

EVENT 511 Mixed 1500m Freestyle

OPEN/MALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Ethan Knights	15	teamipswich	16:48.59	643
	50m 29.80	100m 1:02.77	150m 1:35.89	200m 2:09.89	250m 2:43.49
	29.80	32.97	33.12	34.00	33.60
	450m 4:59.65	500m 5:33.34	550m 6:06.59	600m 6:40.71	650m 7:14.08
	33.66	33.69	33.25	34.12	33.37
	850m 9:29.60	900m 10:03.73	950m 10:37.76	1000m 11:11.59	1050m 11:45.34
	33.78	34.13	34.03	33.83	33.75
	1250m 14:01.34	1300m 14:35.61	1350m 15:09.29	1400m 15:43.14	1450m 16:16.32
	33.86	34.27	33.68	33.85	33.18
2.	Janos Csepely	15	teamipswich	17:07.82	607
	50m 30.13	100m 1:03.76	150m 1:37.58	200m 2:11.57	250m 2:45.62
	30.13	33.63	33.82	33.99	34.05
	450m 5:03.21	500m 5:37.76	550m 6:12.39	600m 6:47.07	650m 7:21.57
	34.45	34.55	34.63	34.68	34.50
	850m 9:41.01	900m 10:15.79	950m 10:50.52	1000m 11:25.49	1050m 11:59.94
	34.74	34.78	34.73	34.97	34.45
	1250m 14:18.35	1300m 14:53.16	1350m 15:26.94	1400m 16:01.50	1450m 16:34.93
	34.29	34.81	33.78	34.56	33.43
3.	Xavier Zerban	15	Biggleswade	17:33.08	565
	50m 30.51	100m 1:04.54	150m 1:39.16	200m 2:14.28	250m 2:49.36
	30.51	34.03	34.62	35.12	35.08
	450m 5:10.87	500m 5:46.07	550m 6:21.69	600m 6:57.25	650m 7:32.59
	35.48	35.20	35.62	35.56	35.34
	850m 9:53.73	900m 10:29.44	950m 11:04.99	1000m 11:40.43	1050m 12:15.94
	35.32	35.71	35.55	35.44	35.51
	1250m 14:37.94	1300m 15:13.64	1350m 15:49.32	1400m 16:24.81	1450m 16:59.60
	35.62	35.70	35.68	35.49	34.79
4.	Joseph Subba	15	Co St Albans	17:53.10	534
	50m 31.49	100m 1:05.30	150m 1:40.99	200m 2:15.97	250m 2:51.83
	31.49	33.81	35.69	34.98	35.86
	450m 5:15.33	500m 5:51.12	550m 6:27.32	600m 7:03.18	650m 7:39.26
	36.41	35.79	36.20	35.86	36.08
	850m 10:02.89	900m 10:38.78	950m 11:14.79	1000m 11:50.54	1050m 12:26.46
	35.81	35.89	36.01	35.75	35.92
	1250m 14:52.17	1300m 15:28.77	1350m 16:05.67	1400m 16:42.30	1450m 17:17.92
	36.79	36.60	36.90	36.63	35.62
5.	Byron Miller	15	Colchester	18:00.28	523
	50m 31.77	100m 1:06.12	150m 1:41.67	200m 2:17.47	250m 2:53.37
	31.77	34.35	35.55	35.80	35.90
	450m 5:18.27	500m 5:55.16	550m 6:31.54	600m 7:08.63	650m 7:45.38
	36.41	36.89	36.38	37.09	36.75
	850m 10:10.99	900m 10:47.38	950m 11:23.43	1000m 11:59.50	1050m 12:35.73
	36.59	36.39	36.05	36.07	36.23
	1250m 15:00.50	1300m 15:36.58	1350m 16:12.99	1400m 16:49.57	1450m 17:25.56
	36.14	36.08	36.41	36.58	35.99
6.	Jacopo Agosti	15	Co Cambridge	18:01.22	522
	50m 31.15	100m 1:06.02	150m 1:41.81	200m 2:18.55	250m 2:54.70
	31.15	34.87	35.79	36.74	36.15
	450m 5:18.36	500m 5:54.61	550m 6:30.63	600m 7:06.76	650m 7:43.08
	36.13	36.25	36.02	36.13	36.32
	850m 10:08.75	900m 10:44.92	950m 11:21.82	1000m 11:58.32	1050m 12:34.91
	36.95	36.17	36.90	36.50	36.59
	1250m 15:00.88	1300m 15:37.75	1350m 16:14.12	1400m 16:50.21	1450m 17:26.53
	35.95	36.87	36.37	36.09	36.32
7.	Jacob Wild	15	Newmarket	18:19.91	496
	50m 31.54	100m 1:07.45	150m 1:44.48	200m 2:20.94	250m 2:58.17
	31.54	35.91	37.03	36.46	37.23
	450m 5:24.41	500m 6:00.71	550m 6:39.05	600m 7:15.61	650m 7:53.05
	36.14	36.30	38.34	36.56	37.44
	850m 10:23.34	900m 10:59.84	950m 11:36.95	1000m 12:14.53	1050m 12:52.14
	37.89	36.50	37.11	37.58	37.61
	1250m 15:20.47	1300m 15:58.23	1350m 16:32.81	1400m -	1450m 17:47.30
	37.16	37.76	34.58	-	1:14.49
8.	Heath Harrison	15	Stowmarket	18:23.29	491
	50m 30.79	100m 1:05.70	150m 1:41.93	200m 2:18.36	250m 2:55.29
	30.79	34.91	36.23	36.43	36.93
	450m 5:22.35	500m 5:59.08	550m 6:36.50	600m 7:14.24	650m 7:51.47
	36.91	36.73	37.42	37.74	37.23
	850m 10:21.22	900m 10:59.24	950m 11:36.47	1000m 12:13.58	1050m 12:51.44
	37.68	38.02	37.23	37.11	37.86
	1250m 15:19.75	1300m 15:57.24	1350m 16:34.13	1400m 17:11.32	1450m 17:48.08
	36.97	37.49	36.89	37.19	36.76
9.	Jack Canham	15	Team Luton	18:27.45	485
	50m 31.71	100m 1:06.69	150m 1:42.64	200m 2:18.87	250m 2:55.44
	31.71	34.98	35.95	36.23	36.57
	450m 5:22.29	500m 5:59.16	550m 6:36.12	600m 7:13.08	650m 7:50.01
	36.89	36.87	36.96	36.96	36.93
	850m 10:18.96	900m 10:56.45	950m 11:33.64	1000m 12:11.10	1050m 12:48.48
	37.28	37.49	37.19	37.46	37.38
	1250m 15:19.73	1300m 15:57.41	1350m 16:35.01	1400m 17:13.02	1450m 17:50.77
	37.68	37.68	37.60	38.01	37.75

