

Start List

Event 601 Open/Male 400m IM

H-1	L 3	Kian Ptolomey	15	Putteridge	5:03.03
	L 4	Janos Csepely	14	teamipswich	5:02.00
	L 5	Kameron Baker	14	Co Peterboro	5:02.68
	L 6	Alexander Ball	18	Potters Bar	5:03.30
H-2	L 1	Daniel Meier	18	Biggleswade	5:01.56
	L 2	Alexander Pattison	15	West Norfolk	4:59.54
	L 3	Theodore Monk	17	Co Cambridge	4:55.70
	L 4	Philip Spalding	15	Putteridge	4:55.05
	L 5	Tyler Stone	15	Co Norwich	4:55.20
	L 6	George Heather	15	Co Peterboro	4:58.74
	L 7	Zachary Piscopo	14	Co Peterboro	4:59.60
	L 8	Ivan Ijmoni	14	Thurrock	5:02.00
H-3	L 1	Luke Owens	15	Putteridge	4:53.00
	L 2	Joshua Jones	16	West Norfolk	4:51.28
	L 3	Daniel Moyses	19	Co Peterboro	4:49.90
	L 4	Kian Lee	17	Co Peterboro	4:46.52
	L 5	George Prince	17	Putteridge	4:48.69
	L 6	Jamie Wilson	16	West Norfolk	4:51.04
	L 7	Luke Martell	19	Watford SC	4:52.57
	L 8	Finlay German	16	Co Cambridge	4:54.71
H-4	L 1	Frank Lamb	16	Co Peterboro	4:42.30
	L 2	Samuel Jeffrey	18	Hatfield	4:40.27
	L 3	Harrison Shaw	18	Flitwick	4:35.44
	L 4	Edward Ormsby	18	Co Cambridge	4:33.34
	L 5	Oscar Winterburn	17	teamipswich	4:35.36
	L 6	Robert Fenner	17	Basildon Ph	4:39.04
	L 7	Lewis Jarrett	19	Co Norwich	4:40.61
	L 8	Csanad Rehus	16	Co Peterboro	4:45.10

Event 602 Female 100m Backstroke

H-1	L 2	Florence Richbell	11	S12	Flitwick	1:36.69
	L 3	Lena Crisp	12	S14	Norwich Swan	1:16.70
	L 4	Ruby Baxter	14		West Norfolk	1:10.45
	L 5	Grace Manning	13		Basildon Ph	1:10.50
	L 6	Ida Corcoran	16	S9	Flitwick	1:34.53
H-2	L 1	Olive Bailey	12		Colchester	1:10.43
	L 2	Amber Flitton	16		Dunstable	1:10.40
	L 3	Victoria Edghill	13		Basildon Ph	1:10.24
	L 4	Peggy Cartmell	17		Flitwick	1:10.01
	L 5	Cerys Wall	13		Co Cambridge	1:10.23
	L 6	Lola Mitchinson	14		Thetford	1:10.31
	L 7	Poppy Garrod	16		Co Peterboro	1:10.41
	L 8	Eden Meanti	14		Putteridge	1:10.43
H-3	L 1	Cassandra Pereira	15		Watford SC	1:09.95
	L 2	Chloe Knight	16		Hadleigh	1:09.80
	L 3	Matilda Stokes	14		Co Peterboro	1:09.61
	L 4	Lily Murrell	16		Norwich Swan	1:09.39
	L 5	Alexandra Hurley	15		Co Cambridge	1:09.51
	L 6	Valeria Soldatikhina	12		West Norfolk	1:09.66
	L 7	Charlotte Belcher	15		Bedford SS	1:09.83
	L 8	Emilia Rayner	16		Halstead	1:10.01
H-4	L 1	Florence Davies	17		Deben	1:09.31
	L 2	Jasmine Coleman	19		Co Cambridge	1:08.98
	L 3	Olivia Lydon	20		Co Cambridge	1:08.91
	L 4	Aria Sabado	13		Basildon Ph	1:08.64
	L 5	Summer Boswell	17		Hatfield	1:08.70
	L 6	Kitty Lamb	14		Co Peterboro	1:08.95
	L 7	Anna Zapisetskaya	14		Co St Albans	1:09.16
	L 8	Libby Whiting	16		Putteridge	1:09.38
H-5	L 1	Yan Ting Emily Pak	16		Co Cambridge	1:08.45
	L 2	Freya Hadnutt	17		Bishop Stort	1:08.23
	L 3	Orlagh Quarrell	15		Watford SC	1:07.92
	L 4	Alice Watts	17		Co Cambridge	1:07.64
	L 5	Anastasja Wall	15		Dereham	1:07.86
	L 6	Evie Butterworth	15		Watford SC	1:08.19
	L 7	Amerie Njawayaya	15		Putteridge	1:08.41
	L 8	Lexie Sandiford	14		Putteridge	1:08.60

