

Swim England East Region

Long Course Championships 2019

Session One

Start List

<u>Event 111 Womens Open 200m Butterfly</u>					<u>Event 112 Mens Open 50m Backstroke</u>						
H 1	L 2	Chloe Cook	04	March	2:45.40	H 1	L 3	Harrison Travers	04	DunmowAtlant	31.23
	L 3	Isabel Jones	04	C Beds SS	2:44.94		L 4	Matthew Kent	04	Harwich DP	31.12
	L 4	Mia Petchey	04	Runnymede	2:44.46		L 5	Dylan Cole	04	Stevenage	31.15
	L 5	Ella Houston	04	Deben	2:44.60						
	L 6	Etholle Marks	04	Newmarket	2:45.10	H 2	L 2	Jack Pallant	04	Lstoft & OB	31.06
H 2	L 1	Laura Snelham	04	St Felix Sch	2:43.16		L 3	Daniel Monk	04	Harlow Pen	30.92
	L 2	Maggie Fleet	04	Watford SC	2:42.56		L 4	Tobias Oglesby	04	West Norfolk	30.82
	L 3	Alice Richardson	03	Co St Albans	2:42.06		L 5	Cameron Beavis	04	Newmarket	30.90
	L 4	Brooke Jenkins	04	Southend	2:40.58		L 6	Tyler Watson	04	Flitwick	31.01
	L 5	Lucy Jordan-Caws	03	S15 Hatfield	2:40.60		L 7	Nathan Gray	04	Southend	31.10
	L 6	Madison Smith	03	Stanway	2:42.17	H 3	L 1	Nicholas Woodford	04	Co Cambridge	30.72
	L 7	Elizabeth Wilkinson	04	Chelmsford	2:42.80		L 2	Jacob Cowin	04	March	30.52
	L 8	Victoria Hart	04	Leighton Buz	2:44.05		L 3	Samuel Smith	04	March	30.45
H 3	L 1	Eleanor Mason	03	Bishop Stort	2:39.92		L 4	Daniel Chennells	03	Berkhamsted	30.38
	L 2	Marni Sillitoe	04	West Suffolk	2:37.18		L 5	Matt Harvey	04	Basildon Ph	30.42
	L 3	Lauren Young	03	Flitwick	2:37.00		L 6	Joe Randall	03	Co Cambridge	30.50
	L 4	Niamh Adcock	01	Co Norwich	2:35.42		L 7	Ketan Rach	04	Watford SC	30.70
	L 5	Radost Milkova	03	Thurrock	2:37.00		L 8	Robert Addis	04	West Norfolk	30.79
	L 6	Nellie Eastland	02	Bishop Stort	2:37.05	H 4	L 1	Alexander Horne	03	Co St Albans	30.23
	L 7	Iona Trainer	03	Co Ely	2:37.82		L 2	Morgan Foster	03	Braintree	30.17
	L 8	Libby Magill	03	Hatfield	2:40.24		L 3	Tyler Jackson	04	Harlow Pen	30.10
H 4	L 1	Anna Fallon	03	Team Luton	2:34.90		L 4	Syd Roberts	04	Colchester	29.90
	L 2	Rachel Ha	04	Epping For't	2:32.80		L 5	Luke Pestaille	03	Hatfield	30.10
	L 3	Daisy Sandon	03	Stevenage	2:32.05		L 6	Joseph Grice	03	Leighton Buz	30.10
	L 4	Cerys Williams	04	West Suffolk	2:31.94		L 7	Kai Cheng	04	Colchester	30.20
	L 5	Olivia Seal	02	Hatfield	2:31.97		L 8	Connor Walker	04	Co Peterboro	30.27
	L 6	Freya Harwood	04	Hitchin	2:32.62	H 5	L 1	Zane Batt	03	Hoddesdon	29.80
	L 7	Rebecca Smith	03	Norwich Swan	2:33.24		L 2	Jack Richardson	03	DunmowAtlant	29.71
	L 8	Eleanor Llewellyn	00	West Suffolk	2:35.21		L 3	Ben Woodhouse	03	Norwich Swan	29.46
H 5	L 1	Orla Keaveney	03	Modernian	2:29.20		L 4	Arvin Joaquin Rodrigue	04	Watford SC	29.39
	L 2	Emily Green	01	Brentwood	2:27.15		L 5	Robbie Brindley	04	West Suffolk	29.45
	L 3	Lucie Peck	03	West Norfolk	2:24.19		L 6	Charlie King	03	Co St Albans	29.49
	L 4	Poppy Richardson	01	Co Peterboro	2:19.80		L 7	Nathaniel Olayomi	03	Watford SC	29.74
	L 5	Olivia Norman	02	teamipswich	2:23.40		L 8	Oscar Brice	04	Co St Albans	29.89
