

Year	Distance	Gender	Stroke	Trophy	Champion	Club
2019	200 metre	Women's	Butterfly	Fowler Trophy	Sara Kalawska	Hatfield SC
2018	200 metre	Women's	Butterfly	Fowler Trophy	Lauren Stott	Hatfield SC
2017	200 metre	Women's	Butterfly	Fowler Trophy	Shannon Stott	City of St Albans ASC
2016	200 metre	Women's	Butterfly	Fowler Trophy	Shannon Stott	City of St Albans ASC
2015	200 metre	Women's	Butterfly	Fowler Trophy	Shannon Stott	City of St Albans ASC
2014	200 metre	Women's	Butterfly	Fowler Trophy	Lily West	Hatfield SC
2013	200 metre	Women's	Butterfly	Fowler Trophy	Lily West	Hatfield SC
2012	200 metre	Women's	Butterfly	Fowler Trophy	Lucy Charles	Hatfield SC
2011	200 metre	Women's	Butterfly	Fowler Trophy	Michelle Mitchell	Hatfield SC
2010	200 metre	Women's	Butterfly	Fowler Trophy	Lucy Charles	Hoddesdon SC
2019	200 metre	Girls'	Butterfly	Nodder Trophy	Valeria Giron	Hatfield SC
2018	200 metre	Girls'	Butterfly	Nodder Trophy	Jessica Woodward	Hatfield SC
2017	200 metre	Girls'	Butterfly	Nodder Trophy	Lauren Stott	City of St Albans ASC
2016	200 metre	Girls'	Butterfly	Nodder Trophy	Nellie Eastland	Bishop's Stortford SC
2015	200 metre	Girls'	Butterfly	Nodder Trophy	Shannon Stott	City of St Albans ASC
2014	200 metre	Girls'	Butterfly	Nodder Trophy	Amy Young	Bishop's Stortford SC
2013	200 metre	Girls'	Butterfly	Nodder Trophy	Lily West	Hatfield SC
2012	200 metre	Girls'	Butterfly	Nodder Trophy	Pippa Shuttleworth	Hatfield SC
2011	200 metre	Girls'	Butterfly	Nodder Trophy	Michelle Mitchell	Hatfield SC
2010	200 metre	Girls'	Butterfly	Nodder Trophy	Abby Smith	Harpenden SC
2019	200 metre	Men's	Backstroke	Mead Trophy	Jude Liddiard	City of St Albans ASC
2018	200 metre	Men's	Backstroke	Mead Trophy	Max Jelfs	Hatfield SC
2017	200 metre	Men's	Backstroke	Mead Trophy	Daniel Chada	Bishops Stortford SC
2016	200 metre	Men's	Backstroke	Mead Trophy	Peter Webster	Hatfield SC
2015	200 metre	Men's	Backstroke	Mead Trophy	Ben Harrison	Potters Bar SC
2014	200 metre	Men's	Backstroke	Mead Trophy	Martyn Walton	Hatfield SC
2013	200 metre	Men's	Backstroke	Mead Trophy	Martyn Walton	Hatfield SC
2012	200 metre	Men's	Backstroke	Mead Trophy	Caleb Hughes	Hatfield SC
2011	200 metre	Men's	Backstroke	Mead Trophy	Jack Spence	Watford SC

2010	200 metre	Men's	Backstroke	Mead Trophy	John Sargent	Hatfield SC
2019	200 metre	Boys'	Backstroke	Dennis Price Trophy	Thomas Ogden	Bishop's Stortford SC
2018	200 metre	Boys'	Backstroke	Dennis Price Trophy	Daniel Murtagh	Hatfield SC
2017	200 metre	Boys'	Backstroke	Dennis Price Trophy	Tanin Kursidim	City of St Albans ASC
2016	200 metre	Boys'	Backstroke	Dennis Price Trophy	Daniel Chada	Bishop's Stortford SC
2015	200 metre	Boys'	Backstroke	Dennis Price Trophy	Ben Harrison	Potters Bar SC
2014	200 metre	Boys'	Backstroke	Dennis Price Trophy	Nathan Hughes	Hatfield SC
2013	200 metre	Boys'	Backstroke	Dennis Price Trophy	Martyn Walton	Hatfield SC
2012	200 metre	Boys'	Backstroke	Dennis Price Trophy	Martyn Walton	Hatfield SC
2011	200 metre	Boys'	Backstroke	Dennis Price Trophy	Martyn Walton	Hatfield SC
2010	200 metre	Boys'	Backstroke	Dennis Price Trophy	Jack Spence	Watford SC
2019	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Jessica Woodward	Hatfield SC
2018	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Jessica Woodward	Hatfield SC
2017	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Elinah Phillip	Bishops Stortford SC
2016	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Elinah Phillip	Bishop's Stortford SC
2015	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Amy Godsave	Hoddesdon SC
2014	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Jessica Jackson	Hatfield SC
2013	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Jessica Jackson	Hatfield SC
2012	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Emily Ridout	Hatfield SC
2011	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Emily Ridout	Hatfield SC
2010	50 metre	Women's	Freestyle	Roy Rogers Memorial Trophy	Emily Ridout	Hatfield SC
2019	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Millie Fields	Bishop's Stortford SC
2018	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Jessica Woodward	Hatfield SC
2017	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Libby Dunford	Hoddesdon SC
2016	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Libby Dunford	Hoddesdon SC
2015	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Amy Godsave	Hoddesdon SC
2014	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Amy Godsave	Hoddesdon SC
2013	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Jessica Jackson	Hatfield SC
2012	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Katie Armitage	Watford SC
2011	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Shauna Lee	Hatfield SC

2010	50 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Flora Hanson	Hatfield SC
2019	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Lucas Dyson-Diaz	Hatfield SC
2018	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Lucas Dyson-Diaz	Hatfield SC
2017	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	James Woodward	Potters Bar SC
2016	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Will Kearsey	Hatfield SC
2015	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Jake Lloyd	Bishop's Stortford SC
2014	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Matthew Williams	Watford SC
2013	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Edward Allchorne	Hatfield SC
2012	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Edward Allchorne	Hatfield SC
2011	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Edward Allchorne	Hatfield SC
2010	100 metre	Men's	Butterfly	Hertfordshire ASA Trophy	Adam Ingledew	Hatfield SC
2019	100 metre	Boys'	Butterfly	Hislop Trophy	Michael Klimaszewski	Hatfield SC
2018	100 metre	Boys'	Butterfly	Hislop Trophy	Michael Klimaszewski	Hatfield SC
2017	100 metre	Boys'	Butterfly	Hislop Trophy	Ish Rahim	Berkhamsted SC
2016	100 metre	Boys'	Butterfly	Hislop Trophy	Charlie Rayner	Hatfield SC
2015	100 metre	Boys'	Butterfly	Hislop Trophy	Ben Harrison	Potters Bar SC
2014	100 metre	Boys'	Butterfly	Hislop Trophy	Harry Parker	Hatfield SC
2013	100 metre	Boys'	Butterfly	Hislop Trophy	Harry Parker	Hatfield SC
2012	100 metre	Boys'	Butterfly	Hislop Trophy	Nico Campbell	Hatfield SC
2011	100 metre	Boys'	Butterfly	Hislop Trophy	Nico Campbell	Cheshunt SC
2010	100 metre	Boys'	Butterfly	Hislop Trophy	Jack Baron	City of St Albans ASC
2019	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Erin O'Meara	Watford SC
2018	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Laura Copping	Hatfield SC
2017	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Laura Copping	Hatfield SC
2016	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Cira Fletcher	Bishop's Stortford SC
2015	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Lauren Baker	Hatfield SC
2014	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Katie Armitage	Hatfield SC
2013	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Charlotte Reid	Hatfield SC
2012	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Katie Armitage	Watford SC
2011	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Emma Warrington	Hoddesdon SC

