

Start List

Event 501 Female 200m IM

H-1	L 2	Ida Corcoran	16	SM9	Flitwick	3:19.12
	L 3	Lena Crisp	12	SM14	Norwich Swan	2:44.77
	L 4	Nina Allen	14		Newmarket	2:33.85
	L 5	Olivia Pais	13		Co Peterboro	2:33.89
	L 6	Elizabeth Grey	15	SM9	Chelmsford	3:06.06
H-2	L 1	Eliza Jennings	13		Biggleswade	2:32.89
	L 2	Nicole Peddely	15		teamipswich	2:32.40
	L 3	Amelia Porzio	17		Putteridge	2:31.24
	L 4	Abigail Rogers	16		Basildon Ph	2:31.20
	L 5	Hannah Lovelock	17		Hitchin	2:31.21
	L 6	Caitlin Stockwell	15		Co Cambridge	2:32.26
	L 7	Kitty Lamb	14		Co Peterboro	2:32.60
	L 8	Olivia Wicks	13		Norwich Swan	2:33.48
H-3	L 1	Freya Cox	14		Norwich Swan	2:30.70
	L 2	Evie Greenhalf	15		Co Norwich	2:28.40
	L 3	Grace Robinson	16		Norwich Swan	2:23.90
	L 4	Summer Evason	16		Watford SC	2:21.17
	L 5	Lilly Davis	18		Co Peterboro	2:23.40
	L 6	Poppy Magill	17		Putteridge	2:26.85
	L 7	Orlagh Quarrell	15		Watford SC	2:29.47
	L 8	Mia Nelson	14		Cheshunt	2:31.00
H-4	L 1	Anabelle Kett	16		Co Peterboro	2:30.69
	L 2	Evie Armstrong	13		Dunstable	2:27.65
	L 3	Sadie Hunter	17		Co Peterboro	2:23.71
	L 4	Jessica Medicott	18		Dunstable	2:18.98
	L 5	Ellen Eccleston	18		Co Norwich	2:22.50
	L 6	Amy Boreham	19		Watford SC	2:26.15
	L 7	Emma Cushion	15		Co Peterboro	2:28.84
	L 8	Chloe Simpson	19		Watford SC	2:31.00
H-5	L 1	Isla Stewart	15		Co Peterboro	2:30.46
	L 2	Lois Smith	15		Basildon Ph	2:27.51
	L 3	Amelia Fenner	15		Basildon Ph	2:23.40
	L 4	Jasmine Hall	15		Basildon Ph	2:18.40
	L 5	Chloe Butler	21		Norwich Swan	2:21.60
	L 6	Isabella Porzio	21		Putteridge	2:25.24
	L 7	Yan Ting Emily Pak	16		Co Cambridge	2:28.60
	L 8	Summer Miller	13		Bishop Stort	2:30.80

Event 502 Open/Male 50m Backstroke

H-1	L 3	Jacob Schultz	14		Co Cambridge	30.75
	L 4	Hamish Harvey	16		Co Cambridge	30.67
	L 5	Cameron Jackson	15		Deben	30.70
	L 6	Julian Aldred	15	S5	Co Cambridge	1:03.04
H-2	L 1	Oscar Sherwani	17		Flitwick	30.61
	L 2	Alfie Page	16		Co Cambridge	30.53
	L 3	Finley Barber	16		Potters Bar	30.52
	L 4	Liam Bautista	16		Epping For't	30.51
	L 5	Daniel Grimmer	19		West Norfolk	30.51
	L 6	Ethan Wallis	15		Norwich Swan	30.53
	L 7	George Saunders	15		Co St Albans	30.59
	L 8	Oliver Chadwick	15		Bedford SS	30.64
H-3	L 1	Joseph Emms	14		Biggleswade	30.50
	L 2	Xavier Zeran	14		Biggleswade	30.50
	L 3	Luca Bertossa Padin	16		Potters Bar	30.37
	L 4	Theo Ryan	15		West Norfolk	30.21
	L 5	Jamie Wilson	16		West Norfolk	30.31
	L 6	Philip Spalding	15		Putteridge	30.42
	L 7	Oliver Harmond	15		Chelmsford	30.50
	L 8	Calum Wu	16		Verulam	30.51
H-4	L 1	Jakub Cincio	14		Chelmsford	30.20
	L 2	Finlay Roberts	16		Witham Dolph	30.20
	L 3	Daniel Humphreys	16		Putteridge	30.10
	L 4	Constantine Calliafas	14		Watford SC	29.93
	L 5	George Heather	15		Co Peterboro	29.99
	L 6	Elliot Hall	15		Bishop Stort	30.17
	L 7	Thomas Fenwick	14		Hatfield	30.20
	L 8	Hayden Garrod	17		Team Waveney	30.21