Swim England East Region

2026 Long Course Championships

Results Session Twelve

10. Rex Harrison	15 Stowmarket	18:31.52	480					
50m 31.90	100m 1:08.46	150m 1:44.87	200m 2:21.77	250m 2:58.64	300m 3:35.60	350m 4:11.81	400m 4:49.11	
31.90	36.56	36.41	36.90	36.87	36.96	36.21	37.30	
450m 5:26.27	500m 6:03.45	550m 6:40.70	600m 7:18.23	650m 7:56.03	700m 8:32.72	750m 9:10.00	800m 9:47.44	
37.16	37.18	37.25	37.53	37.80	36.69	37.28	37.44	
850m 10:24.95	900m 11:01.55	950m 11:39.54	1000m 12:16.67	1050m 12:54.25	1100m 13:31.91	1150m 14:09.47	1200m 14:47.12	
37.51	36.60	37.99	37.13	37.58	37.66	37.56	37.65	
1250m 15:25.21	1300m 16:03.52	1350m 16:41.44	1400m 17:19.23	1450m 17:56.36	1500m 18:31.52			
38.09	38.31	37.92	37.79	37.13	35.16			
11. Ethan Woolsey	15 St Neot Swan	19:01.51	443					
50m 33.26	100m 1:10.54	150m 1:48.03	200m 2:26.49	250m 3:04.40	300m 3:43.18	350m 4:20.79	400m 4:59.80	
33.26	37.28	37.49	38.46	37.91	38.78	37.61	39.01	
450m 5:38.05	500m 6:16.72	550m 6:55.65	600m 7:34.35	650m 8:12.80	700m 8:51.75	750m 9:30.31	800m 10:09.57	
38.25	38.67	38.93	38.70	38.45	38.95	38.56	39.26	
850m 10:47.93	900m 11:27.14	950m 12:05.41	1000m 12:44.56	1050m 13:23.33	1100m 14:01.95	1150m 14:40.66	1200m 15:19.20	
38.36	39.21	38.27	39.15	38.77	38.62	38.71	38.54	
1250m 15:57.11	1300m 16:35.62	1350m 17:13.27	1400m 17:50.93	1450m 18:27.85	1500m 19:01.51			
37.91	38.51	37.65	37.66	36.92	33.66			

OPEN/MALE 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Tyler Stone	16	Co Norwich	17:08.23	607				
	50m 30.07	100m 1:04.19	150m 1:38.68	200m 2:13.79	250m 2:48.50	300m 3:23.68	350m 3:58.49	400m 4:33.90	
	30.07	34.12	34.49	35.11	34.71	35.18	34.81	35.41	
	450m 5:08.88	500m 5:43.71	550m 6:18.08	600m 6:53.05	650m 7:27.57	700m 8:02.04	750m 8:36.48	800m 9:10.83	
	34.98	34.83	34.37	34.97	34.52	34.47	34.44	34.35	
	850m 9:45.15	900m 10:19.64	950m 10:53.73	1000m 11:27.89	1050m 12:01.98	1100m 12:36.17	1150m 13:10.36	1200m 13:44.55	
	34.32	34.49	34.09	34.16	34.09	34.19	34.19	34.19	
	1250m 14:18.77	1300m 14:53.31	1350m 15:27.24	1400m 16:01.41	1450m 16:35.01	1500m 17:08.23			
	34.22	34.54	33.93	34.17	33.60	33.22			
2.	Luke Owens	16	Putteridge	17:23.58	580				
	50m 30.54	100m 1:04.55	150m 1:38.71	200m 2:13.05	250m 2:47.53	300m 3:22.22	350m 3:56.87	400m 4:31.74	
	30.54	34.01	34.16	34.34	34.48	34.69	34.65	34.87	
	450m 5:06.42	500m 5:41.11	550m 6:15.90	600m 6:51.13	650m 7:26.11	700m 8:01.69	750m 8:37.05	800m 9:12.69	
	34.68	34.69	34.79	35.23	34.98	35.58	35.36	35.64	
	850m 9:48.08	900m 10:23.47	950m 10:58.51	1000m 11:33.94	1050m 12:09.50	1100m 12:45.07	1150m 13:20.27	1200m 13:55.64	
	35.39	35.39	35.04	35.43	35.56	35.57	35.20	35.37	
	1250m 14:31.16	1300m 15:06.99	1350m 15:42.32	1400m 16:17.55	1450m 16:51.47	1500m 17:23.58			
	35.52	35.83	35.33	35.23	33.92	32.11			
3.	Ryan Wimpenny	16	Cheshunt	17:25.24	577				
	50m 31.70	100m 1:05.97	150m 1:40.22	200m 2:15.21	250m 2:49.99	300m 3:24.89	350m 3:59.38	400m 4:33.96	
	31.70	34.27	34.25	34.99	34.78	34.90	34.49	34.58	
	450m 5:08.31	500m 5:43.14	550m 6:17.61	600m 6:52.43	650m 7:27.01	700m 8:02.18	750m 8:37.31	800m 9:12.80	
	34.35	34.83	34.47	34.82	34.58	35.17	35.13	35.49	
	850m 9:48.01	900m 10:23.55	950m 10:58.76	1000m 11:34.34	1050m 12:09.50	1100m 12:45.17	1150m 13:20.44	1200m 13:55.90	
	35.21	35.54	35.21	35.58	35.16	35.67	35.27	35.46	
	1250m 14:31.27	1300m 15:07.16	1350m 15:42.54	1400m 16:18.17	1450m 16:51.67	1500m 17:25.24			
	35.37	35.89	35.38	35.63	33.50	33.57			
4.	George Saunders	16	Co St Albans	17:55.67	530				
	50m 30.88	100m 1:04.87	150m 1:39.94	200m 2:15.96	250m 2:52.12	300m 3:28.50	350m 4:05.24	400m 4:42.09	
	30.88	33.99	35.07	36.02	36.16	36.38	36.74	36.85	
	450m 5:17.71	500m 5:54.51	550m 6:31.50	600m 7:08.60	650m 7:45.09	700m 8:21.37	750m 8:57.31	800m 9:33.91	
	35.62	36.80	36.99	37.10	36.49	36.28	35.94	36.60	
	850m 10:10.02	900m 10:45.70	950m 11:21.99	1000m 11:58.15	1050m 12:34.09	1100m 13:10.74	1150m 13:46.86	1200m 14:22.92	
	36.11	35.68	36.29	36.16	35.94	36.65	36.12	36.06	
	1250m 14:58.97	1300m 15:35.02	1350m 16:10.81	1400m 16:47.11	1450m 17:22.41	1500m 17:55.67			
	36.05	36.05	35.79	36.30	35.30	33.26			
5.	Ethan Wallis	16	Norwich Swan	17:56.93	528				
	50m 31.71	100m 1:06.85	150m 1:42.18	200m 2:17.98	250m 2:53.53	300m 3:29.75	350m 4:05.68	400m 4:41.77	
	31.71	35.14	35.33	35.80	35.55	36.22	35.93	36.09	
	450m 5:18.12	500m 5:53.87	550m 6:29.69	600m 7:05.49	650m 7:41.37	700m 8:17.36	750m 8:52.69	800m 9:28.21	
	36.35	35.75	35.82	35.80	35.88	35.99	35.33	35.52	
	850m 10:04.09	900m 10:40.30	950m 11:16.80	1000m 11:52.93	1050m 12:27.94	1100m 13:05.59	1150m 13:42.75	1200m 14:19.98	
	35.88	36.21	36.50	36.13	35.01	37.65	37.16	37.23	
	1250m 14:56.45	1300m 15:32.97	1350m 16:10.25	1400m 16:46.95	1450m 17:22.77	1500m 17:56.93			
	36.47	36.52	37.28	36.70	35.82	34.16			
6.	Kian Ptolomey	16	Putteridge	18:04.72	517				
	50m 32.32	100m 1:07.23	150m 1:42.79	200m 2:18.17	250m 2:54.40	300m 3:30.63	350m 4:06.82	400m 4:42.81	
	32.32	34.91	35.56	35.38	36.23	36.23	36.19	35.99	
	450m 5:19.04	500m 5:55.23	550m 6:31.72	600m 7:07.93	650m 7:44.42	700m 8:20.90	750m 8:57.46	800m 9:34.15	
	36.23	36.19	36.49	36.21	36.49	36.48	36.56	36.69	
	850m 10:10.91	900m 10:47.65	950m 11:23.76	1000m 12:00.58	1050m 12:36.65	1100m 13:13.00	1150m 13:49.68	1200m 14:26.43	
	36.76	36.74	36.11	36.82	36.07	36.35	36.68	36.75	
	1250m 15:02.97	1300m 15:40.13	1350m 16:16.75	1400m 16:53.13	1450m 17:29.59	1500m 18:04.72			
	36.54	37.16	36.62	36.38	36.46	35.13			
7.	Alexander Gaydon	16	Chelmsford	18:10.41	509				
	50m 32.74	100m 1:07.65	150m 1:43.23	200m 2:18.68	250m 2:54.21	300m 3:30.28	350m 4:06.11	400m 4:42.48	
	32.74	34.91	35.58	35.45	35.53	36.07	35.83	36.37	
	450m 5:19.15	500m 5:55.15	550m 6:31.60	600m 7:08.20	650m 7:44.70	700m 8:21.52	750m 8:58.21	800m 9:35.46	
	36.67	36.00	36.45	36.60	36.50	36.82	36.69	37.25	
	850m 10:12.00	900m 10:49.08	950m 11:25.80	1000m 12:02.85	1050m 12:39.75	1100m 13:16.59	1150m 13:53.75	1200m 14:30.98	
	36.54	37.08	36.72	37.05	36.90	36.84	37.16	37.23	
	1250m 15:07.87	1300m 15:45.27	1350m 16:22.03	1400m 16:59.33	1450m 17:35.38	1500m 18:10.41			
	36.89	37.40	36.76	37.30	36.05	35.03			

