

Harlow Penguins Swimming Club

Affiliated to Swim England East Region

Present their

2023 Age Group Qualifier Open Meet



Sat 9th December 2023

at Harlow LeisureZone Pool

Held under SE Laws & SE Technical Rules of Swimming

Licence Number: 3ER231226



Session information

Session 1 - Warm-up 12.30; Start 13.30					Session 2 – Warm-up 17.30; Start 18.30				
Event 101	HDW	Girls	400m	Freestyle	Event 215	HDW	Boys	400m	Freestyle
Event 102	HDW	Boys	200m	Breaststroke	Event 216	HDW	Girls	200m	Breaststroke
Event 103	HDW	Girls	200m	Freestyle	Event 217	HDW	Boys	200m	Freestyle
Event 104	HDW	Boys	200m	IM	Event 218	HDW	Girls	200m	IM
Event 105	HDW	Girls	50m	Backstroke	Event 219	HDW	Boys	50m	Backstroke
Event 106	HDW	Boys	50m	Breaststroke	Event 220	HDW	Girls	50m	Breaststroke
Event 107	HDW	Girls	100m	Butterfly	Event 221	HDW	Boys	100m	Butterfly
Event 108	HDW	Boys	100m	Freestyle	Event 222	HDW	Girls	100m	Freestyle
Event 109	HDW	Girls	200m	Backstroke	Event 223	HDW	Boys	200m	Backstroke
Event 110	HDW	Boys	200m	Butterfly	Event 224	HDW	Girls	200m	Butterfly
Event 111	HDW	Girls	50m	Freestyle	Event 225	HDW	Boys	50m	Freestyle
Event 112	HDW	Boys	50m	Butterfly	Event 226	HDW	Girls	50m	Butterfly
Event 113	HDW	Girls	100m	Breaststroke	Event 227	HDW	Boys	100m	Breaststroke
Event 114	HDW	Boys	100m	Backstroke	Event 228	HDW	Girls	100m	Backstroke

Warmup times and lanes – session one

Start	End	M/F	Age	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
12.30	12.45	Girls	12/UN	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
12.45	13.00	Boys	12/UN	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
13.00	13.15	Girls	13/OV	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
13.15	13.30	Boys	13/OV	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow

Warmup times and lanes – session two

Start	End	M/F	Age	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
17.30	17.45	Boys	12/UN	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
17.45	18.00	Girls	12/UN	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
18.00	18.15	Boys	13/OV	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow
18.15	18.30	Girls	13/OV	Saffron Walden	Epping	Epping	Brentwood	Bishops Stortford	Hornchurch & others	Harlow	Harlow

Welcome

On behalf of Harlow Penguins swimming club, I am delighted to welcome you to LeisureZone for our 2023 Age Group Qualifier Open Meet. This is an all-inclusive event, with a wide range of QTs set appropriately for a Level 3 Meet.

We are grateful to LeisureZone's staff and management and to our sponsors, referees, officials and volunteers, without whom this meet could not be organised, particularly all our helpers who do not have a swimmer here today. Your efforts are highly appreciated.

Welcome again to our closest friends and competitors in local clubs who support us every year. These local galas provide a competitive springboard for success. We hope you all #swimfast and enjoy the event.

Meet rules and information

General

The promoters reserve the right to refuse admission to any spectator, coach or swimmer. Any issues not covered herein will be subject to the discretion of the promoters who also reserve the right to make changes that may be considered necessary for the smooth running and discipline of the event.

The Competition

The Meet will be held under SE Laws & SE Technical Rules of swimming, and the promoter's conditions. Only swimmers registered with the SE to category 2 level will be permitted to take part. The Meet will be run as "age on the day" for swimmers on 9th December 2023. The competition will be held in an 8 lane, 25 metre deck level pool with anti-wave lane ropes. Daktronics electronic timing will be in operation.

Awards will be made to places 1-3 in the age groups 9, 10, 11, 12, 13, 14, 15, 16/OV. Events will be heat declared winners. Random spot prizes will be awarded in some heats. Heats will be spearheaded on submitted times. It is the responsibility of coaches and team managers to ensure their swimmers report to the marshalling on time.

Photography

No photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund. All persons attending this event should exercise reasonable caution when using cameras and other image-capturing devices, particularly with regard to the sharing of such images on social media. Any safeguarding and child protection concerns, photographic or otherwise, should be reported verbally and in writing to the Promoter, who is the designated person responsible for safeguarding at this event. If the concerns relate to the conduct of the Promoter, this should be reported verbally to the referee responsible for this event and in writing to the Swim England East Region Independent Child Protection Officer.

Safety announcement

You are reminded that the depth of water at the start end is 2.0m and the depth of water at the turn end is 1.2m.

Starting blocks are 60cm above water level at the start. There is to be no diving from the turn end at any time.

Coaches and Team Managers are reminded that only those swimmers who have reached the standard of the SE Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water.

Only those swimmers who have reached the standard of the SE Competitive Start Award are permitted to start with a shallow racing dive from the starting blocks.

If there is a false start, you must continue with a shallow racing dive, you must not topple into the water head downwards as this is dangerous. If you are starting in the water, you must lower yourself over the side; do not jump or dive.

The signal that you will hear if it becomes necessary to evacuate the building will be a recorded voice message. To evacuate the building, all those present must use the marked emergency exits. These are situated at the far end of the pool. In the spectators' gallery there are additional exits at the far end of the gallery.

Swimmers and officials must not return to the changing rooms to collect their clothes or belongings.

Swimmers are advised to remove all jewellery in order to prevent accidental injury to themselves.

Car park and lockers:

There is ample parking at the pool. Please allow time to queue at the barrier.

Exit from the car park is by token, collected at the entrance and payable according to length of stay. Tokens must be validated for exit at the pay machine or at LeisureZone reception desk.

Lockers operate on a 20p coin-retain basis. HPSC is not responsible for the security of swimmers' belongings.

Covid guidelines

To avoid close contact, **there will be no sign-in desk**. Heats will be printed in advance. Therefore, to avoid too many empty lanes we are grateful to hear of withdrawals until mid-night on Wednesday.

LeisureZone does not impose any regulations, however, anyone with symptoms is advised to take a lateral flow test before you come. Do not attend this gala if you have tested positive. Swimmers are requested to remain with their own club as far as possible. Government guidelines no longer require you to wear a mask in the gallery, foyer and communal areas.

Spectators

Entry to the gallery will be charged at £5 per session, with no concessions. Payment by card is possible. The centre does not permit the consumption of food in the gallery itself.

Officials

The briefing / refreshments room will be the upstairs “Conference Room” (in the corridor leading to the squash courts). Food will be served in this room between sessions.

Please sign-in at 12.30 / 17.30 respectively for a briefing 15 mins later. Parking at LeisureZone will be refunded.

Please wear a white top, with either black or white trousers and any colour clean footwear suitable for pool deck. Bring your own stopwatch and clipboard.

Coaches' packs

Will be available to collect from the gallery entry desk – for those who have ordered in advance.

EVENT 101 Female 400m Freestyle

1.	Gabriella SALES	10	Epping For't	7:10.00
2.	Mia ALLIN	13	Epping For't	6:40.00
3.	Lois WOOTTON	11	Epping For't	6:33.43
4.	Lois LAWS	11	Harlow Pen	6:26.00
5.	Madison KINDLER	10	Brentwood	6:20.00
6.	Lily WANG	11	Epping For't	6:17.32
7.	Isabelle FACCINI	11	Harlow Pen	6:15.41
8.	Victoria HODGENS	11	Brentwood	6:11.84
9.	Kathmarl KLIS FARFAN	17	Epping For't	5:55.39
10.	Isabella WILLIAMS	16	Epping For't	5:47.17
11.	Phoebe KENT	13	Harlow Pen	5:45.83
12.	Darcy FORD	12	Hornchurch	5:34.17
13.	Rosie RANDESOME	13	Epping For't	5:30.02
14.	Isla O'DOWD	12	Epping For't	5:27.68
15.	Grace MASON	17	Bishop Stort	5:27.40
16.	Emily FITZGERALD	14	Harlow Pen	5:07.60

EVENT 102 Open/Male 200m Breaststroke

1.	Jude BALDOCK	9	Epping For't	4:30.00
2.	Jared JONES	11	Harlow Pen	4:25.00
3.	Max DOLLERY	11	Epping For't	4:20.00
4.	Jack MADDEN	11	Hornchurch	4:17.20
5.	Oliver ELO	10	Saffron Wald	4:04.24
6.	Marcus JUGANARU	12	Brentwood	3:52.44
7.	David PETRE	12	Brentwood	3:48.58
8.	William GILES	12	Epping For't	3:38.71
9.	Noah VICTORIN	12	Hornchurch	3:36.38
10.	Finlay MCLACHLAN	12	Brentwood	3:35.34
11.	Oscar LANGSTON	11	Epping For't	3:29.63
12.	Alby JAMIESON	13	Harlow Pen	3:27.30
13.	Charlie PLUME	14	Harlow Pen	3:19.32
14.	Joshua DILCHAND	14	Epping For't	3:15.47
15.	Daniel JONES	14	Hornchurch	3:06.86
16.	Alexander BELNIKOFF	13	Epping For't	3:02.80
17.	Harry JOHNSON	14	Saffron Wald	2:59.86
18.	Dmitrijs GRACOVS	14	Harlow Pen	2:49.57
19.	Jack BANNING	16	Harlow Pen	2:47.98

