

Start List

Event 211 Female 200m Butterfly					Event 212 Open/Male 200m Backstroke						
H-1	L 3	Isobel McKay	15	Epping For't	2:49.29	H-1	L 1	Reuben Walters	15	Runnymede	2:26.90
	L 4	Amelie Smith	15	Co Cambridge	2:48.03		L 2	Elliott Whitehead	15	Harpenden	2:25.80
	L 5	Eden Meanti	15	Putteridge	2:49.03		L 3	Sebastian Wheldon	15	Basildon Ph	2:25.39
	L 6	Mischa Oakley	15	Norwich Swan	2:49.46		L 4	Jake Maguire	15	Co Norwich	2:24.81
H-2	L 1	Freya Hill	15	New Hall	2:47.10	L 5	Harry Vidal-Greenwood	15	West Suffolk	2:24.84	
	L 2	Alice Wilson	15	New Hall	2:45.00	L 6	Barlow Assenheim-Keith	15	Basildon Ph	2:25.60	
	L 3	Eva-May Bowie	15	Bedford SS	2:44.90	L 7	Dylan Lamble	15	teamipswich	2:25.88	
	L 4	Jeslene Sandhu	15	Epping For't	2:44.10	L 8	Edward Beard	15	Verulam	2:27.93	
	L 5	Megan Randall	15	Royston	2:44.26	H-2	L 1	Nicholas Mitroi	15	Thurrock	2:24.20
	L 6	Lola-Rose Curtin	15	Halesworth	2:44.90		L 2	George Worsfold	16	Linslade	2:24.08
	L 7	Isla Staton	15	March	2:45.48		L 3	Alexander Pashley	15	Co Ely	2:23.23
	L 8	Lily-Marie Hood	15	Chelmsford	2:47.57		L 4	Lochlan Shaw	16	Flitwick	2:22.83
H-3	L 1	Amber Tight	16	Flitwick	2:43.21	L 5	Harry Rowson	15	Putteridge	2:22.87	
	L 2	Olivia Murphy	15	Deben	2:41.97	L 6	Zachary Piscopo	15	Co Peterboro	2:23.95	
	L 3	Sophie Kelly	15	Flitwick	2:40.32	L 7	James Hallam	16	Harpenden	2:24.19	
	L 4	Layla Jennings	15	Halstead	2:39.40	L 8	Theo Ryan	16	West Norfolk	2:24.57	
	L 5	Emilia Armstrong	15	Stowmarket	2:40.10	H-3	L 1	Hughey Sullivan	16	DunmowAtlant	2:22.54
	L 6	Darcie Waller	16	Stevenage	2:40.42		L 2	Michael Sayer	15	Co Norwich	2:22.29
	L 7	Madison Hicks	15	West Norfolk	2:43.16		L 3	Frankie Francis	16	Harpenden	2:22.22
	L 8	Harriet Flack	15	Co Cambridge	2:44.03		L 4	Oliver Butt	16	Deben	2:20.88
H-4	L 1	Ayla Zolfaghari	15	Epping For't	2:37.88	L 5	Oliver Shayle	16	Co Cambridge	2:22.14	
	L 2	Lucy Jordan-Caws	23	Putteridge	2:36.83	L 6	Adam Hart	15	Witham Dolph	2:22.26	
	L 3	Amber Lyne	16	Co Cambridge	2:35.48	L 7	Cameron Jackson	16	Deben	2:22.40	
	L 4	Florence Whittaker	16	Biggleswade	2:35.36	L 8	Isaac Bissell	15	Canvey Isl	2:22.59	
	L 5	Mia Edwards	16	Norwich Swan	2:35.36	H-4	L 1	Kai Patel	16	Thurrock	2:20.75
	L 6	I Stratton-Thomsett	17	Chelmsford	2:35.93		L 2	Zachary Fraser	16	Co Peterboro	2:20.03
	L 7	Lexie Sandiford	15	Putteridge	2:37.13		L 3	Ryan Wimpenny	16	Cheshunt	2:19.74
	L 8	Isla Stewart	16	Co Peterboro	2:38.70		L 4	Byron Miller	15	Colchester	2:19.63
