

## Start List

<b>Event 431 Female 50m Butterfly</b>					<b>Event 432 Open/Male 50m Butterfly</b>						
H 1	L 3	Lilia Burgoyne	15	Co Norwich	31.10	H 10	L 1	Matilda Bogle	18	teamipswich	28.91
	L 4	Ruby Brace	16	Co Peterboro	31.00		L 2	Vanesa Cimermanova	16	Co Peterboro	28.60
	L 5	Honor Beverstock	15	Hatfield	31.02		L 3	Charlotte Williams	18	Hatfield	28.40
H 2	L 1	Francesca Barber	15	Co Norwich	30.90		L 4	Skye Carter	17	Basildon Ph	26.90
	L 2	Elena Stent	16	Basildon Ph	30.90		L 5	Georgia Holgate	17	Co Cambridge	27.96
	L 3	Evie Holmes	15	Linslade	30.80		L 6	Sophie Palmer	15	Basildon Ph	28.40
	L 4	Hannah Zyss	19	Basildon Ph	30.73		L 7	Olivia Minett	16	Co Peterboro	28.80
	L 5	Anna-Lucia Fenner	18	Basildon Ph	30.73		L 8	Lara Treharne	17	Co Peterboro	29.00
	L 6	Lily Murrell	15	Norwich Swan	30.80	<b>Event 432 Open/Male 50m Butterfly</b>					
	L 7	Poppy Magill	16	Putteridge	30.90	H 1	L 3	Finlay German	15	Co Cambridge	29.49
	L 8	Amelia Porzio	16	Putteridge	31.00		L 4	Kabir Patel	15	Potters Bar	29.21
H 3	L 1	Isabella Green	18	Co Norwich	30.70		L 5	Ramsey Gill	15	Co St Albans	29.48
	L 2	Hannah McNicholas	17	Deben	30.70		L 6	Ashton Lowe	15	Saffron Wald	29.50
	L 3	Sophie Roberts	15	teamipswich	30.66	H 2	L 1	William Ward	15	Hoddesdon	29.01
	L 4	Clementine Lovell	15	teamipswich	30.51		L 2	Jamie Wilson	15	West Norfolk	29.00
	L 5	Evelyn Clarke	16	Witham Dolph	30.60		L 3	Alfie Bullock	16	Cheshunt	28.70
	L 6	Isobel Mather	17	Co Cambridge	30.69		L 4	Rafferty May	16	Watford SC	28.60
	L 7	Tia Hill	18	Co Ely	30.70		L 5	Theodore Monk	16	Co Cambridge	28.70
	L 8	Elise Delapperall	18	Thurrock	30.70		L 6	Osehon Ojiekhudu	15	Thurrock	28.90
H 4	L 1	Hollie Gilbertson	15	Co Norwich	30.50		L 7	Harry Bird	15	Putteridge	29.00
	L 2	Sadie Hunter	16	Co Peterboro	30.42		L 8	Alfie Rowland	15	Stowmarket	29.06
	L 3	Teah Gregory	16	Stevenage	30.25	H 3	L 1	Lee Boka	16	Basildon Ph	28.60
	L 4	Katie Jeffrey	20	Hatfield	30.20		L 2	Nonso Nwabueze	15	Bo Southend	28.60
	L 5	Melike Dagdelen	15	Putteridge	30.20		L 3	Rhys Thomas	16	Linslade	28.30
	L 6	Mia Macklin	16	Braintree	30.30		L 4	Reece Burns	16	Chelmsford	28.10
	L 7	Daisy Russell	16	DunmowAtlant	30.50		L 5	Hayden Garrod	16	Team Waveney	28.30
	L 8	Yasmine Ollerenshaw	15	Flitwick	30.50		L 6	Aiden Futter	16	Norwich Swan	28.40
H 5	L 1	Jasmine Coleman	18	Norwich Swan	30.10		L 7	Zilvinas Simkus	16	Co Peterboro	28.60
	L 2	Rebecca Keetley	20	Co Cambridge	30.10		L 8	Jan Beblot	15	Norwich Swan	28.60
	L 3	Sophie Dowding	17	teamipswich	30.00	H 4	L 1	Marcus King	16	Putteridge	28.00
	L 4	Amelia Saunders	16	St Felix Sch	30.00		L 2	Daniel De Filippo	15	Flitwick	27.90
