

Start List

Event 601 Open/Male 400m IM					
H 1	L 3	Kieran Ng	14	Co Peterboro 5:04.50	
	L 4	Harvey Isle	19	West Norfolk 5:03.71	
	L 5	Thomas Spelman	17	Stowmarket 5:03.79	
H 2	L 2	Theodore Monk	16	Co Cambridge 5:02.21	
	L 3	Patryk Nowak	14	Co Peterboro 5:01.25	
	L 4	Danylo Kravchenko	15	New Hall 4:57.25	
	L 5	Ashton Blake	15	Basildon Ph 5:00.89	
	L 6	Csanad Rehus	15	Co Peterboro 5:01.69	
H 3	L 7	Joshua Jones	15	West Norfolk 5:02.52	
	L 1	Daniel Thompson	17	Thurrock 4:56.98	
	L 2	Oliver Fuller	14	Co Cambridge 4:54.91	
	L 3	Daniel De Filippo	15	Flitwick 4:53.50	
	L 4	Frank Lamb	15	Co Peterboro 4:49.20	
	L 5	George Prince	16	Putteridge 4:51.30	
	L 6	Jacob Bacon	14	Co Peterboro 4:53.90	
	L 7	Daniel Meier	17	Biggleswade 4:55.41	
H 4	L 8	Benjamin Taggart	17	Watford SC 4:57.08	
	L 1	Edward Ormsby	17	Co Cambridge 4:44.40	
	L 2	Oscar Winterburn	16	teamipswich 4:41.43	
	L 3	Harrison Shaw	17	Flitwick 4:37.10	
	L 4	Patch Robinson	17	teamipswich 4:32.50	
	L 5	Daniel McGuinness	18	Basildon Ph 4:35.90	
	L 6	Reece Burns	16	Chelmsford 4:38.60	
	L 7	Samuel Jeffrey	17	Hatfield 4:43.64	
	L 8	Kian Lee	16	Co Peterboro 4:48.35	
	Event 602 Female 100m Backstroke				
	H 1	L 1	Isabella Savage	15	Potters Bar 1:10.50
		L 2	Chloe Bellamy	17	West Norfolk 1:10.33
		L 3	Z Jaramillo Obcowska	17	Epping For't 1:10.14
		L 4	Alice Watts	16	Co Cambridge 1:10.11
		L 5	Libby Whiting	15	Putteridge 1:10.13
		L 6	Florence Davies	16	Deben 1:10.26
L 7		Hollie Heighes	16	Braintree 1:10.45	
L 8		Abigail Wickens	17	S8 Flitwick 1:31.00	
H 2	L 1	Lucy Clarke	14	Chelmsford 1:09.68	
	L 2	Edie Newell	17	Chelmsford 1:09.62	
	L 3	Bethany Hamer	17	Linslade 1:09.38	
	L 4	Phoebe Matthews	17	Hatfield 1:09.20	
	L 5	Aimee Sanders	12	Dunstable 1:09.25	
	L 6	Emilia Johnson	15	Norwich Swan 1:09.40	
	L 7	Erin Woodrow	17	West Norfolk 1:09.62	
	L 8	Cassandra Pereira	14	Hatfield 1:09.95	
H 3	L 1	Emilia Rayner	15	Halstead 1:09.16	
	L 2	Genevieve White	16	Co Cambridge 1:08.95	
	L 3	Sophie Roberts	15	teamipswich 1:08.89	
	L 4	Lucy Calver	16	Biggleswade 1:08.69	
	L 5	Maia Thompson	16	Team Waveney 1:08.72	
	L 6	Mia Nelson	13	Cheshunt 1:08.92	
	L 7	Emma Cushion	14	Co Peterboro 1:09.14	
	L 8	Charlotte Pound	15	Putteridge 1:09.20	
H 4	L 1	Hollie Gilbertson	15	Co Norwich 1:08.47	
	L 2	Gabriella Troman	15	teamipswich 1:08.34	
	L 3	Summer Boswell	16	Hatfield 1:08.17	
	L 4	Summer Evason	15	Watford SC 1:07.98	
	L 5	Olivia Mendham	16	DunmowAtlant 1:08.13	
	L 6	Kate Hopper	17	Watford SC 1:08.27	
	L 7	Anouk Zecchini	18	Co Cambridge 1:08.37	
	L 8	Olivia Greenall	15	Co Norwich 1:08.67	

