

Start List

Event 111 Men/Women 11 Yrs/Over 400m IM

H 1	L 2	Daisy Stimpson	13	West Norfolk	6:27.10
	L 3	Barnaby O'Donnell	14	Bushey	6:00.21
	L 4	Autumn Shine	15	Potters Bar	5:57.26
	L 5	Oscar Sherwani	14	Flitwick	5:59.20
	L 6	Max Lesner	13	Potters Bar	6:25.70
	L 7	Emma Dye	12	Norwich Swan	6:37.30
H 2	L 1	Leah Mason	14	Colchester	5:54.99
	L 2	Holly Larbey	15	Putteridge	5:50.60
	L 3	Julia Swanepoel	17	Epping Fort	5:48.63
	L 4	Ella Greatbatch	14	Bishop Stort	5:46.60
	L 5	Ava Black	15	Co St Albans	5:47.64
	L 6	Scarlett Joslin	15	Co Cambridge	5:49.67
	L 7	Sadie Rowe	15	Colchester	5:52.00
	L 8	Florence Talbot	15	Newmarket	5:56.33
H 3	L 1	Nathan Yeaman	15	West Norfolk	5:40.70
	L 2	Tamsin Moren	17	Berkhamsted	5:34.18
	L 3	Oliver Rana-Beadle	17	St Ives	5:29.20
	L 4	Harvey Isle	17	West Norfolk	5:11.80
	L 5	Austin Harrop	16	Co Cambridge	5:26.45
	L 6	Emily Cutting	17	West Suffolk	5:31.50
	L 7	Ruby Chapman	16	Norwich Swan	5:37.70
	L 8	Esmie Kidman	16	West Norfolk	5:42.39

Event 112 Men/Women 11 /Over 100m Butterfly

H 1	L 3	Emma Dye	12	Norwich Swan	1:31.76
	L 4	Jessica Pugh	12	Norwich Swan	1:30.63
	L 5	Emelia Roe	12	West Suffolk	1:30.92
H 2	L 2	Olivia Butlin	11	Thetford	1:29.20
	L 3	Yasmine Ollerenshaw	13	Flitwick	1:21.82
	L 4	Amy Witton	13	Hatfield	1:20.60
	L 5	Kabir Patel	13	Potters Bar	1:21.26
	L 6	Katie Bidgood	13	Chelmsford	1:21.86
	L 7	Iyla Addison	12	Norwich Swan	1:29.30
H 3	L 1	Adrija Raudonyte	14	Newmarket	1:19.80
	L 2	Genevieve White	14	Co Cambridge	1:18.88
	L 3	Oliver Davey	13	Co Ely	1:18.65
	L 4	Bethany Rumsby	13	Norwich Swan	1:18.53
	L 5	Megan Clarke	13	Co Ely	1:18.60
	L 6	Bethany Crawley	14	teamipswich	1:18.65
	L 7	Christian Payne	13	Thetford	1:19.72
	L 8	Evan Larthe	13	Basildon Ph	1:20.25
H 4	L 1	Harrison Waller	13	Southend	1:17.69
	L 2	Eleanor McLeod	14	Putteridge	1:16.58
	L 3	Kathryn Edwards	15	Braintree	1:15.80
	L 4	Reece Burns	14	Witham Dolph	1:15.59
	L 5	Oscar Sherwani	14	Flitwick	1:15.60
	L 6	Mia Macklin	14	Braintree	1:16.30
	L 7	Mia Gray	14	Norwich Swan	1:16.62
	L 8	Sally-Ann Walker	14	Biggleswade	1:18.39
H 5	L 1	Emily Grimwood	16	Clacton SC	1:15.01
	L 2	Gracie Brinkley	15	West Suffolk	1:14.72
	L 3	Jersey Holmes	15	Team Waveney	1:13.71
	L 4	Alice O'Toole	15	Royston	1:13.44
	L 5	Elyn Lauder	15	West Norfolk	1:13.50
	L 6	F Cleland Ferdin	14	Co Cambridge	1:14.71
	L 7	Scarlett Joslin	15	Co Cambridge	1:14.83
	L 8	Maisie Williams	15	Canvey Isl	1:15.19
H 6	L 1	Anna Rumley	17	Flitwick	1:11.40
	L 2	Joe Flowers	16	St Felix Sch	1:08.51
	L 3	Rhys Burrell	15	West Norfolk	1:08.10
	L 4	Noah Mann	15	Newmarket	1:07.80
	L 5	Finlay Arnup	15	Norwich Swan	1:07.90
	L 6	Charlie Payne	15	Newmarket	1:08.34
	L 7	Joseph McNulty	15	Watford SC	1:10.07
	L 8	Ciara McAuley	17	Saffron Wald	1:11.53

