

LADIES/GIRLS

400m INDIVIDUAL MEDLEY HDW

Ladies Open 400m Individual Medley Rec: 4.55.69 Catherine Spurr (Stockport Mo) 2000

1	Sarah James	86	Stockport Mo	4.56.92	
2	Sarah Dunn	82	Satellite	5.05.17	758
3	Rachael Pile	87	Stockport Mo	5.05.68	
4	Joanne Goode	80	Satellite	5.07.16	745
5	Kate Wallwork	87	Stockport Mo	5.07.96	
6	Jenna Goode	84	Satellite	5.13.39	707
7	Karen Chadderton	87	Stockport Mo	5.17.16	
8	Marie-Claire Bendik	84	Stockport Mo	5.17.19	685

Junior Girls 400m Individual Medley Rec: 4.58.65 Catherine Spurr (Stockport Mo) 1998

1	Sarah James	86	Stockport Mo	4.56.92	REC
2	Rachael Pile	87	Stockport Mo	5.05.68	
3	Kate Wallwork	87	Stockport Mo	5.07.96	
4	Karen Chadderton	87	Stockport Mo	5.17.16	
5	Sharna Houlbrooke	87	Stockport Mo	5.21.46	
6	Paula Barlow	88	Stockport Mo	5.21.50	
7	Claudia Powell	88	Reddish	5.23.78	
8	Sian Roberts	89	Co Chester	5.28.41	

16 yrs Girls 400m Individual Medley Rec:5.05.05 Jenny Cowling (Co Chester) 2001
 no entries

15 yrs Girls 400m Individual Medley Rec: 5.09.58 Sarah james (Stockport Mo) 2001

1	Sarah James	86	Stockport Mo	4.56.92	REC 813
2	Rachael Pile	87	Stockport Mo	5.05.68	755
3	Louise Thomas	86	Crewe Flyers	5.41.76	556

14 yrs Girls 400m Individual Medley Rec: 5.13.20 Ann Cork (Stockport Mo) 2001

1	Kate Wallwork	87	Stockport Mo	5.07.96	REC 740
2	Karen Chadderton	87	Stockport Mo	5.17.16	685
3	Sharna Houlbrooke	87	Stockport Mo	5.21.46	660
4	Lesley-Anne Bendik	87	Stockport Mo	5.29.11	619
5	Jenny Whiteley	87	Trafford Met	5.30.07	614
6	Sarah Vandewalle	87	Warrington W	5.36.64	581

13 yrs Girls 400m Individual Medley Rec: 5.18.67 Kirsty Stockwell (Stockport Mo) 2001

1	Paula Barlow	88	Stockport Mo	5.21.50	715
2	Claudia Powell	88	Reddish	5.23.78	702
3	Sian Roberts	89	Co Chester	5.28.41	675
4	Sophie Byrne	88	Stockport Mo	5.34.61	640
5	Katie Herd	88	Sandbach	5.36.33	630
6	Tanya Carr	88	Birkenhead	5.57.27	529
7	Stephanie Parker	88	Crewe Flyers	5.58.39	523

12 yrs Girls 400m Individual Medley Rec: new event

1	Charlotte Jenkins	89	Wirral Aq	5.32.59	REC 661
2	Rebecca Barker	89	Hoylake	5.54.15	551

11 yrs Girls 400m Individual Medley Rec: new event

1	Laura Caffery	90	Wallasey	5.50.71	REC 583
2	Anna Newcome	91	Co Chester	5.56.04	557
3	Nicola Chadderton	90	Stockport Mo	5.59.94	539

4	Lauren Colville	90	Co Chester	6.15.11	474
5	Rachel Walker	91	Trafford Met	6.24.80	437
6	Eleanor Hudson	90	Co Chester	6.43.71	372

