



Session - 3
Main Pool

EVENT 301 Female 15 /Ov 200m Superlifesaver

Ag: 15/18, 19/OV

15/18 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	50	100	150
1.	Amaia LOPEZ	18	Crawley Town	2:43.47	+ 0.67	32.16	1:20.42	1:57.01
2.	Heather WATSON	18	RASCALS	2:47.10	+ 0.60	32.32	1:20.39	1:59.02
3.	Mimi FISHER	17	RASCALS	2:55.26		30.91	1:20.21	2:01.37
4.	Elena QUINN	15	RASCALS	2:56.14	+ 0.69	32.94	1:27.02	2:06.08
5.	Zophia QUIGLEY	17	Belfast Olym	2:56.27		29.37	1:16.52	2:06.39
6.	Marie FRYDENBO-BRUVIC	16.	Beacon LSC	3:00.80	+ 0.55	36.24	1:30.13	2:13.26
7.	Kirsten DALY	18	RASCALS	3:07.45		33.37	1:28.97	1:37.67
8.	Olivia CAMPBELL	18	Belfast Olym	3:09.87	+ 0.83	36.46	1:33.04	2:17.58
9.	Kate MOORE	17	Belfast Olym	3:13.64		37.20	1:30.68	2:19.13
10.	Ciara RODGERS	17	Belfast Olym	3:13.80		37.69	1:36.18	2:22.06
11.	Aydrian COPE	15	RASCALS	3:15.08		35.35	1:33.29	2:17.58
12.	Beth CAMPBELL	16	Belfast Olym	3:18.24		38.32	1:35.81	2:30.73
13.	Francesca RICHARDS	16	Retford&Dist	3:20.82	+ 0.74	34.34	1:32.61	-
14.	Mae JOHNSTONE	17	Leeds Phoeni	3:21.79		33.97	1:26.03	2:15.06
14.	Eva CHAPMAN	17	Retford&Dist	3:21.79		33.89	1:32.25	2:23.56
16.	Ragne FJELDHEIM	18	Norwegian LS	3:22.56		39.14	1:37.55	2:27.09
17.	Ella BROUGH	17	RASCALS	3:25.80		33.44	1:31.24	2:21.83
18.	Elizabeth COLLIS	15	Beacon LSC	3:28.18		-	-	-
19.	Daisy CARR	16	Blyth LG&SC	3:31.06		38.65	-	1:31.00
20.	Abigail MARKS	17	North Worcs	3:36.51		18.98	-	2:26.54
21.	Catherine DOYLE	16	Belfast Olym	3:36.67		40.66	1:39.04	2:36.00
22.	Abi CORRANCE	17	Retford&Dist	3:46.44	+ 0.83	38.31	-	2:34.93
23.	Abbie DUROE	16	Vale SLSC	3:54.40	+ 0.82	38.68	1:47.34	2:44.41
24.	Rebecca MURRAY	17	Blyth LG&SC	3:55.06		39.46	1:42.03	2:40.05
25.	Chloe TURNER	15	Retford&Dist	3:57.27		42.89	1:53.60	2:07.32
26.	Emme SMITH	16	RASCALS	3:59.21		40.01	1:46.07	2:37.90
27.	Emily REMMER	15	Retford&Dist	4:01.17		40.56	1:48.66	2:48.50
28.	Ellie Mae DODD	17	Blyth LG&SC	4:03.83		43.04	1:56.63	1:34.50
29.	Isobelle WILKINSON	17	Retford&Dist	4:08.96		40.28	1:46.90	2:42.48
	Bea SHELLEY	18	Retford&Dist	DNC				
	Iris THURGUR	15	Bournemouth	DNC				
	Anna MCCOMISH	17	Belfast Olym	DNC				
	Anna DOYLE	18	Belfast Olym	DNC				
	Jade MCGREGOR	17	GLASGOW	DNF				
	Chloe MALONEY	15	Leeds Phoeni	DQ 30				
	Tegan BIRD	18	Bournemouth	DQ 34				
	Grace CLARK	15	RASCALS	DQ 34				