H 7	L 1	Batu Senturk	16	Co Cambridge	1:06.62
	L 2	Nicholas Sinclair	19	Ware	1:05.70
	L 3	Daniel Kendall	16	Co Ely	1:05.30
	L 4	Harvey Last	19	Southend	1:04.77
	L 5	Colin Peden	16	Saffron Wald	1:05.12
	L 6	Fynley Blake	16	teamipswich	1:05.59
	L 7	Corey Hare	16	Colchester	1:06.56
	L 8	Freddie Gardner	16	Bo Southend	1:07.12

Event 113 Men/Women 11 /Over 50m Backstroke

H 1	L 2	Nabiela Van Der Schyff	12	Colchester	41.50
	L 3	Lois Fields	11	Bishop Stort	41.48
	L 4	Tehya Robertson	12	Co St Albans	41.31
	L 5	Olivia James	11	Modernian	41.40
	L 6	Zara Avery	12	Linslade	41.50
H 2	L 1	Casey Hopewell-Campion	11	Newmarket	41.16
	L 2	Elizabeth Pert	12	Norwich Swan	41.10
	L 3	Amelia Kingham	12	Watford SC	40.82
	L 4	Olivia Butlin	11	Thetford	40.60
	L 5	Molly Walton	12	Co Cambridge	40.73
	L 6	Milly Johnson	12	West Norfolk	41.02
	L 7	Maelys Jacquet	11	Felixstowe	41.11
	L 8	Daisy-Mai Doel	11	Basildon Ph	41.20
H 3	L 1	Byron Miller	11	Hadleigh	40.49
	L 2	Ethan Wallis	12	St Felix Sch	40.38
	L 3	Mawulinam Ito	11	Co Cambridge	40.20
	L 4	Jasmine Davies	12	Watford SC	40.03
	L 5	Ella McLoughlin	12	Potters Bar	40.10
	L 6	Hudson Sherwani	12	Flitwick	40.30
	L 7	Neve Melville	12	Felixstowe	40.45
	L 8	Rose Conday	12	Epping Fort	40.50
H 4	L 1	Theo Ryan	12	West Norfolk	39.90
	L 2	Sandy McGee	12	Basildon Ph	39.74
	L 3	Layla Jones	12	Witham Dolph	39.70
	L 4	Iyla Addison	12	Norwich Swan	39.70
	L 5	Belle Ringwood	12	West Norfolk	39.70
	L 6	Elspeth Butler	12	Norwich Swan	39.70
	L 7	Jessica Pugh	12	Norwich Swan	39.83
	L 8	Mia Nelson	11	Cheshunt	39.91
H 5	L 1	Anastasja Wall	12	Dereham	39.60
	L 2	Charlotte Catchpole	12	Leiston	39.18
	L 3	Molly Greatbatch	12	Bishop Stort	39.06
	L 4	Isabella Bryan	12	teamipswich	38.90
	L 5	Starr Nichols	12	Gt Yarmouth	39.00
	L 6	Samantha Martelino	12	Newmarket	39.13
	L 7	Lily-May Freeman	12	Gt Yarmouth	39.19
	L 8	Guste Raudonyte	12	Newmarket	39.61
H 6	L 1	Rhys Watsham	11	St Felix Sch	38.79
	L 2	Efa Fuller	13	Colchester	38.63
	L 3	Bryony Murfitt	12	Biggleswade	38.62
	L 4	Megan Reader	13	Watford SC	38.59
	L 5	Constantine Calliafas	11	Watford SC	38.60
	L 6	Cassandra Pereira	12	Hatfield	38.62
	L 7	Ethan Woolsey	11	St Neot Swan	38.66
	L 8	Francesca Thompson	12	Team Waveney	38.86
H 7	L 1	Isla Black	13	Co St Albans	38.50
	L 2	Selina Green	13	St Felix Sch	38.00
	L 3	Caelia Randall	13	Watford SC	37.54
	L 4	Lola Wonfor	13	New Hall	37.50
	L 5	Bethany Rumsby	13	Norwich Swan	37.50
	L 6	Hamish Harvey	13	Royston	37.88
	L 7	Ella Stewart	13	West Suffolk	38.28
	L 8	Evie Butterworth	12	Tring	38.52

