



# East Swimming 2016 Long Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing  
& to ASA Open Meet Licensing Criteria)  
(Licensed Meet No. 1ER160820)



## Start Lists Session One

### Event 111 Womens 200m Butterfly

H 1	L 2 Niamh ADCOCK	15	UEA Norwich	2:44.80
	L 3 Eloise CONWAY	16	Halstead	2:43.00
	L 4 Hannah TAPLIN	15	Deben	2:41.86
	L 5 Evlin SERVIS	16	Basildon Ph	2:42.72
	L 6 Louise FIDDES	15 S14	Hatfield	2:44.61
H 2	L 1 Lucy GEE	16	Team Luton	2:39.97
	L 2 Lauren WILSON	15	Mid Beds	2:39.07
	L 3 Ellen NORTHWOOD	15	Berkhamsted	2:38.82
	L 4 Megan CLAYDON	16	Deben	2:37.84
	L 5 Isabelle MARSHALL	15	Basildon Ph	2:37.87
	L 6 Georgina TALLON	16	Potters Bar	2:39.00
	L 7 Lauren GOODYER	16	Mid Beds	2:39.79
	L 8 Abigail WEBB	16	Deben	2:40.40
H 3	L 1 Elinor DULEY	16	Colchester	2:36.90
	L 2 Hannah CURRELL	17	Hitchin	2:34.26
	L 3 Danielle RAYNER	20	Newmarket	2:30.18
	L 4 Taylor GOODBY	18	Co Peterboro	2:20.32
	L 5 Millie EMMANS	17	Co Cambridge	2:28.14
	L 6 Hannah MCNAUL	16	West Suffolk	2:32.45
	L 7 Lauren HARRISON	15	Co Peterboro	2:34.55
	L 8 Millie DONOVAN	18	Cheshunt	2:37.53
H 4	L 1 Katie MALONEY	19	Norwich Swan	2:35.87
	L 2 Dina DAY	17	Runnymede	2:33.72
	L 3 Madeleine CHAMBERS	16	St Felix Sch	2:29.87
	L 4 Shannon STOTT	16	Co St Albans	2:19.20
	L 5 Lauren GRICE	17	Leighton Buz	2:27.88
	L 6 Holly JASZKIEWICZ	15	Co Peterboro	2:31.17
	L 7 Georgina CURTIS	16	Mid Beds	2:34.55
	L 8 Sian JONES	17	Biggleswade	2:37.37
H 5	L 1 Alexia NABARRO	17	Putteridge	2:35.48
	L 2 Tegan WOLLASTON	17	Cheshunt	2:32.57
	L 3 Bryony UMFREVILLE	15	Basildon Ph	2:29.60
	L 4 Poppy RICHARDSON	15	Co Peterboro	2:17.71
	L 5 Nicola PASQUIRE	18	Team Luton	2:24.60
	L 6 Amber SHINE	16	Hatfield	2:30.57
	L 7 Megan COOK	16	Harlow Pen	2:34.51
	L 8 Eleanor LLEWELLYN	16	West Suffolk	2:37.07

