

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 101 Boys Open 1500m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Blake BENNETT	15/06/98	Co Leeds	17:58.52	600
	100m 1:07.54	200m 2:20.16	300m 3:32.51	400m 4:45.33	500m 5:57.95
	900m 10:46:90	1000m 11:59:06	1100m 13:10:53	1200m 14:22:90	1300m 15:35:62
				1400m 16:48:06	1500m 17:58.52

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	James DAY	29/10/97	Thurrock	18:13.36	577
	100m 1:08:08	200m 2:21:13	300m 3:34:44	400m 4:48:13	500m 6:01:90
	900m 10:54:74	1000m 12:07:96	1100m 13:21:54	1200m 14:35:20	1300m 15:48:88
				1400m 17:02:33	1500m 18:13.36
2.	Joseph KINSELL	18/07/97	Chase	18:50.81	523
	100m 1:10:61	200m 2:25:59	300m 3:41:42	400m 4:57:48	500m 6:14:34
	900m 11:20:23	1000m 12:37:54	1100m 13:53:99	1200m 15:10:32	1300m 16:25:80
				1400m 17:40:20	1500m 18:50.81
3.	Jacob SEDDON	28/01/98	Co Leeds	18:51.61	522
	100m 1:10:94	200m 2:26:53	300m 3:42:69	400m 4:59:57	500m 6:16:20
	900m 11:20:88	1000m 12:37:26	1100m 13:53:80	1200m 15:09:43	1300m 16:24:73
				1400m 17:39:47	1500m 18:51.61
4.	George PRUNTY	24/08/97	Hillingdon	18:53.78	519
	100m 1:11:83	200m 2:27:97	300m 3:43:67	400m 4:59:72	500m 6:15:64
	900m 11:20:88	1000m 12:36:86	1100m 13:53:02	1200m 15:08:53	1300m 16:24:60
				1400m 17:39:46	1500m 18:53.78
5.	Alexander CHANTLER-MAY	13/02/98	Swindon Dolp	19:07.43	501
	100m 1:10:79	200m 2:24:96	300m 3:41:42	400m 4:57:92	500m 6:15:02
	900m 11:22:02	1000m 12:39:67	1100m 13:58:07	1200m 15:16:65	1300m 16:35:62
				1400m 17:52:39	1500m 19:07.43

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	James BULL	18/06/96	Nova Cent'n	17:42.90	625
	100m 1:06:90	200m 2:17:60	300m 3:28:65	400m 4:39:68	500m 5:50:64
	900m 10:34:93	1000m 11:46:64	1100m 12:58:54	1200m 14:10:05	1300m 15:21:33
				1400m 16:33:18	1500m 17:42.90
2.	Freddy HOBAN	25/08/96	Co Leeds	18:02.92	593
	100m 1:07:35	200m 2:20:52	300m 3:33:03	400m 4:45:97	500m 5:58:45
	900m 10:48:66	1000m 12:01:06	1100m 13:13:09	1200m 14:26:29	1300m 15:38:97
				1400m 16:51:47	1500m 18:02.92
3.	Joshua AYLETT	28/03/97	Co Peterboro	18:07.05	586
	100m 1:06:43	200m 2:18:23	300m 3:30:12	400m 4:42:92	500m 5:55:48
	900m 10:48:82	1000m 12:02:85	1100m 13:15:59	1200m 14:29:55	1300m 15:43:45
				1400m 16:56:61	1500m 18:07.05
4.	Harry HATHAWAY	11/02/97	Leic Peng	18:15.22	574
	100m 1:07:47	200m 2:20:43	300m 3:33:84	400m 4:47:12	500m 6:00:82
	900m 10:55:14	1000m 12:08:71	1100m 13:23:28	1200m 14:36:13	1300m 15:49:62
				1400m 17:03:61	1500m 18:15.22
5.	Sam HOLMES	17/02/97	Co Peterboro	18:24.72	560
	100m 1:06:70	200m 2:19:44	300m 3:32:93	400m 4:46:96	500m 6:01:90
	900m 11:03:00	1000m 12:17:83	1100m 13:32:00	1200m 14:45:81	1300m 15:59:30
				1400m 17:13:35	1500m 18:24.72
6.	Sandy WALLER	25/09/96	Heart Of Mid	18:31.16	551
	100m 1:08:11	200m 2:20:80	300m 3:34:68	400m 4:49:01	500m 6:03:13
	900m 11:02:67	1000m 12:18:00	1100m 13:33:26	1200m 14:48:80	1300m 16:04:15
				1400m 17:19:27	1500m 18:31.16

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Adam PRUNTY	26/07/95	Hillingdon	16:59.53	699
	100m 1:04:41	200m 2:11:63	300m 3:18:87	400m 4:25:97	500m 5:33:44
	900m 10:08:38	1000m 11:17:15	1100m 12:26:07	1200m 13:34:93	1300m 14:43:96
				1400m 15:53:70	1500m 16:59.53
2.	Adam PEEL	08/09/95	Co Sheffield	17:19.20	664
	100m 1:02:34	200m 2:10:66	300m 3:19:17	400m 4:29:55	500m 5:40:09
	900m 10:20:54	1000m 11:30:87	1100m 12:40:92	1200m 13:50:64	1300m 15:01:80
				1400m 16:12:13	1500m 17:19.20
3.	Ewan MILLER	08/04/96	Warrington W	17:19.39	664
	100m 1:03:81	200m 2:13:48	300m 3:23:44	400m 4:32:96	500m 5:42:50
	900m 10:21:27	1000m 11:31:30	1100m 12:41:26	1200m 13:51:80	1300m 15:02:28
				1400m 16:12:45	1500m 17:19.39
4.	Harrison DAY	16/04/96	Co Leeds	17:39.95	629
	100m 1:04:45	200m 2:13:81	300m 3:23:37	400m 4:33:34	500m 5:43:67
	900m 10:29:48	1000m 11:41:73	1100m 12:53:98	1200m 14:05:96	1300m 15:18:35
				1400m 16:30:28	1500m 17:39.95
5.	Joe ERB	05/05/96	Greenw Bo Ma	18:47.22	528
	100m 1:07:27	200m 2:21:68	300m 3:37:03	400m 4:53:09	500m 6:09:19
	900m 11:14:77	1000m 12:30:28	1100m 13:46:42	1200m 15:02:42	1300m 16:19:64
				1400m 17:35:47	1500m 18:47.22

**NO FRILLS MEET 2010**  
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**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joseph FAULKNER	04/12/94	Co Sheffield	16:37.69	740
	100m 1:01:36	200m 2:08:02	300m 3:16:38	400m 4:23:81	500m 5:32:32
	900m 10:00:48	1000m 11:06:77	1100m 12:13:88	1200m 13:20:57	1300m 14:27:08
				1400m 15:33:76	1500m 16:37.69
2.	Thomas PAINE	16/07/94	Cleethorpes	16:59.69	699
	100m 1:02:60	200m 2:09:67	300m 3:17:40	400m 4:25:63	500m 5:33:79
	900m 10:08:45	1000m 11:17:28	1100m 12:26:72	1200m 13:36:06	1300m 14:45:01
				1400m 15:54:46	1500m 16:59.69
3.	Harry PAYNE	20/10/94	Thurrock	17:01.26	696
	100m 1:02:74	200m 2:08:76	300m 3:15:52	400m 4:22:87	500m 5:30:48
	900m 10:03:76	1000m 11:12:45	1100m 12:21:14	1200m 13:30:43	1300m 14:40:37
				1400m 15:50:37	1500m 17:01.26
4.	Adam SILVESTER	14/04/95	Chase	17:03.51	692
	100m 1:02:12	200m 2:09:57	300m 3:17:81	400m 4:25:94	500m 5:34:77
	900m 10:09:75	1000m 11:18:75	1100m 12:27:57	1200m 13:37:15	1300m 14:46:76
				1400m 15:56:53	1500m 17:03.51
5.	James CLARK	23/02/95	Swindon Dolp	17:14.48	673
	100m 1:03:48	200m 2:12:86	300m 3:22:15	400m 4:32:31	500m 5:41:99
	900m 10:20:19	1000m 11:29:96	1100m 12:39:35	1200m 13:48:53	1300m 14:58:11
				1400m 16:07:41	1500m 17:14.48
6.	Freddie LITTLE	06/01/94	Northampton	17:18.58	665
	100m 1:05:39	200m 2:15:24	300m 3:25:60	400m 4:34:43	500m 5:42:77
	900m 10:17:47	1000m 11:27:55	1100m 12:39:50	1200m 13:50:28	1300m 15:01:38
				1400m 16:11:18	1500m 17:18.58
7.	Mark HUGGINS	26/11/94	Co Sheffield	17:29.15	647
	100m 1:04:86	200m 2:13:46	300m 3:23:00	400m 4:32:55	500m 5:42:07
	900m 10:23:38	1000m 11:34:36	1100m 12:45:35	1200m 13:55:85	1300m 15:17:70
				1400m 16:19:08	1500m 17:29.15
8.	Samuel TAYLOR	30/06/94	Basingstoke	17:43.81	623
	100m 1:04:69	200m 2:15:58	300m 3:26:96	400m 4:38:47	500m 5:50:33
	900m 10:36:84	1000m 11:48:65	1100m 12:59:75	1200m 14:10:71	1300m 15:22:41
				1400m 16:33:88	1500m 17:43.81
9.	Richard JEFFERIES	13/04/95	Co Cambridge	17:46.55	619
	100m 1:02:85	200m 2:10:90	300m 3:21:40	400m 4:33:33	500m 5:46:24
	900m 10:36:47	1000m 11:48:60	1100m 13:00:11	1200m 14:12:01	1300m 15:24:16
				1400m 16:35:59	1500m 17:46.55
10.	Ciaran ANDREWS	25/05/95	Mold	17:50.93	612
	100m 1:06:57	200m 2:16:83	300m 3:27:56	400m 4:39:31	500m 5:51:25
	900m 10:38:88	1000m 11:52:48	1100m 13:05:74	1200m 14:18:12	1300m 15:13:10
				1400m 16:40:94	1500m 17:50.93
11.	Ryan NEWSOME	20/10/94	Co Leeds	17:53.79	607
	100m 1:03:11	200m 2:11:35	300m 3:20:56	400m 4:30:51	500m 5:42:13
	900m 10:32:89	1000m 11:45:99	1100m 12:59:22	1200m 14:13:12	1300m 15:27:32
				1400m 16:41:07	1500m 17:53.79
12.	Mitchell JORDAN	17/09/94	Nova Cent'n	18:12.93	577
	100m 1:05:74	200m 2:16:06	300m 3:26:38	400m 4:37:56	500m 5:50:14
	900m 10:46:44	1000m 12:00:93	1100m 13:15:20	1200m 14:29:79	1300m 15:44:72
				1400m 16:59:21	1500m 18:12.93
13.	Alexander SNOWDEN	15/01/95	Bishop Stort	18:41.19	536
	100m 1:05:08	200m 2:17:06	300m 3:29:81	400m 4:44:18	500m 5:58:46
	900m 11:00:51	1000m 12:17:12	1100m 13:33:56	1200m 14:51:31	1300m 16:08:85
				1400m 17:25:93	1500m 18:41.19

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Daniel MILLS	15/01/91	Nova Cent'n	15:59.00	819
	100m 1:00:58	200m 2:03:69	300m 3:07:72	400m 4:11:70	500m 5:16:20
	900m 9:33:40	1000m 10:37:85	1100m 11:42:30	1200m 12:47:09	1300m 13:51:99
				1400m 14:56:49	1500m 15:59.00
2.	Ricky SPEED	24/07/92	Co Sheffield	16:34.87	746
	100m 1:00:78	200m 2:05:25	300m 3:10:68	400m 4:16:84	500m 5:23:25
	900m 9:50:44	1000m 10:57:91	1100m 12:05:44	1200m 13:13:01	1300m 14:20:74
				1400m 15:28:76	1500m 16:34.87
3.	Scott TOVELL-COLEMAN	11/11/92	Derventio	16:38.44	739
	100m 1:01:53	200m 2:08:04	300m 3:14:70	400m 4:21:63	500m 5:28:04
	900m 9:56:91	1000m 11:05:12	1100m 12:12:62	1200m 13:20:18	1300m 14:27:78
				1400m 15:33:95	1500m 16:38.44
4.	Lewis KING	18/09/90	Hatfield	16:53.39	711
	100m 1:02:21	200m 2:07:00	300m 3:13:07	400m 4:19:90	500m 5:27:32
	900m 10:00:59	1000m 11:08:46	1100m 12:17:79	1200m 13:26:93	1300m 14:36:40
				1400m 15:45:68	1500m 16:53.39
5.	Alex CARR	27/05/91	Hillingdon	18:02.85	593
	100m 1:04:58	200m 2:13:33	300m 3:22:82	400m 4:34:57	500m 5:46:02
	900m 10:41:33	1000m 11:55:82	1100m 13:09:32	1200m 14:23:32	1300m 15:37:03
				1400m 16:50:27	1500m 18:02.85

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**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 102 Girls Open 1500m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Kiani CAMPBELL-GRADY	11/03/99	Co Leeds	20:15.34	536
	100m 1:12:74	200m 2:34:39	300m 3:56:41	400m 5:18:75	500m 6:40:99
	600m 8:03:41	700m 9:25:39	800m 10:46:76	900m 12:08:24	1000m 13:29:94
2.	Ciara PURCELL	01/07/98	BorRedbridge	20:43.80	501
	100m 1:15:29	200m 2:36:01	300m 3:57:37	400m 5:21:12	500m 6:44:45
	600m 8:07:91	700m 9:30:75	800m 10:55:92	900m 12:20:83	1000m 13:44:30
			1100m 15:08:53	1200m 16:33:73	1300m 17:58:33
				1400m 19:22:33	1500m 20:43.80

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mollie WOOD	10/08/97	Co Sheffield	18:25.05	699
	100m 1:08:23	200m 2:21:69	300m 3:34:89	400m 4:49:05	500m 6:03:01
	600m 7:17:33	700m 8:31:26	800m 9:45:49	900m 10:59:99	1000m 12:14:16
2.	Antonia HESELTINE	18/09/97	Co Sheffield	18:46.27	664
	100m 1:09:85	200m 2:24:29	300m 3:39:28	400m 4:54:33	500m 6:09:90
	600m 7:25:60	700m 8:41:61	800m 9:57:51	900m 11:12:91	1000m 12:28:05
3.	Shannon BROWN	31/08/97	Nova Cent'n	19:08.16	630
	100m 1:11:54	200m 2:27:96	300m 3:44:14	400m 5:00:33	500m 6:16:04
	600m 7:32:51	700m 8:49:68	800m 10:07:09	900m 11:24:20	1000m 12:42:08
			1100m 13:43:45	1200m 14:58:92	1300m 16:14:89
				1400m 17:30:99	1500m 18:46.27

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Molly GRAYSON	15/06/96	Co Sheffield	17:47.67	765
	100m 1:05:18	200m 2:14:68	300m 3:24:11	400m 4:34:98	500m 5:45:91
	600m 6:57:28	700m 8:08:61	800m 9:20:82	900m 10:32:85	1000m 11:44:98
2.	Rebecca HAYES	27/07/96	Thurrock	18:14.55	717
	100m 1:08:23	200m 2:20:67	300m 3:34:10	400m 4:47:65	500m 6:01:25
	600m 7:14:58	700m 8:28:10	800m 9:41:88	900m 10:55:54	1000m 12:08:98
3.	Ellie POLLARD	22/08/96	Co Sheffield	18:18.42	711
	100m 1:06:71	200m 2:18:79	300m 3:31:59	400m 4:44:80	500m 5:57:59
	600m 7:11:36	700m 8:25:46	800m 9:39:24	900m 10:53:38	1000m 12:07:72
4.	Amber KEEGAN	28/02/97	Nova Cent'n	18:54.95	651
	100m 1:09:24	200m 2:24:55	300m 3:39:16	400m 4:53:83	500m 6:09:59
	600m 7:25:48	700m 8:41:62	800m 9:57:40	900m 11:14:28	1000m 12:32:42
5.	Georgia MILLS	26/10/96	Thurrock	19:09.12	629
	100m 1:09:57	200m 2:24:72	300m 3:41:47	400m 4:58:10	500m 6:15:88
	600m 7:33:08	700m 8:50:37	800m 10:07:74	900m 11:25:16	1000m 12:42:95
			1100m 14:00:38	1200m 15:18:35	1300m 16:36:12
				1400m 17:53:62	1500m 19:09.12

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Rachael WILLIAMSON	18/02/95	KingstonHull	17:05.17	848
	100m 1:04:08	200m 2:12:24	300m 3:19:90	400m 4:28:44	500m 5:36:97
	600m 6:45:26	700m 7:54:53	800m 9:04:12	900m 10:13:68	1000m 11:22:82
2.	Grace CONLON	05/04/95	Lincoln Vulc	17:36.39	786
	100m 1:06:57	200m 2:16:20	300m 3:26:72	400m 4:37:29	500m 5:48:08
	600m 6:58:95	700m 8:10:26	800m 9:21:70	900m 10:33:11	1000m 11:44:12
3.	Isabel FAULKNER	21/06/95	UEA Norwich	17:56.16	750
	100m 1:07:67	200m 2:18:94	300m 3:30:02	400m 4:41:49	500m 5:52:81
	600m 7:03:54	700m 8:15:42	800m 9:27:46	900m 10:39:79	1000m 11:52:44
4.	Gabrielle HIGNETT	23/05/95	Co Sheffield	17:59.97	743
	100m 1:06:92	200m 2:17:67	300m 3:28:44	400m 4:39:72	500m 5:51:00
	600m 7:02:43	700m 8:13:54	800m 9:24:90	900m 10:37:35	1000m 11:51:02
5.	Joanne LONGLAND	21/06/94	Co Peterboro	18:09.55	726
	100m 1:06:15	200m 2:18:64	300m 3:31:18	400m 4:43:94	500m 5:57:08
	600m 7:10:80	700m 8:24:41	800m 9:38:14	900m 10:52:01	1000m 12:05:29
6.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	18:17.57	712
	100m 1:09:12	200m 2:21:38	300m 3:34:20	400m 4:47:46	500m 6:01:43
	600m 7:13:92	700m 8:27:05	800m 9:40:42	900m 10:54:79	1000m 12:08:47
7.	Megan BERRIDGE	26/01/96	Nova Cent'n	18:18.36	711
	100m 1:09:07	200m 2:21:98	300m 3:34:45	400m 4:47:19	500m 6:00:27
	600m 7:13:77	700m 8:27:48	800m 9:41:28	900m 10:55:40	1000m 12:09:52
8.	Chloe WILLIAMS	22/10/94	Royal Wolv	18:29.84	691
	100m 1:08:20	200m 2:20:66	300m 3:33:72	400m 4:47:46	500m 6:01:85
	600m 7:16:25	700m 8:31:17	800m 9:45:70	900m 11:00:57	1000m 12:15:89
9.	Jaycee SIBLEY	17/11/95	Hillingdon	18:46.98	663
	100m 1:08:42	200m 2:22:80	300m 3:37:91	400m 4:53:48	500m 6:09:28
	600m 7:24:22	700m 8:39:65	800m 9:55:11	900m 11:10:85	1000m 12:12:18
10.	Samantha BUSH	26/01/96	Bournem'th D	19:02.29	639
	100m 1:10:28	200m 2:25:22	300m 3:41:04	400m 4:56:72	500m 6:12:64
	600m 7:29:02	700m 8:45:73	800m 10:03:09	900m 11:20:67	1000m 12:38:17
			1100m 13:54:87	1200m 15:11:68	1300m 16:28:61
				1400m 17:45:34	1500m 19:02.29

**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Eleanor FAULKNER	05/01/93	Co Sheffield	17:05.18	848
	100m 1:04:29	200m 2:12:27	300m 3:21:40	400m 4:30:23	500m 5:39:19
	600m 6:48:06	700m 7:57:86	800m 9:07:19	900m 10:16:27	1000m 11:25:80
2.	Alice MCCALL	11/07/91	Wigan BEST	17:21.10	816
	100m 1:04:47	200m 2:13:40	300m 3:22:31	400m 4:31:58	500m 5:41:44
	600m 6:51:39	700m 8:01:71	800m 9:12:06	900m 10:22:63	1000m 11:32:47
3.	Aisha THORNTON	16/11/91	Warrington W	17:21.66	815
	100m 1:05:41	200m 2:13:83	300m 3:23:04	400m 4:33:21	500m 5:43:23
	600m 6:53:24	700m 8:03:53	800m 9:13:51	900m 10:23:73	1000m 11:33:76
4.	Emily FISHER	15/09/93	Co Leeds	17:54.12	753
	100m 1:06:79	200m 2:18:33	300m 3:30:78	400m 4:42:90	500m 5:54:97
	600m 7:07:10	700m 8:19:28	800m 9:30:65	900m 10:42:83	1000m 11:55:17
5.	Kerriann CHIPPERFIELD	11/09/93	Thurrock	18:13.36	719
	100m 1:06:71	200m 2:17:00	300m 3:28:14	400m 4:40:11	500m 5:52:22
	600m 7:04:45	700m 8:17:70	800m 9:31:40	900m 10:44:52	1000m 11:58:03
			1100m 13:12:94	1200m 14:27:40	1300m 15:42:48
				1400m 16:58:11	1500m 18:13:36

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 201 Boys 14 Yrs/Under 800m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Aaron HILL	21/07/98	Warrington W	9:51.15	537
	100m 33.20	200m 1:09.04	300m 1:45.90	400m 2:23.40	500m 3:00.91
2.	Samuel BUDD	31/08/98	Co Sheffield	10:16.62	473
	100m 1:12.61	200m 2:29.26	300m 3:47.76	400m 5:07.18	500m 6:24.60
3.	Lee CLARKE	22/06/98	Co Peterboro	10:20.42	465
	100m 34.80	200m 1:13.15	300m 1:51.98	400m -500m -600m	3:49.49
4.	James TOWLER	13/07/98	Co Leeds	10:55.09	391
	100m 1:14.97	200m 2:36.61	300m 3:58.56	400m 5:22.34	500m 6:46.38

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	David RICHARDSON	01/11/97	Warrington W	9:41.82	562
	100m 32.20	200m 1:07.11	300m 1:43.16	400m 2:19.93	500m 2:56.35
2.	Thomas SHORTMAN	11/08/97	Sevenside	9:51.33	537
	100m -	200m 1:08.85	300m - 400m -	500m -600m	3:40.38
3.	Alexander HAINES	03/11/97	Co Sheffield	10:04.38	503
	100m 33.67	200m 1:10.64	300m - 400m -	500m -600m	3:42.01
4.	Daniel POWELL	21/10/97	Co Peterboro	10:04.62	502
	100m 1:10.97	200m 2:27.49	300m 3:44.14	400m 5:00.98	500m 6:17.63
5.	Matthew OLIVO	16/01/98	Co Sheffield	10:06.19	499
	100m 33.53	200m 1:10.98	300m - 400m -	500m -600m	3:44.25
6.	Frank MCGUIRK	14/02/98	BorRedbridge	10:17.33	472
	100m 1:12.24	200m 2:29.77	300m 3:47.75	400m 5:06.49	500m 6:24.72
7.	Morgan BROWN	03/12/97	BorRedbridge	10:29.35	445
	100m 1:12.41	200m 2:30.98	300m 3:49.92	400m 5:09.43	500m 6:29.64
8.	Tom MITCHELL	23/01/98	Co Peterboro	10:35.48	431
	100m 34.45	200m 1:13.09	300m 1:52.69	400m -500m	3:12.94
9.	Thomas HOWDLE	29/12/97	Nova Cent'n	10:47.38	407
	100m 1:13.49	200m 2:34.64	300m 3:56.35	400m 5:18.72	500m 6:41.72
10.	Peter SCHLICHTER	04/06/97	Camden Swiss	10:51.83	398
	100m 1:16.43	200m 2:37.75	300m 3:59.35	400m 5:22.02	500m 6:44.88
	Alexander CHANTLER-MAY	13/02/98	Swindon Dolp	DNC	

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Matthew SOTHERAN	13/08/96	Rotherham Mo	9:20.47	625
	100m 31.14	200m 1:06.10	300m 1:41.48	400m 2:17.19	500m 2:52.48
2.	Luke SMITH	12/08/96	Co Sheffield	9:23.94	614
	100m 30.82	200m 1:04.88	300m 1:39.98	400m 2:15.78	500m 2:51.46
3.	Joshua AYLETT	28/03/97	Co Peterboro	9:32.20	590
	100m 31.16	200m 1:06.43	300m 1:42.49	400m 2:18.07	500m 2:54.44
4.	Harry HATHAWAY	11/02/97	Leic Peng	9:40.55	566
	100m 31.89	200m 1:07.46	300m 1:44.20	400m 2:20.77	500m 2:57.60
5.	Jamie CLARKE	18/09/96	Donc Dartes	9:41.94	562
	100m 32.24	200m 1:08.15	300m 1:45.36	400m 2:22.29	500m 2:59.15
6.	Toby ROBINSON	22/08/96	Wolv'hampton	9:43.92	557
	100m 32.88	200m 1:09.16	300m 1:46.62	400m 2:23.51	500m 3:01.06
7.	Sandy WALLER	25/09/96	Heart Of Mid	9:48.48	544
	100m 31.89	200m 1:08.10	300m 1:44.83	400m 2:21.49	500m 2:58.44
8.	Tudor PUSZET	08/09/96	Camden Swiss	9:49.93	540
	100m 31.31	200m 1:05.87	300m 1:42.92	400m 2:19.88	500m 2:56.72
9.	Callum HILL	11/01/97	Co Sheffield	10:05.36	501
	100m 1:10.51	200m 2:26.84	300m 3:44.17	400m 5:01.01	500m 6:18.40
10.	Dery FORAN	19/09/96	Leic Peng	10:07.16	496
	100m 31.68	200m 1:07.19	300m - 400m -	500m -600m -700m	4:14.09
11.	Fabio LAREDO	11/06/96	Co Leeds	10:09.23	491
	100m 34.08	200m 1:11.60	300m - 400m -	500m -600m	3:46.64
12.	William STEVENSON	30/05/97	Co Leeds	10:13.75	480
	100m 1:09.35	200m 2:27.41	300m 3:44.36	400m 5:02.93	500m 6:20.62

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Joe STEVENSON	25/03/96	Nova Cent'n	8:57.22	701
	100m 30.30	200m 1:03.48	300m 1:37.56	400m 2:11.82	500m 2:45.41
2.	Kieran SMITH	20/06/95	Royal Wolv	9:04.72	676
	100m 29.79	200m 1:02.99	300m 1:36.69	400m 2:11.18	500m 2:45.24
3.	Adam HOLLOWES	06/02/96	Chester Le S	9:12.59	650
	100m 30.09	200m 1:03.52	300m 1:37.37	400m 2:11.55	500m 2:46.10
4.	Alexander HUNTER	14/02/96	Nova Cent'n	9:20.44	625
	100m 31.26	200m 1:05.79	300m 1:40.16	400m 2:15.22	500m 2:50.07
5.	Robert COOPER	06/06/95	West Suffolk	9:22.16	620
	100m 30.33	200m 1:05.06	300m 1:40.34	400m 2:15.44	500m 2:50.81
6.	Matthew BRIGHAM	11/01/96	Co Peterboro	9:27.67	603
	100m 31.37	200m 1:05.78	300m 1:40.61	400m 2:15.72	500m 2:51.23
7.	Joe ERB	05/05/96	Greenw Bo Ma	9:40.46	566
	100m 31.52	200m 1:07.65	300m 1:44.51	400m 2:21.24	500m 2:58.02
8.	Connor ALLISON	18/09/95	Nova Cent'n	9:42.67	560
	100m 31.55	200m 1:06.66	300m 1:42.35	400m 2:18.42	500m 2:54.82

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 202 Girls 13 Yrs/Under 800m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mollie WRIGHT	27/07/98	Nova Cent'n	10:00.53	625
	100m 35.06	200m 1:12.67	300m 1:51.18	400m 2:29.29500m	3:07.40600m 3:45.38700m 4:23.53800m 10:00.53
2.	Kiani CAMPBELL-GRADY	11/03/99	Co Leeds	10:27.53	552
	100m 34.08	200m 1:11.30	300m 1:50.30	400m 2:29.91500m	3:09.74600m 3:49.86700m 4:30.08800m 10:27.53
3.	Olivia STANDISH-LEIGH	07/09/98	Co Peterboro	10:44.09	511
	100m 1:54.15	200m 1:14.33	300m -	400m 2:35.16500m	3:14.84600m 3:55.69700m 4:35.66800m 10:44.09
4.	Ciara PURCELL	01/07/98	BorRedbridge	10:50.25	497
	100m 36.39	200m 1:16.82	300m 1:57.88	400m 2:39.02500m	3:20.60600m 4:01.83700m 4:43.65800m 10:50.25
5.	Holly SOTHERAN	30/11/98	Rotherham Mo	10:59.36	476
	100m -	200m 1:18.36	300m -	400m 2:42.04500m	3:23.38600m 4:05.97700m -800m 10:59.36
6.	Georgia COATES	19/02/99	Co Leeds	11:17.63	438
	100m 37.09	200m 1:18.11	300m 2:00.43	400m 2:43.33500m	3:25.96600m 4:09.29700m 4:52.28800m 11:17.63
7.	Jasmine HANSON	29/08/98	Co Leeds	11:21.59	430
	100m 37.09	200m 1:18.73	300m 2:00.90	400m 2:43.59500m	3:26.31600m 4:09.89700m 4:53.19800m 11:21.59

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Helen FUSSEY	01/07/97	Bridgend Cty	9:41.47	682
	100m 32.83	200m 1:08.34	300m 1:44.61	400m 2:21.41500m	2:58.37600m 3:35.61700m 4:12.65800m 9:41.47
2.	Olivia KELSEY	08/07/97	Lincoln Vulc	9:56.38	637
	100m 33.06	200m 1:09.22	300m 1:46.27	400m -500m 3:01.75600m	3:39.29700m 4:17.19800m 9:56.38
3.	Neema NYAULINGO	15/08/97	Greenw Bo Ma	10:04.00	615
	100m 33.77	200m 1:11.61	300m 1:49.64	400m 2:27.83500m	3:05.93600m 3:44.49700m 4:22.12800m 10:04.00
4.	Linda SHAW	04/08/97	Co Leeds	10:05.54	611
	100m 33.78	200m 1:11.07	300m 1:48.45	400m 2:26.06500m	3:04.45600m 3:42.57700m 4:20.77800m 10:05.54
5.	Annie WOOD	10/08/97	Co Sheffield	10:14.61	585
	100m 34.69	200m 1:12.62	300m 1:50.84	400m 2:29.30500m	3:07.87600m 3:46.59700m 4:18.34800m 10:14.61
6.	Katarina BLANCO	13/06/97	Bo Southend	10:16.67	580
	100m 31.55	200m 1:07.14	300m 1:44.32	400m 2:21.38500m	2:58.85600m 3:36.71700m 4:15.26800m 10:16.67
7.	Bethany REID	16/09/97	Co Leeds	10:24.98	558
	100m 35.61	200m 1:14.45	300m 1:53.72	400m 2:33.08500m	3:12.52600m 3:51.99700m 4:31.95800m 10:24.98
8.	Victoria TAINTY	02/05/98	Swindon Dolp	10:25.37	557
	100m 34.26	200m 1:12.77	300m 1:52.11	400m 2:31.44500m	3:11.05600m 3:50.50700m 4:30.07800m 10:25.37
9.	Iona BAKER	20/08/97	Sevenside	10:28.10	550
	100m 34.79	200m 1:14.10	300m 1:53.84	400m 2:33.27500m	3:13.04600m 3:52.76700m 4:32.80800m 10:28.10
10.	Elizabeth BROOK	25/03/98	Co Sheffield	10:33.21	537
	100m 35.50	200m 1:14.22	300m 1:54.11	400m 2:33.92500m	3:14.05600m 3:54.06700m 4:33.99800m 10:33.21
11.	Claire GOLIGHTLY	13/12/97	BorRedbridge	10:53.68	489
	100m 36.49	200m 1:16.92	300m 1:57.83	400m 2:39.14500m	3:20.62600m 4:02.33700m 4:44.11800m 10:53.68
12.	Olivia FERRIDAY	02/03/98	Co Leeds	11:03.34	467
	100m 36.20	200m 1:16.54	300m 1:58.19	400m 2:39.10500m	3:20.98600m 4:02.47700m 4:44.38800m 11:03.34

