

# Swim England East Region

## Short Course Championships 2019

### Session Two

#### Start List

Event 201 Mens Open 200m IM					Event 202 Womens Open 50m Backstroke						
H 1	L 2	Lachlan MACBETH	26	SM14Runnymede	3:16.59	H 1	L 3	Ellie CHALLIS	15	S3 Clacton SC	1:06.09
	L 3	Callum DAVIS	19	Bishop Stort	2:21.93		L 4	Iona TRAINER	16	Co Peterboro	32.50
	L 4	J THURSTON-WOOLNOUGH	16	Beccles Town	2:21.46		L 5	Autumn HANDSCOMBE	16	Linslade	32.50
	L 5	Ismail RAHIM	17	Berkhamsted	2:21.71						
	L 6	Owen WOODROW	18	SM8 Co Norwich	3:16.45	H 2	L 1	Molly REDGRAVE	15	Colchester	32.45
H 2	L 1	Joseph COLDWELL	17	Watford SC	2:21.28		L 2	Brooke JENKINS	15	Basildon Ph	32.43
	L 2	James NOBLE	17	Norwich Swan	2:21.07		L 3	Nellie EASTLAND	17	Bishop Stort	32.42
	L 3	Walter HACKETT	16	Dunstable	2:21.00		L 4	Molly PEACOCK	17	West Suffolk	32.37
	L 4	Thomas STANBURY	18	Potters Bar	2:20.91		L 5	Larissa DEAN	17	Harpenden	32.37
	L 5	James CLAY	14	West Suffolk	2:20.97		L 6	Molly MONK	15	Dereham	32.42
	L 6	Charlie SUMMER	14	Dereham	2:21.06		L 7	Gemma NOTTAGE	14	Watford SC	32.45
	L 7	B DITCHFIELD-WATKINS	16	Leighton Buz	2:21.11	H 3	L 1	Maddie LEES	15	DunmowAtlant	32.32
	L 8	Jake LAMMAS	18	West Norfolk	2:21.39		L 2	Katie ANDREWS	15	Norwich Swan	32.30
H 3	L 1	Oliver CASHIN	17	Co Cambridge	2:20.81		L 3	Morgan ALLAN	16	Modernian	32.30
	L 2	Ben WOODHOUSE	16	Norwich Swan	2:20.53		L 4	Francesca LOW	14	Chelmsford	32.30
	L 3	Harrison JARVIS	15	Thurrock	2:20.00		L 5	Jemima WAYMAN	16	Deben	32.30
	L 4	Daniel MARTIN	16	Co St Albans	2:19.35		L 6	Georgina KNATCHBULL	15	C Beds SS	32.30
	L 5	D THURSTON-WOOLNOUGH	18	Beccles Town	2:19.39		L 7	Olivia ALDRED	15	Lstof & OB	32.30
	L 6	Conor FERGUSON	18	C Beds SS	2:20.25		L 8	Millie DUDLEY	15	Dunstable	32.32
	L 7	Joseph GRICE	16	Leighton Buz	2:20.78	H 4	L 1	Ciara GILL-RYAN	17	Newmarket	32.23
	L 8	William ROBINS	16	C Beds SS	2:20.86		L 2	Lucy HUDSON	15	West Suffolk	32.16
H 4	L 1	Zachary PATEL	18	Berkhamsted	2:18.71		L 3	Lily-Ella MAYALL	12	Lstof & OB	32.10
	L 2	Jack RICHES	18	Co Norwich	2:18.37		L 4	Ella TURNER	14	Basildon Ph	32.10
	L 3	Alexander FLORANCE	19	West Norfolk	2:17.82		L 5	Celeste ANDREW	18	Harlow Pen	32.10
	L 4	William WHITLEY	18	Putteridge	2:17.20		L 6	Hannah ZYSS	14	Basildon Ph	32.10
	L 5	Mattias MORSE	16	Hemel Hemp	2:17.50		L 7	Kiera BLUNDEN	14	Chelmsford	32.20
	L 6	Christopher WILLIAMSON	14	Co Cambridge	2:18.19		L 8	Abigail HEWSON	15	Berkhamsted	32.28
	L 7	William HANDLEY	17	Stowmarket	2:18.41	H 5	L 1	Salma TERKEMANI	13	Modernian	32.00
	L 8	Teal'K SMITH	16	Beccles Town	2:19.25		L 2	Elizabeth STANDEN	13	Co St Albans	31.84
H 5	L 1	Nicholas BOTHA	17	Bishop Stort	2:15.28		L 3	Jessica WOODWARD	16	Hatfield	31.81
	L 2	Rhys DAVIDSON	15	Team Luton	2:13.90		L 4	Jessica KEFFORD	15	Dunstable	31.80
	L 3	Ayotobi LAGUDA	17	Hatfield	2:10.33		L 5	Charlotte HARRIS	16	Maldon Shark	31.80
	L 4	Samuel PECK	19	Co Cambridge	2:07.00		L 6	Agnes BURNS	18	Harpenden	31.84
	L 5	Alex LEZARD	20	Co Cambridge	2:08.88		L 7	Maisie PARKIN	17	Verulam	31.91
	L 6	Sam PERKINS	17	teamipswich	2:13.09		L 8	Rebecca STROUD	17	Brentwood	32.05
	L 7	Matthew ROTHWELL	17	Co Peterboro	2:14.50	H 6	L 1	Lael GROVES	17	Co Cambridge	31.79
	L 8	Olivier VEDRENNE	14	Co Norwich	2:16.10		L 2	Cerys WILLIAMS	15	West Suffolk	31.74
H 6	L 1	Joseph WELLS	20	West Norfolk	2:15.05		L 3	Radost MILKOVA	16	Thurrock	31.70
	L 2	Michael JUDD	21	Dunstable	2:13.50		L 4	Matilda BOGLE	13	teamipswich	31.70
	L 3	Charles WHYTE	18	West Suffolk	2:09.62		L 5	Rebecca WEST	17	Thurrock	31.70
	L 4	Nathan WELLS	21	West Norfolk	2:02.20		L 6	Matilda TURNER	16	Bor of Brox	31.74
	L 5	Myles TURNER	19	West Suffolk	2:07.80		L 7	Daisy MOXHAM	14	Co Cambridge	31.76
	L 6	Jordan CATCHPOLE	20	SM14 Co			L 8	Clara WATSON-FLOWERS	13	St Felix Sch	31.80
Norwich					2:12.80	H 7	L 1	Lauren SHARP	16	Chelmsford	31.63
	L 7	Thomas OGDEN	15	Bishop Stort	2:14.22		L 2	Kaia PHILLIPS	13	Bishop Stort	31.57
	L 8	Freddie LAWS	16	West Norfolk	2:16.10		L 3	Jessica KEOGH	15	Hatfield	31.48
H 7	L 1	Jack TURRELL	16	Basildon Ph	2:15.02		L 4	Mia MASPERS	17	teamipswich	31.31
	L 2	Samuel ROSE	16	St Felix Sch	2:13.24		L 5	Rebecca SMITH	16	Norwich Swan	31.33
	L 3	Nathan WOODROW	16	Co Norwich	2:09.20		L 6	Erin YEOMANSON	16	teamipswich	31.57
	L 4	Nathan HUGHES	19	Hatfield	2:00.54		L 7	Eleanor LLEWELLYN	19	West Suffolk	31.59
	L 5	Myles ROBINSON-YOUNG	17	Co Peterboro	2:07.80		L 8	Isabella YEABSLEY	13	Hatfield	31.70
	L 6	Finn JEFFERY	16	St Felix Sch	2:11.49	H 8	L 1	Sacha THOMAS	16	Co Norwich	31.20
	L 7	Mehdi EL MANSAR	15	Bishop Stort	2:13.90		L 2	Lauren STOTT	17	Hatfield	30.79
	L 8	Dominic MCCARTHY	17	Hoddesdon	2:15.54		L 3	Bronte O'DEA	16	Runnymede	30.25
							L 4	Georgina PRYOR	21	Harlow Pen	29.13
							L 5	Megan PYE	17	Co Norwich	29.40
							L 6	Gracie KAY	16	Co Cambridge	30.49
							L 7	Lara-Grace MOUNT	17	West Norfolk	31.03
							L 8	Martine TRAN	18	Thurrock	31.28

