

Swim England East Region 2026 Long Course Championships Session Three Start List - Version 2

Event 221 Open/Male 100m Breaststroke

H-1	L 3	Harry Arnold-Pepper	18	SB8	Co Cambridge	1:20.97
	L 4	Harry Rowson	15		Putteridge	1:16.80
	L 5	Corey Hare	20	SB14	Deben	1:19.07
H-2	L 1	James Everett	15		West Suffolk	1:16.48
	L 2	Charlie Ibbotson	15		West Suffolk	1:15.90
	L 3	Rejus Mazeika	15		West Norfolk	1:15.70
	L 4	George Cawley	15		teamipswich	1:14.50
	L 5	Angus Cheng	15		Co St Albans	1:14.64
	L 6	Zachary Piscopo	15		Co Peterboro	1:15.80
	L 7	Nursultan Pimazarov	15		Rick'worth	1:16.16
H-3	L 1	Adam Hele	15		Verulam	1:14.25
	L 2	Jesse Howard	16		Hoddesdon	1:13.75
	L 3	Alexander Pashley	15		Co Ely	1:13.36
	L 4	Gabriel Taggart	16		Watford SC	1:13.10
	L 5	Luke Toland	15		Flitwick	1:13.20
	L 6	George Pike	16		Co Norwich	1:13.70
	L 7	Zachary Fraser	16		Co Peterboro	1:14.03
	L 8	Veljko Zivko	16		Bedford SS	1:14.37
H-4	L 1	Tahir Hendricks	15		Colchester	1:12.94
	L 2	Harry Brunton	16		Hoddesdon	1:12.52
	L 3	Solomon Dent	17		Bedford SS	1:12.39
	L 4	Oscar McKern	17		Verulam	1:12.22
	L 5	Luca Baumslag-Grisi	16		Basildon Ph	1:12.25
	L 6	Alexander Gregory	18		Stevenage	1:12.43
	L 7	Riley Cuthbert	16		Stevenage	1:12.79
	L 8	Brandon Crees	15		New Hall	1:13.08
H-5	L 1	James Clay	21		Stowmarket	1:12.10
	L 2	George Everett	17		West Suffolk	1:12.04
	L 3	Thomas-Arthur Jagger	17		West Norfolk	1:11.84
	L 4	Daniel De Filippo	17		Flitwick	1:11.67
	L 5	Janos Csepely	15		teamipswich	1:11.80
	L 6	Josh Black	16		Co Cambridge	1:11.95
	L 7	Oliver Fenwick	17		Hatfield	1:12.06
	L 8	Ethan Woolsey	15		St Neot Swan	1:12.19
H-6	L 1	Rhys Burrell	19		West Norfolk	1:11.15
	L 2	Jack Peters	17		Basildon Ph	1:11.02
	L 3	Alexander Pattison	16		West Norfolk	1:10.90
	L 4	Joshua Meyer	16		Witham Dolph	1:10.90
	L 5	Thomas Lloyd	18		Rochford	1:10.90
	L 6	Joshua Marshall	21		St Ives	1:10.93
	L 7	Lewis Perry	17		Watford SC	1:11.05
	L 8	Kai Patel	16		Thurrock	1:11.39
H-7	L 1	Dmitrijs Gracovs	17		DunmowAtlant	1:10.88
	L 2	Kameron Baker	15		Co Peterboro	1:10.61
	L 3	Stewart Butler	16		Dunstable	1:10.36
	L 4	Oliver Shayle	16		Co Cambridge	1:10.00
	L 5	George Little	18		Bedford SS	1:10.21
	L 6	Haiden Hall	16		Deben	1:10.39
	L 7	Dougie Parsons	18		Rochford	1:10.81
	L 8	Sebastian Reynolds	18		teamipswich	1:10.89
H-8	L 1	George Heather	16		Co Peterboro	1:09.70
	L 2	Edward Sun	16		Verulam	1:09.53
	L 3	Cillian O'Brien	18		Co Ely	1:09.39
	L 4	Seth Pollard-Lau	17		Watford SC	1:09.24
	L 5	Jeremy Godwin	17		Thurrock	1:09.30
	L 6	Adam Hazlewood	22		Putteridge	1:09.49
	L 7	Matthew Debenham	22		Stowmarket	1:09.66
	L 8	James Peters	15		Basildon Ph	1:09.90
H-9	L 1	Luke Payne	22		Hatfield	1:08.85
	L 2	Harvey Durham	18		Co Norwich	1:07.32
	L 3	Lewis Jarrett	20		Co Norwich	1:06.30
	L 4	James McGettigan	17		Thurrock	1:03.65
	L 5	Cub Maddison	20		Putteridge	1:05.42
	L 6	Lewis Chapman	25		Stowmarket	1:06.92
	L 7	Alexander Ball	19		Potters Bar	1:08.61
	L 8	Noah Bielby	16		Co Peterboro	1:09.10

