

HHSC middist chmps10 licence no 4ER0232/3/4 - 17/01/2010 to 07/02/2010**Results - 31st January****Event 5 Girls 9 Year Olds 200 SC Meter IM**

| Name | Age | Team | Seed Time | Finals Time |
|---------------|-----|-------------------------------|---------------------------------|-------------|
| 1 Hall, Chloe | 9 | Hemel Hempstead Swimming Club | 4:16.00 | 4:05.07 |
| | | | 1:06.01 2:06.30 3:11.10 4:05.07 | |

Event 5 Girls 10 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-----------------|-----|-------------------------------|-------------------------------|-------------|
| 1 Pirrie, Megan | 10 | Hemel Hempstead Swimming Club | 3:24.48 | 3:08.90 |
| | | | 44.32 1:32.48 2:27.04 3:08.90 | |
| 2 Riley, Emma | 10 | Hemel Hempstead Swimming Club | 4:45.22 | 3:52.02 |
| | | | 53.92 1:55.46 3:00.51 3:52.02 | |
| 3 Lowe, Alice | 10 | Hemel Hempstead Swimming Club | 4:25.30 | 4:03.78 |
| | | | 59.23 2:02.04 3:04.33 4:03.78 | |

Event 5 Girls 11 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-------------------------------|-------------|
| 1 Wilding, Paige | 11 | Hemel Hempstead Swimming Club | 3:04.22 | 2:58.17 |
| | | | 41.29 1:24.74 2:16.76 2:58.17 | |
| 2 Abrey, Aimee | 11 | Hemel Hempstead Swimming Club | 3:06.28 | 3:00.39 |
| | | | 41.77 1:25.73 2:20.22 3:00.39 | |
| 3 Mayhew, Freya | 11 | Hemel Hempstead Swimming Club | 3:05.37 | 3:04.94 |
| | | | 44.16 1:28.36 2:21.65 3:04.94 | |
| 4 Farrow, Becky | 11 | Hemel Hempstead Swimming Club | 3:23.83 | 3:09.21 |
| | | | 42.96 1:31.36 2:26.88 3:09.21 | |
| 5 Jelfs, Emily | 11 | Hemel Hempstead Swimming Club | 3:14.07 | 3:12.40 |
| | | | 43.46 1:31.02 2:28.88 3:12.40 | |
| 6 Hutchins, Lucy | 11 | Hemel Hempstead Swimming Club | 3:13.37 | 3:13.73 |
| | | | 44.61 1:32.21 2:27.77 3:13.73 | |
| 7 Kan, Alisha | 11 | Hemel Hempstead Swimming Club | 3:14.30 | 3:15.84 |
| | | | 44.29 1:33.06 2:33.06 3:15.84 | |
| 8 McLoughlin, Molly | 11 | Hemel Hempstead Swimming Club | 3:50.42 | 3:17.54 |
| | | | 46.02 1:35.18 2:36.68 3:17.54 | |
| 9 Newman, Ruby | 11 | Hemel Hempstead Swimming Club | 3:33.33 | 3:28.96 |
| | | | 48.81 1:39.22 2:39.18 3:28.96 | |
| 10 Fender, Ellen | 11 | Hemel Hempstead Swimming Club | 3:32.18 | 3:31.37 |
| | | | 54.01 1:46.68 2:43.62 3:31.37 | |
| 11 Sherwani-Keeling, Isabella | 11 | Hemel Hempstead Swimming Club | 3:36.37 | 3:32.63 |
| | | | 53.86 1:43.88 2:44.99 3:32.63 | |
| 12 Patel, Payal | 11 | Hemel Hempstead Swimming Club | 4:46.00 | 3:36.87 |
| | | | 51.37 1:46.45 2:46.78 3:36.87 | |
| 13 Bankole, Yewande | 11 | Hemel Hempstead Swimming Club | NT | 3:42.72 |
| | | | 53.96 1:50.42 2:53.08 3:42.72 | |
| 14 Deering, Lucy | 11 | Hemel Hempstead Swimming Club | NT | 3:46.51 |
| | | | 54.35 1:51.48 2:53.34 3:46.51 | |

