

Start List

Event 211 Men/Women 11 Yrs/Over 400m Free.				Event 212 Men/Women 11 /Over 100m Backstroke							
H 1	L 2	Mawulinam Ito	11	Co Cambridge	5:54.20	H 1	L 1	Elizabeth Pert	12	Norwich Swan	1:28.40
	L 3	Maya Robu	12	Cheshunt	5:46.71		L 2	Sofia Stosic	11	Norwich Swan	1:28.01
	L 4	Gabriel Taggart	12	Watford SC	5:40.82		L 3	Elliot Hall	12	Bishop Stort	1:27.95
	L 5	Niamh Bunker	12	Flitwick	5:46.00		L 4	Mawulinam Ito	11	Co Cambridge	1:27.80
	L 6	Felipe Irvine	12	Watford SC	5:51.24		L 5	Anastasja Wall	12	Dereham	1:27.95
							L 6	Theo Ryan	12	West Norfolk	1:27.99
							L 7	Zara Avery	12	Linslade	1:28.30
H 2	L 1	Lily-May Freeman	12	Gt Yarmouth	5:36.10	H 2	L 1	Starr Nichols	12	Gt Yarmouth	1:27.14
	L 2	Grace Cook	13	Diss Otters	5:33.90		L 2	Ethan Wallis	12	St Felix Sch	1:27.04
	L 3	Selina Green	13	St Felix Sch	5:28.70		L 3	Molly Walton	12	Co Cambridge	1:26.60
	L 4	Aidan Scott	13	St Felix Sch	5:27.15		L 4	Francesca Thompson	12	Team Waveney	1:25.99
	L 5	Lola Wonfor	13	New Hall	5:28.13		L 5	Polly Ruddell	12	teamipswich	1:26.57
	L 6	Megan Reader	13	Watford SC	5:31.97		L 6	Rhys Watsham	11	St Felix Sch	1:26.85
	L 7	Ella Townsend	13	Diss Otters	5:35.10		L 7	Sandy McGee	12	Basildon Ph	1:27.14
	L 8	Anniston Coleman	12	Newmarket	5:39.23		L 8	Gabriel Taggart	12	Watford SC	1:27.65
H 3	L 1	Charlie Stott	13	Co St Albans	5:24.82	H 3	L 1	Daisy-Mai Doel	11	Basildon Ph	1:25.83
	L 2	Aimee Burgess	13	teamipswich	5:16.92		L 2	Hudson Sherwani	12	Flitwick	1:25.75
	L 3	Ella Deaton	13	Newmarket	5:16.26		L 3	Jessica Pugh	12	Norwich Swan	1:25.55
	L 4	Alexander Mordenti	13	Potters Bar	5:15.49		L 4	Bryony Murfitt	12	Biggleswade	1:25.50
	L 5	Bethany Rumsby	13	Norwich Swan	5:15.70		L 5	Charlotte Catchpole	12	Leiston	1:25.55
	L 6	Emily Fitzgerald	13	Harlow Pen	5:16.26		L 6	Samantha Martelino	12	Newmarket	1:25.63
	L 7	Max Lesner	13	Potters Bar	5:23.65		L 7	Charlotte Belcher	12	Modernian	1:25.77
	L 8	Isla Black	13	Co St Albans	5:26.88		L 8	Nina Allen	11	Newmarket	1:25.96
H 4	L 1	Jack Beer	13	Linslade	5:11.62	H 4	L 1	Tyler Stone	12	Co Norwich	1:25.30
	L 2	Chloe Bellamy	15	West Norfolk	5:07.90		L 2	Mia Nelson	11	Cheshunt	1:24.78
	L 3	Lilia Clarkson	15	St Felix Sch	5:06.86		L 3	Valentina Tinnirello	12	Potters Bar	1:24.55
	L 4	Isabel Collins	16	Bo Southend	5:05.80		L 4	Arthur Greenhill	13	Royston	1:19.19
	L 5	Maisie Williams	15	Canvey Isl	5:05.92		L 5	Amelia Wetherell	13	Harlow Pen	1:19.74
