

Start List

<b>Event 211 Women 12/14 Yrs 400m Freestyle</b>				<b>Event 212 Men 12/14 Yrs 400m IM</b>							
H 1	L 2	Keira Tarplett	12	Chelmsford	5:50.29	H 1	L 3	Harry Phelan	12	Basildon Ph	6:33.79
	L 3	M Tramontano Wells	12	Hertford	5:45.67		L 4	Csanad Rehus	12	Co Peterboro	6:32.59
	L 4	Nicole Maynard	12	Basildon Ph	5:29.20		L 5	Toby Lashmar	12	Basildon Ph	6:32.72
	L 5	Eveline Gaydon	12	teamipswich	5:31.27						
	L 6	Jade Reed	12	Co Norwich	5:49.10	H 2	L 2	Adam O'Neal	13	Modernian	6:14.29
H 2	L 1	Weronika Mikolajewska	13	Co Peterboro	5:22.42		L 3	Jude Gunner	12	St Felix Sch	6:04.41
	L 2	Chloe Barnard	12	Basildon Ph	5:17.60		L 4	Oscar Winterburn	13	teamipswich	5:53.92
	L 3	Eleanor McLeod	13	Putteridge	5:16.00		L 5	Jamie Wilson	12	Wisbech	5:58.45
	L 4	Maria Stanciu	13	Chelmsford	5:15.58		L 6	Ben Every	13	St Felix Sch	6:05.30
	L 5	Poppy Magill	13	Putteridge	5:15.70		L 7	Harrison Brook	13	Colchester	6:15.83
	L 6	Bethany Crawley	13	teamipswich	5:16.19	H 3	L 1	Louis Allen	13	Basildon Ph	5:43.00
	L 7	Ella Edwards	12	Basildon Ph	5:21.90		L 2	Jacob Lowe	14	March	5:40.19
	L 8	Sienna Gilman	12	Norwich Swan	5:23.80		L 3	Ross De Wildt	13	Co Cambridge	5:39.30
H 3	L 1	Darcy Gladwell	13	teamipswich	5:13.13		L 4	James Williamson	14	Co Cambridge	5:36.31
	L 2	Katerina Di Maria	13	Co Norwich	5:11.30		L 5	Ben Buckley	14	Co Norwich	5:37.90
	L 3	Sophie Palmer	12	Basildon Ph	5:09.54		L 6	Thomas Spelman	14	Stowmarket	5:40.06
	L 4	Olivia Mahoney	13	Co Peterboro	5:07.68		L 7	Samuel Winslow	14	Co Cambridge	5:40.79
	L 5	Eloise Cole	13	Modernian	5:09.00		L 8	Alex Harrop	13	teamipswich	5:52.01
	L 6	Annie McLeod	13	Putteridge	5:09.70	H 4	L 1	Patch Robinson	14	teamipswich	5:35.91
	L 7	Gracie Parker	13	Basildon Ph	5:12.50		L 2	Lucas Hartley	14	Hatfield	5:32.57
	L 8	Ever Ives	12	Hatfield	5:13.93		L 3	James Gourpinar	14	Harlow Pen	5:28.80
H 4	L 1	Abigail Riches	13	Norwich Swan	5:04.70		L 4	Zak Troman	14	Colchester	5:15.00
	L 2	Rebecca Brown	14	Stowmarket	5:01.80		L 5	Ryan Wall	14	Co Cambridge	5:16.16
	L 3	Charlotte Smith	14	Norwich Swan	5:00.10		L 6	Ben Howlett	14	teamipswich	5:30.55
	L 4	Lexie O'Connor	14	Basildon Ph	4:56.50		L 7	Harrison Shaw	14	Flitwick	5:35.48
	L 5	Aislin Foley-Wright	14	Basildon Ph	4:59.56		L 8	Massimo Girolami	13	Colchester	5:36.20
	L 6	Victoria Daley	14	Watford SC	5:01.45						
	L 7	Georgia Holgate	14	Co Cambridge	5:02.62						
	L 8	Ella Dawson	13	Chelmsford	5:05.20						
H 5	L 1	Lyla Howard	14	Team Luton	4:54.05						
	L 2	Lexie Goodman	14	Basildon Ph	4:52.58						
	L 3	Gracie Comitti	14	Basildon Ph	4:51.00						
	L 4	Sophie Dowding	14	teamipswich	4:47.51						
	L 5	Lisa Leinemann	14	Chelmsford	4:47.70						
	L 6	Daisy Manning	13	Basildon Ph	4:51.60						
	L 7	Gabriela Gomez Pavon	14	Potters Bar	4:52.79						
	L 8	Cait Cotter	14	Chelmsford	4:56.00						