2010	100 metre	Women's	Breaststroke	Audrey Henley Trophy	Emma Warrington	Hoddesdon SC
2019	100 metre	Girls'	Breaststroke	Waller Trophy	Caitlin Hartley	Hatfield SC
2018	100 metre	Girls'	Breaststroke	Waller Trophy	Erin O'Meara	Watford SC
2017	100 metre	Girls'	Breaststroke	Waller Trophy	Erin O'Meara	Watford SC
2016	100 metre	Girls'	Breaststroke	Waller Trophy	Abi Hurst	Berkhamsted SC
2015	100 metre	Girls'	Breaststroke	Waller Trophy	Molly Francis	Hatfield SC
2014	100 metre	Girls'	Breaststroke	Waller Trophy	Cira Fletcher	Bishop's Stortford SC
2013	100 metre	Girls'	Breaststroke	Waller Trophy	Charlotte Longden	Hoddesdon SC
2012	100 metre	Girls'	Breaststroke	Waller Trophy	Katie Armitage	Watford SC
2011	100 metre	Girls'	Breaststroke	Waller Trophy	Charlotte Reid	Hatfield SC
2010	100 metre	Girls'	Breaststroke	Waller Trophy	Charlotte Reid	Hatfield SC
2019	50 metre	Men's	Backstroke	Hitchin Trophy	Jude Liddiard	City of St Albans ASC
					Thomas Ogden	Bishop's Stortford SC
2018	50 metre	Men's	Backstroke	Hitchin Trophy	Daniel Chada	Bishops Stortford SC
2017	50 metre	Men's	Backstroke	Hitchin Trophy	Daniel Chada	Bishops Stortford SC
2016	50 metre	Men's	Backstroke	Hitchin Trophy	Peter Webster	Hatfield SC
2015	50 metre	Men's	Backstroke	Hitchin Trophy	Will Kearsey	Hatfield SC
2014	50 metre	Men's	Backstroke	Hitchin Trophy	Martyn Walton	Hatfield SC
2013	50 metre	Men's	Backstroke	Hitchin Trophy	Martyn Walton	Hatfield SC
2012	50 metre	Men's	Backstroke	Hitchin Trophy	Caleb Hughes	Hatfield SC
2011	50 metre	Men's	Backstroke	Hitchin Trophy	Alex Baker	Hatfield SC
2010	50 metre	Men's	Backstroke	Hitchin Trophy	James Sutherland	Hatfield SC
2019	50 metre	Boys'	Backstroke	Broxbourne Trophy	Thomas Ogden	Bishop's Stortford SC
2018	50 metre	Boys'	Backstroke	Broxbourne Trophy	Daniel Murtagh	Hatfield SC
2017	50 metre	Boys'	Backstroke	Broxbourne Trophy	Ish Rahim	Berkhamsted SC
2016	50 metre	Boys'	Backstroke	Broxbourne Trophy	Daniel Chada	Bishop's Stortford SC
2015	50 metre	Boys'	Backstroke	Broxbourne Trophy	Nathan Hughes	Hatfield SC
2014	50 metre	Boys'	Backstroke	Broxbourne Trophy	Sam Gamble	Hitchin SC
2013	50 metre	Boys'	Backstroke	Broxbourne Trophy	Martyn Walton	Hatfield SC
2012	50 metre	Boys'	Backstroke	Broxbourne Trophy	Martyn Walton	Hatfield SC

2011	50 metre	Boys'	Backstroke	Broxbourne Trophy	Caleb Hughes	Hatfield SC
2010	50 metre	Boys'	Backstroke	Broxbourne Trophy	Oliver Barker	Bishops Stortford SC
2019	100 metre	Women's	Freestyle	Falloon Trophy	Georgina Tallon	Potters Bar SC
2018	100 metre	Women's	Freestyle	Falloon Trophy	Amy Godsave	Hatfield SC
2017	100 metre	Women's	Freestyle	Falloon Trophy	Katie Conyers	Potters Bar SC
2016	100 metre	Women's	Freestyle	Falloon Trophy	Georgie Pryor	Hoddesdon SC
2015	100 metre	Women's	Freestyle	Falloon Trophy	Amy Godsave	Hoddesdon SC
2014	100 metre	Women's	Freestyle	Falloon Trophy	Jessica Jackson	Hatfield SC
2013	100 metre	Women's	Freestyle	Falloon Trophy	Jessica Jackson	Hatfield SC
2012	100 metre	Women's	Freestyle	Falloon Trophy	Shauna Lee	Hatfield SC
2011	100 metre	Women's	Freestyle	Falloon Trophy	Shauna Lee	Hatfield SC
2010	100 metre	Women's	Freestyle	Falloon Trophy	Lucy Charles	Hoddesdon SC
2019	100 metre	Girls'	Freestyle	Ware Trophy	Millie Fields	Bishop's Stortford SC
2018	100 metre	Girls'	Freestyle	Ware Trophy	Jessica Woodward	Hatfield SC
2017	100 metre	Girls'	Freestyle	Ware Trophy	Lily Merrett	Hoddesdon SC
2016	100 metre	Girls'	Freestyle	Ware Trophy	Molly Francis	Hatfield SC
2015	100 metre	Girls'	Freestyle	Ware Trophy	Amy Godsave	Hoddesdon SC
2014	100 metre	Girls'	Freestyle	Ware Trophy	Amy Godsave	Hoddesdon SC
2013	100 metre	Girls'	Freestyle	Ware Trophy	Jessica Jackson	Hatfield SC
2012	100 metre	Girls'	Freestyle	Ware Trophy	Jessica Jackson	Hatfield SC
2011	100 metre	Girls'	Freestyle	Ware Trophy	Shauna Lee	Hatfield SC
2010	100 metre	Girls'	Freestyle	Ware Trophy	Flora Hanson	Hatfield SC
2019	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Ralph Muncer	City of St Albans ASC
2018	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	William Loveman	City of St Albans ASC
2017	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	David Shipman	Potters Bar SC
2016	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Nathan Hughes	Hatfield SC
2015	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Ben Purcell	Hatfield SC
2014	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Ben Purcell	Hatfield SC
2013	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Ben Purcell	Hatfield SC
2012	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Ethan Lamb	Hatfield SC

