

London Swimming Long Distance Meet

Under ASA Laws & ASA Technical Rules of Swimming

Aldershot Garrison Sports Centre

26th April 2008



London Swimming

EVENT 1 Mens/Womens Open 1500m Freestyle

MENS 11 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Luke Durban | 11 | Braintree | 19:14.2 | 1:13.47 | 2:30.90 | 3:47.72 | 5:04.05 | 6:20.84 | 7:38.01 | 8:55.20 |
| | | | | | 10:11.2 | 11:28.8 | 12:46.7 | 14:04.9 | 15:23.1 | 16:41.7 | 18:00.0 |
| 2 | Tommy Willis | 11 | Bo Waltham F | 19:38.6 | 1:11.39 | 2:28.84 | 3:46.34 | 5:03.78 | 6:12.53 | 7:39.98 | 8:59.47 |
| | | | | | 10:19.9 | 11:41.0 | 13:01.5 | 14:20.7 | 15:41.1 | 17:00.4 | 18:20.8 |
| 3 | Arjun Robertson | 11 | Bo Waltham F | 19:43.3 | 1:13.56 | 2:33.96 | 3:54.81 | 5:15.15 | 6:35.18 | 7:53.59 | 9:12.86 |
| | | | | | 10:32.0 | 11:50.7 | 13:10.4 | 14:29.3 | 15:48.5 | 17:08.5 | 18:27.4 |

MENS 12 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|-------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Bradley Clarke | 12 | Thurrock | 18:21.1 | 1:10.36 | 2:23.20 | 3:36.37 | 4:49.08 | 6:02.56 | 7:15.85 | 8:29.69 |
| | | | | | 9:43.93 | 10:57.6 | 12:12.0 | 13:26.5 | 14:41.4 | 15:56.9 | 17:10.0 |
| 2 | Jamie Richter | 12 | Barnet Copt | 18:46.9 | 1:10.21 | 2:23.76 | 3:37.64 | 4:51.98 | 6:06.09 | 7:21.92 | 8:37.29 |
| | | | | | 9:53.05 | 11:08.9 | 12:25.4 | 13:42.0 | 14:58.7 | 16:16.1 | 17:33.2 |

MENS 13 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Daniel Sorrell | 13 | Chelmsford | 17:29.1 | 1:05.18 | 2:15.76 | 3:27.04 | 4:38.24 | 5:49.60 | 7:00.87 | 8:11.77 |
| | | | | | 9:22.40 | 10:32.8 | 11:42.7 | 12:52.5 | 14:02.3 | 15:12.1 | 16:21.5 |
| 2 | Charlie Dentith | 13 | BorRedbridge | 17:44.3 | 1:03.81 | 2:13.27 | 3:23.06 | 4:33.11 | 5:43.65 | 6:54.90 | 8:06.26 |
| | | | | | 9:18.12 | 10:30.8 | 11:42.4 | 12:55.4 | 14:09.7 | 15:22.4 | 16:34.1 |
| 3 | Sidney Howes | 13 | Kingston Roy | 18:12.5 | 1:09.80 | 2:23.29 | 3:37.53 | 4:50.14 | 6:03.61 | 7:16.88 | 8:30.17 |
| | | | | | 9:43.26 | 10:55.7 | 12:09.1 | 13:22.6 | 14:35.4 | 15:48.8 | 17:01.9 |
| 4 | Adam Wood | 13 | Hillingdon S | 18:34.3 | 1:09.93 | 2:23.16 | 3:37.99 | 4:52.10 | 6:07.11 | 7:21.69 | 8:36.06 |
| | | | | | 9:51.25 | 11:06.7 | 12:21.8 | 13:37.0 | 14:52.4 | 16:07.4 | 17:23.2 |

MENS 14 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Conor Mccue | 14 | Bexley | 17:11.2 | 1:02.06 | 2:09.23 | 3:18.25 | 4:28.36 | 5:38.83 | 6:50.03 | 8:00.27 |
| | | | | | 9:12.04 | 10:22.8 | 11:34.1 | 12:39.1 | 13:47.0 | 14:55.0 | 16:04.0 |
| 2 | Elliott Hill | 14 | Bo Waltham F | 17:26.3 | 1:04.34 | 2:12.94 | 3:22.70 | 4:32.57 | 5:42.91 | 6:53.77 | 8:04.93 |
| | | | | | 9:15.16 | 10:25.6 | 11:36.3 | 12:47.2 | 13:58.7 | 15:09.7 | 16:19.5 |
| 3 | Edward Graham | 14 | Camden Swiss | 17:33.3 | 1:04.48 | 2:14.49 | 3:23.12 | 4:33.09 | 5:42.39 | 6:53.38 | 8:05.18 |
| | | | | | 9:16.68 | 10:26.8 | 11:38.2 | 12:49.7 | 14:00.7 | 15:12.1 | 16:23.6 |

