

Event 1

100m Individual Medley

Name	Club	Time	Result
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Heat 1

3	Amina Kayani	Do Waltham Forest (Gators)	02.29.47	DNS
4	Katie Darlington	Colchester PH	01.59.58	01.36.98
5	Leo Moseley-Scarrot	London Disability SC	01.56.11	01.45.90
6	Benedict Edwards	Colchester PH	02.01.32	02.11.13
7	Daniel Coop	Colchester PH	NT	01.42.86

Event 2

25m Freestyle

Heat 1

1	Mollie Bennett	Colchester PH	NT	00.31.40
2	Hayden Edwards-Riche	Colchester PH	NT	00.46.13
3	Marlow Cartwright	London Disability	NT	00.25.90
4	Lennox Johnston	Colchester PH	NT	00.46.88
5	Freddie Francis	Colchester PH	NT	00.41.01
6	Maggie Parker	Colchester PH	NT	00.26.47
7	Natham Sommerville	Colchester PH	NT	00.41.62

Heat 2

1	Chloe Knight	Colchester PH	00.46.43	00.43.73
2	Lucy Murphy	Colchester PH	00.37.00	00.43.53
3	Rico Cox	Colchester PH	00.35.23	00.32.52
4	Caiden Nixon	Colchester PH	00.28.60	00.26.97
5	Sheikh Cham	Runnymede	00.32.00	00.28.43
6	Grace Pridmore	London Disability	00.35.23	00.28.44
7	Joseph Ferrant	Colchester PH	00.41.00	x
8	Nevn Halahakoon	Colchester PH	01.01.00	DNS

Heat 3

1	Lucian Brochen	Runnymede	00.26.00	DNS
2	Maximilian Catrinar	Colchester PH	00.22.74	00.21.08
3	Reginald Pearson	Colchester PH	00.19.73	00.20.65
4	Noah Hardcastle	Runnymede	00.17.00	00.19.00
5				
6	Lucy Ormond	Runnymede	00.20.91	00.21.40
7	Riley Allday	Colchester PH	00.24.54	00.24.72
8	Sophie Gregory	Runnymede	00.27.00	00.25.13

Event 3

50m Backstroke

Heat 1

1	Maggie Parker	Colchester PH	NT	01.00.28
2	Freddie Francis	Colchester PH	NT	01.35.7
3	Lucy Murphy	Runnymede	NT	01.25.72
4	Grace Pridmore	Colchester PH	01.25.00	01.05.11
5	Roman Capes	Colchester PH	NT	01.11.04
6	Nevan Halahakoon	Colchester PH	NT	02.28.00
7	Lennox Johnston	Colchester PH	NT	01.05.12
8	Kian Johnston	Colchester PH	NT	00.97.25

Heat 2

1	Rico Cox	Colchester PH	01.16.20	01.17.54
2	Jacob Reeves	Ware SC	01.10.76	01.05.71
3	Benedict Edwards	Colchester PH	01.02.27	01.01.77
4	Lacey Fitch	Colchester PH	00.59.00	00.53.27
5	Matthew Miller	Colchester PH	01.01.01	01.07.37
6	Daniel Miller	Colchester PH	01.10.36	01.18.49
7	Lewis Whele	Colchester PH	01.13.00	01.18.70
8				

Heat 3

1	Alfie Goddard	Runnymede	00.50.00	00.50.37
2	Leo Moseley-Scarrot		00.50.00	00.44.46
3	Jessica Partridge	Colchester PH	00.42.09	00.41.52
4	Beau Sales	Colchester PH	00.34.27	00.34.52
5	Jenson Lennard	Colchester PH	00.39.00	00.40.30
6	Ziva Barrick	Colchester PH	00.45.63	00.45.17
7	Lola Elliott	Runnymede	00.50.00	00.52.91
8	Nathan Pain	London Disability	00.58.55	00.55.16

Event 4

100m Breaststroke

Heat 1

2	Sam Dalton	Colchester PH	02.40.00	02.14.77
3	Katie Darlington	London Disability	02.10.10	02.14.55
4	Zachary Tuffin	Colchester PH	01.40.00	01.40.23
5	Daniel Cooper	Colchester PH	02.05.00	01.41.47
6	Faith Reddick	Colchester PH	02.22.45	02.24.76
7	Amina Kayani	Bo Waltham Forest	NT	03.33.23

Event 5

25m Butterfly

Heat 1

3	Lewis Whele	Colchester PH	NT	00.40.31
4	Grace Pridmore	London Disability	NT	00.54.33
5	Roman Capes	Colchester PH	NT	DNS

Heat 2

1				
2	Matthew Miller	Colchester PH	00.31.21	00.32.91

3	Reginald Pearson	Colchester PH	00.25.06	00.28.23
4	Jenon Lennard	Colchester PH	00.20.00	00.21.51
5				
6	Daniel Miller	Colchester PH	00.33.49	00.34.76
7	Sam Rushmer	Colchester PH	00.39.47	00.31.17

