

Start List

<b>Event 411 Men 12 Yrs/Over 200m Freestyle</b>				
H 1	L 3	Jeremy Godwin	12	Thurrock 2:42.80
	L 4	Charlie Plume	12	Harlow Pen 2:42.73
	L 5	Harry Bird	12	Putteridge 2:42.80
H 2	L 0	Cooper Smith	12	Harlow Pen 2:42.50
	L 1	Emmanuel Kolobius	12	Team Luton 2:41.10
	L 2	Daniel Andrews	12	Halstead 2:38.30
	L 3	Will Riley	12	teamipswich 2:37.95
	L 4	Zak Fellows	12	Cheshunt 2:37.02
	L 5	Amir Olalekan	12	Thurrock 2:37.23
	L 6	Csanad Rehus	12	Co Peterboro 2:38.22
	L 7	Osehon Ojiekhudu	12	Thurrock 2:39.40
	L 8	Ethan Thorpe	12	Basildon Ph 2:41.20
H 3	L 0	Oscar Hunter	12	Norwich Swan 2:35.40
	L 1	Toby Lashmar	12	Basildon Ph 2:34.50
	L 2	Harrison Brook	13	Colchester 2:32.86
	L 3	Harry Alexander	13	teamipswich 2:32.47
	L 4	Adam O'Neal	13	Modernian 2:31.64
	L 5	Jude Gunner	12	St Felix Sch 2:32.12
	L 6	Orlando Dearing	13	Co Peterboro 2:32.61
	L 7	Louis Robson	12	Co St Albans 2:34.45
	L 8	Olly Fenwick	12	Verulam 2:35.35
	L 9	Jamie Wilson	12	Wisbech 2:36.65
H 4	L 0	Albert Orley	13	Braintree 2:30.58
	L 1	Ryan Close	13	Biggleswade 2:29.80
	L 2	Remi-Maysen Keane	13	Bo Southend 2:29.10
	L 3	Ollie O'Connor	13	Putteridge 2:28.10
	L 4	George Prince	13	Hatfield 2:26.75
	L 5	Jamie Comitti	12	Basildon Ph 2:27.02
	L 6	Sean Connolly	13	Epping For't 2:28.78
	L 7	Joshua Sackree	13	Co Peterboro 2:29.80
	L 8	Evan Larthe	12	Southend 2:30.20
	L 9	Ben Humphries	13	Maldon Shark 2:31.50
H 5	L 0	Louis Allen	13	Basildon Ph 2:25.10
	L 1	Alex Harrop	13	teamipswich 2:24.75
	L 2	Massimo Girolami	13	Colchester 2:23.40
	L 3	Harrison Shaw	14	Flitwick 2:21.30
	L 4	Jack Osborne	14	Deben 2:20.49
	L 5	Isaac Farrugia	14	Basildon Ph 2:20.60
	L 6	Jacob Ray	14	Basildon Ph 2:22.40
	L 7	Robert Fenner	13	Basildon Ph 2:23.80
	L 8	Ben Every	13	St Felix Sch 2:25.10
	L 9	Hugo Raubitschek-Smith13		Hatfield 2:26.39
H 6	L 0	Ben Buckley	14	Co Norwich 2:20.30
	L 1	Maximilian Veiga	14	Co Cambridge 2:19.74
	L 2	Zac Stacey	14	Hoddesdon 2:19.33
	L 3	Lucas Hartley	14	Hatfield 2:19.12
	L 4	Rory Wilde	14	Chelmsford 2:18.83
	L 5	Ashton Redhead	14	teamipswich 2:18.87
	L 6	Daniel Meier	14	Modernian 2:19.28
	L 7	Noah Mann	14	Newmarket 2:19.60
	L 8	Jacob Lowe	14	March 2:19.80
	L 9	Milo Milton	14	Co Norwich 2:20.40
H 7	L 0	Finlay Arnup	14	Norwich Swan 2:18.02
	L 1	Joe Power	14	Basildon Ph 2:18.00
	L 2	Sandijs Cecins	14	Colchester 2:17.56
	L 3	Reuben Alty	13	teamipswich 2:15.79
	L 4	Richard Vanstone	15	Chelmsford 2:15.60
	L 5	Zak Troman	14	Colchester 2:15.70
	L 6	Rio Rogers	17	S14 Basildon Ph 2:16.32
	L 7	Ben Howlett	14	teamipswich 2:17.59
