

Start List

Event 501 Female 200m IM												
H 1	L 1	Abigail Wickens	17	SM8	Flitwick	3:25.70	H 5	L 1	Kabir Patel	15	Potters Bar	29.95
	L 2	Bethany Crawley	16		teamipswich	2:33.70	L 2	Wilfred Warwick	14	Co Cambridge	29.92	
	L 3	Erin Woodrow	17		West Norfolk	2:33.19	L 3	Finlay Arnup	17	Norwich Swan	29.89	
	L 4	Anabelle Kett	15		Co Peterboro	2:32.70	L 4	Parker Brewster	15	Harpenden	29.77	
	L 5	Imola Jozsa	18		Hatfield	2:32.95	L 5	Lucas Deans	15	Woodham F SC	29.83	
	L 6	Nicole Peddely	14		teamipswich	2:33.45	L 6	Joe Hammond	17	Co Norwich	29.90	
	L 7	Emma Cushion	14		Co Peterboro	2:33.70	L 7	Rufus Kellie	14	Hatfield	29.95	
							L 8	Oliver Smith	17	DunmowAtlant	29.96	
H 2	L 1	Genevieve White	16		Co Cambridge	2:31.82	H 6	L 1	Charlie Barrett	23	Co Norwich	29.76
	L 2	Erin Uttridge	15		teamipswich	2:31.20	L 2	Lazaros Giarenis	15	Co Norwich	29.66	
	L 3	Olivia Riley	18		Hatfield	2:31.08	L 3	Charlie Stanbury	19	Potters Bar	29.61	
	L 4	Amelia Saunders	16		Norwich Swan	2:30.37	L 4	Sam Mead	22	Linslade	29.60	
	L 5	Charlisse Harding	15		Norwich Swan	2:30.90	L 5	Benedict Measures	19	Norwich Swan	29.60	
	L 6	Jorja Atkinson	13		Co Cambridge	2:31.10	L 6	Dylan Davenport	15	Bishop Stort	29.63	
	L 7	Amelia Porzio	16		Putteridge	2:31.40	L 7	William Leese	16	Co Cambridge	29.70	
	L 8	Chloe Simpson	18		Watford SC	2:32.68	L 8	Spencer Battisson	16	Team Waveney	29.77	
H 3	L 1	Summer Evason	15		Watford SC	2:28.40	H 7	L 1	Robert Fenner	16	Basildon Ph	29.55
	L 2	Sadie Hunter	16		Co Peterboro	2:26.40	L 2	Theo Bari	16	Saffron Wald	29.50	
	L 3	Jessica Medlicott	17		Dunstable	2:23.70	L 3	Ron Elkin	16	Co Cambridge	29.40	
	L 4	Grace Greenhalf	17		Co Norwich	2:18.71	L 4	Adam Hussain	16	Putteridge	29.35	
	L 5	Jasmine Hall	14		Basildon Ph	2:21.15	L 5	Jude Staton	16	March	29.36	
	L 6	Kate Hopper	17		Watford SC	2:24.75	L 6	Harrison Odie	17	Hoddesdon	29.40	
	L 7	Cailin Hehir	16		Watford SC	2:28.06	L 7	Thomas Robb	16	Halstead	29.50	
	L 8	Gabriella Meyer	15		DunmowAtlant	2:30.24	L 8	Archie Harris-Joy	14	Co Norwich	29.60	
H 4	L 1	Sophie Payne	22		Putteridge	2:28.30	H 8	L 1	Oliver Pike	17	Co Norwich	29.30
	L 2	Amy Boreham	18		Watford SC	2:26.15	L 2	Daniel Turner	16	Team Waveney	29.29	
	L 3	Olivia Minett	16		Co Peterboro	2:23.40	L 3	Ben Davison	19	Hatfield	29.18	
	L 4	Ruby Wheeler	18		Co Norwich	2:18.29	L 4	Rafferty May	16	Watford SC	29.15	
	L 5	Isabelle Cameron	17		Co Peterboro	2:20.97	L 5	Joshua Hutchinson	17	Harlow Pen	29.17	
	L 6	Eva Lawson	16		Berkhamsted	2:24.61	L 6	Orlando Whiting	14	Norwich Swan	29.23	
	L 7	Millie Harris	16		West Norfolk	2:27.26	L 7	Jan Beblot	15	Norwich Swan	29.30	
	L 8	Isabella Porzio	20		Putteridge	2:28.90	L 8	Daniel De Filippo	15	Flitwick	29.34	
