

Start List

Event 301 Female 400m IM

H-1	L 3	Jasmine Scott	14	Co St Albans	5:24.90
	L 4	Chloe Cranny	14	Epping For't	5:24.50
	L 5	Hannah Lovelock	17	Hitchin	5:24.58
H-2	L 1	Eliza Jennings	13	Biggleswade	5:24.10
	L 2	Nicole Peddely	15	teamipswich	5:23.31
	L 3	Mia Nelson	14	Cheshunt	5:22.60
	L 4	Bethany Crawley	17	teamipswich	5:20.82
	L 5	Amelia Porzio	17	Putteridge	5:20.84
	L 6	Esmie Kidman	19	West Norfolk	5:22.84
	L 7	Daisy-Mai Doel	14	Basildon Ph	5:23.90
H-3	L 1	Summer Miller	13	Bishop Stort	5:16.85
	L 2	Emma Cushion	15	Co Peterboro	5:15.90
	L 3	Isabella Porzio	21	Putteridge	5:09.33
	L 4	Lois Smith	15	Basildon Ph	5:05.79
	L 5	Poppy Magill	17	Putteridge	5:07.38
	L 6	Georgina Hamilton	17	Co St Albans	5:12.30
	L 7	Isla Stewart	15	Co Peterboro	5:15.90
	L 8	Alice Watts	17	Co Cambridge	5:18.45
H-4	L 1	Summer Evason	16	Watford SC	5:00.87
	L 2	Lexie O'Connor	18	Basildon Ph	4:58.62
	L 3	Chloe Barnard	16	Basildon Ph	4:56.33
	L 4	Jasmine Hall	15	Basildon Ph	4:54.67
	L 5	Lilly Davis	18	Co Peterboro	4:56.20
	L 6	Sadie Hunter	17	Co Peterboro	4:58.10
	L 7	Annie McLeod	17	Putteridge	5:00.35
	L 8	Chloe Butler	21	Norwich Swan	5:05.25

Event 302 Open/Male 100m Backstroke

H-1	L 3	Samuel Black	18	S14	Co Norwich	1:07.50
	L 4	Thomas Garnett	18		West Norfolk	1:05.00
	L 5	Corey Hare	19	S14	teamipswich	1:06.60
H-2	L 1	Csanad Rehus	16		Co Peterboro	1:04.93
	L 2	Donald Perrin	15		Co Norwich	1:04.78
	L 3	Adam Hussain	17		Putteridge	1:04.72
	L 4	Thomas Baxter	16		West Norfolk	1:04.52
	L 5	Daniel Humphreys	16		Putteridge	1:04.68
	L 6	Benjamin Palmer	14		Bishop Stort	1:04.76
	L 7	Joseph Emms	14		Biggleswade	1:04.83
H-3	L 1	George Saunders	15		Co St Albans	1:04.37
	L 2	Ewan Nobes	17		Norwich Swan	1:04.28
	L 3	Jakub Cincio	14		Chelmsford	1:04.00
	L 4	Thomas Fenwick	14		Hatfield	1:03.99
	L 5	Philip Spalding	15		Putteridge	1:03.99
	L 6	Charlie Birdsall	15		Co Cambridge	1:04.17
	L 7	Harry Forsyth	18		Linslade	1:04.37
	L 8	Hayden Garrod	17		Team Waveney	1:04.49
H-4	L 1	Ricards Korotkihs	14		teamipswich	1:03.79
	L 2	Joe Hammond	18		Co Norwich	1:03.69
	L 3	George Pilcher	18		Co Peterboro	1:03.14
	L 4	Isaac Buchan	16		Co Norwich	1:02.90
	L 5	Parker Brewster	16		Harpenden	1:03.13
	L 6	Alfie Bullock	17		Cheshunt	1:03.56
	L 7	Liam Bautista	16		Epping For't	1:03.73
	L 8	Maxim Szarvadi	16		Harlow Pen	1:03.94
H-5	L 1	Jude Gunner	16	S14	Norwich Swan	1:02.62
	L 2	Xavier Zerban	14		Biggleswade	1:02.30
	L 3	Kieran Ng	15		Co Peterboro	1:02.18
	L 4	Storm Heggenhougen	17		Basildon Ph	1:01.90
	L 5	William Leese	17		Co Cambridge	1:02.00
	L 6	Hugo Arthey	16		Harwich DP	1:02.20
	L 7	Matthew Brown	20		Stowmarket	1:02.46
	L 8	Evan Larthe	16		Basildon Ph	1:02.74

