

Start List

<b>Event 501 Female 200m IM</b>												
H 1	L 3	Mwaba Mkwasa	18	SM8	Norwich Swan	3:25.48	H 5	L 1	William Presland	18	Bushey	29.70
	L 4	Bethany Crawley	15		teamipswich	2:33.70		L 2	Thomas Liddiard	17	Ware	29.56
	L 5	Holly Larbey	16		Biggleswade	2:33.87		L 3	Samuel Johnson	25	Halstead	29.43
	L 6	Ida Corcoran	14	SM9	Flitwick	3:42.14		L 4	Evan McQuade	15	DunmowAtlant	29.39
								L 5	Jude Gore	20	Linslade	29.40
								L 6	Rufus Carr	15	St Felix Sch	29.55
H 2	L 1	Imola Jozsa	17		Putteridge	2:33.55		L 7	Cameron Jones	17	Modernian	29.63
	L 2	Poppy Magill	15		Putteridge	2:33.17		L 8	Aaron Peacock	16	Thetford	29.77
	L 3	Elizabeth Wright	16		West Suffolk	2:32.31	H 6	L 1	Charlie Barrett	22	Co Norwich	29.36
	L 4	Sophie Holliss	15		Co St Albans	2:31.66		L 2	Ethan Thorpe	14	Basildon Ph	29.30
	L 5	Georgina Hamilton	15		Co St Albans	2:31.74		L 3	Albert Orley	15	Braintree	29.24
	L 6	Chloe Simpson	17		Watford SC	2:32.69		L 4	Billy Knibb	18	Linslade	29.23
	L 7	Lois Smith	13		Basildon Ph	2:33.43		L 5	Archie Tebbutt	13	New Hall	29.23
	L 8	Shahd Mohamed	16		Co Peterboro	2:33.60		L 6	Harrison Holmes	18	Team Waveney	29.25
								L 7	Alexander Kalverboer	17	Co St Albans	29.32
								L 8	Freddie Gardner	17	Runnymede	29.38
H 3	L 1	Amelia Saunders	15		St Felix Sch	2:30.90	H 7	L 1	Jake Moore	17	Potters Bar	29.05
	L 2	Alexandra Nurney	13		Hatfield	2:27.30		L 2	Marton Molnar	14	Co Cambridge	28.96
	L 3	Olivia Minett	15		Co Peterboro	2:25.00		L 3	Oliver Smith	16	Basildon Ph	28.90
	L 4	Niamh James	22		Bishop Stort	2:20.96		L 4	Orlando Dearing	15	Co Peterboro	28.89
	L 5	Isabelle Cameron	16		Co Peterboro	2:24.80		L 5	Thomas Small	17	Norwich Swan	28.90
	L 6	Grace Robinson	14		St Felix Sch	2:25.72		L 6	Ewan Thompson	17	St Ives	28.92
	L 7	Kate Hopper	16		Berkhamsted	2:29.40		L 7	Louis Allen	15	Chelmsford	29.00
	L 8	Isobel Mather	16		Co Cambridge	2:31.40		L 8	Joe Hammond	16	Co Norwich	29.20
H 4	L 1	Ellen Eccleston	16		Co Norwich	2:30.50	H 8	L 1	Danylo Kravchenko	14	New Hall	28.68
	L 2	Amy Boreham	17		Watford SC	2:26.80		L 2	Nathan Close	17	Modernian	28.25
	L 3	Lexie O'Connor	16		Basildon Ph	2:24.86		L 3	Luke Flynn	18	Watford SC	27.61
	L 4	Matilda Ransome	17		Co Cambridge	2:19.00		L 4	Alex Mason	18	Potters Bar	26.40
	L 5	Charlotte Williams	17		Hatfield	2:23.20		L 5	Nathanial Mapley	17	Co St Albans	26.97
	L 6	Jasmine Hall	13		Basildon Ph	2:25.60		L 6	Jack Eden	21	Co Norwich	28.04
	L 7	Madelyn Latimer-Hicks	19		St Felix Sch	2:29.38		L 7	Ryan Close	15	Modernian	28.43
	L 8	Lisa Leinemann	16		Chelmsford	2:31.13		L 8	Oliver Baskerville	15	Hatfield	28.80
H 5	L 1	Amy Harper	16		Watford SC	2:30.14	H 9	L 1	Matthew Brown	18	Stowmarket	28.58
	L 2	Jessica Medicott	16		Dunstable	2:26.00		L 2	Lloyd Battison	18	Team Waveney	28.16