H-6	L 1	Aimee Sanders	13		Dunstable	1:07.30
	L 2	Erin Woodrow	18		West Norfolk	1:06.94
	L 3	Olivia Wicks	13		Norwich Swan	1:06.91
	L 4	Lily Steel	15		teamipswich	1:06.90
	L 5	Summer Evason	16		Watford SC	1:06.91
	L 6	Matilda Sharpe	13		Co Norwich	1:06.93
	L 7	Mia Nelson	14		Cheshunt	1:07.16
	L 8	Sophie Roberts	16		teamipswich	1:07.53
H-7	L 1	Olivia Mendham	17		DunmowAtlant	1:06.44
	L 2	Alexandra Nurney	15		Hatfield	1:05.17
	L 3	Grace Robinson	16		Norwich Swan	1:04.72
	L 4	Georgia Holgate	18		Co Cambridge	1:03.28
	L 5	Lois Smith	15		Basildon Ph	1:04.41
	L 6	Chloe Armstrong	18		teamipswich	1:04.92
	L 7	Emma Cushion	15		Co Peterboro	1:05.75
	L 8	Meghan Howarth Owen	16		Chelmsford	1:06.78
H-8	L 1	Emily-Grace Bentley	15		Basildon Ph	1:06.30
	L 2	Naomi Rose Conday	15		Bishop Stort	1:05.13
	L 3	Erin Currie	17		Hatfield	1:04.64
	L 4	Erin Barber	15		Norwich Swan	1:02.93
	L 5	Nicole Maynard	16		Basildon Ph	1:03.86
	L 6	Tia Sammut	14		Bedford SS	1:04.81
	L 7	Amy Meyer	16		Biggleswade	1:05.66
	L 8	Sophie Holliss	17		Co St Albans	1:06.52
H-9	L 1	E Barth-Wehrenalp	15		Chelmsford	1:06.13
	L 2	Charlotte Pound	16		Putteridge	1:05.06
	L 3	Emily Pitcher	17		Norwich Swan	1:04.49
	L 4	Isobel Mather	18		Co Cambridge	1:02.88
	L 5	Megan Pye	23		Co Norwich	1:03.47
	L 6	Camille Vannier	18		Hatfield	1:04.72
	L 7	Sophie Green	18		Hatfield	1:05.52
	L 8	Abigail Davis	15		Bedford SS	1:06.49