EVENT 103 Female 200m Freestyle

1.	Ava PRICE	11	Bishop Stort
2.	Lola GIVEN	10	Epping For't	4:10.00
3.	Cassie BONNER	9	Epping For't	3:50.00
4.	Niamh TUSON	9	Epping For't	3:34.10
5.	Josephine FOSTER	9	Epping For't	3:30.00
6.	Chloe SHEMMINGS	12	Epping For't	3:28.86
7.	Lois WOOTTON	11	Epping For't	3:28.61
8.	Madison KINDLER	10	Brentwood	3:23.58
9.	Teodora PETRE	9	Brentwood	3:22.10
10.	Gabriella SALES	10	Epping For't	3:17.84
11.	Helena FULBROOK	12	Epping For't	3:15.00
12.	Maya MALIN	12	Epping For't	3:10.56
13.	Shoshana DENNEHY	11	Harlow Pen	3:08.00
14.	Charlotte CARTER	11	Epping For't	3:07.07
15.	Maeva SMITH	12	Harlow Pen	3:05.00
16.	Lily WANG	11	Epping For't	3:00.04
17.	Adeeba GHANI	14	Harlow Pen	3:00.00
18.	Jessica CARTER	13	Epping For't	2:55.93
19.	Mia ALLIN	13	Epping For't	2:55.09
20.	Ava MCCARTHY	13	Harlow Pen	2:51.53
21.	Elizabeth GORE	12	Epping For't	2:49.89
22.	Kayla SMITH	12	Harlow Pen	2:40.35
23.	Kathmarl KLIS FARFAN	17	Epping For't	2:39.28
24.	Isobel MCKAY	12	Epping For't	2:39.04
25.	Amelia DAVIES	14	Hornchurch	2:38.56
26.	Isobel LINGLEY	16	Saffron Wald	2:37.47
27.	Lucy DAY	12	Harlow Pen	2:35.74
28.	Isla O'DOWD	12	Epping For't	2:35.43
29.	Genna LEE	12	Harlow Pen	2:33.32
30.	Ruthie EGUAKHIDE	14	Romford Town	2:32.05
31.	Jeyda FAIK	14	Epping For't	2:30.80
32.	Grace WARDLE	15	Saffron Wald	2:30.33
33.	Freya GORDON	15	Harlow Pen	2:27.85
34.	Niamh MULQUEEN	16	Brentwood	2:27.32
35.	Elena BUCKLEY	13	Brentwood	2:25.70
36.	Imogen TANG	16	Bishop Stort	2:23.63
37.	Amelia WETHERELL	14	Harlow Pen	2:20.85
38.	Summer BUCKLAND	14	Harlow Pen	2:19.80

EVENT 104 Open/Male 200m IM

1.	John DEEKS	14	Bishop Stort
2.	Kai CHARLES	10	Harlow Pen	4:08.06
3.	Ruslan SHIRAZ	11	Epping For't	3:56.50
4.	James FULBROOK	14	Epping For't	3:17.97
5.	Finlay MCLACHLAN	12	Brentwood	3:17.20
6.	Daniel BLAGOEV	12	Epping For't	3:15.00
7.	Jack FOURACRES	14	Epping For't	3:14.23
8.	Bobby MERCER	11	Harlow Pen	3:13.64
9.	Alexander APOSTOL	14	Epping For't	3:03.23
10.	Liam BAUTISTA	14	Epping For't	2:53.70
11.	Alexander BELNIKOFF	13	Epping For't	2:50.67
12.	Rares BRANISTEANU	14	Harlow Pen	2:50.00
13.	Adam WHITE	12	Harlow Pen	2:49.62
14.	James BULL	15	Harlow Pen	2:48.24

16.	Harry JONSON	14	Saffron Wald	2:41.56
17.	Dylan DAVENPORT	14	Bishop Stort	2:33.50
18.	Cooper SMITH	14	Harlow Pen	2:32.96
19.	Michael MANNIX	15	Harlow Pen	2:31.18
20.	George JONES	14	Harlow Pen	2:30.89
21.	Theo BARI	15	Saffron Wald	2:28.46

EVENT 105 Female 50m Backstroke

1.	Olivia NITA	10	Harlow Pen	55.00
2.	Taivia WRIGHT	10	Harlow Pen	55.00
3.	Amaia SMITH	9	Harlow Pen	55.00
4.	Naomi MUWANGI	9	Harlow Pen	55.00
5.	Lola GIVEN	10	Epping For't	52.84
6.	Ana FREEMAN	11	Epping For't	52.79
7.	Elizabeth HOOPER	12	Saffron Wald	52.51
8.	Sophia FIRKINS	10	Saffron Wald	51.99
9.	Elena WILEY	10	Harlow Pen	51.33
10.	Lily CANEPA	11	Saffron Wald	51.05
11.	Linke GROENEWALD	10	Bishop Stort	50.84
12.	Erin CAMERON	10	Epping For't	50.66
13.	Chloe SHEMMINGS	12	Epping For't	50.62
14.	Teodora PETRE	9	Brentwood	50.50
15.	Sarah APOSTOL	9	Epping For't	50.39
16.	Millie PAGE	9	Saffron Wald	50.14
17.	Cassie BONNER	9	Epping For't	49.97
18.	Essie ROONEY	10	Romford Town	49.81
19.	Elsie COLE	9	Epping For't	49.20
20.	Pumpkin FACCINI	10	Harlow Pen	48.99
21.	Bo HOOPER	10	Epping For't	48.78
22.	Emily WADSWORTH	10	Brentwood	47.81
23.	Lillie FRANCE	12	Harlow Pen	47.40
24.	Helena FULBROOK	12	Epping For't	46.80
25.	Diana TURCU	14	Harlow Pen	46.79
26.	Niamh TUSON	9	Epping For't	46.79
27.	Gabriella SALES	10	Epping For't	46.48
28.	Evie LOWERS	10	Harlow Pen	45.71
29.	Isabelle FACCINI	11	Harlow Pen	45.53
30.	Charlotte CARTER	11	Epping For't	45.09
31.	Lois LAWS	11	Harlow Pen	44.70
32.	Shoshana DENNEHY	11	Harlow Pen	44.40
33.	Zara BELNIKOFF	11	Epping For't	44.27
34.	Lily-Rose MERNAGH	12	Epping For't	44.09
35.	Ellie BAKER	11	Brentwood	44.00
36.	Ivy POWELL	11	Harlow Pen	43.87
37.	Maya MALIN	12	Epping For't	42.98
38.	Jessica CARTER	13	Epping For't	42.87
39.	Holly FITZGERALD	11	Harlow Pen	42.56
40.	Lois WOOTTON	11	Epping For't	41.97
41.	Felicity OAKES	13	Harlow Pen	41.82
42.	Lily WANG	11	Epping For't	41.64
43.	Isobel LINGLEY	16	Saffron Wald	41.55
44.	Isabella ELO	12	Saffron Wald	41.37
45.	Lucy DAY	12	Harlow Pen	39.86
46.	Kaci-May PECK	13	Harlow Pen	39.41
47.	Ava WATTS	11	Brentwood	38.90
48.	Mya CLEWES	13	Epping For't	38.49
49.	Zoe OPIYO	14	Bishop Stort	38.31
50.	Jessica ROTHON	13	Hornchurch	38.00
51.	Heidi COOPER	14	Harlow Pen	37.69
52.	Kayleigh PEACOCK	15	Harlow Pen	37.18
53.	Jeyda FAIK	14	Epping For't	37.18
54.	Isla O'DOWD	12	Epping For't	36.79
55.	Poppy TOMLIN	14	Hornchurch	36.71
56.	Amy GIMBIRD	13	Hornchurch	36.62
57.	Amelia MATTHEWS	12	Harlow Pen	36.53
58.	Isobel MCKAY	12	Epping For't	36.48
59.	Imogen ALCOCK	14	Co Cambridge	35.13
60.	Brianna HANSEN-HOARE	16	Harlow Pen	31.56

EVENT 106 Open/Male 50m Breaststroke

1.	Henry OAKES	15	Harlow Pen	2:01.86
2.	Caius JUGANARU	9	Brentwood	1:30.00
3.	Arya ZOLFAGHARI	11	Epping For't	1:05.73
4.	James BRAFFMAN-PRICE	9	Saffron Wald	1:05.52
5.	Alexander TSANG	12	Epping For't	1:05.00
6.	Jeremy COX	9	Harlow Pen	1:05.00
7.	Alexander MCKAY	10	Epping For't	1:03.22
8.	Payton SANDHU	9	Epping For't	1:02.69
9.	Renwa ARIA	11	Epping For't	1:01.76
10.	Jack MADDEN	11	Hornchurch	58.97
11.	Filip CIRDEI	9	Brentwood	58.70
12.	Kai CHARLES	10	Harlow Pen	58.50
13.	Alexander EUSTACE	10	Bishop Stort	58.10
14.	Jared JONES	11	Harlow Pen	57.46
15.	Robert PEARSON	10	Brentwood	57.00
16.	Theo HATZIXANTHIS	11	Saffron Wald	55.04
17.	Roberto AKINCI	11	Epping For't	54.67
18.	Oliver ELO	10	Saffron Wald	53.15
19.	William MAXWELL	12	Bishop Stort	52.00
20.	Luca TSE	10	Bishop Stort	50.87
21.	William GILES	12	Epping For't	50.25
22.	Theo FOX	10	Saffron Wald	49.75
23.	Adithya BANGERA	12	Epping For't	49.08
24.	Timothy (Timmy) GILBER	11	Saffron Wald	48.60