19 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	50	100	150
1.	Emily ROBSON	21	Lboro Studen	2:35.23	+ 0.53	31.41	1:16.06	1:53.29
2.	Emma HENDERSON	26	Union LSC	2:35.78	+ 0.61	32.70	1:16.55	1:54.41
3.	Abby COMLINE	21	Lboro Studen	2:37.57	+ 0.59	30.13	1:15.24	1:27.87
4.	Sally CARTER	28	RASCALS	2:44.08	+ 0.82	32.97	1:23.26	1:58.22
5.	Eve Ruby HICKMAN	19	Rest Bay SLS	2:46.84	+ 0.62	29.93	1:17.70	1:59.12
6.	Meabh RODGERS	19	Belfast Olym	2:49.08	+ 0.69	33.24	1:21.41	1:37.18
7.	Abigail DAVIES	19	Rest Bay SLS	2:51.50		31.07	1:18.68	2:02.28
8.	Samantha CARPENTER	28	Blyth LG&SC	2:52.43	+ 0.56	34.21	1:23.00	2:05.29
9.	Jennifer PENNY	41	Bournemouth	3:01.64		33.37	1:27.76	2:11.75
10.	Eloise DICKERSON WEEI	22	Blyth LG&SC	3:01.97		33.86	1:30.52	1:30.63
11.	Emily PARKER	21	Vale SLSC	3:06.01		34.19	1:26.10	2:10.17
12.	Lucy TERRINGTON	19	Belfast Olym	3:07.29		34.76	1:28.23	2:13.79
13.	Lily COLLIER	19	Leeds LS	3:13.96		34.11	1:29.34	2:16.31
14.	Iona HALFORD	30	East Kilbrid	3:21.62		38.72	1:37.00	2:24.57
15.	Hannah THOMPSON	21	St John Berc	3:34.02		42.38	1:45.66	2:39.57
16.	Helene AUFORT	48	Belfast Olym	3:43.27		43.49	1:48.30	2:43.64
17.	Ruth MCDUGALL	40	Belfast Olym	3:47.12	+ 0.73	45.16	1:48.25	2:41.26
18.	Rachel HEALEY	43	RASCALS	3:48.19	+ 0.87	40.48	1:44.94	2:38.33
19.	Lily FIRM	19	Retford&Dist	3:52.36		40.53	1:47.78	2:49.03
	Eva HARRINGTON	23	St John Berc	DNC				
	Nicola TASKER	42	Retford&Dist	DNC				
	Niamh RONAN	33	St John Berc	DNC				
	Lauren VOCE	20	Heanor S&LSC	DNF				
	Shaunna ANDERSON	32	East Kilbrid	DNF				
	Hannah CARTY	26	St John Berc	DQ 31				
	Katie MALLETT	24	Uni of Birmi	DQ 32				
	Alaw DAVIES	21	Lboro Studen	DQ 32				

EVENT 302 Open/Male 15 /Ov 200 Superlifesaver

AG: 15/18, 19/OV

15/18 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	50	100	150
1.	Asier LOPEZ	16	Crawley Town	2:37.95	+ 0.61	29.63	1:16.34	1:53.10
2.	David LEGGETT	18	Belfast Olym	2:39.29	+ 0.65	29.83	1:14.87	2:00.00
3.	Lachlan ROBERTSON	16	Beacon LSC	2:44.07		32.29	1:19.21	1:59.50
4.	James MOWBRAY	16	Blyth LG&SC	2:50.05	+ 0.70	26.79	1:23.39	1:17.21
5.	Jacob MIDDLETON	18	Heanor S&LSC	2:51.04	+ 0.82	33.66	1:21.01	2:10.74
6.	Cillian LAMONT	16	RASCALS	2:54.03		32.72	1:24.15	2:06.38
7.	Paul MARR	17	Belfast Olym	2:55.82	+ 0.58	32.99	1:25.60	2:10.49

