

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 1 Boys 9 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Robert Dos Santos	9	Barnet Cophall	6:45.37	5:47.00
40.25	1:25.36 (45.11)	2:10.94 (45.58)	2:55.73 (44.79)	
3:39.99 (44.26)	4:24.85 (44.86)	5:08.54 (43.69)	5:47.00 (38.46)	
2 Alexander Kapanadze	9	Barnet Cophall	6:45.60	6:17.32
39.13	1:28.16 (49.03)	2:16.04 (47.88)	3:04.88 (48.84)	
3:53.17 (48.29)	4:43.39 (50.22)	5:32.49 (49.10)	6:17.32 (44.83)	
3 Haris Bandey	9	Barnet Cophall	6:40.00	6:20.21
39.65	1:27.70 (48.05)	2:16.36 (48.66)	3:05.77 (49.41)	
3:54.72 (48.95)	4:43.13 (48.41)	5:32.44 (49.31)	6:20.21 (47.77)	
4 Jeremy Simanjuntak	9	Barnet Cophall	9:11.43	6:33.96
41.64	1:30.32 (48.68)	2:20.40 (50.08)	3:10.05 (49.65)	
4:00.38 (50.33)	4:50.38 (50.00)	5:39.74 (49.36)	6:33.96 (54.22)	
5 Matt Savitz	9	Barnet Cophall	7:15.00	6:58.07
43.82	1:36.12 (52.30)	2:29.15 (53.03)	3:23.05 (53.90)	
4:17.37 (54.32)	5:12.15 (54.78)	6:06.23 (54.08)	6:58.07 (51.84)	
6 Jonathan Walker	9	Barnet Cophall	8:17.92	7:13.04
48.46	1:43.09 (54.63)	2:39.76 (56.67)	3:36.91 (57.15)	
4:33.81 (56.90)	5:29.80 (55.99)	6:24.84 (55.04)	7:13.04 (48.20)	
7 Ryan Williamson	9	Harrow & Wealdstone S C	8:29.57	7:27.31
50.04	1:46.96 (56.92)	2:45.55 (58.59)	3:44.34 (58.79)	
4:42.17 (57.83)	5:40.66 (58.49)	6:36.51 (55.85)	7:27.31 (50.80)	
8 Jan Andrzejczyk	9	Barnet Cophall	8:31.87	7:31.29
49.31	1:45.74 (56.43)	2:44.39 (58.65)	3:44.44 (1:00.05)	
4:43.70 (59.26)	5:42.87 (59.17)	6:41.00 (58.13)	7:31.29 (50.29)	
9 Brian Kong	9	Barnet Cophall	8:55.11	7:54.50
51.22	1:52.01 (1:00.79)	2:53.23 (1:01.22)	3:56.32 (1:03.09)	
4:57.30 (1:00.98)	6:00.90 (1:03.60)	6:59.58 (58.68)	7:54.50 (54.92)	
10 Luke Shuker	9	Barnet Cophall	8:45.97	8:30.09
53.16	1:57.40 (1:04.24)		4:08.54 ()	
5:15.02 (1:06.48)	6:20.23 (1:05.21)	7:25.23 (1:05.00)	8:30.09 (1:04.86)	
11 Kavi Shah	9	Barnet Cophall	9:15.22	8:46.58
55.97	2:01.75 (1:05.78)	3:10.10 (1:08.35)		
5:28.34 ()	6:35.69 (1:07.35)	8:46.58 (2:10.89)		

Event 1 Boys 10 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 George Prunty	10	Hillingdon Swimming Club	5:59.00	5:22.93
35.44	1:16.54 (41.10)	1:58.63 (42.09)	2:40.03 (41.40)	
3:21.35 (41.32)	4:02.29 (40.94)	4:43.80 (41.51)	5:22.93 (39.13)	
2 Louis South	10	Hillingdon Swimming Club	5:56.29	5:23.87
37.11	1:17.99 (40.88)	1:59.21 (41.22)	2:40.50 (41.29)	
3:21.79 (41.29)	4:02.75 (40.96)	4:44.23 (41.48)	5:23.87 (39.64)	
3 Aidan Doherty	10	Barnet Cophall	5:43.46	5:24.38
36.54	1:16.65 (40.11)	1:57.79 (41.14)	2:38.71 (40.92)	
3:20.56 (41.85)	4:02.49 (41.93)	4:44.30 (41.81)	5:24.38 (40.08)	
4 Danny Nelson	10	Hillingdon Swimming Club	6:23.57	5:41.28
36.44	1:18.69 (42.25)	2:02.15 (43.46)	2:46.66 (44.51)	
3:30.50 (43.84)	4:15.13 (44.63)	4:59.55 (44.42)	5:41.28 (41.73)	
5 Hamish Hudson	10	Barnet Cophall	6:36.63	6:16.79
39.63	1:26.98 (47.35)	2:16.31 (49.33)	3:06.22 (49.91)	
3:55.42 (49.20)	4:42.23 (46.81)	5:31.98 (49.75)	6:16.79 (44.81)	

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6	Panayiotis Panteli	10	Barnet Cophthall	6:50.76	6:17.15
	42.25	1:30.56 (48.31)	2:18.50 (47.94)	3:06.94 (48.44)	
	3:55.65 (48.71)	4:44.58 (48.93)	5:32.82 (48.24)	6:17.15 (44.33)	
7	Dominic Hogan	10	Barnet Cophthall	8:01.47	7:03.01
	44.84	1:36.93 (52.09)	2:29.90 (52.97)	3:26.54 (56.64)	
	4:20.70 (54.16)	5:15.98 (55.28)	6:11.06 (55.08)	7:03.01 (51.95)	
8	Tom Segev	10	Barnet Cophthall	7:58.29	7:11.83
	45.10	1:40.67 (55.57)	2:34.77 (54.10)	3:29.99 (55.22)	
	4:26.34 (56.35)	5:22.37 (56.03)	6:18.55 (56.18)	7:11.83 (53.28)	
9	Benjamin Shuker	10	Barnet Cophthall	8:45.90	8:54.14
	56.64	2:04.00 (1:07.36)	3:13.42 (1:09.42)	4:21.54 (1:08.12)	
	5:31.99 (1:10.45)	6:41.46 (1:09.47)	7:48.67 (1:07.21)	8:54.14 (1:05.47)	

Event 1 Boys 11 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Jamie Woodman	11	Hillingdon Swimming Club	5:31.21	5:11.68
	35.33	1:14.02 (38.69)	1:54.06 (40.04)	2:33.93 (39.87)	
	3:13.60 (39.67)	3:53.66 (40.06)	4:33.50 (39.84)	5:11.68 (38.18)	
2	Nicolas Gore	11	Hillingdon Swimming Club	5:45.31	5:32.46
	37.05	1:17.96 (40.91)	2:00.42 (42.46)	2:43.13 (42.71)	
	3:25.73 (42.60)	4:08.93 (43.20)	4:51.75 (42.82)	5:32.46 (40.71)	
3	Samuel Henson	11	City of St Albans	5:50.71	5:34.19
	36.47	1:17.52 (41.05)	1:59.83 (42.31)	2:42.57 (42.74)	
	3:25.79 (43.22)	4:09.00 (43.21)	4:52.54 (43.54)	5:34.19 (41.65)	
4	Liam Chong	11	Barnet Cophthall	5:36.25	5:34.33
	36.52	1:17.52 (41.00)	1:59.46 (41.94)	2:42.47 (43.01)	
	3:25.82 (43.35)	4:09.33 (43.51)	4:52.58 (43.25)	5:34.33 (41.75)	
5	Massimo Michini	11	Hillingdon Swimming Club	6:12.91	5:48.71
	38.83	1:22.72 (43.89)	2:07.73 (45.01)	2:52.45 (44.72)	
	3:37.82 (45.37)	4:22.49 (44.67)	5:06.35 (43.86)	5:48.71 (42.36)	
5	James Brennan	11	Teddington	5:48.90	5:48.71
	35.91	1:18.04 (42.13)	2:02.37 (44.33)	2:48.41 (46.04)	
	3:34.71 (46.30)	4:19.80 (45.09)	5:06.30 (46.50)	5:48.71 (42.41)	
7	Sean Panacides	11	Harrow & Wealdstone S C	6:27.17	5:51.88
	38.71	1:21.73 (43.02)	2:07.00 (45.27)	2:51.12 (44.12)	
	3:37.15 (46.03)	4:22.24 (45.09)	5:07.83 (45.59)	5:51.88 (44.05)	
8	Abdimajid Abdala	11	Barnet Cophthall	6:56.37	6:18.85
	43.17	1:32.13 (48.96)	2:18.71 (46.58)	3:07.53 (48.82)	
	3:55.45 (47.92)	4:44.45 (49.00)	5:33.11 (48.66)	6:18.85 (45.74)	
9	Vishay Kerai	11	Harrow & Wealdstone S C	7:10.43	6:32.14
	42.78	1:32.33 (49.55)	2:22.76 (50.43)	3:13.75 (50.99)	
	4:04.43 (50.68)	4:56.99 (52.56)	5:46.67 (49.68)	6:32.14 (45.47)	
10	Liam Williamson	11	Harrow & Wealdstone S C	7:59.24	7:07.42
	47.65	1:41.20 (53.55)	2:35.20 (54.00)	3:28.82 (53.62)	
	4:22.44 (53.62)	5:16.79 (54.35)	6:12.77 (55.98)	7:07.42 (54.65)	
11	Dinos Caryotis	11	Barnet Cophthall	7:51.58	7:30.03
	46.21	1:40.92 (54.71)	2:39.21 (58.29)	3:37.82 (58.61)	
	4:36.12 (58.30)	5:35.81 (59.69)	6:34.20 (58.39)	7:30.03 (55.83)	

Event 1 Boys 12 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Amar Patel	12	Harrow & Wealdstone S C	5:48.60	5:30.33
	4.77	1:18.26 (1:13.49)	2:00.83 (42.57)	2:43.62 (42.79)	
	3:26.00 (42.38)	4:09.42 (43.42)	4:50.65 (41.23)	5:30.33 (39.68)	

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2	Lewis Newman	12	Hillingdon Swimming Club	6:16.18	5:43.16
	36.73	1:19.22 (42.49)	2:03.65 (44.43)	2:47.62 (43.97)	
	3:31.77 (44.15)	4:16.44 (44.67)	5:00.72 (44.28)	5:43.16 (42.44)	
3	Matthew Lee	12	Barnet Cophall	5:55.20	5:46.68
	36.70	1:19.92 (43.22)	2:03.47 (43.55)	2:47.88 (44.41)	
	3:33.14 (45.26)	4:18.29 (45.15)	5:03.39 (45.10)	5:46.68 (43.29)	
4	Joel Perrett	12	Hillingdon Swimming Club	5:44.25	5:53.66
	38.45	1:23.07 (44.62)	2:08.98 (45.91)	2:54.07 (45.09)	
	3:39.62 (45.55)	4:25.68 (46.06)	5:13.41 (47.73)	5:53.66 (40.25)	
5	Jasper Wong	12	Barnet Cophall	7:59.94	7:29.54
	44.84	1:37.64 (52.80)	2:36.59 (58.95)	3:34.44 (57.85)	
	4:33.44 (59.00)	5:33.61 (1:00.17)	6:34.56 (1:00.95)	7:29.54 (54.98)	
6	Amit Mistry	12	Barnet Cophall	8:16.50	7:43.82
	46.73	1:44.79 (58.06)	2:43.25 (58.46)	3:44.68 (1:01.43)	
	4:45.80 (1:01.12)	5:48.12 (1:02.32)	6:48.27 (1:00.15)	7:43.82 (55.55)	

Event 1 Boys 13 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Callum Hill	13	Harrow & Wealdstone S C	5:58.21	5:20.24
	37.08	1:17.20 (40.12)	1:58.00 (40.80)	2:39.07 (41.07)	
	3:19.74 (40.67)	4:00.62 (40.88)	4:41.86 (41.24)	5:20.24 (38.38)	

Event 1 Boys 14 & Over 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Danny Buckley	14	Stevenage	4:59.87	4:50.28
	32.75	1:08.47 (35.72)	1:44.83 (36.36)	2:21.62 (36.79)	
	2:58.68 (37.06)	3:35.96 (37.28)	4:13.49 (37.53)	4:50.28 (36.79)	
2	Luke Parkinson	15	Seabyrd SC	4:58.13	4:52.93
	33.50	1:09.28 (35.78)	1:46.44 (37.16)	2:23.32 (36.88)	
	3:00.22 (36.90)	3:37.47 (37.25)	4:15.29 (37.82)	4:52.93 (37.64)	
3	Matthew Costello	14	Stevenage	5:20.00	5:05.55
	35.09	1:13.71 (38.62)	1:52.64 (38.93)	2:32.52 (39.88)	
	3:11.12 (38.60)	3:49.85 (38.73)	4:28.29 (38.44)	5:05.55 (37.26)	
4	Adam Taie	14	Harrow & Wealdstone S C	5:32.00	5:22.04
	35.51	1:15.96 (40.45)	1:57.56 (41.60)	2:38.58 (41.02)	
	3:20.28 (41.70)	4:01.68 (41.40)	4:42.48 (40.80)	5:22.04 (39.56)	
5	Chris Lock	14	City of Milton Keynes	6:39.44	5:40.26
	37.33	1:19.21 (41.88)	2:02.70 (43.49)	2:46.08 (43.38)	
	3:29.90 (43.82)	4:13.82 (43.92)	4:58.20 (44.38)	5:40.26 (42.06)	

Event 2 Girls 9 Year Olds 400 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Elisha Kramer	9	Barnet Cophall	8:00.00	7:46.13
	55.62	2:08.88 (1:13.26)	2:59.08 (50.20)	3:51.03 (51.95)	
	4:57.32 (1:06.29)	6:04.36 (1:07.04)	6:56.11 (51.75)	7:46.13 (50.02)	

Event 2 Girls 10 Year Olds 400 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Kerry-Anne McFarlane	10	Harrow & Wealdstone S C	7:00.00	6:13.12
	41.48	1:34.64 (53.16)	2:20.42 (45.78)	3:05.88 (45.46)	
	3:58.25 (52.37)	4:51.96 (53.71)	5:33.64 (41.68)	6:13.12 (39.48)	

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Name	Age	Team	Seed Time	Finals Time
1 Rebecca Jenner-Martin	11	City of Milton Keynes	6:59.96	7:23.33
	49.98	1:53.07 (1:03.09)	2:50.19 (57.12)	3:46.39 (56.20)
	4:47.00 (1:00.61)	5:46.41 (59.41)	6:33.77 (47.36)	7:23.33 (49.56)