	L 6	Harriet Salisbury	04	Co Peterboro	2:25.39	H 6	L 1	William Pestell	03	teamipswich	29.20
	L 7	Gracie Trotter	03	C Beds SS	2:28.39		L 2	Sam Townsend	04	C Beds SS	29.00
	L 8	Lauren Nelson	01	Harlow Pen	2:31.90		L 3	Matthew Newson	03	Co Peterboro	28.93
H 6	L 1	Ciara Wookey	04	Colchester	2:29.08		L 4	Samuel Miller	03	Basildon Ph	28.87
	L 2	Jessica Penkul	02	Bishop Stort	2:26.52		L 5	Thomas Boyt	99	Felixstowe	28.88
	L 3	Katie Hammond	03	Co Cambridge	2:23.90		L 6	Owen Vaughan	03	Chelmsford	28.93
	L 4	Sara Kalawska	03	Hatfield	2:17.32		L 7	Dennis Mhini	01	St Felix Sch	29.01
	L 5	Rebecca Howell	03	Basildon Ph	2:20.99		L 8	Ciaran Riches	03	West Suffolk	29.27
	L 6	Lily Merrett	03	Co St Albans	2:25.35	H 7	L 1	Ryan Webb	01	Gt Yarmouth	28.85
	L 7	Lauren Grice	99	Leighton Buz	2:28.00		L 2	Naythan Aung	04	Colchester	28.80
	L 8	Molly Young	03	Colchester	2:30.99		L 3	William Parsons	04	Deben	28.78
H 7	L 1	Lauren Thomas	02	Biggleswade	2:28.80		L 4	Thomas Owen	00	Co Norwich	28.70
	L 2	Danielle Rayner	96	Wisbech	2:26.50		L 5	Fabian Brudnicki	04	Co Peterboro	28.76
	L 3	Tia Gardiner	02	Chelmsford	2:23.70		L 6	Kai Adams	96	Halstead	28.78
	L 4	Mia Leech	02	Co Peterboro	2:13.72		L 7	Aidan Howard	02	Deben	28.82
	L 5	Zara Keegan	02	Co Cambridge	2:20.78		L 8	Lewis Bayley	01	Southend	28.86
	L 6	Natalie Sanford	04	St Felix Sch	2:24.27	H 8	L 1	Henry Pearce	02	Co Peterboro	28.70
	L 7	Millie Ward	02	Brentwood	2:27.20		L 2	Thomas Davis	95	St Ives	28.67
	L 8	Menna Walmsley	04	Team Luton	2:30.46		L 3	Jack Skerry	04	Chelmsford	28.60
							L 4	Oliver Kenny	97	S15 West Norfolk	28.58
							L 5	Thomas Stanbury	01	Potters Bar	28.60
							L 6	Connor Gillingham	03	West Suffolk	28.62
							L 7	Harrison Lees	01	Watford SC	28.68
							L 8	Teal'K Smith	03	Beccles Town	28.70
H 9	L 1	Yasir Naimi	00	Co Peterboro	28.55						
	L 2	Finn Jeffery	03	St Felix Sch	28.43						
	L 3	Matthew Anderson	02	Deben	28.36						
	L 4	Taylor Bowen	01	West Suffolk	28.26						
	L 5	Jake Thomas-Mansfield	00	West Suffolk	28.29						
	L 6	Collins Saliboko	02	St Felix Sch	28.42						
	L 7	Michael Ripper	01	Co St Albans	28.50						
	L 8	Ashley Coombs	01	Hemel Hemp	28.56						

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Start List

H 10	L 1	Elliott Day	02	teamipswich	28.25	H 5	L 1	Jessica Keogh	04	Hatfield	28.55
	L 2	Jordan Catchpole	99	S14 Co Norwich	28.11		L 2	Kayleigh Holroyd	03	C Beds SS	28.50
	L 3	Nathan Woodrow	03	Co Norwich	28.10		L 3	Bronte O'Dea	03	Runnymede	28.50
	L 4	Sebastian Vandermeer	03	Co Cambridge	28.00		L 4	Fleur Hines	03	Watford SC	28.38
	L 5	James Cooper	02	Basildon Ph	28.00		L 5	Maddie Lees	04	DunmowAtlant	28.40
	L 6	Ralph Davies	01	Harlow Pen	28.10		L 6	Lauren Sharp	03	Chelmsford	28.50
	L 7	Lewis Moore	02	teamipswich	28.18		L 7	Lily Bemmer	03	Deben	28.53
	L 8	Michael Judd	98	Dunstable	28.26		L 8	Matilda Turner	03	Hitchin	28.55