H-6	L 1	Kabir Patel	16		Potters Bar	1:01.74
	L 2	Cameron Jones	19		Bedford SS	1:00.99
	L 3	Norbert Kadar	16		Co Cambridge	1:00.93
	L 4	Archie Harris-Joy	15		Co Norwich	1:00.77
	L 5	Lloyd Battisson	20		Team Waveney	1:00.87
	L 6	Nathan Yeaman	18		West Norfolk	1:00.95
	L 7	Zach Montgomery	15		Norwich Swan	1:01.41
	L 8	Jude Staton	17		Co Peterboro	1:01.89
H-7	L 1	Jan Beblot	16		Norwich Swan	1:00.19
	L 2	Jacob Ray	18		Basildon Ph	59.20
	L 3	William East	17		Basildon Ph	58.00
	L 4	Ryan Close	17		Bedford SS	57.07
	L 5	Oliver Baskerville	17		Hatfield	57.80
	L 6	Tobias Oglesby	21		West Norfolk	58.83
	L 7	Danylo Kravchenko	16		New Hall	59.70
	L 8	Isaac Mendham	14		DunmowAtlant	1:00.66
H-8	L 1	Ethan Thorpe	16		Basildon Ph	1:00.03
	L 2	Oliver Smith	18		Co Norwich	59.14
	L 3	Edward Ormsby	18		Co Cambridge	57.90
	L 4	Joshua Shepherd	17		Thurrock	56.89
	L 5	Oscar Winterburn	17		teamipswich	57.13
	L 6	Joshua Parker	16		Braintree	58.60
	L 7	Zak Fellows	16		Co St Albans	59.34
	L 8	Thomas Ford	19		Basildon Ph	1:00.46
H-9	L 1	Jacob Bacon	15		Co Peterboro	59.96
	L 2	Jack Osborne	18		Deben	59.00
	L 3	Timon Chapman	23		Norwich Swan	57.88
	L 4	Matthew Wright	27		Team Luton	55.68
	L 5	Marton Molnar	16		Co Cambridge	57.10
	L 6	Lucas Dyson-Diaz	25		Hatfield	58.23
	L 7	Harrison Shaw	18		Flitwick	59.33
	L 8	Frank Lamb	16		Co Peterboro	1:00.38

Event 303 Female 100m Freestyle

H-1	L 1	Florence Richbell	11	S12	Flitwick	1:24.92
	L 2	Imogen Brown	17	S14	Potters Bar	1:16.76
	L 3	Lily Farr	17		Bedford SS	1:02.00
	L 4	Gabriela Allchome	17		Rochford	1:02.00
	L 5	Elizabeth Pert	15		Norwich Swan	1:02.00
	L 6	Lena Crisp	12	S14	Norwich Swan	1:07.82
	L 7	Ida Corcoran	16	S9	Flitwick	1:19.09
	L 8	Charlotte Ryan	25	S6	Runnymede	1:57.66
H-2	L 1	Betsie Saville	12		Canvey Isl	1:01.90
	L 2	Ayla Zolfaghari	14		Epping For't	1:01.90
	L 3	Olivia Daniel	12		Verulam	1:01.76
	L 4	Ella Deaton	16		Newmarket	1:01.70
	L 5	Lexie Sandiford	14		Putteridge	1:01.70
	L 6	Jemima Cross	17		Hitchin	1:01.88
	L 7	Abigail Rogers	16		Basildon Ph	1:01.90
	L 8	Antonia Elias	16		Watford SC	1:01.95
H-3	L 1	Milly Johnson	15		West Norfolk	1:01.50
	L 2	Chloe Armstrong	18		teamipswich	1:01.42
	L 3	Anna Zapisetskaya	14		Co St Albans	1:01.24
	L 4	Nina Allen	14		Newmarket	1:01.10
	L 5	Orlagh Quarrell	15		Watford SC	1:01.20
	L 6	Melike Dagdelen	16		Putteridge	1:01.30
	L 7	Eva Jackson	13		Flitwick	1:01.48
	L 8	Defne Ece Sakarya	14		Norwich Swan	1:01.60
H-4	L 1	Amerie Njawayaya	15		Putteridge	1:00.90
	L 2	Alicia Morton	16		Basildon Ph	1:00.82
	L 3	Erin Uttridge	16		teamipswich	1:00.70
	L 4	Charlotte Pound	16		Putteridge	1:00.62
	L 5	Erin Woodrow	18		West Norfolk	1:00.70
	L 6	Amy Thomsit	15		Hemel Hemp	1:00.73
	L 7	Francesca Barber	16		Co Norwich	1:00.90
	L 8	Genna Lee	14		Harlow Pen	1:01.10

