

# Swim England East Region

## Long Course Championships 2019

### Session Eleven

#### Start List

<u>Event 421 Womens 11/14 Yrs 200m IM</u>				<u>Event 422 Mens 11/14 Yrs 100m Backstroke</u>			
H 1	L 3	Lilly Davis	12 Co Peterboro 2:46.24	H 1	L 1	Joe Power	12 Basildon Ph 1:18.75
	L 4	Sophie Dowding	12 teamipswich 2:45.87		L 2	Lucas Hartley	12 Hatfield 1:18.48
	L 5	Charlotte Shaw	12 Co Peterboro 2:45.98		L 3	Max Pryke	12 West Suffolk 1:18.05
H 2	L 2	Megan Donovan	12 Co Peterboro 2:44.83		L 4	Finley Blackman	12 Biggleswade 1:17.70
	L 3	Lisa Leinemann	12 Chelmsford 2:44.46		L 5	James Gourpinar	12 Harlow Pen 1:18.01
	L 4	Rose Webster	13 St Felix Sch 2:43.06		L 6	Daniel Blight	12 Modernian 1:18.10
	L 5	Mabel Gigg	12 Co Norwich 2:43.20		L 7	Oliver Baskerville	11 Hatfield 1:18.51
	L 6	Gracie Comitti	12 Basildon Ph 2:44.60		L 8	Sean Connolly	11 Epping For't 1:18.77
	L 7	Emily Knight	12 Sudbury 2:45.56	H 2	L 1	Stirling Dempsey	12 Co Cambridge 1:17.37
H 3	L 1	Misty Eren	13 Harlow Pen 2:42.74		L 2	Joshua Ulyatt	11 Chelmsford 1:16.98
	L 2	Daisy Manning	11 Basildon Ph 2:42.41		L 3	Janos Kadar	12 Co Cambridge 1:16.10
	L 3	Seren Page	12 teamipswich 2:41.54		L 4	Thomas Underdown	12 Braintree 1:15.74
	L 4	Elise Delapperall	13 Thurrock 2:40.94		L 5	Ethan Howard	12 Potters Bar 1:15.85
	L 5	Mia Lowe	12 Basildon Ph 2:41.40		L 6	Ben Howlett	12 teamipswich 1:16.87
	L 6	Charlotte Williams	13 Cheshunt 2:41.83		L 7	Edward Ormsby	12 Royston 1:17.00
	L 7	Amy Boreham	13 Watford SC 2:42.43		L 8	Kevin Moldovan	12 Harlow Pen 1:17.40
	L 8	Grace Cawley	13 Watford SC 2:42.79	H 3	L 1	Patch Robinson	12 teamipswich 1:15.37
H 4	L 1	Arabella Ward	13 Modernian 2:40.40		L 2	Lazar Nemeth	13 St Felix Sch 1:14.70
	L 2	Isabelle Barber	13 Stowmarket 2:39.92		L 3	Maddox Roberts	13 Witham Dolph 1:14.53
	L 3	Kirsty Fuge	13 Hatfield 2:38.89		L 4	Reuben Alty	11 teamipswich 1:14.34
	L 4	Jessica Watson	14 Modernian 2:36.45		L 5	Joe Flowers	13 Leiston 1:14.40
	L 5	Katy Lane	13 Co St Albans 2:38.50		L 6	Benjamin Riglar	13 Dereham 1:14.54
	L 6	Grace Greenhalf	12 Co Norwich 2:39.50		L 7	Jack Despy	11 Basildon Ph 1:14.92
	L 7	Cait Cotter	12 Chelmsford 2:40.30		L 8	William Fawcett	12 Watford SC 1:15.52
	L 8	Ellie Mae Burwood	13 Lstoft & OB 2:40.90	H 4	L 1	Callum Cox	13 Ware 1:14.21
H 5	L 1	Salma Terkemani	13 Modernian 2:35.70		L 2	Fergus Reid	13 Co St Albans 1:13.71
