

Swim England East Region

Long Course Championships 2019

Session Fourteen

Start List

Event 521 Mens 11/14 Yrs 200m IM

H 1	L 1	Massimo Girolami	11	Colchester	2:51.18
	L 2	Marco Yuen	12	Brentwood	2:49.80
	L 3	Thomas Spelman	12	Stowmarket	2:49.50
	L 4	Oliver Scrimshaw	12	Basildon Ph	2:48.89
	L 5	Kevin Moldovan	12	Harlow Pen	2:49.15
	L 6	Samuel Winslow	12	Co Cambridge	2:49.56
	L 7	Daniel Thompson	12	Thurrock	2:49.88
H 2	L 1	Jacob Ray	12	Basildon Ph	2:48.45
	L 2	George Prince	11	Hatfield	2:47.80
	L 3	Maximilian Veiga	12	Co Ely	2:47.30
	L 4	Ben Howlett	12	teamipswich	2:45.16
	L 5	Lucas Hartley	12	Hatfield	2:46.90
	L 6	Joshua Ulyatt	11	Chelmsford	2:47.54
	L 7	James Gourpinar	12	Harlow Pen	2:47.86
	L 8	Kevin Moghina	11	Thurrock	2:48.47
H 3	L 1	William White	12	Harlow Pen	2:44.10
	L 2	William Fawcett	12	Watford SC	2:43.67
	L 3	William Collowe	13	Epping For't	2:41.90
	L 4	Ryan Wall	12	Royston	2:41.66
	L 5	Castle Galindez	12	Co Norwich	2:41.80
	L 6	Jack Despy	11	Basildon Ph	2:43.50
	L 7	Patch Robinson	12	teamipswich	2:44.01
	L 8	Edward Ormsby	12	Royston	2:45.01
H 4	L 1	Daniel Holliss	13	Co St Albans	2:41.54
	L 2	Harry Stagg	13	Basildon Ph	2:41.21
	L 3	Lazar Nemeth	13	St Felix Sch	2:41.10
	L 4	Jake Moore	13	Potters Bar	2:40.96
	L 5	Oliver Blight	13	Hatfield	2:41.01
	L 6	Sam Parker	13	St Felix Sch	2:41.21
	L 7	Ben Buckley	12	Thetford	2:41.49
	L 8	Ethan Howard	12	Potters Bar	2:41.55
H 5	L 1	Lewis Andrews	12	Co Norwich	2:40.40
	L 2	Menuka Jayakody	13	Norwich Swan	2:39.90
	L 3	Max Parry	13	Co Cambridge	2:38.74
	L 4	Oliver McCulloch	13	Modernian	2:37.90
	L 5	Joshua Martin	13	Co Peterboro	2:38.20
	L 6	Ethan Angel	13	teamipswich	2:39.48
	L 7	Joel Pietersen	12	Hatfield	2:40.01
	L 8	Nathan Close	13	C Beds SS	2:40.60
H 6	L 1	Jack Juggins	13	Team Luton	2:37.30
	L 2	Safford Hewitt-White	13	Co Peterboro	2:36.90
	L 3	Louis James	13	Thetford	2:35.74
	L 4	Zak Troman	12	Colchester	2:35.10
	L 5	Finn Cooper	13	teamipswich	2:35.13
	L 6	Reece Simpson	13	Co Peterboro	2:36.82
	L 7	Ben Minister	13	Thurrock	2:36.96
	L 8	Robbie Cruickshanks	13	teamipswich	2:37.50
H 7	L 1	Nathaniel Mapley	13	Co St Albans	2:34.20
	L 2	Max Withers	14	Co Cambridge	2:33.89
	L 3	Matthew Martin	14	Co St Albans	2:33.57
	L 4	Kieran Birkett	14	Co St Albans	2:32.95
	L 5	Noah Crabb	14	teamipswich	2:32.95
	L 6	Daniel Lewis	13	Chelmsford	2:33.88
	L 7	Mitchell Tamblin	14	Norwich Swan	2:33.90
	L 8	Daniel McGuinness	13	Basildon Ph	2:34.39
H 8	L 1	Matthew Baker	13	West Suffolk	2:30.48
	L 2	Mark Milburn	14	Colchester	2:28.96
	L 3	Nikita Charykin	13	Thurrock	2:26.90
	L 4	Jacob Stephen	14	Brentwood	2:23.13
	L 5	Marcus Moscuzza	14	St Felix Sch	2:25.64
	L 6	Luke Oulds	14	Basildon Ph	2:28.05
	L 7	Colin Moghina	14	Thurrock	2:30.30
	L 8	Matthew Monie	14	Co Cambridge	2:32.51