	L 5	Kate Hopper	17	Berkhamsted	30.00		L 3	Ayobami Akindele	16	Thurrock	27.90
	L 6	Imola Jozsa	18	Hatfield	30.00		L 4	James McGettigan	15	Thurrock	27.70
	L 7	Charlotte Pound	15	Putteridge	30.10		L 5	Frank Jacob	15	Co Cambridge	27.70
	L 8	Chloe Butler	20	St Ives	30.10		L 6	Naim Harvey	16	Basildon Ph	27.90
H 6	L 1	Jessica Medlicott	17	Dunstable	29.90		L 7	Oliver Davey	15	Co Cambridge	28.00
	L 2	Leah Harris	21	Norfolk Vikg	29.80		L 8	Volodymyr Ignatiev	15	Bishop Stort	28.03
	L 3	Lucy Wheeler	24	Bishop Stort	29.70	H 5	L 1	Freddie Gardner	18	Thurrock	27.50
	L 4	Sophia Moule	17	Chelmsford	29.62		L 2	Sam Mead	22	Linslade	27.50
	L 5	Molly Burrows	15	Co Peterboro	29.70		L 3	Liam Barnett	37	Co Cambridge	27.43
	L 6	Amy Boreham	18	Watford SC	29.74		L 4	Finlay Arnup	17	Norwich Swan	27.40
	L 7	Amy Meyer	15	Biggleswade	29.80		L 5	Joshua Sackree	16	Co Peterboro	27.41
	L 8	Isabelle Cameron	17	Co Peterboro	29.91		L 6	Maxwell Hozier	15	Hoddesdon	27.49
H 7	L 1	Millie Fields	20	Co Norwich	29.50		L 7	Billy Cyl	16	Ware	27.50
	L 2	Emily Pitcher	16	Norwich Swan	29.50		L 8	Harry Cooper	16	Bo Southend	27.60
	L 3	Jessica Shaw	19	Co Peterboro	29.33	H 6	L 1	Ewan Thompson	18	St Ives	27.40
	L 4	Chloe Linney	16	Halstead	29.20		L 2	Ryan Ingram	16	Co St Albans	27.31
	L 5	Amara Addison	17	Norwich Swan	29.30		L 3	Lewis Andrews	17	Norwich Swan	27.30
	L 6	Connie Davies	18	Deben	29.49		L 4	Theo Bari	16	Saffron Wald	27.30
	L 7	Beth Young	18	teamipswich	29.50		L 5	Jack Osborne	17	Deben	27.30
	L 8	Grace Robinson	15	St Felix Sch	29.60		L 6	Nathan Close	18	Bedford SS	27.30
H 8	L 1	Alexa Mann	18	Chelmsford	29.00		L 7	Daniel Williams	16	Hatfield	27.40
	L 2	Olivia Greenall	15	Co Norwich	28.77		L 8	Jude Gunner	15	S14 St Felix Sch	27.40
	L 3	Ashley Ransome	29	Hatfield	28.40	H 7	L 1	Lazaros Giarenis	15	Co Norwich	27.30
	L 4	Charlotte Smith	17	Norwich Swan	27.50		L 2	Jake Lloyd	29	Bishop Stort	27.20
	L 5	Millie Harris	16	West Norfolk	28.10		L 3	Luke Morley	17	Hitchin	27.20
	L 6	Ruby Greenhalf	19	Co Norwich	28.60		L 4	Noah Mann	17	Newmarket	27.20
	L 7	Chloe Armstrong	17	teamipswich	28.90		L 5	Rio Rogers	20	S14 Basildon Ph	27.20
	L 8	Megan Donovan	17	Co Peterboro	29.10		L 6	Dylan Nutt	25	DunmowAtlant	27.20
H 9	L 1	Anouk Zecchini	18	Co Cambridge	28.95		L 7	Rhys Burrell	17	West Norfolk	27.20
	L 2	Shahd Mohamed	17	Co Peterboro	28.66		L 8	Oliver Baskerville	16	Hatfield	27.30
	L 3	Emma Fields	18	Bishop Stort	28.40						
	L 4	Eloise Cole	16	Bedford SS	27.20						
	L 5	Megan Pye	22	Co Norwich	28.10						
	L 6	Jasmine Carter	15	Basildon Ph	28.50						
	L 7	Abigail Crawley	19	teamipswich	28.80						
	L 8	Hannah Willis	19	Co Peterboro	29.00						