H 10	L 1	Rafael Corliano	16		Co Cambridge	1:08.85
	L 2	Robert Elliston	20		Braintree	1:07.19
	L 3	Chun Ho Chan	17		Watford SC	1:06.24
	L 4	Charlie Rogers	19		Basildon Ph	1:03.50
	L 5	Charlie Ruddell	17		teamipswich	1:04.50
	L 6	George Prince	18		Putteridge	1:06.66
	L 7	Thomas Baxter	17		West Norfolk	1:07.77
	L 8	Matthew McLaughlin	33		Bishop Stort	1:08.98

H 11	L 1	Zak Walker	15		Thurrock	1:08.70
	L 2	Szymon Pierzecki	17		Witham Dolph	1:07.11
	L 3	Joshua Jones	17		West Norfolk	1:06.15
	L 4	Tyler Stone	16		Co Norwich	1:02.30
	L 5	Reece Burns	18		Chelmsford	1:03.88
	L 6	William Presland	21		Watford SC	1:06.53
	L 7	Maximus Atkin	17		Linslade	1:07.70
	L 8	Josh Reed	15		Co Norwich	1:08.90

Event 222 Female 200m Breaststroke

H-1	L 3	Myla Xia	15		Royston	2:58.85
	L 4	Chloe Lee	15		Basildon Ph	2:58.46
	L 5	Tali Froome	15		Harpenden	2:58.68

H-2	L 1	Ashleigh Fall	15		Diss Otters	2:58.05
	L 2	Emily Bridges	15		Co Peterboro	2:56.01
	L 3	Freya Hill	15		New Hall	2:55.10
	L 4	Amy Thomsit	16		Hemel Hemp	2:54.21
	L 5	Abi Perry	15		Dunstable	2:55.00
	L 6	Mimi Clinch	16		Co St Albans	2:55.31
	L 7	Poppy Ryan	15		Wisbech	2:56.26

H-3	L 1	Kiera Broad	18		Newmarket	2:52.52
	L 2	Chloe Sanders	17		Bishop Stort	2:51.70
	L 3	Holly Larbey	19		Biggleswade	2:51.09
	L 4	Hannah Lovelock	18		Hitchin	2:50.60
	L 5	Poppy Magill	18		Putteridge	2:50.70
	L 6	Mollie Bird	15		Colchester	2:51.17
	L 7	I Stratton-Thomsett	17		Chelmsford	2:52.27
	L 8	Genna Lee	15		DunmowAtlant	2:53.94

H-4	L 1	Elizabeth Feld	16		Chelmsford	2:49.45
	L 2	Jeslene Sandhu	15		Epping Fort	2:49.10
	L 3	Orlagh Quarrell	16		Watford SC	2:49.06
	L 4	Tyra Sajudeen	16		Co Cambridge	2:48.50
	L 5	Bethany Crawley	18		teamipswich	2:48.93
	L 6	Caitlin Stockwell	16		Co Cambridge	2:49.10
	L 7	Evie Greenhalf	16		Co Norwich	2:49.20
	L 8	Isabella Helliwell	15		Basildon Ph	2:49.50

H-5	L 1	Mia Gray	18		Norwich Swan	2:45.06
	L 2	Sophie Payne	24		Putteridge	2:40.80
	L 3	Isabella Porzio	22		Putteridge	2:37.96
	L 4	Ellen Eccleston	19		Co Norwich	2:34.20
	L 5	Sarah O'Brien	30		West Norfolk	2:37.38
	L 6	Charisse Harding	17		Norwich Swan	2:39.60
	L 7	Nina Allen	15		Newmarket	2:41.90
	L 8	Nicole Peddelt	16		teamipswich	2:48.00

