

Event 211 Mens Open 200m Butterfly				
H 1	L 3	Harley West	04 Basildon Ph	2:30.27
	L 4	Harry Arbuthnott	03 Harpenden	2:25.56
	L 5	Luke Barton	04 Co Norwich	2:29.69
H 2	L 1	Jack Pallant	04 Lstoft & OB	2:24.64
	L 2	Connor Houston	04 Deben	2:23.99
	L 3	Morgan Foster	03 Braintree	2:22.10
	L 4	Teal'K Smith	03 Beccles Town	2:21.17
	L 5	Euan Higgs	04 Chelmsford	2:21.97
	L 6	James Edgings	03 Thurrock	2:23.44
	L 7	Samuel Day	03 Beccles Town	2:24.40
	L 8	George Whiteman	04 Co Peterboro	2:25.10
H 3	L 1	Joshua Thurston-Woolno	03 Beccles Town	2:18.98
	L 2	Luke Bryan	00 West Norfolk	2:11.30
	L 3	Nathan Woodrow	03 Co Norwich	2:08.74
	L 4	Hugo Bellamy	98 Co Cambridge	2:04.50
	L 5	Manfred Battle	02 Co Cambridge	2:06.62
	L 6	Joshua Bridgeland	03 Hatfield	2:09.60
	L 7	Harry Jones	00 Co Norwich	2:13.10
	L 8	Alfie Williams	03 Canvey Isl	2:21.09
H 4	L 1	Angus Harrow	02 Harpenden	2:16.16
	L 2	Elliott Day	02 teamipswich	2:10.21
	L 3	Devesh Kapoor	03 Watford SC	2:08.56
	L 4	Harry Whiteman	00 Co Peterboro	2:04.40
	L 5	Herbie Kinder	02 Co Peterboro	2:05.90
	L 6	Jamie McCaffray	01 Modernian	2:09.60
	L 7	Charles Whyte	01 West Suffolk	2:12.46
	L 8	Max Ashken	03 Deben	2:20.93
H 5	L 1	Connor Walker	04 Co Peterboro	2:13.30
	L 2	Collins Saliboko	02 St Felix Sch	2:09.94
	L 3	Lewis Binning	03 Basildon Ph	2:07.20
	L 4	James Woodward	00 Hatfield	1:59.12
	L 5	Michael Klimaszewski	04 Hatfield	2:05.75
	L 6	Jake Thomas-Mansfield	00 West Suffolk	2:09.14
	L 7	Luke Sugden	99 Hatfield	2:12.10
	L 8	Lewis Marston	02 Runnymede	2:20.18
Event 212 Womens Open 50m Backstroke				
H 1	L 2	Lillian Tagg	04 Thurrock	33.10
	L 3	Erin Crouch	04 teamipswich	33.01
	L 4	Millie Dudley	04 Dunstable	33.00
	L 5	Georgie Park	04 Epping Fort	33.00
	L 6	Molly Redgrave	04 Colchester	33.08
H 2	L 1	Isabella Chapman	04 Harpenden	33.00
	L 2	Katie Andrews	04 Norwich Swan	32.70
	L 3	Molly Monk	04 Dereham	32.42
	L 4	Morgan Allan	03 Modernian	32.40
	L 5	Charlotte Harris	03 Maldon Shark	32.41
	L 6	Brooke Jenkins	04 Southend	32.60
	L 7	Tess Wesley	04 Newmarket	32.70
	L 8	Georgina Munday	04 Modernian	33.00
H 3	L 1	Lucy Hutchinson	04 West Suffolk	32.32
	L 2	Georgina Knatchbull	04 C Beds SS	32.30
	L 3	Abigail Hewson	04 Berkhamsted	32.28
	L 4	Lucy Hudson	04 West Suffolk	32.16
	L 5	Madeleine Stares	03 Watford SC	32.20
	L 6	Lucy Morgan	04 Colchester	32.30
	L 7	Olivia Aldred	04 Lstoft & OB	32.31
	L 8	Iona Trainer	03 Co Ely	32.37
H 4	L 1	Celeste Andrew	01 Harlow Pen	32.10
	L 2	Anya Fletcher	02 Bishop Stort	32.03
	L 3	Isabella Santos	04 Norwich Swan	31.96
	L 4	Jessica Kefford	04 Dunstable	31.90
	L 5	Amber Hill	02 Linslade	31.93
	L 6	Nicole Chandler	02 Deben	31.98
	L 7	Lauren Goodyer	00 Biggleswade	32.07
