

Barnet Cophall Swimming Club 200s Meet – 19th October 2008**Event 1 Girls 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Powell, Paige Leah	9	Barnet Cophall	4:10.00	3:58.28
	47.44	1:45.48 (58.04) 2:51.83 (1:06.35)	3:58.28 (1:06.45)	

Event 1 Girls 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Rice, Rebecca	10	Hatfield	3:28.63	3:22.91
	42.70	1:33.89 (51.19) 2:28.88 (54.99)	3:22.91 (54.03)	
2 Hancock, Zoe	10	Aylesbury & District	3:49.46	3:24.49
	43.84	1:34.93 (51.09) 2:30.57 (55.64)	3:24.49 (53.92)	
3 Dean, Isabelle	10	Barnet Cophall	3:52.19	3:30.41
	46.30	1:40.36 (54.06) 2:36.63 (56.27)	3:30.41 (53.78)	
4 Thornton, Fiona	10	Stevenage	4:00.14	4:11.41
	48.75	1:48.35 (59.60) 3:00.78 (1:12.43)	4:11.41 (1:10.63)	
5 Revell, Lauren	10	Newport Pagnell	4:18.21	4:13.68
	53.58	1:58.67 (1:05.09) 3:05.59 (1:06.92)	4:13.68 (1:08.09)	
--- Kramer, Elisha	10	Barnet Cophall	3:40.00	DQ
	52.69	2:02.70 (1:10.01) 3:18.43 (1:15.73)	DQ (1:19.11)	

Event 1 Girls 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Willis, Katie	11	Aylesbury & District	3:20.68	3:09.97
	41.41	1:29.86 (48.45) 2:21.22 (51.36)	3:09.97 (48.75)	
2 Evans, Charlotte	11	Aylesbury & District	3:26.93	3:14.09
	42.66	1:32.70 (50.04) 2:24.32 (51.62)	3:14.09 (49.77)	
3 Munkley, Zoe	11	Hertsmere Flyers	3:27.69	3:15.60
	41.85	1:34.94 (53.09) 2:26.86 (51.92)	3:15.60 (48.74)	
4 Whiteside, Mollie	11	Barnet Cophall	3:27.78	3:16.96
	39.78	1:29.56 (49.78) 2:24.40 (54.84)	3:16.96 (52.56)	
5 Patel, Tara	11	Barnet Cophall	3:25.00	3:23.93
	43.94	1:35.42 (51.48) 2:30.32 (54.90)	3:23.93 (53.61)	
6 Simmons, Chloe	11	Hertsmere Flyers	3:26.35	3:28.05
	43.57	1:37.90 (54.33) 2:34.36 (56.46)	3:28.05 (53.69)	
7 Charles, Carys	11	Barnet Cophall	4:00.00	3:38.79
	41.96	1:37.18 (55.22) 2:39.83 (1:02.65)	3:38.79 (58.96)	
8 Muggleton, Emily	11	Verulam	3:40.01	4:01.27
	47.03	1:46.64 (59.61) 2:55.88 (1:09.24)	4:01.27 (1:05.39)	
9 Moroney, Abigail	11	Newport Pagnell	3:52.96	4:03.79
	48.51	1:52.95 (1:04.44) 3:02.39 (1:09.44)	4:03.79 (1:01.40)	
10 Herlock, Lauren	11	Verulam	3:57.95	4:05.82
	52.46	1:55.53 (1:03.07) 3:02.88 (1:07.35)	4:05.82 (1:02.94)	

Event 1 Girls 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Smith, Abby	12	Harpenden SC Active Swimmers	2:48.81	2:57.99
	39.20	1:25.22 (46.02) 2:11.94 (46.72)	2:57.99 (46.05)	

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2	Smith, Abigail	12	Hertsmere Flyers	2:56.77	2:58.64
	39.89	1:27.26 (47.37)	2:15.76 (48.50)	2:58.64 (42.88)	

Event 1 Girls 13 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Winfield, Holly	13	City of St Albans	2:45.53	2:48.03
	37.22	1:19.57 (42.35)	2:04.26 (44.69)	2:48.03 (43.77)	
2	Wong, Caroline	13	Barnet Cophall	3:00.51	2:49.52
	34.84	1:19.38 (44.54)	2:05.71 (46.33)	2:49.52 (43.81)	
3	Zerrougi, Karima	13	Eltham Stingrays	3:02.34	2:56.82
	37.75	1:23.27 (45.52)	2:11.34 (48.07)	2:56.82 (45.48)	
4	Beard, Chloe	13	City of St Albans	2:56.78	3:05.61
	39.36	1:25.56 (46.20)	2:15.54 (49.98)	3:05.61 (50.07)	
5	Youell, Grace	13	Aylesbury & District	3:11.51	3:07.88
	39.13	1:25.78 (46.65)	2:18.62 (52.84)	3:07.88 (49.26)	

Event 1 Girls 14 & Over 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Bickford-Sawkings, Elizabeth	14	Teddington	2:51.69	2:48.27
	36.58	1:19.11 (42.53)	2:04.65 (45.54)	2:48.27 (43.62)	
2	Panayides, Alex	14	Teddington	2:59.90	2:50.22
	37.47	1:21.04 (43.57)	2:05.92 (44.88)	2:50.22 (44.30)	
3	Holden, Rebekah	14	Berkhamsted Sports Centre	2:55.70	2:55.82
	38.85	1:25.83 (46.98)	2:10.52 (44.69)	2:55.82 (45.30)	
4	Smith, Georgie	15	Harpندن SC Active Swimmers	2:53.46	3:17.09
	41.24	1:29.52 (48.28)	2:22.94 (53.42)	3:17.09 (54.15)	

Event 2 Boys 9 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Kapanadze, Konstantin	9	Barnet Cophall	3:25.00	3:06.41
	44.24	1:32.07 (47.83)	2:19.78 (47.71)	3:06.41 (46.63)	
2	Walker, Jonathan	9	Barnet Cophall	3:37.61	3:20.14
	46.88	1:38.40 (51.52)	2:31.19 (52.79)	3:20.14 (48.95)	
3	Keegan, William	9	Barnet Cophall	4:40.00	3:50.50
	55.22	1:57.67 (1:02.45)	2:57.30 (59.63)	3:50.50 (53.20)	
4	A'Brassard, Will	9	Chelsea & Kensington SC	4:15.00	3:54.33
	54.27	1:54.04 (59.77)	2:55.32 (1:01.28)	3:54.33 (59.01)	
5	Segev, Gil	9	Barnet Cophall	4:39.00	3:56.27
	54.58	1:55.91 (1:01.33)	2:57.28 (1:01.37)	3:56.27 (58.99)	
6	Ogakwu, Emeka	9	Barnet Cophall	4:39.00	3:59.52
	58.05		3:04.26 ()	3:59.52 (55.26)	
---	Garland, Barnaby	9	Chelsea & Kensington SC	3:48.00	DQ
	51.51	1:48.76 (57.25)	3:42.13 (1:53.37)	DQ ()	

Event 2 Boys 10 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Cornwell, Frederick	10	Anaconda	3:04.71	2:51.80
	41.20	1:25.15 (43.95)	2:09.30 (44.15)	2:51.80 (42.50)	

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2	Dos Santos, Robert	10	Barnet Cophall	3:00.00	2:53.98
	41.99	1:26.93 (44.94)	2:10.74 (43.81)	2:53.98 (43.24)	
3	Kapanadze, Alexander	10	Barnet Cophall	3:13.53	3:01.29
	42.74	1:29.25 (46.51)	2:16.16 (46.91)	3:01.29 (45.13)	
4	Hudson, Hamish	10	Barnet Cophall	3:11.40	3:02.30
	41.17	1:28.65 (47.48)	2:16.95 (48.30)	3:02.30 (45.35)	
5	Revell, Michael	10	Harpenden SC Active Swimmers	3:26.83	3:05.47
	43.91	1:31.54 (47.63)	2:19.39 (47.85)	3:05.47 (46.08)	
6	Hogan, Dominic	10	Barnet Cophall	3:52.04	3:11.51
	45.70	1:34.00 (48.30)	2:23.78 (49.78)	3:11.51 (47.73)	
7	MacCaig, Hamish	10	Berkhamsted Sports Centre	3:25.80	3:21.12
	47.98	1:39.00 (51.02)	2:31.49 (52.49)	3:21.12 (49.63)	
8	Foster, Luke	10	City of St Albans	3:29.93	3:22.33
	47.07	1:39.30 (52.23)	2:32.50 (53.20)	3:22.33 (49.83)	
9	hoang, duy	10	Hounslow Hurricanes	3:34.14	3:26.57
	48.18	1:42.11 (53.93)	2:35.26 (53.15)	3:26.57 (51.31)	
10	Andrzejczyk, Jan	10	Barnet Cophall	3:37.79	3:28.47
	48.10	1:41.55 (53.45)	2:35.14 (53.59)	3:28.47 (53.33)	

Event 2 Boys 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Colyer, Adam	11	Hertsmere Flyers	3:12.15	2:57.47
	40.69	1:25.79 (45.10)	2:12.70 (46.91)	2:57.47 (44.77)	
2	Turner, Charlie	11	Barnet Cophall	3:08.92	2:59.23
	42.36	1:26.04 (43.68)	2:12.76 (46.72)	2:59.23 (46.47)	
3	Armstrong, Nathanael	11	Aylesbury & District	2:57.74	3:01.73
	42.61	1:29.08 (46.47)	2:17.14 (48.06)	3:01.73 (44.59)	
4	Henson, Samuel	11	City of St Albans	3:01.15	3:03.74
	41.80	1:28.95 (47.15)	2:17.26 (48.31)	3:03.74 (46.48)	
5	Dixon, Theo	11	Harpenden SC Active Swimmers	3:10.90	3:04.79
	43.65	1:30.86 (47.21)	2:19.22 (48.36)	3:04.79 (45.57)	
6	A'Brassard, Louis	11	Chelsea & Kensington SC	3:05.24	3:10.69
	43.60	1:33.13 (49.53)	2:22.54 (49.41)	3:10.69 (48.15)	
7	Horne, Zac	11	City of St Albans	3:26.11	3:11.21
	43.77	1:32.35 (48.58)	2:23.25 (50.90)	3:11.21 (47.96)	
8	Segev, Tom	11	Barnet Cophall	3:26.80	3:24.47
	48.05	1:41.11 (53.06)	2:34.03 (52.92)	3:24.47 (50.44)	
9	Panteli, Panayiotis	11	Barnet Cophall	3:43.05	3:28.61
	49.11	1:42.21 (53.10)	2:35.72 (53.51)	3:28.61 (52.89)	
10	O'Riordan, Colum	11	Barnet Cophall	4:00.00	3:34.67
	50.66	1:46.61 (55.95)	2:41.30 (54.69)	3:34.67 (53.37)	

Event 2 Boys 12 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Ptaszynska-Neophytou, Chris	12	Chesham SC	2:50.66	2:39.81
	37.47	1:18.00 (40.53)	1:59.42 (41.42)	2:39.81 (40.39)	
2	Rittenhouse, William	12	Camden Swiss	2:39.95	2:43.46
	38.71	1:20.50 (41.79)	2:03.31 (42.81)	2:43.46 (40.15)	

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3	Mileusnic, Joseph	12	Stevenage	2:55.59	2:50.55
	41.79	1:25.84 (44.05)	2:09.85 (44.01)	2:50.55 (40.70)	
4	Chong, Liam	12	Barnet Cophall	3:01.10	2:54.46
	40.66	1:24.90 (44.24)	2:10.28 (45.38)	2:54.46 (44.18)	
5	Bradley, Billy	12	Camden Swiss	3:03.27	3:00.48
	41.86	1:27.35 (45.49)	2:15.08 (47.73)	3:00.48 (45.40)	
6	Rochford, Benjamin	12	Berkhamsted Sports Centre	3:11.40	3:19.08
	46.89	1:37.38 (50.49)	2:29.18 (51.80)	3:19.08 (49.90)	

