

Start List

Event 301 Female 400m IM					Event 302 Open/Male 100m Backstroke					Event 303 Female 100m Freestyle										
H 1	L 3	Amelia Fenner	13	Basildon Ph	5:24.70	H 1	L 3	Peter Winter	43	S10	Newmarket	1:23.43	H 1	L 1	Mwaba Mkwasa	18	S8	Norwich Swan	1:23.83	
	L 4	Romilly Marks	17	Newmarket	5:23.41		L 4	Corey Hare	17	S14	teamipswich	1:07.60		L 2	Isabelle Talbot	16		Braintree	1:01.95	
	L 5	Ever Ives	14	Hatfield	5:24.10		L 5	Oliver Shergold	25	S9	Colchester P	1:22.90		L 3	Tigerlily Donald	15		Co St Albans	1:01.84	
H 2	L 1	Molly Grieve	18	Colchester	5:22.50	H 2	L 1	Aaron Peacock	16		Thetford	1:04.87	H 2	L 1	Francesca Barber	14		Co Norwich	1:01.70	
	L 2	Isabelle Cameron	16	Co Peterboro	5:19.17		L 2	Oscar Hunter	14		Norwich Swan	1:04.84		L 2	Weronika Mikolajewska	15		Co Peterboro	1:01.67	
	L 3	Olivia Minett	15	Co Peterboro	5:10.78		L 3	Evan McQuade	15		DunmowAtlant	1:04.65		L 3	Imogen Duffen	17		Co Cambridge	1:01.63	
	L 4	Annie McLeod	15	Putteridge	5:08.70		L 4	James Clarke	15		Co Norwich	1:04.55		L 4	Millie Harris	15		West Norfolk	1:01.51	
	L 5	Sadie Hunter	15	Co Peterboro	5:09.20		L 5	Joe Hammond	16		Co Norwich	1:04.62		L 5	Phoebe Howard	16		Norwich Swan	1:01.52	
	L 6	Gabriella Troman	14	teamipswich	5:18.69		L 6	Jude Staton	15		March	1:04.80		L 6	Romilly Marks	17		Newmarket	1:01.64	
	L 7	Amelia Saunders	15	St Felix Sch	5:20.20		L 7	Hayden Thornhill	17		Hoddesdon	1:04.85		L 7	Elizabeth Wright	16		West Suffolk	1:01.68	
	L 8	Lois Smith	13	Basildon Ph	5:23.00		L 8	Noah Mann	16		Newmarket	1:05.00		L 8	Danielle Rulton	25		Halstead	1:01.72	
H 3	L 1	Jasmine Hall	13	Basildon Ph	5:07.80	H 3	L 1	Finley Blackman	16		Biggleswade	1:04.31	H 3	L 1	Imola Jozsa	17		Putteridge	1:01.40	
	L 2	Chloe Barnard	14	Basildon Ph	5:00.89		L 2	Marton Molnar	14		Co Cambridge	1:03.70		L 2	Daisy Russell	15		DunmowAtlant	1:01.31	
	L 3	Matilda Ransome	17	Co Cambridge	4:54.79		L 3	Joshua Parker	14		Braintree	1:03.60		L 3	Genevieve White	15		Co Cambridge	1:01.30	
