

Start List

**Session 1A Saturday 31<sup>st</sup> July at 9:35 AM**

**Event 111 Men 12/14 Yrs 400m Freestyle**

H 1	L 1	Owain Roberts	12	Team Luton	5:49.70
	L 2	Oly Fenwick	12	Verulam	5:42.97
	L 3	Oscar Hunter	12	Norwich Swan	5:39.50
	L 4	Daniel Andrews	12	Halstead	5:35.40
	L 5	Ethan Thorpe	12	Basildon Ph	5:38.50
	L 6	Harry Bird	12	Putteridge	5:40.20
	L 7	Aidan Scott	12	St Felix Sch	5:44.86
H 2	L 1	Will Riley	12	teamipswich	5:29.19
	L 2	Csanad Rehus	12	Co Peterboro	5:25.21
	L 3	Toby Lashmar	12	Basildon Ph	5:18.90
	L 4	Oscar Winterburn	13	teamipswich	5:14.69
	L 5	Jude Gunner	12	St Felix Sch	5:14.87
	L 6	Jamie Wilson	12	Wisbech	5:22.41
	L 7	Harry Alexander	13	teamipswich	5:25.72
	L 8	Zak Fellows	12	Cheshunt	5:29.94
H 3	L 1	Albert Orley	13	Braintree	5:11.00
	L 2	Louis Allen	13	Basildon Ph	5:08.00
	L 3	Robert Fenner	13	Basildon Ph	4:57.83
	L 4	Thomas Spelman	14	Stowmarket	4:56.57
	L 5	Harrison Shaw	14	Flitwick	4:57.30
	L 6	George Prince	13	Hatfield	5:07.29
	L 7	Jamie Comititi	12	Basildon Ph	5:10.00
	L 8	Ben Every	13	St Felix Sch	5:14.38
H 4	L 1	Alex Harrop	13	teamipswich	4:56.37
	L 2	James Gourpinar	14	Harlow Pen	4:55.20
	L 3	Reuben Alty	13	teamipswich	4:55.01
	L 4	Edward Ormsby	14	Co Cambridge	4:54.10
	L 5	Milo Milton	14	Co Norwich	4:54.80
	L 6	Joe Power	14	Basildon Ph	4:55.07
	L 7	Lucas Hartley	14	Hatfield	4:56.00
	L 8	Kevin Moldovan	14	Harlow Pen	4:56.57
H 5	L 1	Patch Robinson	14	teamipswich	4:53.09
	L 2	Isaac Farrugia	14	Basildon Ph	4:50.00
	L 3	Zak Troman	14	Colchester	4:43.72
	L 4	Ryan Wall	14	Co Cambridge	4:35.30
	L 5	Ben Howlett	14	teamipswich	4:43.59
	L 6	Sandjjs Cecins	14	Colchester	4:48.90
	L 7	James Williamson	14	Co Cambridge	4:52.65
	L 8	Massimo Girolami	13	Colchester	4:53.70

**Event 112 Women 12/14 Yrs 400m IM**

H 1	L 3	Wiktorja Marcinek	13	West Norfolk	6:14.90
	L 4	Ella Greatbatch	13	Bishop Stort	6:09.90
	L 5	Eloise Cole	13	Modernian	6:14.09
	L 6	Adrija Raudonyte	13	Newmarket	6:14.94
H 2	L 1	Eleanor McLeod	13	Putteridge	6:07.70
	L 2	Ella Dawson	13	Chelmsford	6:07.00
	L 3	Bethany Crawley	13	teamipswich	6:05.75
	L 4	Ella Edwards	12	Basildon Ph	5:58.57
	L 5	Annie McLeod	13	Putteridge	6:00.90
	L 6	Amelia Saunders	13	Leiston	6:06.53
	L 7	Angelica Lazauskaite	13	Watford SC	6:07.69
	L 8	Abigail Riches	13	Norwich Swan	6:09.80
H 3	L 1	Chloe Barnard	12	Basildon Ph	5:52.77
	L 2	Olivia Mahoney	13	Co Peterboro	5:47.54
	L 3	Charlotte Shaw	14	Co Peterboro	5:39.58
	L 4	Rebecca Brown	14	Stowmarket	5:36.49
	L 5	Hollie Hawkins	14	Basildon Ph	5:38.84
	L 6	Lexie Goodman	14	Basildon Ph	5:39.60
	L 7	Isla Hamilton	13	Norwich Swan	5:48.37
	L 8	Maria Stanciu	13	Chelmsford	5:58.50
H 4	L 1	Gracie Parker	13	Basildon Ph	5:35.12
	L 2	Lexie O'Connor	14	Basildon Ph	5:33.90
	L 3	Daisy Manning	13	Basildon Ph	5:26.60
	L 4	Cait Cotter	14	Chelmsford	5:22.50
	L 5	Lisa Leinemann	14	Chelmsford	5:25.78
	L 6	Charlotte Smith	14	Norwich Swan	5:30.57
	L 7	Grace Greenhalf	14	Co Norwich	5:34.40
	L 8	Amara Addison	14	Norwich Swan	5:35.67