Start List

H 8	L 1	Sophie Williams	13	Royston	37.27	H 16	L 1	Jessica Presland	19	Bushey	34.73
	L 2	Aleksandra Czerwinska	13	Potters Bar	36.93		L 2	Clara Foster	15	Linslade	34.69
	L 3	Christian Payne	13	Thetford	36.80		L 3	Evan Aldridge	14	St Felix Sch	34.65
	L 4	Charlotte Evans	14	Leighton Buz	36.60		L 4	Abigail Nicholson	16	West Norfolk	34.55
	L 5	Jasmine Hall-Barnett	14	Harwich DP	36.61		L 5	Gabrielle Cornish	14	Colchester	34.62
	L 6	Nicole Taylor	13	St Felix Sch	36.88		L 6	Vasilisa Shampanova	15	Co Cambridge	34.67
	L 7	Megan Clarke	13	Co Ely	37.18		L 7	Chloe Hodgkinson	15	Watford SC	34.73
	L 8	Alexandra Woods	13	St Felix Sch	37.30		L 8	Sophie Coleman	14	Co St Albans	34.76
H 9	L 1	Jan Beblot	13	Norwich Swan	36.54	H 17	L 1	Sophie Ball	15	Braintree	34.51
	L 2	Olivia Sheasby	14	Newmarket	36.49		L 2	Isabelle Talbot	15	Braintree	34.50
	L 3	William Harris	13	Watford SC	36.45		L 3	Rachel Sale	15	Stanway	34.46
	L 4	Holly Underdown	13	Braintree	36.41		L 4	Grace Ball	15	Bushey	34.21
	L 5	Luca Bertossa Padin	13	Potters Bar	36.42		L 5	Emma Malcolm	17	Thetford	34.30
	L 6	Darcey Cuddon	13	Co Cambridge	36.45		L 6	Adam O'Neal	14	Modernian	34.50
	L 7	Amy Meyer	13	Biggleswade	36.50		L 7	Erin Woodrow	15	West Norfolk	34.50
	L 8	Alexander Mordenti	13	Potters Bar	36.58		L 8	Sam Ryan	14	Bushey	34.54
H 10	L 1	Joselyn Oakes	13	Leighton Buz	36.40	H 18	L 1	Lydia Wisely	17	Berkhamsted	34.15
	L 2	Nonso Nwabueze	13	Bo Southend	36.38		L 2	Lucy Raker	15	Southend	34.10
	L 3	Aimee Burgess	13	teamipswich	36.33		L 3	Caitlin McNicholas	17	Deben	33.93
	L 4	Isabel Moore	14	West Suffolk	36.17		L 4	Emma Fields	16	Bishop Stort	33.87
	L 5	Amy Witton	13	Hatfield	36.25		L 5	Isabella Dolton	16	Tring	33.90
	L 6	Isla Dugdale	13	Newmarket	36.34		L 6	Nwando Ifeacho	14	Modernian	34.10
	L 7	Phoebe De Voogt	14	Leighton Buz	36.40		L 7	Alice O'Toole	15	Royston	34.10
	L 8	Daisy Stimpson	13	West Norfolk	36.40		L 8	Ruby Chapman	16	Norwich Swan	34.17
H 11	L 1	Oliver Davey	13	Co Ely	36.08	H 19	L 1	Oscar Chaplin	14	Co St Albans	33.80
	L 2	Mia Gray	14	Norwich Swan	35.90		L 2	Ellie Burwood	16	St Felix Sch	33.65
	L 3	Wiktorja Marcinek	14	West Norfolk	35.87		L 3	Sophie Jenkinson	17	Basildon Ph	33.61
	L 4	Evie Brown	15	Biggleswade	35.80		L 4	Daniel Williams	14	Hatfield	33.55
	L 5	Olivia Ball	15	Bushey	35.87		L 5	Tia Hill	16	Co Ely	33.57
	L 6	Rachael Carpenter	15	Ware	35.89		L 6	Alexander Kyle	15	Stanway	33.63
	L 7	Annette Molyneaux	15	Hadleigh	35.95		L 7	Julianna Mercado	18	Norwich Swan	33.69
	L 8	Jessie Skelt	14	Braintree	36.10		L 8	Poppy Malcolmson	16	Dereham	33.80
