

Start List

Event 201 Open/Male 200m IM							Event 202 Female 50m Backstroke						
H-1	L 1	Harry Arnold-Pepper	17	SM9	Co Cambridge	2:43.30	H-1	L 3	Lois Fields	14	Bishop Stort	33.25	
	L 2	Nathan Yeaman	18		West Norfolk	2:22.31		L 4	Tierna Karaikos	16	Basildon Ph	33.24	
	L 3	Philip Spalding	15		Putteridge	2:22.19		L 5	Charlotte Clark	21	Hitchin	33.25	
	L 4	Rafe Lawson	13		Berkhamsted	2:22.02		H-2	L 1	Elise Delapperall	19	Basildon Ph	33.22
	L 5	Daniel Meier	18		Biggleswade	2:22.06			L 2	Aria Sabado	13	Basildon Ph	33.20
	L 6	Harry Bird	16		Putteridge	2:22.23			L 3	Lyla Fello	16	Co Norwich	33.15
	L 7	Constantine Calliafas	14		Watford SC	2:22.68			L 4	Lily Farr	17	Bedford SS	33.10
H-2	L 1	Corey Hare	19	SM14	teamipswich	2:21.95	L 5	Anabelle Kett	16	Co Peterboro	33.12		
	L 2	Alexander Ball	18		Potters Bar	2:21.69	L 6	Jana Mohamed	16	Co Peterboro	33.16		
	L 3	Stewart Butler	15		Dunstable	2:21.00	L 7	Tara Shah	15	Hatfield	33.20		
	L 4	Kabir Patel	16		Potters Bar	2:20.75	L 8	Daisy Stimpson	16	West Norfolk	33.22		
	L 5	Xavier Zerban	14		Biggleswade	2:20.80	H-3	L 1	Jasmine Pereira	17	Potters Bar	33.08	
	L 6	Luke Owens	15		Putteridge	2:21.20		L 2	Amalie Bird	16	Colchester	33.06	
	L 7	Dmitrijs Gracovs	16		Harlow Pen	2:21.73		L 3	Yasmine Ollerenshaw	16	Flitwick	33.00	
	L 8	Hugo Arthey	16		Harwich DP	2:21.98		L 4	Edie Foster	14	Bishop Stort	32.98	
H-3	L 1	Isaac Mendham	14		DunmowAtlant	2:20.50		L 5	Imogen Bygrave	15	Co Cambridge	33.00	
	L 2	Csanad Rehus	16		Co Peterboro	2:20.10		L 6	Olivia Bradford	14	West Norfolk	33.03	
	L 3	Ivan Ijomoni	14		Thurrock	2:19.87		L 7	Isla Staton	14	March	33.08	
	L 4	Oliver Smith	18		Co Norwich	2:19.40		L 8	Tahlia Sunshine	13	DunmowAtlant	33.10	
	L 5	George Heather	15		Co Peterboro	2:19.60	H-4	L 1	Freya May	15	Leiston	32.96	
	L 6	Harry Cooper	17		Rochford	2:20.08		L 2	Devon O'Neil	15	Co Peterboro	32.93	
	L 7	Oliver Clark	17		Witham Dolph	2:20.41		L 3	Senudi Ratnayake	14	Norwich Swan	32.89	
	L 8	Alexander Pattison	15		West Norfolk	2:20.67		L 4	Eloise Palfree	11	Colchester	32.85	
H-4	L 1	William East	17		Basildon Ph	2:17.90		L 5	Libby Whiting	16	Putteridge	32.88	
	L 2	Chun Ho Chan	16		Watford SC	2:15.57		L 6	Florence Davies	17	Deben	32.92	
	L 3	Samuel Jeffrey	18		Hatfield	2:10.16		L 7	Ruby Chapman	19	Norwich Swan	32.96	
	L 4	Kai Adams	29		Halstead	2:07.96		L 8	Ella Puce	15	Putteridge	32.98	
	L 5	Harrison Shaw	18		Flitwick	2:08.79	H-5	L 1	Belle Ringwood	15	West Norfolk	32.82	
	L 6	Jacob Bacon	15		Co Peterboro	2:13.20		L 2	Annika Mueller	14	Co Norwich	32.78	
	L 7	Razvan Vasile Lembac	18		Watford SC	2:17.13		L 3	Eden Hender	13	Team Waveney	32.74	
	L 8	Charlie Ruddell	16		teamipswich	2:19.24		L 4	Emilia Rayner	16	Halstead	32.64	
H-5	L 1	Adam Hazlewood	21		Putteridge	2:17.68		L 5	Cassandra Pereira	15	Watford SC	32.67	
	L 2	George Prince	17		Putteridge	2:15.52		L 6	Gabriela Allchome	17	Rochford	32.76	
	L 3	Oscar Winterburn	17		teamipswich	2:10.00		L 7	Lucy Peterson	16	Stevenage	32.82	
	L 4	Frank Lamb	16		Co Peterboro	2:06.79		L 8	Isabella Bryan	15	teamipswich	32.84	
	L 5	Samuel Rose	22		Norwich Swan	2:08.49	H-6	L 1	Valeria Soldatihhina	12	West Norfolk	32.62	
	L 6	Lewis Jarrett	19		Co Norwich	2:11.40		L 2	Valentina Tinnirello	15	Potters Bar	32.59	
	L 7	Joshua Jones	16		West Norfolk	2:15.99		L 3	Olivia Wicks	13	Norwich Swan	32.50	
	L 8	Theodore Monk	17		Co Cambridge	2:18.98		L 4	Olivia Lydon	20	Co Cambridge	32.40	
H-6	L 1	Finlay Neve	17		Co Norwich	2:17.40		L 5	Isabella Savage	16	Potters Bar	32.48	
	L 2	Finlay German	16		Co Cambridge	2:15.20		L 6	Charlotte Belcher	15	Bedford SS	32.56	
	L 3	Reece Burns	17		Chelmsford	2:09.80		L 7	Matilda Stokes	14	Co Peterboro	32.59	
	L 4	Edward Ormsby	18		Co Cambridge	2:05.50		L 8	Indie Horton	13	Team Waveney	32.63	
	L 5	Alexander Volkovoy	20		Co Cambridge	2:08.01	H-7	L 1	Ayla Zolfaghari	14	Epping For't	32.37	
	L 6	Tyler Stone	15		Co Norwich	2:10.30		L 2	Lola Mitchinson	14	Thetford	32.31	
	L 7	Danylo Kravchenko	16		New Hall	2:15.90		L 3	Amber Flitton	16	Dunstable	32.13	
	L 8	Elliot Hall	15		Bishop Stort	2:18.10		L 4	Amerie Njawaya	15	Putteridge	32.08	
H-8								L 5	Teah Gregory	17	Stevenage	32.09	
								L 6	Kenzie Bradshaw	15	Hertford	32.20	
								L 7	Peggy Cartmell	17	Flitwick	32.32	
								L 8	Amelia Murphy	18	Witham Dolph	32.40	
							H-9	L 1	Z Jaramillo Obcowska	18	Epping For't	32.05	
								L 2	Isabel Thomas	17	Newmarket	31.98	
								L 3	Lexie Sandiford	14	Putteridge	31.92	
								L 4	Erin Woodrow	18	West Norfolk	31.85	
						L 5		Evie Butterworth	15	Watford SC	31.88		
						L 6		Chloe Knight	16	Hadleigh	31.98		
						L 7		Poppy Garrod	16	Co Peterboro	31.98		
						L 8		Dayna Arbon	19	Co Norwich	32.07		