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9.	Lewis GRAHAM	18	Blyth LG&SC	2:59.24	+ 0.70	33.92	1:24.02	2:12.63
10.	Keiran MCLOUGHLIN	16	RASCALS	3:01.89	+ 0.56	32.90	1:24.28	1:23.00
11.	Harry MACKLEN	15	Beacon LSC	3:03.57	+ 0.56	34.04	1:28.60	2:11.55
12.	Noah BONEV	15	Blyth LG&SC	3:04.34	+ 0.81	29.91	1:24.78	1:33.70
13.	Seth GRAYSON	17	Retford&Dist	3:05.14	+ 0.69	18.64	1:27.11	1:50.06
14.	Jamie BROADHURST	18	Leeds Phoeni	3:05.15	+ 0.76	33.35	1:25.33	2:16.63
15.	Keelan ROCKS	16	Belfast Olym	3:06.78	+ 0.67	34.80	1:27.15	2:15.93
16.	Oliver QUINN	16	Belfast Olym	3:07.71	+ 0.52	33.16	1:25.09	2:20.91
17.	Tom BAGULEY	17	Retford&Dist	3:08.73	+ 0.62	43.06	1:24.41	2:12.38
18.	Koji BAYLISS-CUTLER	16	Crawley Town	3:12.87	+ 0.74	37.13	1:34.12	2:25.20
19.	James OAKES	18	Retford&Dist	3:18.39	+ 0.47	34.48	1:33.57	2:25.20
20.	Callum MERRILLS	15	Retford&Dist	3:20.27	+ 0.75	36.56	1:32.58	2:30.43
21.	Ben CHILVERS	17	Retford&Dist	3:25.53	+ 0.71	34.09	1:25.06	2:13.11
22.	Benjamin WALLACE	18	Bournemouth	3:26.66		36.15	1:35.28	2:24.96
23.	ZaK LEWIS	17	Retford&Dist	3:28.63	+ 0.48	36.96	1:36.05	2:27.31
24.	Jonathan BRENNAN	18	Bournemouth	3:30.35	+ 0.73	37.75	1:37.80	1:59.81
25.	Dominic VILA	16	Leeds Phoeni	3:40.38	+ 0.71	38.90	1:36.31	2:36.35
26.	Cian FOWLER	17	St John Berc	3:42.90	+ 0.89	38.21	1:42.24	2:38.61
27.	Daniel MCARDLE	15	Belfast Olym	3:53.57		34.26	1:31.26	2:17.57
28.	John MCENTEE	15	Belfast Olym	4:00.49	+ 0.60	37.65	1:40.28	1:44.25
	Leo RIGGS	17	Bournemouth	DNC				
	Fabian BJERKE	18	Norwegian LS	DNC				
	Sindre JENSEN	17	Norwegian LS	DNC				
	Ben STEPHENSON	18	Blyth LG&SC	DQ 32				