H 5	L 1	Lois Smith	14		Basildon Ph	2:28.20	H 9	L 1	Billy Knibb	19	Linslade	29.10
	L 2	Amelia Fenner	14		Basildon Ph	2:25.51	L 2	Albert Orley	16	Braintree	29.01	
	L 3	Niamh James	23		Bishop Stort	2:22.63	L 3	Henry Dean	18	Thurrock	28.99	
	L 4	Cait Cotter	17		Chelmsford	2:17.70	L 4	Cameron Jones	18	Bedford SS	28.90	
	L 5	Sophie Moore	19		Co Cambridge	2:20.00	L 5	Naim Harvey	16	Basildon Ph	28.94	
	L 6	Megan Pye	22		Co Norwich	2:24.00	L 6	Adrien Storck-Wihlidal	17	Bishop Stort	28.99	
	L 7	Amara Addison	17		Norwich Swan	2:27.25	L 7	Hayden Thornhill	18	Norwich Swan	29.08	
	L 8	Amy Harper	17		Watford SC	2:28.67	L 8	Billy Mead	19	Linslade	29.12	
Event 502 Open/Male 50m Backstroke												
H 1	L 3	Archie Clarke	17		Flitwick	30.74	H 10	L 1	Toby Martin	17	Harpenden	28.70
	L 4	Daniel Grimmer	18		West Norfolk	30.69	L 2	Oliver Frame	19	Norwich Swan	28.67	
	L 5	Jack Beer	15		Linslade	30.70	L 3	Archie Tebbutt	14	New Hall	28.60	
H 2	L 2	Oliver Warren	15		Norwich Swan	30.64	L 4	Matthew Brown	19	Stowmarket	28.58	
	L 3	Oliver Hutchinson	17		Harlow Pen	30.60	L 5	Oliver Smith	17	Basildon Ph	28.60	
	L 4	Maximus Atkin	15		Linslade	30.53	L 6	Ewan Thompson	18	St Ives	28.66	
	L 5	Toby Lashmar	15		Basildon Ph	30.60	L 7	Kian Lee	16	Co Peterboro	28.69	
	L 6	Hayden Garrod	16		Team Waveney	30.63	L 8	William Presland	19	Watford SC	28.75	
	L 7	Finlay German	15		Co Cambridge	30.65	H 11	L 1	Ethan Thorpe	15	Basildon Ph	28.30
	L 8	Frank Lamb	15		Co Peterboro	30.50	L 2	Ashley Coombs	23	Watford SC	27.86	
H 3	L 2	B Macdonald-Williams	16		Bishop Stort	30.35	L 3	Oliver Baskerville	16	Hatfield	27.50	
	L 3	Riley Bashford	18		Deben	30.31	L 4	Lucas Dyson-Diaz	24	Hatfield	26.54	
	L 4	Finlay Roberts	15		Witham Dolph	30.29	L 5	Ryan Close	16	Bedford SS	27.07	
	L 5	Samuel George	18		Hatfield	30.30	L 6	Ethan Martin	19	Thurrock	27.66	
	L 6	Jensen Larthe	17		Basildon Ph	30.34	L 7	Oscar Winterburn	16	teamipswich	28.07	
	L 7	Aaron Molyneux	17		Saffron Wald	30.40	L 8	Evan McQuade	16	DunmowAtlant	28.39	
	L 8	Devesh Kapoor	21		Co Norwich	30.50	H 12	L 1	Lloyd Battisson	19	Team Waveney	28.16
	L 1	Noah Mann	17		Newmarket	30.19	L 2	Callum Cox	18	Co Norwich	27.75	
H 4	L 2	Nathan Yeaman	17		West Norfolk	30.10	L 3	Ronnie Edwards	16	Rochford	27.30	
	L 3	George Pilcher	17		Co Peterboro	30.00	L 4	Joshua Shepherd	16	Thurrock	26.50	
	L 4	Kieran Ng	14		Co Peterboro	30.00	L 5	Joshua Parker	15	Braintree	27.00	
	L 5	Daniel Pryke	18		Deben	30.00	L 6	Janos Kadar	17	Co Cambridge	27.65	
	L 6	George Stevenson	17		West Norfolk	30.10	L 7	Jacob Ray	17	Basildon Ph	27.90	
	L 7	James Clarke	16		Co Norwich	30.18	L 8	Timon Chapman	23	Norwich Swan	28.38	
	L 8	Zach Montgomery	14		Norwich Swan	30.21						