Event 2 Boys 13 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	McLoughlin, Dominic	13	Anaconda	2:39.21	2:30.20
	35.67	1:13.18 (37.51)	1:52.19 (39.01)	2:30.20 (38.01)	
2	Bartington, Nick	13	Chesham SC	2:53.27	2:55.80
	40.72	1:27.16 (46.44)	2:13.60 (46.44)	2:55.80 (42.20)	
3	Revell, Christian	13	Newport Pagnell	2:56.54	3:00.90
	41.94		2:16.94 ()	3:00.90 (43.96)	
4	Cook, Edward	13	Harpenden SC Active Swimmers	3:06.05	3:08.41
	43.23	1:30.73 (47.50)	2:20.75 (50.02)	3:08.41 (47.66)	
5	Wong, Jasper	13	Barnet Cophall	3:05.00	3:27.13
	45.80	1:36.67 (50.87)	2:32.53 (55.86)	3:27.13 (54.60)	

Event 2 Boys 14 & Over 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Buckley, Danny	14	Stevenage	2:32.00	2:27.31
	34.24	1:11.63 (37.39)	1:50.43 (38.80)	2:27.31 (36.88)	
2	Kirby, Leo	16	Anaconda	2:32.15	2:27.70
	34.90	1:11.87 (36.97)	1:50.36 (38.49)	2:27.70 (37.34)	
3	Sawers, Joshua	15	Aylesbury & District	2:40.80	2:31.78
	35.75	1:14.89 (39.14)	1:54.06 (39.17)	2:31.78 (37.72)	
4	Munkley, Jay	14	Hertsmere Flyers	2:36.86	2:33.14
	34.93	1:13.32 (38.39)	1:53.52 (40.20)	2:33.14 (39.62)	
5	Costello, Matthew	14	Stevenage	2:44.50	2:38.80
	37.58	1:17.69 (40.11)	1:58.94 (41.25)	2:38.80 (39.86)	
6	Connolly, Samuel	15	Aylesbury & District	2:45.62	2:46.66
	39.62	1:22.04 (42.42)	2:05.13 (43.09)	2:46.66 (41.53)	
7	childs, lewis	15	Verulam	3:03.01	2:47.88
	37.80	1:20.70 (42.90)	2:05.85 (45.15)	2:47.88 (42.03)	
8	Morgan, Daniel	14	Aylesbury & District	2:53.32	2:48.75
	40.24	1:23.58 (43.34)	2:07.59 (44.01)	2:48.75 (41.16)	
9	Imrie, Michael	15	Berkhamsted Sports Centre	3:01.33	3:00.07
	39.58	1:24.99 (45.41)	2:13.80 (48.81)	3:00.07 (46.27)	
---	Harper, James	14	Harpenden SC Active Swimmers	3:00.00	DQ
	40.66	1:24.47 (43.81)	2:09.22 (44.75)	DQ (43.47)	

Barnet Cophall Swimming Club 200s Meet – 19th October 2008**Event 3 Girls 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Cain, Emma	9	Chelsea & Kensington SC	4:32.81	3:42.02
	50.75	1:48.09 (57.34)	2:45.48 (57.39)	3:42.02 (56.54)
2 Bell, Alice	9	Barnet Cophall	4:08.62	3:52.35
	53.09	1:52.65 (59.56)	2:53.21 (1:00.56)	3:52.35 (59.14)
3 Powell, Paige Leah	9	Barnet Cophall	4:30.00	3:53.88
	56.19	1:56.45 (1:00.26)	2:56.41 (59.96)	3:53.88 (57.47)
4 Marks, Laura	9	Chelsea & Kensington SC	4:10.89	4:02.42
	54.79	1:55.64 (1:00.85)	2:58.60 (1:02.96)	4:02.42 (1:03.82)
5 Harris, Claire	9	Barnet Cophall	4:20.00	4:03.66
	57.66	2:00.66 (1:03.00)	3:03.27 (1:02.61)	4:03.66 (1:00.39)
6 Seoudy, Alaya	9	Barnet Cophall	4:18.06	4:04.20
	55.14	1:58.99 (1:03.85)	3:03.82 (1:04.83)	4:04.20 (1:00.38)
7 Dixon, Millie	9	Harpenden SC Active Swimmers	4:20.00	4:18.57
	59.20	2:05.38 (1:06.18)	3:13.17 (1:07.79)	4:18.57 (1:05.40)
8 Batto, Hana	9	Chelsea & Kensington SC	4:56.10	4:18.67
	58.84	2:03.55 (1:04.71)	3:10.39 (1:06.84)	4:18.67 (1:08.28)
9 Patel, Roma	9	Barnet Cophall	4:50.97	4:19.96
	59.80	2:05.31 (1:05.51)	3:12.78 (1:07.47)	4:19.96 (1:07.18)
10 Geers, Heather	9	City of St Albans	4:49.02	4:28.46
	1:03.41	2:12.58 (1:09.17)	3:22.03 (1:09.45)	4:28.46 (1:06.43)
--- Twitchen, Emma	9	Barnet Cophall	5:10.00	DQ
	58.92	2:08.34 (1:09.42)	3:19.72 (1:11.38)	DQ (1:09.35)

Event 3 Girls 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Brand, Yasmin	10	Berkhamsted Sports Centre	3:46.51	3:35.24
	50.92	1:45.78 (54.86)	2:42.66 (56.88)	3:35.24 (52.58)
2 Thornton, Fiona	10	Stevenage	3:49.42	3:36.28
	51.36	1:46.98 (55.62)	2:42.16 (55.18)	3:36.28 (54.12)
3 Dean, Isabelle	10	Barnet Cophall	3:47.59	3:37.97
	51.00	1:46.82 (55.82)	2:42.91 (56.09)	3:37.97 (55.06)
4 Merelie, Juliet	10	Harpenden SC Active Swimmers	4:17.02	3:38.50
	52.43	1:47.32 (54.89)	2:41.80 (54.48)	3:38.50 (56.70)
5 Hancock, Zoe	10	Aylesbury & District	4:02.81	3:46.25
	52.97	1:51.21 (58.24)	2:48.61 (57.40)	3:46.25 (57.64)
6 Smith, Marlina	10	City of St Albans	4:03.41	3:46.86
	53.59	1:51.39 (57.80)	2:51.06 (59.67)	3:46.86 (55.80)
7 Willis, Miranda	10	Hertsmere Flyers	4:04.76	3:47.20
	53.68	1:52.44 (58.76)	2:50.41 (57.97)	3:47.20 (56.79)
8 Lapham, Lucy	10	Stevenage	4:25.66	3:50.58
	53.54	1:52.79 (59.25)	2:52.35 (59.56)	3:50.58 (58.23)
9 Rupf, Clara	10	Chelsea & Kensington SC	4:01.85	3:52.40
	52.09	1:52.32 (1:00.23)	2:53.13 (1:00.81)	3:52.40 (59.27)
10 Rice, Rebecca	10	Hatfield	3:55.15	3:53.07
	53.58	1:54.44 (1:00.86)	2:54.99 (1:00.55)	3:53.07 (58.08)

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11	arnold, Chloe	10	Verulam	4:08.87	3:54.64
	53.88	1:55.62 (1:01.74)	2:57.06 (1:01.44)	3:54.64 (57.58)	
12	Kramer, Elisha	10	Barnet Cophall	4:00.10	3:56.44
	55.39	1:57.40 (1:02.01)	2:57.86 (1:00.46)	3:56.44 (58.58)	
13	Afshar, Dana	10	Barnet Cophall	4:00.61	3:56.89
	56.78	1:57.51 (1:00.73)	2:59.44 (1:01.93)	3:56.89 (57.45)	
14	De Simone, Chiara	10	Barnet Cophall	4:20.00	3:57.59
	52.92	1:52.83 (59.91)	2:55.06 (1:02.23)	3:57.59 (1:02.53)	
15	Henson, Sophie	10	City of St Albans	4:09.22	3:59.09
	54.45	1:56.58 (1:02.13)	2:58.86 (1:02.28)	3:59.09 (1:00.23)	
16	yu, kristina	10	Hounslow Hurricanes	4:13.18	3:59.24
	54.89	1:53.90 (59.01)	2:57.04 (1:03.14)	3:59.24 (1:02.20)	
17	Simmons, Maddie	10	Hertsmere Flyers	4:20.01	4:02.64
	58.28	2:00.88 (1:02.60)	3:04.75 (1:03.87)	4:02.64 (57.89)	
18	Filippone, Sabina	10	Barnet Cophall	4:32.57	4:09.54
	57.17	2:01.73 (1:04.56)	3:06.95 (1:05.22)	4:09.54 (1:02.59)	
19	Hunter, Gemma	10	Barnet Cophall	4:10.00	4:18.81
	1:00.66	2:06.41 (1:05.75)	3:12.87 (1:06.46)	4:18.81 (1:05.94)	
20	Lewis, Bronwen	10	Barnet Cophall	4:44.00	4:19.69
	57.83	2:04.56 (1:06.73)	3:13.81 (1:09.25)	4:19.69 (1:05.88)	
21	Norris, Phoebe	10	Barnet Cophall	4:41.72	4:42.34
	1:03.86	2:17.99 (1:14.13)	3:31.59 (1:13.60)	4:42.34 (1:10.75)	
---	Hogarth, Charlotte	10	Chelsea & Kensington SC	3:57.76	DQ
	50.41	1:46.11 (55.70)	2:42.07 (55.96)	DQ (56.40)	

Event 3 Girls 11 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	West, Lily	11	Stevenage	3:23.65	3:17.88
	44.99	1:36.57 (51.58)	2:28.92 (52.35)	3:17.88 (48.96)	
2	Bethley, Jamilla	11	Barnet Cophall	3:53.82	3:20.37
	43.92	1:35.64 (51.72)	2:29.67 (54.03)	3:20.37 (50.70)	
3	Willis, Katie	11	Aylesbury & District	3:30.72	3:21.53
	44.94	1:36.40 (51.46)	2:29.94 (53.54)	3:21.53 (51.59)	
4	Murphy, Danielle	11	Stevenage	3:28.82	3:23.44
	44.63	1:37.56 (52.93)	2:31.15 (53.59)	3:23.44 (52.29)	
5	Evans, Charlotte	11	Aylesbury & District	3:28.76	3:25.16
	48.14	1:39.16 (51.02)	2:32.18 (53.02)	3:25.16 (52.98)	
6	Whiteside, Mollie	11	Barnet Cophall	3:33.97	3:25.39
	48.72	1:41.65 (52.93)	2:35.17 (53.52)	3:25.39 (50.22)	
7	Munkley, Zoe	11	Hertsmere Flyers	3:21.55	3:26.44
	47.58	1:40.46 (52.88)	2:34.94 (54.48)	3:26.44 (51.50)	
8	Moroney, Abigail	11	Newport Pagnell	3:38.51	3:34.87
	48.72	1:45.31 (56.59)	2:41.30 (55.99)	3:34.87 (53.57)	
9	Patel, Tara	11	Barnet Cophall	3:45.00	3:35.75
	48.76	1:45.76 (57.00)	2:42.32 (56.56)	3:35.75 (53.43)	
10	flanagan, kimberley	11	Hounslow Hurricanes	3:48.11	3:40.43
	51.31	1:46.88 (55.57)	2:44.79 (57.91)	3:40.43 (55.64)	