Event 603 Open/Male 100m Freestyle

H-1	L 2	Cameron Connelly	20	S8	Flitwick	1:22.71
	L 3	Ryan Crouch	31	S10	Deben	1:00.33
	L 4	Samuel Black	18	S14	Co Norwich	57.58
	L 5	Corey Hare	19	S14	teamipswich	59.10
	L 6	Harry Arnold-Pepper	17	S9	Co Cambridge	1:08.00
	L 7	Jacob Desso	17	S8	Thurrock	1:23.99
H-2	L 1	Thomas Lloyd	17		Rochford	56.70
	L 2	Benjamin Watley	18		Witham Dolph	56.62
	L 3	Daniel Grimmer	19		West Norfolk	56.60
	L 4	Jude Staton	17		Co Peterboro	56.57
	L 5	George Heather	15		Co Peterboro	56.60
	L 6	Dougie Parsons	17		Rochford	56.60
	L 7	Stewart Butler	15		Dunstable	56.70
	L 8	Luke Morley	18		Hitchin	56.79
H-3	L 1	Harry Cooper	17		Rochford	56.46
	L 2	Nathan Broadwater	14		teamipswich	56.40
	L 3	Oliver Fuller	15		Co Cambridge	56.37
	L 4	Josh Black	15		Co Cambridge	56.30
	L 5	Alfie Murdoch	17		Rochford	56.30
	L 6	Joe Hammond	18		Co Norwich	56.37
	L 7	Marcus King	17		Putteridge	56.43
	L 8	Charlie Copley	19		Hitchin	56.51
H-4	L 1	Richard Farrar	17		Team Waveney	56.28
	L 2	Ashton Blake	16		Basildon Ph	56.10
	L 3	Cheuk-Kin Lau	15		Co St Albans	56.00
	L 4	Nonso Nwabueze	16		Basildon Ph	55.96
	L 5	Jacob Schultz	14		Co Cambridge	56.00
	L 6	Oscar McKern	16		Verulam	56.03
	L 7	Ivan Ijmoni	14		Thurrock	56.11
	L 8	Finlay Roberts	16		Witham Dolph	56.30