Start List

H 13	L 1	Freddie Gardner	18		Thurrock	28.10	H 9	L 1	Georgia Holgate	17	Co Cambridge	27.19
	L 2	Jack Osborne	17		Deben	27.74		L 2	Millie Harris	16	West Norfolk	26.90
	L 3	Alexander Volkovoy	19		Co Cambridge	27.24		L 3	Jessica Shaw	19	Co Peterboro	26.70
	L 4	Aaron Fox	23		Co Norwich	25.13		L 4	Eloise Cole	16	Bedford SS	26.00
	L 5	Matthew Wright	26		Team Luton	26.70		L 5	Olivia Minett	16	Co Peterboro	26.40
	L 6	Danylo Kravchenko	15		New Hall	27.62		L 6	Sophie Palmer	15	Basildon Ph	26.70
	L 7	Harrison Shaw	17		Flitwick	27.87		L 7	Shahd Mohamed	17	Co Peterboro	27.01
	L 8	Marton Molnar	15		Co Cambridge	28.30		L 8	Charlotte Smith	17	Norwich Swan	27.26
<u>Event 503 Female 50m Freestyle</u>							H 10	L 1	Erin Currie	16	Hatfield	27.10
								L 2	Daisy Russell	16	DunmowAtlant	26.80
H 1	L 3	Charlotte Ryan	24	S6	Runnymede	54.11		L 3	Alexa Mann	18	DunmowAtlant	26.60
	L 4	Freya Cox	13		Norwich Swan	28.60		L 4	Ellen Duffield	17	teamipswich	25.80
	L 5	Abigail Wickens	17	S8	Flitwick	37.18		L 5	Grace Greenhalf	17	Co Norwich	26.10
								L 6	Katerina Di Maria	16	Co Norwich	26.70
H 2	L 2	Miley Wilson-Mansfield	15		Newmarket	28.58		L 7	Alexandra Nurney	14	Hatfield	27.00
	L 3	Honor Beverstock	15		Hatfield	28.54		L 8	Georgina Munday	20	Co Norwich	27.20
	L 4	Amelia Porzio	16		Putteridge	28.50	H 11	L 1	Grace Robinson	15	Putteridge	27.10
	L 5	Amy Harper	17		Watford SC	28.53		L 2	Megan Pye	22	Co Norwich	26.80
	L 6	Genevieve White	16		Co Cambridge	28.55		L 3	Charley Joyce	19	Epping Fort	26.60
	L 7	Holly Underdown	15		Braintree	28.60		L 4	Skye Carter	17	Basildon Ph	24.30
								L 5	Jasmine Carter	15	Basildon Ph	26.10
H 3	L 1	Alexandra Hurley	14		Co Cambridge	28.50		L 6	Ever Ives	15	Hatfield	26.70
	L 2	Melike Dagdelen	15		Putteridge	28.50		L 7	Amara Addison	17	Norwich Swan	27.00
	L 3	Alicia Morton	15		Basildon Ph	28.43		L 8	Isabel Thomas	16	Newmarket	27.20
	L 4	Evie Greenhalf	14		Co Norwich	28.40	<u>Event 504 Open/Male 200m Breaststroke</u>					
	L 5	Ellie Catchpole	18		Leiston	28.42	H 1	L 3	Kameron Baker	13	Co Peterboro	2:41.20
	L 6	Chloe Simpson	18		Watford SC	28.49		L 4	Cillian O'Brien	16	Co Ely	2:40.66
	L 7	Naomi Rose Conday	14		Bishop Stort	28.50		L 5	Ewan Coackley	16	teamipswich	2:40.67
	L 8	Olivia Bradford	13		West Norfolk	28.50						
H 4	L 1	Sophie Stelmach	15		Stevenage	28.30	H 2	L 2	Theodore Monk	16	Co Cambridge	2:38.76
	L 2	Cailin Hehir	16		Watford SC	28.30		L 3	Berkley Barnicoat	15	Co Peterboro	2:38.45
	L 3	Edie Foster	13		Bishop Stort	28.30		L 4	Thomas Spelman	17	Stowmarket	2:37.70
	L 4	Aimee Sanders	12		Dunstable	28.28		L 5	Rafael Corliano	14	Co Cambridge	2:37.93
	L 5	Ayla Zolfaghari	13		Epping Fort	28.30		L 6	Kai Patel	14	Thurrock	2:38.73
