

Start List

<b>Event 221 Women 12 Yrs/Over 200m Breaststroke</b>				
	L 7	Sara Mahmud	19	Hatfield 2:49.03
	L 8	Grace Gunton	17	Co Norwich 2:50.25
H 1	L 2	Ella Deaton	12	Newmarket 3:39.25
	L 3	Emily Clarke	12	Potters Bar 3:36.64
	L 4	Eliza Huff	12	Co Cambridge 3:35.06
	L 5	M Tramontano Wells	12	Hertford 3:35.10
	L 6	Millie Al-Ali	12	Modernian 3:37.07
H 2	L 1	Isla Black	12	Co St Albans 3:34.07
	L 2	Hannah Pye	12	F S Godmanc 3:30.46
	L 3	Charlisse Harding	12	Norwich Swan 3:28.90
	L 4	Jemima Kimber	13	Linslade 3:17.86
	L 5	Ruby Rowland	12	Gt Yarmouth 3:28.80
	L 6	Alice Azzopardi	12	Co St Albans 3:30.31
	L 7	Sofia Andre-Barrett	12	Co Cambridge 3:33.33
	L 8	Freya Cowley	12	Colchester 3:34.38
H 3	L 1	Maria Stanciu	13	Chelmsford 3:16.83
	L 2	Ever Ives	12	Hatfield 3:14.10
	L 3	Ella Edwards	12	Basildon Ph 3:11.73
	L 4	Amelia Porzio	13	Putteridge 3:10.40
	L 5	Annie McLeod	13	Putteridge 3:10.60
	L 6	Annabel Nichols	13	Leiston 3:13.01
	L 7	Oraphin Vandermeer	12	Co Cambridge 3:14.60
	L 8	Hannah Lovelock	13	Hitchin 3:17.05
H 4	L 1	Sally-Ann Walker	13	Biggleswade 3:09.20
	L 2	Ava Wilson	13	New Hall 3:08.10
	L 3	Ellie Smith	13	Co Norwich 3:06.99
	L 4	K Sutika-Totlebena	13	West Norfolk 3:06.00
	L 5	Janhavi Janhavi	13	Watford SC 3:06.24
	L 6	Angelica Lazauskaite	13	Watford SC 3:07.12
	L 7	Ella Greatbatch	13	Bishop Stort 3:08.21
	L 8	Clementine Lovell	12	teamipswich 3:10.10
H 5	L 1	Lara Treharne	14	Co Peterboro 3:03.31
	L 2	Lexie O'Connor	14	Basildon Ph 3:01.40
	L 3	Alice Green	14	Hatfield 3:00.99
	L 4	Sadie Rowe	14	Colchester 2:59.75
	L 5	Olivia Skittrell	14	West Norfolk 3:00.10
	L 6	Daisy Manning	13	Basildon Ph 3:01.10
	L 7	Hollie Hawkins	14	Basildon Ph 3:01.76
	L 8	Hollie Heighes	13	Bishop Stort 3:05.09
H 6	L 1	Eleni Zorn	15	Putteridge 2:58.90
	L 2	S Harrison-Mirauer	14	Hatfield 2:58.65
	L 3	Alexa Mann	15	Basildon Ph 2:56.90
	L 4	Gracie Comitti	14	Basildon Ph 2:56.55
	L 5	Evie Jamieson	15	Harlow Pen 2:56.61
	L 6	Madison Price	15	Putteridge 2:58.50
	L 7	Sydney Smith	15	Co Cambridge 2:58.89
	L 8	Mabel Gigg	14	Co Norwich 2:59.40
H 7	L 1	Daisy Mixer	15	Norwich Swan 2:55.86
	L 2	Kacie Cooper	15	West Norfolk 2:55.69
	L 3	Caitlin McNicholas	16	Deben 2:55.36
	L 4	Anna-Lucia Fenner	15	Basildon Ph 2:54.22
	L 5	Molly Grieve	16	Colchester 2:54.41
	L 6	Laura Alexander-High	15	teamipswich 2:55.56
	L 7	Tia Hill	15	Co Ely 2:55.79
	L 8	Dayna Shepperson	16	Hatfield 2:56.47
H 8	L 1	Gracie Parker	13	Basildon Ph 2:52.73
	L 2	Olivia Newman-Baronius	15	Putteridge 2:52.27
	L 3	Jessica Mahoney	16	Co Peterboro 2:51.41
	L 4	Caitlin Richardson	16	Norwich Swan 2:50.36
	L 5	Rebecca Merrill	20	Norwich Swan 2:50.55
	L 6	Ellie-Rose Lyon	14	Norwich Swan 2:51.94
	L 7	Isla Hamilton	13	Norwich Swan 2:52.31
	L 8	Lisa Leinemann	14	Chelmsford 2:53.50
H 9	L 1	Francesca Key	16	Thurrock 2:49.39
	L 2	Lucy King	18	Hitchin 2:48.44
	L 3	Olivia Lee	17	Co Peterboro 2:48.03
	L 4	Evie Brown	16	Watford SC 2:47.36
	L 5	Ciara Wookey	17	Colchester 2:47.99
	L 6	Katie Andrews	17	Norwich Swan 2:48.30
H 10	L 1	Charlotte Tree	17	Colchester 2:46.36
	L 2	Olivia Cooper	15	Basildon Ph 2:45.60
	L 3	Georgia Pritchard	16	Hatfield 2:45.10
	L 4	Jessica Watson	16	Modernian 2:44.28
	L 5	Alice Fasey	17	Co Norwich 2:44.50
	L 6	Macy Dexter	15	Co Cambridge 2:45.35
	L 7	Mia Lowe	14	Basildon Ph 2:45.70
	L 8	Kirsty Neill	14	Bishop Stort 2:46.53
H 11	L 1	Matilda Ransome	15	Co Cambridge 2:42.50
	L 2	Lucy Park	25	Watford SC 2:40.30
	L 3	Chloe Skelt	16	Chelmsford 2:40.10
	L 4	Ruby Wheeler	15	Basildon Ph 2:38.64
	L 5	Sarah O'Brien	25	West Norfolk 2:39.17
	L 6	Georgia Maggs	16	Co Cambridge 2:40.19
	L 7	Imogen Bloomfield	18	Co Cambridge 2:41.65
	L 8	Isabella Porzio	17	Putteridge 2:43.60
H 12	L 1	Ela Norton	17	Hatfield 2:38.20
	L 2	Charlotte White	16	West Suffolk 2:36.90
	L 3	Molly Monk	17	Co Norwich 2:35.30
	L 4	Beth Dennis	18	Co Peterboro 2:28.97
	L 5	Sophie Payne	19	Hatfield 2:31.96
	L 6	Aoife Marley	19	Witham Dolph 2:36.37
	L 7	Molly Lee	20	West Norfolk 2:38.10
	L 8	Caitlin Hartley	17	Hatfield 2:38.60
<b>Event 222 Men 12 Yrs/Over 200m Butterfly</b>				
H 1	L 2	Harry Bird	12	Putteridge 3:23.50
	L 3	Harrison Brook	13	Colchester 3:19.95
	L 4	Csanad Rehus	12	Co Peterboro 3:18.49
	L 5	Daniel Dutson	12	Co Norwich 3:18.86
	L 6	Osehon Ojkehudu	12	Thurrock 3:23.20
H 2	L 1	Adam O'Neal	13	Modernian 3:11.72
	L 2	Toby Lashmar	12	Basildon Ph 3:06.80
	L 3	George Portlock	12	New Hall 3:02.67
	L 4	George Taylor	14	Bishop Stort 2:58.48
	L 5	Harrison Shaw	14	Flitwick 2:59.18
	L 6	Dmitrijs Gracovs	12	Harlow Pen 3:04.83
	L 7	Thomas James	13	West Norfolk 3:10.76
	L 8	Kian Lee	13	Co Peterboro 3:16.47
H 3	L 1	Jude Gunner	12	St Felix Sch 2:57.32
	L 2	Oliver Pike	14	Co Norwich 2:51.10
	L 3	Louis Allen	13	Basildon Ph 2:48.10
	L 4	Kevin Moldovan	14	Harlow Pen 2:43.00
	L 5	Robert Fenner	13	Basildon Ph 2:44.30
	L 6	Jamie Wilson	12	Wisbech 2:50.53
	L 7	Edward Ormsby	14	Co Cambridge 2:52.50
	L 8	Sean Connolly	13	Epping For't 2:58.21
H 4	L 1	Archie Rann	14	Ware 2:40.82
	L 2	James Peacock	15	Co Peterboro 2:38.08
	L 3	James Gourpinar	14	Harlow Pen 2:37.50
	L 4	Harry Staggs	15	Basildon Ph 2:36.30
	L 5	Jason Ho	15	Hatfield 2:36.40
	L 6	Daniel Kendall	15	Co Ely 2:37.52
	L 7	Sandijs Cecins	14	Colchester 2:39.25
	L 8	Isaac Farrugia	14	Basildon Ph 2:41.10
H 5	L 1	Callum Cox	15	Bishop Stort 2:34.53
	L 2	Joshua Ellis	15	Hatfield 2:34.00
	L 3	Louis James	15	Norwich Swan 2:32.30
	L 4	Zak Troman	14	Colchester 2:32.29
	L 5	Joshua Shepherd	13	Thurrock 2:32.30
	L 6	Ryan Wall	14	Co Cambridge 2:32.58
	L 7	Archie Chamberlain	15	West Suffolk 2:34.29
	L 8	Antonio Girolami	16	Colchester 2:34.60

