

Event 401 Mens Open 200m IM

Final			
L 1	Finlay RYAN	19 West Norfolk	2:10.08
L 2	Spencer PRIOR	19 teamipswich	2:09.62
L 3	Myles TURNER	18 Co Cambridge	2:09.22
L 4	Nathan HUGHES	18 Hatfield	2:08.04
L 5	Nathan WELLS	20 West Norfolk	2:09.07
L 6	M ROBINSON-YOUNG	16 Co Peterboro	2:09.43
L 7	Charles WHYTE	17 West Suffolk	2:09.62
L 8	Luke BRYAN	18 West Norfolk	2:11.08
R1	Ayotobi LAGUDA	16 Hatfield	

Event 402 Womens Open 50m Backstroke

Final			
L 1	Asma PARKER	15 Colchester	29.99
L 2	Ella MCGHIE	14 Co Peterboro	29.87
L 3	Megan PYE	16 Co Norwich	29.44
L 4	Lija RADZIUNAITE	16 teamipswich	29.15
L 5	Martha DULEY	19 Colchester	29.25
L 6	Eve WRIGHT	15 Co Peterboro	29.63
L 7	Emma CRUICKSHANKS	15 teamipswich	29.89
L 8	Georgia PEASE	16 Basildon Ph	30.11

Event 403 Mens Open 50m Freestyle

Final			
L 1	Matthew TITMAN	17 Co Cambridge	23.99
L 2	Lawrence PALMER	26 Putteridge	23.87
L 3	Brandon NABARRO	21 Putteridge	23.66
L 4	Harry CONSTANTINE	18 Hatfield	22.71
L 5	Lewis MOORE	16 teamipswich	23.57
L 6	Ignacio LARGHERO	19 Newmarket	23.68
L 7	Jake MOXHAM	16 Co Cambridge	23.94
L 8	Reese HOUSDEN	16 Hatfield	24.07
R1	Harry WEARS	21 Leighton Buz	

Event 404 Womens Open 200m Butterfly

Final			
L 1	Natalie SANFORD	14 St Felix Sch	2:26.92
L 2	Zara KEEGAN	16 Co Cambridge	2:23.90
L 3	Poppy RICHARDSON	17 Co Peterboro	2:21.21
L 4	Mia LEECH	16 Co Peterboro	2:16.40
L 5	Sara KALAWSKA	15 Hatfield	2:19.39
L 6	Valeria GIRON	13 Hatfield	2:23.53
L 7	Lucie PECK	15 West Norfolk	2:24.43
L 8	Emily GREEN	17 Brentwood	2:27.15
R1	Freya WRIGHT	16 West Suffolk	

Event 405 Mens Open 200m Butterfly

Final			
L 1	Matthew COURTIS	23 Co Cambridge	2:11.55
L 2	Herbie KINDER	16 Co Peterboro	2:09.80
L 3	Michael KLIMASZEWSKI	14 Hatfield	2:05.75
L 4	James WOODWARD	18 Hatfield	2:03.95
L 5	Harry WHITEMAN	18 Co Peterboro	2:05.31
L 6	Manfred BATTLE	16 Co Cambridge	2:08.30
L 7	Jude LIDIARD	17 Co St Albans	2:11.13
L 8	Nathan WOODROW	15 Co Norwich	2:12.40
R1	Collins SALIBOKO	16 St Felix Sch	

Event 406 Womens Open 100m Breaststroke

Final			
L 1	Sophie PAYNE	16 Hatfield	1:13.13
L 2	Jana SPINNER	19 Co Norwich	1:12.49
L 3	Kathryn GILL	31 Co Cambridge	1:11.17
L 4	Rebecca BURTON	20 Co Peterboro	1:10.93
L 5	Amelia MONAGHAN	16 Co Peterboro	1:11.08
L 6	Molly LEE	17 West Norfolk	1:12.13
L 7	Erin O'MEARA	15 Watford SC	1:12.56
L 8	Annabelle BURGESS	15 teamipswich	1:13.37

