



#### Start List

H 7	L 1	Sammy HUMPHREY	22	Leighton Buz	31.74	H 4	L 1	Alexander CATTON	15	Bishop Stort	26.00
	L 2	Bronte O'DEA	15	Runnymede	31.73		L 2	Jamie COLES	17	Colchester	26.00
	L 3	Emma SHOOBERT	16	C Beds SS	31.60		L 3	Dylan NUTT	19	DunmowAtlant	26.00
	L 4	Harriet CLEMENTS	14	Watford SC	31.55		L 4	Andrei GARE	17	Southend	25.93
	L 5	Larissa DEAN	16	Harpندن	31.60		L 5	Luke GOODALL	19	Runnymede	25.99
	L 6	Gracie KAY	15	Co Cambridge	31.68		L 6	Ryan WEBB	17	Gt Yarmouth	26.00
	L 7	Sophie TAYLOR	16	Co St Albans	31.74		L 7	Daniel CHANDLER	16	Linslade	26.00
	L 8	Rebecca WEST	16	Thurrock	31.82		L 8	Ryan EAGLES	17	Felixstowe	26.02
H 8	L 1	Gemma BOOTH	16	Newmarket	31.48	H 5	L 1	Samuel LITTLE	16	Basildon Ph	25.90
	L 2	Molly OLLINGTON	20	Co Cambridge	31.40		L 2	Henry PEARCE	16	Co Peterboro	25.90
	L 3	Emily LUSH	16	Potters Bar	31.40		L 3	Conor FERGUSON	17	C Beds SS	25.89
	L 4	Emily WHYTE	15	teamipswich	31.28		L 4	Jacob CLARKE	17	West Suffolk	25.70
	L 5	Francesca CROCKER	18	St Ives	31.29		L 5	Jake LAMMAS	17	West Norfolk	25.71
	L 6	Sophie LANDER	13	Deben	31.40		L 6	Oliver HARRIS	17	West Norfolk	25.90
	L 7	Ella HALE	15	West Suffolk	31.40		L 7	Jacob ISLE	17	West Norfolk	25.90
	L 8	Jessica KEOGH	14	Hatfield	31.49		L 8	Connor GILLINGHAM	15	West Suffolk	25.90
H 9	L 1	Lara-Grace MOUNT	16	West Norfolk	31.16	H 6	L 1	Luke WESTWOOD	28	Co Cambridge	25.68
	L 2	Lauren STOTT	16	Hatfield	30.86		L 2	Morgan FOSTER	15	Braintree	25.60
	L 3	Elinor DULEY	18	Colchester	30.32		L 3	C THURSTON-WOOLNO	18	Beccles Town	25.60
	L 4	Mia CARTER	16	Bishop Stort	29.35		L 4	Oliver KIMBER	16	Co Norwich	25.60
	L 5	Emily LANE	22	Basildon Ph	30.10		L 5	Joseph BENTLEY	19	Witham Dolph	25.60
	L 6	Georgia PEASE	16	Basildon Ph	30.66		L 6	Ryan KELLY	19	Chelmsford	25.60
	L 7	Grace WALLER	14	Basildon Ph	31.10		L 7	Sam DAVIES	17	Felixstowe	25.64
	L 8	Isabel HARBER	15	Verulam	31.24		L 8	Thomas OGDEN	14	Bishop Stort	25.70
H 10	L 1	Claire BURRELL	17	Co St Albans	31.11	H 7	L 1	Daniel CHADA	17	Bishop Stort	25.50
	L 2	Niamh JAMES	17	Bishop Stort	30.76		L 2	Walter HACKETT	15	Dunstable	25.44
	L 3	Megan PYE	16	Co Norwich	30.30		L 3	Thomas SARAH	24	Co Cambridge	25.44
	L 4	Lija RADZIUNAITE	16	teamipswich	29.02		L 4	Matthew ROTHWELL	16	Co Peterboro	25.40
	L 5	Eve WRIGHT	15	Co Peterboro	29.90		L 5	Ashley HOLNESS-WRIGHT	22	Watford SC	25.41
	L 6	Lily MERRETT	15	Co St Albans	30.63		L 6	Yasir NAIMI	18	Co Peterboro	25.44
	L 7	Tara COLEMAN	22	Deben	31.06		L 7	Louis STEPHEN	15	Brentwood	25.50
	L 8	Eleanor KING	18	Team Luton	31.23		L 8	Samuel HUTCHINGS	18	Hemel Hemp	25.54
H 11	L 1	Carys BREALEY	14	Harlow Pen	31.10	H 8	L 1	Samuel MILLER	15	Basildon Ph	25.40
	L 2	Abbie LOW	16	Chelmsford	30.70		L 2	Thomas BOYT	19	Felixstowe	25.35
	L 3	Ella MCGHIE	14	Co Peterboro	30.20		L 3	Collins SALIBOKO	16	St Felix Sch	25.30
	L 4	Martha DULEY	19	Colchester	28.66		L 4	Matthew GRAY	18	Co Peterboro	25.30