MENS 15 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | James Davis | 15 | Romford Town | 16:55.6 | 1:03.41 | 2:10.89 | 3:18.58 | 4:26.59 | 5:34.58 | 6:42.37 | 7:50.15 |
| | | | | | 8:58.17 | 10:06.4 | 11:14.6 | 12:23.0 | 13:31.4 | 14:40.2 | 15:48.7 |

MENS 16 Yrs Age Group

| | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 | |
|---|---------------|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Alfie Howes | 16 Kingston Roy | 16:25.6 | 1:00.50 | 2:04.46 | 3:09.79 | 4:15.04 | 5:20.93 | 6:26.90 | 7:33.31 |
| | | | | 8:40.11 | 9:47.22 | 10:54.2 | 12:00.7 | 13:07.6 | 14:14.4 | 15:21.0 |
| 2 | Sean Tomlin | 16 Bo Southend | 17:23.9 | 1:03.13 | 2:11.49 | 3:20.77 | 4:30.61 | 5:40.18 | 6:49.76 | 8:00.14 |
| | | | | 9:10.72 | 10:21.4 | 11:31.7 | 12:41.5 | 13:52.4 | 15:03.5 | 16:15.0 |
| 3 | George Morris | 16 Bo Southend | 17:26.5 | 1:04.70 | 2:14.31 | 3:23.43 | 4:32.75 | 5:43.11 | 6:54.65 | 8:05.16 |
| | | | | 9:14.78 | 10:24.5 | 11:34.2 | 12:46.0 | 13:56.9 | 15:07.5 | 16:19.2 |

MENS 16 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Alfie Howes | 16 | Kingston Roy | 16:25.6 | 1:00.50 | 2:04.46 | 3:09.79 | 4:15.04 | 5:20.93 | 6:26.90 | 7:33.31 |
| | | | | | 8:40.11 | 9:47.22 | 10:54.2 | 12:00.7 | 13:07.6 | 14:14.4 | 15:21.0 |
| 2 | Sean Tomlin | 16 | Bo Southend | 17:23.9 | 1:03.13 | 2:11.49 | 3:20.77 | 4:30.61 | 5:40.18 | 6:49.76 | 8:00.14 |
| | | | | | 9:10.72 | 10:21.4 | 11:31.7 | 12:41.5 | 13:52.4 | 15:03.5 | 16:15.0 |
| 3 | George Morris | 16 | Bo Southend | 17:26.5 | 1:04.70 | 2:14.31 | 3:23.43 | 4:32.75 | 5:43.11 | 6:54.65 | 8:05.16 |
| | | | | | 9:14.78 | 10:24.5 | 11:34.2 | 12:46.0 | 13:56.9 | 15:07.5 | 16:19.2 |
| 4 | Luke Shewring | 17 | Ealing | 17:33.5 | 1:06.19 | 2:15.93 | 3:26.93 | 4:36.30 | 5:46.73 | 6:57.40 | 8:07.91 |
| | | | | | 9:18.99 | 10:29.4 | 11:40.2 | 12:51.4 | 14:02.4 | 15:13.4 | 16:24.1 |

MENS 17 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Luke Shewring | 17 | Ealing | 17:33.5 | 1:06.19 | 2:15.93 | 3:26.93 | 4:36.30 | 5:46.73 | 6:57.40 | 8:07.91 |
| | | | | | 9:18.99 | 10:29.4 | 11:40.2 | 12:51.4 | 14:02.4 | 15:13.4 | 16:24.1 |

WOMENS 10 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-----------------|-----|-------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Katarina Blanco | 10 | Bo Southend | 20:27.7 | 1:16.45 | 2:38.64 | 4:01.38 | 5:23.85 | 6:46.40 | 8:10.38 | 9:35.53 |
| | | | | | 11:01.6 | 12:25.6 | 13:46.9 | | 16:25.2 | 17:46.0 | 19:07.0 |

