

# All Time Best Swims City of Bradford SC

## Top 20 Swims\* - Since 2000

\* at 5/8/09 based on available info

Long Course		Male		50m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Adrian Lonsdale	01/04/2001	Sheffield	24.68	18	
2	Simon Johnson	01/08/2004	Sheffield	24.79	16	
3	Dmitry Kadochnikov	03/05/2009	Sunderland	24.97	16	
4	Tom Lonsdale	28/02/2004		25.30	17	
5	Michael Goggs	06/08/2005	Sheffield	25.30	15	
6	Luke Constantine	03/05/2009	Sunderland	25.99	16	
7	Benjamin Balmforth	03/05/2009	Sunderland	26.09	16	
8	Jamie Brown	28/03/2009	Sheffield	26.56	15	
9	Michael Allan	03/05/2003	Sheffield	26.71	17	
10	Adam Brown	02/05/2005	Sheffield	26.72	17	
11	Dyon Whiteley	29/11/2008	Sheffield	26.80	16	
12	Marcus Sahebjam	28/11/2004	Leeds	26.87	16	
13	Brendan Watson	05/11/2006	Leeds	26.98	16	
14	Samuel O'Donohoe	21/03/2009	Sheffield	27.00	14	
15	Neil Farmer	09/02/2003	Leeds	27.04	18	
16	Omar Hussain	06/02/2006	Leeds	27.08	19	
17	Kristian Edward Hobson	28/03/2009	Sheffield	27.15	15	
18	Lee Smith	01/05/2006	Sheffield	27.16	14	
19	Michael Bonson	16/12/2007	Leeds	27.57	16	
20	Christopher Soames	13/04/2002	Sheffield	27.59	15	

Short Course		Male		50m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Michael Goggs	03/12/2005	Shipley	24.94	15	
2	Brendan Watson	16/07/2005	Metro	25.85	15	
3	Benjamin Balmforth	02/11/2008	Durham	26.05	15	
4	Neil Farmer	07/12/2002	Shipley	26.14	18	
5	Marcus Sahebjam	03/12/2005	Shipley	26.15	17	
6	Dmitry Kadochnikov	07/07/2008	Harrogate	26.25	15	
7	Luke Constantine	02/11/2008	Durham	26.36	16	
8	Michael Allan	07/12/2002	Shipley	26.36	17	
9	Omar Hussain	31/01/2004	Harrogate	26.49	17	
10	Lee Smith	18/03/2006	Sheffield	26.50	14	
11	Ross Johnson	16/07/2005	Metro	26.79	15	
12	Samuel O'Donohoe	15/03/2008	Leeds	26.79	13	
13	David Brown	26/07/2009	Shipley	26.82	15	
14	Lewis Sharp	06/12/2008	Shipley	26.86	17	
15	Dyon Whiteley	06/12/2008	Shipley	27.01	16	
16	Michael Bonson	26/07/2008	Shipley	27.02	17	
17	Christopher Soames	07/12/2002	Shipley	27.14	16	
18	Richard THOMPSON	26/07/2009	Shipley	27.14	16	
19	Jamie BROWN	26/07/2009	Shipley	27.21	15	
20	George Mack	02/12/2007	Shipley	27.26	14	

Long Course		Male		100m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	19/03/2009	Sheffield	0:54.32	16	
2	Michael Goggs	02/08/2006	Sheffield	0:54.53	16	
3	Simon Johnson	01/11/2004		0:55.44	16	
4	Luke Constantine	02/05/2009	Sunderland	0:55.72	16	
5	Adrian Lonsdale	12/05/2001	Sheffield	0:55.74	18	
6	Tom Lonsdale	28/02/2004	Leeds	0:55.85	17	
7	Samuel O'Donohoe	28/07/2009	Sheffield	0:57.13	14	
8	Benjamin Balmforth	03/05/2008	Sheffield	0:57.97	15	
9	Omar Hussain	29/06/2005	Glasgow	0:58.08	19	
10	James Moorhouse	01/05/2004	Sheffield	0:58.26	15	
11	Brendan Watson	27/06/2005	Glasgow	0:58.29	15	
12	Marcus Sahebjam	27/11/2004	Leeds	0:58.31	16	
13	Michael Allan	30/11/2002	Leeds	0:58.52	17	
14	Lewis Sharp	02/05/2009	Sunderland	0:58.58	17	
15	Dyon Whiteley	02/05/2009	Sunderland	0:58.74	16	
16	Jamie Brown	28/03/2009	Sheffield	0:58.74	15	
17	Adam Brown	30/04/2005	Sheffield	0:58.89	17	
18	Michael Bonson	18/05/2008	Sheffield	0:59.14	17	
19	Lee Smith	29/04/2006	Sheffield	0:59.25	14	
20	Neil Farmer	09/02/2002	Leeds	0:59.43	17	

Short Course		Male		100m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Michael Goggs	02/10/2005	Darlington	0:54.50	15	
2	Simon Johnson	01/10/2004		0:55.28	16	
3	Dmitry Kadochnikov	03/11/2007	Middlesbrough	0:56.21	14	
4	Luke Constantine	06/12/2008	Shipley	0:56.24	16	
5	Marcus Sahebjam	05/12/2004	Shipley	0:56.33	16	
6	Samuel O'Donohoe	12/10/2008	Sheffield	0:56.48	14	
7	Omar Hussain	04/12/2005	Shipley	0:57.39	19	
8	Michael Allan	02/02/2002	Harrogate	0:57.47	16	
9	Brendan Watson	04/12/2005	Shipley	0:58.14	15	
10	Jamie Brown	25/04/2009	Harrogate	0:58.17	15	
11	Benjamin Balmforth	15/10/2006	Sheffield	0:58.20	13	
12	Lewis Sharp	06/12/2008	Shipley	0:58.41	17	
13	Alex Belk	01/12/2003		0:58.55	13	
14	Jamie BROWN	26/07/2009	Shipley	0:58.55	15	
15	James Moorhouse	16/11/2003	Harrogate	0:58.59	14	
16	Kristian Edward Hobson	25/04/2009	Harrogate	0:58.72	15	
17	Michael Bonson	27/07/2008	Shipley	0:58.80	17	
18	Adam Brown	23/07/2005	Shipley	0:58.80	17	
19	Richard THOMPSON	26/07/2009	Shipley	0:58.87	16	
20	Dyon Whiteley	05/04/2008	Salford	0:59.01	15	

Long Course		Male		200m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Michael Goggs	04/08/2006	Sheffield	1:56.38	16	
2	Dmitry Kadochnikov	17/03/2009	Sheffield	1:58.47	16	
3	Samuel O'Donohoe	21/02/2009	Sheffield	2:03.35	14	
4	Luke Constantine	29/03/2009	Sheffield	2:03.48	16	
5	Omar Hussain	02/05/2005	Sheffield	2:04.32	18	
6	Simon Johnson	01/11/2003		2:07.38	15	
7	Marcus Sahebjam	03/05/2004	Sheffield	2:07.99	15	
8	Michael Bonson	03/02/2008	Leeds	2:09.25	16	
9	Michael Allan	10/02/2002	Leeds	2:09.49	16	
10	Dyon Whiteley	12/05/2007	Sheffield	2:09.84	14	
11	George Mack	03/02/2008	Leeds	2:11.47	14	
12	Lewis Sharp	11/04/2009	Sheffield	2:11.51	17	
13	Benjamin Balmforth	07/05/2006	Leeds	2:13.03	13	
14	James Dawson	21/02/2009	Sheffield	2:13.45	13	
15	Joshua Zenner	07/06/2009	Sheffield	2:14.19	13	
16	Alex Belk	28/02/2004	Leeds	2:14.48	13	
17	Jamie Brown	07/02/2009	Leeds	2:14.71	15	
18	Brendan Watson	06/03/2004	Leeds	2:15.93	13	
19	Neil Farmer	11/02/2001	Leeds	2:16.47	16	
20	Adam Coxsell	06/03/2004	Leeds	2:16.53	14	

Short Course		Male		200m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	04/11/2007	Middlesbrough	1:59.71	14	
2	Michael Goggs	15/01/2006	Huddersfield	1:59.84	15	
3	Luke Constantine	02/11/2008	Durham	2:01.47	16	
4	Omar Hussain	04/12/2004	Shipley	2:01.48	18	
5	Samuel O'Donohoe	07/12/2008	Shipley	2:02.76	14	
6	Michael Bonson	05/10/2008	Darlington	2:04.14	17	
7	Dyon Whiteley	27/04/2008	Harrogate	2:05.17	15	
8	Marcus Sahebjam	04/12/2004	Shipley	2:05.18	16	
9	Brendan Watson	03/12/2005	Shipley	2:05.84	15	
10	Richard THOMPSON	26/07/2009	Shipley	2:05.86	16	
11	George Mack	25/11/2007	Harrogate	2:05.97	14	
12	Lewis Sharp	07/12/2008	Shipley	2:06.03	17	
13	Michael Allan	07/12/2002	Shipley	2:07.02	17	
14	Jamie Brown	25/04/2009	Harrogate	2:07.61	15	
15	James Moorhouse	06/12/2003	Shipley	2:08.18	14	
16	Michael J Kipling	03/12/2005	Shipley	2:09.73	15	
17	Alex Belk	01/12/2003		2:10.77	13	
18	Benjamin Balmforth	26/11/2006	Harrogate	2:11.56	13	
19	Joshua ZENNER	26/07/2009	Shipley	2:12.50	13	
20	James Dawson	30/11/2008	Sunderland	2:12.59	13	

Long Course		Male		400m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	16/03/2009	Sheffield	4:10.38	16	
2	Michael Goggs	01/08/2006	Sheffield	4:11.19	16	
3	Samuel O'Donohoe	24/01/2009	Sheffield	4:23.16	14	
4	Omar Hussain	25/04/2004	Sheffield	4:23.93	17	
5	Luke Constantine	11/04/2009	Sheffield	4:27.97	16	
6	Michael Bonson	18/05/2008	Sheffield	4:29.23	17	
7	Marcus Sahebjam	02/05/2004	Sheffield	4:32.49	15	
8	Lewis Sharp	07/02/2009	Leeds	4:33.52	17	
9	Dyon Whiteley	21/05/2006	Sheffield	4:34.95	13	
10	Michael Allan	04/05/2002	Sheffield	4:35.55	16	
11	Alex Belk	28/02/2004	Leeds	4:44.57	13	
12	Benjamin Balmforth	07/10/2006	Leeds	4:44.68	13	
13	Jonathan Brownlee	27/02/2005	Leeds	4:45.97	14	
14	Adam Coxsell	07/03/2004	Leeds	4:51.95	14	
15	George Mack	01/10/2005	Leeds	5:11.62	12	
16	Bradley Segal	27/02/2005	Leeds	5:17.58	11	
17	David Brown	26/02/2006	Leeds	5:19.60	12	
18	Iain Stapleton	07/10/2006	Leeds	5:20.54	13	
19	Christopher Killock	26/02/2006	Leeds	5:20.59	13	

Short Course		Male		400m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	03/11/2007	Middlesbrough	4:11.27	14	
2	Samuel O'Donohoe	30/11/2008	Sunderland	4:17.04	14	
3	Omar Hussain	17/04/2005	Harrogate	4:18.30	18	
4	Michael Goggs	16/01/2005	Huddersfield	4:18.98	14	
5	Michael Bonson	01/11/2008	Durham	4:22.67	17	
6	Luke Constantine	27/04/2008	Harrogate	4:22.94	15	
7	George Mack	25/11/2007	Harrogate	4:23.34	14	
8	Michael Allan	21/04/2002	Harrogate	4:28.35	16	
9	Dyon Whiteley	27/04/2008	Harrogate	4:29.00	15	
10	Alex Belk	01/11/2003		4:31.72	13	
11	Lewis Sharp	03/11/2007	Middlesbrough	4:34.35	15	
12	Iain Stapleton	26/04/2009	Harrogate	4:42.30	16	
13	Adam Coxsell	15/01/2005	Huddersfield	4:49.18	15	
14	Marcus Sahebjam	17/11/2001	Harrogate	4:53.35	13	
15	Christopher Killock	14/01/2007	Huddersfield	4:58.13	13	
16	George Mack	14/01/2006	Huddersfield	5:03.55	12	
17	Benjamin Balmforth	16/04/2005	Harrogate	5:07.94	12	
18	David Brown	15/01/2005	Huddersfield	5:27.23	11	
19	Joshua Zenner	09/07/2006	Felling Pool	6:18.13	10	

