

Start List

Session 3A Saturday 31st July at 4:10 PM

Event 131 Men 15 Yrs/Over 400m Freestyle

H 1	L 1	Rio Rogers	17	S14	Basildon Ph	4:55.78
	L 2	Maddox Roberts	15		Witham Dolph	4:43.39
	L 3	Harry Stagg	15		Basildon Ph	4:41.98
	L 4	Max Arnold	15		Harlow Pen	4:40.50
	L 5	Tom Wood	15		Chelmsford	4:40.50
	L 6	Dylan Morris	15		Watford SC	4:42.60
	L 7	Louis James	15		Norwich Swan	4:44.24
H 2	L 1	Samuel Walsh	15		Witham Dolph	4:38.59
	L 2	Daniel Kendall	15		Co Ely	4:38.12
	L 3	Jago Derrington	15		Bishop Stort	4:35.59
	L 4	Roan Brennan	15	S9	Basildon Ph	4:31.80
	L 5	Matthew Monie	16		Co Cambridge	4:32.07
	L 6	Matthew Riddle	16		Thurrock	4:37.24
	L 7	Jamie Joshua	15		Hatfield	4:38.39
	L 8	Daniel McGuinness	15		Basildon Ph	4:39.40
H 3	L 1	Daniel Clayton	15		teamipswich	4:29.39
	L 2	William Tozer	18		West Suffolk	4:25.02
	L 3	Austin Lillywhite	18		Biggleswade	4:24.41
	L 4	Joe Fletcher	19		Stowmarket	4:21.75
	L 5	Harley West	17		Basildon Ph	4:23.53
	L 6	Mark Milburn	16		Colchester	4:25.00
	L 7	Nikita Charykin	15		Thurrock	4:26.70
	L 8	Elliot Gladwell	16		teamipswich	4:30.22
H 4	L 1	Matthew Brown	16		Stowmarket	4:21.42
	L 2	Olivier Vedrenne	16		Co Norwich	4:20.20
	L 3	George Whiteman	17		Co Peterboro	4:14.37
	L 4	Jack Sangster	20		Modernian	4:10.10
	L 5	Joseph Wells	22		West Norfolk	4:11.60
	L 6	William Ellard	15		St Felix Sch	4:18.65
	L 7	Matthew Baker	15		West Suffolk	4:20.70
	L 8	Jack Pallant	17		Team Waveney	
						4:21.69
H 5	L 1	Joe Cooper	17		teamipswich	4:08.22
	L 2	Callum Wollaston	20		Co St Albans	4:06.29
	L 3	Michael Klimaszewski	17		Hatfield	4:01.43
	L 4	Nathan Wells	23		West Norfolk	3:49.12
	L 5	Lewis Binning	18		Basildon Ph	3:57.90
	L 6	Myles Turner	21		West Suffolk	4:03.63
	L 7	Noah Jameson Neal	17		Basildon Ph	4:07.60
	L 8	Ben Blowers	19		Co Norwich	4:09.70

Event 132 Women 15 Yrs/Over 400m IM

H 1	L 1	Romilly Marks	15		Newmarket	5:30.65
	L 2	Elise Delapperall	15		Thurrock	5:28.08
	L 3	Katie Maloney	24		Co Norwich	5:26.69
	L 4	Macy Dexter	15		Co Cambridge	5:24.30
	L 5	Isabella Porzio	17		Putteridge	5:25.97
	L 6	Molly Redgrave	17		Colchester	5:27.40
	L 7	Isabelle Barber	15		Stowmarket	5:28.92
	L 8	Anna-Lucia Fenner	15		Basildon Ph	5:32.02
H 2	L 1	Cerys Williams	17		West Suffolk	5:23.14
	L 2	Katie Andrews	17		Norwich Swan	5:22.50
	L 3	Gracie Trotter	18		Leighton Buz	5:19.61
	L 4	Francesca Key	16		Thurrock	5:18.82
	L 5	Charlotte Williams	15		Hatfield	5:19.01
	L 6	Jessica Mahoney	16		Co Peterboro	5:20.91
	L 7	Morgan Allan	18		Modernian	5:22.69
	L 8	Anna Fallon	18		Team Luton	5:24.00
H 3	L 1	Leah Wightman	16		West Norfolk	5:17.30
	L 2	Megan Pye	19		Co Norwich	5:15.10
	L 3	Ciara Wookey	17		Colchester	5:10.32
	L 4	Matilda Ransome	15		Co Cambridge	5:05.50
	L 5	Olivia Lee	17		Co Peterboro	5:08.34
	L 6	Madelyn Latimer-Hicks	17		St Felix Sch	5:14.21
	L 7	Hannah Willis	16		Co Peterboro	5:17.22
	L 8	Charlotte Tree	17		Colchester	5:18.67
H 4	L 1	Matilda Bogle	15		teamipswich	5:05.04
	L 2	Tia Gardiner	19		Basildon Ph	5:04.83
	L 3	Harriet Salisbury	17		Co Peterboro	5:00.56
	L 4	Ellie Wheeler	19		Basildon Ph	4:50.75
	L 5	Ruby Wheeler	15		Basildon Ph	4:58.90
	L 6	Charlotte White	16		West Suffolk	5:04.00
	L 7	Holly Lamb	16		Basildon Ph	5:04.88
	L 8	Zara Keegan	19		Co Cambridge	5:05.22