Event 2 Girls 12 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Kirsten Baggaley	12	City of Milton Keynes	6:12.64	6:08.77
	40.85	1:30.89 (50.04)	2:15.76 (44.87)	3:01.61 (45.85)
	3:55.51 (53.90)	4:50.37 (54.86)	5:30.71 (40.34)	6:08.77 (38.06)
2 Amy Webb	12	Verulam Asc	6:56.31	7:07.29
	47.64	1:43.64 (56.00)	2:41.62 (57.98)	3:36.44 (54.82)
	4:31.69 (55.25)	5:30.10 (58.41)	6:20.22 (50.12)	7:07.29 (47.07)

Event 2 Girls 14 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Charlotte Henson	14	City of St Albans	5:37.98	5:37.22
	34.43	1:16.96 (42.53)	1:58.36 (41.40)	2:39.30 (40.94)
	3:27.59 (48.29)	4:17.05 (49.46)	4:57.16 (40.11)	5:37.22 (40.06)
2 Vicky Healey	15	Verulam Asc	5:50.67	6:04.73
	36.31	1:21.25 (44.94)	2:06.96 (45.71)	2:53.13 (46.17)
	3:45.55 (52.42)	4:39.68 (54.13)	5:21.30 (41.62)	6:04.73 (43.43)

Event 3 Boys 9 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Robert Dos Santos	9	Barnet Cophall	3:13.24	3:05.26
	43.08	1:30.59 (47.51)	2:23.55 (52.96)	3:05.26 (41.71)
2 Haris Bandey	9	Barnet Cophall	3:17.21	3:19.25
	44.06	1:34.45 (50.39)	2:34.89 (1:00.44)	3:19.25 (44.36)
3 Jeremy Simanjuntak	9	Barnet Cophall	3:34.50	3:27.69
	1:41.44		2:42.00 ()	3:27.69 (45.69)
4 Alexander Kapanadze	9	Barnet Cophall	3:26.26	3:29.17
	50.23	1:43.69 (53.46)	2:44.76 (1:01.07)	3:29.17 (44.41)
5 Matt Savitz	9	Barnet Cophall	3:55.40	3:39.52
	49.06	1:47.60 (58.54)	2:52.18 (1:04.58)	3:39.52 (47.34)
6 Sam Mackerness	9	Seabyrd SC	4:43.00	3:43.65
	52.87	1:48.80 (55.93)	2:55.57 (1:06.77)	3:43.65 (48.08)
7 Jamie Taylor	9	Seabyrd SC	4:12.00	3:44.07
	55.45	1:51.37 (55.92)	2:58.53 (1:07.16)	3:44.07 (45.54)
8 Jonathan Walker	9	Barnet Cophall	4:22.00	3:56.02
	1:02.63	2:01.83 (59.20)	3:06.11 (1:04.28)	3:56.02 (49.91)

Event 3 Boys 10 Year Olds 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Louis South	10	Hillingdon Swimming Club	3:04.42	2:55.67
	39.19	1:24.33 (45.14)	2:17.46 (53.13)	2:55.67 (38.21)
2 Aidan Doherty	10	Barnet Cophall	3:04.09	2:59.90
	38.97	1:26.58 (47.61)	2:20.32 (53.74)	2:59.90 (39.58)

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3	Danny Nelson	10	Hillingdon Swimming Club	3:15.00	3:05.59
	42.23	1:26.82 (44.59)	2:26.93 (1:00.11)	3:05.59 (38.66)	
4	George Prunty	10	Hillingdon Swimming Club	3:10.60	3:05.66
	43.86	1:27.60 (43.74)	2:27.30 (59.70)	3:05.66 (38.36)	
5	Leighton Jones	10	Seabyrd SC	3:28.76	3:13.40
	46.90	1:32.76 (45.86)	2:34.07 (1:01.31)	3:13.40 (39.33)	
6	Panayiotis Panteli	10	Barnet Cophall	3:32.21	3:27.69
	45.51	1:39.22 (53.71)	2:40.17 (1:00.95)	3:27.69 (47.52)	
7	Hamish Hudson	10	Barnet Cophall	3:24.52	3:29.52
	52.36	1:44.76 (52.40)	2:44.74 (59.98)	3:29.52 (44.78)	
8	Stanley Tinkler	10	Verulam Asc	4:12.12	3:35.50
	51.41	1:46.38 (54.97)	2:47.40 (1:01.02)	3:35.50 (48.10)	
9	Matthew Quinn	10	Seabyrd SC	3:41.00	3:35.78
	50.21	1:44.74 (54.53)	2:51.57 (1:06.83)	3:35.78 (44.21)	
10	Daniel Grimwade	10	Seabyrd SC	3:54.00	3:37.39
	53.52	1:47.23 (53.71)	2:51.36 (1:04.13)	3:37.39 (46.03)	
11	Sam Fidge	10	Harrow & Wealdstone S C	3:59.79	3:44.26
	49.12	1:47.35 (58.23)	2:51.17 (1:03.82)	3:44.26 (53.09)	
12	Conor Bateman	10	Seabyrd SC	3:54.10	3:55.42
	59.91	2:00.24 (1:00.33)	3:05.90 (1:05.66)	3:55.42 (49.52)	
13	Tom Segev	10	Barnet Cophall	4:14.60	3:56.15
	1:03.24	1:58.82 (55.58)	3:07.37 (1:08.55)	3:56.15 (48.78)	
14	Jonathon Wood	10	Seabyrd SC	4:35.00	4:04.84
	1:02.56	2:04.73 (1:02.17)	3:14.37 (1:09.64)	4:04.84 (50.47)	
---	Dominic Hogan	10	Barnet Cophall	3:59.90	DQ
	1:04.27	1:58.39 (54.12)	3:01.96 (1:03.57)	DQ (46.90)	

Event 3 Boys 11 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Leon Berchie	11	Hillingdon Swimming Club	3:03.78	2:57.26
	37.65	1:23.88 (46.23)	2:19.74 (55.86)	2:57.26 (37.52)	
2	Liam Chong	11	Barnet Cophall	3:03.18	3:02.22
	39.93	1:25.39 (45.46)	2:21.05 (55.66)	3:02.22 (41.17)	
3	Samuel Henson	11	City of St Albans	3:18.80	3:04.38
	44.01	1:29.62 (45.61)	2:25.54 (55.92)	3:04.38 (38.84)	
4	Massimo Michini	11	Hillingdon Swimming Club	3:10.28	3:05.55
	44.47	1:30.38 (45.91)	2:26.32 (55.94)	3:05.55 (39.23)	
5	Nicolas Gore	11	Hillingdon Swimming Club	3:21.37	3:06.39
	43.08	1:30.78 (47.70)	2:27.97 (57.19)	3:06.39 (38.42)	
6	Jamie Woodman	11	Hillingdon Swimming Club	3:18.91	3:08.83
	47.30	1:33.23 (45.93)	2:31.14 (57.91)	3:08.83 (37.69)	
7	Adam Burrell	11	City of Milton Keynes	3:28.43	3:15.44
	47.60	1:35.30 (47.70)	2:32.66 (57.36)	3:15.44 (42.78)	
8	Aaron Morgan	11	Harrow & Wealdstone S C	3:44.11	3:17.80
	50.25	1:38.72 (48.47)	2:35.88 (57.16)	3:17.80 (41.92)	
9	Harry Jackson	11	Seabyrd SC	3:32.02	3:20.84
	47.48	1:37.40 (49.92)	2:39.30 (1:01.90)	3:20.84 (41.54)	

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10	James Brennan		11	Teddington	3:54.26		3:21.86
	43.33	1:37.46 (54.13)		2:39.85 (1:02.39)		3:21.86 (42.01)	
11	Charlie Turner		11	Barnet Cophall	3:27.26		3:22.47
	52.44	1:42.76 (50.32)		2:39.86 (57.10)		3:22.47 (42.61)	
12	Warren Gilbert		11	Harrow & Wealdstone S C	3:52.71		3:22.67
	46.61	1:36.69 (50.08)		2:37.37 (1:00.68)		3:22.67 (45.30)	
13	Arthur Stone		11	Seabyrd SC	3:26.00		3:25.80
	50.15	1:42.48 (52.33)		2:44.80 (1:02.32)		3:25.80 (41.00)	
14	Daniel Pusey		11	Seabyrd SC	3:42.50		3:37.16
	52.62	1:46.02 (53.40)		2:52.94 (1:06.92)		3:37.16 (44.22)	
15	Abdimajid Abdala		11	Barnet Cophall	3:51.72		3:38.35
	57.92	1:51.23 (53.31)		2:54.40 (1:03.17)		3:38.35 (43.95)	
16	Jordan Fairclough		11	Seabyrd SC	3:35.00		3:43.01
	7.30	1:54.48 (1:47.18)		2:57.15 (1:02.67)		3:43.01 (45.86)	
17	Dinos Caryotis		11	Barnet Cophall	3:59.82		3:49.71
	57.93	1:52.71 (54.78)		3:02.54 (1:09.83)		3:49.71 (47.17)	
---	William Pocock		11	Seabyrd SC	3:22.41		DQ
	43.33	1:33.60 (50.27)		2:26.34 (52.74)		DQ (39.82)	
---	Michael Fan		11	Harrow & Wealdstone S C	3:44.43		DQ
	51.94	1:44.16 (52.22)		2:42.09 (57.93)		DQ (45.14)	
---	Rory Linnane		11	Seabyrd SC	4:02.00		DQ
	49.54	1:40.27 (50.73)		2:43.63 (1:03.36)		DQ (47.66)	

Event 3 Boys 12 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Amar Patel	12	Harrow & Wealdstone S C	2:59.99	2:56.11
	41.14	1:27.19 (46.05)		2:16.83 (49.64)	2:56.11 (39.28)
2	Matthew Lee	12	Barnet Cophall	3:25.00	2:57.12
	40.50	1:22.37 (41.87)		2:15.96 (53.59)	2:57.12 (41.16)
3	David Moore	12	Seabyrd SC	3:33.00	3:15.66
	45.46	1:32.67 (47.21)		2:32.65 (59.98)	3:15.66 (43.01)
4	Aaron French	12	Harrow & Wealdstone S C	3:30.21	3:19.95
	44.41	1:32.22 (47.81)		2:37.56 (1:05.34)	3:19.95 (42.39)
5	Joel Perrett	12	Hillingdon Swimming Club	3:13.00	3:20.97
	45.29	1:36.83 (51.54)		2:39.42 (1:02.59)	3:20.97 (41.55)
6	Robert Hill	12	Seabyrd SC	3:50.00	3:45.92
	57.03	1:53.49 (56.46)		2:57.43 (1:03.94)	3:45.92 (48.49)
7	Jasper Wong	12	Barnet Cophall	3:48.92	3:46.01
	56.32	1:56.12 (59.80)		2:56.51 (1:00.39)	3:46.01 (49.50)
---	Amit Mistry	12	Barnet Cophall	4:00.00	DQ
	1:03.92	2:09.79 (1:05.87)		3:11.87 (1:02.08)	DQ (58.70)
---	Lewis Newman	12	Hillingdon Swimming Club	3:00.00	DQ
	40.28	1:26.13 (45.85)		2:20.78 (54.65)	DQ (39.56)

Event 3 Boys 13 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Jake Robinson	13	Stevenage	2:30.33	2:32.43
	34.22	1:12.62 (38.40)		1:57.30 (44.68)	2:32.43 (35.13)

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2	Ben Ellafi	13	Seabyrd SC	3:06.00	3:00.91
	41.35	1:26.25 (44.90)	2:21.89 (55.64)	3:00.91 (39.02)	
3	Callum Hill	13	Harrow & Wealdstone S C	3:14.26	3:01.03
	45.03	1:31.60 (46.57)	2:22.32 (50.72)	3:01.03 (38.71)	
4	Anthony Wood	13	Seabyrd SC	3:15.00	3:10.10
	43.16	1:32.50 (49.34)	2:29.77 (57.27)	3:10.10 (40.33)	
5	Nathan Wilson	13	Seabyrd SC	3:20.73	3:13.81
	45.64	1:36.64 (51.00)	2:32.24 (55.60)	3:13.81 (41.57)	

Event 3 Boys 14 & Over 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Ryan Anscomb	19	City of Milton Keynes	2:35.33	2:21.54
	28.75	1:03.28 (34.53)	1:47.24 (43.96)	2:21.54 (34.30)	
2	Luke Parkinson	15	Seabyrd SC	3:01.02	2:45.49
	38.77	1:21.60 (42.83)	2:07.98 (46.38)	2:45.49 (37.51)	
3	Kris Hunt	14	City of Milton Keynes	2:46.50	2:48.63
	37.57	1:21.98 (44.41)	2:09.27 (47.29)	2:48.63 (39.36)	
4	Matthew Costello	14	Stevenage	3:05.00	2:57.36
	39.52	1:23.78 (44.26)	2:20.39 (56.61)	2:57.36 (36.97)	
5	Joseph Mahon	15	Stevenage	3:05.09	2:59.89
	43.04	1:29.72 (46.68)	2:18.15 (48.43)	2:59.89 (41.74)	

Event 4 Girls 9 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Isabelle Dean	9	Barnet Cophthall	2:52.83	2:50.89
	38.17	1:22.11 (43.94)	2:06.98 (44.87)	2:50.89 (43.91)	
2	Fiona Thornton	9	Stevenage	3:06.10	2:56.06
	39.54	1:25.62 (46.08)	2:11.68 (46.06)	2:56.06 (44.38)	
3	Casey Fisher	9	Seabyrd SC	3:09.24	3:03.90
	40.25	1:27.99 (47.74)	2:18.07 (50.08)	3:03.90 (45.83)	
4	Charlotte Fillmore	9	Verulam Asc	3:20.20	3:07.34
	41.91	1:33.04 (51.13)	2:23.23 (50.19)	3:07.34 (44.11)	
5	Elisha Kramer	9	Barnet Cophthall	3:05.11	3:15.19
	42.19	1:34.01 (51.82)	2:25.38 (51.37)	3:15.19 (49.81)	
6	Alaya Seoudy	9	Barnet Cophthall	3:56.18	3:17.75
	43.49	1:34.68 (51.19)	2:27.07 (52.39)	3:17.75 (50.68)	
7	Sophie Henson	9	City of St Albans	3:31.11	3:19.60
	43.03	1:34.30 (51.27)	2:27.50 (53.20)	3:19.60 (52.10)	
8	Elise Kelly	9	Seabyrd SC	3:17.54	3:23.60
	43.23	1:35.51 (52.28)	2:30.88 (55.37)	3:23.60 (52.72)	
9	Gemma Hunter	9	Barnet Cophthall	3:52.71	3:26.14
	45.01	1:38.67 (53.66)	2:34.06 (55.39)	3:26.14 (52.08)	
10	Claire Harris	9	Barnet Cophthall	3:56.18	3:26.84
	45.41	1:40.28 (54.87)	2:35.03 (54.75)	3:26.84 (51.81)	
11	Riya Patel	9	Harrow & Wealdstone S C	3:42.26	3:32.87
	46.63	1:41.63 (55.00)	2:39.03 (57.40)	3:32.87 (53.84)	
12	Isini Abeysekera	9	Harrow & Wealdstone S C	4:20.21	3:47.85
	44.43	1:44.31 (59.88)	2:47.19 (1:02.88)	3:47.85 (1:00.66)	

