



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 Thirteen

Event 511 Mens 200m Butterfly

H 1	L 2	Arthur BERNANS	11	Basildon Ph	3:10.36	H 3	L 1	Holly LAMB	12	Southend	3:03.37
	L 3	Christopher WILLIAMSON	12	Co Cambridge	3:07.38		L 2	Kiara JESSOP	13	Lstof & OB	3:02.31
	L 4	William HAMM	12	Dunstable	3:05.09		L 3	Georgia PRITCHARD	12	Hatfield	3:02.06
	L 5	Finn COOPER	11	teamipswich	3:05.78		L 4	Alice FASEY	13	Thetford	3:00.97
	L 6	Tobin SARI	12	West Suffolk	3:08.96		L 5	Harriet CLEMENTS	13	Watford SC	3:01.97
H 2	L 1	Adam HOLMES	13	Flitwick	3:00.62		L 6	Ella MCGHIE	13	Co Peterboro	3:02.24
	L 2	Harley WEST	13	Basildon Ph	3:00.44		L 7	Caitlin HARTLEY	13	Hatfield	3:02.50
	L 3	Jacob STEPHEN	12	Brentwood	2:59.00		L 8	Anita TIEN	12	Colchester	3:05.15
	L 4	Brayden DOYLE	12	Brentwood	2:58.10	H 4	L 1	Sophie GRIFFIN	13	Co Peterboro	3:00.80
	L 5	Oliver CROWTHER	13	Biggleswade	2:58.91		L 2	Grace GUNTON	13	UEA Norwich	2:59.10
	L 6	Matthew MONIE	12	Co Cambridge	2:59.73		L 3	Bruna REBELO	13	Hatfield	2:58.88
	L 7	Daniel DIXON	12	Brentwood	3:00.55		L 4	Abbie BARNWELL	14	Team Luton	2:58.33
	L 8	Max HILL	11	Stevenage	3:04.51		L 5	Charlotte HUDSON	14	West Suffolk	2:58.60
H 3	L 1	Thomas OWEN	12	West Norfolk	2:57.20		L 6	Catherine ODELL	14	St Felix Sch	2:58.92
	L 2	Enzo LIM	12	Watford SC	2:56.01		L 7	Taisia TIRON	13	Harlow Pen	3:00.08
	L 3	George WILLIAMS	13	Harpندن	2:54.94		L 8	Cerys WILLIAMS	13	West Suffolk	3:00.86
	L 4	Daniel ORD	12	Watford SC	2:51.65	H 5	L 1	Jessica MUNFORD	13	Norwich Swan	2:57.61
	L 5	Nikita CHARYKIN	11	Thurrock	2:53.86		L 2	Autumn HANDSCOMBE	14	C Beds SS	2:56.46
	L 6	Charles ROYLE	12	Basildon Ph	2:55.47		L 3	Hannah DALEY	13	Co Peterboro	2:56.29
	L 7	Jack ABRAM	12	UEA Norwich	2:56.30		L 4	Katie HAMMOND	14	Co Cambridge	2:55.63
	L 8	George GRICE	12	UEA Norwich	2:57.65		L 5	Alexandra LAWMAN	14	Watford SC	2:56.03
H 4	L 1	Xavier KIRCHIN	13	Leighton Buz	2:49.80		L 6	Lily BEMMER	14	Deben	2:56.42
	L 2	George WHITEMAN	13	Co Peterboro	2:46.21		L 7	Niamh SADLER	13	UEA Norwich	2:57.56
	L 3	Jenson HURRELL	12	Thurrock	2:45.80		L 8	Molly MONK	13	Dereham	2:58.30
	L 4	Jack PALLANT	13	Lstof & OB	2:45.60	H 6	L 1	Rebecca GIROLAMI	14	Colchester	2:54.72
	L 5	Denis MORINE	12	Chelmsford	2:45.80		L 2	Poppy ALLEN	14	Basildon Ph	2:52.53