Start List

H 8	L 1	Charlie Stanbury	19	Potters Bar	27.15	H 4	L 1	Gabriella Troman	15	teamipswich	2:11.92
	L 2	Harry Hudson	19	Norfolk Vikg	27.10		L 2	Ellen Duffield	17	teamipswich	2:11.71
	L 3	Billy Mead	19	Linslade	27.10		L 3	Amelie Crabb	17	teamipswich	2:11.54
	L 4	Benedict Measures	19	Norwich Swan	27.00		L 4	Erin Currie	16	Hatfield	2:11.44
	L 5	James Noble	22	Norwich Swan	27.09		L 5	Sadie Hunter	16	Co Peterboro	2:11.45
	L 6	Riley Bashford	18	Deben	27.10		L 6	Evangeline Pierce	17	Basildon Ph	2:11.57
	L 7	Ronnie Edwards	16	Rochford	27.10		L 7	Millie Richardson	18	Hatfield	2:11.79
	L 8	Thomas Hamilton	23	Co Cambridge	27.20		L 8	Weronika Mikolajewska	16	Co Peterboro	2:12.02
H 9	L 1	Joshua Needham	17	St Neot Swan	26.97	H 5	L 1	Lisa Leinemann	17	Chelmsford	2:11.10
	L 2	Samuel Rose	21	West Norfolk	26.80		L 2	Genevieve White	16	Co Cambridge	2:10.90
	L 3	Robert Addis	20	West Norfolk	26.80		L 3	Olivia Greenall	15	Co Norwich	2:10.74
	L 4	Harrison Shaw	17	Flitwick	26.70		L 4	Ruby Chapman	18	Norwich Swan	2:10.32
	L 5	Ethan Martin	19	Thurrock	26.70		L 5	Erin Younger	17	Co St Albans	2:10.70
	L 6	Joe Power	17	Basildon Ph	26.80		L 6	Katie Jeffrey	20	Hatfield	2:10.83
	L 7	Jack Barnard	19	Watford SC	26.88		L 7	Darcy Gladwell	16	teamipswich	2:10.96
	L 8	Finlay Neve	16	Co Norwich	27.00		L 8	Anabelle Kett	15	Co Peterboro	2:11.20
H 10	L 1	Oliver Pike	17	Co Norwich	26.30	H 6	L 1	Cailin Hehir	16	Watford SC	2:08.86
	L 2	Ryan Close	16	Bedford SS	26.10		L 2	Sophie Palmer	15	Basildon Ph	2:07.63
	L 3	Callum Davis	24	Bishop Stort	25.60		L 3	Alexa Mann	18	Chelmsford	2:06.05
	L 4	Henry Dean	18	Thurrock	24.30		L 4	Grace Greenhalf	17	Co Norwich	2:03.36
	L 5	Thomas Liddiard	18	Ware	25.30		L 5	Grace Robinson	15	St Felix Sch	2:04.84
	L 6	Lewis Chapman	23	Stowmarket	25.80		L 6	Sophie Dowding	17	teamipswich	2:06.67
	L 7	Timon Chapman	22	Norwich Swan	26.20		L 7	Chloe Barnard	15	Basildon Ph	2:08.41
	L 8	Sean Connolly	16	Epping Fort	26.70		L 8	Isobel Mather	17	Co Cambridge	2:10.10
H 11	L 1	Tobias Oglesby	20	West Norfolk	26.30	H 7	L 1	Ever Ives	15	Hatfield	2:08.70
	L 2	Joshua Parker	15	Braintree	26.00		L 2	Lexie O'Connor	17	Basildon Ph	2:07.38
	L 3	Jake Thomas-Mansfield	24	West Suffolk	25.50		L 3	Francesca Baber	18	Co Cambridge	2:05.95
	L 4	Maddox Roberts	18	Witham Dolph	24.15		L 4	Ruby Wheeler	18	Basildon Ph	2:02.74
	L 5	Harry Jones	24	Co Norwich	24.80		L 5	Cait Cotter	17	Chelmsford	2:03.88
	L 6	Nathan Wells	26	West Norfolk	25.60		L 6	Lucy Wheeler	24	Bishop Stort	2:06.40
	L 7	Charlie Barrett	23	Co Norwich	26.10		L 7	Annie McLeod	16	Putteridge	2:07.99
	L 8	Devesh Kapoor	21	Co Norwich	26.50		L 8	Lexie Goodman	17	Basildon Ph	2:09.51
H 12	L 1	Riley Hall	17	Co Cambridge	26.30	H 8	L 1	Olivia Minett	16	Co Peterboro	2:08.68
	L 2	Rufus Bennett	16	Co Peterboro	26.00		L 2	Adel Zakrzewski	21	Co Norwich	2:06.71
	L 3	Joseph Bavey	19	Newmarket	25.40		L 3	Jessica Medlicott	17	Dunstable	2:04.88
	L 4	Matthew Wright	26	Team Luton	24.10		L 4	Skye Carter	17	Basildon Ph	1:59.85
	L 5	Joshua Shepherd	16	Thurrock	24.70		L 5	Matilda Bogle	18	teamipswich	2:03.45
	L 6	Jack Abram	19	Co Norwich	25.60		L 6	Jessica-Jane Applegate	28	Co Norwich	2:06.40
	L 7	Zach Townend	21	Co Norwich	26.10	S14	L 7	Abigail Crawley	19	teamipswich	2:07.70
	L 8	Daryl Rands	27	Colchester	26.40		L 8	Ella Dawson	16	Chelmsford	2:09.39