H 9	L 1	Harvey Isle	14	West Norfolk	2:30.47
	L 2	Joseph Bavey	14	Newmarket	2:28.30
	L 3	Charlie Summer	14	Dereham	2:26.90
	L 4	James Clay	14	West Suffolk	2:22.40
	L 5	Alfie Francis	14	Colchester	2:24.80
	L 6	Oliver Carpenter	14	Co St Albans	2:27.51
	L 7	Denis Morine	14	Basildon Ph	2:30.00
	L 8	Patrick Winnington	14	DunmowAtlant	2:32.45

H 10	L 1	Enzo Lim	14	Watford SC	2:30.32
	L 2	George Grice	14	Co Norwich	2:28.30
	L 3	Edward Merhan	14	West Suffolk	2:25.68
	L 4	Olivier Vedrenne	14	Co Norwich	2:16.10
	L 5	Christopher Williamson	14	Co Cambridge	2:24.48
	L 6	Benjamin Ashdown	14	Modernian	2:27.07
	L 7	George De Voogt	13	C Beds SS	2:29.27
	L 8	James Parsons	14	Deben	2:32.33

Event 522 Womens 11/14 Yrs 100m Backstroke

H 1	L 3	Lilly-Mae Kilbey	12	Epping For't	1:17.03
	L 4	Olivia Cartwright	12	Colchester	1:16.33
	L 5	Arwen Phillips	12	Epping For't	1:16.41

H 2	L 1	Natalie Tyler	11	Deben	1:15.93
	L 2	Charlotte Smith	12	Norwich Swan	1:15.80
	L 3	Emily Knight	12	Sudbury	1:14.78
	L 4	Daisy Manning	11	Basildon Ph	1:14.60
	L 5	Amara Addison	12	Norwich Swan	1:14.70
	L 6	Amy Harper	12	Watford SC	1:15.77
	L 7	Georgia Holgate	12	Co Ely	1:15.90
	L 8	Esme Gilbert	12	Wisbech	1:16.32

H 3	L 1	Amelie Crabb	12	teamipswich	1:14.10
	L 2	Jessica Bloomfield	13	Co Cambridge	1:13.54
	L 3	Megan Donovan	12	Co Peterboro	1:13.21
	L 4	Isabelle Barber	13	Stowmarket	1:12.51
	L 5	Charlotte Williams	13	Cheshunt	1:12.95
	L 6	Mia Lowe	12	Basildon Ph	1:13.40
	L 7	Connie Davies	13	Deben	1:13.86
	L 8	Mabel Gigg	12	Co Norwich	1:14.60

H 4	L 1	Elizabeth Standen	13	Co St Albans	1:12.07
	L 2	Una Ansone	13	March	1:12.00
	L 3	Jessica Mahoney	14	Co Peterboro	1:11.73
	L 4	Emily Falkus	14	Runnymede	1:11.42
	L 5	Ella Lauder	14	Southend	1:11.59
	L 6	Alexa Mann	13	Basildon Ph	1:11.80
	L 7	Ella Stone	13	C Beds SS	1:12.01
	L 8	Olivia Newman-Baronius	13	Putteridge	1:12.20

H 5	L 1	Lily-Ella Mayall	12	Lstof & OB	1:11.17
	L 2	Jessica Coleman	14	Stevenage	1:11.07
	L 3	Lily Macdonald	14	Co Norwich	1:10.97
	L 4	Salma Terkemani	13	Modernian	1:10.89
	L 5	Evangelina Pierce	12	Basildon Ph	1:10.90
	L 6	Lucy Young	14	Modernian	1:11.00
	L 7	Esme Springham	14	Deben	1:11.13
	L 8	Francesca Tyler	14	Deben	1:11.38