H 11	L 1	Charles Whyte	01	West Suffolk	27.74	H 6	L 1	Iona Trainer	03	Co Ely	28.35
	L 2	Jude Liddiard	01	Co St Albans	27.52		L 2	Cerys Williams	04	West Suffolk	28.30
	L 3	Manfred Battle	02	Co Cambridge	27.06		L 3	Ellie Matthews	03	Putteridge	28.30
	L 4	Nathan Wells	98	West Norfolk	26.24		L 4	Morgan Allan	03	Modernian	28.20
	L 5	Jack Bowyer	02	West Suffolk	26.70		L 5	Harriet Salisbury	04	Co Peterboro	28.21
	L 6	Daniel Chada	01	Bishop Stort	27.44		L 6	Francesca Peccei	03	Watford SC	28.30
	L 7	Daniel Murtagh	03	Hatfield	27.67		L 7	Georgina Knatchbull	04	C Beds SS	28.30
	L 8	Elliot Cook	94	teamipswich	27.98		L 8	Zoe Macdonald	03	Hitchin	28.37
H 12	L 1	Thomas Ogden	04	Bishop Stort	27.74	H 7	L 1	Rebecca Stroud	02	Brentwood	28.10
	L 2	Matthew Titman	01	Co Cambridge	27.50		L 2	Nicole Chandler	02	Deben	28.10
	L 3	Herbie Kinder	02	Co Peterboro	26.81		L 3	Georgie Park	04	Epping For't	28.00
	L 4	Thomas Clare	01	teamipswich	26.19		L 4	Orla Keaveney	03	Modernian	28.00
	L 5	Thomas Pickering	00	Linslade	26.40		L 5	Emily Haslam	04	Norfolk Vikg	28.00
	L 6	Benjamin Green	04	Watford SC	27.39		L 6	Niamh Adcock	01	Co Norwich	28.06
	L 7	Myles Robinson-Young	02	Co Peterboro	27.59		L 7	Juliet Merelie	98	Harpenden	28.10
	L 8	Callum Wollaston	01	Co St Albans	27.94		L 8	Olivia Lee	04	Co Peterboro	28.20
H 13	L 1	Liam Brennan	02	Basildon Ph	27.70	H 8	L 1	Sarah O'Brien	96	West Norfolk	27.99
	L 2	Charlie Boden	01	Braintree	27.50		L 2	Cathryn Thomson	90	St Ives	27.90
	L 3	Walter Hackett	03	Dunstable	26.80		L 3	Erin Crouch	04	teamipswich	27.87
	L 4	Matthew Gray	00	Co Peterboro	26.04		L 4	Kiara Kovacs	04	Co Peterboro	27.80
	L 5	Joshua Smith	01	DunmowAtlant	26.39		L 5	Bianka Misikova	03	Hatfield	27.86
	L 6	Conor O'Gorman	98	Leighton Buz	27.30		L 6	Lucy Morgan	04	Colchester	27.90
	L 7	Ignacio Larghero	99	Newmarket	27.55		L 7	Emma Shoobert	02	C Beds SS	27.90
	L 8	Alexander Catton	03	Bishop Stort	27.92		L 8	Celeste Andrew	01	Harlow Pen	28.00
Event 113 Womens Open 50m Freestyle											
H 1	L 3	Nancy Neave	04	Braintree	29.11	H 9	L 1	Rebecca Girolami	03	Colchester	27.70
	L 4	Molly Monk	04	Dereham	29.10		L 2	Tia Gardiner	02	Chelmsford	27.70
	L 5	Katie Andrews	04	Norwich Swan	29.10		L 3	Rosie Brooks	04	Brentwood	27.60
H 2	L 1	Millie Dudley	04	Dunstable	29.00		L 4	Eve Wright	03	Co Peterboro	27.60
	L 2	Olivia Aldred	04	Lstof & OB	28.96		L 5	Lucy Hudson	04	West Suffolk	27.60
	L 3	Isabelle Creasey	04	Epping For't	28.90		L 6	Sophie Quach	98	Hatfield	27.66
	L 4	Ashleigh Cooper	04	Hitchin	28.90		L 7	Sarah Carroll	02	Bishop Stort	27.70
	L 5	Chloe Butler	04	F S Godmanc	28.90		L 8	Grace King	03	teamipswich	27.73
	L 6	Madelyn Latimer-Hicks	04	St Felix Sch	28.93	H 10	L 1	Lauren Watt	01	Newmarket	27.40
	L 7	Freya Harwood	04	Hitchin	29.00		L 2	Rebecca Burton	98	Co Peterboro	27.31
	L 8	Olivia Rudd	04	Basildon Ph	29.10		L 3	Ellie Holliss	04	Co St Albans	27.30