Swim England East Region 2026 Long Course Championships Results Session Twelve

8.	Lochlan Shaw	16	Flitwick	18:23.34	491				
	50m 31.82	100m 1:06.42	150m 1:42.07	200m 2:18.35	250m 2:54.44	300m 3:30.61	350m 4:06.85	400m 4:43.21	
	31.82	34.60	35.65	36.28	36.09	36.17	36.24	36.36	
	450m 5:19.53	500m 5:56.12	550m 6:32.67	600m 7:09.32	650m 7:46.81	700m 8:23.94	750m 9:01.67	800m 9:38.63	
	36.32	36.59	36.55	36.65	37.49	37.13	37.73	36.96	
	850m 10:16.34	900m 10:53.35	950m 11:30.84	1000m 12:07.90	1050m 12:45.83	1100m 13:23.50	1150m 14:00.75	1200m 14:37.79	
	37.71	37.01	37.49	37.06	37.93	37.67	37.25	37.04	
	1250m 15:15.52	1300m 15:52.77	1350m 16:30.66	1400m 17:08.33	1450m 17:46.20	1500m 18:23.34			
	37.73	37.25	37.89	37.67	37.87	37.14			
9.	Oliver Meier	16	Biggleswade	18:35.79	475				
	50m 30.34	100m 1:04.45	150m 1:39.98	200m 2:16.23	250m 2:52.27	300m 3:29.17	350m 4:06.05	400m 4:43.27	
	30.34	34.11	35.53	36.25	36.04	36.90	36.88	37.22	
	450m 5:20.65	500m 5:58.26	550m 6:35.88	600m 7:13.33	650m 7:51.22	700m 8:28.82	750m 9:06.57	800m 9:44.55	
	37.38	37.61	37.62	37.45	37.89	37.60	37.75	37.98	
	850m 10:22.49	900m 11:00.53	950m 11:38.61	1000m 12:16.77	1050m 12:54.88	1100m 13:32.93	1150m 14:10.95	1200m 14:49.28	
	37.94	38.04	38.08	38.16	38.11	38.05	38.02	38.33	
	1250m 15:27.67	1300m 16:05.81	1350m 16:43.61	1400m 17:21.67	1450m 17:59.14	1500m 18:35.79			
	38.39	38.14	37.80	38.06	37.47	36.65			

