

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 1 Boys 9 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lawrence Jackson	9	Borough of Southend	6:20.00	6:06.01	3
40.40	1:26.19 (45.79)	2:12.49 (46.30)	2:58.89 (46.40)		
3:45.49 (46.60)	4:32.37 (46.88)	5:20.65 (48.28)	6:06.01 (45.36)		
2 Liam Chong	9	Barnet Cophall	9:30.02	6:59.60	2
45.82	1:37.80 (51.98)	2:31.22 (53.42)	3:24.13 (52.91)		
4:19.41 (55.28)	5:14.56 (55.15)	6:08.97 (54.41)	6:59.60 (50.63)		
3 Josh Pointer	9	Barnet Cophall	8:45.87	7:32.93	1
47.50	1:44.13 (56.63)	2:44.24 (1:00.11)	3:41.75 (57.51)		
4:41.89 (1:00.14)	5:39.70 (57.81)	6:37.00 (57.30)	7:32.93 (55.93)		
--- Janak Hirani	9	Barnet Cophall	9:30.01	DQ	
55.13	2:03.63 (1:08.50)	3:19.64 (1:16.01)			
5:52.10 ( )	7:05.88 (1:13.78)	8:19.94 (1:14.06)	DQ (1:20.79)		
--- Anthony Warbuton	9	Harrow and Wealdstone S C	7:57.00	NS	
54.46	1:13.93 (19.47)	1:34.45 (20.52)	2:01.00 (26.55)		
--- Alan Goodman	9	Barnet Cophall	8:06.11	SCR	
--- Charlie Turner	9	Barnet Cophall	7:17.37	SCR	

**Event 1 Boys 10 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lewis Newman	10	Harrow and Wealdstone S C	7:58.00	6:39.05	3
42.96	1:32.97 (50.01)	2:25.25 (52.28)	3:17.16 (51.91)		
4:08.85 (51.69)	4:59.60 (50.75)	5:53.36 (53.76)	6:39.05 (45.69)		
2 Devak Patel	10	Harrow and Wealdstone S C	7:20.00	6:44.63	2
42.35	1:34.09 (51.74)	2:27.48 (53.39)	3:21.74 (54.26)		
4:12.82 (51.08)	5:05.75 (52.93)	5:57.80 (52.05)	6:44.63 (46.83)		
3 Khori Hue	10	Harrow and Wealdstone S C	7:25.00	7:43.41	1
49.77	1:48.77 (59.00)	2:47.53 (58.76)	3:47.53 (1:00.00)		
4:48.07 (1:00.54)	5:49.81 (1:01.74)	6:48.31 (58.50)	7:43.41 (55.10)		
4 Kane Vincent Young	10	Barnet Cophall	9:30.03	8:21.40	
48.22	1:49.43 (1:01.21)	2:55.93 (1:06.50)	4:00.14 (1:04.21)		
5:06.77 (1:06.63)	6:13.73 (1:06.96)	7:20.09 (1:06.36)	8:21.40 (1:01.31)		
5 Matthew Lee	10	Barnet Cophall	9:30.04	8:38.87	
53.33	1:58.88 (1:05.55)	3:04.20 (1:05.32)	4:10.76 (1:06.56)		
5:18.63 (1:07.87)	6:24.45 (1:05.82)	7:34.54 (1:10.09)	8:38.87 (1:04.33)		
--- Curtis Coleman	10	Barnet Cophall	6:23.10	SCR	
--- Daniele Ronchetti	10	Barnet Cophall	9:30.00	SCR	
--- Jamie Richter	10	Barnet Cophall	7:08.83	SCR	
--- Michael Georgiou	10	Barnet Cophall	8:03.49	SCR	

**Event 1 Boys 11 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Henry Yau	11	Barnet Cophall	6:22.96	5:32.15	3
34.42	1:13.71 (39.29)	1:54.99 (41.28)	2:36.98 (41.99)		
3:21.80 (44.82)	4:04.38 (42.58)	4:49.24 (44.86)	5:32.15 (42.91)		
2 Hugo Cliff	11	Barnet Cophall	6:06.03	5:36.08	2
36.16	1:18.11 (41.95)	2:00.61 (42.50)	2:43.97 (43.36)		
3:27.36 (43.39)	4:11.16 (43.80)	4:54.52 (43.36)	5:36.08 (41.56)		

**Barnet Cophthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

3	Aron Barta	11	Barnet Cophthall	6:03.27	5:44.50	1
	35.15	1:16.77 (41.62)	2:00.74 (43.97)	2:45.15 (44.41)		
	3:30.87 (45.72)	4:16.98 (46.11)	5:01.90 (44.92)	5:44.50 (42.60)		
4	Jack Carr	11	Harrow and Wealdstone S C	6:39.34	6:02.67	
	37.30	1:21.25 (43.95)	2:06.28 (45.03)	2:53.30 (47.02)		
	3:39.92 (46.62)	4:27.85 (47.93)	5:15.79 (47.94)	6:02.67 (46.88)		
5	Ben Kohler	11	Hertsmere Flyers	5:46.00	6:02.76	
	38.32	1:21.27 (42.95)	2:06.73 (45.46)	2:52.90 (46.17)		
	3:40.80 (47.90)	4:28.67 (47.87)	5:16.71 (48.04)	6:02.76 (46.05)		
6	Joshua Bekhor	11	Barnet Cophthall	7:43.79	6:39.00	
	41.67	1:32.39 (50.72)	2:24.05 (51.66)	3:15.87 (51.82)		
	4:09.06 (53.19)	5:00.31 (51.25)	5:52.41 (52.10)	6:39.00 (46.59)		
7	Benedict Chapman	11	Teddington Swimming Club	6:52.06	6:45.44	
	44.43	1:34.55 (50.12)	2:27.40 (52.85)	3:19.89 (52.49)		
	4:13.26 (53.37)	5:05.71 (52.45)	5:58.58 (52.87)	6:45.44 (46.86)		
8	Bradley Hill	11	Harrow and Wealdstone S C	6:59.00	7:09.91	
	43.76	1:36.20 (52.44)	2:30.95 (54.75)	3:25.28 (54.33)		
	4:21.27 (55.99)	5:17.34 (56.07)	6:14.74 (57.40)	7:09.91 (55.17)		
9	Callum Hill	11	Harrow and Wealdstone S C	7:37.00	7:12.86	
	45.33	1:39.16 (53.83)	2:35.51 (56.35)	3:31.97 (56.46)		
	4:28.49 (56.52)	5:26.09 (57.60)	6:21.26 (55.17)	7:12.86 (51.60)		
---	Akash Hirani	11	Barnet Cophthall	10:28.48	DQ	
	57.26	2:02.70 (1:05.44)	3:09.17 (1:06.47)	4:17.94 (1:08.77)		
	5:28.08 (1:10.14)	6:39.83 (1:11.75)	7:53.21 (1:13.38)	DQ (1:09.24)		
---	Michael Fernandes	11	Barnet Cophthall	5:34.47	SCR	
---	Shalin Gor	11	Barnet Cophthall	6:36.92	SCR	
---	Jared Baker	11	Hertsmere Flyers	5:54.00	SCR	
---	Adrian Schindler	11	Barnet Cophthall	6:21.04	SCR	

**Event 1 Boys 12 Year Olds 400 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jay Munkley	12	Hertsmere Flyers	5:05.41	5:00.60	3
	33.66	1:11.40 (37.74)	1:49.46 (38.06)	2:27.58 (38.12)		
	3:06.05 (38.47)	3:44.98 (38.93)	4:23.31 (38.33)	5:00.60 (37.29)		
2	Kim Lam Liu	12	Barnet Cophthall	5:08.28	5:08.51	2
	34.76	1:12.37 (37.61)	1:50.74 (38.37)	2:29.98 (39.24)		
	3:09.56 (39.58)	3:49.54 (39.98)	4:29.30 (39.76)	5:08.51 (39.21)		
3	Sean Yip	12	Barnet Cophthall	6:14.33	5:44.88	1
	36.92	1:19.66 (42.74)	2:03.91 (44.25)	2:48.86 (44.95)		
	3:32.95 (44.09)	4:17.87 (44.92)	5:02.55 (44.68)	5:44.88 (42.33)		
4	Shakir Muhammad	12	Harrow and Wealdstone S C	7:04.00	5:53.59	
	40.18	1:25.97 (45.79)	2:10.05 (44.08)	2:54.04 (43.99)		
	3:38.65 (44.61)	4:23.91 (45.26)	5:09.83 (45.92)	5:53.59 (43.76)		
5	Robert Pope	12	Barnet Cophthall	6:15.36	5:57.81	
	37.88	1:20.58 (42.70)	2:05.34 (44.76)	2:51.06 (45.72)		
	3:37.25 (46.19)	4:24.31 (47.06)	5:11.18 (46.87)	5:57.81 (46.63)		
6	Lewis Childs	12	Verulam	6:17.32	6:00.76	
	37.36	1:21.61 (44.25)	2:07.96 (46.35)	2:54.91 (46.95)		
	3:41.84 (46.93)	4:30.01 (48.17)	5:17.88 (47.87)	6:00.76 (42.88)		

**Barnet Cophthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

7	Kristofer Charles	12	Harrow and Wealdstone S C	7:15.00	6:30.39
	39.44	1:25.59 (46.15)	2:15.32 (49.73)	3:05.36 (50.04)	
	3:57.29 (51.93)	4:48.83 (51.54)	5:40.67 (51.84)	6:30.39 (49.72)	
---	Oliver Keegan	12	Barnet Cophthall	5:06.33	SCR

**Event 1 Boys 13 Year Olds 400 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Alex Jessop	13	Barnet Cophthall	4:40.58	4:28.39	3
	30.83	1:04.23 (33.40)	1:38.04 (33.81)	2:11.96 (33.92)		
	2:46.00 (34.04)	3:20.39 (34.39)	3:55.01 (34.62)	4:28.39 (33.38)		
2	Adam Carter	13	Borough of Southend	4:43.24	4:35.06	2
	32.29	1:06.45 (34.16)	1:41.05 (34.60)	2:15.93 (34.88)		
	2:50.99 (35.06)	3:25.95 (34.96)	4:00.99 (35.04)	4:35.06 (34.07)		
3	Josh Eddon	13	Barnet Cophthall	4:45.00	4:37.71	1
	30.75	1:05.26 (34.51)	1:40.78 (35.52)	2:16.16 (35.38)		
	2:51.24 (35.08)	3:26.53 (35.29)	4:02.71 (36.18)	4:37.71 (35.00)		
4	Charlie Boldison	13	Barnet Cophthall	4:39.79	4:41.92	
	30.37	1:05.93 (35.56)	1:42.72 (36.79)	2:20.10 (37.38)		
	2:55.42 (35.32)	3:31.27 (35.85)	4:07.03 (35.76)	4:41.92 (34.89)		
5	James Carter	13	Borough of Southend	5:07.51	4:57.30	
	35.26	1:12.28 (37.02)	1:49.54 (37.26)	2:27.12 (37.58)		
	3:04.97 (37.85)	3:42.96 (37.99)	4:21.17 (38.21)	4:57.30 (36.13)		
6	Joel Sands	13	Barnet Cophthall	5:12.70	5:11.74	
	36.71	1:15.96 (39.25)	1:55.20 (39.24)	2:34.78 (39.58)		
	3:15.14 (40.36)	3:55.42 (40.28)	4:33.73 (38.31)	5:11.74 (38.01)		
7	Chris Cox	13	Hertsmeres Flyers	5:10.13	5:11.77	
	34.55	1:12.53 (37.98)	1:51.49 (38.96)	2:31.73 (40.24)		
	3:12.46 (40.73)	3:53.22 (40.76)	4:33.27 (40.05)	5:11.77 (38.50)		
8	Michael Pope	13	Barnet Cophthall	5:39.24	5:34.03	
	35.48	1:16.05 (40.57)	1:57.91 (41.86)	2:40.07 (42.16)		
	3:24.28 (44.21)	4:08.87 (44.59)	4:53.04 (44.17)	5:34.03 (40.99)		
9	Devansh Gor	13	Barnet Cophthall	5:34.18	5:34.05	
	34.57	1:14.90 (40.33)	1:57.03 (42.13)	2:40.14 (43.11)		
	3:24.05 (43.91)	4:08.73 (44.68)	4:53.08 (44.35)	5:34.05 (40.97)		
---	Sergio Ronchetti	13	Barnet Cophthall	7:00.00	SCR	

**Event 1 Boys 14 & Over 400 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Chris Eddon	17	Barnet Cophthall	4:04.41	4:09.83	3
	27.77	57.86 (30.09)	1:29.29 (31.43)	2:00.99 (31.70)		
	2:32.81 (31.82)	3:05.35 (32.54)	3:38.05 (32.70)	4:09.83 (31.78)		
2	Ben Woska	17	Barnet Cophthall	4:16.27	4:22.76	2
	29.78	1:01.96 (32.18)	1:35.03 (33.07)	2:08.67 (33.64)		
	2:41.96 (33.29)	3:15.79 (33.83)	3:49.43 (33.64)	4:22.76 (33.33)		
3	Randal Cliff	15	Barnet Cophthall	4:25.06	4:27.91	1
	28.28	1:01.11 (32.83)	1:35.59 (34.48)	2:10.19 (34.60)		
	2:44.23 (34.04)	3:18.76 (34.53)	3:53.40 (34.64)	4:27.91 (34.51)		
4	Tom Reynolds	15	Barnet Cophthall	4:27.17	4:33.10	
	30.43	1:04.60 (34.17)	1:39.03 (34.43)	2:12.99 (33.96)		
	2:47.48 (34.49)	3:22.84 (35.36)	3:58.44 (35.60)	4:33.10 (34.66)		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

5	James Creager	14	Barnet Cophall	4:43.00	4:36.50
	30.12	1:04.71 (34.59)	1:40.53 (35.82)	2:16.19 (35.66)	
	2:51.95 (35.76)	3:27.38 (35.43)	4:02.52 (35.14)	4:36.50 (33.98)	
6	Sam Munkley	14	Hertsmere Flyers	4:37.39	4:42.11
	30.66	1:05.35 (34.69)	1:41.09 (35.74)	2:17.21 (36.12)	
	2:53.00 (35.79)	3:29.49 (36.49)	4:06.10 (36.61)	4:42.11 (36.01)	
7	Matthew Henson	14	City of St Albans	5:01.85	4:52.20
	30.86	1:05.59 (34.73)	1:41.99 (36.40)	2:19.00 (37.01)	
	2:57.19 (38.19)	3:35.92 (38.73)	4:14.37 (38.45)	4:52.20 (37.83)	
---	Robert Van Tromp	14	Verulam	5:03.20	SCR
---	Jake Sanders	14	Verulam	5:30.52	SCR

**Event 2 Girls 9 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
---	Sarah Sharp	9	Barnet Cophall	7:56.00	SCR	
---	Mayuko Goto	9	Barnet Cophall	6:49.13	SCR	
---	Anum Bandey	9	Barnet Cophall	8:13.02	SCR	

