



www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 1 Womens Open 200m IM

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50	100	150
1.	Alice Tennant	(93)	teamipswich	2:22.59	+ 0.78	692	30.13	1:06.31	1:49.08
2.	Danielle Stirrat	(93)	Co Cardiff	2:26.42	+ 0.78	640	31.58	1:08.98	1:53.95
3.	Aisha Thornton	(91)	Warrington W	2:28.22	+ 0.76	617	31.22	1:12.02	1:55.96
4.	Mollie Temple	(94)	Lincoln Vulc	2:28.74	+ 0.76	610	33.51	1:09.32	1:55.74
5.	Lauren Turner	(93)	Ealing	2:28.91	+ 0.77	608	31.74	1:08.24	1:53.61
6.	Rachel Bull	(93)	Beckenham	2:30.15	+ 0.88	593	31.31	1:10.63	1:55.62
7.	Catherine Williams	(96)	Co Derby	2:31.99	+ 0.73	572	32.87	1:11.11	1:56.45
8.	Limi Barr	(94)	UEA Norwich	2:32.56	+ 0.80	565	32.44	1:09.58	1:56.63
9.	Sally Whybra	(94)	Exeter City	2:34.61	+ 0.80	543	32.11	1:11.41	1:59.04
10.	Zoe Hester	(91)	Haslemere	2:47.62	+ 0.84	426	33.80	1:15.01	2:08.76

EVENT 2 Mens Open 200m IM

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50	100	150
1.	Liam Tancock	(85)	Exeter City	2:03.92	+ 0.88	781	25.70	57.86	1:34.08
2.	Ieuan Lloyd	(93)	Co Cardiff	2:04.81	+ 0.74	764	26.95	58.19	1:34.76
3.	Lewis Coleman	(92)	teamipswich	2:08.69	+ 0.86	697	28.10	1:01.06	1:37.96
4.	Connor Barrett	(90)	Ealing	2:10.51	+ 0.80	668	26.90	1:00.04	1:38.95
5.	Ross Davenport	(84)	Co Derby	2:11.15	+ 0.70	658	26.91	1:01.24	1:42.50
6.	Scott Hathaway	(88)	Warrington W	2:11.25	+ 0.78	657	28.10	1:01.07	1:40.83
7.	Thomas Kennedy	(92)	Haslemere	2:13.08	+ 0.71	630	27.28	1:01.65	1:42.43
8.	Adam Mallett	(89)	Lincoln Vulc	2:13.29	+ 0.76	627	26.95	1:00.35	1:41.39
9.	Ricky Outhwaite	(91)	Beckenham	2:15.02	+ 0.85	603	27.14	1:01.52	1:41.19
10.	Nick Thompson	(91)	UEA Norwich	2:19.05	+ 0.80	553	28.78	1:05.04	1:46.82

EVENT 3 Girls 09/11 Yrs 200m Free.Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Lincoln Vulcans SC		Lincoln Vulc	2:04.32	+ 0.89	472	31.21	1:02.02	1:33.71
2.	Ealing SC		Ealing	2:06.10	+ 0.88	452	31.33	1:03.21	1:35.34
3.	Exeter City Swimming C		Exeter City	2:06.72	+ 0.86	445	31.91	1:03.39	1:35.78
4.	Haslemere Swimming Clu		Haslemere	2:07.54	+ 0.68	437	31.32	1:04.38	1:35.89
5.	City of Cardiff		Co Cardiff	2:09.00	+ 0.89	422	33.08	1:03.98	1:37.55
6.	Team Ipswich Swimming		teamipswich	2:09.05	+ 0.97	422	32.39	1:04.77	1:36.30
7.	Beckenham SC		Beckenham	2:09.18	+ 0.83	420	32.00	1:04.23	1:37.45
8.	UEA City of Norwich SC		UEA Norwich	2:11.57	+ 0.76	398	31.96	1:06.74	1:38.09
9.	City of Derby Swimming		Co Derby	2:12.95	+ 0.70	386	32.96	1:07.76	1:41.84
	Warrington Warriors SC		Warrington W	DQ	ST-				

EVENT 4 Boys 09/11 Yrs 200m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	UEA City of Norwich SC		UEA Norwich	2:02.43	+ 0.76	334	30.17	1:00.73	1:31.68
2.	Warrington Warriors SC		Warrington W	2:02.54	+ 0.85	333	30.93	1:01.47	1:31.22
3.	Team Ipswich Swimming		teamipswich	2:07.65	+ 0.96	295	31.99	1:03.05	1:35.33
4.	City of Derby Swimming		Co Derby	2:09.93	+ 0.68	280	34.29	1:05.87	1:38.84
5.	Exeter City Swimming C		Exeter City	2:11.46	+ 0.68	270	32.90	1:07.05	1:40.88
6.	Lincoln Vulcans SC		Lincoln Vulc	2:12.12	+ 0.86	266	33.01	1:06.56	1:39.34
7.	Haslemere Swimming Clu		Haslemere	2:12.29	+ 0.72	265	32.42	1:05.67	1:38.11
8.	Beckenham SC		Beckenham	2:13.96	+ 0.75	255	33.12	1:07.08	1:40.58
9.	Ealing SC		Ealing	2:15.44	+ 0.85	247	32.39	1:06.41	1:41.08
10.	City of Cardiff		Co Cardiff	2:16.32	+ 0.78	242	31.52	1:05.26	1:40.66

EVENT 5 Girls 13 /Under 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	City of Cardiff		Co Cardiff	2:10.14	+ 0.63	542	34.72	1:08.83	1:40.90
2.	City of Derby Swimming		Co Derby	2:10.75	+ 0.63	535	34.30	1:10.82	1:42.11
3.	Lincoln Vulcans SC		Lincoln Vulc	2:13.47	+ 0.72	503	34.14	1:10.96	1:44.26
4.	Haslemere Swimming Clu		Haslemere	2:14.77	+ 0.70	488	32.08	1:10.09	1:43.81
5.	Beckenham SC		Beckenham	2:15.67	+ 0.76	479	33.82	1:14.38	1:45.23
6.	Warrington Warriors SC		Warrington W	2:15.85	+ 0.74	477	34.17	1:12.94	1:46.03
7.	Team Ipswich Swimming		teamipswich	2:17.49	+ 0.70	460	33.16	1:14.56	1:48.15
8.	Exeter City Swimming C		Exeter City	2:17.91	+ 0.70	456	34.96	1:13.82	1:47.18
9.	Ealing SC		Ealing	2:18.85	+ 0.73	446	34.98	1:16.60	1:48.40
10.	UEA City of Norwich SC		UEA Norwich	2:20.90	+ 0.79	427	36.65	1:16.01	1:49.08





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 6 Boys 13 Yrs/Under 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Team Ipswich Swimming		teamipswich	2:04.09	+ 0.74	429	-	1:07.16	1:37.41
2.	Ealing SC		Ealing	2:04.89	+ 0.54	420	32.38	1:07.07	1:37.32
3.	Beckenham SC		Beckenham	2:05.13	+ 0.71	418	30.91	1:07.76	1:37.76
4.	Exeter City Swimming C		Exeter City	2:06.93	+ 0.68	400	34.46	1:10.55	1:37.59
5.	Warrington Warriors SC		Warrington W	2:07.45	+ 0.63	396	33.75	1:08.14	1:38.54
6.	Lincoln Vulcans SC		Lincoln Vulc	2:09.75	+ 0.72	375	33.13	1:05.94	-
7.	UEA City of Norwich SC		UEA Norwich	2:11.54	+ 0.79	360	31.99	1:09.81	1:43.80
8.	City of Cardiff		Co Cardiff	2:13.10	+ 0.69	347	33.90	1:09.93	1:43.38
9.	Haslemere Swimming Clu		Haslemere	2:18.66	+ 0.65	307	34.48	1:13.03	1:48.22
10.	City of Derby Swimming		Co Derby	2:20.17	+ 0.63	297	35.31	1:15.93	1:50.05