	L 6	Ciaran COOK	14	Co St Albans	2:45.98		L 3	Charlotte ABRAMSON	13	UEA Norwich	2:48.90
	L 7	Max ASHKEN	14	Deben	2:46.48		L 4	Ellie MATTHEWS	14	Putteridge	2:44.86
	L 8	Taylor COE	13	Cheshunt	2:51.35		L 5	Charlotte WHITE	12	West Suffolk	2:47.90
H 5	L 1	Euan HIGGS	13	Chelmsford	2:45.30		L 6	Ella HALE	14	West Suffolk	2:52.20
	L 2	Akshay PISSAY	13	UEA Norwich	2:44.40		L 7	Chloe LAVIN	14	Co St Albans	2:54.06
	L 3	James EDGINGS	14	Thurrock	2:42.88		L 8	Ciara WOOKEY	13	Colchester	2:55.51
	L 4	Morgan FOSTER	14	Braintree	2:42.20	H 7	L 1	Mollie WHITE	14	Norfolk Vikg	2:54.62
	L 5	Aaron LAMBIE	14	Thurrock	2:42.59		L 2	Charlotte TREE	13	Colchester	2:52.48
	L 6	Peter SOCZEWKA	12	Hatfield	2:43.60		L 3	Grace KING	13	teamipswich	2:48.21
	L 7	William TOZER	14	West Suffolk	2:44.80		L 4	Erin O'MEARA	14	Watford SC	2:43.90
	L 8	Matthew MUNNINGS	14	Diss Otters	2:45.54		L 5	Imogen BLOOMFIELD	14	Co Cambridge	2:46.10
H 6	L 1	Harry ARBUTHNOTT	14	Harpندن	2:41.05		L 6	Ellie-Mei SHEPPERSON	14	West Norfolk	2:51.05
	L 2	Ethan PEIRCE	13	Harlow Pen	2:36.00		L 7	Chloe BERKO-BOATENG	14	Cheshunt	2:53.63
	L 3	Alfie WARNOCK	14	Putteridge	2:34.28		L 8	Iona TRAINER	14	Co Ely	2:55.14
	L 4	Daniel MURTAGH	14	Hatfield	2:24.24	H 8	L 1	Ela NORTON	13	Hatfield	2:54.31
	L 5	Jack TURRELL	14	Basildon Ph	2:28.94		L 2	Niamh KELLY	13	Hatfield	2:52.24
	L 6	Jude HILLS	12	Bo Southend	2:34.40		L 3	Isabelle ROSHER	14	teamipswich	2:47.91
	L 7	Jimmy TAYLOR	13	Thurrock	2:37.90		L 4	Angharad EVANS	14	West Suffolk	2:38.38
	L 8	Samuel STEPHENS	14	St Felix Sch	2:42.13		L 5	Chiara ROGERS	14	Team Luton	2:45.40
H 7	L 1	Joshua THURSTON-W	14	Beccles Town	2:39.59		L 6	Grace STEDMAN	14	Co St Albans	2:49.35
	L 2	Harrison RIDER	13	Basildon Ph	2:35.90		L 7	Millie CLARK	14	Cheshunt	2:53.20
	L 3	Luke PESTAILLE	14	Hatfield	2:33.22		L 8	Polly FISH	13	Co Cambridge	2:55.10
	L 4	Devesh KAPOOR	14	Watford SC	2:22.50						
	L 5	Connor WALKER	13	Co Peterboro	2:26.20						
	L 6	Henry FERRIES	14	Basildon Ph	2:34.30						
	L 7	Luke BARTON	13	Lstof & OB	2:37.73						
	L 8	Ben WOODHOUSE	14	Norwich Swan	2:41.36						
H 8	L 1	Euan DONALD	14	Berkhamsted	2:38.23						
	L 2	Teal'K SMITH	14	Beccles Town	2:34.94						
	L 3	Ciaran RICHES	14	West Suffolk	2:30.64						
	L 4	Nathan WOODROW	14	UEA Norwich	2:14.40						
	L 5	Michael KLIMASZEWSKI	13	Hatfield	2:24.40						