	L 6	Georgina Hamilton	14	Co St Albans	5:07.03		L 6	Isabella Bryan	12	teamipswich	1:24.68
	L 7	Isabel Moore	14	West Suffolk	5:08.26		L 7	Layla Jones	12	Witham Dolph	1:25.14
	L 8	Jasmine Pereira	14	Hatfield	5:12.97		L 8	Cassandra Pereira	12	Hatfield	1:25.41
H 5	L 1	Scarlett Joslin	15	Co Cambridge	5:05.55	H 5	L 1	Alexander Mordenti	13	Potters Bar	1:19.00
	L 2	Florence Talbot	15	Newmarket	5:05.26		L 2	Joselyn Oakes	13	Leighton Buz	1:18.60
	L 3	Ava Black	15	Co St Albans	5:02.59		L 3	Dmitrijs Gracovs	13	Harlow Pen	1:18.25
	L 4	Eleanor McLeod	14	Putteridge	5:02.20		L 4	Lucas Moxon-Booth	13	Flitwick	1:17.20
	L 5	Autumn Shine	15	Potters Bar	5:02.46		L 5	Kabir Patel	13	Potters Bar	1:17.51
	L 6	Adam O'Neal	14	Modernian	5:02.80		L 6	Oliver Davey	13	Co Ely	1:18.51
	L 7	Bethany Hamer	15	Linslade	5:05.39		L 7	William Harris	13	Watford SC	1:18.87
	L 8	Bethany Crawley	14	teamipswich	5:05.70		L 8	Will Riley	13	teamipswich	1:19.04
H 6	L 1	George Carter	14	Co Cambridge	5:01.42	H 6	L 1	Wiktorina Marcinek	14	West Norfolk	1:16.98
	L 2	Kiera Broad	14	West Suffolk	5:01.03		L 2	Libby Whiting	13	Linslade	1:16.22
	L 3	Olivia Lydon	17	Royston	5:00.50		L 3	Evan Aldridge	14	St Felix Sch	1:15.83
	L 4	Oscar Sherwani	14	Flitwick	4:56.90		L 4	Sophie Coleman	14	Co St Albans	1:15.59
	L 5	Heidi Bruggraber	15	Co Cambridge	5:00.01		L 5	Bethany Crawley	14	teamipswich	1:15.71
	L 6	Ellie Eva	18	Hitchin	5:00.79		L 6	Nell Motts	14	Hadleigh	1:15.99
	L 7	Marcie Aley	16	Braintree	5:01.31		L 7	Jamie Wilson	13	West Norfolk	1:16.98
	L 8	Clara Foster	15	Linslade	5:01.49		L 8	Isabel Moore	14	West Suffolk	1:17.01
H 7	L 1	F Cleland Ferdin	14	Co Cambridge	4:53.98	H 7	L 1	Skye Nichols	15	Gt Yarmouth	1:15.51
	L 2	Elyn Lauder	15	West Norfolk	4:53.30		L 2	Vasilisa Shampanova	15	Co Cambridge	1:15.14
	L 3	Ruby Chapman	16	Norwich Swan	4:48.58		L 3	Chloe Hodgkinson	15	Watford SC	1:15.05
	L 4	Luke Martell	16	Potters Bar	4:39.47		L 4	Erin Woodrow	15	West Norfolk	1:15.04
	L 5	Danny Foreman	15	Potters Bar	4:43.74		L 5	Aislin Foley-Wright	15	Basildon Ph	1:15.04
	L 6	Phoebe Thorn	16	Flitwick	4:49.89		L 6	Summer Boswell	14	Hatfield	1:15.07
	L 7	Esmie Kidman	16	West Norfolk	4:53.70		L 7	Spencer Battison	14	Team Waveney	1:15.30
	L 8	Emily Presland	20	Bushey	4:54.02		L 8	Abigail Riches	14	Norwich Swan	1:15.52
H 8	L 1	Cameron Jones	16	Leighton Buz	4:38.80	H 8	L 1	Mia Macklin	14	Braintree	1:14.79
	L 2	Thomas Deaton	16	Newmarket	4:37.35		L 2	Poppy Malcolmson	16	Dereham	1:14.75
