

Event 401 Mens MC 200m Freestyle

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|-----|-----|-----------------------|----|-----|--------------|---------|
| H 1 | L 3 | Harvey Phillips | 04 | S4 | Louth | 4:40.96 |
| | L 4 | Liam Hardy | 03 | S14 | Co Manch Aq | 3:10.09 |
| | L 5 | Marcus Harvey | 05 | S14 | Littleh'pton | 4:00.91 |
| H 2 | L 1 | Kyle Cooper | 05 | S14 | UniOfStirl | 3:03.42 |
| | L 2 | Jason Cobb | 01 | S14 | Bucksburn | 2:41.64 |
| | L 3 | Peter Harper | 98 | S14 | Marlborough | 2:38.43 |
| | L 4 | Owen Garsides | 01 | S14 | KingstonHull | 2:34.71 |
| | L 5 | Ryan Potter | 03 | S14 | Blackpool Aq | 2:36.10 |
| | L 6 | Jamie Salvador-Swords | 02 | S14 | West Dorset | 2:39.55 |
| | L 7 | Joseph Greaves | 03 | S14 | Littleh'pton | 2:52.25 |
| H 3 | L 1 | Matthew Scott | 99 | S14 | Bridge O Don | 2:26.51 |
| | L 2 | Evan Holt | 03 | S14 | Cockermouth | 2:21.75 |
| | L 3 | Callum Hodgson | 00 | S14 | Basildon Ph | 2:18.37 |
| | L 4 | Joshua Fairchild | 98 | S14 | Co Coventry | 2:17.41 |
| | L 5 | Angus Leckonby | 02 | S14 | Scarborough | 2:18.36 |
| | L 6 | Gavin Roberts | 99 | S14 | Co Glasgow | 2:18.72 |
| | L 7 | Caleb Grace | 98 | S14 | Littleh'pton | 2:24.70 |
| | L 8 | Dylan Bleakley | 03 | S14 | East Lothian | 2:30.48 |
| H 4 | L 1 | Sol Bressat | 95 | S14 | TigersJersey | 2:14.63 |
| | L 2 | James Edwards | 99 | S14 | Calne Alpha | 2:13.30 |
| | L 3 | George Kelman-Johns | 01 | S14 | Sborne Storm | 2:08.35 |
| | L 4 | Conner Morrison | 97 | S14 | Aberdeen Per | 2:06.12 |
| | L 5 | Louis Lawlor | 02 | S14 | Co Glasgow | 2:06.45 |
| | L 6 | Jack Milne | 01 | S14 | Dun City Aqu | 2:08.71 |
| | L 7 | Christopher Currie | 94 | S14 | Co Oxford | 2:13.70 |
| | L 8 | Cameron Vearncombe | 02 | S14 | Plymouth Lea | 2:15.77 |
| H 5 | L 1 | Liam Spence | 00 | S14 | KingstonHull | 2:05.66 |
| | L 2 | Tyler Ioannou | 98 | S14 | Bracknell | 2:03.80 |
| | L 3 | Jordan Catchpole | 99 | S14 | Co Norwich | 2:01.74 |
| | L 4 | Alex Rosser | 96 | S14 | Swansea Aq | 1:56.93 |
| | L 5 | Jack Thomas | 95 | S14 | Conwy | 1:57.76 |
| | L 6 | Dylan Broom | 02 | S14 | Torfaen D | 2:01.75 |
| | L 7 | Matthew Gibson | 98 | S14 | Derwentside | 2:04.06 |
| | L 8 | Scott Quin | 90 | S14 | Warrender Ba | 2:05.86 |

Event 402 Womens MC 200m Freestyle

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| H 1 | L 2 | Kayleigh Haggio | 99 | S5 | Sth Ayrshire | 4:47.26 |
| | L 3 | Erin Boyles | 06 | S14 | Workington | 3:11.20 |
| | L 4 | Abigail Daly | 05 | S14 | Devonport | 2:51.88 |
| | L 5 | Fern Ioannou | 03 | S14 | Bracknell | 2:55.14 |
| | L 6 | Ellen Stephenson | 04 | S14 | Newcastle | 3:33.93 |
| H 2 | L 1 | Cerys Jones | 01 | S14 | Swansea Aq | 2:39.04 |
| | L 2 | Megan Neave | 03 | S14 | Co Derby | 2:36.89 |
| | L 3 | Louise Fiddes | 01 | S14 | Hatfield | 2:12.28 |
| | L 4 | Jessica-Jane Applegate | 96 | S14 | Gr Britain | 2:06.50 |
| | L 5 | Chloe Davies | 98 | S14 | Swansea Aq | 2:12.11 |
| | L 6 | Danielle Hartin | 02 | S14 | Basildon Ph | 2:20.33 |
| | L 7 | Rachel Tweedie | 98 | S14 | Marple | 2:38.63 |
| | L 8 | Amy Macfarlane | 93 | S14 | Motherwell W | 2:46.12 |