	L 6	Bethany Hamer	17		Linslade	28.30		L 7	Joshua Black	14	Co Cambridge	2:39.19
	L 7	Olivia Palmer	14		Co Norwich	28.30						
	L 8	Lexie Sandiford	13		Putteridge	28.40	H 3	L 1	George Little	16	Bedford SS	2:36.95
								L 2	Samuel Howard	17	Hoddesdon	2:36.80
H 5	L 1	Bryony Thornton	18		Co Cambridge	28.04		L 3	Alexander Ball	17	Potters Bar	2:35.98
	L 2	Amelia Fenner	14		Basildon Ph	27.98		L 4	Adam Hazlewood	20	Putteridge	2:34.89
	L 3	Lilianna Sopala	14		Hoddesdon	27.90		L 5	Joshua Jones	15	West Norfolk	2:35.87
	L 4	Erin Woodrow	17		West Norfolk	27.86		L 6	Daniel De Filippo	15	Flitwick	2:36.72
	L 5	Ruby Greenhalf	19		Co Norwich	27.90		L 7	Samuel Everett	17	West Suffolk	2:36.93
	L 6	Kitty Lamb	13		Co Peterboro	27.90		L 8	Robert Elliston	18	Braintree	2:37.67
	L 7	Valentina Tinnirello	14		Potters Bar	28.01	H 4	L 1	Luke Payne	20	Hatfield	2:32.76
	L 8	Emily Pitcher	16		Norwich Swan	28.14		L 2	Dominic McCarthy	22	Hoddesdon	2:28.55
H 6	L 1	Sarah O'Brien	28		West Norfolk	27.80		L 3	Daryl Rands	27	Colchester	2:26.18
	L 2	Megan Gray	17		Hatfield	27.80		L 4	Charlie Ruddell	15	teamipswich	2:21.30
	L 3	Emma Fields	18		Bishop Stort	27.70		L 5	James Noble	22	Norwich Swan	2:24.00
	L 4	Anabelle Kett	15		Co Peterboro	27.70		L 6	Samuel Jeffrey	17	Hatfield	2:27.26
	L 5	Amelia Lewis	15		teamipswich	27.70		L 7	Frank Lamb	15	Co Peterboro	2:31.50
	L 6	Amelie Crabb	17		teamipswich	27.78		L 8	Austin Harrop	18	Co Norwich	2:34.87
	L 7	Elizabeth Wright	17		West Suffolk	27.80	H 5	L 1	Cub Maddison	18	Harpenden	2:32.03
	L 8	Emily-Grace Bentley	14		Basildon Ph	27.81		L 2	Kieran Ng	14	Co Peterboro	2:28.10
H 7	L 1	Erin Barber	14		Newmarket	27.66		L 3	Lewis Andrews	17	Norwich Swan	2:26.00
	L 2	Bethany Rumsby	15		Norwich Swan	27.60		L 4	Ben Buckley	17	Co Norwich	2:20.90
	L 3	Ella Dawson	16		Chelmsford	27.60		L 5	George Prince	16	Putteridge	2:22.98
	L 4	Eva Lawson	16		Berkhamsted	27.55		L 6	Charlie McKinnon	17	Norwich Swan	2:27.09
	L 5	Isobel Mather	17		Co Cambridge	27.60		L 7	Samuel Johnson	26	Halstead	2:30.26
	L 6	Evelyn Clarke	16		Witham Dolph	27.60		L 8	Oliver Fuller	14	Co Cambridge	2:34.46
	L 7	Imola Jozsa	18		Hatfield	27.63	H 6	L 1	Tyler Stone	14	Co Norwich	2:31.80
	L 8	Katie Jeffrey	20		Hatfield	27.70		L 2	James McGettigan	15	Thurrock	2:27.80
H 8	L 1	Ellie-Rose Lyon	17		Co Norwich	27.50		L 3	Joshua Sackree	16	Co Peterboro	2:24.26
	L 2	Vanesa Cimermanova	16		Co Peterboro	27.40		L 4	Edward Ormsby	17	Co Cambridge	2:20.31
	L 3	Imogen Duffen	18		Co Cambridge	27.32		L 5	Reece Burns	16	Chelmsford	2:22.31
	L 4	Nicole Maynard	15		Basildon Ph	27.30		L 6	Benjamin Taggart	17	Watford SC	2:26.84
	L 5	Jessica-Jane Applegate	28	S14	Co Norwich	27.30		L 7	Ross De Wildt	16	Co Cambridge	2:29.30
