



## *Time Trial: Best Times*

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Charlotte	Aris	Silver	50m	<i>BUTTERFLY</i>	:49:60
			50m	<i>BACKSTROKE</i>	:43:80
			50m	<i>BREASTSTROKE</i>	:59:90
			50m	<i>FRONTCRAWL</i>	:40:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:07:00
			100m	<i>FRONTCRAWL</i>	1:36:90
			200m	<i>FRONTCRAWL</i>	3:24:10
Amelia	Ayling	Gold	50m	<i>BUTTERFLY</i>	:36:20
			50m	<i>BACKSTROKE</i>	:35:90
			50m	<i>BREASTSTROKE</i>	:47:70
			50m	<i>FRONTCRAWL</i>	:32:60
			68m	<i>INDIVIDUAL MEDLEY</i>	:53:40
			100m	<i>FRONTCRAWL</i>	1:10:70
			200m	<i>FRONTCRAWL</i>	2:34:80
Isabel	Barbary	Gold	50m	<i>BUTTERFLY</i>	:45:00
			50m	<i>BACKSTROKE</i>	:40:30
			50m	<i>BREASTSTROKE</i>	:48:70
			50m	<i>FRONTCRAWL</i>	:36:40
			68m	<i>INDIVIDUAL MEDLEY</i>	:59:60
			100m	<i>FRONTCRAWL</i>	1:20:50
			200m	<i>FRONTCRAWL</i>	2:56:50
Joshua	Beadsworth	Bronze	50m	<i>BUTTERFLY</i>	:59:20
			50m	<i>BACKSTROKE</i>	:57:50
			50m	<i>BREASTSTROKE</i>	1:20:90
			50m	<i>FRONTCRAWL</i>	:54:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:26:00
			100m	<i>FRONTCRAWL</i>	2:14:10
			200m	<i>FRONTCRAWL</i>	4:20:90
Charlotte	Beardsall	Silver	50m	<i>BUTTERFLY</i>	:49:20
			50m	<i>BACKSTROKE</i>	:44:40
			50m	<i>BREASTSTROKE</i>	:51:80
			50m	<i>FRONTCRAWL</i>	:39:50
			68m	<i>INDIVIDUAL MEDLEY</i>	1:05:30
			100m	<i>FRONTCRAWL</i>	1:29:40
			200m	<i>FRONTCRAWL</i>	3:31:00



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Eva	Beaudro	BronzePlus	50m	<i>BUTTERFLY</i>	1:25:30
			50m	<i>BACKSTROKE</i>	1:08:40
			50m	<i>BREASTSTROKE</i>	1:30:00
			50m	<i>FRONTCRAWL</i>	1:14:50
			68m	<i>INDIVIDUAL MEDLEY</i>	1:48:40
			100m	<i>FRONTCRAWL</i>	2:36:00
Joshua	Beaudro	Gold	50m	<i>BUTTERFLY</i>	:44:70
			50m	<i>BACKSTROKE</i>	:39:00
			50m	<i>BREASTSTROKE</i>	:45:60
			50m	<i>FRONTCRAWL</i>	:35:50
			68m	<i>INDIVIDUAL MEDLEY</i>	:57:10
			100m	<i>FRONTCRAWL</i>	1:16:10
			200m	<i>FRONTCRAWL</i>	2:45:20
Emily	Bland	Silver	400m	<i>FRONTCRAWL</i>	5:29:40
			50m	<i>BUTTERFLY</i>	:58:96
			50m	<i>BACKSTROKE</i>	:52:20
			50m	<i>BREASTSTROKE</i>	:57:60
			50m	<i>FRONTCRAWL</i>	:48:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:14:50
Taylor	Collins	Gold	100m	<i>FRONTCRAWL</i>	2:01:50
			200m	<i>FRONTCRAWL</i>	4:13:00
			50m	<i>BUTTERFLY</i>	:42:70
			50m	<i>BACKSTROKE</i>	:40:20
Ben	Cook	BronzePlus	50m	<i>BREASTSTROKE</i>	:46:50
			50m	<i>FRONTCRAWL</i>	:36:10
			68m	<i>INDIVIDUAL MEDLEY</i>	:57:90
			100m	<i>FRONTCRAWL</i>	1:19:20
			200m	<i>FRONTCRAWL</i>	3:03:00
			400m	<i>FRONTCRAWL</i>	5:28:10
			50m	<i>BUTTERFLY</i>	1:19:20
50m	<i>BACKSTROKE</i>	1:06:00			
50m	<i>BREASTSTROKE</i>	1:08:80			
50m	<i>FRONTCRAWL</i>	1:00:30			
68m	<i>INDIVIDUAL MEDLEY</i>	1:31:60			
200m	<i>FRONTCRAWL</i>	4:46:50			