	L 5	Emma CRUICKSHANKS	15	teamipswich	29.40		L 5	John TELENSKY	17	Harpندن	25.30
	L 6	Asma PARKER	15	Colchester	30.40		L 6	Taylor BOWEN	17	West Suffolk	25.30
	L 7	Danielle RAYNER	22	March	30.91		L 7	Joshua TRAPP	17	Hertford	25.38
	L 8	Safia BUTTON	14	teamipswich	31.18		L 8	Callum WOLLASTON	17	Bor of Brox	25.40
<b>Event 203 Mens Open 50m Freestyle</b>											
H 1	L 2	Mark EVENS	22	S14 Hitchin	32.20	H 9	L 1	Marcus KEMP	17	Watford SC	25.22
	L 3	Louis HINES	21	S14 Watford SC	27.59		L 2	Harry SAUNDERS	16	Newmarket	25.20
	L 4	Oliver OWEN	16	Hitchin	26.27		L 3	Ralph MUNCER	17	Co St Albans	25.20
	L 5	Oliver ELLISON	15	Dunstable	26.28		L 4	Jack JACKSON	22	Watford SC	25.16
	L 6	Roan BRENNAN	12	S9 Basildon Ph	31.70		L 5	James SPEERS	15	Basildon Ph	25.17
	L 7	Samuel WHEARTY	16	S9 Colchester	33.30		L 6	Samuel ROSE	15	West Norfolk	25.20
H 2	L 1	William PICTON	17	Bishop Stort	26.21		L 7	Joseph WELLS	19	West Norfolk	25.20
	L 2	JJ WILDE	14	Team Luton	26.20		L 8	Thomas CLARE	17	teamipswich	25.26
	L 3	Lewis BAYLEY	17	Southend	26.20	H 10	L 1	Jack SANGSTER	17	Modernian	25.00
	L 4	Charles RENNIE	17	Braintree	26.19		L 2	Nathan SWIFT	17	Putteridge	24.90
	L 5	Lewis CHAPMAN	17	Stowmarket	26.20		L 3	Thomas PICKERING	18	Linslade	24.90
	L 6	Alfie FRANCIS	15	Potters Bar	26.20		L 4	Michael JUDD	20	Dunstable	24.90
	L 7	Thomas HAMILTON	17	Royston	26.20		L 5	Harrison LEES	17	Watford SC	24.90
	L 8	Ben WILKINSON	19	West Suffolk	26.23		L 6	Ashley COOMBS	17	Hemel Hemp	24.90
H 3	L 1	Matthew ANDERSON	16	Deben	26.10		L 7	George ROGERS	18	Saffron Wald	24.90
	L 2	Louis WALKER	13	Colchester	26.10		L 8	James COOK	19	Biggleswade	25.12
	L 3	George SPORLE	17	Co Ely	26.10	H 11	L 1	Alec BURCHELL	20	Co Cambridge	24.89
	L 4	D THURSTON-WOOLNO	17	Beccles Town	26.09		L 2	Charles WHYTE	17	West Suffolk	24.87
	L 5	Alfie WARNOCK	15	Putteridge	26.10		L 3	Thomas CADENHEAD	16	Co St Albans	24.80
	L 6	Samuel PYEFINCH	13	Triug	26.10		L 4	Herbie KINDER	16	Co Peterboro	24.80
	L 7	Raffaele GRACI	17	Putteridge	26.10		L 5	Kai ADAMS	22	Halstead	24.80
	L 8	William ABBOTT	18	Leighton Buz	26.10		L 6	Manfred BATTLE	16	Co Cambridge	24.80
							L 7	Luke BRYAN	18	West Norfolk	24.87
							L 8	Jamie BRACKSTON	17	Hitchin	24.89

#### Start List

				<b>Event 205 Mens Open 200m Butterfly</b>							
H 12	L 1	Myles ROBINSON-YOUNG	16	Co Peterboro	24.70	H 1	L 3	Ben WOODHOUSE	15	Norwich Swan	2:29.70
	L 2	Thomas OWEN	18	Co Norwich	24.60		L 4	Robbie BRINDLEY	14	West Suffolk	2:29.68
	L 3	Adam MARTIN	18	Potters Bar	24.57		L 5	Morgan FOSTER	15	Braintree	2:29.70
	L 4	Dalton YALLOP	21	Lstof & OB	24.50	H 2	L 2	Connor HOUSTON	14	Deben	2:28.88
	L 5	Shimon LOPEZ	17	Co Cambridge	24.54		L 3	Ayotobi LAGUDA	16	Hatfield	2:28.06
	L 6	Finlay RYAN	19	West Norfolk	24.60		L 4	Ethan PEIRCE	14	Harlow Pen	2:27.77