H 5	L 1	Ella Dawson	16	Chelmsford 1:07.72
	L 2	Abigail Davis	14	Bedford SS 1:07.66
	L 3	Gabriella Meyer	15	DunmowAtlant 1:07.30
	L 4	Chloe Linney	16	Halstead 1:06.70
	L 5	Lily Steel	14	teamipswich 1:06.90
	L 6	Tia Sammut	13	Bedford SS 1:07.35
	L 7	Georgina Munday	20	Co Norwich 1:07.70
	L 8	Emily-Grace Bentley	14	Basildon Ph 1:07.89
H 6	L 1	Chloe Armstrong	17	teamipswich 1:06.27
	L 2	Adrija Raudonyte	16	Newmarket 1:05.70
	L 3	Megan Pye	22	Co Norwich 1:04.20
	L 4	Georgia Holgate	17	Co Cambridge 1:02.49
	L 5	Isobel Mather	17	Co Cambridge 1:03.70
	L 6	Emily Pitcher	16	Norwich Swan 1:04.97
	L 7	Lois Smith	14	Basildon Ph 1:05.99
	L 8	Amy Harper	17	Watford SC 1:06.50
H 7	L 1	Jessica-Jane Applegate	28	S14 Co Norwich 1:06.14
	L 2	Francesca Howell	16	New Hall 1:05.54
	L 3	Erin Barber	14	Newmarket 1:04.08
	L 4	Evangeline Pierce	17	Basildon Ph 1:02.31
	L 5	Amara Addison	17	Norwich Swan 1:03.10
	L 6	Niamh James	23	Bishop Stort 1:04.93
	L 7	Charlotte Smith	17	Norwich Swan 1:05.80
	L 8	Sophie Green	17	Hatfield 1:06.50
H 8	L 1	Katerina Di Maria	16	Co Norwich 1:06.04
	L 2	Erin Currie	16	Hatfield 1:04.97
	L 3	Eloise Cole	16	Bedford SS 1:03.96
	L 4	Charley Joyce	19	Epping For't 1:01.99
	L 5	Vanesa Cimermanova	16	Co Peterboro 1:02.80
	L 6	Grace Robinson	15	Putteridge 1:04.44
	L 7	Camille Vannier	17	Hatfield 1:05.79
	L 8	Weronika Mikolajewska	16	Co Cambridge 1:06.31
Event 603 Open/Male 100m Freestyle				
H 1	L 1	Jacob Dessoy	16	S8 Runnymede 1:24.91
	L 2	Corey Hare	18	S14 teamipswich 1:01.66
	L 3	Saxon Minto	16	Chelmsford 56.80
	L 4	Oliver Fuller	14	Co Cambridge 56.61
	L 5	Noah Mann	17	Newmarket 56.69
	L 6	Samuel Black	17	S14 Co Norwich 59.81
	L 7	Harry Arnold-Pepper	16	S9 Co Cambridge 1:08.00
	L 8	Stephane Rouyer-Brown	27	S14 Runnymede 1:28.00
H 2	L 1	Luke Martell	18	Watford SC 56.50
	L 2	Marcus King	16	Putteridge 56.43
	L 3	Joshua Hutchinson	17	Harlow Pen 56.21
	L 4	Cameron Jones	18	Bedford SS 56.17
	L 5	William Presland	19	Watford SC 56.21
	L 6	Daniel De Filippo	15	Flitwick 56.30
	L 7	Aiden Futter	16	Norwich Swan 56.50
	L 8	Nonso Nwabueze	15	Basildon Ph 56.60
H 3	L 1	Hayden Thornhill	18	Norwich Swan 56.06
	L 2	Benedict Measures	19	Norwich Swan 56.01
	L 3	Adam O'Neal	16	Bedford SS 55.98
	L 4	Sean Diggins	18	Team Waveney 55.79
	L 5	Naim Harvey	16	Basildon Ph 55.96
	L 6	Riley Bashford	18	Deben 56.01
	L 7	Samuel George	18	Hatfield 56.03
	L 8	Jude Gunner	15	S14 Norwich Swan 56.10
H 4	L 1	Billy Cyl	16	Ware 55.64
	L 2	Dylan Nutt	25	DunmowAtlant 55.41
	L 3	Finlay Neve	16	Co Norwich 55.32
	L 4	Charlie Barrett	23	Co Norwich 55.10
	L 5	Harry Hudson	19	Norwich Swan 55.29
	L 6	Toby Martin	17	Harpenden 55.41
	L 7	Guy Semple	20	Co Cambridge 55.46
	L 8	Ethan Thorpe	15	Basildon Ph 55.79