H-5	L 1	Freya May	16	Team Waveney	2:34.61	L 5	Ethan Knights	15	teamipswich	2:19.70	
	L 2	Kitty Lamb	15	Co Peterboro	2:34.00	L 6	Harry Bird	17	Putteridge	2:19.95	
	L 3	Lily Mae Ware	16	Basildon Ph	2:33.20	L 7	Thomas Baxter	17	West Norfolk	2:20.28	
	L 4	Francesca Barber	17	Co Norwich	2:32.60	L 8	Donald Perrin	16	Co Norwich	2:20.77	
	L 5	Claudia Barp	16	Co Cambridge	2:33.09	H-5	L 1	Alexander Gaydon	16	Chelmsford	2:19.40
	L 6	Amelia Porzio	18	Putteridge	2:33.80		L 2	Thomas Fenwick	15	Hatfield	2:18.92
	L 7	Honor Beverstock	17	Hatfield	2:34.59		L 3	Joseph Emms	15	Biggleswade	2:18.42
	L 8	Isabella Savage	17	Potters Bar	2:34.73		L 4	George Saunders	16	Co St Albans	2:17.90
H-6	L 1	Megan Barnicoat	15	Co Peterboro	2:30.60	L 5	Maxim Szarvadi	17	DunmowAtlant	2:18.19	
	L 2	Melike Dagdelen	17	Putteridge	2:28.48	L 6	James O'Toole	15	Co Norwich	2:18.87	
	L 3	Rebecca Howell	23	Basildon Ph	2:25.10	L 7	Charlie Ruddell	17	teamipswich	2:19.30	
	L 4	Chloe Barnard	17	Basildon Ph	2:18.75	L 8	Charlie Birdsall	16	Co Cambridge	2:19.56	
	L 5	Poppy Magill	18	Putteridge	2:22.50	H-6	L 1	Kieran Ng	16	Co Peterboro	2:17.11
	L 6	Isabella Porzio	22	Putteridge	2:25.88		L 2	Csanad Rehus	17	Co Peterboro	2:16.80
	L 7	Amy Boreham	20	Watford SC	2:29.30		L 3	Daniel Moyses	20	Co Peterboro	2:15.57
	L 8	Ava Turner	17	Basildon Ph	2:32.50		L 4	Ben Hunwick	17	Tring	2:15.16
H-7	L 1	Louise Webster	19	Thurrock	2:29.78	L 5	Ewan Nobes	18	Norwich Swan	2:15.33	
	L 2	Lily Murrell	17	Norwich Swan	2:26.50	L 6	Liam Bautista	17	Epping For't	2:15.66	
	L 3	Annie McLeod	18	Putteridge	2:23.80	L 7	Alexander Mordenti	17	Potters Bar	2:17.02	
	L 4	Sadie Hunter	18	Co Peterboro	2:14.90	L 8	Will Minister	16	Thurrock	2:17.54	
	L 5	Olivia Greenall	17	Co Norwich	2:22.00	H-7	L 1	Jacopo Agosti	15	Co Cambridge	2:14.29
	L 6	E Barth-Wehrenalp	16	Chelmsford	2:25.38		L 2	Ricards Korotkihs	15	teamipswich	2:13.69
	L 7	Genevieve White	18	Co Cambridge	2:29.09		L 3	Jakub Cincio	15	Chelmsford	2:13.15
	L 8	Chloe Cranny	15	Epping For't	2:31.82		L 4	Jude Staton	18	Co Peterboro	2:12.96
H-8	L 1	Antonia Elias	17	Watford SC	2:29.52	L 5	Albert Orley	18	Braintree	2:13.01	
	L 2	Amelia Saunders	18	Norwich Swan	2:26.30	L 6	Philip Spalding	16	Putteridge	2:13.29	
	L 3	Summer Evason	17	Watford SC	2:22.98	L 7	Evan Larthe	17	Basildon Ph	2:13.96	
	L 4	Amelia Fenner	16	Basildon Ph	2:13.80	L 8	Finlay German	17	Co Cambridge	2:14.64	
	L 5	Alice Weston	20	Watford SC	2:20.03	H-8	L 1	Xavier Zerban	15	Biggleswade	2:11.96