Start List

H-5	L 1	Benjamin Taggart	18	Watford SC	55.95	Event 604 Female 200m Freestyle						
	L 2	Alfie Page	16	Co Cambridge	55.80	H-1	L 2	Imogen Brown	17	S14 Potters Bar	2:52.02	
	L 3	Samuel Chamberlain	16	Stowmarket	55.76		L 3	Nina Allen	14	Newmarket	2:13.50	
	L 4	Ethan Wallis	15	Norwich Swan	55.75		L 4	Amelia Lewis	16	teamipswich	2:13.26	
	L 5	Will Presland	20	Watford SC	55.75		L 5	Edie Foster	14	Bishop Stort	2:13.34	
	L 6	Charlie Payne	18	Newmarket	55.80		L 6	Lena Crisp	12	S14 Norwich Swan	2:27.90	
	L 7	Ben Howlett	18	Deben	55.89							
	L 8	Naim Harvey	17	Basildon Ph	55.96							
H-6	L 1	Cameron Jones	19	Bedford SS	55.70		H-2	L 1	Jasmine Scott	14	Co St Albans	2:12.66
	L 2	Xavier Zerban	14	Biggleswade	55.60	L 2		Freya Cox	14	Norwich Swan	2:12.20	
	L 3	George Carter	17	Co Cambridge	55.41	L 3		Georgina Hamilton	17	Co St Albans	2:11.70	
	L 4	Harry Phelan	16	Basildon Ph	55.09	L 4		Summer Smith	14	Basildon Ph	2:11.10	
	L 5	Billy Cyl	17	Hoddesdon	55.19	L 5		Francesca Barber	16	Co Norwich	2:11.30	
	L 6	Ethan Knights	14	teamipswich	55.60	L 6		Erin Woodrow	18	West Norfolk	2:11.98	
	L 7	Isaac Buchan	16	Co Norwich	55.60	L 7		Ella Deaton	16	Newmarket	2:12.60	
	L 8	K-Ets Yah-Khai	16	Hatfield	55.72	L 8		Orlagh Quarrell	15	Watford SC	2:12.88	
H-7	L 1	Rafael Corliano	15	Co Cambridge	55.00	H-3	L 1	Olivia Greenall	16	Co Norwich	2:10.00	
	L 2	Harvey Durham	17	Co Norwich	54.90		L 2	Isobel Mather	18	Co Cambridge	2:09.13	
	L 3	Jude Gunner	16	S14 Norwich Swan	54.80		L 3	Valentina Tinnirello	15	Potters Bar	2:07.67	
	L 4	B Macdonald-Williams	17	Bishop Stort	54.79		L 4	Jessica Medicott	18	Dunstable	2:04.80	
	L 5	Finlay Neve	17	Co Norwich	54.80		L 5	Amelia Fenner	15	Basildon Ph	2:05.73	
	L 6	Norbert Kadar	16	Co Cambridge	54.80		L 6	Erin Barber	15	Norwich Swan	2:07.91	
	L 7	Razvan Vasile Lembac	18	Watford SC	54.92		L 7	Sadie Hunter	17	Co Peterboro	2:09.28	
	L 8	Thomas Garnett	18	West Norfolk	55.00		L 8	Katerina Di Maria	17	Co Norwich	2:11.00	
H-8	L 1	Kian Lee	17	Co Peterboro	54.50	H-4	L 1	Amelia Porzio	17	Putteridge	2:09.88	
	L 2	Elliot Hall	15	Bishop Stort	54.08		L 2	Erin Uttridge	16	teamipswich	2:08.20	
	L 3	Haiden Hall	15	Deben	53.70		L 3	Sophie Siong	20	Co Norwich	2:07.24	
	L 4	Ryan Close	17	Bedford SS	53.52		L 4	Rebecca Coogan	17	Thurrock	2:04.30	
	L 5	Daniel Williams	17	Hatfield	53.60		L 5	Ever Ives	16	Hatfield	2:05.60	
	L 6	Max Walters	16	Watford SC	53.77		L 6	Alice Weston	19	Watford SC	2:07.78	
