

3<sup>rd</sup> – 5<sup>th</sup> November 2023

**Meet Programme**

**Session 1 Friday 3<sup>rd</sup> November at 6:30 pm**

**EVENT 101 Female 800m Freestyle**

1.	Darcy Gladwell	15	teamipswich	10:04.30.....	20.	Meisha Trend-Evans	17	Bishop Stort	9:45.51.....
2.	Lucy Clarke	13	Chelmsford	10:03.70.....	21.	Aislin Foley-Wright	16	Basildon Ph	9:41.52.....
3.	Olivia Clarke	17	Chelmsford	10:02.43.....	22.	Romilly Marks	17	Newmarket	9:40.99.....
4.	Anabelle Kett	14	Co Peterboro	10:02.10.....	23.	Cailin Hehir	15	Watford SC	9:40.60.....
5.	Holly Enright	16	Watford SC	10:01.51.....	24.	Lily Hayward	15	Epping Fort	9:40.56.....
6.	Millie Richardson	17	Hatfield	10:00.30.....	25.	Camille Vannier	16	Hatfield	9:40.40.....
7.	Amelia Saunders	15	St Felix Sch	9:59.90.....	26.	Ruby Chapman	17	Norwich Swan	9:40.02.....
8.	Miriam Moukdad	17	Bishop Stort	9:59.66.....	27.	Ever Ives	14	Hatfield	9:36.60.....
9.	Hannah Lovelock	15	Hitchin	9:57.88.....	28.	Olivia Church	17	Thurrock	9:31.45.....
10.	Eveline Gaydon	14	Colchester	9:56.60.....	29.	Lisa Leinemann	16	Chelmsford	9:30.10.....
11.	Lily Farr	15	Flitwick	9:55.80.....	30.	Sadie Hunter	15	Co Peterboro	9:27.90.....
12.	Abigail Riches	15	Co Norwich	9:54.56.....	31.	Madelyn Latimer-Hicks	19	St Felix Sch	9:24.63.....
13.	Darcie Blatchly-Smith	14	St Felix Sch	9:54.16.....	32.	Jasmine Hall	13	Basildon Ph	9:21.50.....
14.	Gabriella Troman	14	teamipswich	9:53.70.....	33.	Alexa Mann	17	Chelmsford	9:19.90.....
15.	Charlie Duce	14	Modemian	9:53.50.....	34.	Annie McLeod	15	Putteridge	9:18.20.....
16.	Francesca Barber	14	Co Norwich	9:51.41.....	35.	Sophie Dowding	16	teamipswich	9:15.20.....
17.	Esmie Kidman	17	West Norfolk	9:50.10.....	36.	Talia Staines	21	Team Luton	9:13.00.....
18.	Ellie Barth-Wehrenalp	13	Basildon Ph	9:47.26.....	37.	Cait Cotter	16	Chelmsford	8:51.30.....
19.	Niamh O'Meara	17	Watford SC	9:46.91.....					

**EVENT 102 Open/Male 1500m Freestyle**

1.	Kieran Ng	13	Co Peterboro	18:09.59.....	11.	Thomas Ford	17	Basildon Ph	17:05.31.....
2.	Jack Friedlein	15	Maldon Shark	18:08.25.....	12.	Daniel Thompson	16	Thurrock	17:02.65.....
3.	Jacob Bacon	13	Co Peterboro	18:04.30.....	13.	George Hooper	16	Co St Albans	16:53.30.....
4.	B Macdonald-Williams	15	Bishop Stort	17:53.42.....	14.	Daniel Belsey	15	Hatfield	16:48.30.....
5.	Conor Mint	14	Basildon Ph	17:49.30.....	15.	Orlando Dearing	15	Co Peterboro	16:40.33.....
6.	Ben Every	15	St Felix Sch	17:42.82.....	16.	Patch Robinson	16	teamipswich	16:38.70.....
7.	Luke Martell	17	Watford SC	17:41.66.....	17.	Ryan Wall	16	Co Cambridge	16:33.00.....
8.	Lewis Archer	26	Halstead	17:40.85.....	18.	Daniel McGuinness	17	Basildon Ph	16:09.57.....
9.	Daniel Williams	15	Hatfield	17:35.72.....	19.	Daniel English	21	Hitchin	15:53.79.....
10.	Ben Howlett	16	teamipswich	17:33.00.....					

**Meet Programme**

**Session 2 Saturday 4<sup>th</sup> November at 8:45 am**

**EVENT 201 Open/Male 200m IM**

1.	Harry Arnold-Pepper	15	Co Cambridge	SM9	2:47.50.....	29.	Rafferty May	15	Watford SC	2:18.64.....
2.	Corey Hare	17	teamipswich	SM14	2:25.79.....	30.	Riley Hall	16	Co Cambridge	2:18.50.....
3.	Oliver Frame	18	Co Norwich		2:22.90.....	31.	Charlie McKinnon	16	St Felix Sch	2:18.35.....
4.	Oliver Pike	16	Co Norwich		2:22.63.....	32.	Samuel Jeffrey	16	Hatfield	2:17.90.....
5.	Evan McQuade	15	DunmowAtlant		2:22.60.....	33.	Jordan Catchpole	24	St Felix Sch	SM14 2:17.87.....
6.	Harrison Holmes	18	Team Waveney		2:22.49.....	34.	George Prince	15	Putteridge	2:17.50.....
7.	Daniel Thompson	16	Thurrock		2:22.02.....	35.	Timon Chapman	21	Norwich Swan	SM14 2:17.25.....
8.	Austin Harrop	17	Co Cambridge		2:22.01.....	36.	Orlando Dearing	15	Co Peterboro	2:17.13.....
9.	Daniel De Filippo	14	Flitwick		2:21.79.....	37.	Lewis Andrews	16	Norwich Swan	2:16.65.....
10.	Albert Orley	15	Braintree		2:21.65.....	38.	Max Arnold	17	Harlow Pen	2:16.62.....
11.	Henry Mann	15	Norwich Swan		2:21.50.....	39.	Joseph Wells	24	West Norfolk	2:16.57.....
12.	Reece Burns	15	Chelmsford		2:21.45.....	40.	Louis James	17	Co Norwich	2:16.07.....
13.	Louis Allen	15	Chelmsford		2:21.33.....	41.	Rufus Bennett	15	Co Peterboro	2:15.51.....
14.	Lewis Archer	26	Halstead		2:21.05.....	42.	Samuel Winslow	16	Co Cambridge	2:15.51.....
15.	Marton Molnar	14	Co Cambridge		2:20.96.....	43.	Ben Buckley	16	Co Norwich	2:15.50.....
16.	James McGettigan	14	Runnymede		2:20.79.....	44.	Daryl Rands	26	Colchester	2:15.12.....
17.	Jake Lloyd	28	Bishop Stort		2:20.72.....	45.	Oscar Winterburn	15	teamipswich	2:14.80.....
18.	Ewan Thompson	17	St Ives		2:20.42.....	46.	Sandijs Cecins	16	Colchester	2:13.71.....
19.	Gagan Singh	17	Co Peterboro		2:20.23.....	47.	Joshua Sackree	15	Co Peterboro	2:13.32.....
20.	Saxon Minto	15	Chelmsford		2:20.00.....	48.	Zak Troman	16	teamipswich	2:12.80.....
21.	Finlay Neve	15	Co Norwich		2:19.90.....	49.	Daniel McGuinness	17	Basildon Ph	2:09.85.....
22.	Kian Lee	15	Co Peterboro		2:19.90.....	50.	William Ellard	17	St Felix Sch	SM14 2:09.60.....
23.	Benjamin Taggart	16	Watford SC		2:19.85.....	51.	Freddie Laws	20	West Norfolk	2:09.30.....
24.	James Williamson	16	Co Cambridge		2:19.74.....	52.	Kai Adams	27	Halstead	2:07.76.....
25.	Ethan Thorpe	14	Basildon Ph		2:19.54.....	53.	Edward Ormsby	16	Co Cambridge	2:07.60.....
26.	Adam Hazlewood	19	Putteridge		2:19.08.....	54.	Myles Turner	23	West Suffolk	2:05.90.....
27.	Lucas Hartley	16	Hatfield		2:18.90.....	55.	Olivier Vedrenne	18	Co Norwich	2:03.90.....
28.	Daniel Kendall	17	Co Ely		2:18.77.....	56.	Nathan Wells	25	West Norfolk	2:02.60.....

**EVENT 202 Female 50m Backstroke**

1.	Claire Connon	38	Co Cambridge	S4	50.80.....	31.	O Wojcik-Jardzioch	17	Verulam	32.07.....
2.	Isabelle Talbot	16	Braintree		33.00.....	32.	Amy Boreham	17	Watford SC	32.01.....
3.	Amber Ridgeon	18	Leiston		32.98.....	33.	Ellie Barth-Wehrenalp	13	Basildon Ph	31.90.....
4.	Bethany Hamer	16	Linslade		32.97.....	34.	Summer Boswell	15	Hatfield	31.89.....
5.	Shahd Mohamed	16	Co Peterboro		32.90.....	35.	Lois Smith	13	Basildon Ph	31.86.....
6.	Tia Hill	17	Co Ely		32.86.....	36.	Alexandra Nurney	13	Hatfield	31.78.....
7.	Maia Thompson	15	Team Waveney		32.86.....	37.	Lucy Young	18	Biggleswade	31.73.....
8.	Hollie Heighes	15	Braintree		32.83.....	38.	Lily Steel	13	teamipswich	31.70.....
9.	Sophie Roberts	14	teamipswich		32.81.....	39.	Sophie Green	16	Hatfield	31.70.....
10.	Lucy Calver	15	Putteridge		32.79.....	40.	Erin Barber	13	Newmarket	31.60.....
11.	Megan Gray	16	Hatfield		32.78.....	41.	Olivia Greenall	14	Co Norwich	31.50.....
12.	Sophie O'Rorke	16	Chelmsford		32.78.....	42.	Adel Zakrzewski	20	Co Norwich	31.50.....
13.	Isabella Savage	14	Potters Bar		32.72.....	43.	Sophie Holliss	15	Co St Albans	31.47.....
14.	Natalie Taylor	16	St Felix Sch		32.69.....	44.	Georgina Munday	19	Co Norwich	31.45.....
15.	Olivia Lydon	18	Co Cambridge		32.68.....	45.	Chloe Linney	15	Halstead	31.40.....
16.	Imogen Duffen	17	Co Cambridge		32.67.....	46.	Adrija Raudonyte	15	Newmarket	31.40.....
17.	Eloise Conway	23	Halstead		32.64.....	47.	Chloe Armstrong	16	teamipswich	31.36.....
18.	Shannon Stubbs	19	Co Norwich		32.59.....	48.	Anouk Zecchini	17	Co Cambridge	31.35.....
19.	Keziah Cornish	17	Colchester		32.57.....	49.	Olivia Mendham	15	Chelmsford	31.32.....
20.	Amy Harper	16	Watford SC		32.51.....	50.	Tigerlily Donald	15	Co St Albans	31.28.....
21.	Verity Fuge	13	Co St Albans		32.50.....	51.	Danielle Rulton	25	Halstead	31.24.....
22.	Amelie Crabb	16	teamipswich		32.43.....	52.	Isabelle Cameron	16	Co Peterboro	31.23.....
23.	Alice Watts	15	Co Cambridge		32.41.....	53.	Nicole Maynard	14	Basildon Ph	31.20.....
24.	Elizabeth Swaby	14	Basildon Ph		32.40.....	54.	Alexa Mann	17	Chelmsford	31.13.....
25.	Ruby Chapman	17	Norwich Swan		32.29.....	55.	Emily Pitcher	15	Norwich Swan	31.12.....
26.	Phoebe Matthews	16	Hatfield		32.22.....	56.	Beth Young	17	teamipswich	31.11.....
27.	Jasmine Coleman	17	Norwich Swan		32.22.....	57.	Rebecca Johnson	18	DunmowAtlant	31.11.....
28.	Emilia Johnson	14	St Felix Sch		32.19.....	58.	Ellie King	23	Dunstable	31.00.....
29.	Emilia Rayner	14	Halstead		32.18.....	59.	Katerina Di Maria	15	Co Norwich	30.96.....
30.	Isabella Dolton	17	Tring		32.17.....	60.	Camille Vannier	16	Hatfield	30.85.....

**Meet Programme**

61.	Emily Lush	21	Hatfield	30.70.....	69.	Matilda Bogle	17	teamipswich	29.94.....
62.	Charlotte Williams	17	Hatfield	30.50.....	70.	Megan Donovan	16	Co Peterboro	29.77.....
63.	Charlotte Smith	16	Norwich Swan	30.10.....	71.	Niamh James	22	Bishop Stort	29.76.....
64.	Megan Maybanks	23	DunmowAtlant	30.10.....	72.	Isobel Mather	16	Co Cambridge	29.70.....
65.	Erin Currie	15	Hatfield	30.07.....	73.	Vanesa Cimermanova	15	Co Peterboro	29.40.....
66.	Ella Coombes	15	Basildon Ph	30.03.....	74.	Georgia Holgate	16	Co Cambridge	29.34.....
67.	Evangelina Pierce	16	Basildon Ph	30.00.....	75.	Hannah Willis	18	Co Peterboro	29.20.....
68.	Megan Pye	21	Co Norwich	30.00.....	76.	Amara Addison	16	Norwich Swan	28.48.....

**EVENT 203 Open/Male 50m Freestyle**

1.	Jacob Desso	15	Runnymede	S8	43.34.....	54.	Oliver Blight	17	Hatfield	25.39.....
2.	Oliver Shergold	25	Colchester P	S9	30.79.....	55.	Christopher Williamson	18	Co Cambridge	25.33.....
3.	Peter Winter	43	Newmarket	S10	30.53.....	56.	Finlay Neve	15	Co Norwich	25.30.....
4.	Corey Hare	17	teamipswich	S14	27.80.....	57.	James Williamson	16	Co Cambridge	25.30.....
5.	William Handley	21	Stowmarket		26.14.....	58.	Josh Martin	17	Co Peterboro	25.30.....
6.	Thomas Garnett	16	West Norfolk		26.13.....	59.	Thomas Liddiard	17	Ware	25.28.....
7.	James Baker	16	Chelmsford		26.13.....	60.	Nathan Birchenough	16	St Felix Sch	25.24.....
8.	Danylo Kravchenko	14	New Hall		26.10.....	61.	Daryl Rands	26	Colchester	25.21.....
9.	Harvey Durham	15	Co Norwich		26.10.....	62.	Ruben McLaughlin	19	Saffron Wald	25.20.....
10.	Nonso Nwabueze	14	Bo Southend		26.10.....	63.	Daniel Belsey	15	Hatfield	25.20.....
11.	Luke Morley	16	Hitchin		26.10.....	64.	Ethan Harris	19	Theford	25.20.....
12.	Samuel Chamberlain	14	West Suffolk		26.10.....	65.	Atikan To	17	Ware	25.20.....
13.	Ethan Thomson	15	teamipswich		26.07.....	66.	Sean Connolly	15	Epping For't	25.19.....
14.	Jude Gunner	14	St Felix Sch		26.06.....	67.	Alexander Kalverboer	17	Co St Albans	25.12.....
15.	Maxwell Hozier	14	Hoddesdon		26.06.....	68.	Dylan Davenport	14	Bishop Stort	25.10.....
16.	Nedas Tkacenko	17	West Norfolk		26.06.....	69.	Riley Hall	16	Co Cambridge	25.10.....
17.	Samuel Johnson	25	Halstead		26.05.....	70.	Hugo Raubitschek-Smith	15	Co St Albans	25.08.....
18.	Ryan Wall	16	Co Cambridge		26.00.....	71.	Oliver Davey	14	Co Ely	25.00.....
19.	Oliver Frame	18	Co Norwich		26.00.....	72.	Aaron Peacock	16	Theford	25.00.....
20.	Max Walters	14	Watford SC		26.00.....	73.	Billy Mead	18	Linslade	25.00.....
21.	Rufus Bennett	15	Co Peterboro		26.00.....	74.	Jamie Comitti	14	Basildon Ph	25.00.....
22.	Oliver Baskerville	15	Hatfield		26.00.....	75.	Zac Stacey	16	Hoddesdon	25.00.....
23.	Elliot Megginson	16	St Ives		26.00.....	76.	Matthew Brown	18	Stowmarket	24.92.....
24.	Archie Tebbutt	13	New Hall		25.96.....	77.	Janos Kadar	16	Co Cambridge	24.90.....
25.	Oscar Hunter	14	Norwich Swan		25.91.....	78.	Joseph Wells	24	West Norfolk	24.90.....
26.	Tobias Sinclair	18	Ware		25.90.....	79.	Freddie Gardner	17	Runnymede	24.90.....
27.	Joshua Needham	16	St Neot Swan		25.90.....	80.	Jude Gore	20	Linslade	24.90.....
28.	August Stephens	17	Newmarket		25.88.....	81.	Harrison Cox	16	DunmowAtlant	24.90.....
29.	Daniel Pryke	17	Deben		25.84.....	82.	Guy Semple	19	Co Cambridge	24.90.....
30.	Benedict Measures	18	Norwich Swan		25.82.....	83.	Lucas Hartley	16	Hatfield	24.90.....
31.	Austin Harrop	17	Co Cambridge		25.80.....	84.	Nathan Close	17	Modemian	24.90.....
32.	Antonio Girolami	18	Colchester		25.80.....	85.	Dominic McCarthy	21	Hoddesdon	24.86.....
33.	Ross De Wildt	15	Co Cambridge		25.80.....	86.	Jake Moore	17	Potters Bar	24.81.....
34.	Daniel Boboye	16	Thurrock		25.80.....	87.	Louis James	17	Co Norwich	24.80.....
35.	Lee Boka	15	Basildon Ph		25.80.....	88.	Luke Flynn	18	Watford SC	24.77.....
36.	Daniel De Filippo	14	Flitwick		25.80.....	89.	Jacob Ray	16	Basildon Ph	24.71.....
37.	Luke Payne	19	Hatfield		25.78.....	90.	Harry Hudson	18	Norfolk Vikg	24.70.....
38.	Luke Burnard	14	Co St Albans		25.74.....	91.	Lewis Chapman	22	Stowmarket	24.62.....
39.	Rhys Burrell	16	West Norfolk		25.70.....	92.	Finlay Ryan	24	West Norfolk	24.60.....
40.	Ethan Thorpe	14	Basildon Ph		25.70.....	93.	Evan McQuade	15	DunmowAtlant	24.60.....
41.	Rio Rogers	19	Basildon Ph	S14	25.66.....	94.	Daniel Chada	22	Bishop Stort	24.60.....
42.	Lloyd Battisson	18	Team Waveney		25.61.....	95.	Jake Thomas-Mansfield	23	West Suffolk	24.60.....
43.	Orlando Dearing	15	Co Peterboro		25.60.....	96.	Austin Lillywhite	20	Biggleswade	24.60.....
44.	Rafferty May	15	Watford SC		25.60.....	97.	Harrison Holmes	18	Team Waveney	24.50.....
45.	Robert Addis	19	West Norfolk		25.60.....	98.	Sam Mead	21	Linslade	24.50.....
46.	Jack Swindale	15	Co Peterboro		25.57.....	99.	Sebastian Newell	18	Co Peterboro	24.50.....
47.	James Renton	17	Potters Bar		25.51.....	100.	Henry Dean	17	Thurrock	24.49.....
48.	Oliver Pike	16	Co Norwich		25.50.....	101.	Callum Davis	23	Bishop Stort	24.45.....
49.	Roan Brennan	17	Basildon Ph	S10	25.50.....	102.	Ben Davison	18	Hatfield	24.41.....
50.	Daniel Kendall	17	Co Ely		25.50.....	103.	Kai Adams	27	Halstead	24.40.....
51.	Toby Martin	16	Harpenden		25.50.....	104.	Joshua Sackree	15	Co Peterboro	24.40.....
52.	Ryan Close	15	Modemian		25.49.....	105.	Finlay Arnup	16	Norwich Swan	24.40.....
53.	Joe Power	16	Basildon Ph		25.40.....	106.	Damon Elliott	19	DunmowAtlant	24.30.....