#### Start List

H 9	L 1	Isabel WAINWRIGHT	16	Modernian	31.20	H 7	L 1	B DITCHFIELD-WATKINS	16	Leighton Buz	25.30
	L 2	Molly OLLINGTON	21	Co Cambridge	30.63		L 2	Joseph GRICE	16	Leighton Buz	25.20
	L 3	Asma PARKER	16	Colchester	29.99		L 3	Christopher MURPHY	23	Flitwick	25.20
	L 4	Eve WRIGHT	16	Co Peterboro	28.80		L 4	Walter HACKETT	16	Dunstable	25.10
	L 5	Emma CRUICKSHANKS	16	teamipswich	29.38		L 5	Nathan SWIFT	18	Putteridge	25.17
	L 6	Grace WALLER	15	Basildon Ph	30.40		L 6	Joshua HOLLAND	16	Hertford	25.20
	L 7	Emily COOPER	14	Basildon Ph	30.80		L 7	Thomas BELCHER	16	Modernian	25.20
	L 8	Emily LUSH	17	Potters Bar	31.28		L 8	Ryan WEBB	18	Gt Yarmouth	25.30
H 10	L 1	Leah WIGHTMAN	14	West Norfolk	31.03	H 8	L 1	Dennis MHINI	18	St Felix Sch	25.10
	L 2	Harriet CLEMENTS	15	Watford SC	30.60		L 2	Damon ELLIOTT	15	DunmowAtlant	25.10
	L 3	Georgia PEASE	17	Basildon Ph	29.78		L 3	Oliver KIMBER	17	Co Norwich	25.00
	L 4	Lija RADZIUNAITE	17	teamipswich	28.62		L 4	Thomas OGDEN	15	Bishop Stort	25.00
	L 5	Mia CARTER	17	Bishop Stort	29.38		L 5	Ethan PEIRCE	15	Harlow Pen	25.00
	L 6	Lily MERRETT	16	Co St Albans	30.26		L 6	Finley COMAN	14	Norwich Swan	25.00
	L 7	Niamh JAMES	18	Bishop Stort	30.80		L 7	Harry SAUNDERS	17	Newmarket	25.10
	L 8	Sophie LANDER	14	Deben	31.23		L 8	Lewis CHAPMAN	18	Stowmarket	25.10
<b>Event 203 Mens Open 50m Freestyle</b>											
H 1	L 1	Connor SMITHERS	15	S8 Basildon Ph	36.90	H 9	L 1	Alexander CATTON	16	Bishop Stort	25.00
	L 2	Owen WOODROW	18	S8 Co Norwich	32.50		L 2	Fabian BRUDNICKI	15	Co Peterboro	24.90
	L 3	Max WITHERS	14	Co Cambridge	26.00		L 3	Morgan FOSTER	16	Braintree	24.90
	L 4	Thomas JOBSON	16	Bushey	25.92		L 4	Callum DAVIS	19	Bishop Stort	24.80
	L 5	Thomas STANBURY	18	Potters Bar	25.99		L 5	Joshua TRAPP	18	Hertford	24.80
	L 6	Edward MCFARLAND	16	C Beds SS	26.00		L 6	Myles ROBINSON-YOUNG	17	Co Peterboro	24.90
	L 7	Lachlan MACBETH	26	S14 Runnymede	33.33		L 7	Benjamin GREEN	15	Watford SC	24.97
							L 8	Alexander LOWRY	15	Norwich Swan	25.00
H 2	L 1	Robert ADDIS	15	West Norfolk	25.90	H 10	L 1	Kai ADAMS	23	Halstead	24.80
	L 2	Jack RICHARDSON	16	DunmowAtlant	25.90		L 2	Jack SANGSTER	18	Modernian	24.80
	L 3	Thomas BALL	15	West Norfolk	25.90		L 3	Matthew ROTHWELL	17	Co Peterboro	24.70
	L 4	Arthur SMART	17	West Suffolk	25.89		L 4	Thomas BOYT	20	Felixstowe	24.65
	L 5	Guy MUNCER	17	Co St Albans	25.89		L 5	Samuel MILLER	16	Basildon Ph	24.70
	L 6	Alfie FRANCIS	16	Potters Bar	25.90		L 6	Rhys DAVIDSON	15	Team Luton	24.75
	L 7	Daniel CHENNELLS	16	Berkhamsted	25.90		L 7	Goscha GOROVQJ	17	St Felix Sch	24.80
	L 8	Oliver CASHIN	17	Co Cambridge	25.90		L 8	Joseph WELLS	20	West Norfolk	24.80