Start List

H-5	L 1	Aimee Sanders	13	Dunstable	1:00.50	H-5	L 1	Oliver Fenwick	16	Hatfield	1:59.95
	L 2	Amelia Porzio	17	Putteridge	1:00.37		L 2	Lewis Jarrett	19	Co Norwich	1:59.50
	L 3	Olivia Bradford	14	West Norfolk	1:00.20		L 3	Freddie Gardner	19	Rochford	1:57.10
	L 4	Bethany Rumsby	16	Norwich Swan	1:00.05		L 4	Samuel Rose	22	Norwich Swan	1:53.48
	L 5	Amelia Lewis	16	teamipswich	1:00.10		L 5	Kai Adams	29	Halstead	1:55.44
	L 6	Georgina Hamilton	17	Co St Albans	1:00.33		L 6	Kian Lee	17	Co Peterboro	1:59.30
	L 7	Anastasja Wall	15	Dereham	1:00.42		L 7	Frank Jacob	16	Co Cambridge	1:59.70
	L 8	Evie Greenhalf	15	Co Norwich	1:00.50		L 8	K-Ets Yah-Khai	16	Hatfield	2:00.44
H-6	L 1	Freya Hadnutt	17	Bishop Stort	1:00.00	H-6	L 1	Luke Martell	19	Watford SC	1:59.91
	L 2	Edie Foster	14	Bishop Stort	59.90		L 2	Maxwell Hozier	16	Hoddesdon	1:59.31
	L 3	Genevieve White	17	Co Cambridge	59.86		L 3	Oscar Hunter	16	Norwich Swan	1:56.10
	L 4	Erin Currie	17	Hatfield	59.85		L 4	Daniel Belsey	17	Hatfield	1:53.13
	L 5	Olivia Mendham	17	DunmowAtlant	59.85		L 5	Evan McQuade	17	DunmowAtlant	1:55.43
	L 6	Freya Cox	14	Norwich Swan	59.90		L 6	George Carter	17	Co Cambridge	1:58.14
	L 7	Jasmine Scott	14	Co St Albans	59.94		L 7	Jacob Bacon	15	Co Peterboro	1:59.60
	L 8	Ruby Chapman	19	Norwich Swan	1:00.01		L 8	Billy Cyl	17	Hoddesdon	2:00.27
H-7	L 1	Valentina Tinnirello	15	Potters Bar	59.45	H-7	L 1	Thomas Ford	19	Basildon Ph	1:59.73
	L 2	Daisy Russell	17	DunmowAtlant	58.60		L 2	Dylan Davenport	16	Bishop Stort	1:59.30
	L 3	Ever Ives	16	Hatfield	58.00		L 3	Ben Davison	20	Hatfield	1:56.00
	L 4	Erin Barber	15	Norwich Swan	57.40		L 4	Alexander Volkovoy	20	Co Cambridge	1:51.02
	L 5	Alexandra Nurney	15	Hatfield	57.80		L 5	Frank Lamb	16	Co Peterboro	1:55.04
	L 6	Katerina Di Maria	17	Co Norwich	58.30		L 6	Conor Mint	16	Basildon Ph	1:57.21
	L 7	Summer Evason	16	Watford SC	58.83		L 7	Jamie Wilson	16	West Norfolk	1:59.59
	L 8	Amy Meyer	16	Biggleswade	59.80		L 8	Tyler Stone	15	Co Norwich	2:00.10
H-8	L 1	Anabelle Kett	16	Co Peterboro	59.20	Event 305 Female 50m Butterfly					
	L 2	Isabel Thomas	17	Newmarket	58.50	H-1	L 2	Alicia Morton	16	Basildon Ph	31.24
	L 3	Emilia Magliocco	20	Co Cambridge	57.90		L 3	Anudi Ratnayake	14	Norwich Swan	31.20
	L 4	Isobel Mather	18	Co Cambridge	57.40		L 4	Anabelle Kett	16	Co Peterboro	31.19
	L 5	Jasmine Hall	15	Basildon Ph	57.45		L 5	Eva-May Bowie	14	Bedford SS	31.20
	L 6	Olivia Greenall	16	Co Norwich	58.20		L 6	Emily Joyce	13	Biggleswade	31.20
	L 7	Shahd Mohamed	18	Co Peterboro	58.70	H-2	L 1	Ava Turner	16	Basildon Ph	31.14
	L 8	Nicole Maynard	16	Basildon Ph	59.77		L 2	Zara Rhind	16	Hertford	31.09