	L 6	Jasmine Scott	15	Co St Albans	2:25.10		L 2	Harrison Shaw	19	Flitwick	2:09.96
	L 7	Abigail Rogers	17	Basildon Ph	2:28.80		L 3	Jacob Bacon	16	Co Peterboro	2:07.96
	L 8	Mia Gray	18	Norwich Swan	2:31.27		L 4	Ryan Close	18	Bedford SS	2:05.49
					L 5		Oscar Hunter	17	Norwich Swan	2:06.67	
					L 6		Jan Beblot	17	Norwich Swan	2:08.78	
					L 7		Archie Harris-Joy	16	Co Norwich	2:11.31	
					L 8		Kabir Patel	17	Potters Bar	2:12.63	

Start List

H-9	L 1	Isaac Mendham	15	DunmowAtlant	2:11.60	H-8	L 1	Freya Hadnutt	18	Bishop Stort	30.80	
	L 2	Norbert Kadar	17	Co Cambridge	2:09.16		L 2	Lois Smith	16	Basildon Ph	30.54	
	L 3	Zak Fellows	17	Co St Albans	2:07.10		L 3	Lauren Stott	24	Co St Albans	30.29	
	L 4	Oliver Smith	19	Co Norwich	2:05.43		L 4	Abigail Davis	16	Bedford SS	29.60	
	L 5	Erik Enslin	20	Basildon Ph	2:06.51		L 5	Chloe Armstrong	19	teamipswich	29.98	
	L 6	Ethan Thorpe	17	Basildon Ph	2:08.75		L 6	Amerie Njaway	16	Putteridge	30.50	
	L 7	Thomas Ford	20	Basildon Ph	2:10.67		L 7	Summer Boswell	18	Hatfield	30.74	
	L 8	Zach Montgomery	16	Norwich Swan	2:12.58		L 8	Lexie Sandiford	15	Putteridge	30.89	
H 10	L 1	Frank Lamb	17	Co Peterboro	2:11.49	H-9	L 1	Olivia Mendham	18	DunmowAtlant	30.79	
	L 2	Ben Howlett	19	Deben	2:08.89		L 2	Emily Pitcher	18	Norwich Swan	30.52	
	L 3	William East	18	Basildon Ph	2:07.02		L 3	Erin Currie	18	Hatfield	30.08	
	L 4	Oliver Baskerville	18	Hatfield	2:00.38		L 4	Emma Cushion	16	Co Peterboro	29.60	
	L 5	Marton Molnar	17	Co Cambridge	2:05.80		L 5	Nicole Maynard	17	Basildon Ph	29.80	
	L 6	Robert Fenner	18	Basildon Ph	2:08.60		L 6	Camille Vannier	19	Hatfield	30.45	
	L 7	Hugo Arthey	17	Deben	2:10.33		L 7	Sophie Roberts	17	teamipswich	30.67	
	L 8	Nathan Yeaman	19	West Norfolk	2:12.20		L 8	Rebecca Olaru	15	Chelmsford	30.82	
Event 213 Female 50m Backstroke						Event 214 Open/Male 100m Butterfly						
H-1	L 3	Eva-May Bowie	15	Bedford SS	33.10	H-1	L 3	Mark Evens	30	S14	Hitchin	1:18.06
	L 4	Ava Sims	15	Chelmsford	33.01		L 4	Heath Harrison	15		Stowmarket	1:06.50
	L 5	Isla Staton	15	March	33.08		L 5	Harry Arnold-Pepper	18	S9	Co Cambridge	1:12.31
	L 6	Charlotte Newell	15	New Hall	33.10	H-2	L 1	Kyren Williams	15		teamipswich	1:06.41
H-2	L 1	Sara Kelly	15	Colchester	32.96		L 2	Rocco Pugliese	15		Potters Bar	1:05.98
	L 2	Anudi Ratnayake	15	Norwich Swan	32.78		L 3	Kieran Bearman	15		DunmowAtlant	1:05.65
	L 3	Emily Colls	15	Team Waveney	32.51		L 4	Oliver Coombes	15		Basildon Ph	1:05.30