	L 2	Lily Macdonald	14 Co Norwich 2:34.70		L 3	Alexander Kalverboer	13 Berkhamsted 1:13.28
	L 3	Jessica Shaw	14 Co Peterboro 2:29.54		L 4	Castle Galindez	12 Co Norwich 1:13.20
	L 4	Erin Little	14 Chelmsford 2:27.50		L 5	Jake Moore	13 Potters Bar 1:13.25
	L 5	Matilda Ransome	13 Co Cambridge 2:28.56		L 6	Joseph Whittaker	13 Wisbech 1:13.56
	L 6	Elijah Britton	13 St Felix Sch 2:32.80		L 7	Reece Simpson	13 Co Peterboro 1:13.85
	L 7	Ella Stone	13 C Beds SS 2:35.18		L 8	Oliver McCulloch	13 Modernian 1:14.30
	L 8	Abigail Bright	14 C Beds SS 2:36.34	H 5	L 1	Maximilian Veiga	12 Co Ely 1:12.70
H 6	L 1	Hannah Brooke	14 Co St Albans 2:35.59		L 2	Ben Minister	13 Thurrock 1:12.17
	L 2	Georgia Pritchard	14 Hatfield 2:33.84		L 3	Safford Hewitt-White	13 Co Peterboro 1:11.98
	L 3	Holly Lamb	14 Southend 2:29.30		L 4	Menuka Jayakody	13 Norwich Swan 1:11.50
	L 4	Ruby Wheeler	13 Basildon Ph 2:27.30		L 5	Luka Page	13 West Suffolk 1:11.67
	L 5	Ruby Dagless	14 Norwich Swan 2:28.40		L 6	Jago Derrington	13 Bishop Stort 1:12.10
	L 6	Macy Dexter	13 Co Cambridge 2:32.60		L 7	Joseph McGonigle	13 Newmarket 1:12.43
	L 7	Isabella Yeabsley	13 Hatfield 2:35.15		L 8	Ryan Wall	12 Royston 1:12.92
	L 8	Phoebe White	14 Harlow Pen 2:35.91	H 6	L 1	George Wallace	14 Colchester 1:11.06
H 7	L 1	Hannah Willis	14 Co Peterboro 2:35.49		L 2	Lewis Meadows	13 Felixstowe 1:10.74
	L 2	Evelyn Dixon-Minter	14 teamipswich 2:33.46		L 3	Rufus Jones	14 Epping For't 1:10.54
	L 3	Leah Wightman	14 West Norfolk 2:28.98		L 4	William Collowey	13 Epping For't 1:10.46
	L 4	Charlotte White	14 West Suffolk 2:27.20		L 5	Mitchell Tamblin	14 Norwich Swan 1:10.50
	L 5	Charlotte Norman	14 teamipswich 2:27.70		L 6	Joel Pietersen	12 Hatfield 1:10.67
	L 6	Olivia Newman-Baronius	13 Putteridge 2:32.20		L 7	William Presland	14 Bushey 1:10.87
	L 7	Olivia Cooper	13 Basildon Ph 2:35.10		L 8	Jack Juggins	13 Team Luton 1:11.41
	L 8	Francesca Key	14 Canvey Isl 2:35.89	H 7	L 1	Nathanial Mapley	13 Co St Albans 1:10.43
					L 2	James Cowdrey	14 Basildon Ph 1:10.22
					L 3	Oliver Shead	14 Witham Dolph 1:09.96
					L 4	Nathan Close	13 C Beds SS 1:09.90
					L 5	Ashton Redhead	12 teamipswich 1:09.92
					L 6	Matthew Monie	14 Co Cambridge 1:10.10
					L 7	Alexander Mason	14 Potters Bar 1:10.35
					L 8	Harvey Isle	14 West Norfolk 1:10.46
				H 8	L 1	Matthew Baker	13 West Suffolk 1:09.81
					L 2	Robbie Cruickshanks	13 teamipswich 1:09.66
					L 3	Daniel Lewis	13 Chelmsford 1:09.22