Start List

H 10	L 1	Meghan Howarth Owen	16	Chelmsford	31.32	H-5	L 1	Mikhail Zharinov	15	Hitchin	25.80	
	L 2	Matilda Sharpe	13	Co Norwich	31.29		L 2	Tobi Olajide	16	Thurrock	25.80	
	L 3	Aimee Sanders	13	Dunstable	31.17		L 3	Isaac Buchan	16	Co Norwich	25.80	
	L 4	Alexandra Hurley	15	Co Cambridge	31.15		L 4	Angus Cheng	14	Co St Albans	25.80	
	L 5	Summer Boswell	17	Hatfield	31.15		L 5	Otto Wathen	15	Co Norwich	25.80	
	L 6	Amy Meyer	16	Biggleswade	31.20		L 6	B Macdonald-Williams	17	Bishop Stort	25.80	
	L 7	Sophie Holliss	17	Co St Albans	31.30		L 7	Jack Webb	17	Witham Dolph	25.80	
	L 8	Rebecca Olaru	14	Chelmsford	31.33		L 8	Mykhailo Vasyliiev	15	Bedford SS	25.84	
H 11	L 1	Emma Cushion	15	Co Peterboro	30.95	H-6	L 1	Frankie Francis	15	Harpenden	25.78	
	L 2	Lois Smith	15	Basildon Ph	30.48		L 2	Samuel Pertwee	17	DunmowAtlant	25.70	
	L 3	Niamh James	24	Bishop Stort	30.10		L 3	Ivan Ijomoni	14	Thurrock	25.65	
	L 4	Erin Barber	15	Norwich Swan	29.45		L 4	Blake Aldridge	18	Team Waveney	25.60	
	L 5	Nicole Maynard	16	Basildon Ph	29.80		L 5	Kieran Ng	15	Co Peterboro	25.60	
	L 6	Chloe Armstrong	18	teamipswich	30.21		L 6	Thomas Lloyd	17	Rochford	25.70	
	L 7	Olivia Mendham	17	DunmowAtlant	30.79		L 7	Xavier Zerban	14	Biggleswade	25.70	
	L 8	Victoria Edghill	13	Basildon Ph	31.10		L 8	Joe Hammond	18	Co Norwich	25.79	
H 12	L 1	Sophie Green	18	Hatfield	30.90	H-7	L 1	Harry Cooper	17	Rochford	25.50	
	L 2	Camille Vannier	18	Hatfield	30.45		L 2	Rufus Kellie	15	Hatfield	25.50	
	L 3	Charlotte Pound	16	Putteridge	30.01		L 3	Harvey Durham	17	Co Norwich	25.50	
	L 4	Georgia Holgate	18	Co Cambridge	29.13		L 4	Lewis Andrews	18	Norwich Swan	25.40	
	L 5	Isobel Mather	18	Co Cambridge	29.78		L 5	Lloyd Battisson	20	Team Waveney	25.46	
	L 6	Emily Pitcher	17	Norwich Swan	30.20		L 6	Jude Staton	17	Co Peterboro	25.50	
	L 7	Grace Robinson	16	Norwich Swan	30.60		L 7	Daniel Belsey	17	Hatfield	25.50	
	L 8	Sophie Roberts	16	teamipswich	31.01		L 8	Joseph Bagshaw	15	Stevenage	25.60	
H 13	L 1	Freya Hadnutt	17	Bishop Stort	30.80	H-8	L 1	Harry Phelan	16	Basildon Ph	25.40	
	L 2	Alexandra Nurney	15	Hatfield	30.30		L 2	Alfie Page	16	Co Cambridge	25.40	
	L 3	Tia Sammut	14	Bedford SS	29.94		L 3	Alfie Bullock	17	Cheshunt	25.39	
	L 4	Emilia Magliocco	20	Co Cambridge	28.18		L 4	Oscar McKern	16	Verulam	25.34	
	L 5	Abigail Davis	15	Bedford SS	29.70		L 5	Benedict Measures	20	Norwich Swan	25.37	
	L 6	Erin Currie	17	Hatfield	30.17		L 6	Alfie Murdoch	17	Rochford	25.40	
	L 7	Emily-Grace Bentley	15	Basildon Ph	30.50		L 7	George Heather	15	Co Peterboro	25.40	
	L 8	Katerina Di Maria	17	Co Norwich	31.00		L 8	Finlay Blagg	16	Stowmarket	25.40	
<u>Event 203 Open/Male 50m Freestyle</u>						H-9	L 1	Dougie Parsons	17	Rochford	25.30	
H-1	L 1	Jacob Dessoy	17	S8	Thurrock		38.58	L 2	Jack Pallant	21	Team Waveney	25.30
	L 2	Harry Arnold-Pepper	17	S9	Co Cambridge		30.50	L 3	Benjamin Watley	18	Witham Dolph	25.24
	L 3	Ryan Crouch	31	S10	Deben		26.90	L 4	William East	17	Basildon Ph	25.20
	L 4	Lewis Perry	16		Watford SC		26.15	L 5	Samuel Chamberlain	16	Stowmarket	25.21
	L 5	Luca Bertossa Padin	16		Potters Bar		26.15	L 6	Finlay Roberts	16	Witham Dolph	25.29
	L 6	Corey Hare	19	S14	teamipswich		27.60	L 7	Norbert Kadar	16	Co Cambridge	25.30
	L 7	Cameron Connelly	20	S8	Flitwick		36.55	L 8	Elliot Hall	15	Bishop Stort	25.33
H-2	L 1	K-Ets Yah-Khai	16		Hatfield	26.10	H 10	L 1	Rafael Corliano	15	Co Cambridge	25.20
	L 2	Nathan Broadwater	14		teamipswich	26.10		L 2	Max Walters	16	Watford SC	25.15
	L 3	Lucas Day	16		Rochford	26.10		L 3	William Ward	16	Hoddesdon	25.11
	L 4	Nicholas Lambarth	27		Team Waveney	26.03		L 4	Luke Morley	18	Hitchin	25.10
	L 5	Samuel Black	18	S14	Co Norwich	26.09		L 5	Finlay Neve	17	Co Norwich	25.10
	L 6	Daniel Bear	15		Basildon Ph	26.10		L 6	Razvan Vasile Lembac	18	Watford SC	25.14
	L 7	Jacob Schultz	14		Co Cambridge	26.10		L 7	Matthew Brown	20	Stowmarket	25.18
	L 8	Wilfred Warwick	15		Co Cambridge	26.12		L 8	Cheuk-Kin Lau	15	Co St Albans	25.20
H-3	L 1	Lucas Moxon-Booth	16		Flitwick	26.01	H 11	L 1	Frank Jacob	16	Co Cambridge	24.90
	L 2	Archie Harris-Joy	15		Co Norwich	26.00		L 2	Ethan Thorpe	16	Basildon Ph	24.80
	L 3	Bradley Humphries	15		Woodham F SC	26.00		L 3	Haiden Hall	15	Deben	24.70
	L 4	Rafe Lawson	13		Berkhamsted	26.00		L 4	Luke Burnard	16	Co St Albans	24.60
	L 5	Benjamin Palmer	14		Bishop Stort	26.00		L 5	Oscar Hunter	16	Norwich Swan	24.70
	L 6	Alexander Gregory	17		Stevenage	26.00		L 6	Oliver Davey	16	Co Ely	24.70
	L 7	Theodore Monk	17		Co Cambridge	26.00		L 7	Thomas Garnett	18	West Norfolk	24.80
	L 8	Jeffrey Gill	18		Watford SC	26.02		L 8	Nonso Nwabueze	16	Basildon Ph	24.90
H-4	L 1	Lewis Allen	16		Thurrock	25.96	H 12	L 1	Lewis Chapman	24	Stowmarket	24.52
	L 2	Josh Black	15		Co Cambridge	25.90		L 2	Danylo Kravchenko	16	New Hall	24.50
	L 3	Daniel Humphreys	16		Putteridge	25.90		L 3	Benjamin Every	17	Team Waveney	24.50
	L 4	Charlie Payne	18		Newmarket	25.86		L 4	Frank Lamb	16	Co Peterboro	24.30
	L 5	Nathan Yeaman	18		West Norfolk	25.89		L 5	Naim Harvey	17	Basildon Ph	24.44
	L 6	Niccolo Camilotti	15		Hatfield	25.90		L 6	Lee-Koppany Boka	17	Basildon Ph	24.50
	L 7	Richard Farrar	17		Team Waveney	25.95		L 7	Ryan Close	17	Bedford SS	24.52
	L 8	Cameron Jones	19		Bedford SS	25.96		L 8	Daniel Williams	17	Hatfield	24.56