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Rachael GRAINGER	20/07/96	Donc Dartes	9:34.84	704
	100m 31.85	200m 1:06.27	300m 1:41.68	400m 2:17.49500m	2:53.60600m 3:30.01700m 4:06.46800m 9:34.84
2.	Laura PIGOTT	17/10/96	Lincoln Vulc	9:49.40	658
	100m 32.81	200m 1:08.87	300m 1:45.63	400m 2:22.56500m	2:59.46600m 3:36.69700m 4:14.32800m 9:49.40
3.	Freya MITCHELL	20/01/97	Co Sheffield	9:53.58	645
	100m 32.64	200m 1:08.23	300m 1:44.57	400m 2:20.65500m	2:57.33600m 3:34.71700m 4:12.23800m 9:53.58
4.	Georgina YOUNG	22/09/96	Nova Cent'n	9:54.81	642
	100m 33.81	200m 1:10.36	300m 1:47.40	400m 2:24.57500m	3:01.77600m 3:39.56700m 4:16.85800m 9:54.81
5.	Louise HAMER	08/01/97	Nova Cent'n	9:56.65	636
	100m 33.29	200m 1:09.53	300m 1:46.98	400m 2:24.38500m	3:02.30600m 3:40.05700m 4:17.73800m 9:56.65
6.	Alice DEARING	23/04/97	Royal Wolv	9:58.90	630
	100m 33.64	200m 1:11.39	300m 1:49.15	400m 2:26.79500m	3:04.17600m 3:42.22700m 4:19.18800m 9:58.90
7.	Jessica BUSHBY	30/12/96	Rotherham Mo	10:16.86	579
	100m 35.10	200m 1:13.25	300m 1:52.33	400m 2:31.60500m	3:11.09600m 3:50.50700m 4:29.69800m 10:16.86
8.	Emily PILBEAM	18/03/97	Co Peterboro	10:26.91	553
	100m 34.38	200m 1:12.32	300m 1:51.56	400m 2:31.51500m	3:11.13600m 3:50.72700m 4:30.59800m 10:26.91
9.	Georgia CRAGG	18/08/96	Royal Wolv	10:27.83	551
	100m 36.17	200m 1:15.18	300m 1:54.44	400m 2:33.91500m	3:13.53600m 3:53.45700m 4:33.18800m 10:27.83
10.	Jessica LEWINGTON	01/05/97	Co Leeds	10:32.02	540
	100m 35.46	200m 1:14.58	300m 1:54.57	400m 2:34.80500m	3:14.96600m 3:55.26700m 4:35.40800m 10:32.02
11.	Danielle BEAMAN	31/05/96	Co Milton K	10:41.66	517
	100m 35.68	200m 1:15.67	300m 1:55.12	400m 2:34.73500m	3:14.56600m 3:54.91700m 4:34.98800m 10:41.66
12.	Caitlin TURNER	15/03/97	Bo Barnsley	10:44.36	510
	100m 35.86	200m 1:14.31	300m 1:54.07	400m 2:34.81500m	3:15.04600m 3:55.98700m 4:36.03800m 10:44.36
13.	Sophia AMOROSO	10/01/97	BorRedbridge	10:51.87	493
	100m 35.70	200m 1:15.80	300m 1:56.44	400m 2:37.19500m	3:18.38600m 3:59.23700m 4:40.61800m 10:51.87

**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 301 Boys Open 200m IM**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Edward MARTIN	16/10/98	Walsall	2:40.29	429	34.83	1:15.66	2:04.31
2.	Floris KOTTERINK	29/08/98	Camden Swiss	2:43.87	399	35.69	1:18.00	2:07.97
3.	Gabriel BUTLER	31/12/98	Chase	2:44.71	393	37.72	1:22.51	2:07.47
4.	Robert Edward DOS SANT	27/08/98	Camden Swiss	2:45.20	389	34.24	1:17.95	2:07.50
5.	Adam POOLE	24/10/98	Warrington W	2:45.74	385	35.50	1:19.79	2:07.25
6.	Lewis ILLSLEY	06/03/99	Nova Cent'n	2:48.28	366	36.88	1:18.31	2:11.59
7.	Dylan TOMKINSON	01/10/98	Leek	2:48.87	362	38.40	1:22.08	2:10.69
8.	Samuel BUDD	31/08/98	Co Sheffield	2:49.48	358	37.50	1:20.62	2:14.28
9.	Matthew SMITH	02/08/98	Co Sheffield	2:53.81	329	37.88	1:24.49	2:13.07
10.	Harrison YARNOLD	09/09/98	Exeter City	2:54.02	327	37.98	1:22.38	2:16.11
11.	Angus LISTER	30/03/99	Harrogate	2:57.50	306	40.83	1:25.06	2:17.97
12.	Aaron COSTIGAN	20/03/99	Stourbridge	2:57.77	304	40.30	1:26.28	2:16.86
13.	Edvinas ZAILSKAS	22/11/98	Co Sheffield	2:59.56	293	42.22	1:29.75	2:19.98

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Daniel SPEERS	17/06/97	Bournem'th D	2:23.58	595	31.76	1:09.45	1:50.73
2.	Oliver WEBSTER	02/07/97	Clee & Scun	2:30.91	515	32.89	1:12.03	1:56.91
3.	Joseph HULME	13/06/97	Leek	2:32.85	496	32.36	1:11.69	1:57.43
4.	Cian SENIOR	02/02/98	Co Sheffield	2:33.46	490	34.26	1:14.57	1:59.96
5.	Kunmi OGUNFEIBO	12/06/97	Beckenham	2:34.38	481	32.78	1:10.93	1:59.49
6.	Edward WALSH	16/09/97	Sevenside	2:35.86	468	34.57	1:15.76	2:02.79
7.	Jacob SEDDON	28/01/98	Co Leeds	2:36.37	463	34.21	1:15.63	2:00.80
8.	Calum MURRAY	05/06/97	Nova Cent'n	2:36.74	460	32.98	1:13.27	2:01.23
9.	Joseph KINSELL	18/07/97	Chase	2:36.79	459	33.88	1:16.05	2:01.24
10.	Alexander HAINES	03/11/97	Co Sheffield	2:42.95	407	33.24	1:16.22	2:04.85
11.	Thomas MCCALLUM	12/11/97	Stourbridge	2:43.64	401	35.66	1:19.98	2:05.98
12.	Mitchell PAGE	03/01/98	Walsall	2:51.37	345	40.57	1:21.78	2:14.61
13.	Thomas HOWDLE	29/12/97	Nova Cent'n	2:51.81	342	37.76	1:22.16	2:15.00
14.	James SLADE	02/12/97	Camden Swiss	2:51.95	341	39.31	1:23.84	2:14.23
15.	Tom MITCHELL	23/01/98	Co Peterboro	2:54.72	323	39.50	1:23.77	2:15.86

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Benjamin CLEAVELEY	17/11/96	Satellite	2:24.58	584	31.02	1:09.02	1:52.74
2.	Jack BURTON	07/07/96	Bournem'th D	2:26.90	558	31.54	1:12.72	1:53.60
3.	James BULL	18/06/96	Nova Cent'n	2:27.37	553	31.28	1:09.87	1:53.73
4.	Alexander LENTHALL	07/07/96	Co Sheffield	2:28.66	539	32.20	1:12.66	1:56.51
5.	Ellis KUBE	14/03/97	Leic Peng	2:31.32	511	32.71	1:09.35	1:56.54
6.	Michael ADAIR	20/10/96	Worcester	2:33.19	493	31.83	1:09.93	1:57.63
7.	Sam HOLMES	17/02/97	Co Peterboro	2:33.47	490	33.09	1:09.92	1:57.93
8.	Elliott RANDALL	12/03/97	Exeter City	2:35.69	469	33.98	1:14.47	1:59.66
9.	James BOOKER	10/01/97	Walsall	2:38.56	443	32.78	1:14.33	2:01.47
10.	Jordan PILKINGTON	28/04/97	Chase	2:39.99	431	34.26	1:16.51	2:05.00
11.	Harry HATHAWAY	11/02/97	Leic Peng	2:40.42	428	36.16	1:15.69	2:04.73
12.	Callum HILL	11/01/97	Co Sheffield	2:40.82	424	36.62	1:20.43	2:03.57
13.	Benjamin COLCLOUGH	12/01/97	Chase	2:41.20	421	33.89	1:16.87	2:07.39
14.	William STEVENSON	30/05/97	Co Leeds	2:41.74	417	35.41	1:19.63	2:04.94
15.	Tudor PUSZET	08/09/96	Camden Swiss	2:43.72	401	35.15	1:16.66	2:08.41

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Kieran SMITH	20/06/95	Royal Wolv	2:19.87	640	29.55	1:05.26	1:46.96
2.	Marlon GASPAROTTO	20/11/95	Beckenham	2:20.94	627	29.68	1:06.67	1:48.93
3.	Joshua PANKHURST	10/01/96	East Grins'd	2:22.62	607	30.17	1:05.42	1:50.11
4.	Daniel TIMMS	31/07/95	Nova Cent'n	2:23.74	593	32.04	1:11.60	1:52.50
5.	Jordan FOSTER	02/07/95	Harrogate	2:26.73	560	30.13	1:08.01	1:53.57
6.	Adam PEEL	08/09/95	Co Sheffield	2:27.57	550	31.37	1:09.91	1:54.57
7.	Taylor WHITCHURCH	21/01/96	Royal Wolv	2:29.00	535	29.45	1:05.39	1:54.00

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Matthew JOHNSON	23/04/95	Co Sheffield	2:10.09	776	27.87	1:01.11	1:39.92
2.	Liam KNIGHT	31/08/94	Co Peterboro	2:11.24	759	27.67	1:00.47	1:39.86
3.	Mitchell ADSHEAD	17/08/93	Chase	2:11.82	750	29.05	1:02.61	1:41.01
4.	David MAXWELL	26/10/93	Co Birm'ham	2:14.47	712	29.02	1:03.68	1:43.03
5.	Sean WESTERMAN	04/03/94	Lincoln Vulc	2:15.74	695	29.91	1:05.62	1:45.14
6.	Scott ALLIN	15/07/93	Wyre Forest	2:16.07	690	29.25	1:03.05	1:43.87
7.	Joseph FAULKNER	04/12/94	Co Sheffield	2:17.17	675	28.97	1:04.80	1:46.55
8.	Liam SPRUCE	28/06/93	Exeter City	2:17.36	673	28.54	1:04.52	1:45.24
9.	Charlie DENTITH	23/02/95	BorRedbridge	2:17.59	670	28.66	1:04.53	1:45.55
10.	Andrew BURNS	10/08/93	York City	2:17.90	666	28.68	1:04.00	1:45.71
11.	Luke HOWDLE	08/09/94	Nova Cent'n	2:18.14	663	30.04	1:07.25	1:45.68
12.	George BOAST	24/01/95	Llantrisant	2:19.08	650	30.05	1:04.97	1:46.21
13.	Jack HOWARTH	20/02/95	Northampton	2:19.18	649	29.56	1:05.57	1:48.20
14.	Oliver RICHMOND	16/12/94	Lincoln Vulc	2:19.64	643	31.42	1:05.39	1:47.83
15.	Thomas PAINE	16/07/94	Cleethorpes	2:19.69	643	29.42	1:06.44	1:47.90
16.	James CLARK	23/02/95	Swindon Dolp	2:20.29	635	30.51	1:06.34	1:46.68
17.	Liam HERBERT	06/11/93	Swindon Dolp	2:20.53	632	28.28	1:01.80	1:47.43
18.	James DAWSON	17/05/95	Co Bradford	2:20.63	631	30.70	1:06.01	1:47.91
19.	Benjamin FLAHERTY	21/09/94	Co Milton K	2:20.76	629	30.82	1:06.43	1:49.27
20.	Jack FAULKNER	25/06/94	Co Leicester	2:20.94	627	30.74	1:07.18	1:47.36
21.	Ben WOOD	14/09/94	Chase	2:20.96	627	28.27	1:04.15	1:49.68
22.	Jorge PHENIX-COYNE	02/12/94	Nova Cent'n	2:21.13	625	30.69	1:06.90	1:48.84
23.	Adam WOOD	16/02/95	Hillingdon	2:21.48	620	32.06	1:07.09	1:48.38
24.	Aidan SMITH	06/05/94	Nova Cent'n	2:21.50	620	30.52	1:06.81	1:48.47
25.	Kent SAMPSON	05/01/94	Harrogate	2:21.73	617	29.42	1:08.16	1:50.16
26.	Aaron WATERHOUSE	20/11/93	Rotherham Mo	2:22.28	611	29.91	1:06.44	1:49.77
27.	Dan SEAGROVE-CASTLE	03/12/93	Co Cant'bury	2:22.40	609	28.63	1:04.98	1:50.42
28.	Samuel O'DONOHUE	09/10/94	Co Bradford	2:22.46	609	29.77	1:05.51	1:48.97
29.	James FOUNTAIN	06/08/93	Lincoln Vulc	2:23.16	600	30.83	1:08.58	1:51.39
30.	Thomas STOKES	23/06/93	Co Peterboro	2:23.28	599	30.11	1:08.52	1:48.90
31.	Harry PAYNE	20/10/94	Thurrock	2:24.41	586	31.02	1:10.93	1:52.64
32.	Thomas CLARKE	31/12/94	Mold	2:24.61	583	31.59	1:10.83	1:51.98
33.	Peter FAWCETT	16/01/95	Co Leeds	2:25.34	575	29.72	1:05.49	1:49.57
34.	James ROBINSON	04/01/95	Royal Wolv	2:25.98	568	30.51	1:08.55	1:48.00
35.	Christopher WINSTONE	23/03/94	Co Salford	2:26.35	564	29.43	1:06.78	1:52.48
36.	Matthew MASTERS	31/10/94	Co Milton K	2:26.93	557	30.57	1:07.48	1:54.74
37.	Thomas KAYE	01/10/94	Maxwell	2:27.76	548	31.90	1:09.39	1:53.00
38.	Jake LLOYD	17/03/95	Bishop Stort	2:28.02	546	30.48	1:07.49	1:54.76
39.	Nicholas SPEARS	10/09/93	Watford	2:28.92	536	31.04	1:10.66	1:55.03

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Samuel VAN DE SCHOOTBR	22/03/93	Nova Cent'n	2:07.57	816	27.46	59.84	1:38.05
2.	Alex MACKAY	11/02/92	Camden Swiss	2:14.03	718	28.68	1:03.74	1:44.13
3.	David GODRIDGE	19/05/93	Watford	2:14.29	715	28.36	1:04.49	1:44.05
4.	Luke SPAIN	01/06/92	Hillingdon	2:14.63	710	29.24	1:06.41	1:43.61
5.	Christopher INCH	20/09/92	BorRedbridge	2:15.84	693	27.91	1:03.06	1:44.61
6.	Dale WATERHOUSE	06/09/91	Rotherham Mo	2:16.28	687	29.72	1:04.98	1:44.21
7.	Ben WATSON	28/02/93	Co Cant'bury	2:16.30	687	28.61	1:03.44	1:44.91
8.	Oliver BREWER	12/01/92	Maxwell	2:16.77	681	29.21	1:04.79	1:45.73
9.	Jack HARRISON	25/08/92	KingstonHull	2:17.84	666	29.61	1:04.82	1:46.26
10.	Lawrence PALMER	18/12/92	Mid Beds	2:19.99	639	29.99	1:07.39	1:45.70
11.	Tom RANDALL	24/10/92	Hillingdon	2:20.05	638	28.91	1:04.34	1:47.15
12.	Thomas NELSON	19/08/91	Rotherham Mo	2:20.60	631	29.85	1:04.89	1:48.00
13.	Ashley BINNS	14/05/93	Co Peterboro	2:23.83	592	29.74	1:07.71	1:48.79
14.	Luke ECCLESTON	22/05/93	Royal Wolv	2:23.98	591	29.63	1:06.90	1:49.87
15.	Robert WHIGHT	25/03/93	Deben	2:26.84	558	28.97	1:08.29	1:52.64
16.	James GRIEVE	08/02/93	Co Leicester	2:27.24	554	29.15	1:06.48	1:52.97



**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 302 Girls Open 400m IM**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Holly SHEPHERD	21/12/98	Leek	5:46.03	540
	50m 36.84	100m 1:20.42	150m 2:04.89	200m 2:47.59250m	3:36.94300m 4:26.78350m 5:07.53400m 5:46.03
2.	Kiani CAMPBELL-GRADY	11/03/99	Co Leeds	5:48.60	528
	50m 36.48	100m 1:21.54	150m 2:06.31	200m 2:49.94250m	3:40.99300m 4:33.64350m 5:12.29400m 5:48.60
3.	Amy TRESLOVE	07/08/98	Co Sheffield	5:51.24	516
	50m 35.87	100m 1:19.37	150m 2:04.07	200m 2:48.84250m	3:42.59300m 4:34.99350m 5:13.46400m 5:51.24
4.	Holly SOTHERAN	30/11/98	Rotherham Mo	6:04.23	463
	50m 38.27	100m 1:24.95	150m 2:10.52	200m 2:55.74250m	3:49.55300m 4:44.83350m 5:24.76400m 6:04.23

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Helen FUSSEY	01/07/97	Bridgend Cty	5:33.59	599
	50m 35.01	100m 1:15.47	150m 2:00.11	200m 2:42.85250m	3:30.82300m 4:19.47350m 4:57.25400m 5:33.59
2.	Ellen SUDDDES	16/10/97	York City	5:33.96	597
	50m 35.46	100m 1:17.56	150m 2:02.41	200m 2:46.10250m	3:31.57300m 4:17.49350m 4:56.69400m 5:33.96
3.	Grace WINGROVE	11/09/97	BorRedbridge	5:44.98	544
	50m 37.66	100m 1:22.86	150m 2:06.98	200m 2:49.41250m	3:39.74300m 4:29.53350m 5:07.89400m 5:44.98
4.	Victoria TAINTY	02/05/98	Swindon Dolp	5:45.68	541
	50m 35.77	100m 1:17.89	150m 2:02.13	200m 2:45.29250m	3:36.49300m 4:28.48350m 5:08.07400m 5:45.68
5.	Emily MCRAE	06/06/97	Lincoln Vulc	5:51.32	516
	50m 37.32	100m 1:23.25	150m 2:10.30	200m 2:57.36250m	3:43.00300m 4:33.02350m 5:13.43400m 5:51.32

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Georgina YOUNG	22/09/96	Nova Cent'n	5:13.71	709
	50m 33.31	100m 1:10.98	150m 1:50.93	200m 2:30.27250m	3:14.79300m 3:59.92350m 4:37.27400m 5:13.71
2.	Molly GRAYSON	15/06/96	Co Sheffield	5:15.24	700
	50m 32.22	100m 1:10.56	150m 1:51.00	200m 2:30.19250m	3:18.70300m 4:07.57350m 4:41.78400m 5:15.24
3.	Emma SMITH	28/09/96	Co Birm'ham	5:17.67	686
	50m 33.57	100m 1:11.99	150m 1:52.77	200m 2:32.54250m	3:20.33300m 4:07.45350m 4:42.87400m 5:17.67
4.	Jennifer KNOWLES	14/12/96	Co Sheffield	5:26.42	637
	50m 32.46	100m 1:11.68	150m 1:53.65	200m 2:34.38250m	3:23.58300m 4:12.15350m 4:49.30400m 5:26.42
5.	Freya MITCHELL	20/01/97	Co Sheffield	5:26.50	636
	50m 34.74	100m 1:15.69	150m 1:57.68	200m 2:37.83250m	3:25.49300m 4:15.06350m 4:51.05400m 5:26.50
6.	Laura PIGOTT	17/10/96	Lincoln Vulc	5:29.49	620
	50m 34.94	100m 1:14.34	150m 1:57.92	200m 2:40.52250m	3:28.33300m 4:16.71350m 4:53.78400m 5:29.49
7.	Christie BAYS	25/10/96	Hatfield	5:31.52	610
	50m 33.54	100m 1:15.31	150m 2:00.08	200m 2:45.39250m	3:29.64300m 4:15.80350m 4:54.19400m 5:31.52
8.	Alice DEARING	23/04/97	Royal Wolv	5:33.88	598
	50m 34.27	100m 1:15.07	150m 1:59.77	200m 2:43.28250m	3:33.62300m 4:22.20350m 4:58.68400m 5:33.88
9.	Laura POWELL	27/05/97	Royal Wolv	5:34.02	597
	50m 36.23	100m 1:18.49	150m 2:01.56	200m 2:43.69250m	3:31.87300m 4:21.25350m 4:58.96400m 5:34.02
10.	Isabelle FRAMPTON	25/12/96	Bourmem'th D	5:51.02	517
	50m 34.06	100m 1:12.41	150m 2:01.34	200m 2:48.62250m	3:39.82300m 4:31.80350m 5:12.65400m 5:51.02
	Natasha HOLLAND	28/10/96	Royal Wolv	DNF	

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Gabrielle HIGNETT	23/05/95	Co Sheffield	5:10.57	728
	50m 32.10	100m 1:08.90	150m 1:50.15	200m 2:30.57250m	3:15.50300m 4:02.03350m 4:36.48400m 5:10.57
2.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	5:12.51	716
	50m 33.43	100m 1:12.59	150m 1:50.16	200m 2:27.37250m	3:14.11300m 4:00.85350m 4:37.15400m 5:12.51
3.	Mollie TEMPLE	07/11/94	Lincoln Vulc	5:13.82	708
	50m 33.08	100m 1:11.67	150m 1:49.34	200m 2:27.12250m	3:15.54300m 4:04.18350m 4:39.34400m 5:13.82
4.	Emily VOSE	25/07/95	Co Leeds	5:14.74	703
	50m 33.11	100m 1:11.21	150m 1:52.57	200m 2:32.58250m	3:18.27300m 4:04.41350m 4:40.20400m 5:14.74
5.	Emily JONES	15/11/94	Co Leeds	5:15.03	701
	50m 33.38	100m 1:12.14	150m 1:52.79	200m 2:32.31250m	3:17.84300m 4:03.54350m 4:40.15400m 5:15.03
6.	Jodie HAWKSWORTH	11/12/95	Cheadle	5:15.32	699
	50m 35.65	100m 1:15.08	150m 1:56.42	200m 2:37.35250m	3:18.31300m 4:01.02350m 4:39.45400m 5:15.32
7.	Abigail KERR	24/08/94	Skipton	5:15.72	697
	50m 33.80	100m 1:13.61	150m 1:57.34	200m 2:39.55250m	3:21.52300m 4:02.71350m 4:40.77400m 5:15.72
8.	Emily BATES	13/09/94	Co Salford	5:15.84	696
	50m 32.47	100m 1:10.82	150m 1:52.26	200m 2:32.51250m	3:17.09300m 4:01.41350m 4:39.79400m 5:15.84
9.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	5:16.44	693
	50m 33.53	100m 1:11.54	150m 1:53.30	200m 2:34.31250m	3:19.27300m 4:05.88350m 4:41.49400m 5:16.44
10.	Holly WYLIE	19/05/96	Greenw Bo Ma	5:16.86	690
	50m 32.91	100m 1:12.02	150m 1:52.70	200m 2:33.36250m	3:17.30300m 4:03.12350m 4:41.32400m 5:16.86
11.	Aimee HARVEY	11/12/95	Warrington W	5:19.62	674
	50m 32.44	100m 1:09.70	150m 1:51.92	200m 2:33.38250m	3:19.88300m 4:07.69350m 4:43.89400m 5:19.62
12.	Kristie HACKETT	11/11/95	Co Birm'ham	5:20.41	670
	50m 33.52	100m 1:12.33	150m 1:53.18	200m 2:33.25250m	3:19.99300m 4:08.34350m 4:44.46400m 5:20.41
13.	Zara BAILEY	03/12/95	Co Peterboro	5:20.56	669
	50m 33.46	100m 1:12.24	150m 1:54.24	200m 2:35.76250m	3:21.16300m 4:07.07350m 4:43.60400m 5:20.56
14.	Francesca HAY	29/01/96	Nova Cent'n	5:20.81	668
	50m 36.44	100m 1:16.29	150m 1:58.75	200m 2:39.39250m	3:24.95300m 4:09.96350m 4:46.08400m 5:20.81
15.	Madeleine FALE	14/12/95	Co Leeds	5:22.01	661
	50m 33.14	100m 1:11.74	150m 1:52.67	200m 2:32.72250m	3:20.30300m 4:08.05350m 4:45.34400m 5:22.01
16.	Charlotte MCRAE	20/04/95	Bournem'th D	5:23.03	655
	50m 33.57	100m 1:11.34	150m 1:53.03	200m 2:33.11250m	3:20.26300m 4:08.22350m 4:46.27400m 5:23.03
17.	Elizabeth NEALE	27/01/96	Basingstoke	5:28.82	624
	50m 34.60	100m 1:17.63	150m 1:57.22	200m 2:36.67250m	3:23.52300m 4:13.08350m 4:52.56400m 5:28.82

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Georgia HOHMANN	17/03/94	Nova Cent'n	4:59.94	796
	50m 31.98	100m 1:08.24	150m 1:44.18	200m 2:19.48250m	3:04.17300m 3:50.06350m 4:25.92400m 4:59.94
2.	Sian MORGAN	05/05/94	Co Bradford	5:00.32	794
	50m 31.82	100m 1:06.96	150m 1:46.44	200m 2:25.44250m	3:09.64300m 3:53.42350m 4:27.54400m 5:00.32
3.	Elizabeth BECKETT	22/02/93	Swindon Dolp	5:05.63	759
	50m 34.05	100m 1:13.11	150m 1:53.02	200m 2:32.55250m	3:14.04300m 3:56.25350m 4:31.57400m 5:05.63
4.	Sophie WILSON	08/08/93	Hillingdon	5:07.59	746
	50m 30.84	100m 1:06.59	150m 1:47.60	200m 2:28.54250m	3:12.22300m 3:55.70350m 4:32.47400m 5:07.59
5.	Helen MCROBERTS	12/02/91	Co Sheffield	5:08.46	741
	50m 32.28	100m 1:08.78	150m 1:48.59	200m 2:27.61250m	3:12.99300m 3:59.32350m 4:34.73400m 5:08.46
6.	Rebecca BARSBY	16/08/93	Nova Cent'n	5:08.81	739
	50m 32.77	100m 1:11.10	150m 1:51.50	200m 2:33.01250m	3:13.54300m 3:56.90350m 4:33.53400m 5:08.81
7.	Aynsley HESELTINE	10/03/92	Co Sheffield	5:09.03	737
	50m 31.92	100m 1:10.12	150m 1:50.42	200m 2:30.72250m	3:15.91300m 4:02.18350m 4:35.77400m 5:09.03
8.	Carolyn ASTBURY	29/06/92	Watford	5:11.83	720
	50m 32.87	100m 1:10.52	150m 1:49.87	200m 2:29.13250m	3:13.92300m 4:00.23350m 4:35.88400m 5:11.83
9.	Fenella FOSKETT	11/06/92	Deben	5:23.66	652
	50m 32.95	100m 1:11.24	150m 1:52.71	200m 2:32.92250m	3:19.05300m 4:06.72350m 4:46.39400m 5:23.66
10.	Kelsey RICHARDS	22/10/93	BorRedbridge	5:28.21	627
	50m 33.44	100m 1:11.52	150m 1:53.19	200m 2:34.77250m	3:23.38300m 4:12.30350m 4:50.91400m 5:28.21
	Alice COUSINS	07/12/93	Co Birm'ham	DNC	

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 303 Boys Open 200m Butterfly**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Edward MARTIN	16/10/98	Walsall	2:38.36	405	35.74	1:16.47	1:57.90
2.	Aaron HILL	21/07/98	Warrington W	2:40.75	386	35.99	1:17.55	1:59.58

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Joseph HULME	13/06/97	Leek	2:33.52	447	33.46	1:13.35	1:53.61
2.	Mats CRISP	28/03/98	Harrogate	2:38.06	407	35.05	1:15.85	1:57.75
3.	Kunmi OGUNFEIBO	12/06/97	Beckenham	2:43.94	362	33.13	1:13.86	1:58.05
4.	Thomas MCCALLUM	12/11/97	Stourbridge	2:45.27	352	36.64	1:17.99	2:02.62

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Benjamin CLEAVELEY	17/11/96	Satellite	2:25.70	523	32.29	1:09.85	1:47.25
2.	James BULL	18/06/96	Nova Cent'n	2:25.75	523	31.79	1:08.10	1:46.21
	Benjamin CANAVAN-TAYLO	28/06/96	Nova Cent'n	DNC				

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Elliot HYNES	10/09/95	Co Salford	2:12.76	680	28.80	1:02.20	1:37.12
2.	Matthew SLEIGHT	11/06/95	KingstonHull	2:13.76	666	30.09	1:03.89	1:38.56
3.	Joshua SHUTTLEWORTH	28/07/95	Co Salford	2:16.42	631	30.62	1:05.29	1:40.64
4.	Kieran SMITH	20/06/95	Royal Wolv	2:17.83	614	30.21	1:04.24	1:41.17
5.	William RITTENHOUSE	11/05/96	Camden Swiss	2:26.07	519	31.17	1:06.92	1:45.67
6.	Taylor WHITCHURCH	21/01/96	Royal Wolv	2:29.93	480	30.14	1:07.85	1:48.83
	Jacob SCULLION	13/08/95	Co Coventry	DNC				

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Liam KNIGHT	31/08/94	Co Peterboro	2:11.77	694	29.04	1:02.51	1:37.18
2.	Alexander DELICATA	16/02/94	Thurrock	2:15.97	637	29.92	1:04.27	1:39.90
3.	Joshua BOND	23/07/94	St Ives Bay	2:16.53	630	29.00	1:03.14	1:38.95
4.	Aidan SMITH	06/05/94	Nova Cent'n	2:16.75	627	30.74	1:05.97	1:40.79
5.	Marley FARRELL	24/07/93	Bracknell	2:16.77	627	28.85	1:02.92	1:39.22
6.	Luke HOWDLE	08/09/94	Nova Cent'n	2:16.92	625	31.01	1:05.66	1:41.47
7.	Charlie DENTITH	23/02/95	BorRedbridge	2:17.20	622	29.80	1:04.94	1:41.20
8.	Andrew BURNS	10/08/93	York City	2:17.63	616	29.82	1:05.67	1:42.01
9.	Daniel EVANS	29/07/93	Co Birm'ham	2:18.63	604	30.12	1:04.51	1:40.85
10.	Thomas MATTHEWS	17/08/94	Derventio	2:19.48	594	30.07	1:04.79	1:42.01
11.	Charlie HAYES	15/01/94	Thurrock	2:20.21	585	31.20	1:06.74	1:43.40
12.	Peter FAWCETT	16/01/95	Co Leeds	2:20.28	584	31.01	1:07.50	1:43.35
13.	Thomas PAINE	16/07/94	Cleethorpes	2:20.70	579	30.22	1:06.39	1:43.85
14.	Harry PAYNE	20/10/94	Thurrock	2:21.21	573	32.16	1:08.78	1:44.56
15.	Haydon THORP	28/10/94	Co Sheffield	2:21.35	571	30.95	1:07.77	1:44.06
16.	Daniel ADAIR	22/05/95	Worcester	2:22.74	556	31.18	1:07.36	1:44.03
17.	Alex WATSON	28/05/95	Co Sheffield	2:23.37	549	30.83	1:07.30	1:44.70
18.	Ryan NEWSOME	20/10/94	Co Leeds	2:25.04	530	31.84	1:08.07	1:45.99
19.	Jake LLOYD	17/03/95	Bishop Stort	2:28.00	499	31.40	1:08.35	1:48.05
20.	William REA	07/12/94	Maxwell	2:28.51	494	29.52	1:06.54	1:46.71
21.	Thomas CLARKE	31/12/94	Mold	2:38.83	401	34.61	1:14.05	1:54.34

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Samuel VAN DE SCHOOTBR	22/03/93	Nova Cent'n	2:06.95	765	28.61	1:00.74	1:34.54
2.	BRAXSTON TIMM	05/01/92	Co Sheffield	2:07.20	761	27.51	1:00.01	1:33.07
3.	Conor HARROLD	20/03/93	Thurrock	2:14.08	662	29.43	1:03.38	1:38.24
4.	Lewis KING	18/09/90	Hatfield	2:14.26	660	29.97	1:03.99	1:38.78
5.	Tom RANDALL	24/10/92	Hillingdon	2:15.00	650	29.61	1:03.62	1:39.27
6.	Alex MACKAY	11/02/92	Camden Swiss	2:16.78	627	30.81	1:05.80	1:41.39
7.	Ricky SPEED	24/07/92	Co Sheffield	2:17.27	621	30.04	1:04.13	1:39.96
8.	Jordan DOLAN	04/10/92	Co Manch Aq	2:18.65	604	29.56	1:04.02	1:41.28
9.	Metin AYHAN	20/03/91	Camden Swiss	2:19.93	588	29.09	1:02.80	1:39.01
10.	Benjamin BAINBRIDGE	28/03/93	Rotherham Mo	2:21.04	575	31.00	1:06.99	1:43.33
11.	Craig MOATE	23/06/85	BorRedbridge	2:28.58	494	32.43	1:09.82	1:48.63

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 304 Girls Open 100m Butterfly**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Lucia WOOD-BONELLI	04/08/98	Co Sheffield	1:14.68	495	34.03
2.	Amy TRESLOVE	07/08/98	Co Sheffield	1:19.41	409	36.64
3.	Holly SHEPHERD	21/12/98	Leek	1:21.68	373	37.57

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Annie JOHNSTON	25/12/97	York City	1:13.58	517	34.13
2.	Leah MOSS	11/10/97	Co Sheffield	1:14.57	497	34.97
3.	Linda SHAW	04/08/97	Co Leeds	1:16.22	465	35.82
4.	Kay-Leigh BOOT	30/09/97	Co Sheffield	1:16.91	452	35.91
	Chloe JOHNSON	07/06/97	Cheadle	DNC		
	Serra HALE	23/01/98	Harrogate	DNC		

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Hannah MEEK	10/10/96	Nova Cent'n	1:08.45	636	31.85
2.	Anna WARD	29/07/96	York City	1:10.44	587	32.80
3.	Kelly HOOKWAY	06/08/96	Camden Swiss	1:10.54	584	32.87
4.	Tamir GONEN COHEN	25/01/97	Camden Swiss	1:11.14	570	34.37
5.	Natalie DINGLEY	04/04/97	Stourbridge	1:11.44	563	33.25
6.	Jennifer KNOWLES	14/12/96	Co Sheffield	1:12.20	546	33.36
7.	Isabelle FRAMPTON	25/12/96	Bournem'th D	1:13.26	524	34.12
8.	Emma PAY	24/05/97	Stourbridge	1:14.08	507	34.02
9.	Alice DEARING	23/04/97	Royal Wolv	1:14.46	499	34.49
10.	Laura PIGOTT	17/10/96	Lincoln Vulc	1:15.65	476	35.01
	Christie BAYS	25/10/96	Hatfield	DNC		

