

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 1 Girls 11 Y.O. 400 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>		<b>Time</b>	<b>FINA</b>
1	Amy Colclough	11	Newcastle(Staffs) SC		5:48.15	482
	1:21.52	2:49.06	4:30.48	5:48.15		
2	Olivia Disley	11	Southport SC		5:56.02	451
	1:19.92	2:51.10	4:35.02	5:56.02		
3	Hannah Chubb	11	City of Liverpool SC		5:57.96	444
	1:24.32	2:54.80	4:35.93	5:57.96		
4	Serena Rimmer	11	City of Liverpool SC		6:24.95	357
	1:33.16	3:04.89	5:01.48	6:24.95		
5	Nicola Fenna	11	Southport SC		6:27.42	350
	1:30.29	3:09.26	5:02.86	6:27.42		
6	Erica Minozzi	11	Burnley Bobcats		6:29.00	346
	1:29.84	3:09.30	5:09.92	6:29.00		
7	Jasmine Hanna-Donnelly	11	Swim Trafford SC		6:33.44	334
	1:30.75	3:11.97	5:07.39	6:33.44		

**Event 1 Girls 12 Y.O. 400 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>		<b>Time</b>	<b>FINA</b>
1	Kathleen Dawson	12	Warrington Warriors SC		5:34.17	545
	1:16.89	2:38.56	4:22.24	5:34.17		
2	Laura Mullany	12	Stockport Metro SC		5:44.21	499
	1:17.93	2:48.35	4:26.17	5:44.21		
3	Ashleigh Wrench	12	Warrington Warriors SC		5:45.26	494
	1:18.29	2:49.13	4:25.80	5:45.26		
4	Toni Porrino	12	Warrington Warriors SC		5:50.67	472
	1:21.20	2:48.20	4:33.16	5:50.67		
5	Jade Forster	12	Southport SC		5:52.61	464
	1:19.42	2:51.89	4:35.64	5:52.61		
6	Kate Roodhouse	12	Stockport Metro SC		5:54.42	457
	1:33.04	3:00.94	4:35.30	5:54.42		
7	Emma Platt	12	Wirral Metro		5:59.28	439
	1:23.28	2:56.06	4:35.60	5:59.28		
8	Lucy Rowland	12	Burnley Bobcats		6:03.32	424
	1:22.98	2:58.25	4:44.92	6:03.32		
9	Sophie Bell	12	Warrington Warriors SC		6:09.29	404
	1:30.13	3:06.86	4:46.22	6:09.29		

**Event 1 Girls 13 Y.O. 400 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>		<b>Time</b>	<b>FINA</b>
1	Lauren Cheston	13	Southport SC		5:21.02	615
	1:15.12	2:42.26	4:10.94	5:21.02		
2	Lillie Tew-Weaver	13	Stockport Metro SC		5:22.76	605
	1:12.29	2:37.04	4:09.29	5:22.76		
3	Charlotte Disley	13	Southport SC		5:30.39	564
	1:14.32	2:36.86	5:30.39			
4	Rebecca Swales	13	Gallica		5:33.29	550
	1:18.89	2:44.09	4:21.06	5:33.29		
5	Leah Evans	13	Warrington Warriors SC		5:46.12	491
	1:16.66	2:43.00	4:27.64	5:46.12		
6	Molly Unwin	13	Cleethorpes & Scun Aquatics		5:46.30	490
	1:18.50	2:45.72	4:20.18	5:46.30		
7	Ceri Gillett	13	Wirral Metro		5:50.36	473
	1:26.74	2:59.74	4:30.55	5:50.36		
8	Bethany Hill	13	Southport SC		5:53.16	462
	1:19.90	2:47.96	4:34.70	5:53.16		
9	Zoe Carroll	13	Warrington Warriors SC		6:03.48	424
	1:17.61	2:49.45	4:35.48	6:03.48		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 1 Girls 14 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Leah Altoft	14	Cleethorpes & Scun Aquatics	5:13.83	658
1:08.88	2:28.39	3:58.54	5:13.83	
2 Florie McLeish	14	Gallica	5:22.10	609
1:13.10	2:35.57	4:07.39	5:22.10	
3 Freya Whitehead	14	Wirral Metro	5:28.36	575
1:14.52	2:41.06	4:08.00	5:28.36	
4 Rachel Heesom	14	Warrington Warriors SC	5:32.10	555
1:15.21	2:39.45	4:16.29	5:32.10	
5 Hannah Lally	14	City of Liverpool SC	5:35.47	539
1:11.95	2:39.82	4:20.80	5:35.47	
6 Annee Jones	14	Ellesmere College Titans	5:48.41	481
1:20.67	2:49.72	4:30.55	5:48.41	

**Event 1 Girls 15 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Sophie Kenny	15	Oldham Aquatics Swimming Club	5:24.03	598
1:11.95	2:33.91	4:11.09	5:24.03	
2 Lauren York	15	Cleethorpes & Scun Aquatics	5:31.15	560
1:14.90	2:40.72	4:15.60	5:31.15	
3 Rebecca Coy	15	Warrington Warriors SC	5:43.57	502
1:17.14	2:47.20	4:25.72	5:43.57	

**Event 1 Girls 16 /Ov 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Fiona Clarke	16	Swim Flintshire	5:24.11	598
1:16.76	2:40.64	4:09.39	5:24.11	
2 Liz Hierons	16	City of Newcastle Asc	5:29.32	570
1:14.69	2:42.91	4:18.43	5:29.32	
3 Jasmine Kirk	16	Cleethorpes & Scun Aquatics	5:32.11	555
1:15.51	2:43.32	4:16.86	5:32.11	

**Event 2 Boys 11 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Edward Martin	11	Walsall SC	5:44.64	378
1:18.39	2:44.82	4:28.01	5:44.64	
2 Cole Charnock	11	City of Liverpool SC	5:49.64	362
1:22.48	2:45.32	4:32.29	5:49.64	
3 Aaron Hill	11	Warrington Warriors SC	5:50.45	360
1:21.07	2:56.85	4:34.59	5:50.45	
4 Adam Poole	11	Warrington Warriors SC	5:52.74	353
1:20.96	2:52.93	4:33.68	5:52.74	
5 Oliver Houghton	11	Warrington Warriors SC	5:54.07	349
1:16.45	2:45.68	4:34.50	5:54.07	
6 Charlie McSkeane	11	City of Carlisle Asc	5:57.83	338
1:21.92	2:52.45	4:40.83	5:57.83	
7 Jacob Wass	11	Warrington Warriors SC	6:10.67	304
1:26.13	2:55.38	4:46.70	6:10.67	

**Event 2 Boys 12 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Oliver Webster	12	Cleethorpes & Scun Aquatics	5:23.51	458
1:18.10	2:37.95	4:10.42	5:23.51	
2 Harry Pickering	12	Wirral Metro	5:25.39	450
1:14.80	2:39.86	4:15.09	5:25.39	
3 Joe Hulme	12	Leek Asc	5:26.84	444
1:14.57	2:38.60	4:13.81	5:26.84	
4 James Wilson	12	Ellesmere College Titans	5:27.79	440
1:17.48	2:39.94	4:14.83	5:27.79	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 2 Boys 12 Y.O. 400 LC Metre IM)**

Name	Age	Team	Time	FINA
5 Joshua Moniz	12	Southport SC	5:35.61	410
1:17.58	2:35.44	4:22.54	5:35.61	
6 David Richardson	12	Warrington Warriors SC	5:39.39	396
1:20.86	2:44.10	4:22.76	5:39.39	
7 Bradley Harrison	12	Warrington Warriors SC	5:46.30	373
1:21.27		4:29.76	5:46.30	
8 Mitchell Page	12	Walsall SC	5:50.82	359
1:24.20	2:49.10	4:31.57	5:50.82	
9 Aaron Kirchin-Brown	12	Warrington Warriors SC	5:54.45	348
1:18.91	2:48.19	4:35.35	5:54.45	

**Event 2 Boys 13 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Benjamin Kerry	13	Swim Trafford SC	5:15.84	492
1:08.24	2:30.52	4:06.66	5:15.84	
2 Josh Jones	13	Cleethorpes & Scun Aquatics	5:26.54	445
1:13.51	2:38.98	4:13.06	5:26.54	
3 Oliver Simpson	13	Stockport Metro SC	5:26.69	444
1:11.77	2:34.51	4:11.92	5:26.69	
4 Aneirin Baker	13	Swim Trafford SC	5:26.82	444
1:16.27	2:43.80	4:13.25	5:26.82	
5 Andrew McLay	13	Warrington Warriors SC	5:32.49	421
1:19.68	2:47.23	4:16.95	5:32.49	
6 Sam Newton	13	Wirral Metro	5:32.82	420
1:20.28	2:49.13	4:16.96	5:32.82	
7 Marc McLean	13	City of Liverpool SC	5:39.32	396
1:18.73	2:43.45	4:22.57	5:39.32	
8 Anthony West	13	City of Liverpool SC	5:54.73	347
1:22.70	2:52.86	4:37.22	5:54.73	
9 David Crane	13	Wirral Metro	5:55.12	346
1:23.18	2:50.98	4:36.96	5:55.12	
10 Audley Cruttenden	13	Wirral Metro	6:02.20	326
1:21.64	2:56.39	4:39.32	6:02.20	

**Event 2 Boys 14 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Max Butler	14	Gallica	5:11.22	514
1:11.39	2:30.09	4:02.76	5:11.22	

**Event 2 Boys 15 Y.O. 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Thomas Barton	15	City of Liverpool SC	4:40.14	705
1:04.93	2:15.69	3:36.93	4:40.14	
2 Ryan Flanagan	15	Borough of Kirklees SC	4:43.11	683
1:03.58	2:15.86	3:37.80	4:43.11	
3 Thomas Paine	15	Cleethorpes & Scun Aquatics	4:56.45	595
1:04.60	2:22.36	3:49.04	4:56.45	
4 Ben Wood	15	Chase Swimming Club	5:06.84	536
1:04.40	2:21.83	3:58.36	5:06.84	
5 Thomas Clarke	15	Mold	5:11.68	512
1:10.47	2:35.17	4:01.90	5:11.68	
6 Daniel Wass	15	Warrington Warriors SC	5:18.98	477
1:16.21	2:34.11	4:08.80	5:18.98	
7 Simon Williams	15	Prescot SC	5:21.13	468
1:08.87	2:29.96	4:11.99	5:21.13	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 2 Boys 16 /Ov 400 LC Metre IM**

Name	Age	Team	Time	FINA
1 Matthew Parks	16	City of Liverpool SC	4:41.57	694
1:03.01	2:14.65	3:38.04	4:41.57	
2 Addison Brown	17	Newcastle(Staffs) SC	5:00.90	569
1:07.15	2:23.57	3:50.78	5:00.90	
3 Edward Shattock	18	Warrington Warriors SC	5:09.01	525
1:05.86	2:29.87	4:00.68	5:09.01	

**Event 3 Girls 11 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Anna Newlands	11	Copeland Asc	10:12.82	539
1:12.26	2:29.74	3:47.22	5:04.87	
6:23.48	7:41.02	8:57.45	10:12.82	
2 Zoe Lewis	11	City of Stoke Asc	10:45.84	461
1:13.52	2:33.76	3:54.60	5:17.31	
6:40.36	8:03.97	9:27.60	10:45.84	
3 Joanne Whittingham	11	Southport SC	10:48.47	455
1:15.50	2:36.31	3:58.65	5:21.01	
6:44.32	8:06.52	9:27.72	10:48.47	
4 Erica Minozzi	11	Burnley Bobcats	11:09.32	414
1:18.34	2:44.02	4:09.18	5:34.93	
7:00.72	8:24.32	9:47.24	11:09.32	
5 Jasmine Hanna-Donnelly	11	Swim Trafford SC	11:42.92	357
1:21.89	2:50.57	4:20.00	5:49.42	
7:19.13	8:46.95	10:15.16	11:42.92	

**Event 3 Girls 12 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Phoebe Ginnelly	12	Wirral Metro	9:43.77	624
1:08.11	2:21.27	3:35.34	4:49.62	
6:03.19	7:17.57	8:30.59	9:43.77	
2 Harmonie Waterman	12	Borough of Kirklees SC	9:44.01	623
1:07.83	2:21.89	3:35.54	4:50.16	
6:04.12	7:19.09	8:32.64	9:44.01	
3 Bethany Young	12	Warrington Warriors SC	10:12.07	541
1:11.26	2:29.10	3:46.80	5:04.86	
6:23.45	7:41.51	8:58.57	10:12.07	
4 Chloe Waddell	12	Swim Trafford SC	10:12.39	540
1:12.86	2:31.09	3:49.07	5:08.01	
6:26.16	7:43.86	9:01.32	10:12.39	
5 Rosemary Huck	12	Satellite SC	10:18.74	524
1:10.28	2:26.59	3:45.08	5:04.83	
6:23.69	7:43.07	9:02.44	10:18.74	
6 Ashleigh Backhouse	12	City of Carlisle Asc	10:20.26	520
1:13.95	2:31.58	3:50.58	5:09.51	
6:28.74	7:48.02	9:07.58	10:20.26	
7 Bethany Baker	12	Chase Swimming Club	10:34.11	487
1:11.14	2:28.98	3:48.61	5:08.69	
6:29.79	7:52.22	9:14.05	10:34.11	
8 Chloe Johnson	12	Cheadle (Staffs) & District AS	10:40.29	473
1:11.24	2:31.21	3:53.44	5:14.85	
6:36.75	7:58.94	9:21.30	10:40.29	
9 Lucy Rowland	12	Burnley Bobcats	10:49.40	453
1:15.80	2:49.40			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 3 Girls 13 Y.O. 800 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>				<b>Time</b>	<b>FINA</b>
1	Katie Mawdsley	13	Gallica				9:29.99	670
	1:05.33	2:17.11	3:29.08	4:41.23				
	5:53.65	7:06.18	8:20.00	9:29.99				
2	Nicola Ball	13	City of Chester				9:40.16	636
	1:07.88	2:20.94	3:33.93	4:47.04				
	6:00.61	7:14.82	8:28.66	9:40.16				
3	Lydia Hitchell	13	Wirral Metro				9:46.95	614
	1:09.08	2:22.96	3:37.56	4:51.49				
	6:05.92	7:20.72	8:35.04	9:46.95				
4	Lucy Bradley	13	Warrington Warriors SC				11:02.94	426
	1:16.53	2:39.41	4:08.34	5:27.71				
	6:52.88	8:17.54	9:42.03	11:02.94				

**Event 3 Girls 14 Y.O. 800 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>				<b>Time</b>	<b>FINA</b>
1	Martha Hirst	14	Gallica				9:34.35	655
	1:06.57	2:18.53	3:31.21	4:43.91				
	5:57.01	7:09.92	8:23.13	9:34.35				
2	Katie Bennett	14	Satellite SC				9:35.41	651
	1:07.33	2:19.05	3:31.58	4:44.22				
	5:57.16	7:10.41	8:23.39	9:35.41				
3	Karlie Stockdale	14	Barrow Asc				9:37.42	645
	1:07.26	2:18.07	3:29.70	4:42.70				
	5:57.10	7:11.86	8:25.73	9:37.42				
4	Zoe Kirkwood	14	City of Newcastle Asc				9:40.40	635
	1:08.36	2:22.18	3:36.28	4:49.45				
	6:03.22	7:16.79	8:29.31	9:40.40				
5	Catherine Parker	14	Warrington Warriors SC				9:48.57	609
	1:08.86	2:22.76	3:37.48	4:52.80				
	6:07.16	7:22.16	8:37.02	9:48.57				
6	Charlotte Cain	14	Wigan Best SC				9:50.37	603
	1:09.03	2:23.26	3:38.72	4:53.71				
	6:08.45	7:23.43	8:38.22	9:50.37				
7	Rachel Heesom	14	Warrington Warriors SC				10:08.67	550
	1:11.86	2:28.72	3:46.03	5:03.07				
	6:20.88	7:37.58	8:55.43	10:08.67				
8	Heather Lawson	14	Swim Trafford SC				10:14.26	536
	1:07.76	2:22.23	3:38.76	4:55.51				
	6:15.04	7:34.73	8:54.86	10:14.26				
9	Zoe Lansley - Hogg	14	Cleethorpes & Scun Aquatics				10:22.09	516
	1:09.26	2:25.98	3:44.30	5:03.76				
	6:23.09	7:44.11	9:03.48	10:22.09				

**Event 3 Women 15 Y.O. 800 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>				<b>Time</b>	<b>FINA</b>
1	Victoria Garlick	15	Manchester Aquatics				9:13.23	733
	1:04.27	2:13.60	3:23.81	4:34.11				
	5:43.73	6:54.55	8:05.24	9:13.23				
2	Jessica Taylor	15	City of Sheffield SS				9:26.78	682
	1:07.34	2:17.78	3:28.39	4:39.92				
	5:57.78	7:03.62	8:16.39	9:26.78				
3	Rachel Smedley	15	City of Newcastle Asc				9:33.37	658
	1:07.83	2:19.84	3:31.87	4:43.88				
	5:56.69	7:09.63	8:22.32	9:33.37				
4	Alicia Holdsworth	15	Borough of Kirklees SC				9:35.76	650
	1:07.73	2:19.26	3:31.32	4:46.61				
	5:57.64	7:11.39	8:24.51	9:35.76				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 3 Women 15 Y.O. 800 LC Metre Freestyle)**

Name	Age	Team	Time	FINA
5 Ellie Newby	15	City of Liverpool SC	9:50.61	602
1:08.67	2:23.09	3:37.80	4:53.09	
6:08.41	7:23.16	8:37.92	9:50.61	
6 Eve Fellows	15	Wigan Best SC	10:20.46	520
1:10.43	2:28.20	3:45.35	5:04.90	
6:23.78	7:43.00	9:02.35	10:20.46	

**Event 3 Women 16 /Ov 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Catherine Marcroft	17	Stockport Metro SC	9:00.04	788
1:03.16	2:09.95	3:17.42	4:25.36	
5:34.07	6:43.10	7:51.64	9:00.04	
2 Abbie Henderson	17	Stockport Metro SC	9:03.46	773
1:02.44	2:10.56	3:19.33	4:27.73	
5:36.66	6:46.33	7:56.64	9:03.46	
3 Eleanor Faulkner	17	City of Sheffield SS	9:07.65	756
1:04.59	2:12.68	3:21.18	4:30.65	
5:39.93	6:49.83	7:59.22	9:07.65	
4 Aynsley Heseltine	17	City of Sheffield SS	9:18.56	712
1:05.16	2:13.91	3:24.02	4:34.31	
5:45.37	6:56.44	8:07.94	9:18.56	
5 Aisha Thornton	18	Warrington Warriors SC	9:23.08	695
1:06.10	2:17.21	3:28.95	4:40.77	
5:51.97	7:03.00	9:23.08		
6 Hannah Drewett	17	Salisbury Stingrays	9:43.30	625
1:06.73	2:19.07	3:33.06	4:47.84	
6:02.34	7:17.01	8:31.20	9:43.30	
7 Sarah Hoye	17	Swim Trafford SC	10:08.74	550
1:08.69	2:23.42	3:39.78	4:57.31	
6:14.98	7:33.40	8:52.19	10:08.74	

**Event 3 Boys 12 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 David Gillard	12	Southport SC	10:07.43	450
1:11.90	2:28.71	3:45.91	5:02.98	
6:20.29	7:37.43	8:54.65	10:07.43	
2 James Ross	12	Warrington Warriors SC	10:08.20	449
1:11.35	2:28.00	3:45.74	5:03.11	
6:20.68	7:37.37	8:54.01	10:08.20	
3 Alfie Pardoe	12	Ellesmere College Titans	10:15.16	434
1:13.12			5:07.11	
6:25.25		8:59.50	10:15.16	
4 Aaron Kirchin-Brown	12	Warrington Warriors SC	10:23.09	417
1:15.82		3:52.61	5:11.67	
6:30.11	7:49.45	10:23.09		
5 Ross Hill	12	Stafford Apex	10:39.55	386
1:14.97	2:34.40	3:54.56	5:15.08	
6:36.60	7:58.02	9:18.96	10:39.55	
6 Dean Borg	12	Wirral Metro	11:03.01	346
1:16.76	2:42.70	4:08.14	5:33.65	
6:59.18	8:25.97	9:47.96	11:03.01	

**Event 3 Boys 13 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Ewan Miller	13	Warrington Warriors SC	9:30.21	545
1:07.55	2:18.83	3:30.66	4:42.79	
5:55.47	7:07.32	8:20.51	9:30.21	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 3 Boys 13 Y.O. 800 LC Metre Freestyle)**

Name	Age	Team	Time	FINA
2 Callum Gladding	13	Cleethorpes & Scun Aquatics	9:48.36	496
1:07.98	2:21.92	3:36.86	4:51.54	
6:06.36	7:21.51	8:36.09	9:48.36	
3 Connor Makin	13	Gallica	9:50.88	489
1:05.26	2:17.63	3:32.08	4:49.50	
6:05.16	7:22.08	8:37.23	9:50.88	
4 Robbie Christopherson	13	Swim Trafford SC	9:54.37	481
1:10.52	2:25.15	3:40.00	4:55.50	
6:11.02	7:26.72	8:41.81	9:54.37	
5 Rajan Bharaj	13	Bolton SC	9:57.36	474
1:08.45	2:23.51	3:39.70	4:55.45	
6:11.86	7:28.51	8:43.80	9:57.36	
6 Aneirin Baker	13	Swim Trafford SC	10:01.98	463
1:10.57	2:27.16	3:43.39	4:59.86	
6:16.36	7:32.42	8:49.32	10:01.98	
7 Leon Parkes	13	Ellesmere College Titans	10:11.97	440
1:06.32	2:22.21	3:40.12	4:59.50	
6:18.84	7:48.56	8:57.91	10:11.97	
8 Kieran Atkinson	13	Gallica	10:22.45	419
1:10.92	2:29.12	3:48.26	5:07.66	
6:27.93	7:47.58	9:07.28	10:22.45	
9 Matthew Hogan	13	Wirral Metro	10:22.68	418
1:12.62	2:29.18	3:47.78	5:08.13	
6:27.96	7:47.28	9:06.79	10:22.68	
10 Jake Connor	13	City of Liverpool SC	10:25.62	412
1:15.08	2:34.82	3:54.49	5:14.48	
6:35.30	7:55.20	9:13.08	10:25.62	
11 Anthony West	13	City of Liverpool SC	10:45.68	375
1:15.87	10:45.68			

**Event 3 Boys 14 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 William Harding	14	Wirral Metro	9:03.58	629
1:04.03	2:12.51	3:22.14	4:31.39	
5:39.63	6:49.12	7:57.29	9:03.58	
2 Anthony Lucas	14	Gallica	9:04.57	625
1:03.05	2:10.49		4:27.27	
5:36.32	6:45.65	7:55.11	9:04.57	
3 Adam Silvester	14	Chase Swimming Club	9:09.20	609
1:00.70	2:09.16	3:18.64	4:28.39	
5:39.48	6:50.09	8:01.16	9:09.20	
4 Alex Dunk	14	Prescot SC	9:22.64	567
1:03.51	2:15.13	3:26.73	4:39.00	
5:50.76	7:02.51	8:13.57	9:22.64	
5 Daniel Hussey	14	City of Chester	9:22.66	567
1:03.78	2:14.62	3:25.62	4:36.79	
5:49.14	7:01.50	8:13.80	9:22.66	
6 Brendan Spencer	14	Warrington Warriors SC	9:25.59	558
1:04.64	2:15.17	3:26.50	4:39.02	
5:51.54	7:04.34	8:16.61	9:25.59	
7 Luke Woolstencroft	14	Stockport Metro SC	9:28.01	551
1:05.51	2:16.27	3:27.22	4:38.77	
5:50.82	7:03.32	8:16.46	9:28.01	
8 Howard Walsh	14	Gallica	9:29.20	547
1:04.22	2:14.32	3:25.77	4:38.32	
5:51.55	7:05.47	8:17.85	9:29.20	
9 Michael Ross	14	Warrington Warriors SC	9:36.61	527
1:07.06	2:19.28	3:32.48	4:45.87	
5:58.96	7:12.36	8:24.92	9:36.61	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 3 Boys 14 Y.O. 800 LC Metre Freestyle)**

Name	Age	Team	Time					FINA
10 Ross Hosking	14	Swim Flintshire	9:41.15					514
			1:06.72	2:20.34	3:34.07	4:49.60		
			6:03.13	7:16.92	8:30.33	9:41.15		
11 James Burke	14	City of Liverpool SC	9:43.16					509
			1:06.61	2:19.98	3:33.96	4:48.86		
			6:02.86	7:17.61	8:31.94	9:43.16		

**Event 3 Men 15 Y.O. 800 LC Metre Freestyle**

Name	Age	Team	Time					FINA
1 Chris Lowe	15	Stockport Metro SC	9:09.85					607
			1:04.01	2:12.33	3:21.35	4:30.81		
			5:41.01	6:51.11	8:01.69	9:09.85		
2 Matthew Hinchliffe	15	Borough of Kirklees SC	9:20.80					572
			1:04.89	2:15.07	3:26.54	4:38.70		
			5:51.07	7:02.89	8:13.73	9:20.80		
3 Christian Lawless	15	Bolton Metro SC	9:29.54					546
			1:03.92	2:16.11	3:28.55	4:41.05		
			5:53.73	7:06.44	8:19.11	9:29.54		
4 Samuel Rooney	15	Southport SC	9:53.82					482
			1:08.76	2:23.64	3:38.37	4:53.50		
			6:09.21	7:25.07	8:41.02	9:53.82		

**Event 3 Men 16 /Ov 800 LC Metre Freestyle**

Name	Age	Team	Time					FINA
1 Tom Sunter	17	City of Sheffield SS	8:31.49					754
			1:00.41	2:04.86	3:09.67	4:14.67		
			5:20.29	6:25.67	7:30.01	8:31.49		
2 Daniel Cocking	19	City of Sheffield SS	8:31.50					754
			1:00.66	2:05.00	3:09.91	4:14.68		
			5:20.06	6:25.44	7:30.02	8:31.50		
3 Ricky Speed	17	City of Sheffield SS	8:35.42					737
			1:00.61	2:05.43	3:10.02	4:15.13		
			5:20.50	6:26.02	7:31.36	8:35.42		
4 Adam Shipp	22	City of Liverpool SC	9:01.61					635
			1:02.54	2:09.90	3:18.55	4:27.64		
			5:37.04	6:46.26	7:55.38	9:01.61		
5 Sam West	16	City of Liverpool SC	9:24.10					562
			1:07.42	2:18.67	3:30.30	4:41.92		
			5:53.73	7:05.65	8:17.35	9:24.10		
--- David Treadell	16	City of Liverpool SC						DQ

**Event 4 Girls 11 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time								FINA
1 Georgia Driver	11	Walsall SC	21:01.24								436
			35.75	1:17.41	1:59.66	2:41.58	3:23.99	4:05.60	4:48.25	5:30.05	
			6:12.43	6:54.56	7:37.32	8:19.37	9:02.26	9:44.17	10:26.72	11:09.09	
			11:51.87	12:34.37	13:17.64	14:00.01	14:42.73	15:25.96	16:08.44	16:51.04	
			17:33.97	18:16.23	18:58.74	19:40.26	20:21.35	21:01.24			

**Event 4 Girls 12 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time								FINA
1 Kathleen Dawson	12	Warrington Warriors SC	18:48.82								609
			33.15	1:09.05	1:46.19	2:23.31	3:00.64	3:38.22	4:15.78	4:53.38	
			5:31.61	6:09.44	6:47.44	7:25.32	8:03.59	8:41.53	9:19.72	9:57.80	
			10:35.61	11:13.56	11:52.13	12:29.77	13:08.53	13:47.07	14:25.62	15:03.29	
			15:41.59	16:19.94	16:57.87	17:36.32	18:13.02	18:48.82			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 4 Girls 12 Y.O. 1500 LC Metre Freestyle)**

Name	Age	Team	Time						FINA	
2 Chloe Waddell	12	Swim Trafford SC	19:24.55						554	
			33.14	1:11.86	1:51.67	2:31.52	3:11.70	3:51.41	4:30.22	5:09.73
			5:48.64	6:28.81	7:07.95	7:46.72	8:25.50	9:04.89	9:43.88	10:22.76
			11:01.61	11:40.91	12:19.74	12:58.93	13:37.46	14:16.93	14:55.88	15:35.23
			16:13.70	16:52.94	17:31.32	18:11.06	18:48.53	19:24.55		
3 Rosemary Huck	12	Satellite SC	19:39.75						533	
			33.90	1:10.99	1:49.52	2:28.17	3:07.61	3:46.58	4:25.95	5:05.43
			5:45.66	6:25.20	7:05.09	7:44.41	8:24.38	9:03.83	9:43.29	10:22.81
			11:02.77	11:42.28	12:22.72	13:02.39	13:42.00	14:22.31	15:02.94	15:42.89
			16:23.45	17:03.90	17:44.11	18:23.81	19:03.38	19:39.75		
4 Maise Legge	12	Cleethorpes & Scun Aquatics	19:54.44						514	
			35.05	1:14.15	1:53.76	2:33.28	3:12.95	3:52.55	4:32.34	5:11.86
			5:51.51	6:31.72	7:11.60	7:52.17	8:32.97	9:13.28	9:53.62	10:34.04
			11:14.23	11:55.07	12:35.46	13:16.57	13:56.86	14:37.28	15:17.58	15:57.92
			16:37.53	17:17.77	17:57.31	18:36.88	19:16.66	19:54.44		
5 Natalie Dingley	12	Stourbridge SC	19:54.79						513	
			34.37	1:13.01	1:52.82	2:32.15	3:12.26	3:52.30	4:32.12	5:12.23
			5:52.18	6:32.27	7:12.78	7:53.36	8:34.39	9:16.06	9:55.85	10:36.01
			11:16.68	11:56.38	12:36.72	13:17.55	13:57.73	14:38.17	15:17.91	15:58.41
			16:38.94	17:19.50	17:58.95	18:38.90	19:17.67	19:54.79		
6 Ashleigh Backhouse	12	City of Carlisle Asc	20:13.59						490	
			35.23	1:15.19	1:55.24	2:35.74	3:15.93	3:56.61	4:36.41	5:16.95
			5:57.08	6:37.66	7:18.09	7:58.74	8:39.71	9:20.15	10:00.44	10:40.92
			11:21.31	12:01.88	12:42.86	13:23.97	14:04.40	14:46.27	15:26.29	16:07.71
			16:49.48	17:30.93	18:12.50	18:54.05	19:35.18	20:13.59		
7 Jade Forster	12	Southport SC	20:36.53						463	
			35.65	1:15.50	1:55.91	2:36.67	3:17.69	3:59.64	4:41.42	5:21.48
			6:03.99	6:45.85	7:27.65	8:07.93	8:50.28	9:31.45	10:13.46	10:54.01
			11:36.47	12:18.21	12:59.75	13:42.58	14:24.77	15:06.36	15:48.23	16:29.54
			17:11.92	17:53.68	18:35.36	19:16.90	19:57.74	20:36.53		

**Event 4 Girls 14 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time						FINA	
1 Gabrielle Hignett	14	City of Sheffield SS	18:03.54						688	
			32.74	1:08.89	1:44.92	2:21.73	2:57.70	3:34.32	4:10.67	4:47.33
			5:23.49	5:59.99	6:36.25	7:12.61	7:48.54	8:24.58	9:00.46	9:36.98
			10:12.53	10:48.84	11:24.67	12:01.04	12:37.09	13:13.33	13:49.55	14:26.12
			15:02.39	15:39.37	16:15.50	16:52.14	17:28.16	18:03.54		
2 Karlie Stockdale	14	Barrow Asc	19:09.07						577	
			32.29	1:08.32	1:44.85	2:21.83	2:58.80	3:36.23	4:13.35	4:50.69
			5:28.00	6:05.58	6:43.55	7:21.64	8:00.16	8:38.24	9:17.10	9:57.09
			10:36.54	11:16.19	11:55.09	12:34.43	13:13.95	13:53.61	14:33.27	15:13.57
			15:53.60	16:33.38	17:13.45	17:52.99	18:31.38	19:09.07		
3 Zoe Lansley - Hogg	14	Cleethorpes & Scun Aquatics	19:50.39						519	
			34.90	1:12.66	1:51.63	2:31.21	3:10.33	3:50.45	4:29.62	5:09.29
			5:48.36	6:28.21	7:07.76	7:48.26	8:28.15	9:08.36	9:48.46	10:28.79
			11:08.65	11:49.40	12:29.77	13:10.79	13:50.68	14:31.92	15:12.45	15:53.24
			16:33.13	17:12.94	17:52.89	18:33.58	19:12.13	19:50.39		