**Event 2 Girls 10 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Emma Craft	10	Harrow and Wealdstone S C	7:15.00	6:54.57	3
	45.47	1:39.43 (53.96)	2:30.72 (51.29)	3:21.48 (50.76)		
	4:22.75 (1:01.27)	5:25.34 (1:02.59)	6:09.26 (43.92)	6:54.57 (45.31)		
2	Angelina Filippone	10	Barnet Cophall	7:40.17	7:07.34	2
	50.58	1:48.68 (58.10)	2:40.84 (52.16)	3:32.95 (52.11)		
	4:33.25 (1:00.30)	5:35.61 (1:02.36)	6:23.13 (47.52)	7:07.34 (44.21)		
3	Shannon Powell	10	Harrow and Wealdstone S C	7:47.38	7:15.82	1
	48.05	1:50.45 (1:02.40)	2:45.88 (55.43)	3:41.86 (55.98)		
	4:38.29 (56.43)	5:37.27 (58.98)	6:27.46 (50.19)	7:15.82 (48.36)		
4	Carolyn Cohen	10	Harrow and Wealdstone S C	7:47.00	7:16.90	
	48.76	1:47.38 (58.62)	2:39.63 (52.25)	3:32.29 (52.66)		
	4:33.74 (1:01.45)	5:37.95 (1:04.21)	6:27.93 (49.98)	7:16.90 (48.97)		
---	Emma Lowe	10	Barnet Cophall	8:41.27	DQ	
	59.52	2:20.66 (1:21.14)	3:16.30 (55.64)	4:14.76 (58.46)		
	5:22.38 (1:07.62)	6:32.53 (1:10.15)	7:28.51 (55.98)	DQ (54.39)		
---	Nicola Burlingham	10	Barnet Cophall	6:22.82	SCR	
---	Harumi Yagi	10	Barnet Cophall	6:06.33	SCR	
---	Madeleine Tichborne	10	Barnet Cophall	6:09.51	SCR	

**Event 2 Girls 11 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jessica Karp	11	Barnet Cophall	6:19.27	6:34.33	3
	42.20	1:35.20 (53.00)	2:22.33 (47.13)	3:10.25 (47.92)		
	4:06.09 (55.84)	5:04.49 (58.40)	5:50.73 (46.24)	6:34.33 (43.60)		
2	Saniya Bandey	11	Barnet Cophall	7:40.00	7:27.59	2
	50.86	1:59.56 (1:08.70)	2:52.73 (53.17)	3:45.88 (53.15)		
	4:44.68 (58.80)	5:45.87 (1:01.19)	6:37.39 (51.52)	7:27.59 (50.20)		
---	Georgia Jackson-Virk	11	Barnet Cophall	5:51.49	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

--- Nisha Hunjan 11 Harrow and Wealdstone S C 8:12.00 SCR

**Event 2 Girls 12 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Charlotte Henson	12	City of St Albans	5:58.58	5:48.19	3	
			37.03 3:38.95 (50.59)	1:22.77 (45.74) 4:28.44 (49.49)	2:05.97 (43.20) 5:09.57 (41.13)	2:48.36 (42.39) 5:48.19 (38.62)
2 Lauren Yates	12	Barnet Cophall	7:12.00	6:48.58	2	
			45.82 4:17.52 (58.67)	1:41.72 (55.90) 5:16.10 (58.58)	2:29.07 (47.35) 6:04.09 (47.99)	3:18.85 (49.78) 6:48.58 (44.49)
--- Philippa Hardy	12	Barnet Cophall	NT	SCR		
--- Georgina Luke	12	Harrow and Wealdstone S C	7:49.02	SCR		

**Event 2 Girls 13 Year Olds 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Lauren Chapple	13	Barnet Cophall	4:59.72	5:05.27	3	
			32.33 3:11.31 (45.92)	1:09.01 (36.68) 3:56.27 (44.96)	1:47.22 (38.21) 4:30.74 (34.47)	2:25.39 (38.17) 5:05.27 (34.53)
2 Jessica Jackson-Virk	13	Barnet Cophall	5:40.09	5:40.42	2	
			38.95 4:24.02 (47.75)	1:22.66 (43.71) 5:02.84 (38.82)	2:51.87 (1:29.21) 5:40.51 (37.67)	3:36.27 (44.40) 5:40.42 ( )
3 Emma Tootill	13	Hertsmere Flyers	5:52.85	5:56.67	1	
			39.71 3:45.38 (49.32)	1:25.90 (46.19) 4:34.83 (49.45)	2:10.30 (44.40) 5:15.22 (40.39)	2:56.06 (45.76) 5:56.67 (41.45)

**Event 2 Girls 14 & Over 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Leanne Fernandes	14	Hertsmere Flyers	5:37.79	5:40.38	3	
			38.99 3:34.06 (48.41)	1:22.75 (43.76) 4:23.50 (49.44)	2:03.56 (40.81) 5:02.28 (38.78)	2:45.65 (42.09) 5:40.38 (38.10)
2 Hannah Atkins	16	Borough of Southend	5:57.55	5:48.35	2	
			35.44 3:40.32 (50.41)	1:18.02 (42.58) 4:30.75 (50.43)	2:03.77 (45.75) 5:10.74 (39.99)	2:49.91 (46.14) 5:48.35 (37.61)

**Event 3 Boys 9 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Luke Jones	9	Hertsmere Flyers	3:31.71	3:24.59	3
			46.64 2:42.77 (56.13)	1:42.77 (56.13) 2:41.41 (58.64)	3:24.59 (43.18)
2 Liam Chong	9	Barnet Cophall	4:50.00	3:52.42	2
			59.41 3:52.42 (49.29)	1:58.30 (58.89) 3:03.13 (1:04.83)	4:49.82
3 Josh Pointer	9	Barnet Cophall	4:49.82	4:05.78	1
			57.21 4:05.78 (55.00)	1:56.96 (59.75) 3:10.78 (1:13.82)	NT
--- Charlie Turner	9	Barnet Cophall	NT	SCR	
--- Dino Selmanovic	9	Barnet Cophall	4:10.34	SCR	

**Event 3 Boys 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Amar Patel	10	Harrow and Wealdstone S C	3:36.00	3:26.86	3
			48.57 3:26.86 (47.34)	1:41.52 (52.95) 2:39.52 (58.00)	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

2	Daniele Ronchetti	10	Barnet Cophall	5:20.00	4:10.77	2
	57.12	2:04.29 (1:07.17)	3:07.54 (1:03.25)	4:10.77 (1:03.23)		
---	Matthew Lee	10	Barnet Cophall	4:45.00	DQ	
	1:16.83	2:19.58 (1:02.75)	3:34.54 (1:14.96)	DQ (1:04.11)		
---	Omar Darwish	10	Barnet Cophall	4:30.00	DQ	
	57.08	1:58.68 (1:01.60)	3:05.84 (1:07.16)	DQ (50.43)		
---	Joe Jackson	10	Barnet Cophall	3:55.54	SCR	
---	Michael Georgiou	10	Barnet Cophall	4:15.17	SCR	
---	Curtis Coleman	10	Barnet Cophall	3:32.05	SCR	
---	Jamie Richter	10	Barnet Cophall	3:49.26	SCR	
---	Joel Adjei	10	Barnet Cophall	3:40.00	SCR	

**Event 3 Boys 11 Year Olds 200 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Henry Yau	11	Barnet Cophall	3:25.94	3:01.33	3
	42.24	1:28.25 (46.01)	2:19.46 (51.21)	3:01.33 (41.87)		
2	George Carter	11	Barnet Cophall	3:07.94	3:03.19	2
	37.70	1:24.73 (47.03)	2:25.27 (1:00.54)	3:03.19 (37.92)		
3	Aron Barta	11	Barnet Cophall	3:27.28	3:14.59	1
	45.03	1:33.69 (48.66)	2:30.55 (56.86)	3:14.59 (44.04)		
4	Akil Philip-Forde	11	Barnet Cophall	3:38.29	3:17.61	
	45.48	1:38.63 (53.15)	2:30.53 (51.90)	3:17.61 (47.08)		
5	Jack Carr	11	Harrow and Wealdstone S C	3:31.63	3:23.19	
	50.16	1:42.80 (52.64)	2:42.37 (59.57)	3:23.19 (40.82)		
6	Benedict Chapman	11	Teddington Swimming Club	3:22.22	3:23.83	
	46.08	1:39.56 (53.48)	2:37.75 (58.19)	3:23.83 (46.08)		
7	Manasseh Lai	11	Barnet Cophall	4:00.00	3:30.58	
	48.92	1:39.57 (50.65)	2:42.45 (1:02.88)	3:30.58 (48.13)		
8	Nikhil Joshi	11	Barnet Cophall	4:20.09	3:41.98	
	49.74	1:41.86 (52.12)	2:47.21 (1:05.35)	3:41.98 (54.77)		
9	Joshua Gaventa	11	Barnet Cophall	4:01.24	3:56.63	
	50.29	1:51.30 (1:01.01)	3:03.21 (1:11.91)	3:56.63 (53.42)		
---	Navid Moman	11	Barnet Cophall	3:40.00	DQ	
	52.09	1:48.51 (56.42)	2:59.42 (1:10.91)	DQ (51.19)		
---	Joshua Bekhor	11	Barnet Cophall	4:50.00	DQ	
	55.08	1:53.58 (58.50)	3:01.19 (1:07.61)	DQ (50.03)		
---	Michael Fernandes	11	Barnet Cophall	3:01.00	SCR	
---	Shalin Gor	11	Barnet Cophall	3:32.39	SCR	

**Event 3 Boys 12 Year Olds 200 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Robert Pope	12	Barnet Cophall	3:32.04	3:23.76	3
	45.86	1:38.44 (52.58)	2:40.04 (1:01.60)	3:23.76 (43.72)		
---	Edward Allchorne	12	Barnet Cophall	2:40.26	SCR	
---	Colm Coughlan	12	Borough of Southend	3:22.89	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	Naoki Takeda	12	Barnet Cophall	2:38.66	SCR
---	Oliver Keegan	12	Barnet Cophall	2:40.22	SCR

**Event 3 Boys 13 Year Olds 200 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Charlie Boldison	13	Barnet Cophall	2:33.54	2:31.75	3
	33.06	1:10.64 (37.58)	1:58.71 (48.07)	2:31.75 (33.04)		
2	Alex Jessop	13	Barnet Cophall	2:43.18	2:31.89	2
	34.09	1:12.08 (37.99)	1:58.82 (46.74)	2:31.89 (33.07)		
3	Adam Carter	13	Borough of Southend	2:52.25	2:46.11	1
	39.51	1:23.35 (43.84)	2:12.14 (48.79)	2:46.11 (33.97)		
4	Jack Donoghue	13	Verulam	2:55.06	2:47.68	
	37.43	1:22.35 (44.92)	2:10.05 (47.70)	2:47.68 (37.63)		
5	James Carter	13	Borough of Southend	2:53.10	2:48.53	
	1:22.30		2:13.23 ( )	2:48.53 (35.30)		
6	Chris Cox	13	Hertsmere Flyers	3:01.68	2:54.06	
	41.14	1:23.71 (42.57)	2:16.14 (52.43)	2:54.06 (37.92)		
7	Devansh Gor	13	Barnet Cophall	2:55.17	2:57.40	
	40.43	1:23.52 (43.09)	2:16.94 (53.42)	2:57.40 (40.46)		
8	Michael Pope	13	Barnet Cophall	3:00.03	2:57.52	
	40.76	1:22.40 (41.64)	2:18.25 (55.85)	2:57.52 (39.27)		
---	Sergio Ronchetti	13	Barnet Cophall	3:30.00	DQ	
	53.83	1:52.40 (58.57)	2:52.50 (1:00.10)	DQ (51.84)		

**Event 3 Boys 14 & Over 200 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	James Allchorne	17	Barnet Cophall	2:12.70	2:15.22	3
	29.49	1:04.41 (34.92)	1:43.47 (39.06)	2:15.22 (31.75)		
2	Martyn Bermingham	16	Barnet Cophall	2:14.01	2:18.30	2
	28.98	1:02.91 (33.93)	1:45.05 (42.14)	2:18.30 (33.25)		
3	Randal Cliff	15	Barnet Cophall	2:22.21	2:21.55	1
	30.90	1:07.70 (36.80)	1:49.19 (41.49)	2:21.55 (32.36)		
4	Abeeku Philip-Forde	18	Barnet Cophall	2:16.70	2:23.50	
	30.03	1:06.40 (36.37)	1:50.00 (43.60)	2:23.50 (33.50)		
5	Akshay Shah	14	Barnet Cophall	2:31.61	2:29.00	
	32.62	1:08.19 (35.57)	1:56.22 (48.03)	2:29.00 (32.78)		
6	Shigenori Goto	14	Barnet Cophall	2:34.81	2:35.67	
	32.47	1:13.89 (41.42)	2:00.64 (46.75)	2:35.67 (35.03)		
7	Jake Sanders	14	Verulam	2:50.30	2:46.66	
	35.33	1:18.15 (42.82)	2:08.30 (50.15)	2:46.66 (38.36)		
8	Matthew Atkins	14	Borough of Southend	3:15.00	3:06.09	
	38.97	1:25.42 (46.45)	2:22.91 (57.49)	3:06.09 (43.18)		
---	Chris Clements	18	Barnet Cophall	2:25.68	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 4 Girls 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Alexa Foster-Carter	9	Borough of Southend	3:14.63	2:58.50	3
41.07	1:27.85 (46.78)	2:14.67 (46.82)	2:58.50 (43.83)		
2 Emily Sullivan	9	Harrow and Wealdstone S C	3:27.11	3:10.29	2
43.68	1:33.06 (49.38)	2:23.05 (49.99)	3:10.29 (47.24)		
3 Karis Fuller	9	Barnet Cophall	4:15.04	3:31.17	1
46.29	1:41.66 (55.37)	2:38.27 (56.61)	3:31.17 (52.90)		
4 Ashleigh Kirs	9	Barnet Cophall	3:49.02	3:32.39	
45.67	1:41.20 (55.53)	2:37.30 (56.10)	3:32.39 (55.09)		
5 Emma-Jane Betts	9	Barnet Cophall	4:06.16	3:53.04	
51.03	1:51.39 (1:00.36)	2:52.35 (1:00.96)	3:53.04 (1:00.69)		
--- Juhi Chikhlia	9	Barnet Cophall	4:15.03	DQ	
50.86	1:53.24 (1:02.38)	2:59.78 (1:06.54)	DQ (1:06.05)		
--- Georgina Izen	9	Hertsmere Flyers	3:40.00	DNF	
52.17					
--- Jessica Monty	9	Barnet Cophall	4:15.06	DNF	
1:00.11	2:17.15 (1:17.04)	3:41.57 (1:24.42)			
--- Mayuko Goto	9	Barnet Cophall	33.39	SCR	
--- Alicia Barnett	9	Barnet Cophall	3:11.77	SCR	
--- Chloe Porter	9	Barnet Cophall	4:15.02	SCR	
--- Eva McCormick	9	Barnet Cophall	4:15.01	SCR	
--- Sarah Sharp	9	Barnet Cophall	3:18.35	SCR	
--- Anum Bandey	9	Barnet Cophall	3:59.12	SCR	

**Event 4 Girls 10 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Emily Dean	10	Barnet Cophall	2:38.80	2:35.94	3
35.91	1:15.72 (39.81)	1:56.34 (40.62)	2:35.94 (39.60)		
2 Kristina Smith	10	City of St Albans	3:01.72	2:52.65	2
37.55	1:22.38 (44.83)	2:09.76 (47.38)	2:52.65 (42.89)		
3 Emma Craft	10	Harrow and Wealdstone S C	2:56.00	2:57.73	1
39.31	1:26.13 (46.82)	2:14.12 (47.99)	2:57.73 (43.61)		
4 Stephanie Moyles	10	Barnet Cophall	3:30.00	2:58.23	
38.33	1:24.68 (46.35)	2:12.28 (47.60)	2:58.23 (45.95)		
5 Angelina Filippone	10	Barnet Cophall	3:18.13	3:00.93	
41.77	1:29.42 (47.65)	2:16.65 (47.23)	3:00.93 (44.28)		
6 Shannon Powell	10	Harrow and Wealdstone S C	3:34.19	3:05.34	
40.19	1:28.02 (47.83)	2:17.47 (49.45)	3:05.34 (47.87)		
7 Ellen Collas	10	Harrow and Wealdstone S C	3:19.24	3:12.60	
43.63	1:32.97 (49.34)	2:25.24 (52.27)	3:12.60 (47.36)		
8 Abigail Smith	10	Hertsmere Flyers	3:14.00	3:12.67	
42.88	1:34.23 (51.35)	2:24.85 (50.62)	3:12.67 (47.82)		
9 Molly Hogan	10	Barnet Cophall	4:20.00	3:13.91	
41.64	1:30.88 (49.24)	2:23.36 (52.48)	3:13.91 (50.55)		