## *Time Trial: Best Times*

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
<b>Isla</b>	<b>Croll</b>	Gold	50m	<i>BUTTERFLY</i>	:43:90
			50m	<i>BACKSTROKE</i>	:39:10
			50m	<i>BREASTSTROKE</i>	:46:90
			50m	<i>FRONTCRAWL</i>	:35:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:01:30
			100m	<i>FRONTCRAWL</i>	1:23:80
			200m	<i>FRONTCRAWL</i>	3:04:40
			400m	<i>FRONTCRAWL</i>	6:16:80
<b>Joshua</b>	<b>Croll</b>	Silver	50m	<i>BUTTERFLY</i>	:52:80
			50m	<i>BACKSTROKE</i>	:49:80
			50m	<i>BREASTSTROKE</i>	:58:00
			50m	<i>FRONTCRAWL</i>	:45:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:14:70
			100m	<i>FRONTCRAWL</i>	:20:00
			200m	<i>FRONTCRAWL</i>	3:50:50
<b>Mia</b>	<b>Day</b>	Gold	50m	<i>BUTTERFLY</i>	:38:10
			50m	<i>BACKSTROKE</i>	:36:30
			50m	<i>BREASTSTROKE</i>	:41:10
			50m	<i>FRONTCRAWL</i>	:33:30
			68m	<i>INDIVIDUAL MEDLEY</i>	:52:10
			100m	<i>FRONTCRAWL</i>	1:12:30
			200m	<i>FRONTCRAWL</i>	2:43:60
<b>Mary</b>	<b>Edwards</b>	Gold	400m	<i>FRONTCRAWL</i>	5:02:80
			50m	<i>BUTTERFLY</i>	:38:50
			50m	<i>BACKSTROKE</i>	:36:90
			50m	<i>BREASTSTROKE</i>	:42:30
			50m	<i>FRONTCRAWL</i>	:32:70
			68m	<i>INDIVIDUAL MEDLEY</i>	:52:10
			100m	<i>FRONTCRAWL</i>	1:12:20
200m	<i>FRONTCRAWL</i>	2:42:40			
400m	<i>FRONTCRAWL</i>	5:23:60			

## *Time Trial: Best Times*

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
<b>Callum</b>	<b>Elcombe</b>	Silver	50m	<i>BUTTERFLY</i>	:46:80
			50m	<i>BACKSTROKE</i>	:43:40
			50m	<i>BREASTSTROKE</i>	:50:70
			50m	<i>FRONTCRAWL</i>	:38:10
			68m	<i>INDIVIDUAL MEDLEY</i>	1:02:30
			100m	<i>FRONTCRAWL</i>	1:29:90
			200m	<i>FRONTCRAWL</i>	3:16:50
			400m	<i>FRONTCRAWL</i>	7:06:80
<b>Toby</b>	<b>Ellis</b>	Gold	50m	<i>BUTTERFLY</i>	:49:10
			50m	<i>BACKSTROKE</i>	:44:90
			50m	<i>BREASTSTROKE</i>	:55:70
			50m	<i>FRONTCRAWL</i>	:40:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:07:50
			100m	<i>FRONTCRAWL</i>	1:31:70
			200m	<i>FRONTCRAWL</i>	3:25:10
			400m	<i>FRONTCRAWL</i>	6:21:00
<b>Asher</b>	<b>Fletcher</b>	Silver	50m	<i>BUTTERFLY</i>	:53:80
			50m	<i>BACKSTROKE</i>	:48:30
			50m	<i>BREASTSTROKE</i>	:55:90
			50m	<i>FRONTCRAWL</i>	:43:50
			68m	<i>INDIVIDUAL MEDLEY</i>	1:11:40
			100m	<i>FRONTCRAWL</i>	1:48:90
			200m	<i>FRONTCRAWL</i>	3:43:70
<b>Grace</b>	<b>Goddard</b>	Gold	50m	<i>BUTTERFLY</i>	:41:70
			50m	<i>BACKSTROKE</i>	:35:90
			50m	<i>BREASTSTROKE</i>	:41:10
			50m	<i>FRONTCRAWL</i>	:31:40
			68m	<i>INDIVIDUAL MEDLEY</i>	:52:00
			100m	<i>FRONTCRAWL</i>	1:13:30
			200m	<i>FRONTCRAWL</i>	2:37:30
			400m	<i>FRONTCRAWL</i>	5:18:60
<b>Ruby</b>	<b>Goddard</b>	Silver	50m	<i>BUTTERFLY</i>	:55:80
			50m	<i>BACKSTROKE</i>	:49:70
			50m	<i>BREASTSTROKE</i>	:59:20
			50m	<i>FRONTCRAWL</i>	:47:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:14:80
			100m	<i>FRONTCRAWL</i>	1:59:60
			200m	<i>FRONTCRAWL</i>	3:47:50