H 6	L 1	Isla Winslow	14	Co Norwich	1:10.41
	L 2	Francesca Low	14	Chelmsford	1:09.53
	L 3	Clara Watson-Flowers	13	St Felix Sch	1:08.29
	L 4	Matilda Bogle	13	teamipswich	1:07.21
	L 5	Ella Turner	14	Basildon Ph	1:07.70
	L 6	Emily Cooper	14	Basildon Ph	1:09.10
	L 7	Hannah Willis	14	Co Peterboro	1:09.77
	L 8	Holly Driver	14	St Felix Sch	1:10.83

Swim England East Region

Long Course Championships 2019

Session Fourteen

Start List

H 7	L 1	Helena Hall	14	Deben	1:09.93	H 7	L 1	Ryan Roberts	14	Putteridge	1:01.90
	L 2	Gemma Nottage	14	Watford SC	1:09.27		L 2	Aden Mabute	14	Newmarket	1:01.80
	L 3	Hannah Brooke	14	Co St Albans	1:08.04		L 3	Thomas Bale	14	Halstead	1:01.78
	L 4	Charlotte Norman	14	teamipswich	1:06.50		L 4	Nathanial Mapley	13	Co St Albans	1:01.60
	L 5	Kaia Phillips	13	Bishop Stort	1:07.67		L 5	Harvey Isle	14	West Norfolk	1:01.70
	L 6	Kiera Blunden	14	Chelmsford	1:08.87		L 6	James Coleman	14	Co St Albans	1:01.80
	L 7	Amélie Smith	14	Co Cambridge	1:09.75		L 7	Henri Dyke	14	Norwich Swan	1:01.90
	L 8	Karys-Rose Bunn	13	teamipswich	1:10.72		L 8	Kyle Ostil	13	West Norfolk	1:01.92
H 8	L 1	Maeve Pooley	14	Newmarket	1:09.86	H 8	L 1	Henry Newbury-Kemp	14	Watford SC	1:01.54
	L 2	Daisy Moxham	14	Co Cambridge	1:09.10		L 2	Thomas Hooper	14	Co St Albans	1:01.40
	L 3	Isabella Yeabsley	13	Hatfield	1:07.98		L 3	James Clay	14	West Suffolk	1:01.21
	L 4	Sophie Lander	14	Deben	1:06.25		L 4	Zak Baldwin	14	Newmarket	1:01.04
	L 5	Leah Wightman	14	West Norfolk	1:07.32		L 5	Mitchell Tamblin	14	Norwich Swan	1:01.10
	L 6	Erin Little	14	Chelmsford	1:08.86		L 6	Harry Sharpe	14	West Norfolk	1:01.31
	L 7	Emilia Dunwoodie	14	Co St Albans	1:09.59		L 7	Oliver Rana-Beadle	14	Co Cambridge	1:01.53
	L 8	Jessica Shaw	14	Co Peterboro	1:10.58		L 8	Joel Pietersen	12	Hatfield	1:01.60
Event 523 Mens 11/14 Yrs 100m Freestyle											
H 1	L 2	Joshua Shepherd	11	Thurrock	1:08.47	H 9	L 1	Matthew Baker	13	West Suffolk	1:01.00
	L 3	Janos Kadar	12	Co Cambridge	1:08.30		L 2	Nathan Close	13	C Beds SS	1:01.00
	L 4	Joe Power	12	Basildon Ph	1:08.00		L 3	James Rowley	14	Sudbury	1:00.80
	L 5	Rory Wilde	12	Chelmsford	1:08.20		L 4	Elliot Gladwell	14	Hadleigh	1:00.76
	L 6	Lucas Hartley	12	Hatfield	1:08.33		L 5	Denis Morine	14	Basildon Ph	1:00.80
	L 7	Finlay Arnup	12	Norwich Swan	1:08.50		L 6	George Wallace	14	Colchester	1:00.90
H 2	L 1	Daniel Thompson	12	Thurrock	1:07.80		L 7	George De Voogt	13	C Beds SS	1:01.00
	L 2	Koby Cornwell	12	Potters Bar	1:07.48		L 8	Marcus Moscuza	14	St Felix Sch	1:01.03
	L 3	Lewis Andrews	12	Co Norwich	1:06.60	H 10	L 1	Joseph Bavey	14	Newmarket	1:00.67
	L 4	Maximilian Veiga	12	Co Ely	1:05.90		L 2	Harrison Bristow	14	Modernian	1:00.50
