18.36
	48.25	1:38.74 (50.49)	2:29.10 (50.36)	3:18.36 (49.26)	
5	Nicolas Gore	10	Sea-Byrd Harlington	3:15.93	3:19.11
	47.20	1:39.35 (52.15)	2:30.96 (51.61)	3:19.11 (48.15)	
6	James Brennan	10	Teddington	3:30.58	3:26.76
	48.40	1:41.91 (53.51)	2:35.58 (53.67)	3:26.76 (51.18)	
7	Adam Nash	10	Barnet Cophall	3:29.17	3:29.05
	49.24	1:44.55 (55.31)	2:39.23 (54.68)	3:29.05 (49.82)	
8	Arthur Hogle-Stone	10	Sea-Byrd Harlington	3:29.01	3:32.90
	50.09	1:44.88 (54.79)	2:40.06 (55.18)	3:32.90 (52.84)	
9	Harry Jackson	10	Sea-Byrd Harlington	3:29.93	3:35.06
	48.77	1:47.25 (58.48)	2:43.41 (56.16)	3:35.06 (51.65)	
10	Rory Linnane	10	Sea-Byrd Harlington	4:20.00	3:52.73
	55.41	1:55.53 (1:00.12)	2:55.11 (59.58)	3:52.73 (57.62)	
11	Dino Caryotis	10	Barnet Cophall	4:45.90	4:09.30
	55.75	2:00.74 (1:04.99)	3:06.66 (1:05.92)	4:09.30 (1:02.64)	
---	Ravi Karimi	10	Barnet Cophall	5:30.00	DQ
	59.44	2:06.67 (1:07.23)	4:27.04 (2:20.37)	DQ ()	
---	Daniel Pusey	10	Sea-Byrd Harlington	3:33.00	DQ
	51.63	1:48.77 (57.14)	2:46.95 (58.18)	DQ (55.54)	
---	Xerxes Panthakee	10	Barnet Cophall	5:00.00	DQ
	49.73	1:46.78 (57.05)	2:41.80 (55.02)	DQ (57.43)	

Event 13 Boys 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time	Points
1	Curtis Coleman	11	Barnet Cophall	2:50.97	2:50.47	3
	40.93	1:24.29 (43.36)	2:08.64 (44.35)	2:50.47 (41.83)		
2	Jamie Richter	11	Barnet Cophall	2:54.22	2:52.57	2
	41.61	1:25.18 (43.57)	2:09.67 (44.49)	2:52.57 (42.90)		
3	Aris Savva	11	Barnet Cophall	3:22.90	3:12.79	1
	47.04	1:37.67 (50.63)	2:26.83 (49.16)	3:12.79 (45.96)		
4	Joe Jackson	11	Barnet Cophall	3:13.66	3:16.55	
	47.55	1:38.06 (50.51)	2:30.67 (52.61)	3:16.55 (45.88)		
5	Matthew Lee	11	Barnet Cophall	4:20.17	3:20.71	
	46.17	1:38.06 (51.89)	2:30.51 (52.45)	3:20.71 (50.20)		
6	Jasper Wong	11	Barnet Cophall	4:19.92	4:00.85	
	53.65	1:56.70 (1:03.05)	3:01.12 (1:04.42)	4:00.85 (59.73)		
7	Jake Aldridge	11	Barnet Cophall	5:00.00	4:03.55	
	56.80	1:59.93 (1:03.13)	3:03.52 (1:03.59)	4:03.55 (1:00.03)		
8	Harry Turner	11	Barnet Cophall	5:00.00	4:13.84	
	57.64	2:04.01 (1:06.37)	3:10.35 (1:06.34)	4:13.84 (1:03.49)		
9	Kay Iwaya	11	Barnet Cophall	5:30.00	4:48.28	
	1:01.96	2:16.03 (1:14.07)	3:34.28 (1:18.25)	4:48.28 (1:14.00)		
---	Omar Darwish	11	Barnet Cophall	3:51.89	DQ	
	50.45	1:50.64 (1:00.19)	2:46.85 (56.21)	DQ (1:01.05)		
---	Mark Gianni	11	Barnet Cophall	5:30.00	DQ	
	59.70	2:10.89 (1:11.19)	3:22.03 (1:11.14)	DQ (1:08.21)		

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 13 Boys 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Michael Fernandes	12	Barnet Cophall	2:35.61	2:33.42	3
	35.52	1:15.06 (39.54)	1:54.69 (39.63)	2:33.42 (38.73)	
2 Henry Yau	12	Barnet Cophall	2:55.96	2:40.48	2
	37.87	1:18.62 (40.75)	1:59.77 (41.15)	2:40.48 (40.71)	
3 George Carter	12	Barnet Cophall	2:38.01	2:41.20	1
	37.27	1:17.66 (40.39)	1:59.10 (41.44)	2:41.20 (42.10)	
4 Manasseh Dalton-Brown	12	Barnet Cophall	2:48.00	2:41.37	
	38.49	1:19.71 (41.22)	2:00.99 (41.28)	2:41.37 (40.38)	
5 Hugo Cliff	12	Barnet Cophall	2:50.81	2:45.69	
	39.38	1:22.40 (43.02)	2:04.79 (42.39)	2:45.69 (40.90)	
6 Bradley Doherty	12	Barnet Cophall	2:53.94	2:56.35	
	42.19	1:27.10 (44.91)	2:12.09 (44.99)	2:56.35 (44.26)	
7 Adrian Schindler	12	Barnet Cophall	3:33.52	3:08.63	
	43.18	1:31.40 (48.22)	2:20.88 (49.48)	3:08.63 (47.75)	
8 Theophilus Hee	12	Barnet Cophall	4:21.17	4:07.96	
	1:00.84	2:04.11 (1:03.27)	3:06.77 (1:02.66)	4:07.96 (1:01.19)	