					L 4	Jacob Kitching	14 Chelmsford 1:09.14
					L 5	Isaac Clare	13 teamipswich 1:09.19
					L 6	James Clay	14 West Suffolk 1:09.44
					L 7	Max Parry	13 Co Cambridge 1:09.78
					L 8	Henry Newbury-Kemp	14 Watford SC 1:09.83

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#### Start List

H 9	L 1	Max Arnold	13	Harlow Pen	1:09.07	H 5	L 1	Grace Greenhalf	12	Co Norwich	1:05.50
	L 2	William Ellard	13	St Felix Sch	1:08.94		L 2	Megan Gray	12	Hatfield	1:05.20
	L 3	Finley Coman	14	Norwich Swan	1:08.90		L 3	Olivia Church	13	Basildon Ph	1:05.10
	L 4	Mason Allen	13	Basildon Ph	1:08.59		L 4	Elijah Britton	13	St Felix Sch	1:04.70
	L 5	Max Withers	14	Co Cambridge	1:08.69		L 5	Miriam Stratfold	13	Newmarket	1:04.74
	L 6	Bartholomew Tozer	14	West Suffolk	1:08.91		L 6	Emily Holden	13	C Beds SS	1:05.20
	L 7	Patrick Winnington	14	DunmowAtlant	1:09.03		L 7	Lily Ulyatt	13	Chelmsford	1:05.40
	L 8	Oliver Frame	14	Modernian	1:09.10		L 8	Sophie Dowding	12	teamipswich	1:05.50
H 10	L 1	Kieran Birkett	14	Co St Albans	1:07.35	H 6	L 1	Amelie Passam	13	Dereham	1:04.50
	L 2	James Parsons	14	Deben	1:06.40		L 2	Olivia Newman-Baronius	13	Putteridge	1:04.12
	L 3	Nikita Charykin	13	Thurrock	1:05.28		L 3	Isabelle Barber	13	Stowmarket	1:04.08
	L 4	Edward Merhan	14	West Suffolk	1:04.84		L 4	Skye Bunyard	13	C Beds SS	1:03.56
	L 5	Aidan Pilcher	14	teamipswich	1:05.06		L 5	Mia Lowe	12	Basildon Ph	1:04.00
	L 6	Marin De Villard	14	St Felix Sch	1:05.81		L 6	Evangeline Pierce	12	Basildon Ph	1:04.10
	L 7	Matthew Martin	14	Co St Albans	1:06.93		L 7	Rosie Munnings	13	Diss Otters	1:04.40
	L 8	Michael Connick	14	Deben	1:08.56		L 8	Charlotte Williams	13	Cheshunt	1:04.66
H 11	L 1	Jack Hill	14	Linslade	1:07.17	H 7	L 1	Hannah Collett	14	Basildon Ph	1:03.50
	L 2	Benjamin Ashdown	14	Modernian	1:06.29		L 2	Skye Carter	12	Basildon Ph	1:03.40
	L 3	Charlie Summer	14	Dereham	1:05.20		L 3	Isabel Murtagh	13	Hatfield	1:03.31
	L 4	James Rowley	14	Sudbury	1:03.80		L 4	Francesca Salmon	14	Norwich Swan	1:03.30
	L 5	Joseph McGillivray	14	Lstof & OB	1:04.91		L 5	Rosalind Saise	12	teamipswich	1:03.30
	L 6	Christopher Williamson	14	Co Cambridge	1:05.35		L 6	Hannah Brooke	14	Co St Albans	1:03.40
	L 7	Billy Knibb	14	Linslade	1:06.80		L 7	Helena Hall	14	Deben	1:03.42
	L 8	Daniel Clayton	13	teamipswich	1:08.45		L 8	Darcy Coburn	14	Chelmsford	1:03.50
H 12	L 1	Luke Flynn	14	Watford SC	1:07.00	H 8	L 1	Holly Driver	14	St Felix Sch	1:03.02