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Josh	Henderson	Silver	50m	<i>BUTTERFLY</i>	:55:80
			50m	<i>BACKSTROKE</i>	:57:70
			50m	<i>BREASTSTROKE</i>	:55:10
			50m	<i>FRONTCRAWL</i>	:47:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:12:50
			100m	<i>FRONTCRAWL</i>	2:50:20
			200m	<i>FRONTCRAWL</i>	3:59:40
Scott	Hutin	Gold	50m	<i>BUTTERFLY</i>	:47:60
			50m	<i>BACKSTROKE</i>	:44:10
			50m	<i>BREASTSTROKE</i>	:52:40
			50m	<i>FRONTCRAWL</i>	:39:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:02:10
			100m	<i>FRONTCRAWL</i>	1:29:70
			200m	<i>FRONTCRAWL</i>	3:11:00
Juliet	Jarvie	Gold	400m	<i>FRONTCRAWL</i>	5:50:60
			50m	<i>BUTTERFLY</i>	:40:20
			50m	<i>BACKSTROKE</i>	:38:20
			50m	<i>BREASTSTROKE</i>	:41:90
			50m	<i>FRONTCRAWL</i>	:32:90
			68m	<i>INDIVIDUAL MEDLEY</i>	:54:20
			100m	<i>FRONTCRAWL</i>	1:13:10
Harrison	Kennedy	Gold	200m	<i>FRONTCRAWL</i>	2:40:30
			400m	<i>FRONTCRAWL</i>	5:47:40
			50m	<i>BUTTERFLY</i>	:41:00
			50m	<i>BACKSTROKE</i>	:38:60
			50m	<i>BREASTSTROKE</i>	:51:70
			50m	<i>FRONTCRAWL</i>	:34:80
			68m	<i>INDIVIDUAL MEDLEY</i>	:56:60
Eloise	Lamb	Silver	100m	<i>FRONTCRAWL</i>	1:17:60
			200m	<i>FRONTCRAWL</i>	2:51:80
			400m	<i>FRONTCRAWL</i>	5:44:40
			50m	<i>BUTTERFLY</i>	:50:60
			50m	<i>BACKSTROKE</i>	:47:80
			50m	<i>BREASTSTROKE</i>	1:01:90
			50m	<i>FRONTCRAWL</i>	:41:30
68m	<i>INDIVIDUAL MEDLEY</i>	1:07:00			
100m	<i>FRONTCRAWL</i>	1:36:10			
200m	<i>FRONTCRAWL</i>	3:34:70			



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Shannon	Lamb	Gold	50m	<i>BUTTERFLY</i>	:37:50
			50m	<i>BACKSTROKE</i>	:36:00
			50m	<i>BREASTSTROKE</i>	:44:90
			50m	<i>FRONTCRAWL</i>	:32:90
			68m	<i>INDIVIDUAL MEDLEY</i>	:52:60
			100m	<i>FRONTCRAWL</i>	1:14:00
			200m	<i>FRONTCRAWL</i>	2:33:50
			400m	<i>FRONTCRAWL</i>	5:12:30
Thomas	Larby	Gold	50m	<i>BUTTERFLY</i>	:38:40
			50m	<i>BACKSTROKE</i>	:38:80
			50m	<i>BREASTSTROKE</i>	:42:50
			50m	<i>FRONTCRAWL</i>	:34:00
			68m	<i>INDIVIDUAL MEDLEY</i>	:53:70
			100m	<i>FRONTCRAWL</i>	1:13:30
			200m	<i>FRONTCRAWL</i>	2:47:50
			400m	<i>FRONTCRAWL</i>	5:06:00
Leila	McNamara	Silver	50m	<i>BUTTERFLY</i>	:49:70
			50m	<i>BACKSTROKE</i>	:50:30
			50m	<i>BREASTSTROKE</i>	:50:00
			50m	<i>FRONTCRAWL</i>	:42:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:06:50
			100m	<i>FRONTCRAWL</i>	1:41:70
			200m	<i>FRONTCRAWL</i>	3:47:00
Katie-Grace	Morgan	BronzePlus	50m	<i>BUTTERFLY</i>	1:03:20
			50m	<i>BACKSTROKE</i>	1:00:30
			50m	<i>BREASTSTROKE</i>	1:06:40
			50m	<i>FRONTCRAWL</i>	:56:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:30:20
			100m	<i>FRONTCRAWL</i>	2:11:10
			200m	<i>FRONTCRAWL</i>	4:27:30
Jemima	Moses	Volunteer	50m	<i>BUTTERFLY</i>	:43:10
			50m	<i>BACKSTROKE</i>	:41:80
			50m	<i>BREASTSTROKE</i>	:50:20
			50m	<i>FRONTCRAWL</i>	:39:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:01:10
			100m	<i>FRONTCRAWL</i>	1:27:40