H-6	L 1	Alice Watts	18		Co Cambridge	2:44.34
	L 2	Isla Stewart	16		Co Peterboro	2:40.66
	L 3	Summer Evason	17		Watford SC	2:37.76
	L 4	Georgina Hamilton	18		Co St Albans	2:34.20
	L 5	Rebecca Keetley	22		Co Cambridge	2:37.32
	L 6	Daisy-Mai Doel	15		Basildon Ph	2:39.50
	L 7	Isabel White	17		Biggleswade	2:41.32
	L 8	Amelia Murphy	19		Witham Dolph	2:47.50

H-7	L 1	Alexis Johnson	16		Co Peterboro	2:43.08
	L 2	Yan Ting Emily Pak	17		Co Cambridge	2:40.46
	L 3	Lexie O'Connor	19		Basildon Ph	2:37.70
	L 4	Caitlin Hartley	22		Hatfield	2:30.97
	L 5	Chloe Butler	22		Norwich Swan	2:34.68
	L 6	Jorja Atkinson	15		Co Cambridge	2:39.10
	L 7	Molly Greatbatch	16		Bishop Stort	2:41.04
	L 8	Devon O'Neil	16		Co Peterboro	2:46.64

Swim England East Region

2026 Long Course Championships

Session Three

Start List - Version 2

Event 223 Open/Male 100m Freestyle

H-1	L 3	Julian Aldred	16	S5	Co Cambridge	2:04.79
	L 4	Cameron Connelly	21	S8	Flitwick	1:18.71
	L 5	Jacob Dessoy	18	S8	Thurrock	1:24.85
H-2	L 1	Harry Arnold-Pepper	18	S9	Co Cambridge	1:07.91
	L 2	Jacob Sugden	15		New Hall	58.10
	L 3	Christian Ludwig	15		Basildon Ph	57.50
	L 4	Hughey Sullivan	16		DunmowAtlant	57.20
	L 5	Perrin Ma	15		Hatfield	57.26
	L 6	Chiu Ki Cheng	15		Co St Albans	57.79
	L 7	Corey Hare	20	S14	Deben	58.64
	L 8	Mark Evens	30	S14	Hitchin	1:10.18
H-3	L 1	Brandon Crees	15		New Hall	57.10
	L 2	Albert Crotty	15		Royston	57.01
	L 3	Ricards Korotkihs	15		teamipswich	56.90
	L 4	George Cawley	15		teamipswich	56.60
	L 5	Joseph Bagshaw	16		Stevenage	56.61
	L 6	Niccolo Camilotti	16		Hatfield	56.90
	L 7	Oliver Meier	16		Biggleswade	57.10
	L 8	Luca Baumslag-Grisi	16		Basildon Ph	57.13
H-4	L 1	Kai Patel	16		Thurrock	56.30
	L 2	Charlie Birdsall	16		Co Cambridge	56.30
	L 3	Mikhail Zharinov	16		Hitchin	56.21
	L 4	Jacob Schultz	15		Co Cambridge	55.69
	L 5	Frankie Francis	16		Harpenden	55.93
	L 6	Jacob Wild	15		Newmarket	56.27
	L 7	Otto Wathen	16		Co Norwich	56.30
	L 8	Angus Cheng	15		Co St Albans	56.54
H-5	L 1	Ethan Wallis	16		Norwich Swan	55.56
	L 2	Daniel Grimmer	20		West Norfolk	55.50
	L 3	Robert Addis	22		West Norfolk	55.48
	L 4	Oliver Baskerville	18		Hatfield	55.41
	L 5	George Pilcher	19		Co Peterboro	55.43
	L 6	Corben Gibson	16		Basildon Ph	55.50
	L 7	Alfie Page	17		Co Cambridge	55.50
	L 8	Oliver Fuller	16		Co Cambridge	55.61
H-6	L 1	Marcus King	18		Putteridge	55.30
	L 2	Kieran Ng	16		Co Peterboro	55.21
	L 3	Xavier Zerban	15		Biggleswade	55.20
	L 4	Billy Cyl	18		Hoddesdon	55.09
	L 5	George Heather	16		Co Peterboro	55.10
	L 6	Nonso Nwabueze	17		Basildon Ph	55.21
	L 7	Hugo Arthey	17		Deben	55.30
	L 8	Stewart Butler	16		Dunstable	55.40
H-7	L 1	Luke Morley	19		Hitchin	55.01
	L 2	Thomas Garnett	19		West Norfolk	55.00
	L 3	Rafael Corliano	16		Co Cambridge	54.97
	L 4	Alfie Murdoch	18		Rochford	54.80
	L 5	Finlay Roberts	17		Witham Dolph	54.90
	L 6	Zak Walker	15		Thurrock	55.00
	L 7	William Ward	17		Hoddesdon	55.00
	L 8	Alfie Bullock	18		Cheshunt	55.06
H-8	L 1	Frank Jacob	17		Co Cambridge	54.80
	L 2	Harry Phelan	17		Basildon Ph	54.76
	L 3	Lucas Dyson-Diaz	26		Hatfield	54.69
	L 4	Reece Burns	18		Chelmsford	54.61
	L 5	Oscar McKern	17		Verulam	54.64
	L 6	Cheuk-Kin Lau	16		Co St Albans	54.74
	L 7	Norbert Kadar	17		Co Cambridge	54.77
	L 8	Finlay Neve	18		Co Norwich	54.80
H-9	L 1	Roan Brennan	20	S10	Basildon Ph	54.60
	L 2	Naim Harvey	18		Basildon Ph	54.40
	L 3	Daniel De Filippo	17		Flitwick	54.40
	L 4	Ethan Knights	15		teamipswich	54.20
	L 5	Kian Lee	18		Co Peterboro	54.28
	L 6	Ivan Ijomoni	15		Thurrock	54.40
	L 7	Jude Staton	18		Co Peterboro	54.60
	L 8	Danylo Kravchenko	17		New Hall	54.60