2011	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Andrew Egan	Hatfield SC
2010	200 metre	Men's	Breaststroke	Hertfordshire ASA Trophy	Andrew Egan	Hatfield SC
2019	200 metre	Boys'	Breaststroke	Nodder Trophy	Yuto Watanabe	Hatfield SC
2018	200 metre	Boys'	Breaststroke	Nodder Trophy	Mattias Morse	Hemel Hempstead SC
2017	200 metre	Boys'	Breaststroke	Nodder Trophy	Bryn Couser	Bishops Stortford SC
2016	200 metre	Boys'	Breaststroke	Nodder Trophy	Charlie Rayner	Hatfield SC
2015	200 metre	Boys'	Breaststroke	Nodder Trophy	Nathan Hughes	Hatfield SC
2014	200 metre	Boys'	Breaststroke	Nodder Trophy (ReplaceMen'st)	Nathan Hughes	Hatfield SC
2013	200 metre	Boys'	Breaststroke	Nodder Trophy (ReplaceMen'st)	Ben Purcell	Hatfield SC
2012	200 metre	Boys'	Breaststroke	Nodder Trophy (ReplaceMen'st)	Ethan Lamb	Hatfield SC
2011	200 metre	Boys'	Breaststroke	Nodder Trophy (ReplaceMen'st)	Ethan Lamb	Hatfield SC
2010	200 metre	Boys'	Breaststroke	Nodder Trophy (ReplaceMen'st)	Jake Robinson	Stevenage SC
2019	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Lily Merrett	City of St Albans ASC
2018	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Lily Merrett	Hoddesdon SC
2017	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Alice Fender	Hemel Hempstead SC
2016	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Amy Young	Bishop's Stortford SC
2015	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Tegan Wollaston	Cheshunt SC
2014	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Pippa Shuttleworth	Hatfield SC
2013	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Victoria Pritchard	Hatfield SC
2012	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Pippa Shuttleworth	Hatfield SC
2011	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Lucy Charles	Hatfield SC
2010	800 metre	Women's	Freestyle	Aubrey Arnold Memorial Trophy	Carolyn Astbury	Watford SC
2019	800 metre	Girls'	Freestyle	St George's SC Trophy	Eleanor Craig	Watford SC
2018	800 metre	Girls'	Freestyle	St George's SC Trophy	Lily Merrett	Hoddesdon SC
2017	800 metre	Girls'	Freestyle	St George's SC Trophy	Billie Grant	Hatfield SC
2016	800 metre	Girls'	Freestyle	St George's SC Trophy	Chloe Ogden	Bishop's Stortford SC
2015	800 metre	Girls'	Freestyle	St George's SC Trophy	Tegan Wollaston	Cheshunt SC
2014	800 metre	Girls'	Freestyle	St George's SC Trophy	Amber Hughes	Hatfield SC
2013	800 metre	Girls'	Freestyle	St George's SC Trophy	Charlotte Longden	Hoddesdon SC
2012	800 metre	Girls'	Freestyle	St George's SC Trophy	Pippa Shuttleworth	Hatfield SC

2011	800 metre	Girls'	Freestyle	St George's SC Trophy	Victoria Pritchard	Hatfield SC
2010	800 metre	Girls'	Freestyle	St George's SC Trophy	Not presented 2010	
2019	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Jessica Woodward	Hatfield SC
2018	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Laura Copping	Hatfield SC
2017	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Shannon Stott	City of St Albans ASC
2016	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Molly Francis	Hatfield SC
2015	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Jessica Jackson	Hatfield SC
2014	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Jessica Jackson	Hatfield SC
2013	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Abby Smith	Harpenden SC
2012	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Lucy Charles	Hatfield SC
2011	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Lucy Charles	Hatfield SC
2010	200 metre	Women's	Freestyle	Swimmers Parents and Supporters Ass	Phillipa Hardy	Hatfield SC
2019	200 metre	Girls'	Freestyle	Roy Rogers memorial Trophy	Millie Fields	Bishop's Stortford SC
2018	200 metre	Girls'	Freestyle	Roy Rogers memorial Trophy	Millie Fields	Bishop's Stortford SC
2017	200 metre	Girls'	Freestyle	Roy Rogers memorial Trophy	Mia Carter	Bishops Stortford SC
2016	200 metre	Girls'	Freestyle	Roy Rogers memorial Trophy	Molly Francis	Hatfield SC
2015	200 metre	Girls'	Freestyle	Roy Rogers memorial Trophy	Amy Godsave	Hoddesdon SC
2014	200 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Kate McQuaid	Hatfield SC
2013	200 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Pippa Shuttleworth	Hatfield SC
2012	200 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Shauna Lee	Hatfield SC
2011	200 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Shauna Lee	Hatfield SC
2010	200 metre	Girls'	Freestyle	Roy Rogers Memorial Trophy	Flora Hanson	Hatfield SC
2019	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Lucas Dyson-Diaz	Hatfield SC
2018	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Callum Davis	Bishop's Stortford SC
2017	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Ed Castro	Harpenden SC
2016	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Peter Webster	Hatfield SC
2015	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Freddie Woodcock	Hemel Hempstead SC
2014	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Jack Burchell	Hitchin SC
2013	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Edward Allchorne	Hatfield SC
2012	50 metre	Men's	Butterfly	Capt. John Smith Trophy	Jonathan Quinn	Hatfield SC

2011	50 metre	Men's	Butterfly	Capt. John Smith Trophy	David Godridge	Watford SC
2010	50 metre	Men's	Butterfly	Capt. John Smith Trophy	James Sutherland/David Godri	Hatfield SC/Watford SC
2019	50 metre	Boys'	Butterfly	Bowell Trophy	Michael Klimaszewski	Hatfield SC
2018	50 metre	Boys'	Butterfly	Bowell Trophy	Michael Klimaszewski	Hatfield SC
2017	50 metre	Boys'	Butterfly	Bowell Trophy	Ish Rahim	Berkhamsted SC
2016	50 metre	Boys'	Butterfly	Bowell Trophy	Charlie Rayner	Hatfield SC
2015	50 metre	Boys'	Butterfly	Bowell Trophy	Oliver Perry	Bishop's Stortford SC
2014	50 metre	Boys'	Butterfly	Bowell Trophy	Harry Parker	Hatfield SC
2013	50 metre	Boys'	Butterfly	Bowell Trophy	Will Kearsey	Hatfield SC
2012	50 metre	Boys'	Butterfly	Bowell Trophy	Nico Campbell	Hatfield SC
2011	50 metre	Boys'	Butterfly	Bowell Trophy	Nico Campbell	Cheshunt SC
2010	50 metre	Boys'	Butterfly	Bowell Trophy	Jack Baron	City of St Albans ASC
2019	400 metre	Men's	Ind. Medley	Parsons Trophy	Michael Klimaszewski	Hatfield SC
2018	400 metre	Men's	Ind. Medley	Parsons Trophy	Ralph Muncer	City of St Albans ASC
2017	400 metre	Men's	Ind. Medley	Parsons Trophy	Charlie Rayner	Hatfield SC
2016	400 metre	Men's	Ind. Medley	Parsons Trophy	Nathan Hughes	Hatfield SC
2015	400 metre	Men's	Ind. Medley	Parsons Trophy	Ben Harrison	Potters Bar SC
2014	400 metre	Men's	Ind. Medley	Parsons Trophy	Ben Purcell	Hatfield SC
2013	400 metre	Men's	Ind. Medley	Parsons Trophy	Martyn Walton	Hatfield SC
2012	400 metre	Men's	Ind. Medley	Parsons Trophy	Caleb Hughes	Hatfield SC
2011	400 metre	Men's	Ind. Medley	Parsons Trophy	James Allchorne	Hatfield SC
2010	400 metre	Men's	Ind. Medley	Parsons Trophy	Sean Leahy	Hatfield SC
2019	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Michael Klimaszewski	Hatfield SC
2018	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Michael Klimaszewski	Hatfield SC
2017	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Tobi Laguda	Hatfield SC
2016	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Charlie Rayner	Hatfield SC
2015	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Ben Harrison	Potters Bar SC
2014	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Nathan Hughes	Hatfield SC
2013	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Martyn Walton	Hatfield SC
2012	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Martyn Walton	Hatfield SC

