Jane Sharpe	Masters	8th Silver	25m Freestyle 50m Freestyle	47.80 pb 1.32.78 pb
Helen Deakin	Masters	7th Silver 4th	25m Backstroke 50m Backstroke 25m Breaststroke	49.86 1.40.54 pb 54.42 pb
Sheena Baird	Masters	Gold Gold Gold	25m Backstroke 25m Breaststroke 25m Freestyle	27.86 pb 30.11 24.07pb
Adam Lawrence	Senior	6th 7th	25m Freestyle 50m Freestyle	42.84 pb 1.45.31
Emma Wilson	Senior	Gold Silver Silver	25m Backstroke 50m Backstroke 25m Freestyle (bs)	33.62 1.07.51 30.37
Mark Day	Intermediate	Gold Bronze Bronze	25m Freestyle (br) 25m Breaststroke 50m Breaststroke	30.58 pb 29.80 pb 1.08.34 pb
Jordan Brace	Youth	6th	25m Freestyle	56.65 pb
Paul McKillop	Youth	4th	25m Freestyle	29.70 pb
Thomas Slater	Youth	Silver Silver Gold	25m Backstroke 25m Breaststroke 50m Breaststroke	33.92 pb 29.01 1.10.05 pb
Joshua Brace	Youth	Gold Gold Gold	25m Breaststroke 25m Freestyle 50m Freestyle	27.56 pb 17.05 pb 40.17 pb
Gurvinder Garcha	Junior	Silver	25m Freestyle	1.07.99
Ashley Campbell-Barker	Junior	Gold Gold Gold	25m Backstroke 25m Breaststroke 25m Freestyle	53.49 pb 1.07.46 pb 46.72 pb
Team "A" Emma, Thomas, Joshua Team "B" Helen, Mark, Sheena		Bronze 8th	3 x 25m Medley 3 x 25m Medley	1.18.27 1.43.24
Team "A" Emma, Joshua, Sheena, Thomas		Bronze	4 x 50m Freestyle	4.07.87
Team "A" Emma, Joshua, Thomas, Mark and Ashley		2nd	Raft race	39.80
Team "A" Mark, Sheena, Thomas, Joshua Team "B" Emma, Gurvinder, Ashley, Jordan		Gold 9th	4 x 25m Freestyle 4 x 25m Freestyle	1.36.76 3.30.33

Congratulations to every one of our team of 12 twelve swimmers. As well as being our best result ever in collecting 32 medals (16 gold, 7 silver and 9 bronze) there were 18 personal best times. It was really excellent to be competitive in the relays for the first time – even the raft race! Thank you to everyone who supported the team and Gurvinder's family for helping with transport. There are certificates from the organisers for all competitors and photographs will be uploaded to the website in due course.

Sheila