	L 3	Lilly Davis	16		Co Peterboro	2:24.80		L 3	Matthew Monie	18	Co Cambridge	27.23
	L 4	Grace Greenhalf	16		Co Norwich	2:18.71		L 4	Maddox Roberts	17	Witham Dolph	26.25
	L 5	Clementine Lovell	14		teamipswich	2:22.70		L 5	Tobias Oglesby	19	West Norfolk	26.80
	L 6	Sophie Palmer	14		Basildon Ph	2:25.04		L 6	Ashley Coombs	22	Bushey	27.86
	L 7	Annie McLeod	15		Putteridge	2:29.26		L 7	Janos Kadar	16	Co Cambridge	28.42
	L 8	Sadie Hunter	15		Co Peterboro	2:31.04		L 8	Jacob Hayes	16	Bishop Stort	28.73
<b>Event 502 Open/Male 50m Backstroke</b>												
H 1	L 3	Adam Hussain	15		Putteridge	30.50	H 10	L 1	Harrison Shaw	16	Flitwick	28.49
	L 4	Harry Hudson	18		Norfolk Vikg	30.33		L 2	Jacob Ray	16	Basildon Ph	28.09
	L 5	William Murfitt	17		Biggleswade	30.46		L 3	Joseph McGillivray	18	Co Norwich	27.17
H 2	L 1	Oscar Hunter	14		Norwich Swan	30.31		L 4	Nathan Wells	25	West Norfolk	25.80
	L 2	Henry Mann	15		Norwich Swan	30.30		L 5	Mason Allen	17	Basildon Ph	26.47
	L 3	Hayden Thornhill	17		Hoddesdon	30.25		L 6	Ethan Martin	18	Thurrock	27.66
	L 4	Kian Lee	15		Co Peterboro	30.20		L 7	Joshua Parker	14	Braintree	28.40
	L 5	Kabir Patel	14		Potters Bar	30.20		L 8	Oliver Frame	18	Co Norwich	28.70
	L 6	Theo Bari	15		Saffron Wald	30.30						
	L 7	Naim Harvey	15		Basildon Ph	30.30						
	L 8	Louis James	17		Co Norwich	30.31						
H 3	L 1	Samuel Winslow	16		Co Cambridge	30.15						
	L 2	Robert Addis	19		West Norfolk	30.13						
	L 3	Robert Fenner	15		Basildon Ph	30.10						
	L 4	Daniel Pryke	17		Deben	30.00						
	L 5	Jude Staton	15		March	30.04						
	L 6	Billy Mead	18		Linslade	30.10						
	L 7	Harrison Cox	16		DunmowAtlant	30.13						
	L 8	Joshua Hutchinson	16		Harlow Pen	30.17						
H 4	L 1	Gagan Singh	17		Co Peterboro	29.98						
	L 2	Finley Blackman	16		Biggleswade	29.92						
	L 3	Toby Martin	16		Harpenden	29.90						
	L 4	Benedict Measures	18		Norwich Swan	29.87						
	L 5	James Baker	16		Chelmsford	29.90						
	L 6	James Renton	17		Potters Bar	29.90						
	L 7	James Williamson	16		Co Cambridge	29.95						
	L 8	Jan Beblot	14		Norwich Swan	30.00						

Start List

<b>Event 503 Female 50m Freestyle</b>					
H 1	L 2	Charlotte Ryan	23	S6	Runnymede 54.11
	L 3	Mwaba Mkwasa	18	S8	Norwich Swan 36.40
	L 4	Connie Ratley	15	S9	Colchester 31.31
	L 5	Lily Herring	15	S10	Norfolk Vikg 35.70
	L 6	Ida Corcoran	14	S9	Flitwick 39.60
H 2	L 1	Amelia Porzio	15		Putteridge 28.60
	L 2	Isabella Dolton	17		Tring 28.60
	L 3	Evelyn Clarke	15		Witham Dolph 28.53
	L 4	Erin Woodrow	16		West Norfolk 28.50
	L 5	Sophie Holliss	15		Co St Albans 28.52
	L 6	Amelie Passam	17		Norwich Swan 28.53
	L 7	Jasmine Coleman	17		Norwich Swan 28.60
	L 8	Isabel Thomas	15		Newmarket 28.60
H 3	L 1	Megan Jones	19		Flitwick 28.50
