

Start List

Event 221 Female 200m Breaststroke					Event 222 Open/Male 100m Butterfly				
H-1	L 3	Sophie Lewis	15	Norwich Swan	2:58.44	H-1	L 3	Harry Arnold-Pepper	17 S9 Co Cambridge 1:14.71
	L 4	Freya Gyselings	15	Co Peterboro	2:57.06		L 4	Aaron Sadler	15 Co Peterboro 1:06.16
	L 5	Siobhan Schneider	15	Bedford SS	2:58.30		L 5	Mykhailo Vasyliiev	15 Bedford SS 1:06.50
							L 6	Mark Evens	29 S14 Hitchin 1:17.27
H-2	L 2	Caitlin Stockwell	15	Co Cambridge	2:55.52	H-2	L 1	Stewart Butler	15 Dunstable 1:05.60
	L 3	Sophie Williams	16	Co Cambridge	2:53.46		L 2	George Heather	15 Co Peterboro 1:04.52
	L 4	Nicole Peddelty	15	teamipswich	2:52.47		L 3	Corey Hare	19 S14 teamipswich 1:03.99
	L 5	Kornelia Jagodzinska	15	Runnymede	2:52.78		L 4	Elliot Hall	15 Bishop Stort 1:03.67
	L 6	Libby Nurse	15	Basildon Ph	2:55.50		L 5	Jan Beblot	16 Norwich Swan 1:03.69
	L 7	Mimi Clinch	15	Co St Albans	2:56.57		L 6	Luke Owens	15 Putteridge 1:04.20
H-3	L 1	Zoe Land	19	Team Waveney	2:52.21		L 7	Haiden Hall	15 Deben 1:04.77
	L 2	Kiera Broad	17	Newmarket	2:51.56		L 8	Lochlan Shaw	15 Flitwick 1:06.00
	L 3	K Sutika-Totlebena	17	West Norfolk	2:51.28	H-3	L 1	Kabir Patel	16 Potters Bar 1:03.24
	L 4	Grace Mutton	15	Deben	2:50.52		L 2	Oliver Warren	16 Norwich Swan 1:02.90
	L 5	Rachael Carpenter	18	Ware	2:51.05		L 3	Kieran Ng	15 Co Peterboro 1:02.87
	L 6	Ruby Brace	17	Co Peterboro	2:51.43		L 4	Harry Bird	16 Putteridge 1:02.50
	L 7	Tyra Sajudeen	15	Co Cambridge	2:51.60		L 5	Oliver Green	16 Co St Albans 1:02.75
	L 8	I Stratton-Thomsett	16	Colchester	2:52.27		L 6	Corben Gibson	15 Basildon Ph 1:02.90
H-4	L 1	Molly Bartup	17	Cheshunt	2:50.44		L 7	Rafael Corliano	15 Co Cambridge 1:03.11
	L 2	Bethany Crawley	17	teamipswich	2:50.26		L 8	Isaac Buchan	16 Co Norwich 1:03.30
	L 3	Elizabeth Feld	15	Chelmsford	2:50.21	H-4	L 1	Patryk Nowak	15 Co Peterboro 1:02.13
	L 4	Poppy Magill	17	Putteridge	2:49.41		L 2	Finlay German	16 Co Cambridge 1:01.88
	L 5	Sofia Cirdei	15	Basildon Ph	2:50.18		L 3	Daniel Thompson	18 Thurrock 1:01.62
	L 6	Evie Greenhalf	15	Co Norwich	2:50.23		L 4	Frank Lamb	16 Co Peterboro 1:01.60
	L 7	Esme Stringer	17	Bishop Stort	2:50.34		L 5	Daniel Meier	18 Biggleswade 1:01.60
	L 8	Adrija Raudonyte	17	Newmarket	2:50.48		L 6	Joshua Ellis	19 Hatfield 1:01.64
H-5	L 1	Devon O'Neil	15	Co Peterboro	2:46.64		L 7	Oliver Fuller	15 Co Cambridge 1:01.90
	L 2	Alice Watts	17	Co Cambridge	2:46.13		L 8	Jeremy Brailsford	16 Witham Dolph 1:02.20
	L 3	Isabel White	16	Biggleswade	2:45.43	H-5	L 1	Daniel Clayton	19 Deben 1:01.58
	L 4	Kate Hopper	18	Watford SC	2:45.15		L 2	Roan Brennan	19 S10 Basildon Ph 1:01.40
	L 5	Isla Stewart	15	Co Peterboro	2:45.20		L 3	Wilfred Warwick	15 Co Cambridge 1:01.19