Event 6

50m Freestyle

Heat 1

3	Freddie Francis	Colchester PH	NT	01.36.78
4	Marlow Cartwright	Colchester PH	NT	01.02.08
5	Lewis Whele	London Disability	NT	01.28.57
6	Lacey Fitch	Colchester PH	NT	00.46.46

Heat 2

1	Hayden Edwards-Riche	Colchester PH	NT	01.48.97
2	Lennox Johnston	Colchester PH	NT	01.79.45
3	Grace Pridmore	London Disability	01.49.87	01.10.49
4	Riley Allday	Colchester PH	01.20.41	01.08.72
5	Nevan Halahakoon	Colchester PH	01.46.00	02.20.13
6	Chloe Knight	Colchester PH	01.52.82	01.48.69
7	Maggie Parker	Colchester PH	NT	01.06.14
8	Kian Johnston	Colchester PH	NT	00.38.28

Heat 3

1	Daniel Miller	Colchester PH	01.10.36	01.10.10
2	Caiden Nixon	Colchester PH	01.08.15	00.58.39
3	Jacob Reeves	Ware SC	00.58.20	00.58.40
4	Maximilian Carrinar	Colchester PH	00.54.60	00.49.97
5				
6	Sam Dalton	Colchester PH	01.00.00	00.52.99
7	Sam Rushmer	Colchester PH	01.10.13	00.51.36
8				

Heat 4

1	Reginald Pearson	Colchester PH	00.50.06	00.46.96
2	Lola Elliott	Runnymede	00.50.00	00.48.31
3				
4	Nathan Pain	London Disability	00.41.10	00.40.38
5	Lucy Ormond	Runnymede	00.47.77	00.50.09
6	Daniel Cooper	Colchester PH	00.50.00	00.44.15
7				
8	Amina Kayani	Borough Waltham Forest	00.53.42	00.48.72

Heat 5

1	Alfie Goddard	Runnymede	00.40.00	00.45.57
2				
3	Noah Hardcastle	Runnymede	00.36.00	00.36.28

4	Beau Sales	Colchester PH	00.32.09	00.32.06
5	Jenson Lennard	Colchester PH	00.34.00	00.34.92
6	Ziva Barrick	Colchester PH	00.37.02	00.35.35
7	Isla Mae Pearson	Colchester PH	00.39.21	00.40.85
8	Benedict Edwards	Colchester PH	00.46.76	00.55.22

Event 7 4 x 25m Medley Relay

Heat 1

2	London Disability			01.40.07
3	Colchester PH			01.25.86
4	Colchester PH			01.13.41
5	Colchester PH			01.43.82
6	Colchester PH			01.54.50
7	Runnymede			01.50.10

Event 8 100m Backstroke

Heat 1

2	Faith Reddick	Colchester PH	02.04.11	02.1.16
3	Ziva Barrick	Colchester PH	01.41.32	01.41.48
4	Nikos Hodge	Colchester PH	54.30.00	01.53.28
5	Zachary Tuffin	Colchester PH	01.40.00	01.30.04
6	Alfie Goddard	Runnymede	02.00.00	01.51.73
7	Grace Pridmore	London Disability	02.45.00	02.44.05

Event 9 25m Breastroke

Heat 1

2	Roman Capes	Colchester PH	NT	00.34.27
3	Maxilian Catrinar	Colchester PH	NT	00.36.22
4	Maggie Parker	Colchester PH	NT	00.39.52
5	Mollie Bennett	Colchester PH	NT	00.38.74
6	Sheikh Cham	Runnymede	NT	00.28.40
7	Nathan Somerville	Colchester PH	NT	01.08.29

Heat 2

1	Jake Lynn	Colchester PH	NT	DNS
2	Reginald Pearson	Colchester PH	NT	00.33.36
3	Chloe Knight	Colchester PH	00.47.71	00.47.59
4	Rico Cox	Colchester PH	00.39.84	00.41.87
5	Daniel Miller	Colchester PH	00.46.77	00.41.88
6	Grace Pridmore	London Disability	00.55.91	01.03.55
7	Lucian Brichen	Runnymede	NT	DNS
8	Marlow Cartwright	London Disability	NT	00.37.09

Heat 3

1	Riley Allday	Colchester PH	00.35.61	00.41.92
2				

3	Lucy Ormond	Runnymede	00.27.82	00.35.28
4	Joseph Ferrant	Runnymede	00.25.00	
5	Lola Elliott	Runnymede	00.25.00	00.34.29
6	Sophie Gregory	Runnymede	00.28.00	00.41.24
7	Caiden Nixon	Colchester PH	00.35.07	00.40.13
8	Sam Rushmer	Colchester PH	00.35.88	00.31.03