	L 2	Alice Green	16		Hatfield 28.50
	L 3	Cailin Hehir	15		Watford SC 28.44
	L 4	Sophia Thomas	16		Norwich Swan 28.40
	L 5	Ellie Catchpole	17		Leiston 28.40
	L 6	Erin Younger	16		Co St Albans 28.49
	L 7	Elizabeth England	17		Stowmarket 28.50
	L 8	Emily Pitcher	15		Norwich Swan 28.50
H 4	L 1	Elizabeth Wright	16		West Suffolk 28.40
	L 2	Lucy Crocker	29		Stevenage 28.34
	L 3	Megan Donovan	16		Co Peterboro 28.30
	L 4	Bethany Hamer	16		Linslade 28.30
	L 5	Chloe Armstrong	16		teamipswich 28.30
	L 6	Sophie Stelmach	14		Stevenage 28.30
	L 7	Adrija Raudonyte	15		Newmarket 28.38
	L 8	Imogen Tang	16		Bishop Stort 28.40
H 5	L 1	Nicole Maynard	14		Basildon Ph 28.22
	L 2	Erin Barber	13		Newmarket 28.20
	L 3	Lisa Leinemann	16		Chelmsford 28.10
	L 4	Adel Zakrzewski	20		Co Norwich 28.10
	L 5	Ella Dawson	15		Chelmsford 28.10
	L 6	Katie Jeffrey	19		Hatfield 28.15
	L 7	Amelie Crabb	16		teamipswich 28.22
	L 8	Alice Longman	16		Bishop Stort 28.28
H 6	L 1	Ruby Chapman	17		Norwich Swan 28.10
	L 2	Daisy Russell	15		DunmowAtlant 28.00
	L 3	Jessica Medicott	16		Dunstable 27.90
	L 4	Millie Harris	15		West Norfolk 27.90
	L 5	Amelia Lewis	14		teamipswich 27.90
	L 6	Shahd Mohamed	16		Co Peterboro 27.90
	L 7	Gabriela Gomez Pavon	16		Potters Bar 28.00
	L 8	Isla Hamilton	15		Norwich Swan 28.10
H 7	L 1	Megan Gray	16		Hatfield 27.88
	L 2	Beth Young	17		teamipswich 27.84
	L 3	Olivia Greenall	14		Co Norwich 27.80
	L 4	Niamh James	22		Bishop Stort 27.80
	L 5	Phoebe Howard	16		Norwich Swan 27.80
	L 6	Tigerlily Donald	15		Co St Albans 27.82
	L 7	Ella Coombes	15		Basildon Ph 27.85
	L 8	Isabella Green	17		Co Norwich 27.90
H 8	L 1	Imola Jozsa	17		Putteridge 27.70
	L 2	Darcy Gladwell	15		teamipswich 27.70
	L 3	Chloe Linney	15		Halstead 27.70
	L 4	Emma Fields	17		Bishop Stort 27.65
	L 5	Lexie O'Connor	16		Basildon Ph 27.70
	L 6	Anna-Lucia Fenner	17		Basildon Ph 27.70
	L 7	Ellie King	23		Dunstable 27.70
	L 8	Danielle Rulton	25		Halstead 27.72
H 9	L 1	Isobel Mather	16		Co Cambridge 27.60
	L 2	Ellie-Rose Lyon	16		Co Norwich 27.60
	L 3	Katie Andrews	19		Norwich Swan 27.40
	L 4	Connie Davies	17		Deben 27.33
	L 5	Vanessa Cimermanova	15		Co Peterboro 27.40
	L 6	Ever Ives	14		Hatfield 27.50
	L 7	Sarah O'Brien	27		West Norfolk 27.60
	L 8	Megan Maybanks	23		DunmowAtlant 27.65
H 10	L 1	Ruby Greenhalf	18		Co Norwich 27.30
	L 2	Arabella Ward	17		Biggleswade 27.20
	L 3	Grace Robinson	14		St Felix Sch 27.20
	L 4	Georgina Munday	19		Co Norwich 27.20
	L 5	Mia Lowe	16		Basildon Ph 27.20
	L 6	Verity Fuge	13		Co St Albans 27.20
	L 7	Natalie Taylor	16		St Felix Sch 27.30
	L 8	Imogen Duffen	17		Co Cambridge 27.32
H 11	L 1	Erin Currie	15		Hatfield 27.09
	L 2	Megan Pye	21		Co Norwich 26.80
	L 3	Charlotte Williams	17		Hatfield 26.70