Long Course		Male		800m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	07/02/2009	Leeds	8:43.10	16	
2	Michael Bonson	03/05/2008	Sheffield	9:15.03	17	
3	Lewis Sharp	03/05/2008	Sheffield	9:26.45	16	
4	Omar Hussain	09/02/2002	Leeds	9:51.21	15	

Short Course		Male		800m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	01/11/2008	Durham	8:36.46	15	
2	Michael Bonson	01/11/2008	Durham	8:58.90	17	
3	Lewis Sharp	01/11/2008	Durham	9:03.42	16	
4	George Mack	03/11/2007	Middlesbrough	9:14.26	14	
5	Marcus Sahebjam	19/11/2000	Darlington	10:43.21	12	

Long Course		Male		1500m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Michael Goggs	05/08/2006	Sheffield	16:36.99	16	
2	Dmitry Kadochnikov	02/08/2009	Sheffield	16:44.04	16	
3	Omar Hussain	30/04/2005	Sheffield	17:33.25	18	
4	Lewis Sharp	03/05/2009	Sunderland	17:49.09	17	
5	Michael Bonson	03/02/2008	Leeds	17:55.42	16	
6	Dyon Whiteley	18/03/2007	Sheffield	18:48.65	14	
7	Bradley Segal	04/12/2004	Sheffield	21:41.73	11	

Short Course		Male		1500m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Dmitry Kadochnikov	02/11/2008	Durham	16:22.50	15	
2	Michael Goggs	14/01/2006	Huddersfield	16:31.80	15	
3	Omar Hussain	17/04/2004	Harrogate	17:00.86	17	
4	Lewis Sharp	02/11/2008	Durham	17:13.39	16	
5	George Mack	23/11/2007	Harrogate	17:19.23	14	
6	Michael Bonson	12/01/2008	Huddersfield	17:21.20	16	
7	Samuel O'Donohoe	12/01/2008	Huddersfield	18:09.54	13	

Long Course	Male	50m Breaststroke			
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Lee Smith	29/04/2006	Sheffield	31.89	14
2	Luke Constantine	02/02/2008	Leeds	33.45	15
3	Benjamin Balmforth	03/05/2008	Sheffield	33.71	15
4	Samuel O'Donohoe	21/03/2009	Sheffield	34.07	14
5	Tom Lonsdale	28/02/2004	Leeds	34.42	17
6	David Brown	02/02/2008	Leeds	34.54	14
7	Danny Stirk	03/05/2008	Sheffield	35.23	15
8	Christopher Soames	12/05/2002	Ponds Forge	35.34	15
9	Lewis Sharp	18/05/2008	Sheffield	35.77	16
10	James Dawson	21/03/2009	Sheffield	35.86	13
11	Jamie Harrison	28/02/2004	Leeds	36.53	15
12	Michael Bonson	18/05/2008	Sheffield	36.73	17
13	Tom Binns	28/02/2004	Leeds	36.87	17
14	Jamie Brown	24/01/2009	Leeds	36.94	15
15	Kristian Edward Hobson	24/01/2009	Leeds	37.17	15
16	Dmitry Kadochnikov	07/05/2006	Leeds	37.90	13
17	Ross Johnson	05/02/2005	Leeds	37.92	15
18	Joshua Walker	10/05/2009	Leeds	38.00	13
19	Shahaab Farooq	10/05/2009	Leeds	38.01	14
20	Alex Ferguson	01/04/2002	Rotherham	38.13	13

Short Course	Male	50m Breaststroke			
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Lee Smith	18/03/2006	Sheffield	31.21	14
2	David Brown	26/07/2009	Shipley	31.43	15
3	Luke Constantine	07/12/2008	Shipley	32.72	16
4	Benjamin Balmforth	24/03/2007	Sheffield	33.33	14
5	Richard THOMPSON	26/07/2009	Shipley	34.20	16
6	Lewis Sharp	07/12/2008	Shipley	34.53	17
7	Danny Stirk	26/07/2009	Shipley	34.57	17
8	Samuel O'Donohoe	07/12/2008	Shipley	34.63	14
9	Ross Johnson	17/07/2005	Metro	35.30	15
10	Michael Bonson	07/12/2008	Shipley	35.65	17
11	Kristian Edward Hobson	25/04/2009	Harrogate	36.23	15
12	Dmitry Kadochnikov	28/10/2006	Harrogate	36.34	13
13	James Dawson	07/12/2008	Shipley	36.68	13
14	Jamie Brown	26/07/2009	Shipley	36.86	15
15	Shahaab Farooq	26/07/2009	Shipley	37.23	14
16	Joshua Walker	25/04/2009	Harrogate	38.31	13
17	Courtney Sidhu	08/07/2006	Felling Pool	38.40	14
18	Dyon Whiteley	19/03/2005	Sheffield	38.62	12
19	Harryson Stirk	26/07/2009	Shipley	39.14	13
20	Bradley Segal	15/11/2003	Harrogate	39.41	10

Long Course	Male	100m Breaststroke			
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Lee Smith	30/04/2006	Sheffield	1:12.61	14
2	Benjamin Balmforth	02/06/2007	Sheffield	1:13.61	14
3	Samuel O'Donohoe	22/02/2009	Ponds Forge	1:14.01	14
4	Luke Constantine	04/05/2008	Sheffield	1:14.13	15
5	James Dawson	06/06/2009	Sheffield	1:14.99	14
6	David Brown	07/06/2008	Sheffield	1:16.51	14
7	Danny Stirk	07/02/2009	Leeds	1:16.78	16
8	Dmitry Kadochnikov	09/03/2008	Berlin - Germany	1:17.15	15
9	Dyon Whiteley	29/11/2008	Sheffield	1:17.22	16
10	Lewis Sharp	11/04/2009	Sheffield	1:17.42	17
11	Christopher Soames	23/06/2001	Sheffield	1:18.61	15
12	Alex Belk	28/02/2004	Leeds	1:18.66	13
13	Michael Bonson	19/01/2008	Leeds	1:18.82	16
14	Tom Lonsdale	28/02/2004	Leeds	1:21.21	17
15	Neil Farmer	22/04/2000	Leeds	1:21.62	15
16	Kristian Edward Hobson	23/05/2009	Sheffield	1:21.96	15
17	Michael Kipling	09/10/2004	Sheffield	1:22.88	14
18	Jamie Brown	24/01/2009	Leeds	1:24.47	15
19	Courtney Sidhu	07/10/2006	Leeds	1:25.25	14
20	Shahaab Farooq	09/05/2009	Leeds	1:25.26	14

<b>Short Course</b>		<b>Male</b>		<b>100m Breaststroke</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Lee Smith	03/12/2005	Shipley	1:10.98	14	
2	Benjamin Balmforth	02/11/2008	Durham	1:11.50	15	
3	Samuel O'Donohoe	12/10/2008	Sheffield	1:11.76	14	
4	Luke Constantine	05/10/2008	Darlington	1:11.94	16	
5	Dmitry Kadochnikov	20/07/2008	Harrogate	1:12.69	15	
6	David Brown	05/10/2008	Darlington	1:13.60	15	
7	Richard THOMPSON	26/07/2009	Shipley	1:13.62	16	
8	Lewis Sharp	06/12/2008	Shipley	1:14.27	17	
9	Danny Stirk	26/07/2009	Shipley	1:14.36	17	
10	Michael Bonson	05/10/2008	Darlington	1:14.98	17	
11	Michael J Kipling	03/12/2005	Bradford	1:15.27	15	
12	Dyon Whiteley	06/04/2008	Salford	1:15.78	15	
13	Alex Belk	01/12/2003		1:15.99	13	
14	Christopher Soames	08/12/2001	Harrogate	1:17.78	15	
15	James Dawson	12/10/2008	Sheffield	1:18.60	13	
16	Neil Farmer	09/04/2000	Broughton Pool	1:19.00	15	
17	Jamie Brown	25/04/2009	Harrogate	1:19.27	15	
18	Adam Brown	23/07/2005	Bradford	1:19.45	17	
19	Omar Hussain	04/12/2004	Bradford	1:19.48	18	
20	Kristian Edward Hobson	25/04/2009	Harrogate	1:19.52	15	

<b>Long Course</b>		<b>Male</b>		<b>200m Breaststroke</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Lee Smith	30/04/2006	Sheffield	2:40.61	14	
2	Benjamin Balmforth	13/05/2007	Sheffield	2:41.44	14	
3	Dmitry Kadochnikov	11/10/2008	Leeds	2:42.11	15	
4	David Brown	15/06/2008	Sheffield	2:45.59	14	
5	James Dawson	17/03/2007	Sheffield	2:45.67	11	
6	Samuel O'Donohoe	22/02/2009	Ponds Forge	2:47.09	14	
7	Dyon Whiteley	02/05/2009	Sunderland	2:47.54	16	
8	Alex Belk	28/02/2004	Leeds	2:48.61	13	
9	Danny Stirk	07/02/2009	Leeds	2:49.41	16	
10	Lewis Sharp	18/05/2008	Sheffield	2:50.07	16	
11	Michael Bonson	13/05/2007	Sheffield	2:53.96	16	
12	Luke Constantine	27/01/2007	Sheffield	2:54.71	14	
13	Christopher Soames	30/06/2001	Sheffield	2:54.79	15	
14	Courtney Sidhu	08/10/2006	Leeds	2:59.46	14	
15	Neil Farmer	23/04/2000	Leeds	3:02.93	15	
16	Joshua Zenner	22/02/2009	Ponds Forge	3:05.39	13	
17	Ross Johnson	28/02/2004	Leeds	3:06.89	14	
18	Bradley Segal	06/03/2005	Leeds	3:16.12	11	
19	Joshua Walker	05/10/2008	Leeds	3:22.17	12	
20	Omar Hussain	23/04/2000	Leeds	3:24.73	13	

<b>Short Course</b>		<b>Male</b>		<b>200m Breaststroke</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Benjamin Balmforth	22/04/2007	Harrogate	2:38.10	14	
2	Dmitry Kadochnikov	09/02/2008	Harrogate	2:39.45	15	
3	Lee Smith	04/12/2005	Shipley	2:40.20	14	
4	Alex Belk	01/11/2003		2:41.00	13	
5	Dyon Whiteley	06/12/2008	Shipley	2:41.04	16	
6	Michael Bonson	05/10/2008	Darlington	2:42.40	17	
7	David Brown	01/11/2008	Durham	2:42.90	15	
8	Lewis Sharp	06/12/2008	Shipley	2:43.79	17	
9	Danny Stirk	26/07/2009	Shipley	2:44.12		
10	James Dawson	29/11/2008	Sunderland	2:44.36	13	
11	George Mack	02/12/2007	Shipley	2:44.37	14	
12	Christopher Soames	02/02/2002	Harrogate	2:48.47	15	
13	Luke Constantine	22/07/2007	Bradford	2:49.14	15	
14	Joshua WALKER	26/07/2009	Shipley	2:53.68	13	
15	Joshua ZENNER	26/07/2009	Shipley	2:54.01	13	
16	Joshua Walker	26/04/2009	Harrogate	3:01.45	13	
17	Shahaab Farooq	26/07/2009	Shipley	3:01.87	14	
18	Samuel O'Donohoe	14/01/2007	Huddersfield	3:04.95	12	
19	Courtney Sidhu	12/06/2005	Harrogate	3:14.29	13	
20	Bradley Segal	06/11/2004	Harrogate	3:14.31	11	

