

Start List

Event 201 Open/Male 200m IM						Event 202 Female 50m Backstroke						
H 1	L 1	Harry Arnold-Pepper	15	SM9	Co Cambridge	2:47.50	H 1	L 2	Bethany Hamer	16	Linslade	32.97
	L 2	Oliver Frame	18		Co Norwich	2:22.90		L 3	Tia Hill	17	Co Ely	32.86
	L 3	Evan McQuade	15		DunmowAtlant	2:22.60		L 4	Hollie Heighes	15	Braintree	32.83
	L 4	Daniel Thompson	16		Thurrock	2:22.02		L 5	Maia Thompson	15	Team Waveney	32.86
	L 5	Harrison Holmes	18		Team Waveney	2:22.49		L 6	Shahd Mohamed	16	Co Peterboro	32.90
	L 6	Oliver Pike	16		Co Norwich	2:22.63		L 7	Isabelle Talbot	16	Braintree	33.00
	L 7	Corey Hare	17	SM14	teamipswich	2:25.79						
H 2	L 1	Daniel De Filippo	14		Flitwick	2:21.79	H 2	L 1	Lucy Calver	15	Putteridge	32.79
	L 2	Henry Mann	15		Norwich Swan	2:21.50		L 2	Sophie O'Rorke	16	Chelmsford	32.78
	L 3	Louis Allen	15		Chelmsford	2:21.33		L 3	Natalie Taylor	16	St Felix Sch	32.69
	L 4	Marton Molnar	14		Co Cambridge	2:20.96		L 4	Imogen Duffen	17	Co Cambridge	32.67
	L 5	Lewis Archer	26		Halstead	2:21.05		L 5	Olivia Lydon	18	Co Cambridge	32.68
	L 6	Reece Burns	15		Chelmsford	2:21.45		L 6	Isabella Savage	14	Potters Bar	32.72
	L 7	Albert Orley	15		Braintree	2:21.65		L 7	Megan Gray	16	Hatfield	32.78
	L 8	Austin Harrop	17		Co Cambridge	2:22.01		L 8	Sophie Roberts	14	teamipswich	32.81
H 3	L 1	Jake Lloyd	28		Bishop Stort	2:20.72	H 3	L 1	Amy Harper	16	Watford SC	32.51
	L 2	Saxon Minto	15		Chelmsford	2:20.00		L 2	Amelie Crabb	16	teamipswich	32.43
	L 3	Finlay Neve	15		Co Norwich	2:19.90		L 3	Elizabeth Swaby	14	Basildon Ph	32.40
	L 4	James Williamson	16		Co Cambridge	2:19.74		L 4	Jasmine Coleman	17	Norwich Swan	32.22
	L 5	Benjamin Taggart	16		Watford SC	2:19.85		L 5	Ruby Chapman	17	Norwich Swan	32.29
	L 6	Kian Lee	15		Co Peterboro	2:19.90		L 6	Alice Watts	15	Co Cambridge	32.41
	L 7	Gagan Singh	17		Co Peterboro	2:20.23		L 7	Verity Fuge	13	Co St Albans	32.50
	L 8	James McGettigan	14		Runnymede	2:20.79		L 8	Eloise Conway	23	Halstead	32.64
H 4	L 1	Charlie McKinnon	16		St Felix Sch	2:18.35	H 4	L 1	Emilia Rayner	14	Halstead	32.18
	L 2	Louis James	17		Co Norwich	2:16.07		L 2	O Wojcik-Jardzioch	17	Verulam	32.07
	L 3	Joshua Sackree	15		Co Peterboro	2:13.32		L 3	Ellie Barth-Wehrenalp	13	Basildon Ph	31.90
	L 4	Myles Turner	23		West Suffolk	2:05.90		L 4	Lois Smith	13	Basildon Ph	31.86
	L 5	Freddie Laws	20		West Norfolk	2:09.30		L 5	Summer Boswell	15	Hatfield	31.89
	L 6	Daryl Rands	26		Colchester	2:15.12		L 6	Amy Boreham	17	Watford SC	32.01
	L 7	Orlando Dearing	15		Co Peterboro	2:17.13		L 7	Isabella Dolton	17	Tring	32.17
	L 8	Ethan Thorpe	14		Basildon Ph	2:19.54		L 8	Phoebe Matthews	16	Hatfield	32.22
H 5	L 1	Samuel Jeffrey	16		Hatfield	2:17.90	H 5	L 1	Lily Steel	13	teamipswich	31.70
	L 2	Samuel Winslow	16		Co Cambridge	2:15.51		L 2	Erin Barber	13	Newmarket	31.60
	L 3	Daniel McGuinness	17		Basildon Ph	2:09.85		L 3	Adel Zakrzewski	20	Co Norwich	31.50
	L 4	Olivier Vedrenne	18		Co Norwich	2:03.90		L 4	Georgina Munday	19	Co Norwich	31.45
	L 5	Kai Adams	27		Halstead	2:07.76		L 5	Sophie Holliss	15	Co St Albans	31.47
	L 6	Oscar Winterburn	15		teamipswich	2:14.80		L 6	Olivia Greenall	14	Co Norwich	31.50
	L 7	Lewis Andrews	16		Norwich Swan	2:16.65		L 7	Sophie Green	16	Hatfield	31.70
	L 8	Adam Hazlewood	19		Putteridge	2:19.08		L 8	Alexandra Nurney	13	Hatfield	31.78
H 6	L 1	Timon Chapman	21	SM14	Norwich Swan	2:17.25	H 6	L 1	Chloe Linney	15	Halstead	31.40
	L 2	Ben Buckley	16		Co Norwich	2:15.50		L 2	Anouk Zecchini	17	Co Cambridge	31.35
	L 3	William Ellard	17	SM14	St Felix Sch	2:09.60		L 3	Tigerily Donald	15	Co St Albans	31.28
	L 4	Nathan Wells	25		West Norfolk	2:02.60		L 4	Isabelle Cameron	16	Co Peterboro	31.23
	L 5	Edward Ormsby	16		Co Cambridge	2:07.60		L 5	Danielle Rulton	25	Halstead	31.24
	L 6	Sandijs Cecins	16		Colchester	2:13.71		L 6	Olivia Mendham	15	Chelmsford	31.32
	L 7	Joseph Wells	24		West Norfolk	2:16.57		L 7	Chloe Armstrong	16	teamipswich	31.36
	L 8	Rafferty May	15		Watford SC	2:18.64		L 8	Adrija Raudonyte	15	Newmarket	31.40
							H 7	L 1	Beth Young	17	teamipswich	31.11
								L 2	Charlotte Williams	17	Hatfield	30.50
								L 3	Evangeline Pierce	16	Basildon Ph	30.00
								L 4	Georgia Holgate	16	Co Cambridge	29.34
								L 5	Niamh James	22	Bishop Stort	29.76
								L 6	Erin Currie	15	Hatfield	30.07
								L 7	Katerina Di Maria	15	Co Norwich	30.96
								L 8	Nicole Maynard	14	Basildon Ph	31.20
							H 8	L 1	Rebecca Johnson	18	DunmowAtlant	31.11
								L 2	Megan Maybanks	23	DunmowAtlant	30.10
								L 3	Matilda Bogle	17	teamipswich	29.94
								L 4	Hannah Willis	18	Co Peterboro	29.20
								L 5	Isobel Mather	16	Co Cambridge	29.70
								L 6	Ella Coombes	15	Basildon Ph	30.03
								L 7	Camille Vannier	16	Hatfield	30.85
								L 8	Alexa Mann	17	Chelmsford	31.13

