



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 Four

Event 211 Mens 200m Butterfly

H 1	L 3 William STEEL	15 Co Peterboro	2:30.50
	L 4 Charles WHYTE	15 West Suffolk	2:30.31
	L 5 Azar AITMARRI	15 Thurrock	2:30.34
H 2	L 2 Taylor BOWEN	15 West Suffolk	2:27.85
	L 3 Ryan MOGFORD	16 Chelmsford	2:25.10
	L 4 Anthony SMITH	16 Hatfield	2:23.41
	L 5 John TELENSKY	15 Harpenden	2:23.61
	L 6 Harrison LEES	15 Watford SC	2:25.21
	L 7 Max JELFS	15 Hemel Hemp	2:27.95
H 3	L 1 Angus ROBINS	16 West Suffolk	2:18.94
	L 2 Harry FOX	17 Basildon Ph	2:17.50
	L 3 Calvin COE	18 Stowmarket	2:14.68
	L 4 Samuel PECK	16 UEA Norwich	2:10.76
	L 5 James WOODWARD	16 Potters Bar	2:12.98
	L 6 Michael LARDNER	17 Co Peterboro	2:16.00
	L 7 Thomas SHERRIFF	21 Co St Albans	2:18.14
	L 8 Samuel BRYAN	15 Basildon Ph	2:23.03
H 4	L 1 Oliver KENNY	19 UEA Norwich	2:18.69
	L 2 Daniel SCHINDLER	17 Co St Albans	2:17.39
	L 3 Callum DAVIS	16 Bishop Stort	2:13.38
	L 4 Joshua GRAVES	19 Co Peterboro	2:05.65
	L 5 Benjamin GARRATT	16 Hatfield	2:12.16
	L 6 Luke SUGDEN	17 Hatfield	2:15.19
	L 7 Harry JONES	16 Hitchin	2:18.10
	L 8 James MCFARLAND	15 Mid Beds	2:20.00
H 5	L 1 Michael JUDD	18 Dunstable	2:18.40
	L 2 Bradley VEITCH	17 Harlow Pen	2:16.07
	L 3 Mason ARNOLD	19 Harlow Pen	2:13.25
	L 4 George EPSLY	18 Basildon Ph	2:00.96
	L 5 Jake THOMAS-MANSFIELD	16 West Suffolk	2:12.02
	L 6 Matthew WRIGHT	18 Team Luton	2:15.10
	L 7 Harry WHITEMAN	16 Co Peterboro	2:17.90
	L 8 Jamie MCCAFFRAY	15 Modernians	2:19.30

Event 212 Womens 50m Backstroke

H 1	L 2 Molly BRADLEY	15 Tring	33.40
	L 3 Isabelle MARSHALL	15 Basildon Ph	33.09
	L 4 Celeste ANDREW	15 Harlow Pen	32.97
	L 5 Lauren WILSON	15 Mid Beds	33.04
	L 6 Rebecca KITCHING	15 Chelmsford	33.10
H 2	L 1 Holly JASZKIEWICZ	15 Co Peterboro	32.90
	L 2 Chloe SORRELL	15 West Norfolk	32.87
	L 3 Sonia TUMIOTTO	15 St Felix Sch	32.76
	L 4 Emily GREEN	15 Brentwood	32.70
	L 5 Grace WYLIE	15 Team Luton	32.75
	L 6 Ellie-Mae SMITH	15 teamipswich	32.78
	L 7 Tilly ANEMA	15 Norwich Swan	32.89
	L 8 Bailey WILKES	15 Hatfield	32.92
H 3	L 1 Emma LESLIE	15 Co Peterboro	32.62
	L 2 Alicia SLATER	15 Potters Bar	32.53
	L 3 Claire BURRELL	15 Harpenden	32.27
	L 4 Annabel LEE	16 teamipswich	32.16
	L 5 Niamh JAMES	15 Bishop Stort	32.25
	L 6 Josie PRETIOUS-WHITE	15 Bishop Stort	32.35
	L 7 Agnes BURNS	15 Harpenden	32.59
	L 8 Charlotte ASHWIN	15 Mid Beds	32.64
H 4	L 1 Alice SHERWIN	19 teamipswich	32.14
	L 2 Megan COOK	16 Harlow Pen	32.12
	L 3 Faye HERMON	17 Felixstowe	32.12
	L 4 Angel DUNDERDALE	15 UEA Norwich	32.10
	L 5 Isabella DYOS	16 Basildon Ph	32.10
	L 6 Tia COLBY	18 Basildon Ph	32.12
	L 7 Roxanne UYS	17 West Norfolk	32.13
	L 8 Hannah BRECKNELL	16 West Suffolk	32.14
H 5	L 1 Lauren WATT	15 Newmarket	32.08
	L 2 Cathryn THOMSON	26 St Ives	31.97
	L 3 Keelin MCKENNA	17 Hemel Hemp	31.94
	L 4 Beatrice BARDER	17 Co St Albans	31.90
	L 5 Martine TRAN	15 Thurrock	31.90
	L 6 Olivia PAWSON	17 Cheshunt	31.96
	L 7 Isabel HOLMES	18 Dereham	32.01
	L 8 Chloe JACOBS	17 Potters Bar	32.09