	L 4	Grace Greenhalf	16		Co Norwich 26.30
	L 5	Francesca Baber	17		Co Cambridge 26.60
	L 6	Sophie Palmer	14		Basildon Ph 26.70
	L 7	Charlotte Smith	16		Norwich Swan 27.00
	L 8	Georgia Holgate	16		Co Cambridge 27.19
H 12	L 1	Alexandra Nurney	13		Hatfield 27.00
	L 2	Amara Addison	16		Norwich Swan 26.80
	L 3	Ellen Duffield	16		teamipswich 26.65
	L 4	Abigail Crawley	18		teamipswich 26.28
	L 5	Matilda Bogle	17		teamipswich 26.50
	L 6	Jessica Shaw	18		Co Peterboro 26.70
	L 7	Katerina Di Maria	15		Co Norwich 27.00
	L 8	Jasmine Carter	14		Basildon Ph 27.13
H 13	L 1	Alexa Mann	17		Chelmsford 27.00
	L 2	Rebecca Johnson	18		DunmowAtlant 26.71
	L 3	Emily Lush	21		Hatfield 26.60
	L 4	Skye Carter	16		Basildon Ph 24.30
	L 5	Eloise Cole	15		Modernian 26.30
	L 6	Laura Burgess	17		Bishop Stort 26.70
	L 7	Jessica-Jane Applegate	27	S14	Co Norwich 26.80
	L 8	Olivia Minett	15		Co Peterboro 27.10
<b>Event 504 Open/Male 200m Breaststroke</b>					
H 1	L 2	Oliver Fuller	13		Co Ely 2:40.78
	L 3	Finlay Neve	15		Co Norwich 2:40.70
	L 4	Thomas Deaton	17		Newmarket 2:40.62
	L 5	Cillian O'Brien	15		Co Ely 2:40.66
	L 6	Robert Elliston	17		Braintree 2:40.76
	L 7	Austin Harrop	17		Co Cambridge 2:40.93
H 2	L 1	Daniel De Filippo	14		Flitwick 2:39.90
	L 2	Thomas Spelman	16		Stowmarket 2:39.31
	L 3	George Little	15		Modernian 2:38.85
	L 4	Alexander Ball	16		Potters Bar 2:38.40
	L 5	Henry Mann	15		Norwich Swan 2:38.80
	L 6	James McGettigan	14		Runnymede 2:39.23
	L 7	Max Thomas	17		Flitwick 2:39.70
	L 8	Samuel Howard	16		Hoddesdon 2:40.26
H 3	L 1	Daniel Boboye	16		Thurrock 2:37.50
	L 2	David Badcock	17		Bishop Stort 2:36.52
	L 3	Tyler Stone	13		Co Norwich 2:34.80
	L 4	Rhys Burrell	16		West Norfolk 2:33.80
	L 5	Gagan Singh	17		Co Peterboro 2:34.68
	L 6	Szymon Pierzecki	14		Witham Dolph 2:36.14
	L 7	Matthew McLaughlin	30		DunmowAtlant 2:37.37
	L 8	Sandijs Cecins	16		Colchester 2:38.03

Start List

				<b>Event 506 Open/Male 100m Butterfly</b>								
H 4	L 1	Samuel Jeffrey	16	Hatfield	2:32.83							
	L 2	Charlie Ruddell	14	teamipswich	2:28.90							
	L 3	Reece Burns	15	Chelmsford	2:26.50	H 1	L 3	Harry Arnold-Pepper	15	S9	Co Cambridge	1:21.10
	L 4	Lawrence Palmer	31	Putteridge	2:17.30		L 4	Corey Hare	17	S14	teamipswich	1:06.02
	L 5	Edward Ormsby	16	Co Cambridge	2:24.00		L 5	Mark Evens	27	S14	Hitchin	1:18.85
	L 6	Daryl Rands	26	Colchester	2:27.68							
	L 7	James Noble	21	Norwich Swan	2:31.20	H 2	L 1	Roan Brennan	17	S10	Basildon Ph	1:03.00
	L 8	George Lovelock	18	Hitchin	2:33.33		L 2	Nathan Close	17		Modernian	1:02.67
H 5	L 1	Luke Payne	19	Hatfield	2:32.76		L 3	Judah Subba	16		Co St Albans	1:02.28
	L 2	Charlie McKinnon	16	St Felix Sch	2:28.01		L 4	Joshua Ellis	17		Hatfield	1:02.15