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Rachael WILLIAMSON	18/02/95	KingstonHull	1:05.40	719	30.68
2.	Poppy INGLESON	18/08/95	UEA Norwich	1:06.46	689	30.91
3.	Rachel MARTIN	05/11/95	Nova Cent'n	1:06.56	686	30.94
4.	Samantha BERRY	13/05/96	Swindon Dolp	1:07.02	673	31.92
5.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	1:07.26	667	31.38
6.	Sophie LONG	09/09/95	Royal Wolv	1:07.51	660	31.22
7.	Sophie RITTENHOUSE	13/01/95	Camden Swiss	1:07.62	657	31.63
8.	Amy WILLIAMS	18/08/94	Leek	1:07.91	650	31.47
9.	Tess CARTER	18/10/95	Bournem'th D	1:08.11	644	31.86
10.	Rebecca COLE	02/09/94	Co Birm'ham	1:08.37	638	32.28
11.	Faye HENESY	29/06/95	Nova Cent'n	1:08.69	629	32.54
12.	Cristina MATHESON	02/02/96	Maxwell	1:09.27	615	32.21
13.	Zara BAILEY	03/12/95	Co Peterboro	1:09.41	611	32.65
14.	Sophie BRIDGMAN	15/11/95	Co Birm'ham	1:09.96	598	32.12
15.	Georgina TOVELL-COLEMA	06/12/95	Derventio	1:10.09	595	32.91
16.	Aimee LOCKWOOD	27/06/95	Greenw Bo Ma	1:10.30	590	32.64
17.	Madeleine FALE	14/12/95	Co Leeds	1:10.32	589	32.79
18.	Emily VOSE	25/07/95	Co Leeds	1:10.95	575	33.84
19.	Emma JOYCE	03/02/95	Co Milton K	1:11.18	569	32.64
20.	Tamara O'SULLIVAN	23/05/96	Co Derby	1:11.28	567	32.40
21.	Sophie TAYLOR	02/02/96	Harrogate	1:13.04	528	32.81
22.	Rosie HUGHES	17/01/95	Camden Swiss	1:13.28	523	33.62

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Rachael KELLY	24/01/94	Royal Wolv	1:01.83	830	28.74
2.	Alexandra HOOPER	13/03/92	Co Birm'ham	1:03.21	785	29.69
3.	Francesca MARR	14/07/93	Hillingdon	1:03.97	761	29.71
4.	Lauren CHAPPLE	17/04/93	Camden Swiss	1:05.12	727	30.36
5.	Lucy SPENCER	29/03/93	Co Sheffield	1:05.26	723	30.28
6.	Sophie WILSON	08/08/93	Hillingdon	1:05.26	723	30.55
7.	Lucy CHARLES	15/09/93	Hoddesdon	1:05.29	722	30.30
8.	Holly LYNCH	05/10/92	Co Birm'ham	1:05.84	706	30.65
9.	LAURA WHITAKER	22/10/91	Co Sheffield	1:06.29	693	30.73
10.	Rebecca TURNER	01/08/92	Co Sheffield	1:07.63	657	31.83
11.	Kerriann CHIPPERFIELD	11/09/93	Thurrock	1:08.11	644	31.77
12.	Lauren OTTAWAY	21/03/94	Co Milton K	1:08.38	637	30.99
13.	Sophie KENNY	13/03/94	Oldham Aqua	1:08.62	631	32.00
14.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	1:08.94	623	30.99
15.	Constance FEARNLEY	17/02/94	Exeter City	1:09.16	618	32.23
16.	Corinne JAMES	06/04/94	Maxwell	1:10.24	591	32.34

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 305 Boys Open 100m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Hugo JOHNSON	13/08/98	Bo Southend	1:05.22	425	31.91
2.	Harrison YARNOLD	09/09/98	Exeter City	1:08.52	362	32.83
3.	Lewis ILLSLEY	06/03/99	Nova Cent'n	1:10.13	335	33.63
4.	Aaron COSTIGAN	20/03/99	Stourbridge	1:14.75	268	35.88

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Daniel SPEERS	17/06/97	Bournem'th D	59.95	548	29.18
2.	James DAY	29/10/97	Thurrock	1:03.16	469	31.01
3.	Kunmi OGUNFEIBO	12/06/97	Beckenham	1:03.46	463	30.12
4.	Calum MURRAY	05/06/97	Nova Cent'n	1:03.66	458	30.61
5.	Edward WALSH	16/09/97	Sevenside	1:04.49	440	31.47
6.	Jack WESTON	25/09/97	Worcester	1:05.43	420	31.32
7.	Matthew OLIVO	16/01/98	Co Sheffield	1:07.88	373	32.30
8.	Daniel POWELL	21/10/97	Co Peterboro	1:08.11	369	32.46
9.	James SLADE	02/12/97	Camden Swiss	1:08.24	367	32.30
10.	Fraser SCOTT	01/04/98	BorRedbridge	1:08.79	357	33.79
11.	Adam HORTON	27/07/97	Stourbridge	1:09.25	349	32.83
12.	Thomas HOWDLE	29/12/97	Nova Cent'n	1:09.99	337	34.01
13.	Tom MITCHELL	23/01/98	Co Peterboro	1:10.48	329	34.05
14.	Mats CRISP	28/03/98	Harrogate	1:10.73	325	34.00
15.	Frank MCGUIRK	14/02/98	BorRedbridge	1:10.92	322	33.48
16.	Jordan DAMMS	27/03/98	Co Sheffield	1:11.49	313	34.37

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Benjamin CLEAVELEY	17/11/96	Satellite	59.84	551	29.61
2.	Alexander LENTHALL	07/07/96	Co Sheffield	1:00.31	539	29.06
3.	Michael ADAIR	20/10/96	Worcester	1:00.44	536	28.61
4.	Luke SMITH	12/08/96	Co Sheffield	1:01.03	520	29.48
5.	Ellis KUBE	14/03/97	Leic Peng	1:01.69	504	29.56
6.	Jack BURTON	07/07/96	Bournem'th D	1:03.11	471	30.44
7.	Bruce Jit TO	31/01/97	Co Sheffield	1:03.94	452	30.59
8.	Harry HATHAWAY	11/02/97	Leic Peng	1:05.07	428	31.22
9.	James BOOKER	10/01/97	Walsall	1:05.19	425	30.55
10.	Jordan PILKINGTON	28/04/97	Chase	1:05.37	422	31.57
11.	Cade GILLINGHAM	06/12/96	Sevenside	1:05.39	421	31.08
12.	William STEVENSON	30/05/97	Co Leeds	1:06.27	404	32.14
13.	Benjamin COLCLOUGH	12/01/97	Chase	1:06.43	401	31.39

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Matthew SLEIGHT	11/06/95	KingstonHull	56.64	644	27.72
2.	Joshua PANKHURST	10/01/96	East Grins'd	57.15	628	27.73
3.	Corey MEAD	03/11/95	Nova Cent'n	57.47	618	27.90
4.	Elliot HYNES	10/09/95	Co Salford	57.49	618	27.36
5.	Nathan HALE	18/09/95	Harrogate	57.94	604	27.90
6.	Joshua SHUTTLEWORTH	28/07/95	Co Salford	58.32	593	27.87
7.	Ewan MILLER	08/04/96	Warrington W	59.04	573	28.52
8.	Jordan FOSTER	02/07/95	Harrogate	59.13	571	28.63
9.	Joshua BOOTH	17/12/95	Millfield	59.31	566	28.90
10.	Joe STEVENSON	25/03/96	Nova Cent'n	59.40	563	29.29
11.	Alex PEAKE	10/08/95	Camden Swiss	59.83	552	28.71
12.	Mikey KINGSLEY	13/02/96	Bournem'th D	1:00.11	544	29.14
13.	Adam PEEL	08/09/95	Co Sheffield	1:00.29	539	28.73
14.	Lawrence BROWN	12/01/96	BorRedbridge	1:00.37	537	28.74
15.	Josh WHITEHURST	04/06/95	Rotherham Mo	1:00.58	532	28.42
16.	Robert COOPER	06/06/95	West Suffolk	1:00.84	525	29.10
17.	Taylor WHITCHURCH	21/01/96	Royal Wolv	1:01.94	498	28.98
18.	Christopher BAGULEY	31/03/96	Nova Cent'n	1:04.50	440	31.23

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Daniel PHILLIPS	01/11/93	Co Salford	54.22	724	25.92
2.	Leo JAGGS	23/02/94	Camden Swiss	54.39	718	25.97
3.	Ben WOOD	14/09/94	Chase	54.61	710	26.61
4.	Karl MORGAN	28/04/95	Nova Cent'n	54.75	706	26.75
4.	Dan SEAGROVE-CASTLE	03/12/93	Co Cant'bury	54.75	706	26.61
6.	Matthew JOHNSON	23/04/95	Co Sheffield	54.89	701	26.79
7.	Lewis STEPTOE	22/04/94	Nova Cent'n	55.18	691	26.63
8.	William SMART	01/01/94	Co Birm'ham	55.36	685	26.88
9.	Alexander SNOWDEN	15/01/95	Bishop Stort	55.56	678	26.55
10.	Kent SAMPSON	05/01/94	Harrogate	55.57	678	26.83
11.	Philip HEWITT	24/07/94	Co Birm'ham	55.67	675	26.59
12.	Sebastian SMITH	27/09/94	Nova Cent'n	55.70	674	27.22
13.	Ensger KOTTERINK	18/02/94	Camden Swiss	55.74	672	27.07
14.	Johnathan LOWE	30/07/94	Satellite	56.28	655	26.99
15.	Marley FARRELL	24/07/93	Bracknell	56.48	649	26.81
16.	Richard JEFFERIES	13/04/95	Co Cambridge	56.56	646	27.23
17.	Matthew MASTERS	31/10/94	Co Milton K	56.66	643	27.24
18.	Harry PAYNE	20/10/94	Thurrock	56.74	641	27.39
19.	Jack HOWARTH	20/02/95	Northampton	56.78	639	27.27
20.	Oliver RICHMOND	16/12/94	Lincoln Vulc	57.03	632	27.77
21.	Aaron WATERHOUSE	20/11/93	Rotherham Mo	57.10	630	27.42
22.	Charles BITOWT	02/06/94	Lincoln Vulc	57.13	629	27.86
23.	Danny PROFFITT	31/08/94	West Suffolk	57.20	627	27.44
24.	Adam FROST	02/04/95	Satellite	57.24	625	27.52
25.	Gabriel DADA	04/05/94	Beckenham	57.28	624	27.47
26.	Liam HERBERT	06/11/93	Swindon Dolp	57.36	622	27.87
27.	Ryan NEWSOME	20/10/94	Co Leeds	57.46	619	28.08
28.	Samuel O'DONOHUE	09/10/94	Co Bradford	57.64	613	27.64
29.	Jack SPENCE	01/12/94	Watford	57.74	610	28.02
29.	William REA	07/12/94	Maxwell	57.74	610	27.83
31.	Nicholas SPEARS	10/09/93	Watford	57.99	603	28.22
32.	Jack WRIGHT	23/05/95	Lincoln Vulc	58.16	598	28.54
33.	Nicholas ILSLEY	25/11/94	Co Peterboro	58.35	593	28.35
34.	Daniel BARKE	08/12/94	Nova Cent'n	58.46	589	27.99
35.	Thomas KAYE	01/10/94	Maxwell	58.51	588	27.93
36.	Adam SILVESTER	14/04/95	Chase	58.52	588	27.70
37.	Samuel TAYLOR	30/06/94	Basingstoke	58.67	583	28.10
38.	James FOUNTAIN	06/08/93	Lincoln Vulc	58.94	576	28.24
39.	Christopher WINSTONE	23/03/94	Co Salford	59.09	572	28.30
40.	Aaron LEE	07/02/95	Maxwell	59.16	570	28.29
41.	Jake LLOYD	17/03/95	Bishop Stort	59.20	569	28.77
42.	Jorge PHENIX-COYNE	02/12/94	Nova Cent'n	1:00.66	530	28.55
44.	Peter FAWCETT	16/01/95	Co Leeds	1:01.01	521	29.40
44.	Ryan ROGERS	06/02/95	Exeter City	1:05.59	417	25.89

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Craig GIBBONS	29/11/85	Maxwell	50.92	849	24.62
2.	BRAXSTON TIMM	05/01/92	Co Sheffield	52.95	770	25.44
2.	James WARDLE	28/11/85	Kenilworth M	52.95	770	25.34
4.	Dan RUCKWOOD	26/11/92	Co Birm'ham	53.09	765	25.50
5.	Ellis DAVIES	07/01/93	Llantrisant	53.73	741	26.08
6.	David GODRIDGE	19/05/93	Watford	53.78	739	25.90
7.	Dale WATERHOUSE	06/09/91	Rotherham Mo	54.23	724	26.10
8.	Daniel MILLS	15/01/91	Nova Cent'n	54.47	715	26.47
8.	David FELLOWS	13/10/92	Co Birm'ham	54.47	715	26.39
10.	Benjamin DOLLARD	10/09/87	Watford	54.75	706	26.54
11.	James GRIEVE	08/02/93	Co Leicester	54.83	703	26.11
12.	Ben WATSON	28/02/93	Co Cant'bury	54.84	702	26.44
13.	Bradley SWAINSTON	12/11/90	York City	55.01	697	26.95
14.	Scott DENHAM	11/06/88	Bourmem'th D	55.39	684	26.15
15.	Stuart CLARKE	17/04/84	Bishop Stort	55.58	678	26.79
16.	Oliver BREWER	12/01/92	Maxwell	55.95	666	27.11
17.	Alistair MACLEAN	22/08/92	Plymouth Lea	56.06	662	27.10
18.	Braden WREN	05/05/93	Thurrock	56.12	660	26.68
19.	Luke SPAIN	01/06/92	Hillingdon	56.57	646	27.17
20.	Jonathan QUANTON	20/04/92	Maxwell	56.59	645	26.82
21.	Robert GUEST	15/04/93	Derventio	56.76	640	27.28
22.	Jack HOLROYD	10/09/92	Bo Barnsley	56.83	638	27.59
23.	Samuel DALLIMORE	18/07/91	Watford	56.92	635	27.02
24.	Luke ECCLESTON	22/05/93	Royal Wolv	57.32	623	27.58
25.	Christopher STAMP	04/08/92	BorRedbridge	59.38	564	27.81
26.	Craig MOATE	23/06/85	BorRedbridge	1:03.59	460	30.63
27.	Robert WHIGHT	25/03/93	Deben	1:06.48	400	25.37

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 401 Girls Open 200m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Holly SHEPHERD	21/12/98	Leek	2:29.56	510	34.88	1:13.23	1:51.70
2.	Olivia STANDISH-LEIGH	07/09/98	Co Peterboro	2:30.61	499	34.12	2:30.61	1:52.87
3.	Ciara PURCELL	01/07/98	BorRedbridge	2:31.23	493	35.05	1:14.25	1:54.09
4.	Abbie HAWKINS	07/09/98	Swindon Dolp	2:39.34	419	35.49	1:15.65	1:57.80
5.	Francesca DANIELS	10/12/98	Worcester	2:40.06	413	36.18	1:18.34	2:00.20
6.	Philippa ROEBUCK	17/05/99	Chase	2:44.52	378	37.41	1:18.99	2:02.06
7.	Heavenly-Paige GENT	03/07/99	NottmLeander	2:45.37	372	36.31	1:17.92	2:01.88
8.	Zara BAILEY	09/03/99	Cheadle	2:49.98	339	37.93	1:22.39	2:07.65

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Mollie WOOD	10/08/97	Co Sheffield	2:16.44	662	31.66	1:06.59	1:42.06
2.	Katarina BLANCO	13/06/97	Bo Southend	2:16.56	660	31.86	1:06.34	1:41.99
3.	Olivia KELSEY	08/07/97	Lincoln Vulc	2:17.41	649	31.68	1:06.97	1:42.84
4.	Shannon BROWN	31/08/97	Nova Cent'n	2:20.16	615	31.82	1:07.07	1:43.98
5.	Antonia HESELTINE	18/09/97	Co Sheffield	2:21.91	593	33.04	1:08.80	1:45.86
6.	Neema NYAULINGO	15/08/97	Greenw Bo Ma	2:22.55	586	32.93	1:09.21	1:46.80
7.	Linda SHAW	04/08/97	Co Leeds	2:23.40	576	34.02	1:10.87	1:48.73
8.	Serra HALE	23/01/98	Harrogate	2:23.67	573	33.40	1:10.42	1:48.30
9.	Grace WINGROVE	11/09/97	BorRedbridge	2:26.23	545	33.67	1:11.56	1:49.63
10.	Annie WOOD	10/08/97	Co Sheffield	2:26.41	543	34.09	1:11.79	1:49.45
11.	Elizabeth BROOK	25/03/98	Co Sheffield	2:26.70	540	34.35	1:11.93	1:49.60
12.	Mari DAVIES	27/03/98	Swim Gwynedd	2:26.87	538	34.83	1:12.14	1:49.46
13.	Leah MOSS	11/10/97	Co Sheffield	2:27.03	536	34.27	1:11.67	1:49.67
14.	Iona BAKER	20/08/97	Severnside	2:28.42	521	33.82	1:12.37	1:51.12
15.	Victoria TAINTY	02/05/98	Swindon Dolp	2:29.60	509	33.87	1:12.14	1:51.24
16.	Hannah BRIGHAM	13/09/97	Co Peterboro	2:30.57	499	34.33	1:12.24	1:52.17

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Molly GRAYSON	15/06/96	Co Sheffield	2:11.82	726	30.58	1:03.86	1:38.33
2.	Molly NORMAN	04/07/96	Co Peterboro	2:12.50	716	30.68	1:04.13	1:38.47
3.	Hannah MEEK	10/10/96	Nova Cent'n	2:13.46	702	31.41	1:05.39	1:39.84
4.	Abby WALTON	13/06/96	Nova Cent'n	2:15.45	675	31.43	1:05.37	1:40.36
5.	Kelly HOOKWAY	06/08/96	Camden Swiss	2:16.38	663	31.40	1:06.01	1:41.00
6.	Freya MITCHELL	20/01/97	Co Sheffield	2:17.16	652	32.43	1:06.80	1:43.20
7.	Alison HAWORTH	29/04/97	Lincoln Vulc	2:17.40	649	32.36	1:07.21	1:42.62
8.	Laura PIGOTT	17/10/96	Lincoln Vulc	2:18.22	639	32.28	1:07.56	1:43.11
9.	Alice DEARING	23/04/97	Royal Wolv	2:18.32	637	32.32	1:07.89	1:43.68
10.	Natasha SINHA	10/01/97	Greenw Bo Ma	2:19.16	627	32.86	1:07.98	1:44.14
11.	Laura POWELL	27/05/97	Royal Wolv	2:19.17	627	33.27	1:08.78	1:44.67
12.	Danielle THWAITES	09/06/96	Bourmem'th D	2:21.47	599	32.56	1:08.49	1:45.14
13.	Michelle TODD	09/10/96	Co Coventry	2:22.00	592	33.09	1:09.33	1:45.95
14.	Lucy CORDEN	15/07/96	Co Birm'ham	2:23.12	579	33.00	1:09.09	1:46.75
15.	Natasha HOLLAND	28/10/96	Royal Wolv	2:23.38	576	32.83	1:09.29	1:46.97
16.	Hayley WARRINGTON	13/03/97	Hoddesdon	2:24.50	564	32.47	1:09.53	1:47.75
17.	Cara LEE	01/06/96	Worcester	2:25.99	547	33.52	1:10.59	1:48.77
18.	Nicola FARRELL	04/02/97	Oldham Aqua	2:26.13	546	33.60	1:11.03	1:49.52
19.	Georgia CRAGG	18/08/96	Royal Wolv	2:26.49	542	34.47	1:11.69	1:49.95
20.	Natalie DINGLEY	04/04/97	Stourbridge	2:26.57	541	33.60	1:11.79	1:49.76
21.	Anna WARD	29/07/96	York City	2:27.37	532	33.09	1:10.00	1:48.92
22.	Heather ROEBUCK	10/06/96	Chase	2:29.10	514	34.60	1:12.03	1:51.05
23.	Christie GHENT	12/08/96	Chase	2:29.99	505	33.73	1:11.90	1:51.65
24.	Isabelle FRAMPTON	25/12/96	Bourmem'th D	2:33.05	475	34.99	1:14.19	1:53.71

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Rachael WILLIAMSON	18/02/95	KingstonHull	2:08.61	773	30.12	1:03.50	1:37.01
2.	Natasha HOFTON	17/06/95	Nova Cent'n	2:09.65	758	30.36	1:03.70	1:37.31
3.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	2:09.72	757	30.20	1:03.30	1:37.06
4.	Rachel MARTIN	05/11/95	Nova Cent'n	2:10.01	752	30.01	1:03.42	1:37.03
5.	Gabrielle HIGNETT	23/05/95	Co Sheffield	2:10.94	738	30.75	1:04.33	1:37.97
6.	Faye HENESY	29/06/95	Nova Cent'n	2:11.62	728	31.22	1:04.75	1:38.47
7.	Grace CONLON	05/04/95	Lincoln Vulc	2:11.69	727	31.35	1:04.78	1:38.63
8.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	2:12.08	722	30.93	1:04.63	1:38.82
9.	Zara BAILEY	03/12/95	Co Peterboro	2:12.24	720	31.02	1:04.98	1:38.92
10.	Francesca HAY	29/01/96	Nova Cent'n	2:12.43	717	31.40	1:05.16	1:39.07
11.	Poppy RUDIN	26/05/96	Nova Cent'n	2:12.61	714	30.95	1:04.82	1:39.13
12.	Sarah PROCTER	28/03/96	Hillingdon	2:12.90	710	30.51	1:04.13	1:38.63
13.	Holly BATEMAN	27/03/95	UEA Norwich	2:12.93	710	31.77	1:05.28	1:39.44
14.	Samantha BERRY	13/05/96	Swindon Dolp	2:13.09	707	31.48	1:05.18	1:39.57
15.	Anna EVISON	21/09/94	Maxwell	2:13.22	706	30.95	1:04.45	1:39.08
16.	Rebecca MARSHALL	19/04/95	Co Milton K	2:13.66	699	30.62	1:04.21	1:39.10
17.	Poppy INGLESON	18/08/95	UEA Norwich	2:13.73	698	31.39	1:05.45	1:39.86
18.	Aimee HARVEY	11/12/95	Warrington W	2:14.77	684	31.46	1:05.64	1:40.61
19.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	2:14.81	684	31.53	1:05.80	1:40.36
20.	Rebecca DAVIS	17/03/95	Co Leeds	2:14.83	683	30.76	1:05.22	1:40.69
21.	Sophie LONG	09/09/95	Royal Wolv	2:15.02	681	31.07	1:05.30	1:40.04
22.	Shauna LEE	01/09/95	Mid Beds	2:15.09	680	30.64	1:04.60	1:40.02
23.	Emily VOSE	25/07/95	Co Leeds	2:15.30	677	31.41	1:05.86	1:40.73
24.	Georgina TOVELL-COLEMA	06/12/95	Derventio	2:15.34	676	31.55	1:05.93	1:40.81
25.	Isabel FAULKNER	21/06/95	UEA Norwich	2:15.44	675	32.03	1:06.00	1:41.35
26.	Grace LEE	13/04/95	Bishop Stort	2:15.81	670	31.21	1:05.55	1:41.21
27.	Sophie DAVIES	21/02/96	Co Derby	2:15.83	670	31.16	1:05.46	1:40.31
28.	Madelaine TRACY	09/07/95	Wrekin Coll	2:16.00	668	31.77	1:05.87	1:40.71
29.	Olivia PHOENIX	09/03/96	Wrekin Coll	2:16.07	667	31.20	1:05.60	1:41.25
30.	Lauren FREEMAN	06/11/94	Lincoln Vulc	2:16.19	665	31.14	1:05.23	1:40.61
31.	Jennifer TODD	02/09/94	Co Coventry	2:16.20	665	31.63	1:06.37	1:41.49
32.	Ellen WILLIAMS	22/04/95	Co Peterboro	2:16.23	665	31.66	1:06.40	1:41.35
33.	Kristie HACKETT	11/11/95	Co Birm'ham	2:16.25	664	31.99	1:06.44	1:41.27
34.	JESSICA KENDALL	22/11/94	Co Sheffield	2:16.27	664	32.11	1:06.78	1:41.88
35.	Tess CARTER	18/10/95	Bournem'th D	2:16.32	663	31.43	1:05.93	1:41.18
36.	Emma JOYCE	03/02/95	Co Milton K	2:16.42	662	30.70	1:05.18	1:40.93
37.	Emily JONES	15/11/94	Co Leeds	2:16.61	660	32.18	1:06.88	1:42.04
38.	Chloe WILLIAMS	22/10/94	Royal Wolv	2:16.75	658	32.04	1:06.35	1:42.07
39.	Cristina MATHESON	02/02/96	Maxwell	2:17.46	648	32.04	1:07.17	1:42.86
40.	Sophie BRIDGMAN	15/11/95	Co Birm'ham	2:17.74	645	31.56	1:06.41	1:42.35
41.	Samantha BUSH	26/01/96	Bournem'th D	2:18.50	635	31.78	1:06.75	1:42.82
42.	Gemma WILSON	14/08/94	Basingstoke	2:19.04	628	31.54	1:08.03	1:44.33
43.	Jaycee SIBLEY	17/11/95	Hillingdon	2:19.08	628	32.51	1:07.76	1:43.85
44.	Madeleine FALE	14/12/95	Co Leeds	2:19.19	627	32.63	1:08.22	1:44.07
45.	Rachel HEESOM	13/11/95	Warrington W	2:19.32	625	32.57	1:07.83	1:44.34
46.	Tabitha MONKHOUSE	16/10/95	Worcester	2:19.61	621	31.89	1:07.54	1:43.65
47.	Sophie PAGE	27/03/95	Stourbridge	2:19.84	618	32.04	1:07.88	1:45.06
48.	Jessica FOULDS	22/03/96	Co Bradford	2:20.31	613	32.34	1:08.08	1:44.58
49.	Elizabeth NEALE	27/01/96	Basingstoke	2:20.84	606	31.21	1:06.72	1:43.95
50.	Elizabeth DAVIES	27/05/96	Nova Cent'n	2:21.83	594	32.22	1:07.65	1:44.75
51.	Charlotte JACKSON	16/10/95	Hillingdon	2:21.99	593	32.06	1:07.68	1:45.07
52.	Jessica KARP	15/12/94	Mid Beds	2:22.11	591	31.45	1:05.66	1:42.65
53.	Faith ROSS	05/07/94	Wyre Forest	2:22.97	581	32.80	1:09.51	1:45.97

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Sian MORGAN	05/05/94	Co Bradford	2:04.79	835	29.49	1:01.12	1:33.02
2.	Eleanor FAULKNER	05/01/93	Co Sheffield	2:05.07	830	29.34	1:01.10	1:33.42
3.	Rebecca TURNER	01/08/92	Co Sheffield	2:05.83	817	29.29	1:01.47	1:34.37
4.	Alexandra HOOPER	13/03/92	Co Birm'ham	2:07.25	795	29.09	1:01.19	1:34.02
5.	Aynsley HESELTINE	10/03/92	Co Sheffield	2:07.55	790	29.94	1:02.55	1:35.10
6.	Ann MORRIS	30/07/93	Nova Cent'n	2:07.64	789	29.88	1:01.90	1:34.96
7.	Lucy CHARLES	15/09/93	Hoddesdon	2:08.91	769	30.45	1:03.47	1:36.60
8.	Lauren CHAPPLE	17/04/93	Camden Swiss	2:09.06	767	30.64	1:02.85	1:35.70
9.	Kimberley BELL	10/06/91	Loughboro Un	2:09.57	759	30.40	1:03.00	1:36.39
10.	Anna CHEESBROUGH	25/11/93	Co Leeds	2:10.67	742	30.75	1:03.52	1:37.35
11.	Jessica TAYLOR	10/05/94	Co Sheffield	2:11.18	735	30.53	1:03.66	1:37.78
12.	Lucy BUDIMIR	23/12/93	Harrogate	2:11.22	734	30.43	1:04.36	1:38.26
13.	Emily FISHER	15/09/93	Co Leeds	2:11.41	732	30.72	1:04.24	1:38.07
14.	Kerriann CHIPPERFIELD	11/09/93	Thurrock	2:12.29	719	31.05	1:04.25	1:38.49
15.	Lauren OTTAWAY	21/03/94	Co Milton K	2:12.60	714	30.85	1:04.11	1:38.26
16.	LAURA WHITAKER	22/10/91	Co Sheffield	2:13.40	703	30.33	1:03.75	1:38.63
17.	Alice COUSINS	07/12/93	Co Birm'ham	2:13.41	703	31.52	1:05.05	1:39.32
18.	Rachael KELLY	24/01/94	Royal Wolv	2:14.39	689	30.63	1:04.77	1:39.93
19.	Kelsey RICHARDS	22/10/93	BorRedbridge	2:15.15	679	30.77	1:04.94	1:40.11
20.	Samantha STRONG	30/12/91	Oldham Aqua	2:17.85	643	31.68	1:05.66	1:41.38
21.	Whitney BUCKLER	05/01/93	Lstoft & OB	2:22.15	591	32.17	1:08.53	1:45.55



**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 402 Boys Open 400m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Oliver HOUGHTON	24/07/98	Warrington W	4:47.76	510
	50m 33.42	100m 1:09.53	150m 1:46.24	200m 2:23.29250m	3:00.14300m 3:36.53350m 4:12.79400m 4:47.76
2.	Edward MARTIN	16/10/98	Walsall	4:51.69	489
	50m 33.63	100m 1:10.96	150m 1:48.22	200m 2:26.06250m	3:03.31300m 3:39.85350m 4:16.21400m 4:51.69
3.	Aaron HILL	21/07/98	Warrington W	4:52.57	485
	50m 34.92	100m 1:11.46	150m 1:48.86	200m 2:26.26250m	3:03.19300m 3:40.27350m 4:17.41400m 4:52.57
4.	Adam POOLE	24/10/98	Warrington W	5:00.36	447
	50m 32.92	100m 1:10.05	150m 1:47.90	200m 2:26.71250m	3:05.72300m 3:45.17350m 4:23.90400m 5:00.36
5.	Lee CLARKE	22/06/98	Co Peterboro	5:01.97	440
	50m 33.96	100m 1:12.52	150m 1:51.42	200m 2:30.33250m	3:09.09300m 3:47.87350m 4:26.36400m 5:01.97
6.	Samuel BUDD	31/08/98	Co Sheffield	5:03.64	432
	50m 34.11	100m 1:13.07	150m 1:52.13	200m 2:31.33250m	3:10.60300m 3:48.78350m 4:27.42400m 5:03.64
7.	Lewis ILLSLEY	06/03/99	Nova Cent'n	5:03.76	432
	50m 34.37	100m 1:13.05	150m 1:52.06	200m 2:31.45250m	3:09.97300m 3:49.53350m 4:26.75400m 5:03.76
8.	Hugo JOHNSON	13/08/98	Bo Southend	5:04.07	431
	50m 33.85	100m 1:12.08	150m 1:51.64	200m 2:30.51250m	3:09.75300m 3:49.02350m 4:28.38400m 5:04.07
9.	Robert Edward DOS SANT	27/08/98	Camden Swiss	5:06.53	420
	50m 33.62	100m 1:11.35	150m 1:50.36	200m 2:30.11250m	3:08.88300m 3:48.46350m 4:27.73400m 5:06.53
10.	Dylan TOMKINSON	01/10/98	Leek	5:08.97	409
	50m 35.98	100m 1:14.31	150m 1:54.35	200m 2:34.26250m	3:13.45300m 3:53.15350m 4:31.77400m 5:08.97

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Oliver WEBSTER	02/07/97	Clee & Scun	4:38.82	559
	50m 31.03	100m 1:04.76	150m 1:40.00	200m 2:15.84250m	2:51.87300m 3:28.40350m 4:04.12400m 4:38.82
2.	James DAY	29/10/97	Thurrock	4:42.66	537
	50m 31.07	100m 1:05.79	150m 1:41.69	200m 2:18.13250m	2:54.55300m 3:31.26350m 4:07.85400m 4:42.66
3.	Thomas SHORTMAN	11/08/97	Sevenside	4:44.67	526
	50m 31.73	100m 1:06.86	150m 1:43.76	200m 2:19.87250m	2:56.64300m 3:33.78350m 4:10.37400m 4:44.67
4.	Joseph HULME	13/06/97	Leek	4:50.21	497
	50m 33.35	100m 1:10.26	150m 1:47.36	200m 2:25.06250m	3:01.75300m 3:38.86350m 4:14.69400m 4:50.21
5.	Joseph KINSELL	18/07/97	Chase	4:54.24	477
	50m 33.44	100m 1:10.98	150m 1:48.59	200m 2:26.02250m	3:03.77300m 3:40.85350m 4:17.95400m 4:54.24
6.	Alexander HAINES	03/11/97	Co Sheffield	4:56.24	467
	50m 33.01	100m 1:10.01	150m 1:47.73	200m 2:25.28250m	3:03.30300m 3:41.57350m 4:19.37400m 4:56.24
7.	Calum MURRAY	05/06/97	Nova Cent'n	4:59.80	450
	50m 33.10	100m 1:11.05	150m 1:50.60	200m 2:29.29250m	3:08.21300m 3:47.89350m 4:25.60400m 4:59.80
8.	Frank MCGUIRK	14/02/98	BorRedbridge	5:01.21	443
	50m 34.34	100m 1:12.35	150m 1:50.89	200m 2:29.13250m	3:08.06300m 3:46.28350m 4:24.00400m 5:01.21
9.	Thomas MCCALLUM	12/11/97	Stourbridge	5:01.84	441
	50m 34.53	100m 1:13.06	150m 1:52.00	200m 2:30.73250m	3:09.31300m 3:48.11350m 4:26.33400m 5:01.84
10.	Cole CHARNOCK	14/02/98	Co Liverpool	5:03.57	433
	50m 34.13	100m 1:12.53	150m 1:51.37	200m 2:30.62250m	3:09.62300m 3:48.61350m 4:26.89400m 5:03.57
11.	Morgan BROWN	03/12/97	BorRedbridge	5:04.30	429
	50m 33.35	100m 1:11.84	150m 1:50.84	200m 2:29.99250m	3:09.90300m 3:49.46350m 4:27.87400m 5:04.30
12.	Mitchell PAGE	03/01/98	Walsall	5:05.15	426
	50m 33.85	100m 1:12.55	150m 1:51.67	200m 2:30.73250m	3:09.11300m 3:48.88350m 4:27.41400m 5:05.15
13.	Tom MITCHELL	23/01/98	Co Peterboro	5:08.26	412
	50m 35.05	100m 1:13.66	150m 1:53.44	200m 2:33.37250m	3:12.22300m 3:52.27350m 4:31.72400m 5:08.26
14.	Jack WESTON	25/09/97	Worcester	5:11.94	397
	50m 34.97	100m 1:13.71	150m 1:53.92	200m 2:34.37250m	3:14.43300m 3:54.94350m 4:34.07400m 5:11.94
15.	Fraser SCOTT	01/04/98	BorRedbridge	5:26.41	342
	50m 36.10	100m 1:16.47	150m 1:58.11	200m 2:39.64250m	3:21.35300m 4:02.97350m 4:45.33400m 5:26.41