OPEN/MALE 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts				
1.	Robert Fenner	18	Basildon Ph	16:36.59	666				
	50m 29.65	100m 1:02.21	150m 1:35.13	200m 2:08.62	250m 2:41.59	300m 3:14.89	350m 3:48.35	400m 4:21.89	
	29.65	32.56	32.92	33.49	32.97	33.30	33.46	33.54	
	450m 4:55.01	500m 5:28.28	550m 6:01.59	600m 6:35.20	650m 7:08.57	700m 7:42.28	750m 8:15.98	800m 8:50.00	
	33.12	33.27	33.31	33.61	33.37	33.71	33.70	34.02	
	850m 9:23.25	900m 9:57.09	950m 10:30.65	1000m 11:04.49	1050m 11:38.24	1100m 12:12.13	1150m 12:45.62	1200m 13:19.12	
	33.25	33.84	33.56	33.84	33.75	33.89	33.49	33.50	
	1250m 13:52.64	1300m 14:26.21	1350m 14:59.43	1400m 15:32.48	1450m 16:05.40	1500m 16:36.59			
	33.52	33.57	33.22	33.05	32.92	31.19			
2.	Conor Mint	17	Basildon Ph	16:53.73	633				
	50m 29.51	100m 1:02.26	150m 1:35.92	200m 2:09.89	250m 2:43.85	300m 3:17.59	350m 3:51.53	400m 4:25.60	
	29.51	32.75	33.66	33.97	33.96	33.74	33.94	34.07	
	450m 4:59.61	500m 5:33.90	550m 6:07.33	600m 6:41.37	650m 7:15.54	700m 7:49.50	750m 8:23.95	800m 8:57.69	
	34.01	34.29	33.43	34.04	34.17	33.96	34.45	33.74	
	850m 9:31.88	900m 10:06.05	950m 10:40.06	1000m 11:13.72	1050m 11:47.84	1100m 12:22.08	1150m 12:56.58	1200m 13:30.81	
	34.19	34.17	34.01	33.66	34.12	34.24	34.50	34.23	
	1250m 14:04.83	1300m 14:38.58	1350m 15:13.15	1400m 15:47.20	1450m 16:21.10	1500m 16:53.73			
	34.02	33.75	34.57	34.05	33.90	32.63			
3.	Jamie Wilson	17	West Norfolk	17:02.76	616				
	50m 30.13	100m 1:03.14	150m 1:37.03	200m 2:11.07	250m 2:45.25	300m 3:19.23	350m 3:53.58	400m 4:27.76	
	30.13	33.01	33.89	34.04	34.18	33.98	34.35	34.18	
	450m 5:01.90	500m 5:35.94	550m 6:10.20	600m 6:44.37	650m 7:18.68	700m 7:52.89	750m 8:27.30	800m 9:01.80	
	34.14	34.04	34.26	34.17	34.31	34.21	34.41	34.50	
	850m 9:36.25	900m 10:11.34	950m 10:45.85	1000m 11:20.65	1050m 11:55.17	1100m 12:29.70	1150m 13:04.30	1200m 13:38.93	
	34.45	35.09	34.51	34.80	34.52	34.53	34.60	34.63	
	1250m 14:13.44	1300m 14:47.78	1350m 15:22.21	1400m 15:56.37	1450m 16:30.41	1500m 17:02.76			
	34.51	34.34	34.43	34.16	34.04	32.35			
4.	Daniel Moyses	20	Co Peterboro	17:03.49	615				
	50m 29.47	100m 1:01.61	150m 1:34.41	200m 2:07.62	250m 2:41.51	300m 3:15.42	350m 3:49.34	400m 4:23.59	
	29.47	32.14	32.80	33.21	33.89	33.91	33.92	34.25	
	450m 4:57.91	500m 5:32.24	550m 6:06.54	600m 6:40.59	650m 7:15.19	700m 7:50.31	750m 8:25.23	800m 9:00.04	
	34.32	34.33	34.30	34.05	34.60	35.12	34.92	34.81	
	850m 9:34.59	900m 10:09.43	950m 10:44.06	1000m 11:19.00	1050m 11:53.89	1100m 12:28.82	1150m 13:03.67	1200m 13:38.41	
	34.55	34.84	34.63	34.94	34.89	34.93	34.85	34.74	
	1250m 14:13.11	1300m 14:47.90	1350m 15:23.03	1400m 15:57.62	1450m 16:31.64	1500m 17:03.49			
	34.70	34.79	35.13	34.59	34.02	31.85			
5.	Csanad Rehus	17	Co Peterboro	17:05.22	612				
	50m 29.62	100m 1:03.09	150m 1:36.45	200m 2:11.02	250m 2:45.17	300m 3:19.30	350m 3:53.40	400m 4:27.82	
	29.62	33.47	33.36	34.57	34.15	34.13	34.10	34.42	
	450m 5:02.12	500m 5:36.78	550m 6:10.94	600m 6:44.99	650m 7:20.00	700m 7:54.75	750m 8:29.37	800m 9:04.02	
	34.30	34.66	34.16	34.05	35.01	34.75	34.62	34.65	
	850m 9:38.77	900m 10:13.04	950m 10:47.80	1000m 11:22.30	1050m 11:56.66	1100m 12:31.53	1150m 13:06.46	1200m 13:41.04	
	34.75	34.27	34.76	34.50	34.36	34.87	34.93	34.58	
	1250m 14:15.82	1300m 14:51.06	1350m 15:25.23	1400m 15:59.81	1450m 16:33.13	1500m 17:05.22			
	34.78	35.24	34.17	34.58	33.32	32.09			
6.	Adam O'Neal	18	Bedford SS	17:07.34	608				
	50m 29.20	100m 1:02.31	150m 1:35.98	200m 2:10.15	250m 2:44.06	300m 3:18.36	350m 3:52.13	400m 4:26.32	
	29.20	33.11	33.67	34.17	33.91	34.30	33.77	34.19	
	450m 5:00.58	500m 5:34.58	550m 6:07.94	600m 6:42.08	650m 7:16.29	700m 7:51.32	750m 8:26.29	800m 9:01.12	
	34.26	34.00	33.36	34.14	34.21	35.03	34.97	34.83	
	850m 9:35.76	900m 10:10.73	950m 10:45.51	1000m 11:20.02	1050m 11:54.90	1100m 12:30.02	1150m 13:05.35	1200m 13:40.52	
	34.64	34.97	34.78	34.51	34.88	35.12	35.33	35.17	
	1250m 14:15.47	1300m 14:50.35	1350m 15:25.69	1400m 16:00.63	1450m 16:34.77	1500m 17:07.34			
	34.95	34.88	35.34	34.94	34.14	32.57			
7.	Zak Fellows	17	Co St Albans	17:17.00	591				
	50m 29.95	100m 1:03.27	150m 1:37.04	200m 2:11.27	250m 2:45.28	300m 3:19.68	350m 3:53.57	400m 4:27.60	
	29.95	33.32	33.77	34.23	34.01	34.40	33.89	34.03	
	450m 5:02.38	500m 5:36.73	550m 6:11.48	600m 6:45.81	650m 7:20.22	700m 7:54.83	750m 8:29.52	800m 9:04.23	
	34.78	34.35	34.75	34.33	34.41	34.61	34.69	34.71	
	850m 9:38.03	900m 10:12.77	950m 10:47.20	1000m 11:21.91	1050m 11:57.07	1100m 12:31.81	1150m 13:07.63	1200m 13:43.01	
	33.80	34.74	34.43	34.71	35.16	34.74	35.82	35.38	
	1250m 14:20.07	1300m 14:55.82	1350m 15:31.90	1400m 16:07.38	1450m 16:43.03	1500m 17:17.00			
	37.06	35.75	36.08	35.48	35.65	33.97			
8.	Ryan Wall	19	Co Cambridge	17:23.80	580				
	50m 29.75	100m 1:02.39	150m 1:36.10	200m 2:10.40	250m 2:44.51	300m 3:18.57	350m 3:52.79	400m 4:27.81	
	29.75	32.64	33.71	34.30	34.11	34.06	34.22	35.02	
	450m 5:02.59	500m 5:37.70	550m 6:12.78	600m 6:48.37	650m 7:23.62	700m 7:59.72	750m 8:35.07	800m 9:10.85	
	34.78	35.11	35.08	35.59	35.25	36.10	35.35	35.78	
	850m 9:46.18	900m 10:22.25	950m 10:57.55	1000m 11:33.34	1050m 12:09.10	1100m 12:45.17	1150m 13:20.49	1200m 13:55.88	
	35.33	36.07	35.30	35.79	35.76	36.07	35.32	35.39	
	1250m 14:31.19	1300m 15:07.09	1350m 15:41.77	1400m 16:16.81	1450m 16:51.15	1500m 17:23.80			
	35.31	35.90	34.68	35.04	34.34	32.65			