	L 5	Reuben Alty	11	teamipswich	1:05.95		L 3	Alexander Mason	14	Potters Bar	1:00.04
	L 6	Patch Robinson	12	teamipswich	1:06.77		L 4	Joshua Martin	13	Co Peterboro	59.90
	L 7	Joshua Ulyatt	11	Chelmsford	1:07.60		L 5	Luke Flynn	14	Watford SC	59.90
	L 8	James Gourpinar	12	Harlow Pen	1:07.90		L 6	Joseph McGillivray	14	Lstof & OB	1:00.13
H 3	L 1	Alex Twyford	13	Bushey	1:05.07		L 7	James Parsons	14	Deben	1:00.57
	L 2	Benjamin Riglar	13	Dereham	1:05.00		L 8	Colin Moghina	14	Thurrock	1:00.75
	L 3	Kian Quinlan	13	Bo Southend	1:04.90	H 11	L 1	Henry Jones	14	Modernian	59.60
	L 4	Oscar Cole	13	St Felix Sch	1:04.81		L 2	Louis Walker	14	Colchester	59.00
	L 5	Nedas Tkacenko	13	West Norfolk	1:04.90		L 3	Charlie Summer	14	Dereham	58.20
	L 6	Ryan Wall	12	Royston	1:04.91		L 4	Peter Soczewka	14	Hatfield	57.30
	L 7	Joseph McGonigle	13	Newmarket	1:05.04		L 5	Finley Coman	14	Norwich Swan	57.90
	L 8	Ashton Redhead	12	teamipswich	1:05.61		L 6	William Ellard	13	St Felix Sch	58.80
H 4	L 1	William Fawcett	12	Watford SC	1:04.70		L 7	Max Withers	14	Co Cambridge	59.03
	L 2	Fergus Cherrington	13	teamipswich	1:04.48		L 8	Enzo Lim	14	Watford SC	59.88
	L 3	Sam Parker	13	St Felix Sch	1:04.30	H 12	L 1	George Grice	14	Co Norwich	59.50
	L 4	Ellis McQuade	13	DunmowAtlant	1:03.80		L 2	James Gisborne	14	Bishop Stort	58.90
	L 5	Samuel Coman	13	Norwich Swan	1:04.21		L 3	Ethan Martin	14	Thurrock	58.10
	L 6	Daniel Lewis	13	Chelmsford	1:04.39		L 4	Jude Hills	14	Thurrock	57.00
	L 7	Isaac Clare	13	teamipswich	1:04.68		L 5	Alfie Francis	14	Colchester	57.80
	L 8	Jake Moore	13	Potters Bar	1:04.77		L 6	Matthew Brown	14	Stowmarket	58.48
H 5	L 1	Louis James	13	Thetford	1:03.56		L 7	Jacob Kitching	14	Chelmsford	59.01
	L 2	Max Parry	13	Co Cambridge	1:03.15		L 8	James Cowdrey	14	Basildon Ph	59.70
	L 3	Reece Simpson	13	Co Peterboro	1:03.13	H 13	L 1	Joseph Kenny	14	Leiston	59.19
	L 4	Maddox Roberts	13	Witham Dolph	1:02.70		L 2	Abdel Abdi	14	Team Luton	58.90
	L 5	Finn Cooper	13	teamipswich	1:02.96		L 3	Daniel Clayton	13	teamipswich	58.10
	L 6	Arthur Bernans	13	Basildon Ph	1:03.13		L 4	Oskar Farkas	14	Co Cambridge	56.10
	L 7	Luka Page	13	West Suffolk	1:03.50		L 5	Olivier Vedrenne	14	Co Norwich	57.30
	L 8	Joe Flowers	13	Leiston	1:03.60		L 6	Benjamin Ashdown	14	Modernian	58.40
H 6	L 1	Max Arnold	13	Harlow Pen	1:02.51		L 7	Ethan Baskerville	14	Hatfield	59.00
	L 2	Andrew Tembra	13	Hatfield	1:02.11		L 8	Oliver Carpenter	14	Co St Albans	59.60
	L 3	James Crossfield	14	Deben	1:02.00						
	L 4	Oliver Shead	14	Witham Dolph	1:01.94						
	L 5	Noah Crabb	14	teamipswich	1:01.95						
	L 6	Safford Hewitt-White	13	Co Peterboro	1:02.09						
	L 7	Riley Bashford	13	Deben	1:02.40						
	L 8	Samuel Walsh	13	Witham Dolph	1:02.60						