WOMENS 11 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|--------------------|-----|----------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Katherine Stephens | 11 | Thurrock | 19:39.6 | 1:15.23 | 2:33.79 | 3:52.74 | 5:12.14 | 6:30.69 | 7:49.46 | 9:08.18 |
| | | | | | 10:26.9 | 11:45.9 | 13:04.8 | 14:23.9 | 15:43.6 | 17:03.3 | 18:22.4 |
| 2 | Rebecca Hayes | 11 | Thurrock | 19:50.6 | 1:16.04 | 2:34.72 | 3:53.49 | 5:12.66 | 6:31.57 | 7:50.82 | 9:10.05 |
| | | | | | 10:28.6 | 11:48.3 | 13:08.7 | 14:29.1 | 15:50.3 | 17:11.0 | 18:32.0 |

WOMENS 12 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Poppy Hill | 12 | Bo Waltham F | 19:20.5 | 1:12.31 | 2:29.03 | 3:46.66 | 5:04.06 | 6:21.42 | 7:39.05 | 8:56.88 |
| | | | | | 10:14.7 | 11:32.3 | 12:50.7 | 14:09.1 | 15:27.2 | 16:44.5 | 18:03.3 |
| 2 | Helen Mitchell | 12 | Braintree | 19:27.3 | 1:15.85 | 2:34.66 | 3:53.36 | 5:12.48 | 6:31.10 | 7:50.27 | 9:08.62 |
| | | | | | 10:25.6 | 11:44.1 | 13:02.7 | 14:21.2 | 15:38.3 | 16:55.8 | 18:13.4 |
| 3 | Emily Dean | 12 | Barnet Copt | 19:59.3 | 1:13.01 | 2:31.15 | 3:49.86 | 5:09.67 | 6:29.95 | 7:50.63 | 9:11.73 |
| | | | | | 10:32.6 | 11:54.2 | 13:15.5 | 14:37.0 | 15:58.5 | 17:19.8 | 18:41.2 |

WOMENS 13 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|-------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Rianna Veares | 13 | Havering Aq | 18:55.6 | 1:10.39 | 2:05.90 | 3:41.23 | 4:56.99 | 6:13.67 | 7:29.37 | 8:45.77 |
| | | | | | 10:02.0 | 11:18.0 | 12:33.8 | 13:50.4 | 15:06.8 | 16:23.7 | 17:40.4 |

| | | | | | | | | | | | |
|---|-----------------|----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | 10:31.8 | 11:50.1 | 13:03.4 | 14:28.2 | 15:47.4 | 17:07.4 | 18:26.4 | |
| 3 | Emma Harrington | 13 | Hillingdon S | 20:02.6 | 1:16.38 | 2:36.09 | 3:55.85 | 5:15.85 | 6:36.17 | 7:56.90 | 9:17.80 |
| | | | | | 10:38.5 | 11:59.3 | 13:19.9 | 14:41.4 | 16:02.1 | 17:23.3 | 18:44.2 |
| 4 | Alice Harper | 13 | Teddington | 20:31.4 | 1:15.63 | 2:36.27 | 3:58.28 | 5:20.40 | 6:42.12 | 8:05.69 | 9:29.87 |
| | | | | | 10:54.7 | 12:19.4 | 13:45.0 | 15:07.0 | 16:28.6 | 17:50.2 | 19:12.2 |

WOMENS 14 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Kelsey Richards | 14 | Romford Town | 18:06.9 | 1:07.10 | 2:19.01 | 3:31.83 | 4:44.09 | 5:56.73 | 7:09.30 | 8:22.02 |
| | | | | | 9:35.14 | 10:48.5 | 12:01.6 | 13:14.6 | 14:28.3 | 15:41.8 | 16:55.3 |
| 2 | Sarah Quinn | 14 | Hillingdon S | 18:43.6 | 1:09.37 | 2:23.32 | 3:38.11 | 4:53.35 | 6:08.48 | 7:23.61 | 8:39.12 |
| | | | | | 9:54.18 | 11:09.5 | 12:25.5 | 13:41.2 | 14:57.8 | 16:14.2 | 17:29.5 |
| 3 | Kat Spooner | 14 | Camden Swiss | 19:12.6 | 1:08.11 | 2:21.15 | 3:33.86 | 4:46.96 | 6:01.01 | 7:17.69 | 8:35.10 |
| | | | | | 9:53.83 | 11:13.3 | 12:32.3 | 13:53.0 | 15:13.9 | 16:34.5 | 17:55.1 |
| 4 | Alex Panayides | 14 | Teddington | 19:25.8 | 1:11.93 | 2:29.51 | 3:47.83 | 5:06.16 | 6:24.97 | 7:43.07 | 9:01.34 |
| | | | | | 10:19.6 | 11:38.2 | 12:56.7 | 14:15.5 | 15:34.2 | 16:52.4 | 18:10.1 |
| | Danielle Sayer | 14 | Thurrock | DNF | | | | | | | |