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9. Oliver Fenwick	17 Hatfield	17:24.80	578					
50m 30.02	100m 1:03.89	150m 1:38.12	200m 2:12.54	250m 2:46.91	300m 3:21.50	350m 3:56.17	400m 4:30.87	
30.02	33.87	34.23	34.42	34.37	34.59	34.67	34.70	
450m 5:05.81	500m 5:40.87	550m 6:15.93	600m 6:51.31	650m 7:26.15	700m 8:01.71	750m 8:36.98	800m 9:12.52	
34.94	35.06	35.06	35.38	34.84	35.56	35.27	35.54	
850m 9:47.64	900m 10:23.20	950m 10:58.11	1000m 11:33.58	1050m 12:08.95	1100m 12:44.65	1150m 13:19.87	1200m 13:55.27	
35.12	35.56	34.91	35.47	35.37	35.70	35.22	35.40	
1250m 14:30.75	1300m 15:06.71	1350m 15:41.75	1400m 16:17.02	1450m 16:51.72	1500m 17:24.80			
35.48	35.96	35.04	35.27	34.70	33.08			
10. Jed Millin	18 Stowmarket	17:45.85	545					
50m 29.89	100m 1:03.68	150m 1:38.77	200m 2:13.50	250m 2:48.29	300m 3:23.60	350m 3:59.12	400m 4:34.62	
29.89	33.79	35.09	34.73	34.79	35.31	35.52	35.50	
450m 5:10.04	500m 5:46.15	550m 6:22.34	600m 6:58.24	650m 7:34.67	700m 8:11.19	750m 8:47.07	800m 9:23.32	
35.42	36.11	36.19	35.90	36.43	36.52	35.88	36.25	
850m 10:00.21	900m 10:35.90	950m 11:11.86	1000m 11:48.12	1050m 12:25.06	1100m 13:01.11	1150m 13:36.91	1200m 14:13.11	
36.89	35.69	35.96	36.26	36.94	36.05	35.80	36.20	
1250m 14:49.78	1300m 15:26.33	1350m 16:01.89	1400m 16:37.51	1450m 17:13.29	1500m 17:45.85			
36.67	36.55	35.56	35.62	35.78	32.56			
11. Lucas Day	17 Rochford	17:49.23	539					
50m 31.98	100m 1:06.60	150m 1:42.44	200m 2:18.31	250m 2:54.26	300m 3:30.36	350m 4:06.20	400m 4:42.00	
31.98	34.62	35.84	35.87	35.95	36.10	35.84	35.80	
450m 5:17.73	500m 5:53.64	550m 6:29.88	600m 7:05.57	650m 7:41.32	700m 8:17.10	750m 8:53.04	800m 9:28.78	
35.73	35.91	36.24	35.69	35.75	35.78	35.94	35.74	
850m 10:04.89	900m 10:40.56	950m 11:16.46	1000m 11:52.16	1050m 12:28.09	1100m 13:04.32	1150m 13:39.88	1200m 14:15.99	
36.11	35.67	35.90	35.70	35.93	36.23	35.56	36.11	
1250m 14:51.90	1300m 15:27.87	1350m 16:03.81	1400m 16:39.50	1450m 17:15.30	1500m 17:49.23			
35.91	35.97	35.94	35.69	35.80	33.93			
12. Max Lesner	17 Potters Bar	18:08.12	512					
50m 31.01	100m 1:06.27	150m 1:41.96	200m 2:18.91	250m 2:55.34	300m 3:31.96	350m 4:08.01	400m 4:44.70	
31.01	35.26	35.69	36.95	36.43	36.62	36.05	36.69	
450m 5:21.31	500m 5:58.02	550m 6:34.49	600m 7:11.05	650m 7:48.02	700m 8:24.67	750m 9:01.49	800m 9:38.39	
36.61	36.71	36.47	36.56	36.97	36.65	36.82	36.90	
850m 10:15.01	900m 10:52.06	950m 11:28.40	1000m 12:05.20	1050m 12:42.06	1100m 13:19.03	1150m 13:56.34	1200m 14:33.02	
36.62	37.05	36.34	36.80	36.86	36.97	37.31	36.68	
1250m 15:09.36	1300m 15:45.82	1350m 16:21.80	1400m 16:58.31	1450m 17:33.82	1500m 18:08.12			
36.34	36.46	35.98	36.51	35.51	34.30			
13. Kye Harrington	18 West Norfolk	18:08.87	511					
50m 31.21	100m 1:06.56	150m 1:41.85	200m 2:18.23	250m 2:53.59	300m 3:30.28	350m 4:06.22	400m 4:42.68	
31.21	35.35	35.29	36.38	35.36	36.69	35.94	36.46	
450m 5:18.37	500m 5:54.72	550m 6:30.32	600m 7:07.00	650m 7:43.40	700m 8:20.38	750m 8:56.55	800m 9:33.23	
35.69	36.35	35.60	36.68	36.40	36.98	36.17	36.68	
850m 10:10.18	900m 10:47.41	950m 11:24.47	1000m 12:01.65	1050m 12:38.88	1100m 13:16.17	1150m 13:52.81	1200m 14:29.82	
36.95	37.23	37.06	37.18	37.23	37.29	36.64	37.01	
1250m 15:07.23	1300m 15:44.46	1350m 16:21.34	1400m 16:57.90	1450m 17:34.77	1500m 18:08.87			
37.41	37.23	36.88	36.56	36.87	34.10			
14. Charlie Stott	17 Co St Albans	18:42.11	467					
50m 31.06	100m 1:06.59	150m 1:42.80	200m 2:19.67	250m 2:56.50	300m 3:33.06	350m 4:09.92	400m 4:46.89	
31.06	35.53	36.21	36.87	36.83	36.56	36.86	36.97	
450m 5:24.05	500m 6:01.72	550m 6:39.43	600m 7:17.54	650m 7:55.94	700m 8:34.40	750m 9:12.54	800m 9:51.02	
37.16	37.67	37.71	38.11	38.40	38.46	38.14	38.48	
850m 10:29.13	900m 11:07.46	950m 11:45.94	1000m 12:25.04	1050m 13:03.21	1100m 13:41.62	1150m 14:19.62	1200m 14:57.63	
38.11	38.33	38.48	39.10	38.17	38.41	38.00	38.01	
1250m 15:35.94	1300m 16:14.79	1350m 16:53.22	1400m 17:31.00	1450m 18:05.96	1500m 18:42.11			
38.31	38.85	38.43	37.78	34.96	36.15			