26.	Brandon RICHARDS	14	Hornchurch	47.44
27.	Noah VICTORIN	12	Hornchurch	46.73
28.	James FULBROOK	14	Epping For't	46.69
29.	Alexandru APOSTOL	14	Epping For't	46.41
30.	Tj SARAPOJ	14	Brentwood	46.00
31.	Marcus JUGANARU	12	Brentwood	44.30
32.	Oscar LANGSTON	11	Epping For't	43.48
33.	Jan KOWALSKI	13	Saffron Wald	43.34
34.	Lucas PINTILEI	14	Harlow Pen	43.08
35.	David PETRE	12	Brentwood	42.97
36.	Liam BAUTISTA	14	Epping For't	42.90
37.	Ozan VELIOGLU	14	Saffron Wald	42.63
38.	James BULL	15	Harlow Pen	42.52
39.	Rares BRANISTEANU	14	Harlow Pen	42.44
40.	Alexander BELNIKOFF	13	Epping For't	42.20
41.	John DEEKS	14	Bishop Stort	42.16
42.	Oliver MORGAN	14	Leyton	42.00
43.	Andrew DE KONING	14	Saffron Wald	40.53
44.	Maxim SZARVADI	14	Harlow Pen	40.24
45.	Daniel JONES	14	Hornchurch	40.16
46.	Jude DEMPSEY THOMPSON	13	Leyton	40.00
47.	Ellis RYAN	14	Harlow Pen	38.33
48.	Dmitrijs GRACOVS	14	Harlow Pen	35.53
49.	Harry JOHNSON	14	Saffron Wald	35.42
50.	Colin PEDEN	17	Saffron Wald	35.18
	Ethan MAY	18	Harlow Pen	33.84

EVENT 107 Female 100m Butterfly

1.	Charlotte CARTER	11	Epping For't	2:15.00
2.	Sarah APOSTOL	9	Epping For't	1:58.71
3.	Jessica CARTER	13	Epping For't	1:50.00
4.	Lois LAWS	11	Harlow Pen	1:46.96
5.	Phoebe KENT	13	Harlow Pen	1:33.11
6.	Esha CROSS	14	Epping For't	1:31.23
7.	Ivy POWELL	11	Harlow Pen	1:29.17
8.	Kayla SMITH	12	Harlow Pen	1:26.97
9.	Darcy FORD	12	Hornchurch	1:26.97
10.	Emily FITZGERALD	14	Harlow Pen	1:18.21
11.	Genna LEE	12	Harlow Pen	1:18.01
12.	Brianna HANSEN-HOARE	16	Harlow Pen	1:17.56
13.	Grace MASON	17	Bishop Stort	1:13.22
14.	Ciara MCAULEY	18	Saffron Wald	1:10.63

EVENT 108 Open/Male 100m Freestyle

1.	John DEEKS	14	Bishop Stort
2.	Filip BALDEI	9	Brentwood	2:00.00
3.	Jude CIRDOCK	9	Epping For't	1:50.00
4.	James BRAFMAN-PRICE	9	Saffron Wald	1:47.13
5.	Alexander MCKAY	10	Epping For't	1:45.76
6.	Payton SANDHU	9	Epping For't	1:45.19
7.	Jared JONES	11	Harlow Pen	1:45.00
8.	Senan BRULLO	10	Brentwood	1:43.00
9.	Alexander EUSTACE	10	Bishop Stort	1:41.51
10.	Alexander TSANG	12	Epping For't	1:40.00
11.	George HALL	10	Bishop Stort	1:39.83
12.	Arya ZOLFAGHARI	11	Epping For't	1:36.76
13.	Renwa ARIA	11	Epping For't	1:35.83
14.	Max DOLLERY	11	Epping For't	1:34.95
15.	Robert PEARSON	10	Brentwood	1:33.00
16.	Oliver MORGAN	14	Leyton	1:30.00
17.	Daniel BLAGOEV	12	Epping For't	1:30.00
18.	Marcus JUGANARU	12	Brentwood	1:26.90
19.	Timothy (Timmy) GILBER	11	Saffron Wald	1:26.28
20.	Fletcher GROAT	13	Harlow Pen	1:22.46
21.	Ruslan SHIRAZ	11	Epping For't	1:22.37
22.	Ethan SMITH	11	Brentwood	1:22.29
23.	Brandon RICHARDS	14	Hornchurch	1:20.28
24.	Jude DEMPSEY THOMPSON	13	Leyton	1:20.00
25.	Roberto AKINCI	11	Epping For't	1:19.35
26.	James FULBROOK	14	Epping For't	1:18.86
27.	Jack FOURACRES	14	Epping For't	1:18.74
28.	Christian LUDWIG	12	Brentwood	1:18.34
29.	Oscar LANGSTON	11	Epping For't	1:16.74
30.	Dominik STERBAK	12	Harlow Pen	1:16.10
31.	Alby JAMIESON	13	Harlow Pen	1:15.57
32.	Tj SARAPOJ	14	Brentwood	1:14.50
33.	Lucas PINTILEI	14	Harlow Pen	1:13.69
34.	Bobby MERCER	11	Harlow Pen	1:13.18
35.	Alexandru APOSTOL	14	Epping For't	1:12.96
36.	Matei HARDWARE	14	Harlow Pen	1:12.04
37.	James CHERRY	14	Harlow Pen	1:11.87
38.	Aidan STERRY	14	Brentwood	1:11.67
39.	Ozan VELIOGLU	14	Saffron Wald	1:11.54
40.	Deivids EIHALDS	15	Harlow Pen	1:09.89
41.	Andrew DE KONING	14	Saffron Wald	1:08.21
42.	Dillan CRONIN	13	Bark & Dagen	1:07.64
43.	Joshua DILCHAND	14	Epping For't	1:07.09
44.	Ellis RYAN	14	Harlow Pen	1:06.34
45.	Liam BAUTISTA	14	Epping For't	1:05.82
46.	Rares BRANISTEANU	14	Harlow Pen	1:04.75
47.	Charlie PLUME	14	Harlow Pen	1:04.43
48.	Arthur DEGORCE	15	Saffron Wald	1:03.26
49.	Ashton LOWE	14	Saffron Wald	1:03.05
50.	Guangdi ZHU	14	Epping For't	1:02.64

52.	Maxim SZARVADI	14	Harlow Pen	1:01.68
53.	Jack BANNING	16	Harlow Pen	1:00.48
54.	James HURSEY	19	Harlow Pen	59.46
55.	Charles SINCLAIR	27	Ware	58.84
56.	Aaron MOLYNEUX	16	Saffron Wald	58.71
57.	Oliver HUTCHINSON	16	Harlow Pen	58.48
58.	George JONES	14	Harlow Pen	58.09
59.	Theo BARI	15	Saffron Wald	57.46

EVENT 109 Female 200m Backstroke

1.	Cassie BONNER	9	Epping For't	4:00.00
2.	Elsie COLE	9	Epping For't	4:00.00
3.	Erin CAMERON	10	Epping For't	4:00.00
4.	Helena FULBROOK	12	Epping For't	4:00.00
5.	Niamh TUSON	9	Epping For't	3:59.75
6.	Isabelle FACCINI	11	Harlow Pen	3:52.65
7.	Chloe SHEMMINGS	12	Epping For't	3:50.83
8.	Sarah APOSTOL	9	Epping For't	3:47.07
9.	Holly FITZGERALD	11	Harlow Pen	3:45.00
10.	Bo HOOPER	10	Epping For't	3:45.00
11.	Gabriella SALES	10	Epping For't	3:39.39
12.	Lily-Rose MERNAGH	12	Epping For't	3:30.20
13.	Adeeba GHANI	14	Harlow Pen	3:30.00
14.	Josephine FOSTER	9	Epping For't	3:30.00
15.	Charlotte CARTER	11	Epping For't	3:25.96
16.	Zara BELNIKOFF	11	Epping For't	3:22.35
17.	Jessica CARTER	13	Epping For't	3:21.69
18.	Lois WOOTTON	11	Epping For't	3:21.60
19.	Ava WATTS	11	Brentwood	3:09.62
20.	Elizabeth GORE	12	Epping For't	3:08.39
21.	Lily WANG	11	Epping For't	3:01.24
22.	Heidi COOPER	14	Harlow Pen	2:56.18
23.	Isla O'DOWD	12	Epping For't	2:53.46
24.	Poppy TOMLIN	14	Hornchurch	2:50.72
25.	Kayleigh PEACOCK	15	Harlow Pen	2:49.31
26.	Amy GIMBIRD	13	Hornchurch	2:47.50
27.	Imogen ALCOCK	14	Co Cambridge	2:44.74
28.	Summer BUCKLAND	14	Harlow Pen	2:42.53
29.	Amelia WETHERELL	14	Harlow Pen	2:40.58
30.	Niamh MULQUEEN	16	Brentwood	2:32.47

