



East Swimming 2017 Long Course Championships

(Under IPC Swimming Rules, ASA Laws and Regulations, ASA Technical Rules of Racing
& to ASA Open Meet Licensing Criteria)



Start Lists Session Ten

Event 411 Womens 200m Butterfly

H 1	L 3	Victoria HART	13	Linslade	3:03.06
	L 4	Laura SNELHAM	13	Deben	3:02.66
	L 5	Isla WINSLOW	12	UEA Norwich	3:02.70
	L 6	Katie GEORGE	12	UEA Norwich	3:06.40
H 2	L 1	Faith ASHWORTH STOBBS	13	Co Cambridge	3:01.98
	L 2	Isobel GELLER	12	Tring	3:00.94
	L 3	Helena HALL	12	Deben	2:59.58
	L 4	Anita TIEN	12	Colchester	2:57.77
	L 5	Lily MACDONALD	12	UEA Norwich	2:59.13
	L 6	Bethan ENDICOTT	12	St Ives	2:59.80
	L 7	Jessica SHAW	12	March	3:01.25
	L 8	Maggie FLEET	13	Watford SC	3:02.38
H 3	L 1	Francesca BABER	11	Flitwick	2:55.79
	L 2	Grace GUNTON	13	UEA Norwich	2:55.05
	L 3	Amy PAGET	12	Co Peterboro	2:54.86
	L 4	Astrid HUBBARD	13	West Norfolk	2:54.46
	L 5	Chloe COOK	13	Chatteris	2:54.85
	L 6	Brooke JENKINS	13	Southend	2:54.99
	L 7	Emily COOPER	12	Basildon Ph	2:55.30
	L 8	Molly GRIEVE	12	Colchester	2:57.00
H 4	L 1	Kiera BLUNDEN	12	Chelmsford	2:54.20
	L 2	Eloise PARTON	13	Co Cambridge	2:52.69
	L 3	Bethan FUGE	13	Hatfield	2:52.13
	L 4	Nonhlanhla THOLE	12	St Felix Sch	2:51.70
	L 5	Georgia PRITCHARD	12	Hatfield	2:51.77
	L 6	Ruby WHEELER	11	Basildon Ph	2:52.40
	L 7	Etholle MARKS	13	Newmarket	2:54.05
	L 8	Maddie LEES	13	DunmowAtlant	2:54.46
H 5	L 1	Holly LAMB	12	Southend	2:49.60
	L 2	Kiara JESSOP	13	Lstof & OB	2:49.39
	L 3	Bruna REBELO	13	Hatfield	2:47.84
	L 4	Freya HARWOOD	13	Hitchin	2:47.63
	L 5	Lily BEMMER	14	Deben	2:47.64
	L 6	Radost MILKOVA	14	Thurrock	2:49.34
	L 7	May BRADBURN	13	Chelmsford	2:49.46
	L 8	Holly GRAVES	13	Co Peterboro	2:51.38
H 6	L 1	Cerys WILLIAMS	13	West Suffolk	2:46.87
	L 2	Jemima WAYMAN	14	Deben	2:46.21
	L 3	Brenna HOWELL	13	Co Peterboro	2:45.68
	L 4	Iona TRAINER	14	Co Ely	2:44.81
	L 5	Chloe BERKO-BOATENG	14	Cheshunt	2:45.18
	L 6	Grace MADSEN	14	Beccles Town	2:45.89
	L 7	Lily GENNER	14	West Suffolk	2:46.41
	L 8	Charlotte NORMAN	12	Colchester	2:47.19
H 7	L 1	Ellie WALKER	13	UEA Norwich	2:42.89
	L 2	Lauren YOUNG	14	Hatfield	2:40.29
	L 3	Ella HALE	14	West Suffolk	2:34.77
	L 4	Rebecca HOWELL	14	Basildon Ph	2:26.80
	L 5	Katie HAMMOND	14	Co Cambridge	2:31.00
	L 6	Grace KING	14	teamipswich	2:38.48
	L 7	Victoria ROGERS	14	Basildon Ph	2:41.70
	L 8	Ciara WOOKEY	13	Colchester	2:44.23
H 8	L 1	Lauren BROWNE	14	Co Peterboro	2:42.00
	L 2	Valeria GIRON	12	Hatfield	2:39.18
	L 3	Orla KEAVENEY	14	Modernian	2:34.60
	L 4	Sara KALAWSKA	14	Hatfield	2:26.05
	L 5	Jessica WOODWARD	14	Potters Bar	2:29.75
	L 6	Libby MAGILL	14	Hatfield	2:38.09
	L 7	Millie BATEMAN	14	UEA Norwich	2:41.53
	L 8	Katherine CHEESERIGHT	14	C Beds SS	2:43.80
H 9	L 1	Ruby DAGLESS	12	Dereham	2:41.80
	L 2	Daisy SANDON	12	Stevenage	2:38.66
	L 3	Chiara ROGERS	14	Team Luton	2:32.35
	L 4	Sophie FREEMAN	13	Colchester	2:24.00
	L 5	Lucie PECK	14	West Norfolk	2:29.19
	L 6	Matilda MEYRICK	14	Norfolk Vikg	2:35.92
	L 7	Rachel ANDREWS	13	C Beds SS	2:41.10
	L 8	Rebecca SMITH	14	Norwich Swan	2:43.65