	L 8	Ross De Wildt	13	Co Cambridge 2:18.00
	L 9	Edward Ormsby	14	Co Cambridge 2:18.20
H 8	L 0	Benjamin Riglar	15	Dereham 2:15.00
	L 1	Daniel McGuinness	15	Basildon Ph 2:14.40
	L 2	Nedas Tkacenko	15	West Norfolk 2:13.25
	L 3	Tom Wood	15	Chelmsford 2:12.68
	L 4	Roan Brennan	15	S9 Basildon Ph 2:12.00
	L 5	Daniel Kendall	15	Co Ely 2:12.14
	L 6	Oliver Blight	15	Hatfield 2:12.70
	L 7	Thomas Deaton	15	Newmarket 2:13.90
	L 8	Jago Derrington	15	Bishop Stort 2:14.70
	L 9	Jack Macdonald	15	Putteridge 2:15.20
H 9	L 0	Ryan Wall	14	Co Cambridge 2:10.91
	L 1	Samuel Walsh	15	Witham Dolph 2:10.48
	L 2	Nathan Close	15	Biggleswade 2:09.74
	L 3	Max Arnold	15	Harlow Pen 2:08.80
	L 4	Riley Bashford	15	Deben 2:08.16
	L 5	George De Voogt	15	Leighton Buz 2:08.41
	L 6	Joseph Kenny	16	Leiston 2:09.21
	L 7	Josh Martin	15	Co Peterboro 2:10.03
	L 8	Nathaniel Mapley	15	Co St Albans 2:10.67
	L 9	Jamie Joshua	15	Hatfield 2:11.19
H 10	L 0	Ethan Ivelaw-Chapman	16	Co St Albans 2:07.51
	L 1	Joseph McGillivray	16	Co Norwich 2:07.27
	L 2	Alfie Francis	16	Colchester 2:06.12
	L 3	Euan Higgs	17	Basildon Ph 2:04.88
	L 4	Daniel Clayton	15	teamipswich 2:04.60
	L 5	Thomas Ball	17	West Norfolk 2:04.60
	L 6	Jacob Kitching	16	Chelmsford 2:05.98
	L 7	Mark Milburn	16	Colchester 2:06.90
	L 8	Enzo Lim	16	Watford SC 2:07.47
	L 9	Matthew Monie	16	Co Cambridge 2:07.86
H 11	L 0	Jude Hills	16	Thurrock 2:04.30
	L 1	Elliot Gladwell	16	teamipswich 2:03.21
	L 2	Joe Fletcher	19	Stowmarket 2:02.35
	L 3	Joseph Bavey	16	Newmarket 2:01.81
	L 4	Matthew Baker	15	West Suffolk 2:00.79
	L 5	Thomas Belcher	18	Modernian 2:01.30
	L 6	William Ellard	15	St Felix Sch 2:02.06
	L 7	Olivier Vedrenne	16	Co Norwich 2:02.40
	L 8	Nikita Charykin	15	Thurrock 2:04.20
	L 9	Tobias Oglesby	17	West Norfolk 2:04.52
H 12	L 0	Guy Muncer	19	Co St Albans 2:00.27
	L 1	Harry Saunders	19	Newmarket 1:59.60
	L 2	Joseph Wells	22	West Norfolk 1:57.70
	L 3	Noah Jameson Neal	17	Basildon Ph 1:56.90
	L 4	Callum Wollaston	20	Co St Albans 1:55.90
	L 5	Joseph Grice	18	Leighton Buz 1:56.10
	L 6	Jack Sangster	20	Modernian 1:57.34
	L 7	Jack Pallant	17	Team Waveney 1:59.29
	L 8	George Whiteman	17	Co Peterboro 2:00.20
	L 9	Jack Skerry	17	New Hall 2:00.53
H 13	L 0	Joe Cooper	17	teamipswich 1:55.50
	L 1	James Speers	18	Basildon Ph 1:55.22
	L 2	Joshua Fowles	22	Colchester 1:53.78
	L 3	Matthew Wright	23	Team Luton 1:52.60
	L 4	Nathan Wells	23	West Norfolk 1:50.30
	L 5	Michael Klimaszewski	17	Hatfield 1:52.54
	L 6	Lewis Binning	18	Basildon Ph 1:53.10
	L 7	Ben Blowers	19	Co Norwich 1:54.00
