

Gents				Ladies			
18-24				Senior 18-24			
Southbury Rd	25 November 2007	George Wesson	35.29	50M Freestyle	41.80	Mariane Lingley	25 November 2007 Southbury Rd
Southbury Rd	25 November 2007	George Wesson	40.76	50M Backstroke	46.63	Mariane Lingley	25 November 2007 Southbury Rd
NS				50M Butterfly	49.50	Mariane Lingley	25 November 2007 Southbury Rd
25-29				A 25-29			
NS				50M Freestyle	34.70	Cory Birdsall	25 November 2007 Southbury Rd
NS				50M Breaststroke	41.48	Cory Birdsall	25 November 2007 Southbury Rd
NS				50M Backstroke	43.96	Cory Birdsall	25 November 2007 Southbury Rd
NS				50M Butterfly	42.74	Cory Birdsall	25 November 2007 Southbury Rd
NS				4x25M IM	1.33.14	Cory Birdsall	25 November 2007 Southbury Rd
30-34				B 30-34			
Southbury Rd	25 November 2007	Tim Abson	30.54	50M Freestyle	38.21	Sarah Hitchcock	30 November 2008 Southbury Rd
Arnos Grove	01 January 2002	Matt Molloy	19.40.79	1750Y Freestyle			
NS				50M Breaststroke	46.14	Sarah Hitchcock	25 November 2007 Southbury Rd
Southgate	02 March 2002	Matt Molloy	1.23.87	110Y Breaststroke			
Southbury Rd	25 November 2007	Tim Abson	39.42	50M Backstroke	47.00	Sarah Hitchcock	25 November 2007 Southbury Rd
Southgate	02 March 2002	Matt Molloy	1.10.56	110Y Backstroke			
Southbury Rd	30 November 2008	Tim Abson	1.30.19	4x25M IM	1.36.41	Sarah Hitchcock	30 November 2008 Southbury Rd
35-39				C 35-39			
Eastbourne	01 June 2008	Andy Crowfoot	31.32	50M Freestyle	32.21	Sarah Johnstone	27 June 2009 Southbury Rd
Eastbourne	01 June 2008	Andy Crowfoot	1.11.01	100M Freestyle			
Southgate	12 July 2008	Andy Crowfoot	1.12.67	110Y Freestyle			
NS				200M Freestyle	3.06.67	Cheryl Sacks	07 June 2009 Southbury Rd
Southgate	19 July 2008	Andy Crowfoot	2.57.75	220y Freestyle			
NS				400M Freestyle	6.39.87	Cheryl Sacks	04 July 2009 Southbury Rd
NS				800M Freestyle	13.39.50	Cheryl Sacks	19 July 2008 Copthall
Southbury Rd	30 November 2008	Andy Crowfoot	42.97	50M Breaststroke	46.06	Cheryl Sacks	25 November 2007 Southbury Rd
NS				100M Breaststroke	1.59.43	Cheryl Sacks	27 June 2009 Southbury Rd
NS				110Y Breaststroke	1.56.47	Cheryl Sacks	09 May 2009 Southgate
NS				200M Breaststroke	4.30.85		
Southbury Rd	30 November 2007	Andy Crowfoot	37.14	50M Backstroke	41.81	Sarah Johnston	04 July 2009 Southbury Rd
Southgate	19 July 2008	Andy Crowfoot	1.25.35	110Y Backstroke			
Southbury Rd	30 November 2008	Joe Clune	35.18	50M Butterfly	35.54	Sarah Johnston	07 June 2009 Southbury Rd
NS				100M Butterfly	1.43.30	Cheryl Sacks	19 July 2008 Copthall
NS				110y Butterfly	1.43.75	Cheryl Sacks	09 May 2009 Southgate
Q.E.Girls	22 October 2008	Andy Crowfoot	1.13.74	4x25Y IM			
Southbury Rd	30 November 2008	Andy Crowfoot	1.21.74	4x25M IM	1.35.14	Kathryn Mason	25 November 2007 Southbury Rd
Southgate	12 July 2008	Andy Crowfoot	1.58.14	4x36.6Y IM			
40-45				D 40-44			
Southbury Rd	29 November 2009	Marcus Gallo	30.35	50M Freestyle	36.99	Susan Woodrow	30 November 2008 Southbury Rd
Eyemouth	29 October 2009	Andy Crowfoot	1.10.08	100M Freestyle	1.52.09	Jane Crowfoot	29 October 2009 Eyemouth
Southbury Rd	07 June 2009	Andy Crowfoot	2.37.06	200M Freestyle			
Southbury Rd	04 July 2009	Andy Crowfoot	5.44.38	400M Freestyle			
Southbury Rd	29 November 2009	Marcus Gallo	38.44	50M Breaststroke	44.76	Susan Woodrow	30 November 2008 Southbury Rd
Eyemouth	30 October 2009	Andy Crowfoot	1.30.15	100M Breaststroke			
Copthall	19 July 2009	Andy Crowfoot	3.26.37	200M Breaststroke			
Copthall	06 September 2009	Andy Crowfoot	38.15	50M Backstroke			