19 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	R.T.	50	100	150
1.	Samuel LAWMAN	29	Race Pace Yo	2:12.26		26.92	1:03.15	1:36.47
2.	Jack SADBERRY	20	Crawley Town	2:20.35		26.61	1:05.19	1:40.33
3.	Thomas LEGGETT	20	Belfast Olym	2:21.48		26.85	1:04.50	1:40.58
4.	Luke WATERFALL	19	RASCALS	2:24.41		28.54	1:09.71	1:47.22
5.	Joshua SKINNER	21	Lboro Studen	2:25.77		29.12	1:09.71	1:45.17
6.	Freddie POSTLETHWAITE	19	RASCALS	2:29.42	+ 0.64	29.37	1:14.86	1:50.96
7.	Dan HOLMES	22	Lboro Studen	2:30.66	+ 0.64	30.84	1:11.98	1:50.49
8.	Jacob SCREETON	22	RASCALS	2:33.46	+ 0.65	30.08	1:14.17	1:53.08
9.	Aaron MCGREGOR	29	East Kilbrid	2:34.29	+ 0.62	30.95	1:16.83	1:53.51
10.	Ryan WHEELER	29	Beacon LSC	2:36.23		28.83	1:10.76	1:52.17
11.	Michael CAMPBELL	20	Belfast Olym	2:39.43	+ 0.59	32.61	1:18.53	1:56.93
12.	Joshua SUNNUCKS	19	Lboro Studen	2:39.73	+ 0.70	30.18	1:15.79	1:22.44
13.	Jack LESTER	23	RASCALS	2:40.41	+ 0.77	30.48	1:13.03	1:55.61
14.	Jake LEE	23	Race Pace Yo	2:45.94	+ 0.65	30.07	1:14.22	1:57.36
15.	Henry RUSSELL ROSS	20	Beacon LSC	2:48.94		28.40	1:09.66	1:51.47
16.	Jacob GOODALL	21	Crawley Town	2:48.96	+ 0.54	30.08	1:19.51	1:28.57
17.	Ben TOMLINSON	21	Retford&Dist	2:50.49	+ 0.70	24.60	1:22.05	1:18.28
18.	Patrick FERRIE	20	Lboro Studen	2:52.03	+ 0.62	31.09	1:16.49	1:56.86
19.	Martin SCHOFIELD	29	Crawley Town	2:52.46	+ 0.67	31.65	1:20.11	2:05.03
20.	Matthew JAMES	23	Lboro Studen	2:58.04	+ 0.52	31.80	1:22.05	1:26.74
21.	Terry FOX	49	RASCALS	2:58.19	+ 0.71	29.80	1:24.06	2:11.37
22.	Tom SCAIFE	20	Uni of Birmi	2:58.78	+ 0.62	30.52	1:21.76	2:09.56
23.	Joseph KEELEY	31	Race Pace Yo	2:59.95	+ 0.61	29.46	1:13.47	1:57.69
24.	Juniper HARPER	23	Lboro Studen	3:02.46	+ 0.63	32.59	1:23.72	1:22.79
25.	Cillian SPAIN	35	St John Berc	3:02.82	+ 0.91	35.62	1:30.12	1:37.86
26.	Andrew BRIDGEWOOD	19	Heanor S&LSC	3:04.19	+ 0.55	33.21	1:28.04	2:12.54
27.	Shane KELLY	25	St John Berc	3:04.87	+ 0.66	30.21	1:20.11	1:54.05
28.	Leo DOMINGUEZ	21	Norwegian LS	3:06.13	+ 0.61	34.70	1:27.54	2:16.75
29.	Sebastian WILKINSON	19	Retford&Dist	3:10.16	+ 0.67	31.57	1:22.57	2:08.62
30.	Jordan COOPER-SMITH	23	Heanor S&LSC	3:10.72	+ 0.74	34.58	1:30.27	1:29.95
31.	Ryan TORR	19	Lboro Studen	3:14.47	+ 0.64	37.16	1:38.34	1:30.36
32.	David BROWNE	52	St John Berc	3:17.56	+ 0.88	37.03	1:34.54	2:24.39
33.	Dylan EDWARDS	21	Uni of Birmi	3:19.46	+ 0.73	36.47	1:38.19	2:07.02
34.	Peter DAWES	63	Bournemouth	3:31.05	+ 0.93	35.59	1:34.22	2:33.96
35.	Lawrie PROCTER	20	Bournemouth	3:42.64	+ 0.72	37.88	1:40.55	2:34.85
36.	Jeremy BAGULEY	59	Retford&Dist	3:47.50	+ 0.63	38.47	1:47.36	2:50.63
	Conor INGHAM	29	Beacon LSC	DNC				
	Ben CUSSELLE	21	Beacon LSC	DNC				
	Osian PHINMORE	20	Pen-Y-Bont	DNC				
	Ben LANGDOWN	20	Lboro Studen	DQ 21				
	Ronan SPAIN	32	St John Berc	DQ 32				
	James BLABY	27	Race Pace Yo	DQ 34				

EVENT 303 Mixed 200m Pool Lifesaver Team

AG: 015+, 019+

015+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	R.T.	50	100	150
1.	15/18 Rascals	015+	RASCALS	2:23.49		29.46	58.27	1:20.00
2.	15/18 Retford&District	015+	Retford&Dist	2:24.38	+ 0.62	30.51	59.94	1:49.86
3.	15/18 Blyth LG&SC	015+	Blyth LG&SC	2:25.75		33.46	1:05.67	1:53.35
4.	15/18 Heanor S&LSC	015+	Heanor S&LSC	2:26.78		-	-	-
5.	15/18 Leeds Phoenix LS	015+	Leeds Phoeni	2:27.41	+ 0.71	30.86	56.14	1:49.30
6.	15/18 (B) Leeds Phoeni	015+	Leeds Phoeni	2:29.58		30.91	1:03.63	1:21.50
7.	15/18 Beacon LSC	015+	Beacon LSC	2:29.75		-	-	-
8.	15/18 (B) Blyth LG&SC	015+	Blyth LG&SC	2:37.25		36.75	-	1:27.24
9.	15/18 (B) Retford&Dist	015+	Retford&Dist	2:39.29	+ 0.85	32.85	1:01.62	1:55.70
10.	15/18 Bournemouth LGC	015+	Bournemouth	2:46.41	+ 0.79	34.55	50.11	2:08.09
11.	15/18 St John Berc	015+	St John Berc	2:55.75		-	-	-
12.	15/18 (B) St John Berc	015+	St John Berc	3:13.87		-	-	-
	15/18 (C) Blyth LG&SC	015+	Blyth LG&SC	DQ 59				

