

**200s Meet 2009 - 18/10/2009****Results****Event 1 Girls 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Entry Time	Finals Time
1 Hare, Georgia	9	Barnet Copthall	4:02.85	3:58.78
	48.20	1:50.53 (1:02.33)	2:56.73 (1:06.20)	3:58.78 (1:02.05)
2 Barnes, Laura	9	Harrow & Wealdstone S C	4:10.50	4:08.35
	52.59	1:56.70 (1:04.11)	3:04.88 (1:08.18)	4:08.35 (1:03.47)
--- Butterworth, Honey	9	Harrow & Wealdstone S C	4:28.21	DQ
	8.3 Alternating movement of legs or feet			
	52.92	2:00.22 (1:07.30)	3:10.56 (1:10.34)	DQ (1:05.09)

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

Name	Age	Team	Entry Time	Finals Time
1 Houben, Andrea	10	Potters Bar SC	3:24.00	3:14.67
	42.38	1:32.26 (49.88)	2:25.52 (53.26)	3:14.67 (49.15)
2 Powell, Paige	10	Barnet Copthall	3:30.01	3:21.96
	42.03	1:31.06 (49.03)	2:26.40 (55.34)	3:21.96 (55.56)
3 Seoudy, Alaya	10	Barnet Copthall	3:34.50	3:34.46
	46.16	1:42.40 (56.24)	2:40.73 (58.33)	3:34.46 (53.73)
4 Geers, Heather	10	City of St Albans Swim Club	4:03.05	3:47.34
	50.96	1:47.52 (56.56)	2:49.03 (1:01.51)	3:47.34 (58.31)
5 Loh, Jasmine	10	Harrow & Wealdstone S C	3:57.44	3:48.31
	48.73	1:46.39 (57.66)	2:47.65 (1:01.26)	3:48.31 (1:00.66)
--- Bell, Alice	10	Barnet Copthall	3:41.10	DQ
	8.3 Movements of the legs not simultaneous			
	48.02	1:43.87 (55.85)	2:40.89 (57.02)	DQ (53.83)

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

Name	Age	Team	Entry Time	Finals Time
1 Stewart, Mirren	11	Barnet Copthall	2:58.10	2:58.46
	38.19	1:23.54 (45.35)	2:12.32 (48.78)	2:58.46 (46.14)
2 Hunter, Gemma	11	Barnet Copthall	3:25.01	3:13.33
	40.74	1:30.21 (49.47)	2:21.52 (51.31)	3:13.33 (51.81)
3 Hancock, Zoe	11	Aylesbury and District	3:14.96	3:16.50
	41.26	1:30.74 (49.48)	2:23.75 (53.01)	3:16.50 (52.75)
4 Barby, Bethany	11	City of Milton Keynes	3:23.88	3:24.79
	45.22	1:36.61 (51.39)	2:31.54 (54.93)	3:24.79 (53.25)
5 Donlevey, Amy-Clare	11	Harrow & Wealdstone S C	3:55.56	3:35.01
	49.70	1:46.19 (56.49)	2:43.23 (57.04)	3:35.01 (51.78)
6 Barnes, Hollie	11	Harrow & Wealdstone S C	3:59.00	3:35.33

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49.12	1:46.61 (57.49)	2:44.08 (57.47)	3:35.33 (51.25)	
7 Lyons, Hannah	11 Harrow & Wealdstone S C		3:30.82	3:39.33
45.87	1:44.84 (58.97)	2:44.57 (59.73)	3:39.33 (54.76)	
8 Kramer, Elisha	11 Barnet Cophthall		3:20.06	3:40.71
46.68	1:44.60 (57.92)	2:44.52 (59.92)	3:40.71 (56.19)	
9 Barnacle Best, Jodie	11 Greenwich Swimming Club		3:50.58	4:00.27
50.24	1:50.48 (1:00.24)	2:55.15 (1:04.67)	4:00.27 (1:05.12)	
--- Filippone, Sabina	11 Barnet Cophthall		3:55.00	DQ
8.4 Did not touch at turn or finish with both hands, or touch not simultaneous				
50.49	1:52.23 (1:01.74)	2:55.68 (1:03.45)	DQ (54.76)	
--- Djordjic, Jovana	11 Barnet Cophthall		4:00.00	DQ
8.4 Did not touch at turn or finish with both hands, or touch not simultaneous				
49.29	1:50.46 (1:01.17)	2:57.03 (1:06.57)	DQ (1:06.13)	

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

Name	Age	Team	Entry Time	Finals Time
1 Vincent, Eadaoin	12	Barnet Cophthall	3:09.07	3:06.36
40.44	1:26.69 (46.25)	2:16.50 (49.81)	3:06.36 (49.86)	
2 Evans, Charlotte	12	Aylesbury and District	3:02.66	3:06.92
39.59	1:27.39 (47.80)	2:17.44 (50.05)	3:06.92 (49.48)	

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

Name	Age	Team	Entry Time	Finals Time
3 Willis, Katie	12	Aylesbury and District	2:57.90	3:07.47
37.83	1:24.85 (47.02)	2:18.33 (53.48)	3:07.47 (49.14)	
4 Herlock, Lauren	12	Verulam	3:40.00	3:45.10
46.93	1:45.00 (58.07)	2:46.37 (1:01.37)	3:45.10 (58.73)	
--- Blocksing, Francesca	12	Greenwich Swimming Club	3:35.00	DQ
8.2 Arms not brought forward together				
49.33	1:49.80 (1:00.47)	2:52.35 (1:02.55)	DQ (57.75)	

**Event 1 Girls 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Entry Time	Finals Time
1 Smith, Amber	13	City of Milton Keynes	3:15.00	3:24.47
44.60	1:35.91 (51.31)	2:30.61 (54.70)	3:24.47 (53.86)	
2 Gormley, Niamh	13	Potters Bar SC	3:12.00	3:31.65
45.23	1:38.63 (53.40)	2:33.91 (55.28)	3:31.65 (57.74)	

**Event 1 Girls 14 & Over 200 SC Meter Butterfly**

Name	Age	Team	Entry Time	Finals Time
1 Collen, Frankie	17	Harrow & Wealdstone S C	2:44.02	2:37.82
34.81	1:13.96 (39.15)	1:56.55 (42.59)	2:37.82 (41.27)	

**200s Meet 2009 - 18/10/2009****Results**

2	Sellars, Abby	20	Harrow & Wealdstone S C	2:53.00	2:43.83
	34.07	1:14.82 (40.75)	1:59.57 (44.75)	2:43.83 (44.26)	
3	Panayides, Alex	15	Kingston Royals	2:48.98	2:44.16
	35.90	1:19.15 (43.25)	2:01.11 (41.96)	2:44.16 (43.05)	
4	Wong, Caroline	14	Barnet Cophall	2:43.91	2:45.19
	37.44	1:19.48 (42.04)	2:03.13 (43.65)	2:45.19 (42.06)	
5	Winfield, Holly	14	City of St Albans Swim Club	2:37.13	2:48.67
	36.58	1:19.81 (43.23)	2:04.01 (44.20)	2:48.67 (44.66)	
6	Bickford-Sawkings, Elizabeth	15	Kingston Royals	2:44.66	2:52.82
	36.45	1:20.04 (43.59)	2:06.41 (46.37)	2:52.82 (46.41)	
7	Zerrougui, Karima	14	Eltham Stingrays	2:51.39	2:53.99
	36.40	1:20.67 (44.27)	2:08.63 (47.96)	2:53.99 (45.36)	
8	Morgan, Nicole	14	Harrow & Wealdstone S C	3:01.72	3:31.40
	45.09	1:40.69 (55.60)	2:38.09 (57.40)	3:31.40 (53.31)	

**200s Meet 2009 - 18/10/2009****Results****Event 2 Boys 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Entry Time	Finals Time
1 Stevens, Jack	9	Harrow & Wealdstone S C	3:26.01	3:11.69
	44.31	1:33.23 (48.92)	2:23.16 (49.93)	3:11.69 (48.53)
2 Sadovyak, Daniel	9	Barnet Cophall	3:26.69	3:13.24
	44.66	1:36.17 (51.51)	2:26.46 (50.29)	3:13.24 (46.78)
3 Murphy, Max	9	City of Milton Keynes	4:00.03	3:17.22
	47.64	1:38.74 (51.10)	2:29.60 (50.86)	3:17.22 (47.62)
4 Kumarage, Thushira	9	Hemel Hempstead Swimming Club	3:21.38	3:23.07
	47.77	1:40.28 (52.51)	2:32.74 (52.46)	3:23.07 (50.33)
5 Willis, Ryan	9	Aylesbury and District	3:40.50	3:25.33
	47.25	1:40.06 (52.81)	2:33.54 (53.48)	3:25.33 (51.79)
6 Higgins, Jack	9	Potters Bar SC	3:42.00	3:31.00
	48.15	1:43.15 (55.00)	2:37.66 (54.51)	3:31.00 (53.34)
7 Keane, Callum	9	Verulam	3:32.91	3:31.92
	49.65	1:42.72 (53.07)	2:38.79 (56.07)	3:31.92 (53.13)
8 Harrison, Ben	9	Potters Bar SC	4:00.00	3:32.60
	48.40	1:44.53 (56.13)	2:40.27 (55.74)	3:32.60 (52.33)
9 Hughes, John	9	Barnet Cophall	4:05.63	3:43.41
	51.86	2:50.98 (1:59.12)	3:43.44 (52.46)	3:43.41 ( )
10 Halsey, Alex	9	Barnet Cophall	4:30.00	3:57.82
	58.26	1:59.01 (1:00.75)	3:00.11 (1:01.10)	3:57.82 (57.71)
--- Weston, Tom	9	Berkhamsted Sports Centre SC	4:00.90	DQ
	6.5 Not on the back at finish			
	54.54	1:54.66 (1:00.12)	2:56.16 (1:01.50)	DQ (58.12)
--- Bunting, max	9	Verulam	4:25.22	DQ
	6.2 Left position on the back (other than to initiate a turn)			
	55.54	1:58.79 (1:03.25)	3:06.12 (1:07.33)	DQ (1:00.13)

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

Name	Age	Team	Entry Time	Finals Time
1 Bandey, Haris	10	Barnet Cophall	3:04.49	2:50.87
	40.35	1:24.66 (44.31)	2:08.87 (44.21)	2:50.87 (42.00)
2 Duncan, Rory	10	Harrow & Wealdstone S C	3:17.84	3:10.57
	45.60	1:35.82 (50.22)	2:26.10 (50.28)	3:10.57 (44.47)
3 Gilbert, Steven	10	Harrow & Wealdstone S C	3:28.05	3:11.09
	44.53	1:32.75 (48.22)	2:23.33 (50.58)	3:11.09 (47.76)
4 White, Joeseph	10	Greenwich Swimming Club	3:35.00	3:11.73

**200s Meet 2009 - 18/10/2009****Results**

5	Keegan, William	46.47	1:37.01 (50.54)	2:27.55 (50.54)	3:11.73 (44.18)	3:30.40	3:12.20
			10	Barnet Cophall			
6	Rhodes, Jamie	45.71	1:35.98 (50.27)	2:25.95 (49.97)	3:12.20 (46.25)	3:34.54	3:19.95
			10	Harrow & Wealdstone S C			
7	Shah, Kavi	47.02	1:37.97 (50.95)	2:29.80 (51.83)	3:19.95 (50.15)	4:20.00	3:25.55
			10	Barnet Cophall			
8	Nelson, John	47.65	1:40.48 (52.83)	2:34.33 (53.85)	3:25.55 (51.22)	4:05.17	3:31.93
			10	Barnet Cophall			
9	Boland, Patrick	49.65	1:45.88 (56.23)	2:41.44 (55.56)	3:31.93 (50.49)	3:49.80	3:40.08
			10	Barnet Cophall			
10	Wilkinson, Alexandros	51.42	1:48.79 (57.37)	2:45.78 (56.99)	3:40.08 (54.30)	3:59.84	3:41.22
			10	Barnet Cophall			
11	Caryotis, Sean	52.91	1:49.82 (56.91)	2:46.48 (56.66)	3:41.22 (54.74)	4:20.00	3:51.44
			10	Barnet Cophall			
12	Laplough, Jake	52.02	1:52.15 (1:00.13)	2:52.09 (59.94)	3:51.44 (59.35)	4:10.00	3:52.94
			10	Greenwich Swimming Club			
---	Ellis, Scott	54.48	1:54.41 (59.93)	2:55.25 (1:00.84)	3:52.94 (57.69)	3:26.52	DQ
			10	Aylesbury and District			
	6.2 Left position on the back (other than to initiate a turn)						
		47.36	1:39.62 (52.26)	2:33.92 (54.30)	DQ (51.84)		

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

	Name	Age	Team	Entry Time	Finals Time
1	Revell, Michael	11	Harpenden Swimming Club	2:51.74	2:52.82
2	MacCaig, Hamish	11	Berkhamsted Sports Centre SC	3:03.69	2:58.29
3	Hudson, Hamish	11	Barnet Cophall	3:00.12	3:03.43
4	Andrzejczyk, Jan	11	Barnet Cophall	3:13.83	3:10.68
5	Higgins, Joshua	11	Potters Bar SC	3:10.56	3:11.97
6	Murray, Matt	11	City of Milton Keynes	3:30.20	3:12.19
7	Deal, Joe	11	Harrow & Wealdstone S C	3:35.50	3:16.46
8	Williamson, Ryan	11	Harrow & Wealdstone S C	3:21.45	3:17.39
9	Campbell, Lewis	11	Harrow & Wealdstone S C	3:37.71	3:22.98

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10	Roberts, Jake	48.73	1:41.26 (52.53)	2:33.82 (52.56)	3:22.98 (49.16)	3:21.06	3:28.00
				11 FlitwickDolphins			
11	Papa, Matthew	49.55	1:42.34 (52.79)	2:37.94 (55.60)	3:28.00 (50.06)	3:43.00	3:31.86
				11 Potters Bar SC			
12	Zuluaga, Victor	49.37	1:45.48 (56.11)	2:40.74 (55.26)	3:31.86 (51.12)	3:45.10	3:36.76
				11 Barnet Cophall			
---	Gerber, Yaron	51.80	1:49.16 (57.36)	2:44.21 (55.05)	3:36.76 (52.55)	4:00.00	DQ
				11 Barnet Cophall			
				6.2 Left position on the back (other than to initiate a turn)			
---	Patel, Dylan	45.90	1:39.77 (53.87)	2:33.42 (53.65)	DQ (54.44)	3:28.90	DQ
				11 Harrow & Wealdstone S C			
				6.2 Left position on the back (other than to initiate a turn)			
		43.65	1:31.62 (47.97)	2:20.68 (49.06)	DQ (46.50)		

