

**Start Lists Day 5 Heats - Page 1 of 2**

**Event 503 Women Open 400m Freestyle**

**Block A**

H 6	L 0	Laura Sharp	02	Swansea Uni	4:30.95
	L 1	Amelia Moule	03	Loughboro Un	4:30.76
	L 2	Tsala Bernholt	06	Barnet Copt	4:29.95
	L 3	Megan Speirs	04	Nova Cent'n	4:29.55
	L 4	Abbie Holl	02	Edinburgh Un	4:29.43
	L 5	Livia Kingsland	05	Nova Cent'n	4:29.49
	L 6	Georgina Chadwick	04	Co Sheffield	4:29.91
	L 7	Amelia Brian	05	Beckenham	4:30.23
	L 8	Harriet Oxley	05	Co Leicester	4:30.83
	L 9	Georgia Robertson	05	Co Sheffield	4:31.02
H 7	L 0	Meghan Byrne	00	Barnet Copt	4:29.18
	L 1	Katie Thompson	02	Co Birm'ham	4:28.90
	L 2	Nelly Kinch	01	Nova Cent'n	4:28.87
	L 3	Rebecca Reid	02	Aberdeen	4:28.32
	L 4	Katherine Bailey	04	Perth City	4:27.40
	L 5	Aimee Monks	05	Royal Wolv	4:27.66
	L 6	Ruby Wheeler	06	Plymouth Lea	4:28.53
	L 7	Emily Forwood	04	Mt Kelly	4:28.88
	L 8	Amber Downham	05	Plymouth Lea	4:29.00
	L 9	Eve Leleux	03	Wrekin Coll	4:29.37
H 8	L 0	Lucy Fox	06	Wycombe Dist	4:27.16
	L 1	Pearle Griffiths	03	Guildford Ct	4:27.00
	L 2	Jemima Hall	01	Bath Univ	4:26.51
	L 3	Anya Preece	03	Nova Cent'n	4:26.31
	L 4	Jessica Dickinson	05	Swansea Aq	4:26.23
	L 5	Sophie Main	04	Mt Kelly	4:26.31
	L 6	Natasha Simson	05	Warrender Ba	4:26.32
	L 7	Lara Thomson	05	Co Leeds	4:26.80
	L 8	Lola Davison	03	Derwentside	4:27.05
	L 9	Olivia Mason	04	Warrender Ba	4:27.35
H 9	L 0	Alicia Dingle	02	Loughboro Un	4:25.31
	L 1	Isla McIntosh	06	Co Peterboro	4:25.25
	L 2	Kailyn Hall	04	Aberdeen Per	4:24.75
	L 3	Jess Podger	01	Loughboro Un	4:23.45
	L 4	Charlotte Wynne-Jones	03	Bath Univ	4:22.62
	L 5	Shannon Stott	00	Hatfield	4:23.35
	L 6	Nicole Ryan	98	Guildford Ct	4:23.49
	L 7	Laura Hodgson	05	Newcastle	4:25.25
	L 8	Madeleine Robertson	04	Scot Non-Res	4:25.28
	L 9	Ruby Griffiths	06	Mt Kelly	4:25.38
H 10	L 0	Lucy Hedley	04	Newcastle	4:21.51
	L 1	Phyllida Britton	97	Ealing	4:20.91
	L 2	Mia Slevin	03	Derventio	4:17.30
	L 3	Tamryn Van Selm	04	Millfield	4:16.17
	L 4	Freya Colbert	04	Nova Cent'n	4:12.92
	L 5	Freya Anderson	01	Bath NC	4:15.27
	L 6	Michaela Glenister	02	UniOfStirl	4:16.93
	L 7	Fleur Lewis	03	Barnet Copt	4:20.16
	L 8	Cara O'Toole	03	Ealing	4:21.27
	L 9	Aimee Hood	04	Co Birm'ham	4:22.11
H 11	L 0	Emily Clarke	97	Loughboro Un	4:21.43
	L 1	Lauren Wetherell	02	Aberdeen Per	4:20.40
	L 2	Nicole Ricci*	04	Edinburgh Un	4:17.28
	L 3	Beatrice Varley	03	Plymouth Lea	4:15.54
	L 4	Holly Hibbott	99	Bath NC	4:07.03
	L 5	Leah Crisp	01	Bath NC	4:14.03
	L 6	Ella Dyson	04	Wycombe Dist	4:16.52
	L 7	Rachel Anderson	02	Loughboro Un	4:17.44
	L 8	Amber Keegan	97	Co Sheffield	4:21.18
	L 9	Ashleigh Baillie	06	Co Sheffield	4:21.74