EVENT 7 Girls 15 Yrs/Under 200m Free.Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	City of Cardiff		Co Cardiff	1:51.08	+ 0.79	661	28.43	55.26	1:22.28
2.	Exeter City Swimming C		Exeter City	1:53.82	+ 0.76	615	28.70	57.13	1:26.31
3.	Beckenham SC		Beckenham	1:54.36	+ 0.83	606	27.91	56.26	1:26.17
4.	Warrington Warriors SC		Warrington W	1:54.40	+ 0.83	605	28.52	56.73	1:25.21
5.	Haslemere Swimming Clu		Haslemere	1:54.82	+ 0.74	599	29.58	56.68	1:25.37
6.	Team Ipswich Swimming		teamipswich	1:55.34	+ 0.92	591	29.27	57.62	1:26.55
7.	UEA City of Norwich SC		UEA Norwich	1:55.69	+ 0.68	585	28.19	57.02	1:26.86
8.	City of Derby Swimming		Co Derby	1:56.08	--	579	29.71	58.61	1:27.80
9.	Ealing SC		Ealing	1:56.11	+ 0.89	579	29.12	58.11	1:26.89
10.	Lincoln Vulcans SC		Lincoln Vulc	2:00.08	+ 0.72	523	29.71	59.98	1:29.78

EVENT 8 Boys 15 Yrs/Under 200m Free.Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Team Ipswich Swimming		teamipswich	1:42.13	+ 0.84	576	25.18	50.11	1:15.86
2.	Beckenham SC		Beckenham	1:43.35	+ 0.70	556	25.98	52.49	1:18.38
3.	Exeter City Swimming C		Exeter City	1:44.63	+ 0.66	536	25.86	52.27	1:19.24
4.	Lincoln Vulcans SC		Lincoln Vulc	1:45.56	+ 0.87	522	26.58	52.74	1:19.66
5.	UEA City of Norwich SC		UEA Norwich	1:46.05	+ 0.79	514	26.35	52.10	1:19.22
6.	Warrington Warriors SC		Warrington W	1:46.42	+ 0.75	509	25.59	53.20	1:20.34
7.	Ealing SC		Ealing	1:46.67	+ 0.75	505	27.06	53.65	1:20.44
8.	City of Cardiff		Co Cardiff	1:46.89	+ 0.80	502	-	-	1:21.32
9.	Haslemere Swimming Clu		Haslemere	1:47.55	+ 0.67	493	25.35	46.95	1:19.57
10.	City of Derby Swimming		Co Derby	1:48.27	+ 0.68	483	27.04	54.47	1:21.62

EVENT 9 Womens Open 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Ealing SC		Ealing	2:00.99	+ 0.65	675	29.40	1:03.93	1:32.91
2.	City of Cardiff		Co Cardiff	2:02.59	+ 0.60	649	32.07	1:06.56	1:34.90
3.	Team Ipswich Swimming		teamipswich	2:04.15	+ 0.60	625	31.00	1:06.98	1:36.77
4.	Lincoln Vulcans SC		Lincoln Vulc	2:05.22	+ 0.61	609	33.07	1:06.48	1:35.59
5.	Warrington Warriors SC		Warrington W	2:06.73	+ 0.66	587	31.41	1:07.78	1:36.78
6.	Exeter City Swimming C		Exeter City	2:06.93	+ 0.65	584	31.96	1:09.19	1:37.87
7.	Beckenham SC		Beckenham	2:07.33	+ 0.59	579	31.66	1:09.52	1:39.14
8.	UEA City of Norwich SC		UEA Norwich	2:07.58	+ 0.72	575	33.22	1:08.87	1:39.27
9.	Haslemere Swimming Clu		Haslemere	2:08.30	+ 0.56	566	32.92	1:02.07	1:39.36
10.	City of Derby Swimming		Co Derby	2:08.58	+ 0.65	562	33.98	1:11.21	1:40.42

EVENT 10 Mens Open 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Ealing SC		Ealing	1:45.70	+ 0.66	693	28.14	57.73	1:22.90
2.	Exeter City Swimming C		Exeter City	1:48.66	+ 0.61	638	26.46	57.74	1:23.66
3.	City of Cardiff		Co Cardiff	1:48.77	+ 0.59	636	28.21	59.22	1:25.19
4.	City of Derby Swimming		Co Derby	1:50.83	+ 0.63	601	28.19	59.27	1:27.54
5.	Beckenham SC		Beckenham	1:51.13	+ 0.49	596	30.50	1:01.98	1:28.64
6.	Team Ipswich Swimming		teamipswich	1:51.54	+ 0.65	590	28.26	58.53	1:26.59
7.	Haslemere Swimming Clu		Haslemere	1:52.93	+ 0.86	568	31.65	1:01.86	1:28.11
8.	Lincoln Vulcans SC		Lincoln Vulc	1:56.13	+ 0.65	522	30.54	1:03.54	1:29.84
9.	UEA City of Norwich SC		UEA Norwich	1:57.23	+ 0.60	508	30.82	1:07.72	1:32.84
	Warrington Warriors SC		Warrington W	DQ O-3L					





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 11 Girls 10/11 Yrs 50m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Tina Song-ashdown	(98)	Exeter City	34.73	+ 0.73 473
2.	Maisie Jameson	(98)	Ealing	35.51	+ 0.65 443
3.	Hannah Campbell	(98)	Haslemere	35.70	+ 0.63 435
4.	Chloe James	(98)	Lincoln Vulc	36.21	+ 0.67 417
5.	Rhianna Sheehan	(98)	Co Derby	36.35	+ 0.68 413
6.	Nadine James	(98)	Co Cardiff	37.31	+ 0.79 382
7.	Sophie Alden	(98)	UEA Norwich	37.32	+ 0.69 381
8.	Sophie Conway	(98)	teamipswich	37.65	-- 371
9.	Laura Buckley	(98)	Warrington W	38.56	+ 0.61 346
10.	Marie Deane	(98)	Beckenham	39.57	+ 0.65 320

EVENT 12 Boys 10/11 Yrs 50m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Oliver Houghton	(98)	Warrington W	33.08	+ 0.73 384
2.	Casey Barrett	(99)	UEA Norwich	35.66	+ 0.86 306
3.	Bradley Watts	(99)	teamipswich	37.64	-- 261
4.	James Davies	(98)	Co Cardiff	37.70	+ 0.72 259
5.	Ryan Reader	(98)	Co Derby	37.84	+ 0.71 256
6.	Fred Fearmley	(98)	Exeter City	37.97	+ 0.65 254
7.	Alexander Isherwood	(98)	Lincoln Vulc	38.41	+ 0.78 245
8.	Joseph Mullender	(98)	Haslemere	38.60	-- 242
9.	Charran Santhalingham	(98)	Ealing	38.69	+ 0.73 240
10.	Joe Casey	(99)	Beckenham	39.96	+ 0.65 218