Copthall	06 September 2009	Andy Crowfoot	1.26.09	100M Backstroke			
Southbury Rd	29 November 2009	Joe Clune	35.78	50M Butterfly	53.42	Naomi Holloway	29 November 2009 Southbury Rd
Bracknell	07 March 2009	Andy Crowfoot	1.26.83	100M Butterfly			
Southbury Rd	07 June 2009	Andy Crowfoot	1.21.32	4x25M IM	1.43.64	Susan Woodrow	30 November 2008 Southbury Rd
Bracknell	07 March 2009	Andy Crowfoot	3.06.67	4x50M IM			
45-49				E 45-49			
Basingstoke	14 March 1993	Derek Parr	30.87	50M Freestyle	37.48	Susan Woodrow	29 November 2009 Southbury Rd
Copthall	06 September 2009	Nick Robbins	1.13.94	100M Freestyle	2.24.03	Karen Wyrwas	29 October 2009 Eyemouth
Southgate	12 July 2008	Nick Robbins	1.22.22	110Y Freestyle			
Southbury Rd	27 June 2009	Nick Robbins	2.59.25	200M Freestyle			
Southgate	19 July 2008	Nick Robbins	3.05.28	220y Freestyle			
Arnos Grove	19 September 1992	Derek Parr	24.47.21	1750y Freestyle			
Copthall	19 April 1985	Alan Canham	35.70	50M Breaststroke	47.11	Susan Woodrow	29 November 2009 Southbury Rd
Copthall	18 October 1985	Alan Canham	1.21.12	100M Breaststroke			
Southgate	07 March 1999	David Tomback	1.31.65	110Y Breaststroke			
Basingstoke	14 March 1993	Robert Gore	38.03	50M Backstroke			
Copthall	19 July 2009	Nick Robbins	1.29.49	100M Backstroke			
Southgate	19 July 2008	Nick Robbins	1.47.63	110Y Backstroke			
Stowmarket	29 May 1993	Derek Parr	32.44	50M Butterfly			
Southgate	12 July 2008	Nick Robbins	1.44.75	110y Butterfly			
Q.E.Girls	02 October 2008	Nick Robbins	1.16.50	4x25Y IM			
Basingstoke	14 March 1993	Derek Parr	1.21.45	4x25M IM			
Southgate	28 November 1993	Derek Parr	1.53.55	4x36.6Y IM			
Copthall	19 July 2009	Nick Robbins	3.15.65	4x50M IM			
50-54				F 50-54			
Southbury Rd	25 November 2007	Phil Gallantine	37.47	50M Freestyle			
Southgate	07 March 1999	Derek Parr	1.14.58	110Y Freestyle			
Copthall	25 July 1997	Derek Parr	11.31.96	800M Freestyle			
Q.E.Girls	19 October 1996	Derek Parr	23.16.00	1750y Freestyle			
Copthall	20 October 1990	Alan Canham	35.46	50M Breaststroke			
Copthall	20 October 1990	Alan Canham	1.22.79	100M Breaststroke			
Southgate	04 March 2001	David Tomback	1.30.37	110Y Breaststroke			
Copthall	20 October 1990	Alan Canham	3.09.03	200M Breaststroke			
Southbury Rd	25 November 2007	Richard Whatling	47.46	50M Backstroke			

Copthall	27 September 1997	Derek Parr	32.59	50M Butterfly				
Copthall	28 September 1997	Derek Parr	1.13.76	100M Butterfly				
Southgate	01 March 1997	Derek Parr	1.12.51	110y Butterfly				
Copthall	28 September 1997	Derek Parr	1.24.60	4x25M IM				
Southgate	27 November 1994	Derek Parr	1.54.04	4x36.6Y IM				
55-59				G 55-59				
Southbury Rd	30 November 2007	Phil Gallantine	35.25	50M Freestyle	48.88	Frankie Gallantine	25 November 2007	Southbury Rd
Copthall	30 September 2001	Derek Parr	1.11.16	100M Freestyle				
Southgate	01 March 2003	Derek Parr	1.13.64	110Y Freestyle				
Copthall	29 September 2001	Derek Parr	2.37.56	200M Freestyle				
Southgate	01 March 2003	Derek Parr	2.39.19	220y Freestyle				
Copthall	30 September 2001	Derek Parr	5.59.18	400M Freestyle				
Southgate	12 March 2003	Derek Parr	5.36.49	440Y Freestyle				
Q.E.Girls	05 February 2000	Derek Parr	23.44.08	1750y Freestyle				
Copthall	23 March 2002	Derek Parr	1.17.05	5000m Freestyle				
Copthall	20 March 2003	Derek Parr	2.42.54	10000m Freestyle				
Copthall	17 June 2001	Derek Parr	42.91	50M Breaststroke				
Southbury Rd	30 November 2007	David Tomback	45.68	50M Backstroke	54.75	Frankie Gallantine	29 November 2009	Southbury Rd
Copthall	17 June 2001	Derek Parr	31.57	50M Butterfly				