H-5	L 1	Alexander Pashley	14		Co Ely	29.87
	L 2	Jude Gunner	16	S14	Norwich Swan	29.80
	L 3	Alfie Bullock	17		Cheshunt	29.79
	L 4	Rufus Kellie	15		Hatfield	29.78
	L 5	Evan Larthe	16		Basildon Ph	29.79
	L 6	Thomas Garnett	18		West Norfolk	29.80
	L 7	Ewan Nobes	17		Norwich Swan	29.81
	L 8	Mikhail Zharnov	15		Hitchin	29.90
H-6	L 1	Hugo Arthey	16		Harwich DP	29.70
	L 2	Parker Brewster	16		Harpenden	29.60
	L 3	Maxim Szarvadi	16		Harlow Pen	29.53
	L 4	Thomas Robb	17		Halstead	29.50
	L 5	Isaac Buchan	16		Co Norwich	29.50
	L 6	Charlie Payne	18		Newmarket	29.59
	L 7	Oliver Butt	15		Deben	29.66
	L 8	Thomas Baxter	16		West Norfolk	29.76
H-7	L 1	Adam Hussain	17		Putteridge	29.46
	L 2	Matthew Anderson	23		Deben	29.35
	L 3	Dylan Davenport	16		Bishop Stort	29.11
	L 4	Charlie Birdsall	15		Co Cambridge	29.00
	L 5	Jude Staton	17		Co Peterboro	29.01
	L 6	Benedict Measures	20		Norwich Swan	29.35
	L 7	Razvan Vasile Lembac	18		Watford SC	29.39
	L 8	William Rogers	15		Watford SC	29.50
H-8	L 1	Ben Davison	20		Hatfield	28.90
	L 2	Lucas Deans	16		Maldon Shark	28.80
	L 3	Cameron Jones	19		Bedford SS	28.70
	L 4	William Leese	17		Co Cambridge	28.60
	L 5	Joe Hammond	18		Co Norwich	28.69
	L 6	Billy Mead	20		Linslade	28.72
	L 7	Nathan Yeaman	18		West Norfolk	28.84
	L 8	Zach Montgomery	15		Norwich Swan	29.00
H-9	L 1	Isaac Mendham	14		DunmowAtlant	28.58
	L 2	Nathan Birchenough	18		Norwich Swan	28.47
	L 3	Kieran Ng	15		Co Peterboro	28.40
	L 4	Archie Harris-Joy	15		Co Norwich	28.40
	L 5	Oliver Davey	16		Co Ely	28.40
	L 6	Kabir Patel	16		Potters Bar	28.46
	L 7	George Pilcher	18		Co Peterboro	28.50
	L 8	Jan Beblot	16		Norwich Swan	28.59
H 10	L 1	Oscar Hunter	16		Norwich Swan	28.20
	L 2	Freddie Gardner	19		Rochford	27.30
	L 3	Danylo Kravchenko	16		New Hall	27.09
	L 4	Aaron Fox	24		Co Norwich	25.87
	L 5	Ryan Close	17		Bedford SS	26.46
	L 6	Timon Chapman	23		Norwich Swan	27.20
	L 7	Ethan Thorpe	16		Basildon Ph	28.00
	L 8	Lloyd Battisson	20		Team Waveney	28.36
H 11	L 1	Storm Heggenhougen	17		Basildon Ph	28.10
	L 2	Jacob Bacon	15		Co Peterboro	27.30
	L 3	Oliver Baskerville	17		Hatfield	27.00
	L 4	Matthew Wright	27		Team Luton	25.61
	L 5	Marton Molnar	16		Co Cambridge	26.40
	L 6	William East	17		Basildon Ph	27.20
	L 7	Zak Fellows	16		Co St Albans	27.84
	L 8	Callum Cox	19		Co Norwich	28.35
H 12	L 1	Oliver Smith	18		Co Norwich	28.05
	L 2	Daniel Chada	24		Bishop Stort	27.30
	L 3	Oscar Winterburn	17		teamipswich	26.73
	L 4	Joshua Shepherd	17		Thurrock	25.30
	L 5	Tobias Oglesby	21		West Norfolk	26.20
	L 6	Jack Osborne	18		Deben	27.16
	L 7	Harrison Shaw	18		Flitwick	27.68
	L 8	Matthew Brown	20		Stowmarket	28.25

