

Start List

Event 201 Open/Male 200m IM								Event 202 Female 50m Backstroke							
H 1	L 3	Harry Arnold-Pepper	16	SM9	Co Cambridge	2:45.71		H 1	L 3	Lexie Sandiford	13		Putteridge	33.20	
	L 4	Corey Hare	18	SM14	teamipswich	2:25.25			L 4	Tasmin Whittaker	18		Watford SC	33.15	
	L 5	Samuel Black	17	SM14	Co Norwich	2:37.56			L 5	Elise Delapperall	18		Thurrock	33.19	
H 2	L 1	Harvey Isle	19		West Norfolk	2:22.98		H 2	L 1	Holly Enright	17		Watford SC	33.14	
	L 2	Luke Martell	18		Watford SC	2:22.24			L 2	Poppy Malcolmson	18		Dereham	33.14	
	L 3	Oliver Smith	17		Basildon Ph	2:22.14			L 3	Lola Wonfor	15		New Hall	33.13	
	L 4	Daniel Grimmer	18		West Norfolk	2:21.71			L 4	Charlotte Belcher	14		Bedford SS	33.08	
	L 5	Daniel Meier	17		Biggleswade	2:22.06			L 5	Chloe Bellamy	17		West Norfolk	33.10	
	L 6	Samuel Everett	17		West Suffolk	2:22.20			L 6	Ayla Zolfaghari	13		Epping For't	33.13	
	L 7	Nathan Yeaman	17		West Norfolk	2:22.31			L 7	Valeria Soldatikhina	11		West Norfolk	33.14	
H 3	L 1	Albert Orley	16		Braintree	2:21.51		H 3	L 1	Lucy Clarke	14		Chelmsford	33.05	
	L 2	Evan McQuade	16		DunmowAtlant	2:20.80			L 2	Libby Whiting	15		Putteridge	33.02	
	L 3	Henry Dean	18		Thurrock	2:20.50			L 3	Amber Ridgeon	19		Leiston	32.98	
	L 4	Thomas Spelman	17		Stowmarket	2:20.06			L 4	Lucy Calver	16		Biggleswade	32.94	
	L 5	Danylo Kravchenko	15		New Hall	2:20.10			L 5	Edie Newell	17		Chelmsford	32.95	
	L 6	Joshua Jones	15		West Norfolk	2:20.74			L 6	Lola Mitchinson	13		Thetford	32.99	
	L 7	B Macdonald-Williams	16		Bishop Stort	2:20.92			L 7	April Mills	16		Hatfield	33.04	
	L 8	Theodore Monk	16		Co Cambridge	2:21.62			L 8	Naomi Rose Conday	14		Bishop Stort	33.05	
H 4	L 1	Austin Harrop	18		Co Norwich	2:19.80		H 4	L 1	Alexandra Hurley	14		Co Cambridge	32.90	
	L 2	Adrien Storck-Wihlidal	17		Bishop Stort	2:19.48			L 2	Erin Woodrow	17		West Norfolk	32.81	
	L 3	Rafael Corliano	14		Co Cambridge	2:18.90			L 3	Kitty Lamb	13		Co Peterboro	32.80	
	L 4	Cub Maddison	18		Harpenden	2:18.83			L 4	Isabelle Talbot	17		Braintree	32.73	
	L 5	Marton Molnar	15		Co Cambridge	2:18.87			L 5	Sophie O'Rorke	17		DunmowAtlant	32.78	
	L 6	Harvey Durham	16		Co Norwich	2:19.30			L 6	Valentina Tinnirello	14		Potters Bar	32.80	
	L 7	Jude Gunner	15	SM14	Norwich Swan	2:19.70			L 7	Charlotte Low	15		Chelmsford	32.88	
	L 8	Oliver Fuller	14		Co Cambridge	2:19.91			L 8	Lilianna Sopala	14		Hoddesdon	32.93	
H 5	L 1	Samuel Rose	21		West Norfolk	2:17.88		H 5	L 1	Daisy Russell	16		DunmowAtlant	32.70	
	L 2	Robert Fenner	16		Basildon Ph	2:16.48			L 2	Alice Robinson	15		Co Cambridge	32.70	
	L 3	Ryan Close	16		Bedford SS	2:15.10			L 3	Imola Jozsa	18		Hatfield	32.68	
