

Start List

Event 211 Female 200m Butterfly

H-1	L 2	Anastasja Wall	15	Co Norwich	2:49.80
	L 3	Darcie Waller	15	Stevenage	2:45.96
	L 4	Mia Edwards	15	Norwich Swan	2:45.31
	L 5	Emily Calvert	15	Putteridge	2:45.83
	L 6	Lucy Wilson	15	Co Peterboro	2:46.82
H-2	L 1	Isla Stewart	15	Co Peterboro	2:44.21
	L 2	Zoe Watson	15	Basildon Ph	2:43.64
	L 3	Niamh Bunker	15	Flitwick	2:42.11
	L 4	Ava Turner	16	Basildon Ph	2:42.04
	L 5	Florence Whittaker	15	Biggleswade	2:42.10
	L 6	Milly Johnson	15	West Norfolk	2:42.60
	L 7	Cassandra Pereira	15	Watford SC	2:43.75
	L 8	Freya May	15	Leiston	2:45.14
H-3	L 1	I Stratton-Thomsett	16	Colchester	2:41.49
	L 2	Amber Lyne	15	Co Cambridge	2:39.85
	L 3	Esmie Kidman	19	West Norfolk	2:38.66
	L 4	Scarlett Joslin	18	Bishop Stort	2:37.96
	L 5	Chloe Alton	17	Potters Bar	2:38.20
	L 6	Amelia Porzio	17	Putteridge	2:39.70
	L 7	Lucy Jordan-Caws	22	Putteridge	2:39.88
	L 8	Charlotte Jenkinson	15	Co Peterboro	2:41.74
H-4	L 1	Grace Armstrong	16	Dunstable	2:37.48
	L 2	Lily Mae Ware	15	Basildon Ph	2:36.12
	L 3	Isabella Porzio	21	Putteridge	2:34.90
	L 4	E Barth-Wehrenalp	15	Chelmsford	2:33.40
	L 5	Mia Gray	17	Norwich Swan	2:33.70
	L 6	Melike Dagdelen	16	Putteridge	2:35.79
	L 7	Emma Cushion	15	Co Peterboro	2:37.38
	L 8	Claudia Barp	15	Co Cambridge	2:37.62
H-5	L 1	Lexie Goodman	18	Basildon Ph	2:30.28
	L 2	Eleanor McLeod	17	Putteridge	2:28.16
	L 3	Poppy Magill	17	Putteridge	2:23.14
	L 4	Skye Carter	18	Basildon Ph	2:16.60
	L 5	Annie McLeod	17	Putteridge	2:22.43
	L 6	Rebecca Coogan	17	Thurrock	2:24.30
	L 7	Lily Murrell	16	Norwich Swan	2:29.20
	L 8	Lucy Clarke	15	Chelmsford	2:31.68
H-6	L 1	Louise Webster	18	Thurrock	2:29.80
	L 2	Ruby-May Ciaburro	15	Watford SC	2:27.48
	L 3	Lara Treharne	18	Co Peterboro	2:23.11
	L 4	Sadie Hunter	17	Co Peterboro	2:14.72
	L 5	Charlotte Smith	18	Norwich Swan	2:20.70
	L 6	Georgia Holgate	18	Co Cambridge	2:23.80
	L 7	Kate Hopper	18	Watford SC	2:28.83
	L 8	Amelia Saunders	17	Norwich Swan	2:30.90
H-7	L 1	Antonia Elias	16	Hatfield	2:29.52
	L 2	Tierney Rooney	19	Thurrock	2:26.90
	L 3	Hollie Hawkins	18	Basildon Ph	2:22.90
	L 4	Amelia Fenner	15	Basildon Ph	2:14.53
	L 5	Chloe Barnard	16	Basildon Ph	2:19.49
	L 6	Olivia Greenall	16	Co Norwich	2:23.31
	L 7	Abigail Rogers	16	Basildon Ph	2:28.80
	L 8	Amy Boreham	19	Watford SC	2:30.60

