

Start List

Event 221 Female 200m Breaststroke					Event 222 Open/Male 100m Butterfly							
H 1	L 2	I Stratton-Thomsett	15	Colchester	2:58.93	H 1	L 2	Mark Evens	28	S14	Hitchin	1:17.84
	L 3	Lyla Fello	15	Co Norwich	2:58.09		L 3	Emmanuel Kolobius	15		Team Luton	1:06.44
	L 4	Isla Black	15	Co St Albans	2:57.60		L 4	Alfie Rowland	15		Stowmarket	1:06.29
	L 5	Paige Warren	15	Woodham F SC	2:57.95		L 5	James McGettigan	15		Thurrock	1:06.41
	L 6	Jade Reed	15	Co Norwich	2:58.71		L 6	Harry Arnold-Pepper	16	S9	Co Cambridge	1:14.71
H 2	L 1	Summer Buckland	15	Harlow Pen	2:54.73	H 2	L 1	Isaac Buchan	15		Co Norwich	1:05.90
	L 2	Jemima Kimber	16	Linslade	2:54.61		L 2	Anthony Ganchev	15		Chelmsford	1:05.40
	L 3	K Sutika-Totlebena	16	West Norfolk	2:52.70		L 3	Conor Mint	15		Basildon Ph	1:05.34
	L 4	Chloe Simpson	18	Watford SC	2:51.57		L 4	Kabir Patel	15		Potters Bar	1:04.98
	L 5	Bethany Crawley	16	teamipswich	2:52.26		L 5	Corey Hare	18	S14	teamipswich	1:05.29
	L 6	Mercy Adeoye	15	Hatfield	2:53.49		L 6	Dmitrijs Gracovs	15		Harlow Pen	1:05.40
	L 7	Eloise Collins	15	West Norfolk	2:54.62		L 7	Samuel Chamberlain	15		West Suffolk	1:05.51
	L 8	Molly Seymour	15	Hoddesdon	2:56.03		L 8	Jeremy Brailsford	15		Maldon Shark	1:06.10
H 3	L 1	Molly Bartup	16	Cheshunt	2:50.86	H 3	L 1	Jan Beblot	15		Norwich Swan	1:04.40
	L 2	Lisa Leinemann	17	Chelmsford	2:50.10		L 2	Naim Harvey	16		Basildon Ph	1:03.82
	L 3	Weronika Mikolajewska	16	Co Peterboro	2:49.40		L 3	Jamie Wilson	15		West Norfolk	1:03.70
	L 4	Molly Grieve	19	Colchester	2:49.11		L 4	Harry Bird	15		Putteridge	1:03.50
	L 5	Summer Evason	15	Watford SC	2:49.38		L 5	Samuel Artingstall	16		Co Cambridge	1:03.51
	L 6	Lara Treharne	17	Co Peterboro	2:49.64		L 6	Finlay German	15		Co Cambridge	1:03.80
	L 7	Mia Gray	16	Norwich Swan	2:50.37		L 7	Daniel Turner	16		Team Waveney	1:03.86
	L 8	Kiera Broad	16	West Suffolk	2:51.56		L 8	Tobi Olajide	15		Thurrock	1:04.40
H 4	L 1	Hannah Lovelock	16	Hitchin	2:48.92	H 4	L 1	Theodore Monk	16		Co Cambridge	1:03.50
	L 2	Anna-Lucia Fenner	18	Basildon Ph	2:47.94		L 2	George Prince	16		Putteridge	1:03.20
	L 3	Holly Larbey	17	Biggleswade	2:46.90		L 3	Hayden Garrod	16		Team Waveney	1:03.14
	L 4	Jessica Sanford	19	Norwich Swan	2:45.47		L 4	Maxwell Hozier	15		Hoddesdon	1:02.81
	L 5	Amy Boreham	18	Watford SC	2:45.89		L 5	Oliver Davey	15		Co Cambridge	1:02.90
	L 6	Isabel White	15	Biggleswade	2:47.30		L 6	Ashton Blake	15		Basildon Ph	1:03.20
	L 7	Alice Watts	16	Co Cambridge	2:48.87		L 7	Ryan Ingram	16		Co St Albans	1:03.27