	L 6	Rhys DAVIDSON	13	Team Luton	2:34.30						
	L 7	Mide OLAJIDE	13	Thurrock	2:37.00						
	L 8	Joshua BRIDGELAND	14	Stevenage	2:41.13						

Event 512 Womens 200m Breaststroke

H 1	L 3	Lucy COIA-BELL	12	Co St Albans	3:10.01
	L 4	Abigail GOTTS	12	Norfolk Vikg	3:09.34
	L 5	Charlotte NORMAN	12	Colchester	3:09.60
H 2	L 2	Sophie JENKINSON	12	Basildon Ph	3:08.48
	L 3	Isla WINSLOW	12	UEA Norwich	3:07.38
	L 4	Beth YOUNG	11	Felixstowe	3:05.86
	L 5	Ruby GREENHALF	12	UEA Norwich	3:06.30
	L 6	Eloisa MILLER	12	C Beds SS	3:07.90
	L 7	Anna BROWNE	12	UEA Norwich	3:09.19

Event 513 Mens 100m Breaststroke

H 1	L 3	Christopher WILLIAMSON	12	Co Cambridge	1:32.30
	L 4	Colin MOGHINA	12	Thurrock	1:31.84
	L 5	Daniel HOLLISS	11	Co St Albans	1:32.14
	L 6	Robbie CRUICKSHANKS	11	teamipswich	1:32.50
H 2	L 1	Charles TAVERNER	12	Watford SC	1:31.78
	L 2	Finn MEENAN	12	Dunstable	1:31.70
	L 3	Albert PAPWORTH	12	Co Peterboro	1:31.67
	L 4	Alasdair WOOLGROVE	12	Co St Albans	1:31.56
	L 5	Edward RICHARDSON	12	Harpندن	1:31.60
	L 6	Eldrick MANELA	12	Stevenage	1:31.69
	L 7	Billy KNIBB	12	Linslade	1:31.72
	L 8	Daniel MILLER	12	Linslade	1:31.80
H 3	L 1	Matthew MONIE	12	Co Cambridge	1:30.74
	L 2	Alfie FRANCIS	12	Colchester	1:30.71
	L 3	Billy MEAD	12	Dunstable	1:30.53
	L 4	Enzo LIM	12	Watford SC	1:30.37
	L 5	James GISBORNE	12	Bishop Stort	1:30.41
	L 6	James BELL	12	Norwich Swan	1:30.59
	L 7	Mark MILBURN	12	Colchester	1:30.73
	L 8	Benjamin ASHDOWN	12	Modernian	1:30.80



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H 4	L 1	Jacob STEPHEN	12	Brentwood	1:30.00	H 2	L 1	Isabelle KENWORTHY	11	UEA Norwich	35.20
	L 2	Thomas OWEN	12	West Norfolk	1:29.19		L 2	Isla WINSLOW	12	UEA Norwich	35.19
	L 3	Louis WALKER	12	Colchester	1:29.07		L 3	Kirsty FUGE	11	Hatfield	35.10
	L 4	James CLAY	12	Stowmarket	1:28.99		L 4	Kaia PHILLIPS	11	Bishop Stort	34.81
	L 5	Daniel AJETUMMOBI	12	Thurrock	1:29.00		L 5	Georgia PRITCHARD	12	Hatfield	34.98
	L 6	Brayden DOYLE	12	Brentwood	1:29.10		L 6	Holly MORGAN	11	Hoddesdon	35.10
	L 7	Barnabas CLARKE	11	UEA Norwich	1:29.80		L 7	Teni OGUNLESI	12	Thurrock	35.20
	L 8	Patrick WINNINGTON	12	DunmowAtlant	1:30.12		L 8	Orla KENNY	12	Co Cambridge	35.34
H 5	L 1	Noah CRABB	12	teamipswich	1:27.07	H 3	L 1	Louise DONAGHY	12	Modernian	34.70