Start List

H 5	L 1	Henry Dean	18	Thurrock	54.82	H 3	L 1	Olivia Minett	16	Co Peterboro	2:08.30
	L 2	Max Walters	15	Watford SC	54.64		L 2	Sophie Palmer	15	Basildon Ph	2:07.63
	L 3	Austin Lillywhite	21	Biggleswade	54.62		L 3	Lexie O'Connor	17	Basildon Ph	2:06.20
	L 4	Lee Boka	16	Basildon Ph	54.57		L 4	Grace Greenhalf	17	Co Norwich	2:03.36
	L 5	Janos Kadar	17	Co Cambridge	54.60		L 5	Jasmine Hall	14	Basildon Ph	2:04.30
	L 6	Lloyd Battisson	19	Team Waveney	54.63		L 6	Sophie Dowding	17	teamipswich	2:06.67
	L 7	Roan Brennan	18	Basildon Ph	54.70		L 7	Ella Dawson	16	Chelmsford	2:08.20
	L 8	George Stevenson	17	West Norfolk	54.90		L 8	Ruby Chapman	18	Norwich Swan	2:09.82
S10											
H 6	L 1	Billy Mead	19	Linslade	54.44	H 4	L 1	Cailin Hehir	16	Watford SC	2:08.20
	L 2	Danylo Snitko	16	Watford SC	54.30		L 2	Ever Ives	15	Hatfield	2:07.08
	L 3	Matthew Brown	19	Stowmarket	54.24		L 3	Jessica Medicott	17	Dunstable	2:04.88
	L 4	Maxwell Hozier	15	Hoddesdon	54.21		L 4	Ruby Wheeler	18	Co Norwich	2:02.74
	L 5	Jack Osborne	17	Deben	54.22		L 5	Alexa Mann	18	DunmowAtlant	2:04.00
	L 6	Max Arnold	18	Harlow Pen	54.26		L 6	Jessica-Jane Applegate	28	Co Norwich	2:06.40
	L 7	Daniel Williams	16	Hatfield	54.41		L 7	Alexandra Nurney	14	Hatfield	2:08.20
	L 8	Theo Bari	16	Saffron Wald	54.50		L 8	Lexie Goodman	17	Basildon Ph	2:09.51
S14											
H 7	L 1	Joshua Ellis	18	Hatfield	54.18	H 5	L 1	Amelia Fenner	14	Basildon Ph	2:08.20
	L 2	Oscar Hunter	15	Norwich Swan	54.10		L 2	Eva Lawson	16	Berkhamsted	2:07.00
	L 3	Harrison Shaw	17	Flitwick	53.91		L 3	Grace Robinson	15	Putteridge	2:04.84
	L 4	Jacob Ray	17	Basildon Ph	53.84		L 4	Skye Carter	17	Basildon Ph	1:59.85
	L 5	Joe Power	17	Basildon Ph	53.84		L 5	Cait Cotter	17	Chelmsford	2:03.71
	L 6	Ryan Close	16	Bedford SS	53.94		L 6	Lucy Wheeler	24	Bishop Stort	2:06.40
	L 7	Ronnie Edwards	16	Rochford	54.13		L 7	Annie McLeod	16	Putteridge	2:07.99
	L 8	Archie Tebbutt	14	New Hall	54.20		L 8	Eloise Cole	16	Bedford SS	2:09.34
S14											
H 8	L 1	Joshua Sackree	16	Co Peterboro	53.60	Event 605 Open/Male 50m Breaststroke					
	L 2	Finlay Arnup	17	Norwich Swan	53.12	H 1	L 3	Riley Bashford	18	Deben	33.25
	L 3	Damon Elliott	20	DunmowAtlant	52.40		L 4	Joshua Jones	15	West Norfolk	33.20
	L 4	Olivier Vedrenne	19	Co Norwich	50.90		L 5	Samuel Everett	17	West Suffolk	33.22
	L 5	Jack Abram	19	Co Norwich	51.80	H 2	L 1	Vaughn Ruffles-Francis	19	Stowmarket	33.20
	L 6	Lucas Hartley	17	Hatfield	53.08		L 2	Joshua Black	14	Co Cambridge	33.06