	L 8	Olivia Riley	18	Hatfield	2:49.01		L 8	Reece Burns	16		Chelmsford	1:03.50
H 5	L 1	Yan Ting Emily Pak	15	Co Cambridge	2:42.93	H 5	L 1	Sean Connolly	16		Epping For't	1:02.57
	L 2	Georgina Hamilton	16	Co St Albans	2:39.34		L 2	Harry Cooper	16		Bo Southend	1:02.29
	L 3	Sarah O'Brien	28	West Norfolk	2:36.75		L 3	Frank Jacob	15		Co Cambridge	1:01.90
	L 4	Isabelle Cameron	17	Co Peterboro	2:32.63		L 4	Oscar Hunter	15		Norwich Swan	1:01.71
	L 5	Chloe Butler	20	St Ives	2:33.93		L 5	Marcus King	16		Putteridge	1:01.90
	L 6	Charlisse Harding	15	Norwich Swan	2:38.10		L 6	Daniel Williams	16		Hatfield	1:01.94
	L 7	Ella Greatbatch	16	Bishop Stort	2:39.80		L 7	Daniel De Filippo	15		Flitwick	1:02.50
	L 8	Amelia Murphy	17	Witham Dolph	2:44.81		L 8	Benjamin Every	16		St Felix Sch	1:02.81
H 6	L 1	Isabella Porzio	20	Putteridge	2:42.34	H 6	L 1	Dylan Nutt	25		DunmowAtlant	1:01.64
	L 2	Megan Gray	17	Hatfield	2:38.59		L 2	Judah Subba	17		Co St Albans	1:01.58
	L 3	Jasmine Carter	15	Basildon Ph	2:35.60		L 3	Calin Bosianu	16		Hemel Hemp	1:01.51
	L 4	Molly Monk	20	Co Norwich	2:32.20		L 4	Dylan Davenport	15		Bishop Stort	1:01.30
	L 5	Sophie Payne	22	Putteridge	2:33.60		L 5	Aaron Peacock	17		Thetford	1:01.49
	L 6	Ellen Eccleston	17	Co Norwich	2:37.20		L 6	Joshua Ellis	18		Hatfield	1:01.52
	L 7	Lexie O'Connor	17	Basildon Ph	2:39.75		L 7	Daryl Rands	27		Colchester	1:01.59
	L 8	Elizabeth Wright	17	West Suffolk	2:44.08		L 8	Ethan Thorpe	15		Basildon Ph	1:01.70
H 7	L 1	Ellie Smith	16	Co Norwich	2:41.81	H 7	L 1	Robert Addis	20		West Norfolk	1:01.17
	L 2	Daisy Mixer	18	Norwich Swan	2:38.30		L 2	Joseph Wells	25		West Norfolk	1:01.07
	L 3	Lilly Davis	17	Co Peterboro	2:34.75		L 3	Evan McQuade	16		DunmowAtlant	1:00.92
	L 4	Caitlin Hartley	20	Hatfield	2:28.10		L 4	Daniel McGuinness	18		Basildon Ph	1:00.80
	L 5	Ruby Wheeler	18	Basildon Ph	2:33.18		L 5	Marton Molnar	15		Co Cambridge	1:00.90
	L 6	Rebecca Keetley	20	Co Cambridge	2:36.93		L 6	Hugo Raubitschek-Smith	16		Co St Albans	1:01.05
	L 7	Clementine Lovell	15	teamipswich	2:39.50		L 7	Ewan Thompson	18		St Ives	1:01.10
	L 8	Mia Lowe	17	Basildon Ph	2:43.30		L 8	Billy Cyl	16		Ware	1:01.25
						H 8	L 1	Saxon Minto	16		Chelmsford	1:00.72
							L 2	Finlay Neve	16		Co Norwich	1:00.70
							L 3	Samuel Rose	21		West Norfolk	1:00.48
							L 4	Oscar Winterburn	16		teamipswich	1:00.31
							L 5	Benedict Measures	19		Norwich Swan	1:00.40
							L 6	Daniel Meier	17		Biggleswade	1:00.55
							L 7	Billy Mead	19		Linslade	1:00.70
							L 8	Archie Chamberlain	18		West Suffolk	1:00.72