Event 5 Girls 12 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|------------------|-----|-------------------------------|-------------------------------|-------------|
| 1 Bagley, Hannah | 12 | Hemel Hempstead Swimming Club | 2:57.67 | 2:50.48 |
| | | | 36.90 1:21.16 2:11.70 2:50.48 | |
| 2 Cole, Gabi | 12 | Hemel Hempstead Swimming Club | 3:16.00 | 3:08.96 |
| | | | 43.98 1:33.13 2:27.90 3:08.96 | |
| 3 Cook, Ailish | 12 | Hemel Hempstead Swimming Club | 4:40.00 | 3:35.02 |

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| | | | | | | |
|---|--------------------|---------|---------|---------|-------------------------------|-----------------|
| | 51.29 | 1:47.22 | 2:50.43 | 3:35.02 | | |
| 4 | Chesterton, Rachel | | | 12 | Hemel Hempstead Swimming Club | 3:49.33 3:36.69 |
| | 55.39 | 1:49.25 | 2:51.26 | 3:36.69 | | |
| 5 | Arthurs, Katie | | | 12 | Hemel Hempstead Swimming Club | NT 3:43.23 |
| | 55.93 | 1:49.95 | 2:53.39 | 3:43.23 | | |

Event 5 Girls 13 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|------------------------|--|-------------------------------|-----------|-------------|
| 1 Doyle, Kelsey | 13 | Hemel Hempstead Swimming Club | 2:45.91 | 2:39.78 |
| | 34.21 | 1:14.72 | 2:01.03 | 2:39.78 |
| 2 Holmes, Darcy | 13 | Hemel Hempstead Swimming Club | 3:00.50 | 2:52.57 |
| | 38.83 | 1:23.23 | 2:13.48 | 2:52.57 |
| 3 Bier-Allen, Yasmin | 13 | Hemel Hempstead Swimming Club | 3:13.35 | 2:57.81 |
| | 37.20 | 1:24.44 | 2:16.20 | 2:57.81 |
| 4 Kennett, Nikki | 13 | Hemel Hempstead Swimming Club | 3:15.09 | 3:11.33 |
| | 41.89 | 1:31.37 | 2:29.78 | 3:11.33 |
| 5 Prince, Jessica | 13 | Hemel Hempstead Swimming Club | 3:18.79 | 3:13.64 |
| | 43.37 | 1:30.87 | 2:27.63 | 3:13.64 |
| 6 Herriot, Mollie | 13 | Hemel Hempstead Swimming Club | 3:41.24 | 3:16.11 |
| | 42.42 | 1:31.85 | 2:31.06 | 3:16.11 |
| 7 Herlock, Lauren | 13 | Hemel Hempstead Swimming Club | 3:22.59 | 3:21.06 |
| | 41.38 | 1:32.11 | 2:35.54 | 3:21.06 |
| 8 Lees, Victoria | 13 | Hemel Hempstead Swimming Club | 3:30.00 | 3:27.28 |
| | 45.08 | 1:39.72 | 2:37.08 | 3:27.28 |
| 9 Nicell, Lauren | 13 | Hemel Hempstead Swimming Club | 3:56.00 | 3:31.01 |
| | 47.01 | 1:40.11 | 2:42.10 | 3:31.01 |
| 10 Smart, Katie | 13 | Hemel Hempstead Swimming Club | 3:20.00 | 3:36.68 |
| | 48.37 | 1:44.14 | 2:47.52 | 3:36.68 |
| --- Attenborough, Abby | 13 | Hemel Hempstead Swimming Club | 3:23.41 | DQ |
| | Past vertical at turn: independent strokes - back | | | |
| | 44.42 | 1:33.55 | 2:31.73 | DQ |
| --- Lotts, Rachel | 13 | Hemel Hempstead Swimming Club | 3:18.71 | DQ |
| | Did not touch wall with both hands simultaneously at turn and/or finish - breast | | | |
| | 43.89 | 1:30.94 | 2:25.84 | DQ |