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13	Sophia Boni		9	Harrow & Wealdstone S C	3:45.96	3:50.76
	48.55	1:48.12 (59.57)		2:49.44 (1:01.32)	3:50.76 (1:01.32)	
14	Abbie-Mae Finch		9	Seabyrd SC	4:10.00	3:52.66
	51.18	1:53.83 (1:02.65)		2:56.40 (1:02.57)	3:52.66 (56.26)	

Event 4 Girls 10 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Kerry-Anne McFarlane	10	Harrow & Wealdstone S C	2:55.99	2:38.99
	36.58	1:17.36 (40.78)		1:58.99 (41.63)	2:38.99 (40.00)
2	Paige Mann	10	Hillingdon Swimming Club	3:15.48	2:46.07
	37.86	1:21.21 (43.35)		2:05.63 (44.42)	2:46.07 (40.44)
3	Amy Moseley	10	Hillingdon Swimming Club	3:07.25	2:51.83
	40.44	1:24.45 (44.01)		2:09.40 (44.95)	2:51.83 (42.43)
4	Camellia Hassan	10	Seabyrd SC	3:08.00	3:01.90
	40.62	1:27.66 (47.04)		2:16.23 (48.57)	3:01.90 (45.67)
5	Mirren Stewart	10	Barnet Cophall	3:13.74	3:02.04
	39.68	1:27.69 (48.01)		2:16.47 (48.78)	3:02.04 (45.57)
6	Tulsi Behl	10	Barnet Cophall	4:17.07	3:04.15
	39.34	1:27.15 (47.81)		2:18.08 (50.93)	3:04.15 (46.07)
7	Sabina Filippone	10	Barnet Cophall	3:21.80	3:12.92
	43.94	1:34.18 (50.24)		2:25.33 (51.15)	3:12.92 (47.59)
8	Emma Cody	10	Seabyrd SC	3:31.50	3:15.04
	44.07	1:32.87 (48.80)		2:24.78 (51.91)	3:15.04 (50.26)
9	Dana Afshar	10	Barnet Cophall	3:45.15	3:17.43
	45.14	1:36.43 (51.29)		2:29.89 (53.46)	3:17.43 (47.54)
10	Chloe Lachesseigne	10	Seabyrd SC	3:40.00	3:24.83
	48.16	1:40.44 (52.28)		2:34.53 (54.09)	3:24.83 (50.30)
11	Freya Baggaley	10	City of Milton Keynes	3:46.55	3:25.96
	43.72	1:39.07 (55.35)		2:36.38 (57.31)	3:25.96 (49.58)
12	Hollie Barnes	10	Harrow & Wealdstone S C	3:45.84	3:27.51
	45.97	1:40.40 (54.43)		2:36.27 (55.87)	3:27.51 (51.24)
13	Hannah Lyons	10	Harrow & Wealdstone S C	3:30.24	3:29.16
	4.35	1:38.12 (1:33.77)		2:37.02 (58.90)	3:29.16 (52.14)
14	Libby Walker	10	Barnet Cophall	3:29.27	3:31.42
	43.16	1:38.94 (55.78)		2:36.24 (57.30)	3:31.42 (55.18)
15	Amy-Clare Donlevey	10	Harrow & Wealdstone S C	3:58.94	3:35.48
	46.42	1:44.40 (57.98)		2:41.16 (56.76)	3:35.48 (54.32)
16	Melissa Rahman	10	Barnet Cophall	3:50.57	3:43.06
	44.05	1:44.64 (1:00.59)		2:46.81 (1:02.17)	3:43.06 (56.25)
17	Suzanne Qarib	10	Barnet Cophall	4:37.35	3:54.41
	49.46	1:52.18 (1:02.72)		2:56.77 (1:04.59)	3:54.41 (57.64)

Event 4 Girls 11 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Daisy Fraser	11	Hillingdon Swimming Club	2:47.52	2:36.95
	36.14	1:15.73 (39.59)		1:57.34 (41.61)	2:36.95 (39.61)
2	Ria Ogilvie-Herald	11	Harrow & Wealdstone S C	2:45.60	2:38.00
	34.92	1:15.16 (40.24)		1:57.14 (41.98)	2:38.00 (40.86)

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3	Natalie Wilson	11	Seabyrd SC	3:19.00	2:53.66
	37.25	1:20.38 (43.13)	2:07.88 (47.50)	2:53.66 (45.78)	
4	Tara Patel	11	Barnet Cophall	3:15.00	3:00.88
	39.06	1:27.05 (47.99)	2:15.73 (48.68)	3:00.88 (45.15)	
5	Emma Becirovic	11	Barnet Cophall	3:18.87	3:02.10
	35.07	1:22.05 (46.98)	2:13.26 (51.21)	3:02.10 (48.84)	
6	Rebecca Jenner-Martin	11	City of Milton Keynes	2:54.60	3:02.47
	40.72	1:28.68 (47.96)	2:16.71 (48.03)	3:02.47 (45.76)	
7	Amy Taylor	11	Seabyrd SC	3:27.00	3:05.21
	41.70	1:29.15 (47.45)	2:17.87 (48.72)	3:05.21 (47.34)	
8	Jamilla Bethley	11	Barnet Cophall	3:42.27	3:08.49
	41.03	1:29.51 (48.48)	2:19.49 (49.98)	3:08.49 (49.00)	
9	Zoe Taplin	11	Seabyrd SC	3:19.50	3:11.45
	41.15	1:30.86 (49.71)	2:22.30 (51.44)	3:11.45 (49.15)	
10	Lauren Herlock	11	Verulam Asc	3:25.84	3:19.39
	46.06	1:38.60 (52.54)	2:31.26 (52.66)	3:19.39 (48.13)	
11	Carrie Page	11	Seabyrd SC	3:28.60	3:20.18
	43.88	1:36.94 (53.06)	2:31.27 (54.33)	3:20.18 (48.91)	
12	Lizzie Tichborne	11	Barnet Cophall	3:37.12	3:26.55
	45.86	1:37.41 (51.55)	2:32.68 (55.27)	3:26.55 (53.87)	
13	Tia Hudson-Halsey	11	Seabyrd SC	3:42.00	3:28.04
	45.33	1:37.92 (52.59)	2:34.04 (56.12)	3:28.04 (54.00)	
14	Aimee Childs	11	Verulam Asc	3:40.24	3:37.43
	47.00	1:44.77 (57.77)	2:41.47 (56.70)	3:37.43 (55.96)	

Event 4 Girls 12 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Kirsten Baggaley	12	City of Milton Keynes	2:37.67	2:32.31
	35.81	1:14.66 (38.85)	1:54.10 (39.44)	2:32.31 (38.21)	
2	Sian Boland	12	Barnet Cophall	3:06.54	2:41.58
	37.94	1:18.43 (40.49)	2:00.96 (42.53)	2:41.58 (40.62)	
3	Ellen Collas	12	Harrow & Wealdstone S C	2:50.60	2:41.69
	37.18	1:18.52 (41.34)	2:01.35 (42.83)	2:41.69 (40.34)	
4	Raeannia Martineau	12	Harrow & Wealdstone S C	2:48.12	2:42.88
	36.85	1:18.23 (41.38)	2:01.57 (43.34)	2:42.88 (41.31)	
5	Katie Tuff	12	Hillingdon Swimming Club	2:45.00	2:44.38
	36.60	1:19.11 (42.51)	2:03.04 (43.93)	2:44.38 (41.34)	
6	Carolyn Cohen	12	Harrow & Wealdstone S C	2:57.40	2:47.41
	36.24	1:19.14 (42.90)	2:02.98 (43.84)	2:47.41 (44.43)	
7	Esme Dove	12	Barnet Cophall	2:53.64	2:48.03
	38.04	1:20.69 (42.65)	2:04.37 (43.68)	2:48.03 (43.66)	
8	Sophie Peet	12	Barnet Cophall	2:54.49	2:48.50
	38.13	1:21.98 (43.85)	2:06.55 (44.57)	2:48.50 (41.95)	
9	Libby Healey	12	Verulam Asc	3:02.75	2:49.77
	35.59	1:19.12 (43.53)	2:05.35 (46.23)	2:49.77 (44.42)	
10	Amber Smith	12	City of Milton Keynes	3:03.21	2:50.06
	38.15	1:20.44 (42.29)	2:06.41 (45.97)	2:50.06 (43.65)	

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11	Polly White		12 Harrow & Wealdstone S C	3:09.16	2:55.04
	39.37	1:24.49 (45.12)	2:11.56 (47.07)	2:55.04 (43.48)	
12	Nicole Morgan		12 Harrow & Wealdstone S C	3:20.45	2:55.40
	37.74	1:22.87 (45.13)	2:10.09 (47.22)	2:55.40 (45.31)	
13	Eloise Tinkler		12 Verulam Asc	3:16.30	2:59.64
	38.54	1:25.77 (47.23)	2:15.53 (49.76)	2:59.64 (44.11)	
14	Georgina Ring		12 Seabyrd SC	3:13.00	3:09.83
	42.80	1:31.63 (48.83)	2:22.32 (50.69)	3:09.83 (47.51)	
15	Safina Hardy		12 Barnet Cophall	3:52.56	3:13.27
	41.86	1:31.92 (50.06)	2:25.76 (53.84)	3:13.27 (47.51)	

Event 4 Girls 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Ashling Baggaley	13	City of Milton Keynes	2:35.12	2:30.38
	34.74	1:14.24 (39.50)	1:53.34 (39.10)	2:30.38 (37.04)	
2	Phoebe Sellars	13	Harrow & Wealdstone S C	2:52.00	2:35.35
	35.19	1:14.57 (39.38)	1:55.85 (41.28)	2:35.35 (39.50)	
3	Amelia Campbell	13	Harrow & Wealdstone S C	2:47.60	2:39.77
	35.58	1:15.57 (39.99)	1:57.76 (42.19)	2:39.77 (42.01)	
4	Laura Keogh	13	Seabyrd SC	2:48.00	2:48.06
	36.31	1:17.84 (41.53)	2:03.00 (45.16)	2:48.06 (45.06)	

Event 4 Girls 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Samantha Pocock	16	Seabyrd SC	2:24.81	2:26.32
	32.45	1:09.12 (36.67)	1:47.85 (38.73)	2:26.32 (38.47)	

Event 5 Boys 9 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Robert Dos Santos	9	Barnet Cophall	3:32.03	3:28.95
	48.13	1:40.98 (52.85)	2:34.98 (54.00)	3:28.95 (53.97)	
2	Haris Bandey	9	Barnet Cophall	3:39.81	3:50.83
	53.29	1:54.20 (1:00.91)	2:53.67 (59.47)	3:50.83 (57.16)	
3	Alexander Kapanadze	9	Barnet Cophall	4:00.28	3:51.81
	53.41	1:52.51 (59.10)	2:52.77 (1:00.26)	3:51.81 (59.04)	
4	Jeremy Simanjuntak	9	Barnet Cophall	4:20.00	3:57.19
	56.01	1:57.89 (1:01.88)	2:58.79 (1:00.90)	3:57.19 (58.40)	
5	Matt Savitz	9	Barnet Cophall	4:33.14	4:12.93
	59.48	2:04.30 (1:04.82)	3:08.57 (1:04.27)	4:12.93 (1:04.36)	
6	Jonathan Walker	9	Barnet Cophall	4:02.20	4:13.22
	58.00	2:03.86 (1:05.86)	3:08.69 (1:04.83)	4:13.22 (1:04.53)	
7	Ryan Williamson	9	Harrow & Wealdstone S C	4:41.97	4:18.92
	1:00.76	2:06.54 (1:05.78)	3:13.34 (1:06.80)	4:18.92 (1:05.58)	
8	Alexander Heppard	9	Harrow & Wealdstone S C	4:16.12	4:21.31
	1:00.52	2:09.33 (1:08.81)	3:16.18 (1:06.85)	4:21.31 (1:05.13)	
9	Sam Mackerness	9	Seabyrd SC	4:23.00	4:24.47
	59.94	2:07.97 (1:08.03)	3:15.85 (1:07.88)	4:24.47 (1:08.62)	

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10	Jan Andrzejczyk		9	Barnet Cophall	4:25.02	4:27.92
		1:01.81			2:11.27 (1:09.46)	3:21.48 (1:10.21)
					4:27.92 (1:06.44)	
11	Kavi Shah		9	Barnet Cophall	4:55.99	4:35.76
		1:01.10			2:10.79 (1:09.69)	3:24.71 (1:13.92)
					4:35.76 (1:11.05)	
12	Brian Kong		9	Barnet Cophall	5:01.21	4:37.84
		1:02.40			2:15.07 (1:12.67)	3:28.70 (1:13.63)
					4:37.84 (1:09.14)	
13	James Fan		9	Harrow & Wealdstone S C	4:30.10	5:24.82
		1:09.39			2:33.61 (1:24.22)	4:01.29 (1:27.68)
					5:24.82 (1:23.53)	
---	Luke Shuker		9	Barnet Cophall	4:59.27	DQ
		1:11.99			2:33.49 (1:21.50)	3:55.62 (1:22.13)
					DQ (1:15.44)	