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11	Muggleton, Emily	11	Verulam	4:13.01	3:45.29
	54.01	1:52.78 (58.77)	2:49.98 (57.20)	3:45.29 (55.31)	
12	Simmons, Chloe	11	Hertsmere Flyers	4:02.63	4:01.73
	54.78	1:58.63 (1:03.85)	3:01.62 (1:02.99)	4:01.73 (1:00.11)	
13	shevlin, leah	11	Hounslow Hurricanes	4:08.77	4:08.11
	56.36	1:59.51 (1:03.15)	3:04.33 (1:04.82)	4:08.11 (1:03.78)	
14	jac-during, samantha	11	Hounslow Hurricanes	4:08.65	4:11.33
	53.27	1:57.30 (1:04.03)	3:05.29 (1:07.99)	4:11.33 (1:06.04)	
15	Maxwell, Anesa	11	Barnet Cophall	4:14.80	4:38.39
	1:03.78	2:16.62 (1:12.84)	3:28.75 (1:12.13)	4:38.39 (1:09.64)	
16	King, Elizabeth	11	Barnet Cophall	4:14.50	4:40.47
	1:03.41	2:16.12 (1:12.71)	3:30.55 (1:14.43)	4:40.47 (1:09.92)	
---	Batto, Sarah	11	Chelsea & Kensington SC	4:09.38	DQ
	52.30	1:50.74 (58.44)	2:49.95 (59.21)	DQ (57.40)	
---	Charles, Carys	11	Barnet Cophall	3:55.54	DQ
	48.91	1:45.05 (56.14)	2:40.66 (55.61)	DQ (53.33)	

Event 3 Girls 12 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Smith, Abby	12	Harpenden SC Active Swimmers	3:15.36	3:17.36
	47.06	1:37.30 (50.24)	2:29.36 (52.06)	3:17.36 (48.00)	
2	Boland, Sian	12	Barnet Cophall	3:39.46	3:19.29
	47.08	1:37.58 (50.50)	2:29.16 (51.58)	3:19.29 (50.13)	
3	Morgan, Hannah	12	Aylesbury & District	3:27.32	3:24.26
	46.50	1:38.82 (52.32)	2:30.56 (51.74)	3:24.26 (53.70)	
4	Heslop, Anna	12	Chesham SC	3:38.00	3:33.54
	47.34	1:41.48 (54.14)	2:37.93 (56.45)	3:33.54 (55.61)	
5	Garner, Jessica	12	Harpenden SC Active Swimmers	3:42.86	3:34.11
	49.34	1:45.44 (56.10)	2:41.53 (56.09)	3:34.11 (52.58)	
6	Tinkler, Eloise	12	Verulam	3:36.01	3:34.18
	49.23	1:44.77 (55.54)	2:41.96 (57.19)	3:34.18 (52.22)	
7	Zeqiri, Rita	12	Chelsea & Kensington SC	3:28.00	3:35.79
	51.34	1:46.47 (55.13)	2:42.16 (55.69)	3:35.79 (53.63)	
8	Hardy, Safina	12	Barnet Cophall	3:48.65	3:38.80
	48.82	1:45.79 (56.97)	2:43.64 (57.85)	3:38.80 (55.16)	
9	Mahesh, Ayushi	12	Aylesbury & District	3:49.76	3:39.08
	51.49	1:47.08 (55.59)	2:44.17 (57.09)	3:39.08 (54.91)	
10	wardle, emille	12	Hounslow Hurricanes	3:43.13	3:42.85
	49.04	1:47.63 (58.59)	2:45.97 (58.34)	3:42.85 (56.88)	
11	Jenner-Martin, Rebecca	12	Newport Pagnell	3:39.84	3:46.86
	53.24	1:50.60 (57.36)	2:50.71 (1:00.11)	3:46.86 (56.15)	
12	Hunt, Monique	12	Harpenden SC Active Swimmers	3:56.96	3:49.52
	50.85	1:49.10 (58.25)	2:49.49 (1:00.39)	3:49.52 (1:00.03)	
13	Lees, Amy	12	City of St Albans	3:47.24	3:54.93
	54.09	1:53.66 (59.57)	2:55.01 (1:01.35)	3:54.93 (59.92)	
14	Brown, Georgina	12	Hertsmere Flyers	3:48.66	3:55.07
	51.10	1:50.42 (59.32)	2:52.81 (1:02.39)	3:55.07 (1:02.26)	

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15	Peet, Sophie		12	Barnet Cophall	3:55.53	3:58.01
	51.23	1:54.31 (1:03.08)		2:57.79 (1:03.48)	3:58.01 (1:00.22)	
16	McNamara, Erin		12	Verulam	4:00.00	4:09.49
	50.57	1:54.19 (1:03.62)		3:04.43 (1:10.24)	4:09.49 (1:05.06)	

Event 3 Girls 13 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Revell, Alex	13	Harpenden SC Active Swimmers	2:57.41	2:55.69
	40.25	1:25.30 (45.05)		2:10.64 (45.34)	2:55.69 (45.05)
2	Bateman, Sophie	13	Aylesbury & District	3:12.58	3:11.29
	43.49	1:31.84 (48.35)		2:21.71 (49.87)	3:11.29 (49.58)
3	Beard, Chloe	13	City of St Albans	3:09.63	3:13.65
	43.85	1:32.99 (49.14)		2:23.96 (50.97)	3:13.65 (49.69)
4	Zerrougi, Karima	13	Eltham Stingrays	3:12.27	3:14.63
	44.81	1:35.16 (50.35)		2:27.15 (51.99)	3:14.63 (47.48)
5	Winfield, Holly	13	City of St Albans	3:16.00	3:20.83
	45.71	1:36.83 (51.12)		2:29.69 (52.86)	3:20.83 (51.14)
6	Wong, Caroline	13	Barnet Cophall	3:23.35	3:21.19
	45.25	1:36.89 (51.64)		2:29.62 (52.73)	3:21.19 (51.57)
7	Rudasingwa, Louise	13	Chelsea & Kensington SC	3:17.22	3:22.14
	47.59	1:39.49 (51.90)		2:31.52 (52.03)	3:22.14 (50.62)
8	cullen, lucy	13	Hounslow Hurricanes	3:38.92	3:33.56
	46.77	1:40.44 (53.67)		2:37.91 (57.47)	3:33.56 (55.65)
9	muggleton, victoria	13	Verulam	3:43.01	3:43.29
	49.33	1:46.52 (57.19)		2:45.92 (59.40)	3:43.29 (57.37)
---	Dobbie, Victoria	13	Berkhamsted Sports Centre	3:41.05	DQ
	51.62	1:52.72 (1:01.10)		2:55.93 (1:03.21)	DQ (1:00.58)

Event 3 Girls 14 & Over 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Curtis, Emily	16	Chesham SC	2:52.00	2:58.95
	38.59	1:22.88 (44.29)		2:10.43 (47.55)	2:58.95 (48.52)
2	Walton, Clare	14	Anaconda	3:02.85	3:01.22
	42.16	1:28.42 (46.26)		2:15.41 (46.99)	3:01.22 (45.81)
3	Christie, Melissa	14	Aylesbury & District	3:03.54	3:05.66
	41.66	1:28.44 (46.78)		2:17.16 (48.72)	3:05.66 (48.50)
4	Cook, Harriet	15	Harpenden SC Active Swimmers	3:07.52	3:06.25
	41.53	1:30.26 (48.73)		2:19.10 (48.84)	3:06.25 (47.15)
5	Bickford-Sawkings, Elizabeth	14	Teddington	3:10.00	3:09.25
	41.91	1:29.94 (48.03)		2:20.64 (50.70)	3:09.25 (48.61)
6	Panayides, Alex	14	Teddington	3:18.98	3:12.99
	43.02	1:32.57 (49.55)		2:22.86 (50.29)	3:12.99 (50.13)
7	Revell, Bryony	15	Harpenden SC Active Swimmers	3:13.11	3:13.42
	45.98	1:34.24 (48.26)		2:24.49 (50.25)	3:13.42 (48.93)
8	Green, Connie	17	Harpenden SC Active Swimmers	3:02.63	3:15.42
	43.04	1:31.79 (48.75)		2:23.63 (51.84)	3:15.42 (51.79)
9	Baker, Jessie	14	Anaconda	3:18.87	3:18.73
	44.80	1:36.69 (51.89)		2:28.03 (51.34)	3:18.73 (50.70)

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10	Holden, Rebekah	14	Berkhamsted Sports Centre	3:18.58	3:19.40
	45.70	1:37.03 (51.33)	2:28.57 (51.54)	3:19.40 (50.83)	
11	Stewart, Georgina	15	Newport Pagnell	3:32.42	3:36.25
	48.75	1:44.86 (56.11)	2:41.46 (56.60)	3:36.25 (54.79)	

Event 4 Boys 9 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Bandey, Haris	9	Barnet Cophall	3:03.98	2:56.36
	38.50	1:24.63 (46.13)	2:11.70 (47.07)	2:56.36 (44.66)	
2	Kapanadze, Konstantin	9	Barnet Cophall	3:10.00	3:00.55
	41.31	1:29.85 (48.54)	2:18.19 (48.34)	3:00.55 (42.36)	
3	Walker, Jonathan	9	Barnet Cophall	3:31.41	3:12.29
	43.71	1:33.42 (49.71)	2:25.24 (51.82)	3:12.29 (47.05)	
4	Garland, Barnaby	9	Chelsea & Kensington SC	3:45.49	3:17.41
	44.66	1:34.28 (49.62)	2:26.57 (52.29)	3:17.41 (50.84)	
5	Campfield, Daniel	9	Harpenden SC Active Swimmers	3:32.10	3:22.87
	43.79	1:36.52 (52.73)	2:32.27 (55.75)	3:22.87 (50.60)	
6	Keegan, William	9	Barnet Cophall	3:58.17	3:35.25
	48.51	1:45.24 (56.73)	2:42.30 (57.06)	3:35.25 (52.95)	
7	toussi, pedram	9	Hounslow Hurricanes	4:15.34	3:39.27
	51.53	1:46.15 (54.62)	2:43.96 (57.81)	3:39.27 (55.31)	
8	lenkiewicz, adam	9	Hounslow Hurricanes	3:50.26	3:44.55
	47.83	1:46.12 (58.29)	2:46.15 (1:00.03)	3:44.55 (58.40)	
9	Ogakwu, Emeka	9	Barnet Cophall	4:19.70	3:45.13
	52.69	1:51.62 (58.93)	2:49.55 (57.93)	3:45.13 (55.58)	
10	A'Brassard, Will	9	Chelsea & Kensington SC	3:56.96	3:47.19
	48.44	1:47.32 (58.88)	2:45.63 (58.31)	3:47.19 (1:01.56)	
11	Mahesh, Tanmay	9	Aylesbury & District	4:09.17	3:50.29
	48.53	1:48.02 (59.49)	2:51.50 (1:03.48)	3:50.29 (58.79)	
12	Segev, Gil	9	Barnet Cophall	4:19.50	4:02.58
	51.14	1:55.21 (1:04.07)	2:58.12 (1:02.91)	4:02.58 (1:04.46)	

Event 4 Boys 10 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Cornwell, Frederick	10	Anaconda	3:07.27	2:44.11
	38.33	1:20.39 (42.06)	2:04.83 (44.44)	2:44.11 (39.28)	
2	Dos Santos, Robert	10	Barnet Cophall	2:50.38	2:45.56
	38.16	1:21.15 (42.99)	2:04.30 (43.15)	2:45.56 (41.26)	
3	Hudson, Hamish	10	Barnet Cophall	3:00.88	2:49.39
	37.29	1:21.74 (44.45)	2:06.98 (45.24)	2:49.39 (42.41)	
4	Kapanadze, Alexander	10	Barnet Cophall	2:59.27	2:50.39
	38.03	1:23.13 (45.10)	2:08.59 (45.46)	2:50.39 (41.80)	
5	Revell, Michael	10	Harpenden SC Active Swimmers	2:58.89	2:52.43
	38.35	1:23.09 (44.74)	2:09.12 (46.03)	2:52.43 (43.31)	
6	MacCaig, Hamish	10	Berkhamsted Sports Centre	3:09.28	3:03.14
	42.08	1:29.72 (47.64)	2:17.88 (48.16)	3:03.14 (45.26)	
7	Hogan, Dominic	10	Barnet Cophall	3:27.17	3:13.10
	42.27	1:32.36 (50.09)	2:23.90 (51.54)	3:13.10 (49.20)	