Start List

H 13	L 1	Jack Osborne	18	Deben	24.20
	L 2	Adam O'Neal	17	Bedford SS	24.00
	L 3	Samuel Rose	22	Norwich Swan	23.70
	L 4	Joshua Parker	16	Braintree	22.90
	L 5	Ethan Martin	20	Thurrock	23.20
	L 6	Evan McQuade	17	DunmowAtlant	23.80
	L 7	Henry Dean	19	Thurrock	24.10
	L 8	Hugo Raubitschek-Smith	17	Co St Albans	24.30
H 14	L 1	Maxwell Hozier	16	Hoddesdon	24.16
	L 2	Dylan Davenport	16	Bishop Stort	23.90
	L 3	Joshua Shepherd	17	Thurrock	23.40
	L 4	Matthew Wright	27	Team Luton	22.70
	L 5	Ronnie Edwards	17	Rochford	23.10
	L 6	Lucas Dyson-Diaz	25	Hatfield	23.70
	L 7	Nathan Birchenough	18	Norwich Swan	24.10
	L 8	Callum Cox	19	Co Norwich	24.23
H 15	L 1	Oliver Clapp	35	Deben	24.14
	L 2	Freddie Gardner	19	Rochford	23.90
	L 3	Jack Abram	20	Co Norwich	23.30
	L 4	Luke Tunstal	20	Co Peterboro	22.20
	L 5	Tobias Oglesby	21	West Norfolk	23.10
	L 6	Finlay Ryan	26	West Norfolk	23.70
	L 7	Joshua Sackree	17	Co Peterboro	24.07
	L 8	Billy Mead	20	Linslade	24.20