EVENT 13 Girls 13 /Under 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Chloe Tutton	(96)	Co Cardiff	1:14.50	+ 0.72 647	35.15
2.	Sarah Fountain	(96)	Lincoln Vulc	1:20.76	+ 0.86 508	37.97
3.	Sarah Vasey	(96)	Co Derby	1:21.37	+ 0.58 497	38.46
4.	Charis Dowson	(98)	Haslemere	1:22.93	+ 0.83 469	38.96
5.	Flora Shaul	(97)	UEA Norwich	1:25.30	+ 0.88 431	40.98
6.	Ashleigh Wrench	(97)	Warrington W	1:25.54	+ 0.85 428	40.26
7.	Samantha Basham	(96)	Exeter City	1:28.61	+ 0.74 385	40.70
8.	Lani Davies	(97)	Beckenham	1:29.15	+ 0.89 378	42.10
9.	Kerry- anne Mcfarlane	(97)	Ealing	1:29.36	+ 0.85 375	41.97
10.	Evangeline Taylor	(96)	teamipswich	1:30.42	+ 0.81 362	43.17

EVENT 14 Boys 13 Yrs/Under 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Alex Simmons	(96)	Lincoln Vulc	1:14.07	+ 0.73 495	35.14
2.	Adam Plasvic	(97)	Ealing	1:15.42	+ 0.84 469	35.51
3.	Elliott Randall	(97)	Exeter City	1:18.92	+ 0.88 409	36.97
4.	Andrew Mclay	(97)	Warrington W	1:19.37	+ 0.72 402	37.23
5.	Jake Tyson	(97)	teamipswich	1:20.83	+ 0.87 381	38.22
6.	Aeron Campbell	(96)	Co Cardiff	1:21.91	+ 0.78 366	37.89
7.	Harold Pearson	(97)	Beckenham	1:22.01	+ 0.90 364	39.05
8.	Philip Schubert	(96)	UEA Norwich	1:22.69	+ 0.87 356	39.27
9.	Philip Smith	(96)	Haslemere	1:26.68	+ 0.73 309	40.31
10.	Kyle Freeman	(96)	Co Derby	1:31.32	-- 264	41.71

EVENT 15 Girls 15 Yrs/Under 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Rebecca Pye	(95)	Warrington W	1:06.81	+ 0.65 658	32.46
2.	Jess Twose	(95)	Exeter City	1:07.73	+ 0.67 632	32.83
3.	Seren Jones	(94)	Co Cardiff	1:08.11	+ 0.69 621	32.79
4.	Holly Chapman	(95)	Haslemere	1:09.20	+ 0.67 592	33.37
5.	Mollie Temple	(94)	Lincoln Vulc	1:09.36	+ 0.60 588	34.11
6.	Naomi Sawaki	(95)	Ealing	1:09.93	+ 0.75 574	33.90
7.	Fearn Cook	(95)	Beckenham	1:10.39	+ 0.69 563	34.13
8.	Georgina Tovell-colema	(95)	Co Derby	1:11.23	+ 0.67 543	35.00
9.	Kimberley Anastaiou	(95)	UEA Norwich	1:11.29	+ 0.60 542	34.53
10.	Jessica Harvey	(94)	teamipswich	1:12.79	+ 0.68 509	34.14





www.nationalswimmingleague.org.uk

EVENT 16 Boys 15 Yrs/Under 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Elliot Cook	(94)	teamipswich	1:02.50	+ 0.61	574	30.16
2.	Oliver Richmond	(94)	Lincoln Vulc	1:02.78	+ 0.63	566	30.93
3.	Morgan Kane-roberts	(94)	Co Cardiff	1:03.58	+ 0.68	545	31.08
4.	Callum Barrett	(94)	Ealing	1:03.70	+ 0.77	542	31.68
5.	Gabriel Dada	(94)	Beckenham	1:03.82	+ 0.69	539	30.86
6.	Ryan Rogers	(95)	Exeter City	1:05.44	+ 0.56	500	32.13
7.	Michael Ross	(95)	Warrington W	1:05.66	+ 0.63	495	31.65
8.	Charlie Softly	(95)	Co Derby	1:05.90	+ 0.72	490	31.83
9.	Zack Rushby	(94)	Haslemere	1:07.23	+ 0.63	461	32.46
10.	Miles Garner	(94)	UEA Norwich	1:08.39	+ 0.57	438	33.46

EVENT 17 Womens Open 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Tilly Gray	(91)	Warrington W	1:02.39	+ 0.70	725	29.34
2.	Robyn Ventrice	(92)	Co Cardiff	1:03.42	+ 0.79	690	29.43
3.	Emma Smithurst	(91)	Co Derby	1:03.82	+ 0.63	677	29.90
4.	Alice Tennant	(93)	teamipswich	1:04.61	+ 0.79	653	29.89
5.	Gina Heyn	(84)	Ealing	1:04.65	+ 0.86	651	30.36
6.	Kirsty Armstrong	(89)	Lincoln Vulc	1:04.97	+ 0.70	642	30.53
7.	Jade Barclay	(89)	Beckenham	1:04.99	+ 0.72	641	30.21
8.	Harriet Lambourne	(93)	Haslemere	1:08.08	+ 0.84	558	31.56
9.	Connie Fearnley	(94)	Exeter City	1:08.72	+ 0.76	542	32.03
10.	Poppy Ingleson	(95)	UEA Norwich	1:08.80	+ 0.72	540	32.22

EVENT 18 Mens Open 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Thomas Kennedy	(92)	Haslemere	57.12	+ 0.73	664	26.69
2.	Adam Mallett	(89)	Lincoln Vulc	57.16	+ 0.77	662	27.09
3.	Tom Greenfield	(93)	Co Cardiff	57.64	+ 0.75	646	27.22
4.	Connor Barrett	(90)	Ealing	58.27	+ 0.82	625	27.17
5.	Alex Woodriddle	(91)	Exeter City	58.56	+ 0.74	616	27.26
6.	Ricky Outhwaite	(91)	Beckenham	58.71	+ 0.82	611	27.24
7.	Ross Davenport	(84)	Co Derby	58.72	+ 0.71	611	26.83
8.	Andrew Bushell	(88)	Warrington W	58.78	+ 0.70	609	27.25
9.	Jack Hollis	(94)	teamipswich	1:01.28	+ 0.98	537	28.48
10.	Mark Leamon	(87)	UEA Norwich	1:04.16	+ 0.82	468	29.75

EVENT 19 Girls 10/11 Yrs 50m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Lucy Thornton	(99)	Ealing	32.43	--	462	
2.	Marianne Richards	(98)	Haslemere	34.75	+ 0.71	375	
3.	Abigail Burr	(98)	Lincoln Vulc	34.78	+ 0.90	375	
4.	Lilyella Craw-seaman	(99)	UEA Norwich	34.86	+ 0.73	372	
5.	Alicia Pierce	(98)	Warrington W	36.01	+ 0.81	337	
6.	Georgia Cotterill	(98)	Exeter City	36.27	+ 0.74	330	
7.	Caitlin Xerri	(99)	Co Cardiff	36.28	+ 0.86	330	
8.	Frances Spink	(98)	Co Derby	37.19	+ 0.86	306	
9.	Megan Cherry	(98)	teamipswich	37.29	+ 0.98	304	
10.	Ashley Hamilton	(98)	Beckenham	37.53	+ 0.75	298	