### Event 112 Mens 50m Backstroke

H 1	L 1 Thomas STANBURY	15	Potters Bar	31.31
	L 2 Michael RIPPER	15	Harpenden	31.22
	L 3 Mason BRAND	15	Berkhamsted	31.19
	L 4 Samuel PHILPOTT	15	UEA Norwich	30.77
	L 5 Lewis BAYLEY	15	Southend	31.10
	L 6 Marcus KEMP	15	Watford SC	31.21
	L 7 Kohei WATANABE	15	Hatfield	31.23
	L 8 Callum HODGSON	16 S14	Basildon Ph	38.00
H 2	L 1 Joel CLARKE	15	UEA Norwich	30.57
	L 2 Thomas OWEN	16	UEA Norwich	30.51
	L 3 Matteo TONTODONATI	15	Hoddesdon	30.36
	L 4 Charles RENNIE	15	Braintree	30.20
	L 5 John BOYLE	15	DunmowAtlant	30.20
	L 6 Callum THURSTON-WOOLN	16	Beccles Town	30.50
	L 7 Max JELFS	15	Hemel Hemp	30.53
	L 8 Samuel WORTLEY	15	West Suffolk	30.65
H 3	L 1 Myles TURNER	16	West Suffolk	30.00
	L 2 Nicholas PERKINS	15	UEA Norwich	29.77
	L 3 Angus ROBINS	16	West Suffolk	29.70
	L 4 Alex WALMSLEY	16	teamipswich	29.37
	L 5 Matthew BENTLEY	16	Hatfield	29.68
	L 6 Samuel PECK	16	UEA Norwich	29.75
	L 7 Harry WHITEMAN	16	Co Peterboro	29.78
	L 8 James BLOUNT	16	Potters Bar	30.10
H 4	L 1 Lucas DYSON-DIAZ	16	Hatfield	29.25
	L 2 Jake THOMAS-MANSFIELD	16	West Suffolk	29.02
	L 3 Joshua GAINES	18	Hemel Hemp	28.89
	L 4 Alex PROFFITT	18	West Suffolk	28.84
	L 5 Jordan MANN	18	UEA Norwich	28.85
	L 6 Tyler BERRY	16	Basildon Ph	28.90
	L 7 Christian NEL	16	Berkhamsted	29.18
	L 8 Harry EADE	16	teamipswich	29.34

H 5	L 1 Michael LARDNER	17	Co Peterboro	28.80
	L 2 Sam GAMBLE	17	Hitchin	28.76
	L 3 Peter TODD	19	St Ives	28.71
	L 4 Louis SPONG	17	DunmowAtlant	28.67
	L 5 James WOODWARD	16	Potters Bar	28.68
	L 6 Ryan COMPTON	19	Putteridge	28.73
	L 7 Matthew TITMAN	15	Co Cambridge	28.80
	L 8 Joshua SMITH	15	DunmowAtlant	28.80
H 6	L 1 Dalton YALLOP	19	UEA Norwich	28.41
	L 2 Kevin PICKARD	28	Hatfield	28.00
	L 3 Jack SPENCE	22	Hemel Hemp	27.62
	L 4 Charlie POND THOMPSON	23	Southend	26.50
	L 5 Nathan WELLS	18	West Norfolk	27.30
	L 6 Ryan KELLY	17	Chelmsford	27.95
	L 7 Matthew GRAY	16	Co Peterboro	28.31
	L 8 Samuel COTTEE	16	teamipswich	28.63
H 7	L 1 Leone CRICK	18	Leighton Buz	28.40
	L 2 Samuel PEASE	17	Basildon Ph	28.00
	L 3 Nathan BENTLEY	18	Hatfield	27.52
	L 4 Peter WEBSTER	18	Hatfield	26.23
	L 5 Oliver FITT	17	St Ives	27.21
	L 6 Brandon NABARRO	19	Putteridge	27.90
	L 7 Lee BAKER	21	Harlow Pen	28.19
	L 8 Daniel CHADA	15	Bishop Stort	28.50
H 8	L 1 Reece NICHOLLS	16	Basildon Ph	28.40
	L 2 Ryan SMITH	16	UEA Norwich	27.99
	L 3 Liam CURRAN	18	Co St Albans	27.49
	L 4 William KEARSEY	19	Hatfield	25.23
	L 5 Harry CONSTANTINE	16	Hatfield	27.17
	L 6 Cameron MCRAE	17	Co Peterboro	27.88
	L 7 Augustus VEASEY	20	Chelmsford	28.05
	L 8 Conor O'GORMAN	18	Leighton Buz	28.49