	L 8	Emma Shoobert	02 C Beds SS	32.10
H 5	L 1	Millie Bateman	03 Co Norwich	31.88
	L 2	Agnes Burns	01 Harpenden	31.84
	L 3	Francesca Crocker	00 St Ives	31.80
	L 4	Georgina Tallon	00 Potters Bar	31.76
	L 5	Bethany Palmer	98 Co Norwich	31.79
	L 6	Sophie Mabbs	03 Putteridge	31.83
	L 7	Gemma Booth	02 Newmarket	31.85
	L 8	Autumn Handscombe	03 Linslade	31.90
H 6	L 1	Sammy Humphrey	96 Leighton Buz	31.74
	L 2	Rebecca West	02 Thurrock	31.70
	L 3	Eleanor Llewellyn	00 West Suffolk	31.59
	L 4	Lois Moore	95 Hemel Hemp	31.54
	L 5	Erin Yeomanson	03 teamipswich	31.57
	L 6	Lauren Sharp	03 Chelmsford	31.63
	L 7	Radost Milkova	03 Thurrock	31.70
	L 8	Larissa Dean	02 Harpenden	31.74
H 7	L 1	Ella Hale	03 West Suffolk	31.40
	L 2	Emily Lush	02 Potters Bar	31.28
	L 3	Isabel Wainwright	03 Modernian	31.20
	L 4	Lara-Grace Mount	02 West Norfolk	31.03
	L 5	Carys Brealey	04 Harlow Pen	31.10
	L 6	Claire Burrell	01 Co St Albans	31.28
	L 7	Rebecca Smith	03 Norwich Swan	31.33
	L 8	Jessica Keogh	04 Hatfield	31.50
H 8	L 1	Sophie Griffin	04 Co Peterboro	30.70
	L 2	Elinor Duley	00 Colchester	30.32
	L 3	Georgia Pease	02 Basildon Ph	29.78
	L 4	Meghan Maybanks	00 Bishop Stort	29.30
	L 5	Emma Cruickshanks	03 teamipswich	29.38
	L 6	Georgina Pryor	98 Harlow Pen	30.09
	L 7	Harriet Clements	04 Watford SC	30.62
	L 8	Eleanor King	00 Team Luton	30.87
H 9	L 1	Grace Waller	04 Basildon Ph	30.67
	L 2	Lily Merrett	03 Co St Albans	30.25
	L 3	Eve Wright	03 Co Peterboro	29.46
	L 4	Martha Duley	99 Colchester	28.66
	L 5	Megan Pye	02 Co Norwich	29.36
	L 6	Emily Lane	96 Basildon Ph	30.04
	L 7	Olivia Norman	02 teamipswich	30.50
	L 8	Lauren Stott	02 Hatfield	30.86
H 10	L 1	Molly Ollington	98 Co Cambridge	30.63
	L 2	Bronte O'Dea	03 Runnymede	30.25
	L 3	Olivia Neale	00 Norwich Swan	29.45
	L 4	Lija Radziunaite	02 teamipswich	28.62
	L 5	Mia Carter	02 Bishop Stort	29.35
	L 6	Ella McGhie	04 Co Peterboro	29.87
	L 7	Gracie Kay	03 Co Cambridge	30.49
	L 8	Niamh James	01 Bishop Stort	30.76

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Event 213 Mens Open 50m Freestyle					
H 1	L 2	Owen Woodrow	01	S8	Co Norwich 33.10
	L 3	Samuel Whearty	02	S9	Colchester 32.01
	L 4	Nathan Gray	04		Southend 27.00
	L 5	Roan Brennan	06	S9	Basildon Ph 30.30
	L 6	Mark Evens	96	S14	Hitchin 32.20
	L 7	Connor Smithers	04	S8	Basildon Ph 39.00
H 2	L 1	Daniel Monk	04		Harlow Pen 26.80
	L 2	Syd Roberts	04		Colchester 26.72
	L 3	Ryan Davis	04		Basildon Ph 26.60
	L 4	Jack Pallant	04		Lstof & OB 26.56
	L 5	Thomas Chambers	04		Hatfield 26.59
	L 6	Thomas Hanley	04		March 26.68
	L 7	Samuel Smith	04		March 26.75
	L 8	Joe Cooper	04		teamipswich 26.89
H 3	L 1	Thomas Ball	04		West Norfolk 26.50