H 6	L 1 Zara PRETIOUS-WHITE	16 Bishop Stort	31.81
	L 2 Maddison SAUNDERS	15 Co Peterboro	31.47
	L 3 Abigail WHITING	17 West Norfolk	31.45
	L 4 Danielle RAYNER	20 Newmarket	31.37
	L 5 Chloe HAZELL	18 UEA Norwich	31.40
	L 6 Phoebe HAYDEN	15 Stowmarket	31.46
	L 7 Chloe LENCE	15 Modernians	31.70
	L 8 Emma YULE	18 Dunstable	31.90
H 7	L 1 Poppy RICHARDSON	15 Co Peterboro	31.21
	L 2 Lauren SIMPKINS	18 Putteridge	31.00
	L 3 Georgina LAWSON	19 Co St Albans	30.41
	L 4 Faye NUGENT	20 Hatfield	28.93
	L 5 Martha DULEY	17 Colchester	29.95
	L 6 Alaina SCIFO	19 teamipswich	30.74
	L 7 Tara COLEMAN	20 Leiston	31.07
	L 8 Elinor DULEY	16 Colchester	31.35
H 8	L 1 Jordan COLEMAN	18 Leiston	31.21
	L 2 Yael RONEN	18 Norwich Swan	30.98
	L 3 Meghan MAYBANKS	16 DunmowAtlant	30.10
	L 4 Georgina PRYOR	18 Harlow Pen	28.58
	L 5 Rachel WELLINGS	16 Co Peterboro	29.68
	L 6 Molly OLLINGTON	18 West Suffolk	30.69
	L 7 Susanna FRASER	16 Co Cambridge	31.06
	L 8 Amelia PEDDLE	16 Epping For't	31.34
H 9	L 1 Lana MO	17 West Suffolk	31.18
	L 2 Eleanor KING	16 Dunstable	30.95
	L 3 Brooke FROST	16 Basildon Ph	30.05
	L 4 Mollie ALLEN	18 Co Peterboro	28.31
	L 5 Rebecca SHERWIN	16 teamipswich	28.97
	L 6 Lauren HALL	17 Co Cambridge	30.68
	L 7 Emily LANE	20 Basildon Ph	31.00
	L 8 Catherine BROWN	16 Norwich Swan	31.30