	L 4	Patch Robinson	17		teamipswich	2:09.60			L 4	Teah Gregory	16		Stevenage	32.63	
	L 5	Samuel Jeffrey	17		Hatfield	2:12.20			L 5	Maia Thompson	16		Team Waveney	32.64	
	L 6	Samuel Winslow	17		Co Cambridge	2:15.51			L 6	Bethany Hamer	17		Linslade	32.70	
	L 7	Finlay Neve	16		Co Norwich	2:17.40			L 7	Aimee Sanders	12		Dunstable	32.70	
	L 8	Rafferty May	16		Watford SC	2:18.64			L 8	Zoe Land	18		Team Waveney	32.70	
H 6	L 1	Ross De Wildt	16		Co Cambridge	2:17.60		H 6	L 1	Amber Flitton	15		Dunstable	32.60	
	L 2	Benjamin Taggart	17		Watford SC	2:16.39			L 2	Cassandra Pereira	14		Hatfield	32.59	
	L 3	Frank Lamb	15		Co Peterboro	2:15.00			L 3	Mia Nelson	13		Cheshunt	32.53	
	L 4	Edward Ormsby	17		Co Cambridge	2:07.20			L 4	Isabel Thomas	16		Newmarket	32.50	
	L 5	Reece Burns	16		Chelmsford	2:11.50			L 5	Amelia Lewis	15		teamipswich	32.51	
	L 6	Daryl Rands	27		Colchester	2:15.42			L 6	Sophie Roberts	15		teamipswich	32.54	
	L 7	Kian Lee	16		Co Peterboro	2:16.81			L 7	Z Jaramillo Obcowska	17		Epping For't	32.60	
	L 8	Daniel Williams	16		Hatfield	2:18.49			L 8	Dayna Arbon	18		Co Norwich	32.62	
H 7	L 1	George Prince	16		Putteridge	2:17.50		H 7	L 1	Isabella Savage	15		Potters Bar	32.48	
	L 2	Jacob Bacon	14		Co Peterboro	2:16.10			L 2	Poppy Garrod	15		Co Peterboro	32.32	
	L 3	Oscar Winterburn	16		teamipswich	2:12.30			L 3	Olivia Wicks	12		Norwich Swan	32.22	
	L 4	Kai Adams	28		Halstead	2:07.08			L 4	Emilia Johnson	15		Norwich Swan	32.19	
	L 5	Daniel McGuinness	18		Basildon Ph	2:09.85			L 5	Emma Cushion	14		Co Peterboro	32.20	
	L 6	Lewis Andrews	17		Norwich Swan	2:15.28			L 6	Megan Gray	17		Hatfield	32.27	
	L 7	Kieran Ng	14		Co Peterboro	2:16.60			L 7	Rebecca Olaru	13		Chelmsford	32.40	
	L 8	Jack Barnard	19		Watford SC	2:17.90			L 8	Amelia Murphy	17		Witham Dolph	32.49	
								H 8	L 1	Alice Watts	16		Co Cambridge	32.09	
									L 2	Tia Sammut	13		Bedford SS	31.90	
									L 3	Charlotte Pound	15		Putteridge	31.70	
									L 4	Phoebe Matthews	17		Hatfield	31.67	
									L 5	Lily Steel	14		teamipswich	31.70	
									L 6	Summer Boswell	16		Hatfield	31.76	
									L 7	Sophie Stelmach	15		Stevenage	32.09	
									L 8	Emilia Rayner	15		Halstead	32.18	
								H 9	L 1	Alexandra Nurney	14		Hatfield	31.62	
									L 2	Amy Harper	17		Watford SC	31.57	
									L 3	Francesca Howell	16		New Hall	31.40	
									L 4	Emily-Grace Bentley	14		Basildon Ph	31.26	
									L 5	Lois Smith	14		Basildon Ph	31.40	
									L 6	Gabriella Meyer	15		DunmowAtlant	31.50	
									L 7	Olivia Mendham	16		DunmowAtlant	31.60	
									L 8	Georgina Munday	20		Co Norwich	31.64	