**Event 4 Women 15 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time						FINA	
1 Ashleigh Dale	15	Barrow Asc	17:52.14						711	
			31.87	1:05.72	1:40.70	2:16.28	2:51.94	3:27.73	4:03.39	4:39.32
			5:15.00	5:50.55	6:26.44	7:02.63	7:38.81	8:15.08	8:51.32	9:27.14
			10:03.32	10:39.17	11:15.64	11:52.20	12:28.48	13:03.94	13:40.33	14:16.00
			14:52.37	15:28.92	16:05.13	16:40.99	17:17.25	17:52.14		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 4 Women 15 Y.O. 1500 LC Metre Freestyle)**

Name	Age	Team	Time	FINA			
2 Jessica Williams	15	Swim Gwynedd Performance Club	19:05.29	583			
33.84	1:10.93	1:49.77	2:27.48	3:06.05	3:43.76	4:22.18	5:00.09
5:39.08	6:16.80	6:55.41	7:33.22	8:11.75	8:50.37	9:29.09	10:07.83
10:46.98	11:25.73	12:04.99	12:43.12	13:22.69	14:01.20	14:40.13	15:18.53
15:56.72	16:35.25	17:13.58	17:51.14	18:29.22	19:05.29		
3 Laura Brown	15	Stockport Metro SC	19:08.08	579			
34.20	1:11.52	1:49.33	2:26.92	3:05.04	3:42.70	4:21.36	4:59.44
5:38.08	6:16.09	6:54.67	7:32.90	8:11.71	8:50.19	9:29.05	10:07.63
10:46.59	11:25.21	12:04.14	12:42.56	13:21.52	13:59.56	14:38.47	15:17.01
15:55.97	16:34.45	17:13.70	17:51.84	18:30.13	19:08.08		
4 Eve Fellows	15	Wigan Best SC	19:56.26	512			
34.29	1:12.60	1:52.02	2:31.29	3:11.01	3:50.28	4:30.26	5:09.91
5:49.89	6:29.77	7:10.16	7:50.27	8:30.83	9:10.76	9:51.33	10:31.20
11:11.71	11:51.84	12:32.81	13:12.83	13:53.72	14:33.78	15:14.70	15:55.46
16:36.50	17:16.75	17:57.79	18:38.12	19:18.56	19:56.26		

**Event 4 Women 16 /Ov 1500 LC Metre Freestyle**

Name	Age	Team	Time	FINA			
1 Liz Hierons	16	City of Newcastle Asc	18:36.11	630			
32.44	1:08.61	1:45.25	2:22.13	2:58.91	3:35.95	4:13.05	4:50.40
5:27.46	6:05.04	6:41.90	7:19.26	7:56.58	8:34.48	9:11.61	9:49.75
10:27.12	11:04.64	11:42.51	12:20.55	12:58.16	13:36.26	14:13.72	14:51.86
15:29.90	16:08.06	16:46.54	17:24.38	18:01.77	18:36.11		
2 Jasmine Kirk	16	Cleethorpes & Scun Aquatics	19:35.63	539			
32.29	1:07.91	1:44.97	2:23.46	3:01.37	3:39.80	4:17.62	4:55.99
5:34.18	6:13.74	6:53.86	7:34.47	8:14.26	8:53.73	9:34.38	10:14.94
10:55.82	11:36.72	12:16.90	12:57.27	13:37.62	14:17.59	14:58.09	15:38.58
16:18.31	16:59.35	17:39.62	18:19.53	18:58.26	19:35.63		
3 Jenny Howarth	16	Southport SC	19:56.50	511			
34.28	1:12.59	1:52.66	2:32.12	3:11.85	3:51.38	4:31.24	5:11.24
5:50.48	6:29.66	7:10.26	7:50.23	8:30.53	9:10.63	9:51.04	10:31.40
11:11.91	11:52.20	12:32.86	13:13.10	13:53.68	14:34.41	15:14.76	15:55.35
16:36.35	17:16.86	17:57.68	18:37.78	19:18.36	19:56.50		

**Event 4 Boys 11 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time	FINA			
1 Oliver Houghton	11	Warrington Warriors SC	19:23.88	436			
35.13	1:14.32	1:53.36	2:32.92	3:12.04	3:51.33	4:30.68	5:10.31
5:49.19	6:28.06	7:07.14	7:46.48	8:25.93	9:05.86	9:45.41	10:24.70
11:03.82	11:44.14	12:24.10	13:01.87	13:41.05	14:20.31	14:58.46	15:36.68
16:15.23	16:53.49	17:30.87	18:09.51	18:46.95	19:23.88		

**Event 4 Boys 12 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time	FINA			
1 Harry Pickering	12	Wirral Metro	18:10.51	530			
32.21	1:07.95	1:45.11	2:21.99	2:58.55	3:35.33	4:12.03	4:48.49
5:24.84	6:01.01	6:37.82	7:14.44	7:50.87	8:27.21	9:03.73	9:40.22
10:16.90	10:53.94	11:29.93	12:06.59	12:43.43	13:20.09	13:56.30	14:33.06
15:09.33	15:46.36	16:23.07	17:00.24	17:35.87	18:10.51		
2 Oliver Webster	12	Cleethorpes & Scun Aquatics	18:26.21	508			
32.67	1:08.50	1:44.96	2:21.47	2:57.67	3:34.47	4:11.48	4:48.34
5:25.01	6:01.44	6:38.41	7:15.20	7:52.28	8:29.22	9:06.74	9:43.77
10:21.03	10:58.13	11:35.97	12:13.21	12:50.47	13:28.18	14:06.09	14:43.66
15:21.81	15:59.40	16:36.90	17:14.07	17:51.19	18:26.21		
3 Daniel Walsh	12	Swim Trafford SC	18:39.44	490			
33.78	1:10.46	1:47.39	2:24.96	3:02.45	3:40.19	4:18.04	4:55.71
5:33.11	6:10.59	6:47.98	7:25.53	8:02.64	8:40.15	9:17.45	9:55.10
10:32.26	11:09.71	11:47.08	12:24.86	13:02.52	13:40.30	14:17.79	14:55.58
15:33.35	16:11.26	16:49.00	17:26.79	18:03.63	18:39.44		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 4 Boys 12 Y.O. 1500 LC Metre Freestyle)**

Name	Age	Team	Time						FINA
4 David Gillard	12	Southport SC	19:35.28						424
34.94	1:13.88	1:52.74	2:31.84	3:10.78	3:49.75	4:28.80	5:07.73		
5:46.93	6:25.75	7:05.08	7:44.16	8:23.52	9:02.62	9:42.09	10:21.02		
11:00.37	11:39.45	12:18.82	12:58.20	13:38.06	14:17.38	14:56.69	15:35.95		
16:15.05	16:54.22	17:35.97	18:16.71	18:55.09	19:35.28				
5 Ross Hill	12	Stafford Apex	20:17.63						381
34.97	1:14.94	1:55.86	2:36.18	3:17.03	3:57.69	4:37.86	5:18.49		
5:59.29	6:40.01	7:20.28	8:00.57	8:40.75	9:21.08	10:01.76	10:42.72		
11:23.35	12:04.15	12:45.61	13:26.14	14:07.49	14:48.76	15:30.31	16:11.34		
16:53.12	17:34.78	18:16.24	18:56.91	19:38.43	20:17.63				
6 Mitchell Page	12	Walsall SC	20:34.14						366
35.24	1:15.53	1:56.38	2:36.37	3:17.32	3:57.58	4:37.50	5:18.14		
5:59.72	6:40.32	7:20.65	8:01.86	8:43.04	9:25.11	10:05.20	10:47.09		
11:29.13	12:11.19	12:53.07	13:35.06	14:16.32	14:57.95	15:40.29	16:22.91		
17:05.00	17:47.93	18:29.06	19:11.84	19:53.24	20:34.14				
7 Aaron Kirchin-Brown	12	Warrington Warriors SC	21:29.34						321
35.56	1:14.97	1:54.92	2:35.02	3:15.50	3:56.06	4:37.38	5:18.98		
6:01.36	6:44.06	7:27.11	8:11.28	8:56.04	9:41.37	10:27.06	11:14.55		
12:00.59	12:47.83	13:33.70	14:19.27	15:04.20	15:48.78	16:33.29	17:17.41		
17:31.69	17:57.25	18:38.22	19:16.53	21:29.34					
8 Guto Williams	12	Swim Gwynedd Performance Club	21:33.77						318
34.99	1:16.78	1:59.08	2:41.96	3:25.67	4:08.54	4:52.36	5:36.52		
6:19.96	7:03.67	7:47.34	8:30.60	9:14.15	9:57.62	10:41.01	11:24.99		
12:09.14	12:52.95	13:36.86	14:19.66	15:03.01	15:46.62	16:30.15	17:15.08		
17:58.80	18:42.63	19:25.37	20:10.02	20:53.16	21:33.77				

**Event 4 Boys 13 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time						FINA
1 Shaun Muscroft	13	Swim Trafford SC	18:16.91						521
31.86	1:07.94	1:44.41	2:20.91	2:57.23	3:33.84	4:09.91	4:46.42		
5:22.70	5:59.11	6:35.81	7:12.07	7:48.58	8:24.86	9:01.15	9:38.25		
10:15.53	10:52.99	11:30.40	12:08.05	12:45.15	13:22.70	14:00.01	14:37.20		
15:14.53	15:51.39	16:28.71	17:06.29	17:41.82	18:16.91				
2 Robbie Christopherson	13	Swim Trafford SC	19:04.35						459
34.33	1:11.63	1:49.17	2:26.30	3:04.16	3:41.75	4:20.02	4:57.73		
5:36.06	6:14.27	6:52.82	7:30.93	8:09.79	8:48.09	9:27.18	10:06.01		
10:45.22	11:23.59	12:02.80	12:41.46	13:20.19	13:58.96	14:37.89	15:16.19		
15:54.97	16:33.01	17:12.14	17:50.31	18:27.86	19:04.35				
3 Josh Jones	13	Cleethorpes & Scun Aquatics	19:26.25						434
32.33	1:09.22	1:46.71	2:25.11	3:03.25	3:42.09	4:21.44	4:59.55		
5:38.48	6:17.88	6:56.28	7:35.17	8:14.24	8:53.81	9:32.98	10:12.66		
10:52.54	11:32.39	12:12.36	12:51.58	13:30.73	14:10.36	14:50.25	15:30.47		
16:10.27	16:50.87	17:29.71	18:09.15	18:48.05	19:26.25				
4 Kieran Atkinson	13	Gallica	20:31.94						368
34.38	1:12.87	1:52.53	2:32.24	3:12.55	3:53.27	4:33.80	5:14.43		
5:55.06	6:35.15	7:16.02	7:56.84	8:37.75	9:19.01	9:59.60	10:41.01		
11:22.84	12:04.87	12:46.33	13:28.43	14:10.01	14:52.60	15:34.31	16:17.29		
17:00.02	17:43.08	18:25.25	19:07.89	19:50.73	20:31.94				

**Event 4 Boys 14 Y.O. 1500 LC Metre Freestyle**

Name	Age	Team	Time						FINA
1 Matthew Johnson	14	City of Sheffield SS	16:06.35						762
29.09	59.56	1:30.94	2:02.57	2:34.31	3:06.15	3:38.13	4:10.14		
4:42.02	5:14.49	5:46.78	6:19.48	6:52.00	7:25.08	7:57.65	8:30.72		
9:03.19	9:36.46	10:08.90	10:41.70	11:14.29	11:46.88	12:19.15	12:51.93		
13:24.28	13:57.11	14:29.43	15:02.74	15:34.96	16:06.35				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 4 Boys 14 Y.O. 1500 LC Metre Freestyle)**

	Name	Age	Team						Time	FINA
2	Alexander Watson	14	City of Sheffield SS						16:41.35	685
	30.22	1:03.11	1:36.88	2:10.20	2:43.78	3:17.51	3:51.15	4:25.18		
	4:58.33	5:31.98	6:05.75	6:39.50	7:13.18	7:46.51	8:20.31	8:53.72		
	9:26.72	9:59.63	10:32.90	11:06.03	11:39.38	12:12.84	12:46.44	13:20.18		
	13:54.07	14:27.52	15:01.51	15:34.95	16:08.69	16:41.35				
3	Curtis Corrie	14	Barrow Asc						17:09.96	630
	30.59	1:04.61	1:38.70	2:12.80	2:47.31	3:21.62	3:55.95	4:30.24		
	5:04.66	5:39.04	6:14.02	6:48.55	7:23.75	7:57.99	8:32.75	9:07.00		
	9:42.08	10:16.60	10:51.63	11:26.24	12:01.21	12:35.61	13:10.49	13:45.09		
	14:19.85	14:53.96	15:28.56	16:02.72	16:37.09	17:09.96				
4	Jamie Brown	14	Borough of Kirklees SC						18:06.13	537
	31.43	1:06.18	1:42.22	2:18.14	2:54.29	3:29.91	4:05.76	4:41.68		
	5:17.83	5:53.47	6:30.16	7:04.89	7:41.56	8:18.07	8:54.48	9:30.84		
	10:07.84	10:44.37	11:21.35	11:58.46	12:35.74	13:12.51	13:49.39	14:26.87		
	15:03.83	15:41.44	16:17.79	16:54.23	17:30.57	18:06.13				
5	Ellis Nevett	14	Stockport Metro SC						18:10.87	530
	32.60	1:08.68	1:45.11	2:21.24	2:57.74	3:34.10	4:10.58	4:47.27		
	5:23.07	5:59.61	6:36.22	7:12.88	7:49.62	8:25.99	9:02.67	9:39.34		
	10:15.39	10:51.83	11:28.49	12:05.25	12:41.80	13:18.18	13:54.97	14:31.73		
	15:08.35	15:45.08	16:22.28	16:59.24	17:35.49	18:10.87				
6	Adam Gillespie	14	Tyldesley SC						18:22.13	514
	32.21	1:07.09	1:43.55	2:19.98	2:56.70	3:33.04	4:10.38	4:47.02		
	5:24.06	6:00.67	6:37.84	7:14.97	7:52.51	8:29.29	9:06.76	9:43.42		
	10:20.59	10:57.27	11:34.56	12:11.46	12:49.13	13:26.70	14:03.80	14:40.61		
	15:18.61	15:55.37	16:32.71	17:09.68	17:46.87	18:22.13				
7	Craig Judd	14	Oakengates Asc						18:41.31	488
	32.82	1:08.81	1:45.57	2:23.21	3:00.96	3:38.87	4:16.79	4:54.46		
	5:32.40	6:09.98	6:47.63	7:25.57	8:02.99	8:40.29	9:17.60	9:55.05		
	10:32.77	11:10.37	11:48.04	12:26.12	13:03.81	13:41.67	14:19.50	14:57.36		
	15:35.90	16:13.59	16:51.67	17:29.84	18:06.55	18:41.31				
8	Thomas Nelson	14	Wirral Metro						18:43.44	485
	32.92	1:09.27	1:46.27	2:23.85	3:01.41	3:38.87	4:16.52	4:53.74		
	5:31.18	6:08.74	6:46.52	7:24.07	8:01.73	8:39.15	9:16.82	9:54.45		
	10:32.15	11:10.25	11:48.17	12:26.28	13:04.35	13:42.31	14:20.22	14:58.62		
	15:36.70	16:14.50	16:52.37	17:30.10	18:06.70	18:43.44				
9	Xander O'Neill	14	Stockport Metro SC						18:44.83	483
	31.62	1:07.26	1:44.30	2:21.34	2:59.04	3:37.17	4:15.27	4:53.35		
	5:31.60	6:09.67	6:47.39	7:25.62	8:03.60	8:41.71	9:19.40	9:57.33		
	10:35.12	11:13.32	11:51.21	12:29.23	13:06.66	13:45.21	14:23.16	15:01.24		
	15:39.13	16:16.79	16:53.80	17:31.61	18:08.27	18:44.83				

**Event 4 Men 15 Y.O. 1500 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	Joseph Faulkner	15	City of Sheffield SS						16:58.10	652
	30.04	1:02.62	1:36.37	2:09.86	2:43.39	3:16.82	3:50.90	4:25.11		
	4:58.66	5:32.35	6:06.25	6:40.63	7:14.68	7:48.64	8:22.23	8:56.52		
	9:30.15	10:04.55	10:38.87	11:12.71	11:46.70	12:21.24	12:55.74	13:31.20		
	14:06.21	14:41.56	15:15.99	15:51.46	16:24.63	16:58.10				
2	Thomas Paine	15	Cleethorpes & Scun Aquatics						17:17.26	616
	29.03	1:01.91	1:35.31	2:09.53	2:43.28	3:17.36	3:52.11	4:26.56		
	5:01.47	5:36.34	6:10.68	6:46.10	7:20.18	7:54.83	8:28.74	9:02.40		
	9:38.12	10:14.15	10:49.35	11:25.33	12:00.42	12:35.77	13:10.80	13:46.35		
	14:23.40	14:58.21	15:33.08	16:08.63	16:43.25	17:17.26				
3	Adam Haynes	15	Stockport Metro SC						17:47.46	566
	31.25	1:05.46	1:40.88	2:16.13	2:52.03	3:27.70	4:03.56	4:39.28		
	5:15.47	5:51.09	6:26.97	7:02.72	7:39.05	8:15.09	8:51.30	9:27.06		
	10:02.95	10:38.60	11:14.68	11:50.75	12:26.60	13:02.68	13:38.69	14:14.60		
	14:50.46	15:26.35	16:02.20	16:37.50	17:12.81	17:47.46				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 4 Men 15 Y.O. 1500 LC Metre Freestyle)**

Name	Age	Team	Time						FINA	
4 Mark Huggins	15	City of Sheffield SS	17:52.30						558	
			30.35	1:04.97	1:40.58	2:16.38	2:52.31	3:28.21	4:03.54	4:39.53
			5:15.29	5:51.37	6:27.48	7:03.49	7:39.62	8:15.87	8:52.39	9:28.37
			10:04.84	10:40.75	11:17.09	11:53.51	12:29.55	13:05.77	13:41.70	14:17.88
			14:54.53	15:30.52	16:06.18	16:42.06	17:17.78	17:52.30		
5 Simon Williams	15	Prescot SC	18:37.51						493	
			31.22	1:06.65	1:43.10	2:20.52	2:57.43	3:34.82	4:12.21	4:49.67
			5:26.64	6:04.78	6:42.73	7:20.71	8:00.10	8:38.26	9:16.25	9:54.78
			10:32.52	11:09.03	11:46.17	12:24.13	13:00.53	13:38.73	14:16.79	14:54.32
			15:32.21	16:09.65	16:47.26	17:24.58	18:01.61	18:37.51		

**Event 4 Men 16 /Ov 1500 LC Metre Freestyle**

Name	Age	Team	Time						FINA	
1 JJ Gallichan	18	City of Liverpool SC	16:10.56						752	
			29.62	1:01.05	1:32.43	2:04.24	2:36.17	3:08.27	3:40.63	4:12.95
			4:45.19	5:17.76	5:50.36	6:23.11	6:55.72	7:28.33	8:01.03	8:33.55
			9:06.04	9:38.42	10:10.77	10:43.27	11:15.68	11:48.38	12:21.04	12:54.04
			13:26.33	13:59.67	14:32.79	15:06.26	15:39.26	16:10.56		
2 Nathan Barr	17	City of Liverpool SC	16:50.79						666	
			29.40	1:01.32	1:33.25	2:05.76	2:37.89	3:11.08	3:43.86	4:17.29
			4:50.48	5:24.49	5:58.13	6:32.21	7:06.22	7:40.33	8:14.35	8:49.14
			9:23.18	9:57.62	10:31.66	11:06.59	11:40.77	12:15.45	12:49.73	13:24.78
			13:59.02	14:34.07	15:08.22	15:42.81	16:17.29	16:50.79		
3 Christopher Suggitt	16	Wigan Best SC	17:00.79						647	
			29.06	1:01.62	1:34.55	2:08.31	2:41.91	3:16.00	3:49.97	4:24.13
			4:58.01	5:32.29	6:06.38	6:40.51	7:14.61	7:49.17	8:23.62	8:58.17
			9:32.51	10:07.28	10:42.02	11:16.53	11:50.70	12:25.30	12:59.74	13:34.73
			14:09.39	14:43.84	15:18.19	15:53.16	16:27.46	17:00.79		
4 James Radcliffe	19	Gallica	17:06.35						636	
			30.09	1:02.89	1:36.10	2:09.52	2:43.12	3:16.88	3:50.86	4:25.18
			4:59.24	5:33.63	6:07.79	6:42.67	7:17.00	7:51.88	8:26.27	9:01.03
			9:35.40	10:10.39	10:44.99	11:19.82	11:54.50	12:29.35	13:04.17	13:39.28
			14:14.00	14:49.14	15:23.83	15:58.69	16:33.09	17:06.35		
5 Matthew Hargreaves	16	Gallica	17:43.54						572	
			29.51	1:02.68	1:37.05	2:12.08	2:47.26	3:22.66	3:58.11	4:33.84
			5:09.70	5:45.65	6:21.58	6:57.15	7:32.84	8:08.92	8:44.64	9:20.63
			9:56.31	10:32.14	11:08.31	11:44.43	12:20.22	12:56.41	13:32.53	14:08.88
			14:45.03	15:21.30	15:57.39	16:33.81	17:09.04	17:43.54		

**Event 5 Boys 9 Y.O. 200 LC Metre Freestyle**

Name	Age	Team	Time						FINA	
1 Neil Wylie	9	Prescot SC	2:46.01						254	
			38.09	1:20.00	2:03.99	2:46.01				
2 Michael Doyle	9	Ellesmere College Titans	2:49.42						239	
			38.60	1:23.58	2:08.42	2:49.42				
3 Ryan Warriner	9	City of Liverpool SC	2:52.31						227	
			41.21	1:27.16	2:12.53	2:52.31				
4 Paolo Moniz	9	Southport SC	2:59.55						200	
			40.85	1:26.73	2:14.03	2:59.55				
5 Benjimen Holmes	9	Southport SC	3:01.95						193	
			41.59	1:28.62	2:16.63	3:01.95				
6 Jamie Grayson	9	City of Liverpool SC	3:04.63						184	
			40.82	1:28.58	2:17.82	3:04.63				
7 Isaac Lea	9	Southport SC	3:10.47						168	
			41.28	1:30.50	2:21.27	3:10.47				
8 Oliver Sutton	9	Southport SC	3:12.44						163	
			43.11	1:31.96	2:24.20	3:12.44				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 5 Boys 10 Y.O. 200 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Oliver Crosby	10	Swim Trafford SC	2:34.88	312
35.25 1:15.69 1:56.10		2:34.88		
2 Samuel Legge	10	Cleethorpes & Scun Aquatics	2:37.65	296
37.09 1:17.01 1:57.81		2:37.65		
3 Jamie Sharpley	10	Burnley Bobcats	2:41.30	276
35.97 1:17.36 2:00.00		2:41.30		
4 Matthew McGregor	10	Southport SC	2:44.56	260
37.07 1:20.21 2:03.99		2:44.56		
5 George Foster	10	Chase Swimming Club	2:44.85	259
35.94 1:18.60 2:02.83		2:44.85		
6 Luke Cox	10	Stockport Metro SC	2:45.58	256
37.92 1:21.27 2:04.92		2:45.58		
7 Jac Rushforth	10	Mold	2:45.79	255
37.06 1:19.81 2:04.50		2:45.79		
8 Cameron Cheston	10	Southport SC	2:46.07	253
37.23 1:20.19 2:05.97		2:46.07		
9 Nathaniel Ball	10	Southport SC	2:46.93	249
38.39 1:23.05 2:07.77		2:46.93		
10 Thomas Barrett	10	Southport SC	2:52.30	227
38.78 1:23.01 2:08.59		2:52.30		
11 Nathaniel Bellamy	10	Warrington Warriors SC	2:52.78	225
37.76 1:22.48 2:08.85		2:52.78		
12 Stanley Mainwaring	10	Warrington Warriors SC	2:57.33	208
39.21 1:25.33 2:12.23		2:57.33		

**Event 5 Boys 11 Y.O. 200 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Edward Martin	11	Walsall SC	2:23.19	395
33.03 1:09.50 1:47.04		2:23.19		
2 Aaron Hill	11	Warrington Warriors SC	2:24.27	386
33.25 1:10.27 1:48.56		2:24.27		
3 Oliver Houghton	11	Warrington Warriors SC	2:24.48	385
33.10 1:10.25 1:47.73		2:24.48		
4 Cole Charnock	11	City of Liverpool SC	2:25.31	378
32.20 1:09.54 1:48.12		2:25.31		
5 Charlie McSkeane	11	City of Carlisle Asc	2:25.51	376
32.58 1:10.60 1:48.53		2:25.51		
6 Ethan Clark	11	Southport SC	2:26.09	372
32.62 1:10.11 1:48.60		2:26.09		
7 Alex Fry	11	City of Liverpool SC	2:26.57	368
34.15 1:11.54 1:49.93		2:26.57		
8 William Thackray	11	Borough of Kirklees SC	2:27.23	363
33.66 1:11.15 1:49.41		2:27.23		
9 Daniel Boal	11	Southport SC	2:28.68	353
33.62 1:11.50 1:51.28		2:28.68		
10 Robert Hamer	11	Gallica	2:29.32	348
34.48 1:12.43 1:51.32		2:29.32		
11 William Beaven	11	Gallica	2:29.35	348
34.19 1:13.07 1:52.33		2:29.35		
12 Kyle Clegg	11	Oldham Aquatics Swimming Club	2:30.49	340
34.95 1:13.98 1:53.23		2:30.49		
13 Adam Poole	11	Warrington Warriors SC	2:31.21	336
34.45 1:12.93 1:52.68		2:31.21		
14 Seth Waterman	11	Borough of Kirklees SC	2:33.66	320
34.83 1:15.02 1:55.50		2:33.66		
15 William O'Donnell	11	Southport SC	2:34.16	317
35.03 1:14.81 1:54.59		2:34.16		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 5 Boys 11 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
16	Ashley Rogers	11	Southport SC	2:34.74	313
	36.11 1:16.09 1:55.77		2:34.74		
17	Thomas Sutton	11	Warrington Warriors SC	2:35.27	310
	35.01 1:14.20 1:55.28		2:35.27		
18	Jacob Wass	11	Warrington Warriors SC	2:35.88	306
	34.58 1:14.57 1:55.81		2:35.88		
19	Joshua Steele	11	Leek Asc	2:36.02	305
	33.78 1:13.98 1:55.54		2:36.02		
20	Elliot Routledge	11	Workington Asc	2:36.76	301
	34.67 1:15.46 1:57.50		2:36.76		
21	James Lockwood	11	Borough of Kirklees SC	2:36.77	301
	35.73 1:15.30 1:56.55		2:36.77		
22	Liam Whittle	11	City of Liverpool SC	2:37.43	297
	34.29 1:14.84 1:57.75		2:37.43		
23	Ellis Le'Gall	11	City of Liverpool SC	2:38.84	289
	36.47 1:17.22 1:58.66		2:38.84		
24	Henry Bulmer	11	City of Liverpool SC	2:38.90	289
	35.78 1:16.66 2:00.09		2:38.90		
25	Jacob Lea	11	Southport SC	2:39.57	285
	35.94 1:17.21 2:01.02		2:39.57		
26	Thomas Hamer	11	Burnley Bobcats	2:41.00	278
	36.85 1:18.14 2:01.96		2:41.00		
27	Luc-Sebastian Jarzynski	11	Ellesmere College Titans	2:43.16	267
	36.14 1:18.53 2:02.17		2:43.16		
28	William Hutchin	11	Northwich Asc	2:45.88	254
	35.54 1:16.35 2:00.25		2:45.88		
29	Sam Cooper	11	Warrington Warriors SC	2:45.93	254
	36.17 1:19.48 2:04.21		2:45.93		
30	Harry Cook	11	Southport SC	2:58.40	204
	37.78 1:23.44 2:11.67		2:58.40		

**Event 5 Boys 12 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Jordan MacDonald	12	Southport SC	2:13.55	487
	30.27 1:04.86 1:40.05		2:13.55		
2	James Wilson	12	Ellesmere College Titans	2:15.87	462
	30.20 1:04.74 1:40.76		2:15.87		
3	Joshua Moniz	12	Southport SC	2:18.09	441
	32.26 1:08.27 1:43.40		2:18.09		
4	James Burke	12	Cleethorpes & Scun Aquatics	2:18.60	436
	31.16 1:05.59 1:42.64		2:18.60		
5	Harry Thompson	12	City of Liverpool SC	2:19.04	432
	31.59 1:06.82 1:42.98		2:19.04		
6	Daniel Walsh	12	Swim Trafford SC	2:19.53	427
	32.40 1:07.74 1:43.52		2:19.53		
7	Harry Pickering	12	Wirral Metro	2:19.92	423
	31.53 1:07.42 1:44.14		2:19.92		
8	Bradley Ratcliffe	12	Oldham Aquatics Swimming Club	2:21.94	406
	31.49 1:07.61 1:45.78		2:21.94		
9	Joe Hulme	12	Leek Asc	2:22.14	404
	32.72 1:10.14 1:47.06		2:22.14		
10	James Ross	12	Warrington Warriors SC	2:22.82	398
	31.81 1:08.23 1:45.81		2:22.82		
11	Nathan Hall	12	Southport SC	2:23.55	392
	33.43 1:10.43 1:48.02		2:23.55		
12	Thomas Millburn	12	Workington Asc	2:24.10	388
	32.21 1:09.22 1:47.68		2:24.10		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 5 Boys 12 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
13	Bradley Harrison	12	Warrington Warriors SC	2:25.04	380
	33.18 1:10.15 1:48.42		2:25.04		
14	Ross Rutherford	12	City of Liverpool SC	2:25.37	378
	32.14 1:09.78 1:48.13		2:25.37		
15	Joe Mitchell	12	Stockport Metro SC	2:26.16	371
	33.57 1:10.97 1:48.83		2:26.16		
16	Reece Butterworth	12	Borough of Kirklees SC	2:26.33	370
	33.05 1:10.75 1:49.84		2:26.33		
17	James Edwards	12	Stockport Metro SC	2:26.62	368
	33.24 1:10.81 1:49.33		2:26.62		
18	Thomas Rushforth	12	Mold	2:26.75	367
	32.75 1:09.88 1:48.16		2:26.75		
19	Alfie Pardoe	12	Ellesmere College Titans	2:27.24	363
	33.52 1:11.57 1:49.88		2:27.24		
20	Kyle Chisholm	12	Borough of Kirklees SC	2:28.23	356
	31.71 1:09.34 1:48.84		2:28.23		
21	Adam Hurst	12	Everton SA	2:28.76	352
	33.49 1:10.74 1:49.58		2:28.76		
22	Conal Spencer	12	Borough of Kirklees SC	2:29.41	348
	34.03 1:12.22 1:51.72		2:29.41		
23	Ryan Rimmer	12	Southport SC	2:29.55	347
	33.87 1:12.28 1:51.87		2:29.55		
24	Danny Lawton	12	Wirral Metro	2:29.67	346
	34.03 1:11.66 1:51.00		2:29.67		
25	Ben Harper	12	City of Liverpool SC	2:29.86	345
	33.08 1:11.68 1:51.45		2:29.86		
26	Joshua Cosgrove	12	Oldham Aquatics Swimming Club	2:29.88	345
	33.20 1:12.55 1:52.19		2:29.88		
27	Mitchell Page	12	Walsall SC	2:30.29	342
	34.72 1:13.36 1:53.16		2:30.29		
28	Daniel Cross	12	Borough of Kirklees SC	2:30.82	338
	33.99 1:11.98 1:52.26		2:30.82		
29	Callum Welman	12	Ruthin Asc	2:31.48	334
	33.23 1:11.63 1:52.74		2:31.48		
30	Dean Borg	12	Wirral Metro	2:31.55	333
	34.26 1:15.16 1:55.66		2:31.55		
31	Ross Hill	12	Stafford Apex	2:31.57	333
	33.98 1:13.82 1:53.78		2:31.57		
32	Aaron Kirchin-Brown	12	Warrington Warriors SC	2:32.40	328
	35.53 1:14.86 1:54.26		2:32.40		
33	Paddy Clegg	12	Halton SC	2:33.17	323
	34.14 1:12.70 1:53.26		2:33.17		
34	Luke Tessayman	12	City of Liverpool SC	2:33.22	322
	33.96 1:13.51 1:54.31		2:33.22		
35	Adam Maskrey	12	Biddulph SC	2:33.42	321
	34.40 1:13.96 1:54.62		2:33.42		
36	Matthew Evans	12	Chase Swimming Club	2:35.11	311
	34.62 1:13.79 1:55.14		2:35.11		
37	Jamie Thomas	12	Ellesmere College Titans	2:35.68	307
	33.40 1:13.45 1:54.93		2:35.68		
38	Ben Currie	12	City of Liverpool SC	2:37.22	298
	33.79 1:13.30 1:55.12		2:37.22		
39	James Collins	12	Warrington Warriors SC	2:39.48	286
	36.00 1:15.80 1:58.26		2:39.48		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 6 Girls 9 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Britney Dagger	9	Blackpool SC	3:02.01	339
43.64 1:30.76 2:17.66	3:02.01			
2 Mattea-Jay Oliver	9	City of Liverpool SC	3:04.62	325
43.99 1:30.36 2:18.80	3:04.62			
3 Niamh Andrews	9	Mold	3:06.11	317
44.48 1:31.21 2:20.00	3:06.11			
4 Lara Bate	9	Stockport Metro SC	3:12.16	288
46.94 1:36.79 2:25.94	3:12.16			
5 Bethan Strange	9	Everton SA	3:13.15	284
45.74 1:35.33 2:25.64	3:13.15			
6 Anna Duncan	9	City of Liverpool SC	3:20.23	255
47.01 1:38.81 2:30.88	3:20.23			
7 Megan Chubb	9	City of Liverpool SC	3:21.20	251
47.28 1:37.43 2:29.71	3:21.20			
8 Rachel Boal	9	Southport SC	3:26.72	232
46.87 1:39.36 2:34.31	3:26.72			
9 Aimee Rawcliffe	9	Blackpool SC	3:29.15	224
50.28 1:43.95 2:36.45	3:29.15			
10 Maisy Manning	9	City of Liverpool SC	3:32.71	213
47.57 2:38.82	3:32.71			
11 Kate Linford	9	City of Liverpool SC	3:36.12	203
51.21 1:48.04 2:44.02	3:36.12			
12 Natalie Baugh	9	Swim Trafford SC	3:37.41	199
50.79 1:47.45 2:43.88	3:37.41			

