

Start List

Event 231 Men/Women 11 Yrs/Over 100m Free.

H 1	L 3	Nabiela Van Der Schyff	12	Colchester	1:16.44	H 10	L 1	Jessica Sanford	17	Norwich Swan	1:05.62
	L 4	Starr Nichols	12	Gt Yarmouth	1:16.06		L 2	Tia Hill	16	Co Ely	1:05.60
	L 5	Ethan Wallis	12	St Felix Sch	1:16.28		L 3	Nwando Ifeacho	14	Modernian	1:05.50
H 2	L 1	Belle Ringwood	12	West Norfolk	1:16.00		L 4	Sadie Rowe	15	Colchester	1:05.46
	L 2	Ethan Woolsey	11	St Neot Swan	1:15.82		L 5	Elsie Pooley	16	West Suffolk	1:05.46
	L 3	Man Sum So	12	Hitchin	1:15.55		L 6	Mia Macklin	14	Braintree	1:05.50
	L 4	Samantha Martelino	12	Newmarket	1:15.46		L 7	Isabel Collins	16	Bo Southend	1:05.61
	L 5	Maggie Marshall	12	teamipswich	1:15.47		L 8	Jessica Presland	19	Bushey	1:05.69
	L 6	Nathalie Bailey	12	New Hall	1:15.57	H 11	L 1	Ellie Eva	18	Hitchin	1:05.43
	L 7	Neve Melville	12	Felixstowe	1:15.90		L 2	Sophie Sparkes	17	Norwich Swan	1:05.35
H 3	L 1	Henry Carter	12	Co Cambridge	1:15.11		L 3	Isabella Dolton	16	Tring	1:05.22
	L 2	Cassandra Pereira	12	Hatfield	1:14.91		L 4	Bethany Crawley	14	teamipswich	1:05.07
	L 3	Olivia Croft	11	Cheshunt	1:14.86		L 5	Misty Eren	16	Harlow Pen	1:05.20
	L 4	Ryan Wimpenny	12	Cheshunt	1:14.44		L 6	Jasmine Bale	16	Halstead	1:05.33
	L 5	Gabriel Taggart	12	Watford SC	1:14.45		L 7	Sophie Holliss	14	Co St Albans	1:05.35
	L 6	Jessica Pugh	12	Norwich Swan	1:14.88		L 8	Sophie Green	15	Hatfield	1:05.45
	L 7	Maya Robu	12	Cheshunt	1:14.99	H 12	L 1	Zoe Land	16	Gt Yarmouth	1:04.91
	L 8	Lily-May Freeman	12	Gt Yarmouth	1:15.30		L 2	Julianna Mercado	18	Norwich Swan	1:04.78
H 4	L 1	Anastasja Wall	12	Dereham	1:14.38		L 3	Cailin Hehir	14	Watford SC	1:04.69
	L 2	Tristan De Belligny	12	Witham Dolph	1:14.01		L 4	Alice Clark	17	West Suffolk	1:04.24
	L 3	Elliot Hall	12	Bishop Stort	1:13.82		L 5	Rachel Sale	15	Stanway	1:04.47
	L 4	Meghan Howarth Owen	13	Chelmsford	1:10.43		L 6	Phoebe Thorn	16	Flitwick	1:04.72
	L 5	Wilfred Warwick	12	Co Cambridge	1:13.64		L 7	Julia Swanepoel	17	Epping Fort	1:04.79
	L 6	Jeslene Sandhu	11	Epping Fort	1:13.88		L 8	Poppy Malcolmson	16	Dereham	1:05.00
	L 7	Zara Avery	12	Linslade	1:14.09	H 13	L 1	Tabitha Payne	15	Thetford	1:04.20
	L 8	Constantine Callifas	11	Watford SC	1:14.41		L 2	Ellie Catchpole	16	Leiston	1:04.17
H 5	L 1	Selina Green	13	St Felix Sch	1:10.04		L 3	Sophie Quinton	18	Deben	1:04.02
	L 2	Alexander Mordenti	13	Potters Bar	1:08.96		L 4	Caitlin McNicholas	17	Deben	1:03.75
	L 3	Ella Deaton	13	Newmarket	1:08.72		L 5	Ethan Lewis	14	New Hall	1:03.89
	L 4	Megan Clarke	13	Co Ely	1:08.51		L 6	Ruby Chapman	16	Norwich Swan	1:04.10