Event 5 Boys 10 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Aidan Doherty	10	Barnet Cophall	3:27.75	3:35.50
		48.06		1:44.31 (56.25)	2:40.61 (56.30)
2	Panayiotis Panteli	10	Barnet Cophall	3:35.50 (54.89)	4:17.18
		52.13		1:48.49 (56.36)	2:47.81 (59.32)
3	Hamish Hudson	10	Barnet Cophall	3:43.93 (56.12)	4:09.95
		54.37		1:54.92 (1:00.55)	2:55.91 (1:00.99)
4	Leighton Jones	10	Seabyrd SC	3:53.19 (57.28)	3:55.16
		56.26		1:55.88 (59.62)	2:56.50 (1:00.62)
5	Dominic Hogan	10	Barnet Cophall	3:54.78 (58.28)	4:01.54
		57.50		2:00.53 (1:03.03)	3:03.74 (1:03.21)
6	Daniel Grimwade	10	Seabyrd SC	4:01.76 (58.02)	4:02.00
		56.78		1:59.19 (1:02.41)	3:01.91 (1:02.72)
7	Conor Bateman	10	Seabyrd SC	4:04.54 (1:02.63)	4:10.00
		56.28		2:00.37 (1:04.09)	3:05.57 (1:05.20)
8	Lewis Campbell	10	Harrow & Wealdstone S C	4:08.44 (1:02.87)	4:21.05
		58.50		2:02.80 (1:04.30)	3:07.66 (1:04.86)
9	Tom Segev	10	Barnet Cophall	4:10.05 (1:02.39)	4:47.38
		1:02.56		2:10.47 (1:07.91)	3:19.26 (1:08.79)
10	Jonathon Wood	10	Seabyrd SC	4:25.65 (1:06.39)	4:54.00
		1:04.15		2:12.34 (1:08.19)	3:22.83 (1:10.49)
---	Sam Fidge	10	Harrow & Wealdstone S C	4:33.36 (1:10.53)	4:05.21
		56.84		2:04.63 (1:07.79)	3:11.31 (1:06.68)
---	Benjamin Shuker	10	Barnet Cophall	DQ (1:07.22)	4:59.20
		1:03.76		2:15.32 (1:11.56)	3:26.58 (1:11.26)
				DQ (1:08.87)	

Event 5 Boys 11 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Liam Chong	11	Barnet Cophall	3:24.60	3:26.14
		47.35		1:38.79 (51.44)	2:33.76 (54.97)
2	Massimo Michini	11	Hillingdon Swimming Club	3:26.14 (52.38)	3:30.10
		49.25		1:41.77 (52.52)	2:35.91 (54.14)
3	William Pocock	11	Seabyrd SC	3:27.51 (51.60)	3:49.51
		48.76		1:41.79 (53.03)	2:35.97 (54.18)
4	Samuel Henson	11	City of St Albans	3:28.21 (52.24)	3:41.64
		50.05		1:43.57 (53.52)	2:39.03 (55.46)
				3:32.17 (53.14)	

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5	Charlie Turner	11	Barnet Cophthall	4:09.00	3:44.17
	53.63	1:51.31 (57.68)	2:49.64 (58.33)	3:44.17 (54.53)	
6	Aaron Morgan	11	Harrow & Wealdstone S C	4:08.09	3:49.76
	54.35	1:53.52 (59.17)	2:52.62 (59.10)	3:49.76 (57.14)	
7	Harry Jackson	11	Seabyrd SC	3:48.05	3:50.02
	52.68	1:50.76 (58.08)	2:51.11 (1:00.35)	3:50.02 (58.91)	
8	Michael Fan	11	Harrow & Wealdstone S C	4:01.91	3:52.63
	53.60	1:54.66 (1:01.06)	2:55.58 (1:00.92)	3:52.63 (57.05)	
9	Warren Gilbert	11	Harrow & Wealdstone S C	4:19.12	3:57.03
	54.96	1:54.78 (59.82)	2:58.45 (1:03.67)	3:57.03 (58.58)	
10	James Brennan	11	Teddington	4:22.84	3:58.69
	52.45	1:55.08 (1:02.63)	2:59.59 (1:04.51)	3:58.69 (59.10)	
11	Arthur Stone	11	Seabyrd SC	3:39.65	4:05.94
	56.79	2:01.59 (1:04.80)	3:03.59 (1:02.00)	4:05.94 (1:02.35)	
12	Liam Williamson	11	Harrow & Wealdstone S C	4:09.24	4:07.57
	57.50	2:03.11 (1:05.61)	3:05.27 (1:02.16)	4:07.57 (1:02.30)	
13	Ravi Bagia	11	Harrow & Wealdstone S C	4:10.31	4:07.93
	56.29	2:00.18 (1:03.89)	3:03.70 (1:03.52)	4:07.93 (1:04.23)	
---	Dinos Caryotis	11	Barnet Cophthall	4:45.76	DQ
	59.42	2:07.30 (1:07.88)	3:15.54 (1:08.24)	DQ (1:04.29)	

Event 5 Boys 12 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Amar Patel	12	Harrow & Wealdstone S C	3:20.16	3:15.20
	45.06	1:34.68 (49.62)	2:26.66 (51.98)	3:15.20 (48.54)	
2	Matthew Lee	12	Barnet Cophthall	4:03.04	3:20.51
	45.20	1:36.10 (50.90)	2:29.10 (53.00)	3:20.51 (51.41)	
3	Lewis Newman	12	Hillingdon Swimming Club	3:25.93	3:28.26
	48.85	1:41.69 (52.84)	2:35.72 (54.03)	3:28.26 (52.54)	
4	Jasper Wong	12	Barnet Cophthall	3:38.70	3:40.18
	47.19	1:45.48 (58.29)	2:44.58 (59.10)	3:40.18 (55.60)	
5	Amit Mistry	12	Barnet Cophthall	4:20.41	4:10.21
	54.27	2:00.63 (1:06.36)	3:07.97 (1:07.34)	4:10.21 (1:02.24)	

Event 5 Boys 13 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Sahil Shah	13	Harrow & Wealdstone S C	3:33.00	3:14.82
	41.83	1:30.68 (48.85)	2:23.45 (52.77)	3:14.82 (51.37)	

Event 5 Boys 14 & Over 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Kris Hunt	14	City of Milton Keynes	2:58.58	3:00.30
	40.77	1:26.11 (45.34)	2:13.10 (46.99)	3:00.30 (47.20)	
2	Joseph Mahon	15	Stevenage	3:07.81	3:09.53
	43.22	1:31.67 (48.45)	2:21.98 (50.31)	3:09.53 (47.55)	
3	Chris Lock	14	City of Milton Keynes	3:31.16	3:26.77
	45.77	1:39.77 (54.00)	2:34.68 (54.91)	3:26.77 (52.09)	

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 6 Girls 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Isabelle Dean	9	Barnet Cophall	3:01.00	3:03.48
44.09	1:31.12 (47.03)	2:18.02 (46.90)	3:03.48 (45.46)	
2 Elisha Kramer	9	Barnet Cophall	3:17.06	3:17.25
48.22	1:37.80 (49.58)	2:28.64 (50.84)	3:17.25 (48.61)	
3 Fiona Thornton	9	Stevenage	3:43.75	3:20.44
47.32	1:38.91 (51.59)	2:32.08 (53.17)	3:20.44 (48.36)	
4 Casey Fisher	9	Seabyrd SC	3:29.84	3:23.80
46.54	1:40.04 (53.50)	2:34.04 (54.00)	3:23.80 (49.76)	
5 Elise Kelly	9	Seabyrd SC	3:25.66	3:30.89
49.11	1:44.09 (54.98)	2:37.87 (53.78)	3:30.89 (53.02)	
6 Sophie Henson	9	City of St Albans	3:30.64	3:32.13
50.14	1:44.31 (54.17)	2:38.47 (54.16)	3:32.13 (53.66)	
7 Claire Harris	9	Barnet Cophall	4:15.12	3:35.65
50.50	1:46.90 (56.40)	2:42.61 (55.71)	3:35.65 (53.04)	
8 Chole Arnold	9	Verulam Asc	3:51.31	3:36.47
49.39	1:44.66 (55.27)	2:40.93 (56.27)	3:36.47 (55.54)	
9 Gemma Hunter	9	Barnet Cophall	4:19.17	3:38.30
52.00	1:47.89 (55.89)	2:44.14 (56.25)	3:38.30 (54.16)	
10 Riya Patel	9	Harrow & Wealdstone S C	3:51.16	3:51.20
53.23	1:51.10 (57.87)	2:53.08 (1:01.98)	3:51.20 (58.12)	
11 Isini Abeysekera	9	Harrow & Wealdstone S C	4:24.60	4:03.12
55.60	1:58.61 (1:03.01)	3:01.95 (1:03.34)	4:03.12 (1:01.17)	
12 Sophia Boni	9	Harrow & Wealdstone S C	3:48.12	4:13.86
54.67	2:01.45 (1:06.78)	3:09.07 (1:07.62)	4:13.86 (1:04.79)	
--- Alaya Seoudy	9	Barnet Cophall	4:15.00	DQ
51.43	1:47.03 (55.60)	2:39.47 (52.44)	DQ (1:01.07)	

Event 6 Girls 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Camellia Hassan	10	Seabyrd SC	3:35.00	3:16.88
46.78	1:37.08 (50.30)	2:28.55 (51.47)	3:16.88 (48.33)	
2 Tulsi Behl	10	Barnet Cophall	4:26.60	3:19.53
45.64	1:36.74 (51.10)	2:29.60 (52.86)	3:19.53 (49.93)	
3 Mirren Stewart	10	Barnet Cophall	3:12.65	3:27.82
48.62	1:42.16 (53.54)	2:36.89 (54.73)	3:27.82 (50.93)	
4 Dana Afshar	10	Barnet Cophall	3:40.57	3:27.94
49.21	1:41.59 (52.38)	2:36.05 (54.46)	3:27.94 (51.89)	
5 Sabina Filippone	10	Barnet Cophall	3:28.96	3:29.43
50.97	1:45.01 (54.04)	2:38.09 (53.08)	3:29.43 (51.34)	
6 Hollie Barnes	10	Harrow & Wealdstone S C	3:59.21	3:30.82
49.20	1:44.29 (55.09)	2:39.61 (55.32)	3:30.82 (51.21)	
7 Amy-Clare Donlevey	10	Harrow & Wealdstone S C	3:49.04	3:33.16
50.59	1:47.14 (56.55)	2:41.26 (54.12)	3:33.16 (51.90)	
8 Hannah Lyons	10	Harrow & Wealdstone S C	3:40.16	3:33.47
49.61	1:44.09 (54.48)	2:39.40 (55.31)	3:33.47 (54.07)	

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9	Chloe Lachesseigne	10	Seabyrd SC	4:00.00	3:37.18
	50.23	1:48.23 (58.00)	2:45.17 (56.94)	3:37.18 (52.01)	
10	Libby Walker	10	Barnet Cophall	3:51.92	3:57.38
	54.26	1:56.17 (1:01.91)	2:58.30 (1:02.13)	3:57.38 (59.08)	
11	Suzanne Qarib	10	Barnet Cophall	4:59.27	4:19.74
	58.78	2:05.10 (1:06.32)	3:13.67 (1:08.57)	4:19.74 (1:06.07)	
---	Melissa Rahman	10	Barnet Cophall	4:05.17	DQ
	57.66	2:01.23 (1:03.57)	3:07.13 (1:05.90)	DQ (58.25)	

Event 6 Girls 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Ria Ogilvie-Herald	11	Harrow & Wealdstone S C	3:02.66	2:58.32
	41.78	1:28.08 (46.30)	2:14.15 (46.07)	2:58.32 (44.17)	
2	Emma Becirovic	11	Barnet Cophall	3:25.10	3:07.38
	42.17	1:30.67 (48.50)	2:20.09 (49.42)	3:07.38 (47.29)	
3	Tara Patel	11	Barnet Cophall	3:25.00	3:15.78
	44.59	1:36.63 (52.04)	2:29.15 (52.52)	3:15.78 (46.63)	
4	Jamilla Bethley	11	Barnet Cophall	4:00.00	3:25.39
	46.99	1:39.37 (52.38)	2:33.30 (53.93)	3:25.39 (52.09)	
5	Carrie Page	11	Seabyrd SC	3:50.10	3:41.93
	52.10	1:49.54 (57.44)	2:47.68 (58.14)	3:41.93 (54.25)	
---	Lizzie Tichborne	11	Barnet Cophall	3:50.91	DQ
	59.40	2:00.69 (1:01.29)	3:04.94 (1:04.25)	DQ (1:00.90)	

Event 6 Girls 12 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Ellen Collas	12	Harrow & Wealdstone S C	2:58.60	2:53.95
	40.22	1:24.54 (44.32)	2:09.76 (45.22)	2:53.95 (44.19)	
2	Sian Boland	12	Barnet Cophall	3:25.84	3:02.76
	43.85	1:30.50 (46.65)	2:18.00 (47.50)	3:02.76 (44.76)	
3	Katie Tuff	12	Hillingdon Swimming Club	3:15.00	3:04.60
	43.10	1:29.58 (46.48)	2:17.74 (48.16)	3:04.60 (46.86)	
4	Raeannia Martineau	12	Harrow & Wealdstone S C	3:09.94	3:07.05
	43.95	1:31.55 (47.60)	2:21.28 (49.73)	3:07.05 (45.77)	
5	Carolyn Cohen	12	Harrow & Wealdstone S C	3:12.72	3:07.56
	45.46	1:33.53 (48.07)	2:21.42 (47.89)	3:07.56 (46.14)	
6	Sophie Peet	12	Barnet Cophall	3:14.48	3:09.81
	47.50	1:35.80 (48.30)	2:23.54 (47.74)	3:09.81 (46.27)	
7	Esme Dove	12	Barnet Cophall	3:13.55	3:11.00
	46.89	1:35.90 (49.01)	2:24.33 (48.43)	3:11.00 (46.67)	
8	Nicole Morgan	12	Harrow & Wealdstone S C	3:27.87	3:11.95
	44.94	1:34.58 (49.64)	2:23.60 (49.02)	3:11.95 (48.35)	
9	Safina Hardy	12	Barnet Cophall	4:02.62	3:23.73
	47.15	1:40.54 (53.39)	2:34.56 (54.02)	3:23.73 (49.17)	
10	Polly White	12	Harrow & Wealdstone S C	3:36.62	3:26.60
	48.42	1:40.99 (52.57)	2:34.40 (53.41)	3:26.60 (52.20)	

Barnet Cophthall Swimming Club Kate Lack Gala – 18th May 2008**Event 6 Girls 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Ashling Baggaley	13	City of Milton Keynes	2:55.28	2:50.21
	40.30	1:23.97 (43.67)	2:08.34 (44.37)	2:50.21 (41.87)
2 Amelia Campbell	13	Harrow & Wealdstone S C	3:04.21	2:59.95
	42.08	1:28.74 (46.66)	2:15.94 (47.20)	2:59.95 (44.01)