	L 3	Josh Martin	17	Co Peterboro	2:26.26		L 5	Ethan Thorpe	14		Basildon Ph	1:02.22
	L 4	Freddie Laws	20	West Norfolk	2:15.10		L 6	Harry Hudson	18		Norfolk Vikg	1:02.44
	L 5	Daniel Holliss	17	Co St Albans	2:23.90		L 7	Billy Cyl	15		Ware	1:02.70
	L 6	Benjamin Taggart	16	Watford SC	2:26.84	H 3	L 1	Oscar Hunter	14		Norwich Swan	1:02.08
	L 7	Samuel Winslow	16	Co Cambridge	2:30.69		L 2	Benedict Measures	18		Norwich Swan	1:01.85
	L 8	Antonio Girolami	18	Colchester	2:33.23		L 3	Isaac Farrugia	16		Basildon Ph	1:01.73
H 6	L 1	Samuel Johnson	25	Halstead	2:32.52		L 4	Joshua Parker	14		Braintree	1:01.44
	L 2	Saxon Minto	15	Chelmsford	2:27.80		L 5	Orlando Dearing	15		Co Peterboro	1:01.70
	L 3	Joshua Sackree	15	Co Peterboro	2:25.44		L 6	Daniel Meier	16		Biggleswade	1:01.80
	L 4	Olivier Vedrenne	18	Co Norwich	2:11.90		L 7	Jack Eden	21		Co Norwich	1:01.99
	L 5	Ben Buckley	16	Co Norwich	2:20.90		L 8	Dylan Nutt	24		DunmowAtlant	1:02.14
	L 6	Lewis Andrews	16	Norwich Swan	2:26.80	H 4	L 1	Calin Bosianu	15		Watford SC	1:01.30
	L 7	Lucas Hartley	16	Hatfield	2:30.50		L 2	Daniel Clayton	17		teamipswich	1:01.15
	L 8	Adam Hazlewood	19	Putteridge	2:33.13		L 3	Ewan Thompson	17		St Ives	1:01.10
							L 4	Edward Ormsby	16		Co Cambridge	1:00.80
							L 5	Danylo Kravchenko	14		New Hall	1:01.10
							L 6	Sandijs Cecins	16		Colchester	1:01.12
							L 7	Robert Addis	19		West Norfolk	1:01.17
							L 8	Joshua Sackree	15		Co Peterboro	1:01.37
						H 5	L 1	Jack Barnard	18		Watford SC	1:00.67
							L 2	Timon Chapman	21	S14	Norwich Swan	1:00.33
							L 3	Charlie Barrett	22		Co Norwich	1:00.01
							L 4	Ollie O'Connor	15		Putteridge	59.80
							L 5	Rio Rogers	19	S14	Basildon Ph	1:00.00
							L 6	Toby Martin	16		Harpenden	1:00.30
							L 7	Jacob Ray	16		Basildon Ph	1:00.57
							L 8	Billy Mead	18		Linslade	1:00.70
						H 6	L 1	Riley Hall	16		Co Cambridge	59.48
							L 2	Damon Elliott	19		DunmowAtlant	58.97
							L 3	Jason Ho	17		Hatfield	57.96
							L 4	William Ellard	17	S14	St Felix Sch	55.30
							L 5	Jake Thomas-Mansfield	23		West Suffolk	56.37
							L 6	Ryan Close	15		Modernian	58.20
							L 7	Louis James	17		Co Norwich	59.13
							L 8	Tobias Oglesby	19		West Norfolk	59.80
						H 7	L 1	Matthew Brown	18		Stowmarket	59.40
							L 2	Kian Lee	15		Co Peterboro	58.90
							L 3	Nikita Charykin	17		Thurrock	57.40
							L 4	Matthew Aldred	18		Watford SC	54.50
							L 5	Maddox Roberts	17		Witham Dolph	56.00
							L 6	Luka Page	17		West Suffolk	58.20
							L 7	Jack Abram	18		Co Norwich	59.10
							L 8	Jude Gunner	14		St Felix Sch	59.70
						H 8	L 1	Joseph Wells	24		West Norfolk	59.39
							L 2	Oliver Pike	16		Co Norwich	58.70
							L 3	Callum Davis	23		Bishop Stort	57.40
							L 4	James Woodward	23		Hatfield	52.70