EVENT 20 Boys 10/11 Yrs 50m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Oliver Houghton	(98)	Warrington W	32.55	+ 0.87	327	
2.	William Hatton	(98)	UEA Norwich	33.08	+ 0.89	312	
3.	Owen Green	(98)	Lincoln Vulc	34.33	+ 0.85	279	
4.	James Davies	(98)	Co Cardiff	34.74	+ 0.89	269	
5.	Stevie O'sullivan	(98)	Co Derby	35.12	+ 0.68	261	
6.	George Doggett	(98)	Exeter City	35.61	+ 0.87	250	
7.	Omar Haroun	(98)	Ealing	37.11	--	221	
8.	Robert Simpson	(98)	Beckenham	37.83	+ 0.73	208	
9.	Dominic Scifo	(99)	teamipswich	37.87	+ 0.90	208	
10.	Matthew Wright	(98)	Haslemere	38.72	+ 0.71	194	





www.nationalswimmingleague.org.uk

EVENT 21 Girls 13 Yrs/Under 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Sasha Stalker	(96)	Haslemere	1:08.81	+ 0.55 603	-
2.	Kathleen Dawson	(97)	Warrington W	1:09.58	+ 0.62 583	33.25
3.	Gemma Bartle	(96)	teamipswich	1:10.60	+ 0.70 558	34.59
4.	Leah Casey	(96)	Beckenham	1:12.05	+ 0.67 525	35.19
5.	Alison Haworth	(97)	Lincoln Vulc	1:12.49	+ 0.66 515	35.44
6.	Catherine Williams	(96)	Co Derby	1:12.82	+ 0.65 508	35.02
7.	Imogen Pauley	(97)	Co Cardiff	1:14.79	+ 0.63 469	35.51
8.	Pooja Gupta	(97)	Ealing	1:15.47	+ 0.73 457	36.55
9.	Vikki Bishop	(97)	Exeter City	1:16.96	+ 0.66 431	37.72
10.	Elise Barrett	(97)	UEA Norwich	1:17.51	+ 0.75 422	37.50

EVENT 22 Boys 13 Yrs/Under 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Joshua Coleby	(96)	teamipswich	1:05.95	+ 0.72 488	32.06
2.	Kunmi Ogunfeibo	(97)	Beckenham	1:07.36	+ 0.70 458	31.95
3.	Ade Coker	(96)	Ealing	1:08.63	+ 0.57 433	33.27
4.	Jack Chapman	(96)	UEA Norwich	1:08.69	+ 0.66 432	33.45
5.	Alex Simmons	(96)	Lincoln Vulc	1:09.73	+ 0.66 413	34.65
6.	Ewan Miller	(96)	Warrington W	1:10.10	+ 0.73 407	33.90
7.	Alex Griffiths	(97)	Co Cardiff	1:13.18	+ 0.68 358	35.20
8.	Charles Cutting	(96)	Haslemere	1:15.48	-- 326	36.45
9.	Thomas Spink	(96)	Co Derby	1:15.83	+ 0.64 321	36.75
10.	Elliott Randall	(97)	Exeter City	1:17.38	+ 0.77 302	37.70

EVENT 23 Girls 15 Yrs/Under 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Sian Harkin	(94)	Co Cardiff	1:03.15REC	+ 0.84 699	30.82
2.	Aimee Harvey	(95)	Warrington W	1:06.76	+ 0.93 591	31.09
3.	Rebecca Walton	(95)	Beckenham	1:07.62	+ 0.88 569	31.39
4.	Poppy Ingleson	(95)	UEA Norwich	1:07.87	+ 0.71 563	31.50
5.	Sally Whybra	(94)	Exeter City	1:08.06	+ 0.77 558	31.64
6.	Katie Simms	(94)	Ealing	1:08.55	+ 0.90 546	32.45
7.	Ellen Oxbro	(95)	teamipswich	1:09.04	+ 0.86 535	32.06
8.	Mollie Temple	(94)	Lincoln Vulc	1:10.39	+ 0.71 505	32.80
9.	Elanor Loveman	(94)	Haslemere	1:10.52	+ 0.88 502	32.44
10.	Georgina Tovell-Coleman	(95)	Co Derby	1:10.54	-- 501	33.13

EVENT 24 Boys 15 Yrs/Under 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Matthew Powell	(94)	Haslemere	58.24	+ 0.67 626	27.01
2.	Michael Gunning	(94)	Beckenham	58.30	+ 0.82 624	26.99
3.	Jordan Barlow	(94)	Warrington W	1:00.39	+ 0.77 561	28.56
4.	Oliver Bitowt	(95)	Lincoln Vulc	1:01.24	+ 0.72 538	29.19
5.	Alex Bandarian	(95)	Ealing	1:01.71	+ 0.69 526	29.42
6.	Miles Garner	(94)	UEA Norwich	1:02.18	+ 0.78 514	29.32
7.	Kilian Korth	(95)	teamipswich	1:03.54	+ 0.70 482	29.36
8.	Thomas Matthews	(94)	Co Derby	1:04.34	+ 0.75 464	29.45
9.	Rhys Crimlisk	(95)	Co Cardiff	1:07.58	+ 0.78 401	30.69
10.	Sam Jackson	(94)	Exeter City	1:07.60	+ 0.83 400	31.16

EVENT 25 Womens Open 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Ekaterina Avramova	(91)	Ealing	1:02.00REC	+ 0.64 824	30.70
2.	Rebecca Pye	(95)	Warrington W	1:06.50	+ 0.66 668	32.75
3.	Danielle Stirrat	(93)	Co Cardiff	1:07.32	+ 0.62 643	33.17
4.	Steffi King	(93)	Beckenham	1:07.41	+ 0.59 641	32.09
5.	Zoe Cray	(74)	teamipswich	1:07.80	+ 0.60 630	32.61
6.	Becky Jenkins	(90)	Exeter City	1:08.12	+ 0.62 621	33.13
7.	Hayley Williams	(93)	Lincoln Vulc	1:08.79	+ 0.67 603	32.80
8.	Mimi Barr	(94)	UEA Norwich	1:09.46	+ 0.68 586	33.39
9.	Zoe Hester	(91)	Haslemere	1:09.76	+ 0.31 578	34.10
10.	Georgina Tovell-colema	(95)	Co Derby	1:13.07	+ 0.71 503	36.00





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final Ponds Forge Sheffield Sunday 25 April 2010

EVENT 26 Mens Open 100m Backstroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Liam Tancock	(95)	Exeter City	56.57	+ 0.62 774	27.14
2.	Tom Haffield	(88)	Co Cardiff	58.16	+ 0.66 712	28.22
3.	Scott Hathaway	(95)	Warrington W	58.55	+ 0.59 698	28.26
4.	Jamie Smithers	(85)	Ealing	58.80	+ 0.71 689	28.61
5.	Lewis Coleman	(92)	teamipswich	1:00.88	+ 0.67 621	29.88
6.	Thomas Kennedy	(92)	Haslemere	1:01.45	+ 0.72 604	29.98
7.	Kane Haggett	(92)	Co Derby	1:02.23	+ 0.66 581	29.82
8.	Lewis Farren	(93)	Lincoln Vulc	1:04.39	+ 0.69 525	31.72
9.	Adam Strawford	(90)	Beckenham	1:05.31	+ 0.49 503	31.08
10.	Nick Thompson	(91)	UEA Norwich	1:06.49	+ 0.79 477	31.61