	L 6	Arabella Ward	18		Biggleswade	27.36		L 8	Szymon Pierzecki	15	Witham Dolph	2:33.15
	L 7	Olivia Greenall	15		Co Norwich	27.50						
	L 8	Phoebe Howard	17		Norwich Swan	27.50						

Start List

Event 505 Female 200m Breaststroke											
H 1	L 1	K Sutika-Totlebena	16	West Norfolk	2:52.70	H 4	L 1	Billy Mead	19	Linslade	1:00.70
	L 2	Daisy-Mai Doel	13	Basildon Ph	2:52.40		L 2	Benedict Measures	19	Norwich Swan	1:00.40
	L 3	Bethany Crawley	16	teamipswich	2:52.26		L 3	Billy Cyl	16	Ware	1:00.30
	L 4	Tyra Sajudeen	14	Co Cambridge	2:51.60		L 4	Dylan Davenport	15	Bishop Stort	1:00.20
	L 5	Ruby Brace	16	Co Peterboro	2:51.74		L 5	Finlay Neve	16	Co Norwich	1:00.30
	L 6	Grace Mutton	14	Deben	2:52.38		L 6	Daniel Williams	16	Hatfield	1:00.35
	L 7	Freya Cox	13	Norwich Swan	2:52.67		L 7	Daniel Meier	17	Biggleswade	1:00.55
							L 8	Saxon Minto	16	Chelmsford	1:00.72
H 2	L 1	Mercy Adeoye	15	Hatfield	2:51.57	H 5	L 1	Toby Martin	17	Harpenden	59.50
	L 2	Isla Stewart	14	Co Peterboro	2:51.07		L 2	Riley Hall	17	Co Cambridge	58.50
	L 3	Alexis Johnson	14	Co Peterboro	2:49.67		L 3	Ryan Close	16	Bedford SS	58.10
	L 4	Alice Watts	16	Co Cambridge	2:48.87		L 4	Joshua Shepherd	16	Thurrock	54.90
	L 5	Hannah Lovelock	16	Hitchin	2:48.92		L 5	Callum Cox	18	Co Norwich	56.40
	L 6	Mia Gray	16	Norwich Swan	2:50.37		L 6	Devesh Kapoor	21	Co Norwich	58.40
	L 7	Kiera Broad	16	West Suffolk	2:51.56		L 7	Danylo Kravchenko	15	New Hall	58.90
	L 8	Chloe Simpson	18	Watford SC	2:51.57		L 8	Riley Bashford	18	Deben	1:00.14
H 3	L 1	Verity Hamilton	14	Norwich Swan	2:45.70	H 6	L 1	Ethan Thorpe	15	Basildon Ph	59.40
	L 2	Yan Ting Emily Pak	15	Co Cambridge	2:41.58		L 2	Jude Gunner	15	Norwich Swan	58.50
	L 3	Rebecca Keetley	20	Co Cambridge	2:36.10		L 3	Jack Abram	19	Co Norwich	58.00
	L 4	Ellen Eccleston	17	Co Norwich	2:30.80		L 4	Henry Dean	18	Thurrock	54.60
	L 5	Ruby Wheeler	18	Co Norwich	2:33.18		L 5	Lucas Dyson-Diaz	24	Hatfield	55.71
	L 6	Megan Gray	17	Hatfield	2:38.59		L 6	Damon Elliott	20	DunmowAtlant	58.21
	L 7	Summer Evason	15	Watford SC	2:43.30		L 7	Oliver Pike	17	Co Norwich	58.70
	L 8	Molly Greatbatch	14	Bishop Stort	2:46.70		L 8	Samuel Rose	21	West Norfolk	1:00.09
H 4	L 1	Amelia Murphy	17	Witham Dolph	2:44.81	H 7	L 1	Jack Barnard	19	Watford SC	59.16
	L 2	Ella Greatbatch	16	Bishop Stort	2:39.80		L 2	Alexander Volkovoy	19	Co Cambridge	58.50
	L 3	Chloe Butler	20	Co Norwich	2:33.93		L 3	Jake Thomas-Mansfield	24	West Suffolk	56.80
	L 4	Sophie Moore	19	Co Cambridge	2:30.30		L 4	Aaron Fox	23	Co Norwich	53.11
	L 5	Isabelle Cameron	17	Co Peterboro	2:32.63		L 5	Harry Jones	24	Co Norwich	55.10
	L 6	Charlisse Harding	15	Norwich Swan	2:38.10		L 6	Harrison Shaw	17	Flitwick	58.20
