

Start List

Event 311 Open/Male 200m Butterfly

H-1	L 1	Leon Jeggo	15	Halstead	2:34.07
	L 2	Heath Harrison	15	Stowmarket	2:32.00
	L 3	Kieran Bearman	15	DunmowAtlant	2:29.78
	L 4	Jack Riding	15	Thetford	2:26.83
	L 5	Kirill Ivanenco	15	West Norfolk	2:27.46
	L 6	Samuel Liddell	15	West Norfolk	2:31.80
	L 7	Kyren Williams	15	teamipswich	2:32.70
H-2	L 1	Benjamin Mellors	15	Verulam	2:25.87
	L 2	Chiu Ki Cheng	15	Co St Albans	2:24.87
	L 3	James Allberry	16	Stowmarket	2:23.21
	L 4	Kameron Baker	15	Co Peterboro	2:21.50
	L 5	Mykhailo Vasyliiev	16	Bedford SS	2:22.22
	L 6	Ivan Ijmoni	15	Thurrock	2:24.55
	L 7	Sebastian Turculet	15	Hemel Hemp	2:25.87
	L 8	Rocco Pugliese	15	Potters Bar	2:26.79
H-3	L 1	Csanad Rehus	17	Co Peterboro	2:18.70
	L 2	Philip Spalding	16	Putteridge	2:16.40
	L 3	Ethan Thorpe	17	Basildon Ph	2:12.80
	L 4	Harrison Shaw	19	Flitwick	2:06.52
	L 5	Ashton Blake	17	Basildon Ph	2:10.03
	L 6	Alexander Pattison	16	West Norfolk	2:14.70
	L 7	Daniel Meier	19	Biggleswade	2:17.29
	L 8	Daniel Grimmer	20	West Norfolk	2:19.81
H-4	L 1	Dmitrijs Gracovs	17	DunmowAtlant	2:18.38
	L 2	Billy Cyl	18	Hoddesdon	2:15.42
	L 3	Luke Owens	16	Putteridge	2:12.10
	L 4	Jack Pallant	22	Team Waveney	2:05.30
	L 5	Jamie Wilson	17	West Norfolk	2:09.20
	L 6	Oliver Fuller	16	Co Cambridge	2:14.32
	L 7	Finlay German	17	Co Cambridge	2:17.10
	L 8	Oliver Green	17	Co St Albans	2:19.61
H-5	L 1	Harry Cooper	18	Rochford	2:18.09
	L 2	Zachary Piscopo	15	Co Peterboro	2:15.20
	L 3	Marcus King	18	Putteridge	2:12.07
	L 4	Jacob Bacon	16	Co Peterboro	2:05.28
	L 5	Kian Lee	18	Co Peterboro	2:07.77
	L 6	Daniel Williams	18	Hatfield	2:13.80
	L 7	Harry Bird	17	Putteridge	2:17.10
	L 8	Dylan Nutt	27	DunmowAtlant	2:19.05

Event 312 Female 200m Backstroke

H-1	L 2	Sara Kelly	15	Colchester	2:35.00
	L 3	Eden Meanti	15	Putteridge	2:34.51
	L 4	Alison Loo	15	Watford SC	2:33.52
	L 5	Myla Xia	15	Royston	2:34.40
	L 6	Senudi Ratnayake	15	Norwich Swan	2:34.87
H-2	L 1	Devon O'Neil	16	Co Peterboro	2:32.90
	L 2	Rebecca Olaru	15	Chelmsford	2:31.84
	L 3	Rosie Wenn	18	Co St Albans	2:31.77
	L 4	Isla Staton	15	March	2:31.61
	L 5	Holly Larbey	19	Biggleswade	2:31.63
	L 6	Eliza Swanepoel	18	Epping For't	2:31.78
	L 7	Jessica Pugh	16	Norwich Swan	2:32.33
	L 8	Megan Randall	15	Royston	2:33.37
H-3	L 1	Amber Lyne	16	Co Cambridge	2:31.37
	L 2	Elizabeth Gore	15	Epping For't	2:31.00
	L 3	Lois Fields	15	Bishop Stort	2:30.60
	L 4	Imogen Bygrave	16	Co Cambridge	2:30.49
	L 5	Summer Boswell	18	Hatfield	2:30.49
	L 6	Libby Whiting	17	Putteridge	2:30.93
	L 7	Lola Mitchinson	15	Thetford	2:31.09
	L 8	Elizabeth Feld	16	Chelmsford	2:31.55