H 3	L 1	Noah JAMESON NEAL	15	Basildon Ph	25.88	H 11	L 1	Jack JACKSON	23	Bushey	24.63
	L 2	Henry PEARCE	17	Co Peterboro	25.87		L 2	Oliver KENNY	22	West Norfolk	24.58
	L 3	Abdel ABDI	14	Team Luton	25.82		L 3	Lucas DYSON-DIAZ	19	Hatfield	24.50
	L 4	Owen WEBSTER	16	St Felix Sch	25.80		L 4	Harrison LEES	18	Watford SC	24.40
	L 5	William ELLARD	13	St Felix Sch	25.81		L 5	Charles WHYTE	18	West Suffolk	24.40
	L 6	Matthew ANDERSON	17	Deben	25.82		L 6	James SPEERS	16	Basildon Ph	24.50
	L 7	Sam MEAD	17	Linslade	25.87		L 7	Thomas GRIEVE	19	Co Cambridge	24.60
	L 8	Joab CARR	15	St Felix Sch	25.89		L 8	Sam PERKINS	17	teamipswich	24.63
H 4	L 1	Joseph COLDWELL	17	Watford SC	25.80	H 12	L 1	Ashley COOMBS	18	Hemel Hemp	24.30
	L 2	Angus ROBERTSON	15	Brentwood	25.78		L 2	Collins SALIBOKO	17	St Felix Sch	24.01
	L 3	Thomas HAMILTON	18	Royston	25.71		L 3	Matthew TITMAN	18	Co Cambridge	23.80
	L 4	Michael JUDD	21	Dunstable	25.70		L 4	Ayotobi LAGUDA	17	Hatfield	23.30
	L 5	Jacob STEPHEN	14	Brentwood	25.71		L 5	Reese HOUSDEN	17	Hemel Hemp	23.50
	L 6	Sam DAVIES	18	Felixstowe	25.73		L 6	Ben BLOWERS	17	Co Norwich	24.00
	L 7	Connor RODGERS	17	Putteridge	25.79		L 7	Nathan WELLS	21	West Norfolk	24.20
	L 8	Oliver ELLISON	16	Dunstable	25.80		L 8	Thomas CADENHEAD	17	Co St Albans	24.40
H 5	L 1	Jack RICHES	18	Co Norwich	25.70	H 13	L 1	Jordan CATCHPOLE	20	S14 Co Norwich	24.30
	L 2	Finn JEFFERY	16	St Felix Sch	25.70		L 2	Adam MARTIN	19	Potters Bar	24.00
	L 3	Delvin BARICK	15	St Felix Sch	25.57		L 3	Joshua BRISTOW	17	Modernian	23.70
	L 4	Ashley HOLNESS-WRIGHT	23	Watford SC	25.50		L 4	Jake TYSON	22	teamipswich	23.30
	L 5	Cole SHEPARD	16	Basildon Ph	25.50		L 5	Lewis MOORE	17	teamipswich	23.40
	L 6	Daniel MARTIN	16	Co St Albans	25.70		L 6	Gabriel CANGE	21	Co Cambridge	23.96
	L 7	Jacob ISLE	18	West Norfolk	25.70		L 7	Ralph DAVIES	18	Harlow Pen	24.12
	L 8	Oskar FARKAS	14	Co Cambridge	25.70		L 8	Yasir NAIMI	19	Co Peterboro	24.40
H 6	L 1	Joseph BENTLEY	20	Witham Dolph	25.50	H 14	L 1	Michael KLIMASZEWSKI	15	Hatfield	24.26
	L 2	Benjamin RAYNER	17	Flitwick	25.45		L 2	J J WILDE	15	Team Luton	24.00
	L 3	D THURSTON-WOOLNOUGH	18	Beccles Town	25.44		L 3	Callum WOLLASTON	18	Bor of Brox	23.70
	L 4	Charlie BARRETT	18	Co Norwich	25.40		L 4	Brandon NABARRO	22	Putteridge	23.20
	L 5	Marcus KEMP	18	Watford SC	25.40		L 5	Sebastian VANDERMEER	16	Co Cambridge	23.40
	L 6	Ethan BASKERVILLE	14	Hatfield	25.45		L 6	Harry WEARS	22	Putteridge	23.87
	L 7	Jake LAMMAS	18	West Norfolk	25.47		L 7	Maxwell GEORGE	16	Hatfield	24.10
	L 8	Conor FERGUSON	18	C Beds SS	25.50		L 8	Thomas PICKERING	19	Linslade	24.40