**Event 433 Female 200m Freestyle**

H 1	L 2	Martha Bentley	15	Epping Fort	2:16.51
	L 3	Honor Beverstock	15	Hatfield	2:15.80
	L 4	Georgina Hamilton	16	Co St Albans	2:14.79
	L 5	Eleanor McLeod	16	Putteridge	2:14.80
	L 6	Charlotte Pound	15	Putteridge	2:16.50
	L 7	Ella Deaton	15	Newmarket	2:17.06
H 2	L 1	Antonia Elias	15	Hatfield	2:14.41
	L 2	Francesca Barber	15	Co Norwich	2:14.25
	L 3	Yasmine Ollerenshaw	15	Flitwick	2:13.96
	L 4	Amelia Porzio	16	Putteridge	2:13.00
	L 5	Nicole Maynard	15	Basildon Ph	2:13.80
	L 6	Olivia Mendham	16	Chelmsford	2:14.24
	L 7	Isabel Thomas	16	Newmarket	2:14.25
	L 8	Emily Pitcher	16	Norwich Swan	2:14.62
H 3	L 1	Natalie Taylor	17	St Felix Sch	2:12.80
	L 2	Amy Meyer	15	Biggleswade	2:12.70
	L 3	Emma Fields	18	Bishop Stort	2:12.44
	L 4	Erin Uttridge	15	teamipswich	2:12.30
	L 5	Millie Harris	16	West Norfolk	2:12.43
	L 6	Jasmine Coleman	18	Norwich Swan	2:12.62
	L 7	Amelia Lewis	15	teamipswich	2:12.75
	L 8	Anna-Lucia Fenner	18	Basildon Ph	2:12.99