H-4	L 1	Daisy Jubb	16	Co St Albans	2:30.31
	L 2	Isabella Savage	17	Potters Bar	2:30.07
	L 3	Maia Thompson	18	Team Waveney	2:29.58
	L 4	Anna Zapisetskaya	15	Co St Albans	2:28.88
	L 5	Alexandra Hurley	16	Co Cambridge	2:29.46
	L 6	Lily Murrell	17	Norwich Swan	2:30.02
	L 7	Alice Robinson	17	Co Cambridge	2:30.18
	L 8	Ava Sims	15	Chelmsford	2:30.34
H-5	L 1	Charlotte Belcher	16	Bedford SS	2:28.34
	L 2	Isabelle King	16	Bishop Stort	2:28.08
	L 3	Peggy Cartmell	18	Flitwick	2:27.85
	L 4	Meghan Howarth Owen	17	Chelmsford	2:26.72
	L 5	Gabriella Meyer	17	Witham Dolph	2:27.20
	L 6	Yasmine Ollerenshaw	17	Flitwick	2:28.07
	L 7	Talia Williams	19	Tring	2:28.27
	L 8	Sophie Roberts	17	teamipswich	2:28.50
H-6	L 1	Amelia Saunders	18	Norwich Swan	2:25.78
	L 2	Matilda Stokes	15	Co Peterboro	2:24.78
	L 3	Chloe Armstrong	19	teamipswich	2:19.79
	L 4	Emily Pitcher	18	Norwich Swan	2:16.22
	L 5	Jessica Medlicott	19	Dunstable	2:17.79
	L 6	Camille Vannier	19	Hatfield	2:22.22
	L 7	Heidi King	15	Hemel Hemp	2:25.59
	L 8	Chloe Cranny	15	Epping For't	2:26.65
H-7	L 1	Orlagh Quarrell	16	Watford SC	2:25.61
	L 2	Mia Nelson	15	Cheshunt	2:23.88
	L 3	E Barth-Wehrenalp	16	Chelmsford	2:19.48
	L 4	Isobel Mather	19	Co Cambridge	2:13.90
	L 5	Grace Robinson	17	Norwich Swan	2:17.18
	L 6	Summer Smith	15	Basildon Ph	2:21.53
	L 7	Kitty Lamb	15	Co Peterboro	2:25.35
	L 8	Poppy Magill	18	Putteridge	2:26.53
H-8	L 1	Erin Woodrow	19	West Norfolk	2:25.61
	L 2	Sophie Holliss	18	Co St Albans	2:23.86
	L 3	Nicole Maynard	17	Basildon Ph	2:18.62
	L 4	Lois Smith	16	Basildon Ph	2:13.73
	L 5	Emma Cushion	16	Co Peterboro	2:16.93
	L 6	Sadie Hunter	18	Co Peterboro	2:21.23
	L 7	Lily Steel	16	teamipswich	2:25.10
	L 8	Charlie Duce	17	Bedford SS	2:26.29

Event 313 Open/Male 50m Backstroke

H-1	L 1	Julian Aldred	16	S5	Co Cambridge	58.91
	L 2	Albert Crotty	15		Royston	30.76
	L 3	Takomerwa Katandula	15		Co St Albans	30.67
	L 4	Kai Patel	16		Thurrock	30.30
	L 5	Donald Perrin	16		Co Norwich	30.34
	L 6	Byron Miller	15		Colchester	30.73
	L 7	Harry Vidal-Greenwood	15		West Suffolk	30.77
	L 8	Anton Klyaznik	16	S4	Co Cambridge	1:07.37
H-2	L 1	Joseph Bagshaw	16		Stevenage	30.20
	L 2	Hughey Sullivan	16		DunmowAtlant	30.05
	L 3	Zachary Fraser	16		Co Peterboro	29.94
	L 4	Kameron Baker	15		Co Peterboro	29.90
	L 5	Joseph Emms	15		Biggleswade	29.90
	L 6	Stewart Butler	16		Dunstable	30.00
	L 7	Isaac Bissell	15		Canvey Isl	30.10
	L 8	Michael Sayer	15		Co Norwich	30.23
H-3	L 1	James O'Toole	15		Co Norwich	29.80
	L 2	Harry Rowson	15		Putteridge	29.70
	L 3	Will Minister	16		Thurrock	29.62
	L 4	George Saunders	16		Co St Albans	29.57
	L 5	Oliver Butt	16		Deben	29.61
	L 6	Mikhail Zharinov	16		Hitchin	29.69
	L 7	Corben Gibson	16		Basildon Ph	29.70
	L 8	Theo Ryan	16		West Norfolk	29.80