# Swim England East Region

## Short Course Championships 2019

### Session Two

#### Start List

<b>Event 204 Womens Open 200m Butterfly</b>			
H 1	L 3	Hannah WILLIS	14 Co Peterboro 2:33.90
	L 4	Rebecca SMITH	16 Norwich Swan 2:33.24
	L 5	Nonhlanhla THOLE	14 St Felix Sch 2:33.35
H 2	L 2	Kiera BLUNDEN	14 Chelmsford 2:33.06
	L 3	Francesca BABER	13 C Beds SS 2:32.70
	L 4	Lauren YOUNG	16 Flitwick 2:32.13
	L 5	Katie MALONEY	22 Co Norwich 2:32.50
	L 6	Holly LAMB	14 Basildon Ph 2:32.82
	L 7	Brooke JENKINS	15 Basildon Ph 2:33.20
H 3	L 1	Anna FALLON	16 Team Luton 2:30.70
	L 2	Katie HAMMOND	16 Co Cambridge 2:27.10
	L 3	Leah WIGHTMAN	14 West Norfolk 2:24.30
	L 4	Rebecca HOWELL	16 Basildon Ph 2:20.99
	L 5	Valeria GIRON	14 Hatfield 2:22.25
	L 6	Jessica PENKUL	17 Bishop Stort 2:26.52
	L 7	Lauren GRICE	20 Leighton Buz 2:28.00
	L 8	Cerys WILLIAMS	15 West Suffolk 2:31.94
H 4	L 1	Lily MACDONALD	14 Co Norwich 2:29.30
	L 2	Emily GREEN	18 Brentwood 2:26.80
	L 3	Natalie SANFORD	15 St Felix Sch 2:23.20
	L 4	Zara KEEGAN	17 Co Cambridge 2:20.00
	L 5	Ruby WHEELER	13 Basildon Ph 2:22.20
	L 6	Harriet SALISBURY	15 Co Peterboro 2:25.39
	L 7	Ciara WOOKEY	15 Colchester 2:27.90
	L 8	Lauren NELSON	18 Harlow Pen 2:31.90
H 5	L 1	Gracie TROTTER	16 C Beds SS 2:28.39
	L 2	Charlotte WHITE	14 West Suffolk 2:26.60
	L 3	Tia GARDINER	17 Chelmsford 2:22.30
	L 4	Sara KALAWSKA	16 Hatfield 2:16.00
	L 5	Matilda RANSOME	13 Co Cambridge 2:21.10
	L 6	Lucie PECK	16 St Felix Sch 2:24.43
	L 7	Menna WALMSLEY	15 Team Luton 2:27.60
	L 8	Jessica SHAW	14 Co Peterboro 2:31.08
<b>Event 205 Mens Open 200m Butterfly</b>			
H 1	L 1	Jack PALLANT	15 Lstoft & OB 2:23.29
	L 2	Jacob ISLE	18 West Norfolk 2:22.44
	L 3	Christopher WILLIAMSON	14 Co Cambridge 2:22.06
	L 4	Teal'K SMITH	16 Beccles Town 2:21.17
	L 5	William MARCH	17 Linslade 2:21.92
	L 6	Morgan FOSTER	16 Braintree 2:22.10
	L 7	Connor HOUSTON	15 Deben 2:23.10
	L 8	Alfie FRANCIS	14 Colchester 2:23.70
H 2	L 1	George WHITEMAN	15 Co Peterboro 2:19.60
	L 2	Angus HARROW	17 Harpenden 2:14.80
	L 3	Elliott DAY	17 teamipswich 2:08.60
	L 4	Herbie KINDER	17 Co Peterboro 2:05.40
	L 5	Manfred BATTLE	17 Co Cambridge 2:06.62
	L 6	Collins SALIBOKO	17 St Felix Sch 2:09.94
	L 7	Henry PEARCE	17 Co Peterboro 2:17.05
	L 8	Samuel DAY	16 Beccles Town 2:20.20
H 3	L 1	Euan HIGGS	15 Chelmsford 2:19.16
	L 2	Lucas DYSON-DIAZ	19 Hatfield 2:12.98
	L 3	Devesh KAPOOR	16 Hemel Hemp 2:08.56
	L 4	Michael KLIMASZEWSKI	15 Hatfield 2:03.80
	L 5	Hugo BELLAMY	21 Co Cambridge 2:05.70
	L 6	Connor WALKER	15 Co Peterboro 2:08.70
	L 7	Matthew BROWN	14 Stowmarket 2:16.90
	L 8	Jimmy TAYLOR	15 Thurrock 2:20.03