Start List

<b>Event 213 Boy/Girl 12 /Over 100m Breaststroke</b>				<b>H 10</b>					
H 1	L 3	Mwaba Mkwasa	16	SB8	Norwich Swan	1:53.48	15	Norwich Swan	1:16.72
	L 4	Leyla Corani	12		Colchester	1:42.06	15	Bishop Stort	1:15.09
	L 5	Lilia Burgoyne	12		Gt Yarmouth	1:42.69	17	Hatfield	1:13.71
H 2	L 2	Louis Hochenberg	12		Potters Bar	1:41.67	16	Colchester	1:12.34
	L 3	Lily Colbourne	12		Norwich Swan	1:41.03	22	West Norfolk	1:12.47
	L 4	Aidan Scott	12		St Felix Sch	1:40.09	15	West Suffolk	1:14.56
	L 5	Lily Murrell	12		Norwich Swan	1:40.35	16	Flitwick	1:16.62
	L 6	Kabir Patel	12		Potters Bar	1:41.38	15	Basildon Ph	1:16.92
	L 7	Charlie Hill	12		West Norfolk	1:41.79			
H 3	L 1	Rose-Ellen Flannery	12		Hatfield	1:39.88			
	L 2	Lyla Fiello	12		Co Norwich	1:39.62			
	L 3	Daniel Andrews	12		Halstead	1:38.45			
	L 4	Henry Martin	12		Hatfield	1:35.46			
	L 5	Harry Griffiths	12		Colchester	1:37.25			
	L 6	I Stratton-Thomsett	12		Colchester	1:38.59			
	L 7	Scarlett Mercer	12		Harlow Pen	1:39.74			
	L 8	Bethany Rumsby	12		Norwich Swan	1:40.04			
H 4	L 1	Matt Phoenix-McGlynn	13		Norwich Swan	1:33.12			
	L 2	Jack Webb	13		Witham Dolph	1:32.44			
	L 3	Gabriella Meyer	12		Chelmsford	1:32.25			
	L 4	Jemima Kimber	13		Linslade	1:30.78			
	L 5	Ruby Rowland	12		Gt Yarmouth	1:30.90			
	L 6	Eleanor McLeod	13		Putteridge	1:32.35			
	L 7	Kian Lee	13		Co Peterboro	1:32.69			
	L 8	Forbes Irvine	13		Diss Otters	1:33.59			
H 5	L 1	William Frost	13		Basildon Ph	1:30.12			
	L 2	Robert Gor	13		Bishop Stort	1:29.95			
	L 3	Eloise Cole	13		Modernian	1:29.55			
	L 4	Jack Swindale	13		Co Peterboro	1:29.28			
	L 5	Poppy Magill	13		Putteridge	1:29.28			
	L 6	Kiera Broad	13		West Suffolk	1:29.81			
	L 7	Teilo Ruffles-Francis	13		Stowmarket	1:29.99			
	L 8	William Faver	13		Chelmsford	1:30.66			
H 6	L 1	Oscar Sherwani	13		Flitwick	1:28.97			
	L 2	Catherine Clune	13		Bishop Stort	1:27.89			
	L 3	Joseph Clarke	13		Stowmarket	1:27.08			
	L 4	Nwando Ifeacho	13		Modernian	1:26.01			
	L 5	Ernest Juverdeanu	13		Chelmsford	1:26.84			
	L 6	Reece Burns	13		Witham Dolph	1:27.44			
	L 7	Hannah Lovelock	13		Hitchin	1:28.38			
	L 8	Abigail Riches	13		Norwich Swan	1:29.16			
H 7	L 1	Shahd Mohamed	14		Co Peterboro	1:25.68			
	L 2	Joe Vesztrocy	14		Flitwick	1:24.50			
	L 3	Charlie Payne	14		Newmarket	1:23.13			
	L 4	Elizabeth Wright	14		West Suffolk	1:22.80			
	L 5	Kieran Sterry	14		Basildon Ph	1:22.98			
	L 6	Nathan Birchenough	14		St Felix Sch	1:23.39			
	L 7	Hannah Cushion	14		Hatfield	1:25.42			
	L 8	Jemima Cross	13		Hitchin	1:25.72			
H 8	L 1	Rhys Burrell	14		West Norfolk	1:22.38			
	L 2	Molly Grieve	16		Colchester	1:21.56			
	L 3	Yousof Habieb	15		Co Peterboro	1:20.19			
	L 4	Imola Jozsa	15		Hatfield	1:19.78			
	L 5	Thomas Spelman	14		Stowmarket	1:20.09			
	L 6	Grace Greenhalf	14		Co Norwich	1:21.50			
	L 7	James Williamson	14		Co Cambridge	1:21.89			
	L 8	Lilly Davis	14		Co Peterboro	1:22.53			
H 9	L 1	Gagan Singh	15		Co Peterboro	1:19.72			
	L 2	Samuel Jeffrey	14		Hatfield	1:18.16			
	L 3	Megan Pye	19		Co Norwich	1:17.73			
	L 4	Isaac Farrugia	14		Basildon Ph	1:17.30			
	L 5	James Renton	15		Potters Bar	1:17.35			
	L 6	Joseph Burns	15		Witham Dolph	1:17.87			
	L 7	Jack McIntosh	15		Co Norwich	1:19.03			
	L 8	Toby Richardson	15		West Suffolk	1:19.75			