	L 4	Matilda Bogle	17	teamipswich	4:50.60		L 4	Robert Fenner	15		Basildon Ph	1:03.51		L 4	Erin Younger	16		Co St Albans	1:01.15	
	L 5	Cait Cotter	16	Chelmsford	4:51.40		L 5	Travis Vlotman	14		Co Norwich	1:03.53		L 5	Amelie Crabb	16		teamipswich	1:01.28	
	L 6	Lexie O'Connor	16	Basildon Ph	4:59.90		L 6	Jan Beblot	14		Norwich Swan	1:03.68		L 6	Jasmine Coleman	17		Norwich Swan	1:01.30	
	L 7	Hannah Willis	18	Co Peterboro	5:03.01		L 7	Rufus Carr	15		St Felix Sch	1:03.90		L 7	Shahd Mohamed	16		Co Peterboro	1:01.38	
	L 8	Lilly Davis	16	Co Peterboro	5:08.59		L 8	William Presland	18		Bushey	1:04.31		L 8	Adrija Raudonyte	15		Newmarket	1:01.48	
													H 4	L 1	Amy Boreham	17		Watford SC	1:01.06	
														L 2	Olivia Greenall	14		Co Norwich	1:00.90	
														L 3	Erin Uttridge	14		teamipswich	1:00.86	
														L 4	Cailin Hehir	15		Watford SC	1:00.71	
														L 5	Chloe Butler	19		St Ives	1:00.79	
														L 6	Ella Dawson	15		Chelmsford	1:00.90	
														L 7	Leah Harris	20		Norfolk Vikg	1:01.00	
														L 8	Amelia Saunders	15		St Felix Sch	1:01.10	
														H 5	L 1	Adel Zakrzewski	20		Co Norwich	1:00.60
															L 2	Anna-Lucia Fenner	17		Basildon Ph	1:00.28
															L 3	Louise Fiddes	22	S14	Hatfield	1:00.20
															L 4	Erin Currie	15		Hatfield	1:00.09
															L 5	Ever Ives	14		Hatfield	1:00.10
															L 6	Ruby Chapman	17		Norwich Swan	1:00.20
															L 7	Niamh James	22		Bishop Stort	1:00.50
															L 8	Lexie Goodman	16		Basildon Ph	1:00.63
														H 6	L 1	Darcy Gladwell	15		teamipswich	1:00.00
															L 2	Isobel Mather	16		Co Cambridge	59.70
															L 3	Jasmine Carter	14		Basildon Ph	59.54
															L 4	Jessica Medicott	16		Dunstable	59.50
															L 5	Charlotte Smith	16		Norwich Swan	59.51
															L 6	Ruby Greenhalf	18		Co Norwich	59.65
															L 7	Natalie Taylor	16		St Felix Sch	59.90
															L 8	Gabriela Gomez Pavon	16		Potters Bar	1:00.07