Start List

H 9	L 1	Ellie King	23		Dunstable	31.00		H 9	L 1	Alexander Kalverboer	17		Co St Albans	25.12	
	L 2	Charlotte Smith	16		Norwich Swan	30.10			L 2	Riley Hall	16		Co Cambridge	25.10	
	L 3	Megan Donovan	16		Co Peterboro	29.77			L 3	Zac Stacey	16		Hoddesdon	25.00	
	L 4	Amara Addison	16		Norwich Swan	28.48			L 4	Aaron Peacock	16		Thetford	25.00	
	L 5	Vanesa Cimermanova	15		Co Peterboro	29.40			L 5	Jamie Comitti	14		Basildon Ph	25.00	
	L 6	Megan Pye	21		Co Norwich	30.00			L 6	Hugo Raubitschek-Smith	15		Co St Albans	25.08	
	L 7	Emily Lush	21		Hatfield	30.70			L 7	Dylan Davenport	14		Bishop Stort	25.10	
	L 8	Emily Pitcher	15		Norwich Swan	31.12			L 8	Sean Connolly	15		Epping Fort	25.19	
Event 203 Open/Male 50m Freestyle															
H 1	L 3	Jacob Dessoy	15	S8	Runnymede	43.34		H 10	L 1	Billy Mead	18		Linslade	25.00	
	L 4	Peter Winter	43	S10	Newmarket	30.53			L 2	Nathan Close	17		Modernian	24.90	
	L 5	Oliver Shergold	25	S9	Colchester P	30.79			L 3	Guy Semple	19		Co Cambridge	24.90	
H 2	L 1	William Handley	21		Stowmarket	26.14			L 4	Janos Kadar	16		Co Cambridge	24.90	
	L 2	James Baker	16		Chelmsford	26.13			L 5	Lucas Hartley	16		Hatfield	24.90	
	L 3	Nonso Nwabueze	14		Bo Southend	26.10			L 6	Jude Gore	20		Linslade	24.90	
	L 4	Samuel Chamberlain	14		West Suffolk	26.10			L 7	Matthew Brown	18		Stowmarket	24.92	
	L 5	Harvey Durham	15		Co Norwich	26.10			L 8	Oliver Davey	14		Co Ely	25.00	
	L 6	Danylo Kravchenko	14		New Hall	26.10		H 11	L 1	Freddie Gardner	17		Runnymede	24.90	
	L 7	Thomas Garnett	16		West Norfolk	26.13			L 2	Dominic McCarthy	21		Hoddesdon	24.86	
	L 8	Corey Hare	17	S14	teamipswich	27.80			L 3	Louis James	17		Co Norwich	24.80	
H 3	L 1	Ethan Thomson	15		teamipswich	26.07			L 4	Jacob Ray	16		Basildon Ph	24.71	
	L 2	Samuel Johnson	25		Halstead	26.05			L 5	Luke Flynn	18		Watford SC	24.77	
	L 3	Elliot Megginson	16		St Ives	26.00			L 6	Jake Moore	17		Potters Bar	24.81	
	L 4	Oliver Baskerville	15		Hatfield	26.00			L 7	Harrison Cox	16		DunmowAtlant	24.90	
	L 5	Oliver Frame	18		Co Norwich	26.00			L 8	Joseph Wells	24		West Norfolk	24.90	
	L 6	Max Walters	14		Watford SC	26.00		H 12	L 1	Lewis Chapman	22		Stowmarket	24.62	
	L 7	Nedas Tkacenko	17		West Norfolk	26.06			L 2	Finlay Ryan	24		West Norfolk	24.60	
	L 8	Luke Morley	16		Hitchin	26.10			L 3	Jake Thomas-Mansfield	23		West Suffolk	24.60	
H 4	L 1	Archie Tebbutt	13		New Hall	25.96			L 4	Sebastian Newell	18		Co Peterboro	24.50	
	L 2	Joshua Needham	16		St Neot Swan	25.90			L 5	Austin Lillywhite	20		Biggleswade	24.60	
	L 3	Daniel Pryke	17		Deben	25.84			L 6	Daniel Chada	22		Bishop Stort	24.60	
	L 4	Antonio Girolami	18		Colchester	25.80			L 7	Evan McQuade	15		DunmowAtlant	24.60	
