

**Male**

	25m				50m				100m				200m				Medley				Distance	
	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	100m	200m	400m	400m	800m	1500m
18-24	00:13.63 Matt Hare	00:14.30 Harrison Jones	00:15.66 Peter Holden	00:12.30 Matt Cruse	00:28.08 John Branston	00:29.56 Harrison Jones	00:31.34 James Tucker	00:24.30 George Claverley	01:02.08 Matt Hare	01:04.40 Harrison Jones	01:14.13 James Tucker	00:55.50 George Claverley	02:29.85 Matt Hare	02:17.63 Harrison Jones	02:56.88 Harrison Jones	02:09.39 Matt Cruse	01:04.74 James Tucker	02:24.37 Matt Hare	04:59.30 Harrison Jones	04:36.04 Harrison Jones		18:46.60 Harison Jones
SB	13.80 HJ		16.88 HJ	12.69 HJ	28.25 HJ		36.59 HJ	0:29.01 HJ	1:02.52 HJ		1:19.51 HJ	59.04 HJ	2:31.98 HJ			2:12.79 HJ	1:06.80 HJ	2:24.49 HJ				
25-29	00:13.41 Daniel Pickup	00:15.86 Matt Cruse	00:16.71 Matt Cruse	00:11.96 Jack Cook	00:29.26 Dan Pickup	00:32.16 Dan Pickup	00:36.32 Dan Pickup	00:24.40 Jack Cook	01:04.72 Matt Cruse	01:06.87 Dan Pickup	01:21.78 Matt Cruse	00:55.51 Jack Cook	02:29.35 Matt Cruse	02:33.18 Matt Cruse		02:11.38 Matt Cruse	01:06.97 Dan Pickup	02:36.91 Matt Cruse	05:35.32 Matt Cruse	04:46.95 Matt Cruse	11:32.00 Dan Pickup	19:53.44 Matt Cruse
SB			0:17.51 DP	12.94 DP	Broke 2013 JC's record	Broke 2015 MC's record	Broke MC's 2017 record	26.97 DP	1:04.90 DP	Dropped 2s off this year	1:22.09 DP	59.4 MC				2:15.03 MC	Broke MC's 2017 record by 2s					
30-34	00:13.80 Jack Cook			00:12.18 Jack Cook	00:29.00 Jack Cook			00:24.70 Jack Cook					00:55.81 Jack Cook									
SB								26.77 JC					59.28 JC									
40-44				00:13.80 Richard Brown	00:33.23 Richard Brown	00:42.51 Richard Brown		00:29.92 Richard Brown	01:15.90 Richard Brown				01:09.91 Richard Brown									
SB				New Record	New Record	New Record		New Record	New Record				New Record									
50-54	00:16.66 Shaun Cairns	00:19.75 Shaun Cairns	00:18.12 Shaun Cairns	00:14.92 Shaun Cairns		00:44.84 Shaun Cairns	00:40.00 Shaun Cairns	00:32.60 Shaun Cairns		01:40.82 Shaun Cairns	01:35.26 Shaun Cairns	01:14.30 Shaun Cairns									01:27.63 Shaun Cairns	
SB				19.27 SC		Broke 2017 record	40.6 SC	Broke own 2017 record					1:36.00 SC	1:16.30 SC								
55-59	00:16.83 Malcolm Cruse	00:19.87 Malcolm Cruse	00:18.92 Malcolm Cruse	00:15.02 Malcolm Cruse																		
60-64	00:17.30 Malcolm Cruse	00:20.21 Malcolm Cruse	00:20.16 Malcolm Cruse	00:15.16 Malcolm Cruse	00:48.48 Malcolm Cruse	00:43.15 Malcolm Cruse	00:46.06 Malcolm Cruse	00:34.06 Malcolm Cruse		01:38.24 Malcolm Cruse	01:47.68 Malcolm Cruse	01:18.08 Malcolm Cruse					02:59.4 Malcolm Cruse	01:26.93 Malcolm Cruse				13:29.53 Malcolm Cruse
SB			New Record			Broke own 2017 record by 5s		34.73 MC					Broke own 2017 record by 2s									1:31.41 MC

