

Start List

H 6	L 1	Sebastian Newell	18		Co Peterboro	55.20	H 4	L 1	Connie Davies	17	Deben	2:10.23	
	L 2	Timon Chapman	21	S14	Norwich Swan	55.18		L 2	Adel Zakrzewski	20	Co Norwich	2:09.20	
	L 3	Roan Brennan	17	S10	Basildon Ph	55.10		L 3	Abigail Crawley	18	teamipswich	2:07.55	
	L 4	Dylan Davenport	14		Bishop Stort	55.00		L 4	Grace Greenhalf	16	Co Norwich	2:05.05	
	L 5	Janos Kadar	16		Co Cambridge	55.10		L 5	Grace Robinson	14	St Felix Sch	2:07.20	
	L 6	Billy Mead	18		Linslade	55.13		L 6	Alexa Mann	17	Chelmsford	2:08.30	
	L 7	Sam Mead	21		Linslade	55.20		L 7	Lexie Goodman	16	Basildon Ph	2:09.51	
	L 8	Guy Semple	19		Co Cambridge	55.37		L 8	Cailin Hehir	15	Watford SC	2:10.58	
H 7	L 1	Charlie Barrett	22		Co Norwich	54.81	H 5	L 1	Ella Dawson	15	Chelmsford	2:10.15	
	L 2	Jamie Comitti	14		Basildon Ph	54.80		L 2	Annie McLeod	15	Putteridge	2:08.53	
	L 3	Dominic McCarthy	21		Hoddesdon	54.76		L 3	Cait Cotter	16	Chelmsford	2:07.48	
	L 4	James Williamson	16		Co Cambridge	54.70		L 4	Matilda Bogle	17	teamipswich	2:04.80	
	L 5	Louis James	17		Co Norwich	54.74		L 5	Francesca Baber	17	Co Cambridge	2:06.10	
	L 6	Jack Swindale	15		Co Peterboro	54.80		L 6	Jasmine Hall	13	Basildon Ph	2:07.80	
	L 7	Harry Hudson	18		Norfolk Vikg	54.80		L 7	Alexandra Nurney	13	Hatfield	2:09.40	
	L 8	Freddie Gardner	17		Runnymede	54.90		L 8	Madelyn Latimer-Hicks	19	St Felix Sch	2:10.48	
H 8	L 1	Lucas Hartley	16		Hatfield	54.70	H 6	L 1	Isobel Mather	16	Co Cambridge	2:10.10	
	L 2	Oliver Blight	17		Hatfield	54.66		L 2	Sophie Palmer	14	Basildon Ph	2:08.42	
	L 3	Daryl Rands	26		Colchester	54.63		L 3	Lexie O'Connor	16	Basildon Ph	2:07.38	
	L 4	Nathan Birchenough	16		St Felix Sch	54.51		L 4	Skye Carter	16	Basildon Ph	2:02.53	
	L 5	Austin Lillywhite	20		Biggleswade	54.53		L 5	Jessica-Jane Applegate	27	S14	Co Norwich	2:05.80
	L 6	Lloyd Battisson	18		Team Waveney	54.63		L 6	Louise Fiddes	22	S14	Hatfield	2:07.70
	L 7	Jake Moore	17		Potters Bar	54.66		L 7	Sophie Dowding	16	teamipswich	2:09.20	
	L 8	Harrison Shaw	16		Flitwick	54.70		L 8	Ruby Chapman	17	Norwich Swan	2:10.32	
H 9	L 1	Jacob Ray	16		Basildon Ph	54.38	Event 605 Open/Male 50m Breaststroke						
	L 2	Joshua Sackree	15		Co Peterboro	53.80	H 1	L 1	Alexander Ball	16	Potters Bar	33.17	
	L 3	Riley Hall	16		Co Cambridge	53.10		L 2	Ethan Harris	19	Theftord	33.05	
	L 4	William Ellard	17	S14	St Felix Sch	50.30		L 3	Dylan Nutt	24	DunmowAtlant	32.98	
	L 5	Jack Abram	18		Co Norwich	52.70		L 4	Charlie Ruddell	14	teamipswich	32.80	
	L 6	Ethan Martin	18		Thurrock	53.49		L 5	Martin Hailes	49	Team Waveney	32.95	
	L 7	Ollie O'Connor	15		Putteridge	53.90		L 6	Henry Mann	15	Norwich Swan	33.00	
	L 8	Harrison Holmes	18		Team Waveney	54.50		L 7	Oliver Solomon	17	Tring	33.16	
H 10	L 1	Joseph Wells	24		West Norfolk	54.31		L 8	Evan McQuade	15	DunmowAtlant	33.24	