**Meet Programme**

107. Joshua Parker	14	Braintree	24.20.....	115. Jordan Catchpole	24	St Felix Sch	S14	23.70.....
108. Ethan Martin	18	Thurrock	24.15.....	116. Nathan Wells	25	West Norfolk		23.60.....
109. Joseph Bavey	18	Newmarket	24.11.....	117. Jacques Bonsell	24	Co Cambridge		23.50.....
110. Tobias Oglesby	19	West Norfolk	24.00.....	118. Sam Townsend	19	Biggleswade		23.30.....
111. Mason Allen	17	Basildon Ph	23.97.....	119. Jack Abram	18	Co Norwich		23.20.....
112. Ollie O'Connor	15	Putteridge	23.80.....	120. William Ellard	17	St Felix Sch	S14	22.70.....
113. Ashley Coombs	22	Bushey	23.70.....	121. Alex Mason	18	Potters Bar		22.58.....
114. Luka Page	17	West Suffolk	23.70.....	122. Maddox Roberts	17	Witham Dolph		22.50.....

**EVENT 204 Female 200m Butterfly**

1. Grace Mason	17	Bishop Stort	2:37.85.....	12. Lexie Goodman	16	Basildon Ph		2:29.23.....
2. Gabriella Troman	14	teamipswich	2:37.36.....	13. Annie McLeod	15	Putteridge		2:25.48.....
3. Mia Macklin	15	Braintree	2:36.13.....	14. Chloe Barnard	14	Basildon Ph		2:24.86.....
4. Antonia Elias	14	Hatfield	2:35.70.....	15. Amelia Fenner	13	Basildon Ph		2:24.70.....
5. Louise Webster	16	Thurrock	2:32.80.....	16. Florence Crowley	17	Co St Albans		2:24.24.....
6. Jasmine Coleman	17	Norwich Swan	2:32.68.....	17. Hannah Willis	18	Co Peterboro		2:23.20.....
7. Eloise Cole	15	Modernian	2:32.31.....	18. Sadie Hunter	15	Co Peterboro		2:22.10.....
8. Anouk Zecchini	17	Co Cambridge	2:31.96.....	19. Charlotte Smith	16	Norwich Swan		2:20.62.....
9. Poppy Magill	15	Putteridge	2:31.85.....	20. Georgia Holgate	16	Co Cambridge		2:17.43.....
10. Eleanor McLeod	15	Putteridge	2:31.66.....	21. Matilda Ransome	17	Co Cambridge		2:17.20.....
11. Lucy Clarke	13	Chelmsford	2:31.57.....	22. Skye Carter	16	Basildon Ph		2:16.80.....

**EVENT 205 Open/Male 200m Butterfly**

1. Billy Cyl	15	Ware	2:25.94.....	19. Daniel Clayton	17	teamipswich		2:16.61.....
2. Jacob Bacon	13	Co Peterboro	2:25.90.....	20. Jake Lloyd	28	Bishop Stort		2:16.25.....
3. Harvey Isle	18	West Norfolk	2:25.39.....	21. Jack Barnard	18	Watford SC		2:15.42.....
4. Harry Bird	14	Putteridge	2:24.31.....	22. Calin Bosianu	15	Watford SC		2:15.33.....
5. Marcus King	15	Putteridge	2:24.01.....	23. Kian Lee	15	Co Peterboro		2:14.30.....
6. Daniel Thompson	16	Thurrock	2:23.28.....	24. Rufus Bennett	15	Co Peterboro		2:12.80.....
7. Ashton Blake	14	Basildon Ph	2:22.99.....	25. Henry Dean	17	Thurrock		2:12.49.....
8. Dylan Nutt	24	DunmowAtlant	2:22.98.....	26. Sandijs Cecins	16	Colchester		2:12.07.....
9. Daniel Williams	15	Hatfield	2:22.91.....	27. Zak Troman	16	teamipswich		2:10.60.....
10. Corey Hare	17	teamipswich	S14 2:22.41.....	28. Jason Ho	17	Hatfield		2:09.59.....
11. Evan McQuade	15	DunmowAtlant	2:21.88.....	29. Daniel McGuinness	17	Basildon Ph		2:09.10.....
12. Archie Rann	16	Ware	2:21.82.....	30. Harrison Shaw	16	Flitwick		2:09.10.....
13. Jude Gunner	14	St Felix Sch	2:21.20.....	31. Nikita Charykin	17	Thurrock		2:07.80.....
14. Daniel Grimmer	17	West Norfolk	2:19.83.....	32. Jake Thomas-Mansfield	23	West Suffolk		2:05.38.....
15. Daniel Meier	16	Biggleswade	2:19.05.....	33. Matthew Aldred	18	Watford SC		2:05.14.....
16. Luca Gunawardena	20	Co Norwich	2:18.10.....	34. Matthew Wright	25	Team Luton		2:03.99.....
17. Joshua Ellis	17	Hatfield	2:17.06.....	35. James Woodward	23	Hatfield		1:56.91.....
18. Isaac Farrugia	16	Basildon Ph	2:16.93.....					

**EVENT 206 Female 100m Breaststroke**

1. Charlotte Ryan	23	Runnymede	SB5 2:55.02.....	21. Tessa Quayle	15	St Ives		1:17.69.....
2. Lily Herring	15	Norfolk Vikg	SB9 1:56.82.....	22. Jessica Sanford	18	Norwich Swan		1:17.66.....
3. Mwaba Mkwasa	18	Norwich Swan	SB8 1:47.01.....	23. Alice Green	16	Hatfield		1:17.34.....
4. Nicole Peddely	13	teamipswich	1:18.87.....	24. Shahd Mohamed	16	Co Peterboro		1:17.18.....
5. Anya Waterman	13	Colchester	1:18.86.....	25. Phoebe Howard	16	Norwich Swan		1:16.68.....
6. Rachael Carpenter	16	Ware	1:18.85.....	26. Louise Fiddes	22	Hatfield	SB14	1:16.30.....
7. Isabel White	14	Biggleswade	1:18.84.....	27. Niamh James	22	Bishop Stort		1:15.86.....
8. Hannah Lovelock	15	Hitchin	1:18.82.....	28. Georgina Hamilton	15	Co St Albans		1:15.80.....
9. Isabella Green	17	Co Norwich	1:18.57.....	29. Elizabeth Wright	16	West Suffolk		1:15.70.....
10. Imola Jozsa	17	Putteridge	1:18.46.....	30. Caitlin Richardson	18	Norwich Swan		1:15.53.....
11. Gigi Raubitschek-Smith	13	Co St Albans	1:18.45.....	31. Anna-Lucia Fenner	17	Basildon Ph		1:15.16.....
12. Amelia Murphy	16	Witham Dolph	1:18.39.....	32. Charliisse Harding	14	Norwich Swan		1:15.10.....
13. Sadie Rowe	16	Colchester	1:18.37.....	33. Isabella Porzio	19	Putteridge		1:14.71.....
14. Molly Grieve	18	Colchester	1:18.27.....	34. Lexie O'Connor	16	Basildon Ph		1:14.25.....
15. Tia Hill	17	Co Ely	1:18.15.....	35. Ellie Smith	15	Co Norwich		1:14.21.....
16. Holly Larbey	16	Biggleswade	1:18.14.....	36. Ellie-Rose Lyon	16	Co Norwich		1:14.10.....
17. Kiera Broad	15	West Suffolk	1:18.07.....	37. Chloe Butler	19	St Ives		1:14.09.....
18. Eloise Minto	12	Chelmsford	1:18.02.....	38. Yan Ting Emily Pak	14	Co Cambridge		1:14.03.....
19. Olivia Riley	17	Hatfield	1:17.79.....	39. Megan Gray	16	Hatfield		1:14.02.....
20. Caitlin McNicholas	18	Deben	1:17.75.....	40. Ellen Duffield	16	teamipswich		1:13.61.....

### Meet Programme

41.	Lauren Gore	17	Bishop Stort	1:13.56.....	50.	Sarah O'Brien	27	West Norfolk	1:11.79.....
42.	Ellen Eccleston	16	Co Norwich	1:13.50.....	51.	Katie Andrews	19	Norwich Swan	1:11.50.....
43.	Daisy Mixer	17	Norwich Swan	1:13.40.....	52.	Matilda Ransome	17	Co Cambridge	1:11.40.....
44.	Isabelle Cameron	16	Co Peterboro	1:13.23.....	53.	Sophie Payne	21	Putteridge	1:11.30.....
45.	Ella Greatbatch	15	Bishop Stort	1:13.14.....	54.	Jasmine Carter	14	Basildon Ph	1:10.58.....
46.	Mia Lowe	16	Basildon Ph	1:12.55.....	55.	Beth Young	17	teamipswich	1:10.00.....
47.	Lilly Davis	16	Co Peterboro	1:12.38.....	56.	Caitlin Hartley	19	Hatfield	1:09.40.....
48.	Rebecca Keetley	19	Co Cambridge	1:12.10.....	57.	Ashley Ransome	28	Hatfield	1:09.30.....
49.	Molly Lee	22	West Norfolk	1:11.90.....					

### EVENT 207 Open/Male 100m Breaststroke

1.	Peter Winter	43	Newmarket	SB9	1:34.42.....	43.	Ross De Wildt	15	Co Cambridge	1:09.61.....
2.	Harry Arnold-Pepper	15	Co Cambridge	SB8	1:24.40.....	44.	Jake Moore	17	Potters Bar	1:09.58.....
3.	Corey Hare	17	teamipswich	SB14	1:19.49.....	45.	Lucas Hartley	16	Hatfield	1:09.50.....
4.	Kian Lee	15	Co Peterboro		1:13.99.....	46.	Antonio Girolami	18	Colchester	1:09.49.....
5.	Harvey Durham	15	Co Norwich		1:13.97.....	47.	Cub Maddison	17	Harpenden	1:09.40.....
6.	Samuel Everett	16	West Suffolk		1:13.75.....	48.	George Lovelock	18	Hitchin	1:09.34.....
7.	Kieran Ng	13	Co Peterboro		1:13.67.....	49.	Adam Hazlewood	19	Putteridge	1:09.28.....
8.	Ethan May	18	Harlow Pen		1:13.52.....	50.	James Noble	21	Norwich Swan	1:09.25.....
9.	Joshua Needham	16	St Neot Swan		1:13.45.....	51.	Luke Payne	19	Hatfield	1:09.20.....
10.	Lazaros Giarenis	14	Co Norwich		1:13.44.....	52.	Louis James	17	Co Norwich	1:09.16.....
11.	Sean Diggins	17	Gt Yarmouth		1:13.38.....	53.	Samuel Winslow	16	Co Cambridge	1:09.14.....
12.	Maximus Atkin	14	Linslade		1:13.38.....	54.	Charlie McKinnon	16	St Felix Sch	1:09.10.....
13.	Jack Read	17	Runnymede		1:13.36.....	55.	William Presland	18	Bushey	1:09.09.....
14.	Harrison Cox	16	DunmowAtlant		1:13.28.....	56.	Matthew McLaughlin	30	DunmowAtlant	1:09.06.....
15.	George Jones	14	Harlow Pen		1:13.20.....	57.	Sam Mead	21	Linslade	1:08.96.....
16.	Max Thomas	17	Flitwick		1:13.18.....	58.	Joseph Burns	17	Chelmsford	1:08.90.....
17.	Rufus Bennett	15	Co Peterboro		1:13.17.....	59.	Daniel Boboye	16	Thurrock	1:08.86.....
18.	Oliver Solomon	17	Tring		1:13.04.....	60.	Judah Subba	16	Co St Albans	1:08.74.....
19.	Finlay Arnup	16	Norwich Swan		1:12.99.....	61.	Samuel Johnson	25	Halstead	1:08.24.....
20.	Samuel Howard	16	Hoddesdon		1:12.72.....	62.	Maddox Roberts	17	Witham Dolph	1:08.01.....
21.	Finley Pawle	21	Co Norwich		1:12.56.....	63.	Benjamin Taggart	16	Watford SC	1:07.96.....
22.	Austin Everitt	17	Norwich Swan		1:12.55.....	64.	Lewis Marston	21	Runnymede	1:07.62.....
23.	Jack Webb	15	Witham Dolph		1:12.48.....	65.	Josh Martin	17	Co Peterboro	1:07.60.....
24.	Henry Mann	15	Norwich Swan		1:12.30.....	66.	Reece Burns	15	Chelmsford	1:07.60.....
25.	Thomas Spelman	16	Stowmarket		1:12.07.....	67.	Oliver Blight	17	Hatfield	1:07.52.....
26.	Jeffrey Gill	16	Watford SC		1:12.05.....	68.	Daniel Holliss	17	Co St Albans	1:07.00.....
27.	Alexander Ball	16	Potters Bar		1:11.88.....	69.	Jack Renouf	17	Hoddesdon	1:07.00.....
28.	Chun Ho Chan	14	Watford SC		1:11.63.....	70.	Lewis Chapman	22	Stowmarket	1:06.61.....
29.	Szymon Pierzecki	14	Witham Dolph		1:11.58.....	71.	Joshua Sackree	15	Co Peterboro	1:06.49.....
30.	James McGettigan	14	Runnymede		1:11.48.....	72.	Austin Lillywhite	20	Biggleswade	1:06.45.....
31.	Austin Harrop	17	Co Cambridge		1:11.40.....	73.	Daryl Rands	26	Colchester	1:06.43.....
32.	Tyler Stone	13	Co Norwich		1:11.00.....	74.	Luke Flynn	18	Watford SC	1:06.42.....
33.	Finlay Neve	15	Co Norwich		1:10.97.....	75.	Dominic McCarthy	21	Hoddesdon	1:06.27.....
34.	Samuel Jeffrey	16	Hatfield		1:10.90.....	76.	Finlay Ryan	24	West Norfolk	1:06.17.....
35.	Timon Chapman	21	Norwich Swan	SB14	1:10.83.....	77.	Lewis Andrews	16	Norwich Swan	1:06.10.....
36.	Guy Semple	19	Co Cambridge		1:10.60.....	78.	Edward Ormsby	16	Co Cambridge	1:05.40.....
37.	Gagan Singh	17	Co Peterboro		1:10.43.....	79.	Saxon Minto	15	Chelmsford	1:04.80.....
38.	Rhys Burrell	16	West Norfolk		1:10.38.....	80.	Ben Buckley	16	Co Norwich	1:04.70.....
39.	Billy Mead	18	Linslade		1:09.93.....	81.	Freddie Laws	20	West Norfolk	1:03.24.....
40.	Charlie Ruddell	14	teamipswich		1:09.90.....	82.	Olivier Vedrenne	18	Co Norwich	1:00.70.....
41.	George Prince	15	Putteridge		1:09.80.....	83.	Lawrence Palmer	31	Putteridge	59.12.....
42.	Harrison Holmes	18	Team Waveney		1:09.72.....					

### EVENT 208 Female 100m IM

1.	Zoe Land	17	Gt Yarmouth	1:11.25.....	9.	Yan Ting Emily Pak	14	Co Cambridge	1:10.67.....
2.	Olivia Riley	17	Hatfield	1:11.09.....	10.	Anouk Zecchini	17	Co Cambridge	1:10.54.....
3.	Imola Jozsa	17	Putteridge	1:11.07.....	11.	Verity Fuge	13	Co St Albans	1:10.51.....
4.	Ruby Chapman	17	Norwich Swan	1:10.99.....	12.	Molly Lee	22	West Norfolk	1:10.49.....
5.	Adrija Raudonyte	15	Newmarket	1:10.97.....	13.	Elizabeth Wright	16	West Suffolk	1:10.41.....
6.	Chloe Armstrong	16	teamipswich	1:10.82.....	14.	Shahd Mohamed	16	Co Peterboro	1:10.41.....
7.	Isobel Mather	16	Co Cambridge	1:10.81.....	15.	Lauren Gore	17	Bishop Stort	1:09.92.....
8.	Sophie Holliss	15	Co St Albans	1:10.72.....	16.	Isabella Porzio	19	Putteridge	1:09.91.....



**Meet Programme**

17. Katie Jeffrey	19	Hatfield	1:09.86.....	34. Alexa Mann	17	Chelmsford	1:08.19.....
18. Caitlin Hartley	19	Hatfield	1:09.75.....	35. Megan Pye	21	Co Norwich	1:07.93.....
19. Kate Hopper	16	Berkhamsted	1:09.72.....	36. Amy Boreham	17	Watford SC	1:07.92.....
20. Tigerlily Donald	15	Co St Albans	1:09.72.....	37. Amara Addison	16	Norwich Swan	1:07.70.....
21. Alexandra Nurney	13	Hatfield	1:09.58.....	38. Georgina Munday	19	Co Norwich	1:07.57.....
22. Ellie Smith	15	Co Norwich	1:09.36.....	39. Ruby Greenhalf	18	Co Norwich	1:07.52.....
23. Clementine Lovell	14	teamipswich	1:09.27.....	40. Olivia Minett	15	Co Peterboro	1:07.29.....
24. Jasmine Hall	13	Basildon Ph	1:09.04.....	41. Jasmine Carter	14	Basildon Ph	1:07.04.....
25. Erin Currie	15	Hatfield	1:09.03.....	42. Abigail Crawley	18	teamipswich	1:07.03.....
26. Megan Donovan	16	Co Peterboro	1:08.95.....	43. Sarah O'Brien	27	West Norfolk	1:06.93.....
27. Lexie O'Connor	16	Basildon Ph	1:08.79.....	44. Isabelle Cameron	16	Co Peterboro	1:06.68.....
28. Ellen Duffield	16	teamipswich	1:08.69.....	45. Hannah Willis	18	Co Peterboro	1:06.58.....
29. Sophie Payne	21	Putteridge	1:08.66.....	46. Katie Andrews	19	Norwich Swan	1:06.07.....
30. Grace Robinson	14	St Felix Sch	1:08.59.....	47. Beth Young	17	teamipswich	1:05.41.....
31. Lilly Davis	16	Co Peterboro	1:08.49.....	48. Skye Carter	16	Basildon Ph	1:05.01.....
32. Daisy Mixer	17	Norwich Swan	1:08.42.....	49. Grace Greenhalf	16	Co Norwich	1:04.88.....
33. Rebecca Keetley	19	Co Cambridge	1:08.33.....	50. Charlotte Williams	17	Hatfield	1:04.41.....