Event 204 Female 200m Butterfly

H-1	L 2	Ayla Zolfaghari	14	Epping For't	2:37.70
	L 3	Summer Lewis	13	Colchester	2:36.90
	L 4	Lily Mae Ware	15	Basildon Ph	2:36.12
	L 5	Lucy Jordan-Caws	22	Putteridge	2:36.83
	L 6	Grace Armstrong	16	Dunstable	2:37.48
H-2	L 1	Jasmine Scott	14	Co St Albans	2:33.90
	L 2	Abigail Rogers	16	Basildon Ph	2:28.80
	L 3	Amelia Saunders	17	Norwich Swan	2:26.61
	L 4	Alice Weston	19	Watford SC	2:19.04
	L 5	Olivia Greenall	16	Co Norwich	2:22.00
	L 6	Isabella Porzio	21	Putteridge	2:28.02
	L 7	Ava Turner	16	Basildon Ph	2:33.00
	L 8	I Stratton-Thomsett	16	Chelmsford	2:35.93
H-3	L 1	Melike Dagdelen	16	Putteridge	2:33.49
	L 2	Summer Miller	13	Bishop Stort	2:28.40
	L 3	E Barth-Wehrenalp	15	Chelmsford	2:25.38
	L 4	Sadie Hunter	17	Co Peterboro	2:14.72
	L 5	Chloe Butler	21	Norwich Swan	2:20.80
	L 6	Summer Evason	16	Watford SC	2:27.12
	L 7	Megan Barnicoat	14	Co Peterboro	2:30.70
	L 8	Claudia Barp	15	Co Cambridge	2:35.07
H-4	L 1	Anna Mason	13	Co Peterboro	2:33.12
	L 2	Eleanor McLeod	17	Putteridge	2:28.15
	L 3	Poppy Magill	17	Putteridge	2:22.50
	L 4	Amelia Fenner	15	Basildon Ph	2:14.53
	L 5	Chloe Barnard	16	Basildon Ph	2:19.49
	L 6	Lily Murrell	16	Norwich Swan	2:27.00
	L 7	Antonia Elias	16	Watford SC	2:29.52
	L 8	Charlotte Jenkinson	15	Co Peterboro	2:34.35

Event 205 Open/Male 200m Butterfly

H-1	L 3	William Banthorpe	17	Chelmsford	2:27.72
	L 4	Cillian O'Brien	17	Co Ely	2:26.75
	L 5	Daniel Grimmer	19	West Norfolk	2:27.45
H-2	L 1	Sam Everitt	18	Newmarket	2:26.09
	L 2	Csanad Rehus	16	Co Peterboro	2:22.57
	L 3	Mykhailo Vasyliev	15	Bedford SS	2:22.22
	L 4	Billy Cyl	17	Hoddesdon	2:21.00
	L 5	Kye Harrington	17	West Norfolk	2:22.00
	L 6	Jed Millin	17	Stowmarket	2:22.56
	L 7	Evan Larthe	16	Basildon Ph	2:24.00
H-3	L 1	Zachary Piscopo	14	Co Peterboro	2:20.20
	L 2	Harry Cooper	17	Rochford	2:18.09
	L 3	Jamie Wilson	16	West Norfolk	2:18.72
	L 4	Jake Thomas-Mansfield	25	West Suffolk	2:07.32
	L 5	Jake Lloyd	30	Bishop Stort	2:10.97
	L 6	Harry Bird	16	Putteridge	2:16.70
	L 7	Nathan Broadwater	14	teampswich	2:19.20
	L 8	Oliver Green	16	Co St Albans	2:20.57
H-4	L 1	Finlay German	16	Co Cambridge	2:20.16
	L 2	Oliver Fuller	15	Co Cambridge	2:17.54
	L 3	Marcus King	17	Putteridge	2:13.12
	L 4	Jacob Bacon	15	Co Peterboro	2:07.30
	L 5	Harrison Shaw	18	Flitwick	2:09.16
	L 6	Jude Gunner	16	S14 Norwich Swan	2:16.50
	L 7	Daniel Clayton	19	Deben	2:19.18
	L 8	Philip Spalding	15	Putteridge	2:20.57
H-5	L 1	Alexander Pattison	15	West Norfolk	2:19.50
	L 2	Luke Owens	15	Putteridge	2:16.89
	L 3	Ashton Blake	16	Basildon Ph	2:11.90
	L 4	Jack Pallant	21	Team Waveney	2:02.82
	L 5	Kian Lee	17	Co Peterboro	2:09.04
	L 6	Daniel Williams	17	Hatfield	2:13.80
	L 7	Dylan Nutt	26	DunmowAtlant	2:19.05
	L 8	Daniel Meier	18	Biggleswade	2:20.36