H 4	L 1	Peter SOCZEWKA	14 Hatfield 2:18.00
	L 2	Charles WHYTE	18 West Suffolk 2:10.45
	L 3	Nathan WOODROW	16 Co Norwich 2:07.00
	L 4	James WOODWARD	19 Hatfield 1:59.10
	L 5	Matthew WRIGHT	21 Team Luton 2:05.43
	L 6	Joshua BRIDGELAND	16 Hatfield 2:08.70
	L 7	J THURSTON-WOOLNOUGH	16 Beccles Town 2:15.14
	L 8	Mohamed ZEMZAMI	14 Bishop Stort 2:19.84
<b>Event 206 Womens Open 100m Breaststroke</b>			
H 1	L 2	Charlotte RYAN	19 SB5 Runnymede 2:54.80
	L 3	Olivia COOPER	13 Basildon Ph 1:18.90
	L 4	Abbie BARNWELL	16 Team Luton 1:18.89
	L 5	Rebecca WEST	17 Thurrock 1:18.90
	L 6	Grace GUNTON	15 Co Norwich 1:18.90
H 2	L 1	Elijah BRITTON	13 St Felix Sch 1:18.83
	L 2	Lucy KING	16 Bor of Brox 1:18.78
	L 3	Ella MURPHY	17 Harpenden 1:18.45
	L 4	Jessica WATSON	14 Modernian 1:18.26
	L 5	Matilda RANSOME	13 Co Cambridge 1:18.34
	L 6	Katie ANDREWS	15 Norwich Swan 1:18.64
	L 7	Lauren SHARP	16 Chelmsford 1:18.78
	L 8	Kiara JESSOP	15 St Felix Sch 1:18.84
H 3	L 1	Olivia LEE	15 Co Peterboro 1:18.10
	L 2	Ciara WOOKEY	15 Colchester 1:18.07
	L 3	Isabella PORZIO	15 Putteridge 1:17.55
	L 4	Anastasia WILKINSON	14 Hatfield 1:17.38
	L 5	Ciara GILL-RYAN	17 Newmarket 1:17.46
	L 6	Lily BEMMER	16 Deben 1:17.99
	L 7	Georgia PRITCHARD	14 Hatfield 1:18.08
	L 8	Lucy BUCKINGHAM	13 Putteridge 1:18.20
H 4	L 1	Alice FASEY	15 Thetford 1:17.20
	L 2	Caitlin HARTLEY	15 Hatfield 1:16.80
	L 3	Chloe BUTLER	15 St Ives 1:16.64
	L 4	Tess WESLEY	15 Newmarket 1:16.60
	L 5	Zara KEEGAN	17 Co Cambridge 1:16.63
	L 6	Imogen BLOOMFIELD	16 Co Cambridge 1:16.69
	L 7	Juliet MERELIE	21 Co Cambridge 1:16.96
	L 8	Macy DEXTER	13 Co Cambridge 1:17.30
H 5	L 1	Celyn WALMSLEY	18 Team Luton 1:16.50
	L 2	Rebecca GIROLAMI	16 Colchester 1:16.45
	L 3	Iona TRAINER	16 Co Peterboro 1:15.91
	L 4	Beth YOUNG	13 teamipswich 1:15.60
	L 5	Katherine DAYNES	17 Halstead 1:15.65
	L 6	Isabella CHAPMAN	15 Harpenden 1:16.10
	L 7	Ellie WHEELER	17 Basildon Ph 1:16.50
	L 8	Chiara ROGERS	16 Team Luton 1:16.57
H 6	L 1	Chloe SKELT	14 West Suffolk 1:14.70
	L 2	Lauren WATT	18 Co Cambridge 1:13.14
	L 3	Molly MONK	15 Dereham 1:11.80
	L 4	Amelia MONAGHAN	17 Co Peterboro 1:11.05
	L 5	Beth DENNIS	16 Co Peterboro 1:11.50
	L 6	Erin O'MEARA	16 Co St Albans 1:12.56
	L 7	Ela NORTON	15 Hatfield 1:14.33
	L 8	Lucy PARK	23 Watford SC 1:15.26
H 7	L 1	Hollie ARMSTRONG	14 teamipswich 1:14.60
	L 2	Claire COLLINS	23 Co Cambridge 1:12.96
	L 3	Molly LEE	18 West Norfolk 1:11.50
	L 4	Rebecca BURTON	21 Co Peterboro 1:10.35
	L 5	Kathryn GILL	32 Co Cambridge 1:11.17
	L 6	Sarah O'BRIEN	23 West Norfolk 1:12.20
	L 7	Aoife MARLEY	17 Witham Dolph 1:13.58
	L 8	Ellie-Mei SHEPPERSON	16 West Norfolk 1:14.90