H-9	L 1	Kitty Lamb	14	Co Peterboro	58.97		L 3	Niamh Bunker	15	Flitwick	31.00
	L 2	Rebecca Coogan	17	Thurrock	58.40		L 4	Eleanor McLeod	17	Putteridge	30.99
	L 3	Jessica Medlicott	18	Dunstable	57.84		L 5	Ruby Brace	17	Co Peterboro	31.00
	L 4	Grace Greenhalf	18	Co Norwich	56.20		L 6	Yasmine Ollerenshaw	16	Flitwick	31.00
	L 5	Sophie Siong	20	Co Norwich	57.41		L 7	Antonia Elias	16	Watford SC	31.10
	L 6	Sophie Palmer	16	Basildon Ph	58.20		L 8	Charlotte Belcher	15	Bedford SS	31.16
	L 7	Emily-Grace Bentley	15	Basildon Ph	58.70	H-3	L 1	Victoria Edghill	13	Basildon Ph	30.96
	L 8	Erin Younger	18	Co St Albans	59.67		L 2	Summer Lewis	13	Colchester	30.90
Event 304 Open/Male 200m Freestyle							L 3	Genna Lee	14	Harlow Pen	30.90
H-1	L 3	Corey Hare	19	S14 teamipswich	2:09.30		L 4	Amelia Ostrowska	17	St Neot Swan	30.90
	L 4	Alfie Page	16	Co Cambridge	2:04.20		L 5	Victoria Allchome	17	Rochford	30.90
	L 5	Will Riley	16	teamipswich	2:04.41		L 6	Louise Webster	18	Thurrock	30.90
H-2	L 1	Evan Larthe	16	Basildon Ph	2:04.10		L 7	Devon O'Neil	15	Co Peterboro	30.90
	L 2	Daniel Clayton	19	Deben	2:04.06		L 8	Tehya Robertson	15	Co St Albans	30.96
	L 3	Richard Farrar	17	Team Waveney	2:03.89	H-4	L 1	Niamh Chambers	16	DunmowAtlant	30.86
	L 4	George Jones	16	Basildon Ph	2:03.36		L 2	Amber Flitton	16	Dunstable	30.84
	L 5	Lucas Day	16	Rochford	2:03.60		L 3	Olivia Mendham	17	DunmowAtlant	30.74
	L 6	Dylan Nutt	26	DunmowAtlant	2:04.01		L 4	Isla Stewart	15	Co Peterboro	30.70
	L 7	Oliver Meier	15	Biggleswade	2:04.09		L 5	Abigail Rogers	16	Basildon Ph	30.70
H-3	L 1	Oliver Clark	17	Witham Dolph	2:02.72		L 6	Tessa Quayle	17	St Ives	30.76
	L 2	Norbert Kadar	16	Co Cambridge	2:02.60		L 7	Alice Watts	17	Co Cambridge	30.85
	L 3	B Macdonald-Williams	17	Bishop Stort	2:01.85		L 8	Emily-Grace Bentley	15	Basildon Ph	30.90
	L 4	Zak Fellows	16	Co St Albans	2:01.73	H-5	L 1	Maelys Jacquet	14	Deben	30.69
	L 5	Ashton Blake	16	Basildon Ph	2:01.84		L 2	Milly Johnson	15	West Norfolk	30.65
	L 6	Razvan Vasile Lembac	18	Watford SC	2:02.17		L 3	Freya May	15	Leiston	30.60
	L 7	Jacob Schultz	14	Co Cambridge	2:02.70		L 4	Betsie Saville	12	Canvey Isl	30.50
	L 8	Daniel Meier	18	Biggleswade	2:03.14		L 5	Caitlin Hartley	21	Hatfield	30.55
H-4	L 1	Marcus King	17	Putteridge	2:01.50		L 6	Lily Steel	15	teamipswich	30.60
	L 2	Cameron Jones	19	Bedford SS	2:01.23		L 7	Sophie Roberts	16	teamipswich	30.66
	L 3	Haiden Hall	15	Deben	2:00.90		L 8	Abigail Perry	14	Dunstable	30.70
	L 4	Ethan Wallis	15	Norwich Swan	2:00.66						
	L 5	Xavier Zerban	14	Biggleswade	2:00.70						
	L 6	Ethan Knights	14	teamipswich	2:01.10						
	L 7	Ben Howlett	18	Deben	2:01.41						
	L 8	Oliver Fuller	15	Co Cambridge	2:01.57						