**Event 6 Girls 10 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Holly Hibbott	10	Southport SC	2:54.06	388
41.29 1:25.91 2:11.13	2:54.06			
2 Connie McClelland	10	City of Chester	2:54.07	388
41.34 1:25.86 2:10.10	2:54.07			
3 Phoebe Lloyd-Hazlegreaves	10	City of Liverpool SC	2:59.09	356
41.99 1:28.87 2:14.71	2:59.09			
4 Charlotte Casselton	10	Southport SC	2:59.49	354
43.16 1:28.67 2:15.31	2:59.49			
5 Amy Carroll	10	Southport SC	2:59.94	351
41.67 1:26.76 2:14.11	2:59.94			
6 Zara Bailey	10	Cheadle (Staffs) & District AS	3:03.58	331
43.72 1:30.93 2:18.60	3:03.58			
7 Molly Harris	10	Everton SA	3:05.15	322
42.94 1:29.15 2:18.35	3:05.15			
8 Victoria Hill	10	Southport SC	3:05.28	322
43.77 1:31.60 2:19.53	3:05.28			
9 Catherine Ross	10	Warrington Warriors SC	3:05.50	321
43.22 1:30.50 2:18.69	3:05.50			
10 Anna Hulme	10	City of Liverpool SC	3:05.86	319
43.33 1:30.69 2:20.10	3:05.86			
11 Molly Roodhouse	10	Stockport Metro SC	3:06.98	313
45.55 1:33.83 2:21.97	3:06.98			
12 Poppy Yip	10	City of Liverpool SC	3:07.29	311
43.21 1:30.38 2:20.72	3:07.29			
13 Siobhan Harrison	10	Warrington Warriors SC	3:07.61	310
42.73 1:31.57 2:19.94	3:07.61			
14 Rachel Gillard	10	Southport SC	3:08.36	306
43.96 1:31.61 2:21.01	3:08.36			
15 Georgia Mullany	10	Stockport Metro SC	3:09.38	301
45.46 1:34.18 2:20.61	3:09.38			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 6 Girls 10 Y.O. 200 LC Metre Backstroke)**

Name	Age	Team	Time	FINA
16 Nieva Garland	10	City of Liverpool SC	3:16.62	269
45.19 1:35.54 2:26.43		3:16.62		
17 Amy Goulding	10	City of Liverpool SC	3:16.88	268
45.32 1:35.03 2:27.56		3:16.88		
18 Rebecca Cuff	10	City of Liverpool SC	3:19.00	260
46.32 1:36.57 2:28.69		3:19.00		
19 Kayleigh Ghent	10	Chase Swimming Club	3:21.98	248
46.24 1:37.70 2:31.02		3:21.98		

**Event 6 Girls 11 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Holly Shepherd	11	Leek Asc	2:46.20	446
39.75 1:22.07 2:05.19		2:46.20		
2 Jessica Dow	11	Leek Asc	2:47.99	432
39.96 1:21.96 2:05.49		2:47.99		
3 Olivia Disley	11	Southport SC	2:48.68	426
38.63 1:21.61 2:05.37		2:48.68		
4 Hannah Platt	11	City of Liverpool SC	2:49.23	422
40.87 1:24.01 2:07.79		2:49.23		
5 Hannah Chubb	11	City of Liverpool SC	2:50.71	411
41.20 1:24.34 2:07.93		2:50.71		
6 Lois Martin	11	City of Liverpool SC	2:50.95	410
39.89 1:23.69 2:08.93		2:50.95		
7 Martha Goring	11	Wrexham S.C.	2:51.71	404
40.02 1:23.57 2:09.07		2:51.71		
8 Joanne Whittingham	11	Southport SC	2:52.30	400
40.36 1:23.74 2:08.62		2:52.30		
9 Erica Minozzi	11	Burnley Bobcats	2:52.62	398
39.47 1:23.84 2:09.57		2:52.62		
10 Kate O'Brien	11	City of Liverpool SC	2:53.03	395
40.53 1:23.64 2:08.61		2:53.03		
11 Serena Rimmer	11	City of Liverpool SC	2:56.35	373
41.12 1:25.56 2:12.68		2:56.35		
12 Hannah Caton	11	City of Liverpool SC	2:56.63	371
42.41 1:27.18 2:12.25		2:56.63		
13 Bethany Shaw	11	City of Liverpool SC	2:58.28	361
41.87 1:27.17 2:14.01		2:58.28		
14 Isobel Thwaite	11	City of Chester	3:00.01	351
40.48 1:26.88 2:13.76		3:00.01		
15 Rebecca Thompson	11	City of Liverpool SC	3:01.71	341
41.45 1:28.42 2:16.44		3:01.71		
16 Sally Jenkins	11	Wrexham S.C.	3:02.02	339
41.65 1:27.43 2:13.57		3:02.02		
17 Madeleine Hole	11	Altrincham SC	3:02.17	338
42.31 1:28.14 2:16.20		3:02.17		
18 Lois McKay	11	City of Liverpool SC	3:06.87	314
44.79 1:31.92 2:20.64		3:06.87		
19 Maddie Jackson-Wojcik	11	Warrington Warriors SC	3:09.00	303
42.96 1:30.69 2:22.03		3:09.00		
20 Laura Buckley	11	Warrington Warriors SC	3:09.01	303
43.49 1:32.76 2:21.99		3:09.01		
21 Samantha Titterton	11	Burnley Bobcats	3:09.71	300
44.43 1:33.82 2:22.79		3:09.71		

**Event 6 Girls 12 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Emma Grayson	12	City of Liverpool SC	2:25.57	663
33.83 1:10.61 1:48.62		2:25.57		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 6 Girls 12 Y.O. 200 LC Metre Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
2	Chloe Johnson	12	Cheadle (Staffs) & District AS	2:33.19	569
	34.76 1:12.54 1:52.00		2:33.19		
3	Kathleen Dawson	12	Warrington Warriors SC	2:34.88	551
	36.01 1:15.19 1:55.57		2:34.88		
4	Jessica Jervis	12	City of Liverpool SC	2:35.63	543
	36.11 1:15.64 1:55.93		2:35.63		
5	Natalie Dingley	12	Stourbridge SC	2:38.61	513
	37.31 1:17.65 1:58.97		2:38.61		
6	Heather Lee	12	City of Liverpool SC	2:38.77	511
	36.02 1:16.06 1:57.88		2:38.77		
7	Lauren Whiteside	12	Southport SC	2:39.30	506
	36.60 1:18.54 2:00.13		2:39.30		
8	Harmonie Waterman	12	Borough of Kirklees SC	2:40.01	499
	36.98 1:17.71 1:59.76		2:40.01		
9	Annie Russell	12	Borough of Kirklees SC	2:42.23	479
	37.85 1:19.60 2:01.66		2:42.23		
10	Maise Legge	12	Cleethorpes & Scun Aquatics	2:43.33	470
	39.35 1:20.66 2:02.87		2:43.33		
11	Kate Roodhouse	12	Stockport Metro SC	2:43.37	469
	39.28 1:20.13 2:01.92		2:43.37		
12	Lydia Paris-Davies	12	City of Liverpool SC	2:45.90	448
	39.67 1:22.37 2:04.77		2:45.90		
13	Florence Slater	12	Gallica	2:47.72	434
	39.06 1:20.95 2:04.36		2:47.72		
14	Abbie Voas	12	Wirral Metro	2:50.43	413
	39.50 1:23.12 2:07.35		2:50.43		
15	Emma Platt	12	Wirral Metro	2:51.18	408
	39.61 1:23.02 2:07.70		2:51.18		
16	Freya Griffiths	12	Wirral Metro	2:52.40	399
	40.14 1:23.82 2:08.98		2:52.40		
17	Eleanor Hilton	12	City of Liverpool SC	2:55.80	377
	40.08 1:23.85 2:09.64		2:55.80		
18	Lucy Rowland	12	Burnley Bobcats	2:56.56	372
	41.58 1:26.49 2:12.92		2:56.56		
19	Jade Le'Gall	12	City of Liverpool SC	2:56.84	370
	42.06 1:26.18 2:11.87		2:56.84		
20	Alexandra Bennett	12	City of Newcastle Asc	2:57.17	368
	41.82 1:27.16 2:12.46		2:57.17		
21	Lauren Goodfellow	12	City of Chester	2:59.09	356
	41.53 1:26.62 2:13.87		2:59.09		
22	Sophie Bell	12	Warrington Warriors SC	2:59.63	353
	42.42 1:28.39 2:14.99		2:59.63		

**Event 7 Boys 13 Y.O. 200 LC Metre Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Connor Makin	13	Gallica	2:42.09	502
	36.75 1:18.13 1:59.45		2:42.09		
2	Regen Gregg	13	Borough of Kirklees SC	2:46.23	465
	37.30 1:19.50 2:03.48		2:46.23		
3	Sam Davies	13	City of Liverpool SC	2:48.58	446
	37.29 1:19.88 2:04.33		2:48.58		
4	Oliver Fairway	13	Southport SC	2:50.51	431
	38.09 1:21.59 2:06.84		2:50.51		
5	Sam Newton	13	Wirral Metro	2:50.86	428
	37.78 1:22.20 2:06.60		2:50.86		
6	Andrew McLay	13	Warrington Warriors SC	2:54.19	404
	39.80 1:25.09 2:09.59		2:54.19		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 7 Boys 13 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
7 Aneirin Baker	13	Swim Trafford SC	2:55.90	393
40.19 1:25.78 2:11.44	2:55.90			
8 Josh Jones	13	Cleethorpes & Scun Aquatics	2:58.37	377
39.53 1:24.51 2:11.70	2:58.37			
9 James Salt	13	Oldham Aquatics Swimming Club	2:59.44	370
41.03 1:27.54 2:14.04	2:59.44			
10 Leon Parkes	13	Ellesmere College Titans	3:03.82	344
40.54 1:27.49 2:15.96	3:03.82			
11 Ewan Miller	13	Warrington Warriors SC	3:05.46	335
41.91 1:28.96 2:17.45	3:05.46			

**Event 7 Boys 14 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Elliot Otty	14	Southport SC	2:40.05	521
36.30 1:16.92 1:58.44	2:40.05			
2 William Harding	14	Wirral Metro	2:47.19	457
38.04 1:20.61 2:04.26	2:47.19			
3 Liam Graves	14	City of Liverpool SC	2:47.68	453
37.79 1:20.89 2:04.58	2:47.68			
4 James Simpson	14	Swim Trafford SC	2:57.54	382
39.58 1:25.72 2:11.33	2:57.54			
5 Michael Ross	14	Warrington Warriors SC	2:58.84	374
41.41 1:26.42 2:12.78	2:58.84			

**Event 7 Boys 15 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Thomas Barton	15	City of Liverpool SC	2:33.13	595
34.99 1:14.31 1:53.58	2:33.13			
2 Ryan Flanagan	15	Borough of Kirklees SC	2:37.42	548
36.12 1:15.76 1:55.61	2:37.42			
3 Thomas Paine	15	Cleethorpes & Scun Aquatics	2:45.84	468
35.90 1:18.13 2:02.27	2:45.84			
4 Adam Fawl	15	Blackpool SC	2:48.06	450
36.83 1:19.57 2:04.01	2:48.06			
5 Samuel Rooney	15	Southport SC	2:53.65	408
37.35 1:22.00 2:07.41	2:53.65			
6 Daniel Grayson	15	Southport SC	2:54.18	404
35.86 1:21.04 2:07.95	2:54.18			

**Event 8 Girls 13 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Lillie Tew-Weaver	13	Stockport Metro SC	2:35.01	532
33.90 1:12.95 1:54.20	2:35.01			
2 Nicola Ball	13	City of Chester	2:38.10	502
33.80 1:12.59 1:54.39	2:38.10			
3 Charlotte Disley	13	Southport SC	2:39.44	489
34.89 1:15.79 1:57.06	2:39.44			
4 April Shelton	13	Stockport Metro SC	2:46.74	428
35.87 1:18.04 2:01.33	2:46.74			
5 Molly Unwin	13	Cleethorpes & Scun Aquatics	2:46.87	427
37.29 1:18.87 2:03.93	2:46.87			
6 Leah Evans	13	Warrington Warriors SC	2:50.96	397
34.74 1:17.03 2:01.56	2:50.96			
7 Lydia Hitchell	13	Wirral Metro	2:53.62	379
36.93 1:20.63 2:07.95	2:53.62			
8 Christie Ghent	13	Chase Swimming Club	2:55.78	365
36.94 1:22.79 2:10.78	2:55.78			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 8 Girls 13 Y.O. 200 LC Metre Fly)**

Name	Age	Team	Time	FINA
9 Nadiah Kazzan	13	Borough of Kirklees SC	2:57.48	355
37.16	1:21.32	2:09.06	2:57.48	

**Event 8 Girls 14 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Zoe Kirkwood	14	City of Newcastle Asc	2:28.62	604
32.89	1:10.71	1:49.84	2:28.62	
2 Hannah Lally	14	City of Liverpool SC	2:29.07	599
33.67	1:11.32	1:49.98	2:29.07	
3 Leah Altoft	14	Cleethorpes & Scun Aquatics	2:29.13	598
32.97	1:10.64	1:50.76	2:29.13	
4 Paige Bowden	14	City of Liverpool SC	2:30.44	582
32.75	1:09.97	1:49.64	2:30.44	
5 Katie Bennett	14	Satellite SC	2:31.37	572
33.77	1:12.00	1:51.37	2:31.37	
6 Rebecca Pye	14	Warrington Warriors SC	2:31.93	566
32.04	1:09.60	1:49.99	2:31.93	
7 Aimee Harvey	14	Warrington Warriors SC	2:37.16	511
33.75	1:13.22	1:54.72	2:37.16	
8 Lydia Jamieson	14	Whitchurch SC	2:44.33	447
35.77	1:17.08	1:58.94	2:44.33	
9 Rachel Heesom	14	Warrington Warriors SC	2:54.05	376
35.08	1:18.06	2:05.75	2:54.05	
10 Emma Rae	14	Burnley Bobcats	3:35.54	198
38.15	1:28.48	2:30.99	3:35.54	

**Event 8 Girls 15 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Sophie Kenny	15	Oldham Aquatics Swimming Club	2:32.03	564
33.90	1:12.27	1:52.85	2:32.03	
2 Rachel Smedley	15	City of Newcastle Asc	2:37.83	504
33.94	1:13.87	1:55.22	2:37.83	
3 Natalie Dingley	12	Stourbridge SC	2:46.32	431
35.76	1:19.61	2:02.79	2:46.32	
4 Rebecca Coy	15	Warrington Warriors SC	2:53.30	381
35.63	1:19.15	2:05.39	2:53.30	

**Event 9 Boys 16 /Ov 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Matthew Parks	16	City of Liverpool SC	2:13.52	677
27.96	1:02.08	1:42.10	2:13.52	
2 JJ Gallichan	18	City of Liverpool SC	2:16.30	636
29.37	1:02.88	1:45.41	2:16.30	
3 Nathan Barr	17	City of Liverpool SC	2:16.68	631
29.35	1:05.40	1:45.57	2:16.68	
4 Michael Almond	17	City of Liverpool SC	2:17.73	616
29.45	1:06.35	1:46.84	2:17.73	
5 Adam Shipp	22	City of Liverpool SC	2:23.71	543
30.55	1:12.10	1:50.63	2:23.71	
6 Edward Shattock	18	Warrington Warriors SC	2:24.16	538
29.68	1:09.23	1:52.21	2:24.16	
7 Matthew Hargreaves	16	Gallica	2:26.14	516
30.53	1:07.77	1:52.97	2:26.14	
8 David Treadell	16	City of Liverpool SC	2:29.41	483
30.54	1:09.38	1:55.43	2:29.41	
9 George Morreal	17	Oldham Aquatics Swimming Club	2:32.59	453
31.48	1:08.30	1:57.05	2:32.59	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 10 Girls 16 /Ov 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Catherine Marcroft	17	Stockport Metro SC	4:24.70	775
30.82 1:04.28 1:37.84 2:11.43 2:44.57 3:18.37 3:51.87 4:24.70				
2 Abbie Henderson	17	Stockport Metro SC	4:24.84	774
31.14 1:04.77 1:38.09 2:11.41 2:44.75 3:18.64 3:52.09 4:24.84				
3 Aisha Thornton	18	Warrington Warriors SC	4:35.92	684
31.13 1:05.19 1:39.50 2:14.60 2:49.54 3:25.33 4:00.56 4:35.92				
4 Liz Hierons	16	City of Newcastle Asc	4:41.12	647
31.60 1:06.74 1:42.33 2:18.45 2:54.32 3:30.45 4:06.44 4:41.12				
5 Amie Garforth	18	Borough of Kirklees SC	4:43.77	629
32.87 1:07.67 1:43.69 2:19.59 2:55.99 3:32.17 4:08.66 4:43.77				
6 Vikki Morgan	17	Wirral Metro	4:44.32	625
31.50 1:06.06 1:41.79 2:18.47 2:55.17 3:32.06 4:08.89 4:44.32				
7 Jasmine Kirk	16	Cleethorpes & Scun Aquatics	4:48.01	602
33.00 1:09.13 1:45.86 2:22.89 2:59.69 3:37.19 4:13.21 4:48.01				
8 Hannah Drewett	17	Salisbury Stingrays	4:48.20	600
31.30 1:06.34 1:42.36 2:19.15 2:56.25 3:34.04 4:11.61 4:48.20				
9 Ashleigh Fletcher	16	Cleethorpes & Scun Aquatics	4:48.21	600
33.26 1:09.37 1:45.93 2:23.01 2:59.77 3:36.72 4:13.40 4:48.21				
10 Sarah Hoye	17	Swim Trafford SC	4:58.23	542
33.60 1:09.13 1:46.45 2:24.01 3:02.73 3:41.43 4:20.41 4:58.23				
11 Megan Coughlan	16	Chase Swimming Club	5:07.91	492
33.13 1:09.67 1:47.81 2:26.61 3:05.97 3:46.33 4:27.20 5:07.91				
12 Amy Young	16	City of Chester	5:13.32	467
35.05 1:13.67 1:53.85 2:33.97 3:13.63 3:53.46 4:34.06 5:13.32				

**Event 11 Boys 9 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Tiras Waterman	9	Borough of Kirklees SC	3:07.03	234
45.80 1:33.98 2:21.55 3:07.03				
2 Michael Doyle	9	Ellesmere College Titans	3:13.84	210
46.12 1:36.42 2:26.03 3:13.84				
3 Joe Ellis	9	City of Liverpool SC	3:16.06	203
46.54 1:36.43 2:27.83 3:16.06				
4 Ryan Warriner	9	City of Liverpool SC	3:17.89	198
49.02 1:42.04 2:33.51 3:17.89				
5 Benjimen Holmes	9	Southport SC	3:25.90	176
49.54 1:42.47 2:35.15 3:25.90				
6 Josh Millburn	9	Workington Asc	3:30.27	165
48.43 1:43.53 2:37.12 3:30.27				
--- Paolo Moniz	9	Southport SC	DQ	

**Event 11 Boys 10 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Oliver Crosby	10	Swim Trafford SC	2:50.50	309
40.98 1:25.42 2:08.90 2:50.50				
2 Samuel Legge	10	Cleethorpes & Scun Aquatics	2:54.17	290
42.13 1:26.12 2:11.55 2:54.17				
3 Matthew McGregor	10	Southport SC	3:00.35	261
42.96 1:29.89 2:16.97 3:00.35				
4 Luke Cox	10	Stockport Metro SC	3:04.15	245
43.85 1:31.20 2:18.73 3:04.15				
5 Jamie Sharpley	10	Burnley Bobcats	3:05.86	239
43.30 1:29.52 2:18.36 3:05.86				
6 Nathaniel Bellamy	10	Warrington Warriors SC	3:08.45	229
46.25 1:36.39 2:25.35 3:08.45				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 11 Boys 10 Y.O. 200 LC Metre Backstroke)**

Name	Age	Team	Time	FINA
7 George Foster	10	Chase Swimming Club	3:14.68	208
46.29	1:36.69	2:26.98	3:14.68	

**Event 11 Boys 11 Y.O. 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Cole Charnock	11	City of Liverpool SC	2:35.17	410
36.20	1:15.57	1:55.51	2:35.17	
2 Daniel Boal	11	Southport SC	2:40.64	370
37.97	1:19.06	2:00.90	2:40.64	
3 Oliver Houghton	11	Warrington Warriors SC	2:43.85	348
38.76	1:21.06	2:03.09	2:43.85	
4 Charlie McSkeane	11	City of Carlisle Asc	2:47.98	323
39.61	1:23.06	2:05.64	2:47.98	
5 William Thackray	11	Borough of Kirklees SC	2:48.95	318
38.77	1:22.28	2:06.62	2:48.95	
6 Edward Martin	11	Walsall SC	2:49.80	313
40.74	1:23.69	2:07.55	2:49.80	
7 Ethan Clark	11	Southport SC	2:49.85	313
39.60	1:23.33	2:07.50	2:49.85	
8 William Beaven	11	Gallica	2:50.35	310
41.75	1:25.70	2:09.25	2:50.35	
9 Scott Lewis	11	Borough of Kirklees SC	2:50.53	309
40.24	1:24.49	2:08.26	2:50.53	
10 Thomas Sutton	11	Warrington Warriors SC	2:51.46	304
41.49	1:24.85	2:08.82	2:51.46	
11 Robert Hamer	11	Gallica	2:51.58	303
40.49	1:24.63	2:09.43	2:51.58	
12 Ashley Rogers	11	Southport SC	2:52.14	300
42.17	1:25.54	2:09.53	2:52.14	
13 Elliot Routledge	11	Workington Asc	2:53.40	294
40.50	1:25.08	2:10.35	2:53.40	
14 Jacob Wass	11	Warrington Warriors SC	2:53.62	293
41.32	1:24.87	2:10.97	2:53.62	
15 Joshua Steele	11	Leek Asc	2:53.92	291
41.85	1:26.27	2:11.52	2:53.92	
16 Henry Bulmer	11	City of Liverpool SC	2:55.64	283
41.78	1:27.42	2:12.64	2:55.64	
17 James Lockwood	11	Borough of Kirklees SC	2:56.78	277
42.15	1:27.02	2:11.70	2:56.78	
18 William O'Donnell	11	Southport SC	2:56.81	277
41.75	1:27.14	2:12.89	2:56.81	
19 Adam Poole	11	Warrington Warriors SC	2:56.94	277
41.80	1:27.04	2:12.72	2:56.94	
20 Aaron Hill	11	Warrington Warriors SC	3:00.36	261
44.08	1:29.97	2:16.44	3:00.36	
21 Seth Waterman	11	Borough of Kirklees SC	3:00.60	260
43.17	1:29.19	2:16.80	3:00.60	
22 Harry Cook	11	Southport SC	3:01.30	257
		2:17.27	3:01.30	
23 James Jackson	11	Cheadle (Staffs) & District AS	3:02.29	253
43.65	1:30.84	2:19.12	3:02.29	
24 Ellis Le'Gall	11	City of Liverpool SC	3:02.70	251
44.77	1:31.31	2:18.04	3:02.70	
25 Sam Cooper	11	Warrington Warriors SC	3:09.71	224
44.79	1:33.56	2:23.23	3:09.71	
26 Dominic Crawley	11	Warrington Warriors SC	3:10.19	223
44.71	1:33.33	2:22.25	3:10.19	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 11 Boys 11 Y.O. 200 LC Metre Backstroke)**

	Name	Age	Team	Time	FINA
27	John Costigan	11	City of Liverpool SC	3:12.19	216
	46.81	1:35.31	2:24.79	3:12.19	
28	Thomas Hamer	11	Burnley Bobcats	3:15.74	204
	47.02	1:38.63	2:29.50	3:15.74	

**Event 11 Boys 12 Y.O. 200 LC Metre Backstroke**

	Name	Age	Team	Time	FINA
1	Joshua Moniz	12	Southport SC	2:29.07	462
	35.71	1:13.65	1:52.26	2:29.07	
2	James Wilson	12	Ellesmere College Titans	2:32.76	430
	35.02	1:14.56	1:54.54	2:32.76	
3	Sam Delmonte	12	Southport SC	2:37.42	393
	36.49	1:16.07	1:57.41	2:37.42	
4	James Edwards	12	Stockport Metro SC	2:37.84	390
	37.96	1:18.13	1:58.94	2:37.84	
5	Harry Pickering	12	Wirral Metro	2:39.03	381
	37.94	1:18.83	2:00.84	2:39.03	
6	Joe Hulme	12	Leek Asc	2:39.28	379
	38.05	1:19.22	2:00.53	2:39.28	
7	Alfie Pardoe	12	Ellesmere College Titans	2:39.44	378
	37.81	1:18.42	1:59.26	2:39.44	
8	James Burke	12	Cleethorpes & Scun Aquatics	2:39.67	376
	37.41	1:19.39	2:01.01	2:39.67	
9	Mitchell Page	12	Walsall SC	2:39.70	376
	38.48	1:19.42	2:00.44	2:39.70	
10	Reece Butterworth	12	Borough of Kirklees SC	2:40.94	368
	37.80	1:19.02	2:00.58	2:40.94	
11	Conal Spencer	12	Borough of Kirklees SC	2:42.13	359
	38.50	1:19.93	2:01.57	2:42.13	
12	Nathan Hall	12	Southport SC	2:42.32	358
	38.68	1:19.73	2:02.43	2:42.32	
13	Bradley Harrison	12	Warrington Warriors SC	2:42.60	356
	38.44	1:19.84	2:02.16	2:42.60	
14	Thomas Millburn	12	Workington Asc	2:43.72	349
	37.87	1:20.78	2:03.25	2:43.72	
15	Ross Rutherford	12	City of Liverpool SC	2:43.91	348
	38.20	1:20.48	2:03.55	2:43.91	
16	James Ross	12	Warrington Warriors SC	2:43.98	347
	39.55	1:21.89	2:02.89	2:43.98	
17	Aaron Kirchin-Brown	12	Warrington Warriors SC	2:44.51	344
	39.47	1:22.03	2:03.35	2:44.51	
18	Joshua Cosgrove	12	Oldham Aquatics Swimming Club	2:44.52	344
	37.95	1:20.00	2:03.05	2:44.52	
19	Matthew Evans	12	Chase Swimming Club	2:45.45	338
	39.39	1:21.78	2:04.98	2:45.45	
20	Kyle Chisholm	12	Borough of Kirklees SC	2:45.69	337
	39.15	1:21.53	2:04.64	2:45.69	
21	Adam Hurst	12	Everton SA	2:48.14	322
	39.52	1:22.01	2:05.59	2:48.14	
22	Daniel Walsh	12	Swim Trafford SC	2:48.26	322
	39.66	1:21.78	2:05.30	2:48.26	
23	Callum Welman	12	Ruthin Asc	2:48.27	322
	38.43	1:21.03	2:06.12	2:48.27	
24	Daniel Cross	12	Borough of Kirklees SC	2:48.41	321
	38.07	1:20.01	2:04.33	2:48.41	
25	Guto Williams	12	Swim Gwynedd Performance Club	2:51.10	306
	41.53	1:25.55	2:09.36	2:51.10	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 11 Boys 12 Y.O. 200 LC Metre Backstroke)**

	Name	Age	Team	Time	FINA
26	Adam Maskrey	12	Biddulph SC	2:52.40	299
	40.07	1:24.08	2:09.74	2:52.40	
27	Ben Currie	12	City of Liverpool SC	2:52.55	298
	40.17	1:23.98	2:07.89	2:52.55	
28	Josh Chapman	12	Southport SC	2:54.27	289
	41.27	1:25.30	2:11.38	2:54.27	
29	Paddy Clegg	12	Halton SC	2:54.44	289
	40.08	1:24.65	2:09.76	2:54.44	
30	Danny Lawton	12	Wirral Metro	2:54.76	287
	42.00	1:25.72	2:10.34	2:54.76	
31	Ben Harper	12	City of Liverpool SC	2:56.62	278
	41.45	1:26.54	2:13.53	2:56.62	
32	Thomas Rushforth	12	Mold	2:58.52	269
	40.70	1:25.52	2:12.30	2:58.52	
33	James Collins	12	Warrington Warriors SC	2:59.75	264
	43.06	1:29.04	2:14.69	2:59.75	
34	Matthew Sullivan	12	Warrington Warriors SC	3:00.01	263
	45.16	1:29.39	2:16.83	3:00.01	

**Event 12 Girls 9 Y.O. 200 LC Metre Breaststroke**

	Name	Age	Team	Time	FINA
1	Lara Bate	9	Stockport Metro SC	3:30.68	311
	50.08	1:43.45	2:38.53	3:30.68	
2	Britney Dagger	9	Blackpool SC	3:38.04	281
	50.50	1:48.31	2:44.57	3:38.04	
3	Claudia Fairway	9	Southport SC	3:41.92	266
	50.51	1:48.92	2:46.05	3:41.92	
4	Amelia McCoy	9	Everton SA	3:43.85	259
	52.14	1:51.40	2:48.89	3:43.85	
5	Jessica Thomas	9	Ellesmere College Titans	3:43.98	259
	49.46	1:47.17	2:45.41	3:43.98	
6	Niamh Wilgar	9	Southport SC	3:44.59	257
	51.23	1:49.42	2:46.48	3:44.59	
7	Niamh Andrews	9	Mold	3:50.50	237
	52.32	1:51.29	2:50.87	3:50.50	
8	Ella Johnson	9	Southport SC	3:53.59	228
	51.94	1:52.36	2:53.48	3:53.59	
9	Bethan Strange	9	Everton SA	3:56.99	218
	54.44	1:55.29	2:58.15	3:56.99	
10	Alex McCarthy	9	City of Liverpool SC	3:58.14	215
	55.60	1:55.73	2:58.69	3:58.14	
11	Rachel Boal	9	Southport SC	4:03.72	201
	55.33	1:59.82	3:01.72	4:03.72	
12	Aimee Rawcliffe	9	Blackpool SC	4:04.81	198
	55.08	1:58.57	3:02.33	4:04.81	
13	Abbie French	9	City of Liverpool SC	4:06.68	194
	55.43	2:00.36	3:04.13	4:06.68	
14	Natalie Baugh	9	Swim Trafford SC	4:08.53	189
	57.40	2:01.78	3:05.88	4:08.53	
15	Megan Chubb	9	City of Liverpool SC	4:16.98	171
	59.11	2:03.61	3:11.68	4:16.98	
16	Katie Forrester	9	Cheadle (Staffs) & District AS	4:17.75	170
	59.58	2:06.14	3:12.01	4:17.75	