EVENT 27 Girls 10/11 Yrs 50m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Charis Dowson	(98)	Haslemere	38.55	+ 0.85 462
2.	Phoebe Goold	(98)	Beckenham	40.86	+ 0.82 388
3.	Frances Spink	(98)	Co Derby	41.12	+ 0.84 381
4.	Elena Love	(98)	Ealing	41.21	-- 378
5.	Caitlin Xerri	(99)	Co Cardiff	41.79	+ 0.80 363
6.	Catherine Ross	(99)	Warrington W	42.01	+ 0.85 357
7.	Medbh Williams	(98)	UEA Norwich	42.08	+ 0.81 355
8.	Tina Song-ashdown	(98)	Exeter City	42.47	+ 0.93 345
9.	Brittany Hyam	(98)	teamipswich	42.52	+ 0.82 344
10.	Tara Haworth	(99)	Lincoln Vulc	43.31	+ 0.98 326

EVENT 28 Boys 10/11 Yrs 50m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt
1.	Adam Poole	(98)	Warrington W	38.94	+ 0.81 321
2.	Keenan Stokes	(98)	UEA Norwich	40.89	+ 0.82 277
3.	Omar Haroun	(98)	Ealing	41.09	-- 273
4.	Joseph Mullender	(98)	Haslemere	42.58	+ 0.78 246
5.	Kiran Mason	(98)	Lincoln Vulc	43.34	+ 0.93 233
6.	Jack Pickering	(98)	teamipswich	43.59	+ 0.93 229
7.	James Wamsley	(99)	Exeter City	43.86	+ 1.16 225
8.	Kie-ren Lau	(98)	Beckenham	44.02	+ 0.74 222
9.	Richard Cottrell	(98)	Co Cardiff	46.78	+ 0.87 185
	Barclay Izzard	(98)	Co Derby	DQ ST-	

EVENT 29 Girls 13 Yrs/Under 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Chole Tutton	(96)	Co Cardiff	1:04.89	+ 0.80 644	30.94
2.	Leah Evans	(96)	Warrington W	1:07.55	+ 0.72 571	31.63
3.	Sophie Simpson	(96)	Beckenham	1:10.14	+ 0.88 510	31.28
4.	Sarah Fountain	(96)	Lincoln Vulc	1:11.41	+ 0.86 483	34.60
5.	Lucy Thornton	(99)	Ealing	1:11.53	+ 0.83 481	34.76
6.	Tamara O'sullivan	(96)	Co Derby	1:11.56	+ 0.82 480	32.32
7.	Harriet Clarke	(97)	UEA Norwich	1:15.14	+ 0.80 415	35.26
8.	Adele Shire	(97)	Exeter City	1:16.06	+ 0.79 400	34.87
9.	Evangeline Taylor	(96)	teamipswich	1:16.13	+ 0.76 399	35.09
10.	Melissa Bond	(96)	Haslemere	1:16.78	+ 0.89 389	34.52

EVENT 30 Boys 13 Yrs/Under 100m Butterfly

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	George Fearnley	(96)	Exeter City	1:01.93	+ 0.74 521	28.92
2.	Charlie Smith	(96)	teamipswich	1:05.56	+ 0.98 439	30.76
3.	Eamon Haroun	(96)	Ealing	1:08.31	+ 0.81 388	31.59
4.	Archie Mitchell	(96)	Beckenham	1:09.05	+ 0.85 376	30.71
5.	Jack Chapman	(96)	UEA Norwich	1:09.43	+ 0.87 369	32.93
6.	Oliver Houghton	(98)	Warrington W	1:11.05	+ 0.89 345	33.32
7.	Jack Buttery	(97)	Lincoln Vulc	1:11.08	+ 0.85 344	31.55
8.	Philip Smith	(96)	Haslemere	1:13.24	+ 0.74 315	33.02
9.	Thomas Spink	(96)	Co Derby	1:14.49	+ 0.44 299	34.10
10.	Regan Heatley	(97)	Co Cardiff	1:15.42	+ 0.82 288	34.36





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 31 Girls 15 Yrs/Under 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50	
1.	Sarah Baldwin	(95)	Haslemere	1:00.76	+ 0.76	629	28.53
2.	Sophia Pauley	(94)	Co Cardiff	1:00.86	+ 0.81	626	29.00
3.	Lauren Walton	(95)	Beckenham	1:01.11	+ 0.90	619	29.91
4.	Jessica Harvey	(94)	teamipswich	1:01.65	+ 0.89	603	29.77
5.	Holly Bateman	(95)	UEA Norwich	1:01.97	+ 0.71	593	29.93
6.	Catherine Parker	(95)	Warrington W	1:02.25	+ 0.81	585	30.01
7.	Connie Fearnley	(94)	Exeter City	1:02.31	+ 0.73	584	30.37
8.	Sophie Davies	(96)	Co Derby	1:02.75	+ 0.80	571	29.98
9.	Grace Conlon	(95)	Lincoln Vulc	1:03.53	+ 0.81	551	31.00
10.	Stephanie Mcfarlane	(94)	Ealing	1:03.56	+ 0.73	550	30.18

EVENT 32 Boys 15 Yrs/Under 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50	
1.	Michael Gunning	(94)	Beckenham	53.90	+ 0.78	659	26.20
2.	Aaron Lynch	(94)	teamipswich	54.21	+ 0.85	648	26.20
3.	Jordan Barlow	(94)	Warrington W	55.48	+ 0.77	604	27.42
4.	Matthew Powell	(94)	Haslemere	55.66	+ 0.65	599	26.94
5.	Charles Bitowt	(94)	Lincoln Vulc	56.52	+ 0.89	572	27.92
6.	Lewis Hughes	(94)	UEA Norwich	56.66	+ 0.80	568	27.72
7.	Alastair Richards	(95)	Co Cardiff	57.16	+ 0.75	553	27.67
8.	Connor Smith	(95)	Co Derby	57.78	+ 0.70	535	28.27
9.	Ryan Rogers	(95)	Exeter City	57.97	+ 0.68	530	27.58
10.	Alex Bandarian	(95)	Ealing	1:00.06	+ 0.74	476	-

EVENT 33 Womens Open 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50	
1.	Gina Heyn	(84)	Ealing	1:11.85	+ 0.87	722	34.42
2.	Louise Henley	(85)	Co Cardiff	1:15.67	+ 0.76	618	35.85
3.	Heather Rodwell	(94)	teamipswich	1:17.08	+ 0.94	585	36.38
4.	Sophie Long	(93)	Warrington W	1:17.49	+ 0.85	575	36.43
5.	Hayley Williams	(93)	Lincoln Vulc	1:17.75	+ 0.79	570	36.74
6.	Louise Bush	(91)	UEA Norwich	1:19.83	+ 0.79	526	37.62
7.	Amy Edmonds	(93)	Haslemere	1:20.35	+ 0.65	516	36.98
8.	Rebecca Hitt	(96)	Exeter City	1:22.71	+ 0.73	473	38.41
9.	Francesca Hayward	(92)	Beckenham	1:23.05	+ 0.86	467	38.15
10.	Emma Smithurst	(91)	Co Derby	1:31.44	+ 0.74	350	42.04