2011	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Martyn Walton	Hatfield SC
2010	400 metre	Boys'	Ind. Medley	A F Woolner Trophy	Jack Spence	Watford SC
2019	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Erin O'Meara	Watford SC
2018	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Alice Fender	Hemel Hempstead SC
2017	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Shannon Stott	City of St Albans ASC
2016	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Tegan Wollaston	Cheshunt SC
2015	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Shannon Stott	City of St Albans ASC
2014	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Pippa Shuttleworth	Hatfield SC
2013	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Grace Lee	Hatfield SC
2012	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Pippa Shuttleworth	Hatfield SC
2011	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Lucy Charles	Hatfield SC
2010	400 metre	Women's	Freestyle	Hertfordshire ASA Trophy	Lucy Charles	Hoddesdon SC
2019	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Millie Fields	Bishop's Stortford SC
2018	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Lily Merrett	Hoddesdon SC
2017	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Billie Grant	Hatfield SC
2016	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Chloe Ogden	Bishop's Stortford SC
2015	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Shannon Stott	City of St Albans ASC
2014	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Ellie Fogg	Hatfield SC
2013	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Pippa Shuttleworth	Hatfield SC
2012	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Pippa Shuttleworth	Hatfield SC
2011	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Pippa Shuttleworth	Hatfield SC
2010	400 metre	Girls'	Freestyle	Hertfordshire ASA Trophy	Flora Hanson	Hatfield SC
2019	200 metre	Men's	Ind. Medley	Stinton Trophy	Jude Liddiard	City of St Albans ASC
2018	200 metre	Men's	Ind. Medley	Stinton Trophy	James Woodward	Hatfield SC
2017	200 metre	Men's	Ind. Medley	Stinton Trophy	James Woodward	Potters Bar SC
2016	200 metre	Men's	Ind. Medley	Stinton Trophy	Nathan Hughes	Hatfield SC
2015	200 metre	Men's	Ind. Medley	Stinton Trophy	Josh Duggan	Hatfield SC
2014	200 metre	Men's	Ind. Medley	Stinton Trophy	Caleb Hughes	Hatfield SC
2013	200 metre	Men's	Ind. Medley	Stinton Trophy	Caleb Hughes	Hatfield SC
2012	200 metre	Men's	Ind. Medley	Stinton Trophy	Caleb Hughes	Hatfield SC

2011	200 metre	Men's	Ind. Medley	Stinton Trophy	Jonathan Quinn	Hatfield SC
2010	200 metre	Men's	Ind. Medley	Stinton Trophy	Sean Leahy	Hatfield SC
2019	200 metre	Boys'	Ind. Medley	Speedo Trophy	Michael Klimaszewski	Hatfield SC
2018	200 metre	Boys'	Ind. Medley	Speedo Trophy	Michael Klimaszewski	Hatfield SC
2017	200 metre	Boys'	Ind. Medley	Speedo Trophy	Tobi Laguda	Hatfield SC
2016	200 metre	Boys'	Ind. Medley	Speedo Trophy	Charlie Rayner	Hatfield SC
2015	200 metre	Boys'	Ind. Medley	Speedo Trophy	Ben Harrison	Potters Bar SC
2014	200 metre	Boys'	Ind. Medley	Speedo Trophy	Nathan Hughes	Hatfield SC
2013	200 metre	Boys'	Ind. Medley	Speedo Trophy	Martyn Walton	Hatfield SC
2012	200 metre	Boys'	Ind. Medley	Speedo Trophy	Nico Campbell	Hatfield SC
2011	200 metre	Boys'	Ind. Medley	Speedo Trophy	Nico Campbell	Cheshunt SC
2010	200 metre	Boys'	Ind. Medley	Speedo Trophy	Jake Robinson	Stevenage SC
2019	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Erin O'Meara	Watford SC
2018	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Laura Copping	Hatfield SC
2017	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Abbie Hurst	Berkhamsted SC
2016	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Cira Fletcher	Bishop's Stortford SC
2015	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Cira Fletcher	Bishop's Stortford SC
2014	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Katie Armitage	Hatfield SC
2013	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Charlotte Reid	Hatfield SC
2012	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Katie Armitage	Watford SC
2011	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Emma Warrington	Hoddesdon SC
2010	50 metre	Women's	Breaststroke	Bishop's Stortford SC Trophy	Emma Warrington	Hoddesdon SC
2019	50 metre	Girls'	Breaststroke	Verulam Trophy	Ela Norton	Hatfield SC
2018	50 metre	Girls'	Breaststroke	Verulam Trophy	Erin O'Meara	Watford SC
2017	50 metre	Girls'	Breaststroke	Verulam Trophy	Erin O'Meara	Watford SC
2016	50 metre	Girls'	Breaststroke	Verulam Trophy	Abi Hurst	Berkhamsted SC
2015	50 metre	Girls'	Breaststroke	Verulam Trophy	Katialin Dang	Harpenden SC
2014	50 metre	Girls'	Breaststroke	Verulam Trophy	Kate McQuaid	Hatfield SC
2013	50 metre	Girls'	Breaststroke	Verulam Trophy	Charlotte Longden	Hoddesdon SC
2012	50 metre	Girls'	Breaststroke	Verulam Trophy	Katie Armitage	Watford SC