**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

10	Alex Edge		10	Borough of Southend	3:09.00		3:20.31
		43.53				1:36.33 (52.80)	2:28.31 (51.98)
11	Esme Dove		10	Barnet Cophall	3:20.31 (52.00)		4:02.28
		43.02				1:38.26 (55.24)	2:34.62 (56.36)
12	Jessie McCabe		10	Barnet Cophall	3:29.34 (54.72)		4:01.08
		46.66				1:41.51 (54.85)	2:37.11 (55.60)
13	Jessica Cato		10	Hertsmeres Flyers	3:30.12 (53.01)		3:48.20
		48.29				1:44.82 (56.53)	2:40.75 (55.93)
14	Emma Lowe		10	Barnet Cophall	3:32.30 (51.55)		3:52.50
		47.15				1:45.75 (58.60)	2:45.34 (59.59)
15	Sophie Peet		10	Barnet Cophall	3:41.30 (55.96)		4:10.00
		50.06				1:47.53 (57.47)	2:46.24 (58.71)
16	Talisa Mistry		10	Harrow and Wealdstone S C	3:41.33 (55.09)		3:50.00
		48.91				1:49.37 (1:00.46)	2:49.04 (59.67)
17	Emma Desmond		10	Barnet Cophall	3:46.79 (57.75)		4:15.07
		46.72				1:46.04 (59.32)	2:49.05 (1:03.01)
18	Verity Dieter		10	Barnet Cophall	3:49.01 (59.96)		4:08.35
		50.03				1:54.57 (1:04.54)	3:01.86 (1:07.29)
19	Aleasha Vekaria		10	Barnet Cophall	4:06.55 (1:04.69)		4:15.00
		51.05				1:54.90 (1:03.85)	3:03.20 (1:08.30)
20	Katie White		10	Harrow and Wealdstone S C	4:07.21 (1:04.01)		3:50.00
		51.95				1:59.76 (1:07.81)	3:07.14 (1:07.38)
21	Deepa Mayani		10	Barnet Cophall	4:10.76 (1:03.62)		4:15.08
		53.71				1:57.72 (1:04.01)	3:04.72 (1:07.00)
---	Alice Gatenby		10	Verulam	4:13.11 (1:08.39)		3:55.60
		42.53				1:35.02 (52.49)	2:27.74 (52.72)
---	Emily Van de Koot		10	Barnet Cophall	DQ (51.23)		4:15.05
---	Harumi Yagi		10	Barnet Cophall			2:41.73
---	Madeleine Tichborne		10	Barnet Cophall			2:30.46

**Event 4 Girls 11 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jessica Karp	11	Barnet Cophall	2:53.81	2:43.06	3
	36.59			1:19.30 (42.71)	2:03.66 (44.36)	
2	Chloe Beard	11	City of St Albans	2:43.06 (39.40)	3:05.89	2
	36.05			1:18.06 (42.01)	2:02.23 (44.17)	
3	Bethany Ellaway	11	Borough of Southend	2:44.05 (41.82)	2:49.00	1
	39.39			1:22.31 (42.92)	2:06.75 (44.44)	
4	Holly Winfield	11	City of St Albans	2:48.49 (41.74)	3:08.13	
	39.13			1:22.89 (43.76)	2:08.13 (45.24)	
5	Jessica Devey	11	Barnet Cophall	2:51.15 (43.02)	3:32.52	
	38.19			1:24.10 (45.91)	2:11.71 (47.61)	
6	Hannah Kendall-Troughton	11	Barnet Cophall	2:55.42 (43.71)	3:10.91	
	40.45			1:26.65 (46.20)	2:13.83 (47.18)	
7	Saniya Bandey	11	Barnet Cophall	2:59.21 (45.38)	3:25.09	
	42.68			1:31.50 (48.82)	2:22.25 (50.75)	
				3:09.07 (46.82)		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

8	Kat Gopalkrishnan	11	Harrow and Wealdstone S C	3:17.98	3:10.36
	42.61	1:33.24 (50.63)	2:24.97 (51.73)	3:10.36 (45.39)	
---	Nisha Hunjan	11	Harrow and Wealdstone S C	3:15.00	SCR
---	Georgia Jackson-Virk	11	Barnet Cophall	2:32.83	SCR
---	Risa Kobayashi	11	Barnet Cophall	2:43.79	SCR
---	Christine Oponyo	11	Barnet Cophall	4:10.00	SCR
---	Megan Boldison	11	Barnet Cophall	2:31.08	SCR
---	Ruth Williams	11	Verulam	3:06.00	SCR

**Event 4 Girls 12 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Philippa Hardy	12	Barnet Cophall	2:18.83	2:17.49	3
	31.96	1:06.68 (34.72)	1:42.28 (35.60)	2:17.49 (35.21)		
2	Ria Sanders	12	Verulam	2:49.24	2:44.97	2
	36.96	1:18.71 (41.75)	2:02.87 (44.16)	2:44.97 (42.10)		
3	Lauren Yates	12	Barnet Cophall	3:13.79	2:46.20	1
	36.92	1:20.62 (43.70)	2:05.33 (44.71)	2:46.20 (40.87)		
4	Laura Medhurst	12	Borough of Southend	2:57.84	2:51.70	
	39.42	1:23.63 (44.21)	2:08.57 (44.94)	2:51.70 (43.13)		
5	Vanisha Patel	12	Harrow and Wealdstone S C	3:18.00	3:11.51	
	43.36	1:33.55 (50.19)	2:25.04 (51.49)	3:11.51 (46.47)		
6	Maya Shah	12	Barnet Cophall	4:00.00	3:29.52	
	46.62	1:39.43 (52.81)	2:35.67 (56.24)	3:29.52 (53.85)		
7	Jessica Folan	12	Verulam	3:36.63	3:36.54	
	43.21	1:39.15 (55.94)	2:41.94 (1:02.79)	3:36.54 (54.60)		
---	Brooke Killick	12	Potters Bar	2:25.89	SCR	
---	Jo-Anne Zambelli	12	Barnet Cophall	2:26.92	SCR	

**Event 4 Girls 13 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kyra Jones	13	Barnet Cophall	2:19.58	2:16.03	3
	31.52	1:05.84 (34.32)	1:41.18 (35.34)	2:16.03 (34.85)		
2	Alice Pearson	13	Barnet Cophall	2:16.69	2:22.94	2
	32.19	1:08.28 (36.09)	1:46.26 (37.98)	2:22.94 (36.68)		
3	Emma Tootill	13	Hertsmere Flyers	2:29.89	2:30.99	1
	34.92	1:13.13 (38.21)	1:53.08 (39.95)	2:30.99 (37.91)		
4	Samantha Horton	13	Borough of Southend	2:52.26	2:44.24	
	36.33	1:17.44 (41.11)	2:02.45 (45.01)	2:44.24 (41.79)		
---	Daisy Yeomans	13	Verulam	3:20.14	SCR	
---	Polly Kemp-King	13	Hounslow Hurricanes	2:24.45	SCR	

**Event 4 Girls 14 & Over 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Elizabeth Griskova	15	Barnet Cophall	2:11.00	2:12.48	3

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

2	Jessie Porter	31.25	1:04.67 (33.42)	14	Barnet Cophall	1:38.61 (33.94)	2:12.48 (33.87)	2:15.76	2:14.29	2
3	Michelle Lewis	30.59	1:04.42 (33.83)	14	Barnet Cophall	1:39.29 (34.87)	2:14.29 (35.00)	2:13.31	2:19.27	1
4	Lottie Hudson	32.31	1:08.20 (35.89)	14	Barnet Cophall	1:44.26 (36.06)	2:19.27 (35.01)	2:16.33	2:19.67	
5	Leanne Fernandes	32.34	1:07.95 (35.61)	14	Hertsmere Flyers	1:44.17 (36.22)	2:19.67 (35.50)	2:21.92	2:25.90	
6	Hannah Atkins	33.45	1:10.43 (36.98)	16	Borough of Southend	1:48.13 (37.70)	2:25.90 (37.77)	2:29.95	2:31.23	
---	Kate Ferrigno	34.64	1:13.00 (38.36)	16	Barnet Cophall	1:53.20 (40.20)	2:31.23 (38.03)	2:14.16	SCR	

**Event 5 Boys 9 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Luke Jones	9	Hertsmere Flyers	3:49.25	3:47.01	3
2	Samuel Henson	9	City of St Albans	5:04.47 ( ) 3:47.01 ( ) 4:11.50	3:47.52	2
3	Lawrence Jackson	9	Borough of Southend	50.42 1:48.13 (57.71) 2:49.59 (1:01.46) 3:47.52 (57.93) 4:35.00	4:12.95	1
4	Liam Chong	9	Barnet Cophall	1:00.64 2:04.26 (1:03.62) 3:09.54 (1:05.28) 4:12.95 (1:03.41) 5:00.02	4:19.99	
5	Anthony Warbuton	9	Harrow and Wealdstone S C	59.37 2:08.29 (1:08.92) 3:16.51 (1:08.22) 4:19.99 (1:03.48) 4:05.00	4:22.37	
---	Josh Pointer	9	Barnet Cophall	59.18 2:06.84 (1:07.66) 3:15.19 (1:08.35) 4:22.37 (1:07.18) 5:00.01	DQ	
---	Alan Goodman	9	Barnet Cophall	1:06.04 2:21.57 (1:15.53) 3:33.94 (1:12.37) DQ (1:11.19) 4:21.97	SCR	
---	Dino Selmanovic	9	Barnet Cophall	4:29.77	SCR	
---	Charlie Turner	9	Barnet Cophall	NT	SCR	

**Event 5 Boys 10 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Amar Patel	10	Harrow and Wealdstone S C	4:02.00	3:43.10	3
2	Devak Patel	10	Harrow and Wealdstone S C	52.18 1:48.96 (56.78) 2:47.97 (59.01) 3:43.10 (55.13) 4:02.00	3:53.55	2
3	Khori Hue	10	Harrow and Wealdstone S C	53.39 1:53.81 (1:00.42) 2:55.24 (1:01.43) 3:53.55 (58.31) 4:02.00	4:17.41	1
4	Daniele Ronchetti	10	Barnet Cophall	57.53 2:04.71 (1:07.18) 3:11.44 (1:06.73) 4:17.41 (1:05.97) 5:00.00	4:19.02	
5	Omar Darwish	10	Barnet Cophall	59.17 2:06.10 (1:06.93) 3:14.29 (1:08.19) 4:19.02 (1:04.73) 4:30.00	4:23.07	
6	Matthew Lee	10	Barnet Cophall	56.48 2:05.36 (1:08.88) 3:14.54 (1:09.18) 4:23.07 (1:08.53) 5:00.04	4:41.68	
---	Kane Vincent Young	10	Barnet Cophall	1:02.45 2:16.89 (1:14.44) 3:30.59 (1:13.70) 4:41.68 (1:11.09) 5:00.03	DQ	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	Joe Jackson	58.82	2:06.38 (1:07.56)	3:16.31 (1:09.93)	DQ (1:06.94)	4:17.89	SCR
---	Joel Adjei		10	Barnet Cophall		4:00.01	SCR
---	Jamie Richter		10	Barnet Cophall		3:48.37	SCR
---	Curtis Coleman		10	Barnet Cophall		3:53.50	SCR

**Event 5 Boys 11 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Henry Yau	11	Barnet Cophall	3:22.59	3:17.03	3	
2	Benedict Chapman	42.87	11	Teddington Swimming Club	3:17.03 (51.19) 3:35.34	3:38.40	2
3	Akil Philip-Forde	51.74	11	Barnet Cophall	1:48.01 (56.27) 2:43.32 (55.31) 3:38.40 (55.08) 3:41.29	3:38.65	1
4	Aron Barta	48.31	11	Barnet Cophall	1:45.34 (57.03) 2:44.06 (58.72) 3:38.65 (54.59) 3:56.26	3:45.16	
5	Ben Kohler	49.66	11	Hertsmere Flyers	1:47.45 (57.79) 2:46.77 (59.32) 3:45.16 (58.39) 3:46.00	3:46.80	
6	Callum Hill	51.51	11	Harrow and Wealdstone S C	1:50.13 (58.62) 2:49.63 (59.50) 3:46.80 (57.17) 4:01.00	4:00.36	
7	Manasseh Lai	54.41	11	Barnet Cophall	1:56.82 (1:02.41) 2:59.64 (1:02.82) 4:00.36 (1:00.72) 4:10.00	4:02.60	
8	Nikhil Joshi	54.09	11	Barnet Cophall	1:58.45 (1:04.36) 3:01.26 (1:02.81) 4:02.60 (1:01.34) 3:52.40	4:10.89	
9	Luca Zammattio	58.38	11	Harrow and Wealdstone S C	2:04.50 (1:06.12) 3:09.70 (1:05.20) 4:10.89 (1:01.19) 3:40.00	4:17.10	
10	Joshua Gaventa	53.53	11	Barnet Cophall	2:05.18 (1:11.65) 3:12.36 (1:07.18) 4:17.10 (1:04.74) 4:10.00	4:23.37	
11	Navid Moman	55.34	11	Barnet Cophall	2:03.92 (1:08.58) 3:16.10 (1:12.18) 4:23.37 (1:07.27) 4:00.00	4:31.90	
---	Bradley Hill	1:00.53	11	Harrow and Wealdstone S C	2:09.92 (1:09.39) 3:21.15 (1:11.23) 4:31.90 (1:10.75) 3:55.00	DQ	
---	Christopher Hilton	58.19	11	Verulam	2:04.60 (1:06.41) 3:11.24 (1:06.64) DQ (1:04.91) 4:11.53	SCR	
---	Shalin Gor		11	Barnet Cophall		4:35.09	SCR

**Event 5 Boys 12 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Kim Lam Liu		12	Barnet Cophall	2:54.09	2:52.40	3
2	Sean Yip	39.32	12	Barnet Cophall	1:22.98 (43.66) 2:06.63 (43.65) 2:52.40 (45.77) 3:26.24	3:22.77	2
3	Jay Munkley	47.22	12	Hertsmere Flyers	1:40.02 (52.80) 2:33.10 (53.08) 3:22.77 (49.67) 3:27.62	3:26.85	1
4	Miran Shah	48.51	12	Hertsmere Flyers	1:41.51 (53.00) 2:34.71 (53.20) 3:26.85 (52.14) 3:39.38	3:28.71	
5	Kristofer Charles	47.94	12	Harrow and Wealdstone S C	1:41.63 (53.69) 2:36.95 (55.32) 3:28.71 (51.76) 3:54.00	3:41.55	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

6	Lewis Childs	48.70	1:46.95 (58.25)	2:46.96 (1:00.01)	3:41.55 (54.59)	3:57.64	3:44.32
			12 Verulam				
7	Robert Pope	49.34	1:49.58 (1:00.24)	2:48.85 (59.27)	3:44.32 (55.47)	3:52.84	4:10.34
			12 Barnet Cophall				
---	Naoki Takeda	53.96	1:57.65 (1:03.69)	3:03.65 (1:06.00)	4:10.34 (1:06.69)	3:00.89	SCR
			12 Barnet Cophall				
---	Colm Coughlan		12 Borough of Southend			3:47.06	SCR
---	Oliver Keegan		12 Barnet Cophall			3:16.40	SCR