	L 4	Nicole Peddelty	16	teamipswich	32.42		L 5	Isaac Bissell	15		Canvey Isl	1:05.33
	L 5	Isabelle King	16	Bishop Stort	32.46		L 6	Kirill Ivanenco	15		West Norfolk	1:05.90
	L 6	Jessica Pugh	16	Norwich Swan	32.54		L 7	Benjamin Mellors	15		Verulam	1:06.38
	L 7	Alison Loo	15	Watford SC	32.86	H-3	L 1	Jack Riding	15		Thetford	1:05.00
	L 8	Lois Fields	15	Bishop Stort	33.00		L 2	Sebastian Turculet	15		Hemel Hemp	1:04.71
H-3	L 1	Claudia Barp	16	Co Cambridge	32.37		L 3	Tristan De Belligny	16		Witham Dolph	1:03.90
	L 2	Valentina Tinnirello	16	Potters Bar	32.23		L 4	George Cawley	15		teamipswich	1:03.70
	L 3	Amber Flitton	17	Dunstable	32.13		L 5	Oliver Howard	16		Bishop Stort	1:03.71
	L 4	Teah Gregory	18	Stevenage	32.02		L 6	Chiu Ki Cheng	15		Co St Albans	1:04.62
	L 5	Senudi Ratnayake	15	Norwich Swan	32.07		L 7	Albert Crotty	15		Royston	1:04.97
	L 6	Imogen Bygrave	16	Co Cambridge	32.16		L 8	Alexander Pashley	15		Co Ely	1:05.06
	L 7	Isabella Bryan	16	teamipswich	32.36	H-4	L 1	Christian Ludwig	15		Basildon Ph	1:03.30
	L 8	Annika Mueller	15	Co Norwich	32.39		L 2	Jacob Schultz	15		Co Cambridge	1:03.21
H-4	L 1	Orlagh Quarrell	16	Watford SC	31.92		L 3	Kieran Ng	16		Co Peterboro	1:02.82
	L 2	Charlotte Belcher	16	Bedford SS	31.85		L 4	Jacopo Agosti	15		Co Cambridge	1:02.67
	L 3	Matilda Stokes	15	Co Peterboro	31.70		L 5	Rejus Mazeika	15		West Norfolk	1:02.80
	L 4	Heidi King	15	Hemel Hemp	31.60		L 6	James Allberry	16		Stowmarket	1:03.18
	L 5	Poppy Garrod	17	Co Peterboro	31.63		L 7	Corey Hare	20	S14	Deben	1:03.28
	L 6	Isabel Thomas	18	Newmarket	31.77		L 8	George Hearn	16		Putteridge	1:03.60
	L 7	Erin Woodrow	19	West Norfolk	31.85	H-5	L 1	Stewart Butler	16		Dunstable	1:02.20
	L 8	Alice Robinson	17	Co Cambridge	32.00		L 2	Alfie Murdoch	18		Rochford	1:01.60
H-5	L 1	Chloe Knight	17	Hadleigh	31.58		L 3	Harry Bird	17		Putteridge	1:01.40
	L 2	Peggy Cartmell	18	Flitwick	31.56		L 4	Ben Davison	21		Hatfield	1:01.33
	L 3	Lola Mitchinson	15	Thetford	31.39		L 5	Oliver Green	17		Co St Albans	1:01.37
	L 4	Meghan Howarth Owen	17	Chelmsford	31.30		L 6	Elliot Hall	16		Bishop Stort	1:01.51
	L 5	Mia Nelson	15	Cheshunt	31.36		L 7	Xavier Zerban	15		Biggleswade	1:02.05
	L 6	Gabriella Meyer	17	Witham Dolph	31.40		L 8	Jacob Wild	15		Newmarket	1:02.36
	L 7	Lily Steel	16	teamipswich	31.58	H-6	L 1	Roan Brennan	20	S10	Basildon Ph	1:01.30
	L 8	Georgina Munday	22	Biggleswade	31.60		L 2	Robert Addis	22		West Norfolk	1:01.25
H-6	L 1	Alexandra Hurley	16	Co Cambridge	31.15		L 3	Mykhailo Vasyliiev	16		Bedford SS	1:01.00