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Amelie	Nolan	Silver	50m	<i>BUTTERFLY</i>	:52:40
			50m	<i>BACKSTROKE</i>	:47:80
			50m	<i>BREASTSTROKE</i>	:54:10
			50m	<i>FRONTCRAWL</i>	:43:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:08:10
			100m	<i>FRONTCRAWL</i>	1:55:30
			200m	<i>FRONTCRAWL</i>	3:26:60
Finlay	Norris	Gold	50m	<i>BUTTERFLY</i>	:44:00
			50m	<i>BACKSTROKE</i>	:42:60
			50m	<i>BREASTSTROKE</i>	:53:00
			50m	<i>FRONTCRAWL</i>	:36:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:02:30
			100m	<i>FRONTCRAWL</i>	1:21:60
			200m	<i>FRONTCRAWL</i>	3:03:20
Joshua	Norris	Gold	400m	<i>FRONTCRAWL</i>	5:46:00
			50m	<i>BUTTERFLY</i>	:46:70
			50m	<i>BACKSTROKE</i>	:44:60
			50m	<i>BREASTSTROKE</i>	:50:90
			50m	<i>FRONTCRAWL</i>	:37:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:03:70
			100m	<i>FRONTCRAWL</i>	1:28:50
200m	<i>FRONTCRAWL</i>	3:18:10			
Rebecca	Pike	Gold	400m	<i>FRONTCRAWL</i>	6:20:20
			50m	<i>BUTTERFLY</i>	:43:00
			50m	<i>BACKSTROKE</i>	:40:40
			50m	<i>BREASTSTROKE</i>	:50:10
			50m	<i>FRONTCRAWL</i>	:36:10
			68m	<i>INDIVIDUAL MEDLEY</i>	:59:60
			100m	<i>FRONTCRAWL</i>	1:20:50
200m	<i>FRONTCRAWL</i>	3:22:60			
400m	<i>FRONTCRAWL</i>	6:12:20			

## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
<b>Ella</b>	<b>Richardson-Fitt</b>	Gold	50m	<i>BUTTERFLY</i>	:41:80
			50m	<i>BACKSTROKE</i>	:36:70
			50m	<i>BREASTSTROKE</i>	:45:20
			50m	<i>FRONTCRAWL</i>	:35:20
			68m	<i>INDIVIDUAL MEDLEY</i>	:55:50
			100m	<i>FRONTCRAWL</i>	1:17:10
			200m	<i>FRONTCRAWL</i>	2:56:20
			400m	<i>FRONTCRAWL</i>	5:49:00
<b>Jacob</b>	<b>Richardson-Fitt</b>	Silver	50m	<i>BUTTERFLY</i>	:57:00
			50m	<i>BACKSTROKE</i>	:49:50
			50m	<i>BREASTSTROKE</i>	:53:80
			50m	<i>FRONTCRAWL</i>	:44:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:13:60
			100m	<i>FRONTCRAWL</i>	1:42:00
			200m	<i>FRONTCRAWL</i>	3:38:70
<b>Max</b>	<b>Rowlinson</b>	Silver	50m	<i>BUTTERFLY</i>	1:06:70
			50m	<i>BACKSTROKE</i>	:53:40
			50m	<i>BREASTSTROKE</i>	1:03:00
			50m	<i>FRONTCRAWL</i>	:50:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:20:90
			100m	<i>FRONTCRAWL</i>	2:03:60
			200m	<i>FRONTCRAWL</i>	4:11:60
<b>Abigail</b>	<b>Russell</b>	Gold	50m	<i>BUTTERFLY</i>	:41:50
			50m	<i>BACKSTROKE</i>	:39:80
			50m	<i>BREASTSTROKE</i>	:49:30
			50m	<i>FRONTCRAWL</i>	:35:80
			68m	<i>INDIVIDUAL MEDLEY</i>	:57:50
			100m	<i>FRONTCRAWL</i>	1:20:40
			200m	<i>FRONTCRAWL</i>	2:56:00
<b>Emily</b>	<b>Russell</b>	Silver	50m	<i>BUTTERFLY</i>	1:18:00
			50m	<i>BACKSTROKE</i>	1:00:10
			50m	<i>BREASTSTROKE</i>	1:23:80
			50m	<i>FRONTCRAWL</i>	:58:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:37:40
			100m	<i>FRONTCRAWL</i>	2:14:60
			200m	<i>FRONTCRAWL</i>	4:34:20