**Event 12 Girls 10 Y.O. 200 LC Metre Breaststroke**

	Name	Age	Team	Time	FINA
1	Phoebe Lloyd-Hazlegreaves	10	City of Liverpool SC	3:26.35	331
	49.84	1:42.93	2:36.34	3:26.35	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 12 Girls 10 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
2 Poppy Yip	10	City of Liverpool SC	3:27.70	325
47.55 1:40.15 2:35.44		3:27.70		
3 Molly Roodhouse	10	Stockport Metro SC	3:28.10	323
49.07 1:42.76 2:36.54		3:28.10		
4 Eleanor Delmonte	10	Southport SC	3:31.36	308
49.15 1:42.69 2:37.62		3:31.36		
5 Catherine Ross	10	Warrington Warriors SC	3:32.54	303
48.30 1:42.14 2:37.35		3:32.54		
6 Anna Hulme	10	City of Liverpool SC	3:35.24	292
49.70 1:46.25 2:41.82		3:35.24		
7 Victoria Hill	10	Southport SC	3:35.30	291
49.86 1:45.55 2:41.84		3:35.30		
8 Anna Hoyle	10	City of Liverpool SC	3:36.38	287
49.25 1:45.11 2:42.05		3:36.38		
9 Emily Sharp	10	Everton SA	3:38.93	277
49.45 1:45.93 2:44.36		3:38.93		
10 Amy Carroll	10	Southport SC	3:39.07	277
50.70 1:47.50 2:43.71		3:39.07		
11 Rebecca Cuff	10	City of Liverpool SC	3:42.10	265
51.28 1:47.11 2:46.20		3:42.10		
12 Ellen Webster	10	Southport SC	3:43.44	261
49.91 1:48.29 2:46.42		3:43.44		
13 Anna Niven	10	Southport SC	3:44.55	257
52.28 1:50.51 2:49.15		3:44.55		
14 Gemma Sanders	10	City of Liverpool SC	3:44.97	255
52.49 1:51.70 2:48.95		3:44.97		
15 Amy Goulding	10	City of Liverpool SC	3:46.19	251
51.81 1:49.28 2:49.34		3:46.19		
16 Anna Pickstock	10	Everton SA	3:48.53	244
52.80 1:52.27 2:50.62		3:48.53		
17 Martha Chapman	10	Southport SC	3:50.37	238
52.95 1:52.03 2:51.54		3:50.37		
18 Morag Molyneux	10	City of Liverpool SC	3:51.64	234
53.06 1:52.34 2:53.53		3:51.64		
19 Georgia Mullany	10	Stockport Metro SC	3:53.23	229
55.39 1:54.81 2:54.06		3:53.23		
20 Amy V de Waal-Smith	10	Everton SA	3:55.38	223
53.51 1:53.50 2:54.84		3:55.38		
21 Abigail Rooney	10	Southport SC	3:55.44	223
53.55 1:53.69 2:55.09		3:55.44		
22 Nieva Garland	10	City of Liverpool SC	4:01.59	206
54.48 1:55.54 2:59.74		4:01.59		
23 Charlotte Casselton	10	Southport SC	4:05.05	198
56.33 1:58.38 3:03.44		4:05.05		

**Event 12 Girls 11 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Lois Martin	11	City of Liverpool SC	3:14.29	397
45.26 1:34.89 2:25.89		3:14.29		
2 Holly Knowles	11	Southport SC	3:14.67	394
44.81 1:34.05 2:25.02		3:14.67		
3 Jessica Dow	11	Leek Asc	3:14.90	393
45.28 1:33.79 2:25.17		3:14.90		
4 Hannah Chubb	11	City of Liverpool SC	3:17.51	377
46.26 1:36.03 2:27.08		3:17.51		
5 Laura Gorry	11	Halton SC	3:18.87	370
46.21 1:37.88 2:27.98		3:18.87		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 12 Girls 11 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
6 Olivia Disley	11	Southport SC	3:19.00	369
45.31 1:36.46 2:28.13		3:19.00		
7 Lucy Mills	11	City of Liverpool SC	3:20.07	363
44.92 1:35.86 2:28.65		3:20.07		
8 Holly Shepherd	11	Leek Asc	3:23.20	347
46.98 1:38.09 2:32.51		3:23.20		
9 Megan Graves	11	City of Liverpool SC	3:23.60	345
46.37 1:39.48 2:31.79		3:23.60		
10 Bethany Shaw	11	City of Liverpool SC	3:25.41	336
47.67 1:39.55 2:32.67		3:25.41		
11 Lucie Simpson	11	Swim Trafford SC	3:28.14	323
47.06 1:40.53 2:34.49		3:28.14		
12 Samantha Titterton	11	Burnley Bobcats	3:28.38	321
47.43 1:41.58 2:36.65		3:28.38		
13 Lois McKay	11	City of Liverpool SC	3:30.28	313
48.60 1:42.98 2:36.82		3:30.28		
14 Joanne Whittingham	11	Southport SC	3:31.62	307
48.91 1:43.74 2:37.90		3:31.62		
15 Rebecca Thompson	11	City of Liverpool SC	3:33.12	300
49.20 1:43.79 2:39.46		3:33.12		
16 Nicola Fenna	11	Southport SC	3:42.86	263
52.19 1:49.52 2:48.75		3:42.86		
17 Maddie Jackson-Wojcik	11	Warrington Warriors SC	3:44.97	255
51.59 1:48.62 2:46.93		3:44.97		
--- Hannah Platt	11	City of Liverpool SC	DQ	

**Event 12 Girls 12 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Lydia Paris-Davies	12	City of Liverpool SC	2:57.33	522
41.16 1:26.54 2:12.13		2:57.33		
2 Jade Le'Gall	12	City of Liverpool SC	2:57.55	520
40.74 1:25.97 2:11.76		2:57.55		
3 Kate Roodhouse	12	Stockport Metro SC	2:59.43	503
41.89 1:27.12 2:12.95		2:59.43		
4 Ashleigh Wrench	12	Warrington Warriors SC	2:59.71	501
41.16 1:26.70 2:13.39		2:59.71		
5 Amelia Wood	12	Gallica	3:03.39	472
42.18 1:28.86 2:16.78		3:03.39		
6 Harmonie Waterman	12	Borough of Kirklees SC	3:08.90	431
42.78 1:31.67 2:20.73		3:08.90		
7 Phillipa Doyle	12	Wirral Metro	3:08.93	431
42.26 1:30.47 2:20.21		3:08.93		
8 Laura Mullany	12	Stockport Metro SC	3:09.17	430
44.65 1:32.20 2:20.32		3:09.17		
9 Bethany Young	12	Warrington Warriors SC	3:10.28	422
43.53 1:31.88 2:21.80		3:10.28		
10 Amber Allford	12	Everton SA	3:10.48	421
41.62 1:29.38 2:19.71		3:10.48		
11 Emma Platt	12	Wirral Metro	3:11.35	415
43.22 1:31.65 2:20.99		3:11.35		
12 Maise Legge	12	Cleethorpes & Scun Aquatics	3:11.59	414
43.17 1:32.68 2:22.79		3:11.59		
13 Sophie Bell	12	Warrington Warriors SC	3:12.12	410
46.26 1:35.73 2:24.61		3:12.12		
14 Zoe Foster	12	Chase Swimming Club	3:13.58	401
42.88 1:32.14 2:22.88		3:13.58		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 12 Girls 12 Y.O. 200 LC Metre Breaststroke)**

	Name	Age	Team	Time	FINA
15	Martha Lloyd	12	Southport SC	3:16.55	383
	45.28	1:35.68	2:26.31	3:16.55	
16	Georgina Girvan-Dutton	12	Swim Trafford SC	3:22.90	348
	44.06	1:38.11	2:31.00	3:22.90	
17	Alexandra Bennett	12	City of Newcastle Asc	3:25.02	337
	47.31	1:39.49	2:32.46	3:25.02	

**Event 13 Boys 13 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Benjamin Kerry	13	Swim Trafford SC	2:24.18	492
	31.60	1:07.67	1:46.17	2:24.18	
2	Callum Gladding	13	Cleethorpes & Scun Aquatics	2:31.89	420
	32.91	1:12.79	1:52.41	2:31.89	
3	James Baugh	13	Swim Trafford SC	2:35.36	393
	34.54	1:13.81	1:54.38	2:35.36	
4	Ewan Miller	13	Warrington Warriors SC	2:37.38	378
	35.17	1:14.82	1:55.89	2:37.38	
5	Josh Jones	13	Cleethorpes & Scun Aquatics	2:41.61	349
	35.37	1:15.76	1:58.42	2:41.61	
6	Oliver Simpson	13	Stockport Metro SC	2:42.22	345
	33.58	1:13.99	1:57.25	2:42.22	
7	Lewis Welford	13	City of Newcastle Asc	2:47.52	313
	34.59	1:16.21	2:01.09	2:47.52	
8	Elliot Hughes	13	Ellesmere College Titans	2:54.20	279
	36.59	1:18.50	2:05.41	2:54.20	

**Event 13 Boys 14 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Joseph Wareing	14	Swim Trafford SC	2:22.83	506
	31.25	1:07.43	1:44.53	2:22.83	
2	Thomas Sutcliffe	14	City of Liverpool SC	2:43.04	340
	33.13	1:12.74	1:56.78	2:43.04	

**Event 13 Boys 15 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Ryan Flanagan	15	Borough of Kirklees SC	2:13.83	615
	30.73	1:04.80	1:38.05	2:13.83	
2	Ben Wood	15	Chase Swimming Club	2:19.78	539
	29.85	1:04.59	1:41.23	2:19.78	
3	Adam Fawl	15	Blackpool SC	2:21.14	524
	30.28	1:07.17	1:44.35	2:21.14	
4	Simon Williams	15	Prescot SC	2:23.22	502
	30.27	1:05.65	1:43.72	2:23.22	
5	Thomas Paine	15	Cleethorpes & Scun Aquatics	2:25.89	474
	30.69	1:07.08	1:46.91	2:25.89	
6	Thomas Clarke	15	Mold	2:37.12	380
	34.28	1:13.70	1:55.36	2:37.12	

**Event 14 Girls 13 Y.O. 200 LC Metre IM**

	Name	Age	Team	Time	FINA
1	Nicola Ball	13	City of Chester	2:34.02	601
	32.63	1:11.13	1:58.93	2:34.02	
2	Lauren Cheston	13	Southport SC	2:35.67	582
	34.30	1:17.27	2:02.30	2:35.67	
3	Charlotte Disley	13	Southport SC	2:36.69	571
	34.50	1:13.64	1:59.89	2:36.69	
4	Rebecca Swales	13	Gallica	2:37.02	567
	36.23	1:18.51	2:02.84	2:37.02	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 14 Girls 13 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
5 Lillie Tew-Weaver	13	Stockport Metro SC	2:37.58	561
34.46 1:16.25 2:01.93	2:37.58			
6 Rebecca Friar	13	Everton SA	2:39.51	541
34.19 1:16.18 2:01.49	2:39.51			
7 Leah Evans	13	Warrington Warriors SC	2:42.74	509
34.34 1:15.59 2:04.08	2:42.74			
8 Molly Unwin	13	Cleethorpes & Scun Aquatics	2:43.62	501
36.06 1:19.28 2:07.57	2:43.62			
9 Bryony McCoy	13	Everton SA	2:44.01	498
37.83 1:20.63 2:05.37	2:44.01			
10 Lydia Hitchell	13	Wirral Metro	2:44.42	494
35.46 1:19.13 2:07.99	2:44.42			
11 Katie Wilson	13	City of Liverpool SC	2:45.24	487
34.28 1:16.97 2:08.74	2:45.24			
12 Bethany Hill	13	Southport SC	2:46.64	474
36.13 1:18.80 2:09.97	2:46.64			
13 Mary Davidson	13	City of Newcastle Asc	2:47.85	464
36.65 1:19.01 2:09.51	2:47.85			
14 April Shelton	13	Stockport Metro SC	2:47.86	464
36.63 1:20.55 2:10.64	2:47.86			
15 Zoe Carroll	13	Warrington Warriors SC	2:48.34	460
35.68 1:17.55 2:08.22	2:48.34			
16 Nadiah Kazzan	13	Borough of Kirklees SC	2:48.65	458
35.72 1:22.25 2:10.14	2:48.65			
17 Hannah Wallis	13	Warrington Warriors SC	2:48.82	456
37.95 1:20.17 2:11.61	2:48.82			
18 Erin Donagh	13	Southport SC	2:49.01	455
38.99 1:22.77 2:09.82	2:49.01			
19 Ceri Gillett	13	Wirral Metro	2:49.20	453
38.56 1:25.49 2:09.39	2:49.20			
20 Jessica Stuttard	13	Everton SA	2:49.25	453
37.47 1:21.29 2:10.69	2:49.25			
21 Amy Lock	13	City of Liverpool SC	2:49.33	452
35.36 1:19.86 2:10.36	2:49.33			
22 Christie Ghent	13	Chase Swimming Club	2:50.49	443
35.59 1:19.29 2:12.25	2:50.49			
23 Abbie Lloyd	13	Chase Swimming Club	2:52.09	431
36.40 1:21.97 2:14.15	2:52.09			
24 Laura Green	13	Wrexham S.C.	2:52.45	428
38.13 1:23.10 2:14.74	2:52.45			
25 Abbie Jones	13	City of Liverpool SC	2:54.57	413
38.22 1:24.11 2:13.45	2:54.57			
26 Hannah Robb	13	City of Liverpool SC	2:55.29	408
38.00 1:21.50 2:14.34	2:55.29			
27 Isabelle Chatterton	13	Oldham Aquatics Swimming Club	2:55.61	405
38.91 1:22.79 2:16.14	2:55.61			
28 Hannah Greene	13	Ellesmere College Titans	2:56.98	396
38.27 1:23.04 2:18.75	2:56.98			
29 Nicole Wilson	13	Southport SC	3:03.49	355
38.93 1:25.15 2:18.73	3:03.49			

**Event 14 Girls 14 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Leah Altoft	14	Cleethorpes & Scun Aquatics	2:28.50	670
31.78 1:10.34 2:28.50				
2 Freya Whitehead	14	Wirral Metro	2:29.19	661
32.10 1:11.51 1:53.01	2:29.19			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 14 Girls 14 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
3 Rebecca Pye	14	Warrington Warriors SC	2:32.44	620
32.24 1:10.03 1:56.81 2:32.44				
4 Paige Bowden	14	City of Liverpool SC	2:32.95	614
33.35 1:11.61 1:58.84 2:32.95				
5 Katie Bennett	14	Satellite SC	2:33.90	602
33.25 1:12.55 1:58.57 2:33.90				
6 Zoe Kirkwood	14	City of Newcastle Asc	2:35.73	581
33.43 1:13.55 2:02.29 2:35.73				
7 Karlie Stockdale	14	Barrow Asc	2:35.85	580
34.67 1:14.23 2:01.55 2:35.85				
8 Heather Lawson	14	Swim Trafford SC	2:36.20	576
34.70 1:16.15 2:00.48 2:36.20				
9 Caitlin McNicholas	14	Warrington Warriors SC	2:36.93	568
34.88 1:17.82 2:00.10 2:36.93				
10 Catherine Parker	14	Warrington Warriors SC	2:38.01	557
33.29 1:12.79 2:02.66 2:38.01				
11 Rachel Heesom	14	Warrington Warriors SC	2:39.67	539
34.92 1:15.85 2:03.20 2:39.67				
12 Emma Brown	14	Stockport Metro SC	2:40.55	531
35.96 1:18.95 2:03.73 2:40.55				
13 Aimee Harvey	14	Warrington Warriors SC	2:41.24	524
33.42 1:16.39 2:05.75 2:41.24				
14 Amy Royston	14	Borough of Kirklees SC	2:41.59	520
34.56 1:16.72 2:04.97 2:41.59				
15 Hannah Lally	14	City of Liverpool SC	2:42.30	514
34.67 1:16.93 2:06.39 2:42.30				
16 Catherine Gradwell	14	Southport SC	2:43.64	501
35.39 1:18.23 2:08.66 2:43.64				
17 Melanie Rowland	14	Bebington Swimming Club	2:43.80	500
36.29 1:17.13 2:06.34 2:43.80				
18 Jennifer Leith	14	City of Liverpool SC	2:44.28	495
35.62 1:16.20 2:05.79 2:44.28				
19 Annee Jones	14	Ellesmere College Titans	2:45.77	482
36.30 1:18.73 2:07.93 2:45.77				
20 Emma Rushforth	14	Mold	2:51.65	434
34.35 1:18.46 2:13.92 2:51.65				
--- Megan Coppack	14	Wirral Metro	DQ	

**Event 14 Girls 15 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Amy Simnor	15	Southport SC	2:31.92	626
33.23 1:13.10 1:57.86 2:31.92				
2 Lauren York	15	Cleethorpes & Scun Aquatics	2:36.10	577
34.49 1:15.91 2:00.25 2:36.10				
3 Sophie Kenny	15	Oldham Aquatics Swimming Club	2:36.62	571
33.76 1:14.94 2:02.29 2:36.62				
4 Laura Halsall	15	City of Liverpool SC	2:42.09	516
33.70 1:15.34 2:03.71 2:42.09				
5 Danielle Rowland	15	Bebington Swimming Club	2:45.32	486
36.92 1:21.62 2:09.79 2:45.32				
6 Jessica Pearson	15	Swim Trafford SC	2:46.93	472
35.84 1:17.96 2:08.90 2:46.93				
7 Rebecca Coy	15	Warrington Warriors SC	2:48.45	459
35.98 1:19.41 2:09.25 2:48.45				
8 Elizabeth Simpkin	15	Southport SC	2:56.22	401
36.26 1:19.88 2:15.98 2:56.22				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 15 Boys 16 /Ov 400 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	Matthew Parks	16	City of Liverpool SC						4:10.08	706
	29.19	1:01.11	1:32.96	2:04.77	2:36.36	3:07.90	3:39.29	4:10.08		
2	Nathan Barr	17	City of Liverpool SC						4:16.89	651
	29.47	1:01.47	1:33.18	2:05.88	2:38.06	3:11.46	3:44.41	4:16.89		
3	Steven Thornton	17	Borough of Kirklees SC						4:20.23	627
	29.33	1:01.49	1:34.11	2:06.86	2:40.25	3:13.58	3:47.49	4:20.23		
4	Adam Shipp	22	City of Liverpool SC						4:25.62	589
	29.86	1:02.00	1:35.50	2:09.66	2:43.76	3:18.30	3:52.60	4:25.62		
5	Sam West	16	City of Liverpool SC						4:31.17	554
	30.44	1:04.39	1:39.07	2:14.00	2:48.98	3:24.39	3:58.42	4:31.17		
6	Matthew Hargreaves	16	Gallica						4:34.29	535
	30.42	1:04.49	1:39.29	2:14.74	2:49.45	3:24.65	3:59.95	4:34.29		
7	James Day	16	Bebington Swimming Club						4:48.00	462
	30.51	1:05.14	1:40.85	2:17.59	2:54.98	3:32.62	4:10.58	4:48.00		

**Event 16 Girls 16 /Ov 200 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	Aisha Thornton	18	Warrington Warriors SC						2:10.99	690
	30.61	1:04.20	1:38.18	2:10.99						
2	Vikki Morgan	17	Wirral Metro						2:11.45	682
	30.74	1:04.12	1:37.93	2:11.45						
3	Amie Garforth	18	Borough of Kirklees SC						2:15.74	620
	31.61	1:06.04	1:41.19	2:15.74						
4	Liz Hierons	16	City of Newcastle Asc						2:16.33	612
	31.72	1:06.96	1:42.32	2:16.33						
5	Alice Little	17	City of Chester						2:16.39	611
	30.94	1:05.18	1:40.64	2:16.39						
6	Kelly Ann Smith	16	Chase Swimming Club						2:17.98	590
	31.06	1:05.95	1:42.72	2:17.98						
7	Hannah Drewett	17	Salisbury Stingrays						2:18.43	584
	30.97	1:06.19	1:42.40	2:18.43						
8	Ashleigh Fletcher	16	Cleethorpes & Scun Aquatics						2:18.97	578
	32.10	1:06.63	1:43.04	2:18.97						
9	Jasmine Kirk	16	Cleethorpes & Scun Aquatics						2:19.41	572
	32.40	1:07.50	1:43.94	2:19.41						
10	Sarah Hoye	17	Swim Trafford SC						2:20.00	565
	32.38	1:07.26	1:43.80	2:20.00						
11	Megan Coughlan	16	Chase Swimming Club						2:24.86	510
	33.04	1:09.39	1:46.85	2:24.86						
12	Amy Young	16	City of Chester						2:32.27	439
	33.96	1:12.46	1:52.19	2:32.27						

**Event 17 Boys 9 Y.O. 200 LC Metre Breaststroke**

	Name	Age	Team						Time	FINA
1	Josh Millburn	9	Workington Asc						3:47.98	180
	51.30	1:50.50	2:50.04	3:47.98						
2	Joe Ellis	9	City of Liverpool SC						3:50.07	175
	51.39	1:50.02	2:50.75	3:50.07						
3	Jamie Grayson	9	City of Liverpool SC						3:51.39	172
	52.99	1:53.19	2:52.66	3:51.39						
4	Benjimen Holmes	9	Southport SC						3:51.42	172
	54.20	1:54.71	2:54.39	3:51.42						
5	Ryan Warriner	9	City of Liverpool SC						3:54.62	165
	55.18	1:58.25	2:59.15	3:54.62						
6	Michael Doyle	9	Ellesmere College Titans						3:58.51	157
	55.77	1:58.41	2:57.91	3:58.51						

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 17 Boys 9 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
7 Tiras Waterman	9	Borough of Kirklees SC	4:04.26	147
56.88 2:00.82 3:03.47		4:04.26		
8 Oliver Sutton	9	Southport SC	4:20.43	121
1:00.02 2:05.80 3:13.21		4:20.43		
--- David Finn	9	Southport SC	DQ	

**Event 17 Boys 10 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Connor Lewis	10	City of Liverpool SC	3:29.15	234
47.27 1:40.38 2:34.97		3:29.15		
2 Samuel Legge	10	Cleethorpes & Scun Aquatics	3:33.37	220
49.84 1:44.02 2:39.03		3:33.37		
3 Cameron Cheston	10	Southport SC	3:42.18	195
51.51 1:47.10 2:44.46		3:42.18		
4 Nathaniel Bellamy	10	Warrington Warriors SC	3:43.36	192
52.46 1:50.33 2:47.86		3:43.36		
5 Luke Cox	10	Stockport Metro SC	3:48.07	180
51.61 1:51.30 2:50.37		3:48.07		
6 James Riley	10	Southport SC	3:53.79	167
53.40 1:52.73 2:56.31		3:53.79		
7 George Foster	10	Chase Swimming Club	3:54.43	166
53.59 1:55.61 2:56.45		3:54.43		

**Event 17 Boys 11 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Adam Poole	11	Warrington Warriors SC	3:08.71	318
41.42 1:30.23 2:19.75		3:08.71		
2 Aaron Hill	11	Warrington Warriors SC	3:08.79	318
44.66 1:33.26 2:22.16		3:08.79		
3 Kyle Clegg	11	Oldham Aquatics Swimming Club	3:13.64	294
44.34 1:34.08 2:25.66		3:13.64		
4 Alex Fry	11	City of Liverpool SC	3:13.90	293
43.93 1:33.81 2:25.32		3:13.90		
5 James Lockwood	11	Borough of Kirklees SC	3:18.08	275
46.83 1:37.20 2:28.58		3:18.08		
6 William Beaven	11	Gallica	3:18.80	272
46.26 1:37.71 2:29.06		3:18.80		
7 Oliver Atkinson	11	Southport SC	3:19.38	270
46.25 1:36.54 2:27.90		3:19.38		
8 Liam Whittle	11	City of Liverpool SC	3:19.86	268
45.38 1:36.51 2:28.03		3:19.86		
9 William Thackray	11	Borough of Kirklees SC	3:22.10	259
46.60 1:37.89 2:30.02		3:22.10		
10 Edward Martin	11	Walsall SC	3:22.71	257
46.61 1:39.18 2:31.70		3:22.71		
11 Ellis Le'Gall	11	City of Liverpool SC	3:22.86	256
46.01 1:38.58 2:31.05		3:22.86		
12 Seth Waterman	11	Borough of Kirklees SC	3:23.37	254
46.32 1:40.12 2:32.13		3:23.37		
13 James Jackson	11	Cheadle (Staffs) & District AS	3:24.57	250
47.84 1:41.04 2:33.65		3:24.57		
14 Thomas Sutton	11	Warrington Warriors SC	3:26.09	244
49.44 1:40.81 2:34.98		3:26.09		
15 Charlie McSkeane	11	City of Carlisle Asc	3:27.51	239
47.69 1:41.83 2:35.11		3:27.51		
16 Jacob Wass	11	Warrington Warriors SC	3:27.96	238
48.43 1:42.09 2:36.47		3:27.96		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 17 Boys 11 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
17 Elliot Routledge	11	Workington Asc	3:28.66	235
47.06 1:40.94 2:35.27		3:28.66		
18 Ashley Rogers	11	Southport SC	3:29.34	233
49.50 1:42.75 2:37.94		3:29.34		
19 Ethan Clark	11	Southport SC	3:29.41	233
48.28 1:41.61 2:36.15		3:29.41		
20 Luc-Sebastian Jarzynski	11	Ellesmere College Titans	3:29.53	232
46.54 1:39.43 2:34.50		3:29.53		
21 William O'Donnell	11	Southport SC	3:31.81	225
50.02 1:45.78 2:39.24		3:31.81		
22 John Costigan	11	City of Liverpool SC	3:41.35	197
51.65 1:49.15 2:46.23		3:41.35		
23 Thomas Hamer	11	Burnley Bobcats	3:51.28	173
52.24 1:52.30 2:53.74		3:51.28		

**Event 17 Boys 12 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Adam Ravenscroft	12	Warrington Warriors SC	2:49.03	442
36.27 1:18.93 2:03.28		2:49.03		
2 George Flesher	12	Borough of Kirklees SC	2:50.92	428
38.17 1:21.54 2:05.95		2:50.92		
3 Thomas Millburn	12	Workington Asc	2:56.34	390
39.96 1:25.26 2:11.44		2:56.34		
4 Joe Mitchell	12	Stockport Metro SC	2:56.55	388
39.71 1:25.05 2:10.82		2:56.55		
5 Harry Thompson	12	City of Liverpool SC	2:56.66	388
39.28 1:24.76 2:10.60		2:56.66		
6 James Wilson	12	Ellesmere College Titans	2:58.86	373
40.76 1:27.64 2:13.01		2:58.86		
7 Oliver Webster	12	Cleethorpes & Scun Aquatics	2:59.61	369
41.14 1:27.41 2:14.35		2:59.61		
8 Ross Rutherford	12	City of Liverpool SC	3:04.57	340
41.93 1:30.05 2:18.57		3:04.57		
9 Ryan Rimmer	12	Southport SC	3:05.16	337
41.95 1:28.48 2:17.08		3:05.16		
10 Alfie Pardoe	12	Ellesmere College Titans	3:08.75	318
43.99 1:32.26 2:20.79		3:08.75		
11 Conal Spencer	12	Borough of Kirklees SC	3:09.19	316
43.21 1:30.99 2:20.01		3:09.19		
12 James Ross	12	Warrington Warriors SC	3:09.53	314
44.82 1:33.62 2:22.79		3:09.53		
13 Adam Maskrey	12	Biddulph SC	3:11.87	303
43.87 1:33.65 2:22.39		3:11.87		
14 Sam Delmonte	12	Southport SC	3:12.91	298
42.43 1:32.03 2:22.86		3:12.91		
15 Luke TESSYMAN	12	City of Liverpool SC	3:15.38	286
44.59 1:34.57 2:26.12		3:15.38		
16 James Burke	12	Cleethorpes & Scun Aquatics	3:15.61	285
43.19 1:33.17 2:25.77		3:15.61		
17 Danny Lawton	12	Wirral Metro	3:16.16	283
44.55 1:35.21 2:26.42		3:16.16		
18 Callum Welman	12	Ruthin Asc	3:19.60	269
44.04 1:35.15 2:28.24		3:19.60		
19 Mitchell Page	12	Walsall SC	3:20.04	267
45.91 1:38.89 2:29.34		3:20.04		
20 Matthew Evans	12	Chase Swimming Club	3:22.38	258
46.42 1:38.19 2:31.44		3:22.38		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 17 Boys 12 Y.O. 200 LC Metre Breaststroke)**

	Name	Age	Team	Time	FINA
21	Daniel Cheshire	12	Prescot SC	3:23.55	253
	46.66	1:38.80	2:32.30	3:23.55	
22	Dean Borg	12	Wirral Metro	3:23.77	253
	46.92	1:41.87	2:36.77	3:23.77	
23	Ben Currie	12	City of Liverpool SC	3:27.28	240
	46.91	1:40.19	2:33.67	3:27.28	

**Event 18 Girls 9 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Mattea-Jay Oliver	9	City of Liverpool SC	3:34.04	202
	43.26	1:37.08	2:34.53	3:34.04	

**Event 18 Girls 10 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Amy Carroll	10	Southport SC	3:09.80	290
	42.89	1:31.45	2:22.43	3:09.80	
2	Holly Hibbott	10	Southport SC	3:09.99	289
	42.41	1:31.84	2:22.48	3:09.99	
3	Alison Steele	10	Halton SC	3:13.87	272
	41.40	1:31.68	2:24.75	3:13.87	
4	Connie McClelland	10	City of Chester	3:16.28	262
	43.30	1:33.92	2:25.86	3:16.28	
5	Phillipa Roebuck	10	Stafford Apex	3:17.38	258
	42.01	1:33.32	2:25.34	3:17.38	
6	Siobhan Harrison	10	Warrington Warriors SC	3:25.31	229
	44.05	1:38.24	2:32.34	3:25.31	
7	Ellen Webster	10	Southport SC	3:30.28	213
	46.00	1:39.34	2:35.33	3:30.28	
8	Martha Chapman	10	Southport SC	3:46.51	171
	46.70	1:45.21	2:46.67	3:46.51	
---	Rebecca Cuff	10	City of Liverpool SC	DNF	
	45.48				

**Event 18 Girls 11 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Olivia Disley	11	Southport SC	3:01.23	333
	38.40	1:23.57	2:12.30	3:01.23	
2	Robyn Hart	11	City of Liverpool SC	3:03.24	322
	41.71	1:30.28	2:19.20	3:03.24	
3	Jasmine Hanna-Donnelly	11	Swim Trafford SC	3:09.05	294
	41.62	1:30.10	2:20.82	3:09.05	
4	Nicola Fenna	11	Southport SC	3:15.42	266
	40.97	1:30.91	2:23.12	3:15.42	
5	Hannah Chubb	11	City of Liverpool SC	3:16.24	262
	41.44	1:30.80	2:23.11	3:16.24	

**Event 18 Girls 12 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Ashleigh Backhouse	12	City of Carlisle Asc	2:41.35	472
	35.97	1:16.69	1:58.87	2:41.35	
2	Phoebe Ginnelly	12	Wirral Metro	2:42.17	465
	34.36	1:16.70	1:59.01	2:42.17	
3	Laura Mullany	12	Stockport Metro SC	2:44.29	447
	38.39	1:18.95	2:02.45	2:44.29	
4	Natalie Dingley	12	Stourbridge SC	2:46.32	431
	35.76	1:19.61	2:02.79	2:46.32	
5	Jade Forster	12	Southport SC	2:52.76	385
	37.42	1:21.27	2:09.12	2:52.76	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 18 Girls 12 Y.O. 200 LC Metre Fly)**

Name	Age	Team	Time	FINA
6 Emma Mason	12	City of Liverpool SC	2:59.40	343
38.65 1:23.41 2:10.32	2:59.40			
--- Bethany Baker	12	Chase Swimming Club	DQ	