Start List

H 10	L 1	Sophie Green	17	Hatfield	30.90	H 6	L 1	Toby Martin	17	Harpenden	25.50
	L 2	Isabelle Cameron	17	Co Peterboro	30.56		L 2	Aiden Futter	16	Norwich Swan	25.50
	L 3	Megan Pye	22	Co Norwich	30.00		L 3	Hayden Thornhill	18	Norwich Swan	25.40
	L 4	Charley Joyce	19	Epping Fort	28.90		L 4	Jack Barnard	19	Watford SC	25.40
	L 5	Isobel Mather	17	Co Cambridge	29.70		L 5	Danylo Kravchenko	15	New Hall	25.40
	L 6	Sophie Moore	19	Co Cambridge	30.50		L 6	Harvey Durham	16	Co Norwich	25.50
	L 7	Adrija Raudonyte	16	Newmarket	30.70		L 7	George Stevenson	17	West Norfolk	25.50
	L 8	Anouk Zecchini	18	Co Cambridge	31.21		L 8	Charlie Stanbury	19	Potters Bar	25.54
H 11	L 1	Chloe Armstrong	17	teamipswich	30.80	H 7	L 1	Finlay Roberts	15	Witham Dolph	25.38
	L 2	Erin Barber	14	Newmarket	30.54		L 2	Max Walters	15	Watford SC	25.37
	L 3	Eloise Cole	16	Bedford SS	29.80		L 3	Luke Morley	17	Hitchin	25.30
	L 4	Georgia Holgate	17	Co Cambridge	28.80		L 4	Nonso Nwabueze	15	Basildon Ph	25.30
	L 5	Evangeline Pierce	17	Basildon Ph	29.65		L 5	Frank Jacob	15	Co Cambridge	25.30
	L 6	Nicole Maynard	15	Basildon Ph	30.30		L 6	Joshua Needham	17	St Neot Swan	25.34
	L 7	Grace Robinson	15	Putteridge	30.60		L 7	Benedict Measures	19	Norwich Swan	25.37
	L 8	Shahd Mohamed	17	Co Peterboro	31.09		L 8	Roan Brennan	18	S10 Basildon Ph	25.40
H 12	L 1	Camille Vannier	17	Hatfield	30.80	H 8	L 1	Naim Harvey	16	Basildon Ph	25.16
	L 2	Emily Pitcher	16	Norwich Swan	30.52		L 2	Finlay Neve	16	Co Norwich	25.10
	L 3	Charlotte Smith	17	Norwich Swan	29.80		L 3	William Presland	19	Watford SC	25.10
	L 4	Amara Addison	17	Norwich Swan	28.64		L 4	Oliver Hutchinson	17	Harlow Pen	25.10
	L 5	Vanessa Cimermanova	16	Co Peterboro	29.10		L 5	Daniel Boboye	17	DunmowAtlant	25.10
	L 6	Erin Currie	16	Hatfield	30.08		L 6	Dominic Stachura	17	Dunstable	25.10
	L 7	Katerina Di Maria	16	Co Norwich	30.60		L 7	Adam O'Neal	16	Bedford SS	25.12
	L 8	Abigail Davis	14	Bedford SS	31.00		L 8	Matthew Titman	23	Co Cambridge	25.30
Event 203 Open/Male 50m Freestyle						H 9	L 1	Nathan Birchenough	17	Norwich Swan	25.05
H 1	L 2	Stephane Rouyer-Brown	27	S14 Runnymede	39.40		L 2	Jack Osborne	17	Deben	25.00
	L 3	Samuel Black	17	S14 Co Norwich	26.50		L 3	Charlie Barrett	23	Co Norwich	24.90
	L 4	Finlay Blagg	15	Stowmarket	26.10		L 4	Sean Connolly	16	Epping Fort	24.90
	L 5	Charles Sinclair	28	Ware	26.10		L 5	Riley Hall	17	Co Cambridge	24.90
	L 6	Harry Arnold-Pepper	16	S9 Co Cambridge	30.50		L 6	Janos Kadar	17	Co Cambridge	24.90
	L 7	Jacob Dessoy	16	S8 Runnymede	40.33		L 7	Jayden Carter	13	Basildon Ph	25.04