10 yrs Girls 400m Individual Medley Rec: new event
no entries

200m BREASTSTROKE HDW

Ladies Open 200m Breaststroke Rec: 2.36.00 Gemma Holdship (Stockport Mo) 1998

1	Helen Crookes	86	Warrington W	2.44.26	
2	Kate Eccles	88	Warrington W	2.47.46	
3	Marie-Claire Bendik	84	Stockport Mo	2.47.47	663
4	Vicky Johnson	84	Warrington W	2.48.36	653
5	Amy Pegnam	88	Warrington W	2.50.65	
6	Elizabeth Mirrlees	79	Satellite	2.51.15	624
7	Kara Heath	89	Wallasey	2.52.40	
8	Victoria Ward	86	Ellesmere Pt	2.53.21	

Junior Girls 200m Breaststroke Rec: 2.36.00 Gemma Holdship (Stockport Mo) 1998

1	Helen Crookes	86	Warrington W	2.44.26	
2	Kate Eccles	88	Warrington W	2.47.46	
3	Amy Pegnam	88	Warrington W	2.50.65	
4	Kara Heath	89	Wallasey	2.52.40	
5	Victoria Ward	86	Ellesmere Pt	2.53.21	
6	Louise Thomas	86	Crewe Flyers	2.54.09	
7	Sarah Vandewalle	87	Warrington W	2.55.49	
8	Lauri Simkiss	88	Co Chester	2.55.85	

16 yrs Girls 200m Breaststroke Rec: 2.42.61 Caroline Cotton (Wallasey) 2001

1	Helen Crookes	86	Warrington W	2.44.26	698
2	Victoria Ward	86	Ellesmere Pt	2.53.21	604

15 yrs Girls 200m Breaststroke Rec: 2.49.88 Helen Crookes (Warrington W) 2001

1	Louise Thomas	86	Crewe Flyers	2.54.09	595
2	Helen Robinson	87	Warrington W	2.59.96	541
3	Monique Chew	86	Ellesmere Pt	3.01.56	527
4	Lindsay Jude	86	Widnes	3.06.02	490
	Katherine Hedley	86	Marple	DIS:ST	

14 yrs Girls 200m Breaststroke Rec: 2.53.91 Kate Wallwork (Stockport Mo) 2001

1	Kate Eccles	88	Warrington W	2.47.46REC	663
2	Sarah Vandewalle	87	Warrington W	2.55.49	582
3	Lauri Simkiss	88	Co Chester	2.55.85	578
4	Laura Bowden	87	Stockport Mo	3.01.17	531
5	Fiona McCann	87	Co Chester	3.01.21	530
6	Catherine Hayes	87	Hoylake	3.01.59	527
7	Gemma Hardiman	87	Trafford Met	3.03.28	513
8	Stephanie Baron	87	Warrington W	3.11.41	449
	Kay Savile	88	Stockport Mo	3.13.37	435

13 yrs Girls 200m Breaststroke Rec: 2.53.77 Kate Eccles (Warrington W) 2001

1	Amy Pegnam	88	Warrington W	2.50.65REC	705
2	Kara Heath	89	Wallasey	2.52.40	686
3	Laura-J Brocklehurst	88	Stockport Mo	2.56.77	638
4	Sian Roberts	89	Co Chester	2.57.31	633
5	Sophie Byrne	88	Stockport Mo	3.03.00	577

6	Stephanie Buckley	89	Winsford	3.04.25	566
7	Tanya Carr	88	Birkenhead	3.08.54	528
8	Sarah Barlow	88	Stockport Mo	3.08.58	526
	Jessi Price	88	Trafford Met	3.11.38	504
	Stephanie Parker	88	Crewe Flyers	3.12.56	494
	Jenny Woodhead	89	Warrington W	3.12.60	494
	Kate Wightman	89	Dane Valley	3.16.09	467
	Rachel Price	88	Trafford Met	3.24.28	409
	Sarah Ann Law	89	Northwich	3.27.24	390
	Sarah Smith	89	Stockport Mo	3.28.60	381
	Sara Woods	88	Trafford Met	3.34.03	348