Event 206 Female 100m Breaststroke

H-1	L 2	Florence Richbell	11	SB12 Flitwick	1:55.37
	L 3	Imogen Brown	17	SB14 Potters Bar	1:43.28
	L 4	Genna Lee	14	Harlow Pen	1:19.23
	L 5	Lena Crisp	12	SB14 Norwich Swan	1:27.41
	L 6	Ida Corcoran	16	SB9 Flitwick	1:54.98
	L 7	Charlotte Ryan	25	SB5 Runnymede	2:58.35
H-2	L 1	Chloe Simpson	19	Watford SC	1:18.97
	L 2	Hailey Hong Yuen Leung	14	Harpenden	1:18.64
	L 3	Molly Bartup	17	Cheshunt	1:18.43
	L 4	Jeslene Sandhu	14	Epping For't	1:18.22
	L 5	Hannah Lovelock	17	Hitchin	1:18.42
	L 6	Ella Fanning	14	Flitwick	1:18.49
	L 7	Lucy King	22	Hitchin	1:18.95
	L 8	Isabelle Howlett	13	Norwich Swan	1:19.20
H-3	L 1	Pemberley Hornigold	18	West Norfolk	1:18.07
	L 2	Chloe Sanders	16	Bishop Stort	1:17.78
	L 3	Ruby Brace	17	Co Peterboro	1:17.46
	L 4	Rachael Carpenter	18	Ware	1:16.70
	L 5	Nieve Ives	13	Hatfield	1:17.30
	L 6	Mercy Adeoye	16	Hatfield	1:17.53
	L 7	Emily Turner	16	Harwich DP	1:18.00
	L 8	Cerys Wall	13	Co Cambridge	1:18.16
H-4	L 1	Evie Greenhalf	15	Co Norwich	1:16.54
	L 2	Tessa Quayle	17	St Ives	1:16.20
	L 3	Alexis Johnson	15	Co Peterboro	1:16.04
	L 4	Daisy-Mai Doel	14	Basildon Ph	1:15.88
	L 5	Esme Stringer	17	Bishop Stort	1:15.95
	L 6	Niamh James	24	Bishop Stort	1:16.07
	L 7	Devon O'Neil	15	Co Peterboro	1:16.40
	L 8	Isla Hamilton	17	Norwich Swan	1:16.60