	L 8	Myles Turner	21	West Suffolk 1:55.32
	L 9	Thomas Cadenhead	19	Co St Albans 1:55.68

Start List

<b>Event 412 Women 12 Yrs/Over 50m Backstroke</b>											
H 1	L 3	Isla Black	12	Co St Albans	40.42	H 8	L 0	Mabel Gigg	14	Co Norwich	33.60
	L 4	Amy Witton	12	Verulam	40.26		L 1	Olivia Church	15	Thurrock	33.49
	L 5	Olivia Greenall	12	Gt Yarmouth	40.30		L 2	Zoe Quarman	15	Leighton Buz	33.39
H 2	L 0	Sofia Andre-Barrett	12	Co Cambridge	39.95		L 3	Greta Goddard	15	Colchester	33.22
	L 1	Selina Green	12	St Felix Sch	39.60		L 4	Mia Lowe	14	Basildon Ph	32.96
	L 2	Gabriella Meyer	12	Chelmsford	39.18		L 5	Sophie Dowding	14	teamipswich	32.97
	L 3	Emilia Johnson	12	St Felix Sch	39.06		L 6	Daisy Manning	13	Basildon Ph	33.34
	L 4	Charlotte Pound	12	Putteridge	38.70		L 7	Francesca Baber	15	Flitwick	33.40
	L 5	Sophie Stelmach	12	Stevenage	38.91		L 8	Romilly Marks	15	Newmarket	33.57
	L 6	Holly Underdown	12	Braintree	39.10		L 9	Elena Bello	15	Co Cambridge	33.61
	L 7	Isabella Savage	12	Potters Bar	39.30	H 9	L 0	Lily Macdonald	16	Co Norwich	32.90
	L 8	Lucy Peterson	12	Stevenage	39.93		L 1	Alexa Mann	15	Basildon Ph	32.90
	L 9	Libby Whiting	12	Linslade	40.06		L 2	Tigerlily Donald	13	Co St Albans	32.88
H 3	L 0	Eva Howlett	12	Team Waveney	38.59		L 3	Rosie Brooks	17	St Felix Sch	32.82
	L 1	Grace Robinson	12	Putteridge	37.40		L 4	Charlotte Smith	14	Norwich Swan	32.80
	L 2	Clementine Lovell	12	teamipswich	37.26		L 5	Victoria Daley	14	Watford SC	32.80
	L 3	Ava Wilson	13	New Hall	36.60		L 6	Isabella O'Leary	15	Hemel Hemp	32.84
	L 4	Isabella Peccei	13	Watford SC	36.50		L 7	Madison Gilman	18	Norwich Swan	32.89
	L 5	Nicole Maynard	12	Basildon Ph	36.52		L 8	Brianna Hansen-Hoare	14	Harlow Pen	32.90
	L 6	Elizabeth Swaby	12	Basildon Ph	36.94		L 9	Grace Greenhalf	14	Co Norwich	32.90
	L 7	Sophie Palmer	12	Basildon Ph	37.30	H 10	L 0	Rebecca Knibb	18	Linslade	32.78
	L 8	Emilia Rayner	12	Halstead	38.03		L 1	Ella Stone	15	Biggleswade	32.77
	L 9	V Davies-Haywood	12	Co Norwich	38.60		L 2	Nonhlanhla Thole	16	St Felix Sch	32.76
H 4	L 0	Sienna Gilman	12	Norwich Swan	36.37		L 3	Beth Young	15	teamipswich	32.64
	L 1	Sophie Holliss	13	Co St Albans	36.34		L 4	Esme Gilbert	14	Co Peterboro	32.58
	L 2	Tilda Clements	13	St Neot Swan	36.27		L 5	Eloise Cole	13	Modernian	32.60
	L 3	Lucy Calver	13	Hitchin	36.18		L 6	Isla Winslow	16	Norwich Swan	32.70
	L 4	Ellie Smith	13	Co Norwich	35.90		L 7	Sophie Quinton	17	Deben	32.76
	L 5	Emily Gray	12	Hatfield	36.06		L 8	Anouk Zecchini	15	Co Cambridge	32.77