	L 7	Samuel Rose	21	West Norfolk	53.40		L 3	Joshua Marshall	19	St Ives	32.90
	L 8	Freddie Gardner	18	Thurrock	53.80		L 4	George Jones	15	Basildon Ph	32.80
H 9	L 1	Nathan Birchenough	17	Norwich Swan	53.60		L 5	Theo Smith	15	Hitchin	32.85
	L 2	Ben Davison	19	Hatfield	53.10		L 6	Samuel Rose	21	West Norfolk	32.96
	L 3	Ashley Coombs	23	Watford SC	52.39		L 7	Daniel Pryke	18	Deben	33.18
	L 4	Matthew Wright	26	Team Luton	49.41		L 8	Frank Lamb	15	Co Peterboro	33.20
	L 5	Alexander Volkovoy	19	Co Cambridge	51.70	H 3	L 1	Oscar Harris	17	Thetford	32.70
	L 6	Harry Jones	24	Co Norwich	52.60		L 2	Rafael Corliano	14	Co Cambridge	32.70
	L 7	Daniel Belsey	16	Hatfield	53.30		L 3	Ewan Thompson	18	St Ives	32.61
	L 8	Liam Rumball	19	Hatfield	53.73		L 4	Finlay Roberts	15	Witham Dolph	32.50
H 10	L 1	Jake Thomas-Mansfield	24	West Suffolk	53.50		L 5	Jayden Carter	13	Basildon Ph	32.60
	L 2	Riley Hall	17	Co Cambridge	53.10		L 6	Alexander Ball	17	Potters Bar	32.64
	L 3	Joshua Shepherd	16	Thurrock	52.13		L 7	Tyler Stone	14	Co Norwich	32.70
	L 4	William Ellard	18	Norwich Swan	49.40		L 8	Dylan Nutt	25	DunmowAtlant	32.80
	L 5	Joshua Parker	15	Braintree	51.40	H 4	L 1	Evan McQuade	16	DunmowAtlant	32.50
	L 6	Kai Adams	28	Halstead	52.52		L 2	Samuel Howard	17	Hoddesdon	32.40
	L 7	Ethan Martin	19	Thurrock	53.30		L 3	Lazaros Giarenis	15	Co Norwich	32.40
	L 8	Dylan Davenport	15	Bishop Stort	53.70		L 4	Oliver Fuller	14	Co Cambridge	32.33
S14											
Event 604 Female 200m Freestyle											
H 1	L 2	Amelia Lewis	15	teamipswich	2:12.75		L 5	Sean Diggins	18	Team Waveney	32.36
	L 3	Katerina Di Maria	16	Co Norwich	2:12.10		L 6	George Little	16	Bedford SS	32.40
	L 4	Millie Richardson	18	Hatfield	2:11.79		L 7	Ashley Coombs	23	Watford SC	32.46
	L 5	Weronika Mikolajewska	16	Co Cambridge	2:11.80		L 8	Daniel De Filippo	15	Flitwick	32.50
	L 6	Valentina Tinnirello	14	Potters Bar	2:12.63	H 5	L 1	Ashton Neo	20	Linslade	32.30
H 2	L 1	Amelie Crabb	17	teamipswich	2:11.54		L 2	Finley Pawle	22	Leiston	32.20
	L 2	Anabelle Kett	15	Co Peterboro	2:11.20		L 3	Thomas Spelman	17	Stowmarket	32.20
	L 3	Sadie Hunter	16	Co Peterboro	2:10.30		L 4	Thomas Underdown	17	Braintree	32.00
	L 4	Isobel Mather	17	Co Cambridge	2:10.10		L 5	Finlay Arnup	17	Norwich Swan	32.00
	L 5	Erin Uttridge	15	teamipswich	2:10.20		L 6	Robert Elliston	18	Braintree	32.20
	L 6	Genevieve White	16	Co Cambridge	2:10.90		L 7	Finlay Neve	16	Co Norwich	32.21
	L 7	Erin Currie	16	Hatfield	2:11.44		L 8	Charlie Stanbury	19	Potters Bar	32.33
	L 8	Amelia Porzio	16	Putteridge	2:11.60						