Event 412 Mens 200m Breaststroke

H 1	L 2	Robbie CRUICKSHANKS	11	teamipswich	3:15.25
	L 3	Joshua SPENCER	12	Co Peterboro	3:14.84
	L 4	Tobin SARI	12	West Suffolk	3:14.51
	L 5	Enzo LIM	12	Watford SC	3:14.54
	L 6	James GISBORNE	12	Bishop Stort	3:14.94
H 2	L 1	James CLAY	12	Stowmarket	3:14.29
	L 2	Alfie FRANCIS	12	Colchester	3:13.26
	L 3	Matthew MONIE	12	Co Cambridge	3:12.72
	L 4	Mark MILBURN	12	Colchester	3:11.63
	L 5	Colin MOGHINA	12	Thurrock	3:12.49
	L 6	Billy MEAD	12	Dunstable	3:13.03
	L 7	Daniel AJETUMMOBI	12	Thurrock	3:13.90
	L 8	Noah CRABB	12	teamipswich	3:14.44
H 3	L 1	Billy KNIBB	12	Linslade	3:10.45
	L 2	Daniel HOLLISS	11	Co St Albans	3:09.63
	L 3	Max ROBERTSON	13	Hatfield	3:08.42
	L 4	Matthew WEIMANN	13	Co Cambridge	3:08.27
	L 5	Bradley BORLAND	13	Putteridge	3:08.40
	L 6	Finley COMAN	12	Gt Yarmouth	3:09.58
	L 7	Brayden DOYLE	12	Brentwood	3:10.24
	L 8	Eldrick MANELA	12	Stevenage	3:10.73
H 4	L 1	Ethan ANGEL	11	teamipswich	3:06.60
	L 2	Luke TAYLOR	13	Co Cambridge	3:04.56
	L 3	Alexander WILLIAMS	12	Watford SC	3:03.69
	L 4	George WILLIAMS	13	Harpenden	3:02.44
	L 5	Ashton NEO	13	Linslade	3:03.07
	L 6	Johnny WILDE	13	Putteridge	3:04.10
	L 7	Taylor COE	13	Cheshunt	3:05.53
	L 8	Thomas OWEN	12	West Norfolk	3:07.40
H 5	L 1	Tyler TOMBS	12	Chelmsford	3:01.80
	L 2	James ROTHWELL	13	Co Peterboro	2:59.12
	L 3	Marcus MOSCUZZA	12	St Felix Sch	2:57.34
	L 4	James MARTINEZ	14	West Suffolk	2:56.92
	L 5	Brayden DITCHEFIELD-WAT	14	Leighton Buz	2:56.94
	L 6	Mide OLAJIDE	13	Thurrock	2:57.90
	L 7	Ketan RACH	13	Watford SC	3:01.17
	L 8	Aidan PILCHER	12	teamipswich	3:02.43
H 6	L 1	Louis BYRNE	14	Co Cambridge	2:55.63
	L 2	Olivier VEDRENNE	12	UEA Norwich	2:54.92
	L 3	Joshua STEPHENS	14	St Felix Sch	2:53.80
	L 4	Euan DONALD	14	Berkhamsted	2:52.81
	L 5	Harry ARBUTHNOTT	14	Harpenden	2:53.64
	L 6	Samuel RENNIE	13	Braintree	2:54.70
	L 7	Robert ADDIS	13	West Norfolk	2:55.14
	L 8	Jack BROWN	14	Co Peterboro	2:56.03
H 7	L 1	Edward MERHAN	12	West Suffolk	2:51.40
	L 2	Mattias MORSE	14	Hemel Hemp	2:47.00
	L 3	Harrison JARVIS	13	Thurrock	2:43.33
	L 4	Freddie LAWS	14	West Norfolk	2:38.00
	L 5	Owen WEBSTER	14	St Felix Sch	2:40.64
	L 6	Rhys DAVIDSON	13	Team Luton	2:45.90
	L 7	Owen THOMAS	13	Modernian	2:50.60
	L 8	Harry SWANN	13	Lstof & OB	2:52.79
H 8	L 1	William TOZER	14	West Suffolk	2:51.12
	L 2	Joe COOPER	13	teamipswich	2:46.86
	L 3	Lewis SHAYLER	14	Watford SC	2:43.18
	L 4	Sam WILLIAMSON	13	Hatfield	2:33.30
	L 5	Matthew DEBENHAM	13	teamipswich	2:40.19
	L 6	Jack RICHARDSON	14	DunmowAtlant	2:45.60
	L 7	Yuto WATANABE	13	Hatfield	2:50.06
	L 8	Alex GALLAGHER	14	Wisbech	2:52.79
H 9	L 1	Samuel BULLINGHAM	14	West Suffolk	2:50.84
	L 2	William ROBINS	14	C Beds SS	2:46.27
	L 3	James DILLON	14	Basildon Ph	2:40.70
	L 4	Finn JEFFERY	14	St Felix Sch	2:33.10
	L 5	James QUINN	13	St Ives	2:39.20
	L 6	Callum STEDMAN	14	Dereham	2:43.87
	L 7	Harvey HALL	14	Deben	2:48.06
	L 8	Henry KING	14	West Suffolk	2:52.66