							L 8	Matthew Brown	19	Stowmarket	25.05
H 2	L 1	James Baker	17	Chelmsford	26.05	H 10	L 1	Lee Boka	16	Basildon Ph	24.82
	L 2	Oliver Smith	17	Basildon Ph	26.03		L 2	Lewis Chapman	23	Stowmarket	24.78
	L 3	Robert Elliston	18	Braintree	26.00		L 3	Oscar Hunter	15	Norwich Swan	24.70
	L 4	Oliver Frame	19	Norwich Swan	26.00		L 4	Freddie Gardner	18	Thurrock	24.70
	L 5	Nathan Yeaman	17	West Norfolk	26.00		L 5	Harry Hudson	19	Norwich Swan	24.70
	L 6	Ben Howlett	17	teamipswich	26.00		L 6	Theo Bari	16	Saffron Wald	24.70
	L 7	Cameron Jones	18	Bedford SS	26.03		L 7	Archie Tebbutt	14	New Hall	24.80
	L 8	Sean Diggins	18	Team Waveney	26.10		L 8	Maxwell Hozier	15	Hoddesdon	24.90
H 3	L 1	William Ward	15	Hoddesdon	25.92	H 11	L 1	Sam Mead	22	Linslade	24.50
	L 2	Charlie Birdsall	14	Co Cambridge	25.89		L 2	Henry Dean	18	Thurrock	24.10
	L 3	Billy Cyl	16	Ware	25.86		L 3	Damon Elliott	20	DunmowAtlant	23.90
	L 4	Ayobami Akindede	16	Thurrock	25.82		L 4	Jack Abram	19	Co Norwich	23.20
	L 5	Leo Easter	17	Runnymede	25.83		L 5	Lucas Dyson-Diaz	24	Hatfield	23.70
	L 6	Orlando Whiting	14	Norwich Swan	25.87		L 6	Liam Rumball	19	Hatfield	24.08
	L 7	Noah Mann	17	Newmarket	25.90		L 7	Billy Mead	19	Linslade	24.40
	L 8	Joshua Hutchinson	17	Harlow Pen	25.92		L 8	Danylo Snitko	16	Watford SC	24.64
H 4	L 1	B Macdonald-Williams	16	Bishop Stort	25.80	H 12	L 1	Joe Power	17	Basildon Ph	24.40
	L 2	Daniel Chandler	22	Linslade	25.77		L 2	Ethan Martin	19	Thurrock	24.10
	L 3	Cub Maddison	18	Harpenden	25.73		L 3	Joshua Shepherd	16	Thurrock	23.85
	L 4	Saxon Minto	16	Chelmsford	25.70		L 4	Matthew Wright	26	Team Luton	22.70
	L 5	Samuel Johnson	26	Halstead	25.73		L 5	Olivier Vedrenne	19	Co Norwich	23.60
	L 6	Harry Cooper	16	Rochford	25.74		L 6	Lucas Hartley	17	Hatfield	23.96
	L 7	Austin Harrop	18	Co Norwich	25.80		L 7	Daniel Chada	23	Bishop Stort	24.36
	L 8	Joe Hammond	17	Co Norwich	25.80		L 8	Samuel Rose	21	West Norfolk	24.60
H 5	L 1	Joshua Ellis	18	Hatfield	25.68	H 13	L 1	Joshua Sackree	16	Co Peterboro	24.40
	L 2	Kabir Patel	15	Potters Bar	25.64		L 2	Finlay Arnup	17	Norwich Swan	24.10
	L 3	Benjamin Taggart	17	Watford SC	25.60		L 3	Callum Cox	18	Co Norwich	23.80
	L 4	Blake Aldridge	17	St Felix Sch	25.60		L 4	William Ellard	18	S14 Norwich Swan	22.40
	L 5	Samuel Chamberlain	15	West Suffolk	25.60		L 5	Ronnie Edwards	16	Rochford	23.45
	L 6	Riley Bashford	18	Deben	25.61		L 6	Ashley Coombs	23	Watford SC	23.90
	L 7	Jensen Larthe	17	Basildon Ph	25.66		L 7	Ben Davison	19	Hatfield	24.30
	L 8	Rhys Burrell	17	West Norfolk	25.70		L 8	Dylan Davenport	15	Bishop Stort	24.50