### Event 113 Womens 50m Freestyle

H 1	L 3 Louise FIDDES	15 S14	Hatfield	30.73
	L 4 Josie PRETIOUS-WHITE	15	Bishop Stort	29.08
	L 5 Lucy KEITH	15	Leighton Buz	29.10
H 2	L 2 Martine TRAN	15	Thurrock	28.99
	L 3 Brianna MAZEY	15	Tring	28.85
	L 4 Francesca CROCKER	16	St Ives	28.70
	L 5 Phoebe HAYDEN	15	Stowmarket	28.71
	L 6 Niamh ADCOCK	15	UEA Norwich	28.90
	L 7 Alice FENDER	15	Hemel Hemp	29.02
H 3	L 1 Poppy LEECH	16	Co Peterboro	28.60
	L 2 Jessica MANSFIELD	15	Huntingdon	28.52
	L 3 Chantal SMITH	16	Team Luton	28.50
	L 4 Georgina TALLON	16	Potters Bar	28.45
	L 5 Abigail WEBB	16	Deben	28.45
	L 6 Bryony PACK	15	West Norfolk	28.50
	L 7 Emily SOUTH	16	Cheshunt	28.60
	L 8 Hannah BRECKNELL	16	West Suffolk	28.60
H 4	L 1 Celeste ANDREW	15	Harlow Pen	28.40
	L 2 Christie WOODS	16	Co Peterboro	28.38
	L 3 Amy PEMBERTON	15	Berkhamsted	28.19
	L 4 Alaina SCIFO	19	teamipswich	28.14
	L 5 Lauren WATT	15	Newmarket	28.19
	L 6 Sonia TUMIOTTO	15	St Felix Sch	28.22
	L 7 Kioni BROOMFIELD	16	Dereham	28.40
	L 8 Georgia HARROD	16	Chelmsford	28.40
H 5	L 1 Beatrice BARDER	17	Co St Albans	28.11
	L 2 Jana SPINNER	17	UEA Norwich	28.01
	L 3 Cathryn THOMSON	26	St Ives	28.01
	L 4 Jessica PAYNE	18	Leighton Buz	28.00
	L 5 Catherine MARKWELL	35	UEA Norwich	28.00
	L 6 Jessica WESTLAKE	17	St Felix Sch	28.01
	L 7 Amelia PEDDLE	16	Epping For't	28.10
	L 8 Holly JASZKIEWICZ	15	Co Peterboro	28.12
H 6	L 1 Eleanor KING	16	Dunstable	27.91
	L 2 Angel DUNDERDALE	15	UEA Norwich	27.90
	L 3 Susanna FRASER	16	Co Cambridge	27.81
	L 4 Amarah PHILLIP	18	Bishop Stort	27.80
	L 5 Agatha MALIKOVA	21	Co Cambridge	27.80
	L 6 Chloe LENCE	15	Modernians	27.90
	L 7 Lauren HALL	17	Co Cambridge	27.90
	L 8 Faye HERMON	17	Felixstowe	27.99