Event 407 Mens Open 100m Breaststroke

Final			
L 1	Lee PETERSON	44 Braintree	1:06.76
L 2	William LOVEMAN	18 Co St Albans	1:06.25
L 3	Lewis WATERS	19 Co Cambridge	1:05.61
L 4	Lawrence PALMER	26 Putteridge	1:03.91
L 5	Nathan HUGHES	18 Hatfield	1:05.36
L 6	Luke WESTWOOD	28 Co Cambridge	1:05.91
L 7	Luke BRYAN	18 West Norfolk	1:06.63
L 8	Thomas SARAH	24 Co Cambridge	1:06.79
R1	James QUINN	14 St Ives	
R2	Ralph MUNCER	17 Co St Albans	

Event 408 Womens Open 100m IM

Final			
L 1	Abbie LOW	16 Chelmsford	1:06.63
L 2	Sara KALAWSKA	15 Hatfield	1:06.25
L 3	Millie FIELDS	14 Bishop Stort	1:06.15
L 4	Rebecca BURTON	20 Co Peterboro	1:04.47
L 5	Rikke NAGELL-KLEVEN	23 Co Norwich	1:05.62
L 6	Amelia MONAGHAN	16 Co Peterboro	1:06.23
L 7	Lauren WATT	17 Newmarket	1:06.48

Event 409 Mens Open 100m Backstroke

Final			
L 1	Liam BRENNAN	16 Basildon Ph	58.69
L 2	Thomas PICKERING	18 Linslade	58.11
L 3	Herbie KINDER	16 Co Peterboro	57.47
L 4	Thomas CLARE	17 teamipswich	56.67
L 5	Nathan WELLS	20 West Norfolk	57.24
L 6	Jamie SCHOLLES	18 Co Peterboro	57.92
L 7	Matthew GRAY	18 Co Peterboro	58.52
L 8	Ryan KELLY	19 Chelmsford	58.71
R1	Manfred BATTLE	16 Co Cambridge	
R2	Daniel CHADA	17 Bishop Stort	

Event 410 Womens Open 100m Freestyle

Final			
L 1	Jessica WOODWARD	15 Hatfield	58.42
L 2	Millie FIELDS	14 Bishop Stort	57.99
L 3	Jana SPINNER	19 Co Norwich	57.53
L 4	Elinah PHILLIP	18 Bishop Stort	56.43
L 5	Sacha THOMAS	15 Co Norwich	57.32
L 6	Mia MASPERS	16 teamipswich	57.69
L 7	Charlotte WALKER	16 St Felix Sch	58.03

Event 411 Mens Open 200m Freestyle

Final			
L 1	Herbie KINDER	16 Co Peterboro	1:54.23
L 2	Myles ROBINSON-YOUNG	16 Co Peterboro	1:52.62
L 3	Harry CONSTANTINE	18 Hatfield	1:51.52
L 4	Regan LLOYD	21 teamipswich	1:50.86
L 5	James WOODWARD	18 Hatfield	1:51.34
L 6	Nathan WELLS	20 West Norfolk	1:52.22
L 7	Reese HOUSDEN	16 Hatfield	1:53.56
L 8	Jacques BONSELL	19 Co Cambridge	1:54.29
R1	Ralph MUNCER	17 Co St Albans	
R2	Luke SUGDEN	19 Hatfield	

Event 412 Womens Open 50m Butterfly

Final			
L 1	Sara KALAWSKA	15 Hatfield	28.87
L 2	Sacha THOMAS	15 Co Norwich	28.85
L 3	Georgia TALLON	18 Potters Bar	28.58
L 4	Elinah PHILLIP	18 Bishop Stort	28.08
L 5	Elinor DULEY	18 Colchester	28.27
L 6	Amie PHILPOT	16 teamipswich	28.66
L 7	Rikke NAGELL-KLEVEN	23 Co Norwich	28.86
L 8	Jessica WOODWARD	15 Hatfield	28.95
R1	Rebecca BURTON	20 Co Peterboro	
R2	Lily MERRETT	15 Co St Albans	