Start List

H 7	L 1	Katie Andrews	19	Norwich Swan	59.42	H 7	L 1	Ashley Coombs	22	Bushey	2:00.19
	L 2	Eloise Cole	15	Modernian	58.90		L 2	Daniel McGuinness	17	Basildon Ph	1:59.11
	L 3	Charlotte Williams	17	Hatfield	58.70		L 3	Ryan Wall	16	Co Cambridge	1:57.10
	L 4	Abigail Crawley	18	teamipswich	57.32		L 4	Jacques Bonsell	24	Co Cambridge	1:49.70
	L 5	Alexandra Nurney	13	Hatfield	58.20		L 5	Kai Adams	27	Halstead	1:55.24
	L 6	Katerina Di Maria	15	Co Norwich	58.80		L 6	Ben Davison	18	Hatfield	1:57.70
	L 7	Olivia Minett	15	Co Peterboro	59.20		L 7	Lloyd Battisson	18	Team Waveney	1:59.85
	L 8	Mia Lowe	16	Basildon Ph	59.50		L 8	Oscar Hunter	14	Norwich Swan	2:00.80
H 8	L 1	Jasmine Hall	13	Basildon Ph	59.42	H 8	L 1	Jack Abram	18	Co Norwich	2:00.00
	L 2	Jessica-Jane Applegate	27	S14 Co Norwich	58.90		L 2	Harrison Shaw	16	Flitwick	1:59.00
	L 3	Rebecca Johnson	18	DunmowAtlant	58.69		L 3	Daniel Belsey	15	Hatfield	1:56.50
	L 4	Grace Greenhalf	16	Co Norwich	56.97		L 4	Matthew Baker	17	West Suffolk	1:48.65
	L 5	Laura Burgess	17	Bishop Stort	57.92		L 5	Max Arnold	17	Harlow Pen	1:55.10
	L 6	Grace Robinson	14	St Felix Sch	58.80		L 6	Matthew Monie	18	Co Cambridge	1:57.59
	L 7	Hannah Willis	18	Co Peterboro	59.19		L 7	Damon Elliott	19	DunmowAtlant	1:59.77
	L 8	Beth Young	17	teamipswich	59.50		L 8	Nathan Birchenough	16	St Felix Sch	2:00.59
H 9	L 1	Emily Lush	21	Hatfield	59.20	Event 305 Female 50m Butterfly					
	L 2	Sophie Palmer	14	Basildon Ph	58.90	H 1	L 3	Poppy Magill	15	Putteridge	31.25
	L 3	Ellen Duffield	16	teamipswich	58.30		L 4	Alice Clark	18	West Suffolk	31.20
	L 4	Skye Carter	16	Basildon Ph	54.30		L 5	Jasmine Scott	12	Co St Albans	31.22
	L 5	Francesca Baber	17	Co Cambridge	57.90	H 2	L 1	Lucy Crocker	29	Stevenage	31.18
	L 6	Alexa Mann	17	Chelmsford	58.79		L 2	Mia Macklin	15	Braintree	31.13
	L 7	Emma Fields	17	Bishop Stort	59.16		L 3	Sophie Clark	19	Hitchin	31.04
	L 8	Lucy Young	18	Biggleswade	59.45		L 4	Lexie Goodman	16	Basildon Ph	30.97
Event 304 Open/Male 200m Freestyle							L 5	Sadie Hunter	15	Co Peterboro	31.00
H 1	L 3	Mark Evens	27	S14 Hitchin	2:34.30		L 6	Ciara McAuley	18	Saffron Wald	31.10
	L 4	Finlay Arnup	16	Norwich Swan	2:04.54		L 7	Imogen Duffen	17	Co Cambridge	31.17
	L 5	Corey Hare	17	S14 teamipswich	2:13.76		L 8	Summer Boswell	15	Hatfield	31.20
H 2	L 2	Rio Rogers	19	S14 Basildon Ph	2:04.37	H 3	L 1	Genevieve White	15	Co Cambridge	30.90
	L 3	Daniel Grimmer	17	West Norfolk	2:04.34		L 2	Evie Thompson	18	Hitchin	30.90
	L 4	Harrison Holmes	18	Team Waveney	2:04.23		L 3	Leonie Ammann	17	Co Cambridge	30.89
	L 5	Daniel Meier	16	Biggleswade	2:04.33		L 4	Molly Burrows	14	Co Peterboro	30.80
	L 6	Robert Fenner	15	Basildon Ph	2:04.35		L 5	Tanya Alexander	41	Team Waveney	30.89
	L 7	Hugo Raubitschek-Smith	15	Co St Albans	2:04.37		L 6	Rebecca Brown	16	West Suffolk	30.89
