

NATIONAL SWIMMING LEAGUE NORTH WEST

Team Sheet for Stretford ASC

Venue Ellesmere Port Times Date 9 Nov 24
Splits

1	Female	Open	Ind. Medley	200	Sophia Yu	2.40.05	33.90 / 39.92	48.92 / 38.11
2	Open	Open	Ind. Medley	200	Jae Den Lim	2.25.12	29.37 / 37.04	44.29 / 34.42
3	Female	9-11	F/style Relay	4*50	Ella Rushforth	Freya Shemanova	Mel Huang	Chloe Bosch
			Times		35.29	37.6	42.54	41.43
4	Open	9-11	F/style Relay	4*50	Komelius Barrant	Siver Hogr	Lucas Clarke	Xavier Potts
			Times		39.72	40.78	42.98	38.08
5	Female	13/U	Medley Relay	4*50	Hannah Plumb	Emma Lancaster	Enija Kalna	Gabby Kiefer
			Times		38.63	42.29	41.21	32.17
6	Open	13/U	Medley Relay	4*50	Nazar Pidlutskyi	Jack Kennedy	Ivan Limbert	Adrian Rogers
			Times		38.79	40.14	32.22	31.7
7	Female	15/U	F/style Relay	4*50	Francesca Smith	Lourdes Barrant	Sophia Yu	Holly Scott
			Times		32.31	31.02	29.57	29.42
8	Open	15/U	F/style Relay	4*50	Dominic Pokam	James Wilson	Jake McMurray	Ted Christon
			Times		28.32	30.26	29.28	27.03
9	Female	Open	Medley Relay	4*50	Isabella Holmes	Pearl O'Brien	Frida Ismail-Keyes	Erin Wilson
			Times		34.11	36.29	32.54	30.49
10	Open	Open	Medley Relay	4*50	Jae Den Lim	Tom Pope	Jared Armstrong	Tom Cole
			Times		30.75	31.55	28.33	28.3
11	Female	10-11	Backstroke	50	Ella Rushforth	41.15		
12	Open	10-11	Backstroke	50	Komelius Barrant	49.49		
13	Female	13/U	Breaststroke	100	Emma Lancaster	1.33.39	43.54	
14	Open	13/U	Breaststroke	100	Jack Kennedy	1.31.32	43.25	
15	Female	15/U	Backstroke	100	Sophia Yu	1.10.30	33.34	
16	Open	15/U	Backstroke	100	Ted Christon	1.12.02	35.19	
17	Female	Open	Butterfly	100	Isabella Holmes	1.14.04	33.82	
18	Open	Open	Butterfly	100	Jae Den Lim	1.02.62	29.35	
19	Female	10-11	Butterfly	50	Freya Shemanova	43.24		
20	Open	10-11	Butterfly	50	Xavier Potts	50.66		
21	Female	13/U	Backstroke	100	Sadie Lazenby-Tracey	1.19.99	39.05	
22	Open	13/U	Backstroke	100	Ivan Limbert	1.12.17	35.02	
23	Female	15/U	Butterfly	100	Frida Ismail-Keyes	1.16.33	34.62	
24	Open	15/U	Butterfly	100	Jake McMurray	1.14.97	34.53	
25	Female	Open	Backstroke	100	Isabella Holmes	1.14.89	36.43	
26	Open	Open	Backstroke	100	Jae Den Lim	1.07.85	33.33	

27	Female	10-11	Breaststroke	50	Chloe Bosch	52.49		
28	Open	10-11	Breaststroke	50	Lucas Clarke	52.58		
29	Female	13/U	Butterfly	100	Enija Kalna	1.35.03		42.62
30	Open	13/U	Butterfly	100	Jack Kennedy	1.18.12		36.38
31	Female	15/U	Freestyle	100	Holly Scott	1.05.80		31.97
32	Open	15/U	Freestyle	100	Ted Christon	1.02.87		30.43
33	Female	Open	Breaststroke	100	Pearl O'Brien	1.22.65		38.42
34	Open	Open	Breaststroke	100	Tom Pope	1.09.26		32.63
35	Female	10-11	Freestyle	50	Ella Rushforth	36.54		
36	Open	10-11	Freestyle	50	Siver Hogr	40.62		
37	Female	13/U	Freestyle	100	Gabby Kiefer	1.10.68		33.37
38	Open	13/U	Freestyle	100	Ivan Limbert	1.02.89		30.23
39	Female	15/U	Breaststroke	100	Pearl O'Brien	1.22.84		38.31
40	Open	15/U	Breaststroke	100	Dominic Pokam	1.22.50		38.21
41	Female	Open	Freestyle	100	Erin Wilson	1.07.81		31.77
42	Open	Open	Freestyle	100	Tom Cole	1.02.67		29.27
43	Female	9-11	Medley Relay	4*50	Ella Rushforth	Chloe Bosch	Freya Shemanova	Mel Huang
			Times		41.54	54.9	44.87	43.97
44	Open	9-11	Medley Relay	4*50	Komelius Barrant	Xavier Potts	Lucas Clarke	Siver Hogr
			Times		51.58	52.04	52.82	40.04
45	Female	13/U	F/style Relay	4*50	Sadie Lazenby-Tracey	Enija Kalna	Hannah Plumb	Gabby Kiefer
			Times		33.93	37.03	33.25	32.57
46	Open	13/U	F/style Relay	4*50	Nazar Pidlutskyi	Ivan Limbert	Jack Kennedy	Adrian Rogers
			Times		32.91	28.92	32.53	32.18
47	Female	15/U	Medley Relay	4*50	Sophia Yu	Pearl O'Brien	Frida Ismail-Keyes	Holly Scott
			Times		32.97	38.56	32.96	30.09
48	Open	15/U	Medley Relay	4*50	Ted Christon	Dominic Pokam	Jake McMurray	James Wilson
			Times		32.73	36.4	33.06	30.24
49	Female	Open	F/style Relay	4*50	Isabella Holmes	Francesca Smith	Lourdes Barrant	Erin Wilson
			Times		30.24	31.62	31.58	32.02
50	Open	Open	F/style Relay	4*50	Tom Pope	Jared Armstrong	Tom Cole	Jae Den Lim
			Times		26.21	26.37	28.59	26.81
51	Mixed	Cannon	F/style Relay	8*50	Xavier Potts	Ella Rushforth	Sadie Lazenby-Tracey	Ivan Limbert
			Times		39.35	35.38	33.12	28.98
					Holly Scott	Ted Christon	Sophia Yu	Jared Armstrong
			Times		30.38	27.34	29.13	25.91

Signed

Name T Pope

Date

09/11/2024