	L 5	Benedict Measures	18		Norwich Swan	25.82			L 8	Harry Hudson	18		Norfolk Vikg	24.70	
	L 6	Tobias Sinclair	18		Ware	25.90		H 13	L 1	Callum Davis	23		Bishop Stort	24.45	
	L 7	Oscar Hunter	14		Norwich Swan	25.91			L 2	Joshua Parker	14		Braintree	24.20	
	L 8	Ryan Wall	16		Co Cambridge	26.00			L 3	Ashley Coombs	22		Bushey	23.70	
H 5	L 1	Austin Harrop	17		Co Cambridge	25.80			L 4	William Ellard	17	S14	St Felix Sch	22.70	
	L 2	Daniel Boboye	16		Thurrock	25.80			L 5	Jacques Bonsell	24		Co Cambridge	23.50	
	L 3	Luke Payne	19		Hatfield	25.78			L 6	Tobias Oglesby	19		West Norfolk	24.00	
	L 4	Ethan Thorpe	14		Basildon Ph	25.70			L 7	Kai Adams	27		Halstead	24.40	
	L 5	Luke Burnard	14		Co St Albans	25.74			L 8	Harrison Holmes	18		Team Waveney	24.50	
	L 6	Ross De Wildt	15		Co Cambridge	25.80		H 14	L 1	Ben Davison	18		Hatfield	24.41	
	L 7	Daniel De Filippo	14		Flitwick	25.80			L 2	Ethan Martin	18		Thurrock	24.15	
	L 8	Lee Boka	15		Basildon Ph	25.80			L 3	Luka Page	17		West Suffolk	23.70	
H 6	L 1	Rio Rogers	19	S14	Basildon Ph	25.66			L 4	Alex Mason	18		Potters Bar	22.58	
	L 2	Robert Addis	19		West Norfolk	25.60			L 5	Sam Townsend	19		Biggleswade	23.30	
	L 3	Rafferty May	15		Watford SC	25.60			L 6	Mason Allen	17		Basildon Ph	23.97	
	L 4	James Renton	17		Potters Bar	25.51			L 7	Joshua Sackree	15		Co Peterboro	24.40	
	L 5	Jack Swindale	15		Co Peterboro	25.57			L 8	Sam Mead	21		Linslade	24.50	
	L 6	Orlando Dearing	15		Co Peterboro	25.60		H 15	L 1	Finlay Arnup	16		Norwich Swan	24.40	
	L 7	Lloyd Battisson	18		Team Waveney	25.61			L 2	Joseph Bavey	18		Newmarket	24.11	
	L 8	Rhys Burrell	16		West Norfolk	25.70			L 3	Nathan Wells	25		West Norfolk	23.60	
H 7	L 1	Oliver Pike	16		Co Norwich	25.50			L 4	Maddox Roberts	17		Witham Dolph	22.50	
	L 2	Ryan Close	15		Modernian	25.49			L 5	Jack Abram	18		Co Norwich	23.20	
	L 3	Oliver Blight	17		Hatfield	25.39			L 6	Ollie O'Connor	15		Putteridge	23.80	
	L 4	Finlay Neve	15		Co Norwich	25.30			L 7	Damon Elliott	19		DunmowAtlant	24.30	
	L 5	Christopher Williamson	18		Co Cambridge	25.33			L 8	Henry Dean	17		Thurrock	24.49	
	L 6	Joe Power	16		Basildon Ph	25.40									
	L 7	Roan Brennan	17	S10	Basildon Ph	25.50									
	L 8	Toby Martin	16		Harpenden	25.50									
H 8	L 1	James Williamson	16		Co Cambridge	25.30									
	L 2	Nathan Birchenough	16		St Felix Sch	25.24									
	L 3	Ethan Harris	19		Thetford	25.20									
	L 4	Atikan To	17		Ware	25.20									
	L 5	Ruben McLaughlin	19		Saffron Wald	25.20									
	L 6	Daryl Rands	26		Colchester	25.21									
	L 7	Thomas Liddiard	17		Ware	25.28									
	L 8	Josh Martin	17		Co Peterboro	25.30									

