

Start List

Event 231 Open/Male 100m Freestyle												
H 1	L 1	Mark Evens	28	S14	Hitchin	1:10.90	L 4	Joshua Sackree	16	Co Peterboro	53.80	
	L 2	Corey Hare	18	S14	teamipswich	1:01.66	L 5	Sam Townsend	20	Biggleswade	53.90	
	L 3	George Jones	15		Harlow Pen	58.09	L 6	Harrison Shaw	17	Flitwick	53.91	
	L 4	Lucas Day	15		Rochford	57.80	L 7	Liam Rumball	19	Hatfield	53.94	
	L 5	Finlay Roberts	15		Witham Dolph	58.00	L 8	Joe Power	17	Basildon Ph	54.00	
	L 6	Emmanuel Kolobius	15		Team Luton	58.30	H 10	L 1	Dylan Davenport	15	Bishop Stort	53.70
	L 7	Oliver Shergold	26	S9	Colchester P	1:08.40		L 2	Ben Davison	19	Hatfield	53.10
	L 8	Jacob Dessoy	16	S8	Runnymede	1:32.37		L 3	Jack Abram	19	Co Norwich	52.70
H 2	L 1	Anthony Ganchev	15		Chelmsford	57.46		L 4	Matthew Baker	18	West Suffolk	49.90
	L 2	Jack Bidle	16		Team Waveney	57.16		L 5	Ashley Coombs	23	Bushey	52.39
	L 3	Marcus King	16		Putteridge	56.90		L 6	Alexander Kalverboer	18	Co St Albans	53.08
	L 4	Rufus Carr	16		St Felix Sch	56.74		L 7	Ethan Martin	19	Thurrock	53.30
	L 5	Reece Burns	16		Chelmsford	56.80		L 8	Freddie Gardner	18	Thurrock	53.80
	L 6	Oliver Clark	16		Maldon Shark	57.12	H 11	L 1	Daniel Belsey	16	Hatfield	53.60
	L 7	Saxon Minto	16		Chelmsford	57.20		L 2	Riley Hall	17	Co Cambridge	53.10
	L 8	Samuel Chamberlain	15		West Suffolk	57.50		L 3	Damon Elliott	20	DunmowAtlant	52.70
H 3	L 1	Nonso Nwabueze	15		Bo Southend	56.60		L 4	Matthew Wright	26	Team Luton	49.41
	L 2	Aiden Futter	16		Norwich Swan	56.50		L 5	Olivier Vedrenne	19	Co Norwich	51.70
	L 3	Harvey Durham	16		Co Norwich	56.40		L 6	Edward Ormsby	17	Co Cambridge	52.96
	L 4	Daniel De Filippo	15		Flitwick	56.30		L 7	Luka Page	18	West Suffolk	53.29
	L 5	Norbert Kadar	15		Co Cambridge	56.30		L 8	Harrison Holmes	19	Team Waveney	53.79
	L 6	Samuel Artingstall	16		Co Cambridge	56.49	H 12	L 1	Jack Swindale	16	Co Peterboro	53.40
	L 7	Danylo Kravchenko	15		New Hall	56.60		L 2	Evan McQuade	16	DunmowAtlant	53.08
	L 8	Kevin Moghina	16		Thurrock	56.60		L 3	Joshua Shepherd	16	Thurrock	52.44
H 4	L 1	Billy Cyl	16		Ware	56.20		L 4	Maddox Roberts	18	Witham Dolph	48.87
	L 2	Ethan Thorpe	15		Basildon Ph	55.90		L 5	Jacques Bonsell	25	Co Cambridge	50.18
	L 3	Maxwell Hozier	15		Hoddesdon	55.83		L 6	Joshua Parker	15	Braintree	52.90
	L 4	Rufus Bennett	16		Co Peterboro	55.70		L 7	Finlay Arnup	17	Norwich Swan	53.12
	L 5	Frank Jacob	15		Co Cambridge	55.80		L 8	Matthew Monie	19	Co Cambridge	53.74
	L 6	Kian Lee	16		Co Peterboro	55.86						
	L 7	Jude Gunner	15	S14	St Felix Sch	56.10						
	L 8	James Gibson	16		Watford SC	56.30						
H 5	L 1	Oliver Davey	15		Co Cambridge	55.60						
	L 2	Lee Boka	16		Basildon Ph	55.46						
	L 3	Toby Martin	17		Harpenden	55.41						
	L 4	Luke Burnard	17		Co St Albans	55.30						
	L 5	George Stevenson	17		West Norfolk	55.40						
	L 6	Dylan Nutt	25		DunmowAtlant	55.41						
	L 7	Thomas Liddiard	18		Ware	55.48						
	L 8	Sean Connolly	16		Epping Fort	55.70						
H 6	L 1	Roan Brennan	18	S10	Basildon Ph	55.10						
	L 2	Theo Bari	16		Saffron Wald	55.08						
	L 3	Hugo Raubitschek-Smith	16		Co St Albans	54.98						
	L 4	Archie Chamberlain	18		West Suffolk	54.97						
	L 5	Austin Lillywhite	21		Biggleswade	54.97						
	L 6	Ronnie Edwards	16		Rochford	55.00						
	L 7	Janos Kadar	17		Co Cambridge	55.10						
	L 8	Harry Hudson	19		Norfolk Vikg	55.29						
H 7	L 1	Jamie Comitti	15		Basildon Ph	54.80						
	L 2	Sebastian Newell	19		Co Peterboro	54.60						
	L 3	Oliver Baskerville	16		Hatfield	54.59						
	L 4	Oscar Hunter	15		Norwich Swan	54.50						
	L 5	Billy Mead	19		Linslade	54.51						
	L 6	Joseph Wells	25		West Norfolk	54.60						
	L 7	Timon Chapman	22		Norwich Swan	54.64						
	L 8	Sam Mead	22		Linslade	54.83						
H 8	L 1	Ryan Wall	17		Co Cambridge	54.40						
	L 2	Samuel Rose	21		West Norfolk	54.31						
	L 3	Ashton Redhead	17		teamipswich	54.20						
	L 4	Joshua Ellis	18		Hatfield	54.18						
	L 5	Ollie O'Connor	16		Putteridge	54.20						
	L 6	Danylo Snitko	16		Watford SC	54.30						
	L 7	Hugo Bellamy	26		Co Cambridge	54.32						
	L 8	Jake Moore	18		Watford SC	54.48						
H 9	L 1	Ryan Close	16		Bedford SS	53.94						
	L 2	Joseph Bavey	19		Newmarket	53.93						
	L 3	Josh Martin	18		Co Peterboro	53.90						