Start List

Start List					Event 306 Open/Male 50m Butterfly							
H-6	L 1	Carys Westgarth	16	Colchester	30.50	H-1	L 2	Hamish Harvey	16	Co Cambridge	28.25	
	L 2	Florence Whittaker	15	Biggleswade	30.40		L 3	Harry Bird	16	Putteridge	28.20	
	L 3	Summer Miller	13	Bishop Stort	30.30		L 4	Alfie Bullock	17	Cheshunt	28.20	
	L 4	Lydia Newell	15	Chelmsford	30.26		L 5	Dougie Parsons	17	Rochford	28.20	
	L 5	Anna Mason	13	Co Peterboro	30.30		L 6	Blake Aldridge	18	Team Waveney	28.25	
	L 6	Matilda Stokes	14	Co Peterboro	30.30		H-2	L 1	Nonso Nwabueze	16	Basildon Ph	28.10
	L 7	Abigail Davis	15	Bedford SS	30.41			L 2	Oliver Howard	15	Bishop Stort	28.10
	L 8	Lily Mae Ware	15	Basildon Ph	30.50			L 3	Corben Gibson	15	Basildon Ph	28.00
H-7	L 1	Poppy Magill	17	Putteridge	30.21	L 4		Daniel Meier	18	Biggleswade	27.90	
	L 2	Bethany Rumsby	16	Norwich Swan	30.20	L 5		Finlay Roberts	16	Witham Dolph	27.97	
	L 3	Kitty Lamb	14	Co Peterboro	30.00	L 6		William Ward	16	Hoddesdon	28.00	
	L 4	Anastasja Wall	15	Dereham	29.90	L 7		George Jones	16	Basildon Ph	28.10	
	L 5	Valentina Tinnirello	15	Potters Bar	29.90	L 8		Thomas Baxter	16	West Norfolk	28.20	
	L 6	Jasmine Scott	14	Co St Albans	30.10	H-3	L 1	Nathan Broadwater	14	teamipswich	27.90	
	L 7	Melike Dagdelen	16	Putteridge	30.20		L 2	Zach Montgomery	15	Norwich Swan	27.84	
	L 8	Olivia Daniel	12	Verulam	30.25		L 3	Marcus King	17	Putteridge	27.80	
H-8	L 1	Katerina Di Maria	17	Co Norwich	29.90		L 4	Alfie Murdoch	17	Rochford	27.77	
	L 2	Katie Jeffrey	21	Hatfield	29.80		L 5	Daniel Humphreys	16	Putteridge	27.80	
	L 3	Amerie Njawaya	15	Putteridge	29.60		L 6	Ben Davison	20	Hatfield	27.81	
	L 4	Amy Meyer	16	Biggleswade	29.50		L 7	Adam Hazlewood	21	Putteridge	27.90	
	L 5	Jorja Atkinson	14	Co Cambridge	29.50		L 8	Henry Mann	17	Norwich Swan	27.90	
	L 6	Teah Gregory	17	Stevenage	29.60	H-4	L 1	Nathan Yeaman	18	West Norfolk	27.73	
	L 7	Elise Delapperall	19	Basildon Ph	29.89		L 2	Elliot Hall	15	Bishop Stort	27.70	
	L 8	Aimee Sanders	13	Dunstable	29.90		L 3	Theodore Monk	17	Co Cambridge	27.70	
H-9	L 1	Daisy Russell	17	DunmowAtlant	29.30		L 4	Alexander Pattison	15	West Norfolk	27.60	
	L 2	Ever Ives	16	Hatfield	29.00		L 5	Hayden Garrod	17	Team Waveney	27.63	
	L 3	Sadie Hunter	17	Co Peterboro	28.60		L 6	Lee-Koppany Boka	17	Basildon Ph	27.70	