**Event 5 Boys 13 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Ghasem Fathi	13	Barnet Cophall	3:00.75	2:57.27	3	
2	Jack Donoghue	40.18	1:25.84 (45.66)	2:11.72 (45.88)	2:57.27 (45.55)	3:04.70	2
			13 Verulam		3:12.53		
3	Joseph Whitbread	41.75	1:29.72 (47.97)	2:17.05 (47.33)	3:04.70 (47.65)	3:21.79	1
			13 Teddington Swimming Club		3:20.32		
4	Devansh Gor	44.46	1:36.44 (51.98)	2:30.72 (54.28)	3:21.79 (51.07)	3:22.65	
			13 Barnet Cophall		3:34.54		
5	Michael Pope	44.80	1:37.25 (52.45)	2:30.97 (53.72)	3:22.65 (51.68)	3:24.45	
			13 Barnet Cophall		3:38.37		
6	Chris Cox	46.41	1:39.61 (53.20)	2:32.11 (52.50)	3:24.45 (52.34)	3:27.78	
			13 Hertsmere Flyers		3:23.28		
7	Joel Sands	47.22	1:41.27 (54.05)	2:35.02 (53.75)	3:27.78 (52.76)	3:29.19	
			13 Barnet Cophall		3:30.55		
8	Sergio Ronchetti	49.14	1:43.36 (54.22)	2:37.34 (53.98)	3:29.19 (51.85)	3:39.80	
			13 Barnet Cophall		4:00.02		
		51.92	1:48.32 (56.40)	2:45.15 (56.83)	3:39.80 (54.65)		

**Event 5 Boys 14 & Over 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Martyn Bermingham	34.26	1:14.66 (40.40)	1:57.12 (42.46)	2:40.18 (43.06)	2:40.18	3
			14 Barnet Cophall		2:54.12		
2	Shigenori Goto	39.42	1:21.69 (42.27)	2:05.02 (43.33)	2:47.53 (42.51)	2:49.65	1
			15 Barnet Cophall		3:00.00		
4	Matthew Henson	39.41	1:22.94 (43.53)	2:06.58 (43.64)	2:49.65 (43.07)	2:59.92	
			14 City of St Albans		2:55.20		
5	Daniel Rowe	39.38	1:24.16 (44.78)	2:11.40 (47.24)	2:59.92 (48.52)	3:49.61	
			15 Verulam		3:44.53		
---	Chris Clements	50.17	1:48.98 (58.81)	2:50.42 (1:01.44)	3:49.61 (59.19)	2:31.68	SCR
			18 Barnet Cophall				

**Event 6 Girls 9 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Alexa Foster-Carter	49.57	1:42.89 (53.32)	2:35.67 (52.78)	3:24.90 (49.23)	3:24.90	3
			9 Borough of Southend				

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

2	Emily Sullivan	9	Harrow and Wealdstone S C	3:28.87	3:24.99	2
	48.36	1:41.30 (52.94)	2:34.79 (53.49)	3:24.99 (50.20)		
3	Ashleigh Kirs	9	Barnet Cophall	3:53.64	3:31.65	1
	48.20	1:44.25 (56.05)	2:39.40 (55.15)	3:31.65 (52.25)		
4	Georgina Izen	9	Hertsmere Flyers	3:58.44	3:37.44	
	52.47	1:47.21 (54.74)	2:44.16 (56.95)	3:37.44 (53.28)		
5	Emma-Jane Betts	9	Barnet Cophall	4:04.06	3:58.52	
	54.12	1:55.71 (1:01.59)	2:56.58 (1:00.87)	3:58.52 (1:01.94)		
6	Juhi Chikhliia	9	Barnet Cophall	4:30.05	4:24.85	
	1:01.69	2:10.02 (1:08.33)	3:16.04 (1:06.02)	4:24.85 (1:08.81)		
7	Jessica Monty	9	Barnet Cophall	4:30.08	4:52.55	
	1:02.86	2:21.54 (1:18.68)	3:37.76 (1:16.22)	4:52.55 (1:14.79)		
---	Karis Fuller	9	Barnet Cophall	4:30.06	DQ	
	55.06	1:55.99 (1:00.93)	2:58.33 (1:02.34)	DQ (1:01.70)		
---	Alicia Barnett	9	Barnet Cophall	3:27.88	SCR	
---	Chloe Porter	9	Barnet Cophall	4:30.04	SCR	
---	Eva McCormick	9	Barnet Cophall	4:30.02	SCR	
---	Sarah Sharp	9	Barnet Cophall	3:31.98	SCR	
---	Anum Bandey	9	Barnet Cophall	4:15.17	SCR	

**Event 6 Girls 10 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Emily Dean	10	Barnet Cophall	2:57.83	2:58.86	3
	43.42	1:29.15 (45.73)	2:15.39 (46.24)	2:58.86 (43.47)		
2	Kristina Smith	10	City of St Albans	3:16.88	3:19.46	2
	46.51	1:37.36 (50.85)	2:29.78 (52.42)	3:19.46 (49.68)		
3	Stephanie Moyles	10	Barnet Cophall	3:45.00	3:19.48	1
	46.72	1:38.94 (52.22)	2:30.34 (51.40)	3:19.48 (49.14)		
4	Carolyn Cohen	10	Harrow and Wealdstone S C	3:51.00	3:19.79	
	47.72	1:39.49 (51.77)	2:31.49 (52.00)	3:19.79 (48.30)		
5	Alex Edge	10	Borough of Southend	3:27.00	3:19.99	
	47.41	1:38.52 (51.11)	2:29.71 (51.19)	3:19.99 (50.28)		
6	Ellen Collas	10	Harrow and Wealdstone S C	3:35.92	3:29.07	
	50.15	1:43.19 (53.04)	2:38.02 (54.83)	3:29.07 (51.05)		
7	Molly Hogan	10	Barnet Cophall	4:30.00	3:37.83	
	52.07	1:46.94 (54.87)	2:42.82 (55.88)	3:37.83 (55.01)		
8	Emma Lowe	10	Barnet Cophall	3:52.85	3:39.72	
	51.33	1:48.80 (57.47)	2:45.06 (56.26)	3:39.72 (54.66)		
9	Abigail Smith	10	Hertsmere Flyers	3:40.40	3:45.09	
	53.37	1:52.20 (58.83)	2:50.25 (58.05)	3:45.09 (54.84)		
10	Esme Dove	10	Barnet Cophall	4:16.13	3:49.67	
	54.02	1:52.91 (58.89)	3:49.67 (1:56.76)	3:49.67 ( )		
11	Sophie Peet	10	Barnet Cophall	4:11.59	3:50.72	
	53.90	1:53.53 (59.63)	2:53.57 (1:00.04)	3:50.72 (57.15)		
12	Jessie McCabe	10	Barnet Cophall	4:12.54	3:53.02	

**Barnet Cophthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

13	Verity Dieter	54.94	1:55.07 (1:00.13)	2:56.04 (1:00.97)	3:53.02 (56.98)	4:30.03	4:00.83
			10	Barnet Cophthall			
14	Talisa Mistry	52.10	1:55.76 (1:03.66)	3:01.18 (1:05.42)	4:00.83 (59.65)	3:58.20	4:03.88
			10	Harrow and Wealdstone S C			
15	Deepa Mayani	56.58	1:59.97 (1:03.39)	3:03.83 (1:03.86)	4:03.88 (1:00.05)	4:30.10	4:16.60
			10	Barnet Cophthall			
16	Aleasha Vekaria	1:01.78	2:07.04 (1:05.26)	3:12.59 (1:05.55)	4:16.60 (1:04.01)	4:30.01	4:18.94
			10	Barnet Cophthall			
17	Emma Desmond	57.76	2:07.70 (1:09.94)	3:13.64 (1:05.94)	4:18.94 (1:05.30)	4:30.09	4:51.06
			10	Barnet Cophthall			
---	Jessica Cato	1:07.48	2:21.95 (1:14.47)	3:40.83 (1:18.88)	4:51.06 (1:10.23)	4:35.81	NS
			10	Hertsmere Flyers			
---	Nicola Burlingham			10	Barnet Cophthall	2:54.96	SCR
---	Emily Van de Koot			10	Barnet Cophthall	4:30.07	SCR
---	Madeleine Tichborne			10	Barnet Cophthall	2:49.35	SCR

**Event 6 Girls 11 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Jessica Karp	11	Barnet Cophthall	2:58.16	2:56.30	3	
2	Bethany Ellaway	41.39	1:26.89 (45.50)	2:13.01 (46.12)	2:56.30 (43.29)	3:05.68	2
			11	Borough of Southend	3:08.00		
3	Chloe Beard	45.20	1:33.15 (47.95)	2:20.55 (47.40)	3:05.68 (45.13)	3:10.55	1
			11	City of St Albans	3:23.45		
4	Hannah Kendall-Troughton	44.09	1:33.60 (49.51)	2:22.79 (49.19)	3:10.55 (47.76)	3:14.18	
			11	Barnet Cophthall	3:29.56		
5	Jessica Devey	45.72	1:35.89 (50.17)	2:26.02 (50.13)	3:14.18 (48.16)	3:19.11	
			11	Barnet Cophthall	3:59.05		
6	Kat Gopalkrishnan	46.07	1:38.26 (52.19)	2:30.31 (52.05)	3:19.11 (48.80)	3:20.87	
			11	Harrow and Wealdstone S C	3:36.71		
7	Saniya Bandey	47.10	1:39.00 (51.90)	2:32.98 (53.98)	3:20.87 (47.89)	3:21.96	
			11	Barnet Cophthall	3:40.74		
---	Risa Kobayashi	48.14	1:39.64 (51.50)	2:32.62 (52.98)	3:21.96 (49.34)	2:59.09	SCR
			11	Barnet Cophthall			
---	Christine Oponyo			11	Barnet Cophthall	4:20.00	SCR

**Event 6 Girls 12 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Philippa Hardy		12	Barnet Cophthall	2:42.12	2:36.39	3
2	Charlotte Henson	37.24	1:16.51 (39.27)	1:56.86 (40.35)	2:36.39 (39.53)	2:41.46	2
			12	City of St Albans	2:43.40		
3	Lauren Yates	36.52	1:17.27 (40.75)	1:59.90 (42.63)	2:41.46 (41.56)	3:05.79	1
			12	Barnet Cophthall	3:17.01		
4	Laura Medhurst	44.74	1:32.50 (47.76)	2:21.04 (48.54)	3:05.79 (44.75)	3:20.61	
			12	Borough of Southend	3:21.16		
5	Vanisha Patel	47.90	1:39.40 (51.50)	2:31.41 (52.01)	3:20.61 (49.20)	3:32.75	
			12	Harrow and Wealdstone S C	3:40.00		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

6	Maya Shah	47.84	1:43.55 (55.71)	2:39.12 (55.57)	3:32.75 (53.63)	4:20.00	3:36.49
				12 Barnet Cophall			
---	Jo-Anne Zambelli	52.44	1:47.90 (55.46)	3:39.40 (1:51.50)	3:36.49 ( )	2:50.45	SCR
				12 Barnet Cophall			
---	Georgina Luke			12 Harrow and Wealdstone S C	3:32.13		SCR

**Event 6 Girls 13 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kyra Jones	13	Barnet Cophall	2:27.10	2:21.52	3
2	Lauren Chapple	13	Barnet Cophall	2:21.52 (35.86) 2:26.68	2:24.17	2
3	Alice Pearson	13	Barnet Cophall	34.02 1:10.01 (35.99) 1:47.50 (37.49) 2:24.17 (36.67) 2:28.81	2:29.46	1
4	Samantha Horton	13	Borough of Southend	35.07 1:12.88 (37.81) 1:51.32 (38.44) 2:29.46 (38.14) 3:21.97	3:07.45	
				43.74 1:31.89 (48.15) 2:20.64 (48.75) 3:07.45 (46.81)		

**Event 6 Girls 14 & Over 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jessie Porter	14	Barnet Cophall	2:46.51	2:34.94	3
2	Michelle Lewis	14	Barnet Cophall	36.34 1:15.22 (38.88) 1:55.17 (39.95) 2:34.94 (39.77) 2:27.24	2:38.07	2
				37.05 1:17.91 (40.86) 1:59.32 (41.41) 2:38.07 (38.75)		

**Event 7 Boys 9 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lawrence Jackson	9	Borough of Southend	NT	4:07.32	3
				54.84 1:59.72 (1:04.88) 3:05.56 (1:05.84) 4:07.32 (1:01.76)		

**Event 7 Boys 10 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lewis Newman	10	Harrow and Wealdstone S C	4:26.00	3:49.50	3
---	Curtis Coleman	10	Barnet Cophall	47.85 1:47.34 (59.49) 2:49.91 (1:02.57) 3:49.50 (59.59) 4:00.00	SCR	

**Event 7 Boys 11 Year Olds 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Aron Barta	11	Barnet Cophall	4:20.47	3:42.02	3
2	Andrew Whitbread	11	Teddington Swimming Club	46.00 1:41.95 (55.95) 2:41.89 (59.94) 3:42.02 (1:00.13) 4:10.85	3:52.21	2
---	Shalin Gor	11	Barnet Cophall	47.87 1:48.96 (1:01.09) 2:51.38 (1:02.42) 3:52.21 (1:00.83) 4:50.17	SCR	
---	Michael Fernandes	11	Barnet Cophall	3:03.00	SCR	



**Barnet Copthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 7 Boys 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Shakir Muhammad	12	Harrow and Wealdstone S C	4:06.00	3:38.93	3
49.74	1:47.05 (57.31)	2:45.52 (58.47)	3:38.93 (53.41)		
2 Robert Pope	12	Barnet Copthall	4:30.00	4:21.44	2
54.20	1:59.13 (1:04.93)	3:09.17 (1:10.04)	4:21.44 (1:12.27)		
--- Edward Allchorne	12	Barnet Copthall	2:48.34	SCR	
--- Colm Coughlan	12	Borough of Southend	3:48.64	SCR	
--- Naoki Takeda	12	Barnet Copthall	2:32.13	SCR	
--- Oliver Keegan	12	Barnet Copthall	2:35.89	SCR	

**Event 7 Boys 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Ghasem Fathi	13	Barnet Copthall	2:47.50	2:48.16	3
35.60	1:18.12 (42.52)	2:03.04 (44.92)	2:48.16 (45.12)		
2 James Carter	13	Borough of Southend	3:12.77	2:56.04	2
39.44	1:23.26 (43.82)	2:09.94 (46.68)	2:56.04 (46.10)		
3 Michael Pope	13	Barnet Copthall	3:07.17	3:21.25	1
42.03	1:33.25 (51.22)	2:28.05 (54.80)	3:21.25 (53.20)		
4 Devansh Gor	13	Barnet Copthall	3:19.76	3:34.19	
41.62	1:34.12 (52.50)	2:34.52 (1:00.40)	3:34.19 (59.67)		

**Event 7 Boys 14 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chris Eddon	17	Barnet Copthall	2:15.76	2:13.08	3
29.63	1:03.11 (33.48)	1:38.34 (35.23)	2:13.08 (34.74)		
2 James Allchorne	17	Barnet Copthall	2:13.54	2:13.37	2
30.75	1:04.94 (34.19)	1:39.13 (34.19)	2:13.37 (34.24)		
3 Ben Woska	17	Barnet Copthall	2:20.28	2:24.36	1
32.19	1:09.17 (36.98)	1:47.66 (38.49)	2:24.36 (36.70)		
4 Sam Munkley	14	Hertsmere Flyers	2:27.54	2:27.11	
31.66	1:09.61 (37.95)	1:48.95 (39.34)	2:27.11 (38.16)		
5 James Creager	14	Barnet Copthall	2:29.00	2:28.86	
33.97	1:11.97 (38.00)	1:51.94 (39.97)	2:28.86 (36.92)		
6 Akshay Shah	14	Barnet Copthall	2:36.55	2:35.04	
33.68	1:13.13 (39.45)	1:53.83 (40.70)	2:35.04 (41.21)		