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

	Name		Age	Team	Entry Time	Finals Time
1	Elson, Ted		12	Harrow & Wealdstone S C	2:38.99	2:32.43
		35.43	1:14.22 (38.79)	1:54.25 (40.03)	2:32.43 (38.18)	
2	Woodcock, Freddie		12	Hemel Hempstead Swimming Club	2:37.06	2:35.95
		36.91	1:16.88 (39.97)	1:57.20 (40.32)	2:35.95 (38.75)	
3	Panacides, Sean		12	Harrow & Wealdstone S C	2:40.65	2:37.04
		37.61	1:17.38 (39.77)	1:58.31 (40.93)	2:37.04 (38.73)	
4	Armstrong, Nathanael		12	Aylesbury and District	2:48.94	2:41.55
		37.89	1:19.81 (41.92)	2:01.40 (41.59)	2:41.55 (40.15)	
5	Duggan, Joshua		12	Harpenden Swimming Club	2:49.33	2:43.79
		40.65	1:22.44 (41.79)	2:04.00 (41.56)	2:43.79 (39.79)	
6	Morgan, Aaron		12	Harrow & Wealdstone S C	2:51.73	2:47.18
		39.26	1:22.78 (43.52)	2:06.52 (43.74)	2:47.18 (40.66)	
7	O'Riordan, Colum		12	Barnet Cophall	3:34.67	2:58.13
		42.85	1:28.62 (45.77)	2:15.14 (46.52)	2:58.13 (42.99)	
8	Henson, Samuel		12	City of St Albans Swim Club	2:57.40	2:58.64
		42.30	1:27.32 (45.02)	2:14.01 (46.69)	2:58.64 (44.63)	
9	Anderson, James		12	Aylesbury and District	2:58.10	2:59.98
		41.68	1:27.26 (45.58)	2:14.73 (47.47)	2:59.98 (45.25)	
10	Dixon, Theo		12	Harpenden Swimming Club	2:51.16	3:01.42
		42.35	1:29.01 (46.66)	2:16.06 (47.05)	3:01.42 (45.36)	
11	Strakosch, Tom		12	Berkhamsted Sports Centre SC	3:09.73	3:02.68
12	Twitchen, Jack		12	Barnet Cophall	3:35.00	3:30.24
		48.99	1:42.84 (53.85)	2:38.06 (55.22)	3:30.24 (52.18)	

**200s Meet 2009 - 18/10/2009****Results****Event 2 Boys 13 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Entry Time	Finals Time
1 Patel, Amar	13	Harrow & Wealdstone S C	2:53.96	2:44.04
	37.88	1:18.79 (40.91)	2:00.62 (41.83)	2:44.04 (43.42)
2 Gilbert, Warren	13	Harrow & Wealdstone S C	3:03.17	2:47.38
	39.32	1:22.13 (42.81)	2:05.39 (43.26)	2:47.38 (41.99)
3 Chong, Liam	13	Barnet Cophall	2:49.70	2:50.00
	39.70	1:22.86 (43.16)	2:06.90 (44.04)	2:50.00 (43.10)
4 Bagia, Ravi	13	Harrow & Wealdstone S C	3:13.00	2:52.70
	40.81	1:24.26 (43.45)	2:09.44 (45.18)	2:52.70 (43.26)
5 Eaves-Bunce, Elijah	13	Verulam	3:10.99	3:09.58
	43.68	1:32.41 (48.73)	2:23.12 (50.71)	3:09.58 (46.46)
--- Getter, Charles	13	City of Milton Keynes	3:06.61	DQ
	6.2 Left position on the back (other than to initiate a turn)			
	43.48	1:29.79 (46.31)	2:17.06 (47.27)	DQ (45.73)

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

Name	Age	Team	Entry Time	Finals Time
1 Sawers, Josh	16	Aylesbury and District	2:27.11	2:24.77
	33.61	1:10.28 (36.67)	1:48.05 (37.77)	2:24.77 (36.72)
2 Cohen, Philip	16	Harrow & Wealdstone S C	2:42.67	2:28.43
	34.23	1:11.86 (37.63)	1:50.49 (38.63)	2:28.43 (37.94)
3 Evans, George	14	Greenwich Swimming Club	2:38.00	2:35.30
	36.73	1:15.89 (39.16)	1:56.01 (40.12)	2:35.30 (39.29)
4 Dixon, JJ	14	Harpندن Swimming Club	2:35.98	2:36.83
	36.09	1:16.01 (39.92)	1:56.93 (40.92)	2:36.83 (39.90)
5 Hall, Lawrence	15	Hemel Hempstead Swimming Club	2:40.89	2:37.95
	36.64	1:16.28 (39.64)	1:57.70 (41.42)	2:37.95 (40.25)
6 Nicoll, Duncan	15	Harpندن Swimming Club	2:34.76	2:38.28
	35.93	1:14.92 (38.99)	1:56.77 (41.85)	2:38.28 (41.51)
7 Morgan, Daniel	15	Aylesbury and District	2:42.78	2:39.46
	37.27	1:17.80 (40.53)	1:59.80 (42.00)	2:39.46 (39.66)
8 Connolly, Sam	16	Aylesbury and District	2:46.66	2:40.08
	38.68	1:20.05 (41.37)	2:02.22 (42.17)	2:40.08 (37.86)
9 Hill, Callum	14	Harrow & Wealdstone S C	2:50.00	2:49.04
	39.67	1:21.87 (42.20)	2:05.97 (44.10)	2:49.04 (43.07)

**200s Meet 2009 - 18/10/2009****Results****Event 3 Girls 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Entry Time	Finals Time
1 Ellis, Rhiannon	9	City of St Albans Swim Club	4:04.80	4:01.31
	52.93	1:55.10 (1:02.17)	2:58.77 (1:03.67)	4:01.31 (1:02.54)
2 Barnes, Laura	9	Harrow & Wealdstone S C	4:12.99	4:01.57
	57.06	1:59.28 (1:02.22)	3:02.55 (1:03.27)	4:01.57 (59.02)
3 Hare, Georgia	9	Barnet Cophall	4:12.00	4:01.68
	57.80	1:59.84 (1:02.04)	3:04.16 (1:04.32)	4:01.68 (57.52)
4 Boni, Chiara	9	Harrow & Wealdstone S C	4:15.00	4:02.38
	56.38	1:57.82 (1:01.44)	3:01.16 (1:03.34)	4:02.38 (1:01.22)
5 Morgan, Sian	9	Aylesbury and District	4:07.13	4:02.88
	56.78	1:59.56 (1:02.78)	3:02.42 (1:02.86)	4:02.88 (1:00.46)
6 Jackson-Virk, Phoebe	9	Barnet Cophall	4:09.00	4:15.49
	58.65	2:03.95 (1:05.30)	3:10.30 (1:06.35)	4:15.49 (1:05.19)
7 Carver-Varela, Analise	9	Barnet Cophall	4:39.72	4:21.47
	1:01.16	2:08.90 (1:07.74)	3:17.07 (1:08.17)	4:21.47 (1:04.40)
8 Oliver, Jessica	9	Greenwich Swimming Club	4:45.00	4:21.78
	1:01.01	2:07.58 (1:06.57)	3:14.97 (1:07.39)	4:21.78 (1:06.81)
9 Bennett, Freya	9	Verulam	4:46.97	4:23.10
	54.84	2:01.11 (1:06.27)	3:13.22 (1:12.11)	4:23.10 (1:09.88)
10 Hall, Chloe	9	Hemel Hempstead Swimming Club	4:24.00	4:29.22
	58.40	2:09.17 (1:10.77)	3:20.67 (1:11.50)	4:29.22 (1:08.55)
--- Butterworth, Honey	9	Harrow & Wealdstone S C	4:31.62	DQ
	7.4 Leg movements not on the same plane			
	1:02.43	2:11.64 (1:09.21)	3:19.97 (1:08.33)	DQ (1:02.89)

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

Name	Age	Team	Entry Time	Finals Time
1 Evans, Tilly	10	Greenwich Swimming Club	3:31.50	3:23.94
	47.52	1:39.90 (52.38)	2:33.97 (54.07)	3:23.94 (49.97)
2 Powell, Paige	10	Barnet Cophall	3:43.19	3:33.96
	50.41	1:47.04 (56.63)	2:41.20 (54.16)	3:33.96 (52.76)
3 Bell, Alice	10	Barnet Cophall	3:44.27	3:33.98
	50.69	1:47.03 (56.34)	2:41.78 (54.75)	3:33.98 (52.20)
4 Loh, Jasmine	10	Harrow & Wealdstone S C	3:45.17	3:34.30
	51.24	1:46.55 (55.31)	2:41.79 (55.24)	3:34.30 (52.51)
5 Halsey, Kirsty	10	Barnet Cophall	3:52.76	3:40.63
	49.95	1:45.16 (55.21)	2:42.43 (57.27)	3:40.63 (58.20)



**200s Meet 2009 - 18/10/2009****Results**

6	Seoudy, Alaya	10	Barnet Cophall	4:04.20	3:42.11
	51.31	1:49.05 (57.74)	2:49.24 (1:00.19)	3:42.11 (52.87)	
7	Abeysekera, Isini	10	Harrow & Wealdstone S C	3:52.28	3:44.05
	53.43	1:51.35 (57.92)	2:48.06 (56.71)	3:44.05 (55.99)	
8	Cooper, Aisha	10	Berkhamsted Sports Centre SC	3:46.05	3:49.43
	52.19	1:50.21 (58.02)	2:50.50 (1:00.29)	3:49.43 (58.93)	
9	Lima, Daniella	10	City of Milton Keynes	3:50.11	3:50.54
	52.13	1:49.99 (57.86)	2:50.41 (1:00.42)	3:50.54 (1:00.13)	
10	Harris, Claire	10	Barnet Cophall	4:03.66	3:55.33
	53.34	1:54.80 (1:01.46)	2:54.77 (59.97)	3:55.33 (1:00.56)	
11	Israel, Maya	10	Barnet Cophall	4:00.00	3:56.23
	53.65	1:53.21 (59.56)	2:55.43 (1:02.22)	3:56.23 (1:00.80)	
12	Twitchen, Emma	10	Barnet Cophall	4:11.20	4:02.92
	55.55	1:56.94 (1:01.39)	3:01.65 (1:04.71)	4:02.92 (1:01.27)	
13	Hitchen, Lauren	10	Verulam	4:18.00	4:03.84
	55.17	1:57.97 (1:02.80)	3:01.54 (1:03.57)	4:03.84 (1:02.30)	
14	Mart, Kylah	10	Aylesbury and District	4:25.00	4:06.36
	53.79	1:58.02 (1:04.23)	3:03.45 (1:05.43)	4:06.36 (1:02.91)	
15	Soteriou, Alice	10	Barnet Cophall	4:07.00	4:10.20
	57.48	2:01.64 (1:04.16)	3:06.53 (1:04.89)	4:10.20 (1:03.67)	
<b>(Event 3 Girls 10 Year Olds 200 SC Meter Breaststroke)</b>					
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
16	Geers, Heather	10	City of St Albans Swim Club	4:23.48	4:14.94
	58.12	2:03.95 (1:05.83)	3:10.29 (1:06.34)	4:14.94 (1:04.65)	
17	White, Libby	10	Harrow & Wealdstone S C	4:18.00	4:20.34
	1:01.35	2:08.73 (1:07.38)	3:15.51 (1:06.78)	4:20.34 (1:04.83)	
18	Kohler, Carrienne	10	Greenwich Swimming Club	4:44.00	4:35.19
	1:01.08	2:12.96 (1:11.88)	3:25.74 (1:12.78)	4:35.19 (1:09.45)	
19	Smith, Lauren	10	Barnet Cophall	4:45.00	4:41.73
	1:02.25	2:15.77 (1:13.52)	3:29.61 (1:13.84)	4:41.73 (1:12.12)	
---	Benzerad, Melissa	10	Greenwich Swimming Club	4:40.00	DQ
	7.6 Did not touch at turn or finish with both hands, or touch simultaneous				
	49.44	1:43.03 (53.59)	2:40.73 (57.70)	DQ (55.62)	
---	Beardwell, Charlotte	10	Harrow & Wealdstone S C	4:24.62	DQ
	7.6 Did not touch at turn or finish with both hands, or touch simultaneous				
	1:03.40	2:16.50 (1:13.10)	3:31.86 (1:15.36)	DQ (1:12.07)	

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

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Stewart, Mirren	11	Barnet Cophall	3:25.50	3:19.98

**200s Meet 2009 - 18/10/2009****Results**

2	Brand, Yazi	47.91	1:38.71 (50.80)	2:30.11 (51.40)	3:19.98 (49.87)	3:24.97	3:20.15
				11 Berkhamsted Sports Centre SC			
3	Merelie, Juliet	48.22	1:39.21 (50.99)	2:31.99 (52.78)	3:20.15 (48.16)	3:32.56	3:30.24
				11 Harpenden Swimming Club			
4	Daley, Harriet	49.80	1:42.66 (52.86)	2:38.44 (55.78)	3:30.24 (51.80)	3:31.84	3:30.37
				11 City of Milton Keynes			
5	Neill, Charlotte	49.25	1:44.10 (54.85)	2:39.15 (55.05)	3:30.37 (51.22)	3:53.30	3:31.80
				11 Aylesbury and District			
6	Hunter, Gemma	48.65	1:43.37 (54.72)	2:38.18 (54.81)	3:31.80 (53.62)	3:36.70	3:32.04
				11 Barnet Cophthall			
7	Kramer, Elisha	48.97	1:43.30 (54.33)	2:38.22 (54.92)	3:32.04 (53.82)	3:27.23	3:35.05
				11 Barnet Cophthall			
8	Barnes, Hollie	51.42	1:45.80 (54.38)	2:41.59 (55.79)	3:35.05 (53.46)	3:59.49	3:36.20
				11 Harrow & Wealdstone S C			
9	Hancock, Zoe	51.06	1:47.01 (55.95)	2:41.66 (54.65)	3:36.20 (54.54)	3:33.39	3:36.60
				11 Aylesbury and District			
10	Gormley, Katie	49.03	1:45.46 (56.43)	2:40.98 (55.52)	3:36.60 (55.62)	3:46.00	3:40.43
				11 Potters Bar SC			
11	Lyons, Hannah	48.69	1:46.03 (57.34)	2:45.03 (59.00)	3:40.43 (55.40)	4:04.97	3:40.70
				11 Harrow & Wealdstone S C			
12	Swanston, Ellesha	52.84	1:50.79 (57.95)	2:48.49 (57.70)	3:40.70 (52.21)	3:52.07	3:41.78
				11 City of Milton Keynes			
13	Filippone, Sabina	52.70	1:47.77 (55.07)	2:46.44 (58.67)	3:41.78 (55.34)	4:09.54	3:42.24
				11 Barnet Cophthall			
14	Donlevey, Amy-Clare	53.01	1:49.93 (56.92)	2:47.20 (57.27)	3:42.24 (55.04)	3:45.58	3:42.94
				11 Harrow & Wealdstone S C			
15	Djordjic, Jovana	53.93	1:51.16 (57.23)	2:47.95 (56.79)	3:42.94 (54.99)	3:49.87	3:50.09
				11 Barnet Cophthall			
16	Nicholson, Rebecca	52.76	1:51.77 (59.01)	2:53.28 (1:01.51)	3:50.09 (56.81)	4:11.70	3:55.30
				11 Harrow & Wealdstone S C			
17	Boni, Sophia	54.17	1:54.85 (1:00.68)	2:56.21 (1:01.36)	3:55.30 (59.09)	3:53.43	3:56.43
				11 Harrow & Wealdstone S C			
18	Hayashi, Chihiro	53.90	1:55.75 (1:01.85)	2:57.37 (1:01.62)	3:56.43 (59.06)	4:09.11	3:58.09
				11 Barnet Cophthall			
19	Presser, Rachel	55.05	1:56.02 (1:00.97)	2:58.86 (1:02.84)	3:58.09 (59.23)	4:15.00	3:59.23
				11 Barnet Cophthall			
20	Narayanan, Ashwathi	55.43	1:57.02 (1:01.59)	3:01.46 (1:04.44)	3:59.23 (57.77)	4:09.02	3:59.94
				11 Barnet Cophthall			

