



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Jasmine	ALLEN	Silver	50m	<i>BUTTERFLY</i>	:59:70
			50m	<i>BACKSTROKE</i>	:48:40
			50m	<i>BREASTSTROKE</i>	1:01:20
			50m	<i>FRONTCRAWL</i>	:45:10
			68m	<i>INDIVIDUAL MEDLEY</i>	1:13:90
			100m	<i>FRONTCRAWL</i>	1:40:50
			200m	<i>FRONTCRAWL</i>	3:52:90
Charlotte	ARIS	Gold	50m	<i>BUTTERFLY</i>	:49:40
			50m	<i>BACKSTROKE</i>	:42:30
			50m	<i>BREASTSTROKE</i>	:59:10
			50m	<i>FRONTCRAWL</i>	:40:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:07:00
			100m	<i>FRONTCRAWL</i>	1:29:90
			200m	<i>FRONTCRAWL</i>	3:24:10
			400m	<i>FRONTCRAWL</i>	6:13:60
			400m	<i>INDIVIDUAL MEDLEY</i>	7:01:80
			800m	<i>FRONTCRAWL</i>	14:07:75
			1500m	<i>FRONTCRAWL</i>	26:18:60
Emilia	ARMITAGE	Bronze	50m	<i>BUTTERFLY</i>	1:01:20
			50m	<i>BACKSTROKE</i>	:51:90
			50m	<i>BREASTSTROKE</i>	1:16:10
			50m	<i>FRONTCRAWL</i>	:47:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:23:90
			100m	<i>FRONTCRAWL</i>	1:52:00
			200m	<i>FRONTCRAWL</i>	3:51:60
Sophie	BAGBY	Silver	50m	<i>BUTTERFLY</i>	:55:50
			50m	<i>BACKSTROKE</i>	:52:70
			50m	<i>BREASTSTROKE</i>	:49:60
			50m	<i>FRONTCRAWL</i>	:44:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:11:30
			100m	<i>FRONTCRAWL</i>	1:42:40
			200m	<i>FRONTCRAWL</i>	3:51:60



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
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
			400m	<i>FRONTCRAWL</i>	5:27:60
			400m	<i>INDIVIDUAL MEDLEY</i>	6:40:80
			1500m	<i>FRONTCRAWL</i>	22:31:20
			Joshua	BEADSWORTH	Silver
50m	<i>BACKSTROKE</i>	:49:20			
50m	<i>BREASTSTROKE</i>	1:05:00			
50m	<i>FRONTCRAWL</i>	:39:40			
68m	<i>INDIVIDUAL MEDLEY</i>	1:06:70			
100m	<i>FRONTCRAWL</i>	1:41:40			
200m	<i>FRONTCRAWL</i>	3:25:40			
Eva	BEAUDRO	Silver	50m	<i>BUTTERFLY</i>	1:12:70
			50m	<i>BACKSTROKE</i>	1:00:60
			50m	<i>BREASTSTROKE</i>	1:09:30
			50m	<i>FRONTCRAWL</i>	:56:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:28:80
			100m	<i>FRONTCRAWL</i>	2:05:50
			200m	<i>FRONTCRAWL</i>	4:48:10
Owen	BERRY	Silver	50m	<i>BUTTERFLY</i>	1:00:60
			50m	<i>BACKSTROKE</i>	:50:70
			50m	<i>BREASTSTROKE</i>	1:02:40
			50m	<i>FRONTCRAWL</i>	:47:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:12:20
			100m	<i>FRONTCRAWL</i>	1:42:70
			200m	<i>FRONTCRAWL</i>	4:07:60
Elizabeth	BROWN	Silver	50m	<i>BUTTERFLY</i>	1:02:60
			50m	<i>BACKSTROKE</i>	:52:80
			50m	<i>BREASTSTROKE</i>	:55:90
			50m	<i>FRONTCRAWL</i>	:45:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:15:60
			100m	<i>FRONTCRAWL</i>	1:46:70
			200m	<i>FRONTCRAWL</i>	3:53:20



