

Start List

<b>Event 311 Open/Male 200m Butterfly</b>												
H 1	L 3	Oliver Warren	15	Norwich Swan	2:34.20	H 4	L 1	Summer Boswell	16	Hatfield	31.76	
	L 4	Toby Gradwell	15	Hertford	2:32.97		L 2	Freya Hadnutt	16	Bishop Stort	31.70	
	L 5	Csanad Rehus	15	Co Peterboro	2:33.88		L 3	Georgina Munday	20	Co Norwich	31.64	
H 2	L 2	Frank Lamb	15	Co Peterboro	2:32.67		L 4	Amy Meyer	15	Biggleswade	31.60	
	L 3	Tobi Olajide	15	Thurrock	2:31.39		L 5	Olivia Mendham	16	Chelmsford	31.60	
	L 4	Dmitrijs Gracovs	15	Harlow Pen	2:26.60		L 6	Amy Boreham	18	Watford SC	31.67	
	L 5	Finlay German	15	Co Cambridge	2:27.99		L 7	Charlotte Pound	15	Putteridge	31.70	
	L 6	Evan Larthe	15	Basildon Ph	2:32.30		L 8	O Wojcik-Jardzioch	18	Verulam	31.79	
	L 7	Jeremy Brailsford	15	Maldon Shark	2:32.94	H 5	L 1	Emily Pitcher	16	Norwich Swan	31.55	
H 3	L 1	Daniel De Filippo	15	Flitwick	2:24.30		L 2	Olivia Greenall	15	Co Norwich	31.48	
	L 2	F Cleland Ferdin	16	Co Cambridge	2:23.18		L 3	Anouk Zecchini	18	Co Cambridge	31.21	
	L 3	Marcus King	16	Putteridge	2:21.99		L 4	Shahd Mohamed	17	Co Peterboro	31.09	
	L 4	Harry Bird	15	Putteridge	2:21.30		L 5	Adrija Raudonyte	16	Newmarket	31.12	
	L 5	Conor Mint	15	Basildon Ph	2:21.73		L 6	Sophie Holliss	16	Co St Albans	31.47	
	L 6	Daniel Williams	16	Hatfield	2:22.91		L 7	Adel Zakrzewski	21	Co Norwich	31.50	
	L 7	Jamie Wilson	15	West Norfolk	2:23.80		L 8	Amy Harper	17	Watford SC	31.57	
	L 8	Marton Molnar	15	Co Cambridge	2:26.20	H 6	L 1	Camille Vannier	17	Hatfield	30.85	
H 4	L 1	Ashton Blake	15	Basildon Ph	2:18.50		L 2	Nicole Maynard	15	Basildon Ph	30.39	
	L 2	Daniel Meier	17	Biggleswade	2:16.83		L 3	Charlotte Williams	18	Hatfield	29.80	
	L 3	Sandijs Cecins	17	Colchester	2:12.07		L 4	Vanesa Cimermanova	16	Co Peterboro	29.15	
	L 4	Harrison Shaw	17	Flitwick	2:08.80		L 5	Isobel Mather	17	Co Cambridge	29.70	
	L 5	Rufus Bennett	16	Co Peterboro	2:09.74		L 6	Erin Currie	16	Hatfield	30.08	
	L 6	Jack Barnard	19	Watford SC	2:14.68		L 7	Katerina Di Maria	16	Co Norwich	30.60	
	L 7	Ryan Close	16	Bedford SS	2:16.99		L 8	Jaida Ludlow	19	Basildon Ph	31.07	
	L 8	Daniel Grimmer	18	West Norfolk	2:19.83	H 7	L 1	Grace Robinson	15	St Felix Sch	30.80	
H 5	L 1	Oliver Pike	17	Co Norwich	2:17.80		L 2	Charlotte Smith	17	Norwich Swan	30.35	
	L 2	Calin Bosianu	16	Hemel Hemp	2:15.33		L 3	Matilda Bogle	18	teamipswich	29.79	
	L 3	Ryan Wall	17	Co Cambridge	2:11.59		L 4	Georgia Holgate	17	Co Cambridge	28.80	
	L 4	Jake Thomas-Mansfield	24	West Suffolk	2:08.60		L 5	Evangeline Pierce	17	Basildon Ph	29.65	
	L 5	Joshua Shepherd	16	Thurrock	2:09.14		L 6	Megan Pye	22	Co Norwich	30.00	
	L 6	Ethan Thorpe	15	Basildon Ph	2:14.35		L 7	Isabelle Cameron	17	Co Peterboro	30.56	
	L 7	Joshua Ellis	18	Hatfield	2:16.95		L 8	Sophie Green	17	Hatfield	31.05	
	L 8	Toby Martin	17	Harpenden	2:19.65	H 8	L 1	Chloe Armstrong	17	teamipswich	30.80	
H 6	L 1	Jude Gunner	15	S14	2:17.38		L 2	Megan Donovan	17	Co Peterboro	30.32	