	L 2	Joseph Kenny	14	Leiston	1:06.27		L 2	Indy Scott	14	Co Cambridge	1:03.00
	L 3	Oskar Farkas	14	Co Cambridge	1:05.13		L 3	Bryony Edgings	14	Thurrock	1:02.90
	L 4	Jude Hills	14	Thurrock	1:02.17		L 4	Kaia Phillips	13	Bishop Stort	1:02.64
	L 5	Ethan Martin	14	Thurrock	1:04.88		L 5	Ella Stone	13	C Beds SS	1:02.80
	L 6	Ethan Baskerville	14	Hatfield	1:05.30		L 6	Arabella Ward	13	Modernian	1:03.00
	L 7	Jenson Hurrell	14	Thurrock	1:06.55		L 7	Leah Wightman	14	West Norfolk	1:03.00
	L 8	Daniel Dixon	14	Brentwood	1:07.90		L 8	Romilly Marks	13	Newmarket	1:03.30
<b>Event 423 Womens 11/14 Yrs 100m Freestyle</b>											
H 1	L 1	Ellen Duffield	12	teamipswich	1:08.37	H 9	L 1	Ciara Taylor	14	St Ives	1:02.22
	L 2	Megan Donovan	12	Co Peterboro	1:08.10		L 2	Sophie Lander	14	Deben	1:01.98
	L 3	Veronika Popow	12	Team Luton	1:08.10		L 3	Clara Watson-Flowers	13	St Felix Sch	1:01.38
	L 4	Eva Lawson	11	Berkhamsted	1:07.89		L 4	Ruby Greenhalf	14	Co Norwich	59.90
	L 5	Charlotte Smith	12	Norwich Swan	1:07.90		L 5	Matilda Bogle	13	teamipswich	1:00.26
	L 6	Amelia Dibble	12	Gt Yarmouth	1:08.10		L 6	Louise Donaghy	14	Modernian	1:01.70
	L 7	Oluwapelumi Salu	11	Epping For't	1:08.30		L 7	Holly Lamb	14	Southend	1:02.10
	L 8	Charlotte Shaw	12	Co Peterboro	1:08.39		L 8	Maeve Pooley	14	Newmarket	1:02.50
H 2	L 1	Ifeoma Nwabueze	12	Bo Southend	1:07.80	H 10	L 1	Evelyn Dixon-Minter	14	teamipswich	1:02.13
	L 2	Eloise Bruce	12	Thurrock	1:07.66		L 2	Lily Macdonald	14	Co Norwich	1:01.90
	L 3	Emily Knight	12	Sudbury	1:07.47		L 3	Michaela Taiwo	14	St Felix Sch	1:01.00
	L 4	Lisa Leinemann	12	Chelmsford	1:07.30		L 4	Karys-Rose Bunn	13	teamipswich	59.75
	L 5	Amelia Speechley	12	Co Cambridge	1:07.31		L 5	Ruby Wheeler	13	Basildon Ph	1:00.10
	L 6	Georgia Holgate	12	Co Ely	1:07.53		L 6	Francesca Baber	13	C Beds SS	1:01.60
	L 7	Alice Green	12	Hatfield	1:07.74		L 7	Macy Dexter	13	Co Cambridge	1:02.07
	L 8	Zara Clarkson	11	DunmowAtlant	1:07.80		L 8	Anastasia Wilkinson	14	Hatfield	1:02.50
H 3	L 1	Gracie Comitti	12	Basildon Ph	1:07.00	H 11	L 1	Jessica Shaw	14	Co Peterboro	1:02.12
	L 2	Ellie-Rose Lyon	12	Norwich Swan	1:06.70		L 2	Sophie Clerkin	13	Braintree	1:01.80
	L 3	Lauren Parkinson	12	Watford SC	1:06.59		L 3	Ruby Dagless	14	Norwich Swan	1:00.40
	L 4	Amelie Crabb	12	teamipswich	1:06.40		L 4	Erin Little	14	Chelmsford	57.20
	L 5	Lyla Howard	12	Team Luton	1:06.57		L 5	Daisy Moxham	14	Co Cambridge	59.90