Start List

H-4	L 1	Philip Spalding	16	Putteridge	29.48	H-3	L 1	Niamh Bunker	16	Flitwick	1:10.80
	L 2	William Rogers	16	Watford SC	29.26		L 2	Darcie Waller	16	Stevenage	1:10.68
	L 3	Thomas Baxter	17	West Norfolk	29.13		L 3	Isabella Da Silva	15	Basildon Ph	1:10.30
	L 4	Ricards Korotkihs	15	teamipswich	29.10		L 4	Mia Gray	18	Norwich Swan	1:09.10
	L 5	Thomas Fenwick	15	Hatfield	29.11		L 5	Megan Randall	15	Royston	1:09.50
	L 6	Benjamin Palmer	15	Bishop Stort	29.18		L 6	Lois Fields	15	Bishop Stort	1:10.50
	L 7	Alexander Pashley	15	Co Ely	29.28		L 7	Eva-May Bowie	15	Bedford SS	1:10.80
	L 8	Barlow Assenheim-Keith	15	Basildon Ph	29.50		L 8	Olivia Murphy	15	Deben	1:10.88
H-5	L 1	Isaac Buchan	17	Co Norwich	29.02	H-4	L 1	Amber Lyne	16	Co Cambridge	1:08.80
	L 2	Parker Brewster	17	Harpenden	29.00		L 2	Anudi Ratnayake	15	Norwich Swan	1:08.52
	L 3	Alexander Mordenti	17	Potters Bar	28.93		L 3	Lucy Jordan-Caws	23	Putteridge	1:08.40
	L 4	Jakub Cincio	15	Chelmsford	28.90		L 4	I Stratton-Thomsett	17	Chelmsford	1:08.30
	L 5	Norbert Kadar	17	Co Cambridge	28.90		L 5	Antonia Elias	17	Watford SC	1:08.32
	L 6	Hamish Harvey	17	Co Cambridge	28.93		L 6	Isabella Savage	17	Potters Bar	1:08.49
	L 7	Oliver Pike	19	Co Norwich	29.02		L 7	Louise Webster	19	Thurrock	1:08.70
	L 8	Oliver Warren	17	Norwich Swan	29.08		L 8	Anna Zapisetskaya	15	Co St Albans	1:08.90
H-6	L 1	Thomas Garnett	19	West Norfolk	28.81	H-5	L 1	Florence Whittaker	16	Biggleswade	1:08.10
	L 2	Nathan Yeaman	19	West Norfolk	28.70		L 2	Amber Flitton	17	Dunstable	1:07.86
	L 3	Maximus Atkin	17	Linslade	28.70		L 3	Bethany Rumsby	17	Norwich Swan	1:07.75
	L 4	Ryan Kelly	27	Chelmsford	28.52		L 4	Abigail Rogers	17	Basildon Ph	1:07.40
	L 5	William Leese	18	Co Cambridge	28.60		L 5	Claudia Barp	16	Co Cambridge	1:07.53
	L 6	Tyler Baxter	19	Mildenhall	28.70		L 6	Freya May	16	Team Waveney	1:07.79
	L 7	Xavier Zerban	15	Biggleswade	28.72		L 7	Teah Gregory	18	Stevenage	1:08.00
	L 8	Ben Hunwick	17	Tring	28.86		L 8	Amelia Porzio	18	Putteridge	1:08.20
H-7	L 1	Evan Larthe	17	Basildon Ph	28.50	H-6	L 1	Francesca Barber	17	Co Norwich	1:07.30
	L 2	Joe Hammond	19	Co Norwich	28.44		L 2	Ava Turner	17	Basildon Ph	1:07.10
	L 3	Isaac Mendham	15	DunmowAtlant	28.30		L 3	Kitty Lamb	15	Co Peterboro	1:06.80
	L 4	Matthew Brown	21	Stowmarket	28.25		L 4	Isla Stewart	16	Co Peterboro	1:06.50