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Start Lists Session Ten

Event 413 Womens 100m Breaststroke

H 1	L 1	Jessica SPAVINS	12 F S Godmanc	1:29.58
	L 2	Jessica MAHONEY	12 Co Peterboro	1:29.38
	L 3	Holly ROBINSON	12 Hatfield	1:29.07
	L 4	Jessica SHAW	12 March	1:28.91
	L 5	Madeleine TODD	12 St Ives	1:29.00
	L 6	Francesca LOW	12 Chelmsford	1:29.20
	L 7	Sophie JENKINSON	12 Basildon Ph	1:29.51
	L 8	Miriam STRATFOLD	11 Newmarket	1:29.75
H 2	L 1	Macy DEXTER	11 Co Cambridge	1:28.67
	L 2	Emilia DUNWOODIE	12 Co St Albans	1:28.34
	L 3	Emily COOPER	12 Basildon Ph	1:27.70
	L 4	Anna BROWNE	12 UEA Norwich	1:27.50
	L 5	Dayna SHEPPERSON	12 Cheshunt	1:27.55
	L 6	Ciara TAYLOR	12 Co Ely	1:28.01
	L 7	Lily MACDONALD	12 UEA Norwich	1:28.47
	L 8	Susana OPOKU-GYAMFI	12 Team Luton	1:28.80
H 3	L 1	Isla WINSLOW	12 UEA Norwich	1:26.85
	L 2	Lucy COIA-BELL	12 Co St Albans	1:26.00
	L 3	Abigail GOTTS	12 Norfolk Vikg	1:25.92
	L 4	Eloisa MILLER	12 C Beds SS	1:25.05
	L 5	Anita TIEN	12 Colchester	1:25.75
	L 6	Holly LAMB	12 Southend	1:26.00
	L 7	Beth YOUNG	11 Felixstowe	1:26.67
	L 8	Ruby GREENHALF	12 UEA Norwich	1:27.13
H 4	L 1	Niamh SADLER	13 UEA Norwich	1:24.20
	L 2	Lucy HUDSON	13 West Suffolk	1:23.86
	L 3	Alexandra LAWMAN	14 Watford SC	1:23.81
	L 4	Gracie Mae MARTIN	14 Thurrock	1:23.71
	L 5	Caitlin LOO	13 Hatfield	1:23.79
	L 6	Molly MONK	13 Dereham	1:23.85
	L 7	Hannah DALEY	13 Co Peterboro	1:24.02
	L 8	Georgia PRITCHARD	12 Hatfield	1:24.84
H 5	L 1	Beth DENNIS	14 Wisbech	1:23.67
	L 2	Gina BREWIS	14 Co Ely	1:23.57
	L 3	Chloe BERKO-BOATENG	14 Cheshunt	1:23.31
	L 4	Abbie BARNWELL	14 Team Luton	1:23.29
	L 5	Maia MORGAN	14 Dunstable	1:23.30
	L 6	Daria TEOBALD	14 Hitchin	1:23.52
	L 7	Charlotte TREE	13 Colchester	1:23.61