	L 2	Matthew WEIMANN	13	Co Cambridge	1:25.82		L 2	Sophie LANDER	12	Stowmarket	34.60
	L 3	James ROTHWELL	13	Co Peterboro	1:25.56		L 3	Michaela TAIWO	12	Thurrock	34.40
	L 4	Alexander WILLIAMS	12	Watford SC	1:24.31		L 4	Beth YOUNG	11	Felixstowe	34.05
	L 5	George WILLIAMS	13	Harpenden	1:25.07		L 5	Isobel GELLER	12	Tring	34.39
	L 6	Bradley BORLAND	13	Putteridge	1:25.60		L 6	Eloisa MILLER	12	C Beds SS	34.60
	L 7	Ethan ANGEL	11	teamipswich	1:26.95		L 7	Molly COBBOLD	11	Hoddesdon	34.69
	L 8	Finley COMAN	12	Gt Yarmouth	1:28.75		L 8	Lily MACDONALD	12	UEA Norwich	34.70
H 6	L 1	Thomas HANLEY	13	Chatteris	1:24.20	H 4	L 1	Ruby WHEELER	11	Basildon Ph	34.00
	L 2	Tyler TOMBS	12	Chelmsford	1:23.78		L 2	Faith ASHWORTH S	13	Co Cambridge	33.90
	L 3	Harry SWANN	13	Lstof & OB	1:22.61		L 3	Astrid HUBBARD	13	West Norfolk	33.86
	L 4	Ketan RACH	13	Watford SC	1:21.41		L 4	Erin CROUCH	13	teamipswich	33.80
	L 5	Seyi BANKOLE	14	Hemel Hemp	1:21.49		L 5	Harriet CLEMENTS	13	Watford SC	33.85
	L 6	Johnny WILDE	13	Putteridge	1:23.38		L 6	Nonhlanhla THOLE	12	St Felix Sch	33.90
	L 7	Ashton NEO	13	Linslade	1:24.17		L 7	Daisy MOXHAM	12	Co Cambridge	34.00
	L 8	Luke TAYLOR	13	Co Cambridge	1:24.25		L 8	Kiera BLUNDEN	12	Chelmsford	34.00
H 7	L 1	Marcus MOSCUZZA	12	St Felix Sch	1:21.00	H 5	L 1	Ella SMALLCOMBE	13	Maldon Shark	33.80
	L 2	Thomas OGDEN	13	Bishop Stort	1:20.90		L 2	Ella NIJKAMP	12	Berkhamsted	33.80
	L 3	Joshua STEPHENS	14	St Felix Sch	1:20.80		L 3	Lucy COIA-BELL	12	Co St Albans	33.77
	L 4	Samuel OAKLEY	14	Potters Bar	1:20.78		L 4	Holly LAMB	12	Southend	33.70
	L 5	Jack BROWN	14	Co Peterboro	1:20.80		L 5	Julianna MERCADO	13	Norwich Swan	33.76
	L 6	Benjamin GREEN	13	Watford SC	1:20.86		L 6	Rachel HA	13	Epping For't	33.79
	L 7	Matthew NEWSON	14	Co Peterboro	1:20.91		L 7	Leah WIGHTMAN	12	West Norfolk	33.80
	L 8	Joshua HOLLAND	14	Hertford	1:21.29		L 8	Georgina MUNDAY	13	Modernian	33.80
H 8	L 1	Louis BYRNE	14	Co Cambridge	1:20.63	H 6	L 1	Bethan FUGE	13	Hatfield	33.69
	L 2	Olivier VEDRENNE	12	UEA Norwich	1:20.40		L 2	Megan BUNCLARK	12	Leiston	33.50
	L 3	Robert ADDIS	13	West Norfolk	1:20.02		L 3	Niamh KELLY	13	Hatfield	33.38
	L 4	Henry KING	14	West Suffolk	1:19.34		L 4	Grace WALLER	13	Basildon Ph	33.31
	L 5	Yuto WATANABE	13	Hatfield	1:19.40		L 5	Helena HALL	12	Deben	33.36