**200s Meet 2009 - 18/10/2009****Results**

		55.36	1:56.54 (1:01.18)	2:59.25 (1:02.71)	3:59.94 (1:00.69)		
<b>(Event 3 Girls 11 Year Olds 200 SC Meter Breaststroke)</b>							
	Name	Age	Team	Entry Time		Finals Time	
21	Lewis, Bronwen	11	Barnet Cophall	4:15.00		4:00.95	
22	Barnacle Best, Jodie	11	Greenwich Swimming Club	4:08.60	53.80 1:55.31 (1:01.51) 3:00.34 (1:05.03) 4:00.95 (1:00.61)	4:01.33	
23	Norris, Phoebe	11	Barnet Cophall	4:00.00	57.67 2:00.57 (1:02.90) 3:02.23 (1:01.66) 4:01.33 (59.10)	4:03.57	
---	Jocic, Nicol	11	Barnet Cophall	4:09.11	57.48 2:00.67 (1:03.19) 3:02.20 (1:01.53) 4:03.57 (1:01.37)		DQ

10.1 A swimmer did not cover the whole distance – DNF

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

	Name	Age	Team	Entry Time		Finals Time	
1	Bandey, Anum	12	Barnet Cophall	3:06.63		3:02.57	
2	Kelleher, Chloe	12	City of Milton Keynes	3:10.89	42.20 1:28.62 (46.42) 2:16.38 (47.76) 3:02.57 (46.19)	3:06.58	
3	Savill, Josie	12	Kingston Royals	3:07.91	40.50 1:28.23 (47.73) 2:18.51 (50.28) 3:06.58 (48.07)	3:06.73	
4	Willis, Katie	12	Aylesbury and District	3:09.50	42.40 1:30.79 (48.39) 2:18.35 (47.56) 3:06.73 (48.38)	3:11.69	
5	Shultze, Erica	12	Greenwich Swimming Club	3:29.60	45.10 1:34.56 (49.46) 2:24.19 (49.63) 3:11.69 (47.50)	3:14.02	
6	Evans, Charlotte	12	Aylesbury and District	3:16.80	44.31 1:34.48 (50.17) 2:25.83 (51.35) 3:14.02 (48.19)	3:14.54	
7	Vincent, Eadaoin	12	Barnet Cophall	3:24.93	45.52 1:35.04 (49.52) 2:26.09 (51.05) 3:14.54 (48.45)	3:15.42	
8	Lima, Alexandra	12	City of Milton Keynes	3:11.17	45.39 1:35.44 (50.05) 2:26.85 (51.41) 3:15.42 (48.57)	3:18.60	
9	Jackson, Katy	12	Harpenden Swimming Club	3:43.90	44.81 1:34.82 (50.01) 2:27.23 (52.41) 3:18.60 (51.37)	3:29.03	
10	Price, Ellen	12	Berkhamsted Sports Centre SC	3:50.90	46.88 1:39.99 (53.11) 2:34.95 (54.96) 3:29.03 (54.08)	3:31.33	
11	Cooper, Alicia	12	Harpenden Swimming Club	3:38.30	48.20 1:41.70 (53.50) 2:36.76 (55.06) 3:31.33 (54.57)	3:33.25	
12	Mace, Charlotte	12	FlitwickDolphins	3:50.58	48.48 1:42.43 (53.95) 2:37.54 (55.11) 3:33.25 (55.71)	3:33.55	
13	Burt, Samantha	12	Potters Bar SC	3:43.00	48.90 1:43.28 (54.38) 2:39.10 (55.82) 3:33.55 (54.45)	3:43.14	

**200s Meet 2009 - 18/10/2009****Results**

	48.53	1:44.63 (56.10)	2:44.14 (59.51)	3:43.14 (59.00)	
14	Geers, Madeleine	12	City of St Albans Swim Club	3:49.29	3:57.58
	54.76	1:55.37 (1:00.61)	2:57.05 (1:01.68)	3:57.58 (1:00.53)	
15	Blocksing, Francesca	12	Greenwich Swimming Club	3:55.00	4:02.91
	56.13	1:57.73 (1:01.60)	3:01.12 (1:03.39)	4:02.91 (1:01.79)	

**Event 3 Girls 13 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Entry Time	Finals Time
1	Doyle, Kelsey	13	Hemel Hempstead Swimming Club	3:04.25	3:09.58
	42.09	1:30.05 (47.96)	2:20.66 (50.61)	3:09.58 (48.92)	
2	Isles, Antonia	13	Harrow & Wealdstone S C	3:12.13	3:09.66
	43.98	1:33.04 (49.06)	2:22.36 (49.32)	3:09.66 (47.30)	
3	Smith, Abby	13	Harpenden Swimming Club	3:13.48	3:10.15
	44.82	1:32.93 (48.11)	2:22.32 (49.39)	3:10.15 (47.83)	
4	Boland, Sian	13	Barnet Cophthall	3:15.87	3:10.20
	43.91	1:32.57 (48.66)	2:21.55 (48.98)	3:10.20 (48.65)	
5	Parkins, Katie	13	City of Milton Keynes	3:09.36	3:15.04
	45.37	1:34.68 (49.31)	2:24.63 (49.95)	3:15.04 (50.41)	
6	Davis, Rachael	13	Greenwich Swimming Club	3:28.50	3:15.91
	42.96	1:33.23 (50.27)	2:24.92 (51.69)	3:15.91 (50.99)	
7	White, Polly	13	Harrow & Wealdstone S C	3:28.00	3:16.42
	47.38	1:37.80 (50.42)	2:27.94 (50.14)	3:16.42 (48.48)	

**(Event 3 Girls 13 Year Olds 200 SC Meter Breaststroke)**

	Name	Age	Team	Entry Time	Finals Time
8	Abbott, Victoria	13	FlitwickDolphins	3:18.04	3:16.61
	46.12	1:35.60 (49.48)	2:26.76 (51.16)	3:16.61 (49.85)	
9	Morgan, Hannah	13	Aylesbury and District	3:24.26	3:19.37
	44.60	1:34.94 (50.34)	2:27.60 (52.66)	3:19.37 (51.77)	
10	Holmes, Darcy	13	Hemel Hempstead Swimming Club	3:35.82	3:21.88
	44.88	1:36.49 (51.61)	2:29.29 (52.80)	3:21.88 (52.59)	
11	Garner, Jessica	13	Harpenden Swimming Club	3:31.51	3:24.46
	46.84	1:38.22 (51.38)	2:31.18 (52.96)	3:24.46 (53.28)	
12	Smith, Sophie	13	Berkhamsted Sports Centre SC	3:26.55	3:27.47
	48.35	1:40.92 (52.57)	2:34.95 (54.03)	3:27.47 (52.52)	
13	Fuller, Laura	13	Berkhamsted Sports Centre SC	3:40.91	3:33.84
	44.99	1:39.23 (54.24)	2:36.79 (57.56)	3:33.84 (57.05)	
14	Hardy, Safina	13	Barnet Cophthall	3:38.14	3:41.42
	48.25	1:43.74 (55.49)	2:43.52 (59.78)	3:41.42 (57.90)	
15	Tinkler, Eloise	13	Verulam	3:34.18	3:44.13

**200s Meet 2009 - 18/10/2009****Results**

49.83 1:48.55 (58.72) 2:48.67 (1:00.12) 3:44.13 (55.46)

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

Name	Age	Team	Entry Time	Finals Time
1 Smith, Sorcha	15	City of Milton Keynes	2:51.01	2:55.79
	41.85	1:27.26 (45.41) 2:12.74 (45.48)	2:55.79 (43.05)	
2 Sellars, Abby	20	Harrow & Wealdstone S C	3:02.00	2:57.08
	39.56	1:25.25 (45.69) 2:11.38 (46.13)	2:57.08 (45.70)	
3 Collen, Frankie	17	Harrow & Wealdstone S C	2:53.77	2:58.88
	41.24	1:26.99 (45.75) 2:12.64 (45.65)	2:58.88 (46.24)	
4 Christie, Melissa	15	Aylesbury and District	3:03.65	3:01.85
	40.48	1:27.05 (46.57) 2:15.62 (48.57)	3:01.85 (46.23)	
5 Buchanan, Nicola	18	Greenwich Swimming Club	2:55.00	3:02.14
	40.14	1:25.54 (45.40) 2:12.71 (47.17)	3:02.14 (49.43)	
6 Cook, Harriet	16	Harpenden Swimming Club	2:59.04	3:04.68
	42.27	1:27.95 (45.68) 2:16.45 (48.50)	3:04.68 (48.23)	
7 Panayides, Alex	15	Kingston Royals	3:11.64	3:05.54
	42.49	1:29.69 (47.20) 2:17.77 (48.08)	3:05.54 (47.77)	
8 Campbell, Amelia	14	Harrow & Wealdstone S C	3:34.12	3:06.99
	43.79	1:31.46 (47.67) 2:20.67 (49.21)	3:06.99 (46.32)	
9 Bickford-Sawkins, Elizabeth	15	Kingston Royals	3:02.11	3:08.34
	41.89	1:29.77 (47.88) 2:19.94 (50.17)	3:08.34 (48.40)	
10 Thompson, Izzy	14	Harpenden Swimming Club	3:10.52	3:09.63
	43.88	1:31.42 (47.54) 2:21.31 (49.89)	3:09.63 (48.32)	
11 Zerrougui, Karima	14	Eltham Stingrays	3:08.33	3:15.98
	44.89	1:34.72 (49.83) 2:26.93 (52.21)	3:15.98 (49.05)	
12 Price, Evie	15	Berkhamsted Sports Centre SC	3:28.42	3:16.12
	44.44	1:33.45 (49.01) 2:25.64 (52.19)	3:16.12 (50.48)	
13 Wong, Caroline	14	Barnet Cophall	3:21.19	3:17.76
	46.22	1:37.27 (51.05) 2:28.80 (51.53)	3:17.76 (48.96)	
14 Morgan, Nicole	14	Harrow & Wealdstone S C	3:31.06	3:24.14
	48.25	1:40.03 (51.78) 2:32.74 (52.71)	3:24.14 (51.40)	
15 Kohler, Rebekah	14	Greenwich Swimming Club	3:33.60	3:27.24
	46.14	1:39.48 (53.34) 2:34.03 (54.55)	3:27.24 (53.21)	
16 Hadfield, Sophie	16	Greenwich Swimming Club	3:33.00	3:28.43
	46.96	1:39.38 (52.42) 2:34.41 (55.03)	3:28.43 (54.02)	
17 Abbott, Natasha	15	FlitwickDolphins	3:28.05	3:29.22
	47.58	1:40.51 (52.93) 2:35.83 (55.32)	3:29.22 (53.39)	
18 Benzerad, Yasmine	16	Greenwich Swimming Club	3:35.00	3:56.81

**200s Meet 2009 - 18/10/2009**

**Results**

52.71 1:52.58 (59.87) 2:55.84 (1:03.26) 3:56.81 (1:00.97)

**200s Meet 2009 - 18/10/2009****Results****Event 4 Boys 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Entry Time	Finals Time
1 Sadovyak, Daniel	9	Barnet Copthall	3:05.92	2:54.18
	38.82	1:26.82 (48.00)	2:12.69 (45.87)	2:54.18 (41.49)
2 Kumarage, Thushira	9	Hemel Hempstead Swimming Club	3:02.29	3:01.93
	40.28	1:27.72 (47.44)	2:15.50 (47.78)	3:01.93 (46.43)
3 Murphy, Max	9	City of Milton Keynes	3:14.97	3:04.59
	43.59	1:32.65 (49.06)	2:22.42 (49.77)	3:04.59 (42.17)
4 Harrison, Ben	9	Potters Bar SC	3:40.00	3:05.16
	41.02	1:29.15 (48.13)	2:17.89 (48.74)	3:05.16 (47.27)
5 Stevens, Jack	9	Harrow & Wealdstone S C	3:23.02	3:06.94
	42.51	1:31.80 (49.29)	2:20.94 (49.14)	3:06.94 (46.00)
6 Garratt, Ben	9	Hemel Hempstead Swimming Club	3:30.00	3:09.85
	44.50	1:33.47 (48.97)	2:24.62 (51.15)	3:09.85 (45.23)
7 Watford, Piers	9	City of St Albans Swim Club	3:42.25	3:23.02
	46.80	1:39.49 (52.69)	2:33.99 (54.50)	3:23.02 (49.03)
8 Willis, Ryan	9	Aylesbury and District	3:30.50	3:26.83
	46.28	1:40.13 (53.85)	2:35.48 (55.35)	3:26.83 (51.35)
9 Higgins, Jack	9	Potters Bar SC	3:24.00	3:29.95
	44.66	1:38.98 (54.32)	2:35.47 (56.49)	3:29.95 (54.48)
10 Hughes, John	9	Barnet Copthall	3:32.21	3:31.68
	45.45	1:39.26 (53.81)	2:37.53 (58.27)	3:31.68 (54.15)
11 Weston, Tom	9	Berkhamsted Sports Centre SC	3:33.06	3:38.52
	46.69	1:44.63 (57.94)	2:43.54 (58.91)	3:38.52 (54.98)
12 Parker, Sammy	9	Verulam	4:04.75	3:41.75
	50.55	1:46.77 (56.22)	2:45.31 (58.54)	3:41.75 (56.44)
13 Keane, Callum	9	Verulam	3:51.11	3:44.81
	50.32	1:47.57 (57.25)	2:47.16 (59.59)	3:44.81 (57.65)
14 Brown, Luke	9	Greenwich Swimming Club	4:10.00	3:49.53
	50.02	1:47.35 (57.33)	2:47.02 (59.67)	3:49.53 (1:02.51)
15 Bunting, max	9	Verulam	4:18.71	4:07.82
	50.17	1:56.34 (1:06.17)	3:03.03 (1:06.69)	4:07.82 (1:04.79)
--- Halsey, Alex	9	Barnet Copthall	4:15.00	DQ