**EVENT 209 Open/Male 400m Freestyle**

1. Jacob Desso	15	Runnymede	S8	7:17.90.....	22. Harrison Shaw	16	Flitwick	4:24.66.....
2. Corey Hare	17	teamipswich	S14	4:38.20.....	23. Hugo Raubitschek-Smith	15	Co St Albans	4:24.43.....
3. Rio Rogers	19	Basildon Ph	S14	4:30.00.....	24. Daniel Meier	16	Biggleswade	4:24.10.....
4. Adam O'Neal	15	Modernian		4:29.55.....	25. Nathan Birchenough	16	St Felix Sch	4:23.98.....
5. August Stephens	17	Newmarket		4:28.21.....	26. Billy Mead	18	Linslade	4:23.94.....
6. Jack Abram	18	Co Norwich		4:27.80.....	27. Isaac Farrugia	16	Basildon Ph	4:21.60.....
7. Thomas Spelman	16	Stowmarket		4:27.80.....	28. George Hooper	16	Co St Albans	4:20.73.....
8. George Lovelock	18	Hitchin		4:27.27.....	29. Kian Lee	15	Co Peterboro	4:19.80.....
9. Massimo Girolami	15	Colchester		4:27.14.....	30. Lloyd Battison	18	Team Waveney	4:19.11.....
10. Ethan Thomson	15	teamipswich		4:27.09.....	31. Thomas Ford	17	Basildon Ph	4:19.05.....
11. Oliver Smith	16	Basildon Ph		4:26.94.....	32. Daniel Clayton	17	teamipswich	4:16.10.....
12. Lewis Archer	26	Halstead		4:26.87.....	33. Sandijs Cecins	16	Colchester	4:15.40.....
13. Robert Fenner	15	Basildon Ph		4:26.85.....	34. Matthew Monie	18	Co Cambridge	4:14.83.....
14. Evan McQuade	15	DunmowAtlant		4:26.19.....	35. Jack Swindale	15	Co Peterboro	4:14.70.....
15. Daniel Thompson	16	Thurrock		4:26.00.....	36. Orlando Dearing	15	Co Peterboro	4:10.70.....
16. Conor Mint	14	Basildon Ph		4:25.99.....	37. Patch Robinson	16	teamipswich	4:09.90.....
17. B Macdonald-Williams	15	Bishop Stort		4:25.74.....	38. Daniel McGuinness	17	Basildon Ph	4:06.55.....
18. Jake Lloyd	28	Bishop Stort		4:25.60.....	39. Ryan Wall	16	Co Cambridge	4:06.20.....
19. Luke Martell	17	Watford SC		4:25.13.....	40. Daniel Belsey	15	Hatfield	4:06.07.....
20. Oscar Hunter	14	Norwich Swan		4:24.91.....	41. Daniel English	21	Hitchin	4:02.65.....
21. Cameron Jones	17	Modernian		4:24.79.....	42. Matthew Baker	17	West Suffolk	3:54.60.....

**Meet Programme**

**Session 3 Saturday 4<sup>th</sup> November at 12:45 pm**

**EVENT 301 Female 400m IM**

1.	Amelia Fenner	13	Basildon Ph	5:24.70.....	11.	Sadie Hunter	15	Co Peterboro	5:09.20.....
2.	Ever Ives	14	Hatfield	5:24.10.....	12.	Annie McLeod	15	Putteridge	5:08.70.....
3.	Romilly Marks	17	Newmarket	5:23.41.....	13.	Lilly Davis	16	Co Peterboro	5:08.59.....
4.	Lois Smith	13	Basildon Ph	5:23.00.....	14.	Jasmine Hall	13	Basildon Ph	5:07.80.....
5.	Molly Grieve	18	Colchester	5:22.50.....	15.	Hannah Willis	18	Co Peterboro	5:03.01.....
6.	Amelia Saunders	15	St Felix Sch	5:20.20.....	16.	Chloe Barnard	14	Basildon Ph	5:00.89.....
7.	Kate Hopper	16	Berkhamsted	5:19.72.....	17.	Lexie O'Connor	16	Basildon Ph	4:59.90.....
8.	Isabelle Cameron	16	Co Peterboro	5:19.17.....	18.	Matilda Ransome	17	Co Cambridge	4:54.79.....
9.	Gabriella Troman	14	teamipswich	5:18.69.....	19.	Cait Cotter	16	Chelmsford	4:51.40.....
10.	Olivia Minett	15	Co Peterboro	5:10.78.....	20.	Matilda Bogle	17	teamipswich	4:50.60.....

**EVENT 302 Open/Male 100m Backstroke**

1.	Peter Winter	43	Newmarket	S10	1:23.43.....	32.	Zak Fellows	14	Co St Albans	1:02.49.....	
2.	Oliver Shergold	25	Colchester P	S9	1:22.90.....	33.	Jude Gore	20	Linslade	1:02.38.....	
3.	Corey Hare	17	teamipswich	S14	1:07.60.....	34.	Rafferty May	15	Watford SC	1:01.90.....	
4.	Noah Mann	16	Newmarket		1:05.00.....	35.	Ethan Thorpe	14	Basildon Ph	1:01.88.....	
5.	Aaron Peacock	16	Thetford		1:04.87.....	36.	Jacob Hayes	16	Bishop Stort	1:01.85.....	
6.	Hayden Thornhill	17	Hoddesdon		1:04.85.....	37.	Oscar Winterburn	15	teamipswich	1:01.70.....	
7.	Oscar Hunter	14	Norwich Swan		1:04.84.....	38.	Louis Allen	15	Chelmsford	1:01.70.....	
8.	Jude Staton	15	March		1:04.80.....	39.	Oliver Frame	18	Co Norwich	1:01.60.....	
9.	Evan McQuade	15	DunmowAtlant		1:04.65.....	40.	Oliver Smith	16	Basildon Ph	1:01.33.....	
10.	Joe Hammond	16	Co Norwich		1:04.62.....	41.	Timon Chapman	21	Norwich Swan	S14	1:01.26.....
11.	James Clarke	15	Co Norwich		1:04.55.....	42.	Orlando Dearing	15	Co Peterboro	1:01.18.....	
12.	William Presland	18	Bushey		1:04.31.....	43.	Janos Kadar	16	Co Cambridge	1:01.09.....	
13.	Finley Blackman	16	Biggleswade		1:04.31.....	44.	Jacob Ray	16	Basildon Ph	1:01.06.....	
14.	Rufus Carr	15	St Felix Sch		1:03.90.....	45.	Sandijs Cecins	16	Colchester	1:00.70.....	
15.	Marton Molnar	14	Co Cambridge		1:03.70.....	46.	Lloyd Battison	18	Team Waveney	1:00.44.....	
16.	Jan Beblot	14	Norwich Swan		1:03.68.....	47.	Jack Eden	21	Co Norwich	1:00.43.....	
17.	Joshua Parker	14	Braintree		1:03.60.....	48.	Tobias Oglesby	19	West Norfolk	1:00.14.....	
18.	Travis Vlotman	14	Co Norwich		1:03.53.....	49.	Oliver Baskerville	15	Hatfield	1:00.10.....	
19.	Robert Fenner	15	Basildon Ph		1:03.51.....	50.	Ryan Wall	16	Co Cambridge	59.99.....	
20.	Albert Orley	15	Braintree		1:03.45.....	51.	Ryan Close	15	Modemian	59.55.....	
21.	Thomas Small	17	Norwich Swan		1:03.43.....	52.	Luke Flynn	18	Watford SC	59.40.....	
22.	Sean Connolly	15	Epping Fort		1:03.34.....	53.	Joseph McGillivray	18	Co Norwich	59.37.....	
23.	Freddie Gardner	17	Runnymede		1:03.18.....	54.	Nathaniel Mapley	17	Co St Albans	59.30.....	
24.	Samuel Jeffrey	16	Hatfield		1:03.16.....	55.	Maddox Roberts	17	Witham Dolph	59.10.....	
25.	Jack Osborne	16	Deben		1:03.15.....	56.	Jordan Catchpole	24	St Felix Sch	S14	58.65.....
26.	Cameron Jones	17	Modemian		1:03.06.....	57.	Ieuan Blackwell	19	Co Cambridge	58.58.....	
27.	Henry Dean	17	Thurrock		1:02.95.....	58.	Mason Allen	17	Basildon Ph	58.44.....	
28.	Ewan Thompson	17	St Ives		1:02.88.....	59.	Matthew Monie	18	Co Cambridge	58.37.....	
29.	Danylo Kravchenko	14	New Hall		1:02.82.....	60.	Nikita Charykin	17	Thurrock	58.17.....	
30.	Rufus Bennett	15	Co Peterboro		1:02.71.....	61.	Matthew Wright	25	Team Luton	57.25.....	
31.	Nathan Close	17	Modemian		1:02.50.....	62.	Nathan Wells	25	West Norfolk	55.60.....	

**EVENT 303 Female 100m Freestyle**

1.	Ida Corcoran	14	Flitwick	S9	1:25.52.....	16.	Phoebe Howard	16	Norwich Swan	1:01.52.....
2.	Mwaba Mkwasa	18	Norwich Swan	S8	1:23.83.....	17.	Millie Harris	15	West Norfolk	1:01.51.....
3.	Abigail Wickens	16	Flitwick	S8	1:18.00.....	18.	Adrija Raudonyte	15	Newmarket	1:01.48.....
4.	Lily Herring	15	Norfolk Vikg	S10	1:17.00.....	19.	Imola Jozsa	17	Putteridge	1:01.40.....
5.	Isabelle Talbot	16	Braintree		1:01.95.....	20.	Shahd Mohamed	16	Co Peterboro	1:01.38.....
6.	Alice Longman	16	Bishop Stort		1:01.95.....	21.	Daisy Russell	15	DunmowAtlant	1:01.31.....
7.	Tigerlily Donald	15	Co St Albans		1:01.84.....	22.	Genevieve White	15	Co Cambridge	1:01.30.....
8.	Erin Barber	13	Newmarket		1:01.79.....	23.	Jasmine Coleman	17	Norwich Swan	1:01.30.....
9.	Elizabeth Swaby	14	Basildon Ph		1:01.73.....	24.	Amelie Crabb	16	teamipswich	1:01.28.....
10.	Danielle Rulton	25	Halstead		1:01.72.....	25.	Erin Younger	16	Co St Albans	1:01.15.....
11.	Francesca Barber	14	Co Norwich		1:01.70.....	26.	Amelia Saunders	15	St Felix Sch	1:01.10.....
12.	Elizabeth Wright	16	West Suffolk		1:01.68.....	27.	Amy Boreham	17	Watford SC	1:01.06.....
13.	Weronika Mikolajewska	15	Co Peterboro		1:01.67.....	28.	Leah Harris	20	Norfolk Vikg	1:01.00.....
14.	Romilly Marks	17	Newmarket		1:01.64.....	29.	Ashley Ransome	28	Hatfield	1:00.91.....
15.	Imogen Duffen	17	Co Cambridge		1:01.63.....	30.	Olivia Greenall	14	Co Norwich	1:00.90.....

**Meet Programme**

31.	Ella Dawson	15	Chelmsford	1:00.90.....	54.	Lucy Young	18	Biggleswade	59.45.....
32.	Erin Uttridge	14	teamipswich	1:00.86.....	55.	Katie Andrews	19	Norwich Swan	59.42.....
33.	Chloe Butler	19	St Ives	1:00.79.....	56.	Jasmine Hall	13	Basildon Ph	59.42.....
34.	Cailin Hehir	15	Watford SC	1:00.71.....	57.	Emily Lush	21	Hatfield	59.20.....
35.	Lexie Goodman	16	Basildon Ph	1:00.63.....	58.	Olivia Minett	15	Co Peterboro	59.20.....
36.	Adel Zakrzewski	20	Co Norwich	1:00.60.....	59.	Hannah Willis	18	Co Peterboro	59.19.....
37.	Niamh James	22	Bishop Stort	1:00.50.....	60.	Emma Fields	17	Bishop Stort	59.16.....
38.	Ella Coombes	15	Basildon Ph	1:00.48.....	61.	Sophie Palmer	14	Basildon Ph	58.90.....
39.	Anna-Lucia Fenner	17	Basildon Ph	1:00.28.....	62.	Jessica-Jane Applegate	27	Co Norwich S14	58.90.....
40.	Louise Fiddes	22	Hatfield S14	1:00.20.....	63.	Eloise Cole	15	Modernian	58.90.....
41.	Ruby Chapman	17	Norwich Swan	1:00.20.....	64.	Grace Robinson	14	St Felix Sch	58.80.....
42.	Ever Ives	14	Hatfield	1:00.10.....	65.	Katerina Di Maria	15	Co Norwich	58.80.....
43.	Erin Currie	15	Hatfield	1:00.09.....	66.	Alexa Mann	17	Chelmsford	58.79.....
44.	Gabriela Gomez Pavon	16	Potters Bar	1:00.07.....	67.	Charlotte Williams	17	Hatfield	58.70.....
45.	Darcy Gladwell	15	teamipswich	1:00.00.....	68.	Rebecca Johnson	18	DunmowAtlant	58.69.....
46.	Natalie Taylor	16	St Felix Sch	59.90.....	69.	Ellen Duffield	16	teamipswich	58.30.....
47.	Isobel Mather	16	Co Cambridge	59.70.....	70.	Alexandra Nurney	13	Hatfield	58.20.....
48.	Ruby Greenhalf	18	Co Norwich	59.65.....	71.	Laura Burgess	17	Bishop Stort	57.92.....
49.	Jasmine Carter	14	Basildon Ph	59.54.....	72.	Francesca Baber	17	Co Cambridge	57.90.....
50.	Charlotte Smith	16	Norwich Swan	59.51.....	73.	Abigail Crawley	18	teamipswich	57.32.....
51.	Jessica Medicott	16	Dunstable	59.50.....	74.	Grace Greenhalf	16	Co Norwich	56.97.....
52.	Mia Lowe	16	Basildon Ph	59.50.....	75.	Skye Carter	16	Basildon Ph	54.30.....
53.	Beth Young	17	teamipswich	59.50.....					

**EVENT 304 Open/Male 200m Freestyle**

1.	Mark Evens	27	Hitchin S14	2:34.30.....	32.	Louis James	17	Co Norwich	2:01.70.....
2.	Corey Hare	17	teamipswich S14	2:13.76.....	33.	Janos Kadar	16	Co Cambridge	2:01.30.....
3.	Finlay Arnup	16	Norwich Swan	2:04.54.....	34.	Joshua Ellis	17	Hatfield	2:01.19.....
4.	Rio Rogers	19	Basildon Ph S14	2:04.37.....	35.	Zak Troman	16	teamipswich	2:01.11.....
5.	Hugo Raubitschek-Smith	15	Co St Albans	2:04.37.....	36.	Antonio Girolami	18	Colchester	2:00.99.....
6.	Robert Fenner	15	Basildon Ph	2:04.35.....	37.	Oscar Hunter	14	Norwich Swan	2:00.80.....
7.	Daniel Grimmer	17	West Norfolk	2:04.34.....	38.	Tobias Oglesby	19	West Norfolk	2:00.80.....
8.	Daniel Meier	16	Biggleswade	2:04.33.....	39.	Nathan Birchenough	16	St Felix Sch	2:00.59.....
9.	Harrison Holmes	18	Team Waveney	2:04.23.....	40.	Joshua Sackree	15	Co Peterboro	2:00.36.....
10.	Charlie McKinnon	16	St Felix Sch	2:04.19.....	41.	Ashley Coombs	22	Bushey	2:00.19.....
11.	August Stephens	17	Newmarket	2:04.11.....	42.	Jack Abram	18	Co Norwich	2:00.00.....
12.	Massimo Girolami	15	Colchester	2:04.10.....	43.	Lucas Hartley	16	Hatfield	1:59.93.....
13.	Oscar Winterburn	15	teamipswich	2:04.04.....	44.	Lloyd Battison	18	Team Waveney	1:59.85.....
14.	Luke Martell	17	Watford SC	2:03.48.....	45.	Damon Elliott	19	DunmowAtlant	1:59.77.....
15.	Cameron Jones	17	Modernian	2:03.31.....	46.	Oliver Blight	17	Hatfield	1:59.71.....
16.	Sebastian Newell	18	Co Peterboro	2:03.24.....	47.	Daniel Clayton	17	teamipswich	1:59.54.....
17.	Evan McQuade	15	DunmowAtlant	2:02.93.....	48.	Daniel McGuinness	17	Basildon Ph	1:59.11.....
18.	Jack Barnard	18	Watford SC	2:02.63.....	49.	Harrison Shaw	16	Flitwick	1:59.00.....
19.	Isaac Farrugia	16	Basildon Ph	2:02.61.....	50.	Jack Swindale	15	Co Peterboro	1:58.90.....
20.	Rufus Bennett	15	Co Peterboro	2:02.51.....	51.	Ben Davison	18	Hatfield	1:57.70.....
21.	Kian Lee	15	Co Peterboro	2:02.50.....	52.	Matthew Monie	18	Co Cambridge	1:57.59.....
22.	Ollie O'Connor	15	Putteridge	2:02.40.....	53.	Patch Robinson	16	teamipswich	1:57.50.....
23.	Ryan Close	15	Modernian	2:02.35.....	54.	Ryan Wall	16	Co Cambridge	1:57.10.....
24.	James Williamson	16	Co Cambridge	2:02.28.....	55.	Daniel Belsey	15	Hatfield	1:56.50.....
25.	Thomas Ford	17	Basildon Ph	2:02.24.....	56.	Orlando Dearing	15	Co Peterboro	1:56.20.....
26.	Josh Martin	17	Co Peterboro	2:02.24.....	57.	Kai Adams	27	Halstead	1:55.24.....
27.	Joe Power	16	Basildon Ph	2:02.08.....	58.	Max Arnold	17	Harlow Pen	1:55.10.....
28.	Timon Chapman	21	Norwich Swan S14	2:02.07.....	59.	Jordan Catchpole	24	St Felix Sch S14	1:53.40.....
29.	Daniel Kendall	17	Co Ely	2:01.76.....	60.	William Ellard	17	St Felix Sch S14	1:51.70.....
30.	Freddie Gardner	17	Runnymede	2:01.73.....	61.	Jacques Bonsell	24	Co Cambridge	1:49.70.....
31.	Daryl Rands	26	Colchester	2:01.71.....	62.	Matthew Baker	17	West Suffolk	1:48.65.....