Start List

H-5	L 1	Nicole Peddely	15	teamipswich	1:15.41	H-6	L 1	George Little	17	Bedford SS	1:10.21
	L 2	Victoria Allchorne	17	Rochford	1:14.21		L 2	Rafael Corliano	15	Co Cambridge	1:09.80
	L 3	Jorja Atkinson	14	Co Cambridge	1:12.60		L 3	Oliver Fuller	15	Co Cambridge	1:09.14
	L 4	Ashley Ransome	30	Hatfield	1:10.27		L 4	Henry Mann	17	Norwich Swan	1:08.80
	L 5	Lilly Davis	18	Co Peterboro	1:11.76		L 5	Alexander Ball	18	Potters Bar	1:08.93
	L 6	Sophie Payne	23	Putteridge	1:12.99		L 6	Adam Hazlewood	21	Putteridge	1:09.49
	L 7	Verity Hamilton	15	Norwich Swan	1:14.50		L 7	Matthew McLaughlin	32	Bishop Stort	1:09.94
	L 8	Freya Cox	14	Norwich Swan	1:15.86		L 8	Noah Bielby	15	Co Peterboro	1:10.22
H-6	L 1	Summer Evason	16	Watford SC	1:14.80	H-7	L 1	Szymon Pierzecki	16	Witham Dolph	1:07.96
	L 2	Amelia Murphy	18	Witham Dolph	1:14.20		L 2	Cub Maddison	19	Putteridge	1:06.79
	L 3	Georgina Hamilton	17	Co St Albans	1:12.50		L 3	Timon Chapman	23	Norwich Swan	1:05.20
	L 4	Caitlin Hartley	21	Hatfield	1:10.20		L 4	Finlay Ryan	26	West Norfolk	1:03.60
	L 5	Yan Ting Emily Pak	16	Co Cambridge	1:11.54		L 5	Tyler Stone	15	Co Norwich	1:04.10
	L 6	Charlisie Harding	16	Norwich Swan	1:12.90		L 6	Storm Heggenhougen	17	Basildon Ph	1:06.20
	L 7	Isabel White	16	Biggleswade	1:14.50		L 7	Lewis Jarrett	19	Co Norwich	1:07.40
	L 8	Alice Watts	17	Co Cambridge	1:15.68		L 8	Benjamin Every	17	Team Waveney	1:08.66
H-7	L 1	Lexie O'Connor	18	Basildon Ph	1:14.54	H-8	L 1	Luke Payne	21	Hatfield	1:07.74
	L 2	Isabella Porzio	21	Putteridge	1:13.51		L 2	Chun Ho Chan	16	Watford SC	1:06.64
	L 3	Sarah O'Brien	29	West Norfolk	1:12.19		L 3	Lewis Andrews	18	Norwich Swan	1:04.86
	L 4	Ellen Eccleston	18	Co Norwich	1:09.69		L 4	Charlie Rogers	18	Basildon Ph	1:03.50
	L 5	Rebecca Keetley	21	Co Cambridge	1:10.81		L 5	Edward Ormsby	18	Co Cambridge	1:03.98
	L 6	Chloe Butler	21	Norwich Swan	1:12.80		L 6	Austin Lillywhite	22	Biggleswade	1:06.16
	L 7	Isla Stewart	15	Co Peterboro	1:14.35		L 7	George Prince	17	Putteridge	1:07.36
	L 8	Holly Larbey	18	Biggleswade	1:15.61		L 8	Jack Webb	17	Witham Dolph	1:08.40
Event 207 Open/Male 100m Breaststroke						H-9	L 1	Harvey Durham	17	Co Norwich	1:07.66
H-1	L 1	Harry Arnold-Pepper	17	SB8 Co Cambridge	1:21.60		L 2	Will Presland	20	Watford SC	1:06.53
	L 2	Samuel Heraty	17	Stevenage	1:13.97		L 3	Reece Burns	17	Chelmsford	1:04.80
	L 3	Jesse Howard	15	Hoddesdon	1:13.75		L 4	Joshua Sackree	17	Co Peterboro	1:02.34
	L 4	Alex Bradburn	16	Chelmsford	1:13.69		L 5	James McGettigan	16	Thurrock	1:03.65
	L 5	Sebastian Reynolds	17	teamipswich	1:13.71		L 6	Charlie Ruddell	16	teamipswich	1:06.00
	L 6	Tahir Hendricks	14	Colchester	1:13.80		L 7	Joshua Jones	16	West Norfolk	1:07.20
	L 7	Corey Hare	19	SB14 teamipswich	1:18.46		L 8	Robert Elliston	19	Braintree	1:08.27