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| H 1 | L 3 | James Garry | 02 | S9 | Mildenhall | 9:15.65 |
| | L 4 | Jack Andersen | 05 | S6 | Co Peterboro | 8:18.40 |
| | L 5 | Aiden Watkins | 03 | S6 | Co Manch Aq | 9:00.78 |
| H 2 | L 2 | Alexander Hobbs | 05 | S7 | Mt Kelly | 7:28.26 |
| | L 3 | Cameron Hemphill | 03 | S10 | Incas | 7:03.14 |
| | L 4 | Kian Saville | 00 | S10 | Daventry | 6:32.04 |
| | L 5 | Benjamin Pope | 04 | S8 | Havant & Wat | 6:43.78 |
| | L 6 | Jacob Chambers | 03 | S8 | Co Manch Aq | 7:09.80 |
| | L 7 | Sebastian Williams | 04 | S6 | Barnet Copt | 7:33.45 |
| H 3 | L 1 | Isaac Dunning | 97 | S9 | Inverclyde | 6:09.79 |
| | L 2 | Alexander Taylor | 01 | S10 | Harrogate | 6:02.72 |
| | L 3 | Leo Johnson | 93 | S8 | Out To Swim | 5:57.31 |
| | L 4 | Steven McCormick | 01 | S9 | Fins | 5:51.50 |
| | L 5 | Samuel Whearty | 02 | S9 | Colchester | 5:55.57 |
| | L 6 | Maximilian Tulloch | 05 | S9 | Chalfont | 5:57.92 |
| | L 7 | Nathaniel Costigan | 00 | S12 | Satellite | 6:06.11 |
| | L 8 | Leo McCrea | 03 | S6 | Bourmth Coll | 6:14.91 |
| H 4 | L 1 | Charlie Coulam | 03 | S10 | Bridlington | 5:48.75 |
| | L 2 | Luke Batty | 05 | S9 | Bolton Metro | 5:37.81 |
| | L 3 | Joshua Fruin | 02 | S10 | Portsmouth N | 5:30.05 |
| | L 4 | Connor Boyfield | 98 | S9 | Boston | 5:26.34 |
| | L 5 | Kyle Hughes | 01 | S9 | Motherwell W | 5:28.25 |
| | L 6 | Adam Donnachie | 00 | S8 | Eastkilbride | 5:34.46 |
| | L 7 | Patrick Flanagan | 97 | S7 | Ireland | 5:45.00 |
| | L 8 | Balthazar Bradshaw | 06 | S10 | Chelsea&West | 5:50.77 |

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| H 5 | L 1 | Scott Hadley | 98 | S8 | Orion | 5:18.13 |
| | L 2 | Conor Ballard | 02 | S10 | Leatherhead | 5:13.59 |
| | L 3 | James Brown | 02 | S9 | Bilston | 5:06.58 |
| | L 4 | Tom Piggott | 00 | S10 | Shrewsbury | 4:57.48 |
| | L 5 | Kieran Williams | 04 | S10 | Newquay | 5:03.83 |
| | L 6 | Sean O'Riordan | 99 | S13 | Ireland | 5:08.09 |
| | L 7 | Dominic Redpath | 02 | S9 | Gosport | 5:14.78 |
| | L 8 | Reilly Shanahan | 00 | S9 | Shrewsbury | 5:22.93 |

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| H 6 | L 1 | Jonathan Fox | 91 | S7 | Co Manch Aq | 4:49.06 |
| | L 2 | Jonathan Booth | 98 | S9 | Gr Britain | 4:31.39 |
| | L 3 | Oliver Carter | 00 | S10 | Carnegie | 4:27.69 |
| | L 4 | Kahoru Harazawa | 97 | S10 | Loughboro Un | 4:13.55 |
| | L 5 | Lewis White | 00 | S9 | Co Derby | 4:14.99 |
| | L 6 | Barry McClements | 01 | S9 | Ireland | 4:31.35 |
| | L 7 | Adam Whyborne | 01 | S10 | Billingham | 4:44.95 |
| | L 8 | Benjamin Grainger | 03 | S10 | Mt Kelly | 4:50.04 |