Event 212 Open/Male 200m Backstroke

H-1	L 1	Lochlan Shaw	15	Flitwick	2:27.23
	L 2	Theo Ryan	15	West Norfolk	2:26.90
	L 3	Kieran Ng	15	Co Peterboro	2:26.37
	L 4	Oliver Butt	15	Deben	2:25.01
	L 5	Donald Perrin	15	Diss Otters	2:25.86
	L 6	Oliver Shaylor	15	Co Cambridge	2:26.52
	L 7	Cameron Jackson	15	Deben	2:27.04
H-2	L 1	Oliver Warren	16	Norwich Swan	2:24.77
	L 2	Thomas Baxter	16	West Norfolk	2:23.91
	L 3	George Heather	15	Co Peterboro	2:23.38
	L 4	Charlie Stott	16	Co St Albans	2:22.88
	L 5	Maxim Szarvadi	16	Harlow Pen	2:22.94
	L 6	Charlie Birdsall	15	Co Cambridge	2:23.57
	L 7	Alexander Mordenti	16	Potters Bar	2:24.52
	L 8	Will Minister	15	Thurrock	2:24.94
H-3	L 1	Finley Barber	16	Potters Bar	2:21.69
	L 2	Philip Spalding	15	Putteridge	2:21.50
	L 3	Charlie Ruddell	16	teamipswich	2:19.80
	L 4	Harvey Isle	20	West Norfolk	2:19.52
	L 5	Kabir Patel	16	Potters Bar	2:19.64
	L 6	Liam Bautista	16	Epping For't	2:19.99
	L 7	Ryan Wimpenny	15	Cheshunt	2:21.54
	L 8	Csanad Rehus	16	Co Peterboro	2:22.54
H-4	L 1	Adam O'Neal	17	Bedford SS	2:19.20
	L 2	Ben Hunwick	16	Tring	2:18.55
	L 3	Sean Connolly	17	Epping For't	2:18.21
	L 4	Ewan Nobes	17	Norwich Swan	2:17.68
	L 5	Parker Brewster	16	Harpenden	2:18.08
	L 6	Jude Staton	17	March	2:18.31
	L 7	Finlay German	16	Co Cambridge	2:19.09
	L 8	B Macdonald-Williams	17	Bishop Stort	2:19.31
H-5	L 1	Luke Martell	19	Watford SC	2:17.31
	L 2	Archie Harris-Joy	15	Co Norwich	2:16.77
	L 3	Hugo Arthey	16	Harwich DP	2:16.17
	L 4	James Clarke	17	Co Norwich	2:15.17
	L 5	Zach Montgomery	15	Norwich Swan	2:15.23
	L 6	Evan Larthe	16	Basildon Ph	2:16.55
	L 7	Jan Beblot	16	Norwich Swan	2:16.91
	L 8	Archie Tebbutt	15	New Hall	2:17.50
H-6	L 1	Patryk Nowak	15	Co Peterboro	2:13.27
	L 2	Norbert Kadar	16	Co Cambridge	2:11.02
	L 3	Ben Howlett	18	teamipswich	2:08.07
	L 4	Ryan Close	17	Bedford SS	2:04.50
	L 5	Oliver Smith	18	Basildon Ph	2:05.57
	L 6	Zak Fellows	16	Co St Albans	2:08.82
	L 7	Jacob Bacon	15	Co Peterboro	2:11.70
	L 8	Ryan Wall	18	Co Cambridge	2:15.02
H-7	L 1	Adrien Storck-Wihlidal	18	Bishop Stort	2:12.09
	L 2	Thomas Ford	19	Basildon Ph	2:10.71
	L 3	Marton Molnar	16	Co Cambridge	2:07.63
	L 4	Myles Turner	25	West Suffolk	2:04.36
	L 5	Edward Ormsby	18	Co Cambridge	2:05.45
	L 6	William East	17	Basildon Ph	2:08.44
	L 7	William Leese	17	Co Cambridge	2:11.22
	L 8	Danylo Kravchenko	16	New Hall	2:14.20
H-8	L 1	Oscar Hunter	16	Norwich Swan	2:11.75
	L 2	Rafferty May	17	Watford SC	2:10.08
	L 3	Janos Kadar	18	Co Cambridge	2:06.33
	L 4	Oliver Baskerville	17	Hatfield	2:03.51
	L 5	Oscar Winterburn	17	teamipswich	2:04.99
	L 6	Robert Fenner	17	Basildon Ph	2:08.31
	L 7	Albert Orley	17	Braintree	2:11.21
	L 8	Nathan Yeaman	18	West Norfolk	2:14.07