	L 8	Bruna REBELO	13 Hatfield	1:23.69
H 6	L 1	Millie FIELDS	13 Bishop Stort	1:23.22
	L 2	Polly FISH	13 Co Cambridge	1:23.14
	L 3	Jessica BOND	14 Hatfield	1:22.85
	L 4	Caitlin HARTLEY	13 Hatfield	1:22.61
	L 5	Eve WRIGHT	14 Co Peterboro	1:22.84
	L 6	Emily WATSON	14 Modernian	1:23.09
	L 7	Lily BEMMER	14 Deben	1:23.20
	L 8	Tess WESLEY	13 Newmarket	1:23.25
H 7	L 1	Autumn HANDSCOMBE	14 C Beds SS	1:22.56
	L 2	Harriet CLEMENTS	13 Watford SC	1:22.28
	L 3	Charlotte HUDSON	14 West Suffolk	1:22.01
	L 4	Chloe LAVIN	14 Co St Albans	1:21.36
	L 5	Jessica MUNFORD	13 Norwich Swan	1:21.84
	L 6	Grace GUNTON	13 UEA Norwich	1:22.24
	L 7	Sophie GRIFFIN	13 Co Peterboro	1:22.52
	L 8	Nicole EGENES	14 Co St Albans	1:22.59
H 8	L 1	Mollie WHITE	14 Norfolk Vikg	1:20.48
	L 2	Eleanor WILLIAMS	14 Watford SC	1:19.02
	L 3	Poppy ALLEN	14 Basildon Ph	1:17.16
	L 4	Ellie MATTHEWS	14 Putteridge	1:16.25
	L 5	Charlotte ABRAMSON	13 UEA Norwich	1:16.80
	L 6	Ellie-Mei SHEPPERSON	14 West Norfolk	1:18.30
	L 7	Alice FASEY	13 Thetford	1:19.72
	L 8	Sophie TAYLOR	14 DunmowAtlant	1:21.02
H 9	L 1	Ciara WOOKEY	13 Colchester	1:20.10
	L 2	Charlotte WHITE	12 West Suffolk	1:18.70
	L 3	Grace STEDMAN	14 Co St Albans	1:17.02
	L 4	Sara KALAWSKA	14 Hatfield	1:15.28
	L 5	Erin O'NEARA	14 Watford SC	1:16.36
	L 6	Rebecca GIROLAMI	14 Colchester	1:17.90
	L 7	Grace KING	14 teamipswich	1:19.68
	L 8	Ela NORTON	13 Hatfield	1:20.90

H 10	L 1	Niamh KELLY	13 Hatfield	1:19.79
	L 2	Isabelle ROSHER	14 teamipswich	1:18.67
	L 3	Chiara ROGERS	14 Team Luton	1:16.90
	L 4	Angharad EVANS	14 West Suffolk	1:08.30
	L 5	Annabelle BURGESS	14 teamipswich	1:16.35
	L 6	Imogen BLOOMFIELD	14 Co Cambridge	1:17.24
	L 7	Iona TRAINER	14 Co Ely	1:19.12
	L 8	Millie CLARK	14 Cheshunt	1:20.51