**Event 8 Girls 9 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Alexa Foster-Carter	9	Borough of Southend	6:30.00	6:14.98	3
43.15	1:32.47 (49.32)	2:19.62 (47.15)	3:07.25 (47.63)		
3:54.21 (46.96)	4:41.21 (47.00)	5:28.52 (47.31)	6:14.98 (46.46)		
2 Karis Fuller	9	Barnet Copthall	9:30.03	7:30.83	2
50.00	1:46.47 (56.47)	2:45.25 (58.78)	3:44.38 (59.13)		
4:41.48 (57.10)	5:38.88 (57.40)	6:36.29 (57.41)	7:30.83 (54.54)		

**Barnet Cophthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

3	Ashleigh Kirs	9	Barnet Cophthall	8:20.19	7:36.57	1
	46.27	1:46.13 (59.86)	2:45.01 (58.88)	3:43.54 (58.53)		
	4:41.72 (58.18)	5:41.66 (59.94)	6:40.41 (58.75)	7:36.57 (56.16)		
4	Jessica Monty	9	Barnet Cophthall	9:30.05	10:16.98	
	59.77	2:15.69 (1:15.92)	3:38.68 (1:22.99)	5:02.93 (1:24.25)		
	6:27.14 (1:24.21)	7:47.32 (1:20.18)	9:04.86 (1:17.54)	10:16.98 (1:12.12)		
---	Alicia Barnett	9	Barnet Cophthall	6:43.52	SCR	
---	Anum Bandey	9	Barnet Cophthall	8:12.75	SCR	
---	Chloe Porter	9	Barnet Cophthall	9:30.01	SCR	
---	Sarah Sharp	9	Barnet Cophthall	6:57.00	SCR	

**Event 8 Girls 10 Year Olds 400 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Emily Dean	10	Barnet Cophthall	5:35.43	5:26.89	3
	37.83	1:18.78 (40.95)	2:00.36 (41.58)	2:42.00 (41.64)		
	3:23.73 (41.73)	4:05.48 (41.75)	4:46.91 (41.43)	5:26.89 (39.98)		
2	Emma Craft	10	Harrow and Wealdstone S C	6:05.00	6:04.32	2
	42.74	1:28.39 (45.65)	2:14.44 (46.05)	3:00.55 (46.11)		
	3:47.82 (47.27)	4:35.01 (47.19)	5:22.03 (47.02)	6:04.32 (42.29)		
3	Shannon Powell	10	Harrow and Wealdstone S C	7:29.65	6:23.90	1
	42.90	1:30.82 (47.92)	2:19.57 (48.75)	3:08.43 (48.86)		
	3:57.90 (49.47)	4:47.87 (49.97)	5:37.65 (49.78)	6:23.90 (46.25)		
4	Angelina Filippone	10	Barnet Cophthall	7:10.17	6:30.53	
	43.34	1:33.31 (49.97)	2:25.21 (51.90)	3:16.27 (51.06)		
	4:06.65 (50.38)	4:57.59 (50.94)	5:47.88 (50.29)	6:30.53 (42.65)		
5	Ellen Collas	10	Harrow and Wealdstone S C	7:41.00	6:57.27	
	45.41	1:38.11 (52.70)	2:33.19 (55.08)	3:25.98 (52.79)		
	4:19.61 (53.63)	5:11.81 (52.20)	6:05.50 (53.69)	6:57.27 (51.77)		
6	Carolyn Cohen	10	Harrow and Wealdstone S C	7:09.65	6:57.29	
	45.46	1:38.98 (53.52)	2:33.16 (54.18)	3:26.98 (53.82)		
	4:20.77 (53.79)	5:13.83 (53.06)	6:07.25 (53.42)	6:57.29 (50.04)		
7	Abigail Smith	10	Hertsmere Flyers	6:42.63	7:02.53	
	46.22	1:41.05 (54.83)	2:35.09 (54.04)	3:29.23 (54.14)		
	4:22.97 (53.74)	5:17.98 (55.01)	6:12.47 (54.49)	7:02.53 (50.06)		
8	Emma Lowe	10	Barnet Cophthall	7:59.84	7:42.95	
	50.39	1:49.44 (59.05)	2:46.82 (57.38)	3:44.79 (57.97)		
	4:44.37 (59.58)	5:45.48 (1:01.11)	6:45.41 (59.93)	7:42.95 (57.54)		
9	Verity Dieter	10	Barnet Cophthall	9:30.00	8:24.63	
	49.88	1:51.46 (1:01.58)	2:56.19 (1:04.73)	4:00.49 (1:04.30)		
	5:06.87 (1:06.38)	6:10.97 (1:04.10)	7:16.12 (1:05.15)	8:24.63 (1:08.51)		
10	Deepa Mayani	10	Barnet Cophthall	9:30.07	8:40.27	
	58.02	2:03.79 (1:05.77)	3:09.25 (1:05.46)	4:16.15 (1:06.90)		
	5:23.80 (1:07.65)	6:31.55 (1:07.75)	7:38.32 (1:06.77)	8:40.27 (1:01.95)		
11	Emma Desmond	10	Barnet Cophthall	9:30.06	8:51.33	
	52.37	1:55.70 (1:03.33)	3:01.24 (1:05.54)	4:12.98 (1:11.74)		
	5:23.53 (1:10.55)	6:35.39 (1:11.86)	7:45.60 (1:10.21)	8:51.33 (1:05.73)		
12	Aleasha Vekaria	10	Barnet Cophthall	8:48.40	8:53.62	
	52.82	2:01.36 (1:08.54)	3:10.38 (1:09.02)	4:20.77 (1:10.39)		
	5:32.38 (1:11.61)	6:38.54 (1:06.16)	7:49.47 (1:10.93)	8:53.62 (1:04.15)		
---	Emily Van de Koot	10	Barnet Cophthall	9:30.04	SCR	
---	Madeleine Tichborne	10	Barnet Cophthall	5:10.44	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 8 Girls 11 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Gemma Izen	11	Hertsmere Flyers	6:40.00	6:00.31	3	
			38.48 3:42.24 (47.01)	1:22.40 (43.92) 4:28.82 (46.58)	2:08.96 (46.56) 5:15.49 (46.67)	2:55.23 (46.27) 6:00.31 (44.82)
2 Bethany Ellaway	11	Borough of Southend	5:57.00	6:04.56	2	
			41.28 3:45.89 (46.83)	1:27.50 (46.22) 4:32.04 (46.15)	2:13.28 (45.78) 5:19.05 (47.01)	2:59.06 (45.78) 6:04.56 (45.51)
3 Nisha Hunjan	11	Harrow and Wealdstone S C	7:12.00	6:30.59	1	
			41.89 4:02.22 (50.59)	1:30.00 (48.11) 4:53.24 (51.02)	2:20.57 (50.57) 5:45.26 (52.02)	3:11.63 (51.06) 6:30.59 (45.33)
4 Saniya Bandey	11	Barnet Cophall	7:36.55	6:40.81		
			43.67 4:05.47 (51.96)	1:32.47 (48.80) 4:57.68 (52.21)	2:22.36 (49.89) 5:50.11 (52.43)	3:13.51 (51.15) 6:40.81 (50.70)
5 Camilla Cameraa	11	Verulam	6:50.00	6:41.87		
			42.36 4:09.07 (52.48)	1:33.37 (51.01) 5:01.63 (52.56)	2:24.79 (51.42) 5:54.13 (52.50)	3:16.59 (51.80) 6:41.87 (47.74)
6 Kat Gopalkrishnan	11	Harrow and Wealdstone S C	7:19.21	6:48.56		
			44.46 4:12.19 (52.79)	1:34.86 (50.40) 5:05.05 (52.86)	2:26.46 (51.60) 5:58.26 (53.21)	3:19.40 (52.94) 6:48.56 (50.30)
--- Georgia Jackson-Virk	11	Barnet Cophall	5:20.81	SCR		
--- Megan Boldison	11	Barnet Cophall	5:23.00	SCR		

**Event 8 Girls 12 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Philippa Hardy	12	Barnet Cophall	4:48.29	4:47.44	3	
			33.21 2:58.25 (36.37)	1:08.95 (35.74) 3:34.71 (36.46)	1:45.37 (36.42) 4:11.57 (36.86)	2:21.88 (36.51) 4:47.44 (35.87)
2 Sophie Connor	12	Potters Bar	4:59.91	5:09.51	2	
			34.38 3:12.15 (40.49)	1:12.37 (37.99) 3:52.33 (40.18)	1:51.91 (39.54) 4:31.84 (39.51)	2:31.66 (39.75) 5:09.51 (37.67)
3 Ria Sanders	12	Verulam	6:25.56	6:03.81	1	
			39.12 3:45.07 (47.43)	1:23.41 (44.29) 4:33.29 (48.22)	2:09.97 (46.56) 5:21.03 (47.74)	2:57.64 (47.67) 6:03.81 (42.78)
--- Jo-Anne Zambelli	12	Barnet Cophall	5:20.64	SCR		
--- Lauren Yates	12	Barnet Cophall	6:18.23	SCR		

**Event 8 Girls 13 Year Olds 400 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points	
1 Kyra Jones	13	Barnet Cophall	4:47.96	4:37.84	3	
			32.51 2:53.40 (35.28)	1:07.50 (34.99) 3:28.23 (34.83)	1:42.58 (35.08) 4:03.84 (35.61)	2:18.12 (35.54) 4:37.84 (34.00)
2 Polly Kemp-King	13	Hounslow Hurricanes	5:30.00	4:53.98	2	
			32.87 3:01.49 (37.50)	1:09.29 (36.42) 3:39.44 (37.95)	1:46.27 (36.98) 4:17.49 (38.05)	2:23.99 (37.72) 4:53.98 (36.49)
3 Jessica Jackson-Virk	13	Barnet Cophall	5:04.64	5:02.68	1	
			35.38 3:08.91 (38.53)	1:13.71 (38.33) 3:47.46 (38.55)	1:52.05 (38.34) 4:25.95 (38.49)	2:30.38 (38.33) 5:02.68 (36.73)

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

4	Emma Tootill	13	Hertsmere Flyers	5:08.59	5:12.81
	35.70	1:14.39 (38.69)	1:54.07 (39.68)	2:34.06 (39.99)	
	3:14.21 (40.15)	3:54.09 (39.88)	4:34.10 (40.01)	5:12.81 (38.71)	
5	Samantha Horton	13	Borough of Southend	5:58.00	5:57.65
	39.37	1:21.39 (42.02)	2:06.59 (45.20)	2:53.79 (47.20)	
	3:40.47 (46.68)	4:26.54 (46.07)	5:11.49 (44.95)	5:57.65 (46.16)	
---	Abbie Smith	13	Verulam	5:37.34	SCR

**Event 8 Girls 14 & Over 400 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Charlotte Creager	17	Barnet Cophall	4:30.42	4:38.42	3
	31.81	1:06.49 (34.68)	1:41.98 (35.49)	2:17.36 (35.38)		
	2:53.02 (35.66)	3:28.37 (35.35)	4:03.93 (35.56)	4:38.42 (34.49)		
2	Elizabeth Griskova	15	Barnet Cophall	4:40.00	4:42.64	2
	32.43	1:07.24 (34.81)	1:42.76 (35.52)	2:19.18 (36.42)		
	2:55.15 (35.97)	3:31.02 (35.87)	4:07.15 (36.13)	4:42.64 (35.49)		
3	Jessie Porter	14	Barnet Cophall	4:45.39	4:44.97	1
	32.20	1:07.39 (35.19)	1:43.63 (36.24)	2:20.39 (36.76)		
	2:56.78 (36.39)	3:33.26 (36.48)	4:09.57 (36.31)	4:44.97 (35.40)		
4	Lottie Hudson	14	Barnet Cophall	4:43.47	4:45.82	
	33.36	1:08.94 (35.58)	1:44.83 (35.89)	2:20.79 (35.96)		
	2:56.60 (35.81)	3:32.88 (36.28)	4:09.68 (36.80)	4:45.82 (36.14)		
5	Hannah Atkins	16	Borough of Southend	5:10.19	5:09.31	
	35.23	1:13.97 (38.74)	1:54.19 (40.22)	2:34.17 (39.98)		
	3:13.64 (39.47)	3:53.01 (39.37)	4:31.85 (38.84)	5:09.31 (37.46)		
---	Kate Ferrigno	16	Barnet Cophall	4:43.56	SCR	
---	Rachel Cunnane	15	Potters Bar	5:03.02	SCR	
---	Leanne Fernandes	14	Hertsmere Flyers	4:52.88	SCR	

**Event 9 Boys 9 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
---	Alan Goodman	9	Barnet Cophall	8:15.27	SCR	
---	Charlie Turner	9	Barnet Cophall	NT	SCR	

**Event 9 Boys 10 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
---	Michael Georgiou	10	Barnet Cophall	8:34.49	SCR	
---	Jamie Richter	10	Barnet Cophall	8:01.60	SCR	
---	Curtis Coleman	10	Barnet Cophall	7:09.00	SCR	

**Event 9 Boys 11 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Aron Barta	11	Barnet Cophall	7:29.29	7:05.49	3
	47.64	1:46.50 (58.86)	2:37.68 (51.18)	3:29.95 (52.27)		
	4:30.33 (1:00.38)	5:33.26 (1:02.93)	6:18.52 (45.26)	7:05.49 (46.97)		
2	Ben Kohler	11	Hertsmere Flyers	7:28.00	7:22.03	2
	52.64	1:56.50 (1:03.86)	2:49.93 (53.43)	3:47.15 (57.22)		
	4:45.93 (58.78)	5:45.77 (59.84)	6:33.45 (47.68)	7:22.03 (48.58)		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	Jared Baker	11	Hertsmere Flyers	7:35.00	SCR
---	Shalin Gor	11	Barnet Cophall	7:59.48	SCR

**Event 9 Boys 12 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kim Lam Liu	12	Barnet Cophall	5:58.19	5:45.27	3
	39.07	1:24.59 (45.52)	2:09.12 (44.53)	2:54.15 (45.03)		
	3:38.39 (44.24)	4:24.30 (45.91)	5:05.48 (41.18)	5:45.27 (39.79)		
2	Jay Munkley	12	Hertsmere Flyers	5:45.05	6:15.90	2
	41.66	1:36.17 (54.51)	2:22.53 (46.36)	3:08.26 (45.73)		
	4:04.70 (56.44)	5:01.10 (56.40)	5:38.70 (37.60)	6:15.90 (37.20)		
3	James Devine	12	Verulam	6:34.48	6:20.29	1
	39.38	1:26.53 (47.15)	2:14.39 (47.86)	3:01.46 (47.07)		
	3:58.34 (56.88)	4:55.95 (57.61)	5:38.81 (42.86)	6:20.29 (41.48)		
4	Sean Yip	12	Barnet Cophall	6:58.00	6:40.28	
	45.06	1:39.87 (54.81)	2:32.29 (52.42)	3:24.60 (52.31)		
	4:18.52 (53.92)	5:13.67 (55.15)	5:57.84 (44.17)	6:40.28 (42.44)		
5	Robert Pope	12	Barnet Cophall	7:55.59	7:22.30	
	51.56		2:53.06 ( )	3:50.05 (56.99)		
	4:50.08 (1:00.03)	5:54.22 (1:04.14)	6:38.14 (43.92)	7:22.30 (44.16)		
---	Colm Coughlan	12	Borough of Southend	6:55.22	SCR	
---	Oliver Keegan	12	Barnet Cophall	5:38.21	SCR	
---	Naoki Takeda	12	Barnet Cophall	5:28.51	SCR	
---	Edward Allchorne	12	Barnet Cophall	5:37.43	SCR	