H 10	L 1	Emilio Knock	21		Norwich Swan	54.20
	L 2	Kets Yah-Khai	17		Hatfield	54.01
	L 3	Jude Gunner	17	S14	Norwich Swan	53.85
	L 4	Daniel Belsey	18		Hatfield	53.50
	L 5	Haiden Hall	16		Deben	53.70
	L 6	Callum Cox	20		Co Norwich	54.00
	L 7	Elliot Hall	16		Bishop Stort	54.08
	L 8	Erik Enslin	20		Basildon Ph	54.20
H 11	L 1	Maxwell Hozier	17		Hoddesdon	52.77
	L 2	Frank Lamb	17		Co Peterboro	52.00
	L 3	Jack Abram	21		Co Norwich	51.40
	L 4	Evan McQuade	18		DunmowAtlant	50.91
	L 5	Samuel Rose	23		Norwich Swan	51.30
	L 6	Dylan Davenport	17		Bishop Stort	51.83
	L 7	Oscar Hunter	17		Norwich Swan	52.30
	L 8	Luke Burnard	17		Co St Albans	53.42
H 12	L 1	Ben Davison	21		Hatfield	52.66
	L 2	Adam O'Neal	18		Bedford SS	51.90
	L 3	Joshua Parker	17		Braintree	51.40
	L 4	Matthew Wright	28		Team Luton	50.40
	L 5	Archie Tebbutt	16		Colchester	51.10
	L 6	Ben Every	18		Co Norwich	51.70
	L 7	Tyler Stone	16		Co Norwich	52.30
	L 8	Benjamin Palmer	15		Bishop Stort	53.37
H 13	L 1	Nathan Birchenough	19		Norwich Swan	52.57
	L 2	Luke Tunstal	21		Co Peterboro	51.86
	L 3	Ronnie Edwards	18		Rochford	51.38
	L 4	Jacob Ray	19		Basildon Ph	49.99
	L 5	Alexander Volkovoy	21		Co Cambridge	50.99
	L 6	Freddie Gardner	20		Rochford	51.61
	L 7	Jack Pallant	22		Team Waveney	52.00
	L 8	Ellis McQuade	20		DunmowAtlant	52.84