2011	50 metre	Girls'	Breaststroke	Verulam Trophy	Charlotte Reid	Hatfield SC
2010	50 metre	Girls'	Breaststroke	Verulam Trophy	Alex Hatt	Berkhamsted Barracudas SC
2019	100 metre	Boys'	Backstroke	Edwards Trophy	Thomas Ogden	Bishop's Stortford SC
2018	100 metre	Boys'	Backstroke	Edwards Trophy	Daniel Murtagh	Hatfield SC
2017	100 metre	Boys'	Backstroke	Edwards Trophy	Tobi Laguda	Hatfield SC
2016	100 metre	Boys'	Backstroke	Edwards Trophy	Daniel Chada	Bishop's Stortford SC
2015	100 metre	Boys'	Backstroke	Edwards Trophy	Nathan Hughes	Hatfield SC
2014	100 metre	Boys'	Backstroke	Edwards Trophy	Liam Curran	City of St Albans ASC
2013	100 metre	Boys'	Backstroke	Edwards Trophy	Will Kearsey	Hatfield SC
2012	100 metre	Boys'	Backstroke	Edwards Trophy	Martyn Walton	Hatfield SC
2011	100 metre	Boys'	Backstroke	Edwards Trophy	Martyn Walton	Hatfield SC
2010	100 metre	Boys'	Backstroke	Edwards Trophy	Jack Spence	Watford SC
2019	100 metre	Men's	Backstroke	Braughing Trophy	Jude Liddiard	City of St Albans ASC
2018	100 metre	Men's	Backstroke	Braughing Trophy	Daniel Murtagh	Hatfield SC
2017	100 metre	Men's	Backstroke	Braughing Trophy	Daniel Chada	Bishops Stortford SC
2016	100 metre	Men's	Backstroke	Braughing Trophy	Will Kearsey	Hatfield SC
2015	100 metre	Men's	Backstroke	Braughing Trophy	Will Kearsey	Hatfield SC
2014	100 metre	Men's	Backstroke	Braughing Trophy	Martyn Walton	Hatfield SC
2013	100 metre	Men's	Backstroke	Braughing Trophy	Will Kearsey	Hatfield SC
2012	100 metre	Men's	Backstroke	Braughing Trophy	Alex Baker	Hatfield SC
2011	100 metre	Men's	Backstroke	Braughing Trophy	Alex Baker	Hatfield SC
2010	100 metre	Men's	Backstroke	Braughing Trophy	John Sargent	Hatfield SC
2019	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Jude Liddiard	City of St Albans ASC
2018	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Max Jelfs	Hatfield SC
2017	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Max Jelfs	Hatfield SC
2016	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Nathan Hughes	Hatfield SC
2015	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Luke Turley	Hatfield SC
2014	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Martyn Walton	Hatfield SC
2013	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Bradley Slavinec	Hatfield SC
2012	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Caleb Hughes	Hatfield SC

2011	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Aydin Berki	Hatfield SC
2010	1500 metre	Men's	Freestyle	Stevenage Swim Stall Trophy	Lawrence Lowman	Hatfield SC
2019	1500 metre	Boys'	Freestyle	Rogers Trophy	Michael Klimaszewski	Hatfield SC
2018	1500 metre	Boys'	Freestyle	Rogers Trophy	Michael Klimaszewski	Hatfield SC
2017	1500 metre	Boys'	Freestyle	Rogers Trophy	Tobi Laguda	Hatfield SC
2016	1500 metre	Boys'	Freestyle	Rogers Trophy	James Chennels	Berkhamsted SC
2015	1500 metre	Boys'	Freestyle	Rogers Trophy	Luke Turley	Hatfield SC
2014	1500 metre	Boys'	Freestyle	Rogers Trophy	Nathan Hughes	Hatfield SC
2013	1500 metre	Boys'	Freestyle	Rogers Trophy	Nathan Hughes	Hatfield SC
2012	1500 metre	Boys'	Freestyle	Rogers Trophy	Bradley Slavinec	Hatfield SC
2011	1500 metre	Boys'	Freestyle	Rogers Trophy	Bradley Slavinec	Hatfield SC
2010	1500 metre	Boys'	Freestyle	Rogers Trophy	James McGrail	Hatfield SC
2019	200 metre	Women's	Ind. Medley	Simpson Trophy	Erin O'Meara	Watford SC
2018	200 metre	Women's	Ind. Medley	Simpson Trophy	Laura Copping	Hatfield SC
2017	200 metre	Women's	Ind. Medley	Simpson Trophy	Laura Copping	Hatfield SC
2016	200 metre	Women's	Ind. Medley	Simpson Trophy	Laura Copping	Hatfield SC
2015	200 metre	Women's	Ind. Medley	Simpson Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	200 metre	Women's	Ind. Medley	Simpson Trophy	Katie Armitage	Hatfield SC
2013	200 metre	Women's	Ind. Medley	Simpson Trophy	Charlotte Reid	Hatfield SC
2012	200 metre	Women's	Ind. Medley	Simpson Trophy	Flora Hanson	Hatfield SC
2011	200 metre	Women's	Ind. Medley	Simpson Trophy	Charlotte Reid	Hatfield SC
2010	200 metre	Women's	Ind. Medley	Simpson Trophy	Flora Hanson	Hatfield SC
2019	200 metre	Girls'	Ind. Medley	Speedo Trophy	Millie Fields	Bishop's Stortford SC
2018	200 metre	Girls'	Ind. Medley	Speedo Trophy	Sara Kalawska	Hatfield SC
2017	200 metre	Girls'	Ind. Medley	Speedo Trophy	Erin O'Meara	Watford SC
2016	200 metre	Girls'	Ind. Medley	Speedo Trophy	Molly Francis	Hatfield SC
2015	200 metre	Girls'	Ind. Medley	Speedo Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	200 metre	Girls'	Ind. Medley	Speedo Trophy+Lid	Georgie Pryor	Hoddesdon SC
2013	200 metre	Girls'	Ind. Medley	Speedo Trophy+Lid	Jessica Jackson	Hatfield SC
2012	200 metre	Girls'	Ind. Medley	Speedo Trophy+Lid	Katie Armitage	Watford SC

2011	200 metre	Girls'	Ind. Medley	Speedo Trophy+Lid	Charlotte Reid	Hatfield SC
2010	200 metre	Girls'	Ind. Medley	Speedo Trophy+Lid	Flora Hanson	Hatfield SC
2019	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Michael Klimaszewski	Hatfield SC
2018	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Michael Klimaszewski	Hatfield SC
2017	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Tobi Laguda	Hatfield SC
2016	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Reese Housden	Hatfield SC
2015	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Nathan Hughes	Hatfield SC
2014	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Nathan Hughes	Hatfield SC
2013	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Martyn Walton	Hatfield SC
2012	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Martyn Walton	Hatfield SC
2011	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	Caleb Hughes	Hatfield SC
2010	400 metre	Boys'	Freestyle	City of St Albans ASC Trophy	James McGrail	Hatfield SC
2019	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Michael Klimaszewski	Hatfield SC
2018	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Max Jelfs	Hatfield SC
2017	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	James Woodward	Potters Bar SC
2016	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Nathan Hughes	Hatfield SC
2015	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Josh Duggan	Hatfield SC
2014	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Martyn Walton	Hatfield SC
2013	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Caleb Hughes	Hatfield SC
2012	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Caleb Hughes	Hatfield SC
2011	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Caleb Hughes	Hatfield SC
2010	400 metre	Men's	Freestyle	Hertfordshire ASA Trophy	Lawrence Lowman	Hatfield SC
2019	100 metre	Women's	Backstroke	Broxbourne Trophy	Niamh James	Bishop's Stortford SC
2018	100 metre	Women's	Backstroke	Broxbourne Trophy	Shannon Stott	Hatfield SC
2017	100 metre	Women's	Backstroke	Broxbourne Trophy	Mia Carter	Bishops Stortford SC
2016	100 metre	Women's	Backstroke	Broxbourne Trophy	Ellie Mitchell	Bishop's Stortford SC
2015	100 metre	Women's	Backstroke	Broxbourne Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	100 metre	Women's	Backstroke	Broxbourne Trophy	Georgie Pryor	Hoddesdon SC
2013	100 metre	Women's	Backstroke	Broxbourne Trophy	Charlotte Reid	Hatfield SC
2012	100 metre	Women's	Backstroke	Broxbourne Trophy	Flora Hanson	Hatfield SC