Event 213 Mens 50m Freestyle

H 1	L 3 Owen WOODROW	15 S8 UEA Norwich	39.15
	L 4 Joshua WELLS	19 S14 UEA Norwich	29.50
	L 5 Callum HODGSON	16 S14 Basildon Ph	29.68
H 2	L 2 Louis HINES	19 S14 Watford SC	27.39
	L 3 Matthew WALKER	15 UEA Norwich	27.00
	L 4 Charles RENNIE	15 Braintree	26.90
	L 5 Jake LAMMAS	15 West Norfolk	27.00
	L 6 Maxim DE WILDT	15 Co Cambridge	27.00
	L 7 Jaxon SIMMONS	16 S13 Co Peterboro	28.60
H 3	L 1 Ashley COOMBS	15 Hemel Hemp	26.82
	L 2 Michael SHARP	15 Epping For't	26.70
	L 3 Nicholas PERKINS	15 UEA Norwich	26.63
	L 4 John TELENSKY	15 Harpenden	26.60
	L 5 Marcus KEMP	15 Watford SC	26.62
	L 6 Kohei WATANABE	15 Hatfield	26.70
	L 7 William PICTON	15 Bishop Stort	26.76
	L 8 Taylor BOWEN	15 West Suffolk	26.85
H 4	L 1 Harvey NORMAN	15 Co Peterboro	26.50
	L 2 Lucas DOVE	15 St Ives	26.46
	L 3 John BOYLE	15 DunmowAtlant	26.20
	L 4 Jamie HOYES	16 Berkhamsted	26.03
	L 5 Joshua SMITH	15 DunmowAtlant	26.10
	L 6 Jordan CATCHPOLE	17 S14 UEA Norwich	26.20
	L 7 Ryan NICHOLLS	18 S14 Basildon Ph	26.47
	L 8 Jacob CLARKE	15 West Suffolk	26.60
H 5	L 1 Thomas GRIEVE	16 Colchester	26.00
	L 2 Harry JONES	16 Hitchin	25.87
	L 3 Daniel CHADA	15 Bishop Stort	25.80
	L 4 Adam MARTIN	16 Potters Bar	25.65
	L 5 Alex WALMSLEY	16 teamipswich	25.69
	L 6 Jack SPAIN	16 teamipswich	25.81
	L 7 Thomas FAULKNER	16 Leighton Buz	26.00
	L 8 Joel CLARKE	15 UEA Norwich	26.00
H 6	L 1 Thomas OWEN	16 UEA Norwich	25.50
	L 2 Benjamin GARRATT	16 Hatfield	25.40
	L 3 Samuel COTTEE	16 teamipswich	25.21
	L 4 Matthew TITMAN	15 Co Cambridge	25.18
	L 5 Harry WESTON	16 Norwich Swan	25.20
	L 6 Daniel LUSH	16 Cheshunt	25.30
	L 7 Jake THOMAS-MANSFIELD	16 West Suffolk	25.50
	L 8 Tyler BERRY	16 Basildon Ph	25.60