**Event 19 Boys 13 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Sam Davies	13	City of Liverpool SC	2:29.77	479
33.50 1:12.45 1:55.58	2:29.77			
2 Connor Makin	13	Gallica	2:32.92	450
34.86 1:16.82 1:58.48	2:32.92			
3 Oliver Fairway	13	Southport SC	2:33.98	441
33.42 1:12.56 1:57.17	2:33.98			
4 Regen Gregg	13	Borough of Kirklees SC	2:34.14	440
33.36 1:17.30 2:00.85	2:34.14			
5 Benjamin Kerry	13	Swim Trafford SC	2:34.54	436
32.15 1:13.88 2:01.54	2:34.54			
6 Oliver Simpson	13	Stockport Metro SC	2:34.63	436
32.32 1:12.71 1:59.88	2:34.63			
7 Aneirin Baker	13	Swim Trafford SC	2:35.51	428
35.82 1:18.01 2:00.75	2:35.51			
8 Ewan Miller	13	Warrington Warriors SC	2:35.59	428
33.36 1:15.11 2:01.85	2:35.59			
9 Andrew McLay	13	Warrington Warriors SC	2:35.66	427
35.35 1:17.66 2:00.35	2:35.66			
10 Josh Jones	13	Cleethorpes & Scun Aquatics	2:39.35	398
34.79 1:17.25 2:04.07	2:39.35			
11 Sam Newton	13	Wirral Metro	2:40.44	390
36.15 1:21.61 2:04.72	2:40.44			
12 Shaun Muscroft	13	Swim Trafford SC	2:41.35	383
34.99 1:16.16 2:06.78	2:41.35			
13 James Baugh	13	Swim Trafford SC	2:42.37	376
34.52 1:19.09 2:07.02	2:42.37			
14 Joseph Whiteside	13	Southport SC	2:43.25	370
35.02 1:18.58 2:06.18	2:43.25			
15 Marc McLean	13	City of Liverpool SC	2:43.59	368
35.72 1:17.45 2:07.50	2:43.59			
16 Leon Parkes	13	Ellesmere College Titans	2:43.65	367
37.26 1:20.00 2:09.01	2:43.65			
17 Audley Cruttenden	13	Wirral Metro	2:44.03	365
35.62 1:18.11 2:07.41	2:44.03			
18 Elliot Hughes	13	Ellesmere College Titans	2:44.87	359
35.73 1:18.80 2:08.68	2:44.87			
19 Jake Kilroy	13	City of Liverpool SC	2:45.16	358
36.03 1:20.65 2:08.78	2:45.16			
20 Ethan Williams	13	Southport SC	2:45.79	353
37.35 1:18.40 2:11.09	2:45.79			
21 Callum Gladding	13	Cleethorpes & Scun Aquatics	2:46.77	347
33.83 1:16.80 2:10.66	2:46.77			
22 Anthony West	13	City of Liverpool SC	2:48.79	335
37.86 1:22.59 2:11.76	2:48.79			
23 Luke Nisted	13	GB Deaf Squad	2:48.93	334
36.58 1:19.19 2:12.75	2:48.93			

**Event 19 Boys 14 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Curtis Corrie	14	Barrow Asc	2:25.56	522
32.33 1:09.49 1:55.07	2:25.56			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 19 Boys 14 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
2 Liam Graves	14	City of Liverpool SC	2:26.69	510
31.09 1:07.45 1:52.37		2:26.69		
3 Daniel Hussey	14	City of Chester	2:27.14	506
29.99 1:06.53 1:53.36		2:27.14		
4 William Harding	14	Wirral Metro	2:27.39	503
33.80 1:15.26 1:55.48		2:27.39		
5 Michael Ross	14	Warrington Warriors SC	2:27.67	500
31.75 1:08.42 1:53.97		2:27.67		
6 Adam Silvester	14	Chase Swimming Club	2:29.31	484
32.13 1:07.78 1:57.63		2:29.31		
7 Elliot Otty	14	Southport SC	2:29.71	480
33.15 1:13.88 1:55.31		2:29.71		
8 Alex Dunk	14	Prescot SC	2:30.48	473
31.37 1:09.05 1:58.53		2:30.48		
9 Thomas James	14	City of Liverpool SC	2:32.11	458
31.26 1:09.07 1:54.71		2:32.11		
10 Alex Law	14	Northwich Asc	2:34.82	434
31.15 1:10.01 1:57.08		2:34.82		
11 James Simpson	14	Swim Trafford SC	2:37.92	409
35.45 1:17.92 2:02.36		2:37.92		
12 Thomas Sutcliffe	14	City of Liverpool SC	2:42.40	376
33.18 1:15.28 2:05.81		2:42.40		

**Event 19 Boys 15 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Thomas Barton	15	City of Liverpool SC	2:12.57	691
28.18 1:01.87 1:41.79		2:12.57		
2 Jordan Barlow	15	Warrington Warriors SC	2:20.04	586
29.70 1:06.43 1:48.74		2:20.04		
3 Jack Scott	15	City of Liverpool SC	2:21.52	568
29.61 1:05.90 1:49.90		2:21.52		
4 Thomas Paine	15	Cleethorpes & Scun Aquatics	2:21.70	566
30.30 1:07.60 1:50.36		2:21.70		
5 Ben Wood	15	Chase Swimming Club	2:22.25	560
29.98 1:06.37 1:51.27		2:22.25		
6 Adam Fawl	15	Blackpool SC	2:26.34	514
29.73 1:09.14 1:52.20		2:26.34		
7 Daniel Wass	15	Warrington Warriors SC	2:29.28	484
33.65 1:09.86 1:56.49		2:29.28		
8 Simon Williams	15	Prescot SC	2:30.15	476
30.73 1:08.37 1:57.62		2:30.15		

**Event 20 Girls 13 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Lauren Cheston	13	Southport SC	4:39.13	661
32.05 1:06.08 1:42.33		2:18.01 2:53.67 3:29.64 4:05.38 4:39.13		
2 Nicola Ball	13	City of Chester	4:45.00	621
32.58 1:07.60 1:43.86		2:19.84 2:56.48 3:33.02 4:10.11 4:45.00		
3 Lydia Hitchell	13	Wirral Metro	4:45.61	617
32.88 1:08.79 1:45.32		2:21.81 2:58.72 3:35.36 4:11.03 4:45.61		
4 Rebecca Swales	13	Gallica	4:47.81	603
33.05 1:09.05 1:45.44		2:22.18 2:58.92 3:36.31 4:13.07 4:47.81		
5 Lillie Tew-Weaver	13	Stockport Metro SC	4:51.23	582
33.19 1:09.56 1:46.83		2:24.04 3:01.34 3:38.51 4:15.26 4:51.23		
6 Charlotte Disley	13	Southport SC	4:55.86	555
33.27 1:10.74 1:48.61		2:26.31 3:04.06 3:41.87 4:19.57 4:55.86		
7 Rebecca Friar	13	Everton SA	5:01.61	524
33.87 1:12.46 1:50.21		2:28.38 3:06.41 3:45.16 4:23.51 5:01.61		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 20 Girls 13 Y.O. 400 LC Metre Freestyle)**

Name	Age	Team						Time	FINA
8 Bethany Hill	13	Southport SC						5:03.14	516
34.06	1:11.45	1:49.49	2:28.17	3:06.64	3:45.78	4:24.45	5:03.14		
9 Hannah Greene	13	Ellesmere College Titans						5:04.80	508
34.57	1:12.50	1:51.47	2:30.56	3:09.93	3:48.81	4:27.59	5:04.80		
10 Hannah Wallis	13	Warrington Warriors SC						5:05.48	504
34.48	1:12.40	1:51.78	2:30.81	3:10.11	3:48.94	4:27.93	5:05.48		
11 Leah Evans	13	Warrington Warriors SC						5:05.53	504
33.21	1:11.86	1:51.50	2:30.78	3:09.88	3:50.07	4:29.33	5:05.53		
12 Molly Unwin	13	Cleethorpes & Scun Aquatics						5:06.42	500
35.21	1:13.57	1:52.78	2:31.76	3:10.83	3:49.81	4:29.03	5:06.42		
13 Abbie Lloyd	13	Chase Swimming Club						5:12.77	470
34.87	1:13.14	1:52.35	2:32.43	3:13.28	3:54.52	4:34.14	5:12.77		
14 Ceri Gillett	13	Wirral Metro						5:14.31	463
34.94	1:14.54	1:54.40	2:34.94	3:14.96	3:55.81	4:35.57	5:14.31		
15 Laura Green	13	Wrexham S.C.						5:16.17	455
35.49	1:15.43	1:56.17	2:37.62	3:18.90	3:59.77	4:38.80	5:16.17		

**Event 20 Girls 14 Y.O. 400 LC Metre Freestyle**

Name	Age	Team						Time	FINA
1 Megan Coppack	14	Wirral Metro						4:36.89	677
31.71	1:05.65	1:40.51	2:16.32	2:51.65	3:27.63	4:02.84	4:36.89		
2 Martha Hirst	14	Gallica						4:41.36	645
32.19	1:07.21	1:43.05	2:18.44	2:54.59	3:30.53	4:07.07	4:41.36		
3 Katie Bennett	14	Satellite SC						4:42.76	636
32.05	1:07.07	1:42.58	2:18.76	2:54.88	3:31.10	4:07.28	4:42.76		
4 Zoe Kirkwood	14	City of Newcastle Asc						4:43.16	633
32.48	1:08.25	1:44.45	2:20.92	2:56.35	3:32.11	4:07.39	4:43.16		
5 Karlie Stockdale	14	Barrow Asc						4:43.66	630
31.64	1:06.25	1:41.49	2:18.15	2:54.49	3:32.21	4:08.56	4:43.66		
6 Hannah Lally	14	City of Liverpool SC						4:47.54	605
34.37	1:09.86	1:46.86	2:23.37	3:00.08	3:36.58	4:12.90	4:47.54		
7 Catherine Parker	14	Warrington Warriors SC						4:49.59	592
33.30	1:09.60	1:46.23	2:23.06	3:00.35	3:37.83	4:15.08	4:49.59		
8 Rachel Parks	14	City of Liverpool SC						4:51.79	579
32.46	1:08.51	1:45.04	2:22.25	2:59.35	3:37.16	4:14.39	4:51.79		
9 Aimee Harvey	14	Warrington Warriors SC						4:52.07	577
33.67	1:09.96	1:46.55	2:23.96	3:01.05	3:38.42	4:15.64	4:52.07		
10 Charlotte Cain	14	Wigan Best SC						4:53.45	569
33.50	1:09.42	1:46.87	2:24.18	3:02.02	3:39.64	4:17.73	4:53.45		
11 Caitlin McNicholas	14	Warrington Warriors SC						4:54.99	560
33.68	1:10.29	1:48.24	2:25.59	3:03.11	3:40.57	4:18.38	4:54.99		
12 Rachel Heesom	14	Warrington Warriors SC						4:56.12	553
34.16	1:10.47	1:47.86	2:25.42	3:03.36	3:41.17	4:19.36	4:56.12		
13 Heather Lawson	14	Swim Trafford SC						4:56.30	552
32.93	1:08.85	1:45.30	2:22.80	3:00.11	3:38.18	4:17.29	4:56.30		
14 Freya Whitehead	14	Wirral Metro						4:57.38	546
31.80	1:08.41	1:46.77	2:25.47	3:03.69	3:42.64	4:20.85	4:57.38		
15 Lucy Hale	14	City of Liverpool SC						4:58.03	543
33.08	1:10.34	1:47.92	2:26.09	3:04.49	3:43.08	4:21.11	4:58.03		
16 Amy Royston	14	Borough of Kirklees SC						4:58.23	542
33.95	1:11.02	1:48.88	2:26.89	3:05.18	3:43.24	4:21.14	4:58.23		
17 Catherine Gradwell	14	Southport SC						5:01.45	525
34.20	1:11.41	1:50.55	2:28.25	3:07.23	3:45.54	4:24.76	5:01.45		
18 Annee Jones	14	Ellesmere College Titans						5:05.62	503
35.49	1:13.69	1:52.78	2:31.44	3:10.59	3:49.19	4:28.49	5:05.62		
19 Melanie Rowland	14	Bebington Swimming Club						5:07.96	492
34.76	1:12.95	1:52.10	2:31.46	3:10.87	3:50.42	4:30.42	5:07.96		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 20 Girls 14 Y.O. 400 LC Metre Freestyle)**

	Name	Age	Team						Time	FINA
20	Emma Brown	14	Stockport Metro SC						5:09.11	487
	34.87	1:12.98	1:53.32	2:32.67	3:12.73	3:52.29	4:32.11	5:09.11		
21	Emma Rushforth	14	Mold						5:11.92	474
	33.06	1:11.87	1:51.92	2:32.71	3:12.68	3:52.76	4:32.44	5:11.92		
22	Jennifer Leith	14	City of Liverpool SC						5:11.94	473
	34.39	1:12.55	1:52.02	2:31.66	3:11.85	3:52.07	4:32.52	5:11.94		

**Event 20 Girls 15 Y.O. 400 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	Lucy Grainge	15	Swim Trafford SC						4:25.08	772
	30.14	1:02.42	1:35.27	2:09.04	2:42.82	3:17.03	3:51.65	4:25.08		
2	Amy Simnor	15	Southport SC						4:41.12	647
	31.97	1:06.77	1:41.69	2:17.91	2:52.99	3:29.15	4:04.97	4:41.12		
3	Ellie Newby	15	City of Liverpool SC						4:46.82	609
	33.00	1:08.69	1:45.20	2:21.93	2:58.58	3:35.21	4:11.88	4:46.82		
4	Rachel Smedley	15	City of Newcastle Asc						4:48.01	602
	32.59	1:08.04	1:44.56	2:20.95	2:57.91	3:34.96	4:11.94	4:48.01		
5	Charlotte Sim	15	City of Newcastle Asc						4:48.51	598
	31.94	1:06.62	1:42.30	2:18.94	2:56.20	3:34.21	4:11.28	4:48.51		
6	Lauren York	15	Cleethorpes & Scun Aquatics						4:54.74	561
	32.67	1:08.84	1:46.24	2:24.06	3:02.05	3:40.00	4:18.31	4:54.74		
7	Abigail Pounder	15	Burnley Bobcats						5:00.43	530
	33.11	1:09.96	1:47.41	2:25.90	3:04.16	3:43.64	4:22.80	5:00.43		
8	Danielle Rowland	15	Bebington Swimming Club						5:03.70	513
	34.18	1:12.99	1:51.64	2:31.22	3:10.02	3:49.62	4:27.33	5:03.70		
9	Eve Fellows	15	Wigan Best SC						5:05.22	505
	33.68	1:10.62	1:49.28	2:28.79	3:08.69	3:47.82	4:27.37	5:05.22		
10	Hannah Wain	15	Garston SC						5:06.16	501
	33.61	1:10.90	1:49.62	2:28.95	3:08.62	3:48.15	4:27.96	5:06.16		
11	Jessica Pearson	15	Swim Trafford SC						5:07.20	496
	34.01	1:11.52	1:50.31	2:29.28	3:08.67	3:48.10	4:28.07	5:07.20		
12	Elizabeth Simpkin	15	Southport SC						5:45.95	347
	36.55	1:19.83	2:04.83	2:49.19	3:33.83	4:18.12	5:02.41	5:45.95		

**Event 21 Boys 16 /Ov 200 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	JJ Gallichan	18	City of Liverpool SC						1:58.73	693
	27.75	58.54	1:28.74	1:58.73						
2	Michael Holstein	18	City of Liverpool SC						1:58.75	693
	27.94	58.70	1:29.40	1:58.75						
3	Steven Thornton	17	Borough of Kirklees SC						2:03.50	616
	28.72	1:00.35	1:31.93	2:03.50						
4	Nathan Barr	17	City of Liverpool SC						2:05.52	587
	28.34	59.57	1:32.74	2:05.52						
5	Sam West	16	City of Liverpool SC						2:06.06	579
	29.26	1:01.30	1:34.78	2:06.06						
6	Stephen Renwick	20	Everton SA						2:07.13	565
	29.62	1:01.66	1:34.62	2:07.13						
7	Sam Milne	16	Altrincham SC						2:10.11	527
	29.11	1:01.29	1:35.43	2:10.11						
8	Matthew Hargreaves	16	Gallica						2:11.41	511
	29.62	1:03.09	1:38.04	2:11.41						
9	Matthew V de Waal-Smith	16	Everton SA						2:11.48	510
	29.26	1:01.71	1:36.34	2:11.48						
10	George Morreal	17	Oldham Aquatics Swimming Club						2:11.54	510
	29.58	1:02.78	1:37.84	2:11.54						
11	James Day	16	Bebington Swimming Club						2:12.73	496
	29.59	1:03.67	1:39.34	2:12.73						

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 21 Boys 16 /Ov 200 LC Metre Freestyle)**

Name	Age	Team	Time	FINA
12 Leigh Clarke	17	Bebington Swimming Club	2:12.76	496
29.38	1:03.30	1:38.34	2:12.76	
13 David Treadell	16	City of Liverpool SC	2:14.65	475
29.83	1:03.30	1:39.33	2:14.65	

**Event 22 Girls 16 /Ov 200 LC Metre Backstroke**

Name	Age	Team	Time	FINA
1 Kelly Ann Smith	16	Chase Swimming Club	2:28.14	629
34.05	1:11.60	1:50.17	2:28.14	
2 Megan Coughlan	16	Chase Swimming Club	2:37.14	527
36.49	1:16.08	1:56.96	2:37.14	
3 Ashleigh Fletcher	16	Cleethorpes & Scun Aquatics	2:43.12	471
38.07	1:19.51	2:01.48	2:43.12	

**Event 23 Boys 9 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Paolo Moniz	9	Southport SC	3:27.09	166
46.35	1:41.11	2:35.02	3:27.09	
2 Neil Wylie	9	Prescot SC	3:37.16	144
43.05	1:36.73	2:36.47	3:37.16	

**Event 23 Boys 10 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Oliver Crosby	10	Swim Trafford SC	3:02.78	241
39.23	1:26.69	2:16.16	3:02.78	
2 Samuel Legge	10	Cleethorpes & Scun Aquatics	3:14.01	202
41.20	1:31.30	2:23.66	3:14.01	
3 Nathaniel Bellamy	10	Warrington Warriors SC	3:28.17	163
41.89	1:35.83	2:33.30	3:28.17	
4 Matthew McGregor	10	Southport SC	3:45.68	128
49.91	1:48.69	2:48.90	3:45.68	

**Event 23 Boys 11 Y.O. 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 William Thackray	11	Borough of Kirklees SC	2:42.20	345
36.36	1:17.66	2:00.25	2:42.20	
2 Oliver Houghton	11	Warrington Warriors SC	2:43.53	337
36.55	1:17.77	2:00.42	2:43.53	
3 Adam Poole	11	Warrington Warriors SC	2:50.42	298
39.29	1:21.83	2:07.75	2:50.42	
4 Ethan Clark	11	Southport SC	2:55.17	274
35.83	1:18.68	2:07.36	2:55.17	
5 Joshua Steele	11	Leek Asc	2:56.88	266
38.75	1:24.05	2:11.12	2:56.88	
6 Charlie McSkeane	11	City of Carlisle Asc	3:04.50	235
39.44	1:26.67	2:16.24	3:04.50	
7 Simon Ellershaw	11	City of Chester	3:04.80	233
39.91	1:27.57	2:17.28	3:04.80	
8 Ashley Rogers	11	Southport SC	3:06.87	226
39.55	1:26.49	2:15.98	3:06.87	
9 Elliot Routledge	11	Workington Asc	3:11.82	209
39.92	1:29.13	2:21.53	3:11.82	
10 Jacob Wass	11	Warrington Warriors SC	3:13.85	202
40.69	1:29.46	2:23.24	3:13.85	
11 Jacob Lea	11	Southport SC	3:29.40	160
43.32	1:37.04	2:37.28	3:29.40	
12 Harry Cook	11	Southport SC	3:41.58	135
48.64	1:46.29	2:45.68	3:41.58	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 23 Boys 12 Y.O. 200 LC Metre Fly**

	Name	Age	Team	Time	FINA
1	Jordan MacDonald	12	Southport SC	2:34.66	398
	32.51 1:09.91 1:49.90		2:34.66		
2	Joe Hulme	12	Leek Asc	2:35.21	394
	33.71 1:12.23 1:54.25		2:35.21		
3	Kyle Chisholm	12	Borough of Kirklees SC	2:41.32	351
	34.27 1:13.72 1:57.27		2:41.32		
4	Aaron Kirchin-Brown	12	Warrington Warriors SC	2:41.36	351
	36.58 1:17.52 2:00.02		2:41.36		
5	Nathan Hall	12	Southport SC	2:42.27	345
	36.26 1:17.56 1:59.81		2:42.27		
6	Joshua Moniz	12	Southport SC	2:44.82	329
	36.93 1:19.34 2:02.55		2:44.82		
7	Harry Pickering	12	Wirral Metro	2:44.94	328
	34.26 1:16.59 2:00.74		2:44.94		
8	Daniel Walsh	12	Swim Trafford SC	2:45.96	322
	37.14 1:18.73 2:02.01		2:45.96		
9	Joe Kinsell	12	Chase Swimming Club	2:50.24	299
	37.71 1:20.84 2:06.14		2:50.24		
10	Ross Hill	12	Stafford Apex	2:58.03	261
	38.84 1:23.32 2:11.24		2:58.03		
11	Bradley Harrison	12	Warrington Warriors SC	3:00.18	252
	40.01 1:27.40 2:14.41		3:00.18		
12	Alfie Pardoe	12	Ellesmere College Titans	3:11.74	209
	41.05 1:30.85 2:22.41		3:11.74		

**Event 24 Girls 9 Y.O. 200 LC Metre IM**

	Name	Age	Team	Time	FINA
1	Niamh Andrews	9	Mold	3:08.77	326
	42.28 1:30.56 2:28.35		3:08.77		
2	Britney Dagger	9	Blackpool SC	3:09.40	323
	43.29 1:31.44 2:27.05		3:09.40		
3	Lara Bate	9	Stockport Metro SC	3:21.01	270
	51.32 1:44.77 2:39.33		3:21.01		
4	Anna Duncan	9	City of Liverpool SC	3:22.08	266
	43.95 1:35.76 2:35.11		3:22.08		
5	Bethan Strange	9	Everton SA	3:23.12	262
	46.37 1:36.24 2:35.96		3:23.12		
6	Niamh Wilgar	9	Southport SC	3:29.78	238
	44.21 1:40.68 2:40.86		3:29.78		
7	Ella Johnson	9	Southport SC	3:33.77	225
	46.44 1:42.18 2:44.50		3:33.77		
8	Jennifer Street	9	Bolton Metro SC	3:37.18	214
	50.02 1:46.62 2:47.33		3:37.18		
9	Greta Hampson	9	Southport SC	3:40.28	205
	50.47 1:46.72 2:51.71		3:40.28		
10	Amelia McCoy	9	Everton SA	3:41.85	201
	52.11 1:51.97 2:54.13		3:41.85		
11	Kate Linford	9	City of Liverpool SC	3:41.94	201
	51.13 1:46.90 2:55.97		3:41.94		
12	Jessie Harper	9	Bolton Metro SC	3:56.42	166
	56.86 1:55.03 3:05.41		3:56.42		

**Event 24 Girls 10 Y.O. 200 LC Metre IM**

	Name	Age	Team	Time	FINA
1	Amy Carroll	10	Southport SC	2:59.38	380
	38.86 1:23.66 2:22.11		2:59.38		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 24 Girls 10 Y.O. 200 LC Metre IM)**

	Name	Age	Team	Time	FINA
2	Connie McClelland	10	City of Chester	3:00.26	375
	39.17 1:23.35 2:21.31		3:00.26		
3	Holly Hibbott	10	Southport SC	3:01.76	366
	39.75 1:25.69 2:24.46		3:01.76		
4	Phoebe Lloyd-Hazlegreaves	10	City of Liverpool SC	3:02.83	359
	40.90 1:27.82 2:22.25		3:02.83		
5	Anna Hulme	10	City of Liverpool SC	3:03.86	353
	41.42 1:29.35 2:24.08		3:03.86		
6	Molly Roodhouse	10	Stockport Metro SC	3:06.11	341
	43.83 1:30.84 2:25.84		3:06.11		
7	Victoria Hill	10	Southport SC	3:06.61	338
	43.29 1:30.35 2:25.30		3:06.61		
8	Molly Harris	10	Everton SA	3:07.79	332
	38.07 1:26.33 2:25.62		3:07.79		
9	Poppy Yip	10	City of Liverpool SC	3:08.44	328
	42.57 1:29.54 2:24.97		3:08.44		
10	Ellen Webster	10	Southport SC	3:08.60	327
	41.28 1:33.93 2:28.87		3:08.60		
11	Catherine Ross	10	Warrington Warriors SC	3:09.50	323
	41.80 1:31.40 2:25.32		3:09.50		
12	Alison Steele	10	Halton SC	3:09.86	321
	41.51 1:30.34 2:28.79		3:09.86		
13	Phillipa Roebuck	10	Stafford Apex	3:12.63	307
	42.58 1:32.73 2:32.02		3:12.63		
14	Charlotte Casselton	10	Southport SC	3:15.41	294
	45.66 1:32.23 2:33.87		3:15.41		

**Event 24 Girls 11 Y.O. 200 LC Metre IM**

	Name	Age	Team	Time	FINA
1	Amy Colclough	11	Newcastle(Staffs) SC	2:48.25	461
	37.86 1:20.60 2:10.44		2:48.25		
2	Olivia Disley	11	Southport SC	2:50.03	447
	37.43 1:19.99 2:11.41		2:50.03		
3	Lois Martin	11	City of Liverpool SC	2:50.26	445
	38.03 1:22.94 2:11.95		2:50.26		
4	Hannah Chubb	11	City of Liverpool SC	2:51.08	438
	38.28 1:23.61 2:12.31		2:51.08		
5	Hannah Platt	11	City of Liverpool SC	2:53.56	420
	39.44 1:23.01 2:15.33		2:53.56		
6	Holly Brook	11	Borough of Kirklees SC	2:54.05	416
	37.08 1:21.78 2:16.27		2:54.05		
7	Hannah Pilling	11	Borough of Kirklees SC	2:54.34	414
	39.34 1:23.57 2:15.49		2:54.34		
8	Holly Shepherd	11	Leek Asc	2:55.21	408
	38.78 1:22.24 2:15.29		2:55.21		
9	Joanne Whittingham	11	Southport SC	2:55.72	405
	39.54 1:22.84 2:17.22		2:55.72		
10	Ellie Bagshaw	11	Stockport Metro SC	2:56.06	402
	37.68 1:23.94 2:18.00		2:56.06		
11	Kate O'Brien	11	City of Liverpool SC	2:56.43	400
	38.30 1:23.98 2:16.85		2:56.43		
12	Zoe Lewis	11	City of Stoke Asc	2:57.80	391
	38.65 1:24.63 2:20.55		2:57.80		
13	Martha Goring	11	Wrexham S.C.	2:58.75	384
	39.47 1:25.11 2:18.90		2:58.75		
14	Lucy Mills	11	City of Liverpool SC	3:01.71	366
	42.66 1:29.98 2:21.23		3:01.71		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 24 Girls 11 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
15 Holly Knowles	11	Southport SC	3:02.41	362
39.19 1:26.78 2:19.58		3:02.41		
16 Sophie Cragg	11	Cleethorpes & Scun Aquatics	3:02.43	362
42.27 1:28.16 2:20.51		3:02.43		
17 Serena Rimmer	11	City of Liverpool SC	3:04.06	352
39.49 1:25.92 2:24.03		3:04.06		
18 Erica Minozzi	11	Burnley Bobcats	3:04.29	351
40.14 1:25.23 2:24.90		3:04.29		
19 Lois McKay	11	City of Liverpool SC	3:08.05	330
41.84 1:29.78 2:24.96		3:08.05		
20 Jasmine Hanna-Donnelly	11	Swim Trafford SC	3:08.86	326
41.48 1:30.74 2:29.28		3:08.86		
21 Hannah Caton	11	City of Liverpool SC	3:10.00	320
41.23 1:25.83 2:26.31		3:10.00		
22 Laura Gorry	11	Halton SC	3:10.32	318
44.28 1:31.54 2:24.87		3:10.32		

**Event 24 Girls 12 Y.O. 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Emma Grayson	12	City of Liverpool SC	2:33.02	613
33.65 1:10.85 1:59.09		2:33.02		
2 Kathleen Dawson	12	Warrington Warriors SC	2:40.07	535
34.93 1:15.22 2:05.79		2:40.07		
3 Harmonie Waterman	12	Borough of Kirklees SC	2:40.35	533
35.08 1:16.64 2:05.37		2:40.35		
4 Jessica Jervis	12	City of Liverpool SC	2:42.05	516
34.88 1:14.62 2:05.48		2:42.05		
5 Chloe Johnson	12	Cheadle (Staffs) & District AS	2:43.41	503
34.45 1:13.57 2:04.84		2:43.41		
6 Kate Roodhouse	12	Stockport Metro SC	2:44.49	493
38.38 1:21.13 2:06.28		2:44.49		
7 Heather Lee	12	City of Liverpool SC	2:44.77	491
36.87 1:17.72 2:07.46		2:44.77		
8 Ashleigh Wrench	12	Warrington Warriors SC	2:44.99	489
35.61 1:20.11 2:06.63		2:44.99		
9 Lauren Whiteside	12	Southport SC	2:45.54	484
36.48 1:17.30 2:08.32		2:45.54		
10 Laura Mullany	12	Stockport Metro SC	2:46.06	479
36.49 1:20.26 2:10.35		2:46.06		
11 Phoebe Ginnelly	12	Wirral Metro	2:46.34	477
34.91 1:16.25 2:09.11		2:46.34		
12 Lydia Paris-Davies	12	City of Liverpool SC	2:47.26	469
36.85 1:22.06 2:07.98		2:47.26		
13 Maise Legge	12	Cleethorpes & Scun Aquatics	2:48.38	460
38.52 1:20.89 2:10.97		2:48.38		
14 Jade Le'Gall	12	City of Liverpool SC	2:49.38	452
36.95 1:22.72 2:08.84		2:49.38		
15 Annie Russell	12	Borough of Kirklees SC	2:50.90	440
36.60 1:19.06 2:12.82		2:50.90		
16 Ashleigh Backhouse	12	City of Carlisle Asc	2:51.93	432
35.17 1:20.11 2:14.20		2:51.93		
17 Chloe Waddell	12	Swim Trafford SC	2:51.97	432
38.88 1:23.07 2:16.51		2:51.97		
18 Phillipa Doyle	12	Wirral Metro	2:52.41	428
37.56 1:24.15 2:13.20		2:52.41		
19 Emma Platt	12	Wirral Metro	2:52.45	428
39.55 1:23.52 2:12.22		2:52.45		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 24 Girls 12 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
20 Bethany Baker	12	Chase Swimming Club	2:53.65	419
36.76 1:19.79 2:16.27	2:53.65			
21 Sophie Bell	12	Warrington Warriors SC	2:53.89	418
40.25 1:27.19 2:14.23	2:53.89			
22 Lucy Rowland	12	Burnley Bobcats	2:54.41	414
38.26 1:23.92 2:16.76	2:54.41			
23 Zoe Foster	12	Chase Swimming Club	2:54.53	413
40.15 1:26.17 2:14.80	2:54.53			
24 Amelia Wood	12	Gallica	2:54.63	412
38.94 1:27.91 2:14.70	2:54.63			
25 Martha Lloyd	12	Southport SC	2:56.06	402
38.23 1:23.90 2:15.63	2:56.06			
26 Amber Allford	12	Everton SA	2:56.34	400
38.99 1:26.95 2:14.97	2:56.34			
27 Georgina Girvan-Dutton	12	Swim Trafford SC	2:57.54	392
40.15 1:26.14 2:16.75	2:57.54			
28 Emma Mason	12	City of Liverpool SC	2:57.91	390
37.73 1:24.26 2:19.44	2:57.91			
29 Catherine Podmore	12	Swim Trafford SC	2:57.97	389
38.66 1:25.28 2:19.73	2:57.97			
30 Sara Hussey	12	City of Chester	2:59.57	379
39.92 1:25.61 2:20.23	2:59.57			