							L 5	Henry Dean	17		Thurrock	55.50
							L 6	Harrison Shaw	16		Flitwick	58.20
							L 7	Zak Troman	16		teamipswich	59.00
							L 8	Jake Lloyd	28		Bishop Stort	59.68

**Event 505 Female 200m Breaststroke**

H 1	L 3	Miriam Moukdad	17	Bishop Stort	2:52.78
	L 4	Chloe Simpson	17	Watford SC	2:52.38
	L 5	Tia Hill	17	Co Ely	2:52.55
	L 6	Sadie Rowe	16	Colchester	2:52.94
H 2	L 1	Amelia Murphy	16	Witham Dolph	2:51.96
	L 2	Isabel White	14	Biggleswade	2:50.46
	L 3	Molly Grieve	18	Colchester	2:48.48
	L 4	Holly Larbey	16	Biggleswade	2:46.90
	L 5	Jessica Sanford	18	Norwich Swan	2:47.29
	L 6	Weronika Mikolajewska	15	Co Peterboro	2:49.40
	L 7	S Harrison-Mirauer	16	Co St Albans	2:51.75
	L 8	Bethany Crawley	15	teamipswich	2:52.30
H 3	L 1	Caitlin Richardson	18	Norwich Swan	2:43.96
	L 2	Clementine Lovell	14	teamipswich	2:39.50
	L 3	Daisy Mixer	17	Norwich Swan	2:38.30
	L 4	Sophie Payne	21	Putteridge	2:33.04
	L 5	Sarah O'Brien	27	West Norfolk	2:37.12
	L 6	Ella Greatbatch	15	Bishop Stort	2:38.40
	L 7	Megan Gray	16	Hatfield	2:42.13
	L 8	Yan Ting Emily Pak	14	Co Cambridge	2:44.60
H 4	L 1	Lauren Gore	17	Bishop Stort	2:42.59
	L 2	Chloe Butler	19	St Ives	2:39.40
	L 3	Cait Cotter	16	Chelmsford	2:38.15
	L 4	Beth Young	17	teamipswich	2:31.35
	L 5	Rebecca Keetley	19	Co Cambridge	2:35.30
	L 6	Lilly Davis	16	Co Peterboro	2:38.40
	L 7	Ellie Smith	15	Co Norwich	2:41.96
	L 8	Isla Hamilton	15	Norwich Swan	2:44.10
H 5	L 1	Georgina Hamilton	15	Co St Albans	2:42.47
	L 2	Charlisse Harding	14	Norwich Swan	2:38.80
	L 3	Isabelle Cameron	16	Co Peterboro	2:38.00
	L 4	Caitlin Hartley	19	Hatfield	2:28.10
	L 5	Matilda Ransome	17	Co Cambridge	2:33.38
	L 6	Isabella Porzio	19	Putteridge	2:38.38
	L 7	Ellen Eccleston	16	Co Norwich	2:40.90
	L 8	Elizabeth Wright	16	West Suffolk	2:44.08

Start List

Event 507 Female 100m Butterfly						Event 508 Open/Male 100m IM							
H 1	L 1	Connie Ratley	15	S9	Colchester	1:18.06	H 1	L 3	Joshua Parker	14	Braintree	1:05.88	
	L 2	Nell Coster	15		Berkhamsted	1:09.99		L 4	Chun Ho Chan	14	Watford SC	1:05.82	
	L 3	Katerina Di Maria	15		Co Norwich	1:09.80		L 5	Oliver Baskerville	15	Hatfield	1:05.85	
	L 4	Genevieve White	15		Co Cambridge	1:09.72	H 2	L 2	Reece Burns	15	Chelmsford	1:05.60	
	L 5	Melike Dagdelen	14		Putteridge	1:09.77		L 3	Orlando Dearing	15	Co Peterboro	1:05.49	
	L 6	Honor Beverstock	14		Hatfield	1:09.84		L 4	Naim Harvey	15	Basildon Ph	1:05.46	
	L 7	Lily Steel	13		teamipswich	1:09.99		L 5	Oliver Solomon	17	Tring	1:05.48	
	L 8	Ida Corcoran	14	S9	Flitwick	1:45.38		L 6	Daniel Grimmer	17	West Norfolk	1:05.58	
H 2	L 1	Mia Macklin	15		Braintree	1:08.87		L 7	Jacob Hayes	16	Bishop Stort	1:05.68	
	L 2	Verity Fuge	13		Co St Albans	1:08.55	H 3	L 1	Ewan Thompson	17	St Ives	1:05.37	