Event 524 Womens 11/14 Yrs 50m Freestyle			
H 1	L 1	Arielle Mabute	12 Newmarket 31.21
	L 2	Tigerlily Donald	11 Watford SC 31.20
	L 3	Zara Clarkson	11 DunmowAtlant 31.10
	L 4	Lisa Leinemann	12 Chelmsford 31.00
	L 5	Hannah McNicholas	12 Deben 31.10
	L 6	Ella Turner	12 Epping For't 31.20
	L 7	Rebecca Wright	12 Epping For't 31.20
	L 8	Annabelle Brown	12 Stevenage 31.24
H 2	L 1	Sophie O'Rorke	12 Braintree 31.00
	L 2	Sophia Thomas	12 Co Norwich 31.00
	L 3	Grace Bullingham	12 West Suffolk 30.99
	L 4	Emily Knight	12 Sudbury 30.92
	L 5	Amelie Crabb	12 teamipswich 30.93
	L 6	Lexie Goodman	12 Basildon Ph 31.00
	L 7	Sophia Trembath	12 Newmarket 31.00
	L 8	Rachel Sale	12 Stanway 31.00
H 3	L 1	Amara Addison	12 Norwich Swan 30.90
	L 2	Erin Doherty	12 Wisbech 30.80
	L 3	Veronika Popow	12 Team Luton 30.60
	L 4	Ellie-Rose Lyon	12 Norwich Swan 30.50
	L 5	Eloise Bruce	12 Thurrock 30.54
	L 6	Alice Longman	12 Bishop Stort 30.70
	L 7	Vasilisa Shampanova	12 Co Cambridge 30.82
	L 8	Oluwapelumi Salu	11 Epping For't 30.90
H 4	L 1	Ellen Duffield	12 teamipswich 30.40
	L 2	Charlotte Smith	12 Norwich Swan 30.40
	L 3	Georgia Holgate	12 Co Ely 30.20
	L 4	Miriam Stratfold	13 Newmarket 30.07
	L 5	Lyla Howard	12 Team Luton 30.10
	L 6	Lily-Ella Mayall	12 Lstoft & OB 30.30
	L 7	Zoe Smithers	12 Basildon Ph 30.40
	L 8	Alice Green	12 Hatfield 30.42
H 5	L 1	Dana Ward	13 Bo Southend 30.00
	L 2	Alexa Mann	13 Basildon Ph 29.99
	L 3	Sophie Dowding	12 teamipswich 29.91
	L 4	Seren Page	12 teamipswich 29.90
	L 5	Elizabeth Standen	13 Co St Albans 29.90
	L 6	Isabel Murtagh	13 Hatfield 29.95
	L 7	Luella Gilmour	12 Chelmsford 30.00
	L 8	Lauren Parkinson	12 Watford SC 30.07
H 6	L 1	Isabel Collins	13 Bo Southend 29.90
	L 2	Elena Bello	13 Co Cambridge 29.80
	L 3	Nwando Ifeacho	11 Modernian 29.70
	L 4	Ifeoma Nwabueze	12 Bo Southend 29.61
	L 5	Lucy Buckingham	13 Putteridge 29.65
	L 6	Isabelle Barber	13 Stowmarket 29.76
	L 7	Jessica Bright	13 Potters Bar 29.88
	L 8	Megan Gray	12 Hatfield 29.90
H 7	L 1	Olivia Smith	13 St Ives 29.60
	L 2	Ellie Mae Burwood	13 Lstoft & OB 29.54
	L 3	Priya Dhillon	13 Thurrock 29.50
	L 4	Kirsty Fuge	13 Hatfield 29.50
	L 5	Sophia Pickering	12 Co Norwich 29.50
	L 6	Olivia Church	13 Basildon Ph 29.50
	L 7	Salma Terkemani	13 Modernian 29.60
	L 8	Daniella Njawayaya	13 Team Luton 29.60
H 8	L 1	Arwen Phillips	12 Epping For't 29.50
	L 2	Evangeline Pierce	12 Basildon Ph 29.40
	L 3	Romilly Marks	13 Newmarket 29.30