Event 414 Mens 50m Butterfly

H 1	L 3	Daniel DIXON	12 Brentwood	36.00
	L 4	Michael CONNICK	12 Deben	35.86
	L 5	Robbie CRUICKSHANKS	11 teamipswich	35.88
	L 6	James CROSSFIELD	12 Deben	36.02
H 2	L 1	Tobin SARI	12 West Suffolk	35.70
	L 2	Charles ROYLE	12 Basildon Ph	35.60
	L 3	Benjamin ASHDOWN	12 Modernian	35.58
	L 4	Ethan ANGEL	11 teamipswich	35.51
	L 5	Joshua SPENCER	12 Co Peterboro	35.56
	L 6	Daniel AJETUMMOBI	12 Thurrock	35.60
	L 7	Luke TUNSTALL	12 St Ives	35.70
	L 8	Colin MOGHINA	12 Thurrock	35.74
H 3	L 1	James ATWELL	12 Harpenden	35.40
	L 2	Henry JONES	12 Modernian	35.30
	L 3	Fraser JOHNSON	12 Deben	35.25
	L 4	George DEVOOGT	11 Leighton Buz	35.20
	L 5	Alex KNIGHT	12 Harlow Pen	35.20
	L 6	Brayden DOYLE	12 Brentwood	35.30
	L 7	Finn COOPER	11 teamipswich	35.36
	L 8	Alasdair WOOLGROVE	12 Co St Albans	35.45
H 4	L 1	Jack ABRAM	12 UEA Norwich	35.00
	L 2	Arthur BERNANS	11 Basildon Ph	34.90
	L 3	Joseph KENNY	12 Leiston	34.90
	L 4	Aidan CLARKSON	12 DunmowAtlant	34.87
	L 5	Billy MEAD	12 Dunstable	34.90
	L 6	Joshua HEESOM	12 Potters Bar	34.90
	L 7	Jack JUGGINS	11 Team Luton	35.00
	L 8	Donny MIDWINTER	11 Bo Southend	35.10
H 5	L 1	Charlie SUMMER	12 Dereham	34.62
	L 2	Matthew BROWN	12 Stowmarket	34.50
	L 3	Alfie FRANCIS	12 Colchester	34.20
	L 4	Alexander WILLIAMS	12 Watford SC	33.87
	L 5	Enzo LIM	12 Watford SC	33.90
	L 6	Denis MORINE	12 Chelmsford	34.40
	L 7	Matthew MONIE	12 Co Cambridge	34.51
	L 8	Nikita CHARYKIN	11 Thurrock	34.80
H 6	L 1	Christopher WILLIAMSON	12 Co Cambridge	33.85
	L 2	Nathaniel HOPKINS	13 Verulam	33.57
	L 3	Jacob STEPHEN	12 Brentwood	33.50
	L 4	Samuel CARTER	12 Bo Southend	33.50
	L 5	Tyler WATSON	13 Flitwick	33.50
	L 6	Barnabas CLARKE	11 UEA Norwich	33.50
	L 7	Taylor COE	13 Cheshunt	33.63
	L 8	Daniel ORD	12 Watford SC	33.85
H 7	L 1	Luke BARTON	13 Lstoft & OB	33.25
	L 2	Oliver CROWTHER	13 Biggleswade	33.10
	L 3	Marcus MOSCUZZA	12 St Felix Sch	33.06
	L 4	James ROTHWELL	13 Co Peterboro	32.87
	L 5	Jenson HURRELL	12 Thurrock	33.00
	L 6	Luke TAYLOR	13 Co Cambridge	33.07
	L 7	Xavier KIRCHIN	13 Leighton Buz	33.11
	L 8	Ketan RACH	13 Watford SC	33.39
H 8	L 1	Edward MERHAN	12 West Suffolk	32.80
	L 2	Joab CARR	13 St Felix Sch	32.61
	L 3	Euan HIGGS	13 Chelmsford	32.40
	L 4	Samuel PYEFINCH	12 Tring	32.33
	L 5	Jimmy TAYLOR	13 Thurrock	32.40
	L 6	Tyler JACKSON	13 Harlow Pen	32.60
	L 7	Olivier VEDRENNE	12 UEA Norwich	32.67
	L 8	George WHITEMAN	13 Co Peterboro	32.86