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Start Lists Session Four

H 7	L 1 Lucas DYSON-DIAZ	16	Hatfield	25.10	H 6	L 1 Jessica PAYNE	18	Leighton Buz	1:18.14
	L 2 Sam GAMBLE	17	Hitchin	25.07		L 2 Charlotte ASHWIN	15	Mid Beds	1:17.14
	L 3 Alec BURCHELL	18	Hitchin	25.02		L 3 Bethany MOTTRAM	17	West Suffolk	1:16.87
	L 4 Reece PARKER	21	Southend	25.00		L 4 Rachel ROBINSON	16	UEA Norwich	1:16.70
	L 5 Christian NEL	16	Berkhamsted	25.00		L 5 Chloe OGDEN	15	Bishop Stort	1:16.83
	L 6 Matthew MCPHERSON	18	Hitchin	25.04		L 6 Alara NORTON	15	Cheshunt	1:17.09
	L 7 Ryan SMITH	16	UEA Norwich	25.09		L 7 Sarah BOWEN	18	Lstof & OB	1:17.32
	L 8 James WOODWARD	16	Potters Bar	25.10		L 8 Annalise WRIGHT	16	Linslade	1:18.29
H 8	L 1 James BLOUNT	16	Potters Bar	24.93	H 7	L 1 Catherine BROWN	16	Norwich Swan	1:16.40
	L 2 Bradley VEITCH	17	Harlow Pen	24.90		L 2 Kate MCQUAID	18	Hatfield	1:15.95
	L 3 David SHIPMAN	16	Potters Bar	24.90		L 3 Honey HARVEY	15	UEA Norwich	1:14.98
	L 4 Thomas SHERRIFF	21	Co St Albans	24.71		L 4 Rebecca BURTON	18	Co Peterboro	1:10.40
	L 5 Harry PARKER	18	Hatfield	24.85		L 5 Molly LEE	15	West Norfolk	1:14.40
	L 6 Reece NICHOLLS	16	Basildon Ph	24.90		L 6 Sarah O'BRIEN	20	UEA Norwich	1:15.50
	L 7 Hayden THOMAS	21	Harlow Pen	24.90		L 7 Nadine SMITH	15	Hatfield	1:16.14
	L 8 Jack JACKSON	20	Bushey	24.97		L 8 Jana SPINNER	17	UEA Norwich	1:16.69
H 9	L 1 Luke TURLEY	16	Hatfield	24.60	H 8	L 1 Megan WICKHAM	16	Harlow Pen	1:16.36
	L 2 Ignacio LARGHERO	17	Newmarket	24.40		L 2 Hannah MCNAUL	16	West Suffolk	1:15.87
	L 3 Lee BAKER	21	Harlow Pen	24.20		L 3 Grace RAYNER	18	Hatfield	1:14.94
	L 4 Harry CONSTANTINE	16	Hatfield	23.90		L 4 Natalie COOGANS	19	West Norfolk	1:10.24
	L 5 Kevin PICKARD	28	Hatfield	24.10		L 5 Lana MO	17	West Suffolk	1:13.76
	L 6 Dalton YALLOP	19	UEA Norwich	24.30		L 6 Emily BIGGS	17	Co Cambridge	1:15.40
	L 7 Harry WEARS	19	Leighton Buz	24.50		L 7 Kathryn LOVEYS	29	Co Cambridge	1:16.12
	L 8 Sam PARRY	26	Dunstable	24.70		L 8 Lauren HARRISON	15	Co Peterboro	1:16.50
H 10	L 1 Nathan BENTLEY	18	Hatfield	24.56	H 9	L 1 Lauren WATT	15	Newmarket	1:16.27
	L 2 Regan LLOYD	19	teamipswich	24.39		L 2 Abigail HURST	15	Berkhamsted	1:15.80
	L 3 Jamie MCLAUGHLIN	19	DunmowAtlant	24.20		L 3 Cira FLETCHER	18	Bishop Stort	1:14.69
	L 4 Jack SPENCE	22	Hemel Hemp	23.88		L 4 Leah ROUGHAN	17	Co Peterboro	1:09.30
	L 5 Jordan BARTON	20	Putteridge	24.00		L 5 Louise BUSH	25	UEA Norwich	1:12.16
	L 6 Hugo JOHNSON	18	Bo Southend	24.26		L 6 Laura COPPING	16	Hatfield	1:15.10
	L 7 Oliver FITT	17	St Ives	24.50		L 7 Roxanne UYS	17	West Norfolk	1:16.10
	L 8 Mason ARNOLD	19	Harlow Pen	24.70		L 8 Lauren BAKER	21	Hatfield	1:16.40
H 11	L 1 Dominic SCIFO	17	teamipswich	24.50	Event 215 Mens 200m Breaststroke				
	L 2 Sonny TRIGG	21	teamipswich	24.32	H 1	L 3 Jaxon SIMMONS	16	SB13 Co Peterboro	2:51.26
	L 3 Harvey JOLLY	16	Basildon Ph	24.20		L 4 William RICHARDS	15	Dunstable	2:44.02
	L 4 Brandon NABARRO	19	Putteridge	23.60		L 5 Taylor BOWEN	15	West Suffolk	2:44.79
	L 5 Peter WEBSTER	18	Hatfield	23.90	H 2	L 2 Billy LO	15	Basildon Ph	2:40.70