	L 6	Lily-Ella Mayall	12	Lstof & OB	1:06.59		L 6	Phoebe White	14	Harlow Pen	1:01.40
	L 7	Vasilisa Shampanova	12	Co Cambridge	1:06.90		L 7	Lucy Young	14	Modernian	1:02.00
	L 8	Sophia Pickering	12	Co Norwich	1:07.20		L 8	Erin Wilkinson	14	Southend	1:02.30
H 4	L 1	Misty Eren	13	Harlow Pen	1:06.07						
	L 2	Dana Ward	13	Bo Southend	1:05.90						
	L 3	Ellie Mae Burwood	13	Lstof & OB	1:05.78						
	L 4	Lilian Opiyo	13	Bishop Stort	1:05.60						
	L 5	Luella Gilmour	12	Chelmsford	1:05.70						
	L 6	Seren Page	12	teamipswich	1:05.81						
	L 7	Daniella Njawayia	13	Team Luton	1:06.00						
	L 8	Priya Dhillon	13	Thurrock	1:06.10						

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#### Start List

<b>Event 424 Mens 11/14 Yrs 50m Freestyle</b>				
H 1	L 3	Lucas Hartley	12 Hatfield	31.35
	L 4	Joshua Shepherd	11 Thurrock	31.30
	L 5	Jacob Ray	12 Basildon Ph	31.33
H 2	L 2	Oliver Pike	12 Co Norwich	31.30
	L 3	Janos Kadar	12 Co Cambridge	31.25
	L 4	Kevin Moldovan	12 Harlow Pen	31.20
	L 5	Stirling Dempsey	12 Co Cambridge	31.25
	L 6	Ethan Howard	12 Potters Bar	31.28
	L 7	Benjamin Cottrill	12 West Suffolk	31.30
H 3	L 1	Kevin Moghina	11 Thurrock	31.00
	L 2	Koby Cornwell	12 Potters Bar	30.94
	L 3	James Gourpinar	12 Harlow Pen	30.90
	L 4	Ben Every	11 Gt Yarmouth	30.70
	L 5	Joshua Ulyatt	11 Chelmsford	30.70
	L 6	Finlay Arnup	12 Norwich Swan	30.90
	L 7	Collin Okusaga	12 Braintree	31.00
	L 8	Rory Wilde	12 Chelmsford	31.10
H 4	L 1	Patch Robinson	12 teamipswich	30.61
	L 2	Joe Power	12 Basildon Ph	30.50
	L 3	Daniel Boboye	12 Thurrock	30.30
	L 4	William Fawcett	12 Watford SC	30.21
	L 5	Maximilian Veiga	12 Co Ely	30.26
	L 6	Lewis Andrews	12 Co Norwich	30.30
	L 7	Castle Galindez	12 Co Norwich	30.60
	L 8	Ashton Redhead	12 teamipswich	30.62
H 5	L 1	Reuben Alty	11 teamipswich	29.50
	L 2	Mason Allen	13 Basildon Ph	29.04
	L 3	Samuel Walsh	13 Witham Dolph	28.97
	L 4	Arthur Bernans	13 Basildon Ph	28.90
	L 5	Alex Twyford	13 Bushey	28.90
	L 6	Samuel Coman	13 Norwich Swan	29.00
	L 7	Andrew Tembra	13 Hatfield	29.10
	L 8	Oscar Lawrence	11 Chelmsford	29.70
H 6	L 1	Joe Flowers	13 Leiston	28.79
	L 2	Ellis McQuade	13 DunmowAtlant	28.70
	L 3	Luka Page	13 West Suffolk	28.60
	L 4	Kyle Ostil	13 West Norfolk	28.50
	L 5	Matthew Baker	13 West Suffolk	28.50
	L 6	Safford Hewitt-White	13 Co Peterboro	28.60
	L 7	Oscar Cole	13 St Felix Sch	28.77
	L 8	Max Arnold	13 Harlow Pen	28.80