H 3	L 1	Tess Wesley	04	Newmarket	28.85		L 4	Grace Waller	04	Basildon Ph	27.20
	L 2	Brooke Jenkins	04	Southend	28.80		L 5	Mackenzie Whyatt	02	Co Peterboro	27.20
	L 3	Madison Smith	03	Stanway	28.70		L 6	Ella Hale	03	West Suffolk	27.30
	L 4	Isabella Chapman	04	Harpenden	28.61		L 7	Tilly Mayes	03	Thurrock	27.40
	L 5	Jessica Munford	04	Norwich Swan	28.70		L 8	Shona McKenna	02	Hemel Hemp	27.50
	L 6	Harriet Clements	04	Watford SC	28.72	H 11	L 1	Libby Dunford	03	Hoddesdon	27.10
	L 7	Catherine Ryan	04	Hoddesdon	28.81		L 2	Emily Lush	02	Potters Bar	26.80
	L 8	Jessica Kefford	04	Dunstable	28.90		L 3	Georgina Tallon	00	Potters Bar	26.40
H 4	L 1	Gemma Hanson	03	Hatfield	28.60		L 4	Jessica Woodward	03	Hatfield	26.16
	L 2	Georgina Munday	04	Modernian	28.60		L 5	Sacha Thomas	03	Co Norwich	26.30
	L 3	Tolu Awolesi	04	Basildon Ph	28.60		L 6	Jessica-Jane Applegate	96	S14 Co Norwich	26.50
	L 4	Erin Yeomanson	03	teamipswich	28.57		L 7	Rikke Nagell-Kleven	95	Co Norwich	27.00
	L 5	Bethan Fuge	04	Hatfield	28.59		L 8	Emma Parker	04	St Felix Sch	27.20
	L 6	Rebecca Smith	03	Norwich Swan	28.60	H 12	L 1	Agatha Malikova	95	Co Cambridge	27.08
	L 7	Jessica Heesom	03	Potters Bar	28.60		L 2	May Bradburn	04	Chelmsford	26.70
	L 8	Charlotte Hudson	03	West Suffolk	28.60		L 3	Meghan Maybanks	00	Bishop Stort	26.30
							L 4	Elinor Duley	00	Colchester	26.00
							L 5	Jana Spinner	99	Co Norwich	26.23
							L 6	Rianna Smith	98	Basildon Ph	26.50
							L 7	Millie Fields	04	Bishop Stort	27.00
							L 8	Annika Brown	03	teamipswich	27.15

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Start List

H 13	L 1	Molly Ollington	98	Co Cambridge	27.07	H 8	L 1	Michael Judd	98	Dunstable	1:08.44
	L 2	Isabel Wainwright	03	Modernian	26.70		L 2	Harrison Jarvis	04	Thurrock	1:08.30
	L 3	Mia Maspers	02	teamipswich	26.30		L 3	Callum Harold	02	Bishop Stort	1:08.30
	L 4	Rebecca Watt	02	DunmowAtlant	25.70		L 4	Finn Jeffery	03	St Felix Sch	1:08.15
	L 5	Martha Duley	99	Colchester	26.20		L 5	Thomas Grieve	00	Colchester	1:08.29
	L 6	Emma Cruickshanks	03	teamipswich	26.50		L 6	Leyton Berrey	99	Co Norwich	1:08.30
	L 7	Charlotte Walker	02	St Felix Sch	26.90		L 7	Jack Mansfield	02	Harlow Pen	1:08.33
	L 8	Sophie Taylor	03	DunmowAtlant	27.10		L 8	Maxim De Wildt	01	Co Cambridge	1:08.70
Event 114 Mens Open 100m Breaststroke											
H 1	L 1	Samuel Whearty	02	SB8 Colchester	1:43.30	H 9	L 1	Samuel Bryan	01	Basildon Ph	1:07.82
	L 2	Robert Addis	04	West Norfolk	1:16.60		L 2	James Dillon	03	Basildon Ph	1:07.05
	L 3	Thomas Hanley	04	March	1:16.03		L 3	William Loveman	00	Co St Albans	1:06.20
	L 4	Kalaum Corani	04	Colchester	1:15.26		L 4	Lewis Waters	99	Co Cambridge	1:03.37
	L 5	George Williams	04	Co St Albans	1:15.29		L 5	Luke Westwood	90	Co Cambridge	1:05.91
	L 6	Max Robertson	04	Hatfield	1:16.11		L 6	Oliver Cashin	02	Co Cambridge	1:06.36