Start List

Event 204 Female 200m Butterfly

H 1	L 3	Chloe Barnard	14	Basildon Ph	2:24.86
	L 4	Georgia Holgate	16	Co Cambridge	2:17.43
	L 5	Hannah Willis	18	Co Peterboro	2:23.20
	L 6	Lucy Clarke	13	Chelmsford	2:31.57
H 2	L 1	Antonia Elias	14	Hatfield	2:35.70
	L 2	Anouk Zecchini	17	Co Cambridge	2:31.96
	L 3	Amelia Fenner	13	Basildon Ph	2:24.70
	L 4	Matilda Ransome	17	Co Cambridge	2:17.20
	L 5	Sadie Hunter	15	Co Peterboro	2:22.10
	L 6	Lexie Goodman	16	Basildon Ph	2:29.23
	L 7	Jasmine Coleman	17	Norwich Swan	2:32.68
	L 8	Grace Mason	17	Bishop Stort	2:37.85
H 3	L 1	Louise Webster	16	Thurrock	2:32.80
	L 2	Poppy Magill	15	Putteridge	2:31.85
	L 3	Florence Crowley	17	Co St Albans	2:24.24
	L 4	Skye Carter	16	Basildon Ph	2:16.80
	L 5	Charlotte Smith	16	Norwich Swan	2:20.62
	L 6	Annie McLeod	15	Putteridge	2:25.48
	L 7	Eloise Cole	15	Modernian	2:32.31
	L 8	Mia Macklin	15	Braintree	2:36.13