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8	Andrzejczyk, Jan		10	Barnet Cophthall	3:43.01	3:16.90
	42.63	1:32.17 (49.54)		2:24.80 (52.63)	3:16.90 (52.10)	
9	Foster, Luke		10	City of St Albans	3:15.76	3:18.08
	43.11	1:35.15 (52.04)		2:28.04 (52.89)	3:18.08 (50.04)	
10	Irvine, Jordan		10	City of St Albans	3:25.29	3:25.66
	43.96	1:37.68 (53.72)		2:34.71 (57.03)	3:25.66 (50.95)	
11	Ienkiewicz, Julian		10	Hounslow Hurricanes	3:46.83	3:37.70
	45.90	1:42.73 (56.83)		2:41.80 (59.07)	3:37.70 (55.90)	
12	Hoang, Duy		10	Hounslow Hurricanes	3:27.95	3:46.01
	46.04	1:49.97 (1:03.93)		2:48.92 (58.95)	3:46.01 (57.09)	

Event 4 Boys 11 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Colyer, Adam	11	Hertsmere Flyers	2:32.04	2:31.41
	34.95	1:13.71 (38.76)		1:54.01 (40.30)	2:31.41 (37.40)
2	Henson, Samuel	11	City of St Albans	2:39.86	2:43.51
	36.34	1:17.95 (41.61)		2:01.67 (43.72)	2:43.51 (41.84)
3	Armstrong, Nathanael	11	Aylesbury & District	2:45.62	2:51.22
	38.85	1:23.86 (45.01)		2:09.23 (45.37)	2:51.22 (41.99)
4	Turner, Charlie	11	Barnet Cophthall	2:47.50	2:51.63
	38.54	1:24.48 (45.94)		2:09.23 (44.75)	2:51.63 (42.40)
5	A'Brassard, Louis	11	Chelsea & Kensington SC	2:46.87	2:54.44
	39.01	1:25.12 (46.11)		2:10.48 (45.36)	2:54.44 (43.96)
6	Sansom, Henry	11	Aylesbury & District	3:08.36	3:01.35
	40.92	1:27.15 (46.23)		2:15.57 (48.42)	3:01.35 (45.78)
7	Horne, Zac	11	City of St Albans	3:10.45	3:05.83
	39.38	1:27.04 (47.66)		2:17.49 (50.45)	3:05.83 (48.34)
8	Bartha, Andrew	11	Anaconda	3:19.46	3:09.22
	40.10	1:28.56 (48.46)		2:21.31 (52.75)	3:09.22 (47.91)
9	O'Riordan, Colum	11	Barnet Cophthall	3:45.00	3:23.30
	45.46	1:39.71 (54.25)		2:33.92 (54.21)	3:23.30 (49.38)
10	Segev, Tom	11	Barnet Cophthall	3:27.52	3:34.70
	46.13	1:44.88 (58.75)		2:41.74 (56.86)	3:34.70 (52.96)
---	Panteli, Panayiotis	11	Barnet Cophthall	3:07.76	DQ
	41.97	1:33.18 (51.21)		2:24.42 (51.24)	DQ (49.23)

Event 4 Boys 12 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Ptaszynska-Neophytou, Chris	12	Chesham SC	2:20.00	2:23.16
	30.99	1:07.28 (36.29)		1:45.24 (37.96)	2:23.16 (37.92)
2	Bradley, Billy	12	Camden Swiss	2:27.74	2:29.33
	33.52	1:11.46 (37.94)		1:51.03 (39.57)	2:29.33 (38.30)
3	Rittenhouse, William	12	Camden Swiss	2:25.57	2:31.42
	34.35	1:12.64 (38.29)		1:52.66 (40.02)	2:31.42 (38.76)
4	Chong, Liam	12	Barnet Cophthall	2:39.05	2:39.14
	35.10	1:15.61 (40.51)		1:58.22 (42.61)	2:39.14 (40.92)
5	Mileusnic, Joseph	12	Stevenage	2:38.80	2:40.59
	36.46	1:17.42 (40.96)		1:59.19 (41.77)	2:40.59 (41.40)

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6	Rochford, Benjamin	12	Berkhamsted Sports Centre	2:50.07	2:53.93
	39.91	1:24.56 (44.65)	2:09.85 (45.29)	2:53.93 (44.08)	

Event 4 Boys 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	McLoughlin, Dominic	13	Anaconda	2:17.09	2:14.47
	31.04	1:05.64 (34.60)	1:41.06 (35.42)	2:14.47 (33.41)	
2	atkins, rory	13	Hounslow Hurricanes	2:28.53	2:23.39
	32.84	1:08.95 (36.11)	1:46.62 (37.67)	2:23.39 (36.77)	
3	Hill, Adam	13	Griffins of Enfield	2:33.22	2:29.16
	32.84	1:12.03 (39.19)	1:51.94 (39.91)	2:29.16 (37.22)	
4	Cook, Edward	13	Harpenden SC Active Swimmers	2:36.98	2:36.12
	34.79	1:14.22 (39.43)	1:55.35 (41.13)	2:36.12 (40.77)	
5	Sitek, Tomas	13	Anaconda	2:43.00	2:36.25
	38.54	1:19.22 (40.68)	1:57.71 (38.49)	2:36.25 (38.54)	
6	Revell, Christian	13	Newport Pagnell	2:43.25	2:39.28
	35.37	1:16.03 (40.66)	1:58.92 (42.89)	2:39.28 (40.36)	
7	Wong, Jasper	13	Barnet Cophall	2:55.00	3:12.36
	39.60	1:30.22 (50.62)	2:22.80 (52.58)	3:12.36 (49.56)	

Event 4 Boys 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Henson, Matthew	16	City of St Albans	2:10.43	2:07.33
	27.67	59.23 (31.56)	1:33.19 (33.96)	2:07.33 (34.14)	
2	Munkley, Jay	14	Hertsmere Flyers	2:10.85	2:12.40
	29.21	1:02.63 (33.42)	1:37.91 (35.28)	2:12.40 (34.49)	
3	Kirby, Leo	16	Anaconda	2:14.71	2:14.18
	30.18	1:04.36 (34.18)	1:40.08 (35.72)	2:14.18 (34.10)	
4	Costello, Matthew	14	Stevenage	2:28.93	2:19.78
	33.41	1:09.91 (36.50)	1:45.33 (35.42)	2:19.78 (34.45)	
5	Buckley, Danny	14	Stevenage	2:18.79	2:20.59
	31.33	1:07.02 (35.69)	1:44.22 (37.20)	2:20.59 (36.37)	
6	Shah, Miran	14	Hertsmere Flyers	2:25.65	2:23.10
	32.76	1:09.05 (36.29)	1:47.03 (37.98)	2:23.10 (36.07)	
7	Connolly, Samuel	15	Aylesbury & District	2:20.91	2:25.81
	33.54	1:11.04 (37.50)	1:49.44 (38.40)	2:25.81 (36.37)	
8	childs, lewis	15	Verulam	2:28.21	2:28.79
	33.39	1:10.73 (37.34)	1:50.46 (39.73)	2:28.79 (38.33)	
9	Harper, James	14	Harpenden SC Active Swimmers	2:27.61	2:30.54
	33.43	1:11.62 (38.19)	1:51.90 (40.28)	2:30.54 (38.64)	
10	Morgan, Daniel	14	Aylesbury & District	2:32.54	2:31.04
	34.85	1:14.14 (39.29)	1:54.40 (40.26)	2:31.04 (36.64)	
11	Imrie, Michael	15	Berkhamsted Sports Centre	2:43.17	2:34.07
	33.66	1:12.64 (38.98)	1:53.92 (41.28)	2:34.07 (40.15)	
12	mekwan, deepak	14	Hounslow Hurricanes	2:41.50	2:43.80
	34.35	1:16.63 (42.28)	2:03.62 (46.99)	2:43.80 (40.18)	

Barnet Cophall Swimming Club 200s Meet – 19th October 2008**Event 5 Boys 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Bandey, Haris	9	Barnet Cophall	3:50.00	3:45.92
	48.26	1:47.89 (59.63)	2:45.96 (58.07)	3:45.92 (59.96)

Event 5 Boys 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Cornwell, Frederick	10	Anaconda	3:42.00	3:16.65
	44.59	1:35.53 (50.94)	2:28.38 (52.85)	3:16.65 (48.27)
2 Dos Santos, Robert	10	Barnet Cophall	3:40.00	3:25.50
	43.10	1:34.87 (51.77)	2:31.10 (56.23)	3:25.50 (54.40)
3 MacCaig, Hamish	10	Berkhamsted Sports Centre	4:12.04	3:38.17
	48.54	1:44.74 (56.20)	2:42.52 (57.78)	3:38.17 (55.65)
4 Hudson, Hamish	10	Barnet Cophall	4:00.00	3:43.58
	47.98	1:46.49 (58.51)	2:46.06 (59.57)	3:43.58 (57.52)
5 Tinkler, Stanley	10	Verulam	3:40.01	3:57.94
	49.75	1:53.78 (1:04.03)	2:56.42 (1:02.64)	3:57.94 (1:01.52)

Event 5 Boys 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Dixon, Theo	11	Harpden SC Active Swimmers	3:48.20	3:18.19
	41.85	1:32.29 (50.44)	2:25.20 (52.91)	3:18.19 (52.99)
2 Panteli, Panayiotis	11	Barnet Cophall	3:15.00	4:22.69
	52.14	1:59.50 (1:07.36)	3:11.79 (1:12.29)	4:22.69 (1:10.90)

Event 5 Boys 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Bradley, Billy	12	Camden Swiss	2:49.00	2:55.07
	36.42	1:21.94 (45.52)	2:08.91 (46.97)	2:55.07 (46.16)
2 Rittenhouse, William	12	Camden Swiss	2:49.25	3:00.80
	38.54	1:24.10 (45.56)	2:12.42 (48.32)	3:00.80 (48.38)

Event 5 Boys 13 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Grubb, Joe	13	Anaconda	3:05.00	3:08.96
	40.22	1:27.11 (46.89)	2:16.86 (49.75)	3:08.96 (52.10)
2 Sitek, Tomas	13	Anaconda	3:10.00	3:13.28
	45.27	1:36.62 (51.35)	2:26.81 (50.19)	3:13.28 (46.47)

Event 5 Boys 14 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Munkley, Jay	14	Hertsmere Flyers	2:38.49	2:42.66
	34.13	1:13.66 (39.53)	1:57.36 (43.70)	2:42.66 (45.30)

Event 6 Girls 9 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Fogg, Ellie	9	Stevenage	3:32.54	3:14.25
	44.81	1:34.85 (50.04)	2:25.70 (50.85)	3:14.25 (48.55)