	L 7	Benjamin Every	17	Team Waveney	54.40		L 7	Genevieve White	17	Co Cambridge	2:09.26	
	L 8	Lloyd Battisson	20	Team Waveney	54.67		L 8	Lexie Goodman	18	Basildon Ph	2:10.40	
H-9	L 1	Maxwell Hozier	16	Hoddesdon	53.20	H-5	L 1	Amy Meyer	16	Biggleswade	2:09.60	
	L 2	Frank Lamb	16	Co Peterboro	52.84		L 2	Anabelle Kett	16	Co Peterboro	2:08.10	
	L 3	Jack Pallant	21	Team Waveney	52.00		L 3	Lexie O'Connor	18	Basildon Ph	2:06.20	
	L 4	Jack Abram	20	Co Norwich	51.40		L 4	Grace Greenhalf	18	Co Norwich	2:02.60	
	L 5	Alexander Volkovoy	20	Co Cambridge	51.70		L 5	Summer Evason	16	Watford SC	2:05.50	
	L 6	Marton Molnar	16	Co Cambridge	52.60		L 6	Cailin Hehir	17	Watford SC	2:07.67	
	L 7	Oscar Hunter	16	Norwich Swan	53.15		L 7	Ruby Chapman	19	Norwich Swan	2:09.22	
	L 8	Luke Burnard	16	Co St Albans	53.50		L 8	Isabel Thomas	17	Newmarket	2:10.24	
H 10	L 1	Oliver Davey	16	Co Ely	53.20	Event 605 Open/Male 50m Breaststroke						
	L 2	Joshua Sackree	17	Co Peterboro	52.80	H-1	L 2	Joseph Elliott	16	Flitwick	33.20	
	L 3	Evan McQuade	17	DunmowAtlant	51.90		L 3	Matthew Chambers	17	Rochford	33.20	
	L 4	Samuel Rose	22	Norwich Swan	51.23		L 4	Teilo Ruffles-Francis	17	Stowmarket	33.19	
	L 5	Luke Tunstal	20	Co Peterboro	51.56		L 5	Bradley Humphries	15	Woodham F SC	33.20	
	L 6	Nathan Birchenough	18	Norwich Swan	52.46		L 6	Jack Thompson	18	teamipswich	33.20	
	L 7	Ben Davison	20	Hatfield	52.92		L 7	Solomon Dent	16	Bedford SS	33.23	
	L 8	Jack Osborne	18	Deben	53.34							
H 11	L 1	Adam O'Neal	17	Bedford SS	53.17		H-2	L 1	Jeremy Brailsford	16	Witham Dolph	33.13
	L 2	Kai Adams	29	Halstead	52.65	L 2		Josh Black	15	Co Cambridge	33.06	
	L 3	Joshua Shepherd	17	Thurrock	51.80	L 3		George Heather	15	Co Peterboro	32.94	
	L 4	Matthew Wright	27	Team Luton	49.70	L 4		Cillian O'Brien	17	Co Ely	32.86	
	L 5	Joshua Parker	16	Braintree	51.40	L 5		Jesse Howard	15	Hoddesdon	32.90	
	L 6	Dylan Davenport	16	Bishop Stort	52.20	L 6		Elliot Hall	15	Bishop Stort	33.04	
	L 7	Freddie Gardner	19	Rochford	52.90	L 7		Lucas Moxon-Booth	16	Flitwick	33.10	
	L 8	Billy Mead	20	Linslade	53.31	L 8		Harry Harragan	15	Basildon Ph	33.16	
						H-3	L 1	Rafe Lawson	13	Berkhamsted	32.70	
							L 2	Alexander Gregory	17	Stevenage	32.59	
							L 3	Harry Brunton	15	Hertford	32.50	
							L 4	Jeremy Godwin	16	Thurrock	32.50	
							L 5	Theo Smith	16	Hitchin	32.50	
							L 6	Lewis Perry	16	Watford SC	32.54	
							L 7	Noah Bielby	15	Co Peterboro	32.60	
							L 8	Alfie Walshe	16	Flitwick	32.80	