Event 205 Open/Male 200m Butterfly

H 1	L 3	Billy Cyl	15	Ware	2:25.94
	L 4	Harvey Isle	18	West Norfolk	2:25.39
	L 5	Jacob Bacon	13	Co Peterboro	2:25.90
H 2	L 2	Marcus King	15	Putteridge	2:24.01
	L 3	Dylan Nutt	24	DunmowAtlant	2:22.98
	L 4	Corey Hare	17	S14 teamipswich	2:22.41
	L 5	Daniel Williams	15	Hatfield	2:22.91
	L 6	Ashton Blake	14	Basildon Ph	2:22.99
	L 7	Harry Bird	14	Putteridge	2:24.31
H 3	L 1	Daniel Grimmer	17	West Norfolk	2:19.83
	L 2	Jake Lloyd	28	Bishop Stort	2:16.25
	L 3	Zak Troman	16	teamipswich	2:10.60
	L 4	Matthew Aldred	18	Watford SC	2:05.14
	L 5	Daniel McGuinness	17	Basildon Ph	2:09.10
	L 6	Kian Lee	15	Co Peterboro	2:14.30
	L 7	Joshua Ellis	17	Hatfield	2:17.06
	L 8	Evan McQuade	15	DunmowAtlant	2:21.88
H 4	L 1	Daniel Meier	16	Biggleswade	2:19.05
	L 2	Jack Barnard	18	Watford SC	2:15.42
	L 3	Jason Ho	17	Hatfield	2:09.59
	L 4	Matthew Wright	25	Team Luton	2:03.99
	L 5	Nikita Charykin	17	Thurrock	2:07.80
	L 6	Henry Dean	17	Thurrock	2:12.49
	L 7	Isaac Farrugia	16	Basildon Ph	2:16.93
	L 8	Archie Rann	16	Ware	2:21.82
H 5	L 1	Luca Gunawardena	20	Co Norwich	2:18.10
	L 2	Calin Bosianu	15	Watford SC	2:15.33
	L 3	Harrison Shaw	16	Flitwick	2:09.10
	L 4	James Woodward	23	Hatfield	1:56.91
	L 5	Jake Thomas-Mansfield	23	West Suffolk	2:05.38
	L 6	Sandijs Cecins	16	Colchester	2:12.07
	L 7	Daniel Clayton	17	teamipswich	2:16.61
	L 8	Jude Gunner	14	St Felix Sch	2:21.20

Event 206 Female 100m Breaststroke

H 1	L 3	Charlotte Ryan	23	SB5	Runnymede	2:55.02
	L 4	Mwaba Mkwasa	18	SB8	Norwich Swan	1:47.01
	L 5	Lily Herring	15	SB9	Norfolk Vikg	1:56.82
H 2	L 2	Anya Waterman	13		Colchester	1:18.86
	L 3	Isabel White	14		Biggleswade	1:18.84
	L 4	Isabella Green	17		Co Norwich	1:18.57
	L 5	Hannah Lovelock	15		Hitchin	1:18.82
	L 6	Rachael Carpenter	16		Ware	1:18.85
	L 7	Nicole Peddely	13		teamipswich	1:18.87
H 3	L 1	Gigi Raubitschek-Smith	13		Co St Albans	1:18.45
	L 2	Sadie Rowe	16		Colchester	1:18.37
	L 3	Tia Hill	17		Co Ely	1:18.15
	L 4	Kiera Broad	15		West Suffolk	1:18.07
	L 5	Holly Larbey	16		Biggleswade	1:18.14
	L 6	Molly Grieve	18		Colchester	1:18.27
	L 7	Amelia Murphy	16		Witham Dolph	1:18.39
	L 8	Imola Jozsa	17		Putteridge	1:18.46
H 4	L 1	Olivia Riley	17		Hatfield	1:17.79
	L 2	Tessa Quayle	15		St Ives	1:17.69
	L 3	Alice Green	16		Hatfield	1:17.34
	L 4	Phoebe Howard	16		Norwich Swan	1:16.68
	L 5	Shahd Mohamed	16		Co Peterboro	1:17.18
	L 6	Jessica Sanford	18		Norwich Swan	1:17.66
	L 7	Caitlin McNicholas	18		Deben	1:17.75
	L 8	Eloise Minto	12		Chelmsford	1:18.02
H 5	L 1	Niamh James	22		Bishop Stort	1:15.86
	L 2	Elizabeth Wright	16		West Suffolk	1:15.70
	L 3	Anna-Lucia Fenner	17		Basildon Ph	1:15.16
	L 4	Isabella Porzio	19		Putteridge	1:14.71
	L 5	Charlisse Harding	14		Norwich Swan	1:15.10
	L 6	Caitlin Richardson	18		Norwich Swan	1:15.53
	L 7	Georgina Hamilton	15		Co St Albans	1:15.80
	L 8	Louise Fiddes	22	SB14	Hatfield	1:16.30
H 6	L 1	Chloe Butler	19		St Ives	1:14.09
	L 2	Daisy Mixer	17		Norwich Swan	1:13.40
	L 3	Molly Lee	22		West Norfolk	1:11.90
	L 4	Beth Young	17		teamipswich	1:10.00
	L 5	Matilda Ransome	17		Co Cambridge	1:11.40
	L 6	Mia Lowe	16		Basildon Ph	1:12.55
	L 7	Ellen Duffield	16		teamipswich	1:13.61
	L 8	Lexie O'Connor	16		Basildon Ph	1:14.25
H 7	L 1	Yan Ting Emily Pak	14		Co Cambridge	1:14.03
	L 2	Isabelle Cameron	16		Co Peterboro	1:13.23
	L 3	Sarah O'Brien	27		West Norfolk	1:11.79
	L 4	Caitlin Hartley	19		Hatfield	1:09.40
	L 5	Sophie Payne	21		Putteridge	1:11.30
	L 6	Lilly Davis	16		Co Peterboro	1:12.38
	L 7	Lauren Gore	17		Bishop Stort	1:13.56
	L 8	Ellie Smith	15		Co Norwich	1:14.21
H 8	L 1	Megan Gray	16		Hatfield	1:14.02
	L 2	Ella Greatbatch	15		Bishop Stort	1:13.14
	L 3	Katie Andrews	19		Norwich Swan	1:11.50
	L 4	Ashley Ransome	28		Hatfield	1:09.30
	L 5	Jasmine Carter	14		Basildon Ph	1:10.58
	L 6	Rebecca Keetley	19		Co Cambridge	1:12.10
	L 7	Ellen Eccleston	16		Co Norwich	1:13.50
	L 8	Ellie-Rose Lyon	16		Co Norwich	1:14.10