10.1 A swimmer did not cover the whole distance – DNF

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

Name	Age	Team	Entry Time	Finals Time
1 Bandey, Haris	10	Barnet Copthall	2:45.67	2:40.78

**200s Meet 2009 - 18/10/2009****Results**

2	White, Joeseeph	36.21	1:18.38 (42.17)	2:00.88 (42.50)	2:40.78 (39.90)	3:05.60	2:49.18
				10 Greenwich Swimming Club			
3	Keegan, William	39.02	1:24.06 (45.04)	2:08.22 (44.16)	2:49.18 (40.96)	2:56.21	2:51.61
				10 Barnet Cophall			
4	Rhodes, Jamie	39.82	1:25.06 (45.24)	2:10.21 (45.15)	2:51.61 (41.40)	3:00.49	2:52.59
				10 Harrow & Wealdstone S C			
5	Duncan, Rory	38.61	1:24.09 (45.48)	2:10.36 (46.27)	2:52.59 (42.23)	3:05.28	2:53.92
				10 Harrow & Wealdstone S C			
6	Nelson, John	39.07	1:25.40 (46.33)	2:12.09 (46.69)	2:53.92 (41.83)	3:45.01	3:04.92
				10 Barnet Cophall			
7	Shewell Cooper, Jack	41.24	1:30.08 (48.84)	2:19.69 (49.61)	3:04.92 (45.23)	3:14.00	3:05.33
				10 Potters Bar SC			
8	Holmes, Kyle	40.96	1:30.04 (49.08)	2:19.65 (49.61)	3:05.33 (45.68)	3:18.85	3:06.46
				10 Hemel Hempstead Swimming Club			
9	Gilbert, Steven	42.51	1:29.95 (47.44)	2:18.46 (48.51)	3:06.46 (48.00)	3:15.91	3:06.93
				10 Harrow & Wealdstone S C			
10	Shah, Kavi	42.99	1:32.96 (49.97)	2:21.60 (48.64)	3:06.93 (45.33)	3:59.54	3:10.33
				10 Barnet Cophall			
11	Ellis, Scott	43.00	1:32.21 (49.21)	2:22.62 (50.41)	3:10.33 (47.71)	3:12.60	3:14.80
				10 Aylesbury and District			
		43.65	1:34.77 (51.12)	2:26.04 (51.27)	3:14.80 (48.76)		
<b>(Event 4 Boys 10 Year Olds 200 SC Meter Freestyle)</b>							
	<b>Name</b>		<b>Age</b>	<b>Team</b>		<b>Entry Time</b>	<b>Finals Time</b>
12	Ong, Alex		10	City of St Albans Swim Club		3:36.54	3:20.64
13	Hurst, Ollie	43.05	1:35.67 (52.62)	2:29.52 (53.85)	3:20.64 (51.12)	3:49.02	3:25.19
				10 Berkhamsted Sports Centre SC			
14	Boland, Patrick	43.93	1:39.69 (55.76)	2:36.35 (56.66)	3:25.19 (48.84)	3:30.00	3:36.69
				10 Barnet Cophall			
15	Wilkinson, Alexandros	48.55	1:43.83 (55.28)	2:40.86 (57.03)	3:36.69 (55.83)	3:44.99	3:46.63
				10 Barnet Cophall			
16	Lamplough, Jake	48.37	1:49.03 (1:00.66)	2:50.21 (1:01.18)	3:46.63 (56.42)	3:45.00	3:54.25
				10 Greenwich Swimming Club			
17	Duncombe, Eddie	50.04	1:52.50 (1:02.46)	2:54.44 (1:01.94)	3:54.25 (59.81)	3:57.49	3:56.11
				10 Berkhamsted Sports Centre SC			
---	Caryotis, Sean	49.83	1:48.70 (58.87)	2:52.66 (1:03.96)	3:56.11 (1:03.45)	4:00.00	DQ
				10 Barnet Cophall			
	5.2 Did not touch the wall at the turn or finish						
		55.01	2:01.62 (1:06.61)	4:09.72 (2:08.10)	DQ (19.88)		



**200s Meet 2009 - 18/10/2009****Results****Event 4 Boys 11 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Entry Time	Finals Time
1	Cornwell, Freddie	11	Barnet Cophall	2:36.66	2:25.81
	33.01	1:10.37 (37.36)	1:48.76 (38.39)	2:25.81 (37.05)	
2	Hudson, Hamish	11	Barnet Cophall	2:42.12	2:38.62
	37.77	1:19.47 (41.70)	2:00.49 (41.02)	2:38.62 (38.13)	
3	Revell, Michael	11	Harpenden Swimming Club	2:41.72	2:42.62
	37.75	1:20.89 (43.14)	2:03.49 (42.60)	2:42.62 (39.13)	
4	Patel, Dylan	11	Harrow & Wealdstone S C	2:59.27	2:47.65
	37.62	1:21.33 (43.71)	2:05.82 (44.49)	2:47.65 (41.83)	
5	Andrzejczyk, Jan	11	Barnet Cophall	2:54.76	3:03.50
	40.71	1:28.07 (47.36)	2:17.19 (49.12)	3:03.50 (46.31)	
6	Deal, Joe	11	Harrow & Wealdstone S C	3:20.16	3:04.47
	41.44	1:29.68 (48.24)	2:19.16 (49.48)	3:04.47 (45.31)	
7	Williamson, Ryan	11	Harrow & Wealdstone S C	3:23.88	3:08.24
	43.87	1:32.89 (49.02)	2:22.14 (49.25)	3:08.24 (46.10)	
8	Papa, Matthew	11	Potters Bar SC	3:19.30	3:11.57
	42.06	1:31.74 (49.68)	2:22.87 (51.13)	3:11.57 (48.70)	
9	Higgins, Joshua	11	Potters Bar SC	3:10.00	3:11.65
	43.87	1:33.75 (49.88)	2:24.11 (50.36)	3:11.65 (47.54)	
10	Murray, Matt	11	City of Milton Keynes	3:19.01	3:11.89
	42.64	1:30.53 (47.89)	2:16.54 (46.01)	3:11.89 (55.35)	
11	Campbell, Lewis	11	Harrow & Wealdstone S C	3:26.78	3:12.97
	44.92	1:34.63 (49.71)	2:25.01 (50.38)	3:12.97 (47.96)	
12	Roberts, Jake	11	FlitwickDolphins	3:09.81	3:17.54
	43.71	1:36.67 (52.96)	2:30.15 (53.48)	3:17.54 (47.39)	
13	Irvine, Jordan	11	City of St Albans Swim Club	3:17.56	3:19.14
	43.21	1:36.13 (52.92)	2:31.03 (54.90)	3:19.14 (48.11)	
14	Gerber, Yaron	11	Barnet Cophall	3:45.00	3:20.69
	45.01	1:35.98 (50.97)	2:30.49 (54.51)	3:20.69 (50.20)	
15	Zuluaga, Victor	11	Barnet Cophall	3:30.00	3:24.54
	45.16	1:39.53 (54.37)	2:32.91 (53.38)	3:24.54 (51.63)	
16	Elliff, Kieran	11	Berkhamsted Sports Centre SC	3:42.64	3:36.14
	46.08	1:41.50 (55.42)	2:41.03 (59.53)	3:36.14 (55.11)	

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

	Name	Age	Team	Entry Time	Finals Time
1	Elson, Ted	12	Harrow & Wealdstone S C	2:20.66	2:16.79
	31.76	1:07.11 (35.35)	1:43.03 (35.92)	2:16.79 (33.76)	

**200s Meet 2009 - 18/10/2009****Results**

2	Panacides, Sean	12	Harrow & Wealdstone S C	2:28.11	2:20.08
	33.43	1:09.90 (36.47)	1:45.79 (35.89)	2:20.08 (34.29)	
<b>(Event 4 Boys 12 Year Olds 200 SC Meter Freestyle)</b>					
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
3	Woodcock, Arthur	12	Hemel Hempstead Swimming Club	2:31.05	2:23.50
	34.01	1:10.76 (36.75)	1:47.79 (37.03)	2:23.50 (35.71)	
4	Morgan, Aaron	12	Harrow & Wealdstone S C	2:41.88	2:39.18
	36.30	1:17.02 (40.72)	1:59.14 (42.12)	2:39.18 (40.04)	
5	Henson, Samuel	12	City of St Albans Swim Club	2:42.90	2:39.36
	36.72	1:17.95 (41.23)	1:59.70 (41.75)	2:39.36 (39.66)	
6	Armstrong, Nathanael	12	Aylesbury and District	2:39.77	2:40.25
	36.01	1:17.38 (41.37)	1:59.51 (42.13)	2:40.25 (40.74)	
7	O'Riordan, Colum	12	Barnet Cophall	2:58.92	2:40.92
	37.32	1:19.18 (41.86)	2:01.74 (42.56)	2:40.92 (39.18)	
8	Anderson, James	12	Aylesbury and District	2:51.26	2:49.73
	36.17	1:19.63 (43.46)	2:05.26 (45.63)	2:49.73 (44.47)	
9	Strakosch, Tom	12	Berkhamsted Sports Centre SC	3:06.36	2:59.08
	40.02	1:26.79 (46.77)	2:13.85 (47.06)	2:59.08 (45.23)	
10	Williamson, Liam	12	Harrow & Wealdstone S C	3:08.56	3:01.08
	41.69	1:28.03 (46.34)	2:14.95 (46.92)	3:01.08 (46.13)	
11	Twitchen, Jack	12	Barnet Cophall	3:25.00	3:12.10
	44.59	1:34.67 (50.08)	2:25.86 (51.19)	3:12.10 (46.24)	
---	Duggan, Joshua	12	Harpenden Swimming Club	2:32.23	DQ
	4.4 Start before starting signal				
	34.84	1:12.96 (38.12)	1:50.22 (37.26)	DQ (36.94)	

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

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Patel, Amar	13	Harrow & Wealdstone S C	2:25.09	2:19.19
	33.57	1:10.21 (36.64)	1:45.48 (35.27)	2:19.19 (33.71)	
2	Chong, Liam	13	Barnet Cophall	2:29.99	2:30.71
	33.92	1:11.11 (37.19)	1:50.77 (39.66)	2:30.71 (39.94)	
3	Gilbert, Warren	13	Harrow & Wealdstone S C	2:36.00	2:32.63
	34.74	1:13.35 (38.61)	1:53.29 (39.94)	2:32.63 (39.34)	
4	Getter, Charles	13	City of Milton Keynes	2:37.81	2:37.19
	35.90	1:16.20 (40.30)	1:58.06 (41.86)	2:37.19 (39.13)	
5	Rochford, Ben	13	Berkhamsted Sports Centre SC	2:40.27	2:39.27
	35.55	1:16.92 (41.37)	1:59.22 (42.30)	2:39.27 (40.05)	
6	Bagia, Ravi	13	Harrow & Wealdstone S C	2:55.00	2:43.76

**200s Meet 2009 - 18/10/2009****Results**

	37.35	1:19.84 (42.49)	2:03.48 (43.64)	2:43.76 (40.28)	
7 Eaves-Bunce, Elijah		13 Verulam		2:54.01	2:52.57
	37.48	1:21.48 (44.00)	2:07.74 (46.26)	2:52.57 (44.83)	

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

Name	Age	Team	Entry Time	Finals Time	
1 Cohen, Philip	16	Harrow & Wealdstone S C	2:12.08	2:08.34	
	30.66	1:02.31 (31.65)	1:35.38 (33.07)	2:08.34 (32.96)	
2 Sawers, Josh	16	Aylesbury and District	2:10.34	2:12.23	
	29.58	1:02.81 (33.23)	1:38.11 (35.30)	2:12.23 (34.12)	
3 Hall, Lawrence	15	Hemel Hempstead Swimming Club	2:17.42	2:17.74	
	31.96	1:06.85 (34.89)	1:43.22 (36.37)	2:17.74 (34.52)	
4 Dixon, JJ	14	Harpenden Swimming Club	2:14.49	2:20.88	
	30.40	1:05.52 (35.12)	1:43.40 (37.88)	2:20.88 (37.48)	
5 Morgan, Daniel	15	Aylesbury and District	2:23.47	2:23.15	
	31.46	1:07.70 (36.24)	1:45.84 (38.14)	2:23.15 (37.31)	
6 Hill, Callum	14	Harrow & Wealdstone S C	2:19.95	2:23.36	
	34.71	1:10.46 (35.75)	1:47.96 (37.50)	2:23.36 (35.40)	
7 Harper, James	15	Harpenden Swimming Club	2:24.29	2:24.19	
	32.06	1:08.98 (36.92)	1:47.43 (38.45)	2:24.19 (36.76)	
8 Strakosch, Mark	48	Berkhamsted Sports Centre SC	2:38.67	2:37.24	
	34.41	1:13.77 (39.36)	2:37.24 (1:23.47)		

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

Name	Age	Team	Entry Time	Finals Time	
9 Imrie, Mike	16	Berkhamsted Sports Centre SC	2:34.07	2:43.50	
	34.32	1:15.71 (41.39)	2:00.00 (44.29)	2:43.50 (43.50)	