	L 6	Alexis Johnson	15	Co Peterboro	2:45.99		L 4	Reece Burns	17 Chelmsford 1:00.88
	L 7	Mia Gray	17	Norwich Swan	2:46.40		L 5	Daniel De Filippo	16 Flitwick 1:01.14
	L 8	Hannah Lovelock	17	Hitchin	2:48.92		L 6	Frank Jacob	16 Co Cambridge 1:01.33
H-6	L 1	Niamh James	24	Bishop Stort	2:43.50		L 7	Hayden Garrod	17 Team Waveney 1:01.56
	L 2	Yan Ting Emily Pak	16	Co Cambridge	2:40.46		L 8	Alexander Pattison	15 West Norfolk 1:01.60
	L 3	Georgina Hamilton	17	Co St Albans	2:36.79	H-6	L 1	Harry Cooper	17 Rochford 1:00.70
	L 4	Jasmine Carter	16	Basildon Ph	2:31.20		L 2	Marcus King	17 Putteridge 1:00.20
	L 5	Sarah O'Brien	29	West Norfolk	2:35.47		L 3	Ashton Blake	16 Basildon Ph 1:00.17
	L 6	Lexie O'Connor	18	Basildon Ph	2:38.37		L 4	Billy Mead	20 Linslade 1:00.10
	L 7	Megan Gray	18	Hatfield	2:41.48		L 5	Marton Molnar	16 Co Cambridge 1:00.14
	L 8	Verity Hamilton	15	Norwich Swan	2:45.00		L 6	Dylan Davenport	16 Bishop Stort 1:00.20
H-7	L 1	Summer Evason	16	Watford SC	2:43.30		L 7	Benedict Measures	20 Norwich Swan 1:00.40
	L 2	Elizabeth Wright	18	West Suffolk	2:39.91		L 8	Conor Mint	16 Basildon Ph 1:00.70
	L 3	Lilly Davis	18	Co Peterboro	2:36.23	H-7	L 1	Riley Bashford	19 Deben 59.94
	L 4	Isabelle Cameron	18	Co Peterboro	2:30.98		L 2	Archie Tebbutt	15 New Hall 59.50
	L 5	Chloe Butler	21	Norwich Swan	2:35.12		L 3	Oscar Hunter	16 Norwich Swan 59.30
	L 6	Charlissee Harding	16	Norwich Swan	2:38.10		L 4	Ronnie Edwards	17 Rochford 59.20
	L 7	Gracie Parker	17	Basildon Ph	2:41.30		L 5	Zach Townend	22 Co Norwich 59.20
	L 8	Amelia Murphy	18	Witham Dolph	2:44.81		L 6	Jamie Wilson	16 West Norfolk 59.40
H-8	L 1	Mia Lowe	18	Basildon Ph	2:43.30		L 7	Sean Connolly	17 Epping Fort 59.90
	L 2	Ella Greatbatch	17	Bishop Stort	2:38.76		L 8	Billy Cyl	17 Hoddesdon 1:00.07
	L 3	Rebecca Keetley	21	Co Cambridge	2:35.50	H-8	L 1	Rio Rogers	21 S14 Basildon Ph 59.10
	L 4	Ellen Eccleston	18	Co Norwich	2:30.80		L 2	Jake Lloyd	30 Bishop Stort 58.68
	L 5	Caitlin Hartley	21	Hatfield	2:32.60		L 3	Oscar Winterburn	17 teamipswich 58.25
	L 6	Sophie Payne	23	Putteridge	2:37.30		L 4	Henry Dean	19 Thurrock 54.60
	L 7	Molly Greatbatch	15	Bishop Stort	2:41.04		L 5	Kian Lee	17 Co Peterboro 57.73
	L 8	Isabella Porzio	21	Putteridge	2:43.70		L 6	Oliver Pike	18 Co Norwich 58.40
							L 7	Harrison Shaw	18 Flitwick 59.00
							L 8	Jack Barnard	20 Watford SC 59.16
						H-9	L 1	Daniel McGuinness	19 Basildon Ph 59.10
							L 2	Danylo Kravchenko	16 New Hall 58.64
							L 3	Ryan Close	17 Bedford SS 58.10
							L 4	Joshua Shepherd	17 Thurrock 53.80
							L 5	Damon Elliott	21 DunmowAtlant 57.30
							L 6	Joshua Parker	16 Braintree 58.30
							L 7	Maxwell Hozier	16 Hoddesdon 58.91
							L 8	Hugo Raubitschek-Smith	17 Co St Albans 59.15