	L 2	Connor Walker	04		Co Peterboro 26.41
	L 3	Xavier Kirchin	04		Leighton Buz 26.40
	L 4	Joab Carr	04		St Felix Sch 26.30
	L 5	Matthew Debenham	04		teamipswich 26.39
	L 6	Euan Higgs	04		Chelmsford 26.40
	L 7	Cameron Beavis	04		Newmarket 26.50
	L 8	Arvin Joaquin Rodrigue	04		Watford SC 26.52
H 4	L 1	Delvin Barick	04		St Felix Sch 26.25
	L 2	Robert Addis	04		West Norfolk 26.10
	L 3	Alexander Catton	03		Bishop Stort 26.00
	L 4	Alfie Francis	03		Potters Bar 25.91
	L 5	Alfie Warnock	03		Putteridge 25.95
	L 6	Edward McFarland	03		C Beds SS 26.00
	L 7	Robbie Brindley	04		West Suffolk 26.10
	L 8	Mide Olajide	04		Thurrock 26.30
H 5	L 1	Thomas Page	04		West Suffolk 25.90
	L 2	Jack Richardson	03		DunmowAtlant 25.90
	L 3	Owen Webster	03		St Felix Sch 25.80
	L 4	Devesh Kapoor	03		Watford SC 25.74
	L 5	Oliver Ellison	03		Dunstable 25.80
	L 6	Nathaniel Olayomi	03		Watford SC 25.89
	L 7	Thomas Belcher	03		Modernian 25.90
	L 8	Noah Jameson Neal	04		Basildon Ph 25.90
H 6	L 1	Joshua Holland	03		Hertford 25.73
	L 2	Joseph Grice	03		Leighton Buz 25.50
	L 3	Connor Gillingham	03		West Suffolk 25.49
	L 4	Owen Vaughan	03		Chelmsford 25.40
	L 5	Fabian Brudnicki	04		Co Peterboro 25.40
	L 6	Naythan Aung	04		Colchester 25.50
	L 7	Daniel Martin	03		Co St Albans 25.72
	L 8	Finn Jeffery	03		St Felix Sch 25.74
H 7	L 1	Damon Elliott	04		DunmowAtlant 25.20
	L 2	Benjamin Green	04		Watford SC 25.08
	L 3	Matthew Rothwell	02		Co Peterboro 25.00
	L 4	Ethan Peirce	04		Harlow Pen 25.00
	L 5	Max Wilson	00		Modernian 25.00
	L 6	Samuel Rose	03		West Norfolk 25.07
	L 7	Walter Hackett	03		Dunstable 25.10
	L 8	Thomas Ogden	04		Bishop Stort 25.26
H 8	L 1	Alec Burchell	98		Hitchin 24.90
	L 2	Harrison Lees	01		Watford SC 24.90
	L 3	Morgan Foster	03		Braintree 24.90
	L 4	Manfred Battle	02		Co Cambridge 24.87
	L 5	Jake Thomas-Mansfield	00		West Suffolk 24.88
	L 6	Rhys Davidson	04		Team Luton 24.90
	L 7	Samuel Miller	03		Basildon Ph 24.90
	L 8	Myles Robinson-Young	02		Co Peterboro 24.94
H 9	L 1	Joshua Trapp	01		Hertford 24.84
	L 2	Shimon Lopez	01		Co Cambridge 24.80
	L 3	James Cooper	02		Basildon Ph 24.76
	L 4	Jack Skerry	04		Chelmsford 24.70
	L 5	J J Wilde	04		Team Luton 24.70
	L 6	James Speers	03		Basildon Ph 24.80
	L 7	Joseph Wells	99		West Norfolk 24.80
	L 8	Jamie Brackston	01		Hitchin 24.86
H 10	L 1	Jack Jackson	96		Watford SC 24.63
	L 2	Thomas Grieve	00		Colchester 24.60
	L 3	Oliver Kenny	97	S15	West Norfolk 24.58
	L 4	Yasir Naimi	00		Co Peterboro 24.50
	L 5	Collins Saliboko	02		St Felix Sch 24.53
	L 6	George Rogers	00		Saffron Wald 24.60
	L 7	Lewis Waters	99		Co Cambridge 24.61
	L 8	Thomas Boyt	99		Felixstowe 24.65
H 11	L 1	Jordan Catchpole	99	S14	Co Norwich 24.50