	L 2	Jake Lloyd	29	Bishop Stort	2:15.32		L 3	Connie Davies	18	Deben	29.78	
	L 3	Zak Troman	17	teamipswich	2:10.06		L 4	Amara Addison	17	Norwich Swan	28.64	
	L 4	Matthew Aldred	19	Watford SC	2:02.10		L 5	Hannah Willis	19	Co Peterboro	29.20	
	L 5	Daniel McGuinness	18	Basildon Ph	2:09.10		L 6	Eloise Cole	16	Bedford SS	29.80	
	L 6	Kian Lee	16	Co Peterboro	2:14.30		L 7	Niamh James	23	Bishop Stort	30.47	
	L 7	Isaac Farrugia	17	Basildon Ph	2:16.93		L 8	Katie Andrews	20	Norwich Swan	31.00	
	L 8	Danylo Kravchenko	15	New Hall	2:19.49	<b>Event 313 Open/Male 50m Freestyle</b>						
<b>Event 312 Female 50m Backstroke</b>						H 1	L 2	Stephane Rouyer-Brown	27	S14	Runnymede	39.40
H 1	L 1	Lola Wonfor	15	New Hall	33.13		L 3	Corey Hare	18	S14	teamipswich	27.80
	L 2	Yasmine Ollerenshaw	15	Flitwick	33.00		L 4	Finlay Blagg	15		Stowmarket	26.60
	L 3	Meghan Howarth Owen	15	Chelmsford	32.81		L 5	Toby Flood	15		Thetford	26.70
	L 4	Maia Thompson	16	Team Waveney	32.64		L 6	Harry Arnold-Pepper	16	S9	Co Cambridge	30.81
	L 5	Alice Robinson	15	Co Cambridge	32.70		L 7	Jacob Desso	16	S8	Runnymede	42.21
	L 6	Charlotte Low	15	Chelmsford	32.88	H 2	L 1	Finlay Roberts	15		Witham Dolph	26.40
	L 7	Libby Whiting	15	Putteridge	33.02		L 2	Aiden Futter	16		Norwich Swan	26.15
H 2	L 1	Yan Ting Emily Pak	15	Co Cambridge	32.60		L 3	Jack Bidle	16		Team Waveney	26.00
	L 2	Amelia Lewis	15	teamipswich	32.51		L 4	Emmanuel Kolobius	15		Team Luton	26.00
	L 3	Molly Burrows	15	Co Peterboro	32.47		L 5	Ademola Oshowole	16		Thurrock	26.00
	L 4	Elizabeth Swaby	15	Basildon Ph	32.32		L 6	Samuel Chamberlain	15		West Suffolk	26.10
	L 5	Miley Wilson-Mansfield	15	Newmarket	32.35		L 7	Tobi Olajide	15		Thurrock	26.40
	L 6	Isabella Savage	15	Potters Bar	32.48		L 8	William Harris	15		Watford SC	26.50
	L 7	Sophie Roberts	15	teamipswich	32.54	H 3	L 1	Ethan Thomson	16		teamipswich	25.91
	L 8	Teah Gregory	16	Stevenage	32.63		L 2	Billy Cyl	16		Ware	25.86
H 3	L 1	Gabriella Meyer	15	Chelmsford	32.30		L 3	Naim Harvey	16		Basildon Ph	25.80
	L 2	Sophie Stelmach	15	Stevenage	32.09		L 4	Rufus Carr	16		St Felix Sch	25.66
	L 3	Imogen Duffen	18	Co Cambridge	31.95		L 5	James Gibson	16		Watford SC	25.70
	L 4	Lucy Young	19	Biggleswade	31.90		L 6	Ayobami Akindele	16		Thurrock	25.82
	L 5	Phoebe Matthews	17	Hatfield	31.91		L 7	Jude Gunner	15	S14	St Felix Sch	25.87
	L 6	Alice Watts	16	Co Cambridge	32.09		L 8	William Ward	15		Hoddesdon	25.92
	L 7	Emilia Johnson	15	St Felix Sch	32.19							
	L 8	Poppy Garrod	15	Co Peterboro	32.32							

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H 4	L 1	Maxwell Hozier	15	Hoddesdon	25.60	H 12	L 1	Edward Ormsby	17	Co Cambridge	24.30	
	L 2	Toby Martin	17	Harpenden	25.50		L 2	Joshua Parker	15	Braintree	23.90	
	L 3	Oliver Pike	17	Co Norwich	25.49		L 3	Ollie O'Connor	16	Putteridge	23.80	
	L 4	James Renton	18	Watford SC	25.43		L 4	Jack Abram	19	Co Norwich	23.20	