	L 6 Jordan MANN	18	UEA Norwich	24.20		L 3 Luke CROFTS	16	Thurrock	2:40.10
	L 7 Liam BARNETT	29	Co Cambridge	24.41		L 4 Joseph TALBOT	16	Linslade	2:38.95
	L 8 Nathan WELLS	18	West Norfolk	24.60		L 5 Marcus KEMP	15	Watford SC	2:39.02
Event 214 Womens 100m Breaststroke						L 6 Myles TURNER	16	West Suffolk	2:40.61
H 1	L 3 Leanne ABREY	15	Hemel Hemp	1:21.84		L 7 Ralph MUNCER	15	Team Luton	2:41.10
	L 4 Alice FENDER	15	Hemel Hemp	1:21.68	H 3	L 1 Maxim DE WILDT	15	Co Cambridge	2:38.12
	L 5 Maia MCPHERSON	15	Witham Dolph	1:21.70		L 2 Harvey NORMAN	15	Co Peterboro	2:35.97
H 2	L 2 Beth EDWARDS	16	West Suffolk	1:21.44		L 3 Jack RICHES	15	UEA Norwich	2:35.70
	L 3 Holly JASZKIEWICZ	15	Co Peterboro	1:21.40		L 4 Finlay RYAN	17	Norwich Swan	2:35.61
	L 4 Megan BUNYARD	16	Linslade	1:21.18		L 5 James MONCUR-BROWN	16	UEA Norwich	2:35.68
	L 5 Rebecca MERRILL	15	Norwich Swan	1:21.30		L 6 Spencer PRIOR	17	Colchester	2:35.91
	L 6 Charlotte NASH	15	Bishop Stort	1:21.42		L 7 Matthew WOULDHAM	15	Co Peterboro	2:37.41
	L 7 Elinor DULEY	16	Colchester	1:21.48		L 8 Alex FLORANCE	16	West Norfolk	2:38.34
H 3	L 1 Elena BACCAS	16	Verulam	1:21.12	H 4	L 1 William LOVEMAN	16	Co St Albans	2:34.97
	L 2 Lauren NELSON	15	Harlow Pen	1:20.66		L 2 Ryan JARVIS	17	Putteridge	2:31.09
	L 3 Amie COPP	17	Thetford	1:20.49		L 3 Thomas WIGGINS	17	Co Peterboro	2:28.30
	L 4 Lauren MARTYR	18	St Felix Sch	1:20.28		L 4 Fraser SCOTT	18	Basildon Ph	2:24.08
	L 5 Catherine HOLMES	24	Watford SC	1:20.32		L 5 Thomas SARAH	22	Co Cambridge	2:26.72
	L 6 Cathryn THOMSON	26	St Ives	1:20.55		L 6 Christopher SMITH	20	Hoddesdon	2:30.03
	L 7 Lucy JESSOP	16	Brentwood	1:21.00		L 7 Harry NICHOLLS	16	Basildon Ph	2:33.12
	L 8 Louise FIDDES	15	SB14 Hatfield	1:21.16		L 8 David SHIPMAN	16	Potters Bar	2:35.45
H 4	L 1 Paige WILDING	18	Hemel Hemp	1:20.01	H 5	L 1 James HANCOCK	18	Mid Beds	2:33.67
	L 2 Sophie PICKERING	16	teamipswich	1:19.84		L 2 Cameron MCRAE	17	Co Peterboro	2:30.77
	L 3 Kirsty VEARS	18	Harlow Pen	1:19.78		L 3 James NEWTON	18	Co Peterboro	2:28.10
	L 4 Grace MELLOR	15	DunmowAtlant	1:19.21		L 4 Samuel PECK	16	UEA Norwich	2:23.40
	L 5 Agatha MALIKOVA	21	Co Cambridge	1:19.39		L 5 Charles RAYNER	15	Hatfield	2:26.48
	L 6 Lucy PARK	20	Watford SC	1:19.83		L 6 Zhi ONG	17	Co St Albans	2:29.73
	L 7 Jordan COLEMAN	18	Leiston	1:19.94		L 7 Daniel HURST	17	Berkhamsted	2:33.08
	L 8 Abigail GREEN	16	Watford SC	1:20.23		L 8 Martin RUSSELL-ROGERS	18	Hitchin	2:35.30
H 5	L 1 Jessica LAITNER	15	Co St Albans	1:19.00	H 6	L 1 Cole JAMES	15	Hatfield	2:33.47
	L 2 Celyn WALMSLEY	15	Team Luton	1:18.97		L 2 Louis SPONG	17	DunmowAtlant	2:30.53
	L 3 Caitlin MASCALL	16	Harlow Pen	1:18.65		L 3 Jack PICKERING	18	teamipswich	2:27.43
	L 4 Olivia NICOLAI	16	West Suffolk	1:18.48		L 4 Lawrence PALMER	24	Putteridge	2:12.26
	L 5 Emily SELLEN	17	Watford SC	1:18.58		L 5 Justin BOTT	18	Diss Otters	2:25.77
	L 6 Katie LINES	15	Lstof & OB	1:18.76		L 6 Hayden THOMAS	21	Harlow Pen	2:29.21
	L 7 Amelia BARNETSON	16	Bo Southend	1:18.99		L 7 Christopher GREENHALGH	20	Sudbury	2:32.33
	L 8 Caitlin WATSON-DOTCHIN	15	Basildon Ph	1:19.07		L 8 Calvin COE	18	Stowmarket	2:35.10