Start List

Event 207 Open/Male 100m Breaststroke						Event 208 Female 100m IM						
H 1	L 1	Harry Arnold-Pepper	15	SB8	Co Cambridge	1:24.40	H 9	L 1	Lewis Marston	21	Runnymede	1:07.62
	L 2	Kian Lee	15		Co Peterboro	1:13.99		L 2	Lewis Chapman	22	Stowmarket	1:06.61
	L 3	Samuel Everett	16		West Suffolk	1:13.75		L 3	Finlay Ryan	24	West Norfolk	1:06.17
	L 4	Ethan May	18		Harlow Pen	1:13.52		L 4	Olivier Vedrenne	18	Co Norwich	1:00.70
	L 5	Kieran Ng	13		Co Peterboro	1:13.67		L 5	Saxon Minto	15	Chelmsford	1:04.80
	L 6	Harvey Durham	15		Co Norwich	1:13.97		L 6	Daryl Rands	26	Colchester	1:06.43
	L 7	Corey Hare	17	SB14	teamipswich	1:19.49		L 7	Oliver Blight	17	Hatfield	1:07.52
	L 8	Peter Winter	43	SB9	Newmarket	1:34.42		L 8	Samuel Johnson	25	Halstead	1:08.24
H 2	L 1	Lazaros Giarenis	14		Co Norwich	1:13.44	H 10	L 1	Reece Burns	15	Chelmsford	1:07.60
	L 2	Maximus Atkin	14		Linslade	1:13.38		L 2	Joshua Sackree	15	Co Peterboro	1:06.49
	L 3	Harrison Cox	16		DunmowAtlant	1:13.28		L 3	Lewis Andrews	16	Norwich Swan	1:06.10
	L 4	Max Thomas	17		Flitwick	1:13.18		L 4	Lawrence Palmer	31	Putteridge	59.12
	L 5	George Jones	14		Harlow Pen	1:13.20		L 5	Ben Buckley	16	Co Norwich	1:04.70
	L 6	Jack Read	17		Runnymede	1:13.36		L 6	Luke Flynn	18	Watford SC	1:06.42
	L 7	Sean Diggins	17		Gt Yarmouth	1:13.38		L 7	Daniel Holliss	17	Co St Albans	1:07.00
	L 8	Joshua Needham	16		St Neot Swan	1:13.45		L 8	Maddox Roberts	17	Witham Dolph	1:08.01
H 3	L 1	Finlay Arnup	16		Norwich Swan	1:12.99		Event 208 Female 100m IM				
	L 2	Austin Everitt	17		Norwich Swan	1:12.55	H 1	L 3	Zoe Land	17	Gt Yarmouth	1:11.25
	L 3	Henry Mann	15		Norwich Swan	1:12.30		L 4	Imola Jozsa	17	Putteridge	1:11.07
	L 4	Jeffrey Gill	16		Watford SC	1:12.05		L 5	Olivia Riley	17	Hatfield	1:11.09
	L 5	Thomas Spelman	16		Stowmarket	1:12.07	H 2	L 1	Ruby Chapman	17	Norwich Swan	1:10.99
	L 6	Jack Webb	15		Witham Dolph	1:12.48		L 2	Chloe Armstrong	16	teamipswich	1:10.82
	L 7	Samuel Howard	16		Hoddesdon	1:12.72		L 3	Sophie Holliss	15	Co St Albans	1:10.72
	L 8	Oliver Soloman	17		Tring	1:13.04		L 4	Anouk Zecchini	17	Co Cambridge	1:10.54
H 4	L 1	Chun Ho Chan	14		Watford SC	1:11.63		L 5	Yan Ting Emily Pak	14	Co Cambridge	1:10.67
	L 2	James McGettigan	14		Runnymede	1:11.48		L 6	Isobel Mather	16	Co Cambridge	1:10.81
	L 3	Tyler Stone	13		Co Norwich	1:11.00		L 7	Adrija Raudonyte	15	Newmarket	1:10.97
	L 4	Samuel Jeffrey	16		Hatfield	1:10.90	H 3	L 1	Molly Lee	22	West Norfolk	1:10.49
	L 5	Finlay Neve	15		Co Norwich	1:10.97		L 2	Shahd Mohamed	16	Co Peterboro	1:10.41
	L 6	Austin Harrop	17		Co Cambridge	1:11.40		L 3	Isabella Porzio	19	Putteridge	1:09.91
	L 7	Szymon Pierzecki	14		Witham Dolph	1:11.58		L 4	Caitlin Hartley	19	Hatfield	1:09.75
	L 8	Alexander Ball	16		Potters Bar	1:11.88		L 5	Katie Jeffrey	19	Hatfield	1:09.86
H 5	L 1	Guy Semple	19		Co Cambridge	1:10.60		L 6	Lauren Gore	17	Bishop Stort	1:09.92