Event 404 Womens MC 400m Freestyle

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| H 1 | L 1 | Charlotte McGuinness | 01 | S6 | Harrogate | 8:29.37 |
| | L 2 | Lauren Sanders | 86 | S7 | Warrington W | 8:11.29 |
| | L 3 | Ella O'Donnell | 03 | S7 | Satellite | 7:38.00 |
| | L 4 | Georgia Howell | 02 | S6 | Littleh'pton | 7:21.05 |
| | L 5 | Isla Howe | 02 | S7 | Nova Cent'n | 7:26.62 |
| | L 6 | Elizabeth Foster | 04 | S8 | Havant & Wat | 7:52.17 |
| | L 7 | Emily-Jane Surgeoner | 07 | S9 | Orion | 8:19.83 |
| | L 8 | Rosie Sheridan | 03 | S6 | StirlingSwim | 10:08.45 |
| H 2 | L 1 | Katherine Healey | 99 | S12 | Bletchley | 7:01.86 |
| | L 2 | Sallie Phillips | 99 | S7 | Gloucester | 6:48.78 |
| | L 3 | Samantha Lewis | 92 | S9 | Satellite | 6:41.72 |
| | L 4 | Charlotte Hyde | 02 | S7 | Camden Swiss | 6:24.87 |
| | L 5 | Madeleine Harris | 03 | S9 | Elmbridge | 6:31.95 |
| | L 6 | Rebecca Franks | 97 | S9 | Newark | 6:45.29 |
| | L 7 | Genevieve Hunter | 02 | S8 | Beachfield | 7:00.28 |
| | L 8 | Anna Binns | 88 | S12 | Orion | 7:04.63 |
| H 3 | L 1 | Isabel Dean | 04 | S10 | Hinckley | 6:14.52 |
| | L 2 | Seren Leconte | 04 | S9 | RCT Squad | 6:07.05 |
| | L 3 | Maya Brisco | 00 | S9 | Staines | 5:44.51 |
| | L 4 | Hope Gordon | 94 | S9 | East Lothian | 5:41.57 |
| | L 5 | Ailbhe Kelly | 98 | S8 | Ireland | 5:43.57 |
| | L 6 | Nicole Turner | 02 | S6 | Ireland | 5:57.25 |
| | L 7 | Ella Cooper-Holmes | 00 | S7 | Cockermouth | 6:10.89 |
| | L 8 | Erin Swann | 01 | S10 | Bellshill | 6:16.61 |
| H 4 | L 1 | Tully Kearney | 97 | S7 | Co Manch Aq | 5:37.67 |
| | L 2 | Maisie Summers-Newton | 02 | S6 | Northampton | 5:33.01 |
| | L 3 | Drew Stables | 02 | S10 | Cockermouth | 5:31.21 |
| | L 4 | Rebecca Lewis | 03 | S10 | RCT Squad | 5:27.85 |
| | L 5 | Katie Crowhurst | 04 | S13 | Wycombe Dist | 5:30.52 |
| | L 6 | Eleanor Robinson | 01 | S6 | Northampton | 5:31.94 |
| | L 7 | Eleanor Bamber | 96 | S10 | Satellite | 5:34.34 |
| | L 8 | Grace Harvey | 98 | S7 | Hoddesdon | 5:39.93 |
| H 5 | L 1 | Cara Smyth | 01 | S10 | Incas | 5:20.44 |
| | L 2 | Coral Farrell | 01 | S10 | Warrington W | 5:05.47 |
| | L 3 | Alice Tai | 99 | S9 | Bourmth Coll | 4:51.97 |
| | L 4 | Lily Macleod | 01 | S13 | Mt Kelly | 4:48.35 |
| | L 5 | Zara Mullooly | 02 | S10 | Guildford Ct | 4:49.15 |
| | L 6 | Rosie Bancroft | 95 | S10 | Co Oxford | 4:52.44 |
| | L 7 | Harriet Dickinson | 97 | S10 | Gloucester | 5:16.15 |
| | L 8 | Beth Johnston | 01 | S10 | B.E.S.T. | 5:25.18 |

Event 405 Mens MC 150m IM

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| H 1 | L 4 | Harvey Phillips | 04 | SM4 | Louth | 4:12.87 |
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Event 406 Womens MC 150m IM

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| H 1 | L 4 | Ellie Challis | 04 | SM4 | Colchester P | 4:33.29 |
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