**Event 5 Boys 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Entry Time	Finals Time	
1 Stevens, Jack	9	Harrow & Wealdstone S C	4:08.30	3:45.91	
	50.05	1:49.37 (59.32)	2:49.76 (1:00.39)	3:45.91 (56.15)	
2 Kumarage, Thushira	9	Hemel Hempstead Swimming Club	3:49.76	4:00.28	
	50.12	1:52.58 (1:02.46)	2:57.53 (1:04.95)	4:00.28 (1:02.75)	
3 Harrison, Ben	9	Potters Bar SC	5:00.00	4:10.67	
	52.78	2:00.48 (1:07.70)	3:06.67 (1:06.19)	4:10.67 (1:04.00)	
--- Alexander, Samson	9	Verulam	4:40.10	DQ	

8.4 Did not touch at turn or finish with both hands, or touch not simultaneous

53.80 2:06.92 (1:13.12) 3:27.06 (1:20.14) DQ (1:17.16)

**Event 5 Boys 10 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Entry Time	Finals Time
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**200s Meet 2009 - 18/10/2009****Results**

1	Savitz, Matt	10	Barnet Cophall	3:15.00	2:53.63
	39.11	1:24.44 (45.33)	2:11.71 (47.27)	2:53.63 (41.92)	
2	Keegan, William	10	Barnet Cophall	3:35.87	3:19.64
	41.11	1:33.11 (52.00)	2:25.75 (52.64)	3:19.64 (53.89)	
3	White, Joeseeph	10	Greenwich Swimming Club	4:15.00	3:42.87
	50.03	1:49.09 (59.06)	2:47.97 (58.88)	3:42.87 (54.90)	
4	Shewell Cooper, Jack	10	Potters Bar SC	3:36.00	4:00.31
	50.88	1:54.71 (1:03.83)	2:58.97 (1:04.26)	4:00.31 (1:01.34)	

**Event 5 Boys 11 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Entry Time	Finals Time
1	Cornwell, Freddie	11	Barnet Cophall	3:12.76	2:49.56
	37.39	1:20.63 (43.24)	2:06.20 (45.57)	2:49.56 (43.36)	
2	MacCaig, Hamish	11	Berkhamsted Sports Centre SC	3:38.17	3:15.66
	41.54	1:31.75 (50.21)	2:23.00 (51.25)	3:15.66 (52.66)	
3	Revell, Michael	11	Harpenden Swimming Club	3:17.26	3:20.65
	43.87	1:35.51 (51.64)	2:27.97 (52.46)	3:20.65 (52.68)	
---	Irvine, Jordan	11	City of St Albans Swim Club	3:58.62	DQ
	8.2 Arms not brought forward together				
	51.07	2:01.52 (1:10.45)	3:18.69 (1:17.17)	DQ (1:12.36)	
---	Patel, Dylan	11	Harrow & Wealdstone S C	3:45.05	DQ
	8.3 Alternating movement of legs or feet				
	53.19	1:53.37 (1:00.18)	2:53.03 (59.66)	DQ (56.12)	

**Event 5 Boys 12 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Entry Time	Finals Time
1	Elson, Ted	12	Harrow & Wealdstone S C	2:54.38	2:40.04
	34.72	1:17.02 (42.30)	2:00.30 (43.28)	2:40.04 (39.74)	
2	Panacides, Sean	12	Harrow & Wealdstone S C	2:54.64	2:40.80
	35.30	1:16.42 (41.12)	1:59.96 (43.54)	2:40.80 (40.84)	
3	Woodcock, Freddie	12	Hemel Hempstead Swimming Club	2:59.29	2:44.94
	37.68	1:21.00 (43.32)	2:03.02 (42.02)	2:44.94 (41.92)	
4	O'Riordan, Colum	12	Barnet Cophall	3:35.00	3:24.82
	46.24	1:38.11 (51.87)	2:32.44 (54.33)	3:24.82 (52.38)	
5	Henson, Samuel	12	City of St Albans Swim Club	3:24.36	3:31.29
	41.57	1:35.71 (54.14)	2:33.26 (57.55)	3:31.29 (58.03)	
6	Morgan, Aaron	12	Harrow & Wealdstone S C	3:33.21	3:46.70
	50.14	1:48.72 (58.58)	2:49.91 (1:01.19)	3:46.70 (56.79)	

**Event 5 Boys 13 Year Olds 200 SC Meter Butterfly**

**200s Meet 2009 - 18/10/2009****Results**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1 Chong, Liam	13	Barnet Cophall	3:10.00	3:18.02
	40.60	1:26.08 (45.48)	2:21.09 (55.01)	3:18.02 (56.93)

**Event 5 Boys 14 & Over 200 SC Meter Butterfly**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1 Hunt, Kris	15	City of Milton Keynes	2:59.16	2:40.18
	35.71	1:17.40 (41.69)	2:00.21 (42.81)	2:40.18 (39.97)
2 Sawers, Josh	16	Aylesbury and District	2:35.97	2:40.19
	34.06	1:13.81 (39.75)	1:58.67 (44.86)	2:40.19 (41.52)
3 Morgan, Daniel	15	Aylesbury and District	2:39.21	2:49.59
	36.26	1:17.68 (41.42)	2:04.67 (46.99)	2:49.59 (44.92)

**200s Meet 2009 - 18/10/2009****Results****Event 6 Girls 9 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Entry Time	Finals Time
1 Hare, Georgia	9	Barnet Copthall	3:20.12	3:09.37
	45.30	1:34.81 (49.51)	2:23.34 (48.53)	3:09.37 (46.03)
2 Jackson-Virk, Phoebe	9	Barnet Copthall	3:30.91	3:19.72
	46.10	1:38.42 (52.32)	2:30.33 (51.91)	3:19.72 (49.39)
3 Morgan, Sian	9	Aylesbury and District	4:05.27	3:32.95
	51.88	1:46.99 (55.11)	2:40.76 (53.77)	3:32.95 (52.19)
4 Carver-Varela, Analise	9	Barnet Copthall	4:21.97	3:38.38
	51.82	1:48.21 (56.39)	2:45.25 (57.04)	3:38.38 (53.13)
5 Barnes, Laura	9	Harrow & Wealdstone S C	3:38.45	3:40.35
	51.92	1:48.11 (56.19)	2:44.74 (56.63)	3:40.35 (55.61)
6 Butterworth, Honey	9	Harrow & Wealdstone S C	3:59.56	3:42.21
	52.19	1:49.48 (57.29)	2:48.45 (58.97)	3:42.21 (53.76)
--- Boni, Chiara	9	Harrow & Wealdstone S C	3:39.20	DQ
	6.2 Left position on the back (other than to initiate a turn)			
	1:41.92	2:38.21 (56.29)	DQ (53.82)	

**Event 6 Girls 10 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Entry Time	Finals Time
1 Powell, Paige	10	Barnet Copthall	3:05.42	2:54.42
	42.41	1:27.61 (45.20)	2:12.16 (44.55)	2:54.42 (42.26)
2 Loh, Jasmine	10	Harrow & Wealdstone S C	3:15.77	3:00.63
	42.93	1:29.74 (46.81)	2:17.39 (47.65)	3:00.63 (43.24)
3 Fogg, Ellie	10	Hatfield	3:01.10	3:05.63
	42.62	1:30.04 (47.42)	2:19.56 (49.52)	3:05.63 (46.07)
4 Abeysekera, Isini	10	Harrow & Wealdstone S C	3:26.98	3:11.38
	47.16	1:35.86 (48.70)	2:24.61 (48.75)	3:11.38 (46.77)
5 Seoudy, Alaya	10	Barnet Copthall	3:07.30	3:11.45
	45.71	1:35.26 (49.55)	2:24.44 (49.18)	3:11.45 (47.01)
6 Jelfs, Emily	10	Hemel Hempstead Swimming Club	3:18.00	3:11.83
	44.64	1:34.95 (50.31)	2:25.33 (50.38)	3:11.83 (46.50)
7 Lima, Daniella	10	City of Milton Keynes	3:11.55	3:12.63
	45.41	1:34.01 (48.60)	2:23.12 (49.11)	3:12.63 (49.51)
8 Bell, Alice	10	Barnet Copthall	3:14.32	3:16.35
	47.34	1:36.82 (49.48)	2:28.51 (51.69)	3:16.35 (47.84)
9 Harris, Claire	10	Barnet Copthall	3:16.00	3:18.97
	48.11	1:38.77 (50.66)	2:29.30 (50.53)	3:18.97 (49.67)

**200s Meet 2009 - 18/10/2009****Results**

10	Stothard, Lauren	10	City of Milton Keynes	3:35.01	3:19.47
	46.13	1:38.33 (52.20)	2:30.31 (51.98)	3:19.47 (49.16)	
11	Geers, Heather	10	City of St Albans Swim Club	3:32.42	3:21.95
		1:39.82 ( )	2:33.03 (53.21)	3:21.95 (48.92)	
12	Twitchen, Emma	10	Barnet Cophall	3:31.29	3:23.40
	47.09	1:38.94 (51.85)	2:32.31 (53.37)	3:23.40 (51.09)	
13	Israel, Maya	10	Barnet Cophall	3:35.97	3:24.31
	48.69	1:40.60 (51.91)	2:32.48 (51.88)	3:24.31 (51.83)	
14	Sherwani-Keeling, Isabella	10	Hemel Hempstead Swimming Club	3:30.72	3:25.08
	47.42	1:41.26 (53.84)	2:35.10 (53.84)	3:25.08 (49.98)	
15	Smiles, Olivia	10	City of Milton Keynes	3:36.00	3:27.43
	47.40	1:40.18 (52.78)	2:34.65 (54.47)	3:27.43 (52.78)	
16	Smith, Lauren	10	Barnet Cophall	4:20.00	3:36.80
	52.17	1:47.43 (55.26)	2:43.99 (56.56)	3:36.80 (52.81)	
*17	Halsey, Kirsty	10	Barnet Cophall	3:41.42	3:43.49
	53.59	1:51.01 (57.42)	2:48.63 (57.62)	3:43.49 (54.86)	
*17	White, Libby	10	Harrow & Wealdstone S C	3:43.00	3:43.49
	54.17	1:52.37 (58.20)	2:51.09 (58.72)	3:43.49 (52.40)	
19	Beardwell, Charlotte	10	Harrow & Wealdstone S C	4:18.78	3:48.69
	1:54.75		2:52.05 ( )	3:48.69 (56.64)	

**(Event 6 Girls 10 Year Olds 200 SC Meter Backstroke)**

	Name	Age	Team	Entry Time	Finals Time
20	Andrawos, Amy	10	Harrow & Wealdstone S C	4:18.92	3:49.85
	55.88	1:55.91 (1:00.03)	2:53.52 (57.61)	3:49.85 (56.33)	
21	Soteriou, Alice	10	Barnet Cophall	4:00.00	3:57.19
	56.23	1:57.75 (1:01.52)	2:59.11 (1:01.36)	3:57.19 (58.08)	

**Event 6 Girls 11 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Entry Time	Finals Time
1	Stewart, Mirren	11	Barnet Cophall	2:53.10	2:47.45
	40.07	1:23.00 (42.93)	2:05.70 (42.70)	2:47.45 (41.75)	
2	Hunter, Gemma	11	Barnet Cophall	2:57.15	2:54.29
	41.16	1:25.97 (44.81)	2:10.37 (44.40)	2:54.29 (43.92)	
3	Barby, Bethany	11	City of Milton Keynes	3:00.42	2:56.84
	41.67	1:27.32 (45.65)	2:12.61 (45.29)	2:56.84 (44.23)	
4	Winfield, Lauren	11	City of St Albans Swim Club	3:03.22	2:57.10
	41.93	1:27.96 (46.03)	2:14.21 (46.25)	2:57.10 (42.89)	
5	Hancock, Zoe	11	Aylesbury and District	3:00.53	2:57.35
	41.79	1:26.35 (44.56)	2:12.18 (45.83)	2:57.35 (45.17)	

**200s Meet 2009 - 18/10/2009****Results**

6	Barnes, Hollie	11	Harrow & Wealdstone S C	3:16.57	2:58.82
	43.38	1:29.04 (45.66)	2:15.64 (46.60)	2:58.82 (43.18)	
7	Daley, Harriet	11	City of Milton Keynes	3:04.92	3:02.35
	43.07	1:29.57 (46.50)	2:17.60 (48.03)	3:02.35 (44.75)	
8	Filippone, Sabina	11	Barnet Cophall	3:01.13	3:02.45
	43.36	1:30.62 (47.26)	2:17.89 (47.27)	3:02.45 (44.56)	
9	Donlevey, Amy-Clare	11	Harrow & Wealdstone S C	3:09.17	3:03.33
	45.41	1:33.10 (47.69)	2:19.45 (46.35)	3:03.33 (43.88)	
10	Hayashi, Chihiro	11	Barnet Cophall	3:21.54	3:05.17
	43.49	1:30.19 (46.70)	2:17.76 (47.57)	3:05.17 (47.41)	
11	Kramer, Elisha	11	Barnet Cophall	3:00.15	3:06.05
	44.91	1:32.34 (47.43)	2:19.77 (47.43)	3:06.05 (46.28)	
12	Fillmore, Charlotte	11	Verulam	3:05.46	3:09.22
	43.13	1:31.51 (48.38)	2:23.02 (51.51)	3:09.22 (46.20)	
13	Swanston, Ellesha	11	City of Milton Keynes	3:18.38	3:09.28
	44.18	1:33.55 (49.37)	2:22.93 (49.38)	3:09.28 (46.35)	
14	Lyons, Hannah	11	Harrow & Wealdstone S C	3:15.10	3:10.23
	45.85	1:34.73 (48.88)	2:23.02 (48.29)	3:10.23 (47.21)	
15	Henson, Sophie	11	City of St Albans Swim Club	3:13.06	3:15.42
	46.26	1:35.83 (49.57)	2:27.01 (51.18)	3:15.42 (48.41)	
16	Over, Samantha	11	Potters Bar SC	3:29.00	3:17.11
	46.84	1:38.95 (52.11)	2:30.65 (51.70)	3:17.11 (46.46)	
17	Norris, Phoebe	11	Barnet Cophall	3:24.46	3:17.91
	48.87	1:40.03 (51.16)	2:30.20 (50.17)	3:17.91 (47.71)	
18	Nicholson, Rebecca	11	Harrow & Wealdstone S C	3:45.79	3:19.42
	46.98	1:38.81 (51.83)	2:30.78 (51.97)	3:19.42 (48.64)	
19	Lewis, Bronwen	11	Barnet Cophall	3:16.79	3:21.17
	47.82	1:38.26 (50.44)	2:29.93 (51.67)	3:21.17 (51.24)	
20	Merelie, Juliet	11	Harpenden Swimming Club	3:28.23	3:22.45
	50.32	1:43.01 (52.69)	2:35.36 (52.35)	3:22.45 (47.09)	
21	Coulson, Hannah	11	Berkhamsted Sports Centre SC	3:34.62	3:23.32
	48.26	1:41.09 (52.83)	2:33.96 (52.87)	3:23.32 (49.36)	
22	Brown, Katie	11	Berkhamsted Sports Centre SC	3:27.75	3:24.10
	46.95	1:40.20 (53.25)	2:33.29 (53.09)	3:24.10 (50.81)	
23	Djordjic, Jovana	11	Barnet Cophall	3:40.06	3:25.19
	48.40	1:40.21 (51.81)	2:32.61 (52.40)	3:25.19 (52.58)	
24	Narayanan, Ashwathi	11	Barnet Cophall	3:58.99	3:39.66
	51.30	1:46.14 (54.84)	2:43.85 (57.71)	3:39.66 (55.81)	
25	Presser, Rachel	11	Barnet Cophall	4:00.00	3:40.24