**Event 9 Boys 13 Year Olds 400 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Josh Eddon	13	Barnet Cophall	5:07.97	5:08.76	3
	33.66	1:11.24 (37.58)	1:48.82 (37.58)	2:28.24 (39.42)		
	3:13.08 (44.84)	3:59.33 (46.25)	4:35.04 (35.71)	5:08.76 (33.72)		
2	Ghasem Fathi	13	Barnet Cophall	5:24.16	5:27.80	2
	34.04	1:15.25 (41.21)	1:56.36 (41.11)	2:37.33 (40.97)		
	3:23.91 (46.58)	4:11.49 (47.58)	4:50.33 (38.84)	5:27.80 (37.47)		
3	James Carter	13	Borough of Southend	6:04.40	5:55.04	1
	41.05	1:24.24 (43.19)	2:08.61 (44.37)	2:51.49 (42.88)		
	3:47.40 (55.91)	4:40.77 (53.37)	5:18.27 (37.50)	5:55.04 (36.77)		
4	Devansh Gor	13	Barnet Cophall	6:11.62	6:15.80	
	41.86	1:32.72 (50.86)	2:18.43 (45.71)	3:04.35 (45.92)		
	3:57.61 (53.26)	4:52.08 (54.47)	5:34.38 (42.30)	6:15.80 (41.42)		
5	Michael Pope	13	Barnet Cophall	6:23.85	6:16.64	
	42.85	1:32.87 (50.02)	2:16.93 (44.06)	3:01.88 (44.95)		
	3:58.38 (56.50)	4:53.19 (54.81)	5:35.67 (42.48)	6:16.64 (40.97)		
---	Joseph Whitbread	13	Teddington Swimming Club	6:42.68	DQ	
	46.16	1:42.67 (56.51)	2:29.65 (46.98)	3:16.72 (47.07)		
	4:13.46 (56.74)	5:07.77 (54.31)	5:53.70 (45.93)	DQ (44.41)		
---	Adam Carter	13	Borough of Southend	5:58.93	DQ	
	42.28	1:26.44 (44.16)	2:10.03 (43.59)	2:52.64 (42.61)		
	3:42.20 (49.56)	4:33.86 (51.66)	5:09.68 (35.82)	DQ (33.99)		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 9 Boys 14 & Over 400 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Martyn Bermingham	16	Barnet Cophall	4:44.11	5:05.43	3
	31.09	1:08.43 (37.34)	1:46.18 (37.75)	2:24.68 (38.50)	
	3:08.33 (43.65)	3:52.62 (44.29)	4:29.35 (36.73)	5:05.43 (36.08)	
2 Sam Munkley	14	Hertsmere Flyers	4:55.89	5:20.58	2
	32.47	1:11.78 (39.31)	1:53.76 (41.98)	2:34.78 (41.02)	
	3:22.37 (47.59)	4:09.22 (46.85)	4:45.57 (36.35)	5:20.58 (35.01)	
3 Shigenori Goto	14	Barnet Cophall	5:23.37	5:28.59	1
	35.05	1:14.73 (39.68)	1:57.15 (42.42)	2:41.37 (44.22)	
	3:27.55 (46.18)	4:14.78 (47.23)	4:52.17 (37.39)	5:28.59 (36.42)	
4 Adam Kuo	14	Hertsmere Flyers	5:40.00	5:52.32	
	39.12	1:26.29 (47.17)	2:12.43 (46.14)	2:56.96 (44.53)	
	3:44.86 (47.90)	4:34.73 (49.87)	5:13.49 (38.76)	5:52.32 (38.83)	

**Event 10 Girls 9 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Alexa Foster-Carter	9	Borough of Southend	3:40.00	3:32.56	3
	53.94	1:47.10 (53.16)	2:48.32 (1:01.22)	3:32.56 (44.24)	
2 Emily Sullivan	9	Harrow and Wealdstone S C	3:31.18	3:38.30	2
	54.80	1:47.96 (53.16)	2:49.95 (1:01.99)	3:38.30 (48.35)	
3 Ashleigh Kirs	9	Barnet Cophall	4:40.17	4:04.49	1
	1:00.68	1:59.42 (58.74)	3:11.55 (1:12.13)	4:04.49 (52.94)	
4 Emma-Jane Betts	9	Barnet Cophall	4:51.00	4:18.88	
	1:08.80	2:07.75 (58.95)	3:23.99 (1:16.24)	4:18.88 (54.89)	
--- Mayuko Goto	9	Barnet Cophall	3:19.28	SCR	
--- Alicia Barnett	9	Barnet Cophall	3:50.61	SCR	
--- Sarah Sharp	9	Barnet Cophall	3:44.97	SCR	
--- Anum Bandey	9	Barnet Cophall	4:12.00	SCR	
--- Chloe Porter	9	Barnet Cophall	4:50.02	SCR	

**Event 10 Girls 10 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Emily Dean	10	Barnet Cophall	3:13.59	3:13.64	3
	45.23	1:33.11 (47.88)	2:34.40 (1:01.29)	3:13.64 (39.24)	
2 Kristina Smith	10	City of St Albans	3:35.91	3:17.00	2
	44.24	1:34.14 (49.90)	2:33.90 (59.76)	3:17.00 (43.10)	
3 Emma Craft	10	Harrow and Wealdstone S C	3:25.00	3:27.33	1
	50.05	1:42.33 (52.28)	2:45.38 (1:03.05)	3:27.33 (41.95)	
4 Angelina Filippone	10	Barnet Cophall	3:40.62	3:31.67	
	50.93	1:45.11 (54.18)	2:46.20 (1:01.09)	3:31.67 (45.47)	
5 Stephanie Moyles	10	Barnet Cophall	4:20.00	3:35.75	
	52.25	1:44.44 (52.19)	2:50.10 (1:05.66)	3:35.75 (45.65)	
6 Abigail Smith	10	Hertsmere Flyers	3:41.30	3:44.26	
	49.48	1:47.54 (58.06)	2:53.13 (1:05.59)	3:44.26 (51.13)	
7 Molly Hogan	10	Barnet Cophall	4:22.06	3:45.80	
	53.71	1:50.37 (56.66)	2:52.57 (1:02.20)	3:45.80 (53.23)	

**Barnet Cophthall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

8	Deepa Mayani		10	Barnet Cophthall	4:45.00	4:39.94	
		1:11.11		2:18.08 (1:06.97)		3:36.49 (1:18.41)	4:39.94 (1:03.45)
9	Emma Desmond		10	Barnet Cophthall	4:50.04	4:41.82	
		1:11.95		2:30.60 (1:18.65)		3:41.46 (1:10.86)	4:41.82 (1:00.36)
---	Ellen Collas		10	Harrow and Wealdstone S C	3:51.06		DQ
		56.15		1:51.03 (54.88)		2:57.07 (1:06.04)	DQ (48.01)
---	Sophie Peet		10	Barnet Cophthall	4:38.05		DQ
		2:06.27		3:18.40 (1:12.13)		DQ (57.76)	
---	Esme Dove		10	Barnet Cophthall	4:30.01		DQ
		55.92		1:54.83 (58.91)		3:01.46 (1:06.63)	DQ (53.23)
---	Verity Dieter		10	Barnet Cophthall	4:50.01		DQ
		59.22		2:02.62 (1:03.40)		3:19.77 (1:17.15)	DQ (1:00.86)
---	Jessie McCabe		10	Barnet Cophthall	4:30.02		DQ
		57.99		1:58.60 (1:00.61)		3:10.72 (1:12.12)	DQ (53.44)
---	Nicola Burlingham		10	Barnet Cophthall	3:05.76		SCR
---	Aleasha Vekaria		10	Barnet Cophthall	4:50.00		SCR
---	Harumi Yagi		10	Barnet Cophthall	3:01.30		SCR
---	Emily Van de Koot		10	Barnet Cophthall	4:50.03		SCR
---	Madeleine Tichborne		10	Barnet Cophthall	2:54.59		SCR

**Event 10 Girls 11 Year Olds 200 SC Meter IM**

	Name	Age	Team	Seed Time	Finals Time	Points	
1	Jessica Karp	11	Barnet Cophthall	3:21.13	3:02.95	3	
		40.52		1:27.12 (46.60)		2:23.85 (56.73)	3:02.95 (39.10)
2	Holly Winfield	11	City of St Albans	3:27.58	3:05.98	2	
		40.95		1:29.73 (48.78)		2:24.46 (54.73)	3:05.98 (41.52)
3	Chloe Beard	11	City of St Albans	3:29.05	3:06.80	1	
		45.09		1:30.97 (45.88)		2:26.90 (55.93)	3:06.80 (39.90)
4	Bethany Ellaway	11	Borough of Southend	3:13.00	3:15.35		
		47.00		1:33.80 (46.80)		2:31.09 (57.29)	3:15.35 (44.26)
5	Jessica Devey	11	Barnet Cophthall	3:56.71	3:22.49		
		48.56		1:39.89 (51.33)		2:37.77 (57.88)	3:22.49 (44.72)
6	Hannah Kendall-Troughton	11	Barnet Cophthall	3:40.87	3:28.05		
		48.01		1:39.12 (51.11)		2:41.39 (1:02.27)	3:28.05 (46.66)
7	Saniya Bandey	11	Barnet Cophthall	3:50.53	3:31.53		
		54.38		1:47.82 (53.44)		2:46.82 (59.00)	3:31.53 (44.71)
8	Nisha Hunjan	11	Harrow and Wealdstone S C	3:59.00	3:31.66		
		51.15		1:45.55 (54.40)		2:44.90 (59.35)	3:31.66 (46.76)
9	Kat Gopalkrishnan	11	Harrow and Wealdstone S C	3:41.92	3:35.06		
		49.66		1:44.55 (54.89)		2:45.76 (1:01.21)	3:35.06 (49.30)
---	Risa Kobayashi	11	Barnet Cophthall	3:15.11			SCR
---	Christine Oponyo	11	Barnet Cophthall	4:30.00			SCR
---	Ruth Williams	11	Verulam	3:20.00			SCR

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 10 Girls 12 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Philippa Hardy	12	Barnet Cophall	2:41.92	2:40.88	3
37.18	1:16.36 (39.18)	2:04.14 (47.78)	2:40.88 (36.74)		
2 Charlotte Henson	12	City of St Albans	2:45.38	2:42.67	2
36.58	1:17.04 (40.46)	2:05.18 (48.14)	2:42.67 (37.49)		
3 Brooke Killick	12	Potters Bar	2:57.84	2:57.42	1
40.03	1:22.79 (42.76)	2:17.12 (54.33)	2:57.42 (40.30)		
4 Lauren Yates	12	Barnet Cophall	3:24.48	3:08.75	
44.69	1:32.57 (47.88)	2:27.86 (55.29)	3:08.75 (40.89)		
5 Laura Medhurst	12	Borough of Southend	3:16.13	3:16.14	
48.56	1:37.01 (48.45)	2:32.42 (55.41)	3:16.14 (43.72)		
6 Ria Sanders	12	Verulam	3:35.04	3:18.76	
43.43	1:35.54 (52.11)	2:34.90 (59.36)	3:18.76 (43.86)		
7 Vanisha Patel	12	Harrow and Wealdstone S C	3:45.00	3:32.75	
49.76	1:45.73 (55.97)	2:45.41 (59.68)	3:32.75 (47.34)		
8 Maya Shah	12	Barnet Cophall	4:40.00	3:54.70	
1:04.03	1:59.58 (55.55)	3:02.65 (1:03.07)	3:54.70 (52.05)		
--- Jo-Anne Zambelli	12	Barnet Cophall	2:55.50	SCR	
--- Georgina Luke	12	Harrow and Wealdstone S C	3:25.17	SCR	

**Event 10 Girls 13 Year Olds 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Alice Pearson	13	Barnet Cophall	2:34.40	2:32.16	3
35.27	1:13.13 (37.86)	1:57.85 (44.72)	2:32.16 (34.31)		
2 Jessica Jackson-Virk	13	Barnet Cophall	2:50.76	2:44.98	2
38.49	1:23.60 (45.11)	2:08.61 (45.01)	2:44.98 (36.37)		
3 Polly Kemp-King	13	Hounslow Hurricanes	2:40.14	2:46.72	1
36.60	1:17.46 (40.86)	2:07.79 (50.33)	2:46.72 (38.93)		

**Event 10 Girls 14 & Over 200 SC Meter IM**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jessie Porter	14	Barnet Cophall	2:39.86	2:31.87	3
34.49	1:12.38 (37.89)	1:57.96 (45.58)	2:31.87 (33.91)		
2 Elizabeth Griskova	15	Barnet Cophall	2:30.00	2:37.77	2
33.95	1:14.56 (40.61)	2:01.17 (46.61)	2:37.77 (36.60)		

**Event 11 Boys 9 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Luke Jones	9	Hertsmere Flyers	2:53.92	2:51.82	3
38.46	1:22.95 (44.49)	2:08.08 (45.13)	2:51.82 (43.74)		
2 Lawrence Jackson	9	Borough of Southend	3:30.00	3:04.59	2
40.42	1:28.59 (48.17)	2:17.27 (48.68)	3:04.59 (47.32)		
3 Samuel Henson	9	City of St Albans	3:55.78	3:07.76	1
42.91	1:31.07 (48.16)	2:20.40 (49.33)	3:07.76 (47.36)		
4 Liam Chong	9	Barnet Cophall	4:15.02	3:22.09	
44.54	1:37.06 (52.52)	2:31.96 (54.90)	3:22.09 (50.13)		



**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

5	Josh Pointer		9	Barnet Cophall	3:51.15	3:34.76
	45.49	1:44.88 (59.39)		2:40.44 (55.56)	3:34.76 (54.32)	
6	Anthony Warbuton		9	Harrow and Wealdstone S C	3:45.00	3:54.88
	50.85	1:52.48 (1:01.63)		2:51.87 (59.39)	3:54.88 (1:03.01)	
---	Janak Hirani		9	Barnet Cophall	4:15.01	NS
---	Alan Goodman		9	Barnet Cophall	3:37.68	SCR
---	Charlie Turner		9	Barnet Cophall	NT	SCR
---	Dino Selmanovic		9	Barnet Cophall	3:40.61	SCR

**Event 11 Boys 10 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Devak Patel	10	Harrow and Wealdstone S C	3:10.04	3:12.53	3
	42.42	1:32.73 (50.31)		2:24.22 (51.49)	3:12.53 (48.31)	
2	Omar Darwish	10	Barnet Cophall	4:00.00	3:22.07	2
	42.99	1:35.75 (52.76)		2:31.04 (55.29)	3:22.07 (51.03)	
3	Karim Abousaada	10	Harrow and Wealdstone S C	3:41.29	3:26.10	1
	45.75	1:40.95 (55.20)		2:34.95 (54.00)	3:26.10 (51.15)	
4	Khori Hue	10	Harrow and Wealdstone S C	3:33.00	3:42.15	
	47.19	1:46.48 (59.29)		2:46.01 (59.53)	3:42.15 (56.14)	
5	Kane Vincent Young	10	Barnet Cophall	4:15.03	4:00.66	
	45.55	1:47.45 (1:01.90)		2:55.45 (1:08.00)	4:00.66 (1:05.21)	
6	Matthew Lee	10	Barnet Cophall	4:15.04	4:11.60	
	53.43	1:58.62 (1:05.19)		3:07.02 (1:08.40)	4:11.60 (1:04.58)	
7	Daniele Ronchetti	10	Barnet Cophall	4:15.00	4:30.52	
	54.44	2:06.10 (1:11.66)		3:19.12 (1:13.02)	4:30.52 (1:11.40)	
---	Curtis Coleman	10	Barnet Cophall	2:56.72	X2:53.09	
	39.78	1:24.00 (44.22)		2:10.37 (46.37)	2:53.09 (42.72)	
---	Joe Jackson	10	Barnet Cophall	3:23.22	SCR	
---	Joel Adjei	10	Barnet Cophall	4:20.00	SCR	
---	Michael Georgiou	10	Barnet Cophall	3:17.21	SCR	
---	Jamie Richter	10	Barnet Cophall	3:07.02	SCR	