	L 7	Alex EVENS	19	Hitchin	24.60		L 5	Teal'K SMITH	15	Beccles Town	2:27.80
	L 8	James COOPER	16	Basildon Ph	24.80		L 6	James HOSE	18	Dunstable	2:28.80
H 13	L 1	Lucas DYSON-DIAZ	18	Hatfield	24.41		L 7	Matthew BROWN	13	Stowmarket	2:28.90
	L 2	Harry WEARS	21	Leighton Buz	24.20	H 3	L 1	Euan HIGGS	14	Chelmsford	2:27.13
	L 3	E THOMAS-MANSFIELD	17	Co Cambridge	23.80		L 2	Oliver WOODCOCK	17	Beccles Town	2:26.63
	L 4	Lawrence PALMER	26	Putteridge	23.49		L 3	James EDGINGS	15	Thurrock	2:26.47
	L 5	Lewis MOORE	16	teamipswich	23.60		L 4	Harry ARBUTHNOTT	15	Harpenden	2:26.09
	L 6	Sebastian VANDERMEER	15	Co Cambridge	24.00		L 5	Samuel PYEFINCH	13	Tring	2:26.40
	L 7	Nathan WELLS	20	West Norfolk	24.40		L 6	Alfie WILLIAMS	15	Canvey Isl	2:26.50
	L 8	Oliver KENNY	21	West Norfolk	24.50		L 7	Timothy HUGHES	16	C Beds SS	2:26.72
H 14	L 1	Ben BLOWERS	16	Co Norwich	24.40		L 8	Christopher WILLIAMSON	13	Co Cambridge	2:27.30
	L 2	Alessandro RIODA	14	Harlow Pen	24.20	H 4	L 1	Jimmy TAYLOR	14	Thurrock	2:25.50
	L 3	Matthew TITMAN	17	Co Cambridge	23.80		L 2	George WHITEMAN	14	Co Peterboro	2:25.10
	L 4	Ignacio LARGHERO	19	Newmarket	23.20		L 3	Max ASHKEN	15	Deben	2:24.31
	L 5	Regan LLOYD	21	teamipswich	23.50		L 4	J THURSTON-WOOLNO	15	Beccles Town	2:23.81
	L 6	Reese HOUSDEN	16	Hatfield	23.80		L 5	Mattias MORSE	15	Hemel Hemp	2:23.96
	L 7	Sam TOWNSEND	14	C Beds SS	24.40		L 6	Lewis CHAPMAN	17	Stowmarket	2:24.38
	L 8	Sam PERKINS	16	teamipswich	24.50		L 7	Joel GREEN	18	Hemel Hemp	2:25.29
H 15	L 1	Jacques BONSELL	19	Co Cambridge	24.40		L 8	Edward MCFARLAND	15	C Beds SS	2:25.90
	L 2	Lee BAKER	23	Harlow Pen	24.10	H 5	L 1	Daniel MURTAGH	15	Hatfield	2:19.22
	L 3	Michael RIPPER	17	Co St Albans	23.70		L 2	Connor WALKER	14	Co Peterboro	2:15.20
	L 4	Harry CONSTANTINE	18	Hatfield	22.40		L 3	Lucas DYSON-DIAZ	18	Hatfield	2:10.75
	L 5	Brandon NABARRO	21	Putteridge	23.50		L 4	Herbie KINDER	16	Co Peterboro	2:05.90
	L 6	Jake MOXHAM	16	Co Cambridge	23.80		L 5	Matthew COURTIS	23	Co Cambridge	2:08.61
	L 7	Liam CURRAN	20	Putteridge	24.38		L 6	Charles WHYTE	17	West Suffolk	2:12.72
	L 8	Joshua FOWLES	19	Witham Dolph	24.50		L 7	Elliott DAY	16	teamipswich	2:16.60
							L 8	Ismail RAHIM	16	Berkhamsted	2:22.56
				<b>Event 204 Womens Open 200m Butterfly</b>							
H 1	L 1	Nonhlanhla THOLE	13	St Felix Sch	2:34.60	H 6	L 1	James MCFARLAND	17	C Beds SS	2:18.50
	L 2	Rachel HA	14	Epping For't	2:33.40		L 2	C GREENHALGH	22	West Suffolk	2:14.50
	L 3	Gracie TROTTER	15	C Beds SS	2:33.20		L 3	Collins SALIBOKO	16	St Felix Sch	2:10.20
	L 4	Freya HARWOOD	14	Hitchin	2:32.62		L 4	Harry WHITEMAN	18	Co Peterboro	2:04.40
	L 5	Jessica SHAW	13	Co Peterboro	2:33.00		L 5	Nathan WOODROW	15	Co Norwich	2:08.20
	L 6	Rachel ANDREWS	14	C Beds SS	2:33.30		L 6	Jamie MCCAFFRAY	17	Modernian	2:11.75
	L 7	Cerys WILLIAMS	14	West Suffolk	2:34.10		L 7	Angus HARROW	16	Harpenden	2:16.60