Event 224 Female 50m Freestyle

H-1	L 3	Charlotte Ryan	26	S6	Runnymede	54.70
	L 4	Ida Corcoran	17	S9	Flitwick	36.56
	L 5	Jessica Gooden	16	S14	Co Cambridge	39.54
H-2	L 1	Florence Richbell	12	S12	Flitwick	36.30
	L 2	Imogen Brown	18	S14	Potters Bar	34.17
	L 3	Anna Regan	15		Bo Southend	29.00
	L 4	Amelia Garnham	15		teamipswich	28.90
	L 5	Senudi Ratnayake	15		Norwich Swan	28.98
	L 6	Esmail Smith	15		Wisbech	29.05
	L 7	Ava-Valentina Aspinell	14	S9	Chelmsford	34.90
H-3	L 1	Amelia Matthews	15		DunmowAtlant	28.80
	L 2	Rebecca Olaru	15		Chelmsford	28.80
	L 3	Charlotte Belcher	16		Bedford SS	28.70
	L 4	Lola Mitchinson	15		Thetford	28.70
	L 5	Ella Fanning	15		Flitwick	28.70
	L 6	Tehya Robertson	16		Co St Albans	28.72
	L 7	Orlagh Quarrell	16		Watford SC	28.80
	L 8	Florence Whittaker	16		Biggleswade	28.80
H-4	L 1	Maelys Jacquet	15		Deben	28.66
	L 2	Ayla Zolfaghari	15		Epping For't	28.60
	L 3	Matilda Stokes	15		Co Peterboro	28.60
	L 4	Efa Fuller	17		Colchester	28.60
	L 5	Meghan Howarth Owen	17		Chelmsford	28.60
	L 6	Amalie Bird	17		Colchester	28.60
	L 7	Alexandra Hurley	16		Co Cambridge	28.61
	L 8	Lilia Thorne	16		Ware	28.70
H-5	L 1	Erin Uttridge	17		teamipswich	28.57
	L 2	Aleksandra Czerwinska	17		Potters Bar	28.57
	L 3	Olivia Sheasby	18		Newmarket	28.50
	L 4	Emilia Cass	15		Bishop Stort	28.50
	L 5	Lyla Ffello	17		Co Norwich	28.50
	L 6	Elizabeth Pert	16		Norwich Swan	28.50
	L 7	Maggie Marshall	16		teamipswich	28.57
	L 8	Emily Turner	17		Harwich DP	28.60

Swim England East Region 2026 Long Course Championships Session Three Start List - Version 2