Start List

Event 503 Female 50m Freestyle

H-1	L 3	Florence Richbell	11	S12	Flitwick	38.35
	L 4	Imogen Brown	17	S14	Potters Bar	34.50
	L 5	Ida Corcoran	16	S9	Flitwick	35.77
	L 6	Charlotte Ryan	25	S6	Runnymede	53.20
H-2	L 1	Lena Crisp	12	S14	Norwich Swan	30.90
	L 2	Holly Underdown	16		Braintree	28.60
	L 3	Mimi Clinch	15		Co St Albans	28.58
	L 4	Antonia Elias	16		Watford SC	28.52
	L 5	Charlotte Jenkinson	15		Co Peterboro	28.52
	L 6	Lillia Haylock	16		Halstead	28.60
	L 7	Victoria Edghill	13		Basildon Ph	28.60
	L 8	Elizabeth Grey	15	S9	Chelmsford	34.14
H-3	L 1	Teah Gregory	17		Stevenage	28.50
	L 2	Alexandra Hurley	15		Co Cambridge	28.50
	L 3	Katie Holmes	41		Harwich DP	28.50
	L 4	Tayla Goodswen	13		Co Norwich	28.50
	L 5	Amelia Porzio	17		Putteridge	28.50
	L 6	Hollie Hawkins	18		Basildon Ph	28.50
	L 7	Isla Hamilton	17		Norwich Swan	28.50
	L 8	Olivia Daniel	12		Verulam	28.51
H-4	L 1	Freya May	15		Leiston	28.50
	L 2	Lilley Dring	16		Deben	28.45
	L 3	Gabriela Allchorne	17		Rochford	28.44
	L 4	Ellie Catchpole	19		Leiston	28.40
	L 5	Rachael Carpenter	18		Ware	28.40
	L 6	Lucy Peterson	16		Stevenage	28.44
	L 7	Chloe Simpson	19		Watford SC	28.49
	L 8	Anna Zapisetskaya	14		Co St Albans	28.50
H-5	L 1	Holly Shepherd	15		Canvey Isl	28.40
	L 2	Elizabeth Pert	15		Norwich Swan	28.37
	L 3	Anastasja Wall	15		Dereham	28.30
	L 4	Ayla Zolfaghari	14		Epping For't	28.30
	L 5	Milly Johnson	15		West Norfolk	28.30
	L 6	Beau Waterhouse	14		Newmarket	28.30
	L 7	Amy Thomsit	15		Hemel Hemp	28.38
	L 8	Defne Ece Sakarya	14		Norwich Swan	28.40
H-6	L 1	Eva Jackson	13		Flitwick	28.20
	L 2	Summer Lewis	13		Colchester	28.18
	L 3	Betsie Saville	12		Canvey Isl	28.10
	L 4	Olivia Mendham	17		DunmowAtlant	27.95
	L 5	Abigail Davis	15		Bedford SS	28.04
	L 6	Chloe Armstrong	18		teamipswich	28.10
	L 7	Niamh Chambers	16		DunmowAtlant	28.20
	L 8	Alice Watts	17		Co Cambridge	28.21
H-7	L 1	Evie Greenhalf	15		Co Norwich	27.90
	L 2	Lexie Sandiford	14		Putteridge	27.81
	L 3	Jasmine Scott	14		Co St Albans	27.72
	L 4	Anabelle Kett	16		Co Peterboro	27.70
	L 5	Amelia Lewis	16		teamipswich	27.70
	L 6	Genevieve White	17		Co Cambridge	27.80
	L 7	Aimee Sanders	13		Dunstable	27.90
	L 8	Emily Pitcher	17		Norwich Swan	27.94
H-8	L 1	Amy Boreham	19		Watford SC	27.70
	L 2	Erin Woodrow	18		West Norfolk	27.60
	L 3	Erin Currie	17		Hatfield	27.59
	L 4	Charlotte Pound	16		Putteridge	27.50
	L 5	Valentina Tinnirello	15		Potters Bar	27.56
	L 6	Katie Jeffrey	21		Hatfield	27.59
	L 7	Amy Meyer	16		Biggleswade	27.60
	L 8	Amerie Njawaya	15		Putteridge	27.70
H-9	L 1	Edie Foster	14		Bishop Stort	27.30
	L 2	Olivia Bradford	14		West Norfolk	27.10
	L 3	Katerina Di Maria	17		Co Norwich	26.70
	L 4	Alexandra Nurney	15		Hatfield	26.40
	L 5	Daisy Russell	17		DunmowAtlant	26.60
	L 6	Isabel Thomas	17		Newmarket	27.10
	L 7	Olivia Greenall	16		Co Norwich	27.20
	L 8	Megan Pye	23		Co Norwich	27.50