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Start Lists Session Four

Event 216 Womens 100m Butterfly

H 1	L 3 Louise FIDDES	15	S14	Hatfield	1:12.31
	L 4 Madeleine CHAMBERS	16		St Felix Sch	1:11.69
	L 5 Jessica MANSFIELD	15		Huntingdon	1:11.82
H 2	L 1 Alara NORTON	15		Cheshunt	1:11.51
	L 2 Eloise CONWAY	16		Halstead	1:11.50
	L 3 Olivia HARRISON	16		Chelmsford	1:11.38
	L 4 Evlin SERVIS	16		Basildon Ph	1:11.01
	L 5 Ellie-Mae SMITH	15		teamipswich	1:11.29
	L 6 Megan CLAYDON	16		Deben	1:11.43
	L 7 Celeste ANDREW	15		Harlow Pen	1:11.50
	L 8 Christina WILSON	16		Norwich Swan	1:11.57
H 3	L 1 Georgia HARROD	16		Chelmsford	1:10.70
	L 2 Eleanor KING	16		Dunstable	1:10.66
	L 3 Lauren WILSON	15		Mid Beds	1:10.49
	L 4 Holly JASZKIEWICZ	15		Co Peterboro	1:10.10
	L 5 Ellen NORTHWOOD	15		Berkhamsted	1:10.45
	L 6 Sophie PICKERING	16		teamipswich	1:10.54
	L 7 Alice IRELAND	15		West Norfolk	1:10.67
	L 8 Beth EDWARDS	16		West Suffolk	1:10.87
H 4	L 1 Peyton EWBANK	16		Norwich Swan	1:10.04
	L 2 Megan COOK	16		Harlow Pen	1:09.47
	L 3 Amber SHINE	16		Hatfield	1:09.28
	L 4 Josie PRETIOUS-WHITE	15		Bishop Stort	1:09.05
	L 5 Abigail GREEN	16		Watford SC	1:09.19
	L 6 Hannah MCNAUL	16		West Suffolk	1:09.34
	L 7 Niamh ADCOCK	15		UEA Norwich	1:09.84
	L 8 Isabelle MARSHALL	15		Basildon Ph	1:10.10
H 5	L 1 Martine TRAN	15		Thurrock	1:08.63
	L 2 Georgina CURTIS	16		Mid Beds	1:08.36
	L 3 Abigail WEBB	16		Deben	1:08.16
	L 4 Bethany SAMPHER	17		West Suffolk	1:07.44
	L 5 Dina DAY	17		Runnymede	1:07.75
	L 6 Eleanor LLEWELLYN	16		West Suffolk	1:08.33
	L 7 Mollie SMITH	16		UEA Norwich	1:08.44
	L 8 Christie WOODS	16		Co Peterboro	1:08.76
H 6	L 1 Georgina TALLON	16		Potters Bar	1:07.17
	L 2 Taylor GOODBY	18		Co Peterboro	1:06.23
	L 3 Rebecca BURTON	18		Co Peterboro	1:04.74
	L 4 Rikke NAGELL-KLEVEN	21		UEA Norwich	1:02.82
	L 5 Amy YOUNG	17		Bishop Stort	1:04.30
	L 6 Molly FRANCIS	15		Hatfield	1:05.89
	L 7 Imogen COOKE	15		UEA Norwich	1:06.58
	L 8 Abigail WHITING	17		West Norfolk	1:07.30
H 7	L 1 Kaythi AUNG	18		Colchester	1:06.82
	L 2 Molly OLLINGTON	18		West Suffolk	1:05.98
	L 3 Brooke FROST	16		Basildon Ph	1:04.50
	L 4 Rebecca SHERWIN	16		teamipswich	1:02.49
	L 5 Shannon STOTT	16		Co St Albans	1:04.06
	L 6 Poppy RICHARDSON	15		Co Peterboro	1:05.50
	L 7 Emily DOWDING	18		teamipswich	1:06.42
	L 8 Martha DULEY	17		Colchester	1:07.30
H 8	L 1 Bryony UMFREVILLE	15		Basildon Ph	1:06.70
	L 2 Lauren GRICE	17		Leighton Buz	1:05.90
	L 3 Elinor DULEY	16		Colchester	1:04.40
	L 4 Georgina PRYOR	18		Harlow Pen	1:00.18
	L 5 Bethany SAUNDERS	17		Co Peterboro	1:03.90
	L 6 Katarina BLANCO	19		Basildon Ph	1:05.17
	L 7 Bethany MOTTRAM	17		West Suffolk	1:06.34
	L 8 Jessica WESTLAKE	17		St Felix Sch	1:07.18