**Event 11 Boys 11 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	George Carter	11	Barnet Cophall	2:39.44	2:34.72	3
	35.18	1:15.08 (39.90)		1:54.75 (39.67)	2:34.72 (39.97)	
2	Henry Yau	11	Barnet Cophall	2:52.18	2:36.55	2
	34.67	1:15.09 (40.42)		1:56.47 (41.38)	2:36.55 (40.08)	
3	Hugo Cliff	11	Barnet Cophall	3:01.34	2:41.74	1
	35.97	1:16.89 (40.92)		2:00.63 (43.74)	2:41.74 (41.11)	
4	Rory Atkins	11	Hounslow Hurricanes	3:00.00	2:44.40	
	37.88	1:20.05 (42.17)		2:03.06 (43.01)	2:44.40 (41.34)	
5	Daniel Peacock	11	City of St Albans	2:58.28	2:48.95	
	36.11	1:20.30 (44.19)		2:06.97 (46.67)	2:48.95 (41.98)	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

6	Andrew Whitbread	11	Teddington Swimming Club	2:56.84	2:54.49
	37.50	1:22.99 (45.49)	2:09.92 (46.93)	2:54.49 (44.57)	
7	Manasseh Lai	11	Barnet Cophall	3:20.00	2:55.13
	39.69	1:25.53 (45.84)	2:11.46 (45.93)	2:55.13 (43.67)	
8	Aron Barta	11	Barnet Cophall	2:46.80	2:56.54
	37.43	1:22.93 (45.50)	2:10.28 (47.35)	2:56.54 (46.26)	
9	Akil Philip-Forde	11	Barnet Cophall	3:11.15	2:59.69
	39.67	1:26.41 (46.74)	2:14.14 (47.73)	2:59.69 (45.55)	
10	Joshua Bekhor	11	Barnet Cophall	4:15.05	3:16.26
	41.42	1:32.71 (51.29)	2:26.31 (53.60)	3:16.26 (49.95)	
11	Navid Moman	11	Barnet Cophall	4:20.00	3:19.04
	43.57	1:35.60 (52.03)	2:28.68 (53.08)	3:19.04 (50.36)	
12	Callum Hill	11	Harrow and Wealdstone S C	3:25.03	3:21.78
	43.68	1:36.01 (52.33)	2:30.92 (54.91)	3:21.78 (50.86)	
13	Joshua Gaventa	11	Barnet Cophall	3:45.00	3:25.37
	46.56	1:42.49 (55.93)	2:34.37 (51.88)	3:25.37 (51.00)	
14	Bradley Hill	11	Harrow and Wealdstone S C	3:25.00	3:28.65
	45.07	1:39.41 (54.34)	2:35.26 (55.85)	3:28.65 (53.39)	
15	Luca Zammattio	11	Harrow and Wealdstone S C	3:20.00	3:31.30
	46.21	1:41.15 (54.94)	2:37.89 (56.74)	3:31.30 (53.41)	
16	Jack Smith	11	Verulam	3:49.02	3:33.07
	46.07	1:42.11 (56.04)	2:38.66 (56.55)	3:33.07 (54.41)	
17	Akash Hirani	11	Barnet Cophall	5:18.09	4:24.97
	57.15	2:07.09 (1:09.94)	3:17.77 (1:10.68)	4:24.97 (1:07.20)	
---	Michael Fernandes	11	Barnet Cophall	2:39.12	SCR
---	Adrian Schindler	11	Barnet Cophall	3:00.00	SCR
---	Shalin Gor	11	Barnet Cophall	3:08.64	SCR

**Event 11 Boys 12 Year Olds 200 SC Meter Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Kim Lam Liu	12	Barnet Cophall	2:31.47	2:25.65	3
	33.41	1:09.95 (36.54)	1:47.34 (37.39)	2:25.65 (38.31)		
2	Jay Munkley	12	Hertsmeres Flyers	2:27.32	2:27.53	2
	34.03	1:12.01 (37.98)	1:50.18 (38.17)	2:27.53 (37.35)		
3	Sean Yip	12	Barnet Cophall	2:52.42	2:44.07	1
	36.72	1:19.24 (42.52)	2:02.77 (43.53)	2:44.07 (41.30)		
4	Robert Pope	12	Barnet Cophall	2:51.63	2:46.42	
	36.23	1:18.48 (42.25)	2:02.81 (44.33)	2:46.42 (43.61)		
5	Miran Shah	12	Hertsmeres Flyers	3:00.43	2:48.85	
	38.12	1:21.51 (43.39)	2:06.90 (45.39)	2:48.85 (41.95)		
6	Kristofer Charles	12	Harrow and Wealdstone S C	3:25.00	3:09.69	
	40.11	1:29.02 (48.91)	2:20.94 (51.92)	3:09.69 (48.75)		
---	Shakir Muhammad	12	Harrow and Wealdstone S C	3:04.58	DQ	
	37.77	1:21.26 (43.49)	2:06.09 (44.83)	DQ (40.87)		
---	Naoki Takeda	12	Barnet Cophall	2:18.15	SCR	
---	Oliver Keegan	12	Barnet Cophall	2:20.28	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 11 Boys 13 Year Olds 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Charlie Boldison	13	Barnet Cophall	2:14.56	2:11.38	3
	30.68	1:04.90 (34.22)	1:38.37 (33.47)	2:11.38 (33.01)	
2 Alex Jessop	13	Barnet Cophall	2:14.39	2:11.61	2
	30.44	1:03.89 (33.45)	1:38.34 (34.45)	2:11.61 (33.27)	
3 Adam Carter	13	Borough of Southend	NT	2:16.18	1
	32.51	1:07.24 (34.73)	1:42.16 (34.92)	2:16.18 (34.02)	
4 Chris Cox	13	Hertsmere Flyers	2:29.58	2:24.13	
	33.54	1:11.19 (37.65)	1:48.39 (37.20)	2:24.13 (35.74)	
5 James Carter	13	Borough of Southend	NT	2:25.50	
	34.79	1:11.62 (36.83)	1:49.21 (37.59)	2:25.50 (36.29)	
6 William Atkins	13	Hounslow Hurricanes	2:30.00	2:25.84	
	33.02	1:10.02 (37.00)	1:48.29 (38.27)	2:25.84 (37.55)	
7 Ghasem Fathi	13	Barnet Cophall	2:27.89	2:30.67	
	35.56	1:13.00 (37.44)	1:52.45 (39.45)	2:30.67 (38.22)	
8 Joel Sands	13	Barnet Cophall	2:30.40	2:31.09	
	35.65	1:14.46 (38.81)	1:54.37 (39.91)	2:31.09 (36.72)	
9 Devansh Gor	13	Barnet Cophall	2:38.20	2:41.34	
	34.95	1:15.81 (40.86)	1:59.50 (43.69)	2:41.34 (41.84)	
10 Michael Pope	13	Barnet Cophall	2:37.89	2:42.07	
	35.39	1:16.93 (41.54)	1:59.74 (42.81)	2:42.07 (42.33)	

**Event 11 Boys 14 & Over 200 SC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time	Points
1 Chris Eddon	17	Barnet Cophall	1:58.44	1:56.94	3
	27.17	56.63 (29.46)	1:26.97 (30.34)	1:56.94 (29.97)	
2 James Allchorne	17	Barnet Cophall	2:00.36	1:59.90	2
	27.55	58.02 (30.47)	1:29.06 (31.04)	1:59.90 (30.84)	
3 Abeeku Philip-Forde	18	Barnet Cophall	1:58.39	2:04.25	1
	28.26	59.10 (30.84)	1:31.49 (32.39)	2:04.25 (32.76)	
4 Randal Cliff	15	Barnet Cophall	2:05.34	2:06.00	
	28.49	1:00.73 (32.24)	1:33.94 (33.21)	2:06.00 (32.06)	
5 Tom Reynolds	15	Barnet Cophall	2:05.94	2:07.65	
	28.90	1:01.60 (32.70)	1:34.61 (33.01)	2:07.65 (33.04)	
6 Akshay Shah	14	Barnet Cophall	2:14.48	2:11.54	
	30.23	1:03.84 (33.61)	1:38.03 (34.19)	2:11.54 (33.51)	
7 Sam Munkley	14	Hertsmere Flyers	2:08.85	2:12.31	
	30.30	1:04.12 (33.82)	1:38.55 (34.43)	2:12.31 (33.76)	
8 James Creager	14	Barnet Cophall	2:16.79	2:13.97	
	30.88	1:05.50 (34.62)	1:40.41 (34.91)	2:13.97 (33.56)	
9 Shigenori Goto	14	Barnet Cophall	2:15.44	2:15.31	
	31.65	1:06.21 (34.56)	1:41.59 (35.38)	2:15.31 (33.72)	
10 Matthew Henson	14	City of St Albans	2:22.43	2:16.51	
	30.30	1:04.48 (34.18)	1:40.79 (36.31)	2:16.51 (35.72)	
11 Matthew Atkins	14	Borough of Southend	2:48.00	2:41.86	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	35.77	1:16.99 (41.22)	1:59.41 (42.42)	2:41.86 (42.45)	
---	Chris Clements	18	Barnet Cophall	2:07.82	SCR
---	Jamie Atkins	14	Hounslow Hurricanes	2:25.00	SCR
---	Robert Van Tromp	14	Verulam	2:20.34	SCR

**Event 12 Girls 9 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Alexa Foster-Carter	9	Borough of Southend	4:00.27	3:58.87	3
2	Emily Sullivan	9	Harrow and Wealdstone S C	3:58.87 (59.61) 3:57.15	4:00.66	2
3	Georgina Izen	9	Hertsmere Flyers	4:00.66 (1:00.19) 4:55.50	4:32.28	1
4	Ashleigh Kirs	9	Barnet Cophall	1:03.03 2:14.65 (1:11.62) 3:25.14 (1:10.49) 4:32.28 (1:07.14) 4:24.81	4:39.07	
5	Emma-Jane Betts	9	Barnet Cophall	1:04.40 2:18.44 (1:14.04) 3:30.94 (1:12.50) 4:39.07 (1:08.13) 4:51.87	4:50.32	
---	Mayuko Goto	9	Barnet Cophall	1:06.73 2:21.43 (1:14.70) 3:36.24 (1:14.81) 4:50.32 (1:14.08) 3:45.14	SCR	
---	Alicia Barnett	9	Barnet Cophall	4:20.00	SCR	
---	Chloe Porter	9	Barnet Cophall	5:00.03	SCR	
---	Anum Bandey	9	Barnet Cophall	4:35.00	SCR	
---	Eva McCormick	9	Barnet Cophall	5:00.04	SCR	

**Event 12 Girls 10 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Shannon Powell	10	Harrow and Wealdstone S C	3:59.19	3:34.09	3
2	Emily Dean	10	Barnet Cophall	49.62 1:43.34 (53.72) 2:38.62 (55.28) 3:34.09 (55.47) 3:44.95	3:51.10	2
3	Alex Edge	10	Borough of Southend	52.41 1:51.16 (58.75) 2:50.98 (59.82) 3:51.10 (1:00.12) 4:02.00	3:55.79	1
4	Kristina Smith	10	City of St Albans	55.45 1:56.22 (1:00.77) 2:56.55 (1:00.33) 3:55.79 (59.24) 3:46.67	3:58.05	
5	Molly Hogan	10	Barnet Cophall	52.82 1:53.86 (1:01.04) 2:56.32 (1:02.46) 3:58.05 (1:01.73) 4:50.00	4:07.11	
6	Stephanie Moyles	10	Barnet Cophall	56.86 1:59.75 (1:02.89) 3:04.14 (1:04.39) 4:07.11 (1:02.97) 4:40.00	4:11.24	
7	Jessie McCabe	10	Barnet Cophall	58.77 2:02.97 (1:04.20) 3:09.00 (1:06.03) 4:11.24 (1:02.24) 4:17.42	4:18.40	
8	Emma Desmond	10	Barnet Cophall	57.44 2:07.20 (1:09.76) 3:14.32 (1:07.12) 4:18.40 (1:04.08) 5:00.01	4:25.77	
9	Esme Dove	10	Barnet Cophall	1:01.27 2:09.47 (1:08.20) 3:19.23 (1:09.76) 4:25.77 (1:06.54) 4:34.44	4:31.94	
10	Jessica Cato	10	Hertsmere Flyers	1:04.41 2:14.89 (1:10.48) 3:25.58 (1:10.69) 4:31.94 (1:06.36) 4:55.50	4:31.95	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

11	Alice Gatenby	1:05.40	2:14.69 (1:09.29)	3:25.36 (1:10.67)	4:31.95 (1:06.59)	5:09.18	4:32.63
			10	Verulam			
12	Katie White	1:03.12	2:13.94 (1:10.82)	3:24.64 (1:10.70)	4:32.63 (1:07.99)	4:02.00	4:32.89
			10	Harrow and Wealdstone S C			
13	Sophie Peet	1:02.10	2:15.11 (1:13.01)	3:24.02 (1:08.91)	4:32.89 (1:08.87)	4:30.01	4:45.05
			10	Barnet Cophall			
14	Deepa Mayani	1:09.04	2:22.39 (1:13.35)	3:33.54 (1:11.15)	4:45.05 (1:11.51)	5:00.00	5:07.92
			10	Barnet Cophall			
---	Talisa Mistry	1:13.69	2:31.20 (1:17.51)	3:51.41 (1:20.21)	5:07.92 (1:16.51)	4:05.00	NS
			10	Harrow and Wealdstone S C			
---	Harumi Yagi			10	Barnet Cophall	3:25.00	SCR
---	Emily Van de Koot			10	Barnet Cophall	5:00.02	SCR

**Event 12 Girls 11 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points		
1	Holly Winfield	11	City of St Albans	3:32.21	3:23.47	3		
2	Jessica Karp	47.99	1:40.05 (52.06)	2:32.41 (52.36)	3:23.47 (51.06)	3:35.75	3:33.01	2
			11	Barnet Cophall				
3	Bethany Ellaway	47.50	1:43.07 (55.57)	2:39.40 (56.33)	3:33.01 (53.61)	3:36.69	3:37.53	1
			11	Borough of Southend				
4	Saniya Bandey	51.06	1:48.24 (57.18)	2:44.03 (55.79)	3:37.53 (53.50)	3:54.56	3:44.09	
			11	Barnet Cophall				
5	Jessica Devey	51.43	1:49.49 (58.06)	2:48.40 (58.91)	3:44.09 (55.69)	4:00.00	3:46.09	
			11	Barnet Cophall				
6	Gemma Izen	48.74	1:48.21 (59.47)	2:47.70 (59.49)	3:46.09 (58.39)	4:09.00	3:53.45	
			11	Hertsmeire Flyers				
7	Hannah Kendall-Troughton	52.84	1:53.64 (1:00.80)	2:55.40 (1:01.76)	3:53.45 (58.05)	3:55.00	3:59.94	
			11	Barnet Cophall				
8	Camilla Cameraa	55.20	1:56.91 (1:01.71)	2:59.68 (1:02.77)	3:59.94 (1:00.26)	4:02.00	4:06.09	
			11	Verulam				
---	Risa Kobayashi	56.05	2:01.50 (1:05.45)	3:05.29 (1:03.79)	4:06.09 (1:00.80)	3:22.40	SCR	
			11	Barnet Cophall				
---	Georgia Jackson-Virk			11	Barnet Cophall	3:07.33	SCR	
---	Christine Oponyo			11	Barnet Cophall	4:30.00	SCR	