H-2	L 1	Oscar Chaplin	17	Co St Albans	1:13.64	Event 208 Female 100m IM					
	L 2	Edward Sun	15	Verulam	1:13.52	H-1	L 3	Francesca Barber	16	Co Norwich	1:10.89
	L 3	Lewis Perry	16	Watford SC	1:13.51		L 4	Bethany Crawley	17	teamipswich	1:10.75
	L 4	Thomas-Arthur Jagger	16	West Norfolk	1:13.25		L 5	Jasmine Scott	14	Co St Albans	1:10.89
	L 5	Jeremy Godwin	16	Thurrock	1:13.30	H-2	L 2	Aimee Sanders	13	Dunstable	1:10.56
	L 6	Jason Dalope	14	West Suffolk	1:13.51		L 3	Kitty Lamb	14	Co Peterboro	1:10.29
	L 7	Dmitrijs Gracovs	16	Harlow Pen	1:13.61		L 4	Abigail Davis	15	Bedford SS	1:10.12
	L 8	Sebastian Brown	15	Verulam	1:13.67		L 5	Amelia Murphy	18	Witham Dolph	1:10.24
H-3	L 1	Oscar McKern	16	Verulam	1:13.22		L 6	Verity Hamilton	15	Norwich Swan	1:10.29
	L 2	Finley Pawle	23	Leiston	1:12.80		L 7	Freya Cox	14	Norwich Swan	1:10.59
	L 3	Luke Owens	15	Putteridge	1:12.46	H-3	L 1	Anastasia Wall	15	Dereham	1:09.92
	L 4	Solomon Dent	16	Bedford SS	1:12.39		L 2	Isla Stewart	15	Co Peterboro	1:09.75
	L 5	Oliver Shayle	15	Co Cambridge	1:12.40		L 3	Lexie Sandiford	14	Putteridge	1:09.73
	L 6	Rhys Burrell	18	West Norfolk	1:12.59		L 4	Sophie Holliss	17	Co St Albans	1:09.69
	L 7	Jeremy Brailsford	16	Witham Dolph	1:13.15		L 5	Nina Allen	14	Newmarket	1:09.71
	L 8	Janos Csepely	14	teamipswich	1:13.25		L 6	Alice Watts	17	Co Cambridge	1:09.74
H-4	L 1	Kameron Baker	14	Co Peterboro	1:12.00		L 7	Daisy Russell	17	DunmowAtlant	1:09.84
	L 2	Nathaniel Coburn	17	Braintree	1:11.70		L 8	Anabelle Kett	16	Co Peterboro	1:10.06
	L 3	George Heather	15	Co Peterboro	1:11.60	H-4	L 1	Nicole Peddely	15	teamipswich	1:09.22
	L 4	Joshua Marshall	20	St Ives	1:11.47		L 2	Sophie Payne	23	Putteridge	1:08.53
	L 5	Finlay German	16	Co Cambridge	1:11.52		L 3	Rebecca Keetley	21	Co Cambridge	1:07.52
	L 6	Alexander Pattison	15	West Norfolk	1:11.68		L 4	Erin Barber	15	Norwich Swan	1:06.36
	L 7	James Peters	14	Basildon Ph	1:11.90		L 5	Alexandra Nurney	15	Hatfield	1:07.16
	L 8	Stewart Butler	15	Dunstable	1:12.19		L 6	Sarah O'Brien	29	West Norfolk	1:07.90
H-5	L 1	Josh Black	15	Co Cambridge	1:10.94		L 7	Evie Greenhalf	15	Co Norwich	1:08.84
	L 2	Rafe Lawson	13	Berkhamsted	1:10.88		L 8	Gabriella Meyer	16	DunmowAtlant	1:09.57
	L 3	Josh Reed	14	Co Norwich	1:10.60	H-5	L 1	Amelia Porzio	17	Putteridge	1:09.17
	L 4	Jeffrey Gill	18	Watford SC	1:10.40		L 2	Ellen Eccleston	18	Co Norwich	1:08.17
	L 5	Thomas Baxter	16	West Norfolk	1:10.40		L 3	Grace Robinson	16	Norwich Swan	1:07.44
	L 6	Theo Smith	16	Hitchin	1:10.62		L 4	Jessica Medicott	18	Dunstable	1:04.71
	L 7	Cillian O'Brien	17	Co Ely	1:10.91		L 5	Amelia Fenner	15	Basildon Ph	1:06.94
	L 8	Dougie Parsons	17	Rochford	1:11.10		L 6	Yan Ting Emily Pak	16	Co Cambridge	1:07.80
							L 7	Emily Pitcher	17	Norwich Swan	1:08.63
							L 8	Chloe Armstrong	18	teamipswich	1:09.45