	L 6	Janhavi Janhavi	13	Watford SC	36.22		L 9	Anna Fallon	18	Team Luton	32.79
	L 7	Lily Farr	13	Flitwick	36.30	H 11	L 0	Katie Maloney	24	Co Norwich	32.56
	L 8	Gabrielle Cornish	13	Colchester	36.37		L 1	Amara Addison	14	Norwich Swan	32.40
	L 9	Ella Dawson	13	Chelmsford	36.40		L 2	Orla Kenny	16	Co Cambridge	32.38
H 5	L 0	Lexi Harrison	13	Co Ely	35.77		L 3	Molly Redgrave	17	Colchester	32.34
	L 1	Jemma Robertson	13	Stevenage	35.60		L 4	Morgan Allan	18	Modernian	32.30
	L 2	Maria Stanciu	13	Chelmsford	35.57		L 5	Georgina Knatchbull	17	Leighton Buz	32.30
	L 3	Katerina Di Maria	13	Co Norwich	35.40		L 6	Emily Cutting	16	West Suffolk	32.35
	L 4	Amelia Speechley	14	Co Cambridge	34.96		L 7	Sophia Pickering	14	Co Norwich	32.40
	L 5	Isabel Baddeley	13	teamipswich	35.35		L 8	Lucy Young	16	Modernian	32.40
	L 6	Nwando Ifeacho	13	Modernian	35.47		L 9	Holly Driver	16	St Felix Sch	32.58
	L 7	Ella Coombes	13	Basildon Ph	35.59	H 12	L 0	Esme Springham	16	Deben	32.07
	L 8	Adrija Raudonyte	13	Newmarket	35.68		L 1	Charlotte Williams	15	Hatfield	31.91
	L 9	Darcy Gladwell	13	teamipswich	35.88		L 2	Hannah Willis	16	Co Peterboro	31.82
H 6	L 0	Thea Patel	14	Hatfield	34.81		L 3	Charlotte Harris	18	Maldon Shark	31.80
	L 1	Gracie Parker	13	Basildon Ph	34.80		L 4	Cerys Williams	17	West Suffolk	31.72
	L 2	Skye Carter	14	Basildon Ph	34.80		L 5	Ciara Gill-Ryan	19	Newmarket	31.79
	L 3	Vasilisa Shampanova	14	Co Cambridge	34.67		L 6	Jessica Kefford	17	Dunstable	31.80
	L 4	Amelie Crabb	14	teamipswich	34.35		L 7	Megan Donovan	14	Co Peterboro	31.88
	L 5	Lara Treharne	14	Co Peterboro	34.65		L 8	Emma Craig	17	Harpenden	31.91
	L 6	Hannah McNicholas	14	Deben	34.79		L 9	Francesca Low	16	Chelmsford	32.11
	L 7	Megan Barker	14	West Suffolk	34.80	H 13	L 0	Rebecca West	19	Thurrock	31.70
	L 8	Adeola Akanda	14	Hatfield	34.80		L 1	Olivia Newman-Baronius	15	Putteridge	31.70
	L 9	Lyla Howard	14	Team Luton	34.90		L 2	Hannah Zyss	16	Basildon Ph	31.67
H 7	L 0	Leah Dorman	14	Co Peterboro	34.04		L 3	Katie Andrews	17	Norwich Swan	31.51
	L 1	Georgia Holgate	14	Co Cambridge	33.91		L 4	Rebecca Smith	18	Norwich Swan	31.33
	L 2	Elsie Pooley	15	West Suffolk	33.81		L 5	Jessica Keogh	17	Hatfield	31.48
	L 3	Amy Boreham	15	Watford SC	33.75		L 6	Jessica Shaw	16	Co Peterboro	31.58
	L 4	Keziah Cornish	15	Colchester	33.70		L 7	Connie Davies	15	Deben	31.69
	L 5	Ellie Burwood	15	St Felix Sch	33.73		L 8	Ellie Wheeler	19	Basildon Ph	31.70
	L 6	Elijah Britton	15	St Felix Sch	33.78		L 9	Sophie Taylor	19	Hemel Hemp	31.71
	L 7	Gracie Comitti	14	Basildon Ph	33.81	H 14	L 0	Matilda Bogle	15	teamipswich	31.32