**Session 1 B on the next page**

**Session 1B Saturday 31<sup>st</sup> July at 11:40 AM**

**Event 113 Boy/Girl 12 Yrs/Over 100m Butterfly**

H 1	L 3	Mwaba Mkwasa	16	S8	Norwich Swan	1:43.42
	L 4	Bethany Wright	12		Brentwood	1:39.71
	L 5	Millie Al-Ali	12		Modernian	1:40.10
H 2	L 2	Lucy Barnard	12		Potters Bar	1:37.30
	L 3	Melike Dagdelen	12		Leighton Buz	1:36.94
	L 4	Jana Mohamed	12		Co Peterboro	1:30.71
	L 5	Megan Clarke	12		Co Ely	1:34.31
	L 6	Daisy Turp-Daws	12		Halstead	1:37.28
	L 7	Daisy Stimpson	12		West Norfolk	1:38.97
H 3	L 1	Charlotte Low	12		Chelmsford	1:29.95
	L 2	Francesca Barber	12		Stowmarket	1:29.18
	L 3	William Faver	13		Chelmsford	1:26.09
	L 4	Molly Burrows	12		Co Peterboro	1:25.93
	L 5	Oscar Sherwani	13		Flitwick	1:26.04
	L 6	Forbes Irvine	13		Diss Otters	1:28.26
	L 7	I Stratton-Thomsett	12		Colchester	1:29.50
	L 8	Honor Beverstock	12		Hatfield	1:30.06
H 4	L 1	Amelia Marshall	13		Co Norwich	1:23.53
	L 2	Thomas James	13		West Norfolk	1:21.63
	L 3	Emilia Rayner	12		Halstead	1:20.46
	L 4	Ernest Juverdeanu	13		Chelmsford	1:19.87
	L 5	Kian Lee	13		Co Peterboro	1:20.13
	L 6	Jamie Comitti	12		Basildon Ph	1:20.85
	L 7	Abigail Riches	13		Norwich Swan	1:22.63
	L 8	Kabir Patel	12		Potters Bar	1:25.86
H 5	L 1	Jack Swindale	13		Co Peterboro	1:18.87
	L 2	Rhys Burrell	14		West Norfolk	1:16.44
	L 3	Megan Barker	14		West Suffolk	1:15.94
	L 4	Isla Fulluck-Holmes	14		Co Peterboro	1:15.66
	L 5	Rebecca Brown	14		Stowmarket	1:15.83
	L 6	Samuel Black	14		Stowmarket	1:16.20
	L 7	Olivia Minett	13		Co Peterboro	1:17.24
	L 8	Eleanor McLeod	13		Putteridge	1:19.69
H 6	L 1	Vanesa Cimermanova	13		Co Peterboro	1:13.44
	L 2	Elizabeth Wright	14		West Suffolk	1:13.38
	L 3	Emma Fields	15		Bishop Stort	1:12.75
	L 4	Greta Goddard	15		Colchester	1:10.12
	L 5	Isabelle Barber	15		Stowmarket	1:12.66
	L 6	Noah Mann	14		Newmarket	1:12.77
	L 7	George Taylor	14		Bishop Stort	1:13.44
	L 8	Hannah Cushion	14		Hatfield	1:13.91
H 7	L 1	Katie Jeffrey	17		Hatfield	1:09.98
	L 2	Nathan Birchenough	14		St Felix Sch	1:09.87
	L 3	Jack Barnard	16		Potters Bar	1:04.39
	L 4	Luka Page	15		West Suffolk	1:03.10
	L 5	Harley West	17		Basildon Ph	1:04.34
	L 6	August Stephens	15		Newmarket	1:09.82
	L 7	Charlie Payne	14		Newmarket	1:09.90
	L 8	Amara Addison	14		Norwich Swan	1:10.12
H 8	L 1	Elinor Duley	21		Colchester	1:02.00
	L 2	Christopher Williamson	16		Co Cambridge	1:00.81
	L 3	Max Ashken	18		Deben	59.44
	L 4	Nathan Wells	23		West Norfolk	56.60
	L 5	Sebastian Vandermeer	18		Co Cambridge	58.82
	L 6	Joseph Wells	22		West Norfolk	59.90
	L 7	Olivier Vedrenne	16		Co Norwich	1:02.00
	L 8	Matthew Brown	16		Stowmarket	1:02.87