Individual Records

Category	Points	Name
Men's Points	18	Matt Cruse

**Female**

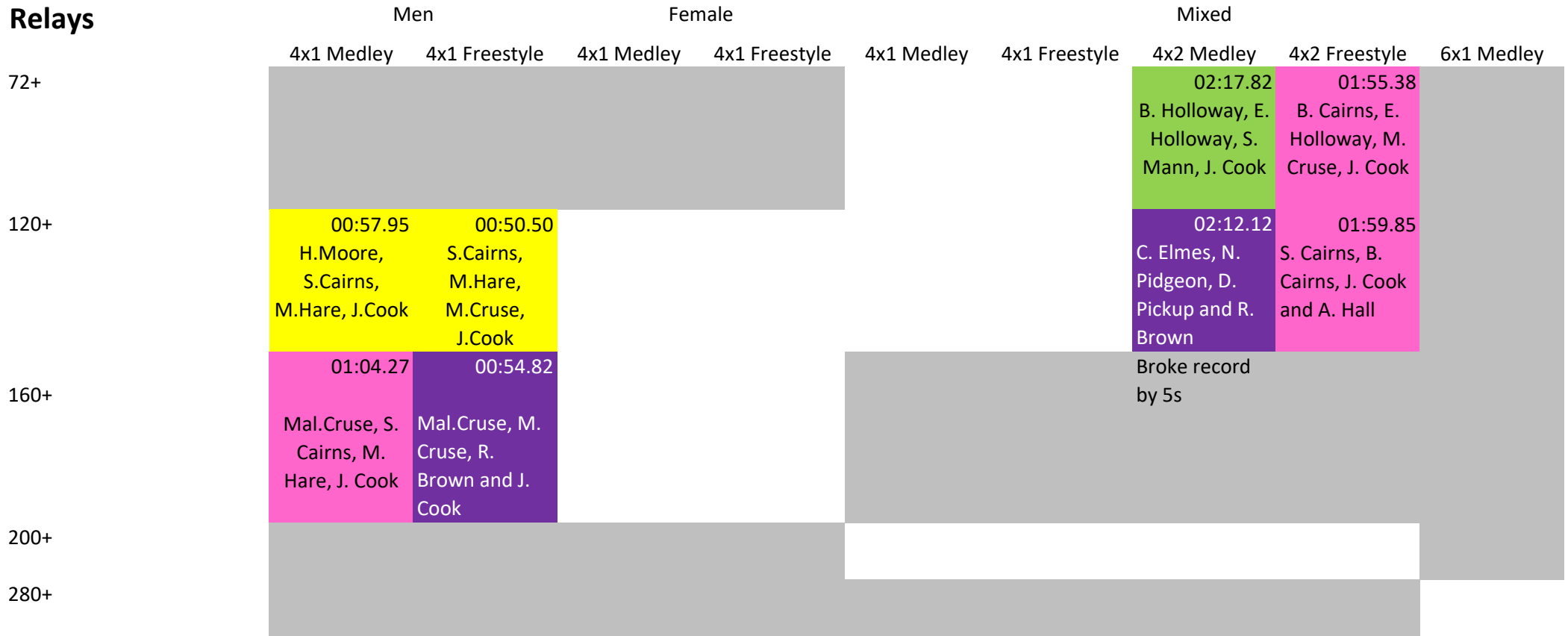
	25m				50m				100m				200m				Medley				Distance	
	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	Butterfly	Backstroke	Breaststroke	Frontcrawl	100m	200m	400m	400m	800m	1500m
19-24	00:14.03 Amy Hall	00:16.73 Amy Hall	00:17.74 Amy Hall	00:13.57 Amy Hall	00:30.50 Amy Hall	00:34.84 Abigail Cross	00:37.04 Natalie Pidgeon	00:28.30 Amy Hall	01:09.30 Amy Hall	01:16.09 Emma Holloway	01:18.92 Natalie Pidgeon	01:02.00 Amy Hall	02:38.52 Amy Hall	02:44.45 Emma Holloway	03:00.77 Natalie Pidgeon	02:19.56 Emma Holloway	01:13.55 Amy Hall	02:38.99 Natalie Pidgeon	05:34.23 Bryony Cairns	04:52.66 Amy Hall	10:11.96 Byony Cairns	23:46.52 Charity Moore
SB	14.43 AH		18.38 NP	13.62 AH	30.74 AH				1:09.79 AH	1:16.53 AC			Beat own 2017 record	2:45.95 AC			1:17.17 AH					
25-29			00:20.36 Emma Holloway	00:16.41 Sally-Ann Mann		00:37.19 Emma Holloway							01:11.02 Emma Holloway									
SB			New Record			New Record							New Record									
30-34	00:15.05 Catherine Elmes	00:17.09 Catherine Elmes	00:18.83 Catherine Elmes	00:15.91 Heather Rogers	00:38.91 Heather Rogers	00:35.71 Catherine Elmes	00:49.86 Heather Rogers	00:31.21 Catherine Elmes	01:32.31 Heather Rogers	01:30.71 Heather Rogers	01:47.00 Heather Rogers	01:09.09 Catherine Elmes										01:18.47 Catherine Elmes
SB			New Record	New Record	New Record	New Record		31.72 CE	New Record	New Record	New Record	New Record										Broke own record by 4s

Individual Records

Category	Points	Name
Female Points	16	Heather Rogers

Beat EH, CE and HR's 2017 record and EH and CE's 2018 record

# Relays



## Team Records

Men's Combined Points	74
Men's Combined Position	4
Female's Combined Points	42*
Female's Combined Position	5
Combined Points	117
Combined Position	4