EVENT 110 Open/Male 200m Butterfly

1.	Marcus FECHETE	10	Epping For't	3:45.00
2.	Alexandru APOSTOL	14	Epping For't	3:28.37
3.	Adam WHITE	12	Harlow Pen	3:00.00
4.	Dillan CRONIN	13	Bark & Dagen	2:54.91
5.	Cooper SMITH	14	Harlow Pen	2:41.96
6.	Dmitrijs GRACOVS	14	Harlow Pen	2:28.35

EVENT 111 Female 50m Freestyle

1.	Esme MAXWELL	10	Bishop Stort
2.	Lola GIVEN	10	Epping For't	50.89
3.	Olivia NITA	10	Harlow Pen	50.00
4.	Taivia WRIGHT	10	Harlow Pen	50.00
5.	Naomi MUWANGI	9	Harlow Pen	50.00
6.	Amaia SMITH	9	Harlow Pen	50.00
7.	Ava PRICE	11	Bishop Stort	47.19
8.	Sarah APOSTOL	9	Epping For't	47.03
9.	Eddie BROCKWELL	10	Saffron Wald	46.99
10.	Linke GROENEWALD	10	Bishop Stort	46.58
11.	Ana FREEMAN	11	Epping For't	46.42
12.	Millie PAGE	9	Saffron Wald	45.47
13.	Cassie BONNER	9	Epping For't	45.12
14.	Elena WILEY	10	Harlow Pen	44.97
15.	Lillie FRANCE	12	Harlow Pen	44.59
16.	Pumpkin FACCINI	10	Harlow Pen	44.56
17.	Niamh TUSON	9	Epping For't	44.50
18.	Sophia FIRKINS	10	Saffron Wald	42.75
19.	Emily WADSWORTH	10	Brentwood	42.50
20.	Bo HOOPER	10	Epping For't	42.35
21.	Lily CANEPA	11	Saffron Wald	41.83
22.	Teodora PETRE	9	Brentwood	41.70
23.	Essie ROONEY	10	Romford Town	41.62
24.	Charlotte CARTER	11	Epping For't	41.40
25.	Josephine FOSTER	9	Epping For't	41.13
26.	Elsie COLE	9	Epping For't	40.81
27.	Lily-Rose MERNAGH	12	Epping For't	39.96
28.	Elizabeth HOOPER	12	Saffron Wald	39.85
29.	Isabelle FACCINI	11	Harlow Pen	39.41
30.	Emily SMITH	12	Harlow Pen	38.87
31.	Shoshana DENNEHY	11	Harlow Pen	36.70
32.	Lois WOOTTON	11	Epping For't	36.69
33.	Isabella WILLIAMS	16	Epping For't	35.83
34.	Ivy POWELL	11	Harlow Pen	35.80
35.	Ava MCCARTHY	13	Harlow Pen	35.27
36.	Manon DEGORCE	14	Saffron Wald	35.20
37.	Jessica CARTER	13	Epping For't	35.12
38.	Heidi COOPER	14	Harlow Pen	34.99
39.	Zoe MUIR	12	Brentwood	34.85
40.	Maeva SMITH	12	Harlow Pen	34.82
41.	Diana TURCU	14	Harlow Pen	34.55
42.	Amy GIMBIRD	13	Hornchurch	34.50
43.	Maya MALIN	12	Epping For't	34.48
44.	Phoebe KENT	13	Harlow Pen	34.40

Victoria HODGENS	11	Brentwood	34.30
46. Ava WATTS	11	Brentwood	34.10
47. Kayla SMITH	12	Harlow Pen	33.96
48. Felicity OAKES	13	Harlow Pen	33.93
49. Isabella ELO	12	Saffron Wald	33.92
50. Isla O'DOWD	12	Epping For't	33.77
51. Nora VILLA	14	Epping For't	33.75
52. Isobel MCKAY	12	Epping For't	33.73
53. Esha CROSS	14	Epping For't	33.72
54. Darcy FORD	12	Hornchurch	33.56
55. Lucy DAY	12	Harlow Pen	33.47
56. Marcia MCNICHOLAS	13	Saffron Wald	32.87
57. Grace WARDLE	15	Saffron Wald	32.19
58. Kathmarl KLIS FARFAN	17	Epping For't	32.03
59. Amelia DAVIES	14	Hornchurch	31.96
60. Emily FITZGERALD	14	Harlow Pen	31.96
61. Jeyda FAIK	14	Epping For't	31.90
62. Kaci-May PECK	13	Harlow Pen	31.70
63. Imogen ALCOCK	14	Co Cambridge	31.00
64. Niamh MULQUEEN	16	Brentwood	30.82
65. Charlotte HARRINGTON	14	Hornchurch	30.79
66. Freya GORDON	15	Harlow Pen	30.72
67. Elena BUCKLEY	13	Brentwood	30.60
68. Tara PERKINS	15	Saffron Wald	30.50
69. Zoe OPIYO	14	Bishop Stort	30.35
70. Amelia WETHERELL	14	Harlow Pen	30.33
71. Amelia MATTHEWS	12	Harlow Pen	30.20
72. Poppy HOLMAN	15	Hornchurch	29.48
73. Ruthie EGUAKHIDE	14	Romford Town	29.46
74. Ciara MCAULEY	18	Saffron Wald	28.80
75. Brianna HANSEN-HOARE	16	Harlow Pen	28.76
76. Imogen TANG	16	Bishop Stort	28.40

EVENT 112 Open/Male 50m Butterfly

1. Caius JUGANARU	9	Brentwood	1:30.00
2. Jeremy COX	9	Harlow Pen	1:05.00
3. Senan BRULLO	10	Brentwood	1:00.00
4. Renwa ARIA	11	Epping For't	56.09
5. Alexander EUSTACE	10	Bishop Stort	54.87
6. Jude BALDOCK	9	Epping For't	53.38
7. Ruslan SHIRAZ	11	Epping For't	53.22
8. Theo FOX	10	Saffron Wald	53.12
9. Kai CHARLES	10	Harlow Pen	53.03
10. Daniel BLAGOEV	12	Epping For't	50.77
11. George HALL	10	Bishop Stort	49.72
12. Alby JAMIESON	13	Harlow Pen	45.94
13. Ethan SMITH	11	Brentwood	44.59
14. Oscar LANGSTON	11	Epping For't	42.53
15. James FULBROOK	14	Epping For't	42.07
16. Dominik STERBAK	12	Harlow Pen	41.80
17. Lucas PINTILEI	14	Harlow Pen	41.79
18. Jack FOURACRES	14	Epping For't	41.48
19. Finlay MCLACHLAN	12	Brentwood	41.00
20. David PETRE	12	Brentwood	40.10
21. Alexander BELNIKOFF	13	Epping For't	38.45
22. Ellis RYAN	14	Harlow Pen	36.16
23. John DEEKS	14	Bishop Stort	36.03
24. Matei HARDWARE	14	Harlow Pen	35.99
25. Daniel JONES	14	Hornchurch	35.87
26. Deivids EIHVALDS	15	Harlow Pen	35.37
27. Liam BAUTISTA	14	Epping For't	35.36
28. Tj SARAPOJ	14	Brentwood	34.90
29. Jude DEMPSEY THOMPSON	13	Leyton	33.87
30. Charlie PLUME	14	Harlow Pen	33.28
31. James BULL	15	Harlow Pen	33.05
32. Oliver MORGAN	14	Leyton	33.05
33. Joshua DILCHAND	14	Epping For't	32.75
34. Guangdi ZHU	14	Epping For't	32.72
35. Lochlan DYER	15	Hornchurch	32.40
36. Michael MANNIX	15	Harlow Pen	31.92
37. Rares BRANISTEANU	14	Harlow Pen	31.70
38. James HURSEY	19	Harlow Pen	31.41
39. Harry JOHNSON	14	Saffron Wald	31.31
40. Ashton LOWE	14	Saffron Wald	30.70
41. Oliver HUTCHINSON	16	Harlow Pen	30.55
42. Dmitrijs GRACOV'S	14	Harlow Pen	30.36
43. George JONES	14	Harlow Pen	30.30
44. Aaron MOLYNEUX	16	Saffron Wald	30.17
45. Colin PEDEN	17	Saffron Wald	28.80
46. Charles SINCLAIR	27	Ware	28.75
47. Ethan MAY	18	Harlow Pen	28.66

EVENT 113 Female 100m Breaststroke

1. Linke GROENEWALD	10	Bishop Stort
2. Erin CAMERON	10	Epping For't	2:15.00
3. Chloe SHEMMINGS	12	Epping For't	2:11.78
4. Pumpkin FACCINI	10	Harlow Pen	2:09.44
5. Elsie COLE	9	Epping For't	2:08.13
6. Helena FULBROOK	12	Epping For't	2:06.42
7. Emily WADSWORTH	10	Brentwood	2:05.80
8. Lola GIVEN	10	Epping For't	2:05.18
9. Niamh TUSON	9	Epping For't	2:05.06
10. Bo HOOPER	10	Epping For't	2:04.85
11. Essie ROONEY	10	Romford Town	2:01.28