	L 4	Sophie Palmer	16	Basildon Ph	28.00		L 7	Jude Staton	17	Co Peterboro	27.70	
	L 5	Grace Greenhalf	18	Co Norwich	28.20		L 8	Oliver Green	16	Co St Albans	27.75	
	L 6	Genevieve White	17	Co Cambridge	28.80	H-5	L 1	Rafe Lawson	13	Berkhamsted	27.60	
	L 7	Ayla Zolfaghari	14	Epping For't	29.10		L 2	Mykhailo Vasyliiev	15	Bedford SS	27.57	
	L 8	Edie Foster	14	Bishop Stort	29.40		L 3	Robert Elliston	19	Braintree	27.51	
H 10	L 1	Erin Barber	15	Norwich Swan	29.19		L 4	George Heather	15	Co Peterboro	27.50	
	L 2	Ashley Ransome	30	Hatfield	28.90		L 5	Daniel Clayton	19	Deben	27.50	
	L 3	Amelia Fenner	15	Basildon Ph	28.50		L 6	Alfie Rowland	16	Stowmarket	27.52	
	L 4	Olivia Greenall	16	Co Norwich	27.80		L 7	Rhys Burrell	18	West Norfolk	27.60	
	L 5	Shahd Mohamed	18	Co Peterboro	28.10		L 8	Haiden Hall	15	Deben	27.60	
	L 6	Evie Greenhalf	15	Co Norwich	28.70	H-6	L 1	Isaac Buchan	16	Co Norwich	27.40	
	L 7	Alice Weston	19	Watford SC	29.04		L 2	Lloyd Battisson	20	Team Waveney	27.36	
	L 8	Charlotte Pound	16	Putteridge	29.40		L 3	Hugo Arthey	16	Harwich DP	27.30	
H 11	L 1	Emily Pitcher	17	Norwich Swan	29.15		L 4	Kabir Patel	16	Potters Bar	27.06	
	L 2	Tia Sammut	14	Bedford SS	28.86		L 5	Matthew Brown	20	Stowmarket	27.14	
	L 3	Olivia Bradford	14	West Norfolk	28.20		L 6	Samuel Jeffrey	18	Hatfield	27.30	
	L 4	Georgia Holgate	18	Co Cambridge	27.80		L 7	Edward Page	14	Co Cambridge	27.40	
	L 5	Alexandra Nurney	15	Hatfield	28.10		L 8	Jeffrey Gill	18	Watford SC	27.47	
	L 6	Chloe Armstrong	18	teamipswich	28.66	H-7	L 1	Benedict Measures	20	Norwich Swan	27.00	
	L 7	Amy Boreham	19	Watford SC	29.00		L 2	Jamie Wilson	16	West Norfolk	26.90	
	L 8	Lexie Sandiford	14	Putteridge	29.30		L 3	Lazaros Giarenis	16	Co Norwich	26.89	
					L 4		Jacob Ray	18	Basildon Ph	26.74		
					L 5		Billy Mead	20	Linslade	26.80		
					L 6		Samuel Chamberlain	16	Stowmarket	26.90		
					L 7		Ethan Thorpe	16	Basildon Ph	27.00		
					L 8		Benjamin Watley	18	Witham Dolph	27.06		
					H-8	L 1	Lewis Jarrett	19	Co Norwich	26.70		
						L 2	Dylan Davenport	16	Bishop Stort	26.60		
						L 3	Harry Phelan	16	Basildon Ph	26.60		
				L 4		Nathan Birchenough	18	Norwich Swan	26.60			
				L 5		Finlay Neve	17	Co Norwich	26.60			
				L 6		Wilfred Warwick	15	Co Cambridge	26.60			
				L 7		Ethan Martin	20	Thurrock	26.70			
				L 8		Benjamin Every	17	Team Waveney	26.70			