Start List

H 9	L 1	Danylo Kravchenko	15		New Hall	1:00.10	H 5	L 1	Ruby Chapman	18		Norwich Swan	4:35.73
	L 2	Sandijs Cecins	17		Colchester	59.70		L 2	Lisa Leinemann	17		Chelmsford	4:35.10
	L 3	Toby Martin	17		Harpden	59.50		L 3	Erin Uttridge	15		teamipswich	4:34.26
	L 4	Lewis Chapman	23		Stowmarket	59.10		L 4	Cailin Hehir	16		Watford SC	4:33.94
	L 5	Jack Barnard	19		Watford SC	59.34		L 5	Gabriella Troman	15		teamipswich	4:34.26
	L 6	Jude Gunner	15	S14	St Felix Sch	59.70		L 6	Ella Dawson	16		Chelmsford	4:34.62
	L 7	Joshua Parker	15		Braintree	59.90		L 7	Abigail Crawley	19		teamipswich	4:35.14
	L 8	Riley Bashford	18		Deben	1:00.14		L 8	Sophie Palmer	15		Basildon Ph	4:36.23
H 10	L 1	Oliver Pike	17		Co Norwich	58.70	H 6	L 1	Lexie Goodman	17		Basildon Ph	4:32.56
	L 2	Harrison Shaw	17		Flitwick	58.20		L 2	Grace Robinson	15		St Felix Sch	4:32.20
	L 3	Joseph Bavey	19		Newmarket	57.70		L 3	Jessica-Jane Applegate	28	S14	Co Norwich	4:31.64
	L 4	Henry Dean	18		Thurrock	55.50		L 4	Sadie Hunter	16		Co Peterboro	4:29.92
	L 5	Maddox Roberts	18		Witham Dolph	55.82		L 5	Chloe Barnard	15		Basildon Ph	4:29.99
	L 6	Hugo Bellamy	26		Co Cambridge	58.00		L 6	Weronika Mikolajewska	16		Co Peterboro	4:31.97
	L 7	Devesh Kapoor	21		Co Norwich	58.40		L 7	Ever Ives	15		Hatfield	4:32.40
	L 8	Ryan Wall	17		Co Cambridge	58.94		L 8	Adel Zakrzewski	21		Co Norwich	4:33.19
H 11	L 1	Riley Hall	17		Co Cambridge	58.60	H 7	L 1	Alexa Mann	18		Chelmsford	4:28.50
	L 2	Luka Page	18		West Suffolk	58.20		L 2	Annie McLeod	16		Putteridge	4:25.86
	L 3	Callum Davis	24		Bishop Stort	57.27		L 3	Ruby Wheeler	18		Basildon Ph	4:22.91
	L 4	Harry Jones	24		Co Norwich	55.10		L 4	Cait Cotter	17		Chelmsford	4:16.97
	L 5	Joshua Shepherd	16		Thurrock	55.80		L 5	Matilda Bogle	18		teamipswich	4:19.80
	L 6	Jack Abram	19		Co Norwich	58.00		L 6	Sophie Dowding	17		teamipswich	4:25.09
	L 7	Thomas Liddiard	18		Ware	58.40		L 7	Talia Staines	22		Team Luton	4:26.09
	L 8	Kian Lee	16		Co Peterboro	58.90		L 8	Francesca Baber	18		Co Cambridge	4:28.96
H 12	L 1	Nikita Charykin	18		Thurrock	58.42							
	L 2	Ryan Close	16		Bedford SS	58.10							
	L 3	Jake Thomas-Mansfield	24		West Suffolk	56.80							
	L 4	Matthew Aldred	19		Watford SC	54.50							
	L 5	Matthew Baker	18		West Suffolk	55.60							
	L 6	Rufus Bennett	16		Co Peterboro	57.70							
	L 7	Damon Elliott	20		DunmowAtlant	58.21							
	L 8	Timon Chapman	22		Norwich Swan	58.81							

Event 223 Female 400m Freestyle

H 1	L 3	Ziva Barrick	15	S10	Colchester P	6:31.44
	L 4	Lily Herring	16	S10	Norfolk Vikg	5:36.33
	L 5	Ida Corcoran	15	S9	Flitwick	6:16.51
	L 6	Charlotte Ryan	24	S6	Runnymede	9:00.81
H 2	L 1	Ella Deaton	15		Newmarket	4:49.32
	L 2	Molly Burrows	15		Co Peterboro	4:47.53
	L 3	Francesca Howell	16		Chelmsford	4:46.27
	L 4	Lily Farr	16		Flitwick	4:45.30
	L 5	Isabella Savage	15		Potters Bar	4:46.03
	L 6	Abigail Riches	16		Co Norwich	4:46.67
	L 7	Honor Beverstock	15		Hatfield	4:47.76
	L 8	Abigail Wickens	17	S8	Flitwick	5:30.70
H 3	L 1	Miriam Moukdad	18		Bishop Stort	4:43.83
	L 2	Eleanor McLeod	16		Putteridge	4:42.73
	L 3	Lily Hayward	16		Epping Fort	4:42.33
	L 4	Eveline Gaydon	15		Colchester	4:41.04
	L 5	Keira-Mae Ingram	17		Co St Albans	4:41.16
	L 6	Francesca Barber	15		Co Norwich	4:42.60
	L 7	Ava Black	17		Co St Albans	4:43.16
	L 8	Antonia Elias	15		Hatfield	4:44.20
H 4	L 1	Amelia Saunders	16		St Felix Sch	4:40.20
	L 2	Erin Younger	17		Co St Albans	4:38.76
	L 3	Gabriela Gomez Pavon	17		Potters Bar	4:37.58
	L 4	Genevieve White	16		Co Cambridge	4:36.70
	L 5	Millie Richardson	18		Hatfield	4:36.80
	L 6	Anabelle Kett	15		Co Peterboro	4:38.30
	L 7	Amelia Porzio	16		Putteridge	4:38.79
	L 8	Amy Meyer	15		Biggleswade	4:40.50