	L 3	Matthew Tatum	21	Diss Otters	4:34.20		L 3	Sam Ryan	14	Bushey	1:14.51
	L 4	Christopher Howe	17	Co Cambridge	4:30.29		L 4	Gabrielle Cornish	14	Colchester	1:14.45
	L 5	Robert Addis	18	West Norfolk	4:33.90		L 5	Lois Johnson	14	Chelmsford	1:14.46
	L 6	Daniel Kendall	16	Co Ely	4:35.36		L 6	Julianna Mercado	18	Norwich Swan	1:14.66
	L 7	Harry Richardson	18	Southend	4:37.55		L 7	Lucy Toms	16	Clacton SC	1:14.78
	L 8	Charlie McKinnon	15	St Felix Sch	4:39.22		L 8	Oscar Sherwani	14	Flitwick	1:14.80

Start List

H 9	L 1	Georgia D'Arcy	16	Royston	1:14.01	H 3	L 1	Iolanthe Alty	11	teamipswich	40.23
	L 2	Alice Clark	17	West Suffolk	1:13.72		L 2	Phoebe Kent	12	Harlow Pen	40.02
	L 3	Isabelle Talbot	15	Braintree	1:13.63		L 3	Anastasja Wall	12	Dereham	40.00
	L 4	Sophie Sparkes	17	Norwich Swan	1:13.30		L 4	Jasmine Davies	12	Watford SC	39.80
	L 5	Lexie Goodman	15	Basildon Ph	1:13.32		L 5	Elliot Hall	12	Bishop Stort	39.91
	L 6	Isabella Dolton	16	Tring	1:13.66		L 6	Jeslene Sandhu	11	Epping For't	40.00
	L 7	F Cleland Ferdin	14	Co Cambridge	1:14.00		L 7	Nina Allen	11	Newmarket	40.04
	L 8	Chloe Bellamy	15	West Norfolk	1:14.42		L 8	Amelia Garnham	11	teamipswich	40.28
H 10	L 1	Emma Malcolm	17	Thetford	1:13.10	H 4	L 1	Ella McLoughlin	12	Potters Bar	39.57
	L 2	Jonathan Regan	14	Modernian	1:12.80		L 2	Wilfred Warwick	12	Co Cambridge	39.38
	L 3	Zoe Land	16	Gt Yarmouth	1:12.72		L 3	Hudson Sherwani	12	Flitwick	39.20
	L 4	Emily Presland	20	Bushey	1:12.63		L 4	Mawulinam Ito	11	Co Cambridge	38.94
	L 5	Chloe Staines	16	Chelmsford	1:12.66		L 5	Felipe Irvine	12	Watford SC	39.04
	L 6	Zoe Quarman	16	Leighton Buz	1:12.79		L 6	Sandy McGee	12	Basildon Ph	39.29
	L 7	Ellie Burwood	16	St Felix Sch	1:12.81		L 7	Jessica Pugh	12	Norwich Swan	39.46
	L 8	Elsie Pooley	16	West Suffolk	1:13.24		L 8	Florence Davies	12	Leighton Buz	39.66
H 11	L 1	Kya Andreou	18	Harlow Pen	1:12.53	H 5	L 1	Edie Foster	11	Saffron Wald	38.67
	L 2	Eloise Conway	22	Halstead	1:11.88		L 2	Erin Matthews	13	Saffron Wald	37.47
	L 3	Cait Cotter	15	Chelmsford	1:11.70		L 3	Emily Fitzgerald	13	Harlow Pen	37.37
	L 4	Tess Wesley	18	Newmarket	1:11.65		L 4	Tierna Karaiskos	13	Basildon Ph	37.18
	L 5	Sophie Jenkinson	17	Basildon Ph	1:11.68		L 5	Paige Manley	13	Southend	37.30
	L 6	Olivia Lydon	17	Royston	1:11.85		L 6	Ella Stewart	13	West Suffolk	37.39
	L 7	Tia Hill	16	Co Ely	1:12.43		L 7	Summer Evason	13	Watford SC	37.72
	L 8	Natalie Taylor	15	St Felix Sch	1:12.61		L 8	Tishe Adebola-Lawal	12	Potters Bar	38.82