	L 2	Jake Thomas-Mansfield	23		West Suffolk	53.78	H 2	L 1	Szymon Pierzecki	14	Witham Dolph	32.77	
	L 3	Kai Adams	27		Halstead	52.85		L 2	Tyler Stone	13	Co Norwich	32.70	
	L 4	Matthew Baker	17		West Suffolk	49.90		L 3	Thomas Liddiard	17	Ware	32.70	
	L 5	Ashley Coombs	22		Bushey	52.39		L 4	Harrison Cox	16	DunmowAtlant	32.53	
	L 6	Ben Davison	18		Hatfield	53.40		L 5	Oliver McNeill	18	St Ives	32.60	
	L 7	Alexander Kalverboer	17		Co St Albans	53.88		L 6	Sean Diggins	17	Gt Yarmouth	32.70	
	L 8	Max Arnold	17		Harlow Pen	54.50		L 7	Jack Webb	15	Witham Dolph	32.73	
H 11	L 1	Finlay Arnup	16		Norwich Swan	53.95		L 8	George Jones	14	Harlow Pen	32.80	
	L 2	Damon Elliott	19		DunmowAtlant	53.50	H 3	L 1	Gagan Singh	17	Co Peterboro	32.50	
	L 3	Tobias Oglesby	19		West Norfolk	52.79		L 2	James Noble	21	Norwich Swan	32.45	
	L 4	Maddox Roberts	17		Witham Dolph	49.50		L 3	Finlay Neve	15	Co Norwich	32.40	
	L 5	Matthew Wright	25		Team Luton	50.50		L 4	Luke Payne	19	Hatfield	32.30	
	L 6	Joshua Parker	14		Braintree	53.30		L 5	Austin Everitt	17	Norwich Swan	32.31	
	L 7	Evan McQuade	15		DunmowAtlant	53.80		L 6	Thomas Ellis	17	Dereham	32.40	
	L 8	Ryan Wall	16		Co Cambridge	54.40		L 7	Harvey Durham	15	Co Norwich	32.50	
Event 604 Female 200m Freestyle													
H 1	L 3	Romilly Marks	17		Newmarket	2:13.33	H 4	L 1	Riley Hall	16	Co Cambridge	32.20	
	L 4	Erin Currie	15		Hatfield	2:13.06		L 2	Ollie O'Connor	15	Putteridge	32.10	
	L 5	Chloe Butler	19		St Ives	2:13.17		L 3	Chun Ho Chan	14	Watford SC	31.90	
H 2	L 1	Jasmine Coleman	17		Norwich Swan	2:12.62		L 4	Ashley Coombs	22	Bushey	31.86	
	L 2	Erin Younger	16		Co St Albans	2:12.50		L 5	Benjamin Taggart	16	Watford SC	31.90	
	L 3	Darcy Gladwell	15		teamipswich	2:12.20		L 6	Timon Chapman	21	SB14	Norwich Swan	32.00
	L 4	Natalie Taylor	16		St Felix Sch	2:11.75		L 7	Jack Read	17	Runnymede	32.10	
	L 5	Weronika Mikolajewska	15		Co Peterboro	2:12.02		L 8	Atikan To	17	Ware	32.20	
	L 6	Erin Uttridge	14		teamipswich	2:12.30	H 5	L 1	Austin Harrop	17	Co Cambridge	31.79	
	L 7	Ever Ives	14		Hatfield	2:12.58		L 2	Luke Holman	21	Thurrock	31.68	
H 3	L 1	Olivia Minett	15		Co Peterboro	2:11.40		L 3	Adam Hazlewood	19	Putteridge	31.50	
	L 2	Lisa Leinemann	16		Chelmsford	2:11.10		L 4	Rhys Burrell	16	West Norfolk	31.40	
	L 3	Gabriela Gomez Pavon	16		Potters Bar	2:10.90		L 5	Nathaniel Mapley	17	Co St Albans	31.41	
	L 4	Emma Fields	17		Bishop Stort	2:10.79		L 6	James McGettigan	14	Runnymede	31.50	
	L 5	Genevieve White	15		Co Cambridge	2:10.90		L 7	Jeffrey Gill	16	Watford SC	31.73	
	L 6	Katerina Di Maria	15		Co Norwich	2:10.90		L 8	Antonio Girolami	18	Colchester	31.84	
	L 7	Jessica Medicott	16		Dunstable	2:11.13							
	L 8	Evangelina Pierce	16		Basildon Ph	2:11.57							