**200s Meet 2009 - 18/10/2009****Results**

<b>(Event 6 Girls 11 Year Olds 200 SC Meter Backstroke)</b>					
Name	Age	Team	Entry Time	Finals Time	
26 Jovic, Nicol	11	Barnet Cophall	3:58.72	3:50.99	
---					
53.46	1:49.83 (58.45)	2:48.68 (58.85)	3:40.24 (51.56)		
---					
Boni, Sophia	11	Harrow & Wealdstone S C	3:30.67	DQ	
6.2 Left position on the back (other than to initiate a turn)					
---					
48.19	1:40.76 (52.57)	2:35.06 (54.30)	DQ (47.78)		
---					
Neill, Charlotte	11	Aylesbury and District	3:12.52	DQ	
6.2 Left position on the back (other than to initiate a turn)					
---					
44.03	1:31.95 (47.92)	2:20.81 (48.86)	DQ (45.98)		

**Event 6 Girls 12 Year Olds 200 SC Meter Backstroke**

Name	Age	Team	Entry Time	Finals Time	
1 Evans, Charlotte	12	Aylesbury and District	2:41.80	2:37.86	
37.92	1:17.62 (39.70)	1:58.68 (41.06)	2:37.86 (39.18)		
2 Willis, Katie	12	Aylesbury and District	2:40.50	2:38.07	
37.54	1:17.93 (40.39)	1:58.86 (40.93)	2:38.07 (39.21)		
3 Bethley, Jamilla	12	Barnet Cophall	2:41.63	2:40.67	
37.58	1:18.22 (40.64)	1:59.86 (41.64)	2:40.67 (40.81)		
4 Vincent, Eadaoin	12	Barnet Cophall	2:41.48	2:44.38	
38.27	1:19.21 (40.94)	2:02.31 (43.10)	2:44.38 (42.07)		
5 Bandey, Anum	12	Barnet Cophall	2:47.16	2:45.31	
39.24	1:21.22 (41.98)	2:03.80 (42.58)	2:45.31 (41.51)		
6 Whiteside, Mollie	12	Barnet Cophall	2:43.61	2:47.24	
38.89	1:21.41 (42.52)	2:04.66 (43.25)	2:47.24 (42.58)		
7 Savill, Josie	12	Kingston Royals	2:56.43	2:47.83	
40.03	1:22.10 (42.07)	2:05.31 (43.21)	2:47.83 (42.52)		
8 Lima, Alexandra	12	City of Milton Keynes	2:45.75	2:51.23	
39.31	1:22.64 (43.33)	2:07.04 (44.40)	2:51.23 (44.19)		
9 Brown, Amelia	12	City of Milton Keynes	3:00.47	2:56.02	
42.40	1:26.78 (44.38)	2:12.64 (45.86)	2:56.02 (43.38)		
10 Kelleher, Chloe	12	City of Milton Keynes	2:57.06	2:57.30	
42.10	1:26.95 (44.85)	2:13.47 (46.52)	2:57.30 (43.83)		
11 Lawson, Georgina	12	Potters Bar SC	3:07.90	2:58.07	
41.37	1:27.98 (46.61)	2:15.86 (47.88)	2:58.07 (42.21)		
12 Jackson, Katy	12	Harpenden Swimming Club	3:28.29	3:06.27	
45.14	1:32.51 (47.37)	2:20.65 (48.14)	3:06.27 (45.62)		
13 Shultze, Erica	12	Greenwich Swimming Club	3:18.50	3:08.94	



**200s Meet 2009 - 18/10/2009****Results**

	43.37	1:30.70 (47.33)	2:19.43 (48.73)	3:05.34 (45.91)	
12	Isles, Antonia		13 Harrow & Wealdstone S C	3:09.58	3:07.64
	44.63	1:32.88 (48.25)	2:21.51 (48.63)	3:07.64 (46.13)	
13	Smith, Sophie		13 Berkhamsted Sports Centre SC	3:11.64	3:18.42
	45.36	1:35.92 (50.56)	2:28.53 (52.61)	3:18.42 (49.89)	

**Event 6 Girls 14 & Over 200 SC Meter Backstroke**

	Name	Age	Team	Entry Time	Finals Time
1	Henson, Charlotte	15	City of St Albans Swim Club	2:30.45	2:28.58
	34.59	1:12.46 (37.87)	1:50.99 (38.53)	2:28.58 (37.59)	
2	Buchanan, Nicola	18	Greenwich Swimming Club	2:38.00	2:34.81
	36.34	1:15.24 (38.90)	1:55.08 (39.84)	2:34.81 (39.73)	
3	Panayides, Alex	15	Kingston Royals	2:33.43	2:35.55
	36.22	1:15.61 (39.39)	1:55.99 (40.38)	2:35.55 (39.56)	
4	Sellars, Abby	20	Harrow & Wealdstone S C	2:45.00	2:36.85
	36.73	1:15.94 (39.21)	1:55.62 (39.68)	2:36.85 (41.23)	
5	Collen, Frankie	17	Harrow & Wealdstone S C	2:35.00	2:39.93
	37.51	1:18.52 (41.01)	1:59.68 (41.16)	2:39.93 (40.25)	
6	Wong, Caroline	14	Barnet Cophthall	2:42.29	2:44.26
	38.64	1:21.29 (42.65)	2:04.48 (43.19)	2:44.26 (39.78)	
7	Zerrougui, Karima	14	Eltham Stingrays	2:45.20	2:45.62
	39.04	1:21.39 (42.35)	2:04.63 (43.24)	2:45.62 (40.99)	
8	Bickford-Sawkings, Elizabeth	15	Kingston Royals	2:42.15	2:45.81
	39.10	1:21.30 (42.20)	2:04.62 (43.32)	2:45.81 (41.19)	
9	Beard, Chloe	14	City of St Albans Swim Club	2:45.36	2:46.10
	38.02	1:20.34 (42.32)	2:04.18 (43.84)	2:46.10 (41.92)	
10	Morgan, Nicole	14	Harrow & Wealdstone S C	2:58.66	2:51.45
	39.99	1:23.44 (43.45)	2:08.33 (44.89)	2:51.45 (43.12)	
11	Mackey, Laura	14	FlitwickDolphins	3:01.90	2:55.21
	41.78	1:26.76 (44.98)	2:13.19 (46.43)	2:55.21 (42.02)	
12	Parkes, Lottie	17	Harrow & Wealdstone S C	3:00.00	2:56.77
	42.06	1:26.82 (44.76)	2:11.87 (45.05)	2:56.77 (44.90)	
13	Cohen, Carolyn	14	Harrow & Wealdstone S C	3:07.56	3:01.23
	42.48	1:28.92 (46.44)	2:15.86 (46.94)	3:01.23 (45.37)	
14	Abbott, Natasha	15	FlitwickDolphins	3:08.88	3:06.11
	44.17	1:30.99 (46.82)	2:19.50 (48.51)	3:06.11 (46.61)	

**200s Meet 2009 - 18/10/2009****Results****Event 7 Boys 9 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Entry Time	Finals Time
1 Kumarage, Thushira	9	Hemel Hempstead Swimming Club	3:50.12	3:47.02
	53.81	1:52.92 (59.11) 2:51.49 (58.57)	3:47.02 (55.53)	
2 Murphy, Max	9	City of Milton Keynes	3:50.82	3:48.47
	55.40	1:55.08 (59.68) 2:54.21 (59.13)	3:48.47 (54.26)	
3 Sadovyak, Daniel	9	Barnet Cophall	4:25.00	3:53.81
	53.01	1:54.91 (1:01.90) 2:55.70 (1:00.79)	3:53.81 (58.11)	
4 Brown, Luke	9	Greenwich Swimming Club	4:55.00	4:08.02
	58.74	2:01.33 (1:02.59) 3:05.36 (1:04.03)	4:08.02 (1:02.66)	
5 Hughes, John	9	Barnet Cophall	4:21.97	4:09.94
	59.85	2:04.88 (1:05.03) 3:08.93 (1:04.05)	4:09.94 (1:01.01)	
6 Parker, Sammy	9	Verulam	4:21.00	4:12.39
	59.68	2:03.73 (1:04.05) 3:10.61 (1:06.88)	4:12.39 (1:01.78)	
7 Willis, Ryan	9	Aylesbury and District	4:08.40	4:12.83
	57.52	2:03.78 (1:06.26) 3:10.73 (1:06.95)	4:12.83 (1:02.10)	
8 Garratt, Ben	9	Hemel Hempstead Swimming Club	4:32.00	4:24.67
	1:01.46	2:09.63 (1:08.17) 3:18.88 (1:09.25)	4:24.67 (1:05.79)	

**Event 7 Boys 10 Year Olds 200 SC Meter Breaststroke**

Name	Age	Team	Entry Time	Finals Time
1 Bandey, Haris	10	Barnet Cophall	3:30.62	3:30.89
	47.83	1:42.96 (55.13) 2:38.59 (55.63)	3:30.89 (52.30)	
2 Campfield, Daniel	10	Harpenden Swimming Club	3:48.24	3:41.60
	50.64	1:48.08 (57.44) 2:45.54 (57.46)	3:41.60 (56.06)	
3 Holmes, Kyle	10	Hemel Hempstead Swimming Club	3:43.28	3:42.33
	50.71	1:49.09 (58.38) 2:48.38 (59.29)	3:42.33 (53.95)	
4 Ong, Alex	10	City of St Albans Swim Club	3:48.51	3:48.92
	50.78	1:52.07 (1:01.29) 2:50.35 (58.28)	3:48.92 (58.57)	
5 Shah, Kavi	10	Barnet Cophall	4:35.76	3:49.03
	52.99	1:51.61 (58.62) 2:51.83 (1:00.22)	3:49.03 (57.20)	
6 Hensman, Joseph	10	City of St Albans Swim Club	3:52.56	3:55.65
	54.81	1:56.78 (1:01.97) 2:56.45 (59.67)	3:55.65 (59.20)	
7 White, Joseph	10	Greenwich Swimming Club	4:40.00	4:04.45
	58.23	2:01.25 (1:03.02) 3:04.53 (1:03.28)	4:04.45 (59.92)	
8 Shewell Cooper, Jack	10	Potters Bar SC	4:20.00	4:06.33
	58.38	2:02.01 (1:03.63) 3:05.34 (1:03.33)	4:06.33 (1:00.99)	
9 Duncombe, Eddie	10	Berkhamsted Sports Centre SC	4:40.90	4:15.30

**200s Meet 2009 - 18/10/2009****Results**

10	Boland, Patrick	58.36	2:03.86 (1:05.50)	3:10.00 (1:06.14)	4:15.30 (1:05.30)	4:30.00	4:17.68
				10 Barnet Cophall			
11	Gilbert, Steven	58.84	2:04.43 (1:05.59)	3:12.17 (1:07.74)	4:17.68 (1:05.51)	4:07.14	4:18.14
				10 Harrow & Wealdstone S C			
12	Duncan, Rory	59.68	2:06.53 (1:06.85)	3:14.69 (1:08.16)	4:18.14 (1:03.45)	4:19.00	4:24.06
				10 Harrow & Wealdstone S C			
---	Nelson, John	57.35	2:03.03 (1:05.68)	3:14.66 (1:11.63)	4:24.06 (1:09.40)	4:32.99	DQ
				10 Barnet Cophall			
			7.4 Leg movements not simultaneous (alternating leg movement)				
---	Caryotis, Sean	1:02.11	2:10.47 (1:08.36)	3:19.65 (1:09.18)	DQ (1:08.30)	4:45.00	DQ
				10 Barnet Cophall			
			7.4 Leg movements not on the same plane				
---	Wilkinson, Alexandros	1:04.71	2:20.05 (1:15.34)	3:34.34 (1:14.29)	DQ (1:11.44)	4:29.63	DQ
				10 Barnet Cophall			
			7.4 Leg movements not on the same plane				
		1:02.16	2:11.49 (1:09.33)	3:20.20 (1:08.71)	DQ (1:05.35)		

**Event 7 Boys 11 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Entry Time	Finals Time
1	Smith, Ryan	11	City of Milton Keynes	3:22.42	3:12.48
				44.42	1:33.83 (49.41)
				2:23.78 (49.95)	3:12.48 (48.70)
<b>(Event 7 Boys 11 Year Olds 200 SC Meter Breaststroke)</b>					
	Name	Age	Team	Entry Time	Finals Time
2	Cornwell, Freddie	11	Barnet Cophall	3:33.99	3:12.96
3	Gerber, Yaron	11	Barnet Cophall	45.47	1:35.48 (50.01)
				2:25.53 (50.05)	3:12.96 (47.43)
4	Deal, Joe	11	Harrow & Wealdstone S C	52.75	1:49.01 (56.26)
				2:48.87 (59.86)	3:45.26 (56.39)
5	Andrzejczyk, Jan	11	Barnet Cophall	52.18	1:52.83 (1:00.65)
				2:51.97 (59.14)	3:50.35 (58.38)
6	Zuluaga, Victor	11	Barnet Cophall	54.50	1:54.58 (1:00.08)
				2:54.27 (59.69)	3:50.75 (56.48)
7	Roberts, Jake	11	FlitwickDolphins	56.08	1:59.96 (1:03.88)
				3:03.20 (1:03.24)	4:06.10 (1:02.90)
8	Williamson, Ryan	11	Harrow & Wealdstone S C	56.09	2:00.98 (1:04.89)
				3:05.53 (1:04.55)	4:06.40 (1:00.87)
9	Papa, Matthew	11	Potters Bar SC	59.01	2:01.67 (1:02.66)
				3:06.39 (1:04.72)	4:07.34 (1:00.95)
				59.26	2:04.43 (1:05.17)
				3:09.01 (1:04.58)	4:12.83 (1:03.82)