				<b>Event 208 Womens Open 100m IM</b>							
H 8	L 1	Georgia MAGGS	14	Co Cambridge	1:14.50	H 1	L 3	Hollie ARMSTRONG	14	teamipswich	1:10.99
	L 2	S PAPPAS-KATSIAFAS POM	14	Co Cambridge	1:12.80		L 4	Ela NORTON	15	Hatfield	1:10.90
	L 3	Louise FIDDES	18	SB14Hatfield	1:11.50		L 5	Rebecca SMITH	16	Norwich Swan	1:10.95
	L 4	Angharad EVANS	16	West Suffolk	1:08.30	H 2	L 1	Chloe BUTLER	15	St Ives	1:10.88
	L 5	Grace KING	16	teamipswich	1:11.14		L 2	Freya WRIGHT	17	West Suffolk	1:10.69
	L 6	Sophie PAYNE	17	Hatfield	1:12.20		L 3	Cerys WILLIAMS	15	West Suffolk	1:10.69
	L 7	Charlotte WHITE	14	West Suffolk	1:13.20		L 4	Larissa DEAN	17	Harpenden	1:10.65
	L 8	Ellie MATTHEWS	16	Putteridge	1:14.79		L 5	Georgina MUNDAY	15	Modernian	1:10.67
				<b>Event 207 Mens Open 100m Breaststroke</b>							
H 1	L 2	William PESTELL	16	Colchester	1:12.19	H 3	L 1	Niamh ADCOCK	18	Co Norwich	1:10.59
	L 3	B DITCHFIELD-WATKINS	16	Leighton Buz	1:12.06		L 2	Sophie LANDER	14	Deben	1:10.36
	L 4	Samuel RENNIE	15	Braintree	1:11.60		L 3	Sophie PAYNE	17	Hatfield	1:10.31
	L 5	Alfie FRANCIS	14	Colchester	1:11.73		L 4	Ella MURPHY	17	Harpenden	1:10.29
	L 6	Goscha GOROVOJ	17	St Felix Sch	1:12.10		L 5	Lucy HUDSON	15	West Suffolk	1:10.30
	L 7	Conor FERGUSON	18	C Beds SS	1:12.21		L 6	Imogen BLOOMFIELD	16	Co Cambridge	1:10.35
H 2	L 1	Samuel SKUSE	18	Beccles Town	1:11.32		L 7	Isabel WAINWRIGHT	16	Modernian	1:10.49
	L 2	Nathan SWIFT	18	Putteridge	1:11.14		L 8	Emily LUSH	17	Potters Bar	1:10.62
	L 3	Yuto WATANABE	15	Hatfield	1:10.90	H 4	L 1	Harriet CLEMENTS	15	Watford SC	1:09.81
	L 4	Marcus KEMP	18	Watford SC	1:10.68		L 2	Megan PYE	17	Co Norwich	1:09.71
	L 5	Sam MEAD	17	Linslade	1:10.86		L 3	Jessica SHAW	14	Co Peterboro	1:09.64
	L 6	Owen WEBSTER	16	St Felix Sch	1:11.03		L 4	Lucie PECK	16	St Felix Sch	1:09.62
	L 7	William HANDLEY	17	Stowmarket	1:11.26		L 5	Sacha THOMAS	16	Co Norwich	1:09.63
	L 8	Jacob STEPHEN	14	Brentwood	1:11.55		L 6	Tess WESLEY	15	Newmarket	1:09.65
H 3	L 1	D THURSTON-WOOLNOUGH	18	Beccles Town	1:10.59		L 7	Sarah CARROLL	17	Bishop Stort	1:09.72
	L 2	Michael JUDD	21	Dunstable	1:10.53		L 8	Tia GARDINER	17	Chelmsford	1:10.20
	L 3	Matthew ROTHWELL	17	Co Peterboro	1:10.04	H 5	L 1	Iona TRAINER	16	Co Peterboro	1:09.14
	L 4	James NOBLE	17	Norwich Swan	1:09.79		L 2	Molly OLLINGTON	21	Co Cambridge	1:07.95
	L 5	J J WILDE	15	Team Luton	1:09.81		L 3	Ellie WHEELER	17	Basildon Ph	1:06.06
	L 6	Matthew DEBENHAM	15	teamipswich	1:10.43		L 4	Rikke NAGELL-KLEVEN	24	Co Norwich	1:05.40