Start List

Event 213 Female 50m Backstroke

H-1	L 1	Imogen Bygrave	15	Co Cambridge	33.01	H-9	L 1	Alexandra Nurney	15	Hatfield	30.89
	L 2	Devon O'Neil	15	Co Peterboro	32.93		L 2	Chloe Armstrong	18	teamipswich	30.21
	L 3	Belle Ringwood	15	West Norfolk	32.82		L 3	Nicole Maynard	16	Basildon Ph	30.00
	L 4	Emilia Rayner	16	Halstead	32.64		L 4	Amara Addison	18	Norwich Swan	28.56
	L 5	Cassandra Pereira	15	Watford SC	32.67		L 5	Erin Barber	15	Norwich Swan	29.45
	L 6	Lucy Clarke	15	Chelmsford	32.92		L 6	Megan Pye	23	Co Norwich	30.05
	L 7	Ella Pruce	15	Putteridge	32.98		L 7	Lois Smith	15	Basildon Ph	30.48
							L 8	Naomi Rose Conday	15	Bishop Stort	31.02
H-2	L 1	Valentina Tinnirello	15	Potters Bar	32.59						
	L 2	Charlotte Belcher	15	Bedford SS	32.56						
	L 3	Verity Fuge	15	Co St Albans	32.50						
	L 4	Kenzie Bradshaw	15	Hertford	32.40						
	L 5	Isabella Savage	16	Potters Bar	32.48						
	L 6	Alice Robinson	16	Co Cambridge	32.53						
	L 7	Elizabeth Swaby	16	Basildon Ph	32.56						
	L 8	Meghan Howarth Owen	16	Chelmsford	32.60						
H-3	L 1	Erin Woodrow	18	West Norfolk	32.10						
	L 2	Amerie Njaway	15	Putteridge	32.08						
	L 3	Charlotte Low	16	Chelmsford	32.07						
	L 4	Evie Butterworth	15	Tring	32.01						
	L 5	Talia Williams	18	Tring	32.06						
	L 6	Dayna Arbon	19	Co Norwich	32.07						
	L 7	Teah Gregory	17	Stevenage	32.09						
	L 8	Amber Flitton	16	Dunstable	32.22						
H-4	L 1	Chloe Knight	16	Hadleigh	31.98						
	L 2	Sophie Stelmach	16	Stevenage	31.97						
	L 3	Imola Jozsa	19	Hatfield	31.91						
	L 4	Zoe Land	19	Team Waveney	31.83						
	L 5	Sophie Roberts	16	teamipswich	31.84						
	L 6	Anastasja Wall	15	Co Norwich	31.94						
	L 7	Poppy Garrod	16	Co Peterboro	31.98						
	L 8	Isabel Thomas	17	Newmarket	31.98						
H-5	L 1	Alice Watts	17	Co Cambridge	31.77						
	L 2	Lily Steel	15	teamipswich	31.70						
	L 3	Phoebe Matthews	18	Hatfield	31.67						
	L 4	Emma Cushion	15	Co Peterboro	31.55						
	L 5	Olivia Mendham	17	DunmowAtlant	31.61						
	L 6	Charlotte Pound	16	Putteridge	31.68						
	L 7	Amy Boreham	19	Watford SC	31.73						
	L 8	Yan Ting Emily Pak	16	Co Cambridge	31.81						
H-6	L 1	Georgina Munday	21	Co Norwich	31.47						
	L 2	Lara Trehame	18	Co Peterboro	31.42						
	L 3	E Barth-Wehrenalp	15	Chelmsford	31.30						
	L 4	Summer Boswell	17	Hatfield	31.15						
	L 5	Freya Hadnutt	17	Bishop Stort	31.15						
	L 6	Francesca Howell	17	New Hall	31.40						
	L 7	Sophie Holliss	17	Co St Albans	31.44						
	L 8	Gabriella Meyer	16	DunmowAtlant	31.50						
H-7	L 1	Emily-Grace Bentley	15	Basildon Ph	31.00						
	L 2	Adrija Raudonyte	17	Newmarket	30.38						
	L 3	Evangelina Pierce	18	Basildon Ph	30.05						
	L 4	Georgia Holgate	18	Co Cambridge	29.13						
	L 5	Isobel Mather	18	Co Cambridge	29.78						
	L 6	Emily Pitcher	17	Norwich Swan	30.20						
	L 7	Megan Donovan	18	Co Peterboro	30.80						
	L 8	Alexandra Hurley	15	Co Cambridge	31.15						
H-8	L 1	Sophie Green	18	Hatfield	30.90						
	L 2	Abigail Davis	15	Bedford SS	30.30						
	L 3	Isabelle Cameron	18	Co Peterboro	30.05						
	L 4	Vanesa Cimermanova	17	Co Peterboro	28.80						
	L 5	Charlotte Smith	18	Norwich Swan	29.65						
	L 6	Erin Currie	17	Hatfield	30.17						
	L 7	Camille Vannier	18	Hatfield	30.62						
	L 8	Amy Harper	18	Watford SC	31.12						