	L 5	William Harris	13	Watford SC	1:08.64		L 7	Hannah Zyss	17	Basildon Ph	1:04.18
	L 6	Harrison Waller	13	Southend	1:08.95		L 8	Zoe Quarman	16	Leighton Buz	1:04.23
	L 7	Amelia Wetherell	13	Harlow Pen	1:09.78	H 14	L 1	Sophie O'Rorke	15	Chelmsford	1:03.67
	L 8	Libby Whiting	13	Linslade	1:10.10		L 2	Jonathan Regan	14	Modernian	1:03.60
H 6	L 1	Kabir Patel	13	Potters Bar	1:08.31		L 3	Theo Bari	14	Saffron Wald	1:03.45
	L 2	Anna Flowers	14	Leiston	1:07.92		L 4	Reece Burns	14	Witham Dolph	1:03.32
	L 3	Evan Larthe	13	Basildon Ph	1:07.89		L 5	Jessica Bright	16	Potters Bar	1:03.35
	L 4	Jamie Wilson	13	West Norfolk	1:07.60		L 6	Daniel Williams	14	Hatfield	1:03.55
	L 5	Aksinia Ivanova	14	Potters Bar	1:07.83		L 7	Oscar Chaplin	14	Co St Albans	1:03.61
	L 6	Bethany Rumsby	13	Norwich Swan	1:07.90		L 8	Hannah McNicholas	15	Deben	1:03.72
	L 7	Amy Meyer	13	Biggleswade	1:08.10	H 15	L 1	Tamsin Moren	17	Berkhamsted	1:03.03
	L 8	Melike Dagdelen	13	Leighton Buz	1:08.48		L 2	Evie Thompson	17	Hitchin	1:02.65
H 7	L 1	Gabrielle Cornish	14	Colchester	1:07.10		L 3	Tess Wesley	18	Newmarket	1:02.46
	L 2	Genevieve White	14	Co Cambridge	1:06.90		L 4	Theodore Monk	14	Co Cambridge	1:01.71
	L 3	Alice O'Toole	15	Royston	1:06.78		L 5	Sam Ryan	14	Bushey	1:02.14
	L 4	Sophie Coleman	14	Co St Albans	1:06.76		L 6	Ellie Burwood	16	St Felix Sch	1:02.54
	L 5	Heidi Bruggaber	15	Co Cambridge	1:06.76		L 7	Emily Presland	20	Bushey	1:02.92
	L 6	Charlotte Spedding	14	Witham Dolph	1:06.78		L 8	Eloise Conway	22	Halstead	1:03.24
	L 7	Annette Molyneaux	15	Hadleigh	1:06.96	H 16	L 1	Danny Foreman	15	Potters Bar	1:01.48
	L 8	Oliver Davey	13	Co Ely	1:07.40		L 2	Nathan Yeaman	15	West Norfolk	1:01.22
H 8	L 1	Megan Summer	15	Dereham	1:06.63		L 3	Charlie McKinnon	15	St Felix Sch	1:00.66
	L 2	Kathryn Edwards	15	Braintree	1:06.56		L 4	Joseph McNulty	15	Watford SC	1:00.42
	L 3	Wiktorja Marcinek	14	West Norfolk	1:06.50		L 5	Samuel Tolputt	16	Deben	1:00.58
	L 4	Leah Mason	14	Colchester	1:06.38		L 6	Rhys Burrell	15	West Norfolk	1:01.10
	L 5	Kiera Broad	14	West Suffolk	1:06.49		L 7	Archie Rann	15	Ware	1:01.36
	L 6	Florence Talbot	15	Newmarket	1:06.55		L 8	Joshua Needham	15	St Neot Swan	1:01.64
	L 7	Jersey Holmes	15	Team Waveney	1:06.61	H 17	L 1	Austin Harrop	16	Co Cambridge	1:00.25
	L 8	Lilia Clarkson	15	St Felix Sch	1:06.64		L 2	Cameron Jones	16	Leighton Buz	59.60
H 9	L 1	Vasilisa Shampanova	15	Co Cambridge	1:06.05		L 3	Charlie Payne	15	Newmarket	59.40
	L 2	Evie Jamieson	16	Harlow Pen	1:06.04		L 4	Freddie Gardner	16	Bo Southend	59.11
	L 3	Megan Worley	16	Watford SC	1:05.79		L 5	George Grimwood	15	Bishop Stort	59.34