	L 6	Euan DONALD	14	Berkhamsted	1:20.05		L 6	Lucy MORGAN	13	Colchester	33.50
	L 7	James SPEERS	14	Basildon Ph	1:20.50		L 7	Maddie LEES	13	DunmowAtlant	33.60
	L 8	Benjamin CLAYTON-	14	Hatfield	1:20.65		L 8	Ruby GREENHALF	12	UEA Norwich	33.70
H 9	L 1	Harrison JARVIS	13	Thurrock	1:18.63	H 7	L 1	Alanya SHAW	13	Norfolk Vikg	33.29
	L 2	James MARTINEZ	14	West Suffolk	1:17.74		L 2	Jessica SHAW	12	March	33.27
	L 3	Lewis SHAYLER	14	Watford SC	1:15.35		L 3	Ciara TAYLOR	12	Co Ely	33.18
	L 4	Sam WILLIAMSON	13	Hatfield	1:11.30		L 4	Sophie GRIFFIN	13	Co Peterboro	33.10
	L 5	Walter HACKETT	14	Dunstable	1:14.12		L 5	Charlotte NORMAN	12	Colchester	33.10
	L 6	William ROBINS	14	C Beds SS	1:16.70		L 6	Charlotte FLYNN	13	St Ives	33.26
	L 7	Callum STEDMAN	14	Dereham	1:18.43		L 7	Laura SNELHAM	13	Deben	33.28
	L 8	Louis STEPHEN	14	Brentwood	1:19.24		L 8	Isabella CHAPMAN	13	Harpenden	33.29
H 10	L 1	Naythan AUNG	13	Colchester	1:18.60	H 8	L 1	Brooke JENKINS	13	Southend	33.04
	L 2	Marco TONTODONATI	14	Bishop Stort	1:17.26		L 2	Bethan ENDICOTT	12	St Ives	32.99
	L 3	Jack RICHARDSON	14	DunmowAtlant	1:15.00		L 3	Rhianne CARRICK	13	Dunstable	32.90
	L 4	James DILLON	14	Basildon Ph	1:10.80		L 4	Erin LITTLE	12	Chelmsford	32.80
	L 5	Freddie LAWS	14	West Norfolk	1:14.10		L 5	Grace GUNTON	13	UEA Norwich	32.87
	L 6	Harvey HALL	14	Deben	1:15.90		L 6	Ruby DAGLESS	12	Dereham	32.99
	L 7	Owen THOMAS	13	Modernian	1:18.40		L 7	Menna WALMSLEY	13	Team Luton	33.00
	L 8	Cameron NEWTON	14	Braintree	1:19.00		L 8	Matilda BOGLE	11	teamipswich	33.10
H 11	L 1	Edward MERHAN	12	West Suffolk	1:18.50	H 9	L 1	Ellie MATTHEWS	14	Putteridge	32.40
	L 2	Samuel BULLINGHAM	14	West Suffolk	1:16.94		L 2	Charlotte ABRAMSON	13	UEA Norwich	32.40
	L 3	Owen WEBSTER	14	St Felix Sch	1:14.90		L 3	Lauren BROWNE	14	Co Peterboro	32.37
	L 4	Finn JEFFERY	14	St Felix Sch	1:10.26		L 4	Daisy SANDON	14	Stevenage	32.30
	L 5	James QUINN	13	St Ives	1:12.10		L 5	Brenna HOWELL	13	Co Peterboro	32.34
	L 6	Matthew DEBENHAM	13	teamipswich	1:15.60		L 6	Victoria ROGERS	14	Basildon Ph	32.40
	L 7	Mattias MORSE	14	Hemel Hemp	1:18.26		L 7	Gemma HANSON	14	Hatfield	32.40
	L 8	Samuel RENNIE	13	Braintree	1:19.00		L 8	Imogen BLOCK	13	Lstof & OB	32.60
Event 514 Womens 50m Butterfly											
H 1	L 2	Jessica MAHONEY	12	Co Peterboro	35.48	H 10	L 1	Emily COOPER	12	Basildon Ph	32.20