H-6	L 1	Summer Boswell	18	Hatfield	28.50
	L 2	Antonia Elias	17	Watford SC	28.50
	L 3	Charlotte Jenkinson	16	Co Peterboro	28.48
	L 4	Teah Gregory	18	Stevenage	28.40
	L 5	Lucy Peterson	17	Stevenage	28.44
	L 6	Anna Zapisetskaya	15	Co St Albans	28.49
	L 7	Mimi Clinch	16	Co St Albans	28.50
	L 8	Olivia Dsouza	16	Co Ely	28.50
H-7	L 1	Holly Shepherd	16	Canvey Isl	28.40
	L 2	Lily Steel	16	teamipswich	28.39
	L 3	Lauren Stott	24	Co St Albans	28.33
	L 4	Ruby Baxter	15	West Norfolk	28.30
	L 5	Freya May	16	Team Waveney	28.32
	L 6	Casey Cleaver	20	Co Norwich	28.37
	L 7	Hermione Harvey	15	Norwich Swan	28.40
	L 8	Caitlin Hartley	22	Hatfield	28.40
H-8	L 1	Beau Waterhouse	15	Newmarket	28.30
	L 2	Alicia Morton	17	Basildon Ph	28.20
	L 3	Catherine Mitchell	15	Co Norwich	28.20
	L 4	Ruby Chapman	20	Norwich Swan	28.11
	L 5	Anabelle Kett	17	Co Peterboro	28.18
	L 6	Niamh Chambers	17	DunmowAtlant	28.20
	L 7	Alice Watts	18	Co Cambridge	28.21
	L 8	Amelia Porzio	18	Putteridge	28.30
H-9	L 1	Sara Kelly	15	Colchester	28.10
	L 2	Sophie Wilson	16	Rochford	28.10
	L 3	Katie Holmes	42	Harwich DP	28.08
	L 4	Jorja Atkinson	15	Co Cambridge	28.07
	L 5	Yan Ting Emily Pak	17	Co Cambridge	28.07
	L 6	Annabelle Smith	16	Co Ely	28.10
	L 7	Ellie Catchpole	20	Leiston	28.10
	L 8	E Barth-Wehrenalp	16	Chelmsford	28.10
H 10	L 1	Leni Ward	16	Hitchin	28.00
	L 2	Olivia Mendham	18	DunmowAtlant	27.95
	L 3	Defne Ece Sakarya	15	Norwich Swan	27.90
	L 4	Lexie Sandiford	15	Putteridge	27.81
	L 5	Amy Thomsit	16	Hemel Hemp	27.86
	L 6	Isabella Da Silva	15	Basildon Ph	27.90
	L 7	Heidi King	15	Hemel Hemp	27.95
	L 8	Nina Allen	15	Newmarket	28.06
H 11	L 1	Honor Beverstock	17	Hatfield	27.80
	L 2	Erin Currie	18	Hatfield	27.70
	L 3	Erin Woodrow	19	West Norfolk	27.60
	L 4	Georgina Munday	22	Biggleswade	27.60
	L 5	Evie Greenhalf	16	Co Norwich	27.60
	L 6	Amy Boreham	20	Watford SC	27.67
	L 7	Imola Jozsa	20	Hatfield	27.70
	L 8	Gabriella Allchorne	18	Rochford	27.80
H 12	L 1	Anastasja Wall	16	Co Norwich	27.50
	L 2	Valentina Tinnirello	16	Potters Bar	27.49
	L 3	Genevieve White	18	Co Cambridge	27.39
	L 4	Nicole Maynard	17	Basildon Ph	27.30
	L 5	Chloe Armstrong	19	teamipswich	27.31
	L 6	Genna Lee	15	DunmowAtlant	27.40
	L 7	Kenzie Bradshaw	16	Hertford	27.50
	L 8	Emily Pitcher	18	Norwich Swan	27.55
H 13	L 1	Freya Cox	15	Norwich Swan	27.20
	L 2	Katie Jeffrey	22	Hatfield	27.00
	L 3	Katerina Di Maria	18	Co Norwich	26.68
	L 4	Naomi Rose Conday	16	Bishop Stort	26.00
	L 5	Emily-Grace Bentley	16	Basildon Ph	26.40
	L 6	Summer Evason	17	Watford SC	26.95
	L 7	Amelia Fenner	16	Basildon Ph	27.10
	L 8	Sophie Siong	21	Co Norwich	27.28

H 14	L 1	Bethany Rumsby	17	Norwich Swan	27.10
	L 2	Amerie Njawaya	16	Putteridge	27.00
	L 3	Tia Sammut	15	Bedford SS	26.50
	L 4	Grace Greenhalf	19	Co Norwich	26.00
	L 5	Edie Foster	15	Bishop Stort	26.40
	L 6	Kitty Lamb	15	Co Peterboro	26.90
	L 7	Olivia Bradford	15	West Norfolk	27.10
	L 8	Rebecca Coogan	18	Thurrock	27.20

H 15	L 1	Isabel Thomas	18	Newmarket	27.10
	L 2	Erin Barber	16	Norwich Swan	26.97
	L 3	Daisy Russell	18	DunmowAtlant	26.48
	L 4	Millie Harris	18	West Norfolk	25.50
	L 5	Jasmine Hall	16	Basildon Ph	26.40
	L 6	Sophie Palmer	17	Basildon Ph	26.70
	L 7	Olivia Greenall	17	Co Norwich	27.10
	L 8	Freya Hadnutt	18	Bishop Stort	27.20