H 3	L 1	Massimo Girolami	15	Colchester	2:04.10		L 7	Evie Holmes	14	Linslade	30.90
	L 2	Luke Martell	17	Watford SC	2:03.48		L 8	Olivia Lydon	18	Co Cambridge	30.90
	L 3	Sebastian Newell	18	Co Peterboro	2:03.24	H 4	L 1	Phoebe Howard	16	Norwich Swan	30.80
	L 4	Jack Barnard	18	Watford SC	2:02.63		L 2	Anna-Lucia Fenner	17	Basildon Ph	30.73
	L 5	Evan McQuade	15	DunmowAtlant	2:02.93		L 3	Isabella Green	17	Co Norwich	30.70
	L 6	Cameron Jones	17	Modernian	2:03.31		L 4	Amelia Fenner	13	Basildon Ph	30.60
	L 7	Oscar Winterburn	15	teamipswich	2:04.04		L 5	Evelyn Clarke	15	Witham Dolph	30.69
	L 8	Charlie McKinnon	16	St Felix Sch	2:04.19		L 6	Ella Dawson	15	Chelmsford	30.70
H 4	L 1	Rufus Bennett	15	Co Peterboro	2:02.51		L 7	Melike Dagdelen	14	Putteridge	30.80
	L 2	Ollie O'Connor	15	Putteridge	2:02.40		L 8	Evie Greenhalf	13	Co Norwich	30.80
	L 3	James Williamson	16	Co Cambridge	2:02.28	H 5	L 1	Amerie Njawaya	13	Team Luton	30.50
	L 4	Josh Martin	17	Co Peterboro	2:02.24		L 2	Ayla Zolfaghari	12	Epping Fort	30.36
	L 5	Thomas Ford	17	Basildon Ph	2:02.24		L 3	Imola Jozsa	17	Putteridge	30.20
	L 6	Ryan Close	15	Modernian	2:02.35		L 4	Tia Hill	17	Co Ely	30.13
	L 7	Kian Lee	15	Co Peterboro	2:02.50		L 5	Katie Jeffrey	19	Hatfield	30.20
	L 8	Isaac Farrugia	16	Basildon Ph	2:02.61		L 6	Isabelle Cameron	16	Co Peterboro	30.20
H 5	L 1	Timon Chapman	21	S14 Norwich Swan	2:02.07		L 7	Jessica Medlicott	16	Dunstable	30.40
	L 2	Daryl Rands	26	Colchester	2:01.71		L 8	Yasmine Ollerenshaw	14	Flitwick	30.50
	L 3	Janos Kadar	16	Co Cambridge	2:01.30	H 6	L 1	Francesca Baber	17	Co Cambridge	30.02
	L 4	Zak Troman	16	teamipswich	2:01.11		L 2	Amelia Saunders	15	St Felix Sch	30.00
	L 5	Joshua Ellis	17	Hatfield	2:01.19		L 3	Amelie Passam	17	Norwich Swan	29.90
	L 6	Louis James	17	Co Norwich	2:01.70		L 4	Ellie Smith	15	Co Norwich	29.90
	L 7	Freddie Gardner	17	Runnymede	2:01.73		L 5	Sarah O'Brien	27	West Norfolk	29.90
	L 8	Joe Power	16	Basildon Ph	2:02.08		L 6	Kate Hopper	16	Berkhamsted	30.00
H 6	L 1	Joshua Sackree	15	Co Peterboro	2:00.36		L 7	Sophie Dowding	16	teamipswich	30.00
	L 2	Oliver Blight	17	Hatfield	1:59.71		L 8	Katerina Di Maria	15	Co Norwich	30.10
	L 3	Patch Robinson	16	teamipswich	1:57.50	H 7	L 1	Chloe Linney	15	Halstead	29.80
	L 4	William Ellard	17	S14 St Felix Sch	1:51.70		L 2	Amy Boreham	17	Watford SC	29.74
	L 5	Orlando Dearing	15	Co Peterboro	1:56.20		L 3	Shahd Mohamed	16	Co Peterboro	29.50
	L 6	Jack Swindale	15	Co Peterboro	1:58.90		L 4	Ellie-Rose Lyon	16	Co Norwich	29.30
	L 7	Lucas Hartley	16	Hatfield	1:59.93		L 5	Rebecca Johnson	18	DunmowAtlant	29.33
	L 8	Antonio Girolami	18	Colchester	2:00.99		L 6	Sophie Palmer	14	Basildon Ph	29.60
							L 7	Emily Pitcher	15	Norwich Swan	29.80
							L 8	Leah Harris	20	Norfolk Vikg	29.80