Event 6 Girls 14 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Charlotte Henson	14	City of St Albans	2:36.33	2:34.64
	35.05	1:13.66 (38.61)	1:54.07 (40.41)	2:34.64 (40.57)
2 Vicky Healey	15	Verulam Asc	2:54.09	2:49.50
	36.30	1:19.77 (43.47)	2:04.87 (45.10)	2:49.50 (44.63)

Event 7 Boys 10 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Matthew Quinn	10	Seabyrd SC	4:40.00	4:10.08
	53.67	2:01.13 (1:07.46)	3:10.59 (1:09.46)	4:10.08 (59.49)

Event 7 Boys 11 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Leon Berchie	11	Hillingdon Swimming Club	3:19.74	3:10.24
	42.27	1:32.30 (50.03)	2:23.19 (50.89)	3:10.24 (47.05)
2 Nicolas Gore	11	Hillingdon Swimming Club	3:55.00	3:19.01
	43.79	1:33.46 (49.67)	2:27.06 (53.60)	3:19.01 (51.95)
3 Sean Panacides	11	Harrow & Wealdstone S C	3:40.00	3:32.39
	46.25	1:38.74 (52.49)	2:37.76 (59.02)	3:32.39 (54.63)
4 James Brennan	11	Teddington	3:54.26	4:01.68
	50.66	1:55.22 (1:04.56)	3:00.67 (1:05.45)	4:01.68 (1:01.01)
5 Arthur Stone	11	Seabyrd SC	4:37.00	4:11.15
	50.96	1:55.09 (1:04.13)	3:03.55 (1:08.46)	4:11.15 (1:07.60)

Event 7 Boys 12 Year Olds 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Lewis Newman	12	Hillingdon Swimming Club	3:15.00	3:16.19
	42.66	1:33.77 (51.11)	2:26.09 (52.32)	3:16.19 (50.10)
2 Aaron French	12	Harrow & Wealdstone S C	3:30.91	3:55.38
	47.24	1:47.70 (1:00.46)	2:53.00 (1:05.30)	3:55.38 (1:02.38)

Event 7 Boys 14 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 Kris Hunt	14	City of Milton Keynes	2:59.16	3:06.17
	41.11	1:27.85 (46.74)	2:19.09 (51.24)	3:06.17 (47.08)

Event 8 Girls 9 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Isabelle Dean	9	Barnet Cophthall	6:17.40	6:06.08
	41.61	1:28.65 (47.04)	2:15.48 (46.83)	3:02.46 (46.98)
	3:48.89 (46.43)	4:35.30 (46.41)	5:21.58 (46.28)	6:06.08 (44.50)

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2	Elisha Kramer	9	Barnet Cophthall	7:00.02	6:43.51
	44.88	1:37.03 (52.15)	2:29.69 (52.66)	3:22.86 (53.17)	
	4:14.15 (51.29)	5:06.51 (52.36)	5:57.33 (50.82)	6:43.51 (46.18)	
3	Casey Fisher	9	Seabyrd SC	6:30.00	6:50.43
	43.76	1:34.86 (51.10)	2:28.20 (53.34)	3:21.32 (53.12)	
	4:14.60 (53.28)	5:06.86 (52.26)	5:59.80 (52.94)	6:50.43 (50.63)	
4	Gemma Hunter	9	Barnet Cophthall	8:09.11	6:52.95
	44.40	1:35.96 (51.56)	2:29.14 (53.18)	3:23.23 (54.09)	
	4:15.26 (52.03)	5:08.22 (52.96)	6:00.16 (51.94)	6:52.95 (52.79)	
5	Alaya Seoudy	9	Barnet Cophthall	8:08.02	7:01.96
	46.52	1:38.77 (52.25)	2:32.28 (53.51)	3:26.77 (54.49)	
	4:20.26 (53.49)	5:15.13 (54.87)	6:09.50 (54.37)	7:01.96 (52.46)	
6	Sophie Henson	9	City of St Albans	7:30.54	7:04.81
	46.49	1:41.02 (54.53)	2:35.92 (54.90)	3:30.41 (54.49)	
	4:24.49 (54.08)	5:17.13 (52.64)	6:11.95 (54.82)	7:04.81 (52.86)	
7	Claire Harris	9	Barnet Cophthall	8:02.02	7:19.38
	3.45	1:48.27 (1:44.82)	2:46.14 (57.87)	3:41.33 (55.19)	
	4:37.62 (56.29)	5:31.31 (53.69)	6:27.79 (56.48)	7:19.38 (51.59)	
8	Riya Patel	9	Harrow & Wealdstone S C	8:25.42	7:40.25
	47.87	1:45.12 (57.25)	2:44.84 (59.72)	3:45.25 (1:00.41)	
	4:44.28 (59.03)	5:44.81 (1:00.53)	6:45.49 (1:00.68)	7:40.25 (54.76)	

Event 8 Girls 10 Year Olds 400 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Jessica Jackson	10	Stevenage	5:32.89	5:30.67
	38.62	1:21.24 (42.62)	2:03.67 (42.43)	2:46.46 (42.79)	
	3:30.16 (43.70)	4:12.97 (42.81)	4:55.71 (42.74)	5:30.67 (34.96)	
2	Paige Mann	10	Hillingdon Swimming Club	5:52.18	5:45.68
	37.76	1:19.01 (41.25)	1:59.49 (40.48)	2:40.48 (40.99)	
	3:20.59 (40.11)	4:00.38 (39.79)	4:40.65 (40.27)	5:45.68 (1:05.03)	
3	Mirren Stewart	10	Barnet Cophthall	6:57.48	6:22.47
	44.24	1:34.42 (50.18)	2:24.20 (49.78)	3:13.77 (49.57)	
	4:02.47 (48.70)	4:51.44 (48.97)	5:40.92 (49.48)	6:22.47 (41.55)	
4	Tulsi Behl	10	Barnet Cophthall	7:22.08	6:45.93
	42.66	1:33.00 (50.34)	2:23.66 (50.66)	3:15.85 (52.19)	
	4:09.24 (53.39)	5:02.77 (53.53)	5:56.70 (53.93)	6:45.93 (49.23)	
5	Sabina Filippone	10	Barnet Cophthall	7:00.00	6:54.06
	47.02	1:40.73 (53.71)	2:34.99 (54.26)	3:28.27 (53.28)	
	4:20.90 (52.63)	5:14.15 (53.25)	6:04.83 (50.68)	6:54.06 (49.23)	
6	Hannah Lyons	10	Harrow & Wealdstone S C	8:15.56	7:13.08
	47.00	1:41.85 (54.85)	2:38.75 (56.90)	3:35.52 (56.77)	
	4:29.48 (53.96)	5:25.58 (56.10)	6:20.79 (55.21)	7:13.08 (52.29)	
7	Freya Baggaley	10	City of Milton Keynes	7:35.48	7:35.30
	49.81	1:48.39 (58.58)	2:44.99 (56.60)	3:43.00 (58.01)	
	4:41.08 (58.08)	5:42.28 (1:01.20)	6:40.58 (58.30)	7:35.30 (54.72)	
8	Hollie Barnes	10	Harrow & Wealdstone S C	8:15.22	7:41.19
	50.07	1:46.92 (56.85)	2:46.68 (59.76)	3:46.81 (1:00.13)	
	4:46.71 (59.90)	5:47.95 (1:01.24)	6:47.88 (59.93)	7:41.19 (53.31)	
9	Melissa Rahman	10	Barnet Cophthall	8:40.88	7:58.03
	49.20	1:50.93 (1:01.73)	2:54.84 (1:03.91)	3:57.90 (1:03.06)	
	4:57.09 (59.19)	5:57.22 (1:00.13)	7:00.64 (1:03.42)	7:58.03 (57.39)	
10	Suzanne Qarib	10	Barnet Cophthall	9:37.30	8:28.15
	51.55	1:53.26 (1:01.71)	2:58.66 (1:05.40)	4:04.11 (1:05.45)	
	5:09.93 (1:05.82)	6:16.41 (1:06.48)	7:22.18 (1:05.77)	8:28.15 (1:05.97)	

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 8 Girls 11 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Ria Ogilvie-Herald	11	Harrow & Wealdstone S C	5:59.59	5:37.61
			39.04	1:23.60 (44.56)
			3:36.03 (44.29)	2:06.61 (43.01)
				2:51.74 (45.13)
				3:37.61 (32.45)
2 Emma Becirovic	11	Barnet Cophall	6:12.92	6:16.69
			40.52	1:27.31 (46.79)
			3:50.93 (48.56)	2:14.52 (47.21)
				3:02.37 (47.85)
				6:16.69 (47.07)
3 Sian Hyland	11	Seabyrd SC	6:50.00	6:24.74
			43.19	1:31.56 (48.37)
			4:00.93 (49.83)	2:21.31 (49.75)
				3:11.10 (49.79)
				6:24.74 (45.04)
4 Tara Patel	11	Barnet Cophall	6:50.00	6:26.69
			42.15	1:33.54 (51.39)
			4:04.82 (49.64)	2:23.91 (50.37)
				3:15.18 (51.27)
				6:26.69 (42.27)
5 Rebecca Jenner-Martin	11	City of Milton Keynes	6:17.09	6:30.43
			42.73	1:32.90 (50.17)
			4:02.17 (49.17)	2:22.74 (49.84)
				3:13.00 (50.26)
				6:30.43 (48.91)
6 Jamilla Bethley	11	Barnet Cophall	7:29.22	6:41.40
			45.37	1:36.01 (50.64)
			4:07.92 (52.02)	2:25.34 (49.33)
				3:15.90 (50.56)
				6:41.40 (50.12)
7 Lizzie Tichborne	11	Barnet Cophall	7:47.01	7:26.29
			49.17	1:43.44 (54.27)
			4:37.28 (58.58)	2:40.35 (56.91)
				3:38.70 (58.35)
				7:26.29 (55.27)

Event 8 Girls 12 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Kirsten Baggaley	12	City of Milton Keynes	5:28.66	5:14.22
			39.12	1:23.21 (44.09)
			3:39.02 (45.85)	2:08.34 (45.13)
				2:53.17 (44.83)
				5:14.22 (4.24)
2 Ellen Collas	12	Harrow & Wealdstone S C	5:48.69	5:35.86
			36.75	1:16.73 (39.98)
			3:17.07 (40.30)	1:57.11 (40.38)
				2:36.77 (39.66)
				5:35.86 (59.58)
3 Sian Boland	12	Barnet Cophall	6:48.44	5:41.00
			38.66	1:21.28 (42.62)
			3:31.58 (43.03)	2:05.48 (44.20)
				2:48.55 (43.07)
				5:41.00 (42.16)
4 Esme Dove	12	Barnet Cophall	5:53.72	5:49.23
			38.33	1:22.53 (44.20)
			3:34.67 (44.12)	2:06.13 (43.60)
				2:50.55 (44.42)
				5:49.23 (46.32)
5 Katie Tuff	12	Hillingdon Swimming Club	5:52.20	5:52.65
			35.57	1:16.58 (41.01)
			3:24.77 (43.60)	1:58.38 (41.80)
				2:41.17 (42.79)
				5:52.65 (1:02.48)
6 Carolyn Cohen	12	Harrow & Wealdstone S C	6:09.22	5:58.22
			40.64	1:26.82 (46.18)
			3:44.44 (45.04)	2:12.67 (45.85)
				2:59.40 (46.73)
				5:58.22 (42.73)
7 Nicole Morgan	12	Harrow & Wealdstone S C	6:56.00	6:05.25
			40.08	1:27.05 (46.97)
			3:46.63 (46.60)	2:13.74 (46.69)
				3:00.03 (46.29)
				6:05.25 (44.48)
8 Sophie Peet	12	Barnet Cophall	6:02.63	6:05.98
			41.72	1:28.06 (46.34)
			3:49.50 (46.73)	2:15.36 (47.30)
				3:02.77 (47.41)
				6:05.98 (43.56)

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9	Polly White	12	Harrow & Wealdstone S C	7:03.00	6:23.33
	42.67	1:30.38 (47.71)	2:20.14 (49.76)	3:10.78 (50.64)	
	4:00.91 (50.13)	4:50.79 (49.88)	5:39.82 (49.03)	6:23.33 (43.51)	
10	Georgina Ring	12	Seabyrd SC	6:35.00	6:42.20
	46.34	1:37.59 (51.25)	2:28.65 (51.06)	3:19.77 (51.12)	
	4:10.83 (51.06)	5:01.84 (51.01)	5:53.64 (51.80)	6:42.20 (48.56)	

Event 8 Girls 13 Year Olds 400 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	
1	Ashling Baggaley	13	City of Milton Keynes	5:26.62	5:18.71
	38.40	1:20.97 (42.57)	2:03.94 (42.97)	2:46.92 (42.98)	
	3:29.88 (42.96)	4:13.80 (43.92)	4:57.92 (44.12)	5:18.71 (20.79)	
2	Phoebe Sellars	13	Harrow & Wealdstone S C	6:22.00	5:36.91
	38.27	1:20.48 (42.21)	2:03.43 (42.95)	2:47.12 (43.69)	
	3:31.42 (44.30)	4:14.43 (43.01)	4:56.80 (42.37)	5:36.91 (40.11)	

Event 9 Boys 9 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1	Robert Dos Santos	9	Barnet Cophall	6:50.00	6:27.84
	43.56	1:35.61 (52.05)	2:21.73 (46.12)	3:09.32 (47.59)	
	4:02.26 (52.94)	4:58.05 (55.79)	5:44.59 (46.54)	6:27.84 (43.25)	
2	Haris Bandey	9	Barnet Cophall	7:15.00	7:06.07
	48.27	1:47.99 (59.72)	2:39.01 (51.02)	3:29.68 (50.67)	
	4:29.97 (1:00.29)	5:30.15 (1:00.18)	6:19.05 (48.90)	7:06.07 (47.02)	

Event 9 Boys 10 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1	Louis South	10	Hillingdon Swimming Club	6:33.65	6:14.13
	40.95	1:32.67 (51.72)	2:19.62 (46.95)	3:06.19 (46.57)	
	3:59.04 (52.85)	4:54.15 (55.11)	5:34.19 (40.04)	6:14.13 (39.94)	
---	Hamish Hudson	10	Barnet Cophall	7:15.00	DQ
	54.61	1:59.74 (1:05.13)	2:52.71 (52.97)	3:44.66 (51.95)	
	4:46.62 (1:01.96)	5:46.89 (1:00.27)	6:35.34 (48.45)	DQ (46.54)	