H 10	L 1	Freya Hadnutt	17		Bishop Stort	27.30
	L 2	Bethany Rumsby	16		Norwich Swan	27.10
	L 3	Sophie Palmer	16		Basildon Ph	26.70
	L 4	Naomi Rose Conday	15		Bishop Stort	26.00
	L 5	Sophie Siong	20		Co Norwich	26.57
	L 6	Erin Barber	15		Norwich Swan	26.97
	L 7	Freya Cox	14		Norwich Swan	27.20
	L 8	Georgina Munday	21		Biggleswade	27.50

H 11	L 1	Emily-Grace Bentley	15		Basildon Ph	27.20
	L 2	Kitty Lamb	14		Co Peterboro	27.10
	L 3	Ever Ives	16		Hatfield	26.70
	L 4	Grace Greenhalf	18		Co Norwich	26.00
	L 5	Shahd Mohamed	18		Co Peterboro	26.42
	L 6	Tia Sammut	14		Bedford SS	26.83
	L 7	Rebecca Coogan	17		Thurrock	27.20
	L 8	Nicole Maynard	16		Basildon Ph	27.30

Event 504 Open/Male 200m Breaststroke

H-1	L 3	Aidan Scott	16		Norwich Swan	2:41.88
	L 4	Csanad Rehus	16		Co Peterboro	2:41.67
	L 5	Oscar McKern	16		Verulam	2:41.71
H-2	L 1	Thomas-Arthur Jagger	16		West Norfolk	2:41.58
	L 2	Sebastian Brown	15		Verulam	2:40.90
	L 3	Thomas Baxter	16		West Norfolk	2:40.65
	L 4	Jesse Howard	15		Hoddesdon	2:40.22
	L 5	Oscar Chaplin	17		Co St Albans	2:40.51
	L 6	Teilo Ruffles-Francis	17		Stowmarket	2:40.87
	L 7	Jason Dalope	14		West Suffolk	2:41.09
H-3	L 1	Josh Reed	14		Co Norwich	2:39.80
	L 2	Luke Owens	15		Putteridge	2:39.49
	L 3	Josh Black	15		Co Cambridge	2:38.47
	L 4	Rafe Lawson	13		Berkhamsted	2:37.76
	L 5	Cillian O'Brien	17		Co Ely	2:37.81
	L 6	Luke Toland	14		Flitwick	2:39.10
	L 7	Solomon Dent	16		Bedford SS	2:39.77
	L 8	Jeremy Godwin	16		Thurrock	2:40.06
H-4	L 1	Kameron Baker	14		Co Peterboro	2:35.00
	L 2	Oliver Fuller	15		Co Cambridge	2:32.02
	L 3	Lewis Jarrett	19		Co Norwich	2:27.74
	L 4	Charlie Ruddell	16		teamipswich	2:21.30
	L 5	George Prince	17		Putteridge	2:25.33
	L 6	Chun Ho Chan	16		Watford SC	2:28.71
	L 7	Adam Hazlewood	21		Putteridge	2:34.24
	L 8	William Wratten	16		Co Cambridge	2:37.39
H-5	L 1	Noah Bielby	15		Co Peterboro	2:34.30
	L 2	Alexander Ball	18		Potters Bar	2:30.53
	L 3	Joshua Jones	16		West Norfolk	2:26.60
	L 4	Tyler Stone	15		Co Norwich	2:17.90
	L 5	Cub Maddison	19		Putteridge	2:25.20
	L 6	Benjamin Taggart	18		Watford SC	2:28.19
	L 7	Harvey Durham	17		Co Norwich	2:33.60
	L 8	Daniel Moyses	19		Co Peterboro	2:36.30
H-6	L 1	George Heather	15		Co Peterboro	2:34.30
	L 2	Szymon Pierzecki	16		Witham Dolph	2:30.05
	L 3	James McGettigan	16		Thurrock	2:26.51
	L 4	Charlie Rogers	18		Basildon Ph	2:15.80
	L 5	Joshua Sackree	17		Co Peterboro	2:21.88
	L 6	Henry Mann	17		Norwich Swan	2:27.88
	L 7	Matthew Debenham	21		Stowmarket	2:33.39
	L 8	Alexander Pattison	15		West Norfolk	2:35.39

