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## LATEST HEADLINES

### Otters' Alan tops age group rankings

7:00am Thursday 28th May 2009

By Roger Guttridge »

**FERNDOWN** Otters' Alan Wong went to the top of the British rankings for his age group after booking his place in six events at the National Age Group Championships.

At the Avalon Last Chance Meet at Millfield, the 11-year-old's national qualifying times of 2:21.96 in the 200m freestyle, 2:38.20 in the 200m butterfly and 2:35.10 in the 200m backstroke also earned him automatic entry for the equivalent 100m events at Sheffield in July.

His efforts at Millfield won him silver medals in the 11-12yrs 100m and 200m backstroke and 200m butterfly.

Team-mate Christiana Cole won gold in the 11-12yrs 50m breaststroke and bronze in the 200m breaststroke while Luke Raggett took gold in the 15/0 200m butterfly.

- Isabelle Frampton will be making a return visit to Sheffield this summer after becoming the first Christchurch and New Milton Seagulls swimmer to qualify for this year's national championships.

The 12-year-old made the long trip to the Rotherham Metro Premier Meet at Ponds Forge after the cancellation of the Portsmouth Open Meet.

But it was worth it as she came home with her first qualifying time for the National Age Group Championships in July.

Her time of 2:36.35 in the 200m butterfly also ranks her first in her age group for next month's South West regional age group's at Millfield – and 12th in the country.

Seagulls's coach Barry Alldrick said: "Isabelle has been working hard on the back end of her race and this has now paid off.

"If we continue to develop her pacing, she has a realistic chance of making a final at the nationals."

Frampton, who is hoping to add the 100m butterfly to her nationals programme, recorded 1:12.45 in that event in Sheffield.

The young swimmer also achieved a long-course personal best times of 2:43.12 and 5:02.17 in the 200m individual medley and 400m freestyle.

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Andrew Flintoff's one-and-a-half-hour resistance was concluded in the afternoon session as England struggled to save the first npower Ashes Test in Cardiff.



**Star-studded last day for festival**  
The final day of the T in the Park festival unfolds with a star-studded line of up bands.

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