H 7	L 1	Nathan Close	13 C Beds SS	28.50
	L 2	Max Parry	13 Co Cambridge	28.40
	L 3	Daniel Lewis	13 Chelmsford	28.31
	L 4	Mitchell Tamblin	14 Norwich Swan	27.90
	L 5	Joel Pietersen	12 Hatfield	28.20
	L 6	Riley Bashford	13 Deben	28.40
	L 7	Nathaniel Mapley	13 Co St Albans	28.41
	L 8	Reece Simpson	13 Co Peterboro	28.50
H 8	L 1	Colin Moghina	14 Thurrock	27.90
	L 2	Noah Crabb	14 teamipswich	27.88
	L 3	George De Voogt	13 C Beds SS	27.80
	L 4	Spyridon Mantis	14 Newmarket	27.78
	L 5	Nathan Whiting	14 Hemel Hemp	27.78
	L 6	Lucas Farrant	14 Chelmsford	27.80
	L 7	Harrison Bristow	14 Modernian	27.90
	L 8	Thomas Hooper	14 Co St Albans	27.90
H 9	L 1	James Parsons	14 Deben	27.70
	L 2	Aden Mabute	14 Newmarket	27.70
	L 3	Lewis Meadows	13 Felixstowe	27.54
	L 4	Joseph McGillivray	14 Lstoft & OB	27.50
	L 5	Edward Merhan	14 West Suffolk	27.54
	L 6	James Coleman	14 Co St Albans	27.60
	L 7	Daniel Clayton	13 teamipswich	27.70
	L 8	Marcus Moscuza	14 St Felix Sch	27.71
H 10	L 1	Oliver Shead	14 Witham Dolph	27.40
	L 2	Enzo Lim	14 Watford SC	27.37
	L 3	Alexander Mason	14 Potters Bar	27.10
	L 4	Matthew Brown	14 Stowmarket	27.10
	L 5	James Rowley	14 Sudbury	27.10
	L 6	George Wallace	14 Colchester	27.29
	L 7	Jacob Stephen	14 Brentwood	27.37
	L 8	Alexander Olayomi	14 Watford SC	27.48
H 11	L 1	Luke Flynn	14 Watford SC	27.00
	L 2	James Gisborne	14 Bishop Stort	26.80
	L 3	Ethan Martin	14 Thurrock	26.40
	L 4	Oskar Farkas	14 Co Cambridge	26.10
	L 5	Charlie Summer	14 Dereham	26.20
	L 6	Ethan Baskerville	14 Hatfield	26.60
	L 7	Max Patten	14 Witham Dolph	27.00
	L 8	Abdel Abdi	14 Team Luton	27.07
H 12	L 1	Maddox Roberts	13 Witham Dolph	27.00
	L 2	George Grice	14 Co Norwich	26.60
	L 3	James Cowdrey	14 Basildon Ph	26.40
	L 4	Jude Hills	14 Thurrock	26.00
	L 5	Benjamin Ashdown	14 Modernian	26.10
	L 6	Henry Jones	14 Modernian	26.60
	L 7	Alfie Francis	14 Colchester	26.90
	L 8	Joseph Kenny	14 Leiston	27.04
H 13	L 1	Oliver Carpenter	14 Co St Albans	27.00
	L 2	William Ellard	13 St Felix Sch	26.60
	L 3	Olivier Vedrenne	14 Co Norwich	26.30
	L 4	Louis Walker	14 Colchester	25.70
	L 5	Finley Coman	14 Norwich Swan	26.10
	L 6	Joshua Martin	13 Co Peterboro	26.40
	L 7	Henri Dyke	14 Norwich Swan	26.90
	L 8	Max Withers	14 Co Cambridge	27.00
<b>Event 425 Womens 11/14 Yrs 200m Backstroke</b>				
H 1	L 3	Charlotte Hattan	12 Deben	2:43.07
	L 4	Lilly-Mae Kilbey	12 Epping For't	2:41.69