**200s Meet 2009 - 18/10/2009****Results****Event 7 Boys 12 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Entry Time	Finals Time
1	Armstrong, Nathanael	12	Aylesbury and District	3:11.08	3:05.48
	41.63	1:29.56 (47.93)	2:17.84 (48.28)	3:05.48 (47.64)	
2	Woodcock, Freddie	12	Hemel Hempstead Swimming Club	3:06.68	3:05.90
	43.87	1:32.42 (48.55)	2:20.39 (47.97)	3:05.90 (45.51)	
3	Woodcock, Arthur	12	Hemel Hempstead Swimming Club	3:26.69	3:09.48
	44.43	1:32.38 (47.95)	2:22.46 (50.08)	3:09.48 (47.02)	
4	Panacides, Sean	12	Harrow & Wealdstone S C	3:48.28	3:23.36
	47.08	1:39.87 (52.79)	2:31.94 (52.07)	3:23.36 (51.42)	
5	Morgan, Aaron	12	Harrow & Wealdstone S C	3:29.38	3:29.26
	47.01	1:41.53 (54.52)	2:36.42 (54.89)	3:29.26 (52.84)	
6	O'Riordan, Colum	12	Barnet Cophall	3:40.40	3:35.91
	50.32	1:48.27 (57.95)	2:42.06 (53.79)	3:35.91 (53.85)	
7	Horne, Zac	12	City of St Albans Swim Club	3:47.03	3:38.44
	49.37	1:45.52 (56.15)	2:42.08 (56.56)	3:38.44 (56.36)	
8	Hensman, Peter	12	City of St Albans Swim Club	3:44.86	3:38.84
	49.47	1:46.10 (56.63)	2:42.97 (56.87)	3:38.84 (55.87)	
9	Williamson, Liam	12	Harrow & Wealdstone S C	3:54.51	3:47.81
	54.06	1:53.44 (59.38)	2:52.09 (58.65)	3:47.81 (55.72)	
10	Twitchen, Jack	12	Barnet Cophall	3:55.00	4:01.52
	57.37	2:00.02 (1:02.65)	3:01.32 (1:01.30)	4:01.52 (1:00.20)	

**Event 7 Boys 13 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Entry Time	Finals Time
1	Patel, Amar	13	Harrow & Wealdstone S C	3:03.67	2:56.22
	40.91	1:25.92 (45.01)	2:11.35 (45.43)	2:56.22 (44.87)	
2	Chong, Liam	13	Barnet Cophall	3:26.14	3:13.49
	44.78	1:34.09 (49.31)	2:24.60 (50.51)	3:13.49 (48.89)	
3	Rochford, Ben	13	Berkhamsted Sports Centre SC	3:36.03	3:21.33
	45.87	1:36.16 (50.29)	2:30.09 (53.93)	3:21.33 (51.24)	
4	Getter, Charles	13	City of Milton Keynes	3:34.12	3:26.68
	46.36	1:39.77 (53.41)	2:33.31 (53.54)	3:26.68 (53.37)	
5	Gilbert, Warren	13	Harrow & Wealdstone S C	3:34.00	3:34.78
	49.23	1:44.03 (54.80)	2:40.01 (55.98)	3:34.78 (54.77)	
6	Eaves-Bunce, Elijah	13	Verulam	3:38.99	3:44.21
	49.82	1:47.85 (58.03)	2:46.20 (58.35)	3:44.21 (58.01)	

**Event 7 Boys 14 & Over 200 SC Meter Breaststroke**

	Name	Age	Team	Entry Time	Finals Time
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**200s Meet 2009 - 18/10/2009****Results**

1	Cohen, Philip	16	Harrow & Wealdstone S C	3:04.84	2:55.87
	39.92	1:24.49 (44.57)	2:10.07 (45.58)	2:55.87 (45.80)	
2	Morgan, Daniel	15	Aylesbury and District	3:14.91	3:03.94
	41.99	1:28.99 (47.00)	2:16.93 (47.94)	3:03.94 (47.01)	
3	Askew, Connal	23	Greenwich Swimming Club	2:55.53	3:04.02
	39.97	1:25.95 (45.98)	2:15.59 (49.64)	3:04.02 (48.43)	
4	Hill, Callum	14	Harrow & Wealdstone S C	3:11.00	3:12.04
	44.70	1:32.95 (48.25)	2:22.33 (49.38)	3:12.04 (49.71)	
5	Imrie, Mike	16	Berkhamsted Sports Centre SC	3:09.28	3:20.65
	41.18	1:32.91 (51.73)	2:26.96 (54.05)	3:20.65 (53.69)	

**200s Meet 2009 - 18/10/2009****Results****Event 8 Girls 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Entry Time	Finals Time
1 Hare, Georgia	9	Barnet Cophall	3:06.34	2:57.92
41.77	1:28.86 (47.09)	2:15.71 (46.85)	2:57.92 (42.21)	
2 Jackson-Virk, Phoebe	9	Barnet Cophall	3:29.58	3:10.29
43.53	1:33.42 (49.89)	2:22.55 (49.13)	3:10.29 (47.74)	
3 Barnes, Laura	9	Harrow & Wealdstone S C	3:33.36	3:10.67
43.25	1:33.12 (49.87)	2:23.64 (50.52)	3:10.67 (47.03)	
4 Morgan, Sian	9	Aylesbury and District	3:34.40	3:15.58
44.29	1:34.81 (50.52)	2:26.68 (51.87)	3:15.58 (48.90)	
5 Boni, Chiara	9	Harrow & Wealdstone S C	3:50.00	3:18.37
45.58	1:36.67 (51.09)	2:28.16 (51.49)	3:18.37 (50.21)	
6 Butterworth, Honey	9	Harrow & Wealdstone S C	3:44.41	3:24.75
45.62	1:39.98 (54.36)	2:35.84 (55.86)	3:24.75 (48.91)	
7 Baccas, Elena	9	Verulam	3:40.94	3:25.35
42.64	1:35.69 (53.05)	2:31.28 (55.59)	3:25.35 (54.07)	
8 Carver-Varela, Analise	9	Barnet Cophall	4:12.00	3:28.27
46.42	1:42.05 (55.63)	2:37.29 (55.24)	3:28.27 (50.98)	
9 Horne, Grace	9	City of St Albans Swim Club	4:01.22	3:30.45
1:41.05	3:30.45 (1:49.40)			
10 Oliver, Jessica	9	Greenwich Swimming Club	3:50.00	3:48.14
49.19	1:48.23 (59.04)	2:51.01 (1:02.78)	3:48.14 (57.13)	
11 Horwood-Jones, Harriet	9	Berkhamsted Sports Centre SC	4:01.71	3:53.82
49.79	1:48.21 (58.42)	2:51.02 (1:02.81)	3:53.82 (1:02.80)	
--- Hall, Chloe	9	Hemel Hempstead Swimming Club	3:48.00	DQ
4.4 Start before starting signal				
48.90	1:46.95 (58.05)	2:50.60 (1:03.65)	DQ (57.09)	

**Event 8 Girls 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Entry Time	Finals Time
1 Houben, Andrea	10	Potters Bar SC	3:04.28	2:49.67
39.68	1:24.57 (44.89)	2:09.87 (45.30)	2:49.67 (39.80)	
2 Loh, Jasmine	10	Harrow & Wealdstone S C	2:59.55	2:49.94
39.30	1:23.50 (44.20)	2:07.83 (44.33)	2:49.94 (42.11)	
3 Seoudy, Alaya	10	Barnet Cophall	2:45.03	2:52.25
38.79	1:23.20 (44.41)	2:08.10 (44.90)	2:52.25 (44.15)	
4 Fogg, Ellie	10	Hatfield	2:45.16	2:53.52
39.51	1:25.13 (45.62)	2:10.34 (45.21)	2:53.52 (43.18)	



**200s Meet 2009 - 18/10/2009****Results**

5	Bell, Alice	10	Barnet Cophall	2:50.88	2:55.82
	39.44	1:26.85 (47.41)	2:13.72 (46.87)	2:55.82 (42.10)	
6	Harris, Claire	10	Barnet Cophall	3:00.14	2:56.44
	41.71	1:26.97 (45.26)	2:13.27 (46.30)	2:56.44 (43.17)	
7	Abeysekera, Isini	10	Harrow & Wealdstone S C	3:04.25	2:57.35
	40.82	1:25.39 (44.57)	2:11.41 (46.02)	2:57.35 (45.94)	
8	Evans, Tilly	10	Greenwich Swimming Club	3:05.60	3:00.66
	39.71	1:27.12 (47.41)	2:16.06 (48.94)	3:00.66 (44.60)	
9	Stothard, Lauren	10	City of Milton Keynes	3:07.05	3:03.19
	40.92	1:28.36 (47.44)	2:17.41 (49.05)	3:03.19 (45.78)	
10	Jelfs, Emily	10	Hemel Hempstead Swimming Club	3:09.07	3:04.56
	40.96	1:29.32 (48.36)	2:18.15 (48.83)	3:04.56 (46.41)	
11	Geers, Heather	10	City of St Albans Swim Club	3:04.96	3:05.27
	40.49	1:27.69 (47.20)	2:17.77 (50.08)	3:05.27 (47.50)	
12	Dixon, Millie	10	Harpenden Swimming Club	3:15.30	3:05.33
	41.39	1:28.99 (47.60)	2:17.67 (48.68)	3:05.33 (47.66)	
13	Sherwani-Keeling, Isabella	10	Hemel Hempstead Swimming Club	3:25.22	3:10.14
	42.70	1:32.22 (49.52)	2:23.59 (51.37)	3:10.14 (46.55)	
14	Twitchen, Emma	10	Barnet Cophall	4:00.00	3:15.67
	43.49	1:33.98 (50.49)	2:25.95 (51.97)	3:15.67 (49.72)	
<b>(Event 8 Girls 10 Year Olds 200 SC Meter Freestyle)</b>					
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
15	Israel, Maya	10	Barnet Cophall	3:29.68	3:15.79
	43.55	1:32.76 (49.21)	2:25.07 (52.31)	3:15.79 (50.72)	
16	Smiles, Olivia	10	City of Milton Keynes	3:25.38	3:17.35
	42.93	1:35.18 (52.25)	2:29.46 (54.28)	3:17.35 (47.89)	
17	Benzerad, Melissa	10	Greenwich Swimming Club	3:28.96	3:17.40
	41.62	1:33.16 (51.54)	2:26.63 (53.47)	3:17.40 (50.77)	
18	White, Libby	10	Harrow & Wealdstone S C	3:28.49	3:19.32
	45.01	1:35.64 (50.63)	2:28.84 (53.20)	3:19.32 (50.48)	
19	Halsey, Kirsty	10	Barnet Cophall	3:55.00	3:20.50
	45.39	1:37.18 (51.79)	2:29.59 (52.41)	3:20.50 (50.91)	
20	Mart, Kylah	10	Aylesbury and District	3:46.00	3:23.48
	42.13	1:32.53 (50.40)	2:31.31 (58.78)	3:23.48 (52.17)	
21	Smith, Lauren	10	Barnet Cophall	4:00.00	3:27.25
	46.91	1:40.91 (54.00)	2:35.48 (54.57)	3:27.25 (51.77)	
22	Beardwell, Charlotte	10	Harrow & Wealdstone S C	3:58.52	3:32.40
	45.26	1:38.66 (53.40)	2:35.12 (56.46)	3:32.40 (57.28)	
23	Soteriou, Alice	10	Barnet Cophall	3:35.01	3:37.49

**200s Meet 2009 - 18/10/2009****Results**

	47.49	1:44.68 (57.19)	2:43.32 (58.64)	3:37.49 (54.17)	
24 Andrawos, Amy		10 Harrow & Wealdstone S C		3:58.78	3:52.16

	51.84	1:53.70 (1:01.86)	2:54.37 (1:00.67)	3:52.16 (57.79)	
--- Lima, Daniella		10 City of Milton Keynes		3:00.52	DQ

10.1 A swimmer did not cover the whole distance – DNF

	41.90	1:28.00 (46.10)	2:14.83 (46.83)	
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**Event 8 Girls 11 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Entry Time	Finals Time
1 Stewart, Mirren	11	Barnet Cophall	2:37.01	2:31.22
	35.77	1:15.03 (39.26)	1:53.95 (38.92)	2:31.22 (37.27)
2 Hunter, Gemma	11	Barnet Cophall	2:44.23	2:39.87
	37.07	1:18.09 (41.02)	1:59.78 (41.69)	2:39.87 (40.09)
3 Barnes, Hollie	11	Harrow & Wealdstone S C	3:09.38	2:42.65
	38.18	1:20.23 (42.05)	2:01.68 (41.45)	2:42.65 (40.97)
4 Brand, Yazi	11	Berkhamsted Sports Centre SC	2:46.02	2:44.32
	36.88	1:20.12 (43.24)	2:03.97 (43.85)	2:44.32 (40.35)
5 Barby, Bethany	11	City of Milton Keynes	2:46.35	2:46.72
	37.25	1:20.26 (43.01)	2:04.66 (44.40)	2:46.72 (42.06)
6 Fillmore, Charlotte	11	Verulam	3:02.44	2:46.87
	36.62	1:18.64 (42.02)	2:03.80 (45.16)	2:46.87 (43.07)
7 Winfield, Lauren	11	City of St Albans Swim Club	2:50.78	2:48.88
	39.09	1:23.85 (44.76)	2:08.60 (44.75)	2:48.88 (40.28)
8 Hancock, Zoe	11	Aylesbury and District	2:41.55	2:48.93
	38.95	1:21.52 (42.57)	2:05.89 (44.37)	2:48.93 (43.04)
9 Kramer, Elisha	11	Barnet Cophall	2:46.18	2:49.06
	38.76	1:22.11 (43.35)	2:06.33 (44.22)	2:49.06 (42.73)
10 Filippone, Sabina	11	Barnet Cophall	2:56.53	2:49.73
	39.64	1:24.12 (44.48)	2:08.85 (44.73)	2:49.73 (40.88)
11 Daley, Harriet	11	City of Milton Keynes	3:00.64	2:53.74
	39.16	1:24.00 (44.84)	2:10.01 (46.01)	2:53.74 (43.73)
12 Merelie, Juliet	11	Harpenden Swimming Club	2:52.87	2:53.83
	41.26	1:27.06 (45.80)	2:13.00 (45.94)	2:53.83 (40.83)
13 Lewis, Bronwen	11	Barnet Cophall	2:58.90	2:53.89
	40.04	1:23.68 (43.64)	2:08.86 (45.18)	2:53.89 (45.03)
14 Neill, Charlotte	11	Aylesbury and District	2:51.62	2:54.70
	38.82	1:24.12 (45.30)	2:09.91 (45.79)	2:54.70 (44.79)
15 Lyons, Hannah	11	Harrow & Wealdstone S C	3:10.34	2:56.99
	40.27	1:26.43 (46.16)	2:13.33 (46.90)	2:56.99 (43.66)