	L 5	Dylan Davenport	17	Bishop Stort	28.29		L 5	Lily Mae Ware	16	Basildon Ph	1:06.80
	L 6	Archie Harris-Joy	16	Co Norwich	28.40		L 6	Matilda Stokes	15	Co Peterboro	1:06.87
	L 7	Ben Davison	21	Hatfield	28.44		L 7	Anastasija Wall	16	Co Norwich	1:07.30
	L 8	George Pilcher	19	Co Peterboro	28.50		L 8	Melike Dagdelen	17	Putteridge	1:07.37
H-8	L 1	Jude Staton	18	Co Peterboro	28.08	H-7	L 1	E Barth-Wehrenalp	16	Chelmsford	1:06.40
	L 2	Zak Fellows	17	Co St Albans	27.64		L 2	Amelia Saunders	18	Norwich Swan	1:06.30
	L 3	Oliver Baskerville	18	Hatfield	26.76		L 3	Ayla Zolfaghari	15	Epping For't	1:06.10
	L 4	Joshua Parker	17	Braintree	26.03		L 4	Emily Pitcher	18	Norwich Swan	1:05.77
	L 5	Ryan Close	18	Bedford SS	26.37		L 5	Olivia Bradford	15	West Norfolk	1:06.00
	L 6	Danylo Kravchenko	17	New Hall	27.02		L 6	Rebecca Coogan	18	Thurrock	1:06.20
	L 7	Kabir Patel	17	Potters Bar	28.05		L 7	Honor Beverstock	17	Hatfield	1:06.38
	L 8	Kieran Ng	16	Co Peterboro	28.24		L 8	Lily Murrell	17	Norwich Swan	1:06.46
H-9	L 1	Jan Beblot	17	Norwich Swan	28.07	H-8	L 1	Lexie Sandiford	15	Putteridge	1:05.40
	L 2	William East	18	Basildon Ph	27.20		L 2	Jessica Medicott	19	Dunstable	1:04.30
	L 3	Timon Chapman	24	Norwich Swan	26.60		L 3	Grace Robinson	17	Norwich Swan	1:03.70
	L 4	Jacob Ray	19	Basildon Ph	25.82		L 4	Amelia Fenner	16	Basildon Ph	1:01.30
	L 5	Freddie Gardner	20	Rochford	26.35		L 5	Summer Evason	17	Watford SC	1:03.00
	L 6	Harrison Shaw	19	Flitwick	27.00		L 6	Edie Foster	15	Bishop Stort	1:03.80
	L 7	Ethan Thorpe	17	Basildon Ph	28.00		L 7	Erin Barber	16	Norwich Swan	1:05.00
	L 8	Jacopo Agosti	15	Co Cambridge	28.20		L 8	Tia Sammut	15	Bedford SS	1:05.60
H 10	L 1	Dmitrijs Gracovs	17	DunmowAtlant	28.05	H-9	L 1	Jorja Atkinson	15	Co Cambridge	1:05.30
	L 2	Oliver Smith	19	Co Norwich	27.12		L 2	Genevieve White	18	Co Cambridge	1:04.11
	L 3	Marton Molnar	17	Co Cambridge	26.40		L 3	Alice Weston	20	Watford SC	1:03.62
	L 4	Oscar Winterburn	18	teamipswich	25.80		L 4	Olivia Greenall	17	Co Norwich	1:01.30
	L 5	Ronnie Edwards	18	Rochford	26.20		L 5	Sadie Hunter	18	Co Peterboro	1:02.74
	L 6	Erik Enslin	20	Basildon Ph	26.86		L 6	Sophie Palmer	17	Basildon Ph	1:03.80
	L 7	Nathan Birchenough	19	Norwich Swan	27.69		L 7	Poppy Magill	18	Putteridge	1:05.00
	L 8	Naim Harvey	18	Basildon Ph	28.09		L 8	Chloe Armstrong	19	teamipswich	1:05.57