	L 2	Talia Williams	19	Tring	31.12		L 4	Callum Cox	20		Co Norwich	1:00.90
	L 3	Alice Watts	18	Co Cambridge	31.10		L 5	Zachary Piscopo	15		Co Peterboro	1:00.90
	L 4	Jorja Atkinson	15	Co Cambridge	31.01		L 6	Daniel Grimmer	20		West Norfolk	1:01.13
	L 5	Evie Butterworth	16	Watford SC	31.05		L 7	Daniel Meier	19		Biggleswade	1:01.27
	L 6	Amy Boreham	20	Watford SC	31.12		L 8	Lewis Chapman	25		Stowmarket	1:01.32
	L 7	Anna Zapisetskaya	15	Co St Albans	31.14	H-7	L 1	Corben Gibson	16		Basildon Ph	1:00.80
	L 8	Anastasja Wall	16	Co Norwich	31.24		L 2	Harvey Atkinson	16		Colchester	1:00.70
H-7	L 1	Grace Robinson	17	Norwich Swan	30.80		L 3	Finlay German	17		Co Cambridge	1:00.42
	L 2	Kenzie Bradshaw	16	Hertford	30.59		L 4	Ivan Ijmoni	15		Thurrock	1:00.30
	L 3	Jasmine Hall	16	Basildon Ph	30.40		L 5	Frank Jacob	17		Co Cambridge	1:00.40
	L 4	Tia Sammut	15	Bedford SS	29.70		L 6	George Heather	16		Co Peterboro	1:00.53
	L 5	Emily-Grace Bentley	16	Basildon Ph	29.99		L 7	Daniel De Filippo	17		Flitwick	1:00.80
	L 6	Naomi Rose Conday	16	Bishop Stort	30.50		L 8	Kameron Baker	15		Co Peterboro	1:00.90
	L 7	Kitty Lamb	15	Co Peterboro	30.78							
	L 8	Sophie Holliss	18	Co St Albans	30.95							

Start List

H-8	L 1	Billy Cyl	18	Hoddesdon	1:00.20	H-4	L 1	Summer Evason	17	Watford SC	4:39.31
	L 2	Hugo Arthey	17	Deben	59.90		L 2	Chloe Cranny	15	Epping For't	4:37.40
	L 3	Chun Ho Chan	17	Watford SC	59.77		L 3	Chloe Butler	22	Norwich Swan	4:36.94
	L 4	Rafael Corlano	16	Co Cambridge	59.60		L 4	Lois Smith	16	Basildon Ph	4:35.65
	L 5	Timon Chapman	24	Norwich Swan	59.70		L 5	Heidi King	15	Hemel Hemp	4:35.79
	L 6	Frank Lamb	17	Co Peterboro	59.81		L 6	Freya Cox	15	Norwich Swan	4:37.32
	L 7	Samuel Jeffrey	19	Hatfield	1:00.10		L 7	Edie Foster	15	Bishop Stort	4:37.60
	L 8	Benjamin Palmer	15	Bishop Stort	1:00.28		L 8	Isabella Da Silva	15	Basildon Ph	4:40.34
H-9	L 1	Dmitrijs Gracovs	17	DunmowAtlant	59.40	H-5	L 1	Lily Steel	16	teamipswich	4:34.87
	L 2	Theodore Monk	18	Co Cambridge	59.20		L 2	Ruby Chapman	20	Norwich Swan	4:33.97
	L 3	Ethan Thorpe	17	Basildon Ph	59.10		L 3	E Barth-Wehrenalp	16	Chelmsford	4:33.40
	L 4	Oliver Fuller	16	Co Cambridge	59.04		L 4	Nina Allen	15	Newmarket	4:32.96
	L 5	Marcus King	18	Putteridge	59.10		L 5	Jorja Atkinson	15	Co Cambridge	4:33.10
	L 6	Naim Harvey	18	Basildon Ph	59.15		L 6	Valentina Tinnirello	16	Potters Bar	4:33.64
	L 7	Lewis Jarrett	20	Co Norwich	59.30		L 7	Francesca Barber	17	Co Norwich	4:34.24