Event 5 Girls 14-15 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|--------------------|-------|-------------------------------|-----------|-------------|
| 1 Howard, Amy | 15 | Hemel Hempstead Swimming Club | 2:49.26 | 2:53.75 |
| | 36.94 | 1:19.55 | 2:13.27 | 2:53.75 |
| 2 Pitts, Suzie | 14 | Hemel Hempstead Swimming Club | 2:53.39 | 2:57.30 |
| | 39.08 | 1:23.99 | 2:16.44 | 2:57.30 |
| 3 Ayres, Sophie | 14 | Hemel Hempstead Swimming Club | 3:14.76 | 2:59.47 |
| | 37.67 | 1:23.74 | 2:16.46 | 2:59.47 |
| 4 Brandon, Melissa | 15 | Hemel Hempstead Swimming Club | 3:05.46 | 3:02.21 |
| | 39.08 | 1:25.64 | 2:20.07 | 3:02.21 |
| 5 Wilding, Lauren | 15 | Hemel Hempstead Swimming Club | 3:00.32 | 3:10.68 |
| | 42.13 | 1:31.29 | 2:26.09 | 3:10.68 |
| 6 King, Rachael | 15 | Hemel Hempstead Swimming Club | 3:09.03 | 3:16.94 |
| | 42.60 | 1:30.61 | 2:28.93 | 3:16.94 |

Event 5 Girls 16-24 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|---------------|-------|-------------------------------|-----------|-------------|
| 1 Jolly, Emma | 16 | Hemel Hempstead Swimming Club | 2:53.59 | 3:02.20 |
| | 40.58 | 1:26.54 | 2:20.59 | 3:02.20 |

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| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| --- Jelfs, Max | 8 | Hemel Hempstead Swimming Club | NT | X3:41.11 |
| 51.95 1:45.22 2:53.86 3:41.11 | | | | |

Event 6 Boys 9 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Kumaraage, Thushi | 9 | Hemel Hempstead Swimming Club | 3:16.12 | 3:10.21 |
| 42.94 1:32.84 2:27.32 3:10.21 | | | | |
| 2 Garratt, Ben | 9 | Hemel Hempstead Swimming Club | 3:31.34 | 3:31.12 |
| 47.26 1:40.10 2:43.12 3:31.12 | | | | |

Event 6 Boys 10 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Holmes, Kyle | 10 | Hemel Hempstead Swimming Club | 3:28.70 | 3:14.57 |
| 41.10 1:32.16 2:26.30 3:14.57 | | | | |

Event 6 Boys 11 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|---|-----|-------------------------------|-----------|-------------|
| 1 Prince, Carl | 11 | Hemel Hempstead Swimming Club | 3:46.52 | 3:14.91 |
| 47.41 1:39.70 2:32.35 3:14.91 | | | | |
| 2 Bier-Allen, Jonty | 11 | Hemel Hempstead Swimming Club | 3:56.00 | 3:14.96 |
| 43.27 1:32.93 2:31.66 3:14.96 | | | | |
| 3 King, Thomas | 11 | Hemel Hempstead Swimming Club | 3:35.65 | 3:16.87 |
| 46.45 1:34.51 2:32.91 3:16.87 | | | | |
| 4 Gaines, Josh | 11 | Hemel Hempstead Swimming Club | 3:18.00 | 3:20.42 |
| 50.18 1:36.15 2:34.15 3:20.42 | | | | |
| 5 Parker, Conor | 11 | Hemel Hempstead Swimming Club | 3:32.14 | 3:23.70 |
| 50.12 1:41.05 2:41.66 3:23.70 | | | | |
| 6 Burrough, Ollie | 11 | Hemel Hempstead Swimming Club | NT | 4:00.13 |
| 57.05 1:59.29 3:05.57 4:00.13 | | | | |
| --- Kennett, Peter | 11 | Hemel Hempstead Swimming Club | 3:16.29 | DQ |
| Did not touch wall with both hands simultaneously at turn and/or finish - fly | | | | |
| 47.26 1:34.65 2:33.97 DQ | | | | |
| --- Hutchings, Jacob | 11 | Hemel Hempstead Swimming Club | 3:33.48 | DQ |
| Leg Movements not always simultaneous and in horizontal plane - breast | | | | |
| 50.67 1:39.24 2:44.34 DQ | | | | |