EVENT 34 Mens Open 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50	
1.	Chris Jones	(81)	Ealing	1:05.20	+ 0.82	725	30.19
2.	Ieuan Lloyd	(93)	Co Cardiff	1:05.84	+ 0.75	704	30.87
3.	Lewis Coleman	(92)	teamipswich	1:07.26	+ 0.83	661	31.39
4.	Danny Anderson	(89)	Haslemere	1:07.72	+ 0.82	647	31.88
5.	Adam Peaty	(94)	Co Derby	1:09.90	+ 0.64	589	32.14
6.	Tim Almond	(92)	Warrington W	1:10.22	+ 0.86	581	32.51
7.	Liam Spruce	(93)	Exeter City	1:10.41	+ 0.75	576	32.39
8.	Alex Manley	(92)	Lincoln Vulc	1:13.35	+ 0.76	509	34.04
9.	Danny Casey	(93)	Beckenham	1:13.43	+ 0.77	508	33.99
10.	Nick Thompson	(91)	UEA Norwich	1:20.84	+ 0.78	381	36.82

EVENT 35 Girls 10/11 Yrs 50m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	
1.	Samantha James	(98)	Lincoln Vulc	31.15	+ 0.82	442
2.	Rhianna Sheehan	(98)	Co Derby	31.19	+ 0.91	440
3.	Maisie Jameson	(98)	Ealing	31.28	--	437
4.	Lilyella Crow-seaman	(99)	UEA Norwich	31.76	+ 0.75	417
5.	Hannah Campbell	(98)	Haslemere	31.88	+ 0.74	412
6.	Georgia Cotterill	(98)	Exeter City	32.32	+ 0.76	396
7.	Marie Deane	(98)	Beckenham	32.57	+ 0.83	387
7.	Emma Pearn	(98)	Co Cardiff	32.57	+ 0.85	387
9.	Laura Buckley	(98)	Warrington W	32.60	+ 0.96	386
10.	Megan Cherry	(98)	teamipswich	32.66	+ 1.01	384





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 36 Boys 10/11 Yrs 50m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Jordan Mann	(98)	UEA Norwich	30.25	+ 0.75	332
2.	Aaron Hill	(98)	Warrington W	30.73	+ 0.84	316
3.	William Oxbrow	(98)	teamipswich	31.58	+ 0.87	292
4.	Ryan Reader	(98)	Co Derby	31.59	+ 0.87	291
5.	George Doggett	(98)	Exeter City	32.46	+ 0.82	268
6.	Kiran Mason	(98)	Lincoln Vulc	32.91	+ 0.92	258
7.	Matthew Wright	(98)	Haslemere	32.92	+ 0.70	257
8.	Henry Simpson	(99)	Beckenham	33.98	+ 0.69	234
9.	Charran Santhalingham	(98)	Ealing	34.25	--	229
10.	Richard Cottrell	(98)	Co Cardiff	35.02	+ 0.82	214

EVENT 37 Girls 13 Yrs/Under 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Gemma Bartle	(96)	teamipswich	1:02.46	+ 0.88	579
2.	Catherine Williams	(96)	Co Derby	1:02.83	+ 0.73	569
3.	Sophie Simpson	(96)	Beckenham	1:03.72	+ 0.87	546
4.	Sasha Stalker	(96)	Haslemere	1:04.31	+ 0.75	531
5.	Hannah Wallis	(96)	Warrington W	1:04.32	+ 0.88	531
6.	Imogen Pauley	(97)	Co Cardiff	1:04.61	+ 0.79	523
7.	Laura Pigott	(96)	Lincoln Vulc	1:04.68	+ 0.79	522
8.	Samantha Gray	(96)	Exeter City	1:05.99	+ 0.86	491
9.	Bethan- hall Jones	(96)	Ealing	1:06.25	+ 0.87	486
10.	Flora Shaul	(97)	UEA Norwich	1:06.74	+ 0.88	475

EVENT 38 Boys 13 Yrs/Under 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Joshua Coleby	(96)	teamipswich	55.79	+ 0.90	594
2.	George Fearnley	(96)	Exeter City	57.01	+ 0.75	557
3.	Ewan Miller	(96)	Warrington W	58.52	+ 0.77	515
4.	Ade Coker	(96)	Ealing	1:00.70	+ 0.69	462
5.	Louis Phillips	(96)	Beckenham	1:01.64	+ 0.89	441
6.	Jack Thomson	(97)	UEA Norwich	1:01.70	+ 0.86	439
7.	Jack Buttery	(97)	Lincoln Vulc	1:02.32	+ 0.87	426
8.	Alex Griffiths	(97)	Co Cardiff	1:03.49	+ 0.84	403
9.	Kyle Freeman	(96)	Co Derby	1:05.42	+ 0.68	369
10.	Henry Kennedy	(97)	Haslemere	1:07.41	+ 0.72	337

EVENT 39 Girls 15 /Under 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Chole Tutton	(96)	Co Cardiff	1:14.77	+ 0.76	640
2.	Heather Rodwell	(94)	teamipswich	1:18.01	+ 0.94	564
3.	Caitlin McNicholas	(95)	Warrington W	1:18.76	+ 0.86	548
4.	Grace Conlon	(95)	Lincoln Vulc	1:20.01	+ 0.85	523
5.	Elanor Loveman	(94)	Haslemere	1:20.27	+ 0.84	518
6.	Sarah Vasey	(96)	Co Derby	1:20.40	+ 0.61	515
7.	Laura McDonnell	(95)	Ealing	1:20.96	+ 0.82	504
8.	Amy Cole	(95)	Exeter City	1:21.36	+ 0.83	497
9.	Heather Travers	(95)	Beckenham	1:23.19	+ 0.83	465
10.	Mimi Barr	(94)	UEA Norwich	1:23.89	+ 0.73	453

EVENT 40 Boys 15 Yrs/Under 100m Breaststroke

Full Results

Place	Name	YoB	Club	Time	R.T.FINA Pt	50
1.	Adam Peaty	(94)	Co Derby	1:09.08	+ 0.63	610
2.	Simon Cooper	(94)	Exeter City	1:11.67	+ 0.79	546
3.	Oliver Hunt	(95)	Haslemere	1:12.01	+ 0.87	538
4.	Aaron Lynch	(94)	teamipswich	1:12.08	+ 0.87	537
5.	Sean Westerman	(94)	Lincoln Vulc	1:12.94	+ 0.69	518
6.	Robert Deane	(95)	Beckenham	1:15.04	+ 0.87	476
7.	Tom Brommage	(94)	Ealing	1:15.69	+ 0.77	464
8.	Morgan Kane-roberts	(94)	Co Cardiff	1:16.12	+ 0.74	456
9.	Adam Ravenscroft	(97)	Warrington W	1:16.37	+ 0.73	451
10.	Dominic Waters	(94)	UEA Norwich	1:17.25	+ 0.72	436





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 41 Womens Open 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Ekaterina Avramova	(91)	Ealing	57.43	+ 0.73	745	28.25
2.	Danielle Stirrat	(93)	Co Cardiff	59.38	+ 0.74	674	29.28
3.	Emma Smithurst	(91)	Co Derby	59.55	+ 0.63	669	28.88
4.	Aisha Thornton	(91)	Warrington W	59.95	+ 0.78	655	29.32
5.	Fearn Cook	(95)	Beckenham	1:01.15	+ 0.86	617	29.41
6.	Rachel Andvig	(93)	teamipswich	1:01.16	+ 0.87	617	29.11
7.	Holly Bateman	(95)	UEA Norwich	1:01.66	+ 0.70	602	29.90
8.	Becky Jenkins	(90)	Exeter City	1:02.37	+ 0.68	582	29.69
9.	Amy Edmonds	(93)	Haslemere	1:03.28	+ 0.65	557	30.04
10.	Hayley Williams	(93)	Lincoln Vulc	1:03.30	+ 0.83	557	30.68

