

**National Arena Swimming League
Round 1 Results (Horfield)**

1	Ladies Open Individual Medley	Megan Vingoe	2:27.97S		
2	Mens Open Individual Medley	Ben Hallam	2:21.84S		
3	Girls 9 - 11 yrs 4x2 F/S Relay	Amelia Durant	Evie Belt	Maisy Hawkins	Darcey Laurence
		2:14.51	32.54	33.92	35.18 32.87
4	Boys 9 - 11 yrs 4x2 F/S Relay	Thomas Belt	Michael Long	Jowan Kerry	Sam Bray
		2:26.93	37.62	35.23	35.82 38.26
5	Girls 13/U 4x2 Medley Relay	Hollie Durant	Amelia Durant	Evie Belt	Isabel Phesse
		2:32.73	39.02	42.05	37.99 33.67
6	Boys 13/U 4x2 Medley Relay	James Belshaw	Hayden Phillips	Tom Phillips	Ben Laidler
		2:39.34	39.25	49.40	38.09 32.60
7	Girls 15/U 4x2 F/S Relay	Caja Rodda	Turaya Evans	Lani Anthoney	Megan Vingoe
		1:56.81	30.02	28.32	29.40 29.07
8	Boys 15/U 4x2 F/S Relay	Mace Dickinson	Louis Wallis	Piran Phillips	Joe Railton
		2:02.22	30.64	28.76	30.74 32.08
9	Ladies Open 4x2 Medley Relay	Ellie Phesse	Megan Vingoe	Lauren Prouse	Ali Phesse
		2:09.30	30.48	37.59	32.82 28.41
10	Mens Open 4x2 Medley Relay	Ben Hallam	Mark Penrose	Lyndon Holmes-Beddow	Ethan Treloar
		1:59.52	29.69	34.38	28.33 27.12
11	Girls 10 - 11 yrs 50m Backstroke	Darcey Laurence	39.86S		
12	Boys 10 - 11 yrs 50m Backstroke	Michael Long	43.65S		
13	Girls 13/U 100m Breaststroke	Amelia Durant	1:31.76S		
14	Boys 13/U 100m Breaststroke	Hayden Phillips	1:45.98S		
15	Girls 15/U 100m Backstroke	Turaya Evans	1:06.16S		
16	Boys 15/U 100m Backstroke	Mace Dickinson	1:15.87S		
17	Ladies Open 100m Butterfly	Emily Hoey	1:13.89S		
18	Mens Open 100m Butterfly	Lyndon Holmes-Beddow	1:03.38S		
19	Girls 10 - 11 yrs 50m Butterfly	Darcey Laurence	37.62S		
20	Boys 10 - 11 yrs 50m Butterfly	Jowan Kerry	42.10S		
21	Girls 13/U 100m Backstroke	Hollie Durant	1:21.87S		
22	Boys 13/U 100m Backstroke	Callum Jolly	1:22.32S		
23	Girls 15/U 100m Butterfly	Caja Rodda	1:11.19S		
24	Boys 15/U 100m Butterfly	Louis Wallis	1:24.03S		
25	Girls Open 100m Backstroke	Ellie Phesse	1:04.52S		
26	Boys Open 100m Backstroke	Ben Hallam	1:04.20S		
27	Girls 10 - 11 yrs 50m Breaststroke	Amelia Durant	43.63S		
28	Boys 10 - 11 yrs 50m Breaststroke	Michael Long	51.61S		
29	Girls 13/U 100m Butterfly	Evie Belt	1:26.01S		

30	Boys 13/U 100m Butterfly	Tom Phillips	1:29.23S					
31	Girls 15/U 100m Freestyle	Megan Vingoe	1:03.17S					
32	Boys 15/U 100m Freestyle	Louis Wallis	1:12.30S					
33	Ladies Open 100m Breaststroke	Turaya Evans	1:25.10S					
34	Mens Open 100m Breaststroke	Mark Penrose	1:19.86S					
35	Girls 10 - 11 yrs 50m Freestyle	Amelia Durant	33.92S					
36	Boys 10 - 11 yrs 50m Freestyle	Jowan Kerry	35.96S					
37	Girls 13/U 100m Freestyle	Isabel Phesse	1:14.72S					
38	Boys 13/U 100m Freestyle	Joe Railton	1:12.45S					
39	Girls 15/U 100m Breaststroke	Megan Vingoe	1:21.17S					
40	Boys 15/U 100m Breaststroke	Piran Phillips	1:34.73S					
41	Ladies Open 100m Freestyle	Ali Phesse	1:03.59S					
42	Mens Open 100m Freestyle	Daniel Lyford	55.64S					
43	Girls 9 - 11 yrs 4x2 Medley Relay	Evie Belt	Amelia Durant	Darcey Laurence	Maisy Hawkins			
		2:40.80	40.83	44.40	39.96	35.61		
44	Boys 9 - 11 yrs 4x2 Medley Relay	Michael Long	Sam Bray	Jowan Kerry	Thomas Belt			
		3:02.65	45.44	54.26	43.29	39.66		
45	Girls 13/U 4x2 F/S Relay	Hollie Durant	Amelia Durant	Evie Belt	Isabel Phesse			
		2:16.29	33.43	33.79	34.77	34.30		
46	Boys 13/U 4x2 F/S Relay	Joe Railton	James Belshaw	Callum Jolly	Ben Laidler			
		2:12.10	32.83	33.58	32.94	32.75		
47	Girls 15/U 4x2 Medley Relay	Turaya Evans	Megan Vingoe	Caja Rodda	Lani Anthoney			
		2:09.52	30.53	37.14	32.47	29.38		
48	Boys 15/U 4x2 Medley Relay	Mace Dickinson	Tom Phillips	Louis Wallis	Piran Phillips			
		2:31.03	36.73	45.30	37.54	31.46		
49	Girls Open 6x2 F/S Relay	Lani Anthoney	Lauren Prouse	Emily Hoey	Ellie Phesse	Ali Phesse	Megan Vingoe	
		2:54.91S	30.08	30.40	28.81	28.06	28.59	28.97
50	Boys Open 6x2 F/S Relay	Ethan Treloar	Daniel Lyford	Ben Hallam	Mark Penrose	Lyndon Holmes-Beddow	Louis Wallis	
		2:40.91S	27.64	25.63	25.51	27.90	25.61	28.62