Long Course		Male		50m Butterfly	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	02/05/2009	Sunderland	26.99	16
2	Steven Broadley	01/04/2001	Sheffield	27.35	21
3	Adrian Lonsdale	01/04/2001	Sheffield	27.98	18
4	Benjamin Balmforth	03/05/2008	Sheffield	28.02	15
5	Dmitry Kadochnikov	12/10/2008	Leeds	28.31	15
6	Marcus Sahebjam	30/04/2005	Sheffield	28.37	16
7	Michael Goggs	29/04/2006	Sheffield	28.82	15
8	Samuel O'Donohoe	21/03/2009	Sheffield	29.00	14
9	Adam Brown	28/02/2004	Leeds	28.84	16
10	Neil Farmer	09/02/2002	Leeds	29.76	17
11	Jamie Harrison	28/02/2004	Leeds	29.83	15
12	Omar Hussain	18/05/2003	Sheffield	30.21	17
13	Brendan Watson	09/04/2006	Stockport	30.32	15
14	Christopher Killock	07/02/2009	Leeds	30.82	15
15	Joshua Zenner	24/05/2009	Sheffield	30.87	13
16	Michael Bonson	18/05/2008	Sheffield	30.89	17
17	James Dawson	21/03/2009	Sheffield	30.99	13
18	Kristian Edward Hobson	07/02/2009	Leeds	31.07	15
19	Adam Coxsell	29/05/2005	Sheffield	31.11	15
20	Dyon Whiteley	18/01/2009	Sheffield	31.16	16

Short Course		Male		50m Butterfly	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	06/12/2008	ShIPLEY	28.08	16
2	Benjamin Balmforth	06/12/2008	ShIPLEY	28.16	15
3	Richard THOMPSON	26/07/2009	ShIPLEY	28.67	16
4	Marcus Sahebjam	01/02/2004	Harrogate	28.69	15
5	Omar Hussain	01/02/2004	Harrogate	28.90	17
6	Michael Goggs	20/03/2005	Sheffield	29.02	14
7	Christopher Brown	03/11/2002	Sheffield	29.64	48
8	Dmitry Kadochnikov	27/01/2008	Harrogate	29.65	15
9	Michael Bonson	27/07/2008	ShIPLEY	29.74	17
10	Lewis Sharp	26/07/2009	ShIPLEY	30.21	17
11	Danny Stirk	26/07/2009	ShIPLEY	30.45	17
12	Christopher Killock	25/04/2009	Harrogate	30.55	16
13	Samuel O'Donohoe	15/03/2008	Leeds	30.59	13
14	Ross Johnson	17/07/2005	Metro	30.66	15
15	Kristian Edward Hobson	25/04/2009	Harrogate	30.80	15
16	Jamie Brown	26/07/2009	ShIPLEY	31.00	15
17	Brendan Watson	03/04/2004	Sheffield	31.25	13
18	James Dawson	06/12/2008	ShIPLEY	32.06	13
19	Joshua Zenner	06/12/2008	ShIPLEY	33.01	13
20	Adam Coxsell	01/02/2004	Harrogate	33.02	14

Long Course		Male		100m Butterfly	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	29/03/2009	Sheffield	1:00.14	16
2	Benjamin Balmforth	29/03/2009	Sheffield	1:01.43	16
3	Dmitry Kadochnikov	29/03/2009	Sheffield	1:01.59	16
4	Omar Hussain	01/05/2005	Sheffield	1:02.75	18
5	Marcus Sahebjam	01/05/2005	Sheffield	1:04.32	16
6	Michael Goggs	29/05/2005	Sheffield	1:04.39	14
7	Samuel O'Donohoe	12/04/2009	Sheffield	1:05.20	14
8	Michael Bonson	17/05/2008	Sheffield	1:06.58	17
9	James Moorhouse	28/02/2004	Leeds	1:07.24	15
10	Neil Farmer	14/04/2001	Sheffield	1:07.25	16
11	Christopher Killock	20/06/2009	Leeds	1:07.54	16
12	James Dawson	21/06/2009	Leeds	1:07.75	14
13	Brendan Watson	30/04/2006	Sheffield	1:07.83	15
14	Adam Brown	01/05/2005	Sheffield	1:08.10	17
15	Joshua Zenner	21/02/2009	Ponds Forge	1:09.62	13
16	Dyon Whiteley	29/11/2008	Sheffield	1:10.01	16
17	Lewis Sharp	19/01/2008	Leeds	1:10.58	16
18	Adam Coxsell	30/05/2004	Sheffield	1:12.59	14
19	Jamie Brown	24/01/2009	Leeds	1:12.73	15
20	Alexander Belk	28/02/2004	Leeds	1:15.27	13

<b>Short Course</b>		<b>Male</b>		<b>100m Butterfly</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Benjamin Balmforth	02/11/2008	Durham	1:00.92	15	
2	Luke Constantine	02/11/2008	Durham	1:01.07	16	
3	Dmitry Kadochnikov	04/11/2007	Middlesbrough	1:02.02	14	
4	Marcus Sahebjam	04/12/2004	Bradford	1:02.15	16	
5	Omar Hussain	28/01/2006	Harrogate	1:02.33	19	
6	Samuel O'Donohoe	11/10/2008	Sheffield	1:03.36	14	
7	Michael Goggs	03/12/2005	Shipley	1:03.64	15	
8	Richard THOMPSON	26/07/2009	Shipley	1:03.91	16	
9	Neil Farmer	07/12/2002	Shipley Port	1:04.87	18	
10	Michael Bonson	04/10/2008	Darlington	1:05.34	17	
11	Christopher Brown	30/10/2004	Sheffield	1:06.82	50	
12	Brendan Watson	02/10/2005	Darlington	1:07.72	15	
13	Adam Brown	23/07/2005	Bradford	1:08.73	17	
14	Christopher Killock	19/07/2008	Sheffield	1:09.15	15	
15	Lewis Sharp	01/12/2007	Shipley	1:09.42	16	
16	James Dawson	11/10/2008	Sheffield	1:09.50	13	
17	Danny Stirk	06/12/2008	Shipley	1:09.58	16	
18	Jamie Brown	11/10/2008	Sheffield	1:09.62	14	
19	Joshua Zenner	26/07/2009	Shipley	1:09.75	13	
20	Iain Stapleton	20/09/2008	Ponds Forge	1:14.97	15	

<b>Long Course</b>		<b>Male</b>		<b>200m Butterfly</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Omar Hussain	29/05/2004	Sheffield	2:19.83	18	
2	Benjamin Balmforth	23/07/2007	Sheffield	2:22.55	14	
3	James Dawson	06/06/2009	Sheffield	2:30.03	14	
4	Dmitry Kadochnikov	08/10/2006	Leeds	2:32.53	13	
5	Michael Bonson	19/01/2008	Leeds	2:33.61	16	
6	Joshua Zenner	28/02/2009	Leeds	2:34.59	13	
7	Christopher Killock	07/02/2009	Leeds	2:37.09	15	
8	Luke Constantine	10/06/2006	Sheffield	2:37.62	13	
9	Michael Goggs	23/03/2003	Leeds	3:09.91	12	
10	Joseph Conway	25/02/2006	Leeds	4:00.43	9	
11	Harryson Stirk	26/02/2005	Leeds	4:08.17	9	

<b>Short Course</b>		<b>Male</b>		<b>200m Butterfly</b>		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Luke Constantine	26/07/2009	Shipley	2:12.79	17	
2	Benjamin Balmforth	22/04/2007	Harrogate	2:16.78	14	
3	Omar Hussain	04/12/2005	Shipley	2:16.92	19	
4	Michael Goggs	14/01/2006	Huddersfield	2:18.34	15	
5	Dmitry Kadochnikov	09/02/2008	Harrogate	2:20.94	15	
6	Richard THOMPSON	26/07/2009	Shipley	2:21.82	16	
7	Michael Bonson	04/10/2008	Darlington	2:23.73	17	
8	Christopher Killock	20/07/2008	Sheffield	2:32.75	15	
9	James Dawson	29/11/2008	Sunderland	2:33.40	13	
10	Joshua Zenner	26/07/2009	Shipley	2:36.05	13	
11	Lewis Sharp	22/07/2007	Bradford	2:42.08	15	
12	Iain Stapleton	04/12/2005	Shipley	3:06.75	12	
13	Jordan TATE	26/07/2009	Shipley	3:24.92	11	
14	Marcus Sahebjam	29/04/2000	Harrogate	3:26.26	11	

**Long Course Male****50m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Steven Broadley	01/04/2001	Sheffield	28.66	21
2	Benjamin Gill	Apr-02	Rotherham	30.41	16
3	Brendan Watson	08/04/2006	Stockport	30.65	15
4	Simon Johnson	01/05/2003		31.04	15
5	Michael Goggs	28/05/2005	Sheffield	31.11	14
6	Samuel O'Donohoe	21/03/2009	Sheffield	31.33	14
7	Luke Constantine	07/02/2009	Leeds	31.43	16
8	Marcus Sahebjam	27/11/2005	Leeds	31.48	17
9	Neil Farmer	10/02/2002	Leeds	31.58	17
10	George Mack	20/01/2008	Sheffield	31.68	14
11	Adam Brown	01/05/2004	Sheffield	31.88	17
12	Christopher Soames	13/04/2002	Ponds Forge	31.88	15
13	Michael Allan	09/02/2003	Leeds	32.54	17
14	Michael Bonson	17/05/2008	Sheffield	32.72	17
15	James Dawson	21/03/2009	Sheffield	33.00	13
16	David Brown	10/05/2008	Leeds	33.12	14
17	James Moorhouse	28/02/2004	Leeds	33.20	15
18	Kristian Edward Hobson	03/05/2009	Sunderland	33.29	15
19	Jamie Brown	07/02/2009	Leeds	33.88	15
20	Tom Binns	28/02/2004	Leeds	33.93	17

**Short Course Male****50m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	07/12/2008	Shipley	29.86	16
2	Michael Goggs	20/03/2005	Sheffield	29.94	14
3	Brendan Watson	16/07/2005	Metro	30.04	15
4	David Brown	26/07/2009	Shipley	30.61	15
5	Christopher Brown	29/10/2004	Sheffield	30.74	50
6	Neil Farmer	04/11/2001	Middlesborough	30.98	17
7	Ross Johnson	16/07/2005	Metro	31.58	15
8	Samuel O'Donohoe	15/03/2008	Leeds	31.71	13
9	Michael Bonson	26/07/2008	Shipley	31.85	17
10	Jamie Brown	26/07/2009	Shipley	31.88	15
11	George Mack	02/12/2007	Shipley	31.89	14
12	Kristian Edward Hobson	07/12/2008	Shipley	31.94	15
13	James Dawson	07/12/2008	Shipley	33.21	13
14	Dyon Whiteley	21/07/2007	Bradford	33.30	14
15	Danny Stirk	26/07/2008	Shipley	33.59	16
16	Christopher Killock	20/09/2008	Ponds Forge	34.00	15
17	Joshua Zenner	07/12/2008	Shipley	34.78	13
18	Benjamin Balmforth	18/03/2006	Sheffield	34.81	13
19	Shahaab FAROOQ	26/07/2009	Shipley	34.91	14
20	Marcus Sahebjam	03/02/2002	Harrogate	34.98	13

**Long Course Male****100m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Steven Broadley	01/05/2001	Sheffield	1:00.35	21
2	Benjamin Gill	May-02		1:05.14	16
3	Michael Goggs	09/04/2006	Stockport	1:05.18	15
4	Brendan Watson	09/04/2006	Stockport	1:05.42	15
5	Samuel O'Donohoe	01/03/2009	Leeds	1:05.95	14
6	Dmitry Kadochnikov	02/02/2008	Leeds	1:06.93	15
7	Neil Farmer	25/03/2001	Leeds	1:08.67	16
8	Marcus Sahebjam	30/04/2005	Sheffield	1:08.68	16
9	Jamie Brown	28/03/2009	Sheffield	1:09.26	15
10	James Dawson	10/04/2009	Swansea	1:09.61	13
11	Dyon Whiteley	29/11/2008	Sheffield	1:09.61	16
12	James Moorhouse	28/02/2004	Leeds	1:10.32	15
13	Michael Bonson	18/05/2008	Sheffield	1:10.59	17
14	Christopher Soames	30/11/2002	Leeds	1:11.32	16
15	David Brown	11/05/2008	Leeds	1:11.53	14
16	Michael Allan	09/02/2002	Leeds	1:12.00	16
17	Kristian Edward Hobson	07/02/2009	Leeds	1:12.01	15
18	Joshua Zenner	07/06/2009	Sheffield	1:12.04	13
19	Jonathan Brownlee	09/10/2004	Sheffield	1:12.48	14
20	Adam Brown	05/02/2005	Leeds	1:13.35	17