Copthall	30 September 2001	Derek Parr	1.11.12	100M Butterfly				
Southgate	04 March 2000	Derek Parr	1.14.16	110y Butterfly				
Copthall	29 September 2001	Derek Parr	3.03.27	200M Butterfly				
Copthall	29 September 2001	Derek Parr	1.22.07	4x25M IM				
Southgate	28 November 1999	Derek Parr	1.58.07	4x36.6Y IM				
Copthall	30 September 2001	Derek Parr	3.00.00	4x50M IM				
60-64				H 60-64				
Southbury Rd	27 June 2004	Derek Parr	31.60	50M Freestyle	56.12	Berry Birdsall	25.11.2007	Southbury Rd
Copthall	25 September 2004	Derek Parr	1.10.89	100M Freestyle				
Southgate	11 March 2005	Derek Parr	1.12.67	110Y Freestyle				
Southbury Rd	24 June 2007	Derek Parr	2.34.23	200M Freestyle				
Southgate	12 March 2006	Derek Parr	2.40.81	220y Freestyle				
Copthall	22 July 2007	Derek Parr	5.24.87	400M Freestyle				
Southgate	14 March 2007	Derek Parr	5.38.32	440Y Freestyle				
Borehamwood	24 March 2006	Derek Parr	1.13.46	5000m Freestyle				
Southbury Rd	25 November 2007	Derek Parr	44.45	50M Breaststroke	1.06.29	Berry Birdsall	25.11.2007	Southbury Rd
Southgate	11 March 2007	Derek Parr	1.44.19	110Y Breaststroke				
Southbury Rd	30 November 2008	Derek Parr	39.54	50M Backstroke	1.07.15	Berry Birdsall	29 November 2009	Southbury Rd
Maidenhead	03 March 2007	Nigel Birdsall	1.41.03	100M Backstroke				
Southgate	10 March 2007	Derek Parr	1.42.04	110Y Backstroke				
Guildford	22 September 2007	Nigel Birdsall	3.54.17	200M Backstroke				
Southbury Rd	27 June 2007	Derek Parr	31.96	50M Butterfly	1.16.53	Berry Birdsall	25 November 2007	Southbury Rd
Copthall	03 September 2006	Derek Parr	1.11.39	100M Butterfly				
Southgate	28 February 2004	Derek Parr	1.14.59	110y Butterfly				
Copthall	10 July 2005	Derek Parr	2.43.36	200M Butterfly				
Copthall	25 September 2004	Derek Parr	1.21.96	4x25M IM	2.22.69	Berry Birdsall	25 November 2007	Southbury Rd
Southgate	12 July 2008	Derek Parr	2.06.62	4x36.6Y IM				
Copthall	20 June 2008	Derek Parr	3.01.07	4x50M IM				
Copthall	09 July 2006	Derek Parr	6.26.33	4x100M IM				
65-69				I 65-69				
Southbury Rd	29 November 2009	Derek Parr	31.90	50M Freestyle				
Copthall	06 September 2009	Derek Parr	1.11.15	100M Freestyle				
Southbury Rd	07 June 2009	Derek Parr	2.33.38	200M Freestyle				
Southbury Rd	04 July 2009	Derek Parr	5.30.59	400M Freestyle				
Copthall	19 July 2009	Derek Parr	11.17.14	800M Freestyle				
Southbury Rd	29 November 2009	Derek Parr	44.44	50M Breaststroke				
Copthall	19 July 2009	Derek Parr	3.28.36	200M Breaststroke				
Southbury Rd	07 June 2009	Derek Parr	41.74	50M Backstroke				
Copthall	06 September 2009	Derek Parr	1.32.38	100M Backstroke				
Crawley	25 February 2009	Derek Parr	31.61	50M Butterfly				
Southbury Rd	04 July 2009	Derek Parr	1.10.44	100M Butterfly				
Copthall	19 July 2009	Derek Parr	2.48.60	200M Butterfly				
Leamington Spa	26 April 2009	Derek Parr	1.22.96	4x25M IM				
Copthall	19 July 2009	Derek Parr	2.58.50	4x50M IM				
Leamington Spa	25 April 2009	Derek Parr	6.26.29	4x100M IM				
70-74				J 70-74				
Southbury Rd	25 November 2007	Mike Wesson	1.06.43	50M Breaststroke	1.12.00	Shirley Stewart	29 November 2009	Southbury Rd
Southbury Rd	29 November 2009	John Gallagher	59.73	50M Backstroke	1.05.34	Shirley Stewart	29 November 2009	Southbury Rd
75-79				K 75-79				
Southbury Rd	25 November 2007	Dan Stewart	1.06.64	50M Freestyle				
Southbury Rd	25 November 2007	Dan Stewart	1.01.49	50M Breaststroke				
Southbury Rd	25 November 2007	Dan Stewart	1.01.49	50M Backstroke				
80-84				L 80-84				
85-89				M 85-89				