H 2	L 1	Olivia SEAL	16	Hatfield	2:31.97		L 8	Peter SOCZEWKA	13	Hatfield	2:22.00
	L 2	Lauren GRICE	19	Leighton Buz	2:29.30	H 7	L 1	Thomas ALLISON	17	Newmarket	2:17.30
	L 3	Valeria GIRON	13	Hatfield	2:25.53		L 2	Manfred BATTLE	16	Co Cambridge	2:12.77
	L 4	Poppy RICHARDSON	17	Co Peterboro	2:20.00		L 3	Devesh KAPOOR	15	Watford SC	2:10.10
	L 5	Katie HAMMOND	15	Co Cambridge	2:23.27		L 4	James WOODWARD	18	Hatfield	2:01.60
	L 6	Jessica PENKUL	16	Bishop Stort	2:28.54		L 5	Michael KLIMASZEWSKI	14	Hatfield	2:06.30
	L 7	Lauren THOMAS	16	C Beds SS	2:29.95		L 6	Henry PEARCE	16	Co Peterboro	2:11.10
	L 8	Matiida RANSOME	12	Co Cambridge	2:32.08		L 7	Jude LIDDIARD	17	Co St Albans	2:15.60
H 3	L 1	Freya WRIGHT	16	West Suffolk	2:30.74		L 8	Andrei GARE	17	Southend	2:20.00
	L 2	Orla KEAVENEY	15	Modernian	2:29.20						
	L 3	Tia GARDINER	16	Chelmsford	2:25.00						
	L 4	Sara KALAWSKA	15	Hatfield	2:17.32						
	L 5	Rebecca HOWELL	15	Basildon Ph	2:21.90						
	L 6	Millie WARD	16	Brentwood	2:27.20						
	L 7	Megan COOK	18	Harlow Pen	2:29.60						
	L 8	Daisy SANDON	15	Stevenage	2:32.05						
H 4	L 1	Menna WALMSLEY	14	Team Luton	2:30.46						
	L 2	Natalie SANFORD	14	St Felix Sch	2:28.66						
	L 3	Lucie PECK	15	West Norfolk	2:24.19						
	L 4	Mia LEECH	16	Co Peterboro	2:14.70						
	L 5	Zara KEEGAN	16	Co Cambridge	2:21.20						
	L 6	Ruby WHEELER	12	Basildon Ph	2:26.40						
	L 7	Emily GREEN	17	Brentwood	2:29.40						
	L 8	Ella HALE	15	West Suffolk	2:32.01						

Event 206 Womens Open 100m Breaststroke						Event 207 Mens Open 100m Breaststroke								
H 1	L 1	Mwaba MKWASA	13	SB8	Norwich Swan	1:51.27	H 1	L 3	Samuel WHEARTY	16	SB8	Colchester	1:37.07	
	L 2	Ciara GILL-RYAN	16		Newmarket	1:20.02		L 4	Herbie KINDER	16		Co Peterboro	1:14.00	
	L 3	Niamh KELLY	14		Hatfield	1:19.91		L 5	Aaron HIRD	19	SB9	Putteridge	1:21.35	
	L 4	Jasmine WOLSTENHOLME15			Leiston	1:19.82		H 2	L 1	Thomas TOLAND	17		Co St Albans	1:13.98
	L 5	Kira DOYLE	23		Hemel Hemp	1:19.85		L 2	Dominic MCCARTHY	16		Bor of Brox	1:13.82	
	L 6	Abbie BARNWELL	15		Team Luton	1:20.01		L 3	Samuel SKUSE	17		Beccles Town	1:13.66	
	L 7	Jessica BOND	15		Hatfield	1:20.02		L 4	Oliver HARRIS	17		West Norfolk	1:13.56	
H 2	L 1	Charlotte HUDSON	15		West Suffolk	1:19.75		L 5	Harry SAUNDERS	16		Newmarket	1:13.62	
	L 2	Lucy HUDSON	14		West Suffolk	1:19.51		L 6	Finley PAWLE	16		Leiston	1:13.79	
	L 3	Mollie WHITE	15		Norfolk Vikg	1:19.34		L 7	Alfie FRANCIS	15		Potters Bar	1:13.90	
	L 4	Fleur HINES	15		Watford SC	1:19.25		L 8	Morgan FOSTER	15		Braintree	1:14.00	
	L 5	Isabella CHAPMAN	14		Harpenden	1:19.26	H 3	L 1	Tommy CHANDLER	16		Gt Yarmouth	1:12.94	
	L 6	Polly FISH	14		Co Cambridge	1:19.40		L 2	Owen VAUGHAN	15		Chelmsford	1:12.91	
	L 7	Rebecca MERRILL	17		Norwich Swan	1:19.63		L 3	Lewis CHAPMAN	17		Stowmarket	1:12.75	
	L 8	Chloe LAVIN	15		Co St Albans	1:19.82		L 4	Nathan SWIFT	17		Putteridge	1:12.67	