	L 4	Anastasia Wilkinson	14 Hatfield 29.30
	L 5	Sofia Pappas-Katsiafas	14 Co Cambridge 29.30
	L 6	Holly Morgan	13 Hoddesdon 29.37
	L 7	Elijah Britton	13 St Felix Sch 29.47
	L 8	Amelie Passam	13 Dereham 29.50
H 9	L 1	Anna Freeman	14 St Ives 29.30
	L 2	Lilian Opiyo	13 Bishop Stort 29.30
	L 3	Hollie Armstrong	14 teamipswich 29.24
	L 4	Jasmine Brakenbury	14 Hitchin 29.20
	L 5	Rosie Munnings	13 Diss Otters 29.20
	L 6	Charlotte Williams	13 Cheshunt 29.24
	L 7	Lily Ashwell	14 Norwich Swan 29.30
	L 8	Ayesha Kamara	14 Co Norwich 29.30
H 10	L 1	Ella Lauder	14 Southend 29.14
	L 2	Ciara McAuley	14 Saffron Wald 29.10
	L 3	Lily Ulyatt	13 Chelmsford 29.10
	L 4	Leah Wightman	14 West Norfolk 29.00
	L 5	Mia Lowe	12 Basildon Ph 29.10
	L 6	Holly Driver	14 St Felix Sch 29.10
	L 7	Georgia Maggs	14 Co Cambridge 29.10
	L 8	Kaia Phillips	13 Bishop Stort 29.16
H 11	L 1	Francesca Low	14 Chelmsford 29.00
	L 2	Skye Bunyard	13 C Beds SS 28.90
	L 3	Eve Parke	14 Co Norwich 28.90
	L 4	Lucy Young	14 Modernian 28.89
	L 5	Charley Joyce	14 Epping For't 28.90
	L 6	Ella Stone	13 C Beds SS 28.90
	L 7	Holly Lamb	14 Southend 29.00
	L 8	Erin Wilkinson	14 Southend 29.00
H 12	L 1	Hannah Collett	14 Basildon Ph 28.80
	L 2	Emily Holden	13 C Beds SS 28.80
	L 3	Arabella Ward	13 Modernian 28.70
	L 4	Hannah Brooke	14 Co St Albans 28.65
	L 5	Anita Tien	14 Clacton SC 28.70
	L 6	Rosalind Saise	12 teamipswich 28.70
	L 7	Nonhlanhla Thole	14 St Felix Sch 28.80
	L 8	Grace Greenhalf	12 Co Norwich 28.80
H 13	L 1	Sophie Lander	14 Deben 28.60
	L 2	Chloe Skelt	14 Brentwood 28.30
	L 3	Lily Macdonald	14 Co Norwich 28.00
	L 4	Ruby Dagless	14 Norwich Swan 27.50
	L 5	Ruby Wheeler	13 Basildon Ph 27.80
	L 6	Francesca Baber	13 C Beds SS 28.10
	L 7	Daisy Moxham	14 Co Cambridge 28.45
	L 8	Evelyn Dixon-Minter	14 teamipswich 28.64
H 14	L 1	Skye Carter	12 Basildon Ph 28.50
	L 2	Macy Dexter	13 Co Cambridge 28.20
	L 3	Sophie Clerkin	13 Braintree 28.00
	L 4	Matilda Bogle	13 teamipswich 27.30
	L 5	Karys-Rose Bunn	13 teamipswich 27.70
	L 6	Michaela Taiwo	14 St Felix Sch 28.10
	L 7	Olivia Newman-Baronius	13 Putteridge 28.40
	L 8	Isabella Yeabsley	13 Hatfield 28.60
H 15	L 1	Charlotte Gill	14 Brentwood 28.50
	L 2	Louise Donaghy	14 Modernian 28.20
	L 3	Clara Watson-Flowers	13 St Felix Sch 27.89
	L 4	Erin Little	14 Chelmsford 26.10
	L 5	Ruby Greenhalf	14 Co Norwich 27.70
	L 6	Ciara Taylor	14 St Ives 28.00
	L 7	Jessica Shaw	14 Co Peterboro 28.38
	L 8	Phoebe White	14 Harlow Pen 28.60