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Mia	BYRNE	BronzePlus	50m	<i>BUTTERFLY</i>	1:13:80
			50m	<i>BACKSTROKE</i>	:59:70
			50m	<i>BREASTSTROKE</i>	1:22:90
			50m	<i>FRONTCRAWL</i>	:53:60
			68m	<i>INDIVIDUAL MEDLEY</i>	1:33:40
			100m	<i>FRONTCRAWL</i>	2:04:60
			200m	<i>FRONTCRAWL</i>	4:54:00
Ben	COOK	Gold	50m	<i>BUTTERFLY</i>	1:04:40
			50m	<i>BACKSTROKE</i>	:54:90
			50m	<i>BREASTSTROKE</i>	:57:70
			50m	<i>FRONTCRAWL</i>	:45:50
			68m	<i>INDIVIDUAL MEDLEY</i>	1:15:00
			100m	<i>FRONTCRAWL</i>	1:45:70
			200m	<i>FRONTCRAWL</i>	3:54:30
			800m	<i>FRONTCRAWL</i>	15:20:90
Layla	DAY	Gold	50m	<i>BUTTERFLY</i>	1:00:40
			50m	<i>BACKSTROKE</i>	:47:90
			50m	<i>BREASTSTROKE</i>	:59:20
			50m	<i>FRONTCRAWL</i>	:44:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:09:90
			100m	<i>FRONTCRAWL</i>	1:48:40
			200m	<i>FRONTCRAWL</i>	3:33:00
			800m	<i>FRONTCRAWL</i>	14:04:40
Toby	ELLIS	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>	5:55:70
			400m	<i>INDIVIDUAL MEDLEY</i>	6:41:10
			800m	<i>FRONTCRAWL</i>	12:19:30
			1500m	<i>FRONTCRAWL</i>	23:55:30



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Asher	FLETCHER	Silver	50m	<i>BUTTERFLY</i>	:46:30
			50m	<i>BACKSTROKE</i>	:44:40
			50m	<i>BREASTSTROKE</i>	:50:50
			50m	<i>FRONTCRAWL</i>	:38:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:02:00
			100m	<i>FRONTCRAWL</i>	1:31:80
			200m	<i>FRONTCRAWL</i>	3:20:10
Grace	GODDARD	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
			400m	<i>INDIVIDUAL MEDLEY</i>	5:59:20
			800m	<i>FRONTCRAWL</i>	11:11:90
			1500m	<i>FRONTCRAWL</i>	22:22:30
Ruby	GODDARD	Gold	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
			400m	<i>FRONTCRAWL</i>	6:59:70
			400m	<i>INDIVIDUAL MEDLEY</i>	7:38:90
			800m	<i>FRONTCRAWL</i>	14:56:60
Toby	GODWIN	Silver	50m	<i>BUTTERFLY</i>	:55:70
			50m	<i>BACKSTROKE</i>	:46:40
			50m	<i>BREASTSTROKE</i>	:56:50
			50m	<i>FRONTCRAWL</i>	:45:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:15:70
			100m	<i>FRONTCRAWL</i>	1:39:80
			200m	<i>FRONTCRAWL</i>	3:36:40



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Anna	HARDING	Silver	50m	<i>BUTTERFLY</i>	1:11:00
			50m	<i>BACKSTROKE</i>	:57:70
			50m	<i>BREASTSTROKE</i>	1:09:30
			50m	<i>FRONTCRAWL</i>	:54:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:27:30
			100m	<i>FRONTCRAWL</i>	2:03:60
			200m	<i>FRONTCRAWL</i>	5:14:60
Ella	HARRISON	Silver	50m	<i>BUTTERFLY</i>	:58:40
			50m	<i>BACKSTROKE</i>	:51:10
			50m	<i>BREASTSTROKE</i>	1:03:90
			50m	<i>FRONTCRAWL</i>	:47:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:17:70
			100m	<i>FRONTCRAWL</i>	1:48:20
Alfie	HENDERSON	BronzePlus	50m	<i>BUTTERFLY</i>	1:14:20
			50m	<i>BACKSTROKE</i>	1:04:10
			50m	<i>BREASTSTROKE</i>	1:13:40
			50m	<i>FRONTCRAWL</i>	:53:20
			68m	<i>INDIVIDUAL MEDLEY</i>	1:29:80
			100m	<i>FRONTCRAWL</i>	2:06:90
Josh	HENDERSON	Gold	50m	<i>BUTTERFLY</i>	:46:60
			50m	<i>BACKSTROKE</i>	:54:70
			50m	<i>BREASTSTROKE</i>	:48:50
			50m	<i>FRONTCRAWL</i>	:42:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:06:90
			100m	<i>FRONTCRAWL</i>	1:47:60
			200m	<i>FRONTCRAWL</i>	3:33:70
			400m	<i>FRONTCRAWL</i>	6:36:30
			400m	<i>INDIVIDUAL MEDLEY</i>	7:04:20
Katie	JONES	Silver	50m	<i>BUTTERFLY</i>	1:11:10
			50m	<i>BACKSTROKE</i>	:51:90
			50m	<i>BREASTSTROKE</i>	:56:70
			50m	<i>FRONTCRAWL</i>	:45:90
			68m	<i>INDIVIDUAL MEDLEY</i>	1:16:10
			100m	<i>FRONTCRAWL</i>	1:48:30
			200m	<i>FRONTCRAWL</i>	3:51:10



