

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 1 Boys 11yrs/Over 200m Breaststroke

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	
1. Ben PYCROFT	11	Nova Cent'n	3:13.96	44.94	1:36.26	2:25.82	
2. David STAIANO	11	Nova Cent'n	3:15.16	46.71	1:37.12	2:27.28	
3. Christopher SUGGITT	11	Wigan BEST	3:15.89	45.34	1:35.45	2:26.30	
4. Michael DAWES	11	Co Coventry	3:16.32	44.35	1:35.80	2:26.88	
5. Alexander WORT	11	Wigan BEST	3:21.21	46.65	1:37.77	1:29.11	
6. Thomas DOBSON	11	Middlesboro	3:26.54	47.18	1:40.54	2:33.79	
7. John MOODY	11	Bo Barnsley	3:27.34	46.91	1:40.23	2:34.27	
8. Craig SPEARS	11	Nova Cent'n	3:28.70	46.49	1:39.64	2:35.10	
9. Ryan LOVATT	11	Derventio	3:30.03	47.48	1:41.81	2:35.76	
Robert GUEST	11	Derventio	DQ	T-3L	44.47	1:36.33	2:29.69

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	
1. Peter DAWES	12	Co Coventry	2:48.69	37.86	1:21.48	2:05.49	
2. John NOBLE	12	Co Coventry	2:52.47	38.99	1:23.38	1:21.18	
3. Matthew BINGLEY	12	Co Coventry	2:52.64	38.38	1:23.19	2:09.13	
4. Alex JENKINS	12	Nova Cent'n	3:02.84	41.33	1:28.66	2:11.57	
5. Jordan BATE	12	Co Norwich	3:07.74	43.19	1:30.90	2:19.67	
6. Ben JONES	12	Wrexham	3:12.69	44.12	1:33.18	2:23.79	
7. Michael McCANN	12	Co Sheffield	3:18.77	45.56	1:36.86	2:28.67	
8. Dominic TORR	12	Nova Cent'n	3:19.28	43.41	1:34.23	2:26.99	
9. Daniel HEWITT	12	Nova Cent'n	3:20.47	44.11	1:35.28	2:27.86	
10. Daniel COPLEY	12	Nova Cent'n	3:23.73	45.63	1:39.91	2:34.04	
11. Ben COOPER	12	Wigan BEST	3:25.64	46.87	1:39.36	2:33.03	
12. Samuel SMITH	12	Derventio	3:28.01	46.63	1:40.07	2:34.80	
13. Callum TATE	12	Co Sheffield	3:30.64	48.02	1:41.75	2:37.30	
14. Christopher TORRY	12	Altrincham	3:33.50	48.20	1:42.48	2:38.30	
15. Kane HAGGETT	12	Derventio	3:35.36	45.30	1:41.41	2:39.62	
Stephen WATSON	12	Middlesboro	DNC				
Jamie BELL	12	Derventio	DQ	ST-	48.11	1:42.34	2:38.30

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Darren HODGETT	13	Derventio	2:52.46	38.46	1:22.54	2:07.57
2. Gareth TYMON	13	Donc Dartes	2:57.08	40.06	1:25.28	2:10.97
3. Matthew WAGSTAFF	13	Bo Barnsley	3:01.20	41.45	1:27.37	2:14.64
4. Adam DALES	13	Harrogate	3:01.58	41.54	1:28.31	2:15.66
5. Glen PICKNELL	13	Derventio	3:02.76	40.66	1:28.36	2:17.61
6. Mathew CRACKELL	13	Middlesboro	3:07.10	41.78	1:29.34	2:18.83

14 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Jack JOHNSON	14	Wigan BEST	2:48.07	37.90	1:21.12	2:05.63
2. Christopher BRADBROOK	14	Co Coventry	2:50.56	37.54	1:21.10	2:05.67
3. Lewis MATTIN	14	Co Norwich	2:53.67	39.22	1:23.84	2:09.03
4. Luke WATSON	14	Pembs Aces	2:55.03	39.51	1:24.37	2:09.80
5. Oliver DUNSTAN	14	Nova Cent'n	3:19.80	44.72	1:35.27	2:27.58
Freddy AVENELL	14	Nova Cent'n	DNC			

EVENT 1 Boys 11yrs/Over 200m Breaststroke

“LONG DISTANCE GALA” (L1E199)
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PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

15/16 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Max PARTRIDGE	15	Co Sheffield	2:25.71	33.56	1:12.19	1:49.56
2. Jonathan COOK	15	Nova Cent'n	2:33.47	34.51	1:13.72	1:53.53
3. Adam MORTON	16	Nova Cent'n	2:37.98	35.77	1:15.35	1:57.20
4. Sam REID	15	Co Sheffield	2:42.34	35.13	1:17.10	1:59.42
5. Grant CASHMORE	16	Kimberley	2:52.42	36.08	1:19.87	2:05.86
6. Joseph STANHOPE	15	Louth	2:58.82	41.27	1:27.48	2:14.44

17 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150
1. James KIRTON	19	Co Sheffield	2:26.03	33.46	1:11.62	1:49.57
2. Nathan PETCH	17	Co Coventry	2:26.44	33.14	1:10.81	1:48.99
3. Mark STRACHAN	17	Co Coventry	2:29.78	33.79	1:12.73	1:51.60
4. Paul NESBITT	17	Nova Cent'n	2:33.37	34.89	1:13.61	1:53.20
5. Amar Arvind SHAH	19	Nova Cent'n	2:37.68	34.10	1:13.46	1:55.02

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Joseph FAULKNER	10	Co Sheffield	3:39.03	50.85	1:48.64	2:45.27

“LONG DISTANCE GALA” (L1E199)
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PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 2 Girls 11 Years/Over 400m Freestyle

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Olivia ATKINSON	11	Middlesboro	4:48.04	32.67	1:08.53	1:45.68	2:22.52	2:59.27	3:35.94	4:12.51
2. Anne BOCHMANN	11	Co Norwich	4:56.68	34.12	1:11.11	1:49.23	2:27.40	3:05.30	3:43.85	4:21.43
3. Eleanor FAULKNER	11	Co Sheffield	4:57.34	33.37	1:11.11	1:50.05	2:28.26	3:06.94	3:44.87	4:22.20
4. Aimee WILLMOTT	11	Middlesboro	5:00.40	34.39	1:12.57	1:50.97	2:28.81	3:07.04	3:45.68	4:23.56
5. Anna BUTLER	11	Derventio	5:02.86	34.01	1:11.97	1:50.34	2:29.53	3:08.72	3:47.43	4:25.90
6. Tia HULSE	11	Wrexham	5:14.75	36.55	1:16.99	1:57.47	2:37.58	3:17.85	3:58.71	4:38.07
7. Becky WILKINSON	11	Co Norwich	5:14.79	34.18	1:12.90	1:52.94	2:33.38	3:13.93	3:54.40	4:34.87
8. Ann MORRIS	11	Derventio	5:15.03	36.38	1:15.90	1:55.12	2:36.52	3:17.35	3:58.51	4:37.90
9. Rebecca OWRAM	11	Harrogate	5:16.53	36.83	1:16.82	1:57.21	2:37.02	3:16.77	3:57.09	4:37.67
10. Lois VAIL	11	Aquabears	5:30.89	38.89	1:21.21	2:03.56	2:46.12	3:27.81	4:10.11	4:52.90
11. Jessica HILL	11	Co Norwich	5:35.52	37.69	1:19.51	2:02.84	2:45.93	3:29.60	4:13.21	4:56.06
12. Emily FISHER	11	Co Leeds	5:35.86	38.20	1:20.43	2:03.74	2:46.53	3:30.17	4:13.25	4:55.63
13. Jessica RAMPLIN	11	Harrogate	5:37.93	37.53	1:18.99	2:01.94	2:45.39	3:28.28	4:12.38	4:54.74
14. Rebecca ATHERTON	11	Wigan BEST	5:40.07	37.66	1:21.41	2:04.83	2:49.46	3:33.01	4:18.05	4:43.76
15. Amy WEBSTER	11	Co Sheffield	5:54.08	38.88	1:22.82	2:08.21	2:53.73	3:39.20	4:25.26	5:10.45
16. Rachel MALLABAND	11	Co Sheffield	6:14.44	39.31	1:25.89	2:10.27	3:02.34	3:50.61	4:39.94	5:29.55

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Joanna BOLD	12	Nova Cent'n	4:46.39	32.88	1:09.08	1:45.79	2:22.85	2:58.58	3:35.37	4:11.07
2. Jessica TOMLINSON	12	Nova Cent'n	4:56.14	33.27	1:10.75	1:48.89	2:26.55	3:05.00	3:42.62	4:20.54
3. Aynsley HESELTINE	12	Co Sheffield	4:56.94	33.64	1:10.47	1:48.00	2:26.13	3:04.17	3:42.39	4:20.65
4. Victoria MORGAN	12	Wirral Metro	4:58.08	34.13	1:11.61	1:50.00	2:28.24	3:06.79	3:45.18	4:22.99
5. Zena CARR	12	Co Leeds	5:00.47	33.71	1:10.77	1:49.13	2:27.47	3:06.35	3:45.43	4:23.55
6. Rebecca HARRIS	12	Wigan BEST	5:02.38	35.80	1:13.09	1:52.29	2:31.65	3:10.28	3:48.87	4:26.63
7. Rebecca TURNER	12	Co Sheffield	5:03.50	33.67	1:12.09	1:19.22	2:31.07	2:02.86	3:48.56	3:08.57
8. Natasha ATKINS	12	Harrogate	5:04.21	35.18	1:13.76	1:52.57	2:31.67	3:10.68	3:49.84	4:28.62
9. Stephanie BURNES	12	Co Sheffield	5:10.00	34.93	1:14.16	1:53.98	2:33.82	3:13.55	3:53.72	4:32.18
10. Rhia STEVENS-LEACH	12	Co Coventry	5:13.07	34.70	1:14.41	1:54.60	2:35.46	3:15.53	3:56.51	4:35.64
11. Lindsey WHITMORE	12	Co Sheffield	5:15.79	35.10	1:14.85	1:55.81	2:36.76	3:16.97	3:57.80	4:37.28
12. Firima MEHRABI	12	Wigan BEST	5:16.65	36.36	1:16.71	1:57.44	2:38.17	3:17.97	3:58.20	4:37.97
13. Kate LORD	12	Derventio	5:19.51	36.29	1:16.69	1:57.67	2:38.84	3:19.60	4:00.07	4:40.54
14. Katy AMATT	12	Derventio	5:30.67	38.14	1:19.21	2:01.66	2:43.86	3:25.79	4:07.92	4:49.87
15. Alishia PALMER	12	Kimberley	5:35.37	36.03	1:17.86	2:01.50	2:42.94	3:27.89	4:11.53	4:54.59

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Helena THORNTON	13	Nova Cent'n	4:39.12	31.87	1:06.53	1:42.38	2:18.20	2:53.59	3:29.24	4:04.64
2. Charlotte BROADBENT	13	Co Sheffield	4:41.61	31.20	1:06.32	1:42.00	2:17.85	2:53.60	3:30.04	4:06.44
3. Alice CORDWELL	13	Co Sheffield	4:51.57	32.85	1:08.98	1:46.00	2:23.32	3:00.57	3:38.05	4:15.56
4. Rosanna BETTS	13	Co Norwich	4:52.79	33.08	1:09.27	1:46.40	2:23.77	3:01.31	3:39.16	4:16.57
5. Amie GARFORTH	13	Co Leeds	4:54.51	33.34	1:10.15	1:47.47	2:25.47	3:02.96	3:40.89	4:18.22
6. Katy LOCKEY	13	Derventio	4:54.90	32.34	1:09.13	1:47.04	2:25.16	3:03.26	3:41.21	4:18.79
7. Joanne REEKS	13	Derventio	4:55.57	33.69	1:10.53	1:48.21	2:26.14	3:03.81	3:41.87	4:19.25
8. Kimberley LARKMAN	13	Middlesboro	4:57.58	34.15	1:12.01	1:50.25	2:28.26	3:05.34	3:43.74	4:21.00
9. Laura HENSON	13	Co Sheffield	4:58.17	32.65	1:09.19	1:47.41	2:25.54	3:04.09	3:42.82	4:21.40
10. Clare TREEMAN	13	Co Norwich	5:00.31	33.41	1:10.45	1:48.98	2:27.17	3:05.35	3:44.25	4:22.74
11. Grace MORRIS	13	Derventio	5:02.08	33.49	1:11.76	1:51.09	2:30.45	3:09.39	3:48.73	4:26.81
12. Eleanor BARLOW	13	Derventio	5:03.71	34.61	1:13.53	1:52.71	2:31.70	3:10.57	3:49.48	4:27.64

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13.	Emily PRATT	13	Derventio	5:07.97	34.32	1:12.90	1:51.93	2:30.96	3:10.39	3:50.24	4:29.57
14.	Christie DONNELLY	13	Co Sheffield	5:09.01	32.58	1:09.87	1:49.18	2:28.15	3:08.59	3:48.93	4:29.91
15.	Rachel WILKINSON	13	Co Norwich	5:14.51	35.17	1:13.61	1:53.41	2:33.34	3:13.43	3:54.00	4:34.55
16.	Jessica PAYNE	13	Co Sheffield	5:14.89	35.21	1:13.62	1:53.30	2:32.94	3:14.32	3:54.82	4:35.62

14/15 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350	
1.	Jenny STARLING	14	Co Sheffield	4:29.69	30.82	1:04.40	1:38.55	2:12.84	2:46.92	3:21.16	3:55.74
2.	Kirsty STEPHENSON	15	Middlesboro	4:32.68	31.22	1:05.60	1:40.20	2:15.52	2:50.55	3:25.71	4:00.00
3.	Rachel LEFLEY	14	Nova Cent'n	4:34.53	31.55	1:05.84	1:41.15	2:16.59	2:51.50	3:27.09	4:02.01
4.	Katie RAYBOULD	14	Co Coventry	4:34.67	31.16	1:05.23	1:40.03	2:15.41	2:50.59	3:26.06	4:00.96
5.	Emma BURKE	14	Co Coventry	4:37.03	32.00	1:06.44	1:41.95	2:17.23	2:52.43	3:27.40	4:02.25
6.	Rebecca HARRISON	14	Derventio	4:38.96	31.04	1:05.54	1:41.08	2:16.97	2:52.67	3:28.75	4:04.29
7.	Laura ADAMS	15	Nova Cent'n	4:39.33	31.56	1:05.82	1:41.56	2:17.55	2:53.44	3:29.61	4:05.68
8.	Amy PHIPPS	14	Co Coventry	4:40.42	31.19	1:05.81	1:41.16	2:16.89	2:52.61	3:29.25	4:05.24
9.	Kathryn NAUGHTON	15	Co Sheffield	4:42.29	32.11	1:06.96	1:42.51	2:18.42	2:54.61	3:31.17	4:07.26
10.	Kimberley COLTON	15	Nova Cent'n	4:42.78	32.31	1:07.18	1:42.96	2:18.92	2:55.12	3:31.14	4:07.62
11.	Adele MERIFIELD	15	Nova Cent'n	4:45.02	31.41	1:06.31	1:42.64	2:19.18	2:55.54	3:32.37	4:09.19
12.	Tara WALSH	14	Buxton	4:47.04	31.67	1:06.53	1:40.85	2:18.97	2:48.54	3:32.94	3:57.55
13.	Amy CAMPLING	14	Middlesboro	4:47.45	32.30	1:07.72	1:44.19	2:21.18	2:57.91	3:34.89	4:11.78
14.	Natalie MESTER	15	Derventio	4:48.07	31.82	1:07.25	1:43.90	2:20.99	2:58.68	3:36.73	4:13.66
15.	Georgia INGLESON	14	Co Norwich	4:48.68	32.46	1:08.92	1:45.77	2:22.69	2:59.58	3:36.72	4:13.28
16.	Amy SPENCER	15	Co Sheffield	4:49.44	32.32	1:08.87	1:45.77	2:22.17	2:59.33	3:36.18	4:13.42
17.	Holly FREYA BURTON	14	Co Coventry	4:57.74	32.29	1:08.50	1:46.29	2:24.41	3:02.87	3:42.00	4:20.80
18.	Larna PICKNELL	15	Derventio	5:02.22	32.88	1:09.72	1:48.19	2:26.63	3:05.11	3:44.28	4:23.98
19.	Sarah MARSH	14	Wrexham	5:07.11	34.61	1:13.27	1:16.24	2:31.32	1:56.71	3:50.18	3:10.74
20.	Elizabeth O'LOUGHLIN	14	Nova Cent'n	5:09.13	34.61	1:13.41	1:52.78	2:32.38	3:11.76	3:51.00	4:30.73
21.	Carly RAVENHILL	15	Co Sheffield	5:12.72	34.06	1:12.42	1:51.95	2:32.17	3:13.00	3:53.86	4:34.17
22.	Kaye NICHOLSON	15	Altrincham	6:00.79	39.28	1:22.05	2:07.07	2:53.03	3:39.88	4:26.59	5:13.54

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350	
1.	Debbie HALL	16	Co Sheffield	4:33.86	31.25	1:05.70	1:40.52	2:15.29	2:50.36	3:25.14	4:00.50
2.	Gemma ROPER	17	Co Sheffield	4:35.08	31.40	1:05.59	1:40.60	2:15.91	2:51.30	3:26.40	4:01.22
3.	Loren ALLEN	18	Co Norwich	4:38.34	32.25	1:06.91	1:42.19	2:17.56	2:52.88	3:28.16	4:03.59
4.	Lucy McCLEAN	16	LARNE SC	4:42.84	32.05	1:06.56	1:42.21	2:18.51	2:54.90	3:31.55	4:07.80
5.	Gemma ALLEN	16	Co Norwich	4:52.36	32.74	1:09.17	1:46.16	2:23.52	3:00.83	3:38.41	4:15.74
6.	Helen BINGLEY	16	Co Coventry	5:10.13	33.35	1:11.02	1:47.10	2:30.99	2:31.40	3:50.92	3:11.36