	L 8	Luke Owens	16	Putteridge	59.60		L 8	Olivia Croft	15	Cheshunt	4:35.08
H 10	L 1	Ashton Blake	17	Basildon Ph	58.50	H-6	L 1	Erin Uttridge	17	teamipswich	4:31.51
	L 2	Conor Mint	17	Basildon Ph	58.20		L 2	Sadie Hunter	18	Co Peterboro	4:28.40
	L 3	Maxwell Hozier	17	Hoddesdon	57.66		L 3	Amelia Porzio	18	Putteridge	4:27.80
	L 4	Oscar Winterburn	18	teamipswich	55.90		L 4	Jasmine Hall	16	Basildon Ph	4:15.80
	L 5	Jamie Wilson	17	West Norfolk	57.10		L 5	Amelia Fenner	16	Basildon Ph	4:20.86
	L 6	Jack Abram	21	Co Norwich	57.90		L 6	Annie McLeod	18	Putteridge	4:27.82
	L 7	Finlay Neve	18	Co Norwich	58.40		L 7	Anabelle Kett	17	Co Peterboro	4:29.50
	L 8	Lucas Dyson-Diaz	26	Hatfield	58.85		L 8	Amelia Saunders	18	Norwich Swan	4:32.10
H 11	L 1	Dylan Davenport	17	Bishop Stort	58.41						
	L 2	Ellis McQuade	20	DunmowAtlant	58.10						
	L 3	Emilio Knock	21	Norwich Swan	57.60						
	L 4	Henry Dean	20	Thurrock	53.80						
	L 5	Jacob Bacon	16	Co Peterboro	56.60						
	L 6	Alexander Pattison	16	West Norfolk	57.90						
	L 7	Daniel Williams	18	Hatfield	58.20						
	L 8	Harry Cooper	18	Rochford	58.71						
H 12	L 1	Zak Walker	15	Thurrock	58.40						
	L 2	Archie Tebbutt	16	Colchester	58.00						
	L 3	Jude Gunner	17 S14	Norwich Swan	57.50						
	L 4	Joshua Shepherd	18	Thurrock	52.68						
	L 5	Jack Pallant	22	Team Waveney	56.00						
	L 6	Kian Lee	18	Co Peterboro	57.76						
	L 7	Oliver Pike	19	Co Norwich	58.20						
	L 8	Danylo Kravchenko	17	New Hall	58.60						

Event 215 Female 400m Freestyle

H-1	L 2	Florence Richbell	12 S12	Flitwick	6:16.50
	L 3	Megan Randall	15	Royston	4:49.71
	L 4	Elizabeth Gore	15	Epping For't	4:47.90
	L 5	Freya Hill	15	New Hall	4:48.00
	L 6	Ida Corcoran	17 S9	Flitwick	5:57.21
	L 7	Charlotte Ryan	26 S6	Runnymede	8:45.70
H-2	L 1	Daisy Jubb	16	Co St Albans	4:45.31
	L 2	Yasmine Ollerenshaw	17	Flitwick	4:44.76
	L 3	Ayla Zolfaghari	15	Epping For't	4:44.50
	L 4	Bethany Crawley	18	teamipswich	4:44.25
	L 5	Anastasja Wall	16	Co Norwich	4:44.30
	L 6	Ava Turner	17	Basildon Ph	4:44.62
	L 7	Connie Flitton	15	Dunstable	4:45.10
	L 8	Lola-Rose Curtin	15	Halesworth	4:47.45
H-3	L 1	Antonia Elias	17	Watford SC	4:42.99
	L 2	Ava Black	19	Co St Albans	4:42.71
	L 3	Emma Cushion	16	Co Peterboro	4:42.07
	L 4	Orlagh Quarrell	16	Watford SC	4:40.36
	L 5	Isabel Thomas	18	Newmarket	4:40.50
	L 6	Erin Woodrow	19	West Norfolk	4:42.46
	L 7	Lyla Fello	17	Co Norwich	4:42.87
	L 8	Freya May	16	Team Waveney	4:44.09