H 12	L 1	Anna Flowers	14	Leiston	35.78	H 20	L 1	Charlotte Clark	18	Hitchin	33.51
	L 2	Jamie Wilson	13	West Norfolk	35.65		L 2	Conor Hemming	16	Linslade	33.50
	L 3	Megan Summer	15	Dereham	35.62		L 3	Bethany Hamer	15	Linslade	33.40
	L 4	Bethany Crawley	14	teamipswich	35.60		L 4	Elsie Pooley	16	West Suffolk	33.35
	L 5	Matt Phoenix-McGlynn	14	Norwich Swan	35.60		L 5	Jeffrey Gill	15	Watford SC	33.40
	L 6	Nell Motts	14	Hadleigh	35.65		L 6	Natalie Taylor	15	St Felix Sch	33.45
	L 7	Billy Cyl	14	Ware	35.71		L 7	Tabitha Payne	15	Thetford	33.50
	L 8	Astrid Smither	13	Norwich Swan	35.80		L 8	James Bull	14	Harlow Pen	33.51
H 13	L 1	Misty Eren	16	Harlow Pen	35.58	H 21	L 1	Kya Andreou	18	Harlow Pen	33.32
	L 2	Katrina Dolton	15	Tring	35.53		L 2	Amber Ridgeon	17	Leiston	33.24
	L 3	Kabir Patel	13	Potters Bar	35.44		L 3	Catherine Ryan	18	Hoddesdon	33.21
	L 4	Ella Greatbatch	14	Bishop Stort	35.42		L 4	Eloise Conway	22	Halstead	33.17
	L 5	Ella Simmonds	16	Norwich Swan	35.43		L 5	Theo Bari	14	Saffron Wald	33.20
	L 6	Sally-Ann Walker	14	Biggleswade	35.49		L 6	Sophie Green	15	Hatfield	33.21
	L 7	Skye Nichols	15	Gt Yarmouth	35.54		L 7	Thomas Ellis	16	Dereham	33.31
	L 8	Connie Brooker	15	Flitwick	35.60		L 8	Cait Cotter	15	Chelmsford	33.34
H 14	L 1	Lucy Toms	16	Clacton SC	35.39	H 22	L 1	Joseph McNulty	15	Watford SC	32.99
	L 2	Emma Bird	15	Putteridge	35.27		L 2	Nathan Yeaman	15	West Norfolk	32.80
	L 3	Spencer Battisson	14	Team Waveney	35.22		L 3	Corey Hare	16	Colchester	32.66
	L 4	Holly Larbey	15	Putteridge	35.20		L 4	Noah Mann	15	Newmarket	32.48
	L 5	Dominic Trowell	14	Thetford	35.20		L 5	Thomas Liddiard	16	Ware	32.62
	L 6	Erin Younger	15	Co St Albans	35.22		L 6	Olivia Lydon	17	Royston	32.73
	L 7	Tilda Clements	14	St Neot Swan	35.30		L 7	Danny Foreman	15	Potters Bar	32.83
	L 8	Dmitrijs Gracovs	13	Harlow Pen	35.40		L 8	Toby Evans	15	Leighton Buz	33.09
H 15	L 1	Olivia Clarke	16	Chelmsford	35.11	H 23	L 1	Thomas Maher	15	Co St Albans	32.12
	L 2	Verity Billingham	15	Tring	35.06		L 2	Harvey Isle	17	West Norfolk	32.10
	L 3	Chloe Bellamy	15	West Norfolk	34.90		L 3	Alfie Barrett	15	Leighton Buz	31.89
	L 4	Tamsin Moren	17	Berkhamsted	34.86		L 4	Benedict Measures	17	Thetford	31.70
	L 5	Hannah McNicholas	15	Deben	34.87		L 5	Thomas Underdown	15	Braintree	31.80
	L 6	F Cleland Ferdin	14	Co Cambridge	34.97		L 6	Benjamin Houghton	16	Hadleigh	32.01
	L 7	Holly Rigby	16	Gt Yarmouth	35.10		L 7	Charlie Brooker	18	Flitwick	32.11
	L 8	Sanchia Kirchin	15	Leighton Buz	35.20		L 8	Rhys Burrell	15	West Norfolk	32.27