## Start List

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H 6	L 1	Henry Dean	15	Thurrock	2:30.40
	L 2	Adam Holmes	17	Flitwick	2:29.92
	L 3	Thomas Page	17	West Suffolk	2:27.77
	L 4	Daniel Clayton	15	teamipswich	2:24.25
	L 5	Daniel McGuinness	15	Basildon Ph	2:27.20
	L 6	Riley Bashford	15	Deben	2:29.45
	L 7	Jack Barnard	16	Potters Bar	2:30.35
	L 8	Mark Milburn	16	Colchester	2:30.90
H 7	L 1	Olivier Vedrenne	16	Co Norwich	2:23.50
	L 2	William Ellard	15	St Felix Sch	2:22.48
	L 3	Nikita Charykin	15	Thurrock	2:21.90
	L 4	James Rowley	16	Deben	2:21.00
	L 5	William Tozer	18	West Suffolk	2:21.62
	L 6	Daniel Ord	16	Watford SC	2:22.08
	L 7	Harley West	17	Basildon Ph	2:22.96
	L 8	Harry Arbuthnott	18	Harpenden	2:24.19
H 8	L 1	Jimmy Taylor	17	Thurrock	2:18.30
	L 2	George Whiteman	17	Co Peterboro	2:16.50
	L 3	Myles Turner	21	West Suffolk	2:10.65
	L 4	Michael Klimaszewski	17	Hatfield	2:00.31
	L 5	Connor Walker	17	Co Peterboro	2:08.50
	L 6	Zack Treharne	17	Co Peterboro	2:15.60
	L 7	Matthew Brown	16	Stowmarket	2:16.90
	L 8	Jack Pallant	17	Team Waveney	

2:19.17