	L 2	Henry Choong	97		Co Cambridge 24.43
	L 3	Charles Whyte	01		West Suffolk 24.41
	L 4	Thomas Cadenhead	02		Co St Albans 24.40
	L 5	Simon Newton	99		Co Norwich 24.40
	L 6	Lucas Dyson-Diaz	00		Hatfield 24.41
	L 7	Henry Maher	95		Epping For't 24.50
	L 8	Sam Perkins	02		teamipswich 24.50
H 12	L 1	Nathan Wells	98		West Norfolk 24.20
	L 2	Adam Martin	00		Potters Bar 24.08
	L 3	Harry Wears	97		Putteridge 23.90
	L 4	Lewis Moore	02		teamipswich 23.51
	L 5	Michael Ripper	01		Co St Albans 23.70
	L 6	Evan Thomas-Mansfield	01		Co Cambridge 24.00
	L 7	Sam Townsend	04		C Beds SS 24.20
	L 8	Thomas Pickering	00		Linslade 24.40
H 13	L 1	Alessandro Rioda	04		Harlow Pen 24.20
	L 2	Finn Harman	98		Co Cambridge 24.02
	L 3	Reese Housden	02		Hatfield 23.80
	L 4	Brandon Nabarro	97		Putteridge 23.50
	L 5	Callum Wollaston	01		Co St Albans 23.70
	L 6	Daniel Chada	01		Bishop Stort 24.00
	L 7	Joshua Smith	01		DunmowAtlant 24.11
	L 8	Thomas Owen	00		Co Norwich 24.30
H 14	L 1	Lewis Binning	03		Basildon Ph 24.20
	L 2	Sebastian Vandermeer	03		Co Cambridge 24.00
	L 3	Matthew Titman	01		Co Cambridge 23.80
	L 4	Ignacio Larghero	99		Newmarket 23.20
	L 5	Theo Cannon	99		Co Cambridge 23.70
	L 6	Jake Moxham	02		Co Cambridge 23.94
	L 7	Joshua Bristow	02		Modernian 24.10
	L 8	Ashley Coombs	01		Hemel Hemp 24.30
Event 214 Womens Open 100m Breaststroke					
H 1	L 3	Charlotte Ryan	00	SB5	Runnymede 2:54.80
	L 4	Lydia Zanetti	04		Watford SC 1:22.26
	L 5	Kiara Kovacs	04		Co Peterboro 1:22.30
H 2	L 1	Lucy Hutchinson	04		West Suffolk 1:22.17
	L 2	Georgina Stokes	04		Newmarket 1:21.90
	L 3	Emma Lewis	03		Co Cambridge 1:21.60
	L 4	Georgina Knatchbull	04		C Beds SS 1:21.38
	L 5	Hannah Jarrett	04		Norwich Swan 1:21.43
	L 6	Sarah McNally	04		Deben 1:21.70
	L 7	Kiera Beaver	04		Watford SC 1:22.12
	L 8	Claudia Murphy	04		Witham Dolph 1:22.23

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Start List

H 3	L 1	Abbie Duffield	04	teamipswich	1:21.36	H 11	L 1	Natalie Sanford	04	St Felix Sch	1:14.50
	L 2	Maia Morgan	03	Dunstable	1:21.10		L 2	Aoife Marley	02	Witham Dolph	1:13.58
	L 3	Marni Sillitoe	04	West Suffolk	1:21.03		L 3	Jana Spinner	99	Co Norwich	1:12.18
	L 4	Chloe Berko-Boateng	03	Hatfield	1:20.98		L 4	Amelia Monaghan	02	Co Peterboro	1:11.05
	L 5	Chloe Cook	04	March	1:21.00		L 5	Roxanne Uys	99	West Norfolk	1:11.60
	L 6	Emily Watson	03	Modernian	1:21.10		L 6	Sarah O'Brien	96	West Norfolk	1:12.84
	L 7	Katie Jeffrey	04	Hatfield	1:21.26		L 7	Danielle Hartin	02	SB14Basildon Ph	1:14.20
	L 8	Ashleigh Cooper	04	Hitchin	1:21.36		L 8	Jessica Munford	04	Norwich Swan	1:15.10
H 4	L 1	Georgina Munday	04	Modernian	1:20.93	H 12	L 1	Ellie Wheeler	02	Basildon Ph	1:14.37