Start List

					Event 606 Female 50m Breaststroke				
H-4	L 1	Thomas Lloyd	17	Rochford	32.42				
	L 2	Jude Gunner	16	SB14 Norwich Swan	32.40	H-1	L 3	Chloe Sanders	16 Bishop Stort
	L 3	Josh Reed	14	Co Norwich	32.40		L 4	Victoria Hunt	15 Colchester
	L 4	Rhys Burrell	18	West Norfolk	32.20		L 5	Tyra Sajudeen	15 Co Cambridge
	L 5	Oliver Fuller	15	Co Cambridge	32.33		L 6	Jemima Kimber	17 Linslade
	L 6	Oliver Shayle	15	Co Cambridge	32.40				
	L 7	Dylan Nutt	26	DunmowAtlant	32.40	H-2	L 1	Bryony Murfitt	15 Biggleswade
	L 8	Samuel Heraty	17	Stevenage	32.50		L 2	Lucy King	22 Hitchin
H-5	L 1	Finlay German	16	Co Cambridge	32.20		L 3	Cerys Wall	13 Co Cambridge
	L 2	Haideen Hall	15	Deben	32.00		L 4	Mia Nelson	14 Cheshunt
	L 3	Benjamin Taggart	18	Watford SC	31.90		L 5	Mimi Clinch	15 Co St Albans
	L 4	Alexander Ball	18	Potters Bar	31.90		L 6	Jessica Ryan	13 Colchester
	L 5	Edward Sun	15	Verulam	31.90		L 7	Sophie Knevet	15 Colchester
	L 6	Nathaniel Coburn	17	Braintree	31.90		L 8	Molly Bartup	17 Cheshunt
	L 7	Vaughn Ruffles-Francis	20	Stowmarket	32.10				
	L 8	Joshua Marshall	20	St Ives	32.20	H-3	L 1	Mollie Bird	14 Colchester
H-6	L 1	Joshua Jeffrey	18	Hatfield	31.70		L 2	Bethany Crawley	17 teamipswich
	L 2	Sebastian Reynolds	17	teamipswich	31.60		L 3	Jodie Thompson	17 DunmowAtlant
	L 3	Luke Payne	21	Hatfield	31.53		L 4	Lexie Sandiford	14 Putteridge
	L 4	Finley Pawle	23	Leiston	31.40		L 5	Holly Underdown	16 Braintree
	L 5	Matthew Debenham	21	Stowmarket	31.51		L 6	Abigail Davis	15 Bedford SS
	L 6	Dougie Parsons	17	Rochford	31.60		L 7	Abigail Perry	14 Dunstable
	L 7	George Little	17	Bedford SS	31.60		L 8	Lily Mae Ware	15 Basildon Ph
	L 8	Rafael Corliano	15	Co Cambridge	31.80	H-4	L 1	Sophie Holliss	17 Co St Albans
H-7	L 1	Matthew McLaughlin	32	Bishop Stort	31.38		L 2	Nina Allen	14 Newmarket
	L 2	Finlay Roberts	16	Witham Dolph	31.20		L 3	Chloe Simpson	19 Watford SC
	L 3	Thomas Baxter	16	West Norfolk	31.12		L 4	Olivia Mendham	17 DunmowAtlant
	L 4	Adam Hazlewood	21	Putteridge	31.00		L 5	Katie Jeffrey	21 Hatfield
	L 5	Charlie Ruddell	16	teamipswich	31.10		L 6	Hollie Cuthbert	17 Stevenage
	L 6	George Prince	17	Putteridge	31.20		L 7	Emily Lowe	17 Bedford SS
	L 7	Benjamin Every	17	Team Waveney	31.30		L 8	Lyla Ffello	16 Co Norwich
	L 8	Joshua Jones	16	West Norfolk	31.40	H-5	L 1	Hannah Lovelock	17 Hitchin
H-8	L 1	Jeffrey Gill	18	Watford SC	30.80		L 2	Ruby Chapman	19 Norwich Swan
	L 2	Chun Ho Chan	16	Watford SC	30.30		L 3	Evie Armstrong	13 Dunstable
	L 3	Storm Heggenhougen	17	Basildon Ph	29.80		L 4	Kitty Lamb	14 Co Peterboro
	L 4	James McGettigan	16	Thurrock	28.60		L 5	Ellie Catchpole	19 Leiston
	L 5	Edward Ormsby	18	Co Cambridge	29.50		L 6	Alice Buckingham	12 Team Luton
	L 6	Tyler Stone	15	Co Norwich	30.20		L 7	Olivia Wicks	13 Norwich Swan
	L 7	Billy Mead	20	Linslade	30.40		L 8	Isabelle Howlett	13 Norwich Swan
	L 8	Luke Holman	23	Thurrock	30.91	H-6	L 1	Olivia Daniel	12 Verulam
H-9	L 1	Jack Renouf	19	Hoddesdon	30.70		L 2	Ashleigh Fall	14 Co Norwich
	L 2	Cub Maddison	19	Putteridge	30.20		L 3	Ella Fanning	14 Flitwick
	L 3	James Noble	23	Norwich Swan	29.77		L 4	Anya Waterman	15 Colchester
	L 4	Joshua Sackree	17	Co Peterboro	28.48		L 5	Annabel Morden	13 Braintree
	L 5	Charlie Rogers	18	Basildon Ph	28.90		L 6	Nieve Ives	13 Hatfield
	L 6	Lewis Chapman	24	Stowmarket	30.16		L 7	Ruby Brace	17 Co Peterboro
	L 7	Lewis Jarrett	19	Co Norwich	30.40		L 8	Hailey Hong Yuen Leung	14 Harpenden
	L 8	Samuel Rose	22	Norwich Swan	30.88	H-7	L 1	Daisy Russell	17 DunmowAtlant
H 10	L 1	Jack Webb	17	Witham Dolph	30.50		L 2	Katie Holmes	41 Harwich DP
	L 2	Szymon Pierzecki	16	Witham Dolph	30.20		L 3	Evie Greenhalf	15 Co Norwich
	L 3	Timon Chapman	23	Norwich Swan	29.70		L 4	Amelia Porzio	17 Putteridge
	L 4	Finlay Ryan	26	West Norfolk	28.30		L 5	Isabella Porzio	21 Putteridge
	L 5	Austin Lillywhite	22	Biggleswade	28.70		L 6	Mercy Adeoye	16 Hatfield
	L 6	Will Presland	20	Watford SC	29.80		L 7	Hollie Heighes	17 Braintree
	L 7	Robert Elliston	19	Braintree	30.40		L 8	Amy Boreham	19 Watford SC
	L 8	Harvey Durham	17	Co Norwich	30.80	H-8	L 1	Alice Watts	17 Co Cambridge
							L 2	Jeslene Sandhu	14 Epping For't
							L 3	Nicole Peddely	15 teamipswich
							L 4	Holly Larbey	18 Biggleswade
							L 5	Isabel White	16 Biggleswade
							L 6	Freya Cox	14 Norwich Swan
							L 7	Pemberley Hornigold	18 West Norfolk
							L 8	Daisy-Mai Doel	14 Basildon Ph
						H-9	L 1	Verity Hamilton	15 Norwich Swan
							L 2	Rachael Carpenter	18 Ware
							L 3	Georgina Hamilton	17 Co St Albans
							L 4	Rebecca Keetley	21 Co Cambridge
							L 5	Lilly Davis	18 Co Peterboro
							L 6	Sarah O'Brien	29 West Norfolk
							L 7	Sophie Payne	23 Putteridge
							L 8	Gigi Raubitschek-Smith	15 Co St Albans