Event 225 Open/Male 400m IM

H-1	L 3	Luke Toland	15	Flitwick	5:19.26
	L 4	Harry Rowson	15	Putteridge	5:18.24
	L 5	Heath Harrison	15	Stowmarket	5:18.50
H-2	L 1	Harvey Atkinson	16	Colchester	5:14.96
	L 2	Jacob Jenkins	16	Norwich Swan	5:11.83
	L 3	Hughey Sullivan	16	DunmowAtlant	5:09.33
	L 4	Sebastian Turculet	15	Hemel Hemp	5:06.03
	L 5	Chiu Ki Cheng	15	Co St Albans	5:06.38
	L 6	Oliver Butt	16	Deben	5:10.06
	L 7	Byron Miller	15	Colchester	5:12.32
H-3	L 1	Thomas Fenwick	15	Hatfield	5:05.14
	L 2	Lochlan Shaw	16	Flitwick	5:03.51
	L 3	Jed Millin	18	Stowmarket	5:01.90
	L 4	Jude Staton	18	Co Peterboro	5:00.48
	L 5	William Hughes	16	Chelmsford	5:01.00
	L 6	Joseph Subba	15	Co St Albans	5:02.32
	L 7	George Everett	17	West Suffolk	5:04.15
	L 8	Zachary Fraser	16	Co Peterboro	5:05.45
H-4	L 1	Oliver Fenwick	17	Hatfield	4:58.44
	L 2	Ashton Blake	17	Basildon Ph	4:55.10
	L 3	Alexander Pattison	16	West Norfolk	4:54.00
	L 4	Philip Spalding	16	Putteridge	4:51.02
	L 5	Kameron Baker	15	Co Peterboro	4:52.70
	L 6	Finlay German	17	Co Cambridge	4:54.71
	L 7	Zachary Piscopo	15	Co Peterboro	4:56.28
	L 8	Ivan Ijomoni	15	Thurrock	4:58.60
H-5	L 1	George Heather	16	Co Peterboro	4:50.00
	L 2	Joshua Jones	17	West Norfolk	4:48.22
	L 3	Luke Owens	16	Putteridge	4:47.02
	L 4	Jamie Wilson	17	West Norfolk	4:43.36
	L 5	Jacob Bacon	16	Co Peterboro	4:45.41
	L 6	Daniel Thompson	19	Thurrock	4:47.71
	L 7	Ben Howlett	19	Deben	4:49.93
	L 8	Janos Csepely	15	teamipswich	4:50.53
H-6	L 1	Daniel Moyses	20	Co Peterboro	4:40.84
	L 2	Kian Lee	18	Co Peterboro	4:40.28
	L 3	Tyler Stone	16	Co Norwich	4:35.22
	L 4	Frank Lamb	17	Co Peterboro	4:29.02
	L 5	Harrison Shaw	19	Flitwick	4:32.22
	L 6	Robert Fenner	18	Basildon Ph	4:36.60
	L 7	Csanad Rehus	17	Co Peterboro	4:40.78
	L 8	Lewis Jarrett	20	Co Norwich	4:41.00

Event 226 Female 800m Freestyle Team

H-1	L 1	Colchester A	14/16	Colchester	9:17.57
		Sydney Lewis			
		Sienna Connor			
		Sara Kelly			
		Summer Lewis			

L 2	Norwich Swan Freya Cox Hermoine Harvey Defne Sakarya Erin Barber	14/16	Norwich Swan	8:56.00
L 3	Basildon Ph Isabella Da Silva Amelia Fenner Summer Smith Jasmine Hall	14/16	Basildon Ph	8:27.50
L 4	Co St Albans Jasmine Scott Anna Zapisetskaya Charlotte Stewart Sofia Sacoto	14/16	Co St Albans	9:00.00
L 5	Co Peterboro A Elija Mickaite Sophia Aziz Poppy Cunningham Anna Mason	14/16	Co Peterboro	9:23.00
L 6	Norwich Swan Freya Cox Hermoine Harvey Defne Sakarya Erin Barber	17/OV	Norwich Swan	8:55.00
L 7	Basildon Ph Isabella Da Silva Amelia Fenner Summer Smith Jasmine Hall	17/OV	Basildon Ph	8:32.50
L 8	Watford SC Alice Weston Amy Boreham Antonia Elias Summer Evason	17/OV	Watford SC	8:55.00