	L 3	Isabella Porzio	19		Putteridge	1:08.40		L 2	Benjamin Taggart	16	Watford SC	1:05.12	
	L 4	Jasmine Coleman	17		Norwich Swan	1:07.74		L 3	Atikan To	17	Ware	1:04.74	
	L 5	Ciara Taylor	18		St Ives	1:08.30		L 4	Finlay Neve	15	Co Norwich	1:04.64	
	L 6	Lucy Clarke	13		Chelmsford	1:08.44		L 5	William Presland	18	Bushey	1:04.67	
	L 7	Lily Murrell	14		Norwich Swan	1:08.78		L 6	Sean Diggins	17	Gt Yarmouth	1:04.85	
	L 8	Chloe Linney	15		Halstead	1:09.63		L 7	Gagan Singh	17	Co Peterboro	1:05.26	
H 3	L 1	Ayla Zolfaghari	12		Epping Fort	1:07.59		L 8	Evan McQuade	15	DunmowAtlant	1:05.43	
	L 2	Emily Pitcher	15		Norwich Swan	1:07.28	H 4	L 1	Antonio Girolami	18	Colchester	1:04.25	
	L 3	Kate Hopper	16		Berkhamsted	1:07.11		L 2	Dylan Nutt	24	DunmowAtlant	1:04.20	
	L 4	Amy Boreham	17		Watford SC	1:06.98		L 3	Saxon Minto	15	Chelmsford	1:04.01	
	L 5	Tigerlily Donald	15		Co St Albans	1:07.00		L 4	Oliver Pike	16	Co Norwich	1:03.94	
	L 6	Ella Coombes	15		Basildon Ph	1:07.14		L 5	Austin Harrop	17	Co Cambridge	1:04.00	
	L 7	Chloe Armstrong	16		teamipswich	1:07.50		L 6	Riley Hall	16	Co Cambridge	1:04.14	
	L 8	Ellie King	23		Dunstable	1:07.70		L 7	Henry Dean	17	Thurrock	1:04.22	
H 4	L 1	Chloe Butler	19		St Ives	1:05.74		L 8	Josh Martin	17	Co Peterboro	1:04.58	
	L 2	Jessica-Jane Applegate	27	S14	Co Norwich	1:05.00	H 5	L 1	Harrison Holmes	18	Team Waveney	1:03.70	
	L 3	Sadie Hunter	15		Co Peterboro	1:04.10		L 2	Thomas Liddiard	17	Ware	1:03.58	
	L 4	Georgia Holgate	16		Co Cambridge	1:02.30		L 3	Oliver Blight	17	Hatfield	1:03.27	
	L 5	Hannah Willis	18		Co Peterboro	1:03.40		L 4	Joseph McGillivray	18	Co Norwich	1:03.10	
	L 6	Ruby Greenhalf	18		Co Norwich	1:04.70		L 5	Danylo Kravchenko	14	New Hall	1:03.20	
	L 7	Olivia Minett	15		Co Peterboro	1:05.50		L 6	James Williamson	16	Co Cambridge	1:03.43	
	L 8	Jessica Medlicott	16		Dunstable	1:06.97		L 7	Samuel Winslow	16	Co Cambridge	1:03.58	
H 5	L 1	Millie Harris	15		West Norfolk	1:05.70		L 8	Robert Addis	19	West Norfolk	1:03.93	
	L 2	Megan Pye	21		Co Norwich	1:04.80	H 6	L 1	Ben Davison	18	Hatfield	1:02.49	
	L 3	Jasmine Carter	14		Basildon Ph	1:04.04		L 2	Jake Moore	17	Potters Bar	1:01.96	
	L 4	Charlotte Smith	16		Norwich Swan	1:01.40		L 3	Lewis Chapman	22	Stowmarket	1:00.97	
	L 5	Grace Greenhalf	16		Co Norwich	1:02.80		L 4	Matthew Baker	17	West Suffolk	58.37	
	L 6	Louise Fiddes	22	S14	Hatfield	1:04.70		L 5	Luke Flynn	18	Watford SC	1:00.25	
	L 7	Olivia Greenall	14		Co Norwich	1:05.28		L 6	Daryl Rands	26	Colchester	1:01.35	
	L 8	Rebecca Johnson	18		DunmowAtlant	1:06.76		L 7	Luka Page	17	West Suffolk	1:02.10	
H 6	L 1	Emma Fields	17		Bishop Stort	1:05.62		L 8	Ben Buckley	16	Co Norwich	1:03.01	
	L 2	Anouk Zecchini	17		Co Cambridge	1:04.70	H 7	L 1	Lucas Hartley	16	Hatfield	1:02.40	