Start List

H 24	L 1	Nathan Birchenough	15	St Felix Sch	31.57	H 8	L 1	Catherine Ryan	18	Hoddesdon	2:21.68
	L 2	Benjamin Taylor	17	Leiston	31.47		L 2	Matt Phoenix-McGlynn	14	Norwich Swan	2:21.20
	L 3	Austin Harrop	16	Co Cambridge	31.27		L 3	Heidi Bruggraber	15	Co Cambridge	2:20.92
	L 4	William Murfitt	16	Biggleswade	30.80		L 4	Esmie Kidman	16	West Norfolk	2:20.52
	L 5	Samuel Tolputt	16	Deben	31.05		L 5	Ellie Eva	18	Hitchin	2:20.69
	L 6	Cameron Jones	16	Leighton Buz	31.40		L 6	Rachel Sale	15	Stanway	2:21.07
	L 7	Freddie Gardner	16	Bo Southend	31.49		L 7	Ella Simmonds	16	Norwich Swan	2:21.39
	L 8	Daniel Kendall	16	Co Ely	31.67		L 8	Olivia Clarke	16	Chelmsford	2:22.21
H 25	L 1	William Presland	17	Bushey	30.34	H 9	L 1	F Cleland Ferdin	14	Co Cambridge	2:20.20
	L 2	Jake Hickmott	17	Flitwick	30.00		L 2	Amelie Passam	16	Dereham	2:19.40
	L 3	Lloyd Battisson	17	Team Waveney	29.75		L 3	Daniel Williams	14	Hatfield	2:18.54
	L 4	Billy Knibb	17	Linslade	29.47		L 4	Elsie Pooley	16	West Suffolk	2:18.13
	L 5	Matthew Tatum	21	Diss Otters	29.50		L 5	Phoebe Thorn	16	Flitwick	2:18.20
	L 6	Ryan Barker	20	Dereham	29.75		L 6	Reece Burns	14	Witham Dolph	2:19.14
	L 7	Gabriel Layzell	17	Linslade	30.10		L 7	Elyn Lauder	15	West Norfolk	2:20.17
	L 8	Joe Flowers	16	St Felix Sch	30.59		L 8	Erin Younger	15	Co St Albans	2:20.41
Event 114 Men/Women 11 Yrs/Over 200m Free.											
H 1	L 3	Constantine Calliafas	11	Watford SC	2:44.60	H 10	L 1	Eloise Conway	22	Halstead	2:17.77
	L 4	Zara Avery	12	Linslade	2:44.00		L 2	Emma Fields	16	Bishop Stort	2:17.08
	L 5	Anastasja Wall	12	Dereham	2:44.35		L 3	Nathan Yeaman	15	West Norfolk	2:16.80
H 2	L 2	Isabella Bryan	12	teamipswich	2:43.89		L 4	Joseph McNulty	15	Watford SC	2:16.25
	L 3	Indie Pettitt	12	Harlow Pen	2:40.83		L 5	Rhys Burrell	15	West Norfolk	2:16.35
	L 4	Jessica Pugh	12	Norwich Swan	2:40.43		L 6	Evie Thompson	17	Hitchin	2:16.89
	L 5	Emma Dye	12	Norwich Swan	2:40.77		L 7	Oscar Sherwani	14	Flitwick	2:17.10
	L 6	Amelia Garnham	11	teamipswich	2:41.39		L 8	Bethany Hamer	15	Linslade	2:17.92
	L 7	Lily-May Freeman	12	Gt Yarmouth	2:43.95	H 11	L 1	Danny Foreman	15	Potters Bar	2:14.39
H 3	L 1	Gabriel Taggart	12	Watford SC	2:39.60		L 2	Daniel Grimmer	16	West Norfolk	2:12.44
	L 2	Selina Green	13	St Felix Sch	2:33.82		L 3	Freddie Gardner	16	Bo Southend	2:12.18