12 yrs Girls 200m Breaststroke Rec: 2.59.35 Nicola Mackay (Stockport Mo) 2001

1	Lucie Tetley	89	Winsford	2.59.96	614
2	Hannah Evans	89	Northwich	3.03.85	577
3	Rebecca Barker	89	Hoylake	3.08.38	536
4	Elisabeth Kilcourse	89	Crewe Flyers	3.14.66	484
5	Rebecca Hills	89	Hoylake	3.17.79	460
6	Jessica Bell	89	Neston	3.18.83	452
7	Laura Armstrong	90	Hoylake	3.19.03	451
8	Chloe Marsh	90	Crewe Flyers	3.21.82	431
	Jessica Smith	89	Stockport Mo	3.23.72	418
	Tiffany McNair	90	Crewe Flyers	3.24.85	410
	Tara Walsh	90	Stockport Mo	3.26.35	401
	Hannah Gilbert	90	Birkenhead	3.27.39	394
	Katie Ennis	90	Wallasey	3.28.45	387
	Hannah Mamczur	90	Stockport Mo	3.30.67	374
	Olivia Harrisan	89	Satellite	3.35.07	347

11 yrs Girls 200m Breaststroke Rec: 3.01.60 Catherine Osler (Wallasey) 2001

1	Catherine Osler	90	Wallasey	2.56.13REC	668
2	Laura Carroll	90	Stockport Mo	3.07.45	556
3	Kate Richmond	90	Woodchurch	3.10.27	531
4	Anna Newcome	91	Co Chester	3.10.57	529
5	Laura Caffery	90	Wallasey	3.12.46	513
6	Becky Malloes	90	Co Chester	3.13.12	507
7	Gemma Clethro	90	Co Chester	3.15.17	491
8	Sonja Allen	90	Alsager	3.15.60	487
	Rosa Humphries	91	Stockport Mo	3.15.62	487
	Lauren Colville	90	Co Chester	3.15.92	485
	Rachel Walker	91	Trafford Met	3.18.66	464
	Olivia Moxon	90	Co Chester	3.22.39	436
	Eleanor Hudson	90	Co Chester	3.23.03	432
	Lizzy Barnes-Smith	90	Warrington W	3.25.05	418
	Samantha Arthur	91	Hoylake	3.25.34	415
	Ashley Lawrenson	90	Warrington W	3.26.55	408
	Rachel Cooper	91	Alsager	3.28.16	397
	Julia Lydon	90	Warrington W	3.30.39	383
	Amy Wallwork	90	Stockport Mo	3.31.35	377
	Sally Noble	90	Widnes	3.31.84	375
	Helen Cutler	91	Stockport Mo	3.31.85	375
	Roisin Donnelly	90	Trafford Met	3.31.96	374
	Sarah McKay	90	Ellesmere Pt	3.33.90	362
	Lauren Douglas	90	Co Chester	3.36.35	348
	Amy Belfield	90	Widnes	3.43.35	311
	Stephanie Allen	90	Co Chester	3.55.48	255
	Nikki Moores	91	Dane Valley	DIS: T 0L	

10 yrs Girls 200m Breaststroke Rec: 3.36.75 Laura Blyth (Warrington W) 2001

1	Victoria Morgan	92	Wallasey	3.23.10	REC	437
2	Laura Blyth	91	Warrington W	3.23.40		435
3	Abbie Henderson	92	Crewe Flyers	3.27.81		478
4	Emily Fisher	91	Co Chester	3.29.79		392
5	Jaclyn Parsons	92	Wallasey	3.30.55		457
6	Jodie Bell	91	Neston	3.31.24		383
7	Lucy Moffat	91	Stockport Mo	3.38.53		340
8	Lisa McKenna	91	Crewe Flyers	3.42.75		317
	Emma Jones	91	Wallasey	3.42.88		317
	Chloe Ratcliffe	91	Stockport Mo	3.45.26		304
	Colette Foster	92	Crewe Flyers	3.46.39		354
	Rebecca Williams	91	Co Chester	3.46.68		298
	Alexandra Parker	92	Crewe Flyers	3.47.74		346
	Lily Lucas	92	Wallasey	3.50.58		331
	Elizabeth Philipson	92	Knutsford	3.51.12		277
	Charlotte Buckley	91	Winsford	3.51.51		275
	Alison Lydon	92	Warrington W	3.52.59		320
	Lucy Worrall	92	Co Chester	3.53.82		266
	Alison Smith	91	Satellite	4.00.81		237
	Georgia McCarthy	91	Wallasey	DIS:SL	0L	
	Hannah Oldfield	91	Co Chester	DIS:ST		