Start List

Event 214 Open/Male 100m Breaststroke

H-1	L 3	Harry Arnold-Pepper	17	SB8	Co Cambridge	1:21.60	H 10	L 1	George Lovelock	20	Hitchin	1:07.64
	L 4	Joshua Meyer	15		DunmowAtlant	1:16.88		L 2	William Presland	20	Watford SC	1:06.53
	L 5	Corey Hare	19	SB14	teamipswich	1:18.46		L 3	Ben Buckley	18	Co Norwich	1:05.48
H-2	L 4	Finlay Ryan	26		West Norfolk	1:03.80	H 11	L 4	Charlie Rogers	18	Basildon Ph	1:04.13
	L 5	Lucas Moxon-Booth	16		Co St Albans	1:14.84		L 5	Andrea Agius	30	Newmarket	1:06.14
	L 6	Gabriel Taggart	15		Watford SC	1:15.95		L 6	Chun Ho Chan	16	Watford SC	1:06.86
	L 7	Bradley Humphries	15		Woodham F SC	1:16.80		L 7	Luke Payne	21	Hatfield	1:07.74
	L 8							L 8				
	L 1	Oscar McKern	16		Verulam	1:14.26		L 1	Lewis Jarrett	19	Thurrock	1:07.49
	L 2	Jeremy Godwin	16		Thurrock	1:13.90		L 2	Lucas Hartley	18	Hatfield	1:06.44
	L 3	Jesse Howard	15		Hoddesdon	1:13.75		L 3	Lewis Andrews	18	Norwich Swan	1:04.86
H-3	L 4	Edward Sun	15		Verulam	1:13.52	H 12	L 4	Joshua Sackree	17	Co Peterboro	1:02.34
	L 5	Alex Bradburn	16		Chelmsford	1:13.69		L 5	Edward Ormsby	18	Co Cambridge	1:03.98
	L 6	Oliver Fenwick	16		Hatfield	1:13.88		L 6	Tyler Stone	15	Co Norwich	1:06.00
	L 7	Lewis Perry	16		Watford SC	1:14.21		L 7	Kieran Ng	15	Co Peterboro	1:06.80
	L 8	Stewart Butler	15		Dunstable	1:14.60		L 8	Cub Maddison	19	Putteridge	1:07.70
	L 1	Luke Owens	15		Putteridge	1:13.35		L 1	Samuel Jeffrey	18	Hatfield	1:07.41
	L 2	George Everett	16		West Suffolk	1:12.69		L 2	James Noble	23	Norwich Swan	1:06.40
	L 3	Ben Howlett	18		teamipswich	1:12.32		L 3	Reece Burns	17	Chelmsford	1:04.80
H-4	L 4	Elliot Hall	15		Bishop Stort	1:12.07		L 4	Olivier Vedrenne	20	Co Norwich	1:01.25
	L 5	Luca Baumslag-Grisi	15		Basildon Ph	1:12.25		L 5	Saxon Minto	17	Chelmsford	1:03.90
	L 6	George Heather	15		Co Peterboro	1:12.36		L 6	Charlie Ruddell	16	teamipswich	1:06.00
	L 7	Oliver Shayle	15		Co Cambridge	1:12.70		L 7	James McGettigan	16	Thurrock	1:06.60
	L 8	Thomas Hale	15		DunmowAtlant	1:13.36		L 8	Harvey Durham	17	Co Norwich	1:07.66
