

NATIONAL SWIMMING LEAGUE NORTH WEST

Team Sheet for Stretford ASC

Venue	Macclesfield					Times	Date	Splits
1	Ladies	Open	Ind. Medley	200	Lily Duke	2.39.64		
2	Mens	Open	Ind. Medley	200	Ben Overland	2.20.93		
3	Mixed	9-11	F/style Relay	4*50	Josh TO	Emily Rowe	Tomos Newell	Sadie Lazenby-Tracey
			Times		41.15	33.51	38.94	38.34
4	Mixed	13/U	Medley Relay	4*50	Noah LT	Holly Scott	Lyra Limbert	Cole Hood
			Times		33.28	43.73	34.07	31.71
5	Mixed	15/U	F/style Relay	4*50	Benjy Metcalf	Noah Critchley	Harriet Newton	Isabella Holmes
			Times		28.03	29.45	32.21	28.86
6	Mixed	Open	Medley Relay	4*50	Ben Overland	Lawrence Ndadaye	Daisy Lewis	Nina Roberts
			Times		29.49	33.74	32.64	30.1
7	Girls	10-11	Backstroke	50	Gaby Kiefer	42.46		
8	Boys	10-11	Backstroke	50	Adrian Rogers	43.52		
9	Girls	13/U	Breaststroke	100	Holly Scott	45.26	1.37.14	
10	Boys	13/U	Breaststroke	100	Noah LT	41.53	1.27.31	
11	Girls	15/U	Backstroke	100	Lily Duke	34.74	1.11.98	
12	Boys	15/U	Backstroke	100	Jae Den Lim	31.58	1.05.46	
13	Ladies	Open	Butterfly	100	Bethan Roberts	35	1.17.98	
14	Mens	Open	Butterfly	100	Jae Den Lim	30.45	1.07.67	
15	Girls	10-11	Butterfly	50	Sadie Lazenby-Tracey	42.91		
16	Boys	10-11	Butterfly	50	Ivan Limbert	38.96		
17	Girls	13/U	Backstroke	100	Sophia Yu	36.99	1.16.89	
18	Boys	13/U	Backstroke	100	Cole Hood	38.14	1.19.41	
19	Girls	15/U	Butterfly	100	Isabella Holmes	33.37	1.14.82	
20	Boys	15/U	Butterfly	100	Jae Den Lim	31.65	1.05.76	
21	Ladies	Open	Backstroke	100	Chloe Scott	35.02	1.13.70	
22	Mens	Open	Backstroke	100	Ben Overland	30.69	1.03.39	
23	Girls	10-11	Breaststroke	50	Koyi So	47.08		
24	Boys	10-11	Breaststroke	50	Tomos Newell	49.21		
25	Girls	13/U	Butterfly	100	Lyra Limbert	35.77	1.18.92	

26	Boys	13/U	Butterfly	100	Noah LT	34.36	1.14.35		
27	Girls	15/U	Freestyle	100	Lily Duke	31.64	1.06.00		
28	Boys	15/U	Freestyle	100	Maks Kurzak	28.35		59.38	
29	Ladies	Open	Breaststroke	100	Harriet Newton	42.61	1.33.38		
30	Mens	Open	Breaststroke	100	Lawrence Ndadaye	35.39	1.14.91		
31	Girls	10-11	Freestyle	50	Emily Rowe	33.53			
32	Boys	10-11	Freestyle	50	Josh TO	40.24			
33	Girls	13/U	Freestyle	100	Lois Anderton	32.08	1.06.73		
34	Boys	13/U	Freestyle	100	Jake McMurray	35.08	1.11.83		
35	Girls	15/U	Breaststroke	100	Cerys Newell	41.11	1.29.00		
36	Boys	15/U	Breaststroke	100	Benjy Metcalf	39.43	1.27.39		
37	Ladies	Open	Freestyle	100	Scarlett Lazenby-Tracey	31.85	1.06.26		
38	Mens	Open	Freestyle	100	Toby Malkin	27.98	1.01.21		
39	Mixed	9-11	Medley Relay	4*50	Gaby Kiefer	Koyi So	Ivan Limbert	Adrian Rogers	
			Times		42.9	47.05	38.54	35.58	
40	Mixed	13/U	F/style Relay	4*50	Lois Anderton	Cole Hood	Sophia Yu	Jake McMurray	
			Times		32.06	31.78	31.47	32.08	
41	Mixed	15/U	Medley Relay	4*50	Isabella Holmes	Cerys Newell	Jae Den Lim	Maks Kurzak	
			Times		34.63	41.52	29.16	26.14	
42	Mixed	Open	F/style Relay	4*50	Toby Malkin	Ben Overland	Daisy Lewis	Bethan Roberts	
			Times		28.41	25.87	29.9	30.64	

Signed

Name T. Pope

Date