Event 6 Boys 12 Year Olds 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Page, Ben | 12 | Hemel Hempstead Swimming Club | 2:55.10 | 2:50.49 |
| 36.48 1:18.59 2:13.59 2:50.49 | | | | |
| 2 Dunham, Louis | 12 | Hemel Hempstead Swimming Club | 3:17.48 | 3:00.49 |
| 38.83 1:25.18 2:19.72 3:00.49 | | | | |
| 3 Ayres, Oliver | 12 | Hemel Hempstead Swimming Club | 3:26.55 | 3:07.06 |
| 41.95 1:28.45 2:24.83 3:07.06 | | | | |
| 4 Sherriff, Matt | 12 | Hemel Hempstead Swimming Club | 3:32.60 | 3:17.41 |
| 40.64 1:33.40 2:32.21 3:17.41 | | | | |
| 5 Phillips, Joe | 12 | Hemel Hempstead Swimming Club | 3:44.51 | 3:24.38 |
| 49.60 1:39.72 2:38.98 3:24.38 | | | | |

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| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Woodcock, Freddie | 13 | Hemel Hempstead Swimming Club | 2:41.39 | 2:33.82 |
| 34.13 1:13.41 2:00.05 2:33.82 | | | | |
| 2 Sizeland, Robert | 13 | Hemel Hempstead Swimming Club | 2:58.45 | 2:49.22 |
| 37.17 1:20.90 2:10.69 2:49.22 | | | | |
| 3 Cox, Charlie | 13 | Hemel Hempstead Swimming Club | 3:11.98 | 3:07.15 |
| 42.34 1:29.30 2:26.23 3:07.15 | | | | |

(Event 6 Boys 13 Year Olds 200 SC Meter IM)

| Name | Age | Team | Seed Time | Finals Time |
|--|-----|-------------------------------|-----------|-------------|
| --- Woodcock, Arthur | 13 | Hemel Hempstead Swimming Club | 2:51.34 | DQ |
| Did not touch wall with both hands simultaneously at turn and/or finish - breast | | | | |
| 36.54 1:18.49 2:08.28 DQ | | | | |

Event 6 Boys 14-15 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Sherriff, Tom | 14 | Hemel Hempstead Swimming Club | 2:37.87 | 2:31.03 |
| 31.94 1:11.08 1:57.39 2:31.03 | | | | |
| 2 Pigott, Sam | 15 | Hemel Hempstead Swimming Club | 2:42.29 | 2:36.24 |
| 32.67 1:10.59 2:01.08 2:36.24 | | | | |
| 3 Bier-Allen, Conrad | 14 | Hemel Hempstead Swimming Club | 3:11.43 | 2:41.12 |
| 31.65 1:13.09 2:03.58 2:41.12 | | | | |
| 4 Hall, Lawrence | 15 | Hemel Hempstead Swimming Club | 2:43.60 | 2:41.68 |
| 35.65 1:16.22 2:04.48 2:41.68 | | | | |

Event 6 Boys 16-24 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Mackie, Paul | 17 | Hemel Hempstead Swimming Club | 2:33.71 | 2:31.13 |
| 30.88 1:09.91 1:59.07 2:31.13 | | | | |
| 2 Stokes, Will | 16 | Hemel Hempstead Swimming Club | 2:39.17 | 2:42.82 |
| 34.18 1:15.31 2:07.09 2:42.82 | | | | |

Event 6 Boys 25 & Over 200 SC Meter IM

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 McKenna, Kevin | 43 | Hemel Hempstead Swimming Club | 3:10.10 | 2:49.74 |
| 34.15 1:16.61 2:08.58 2:49.74 | | | | |

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| Name | Age | Team | Seed Time | Finals Time |
|---------------------------------|-----|-------------------------------|-----------|-------------|
| --- Fender, Alice | 8 | Hemel Hempstead Swimming Club | 5:13.00 | X4:36.00 |
| 1:06.65 2:16.83 3:28.07 4:36.00 | | | | |

Event 7 Girls 9 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|---------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Hall, Chloe | 9 | Hemel Hempstead Swimming Club | 4:29.22 | 4:15.85 |
| 58.80 2:07.38 3:12.22 4:15.85 | | | | |
| 2 Baughan, Nell | 9 | Hemel Hempstead Swimming Club | 4:32.43 | 4:28.61 |
| 1:02.26 2:11.21 3:20.60 4:28.61 | | | | |
| 3 Sherwani-Keeling, Shaminah | 9 | Hemel Hempstead Swimming Club | 4:58.00 | 4:45.74 |
| 1:05.86 2:18.94 3:31.60 4:45.74 | | | | |