**Short Course Male****100m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Michael Goggs	29/01/2006	Harrogate	1:02.01	15
2	Samuel O'Donohoe	11/10/2008	Sheffield	1:03.25	14
3	Luke Constantine	07/12/2008	Shipley	1:03.75	16
4	Brendan Watson	02/12/2006	Shipley	1:04.13	16
5	Marcus Sahebjam	01/02/2004	Harrogate	1:05.54	15
6	Dmitry Kadochnikov	01/11/2008	Durham	1:05.89	15
7	Neil Farmer	08/12/2001	Harrogate	1:06.31	17
8	George Mack	13/10/2007	Sheffield	1:06.46	14
9	Christopher Brown	30/10/2004	Sheffield	1:06.98	50
10	Michael Bonson	07/12/2008	Shipley	1:07.75	17
11	Alexander Belk	01/11/2003		1:07.85	13
12	Christopher Soames	07/12/2002	Shipley Port	1:07.96	16
13	Danny Stirk	26/07/2008	Shipley	1:08.71	16
14	Dyon Whiteley	05/04/2008	Salford	1:08.73	15
15	James Dawson	11/10/2008	Sheffield	1:09.09	13
16	Ross Johnson	17/07/2005	Metro	1:09.09	15
17	David Brown	05/10/2008	Darlington	1:09.31	15
18	Jamie Brown	07/12/2008	Shipley	1:09.31	14
19	Michael Allan	08/12/2001	Harrogate	1:09.53	16
20	Omar Hussain	07/12/2002	Shipley Port	1:09.89	16

**Long Course Male****200m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Steven Broadley	01/04/2001	Sheffield	2:10.99	21
2	Brendan Watson	08/04/2006	Stockport	2:18.39	15
3	Samuel O'Donohoe	12/04/2009	Sheffield	2:19.63	14
4	Michael Goggs	01/05/2005	Sheffield	2:23.59	14
5	Dmitry Kadochnikov	24/02/2007	Leeds	2:23.77	14
6	Benjamin Gill	01/03/2002		2:23.86	16
7	James Dawson	12/04/2009	Swansea	2:27.34	13
8	George Mack	20/01/2008	Sheffield	2:28.24	14
9	Neil Farmer	25/06/2000	Sheffield	2:29.00	15
10	Marcus Sahebjam	19/04/2003	Sheffield	2:30.24	14
11	Dyon Whiteley	20/05/2006	Sheffield	2:31.09	13
12	Alexander Belk	28/02/2004	Leeds	2:31.47	13
13	Christopher Soames	05/05/2002	Ponds Forge	2:32.23	15
14	Michael Bonson	12/05/2007	Sheffield	2:32.70	16
15	David Brown	23/02/2008	Leeds	2:34.78	14
16	Joshua Zenner	20/06/2009	Leeds	2:37.09	13
17	Christopher Killock	12/05/2007	Sheffield	2:39.39	14
18	Ross Johnson	06/02/2005	Leeds	2:42.33	15
19	Bradley Segal	03/06/2006	Sheffield	2:45.50	13
20	Luke Constantine	20/03/2004	Leeds	2:49.84	11

**Short Course Male****200m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Michael Goggs	01/10/2005	Darlington	2:16.09	15
2	Brendan Watson	02/12/2006	Shipley	2:16.46	16
3	Benjamin Gill	01/04/2002		2:16.62	16
4	Samuel O'Donohoe	06/12/2008	Shipley	2:16.70	14
5	Dmitry Kadochnikov	26/11/2006	Harrogate	2:18.39	13
6	Luke Constantine	06/12/2008	Shipley	2:19.44	16
7	Michael Bonson	04/10/2008	Darlington	2:22.86	17
8	George Mack	13/01/2008	Huddersfield	2:23.45	14
9	Neil Farmer	30/04/2000	Harrogate	2:25.46	15
10	Christopher Soames	08/12/2001	Harrogate	2:25.80	15
11	James Dawson	30/11/2008	Sunderland	2:26.41	13
12	Omar Hussain	07/12/2002	Shipley Port	2:26.55	16
13	Alexander Belk	01/11/2003		2:27.06	13
14	Marcus Sahebjam	19/01/2003	Huddersfield	2:27.27	14
15	Dyon Whiteley	06/12/2008	Shipley	2:27.59	16
16	David Brown	06/12/2008	Shipley	2:28.61	15
17	Joshua Zenner	26/07/2009	Harrogate	2:29.34	13
18	Christopher Killock	19/07/2008	Sheffield	2:30.95	15
19	Danny Stirk	26/07/2008	Shipley	2:31.21	16
20	George Mack	29/01/2006	Blackpool	2:32.21	12

**Short Course Male 100m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	26/07/2009	Shipley	1:00.27	17
2	Brendan Watson	16/07/2005	Metro	1:05.68	15
3	Danny Stirk	26/07/2008	Shipley	1:07.43	16
4	Jamie Brown	26/07/2008	Shipley	1:07.74	14
5	Michael Bonson	26/07/2009	Shipley	1:08.80	18
6	Kristian Edward Hobson	29/11/2008	Grantham	1:09.86	15
7	Lewis Sharp	21/07/2007	Bradford	1:10.01	15
8	Christopher Brown	31/10/2004	Sheffield	1:10.41	50
9	David Brown	26/07/2008	Shipley	1:10.60	14
10	Dyon Whiteley	21/07/2007	Bradford	1:10.60	14
11	Michael Allan	08/04/2001	Harrogate	1:11.14	15
12	Christopher Soames	19/11/2000	Darlington	1:13.50	14
13	Harryson Stirk	26/07/2009	Shipley	1:13.86	13
14	Marcus Sahebjam	18/11/2001	Harrogate	1:14.78	13
15	Iain Stapleton	20/09/2008	Ponds Forge	1:14.95	15
16	James Dawson	21/07/2007	Bradford	1:15.80	12
17	Bradley Segal	16/11/2003	Harrogate	1:23.02	10
18	Joshua Zenner	21/07/2007	Bradford	1:25.17	11
19	Fergus Walden	22/06/2008	Harrogate	1:26.13	12
20	Matthew BROWN	26/07/2009	Shipley	1:23.62	12

**Long Course Male 200m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	11/04/2009	Sheffield	2:14.89	16
2	Dmitry Kadochnikov	29/03/2009	Sheffield	2:16.75	16
3	Benjamin Balmforth	04/05/2008	Sheffield	2:21.65	15
4	Samuel O'Donohoe	01/03/2009	Leeds	2:22.68	14
5	Michael Goggs	08/04/2006	Stockport	2:23.21	15
6	Michael Bonson	18/05/2008	Sheffield	2:23.41	17
7	Omar Hussain	30/04/2005	Sheffield	2:23.66	18
8	James Dawson	20/06/2009	Leeds	2:25.94	14
9	Brendan Watson	28/06/2005	Glasgow	2:26.04	15
10	Lewis Sharp	07/02/2009	Leeds	2:26.58	17
11	Lee Smith	29/04/2006	Sheffield	2:27.38	14
12	Jamie Harrison	28/02/2004	Leeds	2:27.69	15
13	Dyon Whiteley	17/03/2007	Sheffield	2:28.34	14
14	Danny Stirk	07/02/2009	Leeds	2:28.51	16
15	Jamie Brown	07/02/2009	Leeds	2:31.87	15
16	Neil Farmer	10/03/2001	Leeds	2:32.21	16
17	David Brown	14/06/2008	Sheffield	2:32.31	14
18	Joshua Zenner	01/03/2009	Leeds	2:32.96	13
19	Christopher Killock	24/01/2009	Leeds	2:33.53	15
20	Adam Coxsell	27/03/2005	Sheffield	2:33.59	15

**Short Course Male 200m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Luke Constantine	07/12/2008	Shipley	2:17.04	16
2	Samuel O'Donohoe	12/10/2008	Sheffield	2:17.39	14
3	Benjamin Balmforth	21/04/2007	Harrogate	2:17.76	14
4	Michael Bonson	05/10/2008	Darlington	2:19.81	17
5	Dmitry Kadochnikov	04/11/2007	Middlesbrough	2:19.91	14
6	Michael Goggs	02/10/2005	Darlington	2:19.96	15
7	Brendan Watson	02/12/2006	Shipley	2:20.40	16
8	Omar Hussain	04/12/2005	Shipley	2:21.40	19
9	Danny Stirk	26/07/2009	Shipley	2:22.09	17
10	Richard THOMPSON	26/07/2009	Shipley	2:22.47	16
11	George Mack	02/12/2007	Shipley	2:22.92	14
12	Lewis Sharp	07/12/2008	Shipley	2:24.27	17
13	Neil Farmer	09/12/2001	Harrogate	2:24.36	17
14	Marcus Sahebjam	07/12/2003	Shipley Pool	2:24.85	15
15	Alexander Belk	01/12/2003		2:26.90	13
16	Michael J Kipling	03/12/2005	Bradford	2:27.52	15
17	Dyon Whiteley	15/10/2006	Sheffield	2:27.60	14
18	Jamie Brown	25/04/2009	Harrogate	2:27.81	15
19	James Dawson	29/11/2008	Sunderland	2:27.84	13
20	Christopher Soames	09/12/2001	Harrogate	2:28.30	15

**Long Course Male****400m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Dmitry Kadochnikov	24/01/2009	Sheffield	5:00.19	16
2	Benjamin Balmforth	24/07/2007	Sheffield	5:00.43	14
3	James Dawson	07/06/2009	Sheffield	5:01.29	14
4	Omar Hussain	24/04/2004	Sheffield	5:03.74	17
5	Michael Bonson	01/06/2008	Sheffield	5:06.24	17
6	Brendan Watson	26/11/2005	Leeds	5:14.10	15
7	Dyon Whiteley	17/03/2007	Sheffield	5:16.37	14
8	Lewis Sharp	07/10/2006	Leeds	5:30.88	14
9	Neil Farmer	22/04/2000	Leeds	5:34.66	15
10	Samuel O'Donohoe	03/06/2007	Sheffield	5:37.46	12
11	Danny Stirk	07/10/2006	Leeds	5:50.96	14
12	Luke Constantine	13/06/2004	Sheffield	5:55.83	11
13	Bradley Segal	05/03/2005	Leeds	5:57.83	11
14	Marcus Sahebjam	10/02/2001	Leeds	6:14.63	12

**Short Course Male****400m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Benjamin Balmforth	22/04/2007	Harrogate	4:51.80	14
2	Luke Constantine	27/04/2008	Harrogate	4:51.84	15
3	Dmitry Kadochnikov	22/04/2007	Harrogate	4:57.80	14
4	Michael Bonson	01/11/2008	Durham	4:59.09	17
5	Omar Hussain	17/04/2004	Harrogate	4:59.11	17
6	Samuel O'Donohoe	01/11/2008	Durham	4:59.81	14
7	George Mack	25/11/2007	Harrogate	5:02.46	14
8	James Dawson	30/11/2008	Sunderland	5:09.75	13
9	Alexander Belk	01/01/2003		5:17.71	13
10	Bradley Segal	07/11/2004	Harrogate	6:00.22	11