Start List

H 8	L 1	Amara Addison	16	Norwich Swan	29.30	H 5	L 1	Nathan Birchenough	16	St Felix Sch	27.56
	L 2	Emily Lush	21	Hatfield	29.20		L 2	Joe Power	16	Basildon Ph	27.50
	L 3	Megan Donovan	16	Co Peterboro	29.10		L 3	Josh Martin	17	Co Peterboro	27.41
	L 4	Olivia Minett	15	Co Peterboro	29.10		L 4	Lazaros Giarenis	14	Co Norwich	27.40
	L 5	Ellie King	23	Dunstable	29.10		L 5	Daniel Williams	15	Hatfield	27.40
	L 6	Chloe Armstrong	16	teamipswich	29.20		L 6	Sam Mead	21	Linslade	27.50
	L 7	Ella Coombes	15	Basildon Ph	29.23		L 7	Jake Moore	17	Potters Bar	27.51
	L 8	Ciara Taylor	18	St Ives	29.30		L 8	Ethan Martin	18	Thurrock	27.57
H 9	L 1	Alexandra Nurney	13	Hatfield	29.00	H 6	L 1	Zac Stacey	16	Hoddesdon	27.40
	L 2	Abigail Crawley	18	teamipswich	28.80		L 2	Harrison Holmes	18	Team Waveney	27.30
	L 3	Arabella Ward	17	Biggleswade	28.30		L 3	Rio Rogers	19	S14 Basildon Ph	27.30
	L 4	Charlotte Smith	16	Norwich Swan	27.50		L 4	Nathan Close	17	Modernian	27.30
	L 5	Megan Pye	21	Co Norwich	28.10		L 5	Jack Barnard	18	Watford SC	27.30
	L 6	Ruby Greenhalf	18	Co Norwich	28.60		L 6	Lewis Andrews	16	Norwich Swan	27.30
	L 7	Katie Andrews	19	Norwich Swan	28.90		L 7	Lloyd Battisson	18	Team Waveney	27.37
	L 8	Jasmine Carter	14	Basildon Ph	29.10		L 8	Ewan Thompson	17	St Ives	27.40
H 10	L 1	Alexa Mann	17	Chelmsford	29.00	H 7	L 1	Rhys Burrell	16	West Norfolk	27.20
	L 2	Olivia Greenall	14	Co Norwich	28.80		L 2	Dominic McCarthy	21	Hoddesdon	27.20
	L 3	Jessica Shaw	18	Co Peterboro	28.30		L 3	Harry Hudson	18	Norfolk Vikg	27.10
	L 4	Eloise Cole	15	Modernian	27.20		L 4	Kian Lee	15	Co Peterboro	27.10
	L 5	Millie Harris	15	West Norfolk	28.10		L 5	Daryl Rands	26	Colchester	27.10
	L 6	Ashley Ransome	28	Hatfield	28.40		L 6	Lewis Marston	21	Runnymede	27.18
	L 7	Verity Fuge	13	Co St Albans	28.80		L 7	Dylan Nutt	24	DunmowAtlant	27.20
	L 8	Jessica-Jane Applegate	27	S14 Co Norwich	29.00		L 8	Luke Flynn	18	Watford SC	27.26
H 11	L 1	Anouk Zecchini	17	Co Cambridge	28.95	H 8	L 1	Joshua Needham	16	St Neot Swan	26.97
	L 2	Tigerlily Donald	15	Co St Albans	28.74		L 2	Robert Addis	19	West Norfolk	26.80
	L 3	Georgia Holgate	16	Co Cambridge	28.20		L 3	Harrison Shaw	16	Flitwick	26.70
	L 4	Skye Carter	16	Basildon Ph	26.90		L 4	Riley Hall	16	Co Cambridge	26.60
	L 5	Grace Greenhalf	16	Co Norwich	28.10		L 5	Louis James	17	Co Norwich	26.60
	L 6	Emma Fields	17	Bishop Stort	28.40		L 6	Thomas Liddiard	17	Ware	26.80