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## Start Lists Session One

H 7	L 1 Lauren BURTON	18	Dereham	27.70	H 7	L 1 James NEWTON	18	Co Peterboro	1:08.93
	L 2 Molly FRANCIS	15	Hatfield	27.40		L 2 Jack CHRISTIE	18	Hemel Hemp	1:08.28
	L 3 Abigail WHITING	17	West Norfolk	27.11		L 3 Jordan BATSON	20	Putteridge	1:07.00
	L 4 Meghan MAYBANKS	16	DunmowAtlant	26.20		L 4 Christopher SMITH	20	Hoddesdon	1:05.05
	L 5 Amy GODSAVE	17	Hoddesdon	26.50		L 5 Samuel PECK	16	UEA Norwich	1:06.70
	L 6 Georgina LAWSON	19	Co St Albans	27.35		L 6 Jack PICKERING	18	teamipswich	1:07.95
	L 7 Abigail GREEN	16	Watford SC	27.50		L 7 Thomas WIGGINS	17	Co Peterboro	1:08.65
	L 8 Alison BINNS	20	Bushey	27.80		L 8 Harry WAGNER	18	Newmarket	1:09.20
H 8	L 1 Elise SORRELL	18	West Norfolk	27.61	H 8	L 1 Joseph MURRAY	17	Putteridge	1:08.87
	L 2 Rianna SMITH	18	Basildon Ph	27.40		L 2 Zhi ONG	17	Co St Albans	1:08.25
	L 3 Rachel WELLINGS	16	Co Peterboro	26.88		L 3 Fraser SCOTT	18	Basildon Ph	1:06.86
	L 4 Elinah PHILLIP	16	Bishop Stort	26.10		L 4 Brandon NABARRO	19	Putteridge	1:03.84
	L 5 Rebecca SHERWIN	16	teamipswich	26.47		L 5 Dominic HOLLOWAY	20	Co Cambridge	1:06.19
	L 6 Molly OLLINGTON	18	West Suffolk	27.29		L 6 Justin BOTT	18	Diss Otters	1:07.53
	L 7 Katarina BLANCO	19	Basildon Ph	27.50		L 7 David SHIPMAN	16	Potters Bar	1:08.30
	L 8 Katie CONYERS	16	Potters Bar	27.74		L 8 Daniel HURST	17	Berkhamsted	1:09.17
H 9	L 1 Emma YULE	18	Dunstable	27.54	H 9	L 1 Max ASHWORTH	18	Bushey	1:08.84
	L 2 Tara COLEMAN	20	Leiston	27.39		L 2 Ryan SYKES	20	West Norfolk	1:08.06
	L 3 Elinor DULEY	16	Colchester	26.60		L 3 Hayden THOMAS	21	Harlow Pen	1:06.75
	L 4 Mollie ALLEN	18	Co Peterboro	25.50		L 4 Lawrence PALMER	24	Putteridge	59.13
	L 5 Lauren SIMPKINS	18	Putteridge	26.40		L 5 Edward LOVEMAN	22	Co St Albans	1:05.81
	L 6 Martha DULEY	17	Colchester	27.20		L 6 Thomas SARAH	22	Co Cambridge	1:07.16
	L 7 Kaythi AUNG	18	Colchester	27.48		L 7 Augustus VEASEY	20	Chelmsford	1:08.30
	L 8 Beth EDWARDS	16	West Suffolk	27.70		L 8 Charles RAYNER	15	Hatfield	1:08.96

### Event 114 Mens 100m Breaststroke

H 1	L 1 Aaron HIRD	17	SB9 Mid Beds	1:22.74
	L 2 Fraser RYAN	15	Norwich Swan	1:16.36
	L 3 Joseph RICHARDSON	15	Harpندن	1:15.80
	L 4 Nathan SWIFT	15	Putteridge	1:15.52
	L 5 Raffaele GRACI	15	Putteridge	1:15.59
	L 6 George HART	15	Mid Beds	1:16.14
	L 7 Jordan CATCHPOLE	17	SB14 UEA Norwich	1:19.56
	L 8 Jaxon SIMMONS	16	SB13 Co Peterboro	1:23.30
H 2	L 1 Maxim DE WILDT	15	Co Cambridge	1:15.00
	L 2 Harry WALKER	16	Chelmsford	1:14.86
	L 3 Jamie COLES	15	Colchester	1:14.78
	L 4 Liam BLATCH	16	Norfolk Vikg	1:14.55
	L 5 Taylor BOWEN	15	West Suffolk	1:14.71
	L 6 Samuel SKUSE	15	Beccles Town	1:14.80
	L 7 Ralph MUNCER	15	Team Luton	1:14.90
	L 8 James MCFARLAND	15	Mid Beds	1:15.35
H 3	L 1 Myles TURNER	16	West Suffolk	1:14.36
	L 2 Matthew WOULDHAM	15	Co Peterboro	1:14.15
	L 3 Luke CROFTS	16	Thurrock	1:14.08
	L 4 Joseph TALBOT	16	Linslade	1:13.94
	L 5 Harvey NORMAN	15	Co Peterboro	1:13.99
	L 6 Oliver PYLE	16	West Suffolk	1:14.10
	L 7 Marcus KEMP	15	Watford SC	1:14.20
	L 8 Benjamin GARRATT	16	Hatfield	1:14.40
H 4	L 1 David HENSMAN	16	Co St Albans	1:13.69
	L 2 Jack RICHES	15	UEA Norwich	1:13.10
	L 3 Harry NICHOLLS	16	Basildon Ph	1:12.50
	L 4 Billy LO	15	Basildon Ph	1:11.50
	L 5 Alex FLORANCE	16	West Norfolk	1:11.85
	L 6 Samuel BRYAN	15	Basildon Ph	1:12.98
	L 7 Charles RENNIE	15	Braintree	1:13.16
	L 8 Harvey BANNISTER	16	Harlow Pen	1:13.92
H 5	L 1 William LOVEMAN	16	Co St Albans	1:11.00
	L 2 Samuel PEASE	17	Basildon Ph	1:10.86
	L 3 Samuel COTTEE	16	teamipswich	1:10.62
	L 4 Martin RUSSELL-ROGERS	18	Hitchin	1:10.52
	L 5 Finlay RYAN	17	Norwich Swan	1:10.60
	L 6 Matthew MCLAUGHLIN	23	DunmowAtlant	1:10.78
	L 7 Cameron MCRAE	17	Co Peterboro	1:10.94
	L 8 James MONCUR-BROWN	16	UEA Norwich	1:11.30
H 6	L 1 Cole JAMES	15	Hatfield	1:10.24
	L 2 Kyle PANTON	21	DunmowAtlant	1:10.10
	L 3 Jack FILER	18	Berkhamsted	1:10.04
	L 4 Nicholas STALLEY	19	Modernians	1:09.51
	L 5 Ryan JARVIS	17	Putteridge	1:09.82
	L 6 James HANCOCK	18	Mid Beds	1:10.05
	L 7 Jordan THORNTON	20	Co Cambridge	1:10.22
	L 8 Louis SPONG	17	DunmowAtlant	1:10.29