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Isla	KENNEDY	Bronze	50m	<i>BUTTERFLY</i>	1:17:20
			50m	<i>BACKSTROKE</i>	:59:80
			50m	<i>BREASTSTROKE</i>	1:09:40
			50m	<i>FRONTCRAWL</i>	:58:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:36:80
			100m	<i>FRONTCRAWL</i>	2:18:20
Sam	KENT	Bronze	50m	<i>BUTTERFLY</i>	1:33:90
			50m	<i>BACKSTROKE</i>	1:16:90
			50m	<i>BREASTSTROKE</i>	1:22:00
			50m	<i>FRONTCRAWL</i>	1:04:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:50:60
			100m	<i>FRONTCRAWL</i>	2:28:90
Jacob	KNAPP	Silver	50m	<i>BUTTERFLY</i>	:55:00
			50m	<i>BACKSTROKE</i>	:47:80
			50m	<i>BREASTSTROKE</i>	1:01:50
			50m	<i>FRONTCRAWL</i>	:48:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:14:50
			100m	<i>FRONTCRAWL</i>	1:44:60
Reims	MCCARTHY	Bronze	200m	<i>FRONTCRAWL</i>	4:20:20
			50m	<i>BUTTERFLY</i>	1:14:70
			50m	<i>BACKSTROKE</i>	1:05:90
			50m	<i>BREASTSTROKE</i>	1:14:10
			50m	<i>FRONTCRAWL</i>	1:01:10
			68m	<i>INDIVIDUAL MEDLEY</i>	1:36:10
Leila	MCNAMARA	Gold	200m	<i>FRONTCRAWL</i>	5:06:60
			50m	<i>BUTTERFLY</i>	:49:60
			50m	<i>BACKSTROKE</i>	:47:60
			50m	<i>BREASTSTROKE</i>	:49:40
			50m	<i>FRONTCRAWL</i>	:42:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:06:50
			100m	<i>FRONTCRAWL</i>	1:37:90
			200m	<i>FRONTCRAWL</i>	3:47:00
			400m	<i>FRONTCRAWL</i>	6:48:00
			400m	<i>INDIVIDUAL MEDLEY</i>	7:18:00
800m	<i>FRONTCRAWL</i>	12:55:50			
1500m	<i>FRONTCRAWL</i>	26:37:30			



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Emily	MORGAN	Bronze	50m	<i>BUTTERFLY</i>	1:10:90
			50m	<i>BACKSTROKE</i>	:58:20
			50m	<i>BREASTSTROKE</i>	1:02:80
			50m	<i>FRONTCRAWL</i>	:54:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:26:30
			100m	<i>FRONTCRAWL</i>	2:07:70
			200m	<i>FRONTCRAWL</i>	4:57:40
Katie-Grace	MORGAN	Silver	50m	<i>BUTTERFLY</i>	:59:60
			50m	<i>BACKSTROKE</i>	:55:10
			50m	<i>BREASTSTROKE</i>	1:00:10
			50m	<i>FRONTCRAWL</i>	:48:00
			68m	<i>INDIVIDUAL MEDLEY</i>	1:19:20
			100m	<i>FRONTCRAWL</i>	2:00:50
			200m	<i>FRONTCRAWL</i>	4:02:60
Morgan	PRANGLE	Bronze	50m	<i>BUTTERFLY</i>	1:06:50
			50m	<i>BACKSTROKE</i>	:59:70
			50m	<i>BREASTSTROKE</i>	1:13:80
			50m	<i>FRONTCRAWL</i>	:52:60
			68m	<i>INDIVIDUAL MEDLEY</i>	1:26:90
			100m	<i>FRONTCRAWL</i>	2:05:20
			200m	<i>FRONTCRAWL</i>	4:21:20
Max	ROWLINSON	Silver	50m	<i>BUTTERFLY</i>	:58:20
			50m	<i>BACKSTROKE</i>	:48:70
			50m	<i>BREASTSTROKE</i>	:57:00
			50m	<i>FRONTCRAWL</i>	:45:00
			68m	<i>INDIVIDUAL MEDLEY</i>	1:12:20
			100m	<i>FRONTCRAWL</i>	1:39:90
			200m	<i>FRONTCRAWL</i>	3:49:00
Emily	RUSSELL	Gold	50m	<i>BUTTERFLY</i>	1:00:90
			50m	<i>BACKSTROKE</i>	:49:20
			50m	<i>BREASTSTROKE</i>	1:07:70
			50m	<i>FRONTCRAWL</i>	:45:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:19:00
			100m	<i>FRONTCRAWL</i>	1:44:70
			200m	<i>FRONTCRAWL</i>	3:40:20
			800m	<i>FRONTCRAWL</i>	15:07:90