**EVENT 305 Female 50m Butterfly**

1.	Poppy Magill	15	Putteridge	31.25.....	6.	Imogen Duffen	17	Co Cambridge	31.17.....
2.	Jasmine Scott	12	Co St Albans	31.22.....	7.	Mia Macklin	15	Braintree	31.13.....
3.	Alice Clark	18	West Suffolk	31.20.....	8.	Ciara McAuley	18	Saffron Wald	31.10.....
4.	Summer Boswell	15	Hatfield	31.20.....	9.	Josephine Reid	16	Berkhamsted	31.05.....
5.	Lucy Crocker	29	Stevenage	31.18.....	10.	Sophie Clark	19	Hitchin	31.04.....



**Meet Programme**

11.	Sadie Hunter	15	Co Peterboro	31.00.....	49.	Amy Boreham	17	Watford SC	29.74.....
12.	Lexie Goodman	16	Basildon Ph	30.97.....	50.	Sophie Palmer	14	Basildon Ph	29.60.....
13.	Genevieve White	15	Co Cambridge	30.90.....	51.	Shahd Mohamed	16	Co Peterboro	29.50.....
14.	Evie Thompson	18	Hitchin	30.90.....	52.	Rebecca Johnson	18	DunmowAtlant	29.33.....
15.	Evie Holmes	14	Linslade	30.90.....	53.	Ciara Taylor	18	St Ives	29.30.....
16.	Olivia Lydon	18	Co Cambridge	30.90.....	54.	Amara Addison	16	Norwich Swan	29.30.....
17.	Tanya Alexander	41	Team Waveney	30.89.....	55.	Ellie-Rose Lyon	16	Co Norwich	29.30.....
18.	Leonie Ammann	17	Co Cambridge	30.89.....	56.	Ella Coombes	15	Basildon Ph	29.23.....
19.	Rebecca Brown	16	West Suffolk	30.89.....	57.	Chloe Armstrong	16	teamipswich	29.20.....
20.	Melike Dagdelen	14	Putteridge	30.80.....	58.	Emily Lush	21	Hatfield	29.20.....
21.	Molly Burrows	14	Co Peterboro	30.80.....	59.	Megan Donovan	16	Co Peterboro	29.10.....
22.	Phoebe Howard	16	Norwich Swan	30.80.....	60.	Jasmine Carter	14	Basildon Ph	29.10.....
23.	Evie Greenhalf	13	Co Norwich	30.80.....	61.	Olivia Minett	15	Co Peterboro	29.10.....
24.	Anna-Lucia Fenner	17	Basildon Ph	30.73.....	62.	Ellie King	23	Dunstable	29.10.....
25.	Ella Dawson	15	Chelmsford	30.70.....	63.	Alexa Mann	17	Chelmsford	29.00.....
26.	Isabella Green	17	Co Norwich	30.70.....	64.	Beth Young	17	teamipswich	29.00.....
27.	Evelyn Clarke	15	Witham Dolph	30.69.....	65.	Jessica-Jane Applegate	27	Co Norwich S14	29.00.....
28.	Amelia Fenner	13	Basildon Ph	30.60.....	66.	Alexandra Nurney	13	Hatfield	29.00.....
29.	Amerie Njaway	13	Team Luton	30.50.....	67.	Anouk Zecchini	17	Co Cambridge	28.95.....
30.	Yasmine Ollerenshaw	14	Flitwick	30.50.....	68.	Katie Andrews	19	Norwich Swan	28.90.....
31.	Jessica Medlicott	16	Dunstable	30.40.....	69.	Olivia Greenall	14	Co Norwich	28.80.....
32.	Ayla Zolfaghari	12	Epping For't	30.36.....	70.	Verity Fuge	13	Co St Albans	28.80.....
33.	Isabelle Cameron	16	Co Peterboro	30.20.....	71.	Abigail Crawley	18	teamipswich	28.80.....
34.	Imola Jozsa	17	Putteridge	30.20.....	72.	Vanesa Cimermanova	15	Co Peterboro	28.80.....
35.	Katie Jeffrey	19	Hatfield	30.20.....	73.	Tigerlily Donald	15	Co St Albans	28.74.....
36.	Tia Hill	17	Co Ely	30.13.....	74.	Ruby Greenhalf	18	Co Norwich	28.60.....
37.	Katerina Di Maria	15	Co Norwich	30.10.....	75.	Emma Fields	17	Bishop Stort	28.40.....
38.	Francesca Baber	17	Co Cambridge	30.02.....	76.	Ashley Ransome	28	Hatfield	28.40.....
39.	Sophie Dowding	16	teamipswich	30.00.....	77.	Arabella Ward	17	Biggleswade	28.30.....
40.	Erin Currie	15	Hatfield	30.00.....	78.	Jessica Shaw	18	Co Peterboro	28.30.....
41.	Amelia Saunders	15	St Felix Sch	30.00.....	79.	Georgia Holgate	16	Co Cambridge	28.20.....
42.	Kate Hopper	16	Berkhamsted	30.00.....	80.	Millie Harris	15	West Norfolk	28.10.....
43.	Amelie Passam	17	Norwich Swan	29.90.....	81.	Grace Greenhalf	16	Co Norwich	28.10.....
44.	Sarah O'Brien	27	West Norfolk	29.90.....	82.	Megan Pye	21	Co Norwich	28.10.....
45.	Ellie Smith	15	Co Norwich	29.90.....	83.	Charlotte Smith	16	Norwich Swan	27.50.....
46.	Leah Harris	20	Norfolk Vikg	29.80.....	84.	Eloise Cole	15	Modemian	27.20.....
47.	Chloe Linney	15	Halstead	29.80.....	85.	Skye Carter	16	Basildon Ph	26.90.....
48.	Emily Pitcher	15	Norwich Swan	29.80.....					

**EVENT 306 Open/Male 50m Butterfly**

1.	Joshua Ellis	17	Hatfield	28.20.....	24.	Hugo Raubitschek-Smith	15	Co St Albans	27.74.....
2.	George Taylor	16	Bishop Stort	28.20.....	25.	Benedict Measures	18	Norwich Swan	27.73.....
3.	Elliot Megginson	16	St Ives	28.20.....	26.	Noah Mann	16	Newmarket	27.70.....
4.	Daniel Grimmer	17	West Norfolk	28.20.....	27.	Dylan Davenport	14	Bishop Stort	27.70.....
5.	Finlay Neve	15	Co Norwich	28.20.....	28.	Calin Bosianu	15	Watford SC	27.70.....
6.	Jack Osborne	16	Deben	28.14.....	29.	Jude Gunner	14	St Felix Sch	27.60.....
7.	Evan McQuade	15	DunmowAtlant	28.10.....	30.	Joseph McGillivray	18	Co Norwich	27.60.....
8.	Daniel Boboye	16	Thurrock	28.10.....	31.	Sean Connolly	15	Epping For't	27.60.....
9.	James Noble	21	Norwich Swan	28.09.....	32.	Jacob Ray	16	Basildon Ph	27.59.....
10.	Jeffrey Gill	16	Watford SC	28.02.....	33.	Ethan Martin	18	Thurrock	27.57.....
11.	Ben Davison	18	Hatfield	28.00.....	34.	Nathan Birchenough	16	St Felix Sch	27.56.....
12.	Luke Morley	16	Hitchin	28.00.....	35.	Jake Moore	17	Potters Bar	27.51.....
13.	Billy Cyl	15	Ware	28.00.....	36.	Daniel Kendall	17	Co Ely	27.50.....
14.	Oliver Blight	17	Hatfield	27.98.....	37.	Sam Mead	21	Linslade	27.50.....
15.	Saxon Minto	15	Chelmsford	27.97.....	38.	Joe Power	16	Basildon Ph	27.50.....
16.	Naim Harvey	15	Basildon Ph	27.90.....	39.	Josh Martin	17	Co Peterboro	27.41.....
17.	Ayobami Akindele	15	Thurrock	27.90.....	40.	Lazaros Giarenis	14	Co Norwich	27.40.....
18.	Daniel Clayton	17	teamipswich	27.90.....	41.	Ewan Thompson	17	St Ives	27.40.....
19.	Aaron Peacock	16	Theford	27.87.....	42.	Daniel Williams	15	Hatfield	27.40.....
20.	Orlando Dearing	15	Co Peterboro	27.80.....	43.	Zac Stacey	16	Hoddesdon	27.40.....
21.	Adam Hazlewood	19	Putteridge	27.80.....	44.	Lloyd Battison	18	Team Waveney	27.37.....
22.	Joshua Sackree	15	Co Peterboro	27.79.....	45.	Harrison Holmes	18	Team Waveney	27.30.....
23.	Harrison Cox	16	DunmowAtlant	27.76.....	46.	Jack Barnard	18	Watford SC	27.30.....

**Meet Programme**

47.	Rio Rogers	19	Basildon Ph	S14	27.30.....	72.	Ashley Coombs	22	Bushey	26.43.....
48.	Lewis Andrews	16	Norwich Swan		27.30.....	73.	Matthew Brown	18	Stowmarket	26.30.....
49.	Nathan Close	17	Modernian		27.30.....	74.	Christopher Williamson	18	Co Cambridge	26.30.....
50.	Luke Flynn	18	Watford SC		27.26.....	75.	Oliver Pike	16	Co Norwich	26.30.....
51.	Dylan Nutt	24	DunmowAtlant		27.20.....	76.	Damon Elliott	19	DunmowAtlant	26.29.....
52.	Dominic McCarthy	21	Hoddesdon		27.20.....	77.	Toby Martin	16	Harpenden	26.20.....
53.	Rhys Burrell	16	West Norfolk		27.20.....	78.	Jordan Catchpole	24	St Felix Sch	S14 26.18.....
54.	Lewis Marston	21	Runnymede		27.18.....	79.	Rufus Bennett	15	Co Peterboro	26.00.....
55.	Kian Lee	15	Co Peterboro		27.10.....	80.	Lewis Chapman	22	Stowmarket	25.84.....
56.	Billy Mead	18	Linslade		27.10.....	81.	Jack Abram	18	Co Norwich	25.60.....
57.	Daryl Rands	26	Colchester		27.10.....	82.	Luka Page	17	West Suffolk	25.50.....
58.	Harry Hudson	18	Norfolk Vikg		27.10.....	83.	Jake Thomas-Mansfield	23	West Suffolk	25.40.....
59.	August Stephens	17	Newmarket		27.00.....	84.	Callum Davis	23	Bishop Stort	25.20.....
60.	Joshua Needham	16	St Neot Swan		26.97.....	85.	Maddox Roberts	17	Witham Dolph	25.00.....
61.	Joseph Wells	24	West Norfolk		26.90.....	86.	Joseph Bavey	18	Newmarket	25.00.....
62.	Thomas Liddiard	17	Ware		26.80.....	87.	William Ellard	17	St Felix Sch	S14 25.00.....
63.	Robert Addis	19	West Norfolk		26.80.....	88.	Matthew Wright	25	Team Luton	24.90.....
64.	Ieuan Blackwell	19	Co Cambridge		26.70.....	89.	Alex Mason	18	Potters Bar	24.90.....
65.	Harrison Shaw	16	Flitwick		26.70.....	90.	Matthew Aldred	18	Watford SC	24.80.....
66.	Riley Hall	16	Co Cambridge		26.60.....	91.	Harry Jones	23	Co Norwich	24.70.....
67.	Danylo Kravchenko	14	New Hall		26.60.....	92.	James Woodward	23	Hatfield	24.32.....
68.	Louis James	17	Co Norwich		26.60.....	93.	Henry Dean	17	Thurrock	24.30.....
69.	Ollie O'Connor	15	Putteridge		26.50.....	94.	Sam Townsend	19	Biggleswade	23.80.....
70.	Tobias Oglesby	19	West Norfolk		26.50.....					
71.	Joshua Parker	14	Braintree		26.50.....					

**EVENT 307 Female 200m Backstroke**

1.	Erin Woodrow	16	West Norfolk	2:31.66.....	29.	Adrija Raudonyte	15	Newmarket	2:26.80.....
2.	Emilia Rayner	14	Halstead	2:31.56.....	30.	Sophie Holliss	15	Co St Albans	2:26.57.....
3.	Maia Thompson	15	Team Waveney	2:31.41.....	31.	Annie McLeod	15	Putteridge	2:25.63.....
4.	Olivia Lydon	18	Co Cambridge	2:31.39.....	32.	Nicole Maynard	14	Basildon Ph	2:25.47.....
5.	Chloe Staines	17	Witham Dolph	2:31.36.....	33.	Camille Vannier	16	Hatfield	2:25.33.....
6.	Summer Boswell	15	Hatfield	2:30.94.....	34.	Lucy Young	18	Biggleswade	2:25.19.....
7.	Niamh O'Meara	17	Watford SC	2:30.81.....	35.	Ellie Barth-Wehrenalp	13	Basildon Ph	2:24.53.....
8.	Lucy Clarke	13	Chelmsford	2:30.55.....	36.	Francesca Howell	15	Chelmsford	2:23.80.....
9.	Chloe Bellamy	16	West Norfolk	2:30.51.....	37.	Erin Barber	13	Newmarket	2:23.60.....
10.	Holly Larbey	16	Biggleswade	2:30.38.....	38.	Lois Smith	13	Basildon Ph	2:23.50.....
11.	Bethany Hamer	16	Linslade	2:30.10.....	39.	Emily Pitcher	15	Norwich Swan	2:23.50.....
12.	Sophie O'Rorke	16	Chelmsford	2:29.96.....	40.	Beth Young	17	teamipswich	2:23.42.....
13.	Olivia Mendham	15	Chelmsford	2:29.93.....	41.	Georgina Munday	19	Co Norwich	2:23.18.....
14.	Holly Enright	16	Watford SC	2:29.80.....	42.	Amy Harper	16	Watford SC	2:22.30.....
15.	Weronika Mikolajewska	15	Co Peterboro	2:29.50.....	43.	Amara Addison	16	Norwich Swan	2:20.27.....
16.	Natalie Taylor	16	St Felix Sch	2:29.36.....	44.	Charlotte Williams	17	Hatfield	2:19.83.....
17.	Lucy Calver	15	Putteridge	2:29.08.....	45.	Vanesa Cimermanova	15	Co Peterboro	2:19.80.....
18.	O Wojcik-Jardzioch	17	Verulam	2:29.05.....	46.	Grace Robinson	14	St Felix Sch	2:19.71.....
19.	Amelie Crabb	16	teamipswich	2:28.89.....	47.	Isobel Mather	16	Co Cambridge	2:19.70.....
20.	Emilia Johnson	14	St Felix Sch	2:28.76.....	48.	Ella Coombes	15	Basildon Ph	2:19.63.....
21.	Gabriella Troman	14	teamipswich	2:28.62.....	49.	Clementine Lovell	14	teamipswich	2:19.55.....
22.	Isabelle Talbot	16	Braintree	2:28.47.....	50.	Megan Pye	21	Co Norwich	2:19.40.....
23.	Sophie Green	16	Hatfield	2:28.20.....	51.	Hannah Willis	18	Co Peterboro	2:17.91.....
24.	Jasmine Coleman	17	Norwich Swan	2:28.17.....	52.	Megan Donovan	16	Co Peterboro	2:17.76.....
25.	Phoebe Matthews	16	Hatfield	2:27.70.....	53.	Evangeline Pierce	16	Basildon Ph	2:16.77.....
26.	Erin Currie	15	Hatfield	2:27.51.....	54.	Niamh James	22	Bishop Stort	2:14.33.....
27.	Adel Zakrzewski	20	Co Norwich	2:27.13.....	55.	Matilda Bogle	17	teamipswich	2:12.81.....
28.	Jessica Medlicott	16	Dunstable	2:27.08.....					

3<sup>rd</sup> – 5<sup>th</sup> November 2023

**Meet Programme**

**EVENT 308 Mixed 200m Freestyle Team**

1.	Flitwick	Open	Flitwick	1:49.80.....	8.	Co Peterboro A	Open	Co Peterboro	1:44.30.....
2.	Ware	Open	Ware	1:48.00.....	9.	Co Peterboro B	Open	Co Peterboro	1:44.30.....
3.	Co St Albans B	Open	Co St Albans	1:47.00.....	10.	Hatfield	Open	Hatfield	1:42.00.....
4.	Bishop Stort B	Open	Bishop Stort	1:46.50.....	11.	DunmowAtlant	Open	DunmowAtlant	1:42.00.....
5.	Co St Albans A	Open	Co St Albans	1:46.00.....	12.	Basildon Ph	Open	Basildon Ph	1:41.00.....
6.	Watford SC	Open	Watford SC	1:45.00.....	13.	Co Norwich	Open	Co Norwich	1:40.00.....
7.	Bishop Stort A	Open	Bishop Stort	1:44.50.....					

**EVENT 309 Female 1500m Freestyle – First Heat**

1.	Keira-Mae Ingram	16	Co St Albans	18:42.04.....	6.	Madelyn Latimer-Hicks	19	St Felix Sch	18:02.60.....
2.	Aislin Foley-Wright	16	Basildon Ph	18:30.08.....	7.	Alexa Mann	17	Chelmsford	17:46.77.....
3.	Lily Hayward	15	Epping For't	18:23.95.....	8.	Sophie Dowding	16	teamipswich	17:44.50.....
4.	Cailin Hehir	15	Watford SC	18:13.48.....	9.	Talia Staines	21	Team Luton	17:22.40.....
5.	Olivia Church	17	Thurrock	18:11.17.....	10.	Cait Cotter	16	Chelmsford	17:00.97.....

**Session 4 Saturday 4<sup>th</sup> November at 4:15 pm**

**EVENT 401 FINAL OF EVENT 201 Open/Male 200m IM**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 402 FINAL OF EVENT 202 Female 50m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 403 FINAL OF EVENT 203 Open/Male 50m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 404 FINAL OF EVENT 204 Female 200m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 405 FINAL OF EVENT 205 Open/Male 200m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 406 FINAL OF EVENT 206 Female 100m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 407 FINAL OF EVENT 207 Open/Male 100m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 408 FINAL OF EVENT 208 Female 100m IM**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 409 FINAL OF EVENT 302 Open/Male 100m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 410 FINAL OF EVENT 303 Female 100m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

3<sup>rd</sup> – 5<sup>th</sup> November 2023

**Meet Programme**

**EVENT 411 FINAL OF EVENT 304 Open/Male 200m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 412 FINAL OF EVENT 307 Female 200m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 413 FINAL OF EVENT 306 Open/Male 50m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 414 FINAL OF EVENT 305 Female 50m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 415 Female 1500m Freestyle – Final Heat**

**EVENT 416 Open/Male 200m Freestyle Team**

1.	Co Peterboro B	Open	Co Peterboro	1:46.00.....	8.	Co Peterboro A	Open	Co Peterboro	1:40.00.....
2.	Harpenden	Open	Harpenden	1:43.16.....	9.	Watford SC	Open	Watford SC	1:40.00.....
3.	Stowmarket	Open	Stowmarket	1:41.80.....	10.	Co St Albans	Open	Co St Albans	1:40.00.....
4.	Bishop Stort A	Open	Bishop Stort	1:41.50.....	11.	Basildon Ph	Open	Basildon Ph	1:39.00.....
5.	Ware	Open	Ware	1:41.00.....	12.	Co Norwich	Open	Co Norwich	1:36.00.....
6.	Linslade	Open	Linslade	1:40.00.....	13.	Hatfield	Open	Hatfield	1:36.00.....
7.	DunmowAtlant	Open	DunmowAtlant	1:40.00.....					