	L 7	Isabella Porzio	20	Putteridge	2:42.34		L 7	Kian Lee	16	Co Peterboro	58.60
	L 8	Jorja Atkinson	13	Co Cambridge	2:46.17		L 8	Jacob Bacon	14	Co Peterboro	59.90
H 5	L 1	Niamh James	23	Bishop Stort	2:43.50	Event 507 Female 100m Butterfly					
	L 2	Lexie O'Connor	17	Basildon Ph	2:39.75	H 1	L 2	Lily Steel	14	teamipswich	1:09.99
	L 3	Sophie Payne	22	Putteridge	2:33.60		L 3	Eloise Conway	24	Halstead	1:09.94
	L 4	Caitlin Hartley	20	Hatfield	2:28.10		L 4	Jasmine Scott	13	Co St Albans	1:09.60
	L 5	Jasmine Carter	15	Basildon Ph	2:31.20		L 5	Teah Gregory	16	Stevenage	1:09.66
	L 6	Sarah O'Brien	28	West Norfolk	2:36.75		L 6	Scarlett Joslin	17	Co Cambridge	1:09.94
	L 7	Elizabeth Wright	17	West Suffolk	2:42.26	H 2	L 1	Holly Enright	17	Watford SC	1:09.01
	L 8	Isabel White	15	Biggleswade	2:45.81		L 2	Honor Beverstock	15	Hatfield	1:09.00
Event 506 Open/Male 100m Butterfly							L 3	Eleanor McLeod	16	Putteridge	1:08.90
H 1	L 1	Harry Arnold-Pepper	16	S9 Co Cambridge	1:14.71		L 4	Louise Webster	17	Thurrock	1:08.60
	L 2	Samuel Black	17	S14 Co Norwich	1:05.10		L 5	Mia Macklin	16	Braintree	1:08.87
	L 3	Hayden Garrod	16	Team Waveney	1:02.70		L 6	Kitty Lamb	13	Co Peterboro	1:09.00
	L 4	Jamie Wilson	15	West Norfolk	1:02.67		L 7	I Stratton-Thomsett	15	Colchester	1:09.00
	L 5	Daniel Thompson	17	Thurrock	1:02.70		L 8	Lois Smith	14	Basildon Ph	1:09.10
	L 6	Daniel Boboye	17	DunmowAtlant	1:02.74	H 3	L 1	Isabella Porzio	20	Putteridge	1:08.30
	L 7	Corey Hare	18	S14 teamipswich	1:05.29		L 2	Summer Evason	15	Watford SC	1:08.15
H 2	L 1	Cub Maddison	18	Harpenden	1:02.52		L 3	Melike Dagdelen	15	Putteridge	1:07.80
	L 2	Archie Tebbutt	14	New Hall	1:02.40		L 4	Lucy Clarke	14	Chelmsford	1:07.60
	L 3	Oliver Fuller	14	Co Cambridge	1:01.98		L 5	Evie Greenhalf	14	Co Norwich	1:07.60
	L 4	Noah Mann	17	Newmarket	1:01.90		L 6	Ruby-May Ciaburro	14	Watford SC	1:07.89
	L 5	Marcus King	16	Putteridge	1:01.90		L 7	Bryony Thornton	18	Co Cambridge	1:08.26
	L 6	Ashton Blake	15	Basildon Ph	1:01.98		L 8	Hollie Gilbertson	15	Co Norwich	1:08.53
	L 7	Naim Harvey	16	Basildon Ph	1:02.46	H 4	L 1	Chloe Armstrong	17	teamipswich	1:07.20
	L 8	Finlay Arnup	17	Norwich Swan	1:02.61		L 2	Genevieve White	16	Co Cambridge	1:07.20
H 3	L 1	Dylan Nutt	25	DunmowAtlant	1:01.64		L 3	Alexandra Nurney	14	Hatfield	1:07.00
	L 2	Harry Cooper	16	Rochford	1:01.45		L 4	Amy Boreham	18	Watford SC	1:06.22
	L 3	Harry Hudson	19	Norwich Swan	1:01.06		L 5	Emily Pitcher	16	Norwich Swan	1:06.66
	L 4	Lloyd Battisson	19	Team Waveney	1:00.80		L 6	Kate Hopper	17	Watford SC	1:07.11
	L 5	Oscar Hunter	15	Norwich Swan	1:00.82		L 7	Lexie Sandiford	13	Putteridge	1:07.20