	L 7	Vanesa Cimermanova	15	Co Peterboro	28.80		L 7	Joseph Wells	24	West Norfolk	26.90
	L 8	Beth Young	17	teamipswich	29.00		L 8	Billy Mead	18	Linslade	27.10
Event 306 Open/Male 50m Butterfly											
H 1	L 1	Daniel Grimmer	17	West Norfolk	28.20	H 9	L 1	Joshua Parker	14	Braintree	26.50
	L 2	Finlay Neve	15	Co Norwich	28.20		L 2	Toby Martin	16	Harpenden	26.20
	L 3	Jack Osborne	16	Deben	28.14		L 3	Callum Davis	23	Bishop Stort	25.20
	L 4	Daniel Boboye	16	Thurrock	28.10		L 4	James Woodward	23	Hatfield	24.32
	L 5	Evan McQuade	15	DunmowAtlant	28.10		L 5	Alex Mason	18	Potters Bar	24.90
	L 6	Joshua Ellis	17	Hatfield	28.20		L 6	Jack Abram	18	Co Norwich	25.60
	L 7	Elliot Megginson	16	St Ives	28.20		L 7	Christopher Williamson	18	Co Cambridge	26.30
	L 8	George Taylor	16	Bishop Stort	28.20		L 8	Danylo Kravchenko	14	New Hall	26.60
H 2	L 1	Jeffrey Gill	16	Watford SC	28.02	H 10	L 1	Ashley Coombs	22	Bushey	26.43
	L 2	Luke Morley	16	Hitchin	28.00		L 2	Rufus Bennett	15	Co Peterboro	26.00
	L 3	Oliver Blight	17	Hatfield	27.98		L 3	Joseph Bavey	18	Newmarket	25.00
	L 4	Ayobami Akindede	15	Thurrock	27.90		L 4	Henry Dean	17	Thurrock	24.30
	L 5	Saxon Minto	15	Chelmsford	27.97		L 5	Matthew Wright	25	Team Luton	24.90
	L 6	Ben Davison	18	Hatfield	28.00		L 6	Luka Page	17	West Suffolk	25.50
	L 7	Billy Cyl	15	Ware	28.00		L 7	Matthew Brown	18	Stowmarket	26.30
	L 8	James Noble	21	Norwich Swan	28.09		L 8	Tobias Oglesby	19	West Norfolk	26.50
H 3	L 1	Naim Harvey	15	Basildon Ph	27.90	H 11	L 1	Oliver Pike	16	Co Norwich	26.30
	L 2	Adam Hazlewood	19	Putteridge	27.80		L 2	Lewis Chapman	22	Stowmarket	25.84
	L 3	Joshua Sackree	15	Co Peterboro	27.79		L 3	Maddox Roberts	17	Witham Dolph	25.00
	L 4	Hugo Raubitschek-Smith	15	Co St Albans	27.74		L 4	Sam Townsend	19	Biggleswade	23.80
	L 5	Harrison Cox	16	DunmowAtlant	27.76		L 5	Matthew Aldred	18	Watford SC	24.80
	L 6	Orlando Dearing	15	Co Peterboro	27.80		L 6	Jake Thomas-Mansfield	23	West Suffolk	25.40
	L 7	Aaron Peacock	16	Thetford	27.87		L 7	Damon Elliott	19	DunmowAtlant	26.29
	L 8	Daniel Clayton	17	teamipswich	27.90		L 8	Ollie O'Connor	15	Putteridge	26.50
H 4	L 1	Dylan Davenport	14	Bishop Stort	27.70						
	L 2	Noah Mann	16	Newmarket	27.70						
	L 3	Sean Connolly	15	Epping For't	27.60						
	L 4	Jacob Ray	16	Basildon Ph	27.59						
	L 5	Jude Gunner	14	St Felix Sch	27.60						
	L 6	Joseph McGillivray	18	Co Norwich	27.60						
	L 7	Calin Bosianu	15	Watford SC	27.70						
	L 8	Benedict Measures	18	Norwich Swan	27.73						