2011	100 metre	Women's	Backstroke	Broxbourne Trophy	Flora Hanson	Hatfield SC
2010	100 metre	Women's	Backstroke	Broxbourne Trophy	Flora Hanson	Hatfield SC
2019	100 metre	Girls'	Backstroke	Buzza Trophy	Harriet CleMen'sts	Watford SC
2018	100 metre	Girls'	Backstroke	Buzza Trophy	Lily Merrett	Hoddesdon SC
2017	100 metre	Girls'	Backstroke	Buzza Trophy	Mia Carter	Bishops Stortford SC
2016	100 metre	Girls'	Backstroke	Buzza Trophy	Charlotte Watson	Berkhamsted SC
2015	100 metre	Girls'	Backstroke	Buzza Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	100 metre	Girls'	Backstroke	Buzza Trophy	Georgie Pryor	Hoddesdon SC
2013	100 metre	Girls'	Backstroke	Buzza Trophy	Georgina Pryor	Hoddesdon SC
2012	100 metre	Girls'	Backstroke	Buzza Trophy	Katie Armitage	Watford SC
2011	100 metre	Girls'	Backstroke	Buzza Trophy	Grace Lee	Hatfield SC
2010	100 metre	Girls'	Backstroke	Buzza Trophy	Flora Hanson	Hatfield SC
2019	50 metre	Men's	Breaststroke	Price Trophy	Edward Loveman	City of St Albans ASC
2018	50 metre	Men's	Breaststroke	Price Trophy	Jack Christie	City of St Albans ASC
2017	50 metre	Men's	Breaststroke	Price Trophy	David Shipman	Potters Bar SC
2016	50 metre	Men's	Breaststroke	Price Trophy	Nathan Hughes	Hatfield SC
2015	50 metre	Men's	Breaststroke	Price Trophy	Ben Purcell	Hatfield SC
2014	50 metre	Men's	Breaststroke	Price Trophy	Ben Purcell	Hatfield SC
2013	50 metre	Men's	Breaststroke	Price Trophy	Jonathan Quinn	Hatfield SC
2012	50 metre	Men's	Breaststroke	Price Trophy	Jonathan Quinn	Hatfield SC
2011	50 metre	Men's	Breaststroke	Price Trophy	James Allchorne	Hatfield SC
2010	50 metre	Men's	Breaststroke	Price Trophy	James Allchorne	Hatfield SC
2019	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Benjamin Green	Watford SC
2018	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Alfie Francis	Potters Bar SC
2017	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Reese Housden	Hatfield SC
2016	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Charlie Rayner	Hatfield SC
2015	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Morgan Newman	Potters Bar SC
2014	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Harry Parker	Hatfield SC
2013	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Ben Purcell	Hatfield SC
2012	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Chris Smith	Hoddesdon SC

2011	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Chris Smith	Hoddesdon SC
2010	50 metre	Boys'	Breaststroke	HASA 1994 Swimming Committee	Jack Noble	Hitchin SC
2019	200 metre	Women's	Breaststroke	Casey Trophy	Sophie Payne	Hatfield SC
2018	200 metre	Women's	Breaststroke	Casey Trophy	Laura Copping	Hatfield SC
2017	200 metre	Women's	Breaststroke	Casey Trophy	Sophie Payne	Hatfield SC
2016	200 metre	Women's	Breaststroke	Casey Trophy	Laura Copping	Hatfield SC
2015	200 metre	Women's	Breaststroke	Casey Trophy	Maddie Churchman	Hatfield SC
2014	200 metre	Women's	Breaststroke	Casey Trophy	Lily West	Hatfield SC
2013	200 metre	Women's	Breaststroke	Casey Trophy	Charlotte Reid	Hatfield SC
2012	200 metre	Women's	Breaststroke	Casey Trophy	Katie Armitage	Watford SC
2011	200 metre	Women's	Breaststroke	Casey Trophy	Emma Warrington	Hoddesdon SC
2010	200 metre	Women's	Breaststroke	Casey Trophy	Emma Warrington	Hoddesdon SC
2019	200 metre	Girls'	Breaststroke	Nodder Trophy	Ela Norton	Hatfield SC
2018	200 metre	Girls'	Breaststroke	Nodder Trophy	Erin O'Meara	Watford SC
2017	200 metre	Girls'	Breaststroke	Nodder Trophy	Sophie Payne	Hatfield SC
2016	200 metre	Girls'	Breaststroke	Nodder Trophy	Molly Francis	Hatfield SC
2015	200 metre	Girls'	Breaststroke	Nodder Trophy	Molly Francis	Hatfield SC
2014	200 metre	Girls'	Breaststroke	Nodder Trophy	Kate McQuaid	Hatfield SC
2013	200 metre	Girls'	Breaststroke	Nodder Trophy	Kate McQuaid	Hatfield SC
2012	200 metre	Girls'	Breaststroke	Nodder Trophy	Katie Armitage	Watford SC
2011	200 metre	Girls'	Breaststroke	Nodder Trophy	Maddie Churchman	Hatfield SC
2010	200 metre	Girls'	Breaststroke	Nodder Trophy	Christie Bays	Hatfield SC
2019	200 metre	Men's	Freestyle	Summers Trophy	Reese Housden	Hatfield SC
2018	200 metre	Men's	Freestyle	Summers Trophy	Reese Housden	Hatfield SC
2017	200 metre	Men's	Freestyle	Summers Trophy	Reese Housden	Hatfield SC
2016	200 metre	Men's	Freestyle	Summers Trophy	Nathan Hughes	Hatfield SC
2015	200 metre	Men's	Freestyle	Summers Trophy	Josh Duggan	Hatfield SC
2014	200 metre	Men's	Freestyle	Summers Trophy	Martyn Walton	Hatfield SC
2013	200 metre	Men's	Freestyle	Summers Trophy	Martyn Walton	Hatfield SC
2012	200 metre	Men's	Freestyle	Summers Trophy	Caleb Hughes	Hatfield SC

2011	200 metre	Men's	Freestyle	Summers Trophy	Jonathan Quinn	Hatfield SC
2010	200 metre	Men's	Freestyle	Summers Trophy	Sean Leahy	Hatfield SC
2019	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Michael Klimaszewski	Hatfield SC
2018	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Michael Klimaszewski	Hatfield SC
2017	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Reese Housden	Hatfield SC
2016	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Reese Housden	Hatfield SC
2015	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Luke Turley	Hatfield SC
2014	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nathan Bentley	Hatfield SC
2013	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Martyn Walton	Hatfield SC
2012	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Hatfield SC
2011	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Cheshunt SC
2010	200 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	James McGrail	Hatfield SC
2019	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Harriet CleMen'sts	Watford SC
2018	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Josie Pretious-White	Bishops Stortford SC
2017	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Mia Carter	Bishops Stortford SC
2016	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Georgie Pryor	Hoddesdon SC
2015	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Georgie Pryor	Hoddesdon SC
2014	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Georgie Pryor	Hoddesdon SC
2013	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Charlotte Reid	Hatfield SC
2012	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Lucy Charles	Hatfield SC
2011	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Lucy Charles	Hatfield SC
2010	50 metre	Women's	Backstroke	George Edwards Memorial Trophy	Flora Hanson	Hatfield SC
2019	50 metre	Girls'	Backstroke	Williams Trophy	Harriet CleMen'sts	Watford SC
2018	50 metre	Girls'	Backstroke	Williams Trophy	Lily Merrett	Hoddesdon SC
2017	50 metre	Girls'	Backstroke	Williams Trophy	Mia Carter	Hatfield SC
2016	50 metre	Girls'	Backstroke	Williams Trophy	Charlotte Watson	Berkhamsted SC
2015	50 metre	Girls'	Backstroke	Williams Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	50 metre	Girls'	Backstroke	Williams Trophy	Georgie Pryor	Hoddesdon SC
2013	50 metre	Girls'	Backstroke	Williams Trophy	Alice Hewson	Berkhamsted SC
2012	50 metre	Girls'	Backstroke	Williams Trophy	Charlotte Reid	Hatfield SC