Event 217 Mens 400m Freestyle

H 1	L 3 Joshua WELLS	19	S14	UEA Norwich	5:13.29
	L 4 Jaxon SIMMONS	16	S13	Co Peterboro	4:31.20
	L 5 Jordan CATCHPOLE	17	S14	UEA Norwich	4:31.67
H 2	L 2 James CHENNELLS	15		Berkhamsted	4:27.68
	L 3 Michael RIPPER	15		Harpenden	4:24.52
	L 4 Harvey NORMAN	15		Co Peterboro	4:24.33
	L 5 Jack RYAN	16		Mid Beds	4:24.45
	L 6 Ryan MOGFORD	16		Chelmsford	4:24.52
	L 7 Ralph MUNCER	15		Team Luton	4:28.80
H 3	L 1 Harrison LEES	15		Watford SC	4:23.78
	L 2 James MCFARLAND	15		Mid Beds	4:22.10
	L 3 Harry WHITEMAN	16		Co Peterboro	4:17.83
	L 4 Max WILSON	16		Modernians	4:16.00
	L 5 Jamie MCCAFFRAY	15		Modernians	4:17.30
	L 6 James BAYLEY	16		Basildon Ph	4:18.14
	L 7 Max JELFS	15		Hemel Hemp	4:23.67
	L 8 Cole JAMES	15		Hatfield	4:24.26
H 4	L 1 Myles TURNER	16		West Suffolk	4:14.48
	L 2 Luke SUGDEN	17		Hatfield	4:11.53
	L 3 Cameron MCRAE	17		Co Peterboro	4:09.71
	L 4 Harry CONSTANTINE	16		Hatfield	4:08.80
	L 5 Matthew WRIGHT	18		Team Luton	4:09.38
	L 6 Thomas MCLAGAN	20		Chelmsford	4:11.19
	L 7 Bayley FINBOW	16		teamipswich	4:12.24
	L 8 Ryan KELLY	17		Chelmsford	4:14.87
H 5	L 1 Augustus VEASEY	20		Chelmsford	4:07.38
	L 2 George EPSLY	18		Basildon Ph	4:04.03
	L 3 Joshua DUGGAN	20		Hatfield	3:59.01
	L 4 Nathan WELLS	18		West Norfolk	3:55.01
	L 5 Regan LLOYD	19		teamipswich	3:57.40
	L 6 Luke TURLEY	16		Hatfield	4:01.22
	L 7 Nathan BENTLEY	18		Hatfield	4:06.87
	L 8 James WOODWARD	16		Potters Bar	4:08.73