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First Name	Last Name	Squad	Distance	Stroke	Time
Matilda	RUSSELL	Bronze	50m	<i>BUTTERFLY</i>	1:47:70
			50m	<i>BACKSTROKE</i>	1:08:30
			50m	<i>BREASTSTROKE</i>	1:29:90
			50m	<i>FRONTCRAWL</i>	1:06:80
			68m	<i>INDIVIDUAL MEDLEY</i>	1:52:30
			100m	<i>FRONTCRAWL</i>	2:23:60
			200m	<i>FRONTCRAWL</i>	5:13:60
Grace	SANDFORD	Silver	50m	<i>BUTTERFLY</i>	:56:80
			50m	<i>BACKSTROKE</i>	:52:90
			50m	<i>BREASTSTROKE</i>	:59:00
			50m	<i>FRONTCRAWL</i>	:46:70
			68m	<i>INDIVIDUAL MEDLEY</i>	1:15:30
			100m	<i>FRONTCRAWL</i>	1:48:80
			200m	<i>FRONTCRAWL</i>	4:29:40
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>	5:35:10
			400m	<i>INDIVIDUAL MEDLEY</i>	6:29:80
			800m	<i>FRONTCRAWL</i>	11:06:40
1500m	<i>FRONTCRAWL</i>	22:08:50			
Evie	SHERRIFF LEE	Bronze	50m	<i>BUTTERFLY</i>	1:03:90
			50m	<i>BACKSTROKE</i>	:59:40
			50m	<i>BREASTSTROKE</i>	1:11:20
			50m	<i>FRONTCRAWL</i>	:51:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:24:20
			100m	<i>FRONTCRAWL</i>	2:03:10
			200m	<i>FRONTCRAWL</i>	3:57:90



Time Trial: Best Times

First Name	Last Name	Squad	Distance	Stroke	Time
Daisy	SMITH	Gold	50m	<i>BUTTERFLY</i>	:43:10
			50m	<i>BACKSTROKE</i>	:42:50
			50m	<i>BREASTSTROKE</i>	:50:90
			50m	<i>FRONTCRAWL</i>	:36:40
			68m	<i>INDIVIDUAL MEDLEY</i>	:59:80
			100m	<i>FRONTCRAWL</i>	1:28:10
			200m	<i>FRONTCRAWL</i>	3:11:40
			400m	<i>INDIVIDUAL MEDLEY</i>	7:10:80
			800m	<i>FRONTCRAWL</i>	12:55:30
			1500m	<i>FRONTCRAWL</i>	26:03:70
Finley	TAPLIN	Gold	50m	<i>BUTTERFLY</i>	1:00:00
			50m	<i>BACKSTROKE</i>	:52:60
			50m	<i>BREASTSTROKE</i>	:53:90
			50m	<i>FRONTCRAWL</i>	:41:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:09:10
			100m	<i>FRONTCRAWL</i>	1:40:80
			200m	<i>FRONTCRAWL</i>	3:28:20
			400m	<i>FRONTCRAWL</i>	6:47:80
			400m	<i>INDIVIDUAL MEDLEY</i>	7:37:60
			800m	<i>FRONTCRAWL</i>	13:40:20
1500m	<i>FRONTCRAWL</i>	26:36:50			
Grace	WILLIAMS	Silver	50m	<i>BUTTERFLY</i>	:50:10
			50m	<i>BACKSTROKE</i>	:48:90
			50m	<i>BREASTSTROKE</i>	1:03:20
			50m	<i>FRONTCRAWL</i>	:44:40
			68m	<i>INDIVIDUAL MEDLEY</i>	1:11:00
			100m	<i>FRONTCRAWL</i>	1:38:10
			200m	<i>FRONTCRAWL</i>	3:49:10
Amelia	WOODFORD	Silver	50m	<i>BUTTERFLY</i>	1:03:20
			50m	<i>BACKSTROKE</i>	1:00:90
			50m	<i>BREASTSTROKE</i>	1:01:70
			50m	<i>FRONTCRAWL</i>	:54:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:20:50
			100m	<i>FRONTCRAWL</i>	2:01:60
			200m	<i>FRONTCRAWL</i>	4:44:20



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First Name	Last Name	Squad	Distance	Stroke	Time
Amelia	WRIGHT	Bronze			
			50m	<i>BUTTERFLY</i>	1:03:80
			50m	<i>BACKSTROKE</i>	:57:80
			50m	<i>BREASTSTROKE</i>	1:15:60
			50m	<i>FRONTCRAWL</i>	:50:30
			68m	<i>INDIVIDUAL MEDLEY</i>	1:24:40
			100m	<i>FRONTCRAWL</i>	1:57:90
			200m	<i>FRONTCRAWL</i>	4:35:00