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2	Powell, Paige Leah	9	Barnet Cophall	4:00.00	3:17.63
	49.52	1:39.32 (49.80)	2:29.13 (49.81)	3:17.63 (48.50)	
3	Seoudy, Alaya	9	Barnet Cophall	3:19.10	3:24.21
	47.01		2:32.20 ()	3:24.21 (52.01)	
4	Marks, Laura	9	Chelsea & Kensington SC	3:42.76	3:30.72
	49.05	1:43.08 (54.03)	2:38.10 (55.02)	3:30.72 (52.62)	
5	Harris, Claire	9	Barnet Cophall	3:35.65	3:32.06
	50.03	1:45.69 (55.66)	2:39.44 (53.75)	3:32.06 (52.62)	
6	Demafeliz, Deeseray	9	Aylesbury & District	4:29.17	3:59.58
	50.36	1:53.84 (1:03.48)	2:56.58 (1:02.74)	3:59.58 (1:03.00)	
7	Twitchen, Emma	9	Barnet Cophall	4:35.00	3:59.83
	53.27	1:54.36 (1:01.09)	2:58.66 (1:04.30)	3:59.83 (1:01.17)	
---	Geers, Heather	9	City of St Albans	4:01.16	DQ
	1:48.87		2:47.13 ()	DQ (54.36)	
---	Patel, Roma	9	Barnet Cophall	4:30.22	DQ
	53.16	1:54.25 (1:01.09)	2:53.15 (58.90)	DQ (59.88)	
---	Cain, Emma	9	Chelsea & Kensington SC	3:33.00	DQ
	49.41	1:42.52 (53.11)	2:36.20 (53.68)	DQ (52.38)	
---	Bell, Alice	9	Barnet Cophall	3:54.16	DQ
	48.18	1:40.67 (52.49)	2:36.32 (55.65)	DQ (52.60)	

Event 6 Girls 10 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Dean, Isabelle	10	Barnet Cophall	3:01.00	3:03.84
	44.30	1:31.02 (46.72)	2:18.29 (47.27)	3:03.84 (45.55)	
2	Brand, Yasmin	10	Berkhamsted Sports Centre	3:43.06	3:07.85
	42.62	1:29.90 (47.28)	2:19.72 (49.82)	3:07.85 (48.13)	
3	Hogarth, Charlotte	10	Chelsea & Kensington SC	3:12.39	3:08.31
	44.89	1:32.72 (47.83)	2:20.80 (48.08)	3:08.31 (47.51)	
4	Thornton, Fiona	10	Stevenage	3:20.44	3:08.88
	44.96	1:33.09 (48.13)	2:21.54 (48.45)	3:08.88 (47.34)	
5	Hancock, Zoe	10	Aylesbury & District	3:50.27	3:09.66
	44.95	1:32.30 (47.35)	2:20.61 (48.31)	3:09.66 (49.05)	
6	Heslop, Emily	10	Chesham SC	3:22.44	3:09.87
	44.51	1:33.77 (49.26)	2:23.73 (49.96)	3:09.87 (46.14)	
7	Stewart, Mirren	10	Barnet Cophall	3:27.82	3:10.00
	45.58	1:35.05 (49.47)	2:23.77 (48.72)	3:10.00 (46.23)	
8	Winfield, Lauren	10	City of St Albans	3:16.45	3:11.74
	45.07	1:34.75 (49.68)	2:25.90 (51.15)	3:11.74 (45.84)	
9	fillmore, charlotte	10	Verulam	3:41.64	3:14.76
	46.61	1:36.56 (49.95)	2:28.04 (51.48)	3:14.76 (46.72)	
10	Filippone, Sabina	10	Barnet Cophall	3:29.43	3:15.70
	45.93	1:37.11 (51.18)	2:27.52 (50.41)	3:15.70 (48.18)	
11	Tripathi, Tarini	10	Chelsea & Kensington SC	3:25.00	3:15.89
	1:34.19		2:25.39 ()	3:15.89 (50.50)	
12	De Simone, Chiara	10	Barnet Cophall	4:00.00	3:16.02
	45.31	1:35.27 (49.96)	2:26.32 (51.05)	3:16.02 (49.70)	

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13	Kramer, Elisha	10	Barnet Cophall	3:17.06	3:16.37
	46.09	1:36.78 (50.69)	2:27.93 (51.15)	3:16.37 (48.44)	
14	Morton, Hannah	10	Chesham SC	3:30.00	3:16.42
	45.97	1:37.20 (51.23)	2:28.17 (50.97)	3:16.42 (48.25)	
15	Rice, Rebecca	10	Hatfield	3:15.98	3:21.32
	47.04	1:38.33 (51.29)	2:29.87 (51.54)	3:21.32 (51.45)	
16	Henson, Sophie	10	City of St Albans	3:30.64	3:24.37
	47.30	1:39.34 (52.04)	2:33.65 (54.31)	3:24.37 (50.72)	
17	arnold, Chloe	10	Verulam	3:36.47	3:25.42
	48.00	1:41.06 (53.06)	2:34.91 (53.85)	3:25.42 (50.51)	
18	Lapham, Lucy	10	Stevenage	3:55.00	3:27.00
	50.33	1:43.66 (53.33)	2:37.29 (53.63)	3:27.00 (49.71)	
19	Merelie, Juliet	10	Harpenden SC Active Swimmers	3:38.70	3:28.23
	50.65	1:44.65 (54.00)	2:37.42 (52.77)	3:28.23 (50.81)	
20	Revell, Lauren	10	Newport Pagnell	3:27.10	3:29.10
	48.75	1:42.89 (54.14)	3:29.02 (1:46.13)	3:29.10 (0.08)	
21	Simmons, Maddie	10	Hertsmere Flyers	3:56.96	3:29.11
	48.40	1:42.93 (54.53)	2:37.96 (55.03)	3:29.11 (51.15)	
22	yu, kristina	10	Hounslow Hurricanes	3:43.37	3:29.45
	48.28	1:43.24 (54.96)	2:37.39 (54.15)	3:29.45 (52.06)	
23	Willis, Miranda	10	Hertsmere Flyers	3:41.25	3:35.18
	51.24	1:45.61 (54.37)	2:41.16 (55.55)	3:35.18 (54.02)	
24	Lewis, Bronwen	10	Barnet Cophall	4:19.00	3:37.44
	49.45	1:45.47 (56.02)	2:42.14 (56.67)	3:37.44 (55.30)	
25	Rupf, Clara	10	Chelsea & Kensington SC	4:08.88	3:59.82
	55.46	1:57.11 (1:01.65)	2:59.41 (1:02.30)	3:59.82 (1:00.41)	
---	Norris, Phoebe	10	Barnet Cophall	4:00.17	DQ
	52.80	1:50.58 (57.78)	2:48.68 (58.10)	DQ (57.28)	
---	Afshar, Dana	10	Barnet Cophall	3:27.94	DQ
	46.12	1:38.28 (52.16)	2:30.74 (52.46)	DQ (50.25)	
---	Hunter, Gemma	10	Barnet Cophall	3:38.30	DQ
	48.42	1:42.36 (53.94)	2:38.38 (56.02)	DQ (54.50)	

Event 6 Girls 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Willis, Katie	11	Aylesbury & District	2:52.45	2:47.03
	40.01	1:23.15 (43.14)	2:06.42 (43.27)	2:47.03 (40.61)	
2	Evans, Charlotte	11	Aylesbury & District	3:01.96	2:49.39
	39.75	1:22.49 (42.74)	2:06.80 (44.31)	2:49.39 (42.59)	
3	Patel, Tara	11	Barnet Cophall	3:15.78	2:55.55
	40.87	1:26.47 (45.60)	2:13.67 (47.20)	2:55.55 (41.88)	
4	Whiteside, Mollie	11	Barnet Cophall	3:05.32	2:57.44
	41.90	1:27.37 (45.47)	2:13.11 (45.74)	2:57.44 (44.33)	
5	Charles, Carys	11	Barnet Cophall	3:22.48	2:59.50
	43.47	1:28.93 (45.46)	2:15.32 (46.39)	2:59.50 (44.18)	
6	Moroney, Abigail	11	Newport Pagnell	3:07.32	3:05.20
	44.65	1:33.15 (48.50)	2:20.10 (46.95)	3:05.20 (45.10)	

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7	Simmons, Chloe	11	Hertsmere Flyers	3:18.76	3:07.73
	44.39	1:32.86 (48.47)	2:22.58 (49.72)	3:07.73 (45.15)	
8	Munkley, Zoe	11	Hertsmere Flyers	3:07.82	3:10.25
	46.21	1:34.85 (48.64)	2:24.18 (49.33)	3:10.25 (46.07)	
9	Mackett, Rebecca	11	Hertsmere Flyers	3:27.22	3:14.99
	46.58	1:37.79 (51.21)	2:29.56 (51.77)	3:14.99 (45.43)	
10	Rudasingwa, Danielle	11	Chelsea & Kensington SC	3:10.00	3:18.81
	46.44	1:37.29 (50.85)	2:29.68 (52.39)	3:18.81 (49.13)	
11	morris, megan	11	Hounslow Hurricanes	3:42.69	3:27.16
	48.77	1:42.18 (53.41)	2:36.29 (54.11)	3:27.16 (50.87)	
12	Shaw, Katie	11	Berkhamsted Sports Centre	3:31.49	3:27.96
	45.26	1:39.20 (53.94)	2:35.74 (56.54)	3:27.96 (52.22)	
13	Bench, Katie	11	Chesham SC	3:45.06	3:32.47
	48.62	1:44.49 (55.87)	2:41.40 (56.91)	3:32.47 (51.07)	
14	Herlock, Lauren	11	Verulam	3:38.01	3:37.67
	50.68	1:47.95 (57.27)	2:44.89 (56.94)	3:37.67 (52.78)	
15	Maxwell, Anesa	11	Barnet Cophall	3:39.80	3:44.35
	51.75	1:48.97 (57.22)	2:49.14 (1:00.17)	3:44.35 (55.21)	
16	King, Elizabeth	11	Barnet Cophall	3:59.00	4:13.92
	57.96	2:02.84 (1:04.88)	3:09.72 (1:06.88)	4:13.92 (1:04.20)	
---	shevlin, leah	11	Hounslow Hurricanes	3:55.84	DQ
	49.10	1:44.22 (55.12)	2:42.06 (57.84)	DQ (52.56)	
---	Bethley, Jamilla	11	Barnet Cophall	3:25.39	DQ
		1:26.77 ()	2:11.69 (44.92)	DQ (45.73)	

Event 6 Girls 12 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	redmayne, natalie	12	Hounslow Hurricanes	3:01.41	2:52.49
	40.76	1:24.24 (43.48)	2:09.13 (44.89)	2:52.49 (43.36)	
2	Boland, Sian	12	Barnet Cophall	3:02.76	2:56.06
	41.23	1:27.18 (45.95)	2:11.94 (44.76)	2:56.06 (44.12)	
3	Morgan, Hannah	12	Aylesbury & District	3:04.56	3:01.14
	42.97	1:29.00 (46.03)	2:15.67 (46.67)	3:01.14 (45.47)	
4	Campfield, Megan	12	Harpenden SC Active Swimmers	3:05.52	3:01.92
	42.37	1:28.90 (46.53)	2:16.69 (47.79)	3:01.92 (45.23)	
5	Banks, Stephanie	12	City of St Albans	3:01.14	3:07.35
	44.39	1:32.79 (48.40)	2:21.48 (48.69)	3:07.35 (45.87)	
6	Garner, Jessica	12	Harpenden SC Active Swimmers	3:17.62	3:08.76
	45.09	1:33.53 (48.44)	2:21.13 (47.60)	3:08.76 (47.63)	
7	Brown, Georgina	12	Hertsmere Flyers	3:20.52	3:10.10
	43.99	1:33.18 (49.19)	2:23.76 (50.58)	3:10.10 (46.34)	
8	Izen, Georgina	12	Hertsmere Flyers	3:12.08	3:10.84
	45.51	1:35.24 (49.73)	2:24.94 (49.70)	3:10.84 (45.90)	
9	Hardy, Safina	12	Barnet Cophall	3:23.73	3:12.03
	43.54	1:33.12 (49.58)	2:24.17 (51.05)	3:12.03 (47.86)	
10	Peet, Sophie	12	Barnet Cophall	3:09.81	3:13.84
		1:36.78 ()	2:27.29 (50.51)	3:13.84 (46.55)	