Event 525 Mens 11/14 Yrs 200m Backstroke				Event 526 Womens 11/14 Yrs 400m IM			
H 1	L 3	Patch Robinson	12 teamipswich 2:44.36	H 9	L 1	Henry Newbury-Kemp	14 Watford SC 2:28.25
	L 4	Kevin Moldovan	12 Harlow Pen 2:42.35		L 2	James Rowley	14 Sudbury 2:24.18
	L 5	William Fawcett	12 Watford SC 2:43.75		L 3	Michael Connick	14 Deben 2:22.25
H 2	L 1	Thomas Underdown	12 Braintree 2:42.12		L 4	Jude Hills	14 Thurrock 2:15.75
	L 2	Castle Galindez	12 Co Norwich 2:40.90		L 5	Nikita Charykin	13 Thurrock 2:21.04
	L 3	Janos Kadar	12 Co Cambridge 2:40.01		L 6	Oskar Farkas	14 Co Cambridge 2:23.29
	L 4	Jack Macdonald	13 Putteridge 2:39.71		L 7	Oliver Frame	14 Modernian 2:26.90
	L 5	Jack Despy	11 Basildon Ph 2:39.85		L 8	Isaac Clare	13 teamipswich 2:28.80
	L 6	Reuben Alty	11 teamipswich 2:40.07	Event 526 Womens 11/14 Yrs 400m IM			
	L 7	William East	11 Bo Southend 2:41.99	H 1	L 1	Lilly Davis	12 Co Peterboro 5:55.95
H 3	L 1	Thomas Ford	13 Basildon Ph 2:39.40		L 2	Amara Addison	12 Norwich Swan 5:53.60
	L 2	Cameron Jones	13 Leighton Buz 2:39.10		L 3	Olivia Mahoney	11 Co Peterboro 5:48.48
	L 3	Fergus Reid	13 Co St Albans 2:38.44		L 4	Gracie Comitti	12 Basildon Ph 5:45.96
	L 4	Reece Simpson	13 Co Peterboro 2:38.38		L 5	Lisa Leinemann	12 Chelmsford 5:46.29
	L 5	Ben Howlett	12 teamipswich 2:38.41		L 6	Lexie Goodman	12 Basildon Ph 5:52.42
	L 6	Oscar Cole	13 St Felix Sch 2:39.03		L 7	Lilly-Mae Kilbey	12 Epping For't 5:54.70
	L 7	Jake Moore	13 Potters Bar 2:39.11		L 8	Megan Donovan	12 Co Peterboro 5:56.11
	L 8	Max Parry	13 Co Cambridge 2:39.60	H 2	L 1	Romilly Marks	13 Newmarket 5:44.00
H 4	L 1	Alexander Kalverboer	13 Berkhamsted 2:37.02		L 2	Skye Carter	12 Basildon Ph 5:43.23
	L 2	Maddox Roberts	13 Witham Dolph 2:36.12		L 3	Anna-Lucia Fenner	13 Basildon Ph 5:42.50
	L 3	Zak Troman	12 Colchester 2:35.63		L 4	Sophie Dowding	12 teamipswich 5:36.25
	L 4	Safford Hewitt-White	13 Co Peterboro 2:34.91		L 5	Elijah Britton	13 St Felix Sch 5:36.30
	L 5	Joseph McGonigle	13 Newmarket 2:35.20		L 6	Daisy Manning	11 Basildon Ph 5:42.90
	L 6	Ashton Redhead	12 teamipswich 2:35.97		L 7	Katy Lane	13 Co St Albans 5:43.58
	L 7	Joshua Martin	13 Co Peterboro 2:36.12		L 8	Charlotte Shaw	12 Co Peterboro 5:45.06
	L 8	Daniel Que	13 Southend 2:37.73	H 3	L 1	Bella Parkus	14 Hoddesdon 5:35.71