**EVENT 417 Female 200m Medley Team**

1.	Co St Albans	Open	Co St Albans	2:14.00.....	6.	Hatfield	Open	Hatfield	1:59.00.....
2.	Watford SC	Open	Watford SC	2:05.00.....	7.	Co Norwich	Open	Co Norwich	1:58.00.....
3.	DunmowAtlant	Open	DunmowAtlant	2:04.00.....	8.	Co Peterboro A	Open	Co Peterboro	1:57.00.....
4.	Bishop Stort	Open	Bishop Stort	2:01.00.....	9.	Basildon Ph	Open	Basildon Ph	1:55.00.....
5.	Co Peterboro B	Open	Co Peterboro	2:00.00.....					



**Meet Programme**

**Session 5 Sunday 5<sup>th</sup> November at 8:45 am**

**EVENT 501 Female 200m IM**

1.	Ida Corcoran	14	Flitwick	SM9	3:42.14.....	23.	Kate Hopper	16	Berkhamsted	2:29.40.....
2.	Abigail Wickens	16	Flitwick	SM8	3:25.70.....	24.	Madelyn Latimer-Hicks	19	St Felix Sch	2:29.38.....
3.	Mwaba Mkwasa	18	Norwich Swan	SM8	3:25.48.....	25.	Annie McLeod	15	Putteridge	2:29.26.....
4.	Holly Larbey	16	Biggleswade		2:33.87.....	26.	Alexandra Nurney	13	Hatfield	2:27.30.....
5.	Bethany Crawley	15	teamipswich		2:33.70.....	27.	Amy Boreham	17	Watford SC	2:26.80.....
6.	Shahd Mohamed	16	Co Peterboro		2:33.60.....	28.	Jessica Medlicott	16	Dunstable	2:26.00.....
7.	Imola Jozsa	17	Putteridge		2:33.55.....	29.	Grace Robinson	14	St Felix Sch	2:25.72.....
8.	Ella Dawson	15	Chelmsford		2:33.52.....	30.	Jasmine Hall	13	Basildon Ph	2:25.60.....
9.	Lois Smith	13	Basildon Ph		2:33.43.....	31.	Sophie Palmer	14	Basildon Ph	2:25.04.....
10.	Poppy Magill	15	Putteridge		2:33.17.....	32.	Olivia Minett	15	Co Peterboro	2:25.00.....
11.	Chloe Simpson	17	Watford SC		2:32.69.....	33.	Lexie O'Connor	16	Basildon Ph	2:24.86.....
12.	Isla Hamilton	15	Norwich Swan		2:32.50.....	34.	Lilly Davis	16	Co Peterboro	2:24.80.....
13.	Elizabeth Wright	16	West Suffolk		2:32.31.....	35.	Isabelle Cameron	16	Co Peterboro	2:24.80.....
14.	Georgina Hamilton	15	Co St Albans		2:31.74.....	36.	Charlotte Williams	17	Hatfield	2:23.20.....
15.	Sophie Holliss	15	Co St Albans		2:31.66.....	37.	Hannah Willis	18	Co Peterboro	2:23.04.....
16.	Isobel Mather	16	Co Cambridge		2:31.40.....	38.	Clementine Lovell	14	teamipswich	2:22.70.....
17.	Lisa Leinemann	16	Chelmsford		2:31.13.....	39.	Beth Young	17	teamipswich	2:22.61.....
18.	Sadie Hunter	15	Co Peterboro		2:31.04.....	40.	Niamh James	22	Bishop Stort	2:20.96.....
19.	Amelia Saunders	15	St Felix Sch		2:30.90.....	41.	Matilda Ransome	17	Co Cambridge	2:19.00.....
20.	Ellen Eccleston	16	Co Norwich		2:30.50.....	42.	Grace Greenhalf	16	Co Norwich	2:18.71.....
21.	Amy Harper	16	Watford SC		2:30.14.....	43.	Skye Carter	16	Basildon Ph	2:18.60.....
22.	Erin Currie	15	Hatfield		2:29.72.....					

**EVENT 502 Open/Male 50m Backstroke**

1.	Adam Hussain	15	Putteridge		30.50.....	37.	Jude Gore	20	Linslade	29.40.....
2.	William Murfitt	17	Biggleswade		30.46.....	38.	Evan McQuade	15	DunmowAtlant	29.39.....
3.	Leo Easter	16	Runnymede		30.39.....	39.	Freddie Gardner	17	Runnymede	29.38.....
4.	Harry Hudson	18	Norfolk Vikg		30.33.....	40.	Charlie Barrett	22	Co Norwich	29.36.....
5.	Oscar Hunter	14	Norwich Swan		30.31.....	41.	Alexander Kalverboer	17	Co St Albans	29.32.....
6.	Louis James	17	Co Norwich		30.31.....	42.	Ethan Thorpe	14	Basildon Ph	29.30.....
7.	Henry Mann	15	Norwich Swan		30.30.....	43.	Harrison Holmes	18	Team Waveney	29.25.....
8.	Theo Bari	15	Saffron Wald		30.30.....	44.	Albert Orley	15	Braintree	29.24.....
9.	Naim Harvey	15	Basildon Ph		30.30.....	45.	Archie Tebbutt	13	New Hall	29.23.....
10.	Hayden Thornhill	17	Hoddesdon		30.25.....	46.	Billy Knibb	18	Linslade	29.23.....
11.	Kian Lee	15	Co Peterboro		30.20.....	47.	Joe Hammond	16	Co Norwich	29.20.....
12.	Kabir Patel	14	Potters Bar		30.20.....	48.	Jake Moore	17	Potters Bar	29.05.....
13.	Joshua Hutchinson	16	Harlow Pen		30.17.....	49.	Louis Allen	15	Chelmsford	29.00.....
14.	Samuel Winslow	16	Co Cambridge		30.15.....	50.	Marton Molnar	14	Co Cambridge	28.96.....
15.	Robert Addis	19	West Norfolk		30.13.....	51.	Sean Connolly	15	Epping For't	28.95.....
16.	Harrison Cox	16	DunmowAtlant		30.13.....	52.	Oscar Winterburn	15	teamipswich	28.93.....
17.	Billy Mead	18	Linslade		30.10.....	53.	Ewan Thompson	17	St Ives	28.92.....
18.	Robert Fenner	15	Basildon Ph		30.10.....	54.	Rufus Bennett	15	Co Peterboro	28.92.....
19.	Jude Staton	15	March		30.04.....	55.	Oliver Smith	16	Basildon Ph	28.90.....
20.	Jan Beblot	14	Norwich Swan		30.00.....	56.	Thomas Small	17	Norwich Swan	28.90.....
21.	Daniel Pryke	17	Deben		30.00.....	57.	Orlando Dearing	15	Co Peterboro	28.89.....
22.	Gagan Singh	17	Co Peterboro		29.98.....	58.	Oliver Baskerville	15	Hatfield	28.80.....
23.	James Williamson	16	Co Cambridge		29.95.....	59.	Jacob Hayes	16	Bishop Stort	28.73.....
24.	Finley Blackman	16	Biggleswade		29.92.....	60.	Oliver Frame	18	Co Norwich	28.70.....
25.	James Baker	16	Chelmsford		29.90.....	61.	Danylo Kravchenko	14	New Hall	28.68.....
26.	Toby Martin	16	Harpenden		29.90.....	62.	Matthew Brown	18	Stowmarket	28.58.....
27.	James Renton	17	Potters Bar		29.90.....	63.	Harrison Shaw	16	Flitwick	28.49.....
28.	Benedict Measures	18	Norwich Swan		29.87.....	64.	Ryan Close	15	Modemian	28.43.....
29.	Aaron Peacock	16	Thetford		29.77.....	65.	Janos Kadar	16	Co Cambridge	28.42.....
30.	Jack Osborne	16	Deben		29.73.....	66.	Joshua Parker	14	Braintree	28.40.....
31.	William Presland	18	Bushey		29.70.....	67.	Nathan Close	17	Modemian	28.25.....
32.	Travis Vlotman	14	Co Norwich		29.70.....	68.	Lloyd Battisson	18	Team Waveney	28.16.....
33.	Cameron Jones	17	Modemian		29.63.....	69.	Jacob Ray	16	Basildon Ph	28.09.....
34.	Thomas Liddiard	17	Ware		29.56.....	70.	Jack Eden	21	Co Norwich	28.04.....
35.	Rufus Carr	15	St Felix Sch		29.55.....	71.	Ashley Coombs	22	Bushey	27.86.....
36.	Samuel Johnson	25	Halstead		29.43.....	72.	Ethan Martin	18	Thurrock	27.66.....

### Meet Programme

73.	Luke Flynn	18	Watford SC	27.61.....	80.	Jordan Catchpole	24	St Felix Sch	S14	26.74.....
74.	William Ellard	17	St Felix Sch	S14	27.60.....	81.	Mason Allen	17	Basildon Ph	26.47.....
75.	Ieuan Blackwell	19	Co Cambridge	27.43.....	82.	Alex Mason	18	Potters Bar	26.40.....	
76.	Matthew Monie	18	Co Cambridge	27.23.....	83.	Maddox Roberts	17	Witham Dolph	26.25.....	
77.	Joseph McGillivray	18	Co Norwich	27.17.....	84.	Nathan Wells	25	West Norfolk	25.80.....	
78.	Nathanial Mapley	17	Co St Albans	26.97.....						
79.	Tobias Oglesby	19	West Norfolk	26.80.....						

### EVENT 503 Female 50m Freestyle

1.	Charlotte Ryan	23	Runnymede	S6	54.11.....	54.	Olivia Greenall	14	Co Norwich	27.80.....
2.	Ida Corcoran	14	Flitwick	S9	39.60.....	55.	Phoebe Howard	16	Norwich Swan	27.80.....
3.	Claire Connon	38	Co Cambridge	S4	38.00.....	56.	Niamh James	22	Bishop Stort	27.80.....
4.	Abigail Wickens	16	Flitwick	S8	37.50.....	57.	Danielle Rulton	25	Halstead	27.72.....
5.	Mwaba Mkwasa	18	Norwich Swan	S8	36.40.....	58.	Chloe Linney	15	Halstead	27.70.....
6.	Lily Herring	15	Norfolk Vikg	S10	35.70.....	59.	Imola Jozsa	17	Putteridge	27.70.....
7.	Connie Ratley	15	Colchester	S9	31.31.....	60.	Ellie King	23	Dunstable	27.70.....
8.	Keziah Cornish	17	Colchester	28.60.....	61.	Anna-Lucia Fenner	17	Basildon Ph	27.70.....	
9.	Amelia Porzio	15	Putteridge	28.60.....	62.	Darcy Gladwell	15	teamipswich	27.70.....	
10.	Isabel Thomas	15	Newmarket	28.60.....	63.	Lexie O'Connor	16	Basildon Ph	27.70.....	
11.	Isabella Dolton	17	Tring	28.60.....	64.	Megan Maybanks	23	DunmowAtlant	27.65.....	
12.	Jasmine Coleman	17	Norwich Swan	28.60.....	65.	Emma Fields	17	Bishop Stort	27.65.....	
13.	Evelyn Clarke	15	Witham Dolph	28.53.....	66.	Sarah O'Brien	27	West Norfolk	27.60.....	
14.	Amelie Passam	17	Norwich Swan	28.53.....	67.	Ellie-Rose Lyon	16	Co Norwich	27.60.....	
15.	Sophie Holliss	15	Co St Albans	28.52.....	68.	Isobel Mather	16	Co Cambridge	27.60.....	
16.	Megan Jones	19	Flitwick	28.50.....	69.	Lucy Young	18	Biggleswade	27.50.....	
17.	Alice Green	16	Hatfield	28.50.....	70.	Ever Ives	14	Hatfield	27.50.....	
18.	Erin Woodrow	16	West Norfolk	28.50.....	71.	Katie Andrews	19	Norwich Swan	27.40.....	
19.	Elizabeth England	17	Stowmarket	28.50.....	72.	Vanesa Cimermanova	15	Co Peterboro	27.40.....	
20.	Emily Pitcher	15	Norwich Swan	28.50.....	73.	Connie Davies	17	Deben	27.33.....	
21.	Erin Younger	16	Co St Albans	28.49.....	74.	Imogen Duffen	17	Co Cambridge	27.32.....	
22.	Cailin Hehir	15	Watford SC	28.44.....	75.	Ruby Greenhalf	18	Co Norwich	27.30.....	
23.	Imogen Tang	16	Bishop Stort	28.40.....	76.	Natalie Taylor	16	St Felix Sch	27.30.....	
24.	Sophia Thomas	16	Norwich Swan	28.40.....	77.	Georgina Munday	19	Co Norwich	27.20.....	
25.	Elizabeth Wright	16	West Suffolk	28.40.....	78.	Arabella Ward	17	Biggleswade	27.20.....	
26.	Ellie Catchpole	17	Leiston	28.40.....	79.	Grace Robinson	14	St Felix Sch	27.20.....	
27.	Adrija Raudonyte	15	Newmarket	28.38.....	80.	Verity Fuge	13	Co St Albans	27.20.....	
28.	Lucy Crocker	29	Stevenage	28.34.....	81.	Mia Lowe	16	Basildon Ph	27.20.....	
29.	Chloe Armstrong	16	teamipswich	28.30.....	82.	Georgia Holgate	16	Co Cambridge	27.19.....	
30.	Bethany Hamer	16	Linslade	28.30.....	83.	Jasmine Carter	14	Basildon Ph	27.13.....	
31.	Sophie Stelmach	14	Stevenage	28.30.....	84.	Olivia Minett	15	Co Peterboro	27.10.....	
32.	Megan Donovan	16	Co Peterboro	28.30.....	85.	Erin Currie	15	Hatfield	27.09.....	
33.	Alice Longman	16	Bishop Stort	28.28.....	86.	Charlotte Smith	16	Norwich Swan	27.00.....	
34.	Nicole Maynard	14	Basildon Ph	28.22.....	87.	Alexandra Nurney	13	Hatfield	27.00.....	
35.	Amelie Crabb	16	teamipswich	28.22.....	88.	Alexa Mann	17	Chelmsford	27.00.....	
36.	Erin Barber	13	Newmarket	28.20.....	89.	Katerina Di Maria	15	Co Norwich	27.00.....	
37.	Katie Jeffrey	19	Hatfield	28.15.....	90.	Megan Pye	21	Co Norwich	26.80.....	
38.	Ruby Chapman	17	Norwich Swan	28.10.....	91.	Amara Addison	16	Norwich Swan	26.80.....	
39.	Isla Hamilton	15	Norwich Swan	28.10.....	92.	Jessica-Jane Applegate	27	Co Norwich	S14	26.80.....
40.	Ella Dawson	15	Chelmsford	28.10.....	93.	Rebecca Johnson	18	DunmowAtlant	26.71.....	
41.	Lisa Leinemann	16	Chelmsford	28.10.....	94.	Sophie Palmer	14	Basildon Ph	26.70.....	
42.	Adel Zakrzewski	20	Co Norwich	28.10.....	95.	Jessica Shaw	18	Co Peterboro	26.70.....	
43.	Gabriela Gomez Pavan	16	Potters Bar	28.00.....	96.	Laura Burgess	17	Bishop Stort	26.70.....	
44.	Daisy Russell	15	DunmowAtlant	28.00.....	97.	Charlotte Williams	17	Hatfield	26.70.....	
45.	Isabella Green	17	Co Norwich	27.90.....	98.	Ellen Duffield	16	teamipswich	26.65.....	
46.	Shahd Mohamed	16	Co Peterboro	27.90.....	99.	Emily Lush	21	Hatfield	26.60.....	
47.	Amelia Lewis	14	teamipswich	27.90.....	100.	Francesca Baber	17	Co Cambridge	26.60.....	
48.	Jessica Medlicott	16	Dunstable	27.90.....	101.	Matilda Bogle	17	teamipswich	26.50.....	
49.	Millie Harris	15	West Norfolk	27.90.....	102.	Eloise Cole	15	Modemian	26.30.....	
50.	Megan Gray	16	Hatfield	27.88.....	103.	Grace Greenhalf	16	Co Norwich	26.30.....	
51.	Ella Coombes	15	Basildon Ph	27.85.....	104.	Abigail Crawley	18	teamipswich	26.28.....	
52.	Beth Young	17	teamipswich	27.84.....	105.	Skye Carter	16	Basildon Ph	24.30.....	
53.	Tigerily Donald	15	Co St Albans	27.82.....						

### EVENT 504 Open/Male 200m Breaststroke

1.	Austin Harrop	17	Co Cambridge	2:40.93.....	27.	Luke Payne	19	Hatfield	2:32.76.....
2.	Oliver Fuller	13	Co Ely	2:40.78.....	28.	Samuel Johnson	25	Halstead	2:32.52.....
3.	Robert Elliston	17	Braintree	2:40.76.....	29.	Zak Troman	16	teamipswich	2:31.66.....
4.	Finlay Neve	15	Co Norwich	2:40.70.....	30.	James Noble	21	Norwich Swan	2:31.20.....
5.	Cillian O'Brien	15	Co Ely	2:40.66.....	31.	Samuel Winslow	16	Co Cambridge	2:30.69.....
6.	Thomas Deaton	17	Newmarket	2:40.62.....	32.	Lucas Hartley	16	Hatfield	2:30.50.....
7.	Samuel Howard	16	Hoddesdon	2:40.26.....	33.	Jack Renouf	17	Hoddesdon	2:30.30.....
8.	Daniel De Filippo	14	Flitwick	2:39.90.....	34.	Oliver Blight	17	Hatfield	2:29.32.....
9.	Max Thomas	17	Flitwick	2:39.70.....	35.	Ross De Wildt	15	Co Cambridge	2:29.30.....
10.	Thomas Spelman	16	Stowmarket	2:39.31.....	36.	Charlie Ruddell	14	teamipswich	2:28.90.....
11.	James McGettigan	14	Runnymede	2:39.23.....	37.	Charlie McKinnon	16	St Felix Sch	2:28.01.....
12.	George Little	15	Modemian	2:38.85.....	38.	Saxon Minto	15	Chelmsford	2:27.80.....
13.	Henry Mann	15	Norwich Swan	2:38.80.....	39.	Daryl Rands	26	Colchester	2:27.68.....
14.	Alexander Ball	16	Potters Bar	2:38.40.....	40.	George Prince	15	Putteridge	2:27.60.....
15.	Sandijns Cecins	16	Colchester	2:38.03.....	41.	Benjamin Taggart	16	Watford SC	2:26.84.....
16.	Daniel Boboye	16	Thurrock	2:37.50.....	42.	Lewis Andrews	16	Norwich Swan	2:26.80.....
17.	Matthew McLaughlin	30	DunmowAtlant	2:37.37.....	43.	Reece Burns	15	Chelmsford	2:26.50.....
18.	David Badcock	17	Bishop Stort	2:36.52.....	44.	Josh Martin	17	Co Peterboro	2:26.26.....
19.	Szymon Pierzecki	14	Witham Dolph	2:36.14.....	45.	Joshua Sackree	15	Co Peterboro	2:25.44.....
20.	Tyler Stone	13	Co Norwich	2:34.80.....	46.	Edward Ormsby	16	Co Cambridge	2:24.00.....
21.	Gagan Singh	17	Co Peterboro	2:34.68.....	47.	Daniel Holliss	17	Co St Albans	2:23.90.....
22.	Rhys Burrell	16	West Norfolk	2:33.80.....	48.	Ben Buckley	16	Co Norwich	2:20.90.....
23.	George Lovelock	18	Hitchin	2:33.33.....	49.	Lawrence Palmer	31	Putteridge	2:17.30.....
24.	Antonio Girolami	18	Colchester	2:33.23.....	50.	Freddie Laws	20	West Norfolk	2:15.10.....
25.	Adam Hazlewood	19	Putteridge	2:33.13.....	51.	Olivier Vedrenne	18	Co Norwich	2:11.90.....
26.	Samuel Jeffrey	16	Hatfield	2:32.83.....					