Start List

Event 505 Female 200m Breaststroke

H-1	L 3	Sophie Williams	16	Co Cambridge	2:53.46
	L 4	Jeslene Sandhu	14	Epping For't	2:53.10
	L 5	Eleanor McLeod	17	Putteridge	2:53.27
H-2	L 1	Chloe Sanders	16	Bishop Stort	2:51.70
	L 2	Eliza Jennings	13	Biggleswade	2:51.55
	L 3	K Sutika-Totlebena	17	West Norfolk	2:51.28
	L 4	Molly Bartup	17	Cheshunt	2:50.44
	L 5	Rachael Carpenter	18	Ware	2:51.05
	L 6	Ruby Brace	17	Co Peterboro	2:51.43
	L 7	Mercy Adeoye	16	Hatfield	2:51.57
	L 8	I Stratton-Thomsett	16	Chelmsford	2:52.27
H-3	L 1	Nieve Ives	13	Hatfield	2:50.30
	L 2	Elizabeth Feld	15	Chelmsford	2:50.21
	L 3	Freya Cox	14	Norwich Swan	2:49.73
	L 4	Tyra Sajudeen	15	Co Cambridge	2:49.63
	L 5	Nina Allen	14	Newmarket	2:49.67
	L 6	Caitlin Stockwell	15	Co Cambridge	2:50.06
	L 7	Bethany Crawley	17	teamipswich	2:50.26
	L 8	Esme Stringer	17	Bishop Stort	2:50.34
H-4	L 1	Devon O'Neil	15	Co Peterboro	2:46.64
	L 2	Daisy-Mai Doel	14	Basildon Ph	2:43.60
	L 3	Lexie O'Connor	18	Basildon Ph	2:37.86
	L 4	Chloe Butler	21	Norwich Swan	2:35.12
	L 5	Georgina Hamilton	17	Co St Albans	2:35.70
	L 6	Isabella Porzio	21	Putteridge	2:40.69
	L 7	Amelia Murphy	18	Witham Dolph	2:44.81
	L 8	Olivia Pais	13	Co Peterboro	2:49.54
H-5	L 1	Alice Watts	17	Co Cambridge	2:46.00
	L 2	Isla Stewart	15	Co Peterboro	2:41.60
	L 3	Sophie Payne	23	Putteridge	2:37.30
	L 4	Caitlin Hartley	21	Hatfield	2:32.60
	L 5	Rebecca Keetley	21	Co Cambridge	2:35.50
	L 6	Yan Ting Emily Pak	16	Co Cambridge	2:40.46
	L 7	Verity Hamilton	15	Norwich Swan	2:44.20
	L 8	Holly Larbey	18	Biggleswade	2:48.43
H-6	L 1	Alexis Johnson	15	Co Peterboro	2:45.99
	L 2	Molly Greatbatch	15	Bishop Stort	2:41.04
	L 3	Lilly Davis	18	Co Peterboro	2:36.23
	L 4	Ellen Eccleston	18	Co Norwich	2:30.80
	L 5	Sarah O'Brien	29	West Norfolk	2:35.47
	L 6	Charlisse Harding	16	Norwich Swan	2:38.10
	L 7	Isabel White	16	Biggleswade	2:44.20
	L 8	Victoria Allchorne	17	Rochford	2:48.08

Event 506 Open/Male 100m Butterfly

H-1	L 3	Harry Arnold-Pepper	17	S9 Co Cambridge	1:14.71
	L 4	Corey Hare	19	S14 teamipswich	1:03.99
	L 5	Samuel Black	18	S14 Co Norwich	1:04.81
H-2	L 2	Jude Staton	17	Co Peterboro	1:02.67
	L 3	Harry Bird	16	Putteridge	1:02.50
	L 4	Luke Owens	15	Putteridge	1:02.36
	L 5	Dylan Nutt	26	DunmowAtlant	1:02.40
	L 6	Daniel Grimmer	19	West Norfolk	1:02.60
	L 7	Tobi Olajide	16	Thurrock	1:02.71
H-3	L 1	Theodore Monk	17	Co Cambridge	1:02.30
	L 2	Xavier Zerman	14	Biggleswade	1:02.10
	L 3	Nathan Broadwater	14	teamipswich	1:01.90
	L 4	Mykhailo Vasyliov	15	Bedford SS	1:01.74
	L 5	Oliver Green	16	Co St Albans	1:01.90
	L 6	Nathan Yeaman	18	West Norfolk	1:02.06
	L 7	Corben Gibson	15	Basildon Ph	1:02.30
	L 8	George Heather	15	Co Peterboro	1:02.31