Start List

H 10	L 1	Lewis Jarrett	19	Thurrock	59.09
	L 2	Jacob Bacon	15	Co Peterboro	58.63
	L 3	Lucas Hartley	18	Hatfield	57.95
	L 4	Aaron Fox	24	Co Norwich	53.57
	L 5	Harry Jones	25	Co Norwich	55.60
	L 6	Evan McQuade	17	DunmowAtlant	58.30
	L 7	Daniel Williams	17	Hatfield	58.80
	L 8	Jack Osborne	18	Deben	59.11

Event 223 Female 400m Freestyle

H-1	L 3	Charlotte Ryan	25	S6	Runnymede	8:45.70
	L 4	Lily Herring	17	S10	Co Norwich	5:40.38
	L 5	Ida Corcoran	16	S9	Flitwick	5:56.43
H-2	L 1	Abigail Wickens	18	S8	Flitwick	5:37.60
	L 2	Elizabeth Pert	15		Norwich Swan	4:48.50
	L 3	Milly Johnson	15		West Norfolk	4:46.90
	L 4	Isabella Savage	16		Potters Bar	4:46.31
	L 5	Olivia Palmer	15		Co Norwich	4:46.67
	L 6	Anastasja Wall	15		Co Norwich	4:48.20
	L 7	Grace Mutton	15		Deben	4:48.83
H-3	L 1	Cassandra Pereira	15		Watford SC	4:45.93
	L 2	Elena Buckley	15		Basildon Ph	4:45.03
	L 3	Esmie Kidman	19		West Norfolk	4:43.34
	L 4	Ava Black	18		Co St Albans	4:42.71
	L 5	Aislin Foley-Wright	18		Basildon Ph	4:42.96
	L 6	Ava Turner	16		Basildon Ph	4:44.62
	L 7	Daisy Jubb	15		Co St Albans	4:45.31
	L 8	Emma Cushion	15		Co Peterboro	4:46.15
H-4	L 1	Antonia Elias	16		Hatfield	4:41.90
	L 2	Isabel Thomas	17		Newmarket	4:40.62
	L 3	Eleanor McLeod	17		Putteridge	4:39.42
	L 4	Lexie Goodman	18		Basildon Ph	4:38.90
	L 5	E Barth-Wehrenalp	15		Chelmsford	4:39.30
	L 6	Francesca Barber	16		Co Norwich	4:39.81
	L 7	Summer Evason	16		Watford SC	4:40.80
	L 8	Ella Deaton	16		Newmarket	4:42.69
H-5	L 1	Amelia Porzio	17		Putteridge	4:36.46
	L 2	Lois Smith	15		Basildon Ph	4:35.65
	L 3	Jessica-Jane Applegate	29	S14	Co Norwich	4:34.50
	L 4	Ruby Chapman	19		Norwich Swan	4:33.97
	L 5	Erin Uttridge	16		teamipswich	4:34.26
	L 6	Valentina Tinnirello	15		Potters Bar	4:35.60
	L 7	Amelia Saunders	17		Norwich Swan	4:36.14
	L 8	Genevieve White	17		Co Cambridge	4:36.70
H-6	L 1	Gabriella Troman	16		teamipswich	4:33.56
	L 2	Millie Richardson	19		Hatfield	4:32.49
	L 3	Sadie Hunter	17		Co Peterboro	4:28.50
	L 4	Chloe Barnard	16		Basildon Ph	4:28.22
	L 5	Cailin Hehir	17		Watford SC	4:28.32
	L 6	Anabelle Kett	16		Co Peterboro	4:32.04
	L 7	Erin Younger	18		Co St Albans	4:32.76
	L 8	Ella Dawson	17		Chelmsford	4:33.74
H-7	L 1	Annie McLeod	17		Putteridge	4:24.92
	L 2	Rebecca Coogan	17		Thurrock	4:24.70
	L 3	Ever Ives	16		Hatfield	4:23.64
	L 4	Cait Cotter	18		Chelmsford	4:15.00
	L 5	Jasmine Hall	15		Basildon Ph	4:16.94
	L 6	Amelia Fenner	15		Basildon Ph	4:23.72
	L 7	Sophie Dowding	18		teamipswich	4:24.75
	L 8	Alexa Mann	19		DunmowAtlant	4:26.70