H 12	L 1	Thomas Maher	15	Co St Albans	1:11.12	H 6	L 1	Katie Bidgood	13	Chelmsford	37.10
	L 2	Thomas Underdown	15	Braintree	1:10.82		L 2	Erin Uttridge	13	teamipswich	36.97
	L 3	Samuel Winslow	15	Co Cambridge	1:10.20		L 3	Darcey Cuddon	13	Co Cambridge	36.47
	L 4	Thomas Liddiard	16	Ware	1:10.08		L 4	Fearne Peach	14	Canvey Isl	36.12
	L 5	Edward Lerner	16	Tring	1:10.19		L 5	Megan Reader	13	Watford SC	36.19
	L 6	Toby Evans	15	Leighton Buz	1:10.29		L 6	Harry Day	13	Bo Southend	36.50
	L 7	Nathan Yeaman	15	West Norfolk	1:10.90		L 7	Amelia Wetherell	13	Harlow Pen	37.02
	L 8	Joseph McNulty	15	Watford SC	1:11.19		L 8	Isla Dugdale	13	Newmarket	37.11
H 13	L 1	George Grimwood	15	Bishop Stort	1:08.90	H 7	L 1	Jan Beblot	13	Norwich Swan	36.00
	L 2	Charlie Payne	15	Newmarket	1:08.62		L 2	Lucas Deans	13	Chelmsford	35.90
	L 3	Raven Dodswoth	16	Newmarket	1:08.48		L 3	Nell Motts	14	Hadleigh	35.74
	L 4	Luke Martell	16	Potters Bar	1:08.32		L 4	Amelia Butt	14	Co St Albans	35.60
	L 5	Austin Harrop	16	Co Cambridge	1:08.38		L 5	Holly Underdown	13	Braintree	35.64
	L 6	Samuel Tolputt	16	Deben	1:08.56		L 6	Joselyn Oakes	13	Leighton Buz	35.80
	L 7	Corey Hare	16	Colchester	1:08.87		L 7	Layla Dowland	14	Leiston	35.90
	L 8	Nathan Birchenough	15	St Felix Sch	1:09.06		L 8	Aksinia Ivanova	14	Potters Bar	36.09
H 14	L 1	Alfie Barrett	15	Leighton Buz	1:08.10	H 8	L 1	Jasmine Pereira	14	Hatfield	35.52
	L 2	Daniel Kendall	16	Co Ely	1:07.89		L 2	Bethany Crawley	14	teamipswich	35.19
	L 3	William Murfitt	16	Biggleswade	1:07.80		L 3	Olivia Stubbs	15	Watford SC	34.97
	L 4	Harrison Holmes	17	Team Waveney	1:06.56		L 4	Isabel Moore	14	West Suffolk	34.93
	L 5	Fynley Blake	16	teamipswich	1:06.77		L 5	Bethany Rumsby	13	Norwich Swan	34.96
	L 6	Thomas Deaton	16	Newmarket	1:07.86		L 6	Natalie Ormston	14	St Neot Swan	35.05
	L 7	Benjamin Taylor	17	Leiston	1:08.05		L 7	Will Riley	13	teamipswich	35.41
	L 8	Freddie Gardner	16	Bo Southend	1:08.30		L 8	Aleksandra Czerwinska	13	Potters Bar	35.55
H 15	L 1	Ryan Barker	20	Dereham	1:05.91	H 9	L 1	Nonso Nwabueze	13	Bo Southend	34.88
	L 2	Eduardo Camacho	17	Co Cambridge	1:05.67		L 2	Georgia Denham	15	Hadleigh	34.75
	L 3	Jude Gore	19	Linslade	1:04.41		L 3	Olivia Perrin	15	Harlow Pen	34.70
	L 4	Robert Addis	18	West Norfolk	1:03.76		L 4	Vasilisa Shampanova	15	Co Cambridge	34.68
	L 5	Billy Knibb	17	Linslade	1:03.97		L 5	Evie Jamieson	16	Harlow Pen	34.69
	L 6	Gabriel Layzell	17	Linslade	1:04.73		L 6	Summer Boswell	14	Hatfield	34.71