	L 3	Megan Donovan	16		Co Peterboro	1:03.51		L 2	Edward Ormsby	16	Co Cambridge	1:01.77	
	L 4	Skye Carter	16		Basildon Ph	1:00.30		L 3	Louis James	17	Co Norwich	1:00.73	
	L 5	Eloise Cole	15		Modernian	1:02.40		L 4	Olivier Vedrenne	18	Co Norwich	57.58	
	L 6	Abigail Crawley	18		teamipswich	1:04.30		L 5	Freddie Laws	20	West Norfolk	1:00.09	
	L 7	Vanesa Cimermanova	15		Co Peterboro	1:05.24		L 6	Joshua Sackree	15	Co Peterboro	1:01.19	
	L 8	Amelia Fenner	13		Basildon Ph	1:06.00		L 7	Ashley Coombs	22	Bushey	1:02.08	
								L 8	Charlie Barrett	22	Co Norwich	1:02.63	
							H 8	L 1	Timon Chapman	21	SM14	Norwich Swan	1:02.29
								L 2	Ethan Martin	18	Thurrock	1:01.73	
								L 3	Nathaniel Mapley	17	Co St Albans	1:00.26	
								L 4	Nathan Wells	25	West Norfolk	56.96	
								L 5	Kai Adams	27	Halstead	58.94	
								L 6	Maddox Roberts	17	Witham Dolph	1:01.02	
								L 7	Daniel Holliss	17	Co St Albans	1:02.06	
								L 8	Joseph Wells	24	West Norfolk	1:02.63	

Start List

**Event 509 Female 400m Freestyle**

H 1	L 1	Charlotte Ryan	23	S6	Runnymede	9:00.81
	L 2	Lily Herring	15	S10	Norfolk Vikg	5:41.10
	L 3	Gabriella Troman	14		teamipswich	4:47.00
	L 4	Francesca Howell	15		Chelmsford	4:46.20
	L 5	Erin Uttridge	14		teamipswich	4:46.50
	L 6	Abigail Riches	15		Co Norwich	4:47.00
	L 7	Ida Corcoran	14	S9	Flitwick	6:25.96
H 2	L 1	Aislin Foley-Wright	16		Basildon Ph	4:46.08
	L 2	Emma Fields	17		Bishop Stort	4:45.47
	L 3	Millie Richardson	17		Hatfield	4:44.09
	L 4	Darcy Gladwell	15		teamipswich	4:42.03
	L 5	Keira-Mae Ingram	16		Co St Albans	4:44.08
	L 6	Niamh O'Meara	17		Watford SC	4:45.33
	L 7	Florence Crowley	17		Co St Albans	4:46.06
	L 8	Evie Anema	23		Co Cambridge	4:46.10
H 3	L 1	Amelia Fenner	13		Basildon Ph	4:40.70
	L 2	Sadie Hunter	15		Co Peterboro	4:40.60
	L 3	Olivia Minett	15		Co Peterboro	4:40.20
	L 4	Ella Dawson	15		Chelmsford	4:39.40
	L 5	Romilly Marks	17		Newmarket	4:40.01
	L 6	Amelia Saunders	15		St Felix Sch	4:40.20
	L 7	Erin Younger	16		Co St Albans	4:40.63
	L 8	Amelia Porzio	15		Putteridge	4:41.80
H 4	L 1	Connie Davies	17		Deben	4:37.85
	L 2	Cailin Hehir	15		Watford SC	4:36.00
	L 3	Ruby Chapman	17		Norwich Swan	4:35.73
	L 4	Ellie Barth-Wehrenalp	13		Basildon Ph	4:33.80
	L 5	Ever Ives	14		Hatfield	4:34.70
	L 6	Adel Zakrzewski	20		Co Norwich	4:35.91
	L 7	Olivia Fletcher	20		Basildon Ph	4:37.74
	L 8	Weronika Mikolajewska	15		Co Peterboro	4:38.12
H 5	L 1	Jasmine Hall	13		Basildon Ph	4:31.30
	L 2	Madelyn Latimer-Hicks	19		St Felix Sch	4:30.19
	L 3	Annie McLeod	15		Putteridge	4:27.45
	L 4	Cait Cotter	16		Chelmsford	4:19.30
	L 5	Matilda Bogle	17		teamipswich	4:20.20
	L 6	Alexa Mann	17		Chelmsford	4:29.00
	L 7	Francesca Baber	17		Co Cambridge	4:30.85
	L 8	Lexie Goodman	16		Basildon Ph	4:32.56