Start List

H 6	L 1	Kieran Ng	14	Co Peterboro	31.94	Event 606 Female 50m Breaststroke					
	L 2	Ayobami Akindele	16	Thurrock	31.90	H 1	L 3	Alicia Morton	15	Basildon Ph	37.08
	L 3	Austin Harrop	18	Co Norwich	31.70		L 4	Kitty Lamb	13	Co Peterboro	37.06
	L 4	Jack Webb	16	Witham Dolph	31.50		L 5	Lyla Fello	15	Co Norwich	37.06
	L 5	Luke Payne	20	Hatfield	31.53		L 6	Tyra Sajudeen	14	Co Cambridge	37.08
	L 6	Riley Hall	17	Co Cambridge	31.70	H 2	L 1	Emilia Johnson	15	Norwich Swan	37.04
	L 7	Benjamin Taggart	17	Watford SC	31.90		L 2	Gabriella Meyer	15	DunmowAtlant	37.02
	L 8	Maximus Atkin	15	Linslade	31.95		L 3	Jodie Thompson	16	DunmowAtlant	37.00
H 7	L 1	Charlie Ruddell	15	teamipswich	31.30		L 4	Martha Duncan	17	Verulam	36.97
	L 2	George Prince	16	Putteridge	31.20		L 5	Anouk Zecchini	18	Co Cambridge	36.98
	L 3	Charlie McKinnon	17	Norwich Swan	31.20		L 6	Victoria Allchorne	16	Rochford	37.01
	L 4	Adam Hazlewood	20	Putteridge	31.00		L 7	April Mills	16	Hatfield	37.03
	L 5	Luke Holman	22	Thurrock	31.04		L 8	Olivia Mendham	16	DunmowAtlant	37.05
	L 6	Szymon Pierzecki	15	Witham Dolph	31.20	H 3	L 1	Francesca Wallace	27	Stowmarket	36.87
	L 7	Jeffrey Gill	17	Watford SC	31.30		L 2	Isabelle Howlett	12	Norwich Swan	36.80
	L 8	Cub Maddison	18	Harpenden	31.40		L 3	Mia Nelson	13	Cheshunt	36.78
H 8	L 1	Billy Knibb	19	Linslade	30.80		L 4	Abi Perry	13	Linslade	36.70
	L 2	Adrien Storck-Wihlidal	17	Bishop Stort	30.73		L 5	Elena Buckley	14	Basildon Ph	36.70
	L 3	Matthew McLaughlin	31	Bishop Stort	30.69		L 6	Bethany Crawley	16	teamipswich	36.78
	L 4	Lucas Hartley	17	Hatfield	30.56		L 7	Nieve Ives	12	Hatfield	36.80
	L 5	Sam Mead	22	Linslade	30.60		L 8	Scarlett Joslin	17	Co Cambridge	36.92
	L 6	Chun Ho Chan	15	Watford SC	30.70	H 4	L 1	Hannah Lovelock	16	Hitchin	36.60
	L 7	Samuel Winslow	17	Co Cambridge	30.80		L 2	Holly Underdown	15	Braintree	36.50
	L 8	Alexander Florance	24	Co Norwich	31.00		L 3	Isobel Jarman	16	Witham Dolph	36.47
H 9	L 1	Daniel Boboye	17	DunmowAtlant	30.49		L 4	Emily Lowe	16	Bedford SS	36.40
	L 2	Dominic McCarthy	22	Hoddesdon	30.17		L 5	Isabella Lewis	16	Halstead	36.40
	L 3	Timon Chapman	23	Norwich Swan	29.80		L 6	Grace Mutton	14	Deben	36.50
	L 4	Joshua Sackree	16	Co Peterboro	28.70		L 7	Daisy-Mai Doel	13	Basildon Ph	36.51
	L 5	Edward Ormsby	17	Co Cambridge	29.40		L 8	Neve Jones	16	Biggleswade	36.70
	L 6	Lewis Chapman	23	Stowmarket	30.04	H 5	L 1	Hollie Cuthbert	16	Stevenage	36.37