Start List

Event 204 Female 200m Butterfly						
H 1	L 1	Scarlett Joslin	17	Co Cambridge	2:37.96	
	L 2	Evie Greenhalf	14	Co Norwich	2:36.64	
	L 3	Kitty Lamb	13	Co Peterboro	2:35.14	
	L 4	Summer Evason	15	Watford SC	2:34.80	
	L 5	Millie Harris	16	West Norfolk	2:34.91	
	L 6	Mia Macklin	16	Braintree	2:36.13	
	L 7	Amy Witton	15	Hatfield	2:36.91	
H 2	L 1	Kate Hopper	17	Watford SC	2:33.32	
	L 2	Eleanor McLeod	16	Putteridge	2:30.86	
	L 3	Lexie O'Connor	17	Basildon Ph	2:24.42	
	L 4	Cait Cotter	17	Chelmsford	2:20.39	
	L 5	Charlotte Smith	17	Norwich Swan	2:22.10	
	L 6	Sophie Dowding	17	teamipswich	2:27.00	
	L 7	Lucy Clarke	14	Chelmsford	2:31.57	
H 3	L 1	Amelia Saunders	16	Norwich Swan	2:32.90	
	L 2	Louise Webster	17	Thurrock	2:30.20	
	L 3	Poppy Magill	16	Putteridge	2:23.14	
	L 4	Amelia Fenner	14	Basildon Ph	2:16.90	
	L 5	Chloe Barnard	15	Basildon Ph	2:21.96	
	L 6	Hollie Hawkins	17	Basildon Ph	2:26.30	
	L 7	Ruby-May Ciaburro	14	Watford SC	2:31.30	
H 4	L 1	Holly Enright	17	Watford SC	2:32.50	
	L 2	Olivia Greenall	15	Co Norwich	2:29.60	
	L 3	Lara Treharne	17	Co Peterboro	2:23.11	
	L 4	Sadie Hunter	16	Co Peterboro	2:16.90	
	L 5	Chloe Butler	20	Co Norwich	2:20.80	
	L 6	Annie McLeod	16	Putteridge	2:25.83	
	L 7	Antonia Elias	15	Hatfield	2:31.00	
	L 8	Jorja Atkinson	13	Co Cambridge	2:33.34	
	Event 205 Open/Male 200m Butterfly					
	H 1	L 1	Ciaran Strike	16	Team Waveney	2:27.91
		L 2	Cillian O'Brien	16	Co Ely	2:27.53
		L 3	Dmitrijs Gracovs	15	Harlow Pen	2:26.60
		L 4	Finlay German	15	Co Cambridge	2:25.45
		L 5	Kye Harrington	16	West Norfolk	2:26.20
L 6		Philip Spalding	14	Putteridge	2:27.44	
L 7		Evan Larthe	15	Basildon Ph	2:27.60	
H 2	L 1	Corben Gibson	14	Basildon Ph	2:23.80	
	L 2	Corey Hare	18	S14 teamipswich	2:22.84	
	L 3	Oliver Fuller	14	Co Cambridge	2:21.93	
	L 4	Luke Owens	14	Putteridge	2:21.39	
	L 5	Evan McQuade	16	DunmowAtlant	2:21.62	
	L 6	Devesh Kapoor	21	Co Norwich	2:22.50	
	L 7	Dylan Nutt	25	DunmowAtlant	2:22.98	
H 3	L 1	Toby Martin	17	Harpenden	2:19.65	
	L 2	Harry Bird	15	Putteridge	2:16.70	
	L 3	Ethan Thorpe	15	Basildon Ph	2:14.35	
	L 4	Ryan Wall	17	Co Cambridge	2:08.80	
	L 5	Jake Lloyd	29	Bishop Stort	2:12.82	
	L 6	Marcus King	16	Putteridge	2:15.13	
	L 7	Ryan Close	16	Bedford SS	2:16.99	
H 4	L 1	Danylo Kravchenko	15	New Hall	2:19.49	
	L 2	Jude Gunner	15	S14 Norwich Swan	2:16.50	
	L 3	Kian Lee	16	Co Peterboro	2:13.50	
	L 4	Jake Thomas-Mansfield	24	West Suffolk	2:08.60	
	L 5	Joshua Shepherd	16	Thurrock	2:09.14	
	L 6	Callum Cox	18	Co Norwich	2:14.70	
	L 7	Joshua Ellis	18	Hatfield	2:16.95	
	L 8	Daniel Grimmer	18	West Norfolk	2:19.83	
	Event 206 Female 100m Breaststroke					
	H 1	L 3	Charlotte Ryan	24	SB5 Runnymede	2:55.02
		L 4	Jeslene Sandhu	13	Epping For't	1:18.98
		L 5	Sofia Cirdei	14	Basildon Ph	1:19.00
	H 2	L 1	Hannah Lovelock	16	Hitchin	1:18.82
		L 2	Alexis Johnson	14	Co Peterboro	1:18.38
L 3		Kiera Broad	16	West Suffolk	1:18.07	
L 4		Eloise Minto	13	Chelmsford	1:17.80	
L 5		Rachael Carpenter	17	Ware	1:17.90	
L 6		Alice Watts	16	Co Cambridge	1:18.09	
L 7		Nicole Peddely	14	teamipswich	1:18.49	
H 3	L 1	Mercy Adeoye	15	Hatfield	1:17.53	
	L 2	Molly Greatbatch	14	Bishop Stort	1:16.60	
	L 3	Isabella Porzio	20	Putteridge	1:16.20	
	L 4	Isabel White	15	Biggleswade	1:16.10	
	L 5	Freya Cox	13	Norwich Swan	1:16.14	
	L 6	Jorja Atkinson	13	Co Cambridge	1:16.50	
	L 7	Isabella Green	18	Co Norwich	1:17.47	
H 4	L 1	Shahd Mohamed	17	Hatfield	1:17.79	
	L 2	Charlissee Harding	15	Co Peterboro	1:14.67	
	L 3	Ruby Wheeler	18	Norwich Swan	1:13.32	
	L 4	Caitlin Hartley	20	Co Norwich	1:11.81	
	L 5	Rebecca Keetley	20	Hatfield	1:09.40	
	L 6	Mia Lowe	17	Co Cambridge	1:11.30	
	L 7	Elizabeth Wright	17	Basildon Ph	1:12.50	
H 5	L 1	Verity Hamilton	14	West Suffolk	1:14.15	
	L 2	Chloe Butler	20	Watford SC	1:15.90	
	L 3	Sophie Moore	19	Norwich Swan	1:14.50	
	L 4	Ashley Ransome	29	Co Norwich	1:13.20	
	L 5	Isabelle Cameron	17	Co Cambridge	1:11.50	
	L 6	Yan Ting Emily Pak	15	Hatfield	1:09.30	
	L 7	Ellie-Rose Lyon	17	Co Peterboro	1:10.74	
H 6	L 1	Amelia Murphy	17	Co Cambridge	1:12.30	
	L 2	Ella Greatbatch	16	Co Norwich	1:13.90	
	L 3	Sophie Payne	22	Basildon Ph	1:15.88	
	L 4	Jasmine Carter	15	Witham Dolph	1:14.20	
	L 5	Ellen Eccleston	17	Bishop Stort	1:13.00	
	L 6	Sarah O'Brien	28	Putteridge	1:11.30	
	L 7	Megan Gray	17	Basildon Ph	1:06.90	
	L 8	Phoebe Howard	17	Co Norwich	1:09.69	
				West Norfolk	1:11.97	
				Hatfield	1:13.61	
				Norwich Swan	1:15.04	