	L 4	Elyn Lauder	15	West Norfolk	1:05.70		L 6	William Murfitt	16	Biggleswade	59.41
	L 5	Elizabeth Wright	15	West Suffolk	1:05.78		L 7	James Renton	16	Potters Bar	59.76
	L 6	Georgia D'Arcy	16	Royston	1:05.91		L 8	Jeffrey Gill	15	Watford SC	1:00.37
	L 7	Isabel Mullings	14	Cheshunt	1:06.05						
	L 8	Emma Bird	15	Putteridge	1:06.30						

Start List

H 18	L 1	Tobias Sinclair	17	Ware	58.80	H 7	L 1	Jamie Wilson	13	West Norfolk	42.29
	L 2	Jake Hickmott	17	Flitwick	58.54		L 2	Meghan Howarth Owen	13	Chelmsford	41.93
	L 3	Harry Richardson	18	Southend	58.34		L 3	Harrison Waller	13	Southend	41.87
	L 4	Christopher Howe	17	Co Cambridge	58.20		L 4	Sophie Williams	13	Royston	41.71
	L 5	Atikan To	16	Ware	58.23		L 5	Hannah Pye	13	St Ives	41.79
	L 6	Luke Read	16	Basildon Ph	58.41		L 6	Luca Bertossa Padin	13	Potters Bar	41.89
	L 7	Sean Diggins	16	Gt Yarmouth	58.65		L 7	William Harris	13	Watford SC	42.22
	L 8	Jude Gore	19	Linslade	58.90		L 8	Summer Evason	13	Watford SC	42.35
H 19	L 1	Raven Dodsworth	16	Newmarket	57.93	H 8	L 1	Ella Deaton	13	Newmarket	41.59
	L 2	Fynley Blake	16	teamipswich	57.79		L 2	Phoebe De Voogt	14	Leighton Buz	41.40
	L 3	Harvey Last	19	Southend	57.60		L 3	Melike Dagdelen	13	Leighton Buz	41.20
	L 4	Thomas Ball	18	West Norfolk	56.20		L 4	Jacob Hurst	13	Norwich Swan	41.10
	L 5	Zak Baldwin	17	Newmarket	56.63		L 5	Nonso Nwabueze	13	Bo Southend	41.16
	L 6	Nicholas Sinclair	19	Ware	57.62		L 6	Amelie Grime	14	Potters Bar	41.29
	L 7	Enzo Lim	17	Watford SC	57.80		L 7	Bella Vickery	14	Southend	41.50
	L 8	Daniel Kendall	16	Co Ely	58.08		L 8	Yasmine Ollerenshaw	13	Flitwick	41.60
Event 232 Men/Women 11 /Over 50m Breaststroke											
H 1	L 2	Man Sum So	12	Hitchin	46.90	H 9	L 1	Lucas Moxon-Booth	13	Flitwick	41.10
	L 3	Freya Cox	11	Norwich Swan	46.87		L 2	Florence Talbot	15	Newmarket	41.01
	L 4	Theodore Perrin	12	Harlow Pen	46.64		L 3	Grace Robinson	13	St Felix Sch	40.94
	L 5	Tom Kaiser	12	Norwich Swan	46.80		L 4	Ava Black	15	Co St Albans	40.85
	L 6	Charlotte Catchpole	12	Leiston	46.87		L 5	Verity Billingham	15	Tring	40.92
	L 7	Niamh Venus-Knight	11	Witham Dolph	46.94		L 6	Mia Gray	14	Norwich Swan	40.98
H 2	L 1	Annabelle Smith	12	Co Ely	46.32		L 7	Rosie Jackson	14	Leighton Buz	41.10
	L 2	Oliver Fuller	12	Co Ely	46.20		L 8	Erin Woodrow	15	West Norfolk	41.10
	L 3	Bethany Hopkins	12	Harpenden	46.03	H 10	L 1	Will Riley	13	teamipswich	40.70
	L 4	Ethan Woolsey	11	St Neot Swan	45.92		L 2	Heidi Bruggraber	15	Co Cambridge	40.70
	L 5	Sophie Thackrah	12	Linslade	45.93		L 3	Marton Molnar	13	Co Cambridge	40.61