H 3	L 1	Chloe BERKO-BOATENG	15		Hatfield	1:19.18		L 5	Joseph TALBOT	18		Linslade	1:12.73	
	L 2	Alice FASEY	14		Thetford	1:19.10		L 6	Alessandro RIODA	14		Harlow Pen	1:12.83	
	L 3	Ciara WOOKEY	14		Colchester	1:18.97		L 7	Jordan CATCHPOLE	19	SB14	Co Norwich	1:12.94	
	L 4	Jessica WATSON	13		Modernian	1:18.25		L 8	Taylor BOWEN	17		West Suffolk	1:13.07	
	L 5	Nicole CHANDLER	16		Deben	1:18.93	H 4	L 1	Raffaele GRACI	17		Putteridge	1:12.52	
	L 6	Lily BEMMER	15		Deben	1:19.04		L 2	William HANDLEY	16		Stowmarket	1:12.27	
	L 7	Grace GUNTON	14		Co Norwich	1:19.10		L 3	Alfie FRANCIS	13		Colchester	1:12.10	
	L 8	Ella MURPHY	16		Harpenden	1:19.25		L 4	Owen WEBSTER	15		St Felix Sch	1:11.95	
H 4	L 1	Ellie-Mei SHEPPERSON	15		West Norfolk	1:18.13		L 5	Leyton BERREY	19		Co Norwich	1:12.00	
	L 2	Emma PARKER	14		St Felix Sch	1:17.80		L 6	Tolu ELESIN	16		Potters Bar	1:12.15	
	L 3	Nicole EGENES	15		Co St Albans	1:17.74		L 7	JJ WILDE	14		Team Luton	1:12.50	
	L 4	Emily BIGGS	19		Co Cambridge	1:17.50		L 8	Freddie SYMONDS	16		Team Luton	1:12.60	
	L 5	Grace STEDMAN	15		Co St Albans	1:17.71	H 5	L 1	Matthew ROTHWELL	16		Co Peterboro	1:11.83	
	L 6	Beth YOUNG	12		Felixstowe	1:17.80		L 2	Callum STEDMAN	15		Dereham	1:11.80	
	L 7	Olivia LEE	14		Co Peterboro	1:18.10		L 3	Matthew HONEYMAN	18		Potters Bar	1:11.71	
	L 8	Jessica MUNFORD	14		Norwich Swan	1:18.20		L 4	Mattias MORSE	15		Hemel Hemp	1:11.68	
H 5	L 1	Rebecca GIROLAMI	15		Colchester	1:16.65		L 5	James MONCUR-BROWN	18		Co Norwich	1:11.70	
	L 2	Imogen BLOOMFIELD	15		Co Cambridge	1:16.56		L 6	D THURSTON-WOOLNO	17		Beccles Town	1:11.74	
	L 3	Charlotte ABRAMSON	14		Co Norwich	1:16.30		L 7	William ROBINS	15		C Beds SS	1:11.80	
	L 4	Caitlin DAY	17		Basildon Ph	1:16.03		L 8	Walter HACKETT	15		Dunstable	1:11.84	
	L 5	Katherine DAYNES	16		Halstead	1:16.18	H 6	L 1	Conor FERGUSON	17		C Beds SS	1:11.64	
	L 6	Celyn WALMSLEY	17		Team Luton	1:16.40		L 2	Samuel DACK	16		DunmowAtlant	1:11.25	
	L 7	Lauren SCOTT	16		Chelmsford	1:16.60		L 3	Matthew DEBENHAM	14		teamipswich	1:11.10	
	L 8	Iona TRAINER	15		Co Ely	1:16.91		L 4	Jamie COLES	17		Colchester	1:10.89	
H 6	L 1	Ellie MATTHEWS	15		Putteridge	1:15.38		L 5	Samuel JOHNSON	20		Halstead	1:10.99	
	L 2	India WESTON	16		Norfolk Vikg	1:14.31		L 6	James MCFARLAND	17		C Beds SS	1:11.25	
	L 3	Grace KING	15		teamipswich	1:13.10		L 7	William PESTELL	15		teamipswich	1:11.45	
	L 4	Amelia MONAGHAN	16		Co Peterboro	1:11.70		L 8	Thomas BOYT	19		Felixstowe	1:11.66	
	L 5	Lauren WATT	17		Newmarket	1:12.26	H 7	L 1	Joseph COLDWELL	16		Hemel Hemp	1:10.59	
	L 6	Erin O'MEARA	15		Watford SC	1:14.10		L 2	Jack MANSFIELD	16		Harlow Pen	1:10.38	
	L 7	Charlotte WHITE	13		West Suffolk	1:15.10		L 3	Kyle HOLMES	19		Hemel Hemp	1:10.15	
	L 8	Danielle RAYNER	22		March	1:15.67		L 4	Mal STAFF	16		Co Norwich	1:10.00	