2011	50 metre	Girls'	Backstroke	Williams Trophy	Charlotte Reid	Hatfield SC
2010	50 metre	Girls'	Backstroke	Williams Trophy	Flora Hanson	Hatfield SC
2019	100 metre	Men's	Backstroke	Swingler Trophy	Jude Liddiard	City of St Albans ASC
2018	100 metre	Men's	Breaststroke	Swingler Trophy	Jack Christie	City of St Albans ASC
2017	100 metre	Men's	Breaststroke	Swingler Trophy	David Shipman	Potters Bar SC
2016	100 metre	Men's	Breaststroke	Swingler Trophy	Nathan Hughes	Hatfield SC
2015	100 metre	Men's	Breaststroke	Swingler Trophy	Ben Purcell	Hatfield SC
2014	100 metre	Men's	Breaststroke	Swingler Trophy	Ben Purcell	Hatfield SC
2013	100 metre	Men's	Breaststroke	Swingler Trophy	Jonathan Quinn	Hatfield SC
2012	100 metre	Men's	Breaststroke	Swingler Trophy	Jonathan Quinn	Hatfield SC
2011	100 metre	Men's	Breaststroke	Swingler Trophy	James Allchorne	Hatfield SC
2010	100 metre	Men's	Breaststroke	Swingler Trophy	James Allchorne	Hatfield SC
2019	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Benjamin Green	Watford SC
2018	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Lewis Shayler	Watford SC
2017	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Reese Housden	Hatfield SC
2016	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Charlie Rayner	Hemel Hempstead SC
2015	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Charlie Rayner	Hemel Hempstead SC
2014	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Harry Parker	Hatfield SC
2013	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Ben Purcell	Hatfield SC
2012	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Ethan Lamb	Hatfield SC
2011	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Adam Colyer	Watford SC
2010	100 metre	Boys'	Breaststroke	Bishop's Stortford SC Trophy	Alexander Snowden	Bishop's Stortford SC
2019	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy	Jessica Keogh	Hatfield SC
2018	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy	Lauren Stott	Hatfield SC
2017	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy	Lauren Stott	City of St Albans ASC
2016	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy	Shannon Stott	City of St Albans ASC
2015	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy/Lid	Georgie Pryor	Hoddesdon SC
2013	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy/Lid	Flora Hanson	Hatfield SC
2012	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy/Lid	Flora Hanson	Hatfield SC

2011	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy/Lid	Flora Hanson	Hatfield SC
2010	200 metre	Women's	Backstroke	C Delmain Wavepack Trophy/Lid	Flora Hanson	Harpenden SC
2019	200 metre	Girls'	Backstroke	Williams Trophy	Eva Lawson	Berkhamsted
2018	200 metre	Girls'	Backstroke	Williams Trophy	Jessica Keogh	Hatfield SC
2017	200 metre	Girls'	Backstroke	Williams Trophy	Shannon Stott	City of St Albans ASC
2016	200 metre	Girls'	Backstroke	Williams Trophy	Niamh James	Bishop's Stortford SC
2015	200 metre	Girls'	Backstroke	Williams Trophy	Ellie Mitchell	Bishop's Stortford SC
2014	200 metre	Girls'	Backstroke	Williams Trophy	Georgie Pryor	Hoddesdon SC
2013	200 metre	Girls'	Backstroke	Williams Trophy	Georgina Pryor	Hoddesdon SC
2012	200 metre	Girls'	Backstroke	Williams Trophy	Katie Armitage	Watford SC
2011	200 metre	Girls'	Backstroke	Williams Trophy	Sian Lockett	Hatfield SC
2010	200 metre	Girls'	Backstroke	Williams Trophy	Flora Hanson	Harpenden SC
2019	200 metre	Men's	Butterfly	Webster Trophy	Michael Klimaszewski	Hatfield SC
2018	200 metre	Men's	Butterfly	Webster Trophy	Max Jelfs	Hatfield SC
2017	200 metre	Men's	Butterfly	Webster Trophy	James Woodward	Potters Bar SC
2016	200 metre	Men's	Butterfly	Webster Trophy	Nathan Hughes	Hatfield SC
2015	200 metre	Men's	Butterfly	Webster Trophy	Jake Lloyd	Bishop's Stortford SC
2014	200 metre	Men's	Butterfly	Webster Trophy	Liam Curran	City of St Albans ASC
2013	200 metre	Men's	Butterfly	Webster Trophy	Jake Lloyd	Hatfield SC
2012	200 metre	Men's	Butterfly	Webster Trophy	Edward Allchorne	Hatfield SC
2011	200 metre	Men's	Butterfly	Webster Trophy	Edward Allchorne	Hatfield SC
2010	200 metre	Men's	Butterfly	Webster Trophy	Sam Munkley	Hatfield SC
2019	200 metre	Boys'	Butterfly	Nodder Trophy	Michael Klimaszewski	Hatfield SC
2018	200 metre	Boys'	Butterfly	Nodder Trophy	Michael Klimaszewski	Hatfield SC
2017	200 metre	Boys'	Butterfly	Nodder Trophy	Tanin Kursidim	City of St Albans ASC
2016	200 metre	Boys'	Butterfly	Nodder Trophy	Charlie Rayner	Hatfield SC
2015	200 metre	Boys'	Butterfly	Nodder Trophy	Nathan Hughes	Hatfield SC
2014	200 metre	Boys'	Butterfly	Nodder Trophy	Liam Curran	City of St Albans ASC
2013	200 metre	Boys'	Butterfly	Nodder Trophy	Liam Curran	City of St Albans ASC
2012	200 metre	Boys'	Butterfly	Nodder Trophy	Nico Campbell	Cheshunt SC