12.	Ana FREEMAN	11	Epping For't	1:59.33
13.	Zara BELNIKOFF	11	Epping For't	1:58.76
14.	Teodora PETRE	9	Brentwood	1:57.70
15.	Emily JONES	10	Hornchurch	1:54.46
16.	Maya MALIN	12	Epping For't	1:50.83
17.	Mia ALLIN	13	Epping For't	1:48.70
18.	Emily SMITH	12	Harlow Pen	1:48.66
19.	Adeeba GHANI	14	Harlow Pen	1:48.04
20.	Jessica CARTER	13	Epping For't	1:47.38
21.	Ellie BAKER	11	Brentwood	1:47.30
22.	Manon DEGORCE	14	Saffron Wald	1:45.38
23.	Lily WANG	11	Epping For't	1:44.01
24.	Zoe MUIR	12	Brentwood	1:41.82
25.	Nora VILLA	14	Epping For't	1:39.16
26.	Esha CROSS	14	Epping For't	1:36.85
27.	Poppy CARTER	13	Hornchurch	1:36.04
28.	Zoe OPIYO	14	Bishop Stort	1:33.68
29.	Jessica ROTHON	13	Hornchurch	1:33.60
30.	Isobel MCKAY	12	Epping For't	1:32.47
31.	Amber SLOCOMBE	14	Hornchurch	1:32.26
32.	Mya CLEWES	13	Epping For't	1:30.91
33.	Elena BUCKLEY	13	Brentwood	1:30.85
34.	Marcia MCNICHOLAS	13	Saffron Wald	1:28.55
35.	Grace WARDLE	15	Saffron Wald	1:27.17
36.	Amelia MATTHEWS	12	Harlow Pen	1:24.65
37.	Genna LEE	12	Harlow Pen	1:24.39
38.	Ruthie EGUAKHIDE	14	Romford Town	1:24.00

EVENT 114 Open/Male 100m Backstroke

1.	Payton SANDHU	9	Epping For't	1:52.98
2.	Renwa ARIA	11	Epping For't	1:51.46
3.	Roberto AKINCI	11	Epping For't	1:50.35
4.	Alexander EUSTACE	10	Bishop Stort	1:49.93
5.	Arya ZOLFAGHARI	11	Epping For't	1:49.74
6.	Jude BALDOCK	9	Epping For't	1:49.25
7.	Alexander MCKAY	10	Epping For't	1:48.41
8.	Kai CHARLES	10	Harlow Pen	1:47.20
9.	Alexander TSANG	12	Epping For't	1:45.67
10.	Robert PEARSON	10	Brentwood	1:45.00
11.	William GILES	12	Epping For't	1:44.47
12.	Brandan RICHARDS	14	Hornchurch	1:44.20
13.	Marcus JUGANARU	12	Brentwood	1:39.90
14.	Max DOLLERY	11	Epping For't	1:39.00
15.	Fletcher GROAT	13	Harlow Pen	1:37.83
16.	Daniel BLAGOEV	12	Epping For't	1:37.66
17.	Senan BRULLO	10	Brentwood	1:37.00
18.	Marcus FECHETE	10	Epping For't	1:32.26
19.	Aidan STERRY	14	Brentwood	1:29.95
20.	Adithya BANGERA	12	Epping For't	1:27.75
21.	David PETRE	12	Brentwood	1:26.23
22.	Christian LUDWIG	12	Brentwood	1:25.67
23.	Dhrish PATEL	12	Bo Southend	1:24.94
24.	Bobby MERCER	11	Harlow Pen	1:24.60
25.	Alexandru APOSTOL	14	Epping For't	1:21.59
26.	Dillan CRONIN	13	Bark & Dagen	1:20.83
27.	Liam BAUTISTA	14	Epping For't	1:15.18
28.	Arthur DEGORCE	15	Saffron Wald	1:13.95
29.	Jack BANNING	16	Harlow Pen	1:09.89
30.	Maxim SZARVADI	14	Harlow Pen	1:09.12
31.	Aaron MOLYNEUX	16	Saffron Wald	1:07.80
32.	Joshua HUTCHINSON	16	Harlow Pen	1:02.75

EVENT 215 Open/Male 400m Freestyle

1.	Raphael BUCHALLET	14	Saffron Wald	6:26.06
2.	Marcus FECHETE	10	Epping For't	6:07.13
3.	Jack FOURACRES	14	Epping For't	6:01.61
4.	Adithya BANGERA	12	Epping For't	5:51.11
5.	Andrew DE KONING	14	Saffron Wald	5:43.41
6.	Liam BAUTISTA	14	Epping For't	5:15.00
7.	Dillan CRONIN	13	Bark & Dagen	5:08.67
8.	Ethan RYAN	18	Harlow Pen	5:01.64

EVENT 216 Female 200m Breaststroke

1.	Niamh TUSON	9	Epping For't	4:32.99
2.	Sarah APOSTOL	9	Epping For't	4:30.45
3.	Annabel GILES	10	Epping For't	4:20.00
4.	Zara BELNIKOFF	11	Epping For't	4:18.20
5.	Teodora PETRE	9	Brentwood	4:15.07
6.	Ana FREEMAN	11	Epping For't	4:09.22
7.	Lily-Rose MERNAGH	12	Epping For't	4:00.00
8.	Emily SMITH	12	Harlow Pen	3:59.05
9.	May DONNELLY	12	Harlow Pen	3:52.87
10.	Maya MALIN	12	Epping For't	3:46.54
11.	Adeeba GHANI	14	Harlow Pen	3:40.00
12.	Kathmarl KLIS FARFAN	17	Epping For't	3:36.55
13.	Ananya GOPI-KRISHNA	12	Epping For't	3:34.75
14.	Lily WANG	11	Epping For't	3:30.88
15.	Darcy FORD	12	Hornchurch	3:30.70
16.	Mya CLEWES	13	Epping For't	3:28.21
17.	Poppy CARTER	13	Hornchurch	3:25.02
18.	Jeyda FAIK	14	Epping For't	3:16.95
19.	Kayleigh PEACOCK	15	Harlow Pen	3:15.00
20.	Amber SLOCOMBE	14	Hornchurch	3:14.85
21.	Freya GORDON	15	Harlow Pen	3:14.25

1.	Ruthie EGUAKHIDE	14	Romford Town	3:04.44
EVENT 217 Open/Male 200m Freestyle					
1.	Jude BALDOCK	9	Epping For't	4:15.00
2.	Finlay MCLACHLAN	12	Brentwood	3:58.87
3.	Arya ZOLFAGHARI	11	Epping For't	3:34.38
4.	Renwa ARIA	11	Epping For't	3:30.00
5.	Alexander TSANG	12	Epping For't	3:30.00
6.	Freddie COCKBURN	11	Saffron Wald	3:23.45
7.	Baran YILDIRIM	13	Saffron Wald	3:05.59
8.	Ruslan SHIRAZ	11	Epping For't	3:01.95
9.	Dominik STERBAK	12	Harlow Pen	2:54.84
10.	Fletcher GROAT	13	Harlow Pen	2:54.01
11.	Roberto AKINCI	11	Epping For't	2:53.52
12.	Raphael BUCHALLET	14	Saffron Wald	2:51.92
13.	James FULBROOK	14	Epping For't	2:50.00
14.	David PETRE	12	Brentwood	2:48.97
15.	Oscar LANGSTON	11	Epping For't	2:47.99
16.	Matei HARDWARE	14	Harlow Pen	2:47.74
17.	Adithya BANGERA	12	Epping For't	2:47.26
18.	Bobby MERCER	11	Harlow Pen	2:39.48
19.	Andrew DE KONING	14	Saffron Wald	2:32.56
20.	Aidan STERRY	14	Brentwood	2:32.51
21.	Joshua DILCHAND	14	Epping For't	2:29.43
22.	Adam WHITE	12	Harlow Pen	2:26.72
23.	Harry JOHNSON	14	Saffron Wald	2:26.03
24.	Liam BAUTISTA	14	Epping For't	2:25.03
25.	Guangdi ZHU	14	Epping For't	2:21.10
26.	Maxim SZARVADI	14	Harlow Pen	2:20.30
27.	Ethan RYAN	18	Harlow Pen	2:13.27
28.	Charles SINCLAIR	27	Ware	2:11.02
29.	George JONES	14	Harlow Pen	2:05.80

EVENT 218 Female 200m IM					
1.	Constance PITURA	13	Epping For't	4:00.00
2.	Josephine FOSTER	9	Epping For't	3:40.00
3.	Lois WOOTTON	11	Epping For't	3:39.99
4.	Charlotte CARTER	11	Epping For't	3:37.15
5.	Lois LAWS	11	Harlow Pen	3:33.11
6.	Isabella SHORT	10	Brentwood	3:32.55
7.	Madison KINDLER	10	Brentwood	3:30.00
8.	Ananya GOPI-KRISHNA	12	Epping For't	3:26.42
9.	Isabelle FACCINI	11	Harlow Pen	3:25.57
10.	Ava MCCARTHY	13	Harlow Pen	3:22.00
11.	Phoebe FOX	11	Harlow Pen	3:18.89
12.	Lily WANG	11	Epping For't	3:13.74
13.	Jessica CARTER	13	Epping For't	3:11.07
14.	Amy GIMBIRD	13	Hornchurch	3:06.50
15.	Esme GUNN	12	Saffron Wald	3:04.36
16.	Amber SLOCOMBE	14	Hornchurch	3:03.49
17.	Phoebe KENT	13	Harlow Pen	3:01.56
18.	Darcy FORD	12	Hornchurch	2:58.07
19.	Amelia MATTHEWS	12	Harlow Pen	2:54.75
20.	Genna LEE	12	Harlow Pen	2:46.06
21.	Brianna HANSEN-HOARE	16	Harlow Pen	2:45.96