	L 2	Kayleigh Holroyd	03	C Beds SS	1:20.61		L 2	Louise Bush	91	Co Norwich	1:13.56
	L 3	Holly Dickson	03	Putteridge	1:20.50		L 3	Vejune Petraityte	02	Basildon Ph	1:12.02
	L 4	Nia Jordan	02	Hatfield	1:20.38		L 4	Kathryn Gill	87	Co Cambridge	1:10.50
	L 5	Amber Head	02	Rochford	1:20.49		L 5	Louise Fiddes	01	SB14Hatfield	1:11.30
	L 6	Sara Mahmud	02	Hatfield	1:20.57		L 6	Erin O'Meara	03	Watford SC	1:12.56
	L 7	Charlotte Tree	04	Colchester	1:20.77		L 7	Agatha Malikova	95	Co Cambridge	1:13.99
	L 8	Robyn Quince	04	Runnymede	1:20.98		L 8	India Weston	02	Norfolk Vikg	1:14.98
H 5	L 1	Chloe Butler	04	F S Godmanc	1:20.36	H 13	L 1	Caitlin Day	01	Basildon Ph	1:14.28
	L 2	Ella Dootson	02	Stowmarket	1:20.33		L 2	Molly Monk	04	Dereham	1:13.12
	L 3	Lucy Hudson	04	West Suffolk	1:20.03		L 3	Molly Lee	01	West Norfolk	1:11.63
	L 4	Poppy Allen	03	Basildon Ph	1:19.66		L 4	Rebecca Burton	98	Co Peterboro	1:10.35
	L 5	Isabella Porzio	04	Putteridge	1:19.88		L 5	Grace King	03	teamipswich	1:11.27
	L 6	Mia Brock	01	Norwich Swan	1:20.15		L 6	Sophie Payne	02	Hatfield	1:12.20
	L 7	Niamh Kelly	04	Hatfield	1:20.33		L 7	Ela Norton	04	Hatfield	1:13.70
	L 8	Rebecca Knibb	03	Linslade	1:20.38		L 8	Ellie Matthews	03	Putteridge	1:14.79
H 6	L 1	Abbie Barnwell	03	Team Luton	1:19.58	Event 215 Mens Open 200m Breaststroke					
	L 2	Mollie White	03	Norfolk Vikg	1:19.34	H 1	L 1	George Williams	04	Co St Albans	2:44.95
	L 3	Tess Wesley	04	Newmarket	1:19.07		L 2	Matthew Vaughan	04	Beccles Town	2:43.63
	L 4	Grace Gunton	04	Co Norwich	1:18.90		L 3	Kalaum Corani	04	Colchester	2:41.66
	L 5	Nicole Chandler	02	Deben	1:19.05		L 4	Tyler Jackson	04	Harlow Pen	2:39.17
	L 6	Niamh Sadler	04	Co Norwich	1:19.30		L 5	Owen Vaughan	03	Chelmsford	2:39.90
	L 7	Sophie Griffin	04	Co Peterboro	1:19.51		L 6	James Rothwell	04	Co Peterboro	2:42.22
	L 8	Isabelle Rosher	03	teamipswich	1:19.65		L 7	Max Robertson	04	Hatfield	2:43.70
H 7	L 1	Lucy King	03	Hitchin	1:18.79	H 2	L 1	Cole Shepard	03	Basildon Ph	2:38.80
	L 2	Katie Andrews	04	Norwich Swan	1:18.64		L 2	William Robins	03	C Beds SS	2:38.55
	L 3	Ella Murphy	02	Harpenden	1:18.45		L 3	Luke Ruggles	03	March	2:37.95
	L 4	Lily Bemmer	03	Deben	1:17.99		L 4	Lewis Chapman	01	Stowmarket	2:36.95
	L 5	Ciara Wookey	04	Colchester	1:18.07		L 5	Matthew Debenham	04	teamipswich	2:37.07
	L 6	Amie Copp	99	Thetford	1:18.60		L 6	Samuel Rennie	04	Braintree	2:38.10
	L 7	Lauren Sharp	03	Chelmsford	1:18.78		L 7	Alexander Horne	03	Co St Albans	2:38.57
	L 8	Kiara Jessop	04	St Felix Sch	1:18.84		L 8	Samuel Bullingham	03	West Suffolk	2:38.98
H 8	L 1	Charlotte Hudson	03	West Suffolk	1:17.65	H 3	L 1	William Handley	02	Stowmarket	2:35.61