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350	
1.	Jessica TAYLOR	10	Co Sheffield	5:07.81	34.74	1:13.29	1:52.55	2:31.67	3:11.39	3:50.57	4:29.19
2.	Holly OUGHTON	10	Nova Cent'n	5:18.18	35.82	1:15.78	1:56.97	2:38.70	3:19.28	4:00.54	4:39.79
3.	Kelly TOWLE	10	Deventio	5:21.80	36.26	1:16.58	1:58.19	2:39.35	3:20.56	4:02.03	4:41.51
4.	Evie KEANE	10	DerbyPhoenix	5:28.04	36.68	1:18.72	2:01.27	2:42.56	3:24.70	4:06.34	4:46.98
5.	Rebecca HAMILTON	10	Co Sheffield	5:46.35	37.72	1:21.16	2:05.59	2:49.86	3:35.36	4:20.54	5:04.30
6.	Joanne CUTLER	10	Preston	5:48.60	38.42	1:23.16	2:09.56	2:55.29	3:41.44	4:26.62	5:08.10
7.	Olivia RACE	10	Co Sheffield	6:03.27	39.65	1:24.55	2:10.87	2:56.38	3:43.11	4:29.73	5:16.96

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EVENT 3 Boys 11 Years/Over 200m Freestyle

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Joseph FRENCH	11	Harrogate	2:17.88	32.02	1:06.88	1:42.80
2. Christian BARCZ	11	Derventio	2:26.49	33.90	1:10.94	1:49.45
3. Matthew PARKS	11	Altrincham	2:26.79	33.77	1:11.90	1:50.92
4. Ben PYCROFT	11	Nova Cent'n	2:28.51	35.23	1:12.72	1:51.38
5. Adam THOMPSON	11	Middlesboro	2:30.80	33.71	1:11.75	1:52.47
6. Ross MACDONALD	11	Co Coventry	2:30.98	34.58	1:13.15	1:53.73
7. Robert GUEST	11	Derventio	2:31.25	34.58	1:14.23	1:54.17
8. Christopher SUGGITT	11	Wigan BEST	2:32.46	35.36	1:15.11	1:55.11
9. Mathew TISSINGTON	11	Co Sheffield	2:33.72	35.43	1:14.77	1:55.57
10. Oliver WEBB	11	Nova Cent'n	2:34.77	35.98	1:15.89	1:56.03
11. Sam WHEELHOUSE	11	Derventio	2:35.23	35.69	1:15.93	1:56.75
12. Kyle WALTON	11	Nova Cent'n	2:36.85	36.83	1:17.16	1:58.19
13. Ashley BRADBROOK	11	Leamington	2:37.02	35.63	1:15.32	1:56.98
14. Michael DAWES	11	Co Coventry	2:37.21	37.37	1:18.08	1:59.97
15. Thomas DOBSON	11	Middlesboro	2:40.54	37.97	1:19.63	1:59.99
16. John MOODY	11	Bo Barnsley	2:42.36	37.17	1:19.06	2:01.97
17. George RIX	11	Co Sheffield	2:43.69	37.15	1:18.73	2:01.93
18. Craig SPEARS	11	Nova Cent'n	2:48.60	37.99	1:20.89	2:06.20

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	
1. John NOBLE	12	Co Coventry	2:06.90	29.29	1:01.44	1:34.89	
2. Braxton TIMM	12	Co Sheffield	2:13.23	30.67	1:04.84	1:39.58	
3. Peter DAWES	12	Co Coventry	2:15.21	30.98	1:05.54	1:40.93	
4. Thomas SUNTER	12	Co Sheffield	2:20.60	32.00	1:08.06	1:44.89	
5. Matthew BINGLEY	12	Co Coventry	2:21.09	32.71	1:08.37	1:45.45	
6. Jamie MARTIN	12	Harrogate	2:21.70	32.57	1:09.07	1:46.23	
7. Garan GREGORY	12	Aquabears	2:22.09	33.94	1:11.63	1:48.38	
8. Jordan BATE	12	Co Norwich	2:23.39	33.60	1:10.44	1:47.59	
9. Dominic TORR	12	Nova Cent'n	2:24.40	31.32	1:07.93	1:46.88	
10. Alex JENKINS	12	Nova Cent'n	2:25.73	34.03	1:11.58	1:49.78	
11. Liam SMITH	12	Nova Cent'n	2:26.51	33.64	1:12.72	1:51.01	
12. Michael McCANN	12	Co Sheffield	2:29.41	34.68	1:13.61	1:53.01	
13. Kane HAGGETT	12	Derventio	2:29.99	33.95	1:12.95	1:53.27	
14. Liam JORDAN	12	Nova Cent'n	2:30.79	35.35	1:15.26	1:54.91	
15. Daniel WINTER	12	Nova Cent'n	2:31.27	34.99	1:13.83	1:53.14	
16. Michael GRANTHAM	12	Co Leeds	2:31.37	34.44	1:13.24	1:53.56	
17. Stephen WATSON	12	Middlesboro	2:32.10	35.02	1:14.44	1:54.37	
18. Jamie SCOTT	12	Nova Cent'n	2:32.42	35.53	1:14.28	1:54.06	
19. Ben JONES	12	Wrexham	2:32.73	35.79	1:15.66	1:55.72	
20. Samuel SMITH	12	Derventio	2:32.75	35.10	1:15.16	1:56.57	
21. Scott TOVELL-COLEMAN	12	Derventio	2:33.07	37.36	1:17.29	1:57.22	
22. Jamie BELL	12	Derventio	2:40.80	36.29	1:17.37	1:59.21	
23. Daniel HEWITT	12	Nova Cent'n	2:41.70	36.19	1:17.76	2:00.44	
24. Jonathon WATERS	12	Co Sheffield	2:47.13	38.33	1:21.57	2:05.22	
Ryan MORRIS	12	Nuneaton	DNC				
James SHAND	12	Derventio	DQ	ST-	34.83	1:14.92	1:54.95

EVENT 3 Boys 11 Years/Over 200m Freestyle

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Daniel MILLS	13	Nova Cent'n	2:03.35	29.21	1:01.06	1:33.67
2.	Jack DUNN	13	Co Sheffield	2:10.26	29.60	1:02.92	1:36.95
3.	James HOLDER	13	Nova Cent'n	2:18.02	32.08	1:07.22	1:43.32
4.	Ahemet GUNGOR	13	Co Coventry	2:19.87	31.36	1:06.42	1:43.38
5.	Gareth TYMON	13	Donc Dartes	2:20.24	32.18	1:07.92	1:44.96
6.	Thomas VARLEY	13	Co Coventry	2:21.04	32.12	1:08.00	1:45.21
7.	Darren HODGETT	13	Derventio	2:22.03	32.05	1:09.12	1:45.99
8.	Tom LIGHTFOOT	13	Co Sheffield	2:23.79	31.86	1:08.57	1:46.47
9.	Mathew CRACKELL	13	Middlesboro	2:23.88	32.37	1:10.36	1:47.04
10.	Matthew WAGSTAFF	13	Bo Barnsley	2:23.93	33.40	1:10.59	1:48.37
11.	Glen PICKNELL	13	Derventio	2:30.56	34.95	1:14.39	1:53.88
12.	Adam DALES	13	Harrogate	2:31.82	34.31	1:12.39	1:53.02
13.	Robert HAIGH	13	Co Leeds	2:36.97	35.57	1:15.48	1:56.48

14 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Rikki MORRIS	14	Nuneaton	2:04.33	28.53	1:00.17	1:32.81
2.	Adam TAYLOR	14	Walsall	2:05.08	28.67	1:00.10	1:32.85
3.	Peter THOMPSON	14	Middlesboro	2:06.91	29.94	1:02.25	1:34.85
4.	Scott POWELL	14	Nova Cent'n	2:08.48	29.22	1:01.99	1:35.80
5.	Ryan WOOLLEY	14	Co Sheffield	2:11.38	29.87	1:03.28	1:37.73
6.	Lewis MATTIN	14	Co Norwich	2:13.22	30.94	1:05.45	1:40.01
7.	Adam CARNELL	14	Co Sheffield	2:14.00	30.17	1:04.24	1:39.30
8.	Christopher BRADBROOK	14	Co Coventry	2:14.07	30.41	1:04.92	1:40.11
9.	Samuel SPAUL	14	Co Norwich	2:15.93	31.20	1:05.79	1:41.28
10.	Daniel ATHERTON	14	Wigan BEST	2:20.07	32.17	1:07.89	1:44.40
11.	Lewis KING	14	Luton	2:20.64	32.53	1:08.18	1:44.98
12.	Jack JOHNSON	14	Wigan BEST	2:21.50	31.90	1:09.11	1:46.81
13.	Luke WATSON	14	Pemb's Aces	2:22.69	31.38	1:07.34	1:45.32
14.	Andrew SAUL	14	Co Leeds	2:24.45	32.31	1:09.46	1:47.84
15.	Oliver DUNSTAN	14	Nova Cent'n	2:29.44	34.51	1:12.87	1:52.41

15/16 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joseph KEANE	15	Derventio	1:59.45	27.16	57.19	1:28.07
2.	Christopher MIDDLETON	16	Co Sheffield	2:01.70	28.33	59.43	1:31.41
3.	Jeffery HILL	15	Co Norwich	2:03.11	28.30	59.27	1:31.28
4.	Samuel HEARD	16	Co Norwich	2:04.26	28.55	59.93	1:08.66
5.	James LOVATT	15	Derventio	2:05.00	29.71	1:01.63	1:33.73
6.	Jonathan COOK	15	Nova Cent'n	2:06.93	29.85	1:01.69	1:34.57
7.	Sam REID	15	Co Sheffield	2:06.99	29.47	1:01.91	1:35.42
8.	Nicholas MALLABAND	15	Co Sheffield	2:07.15	28.52	1:01.06	1:33.94
9.	Joseph JELLEY	15	Co Coventry	2:07.37	28.59	1:01.33	1:34.53
10.	Thomas GREENFIELD	15	Co Sheffield	2:08.03	29.84	1:02.81	1:35.73
11.	Arthur DOWNING	16	Co Sheffield	2:09.42	29.69	1:02.71	1:36.23
12.	Sam GARNER	15	Co Sheffield	2:09.48	30.11	1:03.01	1:36.86
13.	Matthew WOLSTENHOLME	15	Co Coventry	2:10.29	30.16	1:03.81	1:37.57
14.	Grant CASHMORE	16	Kimberley	2:12.11	29.75	1:03.21	1:38.06
15.	Tommy BOCHMANN	15	Co Norwich	2:12.68	29.86	1:03.24	1:37.96
16.	Joseph STANHOPE	15	Louth	2:15.26	31.15	1:05.98	1:41.84
17.	Michael SIMPSON	16	Aquabears	2:22.85	32.95	1:09.42	1:46.79

17 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Paul WEBSTER	20	Nova Cent'n	1:55.33	27.25	55.97	1:25.77

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PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

2.	Adam DESMOND	20	Co Coventry	1:57.41	27.70	57.08	1:27.64
3.	Chris WALKER	18	Co Sheffield	1:57.69	26.42	55.62	1:26.36
4.	Matthew STREET	17	Nova Cent'n	2:01.68	28.37	59.82	1:31.40
5.	Michael TAYLOR	18	Co Sheffield	2:02.53	27.33	58.69	1:31.35
6.	Robert HOUGHTON	17	Nova Cent'n	2:02.64	28.36	1:00.01	1:32.03
7.	Kevin O'LOUGHLIN	19	Nova Cent'n	2:07.94	29.18	1:01.12	1:34.73
8.	Paul BETTELEY	17	Co Coventry	2:08.99	29.53	1:02.04	1:36.30
9.	Amar Arvind SHAH	19	Nova Cent'n	2:09.98	30.00	1:03.83	1:38.03
10.	John BLACKWELL	18	Harrogate	2:10.76	29.50	1:02.63	1:36.99
11.	Iain ROBINSON	17	Harrogate	2:11.53	31.04	1:05.11	1:39.30
12.	Richard BREEN	19	Co Coventry	2:14.03	29.56	1:03.33	1:38.67

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Joseph FAULKNER	10	Co Sheffield	2:46.12	38.99	1:22.20	2:04.99
2. Jason MAZZEI	10	Co Sheffield	2:46.79	38.84	1:21.40	2:05.03
3. Joseph SHARPE	10	Co Sheffield	2:57.75	38.38	1:24.14	2:11.21

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 4 Girls 11 Years/Over 200m Butterfly

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Olivia ATKINSON	11	Middlesboro	2:40.92	35.62	1:14.20	1:57.06
2. Aimee WILLMOTT	11	Middlesboro	2:47.49	36.65	1:20.15	2:04.43
3. Anne BOCHMANN	11	Co Norwich	2:54.11	39.03	1:24.16	2:09.27
4. Katherine RIGG	11	Bo Barnsley	2:59.47	39.18	1:23.61	2:11.11
5. Lois VAIL	11	Aquabears	3:02.94	40.52	1:27.84	2:15.29
6. Alexandra RICHARDSON	11	Co Sheffield	3:04.75	38.61	1:27.08	2:17.30
7. Rebecca ATHERTON	11	Wigan BEST	3:12.67	42.08	1:32.39	2:23.71

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Olivia SEFTON	12	Derventio	2:31.73	33.19	1:11.86	1:52.14
2. Alice GILL	12	Harrogate	2:38.51	35.86	1:16.28	1:57.66
3. Sarah GIBSON	12	Derventio	2:40.13	33.98	1:15.07	1:57.62
4. Aynsley HESELTINE	12	Co Sheffield	2:49.15	37.16	1:20.35	2:05.61
5. Rebecca HARRIS	12	Wigan BEST	2:56.87	38.71	1:24.52	2:11.59
6. Rachael MARSH	12	Wrexham	3:00.68	38.46	1:24.76	2:12.28
7. Rebecca Turner	12	Co Sheffield	3:03.78	37.94	1:25.10	2:16.27
8. Zena CARR	12	Co Leeds	3:15.44	38.75	1:26.27	2:20.11

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Emma SMITHHURST	13	Derventio	2:23.32	32.35	1:08.77	1:46.44
2. Megan TURNER	13	Co Sheffield	2:40.31	34.61	1:14.18	1:56.72
3. Joanne REEKS	13	Derventio	2:41.88	34.32	1:15.84	1:58.83
4. Katy LOCKEY	13	Derventio	2:42.07	33.14	1:12.34	1:57.15
5. Lucy GREENFIELD	13	Co Sheffield	2:48.42	36.81	1:19.28	2:03.72
6. Kimberley LARKMAN	13	Middlesboro	2:51.35	36.66	1:20.83	2:06.23

14/15 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Amy SPENCER	15	Co Sheffield	2:39.81	34.89	1:15.40	1:57.65
2. Sarah MARSH	14	Wrexham	2:52.57	37.66	1:21.42	2:07.03
3. Kaye NICHOLSON	15	Altrincham	3:34.13	43.32	1:37.05	2:35.26

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150
1. Rebecca SHAW	19	Loughboro Un	2:16.52	30.58	1:05.21	1:40.63
2. Justine CLARK	16	Co Coventry	2:19.05	31.78	1:07.11	1:42.95
3. Lauren WIGHTMAN	16	Co Coventry	2:21.06	31.71	1:07.44	1:43.97
4. Jessica SYLVESTER	17	Nova Cent'n	2:22.26	31.17	1:06.68	1:44.51
5. Hayley DAVIS	20	Co Norwich	2:24.85	32.10	1:08.24	1:45.71
6. Sally HENDERSON	17	Harrogate	2:35.01	34.09	1:12.97	1:52.84

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Holly OUGHTON	10	Nova Cent'n	2:58.77	40.56	1:26.26	2:12.77
2. Phillippa JONES	10	Wrexham	3:09.08	39.27	1:26.70	2:17.43
3. Joanne CUTLER	10	Preston	3:23.74	41.64	1:34.58	2:30.75

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
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EVENT 5 Boys 11 Years/Over 400m Ind.Medley

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350	
1.	Joseph FRENCH	11	Harrogate	5:47.25	35.79	1:17.10	2:03.78	2:48.21	3:40.80	4:33.39	5:11.45	
2.	Christopher SUGGITT	11	Wigan BEST	5:58.18	38.28	1:23.44	1:18.79	2:54.05	1:58.92	5:58.18	3:45.01	
3.	David STAIANO	11	Nova Cent'n	6:12.02	42.65	1:34.28	2:23.40	3:10.44	4:00.74	4:51.17	5:33.25	
4.	Kyle WALTON	11	Nova Cent'n	6:24.43	41.80	1:29.85	2:18.28	3:03.66	4:01.86	4:59.76	5:42.68	
	Ross MACDONALD	11	Co Coventry	DQ	SL-1L	40.79	1:29.55	2:18.08	3:05.78	4:02.72	5:01.16	5:44.45
	Alexander WORT	11	Wigan BEST	DQ	T-5L	41.61	1:33.07	2:22.00	3:11.07	4:05.55	4:59.67	5:45.76

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Braxton TIMM	12	Co Sheffield	5:22.91	33.36	1:12.12	1:54.80	2:35.39	3:23.17	4:11.53	4:47.33
2.	Christopher DOVE	12	Middlesboro	5:30.32	34.61	1:15.01	1:58.29	2:42.07	3:29.47	4:17.78	4:54.92
3.	Ryan MORRIS	12	Nuneaton	5:36.58	35.24	1:16.87	1:58.49	2:41.58	3:29.52	4:19.68	4:58.96
4.	Jordan BATE	12	Co Norwich	5:39.36	36.70	1:19.18	2:03.43	2:46.04	3:34.57	4:23.57	5:02.38
5.	Jamie MARTIN	12	Harrogate	5:45.04	38.57	1:25.82	2:09.51	2:52.10	3:43.33	4:33.11	5:10.33
6.	Liam SMITH	12	Nova Cent'n	5:48.80	36.59	1:19.30	2:04.86	2:49.03	3:39.02	4:30.18	5:10.26
7.	Ben JONES	12	Wrexham	6:08.49	40.95	1:32.95	2:19.39	3:06.87	3:57.32	4:48.98	5:29.13
8.	James SHAND	12	Derwentio	6:11.24	41.31	1:32.94	2:15.41	2:58.63	3:54.24	4:50.16	5:31.64
9.	Daniel WINTER	12	Nova Cent'n	6:22.84	43.04	1:36.26	2:23.58	3:09.97	4:05.13	5:00.04	5:42.39
10.	Ben COOPER	12	Wigan BEST	6:34.61	43.40	1:38.02	2:28.94	3:19.12	4:11.51	5:06.28	5:49.54