### EVENT 505 Female 200m Breaststroke

1.	Sadie Rowe	16	Colchester	2:52.94.....	20.	Georgina Hamilton	15	Co St Albans	2:42.47.....
2.	Miriam Moukdad	17	Bishop Stort	2:52.78.....	21.	Megan Gray	16	Hatfield	2:42.13.....
3.	Tia Hill	17	Co Ely	2:52.55.....	22.	Ellie Smith	15	Co Norwich	2:41.96.....
4.	Chloe Simpson	17	Watford SC	2:52.38.....	23.	Ellen Eccleston	16	Co Norwich	2:40.90.....
5.	Bethany Crawley	15	teamipswich	2:52.30.....	24.	Clementine Lovell	14	teamipswich	2:39.50.....
6.	Caitlin McNicholas	18	Deben	2:52.30.....	25.	Chloe Butler	19	St Ives	2:39.40.....
7.	Amelia Murphy	16	Witham Dolph	2:51.96.....	26.	Charlisse Harding	14	Norwich Swan	2:38.80.....
8.	S Harrison-Mirauer	16	Co St Albans	2:51.75.....	27.	Lilly Davis	16	Co Peterboro	2:38.40.....
9.	Isabel White	14	Biggleswade	2:50.46.....	28.	Ella Greatbatch	15	Bishop Stort	2:38.40.....
10.	Weronika Mikolajewska	15	Co Peterboro	2:49.40.....	29.	Isabella Porzio	19	Putteridge	2:38.38.....
11.	Olivia Riley	17	Hatfield	2:49.01.....	30.	Daisy Mixer	17	Norwich Swan	2:38.30.....
12.	Molly Grieve	18	Colchester	2:48.48.....	31.	Cait Cotter	16	Chelmsford	2:38.15.....
13.	Jessica Sanford	18	Norwich Swan	2:47.29.....	32.	Isabelle Cameron	16	Co Peterboro	2:38.00.....
14.	Holly Larbey	16	Biggleswade	2:46.90.....	33.	Sarah O'Brien	27	West Norfolk	2:37.12.....
15.	Yan Ting Emily Pak	14	Co Cambridge	2:44.60.....	34.	Rebecca Keetley	19	Co Cambridge	2:35.30.....
16.	Isla Hamilton	15	Norwich Swan	2:44.10.....	35.	Matilda Ransome	17	Co Cambridge	2:33.38.....
17.	Elizabeth Wright	16	West Suffolk	2:44.08.....	36.	Sophie Payne	21	Putteridge	2:33.04.....
18.	Caitlin Richardson	18	Norwich Swan	2:43.96.....	37.	Beth Young	17	teamipswich	2:31.35.....
19.	Lauren Gore	17	Bishop Stort	2:42.59.....	38.	Caitlin Hartley	19	Hatfield	2:28.10.....

### EVENT 506 Open/Male 100m Butterfly

1.	Harry Arnold-Pepper	15	Co Cambridge	S9	1:21.10.....	14.	Dylan Nutt	24	DunmowAtlant	1:02.14.....
2.	Mark Evens	27	Hitchin	S14	1:18.85.....	15.	Oscar Hunter	14	Norwich Swan	1:02.08.....
3.	Corey Hare	17	teamipswich	S14	1:06.02.....	16.	Jack Eden	21	Co Norwich	1:01.99.....
4.	Roan Brennan	17	Basildon Ph	S10	1:03.00.....	17.	Benedict Measures	18	Norwich Swan	1:01.85.....
5.	Billy Cyl	15	Ware		1:02.70.....	18.	Daniel Meier	16	Biggleswade	1:01.80.....
6.	Nathan Close	17	Modemian		1:02.67.....	19.	Isaac Farrugia	16	Basildon Ph	1:01.73.....
7.	Sean Connolly	15	Epping For't		1:02.57.....	20.	Orlando Dearing	15	Co Peterboro	1:01.70.....
8.	Harry Hudson	18	Norfolk Vikg		1:02.44.....	21.	Joshua Parker	14	Braintree	1:01.44.....
9.	August Stephens	17	Newmarket		1:02.38.....	22.	Daniel Kendall	17	Co Ely	1:01.39.....
10.	Judah Subba	16	Co St Albans		1:02.28.....	23.	Joshua Sackree	15	Co Peterboro	1:01.37.....
11.	Ethan Thorpe	14	Basildon Ph		1:02.22.....	24.	Calin Bosianu	15	Watford SC	1:01.30.....
12.	Saxon Minto	15	Chelmsford		1:02.21.....	25.	Robert Addis	19	West Norfolk	1:01.17.....
13.	Joshua Ellis	17	Hatfield		1:02.15.....	26.	Daniel Clayton	17	teamipswich	1:01.15.....

**Meet Programme**

27.	Sandijs Cecins	16	Colchester	1:01.12.....	47.	Jack Abram	18	Co Norwich	59.10.....
28.	Danylo Kravchenko	14	New Hall	1:01.10.....	48.	Zak Troman	16	teamipswich	59.00.....
29.	Ewan Thompson	17	St Ives	1:01.10.....	49.	Damon Elliott	19	DunmowAtlant	58.97.....
30.	Edward Ormsby	16	Co Cambridge	1:00.80.....	50.	Kian Lee	15	Co Peterboro	58.90.....
31.	Billy Mead	18	Linslade	1:00.70.....	51.	Oliver Pike	16	Co Norwich	58.70.....
32.	Jack Barnard	18	Watford SC	1:00.67.....	52.	Jordan Catchpole	24	St Felix Sch S14	58.70.....
33.	Jacob Ray	16	Basildon Ph	1:00.57.....	53.	Ryan Close	15	Modernian	58.20.....
34.	Timon Chapman	21	Norwich Swan S14	1:00.33.....	54.	Luka Page	17	West Suffolk	58.20.....
35.	Toby Martin	16	Harpenden	1:00.30.....	55.	Harrison Shaw	16	Flitwick	58.20.....
36.	Charlie Barrett	22	Co Norwich	1:00.01.....	56.	Jason Ho	17	Hatfield	57.96.....
37.	Rio Rogers	19	Basildon Ph S14	1:00.00.....	57.	Rufus Bennett	15	Co Peterboro	57.70.....
38.	Sam Townsend	19	Biggleswade	59.90.....	58.	Nikita Charykin	17	Thurrock	57.40.....
39.	Tobias Oglesby	19	West Norfolk	59.80.....	59.	Callum Davis	23	Bishop Stort	57.40.....
40.	Ollie O'Connor	15	Putteridge	59.80.....	60.	Jake Thomas-Mansfield	23	West Suffolk	56.37.....
41.	Jude Gunner	14	St Felix Sch	59.70.....	61.	Maddox Roberts	17	Witham Dolph	56.00.....
42.	Jake Lloyd	28	Bishop Stort	59.68.....	62.	Henry Dean	17	Thurrock	55.50.....
43.	Riley Hall	16	Co Cambridge	59.48.....	63.	William Ellard	17	St Felix Sch S14	55.30.....
44.	Matthew Brown	18	Stowmarket	59.40.....	64.	Harry Jones	23	Co Norwich	55.10.....
45.	Joseph Wells	24	West Norfolk	59.39.....	65.	Matthew Aldred	18	Watford SC	54.50.....
46.	Louis James	17	Co Norwich	59.13.....	66.	James Woodward	23	Hatfield	52.70.....

**EVENT 507 Female 100m Butterfly**

1.	Ida Corcoran	14	Flitwick S9	1:45.38.....	29.	Amy Boreham	17	Watford SC	1:06.98.....
2.	Connie Ratley	15	Colchester S9	1:18.06.....	30.	Jessica Medlicott	16	Dunstable	1:06.97.....
3.	Lily Steel	13	teamipswich	1:09.99.....	31.	Rebecca Johnson	18	DunmowAtlant	1:06.76.....
4.	Nell Coster	15	Berkhamsted	1:09.99.....	32.	Beth Young	17	teamipswich	1:06.51.....
5.	Leonie Ammann	17	Co Cambridge	1:09.92.....	33.	Katie Andrews	19	Norwich Swan	1:06.39.....
6.	Ella Dawson	15	Chelmsford	1:09.90.....	34.	Amelia Fenner	13	Basildon Ph	1:06.00.....
7.	Honor Beverstock	14	Hatfield	1:09.84.....	35.	Chloe Butler	19	St Ives	1:05.74.....
8.	Katerina Di Maria	15	Co Norwich	1:09.80.....	36.	Millie Harris	15	West Norfolk	1:05.70.....
9.	Melike Dagdelen	14	Putteridge	1:09.77.....	37.	Emma Fields	17	Bishop Stort	1:05.62.....
10.	Genevieve White	15	Co Cambridge	1:09.72.....	38.	Olivia Minett	15	Co Peterboro	1:05.50.....
11.	Chloe Linney	15	Halstead	1:09.63.....	39.	Olivia Greenall	14	Co Norwich	1:05.28.....
12.	Eleanor McLeod	15	Putteridge	1:09.31.....	40.	Vanesa Cimermanova	15	Co Peterboro	1:05.24.....
13.	Mia Macklin	15	Braintree	1:08.87.....	41.	Jessica-Jane Applegate	27	Co Norwich S14	1:05.00.....
14.	Lily Murrell	14	Norwich Swan	1:08.78.....	42.	Megan Pye	21	Co Norwich	1:04.80.....
15.	Verity Fuge	13	Co St Albans	1:08.55.....	43.	Ruby Greenhalf	18	Co Norwich	1:04.70.....
16.	Lucy Clarke	13	Chelmsford	1:08.44.....	44.	Anouk Zecchini	17	Co Cambridge	1:04.70.....
17.	Isabella Porzio	19	Putteridge	1:08.40.....	45.	Louise Fiddes	22	Hatfield S14	1:04.70.....
18.	Ciara Taylor	18	St Ives	1:08.30.....	46.	Abigail Crawley	18	teamipswich	1:04.30.....
19.	Jasmine Coleman	17	Norwich Swan	1:07.74.....	47.	Sadie Hunter	15	Co Peterboro	1:04.10.....
20.	Ellie King	23	Dunstable	1:07.70.....	48.	Jasmine Carter	14	Basildon Ph	1:04.04.....
21.	Ayla Zolfaghari	12	Epping Fort	1:07.59.....	49.	Megan Donovan	16	Co Peterboro	1:03.51.....
22.	Chloe Armstrong	16	teamipswich	1:07.50.....	50.	Hannah Willis	18	Co Peterboro	1:03.40.....
23.	Emily Pitcher	15	Norwich Swan	1:07.28.....	51.	Grace Greenhalf	16	Co Norwich	1:02.80.....
24.	Sophie Palmer	14	Basildon Ph	1:07.21.....	52.	Eloise Cole	15	Modernian	1:02.40.....
25.	Ella Coombes	15	Basildon Ph	1:07.14.....	53.	Georgia Holgate	16	Co Cambridge	1:02.30.....
26.	Kate Hopper	16	Berkhamsted	1:07.11.....	54.	Charlotte Smith	16	Norwich Swan	1:01.40.....
27.	Tigerlily Donald	15	Co St Albans	1:07.00.....	55.	Skye Carter	16	Basildon Ph	1:00.30.....
28.	Alexandra Nurney	13	Hatfield	1:07.00.....					

**EVENT 508 Open/Male 100m IM**

1.	Joshua Parker	14	Braintree	1:05.88.....	12.	Naim Harvey	15	Basildon Ph	1:05.46.....
2.	Oliver Baskerville	15	Hatfield	1:05.85.....	13.	Evan McQuade	15	DunmowAtlant	1:05.43.....
3.	Chun Ho Chan	14	Watford SC	1:05.82.....	14.	Ewan Thompson	17	St Ives	1:05.37.....
4.	George Prince	15	Putteridge	1:05.69.....	15.	Gagan Singh	17	Co Peterboro	1:05.26.....
5.	Jacob Hayes	16	Bishop Stort	1:05.68.....	16.	Benjamin Taggart	16	Watford SC	1:05.12.....
6.	Sam Townsend	19	Biggleswade	1:05.68.....	17.	Sean Diggins	17	Gt Yarmouth	1:04.85.....
7.	Reece Burns	15	Chelmsford	1:05.60.....	18.	Atikan To	17	Ware	1:04.74.....
8.	Daniel Grimmer	17	West Norfolk	1:05.58.....	19.	Daniel Kendall	17	Co Ely	1:04.68.....
9.	Joshua Needham	16	St Neot Swan	1:05.51.....	20.	William Presland	18	Bushy	1:04.67.....
10.	Orlando Dearing	15	Co Peterboro	1:05.49.....	21.	Finlay Neve	15	Co Norwich	1:04.64.....
11.	Oliver Solomon	17	Tring	1:05.48.....	22.	Josh Martin	17	Co Peterboro	1:04.58.....

**Meet Programme**

23.	Ross De Wildt	15	Co Cambridge	1:04.53.....	45.	Luka Page	17	West Suffolk	1:02.10.....
24.	Antonio Girolami	18	Colchester	1:04.25.....	46.	Ashley Coombs	22	Bushey	1:02.08.....
25.	Henry Dean	17	Thurrock	1:04.22.....	47.	Daniel Holliss	17	Co St Albans	1:02.06.....
26.	Dylan Nutt	24	DunmowAtlant	1:04.20.....	48.	Jake Moore	17	Potters Bar	1:01.96.....
27.	Riley Hall	16	Co Cambridge	1:04.14.....	49.	Edward Ormsby	16	Co Cambridge	1:01.77.....
28.	Saxon Minto	15	Chelmsford	1:04.01.....	50.	Ethan Martin	18	Thurrock	1:01.73.....
29.	Austin Harrop	17	Co Cambridge	1:04.00.....	51.	Daryl Rands	26	Colchester	1:01.35.....
30.	Oliver Pike	16	Co Norwich	1:03.94.....	52.	Joshua Sackree	15	Co Peterboro	1:01.19.....
31.	Robert Addis	19	West Norfolk	1:03.93.....	53.	Maddox Roberts	17	Witham Dolph	1:01.02.....
32.	Harrison Holmes	18	Team Waveney	1:03.70.....	54.	Lewis Chapman	22	Stowmarket	1:00.97.....
33.	Thomas Liddiard	17	Ware	1:03.58.....	55.	Louis James	17	Co Norwich	1:00.73.....
34.	Samuel Winslow	16	Co Cambridge	1:03.58.....	56.	Nathaniel Mapley	17	Co St Albans	1:00.26.....
35.	James Williamson	16	Co Cambridge	1:03.43.....	57.	Luke Flynn	18	Watford SC	1:00.25.....
36.	Oliver Blight	17	Hatfield	1:03.27.....	58.	Freddie Laws	20	West Norfolk	1:00.09.....
37.	Danylo Kravchenko	14	New Hall	1:03.20.....	59.	Kai Adams	27	Halstead	58.94.....
38.	Joseph McGillivray	18	Co Norwich	1:03.10.....	60.	Matthew Baker	17	West Suffolk	58.37.....
39.	Ben Buckley	16	Co Norwich	1:03.01.....	61.	James Woodward	23	Hatfield	57.98.....
40.	Joseph Wells	24	West Norfolk	1:02.63.....	62.	Olivier Vedrenne	18	Co Norwich	57.58.....
41.	Charlie Barrett	22	Co Norwich	1:02.63.....	63.	Nathan Wells	25	West Norfolk	56.96.....
42.	Ben Davison	18	Hatfield	1:02.49.....					
43.	Lucas Hartley	16	Hatfield	1:02.40.....					
44.	Timon Chapman	21	Norwich Swan SM14	1:02.29.....					

**EVENT 509 Female 400m Freestyle**

1.	Charlotte Ryan	23	Runnymede S6	9:00.81.....	25.	Amelia Saunders	15	St Felix Sch	4:40.20.....
2.	Ida Corcoran	14	Flitwick S9	6:25.96.....	26.	Olivia Minett	15	Co Peterboro	4:40.20.....
3.	Lily Herring	15	Norfolk Vikg S10	5:41.10.....	27.	Romilly Marks	17	Newmarket	4:40.01.....
4.	Abigail Wickens	16	Flitwick S8	5:30.70.....	28.	Olivia Church	17	Thurrock	4:39.91.....
5.	Gabriella Troman	14	teamipswich	4:47.00.....	29.	Ella Dawson	15	Chelmsford	4:39.40.....
6.	Abigail Riches	15	Co Norwich	4:47.00.....	30.	Gabriela Gomez Pavon	16	Potters Bar	4:38.39.....
7.	Holly Larbey	16	Biggleswade	4:46.66.....	31.	Weronika Mikolajewska	15	Co Peterboro	4:38.12.....
8.	Erin Uttridge	14	teamipswich	4:46.50.....	32.	Connie Davies	17	Deben	4:37.85.....
9.	Francesca Howell	15	Chelmsford	4:46.20.....	33.	Olivia Fletcher	20	Basildon Ph	4:37.74.....
10.	Evie Anema	23	Co Cambridge	4:46.10.....	34.	Cailin Hehir	15	Watford SC	4:36.00.....
11.	Aislin Foley-Wright	16	Basildon Ph	4:46.08.....	35.	Adel Zakrzewski	20	Co Norwich	4:35.91.....
12.	Florence Crowley	17	Co St Albans	4:46.06.....	36.	Ruby Chapman	17	Norwich Swan	4:35.73.....
13.	Emma Fields	17	Bishop Stort	4:45.47.....	37.	Ever Ives	14	Hatfield	4:34.70.....
14.	Niamh O'Meara	17	Watford SC	4:45.33.....	38.	Ellie Barth-Wehrenalp	13	Basildon Ph	4:33.80.....
15.	Millie Richardson	17	Hatfield	4:44.09.....	39.	Lexie Goodman	16	Basildon Ph	4:32.56.....
16.	Keira-Mae Ingram	16	Co St Albans	4:44.08.....	40.	Grace Robinson	14	St Felix Sch	4:32.20.....
17.	Eleanor McLeod	15	Putteridge	4:42.73.....	41.	Jasmine Hall	13	Basildon Ph	4:31.30.....
18.	Lily Hayward	15	Epping For't	4:42.33.....	42.	Francesca Baber	17	Co Cambridge	4:30.85.....
19.	Darcy Gladwell	15	teamipswich	4:42.03.....	43.	Madelyn Latimer-Hicks	19	St Felix Sch	4:30.19.....
20.	Amelia Porzio	15	Putteridge	4:41.80.....	44.	Alexa Mann	17	Chelmsford	4:29.00.....
21.	Amelia Fenner	13	Basildon Ph	4:40.70.....	45.	Annie McLeod	15	Putteridge	4:27.45.....
22.	Erin Younger	16	Co St Albans	4:40.63.....	46.	Matilda Bogle	17	teamipswich	4:20.20.....
23.	Sadie Hunter	15	Co Peterboro	4:40.60.....	47.	Cait Cotter	16	Chelmsford	4:19.30.....
24.	Camille Vannier	16	Hatfield	4:40.56.....					