**200s Meet 2009 - 18/10/2009****Results**

16	Hayashi, Chihiro	11	Barnet Cophall	3:20.88	2:57.24
	39.67	1:23.83 (44.16)	2:11.24 (47.41)	2:57.24 (46.00)	
<b>(Event 8 Girls 11 Year Olds 200 SC Meter Freestyle)</b>					
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
17	Over, Samantha	11	Potters Bar SC	3:00.00	2:57.54
	39.79	1:27.43 (47.64)	2:15.05 (47.62)	2:57.54 (42.49)	
18	Donlevey, Amy-Clare	11	Harrow & Wealdstone S C	3:14.49	3:00.68
	41.87	1:28.99 (47.12)	2:17.26 (48.27)	3:00.68 (43.42)	
19	Norris, Phoebe	11	Barnet Cophall	3:22.81	3:05.06
	43.82	1:31.78 (47.96)	2:21.21 (49.43)	3:05.06 (43.85)	
20	Djordjic, Jovana	11	Barnet Cophall	3:25.00	3:05.74
	42.21	1:30.55 (48.34)	2:19.64 (49.09)	3:05.74 (46.10)	
21	Nicholson, Rebecca	11	Harrow & Wealdstone S C	3:19.37	3:06.09
	43.20	1:31.54 (48.34)	2:19.59 (48.05)	3:06.09 (46.50)	
22	Henson, Sophie	11	City of St Albans Swim Club	3:02.89	3:06.71
	41.30	1:30.14 (48.84)	2:19.87 (49.73)	3:06.71 (46.84)	
23	Swanston, Ellesha	11	City of Milton Keynes	3:14.07	3:07.35
	41.28	1:29.83 (48.55)	2:20.76 (50.93)	3:07.35 (46.59)	
24	Brown, Katie	11	Berkhamsted Sports Centre SC	3:10.72	3:08.05
	41.23	1:30.93 (49.70)	2:21.47 (50.54)	3:08.05 (46.58)	
25	Boni, Sophia	11	Harrow & Wealdstone S C	3:23.12	3:15.20
	44.42	1:36.15 (51.73)	2:27.09 (50.94)	3:15.20 (48.11)	
26	Coulson, Hannah	11	Berkhamsted Sports Centre SC	3:37.03	3:18.62
	44.36	1:36.71 (52.35)	2:29.75 (53.04)	3:18.62 (48.87)	
27	Barnacle Best, Jodie	11	Greenwich Swimming Club	3:15.50	3:26.94
	45.20	1:37.75 (52.55)	2:33.02 (55.27)	3:26.94 (53.92)	
28	Narayanan, Ashwathi	11	Barnet Cophall	3:37.99	3:27.55
	44.26	1:38.67 (54.41)	2:33.22 (54.55)	3:27.55 (54.33)	
29	Presser, Rachel	11	Barnet Cophall	3:45.00	3:30.48
	45.24	1:39.34 (54.10)	2:35.50 (56.16)	3:30.48 (54.98)	
30	Jocic, Nicol	11	Barnet Cophall	3:40.79	3:36.90
	48.46	1:45.28 (56.82)	2:43.24 (57.96)	3:36.90 (53.66)	

**Event 8 Girls 12 Year Olds 200 SC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
1	Willis, Katie	12	Aylesbury and District	2:25.50	2:21.08
	32.20	1:07.97 (35.77)	1:45.43 (37.46)	2:21.08 (35.65)	
2	Evans, Charlotte	12	Aylesbury and District	2:25.85	2:22.94
	33.14	1:09.15 (36.01)	1:46.79 (37.64)	2:22.94 (36.15)	

**200s Meet 2009 - 18/10/2009****Results**

3	Bethley, Jamilla	12	Barnet Cophall	2:28.43	2:28.02
	33.54	1:11.19 (37.65)	1:50.03 (38.84)	2:28.02 (37.99)	
4	Bandey, Anum	12	Barnet Cophall	2:28.60	2:30.09
	35.02	1:13.24 (38.22)	1:52.20 (38.96)	2:30.09 (37.89)	
5	Hare, Jodie	12	Barnet Cophall	2:31.36	2:30.36
	35.07	1:13.49 (38.42)	1:53.01 (39.52)	2:30.36 (37.35)	
6	Whiteside, Mollie	12	Barnet Cophall	2:30.11	2:30.46
	34.46	1:12.98 (38.52)	1:52.54 (39.56)	2:30.46 (37.92)	
7	Lima, Alexandra	12	City of Milton Keynes	2:29.44	2:31.53
	34.51	1:12.23 (37.72)	1:51.70 (39.47)	2:31.53 (39.83)	
8	Vincent, Eadaoin	12	Barnet Cophall	2:36.39	2:37.14
	36.55	1:16.52 (39.97)	1:57.79 (41.27)	2:37.14 (39.35)	
9	Kelleher, Chloe	12	City of Milton Keynes	2:37.16	2:39.35
	35.83	1:16.95 (41.12)	1:59.13 (42.18)	2:39.35 (40.22)	
10	Brown, Amelia	12	City of Milton Keynes	2:40.64	2:44.45
	38.29	1:21.40 (43.11)	2:04.04 (42.64)	2:44.45 (40.41)	
11	Price, Ellen	12	Berkhamsted Sports Centre SC	2:58.56	2:45.88
	38.29	1:20.64 (42.35)	2:04.31 (43.67)	2:45.88 (41.57)	
12	Jackson, Katy	12	Harpenden Swimming Club	2:55.12	2:51.88
	37.99	1:21.43 (43.44)	2:06.58 (45.15)	2:51.88 (45.30)	
13	Herlock, Lauren	12	Verulam	3:03.31	2:55.12
	40.22	1:25.70 (45.48)	2:12.00 (46.30)	2:55.12 (43.12)	

**(Event 8 Girls 12 Year Olds 200 SC Meter Freestyle)**

	Name	Age	Team	Entry Time	Finals Time
14	Geers, Madeleine	12	City of St Albans Swim Club	2:48.04	2:57.37
	40.61	1:25.35 (44.74)	2:12.12 (46.77)	2:57.37 (45.25)	
15	Avery, Harley	12	FlitwickDolphins	3:08.00	2:57.57
	38.30	1:24.33 (46.03)	2:13.69 (49.36)	2:57.57 (43.88)	
16	Shultze, Erica	12	Greenwich Swimming Club	3:05.50	2:57.88
	38.50	1:25.77 (47.27)	2:14.05 (48.28)	2:57.88 (43.83)	
17	Mace, Charlotte	12	FlitwickDolphins	3:25.00	3:06.47
	40.11	1:27.52 (47.41)	2:17.82 (50.30)	3:06.47 (48.65)	
18	Blocksing, Francesca	12	Greenwich Swimming Club	3:24.66	3:13.04
	42.32	1:33.83 (51.51)	2:25.46 (51.63)	3:13.04 (47.58)	

**Event 8 Girls 13 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Entry Time	Finals Time
1	Doyle, Kelsey	13	Hemel Hempstead Swimming Club	2:28.93	2:25.34
	34.33	1:11.63 (37.30)	1:48.73 (37.10)	2:25.34 (36.61)	

**200s Meet 2009 - 18/10/2009****Results**

2	Boland, Sian	13	Barnet Cophall	2:27.93	2:28.70
	34.90	1:12.89 (37.99)	1:51.73 (38.84)	2:28.70 (36.97)	
3	White, Polly	13	Harrow & Wealdstone S C	2:31.00	2:29.44
	34.41	1:12.52 (38.11)	1:52.07 (39.55)	2:29.44 (37.37)	
4	Beamann, Danielle	13	City of Milton Keynes	2:28.00	2:30.68
	34.90	1:13.85 (38.95)	1:53.60 (39.75)	2:30.68 (37.08)	
5	Holmes, Darcy	13	Hemel Hempstead Swimming Club	2:45.60	2:33.90
	35.52	1:14.54 (39.02)	1:54.54 (40.00)	2:33.90 (39.36)	
6	Campfield, Megan	13	Harpenden Swimming Club	2:33.05	2:34.88
	35.76	1:16.17 (40.41)	1:57.75 (41.58)	2:34.88 (37.13)	
7	Parkins, Katie	13	City of Milton Keynes	2:34.45	2:35.56
	35.58	1:15.11 (39.53)	1:56.09 (40.98)	2:35.56 (39.47)	
8	Abbott, Victoria	13	FlitwickDolphins	2:30.00	2:37.83
	35.41	1:15.41 (40.00)	1:57.30 (41.89)	2:37.83 (40.53)	
9	Davis, Rachael	13	Greenwich Swimming Club	2:45.00	2:37.88
	35.39	1:16.57 (41.18)	1:58.07 (41.50)	2:37.88 (39.81)	
10	Niedertubbesing-Lope, Julia	13	Berkhamsted Sports Centre SC	2:40.63	2:39.18
	36.50	1:18.18 (41.68)	2:00.39 (42.21)	2:39.18 (38.79)	
11	Morgan, Hannah	13	Aylesbury and District	2:37.64	2:42.52
	36.11	1:17.88 (41.77)	2:01.12 (43.24)	2:42.52 (41.40)	
12	Smith, Amber	13	City of Milton Keynes	2:40.72	2:43.37
	38.43	1:20.54 (42.11)	2:02.44 (41.90)	2:43.37 (40.93)	
13	Fuller, Laura	13	Berkhamsted Sports Centre SC	2:38.92	2:43.76
	36.00	1:18.10 (42.10)	2:02.22 (44.12)	2:43.76 (41.54)	
14	Isles, Antonia	13	Harrow & Wealdstone S C	2:48.29	2:45.70
	38.37	1:22.35 (43.98)	2:05.60 (43.25)	2:45.70 (40.10)	
15	Garner, Jessica	13	Harpenden Swimming Club	2:46.31	2:46.77
	37.76	1:20.57 (42.81)	2:05.09 (44.52)	2:46.77 (41.68)	
16	Hardy, Safina	13	Barnet Cophall	2:54.67	2:52.10
	39.48	1:23.97 (44.49)	2:09.67 (45.70)	2:52.10 (42.43)	
17	Gatenby, Alice	13	Verulam	2:54.93	2:55.44
	39.52	1:24.66 (45.14)	2:11.22 (46.56)	2:55.44 (44.22)	

**Event 8 Girls 14 & Over 200 SC Meter Freestyle**

	Name	Age	Team	Entry Time	Finals Time
1	Sellars, Abby	20	Harrow & Wealdstone S C	2:17.00	2:14.32
	30.88	1:05.36 (34.48)	1:39.81 (34.45)	2:14.32 (34.51)	
2	Buchanan, Nicola	18	Greenwich Swimming Club	2:21.00	2:17.58
	30.97	1:05.52 (34.55)	1:41.45 (35.93)	2:17.58 (36.13)	

**200s Meet 2009 - 18/10/2009****Results**

3	Parkes, Lottie	17	Harrow & Wealdstone S C	2:16.67	2:21.53
	32.23	1:07.68 (35.45)	1:44.54 (36.86)	2:21.53 (36.99)	
4	Smith, Sorcha	15	City of Milton Keynes	2:20.49	2:22.16
	32.70	1:08.56 (35.86)	1:45.80 (37.24)	2:22.16 (36.36)	
<b>(Event 8 Girls 14 &amp; Over 200 SC Meter Freestyle)</b>					
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Entry Time</b>	<b>Finals Time</b>
5	Wong, Caroline	14	Barnet Cophall	2:21.60	2:25.50
	33.57	1:11.46 (37.89)	1:49.18 (37.72)	2:25.50 (36.32)	
6	Cook, Harriet	16	Harpenden Swimming Club	2:26.48	2:25.87
	33.44	1:09.87 (36.43)	1:47.77 (37.90)	2:25.87 (38.10)	
7	Beard, Chloe	14	City of St Albans Swim Club	2:20.79	2:25.92
	33.52	1:10.53 (37.01)	1:49.20 (38.67)	2:25.92 (36.72)	
8	Bickford-Sawkings, Elizabeth	15	Kingston Royals	2:26.24	2:28.86
	34.42	1:12.93 (38.51)	1:52.46 (39.53)	2:28.86 (36.40)	
9	Campbell, Amelia	14	Harrow & Wealdstone S C	2:34.77	2:29.39
	34.29	1:12.08 (37.79)	1:51.38 (39.30)	2:29.39 (38.01)	
10	Thompson, Izzy	14	Harpenden Swimming Club	2:28.17	2:29.98
	34.18	1:12.21 (38.03)	1:51.40 (39.19)	2:29.98 (38.58)	
11	Zerrougui, Karima	14	Eltham Stingrays	2:26.24	2:31.59
	34.65	1:13.44 (38.79)	1:53.45 (40.01)	2:31.59 (38.14)	
12	Morgan, Nicole	14	Harrow & Wealdstone S C	2:34.95	2:33.51
	36.31	1:15.73 (39.42)	1:55.72 (39.99)	2:33.51 (37.79)	
13	Price, Evie	15	Berkhamsted Sports Centre SC	2:42.52	2:39.92
	37.80	1:18.50 (40.70)	2:00.62 (42.12)	2:39.92 (39.30)	
14	Mackey, Laura	14	FlitwickDolphins	2:50.00	2:43.94
	37.05	1:20.16 (43.11)	2:04.53 (44.37)	2:43.94 (39.41)	
15	Cohen, Carolyn	14	Harrow & Wealdstone S C	2:45.33	2:46.48
	36.62	1:19.35 (42.73)	2:03.36 (44.01)	2:46.48 (43.12)	
16	Abbott, Natasha	15	FlitwickDolphins	2:50.00	2:47.58
	38.66	1:21.97 (43.31)	2:06.35 (44.38)	2:47.58 (41.23)	
17	Kohler, Rebekah	14	Greenwich Swimming Club	2:43.60	2:48.59
	38.47	1:21.75 (43.28)	2:06.94 (45.19)	2:48.59 (41.65)	
18	Bandey, Saniya	14	Barnet Cophall	2:48.41	2:50.06
	37.51	1:20.41 (42.90)	2:05.51 (45.10)	2:50.06 (44.55)	
19	Benzerad, Yasmine	16	Greenwich Swimming Club	2:49.00	3:14.89
	39.69	1:28.71 (49.02)	2:22.01 (53.30)	3:14.89 (52.88)	