	L 7	Aaron Hird	99	SB9 Putteridge	1:22.71		L 7	Joseph Coldwell	02	Watford SC	1:07.50
							L 8	Daryl Mason	70	Potters Bar	1:08.14
H 2	L 1	Matthew Vaughan	04	Beccles Town	1:15.03	H 10	L 1	Henry King	03	West Suffolk	1:07.61
	L 2	James Rothwell	04	Co Peterboro	1:14.45		L 2	Lee Peterson	74	Braintree	1:06.76
	L 3	Harry Everett	03	St Ives	1:14.04		L 3	Lewis Shayler	03	Watford SC	1:06.20
	L 4	Samuel Oakley	03	Potters Bar	1:13.90		L 4	Nathan Hughes	00	Hatfield	1:02.82
	L 5	Austin Lillywhite	03	Biggleswade	1:13.90		L 5	Bryn Couser	02	Bishop Stort	1:05.90
	L 6	Jack Richardson	03	DunmowAtlant	1:14.36		L 6	Segev Gonen Cohen	00	Co Cambridge	1:06.21
	L 7	Jeremy Aitken	03	Beccles Town	1:14.87		L 7	Jack Riches	01	Co Norwich	1:07.40
	L 8	Ashton Neo	04	Linslade	1:15.14		L 8	Alex Florance	00	West Norfolk	1:07.89
H 3	L 1	Louis Byrne	03	Co Cambridge	1:13.77	H 11	L 1	Freddie Laws	03	West Norfolk	1:07.52
	L 2	Alexander Horne	03	Co St Albans	1:13.31		L 2	Benjamin Green	04	Watford SC	1:06.50
	L 3	Tyler Jackson	04	Harlow Pen	1:13.20		L 3	Thomas Wiggins	99	Co Peterboro	1:06.00
	L 4	William Robins	03	C Beds SS	1:12.82		L 4	Lawrence Palmer	92	Putteridge	58.66
	L 5	Thomas Page	04	West Suffolk	1:12.97		L 5	Benjamin Arkle	99	Co Cambridge	1:05.50
	L 6	Luke Ruggles	03	March	1:13.26		L 6	James Quinn	04	St Ives	1:06.20
	L 7	Oliver Hunt	03	Team Luton	1:13.56		L 7	Hayden Thomas	95	Epping For't	1:07.30
	L 8	Luke Taylor	04	Co Cambridge	1:13.82		L 8	Charles Rennie	01	Braintree	1:07.88
H 4	L 1	Samuel Rennie	04	Braintree	1:12.10	Event 115 Womens Open 200m Breaststroke					
	L 2	Alfie Francis	03	Potters Bar	1:11.91	H 1	L 3	Katie Andrews	04	Norwich Swan	2:56.70
	L 3	J J Wilde	04	Team Luton	1:11.73		L 4	Amy Green	04	Chelmsford	2:55.32
	L 4	Owen Vaughan	03	Chelmsford	1:11.50		L 5	Georgina Stokes	04	Newmarket	2:56.39
	L 5	Naythan Aug	04	Colchester	1:11.50		L 6	Abi Larkman	04	Hoddesdon	2:57.05
	L 6	Samuel Bullingham	03	West Suffolk	1:11.86	H 2	L 1	Ciara Tappenden	01	SB15Basildon Ph	2:55.14
	L 7	Brayden Ditchfield-Wat	03	Leighton Buz	1:12.06		L 2	Maia McPherson	01	Witham Dolph	2:54.19
	L 8	Mehdi El Mansar	04	Bishop Stort	1:12.19		L 3	Kitty Jarvis	03	Harlow Pen	2:53.98
H 5	L 1	Cole Shepard	03	Basildon Ph	1:11.20		L 4	Mollie White	03	Norfolk Vikg	2:53.77
	L 2	Mattias Morse	03	Hemel Hemp	1:10.91		L 5	Isabella Porzio	04	Putteridge	2:53.93
	L 3	Marcus Kemp	01	Watford SC	1:10.68		L 6	Abbie Duffield	04	teamipswich	2:54.06
	L 4	Matthew Debenham	04	teamipswich	1:10.43		L 7	Chloe Cook	04	March	2:54.54
	L 5	Daniel Thurston-Woolno	01	Beccles Town	1:10.59		L 8	Lily Chapman	03	Norwich Swan	2:55.20
	L 6	Yuto Watanabe	04	Hatfield	1:10.90	H 3	L 1	Catherine Odell	03	St Felix Sch	2:53.60
	L 7	Dominic McCarthy	02	Hoddesdon	1:10.92		L 2	Amber Head	02	Rochford	2:53.07
	L 8	Callum Stedman	03	West Norfolk	1:11.20		L 3	Rebecca Merrill	01	Norwich Swan	2:52.86