	L 2	Rhys Burrell	16		West Norfolk	1:10.38		L 7	Elizabeth Wright	16	West Suffolk	1:10.41
	L 3	Charlie Ruddell	14		teamipswich	1:09.90		L 8	Verity Fuge	13	Co St Albans	1:10.51
	L 4	Ross De Wildt	15		Co Cambridge	1:09.61	H 4	L 1	Tigertily Donald	15	Co St Albans	1:09.72
	L 5	Harrison Holmes	18		Team Waveney	1:09.72		L 2	Ellie Smith	15	Co Norwich	1:09.36
	L 6	Billy Mead	18		Linslade	1:09.93		L 3	Jasmine Hall	13	Basildon Ph	1:09.04
	L 7	Gagan Singh	17		Co Peterboro	1:10.43		L 4	Megan Donovan	16	Co Peterboro	1:08.95
	L 8	Timon Chapman	21	SB14	Norwich Swan	1:10.83		L 5	Erin Currie	15	Hatfield	1:09.03
H 6	L 1	Lucas Hartley	16		Hatfield	1:09.50		L 6	Clementine Lovell	14	teamipswich	1:09.27
	L 2	Cub Maddison	17		Harpenden	1:09.40		L 7	Alexandra Nurney	13	Hatfield	1:09.58
	L 3	Adam Hazlewood	19		Putteridge	1:09.28		L 8	Kate Hopper	16	Berkhamsted	1:09.72
	L 4	Luke Payne	19		Hatfield	1:09.20	H 5	L 1	Grace Robinson	14	St Felix Sch	1:08.59
	L 5	James Noble	21		Norwich Swan	1:09.25		L 2	Amy Boreham	17	Watford SC	1:07.92
	L 6	George Lovelock	18		Hitchin	1:09.34		L 3	Abigail Crawley	18	teamipswich	1:07.03
	L 7	Antonio Girolami	18		Colchester	1:09.49		L 4	Skye Carter	16	Basildon Ph	1:05.01
	L 8	Jake Moore	17		Potters Bar	1:09.58		L 5	Hannah Willis	18	Co Peterboro	1:06.58
H 7	L 1	Samuel Winslow	16		Co Cambridge	1:09.14		L 6	Ruby Greenhalf	18	Co Norwich	1:07.52
	L 2	William Presland	18		Bushey	1:09.09		L 7	Rebecca Keetley	19	Co Cambridge	1:08.33
	L 3	Sam Mead	21		Linslade	1:08.96		L 8	Lexie O'Connor	16	Basildon Ph	1:08.79
	L 4	Daniel Boboye	16		Thurrock	1:08.86	H 6	L 1	Lilly Davis	16	Co Peterboro	1:08.49
	L 5	Joseph Burns	17		Chelmsford	1:08.90		L 2	Amara Addison	16	Norwich Swan	1:07.70
	L 6	Matthew McLaughlin	30		DunmowAtlant	1:09.06		L 3	Sarah O'Brien	27	West Norfolk	1:06.93
	L 7	Charlie McKinnon	16		St Felix Sch	1:09.10		L 4	Grace Greenhalf	16	Co Norwich	1:04.88
	L 8	Louis James	17		Co Norwich	1:09.16		L 5	Katie Andrews	19	Norwich Swan	1:06.07
H 8	L 1	Benjamin Taggart	16		Watford SC	1:07.96		L 6	Olivia Minett	15	Co Peterboro	1:07.29
	L 2	Jack Renouf	17		Hoddesdon	1:07.00		L 7	Alexa Mann	17	Chelmsford	1:08.19
	L 3	Dominic McCarthy	21		Hoddesdon	1:06.27		L 8	Ellen Duffield	16	teamipswich	1:08.69
	L 4	Freddie Laws	20		West Norfolk	1:03.24	H 7	L 1	Daisy Mixer	17	Norwich Swan	1:08.42
	L 5	Edward Ormsby	16		Co Cambridge	1:05.40		L 2	Georgina Munday	19	Co Norwich	1:07.57
	L 6	Austin Lillywhite	20		Biggleswade	1:06.45		L 3	Isabelle Cameron	16	Co Peterboro	1:06.68
	L 7	Josh Martin	17		Co Peterboro	1:07.60		L 4	Charlotte Williams	17	Hatfield	1:04.41
	L 8	Judah Subba	16		Co St Albans	1:08.74		L 5	Beth Young	17	teamipswich	1:05.41
								L 6	Jasmine Carter	14	Basildon Ph	1:07.04
								L 7	Megan Pye	21	Co Norwich	1:07.93
								L 8	Sophie Payne	21	Putteridge	1:08.66