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11	yu, leanne		12	Hounslow Hurricanes	3:36.26	3:16.75
	43.03	1:33.66 (50.63)		2:29.83 (56.17)	3:16.75 (46.92)	
12	Chenery, Megan		12	Aylesbury & District	3:25.94	3:17.89
	46.39	1:38.28 (51.89)		2:30.11 (51.83)	3:17.89 (47.78)	
13	Merelie, Anna		12	Harpندن SC Active Swimmers	3:27.00	3:18.19
	47.02	1:37.65 (50.63)		2:29.42 (51.77)	3:18.19 (48.77)	
14	Tinkler, Eloise		12	Verulam	3:38.01	3:21.66
	46.59	1:40.34 (53.75)		2:33.59 (53.25)	3:21.66 (48.07)	
15	Jenner-Martin, Rebecca		12	Newport Pagnell	3:18.13	3:25.57
	48.48	1:41.80 (53.32)		2:34.40 (52.60)	3:25.57 (51.17)	
16	Lees, Amy		12	City of St Albans	3:25.70	3:26.41
	47.79	1:39.88 (52.09)		2:33.47 (53.59)	3:26.41 (52.94)	
17	McNamara, Erin		12	Verulam	3:38.01	4:18.05
	59.57	2:06.63 (1:07.06)		3:14.71 (1:08.08)	4:18.05 (1:03.34)	

Event 6 Girls 13 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Rittenhouse, Sophie	13	Camden Swiss	2:35.64	2:32.20
	36.38	1:15.41 (39.03)		1:55.42 (40.01)	2:32.20 (36.78)
2	Bateman, Sophie	13	Aylesbury & District	2:41.31	2:34.90
	36.49	1:15.90 (39.41)		1:56.30 (40.40)	2:34.90 (38.60)
3	Dawson, Hannah	13	Chesham SC	2:41.11	2:37.44
	36.86	1:17.25 (40.39)		1:58.20 (40.95)	2:37.44 (39.24)
4	Youell, Grace	13	Aylesbury & District	2:56.79	2:43.45
	39.26	1:20.94 (41.68)		2:02.70 (41.76)	2:43.45 (40.75)
5	Zerrougi, Karima	13	Eltham Stingrays	3:02.17	2:46.27
	39.72	1:21.99 (42.27)		2:04.87 (42.88)	2:46.27 (41.40)
6	Winfield, Holly	13	City of St Albans	2:43.66	2:48.64
	40.61	1:23.14 (42.53)		2:06.57 (43.43)	2:48.64 (42.07)
7	Wong, Caroline	13	Barnet Cophall	2:46.41	2:50.85
	39.78	1:23.79 (44.01)		2:08.18 (44.39)	2:50.85 (42.67)
8	Bartha, Kathleen	13	Anaconda	2:52.92	2:52.05
	39.58	1:22.90 (43.32)		2:07.39 (44.49)	2:52.05 (44.66)
9	Revell, Alex	13	Harpندن SC Active Swimmers	3:01.80	2:54.44
	41.61	1:26.16 (44.55)		2:11.40 (45.24)	2:54.44 (43.04)
10	Beard, Chloe	13	City of St Albans	2:53.76	2:59.01
	42.61	1:28.91 (46.30)		2:15.24 (46.33)	2:59.01 (43.77)
11	morris, rhian	13	Hounslow Hurricanes	3:15.61	3:01.31
	41.57	1:28.26 (46.69)		2:16.03 (47.77)	3:01.31 (45.28)
12	Bandey, Saniya	13	Barnet Cophall	3:04.44	3:03.04
	42.79	1:28.72 (45.93)		2:16.00 (47.28)	3:03.04 (47.04)
13	Dobbie, Victoria	13	Berkhamsted Sports Centre	3:18.94	3:18.91
	45.36			2:29.66 ()	3:18.91 (49.25)

Event 6 Girls 14 & Over 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Henson, Charlotte	14	City of St Albans	2:33.75	2:26.92
	33.52	1:10.22 (36.70)		1:48.33 (38.11)	2:26.92 (38.59)

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2	Smith, Georgie	15	Harpenden SC Active Swimmers	2:35.89	2:33.86
	35.57	1:14.32 (38.75)	1:54.71 (40.39)	2:33.86 (39.15)	
3	Panayides, Alex	14	Teddington	2:39.00	2:38.00
	36.52	1:16.29 (39.77)	1:57.38 (41.09)	2:38.00 (40.62)	
4	Walton, Clare	14	Anaconda	2:38.29	2:38.45
	37.43	1:17.21 (39.78)	1:58.50 (41.29)	2:38.45 (39.95)	
5	Farmer, Amelia	14	Stevenage	2:39.57	2:40.19
	37.58	1:18.27 (40.69)	1:59.88 (41.61)	2:40.19 (40.31)	
6	Bickford-Sawkings, Elizabeth	14	Teddington	2:45.16	2:43.79
	39.34	1:20.75 (41.41)	2:02.99 (42.24)	2:43.79 (40.80)	
7	Smith, Isabel	16	City of St Albans	2:42.67	2:44.80
	39.88	1:23.07 (43.19)	2:05.29 (42.22)	2:44.80 (39.51)	
8	Revell, Bryony	15	Harpenden SC Active Swimmers	2:52.64	2:48.84
	40.00	1:23.31 (43.31)	2:07.00 (43.69)	2:48.84 (41.84)	
9	Holden, Rebekah	14	Berkhamsted Sports Centre	2:54.94	2:50.21
	39.75	1:23.60 (43.85)	2:08.01 (44.41)	2:50.21 (42.20)	
10	Baker, Jessie	14	Anaconda	2:52.01	2:50.56
	40.28	1:24.98 (44.70)	2:08.68 (43.70)	2:50.56 (41.88)	
11	Green, Connie	17	Harpenden SC Active Swimmers	2:47.14	2:52.62
	40.99	1:24.76 (43.77)	2:08.85 (44.09)	2:52.62 (43.77)	
12	Cook, Harriet	15	Harpenden SC Active Swimmers	2:59.45	2:54.81
	40.42	1:24.56 (44.14)	2:09.97 (45.41)	2:54.81 (44.84)	
13	Christie, Melissa	14	Aylesbury & District	3:01.26	2:58.62
	41.06	1:26.44 (45.38)	2:13.04 (46.60)	2:58.62 (45.58)	
14	Stewart, Georgina	15	Newport Pagnell	2:59.81	3:00.54
	43.49	1:29.61 (46.12)	2:16.00 (46.39)	3:00.54 (44.54)	

Event 7 Boys 9 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Bandey, Haris	9	Barnet Cophall	3:40.00	3:41.56
	52.20	1:48.91 (56.71)	2:46.23 (57.32)	3:41.56 (55.33)	
2	Kapanadze, Konstantin	9	Barnet Cophall	3:42.00	3:42.03
	50.93	1:48.68 (57.75)	2:46.27 (57.59)	3:42.03 (55.76)	
3	Walker, Jonathan	9	Barnet Cophall	4:13.22	3:51.72
	52.51	1:51.91 (59.40)	2:53.26 (1:01.35)	3:51.72 (58.46)	
4	Campfield, Daniel	9	Harpenden SC Active Swimmers	4:02.06	3:52.97
	53.95	1:55.03 (1:01.08)	2:53.69 (58.66)	3:52.97 (59.28)	
5	Garland, Barnaby	9	Chelsea & Kensington SC	4:22.00	4:02.80
	56.10	1:59.62 (1:03.52)	3:02.68 (1:03.06)	4:02.80 (1:00.12)	
6	Keegan, William	9	Barnet Cophall	5:00.00	4:08.89
	59.00	2:03.05 (1:04.05)	3:07.09 (1:04.04)	4:08.89 (1:01.80)	
7	Mahesh, Tanmay	9	Aylesbury & District	4:58.19	4:14.26
	59.64	2:05.17 (1:05.53)	3:11.80 (1:06.63)	4:14.26 (1:02.46)	
8	Ogakwu, Emeka	9	Barnet Cophall	5:14.60	4:45.27
	1:05.92	2:22.24 (1:16.32)	3:37.59 (1:15.35)	4:45.27 (1:07.68)	
---	Segev, Gil	9	Barnet Cophall	5:14.00	DQ
	1:03.60	2:17.06 (1:13.46)	3:32.19 (1:15.13)	DQ (1:11.88)	
---	lenkiewicz, adam	9	Hounslow Hurricanes	4:28.17	DQ

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58.56 2:03.22 (1:04.66) 3:06.82 (1:03.60) DQ (1:02.03)

Event 7 Boys 10 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Dos Santos, Robert	10	Barnet Cophall	3:30.00	3:28.27
	48.92	1:41.36 (52.44)	2:35.80 (54.44)	3:28.27 (52.47)
2 Revell, Michael	10	Harpenden SC Active Swimmers	3:40.98	3:29.91
	50.50	1:43.50 (53.00)	2:37.28 (53.78)	3:29.91 (52.63)
3 Kapanadze, Alexander	10	Barnet Cophall	3:51.81	3:40.67
	52.83	1:50.48 (57.65)	2:45.43 (54.95)	3:40.67 (55.24)
4 Cornwell, Frederick	10	Anaconda	3:53.68	3:40.97
	51.44	1:48.95 (57.51)	2:45.23 (56.28)	3:40.97 (55.74)
5 Hogan, Dominic	10	Barnet Cophall	4:01.76	3:53.08
	54.07	1:54.42 (1:00.35)	2:55.50 (1:01.08)	3:53.08 (57.58)
6 Hudson, Hamish	10	Barnet Cophall	3:53.19	3:55.76
	54.78	1:54.85 (1:00.07)	2:55.31 (1:00.46)	3:55.76 (1:00.45)
7 Tinkler, Stanley	10	Verulam	4:14.94	3:57.29
	54.95	1:56.48 (1:01.53)	2:57.86 (1:01.38)	3:57.29 (59.43)
8 hoang, duy	10	Hounslow Hurricanes	4:24.80	4:09.46
	56.47	2:00.56 (1:04.09)	3:06.55 (1:05.99)	4:09.46 (1:02.91)
9 Andrzejczyk, Jan	10	Barnet Cophall	4:27.92	4:13.74
	59.17	2:04.96 (1:05.79)	3:11.27 (1:06.31)	4:13.74 (1:02.47)
10 lenkiewicz, julian	10	Hounslow Hurricanes	4:18.63	4:20.47
	58.96	2:06.73 (1:07.77)	3:14.29 (1:07.56)	4:20.47 (1:06.18)

Event 7 Boys 11 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Colyer, Adam	11	Hertsmere Flyers	3:15.59	3:12.17
	43.81	1:31.71 (47.90)	2:24.00 (52.29)	3:12.17 (48.17)
2 Armstrong, Nathanael	11	Aylesbury & District	3:27.08	3:28.21
	48.13	1:43.20 (55.07)	2:36.12 (52.92)	3:28.21 (52.09)
3 Sansom, Henry	11	Aylesbury & District	3:35.65	3:29.35
	50.34	1:43.54 (53.20)	2:37.72 (54.18)	3:29.35 (51.63)
4 Henson, Samuel	11	City of St Albans	3:25.51	3:43.40
	51.18	1:47.88 (56.70)	2:46.68 (58.80)	3:43.40 (56.72)
5 Turner, Charlie	11	Barnet Cophall	3:44.17	3:47.11
	51.70	1:50.53 (58.83)	2:50.62 (1:00.09)	3:47.11 (56.49)
6 Panteli, Panayiotis	11	Barnet Cophall	3:43.93	3:53.89
	52.87	1:53.85 (1:00.98)	2:53.88 (1:00.03)	3:53.89 (1:00.01)
7 Segev, Tom	11	Barnet Cophall	4:15.00	4:13.95
	57.63	2:03.93 (1:06.30)	3:10.12 (1:06.19)	4:13.95 (1:03.83)
--- Horne, Zac	11	City of St Albans	3:45.04	DQ
	51.17	1:49.42 (58.25)	2:48.03 (58.61)	DQ (59.00)
--- O'Riordan, Colum	11	Barnet Cophall	4:15.00	DQ
	59.48	2:07.79 (1:08.31)	3:17.23 (1:09.44)	DQ (1:06.04)