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	James HOLDER	13	Nova Cent'n	5:26.50	36.55	1:18.64	1:58.99	2:38.15	3:26.31	4:14.62	4:50.99
2.	Tom LIGHTFOOT	13	Co Sheffield	5:29.05	33.37	1:12.48	1:53.80	2:34.37	3:22.55	4:12.12	4:50.36

14 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Adam TAYLOR	14	Walsall	5:05.91	31.14	1:06.48	1:45.60	2:23.60	3:11.26	3:58.67	4:32.97
2.	Lewis MATTIN	14	Co Norwich	5:14.77	33.75	1:12.98	1:54.99	2:34.78	3:19.69	4:05.54	4:41.25
3.	Pierce DORAN	14	Nova Cent'n	5:15.79	34.57	1:15.47	1:54.32	2:32.45	3:20.23	4:07.37	4:42.24
4.	Lewis KING	14	Luton	5:31.24	35.21	1:15.36	1:58.78	2:42.29	3:29.90	4:18.32	4:55.79
5.	Edward WILLERTON-GILL	14	Nova Cent'n	5:34.03	34.82	1:19.03	2:02.23	2:43.53	3:30.13	4:19.48	4:57.57
	Ryan BARTLETT	14	Co Sheffield	DNC							

15/16 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Jonathan COOK	15	Nova Cent'n	4:49.80	30.38	1:05.14	1:44.07	2:21.77	3:01.77	3:42.45	4:17.37
2.	Sean ASHER	16	Co Coventry	4:51.35	30.01	1:05.01	1:42.86	2:19.98	3:00.65	3:43.33	4:17.98
3.	Thomas GREENFIELD	15	Co Sheffield	5:03.64	32.07	1:08.92	1:49.13	2:28.39	3:12.49	3:56.81	4:30.85
4.	Samuel HEARD	16	Co Norwich	5:04.95	31.70	1:08.00	1:46.36	2:24.16	3:11.44	3:58.90	4:32.58
5.	Nicholas MALLABAND	15	Co Sheffield	5:08.41	31.74	1:08.57	1:50.21	2:30.01	3:14.93	3:59.95	4:34.99
6.	Tommy BOCHMANN	15	Co Norwich	5:12.09	32.27	1:09.83	1:49.41	2:26.94	3:11.91	3:58.37	4:35.77
7.	Joseph STANHOPE	15	Louth	5:31.14	36.13	1:20.47	2:02.81	2:43.92	3:31.35	4:19.58	4:57.49
	Sam GARNER	15	Co Sheffield	DNC							
	Adam MORTON	16	Nova Cent'n	DNC							

17 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Neil ASHCROFT	21	Co Coventry	4:33.12	28.73	1:01.72	1:37.99	2:13.26	2:50.72	3:29.05	4:02.12
2.	Adam FAULKNER	23	Nova Cent'n	4:42.70	28.58	1:02.41	1:39.47	2:15.24	2:57.43	3:39.56	4:11.96
3.	James KIRTON	19	Co Sheffield	4:47.62	30.64	1:06.87	1:47.45	2:24.53	3:03.88	3:44.06	4:16.28
4.	Michael TAYLOR	18	Co Sheffield	4:49.17	30.72	1:06.19	1:42.88	2:20.09	3:02.37	3:45.22	4:17.59
5.	Matthew BURROWS	19	Nova Cent'n	4:50.17	28.83	1:03.38	1:39.64	2:15.87	2:59.16	3:43.05	4:17.19
6.	Duncan ROSS	17	Nova Cent'n	4:55.04	29.38	1:03.59	1:43.09	2:22.00	3:03.64	3:45.81	4:21.88
7.	Paul NESBITT	17	Nova Cent'n	4:55.65	31.38	1:07.27	1:46.94	2:25.59	3:06.32	3:47.72	4:20.15

EVENT 6 Girls 11 Years/Over 200m Ind.Medley

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	
1. Olivia ATKINSON	11	Middlesboro	2:36.95	34.22	1:16.05	2:00.94	
2. Aimee WILLMOTT	11	Middlesboro	2:38.01	34.51	1:14.84	1:59.66	
3. Anne BOCHMANN	11	Co Norwich	2:44.32	37.21	1:18.16	2:08.23	
4. Lucy SPENCER	11	Co Sheffield	2:47.06	37.11	1:22.28	2:09.99	
5. Eleanor FAULKNER	11	Co Sheffield	2:49.91	36.79	1:20.68	2:13.62	
6. Becky WILKINSON	11	Co Norwich	2:50.02	39.79	1:24.10	2:13.47	
7. Ann MORRIS	11	Derventio	2:53.15	38.64	1:24.85	2:14.36	
8. Harrirt CLUGSTON	11	Rotherham Mo	2:59.67	39.53	1:28.06	2:19.01	
9. Ellie TAYLOR	11	DerbyPhoenix	3:01.39	40.68	1:28.64	2:20.74	
10. Alexandra RICHARDSON	11	Co Sheffield	3:04.50	40.38	1:27.83	2:22.83	
11. Sarah DAWES	11	Co Coventry	3:08.50	41.88	1:32.49	2:27.64	
12. Amy WEBSTER	11	Co Sheffield	3:09.54	43.61	1:30.89	2:28.07	
13. Jessica RAMPLIN	11	Harrogate	3:15.36	46.59	1:35.72	2:35.37	
14. Rachel MALLABAND	11	Co Sheffield	3:21.74	41.66	1:33.06	2:37.09	
Katherine RIGG	11	Bo Barnsley	DQ	T-3L	39.99	1:28.16	2:21.97
Tia HULSE	11	Wrexham	DQ	T-3L	43.26	1:31.55	2:29.06
Anna BUTLER	11	Derventio	DQ	T-3L	38.88	1:26.96	2:17.38

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Hayley BUDIMIR	12	Harrogate	2:38.58	33.30	1:16.06	2:00.62
2. Joanna BOLD	12	Nova Cent'n	2:39.47	34.46	1:16.83	2:04.42
3. Jessica TOMLINSON	12	Nova Cent'n	2:40.05	35.21	1:17.17	2:05.28
4. Rebecca HARRIS	12	Wigan BEST	2:42.37	36.83	1:20.28	2:05.50
5. Natasha ATKINS	12	Harrogate	2:44.35	37.22	1:17.48	2:08.82
6. Alice GILL	12	Harrogate	2:44.38	35.73	1:18.65	2:08.14
7. Olivia SEFTON	12	Derventio	2:45.81	34.53	1:18.46	2:10.23
8. Stephanie BURNES	12	Co Sheffield	2:46.07	37.45	1:21.46	2:08.70
9. Victoria MORGAN	12	Wirral Metro	2:47.49	37.27	1:22.75	2:10.48
10. Sarah GIBSON	12	Derventio	2:47.57	34.87	1:19.63	2:12.15
11. Aynsley HESELTINE	12	Co Sheffield	2:48.87	36.99	1:22.97	2:11.96
12. Rebecca TURNER	12	Co Sheffield	2:49.18	36.37	1:18.52	2:13.99
13. Kate LORD	12	Derventio	2:49.69	38.17	1:21.69	2:09.50
14. Danielle HANNAN	12	Co Sheffield	2:51.27	38.00	1:22.77	2:13.40
15. Amy CORBETT	12	Nova Cent'n	2:51.43	39.08	1:22.35	2:13.09
16. Lindsey WHITMORE	12	Co Sheffield	2:53.70	39.42	1:25.08	2:14.80
17. Firima MEHRABI	12	Wigan BEST	2:53.74	40.06	1:25.82	2:16.25
18. Katy AMATT	12	Derventio	2:55.15	40.45	1:26.76	2:15.83
19. Rhia STEVENS-LEACH	12	Co Coventry	2:59.28	41.16	1:29.30	2:21.89
20. Alishia PALMER	12	Kimberley	3:00.62	41.77	1:28.33	2:20.85
21. Rachael MARSH	12	Wrexham	3:05.37	39.41	1:29.47	2:25.27
22. Hannah WILLIAMS	12	Altrincham	3:05.76	40.65	1:29.82	2:24.22

EVENT 6 Girls 11 Years/Over 200m Ind.Medley

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
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“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

1.	Helena THORNTON	13	Nova Cent'n	2:25.58	33.06	1:10.68	1:51.51
2.	Charlotte BROADBENT	13	Co Sheffield	2:27.40	33.48	1:12.09	1:54.90
3.	Emma SMITHHURST	13	Derventio	2:29.77	32.15	1:12.01	1:56.11
4.	Sasha MATTHEWS	13	Nova Cent'n	2:33.49	32.92	1:14.23	1:58.96
5.	Alice CORDWELL	13	Co Sheffield	2:34.84	34.07	1:14.01	2:00.22
6.	Katy LOCKEY	13	Derventio	2:34.89	32.20	1:15.05	2:00.64
7.	Claire BARROW	13	Co Norwich	2:37.97	34.95	1:18.59	2:02.56
8.	Emma Jane BIRD	13	Nova Cent'n	2:38.17	38.32	1:19.82	2:02.22
9.	Emma TOWSE-BERTRAM	13	Co Sheffield	2:40.38	36.23	1:19.12	2:05.52
10.	Joanne REEKS	13	Derventio	2:40.58	33.86	1:17.04	2:03.37
11.	Grace MORRIS	13	Derventio	2:41.58	34.02	1:18.24	2:05.19
12.	Christie DONNELLY	13	Co Sheffield	2:41.80	36.03	1:17.21	2:05.40
13.	Emily PRATT	13	Derventio	2:43.63	36.89	1:20.68	2:06.01
14.	Lucy GREENFIELD	13	Co Sheffield	2:43.78	36.69	1:19.94	2:07.52
15.	Eleanor BARLOW	13	Derventio	2:44.27	36.18	1:20.95	2:06.41
16.	Laura HENSON	13	Co Sheffield	2:44.71	33.94	1:16.25	2:06.44
17.	Alison COWLEY	13	Middlesboro	2:45.21	35.79	1:17.49	2:07.01
18.	Clare TREEMAN	13	Co Norwich	2:45.91	37.48	1:21.88	2:10.32
19.	Zalina PHYTHIAN	13	Nova Cent'n	2:45.92	35.88	1:19.26	2:09.11
20.	Keely SHEPPARD	13	Nova Cent'n	2:53.82	38.48	1:23.61	2:15.05
21.	Kimberley LARKMAN	13	Middlesboro	2:55.84	37.68	1:23.85	2:16.17
22.	Rachel WILKINSON	13	Co Norwich	2:59.38	40.77	1:26.28	2:18.32

14/15 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	
1.	Rachel LEFLEY	14	Nova Cent'n	2:28.30	32.12	1:12.34	1:56.70
2.	Katie RAYBOULD	14	Co Coventry	2:28.48	32.34	1:11.35	1:55.41
3.	Kate GIBSON	15	Co Coventry	2:30.08	31.38	1:12.33	1:53.38
4.	Kimberley COLTON	15	Nova Cent'n	2:30.16	32.49	1:11.70	1:55.83
5.	Kathryn NAUGHTON	15	Co Sheffield	2:33.06	32.92	1:13.60	1:57.25
6.	Jenny STARLING	14	Co Sheffield	2:34.60	33.44	1:12.99	2:00.37
7.	Tara WALSH	14	Buxton	2:34.62	33.05	1:13.91	2:01.27
8.	Amy SPENCER	15	Co Sheffield	2:35.07	34.08	1:17.50	1:59.77
9.	Holly FREYA BURTON	14	Co Coventry	2:36.22	33.21	1:14.70	2:00.60
10.	Adele MERIFIELD	15	Nova Cent'n	2:37.57	34.89	1:15.48	2:03.49
11.	Emma BURKE	14	Co Coventry	2:37.93	34.53	1:16.87	2:02.98
12.	Rebecca HARRISON	14	Derventio	2:39.14	32.79	1:14.39	2:04.25
13.	Abi CLARKSON	15	Co Coventry	2:39.69	35.67	1:18.16	2:00.72
14.	Jessica JOHNSON	15	Nova Cent'n	2:39.94	35.53	1:16.69	2:02.30
15.	Danielle HEMMINGS	14	Derventio	2:40.37	34.00	1:16.55	2:02.36
16.	Lauren FISHER	14	Nova Cent'n	2:41.48	33.62	1:14.29	2:04.25
17.	Georgia INGLESON	14	Co Norwich	2:42.38	36.20	1:19.28	2:08.51
18.	Carly RAVENHILL	15	Co Sheffield	2:43.47	35.27	1:19.99	2:05.02
19.	Amy CAMPLING	14	Middlesboro	2:44.44	34.29	1:16.04	2:07.52
20.	Natalie MESTER	15	Derventio	2:47.21	37.55	1:21.75	2:09.87
21.	Sarah MARSH	14	Wrexham	2:47.70	36.35	1:20.59	2:10.96
22.	Cara GARBETT	14	Altrincham	2:50.39	38.07	1:20.93	2:10.45
23.	Natasha BLAKEY	15	Altrincham	3:01.47	40.73	1:28.64	2:19.89

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150	
1.	Jessica SYLVESTER	17	Nova Cent'n	2:21.45	30.82	1:05.97	1:49.11
2.	Debbie HALL	16	Co Sheffield	2:22.08	32.10	1:09.24	1:49.02
3.	Hayley DAVIS	20	Co Norwich	2:26.14	31.23	1:08.27	1:52.05
4.	Gemma ROPER	17	Co Sheffield	2:28.42	33.10	1:11.73	1:54.92

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

5.	Justine CLARK	16	Co Coventry	2:28.60	30.68	1:09.89	1:54.84
6.	Sally HENDERSON	17	Harrogate	2:33.35	32.03	1:13.02	1:58.38
7.	Diane LEE	19	Buxton	2:43.41	34.94	1:17.64	2:05.47
8.	Helen BINGLEY	16	Co Coventry	2:48.25	38.98	1:25.39	2:11.93
	Rebecca SHAW	19	Loughboro Un DQ	T-3L	30.18	1:06.03	1:49.32

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Lucy BUDIMIR	10	Harrogate	2:46.16	37.01	1:21.18	2:09.65
2. Jessica TAYLOR	10	Co Sheffield	2:51.31	37.71	1:21.05	2:13.75
3. Holly OUGHTON	10	Nova Cent'n	2:54.24	39.79	1:24.10	2:15.55
4. Kelly TOWLE	10	Derventio	2:57.22	39.27	1:27.44	2:17.12
5. Evie KEANE	10	DerbyPhoenix	3:01.73	41.17	1:27.93	2:23.14
6. Phillippa JONES	10	Wrexham	3:02.91	39.27	1:26.72	2:21.98
7. Joanne CUTLER	10	Preston	3:06.95	39.64	1:30.25	2:25.71
8. Rebecca HAMILTON	10	Co Sheffield	3:15.25	45.01	1:33.48	2:33.02
9. Olivia RACE	10	Co Sheffield	3:25.80	46.87	1:41.37	2:40.50

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 7 Boys 11 Years/Over 200m Backstroke

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joseph FRENCH	11	Harrogate	2:42.34	38.34	1:20.38	2:02.67
2.	Christian BARCZ	11	Derventio	2:46.05	39.62	1:21.82	2:04.77
3.	Christopher SUGGITT	11	Wigan BEST	2:47.34	39.31	1:22.79	2:05.63
4.	Adam THOMPSON	11	Middlesboro	2:48.87	40.76	1:23.83	2:07.13
5.	Robert GUEST	11	Derventio	2:53.02	41.42	1:25.52	2:10.09
6.	Jack STEVENSON	11	Nova Cent'n	2:57.51	41.71	1:26.88	2:12.87
7.	Ashley BRADBROOK	11	Leamington	2:57.83	42.14	1:28.39	2:14.18
8.	Oliver WEBB	11	Nova Cent'n	2:58.90	42.10	1:27.58	2:13.71
9.	Ryan LOVATT	11	Derventio	3:00.21	42.16	1:28.41	2:14.76
10.	Ross MACDONALD	11	Co Coventry	3:00.26	43.74	1:30.91	2:16.64
11.	Thomas DOBSON	11	Middlesboro	3:00.37	44.16	1:30.20	2:15.32
12.	George RIX	11	Co Sheffield	3:07.53	45.17	1:34.07	2:22.14
13.	Michael DAWES	11	Co Coventry	3:08.01	46.01	1:34.98	2:23.25

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	
1.	John NOBLE	12	Co Coventry	2:27.76	35.68	1:12.86	1:51.21	
2.	Peter DAWES	12	Co Coventry	2:33.19	36.26	1:16.00	1:55.79	
3.	James BURDEN	12	Co Coventry	2:35.46	35.72	1:16.00	1:55.88	
4.	Braxton TIMM	12	Co Sheffield	2:36.19	37.09	1:17.16	1:57.53	
5.	James SHAND	12	Derventio	2:42.48	39.15	1:21.99	2:03.64	
6.	Kane HAGGETT	12	Derventio	2:44.21	38.96	1:21.56	2:04.65	
7.	Jamie MARTIN	12	Harrogate	2:44.82	40.12	1:22.42	2:03.92	
8.	Scott TOVELL-COLEMAN	12	Derventio	2:48.27	41.57	1:25.83	2:08.99	
9.	Alex JENKINS	12	Nova Cent'n	2:49.27	40.92	1:24.70	2:08.18	
10.	Daniel WINTER	12	Nova Cent'n	2:50.69	41.83	1:25.05	2:07.68	
11.	Samuel SMITH	12	Derventio	2:55.78	41.98	1:26.82	2:12.55	
12.	Stephen WATSON	12	Middlesboro	2:57.75	41.80	1:27.60	2:12.92	
13.	Ben JONES	12	Wrexham	2:58.99	42.20	1:28.17	2:13.71	
14.	Liam JORDAN	12	Nova Cent'n	2:59.24	43.17	1:30.30	2:16.11	
	Jamie SCOTT	12	Nova Cent'n	DQ	T-3L	43.07	1:29.39	2:15.82