EVENT 42 Mens Open 100m Freestyle

Full Results

Place	Name	YoB	Club	Time	R.T.	FINA Pt	50
1.	Ross Davenport	(89)	Co Derby	50.69	+ 0.71	793	24.49
2.	Liam Tancock	(85)	Exeter City	50.77	+ 0.90	789	25.40
3.	Craig Gibbons	(85)	Beckenham	51.00	+ 0.78	778	24.89
4.	Thomas Greenfield	(89)	Co Cardiff	51.86	+ 0.74	740	25.37
5.	Andy Bushell	(88)	Warrington W	52.56	+ 0.70	711	25.42
6.	Charlie Turner	(84)	Ealing	53.98	+ 0.73	656	25.37
7.	Troy Lynch	(91)	teamipswich	55.35	+ 0.88	609	26.63
8.	Patrick Clement	(90)	Haslemere	56.00	+ 0.76	588	27.08
9.	Jack Burnell	(93)	Lincoln Vulc	56.11	+ 0.73	584	27.08
10.	Matthew Wooldridge	(91)	UEA Norwich	59.10	+ 0.81	500	28.11

EVENT 43 Girls 09/11 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Ealing SC		Ealing	2:20.49	+ 0.62	431	35.47	1:16.86	-
2.	Haslemere Swimming Clu		Haslemere	2:21.27	+ 0.35	424	35.84	1:14.36	1:48.55
3.	Lincoln Vulcans SC		Lincoln Vulc	2:27.47	+ 0.66	373	36.70	1:21.07	1:56.23
4.	Exeter City Swimming C		Exeter City	2:28.41	+ 0.68	366	35.00	1:18.70	1:55.89
5.	City of Cardiff		Co Cardiff	2:28.47	+ 0.85	365	36.68	1:23.99	1:55.21
6.	Beckenham SC		Beckenham	2:31.46	+ 0.73	344	39.49	1:20.90	1:58.39
7.	City of Derby Swimming		Co Derby	2:31.69	+ 0.72	342	38.34	1:21.82	2:00.17
8.	Team Ipswich Swimming		teamipswich	2:32.00	+ 0.69	340	38.87	1:22.32	1:59.32
9.	UEA City of Norwich SC		UEA Norwich	2:33.45	+ 0.67	331	42.29	1:24.09	2:01.88
10.	Warrington Warriors SC		Warrington W	2:41.56	+ 0.64	283	41.71	1:31.01	2:08.35

EVENT 44 Boys 09/11 Yrs 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Warrington Warriors SC		Warrington W	2:19.25	+ 0.69	303	36.09	1:15.19	1:48.19
2.	UEA City of Norwich SC		UEA Norwich	2:25.57	+ 0.76	265	36.94	1:19.66	1:55.12
3.	City of Derby Swimming		Co Derby	2:28.55	+ 0.70	250	37.93	1:21.10	1:55.43
4.	Exeter City Swimming C		Exeter City	2:32.27	+ 0.64	232	38.29	1:22.54	1:57.73
5.	Team Ipswich Swimming		teamipswich	2:32.80	+ 0.70	230	46.91	1:22.59	2:01.02
6.	Lincoln Vulcans SC		Lincoln Vulc	2:33.42	+ 0.79	227	40.00	1:24.25	1:59.22
7.	Ealing SC		Ealing	2:35.73	+ 0.86	217	40.61	1:22.36	2:02.17
8.	Haslemere Swimming Clu		Haslemere	2:38.11	+ 0.65	207	39.60	1:25.96	2:04.78
9.	Beckenham SC		Beckenham	2:40.46	+ 0.65	198	41.06	1:26.96	-
10.	City of Cardiff		Co Cardiff	2:41.25	+ 0.67	195	40.61	1:28.07	-

EVENT 45 Girls 13 Yrs/Under 200m Free.Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	City of Derby Swimming		Co Derby	1:57.13	+ 0.84	564	29.41	58.04	1:28.04
2.	City of Cardiff		Co Cardiff	1:57.53	+ 0.79	558	30.19	59.32	1:30.39
3.	Team Ipswich Swimming		teamipswich	1:57.99	+ 0.86	552	29.47	59.76	1:28.75
4.	Warrington Warriors SC		Warrington W	1:59.26	+ 0.76	534	29.60	59.11	1:28.64
5.	Lincoln Vulcans SC		Lincoln Vulc	1:59.58	+ 0.88	530	30.34	1:00.72	1:29.79
6.	Beckenham SC		Beckenham	2:01.51	+ 0.87	505	29.35	59.84	1:31.53
7.	Exeter City Swimming C		Exeter City	2:02.42	+ 0.90	494	31.27	1:02.55	1:33.03
8.	Haslemere Swimming Clu		Haslemere	2:03.39	+ 0.76	482	29.36	1:00.81	1:31.77
9.	UEA City of Norwich SC		UEA Norwich	2:06.04	+ 0.83	453	30.73	1:02.12	1:34.68
10.	Ealing SC		Ealing	2:06.26	+ 0.87	450	31.58	1:02.36	1:34.93





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 46 Boys 13 Yrs/Under 200m Free.Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Team Ipswich Swimming		teamipswich	1:48.17	+0.96	485	26.90	53.74	1:20.92
2.	Ealing SC		Ealing	1:51.28	+0.68	445	27.84	55.46	1:23.13
3.	Exeter City Swimming C		Exeter City	1:53.40	+0.79	421	26.98	55.57	1:23.95
4.	Beckenham SC		Beckenham	1:54.45	+0.81	409	27.85	57.03	1:26.54
5.	UEA City of Norwich SC		UEA Norwich	1:55.23	+0.83	401	28.38	55.65	1:26.37
6.	Warrington Warriors SC		Warrington W	1:55.73	+0.75	396	27.68	56.79	1:26.57
7.	City of Cardiff		Co Cardiff	1:55.98	+0.77	393	29.47	57.93	1:28.20
8.	Haslemere Swimming Club		Haslemere	1:59.06	+0.76	363	29.88	1:01.53	1:29.08
9.	City of Derby Swimming		Co Derby	2:00.38	+0.68	352	29.77	59.92	1:30.80
10.	Lincoln Vulcans SC		Lincoln Vulc	2:01.93	+0.72	338	28.95	57.67	1:31.68

EVENT 47 Girls 15 /Under 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	City of Cardiff		Co Cardiff	2:04.78	+0.68	615	31.32	1:05.83	1:36.18
2.	Warrington Warriors SC		Warrington W	2:05.15	+0.61	610	31.42	1:07.20	1:37.18
3.	Exeter City Swimming C		Exeter City	2:06.76	+0.66	587	31.78	1:08.38	1:38.60
4.	Haslemere Swimming Club		Haslemere	2:08.22	+0.61	567	32.27	-	1:39.72
5.	Ealing SC		Ealing	2:09.57	+0.80	549	33.10	1:10.77	1:40.15
6.	Team Ipswich Swimming		teamipswich	2:11.11	+0.71	530	34.05	1:11.05	1:42.00
7.	Beckenham SC		Beckenham	2:12.40	+0.67	515	33.70	1:12.30	1:43.31
8.	City of Derby Swimming		Co Derby	2:13.01	+0.66	508	34.56	1:12.28	1:44.08
8.	Lincoln Vulcans SC		Lincoln Vulc	2:13.01	+0.65	508	33.48	1:10.26	1:42.21
10.	UEA City of Norwich SC		UEA Norwich	2:14.72	+0.73	489	33.14	1:13.83	1:45.18