Event 9 Boys 11 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1	Liam Chong	11	Barnet Cophall	7:00.00	6:31.18
	45.20	1:38.24 (53.04)	2:26.20 (47.96)	3:14.35 (48.15)	
	4:10.60 (56.25)	5:05.40 (54.80)	5:48.66 (43.26)	6:31.18 (42.52)	
2	James Brennan	11	Teddington	8:26.17	7:12.20
	51.11	1:54.41 (1:03.30)	2:47.23 (52.82)	3:40.86 (53.63)	
	4:43.65 (1:02.79)	5:47.56 (1:03.91)	6:29.97 (42.41)	7:12.20 (42.23)	

Event 9 Boys 13 Year Olds 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1	Jake Robinson	13	Stevenage	5:22.00	5:26.70
	35.50	1:16.84 (41.34)	1:57.58 (40.74)	2:40.19 (42.61)	
	3:24.91 (44.72)	4:11.77 (46.86)	4:48.96 (37.19)	5:26.70 (37.74)	

Event 9 Boys 14 & Over 400 SC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1	Kris Hunt	14	City of Milton Keynes	5:42.99	5:53.46
	41.31	1:28.95 (47.64)	2:14.37 (45.42)	2:59.89 (45.52)	
	3:46.64 (46.75)	4:33.43 (46.79)	5:15.57 (42.14)	5:53.46 (37.89)	

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---	Joseph Mahon	15	Stevenage	7:46.49	DQ
	47.90		2:33.09 ()	3:22.74 (49.65)	
	4:15.93 (53.19)	5:07.47 (51.54)	6:42.06 (1:34.59)	DQ ()	

Event 10 Girls 9 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Isabelle Dean	9	Barnet Cophall	3:15.70	3:26.53
	52.76	1:41.89 (49.13)	2:42.99 (1:01.10)	3:26.53 (43.54)	
2	Fiona Thornton	9	Stevenage	3:45.95	3:27.65
	51.29	1:43.50 (52.21)	2:41.94 (58.44)	3:27.65 (45.71)	
3	Charlotte Fillmore	9	Verulam Asc	4:05.05	3:32.76
	50.43	1:45.31 (54.88)	2:49.18 (1:03.87)	3:32.76 (43.58)	
4	Elise Kelly	9	Seabyrd SC	3:35.05	3:34.99
	47.96	1:44.33 (56.37)	2:45.02 (1:00.69)	3:34.99 (49.97)	
5	Alaya Seoudy	9	Barnet Cophall	4:20.16	3:40.79
	55.31	1:49.80 (54.49)	2:56.69 (1:06.89)	3:40.79 (44.10)	
6	Elisha Kramer	9	Barnet Cophall	3:33.37	3:41.15
	55.36	1:46.82 (51.46)	2:52.50 (1:05.68)	3:41.15 (48.65)	
7	Gemma Hunter	9	Barnet Cophall	4:55.27	3:54.22
	59.18	1:59.52 (1:00.34)	3:03.55 (1:04.03)	3:54.22 (50.67)	
---	Sophie Henson	9	City of St Albans	3:42.52	DQ
	55.74	1:49.76 (54.02)	2:52.87 (1:03.11)	DQ (51.19)	
---	Claire Harris	9	Barnet Cophall	4:45.12	DQ
	1:02.76	2:02.24 (59.48)	3:08.58 (1:06.34)	DQ (54.85)	

Event 10 Girls 10 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Amy Moseley	10	Hillingdon Swimming Club	3:28.90	3:15.57
	46.23	1:38.17 (51.94)	2:33.33 (55.16)	3:15.57 (42.24)	
2	Camellia Hassan	10	Seabyrd SC	3:51.00	3:29.37
	51.78	1:42.82 (51.04)	2:44.84 (1:02.02)	3:29.37 (44.53)	
3	Mirren Stewart	10	Barnet Cophall	3:32.30	3:35.31
	49.34	1:43.44 (54.10)	2:47.59 (1:04.15)	3:35.31 (47.72)	
4	Tulsi Behl	10	Barnet Cophall	4:09.74	3:42.82
	56.82	1:52.00 (55.18)	2:56.64 (1:04.64)	3:42.82 (46.18)	
5	Dana Afshar	10	Barnet Cophall	3:45.00	3:48.09
	59.57	1:55.35 (55.78)	3:00.04 (1:04.69)	3:48.09 (48.05)	
6	Amy-Clare Donlevey	10	Harrow & Wealdstone S C	3:52.10	3:48.36
	56.12	1:53.22 (57.10)	2:57.24 (1:04.02)	3:48.36 (51.12)	
7	Emma Cody	10	Seabyrd SC	4:37.00	3:51.09
	59.16	1:59.86 (1:00.70)	3:00.98 (1:01.12)	3:51.09 (50.11)	
8	Freya Baggaley	10	City of Milton Keynes	4:08.92	3:55.74
	58.33	1:56.99 (58.66)	3:06.07 (1:09.08)	3:55.74 (49.67)	
9	Sabina Filippone	10	Barnet Cophall	4:09.60	4:00.02
	57.93	1:59.19 (1:01.26)	3:11.30 (1:12.11)	4:00.02 (48.72)	
---	Chloe Lachesseigne	10	Seabyrd SC	4:20.00	DQ
	58.06	1:52.80 (54.74)	2:56.08 (1:03.28)	DQ (50.61)	

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---	Melissa Rahman	10	Barnet Cophall	4:30.27	DQ
	53.42	1:53.68 (1:00.26)	3:02.37 (1:08.69)	DQ (58.08)	

Event 10 Girls 11 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Daisy Fraser	11	Hillingdon Swimming Club	3:06.06	2:58.80
	41.19	1:27.17 (45.98)	2:21.35 (54.18)	2:58.80 (37.45)	
2	Natalie Wilson	11	Seabyrd SC	3:58.97	3:24.47
	48.43	1:39.55 (51.12)	2:40.16 (1:00.61)	3:24.47 (44.31)	
3	Tara Patel	11	Barnet Cophall	3:31.10	3:24.93
	46.78	1:37.93 (51.15)	2:39.99 (1:02.06)	3:24.93 (44.94)	
4	Amy Taylor	11	Seabyrd SC	3:41.00	3:25.25
	47.77	1:40.43 (52.66)	2:41.87 (1:01.44)	3:25.25 (43.38)	
5	Zoe Taplin	11	Seabyrd SC	3:39.05	3:27.03
	49.98	1:39.44 (49.46)	2:40.41 (1:00.97)	3:27.03 (46.62)	
6	Emma Becirovic	11	Barnet Cophall	3:26.13	3:36.89
	49.13	1:42.10 (52.97)	2:46.66 (1:04.56)	3:36.89 (50.23)	
7	Sian Hyland	11	Seabyrd SC	3:50.10	3:38.86
	51.25	1:43.76 (52.51)	2:50.27 (1:06.51)	3:38.86 (48.59)	
---	Lizzie Tichborne	11	Barnet Cophall	4:12.00	DQ
	59.13	2:03.94 (1:04.81)	3:17.89 (1:13.95)	DQ (55.47)	

Event 10 Girls 12 Year Olds 200 SC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Kirsten Baggaley	12	City of Milton Keynes	2:58.86	2:59.38
	42.68	1:26.58 (43.90)	2:21.30 (54.72)	2:59.38 (38.08)	
2	Raeannia Martineau	12	Harrow & Wealdstone S C	3:03.18	3:05.57
	3.09	40.02 (36.93)	1:30.60 (50.58)	3:05.57 (1:34.97)	
3	Sian Boland	12	Barnet Cophall	3:39.95	3:09.54
	47.31	1:35.07 (47.76)	2:29.42 (54.35)	3:09.54 (40.12)	
4	Esme Dove	12	Barnet Cophall	3:14.73	3:14.17
	44.51	1:33.53 (49.02)	2:33.05 (59.52)	3:14.17 (41.12)	
5	Eloise Tinkler	12	Verulam Asc	4:01.01	3:14.86
	44.46	1:33.95 (49.49)	2:31.27 (57.32)	3:14.86 (43.59)	
6	Katie Tuff	12	Hillingdon Swimming Club	3:15.63	3:16.57
		1:34.84 ()	2:36.21 (1:01.37)	3:16.57 (40.36)	
7	Sophie Peet	12	Barnet Cophall	3:26.72	3:25.32
	54.24	1:44.11 (49.87)	2:41.83 (57.72)	3:25.32 (43.49)	
8	Safina Hardy	12	Barnet Cophall	3:57.96	3:36.07
	54.83	1:47.56 (52.73)	2:45.86 (58.30)	3:36.07 (50.21)	
9	Georgina Ring	12	Seabyrd SC	3:49.00	3:44.84
	54.85	1:53.65 (58.80)	2:57.36 (1:03.71)	3:44.84 (47.48)	
---	Amber Smith	12	City of Milton Keynes	3:27.81	DQ
	44.96	1:32.64 (47.68)	2:32.83 (1:00.19)	DQ (43.26)	

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 10 Girls 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Amelia Campbell	13	Harrow & Wealdstone S C	3:20.60	3:01.14
	44.44	1:29.50 (45.06)	2:22.16 (52.66)	3:01.14 (38.98)
2 Ashling Baggaley	13	City of Milton Keynes	3:03.62	3:04.28
	45.64	1:31.01 (45.37)	2:25.32 (54.31)	3:04.28 (38.96)
3 Laura Keogh	13	Seabyrd SC	3:10.00	3:13.79
	2.90	1:30.17 (1:27.27)	2:30.31 (1:00.14)	3:13.79 (43.48)

Event 10 Girls 14 & Over 200 SC Meter IM

Name	Age	Team	Seed Time	Finals Time
1 Charlotte Henson	14	City of St Albans	2:36.36	2:39.22
	35.66	1:14.75 (39.09)	2:02.37 (47.62)	2:39.22 (36.85)
2 Samantha Pocock	16	Seabyrd SC	2:42.64	2:42.88
	34.40	1:17.21 (42.81)	2:04.45 (47.24)	2:42.88 (38.43)

Event 11 Boys 9 Year Olds 200 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Robert Dos Santos	9	Barnet Cophall	2:50.38	2:50.53
	39.09	1:24.09 (45.00)	2:08.65 (44.56)	2:50.53 (41.88)
2 Jeremy Simanjuntak	9	Barnet Cophall	3:20.00	3:04.67
	39.44	1:28.54 (49.10)	2:18.41 (49.87)	3:04.67 (46.26)
3 Haris Bandey	9	Barnet Cophall	3:03.98	3:07.18
	41.36	1:30.90 (49.54)	2:20.86 (49.96)	3:07.18 (46.32)
4 Alexander Kapanadze	9	Barnet Cophall	2:59.27	3:09.64
	42.65	1:34.21 (51.56)	2:23.59 (49.38)	3:09.64 (46.05)
5 Matt Savitz	9	Barnet Cophall	3:30.57	3:11.74
	42.10	1:32.88 (50.78)	2:24.18 (51.30)	3:11.74 (47.56)
6 Jamie Taylor	9	Seabyrd SC	3:35.40	3:23.47
	45.89	1:39.58 (53.69)	2:35.70 (56.12)	3:23.47 (47.77)
7 Sam Mackerness	9	Seabyrd SC	3:25.40	3:24.83
	43.34	1:38.33 (54.99)	2:33.68 (55.35)	3:24.83 (51.15)
8 Alexander Heppard	9	Harrow & Wealdstone S C	3:32.90	3:29.75
	46.50	1:42.00 (55.50)	2:36.43 (54.43)	3:29.75 (53.32)
9 Jonathan Walker	9	Barnet Cophall	4:08.96	3:31.41
	47.90	1:42.35 (54.45)	2:39.22 (56.87)	3:31.41 (52.19)
10 Ryan Williamson	9	Harrow & Wealdstone S C	3:53.27	3:32.57
	49.74	1:46.33 (56.59)	2:41.17 (54.84)	3:32.57 (51.40)
11 Jan Andrzejczyk	9	Barnet Cophall	3:45.34	3:43.01
	49.78	1:49.32 (59.54)	2:47.83 (58.51)	3:43.01 (55.18)
12 Brian Kong	9	Barnet Cophall	4:02.92	3:44.59
	50.71	1:50.17 (59.46)	2:49.48 (59.31)	3:44.59 (55.11)
13 Kavi Shah	9	Barnet Cophall	4:15.17	3:59.54
	53.97	1:58.38 (1:04.41)	3:00.99 (1:02.61)	3:59.54 (58.55)
14 James Fan	9	Harrow & Wealdstone S C	4:07.26	4:02.89
	47.73	1:49.45 (1:01.72)	2:56.34 (1:06.89)	4:02.89 (1:06.55)
15 Luke Shuker	9	Barnet Cophall	4:11.92	4:08.44
	54.83	1:59.20 (1:04.37)	4:08.44 (2:09.24)	

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 11 Boys 10 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time
1	Aidan Doherty	10	Barnet Cophall	2:40.66	2:35.86
	35.37	1:16.34 (40.97)	1:56.08 (39.74)	2:35.86 (39.78)	
2	Danny Nelson	10	Hillingdon Swimming Club	2:45.82	2:37.21
	34.49	1:14.15 (39.66)	1:56.47 (42.32)	2:37.21 (40.74)	
3	George Prunty	10	Hillingdon Swimming Club	2:46.82	2:42.42
	35.75	1:18.52 (42.77)	2:01.57 (43.05)	2:42.42 (40.85)	
4	Leighton Jones	10	Seabyrd SC	2:59.19	2:51.28
	38.00	1:21.98 (43.98)	2:07.20 (45.22)	2:51.28 (44.08)	
5	Daniel Grimwade	10	Seabyrd SC	3:15.90	3:05.27
	40.50	1:28.82 (48.32)	2:18.96 (50.14)	3:05.27 (46.31)	
6	Panayiotis Panteli	10	Barnet Cophall	3:37.78	3:07.76
	42.16	1:30.75 (48.59)	2:20.47 (49.72)	3:07.76 (47.29)	
7	Hamish Hudson	10	Barnet Cophall	3:00.88	3:09.01
	42.07	1:31.89 (49.82)	2:22.63 (50.74)	3:09.01 (46.38)	
8	Matthew Quinn	10	Seabyrd SC	3:20.38	3:09.83
	41.28	1:30.50 (49.22)	2:20.66 (50.16)	3:09.83 (49.17)	
9	Sam Fidge	10	Harrow & Wealdstone S C	3:27.51	3:14.97
	41.88	1:32.35 (50.47)	2:24.70 (52.35)	3:14.97 (50.27)	
10	Stanley Tinkler	10	Verulam Asc	3:30.24	3:20.09
	43.86	1:37.85 (53.99)	2:30.48 (52.63)	3:20.09 (49.61)	
11	Conor Bateman	10	Seabyrd SC	3:34.00	3:21.46
	44.23	1:37.05 (52.82)	2:31.29 (54.24)	3:21.46 (50.17)	
12	Dominic Hogan	10	Barnet Cophall	3:41.16	3:27.17
	46.78	1:40.13 (53.35)	2:35.28 (55.15)	3:27.17 (51.89)	
13	Tom Segev	10	Barnet Cophall	3:45.60	3:27.52
	44.52	1:38.77 (54.25)	2:32.97 (54.20)	3:27.52 (54.55)	
14	Jonathon Wood	10	Seabyrd SC	3:35.40	3:35.85
	49.63	1:45.37 (55.74)	2:42.64 (57.27)	3:35.85 (53.21)	
15	Lewis Campbell	10	Harrow & Wealdstone S C	3:42.24	3:41.23
	50.07	1:47.82 (57.75)	2:45.73 (57.91)	3:41.23 (55.50)	
16	Benjamin Shuker	10	Barnet Cophall	4:11.90	4:14.49
	55.72	2:02.35 (1:06.63)	3:08.83 (1:06.48)	4:14.49 (1:05.66)	