Start List

H 10	L 1	Tessa Quayle	17	St Ives	34.39
	L 2	Devon O'Neil	15	Co Peterboro	34.00
	L 3	Lexie O'Connor	18	Basildon Ph	33.20
	L 4	Caitlin Hartley	21	Hatfield	32.00
	L 5	Megan Pye	23	Co Norwich	32.57
	L 6	Emily Turner	16	Harwich DP	33.60
	L 7	Isla Stewart	15	Co Peterboro	34.10
	L 8	Olivia Pais	13	Co Peterboro	34.70

H 11	L 1	Esme Stringer	17	Bishop Stort	34.30
	L 2	Isla Hamilton	17	Norwich Swan	33.90
	L 3	Amelia Murphy	18	Witham Dolph	33.20
	L 4	Ashley Ransome	30	Hatfield	31.40
	L 5	Yan Ting Emily Pak	16	Co Cambridge	32.30
	L 6	Victoria Allchorne	17	Rochford	33.55
	L 7	Alexis Johnson	15	Co Peterboro	34.10
	L 8	Molly Greatbatch	15	Bishop Stort	34.60

Event 607 Open/Male 200m Backstroke

H-1	L 3	Corey Hare	19	S14 teamipswich	2:21.35
	L 4	Maxim Szarvadi	16	Harlow Pen	2:21.28
	L 5	Harry Bird	16	Putteridge	2:21.33
	L 6	Finley Barber	16	Potters Bar	2:21.69

H-2	L 1	Daniel Grimmer	19	West Norfolk	2:20.91
	L 2	Kabir Patel	16	Potters Bar	2:19.64
	L 3	Csanad Rehus	16	Co Peterboro	2:19.10
	L 4	Joseph Emms	14	Biggleswade	2:18.42
	L 5	Thomas Fenwick	14	Hatfield	2:18.95
	L 6	Charlie Birdsall	15	Co Cambridge	2:19.56
	L 7	George Saunders	15	Co St Albans	2:20.37
	L 8	Kieran Ng	15	Co Peterboro	2:21.10

H-3	L 1	Daniel Moyses	19	Co Peterboro	2:18.20
	L 2	Liam Bautista	16	Epping For't	2:17.78
	L 3	Finlay German	16	Co Cambridge	2:17.52
	L 4	Philip Spalding	15	Putteridge	2:16.55
	L 5	Ricards Korotkihs	14	teamipswich	2:17.40
	L 6	Ewan Nobes	17	Norwich Swan	2:17.68
	L 7	Parker Brewster	16	Harpenden	2:18.08
	L 8	Jude Staton	17	Co Peterboro	2:18.22