	L 7	Jake Moore	18	Watford SC	30.37		L 2	Ruby Brace	16	Co Peterboro	36.15
	L 8	James McGettigan	15	Thurrock	30.50		L 3	Samantha Wickert	19	Leighton Buz	36.06
H 10	L 1	Kai Adams	28	Halstead	30.47		L 4	Ellie Catchpole	18	Leiston	35.96
	L 2	James Noble	22	Norwich Swan	30.10		L 5	Alice Watts	16	Co Cambridge	36.00
	L 3	Glennon Lee	18	Harlow Pen	29.70		L 6	Genna Lee	13	Harlow Pen	36.14
	L 4	Thomas Hamilton	23	Co Cambridge	28.60		L 7	Kiera Broad	16	West Suffolk	36.36
	L 5	Austin Lillywhite	21	Biggleswade	29.30		L 8	Eloise Collins	15	West Norfolk	36.40
	L 6	Samuel Addington	19	Co Cambridge	29.80	H 6	L 1	Chloe Simpson	18	Watford SC	35.87
	L 7	Samuel Johnson	26	Halstead	30.34		L 2	Amber Ridgeon	19	Leiston	35.85
	L 8	Jack Renouf	18	Hoddesdon	30.50		L 3	Maddison Whittaker	20	Watford SC	35.80
H 11	L 1	Billy Mead	19	Linslade	30.40		L 4	Sofia Cirdei	14	Basildon Ph	35.70
	L 2	Reece Burns	16	Chelmsford	30.10		L 5	Daisy Russell	16	DunmowAtlant	35.77
	L 3	Daryl Rands	27	Colchester	29.40		L 6	Ruby Chapman	18	Norwich Swan	35.80
	L 4	Lawrence Palmer	32	Putteridge	26.90		L 7	Kornelia Jagodzinska	14	Runnymede	35.86
	L 5	Saxon Minto	16	Chelmsford	29.30		L 8	Isla Stewart	14	Co Peterboro	35.90
	L 6	Lewis Andrews	17	Norwich Swan	29.80	H 7	L 1	Molly Greatbatch	14	Bishop Stort	35.60
	L 7	William Presland	19	Watford SC	30.30		L 2	Nicole Peddely	14	teamipswich	35.50
	L 8	Ben Buckley	17	Co Norwich	30.50		L 3	Jeslene Sandhu	13	Epping For't	35.50
	L 1	Alicia Morton	15	Basildon Ph	37.08		L 4	Amy Boreham	18	Watford SC	35.40
	L 2	Kitty Lamb	13	Co Peterboro	37.06		L 5	Zoe Land	18	Team Waveney	35.41
	L 3	Lyla Fello	15	Co Norwich	37.06		L 6	Anya Waterman	14	Colchester	35.50
	L 4	Tyra Sajudeen	14	Co Cambridge	37.08		L 7	Mercy Adeoye	15	Hatfield	35.57
	L 1	Emilia Johnson	15	Norwich Swan	37.04		L 8	Athina Smallwood	23	Co Norwich	35.70
	L 2	Gabriella Meyer	15	DunmowAtlant	37.02	H 8	L 1	Hollie Heighes	16	Braintree	35.30
	L 3	Jodie Thompson	16	DunmowAtlant	37.00		L 2	Amelia Porzio	16	Putteridge	35.20
	L 4	Martha Duncan	17	Verulam	36.97		L 3	Devon O'Neil	14	Co Peterboro	35.10
L 5	Anouk Zecchini	18	Co Cambridge	36.98	L 4		Shahd Mohamed	17	Co Peterboro	34.91	
L 6	Victoria Allchorne	16	Rochford	37.01	L 5		Alexis Johnson	14	Co Peterboro	35.10	
L 7	April Mills	16	Hatfield	37.03	L 6		Jorja Atkinson	13	Co Cambridge	35.10	
L 8	Olivia Mendham	16	DunmowAtlant	37.05	L 7		Isabella Porzio	20	Putteridge	35.23	
					L 8		Miriam Moukdad	18	Bishop Stort	35.40	