### Event 115 Womens 200m Breaststroke

H 1	L 1 Maia MCPHERSON	15	Witham Dolph	2:56.40
	L 2 Charlotte MATTHEWS	15	Bishop Stort	2:55.04
	L 3 Georgina CURTIS	16	Mid Beds	2:54.28
	L 4 Lauren GRICE	17	Leighton Buz	2:53.90
	L 5 Megan BUNYARD	16	Linslade	2:53.96
	L 6 Elinor DULEY	16	Colchester	2:54.67
	L 7 Charlotte NASH	15	Bishop Stort	2:56.12
H 2	L 1 Jordan COLEMAN	18	Leiston	2:53.51
	L 2 Annalise WRIGHT	16	Linslade	2:52.41
	L 3 Amelia BARNETSON	16	Bo Southend	2:51.50
	L 4 Juliet MERELIE	18	Harpندن	2:51.12
	L 5 Elena BACCAS	16	Verulam	2:51.14
	L 6 Amber HUGHES	17	Hatfield	2:51.90
	L 7 Olivya HOLLEYMAN	16	Harlow Pen	2:53.27
	L 8 Abigail GREEN	16	Watford SC	2:53.85
H 3	L 1 Kathryn LOVEYS	29	Co Cambridge	2:50.93
	L 2 Emily SELLEN	17	Watford SC	2:50.86
	L 3 Katie LINES	15	Lstoft & OB	2:50.58
	L 4 Dina DAY	17	Runnymede	2:50.43
	L 5 Jessica PAYNE	18	Leighton Buz	2:50.56
	L 6 Nadine SMITH	15	Hatfield	2:50.61
	L 7 Lucy PARK	20	Watford SC	2:50.91
	L 8 Rebecca MERRILL	15	Norwich Swan	2:51.00
H 4	L 1 Caitlin MASCALL	16	Harlow Pen	2:50.19
	L 2 Kirsty VEARS	18	Harlow Pen	2:50.06
	L 3 Sarah BOWEN	18	Lstoft & OB	2:49.87
	L 4 Sophie PICKERING	16	teamipswich	2:49.45
	L 5 Lauren NELSON	15	Harlow Pen	2:49.85
	L 6 Jessica LAITNER	15	Co St Albans	2:50.02
	L 7 Lauren MARTYR	18	St Felix Sch	2:50.14
	L 8 Ellie MITCHELL	17	Runnymede	2:50.39
H 5	L 1 Megan WICKHAM	16	Harlow Pen	2:48.36
	L 2 Roxanne UYS	17	West Norfolk	2:45.47
	L 3 Molly LEE	15	West Norfolk	2:43.55
	L 4 Rebecca BURTON	18	Co Peterboro	2:33.50
	L 5 Laura COPPING	16	Hatfield	2:39.66
	L 6 Molly FRANCIS	15	Hatfield	2:44.53
	L 7 Cira FLETCHER	18	Bishop Stort	2:46.71
	L 8 Celyn WALMSLEY	15	Team Luton	2:49.24
H 6	L 1 Rachel ROBINSON	16	UEA Norwich	2:47.07
	L 2 Lauren WATT	15	Newmarket	2:45.23
	L 3 Emily BIGGS	17	Co Cambridge	2:43.20
	L 4 Natalie COOGANS	19	West Norfolk	2:30.56
	L 5 Honey HARVEY	15	UEA Norwich	2:39.58
	L 6 Grace RAYNER	18	Hatfield	2:44.41
	L 7 Abigail HURST	15	Berkhamsted	2:46.07
	L 8 Alara NORTON	15	Cheshunt	2:48.95