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	James BULL	18/06/96	Nova Cent'n	4:29.61	615
	50m 30.74	100m 1:04.39	150m 1:38.52	200m 2:13.23250m	2:47.65300m 3:22.70350m 3:56.73400m 4:29.61
2.	Luke SMITH	12/08/96	Co Sheffield	4:35.93	576
	50m 31.90	100m 1:07.11	150m 1:42.14	200m 2:17.55250m	2:52.86300m 3:28.19350m 4:02.80400m 4:35.93
3.	Sam HOLMES	17/02/97	Co Peterboro	4:37.48	567
	50m 31.29	100m 1:05.68	150m 1:40.95	200m 2:16.37250m	2:52.00300m 3:27.87350m 4:03.09400m 4:37.48
4.	Joshua AYLETT	28/03/97	Co Peterboro	4:44.57	527
	50m 32.03	100m 4:44.57	150m 1:43.77	200m -250m 2:56.48	300m -350m 4:09.75400m 4:44.57
5.	Tudor PUSZET	08/09/96	Camden Swiss	4:45.05	524
	50m 32.34	100m 1:07.97	150m 1:43.94	200m 2:21.09250m	2:57.01300m 3:33.87350m 4:09.54400m 4:45.05
6.	Benjamin COLCLOUGH	12/01/97	Chase	4:48.84	504
	50m 32.51	100m 1:09.02	150m 1:45.63	200m 2:23.00250m	2:59.77300m 3:37.31350m 4:13.17400m 4:48.84
7.	Cade GILLINGHAM	06/12/96	Sevenside	4:54.86	474
	50m 32.45	100m 1:09.98	150m 1:48.17	200m 2:26.02250m	3:03.74300m 3:41.35350m 4:19.09400m 4:54.86
8.	James BOOKER	10/01/97	Walsall	4:58.65	455
	50m 33.46	100m 1:10.88	150m 1:48.81	200m 2:26.77250m	3:05.29300m 3:43.64350m 4:21.86400m 4:58.65

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Matthew SLEIGHT	11/06/95	KingstonHull	4:22.92	659
	50m 29.35	100m 1:01.30	150m 1:34.46	200m 2:08.05250m	2:41.87300m 3:15.82350m 3:49.81400m 4:22.92
2.	Joe STEVENSON	25/03/96	Nova Cent'n	4:24.23	650
	50m 30.32	100m 1:03.01	150m 1:36.61	200m 2:10.52250m	2:44.24300m 3:18.12350m 3:51.47400m 4:24.23
3.	Ewan MILLER	08/04/96	Warrington W	4:25.34	643
	50m 30.26	100m 1:04.07	150m 1:38.23	200m 2:12.53250m	2:46.11300m 3:19.92350m 3:53.30400m 4:25.34
4.	Kieran SMITH	20/06/95	Royal Wolv	4:26.86	633
	50m 30.03	100m 1:03.41	150m 1:36.87	200m 2:10.92250m	2:45.04300m 3:19.36350m 3:53.79400m 4:26.86
5.	Matthew RENSHAW	21/10/95	Nova Cent'n	4:28.28	624
	50m 29.44	100m 1:02.57	150m 1:36.56	200m 2:10.76250m	2:45.34300m 3:20.16350m 3:54.55400m 4:28.28
6.	Adam PEEL	08/09/95	Co Sheffield	4:29.00	619
	50m 30.10	100m 1:04.08	150m 1:38.05	200m 2:12.39250m	2:47.02300m 3:21.84350m 3:56.23400m 4:29.00
7.	Elliot HYNES	10/09/95	Co Salford	4:29.97	613
	50m 30.31	100m 1:04.10	150m 1:38.23	200m 2:13.39250m	2:47.92300m 3:22.74350m 3:56.49400m 4:29.97
8.	Marlon GASPAROTTO	20/11/95	Beckenham	4:31.88	601
	50m 29.35	100m 1:02.37	150m 1:37.02	200m 2:11.88250m	2:47.54300m 3:23.10350m 3:58.08400m 4:31.88
9.	Taylor WHITCHURCH	21/01/96	Royal Wolv	4:32.77	595
	50m 30.35	100m 1:04.53	150m 1:39.02	200m 2:14.45250m	2:49.90300m 3:24.88350m 3:59.02400m 4:32.77
10.	Robert COOPER	06/06/95	West Suffolk	4:33.03	594
	50m 30.21	100m 1:04.17	150m 1:39.34	200m 2:15.07250m	2:49.67300m 3:25.45350m 4:00.49400m 4:33.03
11.	Jordan FOSTER	02/07/95	Harrogate	4:33.60	590
	50m 30.43	100m 1:04.70	150m 1:39.17	200m 2:13.97250m	2:49.05300m 3:24.59350m 3:59.74400m 4:33.60
12.	Corey MEAD	03/11/95	Nova Cent'n	4:35.69	578
	50m 28.09	100m 59.17	150m 1:32.45	200m 2:05.69250m	2:47.82300m 3:23.88350m 4:00.21400m 4:35.69
13.	Lawrence BROWN	12/01/96	BorRedbridge	4:50.55	495
	50m 30.61	100m 1:05.46	150m 1:41.84	200m 2:19.06250m	2:56.84300m 3:34.89350m 4:13.07400m 4:50.55

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Daniel PHILLIPS	01/11/93	Co Salford	4:08.19	768
	50m 28.11	100m 59.40	150m 1:30.86	200m 2:02.48250m	2:34.10300m 3:05.99350m 3:37.57400m 4:08.19
2.	Thomas MOSS	20/01/94	Stockport Mo	4:10.85	747
	50m 28.89	100m 1:00.16	150m 1:31.30	200m 2:03.21250m	2:34.97300m 3:07.36350m 3:39.42400m 4:10.85
3.	Joseph FAULKNER	04/12/94	Co Sheffield	4:13.85	724
	50m 28.23	100m 1:00.12	150m 1:32.46	200m 2:04.95250m	2:37.12300m 3:10.21350m 3:42.70400m 4:13.85
4.	Benjamin FLAHERTY	21/09/94	Co Milton K	4:16.46	705
	50m 29.03	100m 1:00.98	150m 1:33.45	200m 2:06.21250m	2:38.99300m 3:11.92350m 3:44.81400m 4:16.46
5.	Matthew WATKINSON	06/03/95	Nova Cent'n	4:16.54	704
	50m 29.29	100m 1:01.56	150m 1:34.79	200m 2:07.61250m	2:40.60300m 3:13.25350m 3:45.60400m 4:16.54
6.	Alexander DELICATA	16/02/94	Thurrock	4:17.20	699
	50m 28.99	100m 1:00.94	150m 1:33.12	200m 2:05.75250m	2:38.62300m 3:11.75350m 3:44.75400m 4:17.20
7.	Jorge PHENIX-COYNE	02/12/94	Nova Cent'n	4:17.30	699
	50m 28.78	100m 1:00.93	150m 1:33.57	200m 2:06.87250m	2:39.80300m 3:13.14350m 3:45.70400m 4:17.30
8.	Harry PAYNE	20/10/94	Thurrock	4:17.88	694
	50m 29.55	100m 1:01.58	150m 1:34.11	200m 2:07.18250m	2:40.27300m 3:13.55350m 3:46.35400m 4:17.88
9.	Charles BITOWT	02/06/94	Lincoln Vulc	4:17.98	694
	50m 29.44	100m 1:01.92	150m 1:34.89	200m 2:08.79250m	2:41.55300m 3:14.96350m 3:46.99400m 4:17.98
10.	Sean WESTERMAN	04/03/94	Lincoln Vulc	4:18.09	693
	50m 29.62	100m 1:01.89	150m 1:34.80	200m 2:08.21250m	2:41.36300m 3:14.73350m 3:47.23400m 4:18.09
11.	Danny PROFFITT	31/08/94	West Suffolk	4:18.83	688
	50m 29.29	100m 1:01.49	150m 1:34.14	200m 2:07.36250m	2:40.46300m 3:13.76350m 3:46.79400m 4:18.83
12.	James MCGRAIL	12/05/94	Hatfield	4:19.82	681
	50m 29.50	100m 1:01.66	150m 1:34.75	200m 2:08.00250m	2:41.38300m 3:14.96350m 3:47.98400m 4:19.82
13.	Karl MORGAN	28/04/95	Nova Cent'n	4:19.84	680
	50m 29.38	100m 1:01.26	150m 1:34.59	200m 2:07.79250m	2:41.17300m 3:14.33350m 3:47.20400m 4:19.84
14.	Ciaran ANDREWS	25/05/95	Mold	4:20.06	679
	50m 29.15	100m 1:01.11	150m 1:34.03	200m 2:07.42250m	2:40.63300m 3:14.34350m 3:47.58400m 4:20.06
15.	Matthew RIDER	27/01/94	Harrogate	4:20.64	675
	50m 28.74	100m 1:00.72	150m 1:33.43	200m 2:06.87250m	2:40.34300m 3:14.12350m 3:47.92400m 4:20.64
16.	Mitchell JORDAN	17/09/94	Nova Cent'n	4:23.76	653
	50m 29.62	100m 1:01.70	150m 1:34.85	200m 2:08.18250m	2:41.50300m 3:15.57350m 3:49.93400m 4:23.76
17.	Richard JEFFERIES	13/04/95	Co Cambridge	4:24.50	648
	50m 28.67	100m 1:00.70	150m 1:33.77	200m 2:07.51250m	2:41.06300m 3:15.46350m 3:49.91400m 4:24.50
18.	Scott ALLIN	15/07/93	Wyre Forest	4:26.46	635
	50m 29.13	100m 1:02.15	150m 1:36.21	200m 2:10.60250m	2:44.88300m 3:19.19350m 3:53.54400m 4:26.46
19.	Luke WOOLSTENCROFT	20/01/95	Stockport Mo	4:26.55	635
	50m 30.15	100m 1:03.51	150m 1:36.92	200m 2:10.79250m	2:45.08300m 3:19.36350m 3:53.30400m 4:26.55
20.	Ben WOOD	14/09/94	Chase	4:32.69	596
	50m 27.15	100m 57.63	150m 1:29.58	200m 2:02.41250m	2:45.73300m 3:23.38350m 3:57.15400m 4:32.69
21.	Thomas PAINE	16/07/94	Cleethorpes	4:34.64	584
	50m 29.36	100m 1:02.26	150m 1:37.82	200m 2:13.20250m	2:48.56300m 3:24.71350m 3:59.30400m 4:34.64
22.	Samuel TAYLOR	30/06/94	Basingstoke	4:35.85	577
	50m 29.96	100m 1:03.84	150m 1:39.21	200m 2:14.38250m	2:50.19300m -350m 4:01.31400m 4:35.85
23.	James FOUNTAIN	06/08/93	Lincoln Vulc	4:36.49	573
	50m 30.71	100m 1:04.83	150m 1:39.00	200m 2:14.02250m	2:47.73300m 3:23.58350m 3:59.79400m 4:36.49

**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Daniel MILLS	15/01/91	Nova Cent'n	4:03.34	807
	50m 28.40	100m 58.94	150m 1:29.82	200m 2:00.67	250m 2:31.48
2.	Thomas SUNTER	29/07/92	Co Sheffield	4:05.65	788
	50m 28.39	100m 59.41	150m 1:30.42	200m 2:01.52	250m 2:32.35
3.	Ricky SPEED	24/07/92	Co Sheffield	4:12.17	737
	50m 28.50	100m 1:00.03	150m 1:31.82	200m 2:04.09	250m 2:36.26
4.	Alex MACKAY	11/02/92	Camden Swiss	4:12.20	736
	50m 28.93	100m 1:01.20	150m 1:32.58	200m 2:04.49	250m 2:36.46
5.	Braden WREN	05/05/93	Thurrock	4:14.44	720
	50m 28.94	100m 1:00.67	150m 1:33.06	200m 2:05.82	250m 2:38.12
6.	Lewis KING	18/09/90	Hatfield	4:15.54	711
	50m 28.71	100m 59.98	150m 1:32.11	200m 2:04.47	250m 2:37.61
7.	David FELLOWS	13/10/92	Co Birm'ham	4:16.54	704
	50m 29.27	100m 1:01.63	150m 1:33.84	200m 2:06.36	250m 2:39.13
8.	Dale WATERHOUSE	06/09/91	Rotherham Mo	4:17.44	698
	50m 29.06	100m 1:01.30	150m 1:34.09	200m 2:07.18	250m 2:40.53
9.	Conor HARROLD	20/03/93	Thurrock	4:20.67	675
	50m 29.14	100m 1:00.91	150m 1:33.44	200m 2:06.64	250m 2:40.29
10.	Jack JOHNSON	28/01/91	Bournem'th D	4:26.79	633
	50m 28.80	100m 1:01.11	150m 1:34.42	200m 2:08.36	250m 2:42.82
11.	Craig MOATE	23/06/85	BorRedbridge	4:37.07	569
	50m 31.44	100m 1:05.69	150m 1:40.90	200m 2:16.13	250m 2:51.86

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 403 Girls Open 100m Breaststroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Carrie SUDES	16/04/99	York City	1:27.69	477	41.26
2.	Caitlin ADAIR	01/04/99	Worcester	1:32.60	402	45.16
3.	Ciara PURCELL	01/07/98	BorRedbridge	1:33.67	387	43.23
4.	Orla DYER	30/04/99	Co Sheffield	1:34.08	382	44.52
5.	Kate LITTLE	10/09/99	Co Cambridge	1:34.13	381	47.06

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Olivia WILLIS	28/08/97	Camden Swiss	1:21.01	601	38.56
2.	Annie JOHNSTON	25/12/97	York City	1:21.19	598	38.07
3.	Ellen SUDES	16/10/97	York City	1:21.68	587	38.68
4.	Kiana HOOSMAND	19/12/97	Bournem'th D	1:23.95	543	39.73
5.	Mollie WOOD	10/08/97	Co Sheffield	1:25.41	516	41.01
6.	Ashleigh WRENCH	27/07/97	Warrington W	1:25.59	513	40.37
7.	Danielle BINKS	30/08/97	Nova Cent'n	1:25.63	512	40.62
8.	Olivia KELSEY	08/07/97	Lincoln Vulc	1:26.25	501	40.60
9.	Annie WOOD	10/08/97	Co Sheffield	1:26.99	489	41.41
10.	Alice BALL	07/09/97	Leic Peng	1:28.25	468	41.99
11.	Linda SHAW	04/08/97	Co Leeds	1:30.85	427	43.85

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Natasha HOLLAND	28/10/96	Royal Wolv	1:19.73	629	37.78
2.	Megan HUDSON	01/03/97	Co Sheffield	1:21.15	598	38.18
3.	Tamir GONEN COHEN	25/01/97	Camden Swiss	1:22.75	566	40.88
4.	Georgia CRAWFORD	19/09/96	Co Cambridge	1:22.83	564	39.18
4.	Annie LITTLE	16/12/96	Co Cambridge	1:22.83	564	37.41
6.	Hayley WARRINGTON	13/03/97	Hoddesdon	1:23.49	552	38.43
7.	Georgina YOUNG	22/09/96	Nova Cent'n	1:23.63	549	39.81
8.	Kayleigh SIMS	09/10/96	Bo Southend	1:23.91	544	39.02
9.	Jennifer KNOWLES	14/12/96	Co Sheffield	1:28.15	469	41.55
10.	Emma PAY	24/05/97	Stourbridge	1:29.21	452	42.17
11.	Laura POWELL	27/05/97	Royal Wolv	1:30.68	430	43.26

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Jodie HAWKSWORTH	11/12/95	Cheadle	1:13.52	780	35.25
2.	Sophie TAYLOR	02/02/96	Harrogate	1:16.21	710	36.27
3.	Emily BATES	13/09/94	Co Salford	1:17.49	679	36.19
3.	Tamsin MCKINNON	27/01/96	Camden Swiss	1:17.49	679	35.52
5.	Jenny YOUNG	12/05/95	Nova Cent'n	1:18.00	667	36.73
6.	Sorcha SMITH	08/06/94	Co Milton K	1:18.30	661	35.74
7.	Sarah PROCTER	28/03/96	Hillingdon	1:18.72	651	37.62
8.	Rebecca DAVIS	17/03/95	Co Leeds	1:18.76	650	37.55
9.	Amy COLE	18/05/95	Exeter City	1:18.82	649	36.33
10.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	1:19.01	644	37.52
10.	Zara BAILEY	03/12/95	Co Peterboro	1:19.01	644	37.42
12.	Sarah TAYLOR-REID	13/06/95	Camden Swiss	1:19.67	630	37.24
13.	Megan BERRIDGE	26/01/96	Nova Cent'n	1:19.84	626	37.94
14.	Holly WYLIE	19/05/96	Greenw Bo Ma	1:20.06	621	37.81
15.	Fiona MCANDREW	02/02/96	Hillingdon	1:20.33	616	37.86
16.	Tabitha MONKHOUSE	16/10/95	Worcester	1:21.51	591	38.28
17.	Kate GARNETT	07/12/95	York City	1:22.06	580	38.76
18.	Anna EIVISON	21/09/94	Maxwell	1:24.36	535	39.00
19.	Caitlin HUMPAGE	07/04/96	Co Sheffield	1:25.39	516	40.76
20.	Nicola CHATBURN	17/01/96	Co Bradford	1:25.55	514	40.39
21.	Emily JONES	15/11/94	Co Leeds	1:25.66	512	41.24
22.	Emily VOSE	25/07/95	Co Leeds	1:25.87	508	40.79

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Francesca MARR	14/07/93	Hillingdon	1:13.32	785	34.54
2.	Lucy BUDIMIR	23/12/93	Harrogate	1:13.91	769	35.02
3.	Rebecca BARSBY	16/08/93	Nova Cent'n	1:14.16	763	35.12
4.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	1:14.96	742	35.19
5.	Elizabeth BECKETT	22/02/93	Swindon Dolp	1:15.83	720	35.32
6.	Emma WARRINGTON	06/05/93	Hoddesdon	1:17.00	691	35.56
7.	Sophie WILSON	08/08/93	Hillingdon	1:17.29	684	36.45
8.	Emma BIRD	25/01/91	Nova Cent'n	1:17.42	681	37.03
9.	Sian MORGAN	05/05/94	Co Bradford	1:17.53	678	36.79
10.	Lucy SPENCER	29/03/93	Co Sheffield	1:17.62	676	36.64
11.	Hannah WILSON	27/03/93	Co Milton K	1:18.60	654	36.16
12.	Fenella FOSKETT	11/06/92	Deben	1:20.32	616	37.89
13.	Rebecca RACKHAM	22/05/93	Walsall	1:20.57	611	37.55
14.	Georgia HOHMANN	17/03/94	Nova Cent'n	1:20.75	607	37.62
15.	Sasha WISDISH	07/01/94	Derventio	1:21.20	597	38.41
16.	Corinne JAMES	06/04/94	Maxwell	1:21.43	593	37.44
17.	Victoria ROBINSON	03/09/93	Royal Wolv	1:22.85	564	38.5

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 404 Boys Open 200m Breaststroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Matthew SMITH	02/08/98	Co Sheffield	3:08.64	343	42.14	1:30.20	2:19.34
2.	Dylan TOMKINSON	01/10/98	Leek	3:09.79	336	43.43	1:31.55	2:21.91
3.	Robert Edward DOS SANT	27/08/98	Camden Swiss	3:10.56	331	43.14	1:31.41	2:22.03
4.	Aaron COSTIGAN	20/03/99	Stourbridge	3:15.43	303	44.88	1:35.81	2:26.37
5.	Edward MARTIN	16/10/98	Walsall	3:15.49	303	44.99	1:35.39	2:26.16

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Daniel SPEERS	17/06/97	Bournem'th D	2:39.54	577	35.89	1:16.09	1:57.97
2.	Edward WALSH	16/09/97	Sevenside	2:55.14	436	41.06	1:26.91	2:12.38
3.	Cian SENIOR	02/02/98	Co Sheffield	2:56.42	426	41.22	1:25.44	2:10.65
4.	Jacob SEDDON	28/01/98	Co Leeds	2:57.70	417	40.28	1:26.30	2:12.80
5.	Thomas MCCALLUM	12/11/97	Stourbridge	3:03.78	374	42.41	1:29.52	2:18.01
6.	Joseph HULME	13/06/97	Leek	3:04.21	371	41.85	1:29.06	2:17.20
7.	Joel GODDARD-SMITH	04/11/97	Swim Gwynedd	3:07.47	350	43.63	1:31.83	2:20.79
8.	Calum MURRAY	05/06/97	Nova Cent'n	3:12.51	320	41.90	1:32.24	2:23.31
9.	Chris ARNOLD	01/02/98	Leic Peng	3:17.14	294	45.03	1:36.68	2:27.51
10.	Fraser SCOTT	01/04/98	BorRedbridge	3:20.95	275	45.75	1:37.42	2:29.75
	Mitchell PAGE	03/01/98	Walsall	DQ T-				

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Jack BURTON	07/07/96	Bournem'th D	2:35.86	616	35.44	1:16.48	1:56.80
2.	Alexander LENTHALL	07/07/96	Co Sheffield	2:52.36	458	38.73	1:22.64	2:07.22
3.	Benjamin CLEAVELEY	17/11/96	Satellite	2:53.01	453	39.28	1:23.34	2:08.35
4.	Elliott RANDALL	12/03/97	Exeter City	2:55.61	433	39.64	1:24.20	2:10.47
5.	Callum HILL	11/01/97	Co Sheffield	2:55.62	433	39.79	1:24.56	2:10.35
6.	James BOOKER	10/01/97	Walsall	2:59.45	404	39.93	1:26.46	2:13.04

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Daniel TIMMS	31/07/95	Nova Cent'n	2:34.63	630	35.29	1:14.41	1:54.99
2.	James TEAGLE	27/02/96	Loughborough	2:44.99	523	37.70	1:19.90	2:02.49
3.	Alex PEAKE	10/08/95	Camden Swiss	2:52.02	461	37.49	1:21.24	2:06.96

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Mitchell ADSHEAD	17/08/93	Chase	2:27.40	717	33.48	1:10.81	1:48.98
2.	Luke HOWDLE	08/09/94	Nova Cent'n	2:28.55	702	35.14	1:13.04	1:50.90
3.	Matthew JOHNSON	23/04/95	Co Sheffield	2:29.18	694	34.15	1:12.06	1:50.80
4.	Liam KNIGHT	31/08/94	Co Peterboro	2:29.70	688	32.58	1:10.46	1:49.78
5.	Daniel EVANS	29/07/93	Co Birm'ham	2:31.52	666	32.79	1:11.11	1:51.38
6.	Adam PEATY	28/12/94	Co Derby	2:31.78	663	33.72	1:14.31	1:55.42
7.	Liam SPRUCE	28/06/93	Exeter City	2:34.44	632	34.76	1:14.35	1:54.55
8.	James CLARK	23/02/95	Swindon Dolp	2:35.51	620	34.48	1:14.24	1:55.12
9.	David MAXWELL	26/10/93	Co Birm'ham	2:35.93	615	34.96	1:14.61	1:55.56
10.	Scott BROADIS	18/02/95	Camden Swiss	2:37.75	595	35.27	1:16.00	1:57.29
11.	Thomas STOKES	23/06/93	Co Peterboro	2:40.13	571	34.96	1:15.36	1:57.60
12.	Charlie HAYES	15/01/94	Thurrock	2:40.89	563	36.56	1:17.10	1:58.83
13.	Charlie DENTITH	23/02/95	BorRedbridge	2:42.39	548	35.40	1:16.39	1:58.97
14.	Thomas CLARKE	31/12/94	Mold	2:44.66	526	36.44	1:19.24	2:02.52
15.	James ROBINSON	04/01/95	Royal Wolv	2:45.14	522	34.70	1:15.37	1:59.29
16.	Sean WESTERMAN	04/03/94	Lincoln Vulc	2:45.28	520	36.46	1:18.41	2:01.46
17.	Thomas KAYE	01/10/94	Maxwell	2:46.15	512	37.08	1:18.63	2:01.49
18.	Rupert MONKHOUSE	07/10/93	Worcester	2:46.77	507	35.82	1:18.11	2:01.47
19.	Peter FAWCETT	16/01/95	Co Leeds	2:54.08	445	38.55	1:22.12	2:09.09

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Richard SPOOR	16/09/92	Co Birm'ham	2:25.23	745	32.58	1:09.94	1:47.57
2.	Luke SPAIN	01/06/92	Hillingdon	2:29.90	685	33.61	1:12.16	1:51.45
3.	Jordan NAYLOR	09/08/87	Co Salford	2:31.20	670	33.07	1:11.56	1:50.80
4.	Samuel VAN DE SCHOOTBR	22/03/93	Nova Cent'n	2:33.55	642	35.02	1:14.26	1:54.20
5.	Scott DENHAM	11/06/88	Bournem'th D	2:34.04	636	34.12	1:14.23	1:53.93
6.	Jack JOHNSON	28/01/91	Bournem'th D	2:35.38	621	33.42	1:12.66	1:54.06
7.	Ashley BINNS	14/05/93	Co Peterboro	2:35.73	617	33.85	1:12.77	1:53.60
8.	Darren BARBER	18/07/86	Daventry	2:36.25	612	33.41	1:12.58	1:53.48
9.	Ryan MORRIS	24/03/92	Co Coventry	2:38.26	590	34.28	1:13.74	1:55.34
10.	Jack HARRISON	25/08/92	KingstonHull	2:38.86	584	35.41	1:16.06	1:57.59
11.	Matthew NAUNTON	20/12/91	Deben	2:40.93	563	33.69	1:13.30	1:55.26
12.	Matthew HOLROYD	10/09/92	Bo Barnsley	2:46.74	507	34.90	1:15.57	2:00.37

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 405 Girls Open 200m Backstroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Holly SHEPHERD	21/12/98	Leek	2:41.70	532	37.97	1:19.49	2:01.33
2.	Emily LONGSTONE	05/09/98	Co Sheffield	2:44.45	506	38.20	1:20.26	2:03.16
3.	Abbie HAWKINS	07/09/98	Swindon Dolp	2:52.86	434	39.71	1:23.83	2:09.20
4.	Francesca DANIELS	10/12/98	Worcester	2:53.75	427	41.24	1:25.19	2:10.04
5.	Lucia WOOD-BONELLI	04/08/98	Co Sheffield	2:56.05	410	41.62	1:26.66	2:11.95
6.	Zara BAILEY	09/03/99	Cheadle	3:01.37	372	42.58	1:29.93	2:16.48

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Chloe JOHNSON	07/06/97	Cheadle	2:29.81	660	34.18	1:11.96	1:51.08
2.	Olivia WILLIS	28/08/97	Camden Swiss	2:36.09	589	36.25	1:16.33	1:56.28
3.	Katarina BLANCO	13/06/97	Bo Southend	2:37.95	569	36.12	1:16.45	1:57.33
4.	Neema NYAULINGO	15/08/97	Greenw Bo Ma	2:41.42	535	37.67	1:18.98	2:00.41
5.	Emily BENNETT	23/07/97	Stourbridge	2:42.23	527	38.61	1:19.61	2:01.36
6.	Leah MOSS	11/10/97	Co Sheffield	2:44.61	505	39.60	1:20.94	-
7.	Grace WINGROVE	11/09/97	BorRedbridge	2:45.53	496	39.17	1:21.79	2:04.23
8.	Kay-Leigh BOOT	30/09/97	Co Sheffield	2:47.45	479	39.78	1:22.78	2:05.30
9.	Holly BURGIN	21/09/97	Co Sheffield	2:49.29	463	39.85	1:22.62	2:06.38
10.	Kay BENNETT	23/07/97	Stourbridge	2:52.61	436	41.56	1:25.37	2:09.70
11.	Sophie GROVES	21/05/98	Worcester	2:53.38	430	39.13	1:23.59	2:09.85
12.	Claire GOLIGHTLY	13/12/97	BorRedbridge	2:54.05	425	41.06	1:25.54	2:10.33
13.	Hannah BRIGHAM	13/09/97	Co Peterboro	2:58.30	394	41.34	1:26.59	2:12.53

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Hannah MEEK	10/10/96	Nova Cent'n	2:26.29	704	35.47	1:12.72	1:49.76
2.	Molly GRAYSON	15/06/96	Co Sheffield	2:27.60	687	35.44	1:13.06	1:50.64
3.	Natasha SINHA	10/01/97	Greenw Bo Ma	2:30.18	656	35.15	1:13.25	1:52.15
4.	Molly NORMAN	04/07/96	Co Peterboro	2:32.22	632	35.56	1:13.56	1:53.03
5.	Kerris PALMER	15/10/96	Nova Cent'n	2:33.05	622	35.89	1:14.70	1:54.28
6.	Emily SHONE	23/07/96	Rotherham Mo	2:33.20	621	36.72	1:15.75	1:54.08
7.	Natalie DINGLEY	04/04/97	Stourbridge	2:35.09	600	36.23	1:15.76	1:55.75
8.	Abby WALTON	13/06/96	Nova Cent'n	2:35.21	598	37.72	1:16.58	1:56.03
9.	Alice O'TOOLE	18/06/96	Worcester	2:35.23	598	35.74	1:16.02	1:56.65
10.	Lucy CORDEN	15/07/96	Co Birm'ham	2:35.50	595	36.71	1:16.35	1:56.90
11.	Kate WILSON	26/06/96	Hillingdon	2:35.53	595	35.36	1:14.37	1:55.07
12.	Sally JENKINSON	03/11/96	Warrington W	2:36.22	588	36.40	1:15.83	1:56.19
13.	Freya MITCHELL	20/01/97	Co Sheffield	2:36.96	580	37.08	1:17.00	1:57.48
14.	Alison HAWORTH	29/04/97	Lincoln Vulc	2:39.23	556	36.45	1:16.22	1:57.88
15.	Jennifer KNOWLES	14/12/96	Co Sheffield	2:39.93	549	37.30	1:17.78	1:59.01
16.	Christie GHENT	12/08/96	Chase	2:40.68	542	37.03	1:17.75	2:00.01
17.	Laura POWELL	27/05/97	Royal Wolv	2:41.29	536	39.57	1:20.30	2:01.25
18.	Cara LEE	01/06/96	Worcester	2:44.11	509	37.29	1:18.82	2:02.04
19.	Nicola FARRELL	04/02/97	Oldham Aqua	2:48.76	468	39.19	1:22.47	2:05.96

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Rebecca COLE	02/09/94	Co Birm'ham	2:20.11	787	32.24	1:07.52	1:44.16
2.	Natasha HOFTON	17/06/95	Nova Cent'n	2:20.42	783	32.45	1:08.30	1:44.67
3.	Mollie TEMPLE	07/11/94	Lincoln Vulc	2:23.58	739	34.38	1:10.65	1:47.50
4.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	2:25.99	707	34.36	1:11.35	1:48.72
5.	Olivia PHOENIX	09/03/96	Wrekin Coll	2:28.05	682	34.81	1:12.73	1:51.11
6.	Rosie HUGHES	17/01/95	Camden Swiss	2:28.37	678	33.50	1:11.61	1:50.96
7.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	2:28.86	672	34.98	1:12.59	1:50.62
8.	Georgina TOVELL-COLEMA	06/12/95	Derventio	2:29.07	669	36.07	1:14.12	1:52.08
9.	Rebecca MARSHALL	19/04/95	Co Milton K	2:30.23	655	34.08	-	1:51.54
10.	Poppy RUDIN	26/05/96	Nova Cent'n	2:30.24	655	36.79	1:15.36	1:53.17
11.	Hannah ARMSTRONG	01/09/94	Co Salford	2:30.33	654	34.57	1:12.53	1:52.07
12.	Holly WYLIE	19/05/96	Greenw Bo Ma	2:30.68	650	35.28	1:13.21	1:52.06
13.	Elizabeth NEALE	27/01/96	Basingstoke	2:30.89	647	34.51	1:12.68	1:52.90
14.	Sophie RITTENHOUSE	13/01/95	Camden Swiss	2:31.62	639	35.34	1:12.86	1:52.42
15.	Grace LEE	13/04/95	Bishop Stort	2:32.09	633	34.86	1:13.79	1:53.41
16.	Lauren FREEMAN	06/11/94	Lincoln Vulc	2:33.08	622	36.22	1:15.15	1:54.92
17.	Jenny YOUNG	12/05/95	Nova Cent'n	2:34.82	603	36.82	1:15.95	1:55.21
18.	Gemma WILSON	14/08/94	Basingstoke	2:35.29	598	36.50	1:15.52	1:55.36
19.	Rachel HEESOM	13/11/95	Warrington W	2:35.92	591	36.61	1:16.09	1:56.06
20.	Cristina MATHESON	02/02/96	Maxwell	2:36.13	589	36.92	1:16.11	1:56.66
21.	Emily JONES	15/11/94	Co Leeds	2:36.63	583	37.59	1:17.54	1:57.69
22.	Ellen WILLIAMS	22/04/95	Co Peterboro	2:38.55	563	37.60	1:16.88	1:57.96
23.	Shannon HARTLEY-CAIN	27/10/95	Wrekin Coll	2:41.28	536	38.12	1:18.90	2:00.22
24.	Caitlin CLARK	07/05/95	Worcester	2:43.14	518	37.17	1:18.05	2:00.87
25.	Abigail CARNE	20/05/96	Plymouth Lea	2:48.91	467	34.08	1:11.26	2:02.83
	Brindley TURNER	04/08/95	Bo Barnsley	DQ ST-				