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	James HOLDER	13	Nova Cent'n	2:35.11	36.86	1:16.02	1:56.21
2.	Daniel MILLS	13	Nova Cent'n	2:38.14	37.30	1:18.34	1:59.63
3.	Darren HODGETT	13	Derventio	2:38.49	36.48	1:17.50	1:59.18
4.	Robert HAIGH	13	Co Leeds	2:49.32	39.28	1:22.69	2:06.08
5.	Alex GOSBY	13	Bo Barnsley	2:49.81	40.47	1:23.38	2:06.86

14 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	
1.	Peter THOMPSON	14	Middlesboro	2:19.11	33.14	1:08.30	1:44.59	
2.	Adam TAYLOR	14	Walsall	2:28.14	33.67	1:09.48	1:48.75	
3.	Conor LEANY	14	LARNE SC	2:30.18	34.65	1:13.19	1:51.77	
4.	Ryan WOOLLEY	14	Co Sheffield	2:34.35	35.84	1:15.75	1:56.13	
5.	Jack CORBETT	14	Nova Cent'n	2:34.94	36.91	1:16.47	1:56.14	
6.	Christopher BRADBROOK	14	Co Coventry	2:36.51	37.24	1:17.74	1:58.05	
7.	Luke WATSON	14	Pembs Aces	2:39.34	38.19	1:18.17	1:59.07	
8.	Andrew SAUL	14	Co Leeds	2:40.95	37.81	1:19.24	2:00.53	
	Ryan CROASDALE	14	Nova Cent'n	DQ	T-2L	42.68	1:28.50	2:13.46

15/16 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
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“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

1.	Christopher MIDDLETON	16	Co Sheffield	2:10.11	31.58	1:05.19	1:38.41
2.	Sean ASHER	16	Co Coventry	2:18.37	32.50	1:07.15	1:42.68
3.	Tommy BOCHMANN	15	Co Norwich	2:20.02	32.69	1:07.77	1:43.61
4.	James LOVATT	15	Derventio	2:21.32	33.20	1:09.71	1:45.56
5.	Thomas GREENFIELD	15	Co Sheffield	2:22.00	34.50	1:10.53	1:46.57
6.	Samuel HEARD	16	Co Norwich	2:24.50	34.64	1:11.53	1:48.49
7.	Joseph JELLEY	15	Co Coventry	2:25.93	32.45	1:09.91	1:48.16
8.	Jonathan COOK	15	Nova Cent'n	2:26.38	34.69	1:11.82	1:49.38
9.	Michael SIMPSON	16	Aquabears	2:34.10	35.56	35.56	1:54.51

17 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150
1. Alex THURSTON	23	Nova Cent'n	2:12.85	31.03	1:05.02	1:38.78
2. Adam FAULKNER	23	Nova Cent'n	2:13.22	32.04	1:06.09	1:39.96
3. Matthew BURROWS	19	Nova Cent'n	2:17.68	31.52	1:06.00	1:42.00
4. Robert HOUGHTON	17	Nova Cent'n	2:18.51	31.90	1:07.21	1:43.08
5. Paul BETTELEY	17	Co Coventry	2:21.88	33.39	1:09.78	1:46.57
6. Ben NICHOLS	17	Burnley	2:21.99	33.09	1:09.56	1:46.44
7. Richard BREEN	19	Co Coventry	2:22.40	32.86	1:08.28	1:45.34
8. John BLACKWELL	18	Harrogate	2:29.97	35.45	1:13.81	1:52.51
9. Iain ROBINSON	17	Harrogate	2:30.16	36.05	1:14.04	1:53.05

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Joseph MAZZEI	10	Co Sheffield	3:10.60	45.80	1:34.66	2:22.89
2. Joseph SHARPE	10	Co Sheffield	3:26.81	47.96	1:41.10	2:34.91

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 8 Boys 11 Years/Over 1500m Freestyle

11 Yrs Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
					800	900	1000	1100	1200	1300	1400
1.	Joseph FRENCH	11	Harrogate	19:07.79	1:14.28	2:32.79	3:50.14	5:07.64	6:24.41	7:41.31	8:58.18
					10:15.00	11:31.83	12:48.94	14:05.78	15:22.50	16:39.08	17:55.26
2.	David STAIANO	11	Nova Cent'n	21:07.08	1:20.19	2:46.03	4:11.66	5:35.97	7:00.49	8:25.56	9:51.42
					11:17.76	12:43.42	14:08.11	15:34.59	16:59.65	18:24.04	19:49.42
3.	Mathew TISSINGTON	11	Co Sheffield	21:07.15	1:21.44	2:47.22	4:12.75	5:38.77	7:04.11	8:28.76	9:53.79
					11:19.15	12:44.16	14:09.39	15:34.01	16:59.26	18:23.88	19:49.14
4.	Sam WHEELHOUSE	11	Derventio	21:15.98	1:18.89	2:42.39	4:07.63	5:34.51	6:59.74	8:26.10	9:50.74
					11:15.37	12:41.03	14:06.25	15:34.08	16:59.68	18:27.04	19:54.26
5.	Jack STEVENSON	11	Nova Cent'n	21:24.39	1:22.54	2:50.05	4:16.27	5:41.88	7:09.38	8:34.92	9:59.79
					11:24.54	12:49.35	14:14.16	15:40.23	17:05.64	18:33.24	20:00.70
6.	Bradley SEGAL	11	Co Leeds	21:41.73	1:19.85	2:44.56	4:10.38	5:36.74	7:03.34	8:29.36	9:57.12
					11:23.37	12:50.62	14:19.71	15:49.48	17:18.99	18:48.46	20:16.48
7.	Oliver WEBB	11	Nova Cent'n	21:50.40	1:25.12	2:53.53	4:21.51	5:49.28	7:16.04	8:44.44	10:12.16
					11:40.42	13:09.21	14:38.07	16:06.27	17:32.68	18:59.55	20:25.97
8.	Kyle WALTON	11	Nova Cent'n	22:15.18	1:24.92	2:56.16	4:26.28	5:57.84	7:26.07	8:56.68	10:26.77
					11:56.42	13:26.06	14:57.18	16:26.12	17:55.57	19:24.76	20:54.26
9.	David RECCHIA	11	York City	22:33.03	1:22.53	2:52.62	4:23.46	5:53.86	7:25.43	8:58.37	10:30.97
					12:03.33	13:35.24	16:38.01	18:08.79	19:39.53	21:07.79	21:07.79
10.	Adam SUTCLIFFE	11	Co Wakefield	23:20.75	1:23.74	2:54.78	4:27.62	6:01.10	7:34.14	9:07.98	10:42.65
					12:17.15	13:52.35	15:28.04	17:04.14	18:39.86	20:15.54	21:49.53
	Craig SPEARS	11	Nova Cent'n	DNC							

12 Yrs Age Group

Place	Name	AaD	Club	Time	100	200	300	400	500	600	700
					800	900	1000	1100	1200	1300	1400
1.	Thomas SUNTER	12	Co Sheffield	18:58.34	1:10.46	2:26.05	3:42.21	4:58.38	6:15.14	7:31.15	8:46.84
					10:02.97	11:19.40	12:36.86	13:53.29	15:10.21	16:26.56	17:43.21
2.	Christopher DOVE	12	Middlesboro	18:59.23	1:13.65	2:32.01	3:49.38	5:06.47	6:22.53	7:38.91	8:55.20
					10:11.00	11:26.74	12:42.67	13:58.58	15:15.33	16:30.52	17:46.54
3.	Jamie MARTIN	12	Harrogate	19:35.52	1:13.89	2:31.55	3:50.35	5:09.66	6:28.90	7:47.82	9:07.85
					10:27.30	11:46.35	13:06.43	14:26.07	15:45.07	17:04.54	18:23.39
4.	Alex JENKINS	12	Nova Cent'n	19:46.88	1:14.49	2:33.72	3:53.26	5:12.49	6:31.60	7:51.24	9:10.40
					10:28.02	11:47.86	13:07.23	14:27.04	15:47.24	17:07.77	18:27.65
5.	Liam SMITH	12	Nova Cent'n	19:58.20	1:16.05	2:35.42	3:55.39	5:17.09	6:37.29	7:57.57	9:18.23
					10:39.53	11:59.82	13:19.55	14:40.37	16:01.00	17:21.83	18:41.11
6.	Michael McCANN	12	Co Sheffield	20:15.13	1:15.16	2:35.55	3:56.69	5:17.59	6:39.21	8:00.59	9:22.35
					10:44.35	12:06.50	13:28.85	14:50.92	16:13.74	17:36.08	18:56.60
7.	James SHAND	12	Derventio	20:29.66	1:17.59	2:39.22	4:00.79	5:22.44	6:44.50	8:06.77	9:29.26
					10:51.48	12:15.43	13:38.01	15:01.30	16:24.33	17:47.39	19:10.25
8.	Michael GRANTHAM	12	Co Leeds	20:36.43	1:15.22	2:34.95	3:56.95	5:19.25	6:42.54	8:05.57	9:30.17
					10:54.10	12:18.78	13:43.36	15:05.95	16:29.77	17:53.83	19:16.81
9.	Daniel WINTER	12	Nova Cent'n	20:52.28	1:17.05	2:38.49	4:01.01	5:24.86	6:49.13	8:13.66	9:38.72
					11:02.74	12:27.20	13:51.80	15:16.12	16:40.77	18:06.01	19:29.73
10.	Jamie BELL	12	Derventio	22:02.67	1:19.48	2:45.01	4:11.62	5:38.93	7:08.73	8:37.32	10:07.43
					11:35.67	13:05.90	14:32.07	16:05.05	17:34.39	19:03.75	20:35.35
11.	Liam MATTIN	12	Co Norwich	22:25.77	1:25.00	2:56.56	4:26.70	5:58.41	7:28.23	8:59.85	10:31.75
					12:00.78	13:32.13	15:01.99	16:32.01	18:00.78	19:30.40	20:59.50
12.	Callum TATE	12	Co Sheffield	23:00.66	1:23.67	2:53.07	4:24.78	5:56.63	7:28.15	9:00.65	10:33.58

“LONG DISTANCE GALA” (L1E199)
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					12:07.29	13:39.30	15:12.05	16:46.23	18:21.10	19:55.57	21:31.00
13.	Jonathon WATERS	12	Co Sheffield	23:29.53	1:24.30	2:56.46	4:29.32	6:01.45	7:34.47	9:07.46	10:42.37
	Ryan MORRIS	12	Nuneaton	DQ	12:17.37	13:52.29	15:27.97	17:03.84	18:39.96	20:17.41	21:55.51

13 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700	
				800	900	1000	1100	1200	1300	1400	
1.	Jack DUNN	13	Co Sheffield	17:52.70	1:05.42	2:15.67	3:25.94	4:36.65	5:48.50	7:01.26	8:13.91
2.	James HOLDER	13	Nova Cent'n	18:42.64	9:26.26	10:38.85	11:51.64	13:04.75	14:16.44	15:28.67	16:42.55
					1:09.03	2:22.23	3:36.07	4:50.31	6:04.70	7:19.67	8:35.33
					9:51.17	11:06.63	12:22.69	13:38.64	14:54.66	16:11.37	17:27.96

14 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700	
				800	900	1000	1100	1200	1300	1400	
1.	Rikki MORRIS	14	Nuneaton	17:08.15	1:03.66	2:11.76	3:19.61	4:27.96	5:36.66	6:45.77	7:54.61
					9:04.11	10:13.05	11:22.35	12:31.36	13:41.22	14:51.22	16:01.22
2.	Lewis MATTIN	14	Co Norwich	17:16.56	1:05.21	2:14.70	3:24.28	4:33.69	5:43.25	6:52.76	8:02.02
					9:11.51	10:21.33	11:30.78	12:40.48	13:49.78	14:59.52	16:08.66
3.	Wilson LOGAN	14	LARNE SC	17:30.11	1:04.22	2:12.71	3:22.40	4:32.47	5:43.14	6:53.37	8:03.66
					9:14.39	10:25.73	11:36.66	12:48.22	13:59.90	15:11.59	16:22.29
4.	Pierce DORAN	14	Nova Cent'n	17:32.65	1:07.62	2:18.22	3:29.31	4:40.18	5:51.02	7:01.47	8:11.76
					9:22.35	10:32.20	11:42.49	12:52.86	14:03.02	15:13.59	16:23.84
5.	Edward WILLERTON-GILL	14	Nova Cent'n	18:16.63	1:06.94	2:17.64	3:29.60	4:42.15	5:56.63	7:11.13	8:26.52
					9:41.28	10:55.35	12:06.96	13:19.10	14:32.68	15:47.93	17:02.44
6.	Samuel SPAUL	14	Co Norwich	18:18.08	1:07.78	2:20.35	3:33.06	4:46.87	6:00.93	7:14.76	8:28.89
					9:42.93	10:56.22	12:10.34	13:24.31	14:38.35	15:52.48	17:06.56
7.	Adam CARNELL	14	Co Sheffield	18:20.73	1:06.10	2:18.18	3:30.82	4:44.32	5:57.47	7:11.29	8:26.38
					9:40.85	10:54.83	12:09.36	13:24.51	14:38.72	15:54.17	17:08.31
8.	Matthew SMITH	14	Co Leeds	18:31.83	1:08.74	2:22.57	3:36.30	4:50.63	6:05.27	7:19.40	8:33.33
					9:47.58	11:01.73	12:17.07	13:31.89	14:47.16	16:02.61	17:18.78
9.	Lewis KING	14	Luton	18:58.32	1:11.05	2:26.70	3:43.41	4:59.52	6:15.88	7:32.29	8:48.70
					10:05.23	11:21.38	12:37.71	13:54.27	15:10.82	16:27.79	17:44.85
10.	Luke WATSON	14	Pembs Aces	19:37.23	1:12.09	2:30.43	3:49.58	5:09.13	6:28.93	7:48.26	9:08.21
					10:28.29	11:47.52	13:07.07	14:26.13	15:45.13	17:04.14	18:22.98
11.	Daniel ATHERTON	14	Wigan BEST	19:38.36	1:11.24	2:28.41	3:46.68	5:05.45	6:24.71	7:44.39	9:03.47
					10:22.70	11:42.07	13:01.54	14:21.18	15:41.42	17:01.17	18:20.99
	Adam CARNELL	14	Co Sheffield	DNC							

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PONDS FORGE, SHEFFIELD (50m)
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EVENT 8 Boys 11 Years/Over 1500m Freestyle

15/16 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700
				800	900	1000	1100	1200	1300	1400
1. Arthur DOWNING	16	Co Sheffield	16:27.98	1:02.57	2:08.83	3:14.79	4:20.88	5:26.37	6:31.97	7:37.53
				8:42.78	9:48.99	10:55.85	12:01.65	13:07.51	14:14.27	15:22.28
2. Jeffery HILL	15	Co Norwich	16:39.67	1:02.21	2:06.59	3:11.78	4:18.53	5:24.18	6:31.55	7:38.88
				8:46.01	9:53.07	11:02.69	12:12.17	13:19.63	14:28.70	15:34.93
3. Joseph KEANE	15	Derventio	16:52.24	1:02.49	2:09.60	3:17.16	4:24.59	5:32.66	6:40.57	7:48.67
				8:56.90	10:05.42	11:13.53	12:22.22	13:30.28	14:38.39	15:46.26
4. Jonathan COOK	15	Nova Cent'n	17:05.98	1:03.82	2:11.79	3:19.92	4:27.31	5:35.17	6:43.48	7:51.95
				9:00.92	10:09.57	11:19.19	12:29.03	13:38.39	14:48.13	15:57.94
5. Matthew WOLSTENHOLME	15	Co Coventry	17:14.71	1:06.23	2:15.94	3:24.37	4:33.07	5:41.74	6:50.85	7:59.74
				9:09.99	10:19.30	11:28.76	12:38.08	13:48.56	14:58.57	16:07.21
6. Sam GARNER	15	Co Sheffield	17:24.29	1:06.56	2:16.30	3:25.99	4:35.63	5:45.45	6:56.37	8:06.43
				9:17.62	10:27.51	11:38.16	12:47.42	13:57.29	15:06.99	16:16.97
7. Nicholas MALLABAND	15	Co Sheffield	17:28.79	1:05.78	2:14.97	3:24.04	4:33.48	5:43.17	6:52.96	8:03.24
				9:13.54	10:23.95	11:34.57	12:45.33	13:56.12	15:07.24	16:18.65
8. Samuel HEARD	16	Co Norwich	17:33.54	1:04.04	2:12.87	3:22.65	4:32.84	5:43.61	6:54.46	8:04.76
				9:16.53	10:28.59	11:39.57	12:50.78	14:02.31	15:13.31	16:24.02
9. Peter STRACHAN	15	Co Leeds	17:40.09	1:04.24	2:13.60	3:23.17	4:33.18	5:43.92	6:55.21	8:06.42
				9:18.40	10:30.05	11:42.33	12:54.02	14:06.54	15:19.12	16:30.63

17 Yrs/Over Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700
				800	900	1000	1100	1200	1300	1400
1. Paul WEBSTER	20	Nova Cent'n	16:05.24	1:00.09	2:04.14	3:09.83	4:14.83	5:19.61	6:24.14	7:28.63
				8:33.49	9:37.69	10:42.38	11:47.27	12:51.97	13:57.11	15:02.45
2. James KIRTON	19	Co Sheffield	16:11.81	1:00.66	2:04.50	3:10.35	4:15.48	5:20.54	6:24.72	7:29.47
				8:34.30	9:39.22	10:45.00	11:50.68	12:55.96	14:02.10	15:07.94
3. Nicholas HARRIS	20	Nova Cent'n	16:31.50	1:01.49	2:06.53	3:12.65	4:19.47	5:25.88	6:31.85	7:37.90
				8:44.36	9:50.82	10:57.76	12:04.26	13:11.67	14:18.56	15:26.26
4. Alex BRAMMER	17	Co Sheffield	17:20.88	1:03.99	2:12.12	3:20.12	4:28.91	5:39.00	6:49.24	7:59.58
				9:09.87	10:20.03	11:30.90	12:41.93	13:52.69	15:03.54	16:13.20
5. John BLACKWELL	18	Harrogate	18:37.95	1:06.39	2:18.91	3:32.72	4:47.53	6:02.23	7:17.18	8:32.38
				9:48.00	11:04.24	12:20.12	13:36.23	14:52.24	16:07.20	17:23.86