**Event 12 Girls 12 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points		
1	Charlotte Henson	41.44	1:29.49 (48.05)	2:17.79 (48.30)	3:05.44 (47.65)	3:52.02	3:33.98	2
			12	Barnet Cophall				
2	Lauren Yates	49.87	1:46.43 (56.56)	2:41.43 (55.00)	3:33.98 (52.55)	3:33.07	3:39.87	1
			12	Borough of Southend				
3	Laura Medhurst	51.34	1:48.84 (57.50)	2:44.10 (55.26)	3:39.87 (55.77)	3:51.00	3:52.97	
			12	Harrow and Wealdstone S C				
4	Vanisha Patel	51.43	1:51.64 (1:00.21)	2:53.95 (1:02.31)	3:52.97 (59.02)	4:40.00	4:09.75	
			12	Barnet Cophall				
5	Maya Shah							

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	1:00.18	2:04.78 (1:04.60)	3:08.36 (1:03.58)	4:09.75 (1:01.39)		
---	Jo-Anne Zambelli	12	Barnet Cophall	3:23.47		SCR
---	Philippa Hardy	12	Barnet Cophall	3:06.50		SCR
---	Georgina Luke	12	Harrow and Wealdstone S C	3:46.76		SCR

**Event 12 Girls 13 Year Olds 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Jessica Jackson-Virk	13	Barnet Cophall	2:56.64	2:55.38	3
	40.68	1:25.61 (44.93)	2:11.06 (45.45)	2:55.38 (44.32)		
2	Alice Pearson	13	Barnet Cophall	2:56.42	3:01.45	2
	41.85	1:28.32 (46.47)	2:14.65 (46.33)	3:01.45 (46.80)		
3	Emma Tootill	13	Hertsmere Flyers	3:04.53	3:02.90	1
	42.71	1:29.53 (46.82)	2:16.54 (47.01)	3:02.90 (46.36)		
4	Polly Kemp-King	13	Hounslow Hurricanes	3:10.69	3:10.53	
	42.26	1:30.31 (48.05)	2:20.53 (50.22)	3:10.53 (50.00)		
5	Samantha Horton	13	Borough of Southend	3:48.60	3:56.72	
	52.82	1:54.02 (1:01.20)	2:55.76 (1:01.74)	3:56.72 (1:00.96)		

**Event 12 Girls 14 & Over 200 SC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Leanne Fernandes	14	Hertsmere Flyers	3:02.29	3:02.74	3
	43.34	1:29.71 (46.37)	2:16.72 (47.01)	3:02.74 (46.02)		

**Event 13 Boys 9 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Lawrence Jackson	9	Borough of Southend	NT	3:22.45	3
	47.95	1:39.46 (51.51)	2:32.22 (52.76)	3:22.45 (50.23)		
2	Samuel Henson	9	City of St Albans	4:15.19	3:26.38	2
	47.36	1:38.38 (51.02)	2:32.98 (54.60)	3:26.38 (53.40)		
3	Liam Chong	9	Barnet Cophall	4:30.03	3:44.10	1
	53.04	1:51.20 (58.16)	2:48.58 (57.38)	3:44.10 (55.52)		
4	Josh Pointer	9	Barnet Cophall	3:49.45	3:45.15	
	53.31	1:51.54 (58.23)	2:48.67 (57.13)	3:45.15 (56.48)		
---	Janak Hirani	9	Barnet Cophall	4:30.04	DQ	
	58.33	2:06.81 (1:08.48)	3:16.31 (1:09.50)	DQ (1:07.68)		
---	Luke Jones	9	Hertsmere Flyers	3:40.00	NS	
---	Alan Goodman	9	Barnet Cophall	3:43.28	SCR	
---	Charlie Turner	9	Barnet Cophall	NT	SCR	
---	Dino Selmanovic	9	Barnet Cophall	4:10.00	SCR	

**Event 13 Boys 10 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Devak Patel	10	Harrow and Wealdstone S C	3:21.00	3:23.07	3
	47.91	1:40.44 (52.53)	2:33.06 (52.62)	3:23.07 (50.01)		

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

2	Karim Abousaada	10	Harrow and Wealdstone S C	4:10.07	3:42.47	2
	52.37	1:50.66 (58.29)	2:48.72 (58.06)	3:42.47 (53.75)		
3	Omar Darwish	10	Barnet Cophall	4:10.00	3:51.89	1
	53.44	1:53.86 (1:00.42)	2:55.06 (1:01.20)	3:51.89 (56.83)		
4	Kane Vincent Young	10	Barnet Cophall	4:30.02	4:04.46	
	54.44	1:58.51 (1:04.07)	3:02.90 (1:04.39)	4:04.46 (1:01.56)		
---	Curtis Coleman	10	Barnet Cophall	3:17.19	X3:10.28	
	46.13	1:34.89 (48.76)	2:23.59 (48.70)	3:10.28 (46.69)		
---	Daniele Ronchetti	10	Barnet Cophall	4:30.05	DQ	
	1:01.62	2:13.16 (1:11.54)	3:21.70 (1:08.54)	DQ (1:09.97)		
---	Matthew Lee	10	Barnet Cophall	4:30.01	DQ	
	55.95	2:00.21 (1:04.26)	3:01.36 (1:01.15)	DQ (59.54)		
---	Joe Jackson	10	Barnet Cophall	3:50.00	SCR	
---	Joel Adjei	10	Barnet Cophall	4:20.00	SCR	
---	Michael Georgiou	10	Barnet Cophall	3:45.21	SCR	
---	Jamie Richter	10	Barnet Cophall	3:29.74	SCR	

**Event 13 Boys 11 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	George Carter	11	Barnet Cophall	2:55.42	2:53.73	3
	41.49	1:26.26 (44.77)	2:10.79 (44.53)	2:53.73 (42.94)		
2	Henry Yau	11	Barnet Cophall	3:14.64	2:55.96	2
	40.90	1:25.15 (44.25)	2:10.54 (45.39)	2:55.96 (45.42)		
3	Andrew Whitbread	11	Teddington Swimming Club	3:03.54	3:06.09	1
	43.43	1:31.80 (48.37)	2:20.21 (48.41)	3:06.09 (45.88)		
4	Rory Atkins	11	Hounslow Hurricanes	3:20.00	3:06.21	
	44.56	1:32.21 (47.65)	2:19.95 (47.74)	3:06.21 (46.26)		
5	Daniel Peacock	11	City of St Albans	3:05.00	3:07.18	
	43.86	1:32.95 (49.09)	2:21.36 (48.41)	3:07.18 (45.82)		
6	Manasseh Lai	11	Barnet Cophall	3:50.00	3:14.39	
	45.75	1:36.21 (50.46)	2:28.08 (51.87)	3:14.39 (46.31)		
7	Aron Barta	11	Barnet Cophall	3:32.66	3:20.24	
	45.35	1:36.30 (50.95)	2:29.12 (52.82)	3:20.24 (51.12)		
8	Akil Philip-Forde	11	Barnet Cophall	3:30.00	3:24.47	
	49.07	1:40.43 (51.36)	2:33.20 (52.77)	3:24.47 (51.27)		
9	Callum Hill	11	Harrow and Wealdstone S C	3:50.26	3:34.18	
	49.08	1:44.37 (55.29)	2:39.93 (55.56)	3:34.18 (54.25)		
10	Navid Moman	11	Barnet Cophall	4:20.00	3:41.49	
	50.45	1:49.28 (58.83)	2:47.46 (58.18)	3:41.49 (54.03)		
11	Joshua Bekhor	11	Barnet Cophall	4:30.00	3:42.71	
	49.86	1:47.07 (57.21)	2:46.68 (59.61)	3:42.71 (56.03)		
---	Hugo Cliff	11	Barnet Cophall	3:45.27	DQ	
	43.21	1:31.53 (48.32)	2:19.50 (47.97)	DQ (45.47)		
---	Joshua Gaventa	11	Barnet Cophall	3:55.00	DQ	
	50.55		2:50.36 ( )	DQ (56.12)		
---	Michael Fernandes	11	Barnet Cophall	2:45.50	SCR	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006**

---	Akash Hirani	11	Barnet Cophall	4:38.74	SCR
---	Shalin Gor	11	Barnet Cophall	3:50.17	SCR
---	Adrian Schindler	11	Barnet Cophall	3:33.52	SCR

**Event 13 Boys 12 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	James Devine	12	Verulam	3:06.12	2:58.23	3
	41.79	1:26.64 (44.85)	2:12.23 (45.59)	2:58.23 (46.00)		
2	Miran Shah	12	Hertsmere Flyers	3:54.29	3:14.67	2
	45.98	1:36.80 (50.82)	2:27.33 (50.53)	3:14.67 (47.34)		
3	Shakir Muhammad	12	Harrow and Wealdstone S C	3:41.00	3:19.09	1
	49.27	1:39.28 (50.01)	2:31.84 (52.56)	3:19.09 (47.25)		
4	Robert Pope	12	Barnet Cophall	3:30.57	3:36.13	
	50.03	1:47.56 (57.53)	2:42.28 (54.72)	3:36.13 (53.85)		
---	Colm Coughlan	12	Borough of Southend	3:05.50	SCR	
---	Oliver Keegan	12	Barnet Cophall	2:39.48	SCR	
---	Naoki Takeda	12	Barnet Cophall	2:38.33	SCR	
---	Edward Allchorne	12	Barnet Cophall	2:46.56	SCR	

**Event 13 Boys 13 Year Olds 200 SC Meter Backstroke**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Charlie Boldison	13	Barnet Cophall	2:24.14	2:25.14	3
	33.28	1:10.34 (37.06)	1:48.58 (38.24)	2:25.14 (36.56)		
2	Alex Jessop	13	Barnet Cophall	2:29.30	2:27.63	2
	34.43	1:12.21 (37.78)	1:50.07 (37.86)	2:27.63 (37.56)		
3	Josh Eddon	13	Barnet Cophall	2:29.44	2:27.97	1
	34.66	1:12.06 (37.40)	1:51.00 (38.94)	2:27.97 (36.97)		
4	Ghasem Fathi	13	Barnet Cophall	2:38.13	2:36.08	
	36.84	1:16.69 (39.85)	1:57.12 (40.43)	2:36.08 (38.96)		
5	Michael Pope	13	Barnet Cophall	3:03.32	2:45.34	
	37.99	1:20.83 (42.84)	2:03.13 (42.30)	2:45.34 (42.21)		
6	Chris Cox	13	Hertsmere Flyers	2:50.56	2:45.42	
	39.94	1:22.42 (42.48)	2:04.99 (42.57)	2:45.42 (40.43)		
7	Joel Sands	13	Barnet Cophall	2:42.41	2:46.53	
	39.67	1:21.87 (42.20)	2:05.05 (43.18)	2:46.53 (41.48)		
8	Adam Carter	13	Borough of Southend	3:00.00	2:49.25	
	41.06	1:23.84 (42.78)	2:07.06 (43.22)	2:49.25 (42.19)		
9	Devansh Gor	13	Barnet Cophall	3:05.07	2:53.02	
	38.93	1:23.08 (44.15)	2:08.62 (45.54)	2:53.02 (44.40)		
10	William Atkins	13	Hounslow Hurricanes	2:50.00	2:57.88	
	42.21	1:27.50 (45.29)	2:13.73 (46.23)	2:57.88 (44.15)		
11	Joseph Whitbread	13	Teddington Swimming Club	3:02.58	2:58.88	
	41.53	1:27.50 (45.97)	2:13.83 (46.33)	2:58.88 (45.05)		



**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 13 Boys 14 & Over 200 SC Meter Backstroke**

Name	Age	Team	Seed Time	Finals Time	Points
1 Ben Woska	17	Barnet Cophall	2:16.10	2:15.63	3
	31.46	1:05.66 (34.20)	1:41.57 (35.91)	2:15.63 (34.06)	
2 Martyn Bermingham	16	Barnet Cophall	2:15.16	2:15.94	2
	30.52	1:04.43 (33.91)	1:40.32 (35.89)	2:15.94 (35.62)	
3 James Allchorne	17	Barnet Cophall	2:17.14	2:19.64	1
	32.20	1:08.00 (35.80)	1:44.39 (36.39)	2:19.64 (35.25)	
4 Tom Reynolds	15	Barnet Cophall	2:20.77	2:20.33	
	33.45	1:09.35 (35.90)	1:45.27 (35.92)	2:20.33 (35.06)	
5 Akshay Shah	14	Barnet Cophall	2:26.35	2:20.62	
	33.83	1:09.54 (35.71)	1:45.57 (36.03)	2:20.62 (35.05)	
6 Jake Sanders	14	Verulam	2:51.08	2:45.75	
	37.38	1:19.61 (42.23)	2:03.71 (44.10)	2:45.75 (42.04)	
--- Jamie Atkins	14	Hounslow Hurricanes	2:45.00	SCR	
--- Chris Clements	18	Barnet Cophall	2:26.73	SCR	

**Event 14 Girls 9 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Alexa Foster-Carter	9	Borough of Southend	NT	4:09.14	3
	58.15	2:03.66 (1:05.51)	3:06.94 (1:03.28)	4:09.14 (1:02.20)	
--- Sarah Sharp	9	Barnet Cophall	3:59.06	SCR	

**Event 14 Girls 10 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Emma Craft	10	Harrow and Wealdstone S C	3:38.00	3:30.50	3
	48.27	1:41.81 (53.54)	2:36.95 (55.14)	3:30.50 (53.55)	
2 Carolyn Cohen	10	Harrow and Wealdstone S C	4:52.00	3:50.14	2
	51.23	1:50.06 (58.83)	2:51.49 (1:01.43)	3:50.14 (58.65)	
--- Alex Edge	10	Borough of Southend	NT	DQ	
	51.31	1:48.32 (57.01)	2:46.04 (57.72)	DQ (1:45.06)	
--- Abigail Smith	10	Hertsmere Flyers	4:02.57	DQ	
	54.13	1:59.05 (1:04.92)	3:02.40 (1:03.35)	DQ (1:01.07)	

**Event 14 Girls 11 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Holly Winfield	11	City of St Albans	3:38.29	3:32.74	3
	47.87	1:41.32 (53.45)	2:37.98 (56.66)	3:32.74 (54.76)	
--- Bethany Ellaway	11	Borough of Southend	NT	DQ	
	49.54	1:44.13 (54.59)	2:43.45 (59.32)	DQ (53.62)	

**Event 14 Girls 12 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Sophie Connor	12	Potters Bar	2:47.37	2:52.36	3
	37.20	1:20.45 (43.25)	2:07.01 (46.56)	2:52.36 (45.35)	
2 Laura Medhurst	12	Borough of Southend	NT	3:35.08	2
	51.41	1:47.67 (56.26)	2:44.46 (56.79)	3:35.08 (50.62)	

**Barnet Cophall Swimming Club Kate Lack Trophy Meet – 14<sup>th</sup> May 2006****Event 14 Girls 13 Year Olds 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Lauren Chapple	13	Barnet Cophall	2:24.00	2:20.62	3
32.32	1:08.19 (35.87)	1:44.17 (35.98)	2:20.62 (36.45)		
--- Samantha Horton	13	Borough of Southend	NT	DQ	
52.49	1:53.41 (1:00.92)	2:53.80 (1:00.39)	DQ (1:00.16)		
--- Emma Tootill	13	Hertsmere Flyers	2:56.72	SCR	

**Event 14 Girls 14 & Over 200 SC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time	Points
1 Jessie Porter	14	Barnet Cophall	2:37.49	2:34.56	3
36.09	1:15.29 (39.20)	1:54.80 (39.51)	2:34.56 (39.76)		
2 Charlotte Creager	17	Barnet Cophall	2:25.77	2:34.69	2
35.86	1:15.35 (39.49)	1:55.75 (40.40)	2:34.69 (38.94)		
3 Lottie Hudson	14	Barnet Cophall	2:35.31	2:37.00	1
35.50	1:16.35 (40.85)	1:56.82 (40.47)	2:37.00 (40.18)		
4 Hannah Atkins	16	Borough of Southend	2:40.59	2:41.12	
36.25	1:16.25 (40.00)	1:58.73 (42.48)	2:41.12 (42.39)		