	L 7	Kyle HOLMES	20	Hemel Hemp	1:10.58		L 5	Millie FIELDS	15	Bishop Stort	1:05.86
	L 8	Mattias MORSE	16	Hemel Hemp	1:10.60		L 6	Natalie SANFORD	15	St Felix Sch	1:06.70
H 4	L 1	Matthew MCLAUGHLIN	26	DunmowAtlant	1:09.57		L 7	Mia MASPERIS	17	teamipswich	1:08.91
	L 2	Lewis CHAPMAN	18	Stowmarket	1:09.17		L 8	Olivia LEE	15	Co Peterboro	1:09.61
	L 3	Nicholas BOTHA	17	Bishop Stort	1:08.95	H 6	L 1	Matilda BOGLE	13	teamipswich	1:09.10
	L 4	Dominic MCCARTHY	17	Hoddesdon	1:08.70		L 2	Sarah O'BRIEN	23	West Norfolk	1:07.52
	L 5	Harrison JARVIS	15	Thurrock	1:08.80		L 3	Jessica WOODWARD	16	Hatfield	1:06.04
	L 6	William WHITLEY	18	Putteridge	1:09.05		L 4	Lauren WATT	18	Co Cambridge	1:04.83
	L 7	Thomas BOYT	20	Felixstowe	1:09.44		L 5	Amelia MONAGHAN	17	Co Peterboro	1:05.58
	L 8	Daniel MILLAR	19	Co St Albans	1:09.58		L 6	Ruby WHEELER	13	Basildon Ph	1:06.64
H 5	L 1	Jack MANSFIELD	17	Harlow Pen	1:08.33		L 7	Olivia NEWMAN-BARONIUS	13	Putteridge	1:08.56
	L 2	Joseph COLDWELL	17	Watford SC	1:07.50		L 8	Lara-Grace MOUNT	17	West Norfolk	1:09.54
	L 3	Lewis SHAYLER	16	Watford SC	1:05.60	H 7	L 1	Eleanor LLEWELLYN	19	West Suffolk	1:08.96
	L 4	Nathan HUGHES	19	Hatfield	1:02.82		L 2	Erin O'MEARA	16	Co St Albans	1:06.75
	L 5	William LOVEMAN	19	Co St Albans	1:04.00		L 3	Grace KING	16	teamipswich	1:05.90
	L 6	Benjamin GREEN	15	Watford SC	1:06.50		L 4	Rebecca BURTON	21	Co Peterboro	1:03.86
	L 7	Finn JEFFERY	16	St Felix Sch	1:08.15		L 5	Sara KALAWSKA	16	Hatfield	1:05.46
	L 8	Rhys DAVIDSON	15	Team Luton	1:08.60		L 6	Abbie LOW	17	Chelmsford	1:06.63
H 6	L 1	Callum HAROLD	17	Bishop Stort	1:08.30		L 7	Ellie MATTHEWS	16	Putteridge	1:08.34
	L 2	Ayotobi LAGUDA	17	Hatfield	1:07.27		L 8	Isabella CHAPMAN	15	Harpenden	1:09.27
	L 3	Olivier VEDRENNE	14	Co Norwich	1:05.30						
	L 4	Lewis WATERS	20	Co Cambridge	1:02.60						
	L 5	Samuel PECK	19	Co Cambridge	1:03.83						
	L 6	Oliver CASHIN	17	Co Cambridge	1:06.36						
	L 7	Thomas HAMILTON	18	Royston	1:08.08						
	L 8	Charles RENNIE	18	Braintree	1:08.59						
H 7	L 1	Thomas GRIEVE	19	Co Cambridge	1:08.29						
	L 2	Jack RICHES	18	Co Norwich	1:07.20						
	L 3	Bryn COUSER	17	Bishop Stort	1:04.70						
	L 4	Lawrence PALMER	27	Putteridge	58.68						
	L 5	Robert LANCASTER	22	teamipswich	1:03.30						
	L 6	Freddie LAWS	16	West Norfolk	1:06.20						
	L 7	Alexander FLORANCE	19	West Norfolk	1:07.89						
	L 8	Mal STAFF	17	Co Norwich	1:08.40						