Start List

H-9	L 1	Oliver Clapp	35	Deben	26.41	H-6	L 1	Orlagh Quarrell	15	Watford SC	2:26.43
	L 2	Oscar Hunter	16	Norwich Swan	26.40		L 2	Sophie Holliss	17	Co St Albans	2:24.16
	L 3	Luke Morley	18	Hitchin	26.40		L 3	Nicole Maynard	16	Basildon Ph	2:19.40
	L 4	Jude Gunner	16	Norwich Swan	26.10		L 4	Isobel Mather	18	Co Cambridge	2:15.84
	L 5	Harry Cooper	17	Rochford	26.10		L 5	Summer Evason	16	Watford SC	2:18.60
	L 6	Oliver Davey	16	Co Ely	26.40		L 6	Charlotte Pound	16	Putteridge	2:22.63
	L 7	Hugo Raubitschek-Smith	17	Co St Albans	26.41		L 7	Erin Currie	17	Hatfield	2:24.47
	L 8	Kian Lee	17	Co Peterboro	26.50		L 8	Aria Sabado	13	Basildon Ph	2:27.87
H 10	L 1	Maxwell Hozier	16	Hoddesdon	25.90	H-7	L 1	Mia Nelson	14	Cheshunt	2:26.36
	L 2	Jack Abram	20	Co Norwich	25.60		L 2	Gabriella Troman	16	teamipswich	2:23.33
	L 3	Oscar Winterburn	17	teamipswich	25.40		L 3	Jessica Medicott	18	Dunstable	2:19.15
	L 4	Aaron Fox	24	Co Norwich	24.11		L 4	Lois Smith	15	Basildon Ph	2:13.73
	L 5	Lucas Dyson-Diaz	25	Hatfield	24.80		L 5	Grace Robinson	16	Norwich Swan	2:18.30
	L 6	Danylo Kravchenko	16	New Hall	25.50		L 6	Camille Vannier	18	Hatfield	2:22.56
	L 7	Jack Osborne	18	Deben	25.70		L 7	Z Jaramillo Obcowska	18	Epping For't	2:24.32
	L 8	Evan McQuade	17	DunmowAtlant	26.10		L 8	Matilda Stokes	14	Co Peterboro	2:27.79
H 11	L 1	Tobias Oglesby	21	West Norfolk	25.86	Event 308 Mixed 200m Freestyle Team					
	L 2	Jacob Bacon	15	Co Peterboro	25.60	H-1	L 2	Rochford	Open	Rochford	1:48.00
	L 3	James Woodward	25	Hatfield	25.06		L 3	Thurrock	Open	Thurrock	1:45.00
	L 4	Matthew Wright	27	Team Luton	24.10		L 4	Bishop Stort	Open	Bishop Stort	1:45.00
	L 5	Luke Tunstal	20	Co Peterboro	24.40		L 5	DunmowAtlant	Open	DunmowAtlant	1:45.00
	L 6	Ryan Close	17	Bedford SS	25.40		L 6	Watford SC C	Open	Watford SC	1:46.00
	L 7	Daniel Williams	17	Hatfield	25.70		L 7	Team Waveney	Open	Team Waveney	1:54.50
	L 8	Kai Adams	29	Halstead	26.00	H-2	L 1	Co Peterboro B	Open	Co Peterboro	1:44.50
H 12	L 1	Lewis Chapman	24	Stowmarket	25.80		L 2	Hatfield	Open	Hatfield	1:42.00
	L 2	Samuel Rose	22	Norwich Swan	25.55		L 3	Co Peterboro A	Open	Co Peterboro	1:41.00
	L 3	Callum Cox	19	Co Norwich	24.90		L 4	Basildon Ph	Open	Basildon Ph	1:41.00
	L 4	Joshua Shepherd	17	Thurrock	23.50		L 5	Watford SC A	Open	Watford SC	1:41.00
	L 5	Henry Dean	19	Thurrock	24.40		L 6	Bedford SS	Open	Bedford SS	1:42.00
	L 6	Joshua Parker	16	Braintree	25.40		L 7	Co Cambridge	Open	Co Cambridge	1:43.00
	L 7	Timon Chapman	23	Norwich Swan	25.70		L 8	Watford SC B	Open	Watford SC	1:45.00
	L 8	Naim Harvey	17	Basildon Ph	25.96						