019+ Yrs Age Group - Full Results

Place	Name	A.G	Club	Time	R.T.	50	100	150
1.	Open (15+) RASCALS	019+	RASCALS	1:57.93	+ 0.41	29.10	50.09	1:28.11
2.	Open (15+) Lboro Stude	019+	Lboro Studen	1:58.11	+ 0.64	27.33	50.11	1:28.99
3.	Open (15+) Belfast Oly	019+	Belfast Olym	2:01.54	+ 0.58	28.03	54.49	1:31.61
4.	Open (15+) Crawley Tow	019+	Crawley Town	2:11.53	+ 0.78	32.34	53.84	1:37.49
5.	Open (15+) (C) Lboro S	019+	Lboro Studen	2:13.55	+ 0.68	29.73	55.14	1:40.26
6.	Open (15+) (B) RASCALS	019+	RASCALS	2:14.24	+ 0.64	29.59	54.11	1:19.92
7.	Open (15+) (B) Lboro S	019+	Lboro Studen	2:14.56	+ 0.74	29.97	50.96	1:20.17
8.	Open (15+) Blyth LG&SC	019+	Blyth LG&SC	2:16.09	+ 0.64	26.79	53.35	1:40.32
9.	Open (15+) (D) Lboro S	019+	Lboro Studen	2:21.95		32.49	1:00.51	1:49.64
10.	Open (15+) (C) Belfast	019+	Belfast Olym	2:24.73		32.15	-	1:28.14
11.	Open (15+) East Kilbri	019+	East Kilbrid	2:25.62		34.35	1:05.37	1:47.69
12.	Open (15+) (B) Belfast	019+	Belfast Olym	2:26.50		31.49	57.95	1:22.09
13.	Open (15+) Norwegian L	019+	Norwegian LS	2:26.79		34.16	1:01.42	1:52.04
14.	Open (15+) North Worcs	019+	North Worcs	2:26.88	+ 0.54	31.37	1:02.84	1:51.96
15.	Open (15+) Heanor S&LS	019+	Heanor S&LSC	2:26.99	+ 0.81	34.67	50.09	1:48.79
16.	Open (15+) (B) St John	019+	St John Berc	2:30.86		-	-	-
17.	Open (15+) (E) Lboro S	019+	Lboro Studen	2:31.11	+ 0.55	32.76	59.23	1:35.10
18.	Open (15+) (B) Bournemouth	019+	Bournemouth	2:35.52		33.46	1:02.89	1:24.40
19.	Open (15+) Retford&Dis	019+	Retford&Dist	2:35.67	+ 0.57	27.19	1:01.19	1:33.27
20.	Open (15+) St John Ber	019+	St John Berc	2:37.18	+ 0.87	35.98	1:07.04	2:02.08
21.	Open (15+) (F) Lboro S	019+	Lboro Studen	2:41.41		32.50	1:03.65	1:28.46
22.	Open (15+) Beacon LSC	019+	Beacon LSC	2:43.47	+ 0.78	34.32	58.62	2:11.59
23.	Open (15+) (B) North W	019+	North Worcs	2:43.92		33.83	-	1:24.14
24.	Open (15+) (B) Blyth L	019+	Blyth LG&SC	2:46.90	+ 0.82	32.58	58.11	1:30.14
25.	Open (15+) Bournemouth	019+	Bournemouth	2:53.34		39.34	1:09.66	1:39.07
26.	Open (15+) (C) North W	019+	North Worcs	2:56.08	+ 0.46	33.04	1:04.28	2:13.31
27.	Open (15+) (F) St John	019+	St John Berc	3:01.26	+ 0.90	32.59	50.18	2:19.26
28.	Open (15+) (C) RASCALS	019+	RASCALS	3:05.50		-	1:27.20	1:46.33
29.	Open (15+) Torbay&Dist	019+	Torbay&Distr	3:08.31		38.62	1:10.17	2:25.06
30.	Open (15+) (D) St John	019+	St John Berc	3:10.78		-	-	-
31.	Open (15+) (E) St John	019+	St John Berc	3:17.25		35.44	1:03.20	1:27.18
32.	Open (15+) RLSS Boscom	019+	RLSS Boscomb	3:20.30		36.09	1:10.57	1:37.47
	Open (15+) Leeds Phoen	019+	Leeds Phoeni	DNC				
	Open (15+) (C) St John	019+	St John Berc	DQ 19				
	Open (15+) Vale SLSC	019+	Vale SLSC	DQ 42				



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