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 9 Girls 11yrs/Over 200m Breaststroke

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Aimee WILLMOTT	11	Middlesboro	2:56.40	40.12	1:24.79	2:10.14
2.	Olivia ATKINSON	11	Middlesboro	2:57.18	40.42	1:24.93	2:10.88
3.	Lucy SPENCER	11	Co Sheffield	3:04.35	41.25	1:28.40	2:16.80
4.	Becky WILKINSON	11	Co Norwich	3:17.54	44.25	1:34.66	2:25.92
5.	Ellie TAYLOR	11	DerbyPhoenix	3:20.07	45.47	1:36.67	2:28.94
6.	Hannah TAYLOR	11	Co Sheffield	3:21.65	43.97	1:35.60	2:28.75
7.	Harrirt CLUGSTON	11	Rotherham Mo	3:22.46	44.64	1:36.93	2:31.03
8.	Zara McLAREN	11	Nova Cent'n	3:22.47	46.83	1:40.01	2:31.24
9.	Rachel BRYNE	11	Wigan BEST	3:27.45	47.76	1:41.59	2:34.69
10.	Katherine RIGG	11	Bo Barnsley	3:28.51	47.86	1:40.68	2:34.70
11.	Emily FISHER	11	Co Leeds	3:33.37	48.26	1:42.96	2:38.50

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Hayley BUDIMIR	12	Harrogate	2:58.57	39.60	1:24.38	2:11.85
2.	Kathryn HAINSWORTH	12	Co Leeds	3:07.34	43.43	1:31.56	2:20.49
3.	Sascha McLAREN	12	Nova Cent'n	3:08.11	41.70	1:30.16	2:18.63
4.	Stephanie BURNES	12	Co Sheffield	3:08.51	43.16	1:31.02	2:19.97
5.	Lydia PACE	12	Nova Cent'n	3:10.41	43.47	1:32.07	2:21.37
6.	Lauren E HAWTHORN	12	Co Coventry	3:10.88	42.81	1:31.55	2:21.27
7.	Joanna BOLD	12	Nova Cent'n	3:12.04	43.33	1:31.95	2:21.86
8.	Kate LORD	12	Derventio	3:12.70	43.29	43.29	2:22.84
9.	Katy AMATT	12	Derventio	3:12.89	43.78	3:12.89	2:23.82
10.	Lindsey WHITMORE	12	Co Sheffield	3:14.48	44.59	1:33.65	2:24.62
11.	Alice THOMAS	12	Nova Cent'n	3:17.33	43.48	1:34.68	2:25.99
12.	Rhia STEVENS-LEACH	12	Co Coventry	3:18.90	43.63	1:36.02	2:28.27
13.	Amy CORBETT	12	Nova Cent'n	3:19.29	45.64	1:36.50	2:28.41
14.	Nadine GARDNER	12	Nova Cent'n	3:23.43	46.42	1:37.74	2:30.33
15.	Alishia PALMER	12	Kimberley	3:29.50	47.34	1:41.26	2:35.21

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Helena THORNTON	13	Nova Cent'n	2:38.68	37.08	1:17.39	1:57.58
2.	Emma Jane BIRD	13	Nova Cent'n	2:48.54	38.96	1:22.44	2:05.80
3.	Emma TOWSE-BERTRAM	13	Co Sheffield	2:54.88	40.44	1:25.31	2:10.53
4.	Claire BARROW	13	Co Norwich	2:55.42	39.26	1:24.35	2:10.47
5.	Grace MORRIS	13	Derventio	3:00.00	41.07	1:27.03	2:15.14
6.	Eleanor BARLOW	13	Derventio	3:00.97	40.51	3:01.23	2:14.95
7.	Christie DONNELLY	13	Co Sheffield	3:03.49	41.94	1:28.97	2:16.55
8.	Emily PRATT	13	Derventio	3:03.67	42.04	1:28.39	2:16.34
9.	Suki HOHMANN	13	Nova Cent'n	3:04.02	42.29	42.29	2:17.04
10.	Joanne REEKS	13	Derventio	3:06.52	41.87	1:29.10	2:17.64
11.	Alison COWLEY	13	Middlesboro	3:12.12	44.66	1:34.12	2:22.68
12.	Rachel WILKINSON	13	Co Norwich	3:21.57	46.24	1:36.93	2:29.06

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SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

14/15 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Kate GIBSON	15	Co Coventry	2:44.07	36.79	1:18.41	2:00.90
2. Amy SPENCER	15	Co Sheffield	2:48.60	38.17	1:20.72	2:04.31
3. Kathryn NAUGHTON	15	Co Sheffield	2:51.07	38.56	1:22.01	2:06.62
4. Kimberley COLTON	15	Nova Cent'n	2:51.13	38.71	1:22.26	2:06.94
5. Ciara HORNE	15	Co Coventry	2:52.60	41.43	41.43	2:09.66
6. Samantha COOK	15	Middlesboro	2:55.16	39.87	1:24.60	2:10.04
7. Danielle HEMMINGS	14	Derventio	2:57.09	39.44	1:24.65	2:10.91
8. Abi CLARKSON	15	Co Coventry	2:57.28	38.27	1:23.01	2:10.34
9. Natasha BLAKEY	15	Altrincham	3:15.20	44.47	3:15.20	2:25.59
Kirsty STEPHENSON	15	Middlesboro	DNC			

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150
1. Debbie HALL	16	Co Sheffield	2:35.85	35.79	1:15.95	1:56.09
2. Sopihe CAUL	18	Co Coventry	2:41.04	36.35	1:16.28	1:57.86
3. Mariesa PICKNELL	17	Derventio	2:48.13	37.47	1:21.17	2:05.16
4. Felicity PRIOR	17	Harrogate	2:54.69	39.44	1:23.50	2:09.18
5. Diane LEE	19	Buxton	3:04.05	42.19	1:28.96	2:16.90

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Lucy BUDIMIR	10	Harrogate	3:10.91	41.93	3:10.91	2:19.92
2. Abigail Rhodes	10	Harrogate	3:15.61	44.01	1:33.56	2:24.46
3. Holly OUGHTON	10	Nova Cent'n	3:18.84	47.19	1:37.32	2:28.57
4. Kelly TOWLE	10	Derventio	3:27.16	46.59	1:39.68	2:33.52
5. Joanne CUTLER	10	Preston	3:35.29	46.68	1:42.15	2:40.12

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 10 Boys 11 Years/Over 400m Freestyle

11 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Robert GUEST	11	Derventio	5:12.93	35.07	1:15.26	1:56.50	2:36.03	3:16.68	3:56.81	4:36.23
2. Ben PYCROFT	11	Nova Cent'n	5:15.05	36.76	1:17.37	1:57.90	2:38.65	3:19.15	3:59.35	4:38.54
3. David STAIANO	11	Nova Cent'n	5:17.66	36.13	1:16.65	1:57.41	2:37.85	3:18.61	3:59.90	4:40.39
4. Ross MACDONALD	11	Co Coventry	5:18.19	35.78	1:15.59	1:56.41	2:37.15	3:18.84	4:00.65	4:40.90
5. Sam WHEELHOUSE	11	Derventio	5:18.30	36.28	1:16.53	1:57.67	2:39.28	3:19.91	4:01.01	4:40.83
6. Oliver WEBB	11	Nova Cent'n	5:20.52	36.63	1:17.13	1:58.55	2:39.47	3:20.02	4:01.12	4:41.43
7. Ryan LOVATT	11	Derventio	5:24.38	35.93	1:15.71	1:56.96	2:37.92	3:19.50	4:01.75	4:42.24
8. Michael DAWES	11	Co Coventry	5:25.77	36.64	1:19.06	2:00.78	2:43.68	3:25.93	4:08.13	4:49.09
9. Kyle WALTON	11	Nova Cent'n	5:26.26	37.14	1:18.84	2:01.10	2:43.49	3:25.79	4:07.99	4:48.80
10. George RIX	11	Co Sheffield	5:40.13	38.04	1:20.78	2:04.29	2:48.75	3:32.68	4:17.01	5:00.75
Joseph FRENCH	11	Harrogate	DQ	ST-						

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. John NOBLE	12	Co Coventry	4:28.75	29.80	1:02.95	1:36.89	2:11.56	2:46.05	3:20.82	3:55.67
2. Braxton TIMM	12	Co Sheffield	4:46.63	31.31	1:07.12	1:44.13	2:21.31	2:57.96	3:34.74	4:11.37
3. Peter DAWES	12	Co Coventry	4:52.61	31.26	1:07.44	1:44.75	2:22.85	3:00.58	3:38.66	4:15.95
4. Jamie MARTIN	12	Harrogate	4:54.31	33.27	1:10.22	1:47.98	2:25.84	3:03.51	3:41.66	4:19.31
5. James BURDEN	12	Co Coventry	4:56.73	31.89	1:09.34	1:47.12	2:25.23	3:03.75	3:41.82	4:19.79
6. Garan GREGORY	12	Aquabears	4:58.00	34.37	1:11.83	1:49.61	2:27.58	3:05.88	3:44.15	4:22.55
7. Alex JENKINS	12	Nova Cent'n	5:01.25	33.20	1:09.84	1:48.46	2:27.49	3:07.12	3:46.77	4:24.86
8. Liam SMITH	12	Nova Cent'n	5:09.60	33.75	1:12.45	1:51.92	2:31.97	3:11.97	3:51.46	4:30.69
9. Zachary Jelly	12	Co Coventry	5:10.68	33.81	1:12.07	1:52.95	2:33.30	3:13.90	3:54.25	4:33.74
10. Ricky WILLIAMSON	12	Nova Cent'n	5:13.13	34.16	1:13.39	1:53.49	2:33.97	3:14.25	3:54.98	4:33.90
11. Stephen WATSON	12	Middlesboro	5:14.75	35.80	1:15.74	1:56.54	2:36.88	3:17.33	3:57.69	4:37.65
12. Kane HAGGETT	12	Derventio	5:15.89	34.48	1:13.68	1:54.63	2:35.51	3:16.09	3:57.62	4:37.90
13. James SHAND	12	Derventio	5:16.08	35.69	1:16.82	1:57.79	2:38.59	3:18.61	3:59.03	4:38.93
14. Samuel SMITH	12	Derventio	5:16.26	36.37	1:17.52	1:59.01	2:40.09	3:20.17	3:59.96	4:38.98
15. Liam JORDAN	12	Nova Cent'n	5:18.48	36.70	1:17.53	1:58.93	2:40.23	3:20.48	4:01.59	4:41.23
16. Gareth CARTER	12	DerbyPhoenix	5:19.23	35.54	1:15.29	1:57.50	2:39.17	3:20.69	4:02.12	4:41.66
17. Ben JONES	12	Wrexham	5:19.58	36.18	1:16.65	1:58.47	2:40.49	3:22.08	4:02.66	4:42.37
18. Jamie BELL	12	Derventio	5:19.84	36.73	1:17.05	1:57.35	2:38.85	3:20.36	4:01.54	4:41.35
19. Jamie SCOTT	12	Nova Cent'n	5:20.90	36.83	1:17.13	1:58.50	2:39.34	3:20.87	4:01.68	4:42.76
20. Scott TOVELL-COLEMAN	12	Derventio	5:26.72	38.17	1:19.51	2:02.27	2:45.71	3:28.15	4:10.16	4:48.76
21. Jacob MORLEY	12	Nova Cent'n	5:30.43	35.19	1:15.40	1:56.92	2:39.46	3:22.39	4:06.07	4:49.12
22. Liam MATTIN	12	Co Norwich	5:38.85	36.26	1:18.17	2:01.76	2:45.28	3:29.08	4:13.60	4:57.32

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Daniel MILLS	13	Nova Cent'n	4:19.51	29.73	1:02.11	1:35.20	2:09.02	2:42.27	3:15.98	3:48.83
2. Jack DUNN	13	Co Sheffield	4:34.51	30.59	1:04.71	1:39.48	2:14.51	2:49.48	3:25.05	4:00.57
3. James HOLDER	13	Nova Cent'n	4:44.71	31.84	1:07.15	1:43.74	2:20.34	2:56.84	3:33.52	4:09.64
4. Mathew CRACKELL	13	Middlesboro	4:55.80	34.13	1:12.40	1:50.89	2:28.53	3:05.95	3:43.13	4:19.91
5. Darren HODGETT	13	Derventio	4:58.97	32.28	1:08.10	1:45.05	2:23.84	3:02.20	3:42.25	4:20.64
6. Glen PICKNELL	13	Derventio	5:18.22	34.29	1:14.33	1:55.69	2:37.35	3:19.19	4:00.49	4:40.76

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14 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Adam TAYLOR	14	Walsall	4:20.05	29.39	1:01.27	1:34.03	2:07.56	2:40.77	3:14.07	3:47.35
2. Conor LEANY	14	LARNE SC	4:32.67	30.40	1:04.24	1:39.75	2:14.27	2:49.10	3:24.22	3:58.82
3. Pierce DORAN	14	Nova Cent'n	4:32.86	30.71	1:05.09	1:39.37	2:14.54	2:49.05	3:24.13	3:59.18
4. Scott POWELL	14	Nova Cent'n	4:34.54	29.93	1:03.18	1:38.31	2:14.01	2:49.60	3:25.48	4:00.84
5. Lewis MATTIN	14	Co Norwich	4:35.09	30.45	1:04.79	1:40.13	2:15.20	2:50.47	3:25.70	4:01.07
6. Ryan WOOLLEY	14	Co Sheffield	4:43.25	30.89	1:05.15	1:41.63	2:18.36	2:55.44	3:32.55	4:09.28
7. Samuel SPAUL	14	Co Norwich	4:43.56	31.18	1:06.13	1:42.73	2:19.29	2:55.78	3:32.40	4:08.73
8. Barney BARLOW	14	Nova Cent'n	4:49.85	32.52	1:09.13	1:45.86	2:23.32	2:59.84	3:37.29	4:14.22
9. Lewis KING	14	Luton	4:54.50	33.19	1:09.68	1:46.87	2:25.28	3:03.33	3:41.89	4:19.17
10. Oliver DUNSTAN	14	Nova Cent'n	5:16.62	34.21	1:12.40	1:53.04	2:33.83	3:15.37	3:56.61	4:37.57

15/16 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Jeffery HILL	15	Co Norwich	4:10.80	28.63	59.90	1:31.36	2:03.82	2:35.72	3:08.01	3:40.02
2. Joseph KEANE	15	Derventio	4:13.06	27.82	59.35	1:31.11	2:03.50	2:35.83	3:08.66	3:41.17
3. Jonathan COOK	15	Nova Cent'n	4:19.77	29.14	1:00.72	1:34.63	2:07.61	2:40.79	3:14.19	3:47.53
4. Samuel HEARD	16	Co Norwich	4:23.12	29.24	1:01.52	1:35.13	2:08.86	2:42.94	3:17.25	3:50.89
5. Sean ASHER	16	Co Coventry	4:24.94	28.51	1:00.45	1:34.25	2:08.42	2:42.55	3:17.22	3:51.75
6. Nicholas MALLABAND	15	Co Sheffield	4:25.53	29.45	1:02.47	1:35.86	2:09.51	2:43.26	3:17.59	3:52.17
7. James LOVATT	15	Derventio	4:27.04	29.57	1:02.24	1:36.14	2:10.60	2:44.90	3:19.27	3:53.78
8. Sam GARNER	15	Co Sheffield	4:27.50	30.39	1:02.89	1:36.02	2:10.42	2:44.99	3:19.92	3:54.11
9. Matthew WOLSTENHOLME	15	Co Coventry	4:28.33	30.30	1:03.37	1:37.57	2:11.97	2:46.41	3:21.19	3:55.61
10. Kyle GREEN	16	Nova Cent'n	4:30.52	29.46	1:03.32	1:38.55	2:12.89	2:47.91	3:23.85	3:57.89
11. Sam REID	15	Co Sheffield	4:30.89	30.66	1:04.38	1:38.90	2:13.90	2:48.33	3:23.00	3:57.95
12. Tommy BOCHMANN	15	Co Norwich	4:33.44	30.26	1:03.98	1:39.14	2:13.86	2:49.01	3:23.95	3:59.08
13. Christopher MIDDLETON	16	Co Sheffield	4:34.55	31.34	1:05.60	1:40.52	2:15.50	2:50.23	3:25.87	4:00.57
14. Andrew SALMON	15	Nova Cent'n	4:57.09	32.21	1:08.66	1:46.93	2:25.47	3:04.70	3:42.61	4:20.72
15. Joseph STANHOPE	15	Louth	4:57.92	33.60	1:10.86	1:49.42	2:28.21	3:07.77	3:46.81	4:24.08

17 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Sam BLUNT	19	Loughboro Un	4:03.10	27.78	58.16	1:29.26	2:00.29	2:31.45	3:02.75	3:33.47
2. Lewis ANDREWS	19	Loughboro Un	4:03.95	28.02	58.56	1:29.44	2:00.59	2:31.61	3:03.09	3:34.14
3. Adam DESMOND	20	Co Coventry	4:04.53	27.92	58.41	1:29.48	2:00.83	2:31.99	3:03.46	3:34.62
4. Chris WALKER	18	Co Sheffield	4:07.92	27.91	58.36	1:29.56	2:00.85	2:32.73	3:04.36	3:36.24
5. James KIRTON	19	Co Sheffield	4:11.59	28.04	59.13	1:31.08	2:03.04	2:35.13	3:06.76	3:39.16
6. Michael TAYLOR	18	Co Sheffield	4:18.58	28.74	1:00.61	1:33.10	2:05.93	2:38.54	3:12.02	3:45.70
7. Alex BRAMMER	17	Co Sheffield	4:26.94	29.86	1:03.32	1:37.88	2:11.57	2:45.74	3:20.02	3:54.54
8. Iain ROBINSON	17	Harrogate	4:35.47	31.35	1:05.26	1:39.20	2:14.83	2:49.97	3:25.57	4:01.63
9. John BLACKWELL	18	Harrogate	4:46.32	30.69	1:05.14	1:39.40	2:15.90	2:53.02	3:31.05	4:09.29