Long Course		Female		50m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Sian Morgan	02/08/2009	Sheffield	27.91	15	
2	Tierney Maude	01/07/2003		28.82	14	
3	Rosie Underwood	29/05/2005	Sheffield	28.98	15	
4	Lucy Burnside	02/02/2008	Leeds	29.18	15	
5	Rachael Bates	01/05/2004		29.43	14	
6	Sian Freeman	13/05/2007	Sheffield	29.94	16	
7	Emma Hurlley	02/05/2005	Sheffield	30.09	16	
8	Rebecca Smith	08/10/2006	Leeds	30.25	13	
9	Jessica Foulds	10/05/2009	Leeds	30.30	13	
10	Jenna Chatburn	21/10/2006	Sheffield	30.31	14	
11	Rosemary Preston	29/05/2005	Sheffield	30.32	14	
12	Katie L Ford	28/02/2004	Leeds	30.32	15	
13	Jemma Walker	28/01/2007	Sheffield	30.37	14	
14	Megan Bowes-Ayres	03/05/2008	Sheffield	30.43	17	
15	Abigail Smith	07/05/2007	Sheffield	30.50	14	
16	Lydia Biddiscombe	21/03/2009	Sheffield	30.59	13	
17	Clementine Brown	05/02/2005	Leeds	30.93	16	
18	Nicola Chatburn	24/05/2009	Sheffield	30.98	13	
19	Jennifer Bonson	03/05/2008	Sheffield	31.03	14	
20	Isabel Stirk	21/03/2009	Sheffield	31.16	12	

Short Course		Female		50m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Tierney Maude	Dec-02		28.05	14	
2	Sian Morgan	05/10/2008	Darlington	28.09	14	
3	Rosie Underwood	03/12/2005	ShIPLEY	28.65	15	
4	Lucy Burnside	02/12/2007	ShIPLEY	28.96	14	
5	Rebecca Smith	18/03/2006	Sheffield	29.20	13	
6	Sian Freeman	03/12/2006	ShIPLEY	29.25	15	
7	Jenna Chatburn	18/03/2006	Sheffield	29.66	13	
8	Abigail Smith	18/03/2006	Sheffield	29.74	13	
9	Rosemary Preston	08/07/2006	Felling Pool	29.79	15	
10	Jemma Walker	18/03/2006	Sheffield	29.84	13	
11	Isobel Mannings	18/03/2006	Sheffield	29.90	13	
12	Hannah Midgley	27/07/2008	ShIPLEY	29.91	14	
13	Isabel STIRK	26/07/2009	ShIPLEY	30.05	12	
14	Emma Hurlley	31/01/2004	Harrogate	30.17	15	
15	Rebecca Brown	03/04/2004	Sheffield	30.24	13	
16	Ellie TALBOT	26/07/2009	ShIPLEY	30.32	12	
17	Megan Bowes-Ayres	02/12/2007	ShIPLEY	30.46	16	
18	Hannah Dean	02/10/2005	Darlington	30.47	15	
19	Isobel Mannings	03/12/2005	Bradford	30.70	13	
20	Clementine Brown	03/12/2005	Bradford	30.78	16	

Long Course		Female		100m Freestyle		
Place	Name	Date of Swim	Venue	Time	Age at Swim	
1	Sian Morgan	02/08/2009	Sheffield	0:59.26	15	
2	Tierney Maude	31/07/2003	Sheffield	1:01.90	15	
3	Lucy Burnside	17/05/2008	Sheffield	1:01.98	15	
4	Rachael Bates	09/10/2004	Sheffield	1:03.36	14	
5	Jessica Foulds	21/06/2009	Leeds	1:03.54	13	
6	Katie L Ford	28/02/2004	Leeds	1:03.99	15	
7	Emma Hurlley	30/04/2005	Sheffield	1:04.14	16	
8	Rosemary Preston	08/10/2005	Sheffield	1:05.26	14	
9	Rebecca Smith	04/06/2006	Sheffield	1:05.45	13	
10	Abigail Smith	04/06/2006	Sheffield	1:05.53	13	
11	Hannah Midgley	17/05/2008	Sheffield	1:05.54	14	
12	Sian Freeman	12/05/2007	Sheffield	1:05.61	16	
13	Jenna Chatburn	09/10/2005	Sheffield	1:06.10	13	
14	Rachael Bates	28/02/2004	Leeds	1:06.17	13	
15	Lydia Biddiscombe	21/06/2009	Leeds	1:06.53	13	
16	Isabel Stirk	21/06/2009	Leeds	1:06.61	12	
17	Nicola Chatburn	23/05/2009	Sheffield	1:06.67	13	
18	Rebecca Brown	06/02/2005	Leeds	1:06.71	14	
19	Lauren Sharp	21/06/2009	Leeds	1:06.73	13	
20	Jemma Walker	05/05/2007	Sheffield	1:06.82	14	

**Short Course Female**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	02/11/2008	Durham	0:58.36	14
2	Tierney Maude	01/12/2002		0:59.28	14
3	Lucy Burnside	02/12/2007	ShIPLEY	1:01.86	14
4	Rosie Underwood	04/12/2005	ShIPLEY	1:03.12	15
5	Rebecca Smith	15/10/2006	Sheffield	1:03.52	13
6	Katie L Ford	23/07/2005	Bradford	1:03.56	17
7	Rosemary Preston	03/12/2005	ShIPLEY	1:03.68	14
8	Emma Hurtley	04/12/2005	ShIPLEY	1:04.04	17
9	Sian Freeman	02/12/2007	ShIPLEY	1:04.19	16
10	Clementine Brown	03/12/2005	Bradford	1:04.61	16
11	Abigail Smith	26/11/2006	Harrogate	1:04.69	13
12	Jemma Walker	26/11/2006	Harrogate	1:04.82	13
13	Ellie Talbot	26/07/2009	ShIPLEY	1:05.11	12
14	Isabel STIRK	26/07/2009	ShIPLEY	1:05.12	12
15	Hannah Midgley	04/10/2008	Darlington	1:05.18	14
16	Jenna Chatburn	06/11/2005	Harrogate	1:05.44	13
17	Nicole FORDHAM	26/07/2009	ShIPLEY	1:05.84	14
18	Megan Bowes-Ayres	02/12/2006	ShIPLEY	1:06.00	15
19	Jennifer Bonson	06/04/2008	Salford	1:06.25	14
20	Rebecca Brown	04/12/2004	Bradford	1:06.38	14

**100m Freestyle****Long Course Female**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	02/08/2009	Sheffield	2:04.41	15
2	Sarah Collings	01/05/2001	Sheffield	2:07.02	23
3	Lucy Burnside	15/12/2007	Leeds	2:13.16	15
4	Tierney Maude	01/05/2003		2:15.39	15
5	Emma Hurtley	02/05/2005	Sheffield	2:17.00	16
6	Jessica Foulds	06/06/2009	Sheffield	2:17.59	13
7	Hannah Midgley	03/05/2008	Sheffield	2:18.89	14
8	Clementine Brown	05/02/2005	Leeds	2:19.48	16
9	Abigail Smith	10/06/2006	Sheffield	2:20.70	13
10	Jenna Chatburn	26/02/2005	Leeds	2:21.66	12
11	Nicola Chatburn	06/06/2009	Sheffield	2:21.81	13
12	Hannah Dean	02/05/2005	Sheffield	2:22.53	15
13	Rebecca Brown	02/05/2005	Sheffield	2:22.88	14
14	Rosemary Preston	02/05/2005	Sheffield	2:23.25	14
15	Lydia Biddiscombe	24/05/2009	Sheffield	2:23.87	13
16	Lauren Sharp	28/02/2009	Leeds	2:24.52	12
17	Rebecca Smith	25/02/2006	Leeds	2:26.58	12
18	Isobel Mannings	25/02/2006	Leeds	2:27.17	13
19	Christina Stapleton	02/05/2005	Sheffield	2:28.34	17
20	Sian Freeman	12/06/2004	Sheffield	2:28.42	13

**200m Freestyle****Short Course Female**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	01/11/2008	Durham	2:02.12	14
2	Tierney Maude	01/12/2003		2:10.48	15
3	Lucy Burnside	22/04/2007	Harrogate	2:13.43	14
4	Emma Hurtley	17/04/2005	Harrogate	2:14.74	16
5	Clementine Brown	03/12/2005	Bradford	2:15.76	16
6	Hannah Midgley	27/04/2008	Harrogate	2:16.16	14
7	Rosie Underwood	17/04/2005	Harrogate	2:16.92	14
8	Abigail Smith	25/11/2006	Harrogate	2:18.13	13
9	Rebecca Smith	25/11/2006	Harrogate	2:18.29	13
10	Rosemary Preston	22/04/2007	Harrogate	2:18.57	16
11	Hannah Dean	03/12/2005	ShIPLEY	2:19.25	15
12	Jenna Chatburn	05/11/2005	Harrogate	2:19.59	13
13	Ellie Talbot	26/07/2009	ShIPLEY	2:20.82	12
14	Rebecca Brown	04/12/2004	Bradford	2:20.84	14
15	Isabel STIRK	26/07/2009	ShIPLEY	2:22.58	12
16	Lauren Sharp	25/04/2009	Harrogate	2:22.79	13
17	Sian Freeman	07/10/2006	Darlington	2:23.00	15
18	Megan Bowes-Ayres	03/12/2006	ShIPLEY	2:23.29	15
19	Jessica Foulds	29/11/2008	Sunderland	2:23.78	12
20	Christina Stapleton	03/12/2005	Bradford	2:24.03	17

**200m Freestyle**

**Long Course Female****400m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	16/03/2009	Sheffield	4:20.94	14
2	Sarah Collings	01/04/2001	Sheffield	4:21.98	23
3	Lucy Burnside	05/05/2007	Sheffield	4:39.78	14
4	Emma Hurlley	30/04/2005	Sheffield	4:44.61	16
5	Emma Collings	01/04/2001	Sheffield	4:47.07	19
6	Hannah Midgley	18/05/2008	Sheffield	4:47.38	14
7	Clementine Brown	27/11/2005	Leeds	4:49.29	16
8	Nicola Chatburn	20/06/2009	Leeds	4:51.23	13
9	Carey Senczyszyn	28/02/2004	Leeds	4:53.57	13
10	Hannah Dean	30/04/2005	Sheffield	4:54.84	15
11	Jenna Chatburn	06/03/2005	Leeds	4:56.29	12
12	Jessica Foulds	20/06/2009	Leeds	4:56.36	13
13	Lauren Sharp	20/06/2009	Leeds	4:57.31	13
14	Rosemary Preston	27/06/2005	Glasgow	5:03.87	14
15	Isobel Mannings	05/03/2006	Leeds	5:04.56	13
16	Jennifer Bonson	03/02/2008	Leeds	5:17.74	14
17	Sadie Dalton	08/10/2006	Leeds	5:17.97	13
18	Lily Preston	05/03/2006	Leeds	5:29.79	12
19	Hannah-Louise Beaumont	20/06/2009	Leeds	5:42.73	10
20	Gemma Harlowe	06/03/2005	Leeds	5:44.06	10

**Short Course Female****400m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	25/11/2006	Harrogate	4:29.31	12
2	Lucy Burnside	22/04/2007	Harrogate	4:40.65	14
3	Emma Hurlley	17/04/2005	Harrogate	4:41.93	16
4	Clementine Brown	15/01/2005	Huddersfield	4:44.37	15
5	Hannah Dean	17/04/2005	Harrogate	4:45.82	15
6	Hannah Midgley	27/04/2008	Harrogate	4:45.87	14
7	Jenna Chatburn	02/12/2006	Wolverhampton	4:51.18	14
8	Rebecca Brown	17/04/2005	Harrogate	4:54.54	14
9	Rosemary Preston	08/07/2006	Felling Pool	4:54.88	15
10	Nicola Chatburn	29/11/2008	Sunderland	5:00.63	12
11	Lauren Sharp	26/04/2009	Harrogate	5:01.69	13
12	Jessica Foulds	26/04/2009	Harrogate	5:02.82	13
13	Jennifer Bonson	13/04/2007	Beverley	5:04.94	13
14	Sadie Dalton	14/01/2007	Huddersfield	5:06.28	13
15	Isobel Mannings	17/04/2004	Harrogate	5:18.14	11
16	Lily Preston	08/04/2006	Harrogate	5:19.35	12
17	Melissa Speight	01/04/2007	Salford	5:26.20	13
18	Charlotte Cottle	08/04/2006	Harrogate	5:36.28	12
19	Hannah-Louise Beaumont	25/04/2009	Harrogate	5:38.90	10
20	Gemma Harlowe	06/11/2004	Harrogate	5:41.98	10