	L 5	Matthew Gray	24	Co Peterboro	25.45		L 5	Nathan Wells	26	West Norfolk	23.60	
	L 6	Kevin Moghina	16	Thurrock	25.50		L 6	Evan McQuade	16	DunmowAtlant	23.90	
	L 7	Lewis Andrews	17	Norwich Swan	25.50		L 7	Harrison Shaw	17	Flitwick	24.10	
	L 8	Harvey Durham	16	Co Norwich	25.60		L 8	Thomas Liddiard	18	Ware	24.40	
H 5	L 1	Frank Jacob	15	Co Cambridge	25.40	H 13	L 1	Finlay Arnup	17	Norwich Swan	24.10	
	L 2	Hayden Thornhill	18	Hoddesdon	25.40		L 2	Ashley Coombs	23	Bushey	23.90	
	L 3	Atikan To	18	Ware	25.37		L 3	Olivier Vedrenne	19	Co Norwich	23.70	
	L 4	Samuel Artingstall	16	Co Cambridge	25.35		L 4	Matthew Wright	26	Team Luton	22.70	
	L 5	Benedict Measures	19	Norwich Swan	25.37		L 5	Jacques Bonsell	25	Co Cambridge	23.50	
	L 6	Oliver Baskerville	16	Hatfield	25.38		L 6	Luka Page	18	West Suffolk	23.90	
	L 7	Danylo Kravchenko	15	New Hall	25.40		L 7	Ethan Martin	19	Thurrock	24.10	
	L 8	Zach Townend	21	Co Norwich	25.40		L 8	Jamie Comitti	15	Basildon Ph	24.40	
H 6	L 1	Luke Morley	17	Hitchin	25.30	H 14	L 1	Henry Dean	18	Thurrock	24.10	
	L 2	Oscar Hunter	15	Norwich Swan	25.30		L 2	Damon Elliott	20	DunmowAtlant	23.90	
	L 3	Jack Osborne	17	Deben	25.30		L 3	Tobias Oglesby	20	West Norfolk	23.60	
	L 4	Daniel De Filippo	15	Flitwick	25.30		L 4	Maddox Roberts	18	Witham Dolph	22.20	
	L 5	Nonso Nwabueze	15	Bo Southend	25.30		L 5	Sam Townsend	20	Biggleswade	23.30	
	L 6	Joseph Wells	25	West Norfolk	25.30		L 6	Joshua Shepherd	16	Thurrock	23.85	
	L 7	Finlay Neve	16	Co Norwich	25.30		L 7	Sebastian Newell	19	Co Peterboro	24.00	
	L 8	Max Arnold	18	Harlow Pen	25.34		L 8	Jacob Ray	17	Basildon Ph	24.36	
H 7	L 1	William Presland	19	Bushey	25.25	<b>Event 314 Female 100m Breaststroke</b>						
	L 2	Luke Burnard	15	Co St Albans	25.23	H 1	L 3	Charlotte Ryan	24	SB5	Runnymede	2:55.02
	L 3	Daniel Belsey	16	Hatfield	25.20		L 4	Lily Herring	16	SB9	Norfolk Vikg	1:52.87
	L 4	Dylan Nutt	25	DunmowAtlant	25.17		L 5	Ida Corcoran	15	SB9	Flitwick	1:59.63
	L 5	Dominic Stachura	17	Dunstable	25.20	H 2	L 2	Molly Seymour	15		Hoddesdon	1:21.24
	L 6	Ronnie Edwards	16	Rochford	25.20		L 3	Erin Uttridge	15		teampipswich	1:21.13
	L 7	Danylo Snitko	16	Watford SC	25.25		L 4	Mercy Adeoye	15		Hatfield	1:20.51
	L 8	Archie Chamberlain	18	West Suffolk	25.26		L 5	Emily Turner	15		Clacton SC	1:20.63
H 8	L 1	Oliver Hutchinson	17	Harlow Pen	25.10		L 6	Eloise Collins	15		West Norfolk	1:21.17
	L 2	Daryl Rands	27	Colchester	25.10		L 7	Mwaba Mkwasa	19	SB8	Norwich Swan	1:47.01
	L 3	Daniel Boboye	17	DunmowAtlant	25.10	H 3	L 1	Summer Buckland	15		Harlow Pen	1:19.95
	L 4	Oliver Davey	15	Co Cambridge	25.00		L 2	Hannah Lovelock	16		Hitchin	1:18.82
	L 5	Samuel Rose	21	West Norfolk	25.08		L 3	Molly Grieve	19		Colchester	1:18.27
	L 6	Josh Martin	18	Co Peterboro	25.10		L 4	Kiera Broad	16		West Suffolk	1:18.07
	L 7	Lee Boka	16	Basildon Ph	25.10		L 5	Alice Watts	16		Co Cambridge	1:18.09