EVENT 219 Open/Male 50m Backstroke					
1.	John DEEKS	14	Bishop Stort
2.	Caius JUGANARU	9	Brentwood	1:25.00
3.	Henry OAKES	15	Harlow Pen	1:09.91
4.	James BRAFFMAN-PRICE	9	Saffron Wald	57.22
5.	Jeremy COX	9	Harlow Pen	55.00
6.	Jude BALDOCK	9	Epping For't	54.62
7.	Filip CIRDEI	9	Brentwood	54.10
8.	Payton SANDHU	9	Epping For't	53.29
9.	Louis GILMOUR	9	Saffron Wald	51.71
10.	Jared JONES	11	Harlow Pen	51.40
11.	Alexander TSANG	12	Epping For't	51.38
12.	Alexander MCKAY	10	Epping For't	51.36
13.	Renwa ARIA	11	Epping For't	50.22
14.	Arya ZOLFAGHARI	11	Epping For't	48.59
15.	William GILES	12	Epping For't	46.47
16.	Luca TSE	10	Bishop Stort	46.34
17.	Matei HARDWARE	14	Harlow Pen	45.56
18.	Ethan SMITH	11	Brentwood	44.71
19.	Marcus JUGANARU	12	Brentwood	44.60
20.	Lucas PINTILEI	14	Harlow Pen	44.05
21.	Senan BRULLO	10	Brentwood	44.00
22.	Jack BANDY	11	Saffron Wald	43.57
23.	Ruslan SHIRAZ	11	Epping For't	42.81
24.	Daniel BLAGOEV	12	Epping For't	42.60
25.	Riley PHILLIPS	12	Brentwood	42.40
26.	Roberto AKINCI	11	Epping For't	41.48
27.	Bobby MERCER	11	Harlow Pen	40.99
28.	Oscar LANGSTON	11	Epping For't	40.97
29.	Alby JAMIESON	13	Harlow Pen	40.89
30.	Adithya BANGERA	12	Epping For't	40.38
31.	James CHERRY	14	Harlow Pen	40.03
32.	Baran YILDIRIM	13	Saffron Wald	40.02
33.	Deivids EIHVALDS	15	Harlow Pen	39.21
34.	Jack FOURACRES	14	Epping For't	39.05
35.	Andrew DE KONING	14	Saffron Wald	38.97
36.	James FULBROOK	14	Epping For't	38.96
37.	Oliver MORGAN	14	Leyton	38.67

38.	David PETRE	12	Brentwood	38.63
39.	Ellis RYAN	14	Harlow Pen	38.44
40.	Alexandru APOSTOL	14	Epping For't	38.34
41.	James BULL	15	Harlow Pen	37.27
42.	Daniel SLATER	14	Brentwood	37.11
43.	Guangdi ZHU	14	Epping For't	35.39
44.	Liam BAUTISTA	14	Epping For't	34.58
45.	Harry JOHNSON	14	Saffron Wald	33.83
46.	Lochlan DYER	15	Hornchurch	33.59
47.	Glennon LEE	17	Harlow Pen	33.12
48.	Arthur DEGORCE	15	Saffron Wald	32.85
49.	Jack BANNING	16	Harlow Pen	31.17
50.	Oliver HUTCHINSON	16	Harlow Pen	30.95
51.	Joshua HUTCHINSON	16	Harlow Pen	30.17
52.	Max ARNOLD	17	Harlow Pen	29.75

EVENT 220 Female 50m Breaststroke

1.	Linke GROENEWALD	10	Bishop Stort	
2.	Sophia COOPER	9	Epping For't	1:15.00
3.	Millie PAGE	9	Saffron Wald	1:10.04
4.	Erin CAMERON	10	Epping For't	1:07.66
5.	Olivia NITA	10	Harlow Pen	1:05.00
6.	Naomi MUWANGI	9	Harlow Pen	1:05.00
7.	Amaia SMITH	9	Harlow Pen	1:05.00
8.	Taivia WRIGHT	10	Harlow Pen	1:05.00
9.	Sarah APOSTOL	9	Epping For't	1:01.86
10.	Eddie BROCKWELL	10	Saffron Wald	1:01.65
11.	Chloe SHEMMINGS	12	Epping For't	1:00.34
12.	Pumpkin FACCINI	10	Harlow Pen	59.80
13.	Elena WILEY	10	Harlow Pen	58.88
14.	Lily CANEPA	11	Saffron Wald	58.32
15.	Emily WADSWORTH	10	Brentwood	58.20
16.	Annabel GILES	10	Epping For't	58.19
17.	Lola GIVEN	10	Epping For't	58.11
18.	Elizabeth HOOPER	12	Saffron Wald	56.84
19.	Helena FULBROOK	12	Epping For't	56.25
20.	Essie ROONEY	10	Romford Town	56.07
21.	Ellyse HARVEY	10	Bishop Stort	55.90
22.	Niamh TUSON	9	Epping For't	55.22
23.	Cassie BONNER	9	Epping For't	55.00
24.	Teodora PETRE	9	Brentwood	54.60
25.	Evie LOWERS	10	Harlow Pen	54.56
26.	Bo HOOPER	10	Epping For't	54.41
27.	Ana FREEMAN	11	Epping For't	54.34
28.	Gabriella SALES	10	Epping For't	54.24
29.	Maeva SMITH	12	Harlow Pen	53.42
30.	Emily JONES	10	Hornchurch	51.77
31.	Zara BELNIKOFF	11	Epping For't	50.46
32.	Georgia GILMOUR	12	Saffron Wald	49.98
33.	Emily SMITH	12	Harlow Pen	49.02
34.	Madison KINDLER	10	Brentwood	49.00
35.	Phoebe FOX	11	Harlow Pen	48.27
36.	Ellie BAKER	11	Brentwood	47.96
37.	Jessica CARTER	13	Epping For't	47.94
38.	Lily WANG	11	Epping For't	46.52
39.	Ananya GOPI-KRISHNA	12	Epping For't	46.12
40.	Amelia WETHERELL	14	Harlow Pen	45.47
41.	Nora VILLA	14	Epping For't	45.40
42.	Heidi COOPER	14	Harlow Pen	45.00
43.	Kayla SMITH	12	Harlow Pen	44.22
44.	Manon DEGORCE	14	Saffron Wald	43.80
45.	Poppy CARTER	13	Hornchurch	42.90
46.	Esme GUNN	12	Saffron Wald	42.38
47.	Esha CROSS	14	Epping For't	42.19
48.	Mya CLEWES	13	Epping For't	42.11
49.	Jeyda FAIK	14	Epping For't	41.80
50.	Jessica ROTHON	13	Hornchurch	41.71
51.	Kaci-May PECK	13	Harlow Pen	41.63
52.	Elena BUCKLEY	13	Brentwood	41.39
53.	Zoe OPIYO	14	Bishop Stort	41.30
54.	Grace WARDLE	15	Saffron Wald	40.70
55.	Kayleigh PEACOCK	15	Harlow Pen	40.04
56.	Marcia MCNICHOLAS	13	Saffron Wald	39.70
57.	Summer BUCKLAND	14	Harlow Pen	36.78
58.	Ruthie EGUAKHIDE	14	Romford Town	36.54

EVENT 221 Open/Male 100m Butterfly

1.	Adithya BANGERA	12	Epping For't	1:59.37
2.	Finlay MCLACHLAN	12	Brentwood	1:59.14
3.	Marcus FECHETE	10	Epping For't	1:43.32
4.	Riley PHILLIPS	12	Brentwood	1:33.10
5.	Matei HARDWARE	14	Harlow Pen	1:29.73
6.	Ozan VELIOGLU	14	Saffron Wald	1:29.72
7.	Daniel JONES	14	Hornchurch	1:24.42
8.	Alexander BELNIKOFF	13	Epping For't	1:24.24
9.	Dillan CRONIN	13	Bark & Dagen	1:20.21
10.	Joshua DILCHAND	14	Epping For't	1:13.09
11.	Cooper SMITH	14	Harlow Pen	1:10.32
12.	Dmitrijs GRACOVS	14	Harlow Pen	1:06.26
13.	Ethan MAY	18	Harlow Pen	1:02.92