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Joseph FAULKNER	10	Co Sheffield	5:40.05	40.68	1:24.05	2:07.58	2:50.66	3:34.61	4:18.54	5:00.70
2. Jason MAZZEI	10	Co Sheffield	5:48.91	38.97	1:22.65	2:07.38	2:52.09	3:36.56	4:21.19	5:05.92
3. Joseph SHARPE	10	Co Sheffield	6:20.74	40.69	1:27.88	2:16.40	3:04.39	3:55.17	4:45.08	5:32.75

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EVENT 11 Girls 11 Years/Over 200m Freestyle

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Eleanor FAULKNER	11	Co Sheffield	2:23.47	33.24	1:10.38	1:48.08
2.	Anne BOCHMANN	11	Co Norwich	2:24.13	33.75	1:11.06	1:48.81
3.	Anna BUTLER	11	Derventio	2:27.35	33.91	1:12.11	1:50.52
4.	Tia HULSE	11	Wrexham	2:31.24	35.67	1:14.76	1:55.10
5.	Becky WILKINSON	11	Co Norwich	2:31.81	35.09	1:13.97	1:53.15
6.	Rebecca OWRAM	11	Harrogate	2:32.12	35.60	1:15.14	1:54.97
7.	Katherine RIGG	11	Bo Barnsley	2:37.77	37.32	1:18.28	1:59.50
8.	Jessica RAMPLIN	11	Harrogate	2:38.35	35.73	1:15.78	1:57.33
9.	Lois VAIL	11	Aquabears	2:39.10	36.98	1:18.17	1:59.60
10.	Jessica HILL	11	Co Norwich	2:39.42	36.33	1:16.95	1:58.87
11.	Bethany HIGSON	11	Wigan BEST	2:39.86	36.70	1:18.10	2:00.53
12.	Rebecca ATHERTON	11	Wigan BEST	2:41.20	37.73	1:19.40	2:01.36
13.	Emily FISHER	11	Co Leeds	2:41.38	36.45	1:18.09	2:00.86
14.	Harrirt CLUGSTON	11	Rotherham Mo	2:42.55	36.29	1:19.12	2:03.05
15.	Hannah TAYLOR	11	Co Sheffield	2:44.60	36.51	1:19.41	2:03.50
16.	Zara McLAREN	11	Nova Cent'n	2:44.67	38.21	1:22.66	2:05.84
17.	Ellie TAYLOR	11	DerbyPhoenix	2:45.55	37.57	1:20.76	2:05.40
18.	Rachel BRYNE	11	Wigan BEST	2:45.61	38.60	1:20.14	2:03.30
19.	Sarah DAWES	11	Co Coventry	2:50.33	37.99	1:20.99	2:05.89
20.	Rachel MALLABAND	11	Co Sheffield	2:55.27	39.68	1:23.82	2:10.72

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Samantha STRONG	12	Aquabears	2:16.94	32.21	1:06.33	1:41.92
2.	Joanna BOLD	12	Nova Cent'n	2:18.95	32.55	1:08.40	1:44.66
3.	Rebecca TURNER	12	Co Sheffield	2:21.73	31.03	1:06.61	1:44.70
4.	Olivia SEFTON	12	Derventio	2:22.14	33.56	1:10.78	1:47.81
5.	Jessica TOMLINSON	12	Nova Cent'n	2:22.86	32.31	1:09.13	1:46.58
6.	Zena CARR	12	Co Leeds	2:23.19	32.93	1:09.75	1:47.43
7.	Natasha ATKINS	12	Harrogate	2:24.16	34.27	1:11.56	1:49.36
8.	Victoria MORGAN	12	Wirral Metro	2:24.19	33.12	1:09.60	1:47.25
9.	Alice GILL	12	Harrogate	2:24.38	34.32	1:11.66	1:48.90
10.	Rebecca HARRIS	12	Wigan BEST	2:24.50	33.78	1:10.82	1:48.21
11.	Helen SHAW	12	Aquabears	2:24.83	34.00	1:11.35	1:49.63
12.	Aynsley HESELTINE	12	Co Sheffield	2:26.17	34.12	1:11.10	1:49.13
13.	Sophie INGLES	12	Co Norwich	2:27.15	33.17	1:10.10	1:48.54
14.	Lauren E HAWTHORN	12	Co Coventry	2:28.63	32.49	1:11.17	1:49.92
15.	Firima MEHRABI	12	Wigan BEST	2:28.75	33.39	1:11.35	1:50.34
16.	Kimberley RUMBLELOW	12	Wigan BEST	2:29.83	34.16	1:12.33	1:52.16
17.	Sarah GIBSON	12	Derventio	2:31.04	34.26	1:12.92	1:52.66
18.	Rhia STEVENS-LEACH	12	Co Coventry	2:32.09	35.52	1:15.43	1:55.50
19.	Lydia PACE	12	Nova Cent'n	2:33.23	35.48	1:15.74	1:56.36
20.	Sascha McLAREN	12	Nova Cent'n	2:34.97	35.64	1:15.58	1:55.80
21.	Rachael MARSH	12	Wrexham	2:36.12	36.55	1:17.33	1:58.29
22.	Amy CORBETT	12	Nova Cent'n	2:37.46	36.83	1:17.93	1:58.59
23.	Danielle HANNAN	12	Co Sheffield	2:38.55	34.96	1:15.84	1:58.64
24.	Alishia PALMER	12	Kimberley	2:38.84	35.71	1:16.42	1:58.63
25.	Hannah WILLIAMS	12	Altrincham	2:40.44	36.47	1:17.55	1:59.30
26.	Alice THOMAS	12	Nova Cent'n	2:40.92	36.70	1:17.97	2:00.35
27.	Deborah Susan STANLEY	12	Nova Cent'n	2:43.08	36.25	1:18.78	2:01.59
28.	Nadine GARDNER	12	Nova Cent'n	2:45.97	36.78	1:19.03	2:03.03
29.	Alice CARY	12	Nova Cent'n	2:52.78	37.62	1:23.81	2:10.87

EVENT 11 Girls 11 Years/Over 200m Freestyle

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13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Charlotte BROADBENT	13	Co Sheffield	2:11.02	30.71	1:04.06	1:38.43
2.	Helena THORNTON	13	Nova Cent'n	2:12.61	31.47	1:05.35	1:39.80
3.	Emma SMITHHURST	13	Derventio	2:13.83	31.14	1:04.94	1:39.40
4.	Sasha MATTHEWS	13	Nova Cent'n	2:17.76	31.58	1:05.99	1:41.34
5.	Katy LOCKEY	13	Derventio	2:18.58	31.15	1:06.31	1:42.80
6.	Alice CORDWELL	13	Co Sheffield	2:18.94	31.49	1:06.86	1:43.54
7.	Sian MURPHY	13	Aquabears	2:20.56	33.41	1:09.40	1:45.20
8.	Claire BARROW	13	Co Norwich	2:20.63	31.94	1:07.37	1:45.23
9.	Grace MORRIS	13	Derventio	2:22.11	31.71	1:08.39	1:45.73
10.	Rosanna BETTS	13	Co Norwich	2:22.36	32.93	1:09.26	1:46.59
11.	Laura HENSON	13	Co Sheffield	2:23.17	32.17	1:07.72	1:45.48
12.	Emma Jane BIRD	13	Nova Cent'n	2:23.30	34.08	1:10.63	1:47.54
13.	Christie DONNELLY	13	Co Sheffield	2:24.35	32.55	1:08.96	1:47.39
14.	Amie GARFORTH	13	Co Leeds	2:24.90	33.70	1:10.41	1:48.20
15.	Lucy SMITH	13	Nova Cent'n	2:25.15	33.39	1:11.04	1:49.01
16.	Jessica PAYNE	13	Co Sheffield	2:25.78	33.16	1:09.00	1:47.17
17.	Eleanor BARLOW	13	Derventio	2:27.16	33.83	1:12.18	1:50.89
18.	Clare TREEMAN	13	Co Norwich	2:27.35	33.23	1:10.67	1:49.42
19.	Kimberley LARKMAN	13	Middlesboro	2:30.04	34.70	1:13.26	1:52.05
20.	Emily PRATT	13	Derventio	2:30.14	34.32	1:12.47	1:51.14
21.	Helen SMITH	13	Nova Cent'n	2:33.86	35.42	1:14.81	1:55.48
22.	Keely SHEPPARD	13	Nova Cent'n	2:35.66	34.64	1:14.82	1:56.74
23.	Rachel WILSON	13	Co Wakefield	2:44.36	36.41	1:16.98	2:00.72
	Rachel WILKINSON	13	Co Norwich	DNF			

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Jenny STARLING	14	Co Sheffield	2:10.72	30.29	1:03.26	1:37.23
2.	Rachel LEFLEY	14	Nova Cent'n	2:11.28	30.53	1:04.13	1:38.04
3.	Emma BURKE	14	Co Coventry	2:14.37	31.08	1:04.73	1:39.52
4.	Tara WALSH	14	Buxton	2:14.41	31.26	1:05.84	1:40.99
4.	Lauren INGLESON	14	Co Norwich	2:14.41	31.21	1:05.20	1:40.06
6.	Georgia INGLESON	14	Co Norwich	2:14.46	31.36	1:06.02	1:40.98
7.	Amy PHIPPS	14	Co Coventry	2:14.63	30.73	1:05.22	1:40.25
8.	Rebecca HARRISON	14	Derventio	2:14.78	30.81	1:04.88	1:39.72
9.	Natalie MESTER	15	Derventio	2:15.96	31.26	1:05.52	1:40.78
10.	Amy CAMPLING	14	Middlesboro	2:16.69	31.12	1:05.57	1:41.01
11.	Adele MERIFIELD	15	Nova Cent'n	2:18.24	31.65	1:06.89	1:43.22
12.	Nicola SHAW	14	Aquabears	2:19.12	31.57	1:06.49	1:43.29
13.	Lauren FISHER	14	Nova Cent'n	2:22.92	33.44	1:10.11	1:47.29
14.	Holly FREYA BURTON	14	Co Coventry	2:23.57	31.52	1:07.57	1:45.50
15.	Sarah HORGAN	14	Nova Cent'n	2:26.54	33.29	1:10.92	1:49.19
16.	Ciara HORNE	15	Co Coventry	2:26.93	34.93	1:12.22	1:49.63
17.	Sarah MARSH	14	Wrexham	2:27.10	33.85	1:11.51	1:49.99
18.	Larna PICKNELL	15	Derventio	2:27.25	33.03	1:10.09	1:48.91
19.	Rachael DON-DUNCAN	15	Wigan BEST	2:31.21	35.05	1:13.58	1:53.35
20.	Natasha BLAKEY	15	Altrincham	2:35.37	35.15	1:14.93	1:55.40
21.	Kaye NICHOLSON	15	Altrincham	2:54.07	38.30	1:22.12	2:08.18

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16 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Stephanie HILL	18	Nova Cent'n	2:05.76	29.11	1:00.78	1:32.99
2.	Natalie PRICE	18	Loughborough	2:06.29	29.82	1:01.71	1:34.40
3.	Jessica SYLVESTER	17	Nova Cent'n	2:06.69	29.30	1:01.29	1:34.15
4.	Sarah JAMES	18	Loughboro Un	2:11.46	30.52	1:03.64	1:37.82
5.	Heather JACKSON	18	Loughboro Un	2:14.82	30.98	1:04.74	1:39.36
6.	Loren ALLEN	18	Co Norwich	2:16.12	31.50	1:05.76	1:41.04
7.	Sally HENDERSON	17	Harrogate	2:17.07	31.60	1:06.56	1:41.76
8.	Gemma ALLEN	16	Co Norwich	2:23.08	32.91	1:09.09	1:46.28
9.	Helen BINGLEY	16	Co Coventry	2:24.93	32.36	1:08.51	1:47.51

10 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Jessica TAYLOR	10	Co Sheffield	2:28.32	34.76	1:12.44	1:50.31
2.	Lucy BUDIMIR	10	Harrogate	2:29.56	35.53	1:13.50	1:51.70
3.	Holly OUGHTON	10	Nova Cent'n	2:32.29	35.45	1:14.50	1:53.70
4.	Evie KEANE	10	DerbyPhoenix	2:34.46	36.01	1:15.94	1:56.46
5.	Abigail RHODES	10	Harrogate	2:39.71	36.24	1:16.90	1:59.22
6.	Phillippa JONES	10	Wrexham	2:40.33	35.66	1:16.95	1:59.45
7.	Joanne CUTLER	10	Preston	2:41.68	37.37	1:19.47	2:02.55
8.	Rebecca HAMILTON	10	Co Sheffield	2:42.57	36.78	1:19.32	2:02.02

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EVENT 12 Boys 11 Years/Over 200m Butterfly

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joseph FRENCH	11	Harrogate	2:39.10	35.32	1:16.16	1:57.86
2.	Christopher SUGGITT	11	Wigan BEST	2:51.51	37.00	1:20.36	2:06.73
3.	Ross MACDONALD	11	Co Coventry	3:10.70	40.25	1:30.96	2:23.20
	Mathew TISSINGTON	11	Co Sheffield	DQ	SL-	42.03	1:31.46

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Braxton TIMM	12	Co Sheffield	2:31.77	34.23	1:13.26	1:51.75
2.	Christopher DOVE	12	Middlesboro	2:37.18	34.85	1:15.40	1:56.87
3.	Thomas SUNTER	12	Co Sheffield	2:40.39	35.56	1:15.91	1:58.20
4.	Jordan BATE	12	Co Norwich	2:41.74	36.63	1:18.18	2:00.49
5.	John NOBLE	12	Co Coventry	2:44.66	33.98	1:15.18	1:59.13
6.	Matthew BINGLEY	12	Co Coventry	2:45.44	34.84	1:16.67	2:01.51
7.	James BURDEN	12	Co Coventry	2:47.02	35.21	1:17.31	2:02.44
8.	Michael McCANN	12	Co Sheffield	2:48.57	36.06	1:20.11	2:04.44
9.	Liam SMITH	12	Nova Cent'n	2:50.16	35.92	1:19.49	2:05.27
10.	Ben JONES	12	Wrexham	3:17.89	40.33	1:32.35	2:25.80
	Michael GRANTHAM	12	Co Leeds	DQ	SL-	39.21	1:26.86

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Jack DUNN	13	Co Sheffield	2:27.20	32.54	1:10.53	1:49.63
2.	Tom LIGHTFOOT	13	Co Sheffield	2:28.02	33.14	1:11.03	1:49.34
3.	Gareth TYMON	13	Donc Dartes	2:33.36	32.37	1:10.40	1:51.22
4.	Ahemet GUNGOR	13	Co Coventry	2:35.23	34.84	1:14.19	1:54.41
	Alex GOSBY	13	Bo Barnsley	DNC			

14 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Peter THOMPSON	14	Middlesboro	2:12.32	29.46	1:03.49	1:37.68
2.	Wilson LOGAN	14	LARNE SC	2:22.20	30.83	1:06.22	1:43.76
3.	Adam CARNELL	14	Co Sheffield	2:25.31	31.67	1:08.56	1:46.92
4.	Lewis MATTIN	14	Co Norwich	2:35.10	33.89	1:13.44	1:54.57
5.	Barney BARLOW	14	Nova Cent'n	2:40.56	34.57	1:15.99	1:58.73
6.	Lewis KING	14	Luton	2:42.30	35.39	1:15.91	1:58.75
	Adam TAYLOR	14	Walsall	DNC			

15/16 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Arthur Downing	16	Co Sheffield	2:07.14	28.78	1:01.36	1:34.11
2.	Samuel HEARD	16	Co Norwich	2:22.47	30.81	1:07.03	1:45.12
3.	Thomas GREENFIELD	15	Co Sheffield	2:24.14	31.27	1:07.82	1:46.06
4.	Nicholas MALLABAND	15	Co Sheffield	2:25.02	31.72	1:08.64	1:47.02
5.	Jonathan COOK	15	Nova Cent'n	2:25.14	31.35	1:08.42	1:46.91
6.	Kyle GREEN	16	Nova Cent'n	2:25.42	32.09	1:09.35	1:48.54
	Joseph STANHOPE	15	Louth	DNC			

17 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joe ROEBUCK	19	Loughboro Un	2:05.66	28.35	1:00.73	1:33.30
2.	Ian HULME	20	Loughboro Un	2:07.28	28.23	1:00.69	1:33.20
3.	Josh KER	19	Loughboro Un	2:07.70	29.34	1:01.82	1:34.76
4.	Duncan ROSS	17	Nova Cent'n	2:17.27	29.35	1:03.61	1:39.71

10 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
	Jason MAZZEI	10	Co Sheffield	DNC			

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EVENT 13 Girls 11 Years/Over 400m Ind.Medley

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Olivia ATKINSON	11	Middlesboro	5:24.41	34.38	1:13.25	1:57.02	2:39.30	3:24.93	4:10.33	4:48.47
2.	Aimee WILLMOTT	11	Middlesboro	5:27.20	35.32	1:15.24	1:57.46	2:38.35	3:25.11	4:12.49	4:50.64
3.	Anne BOCHMANN	11	Co Norwich	5:40.34	37.88	1:21.14	2:02.91	2:43.86	3:34.73	4:25.47	5:03.39
4.	Lucy SPENCER	11	Co Sheffield	5:59.90	38.69	1:26.91	2:13.20	2:59.30	3:48.79	4:39.02	5:19.72
5.	Alexandra RICHARDSON	11	Co Sheffield	6:17.74	39.08	1:27.33	2:14.40	3:01.56	3:55.10	4:50.47	5:34.20
6.	Zara McLAREN	11	Nova Cent'n	6:20.01	42.27	1:31.40	2:20.14	3:09.08	4:01.19	4:53.55	5:37.98
7.	Ellie TAYLOR	11	DerbyPhoenix	6:25.56	42.13	1:34.65	2:25.23	3:13.32	4:05.18	4:58.85	5:43.38