Event 314 Female 100m Butterfly

H-1	L 3	Ida Corcoran	17	S9	Flitwick	1:40.04
	L 4	Layla Jennings	15		Halstead	1:12.00
	L 5	Imogen Brown	18	S14	Potters Bar	1:34.77
H-2	L 2	Isla Staton	15		March	1:11.70
	L 3	Sienna Connor	15		Colchester	1:11.40
	L 4	Defne Ece Sakarya	15		Norwich Swan	1:11.10
	L 5	Chloe Cranny	15		Epping For't	1:11.20
	L 6	Alice Wilson	15		New Hall	1:11.70
	L 7	Lola-Rose Curtin	15		Halesworth	1:11.74

H 10	L 1	Evie Greenhalf	16		Co Norwich	1:05.30
	L 2	Lauren Stott	24		Co St Albans	1:03.81
	L 3	Chloe Butler	22		Norwich Swan	1:03.51
	L 4	Millie Harris	18		West Norfolk	1:00.70
	L 5	Grace Greenhalf	19		Co Norwich	1:02.60
	L 6	Chloe Barnard	17		Basildon Ph	1:03.80
	L 7	Jasmine Scott	15		Co St Albans	1:04.81
	L 8	Amy Boreham	20		Watford SC	1:05.40

Event 315 Open/Male 400m Freestyle

H-1	L 1	Mark Evens	30	S14	Hitchin	5:32.30
	L 2	Rex Harrison	15		Stowmarket	4:32.95
	L 3	Jacob Schultz	15		Co Cambridge	4:27.42
	L 4	Jacob Wild	15		Newmarket	4:25.59
	L 5	Joseph Subba	15		Co St Albans	4:26.87
	L 6	Corey Hare	20	S14	Deben	4:31.63
	L 7	Heath Harrison	15		Stowmarket	4:34.03
	L 8	Jacob Dessoy	18	S8	Thurrock	6:15.30
H-2	L 1	Lochlan Shaw	16		Flitwick	4:25.33
	L 2	Kian Ptolomey	16		Putteridge	4:24.50
	L 3	Alfie Page	17		Co Cambridge	4:23.58
	L 4	Isaac Buchan	17		Co Norwich	4:23.20
	L 5	Oliver Meier	16		Biggleswade	4:23.24
	L 6	William Hughes	16		Chelmsford	4:24.30
	L 7	Christian Ludwig	15		Basildon Ph	4:24.60
	L 8	Thomas Fenwick	15		Hatfield	4:25.50
H-3	L 1	Oliver Fuller	16		Co Cambridge	4:22.05
	L 2	Tyler Stone	16		Co Norwich	4:21.10
	L 3	Ashton Blake	17		Basildon Ph	4:20.43
	L 4	Lucas Day	17		Rochford	4:19.52
	L 5	Jacopo Agosti	15		Co Cambridge	4:20.12
	L 6	Daniel De Filippo	17		Flitwick	4:20.60
	L 7	Jed Millin	18		Stowmarket	4:21.79
	L 8	Charlie Stott	17		Co St Albans	4:23.18
H-4	L 1	Ryan Wimpenny	16		Cheshunt	4:19.03
	L 2	Daniel Thompson	19		Thurrock	4:17.40
	L 3	Jacob Bacon	16		Co Peterboro	4:15.44
	L 4	Kian Lee	18		Co Peterboro	4:15.42
	L 5	Ethan Wallis	16		Norwich Swan	4:15.44
	L 6	Csanad Rehus	17		Co Peterboro	4:15.65
	L 7	Perrin Ma	15		Hatfield	4:18.40
	L 8	Xavier Zerban	15		Biggleswade	4:19.40
H-5	L 1	Benjamin Palmer	15		Bishop Stort	4:15.36
	L 2	Luke Owens	16		Putteridge	4:14.65
	L 3	George Carter	18		Co Cambridge	4:12.58
	L 4	Kets Yah-Khai	17		Hatfield	4:09.74
	L 5	Oliver Fenwick	17		Hatfield	4:12.40
	L 6	Daniel Moyses	20		Co Peterboro	4:14.38
	L 7	Jamie Wilson	17		West Norfolk	4:15.04
	L 8	Janos Csepely	15		teamipswich	4:15.40
H-6	L 1	Zak Fellows	17		Co St Albans	4:09.35
	L 2	Oscar Hunter	17		Norwich Swan	4:07.92
	L 3	Conor Mint	17		Basildon Ph	4:06.12
	L 4	Daniel Belsey	18		Hatfield	4:00.50
	L 5	Samuel Rose	23		Norwich Swan	4:04.77
	L 6	Robert Fenner	18		Basildon Ph	4:07.20
	L 7	Adam O'Neal	18		Bedford SS	4:08.30
	L 8	Ethan Knights	15		teamipswich	4:09.70