Event 207 Open/Male 100m Breaststroke

H 9	L 1	Charlie McKinnon	17	Norwich Swan	1:07.74
	L 2	Jake Moore	18	Watford SC	1:06.9
	L 3	Reece Burns	16	Chelmsford	1:05.90
	L 4	Joshua Sackree	16	Co Peterboro	1:04.15
	L 5	Ben Buckley	17	Co Norwich	1:04.70
	L 6	James Noble	22	Norwich Swan	1:06.40
	L 7	William Presland	19	Watford SC	1:07.25
	L 8	Benjamin Taggart	17	Watford SC	1:07.96

H 10	L 1	Samuel Johnson	26	Halstead	1:07.62
	L 2	Kieran Ng	14	Co Peterboro	1:06.80
	L 3	Lewis Andrews	17	Norwich Swan	1:05.90
	L 4	Thomas Hamilton	23	Co Cambridge	1:02.96
	L 5	Saxon Minto	16	Chelmsford	1:04.40
	L 6	Dominic McCarthy	22	Hoddesdon	1:06.20
	L 7	Timon Chapman	23	Norwich Swan	1:07.09
	L 8	Samuel Jeffrey	17	Hatfield	1:07.83

Event 208 Female 100m IM

H 1	L 1	Lily Steel	14	teamipswich	1:11.20
	L 2	Sophie Moore	19	Co Cambridge	1:11.00
	L 3	Isobel Mather	17	Co Cambridge	1:10.81
	L 4	Anabelle Kett	15	Co Peterboro	1:10.70
	L 5	Amelia Murphy	17	Witham Dolph	1:10.78
	L 6	Kiera Broad	16	West Suffolk	1:10.91
	L 7	Honor Beverstock	15	Hatfield	1:11.06