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Hayley BUDIMIR	12	Harrogate	5:35.74	34.34	1:15.62	2:01.03	2:45.40	3:31.35	4:18.38	4:57.82
2.	Jessica TOMLINSON	12	Nova Cent'n	5:38.54	37.41	1:21.54	2:04.82	2:46.46	3:36.15	4:23.42	5:01.86
3.	Joanna BOLD	12	Nova Cent'n	5:39.75	36.06	1:18.87	2:03.24	2:47.13	3:36.57	4:26.66	5:03.92
4.	Aynsley HESELTINE	12	Co Sheffield	5:50.14	38.15	1:22.55	2:09.05	2:54.00	3:43.19	4:33.41	5:12.44
5.	Laura KENNY	12	Co Leeds	5:51.56	37.52	1:22.25	2:08.60	2:53.13	3:42.73	4:33.64	5:13.01
6.	Zena CARR	12	Co Leeds	5:58.08	37.88	1:23.97	2:11.54	2:57.89	3:49.05	4:41.40	5:20.19
7.	Victoria MORGAN	12	Wirral Metro	5:58.37	38.84	1:28.10	2:15.95	3:01.45	3:51.23	4:41.52	5:21.15
8.	Kate LORD	12	Derventio	5:58.72	40.09	1:26.46	2:11.71	2:55.65	3:45.29	4:35.86	5:18.53
9.	Sascha McLAREN	12	Nova Cent'n	5:59.77	37.37	1:23.97	2:11.63	2:57.88	3:48.24	4:38.94	5:20.26
10.	Kimberley RUMBLELOW	12	Wigan BEST	6:00.08	39.70	1:27.13	2:12.18	2:55.81	3:48.40	4:41.22	5:21.72
11.	Rebecca TURNER	12	Co Sheffield	6:07.04	39.00	1:26.25	2:09.12	2:55.20	3:49.57	4:46.94	5:28.49
12.	Danielle HANNAN	12	Co Sheffield	6:08.69	39.94	1:27.69	2:16.27	3:00.98	3:52.96	4:46.18	5:28.07
13.	Nadine GARDNER	12	Nova Cent'n	6:21.66	42.59	1:33.09	2:20.63	3:08.32	4:00.31	4:54.80	5:37.66
14.	Rachael MARSH	12	Wrexham	6:31.65	41.54	1:31.41	2:22.77	3:11.68	4:08.78	5:07.24	5:50.42

13 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Helena THORNTON	13	Nova Cent'n	5:09.72	34.84	1:14.38	1:54.26	2:33.85	3:15.63	3:57.77	4:34.53
2.	Emma SMITHHURST	13	Derventio	5:15.18	32.65	1:10.34	1:52.40	2:34.12	3:19.48	4:05.51	4:40.84
3.	Alice CORDWELL	13	Co Sheffield	5:25.56	34.50	1:15.00	1:57.16	2:38.43	3:25.66	4:13.61	4:50.46
4.	Katy LOCKEY	13	Derventio	5:30.92	33.20	1:11.49	1:57.94	2:41.33	3:29.97	4:17.72	4:55.68
5.	Lucy GREENFIELD	13	Co Sheffield	5:33.72	36.43	1:18.42	2:02.24	2:44.25	3:32.24	4:20.55	4:57.67
6.	Joanne REEKS	13	Derventio	5:34.40	34.92	1:17.31	2:02.09	2:43.46	3:30.59	4:19.14	4:57.79
7.	Clare TREEMAN	13	Co Norwich	5:50.77	39.46	1:24.82	2:10.51	2:54.75	3:45.06	4:36.15	5:15.20
8.	Christie DONNELLY	13	Co Sheffield	5:50.80	37.88	1:24.81	2:09.09	2:51.82	3:41.96	4:33.17	5:13.00
9.	Emily PRATT	13	Derventio	5:51.62	38.39	1:25.08	2:11.84	2:56.83	3:44.52	4:33.86	5:13.44
10.	Kimberley LARKMAN	13	Middlesboro	5:53.12	36.96	1:19.85	2:06.03	2:51.95	3:43.30	4:35.47	5:14.75

14/15 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150	200	250	300	350
1.	Kimberley COLTON	15	Nova Cent'n	5:19.65	32.88	1:11.64	1:53.89	2:34.85	3:20.69	4:07.01	4:44.26
2.	Amy SPENCER	15	Co Sheffield	5:27.67	34.95	1:16.56	2:01.46	2:44.40	3:28.81	4:14.03	4:51.74
3.	Alexandra DYKES	15	Nova Cent'n	5:38.64	36.72	1:20.98	2:03.93	2:45.24	3:34.06	4:23.22	5:01.25
4.	Holly FREYA BURTON	14	Co Coventry	5:41.06	34.37	1:15.78	2:01.61	2:45.83	3:32.85	4:21.49	5:02.13
5.	Carly RAVENHILL	15	Co Sheffield	5:50.96	35.67	1:19.65	2:07.66	2:54.57	3:40.02	4:29.29	5:10.01

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16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Rebecca SHAW	19	Loughboro Un	4:57.80	30.27	1:05.20	1:43.57	2:21.27	3:05.54	3:50.32	4:25.11
2. Jessica SYLVESTER	17	Nova Cent'n	5:02.36	31.59	1:07.92	1:47.27	2:25.59	3:09.82	3:54.51	4:29.41
3. Hayley DAVIS	20	Co Norwich	5:08.61	31.48	1:08.45	1:47.70	2:25.45	3:11.22	3:56.45	4:33.03
4. Natalie EFFEMEY	20	Loughboro Un	5:13.48	32.47	1:10.83	1:50.79	2:30.48	3:14.75	4:00.64	4:37.08
5. Gemma ROPER	17	Co Sheffield	5:14.15	34.10	1:13.12	1:54.09	2:34.49	3:19.14	4:04.04	4:39.24

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150	200	250	300	350
1. Lucy BUDIMIR	10	Harrogate	5:53.90	38.20	1:23.03	2:11.15	2:57.66	3:46.70	4:36.42	5:16.27
2. Hollyn OUGHTON	10	Nova Cent'n	5:56.62	39.76	1:25.49	2:11.69	2:55.66	3:47.13	4:38.28	5:18.64
3. Kelly TOWLE	10	Derventio	6:22.75	42.03	1:34.06	2:23.72	3:12.21	4:04.50	4:58.38	5:41.18
4. Joanne CUTLER	10	Preston	6:39.97	42.62	1:36.74	2:28.41	3:19.93	4:17.23	5:14.70	5:58.11
Rebecca HAMILTON	10	Co Sheffield	DQ	44.67	1:40.15	2:31.00	3:19.17	4:18.38	5:15.81	6:00.55

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PONDS FORGE, SHEFFIELD (50m)
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EVENT 14 Boys 11 Years/Over 200m Ind.Medley

10 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joseph FAULKNER	10	Co Sheffield	3:09.95	46.76	1:36.76	2:30.54
2.	Jason MAZZEI	10	Co Sheffield	3:10.49	42.76	1:32.50	2:30.68
3.	Joseph SHARPE	10	Co Sheffield	3:23.16	44.94	1:36.17	2:37.17

11 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Joseph FRENCH	11	Harrogate	2:44.35	34.27	1:18.19	2:07.77
2.	Christopher SUGGITT	11	Wigan BEST	2:44.45	36.71	1:18.61	2:08.50
3.	Ben PYCROFT	11	Nova Cent'n	2:51.51	39.61	1:26.05	2:13.99
4.	Robert GUEST	11	Derventio	2:52.05	40.19	1:24.13	2:14.86
5.	David STAIANO	11	Nova Cent'n	2:55.25	41.63	1:29.02	2:18.11
6.	Ross MACDONALD	11	Co Coventry	2:56.50	39.31	1:26.14	2:19.44
7.	Ryan LOVATT	11	Derventio	2:59.61	41.68	1:27.55	2:21.49
8.	Sam WHEELHOUSE	11	Derventio	3:00.17	42.05	1:27.89	2:21.90
9.	Michael DAWES	11	Co Coventry	3:00.52	43.15	1:31.63	2:22.64
10.	Kyle WALTON	11	Nova Cent'n	3:01.30	40.00	1:25.70	2:21.42
11.	John MOODY	11	Bo Barnsley	3:02.10	42.79	1:28.37	2:21.92
12.	Thomas DOBSON	11	Middlesboro	3:02.52	45.37	1:30.69	2:21.73
13.	Oliver WEBB	11	Nova Cent'n	3:10.11	45.44	1:32.43	2:29.90

12 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	John NOBLE	12	Co Coventry	2:28.53	32.30	1:12.57	1:55.62
2.	Peter DAWES	12	Co Coventry	2:32.24	34.54	1:15.68	1:56.93
3.	Matthew BINGLEY	12	Co Coventry	2:37.67	33.82	1:16.97	2:02.01
4.	James BURDEN	12	Co Coventry	2:39.11	33.84	1:15.64	2:02.97
5.	Jordan BATE	12	Co Norwich	2:39.54	34.93	1:16.21	2:03.27
6.	Garan GREGORY	12	Aquabears	2:40.67	35.10	1:18.19	2:04.84
7.	Christopher DOVE	12	Middlesboro	2:45.13	35.59	1:18.92	2:08.00
8.	Jamie MARTIN	12	Harrogate	2:45.35	37.28	1:18.55	2:10.00
9.	Liam SMITH	12	Nova Cent'n	2:47.07	36.08	1:19.73	2:09.65
10.	Alex JENKINS	12	Nova Cent'n	2:47.20	40.52	1:24.21	2:10.40
11.	Michael McCANN	12	Co Sheffield	2:47.88	35.76	1:21.34	2:11.14
12.	Ben JONES	12	Wrexham	2:48.48	37.84	1:22.04	2:11.20
13.	Thomas SUNTER	12	Co Sheffield	2:49.14	36.36	1:20.47	2:12.37
14.	Zachary Jelley	12	Co Coventry	2:50.22	35.36	1:18.83	2:13.06
15.	Kane HAGGETT	12	Derventio	2:50.72	37.07	1:21.49	2:12.73
16.	James SHAND	12	Derventio	2:54.67	39.40	1:21.61	2:16.72
17.	Dominic TORR	12	Nova Cent'n	2:54.94	39.64	1:24.46	2:16.60
18.	Michael GRANTHAM	12	Co Leeds	2:54.97	39.29	1:24.08	2:18.05
19.	Samuel SMITH	12	Derventio	2:57.69	39.78	1:25.46	2:18.73
20.	Gareth CARTER	12	DerbyPhoenix	2:58.88	39.54	1:29.21	2:20.60
21.	Jamie BELL	12	Derventio	3:00.32	41.27	1:27.31	2:21.24
22.	Daniel HEWITT	12	Nova Cent'n	3:00.44	40.67	1:26.71	2:19.95
23.	Jamie SCOTT	12	Nova Cent'n	3:05.88	42.76	1:29.92	2:27.38
24.	Callum TATE	12	Co Sheffield	3:06.49	40.21	1:30.50	2:23.55
25.	Scott TOVELL-COLEMAN	12	Derventio	3:10.45	46.51	1:31.16	2:31.80
	Braxton TIMM	12	Co Sheffield	DNC			

13 Yrs Age Group

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Place	Name	AaD	Club	Time	50	100	150
1.	Daniel MILLS	13	Nova Cent'n	2:28.92	32.20	1:11.85	1:57.58
2.	Jack DUNN	13	Co Sheffield	2:33.54	32.47	1:14.84	1:59.10
3.	Darren HODGETT	13	Derventio	2:33.99	32.49	1:14.11	1:58.22
4.	Benjamin OWEN	13	Nova Cent'n	2:35.11	33.60	1:14.42	1:58.81
5.	Tom LIGHTFOOT	13	Co Sheffield	2:35.71	33.02	1:13.07	2:00.68
6.	Ahemet GUNGOR	13	Co Coventry	2:36.25	34.14	1:14.28	2:01.09
7.	James HOLDER	13	Nova Cent'n	2:37.86	36.20	1:15.55	2:03.26
8.	Mathew CRACKELL	13	Middlesboro	2:40.48	37.01	1:19.77	2:06.90
9.	Matthew WAGSTAFF	13	Bo Barnsley	2:40.79	35.99	1:19.31	2:04.59
10.	Thomas VARLEY	13	Co Coventry	2:40.83	34.27	1:14.98	2:03.27
11.	Adam DALES	13	Harrogate	2:47.74	39.22	1:23.80	2:10.50
12.	Glen PICKNELL	13	Derventio	2:48.42	38.71	1:22.84	2:09.38

14 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Peter THOMPSON	14	Middlesboro	2:19.12	28.86	1:04.38	1:48.11
2.	Adam TAYLOR	14	Walsall	2:25.05	30.25	1:06.15	1:51.90
3.	Lewis MATTIN	14	Co Norwich	2:29.14	32.58	1:12.45	1:55.70
4.	Ryan WOOLLEY	14	Co Sheffield	2:30.68	32.50	1:12.06	1:57.13
5.	Pierce DORAN	14	Nova Cent'n	2:32.44	34.33	1:12.44	1:59.61
6.	Adam CARNELL	14	Co Sheffield	2:32.81	31.54	1:13.22	1:57.95
7.	Jack CORBETT	14	Nova Cent'n	2:38.17	34.57	1:13.68	2:01.69
8.	Barney BARLOW	14	Nova Cent'n	2:43.74	34.67	1:18.20	2:06.39

15/16 Yrs Age Group

Place	Name	AaD	Club	Time	50	100	150
1.	Christopher MIDDLETON	16	Co Sheffield	2:16.42	28.30	1:03.41	1:45.42
2.	Joseph KEANE	15	Derventio	2:16.72	29.17	1:03.92	1:46.53
3.	Jonathan COOK	15	Nova Cent'n	2:17.15	29.73	1:05.52	1:44.12
4.	James LOVATT	15	Derventio	2:18.76	28.63	1:03.26	1:46.09
5.	Sean ASHER	16	Co Coventry	2:18.82	29.41	1:05.63	1:45.44
6.	Thomas GREENFIELD	15	Co Sheffield	2:23.34	30.91	1:09.00	1:51.71
7.	Jeffery HILL	15	Co Norwich	2:23.93	30.63	1:08.46	1:52.10
8.	Arthur DOWNING	16	Co Sheffield	2:23.94	29.21	1:06.35	1:52.91
9.	Tommy BOCHMANN	15	Co Norwich	2:24.05	31.61	1:08.01	1:50.75
10.	Nicholas MALLABAND	15	Co Sheffield	2:24.16	30.45	1:09.59	1:53.29
11.	Samuel HEARD	16	Co Norwich	2:28.01	31.01	1:08.03	1:55.33
12.	Sam REID	15	Co Sheffield	2:29.27	32.03	1:13.68	1:55.46
13.	Sam GARNER	15	Co Sheffield	2:31.69	33.31	1:13.42	1:57.69
14.	Matthew WOLSTENHOLME	15	Co Coventry	2:32.26	32.16	1:12.15	1:58.87
15.	Andrew SALMON	15	Nova Cent'n	2:35.29	32.26	1:12.61	2:00.52

17 Yrs/Over Age Group

Place	Name	AaD	Club	Time	50	100	150	
1.	Neil ASHCROFT	21	Co Coventry	2:09.03	28.45	1:02.07	1:39.15	
2.	Ben WARD	20	Loughboro Un	2:09.22	27.88	2:09.22	1:38.73	
3.	Joe ROEBUCK	19	Loughboro Un	2:09.38	27.97	1:02.45	1:41.08	
4.	Robert HOUGHTON	17	Nova Cent'n	2:14.45	29.94	1:04.70	1:43.70	
5.	Alex THURSTON	23	Nova Cent'n	2:14.54	28.00	1:01.60	1:42.25	
6.	Matthew BURROWS	19	Nova Cent'n	2:14.88	28.90	1:03.00	1:43.45	
7.	James KIRTON	19	Co Sheffield	2:14.92	29.27	1:06.37	1:43.79	
8.	Nathan PETCH	17	Co Coventry	2:20.20	30.92	1:08.81	1:46.86	
9.	Michael TAYLOR	18	Co Sheffield	2:20.27	30.47	1:06.50	1:48.96	
10.	Amar Arvind SHAH	19	Nova Cent'n	2:21.29	29.97	1:09.01	1:47.16	
11.	Ben NICHOLS	17	Burnley	2:22.51	30.45	1:07.07	1:50.65	
12.	Paul BETTELEY	17	Co Coventry	2:26.91	33.24	1:10.25	1:53.35	
	John BLACKWELL	18	Harrogate	DQ	T-2L	30.16	1:08.19	1:54.43

EVENT 15 Girls 11 Years/Over 200m Backstroke

11 Yrs Age Group

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

Place Name	AaD	Club	Time	50	100	150
1. Aimee WILLMOTT	11	Middlesboro	2:34.47	36.70	1:15.95	1:55.25
2. Anne BOCHMANN	11	Co Norwich	2:38.64	38.58	1:18.90	1:59.75
3. Eleanor FAULKNER	11	Co Sheffield	2:48.78	40.31	1:23.55	2:06.56
4. Jessica RAMPLIN	11	Harrogate	2:56.96	42.44	1:27.32	2:12.47
5. Anna BUTLER	11	Derventio	2:58.23	43.52	1:29.10	2:14.88
6. Rachel BRYNE	11	Wigan BEST	2:58.60	42.07	1:27.15	2:13.27
7. Alexandra RICHARDSON	11	Co Sheffield	2:59.18	42.33	1:28.55	2:15.37
8. Bethany HIGSON	11	Wigan BEST	3:03.79	44.06	1:30.71	2:18.34
9. Amy WEBSTER	11	Co Sheffield	3:03.90	42.79	1:30.90	2:18.20
10. Ellie TAYLOR	11	DerbyPhoenix	3:04.92	43.57	1:31.76	2:19.01