Barnet Cophall Swimming Club 200s Meet – 19th October 2008**Event 7 Boys 12 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Ptaszynska-Neophytou, Chris	12	Chesham SC	3:10.44	3:04.91
	41.19	1:29.01 (47.82) 2:17.82 (48.81)	3:04.91 (47.09)	
2 Bradley, Billy	12	Camden Swiss	3:23.91	3:17.30
	42.92	1:34.33 (51.41) 2:27.63 (53.30)	3:17.30 (49.67)	
3 Rochford, Benjamin	12	Berkhamsted Sports Centre	3:54.75	3:39.81
	49.48	1:47.09 (57.61) 2:45.25 (58.16)	3:39.81 (54.56)	
--- Chong, Liam	12	Barnet Cophall	3:26.14	DQ
	45.33	1:35.49 (50.16) 2:24.55 (49.06)	DQ (50.03)	

Event 7 Boys 13 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 atkins, rory	13	Hounslow Hurricanes	3:08.67	3:02.87
	41.22	1:28.35 (47.13) 2:15.97 (47.62)	3:02.87 (46.90)	
2 Hill, Adam	13	Griffins of Enfield	3:04.17	3:06.10
	41.52	1:29.94 (48.42) 2:19.10 (49.16)	3:06.10 (47.00)	
3 Grubb, Joe	13	Anaconda	3:18.58	3:16.36
	44.01	1:34.76 (50.75) 2:25.86 (51.10)	3:16.36 (50.50)	
4 Cook, Edward	13	Harpenden SC Active Swimmers	3:20.81	3:21.66
	47.12	1:38.63 (51.51) 2:30.71 (52.08)	3:21.66 (50.95)	
5 Wong, Jasper	13	Barnet Cophall	3:38.70	3:22.13
	43.91	1:34.23 (50.32) 2:30.44 (56.21)	3:22.13 (51.69)	

Event 7 Boys 14 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Henson, Matthew	16	City of St Albans	2:46.01	2:45.42
	36.37	1:17.76 (41.39) 2:01.17 (43.41)	2:45.42 (44.25)	
2 Shah, Miran	14	Hertsmere Flyers	2:59.93	2:57.84
	40.05	1:26.23 (46.18) 2:13.88 (47.65)	2:57.84 (43.96)	
3 Munkley, Jay	14	Hertsmere Flyers	2:51.42	2:58.73
	39.51	1:26.19 (46.68) 2:13.28 (47.09)	2:58.73 (45.45)	
4 Sawers, Joshua	15	Aylesbury & District	3:10.81	3:02.01
	41.29	1:28.14 (46.85) 2:15.23 (47.09)	3:02.01 (46.78)	
5 Imrie, Michael	15	Berkhamsted Sports Centre	3:24.63	3:09.28
	40.89	1:29.02 (48.13) 2:19.28 (50.26)	3:09.28 (50.00)	
6 Morgan, Daniel	14	Aylesbury & District	3:24.94	3:23.62
	46.36	1:39.96 (53.60) 2:31.71 (51.75)	3:23.62 (51.91)	

Event 8 Girls 9 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Cain, Emma	9	Chelsea & Kensington SC	3:15.29	3:02.13
	40.36	1:27.53 (47.17) 2:14.59 (47.06)	3:02.13 (47.54)	
2 Powell, Paige Leah	9	Barnet Cophall	3:38.00	3:03.40
	43.03	1:30.75 (47.72) 2:18.97 (48.22)	3:03.40 (44.43)	
3 Fogg, Ellie	9	Stevenage	3:09.93	3:04.89
	40.11	1:28.24 (48.13) 2:18.98 (50.74)	3:04.89 (45.91)	

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4	Bell, Alice		9 Barnet Cophthall	3:26.14	3:10.07
		42.60	1:32.13 (49.53)	2:22.32 (50.19)	3:10.07 (47.75)
5	Seoudy, Alaya		9 Barnet Cophthall	3:17.75	3:15.81
		42.59	1:33.30 (50.71)	2:25.12 (51.82)	3:15.81 (50.69)
6	Marks, Laura		9 Chelsea & Kensington SC	3:16.33	3:18.29
		44.53	1:37.03 (52.50)	2:29.06 (52.03)	3:18.29 (49.23)
7	Harris, Claire		9 Barnet Cophthall	3:26.84	3:21.84
		46.57	1:40.17 (53.60)	2:32.78 (52.61)	3:21.84 (49.06)
8	Bench, Emily		9 Chesham SC	3:40.00	3:29.02
		45.96	1:42.04 (56.08)	2:38.88 (56.84)	3:29.02 (50.14)
9	Geers, Heather		9 City of St Albans	3:47.91	3:31.24
		46.92	1:41.32 (54.40)	2:37.15 (55.83)	3:31.24 (54.09)
10	Patel, Roma		9 Barnet Cophthall	4:10.91	3:37.91
		47.38	1:43.79 (56.41)	2:40.42 (56.63)	3:37.91 (57.49)
11	Dixon, Millie		9 Harpenden SC Active Swimmers	3:27.42	3:43.80
		49.40	1:48.62 (59.22)	2:49.03 (1:00.41)	3:43.80 (54.77)
12	Batto, Hana		9 Chelsea & Kensington SC	3:40.00	3:48.60
		49.55	1:47.06 (57.51)	2:49.55 (1:02.49)	3:48.60 (59.05)
13	Twitchen, Emma		9 Barnet Cophthall	4:15.00	4:07.26
		51.02	1:55.42 (1:04.40)	3:02.49 (1:07.07)	4:07.26 (1:04.77)
---	Demafeliz, Deeseray		9 Aylesbury & District	4:10.34	DQ
		56.04	1:16.22 (20.18)	1:35.93 (19.71)	DQ (20.10)

Event 8 Girls 10 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Hogarth, Charlotte	10	Chelsea & Kensington SC	2:57.08	2:45.15
				37.55	1:20.13 (42.58)
2	Dean, Isabelle	10	Barnet Cophthall	2:50.89	2:49.96
					2:03.17 (43.04)
3	Thornton, Fiona	10	Stevenage	2:56.06	2:50.52
				38.83	1:22.36 (43.53)
4	Stewart, Mirren	10	Barnet Cophthall	3:02.04	2:50.67
					2:07.46 (45.10)
5	Heslop, Emily	10	Chesham SC	3:06.89	2:52.65
				39.48	1:22.72 (43.24)
6	Brand, Yasmin	10	Berkhamsted Sports Centre	3:13.87	2:53.62
					2:07.17 (44.45)
7	Rice, Rebecca	10	Hatfield	2:53.65	2:57.60
				38.87	1:23.84 (44.97)
8	Lapham, Lucy	10	Stevenage	3:11.00	2:57.77
					2:09.92 (45.48)
9	Morton, Hannah	10	Chesham SC	3:10.11	2:57.83
				40.32	1:25.84 (45.52)
10	Hancock, Zoe	10	Aylesbury & District	3:23.87	3:01.08
					2:15.54 (48.28)
11	Winfield, Lauren	10	City of St Albans	3:04.53	3:01.75
				40.96	1:27.65 (46.69)
				41.52	1:29.70 (48.18)
					2:17.14 (47.44)

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12	fillmore, charlotte	10	Verulam	3:07.34	3:02.44
	40.32	1:27.46 (47.14)	2:16.96 (49.50)	3:02.44 (45.48)	
13	Sadler, Christy	10	Chesham SC	3:08.69	3:03.23
	40.40	1:27.90 (47.50)	2:17.48 (49.58)	3:03.23 (45.75)	
14	Filippone, Sabina	10	Barnet Cophall	3:12.92	3:08.23
	42.12	1:30.88 (48.76)	2:20.76 (49.88)	3:08.23 (47.47)	
15	Kramer, Elisha	10	Barnet Cophall	3:05.11	3:08.51
	39.93	1:28.70 (48.77)	2:19.73 (51.03)	3:08.51 (48.78)	
16	Tripathi, Tarini	10	Chelsea & Kensington SC	3:09.85	3:09.51
	40.30	1:28.44 (48.14)	2:20.06 (51.62)	3:09.51 (49.45)	
17	Simmons, Maddie	10	Hertsmere Flyers	3:26.70	3:09.52
	43.53	1:34.79 (51.26)	2:24.90 (50.11)	3:09.52 (44.62)	
18	Willis, Miranda	10	Hertsmere Flyers	3:01.91	3:09.72
	42.86	1:33.29 (50.43)	2:23.06 (49.77)	3:09.72 (46.66)	
19	Henson, Sophie	10	City of St Albans	3:19.60	3:12.11
	40.91	1:30.48 (49.57)	2:21.84 (51.36)	3:12.11 (50.27)	
20	Merelie, Juliet	10	Harpenden SC Active Swimmers	3:24.35	3:12.88
	45.70	1:36.22 (50.52)	2:26.70 (50.48)	3:12.88 (46.18)	
21	De Simone, Chiara	10	Barnet Cophall	3:40.00	3:13.34
	44.36	1:34.49 (50.13)	2:25.43 (50.94)	3:13.34 (47.91)	
22	Revell, Lauren	10	Newport Pagnell	3:51.51	3:14.11
	42.41	1:31.95 (49.54)	2:24.66 (52.71)	3:14.11 (49.45)	
23	Hunter, Gemma	10	Barnet Cophall	3:26.14	3:16.88
	44.07	1:35.90 (51.83)	2:28.48 (52.58)	3:16.88 (48.40)	
24	Afshar, Dana	10	Barnet Cophall	3:17.43	3:18.70
	41.94	1:36.23 (54.29)	2:30.68 (54.45)	3:18.70 (48.02)	
25	yu, kristina	10	Hounslow Hurricanes	3:24.63	3:19.73
	43.22	1:36.11 (52.89)	2:28.57 (52.46)	3:19.73 (51.16)	
26	Norris, Phoebe	10	Barnet Cophall	3:24.11	3:22.81
	46.47	1:41.43 (54.96)	2:35.62 (54.19)	3:22.81 (47.19)	
27	Rupf, Clara	10	Chelsea & Kensington SC	3:16.00	3:27.95
	46.01	1:40.48 (54.47)	2:35.52 (55.04)	3:27.95 (52.43)	
28	Lewis, Bronwen	10	Barnet Cophall	3:59.50	3:29.52
	44.60	1:38.21 (53.61)	2:35.56 (57.35)	3:29.52 (53.96)	

Event 8 Girls 11 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Willis, Katie	11	Aylesbury & District	2:38.14	2:30.07
	35.52	1:14.56 (39.04)	1:53.58 (39.02)	2:30.07 (36.49)	
2	Evans, Charlotte	11	Aylesbury & District	2:35.97	2:30.48
	36.04	1:14.57 (38.53)	1:53.49 (38.92)	2:30.48 (36.99)	
3	Whiteside, Mollie	11	Barnet Cophall	2:41.76	2:35.63
	35.63	1:15.43 (39.80)	1:56.18 (40.75)	2:35.63 (39.45)	
4	Bethley, Jamilla	11	Barnet Cophall	3:08.49	2:42.99
	37.30	1:19.72 (42.42)	2:02.94 (43.22)	2:42.99 (40.05)	
5	Patel, Tara	11	Barnet Cophall	3:00.88	2:43.59
	36.73	1:19.47 (42.74)	2:03.42 (43.95)	2:43.59 (40.17)	