H-4	L 1	Hugo Arthey	16	Harwich DP	1:01.62
	L 2	Hayden Garrod	17	Team Waveney	1:01.56
	L 3	Matthew Brown	20	Stowmarket	1:00.87
	L 4	Benedict Measures	20	Norwich Swan	1:00.40
	L 5	Daniel Clayton	19	Deben	1:00.50
	L 6	Alexander Pattison	15	West Norfolk	1:01.13
	L 7	Daniel Meier	18	Biggleswade	1:01.60
	L 8	Oliver Fuller	15	Co Cambridge	1:01.64
H-5	L 1	Marcus King	17	Putteridge	1:00.20
	L 2	Cub Maddison	19	Putteridge	1:00.20
	L 3	Billy Cyl	17	Hoddesdon	1:00.07
	L 4	Oliver Davey	16	Co Ely	59.60
	L 5	Billy Mead	20	Linslade	1:00.01
	L 6	Ashton Blake	16	Basildon Ph	1:00.17
	L 7	Dylan Davenport	16	Bishop Stort	1:00.20
	L 8	Frank Lamb	16	Co Peterboro	1:00.26
H-6	L 1	Jamie Wilson	16	West Norfolk	58.70
	L 2	Marton Molnar	16	Co Cambridge	58.00
	L 3	Samuel Rose	22	Norwich Swan	56.90
	L 4	Henry Dean	19	Thurrock	53.80
	L 5	Luke Tunstal	20	Co Peterboro	56.20
	L 6	Jude Gunner	16	S14 Norwich Swan	57.50
	L 7	Evan McQuade	17	DunmowAtlant	58.30
	L 8	Rafael Coriano	15	Co Cambridge	59.60
H-7	L 1	Danylo Kravchenko	16	New Hall	58.60
	L 2	Jack Abram	20	Co Norwich	57.90
	L 3	Jacob Bacon	15	Co Peterboro	56.60
	L 4	Joshua Shepherd	17	Thurrock	53.60
	L 5	Jack Pallant	21	Team Waveney	56.00
	L 6	Oscar Hunter	16	Norwich Swan	57.40
	L 7	Daniel Williams	17	Hatfield	58.20
	L 8	Ethan Thorpe	16	Basildon Ph	59.40
H-8	L 1	Maxwell Hozier	16	Hoddesdon	58.50
	L 2	Kian Lee	17	Co Peterboro	57.73
	L 3	Callum Cox	19	Co Norwich	56.40
	L 4	Aaron Fox	24	Co Norwich	53.57
	L 5	Oscar Winterburn	17	teamipswich	55.90
	L 6	Ryan Close	17	Bedford SS	57.20
	L 7	Jacob Ray	18	Basildon Ph	58.10
	L 8	Harry Cooper	17	Rochford	59.40