H 6	L 1	Matthew Rothwell	02	Co Peterboro	1:10.04		L 4	Marni Sillitoe	04	West Suffolk	2:52.62
	L 2	Yannik Wilson	02	Co St Albans	1:09.92		L 5	Millie Herbert	04	Hemel Hemp	2:52.74
	L 3	Joseph Richardson	01	Co St Albans	1:09.70		L 6	Robyn Quince	04	Runnymede	2:53.04
	L 4	Sam Perkins	02	teamipswich	1:09.48		L 7	Laura Snelham	04	St Felix Sch	2:53.58
	L 5	Thomas Frewin	97	Tring	1:09.58		L 8	Eloise Bailey	02	Modernian	2:53.73
	L 6	James Noble	02	Norwich Swan	1:09.79	H 4	L 1	Sara Mahmud	02	Hatfield	2:52.59
	L 7	Lewis Bayley	01	Southend	1:09.95		L 2	Jasmine Gore	02	Putteridge	2:51.76
	L 8	Tommy Chandler	02	Gt Yarmouth	1:10.40		L 3	Isabella Chapman	04	Harpندن	2:51.60
H 7	L 1	Matthew Gray	00	Co Peterboro	1:09.20		L 4	Lucy King	03	Hitchin	2:50.44
	L 2	Matthew McLaughlin	93	DunmowAtlant	1:09.07		L 5	Chloe Butler	04	F S Godmanc	2:51.41
	L 3	Nicholas Botha	02	Bishop Stort	1:08.95		L 6	Lily Bemmer	03	Deben	2:51.60
	L 4	Harvey Hall	03	Deben	1:08.80		L 7	Niamh Kelly	04	Hatfield	2:51.89
	L 5	Jamie McCaffray	01	Modernian	1:08.90		L 8	Rachael Johnson	02	West Norfolk	2:52.60
	L 6	Thomas Hamilton	01	Royston	1:09.07						
	L 7	Rhys Davidson	04	Team Luton	1:09.10						
	L 8	Mal Staff	02	Co Norwich	1:09.36						

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H 5	L 1	Ella Murphy	02	Harpenden	2:50.08	H 4	L 1	Mide Olajide	04	Thurrock	1:03.70
	L 2	Olivya Holleyman	00	Harlow Pen	2:49.58		L 2	Morgan Foster	03	Braintree	1:03.53
	L 3	Niamh Sadler	04	Co Norwich	2:49.10		L 3	Samuel Day	03	Beccles Town	1:03.39
	L 4	Kiara Jessop	04	St Felix Sch	2:48.21		L 4	James Edgings	03	Thurrock	1:03.34
	L 5	Charlotte Hudson	03	West Suffolk	2:48.29		L 5	Alfie Williams	03	Canvey Isl	1:03.36
	L 6	Ciara Wookey	04	Colchester	2:49.17		L 6	Brayden Ditchfield-Wat	03	Leighton Buz	1:03.40
	L 7	Iona Trainer	03	Co Ely	2:49.62		L 7	Naythan Aung	04	Colchester	1:03.57
	L 8	Charlotte Tree	04	Colchester	2:50.25		L 8	Joseph Grice	03	Leighton Buz	1:03.70
H 6	L 1	Almudena Visser Velez	02	Co Cambridge	2:47.43	H 5	L 1	Matthew Newson	03	Co Peterboro	1:03.29
	L 2	Ellie-Mei Shepperson	03	West Norfolk	2:46.74		L 2	Robbie Brindley	04	West Suffolk	1:02.86
	L 3	Charlotte Abramson	04	Co Norwich	2:46.40		L 3	Joshua Thurston-Woolno	03	Beccles Town	1:02.63
	L 4	Lauren Scott	02	Chelmsford	2:45.03		L 4	Thomas Page	04	West Suffolk	1:02.40
	L 5	Katherine Daynes	02	Halstead	2:45.49		L 5	Lewis Shayler	03	Watford SC	1:02.44
	L 6	Alice Fasey	04	Thetford	2:46.40		L 6	Jack Skerry	04	Chelmsford	1:02.63
	L 7	Grace Stedman	03	Co St Albans	2:46.85		L 7	Euan Higgs	04	Chelmsford	1:03.24
	L 8	Isabelle Rosher	03	teamipswich	2:47.84		L 8	Ben Woodhouse	03	Norwich Swan	1:03.32
H 7	L 1	Ellie Matthews	03	Putteridge	2:43.42	H 6	L 1	Mattias Morse	03	Hemel Hemp	1:02.26
	L 2	Lucy Park	96	Watford SC	2:40.50		L 2	Damon Elliott	04	DunmowAtlant	1:01.70
	L 3	Erin O'Meara	03	Watford SC	2:37.84		L 3	Ethan Peirce	04	Harlow Pen	1:01.43