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## Start Lists Session One

H 7	L 1	Katie WHIFFIN	20	Epping For't	2:47.00
	L 2	Bethany MOTTAM	17	West Suffolk	2:44.89
	L 3	Louise BUSH	25	UEA Norwich	2:40.16
	L 4	Leah ROUGHAN	17	Co Peterboro	2:26.42
	L 5	Lauren HARRISON	15	Co Peterboro	2:37.29
	L 6	Charlotte ASHWIN	15	Mid Beds	2:44.30
	L 7	Hannah MCNAUL	16	West Suffolk	2:45.92
	L 8	Caitlin WATSON-DOTCHIN	15	Basildon Ph	2:48.60

### Event 116 Mens 100m Butterfly

H 1	L 3	William STEEL	15	Co Peterboro	1:06.26
	L 4	Harvey NORMAN	15	Co Peterboro	1:05.70
	L 5	William PICTON	15	Bishop Stort	1:05.82
H 2	L 1	Jamie MCCAFFRAY	15	Modernians	1:05.49
	L 2	John TELENSKY	15	Harpenden	1:05.10
	L 3	Joel CLARKE	15	UEA Norwich	1:04.90
	L 4	Harrison LEES	15	Watford SC	1:04.66
	L 5	Jordan CATCHPOLE	17	S14 UEA Norwich	1:04.80
	L 6	Joshua SMITH	15	DunmowAtlant	1:05.00
	L 7	Max JELFS	15	Hemel Hemp	1:05.41
H 3	L 1	Adam MARTIN	16	Potters Bar	1:04.06
	L 2	Thomas GRIEVE	16	Colchester	1:04.00
	L 3	David SHIPMAN	16	Potters Bar	1:03.93
	L 4	Jack SPAIN	16	teamipswich	1:03.20
	L 5	Jamie HOYES	16	Berkhamsted	1:03.55
	L 6	Taylor BOWEN	15	West Suffolk	1:03.95
	L 7	Ryan NICHOLLS	18	S14 Basildon Ph	1:04.00
	L 8	James BLOUNT	16	Potters Bar	1:04.25
H 4	L 1	Samuel BRYAN	15	Basildon Ph	1:02.90
	L 2	Harry WESTON	16	Norwich Swan	1:02.80
	L 3	Harry WHITEMAN	16	Co Peterboro	1:01.45
	L 4	Charles ROYNER	15	Hatfield	1:01.36
	L 5	Angus ROBINS	16	West Suffolk	1:01.40
	L 6	Ryan SMITH	16	UEA Norwich	1:01.52
	L 7	James MCFARLAND	15	Mid Beds	1:02.80
	L 8	Ryan MOGFORD	16	Chelmsford	1:03.00
H 5	L 1	Oliver KENNY	19	UEA Norwich	1:01.00
	L 2	Luke TURLEY	16	Hatfield	1:00.70
	L 3	Jamie MCLAUGHLIN	19	DunmowAtlant	1:00.65
	L 4	Luke SUGDEN	17	Hatfield	1:00.50
	L 5	Alex EVENS	17	Hitchin	1:00.63
	L 6	Samuel PECK	16	UEA Norwich	1:00.70
	L 7	Ignacio LARGHERO	17	Newmarket	1:00.76
	L 8	Daniel SCHINDLER	17	Co St Albans	1:01.20
H 6	L 1	Harry JONES	16	Hitchin	1:00.21
	L 2	Alex PROFFITT	18	West Suffolk	59.30
	L 3	Liam BARNETT	29	Co Cambridge	58.26
	L 4	Dominic SCIFO	17	teamipswich	56.94
	L 5	Benjamin GARRATT	16	Hatfield	57.47
	L 6	Joshua GRAVES	19	Co Peterboro	58.52
	L 7	Oliver NEWTON	17	West Norfolk	59.88
	L 8	Bradley VEITCH	17	Harlow Pen	1:00.50
H 7	L 1	Louis SPONG	17	DunmowAtlant	1:00.16
	L 2	Jake THOMAS-MANSFIELD	16	West Suffolk	59.00
	L 3	Harry PARKER	18	Hatfield	58.06
	L 4	Peter WEBSTER	18	Hatfield	56.30
	L 5	Liam CURRAN	18	Co St Albans	57.41
	L 6	Sonny TRIGG	21	teamipswich	58.51
	L 7	James WOODWARD	16	Potters Bar	59.80
	L 8	Matthew TITMAN	15	Co Cambridge	1:00.49
H 8	L 1	Callum DAVIS	16	Bishop Stort	1:00.08
	L 2	Thomas SHERRIFF	21	Co St Albans	58.65
	L 3	Jake LLOYD	21	Bishop Stort	57.57
	L 4	George EPSLY	18	Basildon Ph	55.25
	L 5	Oliver PERRY	17	Hatfield	57.10
	L 6	Mason ARNOLD	19	Harlow Pen	58.44
	L 7	Hugo JOHNSON	18	Bo Southend	59.33
	L 8	Lucas DYSON-DIAZ	16	Hatfield	1:00.30