Event 232 Female 200m Backstroke

H 1	L 1	Lucy Peterson	15		Stevenage	2:34.30				
	L 2	Charlotte Pound	15		Putteridge	2:34.10				
	L 3	Hollie Gilbertson	15		Co Norwich	2:33.09				
	L 4	Meghan Howarth Owen	15		Chelmsford	2:32.66				
	L 5	Yasmine Ollerenshaw	15		Flitwick	2:32.70				
	L 6	April Mills	16		Hatfield	2:33.30				
	L 7	Lily Murrell	15		Norwich Swan	2:34.26				
H 2	L 1	Florence Davies	16		Deben	2:32.45				
	L 2	Libby Whiting	15		Putteridge	2:32.39				
	L 3	Poppy Garrod	15		Co Peterboro	2:32.25				
	L 4	Bethany Rumsby	15		Norwich Swan	2:31.87				
	L 5	Chloe Staines	18		Witham Dolph	2:31.91				
	L 6	Molly Burrows	15		Co Peterboro	2:32.32				
	L 7	Alice Watts	16		Co Cambridge	2:32.39				
	L 8	Ellie Cox	16		Putteridge	2:32.64				
H 3	L 1	Isabella Dolton	18		Tring	2:31.73				
	L 2	Lola Wonfor	15		New Hall	2:31.46				
	L 3	Olivia Lydon	19		Co Cambridge	2:31.39				
	L 4	Sophie Roberts	15		teamipswich	2:30.85				
	L 5	Rosie Wenn	16		Co St Albans	2:31.22				
	L 6	Z Jaramillo Obcowska	17		Epping Fort	2:31.42				
	L 7	Amelia Speechley	17		Newmarket	2:31.48				
	L 8	Kate Hopper	17		Berkhamsted	2:31.78				
H 4	L 1	Summer Boswell	16		Hatfield	2:30.46				
	L 2	Maia Thompson	16		Team Waveney	2:30.38				
	L 3	Erin Woodrow	17		West Norfolk	2:30.37				
	L 4	Miley Wilson-Mansfield	15		Newmarket	2:30.12				
	L 5	Ella Dawson	16		Chelmsford	2:30.20				
	L 6	Chloe Bellamy	17		West Norfolk	2:30.38				
	L 7	Anouk Zecchini	18		Co Cambridge	2:30.44				
	L 8	Poppy Magill	16		Putteridge	2:30.49				