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Georgia HOHMANN	17/03/94	Nova Cent'n	2:15.64	854	32.48	1:06.63	1:41.11
2.	Holly LYNCH	05/10/92	Co Birm'ham	2:20.90	776	33.17	1:08.67	1:45.00
3.	Jessica TAYLOR	10/05/94	Co Sheffield	2:27.10	693	34.66	1:11.57	1:49.33
4.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	2:27.76	685	35.24	1:12.23	1:50.65
5.	Lauren OTTAWAY	21/03/94	Co Milton K	2:27.92	683	33.93	1:10.97	1:49.25
6.	Rebecca TURNER	01/08/92	Co Sheffield	2:29.32	666	35.02	1:13.67	1:52.32
7.	Jessica HOBBS	07/02/94	Camden Swiss	2:29.34	666	35.17	1:13.07	1:51.62
8.	Carolyn ASTBURY	29/06/92	Watford	2:29.68	662	34.64	1:12.13	1:50.98
9.	Constance FEARNLEY	17/02/94	Exeter City	2:29.85	660	34.05	1:12.00	1:51.18
10.	LAURA WHITAKER	22/10/91	Co Sheffield	2:30.89	647	35.62	1:13.57	1:52.85
11.	Rachael KELLY	24/01/94	Royal Wolv	2:31.34	642	35.27	1:13.64	1:53.12
12.	Sally WHYBRA	08/02/94	Exeter City	2:32.94	624	35.41	1:14.26	1:53.62
13.	Emma BIRD	25/01/91	Nova Cent'n	2:35.04	600	37.37	1:16.39	1:55.97
14.	Sally CHUI	08/09/93	Basingstoke	2:37.54	574	35.79	1:15.41	1:56.97
15.	Amy STEWART	21/12/93	Watford	2:39.46	554	37.19	1:17.50	1:58.67

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 406 Boys Open 100m Backstroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Oliver HOUGHTON	24/07/98	Warrington W	1:13.15	417	35.48
2.	Lewis ILLSLEY	06/03/99	Nova Cent'n	1:16.93	354	37.41
3.	Samuel BUDD	31/08/98	Co Sheffield	1:17.56	344	37.96
4.	Andrew WICKS	09/04/99	Leic Peng	1:18.02	337	38.23
5.	Harrison YARNOLD	09/09/98	Exeter City	1:19.94	310	38.73
6.	Robert Edward DOS SANT	27/08/98	Camden Swiss	1:20.29	306	38.93
7.	Aaron COSTIGAN	20/03/99	Stourbridge	1:24.37	256	41.30
	George COOPER	15/02/99	Co Leicester	DNC		

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Cole CHARNOCK	14/02/98	Co Liverpool	1:12.25	434	35.54
2.	Jack WESTON	25/09/97	Worcester	1:13.97	402	35.54
3.	Matthew EVANS	03/09/97	Chase	1:14.70	390	36.44
4.	Calum MURRAY	05/06/97	Nova Cent'n	1:15.55	376	37.37
5.	Mitchell PAGE	03/01/98	Walsall	1:17.35	347	37.68
6.	Edward WALSH	16/09/97	Sevenside	1:18.79	326	38.62
7.	Mats CRISP	28/03/98	Harrogate	1:19.05	323	37.99
8.	Daniel POWELL	21/10/97	Co Peterboro	1:19.19	321	38.64
9.	James SLADE	02/12/97	Camden Swiss	1:19.26	320	37.67
10.	Tom MITCHELL	23/01/98	Co Peterboro	1:20.67	301	39.75
11.	Adam HORTON	27/07/97	Stourbridge	1:21.76	287	39.52
12.	Joel GODDARD-SMITH	04/11/97	Swim Gwynedd	1:22.49	278	40.13

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Archie MITCHELL	17/08/96	Beckenham	1:07.55	532	32.55
2.	Adam-James LAMB	05/11/96	Chase	1:08.06	520	32.82
3.	Ellis KUBE	14/03/97	Leic Peng	1:08.43	512	33.48
4.	Benjamin CLEAVELEY	17/11/96	Satellite	1:08.76	505	33.86
5.	Michael ADAIR	20/10/96	Worcester	1:08.89	502	33.46
6.	Fabio LAREDO	11/06/96	Co Leeds	1:09.57	487	34.24
7.	Harry HATHAWAY	11/02/97	Leic Peng	1:15.58	375	36.86
8.	Cade GILLINGHAM	06/12/96	Sevenside	1:16.89	354	36.99
9.	Robert Matthew AINLEY	31/01/97	BelperMarlin	1:17.47	346	36.40
10.	Benjamin COLCLOUGH	12/01/97	Chase	1:20.66	301	39.31
	George GARSIDE	12/11/96	Co Sheffield	DNC		
	Derry FORAN	19/09/96	Leic Peng	DNC		

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Joshua PANKHURST	10/01/96	East Grins'd	1:04.13	617	31.60
2.	Joshua BOOTH	17/12/95	Millfield	1:04.27	613	31.71
3.	Kieran SMITH	20/06/95	Royal Wolv	1:05.04	593	31.61
4.	Mathew SAMBROOK	12/03/96	Swindon Dolp	1:07.68	529	33.25
5.	William RITTENHOUSE	11/05/96	Camden Swiss	1:08.95	500	33.42
6.	Lawrence BROWN	12/01/96	BorRedbridge	1:09.15	496	34.01
7.	Joseph STAMP	18/07/95	BorRedbridge	1:09.45	490	33.21
8.	Taylor WHITCHURCH	21/01/96	Royal Wolv	1:09.85	481	34.15
9.	Matthew BRIGHAM	11/01/96	Co Peterboro	1:09.94	479	33.85
10.	Jordan FOSTER	02/07/95	Harrogate	1:11.68	444	34.81
11.	Alex PEAKE	10/08/95	Camden Swiss	1:13.20	416	36.22



**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Liam KNIGHT	31/08/94	Co Peterboro	1:00.54	721	29.67
2.	Scott ALLIN	15/07/93	Wyre Forest	1:01.19	701	29.62
3.	Oliver RICHMOND	16/12/94	Lincoln Vulc	1:01.64	688	30.13
4.	Liam HERBERT	06/11/93	Swindon Dolp	1:01.92	679	30.34
5.	Matthew MASTERS	31/10/94	Co Milton K	1:02.74	655	30.34
6.	Richard JEFFERIES	13/04/95	Co Cambridge	1:02.89	651	30.34
7.	Sebastian SMITH	27/09/94	Nova Cent'n	1:03.28	640	30.86
8.	Samuel RAINTON	28/11/93	York City	1:03.45	636	31.23
9.	David MAXWELL	26/10/93	Co Birm'ham	1:03.52	634	31.19
10.	Adam SILVESTER	14/04/95	Chase	1:03.66	630	30.98
11.	Matthew WATKINSON	06/03/95	Nova Cent'n	1:03.75	627	31.70
12.	Alexander DELICATA	16/02/94	Thurrock	1:03.76	627	31.14
13.	Ensger KOTTERINK	18/02/94	Camden Swiss	1:03.77	627	31.41
14.	Samuel O'DONOHUE	09/10/94	Co Bradford	1:04.06	619	31.08
15.	Gabriel DADA	04/05/94	Beckenham	1:04.20	615	31.23
16.	Ryan ROGERS	06/02/95	Exeter City	1:04.22	615	30.97
17.	Jack SPENCE	01/12/94	Watford	1:04.35	611	31.56
18.	Daniel WASS	25/08/94	Warrington W	1:04.58	605	32.06
19.	Joshua SULLIVAN	10/06/94	Daventry	1:04.96	595	31.66
20.	Oliver BARKER	07/07/94	Bishop Stort	1:05.73	576	31.07
21.	Ben WOOD	14/09/94	Chase	1:05.84	573	32.20
22.	Matthew RIDER	27/01/94	Harrogate	1:05.85	573	31.42
23.	Nicholas ILSLEY	25/11/94	Co Peterboro	1:05.92	571	32.24
24.	Daniel MCAULIFFE	26/02/94	Hatfield	1:06.38	560	32.16
25.	Adam WOOD	16/02/95	Hillingdon	1:06.44	558	32.41
26.	Christopher WINSTONE	23/03/94	Co Salford	1:06.63	554	32.28
27.	Alex WATSON	28/05/95	Co Sheffield	1:06.86	548	32.58
28.	Benjamin FLAHERTY	21/09/94	Co Milton K	1:07.41	535	33.53
29.	Jack WRIGHT	23/05/95	Lincoln Vulc	1:07.61	530	32.97
30.	Daniel ADAIR	22/05/95	Worcester	1:08.14	518	33.38
31.	Adam FROST	02/04/95	Satellite	1:08.30	515	33.77
32.	Aaron LEE	07/02/95	Maxwell	1:08.47	511	33.29
33.	Samuel TAYLOR	30/06/94	Basingstoke	1:08.48	511	32.84
34.	James ROBINSON	04/01/95	Royal Wolv	1:09.04	498	33.13
35.	Jake LLOYD	17/03/95	Bishop Stort	1:09.44	490	33.79
36.	Philip HEWITT	24/07/94	Co Birm'ham	1:10.55	467	33.51
37.	Thomas KAYE	01/10/94	Maxwell	1:10.86	461	33.86
38.	William REA	07/12/94	Maxwell	1:11.01	458	33.90
	Joseph CHOONG	23/05/95	Sevenoaks	DNC		
	Ellis JEFFREY	25/10/94	Co Leicester	DNC		

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Dan RUCKWOOD	26/11/92	Co Birm'ham	59.59	752	29.45
2.	Ben WATSON	28/02/93	Co Cant'bury	1:02.25	670	29.86
3.	Oliver BREWER	12/01/92	Maxwell	1:03.03	647	30.84
4.	Conor HARROLD	20/03/93	Thurrock	1:03.35	638	31.08
5.	Tom RANDALL	24/10/92	Hillingdon	1:03.61	631	31.47
6.	Daniel MCLEAN	26/01/93	Rotherham Mo	1:03.84	625	30.66
7.	Kurtis SANDLAN	28/11/92	Co Salford	1:04.04	619	31.02
8.	Dale WATERHOUSE	06/09/91	Rotherham Mo	1:04.08	618	31.83
9.	George MORREAL	14/06/92	Oldham Aqua	1:04.43	609	30.92
10.	Matthew HOLROYD	10/09/92	Bo Barnsley	1:05.03	593	31.18
11.	James CRISP	11/10/82	Co Sheffield	1:05.46	582	31.60
12.	Bradley SWAINSTON	12/11/90	York City	1:10.21	474	28.96
13.	Dane HARROP	14/11/78	Southern lom	1:13.68	407	30.33
	Matthew SMITHURST	28/11/92	Derventio	DNC		
	Mark TOOTILL	24/01/93	Preston	DNC		
	Luke WOOD	19/03/91	Co Salford	DNC		
	Dean SMITH	17/05/91	BorRedbridge	DNC		
	Nathan OXFORD	25/05/83	Coalville	DQ S-		

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 501 Boys 15 Yrs/Over 800m Freestyle**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Matthew JOHNSON	23/04/95	Co Sheffield	8:20.98	839
	100m 58.73	200m 2:01.31	300m 3:04.75	400m 4:08.19500m	5:11.40600m 6:15.68700m 7:20.40800m 8:20.98
2.	Benjamin FLAHERTY	21/09/94	Co Milton K	8:44.64	746
	100m 1:01.43	200m 2:06.99	300m 3:13.30	400m 4:19.89500m	5:26.40600m 6:32.97700m 7:39.60800m 8:44.64
3.	Alexander DELICATA	16/02/94	Thurrock	8:50.20	726
	100m 1:02.27	200m 2:09.37	300m 3:16.24	400m 4:23.02500m	5:30.37600m 6:37.42700m 7:44.96800m 8:50.20
4.	Ciaran ANDREWS	25/05/95	Mold	8:56.53	704
	100m 1:02.46	200m 2:10.02	300m 3:18.41	400m 4:27.26500m	5:35.78600m 6:44.18700m 7:51.24800m 8:56.53
5.	Charlie DENTITH	23/02/95	BorRedbridge	8:56.55	704
	100m 59.48	200m 2:04.55	300m 3:10.91	400m 4:18.77500m	5:27.97600m 6:37.75700m 7:47.94800m 8:56.55
6.	Freddie LITTLE	06/01/94	Northampton	8:57.36	701
	100m -	200m -	300m -	400m -	500m - 600m - 700m - 800m 8:57.36
7.	Adam HAYNES	21/02/94	Stockport Mo	9:04.15	678
	100m -	200m -	300m -	400m -	500m - 600m - 700m - 800m 9:04.15
8.	Mark HUGGINS	26/11/94	Co Sheffield	9:09.30	661
	100m -	200m -	300m -	400m -	500m - 600m - 700m - 800m 9:09.30
9.	Elliot TROFIMOWICZ	18/05/95	Donc Dartes	9:22.13	620
	100m -	200m -	300m -	400m -	500m - 600m - 700m - 800m 9:22.13
10.	Xander O'NEILL	09/03/95	Stockport Mo	9:26.50	607
	100m -	200m -	300m -	400m -	500m - 600m - 700m - 800m 9:26.50

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Daniel MILLS	15/01/91	Nova Cent'n	8:19.73	844
	100m 59.82	200m 2:02.46	300m 3:05.80	400m 4:08.98500m	5:12.27600m 6:15.85700m 7:19.18800m 8:19.73
2.	Thomas SUNTER	29/07/92	Co Sheffield	8:35.53	781
	100m 1:00.19	200m 2:04.13	300m 3:09.25	400m 4:14.44500m	5:19.86600m 6:25.25700m 7:30.83800m 8:35.53
3.	Matthew TUFF	14/09/91	Hillingdon	9:03.65	679
	100m 1:03.49	200m 2:11.23	300m 3:20.18	400m 4:29.34500m	5:38.76600m 6:48.29700m 7:57.18800m 9:03.65
4.	Joel SANDS	14/11/92	Camden Swiss	9:05.15	674
	100m 1:03.85	200m 2:12.45	300m 3:21.43	400m 4:30.18500m	5:38.96600m 6:47.87700m 7:57.33800m 9:05.15
5.	Alex CARR	27/05/91	Hillingdon	9:05.66	673
	100m 1:03.46	200m 2:11.25	300m 3:20.28	400m 4:29.17500m	5:38.86600m 6:48.82700m 7:58.58800m 9:05.66

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 502 Girls 14 Yrs/Over 800m Freestyle**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Rachael WILLIAMSON	18/02/95	KingstonHull	8:58.35	833
	100m 1:03.66	200m 2:11.17	300m 3:19.02	400m 4:27.10500m	5:35.31600m 6:44.11700m 7:52.07800m 8:58.35
2.	Gabrielle HIGNETT	23/05/95	Co Sheffield	9:12.52	780
	100m 1:05.58	200m 2:14.48	300m 3:23.13	400m 4:32.63500m	5:42.80600m 6:52.58700m 8:03.45800m 9:12.52
3.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	9:20.72	751
	100m 1:04.87	200m 2:14.02	300m 3:23.89	400m 4:33.68500m	5:44.52600m 6:56.47700m 8:08.32800m 9:20.72
4.	Francesca HAY	29/01/96	Nova Cent'n	9:23.15	743
	100m 1:06.39	200m 3:27.14	300m 4:38.72	400m 5:50.50500m	7:01.63600m 8:12.94700m -800m 9:23.15
5.	Joanne LONGLAND	21/06/94	Co Peterboro	9:30.87	717
	100m 1:07.27	200m 2:18.33	300m 3:30.24	400m 4:43.12500m	5:55.58600m 7:09.16700m 8:22.01800m 9:30.87
6.	Katie BENNETT	18/08/95	Satellite	9:32.65	711
	100m 1:06.73	200m 2:18.27	300m 3:30.27	400m 4:42.72500m	5:55.43600m 7:08.42700m 8:21.34800m 9:32.65
7.	Poppy INGLESON	18/08/95	UEA Norwich	9:32.85	710
	100m 1:07.65	200m 2:19.17	300m 3:30.53	400m 4:42.25500m	5:55.17600m 7:08.26700m 8:21.29800m 9:32.85
8.	Sophie LONG	09/09/95	Royal Wolv	9:33.45	708
	100m 1:08.62	200m 2:22.01	300m 3:34.26	400m 4:47.32500m	5:58.72600m 7:10.56700m 8:22.45800m 9:33.45
9.	Faye HENESY	29/06/95	Nova Cent'n	9:34.47	705
	100m 1:06.34	200m 2:16.67	300m 3:28.01	400m 4:39.99500m	5:52.59600m 7:05.73700m 8:20.32800m 9:34.47
10.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	9:35.81	700
	100m 1:06.55	200m 2:18.47	300m 3:30.63	400m 4:43.52500m	5:57.51600m 7:11.82700m 8:25.15800m 9:35.81
11.	Emily JONES	15/11/94	Co Leeds	9:39.23	689
	100m 1:07.25	200m 2:19.18	300m 3:32.34	400m 4:45.52500m	5:59.05600m 7:13.60700m 8:27.85800m 9:39.23
12.	Tess CARTER	18/10/95	Bourmem'th D	9:39.40	689
	100m 1:09.12	200m 2:22.37	300m 3:35.16	400m 4:48.50500m	6:01.89600m 7:15.74700m 8:28.71800m 9:39.40
13.	Jennifer TODD	02/09/94	Co Coventry	9:41.29	683
	100m 1:07.99	200m 2:20.67	300m 3:34.01	400m 4:47.19500m	6:00.72600m 7:14.26700m 8:28.61800m 9:41.29
14.	Ellen WILLIAMS	22/04/95	Co Peterboro	9:42.01	681
	100m 1:07.60	200m 2:20.77	300m 3:33.73	400m 4:47.16500m	6:00.93600m 7:14.93700m 8:29.56800m 9:42.01
15.	Emma JOYCE	03/02/95	Co Milton K	9:43.43	676
	100m 1:06.94	200m 2:19.56	300m 3:33.07	400m 4:46.79500m	6:00.95600m 7:15.53700m 8:29.97800m 9:43.43
16.	Chloe WILLIAMS	22/10/94	Royal Wolv	9:47.62	663
	100m 1:09.01	200m 2:21.69	300m 3:34.95	400m 4:49.23500m	6:03.82600m 7:18.72700m 8:33.78800m 9:47.62
17.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	9:49.64	657
	100m 1:09.21	200m 2:22.10	300m 3:34.85	400m 4:48.72500m	6:03.78600m 7:18.73700m 8:34.59800m 9:49.64
18.	Rosie WATSON	14/06/94	Derventio	9:49.70	657
	100m 1:09.69	200m 2:23.20	300m 3:36.72	400m 4:50.53500m	6:04.79600m 7:20.25700m 8:35.84800m 9:49.70
19.	Holly WYLIE	19/05/96	Greenw Bo Ma	9:49.73	657
	100m 1:07.41	200m 2:20.46	300m 3:34.97	400m 4:50.68500m	6:06.20600m 7:21.81700m 8:36.85800m 9:49.73
20.	Jaycee SIBLEY	17/11/95	Hillingdon	9:51.07	653
	100m 1:10.07	200m 2:25.17	300m 3:39.78	400m 4:54.42500m	6:09.11600m 7:23.45700m 8:38.08800m 9:51.07
21.	Gemma WILSON	14/08/94	Basingstoke	9:55.03	641
	100m 1:08.82	200m 2:21.82	300m 3:35.59	400m 4:50.80500m	6:07.31600m 7:24.34700m 8:40.86800m 9:55.03
22.	Lauren TOMS	05/10/94	Co Manch Aq	9:57.81	633
	100m 1:07.34	200m 2:21.56	300m 3:37.48	400m 4:53.44500m	6:09.61600m 7:25.58700m 8:42.59800m 9:57.81
23.	Clara AHMED	04/01/96	Camden Swiss	9:58.83	630
	100m 1:10.28	200m 2:25.05	300m 3:40.61	400m 4:56.78500m	6:13.31600m 7:29.93700m 8:45.64800m 9:58.83
24.	Rebecca DAVIS	17/03/95	Co Leeds	10:04.08	615
	100m 1:08.50	200m 2:23.12	300m 3:38.97	400m 4:56.07500m	6:14.26600m 7:32.04700m 8:48.95800m 10:04.08
25.	Charlotte JACKSON	16/10/95	Hillingdon	10:06.07	609
	100m 1:11.57	200m 2:27.76	300m 3:44.02	400m 5:00.38500m	6:17.15600m 7:34.23700m 8:51.65800m 10:06.07
26.	Regan JORDAN	28/05/96	Nova Cent'n	10:06.12	609
	100m 1:10.00	200m 2:25.83	300m 3:42.80	400m 4:59.56500m	6:16.97600m 7:34.05700m 8:51.10800m 10:06.12
27.	Nicola CHATBURN	17/01/96	Co Bradford	10:27.49	552
	100m 1:12.49	200m 2:31.10	300m 3:51.30	400m 5:09.75500m	6:30.48600m 7:50.55700m 9:10.25800m 10:27.49

**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 502 Girls 14 Yrs/Over 800m Freestyle**

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Aynsley HESELTINE	10/03/92	Co Sheffield	8:55.60	843
	100m 1:03.49	200m 2:10.81	300m 3:18.16	400m 4:25.57500m	5:33.21600m 6:40.83700m 7:48.66800m 8:55.60
2.	Ann MORRIS	30/07/93	Nova Cent'n	8:57.84	835
	100m 1:03.83	200m 2:11.14	300m 3:18.50	400m 4:26.17500m	5:33.94600m 6:42.05700m 7:50.45800m 8:57.84
3.	Alice MCCALL	11/07/91	Wigan BEST	9:00.81	823
	100m 1:04.18	200m 2:12.21	300m 3:20.57	400m 4:28.95500m	5:37.14600m 6:45.33700m 7:53.43800m 9:00.81
4.	Sian MORGAN	05/05/94	Co Bradford	9:05.70	805
	100m 1:03.91	200m 2:11.96	300m 3:20.47	400m 4:29.83500m	5:39.07600m 7:58.25700m -800m 9:05.70
5.	Lucy CHARLES	15/09/93	Hoddesdon	9:16.87	764
	100m 1:03.76	200m 2:13.07	300m 3:23.70	400m 4:35.10500m	5:46.72600m 6:58.24700m 8:08.95800m 9:16.87
6.	Kimberley BELL	10/06/91	Loughboro Un	9:17.42	762
	100m 1:04.23	200m 2:13.92	300m 3:24.62	400m 4:35.13500m	5:45.60600m 6:57.14700m 8:08.46800m 9:17.42
7.	Emily FISHER	15/09/93	Co Leeds	9:22.61	744
	100m 1:06.05	200m 2:16.90	300m 3:27.76	400m 4:39.07500m	5:50.53600m 7:01.85700m 8:13.56800m 9:22.61
8.	Helen MCROBERTS	12/02/91	Co Sheffield	9:25.48	735
	100m 1:05.49	200m 2:16.02	300m 3:27.14	400m 4:38.30500m	5:49.82600m 7:02.08700m 8:14.41800m 9:25.48
9.	Emma RATE	21/04/94	Stockport Mo	9:37.23	696
	100m 1:08.44	200m 2:19.89	300m 3:31.86	400m 4:44.63500m	5:58.09600m 7:11.85700m 8:25.29800m 9:37.23
10.	Alice COUSINS	07/12/93	Co Birm'ham	9:38.94	690
	100m 1:06.57	200m 2:18.18	300m 3:30.98	400m 4:44.82500m	5:59.24600m 7:13.22700m 8:26.77800m 9:38.94
11.	Rebecca BARSBY	16/08/93	Nova Cent'n	9:39.45	689
	100m 1:08.15	200m 2:20.20	300m 3:33.06	400m 4:46.68500m	5:59.89600m 7:13.41700m 8:26.83800m 9:39.45
12.	Louise GATES	24/12/92	Thanet Swim	9:43.42	676
	100m 1:08.63	200m 2:21.84	300m 3:36.10	400m 4:49.89500m	6:04.05600m 7:17.90700m 8:32.78800m 9:43.42
13.	Jenny FOWLER	12/04/94	Co Birm'ham	9:44.58	673
	100m 1:07.89	200m 2:20.90	300m 3:34.12	400m 4:47.29500m	6:00.93600m 7:15.53700m 8:30.11800m 9:44.58
14.	Kerriann CHIPPERFIELD	11/09/93	Thurrock	9:52.61	648
	100m 1:05.60	200m 2:16.50	300m 3:29.30	400m 4:41.86500m	6:02.98600m 7:20.29700m 8:36.88800m 9:52.61
15.	Ailish WILLIAMS	29/04/92	Exeter City	9:53.28	646
	100m 1:07.61	200m 2:22.30	300m 3:36.91	400m 4:52.25500m	6:07.84600m 7:23.90700m 8:39.33800m 9:53.28
16.	Rachael KELLY	24/01/94	Royal Wolv	9:54.36	643
	100m 1:08.05	200m 2:22.01	300m 3:36.14	400m 4:51.37500m	6:07.85600m 7:24.69700m 8:40.87800m 9:54.36

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 601 Girls Open 200m IM**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Holly SHEPHERD	21/12/98	Leek	2:44.25	544	36.11	1:17.40	2:05.75
2.	Freya BECK	18/09/98	York City	2:44.72	540	37.96	1:18.53	2:07.22
3.	Tara HAWORTH	12/04/99	Lincoln Vulc	2:50.67	486	36.32	1:20.00	2:12.81
4.	Amy TRESLOVE	07/08/98	Co Sheffield	2:52.05	474	35.91	1:20.44	2:15.22
5.	Catherine ROSS	19/02/99	Warrington W	2:58.33	424	39.76	1:26.85	2:18.09
6.	Orla DYER	30/04/99	Co Sheffield	2:59.03	419	38.62	1:24.36	2:18.71
7.	Ciara PURCELL	01/07/98	BorRedbridge	3:00.68	407	43.64	1:33.34	2:21.64
8.	Abbie HAWKINS	07/09/98	Swindon Dolp	3:01.07	404	38.40	1:21.21	2:19.44

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Olivia KELSEY	08/07/97	Lincoln Vulc	2:36.12	629	33.32	1:12.80	1:59.19
2.	Olivia WILLIS	28/08/97	Camden Swiss	2:37.84	610	34.35	1:14.26	2:01.22
3.	Chloe JOHNSON	07/06/97	Cheadle	2:38.28	605	32.76	1:12.57	2:01.74
4.	Katarina BLANCO	13/06/97	Bo Southend	2:38.38	604	33.62	1:14.53	2:01.96
5.	Danielle BINKS	30/08/97	Nova Cent'n	2:38.41	604	34.85	1:17.29	2:00.68
6.	Ellen SUDES	16/10/97	York City	2:39.65	591	35.37	1:19.64	2:03.47
7.	Annie WOOD	10/08/97	Co Sheffield	2:40.19	585	36.41	1:19.27	2:03.90
8.	Ashleigh WRENCH	27/07/97	Warrington W	2:41.17	575	34.44	1:16.65	2:02.96
9.	Bethany YOUNG	30/11/97	Warrington W	2:42.80	558	33.69	1:16.88	2:06.26
10.	Antonia HESELTINE	18/09/97	Co Sheffield	2:43.22	554	34.98	1:16.69	2:06.89
11.	Leah MOSS	11/10/97	Co Sheffield	2:43.47	552	35.51	1:16.95	2:07.31
12.	Victoria TAINTY	02/05/98	Swindon Dolp	2:45.22	535	35.80	1:17.49	2:08.30
13.	Grace WINGROVE	11/09/97	BorRedbridge	2:47.11	517	38.77	1:22.20	2:10.06
14.	Kay-Leigh BOOT	30/09/97	Co Sheffield	2:50.91	484	36.53	1:20.28	2:11.89

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Georgina YOUNG	22/09/96	Nova Cent'n	2:27.58	731	32.29	1:11.12	1:52.27
2.	Molly GRAYSON	15/06/96	Co Sheffield	2:29.88	702	31.89	1:09.40	1:57.78
3.	Molly NORMAN	04/07/96	Co Peterboro	2:30.61	693	31.65	1:10.14	1:56.77
4.	Hannah MEEK	10/10/96	Nova Cent'n	2:31.14	687	32.04	1:09.77	1:56.59
5.	Shannon CORRIGAN	27/12/96	Co Salford	2:33.30	661	33.20	1:12.21	1:58.13
6.	Kate WILSON	26/06/96	Hillingdon	2:34.71	645	34.03	1:13.10	2:00.10
7.	Freya MITCHELL	20/01/97	Co Sheffield	2:36.15	628	35.05	1:15.41	2:02.54
8.	Alison HAWORTH	29/04/97	Lincoln Vulc	2:36.69	622	34.05	1:13.77	2:00.51
9.	Kelly HOOKWAY	06/08/96	Camden Swiss	2:36.91	620	32.72	1:12.61	2:01.27
10.	Laura PIGOTT	17/10/96	Lincoln Vulc	2:36.94	620	34.02	1:15.32	2:02.22
11.	Jennifer KNOWLES	14/12/96	Co Sheffield	2:37.87	610	32.77	1:13.65	2:02.36
12.	Natasha HOLLAND	28/10/96	Royal Wolv	2:38.22	606	34.69	1:17.18	2:00.90
13.	Abby WALTON	13/06/96	Nova Cent'n	2:38.99	598	34.44	1:14.51	2:03.52
14.	Laura POWELL	27/05/97	Royal Wolv	2:41.11	575	35.88	1:17.94	2:05.66
15.	Megan HUDSON	01/03/97	Co Sheffield	2:42.80	558	34.25	1:18.19	2:04.43
16.	Natalie DINGLEY	04/04/97	Stourbridge	2:42.85	558	34.55	1:14.74	2:03.72
17.	Cara LEE	01/06/96	Worcester	2:44.81	539	36.02	1:17.80	2:07.27
18.	Isabelle FRAMPTON	25/12/96	Bournem'th D	2:50.81	485	35.15	1:21.19	2:12.07

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 601 Girls Open 200m IM**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Sarah PROCTER	28/03/96	Hillingdon	2:26.11	751	31.24	1:09.73	1:52.18
2.	Jenny YOUNG	12/05/95	Nova Cent'n	2:28.66	718	32.96	1:10.58	1:53.21
3.	Emily JONES	15/11/94	Co Leeds	2:29.05	713	32.97	1:11.89	1:55.24
4.	Jodie HAWKSWORTH	11/12/95	Cheadle	2:29.37	709	34.00	1:13.36	1:54.40
5.	Madelaine TRACY	09/07/95	Wrekin Coll	2:29.73	704	33.26	1:11.41	1:56.91
6.	Alice HOLMES	22/09/95	Co Birm'ham	2:30.00	701	31.91	1:09.91	1:56.63
7.	Holly BATEMAN	27/03/95	UEA Norwich	2:30.03	700	31.24	1:09.56	1:56.55
8.	Sophie LONG	09/09/95	Royal Wolv	2:30.15	699	31.77	1:11.23	1:56.69
9.	Gabrielle HIGNETT	23/05/95	Co Sheffield	2:30.19	698	32.23	1:12.75	1:57.54
10.	Tori FOSTER	05/10/95	Co Birm'ham	2:30.26	698	32.28	1:11.96	1:55.23
11.	Katie BENNETT	18/08/95	Satellite	2:30.39	696	32.48	1:11.03	1:56.53
12.	Megan BERRIDGE	26/01/96	Nova Cent'n	2:30.42	696	34.14	1:12.08	1:55.07
13.	Rebecca COLE	02/09/94	Co Birm'ham	2:30.45	695	32.32	1:07.39	1:55.41
14.	Emily BATES	13/09/94	Co Salford	2:30.66	693	31.93	1:10.12	1:54.26
15.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	2:31.05	688	33.26	1:13.12	1:56.61
16.	Holly WYLIE	19/05/96	Greenw Bo Ma	2:31.23	686	31.52	1:10.15	1:54.36
17.	Rebecca MARSHALL	19/04/95	Co Milton K	2:31.41	683	32.29	1:10.38	1:56.39
18.	Zara BAILEY	03/12/95	Co Peterboro	2:31.45	683	33.16	1:12.60	1:57.32
19.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	2:31.51	682	32.35	1:10.91	1:57.73
20.	Sophie RITTENHOUSE	13/01/95	Camden Swiss	2:31.59	681	31.30	1:07.03	1:55.97
21.	Madeleine FALE	14/12/95	Co Leeds	2:31.91	677	32.49	1:10.78	1:57.00
22.	Kristie HACKETT	11/11/95	Co Birm'ham	2:32.18	674	32.96	1:11.84	1:57.71
23.	Lauren FREEMAN	06/11/94	Lincoln Vulc	2:32.72	668	33.54	1:11.63	2:00.22
24.	Grace LEE	13/04/95	Bishop Stort	2:32.76	667	31.81	1:09.67	1:57.18
25.	Aimee HARVEY	11/12/95	Warrington W	2:32.89	666	31.80	1:11.54	1:58.65
26.	Samantha BERRY	13/05/96	Swindon Dolp	2:33.71	656	32.04	1:11.75	1:59.52
27.	Elizabeth NEALE	27/01/96	Basingstoke	2:34.09	652	34.87	1:13.06	1:58.33
28.	Cristina MATHESON	02/02/96	Maxwell	2:34.33	649	33.20	1:12.59	1:59.76
29.	Anna EVISON	21/09/94	Maxwell	2:34.67	645	33.83	1:13.58	1:58.94
30.	Sophie TAYLOR	02/02/96	Harrogate	2:35.08	640	33.04	1:14.69	1:58.18
31.	Geena JOHNSON	17/06/95	Nova Cent'n	2:35.23	639	32.40	1:12.97	2:00.43
32.	Rosie HUGHES	17/01/95	Camden Swiss	2:35.65	634	33.40	1:11.46	2:00.54
33.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	2:36.14	628	34.20	1:12.57	2:00.41
34.	Hannah ARMSTRONG	01/09/94	Co Salford	2:36.54	624	33.22	1:11.63	1:59.79
35.	Tabitha MONKHOUSE	16/10/95	Worcester	2:37.09	618	33.32	1:15.54	2:00.76
36.	Sorcha SMITH	08/06/94	Co Milton K	2:37.38	615	35.25	1:16.70	2:00.02
37.	Rachel HEESOM	13/11/95	Warrington W	2:37.63	612	33.92	1:13.74	2:02.03
38.	Rebecca DAVIS	17/03/95	Co Leeds	2:39.49	592	34.83	1:18.87	2:03.13
39.	Lauren TOMS	05/10/94	Co Manch Aq	2:40.62	581	35.00	1:17.63	2:04.28
40.	Aimee LOCKWOOD	27/06/95	Greenw Bo Ma	2:41.27	574	33.01	1:14.47	2:04.27
41.	Gemma WILSON	14/08/94	Basingstoke	2:44.08	546	35.86	1:17.86	2:06.61
	Chloe WILLIAMS	22/10/94	Royal Wolv	DQ T-				