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6	Munkley, Zoe	11	Hertsmere Flyers	2:41.75	2:46.13
	37.73	1:20.87 (43.14)	2:04.39 (43.52)	2:46.13 (41.74)	
7	Charles, Carys	11	Barnet Cophall	2:50.02	2:47.80
	37.54	1:20.04 (42.50)	2:03.51 (43.47)	2:47.80 (44.29)	
8	Batto, Sarah	11	Chelsea & Kensington SC	2:58.00	2:52.02
	39.58	1:23.40 (43.82)	2:08.46 (45.06)	2:52.02 (43.56)	
9	Simmons, Chloe	11	Hertsmere Flyers	3:00.85	2:55.31
	39.00	1:26.28 (47.28)	2:12.39 (46.11)	2:55.31 (42.92)	
10	Mackett, Rebecca	11	Hertsmere Flyers	3:02.30	2:56.23
	39.15	1:25.14 (45.99)	2:11.50 (46.36)	2:56.23 (44.73)	
11	Moroney, Abigail	11	Newport Pagnell	3:06.77	2:58.38
	39.22	1:26.48 (47.26)	2:14.61 (48.13)	2:58.38 (43.77)	
12	flanagan, kimberley	11	Hounslow Hurricanes	3:06.50	3:01.15
	41.47	1:28.26 (46.79)	2:16.08 (47.82)	3:01.15 (45.07)	
13	Herlock, Lauren	11	Verulam	3:15.01	3:11.27
	43.28	1:34.41 (51.13)	2:25.32 (50.91)	3:11.27 (45.95)	
14	Shaw, Katie	11	Berkhamsted Sports Centre	3:32.35	3:21.06
	43.56	1:36.09 (52.53)	2:29.05 (52.96)	3:21.06 (52.01)	
15	morris, megan	11	Hounslow Hurricanes	3:39.01	3:22.77
	44.05	1:37.57 (53.52)	2:32.24 (54.67)	3:22.77 (50.53)	
16	shevlin, leah	11	Hounslow Hurricanes	3:41.22	3:32.57
	47.42	1:43.25 (55.83)	2:39.05 (55.80)	3:32.57 (53.52)	
17	childs, Aimee	11	Verulam	3:37.01	3:33.62
	46.13	1:42.72 (56.59)	2:38.56 (55.84)	3:33.62 (55.06)	
18	Maxwell, Anesa	11	Barnet Cophall	3:44.80	3:34.88
	46.78	1:41.67 (54.89)	2:38.28 (56.61)	3:34.88 (56.60)	
19	jac-during, samantha	11	Hounslow Hurricanes	3:38.72	3:52.44
	45.81	1:44.31 (58.50)	2:49.27 (1:04.96)	3:52.44 (1:03.17)	
20	King, Elizabeth	11	Barnet Cophall	3:44.50	4:19.10
	50.46	1:57.79 (1:07.33)	3:12.03 (1:14.24)	4:19.10 (1:07.07)	

Event 8 Girls 12 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Smith, Abby	12	Harpenden SC Active Swimmers	2:32.06	2:29.50
	35.07	1:13.76 (38.69)	1:52.92 (39.16)	2:29.50 (36.58)	
2	redmayne, natalie	12	Hounslow Hurricanes	2:48.04	2:31.02
	35.13	1:13.89 (38.76)	1:52.96 (39.07)	2:31.02 (38.06)	
3	Boland, Sian	12	Barnet Cophall	2:41.58	2:34.42
	34.62	1:13.26 (38.64)	1:54.26 (41.00)	2:34.42 (40.16)	
4	Morgan, Hannah	12	Aylesbury & District	3:04.07	2:43.84
	37.35	1:18.99 (41.64)	2:01.67 (42.68)	2:43.84 (42.17)	
5	Zeqiri, Rita	12	Chelsea & Kensington SC	2:52.75	2:48.78
	38.43	1:22.36 (43.93)	2:06.43 (44.07)	2:48.78 (42.35)	
6	Izen, Georgina	12	Hertsmere Flyers	2:59.42	2:48.94
	38.09	1:22.67 (44.58)	2:07.25 (44.58)	2:48.94 (41.69)	
7	Campfield, Megan	12	Harpenden SC Active Swimmers	2:40.27	2:49.03
	38.40	1:22.98 (44.58)	2:09.07 (46.09)	2:49.03 (39.96)	

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8	Brown, Georgina	12	Hertsmere Flyers	2:51.59	2:52.56
	37.68	1:22.17 (44.49)	2:08.24 (46.07)	2:52.56 (44.32)	
9	Hardy, Safina	12	Barnet Cophall	3:13.27	2:54.67
	39.19	1:24.34 (45.15)	2:11.03 (46.69)	2:54.67 (43.64)	
10	Banks, Stephanie	12	City of St Albans	2:52.49	2:55.13
	37.90	1:23.21 (45.31)	2:09.87 (46.66)	2:55.13 (45.26)	
11	Merelie, Anna	12	Harpenden SC Active Swimmers	2:55.89	2:56.87
	40.66	1:26.74 (46.08)	2:11.92 (45.18)	2:56.87 (44.95)	
12	Heslop, Anna	12	Chesham SC	3:15.32	2:57.90
	38.46	1:24.91 (46.45)	2:13.23 (48.32)	2:57.90 (44.67)	
13	Peet, Sophie	12	Barnet Cophall	2:48.50	2:57.98
	38.45	1:24.93 (46.48)	2:13.98 (49.05)	2:57.98 (44.00)	
14	Tinkler, Eloise	12	Verulam	3:08.26	2:58.33
	39.03	1:25.29 (46.26)	2:14.65 (49.36)	2:58.33 (43.68)	
15	yu, leanne	12	Hounslow Hurricanes	3:11.81	3:00.53
	38.94	1:26.49 (47.55)	2:16.61 (50.12)	3:00.53 (43.92)	
16	Jenner-Martin, Rebecca	12	Newport Pagnell	2:57.80	3:02.30
	39.07	1:27.16 (48.09)	2:15.74 (48.58)	3:02.30 (46.56)	
17	Chenery, Megan	12	Aylesbury & District	3:08.84	3:03.38
	42.26	1:30.17 (47.91)	2:19.35 (49.18)	3:03.38 (44.03)	
18	wardle, emille	12	Hounslow Hurricanes	3:25.00	3:05.05
	41.92	1:31.24 (49.32)	2:19.70 (48.46)	3:05.05 (45.35)	
19	Mahesh, Ayushi	12	Aylesbury & District	3:21.18	3:15.12
	43.45	1:32.64 (49.19)	2:24.49 (51.85)	3:15.12 (50.63)	
20	Hunt, Monique	12	Harpenden SC Active Swimmers	3:22.25	3:16.61
	43.73	1:33.60 (49.87)	2:27.37 (53.77)	3:16.61 (49.24)	
21	Lees, Amy	12	City of St Albans	3:16.55	3:21.36
	45.55	1:39.23 (53.68)	2:31.85 (52.62)	3:21.36 (49.51)	
22	McNamara, Erin	12	Verulam	3:28.01	3:46.29
	49.13	1:49.54 (1:00.41)	2:52.24 (1:02.70)	3:46.29 (54.05)	
---	Garner, Jessica	12	Harpenden SC Active Swimmers	3:01.79	DQ
	39.81	1:26.83 (47.02)	2:15.71 (48.88)	DQ (46.99)	

Event 8 Girls 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Rittenhouse, Sophie	13	Camden Swiss	2:22.65	2:25.94
	34.58	1:12.31 (37.73)	1:49.79 (37.48)	2:25.94 (36.15)	
2	Wong, Caroline	13	Barnet Cophall	2:35.62	2:27.88
	34.12	1:11.84 (37.72)	1:50.12 (38.28)	2:27.88 (37.76)	
3	Zerrougi, Karima	13	Eltham Stingrays	2:25.02	2:27.96
	34.07	1:12.17 (38.10)	1:50.95 (38.78)	2:27.96 (37.01)	
4	Dawson, Hannah	13	Chesham SC	2:31.84	2:28.48
	34.58	1:13.45 (38.87)	1:51.73 (38.28)	2:28.48 (36.75)	
5	Beard, Chloe	13	City of St Albans	2:25.45	2:28.94
	34.65	1:13.08 (38.43)	1:51.89 (38.81)	2:28.94 (37.05)	
6	Winfield, Holly	13	City of St Albans	2:26.54	2:32.82
	35.17	1:13.95 (38.78)	1:53.85 (39.90)	2:32.82 (38.97)	

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7	Revell, Alex		13	Harpenden SC Active Swimmers	2:34.52	2:35.00
		35.94			1:15.23 (39.29)	1:55.48 (40.25)
8	Bartha, Kathleen		13	Anaconda	2:35.00 (39.52)	2:41.94
		34.80			1:15.75 (40.95)	1:58.25 (42.50)
9	cullen, lucy		13	Hounslow Hurricanes	2:36.44 (38.19)	2:49.89
		37.83			1:21.07 (43.24)	2:05.18 (44.11)
10	Bandey, Saniya		13	Barnet Cophall	2:48.17 (42.99)	2:55.00
		37.06			1:19.13 (42.07)	2:04.54 (45.41)
11	Rudasingwa, Louise		13	Chelsea & Kensington SC	2:48.41 (43.87)	2:57.60
		39.57			1:24.10 (44.53)	2:09.04 (44.94)
12	morris, rhian		13	Hounslow Hurricanes	2:52.73 (43.69)	2:52.09
		39.39			1:25.23 (45.84)	2:11.97 (46.74)

Event 8 Girls 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Henson, Charlotte	14	City of St Albans	2:19.81	2:18.08
				31.25	1:06.28 (35.03)
2	Panayides, Alex	14	Teddington	2:18.08 (35.73)	2:25.21
				33.19	1:09.60 (36.41)
3	Farmer, Amelia	14	Stevenage	2:23.62 (36.67)	2:24.45
				33.64	1:11.02 (37.38)
4	Smith, Isabel	16	City of St Albans	2:26.12 (36.79)	2:28.47
				34.73	1:13.29 (38.56)
5	Smith, Georgie	15	Harpenden SC Active Swimmers	2:26.95 (35.30)	2:23.12
				32.73	1:11.16 (38.43)
6	Bickford-Sawkings, Elizabeth	14	Teddington	2:28.02 (37.45)	2:33.13
				34.72	1:13.01 (38.29)
7	Baker, Jessie	14	Anaconda	2:28.83 (36.89)	2:26.85
				34.61	1:15.19 (40.58)
7	Cook, Harriet	15	Harpenden SC Active Swimmers	2:33.25 (37.79)	2:34.30
				35.02	1:14.02 (39.00)
9	Revell, Bryony	15	Harpenden SC Active Swimmers	2:33.25 (39.53)	2:35.10
				35.98	1:15.00 (39.02)
10	Green, Connie	17	Harpenden SC Active Swimmers	2:33.55 (38.41)	2:33.64
				34.50	1:13.44 (38.94)
11	Holden, Rebekah	14	Berkhamsted Sports Centre	2:33.93 (40.13)	2:31.45
				34.98	1:14.96 (39.98)
12	Stewart, Georgina	15	Newport Pagnell	2:34.40 (39.27)	2:38.25
				37.18	1:19.21 (42.03)
13	Collis, Zoe	14	Aylesbury & District	2:44.99 (41.42)	2:48.73
				39.90	1:26.35 (46.45)
					2:14.55 (48.20)
					3:00.38 (45.83)