	L 7	William Presland	17	Bushey	1:05.86		L 7	Caitlin Walters	15	Berkhamsted	34.78
	L 8	Jake Hickmott	17	Flitwick	1:05.97		L 8	Lucy Brown	15	Thetford	34.90
Event 213 Men/Women 11 Yrs/Over 50m Butterfly						H 10	L 1	Natalie Taylor	15	St Felix Sch	34.53
H 1	L 3	Faith Turner	12	West Norfolk	41.30		L 2	Katrina Dolton	15	Tring	34.43
	L 4	Liliana Czerwinska	12	Potters Bar	41.18		L 3	Emma Bird	15	Putteridge	34.37
	L 5	Tehya Robertson	12	Co St Albans	41.29		L 4	Elyn Lauder	15	West Norfolk	34.20
H 2	L 1	Maelys Jacquet	11	Felixstowe	41.09		L 5	Autumn Shine	15	Potters Bar	34.30
	L 2	Samantha Martelino	12	Newmarket	40.81		L 6	Abigail Riches	14	Norwich Swan	34.43
	L 3	Milly Johnson	12	West Norfolk	40.70		L 7	Gabrielle Cornish	14	Colchester	34.46
	L 4	James Tooke	11	teamipswich	40.32		L 8	Genevieve White	14	Co Cambridge	34.60
	L 5	Oliver Fuller	12	Co Ely	40.70						
	L 6	Neve Melville	12	Felixstowe	40.75						
	L 7	Sofia Stosic	11	Norwich Swan	40.90						
	L 8	Mia Nelson	11	Cheshunt	41.16						

Start List

H 11	L 1	Sophie Green	15	Hatfield	34.13	H 19	L 1	Alexander Kyle	15	Stanway	30.70
	L 2	Lewis Masson	14	Linslade	34.00		L 2	Roan Cooper	16	Theftord	30.51
	L 3	Christian Payne	13	Theftord	33.90		L 3	Raven Dodsworth	16	Newmarket	30.34
	L 4	Chloe Hodgkinson	15	Watford SC	33.87		L 4	Freddie Gardner	16	Bo Southend	30.30
	L 5	Clara Foster	15	Linslade	33.90		L 5	Jeffrey Gill	15	Watford SC	30.30
	L 6	Evan Aldridge	14	St Felix Sch	33.92		L 6	Thomas Small	16	Norwich Swan	30.50
	L 7	F Cleland Ferdin	14	Co Cambridge	34.11		L 7	Theo Lim	16	Watford SC	30.54
	L 8	Oliver Davey	13	Co Ely	34.18		L 8	Nathan Yeaman	15	West Norfolk	31.10
H 12	L 1	Adrija Raudonyte	14	Newmarket	33.74	H 20	L 1	Guido Belcher	16	Flitwick	30.20
	L 2	Isabella Dolton	16	Tring	33.69		L 2	Thomas Liddiard	16	Ware	30.14
	L 3	Billy Cyl	14	Ware	33.67		L 3	Samuel Tolputt	16	Deben	29.96
	L 4	Kathryn Edwards	15	Braintree	33.60		L 4	Atikan To	16	Ware	29.90
	L 5	Mia Gray	14	Norwich Swan	33.62		L 5	Sean Diggins	16	Gt Yarmouth	29.90
	L 6	Sophie Holliss	14	Co St Albans	33.68		L 6	Austin Harrop	16	Co Cambridge	30.12
	L 7	Florence Talbot	15	Newmarket	33.71		L 7	Joshua Needham	15	St Neot Swan	30.20
	L 8	Georgia D'Arcy	16	Royston	33.75		L 8	Corey Hare	16	Colchester	30.30
H 13	L 1	Madeline Pawle	16	Leiston	33.60	H 21	L 1	Eduardo Camacho	17	Co Cambridge	29.64
	L 2	Kiera Broad	14	West Suffolk	33.57		L 2	Fynley Blake	16	teamipswich	29.54