	L 6	Layla Jones	12	Witham Dolph	46.11		L 4	Libby Whiting	13	Linslade	40.57
	L 7	Oliver Outtram	12	Flitwick	46.30		L 5	Neve Jones	14	Flitwick	40.60
	L 8	Nathalie Bailey	12	New Hall	46.56		L 6	Eddie Hawtin	15	Tring	40.63
H 3	L 1	Charlotte Belcher	12	Modernian	45.80		L 7	Phoebe Ryan	14	Linslade	40.70
	L 2	Gabriel Taggart	12	Watford SC	45.74		L 8	Leah Mason	14	Colchester	40.74
	L 3	Samantha Martelino	12	Newmarket	45.66	H 11	L 1	Abigail Riches	14	Norwich Swan	40.30
	L 4	Millan Cook	12	Harpenden	45.44		L 2	K Sutika-Totlebena	14	West Norfolk	40.20
	L 5	Mia Edwards	12	Norwich Swan	45.63		L 3	Sophie Ball	15	Braintree	40.00
	L 6	Maya Aubrey	12	Bo Southend	45.70		L 4	George Carter	14	Co Cambridge	39.81
	L 7	Mia Nelson	11	Cheshunt	45.80		L 5	Evie Greenhill	15	Royston	40.00
	L 8	Alexander Pattison	12	West Norfolk	45.83		L 6	Cailin Hehir	14	Watford SC	40.13
H 4	L 1	Liliana Czerwinska	12	Potters Bar	45.20		L 7	Olivia Stubbs	15	Watford SC	40.22
	L 2	Bryony Murfitt	12	Biggleswade	45.10		L 8	Isabelle Talbot	15	Braintree	40.48
	L 3	Daniel Talbot	12	Leighton Buz	45.00	H 12	L 1	Hannah McNicholas	15	Deben	39.46
	L 4	Lucas Northey	12	Leighton Buz	44.97		L 2	Darcey Hepworth	15	Flitwick	39.40
	L 5	Lochlan Shaw	12	Flitwick	44.98		L 3	Elsie Pooley	16	West Suffolk	39.28
	L 6	Libby Nurse	12	Basildon Ph	45.10		L 4	Robyn Hartley	16	Hatfield	39.18
	L 7	Gracie Moule	12	March	45.10		L 5	Beatrix Baldwin	15	Norwich Swan	39.20
	L 8	Emmie Freeth	12	Cheshunt	45.43		L 6	Pemberley Hornigold	15	West Norfolk	39.30
H 5	L 1	Henry Carter	12	Co Cambridge	44.76		L 7	Sophie O'Rorke	15	Chelmsford	39.40
	L 2	Niamh Bunker	12	Flitwick	44.47		L 8	Emily Lowe	14	Modernian	39.50
	L 3	Philipp Shamparov	12	Co Cambridge	44.27	H 13	L 1	Adrija Raudonyte	14	Newmarket	39.15
	L 4	Darcey Cuddon	13	Co Cambridge	43.50		L 2	Kiera Broad	14	West Suffolk	39.14
	L 5	Sophie Knevet	12	Colchester	44.03		L 3	Holly Ridgeon	14	Leiston	39.09
	L 6	Wilfred Warwick	12	Co Cambridge	44.31		L 4	Clara Foster	15	Linslade	38.80
	L 7	Jasmine Davies	12	Watford SC	44.59		L 5	Emily Cairncross	16	Hitchin	38.98
	L 8	Amelia Garnham	11	teamipswich	44.85		L 6	Georgia D'Arcy	16	Royston	39.10
H 6	L 1	Alice Robinson	13	Co Cambridge	43.27		L 7	Ryley Turpin	14	Southend	39.14
	L 2	Isla Black	13	Co St Albans	43.16		L 8	Marcie Aley	16	Braintree	39.17
	L 3	Aidan Scott	13	St Felix Sch	42.76	H 14	L 1	Isabel Mullings	14	Cheshunt	38.77
	L 4	Kabir Patel	13	Potters Bar	42.59		L 2	Vasilisa Shampanova	15	Co Cambridge	38.70
	L 5	Martha Bentley	13	Epping For't	42.69		L 3	Jasmine Brakenbury	17	Hitchin	38.52
	L 6	Caelia Randall	13	Watford SC	42.90		L 4	Olivia Skittrell	15	West Norfolk	38.40