Start List

H-6	L 1	Caitlin Hartley	21	Hatfield	1:08.84
	L 2	Chloe Barnard	16	Basildon Ph	1:07.99
	L 3	Shahd Mohamed	18	Co Peterboro	1:07.23
	L 4	Grace Greenhalf	18	Co Norwich	1:03.86
	L 5	Tia Sammut	14	Bedford SS	1:06.64
	L 6	Amy Boreham	19	Watford SC	1:07.78
	L 7	Jorja Atkinson	14	Co Cambridge	1:08.61
	L 8	Chloe Simpson	19	Watford SC	1:09.43

Event 209 Open/Male 400m Freestyle

H-1	L 2	Jacob Dessoy	17	S8	Thurrock	6:18.66
	L 3	Jacob Schultz	14		Co Cambridge	4:27.60
	L 4	Ryan Wimpenny	15		Cheshunt	4:27.27
	L 5	Oliver Meier	15		Biggleswade	4:27.53
	L 6	Corey Hare	19	S14	teamipswich	4:31.63
H-2	L 1	Charlie Birdsall	15		Co Cambridge	4:26.25
	L 2	Marcus King	17		Putteridge	4:25.65
	L 3	Lochlan Shaw	15		Flitwick	4:25.33
	L 4	Benjamin Palmer	14		Bishop Stort	4:24.65
	L 5	Csanad Rehus	16		Co Peterboro	4:24.99
	L 6	Thomas Fenwick	14		Hatfield	4:25.50
	L 7	Janos Csepely	14		teamipswich	4:25.70
	L 8	Alfie Page	16		Co Cambridge	4:26.30
H-3	L 1	Oliver Fuller	15		Co Cambridge	4:23.61
	L 2	Perrin Ma	14		Hatfield	4:22.40
	L 3	Oliver Fenwick	16		Hatfield	4:19.80
	L 4	Xavier Zerban	14		Biggleswade	4:19.40
	L 5	Daniel Moyses	19		Co Peterboro	4:19.80
	L 6	Lucas Day	16		Rochford	4:22.00
	L 7	Isaac Buchan	16		Co Norwich	4:23.20
	L 8	Kian Ptolomey	15		Putteridge	4:24.50
H-4	L 1	Ethan Knights	14		teamipswich	4:18.80
	L 2	B Macdonald-Williams	17		Bishop Stort	4:18.65
	L 3	Ethan Wallis	15		Norwich Swan	4:15.44
	L 4	George Carter	17		Co Cambridge	4:13.03
	L 5	Jamie Wilson	16		West Norfolk	4:15.04
	L 6	K-Ets Yah-Khai	16		Hatfield	4:16.24
	L 7	Luke Owens	15		Putteridge	4:18.80
	L 8	Will Riley	16		teamipswich	4:18.98
H-5	L 1	Luke Martell	19		Watford SC	4:11.15
	L 2	Conor Mint	16		Basildon Ph	4:10.20
	L 3	Frank Lamb	16		Co Peterboro	4:05.67
	L 4	Alexander Volkovoy	20		Co Cambridge	3:53.70
	L 5	Daniel Belsey	17		Hatfield	4:01.08
	L 6	Robert Fenner	17		Basildon Ph	4:08.35
	L 7	Oscar Hunter	16		Norwich Swan	4:10.70
	L 8	Zak Fellows	16		Co St Albans	4:12.99