**Long Course Female****800m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	02/08/2009	Sheffield	8:58.77	15
2	Lucy Burnside	06/05/2007	Sheffield	9:42.05	14
3	Emma Hurlley	01/05/2005	Sheffield	9:50.26	16
4	Clementine Brown	01/05/2005	Sheffield	9:50.65	16
5	Hannah Midgley	03/05/2008	Sheffield	9:53.92	14
6	Nicola Chatburn	22/02/2009	Ponds Forge	10:05.18	13
7	Jenna Chatburn	11/12/2005	Sheffield	10:09.97	13
8	Rosemary Preston	29/06/2005	Glasgow	10:27.54	14
9	Hannah Dean	28/02/2004	Leeds	10:31.59	13
10	Isobel Mannings	12/06/2005	Sheffield	10:32.18	12
11	Sadie Dalton	25/02/2007	Leeds	10:54.75	13
12	Emily Conway	11/06/2006	Sheffield	10:55.47	12
13	Lily Preston	25/02/2007	Leeds	11:06.13	13

**Short Course Female****800m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	01/11/2008	Durham	8:45.22	14
2	Lucy Burnside	21/04/2007	Harrogate	9:33.94	14
3	Emma Hurlley	16/04/2005	Harrogate	9:37.23	16
4	Hannah Midgley	26/04/2008	Harrogate	9:37.59	14
5	Jenna Chatburn	26/04/2008	Harrogate	9:38.08	15
6	Clementine Brown	01/01/2005	Huddersfield	9:38.13	15
7	Hannah Dean	16/04/2005	Harrogate	9:42.52	15
8	Isobel Mannings	08/04/2006	Harrogate	9:57.63	13
9	Rosemary Preston	15/01/2005	Huddersfield	10:00.85	13
10	Sadie Dalton	13/01/2007	Huddersfield	10:25.26	13
11	Jennifer Bonson	30/03/2007	Salford	10:46.01	13
12	Emily Conway	13/01/2007	Huddersfield	10:53.32	13
13	Lily Preston	16/04/2005	Harrogate	11:25.80	11
14	Gemma Harlowe	16/04/2005	Harrogate	11:28.54	11
15	Charlotte Cottle	13/01/2007	Huddersfield	11:31.22	12
16	Nicola Chatburn	21/04/2007	Harrogate	11:32.70	11

**Long Course Female****1500m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	03/05/2009	Sunderland	17:16.06	14
2	Jenna Chatburn	29/04/2006	Sheffield	18:56.82	13
3	Hannah Midgley	04/05/2008	Sheffield	18:58.36	14
4	Nicola Chatburn	21/06/2009	Leeds	19:04.46	13
5	Sadie Dalton	05/03/2006	Leeds	21:17.16	12

**Short Course Female****1500m Freestyle**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	02/11/2008	Durham	16:45.41	14
2	Hannah Midgley	23/11/2007	Harrogate	19:05.39	13
3	Nicola Chatburn	29/11/2008	Sunderland	19:26.38	12

Long Course		Female		50m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Rosie Underwood	09/04/2006	Stockport	34.84	15
2	Jenna Chatburn	28/01/2007	Sheffield	35.32	14
3	Sian Freeman	20/05/2006	Sheffield	35.35	15
4	Jemma Walker	28/01/2007	Sheffield	37.42	14
5	Rebecca Brown	30/04/2005	Sheffield	37.70	14
6	Hazel Dawson	01/05/2002		37.91	13
7	Megan Bowes-Ayres	17/05/2008	Sheffield	38.32	17
8	Lucy Burnside	12/05/2007	Sheffield	38.57	14
9	Kirsty Richardson	01/04/2002	Rotherham	38.76	13
10	Nicola Chatburn	21/03/2009	Sheffield	38.99	13
11	Rebecca Lund	17/05/2008	Sheffield	39.97	13
12	Christina Stapleton	28/02/2004	Leeds	40.36	16
13	Imogen Talbot	21/03/2009	Sheffield	40.40	13
14	Rosemary Preston	27/11/2005	Leeds	40.73	14
15	Nicole Fordham	20/12/2008	Leeds	41.05	13
16	Catrin Morgan	28/02/2004	Leeds	41.30	12
17	Jessica Foulds	21/03/2009	Sheffield	41.57	12
18	Melissa Speight	07/02/2009	Leeds	41.82	15
19	Lily Preston	17/05/2008	Sheffield	42.25	14
20	Emma Whitaker	20/01/2008	Sheffield	42.47	12

Short Course		Female		50m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Jenna Chatburn	01/12/2007	Shipley	34.88	15
2	Sian Morgan	15/03/2008	Leeds	35.38	13
3	Rosie Underwood	03/04/2004	Sheffield	35.70	13
4	Jemma Walker	18/03/2006	Sheffield	35.79	13
5	Sian Freeman	20/03/2005	Sheffield	36.53	13
6	Rebecca Brown	03/04/2004	Sheffield	37.11	13
7	Megan Bowes-Ayres	21/07/2007	Bradford	37.58	16
8	Imogen Talbot	26/07/2009	Shipley	38.89	13
9	Rebecca Lund	25/04/2009	Harrogate	38.90	14
10	Abigail Smith	18/03/2006	Sheffield	39.12	13
11	Lucy Burnside	18/03/2006	Sheffield	39.12	13
12	Ashleigh NICHOLS	26/07/2009	Shipley	39.63	14
13	Nicole Fordham	26/07/2009	Shipley	39.82	14
14	Rosemary Preston	03/04/2004	Sheffield	39.88	13
15	Ellie Talbot	26/07/2009	Shipley	39.97	12
16	Melissa Speight	06/12/2008	Shipley	40.16	15
17	Nicola Chatburn	15/03/2008	Leeds	40.16	12
18	Isobel Mannings	18/03/2006	Sheffield	40.57	13
19	Emma Whitaker	25/04/2009	Harrogate	40.71	14
20	Hannah Midgley	06/12/2008	Shipley	40.77	14

Long Course		Female		100m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Rosie Underwood	29/05/2005	Sheffield	1:14.46	15
2	Jenna Chatburn	27/07/2007	Sheffield	1:16.56	15
3	Sian Freeman	13/05/2007	Sheffield	1:17.58	16
4	Sian Morgan	27/01/2007	Sheffield	1:18.32	12
5	Jemma Walker	08/04/2006	Stockport	1:20.93	13
6	Lorna Dawson	01/10/2004		1:22.68	13
7	Megan Bowes-Ayres	09/10/2005	Sheffield	1:23.32	14
8	Nicola Chatburn	07/06/2009	Sheffield	1:23.43	13
9	Rebecca Brown	11/10/2003	Sheffield	1:23.48	13
10	Christina Stapleton	05/02/2005	Leeds	1:25.09	17
11	Rosemary Preston	09/10/2004	Sheffield	1:26.33	13
12	Emily Conway	18/03/2007	Sheffield	1:26.64	13
13	Rebecca Lund	24/05/2009	Sheffield	1:26.69	14
14	Melissa Speight	07/02/2009	Leeds	1:27.46	15
15	Hazel Dawson	28/02/2004	Leeds	1:28.00	15
16	Abigail Smith	08/10/2005	Sheffield	1:28.23	12
17	Lucy Burnside	08/10/2005	Sheffield	1:28.53	12
18	Catrin Morgan	28/02/2004	Leeds	1:28.96	12
19	Nicole Fordham	01/03/2009	Leeds	1:29.01	13
20	Rachael Bates	09/10/2004	Sheffield	1:30.00	14

Short Course		Female		100m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Rosie Underwood	28/01/2006	Harrogate	1:13.65	15
2	Jenna Chatburn	21/10/2007	Sheffield	1:15.94	15
3	Sian Morgan	14/10/2007	Sheffield	1:17.22	13
4	Sian Freeman	02/12/2006	Shipley	1:19.54	15
5	Jemma Walker	02/12/2006	Shipley	1:19.59	13
6	Megan Bowes-Ayres	03/12/2005	Shipley	1:20.00	14
7	Rebecca Brown	03/12/2005	Shipley	1:20.26	15
8	Lucy Burnside	02/12/2007	Shipley	1:22.32	14
9	Rosemary Preston	03/12/2005	Shipley	1:23.80	14
10	Nicola Chatburn	29/11/2008	Sunderland	1:24.48	12
11	Hannah Midgley	07/12/2008	Shipley	1:24.69	15
12	Rebecca Lund	07/12/2008	Shipley	1:24.89	14
13	Abigail Smith	15/10/2006	Sheffield	1:25.96	13
14	Melissa Speight	27/07/2008	Shipley	1:26.24	15
15	Imogen Talbot	26/07/2009	Shipley	1:26.28	13
16	Nicole Fordham	27/07/2008	Shipley	1:26.54	13
17	Emily Conway	02/12/2007	Shipley	1:26.65	14
18	Lily Preston	22/07/2007	Bradford	1:26.95	13
19	Rebecca Smith	15/10/2006	Sheffield	1:27.36	13
20	Ashleigh NICHOLS	26/07/2009	Shipley	1:27.42	14

Long Course		Female		200m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Rosie Underwood	28/05/2005	Sheffield	2:41.65	15
2	Jenna Chatburn	02/04/2006	Sheffield	2:46.50	13
3	Sian Morgan	17/03/2007	Sheffield	2:50.18	12
4	Jemma Walker	28/01/2007	Sheffield	2:55.96	14
5	Christina Stapleton	03/12/2005	Bradford	2:56.86	17
6	Helen Stevens	01/05/2002		2:57.74	15
7	Lorna Dawson	01/06/2004		2:57.82	13
8	Megan Bowes-Ayres	05/11/2006	Leeds	2:57.93	15
9	Rebecca Brown	02/05/2005	Sheffield	2:58.49	14
10	Hannah Midgley	11/04/2009	Sheffield	3:02.74	15
11	Nicola Chatburn	14/06/2008	Sheffield	3:02.85	12
12	Rosemary Preston	28/06/2005	Glasgow	3:05.04	14
13	Rebecca Lund	17/05/2008	Sheffield	3:05.21	13
14	Emily Conway	09/06/2007	Sheffield	3:06.37	13
15	Melissa Speight	07/02/2009	Leeds	3:06.95	15
16	Lily Preston	28/01/2007	Sheffield	3:08.52	13
17	Sian Freeman	03/10/2004	Leeds	3:09.99	13
18	Isobel Mannings	02/10/2005	Leeds	3:10.05	13
19	Catrin Morgan	28/02/2004	Leeds	3:10.63	12
20	Jennifer Bonson	17/12/2006	Leeds	3:16.77	12

Short Course		Female		200m Breaststroke	
Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Rosie Underwood	28/01/2006	Harrogate	2:39.19	15
2	Jenna Chatburn	03/12/2006	Wolverhampton	2:45.83	14
3	Megan Bowes-Ayres	22/04/2007	Harrogate	2:49.82	16
4	Helen Stevens	01/04/2002		2:50.51	15
5	Jemma Walker	02/12/2006	Shipley	2:52.04	13
6	Rebecca Brown	09/04/2006	Harrogate	2:53.40	15
7	Lucy Burnside	13/01/2008	Huddersfield	2:54.11	15
8	Hannah Midgley	05/10/2008	Darlington	2:54.42	14
9	Sian Morgan	09/04/2006	Harrogate	2:54.83	11
10	Christina Stapleton	03/12/2005	Bradford	2:56.86	17
11	Rosemary Preston	15/01/2005	Huddersfield	2:58.08	13
12	Emily Conway	02/12/2007	Shipley	2:59.24	14
13	Rebecca Lund	21/07/2007	Bradford	3:02.02	13
14	Nicola Chatburn	30/11/2008	Sunderland	3:02.24	12
15	Melissa Speight	26/07/2008	Shipley	3:03.28	15
16	Lily Preston	21/07/2007	Bradford	3:04.00	13
17	Abigail Smith	28/01/2006	Harrogate	3:04.99	12
18	Imogen Talbot	07/12/2008	Shipley	3:06.77	13
19	Jessica Foulds	26/07/2009	Shipley	3:07.78	13
20	Sian Freeman	15/11/2003	Harrogate	3:08.70	12