Start List

				Event 233 Open/Male 400m IM			
H 5	L 1	Chloe Armstrong	17	teamipswich	2:29.48		
	L 2	Isabella Savage	15	Potters Bar	2:29.31	H 1	L 3 Isaac Buchan 15 Co Norwich 5:17.55
	L 3	Lily Farr	16	Flitwick	2:29.09		L 4 Spencer Battisson 16 Team Waveney 5:14.05
	L 4	Emilia Johnson	15	St Felix Sch	2:28.76		L 5 Oliver Fenwick 15 Team Luton 5:16.64
	L 5	Amelia Lewis	15	teamipswich	2:28.92	H 2	L 1 Jamie Wilson 15 West Norfolk 5:12.80
	L 6	Bethany Hamer	17	Linslade	2:29.10		L 2 Harry Bird 15 Putteridge 5:10.70
	L 7	Charlotte Low	15	Chelmsford	2:29.41		L 3 F Cleland Ferdin 16 Co Cambridge 5:09.46
	L 8	Sophie O'Rorke	17	Chelmsford	2:29.96		L 4 Cillian O'Brien 16 Co Ely 5:09.03
H 6	L 1	Isabelle Talbot	17	Braintree	2:28.47		L 5 Ryan Ingram 16 Co St Albans 5:09.34
	L 2	Olivia Mendham	16	Chelmsford	2:28.41		L 6 Joshua Jones 15 West Norfolk 5:10.50
	L 3	Phoebe Matthews	17	Hatfield	2:27.70		L 7 Finlay German 15 Co Cambridge 5:11.65
	L 4	Summer Evason	15	Watford SC	2:27.26	H 3	L 1 Csanad Rehus 15 Co Peterboro 5:04.67
	L 5	O Wojcik-Jardzioch	18	Verulam	2:27.65		L 2 Thomas Spelman 17 Stowmarket 5:03.79
	L 6	Lucy Calver	16	Putteridge	2:27.72		L 3 Theodore Monk 16 Co Cambridge 5:02.21
	L 7	Ruby Chapman	18	Norwich Swan	2:28.46		L 4 B Macdonald-Williams 16 Bishop Stort 5:00.56
	L 8	Holly Larbey	17	Biggleswade	2:28.65		L 5 Daniel De Filippo 15 Flitwick 5:00.70
H 7	L 1	Camille Vannier	17	Hatfield	2:26.46		L 6 Harvey Isle 19 West Norfolk 5:03.71
	L 2	Charlie Duce	15	Bedford SS	2:26.30		L 7 Frank Lamb 15 Co Peterboro 5:04.57
	L 3	Sophie Green	17	Hatfield	2:25.96		L 8 Ashton Blake 15 Basildon Ph 5:08.35
	L 4	Jessica Medicott	17	Dunstable	2:25.34	H 4	L 1 Benjamin Every 16 St Felix Sch 4:58.29
	L 5	Lucy Young	19	Biggleswade	2:25.74		L 2 Daniel Thompson 17 Thurrock 4:56.98
	L 6	Eloise Cole	16	Bedford SS	2:26.00		L 3 George Carter 16 Co Cambridge 4:56.51
	L 7	Georgina Munday	20	Co Norwich	2:26.45		L 4 Daniel Meier 17 Biggleswade 4:55.41
	L 8	Gabriella Troman	15	teamipswich	2:26.90		L 5 Marton Molnar 15 Co Cambridge 4:56.33
H 8	L 1	Sophie Holliss	16	Co St Albans	2:25.07		L 6 Finlay Neve 16 Co Norwich 4:56.94
	L 2	Megan Donovan	17	Co Peterboro	2:22.39		L 7 Danylo Kravchenko 15 New Hall 4:57.25
	L 3	Amara Addison	17	Norwich Swan	2:20.75		L 8 Conor Mint 15 Basildon Ph 4:58.60
	L 4	Clementine Lovell	15	teamipswich	2:16.64	H 5	L 1 Daryl Rands 27 Colchester 4:52.13
	L 5	Hannah Willis	19	Co Peterboro	2:19.22		L 2 Robert Fenner 16 Basildon Ph 4:46.73
	L 6	Adel Zakrzewski	21	Co Norwich	2:21.47		L 3 Orlando Dearing 16 Co Peterboro 4:45.90
	L 7	Weronika Mikolajewska	16	Co Peterboro	2:23.97		L 4 Daniel Moyses 18 Co Peterboro 4:44.20
	L 8	Gabriella Meyer	15	Chelmsford	2:25.29		L 5 Reece Burns 16 Chelmsford 4:45.59
H 9	L 1	Sadie Hunter	16	Co Peterboro	2:24.86		L 6 Jack Barnard 19 Watford SC 4:46.52
	L 2	Francesca Howell	16	Chelmsford	2:22.34		L 7 Kian Lee 16 Co Peterboro 4:48.35
	L 3	Vanesa Cimermanova	16	Co Peterboro	2:19.80		L 8 Daniel Holliss 18 Co St Albans 4:52.98
	L 4	Grace Robinson	15	St Felix Sch	2:16.62	H 6	L 1 Ben Minister 18 Thurrock 4:43.10
	L 5	Megan Pye	22	Co Norwich	2:18.53		L 2 Oscar Winterburn 16 teamipswich 4:41.43
	L 6	Connie Davies	18	Deben	2:20.96		L 3 Harrison Shaw 17 Flitwick 4:37.10
	L 7	Emily Pitcher	16	Norwich Swan	2:23.17		L 4 Nathan Wells 26 West Norfolk 4:28.37
	L 8	Adrija Raudonyte	16	Newmarket	2:25.17		L 5 Patch Robinson 17 teamipswich 4:34.69
H 10	L 1	Amy Meyer	15	Biggleswade	2:24.10		L 6 Daniel McGuinness 18 Basildon Ph 4:38.10
	L 2	Amy Harper	17	Watford SC	2:21.95		L 7 Sandijs Cecins 17 Colchester 4:42.21
	L 3	Charlotte Williams	18	Hatfield	2:19.46		L 8 Samuel Jeffrey 17 Hatfield 4:43.64
	L 4	Evangeline Pierce	17	Basildon Ph	2:14.11		
	L 5	Isobel Mather	17	Co Cambridge	2:17.68		
	L 6	Cait Cotter	17	Chelmsford	2:20.96		
	L 7	Nicole Maynard	15	Basildon Ph	2:23.14		
	L 8	Erin Currie	16	Hatfield	2:25.16		