H 7	L 1	Lucy PARK	22		Watford SC	1:15.11		L 5	Thomas HAMILTON	17		Royston	1:10.15	
	L 2	Danielle HARTIN	16	SB14	Basildon Ph	1:14.20		L 6	Yannik WILSON	16		Co St Albans	1:10.26	
	L 3	Annabelle BURGESS	15		teamipswich	1:12.95		L 7	Olivier VEDRENNE	13		Co Norwich	1:10.40	
	L 4	Rebecca BURTON	20		Co Peterboro	1:11.10		L 8	Lewis BAYLEY	17		Southend	1:10.61	
	L 5	Vejune PETRAITYTE	16		Basildon Ph	1:12.10	H 8	L 1	Rhys DAVIDSON	14		Team Luton	1:09.90	
	L 6	Ela NORTON	14		Hatfield	1:13.70		L 2	Matthew MCLAUGHLIN	25		DunmowAtlant	1:09.46	
	L 7	Chiara ROGERS	15		Team Luton	1:14.97		L 3	Ole MILLS	19		Halstead	1:09.14	
	L 8	Jana SPINNER	19		Co Norwich	1:15.50		L 4	Alex LEZARD	19		Co Cambridge	1:08.90	
H 8	L 1	Louise BUSH	27		Co Norwich	1:15.10		L 5	Spencer PRIOR	19		teamipswich	1:09.04	
	L 2	Aoife MARLEY	16		Witham Dolph	1:14.12		L 6	Marcus KEMP	17		Watford SC	1:09.36	
	L 3	Sophie PAYNE	16		Hatfield	1:12.70		L 7	Joseph RICHARDSON	17		Co St Albans	1:09.84	
	L 4	Kathryn GILL	31		Co Cambridge	1:10.50		L 8	Charles RENNIE	17		Braintree	1:09.97	
	L 5	Molly LEE	17		West Norfolk	1:11.70								
	L 6	Sarah O'BRIEN	22		West Norfolk	1:13.47								
	L 7	Molly MONK	14		Dereham	1:14.70								
	L 8	Alara NORTON	17		Hatfield	1:15.45								

# Swim England East Region

## Short Course Championships 2018

### Session Two

#### Start List

H 9	L 1	Callum HAROLD	16	Bishop Stort	1:08.70	H 6	L 1	Charlotte HUDSON	15	West Suffolk	1:12.09	
	L 2	James DILLON	15	Basildon Ph	1:08.60		L 2	Freya WRIGHT	16	West Suffolk	1:12.04	
	L 3	Gabriel CANGE	20	Co Cambridge	1:08.56		L 3	Lily BEMMER	15	Deben	1:11.92	
	L 4	Henry KING	15	West Suffolk	1:08.40		L 4	Olivia LEE	14	Co Peterboro	1:11.89	
	L 5	Michael JUDD	20	Dunstable	1:08.44		L 5	Sophie TAYLOR	17	St Felix Sch	1:11.91	
	L 6	Jack WILLIAMS	16	Basildon Ph	1:08.60		L 6	Ciara WOOKEY	14	Colchester	1:11.96	
	L 7	Maxim DE WILDT	17	Co Cambridge	1:08.70		L 7	Lucy PARK	22	Watford SC	1:12.04	
	L 8	Harvey HALL	15	Deben	1:08.80		L 8	Ella MCGHIE	14	Co Peterboro	1:12.11	
H 10	L 1	Oliver CASHIN	16	Co Cambridge	1:08.20	H 7	L 1	Emilia DUNWOODIE	13	Co St Albans	1:11.85	
	L 2	Thomas SARAH	24	Co Cambridge	1:07.59		L 2	Isabel HARBER	15	Verulam	1:11.78	
	L 3	Alex FLORANCE	18	West Norfolk	1:07.20		L 3	Jana SPINNER	19	Co Norwich	1:11.73	
	L 4	Lewis WATERS	19	Co Cambridge	1:04.35		L 4	Jessica KEOGH	14	Hatfield	1:11.65	
	L 5	Benjamin ARKLE	19	Co Cambridge	1:06.50		L 5	Eleanor LLEWELLYN	18	West Suffolk	1:11.71	
	L 6	Bryn COUSER	16	Bishop Stort	1:07.30		L 6	Millie DUDLEY	14	Dunstable	1:11.75	
	L 7	Lee PETERSON	44	Braintree	1:08.10		L 7	Charlotte WHITE	13	West Suffolk	1:11.83	
	L 8	Myles TURNER	18	Co Cambridge	1:08.40		L 8	Isabella CHAPMAN	14	Harpenden	1:11.85	
H 11	L 1	Finn JEFFERY	15	St Felix Sch	1:08.16	H 8	L 1	Harriet CLEMENTS	14	Watford SC	1:11.57	
	L 2	James QUINN	14	St Ives	1:07.52		L 2	Sophie TAYLOR	16	Co St Albans	1:11.30	