	L 6	Ewan Thompson	18	St Ives	1:01.10		L 8	Ayla Zolfaghari	13	Epping For't	1:07.59
	L 7	Joshua Ellis	18	Hatfield	1:01.52						
	L 8	Wilfred Warwick	14	Co Cambridge	1:01.80						

Start List

H 5	L 1	Jessica Medlicott	17	Dunstable	1:05.90	H 7	L 1	Saxon Minto	16	Chelmsford	1:02.43
	L 2	Ruby Greenhalf	19	Co Norwich	1:04.70		L 2	Ashley Coombs	23	Watford SC	1:01.74
	L 3	Chloe Butler	20	Co Norwich	1:03.50		L 3	Joshua Sackree	16	Co Peterboro	1:00.84
	L 4	Georgia Holgate	17	Co Cambridge	1:01.74		L 4	Kai Adams	28	Halstead	58.91
	L 5	Grace Greenhalf	17	Co Norwich	1:02.80		L 5	Lucas Hartley	17	Hatfield	1:00.32
	L 6	Millie Harris	16	West Norfolk	1:04.00		L 6	Ben Davison	19	Hatfield	1:01.56
	L 7	Ever Ives	15	Hatfield	1:04.90		L 7	Sam Mead	22	Linslade	1:02.29
	L 8	Hollie Hawkins	17	Basildon Ph	1:06.20		L 8	Charlie Barrett	23	Co Norwich	1:02.63
H 6	L 1	Alexa Mann	18	DunmowAtlant	1:05.90	H 8	L 1	Billy Mead	19	Linslade	1:02.34
	L 2	Vanessa Cimermanova	16	Co Peterboro	1:04.44		L 2	Ethan Martin	19	Thurrock	1:01.73
	L 3	Sadie Hunter	16	Co Peterboro	1:03.10		L 3	Harrison Shaw	17	Flitwick	1:00.76
	L 4	Charlotte Smith	17	Norwich Swan	1:01.40		L 4	Lucas Dyson-Diaz	24	Hatfield	58.65
	L 5	Amelia Fenner	14	Basildon Ph	1:02.80		L 5	Edward Ormsby	17	Co Cambridge	1:00.16
	L 6	Olivia Minett	16	Co Peterboro	1:03.90		L 6	Reece Burns	16	Chelmsford	1:01.52
	L 7	Megan Pye	22	Co Norwich	1:04.80		L 7	Samuel Rose	21	West Norfolk	1:02.08
	L 8	Isobel Mather	17	Co Cambridge	1:06.20		L 8	Ronnie Edwards	16	Rochford	1:02.52
H 7	L 1	Jessica-Jane Applegate	28	Co Norwich	1:05.70	H 9	L 1	Riley Hall	17	Co Cambridge	1:02.31
	L 2	Olivia Greenall	15	Co Norwich	1:04.01		L 2	Daryl Rands	27	Colchester	1:01.70
	L 3	Emma Fields	18	Bishop Stort	1:03.00		L 3	Jake Moore	18	Watford SC	1:00.32
	L 4	Skye Carter	17	Basildon Ph	59.80		L 4	Olivier Vedrenne	19	Co Norwich	56.95
	L 5	Eloise Cole	16	Bedford SS	1:01.90		L 5	Lewis Chapman	23	Stowmarket	59.99
	L 6	Sophie Palmer	15	Basildon Ph	1:03.80		L 6	Jacob Ray	17	Basildon Ph	1:00.95
	L 7	Anouk Zecchini	18	Co Cambridge	1:04.70		L 7	Timon Chapman	23	Norwich Swan	1:02.07
	L 8	Poppy Magill	16	Putteridge	1:06.14		L 8	Samuel Winslow	17	Co Cambridge	1:02.48

Event 508 Open/Male 100m IM

H 1	L 3	Robert Fenner	16	Basildon Ph	1:05.90
	L 4	George Prince	16	Putteridge	1:05.69
	L 5	Daniel Turner	16	Team Waveney	1:05.71
H 2	L 1	Daniel Grimmer	18	West Norfolk	1:05.58
	L 2	Dylan Davenport	15	Bishop Stort	1:05.52
	L 3	Charlie Stanbury	19	Potters Bar	1:05.37
	L 4	Jude Gunner	15	Norwich Swan	1:05.08
	L 5	Riley Bashford	18	Deben	1:05.30
	L 6	Wilfred Warwick	14	Co Cambridge	1:05.38
	L 7	Tyler Stone	14	Co Norwich	1:05.55
	L 8	Cillian O'Brien	16	Co Ely	1:05.63
H 3	L 1	Luke Martell	18	Watford SC	1:04.96