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Francesca MARR	14/07/93	Hillingdon	2:22.05	807	30.53	1:08.60	1:49.08
2.	Holly LYNCH	05/10/92	Co Birm'ham	2:23.26	790	31.04	1:06.15	1:49.78
3.	Sophie WILSON	08/08/93	Hillingdon	2:23.76	783	30.30	1:07.72	1:49.52
4.	Avril KIRITSCHENKO	28/09/92	Co Leeds	2:26.31	748	31.90	1:10.22	1:51.69
5.	Lucy BUDIMIR	23/12/93	Harrogate	2:26.65	744	32.88	1:11.39	1:52.01
6.	Rebecca TURNER	01/08/92	Co Sheffield	2:27.03	739	31.52	1:09.75	1:55.84
7.	Elizabeth BECKETT	22/02/93	Swindon Dolp	2:27.06	738	34.00	1:12.92	1:53.71
8.	Fenella FOSKETT	11/06/92	Deben	2:29.26	710	32.34	1:10.89	1:54.92
9.	Jessica HOBBS	07/02/94	Camden Swiss	2:29.99	701	31.19	1:10.27	1:56.40
10.	Jessica TAYLOR	10/05/94	Co Sheffield	2:30.62	693	33.14	1:10.62	1:56.60
11.	Lucy CHARLES	15/09/93	Hoddesdon	2:30.88	690	31.10	1:10.10	1:56.41
12.	Kelsey RICHARDS	22/10/93	BorRedbridge	2:31.88	678	32.97	1:11.16	1:57.20
13.	Fiona CLARKE	21/01/93	Wrexham	2:32.18	674	32.93	1:12.97	1:56.87
14.	Sarah QUINN	30/03/94	Hillingdon	2:32.28	673	32.73	1:11.30	1:57.37
15.	Hannah WILSON	27/03/93	Co Milton K	2:33.19	662	31.62	1:11.23	1:56.38
16.	Rachael KELLY	24/01/94	Royal Wolv	2:34.06	652	30.02	1:10.25	1:58.14
17.	Sally CHUI	08/09/93	Basingstoke	2:34.71	645	33.70	1:12.88	1:58.93

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 602 Boys Open 400m IM**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Edward MARTIN	16/10/98	Walsall	5:35.24	452
	50m 34.76	100m 1:16.01	150m 1:58.62	200m 2:41.01250m	3:30.99300m 4:21.94350m 4:59.16400m 5:35.24
2.	Robert Edward DOS SANT	27/08/98	Camden Swiss	5:43.43	419
	50m 35.70	100m 1:19.50	150m 2:03.98	200m 2:48.42250m	3:38.68300m 4:29.95350m 5:07.47400m 5:43.43
3.	Samuel BUDD	31/08/98	Co Sheffield	5:45.95	409
	50m 36.98	100m 1:22.25	150m 2:05.32	200m 2:47.09250m	3:39.57300m 4:32.27350m 5:09.52400m 5:45.95
4.	Dylan TOMKINSON	01/10/98	Leek	5:49.87	394
	50m 37.84	100m 1:25.17	150m 2:11.22	200m 2:56.16250m	3:43.51300m 4:32.06350m 5:11.89400m 5:49.87
5.	Lewis ILLSLEY	06/03/99	Nova Cent'n	5:54.40	378
	50m 38.13	100m 1:23.59	150m 2:06.11	200m 2:50.53250m	3:43.66300m 4:38.54350m 5:16.48400m 5:54.40
	Lee CLARKE	22/06/98	Co Peterboro	DQ SL-	

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Daniel SPEERS	17/06/97	Bournem'th D	5:08.64	577
	50m 33.19	100m 1:11.46	150m 1:51.72	200m 2:32.39250m	3:15.27300m 3:58.74350m 4:33.77400m 5:08.64
2.	Oliver WEBSTER	02/07/97	Clee & Scun	5:11.99	560
	50m 33.44	100m 1:12.59	150m 1:53.25	200m 2:32.10250m	3:17.37300m 4:02.63350m 4:37.65400m 5:11.99
3.	Joseph HULME	13/06/97	Leek	5:13.23	553
	50m 34.34	100m 1:12.22	150m 1:52.68	200m 2:31.59250m	3:17.55300m 4:03.65350m 4:39.27400m 5:13.23
4.	Calum MURRAY	05/06/97	Nova Cent'n	5:27.83	484
	50m 32.76	100m 1:13.20	150m 1:54.23	200m 2:35.65250m	3:24.44300m 4:16.04350m 4:52.48400m 5:27.83
5.	Aaron KIRCHIN-BROWN	28/09/97	Warrington W	5:28.75	479
	50m 34.31	100m 1:13.22	150m 1:56.13	200m 2:37.38250m	3:26.94300m 4:16.48350m 4:53.58400m 5:28.75
6.	James ROSS	12/09/97	Warrington W	5:29.74	475
	50m 35.33	100m 1:17.52	150m 2:00.67	200m 2:43.26250m	3:30.27300m 4:18.64350m 4:55.22400m 5:29.74
7.	Edward WALSH	16/09/97	Sevenside	5:30.23	473
	50m 35.87	100m 1:18.49	150m 2:02.27	200m 2:44.56250m	3:29.75300m 4:16.91350m 4:54.89400m 5:30.23
8.	Joseph KINSELL	18/07/97	Chase	5:30.69	471
	50m 34.54	100m 1:14.36	150m 1:58.96	200m 2:42.98250m	3:31.05300m 4:17.76350m 4:55.11400m 5:30.69
9.	Jacob SEDDON	28/01/98	Co Leeds	5:33.24	460
	50m 35.34	100m 1:16.71	150m 2:01.73	200m 2:46.41250m	3:32.31300m 4:20.47350m 4:58.29400m 5:33.24
10.	Thomas MCCALLUM	12/11/97	Stourbridge	5:39.26	435
	50m 37.81	100m 1:19.64	150m 2:04.32	200m 2:48.39250m	3:37.05300m 4:24.06350m 5:03.00400m 5:39.26
11.	Cole CHARNOCK	14/02/98	Co Liverpool	5:47.25	404
	50m 36.46	100m 1:19.28	150m 2:01.40	200m 2:42.57250m	3:35.75300m 4:28.66350m 5:08.09400m 5:47.25
12.	Daniel POWELL	21/10/97	Co Peterboro	5:48.77	398
	50m 36.66	100m 1:20.40	150m 2:03.04	200m 2:45.42250m	3:40.15300m 4:35.05350m 5:12.27400m 5:48.77
13.	Matthew OLIVO	16/01/98	Co Sheffield	5:52.20	386
	50m 35.67	100m 1:20.47	150m 2:05.44	200m 2:48.77250m	3:41.95300m 4:36.06350m 5:14.30400m 5:52.20
14.	Mitchell PAGE	03/01/98	Walsall	5:55.45	375
	50m 39.93	100m 1:30.46	150m 2:12.64	200m 2:56.63250m	3:45.99300m 4:36.93350m 5:16.79400m 5:55.45
15.	Fraser SCOTT	01/04/98	BorRedbridge	6:02.48	351
	50m 40.79	100m 1:26.99	150m 2:13.93	200m 3:00.37250m	3:51.22300m 4:42.83350m 5:22.84400m 6:02.48

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	James BULL	18/06/96	Nova Cent'n	5:10.58	567
	50m 31.75	100m 1:07.68	150m 1:48.69	200m 2:29.44250m	3:15.54300m 4:00.80350m 4:36.07400m 5:10.58
2.	Sam HOLMES	17/02/97	Co Peterboro	5:18.97	525
	50m 34.19	100m 1:11.63	150m 1:51.41	200m 2:29.97250m	3:17.59300m 4:06.02350m 4:43.76400m 5:18.97
3.	Thomas ARKLE	22/09/96	Satellite	5:21.61	512
	50m 34.00	100m 1:14.05	150m 1:54.72	200m 2:35.07250m	3:20.35300m 4:05.97350m 4:44.90400m 5:21.61
4.	Callum HILL	11/01/97	Co Sheffield	5:36.64	446
	50m 38.36	100m 1:21.86	150m 2:06.68	200m 2:51.46250m	3:35.14300m 4:20.14350m 4:59.48400m 5:36.64
5.	Joe JACKSON-MASTERS	08/07/96	Swim Gwynedd	5:39.19	435
	50m 33.57	100m 1:13.87	150m 1:57.12	200m 2:40.60250m	3:30.70300m 4:22.00350m 5:00.91400m 5:39.19
6.	Kieran WHIGHT	28/07/96	Deben	5:53.80	380
	50m 37.31	100m 1:21.87	150m 2:06.41	200m 2:50.76250m	3:40.88300m 4:32.48350m 5:14.41400m 5:53.80

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Kieran SMITH	20/06/95	Royal Wolv	4:55.25	654
	50m 29.93	100m 1:03.98	150m 1:41.64	200m 2:19.05250m	3:03.05300m 3:47.70350m 4:22.65400m 4:55.25
2.	Matthew SLEIGHT	11/06/95	KingstonHull	4:57.34	641
	50m 30.35	100m 1:05.00	150m 1:43.35	200m 2:22.07250m	3:05.56300m 3:50.32350m 4:24.15400m 4:57.34
3.	Marlon GASPAROTTO	20/11/95	Beckenham	4:59.60	628
	50m 29.61	100m 1:05.09	150m 1:43.91	200m 2:21.97250m	3:06.65300m 3:52.41350m 4:26.29400m 4:59.60
4.	Taylor WHITCHURCH	21/01/96	Royal Wolv	5:04.84	598
	50m 30.60	100m 1:08.61	150m 1:48.17	200m 2:25.82250m	3:13.10300m 3:59.40350m 4:33.25400m 5:04.84
5.	Michael ROSS	30/12/95	Warrington W	5:06.16	591
	50m 31.30	100m 1:08.04	150m 1:45.64	200m 2:23.64250m	3:08.90300m 3:55.26350m 4:31.11400m 5:06.16
6.	Adam PEEL	08/09/95	Co Sheffield	5:11.22	564
	50m 31.48	100m 1:10.16	150m 1:50.44	200m 2:29.82250m	3:16.65300m 4:03.72350m 4:38.13400m 5:11.22
7.	Joseph STAMP	18/07/95	BorRedbridge	5:21.34	513
	50m 31.05	100m 1:08.37	150m 1:48.11	200m 2:27.64250m	3:16.12300m 4:04.41350m 4:42.88400m 5:21.34

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 602 Boys Open 400m IM**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Liam KNIGHT	31/08/94	Co Peterboro	4:37.81	768
	50m 28.29	100m 1:01.30	150m 1:37.59	200m 2:11.76250m	2:52.72300m 3:33.98350m 4:06.62400m 4:37.81
2.	Mitchell ADSHEAD	17/08/93	Chase	4:40.65	748
	50m 29.13	100m 1:02.91	150m 1:38.97	200m 2:14.29250m	2:53.84300m 3:34.69350m 4:08.41400m 4:40.65
3.	David MAXWELL	26/10/93	Co Birm'ham	4:45.27	717
	50m 29.38	100m 1:03.31	150m 1:40.18	200m 2:16.04250m	2:57.09300m 3:38.89350m 4:12.84400m 4:45.27
4.	Sean WESTERMAN	04/03/94	Lincoln Vulc	4:49.32	690
	50m 30.53	100m 1:06.38	150m 1:42.95	200m 2:19.32250m	3:00.18300m 3:42.60350m 4:16.36400m 4:49.32
5.	Joseph FAULKNER	04/12/94	Co Sheffield	4:50.77	681
	50m 30.48	100m 1:05.70	150m 1:42.69	200m 2:19.56250m	3:02.65300m 3:46.06350m 4:19.09400m 4:50.77
6.	Aidan SMITH	06/05/94	Nova Cent'n	4:52.39	671
	50m 30.66	100m 1:05.63	150m 1:42.88	200m 2:20.08250m	3:03.17300m 3:46.99350m 4:20.14400m 4:52.39
7.	Benjamin FLAHERTY	21/09/94	Co Milton K	4:52.91	668
	50m 31.01	100m 1:06.84	150m 1:44.72	200m 2:21.36250m	3:04.71300m 3:48.57350m 4:21.80400m 4:52.91
8.	Matthew RIDER	27/01/94	Harrogate	4:53.34	665
	50m 30.38	100m 1:06.21	150m 1:44.83	200m 2:21.79250m	3:03.63300m 3:46.51350m 4:20.41400m 4:53.34
9.	Andrew BURNS	10/08/93	York City	4:53.54	664
	50m 29.83	100m 1:05.28	150m 1:43.64	200m 2:21.36250m	3:03.81300m 3:47.30350m 4:21.18400m 4:53.54
10.	Liam SPRUCE	28/06/93	Exeter City	4:54.82	656
	50m 29.58	100m 1:05.21	150m 1:43.98	200m 2:23.25250m	3:04.41300m 3:46.17350m 4:21.83400m 4:54.82
11.	James CLARK	23/02/95	Swindon Dolp	4:57.18	642
	50m 30.83	100m 1:07.42	150m 1:45.43	200m 2:23.73250m	3:05.20300m 3:47.90350m 4:23.11400m 4:57.18
12.	Charlie HAYES	15/01/94	Thurrock	4:57.29	641
	50m 31.33	100m 1:06.92	150m 1:45.45	200m 2:23.66250m	3:04.64300m 3:47.06350m 4:22.60400m 4:57.29
13.	Adam WOOD	16/02/95	Hillingdon	4:58.10	637
	50m 32.00	100m 1:08.21	150m 1:45.44	200m 2:22.36250m	3:05.53300m 3:49.66350m 4:24.71400m 4:58.10
14.	James DAWSON	17/05/95	Co Bradford	4:58.29	635
	50m 30.82	100m 1:08.10	150m 1:46.42	200m 2:24.34250m	3:05.87300m 3:49.26350m 4:25.09400m 4:58.29
15.	Jorge PHENIX-COYNE	02/12/94	Nova Cent'n	5:00.15	625
	50m 31.05	100m 1:08.11	150m 1:47.04	200m 2:24.72250m	3:09.55300m 3:54.01350m 4:28.11400m 5:00.15
16.	Harry PAYNE	20/10/94	Thurrock	5:00.47	623
	50m 31.89	100m 1:08.83	150m 1:48.82	200m 2:28.13250m	3:11.76300m 3:54.53350m 4:28.28400m 5:00.47
17.	Thomas CLARKE	31/12/94	Mold	5:01.44	617
	50m 31.04	100m 1:07.19	150m 1:48.28	200m 2:29.20250m	3:12.03300m 3:55.02350m 4:28.75400m 5:01.44
18.	James ROBINSON	04/01/95	Royal Wolv	5:05.46	595
	50m 30.89	100m 1:08.65	150m 1:47.63	200m 2:26.44250m	3:08.77300m 3:51.97350m 4:29.22400m 5:05.46
19.	Jack SPENCE	01/12/94	Watford	5:08.28	579
	50m 31.65	100m 1:08.90	150m 1:47.87	200m 2:26.09250m	3:10.75300m 3:57.25350m 4:33.25400m 5:08.28
20.	Kyle AINGE	24/04/95	Co Peterboro	5:22.23	509
	50m 33.95	100m 1:13.36	150m 1:53.90	200m 2:34.32250m	3:22.87300m 4:10.93350m 4:47.35400m 5:22.23
	William HAWKES	11/04/95	Flitwick	DNC	
	Richard LEE	15/01/95	Donc Dartes	DNC	

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Alex MACKAY	11/02/92	Camden Swiss	4:41.36	743
	50m 30.23	100m 1:03.69	150m 1:40.51	200m 2:16.30250m	2:57.41300m 3:38.38350m 4:10.51400m 4:41.36
2.	Thomas HOLLINGSWORTH	26/02/88	UEA Norwich	4:46.94	706
	50m 29.18	100m 1:02.23	150m 1:39.45	200m 2:16.31250m	2:56.40300m 3:37.39350m 4:13.25400m 4:46.94
3.	Conor HARROLD	20/03/93	Thurrock	4:50.71	682
	50m 29.43	100m 1:03.61	150m 1:40.74	200m 2:16.39250m	2:59.31300m 3:43.51350m 4:17.64400m 4:50.71
4.	Oliver BREWER	12/01/92	Maxwell	4:52.91	668
	50m 29.98	100m 1:05.07	150m 1:43.39	200m 2:20.39250m	3:02.83300m 3:45.86350m 4:20.31400m 4:52.91
5.	Alistair MACLEAN	22/08/92	Plymouth Lea	4:55.88	650
	50m 30.54	100m 1:06.49	150m 1:44.28	200m 2:21.46250m	3:05.08300m 3:49.27350m 4:23.34400m 4:55.88
6.	Lawrence PALMER	18/12/92	Mid Beds	5:03.35	606
	50m 30.99	100m 1:07.36	150m 1:47.26	200m 2:28.14250m	3:07.74300m 3:51.49350m 4:28.00400m 5:03.35
	Braden WREN	05/05/93	Thurrock	DNC	



**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 603 Girls Open 200m Butterfly**

1 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Holly SOTHERAN	30/11/98	Rotherham Mo	2:51.78	429	38.79	1:22.62	2:07.72
2.	Lucia WOOD-BONELLI	04/08/98	Co Sheffield	2:54.82	406	35.93	1:20.99	2:08.01

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Olivia KELSEY	08/07/97	Lincoln Vulc	2:38.61	546	34.12	1:13.55	1:57.13
2.	Victoria TAINTY	02/05/98	Swindon Dolp	2:49.03	451	37.07	1:19.75	2:04.24

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Georgina YOUNG	22/09/96	Nova Cent'n	2:29.54	645	33.39	1:10.59	1:49.81
2.	Natasha SINHA	10/01/97	Greenw Bo Ma	2:31.97	617	32.83	1:11.17	1:51.81
3.	Danielle THWAITES	09/06/96	Bournem'th D	2:33.06	605	33.55	1:12.15	1:52.40
4.	Alice DEARING	23/04/97	Royal Wolv	2:36.01	573	35.15	1:17.25	1:57.43
5.	Megan RUSSELL	18/11/96	York City	2:36.99	562	33.81	1:13.29	1:54.54
6.	Anna WARD	29/07/96	York City	2:38.27	549	33.88	1:12.99	1:55.20
7.	Laura PIGOTT	17/10/96	Lincoln Vulc	2:39.86	534	34.85	1:14.76	1:56.84
8.	Natalie DINGLEY	04/04/97	Stourbridge	2:41.73	516	35.46	1:17.43	1:59.69
9.	Isabelle FRAMPTON	25/12/96	Bournem'th D	2:44.87	487	35.41	1:16.82	1:59.96
10.	Emma PAY	24/05/97	Stourbridge	2:47.71	462	34.59	1:15.60	2:01.71

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Sophie SMITH	18/08/94	Co Leicester	2:17.88	799	30.55	1:06.41	1:41.44
2.	Rachael WILLIAMSON	18/02/95	KingstonHull	2:20.24	765	31.00	1:06.46	1:43.31
3.	Poppy INGLESON	18/08/95	UEA Norwich	2:21.19	752	31.90	1:08.07	1:44.72
4.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	2:24.14	712	31.62	1:08.70	1:46.47
5.	Isabel FAULKNER	21/06/95	UEA Norwich	2:25.77	691	33.06	1:10.23	1:48.10
6.	Tess CARTER	18/10/95	Bournem'th D	2:26.86	677	33.74	1:10.59	1:48.80
7.	Samantha BERRY	13/05/96	Swindon Dolp	2:28.24	660	32.54	1:09.65	1:49.01
8.	Emma JOYCE	03/02/95	Co Milton K	2:30.88	629	32.87	1:10.89	1:50.87
9.	Joanne LONGLAND	21/06/94	Co Peterboro	2:31.18	626	33.60	1:12.16	1:51.90
9.	Madeleine FALE	14/12/95	Co Leeds	2:31.18	626	32.83	1:11.28	1:51.31
11.	Sophie LONG	09/09/95	Royal Wolv	2:33.80	596	32.84	1:11.89	1:52.59
12.	Katie FITZJOHN	29/01/96	Co Peterboro	2:36.25	570	34.61	1:13.77	1:55.10
13.	Tamara O'SULLIVAN	23/05/96	Co Derby	2:38.67	545	33.61	1:12.83	1:55.54
14.	Aimee LOCKWOOD	27/06/95	Greenw Bo Ma	2:39.53	537	33.59	1:13.86	1:56.45
15.	Chloe WILLIAMS	22/10/94	Royal Wolv	2:39.86	534	35.69	1:16.79	1:58.24

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Sophie WILSON	08/08/93	Hillingdon	2:23.48	721	31.02	1:06.58	1:44.06
2.	Sophie KENNY	13/03/94	Oldham Aqua	2:28.97	652	32.65	1:09.87	1:48.75
3.	Rachael KELLY	24/01/94	Royal Wolv	2:29.14	650	31.94	1:09.05	1:48.68
4.	Aynsley HESELTINE	10/03/92	Co Sheffield	2:29.25	648	32.07	1:09.88	1:49.49
5.	Rebecca BARSBY	16/08/93	Nova Cent'n	2:30.26	636	33.13	1:11.84	1:50.73
6.	Ailish WILLIAMS	29/04/92	Exeter City	2:34.92	584	33.01	1:12.30	1:53.16
7.	Sally WHYBRA	08/02/94	Exeter City	2:34.96	584	32.19	1:10.93	1:53.91
8.	Natalie MCNAMARA	19/05/93	Basingstoke	2:46.24	475	34.95	1:16.12	2:01.11

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 604 Boys Open 100m Butterfly**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Oliver HOUGHTON	24/07/98	Warrington W	1:10.91	408	33.07
2.	Floris KOTTERINK	29/08/98	Camden Swiss	1:15.24	336	34.91

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	James DAY	29/10/97	Thurrock	1:10.66	413	33.16
2.	Thomas MCCALLUM	12/11/97	Stourbridge	1:12.96	372	34.20
3.	Calum MURRAY	05/06/97	Nova Cent'n	1:13.51	363	33.08
4.	Joseph KINSELL	18/07/97	Chase	1:13.87	357	35.05
5.	Joseph HULME	13/06/97	Leek	1:13.99	355	34.68
6.	Aaron KIRCHIN-BROWN	28/09/97	Warrington W	1:14.88	341	34.51

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	James BULL	18/06/96	Nova Cent'n	1:07.47	477	31.52
2.	Callum GLADDING	04/11/96	Clee & Scun	1:07.58	475	31.64
3.	Archie MITCHELL	17/08/96	Beckenham	1:08.21	461	31.00
4.	Jack BURTON	07/07/96	Bournem'th D	1:08.33	459	31.72
5.	Alexander LENTHALL	07/07/96	Co Sheffield	1:09.03	444	32.19
6.	Adam-James LAMB	05/11/96	Chase	1:09.81	429	32.69
7.	Michael ADAIR	20/10/96	Worcester	1:12.06	388	32.16

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Elliot HYNES	10/09/95	Co Salford	59.88	672	28.17
2.	Joshua SHUTTLEWORTH	28/07/95	Co Salford	1:01.26	631	28.99
3.	Matthew SLEIGHT	11/06/95	KingstonHull	1:03.02	583	29.83
4.	Marlon GASPARETTO	20/11/95	Beckenham	1:03.39	573	29.57
5.	Kieran SMITH	20/06/95	Royal Wolv	1:03.81	563	30.38
6.	Kieran MCGINLEY	23/11/95	Nova Cent'n	1:04.09	555	29.93
7.	Joshua BOOTH	17/12/95	Millfield	1:04.30	550	30.05
8.	William RITTENHOUSE	11/05/96	Camden Swiss	1:05.01	533	30.50
9.	Taylor WHITCHURCH	21/01/96	Royal Wolv	1:08.91	447	31.32

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Liam KNIGHT	31/08/94	Co Peterboro	58.85	704	27.47
2.	Ensger KOTTERINK	18/02/94	Camden Swiss	58.95	700	27.68
3.	Matthew JOHNSON	23/04/95	Co Sheffield	59.08	696	27.94
4.	Liam HERBERT	06/11/93	Swindon Dolp	1:00.43	655	28.23
5.	Philip HEWITT	24/07/94	Co Birm'ham	1:00.45	655	28.03
6.	Daniel EVANS	29/07/93	Co Birm'ham	1:00.66	648	28.64
7.	Leo JAGGS	23/02/94	Camden Swiss	1:00.95	640	28.23
8.	Thomas MATTHEWS	17/08/94	Derventio	1:01.84	615	28.93
9.	Peter FAWCETT	16/01/95	Co Leeds	1:01.86	614	29.17
10.	Dan SEAGROVE-CASTLE	03/12/93	Co Cant'bury	1:01.94	612	28.39
11.	William REA	07/12/94	Maxwell	1:02.12	607	28.54
12.	Andrew BURNS	10/08/93	York City	1:02.20	605	29.29
13.	Ben WOOD	14/09/94	Chase	1:02.29	602	28.59
14.	Alexander DELICATA	16/02/94	Thurrock	1:02.40	599	28.76
15.	David MAXWELL	26/10/93	Co Birm'ham	1:02.74	590	29.13
16.	Danny PROFFITT	31/08/94	West Suffolk	1:02.83	588	29.55
16.	Christopher WINSTONE	23/03/94	Co Salford	1:02.83	588	28.76
18.	Mitchell JORDAN	17/09/94	Nova Cent'n	1:02.88	587	29.16
19.	Haydon THORP	28/10/94	Co Sheffield	1:02.96	585	29.57
20.	Joshua BOND	23/07/94	St Ives Bay	1:03.01	583	29.04
21.	Matthew MASTERS	31/10/94	Co Milton K	1:04.20	553	29.86

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	BRAXSTON TIMM	05/01/92	Co Sheffield	56.50	782	26.18
2.	Paul WILKES	29/02/84	Redditch	57.04	764	27.64
3.	Thomas HOLLINGSWORTH	26/02/88	UEA Norwich	58.04	730	27.48
4.	Benjamin DOLLARD	10/09/87	Watford	58.52	714	27.14
5.	Christopher INCH	20/09/92	BorRedbridge	58.78	706	27.38
6.	Braden WREN	05/05/93	Thurrock	59.49	684	27.82
7.	Tom RANDALL	24/10/92	Hillingdon	1:00.04	667	28.11
8.	Ellis DAVIES	07/01/93	Llantrisant	1:00.85	643	28.21
9.	Metin AYHAN	20/03/91	Camden Swiss	1:01.04	637	28.39
10.	Luke SPAIN	01/06/92	Hillingdon	1:01.59	622	28.45
11.	Ben WATSON	28/02/93	Co Cant'bury	1:01.95	612	28.55
12.	Craig MOATE	23/06/85	BorRedbridge	1:10.96	407	32.72

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 605 Girls Open 100m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Freya BECK	18/09/98	York City	1:07.49	545	32.32
2.	Ciara PURCELL	01/07/98	BorRedbridge	1:09.94	491	33.60
3.	Holly SHEPHERD	21/12/98	Leek	1:10.36	482	33.89
4.	Orla DYER	30/04/99	Co Sheffield	1:11.87	451	34.33
5.	Lucia WOOD-BONELLI	04/08/98	Co Sheffield	1:12.09	447	34.46
6.	Abbie HAWKINS	07/09/98	Swindon Dolp	1:12.37	442	34.67

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Katarina BLANCO	13/06/97	Bo Southend	1:03.54	647	30.57
2.	Neema NYAULINGO	15/08/97	Greenw Bo Ma	1:04.13	630	31.35
3.	Olivia WILLIS	28/08/97	Camden Swiss	1:04.45	622	30.90
4.	Bethany YOUNG	30/11/97	Warrington W	1:04.67	616	31.54
5.	Serra HALE	23/01/98	Harrogate	1:04.73	614	31.29
6.	Olivia KELSEY	08/07/97	Lincoln Vulc	1:05.25	601	31.86
7.	Chloe JOHNSON	07/06/97	Cheadle	1:05.26	600	31.10
8.	Mollie WOOD	10/08/97	Co Sheffield	1:05.35	598	31.38
9.	Mari DAVIES	27/03/98	Swim Gwynedd	1:05.37	598	31.51
10.	Shannon BROWN	31/08/97	Nova Cent'n	1:05.38	597	31.59
11.	Linda SHAW	04/08/97	Co Leeds	1:06.01	581	32.13
12.	Victoria BISHOP	16/07/97	Exeter City	1:06.28	575	31.99
13.	Leah MOSS	11/10/97	Co Sheffield	1:07.64	542	33.10
14.	Isobel GRANT	17/03/98	Co Sheffield	1:07.72	540	32.43
14.	Constance WHITTON	25/10/97	Co Sheffield	1:07.72	540	31.73
16.	Antonia HESELTINE	18/09/97	Co Sheffield	1:07.86	537	32.66
17.	Annie WOOD	10/08/97	Co Sheffield	1:08.64	519	32.38
18.	Alice BALL	07/09/97	Leic Peng	1:08.69	518	33.46
19.	Sophie GROVES	21/05/98	Worcester	1:11.55	458	33.14

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Molly GRAYSON	15/06/96	Co Sheffield	1:01.27	713	29.70
2.	Hannah MEEK	10/10/96	Nova Cent'n	1:02.08	689	29.99
3.	Molly NORMAN	04/07/96	Co Peterboro	1:02.13	687	30.05
4.	Kelly HOOKWAY	06/08/96	Camden Swiss	1:02.64	672	29.73
5.	Louise HAMER	08/01/97	Nova Cent'n	1:03.13	658	30.70
6.	Abby WALTON	13/06/96	Nova Cent'n	1:03.34	652	30.49
7.	Laura POWELL	27/05/97	Royal Wolv	1:04.25	627	31.04
8.	Hayley WARRINGTON	13/03/97	Hoddesdon	1:04.93	609	30.62
9.	Alison HAWORTH	29/04/97	Lincoln Vulc	1:05.52	594	31.78
10.	Jennifer KNOWLES	14/12/96	Co Sheffield	1:05.84	586	31.18
11.	Alice O'TOOLE	18/06/96	Worcester	1:06.03	581	31.53
12.	Natasha HOLLAND	28/10/96	Royal Wolv	1:06.42	571	31.65
13.	Natasha SINHA	10/01/97	Greenw Bo Ma	1:06.47	570	32.63
14.	Nicola FARRELL	04/02/97	Oldham Aqua	1:06.73	564	32.20
14.	Megan RUSSELL	18/11/96	York City	1:06.73	564	32.06
16.	Shannon FRIEL	08/12/96	Satellite	1:06.96	558	31.97
17.	Megan EAKIN	26/11/96	Nova Cent'n	1:06.99	557	31.94
18.	Anna WARD	29/07/96	York City	1:07.35	549	32.38
19.	Michelle TODD	09/10/96	Co Coventry	1:07.50	545	32.50
19.	Cara LEE	01/06/96	Worcester	1:07.50	545	32.21
21.	Alice DEARING	23/04/97	Royal Wolv	1:08.50	522	32.80
22.	Heather ROEBUCK	10/06/96	Chase	1:09.06	510	33.22