	L 4	Kathryn Gill	87	Co Cambridge	2:34.20		L 4	Ismail Rahim	02	Berkhamsted	1:01.03
	L 5	Aoife Marley	02	Witham Dolph	2:36.37		L 5	Joseph Wells	99	West Norfolk	1:01.17
	L 6	Danielle Hartin	02	SB14Basildon Ph	2:39.20		L 6	William Pestell	03	teamipswich	1:01.69
	L 7	Imogen Bloomfield	03	Co Cambridge	2:41.65		L 7	Samuel Miller	03	Basildon Ph	1:01.87
	L 8	Caitlin Hartley	04	Hatfield	2:44.39		L 8	Max Ashken	03	Deben	1:02.32
H 8	L 1	Jessica Munford	04	Norwich Swan	2:42.40	H 7	L 1	Angus Harrow	02	Harpenden	1:00.90
	L 2	Alara Norton	01	Hatfield	2:39.80		L 2	Ralph Davies	01	Harlow Pen	1:00.59
	L 3	Molly Monk	04	Dereham	2:36.70		L 3	Thomas Ogden	04	Bishop Stort	1:00.30
	L 4	Sophie Payne	02	Hatfield	2:31.64		L 4	Jake Moxham	02	Co Cambridge	1:00.20
	L 5	Roxanne Uys	99	West Norfolk	2:35.70		L 5	Alessandro Rioda	04	Harlow Pen	1:00.26
	L 6	Caitlin Day	01	Basildon Ph	2:38.77		L 6	Connor Walker	04	Co Peterboro	1:00.50
	L 7	Natalie Sanford	04	St Felix Sch	2:41.40		L 7	Jack Turrell	03	Basildon Ph	1:00.70
	L 8	Chiara Rogers	03	Team Luton	2:44.10		L 8	Sam Townsend	04	C Beds SS	1:01.00
H 9	L 1	Louise Bush	91	Co Norwich	2:41.68	H 8	L 1	Ciaran Riches	03	West Suffolk	59.98
	L 2	Louise Fiddes	01	SB14Hatfield	2:39.20		L 2	Jamie McCaffray	01	Modernian	59.80
	L 3	India Weston	02	Norfolk Vikg	2:36.70		L 3	Oliver Kenny	97	S15 West Norfolk	59.60
	L 4	Amelia Monaghan	02	Co Peterboro	2:28.30		L 4	Samuel Rose	03	West Norfolk	59.42
	L 5	Grace King	03	teamipswich	2:35.61		L 5	Daniel Murtagh	03	Hatfield	59.58
	L 6	Molly Lee	01	West Norfolk	2:38.50		L 6	Lewis Chapman	01	Stowmarket	59.70
	L 7	Ela Norton	04	Hatfield	2:41.34		L 7	Zachary Patel	01	Berkhamsted	59.90
	L 8	Beth Dennis	03	Co Peterboro	2:44.07		L 8	Ashley Holness-Wright	96	Watford SC	1:00.19
Event 116 Mens Open 100m Butterfly											
H 1	L 2	Mark Evens	96	S14 Hitchin	1:15.64	H 9	L 1	Callum Wollaston	01	Co St Albans	59.30
	L 3	Oscar Brice	04	Co St Albans	1:06.23		L 2	Adam Martin	00	Potters Bar	59.24
	L 4	George Whiteman	04	Co Peterboro	1:06.00		L 3	Joshua Holland	03	Hertford	59.00
	L 5	Connor Houston	04	Deben	1:06.02		L 4	Charlie Boden	01	Braintree	58.92
	L 6	William Parsons	04	Deben	1:06.65		L 5	Myles Robinson-Young	02	Co Peterboro	59.00
	L 7	Roan Brennan	06	S9 Basildon Ph	1:16.24		L 6	Liam Brennan	02	Basildon Ph	59.00
H 2	L 1	Zack Treharne	04	Co Peterboro	1:05.80		L 7	Henry Pearce	02	Co Peterboro	59.30
	L 2	Jack Pallant	04	Lstoft & OB	1:05.35		L 8	Thomas Boyt	99	Felixstowe	59.31
	L 3	Ryan Davis	04	Basildon Ph	1:05.10	H 10	L 1	Taylor Bowen	01	West Suffolk	58.80
	L 4	Teal'K Smith	03	Beccles Town	1:04.49		L 2	Shimon Lopez	01	Co Cambridge	58.52
	L 5	Delvin Barick	04	St Felix Sch	1:04.72		L 3	Joshua Bridgeland	03	Hatfield	58.50
	L 6	Kai Cheng	04	Colchester	1:05.28		L 4	Charles Whyte	01	West Suffolk	58.31
	L 7	James Rothwell	04	Co Peterboro	1:05.45		L 5	Devesh Kapoor	03	Watford SC	58.43