Start List

H 9	L 1	Rachael Carpenter	17	Ware	34.70
	L 2	Megan Pye	22	Co Norwich	34.10
	L 3	Ella Greatbatch	16	Bishop Stort	32.80
	L 4	Caitlin Hartley	20	Hatfield	32.00
	L 5	Yan Ting Emily Pak	15	Co Cambridge	32.30
	L 6	Ellen Eccleston	17	Co Norwich	33.30
	L 7	Verity Hamilton	14	Norwich Swan	34.50
	L 8	Freya Cox	13	Norwich Swan	34.90

H 10	L 1	Isabella Green	18	Co Norwich	34.62
	L 2	Sarah O'Brien	28	West Norfolk	33.60
	L 3	Sophie Payne	22	Putteridge	32.70
	L 4	Ashley Ransome	29	Hatfield	31.20
	L 5	Isabelle Cameron	17	Co Peterboro	32.20
	L 6	Megan Gray	17	Hatfield	33.20
	L 7	Georgina Munday	20	Co Norwich	34.50
	L 8	Isabel White	15	Biggleswade	34.88

H 11	L 1	Imola Jozsa	18	Hatfield	34.60
	L 2	Amelia Murphy	17	Witham Dolph	33.40
	L 3	Phoebe Howard	17	Norwich Swan	32.40
	L 4	Jasmine Carter	15	Basildon Ph	30.40
	L 5	Rebecca Keetley	20	Co Cambridge	32.10
	L 6	Ellie-Rose Lyon	17	Co Norwich	32.90
	L 7	Elizabeth Wright	17	West Suffolk	34.25
	L 8	Holly Larbey	17	Biggleswade	34.80

Event 607 Open/Male 200m Backstroke

H 1	L 1	Jude Staton	16	March	2:21.50
	L 2	Nedas Tkacenko	18	West Norfolk	2:21.46
	L 3	Patryk Nowak	14	Co Peterboro	2:21.10
	L 4	Parker Brewster	15	Harpenden	2:20.66
	L 5	Daniel Grimmer	18	West Norfolk	2:20.67
	L 6	Archie Clarke	17	Flitwick	2:21.29
	L 7	Philip Spalding	14	Putteridge	2:21.50
	L 8	Corey Hare	18	S14 teamipswich	2:21.55

H 2	L 1	James Clarke	16	Co Norwich	2:20.50
	L 2	Harvey Isle	19	West Norfolk	2:19.92
	L 3	William Hughes	14	Basildon Ph	2:19.80
	L 4	Joshua Hutchinson	17	Harlow Pen	2:19.47
	L 5	Toby Lashmar	15	Basildon Ph	2:19.62
	L 6	Zach Montgomery	14	Norwich Swan	2:19.80
	L 7	Isaac Mendham	13	DunmowAtlant	2:20.20
	L 8	Daniel Turner	16	Team Waveney	2:20.50