	L 2	Polly Fish	04	Co Cambridge	1:17.50		L 2	Dominic McCarthy	02	Hoddesdon	2:35.39
	L 3	Alice Fasey	04	Thetford	1:17.20		L 3	Thomas Hamilton	01	Royston	2:34.94
	L 4	Juliet Merelie	98	Harpenden	1:16.96		L 4	Yannik Wilson	02	Co St Albans	2:34.53
	L 5	Caitlin Hartley	04	Hatfield	1:17.05		L 5	James Noble	02	Norwich Swan	2:34.63
	L 6	Ciara Gill-Ryan	02	Newmarket	1:17.46		L 6	Tommy Chandler	02	Gt Yarmouth	2:35.36
	L 7	Fleur Hines	03	Watford SC	1:17.58		L 7	Joseph Talbot	00	Linslade	2:35.56
	L 8	Sophie Taylor	03	DunmowAtlant	1:17.92		L 8	Daniel Thurston-Woolno	01	Beccles Town	2:36.92
H 9	L 1	Imogen Bloomfield	03	Co Cambridge	1:16.69	H 4	L 1	Rhys Davidson	04	Team Luton	2:34.20
	L 2	Lauren Scott	02	Chelmsford	1:16.60		L 2	Mattias Morse	03	Hemel Hemp	2:32.80
	L 3	Celyn Walmsley	01	Team Luton	1:16.50		L 3	Callum Harold	02	Bishop Stort	2:32.67
	L 4	Emma Parker	04	St Felix Sch	1:16.34		L 4	Matthew Rothwell	02	Co Peterboro	2:31.99
	L 5	Rebecca Girolami	03	Colchester	1:16.45		L 5	Charles Rennie	01	Braintree	2:32.34
	L 6	Chiara Rogers	03	Team Luton	1:16.57		L 6	Yuto Watanabe	04	Hatfield	2:32.76
	L 7	Zara Keegan	02	Co Cambridge	1:16.63		L 7	Joseph Coldwell	02	Watford SC	2:33.58
	L 8	Isabella Chapman	04	Harpenden	1:16.69		L 8	Lewis Bayley	01	Southend	2:34.37
H 10	L 1	Grace Stedman	03	Co St Albans	1:16.11	H 5	L 1	Jack Riches	01	Co Norwich	2:30.89
	L 2	Iona Trainer	03	Co Ely	1:15.91		L 2	Jack Mansfield	02	Harlow Pen	2:28.52
	L 3	Alara Norton	01	Hatfield	1:15.70		L 3	Nicholas Botha	02	Bishop Stort	2:26.40
	L 4	Lucy Park	96	Watford SC	1:15.11		L 4	Luke Bryan	00	West Norfolk	2:19.79
	L 5	Beth Dennis	03	Co Peterboro	1:15.39		L 5	Lewis Shayler	03	Watford SC	2:22.90
	L 6	Katherine Daynes	02	Halstead	1:15.78		L 6	Ryan Clay	95	West Suffolk	2:27.15
	L 7	Ellie-Mei Shepperson	03	West Norfolk	1:15.94		L 7	Alex Florance	00	West Norfolk	2:29.59
	L 8	Charlotte Abramson	04	Co Norwich	1:16.30		L 8	Mal Staff	02	Co Norwich	2:31.70

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H 6	L 1	Callum Stedman	03	West Norfolk	2:30.30	H 7	L 1	Olivia Norman	02	teamipswich	1:06.20
	L 2	William Loveman	00	Co St Albans	2:28.49		L 2	Ellie O'Keefe	00	Co Cambridge	1:04.94
	L 3	Finn Jeffery	03	St Felix Sch	2:25.47		L 3	Sacha Thomas	03	Co Norwich	1:03.30
	L 4	Lawrence Palmer	92	Putteridge	2:14.50		L 4	Mia Leech	02	Co Peterboro	1:01.80
	L 5	Ralph Muncer	01	Co St Albans	2:21.90		L 5	May Bradburn	04	Chelmsford	1:03.00
	L 6	Harrison Jarvis	04	Thurrock	2:27.00		L 6	Libby Dunford	03	Hoddesdon	1:04.40
	L 7	James Quinn	04	St Ives	2:29.23		L 7	Zara Keegan	02	Co Cambridge	1:05.50
	L 8	Leyton Berrey	99	Co Norwich	2:31.46		L 8	Ciara Wookey	04	Colchester	1:06.40