**Event 25 Boys 13 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Benjamin Kerry	13	Swim Trafford SC	4:30.10	560
31.19 1:05.50 1:39.62	2:14.26 2:48.69 3:23.54	3:57.76 4:30.10		
2 Ewan Miller	13	Warrington Warriors SC	4:38.42	512
31.24 1:05.93 1:41.30	2:17.19 2:52.76 3:28.76	4:04.54 4:38.42		
3 Sam Davies	13	City of Liverpool SC	4:41.14	497
30.59 1:05.59 1:41.63	2:17.54 2:53.69 3:29.68	4:06.26 4:41.14		
4 Shaun Muscroft	13	Swim Trafford SC	4:41.53	495
31.15 1:05.16 1:40.13	2:16.19 2:52.58 3:29.54	4:06.05 4:41.53		
5 Oliver Simpson	13	Stockport Metro SC	4:44.55	479
31.39 1:06.97 1:43.05	2:19.85 2:56.30 3:32.89	4:09.21 4:44.55		
6 Connor Makin	13	Gallica	4:45.86	473
31.98 1:07.97 1:44.19	2:20.22 2:56.31 3:33.30	4:10.57 4:45.86		
7 Robbie Christopherson	13	Swim Trafford SC	4:49.31	456
32.99 1:08.99 1:46.16	2:23.12 2:59.68 3:36.98	4:13.67 4:49.31		
8 Aneirin Baker	13	Swim Trafford SC	4:51.47	446
32.52 1:09.18 1:46.17	2:23.73 3:01.69 3:39.03	4:15.98 4:51.47		
*9 Callum Gladding	13	Cleethorpes & Scun Aquatics	4:54.74	431
32.05 1:08.12 1:45.75	2:22.96 3:00.93 3:38.19	4:16.99 4:54.74		
*9 Jake Connor	13	City of Liverpool SC	4:54.74	431
33.28 1:10.55 1:47.10	2:24.99 3:02.83 3:41.05	4:18.90 4:54.74		
11 Joseph Whiteside	13	Southport SC	4:55.46	428
32.96 1:09.21 1:46.09	2:23.62 3:01.64 3:39.83	4:17.84 4:55.46		
12 Elliot Hughes	13	Ellesmere College Titans	4:55.89	426
33.31 1:09.35 1:47.04	2:25.18 3:03.68 3:42.23	4:20.91 4:55.89		
13 Andrew Kerr	13	Barrow Asc	4:56.88	422
33.06 1:09.57 1:47.55	2:25.31 3:04.08 3:42.01	4:21.09 4:56.88		
14 Matthew Stanbridge	13	Borough of Kirklees SC	4:57.24	420
33.60 1:11.54 1:50.07	2:27.70 3:05.73 3:44.16	4:21.30 4:57.24		
15 Leon Parkes	13	Ellesmere College Titans	5:00.16	408
32.28 1:08.90 1:46.95	2:25.19 3:04.16 3:43.87	4:23.64 5:00.16		
16 Ethan Williams	13	Southport SC	5:01.85	401
32.70 1:10.19 1:47.87	2:26.76 3:06.04 3:45.48	4:24.52 5:01.85		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 25 Boys 13 Y.O. 400 LC Metre Freestyle)**

Name	Age	Team	Time	FINA
*17 Lewis Welford	13	City of Newcastle Asc	5:02.07	401
33.75 1:11.98 1:51.35 2:30.68 3:10.33 3:49.41 4:28.50 5:02.07				
*17 James Salt	13	Oldham Aquatics Swimming Club	5:02.07	401
33.11 1:10.88 1:48.61 2:27.76 3:06.36 3:45.69 4:24.86 5:02.07				
19 Matthew Hogan	13	Wirral Metro	5:02.79	398
32.89 1:10.61 1:48.46 2:27.54 3:06.61 3:45.91 4:25.53 5:02.79				
20 Jake Kilroy	13	City of Liverpool SC	5:03.57	395
33.52 1:11.84 1:50.81 2:30.39 3:09.92 3:49.19 4:28.04 5:03.57				
21 Charlie Hart	13	Wirral Metro	5:03.67	394
32.04 1:09.09 1:47.50 2:26.62 3:06.19 3:45.30 4:25.26 5:03.67				
22 Anthony West	13	City of Liverpool SC	5:04.41	391
34.23 1:12.34 1:50.83 2:30.30 3:09.63 3:48.87 4:27.77 5:04.41				
23 Alexander Jenkins	13	City of Chester	5:09.91	371
34.00 1:12.38 1:51.94 2:31.21 3:11.12 3:50.75 4:30.97 5:09.91				
24 David Crane	13	Wirral Metro	5:12.30	363
34.59 1:13.11 1:52.91 2:33.23 3:12.98 3:53.37 4:33.77 5:12.30				
25 Audley Cruttenden	13	Wirral Metro	5:18.98	340
33.68 1:12.44 1:52.60 2:34.02 3:16.21 3:56.49 4:39.32 5:18.98				

**Event 25 Boys 14 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Curtis Corrie	14	Barrow Asc	4:21.89	615
29.47 1:01.86 1:35.64 2:08.79 2:42.55 3:15.94 3:49.68 4:21.89				
2 William Harding	14	Wirral Metro	4:24.59	596
30.06 1:03.02 1:36.02 2:10.72 2:44.18 3:18.48 3:51.78 4:24.59				
3 Adam Silvester	14	Chase Swimming Club	4:27.91	574
29.01 1:02.31 1:36.04 2:10.43 2:44.85 3:19.56 3:53.91 4:27.91				
4 Joseph Wareing	14	Swim Trafford SC	4:32.32	547
29.87 1:02.93 1:37.52 2:12.50 2:47.78 3:22.54 3:57.12 4:32.32				
5 Howard Walsh	14	Gallica	4:34.76	532
30.01 1:03.36 1:38.18 2:13.85 2:49.04 3:24.95 4:00.50 4:34.76				
6 Max Butler	14	Gallica	4:35.28	529
30.96 1:04.03 1:38.17 2:13.39 2:49.19 3:24.98 4:00.84 4:35.28				
7 Alex Dunk	14	Prescot SC	4:35.57	528
29.30 1:02.15 1:37.23 2:12.10 2:49.99 3:24.44 4:01.91 4:35.57				
8 Ciaran Andrews	14	Mold	4:35.92	526
29.83 1:03.22 1:37.47 2:12.19 2:48.34 3:24.03 4:00.23 4:35.92				
9 Michael Ross	14	Warrington Warriors SC	4:36.89	520
30.22 1:03.47 1:38.16 2:13.71 2:49.70 3:25.77 4:01.75 4:36.89				
10 Ellis Nevett	14	Stockport Metro SC	4:38.67	510
31.79 1:06.29 1:41.40 2:17.23 2:52.73 3:28.57 4:04.36 4:38.67				
11 Brendan Spencer	14	Warrington Warriors SC	4:39.25	507
30.24 1:03.87 1:39.23 2:14.78 2:51.59 3:27.93 4:03.90 4:39.25				
12 Liam Graves	14	City of Liverpool SC	4:40.05	503
30.79 1:05.00 1:40.57 2:16.33 2:52.37 3:28.76 4:05.02 4:40.05				
13 Phillip Oliver	14	City of Liverpool SC	4:40.76	499
29.51 1:03.06 1:37.81 2:13.83 2:49.60 3:26.98 4:04.30 4:40.76				
14 James Burke	14	City of Liverpool SC	4:43.15	486
30.77 1:05.80 1:41.59 2:17.95 2:54.33 3:31.17 4:07.56 4:43.15				
15 Ross Hosking	14	Swim Flintshire	4:43.50	485
31.54 1:07.51 1:43.84 2:20.56 2:56.69 3:33.22 4:09.09 4:43.50				
16 Thomas Nelson	14	Wirral Metro	4:49.54	455
32.99 1:08.84 1:45.40 2:21.98 2:58.99 3:36.32 4:13.84 4:49.54				
17 Craig Judd	14	Oakengates Asc	4:53.71	436
32.18 1:07.87 1:44.73 2:22.50 3:00.02 3:37.77 4:15.48 4:53.71				
18 James Simpson	14	Swim Trafford SC	5:02.30	400
32.94 1:10.16 1:49.14 2:28.73 3:07.66 3:47.12 4:25.80 5:02.30				

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 25 Boys 15 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Thomas Barton	15	City of Liverpool SC	4:13.14	681
28.02 59.56 1:31.58	2:04.20	2:36.90 3:09.67	3:42.33	4:13.14
2 Jordan Barlow	15	Warrington Warriors SC	4:17.79	645
28.74 59.75 1:31.73	2:04.80	2:38.39 3:12.12	3:46.07	4:17.79
3 Ben Wood	15	Chase Swimming Club	4:18.42	640
28.52 1:00.70 1:33.06	2:06.41	2:39.25 3:13.07	3:45.70	4:18.42
4 Jack Scott	15	City of Liverpool SC	4:21.69	616
30.14 1:02.32 1:35.48	2:09.01	2:42.50 3:15.81	3:49.22	4:21.69
5 Thomas Paine	15	Cleethorpes & Scun Aquatics	4:23.33	605
29.49 1:02.08 1:36.18	2:10.30	2:43.73 3:18.27	3:51.69	4:23.33
6 Alex Gough	15	Newcastle(Staffs) SC	4:30.04	561
30.00 1:01.75 1:35.06	2:08.57	2:42.97 3:18.26	3:54.41	4:30.04
7 Daniel Crosby	15	Swim Trafford SC	4:31.06	554
29.73 1:01.83 1:35.75	2:09.78	2:44.49 3:19.93	3:55.89	4:31.06
8 Chris Lowe	15	Stockport Metro SC	4:31.54	551
30.92 1:04.54 1:38.78	2:13.51	2:48.31 3:23.20	3:58.13	4:31.54
9 Daniel Wass	15	Warrington Warriors SC	4:33.97	537
30.18 1:04.05 1:38.76	2:13.86	2:49.11 3:24.76	4:00.22	4:33.97

**Event 26 Girls 13 Y.O. 200 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Lauren Cheston	13	Southport SC	2:14.12	642
31.29 1:04.71 1:40.78	2:14.12			
2 Nicola Ball	13	City of Chester	2:15.86	618
31.38 1:05.29 1:41.34	2:15.86			
3 Rebecca Swales	13	Gallica	2:18.99	577
31.80 1:07.07 1:43.42	2:18.99			
4 Lydia Hitchell	13	Wirral Metro	2:20.57	558
32.50 1:07.68 1:44.46	2:20.57			
5 Charlotte Disley	13	Southport SC	2:20.89	554
32.01 1:07.09 1:44.65	2:20.89			
6 Lillie Tew-Weaver	13	Stockport Metro SC	2:20.91	554
32.90 1:08.35 1:44.83	2:20.91			
7 Gaby Butterworth	13	Swim Trafford SC	2:23.03	530
32.38 1:09.47 1:46.48	2:23.03			
8 Mary Davidson	13	City of Newcastle Asc	2:24.19	517
31.97 1:08.50 1:46.34	2:24.19			
9 Bethany Hill	13	Southport SC	2:24.36	515
32.63 1:09.29 1:47.04	2:24.36			
10 Leah Evans	13	Warrington Warriors SC	2:26.04	498
33.04 1:10.08 1:47.39	2:26.04			
11 Katie Wilson	13	City of Liverpool SC	2:26.15	497
33.29 1:11.25 1:49.84	2:26.15			
12 Hannah Greene	13	Ellesmere College Titans	2:26.21	496
34.35 1:11.51 1:49.94	2:26.21			
13 Rebecca Friar	13	Everton SA	2:26.41	494
33.65 1:10.74 1:48.76	2:26.41			
14 Molly Unwin	13	Cleethorpes & Scun Aquatics	2:26.99	488
34.51 1:11.84 1:50.54	2:26.99			
15 Hannah Wallis	13	Warrington Warriors SC	2:28.36	475
33.69 1:10.82 1:49.72	2:28.36			
16 Isobel Woollons	13	Wirral Metro	2:28.43	474
33.62 1:11.20 1:50.53	2:28.43			
17 Zoe Carroll	13	Warrington Warriors SC	2:28.67	472
34.67 1:11.94 1:50.03	2:28.67			
18 Kerry Anne Holding	13	Burnley Bobcats	2:28.68	472
33.09 1:10.95 1:51.31	2:28.68			

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 26 Girls 13 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
19	Laura Green	13	Wrexham S.C.	2:28.91	469
	33.17 1:11.93 1:50.90		2:28.91		
20	Jessica Stuttard	13	Everton SA	2:29.66	462
	33.96 1:11.84 1:51.76		2:29.66		
21	Bryony McCoy	13	Everton SA	2:31.18	449
	34.53 1:12.22 1:51.82		2:31.18		
22	Nadiah Kazzan	13	Borough of Kirklees SC	2:33.18	431
	34.81 1:13.51 1:54.87		2:33.18		
23	Amy Lock	13	City of Liverpool SC	2:33.35	430
	34.87 1:14.21 1:54.80		2:33.35		
24	Abbie Jones	13	City of Liverpool SC	2:33.71	427
	34.91 1:14.10 1:54.70		2:33.71		
25	Christie Ghent	13	Chase Swimming Club	2:33.84	426
	34.71 1:13.84 1:54.40		2:33.84		
26	Abby Duckworth	13	Gallica	2:34.55	420
	33.83 1:13.26 1:54.13		2:34.55		
27	Lauren Tasker	13	Everton SA	2:35.10	415
	34.05 1:12.94 1:53.70		2:35.10		
28	Isabelle Chatterton	13	Oldham Aquatics Swimming Club	2:36.66	403
	35.10 1:14.55 1:55.63		2:36.66		

**Event 26 Girls 14 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Megan Coppack	14	Wirral Metro	2:10.85	692
	30.42 1:03.21 1:37.22		2:10.85		
2	Paige Bowden	14	City of Liverpool SC	2:15.34	625
	31.04 1:05.79 1:41.17		2:15.34		
3	Rebecca Pye	14	Warrington Warriors SC	2:15.88	618
	30.95 1:04.82 1:40.63		2:15.88		
4	Karlie Stockdale	14	Barrow Asc	2:17.32	599
	31.52 1:06.77 1:41.90		2:17.32		
5	Zoe Kirkwood	14	City of Newcastle Asc	2:18.52	583
	32.75 1:08.30 1:44.10		2:18.52		
6	Catherine Parker	14	Warrington Warriors SC	2:18.59	582
	32.01 1:07.16 1:43.23		2:18.59		
7	Florie McLeish	14	Gallica	2:18.62	582
	32.70 1:07.69 1:43.71		2:18.62		
8	Rachel Parks	14	City of Liverpool SC	2:20.27	562
	32.18 1:07.77 1:44.28		2:20.27		
9	Aimee Harvey	14	Warrington Warriors SC	2:21.38	548
	32.21 1:07.69 1:44.43		2:21.38		
10	Rebecca Donga	14	City of Liverpool SC	2:21.50	547
	32.07 1:08.36 1:45.58		2:21.50		
11	Hannah Lally	14	City of Liverpool SC	2:21.64	545
	33.58 1:09.34 1:46.15		2:21.64		
12	Lucy Hale	14	City of Liverpool SC	2:22.11	540
	33.39 1:09.60 1:46.28		2:22.11		
13	Amy Royston	14	Borough of Kirklees SC	2:22.15	540
	33.26 1:09.62 1:46.17		2:22.15		
14	Rachel Heesom	14	Warrington Warriors SC	2:22.26	538
	33.25 1:09.58 1:45.74		2:22.26		
15	Kiera Wells	14	Swim Trafford SC	2:22.46	536
	32.20 1:08.18 1:45.05		2:22.46		
16	Freya Whitehead	14	Wirral Metro	2:22.47	536
	31.42 1:07.43 1:44.69		2:22.47		
17	Catherine Gradwell	14	Southport SC	2:24.03	519
	32.92 1:09.67 1:48.47		2:24.03		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 26 Girls 14 Y.O. 200 LC Metre Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
18	Heather Lawson	14	Swim Trafford SC	2:24.07	518
	32.33 1:08.52 1:45.92		2:24.07		
19	Emma Rushforth	14	Mold	2:28.02	478
	33.17 1:10.25 1:49.80		2:28.02		
20	Sarah Jarvis	14	Northwich Asc	2:29.12	467
	34.19 1:11.31 1:50.77		2:29.12		
21	Emma Brown	14	Stockport Metro SC	2:30.44	455
	34.15 1:11.77 1:51.16		2:30.44		

**Event 26 Girls 15 Y.O. 200 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Lucy Grainge	15	Swim Trafford SC	2:10.40	699
	30.36 1:02.95 1:36.87		2:10.40		
2	Rachel Smedley	15	City of Newcastle Asc	2:15.89	618
	31.97 1:06.67 1:41.51		2:15.89		
3	Ellie Newby	15	City of Liverpool SC	2:18.47	584
	31.67 1:06.91 1:42.80		2:18.47		
4	Charlotte Sim	15	City of Newcastle Asc	2:20.08	564
	32.03 1:07.08 1:43.77		2:20.08		
5	Lauren York	15	Cleethorpes & Scun Aquatics	2:21.47	547
	32.66 1:08.37 1:45.24		2:21.47		
6	Jessica Pearson	15	Swim Trafford SC	2:23.00	530
	32.69 1:08.48 1:45.80		2:23.00		
7	Laura McNerlin	15	Wirral Metro	2:23.35	526
	33.63 1:09.81 1:47.51		2:23.35		
8	Hannah Wain	15	Garston SC	2:24.58	513
	33.11 1:09.45 1:47.37		2:24.58		

**Event 27 Boys 16 /Ov 200 LC Metre Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Craig Langley	16	City of Liverpool SC	2:10.38	691
	30.97 1:04.02 1:37.11		2:10.38		
2	Matthew Parks	16	City of Liverpool SC	2:12.94	652
	31.41 1:04.74 1:39.31		2:12.94		
3	JJ Gallichan	18	City of Liverpool SC	2:17.14	594
	31.99 1:06.21 1:41.78		2:17.14		
4	George Morreal	17	Oldham Aquatics Swimming Club	2:26.55	487
	32.34 1:08.84 1:47.14		2:26.55		
5	Matthew Hargreaves	16	Gallica	2:27.93	473
	34.04 1:10.95 1:49.90		2:27.93		
6	Dane Harrop	31	City of Liverpool SC	2:28.66	466
	29.71 1:09.98 1:49.38		2:28.66		

**Event 28 Girls 16 /Ov 200 LC Metre Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Alice Little	17	City of Chester	2:50.54	586
	38.73 1:21.57 2:05.62		2:50.54		
2	Fiona Clarke	16	Swim Flintshire	2:52.28	569
	39.63 1:23.91 2:08.01		2:52.28		
3	Sophie Long	16	Warrington Warriors SC	2:57.74	518
	40.68 1:25.87 2:12.19		2:57.74		
4	Liz Hierons	16	City of Newcastle Asc	3:01.30	488
	41.10 1:27.48 2:14.36		3:01.30		
5	Hannah Drewett	17	Salisbury Stingrays	3:03.87	468
	40.58 1:27.50 2:14.85		3:03.87		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 29 Boys 9 Y.O. 200 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Ryan Warriner	9	City of Liverpool SC	3:13.50	222
	44.56 1:36.29 2:32.20		3:13.50		
2	Paolo Moniz	9	Southport SC	3:18.95	205
	46.33 1:34.27 2:33.76		3:18.95		
3	Michael Doyle	9	Ellesmere College Titans	3:21.03	198
	51.11 1:41.00 2:41.87		3:21.03		
4	Tiras Waterman	9	Borough of Kirklees SC	3:26.23	184
	49.02 1:40.56 2:41.57		3:26.23		
5	David Finn	9	Southport SC	3:46.47	139
	56.30 1:51.86 2:55.36		3:46.47		

**Event 29 Boys 10 Y.O. 200 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Oliver Crosby	10	Swim Trafford SC	2:55.64	297
	38.32 1:22.44 2:17.35		2:55.64		
2	Samuel Legge	10	Cleethorpes & Scun Aquatics	2:56.65	292
	40.13 1:24.05 2:18.64		2:56.65		
3	Nathaniel Bellamy	10	Warrington Warriors SC	3:09.12	238
	40.08 1:27.47 2:26.71		3:09.12		
4	Luke Cox	10	Stockport Metro SC	3:09.37	237
	42.31 1:30.11 2:27.53		3:09.37		
5	Matthew McGregor	10	Southport SC	3:09.81	236
	47.32 1:33.22 2:31.45		3:09.81		
6	Connor Lewis	10	City of Liverpool SC	3:12.30	226
	46.99 1:37.71 2:30.47		3:12.30		
7	George Foster	10	Chase Swimming Club	3:17.19	210
	45.34 1:35.90 2:36.59		3:17.19		

**Event 29 Boys 11 Y.O. 200 LC Metre IM**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Cole Charnock	11	City of Liverpool SC	2:46.72	348
	37.51 1:19.19 2:10.44		2:46.72		
2	William Thackray	11	Borough of Kirklees SC	2:47.66	342
	36.14 1:18.80 2:10.37		2:47.66		
3	Adam Poole	11	Warrington Warriors SC	2:49.25	332
	37.66 1:22.73 2:11.87		2:49.25		
4	Charlie McSkeane	11	City of Carlisle Asc	2:49.41	331
	36.68 1:19.77 2:12.78		2:49.41		
5	Ethan Clark	11	Southport SC	2:49.54	331
	35.56 1:19.07 2:13.69		2:49.54		
6	William Beaven	11	Gallica	2:49.67	330
	37.89 1:21.40 2:12.41		2:49.67		
7	Daniel Boal	11	Southport SC	2:49.87	329
	35.69 1:17.21 2:13.30		2:49.87		
8	Aaron Hill	11	Warrington Warriors SC	2:50.03	328
	37.70 1:24.37 2:12.47		2:50.03		
9	Oliver Houghton	11	Warrington Warriors SC	2:51.76	318
	36.56 1:20.22 2:14.59		2:51.76		
10	Jacob Wass	11	Warrington Warriors SC	2:52.43	314
	37.38 1:21.34 2:14.14		2:52.43		
11	Joshua Steele	11	Leek Asc	2:52.68	313
	38.88 1:23.22 2:14.24		2:52.68		
12	Ashley Rogers	11	Southport SC	2:53.73	307
	39.10 1:23.44 2:15.06		2:53.73		
13	Kyle Clegg	11	Oldham Aquatics Swimming Club	2:54.02	306
	39.40 1:24.73 2:14.32		2:54.02		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 29 Boys 11 Y.O. 200 LC Metre IM)**

	Name	Age	Team	Time	FINA
14	Seth Waterman	11	Borough of Kirklees SC	2:54.98	301
	39.27 1:26.75 2:17.58		2:54.98		
15	Dominic Standbridge	11	Borough of Kirklees SC	2:55.72	297
	37.93 1:23.66 2:15.43		2:55.72		
16	Thomas Sutton	11	Warrington Warriors SC	2:55.73	297
	39.84 1:26.82 2:17.41		2:55.73		
17	Elliot Routledge	11	Workington Asc	2:57.48	288
	39.92 1:26.08 2:17.96		2:57.48		
18	William O'Donnell	11	Southport SC	2:58.77	282
	42.07 1:26.92 2:20.35		2:58.77		
19	Liam Whittle	11	City of Liverpool SC	3:00.88	272
	40.81 1:30.18 2:20.44		3:00.88		
20	Henry Bulmer	11	City of Liverpool SC	3:01.11	271
	40.83 1:25.61 2:22.42		3:01.11		
21	Ellis Le'Gall	11	City of Liverpool SC	3:01.27	270
	42.07 1:28.89 2:20.79		3:01.27		
22	Simon Ellershaw	11	City of Chester	3:02.19	266
	38.51 1:23.23 2:19.28		3:02.19		
23	Scott Lewis	11	Borough of Kirklees SC	3:02.65	264
	40.00 1:24.78 2:21.38		3:02.65		
24	Jacob Lea	11	Southport SC	3:04.01	259
	38.86 1:25.72 2:25.49		3:04.01		
25	Luc-Sebastian Jarzynski	11	Ellesmere College Titans	3:05.07	254
	40.86 1:29.72 2:24.48		3:05.07		
26	Thomas Hamer	11	Burnley Bobcats	3:12.83	225
	45.63 1:36.59 2:32.70		3:12.83		
27	John Costigan	11	City of Liverpool SC	3:14.79	218
	47.76 1:35.28 2:32.36		3:14.79		

**Event 29 Boys 12 Y.O. 200 LC Metre IM**

	Name	Age	Team	Time	FINA
1	Oliver Webster	12	Cleethorpes & Scun Aquatics	2:32.06	458
	34.15 1:13.16 1:57.54		2:32.06		
2	Jordan MacDonald	12	Southport SC	2:34.42	437
	32.32 1:12.35 2:00.16		2:34.42		
3	James Wilson	12	Ellesmere College Titans	2:34.79	434
	34.18 1:13.78 2:01.03		2:34.79		
4	Joe Hulme	12	Leek Asc	2:35.54	428
	33.52 1:13.06 2:00.31		2:35.54		
5	Adam Ravenscroft	12	Warrington Warriors SC	2:35.86	425
	34.72 1:17.89 1:58.80		2:35.86		
6	George Flesher	12	Borough of Kirklees SC	2:36.82	418
	34.81 1:17.32 2:01.15		2:36.82		
7	Bradley Ratcliffe	12	Oldham Aquatics Swimming Club	2:38.00	408
	32.69 1:14.36 2:01.28		2:38.00		
8	Harry Thompson	12	City of Liverpool SC	2:38.58	404
	34.11 1:16.47 2:02.23		2:38.58		
9	Harry Pickering	12	Wirral Metro	2:38.92	401
	34.43 1:15.49 2:04.31		2:38.92		
10	James Burke	12	Cleethorpes & Scun Aquatics	2:40.61	389
	34.84 1:15.68 2:04.97		2:40.61		
11	Ross Rutherford	12	City of Liverpool SC	2:41.82	380
	34.89 1:17.71 2:06.00		2:41.82		
12	Thomas Millburn	12	Workington Asc	2:42.16	378
	35.98 1:19.56 2:06.68		2:42.16		
13	Joshua Moniz	12	Southport SC	2:43.31	370
	36.36 1:14.98 2:08.15		2:43.31		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 29 Boys 12 Y.O. 200 LC Metre IM)**

Name	Age	Team	Time	FINA
*14 Daniel Walsh	12	Swim Trafford SC	2:44.03	365
36.65 1:18.75 2:08.14	2:44.03			
*14 James Ross	12	Warrington Warriors SC	2:44.03	365
36.21 1:18.84 2:06.91	2:44.03			
16 Nathan Hall	12	Southport SC	2:45.58	355
34.91 1:17.71 2:08.55	2:45.58			
17 Mitchell Page	12	Walsall SC	2:45.62	355
37.93 1:19.38 2:09.53	2:45.62			
18 Joe Mitchell	12	Stockport Metro SC	2:45.71	354
37.46 1:22.37 2:08.64	2:45.71			
19 Ryan Rimmer	12	Southport SC	2:46.62	348
37.73 1:23.59 2:09.85	2:46.62			
20 Bradley Harrison	12	Warrington Warriors SC	2:46.69	348
38.47 1:18.65 2:09.48	2:46.69			
21 Adam Hurst	12	Everton SA	2:46.84	347
35.57 1:17.26 2:09.14	2:46.84			
22 Alfie Pardoe	12	Ellesmere College Titans	2:47.05	346
39.18 1:21.34 2:10.18	2:47.05			
23 Kyle Chisholm	12	Borough of Kirklees SC	2:48.24	338
34.46 1:16.68 2:10.65	2:48.24			
24 Aaron Kirchin-Brown	12	Warrington Warriors SC	2:48.58	336
36.54 1:19.60 2:11.59	2:48.58			
25 Luke TESSYMAN	12	City of Liverpool SC	2:49.23	332
36.66 1:18.78 2:10.90	2:49.23			
26 James Edwards	12	Stockport Metro SC	2:49.87	329
36.07 1:15.94 2:13.01	2:49.87			
27 Joe Kinsell	12	Chase Swimming Club	2:50.77	323
36.64 1:23.14 2:13.90	2:50.77			
28 Thomas Rushforth	12	Mold	2:52.97	311
36.92 1:21.17 2:14.31	2:52.97			
29 Jamie Thomas	12	Ellesmere College Titans	2:54.29	304
37.14 1:21.69 2:13.26	2:54.29			
30 Ross Hill	12	Stafford Apex	2:54.46	303
37.43 1:23.57 2:17.48	2:54.46			
31 Ben Harper	12	City of Liverpool SC	2:56.89	291
37.14 1:22.14 2:18.41	2:56.89			
32 Matthew Evans	12	Chase Swimming Club	2:57.00	290
38.79 1:23.66 2:16.45	2:57.00			
33 Callum Welman	12	Ruthin Asc	2:59.41	279
40.47 1:24.26 2:18.94	2:59.41			
34 Kane Stapleton	12	Wirral Metro	2:59.97	276
39.09 1:26.90 2:19.85	2:59.97			
35 Matthew Sullivan	12	Warrington Warriors SC	3:02.98	263
41.65 1:29.35 2:23.82	3:02.98			
36 Daniel Cheshire	12	Prescot SC	3:03.64	260
39.90 1:28.30 2:20.27	3:03.64			

**Event 30 Girls 9 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Niamh Andrews	9	Mold	5:39.49	367
38.68 1:21.90 2:04.98	2:48.81 3:31.90 4:15.15	4:58.37 5:39.49		
2 Mattea-Jay Oliver	9	City of Liverpool SC	5:40.42	364
38.17 1:19.67 2:02.95	2:46.57 3:30.81 4:15.17	4:59.05 5:40.42		
3 Britney Dagger	9	Blackpool SC	6:00.39	307
39.12 1:25.61 2:11.52	2:57.58 3:43.15 4:31.49	5:18.36 6:00.39		
4 Jessica Thomas	9	Ellesmere College Titans	6:12.28	279
38.88 1:24.25 2:12.76	3:00.96 3:50.74 4:39.56	5:27.27 6:12.28		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 30 Girls 9 Y.O. 400 LC Metre Freestyle)**

Name	Age	Team	Time	FINA					
5	Maisy Manning	9 City of Liverpool SC	6:30.59	241					
	41.53	1:29.11	2:17.99	3:07.53	3:59.36	4:50.11	5:41.59	6:30.59	

**Event 30 Girls 10 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA					
1	Molly Roodhouse	10 Stockport Metro SC	5:32.49	391					
	37.51	1:19.20	2:01.75	2:44.65	3:27.39	4:11.00	4:52.71	5:32.49	
2	Amy Carroll	10 Southport SC	5:34.53	384					
	36.48	1:18.16	2:00.92	2:44.67	3:27.83	4:10.91	4:53.57	5:34.53	
3	Connie McClelland	10 City of Chester	5:37.04	375					
	38.10	1:20.71	2:04.17	2:47.81	3:30.30	4:13.96	4:56.99	5:37.04	
4	Charlotte Casselton	10 Southport SC	5:37.25	375					
	38.56	1:21.10	2:04.70	2:48.57	3:31.56	4:14.31	4:56.92	5:37.25	
5	Phillipa Roebuck	10 Stafford Apex	5:37.59	374					
	37.39	1:19.91	2:02.98	2:46.28	3:28.48	4:12.37	4:55.36	5:37.59	
6	Lucy Strike	10 Stafford Apex	5:42.55	358					
	37.33	1:20.13	2:03.25	2:46.85	3:29.24	4:13.75	4:58.23	5:42.55	
7	Phoebe Lloyd-Hazlegreaves	10 City of Liverpool SC	5:43.81	354					
	38.40	1:21.93	2:06.15	2:50.07	3:34.70	4:19.49	5:03.38	5:43.81	
8	Catherine Ross	10 Warrington Warriors SC	5:47.16	343					
	37.41	1:20.05	2:03.67	2:48.03	3:33.13	4:18.70	5:03.89	5:47.16	
9	Anna Hoyle	10 City of Liverpool SC	5:48.87	338					
	37.21	1:19.89	2:05.20	2:50.04	3:35.33	4:20.04	5:05.96	5:48.87	
10	Alison Steele	10 Halton SC	5:50.24	335					
	39.27	1:22.18	2:06.40	2:51.18	3:37.17	4:22.06	5:07.30	5:50.24	
11	Grace Houghton	10 City of Liverpool SC	5:54.86	322					
	36.72	1:20.35	2:05.63	2:50.35	3:37.11	4:24.32	5:11.09	5:54.86	
12	Zara Bailey	10 Cheadle (Staffs) & District AS	6:03.06	300					
	39.48	1:26.17	2:11.99	2:59.29	3:46.37	4:35.18	5:21.18	6:03.06	