	L 5	Amelia Speechley	12 Co Cambridge	2:41.73
H 2	L 1	Olivia Cartwright	12 Colchester	2:40.94
	L 2	Megan Donovan	12 Co Peterboro	2:40.46
	L 3	Mabel Gigg	12 Co Norwich	2:40.00
	L 4	Rose Webster	13 St Felix Sch	2:39.18
	L 5	Sophie Dowding	12 teamipswich	2:39.34
	L 6	Sophie Conroy	12 Thurrock	2:40.41
	L 7	Esme Gilbert	12 Wisbech	2:40.47
	L 8	Emily Knight	12 Sudbury	2:41.47
H 3	L 1	Niamh O'Meara	13 Watford SC	2:39.04
	L 2	Isabelle Barber	13 Stowmarket	2:38.72
	L 3	Natalie Tyler	11 Deben	2:37.70
	L 4	Daisy Manning	11 Basildon Ph	2:37.60
	L 5	Connie Davies	13 Deben	2:37.60
	L 6	Elizabeth Standen	13 Co St Albans	2:38.60
	L 7	Amara Addison	12 Norwich Swan	2:38.80
	L 8	Grace Cawley	13 Watford SC	2:39.08
H 4	L 1	Amy Harper	12 Watford SC	2:37.17
	L 2	Kaia Phillips	13 Bishop Stort	2:36.50
	L 3	Georgia Fry	14 Modernian	2:36.44
	L 4	Orla Kenny	14 Co Cambridge	2:35.99
	L 5	Francesca Long	14 Thetford	2:36.22
	L 6	Charlotte Williams	13 Cheshunt	2:36.47
	L 7	Jessica Bloomfield	13 Co Cambridge	2:36.59
	L 8	Amelie Crabb	12 teamipswich	2:37.47

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#### Start List

H 5	L 1 Lily-Ella Mayall	12 Lstof & OB	2:35.69	H 4	L 1 Harvey Isle	14 West Norfolk	5:26.60
	L 2 Rebecca Johnson	14 DunmowAtlant	2:35.60		L 2 Kieran Birkett	14 Co St Albans	5:25.89
	L 3 Ella Lauder	14 Southend	2:35.30		L 3 Mitchell Tamblin	14 Norwich Swan	5:25.63
	L 4 Jasmine Verlander	13 Thurrock	2:35.19		L 4 Henry Jones	14 Modernian	5:23.00
	L 5 Lucy Young	14 Modernian	2:35.28		L 5 James O'Connor	14 West Suffolk	5:24.91
	L 6 Nonhlanhla Thole	14 St Felix Sch	2:35.60		L 6 Michael Connick	14 Deben	5:25.70
	L 7 Cait Cotter	12 Chelmsford	2:35.68		L 7 George De Voogt	13 C Beds SS	5:26.25
	L 8 Elise Delapperall	13 Thurrock	2:35.86		L 8 Zak Troman	12 Colchester	5:26.60
H 6	L 1 Francesca Tyler	14 Deben	2:34.79	H 5	L 1 George Grice	14 Co Norwich	5:22.80
	L 2 Emily Cutting	14 West Suffolk	2:34.62		L 2 Matthew Monie	14 Co Cambridge	5:21.01
	L 3 Jessica Coleman	14 Stevenage	2:33.91		L 3 Mark Milburn	14 Colchester	5:18.10
	L 4 Sophie Jenkinson	14 Basildon Ph	2:33.76		L 4 Daniel Clayton	13 teamipswich	5:15.60
	L 5 Jessica Mahoney	14 Co Peterboro	2:33.91		L 5 Denis Morine	14 Basildon Ph	5:16.70
	L 6 Indy Scott	14 Co Cambridge	2:33.95		L 6 Jenson Hurrell	14 Thurrock	5:20.72
	L 7 Alexa Mann	13 Basildon Ph	2:34.70		L 7 Enzo Lim	14 Watford SC	5:21.86
	L 8 Lily Macdonald	14 Co Norwich	2:35.10		L 8 Daniel McGuinness	13 Basildon Ph	5:22.90