H 2	L 1	Chloe Armstrong	17	teamipswich	1:10.43
	L 2	Lois Smith	14	Basildon Ph	1:10.35
	L 3	Zoe Land	18	Team Waveney	1:10.16
	L 4	Emily Pitcher	16	Norwich Swan	1:09.91
	L 5	Amy Harper	17	Watford SC	1:10.12
	L 6	Verity Hamilton	14	Norwich Swan	1:10.29
	L 7	Amelia Porzio	16	Putteridge	1:10.36
	L 8	Olivia Riley	18	Hatfield	1:10.51

H 3	L 1	Elizabeth Wright	17	West Suffolk	1:09.84
	L 2	Anouk Zecchini	18	Co Cambridge	1:09.67
	L 3	Vanessa Cimermanova	16	Co Peterboro	1:09.46
	L 4	Jessica Shaw	19	Co Peterboro	1:09.07
	L 5	Yan Ting Emily Pak	15	Co Cambridge	1:09.46
	L 6	Lara Treharne	17	Co Peterboro	1:09.62
	L 7	Caitlin Hartley	20	Hatfield	1:09.75
	L 8	Isabella Porzio	20	Putteridge	1:09.91

H 4	L 1	Katie Jeffrey	20	Hatfield	1:08.50
	L 2	Rebecca Keetley	20	Co Cambridge	1:08.07
	L 3	Alexandra Nurney	14	Hatfield	1:06.89
	L 4	Jasmine Carter	15	Basildon Ph	1:06.13
	L 5	Jasmine Hall	14	Basildon Ph	1:06.70
	L 6	Jessica Medlicott	17	Dunstable	1:07.50
	L 7	Erin Barber	14	Newmarket	1:08.20
	L 8	Ruby Greenhalf	19	Co Norwich	1:08.93

H 5	L 1	Eva Lawson	16		Berkhamsted	1:08.35
	L 2	Georgina Munday	20		Co Norwich	1:07.98
	L 3	Niamh James	23		Bishop Stort	1:06.80
	L 4	Isabelle Cameron	17		Co Peterboro	1:05.99
	L 5	Megan Pye	22		Co Norwich	1:06.60
	L 6	Sarah O'Brien	28		West Norfolk	1:07.48
	L 7	Alexa Mann	18		DunmowAtlant	1:08.19
	L 8	Jessica-Jane Applegate	28	SM14	Co Norwich	1:08.93

H 6	L 1	Imola Jozsa	18	Hatfield	1:08.35
	L 2	Amy Boreham	18	Watford SC	1:07.79
	L 3	Amara Addison	17	Norwich Swan	1:06.77
	L 4	Grace Greenhalf	17	Co Norwich	1:05.00
	L 5	Olivia Minett	16	Co Peterboro	1:06.58
	L 6	Shahd Mohamed	17	Co Peterboro	1:07.09
	L 7	Ellen Eccleston	17	Co Norwich	1:08.17
	L 8	Sophie Payne	22	Putteridge	1:08.81

Start List

Event 209 Open/Male 400m Freestyle

H 1	L 2	Jacob Dessoy	16	S8	Runnymede	6:37.35
	L 3	Lucas Day	15		Rochford	4:27.82
	L 4	Oliver Fuller	14		Co Cambridge	4:24.48
	L 5	Jake Lloyd	29	S14	Bishop Stort	4:25.60
	L 6	Corey Hare	18		teamipswich	4:39.90
H 2	L 1	Frank Lamb	15		Co Peterboro	4:22.62
	L 2	George Carter	16		Co Cambridge	4:22.37
	L 3	Dylan Davenport	15		Bishop Stort	4:21.54
	L 4	Jacob Bacon	14		Co Peterboro	4:18.80
	L 5	Kian Lee	16		Co Peterboro	4:19.80
	L 6	Thomas Spelman	17		Stowmarket	4:22.10
	L 7	Ashton Blake	15		Basildon Ph	4:22.54
	L 8	Cameron Jones	18		Bedford SS	4:24.45
H 3	L 1	Oscar Hunter	15		Norwich Swan	4:18.50
	L 2	Robert Fenner	16		Basildon Ph	4:15.56
	L 3	Ryan Wall	17		Co Cambridge	4:06.04
	L 4	Alexander Volkovoy	19		Co Cambridge	3:52.03
	L 5	Daniel Belsey	16		Hatfield	4:01.08
	L 6	Adam O'Neal	16		Bedford SS	4:10.02
	L 7	Luke Martell	18		Watford SC	4:18.50
	L 8	B Macdonald-Williams	16		Bishop Stort	4:18.65