Event 413 Mens Open 50m Butterfly

Final			
L 1	Liam CURRAN	20 Putteridge	26.13
L 2	Ignacio LARGHERO	19 Newmarket	26.01
L 3	Thomas CLARE	17 teamipswich	25.75
L 4	Matthew TITMAN	17 Co Cambridge	25.44
L 5	Brandon NABARRO	21 Putteridge	25.50
L 6	Lucas DYSON-DIAZ	18 Hatfield	25.91
L 7	James WOODWARD	18 Hatfield	26.05
L 8	Manfred BATTLE	16 Co Cambridge	26.21
R1	Charles WHYTE	17 West Suffolk	
R2	Sam TOWNSEND	14 C Beds SS	

Event 414 Womens Open 200m Backstroke

Final			
L 1	Ellie WHEELER	16 Basildon Ph	2:19.77
L 2	Emily LANE	22 Basildon Ph	2:17.74
L 3	Abbie LOW	16 Chelmsford	2:17.06
L 4	Megan PYE	16 Co Norwich	2:15.71
L 5	Niamh JAMES	17 Bishop Stort	2:16.45
L 6	Olivia NORMAN	16 Colchester	2:17.62
L 7	Danielle RAYNER	22 March 2:18.28	
L 8	Lauren STOTT	16 Hatfield	2:20.51
R1	Gracie KAY	15 Co Cambridge	
R2	Emma CRUICKSHANKS	15 teamipswich	

Event 415 Mens Open 400m Freestyle Team

H 1	L 3	Beccles Town SC Green	Beccles Town	3:58.00
	L 4	Beccles Town SC White	Beccles Town	3:51.00
	L 5	Harpenden Swimming Clu	Harpenden	3:55.30
H 2	L 2	City of St Albans B	Co St Albans	3:47.97
	L 3	Central Bedfordshire S	C Beds SS	3:45.00
	L 4	Berkhamsted SC	Berkhamsted	3:44.55
	L 5	Potters Bar SC	Potters Bar	3:44.76
	L 6	Hemel Hempstead SC	Hemel Hemp	3:46.00
	L 7	City Of Peterborough B	Co Peterboro	3:50.00
H 3	L 1	City Of Peterborough A	Co Peterboro	3:38.00
	L 2	City of St Albans A	Co St Albans	3:36.99
	L 3	Basildon and Phoenix S	Basildon Ph	3:36.00
	L 4	Hatfield SC A	Hatfield	3:24.00
	L 5	City of Cambridge A	Co Cambridge	3:32.50
	L 6	Hatfield SC B	Hatfield	3:36.40
	L 7	City of Cambridge B	Co Cambridge	3:37.10
	L 8	City of Norwich SC	Co Norwich	3:44.00

Event 416 Womens Open 400m Medley Team

H 1	L 2	Central Bedfordshire S	C Beds SS	4:40.00
	L 3	Hemel Hempstead SC	Hemel Hemp	4:39.00
	L 4	City Of Peterborough B	Co Peterboro	4:32.00
	L 5	Potters Bar SC	Potters Bar	4:34.08
	L 6	Harpenden Swimming Clu	Harpenden	4:39.47
	L 7	Hitchin SC	Hitchin	4:44.00
H 2	L 1	Hatfield SC B	Hatfield	4:29.70
	L 2	Chelmsford City SC	Chelmsford	4:24.90
	L 3	City Of Peterborough A	Co Peterboro	4:20.00
	L 4	Hatfield SC A	Hatfield	4:19.20
	L 5	City of Norwich SC	Co Norwich	4:20.00
	L 6	City of Cambridge SC	Co Cambridge	4:24.50
	L 7	Basildon and Phoenix S	Basildon Ph	4:25.00
	L 8	City of St Albans SC	Co St Albans	4:30.88