Event 13 Boys 13 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Matthew Costello	13	Stevenage	3:05.00	3:03.29	3
	44.98	1:32.88 (47.90)	2:20.88 (48.00)	3:03.29 (42.41)	
2 Adam Taie	13	Barnet Cophall	3:15.72	3:17.81	2
	47.08	1:37.63 (50.55)	2:29.01 (51.38)	3:17.81 (48.80)	

Event 13 Boys 14 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	Points
1 Charlie Boldison	14	Barnet Cophall	2:16.29	2:12.22	3
	31.62	1:06.00 (34.38)	1:40.13 (34.13)	2:12.22 (32.09)	
2 Josh Eddon	14	Barnet Cophall	2:16.79	2:16.46	2
	33.60	1:09.18 (35.58)	1:43.50 (34.32)	2:16.46 (32.96)	
3 Akshay Shah	15	Barnet Cophall	2:15.62	2:16.59	1
	32.83	1:07.41 (34.58)	1:42.15 (34.74)	2:16.59 (34.44)	
4 Ian Goode	17	City of Milton Keynes	2:25.90	2:23.66	
	33.63	1:09.97 (36.34)	1:47.46 (37.49)	2:23.66 (36.20)	
5 Ghasem Fathi	14	Barnet Cophall	2:30.00	2:33.49	
	35.99	1:14.85 (38.86)	1:55.01 (40.16)	2:33.49 (38.48)	
6 Oli Wiseman	15	Bishops Stortford	2:44.93	2:46.15	
	39.51	1:21.60 (42.09)	2:04.17 (42.57)	2:46.15 (41.98)	
7 David Yam	15	City of Milton Keynes	3:02.56	2:52.59	
	39.29	1:23.49 (44.20)	2:09.36 (45.87)	2:52.59 (43.23)	
8 Daniel Young	14	Hounslow Hurricanes	2:59.86	3:04.25	
	41.08	1:28.33 (47.25)	2:17.29 (48.96)	3:04.25 (46.96)	
9 Magdy Darwish	14	Barnet Cophall	3:00.00	3:13.63	
	43.48	1:31.70 (48.22)	2:23.83 (52.13)	3:13.63 (49.80)	

Barnet Cophall Swimming Club Kate Lack Trophy Meet – 20th May 2007**Event 14 Girls 10 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Sarah Sharp	10	Barnet Cophall	3:31.07	3:26.61	3
	42.53	1:36.76 (54.23)	2:32.17 (55.41)	3:26.61 (54.44)	

Event 14 Girls 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Harumi Yagi	11	Barnet Cophall	2:46.61	2:44.10	3
	37.63	1:19.74 (42.11)	2:01.51 (41.77)	2:44.10 (42.59)	
2 Nicola Burlingham	11	Barnet Cophall	2:59.60	2:57.10	2
	38.20	1:22.11 (43.91)	2:09.64 (47.53)	2:57.10 (47.46)	

Event 14 Girls 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Megan Boldison	12	Barnet Cophall	2:44.74	2:42.51	3
	35.77	1:16.27 (40.50)	1:59.16 (42.89)	2:42.51 (43.35)	
2 Georgia Jackson-Virk	12	Barnet Cophall	2:45.11	2:44.65	2
	37.02	1:19.76 (42.74)	2:03.20 (43.44)	2:44.65 (41.45)	
3 Hannah Weetman	12	City of Milton Keynes	3:35.21	3:08.29	1
	40.59	1:28.94 (48.35)	2:19.41 (50.47)	3:08.29 (48.88)	

Event 14 Girls 13 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Aimee Joyce	13	Hounslow Hurricanes	3:23.34	3:14.84	3
	41.29	1:30.84 (49.55)	2:23.28 (52.44)	3:14.84 (51.56)	

Event 14 Girls 14 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	Points
1 Lauren Chapple	14	Barnet Cophall	2:20.62	2:26.15	3
	31.96	1:08.97 (37.01)	1:47.29 (38.32)	2:26.15 (38.86)	
2 Jessie Porter	15	Barnet Cophall	2:27.42	2:30.36	2
	33.67	1:11.29 (37.62)	1:50.30 (39.01)	2:30.36 (40.06)	
3 Ellen Crick	14	Harpندن	3:07.65	3:01.50	1
	37.01	1:24.95 (47.94)	2:12.93 (47.98)	3:01.50 (48.57)	
4 Amy Thompson	17	Harpندن	3:08.22	3:04.08	
	39.84	1:26.60 (46.76)	2:15.38 (48.78)	3:04.08 (48.70)	