Start List

Event 507 Female 100m Butterfly						Event 508 Open/Male 100m IM						
H-1	L 2	Ida Corcoran	16	S9	Flitwick	1:40.04	H-1	L 1	Niccolo Camilotti	15	Hatfield	1:05.78
	L 3	Elizabeth Grey	15	S9	Chelmsford	1:37.35		L 2	Oliver Clark	17	Witham Dolph	1:05.65
	L 4	Claudia Barp	15		Co Cambridge	1:09.94		L 3	Charlie Ruddell	16	teamipswich	1:05.59
	L 5	Lena Crisp	12	S14	Norwich Swan	1:25.60		L 4	Alexander Ball	18	Potters Bar	1:05.38
	L 6	Imogen Brown	17	S14	Potters Bar	1:39.54		L 5	Hayden Garrod	17	Team Waveney	1:05.55
H-2	L 1	Eloise Conway	25		Halstead	1:09.73	L 6	Daniel Grimmer	19	West Norfolk	1:05.61	
	L 2	Charlotte Stocks	13		Linslade	1:09.71	L 7	Jacob Schultz	14	Co Cambridge	1:05.67	
	L 3	Amerie Njawaya	15		Putteridge	1:09.57	L 8	Thomas Robb	17	Halstead	1:05.82	
	L 4	Florence Whittaker	15		Biggleswade	1:09.40	H-2	L 1	Haiden Hall	15	Deben	1:05.27
	L 5	Lydia Newell	15		Chelmsford	1:09.49		L 2	Josh Black	15	Co Cambridge	1:05.15
	L 6	Lily Steel	15		teamipswich	1:09.63		L 3	Isaac Buchan	16	Co Norwich	1:04.97
	L 7	Violet Rhodes	13		Team Luton	1:09.71		L 4	Harry Phelan	16	Basildon Ph	1:04.87
	L 8	Valeria Soldatikhina	12		West Norfolk	1:09.74		L 5	Nathan Yeaman	18	West Norfolk	1:04.90
H-3	L 1	Anastasja Wall	15		Dereham	1:09.20		L 6	Finlay Roberts	16	Witham Dolph	1:05.15
	L 2	Summer Lewis	13		Colchester	1:09.01		L 7	Ashton Blake	16	Basildon Ph	1:05.25
	L 3	Ava Turner	16		Basildon Ph	1:08.80		L 8	Oscar McKern	16	Verulam	1:05.34
	L 4	Louise Webster	18		Thurrock	1:08.60	H-3	L 1	Rafael Corliano	15	Co Cambridge	1:04.78
	L 5	Emily Joyce	13		Biggleswade	1:08.72		L 2	George Heather	15	Co Peterboro	1:04.60
	L 6	Lily Mae Ware	15		Basildon Ph	1:09.00		L 3	Nathan Birchenough	18	Norwich Swan	1:04.52
	L 7	Isla Stewart	15		Co Peterboro	1:09.20		L 4	Isaac Mendham	14	DunmowAtlant	1:04.39
	L 8	Emma Cushion	15		Co Peterboro	1:09.32		L 5	Thomas Baxter	16	West Norfolk	1:04.41
H-4	L 1	Freya May	15		Leiston	1:08.44		L 6	Joshua Jones	16	West Norfolk	1:04.59
	L 2	I Stratton-Thomsett	16		Chelmsford	1:08.30		L 7	Elliot Hall	15	Bishop Stort	1:04.69
	L 3	Teah Gregory	17		Stevenage	1:08.00		L 8	Adam Hazlewood	21	Putteridge	1:04.85
	L 4	Eddie Foster	14		Bishop Stort	1:07.80	H-4	L 1	Cillian O'Brien	17	Co Ely	1:04.17
	L 5	Amber Flitton	16		Dunstable	1:07.86		L 2	Harvey Durham	17	Co Norwich	1:03.67
	L 6	Charlotte Jenkinson	15		Co Peterboro	1:08.10		L 3	Henry Mann	17	Norwich Swan	1:03.26
	L 7	Antonia Elias	16		Watford SC	1:08.32		L 4	Stewart Butler	15	Dunstable	1:03.09
	L 8	Milly Johnson	15		West Norfolk	1:08.56		L 5	Benjamin Taggart	18	Watford SC	1:03.20
H-5	L 1	Charlotte Pound	16		Putteridge	1:07.71		L 6	Finlay German	16	Co Cambridge	1:03.45
	L 2	Kitty Lamb	14		Co Peterboro	1:07.63		L 7	B Macdonald-Williams	17	Bishop Stort	1:03.93
	L 3	Yan Ting Emily Pak	16		Co Cambridge	1:07.56		L 8	Jamie Wilson	16	West Norfolk	1:04.24
	L 4	Abigail Rogers	16		Basildon Ph	1:07.40	H-5	L 1	Oscar Hunter	16	Norwich Swan	1:02.33
	L 5	Eleanor McLeod	17		Putteridge	1:07.46		L 2	Samuel Jeffrey	18	Hatfield	1:01.21
	L 6	E Barth-Wehrenalp	15		Chelmsford	1:07.58		L 3	Finlay Ryan	26	West Norfolk	59.71
	L 7	Jasmine Scott	14		Co St Albans	1:07.66		L 4	Samuel Rose	22	Norwich Swan	58.47
	L 8	Bethany Rumsby	16		Norwich Swan	1:07.75		L 5	Kai Adams	29	Halstead	59.34
H-6	L 1	Ayla Zolfaghari	14		Epping For't	1:06.90		L 6	Frank Lamb	16	Co Peterboro	1:00.18
	L 2	Aimee Sanders	13		Dunstable	1:05.98		L 7	Benjamin Every	17	Team Waveney	1:01.92
	L 3	Jessica Medicott	18		Dunstable	1:04.76		L 8	Oliver Davey	16	Co Ely	1:02.96
	L 4	Olivia Greenall	16		Co Norwich	1:02.10	H-6	L 1	Jacob Bacon	15	Co Peterboro	1:02.27
	L 5	Summer Evason	16		Watford SC	1:03.00		L 2	Ben Davison	20	Hatfield	1:00.58
	L 6	Hollie Hawkins	18		Basildon Ph	1:05.52		L 3	Harrison Shaw	18	Flitwick	59.56
	L 7	Amy Boreham	19		Watford SC	1:06.22		L 4	Edward Ormsby	18	Co Cambridge	58.44
	L 8	Anna Mason	13		Co Peterboro	1:07.40		L 5	Timon Chapman	23	Norwich Swan	59.24
H-7	L 1	Lily Murrell	16		Norwich Swan	1:06.46		L 6	Lewis Chapman	24	Stowmarket	1:00.14
	L 2	Rebecca Coogan	17		Thurrock	1:05.90		L 7	Danylo Kravchenko	16	New Hall	1:01.90
	L 3	Sophie Palmer	16		Basildon Ph	1:03.80		L 8	Storm Hegggenhougen	17	Basildon Ph	1:02.84
	L 4	Amelia Fenner	15		Basildon Ph	1:02.00	H-7	L 1	Daniel Williams	17	Hatfield	1:02.14
	L 5	Sadie Hunter	17		Co Peterboro	1:02.80		L 2	Cub Maddison	19	Putteridge	1:00.20
	L 6	Poppy Magill	17		Putteridge	1:05.00		L 3	Joshua Sackree	17	Co Peterboro	59.53
	L 7	Summer Miller	13		Bishop Stort	1:06.16		L 4	James Woodward	25	Hatfield	56.90
	L 8	Melike Dagdelen	16		Putteridge	1:07.37		L 5	Ronnie Edwards	17	Rochford	58.58
H-8	L 1	Lexie Sandiford	14		Putteridge	1:06.30		L 6	Alexander Volkovoy	20	Co Cambridge	1:00.05
	L 2	Tia Sammut	14		Bedford SS	1:05.70		L 7	Finlay Neve	17	Co Norwich	1:01.65
	L 3	Alice Weston	19		Watford SC	1:03.30		L 8	Lewis Andrews	18	Norwich Swan	1:02.43
	L 4	Georgia Holgate	18		Co Cambridge	1:01.11						
	L 5	Grace Greenhalf	18		Co Norwich	1:02.54						
	L 6	Genevieve White	17		Co Cambridge	1:04.90						
	L 7	Evie Greenhalf	15		Co Norwich	1:06.10						
	L 8	Jasmine Coleman	19		Co Cambridge	1:06.99						