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 605 Girls Open 100m Freestyle**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Sophie SMITH	18/08/94	Co Leicester	58.24	813	28.12
2.	Reut BENAIM	26/06/94	Camden Swiss	59.78	760	29.15
3.	Emily COOK	09/10/94	Co Peterboro	1:00.44	739	29.17
4.	Joanne LONGLAND	21/06/94	Co Peterboro	1:00.85	726	29.73
5.	Rebecca MARSHALL	19/04/95	Co Milton K	1:01.14	717	29.29
5.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	1:01.14	717	29.69
7.	Rebecca COLE	02/09/94	Co Birm'ham	1:01.21	715	29.46
7.	Sarah PROCTER	28/03/96	Hillingdon	1:01.21	715	29.75
9.	Holly BATEMAN	27/03/95	UEA Norwich	1:01.50	706	29.50
10.	Anna EVISON	21/09/94	Maxwell	1:01.75	699	29.77
11.	JESSICA KENDALL	22/11/94	Co Sheffield	1:01.82	696	30.07
12.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	1:01.96	692	30.26
13.	Lauren FREEMAN	06/11/94	Lincoln Vulc	1:02.08	689	30.20
14.	Sophie DAVIES	21/02/96	Co Derby	1:02.31	682	30.43
15.	Courtnei FOSTER	05/10/95	Co Birm'ham	1:02.32	682	29.78
16.	Zara BAILEY	03/12/95	Co Peterboro	1:02.66	672	30.04
17.	Grace LEE	13/04/95	Bishop Stort	1:02.69	671	30.34
18.	Madelaine TRACY	09/07/95	Wrekin Coll	1:02.72	670	30.44
19.	Lauryn DEAN	06/01/96	Harrogate	1:02.75	669	30.27
20.	Gabrielle HIGNETT	23/05/95	Co Sheffield	1:02.99	662	30.28
21.	Rosie HUGHES	17/01/95	Camden Swiss	1:03.03	661	30.26
22.	Tori FOSTER	05/10/95	Co Birm'ham	1:03.09	659	30.35
23.	Cristina MATHESON	02/02/96	Maxwell	1:03.20	656	30.35
24.	Alice HOLMES	22/09/95	Co Birm'ham	1:03.21	656	30.18
25.	Katie BENNETT	18/08/95	Satellite	1:03.34	652	31.03
26.	Amy HULL	28/10/94	Nova Cent'n	1:03.49	648	30.86
27.	Emily JONES	15/11/94	Co Leeds	1:03.57	646	30.81
28.	Ellen WILLIAMS	22/04/95	Co Peterboro	1:03.66	643	31.06
29.	Sophie PAGE	27/03/95	Stourbridge	1:03.93	636	30.69
29.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	1:03.93	636	31.03
31.	Holly WYLIE	19/05/96	Greenw Bo Ma	1:04.00	634	30.84
32.	Hannah WILLIAMS	26/03/95	Stourbridge	1:04.07	632	30.29
33.	Kristie HACKETT	11/11/95	Co Birm'ham	1:04.31	626	31.04
34.	Olivia PHOENIX	09/03/96	Wrekin Coll	1:04.46	621	31.15
35.	Sorcha SMITH	08/06/94	Co Milton K	1:04.56	619	30.96
36.	Elizabeth NEALE	27/01/96	Basingstoke	1:04.59	618	30.39
37.	Sophie RITTENHOUSE	13/01/95	Camden Swiss	1:04.60	618	30.81
38.	Samantha BUSH	26/01/96	Bourmem'th D	1:04.71	615	31.04
39.	Tess CARTER	18/10/95	Bourmem'th D	1:04.80	612	31.19
40.	Emma JOYCE	03/02/95	Co Milton K	1:04.93	609	30.80
41.	Zoe STEWART	25/12/94	Watford	1:05.25	601	31.48
42.	Charlotte JACKSON	16/10/95	Hillingdon	1:05.57	592	31.46
43.	Faith ROSS	05/07/94	Wyre Forest	1:05.64	591	32.01
44.	Gemma WILSON	14/08/94	Basingstoke	1:05.68	590	31.52
45.	Geena JOHNSON	17/06/95	Nova Cent'n	1:05.83	586	28.97
46.	Rebecca DAVIS	17/03/95	Co Leeds	1:06.22	576	31.85
47.	Sophie TAYLOR	02/02/96	Harrogate	1:06.60	567	31.25
48.	Eliza BRADLEY	16/06/94	Wyre Forest	1:09.69	496	28.37
49.	Charlotte PEARSON	09/06/94	Rotherham Mo	1:13.52	420	28.62
50.	Rebecca TOULSON	24/07/95	Co Leeds	1:14.00	412	28.44

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Rebecca TURNER	01/08/92	Co Sheffield	58.54	802	28.57
2.	Alexandra HOOPER	13/03/92	Co Birm'ham	59.30	776	28.65
3.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	59.48	770	28.64
4.	Francesca MARR	14/07/93	Hillingdon	59.62	766	28.95
5.	Sian MORGAN	05/05/94	Co Bradford	59.72	762	29.01
6.	Lucy SPENCER	29/03/93	Co Sheffield	59.84	758	28.83
7.	Jasmine MCCORMACK	30/11/91	Bourmem'th D	1:00.35	742	29.18
8.	Eleanor FAULKNER	05/01/93	Co Sheffield	1:00.41	740	29.29
9.	Anna CHEESBROUGH	25/11/93	Co Leeds	1:00.89	725	29.71
10.	Lucy CHARLES	15/09/93	Hoddesdon	1:01.06	720	29.72
11.	Laura HUGGON	14/05/91	Co Sheffield	1:01.21	715	29.20
12.	Emily FISHER	15/09/93	Co Leeds	1:01.22	715	29.63
13.	Lucy BUDIMIR	23/12/93	Harrogate	1:01.34	711	29.68
14.	Lauren OTTAWAY	21/03/94	Co Milton K	1:01.36	710	29.24
15.	Constance FEARNLEY	17/02/94	Exeter City	1:01.71	700	30.25
16.	Jessica HOBBS	07/02/94	Camden Swiss	1:01.75	699	29.91
17.	Catherine DEMONT	09/01/91	Camden Swiss	1:01.88	695	30.12
18.	Haydn MACLEAN	24/04/91	Millfield	1:02.21	685	29.87
19.	Avril KIRITSCHENKO	28/09/92	Co Leeds	1:02.88	665	30.41
20.	Victoria ROBINSON	03/09/93	Royal Wolv	1:05.35	598	30.35
21.	Hannah SULLIVAN	23/03/93	Derwentio	1:10.56	478	28.36
22.	Sarah LAMBERT	07/05/81	York City	1:16.16	375	27.53

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 701 Boys Open 200m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Edward MARTIN	16/10/98	Walsall	2:19.89	466	32.80	1:08.88	1:45.42
2.	Robert Edward DOS SANT	27/08/98	Camden Swiss	2:22.85	436	32.83	1:09.45	1:46.76
3.	Gabriel BUTLER	31/12/98	Chase	2:23.37	431	32.27	1:08.46	1:46.25
4.	Hugo JOHNSON	13/08/98	Bo Southend	2:23.80	427	32.39	1:10.34	1:48.08
5.	Floris KOTTERINK	29/08/98	Camden Swiss	2:23.96	426	33.59	1:11.27	1:48.77
6.	Samuel BUDD	31/08/98	Co Sheffield	2:24.57	420	33.81	1:10.50	1:48.60
7.	Adam POOLE	24/10/98	Warrington W	2:24.87	418	32.99	1:09.73	1:47.97
8.	Dylan TOMKINSON	01/10/98	Leek	2:26.74	401	34.32	1:11.12	1:49.36
9.	Harrison YARNOLD	09/09/98	Exeter City	2:26.75	401	33.03	1:10.90	1:49.35
10.	Lewis ILLSLEY	06/03/99	Nova Cent'n	2:29.50	377	33.82	1:12.21	1:51.23

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Daniel SPEERS	17/06/97	Bournem'th D	2:09.78	581	30.13	1:03.19	1:37.31
2.	James DAY	29/10/97	Thurrock	2:14.25	527	30.80	1:04.84	1:40.28
3.	James ROSS	12/09/97	Warrington W	2:15.08	518	30.93	1:05.06	1:40.14
4.	Edward WALSH	16/09/97	Sevenside	2:17.60	490	31.99	1:07.79	1:44.22
5.	Calum MURRAY	05/06/97	Nova Cent'n	2:19.99	465	30.69	1:06.14	1:43.37
6.	Joseph KINSELL	18/07/97	Chase	2:21.51	449	32.53	1:08.86	1:45.89
7.	Matthew OLIVO	16/01/98	Co Sheffield	2:21.88	446	32.69	1:09.34	1:46.76
8.	Joseph HULME	13/06/97	Leek	2:22.04	444	32.89	1:10.02	1:47.24
9.	Thomas MCCALLUM	12/11/97	Stourbridge	2:22.05	444	33.25	1:10.10	1:46.77
10.	Frank MCGUIRK	14/02/98	BorRedbridge	2:22.57	439	32.75	1:09.53	1:46.53
11.	Daniel POWELL	21/10/97	Co Peterboro	2:22.63	439	33.09	1:09.41	1:46.73
12.	Jack WESTON	25/09/97	Worcester	2:22.92	436	32.92	1:09.99	1:47.25
13.	Cole CHARNOCK	14/02/98	Co Liverpool	2:23.42	431	33.01	1:10.06	1:47.50
14.	Tom MITCHELL	23/01/98	Co Peterboro	2:28.02	390	33.95	1:11.58	1:50.58
15.	Mitchell PAGE	03/01/98	Walsall	2:30.22	371	34.27	1:13.58	1:52.18
16.	Adam HORTON	27/07/97	Stourbridge	2:31.30	363	33.99	1:12.75	1:52.07
17.	Fraser SCOTT	01/04/98	BorRedbridge	2:33.48	346	35.54	1:14.40	1:54.51

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Luke SMITH	12/08/96	Co Sheffield	2:08.70	595	30.14	1:02.40	1:35.87
2.	Alexander LENTHALL	07/07/96	Co Sheffield	2:12.11	552	29.48	1:02.40	1:37.04
3.	Michael ADAIR	20/10/96	Worcester	2:14.43	525	30.57	1:04.72	1:40.06
4.	Benjamin COLCLOUGH	12/01/97	Chase	2:17.10	495	31.20	1:06.17	1:42.44
5.	Harry HATHAWAY	11/02/97	Leic Peng	2:18.37	482	31.44	1:06.62	1:42.90
6.	Joe JACKSON-MASTERS	08/07/96	Swim Gwynedd	2:20.21	462	31.27	1:06.70	1:43.83
7.	Cade GILLINGHAM	06/12/96	Sevenside	2:20.32	461	31.73	1:07.88	1:45.44
8.	William STEVENSON	30/05/97	Co Leeds	2:22.10	444	32.12	1:07.96	1:46.06
9.	Kieran WHIGHT	28/07/96	Deben	2:24.30	423	33.70	1:12.00	1:48.90

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Matthew SLEIGHT	11/06/95	KingstonHull	2:04.22	657	28.50	59.34	1:31.84
2.	Corey MEAD	03/11/95	Nova Cent'n	2:04.76	649	29.12	1:00.57	1:32.84
3.	Kieran SMITH	20/06/95	Royal Wolv	2:05.11	644	29.33	1:01.10	1:33.94
4.	Ewan MILLER	08/04/96	Warrington W	2:05.41	640	29.23	1:01.02	1:33.74
5.	Elliot HYNES	10/09/95	Co Salford	2:05.58	637	28.01	59.89	1:32.52
6.	Jordan FOSTER	02/07/95	Harrogate	2:05.62	637	28.72	1:00.56	1:32.95
7.	Joshua SHUTTLEWORTH	28/07/95	Co Salford	2:06.11	630	29.30	1:01.71	1:34.61
8.	Michael ROSS	30/12/95	Warrington W	2:07.66	609	29.34	1:01.37	1:34.50
9.	Marlon GASPAROTTO	20/11/95	Beckenham	2:08.46	598	29.10	1:01.27	1:35.02
10.	Matthew RENSHAW	21/10/95	Nova Cent'n	2:08.77	594	28.47	1:01.24	1:34.83
11.	Connor ALLISON	18/09/95	Nova Cent'n	2:09.12	590	30.10	1:02.90	1:36.19
12.	Adam PEEL	08/09/95	Co Sheffield	2:09.14	590	30.00	1:03.14	1:36.65
13.	Nathan HALE	18/09/95	Harrogate	2:09.76	582	29.28	1:01.72	1:35.69
14.	William RITTENHOUSE	11/05/96	Camden Swiss	2:11.93	555	31.17	1:04.85	1:38.58
15.	Lawrence BROWN	12/01/96	BorRedbridge	2:12.14	552	29.63	1:02.43	1:37.06
16.	Mikey KINGSLEY	13/02/96	Bournem'th D	2:12.52	547	29.41	1:03.51	1:38.18
17.	Matthew BRIGHAM	11/01/96	Co Peterboro	2:12.91	543	30.13	1:03.49	1:38.11
18.	Taylor WHITCHURCH	21/01/96	Royal Wolv	2:13.22	539	30.15	1:04.67	1:39.78
19.	James DETHICK	24/08/95	Co Sheffield	2:14.30	526	30.91	1:05.10	1:39.88
20.	Christopher BAGULEY	31/03/96	Nova Cent'n	2:17.62	490	31.95	1:07.72	1:43.34

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 701 Boys Open 200m Freestyle**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Daniel PHILLIPS	01/11/93	Co Salford	1:58.04	752	26.95	57.12	1:27.88
2.	Matthew JOHNSON	23/04/95	Co Sheffield	1:58.18	750	27.38	57.05	1:28.03
3.	Matthew WATKINSON	06/03/95	Nova Cent'n	1:58.45	745	28.04	58.29	1:28.59
4.	Karl MORGAN	28/04/95	Nova Cent'n	1:59.15	734	27.27	57.76	1:29.01
4.	Dan SEAGROVE-CASTLE	03/12/93	Co Cant'bury	1:59.15	734	26.92	57.89	1:28.19
6.	Lewis STEPTOE	22/04/94	Nova Cent'n	1:59.40	730	27.18	57.64	1:28.78
7.	Joseph FAULKNER	04/12/94	Co Sheffield	1:59.68	726	27.58	58.09	1:29.33
8.	Leo JAGGS	23/02/94	Camden Swiss	2:00.38	714	27.41	57.97	1:29.31
8.	Matthew MASTERS	31/10/94	Co Milton K	2:00.38	714	26.92	57.48	1:29.43
10.	Charles BITOWT	02/06/94	Lincoln Vulc	2:01.17	702	28.31	58.66	1:29.96
11.	Ensger KOTTERINK	18/02/94	Camden Swiss	2:01.84	692	27.84	58.41	1:30.31
12.	Jack HOWARTH	20/02/95	Northampton	2:02.82	677	27.20	57.72	1:30.25
13.	Liam HERBERT	06/11/93	Swindon Dolp	2:03.16	672	28.85	59.68	1:31.35
14.	Alexander SNOWDEN	15/01/95	Bishop Stort	2:03.39	669	28.98	1:01.18	1:33.19
15.	Alexander DELICATA	16/02/94	Thurrock	2:03.77	663	28.10	59.16	1:31.47
16.	Benjamin FLAHERTY	21/09/94	Co Milton K	2:04.00	660	28.64	1:00.12	1:32.42
17.	William REA	07/12/94	Maxwell	2:04.31	655	28.53	1:00.56	1:33.51
18.	William SMART	01/01/94	Co Birm'ham	2:04.39	654	27.82	59.14	1:31.88
19.	Danny PROFFITT	31/08/94	West Suffolk	2:04.40	654	28.75	1:00.65	1:32.90
20.	Harry PAYNE	20/10/94	Thurrock	2:04.63	651	28.91	1:00.29	1:32.53
21.	Adam SILVESTER	14/04/95	Chase	2:05.58	637	28.37	1:00.83	1:33.61
22.	James FOUNTAIN	06/08/93	Lincoln Vulc	2:06.21	629	29.04	1:01.11	1:33.54
23.	Nicholas ILSLEY	25/11/94	Co Peterboro	2:06.42	626	28.99	1:00.50	1:33.57
24.	Jorge PHENIX-COYNE	02/12/94	Nova Cent'n	2:06.62	623	28.77	1:01.33	1:34.33
25.	Samuel O'DONOHUE	09/10/94	Co Bradford	2:06.79	621	29.09	1:01.86	1:35.19
26.	Daniel EVANS	29/07/93	Co Birm'ham	2:07.02	618	28.68	1:01.08	1:33.42
27.	Matthew RIDER	27/01/94	Harrogate	2:07.26	614	29.10	1:02.15	1:35.48
28.	Jack WRIGHT	23/05/95	Lincoln Vulc	2:08.04	604	29.92	1:03.21	1:36.04
29.	Jake LLOYD	17/03/95	Bishop Stort	2:08.30	601	29.14	1:01.02	1:34.31
30.	Peter FAWCETT	16/01/95	Co Leeds	2:08.35	600	29.97	1:01.70	1:35.43
31.	Mitchell JORDAN	17/09/94	Nova Cent'n	2:08.65	596	29.06	1:01.00	1:34.32
32.	Philip HEWITT	24/07/94	Co Birm'ham	2:09.95	579	28.43	1:01.18	1:36.51
32.	Thomas KAYE	01/10/94	Maxwell	2:09.95	579	28.88	1:01.52	1:35.53
34.	Mark HUGGINS	26/11/94	Co Sheffield	2:11.02	566	30.22	1:03.81	1:37.67
35.	Samuel TAYLOR	30/06/94	Basingstoke	2:11.31	562	29.23	1:02.17	1:36.82
36.	Haydon THORP	28/10/94	Co Sheffield	2:14.05	529	30.91	1:04.77	1:40.03
37.	Christopher WINSTONE	23/03/94	Co Salford	2:15.95	508	26.36	1:03.41	1:39.64

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	BRAXSTON TIMM	05/01/92	Co Sheffield	1:54.67	810	26.22	55.06	1:24.54
2.	Thomas SUNTER	29/07/92	Co Sheffield	1:57.59	760	27.30	56.89	1:27.63
3.	David FELLOWS	13/10/92	Co Birm'ham	1:57.88	755	27.23	56.66	1:27.46
4.	Ben WATSON	28/02/93	Co Cant'bury	1:58.90	738	26.65	56.63	1:28.19
5.	Alex MACKAY	11/02/92	Camden Swiss	1:59.34	731	28.15	58.58	1:29.57
6.	Daniel COCKING	04/10/90	Co Sheffield	1:59.44	729	27.26	56.86	1:28.20
7.	David GODRIDGE	19/05/93	Watford	1:59.55	728	27.89	58.72	1:29.37
8.	Thomas HOLLINGSWORTH	26/02/88	UEA Norwich	2:00.08	719	28.06	58.29	1:28.92
9.	Joseph STANFORD	13/12/91	Royal Wolv	2:00.15	718	28.10	58.18	1:29.03
10.	Ellis DAVIES	07/01/93	Llantrisant	2:00.36	715	26.88	57.44	1:29.91
11.	Christopher INCH	20/09/92	BorRedbridge	2:00.58	711	28.03	58.74	1:29.78
12.	Ricky SPEED	24/07/92	Co Sheffield	2:00.77	708	28.02	58.29	1:30.05
13.	Stuart CLARKE	17/04/84	Bishop Stort	2:01.20	702	28.71	59.33	1:30.15
14.	Luke ECCLESTON	22/05/93	Royal Wolv	2:03.36	669	28.69	59.98	1:32.06
15.	Matthew TUFF	14/09/91	Hillingdon	2:04.50	653	29.11	1:00.53	1:32.70
16.	Metin AYHAN	20/03/91	Camden Swiss	2:05.38	640	29.35	1:01.03	1:33.25
17.	Jonathan QUAINTON	20/04/92	Maxwell	2:06.25	628	29.24	1:01.30	1:34.58
18.	Daniel MCLEAN	26/01/93	Rotherham Mo	2:11.19	564	25.90	1:00.33	1:34.93
19.	Craig MOATE	23/06/85	BorRedbridge	2:12.89	543	30.75	1:04.24	1:38.83
20.	Jack HOLROYD	10/09/92	Bo Barnsley	2:29.79	375	26.04	1:15.37	1:52.86

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 702 Girls Open 400m Freestyle**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Mollie WRIGHT	27/07/98	Nova Cent'n	4:49.85	642
	50m 33.67	100m 1:10.07	150m 1:47.22	200m 2:24.09250m	3:00.87300m 3:37.92350m 4:14.55400m 4:49.85
2.	Emily LONGSTONE	05/09/98	Co Sheffield	4:54.47	614
	50m 32.70	100m 1:08.91	150m 1:46.15	200m 2:23.89250m	3:02.14300m 3:40.09350m 4:18.01400m 4:54.47
3.	Freya BECK	18/09/98	York City	5:00.68	579
	50m 34.57	100m 1:12.00	150m 1:50.62	200m 2:29.15250m	3:07.58300m 3:46.17350m 4:23.85400m 5:00.68
4.	Holly SHEPHERD	21/12/98	Leek	5:08.72	537
	50m 35.21	100m 1:14.33	150m 1:53.75	200m 2:33.36250m	3:12.85300m 3:52.51350m 4:31.61400m 5:08.72
5.	Ciara PURCELL	01/07/98	BorRedbridge	5:09.06	535
	50m 34.80	100m 1:13.78	150m 1:53.74	200m 2:33.55250m	3:12.48300m 3:52.55350m 4:31.54400m 5:09.06
6.	Holly SOTHERAN	30/11/98	Rotherham Mo	5:15.58	503
	50m 36.02	100m 1:16.00	150m 1:56.79	200m 2:37.36250m	3:17.93300m 3:58.55350m 4:38.34400m 5:15.58
7.	Olivia STANDISH-LEIGH	07/09/98	Co Peterboro	5:16.59	498
	50m 34.39	100m 1:13.90	150m 1:54.20	200m 2:34.97250m	3:15.97300m -350m 4:37.17400m 5:16.59
	Kiani CAMPBELL-GRADY	11/03/99	Co Leeds	DQ E-	

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Olivia KELSEY	08/07/97	Lincoln Vulc	4:44.00	679
	50m 32.46	100m 1:07.70	150m 1:44.44	200m 2:21.27250m	2:57.86300m -350m 4:09.56400m 4:44.00
2.	Helen FUSSEY	01/07/97	Bridgend Cty	4:47.42	657
	50m 33.04	100m 1:08.74	150m 1:44.96	200m 2:21.35250m	2:58.01300m 3:34.79350m 4:11.54400m 4:47.42
3.	Mollie WOOD	10/08/97	Co Sheffield	4:48.25	652
	50m 32.79	100m 1:09.27	150m 1:46.07	200m 2:22.99250m	2:59.69300m 3:36.60350m 4:13.03400m 4:48.25
4.	Katarina BLANCO	13/06/97	Bo Southend	4:52.95	623
	50m 32.35	100m 1:08.48	150m 1:44.37	200m 2:21.04250m	2:58.31300m 3:36.88350m 4:14.40400m 4:52.95
5.	Bethany YOUNG	30/11/97	Warrington W	4:53.53	620
	50m 33.32	100m 1:09.89	150m 1:46.82	200m 2:24.17250m	3:01.65300m 3:39.42350m 4:16.84400m 4:53.53
6.	Shannon BROWN	31/08/97	Nova Cent'n	4:53.96	617
	50m 32.00	100m 1:07.69	150m 1:44.78	200m 2:22.48250m	3:00.50300m 3:39.10350m 4:17.45400m 4:53.96
7.	Antonia HESELTINE	18/09/97	Co Sheffield	4:54.60	614
	50m 33.01	100m 1:09.17	150m 1:46.35	200m 2:23.69250m	3:01.39300m 3:39.54350m 4:17.66400m 4:54.60
8.	Serra HALE	23/01/98	Harrogate	4:58.71	590
	50m 34.31	100m 1:12.51	150m 1:51.13	200m 2:28.96250m	3:07.20300m 3:45.79350m 4:23.07400m 4:58.71
9.	Annie WOOD	10/08/97	Co Sheffield	4:59.20	588
	50m 34.57	100m 1:12.09	150m 1:49.84	200m 2:27.57250m	3:05.85300m 3:43.88350m 4:22.68400m 4:59.20
10.	Victoria TAINTY	02/05/98	Swindon Dolp	5:04.97	556
	50m 34.29	100m 1:12.79	150m 1:51.46	200m 2:30.47250m	3:09.29300m 3:48.73350m 4:27.43400m 5:04.97
11.	Elizabeth BROOK	25/03/98	Co Sheffield	5:05.00	556
	50m 34.79	100m 1:13.26	150m 1:52.36	200m 2:31.73250m	3:10.45300m 3:49.37350m 4:27.74400m 5:05.00
12.	Hannah BRIGHAM	13/09/97	Co Peterboro	5:16.16	500
	50m 34.64	100m 1:13.12	150m 1:52.75	200m 2:32.76250m	3:13.60300m 3:54.92350m 4:36.55400m 5:16.16

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Molly GRAYSON	15/06/96	Co Sheffield	4:29.84	776
	50m 30.74	100m 1:04.72	150m 1:38.87	200m 2:12.90250m	2:46.96300m 3:21.90350m 3:56.44400m 4:29.84
2.	Georgina YOUNG	22/09/96	Nova Cent'n	4:40.77	700
	50m 32.48	100m 1:07.70	150m 1:42.77	200m 2:18.70250m	2:54.32300m 3:30.61350m 4:05.99400m 4:40.77
3.	Molly NORMAN	04/07/96	Co Peterboro	4:41.19	697
	50m 31.64	100m 1:06.24	150m 1:42.06	200m 2:17.86250m	2:54.06300m 3:30.24350m 4:06.17400m 4:41.19
4.	Laura PIGOTT	17/10/96	Lincoln Vulc	4:41.90	692
	50m 32.29	100m 1:07.41	150m 1:42.82	200m 2:18.88250m	2:55.05300m 3:31.21350m 4:07.20400m 4:41.90
5.	Freya MITCHELL	20/01/97	Co Sheffield	4:43.95	679
	50m 32.08	100m 1:07.39	150m 1:42.93	200m 2:19.30250m	2:55.55300m 3:32.35350m 4:09.08400m 4:43.95
6.	Alice DEARING	23/04/97	Royal Wolv	4:44.39	676
	50m 33.02	100m 1:08.73	150m 1:45.24	200m 2:21.90250m	2:58.38300m 3:34.37350m 4:09.84400m 4:44.39
7.	Natasha SINHA	10/01/97	Greenw Bo Ma	4:49.50	644
	50m 33.23	100m 1:09.78	150m 1:47.11	200m 2:24.46250m	3:00.90300m 3:37.73350m 4:14.09400m 4:49.50
8.	Kerris PALMER	15/10/96	Nova Cent'n	4:49.68	643
	50m 33.98	100m 1:10.65	150m 1:47.64	200m 2:24.49250m	3:01.55300m 3:38.78350m 4:15.12400m 4:49.68
9.	Kelly HOOKWAY	06/08/96	Camden Swiss	4:52.43	626
	50m 31.60	100m 1:07.37	150m 1:43.49	200m 2:20.60250m	2:58.05300m 3:36.13350m 4:14.44400m 4:52.43
10.	Laura POWELL	27/05/97	Royal Wolv	4:56.79	601
	50m 34.01	100m 1:11.20	150m 1:48.83	200m 2:26.43250m	3:03.84300m 3:41.67350m 4:19.87400m 4:56.79
11.	Michelle TODD	09/10/96	Co Coventry	4:59.85	584
	50m 33.81	100m 1:11.07	150m 1:49.36	200m 2:27.71250m	3:05.99300m 3:44.52350m 4:22.83400m 4:59.85
12.	Georgina CRAGG	18/08/96	Royal Wolv	5:03.19	566
	50m 34.69	100m 1:12.37	150m 1:50.72	200m 2:29.44250m	3:08.20300m 3:46.98350m 4:25.54400m 5:03.19
13.	Natasha HOLLAND	28/10/96	Royal Wolv	5:05.39	554
	50m 33.93	100m 1:12.39	150m 1:50.95	200m 2:29.78250m	3:08.44300m 3:48.09350m 4:26.86400m 5:05.39
14.	Natalie DINGLEY	04/04/97	Stourbridge	5:08.28	539
	50m 34.84	100m 1:13.71	150m 1:52.97	200m 2:32.34250m	3:11.58300m 3:51.06350m 4:30.34400m 5:08.28
15.	Heather ROEBUCK	10/06/96	Chase	5:12.74	517
	50m 34.95	100m 1:12.85	150m 1:52.45	200m 2:32.62250m	3:12.91300m 3:53.19350m 4:33.57400m 5:12.74
16.	Isabelle FRAMPTON	25/12/96	Bournem'th D	5:17.85	492
	50m 35.90	100m 1:15.33	150m 1:55.52	200m 2:36.50250m	3:16.76300m 3:58.16350m 4:38.56400m 5:17.85

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Rachael WILLIAMSON	18/02/95	KingstonHull	4:22.60	831
	50m 30.87	100m 1:04.71	150m 1:38.52	200m 2:12.22250m	2:45.50300m 3:18.83350m 3:51.82400m 4:22.60
2.	Reut BENAIM	26/06/94	Camden Swiss	4:29.68	777
	50m 31.78	100m 1:05.51	150m 1:39.86	200m 2:14.30250m	2:48.74300m 3:23.18350m 3:57.19400m 4:29.68
3.	Gabrielle HIGNETT	23/05/95	Co Sheffield	4:31.59	763
	50m 31.60	100m 1:05.85	150m 1:40.82	200m 2:15.96250m	2:50.43300m 3:24.57350m 3:58.68400m 4:31.59
4.	Isabel FAULKNER	21/06/95	UEA Norwich	4:32.89	754
	50m 32.06	100m 1:06.98	150m 1:41.52	200m 2:16.29250m	2:50.74300m 3:25.30350m 3:59.39400m 4:32.89
5.	Grace CONLON	05/04/95	Lincoln Vulc	4:33.25	751
	50m 31.29	100m 1:04.83	150m 1:39.46	200m 2:14.33250m	2:49.26300m 3:24.13350m 3:59.22400m 4:33.25
6.	Francesca HAY	29/01/96	Nova Cent'n	4:35.13	738
	50m 31.68	100m 1:05.56	150m 1:40.37	200m 2:15.24250m	2:50.36300m 3:25.76350m 4:01.00400m 4:35.13
7.	Tegan TURNER-CLARKE	22/08/95	Co Sheffield	4:35.18	738
	50m 31.30	100m 1:05.98	150m 1:40.62	200m 2:15.92250m	2:50.63300m 3:25.67350m 4:00.69400m 4:35.18
8.	Poppy INGLESON	18/08/95	UEA Norwich	4:38.78	713
	50m 31.76	100m 1:06.43	150m 1:41.17	200m 2:16.61250m	2:52.30300m 3:28.17350m 4:03.80400m 4:38.78
9.	Sophie LONG	09/09/95	Royal Wolv	4:38.79	713
	50m 32.05	100m 1:07.43	150m 1:42.97	200m 2:18.97250m	2:54.68300m 3:30.61350m 4:05.60400m 4:38.79
10.	Katie BENNETT	18/08/95	Satellite	4:39.29	710
	50m 31.75	100m 1:06.44	150m 1:41.63	200m 2:17.35250m	2:53.28300m 3:29.19350m 4:04.69400m 4:39.29
11.	Aimee HARVEY	11/12/95	Warrington W	4:40.30	703
	50m 32.34	100m 1:07.66	150m 1:43.73	200m 2:19.98250m	2:55.40300m 3:31.38350m 4:06.46400m 4:40.30
11.	Sophie WEYMOUTH	05/06/95	Co Cant'bury	4:40.30	703
	50m 31.99	100m 1:07.25	150m 1:42.82	200m 2:18.91250m	2:54.55300m 3:30.56350m 4:05.63400m 4:40.30
13.	Emily JONES	15/11/94	Co Leeds	4:40.69	700
	50m 31.83	100m 1:06.85	150m 1:42.11	200m 2:18.39250m	2:54.26300m 3:30.96350m 4:06.68400m 4:40.69
14.	Zara BAILEY	03/12/95	Co Peterboro	4:40.85	699
	50m 31.80	100m 1:06.13	150m 1:41.49	200m 2:17.88250m	2:53.50300m 3:29.39350m 4:05.24400m 4:40.85
15.	Kristie HACKETT	11/11/95	Co Birm'ham	4:41.31	696
	50m 31.57	100m 1:05.97	150m 1:41.75	200m 2:17.60250m	2:53.74300m 3:30.19350m 4:06.00400m 4:41.31
16.	Rosie WATSON	14/06/94	Derventio	4:42.78	686
	50m 33.01	100m 1:08.77	150m 1:44.76	200m 2:20.63250m	2:56.53300m 3:32.59350m 4:08.37400m 4:42.78
17.	Chloe WILLIAMS	22/10/94	Royal Wolv	4:44.64	674
	50m 33.14	100m 1:08.89	150m 1:45.08	200m 2:21.68250m	2:58.48300m 3:33.54350m 4:09.49400m 4:44.64
18.	Sophie DAVIES	21/02/96	Co Derby	4:44.95	672
	50m 31.92	100m 1:07.93	150m 1:44.65	200m 2:21.52250m	2:57.30300m 3:33.59350m 4:09.50400m 4:44.95
19.	Jennifer TODD	02/09/94	Co Coventry	4:45.29	670
	50m 32.42	100m 1:08.04	150m 1:43.98	200m 2:20.61250m	2:56.82300m 3:33.39350m 4:09.89400m 4:45.29
20.	Ellen WILLIAMS	22/04/95	Co Peterboro	4:45.64	668
	50m 32.65	100m 1:07.80	150m 1:43.97	200m 2:20.30250m	2:56.85300m 3:34.05350m 4:10.28400m 4:45.64
21.	Grace LEE	13/04/95	Bishop Stort	4:46.33	664
	50m 32.18	100m 1:07.71	150m 1:44.13	200m 2:20.45250m	2:56.74300m 3:33.51350m 4:10.54400m 4:46.33
22.	Gemma WILSON	14/08/94	Basingstoke	4:47.57	656
	50m 32.50	100m 1:08.00	150m 1:44.89	200m 2:21.30250m	2:58.00300m 3:34.93350m 4:11.79400m 4:47.57
23.	Emma JOYCE	03/02/95	Co Milton K	4:47.65	655
	50m 31.76	100m 1:07.33	150m 1:44.93	200m 2:21.76250m	2:58.83300m 3:36.15350m 4:13.19400m 4:47.65
24.	Kimberley ANASTASIOU	06/02/95	UEA Norwich	4:49.63	643
	50m 33.33	100m 1:08.98	150m 1:45.97	200m 2:22.33250m	2:59.69300m 3:36.31350m 4:13.56400m 4:49.63
25.	Lauren TOMS	05/10/94	Co Manch Aq	4:49.95	641
	50m 32.68	100m 1:08.57	150m 1:45.29	200m 2:22.08250m	2:59.33300m 3:36.19350m 4:13.90400m 4:49.95
26.	Jaycee SIBLEY	17/11/95	Hillingdon	4:50.01	641
	50m 32.78	100m 1:08.82	150m 1:45.46	200m 2:22.58250m	2:59.62300m 3:37.03350m 4:13.70400m 4:50.01
27.	Rachel HEESOM	13/11/95	Warrington W	4:50.49	638
	50m 33.49	100m 1:09.12	150m 1:45.68	200m 2:22.73250m	2:59.74300m 3:37.47350m 4:14.12400m 4:50.49