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#### Event 209 Mens Open 400m Freestyle

H 1	L 3	Mark EVENS	23	S14	Bor of Brox	5:25.78
	L 4	Oskar FARKAS	14		Co Cambridge	4:21.10
	L 5	Thomas BELCHER	16		Modernian	4:21.70
H 2	L 2	Harry SAUNDERS	17		Newmarket	4:21.09
	L 3	Mehdi EL MANSAR	15		Bishop Stort	4:14.20
	L 4	Joseph WELLS	20		West Norfolk	4:11.60
	L 5	Jude HILLS	14		Thurrock	4:12.10
	L 6	George WHITEMAN	15		Co Peterboro	4:20.30
	L 7	Nicholas BOTHA	17		Bishop Stort	4:21.09
H 3	L 1	Ben BLOWERS	17		Co Norwich	4:09.70
	L 2	Joe COOPER	15		teamipswich	4:08.60
	L 3	Nathan WOODROW	16		Co Norwich	4:07.40
	L 4	Samuel ROSE	16		St Felix Sch	4:06.31
	L 5	Maxwell GEORGE	16		Hatfield	4:06.60
	L 6	Noah JAMESON NEAL	15		Basildon Ph	4:07.60
	L 7	Owen WEBSTER	16		St Felix Sch	4:09.12
	L 8	Jordan CATCHPOLE	20	S14	Co Norwich	4:10.90
H 4	L 1	James SPEERS	16		Basildon Ph	4:06.02
	L 2	Joshua FOWLES	20		Witham Dolph	4:04.80
	L 3	Henry PEARCE	17		Co Peterboro	4:03.25
	L 4	Michael KLIMASZEWSKI	15		Hatfield	4:01.43
	L 5	Jude LIDDIARD	18		Co St Albans	4:02.90
	L 6	Samuel PECK	19		Co Cambridge	4:04.17
	L 7	Myles TURNER	19		West Suffolk	4:05.10
	L 8	Callum WOLLASTON	18		Bor of Brox	4:06.29
H 5	L 1	Jacques BONSELL	20		Co Cambridge	3:58.36
	L 2	Lewis BINNING	16		Basildon Ph	3:57.90
	L 3	Nathan WELLS	21		West Norfolk	3:51.87
	L 4	Regan LLOYD	22		teamipswich	3:47.30
	L 5	Nathan HUGHES	19		Hatfield	3:49.60
	L 6	Myles ROBINSON-YOUNG	17		Co Peterboro	3:57.43
	L 7	Matthew WRIGHT	21		Team Luton	3:58.04
	L 8	Ralph MUNCER	18		Co St Albans	4:00.30