Event 307 Female 200m Backstroke

H-1	L 3	Holly Larbey	18	Biggleswade	2:31.63
	L 4	Daisy Jubb	15	Co St Albans	2:31.57
	L 5	Olivia Lydon	20	Co Cambridge	2:31.60
H-2	L 1	Cerys Wall	13	Co Cambridge	2:31.36
	L 2	Charlotte Belcher	15	Bedford SS	2:31.34
	L 3	Matilda Sharpe	13	Co Norwich	2:31.20
	L 4	Kitty Lamb	14	Co Peterboro	2:30.80
	L 5	Eva Jackson	13	Flitwick	2:31.14
	L 6	Rosie Wenn	17	Co St Albans	2:31.22
	L 7	Summer Boswell	17	Hatfield	2:31.36
	L 8	Olivia Wicks	13	Norwich Swan	2:31.39
H-3	L 1	Amerie Njaway	15	Putteridge	2:30.50
	L 2	Anastasja Wall	15	Dereham	2:30.31
	L 3	Amelia Lewis	16	teamipswich	2:30.23
	L 4	Lily Farr	17	Bedford SS	2:30.08
	L 5	Eliza Jennings	13	Biggleswade	2:30.14
	L 6	Emilia Rayner	16	Halstead	2:30.31
	L 7	Libby Whiting	16	Putteridge	2:30.46
	L 8	Alexandra Hurley	15	Co Cambridge	2:30.63
H-4	L 1	Evie Butterworth	15	Watford SC	2:29.76
	L 2	Lily Murrell	16	Norwich Swan	2:28.81
	L 3	Sophie Roberts	16	teamipswich	2:28.50
	L 4	Grace Manning	13	Basildon Ph	2:28.40
	L 5	Ruby Chapman	19	Norwich Swan	2:28.46
	L 6	Meghan Howarth Owen	16	Chelmsford	2:28.61
	L 7	Anna Zapisetskaya	14	Co St Albans	2:29.74
	L 8	Megan Barnicoat	14	Co Peterboro	2:29.78
H-5	L 1	Erin Woodrow	18	West Norfolk	2:27.46
	L 2	E Barth-Wehrenalp	15	Chelmsford	2:24.20
	L 3	Amy Meyer	16	Biggleswade	2:22.56
	L 4	Erin Barber	15	Norwich Swan	2:16.76
	L 5	Emily Pitcher	17	Norwich Swan	2:19.12
	L 6	Emma Cushion	15	Co Peterboro	2:23.10
	L 7	Sophie Green	18	Hatfield	2:26.00
	L 8	Florence Davies	17	Deben	2:28.35

Event 309 Female 1500m Freestyle

To be swum in Final session

H-1	L 2	Francesca Barber	16	Co Norwich	18:23.62
	L 3	Chloe Cranny	14	Epping For't	18:09.90
	L 4	Anabelle Kett	16	Co Peterboro	17:59.58
	L 5	Amelia Saunders	17	Norwich Swan	17:59.70
	L 6	Emma Cushion	15	Co Peterboro	18:21.30
	L 7	Cassandra Pereira	15	Watford SC	18:37.20