	L 3	William LOVEMAN	18	Co St Albans	1:06.69		L 3	Orla KEAVENEY	15	Modernian	1:11.23	
	L 4	Nathan HUGHES	18	Hatfield	1:02.78		L 4	Ciara GILL-RYAN	16	Newmarket	1:11.17	
	L 5	Ralph MUNCER	17	Co St Albans	1:06.30		L 5	Rebecca GIROLAMI	15	Colchester	1:11.21	
	L 6	Luke WESTWOOD	28	Co Cambridge	1:07.28		L 6	Shona MCKENNA	16	Hemel Hemp	1:11.27	
	L 7	Finlay RYAN	19	West Norfolk	1:08.00		L 7	Lucy HUDSON	14	West Suffolk	1:11.46	
	L 8	Lewis SHAYLER	15	Watford SC	1:08.30		L 8	Fleur HINES	15	Watford SC	1:11.64	
H 12	L 1	Freddie LAWS	15	West Norfolk	1:08.13	H 9	L 1	Ella DOOTSON	16	Stowmarket	1:11.08	
	L 2	Jack RICHES	17	Co Norwich	1:07.40		L 2	Gemma BOOTH	16	Newmarket	1:10.78	
	L 3	Luke BRYAN	18	West Norfolk	1:06.60		L 3	Tia GARDINER	16	Chelmsford	1:10.69	
	L 4	Lawrence PALMER	26	Putteridge	58.66		L 4	Claire BURRELL	17	Co St Albans	1:10.65	
	L 5	Thomas WIGGINS	19	Co Peterboro	1:05.10		L 5	Lily MERRETT	15	Co St Albans	1:10.67	
	L 6	Christopher GREENHALGH22		West Suffolk	1:07.27		L 6	Smriti GOKARN	16	St Felix Sch	1:10.75	
	L 7	Sam PERKINS	16	teamipswich	1:07.63		L 7	Erin LITTLE	13	Chelmsford	1:11.06	
	L 8	Harrison JARVIS	14	Thurrock	1:08.30		L 8	Niamh JAMES	17	Bishop Stort	1:11.13	
<b><u>Event 208 Womens Open 100m IM</u></b>						H 10	L 1	Rebecca WEST	16	Thurrock	1:10.43	
	H 1	L 3	Charlotte ABRAMSON	14	Co Norwich	2:36.70		L 2	Ella MURPHY	16	Harpenden	1:10.33
		L 4	Francesca PECCEI	15	Watford SC	2:36.42		L 3	Sophie PAYNE	16	Hatfield	1:10.20
		L 5	Lucy KING	15	Hitchin	2:36.45		L 4	Iona TRAINER	15	Co Ely	1:09.92
	H 2	L 2	Niamh WAINWRIGHT	15	Chelmsford	2:36.40		L 5	Libby DUNFORD	15	Bor of Brox	1:10.00
		L 3	Harriet NEWMAN	16	Potters Bar	2:36.18		L 6	Lucie PECK	15	West Norfolk	1:10.27
		L 4	Jessica SHAW	13	Co Peterboro	2:35.95		L 7	Lara-Grace MOUNT	16	West Norfolk	1:10.41
		L 5	Kiera BLUNDEN	13	Chelmsford	2:36.00		L 8	Emily LUSH	16	Potters Bar	1:10.47
		L 6	Anastasia WILKINSON	13	Hatfield	2:36.30	H 11	L 1	Natalie SANFORD	14	St Felix Sch	1:09.62
		L 7	Ellie HOLLISS	14	Co St Albans	2:36.40		L 2	Georgina TALLON	18	Potters Bar	1:08.91
	H 3	L 1	Emma HOWITT	16	Modernian	2:35.75		L 3	Grace KING	15	teamipswich	1:07.57
		L 2	Macy DEXTER	12	Co Cambridge	2:35.53		L 4	Jessica WOODWARD	15	Hatfield	1:06.06
		L 3	Brooke JENKINS	14	Southend	2:35.10		L 5	Ellie WHEELER	16	Basildon Ph	1:07.12
		L 4	Isabelle SOULSBY	15	Berkhamsted	2:34.99		L 6	Rikke NAGELL-KLEVEN	23	Co Norwich	1:08.37
		L 5	Gemma HANSON	15	Hatfield	2:35.07		L 7	Molly OLLINGTON	20	Co Cambridge	1:09.54
		L 6	Sophie LANDER	13	Deben	2:35.30		L 8	Cathryn THOMSON	28	St Ives	1:09.85
		L 7	Millie SMALL	17	West Suffolk	2:35.64	H 12	L 1	Molly LEE	17	West Norfolk	1:09.61
		L 8	Emily WATSON	15	Modernian	2:35.87		L 2	Tara COLEMAN	22	Deben	1:08.83
	H 4	L 1	Daisy SANDON	15	Stevenage	2:34.65		L 3	Erin O'MEARA	15	Watford SC	1:07.46