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FEMALE 15 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts
1.	Summer Smith	15	Basildon Ph	17:42.55	650
	50m 31.11	100m 1:05.97	150m 1:40.23	200m 2:15.13	250m 2:50.06
	31.11	34.86	34.26	34.90	35.44
	450m 5:11.07	500m 5:46.51	550m 6:21.92	600m 6:57.48	650m 7:33.07
	35.33	35.44	35.41	35.56	35.80
	850m 9:56.21	900m 10:32.12	950m 11:07.99	1000m 11:43.98	1050m 12:19.91
	36.04	35.91	35.87	35.99	35.93
	1250m 14:44.68	1300m 15:20.82	1350m 15:56.45	1400m 16:32.63	1450m 17:08.20
	36.46	36.14	35.63	36.18	35.57
2.	Megan Barnicoat	15	Co Peterboro	18:31.26	568
	50m 32.97	100m 1:09.21	150m 1:45.91	200m 2:22.62	250m 2:59.50
	32.97	36.24	36.70	36.71	36.88
	450m 5:27.32	500m 6:04.68	550m 6:41.82	600m 7:19.41	650m 7:56.47
	36.87	37.36	37.14	37.59	37.06
	850m 10:25.59	900m 11:03.19	950m 11:40.60	1000m 12:18.31	1050m 12:55.81
	37.08	37.60	37.41	37.71	37.50
	1250m 15:25.80	1300m 16:03.45	1350m 16:40.66	1400m 17:18.38	1450m 17:54.92
	37.09	37.65	37.21	37.72	36.54
3.	Chloe Cranny	15	Epping For't	18:50.72	539
	50m 32.74	100m 1:09.19	150m 1:45.92	200m 2:23.18	250m 3:00.07
	32.74	36.45	36.73	37.26	36.89
	450m 5:30.66	500m 6:08.71	550m 6:46.55	600m 7:25.13	650m 8:03.14
	37.49	38.05	37.84	38.58	38.01
	850m 10:34.84	900m 11:12.88	950m 11:50.80	1000m 12:29.15	1050m 13:07.35
	37.60	38.04	37.92	38.35	38.20
	1250m 15:40.79	1300m 16:19.61	1350m 16:57.62	1400m 17:35.84	1450m 18:13.57
	37.92	38.82	38.01	38.22	37.73
4.	Nina Allen	15	Newmarket	18:55.85	532
	50m 33.39	100m 1:10.32	150m 1:48.01	200m 2:25.85	250m 3:03.22
	33.39	36.93	37.69	37.84	37.37
	450m 5:35.82	500m 6:14.35	550m 6:52.74	600m 7:31.51	650m 8:10.08
	37.99	38.53	38.39	38.77	38.57
	850m 10:43.87	900m 11:22.27	950m 12:00.77	1000m 12:39.39	1050m 13:18.16
	38.59	38.40	38.50	38.62	38.77
	1250m 15:52.51	1300m 16:30.45	1350m 17:07.78	1400m 17:44.73	1450m 18:21.84
	38.23	37.94	37.33	36.95	37.11
5.	Heidi King	15	Hemel Hemp	18:55.96	532
	50m 32.72	100m 1:09.95	150m 1:48.01	200m 2:26.55	250m 3:04.76
	32.72	37.23	38.06	38.54	38.21
	450m 5:37.96	500m 6:16.34	550m 6:54.61	600m 7:33.42	650m 8:11.90
	38.14	38.38	38.27	38.81	38.48
	850m 10:45.64	900m 11:24.28	950m 12:02.50	1000m 12:41.05	1050m 13:19.13
	38.18	38.64	38.22	38.55	38.08
	1250m 15:52.70	1300m 16:31.10	1350m 17:08.05	1400m 17:45.45	1450m 18:22.08
	38.29	38.40	36.95	37.40	36.63
6.	Olivia Croft	15	Cheshunt	19:00.56	525
	50m 32.30	100m 1:08.48	150m 1:44.92	200m 2:22.19	250m 2:59.35
	32.30	36.18	36.44	37.27	37.16
	450m 5:30.04	500m 6:08.39	550m 6:46.89	600m 7:25.29	650m 8:03.48
	38.08	38.35	38.50	38.40	38.19
	850m 10:36.79	900m 11:15.68	950m 11:54.60	1000m 12:33.38	1050m 13:12.14
	38.30	38.89	38.92	38.78	38.76
	1250m 15:48.07	1300m 16:27.10	1350m 17:06.39	1400m 17:45.73	1450m 18:24.28
	39.39	39.03	39.29	39.34	38.55
7.	Mia Nelson	15	Cheshunt	19:20.57	498
	50m 34.02	100m 1:11.06	150m 1:48.80	200m 2:27.07	250m 3:05.14
	34.02	37.04	37.74	38.27	38.07
	450m 5:39.44	500m 6:18.57	550m 6:57.65	600m 7:36.48	650m 8:14.97
	38.82	39.13	39.08	38.83	38.49
	850m 10:50.52	900m 11:30.07	950m 12:09.73	1000m 12:49.27	1050m 13:28.99
	39.20	39.55	39.66	39.54	39.72
	1250m 16:07.64	1300m 16:47.09	1350m 17:26.16	1400m 18:05.40	1450m 18:43.43
	39.95	39.45	39.07	39.24	38.03
8.	Elizabeth Gore	15	Epping For't	19:20.92	498
	50m 34.68	100m 1:12.88	150m 1:51.53	200m 2:30.53	250m 3:09.51
	34.68	38.20	38.65	39.00	38.98
	450m 5:46.09	500m 6:25.19	550m 7:04.81	600m 7:44.09	650m 8:23.37
	39.16	39.10	39.62	39.28	39.28
	850m 10:59.63	900m 11:38.86	950m 12:17.83	1000m 12:56.83	1050m 13:35.69
	39.24	39.23	38.97	39.00	38.86
	1250m 16:10.91	1300m 16:49.29	1350m 17:28.33	1400m 18:07.23	1450m 18:45.51
	39.39	38.38	39.04	38.90	38.28
9.	Jasmine Scott	15	Co St Albans	19:23.53	495
	50m 33.61	100m 1:11.13	150m 1:48.42	200m 2:26.77	250m 3:04.63
	33.61	37.52	37.29	38.35	37.86
	450m 5:38.99	500m 6:18.38	550m 6:57.38	600m 7:36.86	650m 8:16.18
	38.66	39.39	39.00	39.48	39.32
	850m 10:50.78	900m 11:29.77	950m 12:08.27	1000m 12:47.63	1050m 13:27.17
	38.08	38.99	38.50	39.36	39.54
	1250m 16:07.89	1300m 16:48.43	1350m 17:27.16	1400m 18:07.13	1450m 18:45.31
	39.61	40.54	38.73	39.97	38.18
10.	Ayla Zolfaghari	15	Epping For't	19:28.05	489
	50m 34.60	100m 1:13.42	150m 1:52.35	200m 2:31.25	250m 3:10.69
	34.60	38.82	38.93	38.90	39.44
	450m 5:47.68	500m 6:26.99	550m 7:06.33	600m 7:45.68	650m 8:24.85
	39.18	39.31	39.34	39.35	39.17
	850m 11:01.47	900m 11:40.99	950m 12:19.86	1000m 12:58.99	1050m 13:37.97
	38.96	39.52	38.87	39.13	38.98
	1250m 16:13.59	1300m 16:52.71	1350m 17:31.31	1400m 18:10.52	1450m 18:49.56
	38.56	39.12	38.60	39.21	39.04