H 3	L 1	Spencer Battisson	16	Team Waveney	2:17.98
	L 2	Thomas Ford	18	Basildon Ph	2:14.34
	L 3	Marton Molnar	15	Co Cambridge	2:12.57
	L 4	Oliver Smith	17	Basildon Ph	2:05.35
	L 5	Ryan Close	16	Bedford SS	2:09.60
	L 6	Cameron Jones	18	Bedford SS	2:13.34
	L 7	Albert Orley	16	Braintree	2:15.87
	L 8	Jan Beblot	15	Norwich Swan	2:18.86

H 4	L 1	William Leese	16	Co Cambridge	2:17.34
	L 2	Harrison Shaw	17	Flitwick	2:13.70
	L 3	Samuel Jeffrey	17	Hatfield	2:10.58
	L 4	Myles Turner	24	West Suffolk	2:04.04
	L 5	Oscar Winterburn	16	teamipswich	2:08.48
	L 6	Robert Fenner	16	Basildon Ph	2:12.65
	L 7	Oscar Hunter	15	Norwich Swan	2:14.95
	L 8	Archie Harris-Joy	14	Co Norwich	2:18.60

H 5	L 1	Nathan Yeaman	17	West Norfolk	2:16.47
	L 2	Jack Osborne	17	Deben	2:13.67
	L 3	Ethan Thorpe	15	Basildon Ph	2:10.34
	L 4	Oliver Baskerville	16	Hatfield	2:03.87
	L 5	Janos Kadar	17	Co Cambridge	2:07.74
	L 6	Rafferty May	16	Watford SC	2:12.60
	L 7	Oliver Frame	19	Norwich Swan	2:14.40
	L 8	Hayden Thornhill	18	Norwich Swan	2:18.18

Event 608 Mixed 200m Medley Team

H 1	L 3	Watford SC B	Open	Watford SC	2:00.00
	L 4	City Of Peterborough B		Co Peterboro	1:55.00
	L 5	DunmowAtlant	Open	DunmowAtlant	1:55.00

H 2	L 1	Bishop Stort A	Open	Bishop Stort	1:54.00
	L 2	Co Cambridge	Open	Co Cambridge	1:54.00
	L 3	Basildon Ph	Open	Basildon Ph	1:51.00
	L 4	Hatfield	Open	Hatfield	1:50.00
	L 5	Co Norwich	Open	Co Norwich	1:50.00
	L 6	City Of Peterborough A		Co Peterboro	1:52.00
	L 7	Watford SC A	Open	Watford SC	1:54.00

Event 609 Open/Male 800m Freestyle

H 1	L 1	Jamie Wilson	15	West Norfolk	9:11.50
	L 2	George Carter	16	Co Cambridge	8:58.69
	L 3	Jacob Bacon	14	Co Peterboro	8:54.70
	L 4	Ben Howlett	17	teamipswich	8:53.98
	L 5	B Macdonald-Williams	16	Bishop Stort	8:54.08
	L 6	Charlie McKinnon	17	Norwich Swan	8:56.31
	L 7	Frank Lamb	15	Co Peterboro	9:02.56
	L 8	Perrin Ma	13	Hatfield	9:14.30

H 2	L 1	Robert Fenner	16	Basildon Ph	8:49.71
	L 2	George Hooper	17	Co St Albans	8:42.99
	L 3	Daniel Belsey	16	Hatfield	8:31.50
	L 4	Ryan Wall	17	Co Cambridge	8:29.20
	L 5	Patch Robinson	17	teamipswich	8:31.30
	L 6	Adam O'Neal	16	Bedford SS	8:39.20
	L 7	Conor Mint	15	Basildon Ph	8:47.40
	L 8	Luke Martell	18	Watford SC	8:51.70