**Long Course Female****50m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	11/04/2009	Sheffield	30.10	14
2	Tierney Maude	28/02/2004	Leeds	31.27	15
3	Katie Ford	01/04/2005		31.77	16
4	Jemma Miller	24/04/2001	Glasgow	31.90	15
5	Jemma Senczyszyn	01/03/2002		32.04	16
6	Lucy Burnside	12/05/2007	Sheffield	32.19	14
7	Rebecca Smith	12/05/2007	Sheffield	32.85	14
8	Jemma Walker	05/05/2007	Sheffield	33.00	14
9	Rosie Underwood	29/05/2005	Sheffield	33.03	15
10	Megan Bowes-Ayres	17/05/2008	Sheffield	33.80	17
11	Lauren Sharp	21/03/2009	Sheffield	34.53	13
12	Nicole Fordham	21/12/2008	Leeds	34.77	13
13	Ellie Talbot	21/03/2009	Sheffield	35.16	11
14	Elise Johnson	21/12/2008	Leeds	35.17	14
15	Jessica Foulds	21/03/2009	Sheffield	35.58	12
16	Isabel Stirk	21/03/2009	Sheffield	36.47	12
17	Kirsty Mann	20/01/2008	Leeds	37.09	15
18	Melissa Speight	20/01/2008	Leeds	37.48	14
19	Chelsea Reardon	21/06/2009	Leeds	37.48	12
20	Amy Whitaker	21/01/2007	Leeds	38.31	14

**Short Course Female****50m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	15/03/2008	Leeds	29.89	13
2	Lucy Burnside	02/12/2007	ShIPLEY	31.89	14
3	Rebecca Smith	28/01/2006	Harrogate	32.76	12
4	Megan Bowes-Ayres	26/07/2008	ShIPLEY	33.43	17
5	Abigail Smith	18/03/2006	Sheffield	34.09	13
6	Jemma Walker	18/03/2006	Sheffield	34.24	13
7	Sian Freeman	16/07/2005	Metro	34.35	14
8	Ellie Talbot	26/07/2009	ShIPLEY	34.45	12
9	Nicole Fordham	26/07/2009	ShIPLEY	34.65	14
10	Lauren Patrick	21/07/2007	Bradford	34.78	15
11	Jessica Foulds	26/07/2009	ShIPLEY	35.06	13
12	Rosemary Preston	26/07/2008	ShIPLEY	35.37	17
13	Lauren Sharp	26/07/2009	ShIPLEY	35.49	13
14	Elise Johnson	26/07/2009	ShIPLEY	35.67	14
15	Ashleigh NICHOLS	26/07/2009	ShIPLEY	36.20	14
16	Isabel Stirk	25/04/2009	Harrogate	36.93	12
17	Jennifer Bonson	26/07/2008	ShIPLEY	37.16	14
18	Sadie Dalton	02/12/2007	ShIPLEY	37.18	14
19	Melissa Speight	02/12/2007	ShIPLEY	37.30	14
20	Imogen Talbot	26/07/2009	ShIPLEY	37.31	13

**Long Course Female****100m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	07/02/2009	Leeds	1:04.58	14
2	Lucy Burnside	18/05/2008	Sheffield	1:09.69	15
3	Rebecca Smith	08/10/2005	Sheffield	1:12.04	12
4	Megan Bowes-Ayres	02/02/2008	Leeds	1:14.21	17
5	Nicole Fordham	29/11/2008	Sheffield	1:18.45	13
6	Abigail Smith	04/06/2005	Sheffield	1:18.47	12
7	Rosemary Preston	09/10/2005	Sheffield	1:18.63	14
8	Lauren Sharp	24/01/2009	Leeds	1:19.28	12
9	Kirsty Cummins	28/02/2004	Leeds	1:19.32	
10	Jessica Foulds	04/10/2008	Leeds	1:20.01	12
11	Jenna Chatburn	09/10/2004	Sheffield	1:21.22	12
12	Hannah Midgley	08/10/2005	Sheffield	1:23.43	11
13	Jemma Walker	09/10/2004	Sheffield	1:24.61	11
14	Elise Johnson	20/06/2009	Leeds	1:25.33	14
15	Sadie Dalton	08/10/2005	Sheffield	1:27.66	12
16	Lily Preston	27/03/2005	Sheffield	1:29.10	11
17	Gemma Harlowe	27/03/2005	Sheffield	1:29.27	10
18	Rebecca Lund	19/01/2008	Sheffield	1:30.09	13
19	Jennifer Bonson	20/01/2007	Leeds	1:33.32	12
20	Hannah-Louise Beaumont	09/05/2009	Leeds	1:36.15	10

**Short Course Female****100m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	19/10/2008	Sheffield	1:04.44	14
2	Lucy Burnside	02/12/2007	Shipley	1:09.83	14
3	Rebecca Smith	05/11/2005	Harrogate	1:11.99	12
4	Hannah Midgley	27/07/2008	Shipley	1:13.04	14
5	Abigail Smith	14/10/2006	Sheffield	1:13.71	13
6	Jemma Walker	31/03/2007	Salford	1:13.84	14
7	Megan Bowes-Ayres	22/07/2007	Bradford	1:13.98	16
8	Nicole Fordham	26/07/2009	Shipley	1:16.97	14
9	Lauren Sharp	26/07/2009	Shipley	1:17.33	13
10	Rosemary Preston	03/12/2005	Shipley	1:17.67	14
11	Jessica Foulds	11/10/2008	Sheffield	1:17.96	12
12	Lauren Patrick	26/07/2009	Shipley	1:21.05	17
13	Sian Freeman	11/06/2005	Harrogate	1:23.54	14
14	Elise Johnson	07/12/2008	Shipley	1:23.67	14
15	Bethany Greenwood	02/12/2006	Shipley	1:23.92	14
16	Lily Preston	01/04/2006	Salford	1:24.07	12
17	Sadie Dalton	01/04/2006	Salford	1:24.50	12
18	Kirsty Mann	02/12/2006	Shipley	1:26.04	14
19	Jennifer Bonson	22/07/2007	Bradford	1:28.29	13
20	Gemma Harlowe	01/04/2006	Salford	1:30.40	12

**Long Course Female****200m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	08/02/2009	Leeds	2:22.03	14
2	Lucy Burnside	03/02/2008	Leeds	2:33.65	15
3	Rebecca Smith	05/03/2006	Leeds	2:56.68	13
4	Lily Preston	26/03/2005	Sheffield	3:12.88	11
5	Sadie Dalton	02/10/2005	Leeds	3:13.53	12
6	Lauren Sharp	19/01/2008	Leeds	3:17.60	11
7	Gemma Harlowe	26/02/2005	Leeds	3:20.06	10
8	Azura Cairns-poole	21/02/2009	Ponds Forge	3:50.18	9

**Short Course Female****200m Butterfly**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	04/10/2008	Darlington	2:23.30	14
2	Lucy Burnside	14/01/2007	Huddersfield	2:38.92	14
3	Katie L Ford	17/04/2005	Harrogate	2:40.50	16
4	Jenna Chatburn	02/12/2006	Wolverhampton	2:42.93	14
5	Lauren Sharp	26/07/2009	Shipley	2:43.55	13
6	Megan Bowes-Ayres	26/07/2008	Shipley	2:43.94	17
7	Rebecca Smith	28/01/2006	Harrogate	2:45.42	12
8	Nicole Fordham	26/07/2008	Shipley	3:00.51	13
9	Sadie Dalton	09/07/2006	Felling Pool	3:05.34	13
10	Lily Preston	16/07/2005	Metro	3:08.92	11
11	Gemma Harlowe	16/07/2005	Metro	3:17.14	11
12	Azura CAIRNS POOLE	26/07/2009	Shipley	3:39.60	10

**Long Course Female****50m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Katie L Ford	02/05/2005	Sheffield	32.64	16
2	Lydia Biddiscombe	21/03/2009	Sheffield	33.67	13
3	Abigail Smith	07/05/2007	Sheffield	33.69	14
4	Rebecca Smith	27/01/2007	Sheffield	33.84	13
5	Donna Simpson	26/04/2001	Glasgow	33.92	16
6	Sian Morgan	24/05/2009	Sheffield	34.22	15
7	Sarah George	01/04/2002		34.29	16
8	Hannah Dean	02/05/2005	Sheffield	34.35	15
9	Clementine Brown	01/05/2004		34.54	15
10	Rachael Bates	01/03/2003		35.15	12
11	Ellie Talbot	21/03/2009	Sheffield	36.04	11
12	Nicole Fordham	21/06/2009	Leeds	36.18	14
13	Sian Freeman	24/03/2002	Leeds Int. Pool	36.20	10
14	Carey Senczyszyn	01/03/2003		36.32	12
15	Jessica Foulds	21/03/2009	Sheffield	36.47	12
16	Imogen Talbot	21/03/2009	Sheffield	36.48	13
17	Emma Hurtley	03/05/2004	Sheffield	36.56	15
18	Amy Collier	02/05/2005	Sheffield	36.58	14
19	Elise Johnson	18/05/2008	Sheffield	36.76	13
20	Isabel Stirk	21/03/2009	Sheffield	36.87	12

**Short Course Female****50m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Abigail Smith	18/03/2006	Sheffield	32.06	13
2	Katie Ford	01/04/2005		32.64	16
3	Sian Morgan	06/12/2008	Shipley	32.73	14
4	Rebecca Smith	18/03/2006	Sheffield	33.06	13
5	Lydia Biddiscombe	26/07/2009	Shipley	33.06	13
6	Lucy Burnside	18/03/2006	Sheffield	33.34	13
7	Ellie Talbot	26/07/2009	Shipley	33.64	12
8	Sian Freeman	19/03/2005	Sheffield	34.92	13
9	Jemma Walker	18/03/2006	Sheffield	35.20	13
10	Hannah Dean	31/01/2004	Harrogate	35.70	13
11	Imogen Talbot	06/12/2008	Shipley	35.80	13
12	Elise Johnson	06/12/2008	Shipley	35.89	14
13	Megan Bowes-Ayres	03/04/2004	Sheffield	35.89	13
14	Lauren SHARP	26/07/2009	Shipley	35.93	13
15	Jessica Foulds	26/04/2009	Harrogate	36.20	13
16	Amy Collier	17/07/2005	Metro	36.62	14
17	Isabel Stirk	26/04/2009	Harrogate	36.91	12
18	Chelsie REARDON	26/07/2009	Shipley	37.09	12
19	Nicola Chatburn	15/03/2008	Leeds	37.22	12
20	Emma Hurtley	07/04/2001	Harrogate	37.30	12

**Long Course Female****100m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Katie L Ford	May-04		1:10.70	16
2	Rebecca Smith	05/05/2007	Sheffield	1:10.85	14
3	Sian Morgan	23/05/2009	Sheffield	1:11.00	15
4	Abigail Smith	08/10/2005	Sheffield	1:11.04	12
5	Jemma Senczyszyn	01/04/2001	Sheffield	1:11.49	16
6	Lydia Biddiscombe	06/06/2009	Sheffield	1:12.15	13
7	Lucy Burnside	05/05/2007	Sheffield	1:12.77	14
8	Hannah Dean	30/04/2005	Sheffield	1:14.53	15
9	Clementine Brown	30/04/2005	Sheffield	1:15.61	16
10	Ellie Talbot	21/02/2009	Ponds Forge	1:15.62	11
11	Lauren Sharp	06/06/2009	Sheffield	1:16.30	13
12	Nicola Chatburn	04/10/2008	Leeds	1:18.56	12
13	Sian Freeman	05/05/2007	Sheffield	1:18.59	16
14	Imogen Talbot	21/02/2009	Ponds Forge	1:18.63	13
15	Jemma Walker	11/06/2005	Sheffield	1:18.68	12
16	Jenna Chatburn	21/10/2006	Sheffield	1:18.94	14
17	Emma Hurtley	12/10/2002	Sheffield	1:18.97	14
18	Nicole Fordham	21/06/2009	Leeds	1:19.06	14
19	Jessica Foulds	21/02/2009	Ponds Forge	1:19.12	12
20	Kirsty Cummins	28/02/2004	Leeds	1:19.42	