	L 7	Bethany Rumsby	13	Norwich Swan	43.22		L 5	Daniel Williams	14	Hatfield	38.50
	L 8	Erin Uttridge	13	teamipswich	43.38		L 6	Nwando Ifeacho	14	Modernian	38.70
							L 7	Sophie Holliss	14	Co St Albans	38.73
							L 8	Bethany Crawley	14	teamipswich	38.79

Start List

H 15	L 1	Sophie Doig	16	West Norfolk	38.10	H 4	L 1	Caelia Randall	13	Watford SC	2:49.53
	L 2	Kya Andreou	18	Harlow Pen	38.00		L 2	Selina Green	13	St Felix Sch	2:48.75
	L 3	Julianna Mercado	18	Norwich Swan	37.97		L 3	Ella Deaton	13	Newmarket	2:47.24
	L 4	Sophie Jenkinson	17	Basildon Ph	37.80		L 4	Skye Nichols	15	Gt Yarmouth	2:42.26
	L 5	Holly Rigby	16	Gt Yarmouth	37.90		L 5	Anna Flowers	14	Leiston	2:46.95
	L 6	Thomas Maher	15	Co St Albans	38.00		L 6	Alexander Mordenti	13	Potters Bar	2:48.09
	L 7	Alice Clark	17	West Suffolk	38.02		L 7	Amy Meyer	13	Biggleswade	2:49.10
	L 8	Max Nicholls	14	Leiston	38.26		L 8	Luca Bertossa Padin	13	Potters Bar	2:50.20
H 16	L 1	Amber Ridgeon	17	Leiston	37.75	H 5	L 1	Oscar Sherwani	14	Flitwick	2:42.04
	L 2	Benjamin Watley	15	Witham Dolph	37.52		L 2	Summer Boswell	14	Hatfield	2:41.68
	L 3	Sophie Sparkes	17	Norwich Swan	37.40		L 3	Vasilisa Shampanova	15	Co Cambridge	2:41.32
	L 4	Emily Cutting	17	West Suffolk	37.30		L 4	Misty Eren	16	Harlow Pen	2:40.54
	L 5	Hannah Jarrett	18	Norwich Swan	37.32		L 5	Bethany Crawley	14	teamipswich	2:40.73
	L 6	Oscar Harris	15	Thetford	37.50		L 6	Jonathan Regan	14	Modernian	2:41.56
	L 7	Charlie Payne	15	Newmarket	37.66		L 7	Evan Aldridge	14	St Felix Sch	2:41.75
	L 8	Emma Malcolm	17	Thetford	37.80		L 8	Abigail Riches	14	Norwich Swan	2:42.05
H 17	L 1	Tamsin Moren	17	Berkhamsted	37.11	H 6	L 1	Gabrielle Cornish	14	Colchester	2:40.20
	L 2	Corey Hare	16	Colchester	36.90		L 2	Spencer Battisson	14	Team Waveney	2:40.05
	L 3	Alice Field	17	Ware	36.80		L 3	Lois Johnson	14	Chelmsford	2:39.77
	L 4	Guido Belcher	16	Flitwick	36.50		L 4	Erin Woodrow	15	West Norfolk	2:38.37
	L 5	Joshua Needham	15	St Neot Swan	36.61		L 5	Morgan Slade	15	Tring	2:38.90
	L 6	William Murfitt	16	Biggleswade	36.80		L 6	Elizabeth Wright	15	West Suffolk	2:39.97
	L 7	F Basantes Campos	15	Co St Albans	37.00		L 7	Poppy Malcolmson	16	Dereham	2:40.10
	L 8	Tess Wesley	18	Newmarket	37.28		L 8	F Cleland Ferdin	14	Co Cambridge	2:40.46
H 18	L 1	Nathan Birchenough	15	St Felix Sch	36.27	H 7	L 1	Tia Hill	16	Co Ely	2:38.02
	L 2	Samuel Tolputt	16	Deben	36.13		L 2	Rachel Sale	15	Stanway	2:36.19
	L 3	Raven Dodsworth	16	Newmarket	35.48		L 3	Olivia Lydon	17	Royston	2:35.54
	L 4	Oliver Soloman	16	Tring	35.11		L 4	Sophie Quinton	18	Deben	2:35.29