H 7	L 1	Owen Webster	03	St Felix Sch	2:29.92	H 8	L 1	Molly Ollington	98	Co Cambridge	1:05.73
	L 2	Henry King	03	West Suffolk	2:28.38		L 2	Lily Merrett	03	Co St Albans	1:04.80
	L 3	Oliver Cashin	02	Co Cambridge	2:24.61		L 3	Natalie Sanford	04	St Felix Sch	1:03.10
	L 4	Nathan Hughes	00	Hatfield	2:12.11		L 4	Sara Kalawska	03	Hatfield	1:01.40
	L 5	Bryn Couser	02	Bishop Stort	2:21.70		L 5	Jessica-Jane Applegate	96	S14 Co Norwich	1:02.90
	L 6	Sam Perkins	02	teamipswich	2:26.72		L 6	Louise Fiddes	01	S14 Hatfield	1:04.30
	L 7	Harvey Hall	03	Deben	2:28.86		L 7	Georgia Pease	02	Basildon Ph	1:05.30
	L 8	Joseph Richardson	01	Co St Albans	2:31.17		L 8	Lauren Grice	99	Leighton Buz	1:06.30
Event 216 Womens Open 100m Butterfly											
H 1	L 2	Elizabeth Wilkinson	04	Chelmsford	1:11.50	H 9	L 1	Danielle Hartin	02	S14 Basildon Ph	1:05.70
	L 3	Grace Gunton	04	Co Norwich	1:11.30		L 2	Lauren Stott	02	Hatfield	1:04.70
	L 4	Anna Fallon	03	Team Luton	1:11.20		L 3	Georgina Tallon	00	Potters Bar	1:03.09
	L 5	Maggie Fleet	04	Watford SC	1:11.28		L 4	Elinor Duley	00	Colchester	1:01.20
	L 6	Lucy Jordan-Caws	03	S15 Hatfield	1:11.33		L 5	Georgina Pryor	98	Harlow Pen	1:02.82
	L 7	Holly Graves	04	Co Peterboro	1:11.77		L 6	Jessica Woodward	03	Hatfield	1:04.20
H 2	L 1	Eleanor Mason	03	Bishop Stort	1:11.16		L 7	Ella Hale	03	West Suffolk	1:05.20
	L 2	Morgan Allan	03	Modernian	1:10.40		L 8	Lauren Nelson	01	Harlow Pen	1:06.28
	L 3	Radost Milkova	03	Thurrock	1:10.10						
	L 4	Fleur Hines	03	Watford SC	1:09.99						
	L 5	Nancy Neave	04	Braintree	1:10.10						
	L 6	Bethan Fuge	04	Hatfield	1:10.37						
	L 7	Isabella Chapman	04	Harpندن	1:10.47						
	L 8	Chloe Butler	04	F S Godmanc	1:11.16						
H 3	L 1	Emily Haslam	04	Norfolk Vikg	1:09.80						
	L 2	Emma Parker	04	St Felix Sch	1:09.13						
	L 3	Freya Harwood	04	Hitchin	1:08.89						
	L 4	Daisy Sandon	03	Stevenage	1:08.70						
	L 5	Madeleine Stares	03	Watford SC	1:08.70						
	L 6	Rebecca Smith	03	Norwich Swan	1:08.96						
	L 7	Bianka Misikova	03	Hatfield	1:09.53						
	L 8	Millie Dudley	04	Dunstable	1:09.85						
H 4	L 1	Lily Bemmer	03	Deben	1:08.61						
	L 2	Chiara Rogers	03	Team Luton	1:08.45						
	L 3	Erin Crouch	04	teamipswich	1:08.00						
	L 4	Menna Walmsley	04	Team Luton	1:07.80						
	L 5	Brooke Jenkins	04	Southend	1:07.90						
	L 6	Cerys Williams	04	West Suffolk	1:08.40						
	L 7	Rachel Ha	04	Epping For't	1:08.60						
	L 8	Jessica Heesom	03	Potters Bar	1:08.69						
H 5	L 1	Emily Green	01	Brentwood	1:07.70						
	L 2	Iona Trainer	03	Co Ely	1:07.60						
	L 3	Eleanor Llewellyn	00	West Suffolk	1:07.48						
	L 4	Lauren Thomas	02	Biggleswade	1:07.41						