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Start Lists Session Ten

H 9	L 1	Oscar BRICE	13	Co St Albans	31.88
	L 2	Chester LEEMING	13	St Felix Sch	31.81
	L 3	Cole SHEPARD	14	Basildon Ph	31.80
	L 4	Alfie WILLIAMS	14	Canvey Isl	31.72
	L 5	Brayden DITCHFIELD-WAT	14	Leighton Buz	31.80
	L 6	Thomas OGDEN	13	Bishop Stort	31.81
	L 7	Teal'K SMITH	14	Beccles Town	31.84
	L 8	Oliver ROGERS	13	Saffron Wald	31.90
H 10	L 1	Kai CHENG	13	Colchester	31.66
	L 2	Alexander CATTON	14	Bishop Stort	31.61
	L 3	Samson MAIN	14	Bo Southend	31.60
	L 4	Samuel BULLINGHAM	14	West Suffolk	31.58
	L 5	Benjamin GREEN	13	Watford SC	31.60
	L 6	Akshay PISSAY	13	UEA Norwich	31.60
	L 7	Henry FERRIES	14	Basildon Ph	31.62
	L 8	Matthew NEWSON	14	Co Peterboro	31.67
H 11	L 1	Joshua BRIDGELAND	14	Stevenage	31.55
	L 2	Harvey LAST	14	Southend	31.50
	L 3	Mattias MORSE	14	Hemel Hemp	31.40
	L 4	Daniel BLERKOM	14	Southend	31.35
	L 5	Jack RICHARDSON	14	DunmowAtlant	31.40
	L 6	Robert ADDIS	13	West Norfolk	31.44
	L 7	Joseph BAVEY	12	Newmarket	31.50
	L 8	James CORNER	14	Berkhamsted	31.57
H 12	L 1	Connor GILLINGHAM	14	West Suffolk	31.14
	L 2	Freddie LAWS	14	West Norfolk	31.10
	L 3	Ciaran COOK	14	Co St Albans	31.00
	L 4	Brandon RILEY	13	Lstof & OB	30.97
	L 5	Ethan GELL	13	Linslade	31.00
	L 6	Jude HILLS	12	Bo Southend	31.00
	L 7	Harry ARBUTHNOTT	14	Harpenden	31.10
	L 8	Matteo LO BIUNDO	14	Hitchin	31.33
H 13	L 1	Jack SKERRY	13	Chelmsford	30.90
	L 2	Charlie KING	14	Co St Albans	30.80
	L 3	Mide OLAJIDE	13	Thurrock	30.70
	L 4	Harrison RIDER	13	Basildon Ph	30.50
	L 5	Edward MCFARLAND	14	C Beds SS	30.50
	L 6	Morgan FOSTER	14	Braintree	30.70
	L 7	Lewis SHAYLER	14	Watford SC	30.90
	L 8	Callum STEDMAN	14	Dereham	30.96
H 14	L 1	Matthew DEBENHAM	13	teamipswich	29.99
	L 2	Naythan AUNG	13	Colchester	29.40
	L 3	Finn JEFFERY	14	St Felix Sch	28.90
	L 4	Samuel ROSE	14	West Norfolk	28.30
	L 5	Daniel MURTAGH	14	Hatfield	28.50
	L 6	Alessandro RIODA	13	Harlow Pen	29.00
	L 7	Alfie WARNOCK	14	Putteridge	29.60
	L 8	Connor WALKER	13	Co Peterboro	30.44
H 15	L 1	Matthew MUNNINGS	14	Diss Otters	29.93
	L 2	Damon ELLIOTT	13	DunmowAtlant	29.40
	L 3	Michael KLIMASZEWSKI	13	Hatfield	28.80
	L 4	Ciaran RICHES	14	West Suffolk	28.10
	L 5	Joshua HOLLAND	14	Hertford	28.46
	L 6	Jack TURRELL	14	Basildon Ph	29.00
	L 7	Ethan PEIRCE	13	Harlow Pen	29.60
	L 8	James SPEERS	14	Basildon Ph	30.10
H 16	L 1	Walter HACKETT	14	Dunstable	29.70
	L 2	Devesh KAPOOR	14	Watford SC	29.10
	L 3	Samuel MILLER	14	Bo Southend	28.70
	L 4	Nathan WOODROW	14	UEA Norwich	27.00
	L 5	Sam WILLIAMSON	13	Hatfield	28.30
	L 6	Louis STEPHEN	14	Brentwood	29.00
	L 7	Sam TOWNSEND	13	C Beds SS	29.50
	L 8	Luke PESTAILLE	14	Hatfield	30.08