	L 8	Xavier Kirchin	04	Leighton Buz	1:06.00		L 6	Harrison Lees	01	Watford SC	58.50
H 3	L 1	Daniel Blerkom	03	Southend	1:04.32		L 7	Alex Lezard	99	Co Cambridge	58.67
	L 2	Harry Arbutnott	03	Harpenden	1:04.20		L 8	Kai Adams	96	Halstead	58.84
	L 3	Charlie King	03	Co St Albans	1:04.08	H 11	L 1	Jake Thomas-Mansfield	00	West Suffolk	57.81
	L 4	Luke Pestaille	03	Hatfield	1:03.80		L 2	Lewis Binning	03	Basildon Ph	57.30
	L 5	Matthew Munnings	03	Diss Otters	1:03.80		L 3	Jack Bowyer	02	West Suffolk	56.69
	L 6	Robert Addis	04	West Norfolk	1:04.10		L 4	Harry Jones	00	Co Norwich	55.70
	L 7	Matteo Lo Biundo	03	Hitchin	1:04.20		L 5	Michael Klimaszewski	04	Hatfield	56.20
	L 8	Nicholas Woodford	04	Co Cambridge	1:04.34		L 6	Thomas Clare	01	teamipswich	57.24
							L 7	Joshua Smith	01	DunmowAtlant	57.58
							L 8	Simon Newton	99	Co Norwich	58.07

H 12	L 1	Collins Saliboko	02	St Felix Sch	57.80
	L 2	Elliott Day	02	teamipswich	57.30
	L 3	Lucas Dyson-Diaz	00	Hatfield	56.61
	L 4	Hugo Bellamy	98	Co Cambridge	55.40
	L 5	Matthew Titman	01	Co Cambridge	56.00
	L 6	Elliot Cook	94	teamipswich	57.17
	L 7	Harry Whiteman	00	Co Peterboro	57.50
	L 8	Callum Davis	00	Bishop Stort	58.00
H 13	L 1	Nathan Woodrow	03	Co Norwich	57.80
	L 2	Michael Ripper	01	Co St Albans	57.30
	L 3	Nathan Wells	98	West Norfolk	56.60
	L 4	James Woodward	00	Hatfield	54.90
	L 5	Manfred Battle	02	Co Cambridge	55.70
	L 6	Theo Cannon	99	Co Cambridge	56.70
	L 7	Brandon Nabarro	97	Putteridge	57.47
	L 8	Herbie Kinder	02	Co Peterboro	57.90

Event 117 Womens Open 400m Freestyle

H 1	L 1	Elizabeth Wilkinson	04	Chelmsford	4:42.67
	L 2	Emma Parker	04	St Felix Sch	4:40.08
	L 3	Bianka Misikova	03	Hatfield	4:39.15
	L 4	Carys Brealey	04	Harlow Pen	4:38.60
	L 5	Lauren Young	03	Flitwick	4:38.95
	L 6	Tess Wesley	04	Newmarket	4:39.32
	L 7	Jessica Keogh	04	Hatfield	4:42.13
H 2	L 1	Olivia Lee	04	Co Peterboro	4:35.74
	L 2	Matilda Turner	03	Hitchin	4:35.22
	L 3	Almudena Visser Velez	02	Co Cambridge	4:33.51
	L 4	Lucie Peck	03	West Norfolk	4:33.30
	L 5	Madelyn Latimer-Hicks	04	St Felix Sch	4:33.35
	L 6	Ella Hale	03	West Suffolk	4:34.74
	L 7	Tilly Anema	01	Co Norwich	4:35.58
	L 8	Kiara Kovacs	04	Co Peterboro	4:38.60
H 3	L 1	Daisy Hill	99	Co Norwich	4:30.03
	L 2	Harriet Salisbury	04	Co Peterboro	4:28.27
	L 3	Poppy Richardson	01	Co Peterboro	4:28.00
	L 4	Millie Fields	04	Bishop Stort	4:27.25
	L 5	May Bradburn	04	Chelmsford	4:27.90
	L 6	Katie Hammond	03	Co Cambridge	4:28.08
	L 7	Celyn Walmsley	01	Team Luton	4:29.53
	L 8	Abbie Barnwell	03	Team Luton	4:31.85
H 4	L 1	Charlotte Walker	02	St Felix Sch	4:25.90
	L 2	Tia Wilson	02	Modernian	4:24.10
	L 3	Rebecca Howell	03	Basildon Ph	4:21.82
	L 4	Mia Leech	02	Co Peterboro	4:16.79
	L 5	Mackenzie Whyatt	02	Co Peterboro	4:19.99
	L 6	Abbie Low	02	Chelmsford	4:21.90
	L 7	Ellie Wheeler	02	Basildon Ph	4:25.26
	L 8	Jessica-Jane Applegate	96 S14	Co Norwich	4:26.30