Start List

**Event 434 Open/Male 200m Freestyle**

H 1	L 1	Isaac Buchan	15	Co Norwich	2:08.10
	L 2	Ashton Blake	15	Basildon Ph	2:07.13
	L 3	Reece Burns	16	Chelmsford	2:05.85
	L 4	Billy Cyl	16	Ware	2:05.73
	L 5	George Jones	15	Harlow Pen	2:05.80
	L 6	Lucas Day	15	Rochford	2:06.96
	L 7	Oliver Davey	15	Co Cambridge	2:08.10
	L 8	Corey Hare	18	S14 teamipswich	2:12.93
H 2	L 1	Maxwell Hozier	15	Hoddesdon	2:05.43
	L 2	Daniel De Filippo	15	Flitwick	2:04.50
	L 3	Jude Gunner	15	S14 St Felix Sch	2:04.22
	L 4	Benjamin Every	16	St Felix Sch	2:04.06
	L 5	Luke Burnard	15	Co St Albans	2:04.09
	L 6	Ethan Thorpe	15	Basildon Ph	2:04.30
	L 7	Anthony Ganchev	15	Chelmsford	2:05.41
	L 8	Theodore Monk	16	Co Cambridge	2:05.59
H 3	L 1	Robert Fenner	16	Basildon Ph	2:04.00
	L 2	Daniel Williams	16	Hatfield	2:03.07
	L 3	Isaac Farrugia	17	Basildon Ph	2:02.70
	L 4	Daniel Meier	17	Biggleswade	2:02.57
	L 5	Oliver Clark	16	Maldon Shark	2:02.63
	L 6	George Carter	16	Co Cambridge	2:03.00
	L 7	Theo Bari	16	Saffron Wald	2:03.31
	L 8	Marcus King	16	Putteridge	2:04.00
H 4	L 1	Daniel Moyses	18	Co Peterboro	2:02.40
	L 2	Ryan Close	16	Bedford SS	2:02.35
	L 3	Kian Lee	16	Co Peterboro	2:01.85
	L 4	Ben Howlett	17	teamipswich	2:01.75
	L 5	Rufus Bennett	16	Co Peterboro	2:01.81
	L 6	Jack Barnard	19	Watford SC	2:01.86
	L 7	Charlie McKinnon	17	St Felix Sch	2:02.38
	L 8	Rio Rogers	20	S14 Basildon Ph	2:02.50
H 5	L 1	Finlay Arnup	17	Norwich Swan	2:00.95
	L 2	Conor Mint	15	Basildon Ph	1:59.32
	L 3	Alexander Kalverboer	18	Co St Albans	1:56.86
	L 4	Daniel Belsey	16	Hatfield	1:55.02
	L 5	Orlando Dearing	16	Co Peterboro	1:56.20
	L 6	Evan McQuade	16	DunmowAtlant	1:59.18
	L 7	Joe Power	17	Basildon Ph	2:00.10
	L 8	Daryl Rands	27	Colchester	2:01.69
H 6	L 1	Samuel Rose	21	West Norfolk	2:00.90
	L 2	Lucas Hartley	17	Hatfield	1:59.31
	L 3	Patch Robinson	17	teamipswich	1:56.60
	L 4	Jacques Bonsell	25	Co Cambridge	1:49.70
	L 5	Ben Davison	19	Hatfield	1:56.00
	L 6	Ryan Wall	17	Co Cambridge	1:57.10
	L 7	Jack Abram	19	Co Norwich	2:00.00
	L 8	Luke Martell	18	Watford SC	2:01.50
H 7	L 1	Jake Lloyd	29	Bishop Stort	2:00.77
	L 2	Joshua Ellis	18	Hatfield	1:59.20
	L 3	Harrison Shaw	17	Flitwick	1:56.30
	L 4	Matthew Baker	18	West Suffolk	1:47.04
	L 5	Max Arnold	18	Harlow Pen	1:55.10
	L 6	Jack Swindale	16	Co Peterboro	1:56.90
	L 7	Thomas Ford	18	Basildon Ph	1:59.73
	L 8	Frank Jacob	15	Co Cambridge	2:01.40