Event 415 Womens 400m Freestyle

H 1	L 2	Erin WILKINSON	12	Southend	5:05.90
	L 3	Ruby GREENHALF	12	UEA Norwich	5:04.40
	L 4	Karys-Rose BUNN	11	teamipswich	5:02.73
	L 5	Charlotte NORMAN	12	Colchester	5:04.30
	L 6	Ella TURNER	12	Basildon Ph	5:05.70
	L 7	Anastasia WILKINSON	12	Hatfield	5:06.24
H 2	L 1	Matilda BOGLE	11	teamipswich	5:01.68
	L 2	Rachel ANDREWS	13	C Beds SS	4:56.60
	L 3	Cerys WILLIAMS	13	West Suffolk	4:56.14
	L 4	Ella HOUSTON	13	Deben	4:55.81
	L 5	Holly LAMB	12	Southend	4:56.00
	L 6	Valeria GIRON	12	Hatfield	4:56.39
	L 7	Leah WIGHTMAN	12	West Norfolk	4:57.57
	L 8	Francesca LOW	12	Chelmsford	5:02.20
H 3	L 1	May BRADBURN	13	Chelmsford	4:55.20
	L 2	Erin LITTLE	12	Chelmsford	4:54.20
	L 3	Holly GRAVES	13	Co Peterboro	4:53.35
	L 4	Jessica KEOGH	13	Hatfield	4:52.34
	L 5	Bruna REBELO	13	Hatfield	4:52.53
	L 6	Lucy HUDSON	13	West Suffolk	4:53.41
	L 7	Caitlin LOO	13	Hatfield	4:54.34
	L 8	Ella MCGHIE	13	Co Peterboro	4:55.73
H 4	L 1	Imogen BLOCK	13	Lstof & OB	4:51.88
	L 2	Ellie WALKER	13	UEA Norwich	4:51.44
	L 3	Florie GEURTS	14	Co St Albans	4:51.16
	L 4	Phoebe BRENNAN	14	Thurrock	4:51.11
	L 5	Rebecca GIROLAMI	14	Colchester	4:51.13
	L 6	Iona TRAINER	14	Co Ely	4:51.17
	L 7	Eloise PARTON	13	Co Cambridge	4:51.64
	L 8	Hannah DALEY	13	Co Peterboro	4:52.00
H 5	L 1	Millie TURNER	14	Basildon Ph	4:50.39
	L 2	Gracie Mae MARTIN	14	Thurrock	4:48.71
	L 3	Kitty JARVIS	14	Harlow Pen	4:48.53
	L 4	Jemima WAYMAN	14	Deben	4:47.52
	L 5	Libby MAGILL	14	Hatfield	4:48.34
	L 6	Gracie KAY	14	Co Cambridge	4:48.70
	L 7	Kelsey WILSON	14	Gt Yarmouth	4:48.90
	L 8	Rhearna MASON	14	C Beds SS	4:50.70
H 6	L 1	Tess WESLEY	13	Newmarket	4:45.59
	L 2	Charlotte TREE	13	Colchester	4:45.01
	L 3	Ella HALE	14	West Suffolk	4:42.35
	L 4	Harriet SALISBURY	13	Co Peterboro	4:41.96
	L 5	Claudia LITTLE	13	Bo Southend	4:42.28
	L 6	Gemma HANSON	14	Hatfield	4:43.62
	L 7	Abbie BARNWELL	14	Team Luton	4:45.10
	L 8	Jessica HEESOM	14	Potters Bar	4:47.41
H 7	L 1	Isabelle ROSHER	14	teamipswich	4:39.66
	L 2	Lily MERRETT	14	Hoddesdon	4:37.87
	L 3	Rebecca HOWELL	14	Basildon Ph	4:35.40
	L 4	Sophie FREEMAN	13	Colchester	4:28.20
	L 5	Katie HAMMOND	14	Co Cambridge	4:34.50
	L 6	Lauren YOUNG	14	Hatfield	4:37.50
	L 7	Lucie PECK	14	West Norfolk	4:39.10
	L 8	Safia BUTTON	13	teamipswich	4:40.48