**Event 30 Girls 11 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time	FINA					
1	Amy Colclough	11 Newcastle(Staffs) SC	5:07.78	493					
	35.79	1:14.89	1:54.94	2:33.67	3:12.72	3:51.72	4:30.87	5:07.78	
2	Zoe Lewis	11 City of Stoke Asc	5:12.75	470					
	34.66	1:12.21	1:51.29	2:31.30	3:11.41	3:52.12	4:33.69	5:12.75	
3	Joanne Whittingham	11 Southport SC	5:17.54	449					
	35.30	1:14.41	1:55.43	2:35.71	3:17.33	3:57.43	4:38.43	5:17.54	
4	Erica Minozzi	11 Burnley Bobcats	5:20.13	438					
	34.28	1:15.14	1:56.42	2:38.36	3:18.62	4:00.76	4:41.37	5:20.13	
5	Holly Brook	11 Borough of Kirklees SC	5:20.20	438					
	35.95	1:15.89	1:57.43	2:39.12	3:20.88	4:02.06	4:42.82	5:20.20	
6	Hannah Chubb	11 City of Liverpool SC	5:22.65	428					
	37.00	1:17.47	1:58.81	2:40.27	3:21.77	4:02.68	4:43.42	5:22.65	
7	Hannah Platt	11 City of Liverpool SC	5:23.77	423					
	36.95	1:17.72	1:58.76	2:40.33	3:22.27	4:04.22	4:45.98	5:23.77	
8	Hannah Pilling	11 Borough of Kirklees SC	5:24.19	422					
	36.40	1:17.39	1:58.79	2:40.46	3:21.40	4:03.51	4:45.09	5:24.19	
9	Ellie Bagshaw	11 Stockport Metro SC	5:24.44	421					
	35.51	1:15.20	1:56.72	2:37.89	3:20.26	4:02.42	4:44.72	5:24.44	
10	Holly Shepherd	11 Leek Asc	5:24.71	420					
	37.39	1:17.91	1:59.26	2:41.17	3:22.55	4:04.07	4:45.25	5:24.71	
11	Rebecca Fisher	11 Borough of Kirklees SC	5:25.53	417					
	36.61	1:18.38	2:00.90	2:42.08	3:23.43	4:04.99	4:45.62	5:25.53	
12	Serena Rimmer	11 City of Liverpool SC	5:35.37	381					
	36.60	1:18.96	2:02.29	2:45.89	3:29.53	4:12.29	4:54.74	5:35.37	
13	Sophie Cragg	11 Cleethorpes & Scun Aquatics	5:35.48	381					
	36.01	1:16.10	1:58.86	2:41.66	3:25.42	4:08.92	4:53.15	5:35.48	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 30 Girls 11 Y.O. 400 LC Metre Freestyle)**

Name	Age	Team	Time						FINA		
14 Martha Goring	11	Wrexham S.C.	5:38.10						372		
			36.59	1:18.67	2:02.63	2:46.17	3:30.03	4:14.82	4:58.61	5:38.10	
15 Holly Knowles	11	Southport SC	5:45.79						348		
			37.75	1:19.82	2:04.41	2:48.74	3:33.92	4:19.09	5:04.47	5:45.79	
16 Jasmine Hanna-Donnelly	11	Swim Trafford SC	5:53.59						325		
			38.46	1:22.39	2:07.30	2:52.13	3:38.24	4:23.32	5:09.59	5:53.59	

**Event 30 Girls 12 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time						FINA		
1 Emma Grayson	12	City of Liverpool SC	4:41.80						642		
			30.97	1:05.90	1:41.72	2:17.61	2:53.86	3:31.42	4:07.83	4:41.80	
2 Phoebe Ginnelly	12	Wirral Metro	4:46.85						609		
			31.92	1:07.42	1:44.14	2:20.99	2:57.60	3:34.71	4:11.13	4:46.85	
3 Harmonie Waterman	12	Borough of Kirklees SC	4:48.11						601		
			31.84	1:07.53	1:44.33	2:21.28	2:58.62	3:35.80	4:12.96	4:48.11	
4 Kathleen Dawson	12	Warrington Warriors SC	4:52.50						574		
			32.78	1:09.17	1:46.13	2:23.50	3:01.02	3:39.29	4:16.69	4:52.50	
5 Rosemary Huck	12	Satellite SC	4:56.69						550		
			33.11	1:08.65	1:46.82	2:24.49	3:03.50	3:41.57	4:20.43	4:56.69	
6 Chloe Waddell	12	Swim Trafford SC	4:57.76						544		
			33.61	1:11.05	1:49.07	2:27.12	3:05.43	3:43.43	4:21.16	4:57.76	
7 Kate Roodhouse	12	Stockport Metro SC	5:04.61						508		
			34.76	1:11.88	1:50.05	2:28.97	3:08.27	3:47.29	4:26.71	5:04.61	
8 Bethany Baker	12	Chase Swimming Club	5:06.56						499		
			35.38	1:13.71	1:52.46	2:31.62	3:10.89	3:50.33	4:29.30	5:06.56	
9 Laura Mullany	12	Stockport Metro SC	5:06.70						498		
			36.10	1:15.34	1:54.90	2:33.52	3:12.88	3:51.13	4:29.78	5:06.70	
10 Ashleigh Wrench	12	Warrington Warriors SC	5:06.76						498		
			35.42	1:13.84	1:52.24	2:30.72	3:09.66	3:49.73	4:29.39	5:06.76	
11 Jade Forster	12	Southport SC	5:07.00						497		
			34.22	1:12.59	1:51.71	2:30.80	3:10.58	3:50.13	4:29.87	5:07.00	
12 Maise Legge	12	Cleethorpes & Scun Aquatics	5:07.85						493		
			34.85	1:13.58	1:52.64	2:31.84	3:10.86	3:50.75	4:30.06	5:07.85	
13 Ashleigh Backhouse	12	City of Carlisle Asc	5:10.12						482		
			34.64	1:12.93	1:51.83	2:31.58	3:11.08	3:50.40	4:31.09	5:10.12	
14 Lucy Rowland	12	Burnley Bobcats	5:10.57						480		
			34.76	1:13.27	1:52.67	2:32.66	3:12.73	3:52.76	4:32.85	5:10.57	
15 Zoe Grainge	12	Swim Trafford SC	5:13.54						466		
			34.05	1:12.66	1:51.84	2:32.22	3:12.54	3:53.23	4:33.64	5:13.54	
16 Jade Le'Gall	12	City of Liverpool SC	5:14.99						460		
			35.54	1:14.68	1:53.92	2:34.35	3:14.55	3:55.51	4:35.55	5:14.99	
17 Phillipa Doyle	12	Wirral Metro	5:17.75						448		
			34.47	1:13.46	1:54.28	2:34.63	3:16.14	3:57.80	4:39.08	5:17.75	
18 Amelia Wood	12	Gallica	5:18.21						446		
			35.92	1:15.19	1:55.28	2:35.78	3:16.76	3:57.37	4:38.84	5:18.21	
19 Alexandra Bennett	12	City of Newcastle Asc	5:21.32						433		
			37.15	1:18.46	2:00.22	2:40.85	3:21.85	4:02.19	4:43.40	5:21.32	
20 Nicola Farrell	12	Oldham Aquatics Swimming Club	5:21.43						433		
			35.26	1:14.64	1:54.83	2:36.14	3:17.22	3:59.04	4:40.87	5:21.43	
21 Zoe Foster	12	Chase Swimming Club	5:23.81						423		
			36.00	1:15.99	1:56.67	2:38.55	3:20.56	4:02.62	4:44.36	5:23.81	
22 Freya Griffiths	12	Wirral Metro	5:28.23						406		
			36.00	1:17.65	1:59.79	2:42.14	3:24.44	4:05.91	4:47.81	5:28.23	
23 Catherine Podmore	12	Swim Trafford SC	5:28.49						405		
			36.56	1:17.08	1:58.57	2:40.80	3:22.87	4:05.51	4:47.54	5:28.49	
24 Sophie Bell	12	Warrington Warriors SC	5:28.76						404		
			37.63	1:19.06	2:01.57	2:43.84	3:24.77	4:06.92	4:47.93	5:28.76	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 30 Girls 12 Y.O. 400 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
25	Emma Platt	12	Wirral Metro	5:30.09	400
	37.02	1:17.27	1:59.92	2:41.96	3:24.90
				4:06.98	4:49.44
				5:30.09	
26	Florence Slater	12	Gallica	5:37.04	375
	36.06	1:16.41	1:59.20	2:42.31	3:25.98
				4:10.51	4:54.45
				5:37.04	
27	Georgina Girvan-Dutton	12	Swim Trafford SC	5:38.73	370
	36.82	1:18.61	2:02.61	2:46.38	3:30.70
				4:15.30	4:58.80
				5:38.73	

**Event 31 Boys 13 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Benjamin Kerry	13	Swim Trafford SC	2:11.64	508
	30.93	1:04.55	1:38.97	2:11.64	
2	Shaun Muscroft	13	Swim Trafford SC	2:12.37	500
	30.36	1:04.32	1:38.58	2:12.37	
3	Sam Davies	13	City of Liverpool SC	2:13.46	488
	30.80	1:04.53	1:40.33	2:13.46	
4	Ewan Miller	13	Warrington Warriors SC	2:13.56	487
	30.81	1:04.91	1:39.68	2:13.56	
5	Oliver Simpson	13	Stockport Metro SC	2:14.91	472
	31.25	1:05.40	1:40.22	2:14.91	
6	Connor Makin	13	Gallica	2:15.09	471
	31.32	1:04.93	1:39.86	2:15.09	
7	Callum Gladding	13	Cleethorpes & Scun Aquatics	2:15.77	463
	31.53	1:06.23	1:42.05	2:15.77	
8	Aneirin Baker	13	Swim Trafford SC	2:18.82	434
	32.31	1:08.13	1:44.08	2:18.82	
9	Elliot Hughes	13	Ellesmere College Titans	2:19.62	426
	32.06	1:07.79	1:44.13	2:19.62	
10	Jake Connor	13	City of Liverpool SC	2:20.30	420
	32.99	1:08.63	1:45.05	2:20.30	
11	Charlie Hart	13	Wirral Metro	2:20.39	419
	32.19	1:08.36	1:43.92	2:20.39	
12	Joseph Whiteside	13	Southport SC	2:21.02	414
	33.04	1:08.57	1:44.86	2:21.02	
13	Ethan Williams	13	Southport SC	2:22.65	400
	32.28	1:08.56	1:46.48	2:22.65	
14	Lewis Welford	13	City of Newcastle Asc	2:22.73	399
	32.46	1:08.72	1:46.43	2:22.73	
15	James Baugh	13	Swim Trafford SC	2:22.86	398
	32.90	1:09.31	1:47.38	2:22.86	
16	Andrew Kerr	13	Barrow Asc	2:23.02	397
	33.25	1:09.65	1:47.03	2:23.02	
17	Matthew Stanbridge	13	Borough of Kirklees SC	2:23.26	395
	32.93	1:10.45	1:47.71	2:23.26	
18	Leon Parkes	13	Ellesmere College Titans	2:23.54	392
	31.80	1:08.05	1:46.53	2:23.54	
19	Robbie Christopherson	13	Swim Trafford SC	2:23.90	389
	33.48	1:10.67	1:48.08	2:23.90	
20	Peter Cunningham	13	Oldham Aquatics Swimming Club	2:24.84	382
	31.22	1:07.07	1:45.80	2:24.84	
21	Jake Kilroy	13	City of Liverpool SC	2:25.18	379
	32.87	1:10.34	1:48.91	2:25.18	
22	Adam Lamb	13	Chase Swimming Club	2:25.48	377
	31.79	1:08.99	1:48.21	2:25.48	
23	Matthew Hogan	13	Wirral Metro	2:26.44	369
	33.96	1:11.48	1:49.84	2:26.44	
24	Alexander Jenkins	13	City of Chester	2:27.53	361
	33.63	1:10.76	1:49.51	2:27.53	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 31 Boys 13 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
25	Anthony West	13	City of Liverpool SC	2:29.59	347
	34.07	1:11.92	1:51.01	2:29.59	
26	Audley Cruttenden	13	Wirral Metro	2:29.61	346
	33.27	1:11.90	1:51.11	2:29.61	

**Event 31 Boys 14 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Daniel Hussey	14	City of Chester	2:05.58	586
	29.11	1:00.67	1:33.53	2:05.58	
2	Curtis Corrie	14	Barrow Asc	2:06.13	578
	29.34	1:01.95	1:34.99	2:06.13	
3	Alex Dunk	14	Prescot SC	2:06.83	569
	29.16	1:01.70	1:35.43	2:06.83	
4	Adam Silvester	14	Chase Swimming Club	2:07.87	555
	29.29	1:01.61	1:35.70	2:07.87	
5	Ciaran Andrews	14	Mold	2:08.62	545
	29.30	1:01.72	1:34.90	2:08.62	
6	Howard Walsh	14	Gallica	2:08.91	541
	29.87	1:02.80	1:36.30	2:08.91	
7	Brendan Spencer	14	Warrington Warriors SC	2:09.44	535
	29.08	1:02.25	1:36.31	2:09.44	
8	William Harding	14	Wirral Metro	2:10.35	524
	29.73	1:02.72	1:36.56	2:10.35	
9	Max Butler	14	Gallica	2:12.17	502
	30.61	1:03.96	1:38.03	2:12.17	
10	Michael Ross	14	Warrington Warriors SC	2:12.45	499
	30.35	1:04.09	1:38.43	2:12.45	
11	James Burke	14	City of Liverpool SC	2:12.47	499
	29.66	1:03.99	1:38.76	2:12.47	
12	Joseph Wareing	14	Swim Trafford SC	2:13.01	493
	28.60	1:01.33	1:36.54	2:13.01	
13	Thomas James	14	City of Liverpool SC	2:13.13	492
	29.56	1:03.59	1:38.97	2:13.13	
14	Liam Graves	14	City of Liverpool SC	2:14.40	478
	30.64	1:04.56	1:39.62	2:14.40	
15	Alex Law	14	Northwich Asc	2:16.20	459
	30.18	1:04.18	1:40.34	2:16.20	
16	Craig Judd	14	Oakengates Asc	2:19.96	423
	32.27	1:07.81	1:44.32	2:19.96	
17	Thomas Nelson	14	Wirral Metro	2:20.51	418
	32.52	1:08.48	1:44.66	2:20.51	
18	Thomas Sutcliffe	14	City of Liverpool SC	2:23.91	389
	32.69	1:09.93	1:47.02	2:23.91	
19	James Simpson	14	Swim Trafford SC	2:25.70	375
	32.26	1:09.37	1:48.42	2:25.70	

**Event 31 Boys 15 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Thomas Barton	15	City of Liverpool SC	1:58.76	693
	27.63	58.08	1:28.95	1:58.76	
2	Ben Wood	15	Chase Swimming Club	2:01.65	644
	27.48	58.26	1:29.94	2:01.65	
3	Jack Scott	15	City of Liverpool SC	2:04.62	599
	28.90	1:00.44	1:32.61	2:04.62	
4	Alex Gough	15	Newcastle(Staffs) SC	2:06.56	572
	29.12	1:00.78	1:33.68	2:06.56	
5	Daniel Crosby	15	Swim Trafford SC	2:08.66	545
	29.10	1:01.35	1:35.16	2:08.66	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 31 Boys 15 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
6	Thomas Paine	15	Cleethorpes & Scun Aquatics	2:08.84	542
	29.11	1:01.60	1:36.75	2:08.84	
7	Johnathan Lowe	15	Satellite SC	2:08.85	542
	29.94	1:03.63	1:37.01	2:08.85	
8	Chris Lowe	15	Stockport Metro SC	2:09.25	537
	30.16	1:03.49	1:36.95	2:09.25	
9	Thomas Clarke	15	Mold	2:11.71	508
	30.28	1:04.14	1:39.20	2:11.71	
10	Daniel Wass	15	Warrington Warriors SC	2:12.72	496
	30.30	1:04.55	1:39.11	2:12.72	
11	Luke Nixon	15	GB Deaf Squad	2:15.15	470
	31.13	1:05.06	1:40.66	2:15.15	

**Event 32 Girls 13 Y.O. 200 LC Metre Backstroke**

	Name	Age	Team	Time	FINA
1	Nicola Ball	13	City of Chester	2:27.64	636
	34.61	1:11.70	1:50.47	2:27.64	
2	Charlotte Disley	13	Southport SC	2:33.36	567
	35.76	1:14.51	1:54.43	2:33.36	
3	Isobel Woollons	13	Wirral Metro	2:36.79	531
	36.58	1:16.28	1:57.62	2:36.79	
4	Katie Wilson	13	City of Liverpool SC	2:38.42	515
	37.29	1:18.04	1:59.76	2:38.42	
5	Mary Davidson	13	City of Newcastle Asc	2:38.44	514
	37.39	1:17.43	1:58.26	2:38.44	
6	Sally Jenkinson	13	Warrington Warriors SC	2:38.97	509
	37.01	1:17.05	1:58.25	2:38.97	
7	Leah Evans	13	Warrington Warriors SC	2:39.79	501
	37.37	1:17.65	1:59.29	2:39.79	
8	Rebecca Friar	13	Everton SA	2:40.13	498
	37.86	1:18.95	2:00.06	2:40.13	
9	Gaby Butterworth	13	Swim Trafford SC	2:40.62	494
	38.39	1:19.30	2:00.28	2:40.62	
10	Molly Unwin	13	Cleethorpes & Scun Aquatics	2:42.81	474
	38.90	1:19.80	2:02.10	2:42.81	
11	Lydia Hitchell	13	Wirral Metro	2:42.90	473
	38.41	1:20.14	2:01.60	2:42.90	
12	Bryony McCoy	13	Everton SA	2:44.41	460
	39.55	1:21.13	2:03.35	2:44.41	
13	Hannah Wallis	13	Warrington Warriors SC	2:45.85	448
	38.54	1:20.07	2:02.86	2:45.85	
14	Zoe Carroll	13	Warrington Warriors SC	2:46.34	445
	39.17	1:21.10	2:03.66	2:46.34	
15	Lucy Bradley	13	Warrington Warriors SC	2:46.87	440
	39.53	1:21.35	2:04.88	2:46.87	
16	Bethany Hill	13	Southport SC	2:47.03	439
	39.65	1:21.84	2:04.96	2:47.03	
17	Charlotte Hubble	13	Cheadle (Staffs) & District AS	2:47.52	435
	39.17	1:21.69	2:05.38	2:47.52	
18	Christie Ghent	13	Chase Swimming Club	2:48.53	427
	39.37	1:22.51	2:06.51	2:48.53	
19	Hannah Robb	13	City of Liverpool SC	2:48.56	427
	39.11	1:22.45	2:05.68	2:48.56	
20	Lauren Tasker	13	Everton SA	2:49.05	423
	39.06	1:22.01	2:06.45	2:49.05	
21	Erin Donagh	13	Southport SC	2:49.06	423
	39.53	1:23.05	2:06.46	2:49.06	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 32 Girls 13 Y.O. 200 LC Metre Backstroke)**

	Name	Age	Team	Time	FINA
22	Jessica Stuttard	13	Everton SA	2:49.11	423
	38.81	1:21.42	2:05.90	2:49.11	
23	Amy Lock	13	City of Liverpool SC	2:49.68	419
	38.83	1:22.52	2:07.33	2:49.68	
24	Isabelle Chatterton	13	Oldham Aquatics Swimming Club	2:52.21	401
	40.01	1:23.44	2:08.29	2:52.21	
25	Laura Green	13	Wrexham S.C.	2:54.16	387
	40.63	1:25.75	2:10.61	2:54.16	

**Event 32 Girls 14 Y.O. 200 LC Metre Backstroke**

	Name	Age	Team	Time	FINA
1	Rebecca Pye	14	Warrington Warriors SC	2:26.12	656
	33.19	1:09.36	1:46.99	2:26.12	
2	Paige Bowden	14	City of Liverpool SC	2:28.88	620
	34.35	1:11.88	1:50.44	2:28.88	
3	Catherine Parker	14	Warrington Warriors SC	2:29.30	615
	35.33	1:12.65	1:51.66	2:29.30	
4	Zoe Kirkwood	14	City of Newcastle Asc	2:33.69	564
	36.93	1:15.99	1:55.44	2:33.69	
5	Karmen Hammonds	14	Gallica	2:34.78	552
	36.36	1:15.73	1:56.83	2:34.78	
6	Jennifer Leith	14	City of Liverpool SC	2:36.50	534
	35.87	1:15.87	1:56.73	2:36.50	
7	Rachel Heesom	14	Warrington Warriors SC	2:38.91	510
	37.81	1:17.43	1:58.84	2:38.91	
8	Lucy Hale	14	City of Liverpool SC	2:39.01	509
	36.86	1:16.77	1:58.18	2:39.01	
9	Niamh O'Donnell	14	Wigan Best SC	2:40.01	499
	37.86	1:18.10	1:59.33	2:40.01	
10	Aimee Harvey	14	Warrington Warriors SC	2:40.49	495
	38.53		2:00.20	2:40.49	
11	Catherine Gradwell	14	Southport SC	2:44.44	460
	39.50	1:21.23	2:04.59	2:44.44	
12	Sarah Jarvis	14	Northwich Asc	2:46.93	440
	37.68	1:19.59	2:02.89	2:46.93	
13	Amy Royston	14	Borough of Kirklees SC	2:47.75	433
	39.77	1:21.87	2:05.15	2:47.75	
14	Emma Rushforth	14	Mold	2:54.79	383
	39.94	1:23.95	2:10.29	2:54.79	

**Event 32 Girls 15 Y.O. 200 LC Metre Backstroke**

	Name	Age	Team	Time	FINA
1	Shannon Loder	15	Blackpool SC	2:38.85	510
	38.13	1:17.78	1:58.58	2:38.85	
2	Ellie Newby	15	City of Liverpool SC	2:39.79	501
	36.55	1:16.33	1:58.44	2:39.79	
3	Lauren York	15	Cleethorpes & Scun Aquatics	2:41.77	483
	37.96	1:18.63	2:01.07	2:41.77	
4	Alana Maerivoet	15	Swim Gwynedd Performance Club	2:45.78	449
	38.67	1:20.78	2:02.83	2:45.78	
5	Elizabeth Simpkin	15	Southport SC	2:48.24	430
	39.83	1:23.43	2:07.61	2:48.24	
6	Eve Fellows	15	Wigan Best SC	2:48.37	429
	39.67	1:21.98	2:05.66	2:48.37	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****Event 33 Boys 16 /Ov 200 LC Metre Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>					<b>Time</b>	<b>FINA</b>
1	Adam Shipp	22	City of Liverpool SC					2:35.52	568
	35.23	1:14.78	1:54.86	2:35.52					
2	Nathan Barr	17	City of Liverpool SC					2:36.49	558
	35.00	1:15.38	1:56.35	2:36.49					
3	Richard Swystun	18	Borough of Kirklees SC					2:42.35	499
	34.90	1:16.23	1:59.33	2:42.35					
4	Joseph Gillam	17	Burnley Bobcats					2:44.50	480
	35.66	1:16.81	2:00.44	2:44.50					
5	Sam Chamberlain	20	GB Deaf Squad					2:55.54	395
	38.43	1:23.15	2:09.88	2:55.54					
6	Matthew Hargreaves	16	Gallica					2:55.73	394
	38.36	1:18.68	2:09.58	2:55.73					

**Event 35 Boys 9 Y.O. 400 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>					<b>Time</b>	<b>FINA</b>
1	Michael Doyle	9	Ellesmere College Titans					5:50.60	256
	40.47	1:25.57	2:09.58	2:55.55	3:38.20	4:24.80	5:05.99	5:50.60	
2	Ryan Warriner	9	City of Liverpool SC					6:06.34	225
	43.70	1:30.01	2:17.47	3:05.18	3:51.98	4:39.92	5:26.09	6:06.34	
3	Tiras Waterman	9	Borough of Kirklees SC					6:10.98	216
	38.54	1:23.43	2:10.85	2:59.49	3:46.71	4:36.06	5:23.82	6:10.98	
4	Cian Porter	9	City of Liverpool SC					6:48.12	162
	41.86	1:32.37	2:25.52	3:18.55	4:12.32	5:07.12	6:01.59	6:48.12	
5	Oliver Sutton	9	Southport SC					6:53.79	156
	44.91	1:37.77	2:30.92	3:25.60	4:18.62	5:11.86	6:04.43	6:53.79	

**Event 35 Boys 10 Y.O. 400 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>					<b>Time</b>	<b>FINA</b>
1	Oliver Crosby	10	Swim Trafford SC					5:17.67	344
	36.13	1:15.91	1:56.77	2:36.70	3:17.85	3:58.79	4:39.10	5:17.67	
2	Samuel Legge	10	Cleethorpes & Scun Aquatics					5:21.69	332
	37.43	1:18.04	1:59.02	2:39.80	3:20.81	4:01.48	4:42.45	5:21.69	
3	Matthew McGregor	10	Southport SC					5:39.05	283
	38.85	1:21.86	2:04.85	2:48.34	3:32.14	4:15.45	4:58.78	5:39.05	
4	George Foster	10	Chase Swimming Club					5:42.53	275
	38.32	1:21.74	2:05.90	2:50.26	3:34.82	4:19.08	5:02.22	5:42.53	
5	Nathaniel Ball	10	Southport SC					5:47.26	264
	40.16	1:25.27	2:08.54	2:52.82	3:37.25	4:17.29	5:05.87	5:47.26	
6	Connor Lewis	10	City of Liverpool SC					5:53.48	250
	39.38	1:23.06	2:08.15	2:53.47	3:38.78	4:24.29	5:09.51	5:53.48	
7	Jac Rushforth	10	Mold					5:55.51	246
	39.59	1:23.84	2:09.30	2:55.62	3:41.10	4:27.72	5:13.08	5:55.51	
8	Nathaniel Bellamy	10	Warrington Warriors SC					6:01.70	233
	41.00	1:25.51	2:11.16	2:57.04	3:43.52	4:30.23	5:17.55	6:01.70	
9	Thomas Barrett	10	Southport SC					6:05.59	226
	40.93	1:25.92	2:12.45	3:00.33	3:47.34	4:34.91	5:22.94	6:05.59	
10	Michael Kelly	10	City of Liverpool SC					6:15.48	209
	42.96	1:30.66	2:17.73	3:05.14	3:53.79	4:41.01	5:32.15	6:15.48	
11	Cameron Dunk	10	Prescot SC					6:18.02	204
	40.98	1:28.08	2:17.90	3:06.32	3:55.72	4:44.18	5:33.40	6:18.02	

**Event 35 Boys 11 Y.O. 400 LC Metre Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>					<b>Time</b>	<b>FINA</b>
1	Oliver Houghton	11	Warrington Warriors SC					4:57.20	421
	34.74	1:12.66	1:50.53	2:28.64	3:06.60	3:44.36	4:21.48	4:57.20	
2	Alex Fry	11	City of Liverpool SC					4:59.75	410
	34.21	1:11.78	1:50.22	2:28.69	3:06.73	3:44.73	4:22.97	4:59.75	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 35 Boys 11 Y.O. 400 LC Metre Freestyle)**

Name	Age	Team	Time						FINA
3 Charlie McSkeane	11	City of Carlisle Asc	5:03.63						394
34.64	1:12.37	1:51.06	2:29.64	3:08.91	3:48.61	4:27.40	5:03.63		
4 Daniel Boal	11	Southport SC	5:04.52						391
34.68	1:13.12	1:52.09	2:31.11	3:09.84	3:49.30	4:27.49	5:04.52		
5 Cole Charnock	11	City of Liverpool SC	5:04.58						391
34.85	1:13.85	1:53.24	2:32.91	3:12.44	3:51.71	4:29.69	5:04.58		
6 Aaron Hill	11	Warrington Warriors SC	5:05.43						388
35.54	1:13.92	1:53.83	2:33.02	3:12.49	3:51.47	4:29.97	5:05.43		
7 Ethan Clark	11	Southport SC	5:06.39						384
34.38	1:12.55	1:51.91	2:30.61	3:09.70	3:48.90	4:28.12	5:06.39		
8 William Beaven	11	Gallica	5:12.19						363
34.88	1:14.77	1:54.44	2:34.31	3:14.54	3:54.24	4:33.61	5:12.19		
9 Kyle Clegg	11	Oldham Aquatics Swimming Club	5:12.70						361
35.91	1:15.58	1:55.75	2:35.04	3:15.41	3:55.53	4:35.39	5:12.70		
10 Thomas Sutton	11	Warrington Warriors SC	5:13.00						360
35.48	1:14.97	1:54.81	2:35.05	3:14.52	3:54.90	4:35.19	5:13.00		
11 Adam Poole	11	Warrington Warriors SC	5:15.31						352
35.18	1:14.25	1:54.25	2:34.38	3:14.72	3:55.52	4:35.99	5:15.31		
12 Seth Waterman	11	Borough of Kirklees SC	5:19.89						337
35.78	1:15.25	1:55.93	2:36.35	3:18.21	4:00.26	4:40.75	5:19.89		
13 Dominic Standbridge	11	Borough of Kirklees SC	5:22.10						330
37.01	1:17.33	1:58.96	2:39.50	3:20.75	4:01.69	4:43.73	5:22.10		
14 Ellis Le'Gall	11	City of Liverpool SC	5:31.95						302
38.56	1:19.90	2:00.90	2:43.04	3:25.58	4:08.32	4:50.39	5:31.95		
15 William O'Donnell	11	Southport SC	5:36.02						291
38.60	1:21.78	2:04.77	2:48.00	3:31.05	4:14.03	4:56.32	5:36.02		
16 Henry Bulmer	11	City of Liverpool SC	5:37.20						288
37.86	1:20.17	2:02.74	2:45.76	3:29.27	4:12.27	4:55.75	5:37.20		
17 Luc-Sebastian Jarzynski	11	Ellesmere College Titans	5:39.97						281
38.41	1:21.96	2:05.69	2:49.68	3:33.92	4:18.08	5:00.88	5:39.97		
18 Thomas Hamer	11	Burnley Bobcats	5:50.33						257
37.14	1:19.94	2:04.94	2:51.54	3:36.51	4:22.89	5:08.76	5:50.33		
19 Tom Lloyd	11	Ellesmere College Titans	5:57.99						241
39.34	1:23.79	2:09.37	2:54.95	3:41.25	4:27.06	5:14.01	5:57.99		
20 Harry Cook	11	Southport SC	6:18.18						204
43.78	1:31.36	2:19.33	3:08.25	3:57.96	4:46.79	5:33.08	6:18.18		

**Event 35 Boys 12 Y.O. 400 LC Metre Freestyle**

Name	Age	Team	Time						FINA
1 Harry Pickering	12	Wirral Metro	4:41.33						496
32.57	1:07.65	1:43.92	2:20.45	2:56.57	3:32.86	4:08.05	4:41.33		
2 Oliver Webster	12	Cleethorpes & Scun Aquatics	4:41.46						495
31.69	1:06.82	1:42.27	2:18.28	2:54.19	3:30.34	4:06.64	4:41.46		
3 Daniel Walsh	12	Swim Trafford SC	4:47.77						463
33.01	1:08.77	1:45.10	2:22.15	2:59.01	3:35.99	4:12.48	4:47.77		
4 Joshua Moniz	12	Southport SC	4:50.18						452
34.09	1:10.46	1:47.58	2:24.37	3:02.01	3:38.99	4:15.75	4:50.18		
5 David Richardson	12	Warrington Warriors SC	4:52.07						443
33.23	1:09.43	1:46.28	2:23.47	3:01.13	3:38.86	4:16.66	4:52.07		
6 James Ross	12	Warrington Warriors SC	4:53.87						435
33.62	1:10.02	1:47.56	2:24.74	3:02.29	3:40.34	4:17.63	4:53.87		
7 James Wilson	12	Ellesmere College Titans	4:53.99						435
32.01	1:08.82	1:46.37	2:24.04	3:02.53	3:41.05	4:18.54	4:53.99		
8 Harry Thompson	12	City of Liverpool SC	4:54.95						430
33.68	1:10.75	1:49.51	2:27.98	3:06.36	3:44.17	4:20.30	4:54.95		
9 Adam Ravenscroft	12	Warrington Warriors SC	4:55.85						426
34.40	1:11.97	1:49.86	2:27.75	3:05.28	3:43.24	4:20.24	4:55.85		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 35 Boys 12 Y.O. 400 LC Metre Freestyle)**