Event 11 Boys 11 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Jamie Woodman	11	Hillingdon Swimming Club	2:43.09	2:29.70
	35.25	1:13.88 (38.63)	1:52.88 (39.00)	2:29.70 (36.82)	
2	Leon Berchie	11	Hillingdon Swimming Club	2:50.09	2:37.73
	36.07	1:17.22 (41.15)	1:57.97 (40.75)	2:37.73 (39.76)	
3	Liam Chong	11	Barnet Cophall	2:40.48	2:39.05
	36.14	1:16.57 (40.43)	1:58.37 (41.80)	2:39.05 (40.68)	
4	Nicolas Gore	11	Hillingdon Swimming Club	2:52.87	2:44.01
	38.30	1:19.60 (41.30)	2:03.71 (44.11)	2:44.01 (40.30)	
5	Samuel Henson	11	City of St Albans	2:44.31	2:44.19
	37.27	1:19.53 (42.26)	2:03.38 (43.85)	2:44.19 (40.81)	

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6	James Brennan	11	Teddington	2:48.24	2:44.61
	35.86	1:17.69 (41.83)	2:01.77 (44.08)	2:44.61 (42.84)	
7	William Pocock	11	Seabyrd SC	2:51.95	2:45.83
	38.45	1:21.48 (43.03)	2:04.77 (43.29)	2:45.83 (41.06)	
8	Charlie Turner	11	Barnet Cophall	3:01.52	2:47.50
	38.53	1:22.21 (43.68)	2:07.28 (45.07)	2:47.50 (40.22)	
9	Adam Burrell	11	City of Milton Keynes	3:21.64	2:47.85
	36.75	1:20.48 (43.73)	2:05.66 (45.18)	2:47.85 (42.19)	
10	Eden Slack	11	Harrow & Wealdstone S C	3:10.00	2:47.89
	36.21	1:19.59 (43.38)	2:06.37 (46.78)	2:47.89 (41.52)	
11	Harry Jackson	11	Seabyrd SC	2:48.92	2:48.10
	35.49	1:18.10 (42.61)	2:04.15 (46.05)	2:48.10 (43.95)	
12	Sean Panacides	11	Harrow & Wealdstone S C	3:48.00	2:50.07
	38.84	1:23.25 (44.41)	2:08.42 (45.17)	2:50.07 (41.65)	
13	Michael Fan	11	Harrow & Wealdstone S C	3:13.76	2:54.35
	40.65	1:25.59 (44.94)	2:11.95 (46.36)	2:54.35 (42.40)	
14	Aaron Morgan	11	Harrow & Wealdstone S C	3:51.37	2:56.62
	39.48	1:25.37 (45.89)	2:12.47 (47.10)	2:56.62 (44.15)	
15	Warren Gilbert	11	Harrow & Wealdstone S C	3:11.68	2:58.61
	38.66	1:23.70 (45.04)	2:12.11 (48.41)	2:58.61 (46.50)	
16	Arthur Stone	11	Seabyrd SC	3:04.00	3:00.22
	40.08	1:27.36 (47.28)	2:13.35 (45.99)	3:00.22 (46.87)	
17	Daniel Pusey	11	Seabyrd SC	3:15.00	3:01.92
	41.03	1:28.30 (47.27)	2:16.30 (48.00)	3:01.92 (45.62)	
18	Jordan Fairclough	11	Seabyrd SC	3:02.50	3:02.28
	41.31	1:28.66 (47.35)	2:16.87 (48.21)	3:02.28 (45.41)	
19	Abdimajid Abdala	11	Barnet Cophall	3:08.92	3:03.41
	41.31	1:29.67 (48.36)	2:19.03 (49.36)	3:03.41 (44.38)	
20	Rory Linnane	11	Seabyrd SC	3:38.00	3:03.66
	39.18	1:26.52 (47.34)	2:15.23 (48.71)	3:03.66 (48.43)	
21	Vishay Kerai	11	Harrow & Wealdstone S C	3:12.78	3:04.99
	43.49	1:33.03 (49.54)	2:19.90 (46.87)	3:04.99 (45.09)	
22	Ravi Bagia	11	Harrow & Wealdstone S C	3:29.74	3:19.05
	43.73	1:36.00 (52.27)	2:29.72 (53.72)	3:19.05 (49.33)	
23	Liam Williamson	11	Harrow & Wealdstone S C	3:23.89	3:24.13
	46.00	1:40.14 (54.14)	2:34.29 (54.15)	3:24.13 (49.84)	
24	Dinos Caryotis	11	Barnet Cophall	3:49.73	3:31.86
	44.94	1:40.23 (55.29)	2:35.99 (55.76)	3:31.86 (55.87)	

Event 11 Boys 12 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Devak Patel	12	Harrow & Wealdstone S C	2:40.00	2:33.78
	35.08	1:14.75 (39.67)	1:55.49 (40.74)	2:33.78 (38.29)	
2	Matthew Lee	12	Barnet Cophall	4:11.60	2:42.27
	35.41	1:17.18 (41.77)	2:00.47 (43.29)	2:42.27 (41.80)	
3	Aaron French	12	Harrow & Wealdstone S C	3:05.90	2:48.50
	37.66	1:21.87 (44.21)	2:07.23 (45.36)	2:48.50 (41.27)	

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4	Joel Perrett	12	Hillingdon Swimming Club	2:44.11	2:52.35
	36.35	1:21.59 (45.24)	2:07.86 (46.27)	2:52.35 (44.49)	
5	David Moore	12	Seabyrd SC	2:59.00	2:56.86
	39.17	1:24.34 (45.17)	2:11.47 (47.13)	2:56.86 (45.39)	
6	Robert Hill	12	Seabyrd SC	3:08.00	3:02.39
	40.51	1:27.97 (47.46)	2:16.46 (48.49)	3:02.39 (45.93)	
7	Amit Mistry	12	Barnet Cophthall	3:53.07	3:43.82
	49.39	1:48.48 (59.09)	2:46.98 (58.50)	3:43.82 (56.84)	

Event 11 Boys 13 Year Olds 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Callum Hill	13	Harrow & Wealdstone S C	2:36.34	2:31.76
	34.76	1:13.18 (38.42)	1:53.50 (40.32)	2:31.76 (38.26)	
2	Ben Ellafi	13	Seabyrd SC	2:39.00	2:33.46
	35.22	1:14.19 (38.97)	1:54.35 (40.16)	2:33.46 (39.11)	
3	Nathan Wilson	13	Seabyrd SC	3:00.66	2:45.11
	35.29	1:16.65 (41.36)	2:00.58 (43.93)	2:45.11 (44.53)	
4	Anthony Wood	13	Seabyrd SC	2:44.05	2:45.68
	35.91	1:17.74 (41.83)	2:02.45 (44.71)	2:45.68 (43.23)	
5	Sahil Shah	13	Harrow & Wealdstone S C	2:57.00	2:48.30
	37.18	1:20.52 (43.34)	2:06.21 (45.69)	2:48.30 (42.09)	
6	Mantha Abeysekera	13	Harrow & Wealdstone S C	3:52.10	3:51.54
	49.77	1:50.68 (1:00.91)	2:13.26 (22.58)	3:51.54 (1:38.28)	

Event 11 Boys 14 & Over 200 SC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Ryan Anscomb	19	City of Milton Keynes	2:06.30	2:05.86
	28.01	59.49 (31.48)	1:32.74 (33.25)	2:05.86 (33.12)	
2	Luke Parkinson	15	Seabyrd SC	2:24.81	2:19.15
	31.67	1:07.58 (35.91)	1:44.31 (36.73)	2:19.15 (34.84)	
3	Danny Buckley	14	Stevenage	2:23.46	2:19.94
	31.98	1:07.81 (35.83)	1:44.83 (37.02)	2:19.94 (35.11)	
4	Matthew Costello	14	Stevenage	2:40.00	2:28.93
	34.52	1:12.69 (38.17)	1:52.88 (40.19)	2:28.93 (36.05)	
5	Adam Taie	14	Harrow & Wealdstone S C	2:46.00	2:29.43
	34.38	1:12.82 (38.44)	1:52.81 (39.99)	2:29.43 (36.62)	
6	Kris Hunt	14	City of Milton Keynes	2:28.27	2:30.74
	34.91	1:13.93 (39.02)	1:53.37 (39.44)	2:30.74 (37.37)	
7	Chris Lock	14	City of Milton Keynes	2:49.29	2:41.56
	36.18	1:16.86 (40.68)	2:00.38 (43.52)	2:41.56 (41.18)	
8	Joseph Mahon	15	Stevenage	2:52.45	2:45.88
	38.55		2:05.01 ()	2:45.88 (40.87)	

Event 12 Girls 9 Year Olds 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Casey Fisher	9	Seabyrd SC	3:49.39	3:47.17
	52.48	1:50.09 (57.61)	2:49.74 (59.65)	3:47.17 (57.43)	

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2	Fiona Thornton		9	Stevenage		4:01.25		3:49.42
		53.50			1:52.02 (58.52)	2:51.59 (59.57)	3:49.42 (57.83)	
3	Isabelle Dean		9	Barnet Cophall		3:47.59		3:50.21
		53.65			1:53.66 (1:00.01)	2:52.12 (58.46)	3:50.21 (58.09)	
4	Elise Kelly		9	Seabyrd SC		4:00.00		3:58.36
		56.25			1:57.14 (1:00.89)	2:58.67 (1:01.53)	3:58.36 (59.69)	
5	Riya Patel		9	Harrow & Wealdstone S C		4:16.16		4:06.99
6	Chole Arnold		9	Verulam Asc		4:28.81		4:08.87
		57.72			2:02.44 (1:04.72)	3:07.48 (1:05.04)	4:08.87 (1:01.39)	
7	Sophie Henson		9	City of St Albans		4:09.22		4:09.62
		58.16			2:01.79 (1:03.63)	3:05.76 (1:03.97)	4:09.62 (1:03.86)	
8	Elisha Kramer		9	Barnet Cophall		4:00.10		4:11.10
		59.09			2:03.54 (1:04.45)	3:07.72 (1:04.18)	4:11.10 (1:03.38)	
9	Sophia Boni		9	Harrow & Wealdstone S C		4:16.00		4:14.59
10	Alaya Seoudy		9	Barnet Cophall		4:50.00		4:18.06
		1:01.26			2:07.78 (1:06.52)	3:14.44 (1:06.66)	4:18.06 (1:03.62)	
11	Isini Abeysekera		9	Harrow & Wealdstone S C		4:32.90		4:32.64
		1:03.35			2:11.91 (1:08.56)	3:22.96 (1:11.05)	4:32.64 (1:09.68)	

Event 12 Girls 10 Year Olds 200 SC Meter Breaststroke

	Name		Age	Team		Seed Time		Finals Time
1	Kerry-Anne McFarlane		10	Harrow & Wealdstone S C		3:26.64		3:21.78
		47.13			1:39.80 (52.67)	2:30.44 (50.64)	3:21.78 (51.34)	
2	Paige Mann		10	Hillingdon Swimming Club		3:39.36		3:22.26
		47.28			1:38.92 (51.64)	2:30.68 (51.76)	3:22.26 (51.58)	
3	Amy Moseley		10	Hillingdon Swimming Club		3:48.82		3:39.74
		51.66			1:47.94 (56.28)	2:44.80 (56.86)	3:39.74 (54.94)	
4	Camellia Hassan		10	Seabyrd SC		3:50.00		3:51.53
		55.77			1:55.51 (59.74)	2:54.21 (58.70)	3:51.53 (57.32)	
5	Dana Afshar		10	Barnet Cophall		4:15.00		4:00.61
6	Amy-Clare Donlevey		10	Harrow & Wealdstone S C		4:21.29		4:05.63
7	Hannah Lyons		10	Harrow & Wealdstone S C		4:25.12		4:05.98
8	Hollie Barnes		10	Harrow & Wealdstone S C		4:10.21		4:06.18
		58.94			2:02.00 (1:03.06)	3:05.40 (1:03.40)	4:06.18 (1:00.78)	
9	Tulsi Behl		10	Barnet Cophall		4:20.00		4:07.55
10	Emma Cody		10	Seabyrd SC		4:39.00		4:08.39
		59.20			2:02.22 (1:03.02)	3:07.20 (1:04.98)	4:08.39 (1:01.19)	
11	Chloe Lachesseigne		10	Seabyrd SC		4:40.00		4:15.87
		1:00.80			2:06.95 (1:06.15)	3:12.51 (1:05.56)	4:15.87 (1:03.36)	
12	Sabina Filippone		10	Barnet Cophall		4:40.00		4:32.57
		1:04.78			2:16.03 (1:11.25)	3:26.64 (1:10.61)	4:32.57 (1:05.93)	
13	Melissa Rahman		10	Barnet Cophall		4:45.22		4:43.56
		1:06.96			2:21.48 (1:14.52)	3:33.25 (1:11.77)	4:43.56 (1:10.31)	
---	Suzanne Qarib		10	Barnet Cophall		5:03.99		DQ
		57.72			2:05.16 (1:07.44)	3:12.36 (1:07.20)	DQ (1:05.76)	