Event 10 50m Butterfly

Heat 1

1	Katie Darlington	London Disability	00.58.30	01.02.80
2	Isla Mae Pearson	Colchester PH	00.49.82	00.51.24
3	Nikos Hodge	Colchester PH	00.45.30	00.45.27
4	Beau Sales	Colchester PH	00.33.58	00.34.01
5	Jessica Partridge	Colchester PH	00.40.78	00.41.12
6	Leo Moseley-Scarrot	London Disability	00.47.51	00.45.28
7	Benedict Edwards	Colchester PH	00.53.01	01.02.79

Event 11 100m Freestyle

Heat 1

1	Sam Dalton	Colchester PH	02.20.00	02.30.76
2	Maximilian Catrinar	Colchester PH	02.03.75	02.02.72
3	Katie Darlington	Colchester PH		01.45.99
4	Leo Moseley-Scarrot	London Disability	01.38.12	01.40.76
5	Alfie Goddard	Runnymede	01.50.00	01.44.88
6	Amina Kayani	Bo Waltham Forest	02.03.56	01.50.27
7	Matthew Miller	Colchester PH	02.07.75	02.15.51

Heat 2

1	Isla Mae Pearson	Colchester PH	01.30.57	01.39.38
2	Noah Hardcastle	Runnymede	01.25.00	01.26.00
3	Jessica Partridge	Colchester PH	01.22.52	01.21.71
4	Beau Sales	Colchester PH	01.10.50	01.11.94
5	Zachary Tuffin	Colchester PH	01.22.00	01.23.92
6	Ziva Barrick	Colchester PH	01.23.00	01.23.11
7	Nikos Hedge	Colchester PH	01.29.70	01.32.33
8	Nathan Pain	London Disability	01.35.57	01.34.11

Event 12 25m Backstroke

Heat 1

2	Lennox Johnston	Colchester PH	NT	00.40.14
3	Roman Capes	Colchester PH	NT	00.27.91
4	Nathan Sommerville	Colchester PH	NT	01.00.26
5	Freddie Francis	Colchester PH	NT	DNS
6	Hayden Edwards Riche	Colchester PH	NT	01.03.09
7	Mollie Bennett	Colchester PH	NT	00.37.61

Heat 2

1	Jake Lynn	Colchester PH	NT	DNS
2	Lucy Murphy	Runnymede	00.38.00	00.39.07
3	Caiden Nixon	Colchester PH	00.35.60	00.33.67
4	Sophie Gregory	Runnymede	00.32.00	00.29.68
5	Grace Pridmore	London Disability	00.35.23	00.32.06
6	Sheikh Cham	Runnymede	00.36.00	00.34.30
7	Nevan Halahakoon	Colchester PH	01.25.00	01.24.81
8	Maggie Parker	Colchester PH	NT	00.28.94

Heat 3

1	Lucian Brochen	Runnymede	00.31.00	DNS
2	Riley Allday	Colchester PH	00.29.13	00.30.70
3	Rico Cox	Colchester PH	00.26.25	00.36.85
4	Noah Hardcastle	Runnymede	00.20.00	00.22.64
5	Lucy Ormond	Runnymede	00.26.00	00.28.20
6	Maximilian Catrinar	Colchester PH	00.27.54	00.30.25
7	Lola Elliott	Runnymede		00.26.02
8	Maggie Parker	Colchester PH	00.31.45	00.29.44

Event 13**50m Breastroke****Heat 1**

3	Kian Johnston	Colchester PH	NT	00.51.48
4	Roman Capes	Colchester PH	NT	01.22.77
5	Marlow Cartwright	London Disability	NT	01.19.65
6	Maggie Parker	Colchester PH	NT	01.27.92

Heat 2

1	Lewis Whele	Colchester PH	01.31.00	01.36.38
2	Sam Dalton	Colchester PH	01.15.00	01.03.03
3				DNS
4	Lacey Fitch	Colchester PH	00.59.47	00.57.93
5	Jacob Reeves	Ware SC	01.08.19	01.11.62
6	Matthew Miller	Colchester PH	01.13.31	01.20.75
7	Chloe Knight	Colchester PH	02.03.28	01.59.74
8				

Heat 3

1	Isla Mae Pearson	Colchester PH	00.55.91	00.56.63
2				
3	Zachary Tuffin	Colchester PH	00.48.00	00.46.47
4	Jenson Lennard	Colchester PH	00.45.00	00.56.09
5	Jessica Partridge	Colchester PH	00.47.93	00.49.40
6	Nathan Pain	London Disability	00.50.24	00.52.00
7	Nikos Hodge	Colchester PH	00.53.84	00.59.21
8	Daniel Cooper	Colchester PH	00.56.00	00.48.89

Event 14**Freestyle Relays**

Heat 1

2	Runnymede			01.48.02
3	Colchester PH			01.16.58
4	London Disability			01.42.50
5	Colchester PH			01.58.21
6	Colchester PH			01.50.18
7	Colchester PH			01.08.02