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
Poppy	Sale	Silver	50m	<i>BUTTERFLY</i>	:56:00
			50m	<i>BACKSTROKE</i>	:53:10
			50m	<i>BREASTSTROKE</i>	1:03:10
			50m	<i>FRONTCRAWL</i>	:49:00
			68m	<i>INDIVIDUAL MEDLEY</i>	1:15:50
			100m	<i>FRONTCRAWL</i>	2:02:10
Grace	Sandford	Bronze	50m	<i>BUTTERFLY</i>	1:05:60
			50m	<i>BACKSTROKE</i>	1:07:40
			50m	<i>BREASTSTROKE</i>	1:06:00
			50m	<i>FRONTCRAWL</i>	:59:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:27:80
			200m	<i>FRONTCRAWL</i>	5:06:80
Lucy	Selby	Gold	50m	<i>BUTTERFLY</i>	:49:50
			50m	<i>BACKSTROKE</i>	:43:90
			50m	<i>BREASTSTROKE</i>	:52:20
			50m	<i>FRONTCRAWL</i>	:37:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:03:40
			100m	<i>FRONTCRAWL</i>	1:25:80
			200m	<i>FRONTCRAWL</i>	3:20:80
			400m	<i>FRONTCRAWL</i>	6:03:60
Daisy	Smith	Silver	50m	<i>BUTTERFLY</i>	1:00:10
			50m	<i>BACKSTROKE</i>	:48:30
			50m	<i>BREASTSTROKE</i>	:59:80
			50m	<i>FRONTCRAWL</i>	:41:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:14:50
			100m	<i>FRONTCRAWL</i>	1:50:40
Jan	Stoop	Gold	50m	<i>BUTTERFLY</i>	:34:40
			50m	<i>BACKSTROKE</i>	:33:90
			50m	<i>BREASTSTROKE</i>	:42:60
			50m	<i>FRONTCRAWL</i>	:30:30
			68m	<i>INDIVIDUAL MEDLEY</i>	:50:50
			100m	<i>FRONTCRAWL</i>	1:06:10
			200m	<i>FRONTCRAWL</i>	2:21:90
			400m	<i>FRONTCRAWL</i>	5:03:30



## Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time mm:ss:00
<b>Finley</b>	<b>Taplin</b>	BronzePlus	50m	<i>BUTTERFLY</i>	1:00:20
			50m	<i>BACKSTROKE</i>	:54:10
			50m	<i>BREASTSTROKE</i>	:58:10
			50m	<i>FRONTCRAWL</i>	:46:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:13:60
			100m	<i>FRONTCRAWL</i>	2:18:80
			200m	<i>FRONTCRAWL</i>	3:51:00
<b>Grace</b>	<b>Williams</b>	Silver	50m	<i>BUTTERFLY</i>	:53:20
			50m	<i>BACKSTROKE</i>	:51:10
			50m	<i>BREASTSTROKE</i>	1:03:40
			50m	<i>FRONTCRAWL</i>	:44:60
			68m	<i>INDIVIDUAL MEDLEY</i>	1:11:50
			100m	<i>FRONTCRAWL</i>	1:55:60
			200m	<i>FRONTCRAWL</i>	4:05:40
<b>Amelia</b>	<b>Woodford</b>	Bronze	50m	<i>BUTTERFLY</i>	1:26:90
			50m	<i>BACKSTROKE</i>	1:13:10
			50m	<i>BREASTSTROKE</i>	1:19:30
			50m	<i>FRONTCRAWL</i>	1:06:00
			68m	<i>INDIVIDUAL MEDLEY</i>	1:48:30
			200m	<i>FRONTCRAWL</i>	5:54:47