	L 5	Gracie Trotter	03	C Beds SS	1:07.45						
	L 6	Jessica Penkul	02	Bishop Stort	1:07.48						
	L 7	Freya Wright	02	West Suffolk	1:07.67						
	L 8	Sophie Mabbs	03	Putteridge	1:07.75						
H 6	L 1	Nellie Eastland	02	Bishop Stort	1:07.10						
	L 2	Erin O'Meara	03	Watford SC	1:07.01						
	L 3	Ciara Gill-Ryan	02	Newmarket	1:06.68						
	L 4	Lucie Peck	03	West Norfolk	1:06.50						
	L 5	Charlotte Walker	02	St Felix Sch	1:06.60						
	L 6	Megan Pirrie	99	Co Norwich	1:06.70						
	L 7	Chloe Berko-Boateng	03	Hatfield	1:07.07						
	L 8	Millie Ward	02	Brentwood	1:07.30						

Event 217 Mens Open 400m Freestyle

H 1	L 1	Samuel Whearty	02	S9	Colchester	5:52.42
	L 2	Roan Brennan	06	S9	Basildon Ph	4:52.98
	L 3	Max Robertson	04		Hatfield	4:30.67
	L 4	Angus Robertson	04		Brentwood	4:30.01
	L 5	Tyler Jackson	04		Harlow Pen	4:30.16
	L 6	Robert Addis	04		West Norfolk	4:31.61
	L 7	Mark Evens	96	S14	Hitchin	5:24.79
H 2	L 1	Matthew Vaughan	04		Beccles Town	4:28.05
	L 2	Daniel Monk	04		Harlow Pen	4:27.78
	L 3	Ryan Davis	04		Basildon Ph	4:26.98
	L 4	Thomas Belcher	03		Modernian	4:23.57
	L 5	Joshua Thurston-Woolno	03		Beccles Town	4:24.20
	L 6	Luke Barton	04		Co Norwich	4:27.66
	L 7	Ahaan Saini	04		Hatfield	4:27.86
	L 8	Joab Carr	04		St Felix Sch	4:28.22
H 3	L 1	George Whiteman	04		Co Peterboro	4:20.92
	L 2	Joshua Bridgeland	03		Hatfield	4:17.27
	L 3	Joe Cooper	04		teamipswich	4:14.45
	L 4	Joseph Wells	99		West Norfolk	4:13.32
	L 5	Daniel English	02		Hitchin	4:13.64
	L 6	Mehdi El Mansar	04		Bishop Stort	4:14.56
	L 7	Fabian Brudnicki	04		Co Peterboro	4:18.29
	L 8	Teal'K Smith	03		Beccles Town	4:23.56
H 4	L 1	Nathan Woodrow	03		Co Norwich	4:11.70
	L 2	Matthew Rothwell	02		Co Peterboro	4:09.18
	L 3	Samuel Rose	03		West Norfolk	4:06.31
	L 4	Jude Liddiard	01		Co St Albans	4:06.13
	L 5	Callum Wollaston	01		Co St Albans	4:06.29
	L 6	Owen Webster	03		St Felix Sch	4:09.12
	L 7	Noah Jameson Neal	04		Basildon Ph	4:11.60
	L 8	Collins Saliboko	02		St Felix Sch	4:12.21
H 5	L 1	Michael Ripper	01		Co St Albans	4:05.50
	L 2	Joshua Fowles	99		Witham Dolph	4:04.80
	L 3	Samuel Peck	00		West Norfolk	4:04.17
	L 4	Henry Pearce	02		Co Peterboro	4:03.25
	L 5	Michael Klimaszewski	04		Hatfield	4:03.51
	L 6	Luke Sugden	99		Hatfield	4:04.30
	L 7	Myles Turner	00		Co Cambridge	4:05.47
	L 8	James Speers	03		Basildon Ph	4:06.02
H 6	L 1	Lewis Binning	03		Basildon Ph	4:01.50
	L 2	Jacques Bonsell	99		Co Cambridge	3:58.36
	L 3	Nathan Wells	98		West Norfolk	3:51.87
	L 4	Regan Lloyd	97		teamipswich	3:47.30
	L 5	Nathan Hughes	00		Hatfield	3:49.60
	L 6	Myles Robinson-Young	02		Co Peterboro	3:57.43
	L 7	Ralph Muncer	01		Co St Albans	4:00.00
	L 8	Jamie McCaffray	01		Modernian	4:03.20