**Short Course Female****100m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Abigail Smith	14/10/2006	Sheffield	1:08.01	13
2	Sian Morgan	13/10/2007	Sheffield	1:08.59	13
3	Katie L Ford	01/12/2004		1:09.10	16
4	Rebecca Smith	14/10/2006	Sheffield	1:09.33	13
5	Lucy Burnside	01/12/2007	Shipley	1:11.01	14
6	Hannah Dean	02/12/2006	Shipley	1:11.37	16
7	Lydia Biddiscombe	30/11/2008	Sunderland	1:11.40	13
8	Ellie Talbot	26/07/2009	Shipley	1:13.84	12
9	Sian Freeman	02/12/2006	Shipley	1:14.53	15
10	Clementine Brown	23/07/2005	Bradford	1:14.65	16
11	Jemma Walker	02/12/2006	Shipley	1:15.60	13
12	Hannah Midgley	26/07/2008	Shipley	1:16.01	14
13	Nicola Chatburn	30/11/2008	Sunderland	1:16.15	12
14	Emma Hurtley	08/12/2002	Shipley Port	1:16.17	14
15	Jessica Foulds	06/12/2008	Shipley	1:16.57	12
16	Lauren Sharp	06/12/2008	Shipley	1:16.68	12
17	Amy Collier	01/04/2006	Salford	1:16.84	15
18	Imogen Talbot	25/10/2008	Wolverhampton	1:17.42	13
19	Lauren Patrick	02/12/2006	Shipley	1:17.59	14
20	Emily Conway	01/12/2007	Shipley	1:17.96	14

**Long Course Female****200m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	11/04/2009	Sheffield	2:31.03	14
2	Rebecca Smith	27/01/2007	Sheffield	2:31.29	13
3	Abigail Smith	06/05/2006	Leeds	2:32.03	13
4	Lucy Burnside	13/05/2007	Sheffield	2:32.22	14
5	Lydia Biddiscombe	24/05/2009	Sheffield	2:34.35	13
6	Katie L Ford	01/04/2004		2:34.67	15
7	Hannah Dean	01/05/2005	Sheffield	2:35.94	15
8	Ellie Talbot	22/02/2009	Ponds Forge	2:40.97	11
9	Lauren Sharp	21/06/2009	Leeds	2:41.01	13
10	Jessica Foulds	21/06/2009	Leeds	2:42.12	13
11	Carey Senczyszyn	01/07/2002		2:42.39	12
12	Clementine Brown	05/02/2005	Leeds	2:42.49	16
13	Nicola Chatburn	05/10/2008	Leeds	2:44.76	12
14	Isobel Mannings	25/02/2006	Leeds	2:44.91	13
15	Amy Collier	30/04/2006	Sheffield	2:46.96	15
16	Emma Hurtley	23/06/2001	Sheffield	2:47.27	12
17	Sian Freeman	06/03/2004	Leeds	2:47.77	12
18	Nicole Fordham	22/02/2009	Ponds Forge	2:49.72	13
19	Emily Conway	10/06/2007	Sheffield	2:49.73	13
20	Elise Johnson	10/05/2008	Leeds	2:53.42	13

**Short Course Female****200m Backstroke**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	04/10/2008	Darlington	2:24.84	14
2	Rebecca Smith	21/04/2007	Harrogate	2:26.08	14
3	Abigail Smith	21/04/2007	Harrogate	2:27.54	14
4	Lydia Biddiscombe	26/07/2009	Shipley	2:28.90	13
5	Lucy Burnside	21/04/2007	Harrogate	2:29.73	14
6	Hannah Dean	01/10/2005	Darlington	2:30.91	15
7	Clementine Brown	16/01/2005	Huddersfield	2:33.30	15
8	Lauren Sharp	26/07/2009	Shipley	2:36.94	13
9	Jenna Chatburn	03/12/2006	Wolverhampton	2:37.57	14
10	Jessica Foulds	26/07/2009	Shipley	2:38.33	13
11	Hannah Midgley	27/07/2008	Shipley	2:38.53	14
12	Amy Collier	01/10/2005	Darlington	2:39.93	15
13	Nicole Fordham	26/07/2009	Shipley	2:41.68	14
14	Emily Conway	02/12/2007	Shipley	2:42.52	14
15	Emma Hurtley	19/01/2002	Huddersfield	2:43.71	13
16	Elise Johnson	07/12/2008	Shipley	2:46.21	14
17	Nicola Chatburn	27/07/2008	Shipley	2:47.32	12
18	Imogen Talbot	21/06/2008	Harrogate	2:48.27	12
19	Sian Freeman	31/01/2004	Harrogate	2:48.92	12
20	Isobel Mannings	17/07/2005	Metro	2:49.68	12

**Short Course Female****100m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Lucy Burnside	26/07/2009	Shipley	1:11.38	16
2	Sian Freeman	22/07/2007	Bradford	1:13.24	16
3	Hannah Midgley	26/07/2009	Shipley	1:16.14	15
4	Megan Bowes-Ayres	17/07/2005	Metro	1:16.24	14
5	Rebecca Smith	17/07/2005	Metro	1:16.43	12
6	Jemma Walker	22/07/2007	Bradford	1:16.44	14
7	Jessica Foulds	26/07/2009	Shipley	1:17.98	13
8	Nicole Fordham	22/06/2008	Harrogate	1:18.13	13
9	Rosemary Preston	22/07/2007	Bradford	1:18.24	16
10	Isabel STIRK	26/07/2009	Shipley	1:19.37	12
11	Rhian Gartland	17/07/2005	Metro	1:19.76	12
12	Rhian F Gartland	17/07/2005	Metro	1:19.76	12
13	Chelsie REARDON	26/07/2009	Shipley	1:20.16	12
14	Imogen Talbot	22/06/2008	Harrogate	1:20.37	12
15	Melissa Speight	27/07/2008	Shipley	1:20.64	15
16	Ashleigh NICHOLS	26/07/2009	Shipley	1:20.82	14
17	Elise Johnson	26/07/2009	Shipley	1:21.08	14
18	Amy Collier	17/07/2005	Metro	1:21.20	14
19	Lily Preston	27/07/2008	Shipley	1:21.34	14
20	Sadie Dalton	22/07/2007	Bradford	1:21.58	14

**Long Course Female****200m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	24/05/2009	Sheffield	2:23.45	15
2	Lucy Burnside	03/05/2008	Sheffield	2:32.70	15
3	Jemma Senczyszyn	01/03/2002		2:36.36	16
4	Jenna Chatburn	21/10/2006	Sheffield	2:36.79	14
5	Hannah Midgley	07/02/2009	Leeds	2:37.12	15
6	Rebecca Smith	03/02/2007	Leeds	2:38.33	13
7	Abigail Smith	07/05/2006	Leeds	2:38.61	13
8	Rosie Underwood	26/11/2005	Leeds	2:38.98	15
9	Jessica Foulds	21/06/2009	Leeds	2:39.91	13
10	Megan Bowes-Ayres	03/05/2008	Sheffield	2:40.47	17
11	Katie L Ford	27/06/2005	Glasgow	2:42.40	16
12	Sian Freeman	07/05/2007	Sheffield	2:43.07	16
13	Emma Hurtley	01/05/2006	Sheffield	2:43.38	17
14	Jemma Walker	07/05/2007	Sheffield	2:43.54	14
15	Rosemary Preston	27/06/2005	Glasgow	2:43.73	14
16	Lauren Sharp	21/06/2009	Leeds	2:45.81	13
17	Nicola Chatburn	21/02/2009	Ponds Forge	2:45.84	13
18	Isobel Mannings	04/03/2006	Leeds	2:46.73	13
19	Catrin A Morgan	15/04/2004	Swansea	2:46.77	12
20	Ellie Talbot	21/06/2009	Leeds	2:47.69	12

**Short Course Female****200m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	14/10/2007	Sheffield	2:24.07	13
2	Lucy Burnside	21/04/2007	Harrogate	2:29.42	14
3	Abigail Smith	03/12/2005	Shipley	2:32.38	12
4	Rosie Underwood	02/10/2005	Darlington	2:33.11	15
5	Rebecca Smith	15/10/2006	Sheffield	2:33.31	13
6	Hannah Midgley	04/10/2008	Darlington	2:36.43	14
7	Jenna Chatburn	03/11/2007	Middlesbrough	2:36.52	15
8	Megan Bowes-Ayres	26/07/2008	Shipley	2:36.69	17
9	Hannah Dean	04/12/2005	Shipley	2:38.87	15
10	Sian Freeman	02/12/2006	Shipley	2:38.87	15
11	Jessica Foulds	26/07/2009	Shipley	2:39.09	13
12	Jemma Walker	03/12/2006	Shipley	2:39.47	13
13	Emma Hurtley	17/04/2005	Harrogate	2:40.77	16
14	Ellie TALBOT	26/07/2009	Shipley	2:40.82	12
15	Rosemary Preston	04/12/2005	Shipley	2:40.96	14
16	Isobel Mannings	29/01/2006	Harrogate	2:42.44	13
17	Lauren Sharp	25/04/2009	Harrogate	2:43.12	13
18	Rebecca Brown	30/01/2005	Harrogate	2:43.81	14
19	Nicole Fordham	26/07/2009	Shipley	2:44.30	14
20	Emily Conway	01/12/2007	Shipley	2:45.02	14

**Long Course Female****400m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	20/03/2009	Sheffield	5:05.06	14
2	Lucy Burnside	12/05/2007	Sheffield	5:20.01	14
3	Hannah Midgley	17/05/2008	Sheffield	5:26.59	14
4	Emma Collings	01/04/2001	Sheffield	5:28.44	19
5	Jenna Chatburn	05/11/2006	Leeds	5:28.54	14
6	Jessica Foulds	06/06/2009	Sheffield	5:43.00	13
7	Abigail Smith	20/05/2006	Sheffield	5:43.69	13
8	Megan Bowes-Ayres	28/01/2007	Sheffield	5:50.39	16
9	Nicola Chatburn	28/02/2009	Leeds	5:51.58	13
10	Catrin A Morgan	28/02/2004	Leeds	05:56.9	12
11	Lily Preston	04/03/2006	Leeds	6:03.05	12
12	Jemma Walker	05/03/2005	Leeds	6:07.00	12
13	Sadie Dalton	07/10/2006	Leeds	6:09.81	13
14	Gemma Harlowe	05/03/2005	Leeds	6:38.81	10
15	Hannah-Louise Beaumont	28/02/2009	Leeds	6:39.87	10

**Short Course Female****400m Individual Medley**

Place	Name	Date of Swim	Venue	Time	Age at Swim
1	Sian Morgan	27/04/2008	Harrogate	5:01.82	13
2	Lucy Burnside	04/11/2007	Middlesbrough	5:15.91	14
3	Jenna Chatburn	02/12/2006	Wolverhampton	5:18.68	14
4	Hannah Midgley	02/11/2008	Durham	5:22.71	14
5	Abigail Smith	22/04/2007	Harrogate	5:24.59	14
6	Carey Senczyszyn	28/02/2004	Leeds	5:34.77	13
7	Rosemary Preston	14/01/2006	Huddersfield	5:40.99	14
8	Jemma Walker	06/11/2004	Harrogate	5:56.01	11
9	Lily Preston	09/04/2006	Harrogate	5:56.26	12