Event 7 Girls 10 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|---------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Pirrie, Megan | 10 | Hemel Hempstead Swimming Club | 3:37.70 | 3:32.53 |
| 49.64 1:44.53 2:39.93 3:32.53 | | | | |
| 2 Riley, Emma | 10 | Hemel Hempstead Swimming Club | 4:18.26 | 4:10.78 |
| 59.16 2:03.29 3:09.06 4:10.78 | | | | |
| 3 Purkis, Chloe | 10 | Hemel Hempstead Swimming Club | 4:16.94 | 4:12.60 |
| 57.98 2:04.19 3:09.94 4:12.60 | | | | |
| 4 Lowe, Alice | 10 | Hemel Hempstead Swimming Club | 4:53.07 | 4:23.78 |
| 58.25 2:08.17 3:16.94 4:23.78 | | | | |
| 5 Dignum, Katie | 10 | Hemel Hempstead Swimming Club | 5:53.00 | 4:57.63 |
| 1:05.35 2:21.25 3:38.97 4:57.63 | | | | |

Event 7 Girls 11 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 Wilding, Paige | 11 | Hemel Hempstead Swimming Club | 3:27.51 | 3:23.34 |
| 45.26 1:37.39 2:30.96 3:23.34 | | | | |
| 2 Mayhew, Freya | 11 | Hemel Hempstead Swimming Club | 3:32.75 | 3:29.89 |
| 47.86 1:41.34 2:35.56 3:29.89 | | | | |
| 3 Abrey, Aimee | 11 | Hemel Hempstead Swimming Club | 3:32.57 | 3:31.29 |
| 47.67 1:41.15 2:35.79 3:31.29 | | | | |
| 4 Hutchins, Lucy | 11 | Hemel Hempstead Swimming Club | 3:39.75 | 3:37.38 |
| 50.71 1:45.50 2:41.18 3:37.38 | | | | |
| 5 Farrow, Becky | 11 | Hemel Hempstead Swimming Club | 3:45.40 | 3:41.59 |
| 51.57 1:47.75 2:45.07 3:41.59 | | | | |
| 6 Newman, Ruby | 11 | Hemel Hempstead Swimming Club | 3:55.55 | 3:42.16 |
| 49.94 1:46.68 2:45.94 3:42.16 | | | | |
| 7 Jelfs, Emily | 11 | Hemel Hempstead Swimming Club | 3:43.66 | 3:44.84 |
| 51.95 1:50.02 2:48.04 3:44.84 | | | | |
| 8 Sherwani-Keeling, Isabella | 11 | Hemel Hempstead Swimming Club | 4:20.30 | 3:48.33 |
| 51.67 1:51.25 2:50.23 3:48.33 | | | | |
| 9 Patel, Payal | 11 | Hemel Hempstead Swimming Club | 4:11.19 | 3:51.32 |
| 53.58 1:53.82 2:53.75 3:51.32 | | | | |
| 10 Fender, Ellen | 11 | Hemel Hempstead Swimming Club | 3:51.44 | 3:55.33 |
| 55.25 1:55.99 2:55.97 3:55.33 | | | | |
| 11 McLoughlin, Molly | 11 | Hemel Hempstead Swimming Club | 4:30.51 | 4:05.06 |
| 57.68 1:59.58 3:03.87 4:05.06 | | | | |

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| | | | | | |
|----|---------------------------------|----|-------------------------------|---------|---------|
| 12 | Deering, Lucy | 11 | Hemel Hempstead Swimming Club | 4:38.00 | 4:09.93 |
| | 57.28 2:02.05 3:06.99 4:09.93 | | | | |
| 13 | Bankole, Yewande | 11 | Hemel Hempstead Swimming Club | 5:01.16 | 4:13.30 |
| | 58.89 2:02.52 3:09.02 4:13.30 | | | | |
| 14 | Milligan, Tessa | 11 | Hemel Hempstead Swimming Club | 4:24.80 | 4:15.08 |
| | 1:00.18 2:05.07 3:11.85 4:15.08 | | | | |
| 15 | Cox, Emily | 11 | Hemel Hempstead Swimming Club | 4:30.52 | 4:18.61 |
| | 1:02.31 2:08.03 3:14.27 4:18.61 | | | | |