### Event 117 Womens 400m Freestyle

H 1	L 3	Alice FENDER	15	Hemel Hemp	4:39.64
	L 4	Madeleine CHAMBERS	16	St Felix Sch	4:38.27
	L 5	Megan KEY	15	Canvey Isl	4:38.34
	L 6	Sonia TUMIOTTO	15	St Felix Sch	4:41.60
H 2	L 1	Amber SHINE	16	Hatfield	4:37.32
	L 2	Ellie MITCHELL	17	Runnymede	4:34.01
	L 3	Rebecca SCOTT	18	Hitchin	4:33.10
	L 4	Holly JASZKIEWICZ	15	Co Peterboro	4:32.80
	L 5	Maddison SAUNDERS	15	Co Peterboro	4:32.97
	L 6	Aisling RUFF	18	Co Peterboro	4:33.30
	L 7	Sophie TAYLOR	15	St Felix Sch	4:34.75
	L 8	Chloe OGDEN	15	Bishop Stort	4:37.70
H 3	L 1	Shannon STOTT	16	Co St Albans	4:32.21
	L 2	Millie EMMANS	17	Co Cambridge	4:30.80
	L 3	Amy YOUNG	17	Bishop Stort	4:30.23
	L 4	Tilly ANEMA	15	Norwich Swan	4:29.45
	L 5	Chantal SMITH	16	Team Luton	4:29.87
	L 6	Poppy RICHARDSON	15	Co Peterboro	4:30.60
	L 7	Emily DOWDING	18	teamipswich	4:31.19
	L 8	Jessica WESTLAKE	17	St Felix Sch	4:32.80
H 4	L 1	Christie WOODS	16	Co Peterboro	4:28.04
	L 2	Chloe LENCE	15	Modernians	4:26.30
	L 3	Leah ROUGHAN	17	Co Peterboro	4:24.80
	L 4	Abby SMITH	20	Harpenden	4:15.90
	L 5	Nicola PASQUIRE	18	Team Luton	4:22.45
	L 6	Dolly TRIGG	18	teamipswich	4:26.12
	L 7	Amber HUGHES	17	Hatfield	4:26.88
	L 8	Tegan WOLLASTON	17	Cheshunt	4:28.72