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11. Connie Flitton	15	Dunstable	19:32.83	483					
50m 34.94	100m 1:12.88	150m 1:50.93	200m 2:29.69	250m 3:08.26	300m 3:47.50	350m 4:26.69	400m 5:06.01		
	34.94	37.94	38.05	38.76	38.57	39.24	39.19	39.32	
450m 5:45.22	500m 6:24.82	550m 7:03.91	600m 7:43.43	650m 8:22.52	700m 9:02.13	750m 9:41.35	800m 10:20.92		
	39.21	39.60	39.09	39.52	39.09	39.61	39.22	39.57	
850m 11:00.12	900m 11:39.75	950m 12:19.15	1000m 12:58.72	1050m 13:38.27	1100m 14:18.21	1150m 14:57.89	1200m 15:37.75		
	39.20	39.63	39.40	39.57	39.55	39.94	39.68	39.86	
1250m 16:16.97	1300m 16:56.78	1350m 17:36.53	1400m 18:16.22	1450m 18:55.33	1500m 19:32.83				
	39.22	39.81	39.75	39.69	39.11	37.50			

FEMALE 16 Yrs Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Jasmine Hall	16	Basildon Ph	17:35.76	662			
	50m 31.58	100m 1:05.54	150m 1:39.98	200m 2:14.47	250m 2:49.22	300m 3:24.18	350m 3:59.06	400m 4:34.35
	31.58	33.96	34.44	34.49	34.75	34.96	34.88	35.29
	450m 5:09.37	500m 5:44.35	550m 6:19.34	600m 6:54.56	650m 7:29.57	700m 8:04.93	750m 8:40.16	800m 9:15.41
	35.02	34.98	34.99	35.22	35.01	35.36	35.23	35.25
	850m 9:50.99	900m 10:26.49	950m 11:02.13	1000m 11:37.75	1050m 12:13.45	1100m 12:49.36	1150m 13:25.13	1200m 14:00.94
	35.58	35.50	35.64	35.62	35.70	35.91	35.77	35.81
	1250m 14:36.87	1300m 15:12.99	1350m 15:49.17	1400m 16:25.04	1450m 17:00.73	1500m 17:35.76		
	35.93	36.12	36.18	35.87	35.69	35.03		
2.	E Barth-Wehrenalp	16	Chelmsford	18:18.71	588			
	50m 31.68	100m 1:05.74	150m 1:41.66	200m 2:17.88	250m 2:54.42	300m 3:30.69	350m 4:06.98	400m 4:42.93
	31.68	34.06	35.92	36.22	36.54	36.27	36.29	35.95
	450m 5:19.36	500m 5:55.38	550m 6:31.84	600m 7:07.86	650m 7:44.04	700m 8:20.14	750m 8:57.36	800m 9:34.14
	36.43	36.02	36.46	36.02	36.18	36.10	37.22	36.78
	850m 10:11.73	900m 10:49.14	950m 11:27.08	1000m 12:04.57	1050m 12:42.27	1100m 13:20.06	1150m 13:58.55	1200m 14:36.54
	37.59	37.41	37.94	37.49	37.70	37.79	38.49	37.99
	1250m 15:13.55	1300m 15:50.86	1350m 16:28.60	1400m 17:06.08	1450m 17:42.84	1500m 18:18.71		
	37.01	37.31	37.74	37.48	36.76	35.87		
3.	Emma Cushion	16	Co Peterboro	18:53.86	535			
	50m 32.48	100m 1:09.16	150m 1:46.56	200m 2:24.22	250m 3:01.56	300m 3:39.06	350m 4:16.69	400m 4:54.56
	32.48	36.68	37.40	37.66	37.34	37.50	37.63	37.87
	450m 5:32.57	500m 6:10.80	550m 6:49.01	600m 7:27.24	650m 8:05.04	700m 8:42.98	750m 9:20.87	800m 9:59.16
	38.01	38.23	38.21	38.23	37.80	37.94	37.89	38.29
	850m 10:36.98	900m 11:15.42	950m 11:52.94	1000m 12:31.55	1050m 13:09.41	1100m 13:48.19	1150m 14:26.09	1200m 15:04.89
	37.82	38.44	37.52	38.61	37.86	38.78	37.90	38.80
	1250m 15:42.83	1300m 16:21.58	1350m 16:59.66	1400m 17:38.48	1450m 18:16.20	1500m 18:53.86		
	37.94	38.75	38.08	38.82	37.72	37.66		