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 12 Girls 11 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Seed Time	Finals Time
1 Daisy Fraser	11	Hillingdon Swimming Club	3:38.84	3:35.26
	49.30	1:44.32 (55.02)	2:40.27 (55.95)	3:35.26 (54.99)
2 Rebecca Jenner-Martin	11	City of Milton Keynes	3:35.97	3:46.77
	50.41	1:49.34 (58.93)	2:48.30 (58.96)	3:46.77 (58.47)
3 Jamilla Bethley	11	Barnet Cophall	4:30.00	3:53.82
	52.87	1:52.94 (1:00.07)	2:53.47 (1:00.53)	3:53.82 (1:00.35)
4 Emma Becirovic	11	Barnet Cophall	4:57.32	3:54.48
	51.63	1:51.76 (1:00.13)	2:53.99 (1:02.23)	3:54.48 (1:00.49)
--- Tara Patel	11	Barnet Cophall	4:15.00	DQ
	54.99	1:54.91 (59.92)	2:57.85 (1:02.94)	DQ (56.99)
--- Lizzie Tichborne	11	Barnet Cophall	4:27.22	DQ
	1:07.72	2:24.83 (1:17.11)	3:40.72 (1:15.89)	DQ (1:16.55)
--- Carrie Page	11	Seabyrd SC	4:00.00	DQ
	55.57	1:58.95 (1:03.38)	3:03.18 (1:04.23)	DQ (1:04.44)

Event 12 Girls 12 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Raeannia Martineau	12	Harrow & Wealdstone S C	3:18.50	3:20.80
	45.81	1:37.40 (51.59)	2:30.48 (53.08)	3:20.80 (50.32)
2 Amy Webb	12	Verulam Asc	4:20.24	3:36.40
3 Sian Boland	12	Barnet Cophall	3:47.25	3:39.46
	51.65	1:46.44 (54.79)	2:43.38 (56.94)	3:39.46 (56.08)
4 Nicole Morgan	12	Harrow & Wealdstone S C	3:56.85	3:44.40
	52.67	1:50.60 (57.93)	2:49.63 (59.03)	3:44.40 (54.77)
5 Esme Dove	12	Barnet Cophall	3:49.40	3:48.16
	52.11	1:49.89 (57.78)	2:51.48 (1:01.59)	3:48.16 (56.68)
6 Safina Hardy	12	Barnet Cophall	4:14.36	3:48.65
	50.48	1:49.93 (59.45)	2:51.32 (1:01.39)	3:48.65 (57.33)

(Event 12 Girls 12 Year Olds 200 SC Meter Breaststroke)

Name	Age	Team	Seed Time	Finals Time
7 Sophie Peet	12	Barnet Cophall	3:55.53	3:56.00
	52.51	1:54.19 (1:01.68)	2:56.77 (1:02.58)	3:56.00 (59.23)
8 Polly White	12	Harrow & Wealdstone S C	4:02.19	3:56.60
	56.96	1:58.32 (1:01.36)	2:58.65 (1:00.33)	3:56.60 (57.95)

Event 12 Girls 13 Year Olds 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Amelia Campbell	13	Harrow & Wealdstone S C	3:39.21	3:25.52
	48.84	1:42.47 (53.63)	2:35.51 (53.04)	3:25.52 (50.01)

Event 12 Girls 14 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Charlotte Henson	14	City of St Albans	3:00.22	3:03.23
	41.53	1:27.85 (46.32)	2:15.67 (47.82)	3:03.23 (47.56)

Barnet Cophall Swimming Club Kate Lack Gala – 18th May 2008**Event 13 Boys 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time
1 Robert Dos Santos	9	Barnet Cophall	3:04.60	2:59.17
	42.71	1:28.75 (46.04)	2:14.53 (45.78)	2:59.17 (44.64)
2 Haris Bandey	9	Barnet Cophall	3:07.90	3:09.54
	45.57	1:34.40 (48.83)	2:23.18 (48.78)	3:09.54 (46.36)
3 Alexander Kapanadze	9	Barnet Cophall	3:13.53	3:19.45
	47.10	1:39.07 (51.97)	2:30.76 (51.69)	3:19.45 (48.69)
4 Matt Savitz	9	Barnet Cophall	3:48.14	3:36.14
	51.62	1:48.77 (57.15)	2:44.88 (56.11)	3:36.14 (51.26)
5 Jonathan Walker	9	Barnet Cophall	4:12.70	3:37.61
	52.28	1:48.84 (56.56)	2:45.57 (56.73)	3:37.61 (52.04)
6 Jan Andrzejczyk	9	Barnet Cophall	4:06.66	3:37.79
	52.88	1:48.70 (55.82)	2:44.53 (55.83)	3:37.79 (53.26)
7 Luke Shuker	9	Barnet Cophall	4:40.22	4:06.28
	58.11	3:06.20 (2:08.09)	4:06.28 (1:00.08)	
8 Kavi Shah	9	Barnet Cophall	4:40.12	4:20.63
	1:03.84	2:10.37 (1:06.53)	3:16.67 (1:06.30)	4:20.63 (1:03.96)
--- Alexander Heppard	9	Harrow & Wealdstone S C	3:44.69	DQ
	58.39	2:00.15 (1:01.76)	3:00.40 (1:00.25)	DQ (57.22)
--- Brian Kong	9	Barnet Cophall	4:40.11	DQ
	54.33	1:53.81 (59.48)	2:54.45 (1:00.64)	DQ (54.13)
--- Jeremy Simanjuntak	9	Barnet Cophall	3:30.00	DQ
	44.93	1:36.06 (51.13)	2:27.73 (51.67)	DQ (48.65)

Event 13 Boys 10 Year Olds 200 SC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Danny Nelson	10	Hillingdon Swimming Club	2:57.83	2:53.87
	39.32	1:23.87 (44.55)	2:09.88 (46.01)	2:53.87 (43.99)
2 Aidan Doherty	10	Barnet Cophall	3:02.21	3:02.77
	42.31	1:29.45 (47.14)	2:16.48 (47.03)	3:02.77 (46.29)
3 Hamish Hudson	10	Barnet Cophall	3:11.40	3:19.56
	47.59	1:39.40 (51.81)	2:30.48 (51.08)	3:19.56 (49.08)
4 Daniel Grimwade	10	Seabyrd SC	3:44.10	3:26.66
	48.84	1:42.30 (53.46)	2:36.12 (53.82)	3:26.66 (50.54)
5 Tom Segev	10	Barnet Cophall	3:47.97	3:26.80
	49.36	1:42.43 (53.07)	2:36.22 (53.79)	3:26.80 (50.58)
6 Matthew Quinn	10	Seabyrd SC	3:25.60	3:27.46
	48.04	1:42.13 (54.09)	2:36.63 (54.50)	3:27.46 (50.83)
7 Sam Fidge	10	Harrow & Wealdstone S C	4:03.41	3:44.06
	49.29	1:48.79 (59.50)	2:48.27 (59.48)	3:44.06 (55.79)
8 Lewis Campbell	10	Harrow & Wealdstone S C	3:49.00	3:53.47
	56.67	1:56.66 (59.99)	2:56.68 (1:00.02)	3:53.47 (56.79)
9 Jonathon Wood	10	Seabyrd SC	4:00.00	3:55.49
	56.13	1:58.75 (1:02.62)	2:54.37 (55.62)	3:55.49 (1:01.12)
10 Benjamin Shuker	10	Barnet Cophall	4:40.20	4:07.79
	58.68	2:03.84 (1:05.16)	3:07.30 (1:03.46)	4:07.79 (1:00.49)

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---	Dominic Hogan	10	Barnet Cophthall	3:52.04	DQ
	52.23	1:46.67 (54.44)	2:41.30 (54.63)	DQ (53.12)	
---	Panayiotis Panteli	10	Barnet Cophthall	3:43.05	DQ
	49.39	1:42.22 (52.83)	2:34.52 (52.30)	DQ (49.03)	

Event 13 Boys 11 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Jamie Woodman	11	Hillingdon Swimming Club	3:05.18	2:56.21
	43.72	1:28.61 (44.89)	2:13.87 (45.26)	2:56.21 (42.34)	
2	Liam Chong	11	Barnet Cophthall	3:03.85	3:01.10
	43.39	1:29.18 (45.79)	2:16.45 (47.27)	3:01.10 (44.65)	
3	Nicolas Gore	11	Hillingdon Swimming Club	3:03.67	3:01.27
	43.08	1:30.39 (47.31)	2:17.35 (46.96)	3:01.27 (43.92)	
4	Samuel Henson	11	City of St Albans	3:05.82	3:05.79
	43.53	1:30.72 (47.19)	2:18.59 (47.87)	3:05.79 (47.20)	
5	Aaron Morgan	11	Harrow & Wealdstone S C	3:16.00	3:06.25
	44.59	1:32.97 (48.38)	2:21.54 (48.57)	3:06.25 (44.71)	
6	Sean Panacides	11	Harrow & Wealdstone S C	3:28.55	3:06.74
	44.78	1:33.67 (48.89)	2:21.58 (47.91)	3:06.74 (45.16)	
7	Harry Jackson	11	Seabyrd SC	3:16.48	3:08.44
	42.68	1:31.38 (48.70)	2:20.69 (49.31)	3:08.44 (47.75)	
8	Charlie Turner	11	Barnet Cophthall	3:08.92	3:10.46
	46.93	1:36.31 (49.38)	2:25.55 (49.24)	3:10.46 (44.91)	
9	Vishay Kerai	11	Harrow & Wealdstone S C	3:24.60	3:15.96
	46.52	1:37.39 (50.87)	2:27.51 (50.12)	3:15.96 (48.45)	
10	Warren Gilbert	11	Harrow & Wealdstone S C	3:36.85	3:16.34
	45.05	1:34.82 (49.77)	2:25.56 (50.74)	3:16.34 (50.78)	
11	Michael Fan	11	Harrow & Wealdstone S C	3:34.23	3:18.55
	47.29	1:38.34 (51.05)	2:30.26 (51.92)	3:18.55 (48.29)	
12	Ravi Bagia	11	Harrow & Wealdstone S C	3:51.29	3:27.33
	48.63	1:41.54 (52.91)	2:35.33 (53.79)	3:27.33 (52.00)	
13	James Brennan	11	Teddington	3:24.74	3:29.16
	48.36	1:42.78 (54.42)	2:37.26 (54.48)	3:29.16 (51.90)	
14	Abdimajid Abdala	11	Barnet Cophthall	3:30.22	3:34.14
	51.45	1:47.24 (55.79)	2:40.98 (53.74)	3:34.14 (53.16)	
15	Dinos Caryotis	11	Barnet Cophthall	3:56.03	3:38.78
	50.29	1:46.16 (55.87)	3:38.78 (1:52.62)	3:38.78 ()	
---	Daniel Pusey	11	Seabyrd SC	3:42.00	DQ
	50.23	1:42.46 (52.23)	2:35.28 (52.82)	DQ (48.64)	

Event 13 Boys 12 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Matthew Lee	12	Barnet Cophthall	3:20.71	2:42.88
	37.67	1:19.33 (41.66)	2:02.32 (42.99)	2:42.88 (40.56)	
2	Devak Patel	12	Harrow & Wealdstone S C	2:52.00	2:52.31
	40.54	1:25.44 (44.90)	2:10.49 (45.05)	2:52.31 (41.82)	
3	Aaron French	12	Harrow & Wealdstone S C	3:25.21	3:08.15
	44.58	1:33.72 (49.14)	2:22.04 (48.32)	3:08.15 (46.11)	

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4	David Moore	12	Seabyrd SC	3:20.00	3:09.33
	44.42	1:32.20 (47.78)	2:22.06 (49.86)	3:09.33 (47.27)	
---	Amit Mistry	12	Barnet Cophall	3:59.30	DQ
	54.45	1:58.91 (1:04.46)	3:02.55 (1:03.64)	DQ (58.99)	

Event 13 Boys 13 Year Olds 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Sahil Shah	13	Harrow & Wealdstone S C	3:12.00	2:58.38
	40.19	1:26.67 (46.48)	2:16.63 (49.96)	2:58.38 (41.75)	
2	Callum Hill	13	Harrow & Wealdstone S C	3:10.00	3:05.24
	42.93	1:30.00 (47.07)	2:19.33 (49.33)	3:05.24 (45.91)	
---	Mantha Abeysekera	13	Harrow & Wealdstone S C	4:02.60	DQ
	54.88	1:59.24 (1:04.36)	3:04.21 (1:04.97)	DQ (57.26)	

Event 13 Boys 14 & Over 200 SC Meter Backstroke

	Name	Age	Team	Seed Time	Finals Time
1	Danny Buckley	14	Stevenage	2:35.08	2:34.77
	35.78	1:15.46 (39.68)	1:56.40 (40.94)	2:34.77 (38.37)	
2	Luke Parkinson	15	Seabyrd SC	2:50.12	2:46.69
	39.10	1:21.75 (42.65)	2:05.97 (44.22)	2:46.69 (40.72)	
3	Kris Hunt	14	City of Milton Keynes	2:43.52	2:47.36
	40.04	1:22.79 (42.75)	2:06.26 (43.47)	2:47.36 (41.10)	
4	Matthew Costello	14	Stevenage	3:00.00	2:49.50
	41.49	1:25.82 (44.33)	2:08.64 (42.82)	2:49.50 (40.86)	
5	Adam Taie	14	Harrow & Wealdstone S C	3:05.00	2:55.04
	41.43	1:25.02 (43.59)	2:12.07 (47.05)	2:55.04 (42.97)	
6	Chris Lock	14	City of Milton Keynes	3:09.45	3:09.21
	45.40	1:32.70 (47.30)	2:21.95 (49.25)	3:09.21 (47.26)	

Event 14 Girls 9 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
---	Fiona Thornton	9	Stevenage	4:05.10	DQ
	52.95	1:57.33 (1:04.38)	3:07.08 (1:09.75)	DQ (1:07.26)	

Event 14 Girls 11 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
---	Lauren Herlock	11	Verulam Asc	4:20.00	DQ
	54.46	1:59.18 (1:04.72)	3:07.71 (1:08.53)	DQ (1:06.78)	

Event 14 Girls 12 Year Olds 200 SC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Carolyn Cohen	12	Harrow & Wealdstone S C	3:31.13	3:19.98
	42.14	1:34.68 (52.54)	2:28.98 (54.30)	3:19.98 (51.00)	
2	Ellen Collas	12	Harrow & Wealdstone S C	3:36.21	3:37.66
	47.22	1:43.21 (55.99)	2:41.42 (58.21)	3:37.66 (56.24)	