	L 5	Toby Northey	15	Leighton Buz	35.20		L 5	Alice Clark	17	West Suffolk	2:35.46
	L 6	Alexander Ball	15	Potters Bar	36.02		L 6	Chloe Staines	16	Chelmsford	2:35.54
	L 7	Thomas Small	16	Norwich Swan	36.17		L 7	Isabelle Talbot	15	Braintree	2:36.28
	L 8	Archie Rann	15	Ware	36.39		L 8	Esme Springham	17	Deben	2:38.12
H 19	L 1	Thomas Deaton	16	Newmarket	34.88	H 8	L 1	Toby Evans	15	Leighton Buz	2:30.20
	L 2	Sean Diggins	16	Gt Yarmouth	34.41		L 2	Nathan Yeaman	15	West Norfolk	2:28.59
	L 3	Sam Loader	18	Clacton SC	33.82		L 3	Daniel Kendall	16	Co Ely	2:26.79
	L 4	William Presland	17	Bushey	32.80		L 4	Harrison Holmes	17	Team Waveney	2:22.57
	L 5	Harvey Last	19	Southend	33.10		L 5	Eduardo Camacho	17	Co Cambridge	2:25.04
	L 6	Harold Edwards	17	Braintree	34.20		L 6	Austin Harrop	16	Co Cambridge	2:27.89
	L 7	Eduardo Camacho	17	Co Cambridge	34.78		L 7	Freddie Gardner	16	Bo Southend	2:28.84
	L 8	Thomas Liddiard	16	Ware	34.90		L 8	Danny Foreman	15	Potters Bar	2:34.01
Event 233 Men/Women 11 /Over 200m Backstroke						Event 234 Men/Women 11 Yrs/Over 800m Free.					
H 1	L 1	Jasmine Davies	12	Watford SC	3:11.67	H 1	L 3	Lucas Deans	13	Chelmsford	11:02.07
	L 2	Nina Allen	11	Newmarket	3:10.89		L 4	Georgina Hamilton	14	Co St Albans	10:45.50
	L 3	Iyla Addison	12	Norwich Swan	3:09.47		L 5	Jasmine Pereira	14	Hatfield	10:52.34
	L 4	Gabriel Taggart	12	Watford SC	3:07.70	H 2	L 2	Autumn Shine	15	Potters Bar	10:16.15
	L 5	Libby Nurse	12	Basildon Ph	3:08.44		L 3	Olivia Lydon	17	Royston	10:11.37
	L 6	Elsbeth Butler	12	Norwich Swan	3:09.66		L 4	Charlie McKinnon	15	St Felix Sch	9:48.90
	L 7	Maggie Marshall	12	teamipswich	3:11.52		L 5	Esmie Kidman	16	West Norfolk	9:59.82
	L 8	India Harrod-Hill	12	Epping Fort	3:11.77		L 6	Tamsin Moren	17	Berkhamsted	10:14.62
H 2	L 1	Tyler Stone	12	Co Norwich	3:05.40		L 7	Bethany Crawley	14	teamipswich	10:45.20
	L 2	Belle Ringwood	12	West Norfolk	3:04.97						
	L 3	Layla Jones	12	Witham Dolph	3:04.75						
	L 4	Daisy Stimpson	13	West Norfolk	2:53.40						
	L 5	Oliver Davey	13	Co Ely	2:54.20						
	L 6	Mawulinam Ito	11	Co Cambridge	3:04.87						
	L 7	Isabella Bryan	12	teamipswich	3:05.02						
	L 8	Francesca Thompson	12	Team Waveney	3:07.39						
H 3	L 1	Emily Fitzgerald	13	Harlow Pen	2:52.32						
	L 2	Nicole Taylor	13	St Felix Sch	2:51.63						
	L 3	Lola Wonfor	13	New Hall	2:51.32						
	L 4	Meghan Howarth Owen	13	Chelmsford	2:50.74						
	L 5	Aimee Burgess	13	teamipswich	2:51.01						
	L 6	Harry Bird	13	Putteridge	2:51.50						
	L 7	Amy Witton	13	Hatfield	2:51.80						
	L 8	Charlie Stott	13	Co St Albans	2:52.55						