EVENT 48 Boys 15 Yrs/Under 200m Medley Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt	50	100	150
1.	Team Ipswich Swimming		teamipswich	1:54.77	+0.60	542	29.29	1:01.41	1:29.43
2.	Beckenham SC		Beckenham	1:56.17	+0.65	522	29.72	1:03.34	1:29.98
3.	Lincoln Vulcans SC		Lincoln Vulc	1:56.97	+0.66	512	29.94	1:03.01	1:31.05
4.	City of Derby Swimming		Co Derby	1:58.20	+0.73	496	31.17	1:02.65	1:31.90
5.	Warrington Warriors SC		Warrington W	1:58.74	+0.73	489	30.47	1:05.17	1:33.24
6.	Ealing SC		Ealing	1:59.45	+0.66	481	30.44	1:04.58	1:32.69
7.	Exeter City Swimming C		Exeter City	2:00.03	+0.64	474	32.62	1:06.01	-
8.	Haslemere Swimming Club		Haslemere	2:00.09	+0.68	473	32.84	1:06.90	1:33.47
9.	UEA City of Norwich SC		UEA Norwich	2:00.14	+0.81	472	31.72	1:06.53	1:34.35
10.	City of Cardiff		Co Cardiff	2:05.35	+0.62	416	30.01	1:09.01	1:39.67

EVENT 49 Womens Open 300m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	R.T.	FINA Pt
1.	City of Cardiff		Co Cardiff	2:45.21	+0.73	
	50m 28.06	100m 56.16	150m 1:23.94	200m 1:51.09	250m 2:17.96	300m 2:45.21
2.	Ealing SC		Ealing	2:45.89	+0.68	
	50m 26.81	100m 54.15	150m 1:23.66	200m 1:51.26	250m 2:20.06	300m 2:45.89
3.	Team Ipswich Swimming		teamipswich	2:47.50	+0.86	
	50m 27.88	100m 55.41	150m 1:22.18	200m 1:50.46	250m 2:19.25	300m 2:47.50
4.	City of Derby Swimming		Co Derby	2:49.86	+0.73	
	50m 28.39	100m 55.88	150m 1:23.44	200m 1:52.29	250m 2:20.92	300m 2:49.86
5.	Haslemere Swimming Club		Haslemere	2:51.12	+0.65	
	50m 28.32	100m 57.18	150m 1:26.36	200m 1:54.15	250m 2:22.82	300m 2:51.12
6.	Beckenham SC		Beckenham	2:51.84	+0.78	
	50m 28.77	100m 57.16	150m 1:25.91	200m 1:55.15	250m 2:23.45	300m 2:51.84
7.	Warrington Warriors SC		Warrington W	2:52.02	+0.78	
	50m 28.05	100m 56.41	150m 1:25.17	200m 1:53.76	250m 2:22.53	300m 2:52.02
8.	Exeter City Swimming C		Exeter City	2:52.28	+0.64	
	50m 28.82	100m 57.42	150m 1:26.97	200m 1:56.07	250m 2:24.21	300m 2:52.28
9.	UEA City of Norwich SC		UEA Norwich	2:53.20	+0.83	
	50m 28.99	100m 58.19	150m 1:27.28	200m 1:55.88	250m 2:24.45	300m 2:53.20
10.	Lincoln Vulcans SC		Lincoln Vulc	2:57.34	+0.72	
	50m 28.68	100m 58.16	150m 1:28.41	200m 1:57.84	250m 2:28.99	300m 2:57.34





www.nationalswimmingleague.org.uk

The National Arena Swimming League 10th B Final
Ponds Forge Sheffield Sunday 25 April 2010

EVENT 50 Mens Open 300m Freestyle Team

Full Results

Place	Name	A.G	Club	Time	R.T.FINA Pt	
1.	Ealing SC		Ealing	2:23.74 + 0.67		
	50m 24.49	100m 48.66	150m 1:12.33	200m 1:36.36	250m 2:00.70	300m 2:23.74
2.	City of Cardiff		Co Cardiff	2:24.83 + 0.77		
	50m 24.20	100m 48.77	150m 1:12.75	200m 1:35.99	250m 2:00.27	300m 2:24.83
3.	Warrington Warriors SC		Warrington W	2:27.94 + 0.71		
	50m 24.11	100m 47.97	150m 1:12.32	200m 1:38.02	250m 2:03.59	300m 2:27.94
4.	Beckenham SC		Beckenham	2:29.42 + 0.69		
	50m 24.47	100m 49.90	150m 1:15.33	200m 1:41.79	250m 2:06.05	300m 2:29.42
5.	Exeter City Swimming C		Exeter City	2:29.78 + 0.82		
	50m 25.18	100m 48.03	150m 1:12.79	200m 1:38.05	250m 2:04.25	300m 2:29.78
6.	Haslemere Swimming Clu		Haslemere	2:30.26 + 0.79		
	50m 25.06	100m 50.99	150m 1:15.45	200m 1:40.60	250m 2:05.44	300m 2:30.26
7.	City of Derby Swimming		Co Derby	2:31.42 + 0.73		
	50m 24.51	100m 49.87	150m 1:16.34	200m 1:42.59	250m 2:08.17	300m 2:31.42
8.	Team Ipswich Swimming		teamipswich	2:32.03 + 0.88		
	50m 25.44	100m 50.25	150m 1:15.24	200m 1:40.81	250m 2:06.22	300m 2:32.03
9.	UEA City of Norwich SC		UEA Norwich	2:33.51 + 0.77		
	50m 25.06	100m 50.39	150m 1:16.12	200m 1:41.95	250m 2:07.76	300m 2:33.51
10.	Lincoln Vulcans SC		Lincoln Vulc	2:36.77 + 0.75		
	50m 26.55	100m 52.65	150m 1:17.90	200m 1:44.97	250m 2:11.31	300m 2:36.77

Point Scores Report For Arena League Final 2010

Report Generated - Sun 25 April 2010 12:56 pm

Top Club (Evt.50)

1	Co Cardiff	318	8	1st
2	Warrington W	318	6	1st
3	teamipswich	310		
4	Ealing	308		
5	Exeter City	278		
6	Lincoln Vulc	267		
7	Beckenham	264		
8	Haslemere	248		
9	Co Derby	238		
10	UEA Norwich	200		

Top Male Swimmer

Ross Davenport Co Derby 859 Points

Most Improved Boy In Age Group

11 Years/Under	Oliver Houghton	Warrington W	.86
13 Years/Under	Joshua Coleby	teamipswich	0.79
15 Years/Under	Michael Gunning	Beckenham	0.99

Top Female Swimmer

Ekaterina Avramova Ealing 842 Points

Most Improved Girl In Age Group

11 Years/Under	Lucy Thornton	Ealing	1.78
13 Years/Under	Chloe Tutton	Co Cardiff	1.29
15 Years/Under	Sian Harkin	Co Cardiff	-1.15

Relay Challenge (Evt.50)

1	Ealing	34.27.16	
2	teamipswich	34.27.81	+0.65
3	Co Cardiff	34.41.29	+14.13
4	Exeter City	34.42.41	+15.25
5	Warrington W	34.45.22	+18.06
6	Beckenham	34.57.82	+30.66
7	Co Derby	35.07.80	+40.64
8	Haslemere	35.08.38	+41.22
9	Lincoln Vulc	35.13.14	+45.98
10	UEA Norwich	35.14.85	+47.69