12 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Natasha ATKINS	12	Harrogate	2:36.51	37.90	1:18.75	1:58.96
2. Sarah GIBSON	12	Derventio	2:42.70	38.04	1:19.61	2:01.57
3. Helen SHAW	12	Aquabears	2:43.17	39.01	1:20.64	2:02.86
4. Olivia SEFTON	12	Derventio	2:43.80	38.66	1:20.68	2:02.95
5. Sophie INGLESON	12	Co Norwich	2:43.85	39.00	1:20.71	2:02.89
6. Kate LORD	12	Derventio	2:48.48	40.46	1:23.48	2:06.62
7. Kimberley RUMBLELOW	12	Wigan BEST	2:50.24	40.57	1:23.61	2:08.13
8. Lauren E HAWTHORN	12	Co Coventry	2:50.37	41.01	1:25.35	2:09.06
9. Danielle HANNAN	12	Co Sheffield	2:51.83	40.53	1:24.93	2:08.87
10. Amy CORBETT	12	Nova Cent'n	2:51.94	41.00	1:25.09	2:08.90
11. Lindsey WHITMORE	12	Co Sheffield	2:52.83	40.87	1:24.88	2:09.71
12. Alishia PALMER	12	Kimberley	2:55.80	41.42	1:27.43	2:12.35
13. Katy AMATT	12	Derventio	2:59.37	43.16	1:29.61	2:16.34
14. Lydia PACE	12	Nova Cent'n	3:03.46	42.84	1:30.00	2:17.47
15. Alice CARY	12	Nova Cent'n	3:03.72	43.22	1:30.93	2:18.59
16. Rachael MARSH	12	Wrexham	3:05.31	43.63	1:31.01	2:19.30
Joanna BOLD	12	Nova Cent'n	DNC			

13 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Charlotte BROADBENT	13	Co Sheffield	2:28.34	35.70	1:13.20	1:51.05
2. Helena THORNTON	13	Nova Cent'n	2:31.65	36.34	1:14.59	1:53.25
3. Alison COWLEY	13	Middlesboro	2:37.38	37.40	1:17.31	1:57.57
4. Emma Jane BIRD	13	Nova Cent'n	2:39.13	39.61	1:20.35	2:00.19
5. Christie DONNELLY	13	Co Sheffield	2:41.88	38.53	1:19.43	2:00.98
6. Lucy SMITH	13	Nova Cent'n	2:42.81	38.44	1:20.23	2:01.80
7. Laura HENSON	13	Co Sheffield	2:44.70	38.60	1:20.20	2:02.86
8. Katy LOCKEY	13	Derventio	2:46.03	39.91	1:22.29	2:04.94
9. Amie GARFORTH	13	Co Leeds	2:47.16	39.78	1:21.85	2:04.96
10. Emily PRATT	13	Derventio	2:48.89	40.71	1:23.42	2:06.62
11. Rachel WILKINSON	13	Co Norwich	2:56.18	41.52	1:25.84	2:11.26
12. Rachel WILSON	13	Co Wakefield	3:01.08	41.35	41.35	2:14.00
Keely SHEPPARD	13	Nova Cent'n	DNC			

14/15 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Rachel LEFLEY	14	Nova Cent'n	2:23.22	35.22	1:12.42	1:48.38
2. Lauren INGLESON	14	Co Norwich	2:30.43	34.59	1:12.76	1:51.84
3. Kimberley COLTON	15	Nova Cent'n	2:31.53	35.36	1:13.69	1:52.77
4. Alexandra DYKES	15	Nova Cent'n	2:37.05	36.98	1:16.54	1:57.04

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

5.	Lauren FISHER	14	Nova Cent'n	2:38.32	37.00	1:17.39	1:58.22
6.	Ciara HORNE	15	Co Coventry	2:42.89	39.35	1:21.66	2:02.71
7.	Nicola SHAW	14	Aquabears	2:43.97	38.05	1:20.05	2:02.49
8.	Sarah MARSH	14	Wrexham	2:54.14	41.13	1:24.86	2:09.69

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	50	100	150
1. Natalie EFFEMEY	20	Loughboro Un	2:20.06	33.21	1:08.55	1:44.44
2. Hayley DAVIS	20	Co Norwich	2:23.57	34.25	1:10.54	1:47.50
3. Debbie HALL	16	Co Sheffield	2:23.97	34.75	1:10.93	1:47.83
4. Vicky HOLLAND	18	Loughboro Un	2:31.03	35.83	1:13.84	1:52.56

10 Yrs Age Group

Place Name	AaD	Club	Time	50	100	150
1. Jessica TAYLOR	10	Co Sheffield	2:44.15	38.81	1:20.72	2:02.72
2. Holly OUGHTON	10	Nova Cent'n	2:47.82	40.61	1:23.55	2:06.18
3. Evie KEANE	10	DerbyPheonix	2:49.20	40.45	1:23.52	2:07.25
4. Rebecca HAMILTON	10	Co Sheffield	3:05.47	44.61	1:33.81	2:20.11
5. Phillippa JONES	10	Wrexham	3:07.74	43.83	1:32.15	2:20.78
6. Joanne CUTLER	10	Preston	3:15.80	45.64	1:35.24	2:26.34

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

EVENT 16 Girls 11 Years/Over 800m Freestyle

11 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700
1. Eleanor FAULKNER	11	Co Sheffield	10:18.67	1:12.09	2:29.62	3:47.72	5:05.74	6:24.77	7:43.87	9:02.85
2. Anne BOCHMANN	11	Co Norwich	10:21.73	1:13.42	2:30.71	3:48.61	5:07.30	6:26.85	7:46.62	9:06.67
3. Becky WILKINSON	11	Co Norwich	10:28.27	1:12.80	2:32.18	3:52.75	5:12.54	6:32.45	7:51.84	9:11.04
4. Anna BUTLER	11	Derventio	10:29.72	1:16.26	2:35.60	3:54.29	5:14.63	6:34.42	7:55.12	9:14.05
5. Tia HULSE	11	Wrexham	10:41.92	1:17.04	2:38.69	4:00.06	5:20.66	6:42.30	8:03.83	9:24.85
6. Sarah KING	11	Lincoln	10:44.70	1:16.01	2:37.35	3:58.74	5:20.47	6:42.75	8:05.15	9:26.38
7. Rebecca OWRAM	11	Harrogate	10:44.86	2:41.13	4:02.83	5:24.00	6:45.42	8:06.73	9:27.41	10:44.86
8. Lucy SPENCER	11	Co Sheffield	11:03.01	2:42.35	4:05.91	5:30.03	6:54.77	8:18.28	9:43.08	11:03.01
9. Lois VAIL	11	Aquabears	11:09.87	1:20.72	2:46.31	4:11.12	5:34.49	6:59.24	8:23.75	9:48.45
10. Jessica HILL	11	Co Norwich	11:31.88	1:19.33	2:46.20	4:15.66	5:45.47	7:13.79	8:42.52	10:09.18
11. Rebecca ATHERTON	11	Wigan BEST	11:37.63	2:52.85	4:21.76	5:50.81	7:17.44	8:43.51	10:11.51	11:37.63
12. Jessica RAMPLIN	11	Harrogate	11:38.65	1:22.43	2:52.51	4:19.51	5:47.13	7:15.46	8:44.57	10:14.29
13. Zara McLAREN	11	Nova Cent'n	11:50.93	2:56.12	4:25.77	5:55.03	7:25.86	8:56.63	10:26.56	11:50.93
14. Amy WEBSTER	11	Co Sheffield	12:08.99	3:00.36	4:32.64	6:04.68	7:36.78	9:09.20	10:40.51	12:08.99

12 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700
1. Samantha STRONG	12	Aquabears	9:42.67	1:10.79	2:25.08	3:38.88	4:52.15	6:05.01	7:18.01	8:31.07
2. Joanna BOLD	12	Nova Cent'n	9:51.59	1:10.76	2:25.44	3:40.23	4:55.58	6:10.83	7:26.36	8:40.77
3. Jessica TOMLINSON	12	Nova Cent'n	9:55.66	1:11.66	2:27.39	3:43.44	4:59.02	6:14.14	7:29.45	8:43.76
4. Victoria MORGAN	12	Wirral Metro	10:01.39	1:09.41	2:24.68	3:40.35	4:56.81	6:13.71	7:30.90	8:47.28
5. Aynsley HESELTINE	12	Co Sheffield	10:10.52	1:12.68	2:29.47	3:46.49	5:03.80	6:20.60	7:38.23	8:55.18
6. Zena CARR	12	Co Leeds	10:13.10	1:12.14	2:29.57	3:47.87	5:06.71	6:25.08	7:42.67	9:00.83
7. Hayley BUDIMIR	12	Harrogate	10:30.31	1:13.24	2:32.00	3:51.89	5:11.92	6:32.02	7:52.61	9:12.31
8. Sophie INGLESON	12	Co Norwich	10:31.08	1:14.39	2:34.29	3:54.25	5:14.40	6:34.00	7:53.85	9:13.83
9. Alice GILL	12	Harrogate	10:34.41	1:16.36	2:36.49	3:56.40	5:16.70	6:36.48	7:56.04	9:16.63
10. Stephanie BURNES	12	Co Sheffield	10:38.13	1:16.29	2:36.71	3:57.46	5:18.45	6:38.97	7:59.97	9:20.71
11. Natasha ATKINS	12	Harrogate	10:40.31	1:19.58	2:41.70	4:03.40	5:25.31	6:45.80	8:06.30	9:24.99
12. Sascha McLAREN	12	Nova Cent'n	10:43.96	1:18.10	2:39.19	3:59.19	5:19.65	6:39.78	8:01.11	9:23.27
13. Rhia STEVENS-LEACH	12	Co Coventry	10:44.22	1:16.98	2:38.94	4:01.01	5:23.60	6:44.81	8:06.41	9:27.86
14. Rebecca TURNER	12	Co Sheffield	10:46.75	1:15.82	2:37.42	3:59.39	5:21.84	6:43.53	8:07.42	9:30.34
15. Firima MEHRABI	12	Wigan BEST	10:48.57	1:17.19	2:39.52	4:02.37	5:24.78	6:47.05	8:08.46	9:30.29
16. Kate LORD	12	Derventio	10:52.66	1:19.74	2:43.09	4:06.22	5:28.81	6:50.73	8:12.82	9:34.04
17. Lindsey WHITMORE	12	Co Sheffield	10:58.27	1:19.22	2:44.74	4:08.99	5:30.38	6:54.24	8:16.76	9:40.37
18. Heidi KEARSEY	12	Co Sheffield	11:06.44	1:18.21	2:43.35	4:08.07	5:33.23	6:57.76	8:21.72	9:45.61
19. Nadine GARDNER	12	Nova Cent'n	11:43.50	1:20.73	2:47.77	4:15.69	5:44.30	7:14.88	8:45.47	10:15.23
20. Alishia PALMER	12	Kimberley	11:48.53	2:56.06	4:25.78	5:54.06	7:22.84	8:53.34	10:24.30	11:48.53
21. Deborah Susan STANLEY	12	Nova Cent'n	11:54.09	2:57.30	4:28.47	5:57.86	7:28.04	8:57.73	10:27.39	11:54.09

13 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700
1. Helena THORNTON	13	Nova Cent'n	9:37.12	1:10.66	2:24.66	3:38.00	4:50.88	6:02.76	7:15.20	8:27.32
2. Emma SMITHHURST	13	Derventio	9:41.96	1:08.40	2:22.52	3:36.58	4:50.34	6:04.77	7:18.58	8:32.14
3. Sian MURPHY	13	Aquabears	9:55.41	1:11.55	2:28.54	3:44.20	4:59.22	6:14.50	7:28.85	8:43.22
4. Laura HEATON	13	LARNE SC	9:57.06	1:09.61	2:24.30	3:39.01	4:53.83	6:10.10	7:26.41	8:42.78
5. Alice CORDWELL	13	Co Sheffield	9:57.42	1:11.22	2:25.39	3:40.19	4:55.77	6:11.57	7:27.20	8:43.00
6. Emma Jane BIRD	13	Nova Cent'n	9:59.44	1:12.71	2:28.16	3:43.17	4:58.83	6:14.22	7:29.60	8:45.52
7. Lucy GREENFIELD	13	Co Sheffield	10:00.54	1:10.17	2:25.99	3:41.90	4:58.35	6:14.79	7:31.11	8:47.30
8. Rosanna BETTS	13	Co Norwich	10:03.31	1:10.28	2:25.79	3:41.58	4:58.34	6:15.34	7:31.75	8:48.80

“LONG DISTANCE GALA” (L1E199)
UNDER ASA LAWS & TECHNICAL RULES
PONDS FORGE, SHEFFIELD (50m)
SATURDAY 4TH TO SUNDAY 5TH DECEMBER 2004

9.	Megan TURNER	13	Co Sheffield	10:03.47	1:10.92	2:26.55	3:42.54	4:58.96	6:15.69	7:32.38	8:48.96
10.	Clare TREEMAN	13	Co Norwich	10:10.54	1:09.71	2:27.36	3:44.41	5:02.05	6:20.00	7:37.61	8:56.11
11.	Kimberley LARKMAN	13	Middlesboro	10:12.57	1:14.80	2:33.38	3:51.22	5:08.43	6:25.53	7:42.23	8:58.59
12.	Joanne REEKS	13	Derventio	10:12.84	1:12.71	2:30.67	3:48.50	5:05.77	6:23.31	7:40.90	8:58.28
13.	Amie GARFORTH	13	Co Leeds	10:13.99	1:13.97	2:31.33	3:48.93	5:06.76	6:25.64	7:43.96	9:00.67
14.	Eleanor BARLOW	13	Derventio	10:19.08	1:13.84	2:32.09	3:50.98	5:09.65	6:28.01	7:47.11	9:04.71
15.	Grace MORRIS	13	Derventio	10:24.04	1:13.34	2:32.18	3:50.60	5:10.35	6:29.66	7:49.32	9:08.28
16.	Lucy SMITH	13	Nova Cent'n	10:33.50	1:15.70	2:37.91	3:58.65	5:18.66	6:38.04	7:57.17	9:16.52
17.	Zalina PHYTHIAN	13	Nova Cent'n	10:35.76	1:16.08	2:35.48	3:55.57	5:16.17	6:37.02	7:58.26	9:19.32
18.	Rachel WILSON	13	Co Wakefield	11:57.13	1:20.98	2:50.70	4:21.33	5:52.95	7:25.18	8:55.25	10:27.01

14/15 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700	
1.	Jenny STARLING	14	Co Sheffield	9:15.67	1:05.65	2:15.71	3:25.71	4:36.12	5:46.11	6:56.92	8:07.41
2.	Samantha COOK	15	Middlesboro	9:22.33	1:08.16	2:19.26	3:30.13	4:41.53	5:52.10	7:02.55	8:13.24
3.	Emma BURKE	14	Co Coventry	9:27.16	1:06.90	2:17.84	3:28.59	4:39.39	5:50.92	7:03.13	8:16.03
4.	Rebecca HARRISON	14	Derventio	9:27.24	1:06.42	2:17.61	3:29.24	4:41.20	5:53.55	7:06.20	8:18.18
5.	Amy PHIPPS	14	Co Coventry	9:36.41	1:08.38	2:21.02	3:33.57	4:46.36	5:59.23	7:12.40	8:25.06
6.	Laura ADAMS	15	Nova Cent'n	9:37.43	1:07.31	2:19.55	3:32.08	4:45.25	5:58.09	7:11.21	8:25.03
7.	Adele MERIFIELD	15	Nova Cent'n	9:37.80	1:07.61	2:20.10	3:32.49	4:45.08	5:58.03	7:11.27	8:25.21
8.	Lauren INGLESON	14	Co Norwich	9:42.09	1:09.17	2:22.14	3:35.04	4:47.38	5:59.92	7:15.11	8:31.01
9.	Amy SPENCER	15	Co Sheffield	9:45.38	1:08.77	2:21.52	3:35.03	4:49.32	6:03.88	7:18.23	8:32.69
10.	Natalie MESTER	15	Derventio	9:46.82	1:07.52	2:22.24	3:36.27	4:51.21	6:06.02	7:20.18	8:35.39
11.	Georgia INGLESON	14	Co Norwich	9:54.90	1:10.32	2:26.49	3:42.02	4:57.50	6:12.48	7:27.74	8:42.37
12.	Alexandra DYKES	15	Nova Cent'n	10:13.63	1:12.34	2:29.90	3:48.14	5:07.36	6:24.60	7:41.96	8:58.65
13.	Larna PICKNELL	15	Derventio	10:16.29	1:11.09	2:28.04	3:46.08	5:04.46	6:23.41	7:41.49	8:59.18
14.	Elizabeth O'LOUGHLIN	14	Nova Cent'n	10:36.20	1:12.93	2:31.68	3:50.92	5:11.25	6:32.48	7:54.64	9:16.20
15.	Rachael DON-DUNCAN	15	Wigan BEST	10:47.07	1:17.99	2:41.44	4:03.86	5:25.90	6:47.44	8:09.61	9:30.14

16 Yrs/Over Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700	
1.	Aimee BELL	19	Nova Cent'n	9:16.59	1:05.59	2:15.43	3:25.35	4:35.70	5:46.92	6:58.15	8:09.20
2.	Gemma ROPER	17	Co Sheffield	9:26.01	1:07.29	2:18.67	3:29.57	4:40.49	5:52.03	7:03.92	8:16.05
3.	Loren ALLEN	18	Co Norwich	9:31.73	1:07.37	2:18.16	3:29.45	4:40.87	5:53.07	7:05.93	8:19.52
4.	Gemma ALBRIGHTON	16	Co Coventry	9:39.01	1:07.27	2:17.95	3:29.18	4:40.96	5:53.00	7:07.27	8:23.56
5.	Felicity PRIOR	17	Harrogate	9:40.56	1:07.81	2:21.23	3:34.81	4:48.41	6:02.54	7:16.03	8:29.13
6.	Lucy McCLEAN	16	LARNE SC	9:44.64	1:08.63	2:21.61	3:34.72	4:48.61	6:02.67	7:17.23	8:31.47
7.	Sally HENDERSON	17	Harrogate	9:50.39	1:09.03	2:23.94	3:38.79	4:53.61	6:08.11	7:23.23	8:38.28

10 Yrs Age Group

Place Name	AaD	Club	Time	100	200	300	400	500	600	700	
1.	Lucy BUDIMIR	10	Harrogate	10:48.15	2:41.20	4:02.87	5:24.46	6:46.03	8:07.35	9:28.55	10:48.15
2.	Kelly TOWLE	10	Derventio	10:49.94	1:19.96	2:42.91	4:05.29	5:27.60	6:48.85	8:10.36	9:31.22
3.	Holly OUGHTON	10	Nova Cent'n	11:04.40	1:21.13	2:45.52	4:10.39	5:34.61	6:58.33	8:21.93	9:45.08