Start List

H 6	L 1	Jake Thomas-Mansfield	23	West Suffolk	31.31	H 4	L 1	Rachael Carpenter	16	Ware	36.20
	L 2	Samuel Winslow	16	Co Cambridge	31.30		L 2	Amy Boreham	17	Watford SC	36.08
	L 3	Lucas Hartley	16	Hatfield	31.20		L 3	Ellie Catchpole	17	Leiston	35.96
	L 4	Charlie McKinnon	16	St Felix Sch	31.20		L 4	Chloe Simpson	17	Watford SC	35.87
	L 5	Louis James	17	Co Norwich	31.20		L 5	Katie Jeffrey	19	Hatfield	35.90
	L 6	Billy Mead	18	Linslade	31.30		L 6	Isabella Dolton	17	Tring	36.00
	L 7	George Lovelock	18	Hitchin	31.30		L 7	Isabel White	14	Biggleswade	36.10
	L 8	Jake Moore	17	Potters Bar	31.36		L 8	Pemberley Hornigold	16	West Norfolk	36.24
H 7	L 1	Reece Burns	15	Chelmsford	31.10	H 5	L 1	Georgina Hamilton	15	Co St Albans	35.80
	L 2	Billy Knibb	18	Linslade	31.00		L 2	Megan Jones	19	Flitwick	35.70
	L 3	Harrison Holmes	18	Team Waveney	30.90		L 3	Elizabeth Wright	16	West Suffolk	35.55
	L 4	Daniel Boboye	16	Thurrock	30.80		L 4	Miriam Moukdad	17	Bishop Stort	35.40
	L 5	Judah Subba	16	Co St Albans	30.90		L 5	S Harrison-Mirauer	16	Co St Albans	35.41
	L 6	William Presland	18	Bushey	30.99		L 6	Louise Fiddes	22	SB14 Hatfield	35.70
	L 7	Luka Page	17	West Suffolk	31.07		L 7	Holly Larbey	16	Biggleswade	35.76
	L 8	Oliver Blight	17	Hatfield	31.12		L 8	Shahd Mohamed	16	Co Peterboro	35.86
H 8	L 1	Ben Buckley	16	Co Norwich	30.60	H 6	L 1	Sadie Rowe	16	Colchester	35.29
	L 2	Daniel Holliss	17	Co St Albans	30.30		L 2	Olivia Riley	17	Hatfield	35.20
	L 3	Joshua Sackree	15	Co Peterboro	29.70		L 3	Amelia Porzio	15	Putteridge	35.20
	L 4	Freddie Laws	20	West Norfolk	28.70		L 4	Caitlin McNicholas	18	Deben	35.10
	L 5	Daryl Rands	26	Colchester	29.50		L 5	Ellen Eccleston	16	Co Norwich	35.10
	L 6	Maddox Roberts	17	Witham Dolph	30.05		L 6	Charlisse Harding	14	Norwich Swan	35.20
	L 7	Kai Adams	27	Halstead	30.44		L 7	Isabella Porzio	19	Putteridge	35.27
	L 8	Sam Mead	21	Linslade	30.80		L 8	Molly Grieve	18	Colchester	35.30
H 9	L 1	Joseph Burns	17	Chelmsford	30.50	H 7	L 1	Gigi Raubitschek-Smith	13	Co St Albans	35.00
	L 2	Finlay Ryan	24	West Norfolk	30.28		L 2	Alice Field	18	Ware	34.90
	L 3	Luke Flynn	18	Watford SC	29.70		L 3	Evie Brown	18	Watford SC	34.90
	L 4	Olivier Vedrenne	18	Co Norwich	28.00		L 4	Niamh James	22	Bishop Stort	34.80
	L 5	Edward Ormsby	16	Co Cambridge	29.40		L 5	Caitlin Richardson	18	Norwich Swan	34.90
	L 6	Lewis Chapman	22	Stowmarket	30.00		L 6	Tessa Quayle	15	St Ives	34.90
	L 7	Samuel Johnson	25	Halstead	30.34		L 7	Lucy Crocker	29	Stevenage	35.00
	L 8	Josh Martin	17	Co Peterboro	30.70		L 8	Tia Hill	17	Co Ely	35.09