WOMENS 16 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Nicola Farmer | 17 | Bo Waltham F | 18:18.1 | 1:06.80 | 2:19.38 | 3:32.59 | 4:46.21 | 6:00.01 | 7:13.73 | 8:27.51 |
| | | | | | 9:41.59 | 10:56.1 | 12:09.8 | 13:23.4 | 14:37.6 | 15:52.1 | 17:06.0 |

WOMENS 17 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | | 800 | 900 | 1000 | 1100 | 1200 | 1300 | 1400 |
| 1 | Nicola Farmer | 17 | Bo Waltham F | 18:18.1 | 1:06.80 | 2:19.38 | 3:32.59 | 4:46.21 | 6:00.01 | 7:13.73 | 8:27.51 |
| | | | | | 9:41.59 | 10:56.1 | 12:09.8 | 13:23.4 | 14:37.6 | 15:52.1 | 17:06.0 |

EVENT 2 Mens/Womens Open 800m Freestyle

MENS 12 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Jack Beddoes | 12 | Leatherhead | 9:38.08 | 1:06.70 | 2:19.43 | 3:32.63 | 4:45.79 | 6:00.00 | 7:14.32 | 8:27.94 |
| 2 | Adam Prunty | 12 | Hillingdon S | 9:59.09 | 1:10.77 | 2:26.86 | 3:43.61 | 4:59.85 | 6:15.52 | 7:30.93 | 8:46.25 |
| 3 | Marlon Gasparotto | 12 | Beckenham | 10:07.4 | 1:10.11 | 2:26.03 | 3:43.05 | 5:00.51 | 6:17.79 | 7:34.43 | 8:51.46 |
| 4 | Sebastien Bordonnat | 12 | Ealing | 10:09.3 | 1:10.82 | 2:27.20 | 3:44.16 | 5:01.05 | 6:18.24 | 7:36.08 | 8:54.21 |
| 5 | George Crow | 12 | Killerwhales | 10:22.7 | 1:11.96 | 2:29.77 | 3:48.29 | 5:08.00 | 6:27.59 | 7:47.09 | 9:06.11 |

MENS 13 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-------------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Gabriel Dada | 13 | Beckenham | 9:03.51 | 1:06.24 | 2:18.91 | 3:32.75 | 4:47.87 | 6:00.98 | 7:13.73 | 8:26.78 |
| 2 | Michael Gunning | 13 | Beckenham | 9:23.38 | 1:05.72 | 2:17.47 | 3:28.33 | 4:39.79 | 5:05.28 | 7:03.51 | 8:14.72 |
| 3 | Alexander Burgess | 13 | Camden Swiss | 9:42.23 | 1:07.08 | 2:18.47 | 3:31.09 | 4:45.60 | 5:59.97 | 7:15.31 | 8:29.75 |
| 4 | Niall Gandy | 13 | Bo Waltham F | 9:50.79 | 1:08.44 | 2:21.73 | 3:36.40 | 4:51.67 | 6:07.11 | 7:23.06 | 8:37.42 |
| 5 | Sam Woodard | 13 | Dover Life | 10:04.5 | 1:08.68 | 2:25.89 | 3:42.48 | 5:01.65 | 6:19.01 | 7:35.28 | 8:54.09 |

MENS 14 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Alex Delicata | 14 | Thurrock | 9:11.20 | 1:03.96 | 2:12.16 | 3:21.15 | 4:31.50 | 5:42.52 | 6:52.71 | 8:03.54 |
| 2 | Bogac Ayhan | 14 | Camden Swiss | 9:17.76 | 1:04.19 | 2:13.86 | 3:24.78 | 4:35.35 | 5:46.64 | 6:57.98 | 8:09.93 |
| 3 | James Lawrence | 14 | Ornington OJ | 9:22.35 | 1:06.11 | 2:17.18 | 3:28.99 | 4:40.94 | 5:52.50 | 7:03.91 | 8:15.00 |