2011	200 metre	Boys'	Butterfly	Nodder Trophy	Nico Campbell	Cheshunt SC
2010	200 metre	Boys'	Butterfly	Nodder Trophy	Not presented 2010	
2019	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Sara Kalawska	Hatfield SC
2018	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Shannon Stott	Hatfield SC
2017	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Shannon Stott	City of St Albans ASC
2016	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Georgie Pryor	Hoddesdon SC
2015	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Michelle Mitchell	Hatfield SC
2014	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Georgie Pryor	Hoddesdon SC
2013	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Georgina Pryor	Hoddesdon SC
2012	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Georgina Pryor	Hoddesdon SC
2011	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Katie Ambridge	Hatfield SC
2010	100 metre	Women's	Butterfly	Hertfordshire ASA Trophy	Katie Ambridge	Hatfield SC
2019	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Valeria Giron	Hatfield SC
2018	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Sara Kalawska	Hatfield SC
2017	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Lily Merrett	Hoddesdon SC
2016	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Nellie Eastland	Bishop's Stortford SC
2015	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Shannon Stott	City of St Albans ASC
2014	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Georgie Pryor	Hoddesdon SC
2013	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Georgina Pryor	Hoddesdon SC
2012	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Georgina Pryor	Hoddesdon SC
2011	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Shauna Lee	Hatfield SC
2010	100 metre	Girls'	Butterfly	Hertfordshire ASA Trophy	Alison Binns	Watford SC
2019	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Reese Housden	Hatfield SC
2018	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Jack Christie	City of St Albans ASC
2017	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Jack Christie	Hemel Hempstead SC
2016	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Peter Webster	Hatfield SC
2015	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Will Kearsey	Hatfield SC
2014	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Hatfield SC
2013	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Hatfield SC
2012	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Levi Lucas	Hatfield SC

2011	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	Levi Lucas	Hatfield SC
2010	50 metre	Men's	Freestyle	Roy Rogers Memorial Trophy	David Godridge	Watford SC
2019	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Thomas Ogden	Bishop's Stortford SC
2018	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Michael Klimaszewski	Hatfield SC
2017	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Reese Housden	Hatfield SC
2016	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Reese Housden	Hatfield SC
2015	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nathan Hughes	Hatfield SC
2014	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nathan Bentley	Hatfield SC
2013	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Hatfield SC
2012	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Cheshunt SC
2011	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Nico Campbell	Cheshunt SC
2010	50 metre	Boys'	Freestyle	Roy Rogers Memorial Trophy	Michael Fernandes	Hertsmere Flyers SC
2019	400 metre	Women's	Ind. Medley	Haines Trophy	Erin O'Meara	Watford SC
2018	400 metre	Women's	Ind. Medley	Haines Trophy	Laura Copping	Hatfield SC
2017	400 metre	Women's	Ind. Medley	Haines Trophy	Laura Copping	Hatfield SC
2016	400 metre	Women's	Ind. Medley	Haines Trophy	Amy Young	Bishop's Stortford SC
2015	400 metre	Women's	Ind. Medley	Haines Trophy	Lily West	Hatfield SC
2014	400 metre	Women's	Ind. Medley	Haynes Trophy	Pippa Shuttleworth	Hatfield SC
2013	400 metre	Women's	Ind. Medley	Haynes Trophy	Flora Hanson	Hatfield SC
2012	400 metre	Women's	Ind. Medley	Haynes Trophy	Lucy Charles	Hatfield SC
2011	400 metre	Women's	Ind. Medley	Haynes Trophy	Pippa Shuttleworth	Hatfield SC
2010	400 metre	Women's	Ind. Medley	Haynes Trophy	Carolyn Astbury	Watford SC
2019	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Valeria Giron	Hatfield SC
2018	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Erin O'Meara	Watford SC
2017	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Erin O'Meara	Watford SC
2016	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Chloe Ogden	Bishop's Stortford SC
2015	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Shannon Stott	City of St Albans ASC
2014	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Georgie Pryor	Hoddesdon SC
2013	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Pippa Shuttleworth	Hatfield SC
2012	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Pippa Shuttleworth	Hatfield SC

2011	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Pippa Shuttleworth	Hatfield SC
2010	400 metre	Girls'	Ind. Medley	M M Woolner Trophy	Flora Hanson	Hatfield SC
2019	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgina Tallon	Potters Bar SC
2018	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgina Tallon	Potters Bar SC
2017	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Elinah Phillip	Bishops Stortford SC
2016	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgie Pryor	Hoddesdon SC
2015	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgie Pryor	Hoddesdon SC
2014	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgie Pryor	Hoddesdon SC
2013	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Georgina Pryor	Hoddesdon SC
2012	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Lucy Charles	Hatfield SC
2011	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Lucy Charles	Hatfield SC
2010	50 metre	Women's	Butterfly	George & Vera Webster Trophy	Alison Binns	Watford SC
2019	50 metre	Girls'	Butterfly	Mackenzie Trophy	Valeria Giron	Hatfield SC
2018	50 metre	Girls'	Butterfly	Mackenzie Trophy	Chloe Berko-Boateng	Hatfield SC
2017	50 metre	Girls'	Butterfly	Mackenzie Trophy	Lauren Stott	City of St Albans ASC
2016	50 metre	Girls'	Butterfly	Mackenzie Trophy	Libby Dunford	Hoddesdon
2015	50 metre	Girls'	Butterfly	Mackenzie Trophy	Elinah Phillip	Hatfield SC
2014	50 metre	Girls'	Butterfly	Mackenzie Trophy	Georgie Pryor	Hoddesdon SC
2013	50 metre	Girls'	Butterfly	Mackenzie Trophy	Georgina Pryor	Hoddesdon SC
2012	50 metre	Girls'	Butterfly	Mackenzie Trophy	Alison Binns	Watford SC
2011	50 metre	Girls'	Butterfly	Mackenzie Trophy	Alison Binns	Watford SC
2010	50 metre	Girls'	Butterfly	Mackenzie Trophy	Alison Binns	Watford SC
2019	100 metre	Men's	Freestyle	Rickmansworth Trophy	Michael Ripper	City of St Albans ASC
2018	100 metre	Men's	Freestyle	Rickmansworth Trophy	Luke Turley	Hatfield SC
2017	100 metre	Men's	Freestyle	Rickmansworth Trophy	James Woodward	Potters Bar SC
2016	100 metre	Men's	Freestyle	Rickmansworth Trophy	Nathan Hughes	Hatfield SC
2015	100 metre	Men's	Freestyle	Rickmansworth Trophy	Will Kearsey	Hatfield SC
2014	100 metre	Men's	Freestyle	Rickmansworth Trophy	Martyn Walton	Hatfield SC
2013	100 metre	Men's	Freestyle	Rickmansworth Trophy	Caleb Hughes	Hatfield SC
2012	100 metre	Men's	Freestyle	Rickmansworth Trophy	Caleb Hughes	Hatfield SC

2011	100 metre	Men's	Freestyle	Rickmansworth Trophy	David Godridge	Watford SC
2010	100 metre	Men's	Freestyle	Rickmansworth Trophy	Adam Ingledew	Hatfield SC
2019	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Michael Klimaszewski	Hatfield SC
2018	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Daniel Murtagh	Hatfield SC
2017	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Reese Housden	Hatfield SC
2016	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Charlie Rayner	Hatfield SC
2015	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Nathan Hughes	Hatfield SC
2014	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Liam Curran	City of St Albans ASC
2013	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Martyn Walton	Hatfield SC
2012	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Nico Campbell	Hatfield SC
2011	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Caleb Hughes	Hatfield SC
2010	100 metre	Boys'	Freestyle	Ken Swingler Memorial Trophy	Jake Lloyd	Bishop's Stortford SC