H 5	L 1	William Collowey	13 Epping For't 2:34.16		L 2	Jessica Mahoney	14 Co Peterboro 5:34.97
	L 2	Ryan Wall	12 Royston 2:32.86		L 3	Erica Charters	14 West Norfolk 5:34.30
	L 3	Luka Page	13 West Suffolk 2:32.20		L 4	Bryony Edgings	14 Thurrock 5:33.27
	L 4	Zak Baldwin	14 Newmarket 2:31.73		L 5	Sophie Fowler	14 C Beds SS 5:33.86
	L 5	Harvey Isle	14 West Norfolk 2:31.89		L 6	Emily Cutting	14 West Suffolk 5:34.33
	L 6	Daniel Lewis	13 Chelmsford 2:32.63		L 7	Francesca Key	14 Canvey Isl 5:35.01
	L 7	Jack Juggins	13 Team Luton 2:33.19		L 8	Charlotte Williams	13 Cheshunt 5:36.21
	L 8	Menuka Jayakody	13 Norwich Swan 2:34.50	H 4	L 1	Elise Delapperall	13 Thurrock 5:31.69
H 6	L 1	Ben Minister	13 Thurrock 2:31.12		L 2	Hannah Willis	14 Co Peterboro 5:30.38
	L 2	Jacob Kitching	14 Chelmsford 2:31.06		L 3	Macy Dexter	13 Co Cambridge 5:25.37
	L 3	Luke Flynn	14 Watford SC 2:30.11		L 4	Jessica Shaw	14 Co Peterboro 5:23.12
	L 4	Matthew Monie	14 Co Cambridge 2:29.34		L 5	Olivia Newman-Baronius	13 Putteridge 5:24.56
	L 5	Robbie Cruickshanks	13 teamipswich 2:29.75		L 6	Cait Cotter	12 Chelmsford 5:29.61
	L 6	Oliver Shead	14 Witham Dolph 2:30.58		L 7	Olivia Cooper	13 Basildon Ph 5:31.34
	L 7	Billy Knibb	14 Linslade 2:31.10		L 8	Molly Grieve	14 Colchester 5:33.08
	L 8	Mark Milburn	14 Colchester 2:31.54	H 5	L 1	Leah Wightman	14 West Norfolk 5:22.10
H 7	L 1	Mason Allen	13 Basildon Ph 2:28.62		L 2	Holly Lamb	14 Southend 5:15.40
	L 2	Kieran Birkett	14 Co St Albans 2:26.02		L 3	Charlotte White	14 West Suffolk 5:10.70
	L 3	Jenson Hurrell	14 Thurrock 2:22.68		L 4	Ruby Wheeler	13 Basildon Ph 5:01.99
	L 4	Joseph McGillivray	14 Lstof & OB 2:19.25		L 5	Charlotte Norman	14 teamipswich 5:10.63
	L 5	Ethan Baskerville	14 Hatfield 2:22.20		L 6	Matilda Ransome	13 Co Cambridge 5:11.34
	L 6	Marin De Villard	14 St Felix Sch 2:24.14		L 7	Kiera Blunden	14 Chelmsford 5:16.83
	L 7	Matthew Martin	14 Co St Albans 2:28.07		L 8	Ruby Greenhalf	14 Co Norwich 5:23.00
	L 8	Bartholomew Tozer	14 West Suffolk 2:29.32				
H 8	L 1	Max Arnold	13 Harlow Pen 2:28.47				
	L 2	Charlie Summer	14 Dereham 2:24.73				
	L 3	Joseph Kenny	14 Leiston 2:22.28				
	L 4	Aidan Pilcher	14 teamipswich 2:18.93				
	L 5	James Parsons	14 Deben 2:21.83				
	L 6	Ethan Martin	14 Thurrock 2:23.68				
	L 7	Daniel Dixon	14 Brentwood 2:27.80				
	L 8	Patrick Winnington	14 DunmowAtlant 2:29.16				