	L 3	Amy PAGET	12	Co Peterboro	35.47		L 2	Millie BATEMAN	14	UEA Norwich	32.16
	L 4	Matilda RANSOME	11	Co Cambridge	35.40		L 3	Leanne HEMMINGS	14	Harlow Pen	32.10
	L 5	Sofia PECCEI	12	Watford SC	35.40		L 4	Isabel WAINWRIGHT	14	Modernian	32.10
	L 6	Katie ROGERS	12	West Suffolk	35.48		L 5	Autumn HANDSCOMBE	14	C Beds SS	32.10
							L 6	Isabelle SANDFORD	14	Basildon Ph	32.10
							L 7	Hannah COLLETT	12	Basildon Ph	32.20
							L 8	Charlotte OPOKU-GI	14	Team Luton	32.20



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Start Lists Session Thirteen

H 11	L 1	Madison SMITH	14	Stanway	32.00	H 5	L 1	Fabian BRUDNICKI	13	Co Peterboro	4:45.73
	L 2	Imogen BLOOMFIELD	14	Co Cambridge	32.00		L 2	William TOZER	14	West Suffolk	4:44.27
	L 3	Emma CRUICKSHANKS	14	teamipswich	31.98		L 3	Teal'K SMITH	14	Beccles Town	4:43.68
	L 4	Isabelle SOULSBY	14	Berkhamsted	31.92		L 4	Edward JEX	14	Co St Albans	4:42.49
	L 5	Isabel MOORE	14	Norwich Swan	31.94		L 5	Matthew NEWSON	14	Co Peterboro	4:43.26
	L 6	Lucie PECK	14	West Norfolk	32.00		L 6	James SPEERS	14	Basildon Ph	4:43.82
	L 7	Niamh HIGGINS	14	Colchester	32.00		L 7	Samuel STEPHENS	14	St Felix Sch	4:44.43
	L 8	Eve WRIGHT	14	Co Peterboro	32.07		L 8	Luke BARTON	13	Lstof & OB	4:46.33
H 12	L 1	Anita TIEN	12	Colchester	31.90	H 6	L 1	Samuel MILLER	14	Bo Southend	4:41.87
	L 2	Kitty JARVIS	14	Harlow Pen	31.90		L 2	Edward MCFARLAND	14	C Beds SS	4:41.40
	L 3	Nancy NEAVE	13	Braintree	31.70		L 3	William PESTELL	14	teamipswich	4:37.85
	L 4	Safia BUTTON	13	teamipswich	31.61		L 4	Michael KLIMASZEWSKI	13	Hatfield	4:35.50
	L 5	Annabelle BURGESS	14	teamipswich	31.66		L 5	Thomas BELCHER	14	Modernian	4:35.67
	L 6	Bianka MISIKOVA	14	Hatfield	31.80		L 6	Alfie KING	14	Thetford	4:38.22
	L 7	Gracie TROTTER	14	C Beds SS	31.90		L 7	Joshua THURSTON-W	14	Beccles Town	4:41.82
	L 8	Ciara WOOKEY	13	Colchester	31.90		L 8	Samuel BULLINGHAM	14	West Suffolk	4:42.16
H 13	L 1	Jessica HEESOM	14	Potters Bar	31.50	H 7	L 1	Devesh KAPOOR	14	Watford SC	4:33.77
	L 2	Rebecca HOWELL	14	Basildon Ph	31.20		L 2	Chester LEEMING	13	St Felix Sch	4:32.80
	L 3	Chloe BERKO-BOATENG	14	Cheshunt	30.35		L 3	Henry NEWELL	14	Newmarket	4:30.09
	L 4	Lily MERRETT	14	Hoddesdon	29.74		L 4	Owen WEBSTER	14	St Felix Sch	4:23.01