(Event 7 Girls 11 Year Olds 200 SC Meter Breaststroke)

| | Name | Age | Team | Seed Time | Finals Time |
|-----|---|-----|-------------------------------|-----------|-------------|
| --- | Kan, Alisha | 11 | Hemel Hempstead Swimming Club | 3:41.85 | DQ |
| | Did not touch wall with both hands simultaneously at turn and/or finish | | | | |
| | 51.13 1:47.94 2:43.89 | | DQ | | |
| --- | Stokes, Amelia | 11 | Hemel Hempstead Swimming Club | 4:50.00 | DQ |
| | Leg Movements not always simultaneous and in horizontal plane | | | | |
| | 1:05.86 2:18.80 3:33.89 | | DQ | | |

Event 7 Girls 12 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | Seed Time | Finals Time |
|-----|---|-----|-------------------------------|-----------|-------------|
| 1 | Bagley, Hannah | 12 | Hemel Hempstead Swimming Club | 3:11.65 | 3:09.45 |
| | 42.81 1:31.21 2:21.19 3:09.45 | | | | |
| 2 | Worrell, Chloe | 12 | Hemel Hempstead Swimming Club | 3:34.36 | 3:21.99 |
| | 45.21 1:36.42 2:29.39 3:21.99 | | | | |
| 3 | Cole, Gabi | 12 | Hemel Hempstead Swimming Club | 3:23.19 | 3:28.97 |
| | 47.49 1:41.04 2:35.67 3:28.97 | | | | |
| 4 | Chesterton, Rachel | 12 | Hemel Hempstead Swimming Club | 4:05.93 | 3:56.79 |
| | 54.67 1:56.36 2:57.46 3:56.79 | | | | |
| 5 | Arthurs, Katie | 12 | Hemel Hempstead Swimming Club | 4:20.00 | 4:12.84 |
| | 57.71 2:03.83 3:10.08 4:12.84 | | | | |
| 6 | Rowe, Katie | 12 | Hemel Hempstead Swimming Club | 4:44.03 | 4:22.28 |
| | 59.17 2:06.85 3:15.14 4:22.28 | | | | |
| --- | Cook, Ailish | 12 | Hemel Hempstead Swimming Club | 4:02.00 | DQ |
| | Did not touch wall with both hands simultaneously at turn and/or finish | | | | |
| | 54.08 1:55.16 2:57.77 | | DQ | | |

Event 7 Girls 13 Year Olds 200 SC Meter Breaststroke

| | Name | Age | Team | Seed Time | Finals Time |
|---|-------------------------------|-----|-------------------------------|-----------|-------------|
| 1 | Doyle, Kelsey | 13 | Hemel Hempstead Swimming Club | 3:04.25 | 3:04.35 |
| | 41.49 1:28.72 2:17.64 3:04.35 | | | | |
| 2 | Holmes, Darcy | 13 | Hemel Hempstead Swimming Club | 3:21.88 | 3:20.54 |
| | 45.03 1:36.00 2:28.62 3:20.54 | | | | |
| 3 | Prince, Jessica | 13 | Hemel Hempstead Swimming Club | 3:39.44 | 3:30.73 |
| | 48.09 1:42.15 2:37.27 3:30.73 | | | | |
| 4 | Bier-Allen, Yasmin | 13 | Hemel Hempstead Swimming Club | 3:37.94 | 3:31.54 |
| | 46.52 1:39.80 2:35.01 3:31.54 | | | | |
| 5 | Lotts, Rachel | 13 | Hemel Hempstead Swimming Club | 3:34.91 | 3:31.84 |
| | 48.59 1:42.89 2:37.80 3:31.84 | | | | |
| 6 | Herriot, Mollie | 13 | Hemel Hempstead Swimming Club | 4:03.37 | 3:39.60 |
| | 50.41 1:47.81 2:45.62 3:39.60 | | | | |
| 7 | Lees, Victoria | 13 | Hemel Hempstead Swimming Club | 4:02.40 | 3:40.63 |
| | 47.44 1:43.01 2:41.70 3:40.63 | | | | |
| 8 | Attenborough, Abby | 13 | Hemel Hempstead Swimming Club | 4:09.94 | 3:43.42 |
| | 51.39 1:49.36 2:47.42 3:43.42 | | | | |
| 9 | Smart, Katie | 13 | Hemel Hempstead Swimming Club | 4:14.14 | 4:02.32 |