	L 3	Lola Wonfor	13	New Hall	2:33.08		L 4	Finlay Arnup	15	Norwich Swan	2:10.30
	L 4	Aleksandra Czerwinska	13	Potters Bar	2:32.04		L 5	Cameron Jones	16	Leighton Buz	2:11.60
	L 5	Jack Beer	13	Linslade	2:32.20		L 6	Luke Martell	16	Potters Bar	2:12.24
	L 6	Oliver Davey	13	Co Ely	2:33.63		L 7	Charlie Payne	15	Newmarket	2:12.61
	L 7	Cassandra Pereira	12	Hatfield	2:39.08		L 8	Charlie McKinnon	15	St Felix Sch	2:14.74
	L 8	Niamh Bunker	12	Flitwick	2:40.30	H 12	L 1	Fynley Blake	16	teamipswich	2:09.18
H 4	L 1	Alexander Mordenti	13	Potters Bar	2:30.82		L 2	Nedas Tkacenko	16	West Norfolk	2:08.06
	L 2	Amy Meyer	13	Biggleswade	2:30.10		L 3	Mark Greenaway	23	Dereham	2:07.20
	L 3	Nwando Ifeacho	14	Modernian	2:29.53		L 4	Thomas Ball	18	West Norfolk	2:04.60
	L 4	Aimee Burgess	13	teamipswich	2:28.45		L 5	Lloyd Battisson	17	Team Waveney	2:06.55
	L 5	Anna Flowers	14	Leiston	2:28.55		L 6	Daniel Kendall	16	Co Ely	2:07.78
	L 6	Megan Clarke	13	Co Ely	2:29.90		L 7	William Murfitt	16	Biggleswade	2:08.63
	L 7	Maia Thompson	14	Team Waveney	2:30.48		L 8	Sean Diggins	16	Gt Yarmouth	2:10.29
	L 8	Harrison Waller	13	Southend	2:32.04						
H 5	L 1	Chloe Eva	14	Hitchin	2:27.80						
	L 2	Genevieve White	14	Co Cambridge	2:27.35						
	L 3	Wiktoria Marcinek	14	West Norfolk	2:27.30						
	L 4	Adrija Raudonyte	14	Newmarket	2:25.22						
	L 5	Isabel Moore	14	West Suffolk	2:25.52						
	L 6	Luca Bertossa Padin	13	Potters Bar	2:27.34						
	L 7	Sophie Coleman	14	Co St Albans	2:27.79						
	L 8	Jasmine Pereira	14	Hatfield	2:27.94						
H 6	L 1	Erin Woodrow	15	West Norfolk	2:24.73						
	L 2	Georgina Hamilton	14	Co St Albans	2:24.30						
	L 3	Evan Aldridge	14	St Felix Sch	2:24.18						
	L 4	Hannah McNicholas	15	Deben	2:23.95						
	L 5	Sophie Holliss	14	Co St Albans	2:24.10						
	L 6	Vasilisa Shampanova	15	Co Cambridge	2:24.20						
	L 7	Jersey Holmes	15	Team Waveney	2:24.53						
	L 8	Florence Talbot	15	Newmarket	2:24.84						
H 7	L 1	Poppy Malcolmson	16	Dereham	2:23.68						
	L 2	Leah Mason	14	Colchester	2:23.40						
	L 3	Ellie Catchpole	16	Leiston	2:23.11						
	L 4	Sadie Rowe	15	Colchester	2:22.31						
	L 5	Misty Eren	16	Harlow Pen	2:22.39						
	L 6	George Carter	14	Co Cambridge	2:23.16						
	L 7	Lillian Walthew	16	Dereham	2:23.63						
	L 8	Eleanor McLeod	14	Putteridge	2:23.90						