	L 2	Lazaros Giarenis	15	Co Norwich	1:04.93
	L 3	Daniel Pryke	18	Deben	1:04.67
	L 4	Finlay Neve	16	Co Norwich	1:04.64
	L 5	William Presland	19	Watford SC	1:04.67
	L 6	Rafael Corliano	14	Co Cambridge	1:04.93
	L 7	Kian Lee	16	Co Peterboro	1:04.95
	L 8	Glennon Lee	18	Harlow Pen	1:05.05
H 4	L 1	Thomas Spelman	17	Stowmarket	1:04.37
	L 2	Jack Osborne	17	Deben	1:04.17
	L 3	Marton Molnar	15	Co Cambridge	1:04.10
	L 4	Rafferty May	16	Watford SC	1:04.03
	L 5	Danylo Snitko	16	Watford SC	1:04.06
	L 6	Frank Lamb	15	Co Peterboro	1:04.15
	L 7	Evan McQuade	16	DunmowAtlant	1:04.30
	L 8	Daniel Boboye	17	DunmowAtlant	1:04.42
H 5	L 1	Sean Diggins	18	Team Waveney	1:03.92
	L 2	Samuel Johnson	26	Halstead	1:03.88
	L 3	Kieran Ng	14	Co Peterboro	1:03.86
	L 4	Maxwell Hozier	15	Hoddesdon	1:03.62
	L 5	Ewan Thompson	18	St Ives	1:03.69
	L 6	Austin Harrop	18	Co Norwich	1:03.88
	L 7	Toby Martin	17	Harpندن	1:03.90
	L 8	Daniel De Filippo	15	Flitwick	1:03.99
H 6	L 1	Ross De Wildt	16	Co Cambridge	1:03.47
	L 2	Danylo Kravchenko	15	New Hall	1:03.20
	L 3	Ben Buckley	17	Co Norwich	1:03.01
	L 4	Chun Ho Chan	15	Watford SC	1:02.79
	L 5	Lewis Andrews	17	Norwich Swan	1:02.88
	L 6	Cub Maddison	18	Harpندن	1:03.14
	L 7	Benjamin Taggart	17	Watford SC	1:03.45
	L 8	Adrien Storck-Wihlidal	17	Bishop Stort	1:03.56

Event 509 Female 400m Freestyle

H 1	L 1	Charlotte Ryan	24	S6	Runnymede	9:00.81
	L 2	Emily-Grace Bentley	14		Basildon Ph	4:44.74
	L 3	Niamh O'Meara	18		Watford SC	4:43.51
	L 4	Eleanor McLeod	16		Putteridge	4:41.93
	L 5	Amy Harper	17		Watford SC	4:42.20
	L 6	Miriam Moukdad	18		Bishop Stort	4:43.83
	L 7	Abigail Wickens	17	S8	Flitwick	5:30.70
H 2	L 1	Amelie Crabb	17		teamipswich	4:39.64
	L 2	Florence Crowley	18		Co St Albans	4:37.55
	L 3	Almudena Visser Velez	22		Co Cambridge	4:36.59
	L 4	Millie Richardson	18		Hatfield	4:35.87
	L 5	Amelia Porzio	16		Putteridge	4:36.46
	L 6	Francesca Howell	16		New Hall	4:37.03
	L 7	Anabelle Kett	15		Co Peterboro	4:38.30
	L 8	Amelia Saunders	16		Norwich Swan	4:40.20
H 3	L 1	Jessica Medlicott	17		Dunstable	4:34.90
	L 2	Gabriella Troman	15		teamipswich	4:34.26
	L 3	Lexie Goodman	17		Basildon Ph	4:32.56
	L 4	Weronika Mikolajewska	16		Co Cambridge	4:31.97
	L 5	Cailin Hehir	16		Watford SC	4:32.27
	L 6	Ella Dawson	16		Chelmsford	4:33.74
	L 7	Erin Uttridge	15		teamipswich	4:34.26
	L 8	Ruby Chapman	18		Norwich Swan	4:35.73
H 4	L 1	Jessica Keogh	20		Hatfield	4:30.75
	L 2	Ever Ives	15		Hatfield	4:26.08
	L 3	Sophie Dowding	17		teamipswich	4:25.09
	L 4	Cait Cotter	17		Chelmsford	4:15.00
	L 5	Jasmine Hall	14		Basildon Ph	4:23.90
	L 6	Annie McLeod	16		Putteridge	4:25.86
	L 7	Sadie Hunter	16		Co Peterboro	4:28.50
	L 8	Eva Lawson	16		Berkhamsted	4:30.90