MEN/BOYS

200m INDIVIDUAL MEDLEY HDW

Mens Open 200m Individual Medley Rec: 2.08.05 Steven Mellor (Satellite) 1995

1	Stephen Mellor	85	Co Chester	2.11.95	
2	Martin Brooks	85	Stockport Mo	2.13.96	
3	Gareth Payne	85	Crewe Flyers	2.20.29	
4	Simon Lister	87	Stockport Mo	2.20.42	
5	Toby Hirst	86	Warrington W	2.21.58	
6	Peter Hall	88	Co Chester	2.22.27	
7	Oliver Stanley	87	Co Chester	2.22.45	
8	Carl Thomas	84	Widnes	2.22.71	586

Junior Boys 200m Individual Medley Rec: 2.12.77 Stephen Mellor (Co Chester) 2001

1	Stephen Mellor	85	Co Chester	2.11.95	REC
2	Martin Brooks	85	Stockport Mo	2.13.96	
3	Gareth Payne	85	Crewe Flyers	2.20.29	
4	Simon Lister	87	Stockport Mo	2.20.42	
5	Toby Hirst	86	Warrington W	2.21.58	
6	Peter Hall	88	Co Chester	2.22.27	
7	Oliver Stanley	87	Co Chester	2.22.45	
8	Michael Gibbs	86	Ellesmere Pt	2.22.79	

16 yrs Boys 200m Individual Medley Rec: 2.12.77 Stephen Mellor (Co Chester) 2001

1	Stephen Mellor	85	Co Chester	2.11.95	REC	726
2	Martin Brooks	85	Stockport Mo	2.13.96		698
3	Gareth Payne	85	Crewe Flyers	2.20.29		615
4	Michael Gibbs	86	Ellesmere Pt	2.22.79		585
5	Ian Cowburn	85	Crewe Flyers	2.29.05		517
6	Ryan Morris	85	Winsford	2.34.37		465

15 yrs Boys 200m Individual Medley Rec: 2.15.01 James Goddard (Stockport Mo) 1998

1	Toby Hirst	86	Warrington W	2.21.58		600
2	Oliver Stanley	87	Co Chester	2.22.45		589
3	Nick Wilcox	86	Warrington W	2.23.22		580
4	Michael Sharkey	86	Crewe Flyers	2.24.08		571
5	John Etherington	87	Co Chester	2.25.75		552
6	Joe Devlin	87	Satellite	2.26.84		540
7	Michael Duffy	86	Stockport Mo	2.36.16		449
8	James Philipson	87	Knutsford	2.36.20		448
	Laurie Whitwell	87	Stockport Mo	2.39.57		419

14 yrs Boys 200m Individual Medley Rec: 2.18.72 Stephen Mellor (Co Chester) 1999

1	Simon Lister	87	Stockport Mo	2.20.42		658
2	Anthony Harrison	87	Satellite	2.26.12		587
3	Adam Gallimore	88	Stockport Mo	2.30.94		534
4	Andrew John	88	Satellite	2.31.28		530
5	Waiman Cheung	87	Trafford Met	2.31.53		527
6	Paul McCarney	87	Trafford Met	2.36.09		481
7	Anthony Pontifex	87	Warrington W	2.38.23		462
8	Kris-Ryan Wood	87	Crewe Flyers	2.42.51		424
	Daniel Siddle	88	Co Chester	2.42.78		421