FEMALE 17 Yrs/Over Age Group - Full Results

Place	Name	AaD	Club	Time	WA Pts			
1.	Summer Evason	17	Watford SC	18:24.51	578			
	50m 31.91	100m 1:07.75	150m 1:44.30	200m 2:21.10	250m 2:58.07	300m 3:35.42	350m 4:12.78	400m 4:50.27
	31.91	35.84	36.55	36.80	36.97	37.35	37.36	37.49
	450m 5:28.09	500m 6:05.64	550m 6:43.09	600m 7:20.78	650m 7:58.38	700m 8:35.26	750m 9:12.71	800m 9:49.56
	37.82	37.55	37.45	37.69	37.60	36.88	37.45	36.85
	850m 10:26.90	900m 11:04.40	950m 11:41.70	1000m 12:18.50	1050m 12:55.42	1100m 13:32.19	1150m 14:08.65	1200m 14:45.57
	37.34	37.50	37.30	36.80	36.92	36.77	36.46	36.92
	1250m 15:22.56	1300m 15:59.84	1350m 16:36.85	1400m 17:13.60	1450m 17:49.77	1500m 18:24.51		
	36.99	37.28	37.01	36.75	36.17	34.74		
2.	Amy Meyer	17	Biggleswade	18:28.75	572			
	50m 32.15	100m 1:08.04	150m 1:43.77	200m 2:20.24	250m 2:55.97	300m 3:32.71	350m 4:09.34	400m 4:47.35
	32.15	35.89	35.73	36.47	35.73	36.74	36.63	38.01
	450m 5:24.37	500m 6:02.13	550m 6:39.52	600m 7:17.57	650m 7:54.74	700m 8:32.34	750m 9:09.36	800m 9:47.10
	37.02	37.76	37.39	38.05	37.17	37.60	37.02	37.74
	850m 10:23.94	900m 11:01.40	950m 11:38.89	1000m 12:16.46	1050m 12:54.34	1100m 13:32.32	1150m 14:08.99	1200m 14:46.67
	36.84	37.46	37.49	37.57	37.88	37.98	36.67	37.68
	1250m 15:24.32	1300m 16:02.12	1350m 16:39.34	1400m 17:16.85	1450m 17:53.37	1500m 18:28.75		
	37.65	37.80	37.22	37.51	36.52	35.38		
3.	Amelia Saunders	18	Norwich Swan	18:35.22	562			
	50m 32.74	100m 1:09.03	150m 1:46.00	200m 2:23.30	250m 3:00.59	300m 3:37.62	350m 4:14.71	400m 4:52.11
	32.74	36.29	36.97	37.30	37.29	37.03	37.09	37.40
	450m 5:29.53	500m 6:06.72	550m 6:43.55	600m 7:20.32	650m 7:56.76	700m 8:33.74	750m 9:10.60	800m 9:47.59
	37.42	37.19	36.83	36.77	36.44	36.98	36.86	36.99
	850m 10:24.61	900m 11:01.93	950m 11:38.97	1000m 12:16.58	1050m 12:53.86	1100m 13:31.66	1150m 14:09.35	1200m 14:47.30
	37.02	37.32	37.04	37.61	37.28	37.80	37.69	37.95
	1250m 15:24.98	1300m 16:03.60	1350m 16:41.34	1400m 17:19.55	1450m 17:57.79	1500m 18:35.22		
	37.68	38.62	37.74	38.21	38.24	37.43		
4.	Francesca Barber	17	Co Norwich	18:42.45	551			
	50m 32.74	100m 1:08.67	150m 1:45.24	200m 2:22.81	250m 2:59.83	300m 3:37.53	350m 4:14.42	400m 4:52.43
	32.74	35.93	36.57	37.57	37.02	37.70	36.89	38.01
	450m 5:29.40	500m 6:07.58	550m 6:45.25	600m 7:22.90	650m 8:00.67	700m 8:38.86	750m 9:16.47	800m 9:54.59
	36.97	38.18	37.67	37.65	37.77	38.19	37.61	38.12
	850m 10:32.33	900m 11:10.87	950m 11:48.68	1000m 12:27.59	1050m 13:05.70	1100m 13:43.91	1150m 14:21.90	1200m 15:00.36
	37.74	38.54	37.81	38.91	38.11	38.21	37.99	38.46
	1250m 15:38.08	1300m 16:16.39	1350m 16:53.95	1400m 17:32.24	1450m 18:09.09	1500m 18:42.45		
	37.72	38.31	37.56	38.29	36.85	33.36		
5.	Anabelle Kett	17	Co Peterboro	18:42.64	551			
	50m 32.76	100m 1:08.80	150m 1:45.35	200m 2:22.05	250m 2:58.86	300m 3:35.70	350m 4:12.75	400m 4:49.87
	32.76	36.04	36.55	36.70	36.81	36.84	37.05	37.12
	450m 5:27.02	500m 6:04.39	550m 6:41.81	600m 7:19.73	650m 7:57.46	700m 8:35.26	750m 9:12.68	800m 9:50.19
	37.15	37.37	37.42	37.92	37.73	37.80	37.42	37.51
	850m 10:27.91	900m 11:05.89	950m 11:43.95	1000m 12:22.34	1050m 13:00.39	1100m 13:38.90	1150m 14:17.29	1200m 14:55.80
	37.72	37.98	38.06	38.39	38.05	38.51	38.39	38.51
	1250m 15:34.30	1300m 16:12.44	1350m 16:50.98	1400m 17:29.14	1450m 18:07.50	1500m 18:42.64		
	38.50	38.14	38.54	38.16	38.36	35.14		

Swim England East Region 2026 Long Course Championships Results Session Twelve

6. Isabel Thomas	18 Newmarket	19:06.09	518					
50m 32.84	100m 1:09.53	150m 1:46.47	200m 2:24.31	250m 3:02.39	300m 3:40.98	350m 4:19.22	400m 4:58.04	
32.84	36.69	36.94	37.84	38.08	38.59	38.24	38.82	
450m 5:36.71	500m 6:15.40	550m 6:53.89	600m 7:32.66	650m 8:11.15	700m 8:50.06	750m 9:28.83	800m 10:07.84	
38.67	38.69	38.49	38.77	38.49	38.91	38.77	39.01	
850m 10:46.50	900m 11:24.92	950m 12:03.55	1000m 12:42.33	1050m 13:21.39	1100m 14:00.49	1150m 14:39.62	1200m 15:18.28	
38.66	38.42	38.63	38.78	39.06	39.10	39.13	38.66	
1250m 15:56.61	1300m 16:35.49	1350m 17:14.26	1400m 17:52.49	1450m 18:30.85	1500m 19:06.09			
38.33	38.88	38.77	38.23	38.36	35.24			
7. Alice Weston	20 Watford SC	19:24.93	493					
50m 33.31	100m 1:09.73	150m 1:46.98	200m 2:25.16	250m 3:02.97	300m 3:40.99	350m 4:18.79	400m 4:57.05	
33.31	36.42	37.25	38.18	37.81	38.02	37.80	38.26	
450m 5:35.93	500m 6:14.83	550m 6:54.24	600m 7:33.77	650m 8:13.10	700m 8:52.78	750m 9:32.88	800m 10:12.78	
38.88	38.90	39.41	39.53	39.33	39.68	40.10	39.90	
850m 10:52.64	900m 11:32.85	950m 12:12.56	1000m 12:52.66	1050m 13:32.19	1100m 14:12.45	1150m 14:51.33	1200m 15:31.11	
39.86	40.21	39.71	40.10	39.53	40.26	38.88	39.78	
1250m 16:10.53	1300m 16:50.61	1350m 17:29.42	1400m 18:08.84	1450m 18:47.33	1500m 19:24.93			
39.42	40.08	38.81	39.42	38.49	37.60			
8. Ava Turner	17 Basildon Ph	19:33.95	482					
50m 33.29	100m 1:10.57	150m 1:48.62	200m 2:26.94	250m 3:04.85	300m 3:43.19	350m 4:21.70	400m 5:00.47	
33.29	37.28	38.05	38.32	37.91	38.34	38.51	38.77	
450m 5:39.26	500m 6:18.27	550m 6:57.41	600m 7:37.06	650m 8:16.23	700m 8:55.86	750m 9:34.97	800m 10:14.42	
38.79	39.01	39.14	39.65	39.17	39.63	39.11	39.45	
850m 10:54.12	900m 11:34.58	950m 12:15.17	1000m 12:55.73	1050m 13:35.90	1100m 14:16.27	1150m 14:56.88	1200m 15:37.41	
39.70	40.46	40.59	40.56	40.17	40.37	40.61	40.53	
1250m 16:17.10	1300m 16:58.06	1350m 17:37.89	1400m 18:17.69	1450m 18:57.31	1500m 19:33.95			
39.69	40.96	39.83	39.80	39.62	36.64			