Event 509 Female 400m Freestyle

H-1	L 2	Charlotte Ryan	25	S6	Runnymede	8:45.70
	L 3	Ida Corcoran	16	S9	Flitwick	5:56.43
	L 4	Ayla Zolfaghari	14		Epping For't	4:44.74
	L 5	Lena Crisp	12	S14	Norwich Swan	5:11.80
	L 6	Florence Richbell	11	S12	Flitwick	6:55.70
H-2	L 1	Jasmine Scott	14		Co St Albans	4:43.70
	L 2	Melike Dagdelen	16		Putteridge	4:42.33
	L 3	Summer Evason	16		Watford SC	4:40.80
	L 4	Orlagh Quarrell	15		Watford SC	4:39.46
	L 5	Isabel Thomas	17		Newmarket	4:40.62
	L 6	Antonia Elias	16		Watford SC	4:41.90
	L 7	Ella Deaton	16		Newmarket	4:42.69
	L 8	Ava Turner	16		Basildon Ph	4:44.62
H-3	L 1	Chloe Cranny	14		Epping For't	4:37.80
	L 2	Lexie Goodman	18		Basildon Ph	4:36.90
	L 3	Ruby Chapman	19		Norwich Swan	4:33.97
	L 4	Amelia Porzio	17		Putteridge	4:32.58
	L 5	Gabriella Troman	16		teamipswich	4:33.28
	L 6	Amy Meyer	16		Biggleswade	4:36.80
	L 7	Francesca Barber	16		Co Norwich	4:37.80
	L 8	Eleanor McLeod	17		Putteridge	4:39.42
H-4	L 1	Anabelle Kett	16		Co Peterboro	4:32.04
	L 2	Sadie Hunter	17		Co Peterboro	4:28.40
	L 3	Annie McLeod	17		Putteridge	4:24.92
	L 4	Jasmine Hall	15		Basildon Ph	4:16.94
	L 5	Ever Ives	16		Hatfield	4:23.64
	L 6	Alice Weston	19		Watford SC	4:28.25
	L 7	Summer Smith	14		Basildon Ph	4:30.50
	L 8	Erin Uttridge	16		teamipswich	4:32.40