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54.22 1:55.70 2:59.59 4:02.32

Event 7 Girls 14-15 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|---|-----|-------------------------------|-----------|-------------|
| 1 Ayres, Sophie 47.02 1:38.58 2:30.51 3:22.16 | 14 | Hemel Hempstead Swimming Club | 3:37.32 | 3:22.16 |
| 2 Brandon, Melissa 46.83 1:38.92 2:33.03 3:24.70 | 15 | Hemel Hempstead Swimming Club | 3:31.89 | 3:24.70 |
| 3 King, Rachael 50.32 1:45.60 2:42.13 3:39.54 | 15 | Hemel Hempstead Swimming Club | 3:34.88 | 3:39.54 |
| 4 Milligan, Ellen 50.28 1:48.37 2:48.69 3:47.29 | 14 | Hemel Hempstead Swimming Club | 3:43.60 | 3:47.29 |
| --- Fisher, Vickie Swimmer did not finish | 14 | Hemel Hempstead Swimming Club | 3:13.84 | DNF |

Event 7 Girls 16-24 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|--|-----|-------------------------------|-----------|-------------|
| 1 Jolly, Emma 47.02 1:41.01 2:35.83 3:31.11 | 16 | Hemel Hempstead Swimming Club | 3:25.93 | 3:31.11 |

HHSC middist chmps10 licence no 4ER0232/3/4 - 17/01/2010 to 07/02/2010**Results - 31st January****Event 8 Boys 9 Year Olds 200 SC Meter Breaststroke**

| Name | Age | Team | Seed Time | Finals Time |
|--|-----|-------------------------------|-----------|-------------|
| 1 Kumarage, Thushi 50.39 1:50.17 2:47.92 3:44.48 | 9 | Hemel Hempstead Swimming Club | 3:41.85 | 3:44.48 |
| 2 Prior, Joseph 53.13 1:54.80 2:58.37 3:57.14 | 9 | Hemel Hempstead Swimming Club | 4:00.08 | 3:57.14 |
| 3 Newman, Joe 59.23 2:06.30 3:15.50 4:23.64 | 9 | Hemel Hempstead Swimming Club | 4:55.00 | 4:23.64 |
| 4 Hutchings, Samuel 1:03.62 2:14.70 3:26.72 4:39.08 | 9 | Hemel Hempstead Swimming Club | 5:06.00 | 4:39.08 |
| 5 Woodcock, Sid 1:05.65 2:21.84 3:37.87 4:56.43 | 9 | Hemel Hempstead Swimming Club | 4:53.47 | 4:56.43 |

Event 8 Boys 10 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|---|-----|-------------------------------|-----------|-------------|
| 1 Holmes, Kyle 46.01 1:42.03 2:38.06 3:33.02 | 10 | Hemel Hempstead Swimming Club | 3:27.80 | 3:33.02 |

Event 8 Boys 11 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|--|-----|-------------------------------|-----------|-------------|
| 1 Prince, Carl 46.83 1:40.87 2:35.97 3:29.34 | 11 | Hemel Hempstead Swimming Club | 3:54.28 | 3:29.34 |
| 2 Kennett, Peter 49.55 1:47.44 2:47.16 3:44.50 | 11 | Hemel Hempstead Swimming Club | 3:48.45 | 3:44.50 |
| 3 Parker, Conor 55.91 1:58.50 2:59.87 3:56.89 | 11 | Hemel Hempstead Swimming Club | 4:01.12 | 3:56.89 |
| 4 King, Thomas 54.89 1:55.69 2:57.04 3:57.17 | 11 | Hemel Hempstead Swimming Club | 4:16.82 | 3:57.17 |
| 5 Hutchings, Jacob 56.49 1:58.71 3:00.83 4:02.56 | 11 | Hemel Hempstead Swimming Club | 4:04.05 | 4:02.56 |
| 6 Burrough, Ollie 1:02.24 2:10.94 3:21.60 4:28.89 | 11 | Hemel Hempstead Swimming Club | 4:35.00 | 4:28.89 |
| --- Ashton, Luke 47.43 1:40.35 2:35.11 3:27.39 | 11 | Hemel Hempstead Swimming Club | 3:50.00 | X3:27.39 |