	L 1	Henry Dean	19		Thurrock	1:11.85						
	L 2	Alexander Pattison	15		West Norfolk	1:11.68						
	L 3	Toby Flood	16		Thetford	1:11.56						
H-5	L 4	Joshua Marshall	20		St Ives	1:11.47						
	L 5	Finlay German	16		Co Cambridge	1:11.52						
	L 6	Cillian O'Brien	17		Co Ely	1:11.62						
	L 7	Kai Patel	15		Thurrock	1:11.70						
	L 8	Riley Bashford	19		Deben	1:12.04						
	L 1	Thomas Underdown	18		Braintree	1:11.30						
	L 2	Austin Harrop	19		Co Norwich	1:11.11						
	L 3	Berkley Barnicoat	16		Co Peterboro	1:11.06						
H-6	L 4	Alban Gill	17		Co St Albans	1:10.69						
	L 5	Josh Black	15		Co Cambridge	1:10.94						
	L 6	George Little	17		Bedford SS	1:11.10						
	L 7	Samuel Howard	18		Hoddesdon	1:11.21						
	L 8	Jack Peters	16		Basildon Ph	1:11.33						
	L 1	Rafael Corliano	15		Co Cambridge	1:10.51						
	L 2	Thomas Spelman	18		Stowmarket	1:10.40						
	L 3	Adam Hazlewood	21		Putteridge	1:09.98						
H-7	L 4	Christopher Howe	20		Co Cambridge	1:09.52						
	L 5	Matthew McLaughlin	32		Bishop Stort	1:09.94						
	L 6	Alexander Ball	18		Potters Bar	1:10.11						
	L 7	Jeffrey Gill	18		Watford SC	1:10.40						
	L 8	Thomas Baxter	16		West Norfolk	1:10.53						
	L 1	Frank Lamb	16		Co Peterboro	1:09.50						
	L 2	Maximus Atkin	16		Linslade	1:09.08						
	L 3	Henry Mann	17		Norwich Swan	1:08.80						
H-8	L 4	Adrien Storck-Wihlidal	18		Bishop Stort	1:08.61						
	L 5	Joshua Jones	16		West Norfolk	1:08.80						
	L 6	Ben Davison	20		Hatfield	1:08.90						
	L 7	Oliver Fuller	15		Co Cambridge	1:09.14						
	L 8	Daniel De Filippo	16		Flitwick	1:09.51						
	L 1	Jack Webb	17		Witham Dolph	1:08.40						
	L 2	Jack Renouf	19		Hoddesdon	1:08.27						
	L 3	Billy Mead	20		Linslade	1:08.21						
H-9	L 4	Szymon Pierzecki	16		Witham Dolph	1:07.96						
	L 5	Daniel Boboye	18		DunmowAtlant	1:08.17						
	L 6	Benjamin Taggart	18		Watford SC	1:08.27						
	L 7	Robert Elliston	19		Braintree	1:08.27						
	L 8	Charlie McKinnon	18		Norwich Swan	1:08.41						