**Meet Programme**

**Session 6 Sunday 5<sup>th</sup> November at 12:55 pm**

**EVENT 601 Open/Male 400m IM**

1.	Austin Harrop	17	Co Cambridge	5:04.81.....	14.	Kian Lee	15	Co Peterboro	4:53.20.....
2.	Daniel Meier	16	Biggleswade	5:04.18.....	15.	Daryl Rands	26	Colchester	4:52.44.....
3.	Evan McQuade	15	DunmowAtlant	5:04.12.....	16.	George Prince	15	Putteridge	4:51.30.....
4.	Harvey Isle	18	West Norfolk	5:03.71.....	17.	Samuel Winslow	16	Co Cambridge	4:50.66.....
5.	Ethan Thorpe	14	Basildon Ph	5:03.60.....	18.	Harrison Shaw	16	Flitwick	4:48.70.....
6.	Ben Every	15	St Felix Sch	5:02.70.....	19.	Jason Ho	17	Hatfield	4:47.40.....
7.	Reece Burns	15	Chelmsford	5:02.07.....	20.	Orlando Dearing	15	Co Peterboro	4:45.90.....
8.	Daniel Thompson	16	Thurrock	5:00.83.....	21.	Sandijs Cecins	16	Colchester	4:42.21.....
9.	Henry Mann	15	Norwich Swan	5:00.05.....	22.	Zak Troman	16	teamipswich	4:39.60.....
10.	Benjamin Taggart	16	Watford SC	4:59.57.....	23.	James Woodward	23	Hatfield	4:32.72.....
11.	Oscar Winterburn	15	teamipswich	4:58.10.....	24.	Myles Turner	23	West Suffolk	4:29.40.....
12.	Samuel Jeffrey	16	Hatfield	4:56.95.....	25.	Nathan Wells	25	West Norfolk	4:26.19.....
13.	Luca Gunawardena	20	Co Norwich	4:53.53.....					

**EVENT 602 Female 100m Backstroke**

1.	Ida Corcoran	14	Flitwick	S9	1:37.57.....	35.	Emily Lush	21	Hatfield	1:08.10.....
2.	Mwaba Mkwasa	18	Norwich Swan	S8	1:32.99.....	36.	Adrija Raudonyte	15	Newmarket	1:07.90.....
3.	Lily Herring	15	Norfolk Vikg	S10	1:32.80.....	37.	Erin Barber	13	Newmarket	1:07.70.....
4.	Abigail Wickens	16	Flitwick	S8	1:31.00.....	38.	Francesca Howell	15	Chelmsford	1:07.70.....
5.	Connie Ratley	15	Colchester	S9	1:16.31.....	39.	Jasmine Hall	13	Basildon Ph	1:07.70.....
6.	Hollie Heighes	15	Braintree		1:10.45.....	40.	Danielle Rulton	25	Halstead	1:07.55.....
7.	Gabriella Troman	14	teamipswich		1:10.40.....	41.	Jasmine Coleman	17	Norwich Swan	1:07.53.....
8.	Lily Steel	13	teamipswich		1:10.30.....	42.	Emily Pitcher	15	Norwich Swan	1:07.50.....
9.	Jessica Medlicott	16	Dunstable		1:10.23.....	43.	Adel Zakrzewski	20	Co Norwich	1:07.44.....
10.	Tigerlily Donald	15	Co St Albans		1:10.11.....	44.	Lois Smith	13	Basildon Ph	1:07.20.....
11.	Yasmine Ollerenshaw	14	Flitwick		1:09.90.....	45.	Katerina Di Maria	15	Co Norwich	1:07.03.....
12.	Emilia Rayner	14	Halstead		1:09.89.....	46.	Sophie Green	16	Hatfield	1:07.00.....
13.	Maia Thompson	15	Team Waveney		1:09.84.....	47.	Ellie King	23	Dunstable	1:06.98.....
14.	Olivia Lydon	18	Co Cambridge		1:09.82.....	48.	Grace Robinson	14	St Felix Sch	1:06.90.....
15.	Sophie Roberts	14	teamipswich		1:09.81.....	49.	Nicole Maynard	14	Basildon Ph	1:06.70.....
16.	Lucy Clarke	13	Chelmsford		1:09.79.....	50.	Beth Young	17	teamipswich	1:06.68.....
17.	Summer Boswell	15	Hatfield		1:09.77.....	51.	Camille Vannier	16	Hatfield	1:06.56.....
18.	Phoebe Matthews	16	Hatfield		1:09.40.....	52.	Jessica-Jane Applegate	27	Co Norwich	S14 1:06.48.....
19.	Emilia Johnson	14	St Felix Sch		1:09.40.....	53.	Charlotte Smith	16	Norwich Swan	1:06.29.....
20.	Isabella Dolton	17	Tring		1:09.39.....	54.	Georgina Munday	19	Co Norwich	1:06.25.....
21.	Bethany Hamer	16	Linslade		1:09.39.....	55.	Connie Davies	17	Deben	1:06.03.....
22.	Anouk Zecchini	17	Co Cambridge		1:09.14.....	56.	Clementine Lovell	14	teamipswich	1:05.98.....
23.	Natalie Taylor	16	St Felix Sch		1:09.10.....	57.	Eloise Cole	15	Modemian	1:05.30.....
24.	Chloe Linney	15	Halstead		1:09.04.....	58.	Erin Currie	15	Hatfield	1:05.25.....
25.	Chloe Armstrong	16	teamipswich		1:08.94.....	59.	Ella Coombes	15	Basildon Ph	1:04.81.....
26.	O Wojcik-Jardziach	17	Verulam		1:08.85.....	60.	Charlotte Williams	17	Hatfield	1:04.56.....
27.	Olivia Mendham	15	Chelmsford		1:08.82.....	61.	Megan Pye	21	Co Norwich	1:04.20.....
28.	Lucy Calver	15	Putteridge		1:08.69.....	62.	Evangelina Pierce	16	Basildon Ph	1:04.00.....
29.	Amy Harper	16	Watford SC		1:08.59.....	63.	Georgia Holgate	16	Co Cambridge	1:03.72.....
30.	Lucy Young	18	Biggleswade		1:08.54.....	64.	Vanessa Cimermanova	15	Co Peterboro	1:03.47.....
31.	Sophie Holliss	15	Co St Albans		1:08.51.....	65.	Hannah Willis	18	Co Peterboro	1:03.30.....
32.	Amelie Crabb	16	teamipswich		1:08.40.....	66.	Megan Donovan	16	Co Peterboro	1:02.98.....
33.	Megan Maybanks	23	DunmowAtlant		1:08.23.....	67.	Niamh James	22	Bishop Stort	1:02.90.....
34.	Ellie Barth-Wehrenalp	13	Basildon Ph		1:08.20.....	68.	Amara Addison	16	Norwich Swan	1:02.84.....

**EVENT 603 Open/Male 100m Freestyle**

1.	Jacob Desso	15	Runnymede	S8	1:33.27.....	10.	Callum Davis	23	Bishop Stort	56.68.....
2.	Harry Arnold-Pepper	15	Co Cambridge	S9	1:11.22.....	11.	Ethan Thorpe	14	Basildon Ph	56.67.....
3.	Corey Hare	17	teamipswich	S14	1:01.75.....	12.	Archie Tebbutt	13	New Hall	56.64.....
4.	Daniel Pryke	17	Deben		56.78.....	13.	Atikan To	17	Ware	56.54.....
5.	Benedict Measures	18	Norwich Swan		56.75.....	14.	Sean Diggins	17	Gt Yarmouth	56.50.....
6.	Maxwell Hozier	14	Hoddesdon		56.74.....	15.	Jake Lloyd	28	Bishop Stort	56.40.....
7.	James Gibson	15	Watford SC		56.71.....	16.	Sean Connolly	15	Epping For't	56.40.....
8.	Kian Lee	15	Co Peterboro		56.70.....	17.	Rufus Bennett	15	Co Peterboro	56.38.....
9.	Harrison Cox	16	DunmowAtlant		56.68.....	18.	Aaron Peacock	16	Thetford	56.36.....

### Meet Programme

19.	August Stephens	17	Newmarket	56.31.....	58.	Louis James	17	Co Norwich	54.74.....
20.	Finlay Neve	15	Co Norwich	56.30.....	59.	Harrison Shaw	16	Flitwick	54.70.....
21.	Luke Burnard	14	Co St Albans	56.29.....	60.	Lucas Hartley	16	Hatfield	54.70.....
22.	Rio Rogers	19	Basildon Ph	S14 56.20.....	61.	James Williamson	16	Co Cambridge	54.70.....
23.	Antonio Girolami	18	Colchester	56.15.....	62.	Jake Moore	17	Potters Bar	54.66.....
24.	Hugo Raubitschek-Smith	15	Co St Albans	56.13.....	63.	Oliver Blight	17	Hatfield	54.66.....
25.	Robert Addis	19	West Norfolk	56.12.....	64.	Daryl Rands	26	Colchester	54.63.....
26.	Jack Barnard	18	Watford SC	55.92.....	65.	Lloyd Battison	18	Team Waveney	54.63.....
27.	Oscar Hunter	14	Norwich Swan	55.90.....	66.	Austin Lillywhite	20	Biggleswade	54.53.....
28.	Nathan Close	17	Modernian	55.90.....	67.	Nathan Birchenough	16	St Felix Sch	54.51.....
29.	Zac Stacey	16	Hoddesdon	55.86.....	68.	Harrison Holmes	18	Team Waveney	54.50.....
30.	Max Walters	14	Watford SC	55.80.....	69.	Max Arnold	17	Harlow Pen	54.50.....
31.	Daniel Clayton	17	teamipswich	55.80.....	70.	Ryan Wall	16	Co Cambridge	54.40.....
32.	Joshua Ellis	17	Hatfield	55.76.....	71.	Jacob Ray	16	Basildon Ph	54.38.....
33.	Henry Dean	17	Thurrock	55.76.....	72.	Joseph Wells	24	West Norfolk	54.31.....
34.	Ryan Close	15	Modernian	55.74.....	73.	Finlay Arnup	16	Norwich Swan	53.95.....
35.	Jude Gore	20	Linslade	55.70.....	74.	Ollie O'Connor	15	Putteridge	53.90.....
36.	Oliver Baskerville	15	Hatfield	55.70.....	75.	Sam Townsend	19	Biggleswade	53.90.....
37.	Joe Power	16	Basildon Ph	55.60.....	76.	Alexander Kalverboer	17	Co St Albans	53.88.....
38.	Oliver Frame	18	Co Norwich	55.60.....	77.	Evan McQuade	15	DunmowAtlant	53.80.....
39.	Sandijs Cecins	16	Colchester	55.59.....	78.	Joshua Sackree	15	Co Peterboro	53.80.....
40.	Orlando Dearing	15	Co Peterboro	55.50.....	79.	Jake Thomas-Mansfield	23	West Suffolk	53.78.....
41.	Josh Martin	17	Co Peterboro	55.45.....	80.	Daniel Belsey	15	Hatfield	53.70.....
42.	Dylan Nutt	24	DunmowAtlant	55.41.....	81.	Damon Elliott	19	DunmowAtlant	53.50.....
43.	Guy Semple	19	Co Cambridge	55.37.....	82.	Ethan Martin	18	Thurrock	53.49.....
44.	Daniel Kendall	17	Co Ely	55.30.....	83.	Ben Davison	18	Hatfield	53.40.....
45.	Sam Mead	21	Linslade	55.20.....	84.	Joshua Parker	14	Braintree	53.30.....
46.	Sebastian Newell	18	Co Peterboro	55.20.....	85.	Freddie Laws	20	West Norfolk	53.17.....
47.	Timon Chapman	21	Norwich Swan	S14 55.18.....	86.	Riley Hall	16	Co Cambridge	53.10.....
48.	Billy Mead	18	Linslade	55.13.....	87.	Kai Adams	27	Halstead	52.85.....
49.	Roan Brennan	17	Basildon Ph	S10 55.10.....	88.	Tobias Oglesby	19	West Norfolk	52.79.....
50.	Janos Kadar	16	Co Cambridge	55.10.....	89.	Jack Abram	18	Co Norwich	52.70.....
51.	Dylan Davenport	14	Bishop Stort	55.00.....	90.	Ashley Coombs	22	Bushey	52.39.....
52.	Freddie Gardner	17	Runnymede	54.90.....	91.	Jordan Catchpole	24	St Felix Sch	S14 51.20.....
53.	Charlie Barrett	22	Co Norwich	54.81.....	92.	Matthew Wright	25	Team Luton	50.50.....
54.	Jack Swindale	15	Co Peterboro	54.80.....	93.	William Ellard	17	St Felix Sch	S14 50.30.....
55.	Jamie Comitti	14	Basildon Ph	54.80.....	94.	Jacques Bonsell	24	Co Cambridge	50.18.....
56.	Harry Hudson	18	Norfolk Vikg	54.80.....	95.	Matthew Baker	17	West Suffolk	49.90.....
57.	Dominic McCarthy	21	Hoddesdon	54.76.....	96.	Maddox Roberts	17	Witham Dolph	49.50.....

### EVENT 604 Female 200m Freestyle

1.	Kate Hopper	16	Berkhamsted	2:13.39.....	21.	Emma Fields	17	Bishop Stort	2:10.79.....
2.	Romilly Marks	17	Newmarket	2:13.33.....	22.	Cailin Hehir	15	Watford SC	2:10.58.....
3.	Chloe Butler	19	St Ives	2:13.17.....	23.	Madelyn Latimer-Hicks	19	St Felix Sch	2:10.48.....
4.	Erin Currie	15	Hatfield	2:13.06.....	24.	Ruby Chapman	17	Norwich Swan	2:10.32.....
5.	Ella Coombes	15	Basildon Ph	2:12.80.....	25.	Connie Davies	17	Deben	2:10.23.....
6.	Jasmine Coleman	17	Norwich Swan	2:12.62.....	26.	Ella Dawson	15	Chelmsford	2:10.15.....
7.	Ever Ives	14	Hatfield	2:12.58.....	27.	Isobel Mather	16	Co Cambridge	2:10.10.....
8.	Erin Younger	16	Co St Albans	2:12.50.....	28.	Lexie Goodman	16	Basildon Ph	2:09.51.....
9.	Erin Ultridge	14	teamipswich	2:12.30.....	29.	Alexandra Nurney	13	Hatfield	2:09.40.....
10.	Darcy Gladwell	15	teamipswich	2:12.20.....	30.	Lucy Young	18	Biggleswade	2:09.40.....
11.	Weronika Mikolajewska	15	Co Peterboro	2:12.02.....	31.	Sophie Dowding	16	teamipswich	2:09.20.....
12.	Olivia Church	17	Thurrock	2:11.96.....	32.	Adel Zakrzewski	20	Co Norwich	2:09.20.....
13.	Natalie Taylor	16	St Felix Sch	2:11.75.....	33.	Annie McLeod	15	Putteridge	2:08.53.....
14.	Evangeline Pierce	16	Basildon Ph	2:11.57.....	34.	Sophie Palmer	14	Basildon Ph	2:08.42.....
15.	Olivia Minett	15	Co Peterboro	2:11.40.....	35.	Alexa Mann	17	Chelmsford	2:08.30.....
16.	Jessica Medlicott	16	Dunstable	2:11.13.....	36.	Jasmine Hall	13	Basildon Ph	2:07.80.....
17.	Lisa Leinemann	16	Chelmsford	2:11.10.....	37.	Louise Fiddes	22	Hatfield	S14 2:07.70.....
18.	Gabriela Gomez Pavon	16	Potters Bar	2:10.90.....	38.	Abigail Crawley	18	teamipswich	2:07.55.....
19.	Katerina Di Maria	15	Co Norwich	2:10.90.....	39.	Cait Cotter	16	Chelmsford	2:07.48.....
20.	Genevieve White	15	Co Cambridge	2:10.90.....	40.	Lexie O'Connor	16	Basildon Ph	2:07.38.....

See next page

### Meet Programme

41.	Grace Robinson	14	St Felix Sch	2:07.20.....	44.	Grace Greenhalf	16	Co Norwich	2:05.05.....
42.	Francesca Baber	17	Co Cambridge	2:06.10.....	45.	Matilda Bogle	17	teamipswich	2:04.80.....
43.	Jessica-Jane Applegate	27	Co Norwich	S14 2:05.80.....	46.	Skye Carter	16	Basildon Ph	2:02.53.....