Start List

Event 307 Female 200m Backstroke

H 1	L 3	Emilia Rayner	14	Halstead	2:31.56
	L 4	Olivia Lydon	18	Co Cambridge	2:31.39
	L 5	Maia Thompson	15	Team Waveney	2:31.41
	L 6	Erin Woodrow	16	West Norfolk	2:31.66
H 2	L 1	Summer Boswell	15	Hatfield	2:30.94
	L 2	Chloe Bellamy	16	West Norfolk	2:30.51
	L 3	Bethany Hamer	16	Linslade	2:30.10
	L 4	Olivia Mendham	15	Chelmsford	2:29.93
	L 5	Sophie O'Rorke	16	Chelmsford	2:29.96
	L 6	Holly Larbey	16	Biggleswade	2:30.38
	L 7	Lucy Clarke	13	Chelmsford	2:30.55
	L 8	Chloe Staines	17	Witham Dolph	2:31.36
H 3	L 1	Weronika Mikolajewska	15	Co Peterboro	2:29.50
	L 2	Lucy Calver	15	Putteridge	2:29.08
	L 3	Amelie Crabb	16	teamipswich	2:28.89
	L 4	Isabelle Talbot	16	Braintree	2:28.47
	L 5	Gabriella Troman	14	teamipswich	2:28.62
	L 6	O Wojcik-Jardzioch	17	Verulam	2:29.05
	L 7	Natalie Taylor	16	St Felix Sch	2:29.36
	L 8	Holly Enright	16	Watford SC	2:29.80
H 4	L 1	Jasmine Coleman	17	Norwich Swan	2:28.17
	L 2	Erin Currie	15	Hatfield	2:27.51
	L 3	Jessica Medicott	16	Dunstable	2:27.08
	L 4	Sophie Holliss	15	Co St Albans	2:26.57
	L 5	Adrija Raudonyte	15	Newmarket	2:26.80
	L 6	Adel Zakrzewski	20	Co Norwich	2:27.13
	L 7	Phoebe Matthews	16	Hatfield	2:27.70
	L 8	Sophie Green	16	Hatfield	2:28.20
H 5	L 1	Ellie Barth-Wehrenalp	13	Basildon Ph	2:24.53
	L 2	Georgina Munday	19	Co Norwich	2:23.18
	L 3	Isobel Mather	16	Co Cambridge	2:19.70
	L 4	Evangeline Pierce	16	Basildon Ph	2:16.77
	L 5	Megan Pye	21	Co Norwich	2:19.40
	L 6	Charlotte Williams	17	Hatfield	2:19.83
	L 7	Emily Pitcher	15	Norwich Swan	2:23.50
	L 8	Nicole Maynard	14	Basildon Ph	2:25.47
H 6	L 1	Francesca Howell	15	Chelmsford	2:23.80
	L 2	Amy Harper	16	Watford SC	2:22.30
	L 3	Ella Coombes	15	Basildon Ph	2:19.63
	L 4	Niamh James	22	Bishop Stort	2:14.33
	L 5	Hannah Willis	18	Co Peterboro	2:17.91
	L 6	Vanesa Cimermanova	15	Co Peterboro	2:19.80
	L 7	Lois Smith	13	Basildon Ph	2:23.50
	L 8	Camille Vannier	16	Hatfield	2:25.33
H 7	L 1	Erin Barber	13	Newmarket	2:23.60
	L 2	Amara Addison	16	Norwich Swan	2:20.27
	L 3	Clementine Lovell	14	teamipswich	2:19.55
	L 4	Matilda Bogle	17	teamipswich	2:12.81
	L 5	Megan Donovan	16	Co Peterboro	2:17.76
	L 6	Grace Robinson	14	St Felix Sch	2:19.71
	L 7	Beth Young	17	teamipswich	2:23.42
	L 8	Lucy Young	18	Biggleswade	2:25.19

Event 308 Mixed 200m Freestyle Team

H 1	L 2	Flitwick	Open	Flitwick	1:49.80
	L 3	Co St Albans B	Open	Co St Albans	1:47.00
	L 4	Co St Albans A	Open	Co St Albans	1:46.00
	L 5	Bishop Stort B	Open	Bishop Stort	1:46.50
	L 6	Ware	Open	Ware	1:48.00
H 2	L 1	Bishop Stort A	Open	Bishop Stort	1:44.50
	L 2	Co Peterboro B	Open	Co Peterboro	1:44.30
	L 3	DunmowAtlant	Open	DunmowAtlant	1:42.00
	L 4	Co Norwich	Open	Co Norwich	1:40.00
	L 5	Basildon Ph	Open	Basildon Ph	1:41.00
	L 6	Hatfield	Open	Hatfield	1:42.00
	L 7	Co Peterboro A	Open	Co Peterboro	1:44.30
	L 8	Watford SC	Open	Watford SC	1:45.00

Event 309 Female 1500m Freestyle

H 1	L 3	Keira-Mae Ingram	16	Co St Albans	18:42.04
	L 4	Cailin Hehir	15	Watford SC	18:13.48
	L 5	Lily Hayward	15	Epping For't	18:23.95