	L 3	Lucy Toms	16	Clacton SC	33.51		L 3	Ryan Barker	20	Dereham	29.31
	L 4	Jessie Skelt	14	Braintree	33.50		L 4	Matthew Tatum	21	Diss Otters	29.30
	L 5	Isabel Collins	16	Bo Southend	33.50		L 5	Max Thomas	16	Flitwick	29.30
	L 6	Jessica Presland	19	Bushey	33.53		L 6	Lloyd Battisson	17	Team Waveney	29.33
	L 7	Emily Cutting	17	West Suffolk	33.57		L 7	Batu Senturk	16	Co Cambridge	29.55
	L 8	Lillian Walthe	16	Dereham	33.60		L 8	Benedict Measures	17	Theftord	29.80
H 14	L 1	Emily Grimwood	16	Clacton SC	33.40	H 22	L 1	Enzo Lim	17	Watford SC	28.75
	L 2	S Harrison-Mirauer	15	Hatfield	33.10		L 2	Billy Knibb	17	Linslade	28.40
	L 3	Hannah Jarrett	18	Norwich Swan	33.00		L 3	Thomas Ball	18	West Norfolk	27.90
	L 4	Holly Rigby	16	Gt Yarmouth	33.00		L 4	Harvey Last	19	Southend	27.80
	L 5	Lydia Wisely	17	Berkhamsted	33.00		L 5	Gabriel Layzell	17	Linslade	27.80
	L 6	Sophie Clark	18	Hitchin	33.01		L 6	Zak Baldwin	17	Newmarket	28.29
	L 7	Lilia Clarkson	15	St Felix Sch	33.20		L 7	Harry Richardson	18	Southend	28.70
	L 8	Tamsin Moren	17	Berkhamsted	33.44		L 8	Nicholas Sinclair	19	Ware	28.92
H 15	L 1	Alice O'Toole	15	Royston	32.92	Event 214 Men/Women 11 /Over 200m Breastrok					
	L 2	Tess Wesley	18	Newmarket	32.84	H 1	L 3	Gabriel Taggart	12	Watford SC	3:32.23
	L 3	Sadie Rowe	15	Colchester	32.70		L 4	Niamh Bunker	12	Flitwick	3:28.89
	L 4	Benjamin Watley	15	Witham Dolph	32.61		L 5	Sophie Knevet	12	Colchester	3:30.60
	L 5	Jersey Holmes	15	Team Waveney	32.64	H 2	L 1	Liliana Czerwinska	12	Potters Bar	3:26.29
	L 6	Thea Irvine	17	Diss Otters	32.80		L 2	Libby Nurse	12	Basildon Ph	3:25.75
	L 7	Charlie McKinnon	15	St Felix Sch	32.88		L 3	Jack Beer	13	Linslade	3:15.70
	L 8	Ellie Catchpole	16	Leiston	33.00		L 4	Lucas Moxon-Booth	13	Flitwick	3:12.90
H 16	L 1	Oscar Chaplin	14	Co St Albans	32.57		L 5	Libby Whiting	13	Linslade	3:13.90
	L 2	Anna Rumley	17	Flitwick	32.50		L 6	Summer Evason	13	Watford SC	3:15.85
	L 3	Alice Clark	17	West Suffolk	32.49		L 7	Indie Pettitt	12	Harlow Pen	3:25.77
	L 4	Sophie Ball	15	Braintree	32.30	H 3	L 1	Will Riley	13	teamipswich	3:12.21
	L 5	Caitlin McNicholas	17	Deben	32.34		L 2	Leah Mason	14	Colchester	3:11.48
	L 6	Reece Burns	14	Witham Dolph	32.50		L 3	Holly Ridgeon	14	Leiston	3:08.77
	L 7	Danny Foreman	15	Potters Bar	32.55		L 4	Molly Bartup	14	Cheshunt	3:05.84
	L 8	Elizabeth Wright	15	West Suffolk	32.59		L 5	Abigail Riches	14	Norwich Swan	3:07.91