#### EVENT 605 Open/Male 50m Breaststroke

1.	Evan McQuade	15	DunmowAtlant	33.24.....	44.	Rhys Burrell	16	West Norfolk	31.40.....
2.	Alexander Ball	16	Potters Bar	33.17.....	45.	Jake Moore	17	Potters Bar	31.36.....
3.	Leo Easter	16	Runnymede	33.16.....	46.	Jake Thomas-Mansfield	23	West Suffolk	31.31.....
4.	Oliver Soloman	17	Tring	33.16.....	47.	Billy Mead	18	Linslade	31.30.....
5.	Ethan Harris	19	Thetford	33.05.....	48.	Samuel Winslow	16	Co Cambridge	31.30.....
6.	Inhensiko Peterson	15	DunmowAtlant	33.02.....	49.	George Lovelock	18	Hitchin	31.30.....
7.	Henry Mann	15	Norwich Swan	33.00.....	50.	Charlie McKinnon	16	St Felix Sch	31.20.....
8.	Dylan Nutt	24	DunmowAtlant	32.98.....	51.	Finley Pawle	21	Co Norwich	31.20.....
9.	Martin Hailes	49	Team Waveney	32.95.....	52.	Louis James	17	Co Norwich	31.20.....
10.	Thomas Spelman	16	Stowmarket	32.90.....	53.	Lucas Hartley	16	Hatfield	31.20.....
11.	George Jones	14	Harlow Pen	32.80.....	54.	Oliver Blight	17	Hatfield	31.12.....
12.	Charlie Ruddell	14	teamipswich	32.80.....	55.	Reece Burns	15	Chelmsford	31.10.....
13.	Szymon Pierzecki	14	Witham Dolph	32.77.....	56.	Luka Page	17	West Suffolk	31.07.....
14.	Jack Webb	15	Witham Dolph	32.73.....	57.	Billy Knibb	18	Linslade	31.00.....
15.	Tyler Stone	13	Co Norwich	32.70.....	58.	William Presland	18	Bushey	30.99.....
16.	Sean Diggins	17	Gt Yarmouth	32.70.....	59.	Judah Subba	16	Co St Albans	30.90.....
17.	Thomas Liddiard	17	Ware	32.70.....	60.	Harrison Holmes	18	Team Waveney	30.90.....
18.	Oliver McNeill	18	St Ives	32.60.....	61.	Daniel Boboye	16	Thurrock	30.80.....
19.	Harrison Cox	16	DunmowAtlant	32.53.....	62.	Sam Mead	21	Linslade	30.80.....
20.	Finlay Arnup	16	Norwich Swan	32.52.....	63.	Josh Martin	17	Co Peterboro	30.70.....
21.	Gagan Singh	17	Co Peterboro	32.50.....	64.	Matthew McLaughlin	30	DunmowAtlant	30.69.....
22.	Harvey Durham	15	Co Norwich	32.50.....	65.	Ben Buckley	16	Co Norwich	30.60.....
23.	James Noble	21	Norwich Swan	32.45.....	66.	Joseph Burns	17	Chelmsford	30.50.....
24.	Finlay Neve	15	Co Norwich	32.40.....	67.	Jack Renouf	17	Hoddesdon	30.50.....
25.	Thomas Ellis	17	Dereham	32.40.....	68.	Kai Adams	27	Halstead	30.44.....
26.	Austin Everitt	17	Norwich Swan	32.31.....	69.	Samuel Johnson	25	Halstead	30.34.....
27.	Luke Payne	19	Hatfield	32.30.....	70.	Saxon Minto	15	Chelmsford	30.30.....
28.	Atikan To	17	Ware	32.20.....	71.	Daniel Holliss	17	Co St Albans	30.30.....
29.	George Prince	15	Putteridge	32.20.....	72.	Finlay Ryan	24	West Norfolk	30.28.....
30.	Riley Hall	16	Co Cambridge	32.20.....	73.	Lewis Marston	21	Runnymede	30.06.....
31.	Ollie O'Connor	15	Putteridge	32.10.....	74.	Maddox Roberts	17	Witham Dolph	30.05.....
32.	Jack Read	17	Runnymede	32.10.....	75.	Lewis Chapman	22	Stowmarket	30.00.....
33.	Timon Chapman	21	Norwich Swan	SB14 32.00.....	76.	Lewis Andrews	16	Norwich Swan	29.80.....
34.	Benjamin Taggart	16	Watford SC	31.90.....	77.	Joshua Sackree	15	Co Peterboro	29.70.....
35.	Chun Ho Chan	14	Watford SC	31.90.....	78.	Luke Flynn	18	Watford SC	29.70.....
36.	Ashley Coombs	22	Bushey	31.86.....	79.	Dominic McCarthy	21	Hoddesdon	29.60.....
37.	Antonio Girolami	18	Colchester	31.84.....	80.	Daryl Rands	26	Colchester	29.50.....
38.	Austin Harrop	17	Co Cambridge	31.79.....	81.	Edward Ormsby	16	Co Cambridge	29.40.....
39.	Jeffrey Gill	16	Watford SC	31.73.....	82.	Austin Lillywhite	20	Biggleswade	29.20.....
40.	Luke Holman	21	Thurrock	31.68.....	83.	Freddie Laws	20	West Norfolk	28.70.....
41.	Adam Hazlewood	19	Putteridge	31.50.....	84.	Olivier Vedrenne	18	Co Norwich	28.00.....
42.	James McGettigan	14	Runnymede	31.50.....	85.	Lawrence Palmer	31	Putteridge	26.50.....
43.	Nathaniel Mapley	17	Co St Albans	31.41.....					

#### EVENT 606 Female 50m Breaststroke

1.	Claire Connon	38	Co Cambridge	SB3 1:14.22.....	14.	Samantha Wickert	18	Leighton Buz	36.70.....
2.	Alice Clark	18	West Suffolk	37.10.....	15.	Alina Turchyn	17	Co Cambridge	36.70.....
3.	Neve Jones	15	Biggleswade	37.10.....	16.	Nicole Peddely	13	teamipswich	36.60.....
4.	Holly Underdown	14	Braintree	37.08.....	17.	Amara Addison	16	Norwich Swan	36.60.....
5.	Daisy Russell	15	DunmowAtlant	37.06.....	18.	Freya Cox	12	Norwich Swan	36.60.....
6.	Madeline Pawle	17	Leiston	37.00.....	19.	Isobel Jarman	15	Witham Dolph	36.47.....
7.	Robyn Hartley	17	Hatfield	37.00.....	20.	Verity Fuge	13	Co St Albans	36.46.....
8.	Alice Longman	16	Bishop Stort	36.93.....	21.	Olivia Skittrell	16	West Norfolk	36.40.....
9.	Shannon Stubbs	19	Co Norwich	36.80.....	22.	Zoe Land	17	Gt Yarmouth	36.33.....
10.	Lisa Leinemann	16	Chelmsford	36.80.....	23.	Katrina Dolton	16	Tring	36.31.....
11.	Emily Lowe	15	Modernian	36.80.....	24.	Hollie Heighes	15	Braintree	36.30.....
12.	Bethany Crawley	15	teamipswich	36.78.....	25.	Pemberley Hornigold	16	West Norfolk	36.24.....
13.	Eloise Minto	12	Chelmsford	36.74.....	26.	Rachael Carpenter	16	Ware	36.20.....

**Meet Programme**

27.	Isabel White	14	Biggleswade	36.10.....	59.	Imola Jozsa	17	Putteridge	34.60.....
28.	Amy Boreham	17	Watford SC	36.08.....	60.	Cait Cotter	16	Chelmsford	34.57.....
29.	Isabella Dolton	17	Tring	36.00.....	61.	Jessica Sanford	18	Norwich Swan	34.50.....
30.	Ellie Catchpole	17	Leiston	35.96.....	62.	Georgina Munday	19	Co Norwich	34.50.....
31.	Katie Jeffrey	19	Hatfield	35.90.....	63.	Alice Green	16	Hatfield	34.40.....
32.	Chloe Simpson	17	Watford SC	35.87.....	64.	Ellie Smith	15	Co Norwich	34.33.....
33.	Shahd Mohamed	16	Co Peterboro	35.86.....	65.	Isabella Green	17	Co Norwich	34.30.....
34.	Amber Ridgeon	18	Leiston	35.85.....	66.	Lexie O'Connor	16	Basildon Ph	34.04.....
35.	Georgina Hamilton	15	Co St Albans	35.80.....	67.	Isla Hamilton	15	Norwich Swan	34.00.....
36.	Holly Larbey	16	Biggleswade	35.76.....	68.	Megan Gray	16	Hatfield	33.92.....
37.	Megan Jones	19	Flitwick	35.70.....	69.	Anna-Lucia Fenner	17	Basildon Ph	33.81.....
38.	Louise Fiddes	22	Hatfield	SB14 35.70.....	70.	Lauren Gore	17	Bishop Stort	33.40.....
39.	Elizabeth Wright	16	West Suffolk	35.55.....	71.	Ellen Duffield	16	teamipswich	33.40.....
40.	S Harrison-Mirauer	16	Co St Albans	35.41.....	72.	Daisy Mixer	17	Norwich Swan	33.30.....
41.	Miriam Moukdad	17	Bishop Stort	35.40.....	73.	Phoebe Howard	16	Norwich Swan	33.30.....
42.	Molly Grieve	18	Colchester	35.30.....	74.	Yan Ting Emily Pak	14	Co Cambridge	33.30.....
43.	Sadie Rowe	16	Colchester	35.29.....	75.	Sarah O'Brien	27	West Norfolk	33.20.....
44.	Isabella Porzio	19	Putteridge	35.27.....	76.	Lilly Davis	16	Co Peterboro	33.20.....
45.	Olivia Riley	17	Hatfield	35.20.....	77.	Isabelle Cameron	16	Co Peterboro	33.00.....
46.	Charlisse Harding	14	Norwich Swan	35.20.....	78.	Mia Lowe	16	Basildon Ph	32.80.....
47.	Amelia Porzio	15	Putteridge	35.20.....	79.	Ellie-Rose Lyon	16	Co Norwich	32.80.....
48.	Ellen Eccleston	16	Co Norwich	35.10.....	80.	Ella Greatbatch	15	Bishop Stort	32.80.....
49.	Caitlin McNicholas	18	Deben	35.10.....	81.	Molly Lee	22	West Norfolk	32.80.....
50.	Tia Hill	17	Co Ely	35.09.....	82.	Sophie Payne	21	Putteridge	32.70.....
51.	Gigi Raubitschek-Smith	13	Co St Albans	35.00.....	83.	Charlotte Williams	17	Hatfield	32.50.....
52.	Lucy Crocker	29	Stevenage	35.00.....	84.	Rebecca Keetley	19	Co Cambridge	32.40.....
53.	Evie Brown	18	Watford SC	34.90.....	85.	Katie Andrews	19	Norwich Swan	32.10.....
54.	Tessa Quayle	15	St Ives	34.90.....	86.	Caitlin Hartley	19	Hatfield	32.00.....
55.	Alice Field	18	Ware	34.90.....	87.	Jasmine Carter	14	Basildon Ph	32.00.....
56.	Caitlin Richardson	18	Norwich Swan	34.90.....	88.	Beth Young	17	teamipswich	31.70.....
57.	Niamh James	22	Bishop Stort	34.80.....	89.	Ashley Ransome	28	Hatfield	31.00.....
58.	Amelia Murphy	16	Witham Dolph	34.70.....					

**EVENT 607 Open/Male 200m Backstroke**

1.	Jude Staton	15	March	2:22.00.....	28.	Cameron Jones	17	Modemian	2:15.20.....
2.	Daniel Thompson	16	Thurrock	2:21.72.....	29.	Oscar Winterburn	15	teamipswich	2:15.13.....
3.	Henry Mann	15	Norwich Swan	2:21.58.....	30.	Louis Allen	15	Chelmsford	2:15.10.....
4.	Luke Martell	17	Watford SC	2:21.48.....	31.	Jack Eden	21	Co Norwich	2:14.55.....
5.	Zak Fellows	14	Co St Albans	2:21.29.....	32.	Oliver Frame	18	Co Norwich	2:14.40.....
6.	Nathaniel Mapley	17	Co St Albans	2:21.20.....	33.	Thomas Ford	17	Basildon Ph	2:14.34.....
7.	Kian Lee	15	Co Peterboro	2:21.01.....	34.	Robert Fenner	15	Basildon Ph	2:13.93.....
8.	Corey Hare	17	teamipswich	S14 2:20.85.....	35.	Ethan Thorpe	14	Basildon Ph	2:13.60.....
9.	Daniel Grimmer	17	West Norfolk	2:20.67.....	36.	Ryan Close	15	Modemian	2:13.30.....
10.	William Leese	15	Co Cambridge	2:20.11.....	37.	Lloyd Battisson	18	Team Waveney	2:13.10.....
11.	Harvey Isle	18	West Norfolk	2:19.92.....	38.	Orlando Dearing	15	Co Peterboro	2:12.97.....
12.	Finley Blackman	16	Biggleswade	2:19.89.....	39.	Alexander Kalverboer	17	Co St Albans	2:11.79.....
13.	Robert Addis	19	West Norfolk	2:19.88.....	40.	Ryan Wall	16	Co Cambridge	2:11.66.....
14.	Sean Connolly	15	Epping For't	2:19.52.....	41.	Joseph McGillivray	18	Co Norwich	2:10.83.....
15.	Lewis Archer	26	Halstead	2:19.45.....	42.	Ieuan Blackwell	19	Co Cambridge	2:10.78.....
16.	Spencer Battisson	15	Team Waveney	2:19.28.....	43.	Jordan Catchpole	24	St Felix Sch	S14 2:10.26.....
17.	Rufus Bennett	15	Co Peterboro	2:19.04.....	44.	Sandijs Cecins	16	Colchester	2:09.86.....
18.	Marlon Molnar	14	Co Cambridge	2:18.71.....	45.	Janos Kadar	16	Co Cambridge	2:09.74.....
19.	Nathan Yeaman	16	West Norfolk	2:18.60.....	46.	Oliver Smith	16	Basildon Ph	2:09.74.....
20.	Freddie Gardner	17	Runnymede	2:18.54.....	47.	Tobias Oglesby	19	West Norfolk	2:08.55.....
21.	Ewan Thompson	17	St Ives	2:18.43.....	48.	Matthew Aldred	18	Watford SC	2:07.22.....
22.	Norbert Kadar	14	Co Cambridge	2:18.31.....	49.	Oliver Baskerville	15	Hatfield	2:07.10.....
23.	Albert Orley	15	Braintree	2:17.78.....	50.	Matthew Monie	18	Co Cambridge	2:07.03.....
24.	Daniel Kendall	17	Co Ely	2:16.73.....	51.	Nikita Charykin	17	Thurrock	2:05.30.....
25.	Jacob Hayes	16	Bishop Stort	2:16.05.....	52.	Myles Turner	23	West Suffolk	2:04.70.....
26.	Samuel Jeffrey	16	Hatfield	2:15.49.....	53.	Nathan Wells	25	West Norfolk	2:02.04.....
27.	Danylo Kravchenko	14	New Hall	2:15.22.....					

3<sup>rd</sup> – 5<sup>th</sup> November 2023

**Meet Programme**

**EVENT 608 Mixed 200m Medley Team**

1. Flitwick	Open	Flitwick	2:02.34.....	8. Bishop Stort A	Open	Bishop Stort	1:55.00.....
2. Team Waveney	Open	Team Waveney	2:00.00.....	9. Watford SC	Open	Watford SC	1:54.00.....
3. Ware	Open	Ware	2:00.00.....	10. DunmowAtlant	Open	DunmowAtlant	1:52.00.....
4. Co St Albans B	Open	Co St Albans	1:58.00.....	11. Co Peterboro A	Open	Co Peterboro	1:51.00.....
5. Co Peterboro B	Open	Co Peterboro	1:56.00.....	12. Hatfield	Open	Hatfield	1:49.00.....
6. Bishop Stort B	Open	Bishop Stort	1:55.00.....	13. Basildon Ph	Open	Basildon Ph	1:48.00.....
7. Co St Albans A	Open	Co St Albans	1:55.00.....	14. Co Norwich	Open	Co Norwich	1:46.00.....

**EVENT 609 Open/Male 800m Freestyle – First Heat**

1. Ben Howlett	16	teamipswich	9:12.80.....	8. Daniel Thompson	16	Thurrock	8:54.16.....
2. Conor Mint	14	Basildon Ph	9:12.78.....	9. Jack Swindale	15	Co Peterboro	8:53.30.....
3. Daniel Williams	15	Hatfield	9:12.06.....	10. Orlando Dearing	15	Co Peterboro	8:46.60.....
4. Charlie McKinnon	16	St Felix Sch	9:06.80.....	11. Daniel Belsey	15	Hatfield	8:37.90.....
5. George Hooper	16	Co St Albans	9:03.77.....	12. Patch Robinson	16	teamipswich	8:37.50.....
6. Kian Lee	15	Co Peterboro	9:03.40.....	13. Ryan Wall	16	Co Cambridge	8:33.90.....
7. Daniel Clayton	17	teamipswich	8:54.50.....	14. Daniel English	21	Hitchin	8:17.04.....



**EVENT 701 FINAL OF EVENT 501 Female 200m IM**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 702 FINAL OF EVENT 502 Open/Male 50m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 703 FINAL OF EVENT 503 Female 50m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 704 FINAL OF EVENT 504 Open/Male 200m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 705 FINAL OF EVENT 505 Female 200m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 706 FINAL OF EVENT 506 Open/Male 100m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 707 FINAL OF EVENT 507 Female 100m Butterfly**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 708 FINAL OF EVENT 508 Open/Male 100m IM**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 709 FINAL OF EVENT 602 Female 100m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 710 FINAL OF EVENT 603 Open/Male 100m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

3<sup>rd</sup> – 5<sup>th</sup> November 2023

**Meet Programme**

**EVENT 711 FINAL OF EVENT 604 Female 200m Freestyle**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 712 FINAL OF EVENT 607 Open/Male 200m Backstroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 713 FINAL OF EVENT 606 Female 50m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 714 FINAL OF EVENT 605 Open/Male 50m Breaststroke**

1.	.....	5.	.....
2.	.....	6.	.....
3.	.....	7.	.....
4.	.....	8.	.....

**EVENT 609 Open/Male 800m Freestyle – Final Heat**

**EVENT 716 Female 200m Freestyle Team**

1.	Co St Albans	Open	Co St Albans	1:53.00.....	5.	Hatfield	Open	Hatfield	1:49.00.....
2.	DunmowAtlant	Open	DunmowAtlant	1:52.00.....	6.	Co Norwich	Open	Co Norwich	1:48.00.....
3.	Co Peterboro B	Open	Co Peterboro	1:52.00.....	7.	Basildon Ph	Open	Basildon Ph	1:48.00.....
4.	Bishop Stort	Open	Bishop Stort	1:50.00.....	8.	Co Peterboro A	Open	Co Peterboro	1:48.00.....

**EVENT 717 Open/Male 200m Medley Team**

1.	Bishop Stort B	Open	Bishop Stort	2:01.00.....	9.	Watford SC	Open	Watford SC	1:50.00.....
2.	Harpenden	Open	Harpenden	1:56.03.....	10.	Bishop Stort A	Open	Bishop Stort	1:49.00.....
3.	Ware	Open	Ware	1:55.00.....	11.	Hatfield	Open	Hatfield	1:48.00.....
4.	Co Peterboro B	Open	Co Peterboro	1:54.00.....	12.	Basildon Ph	Open	Basildon Ph	1:48.00.....
5.	DunmowAtlant	Open	DunmowAtlant	1:54.00.....	13.	Co Peterboro A	Open	Co Peterboro	1:47.00.....
6.	Linslade	Open	Linslade	1:53.00.....	14.	West Suffolk	Open	West Suffolk	1:46.50.....
7.	Biggleswade	Open	Biggleswade	1:52.60.....	15.	Co Norwich	Open	Co Norwich	1:46.00.....
8.	Co St Albans	Open	Co St Albans	1:51.00.....					