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts
1.	Aynsley HESELTINE	10/03/92	Co Sheffield	4:22.45	832
	50m 30.05	100m 1:02.90	150m 1:35.86	200m 2:09.19250m	2:42.57300m 3:16.33350m 3:49.92400m 4:22.45
2.	Kimberley BELL	10/06/91	Loughboro Un	4:30.07	774
	50m 30.88	100m 1:03.95	150m 1:38.05	200m 2:12.62250m	2:47.13300m 3:22.23350m 3:56.83400m 4:30.07
3.	Jessica TAYLOR	10/05/94	Co Sheffield	4:31.10	767
	50m 30.47	100m 1:04.12	150m 1:38.09	200m 2:12.53250m	2:47.02300m 3:21.97350m 3:57.02400m 4:31.10
4.	Rebecca TURNER	01/08/92	Co Sheffield	4:35.18	738
	50m 30.23	100m 1:03.87	150m 1:38.94	200m 2:14.70250m	2:50.06300m 3:25.47350m 4:00.94400m 4:35.18
5.	Lucy SPENCER	29/03/93	Co Sheffield	4:35.32	737
	50m 31.15	100m 1:04.94	150m 1:39.14	200m 2:14.36250m	2:49.54300m 3:25.21350m 4:00.72400m 4:35.32
6.	Alice COUSINS	07/12/93	Co Birm'ham	4:35.57	735
	50m 31.61	100m 1:05.67	150m 1:40.38	200m 2:15.35250m	2:50.44300m 3:25.88350m 4:01.18400m 4:35.57
7.	Georgina LOCKWOOD	23/10/92	Northampton	4:35.87	733
	50m 31.75	100m 1:06.38	150m 1:41.13	200m 2:16.12250m	2:50.99300m 3:26.03350m 4:01.23400m 4:35.87
8.	Emma RATE	21/04/94	Stockport Mo	4:40.76	700
	50m 32.25	100m 1:06.80	150m 1:41.79	200m 2:17.10250m	2:52.50300m 3:28.61350m 4:04.76400m 4:40.76
9.	Ashleigh DALE	20/04/94	Barrow	4:43.01	685
	50m 31.59	100m 1:06.44	150m 1:41.66	200m 2:17.91250m	2:54.48300m 3:30.62350m 4:06.94400m 4:43.01
10.	Ailish WILLIAMS	29/04/92	Exeter City	4:48.26	652
	50m 32.15	100m 1:07.85	150m 1:44.48	200m 2:21.46250m	2:58.22300m 3:35.20350m 4:11.89400m 4:48.26
11.	Emily FISHER	15/09/93	Co Leeds	4:51.21	634
	50m 29.88	100m 1:02.61	150m 1:36.12	200m 2:09.64250m	2:55.47300m 3:34.88350m 4:13.45400m 4:51.21



**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 703 Boys Open 100m Breaststroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Dylan TOMKINSON	01/10/98	Leek	1:29.97	309	42.67
2.	Matthew SMITH	02/08/98	Co Sheffield	1:30.72	300	-
3.	Aaron COSTIGAN	20/03/99	Stourbridge	1:31.39	292	43.64

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Daniel SPEERS	17/06/97	Bournem'th D	1:15.88	533	36.83
2.	Cian SENIOR	02/02/98	Co Sheffield	1:21.55	428	38.64
3.	Edward WALSH	16/09/97	Sevenside	1:22.13	418	38.72
4.	Calum MURRAY	05/06/97	Nova Cent'n	1:23.61	395	39.44
5.	Thomas MCCALLUM	12/11/97	Stourbridge	1:24.04	388	40.65
6.	Jacob SEDDON	28/01/98	Co Leeds	1:24.30	385	40.13
7.	Joseph KINSELL	18/07/97	Chase	1:26.10	359	40.37
8.	Joel GODDARD-SMITH	04/11/97	Swim Gwynedd	1:27.29	343	40.90
9.	Brendan COMYN	29/01/98	Camden Swiss	1:31.10	296	43.23
10.	Fraser SCOTT	01/04/98	BorRedbridge	1:31.17	295	43.59
11.	James SLADE	02/12/97	Camden Swiss	1:31.78	288	42.73
12.	Tom MITCHELL	23/01/98	Co Peterboro	1:36.10	244	45.80

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Jack BURTON	07/07/96	Bournem'th D	1:14.36	565	35.37
2.	Alexander LENTHALL	07/07/96	Co Sheffield	1:18.32	485	36.39
3.	Andrew MCLAY	17/01/97	Warrington W	1:18.39	483	37.22
4.	Thomas ARKLE	22/09/96	Satellite	1:18.57	480	37.00
5.	Elliott RANDALL	12/03/97	Exeter City	1:19.78	458	37.55
6.	William STEVENSON	30/05/97	Co Leeds	1:22.06	419	38.67

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Daniel TIMMS	31/07/95	Nova Cent'n	1:13.20	591	34.50
2.	Alex PEAKE	10/08/95	Camden Swiss	1:17.00	510	35.74
3.	Christopher BAGULEY	31/03/96	Nova Cent'n	1:23.40	398	40.02

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Adam PEATY	28/12/94	Co Derby	1:07.83	727	32.23
2.	Daniel EVANS	29/07/93	Co Birm'ham	1:08.23	716	31.46
3.	Liam KNIGHT	31/08/94	Co Peterboro	1:09.12	692	32.20
4.	Liam SPRUCE	28/06/93	Exeter City	1:09.87	672	33.66
5.	Josh BRADLEY	17/06/93	Wyre Forest	1:10.34	660	32.69
6.	Mitchell ADSHEAD	17/08/93	Chase	1:10.58	654	33.42
7.	James CLARK	23/02/95	Swindon Dolp	1:11.16	639	33.33
8.	David MAXWELL	26/10/93	Co Birm'ham	1:12.49	607	34.17
9.	Thomas STOKES	23/06/93	Co Peterboro	1:12.50	607	33.81
10.	Alasdair KERR	04/09/93	Mid Beds	1:12.69	603	34.08
11.	Jack FAULKNER	25/06/94	Co Leicester	1:13.15	592	33.83
12.	Alexander SNOWDEN	15/01/95	Bishop Stort	1:13.80	577	34.26
13.	James ROBINSON	04/01/95	Royal Wolv	1:13.82	577	34.28
14.	Scott BROADIS	18/02/95	Camden Swiss	1:13.96	574	34.45
15.	Rupert MONKHOUSE	07/10/93	Worcester	1:14.19	569	34.32
16.	Charlie HAYES	15/01/94	Thurrock	1:15.70	536	35.70
17.	Alex COOK	15/05/95	KingstonHull	1:16.31	524	36.56
18.	Thomas KAYE	01/10/94	Maxwell	1:17.07	509	36.17
19.	Kenneth CLIFFE	22/03/95	Maxwell	1:17.75	495	35.76
20.	Thomas CLARKE	31/12/94	Mold	1:17.80	495	36.69
21.	Sean WESTERMAN	04/03/94	Lincoln Vulc	1:19.36	466	37.82

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Richard SPOOR	16/09/92	Co Birm'ham	1:07.16	746	31.85
2.	Luke SPAIN	01/06/92	Hillingdon	1:07.40	739	31.41
3.	Scott DENHAM	11/06/88	Bournem'th D	1:07.57	734	31.22
4.	Thomas HOLLINGSWORTH	26/02/88	UEA Norwich	1:07.68	731	32.27
5.	Lawrence PALMER	18/12/92	Mid Beds	1:08.25	715	31.86
6.	Jordan NAYLOR	09/08/87	Co Salford	1:09.93	670	32.45
7.	Darren BARBER	18/07/86	Daventry	1:10.72	650	31.85
8.	Matthew NAUNTON	20/12/91	Deben	1:11.50	631	32.58
9.	Jack JOHNSON	28/01/91	Bournem'th D	1:11.54	630	32.70
10.	Ashley BINNS	14/05/93	Co Peterboro	1:11.61	628	33.09
11.	Matthew HOLROYD	10/09/92	Bo Barnsley	1:13.19	591	33.89
12.	Lucas PERRY-HILL	27/02/93	Camden Swiss	1:14.98	552	34.88
13.	Alex CARR	27/05/91	Hillingdon	1:15.18	547	34.93
14.	Jack HARRISON	25/08/92	KingstonHull	1:15.29	545	34.82

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 704 Girls Open 200m Breaststroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Catherine ROSS	19/02/99	Warrington W	3:10.40	463	44.11	1:33.33	2:22.40
2.	Carrie SUDDER	16/04/99	York City	3:12.22	450	41.71	1:28.92	2:22.90
3.	Caitlin ADAIR	01/04/99	Worcester	3:13.82	438	45.30	1:35.33	2:26.15
4.	Orla DYER	30/04/99	Co Sheffield	3:17.79	411	46.14	1:37.66	2:27.38
5.	Ciara PURCELL	01/07/98	BorRedbridge	3:18.94	403	43.74	1:35.89	2:27.83
6.	Tara HAWORTH	12/04/99	Lincoln Vulc	3:22.75	379	46.26	1:38.68	2:31.11

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Ellen SUDDER	16/10/97	York City	2:52.91	614	39.08	1:24.00	2:08.68
2.	Ashleigh WRENCH	27/07/97	Warrington W	2:57.38	571	40.85	1:25.95	2:11.76
3.	Olivia WILLIS	28/08/97	Camden Swiss	2:58.07	565	39.94	1:25.74	2:12.09
4.	Kiana HOOSHMAND	19/12/97	Bournem'th D	3:00.39	544	39.60	1:24.28	2:12.33
5.	Annie WOOD	10/08/97	Co Sheffield	3:02.68	525	42.20	1:28.81	2:16.06
6.	Grace WINGROVE	11/09/97	BorRedbridge	3:05.45	502	42.80	1:30.13	2:17.83
7.	Linda SHAW	04/08/97	Co Leeds	3:06.53	493	43.50	1:31.34	2:19.91
8.	Alice BALL	07/09/97	Leic Peng	3:12.08	451	44.79	1:34.06	2:23.20

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Georgina YOUNG	22/09/96	Nova Cent'n	2:50.70	636	39.50	1:23.15	2:06.94
2.	Megan HUDSON	01/03/97	Co Sheffield	2:51.74	626	39.20	1:22.84	2:07.84
3.	Natasha HOLLAND	28/10/96	Royal Wolv	2:53.73	606	39.11	1:23.15	2:08.76
4.	Kayleigh SIMS	09/10/96	Bo Southend	2:54.25	601	38.60	1:22.36	2:08.18
5.	Amber KEEGAN	28/02/97	Nova Cent'n	2:54.33	600	40.41	1:24.99	2:10.17
6.	Georgina CRAGG	18/08/96	Royal Wolv	3:03.64	516	42.38	1:28.97	2:16.29
7.	Jennifer KNOWLES	14/12/96	Co Sheffield	3:04.22	512	42.19	1:29.49	2:17.38
8.	Laura POWELL	27/05/97	Royal Wolv	3:12.29	449	44.22	1:32.94	2:22.98

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Sophie SMITH	18/08/94	Co Leicester	2:36.24	804	35.04	1:15.25	1:56.09
2.	Jodie HAWKSWORTH	11/12/95	Cheadle	2:38.06	781	35.90	1:16.54	1:57.59
3.	Sarah PROCTER	28/03/96	Hillingdon	2:45.52	692	38.23	1:20.42	2:02.94
4.	Jenny YOUNG	12/05/95	Nova Cent'n	2:49.12	653	39.61	1:22.43	2:05.61
5.	Fiona MCANDREW	02/02/96	Hillingdon	2:50.18	642	38.07	1:21.48	2:05.88
6.	Francesca HAY	29/01/96	Nova Cent'n	2:50.20	642	39.36	1:22.92	2:06.45
7.	Holly WYLIE	19/05/96	Greenw Bo Ma	2:50.23	641	38.21	1:21.11	2:06.14
8.	Tamsin MCKINNON	27/01/96	Camden Swiss	2:50.65	637	37.06	1:20.32	2:05.12
9.	Amy COLE	18/05/95	Exeter City	2:50.81	635	36.95	1:20.59	2:05.97
10.	Sarah TAYLOR-REID	13/06/95	Camden Swiss	2:50.99	633	37.79	1:21.72	2:06.59
11.	Zara BAILEY	03/12/95	Co Peterboro	2:51.43	629	39.49	1:23.54	2:08.65
12.	Sorcha SMITH	08/06/94	Co Milton K	2:51.61	627	38.18	1:21.83	2:07.36
13.	Emily JONES	15/11/94	Co Leeds	2:51.81	625	40.39	1:24.23	2:08.09
14.	Emily BATES	13/09/94	Co Salford	2:52.11	622	37.25	1:20.47	2:05.99
15.	Rebecca FRIAR	13/04/96	Everton	2:52.86	615	39.24	1:23.14	2:07.74
16.	Sarah FOUNTAIN	29/03/96	Lincoln Vulc	2:52.98	613	37.60	1:20.39	2:06.84
17.	Kate YEOMAN	03/07/95	Co Sheffield	2:53.15	612	39.91	1:24.52	2:08.56
18.	Tabitha MONKHOUSE	16/10/95	Worcester	2:53.40	609	39.78	1:23.72	2:08.60
19.	Grace CONLON	05/04/95	Lincoln Vulc	2:53.74	606	39.06	1:23.09	2:08.37
20.	Anna EVISON	21/09/94	Maxwell	2:57.47	571	39.95	1:24.27	2:10.34
21.	Elizabeth NEALE	27/01/96	Basingstoke	3:00.67	542	39.49	1:25.21	2:13.11

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Francesca MARR	14/07/93	Hillingdon	2:37.60	786	35.76	1:16.09	1:57.07
2.	Lucy BUDIMIR	23/12/93	Harrogate	2:38.12	780	36.51	1:17.05	1:57.39
3.	Elizabeth BECKETT	22/02/93	Swindon Dolp	2:39.83	759	36.27	1:17.18	1:58.55
4.	Rebecca BARSBY	16/08/93	Nova Cent'n	2:40.79	747	36.03	1:16.97	1:59.01
5.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	2:43.29	717	36.05	1:17.45	1:59.57
6.	Sophie WILSON	08/08/93	Hillingdon	2:43.83	711	37.19	1:18.24	2:01.03
7.	Emma WARRINGTON	06/05/93	Hoddesdon	2:49.35	650	37.25	1:20.32	2:05.14
8.	Fiona CLARKE	21/01/93	Wrexham	2:50.87	635	38.53	1:21.81	2:06.28
9.	Sasha WISDISH	07/01/94	Derventio	2:58.21	564	40.32	1:24.80	2:11.80
10.	Rebecca RACKHAM	22/05/93	Walsall	3:00.12	547	40.13	1:25.61	2:13.06

**NO FRILLS MEET 2010  
UNDER ASA LAWS & TECHNICAL RULES  
PONDS FORGE, SHEFFIELD (50m)  
FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 705 Boys Open 200m Backstroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Edward MARTIN	16/10/98	Walsall	2:40.68	403	39.41	1:20.60	2:01.55
2.	Samuel BUDD	31/08/98	Co Sheffield	2:40.96	401	38.06	1:19.63	2:00.40
3.	Robert Edward DOS SANT	27/08/98	Camden Swiss	2:41.52	397	38.05	1:19.20	2:00.71
4.	Lewis ILLSLEY	06/03/99	Nova Cent'n	2:43.96	378	38.24	1:19.88	2:02.61
5.	Andrew WICKS	09/04/99	Leic Peng	2:44.53	373	38.76	1:20.66	2:03.44
6.	Harrison YARNOLD	09/09/98	Exeter City	2:46.30	360	38.66	1:21.18	2:04.86
7.	Hugo JOHNSON	13/08/98	Bo Southend	2:50.40	332	40.61	1:25.19	2:09.54
8.	Angus LISTER	30/03/99	Harrogate	2:50.52	331	40.30	1:23.98	2:08.45
9.	Dylan TOMKINSON	01/10/98	Leek	2:52.61	318	42.21	1:25.89	2:09.59
10.	Aaron COSTIGAN	20/03/99	Stourbridge	2:55.30	301	41.71	1:26.59	2:11.22
11.	Tobias SCHRODER	25/05/99	Nova Cent'n	3:09.26	228	43.13	1:30.73	2:19.99

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Kunmi OGUNFEIBO	12/06/97	Beckenham	2:28.67	513	33.31	1:11.80	1:50.28
2.	Thomas SHORTMAN	11/08/97	Sevenside	2:35.79	445	36.60	1:16.11	1:56.81
3.	James ROSS	12/09/97	Warrington W	2:38.62	420	38.20	1:18.81	1:59.00
4.	Calum MURRAY	05/06/97	Nova Cent'n	2:39.34	414	35.86	1:16.72	1:58.27
5.	Jack WESTON	25/09/97	Worcester	2:40.13	408	37.28	1:18.27	2:00.21
6.	Mitchell PAGE	03/01/98	Walsall	2:40.69	403	37.50	1:19.04	2:00.22
7.	Matthew EVANS	03/09/97	Chase	2:40.82	402	37.44	1:18.27	1:59.89
8.	Daniel POWELL	21/10/97	Co Peterboro	2:43.37	382	39.91	1:21.86	2:03.30
9.	Tom MITCHELL	23/01/98	Co Peterboro	2:44.97	370	38.86	1:21.09	2:03.94
10.	Adam HORTON	27/07/97	Stourbridge	2:45.52	366	38.91	1:21.07	2:03.55
11.	Frank MCGUIRK	14/02/98	BorRedbridge	2:46.60	358	38.95	1:22.08	2:04.79
12.	Morgan BROWN	03/12/97	BorRedbridge	2:47.39	353	39.05	1:22.78	2:06.33
13.	James SLADE	02/12/97	Camden Swiss	2:50.79	329	40.43	3:09.32	2:08.13
14.	Daniel CLARK	14/01/98	Worcester	3:00.99	269	41.29	1:27.67	2:15.36

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Archie MITCHELL	17/08/96	Beckenham	2:26.07	540	33.27	1:10.71	1:49.08
2.	Adam-James LAMB	05/11/96	Chase	2:26.21	539	34.23	1:12.00	1:50.01
3.	Ellis KUBE	14/03/97	Leic Peng	2:26.59	535	34.13	1:11.22	1:49.38
4.	Sam HOLMES	17/02/97	Co Peterboro	2:28.26	517	35.05	1:12.63	1:50.82
5.	Fabio LAREDO	11/06/96	Co Leeds	2:28.28	517	34.35	1:11.53	1:49.71
6.	Michael ADAIR	20/10/96	Worcester	2:30.77	492	34.76	1:13.16	1:52.14
7.	Harry HATHAWAY	11/02/97	Leic Peng	2:36.90	435	37.36	1:17.00	1:57.79
8.	Cade GILLINGHAM	06/12/96	Sevenside	2:41.34	398	37.07	1:18.07	2:00.68
9.	William STEVENSON	30/05/97	Co Leeds	2:46.37	360	38.79	1:21.12	2:04.02

14 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Joshua PANKHURST	10/01/96	East Grins'd	2:16.93	648	31.13	1:05.73	1:41.54
2.	Kieran SMITH	20/06/95	Royal Wolv	2:18.45	629	31.84	1:06.60	1:42.66
3.	Michael ROSS	30/12/95	Warrington W	2:20.04	609	33.02	1:08.43	1:44.38
4.	Matthew BRIGHAM	11/01/96	Co Peterboro	2:20.12	608	33.31	1:08.92	1:44.58
5.	Lawrence BROWN	12/01/96	BorRedbridge	2:23.85	565	34.27	1:10.29	1:46.71
6.	Mathew SAMBROOK	12/03/96	Swindon Dolp	2:24.16	561	33.58	1:09.65	1:46.56
7.	Marlon GASPAROTTO	20/11/95	Beckenham	2:25.46	547	34.19	1:11.21	1:48.33
8.	Taylor WHITCHURCH	21/01/96	Royal Wolv	2:28.38	516	35.14	1:12.32	1:50.36
9.	Mikey KINGSLEY	13/02/96	Bournem'th D	2:29.98	500	34.18	1:11.93	1:51.25
10.	William RITTENHOUSE	11/05/96	Camden Swiss	2:30.48	495	35.36	1:14.19	1:52.31
11.	James DETHICK	24/08/95	Co Sheffield	2:34.78	454	36.26	1:15.75	1:55.76
12.	Joe ERB	05/05/96	Greenw Bo Ma	2:39.06	417	36.39	1:16.80	1:57.98
13.	Joshua BOOTH	17/12/95	Millfield	2:44.78	372	31.60	1:04.68	1:58.63

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 705 Boys Open 200m Backstroke**

15/16 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Liam KNIGHT	31/08/94	Co Peterboro	2:08.89	761	30.19	1:02.56	1:36.25
2.	Liam HERBERT	06/11/93	Swindon Dolp	2:14.60	679	31.04	1:05.01	1:40.04
3.	Matthew WATKINSON	06/03/95	Nova Cent'n	2:15.28	670	32.56	1:06.28	1:40.60
4.	David MAXWELL	26/10/93	Co Birm'ham	2:16.00	661	31.90	1:06.35	1:41.50
5.	Ryan LOVATT	06/09/93	Derventio	2:16.65	652	31.32	1:04.91	1:40.49
6.	Samuel O'DONOHUE	09/10/94	Co Bradford	2:16.84	650	32.03	1:07.20	1:42.41
7.	Sean WESTERMAN	04/03/94	Lincoln Vulc	2:17.97	635	32.30	1:07.45	1:43.61
8.	Danny PROFFITT	31/08/94	West Suffolk	2:18.25	632	32.37	1:07.18	1:43.05
9.	Daniel MCAULIFFE	26/02/94	Hatfield	2:18.38	630	32.16	1:07.18	1:42.78
10.	Christian LAWLESS	22/11/94	Chorley Marl	2:19.06	621	32.22	1:08.35	1:43.72
11.	Daniel WASS	25/08/94	Warrington W	2:19.13	621	32.89	1:08.26	1:44.54
12.	Johnathan LOWE	30/07/94	Satellite	2:19.66	614	32.39	1:08.04	1:43.39
13.	Adam WOOD	16/02/95	Hillingdon	2:20.32	606	32.96	1:08.68	1:45.06
14.	Matthew MASTERS	31/10/94	Co Milton K	2:20.40	605	31.47	1:07.04	1:44.11
15.	Nicholas ILSLEY	25/11/94	Co Peterboro	2:20.62	602	32.93	1:08.28	1:44.62
16.	George BOAST	24/01/95	Llantrisant	2:21.26	595	31.37	1:07.03	1:43.89
17.	Alex WATSON	28/05/95	Co Sheffield	2:21.46	592	32.26	1:07.86	1:44.67
18.	Adam SILVESTER	14/04/95	Chase	2:21.69	590	32.66	1:07.89	1:44.99
19.	Joshua SULLIVAN	10/06/94	Daventry	2:23.57	568	32.36	1:09.47	1:46.93
20.	Jack SPENCE	01/12/94	Watford	2:23.92	564	30.83	1:04.11	1:45.37
21.	Samuel TAYLOR	30/06/94	Basingstoke	2:26.77	533	33.86	1:11.06	1:49.71
22.	Daniel ADAIR	22/05/95	Worcester	2:26.89	531	33.74	1:10.20	1:48.32
23.	Samuel RAINTON	28/11/93	York City	2:27.93	520	31.03	1:04.36	1:49.97
24.	Jake LLOYD	17/03/95	Bishop Stort	2:28.75	512	35.04	1:11.15	1:50.36
25.	Aaron LEE	07/02/95	Maxwell	2:30.40	495	33.80	1:12.17	1:51.82
26.	Kyle AINGE	24/04/95	Co Peterboro	2:32.54	475	35.37	1:14.57	1:53.97
27.	Thomas BARNES	10/01/95	Co Sheffield	2:36.41	439	35.77	1:15.92	1:56.92
28.	Matthew RIDER	27/01/94	Harrogate	2:37.53	430	29.99	1:03.26	1:56.55
29.	Kenneth CLIFFE	22/03/95	Maxwell	2:37.79	427	36.57	1:17.08	1:57.98

17 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50	100	150
1.	Dan RUCKWOOD	26/11/92	Co Birm'ham	2:12.82	704	30.69	1:03.58	1:38.14
2.	Tom RANDALL	24/10/92	Hillingdon	2:15.46	668	31.89	1:05.86	1:41.20
3.	Kurtis SANDLAN	28/11/92	Co Salford	2:16.09	659	30.90	1:05.38	1:40.73
4.	Oliver BREWER	12/01/92	Maxwell	2:16.59	653	32.15	1:06.82	1:42.54
5.	James CRISP	11/10/82	Co Sheffield	2:17.52	641	32.12	1:06.59	1:41.88
6.	Jack HARRISON	25/08/92	KingstonHull	2:18.77	625	32.12	1:07.09	1:43.39
7.	Robert WHIGHT	25/03/93	Deben	2:24.10	562	33.99	1:10.81	1:47.77
8.	Lawrence PALMER	18/12/92	Mid Beds	2:30.57	494	35.47	1:13.10	1:51.97
9.	George MORREAL	14/06/92	Oldham Aqua	2:37.41	431	30.59	1:03.86	1:54.97
10.	Thomas NELSON	19/08/91	Rotherham Mo	2:39.09	416	30.79	1:03.84	1:53.24

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 706 Girls Open 100m Backstroke**

11 Yrs/Under Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Holly SHEPHERD	21/12/98	Leek	1:14.87	543	36.68
2.	Emily LONGSTONE	05/09/98	Co Sheffield	1:18.50	471	38.35
3.	Abbie HAWKINS	07/09/98	Swindon Dolp	1:18.89	464	37.76
4.	Lucia WOOD-BONELLI	04/08/98	Co Sheffield	1:23.48	388	40.80
5.	Amy TRESLOVE	07/08/98	Co Sheffield	1:23.56	387	40.75
6.	Francesca DANIELS	10/12/98	Worcester	1:23.80	383	41.14
7.	Catherine ROSS	19/02/99	Warrington W	1:27.10	337	42.61

12 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Chloe JOHNSON	07/06/97	Cheadle	1:11.53	618	34.13
2.	Neema NYAULINGO	15/08/97	Greenw Bo Ma	1:14.03	561	36.04
3.	Emily BENNETT	23/07/97	Stourbridge	1:15.06	539	37.04
4.	Victoria BISHOP	16/07/97	Exeter City	1:16.96	500	36.93
5.	Kay-Leigh BOOT	30/09/97	Co Sheffield	1:20.61	434	39.49
6.	Hannah BRIGHAM	13/09/97	Co Peterboro	1:22.18	408	39.67
7.	Sophie GROVES	21/05/98	Worcester	1:22.37	405	38.42

13 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Hannah MEEK	10/10/96	Nova Cent'n	1:09.47	670	33.85
2.	Natasha SINHA	10/01/97	Greenw Bo Ma	1:09.51	669	34.26
3.	Molly GRAYSON	15/06/96	Co Sheffield	1:10.88	634	34.37
4.	Kate WILSON	26/06/96	Hillingdon	1:10.95	632	34.72
5.	Shannon CORRIGAN	27/12/96	Co Salford	1:11.13	628	34.31
6.	Alice O'TOOLE	18/06/96	Worcester	1:11.40	621	34.30
7.	Kerris PALMER	15/10/96	Nova Cent'n	1:11.42	621	34.95
8.	Emily SHONE	23/07/96	Rotherham Mo	1:11.96	608	34.76
9.	Shannon FRIEL	08/12/96	Satellite	1:12.08	605	34.41
10.	Molly NORMAN	04/07/96	Co Peterboro	1:12.60	593	35.58
11.	Georgina YOUNG	22/09/96	Nova Cent'n	1:12.64	592	35.55
12.	Freya MITCHELL	20/01/97	Co Sheffield	1:13.99	562	36.47
13.	Christie GHENT	12/08/96	Chase	1:14.39	553	35.97
14.	Natalie DINGLEY	04/04/97	Stourbridge	1:14.56	549	36.32
15.	Alison HAWORTH	29/04/97	Lincoln Vulc	1:14.81	544	36.47
16.	Kelly HOOKWAY	06/08/96	Camden Swiss	1:15.14	537	36.37
17.	Jessica STANDISH-LEIGH	07/05/97	Co Peterboro	1:16.21	515	-
18.	Jennifer KNOWLES	14/12/96	Co Sheffield	1:16.62	507	37.43
19.	Nicola FARRELL	04/02/97	Oldham Aqua	1:16.78	504	36.83
20.	Cara LEE	01/06/96	Worcester	1:17.73	486	37.69
21.	Danielle BEAMAN	31/05/96	Co Milton K	1:19.43	455	38.31
22.	Georgia CRAGG	18/08/96	Royal Wolv	1:20.70	433	39.83
23.	Laura DONNELLY	20/01/97	Co Sheffield	1:21.95	412	39.36
24.	Amy HOOK	05/03/97	Co Sheffield	1:22.55	403	39.77

14/15 Yrs Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Rebecca COLE	02/09/94	Co Birm'ham	1:04.19	823	31.25
2.	Sophie SMITH	18/08/94	Co Leicester	1:07.04	736	32.26
3.	Sophie RITTENHOUSE	13/01/95	Camden Swiss	1:07.65	719	33.05
4.	Rosie HUGHES	17/01/95	Camden Swiss	1:07.68	718	32.83
5.	Hannah ARMSTRONG	01/09/94	Co Salford	1:08.59	693	33.40
6.	Rebecca MARSHALL	19/04/95	Co Milton K	1:08.66	691	-
7.	Elizabeth NEALE	27/01/96	Basingstoke	1:08.67	691	33.09
8.	Georgina TOVELL-COLEMA	06/12/95	Derventio	1:10.18	652	34.50
9.	Amy WILLIAMS	18/08/94	Leek	1:10.21	651	33.68
10.	Lauryn DEAN	06/01/96	Harrogate	1:10.76	637	34.03
11.	Grace LEE	13/04/95	Bishop Stort	1:10.83	635	33.93
12.	Abigail CARNE	20/05/96	Plymouth Lea	1:10.93	633	35.07
13.	Olivia PHOENIX	09/03/96	Wrekin Coll	1:11.17	627	34.47
14.	Paloma FRIEDRICH	23/05/95	Camden Swiss	1:11.52	618	34.57
15.	Emily COOK	09/10/94	Co Peterboro	1:12.01	607	34.41
16.	Holly WYLIE	19/05/96	Greenw Bo Ma	1:12.15	604	34.90
17.	Kelsey LOVATT	14/09/95	Derventio	1:12.22	602	34.39
17.	Amy HULL	28/10/94	Nova Cent'n	1:12.22	602	35.02
19.	Zara BAILEY	03/12/95	Co Peterboro	1:12.61	593	35.29
20.	Cristina MATHESON	02/02/96	Maxwell	1:13.28	578	35.82
21.	Emma JOYCE	03/02/95	Co Milton K	1:13.56	571	35.25
22.	Hannah WILLIAMS	26/03/95	Stourbridge	1:15.19	536	36.10
23.	Rachel HEESOM	13/11/95	Warrington W	1:15.40	532	36.42
24.	Amy COLE	18/05/95	Exeter City	1:15.93	521	35.89
25.	Samantha BERRY	13/05/96	Swindon Dolp	1:16.18	516	36.59
26.	Gemma WILSON	14/08/94	Basingstoke	1:16.47	510	36.90
27.	Lauren WALDRAM	17/07/94	Basingstoke	1:16.51	509	36.81
28.	Caitlin CLARK	07/05/95	Worcester	1:17.69	486	36.96

**NO FRILLS MEET 2010**  
**UNDER ASA LAWS & TECHNICAL RULES**  
**PONDS FORGE, SHEFFIELD (50m)**  
**FRIDAY 28<sup>th</sup> May/SUNDAY 30<sup>th</sup> May 2010**

**EVENT 706 Girls Open 100m Backstroke**

16 Yrs/Over Age Group - Full Results

Place	Name	DoB	Club	Time	GB Pts	50
1.	Holly LYNCH	05/10/92	Co Birm'ham	1:04.28	820	31.27
2.	Alexandra HOOPER	13/03/92	Co Birm'ham	1:04.77	804	31.18
3.	Laura HUGGON	14/05/91	Co Sheffield	1:07.10	735	32.48
4.	Sarah LAMBERT	07/05/81	York City	1:07.59	721	33.10
5.	Lauren OTTAWAY	21/03/94	Co Milton K	1:08.90	685	33.30
6.	Lucy SPENCER	29/03/93	Co Sheffield	1:08.94	684	33.06
7.	Jasmine MCCORMACK	30/11/91	Bournem'th D	1:09.26	675	33.30
8.	Constance FEARNLEY	17/02/94	Exeter City	1:09.59	667	33.85
9.	Hayley WILLIAMS	13/11/93	Lincoln Vulc	1:09.88	659	33.39
10.	Rebecca TURNER	01/08/92	Co Sheffield	1:11.66	615	34.16
11.	Hannah SULLIVAN	23/03/93	Derventio	1:11.86	610	34.82
12.	Sally WHYBRA	08/02/94	Exeter City	1:12.30	600	35.16
13.	Sally CHUI	08/09/93	Basingstoke	1:13.58	571	35.71