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**Block B**

H 1	L 3	Sacha Thomas	03	Co Norwich	4:35.40
	L 4	Liberty Gordon	04	Rushmoor Ryl	4:35.27
	L 5	Millie Checkley	04	Co Birm'ham	4:35.33
H 2	L 0	Alicia Massie	05	Repton	4:35.25
	L 1	Rachel Webb	07	Bassetlaw SS	4:35.23
	L 2	Emma Bennett	05	RTW Monson	4:35.08
	L 3	Adel Zakrzewski	03	Co Norwich	4:34.61
	L 4	Jennifer Murray	03	Edinburgh Un	4:34.48
	L 5	Leila Flower	04	Leatherhead	4:34.50
	L 6	Lucy Dixon	05	Co Salford	4:34.71
	L 7	Emily Cornish	04	Plymouth Lea	4:35.15
H 3	L 8	Lauren Mew	06	Barnet Copt	4:35.24
	L 0	Niamh Ward	04	Team Bath AS	4:34.10
	L 1	Lydia Parker	04	Winchester	4:33.68
	L 2	Amelie Blocksidge	09	Co Salford	4:33.65
	L 3	Isabelle Jopson	03	Romford Town	4:33.09
	L 4	Henrietta D'Ammassa	05	Repton	4:33.03
	L 5	Evangeline Belt	06	Plymouth Lea	4:33.08
	L 6	Sophie Davies	07	Millfield	4:33.54
	L 7	Sophie Traill	07	Stockport Mo	4:33.68
H 4	L 8	Eleanor Kay	06	Bolton Metro	4:33.75
	L 9	Emily Johnson	06	Sevenside	4:34.30
	L 0	Eliza Pinkstone	05	Stockport Mo	4:32.84
	L 1	Rachel Bradley	03	Bo Stockton	4:32.80
	L 2	Evelyn Davis	04	Bromley	4:32.72
	L 3	Louise Ashford	05	Maidenhead	4:32.51
	L 4	Ava Cook	08	Co Sheffield	4:32.15
	L 5	Ellie Wheeler	02	Birm'ham Uni	4:32.41
	L 6	Charlotte Roome	07	Derventio	4:32.58
H 5	L 7	Ella Blocksidge	06	Co Salford	4:32.73
	L 8	Jess Widdowson	06	Co Leeds	4:32.83
	L 9	Faye Rogers	02	Aberdeen Per	4:33.01
	L 0	Jennifer Green	03	Swansea Uni	4:31.94
	L 1	Eja Coe	06	Derventio	4:31.77
	L 2	Annabel Pilgrim	06	Elmbridge	4:31.43
	L 3	Lucy Allman	06	Co Leeds	4:31.23
	L 4	Mollie Fisher	05	Rotherham Mo	4:31.09
	L 5	Jessica Arundale	05	Barnet Copt	4:31.12
L 6	Ella Homan	07	Co Birm'ham	4:31.36	
L 7	Isla Jones	07	Co Sheffield	4:31.72	
L 8	Hollie Wilson	08	Co Leeds	4:31.89	
L 9	Millie Emmans	99	SurreyUni SC	4:32.08	