Event 8 Boys 12 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|--|-----|-------------------------------|-----------|-------------|
| 1 Dunham, Louis 47.76 1:40.53 2:35.39 3:26.74 | 12 | Hemel Hempstead Swimming Club | 3:46.73 | 3:26.74 |
| 2 Beardsworth, Lewis 47.20 1:40.98 2:36.84 3:31.53 | 12 | Hemel Hempstead Swimming Club | 4:03.37 | 3:31.53 |
| 3 Sherriff, Matt 48.47 1:46.34 2:46.29 3:43.00 | 12 | Hemel Hempstead Swimming Club | 3:59.20 | 3:43.00 |
| 4 Phillips, Joe 51.24 1:49.03 2:47.12 3:44.63 | 12 | Hemel Hempstead Swimming Club | 4:01.10 | 3:44.63 |
| --- Ayres, Oliver 47.39 1:40.47 2:35.17 DQ Leg Movements not always simultaneous and in horizontal plane | 12 | Hemel Hempstead Swimming Club | 3:58.07 | DQ |

Event 8 Boys 13 Year Olds 200 SC Meter Breaststroke

| Name | Age | Team | Seed Time | Finals Time |
|------|-----|------|-----------|-------------|
|------|-----|------|-----------|-------------|

HHSC middist chmps10 licence no 4ER0232/3/4 - 17/01/2010 to 07/02/2010**Results - 31st January**

| | | | | | |
|---|-----------------------|----|-------------------------------|---------|---------|
| 1 | Woodcock, Freddie | 13 | Hemel Hempstead Swimming Club | 3:05.90 | 2:59.87 |
| | 41.05 1:27.14 2:13.78 | | 2:59.87 | | |
| 2 | Woodcock, Arthur | 13 | Hemel Hempstead Swimming Club | 3:09.48 | 3:13.08 |
| | 44.74 1:34.42 2:24.07 | | 3:13.08 | | |
| 3 | Sizeland, Robert | 13 | Hemel Hempstead Swimming Club | 3:18.14 | 3:13.79 |
| | 42.54 1:33.20 2:23.81 | | 3:13.79 | | |
| 4 | Cox, Charlie | 13 | Hemel Hempstead Swimming Club | 3:38.09 | 3:33.51 |
| | 48.89 1:44.25 2:39.94 | | 3:33.51 | | |

Event 8 Boys 14-15 200 SC Meter Breaststroke

| | Name | Age | Team | Seed Time | Finals Time |
|---|-----------------------|-----|-------------------------------|-----------|-------------|
| 1 | Sherriff, Tom | 14 | Hemel Hempstead Swimming Club | 3:20.91 | 2:54.14 |
| | 38.25 1:23.37 2:09.35 | | 2:54.14 | | |
| 2 | Daniell, Adam | 14 | Hemel Hempstead Swimming Club | 3:17.09 | 2:57.28 |
| | 38.67 1:22.96 2:10.05 | | 2:57.28 | | |
| 3 | Hall, Lawrence | 15 | Hemel Hempstead Swimming Club | 3:10.93 | 3:02.38 |
| | 40.40 1:26.37 2:14.02 | | 3:02.38 | | |
| 4 | Brophy, Daniel | 14 | Hemel Hempstead Swimming Club | 4:48.00 | 4:28.12 |
| | 59.39 2:07.69 3:18.43 | | 4:28.12 | | |

Event 8 Boys 16-24 200 SC Meter Breaststroke

| | Name | Age | Team | Seed Time | Finals Time |
|---|-----------------------|-----|-------------------------------|-----------|-------------|
| 1 | Stokes, Will | 16 | Hemel Hempstead Swimming Club | 3:15.00 | 3:19.45 |
| | 44.16 1:35.82 2:29.38 | | 3:19.45 | | |

Event 8 Boys 25 & Over 200 SC Meter Breaststroke

| | Name | Age | Team | Seed Time | Finals Time |
|---|-----------------------|-----|-------------------------------|-----------|-------------|
| 1 | Pirrie, Dave | 52 | Hemel Hempstead Swimming Club | 3:05.81 | 3:07.32 |
| | 41.81 1:29.05 2:18.28 | | 3:07.32 | | |
| 2 | Ayres, Mark | 53 | Hemel Hempstead Swimming Club | 3:29.02 | 3:22.56 |
| | 42.24 1:32.77 2:26.53 | | 3:22.56 | | |