MENS 15 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Joel Sands | 15 | Camden Swiss | 9:00.87 | 1:03.41 | 2:11.08 | 3:19.09 | 4:27.28 | 5:35.96 | 6:44.98 | 7:53.77 |
| 2 | James Mitchell | 15 | Thurrock | 9:12.83 | 1:06.42 | 2:16.31 | 3:26.16 | 4:35.55 | 5:45.02 | 6:54.75 | 8:04.46 |
| 3 | Conor Harrold | 15 | Thurrock | 9:19.39 | 1:05.98 | 2:15.94 | 3:26.55 | 4:36.65 | 5:46.80 | 6:57.66 | 8:09.54 |
| 4 | Thomas Toolis | 15 | Romford Town | 9:20.24 | 1:05.20 | 2:15.87 | 3:26.64 | 4:37.24 | 5:48.36 | 7:00.47 | 8:12.01 |

MENS 16 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Johnny Congdon | 16 | Killerwhales | 8:58.54 | 1:01.92 | 2:09.50 | 3:18.02 | 4:26.90 | 5:35.19 | 6:43.74 | 7:52.20 |
| 2 | Harry Needs | 16 | Camden Swiss | 9:00.51 | 1:03.05 | 2:10.06 | 3:17.73 | 4:25.78 | 5:33.94 | 6:43.75 | 7:53.70 |
| 3 | Sean Perfect | 16 | Bexley | 9:06.39 | 1:02.41 | 2:10.52 | 3:19.98 | 4:30.27 | 5:39.90 | 6:49.51 | 7:59.46 |
| 4 | Matthew Tuff | 16 | Hillingdon S | 9:15.68 | 1:02.25 | 2:11.00 | 3:20.81 | 4:31.44 | 5:42.31 | 6:54.01 | 8:05.75 |

MENS 16 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Chris Eddon | 19 | Barnet Copt | 8:36.50 | 1:00.53 | 2:04.33 | 3:09.20 | 4:14.19 | 5:19.72 | 6:26.23 | 7:32.80 |
| 2 | Johnny Congdon | 16 | Killerwhales | 8:58.54 | 1:01.92 | 2:09.50 | 3:18.02 | 4:26.90 | 5:35.19 | 6:43.74 | 7:52.20 |
| 3 | Harry Needs | 16 | Camden Swiss | 9:00.51 | 1:03.05 | 2:10.06 | 3:17.73 | 4:25.78 | 5:33.94 | 6:43.75 | 7:53.70 |
| 4 | Sean Perfect | 16 | Bexley | 9:06.39 | 1:02.41 | 2:10.52 | 3:19.98 | 4:30.27 | 5:39.90 | 6:49.51 | 7:59.46 |
| 5 | Tom Bircham | 17 | Killerwhales | 9:10.40 | 1:02.71 | 2:10.71 | 3:20.43 | 4:30.58 | 5:40.62 | 6:50.57 | 8:01.26 |
| 6 | Matthew Tuff | 16 | Hillingdon S | 9:15.68 | 1:02.25 | 2:11.00 | 3:20.81 | 4:31.44 | 5:42.31 | 6:54.01 | 8:05.75 |

MENS 17 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Chris Eddon | 19 | Barnet Copt | 8:36.50 | 1:00.53 | 2:04.33 | 3:09.20 | 4:14.19 | 5:19.72 | 6:26.23 | 7:32.80 |
| 2 | Tom Bircham | 17 | Killerwhales | 9:10.40 | 1:02.71 | 2:10.71 | 3:20.43 | 4:30.58 | 5:40.62 | 6:50.57 | 8:01.26 |