H 17	L 1	Jonathan Regan	14	Modernian	32.20		L 6	Emilia Johnson	13	St Felix Sch	3:09.31
	L 2	George Grimwood	15	Bishop Stort	32.13		L 7	Ella Deaton	13	Newmarket	3:11.57
	L 3	Olivia Lydon	17	Royston	31.90		L 8	Luca Bertossa Padin	13	Potters Bar	3:12.75
	L 4	Thomas Maher	15	Co St Albans	31.85	H 4	L 1	Georgia Denham	15	Hadleigh	3:05.41
	L 5	Zoe Quarman	16	Leighton Buz	31.90		L 2	Barnaby O'Donnell	14	Bushey	3:04.80
	L 6	Scarlett Joslin	15	Co Cambridge	32.10		L 3	Katrina Dolton	15	Tring	3:03.74
	L 7	Elliot Barkway	14	Diss Otters	32.20		L 4	Max Nicholls	14	Leiston	3:03.04
	L 8	Theodore Monk	14	Co Cambridge	32.28		L 5	Rachael Carpenter	15	Ware	3:03.66
H 18	L 1	Evie Thompson	17	Hitchin	31.50		L 6	George Carter	14	Co Cambridge	3:04.46
	L 2	Julianna Mercado	18	Norwich Swan	31.40		L 7	Phoebe Howard	15	Norwich Swan	3:05.20
	L 3	Cameron Jones	16	Leighton Buz	31.40		L 8	Isabel Mullings	14	Cheshunt	3:05.75
	L 4	James Renton	16	Potters Bar	31.12	H 5	L 1	Pemberley Hornigold	15	West Norfolk	3:02.73
	L 5	Ciara McAuley	17	Saffron Wald	31.40		L 2	Cait Cotter	15	Chelmsford	3:01.89
	L 6	Catherine Ryan	18	Hoddesdon	31.40		L 3	Robyn Hartley	16	Hatfield	3:01.29
	L 7	Eloise Conway	22	Halstead	31.50		L 4	Beatrix Baldwin	15	Norwich Swan	3:00.45
	L 8	Hannah Zyss	17	Basildon Ph	31.66		L 5	Scarlett Joslin	15	Co Cambridge	3:00.97
							L 6	Jessica Sanford	17	Norwich Swan	3:01.36
							L 7	Daniel Williams	14	Hatfield	3:01.90
							L 8	Ellie Catchpole	16	Leiston	3:02.78

Start List

H 6	L 1	Emily Cutting	17	West Suffolk	2:59.95
	L 2	Marcie Aley	16	Braintree	2:59.36
	L 3	Joe Vesztrocy	15	Flitwick	2:57.70
	L 4	Madeline Pawle	16	Leiston	2:57.52
	L 5	Emily Cairncross	16	Hitchin	2:57.66
	L 6	Thea Irvine	17	Diss Otters	2:59.03
	L 7	Alina Turchyn	16	Co Cambridge	2:59.83
	L 8	Olivia Skittrell	15	West Norfolk	3:00.00
H 7	L 1	Alice Clark	17	West Suffolk	2:57.50
	L 2	Dayna Shepperson	17	Potters Bar	2:56.42
	L 3	Alexander Ball	15	Potters Bar	2:54.98
	L 4	Finlay Arnup	15	Norwich Swan	2:54.00
	L 5	Tamsin Moren	17	Berkhamsted	2:54.60
	L 6	F Basantes Campos	15	Co St Albans	2:55.33
	L 7	Zoe Land	16	Gt Yarmouth	2:57.39
	L 8	Georgia Pritchard	17	Hatfield	2:57.50
H 8	L 1	Joshua Needham	15	St Neot Swan	2:53.65
	L 2	Oliver Soloman	16	Tring	2:49.12
	L 3	Luke Read	16	Basildon Ph	2:48.06
	L 4	Harold Edwards	17	Braintree	2:45.14
	L 5	Thomas Liddiard	16	Ware	2:45.43
	L 6	Eduardo Camacho	17	Co Cambridge	2:48.36
	L 7	James Renton	16	Potters Bar	2:49.47
	L 8	Archie Rann	15	Ware	2:53.79