EVENT 222 Female 100m Freestyle

1.	Sophia COOPER	9	Epping For't	2:05.00
2.	Lola GIVEN	10	Epping For't	1:49.62
3.	Millie PAGE	9	Saffron Wald	1:49.15
4.	Linke GROENEWALD	10	Bishop Stort	1:47.37
5.	Cassie BONNER	9	Epping For't	1:47.37
6.	Annabel GILES	10	Epping For't	1:46.28
7.	Erin CAMERON	10	Epping For't	1:45.37
8.	Elena WILEY	10	Harlow Pen	1:45.00
9.	Elizabeth HOOPER	12	Saffron Wald	1:42.12
10.	Lillie FRANCE	12	Harlow Pen	1:41.92
11.	Teodora PETRE	9	Brentwood	1:41.08
12.	Isabella SHORT	10	Brentwood	1:39.92
13.	Niamh TUSON	9	Epping For't	1:39.20
14.	Bo HOOPER	10	Epping For't	1:37.60
15.	Chloe SHEMMINGS	12	Epping For't	1:37.43
16.	Josephine FOSTER	9	Epping For't	1:37.38
17.	Emily WADSWORTH	10	Brentwood	1:37.30
18.	Lily CANEPA	11	Saffron Wald	1:36.87
19.	Constance PITURA	13	Epping For't	1:35.56
20.	Lily-Rose MERNAGH	12	Epping For't	1:33.85
21.	Holly FITZGERALD	11	Harlow Pen	1:31.28
22.	Helena FULBROOK	12	Epping For't	1:30.31
23.	Ellyse HARVEY	10	Bishop Stort	1:29.90
24.	Shoshana DENNEHY	11	Harlow Pen	1:29.28
25.	Gabriella SALES	10	Epping For't	1:28.56
26.	Adeeba GHANI	14	Harlow Pen	1:28.37
27.	Ananya GOPI-KRISHNA	12	Epping For't	1:27.74
28.	Charlotte CARTER	11	Epping For't	1:27.74
29.	Lois LAWS	11	Harlow Pen	1:27.46
30.	Lois WOOTTON	11	Epping For't	1:23.51
31.	Maya MALIN	12	Epping For't	1:21.47
32.	Mia ALLIN	13	Epping For't	1:21.24
33.	May DONNELLY	12	Harlow Pen	1:20.66
34.	Elizabeth GORE	12	Epping For't	1:20.43
35.	Phoebe FOX	11	Harlow Pen	1:20.12
36.	Madison KINDLER	10	Brentwood	1:20.00
37.	Jessica CARTER	13	Epping For't	1:19.97
38.	Victoria HODGENS	11	Brentwood	1:19.48
39.	Amy GIMBIRD	13	Hornchurch	1:19.11
40.	Maeva SMITH	12	Harlow Pen	1:18.91
41.	Nora VILLA	14	Epping For't	1:18.84
42.	Meredith TING	11	Harlow Pen	1:18.50
43.	Ava WATTS	11	Brentwood	1:18.10
44.	Isabella ELO	12	Saffron Wald	1:17.95
45.	Ava MCCARTHY	13	Harlow Pen	1:17.87
46.	Diana TURCU	14	Harlow Pen	1:17.20
47.	Kayla SMITH	12	Harlow Pen	1:15.10
48.	Esha CROSS	14	Epping For't	1:14.98
49.	Darcy FORD	12	Hornchurch	1:14.63
50.	Lucy DAY	12	Harlow Pen	1:14.25
51.	Felicity OAKES	13	Harlow Pen	1:13.93
52.	Marcia MCNICHOLAS	13	Saffron Wald	1:13.81
53.	Isla O'DOWD	12	Epping For't	1:12.19
54.	Esme GUNN	12	Saffron Wald	1:10.92
55.	Grace MASON	17	Bishop Stort	1:10.59
56.	Kathmarl KLIS FARFAN	17	Epping For't	1:10.52
57.	Amelia DAVIES	14	Hornchurch	1:10.34
58.	Jeyda FAIK	14	Epping For't	1:09.32
59.	Zoe OPIYO	14	Bishop Stort	1:09.06
60.	Emily FITZGERALD	14	Harlow Pen	1:08.51
61.	Freya GORDON	15	Harlow Pen	1:08.40
62.	Niamh MULQUEEN	16	Brentwood	1:07.82
63.	Elena BUCKLEY	13	Brentwood	1:07.30
64.	Genna LEE	12	Harlow Pen	1:06.64
65.	Ruthie EGUAKHIDE	14	Romford Town	1:06.15
66.	Poppy HOLMAN	15	Hornchurch	1:06.14
67.	Amelia WETHERELL	14	Harlow Pen	1:05.54
68.	Summer BUCKLAND	14	Harlow Pen	1:03.97
69.	Brianna HANSEN-HOARE	16	Harlow Pen	1:02.90
70.	Imogen TANG	16	Bishop Stort	1:02.58

EVENT 223 Open/Male 200m Backstroke

1.	Alexander MCKAY	10	Epping For't	4:15.00
2.	Payton SANDHU	9	Epping For't	4:02.45
3.	Renwa ARIA	11	Epping For't	4:00.00
4.	Senan BRULLO	10	Brentwood	3:50.00
5.	Ethan SMITH	11	Brentwood	3:29.70
6.	Ruslan SHIRAZ	11	Epping For't	3:28.82
7.	Daniel BLAGOEV	12	Epping For't	3:20.00
8.	Dominik STERBAK	12	Harlow Pen	3:17.14
9.	Aidan STERRY	14	Brentwood	3:13.83
10.	Adithya BANGERA	12	Epping For't	3:06.01
11.	Oscar LANGSTON	11	Epping For't	3:03.41
12.	Alexandru APOSTOL	14	Epping For't	2:54.22
13.	Joshua DILCHAND	14	Epping For't	2:43.44
14.	Liam BAUTISTA	14	Epping For't	2:39.38
15.	Maxim SZARVADI	14	Harlow Pen	2:32.01
16.	Ethan RYAN	18	Harlow Pen	2:30.50
17.	Aaron MOLYNEUX	16	Saffron Wald	2:28.23
18.	Theo BARI	15	Saffron Wald	2:26.54
19.	Joshua HUTCHINSON	16	Harlow Pen	2:25.10
20.	Michael MANNIX	15	Harlow Pen	2:25.08