H 10	L 1	Jack Renouf	17	Hoddesdon	30.50	H 8	L 1	Imola Jozsa	17	Putteridge	34.60
	L 2	Lewis Marston	21	Runnymede	30.06		L 2	Jessica Sanford	18	Norwich Swan	34.50
	L 3	Dominic McCarthy	21	Hoddesdon	29.60		L 3	Alice Green	16	Hatfield	34.40
	L 4	Lawrence Palmer	31	Putteridge	26.50		L 4	Isabella Green	17	Co Norwich	34.30
	L 5	Austin Lillywhite	20	Biggleswade	29.20		L 5	Ellie Smith	15	Co Norwich	34.33
	L 6	Lewis Andrews	16	Norwich Swan	29.80		L 6	Georgina Munday	19	Co Norwich	34.50
	L 7	Saxon Minto	15	Chelmsford	30.30		L 7	Cait Cotter	16	Chelmsford	34.57
	L 8	Matthew McLaughlin	30	DunmowAtlant	30.69		L 8	Amelia Murphy	16	Witham Dolph	34.70
Event 606 Female 50m Breaststroke											
H 1	L 1	Alice Clark	18	West Suffolk	37.10	H 9	L 1	Anna-Lucia Fenner	17	Basildon Ph	33.81
	L 2	Holly Underdown	14	Braintree	37.08		L 2	Lilly Davis	16	Co Peterboro	33.20
	L 3	Robyn Hartley	17	Hatfield	37.00		L 3	Molly Lee	22	West Norfolk	32.80
	L 4	Alice Longman	16	Bishop Stort	36.93		L 4	Jasmine Carter	14	Basildon Ph	32.00
	L 5	Madeline Pawle	17	Leiston	37.00		L 5	Rebecca Keetley	19	Co Cambridge	32.40
	L 6	Daisy Russell	15	DunmowAtlant	37.06		L 6	Ella Greatbatch	15	Bishop Stort	32.80
	L 7	Neve Jones	15	Biggleswade	37.10		L 7	Daisy Mixer	17	Norwich Swan	33.30
	L 8						L 8	Lexie O'Connor	16	Basildon Ph	34.04
H 2	L 1	Shannon Stubbs	19	Co Norwich	36.80	H 10	L 1	Lauren Gore	17	Bishop Stort	33.40
	L 2	Bethany Crawley	15	teamipswich	36.78		L 2	Sarah O'Brien	27	West Norfolk	33.20
	L 3	Alina Turchyn	17	Co Cambridge	36.70		L 3	Sophie Payne	21	Putteridge	32.70
	L 4	Amara Addison	16	Norwich Swan	36.60		L 4	Beth Young	17	teamipswich	31.70
	L 5	Samantha Wickert	18	Leighton Buz	36.70		L 5	Katie Andrews	19	Norwich Swan	32.10
	L 6	Eloise Minto	12	Chelmsford	36.74		L 6	Ellie-Rose Lyon	16	Co Norwich	32.80
	L 7	Emily Lowe	15	Modernian	36.80		L 7	Phoebe Howard	16	Norwich Swan	33.30
	L 8	Lisa Leinemann	16	Chelmsford	36.80		L 8	Isla Hamilton	15	Norwich Swan	34.00
H 3	L 1	Freya Cox	12	Norwich Swan	36.60	H 11	L 1	Ellen Duffield	16	teamipswich	33.40
	L 2	Verity Fuge	13	Co St Albans	36.46		L 2	Isabelle Cameron	16	Co Peterboro	33.00
	L 3	Zoe Land	17	Gt Yarmouth	36.33		L 3	Charlotte Williams	17	Hatfield	32.50
	L 4	Hollie Heighes	15	Braintree	36.30		L 4	Ashley Ransome	28	Hatfield	31.00
	L 5	Katrina Dolton	16	Tring	36.31		L 5	Caitlin Hartley	19	Hatfield	32.00
	L 6	Olivia Skittrell	16	West Norfolk	36.40		L 6	Mia Lowe	16	Basildon Ph	32.80
	L 7	Isobel Jarman	15	Witham Dolph	36.47		L 7	Yan Ting Emily Pak	14	Co Cambridge	33.30
	L 8	Nicole Peddely	13	teamipswich	36.60		L 8	Megan Gray	16	Hatfield	33.92