13 yrs Boys 200m Individual Medley Rec: 2.29.50 S Radcliffe (Co Chester) 1994

1	Peter Hall	88	Co Chester	2.22.27	REC	647
2	Matt Whitehead	88	Hoylake	2.27.03		588
3	Andrew Irvine	88	Co Chester	2.27.61		582
4	Thomas Williams	88	Co Chester	2.32.91		524

5	Andrew Cook	88	Stockport Mo	2.38.24	471
6	Terence Cowburn	88	Crewe Flyers	2.40.89	446
7	Daniel Pepper	89	Stockport Mo	2.42.59	432
8	Michael Griffiths	88	Co Chester	2.42.85	430
	Ben Citrine	88	Wallasey	2.45.91	405
	Jason Jones	89	Co Chester	2.48.93	381
	Gareth Clwyd-Jones	89	Winsford	2.50.63	369
12 yrs Boys 200m Individual Medley Rec: 2.34.76 Daniel Burrows (Stockport Mo) 2000					
1	Craig Vormawah	89	Wallasey	2.30.54REC	553
2	Matthew Jones	89	Wirral Aq	2.39.02	467
3	Daniel Parry	89	Crewe Flyers	2.39.03	467
4	Jonathan Gatley	89	Warrington W	2.39.30	465
5	Peter Broster	89	Co Chester	2.40.37	455
6	Jason Boylan	89	Co Chester	2.41.96	441
7	Theo Hirst	89	Warrington W	2.45.87	408
8	Alex Sheikh	89	Warrington W	2.46.96	399
	Terry Manson	89	Woodchurch	2.48.94	383
	Isaac Kershaw	90	Wallasey	2.49.08	382
	James Thorbinson	90	Wallasey	2.49.90	376
	Craig Hindley	89	Wallasey	2.54.14	346
	Ryan Oldfield	90	Co Chester	2.54.40	344
	Samuel Schroeder	89	Co Chester	2.54.94	340
	Jason Owen	89	Crewe Flyers	2.55.41	337
	Fraser Hines	89	Wallasey	2.56.97	327
	Ben Taylor	90	Wirral Aq	2.58.57	316
	Christopher Morris	90	Satellite	3.03.11	290
11 yrs Boys 200m Individual Medley Rec: 2.48.01 Matt Whitehead (Hoylake) 1999					
1	James Cowburn	90	Crewe Flyers	2.44.33REC	421
2	Ashley Walton	90	Winsford	2.44.43	421
3	Andrew Corley	90	Hoylake	2.47.84	393
4	Chris Stone	90	Trafford Met	2.50.04	375
5	Robert Dickinson	90	Warrington W	2.56.53	330
6	Ian Parsons	90	Wallasey	2.59.38	312
7	Ashley Lucas	90	Wallasey	3.02.47	294
8	Ben Eaton	90	Satellite	3.03.32	288
	Tim Denton	90	Satellite	3.04.08	284
	Andrew Matthews	90	Widnes	3.05.59	276
	John Barber	91	Stockport Mo	3.10.51	251
	Oliver Lee	91	Satellite	3.10.72	249
	David Williams	91	Stockport Mo	3.13.50	235
10 yrs Boys 200m Individual Medley Rec: 2.58.81 Michael Duncan (Hoylake) 2000					
1	Russell Smith	91	Stockport Mo	2.50.95REC	368
2	Anthony Walker	91	Warrington W	2.59.02	314
3	Kyle Rodgers	91	Wallasey	3.05.17	278
4	Owen Davies	92	Crewe Flyers	3.08.04	262
5	Nathan Barr	92	Wallasey	3.10.07	260
6	Joseph Wood	92	Crewe Flyers	3.11.16	254
7	Thomas Outram	92	Neston	3.17.60	217
8	Jake O'Reilly	91	Hazel Grove	3.18.77	212
	Saul Robinson	91	Stockport Mo	3.22.20	197
	Andrew Barlow	92	Stockport Mo	3.24.94	187
	Ben Hills	92	Hoylake	DIS:SA	1L
	Thomas Allen	92	Co Chester	DIS:T	3L