	L 5	Ella HALE	14	West Suffolk	30.10		L 5	Samuel ROSE	14	West Norfolk	4:24.80
	L 6	Tilly MAYES	14	Thurrock	30.94		L 6	Joe COOPER	13	teamipswich	4:31.06
	L 7	Katherine CHEESERIGHT	14	C Beds SS	31.40		L 7	Jack TURRELL	14	Basildon Ph	4:33.60
	L 8	Lily GENNER	14	West Suffolk	31.60		L 8	Daniel WHITE	14	St Felix Sch	4:34.96
H 14	L 1	Chiara ROGERS	14	Team Luton	31.50						
	L 2	Rebecca SMITH	14	Norwich Swan	31.18						
	L 3	Libby DUNFORD	14	Hoddesdon	30.23						
	L 4	Sacha THOMAS	14	UEA Norwich	29.70						
	L 5	Sara KALAWSKA	14	Hatfield	30.02						
	L 6	Rachel ANDREWS	13	C Beds SS	30.70						
	L 7	Valeria GIRON	12	Hatfield	31.40						
	L 8	Katie HAMMOND	14	Co Cambridge	31.60						
H 15	L 1	Matilda MEYRICK	14	Norfolk Vikg	31.50						
	L 2	Iona TRAINER	14	Co Ely	31.04						
	L 3	Jessica WOODWARD	14	Potters Bar	30.20						
	L 4	Sophie FREEMAN	13	Colchester	28.40						
	L 5	Angharad EVANS	14	West Suffolk	29.90						
	L 6	May BRADBURN	13	Chelmsford	30.40						
	L 7	Charlotte HUDSON	14	West Suffolk	31.20						
	L 8	Polly FISH	13	Co Cambridge	31.60						

Event 515 Mens 400m Freestyle

H 1	L 2	Hayden MILLER	12	Braintree	5:11.57
	L 3	Ryan ROBERTS	12	Dunstable	5:09.94
	L 4	Matthew MONIE	12	Co Cambridge	5:06.96
	L 5	Aidan CLARKSON	12	DunmowAtlant	5:07.80
	L 6	Finn COOPER	11	teamipswich	5:11.39
H 2	L 1	Enzo LIM	12	Watford SC	5:04.98
	L 2	James GISBORNE	12	Bishop Stort	5:03.23
	L 3	Max ROBERTSON	13	Hatfield	4:59.79
	L 4	James ROTHWELL	13	Co Peterboro	4:58.57
	L 5	Matt BESSEY	13	Lstof & OB	4:58.79
	L 6	Jenson HURRELL	12	Thurrock	5:01.05
	L 7	Harry SHARPE	12	West Norfolk	5:04.90
	L 8	Denis MORINE	12	Chelmsford	5:06.60
H 3	L 1	Jimmy TAYLOR	13	Thurrock	4:57.10
	L 2	Guy SEMPLE	13	Co Cambridge	4:56.37
	L 3	Finley COMAN	12	Gt Yarmouth	4:56.19
	L 4	Tyler JACKSON	13	Harlow Pen	4:53.18
	L 5	Tyler WATSON	13	Flitwick	4:55.49
	L 6	Peter SOCZEWSKA	12	Hatfield	4:56.22
	L 7	Tom MALIA	13	Flitwick	4:56.85
	L 8	Joseph MCGILLIVRAY	12	Lstof & OB	4:57.75
H 4	L 1	Oskar FARKAS	12	Co Cambridge	4:50.73
	L 2	Connor WALKER	13	Co Peterboro	4:47.86
	L 3	Ryan DAVIS	13	Epping For't	4:47.37
	L 4	Jeremy AITKEN	14	Beccles Town	4:46.67
	L 5	Robert ADDIS	13	West Norfolk	4:47.20
	L 6	Jude HILLS	12	Bo Southend	4:47.60
	L 7	Aidan PILCHER	12	teamipswich	4:50.11
	L 8	Joab CARR	13	St Felix Sch	4:53.06