Start List

Event 607 Open/Male 200m Backstroke

H 1	L 3	Jude Staton	15	March	2:22.00
	L 4	Luke Martell	17	Watford SC	2:21.48
	L 5	Henry Mann	15	Norwich Swan	2:21.58
H 2	L 1	Nathaniel Mapley	17	Co St Albans	2:21.20
	L 2	Corey Hare	17	teamipswich	2:20.85
	L 3	William Leese	15	Co Cambridge	2:20.11
	L 4	Finley Blackman	16	Biggleswade	2:19.89
	L 5	Harvey Isle	18	West Norfolk	2:19.92
	L 6	Daniel Grimmer	17	West Norfolk	2:20.67
	L 7	Kian Lee	15	Co Peterboro	2:21.01
	L 8	Zak Fellows	14	Co St Albans	2:21.29
H 3	L 1	Spencer Battisson	15	Team Waveney	2:19.28
	L 2	Nathan Yeaman	16	West Norfolk	2:18.60
	L 3	Norbert Kadar	14	Co Cambridge	2:18.31
	L 4	Jacob Hayes	16	Bishop Stort	2:16.05
	L 5	Albert Orley	15	Braintree	2:17.78
	L 6	Freddie Gardner	17	Runnymede	2:18.54
	L 7	Marton Molnar	14	Co Cambridge	2:18.71
	L 8	Lewis Archer	26	Halstead	2:19.45
H 4	L 1	Oscar Winterburn	15	teamipswich	2:15.13
	L 2	Ethan Thorpe	14	Basildon Ph	2:13.60
	L 3	Sandijs Cecins	16	Colchester	2:09.86
	L 4	Nikita Charykin	17	Thurrock	2:05.30
	L 5	Matthew Aldred	18	Watford SC	2:07.22
	L 6	Orlando Dearing	15	Co Peterboro	2:12.97
	L 7	Oliver Frame	18	Co Norwich	2:14.40
	L 8	Samuel Jeffrey	16	Hatfield	2:15.49
H 5	L 1	Louis Allen	15	Chelmsford	2:15.10
	L 2	Ryan Close	15	Modernian	2:13.30
	L 3	Janos Kadar	16	Co Cambridge	2:09.74
	L 4	Myles Turner	23	West Suffolk	2:04.70
	L 5	Oliver Baskerville	15	Hatfield	2:07.10
	L 6	Alexander Kalverboer	17	Co St Albans	2:11.79
	L 7	Thomas Ford	17	Basildon Ph	2:14.34
	L 8	Danylo Kravchenko	14	New Hall	2:15.22
H 6	L 1	Jack Eden	21	Co Norwich	2:14.55
	L 2	Lloyd Battisson	18	Team Waveney	2:13.10
	L 3	Oliver Smith	16	Basildon Ph	2:09.74
	L 4	Nathan Wells	25	West Norfolk	2:02.04
	L 5	Matthew Monie	18	Co Cambridge	2:07.03
	L 6	Ryan Wall	16	Co Cambridge	2:11.66
	L 7	Robert Fenner	15	Basildon Ph	2:13.93
	L 8	Cameron Jones	17	Modernian	2:15.20

Event 608 Mixed 200m Medley Team

H 1	L 2	Flitwick	Open	Flitwick	2:02.34
	L 3	Ware	Open	Ware	2:00.00
	L 4	Co Peterboro B	Open	Co Peterboro	1:56.00
	L 5	Co St Albans B	Open	Co St Albans	1:58.00
	L 6	Team Waveney	Open	Team Waveney	2:00.00
H 2	L 1	Bishop Stort A	Open	Bishop Stort	1:55.00
	L 2	Watford SC	Open	Watford SC	1:54.00
	L 3	Co Peterboro A	Open	Co Peterboro	1:51.00
	L 4	Basildon Ph	Open	Basildon Ph	1:48.00
	L 5	Hatfield	Open	Hatfield	1:49.00
	L 6	DunmowAtlant	Open	DunmowAtlant	1:52.00
	L 7	Bishop Stort B	Open	Bishop Stort	1:55.00
	L 8	Co St Albans A	Open	Co St Albans	1:55.00

Event 609 Open/Male 800m Freestyle

H 1	L 3	Daniel Williams	15	Hatfield	9:12.06
	L 4	George Hooper	16	Co St Albans	9:03.77
	L 5	Charlie McKinnon	16	St Felix Sch	9:06.80
	L 6	Ben Howlett	16	teamipswich	9:12.80

FINALS SESSION

H 2	L 1	Daniel Thompson	16	Thurrock	8:54.16
	L 2	Orlando Dearing	15	Co Peterboro	8:46.60
	L 3	Patch Robinson	16	teamipswich	8:37.50
	L 4	Daniel English	21	Hitchin	8:17.04
	L 5	Ryan Wall	16	Co Cambridge	8:33.90
	L 6	Daniel Belsey	15	Hatfield	8:37.90
	L 7	Jack Swindale	15	Co Peterboro	8:53.30
	L 8	Kian Lee	15	Co Peterboro	9:03.40