H 7	L 1 Emilia Dunwoodie	14 Co St Albans	2:33.18	H 6	L 1 Nikita Charykin	13 Thurrock	5:09.59
	L 2 Erin Wilkinson	14 Southend	2:31.85		L 2 Christopher Williamson	14 Co Cambridge	5:09.23
	L 3 Emily Cooper	14 Basildon Ph	2:28.30		L 3 James Clay	14 West Suffolk	5:01.40
	L 4 Matilda Bogle	13 teamipswich	2:24.94		L 4 Olivier Vedrenne	14 Co Norwich	4:55.20
	L 5 Emily Falkus	14 Runnymede	2:27.50		L 5 Peter Soczewka	14 Hatfield	5:00.76
	L 6 Hannah Willis	14 Co Peterboro	2:30.47		L 6 Jacob Stephen	14 Brentwood	5:09.23
	L 7 Evangeline Pierce	12 Basildon Ph	2:32.20		L 7 Aidan Pilcher	14 teamipswich	5:09.37
	L 8 Helena Hall	14 Deben	2:33.73		L 8 Luke Oulds	14 Basildon Ph	5:15.46
H 8	L 1 Gemma Nottage	14 Watford SC	2:32.57				
	L 2 Mia Ward	14 Thurrock	2:31.04				
	L 3 Francesca Low	14 Chelmsford	2:27.97				
	L 4 Ella Turner	14 Basildon Ph	2:21.50				
	L 5 Kiera Blunden	14 Chelmsford	2:27.30				
	L 6 Isabella Yeabsley	13 Hatfield	2:29.99				
	L 7 Isla Winslow	14 Co Norwich	2:32.08				
	L 8 Amélie Smith	14 Co Cambridge	2:33.44				
H 9	L 1 Holly Driver	14 St Felix Sch	2:32.41				
	L 2 Clara Watson-Flowers	13 St Felix Sch	2:30.71				
	L 3 Maeve Pooley	14 Newmarket	2:27.90				
	L 4 Charlotte Norman	14 teamipswich	2:18.65				
	L 5 Sophie Lander	14 Deben	2:26.89				
	L 6 Leah Wightman	14 West Norfolk	2:28.30				
	L 7 Abigail Bright	14 C Beds SS	2:31.98				
	L 8 Jessica Shaw	14 Co Peterboro	2:33.35				

#### Event 426 Mens 11/14 Yrs 400m IM

H 1	L 2 Jack Despy	11 Basildon Ph	5:59.34
	L 3 Ethan Howard	12 Potters Bar	5:51.11
	L 4 Thomas Deaton	13 Newmarket	5:46.07
	L 5 William Fawcett	12 Watford SC	5:48.80
	L 6 Patch Robinson	12 teamipswich	5:59.01
	L 7 Isaac Farrugia	12 Basildon Ph	6:00.70
H 2	L 1 Daniel Kendall	13 Co Ely	5:43.42
	L 2 Oliver Blight	13 Hatfield	5:43.12
	L 3 William White	12 Harlow Pen	5:41.90
	L 4 Louis James	13 Thetford	5:41.00
	L 5 Menuka Jayakody	13 Norwich Swan	5:41.20
	L 6 Joel Pietersen	12 Hatfield	5:43.00
	L 7 Ethan Angel	13 teamipswich	5:43.37
	L 8 Daniel Lewis	13 Chelmsford	5:44.99
H 3	L 1 Jack Juggins	13 Team Luton	5:37.99
	L 2 Ben Minister	13 Thurrock	5:33.10
	L 3 Joshua Martin	13 Co Peterboro	5:27.74
	L 4 Finn Cooper	13 teamipswich	5:27.22
	L 5 Bartholomew Tozer	14 West Suffolk	5:27.27
	L 6 Reece Simpson	13 Co Peterboro	5:32.43
	L 7 Ryan Wall	12 Royston	5:36.33
	L 8 Lazar Nemeth	13 St Felix Sch	5:38.06