		L 2	Cerys WILLIAMS	14	West Suffolk	2:34.47		L 4	Lauren WATT	17	Newmarket	1:05.34
		L 3	Astrid HUBBARD	14	West Norfolk	2:33.98		L 5	Martha DULEY	19	Colchester	1:06.88
		L 4	Lauren GOODYER	18	C Beds SS	2:32.77		L 6	Ella HALE	15	West Suffolk	1:08.25
		L 5	Nicole CHANDLER	16	Deben	2:33.90		L 7	Sarah O'BRIEN	22	West Norfolk	1:09.48
		L 6	Rebecca SMITH	15	Norwich Swan	2:34.18		L 8	Ellie MATTHEWS	15	Putteridge	1:09.69
		L 7	Lauren THOMAS	16	C Beds SS	2:34.55	H 13	L 1	Amelia MONAGHAN	16	Co Peterboro	1:09.58
		L 8	Matilda BOGLE	12	teamipswich	2:34.98		L 2	Sonia TUMIOTTO	17	St Felix Sch	1:08.41
	H 5	L 1	Matilda RANSOME	12	Co Cambridge	2:32.56		L 3	India WESTON	16	Norfolk Vikg	1:07.26
		L 2	Rachael JOHNSON	16	West Norfolk	2:31.50		L 4	Rebecca BURTON	20	Co Peterboro	1:05.24
		L 3	Gracie KAY	15	Co Cambridge	2:30.58		L 5	Sara KALAWSKA	15	Hatfield	1:06.43
		L 4	Abbie LOW	16	Chelmsford	2:25.06		L 6	Lija RADZIUNAITE	16	teamipswich	1:07.88
		L 5	Emma PARKER	14	St Felix Sch	2:30.30		L 7	Millie FIELDS	14	Bishop Stort	1:08.99
		L 6	Holly LAMB	13	Southend	2:31.40		L 8	Poppy RICHARDSON	17	Co Peterboro	1:09.63
		L 7	Molly MONK	14	Dereham	2:32.48						
		L 8	Rebecca MERRILL	17	Norwich Swan	2:32.57						

#### Event 209 Mens Open 400m Freestyle

H 1	L 2	Samuel WHEARTY	16	S9	Colchester	5:57.40
	L 3	Louis HINES	21	S14	Watford SC	4:34.09
	L 4	Thomas ALLISON	17		Newmarket	4:23.83
	L 5	Jake LAMMAS	17		West Norfolk	4:24.33
	L 6	Roan BRENNAN	12	S9	Basildon Ph	5:13.70
H 2	L 1	Mehdi EL MANSAR	14		Bishop Stort	4:20.80
	L 2	Nicholas BOTHA	16		Bishop Stort	4:20.03
	L 3	Thomas CADENHEAD	16		Co St Albans	4:17.50
	L 4	Joshua BRIDGELAND	15		Hatfield	4:17.27
	L 5	Samuel ROSE	15		West Norfolk	4:17.40
	L 6	Ben BLOWERS	16		Co Norwich	4:17.90
	L 7	Jacob ISLE	17		West Norfolk	4:20.15
	L 8	J THURSTON-WOOLNO	15		Beccles Town	4:23.70
H 3	L 1	Joe COOPER	14		teamipswich	4:16.70
	L 2	James COOPER	16		Basildon Ph	4:16.10
	L 3	Owen WEBSTER	15		St Felix Sch	4:15.34
	L 4	Michael RIPPER	17		Co St Albans	4:13.03
	L 5	Matthew ROTHWELL	16		Co Peterboro	4:15.30
	L 6	Thomas CLARE	17		teamipswich	4:15.83
	L 7	Ayotobi LAGUDA	16		Hatfield	4:16.10
	L 8	Joseph WELLS	19		West Norfolk	4:16.72
H 4	L 1	Joshua FOWLES	19		Witham Dolph	4:10.90
	L 2	Myles TURNER	18		Co Cambridge	4:05.40
	L 3	Herbie KINDER	16		Co Peterboro	4:04.70
	L 4	Lewis BINNING	15		Basildon Ph	4:01.50
	L 5	Luke SUGDEN	19		Hatfield	4:02.78
	L 6	Henry PEARCE	16		Co Peterboro	4:05.06
	L 7	Michael KLIMASZEWSKI	14		Hatfield	4:08.10
	L 8	James SPEERS	15		Basildon Ph	4:12.70
H 5	L 1	Jacques BONSELL	19		Co Cambridge	3:59.70
	L 2	Myles ROBINSON-YOUNG	16		Co Peterboro	3:57.70
	L 3	Jamie SCHOLLES	18		Co Peterboro	3:53.50
	L 4	Nathan WELLS	20		West Norfolk	3:51.90
	L 5	Nathan HUGHES	18		Hatfield	3:52.50
	L 6	Regan LLOYD	21		teamipswich	3:54.20
	L 7	Max JELFS	17		Hatfield	3:58.40
	L 8	Ralph MUNCER	17		Co St Albans	4:00.00