Session 3B on the next page

Session 3B Saturday 31st July at 6:05 PM

Event 133 Boy/Girl 12 /Over 100m Backstroke

H 1	L 1	Mwaba Mkwasa	16	S8	Norwich Swan	1:46.69
	L 2	Lily Murrell	12		Norwich Swan	1:27.38
	L 3	Daisy Stimpson	12		West Norfolk	1:26.66
	L 4	Daisy Turp-Daws	12		Halstead	1:25.80
	L 5	Bethany Rumsby	12		Norwich Swan	1:26.22
	L 6	Charlotte Low	12		Chelmsford	1:27.14
	L 7	Anabelle Kett	12		Co Peterboro	1:27.66
	L 8	Lily Herring	13	S10	Norwich Swan	1:51.53
H 2	L 1	Aimee Burgess	12		teamipswich	1:25.35
	L 2	Joselyn Oakes	12		Leighton Buz	1:25.03
	L 3	Louis Hochenberg	12		Potters Bar	1:24.99
	L 4	Henry Martin	12		Hatfield	1:24.35
	L 5	Melike Dagdelen	12		Leighton Buz	1:24.65
	L 6	Jade Reed	12		Co Norwich	1:25.00
	L 7	Molly Burrows	12		Co Peterboro	1:25.34
	L 8	Lyla Fello	12		Co Norwich	1:25.35
H 3	L 1	Jonathan Regan	13		Modernian	1:21.89
	L 2	Charlie Duce	12		Modernian	1:21.48
	L 3	William Faver	13		Chelmsford	1:20.19
	L 4	Amelia Marshall	13		Co Norwich	1:19.13
	L 5	Gabriella Troman	12		Colchester	1:19.97
	L 6	Matt Phoenix-McGlynn	13		Norwich Swan	1:20.75
	L 7	Thomas James	13		West Norfolk	1:21.50
	L 8	Luca Bertossa Padin	12		Potters Bar	1:23.70
H 4	L 1	Wiktorja Marcinek	13		West Norfolk	1:18.93
	L 2	Kian Lee	13		Co Peterboro	1:18.00
	L 3	Locke Yeates	14		Co Norwich	1:16.20
	L 4	James Gourpinar	14		Harlow Pen	1:16.05
	L 5	Jack Swindale	13		Co Peterboro	1:16.16
	L 6	April Mills	13		Hatfield	1:16.88
	L 7	Chloe Linney	13		Halstead	1:18.85
	L 8	Nwando Ifeacho	13		Modernian	1:19.00
H 5	L 1	Keelan Barnett	14		Colchester	1:15.62
	L 2	Nathan Yeaman	14		West Norfolk	1:15.25
	L 3	Eva Glynn	14		Hatfield	1:14.79
	L 4	Sophie Holliss	13		Co St Albans	1:14.54
	L 5	Archie Clarke	14		Flitwick	1:14.59
	L 6	Samuel Black	14		Stowmarket	1:14.91
	L 7	Emily Pitcher	13		Norwich Swan	1:15.59
	L 8	Thomas Maher	14		Co St Albans	1:15.74
H 6	L 1	Elizabeth Wright	14		West Suffolk	1:14.40
	L 2	Samuel Jeffrey	14		Hatfield	1:13.05
	L 3	Vanesa Cimermanova	13		Co Peterboro	1:12.75
	L 4	Megan Barker	14		West Suffolk	1:12.50
	L 5	James Williamson	14		Co Cambridge	1:12.51
	L 6	Olivia Minett	13		Co Peterboro	1:12.94
	L 7	Noah Mann	14		Newmarket	1:13.07
	L 8	Aislin Foley-Wright	14		Basildon Ph	1:14.44
H 7	L 1	George Grimwood	14		Bishop Stort	1:11.56
	L 2	Thomas Small	15		Norwich Swan	1:09.67
	L 3	Isabelle Barber	15		Stowmarket	1:09.20
	L 4	William Murfitt	15		Biggleswade	1:08.50
	L 5	August Stephens	15		Newmarket	1:09.15
	L 6	Milo Milton	14		Co Norwich	1:09.35
	L 7	Isla Fulluck-Holmes	14		Co Peterboro	1:10.56
	L 8	James Baker	14		Brentwood	1:11.72
H 8	L 1	Gagan Singh	15		Co Peterboro	1:08.03
	L 2	Ethan Ivelaw-Chapman	16		Co St Albans	1:07.31
	L 3	Adam Holmes	17		Flitwick	1:05.65
	L 4	Christopher Williamson	16		Co Cambridge	1:03.13
	L 5	Emma Cruickshanks	18		teamipswich	1:03.36
	L 6	Jake Hickmott	16		Flitwick	1:07.12
	L 7	Jack Barnard	16		Potters Bar	1:07.77
	L 8	Richard Vanstone	15		Chelmsford	1:08.07