Event 234 Female 800m Freestyle Team

H 1	L 1	Hatfield	14/16	Hatfield
		Ever Ives		
		Antonia Elias		
		Erin Currie		
		Alexandra Nurney		
L 2	Basildon Ph	14/16	Basildon Ph	
		Jasmine Carter		
		Amelia Fenner		
		Jasmine Hall		
		Sophie Palmer		
L 3	Co Peterboro A	14/16	Co Peterboro	
		Olivia Minett		
		Anabelle Kett		
		Sadie Hunter		
		Weronika Mikolajewska		
L 4	Co Cambridge	17/OV	Co Cambridge	
		Georgia Holgate		
		Francesca Baber		
		Izzy Mather		
		Matilda Ransome		
L 5	Co Norwich	17/OV	Co Norwich	
		Grace Greenhalf		
		Jessica-Jane Applegate		
		Georgie Munday		
		Adel Zakrzewski		
L 6	Basildon Ph	17/OV	Basildon Ph	
		Lexie O'Connor		
		Lexie Goodman		
		Ruby Wheeler		
		Skye Carter		
L 7	Chelmsford	17/OV	Chelmsford	
		Alexa Mann		
		Lisa Leinemann		
		Sophie O'Rorke		
		Cait Cotter		
L 8	Hatfield	17/OV	Hatfield	
		Katie Jeffrey		
		Camille Vannier		
		Millie Richardson		
		Charlotte Williams		