H-4	L 1	Zach Montgomery	15	Norwich Swan	2:14.60
	L 2	Isaac Mendham	14	DunmowAtlant	2:12.24
	L 3	Norbert Kadar	16	Co Cambridge	2:09.16
	L 4	Marton Molnar	16	Co Cambridge	2:07.10
	L 5	Robert Fenner	17	Basildon Ph	2:08.31
	L 6	Jacob Bacon	15	Co Peterboro	2:11.70
	L 7	Archie Harris-Joy	15	Co Norwich	2:14.30
	L 8	Evan Larthe	16	Basildon Ph	2:16.55

H-5	L 1	Razvan Vasile Lembac	18	Watford SC	2:14.47
	L 2	Nathan Yeaman	18	West Norfolk	2:12.20
	L 3	Zak Fellows	16	Co St Albans	2:08.82
	L 4	Oliver Smith	18	Co Norwich	2:05.57
	L 5	William East	17	Basildon Ph	2:08.30
	L 6	Oscar Hunter	16	Norwich Swan	2:11.70
	L 7	Hugo Arthey	16	Harwich DP	2:13.44
	L 8	Jakub Cincio	14	Chelmsford	2:15.94

H-6	L 1	Jan Beblot	16	Norwich Swan	2:14.32
	L 2	Harrison Shaw	18	Flitwick	2:11.96
	L 3	Timon Chapman	23	Norwich Swan	2:08.33
	L 4	Oliver Baskerville	17	Hatfield	2:03.20
	L 5	Ben Howlett	18	Deben	2:08.07
	L 6	William Leese	17	Co Cambridge	2:11.22
	L 7	Jamie Wilson	16	West Norfolk	2:13.12
	L 8	Xavier Zerban	14	Biggleswade	2:15.50

Event 608 Mixed 200m Medley Team

H-1	L 2	Co St Albans	Open	Co St Albans	1:58.00
	L 3	Bishop Stort	Open	Bishop Stort	1:57.00
	L 4	Co Peterboro B	Open	Co Peterboro	1:54.50
	L 5	Watford SC B	Open	Watford SC	1:56.00
	L 6	Watford SC C	Open	Watford SC	1:58.00
	L 7	DunmowAtlant	Open	DunmowAtlant	1:58.00

H-2	L 1	Watford SC A	Open	Watford SC	1:53.00
	L 2	Co Cambridge	Open	Co Cambridge	1:52.00
	L 3	Co Peterboro A	Open	Co Peterboro	1:51.00
	L 4	Hatfield	Open	Hatfield	1:50.00
	L 5	Thurrock	Open	Thurrock	1:51.00
	L 6	Basildon Ph	Open	Basildon Ph	1:52.00
	L 7	Bedford SS	Open	Bedford SS	1:52.00
	L 8	Rochford	Open	Rochford	1:53.00

Event 609 Open/Male 800m Freestyle

H-1	L 3	Evan Larthe	16	Basildon Ph	9:14.27
	L 4	Ethan Wallis	15	Norwich Swan	9:08.97
	L 5	Oliver Fuller	15	Co Cambridge	9:12.60

H-2	L 1	Luke Owens	15	Putteridge	9:08.50
	L 2	Ryan Wimpenny	15	Cheshunt	9:05.30
	L 3	Csanad Rehus	16	Co Peterboro	8:54.90
	L 4	Oliver Fenwick	16	Hatfield	8:53.50
	L 5	Xavier Zerban	14	Biggleswade	8:54.60
	L 6	Perrin Ma	14	Hatfield	8:57.20
	L 7	Jed Millin	17	Stowmarket	9:05.62

Heat 3 to be swum in Final Session

H-3	L 1	Daniel Moyses	19	Co Peterboro	8:51.40
	L 2	George Hooper	18	Co St Albans	8:42.38
	L 3	Conor Mint	16	Basildon Ph	8:32.21
	L 4	Daniel Belsey	17	Hatfield	8:22.63
	L 5	Robert Fenner	17	Basildon Ph	8:30.80
	L 6	Luke Martell	19	Watford SC	8:33.61
	L 7	George Carter	17	Co Cambridge	8:46.56
	L 8	Ethan Knights	14	teamipswich	8:51.40