1. Max ARNOLD 17 Harlow Pen 2:23.78

EVENT 224 Female 200m Butterfly

1. Grace MASON 17 Bishop Stort 2:37.85

EVENT 225 Open/Male 50m Freestyle

1. Caius JUGANARU 9 Brentwood 1:20.00

2. Henry OAKES 15 Harlow Pen 56.00

3. Jeremy COX 9 Harlow Pen 50.00

4. Jude BALDOCK 9 Epping For't 50.00

5. Jack MADDEN 11 Hornchurch 49.56

6. Louis GILMOUR 9 Saffron Wald 49.50

7. James BRAFMAN-PRICE 9 Saffron Wald 49.05

8. Alexander MCKAY 10 Epping For't 46.87

9. Filip CIRDEI 9 Brentwood 46.80

10. Payton SANDHU 9 Epping For't 45.24

11. Theo HATZIXANTHIS 11 Saffron Wald 44.73

12. Senan BRULLO 10 Brentwood 43.20

13. Jared JONES 11 Harlow Pen 43.16

14. Alexander TSANG 12 Epping For't 42.93

15. Renwa ARIA 11 Epping For't 42.79

16. Arya ZOLFHAGHARI 11 Epping For't 41.00

17. Daniel BLAGOEV 12 Epping For't 40.00

18. Luca TSE 10 Bishop Stort 39.40

19. George HALL 10 Bishop Stort 38.84

20. Riley PHILLIPS 12 Brentwood 38.50

21. Marcus JUGANARU 12 Brentwood 38.00

22. Matei HARDWARE 14 Harlow Pen 37.25

23. Ethan SMITH 11 Brentwood 36.80

24. Ruslan SHIRAZ 11 Epping For't 36.48

25. Marcus FECHETE 10 Epping For't 36.46

26. Roberto AKINCI 11 Epping For't 35.91

27. Noah VICTORIN 12 Hornchurch 35.74

28. Jack BANDY 11 Saffron Wald 35.55

29. Oscar LANGSTON 11 Epping For't 35.53

30. Fletcher GROAT 13 Harlow Pen 35.01

31. Freddie COCKBURN 11 Saffron Wald 34.72

32. Baran YILDIRIM 13 Saffron Wald 34.43

33. Finlay MCLACHLAN 12 Brentwood 34.30

34. Oliver MORGAN 14 Leyton 33.94

35. Dominik STERBAK 12 Harlow Pen 33.89

36. Raphael BUCHALLET 14 Saffron Wald 33.75

37. Adithya BANGERA 12 Epping For't 33.69

38. David PETRE 12 Brentwood 33.38

39. Lucas PINTILEI 14 Harlow Pen 33.35

40. Bobby MERCER 11 Harlow Pen 33.31

41. James FULBROOK 14 Epping For't 33.25

42. Alexandru APOSTOL 14 Epping For't 33.13

43. Daniel SLATER 14 Brentwood 32.78

44. Alby JAMIESON 13 Harlow Pen 32.48

45. Christian LUDWIG 12 Brentwood 32.35

46. Dillan CRONIN 13 Bark & Dagen 32.11

47. Andrew DE KONING 14 Saffron Wald 31.83

48. Deivids EIIVALDS 15 Harlow Pen 31.27

49. James BULL 15 Harlow Pen 30.72

50. Adam WHITE 12 Harlow Pen 30.71

51. Ellis RYAN 14 Harlow Pen 30.56

52. Jude DEMPSEY THOMPSON 13 Leyton 30.32

53. James CHERRY 14 Harlow Pen 30.03

54. Liam BAUTISTA 14 Epping For't 29.90

55. Joshua DILCHAND 14 Epping For't 29.81

56. Guangdi ZHU 14 Epping For't 28.39

57. Cooper SMITH 14 Harlow Pen 28.25

58. Rares BRANISTEANU 14 Harlow Pen 28.19

59. Harry JOHNSON 14 Saffron Wald 28.13

60. Arthur DEGORCE 15 Saffron Wald 28.09

61. Ashton LOWE 14 Saffron Wald 28.08

62. Glennon LEE 17 Harlow Pen 27.89

63. James HURSEY 19 Harlow Pen 27.34

64. Joshua HUTCHINSON 16 Harlow Pen 27.10

65. Aaron MOLYNEUX 16 Saffron Wald 27.00

66. Jack BANNING 16 Harlow Pen 26.92

67. George JONES 14 Harlow Pen 26.70

68. Theo BARI 15 Saffron Wald 26.31

69. Oliver HUTCHINSON 16 Harlow Pen 26.25

70. Colin PEDEN 17 Saffron Wald 26.10

71. Max ARNOLD 17 Harlow Pen 24.89

EVENT 226 Female 50m Butterfly

1. Sophia COOPER 9 Epping For't 1:10.00

2. Naomi MUWANGI 9 Harlow Pen 1:05.00

3. Taivia WRIGHT 10 Harlow Pen 1:05.00

4. Bo HOOPER 10 Epping For't 1:00.00

5. Ana FREEMAN 11 Epping For't 1:00.00

6. Chloe SHEMMINGS 12 Epping For't 1:00.00

7. Millie PAGE 9 Saffron Wald 57.16

8. Josephine FOSTER 9 Epping For't 56.88

9. Constance PITURA 13 Epping For't 55.00

10. Sarah APOSTOL 9 Epping For't 54.77

11. Gabriella SALES 10 Epping For't 52.59

12. Linke GROENEWALD 10 Bishop Stort 52.53

13. Essie ROONEY 10 Romford Town 49.84

14. Georgia GILMOUR 12 Saffron Wald 49.06

15. Lily-Rose MERNAGH 12 Epping For't 48.03

Mia ALLIN	13	Epping For't	47.88
17. Madison KINDLER	10	Brentwood	46.00
18. Meredith TING	11	Harlow Pen	45.36
19. Jessica CARTER	13	Epping For't	44.86
20. Lois WOOTTON	11	Epping For't	44.63
21. Lily WANG	11	Epping For't	43.40
22. Ellie BAKER	11	Brentwood	43.20
23. Ananya GOPI-KRISHNA	12	Epping For't	43.07
24. Phoebe FOX	11	Harlow Pen	41.98
25. Ava WATTS	11	Brentwood	41.80
26. Nora VILLA	14	Epping For't	41.70
27. Isla O'DOWD	12	Epping For't	40.55
28. Maya MALIN	12	Epping For't	39.82
29. Diana TURCU	14	Harlow Pen	39.34
30. Esha CROSS	14	Epping For't	38.55
31. Kayla SMITH	12	Harlow Pen	38.46
32. Freya GORDON	15	Harlow Pen	37.86
33. Poppy TOMLIN	14	Hornchurch	37.84
34. Felicity OAKES	13	Harlow Pen	37.77
35. Kaci-May PECK	13	Harlow Pen	37.40
36. Amelia DAVIES	14	Hornchurch	37.15
37. Poppy HOLMAN	15	Hornchurch	35.90
38. Jeyda FAIK	14	Epping For't	34.92
39. Elena BUCKLEY	13	Brentwood	34.48
40. Emily FITZGERALD	14	Harlow Pen	34.28
41. Amelia WETHERELL	14	Harlow Pen	34.17
42. Zoe OPIYO	14	Bishop Stort	34.12
43. Niamh MULQUEEN	16	Brentwood	33.37
44. Ruthie EGUAKHIDE	14	Romford Town	33.24
45. Genna LEE	12	Harlow Pen	32.77
46. Brianna HANSEN-HOARE	16	Harlow Pen	32.10

EVENT 227 Open/Male 100m Breaststroke

1. Filip CIRDEI	9	Brentwood	2:25.00
2. Theo HATZIXANTHIS	11	Saffron Wald	2:19.76
3. Jude BALDOCK	9	Epping For't	2:10.00
4. Alexander TSANG	12	Epping For't	2:08.75
5. Jack MADDEN	11	Hornchurch	2:06.97
6. Roberto AKINCI	11	Epping For't	2:03.06
7. Jared JONES	11	Harlow Pen	2:01.25
8. Theo FOX	10	Saffron Wald	1:57.00
9. Oliver ELO	10	Saffron Wald	1:54.42
10. Daniel BLAGOEV	12	Epping For't	1:54.41
11. William GILES	12	Epping For't	1:48.17
12. Ruslan SHIRAZ	11	Epping For't	1:45.97
13. Freddie COCKBURN	11	Saffron Wald	1:45.23
14. James FULBROOK	14	Epping For't	1:44.48
15. Marcus JUGANARU	12	Brentwood	1:40.20
16. Christian LUDWIG	12	Brentwood	1:39.97
17. Noah VICTORIN	12	Hornchurch	1:39.68
18. Alexandru APOSTOL	14	Epping For't	1:38.82
19. Dhrish PATEL	12	Bo Southend	1:38.79
20. Aidan STERRY	14	Brentwood	1:34.85
21. Lucas PINTILEI	14	Harlow Pen	1:31.25
22. Andrew DE KONING	14	Saffron Wald	1:30.89
23. Alexander BELNIKOFF	13	Epping For't	1:28.75
24. Daniel JONES	14	Hornchurch	1:27.39
25. Alby JAMIESON	13	Harlow Pen	1:27.12
26. Ellis RYAN	14	Harlow Pen	1:26.83
27. Harry JOHNSON	14	Saffron Wald	1:22.15
28. Dmitrijs GRACOVS	14	Harlow Pen	1:16.86
29. George JONES	14	Harlow Pen	1:13.20
30. Ethan RYAN	18	Harlow Pen	1:12.98
31. Glennon LEE	17	Harlow Pen	1:06.70

EVENT 228 Female 100m Backstroke

1. Sophia COOPER	9	Epping For't	2:10.00
2. Lola GIVEN	10	Epping For't	1:57.12
3. Meredith TING	11	Harlow Pen	1:57.00
4. Linke GROENEWALD	10	Bishop Stort	1:54.12
5. Annabel GILES	10	Epping For't	1:53.01
6. Essie ROONEY	10	Romford Town	1:51.25
7. Lillie FRANCE	12	Harlow Pen	1:50.35
8. Constance PITURA	13	Epping For't	1:50.11
9. Helena FULBROOK	12	Epping For't	1:49.75
10. Erin CAMERON	10	Epping For't	1:49.13
11. Cassie BONNER	9	Epping For't	1:49.00
12. Bo HOOPER	10	Epping For't	1:46.43
13. Adeeba GHANI	14	Harlow Pen	1:46.13
14. Georgia GILMOUR	12	Saffron Wald	1:46.09
15. Emily WADSWORTH	10	Brentwood	1:44.10
16. Sarah APOSTOL	9	Epping For't	1:43.65
17. Shoshana DENNEHY	11	Harlow Pen	1:43.17
18. Niamh TUSON	9	Epping For't	1:40.61
19. Lois LAWS	11	Harlow Pen	1:37.33
20. Zara BELNIKOFF	11	Epping For't	1:37.24
21. Maya MALIN	12	Epping For't	1:37.11
22. Charlotte CARTER	11	Epping For't	1:37.01
23. Victoria HODGENS	11	Brentwood	1:34.50
24. May DONNELLY	12	Harlow Pen	1:34.24
25. Evie LOWERS	10	Harlow Pen	1:34.00
26. Isabella SHORT	10	Brentwood	1:33.49
27. Mia ALLIN	13	Epping For't	1:32.70
28. Isabella ELO	12	Saffron Wald	1:32.16

29.	Holly FITZGERALD	11	Harlow Pen	1:31.91
30.	Lois WOOTTON	11	Epping For't	1:31.03
31.	Jessica CARTER	13	Epping For't	1:30.45
32.	Elizabeth GORE	12	Epping For't	1:29.50
33.	Lily WANG	11	Epping For't	1:27.35
34.	Lucy DAY	12	Harlow Pen	1:26.43
35.	Isla O'DOWD	12	Epping For't	1:24.43
36.	Darcy FORD	12	Hornchurch	1:22.98
37.	Amelia MATTHEWS	12	Harlow Pen	1:22.71
38.	Heidi COOPER	14	Harlow Pen	1:21.16
39.	Poppy TOMLIN	14	Hornchurch	1:19.86
40.	Kayleigh PEACOCK	15	Harlow Pen	1:17.69
41.	Amy GIMBIRD	13	Hornchurch	1:16.60
42.	Brianna HANSEN-HOARE	16	Harlow Pen	1:09.29