	Name	Age	Team						Time	FINA
10	James Burke	12	Cleethorpes & Scun Aquatics						4:56.66	423
	33.34	1:10.38	1:49.17	2:28.50	3:06.22	3:46.50	4:23.40	4:56.66		
11	Bradley Harrison	12	Warrington Warriors SC						4:57.18	421
	34.08	1:11.95	1:49.72	2:28.01	3:05.57	3:43.99	4:21.38	4:57.18		
12	David Gillard	12	Southport SC						4:58.06	417
	34.31	1:11.91	1:49.97	2:27.79	3:06.03	3:43.99	4:21.79	4:58.06		
13	Joe Hulme	12	Leek Asc						4:58.54	415
	34.71	1:12.76	1:50.79	2:29.41	3:07.31	3:44.74	4:22.22	4:58.54		
14	Kyle Chisholm	12	Borough of Kirklees SC						5:00.70	406
	33.70	1:11.21	1:49.83	2:28.59	3:07.48	3:45.93	4:25.17	5:00.70		
15	Nathan Hall	12	Southport SC						5:01.80	402
	34.72	1:13.18	1:51.83	2:30.06	3:09.32	3:48.89	4:25.53	5:01.80		
16	Joe Kinsell	12	Chase Swimming Club						5:01.82	402
	34.48	1:12.64	1:51.04	2:29.28	3:08.06	3:46.59	4:25.53	5:01.82		
17	James Edwards	12	Stockport Metro SC						5:01.96	401
	34.83	1:12.99	1:52.00	2:30.40	3:08.50	3:47.20	4:25.05	5:01.96		
18	Aaron Kirchin-Brown	12	Warrington Warriors SC						5:03.29	396
	35.42	1:13.77	1:52.44	2:30.86	3:10.08	3:48.62	4:26.74	5:03.29		
19	Ross Rutherford	12	City of Liverpool SC						5:04.12	393
	34.51	1:13.95	1:53.00	2:32.65	3:12.37	3:51.84	4:29.97	5:04.12		
20	Bradley Ratcliffe	12	Oldham Aquatics Swimming Club						5:07.01	382
	33.99	1:12.45	1:52.10	2:31.19	3:10.86	3:50.95	4:30.56	5:07.01		
21	Joe Mitchell	12	Stockport Metro SC						5:07.99	378
	34.57	1:13.01	1:52.75	2:32.70	3:12.41	3:52.28	4:30.82	5:07.99		
22	Thomas Rushforth	12	Mold						5:08.01	378
	1:13.25	1:52.38	2:32.24	3:11.91	3:51.50	4:30.34	5:08.01			
23	Mitchell Page	12	Walsall SC						5:09.30	373
	35.28	1:14.03	1:53.15	2:32.76	3:12.82	3:52.37	4:31.76	5:09.30		
24	Ross Hill	12	Stafford Apex						5:09.63	372
	34.87	1:13.88	1:53.40	2:32.85	3:12.91	3:52.36	4:31.96	5:09.63		
25	Alfie Pardoe	12	Ellesmere College Titans						5:09.87	371
	36.04	1:15.39	1:53.98	2:33.40	3:12.98	3:52.85	4:32.13	5:09.87		
26	Jake Simm	12	Prescot SC						5:14.48	355
	35.17	1:14.47	1:54.50	2:34.71	3:15.50	3:56.10	4:37.26	5:14.48		
27	Callum Welman	12	Ruthin Asc						5:18.35	342
	35.19	1:14.62	1:55.86	2:36.71	3:17.84	3:58.90	4:40.50	5:18.35		
28	Matthew Evans	12	Chase Swimming Club						5:19.97	337
	34.45	1:13.58	1:52.85	2:33.38	3:15.54	3:57.83	4:40.40	5:19.97		
29	Luke Tessayman	12	City of Liverpool SC						5:20.75	335
	35.49	1:15.15	1:56.03	2:37.04	3:18.15	3:59.60	4:41.12	5:20.75		
30	Ben Harper	12	City of Liverpool SC						5:20.99	334
	34.91	1:14.48	1:55.26	2:36.25	3:16.52	3:59.12	4:41.87	5:20.99		
31	Ben Currie	12	City of Liverpool SC						5:25.32	321
	36.31	1:16.35	1:56.94	2:38.43	3:19.48	4:02.13	4:43.44	5:25.32		
32	Jamie Thomas	12	Ellesmere College Titans						5:28.67	311
	35.00	1:15.43	1:57.71	2:39.09	3:21.97	4:04.70	4:47.42	5:28.67		
33	Josh Chapman	12	Southport SC						5:30.88	305
	37.06	1:18.87	2:00.63	2:42.92	3:26.39	4:09.37	4:51.87	5:30.88		
34	Kane Stapleton	12	Wirral Metro						5:37.44	287
	37.23	1:19.56	2:02.16	2:45.50	3:29.10	4:12.90	4:55.93	5:37.44		

**Event 36 Girls 9 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team						Time	FINA
1	Mattea-Jay Oliver	9	City of Liverpool SC						2:44.96	345
	37.26	1:19.23	2:02.67	2:44.96						
2	Niamh Andrews	9	Mold						2:47.32	331
	38.24	1:21.02	2:04.34	2:47.32						

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 36 Girls 9 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
3	Jessica Thomas	9	Ellesmere College Titans	2:49.72	317
	36.89 1:20.17 2:05.70		2:49.72		
4	Britney Dagger	9	Blackpool SC	2:55.14	289
	37.87 1:23.22 2:11.11		2:55.14		
5	Bethan Strange	9	Everton SA	2:56.11	284
	39.46 1:26.05 2:13.39		2:56.11		
6	Lara Bate	9	Stockport Metro SC	2:56.74	281
	42.03 1:27.34 2:13.27		2:56.74		
7	Anna Duncan	9	City of Liverpool SC	3:04.63	246
	41.43 1:28.36 2:17.39		3:04.63		
8	Rachel Boal	9	Southport SC	3:07.11	237
	43.25 1:32.70 2:20.47		3:07.11		
9	Aimee Rawcliffe	9	Blackpool SC	3:07.96	233
	43.65 1:32.80 2:21.88		3:07.96		
10	Maisy Manning	9	City of Liverpool SC	3:09.21	229
	40.42 1:29.25 2:20.21		3:09.21		
11	Niamh Wilgar	9	Southport SC	3:10.71	223
	40.78 1:30.16 2:20.21		3:10.71		
12	Megan Chubb	9	City of Liverpool SC	3:12.64	217
	43.86 1:33.47 2:24.32		3:12.64		
13	Jessie Harper	9	Bolton Metro SC	3:13.38	214
	43.56 1:34.41 2:24.22		3:13.38		
14	Alex McCarthy	9	City of Liverpool SC	3:14.37	211
	43.07 1:32.58 2:25.84		3:14.37		
15	Jennifer Street	9	Bolton Metro SC	3:15.46	208
	45.44 1:37.51 2:29.15		3:15.46		
16	Macy Curtis	9	Chase Swimming Club	3:15.82	206
	45.75 1:35.53 2:26.65		3:15.82		
17	Katie Forrester	9	Cheadle (Staffs) & District AS	3:16.05	206
	44.48 1:35.33 2:27.17		3:16.05		
18	Greta Hampson	9	Southport SC	3:18.17	199
	46.60 1:38.04 2:29.98		3:18.17		
19	Ella Johnson	9	Southport SC	3:20.20	193
	41.82 1:34.74 2:29.76		3:20.20		
20	Kate Linford	9	City of Liverpool SC	3:21.66	189
	45.65 1:39.66 2:32.23		3:21.66		

**Event 36 Girls 10 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Amy Carroll	10	Southport SC	2:35.06	416
	35.51 1:15.07 1:55.96		2:35.06		
2	Connie McClelland	10	City of Chester	2:38.55	389
	35.56 1:15.71 1:58.07		2:38.55		
3	Molly Roodhouse	10	Stockport Metro SC	2:38.61	388
	36.97 1:17.82 2:00.07		2:38.61		
4	Holly Hibbott	10	Southport SC	2:38.92	386
	35.90 1:16.50 1:58.41		2:38.92		
5	Phillipa Roebuck	10	Stafford Apex	2:39.30	383
	37.22 1:17.56 2:00.16		2:39.30		
6	Anna Hulme	10	City of Liverpool SC	2:39.66	381
	36.09 1:18.19 2:00.46		2:39.66		
7	Ellen Webster	10	Southport SC	2:41.53	368
	36.31 1:19.06 2:01.87		2:41.53		
8	Molly Harris	10	Everton SA	2:42.37	362
	37.51 1:19.45 2:02.32		2:42.37		
9	Anna Hoyle	10	City of Liverpool SC	2:42.99	358
	37.46 1:19.56 2:02.88		2:42.99		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 36 Girls 10 Y.O. 200 LC Metre Freestyle)**

	Name	Age	Team	Time	FINA
10	Lucy Strike	10	Stafford Apex	2:43.38	355
	38.18 1:20.13 2:03.83		2:43.38		
11	Eleanor Delmonte	10	Southport SC	2:44.07	351
	36.17 1:17.68 2:00.92		2:44.07		
12	Anna Niven	10	Southport SC	2:45.11	344
	38.65 1:20.64 2:03.23		2:45.11		
13	Zara Bailey	10	Cheadle (Staffs) & District AS	2:45.19	344
	37.45 1:20.03 2:02.85		2:45.19		
14	Catherine Ross	10	Warrington Warriors SC	2:45.34	343
	37.08 1:19.95 2:04.34		2:45.34		
15	Siobhan Harrison	10	Warrington Warriors SC	2:46.53	336
	37.60 1:21.17 2:04.53		2:46.53		
16	Poppy Yip	10	City of Liverpool SC	2:47.16	332
	37.42 1:21.10 2:05.67		2:47.16		
17	Alison Steele	10	Halton SC	2:47.56	329
	38.32 1:21.48 2:06.63		2:47.56		
18	Phoebe Lloyd-Hazlegreaves	10	City of Liverpool SC	2:47.58	329
	38.08 1:21.55 2:05.34		2:47.58		
19	Grace Houghton	10	City of Liverpool SC	2:48.51	324
	37.48 1:20.61 2:05.63		2:48.51		
20	Victoria Hill	10	Southport SC	2:50.72	312
	38.82 1:23.36 2:08.32		2:50.72		
21	Charlotte Casselton	10	Southport SC	2:51.91	305
	39.64 1:23.28 2:08.75		2:51.91		
22	Emily Sharp	10	Everton SA	2:56.57	282
	37.17 1:21.38 2:09.99		2:56.57		
23	Georgia Mullany	10	Stockport Metro SC	2:57.61	277
	40.54 1:25.33 2:10.82		2:57.61		
24	Nieva Garland	10	City of Liverpool SC	2:59.75	267
	40.07 1:25.79 2:13.35		2:59.75		
25	Martha Chapman	10	Southport SC	3:01.41	260
	41.07 1:29.77 2:16.34		3:01.41		
26	Amy Goulding	10	City of Liverpool SC	3:02.85	254
			2:16.77 3:02.85		
27	Kayleigh Ghent	10	Chase Swimming Club	3:04.54	247
	41.71 1:28.89 2:17.22		3:04.54		

**Event 36 Girls 11 Y.O. 200 LC Metre Freestyle**

	Name	Age	Team	Time	FINA
1	Zoe Lewis	11	City of Stoke Asc	2:29.46	464
	34.45 1:12.95 1:51.98		2:29.46		
2	Holly Brook	11	Borough of Kirklees SC	2:30.13	458
	33.94 1:13.15 1:52.86		2:30.13		
3	Ellie Bagshaw	11	Stockport Metro SC	2:30.95	451
	34.84 1:13.08 1:52.55		2:30.95		
4	Kate O'Brien	11	City of Liverpool SC	2:32.98	433
	35.13 1:13.83 1:53.68		2:32.98		
5	Hannah Platt	11	City of Liverpool SC	2:33.13	432
	35.77 1:15.93 1:56.34		2:33.13		
6	Kizzy Odiwei	11	Swim Trafford SC	2:33.16	431
	34.64 1:14.12 1:54.28		2:33.16		
7	Joanne Whittingham	11	Southport SC	2:33.48	429
	35.41 1:14.53 1:54.90		2:33.48		
8	Lois Martin	11	City of Liverpool SC	2:33.58	428
	34.56 1:14.08 1:54.86		2:33.58		
9	Holly Shepherd	11	Leek Asc	2:35.97	409
	36.25 1:16.11 1:56.73		2:35.97		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 36 Girls 11 Y.O. 200 LC Metre Freestyle)**

Name	Age	Team	Time	FINA
10 Sophie Cragg	11	Cleethorpes & Scun Aquatics	2:37.38	398
35.02 1:15.14 1:56.21		2:37.38		
11 Erica Minozzi	11	Burnley Bobcats	2:37.50	397
35.39 1:15.66 1:57.35		2:37.50		
12 Martha Goring	11	Wrexham S.C.	2:38.92	386
37.31 1:17.72 2:00.37		2:38.92		
13 Robyn Hart	11	City of Liverpool SC	2:38.94	386
37.20 1:18.39 2:00.02		2:38.94		
14 Hannah Chubb	11	City of Liverpool SC	2:40.03	378
36.74 1:17.31 1:59.07		2:40.03		
15 Nicola Fenna	11	Southport SC	2:41.39	369
36.88 1:18.29 2:00.79		2:41.39		
16 Lucy Mills	11	City of Liverpool SC	2:42.23	363
36.44 1:19.16 2:02.51		2:42.23		
17 Holly Knowles	11	Southport SC	2:42.71	360
36.55 1:17.15 2:00.21		2:42.71		
18 Jasmine Hanna-Donnelly	11	Swim Trafford SC	2:43.44	355
37.86 1:19.58 2:03.23		2:43.44		
19 Laura Buckley	11	Warrington Warriors SC	2:43.45	355
36.71 1:18.71 2:02.59		2:43.45		
20 Isobel Thwaite	11	City of Chester	2:43.62	354
36.39 1:18.51 2:02.21		2:43.62		
21 Serena Rimmer	11	City of Liverpool SC	2:43.88	352
36.52 1:18.47 2:02.18		2:43.88		
22 Megan Graves	11	City of Liverpool SC	2:46.37	337
35.58 1:18.87 2:03.55		2:46.37		
23 Laura Gorry	11	Halton SC	2:46.38	337
38.04 1:21.03 2:04.07		2:46.38		

**Event 36 Girls 12 Y.O. 200 LC Metre Freestyle**

Name	Age	Team	Time	FINA
1 Emma Grayson	12	City of Liverpool SC	2:13.14	657
30.66 1:03.73 1:38.66		2:13.14		
2 Harmonie Waterman	12	Borough of Kirklees SC	2:17.71	594
31.08 1:05.33 1:41.72		2:17.71		
3 Phoebe Ginnelly	12	Wirral Metro	2:19.51	571
32.05 1:07.61 1:44.41		2:19.51		
4 Chloe Waddell	12	Swim Trafford SC	2:20.68	557
33.10 1:09.11 1:46.11		2:20.68		
5 Kathleen Dawson	12	Warrington Warriors SC	2:21.84	543
33.23 1:09.62 1:46.52		2:21.84		
6 Rosemary Huck	12	Satellite SC	2:22.22	539
32.47 1:08.48 1:45.67		2:22.22		
7 Heather Lee	12	City of Liverpool SC	2:23.00	530
32.50 1:08.43 1:46.13		2:23.00		
8 Lauren Whiteside	12	Southport SC	2:24.13	518
33.41 1:10.89 1:48.81		2:24.13		
9 Jessica Jervis	12	City of Liverpool SC	2:26.02	498
33.14 1:10.13 1:48.62		2:26.02		
10 Ashleigh Backhouse	12	City of Carlisle Asc	2:26.08	497
33.63 1:10.74 1:48.74		2:26.08		
11 Ashleigh Wrench	12	Warrington Warriors SC	2:26.15	497
33.31 1:10.56 1:48.78		2:26.15		
12 Jade Forster	12	Southport SC	2:26.20	496
33.95 1:11.29 1:49.48		2:26.20		
13 Bethany Baker	12	Chase Swimming Club	2:26.31	495
33.58 1:10.18 1:48.48		2:26.31		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 36 Girls 12 Y.O. 200 LC Metre Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
14	Laura Mullany	12	Stockport Metro SC	2:28.24	476
	34.98 1:13.07 1:51.60		2:28.24		
15	Kate Roodhouse	12	Stockport Metro SC	2:28.81	470
	34.85 1:12.84 1:51.14		2:28.81		
16	Lucy Rowland	12	Burnley Bobcats	2:28.89	470
	34.29 1:12.37 1:51.26		2:28.89		
17	Annie Russell	12	Borough of Kirklees SC	2:29.06	468
	33.96 1:12.87 1:52.17		2:29.06		
18	Sara Hussey	12	City of Chester	2:30.27	457
	34.68 1:12.79 1:52.21		2:30.27		
19	Zoe Foster	12	Chase Swimming Club	2:30.47	455
	34.51 1:12.81 1:52.21		2:30.47		
20	Maise Legge	12	Cleethorpes & Scun Aquatics	2:30.50	455
	34.30 1:13.46 1:52.93		2:30.50		
21	Nicola Farrell	12	Oldham Aquatics Swimming Club	2:31.66	444
	35.37 1:13.29 1:53.13		2:31.66		
22	Lydia Paris-Davies	12	City of Liverpool SC	2:31.76	443
	35.40 1:14.13 1:53.95		2:31.76		
23	Amelia Wood	12	Gallica	2:31.88	442
	34.85 1:14.06 1:53.89		2:31.88		
24	Freya Griffiths	12	Wirral Metro	2:31.95	442
	35.01 1:13.51 1:53.17		2:31.95		
25	Jade Le'Gall	12	City of Liverpool SC	2:32.05	441
	34.85 1:13.29 1:52.97		2:32.05		
26	Phillipa Doyle	12	Wirral Metro	2:32.06	441
	33.58 1:12.71 1:53.71		2:32.06		
27	Catherine Podmore	12	Swim Trafford SC	2:33.78	426
	35.45 1:14.09 1:54.63		2:33.78		
28	Sara Loft	12	Oldham Aquatics Swimming Club	2:34.40	421
	35.53 1:15.17 1:56.47		2:34.40		
29	Phoebe Vaughan	12	Howe Bridge Aces SC	2:34.59	420
	34.63 1:13.97 1:54.61		2:34.59		
30	Olivia McAninly	12	Swim Trafford SC	2:35.31	414
	36.09 1:15.89 1:56.15		2:35.31		
31	Zoe Grainge	12	Swim Trafford SC	2:35.58	412
	34.74 1:13.92 1:55.38		2:35.58		
32	Emma Platt	12	Wirral Metro	2:35.78	410
	34.64 1:13.67 1:55.15		2:35.78		
*33	Florence Slater	12	Gallica	2:36.78	402
	35.70 1:15.14 1:56.46		2:36.78		
*33	Emma Mason	12	City of Liverpool SC	2:36.78	402
	36.03 1:16.49 1:59.04		2:36.78		
35	Natasha Hall	12	Gallica	2:38.09	392
	35.11 1:14.65 1:56.14		2:38.09		
*36	Sophie Bell	12	Warrington Warriors SC	2:38.31	391
	36.91 1:16.87 1:57.72		2:38.31		
*36	Georgina Girvan-Dutton	12	Swim Trafford SC	2:38.31	391
	35.57 1:15.71 1:57.42		2:38.31		
38	Eleanor Hilton	12	City of Liverpool SC	2:43.62	354
	36.28 1:17.74 2:01.39		2:43.62		

**Event 37 Boys 13 Y.O. 200 LC Metre Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Sam Davies	13	City of Liverpool SC	2:27.99	473
	34.10 1:12.29 1:51.69		2:27.99		
2	Adam Lamb	13	Chase Swimming Club	2:32.08	436
	35.31 1:15.32 1:54.41		2:32.08		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 37 Boys 13 Y.O. 200 LC Metre Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
3	Oliver Fairway	13	Southport SC	2:33.70	422
	35.23 1:14.30 1:54.22		2:33.70		
4	Andrew Kerr	13	Barrow Asc	2:37.12	395
	36.84 1:17.23 1:57.86		2:37.12		
5	Marc McLean	13	City of Liverpool SC	2:38.79	383
	37.09 1:17.83 1:58.62		2:38.79		
6	Peter Cunningham	13	Oldham Aquatics Swimming Club	2:40.31	372
	37.29 1:18.34 2:00.16		2:40.31		
7	Ewan Miller	13	Warrington Warriors SC	2:42.94	354
	37.37 1:18.49 2:01.40		2:42.94		
8	Jake Connor	13	City of Liverpool SC	2:43.14	353
	39.04 1:21.10 2:03.66		2:43.14		
9	David Crane	13	Wirral Metro	2:43.34	352
	39.79 1:21.41 2:03.98		2:43.34		
10	Luke Nisted	13	GB Deaf Squad	2:44.37	345
	38.27 1:20.99 2:02.66		2:44.37		
11	Ethan Williams	13	Southport SC	2:46.35	333
	38.01 1:20.75 2:04.56		2:46.35		
12	Matthew Hogan	13	Wirral Metro	2:50.82	307
	40.43 1:23.61 2:07.69		2:50.82		

**Event 37 Boys 14 Y.O. 200 LC Metre Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Daniel Hussey	14	City of Chester	2:20.72	550
	32.77 1:08.72 1:45.25		2:20.72		
2	Adam Silvester	14	Chase Swimming Club	2:21.15	545
	32.54 1:08.19 1:44.97		2:21.15		
3	Michael Ross	14	Warrington Warriors SC	2:24.73	505
	33.65 1:09.97 1:47.81		2:24.73		
4	Liam Graves	14	City of Liverpool SC	2:24.96	503
	33.93 1:10.27 1:48.00		2:24.96		
5	Alex Dunk	14	Prescot SC	2:29.81	456
	34.97 1:13.67 1:52.74		2:29.81		
6	Thomas James	14	City of Liverpool SC	2:30.17	452
	34.68 1:13.45 1:52.93		2:30.17		
7	Max Butler	14	Gallica	2:30.20	452
	36.31 1:14.25 1:52.28		2:30.20		
8	Alex Law	14	Northwich Asc	2:30.77	447
	35.44 1:13.39 1:53.05		2:30.77		
9	Ciaran Andrews	14	Mold	2:34.81	413
	37.48 1:15.87 1:56.12		2:34.81		
10	Adam Gillespie	14	Tyldesley SC	2:36.29	401
	37.12 1:15.91 1:56.29		2:36.29		
11	Thomas Nelson	14	Wirral Metro	2:43.35	351
	38.77 1:20.40 2:02.21		2:43.35		

**Event 37 Boys 15 Y.O. 200 LC Metre Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Time</b>	<b>FINA</b>
1	Thomas Barton	15	City of Liverpool SC	2:13.13	649
	31.52 1:05.41 1:39.57		2:13.13		
2	Ryan Flanagan	15	Borough of Kirklees SC	2:15.22	620
	31.97 1:06.26 1:41.05		2:15.22		
3	Dominic Suggitt	15	Wigan Best SC	2:18.18	581
	32.47 1:07.85 1:43.87		2:18.18		
4	Jack Scott	15	City of Liverpool SC	2:20.48	553
	33.67 1:09.36 1:45.29		2:20.48		
5	Matthew Hinchliffe	15	Borough of Kirklees SC	2:23.55	518
	33.83 1:10.17 1:47.82		2:23.55		

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 37 Boys 15 Y.O. 200 LC Metre Backstroke)**

	Name	Age	Team	Time	FINA
6	Johnathan Lowe	15	Satellite SC	2:23.77	516
	33.45	1:10.19	1:48.07	2:23.77	
7	Ben Wood	15	Chase Swimming Club	2:24.11	512
	33.63	1:10.19	1:47.58	2:24.11	
8	Thomas Paine	15	Cleethorpes & Scun Aquatics	2:25.11	501
	33.53	1:10.44	1:49.25	2:25.11	
9	Daniel Wass	15	Warrington Warriors SC	2:26.51	487
	33.94	1:11.68	1:49.93	2:26.51	
10	Luke Nixon	15	GB Deaf Squad	2:35.07	411
	36.29	1:16.27	1:56.03	2:35.07	
11	Izaak Bailey	15	Cheadle (Staffs) & District AS	2:36.07	403
	36.06	1:15.50	1:56.30	2:36.07	
12	Thomas Clarke	15	Mold	2:36.61	399
	36.44	1:17.36	1:57.97	2:36.61	

**Event 38 Girls 13 Y.O. 200 LC Metre Breaststroke**

	Name	Age	Team	Time	FINA
1	Lauren Cheston	13	Southport SC	2:54.35	549
	41.21	1:26.08	2:12.06	2:54.35	
2	Rebecca Friar	13	Everton SA	2:54.40	548
	40.31	1:24.62	2:10.21	2:54.40	
3	Ceri Gillett	13	Wirral Metro	2:56.22	531
	40.06	1:25.73	2:10.69	2:56.22	
4	Charlotte Disley	13	Southport SC	2:58.43	512
	40.72	1:26.31	2:12.84	2:58.43	
5	Lillie Tew-Weaver	13	Stockport Metro SC	3:00.62	494
	42.35	1:29.19	2:15.49	3:00.62	
6	Gaby Butterworth	13	Swim Trafford SC	3:02.97	475
	42.60	1:29.46	2:16.43	3:02.97	
7	Bryony McCoy	13	Everton SA	3:03.13	474
	41.54	1:27.59	2:15.36	3:03.13	
8	Lydia Hitchell	13	Wirral Metro	3:03.72	469
	42.43	1:28.85	2:15.81	3:03.72	
9	Erin Donagh	13	Southport SC	3:06.06	452
	43.83	1:31.00	2:18.72	3:06.06	
10	Nadiah Kazzan	13	Borough of Kirklees SC	3:10.74	419
	42.25	1:31.03	2:21.07	3:10.74	
11	Abbie Jones	13	City of Liverpool SC	3:11.95	411
	41.42	1:29.48	2:20.34	3:11.95	
12	Amy Fell	13	City of Chester	3:13.24	403
	42.71	1:31.65	2:22.10	3:13.24	
13	Melissa Lawton	13	Northwich Asc	3:15.78	388
	43.48	1:34.75	2:26.97	3:15.78	
14	Nicole Wilson	13	Southport SC	3:15.99	386
	44.93	1:34.28	2:25.21	3:15.99	
15	Molly Unwin	13	Cleethorpes & Scun Aquatics	3:16.15	385
	45.48	1:35.62	2:26.56	3:16.15	
16	Zoe Carroll	13	Warrington Warriors SC	3:16.69	382
	44.75	1:35.07	2:26.02	3:16.69	
17	Amy Lock	13	City of Liverpool SC	3:18.70	371
	44.88	1:35.66	2:27.56	3:18.70	
18	Charlotte Hubble	13	Cheadle (Staffs) & District AS	3:21.65	355
	45.75	1:37.77	2:29.74	3:21.65	

**Event 38 Girls 14 Y.O. 200 LC Metre Breaststroke**

	Name	Age	Team	Time	FINA
1	Freya Whitehead	14	Wirral Metro	2:38.48	731
	36.11	1:16.47	1:57.90	2:38.48	

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Event 38 Girls 14 Y.O. 200 LC Metre Breaststroke)**

Name	Age	Team	Time	FINA
2 Florie McLeish	14	Gallica	2:54.02	552
41.19 1:24.27 2:08.87		2:54.02		
3 Caitlin McNicholas	14	Warrington Warriors SC	2:57.49	520
39.26 1:24.31 2:10.84		2:57.49		
4 Rebecca Sutton	14	Southport SC	2:59.53	503
40.94 1:27.16 2:13.67		2:59.53		
5 Emma Brown	14	Stockport Metro SC	3:01.40	487
41.81 1:28.27 2:15.27		3:01.40		
6 Georgina Roberts	14	City of Chester	3:04.64	462
42.03 1:28.80 2:16.63		3:04.64		
7 Aimee Harvey	14	Warrington Warriors SC	3:06.54	448
44.35 1:31.22 2:19.28		3:06.54		
8 Rachel Heesom	14	Warrington Warriors SC	3:11.45	414
44.36 1:33.10 2:21.91		3:11.45		
9 Amy Royston	14	Borough of Kirklees SC	3:12.45	408
44.08 1:33.35 2:22.97		3:12.45		

**Event 38 Girls 15 Y.O. 200 LC Metre Breaststroke**

Name	Age	Team	Time	FINA
1 Shannon Loder	15	Blackpool SC	2:47.23	622
38.44 1:20.82 2:03.75		2:47.23		
2 Katie Greenwood	15	Swim Trafford SC	2:54.02	552
38.27 1:22.32 2:08.70		2:54.02		
3 Lauren York	15	Cleethorpes & Scun Aquatics	2:55.17	541
39.54 1:23.58 2:10.09		2:55.17		
4 Laura McNerlin	15	Wirral Metro	2:58.53	511
39.80 1:25.35 2:11.82		2:58.53		
5 Alana Maerivoet	15	Swim Gwynedd Performance Club	3:00.90	491
42.10 1:28.12 2:14.75		3:00.90		

**Event 39 Boys 16 /Ov 200 LC Metre Fly**

Name	Age	Team	Time	FINA
1 Christopher Suggitt	16	Wigan Best SC	2:13.97	613
29.31 1:03.14 1:37.37		2:13.97		
2 Matthew Parks	16	City of Liverpool SC	2:19.66	541
30.21 1:05.87 1:42.78		2:19.66		
3 Craig Langley	16	City of Liverpool SC	2:21.38	521
30.09 1:05.93 1:43.86		2:21.38		
4 Matthew Hargreaves	16	Gallica	2:30.94	428
31.68 1:10.45 1:50.63		2:30.94		

**Event 40 Girls 16 /Ov 200 LC Metre IM**

Name	Age	Team	Time	FINA
1 Fiona Clarke	16	Swim Flintshire	2:31.67	629
33.37 1:13.30 1:56.35		2:31.67		
2 Alice Little	17	City of Chester	2:33.67	605
33.27 1:13.75 1:58.56		2:33.67		
3 Liz Hierons	16	City of Newcastle Asc	2:39.34	543
34.73 1:17.60 2:05.07		2:39.34		
4 Jenny Howarth	16	Southport SC	2:41.08	525
34.90 1:16.98 2:05.00		2:41.08		

**Combined Team Scores****Combined Team Scores - Through Event 40**

1. City of Liverpool SC	740	2. Southport SC	521
3. Warrington Warriors SC	419	4. Cleethorpes & Scun Aquatics	246
5. Swim Trafford SC	243	6. Stockport Metro SC	223

**COLSC Distance Winter Meet Level 1 - 15/01/2010 to 17/01/2010****Results****(Combined Team Scores)**

7. Borough of Kirklees SC	198	8. Wirral Metro	190
9. Gallica	164	10. City of Chester	126
11. City of Newcastle Asc	107	12. Chase Swimming Club	102
13. Ellesmere College Titans	90	14. City of Sheffield SS	75
15. Barrow Asc	66	16. Blackpool SC	63
17. Leek Asc	48	18. Mold	47
19. Prescot SC	45	20. Satellite SC	43
21. City of Carlisle Asc	40	22. Newcastle(Staffs) SC	39
22. Everton SA	39	22. Oldham Aquatics Swimming Club	39
25. Wigan Best SC	34	26. Walsall SC	31
26. Burnley Bobcats	31	28. Swim Flintshire	23
28. Stafford Apex	23	30. City of Stoke Asc	22
31. Stourbridge SC	19	32. Swim Gwynedd Performance Club	17
32. Workington Asc	17	34. Cheadle (Staffs) & District AS	15
35. Halton SC	10	35. Salisbury Stingrays	10
37. Manchester Aquatics	8	37. Copeland Asc	8
39. Bebington Swimming Club	7	39. Bolton Metro SC	7
41. Bolton SC	4	41. GB Deaf Squad	4
43. Tyldesley SC	3	44. Oakengates Asc	2
44. Altrincham SC	2	44. Wrexham S.C.	2
47. Garston SC	1	47. Whitchurch SC	1
47. Northwich Asc	1		