Start List

Event 209 Open/Male 400m Freestyle

H 1	L 1	Corey Hare	17	S14	teamipswich	4:38.20
	L 2	Adam O'Neal	15		Modernian	4:29.55
	L 3	Thomas Spelman	16		Stowmarket	4:27.80
	L 4	Massimo Girolami	15		Colchester	4:27.14
	L 5	George Lovelock	18		Hitchin	4:27.27
	L 6	Jack Abram	18		Co Norwich	4:27.80
	L 7	Rio Rogers	19	S14	Basildon Ph	4:30.00
	L 8	Jacob Dessoy	15	S8	Runnymede	7:17.90
H 2	L 1	Oliver Smith	16		Basildon Ph	4:26.94
	L 2	Robert Fenner	15		Basildon Ph	4:26.85
	L 3	Daniel Thompson	16		Thurrock	4:26.00
	L 4	B Macdonald-Williams	15		Bishop Stort	4:25.74
	L 5	Conor Mint	14		Basildon Ph	4:25.99
	L 6	Evan McQuade	15		DunmowAtlant	4:26.19
	L 7	Lewis Archer	26		Halstead	4:26.87
	L 8	Ethan Thomson	15		teamipswich	4:27.09
H 3	L 1	Luke Martell	17		Watford SC	4:25.13
	L 2	Cameron Jones	17		Modernian	4:24.79
	L 3	Hugo Raubitschek-Smith	15		Co St Albans	4:24.43
	L 4	Nathan Birchenough	16		St Felix Sch	4:23.98
	L 5	Daniel Meier	16		Biggleswade	4:24.10
	L 6	Harrison Shaw	16		Flitwick	4:24.66
	L 7	Oscar Hunter	14		Norwich Swan	4:24.91
	L 8	Jake Lloyd	28		Bishop Stort	4:25.60
H 4	L 1	George Hooper	16		Co St Albans	4:20.73
	L 2	Lloyd Battisson	18		Team Waveney	4:19.11
	L 3	Daniel Clayton	17		teamipswich	4:16.10
	L 4	Matthew Monie	18		Co Cambridge	4:14.83
	L 5	Sandijs Cecins	16		Colchester	4:15.40
	L 6	Thomas Ford	17		Basildon Ph	4:19.05
	L 7	Kian Lee	15		Co Peterboro	4:19.80
	L 8	Isaac Farrugia	16		Basildon Ph	4:21.60
H 5	L 1	Orlando Dearing	15		Co Peterboro	4:10.70
	L 2	Daniel McGuinness	17		Basildon Ph	4:06.55
	L 3	Daniel Belsey	15		Hatfield	4:06.07
	L 4	Matthew Baker	17		West Suffolk	3:54.60
	L 5	Daniel English	21		Hitchin	4:02.65
	L 6	Ryan Wall	16		Co Cambridge	4:06.20
	L 7	Patch Robinson	16		teamipswich	4:09.90
	L 8	Jack Swindale	15		Co Peterboro	4:14.70