	L 8	Jake Lammas	23	West Norfolk	25.17		L 6	Weronika Mikolajewska	16		Co Peterboro	1:18.70
H 9	L 1	Aaron Peacock	17	Thetford	25.00		L 7	Emilia Johnson	15		St Felix Sch	1:19.07
	L 2	Jack Swindale	16	Co Peterboro	24.90		L 8	Summer Evason	15		Watford SC	1:20.40
	L 3	Hugo Raubitschek-Smith	16	Co St Albans	24.90	H 4	L 1	Olivia Riley	18		Hatfield	1:17.79
	L 4	Timon Chapman	22	Norwich Swan	24.90		L 2	Tessa Quayle	16		St Ives	1:17.69
	L 5	Riley Hall	17	Co Cambridge	24.90		L 3	Kesia Crees	16		Basildon Ph	1:16.86
	L 6	Thomas Garnett	17	West Norfolk	24.90		L 4	Sadie Rowe	17		Colchester	1:16.62
	L 7	Alexander Kalverboer	18	Co St Albans	24.97		L 5	Holly Larbey	17		Biggleswade	1:16.66
	L 8	Zac Stacey	17	Hoddesdon	25.00		L 6	Lara Treharne	17		Co Peterboro	1:17.04
H 10	L 1	Jude Gore	21	Linslade	24.90		L 7	Imola Jozsa	18		Hatfield	1:17.75
	L 2	Nathan Close	18	Bedford SS	24.88		L 8	Pemberley Hornigold	17		West Norfolk	1:18.07
	L 3	Theo Bari	16	Saffron Wald	24.80	H 5	L 1	Isabella Porzio	20		Putteridge	1:16.20
	L 4	Jake Moore	18	Watford SC	24.66		L 2	Anna-Lucia Fenner	18		Basildon Ph	1:15.16
	L 5	Dylan Davenport	15	Bishop Stort	24.74		L 3	Phoebe Howard	17		Norwich Swan	1:15.04
	L 6	Freddie Gardner	18	Thurrock	24.80		L 4	Georgina Hamilton	16		Co St Albans	1:14.60
	L 7	Sean Connolly	16	Epping For't	24.90		L 5	Shahd Mohamed	17		Co Peterboro	1:14.67
	L 8	Ryan Close	16	Bedford SS	24.90		L 6	Elizabeth Wright	17		West Suffolk	1:15.07
H 11	L 1	Austin Lillywhite	21	Biggleswade	24.50		L 7	Niamh James	23		Bishop Stort	1:15.86
	L 2	Harrison Holmes	19	Team Waveney	24.50		L 8	Isabel White	15		Biggleswade	1:16.50
	L 3	Ben Davison	19	Hatfield	24.41	H 6	L 1	Megan Gray	17		Hatfield	1:13.61
	L 4	Joshua Sackree	16	Co Peterboro	24.40		L 2	Chloe Butler	20		St Ives	1:13.20
	L 5	Billy Mead	19	Linslade	24.40		L 3	Lilly Davis	17		Co Peterboro	1:11.79
	L 6	Joe Power	17	Basildon Ph	24.50		L 4	Caitlin Hartley	20		Hatfield	1:09.40
	L 7	Sam Mead	22	Linslade	24.50		L 5	Molly Monk	20		Co Norwich	1:10.80
	L 8	Jake Thomas-Mansfield	24	West Suffolk	24.55		L 6	Ellen Eccleston	17		Co Norwich	1:12.50
							L 7	Daisy Mixer	18		Norwich Swan	1:13.40
							L 8	Ellie Smith	16		Co Norwich	1:14.44

Start List

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H 7	L 1	Ellen Duffield	17	teamipswich	1:13.59
	L 2	Mia Lowe	17	Basildon Ph	1:12.88
	L 3	Katie Andrews	20	Norwich Swan	1:11.50
	L 4	Ashley Ransome	29	Hatfield	1:09.30
	L 5	Isabelle Cameron	17	Co Peterboro	1:10.74
	L 6	Sarah O'Brien	28	West Norfolk	1:11.97
	L 7	Charlisse Harding	15	Norwich Swan	1:13.32
	L 8	Ellie-Rose Lyon	17	Co Norwich	1:14.39
H 8	L 1	Lauren Gore	18	Bishop Stort	1:13.56
	L 2	Rebecca Keetley	20	Co Cambridge	1:12.50
	L 3	Sophie Payne	22	Putteridge	1:11.30
	L 4	Jasmine Carter	15	Basildon Ph	1:08.80
	L 5	Beth Young	18	teamipswich	1:10.00
	L 6	Ruby Wheeler	18	Basildon Ph	1:11.81
	L 7	Yan Ting Emily Pak	15	Co Cambridge	1:13.30
	L 8	Amelia Murphy	17	Witham Dolph	1:14.20