WOMENS 11 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|------------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Melissa Cowell | 11 | Thurrock | 10:24.7 | 1:12.91 | 2:31.66 | 3:50.81 | 5:09.96 | 6:28.99 | 7:48.13 | 9:07.46 |
| 2 | Georgia Mills | 11 | Thurrock | 10:25.7 | 1:12.98 | 2:31.48 | 3:50.72 | 5:10.03 | 6:29.36 | 7:48.82 | 9:08.11 |
| 3 | Molly Sparks | 11 | Killerwhales | 10:35.8 | 1:14.99 | 2:35.03 | 3:55.65 | 5:16.47 | 6:36.83 | 7:57.50 | 9:17.86 |
| 4 | Sarah Harrington | 11 | Hillingdon S | 10:39.5 | 1:16.35 | 2:37.00 | 3:57.98 | 5:19.59 | 6:40.61 | 8:01.36 | 9:21.77 |
| 5 | Danielle Rooke | 11 | Killerwhales | 10:46.1 | 1:16.74 | 2:38.08 | 3:59.84 | 5:21.94 | 6:43.51 | 8:05.18 | 9:27.10 |

WOMENS 12 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|----------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Lauren Walton | 12 | Beckenham | 9:33.47 | 1:07.28 | 2:19.14 | 3:30.96 | 4:43.48 | 5:56.38 | 7:10.10 | 8:23.44 |
| 2 | Rebecca Walton | 12 | Beckenham | 9:37.86 | 1:06.76 | 2:20.00 | 3:33.18 | 4:46.05 | 6:00.20 | 7:14.51 | 8:28.18 |
| 3 | Molly Savill | 12 | Kingston Roy | 9:57.31 | 1:08.49 | 2:23.13 | 3:39.42 | 4:55.60 | 6:11.61 | 7:28.19 | 8:43.83 |
| 4 | Elizabeth Hare | 12 | Bo Waltham F | 9:59.11 | 1:09.68 | 2:24.65 | 3:40.38 | 4:56.34 | 6:12.89 | 7:29.38 | 8:45.60 |
| 5 | Nicola Cooke | 12 | Leatherhead | 10:05.8 | 1:12.44 | 2:28.05 | 3:44.36 | 5:00.82 | 6:17.27 | 7:34.15 | 8:50.52 |

WOMENS 13 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|------------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Jo anne Zambelli | 13 | Barnet Copt | 9:33.54 | 1:08.52 | 2:20.15 | 3:32.01 | 4:44.53 | 5:57.09 | 7:09.78 | 8:22.30 |
| 2 | Megan Boldison | 13 | Barnet Copt | 9:47.79 | 1:08.39 | 2:22.53 | 3:37.01 | 4:50.29 | 6:04.84 | 7:19.45 | 8:34.53 |
| 3 | Harriette Davis | 13 | Romford Town | 9:58.26 | 1:07.90 | 2:21.25 | 3:35.98 | 4:51.17 | 6:08.28 | 7:23.97 | 8:41.49 |

WOMENS 14 Yrs Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|-----------------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Jodie Mcmonagle | 14 | Bexley | 9:45.43 | 1:07.70 | 2:19.33 | 3:32.41 | 4:46.70 | 6:00.79 | 7:16.93 | 8:32.12 |
| 2 | Jessica Hobbs | 14 | Camden Swiss | 9:58.24 | 1:08.15 | 2:22.27 | 3:37.86 | 5:53.39 | 6:08.81 | 7:26.20 | 8:43.34 |
| 3 | Kerriann Chipperfield | 14 | Thurrock | 10:17.0 | 1:07.98 | 2:22.93 | 3:38.66 | 4:55.04 | 6:14.21 | 7:34.32 | 8:55.90 |

WOMENS 15 Yrs Age Group

| | | | | | | | | | | | |
|---|-----------------|----|-------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Louise Gates | 15 | Thanet Swim | 9:29.27 | 1:06.20 | 2:17.31 | 3:29.12 | 4:42.03 | 5:55.38 | 7:07.85 | 8:20.25 |
| 2 | Polly Kemp-king | 15 | Ealing | 9:43.25 | 1:04.73 | 2:16.60 | 3:30.15 | 4:44.19 | 5:59.64 | 7:14.64 | 8:29.43 |

WOMENS 16 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Laura Andrews | 19 | Killerwhales | 9:51.56 | 1:06.63 | 2:18.45 | 3:31.80 | 4:46.37 | 6:01.84 | 7:18.02 | 8:35.15 |

WOMENS 17 Yrs/Over Age Group

| Place | Name | AaD | Club | Time | 100 | 200 | 300 | 400 | 500 | 600 | 700 |
|-------|---------------|-----|--------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | Laura Andrews | 19 | Killerwhales | 9:51.56 | 1:06.63 | 2:18.45 | 3:31.80 | 4:46.37 | 6:01.84 | 7:18.02 | 8:35.15 |