	L 8	Lilia Clarkson	14	St Felix Sch	33.92		L 1	Helena Hall	16	Deben	31.18
	L 9	Amy Harper	14	Watford SC	34.11		L 2	Jessica Woodward	18	Hatfield	31.01
							L 3	Leah Wightman	16	West Norfolk	30.93
							L 4	Abbie Low	19	Chelmsford	30.60
							L 5	Charley Joyce	16	Epping For't	30.80
							L 6	Ella Turner	16	Basildon Ph	31.00
							L 7	Emily Lush	19	Hatfield	31.12
							L 8	Isabel Wainwright	18	Modernian	31.20
							L 9	Kaia Phillips	15	Bishop Stort	31.33

Start List

H 15	L 0	Erin Yeomanson	18	teamipswich	30.59	H 7	L 0	William Coleman	16	St Ives	1:07.62
	L 1	Georgia Pease	19	Basildon Ph	30.56		L 1	Joshua Shepherd	13	Thurrock	1:07.00
	L 2	Eleanor King	21	Team Luton	30.38		L 2	Maddox Roberts	15	Witham Dolph	1:06.90
	L 3	Grace Waller	17	Basildon Ph	30.17		L 3	Archie Chamberlain	15	West Suffolk	1:06.55
	L 4	Megan Pye	19	Co Norwich	29.54		L 4	Jamie Joshua	15	Hatfield	1:06.37
	L 5	Sacha Thomas	18	Co Norwich	29.99		L 5	Luke Tunstall	16	St Ives	1:06.47
	L 6	Niamh James	20	Bishop Stort	30.20		L 6	Enzo Lim	16	Watford SC	1:06.84
	L 7	Gracie Kay	18	Co Cambridge	30.48		L 7	George De Voogt	15	Leighton Buz	1:06.96
	L 8	Lauren Stott	19	Hatfield	30.57		L 8	Kai Adams	15	Potters Bar	1:07.01
	L 9	Harriet Clements	17	Watford SC	30.60		L 9	Tyler Tombs	16	Chelmsford	1:07.77
<b>Event 413 Men 12 Yrs/Over 100m Butterfly</b>											
H 1	L 0	Jack Short	12	Brentwood	1:35.07	H 8	L 0	Henry Dean	15	Thurrock	1:05.90
	L 1	Jack Beer	12	Linslade	1:31.10		L 1	Daniel Clayton	15	teamipswich	1:05.79
	L 2	Harry Bird	12	Putteridge	1:29.70		L 2	Riley Bashford	15	Deben	1:05.43
	L 3	Elliott Barkway	13	Diss Otters	1:27.80		L 3	Daniel Monk	17	Harlow Pen	1:05.24
	L 4	Ben Every	13	St Felix Sch	1:26.69		L 4	Matthew Baker	15	West Suffolk	1:04.50
	L 5	Harry Phelan	12	Basildon Ph	1:27.56		L 5	James Cowdrey	16	Basildon Ph	1:04.96
	L 6	Daniel Dutson	12	Co Norwich	1:29.50		L 6	Mark Milburn	16	Colchester	1:05.40
	L 7	Ashton Blake	12	Canvey Isl	1:30.57		L 7	Callum Cox	15	Bishop Stort	1:05.60
	L 8	Csanad Rehus	12	Co Peterboro	1:33.31		L 8	Louis James	15	Norwich Swan	1:05.80
							L 9	Billy Mead	16	Linslade	1:06.20
H 2	L 0	Ben Humphries	13	Maldon Shark	1:23.99	H 9	L 0	Daniel Ord	16	Watford SC	1:04.37
	L 1	Harry Alexander	13	teamipswich	1:23.55		L 1	Jenson Hurrell	16	Thurrock	1:04.00
	L 2	Raul Shrestha	12	Colchester	1:22.30		L 2	Joseph Quelch	19	Harlow Pen	1:03.90
	L 3	Cooper Smith	12	Harlow Pen	1:21.70		L 3	Joseph Bayvey	16	Newmarket	1:03.54
	L 4	Oscar Hunter	12	Norwich Swan	1:21.40		L 4	Charlie King	18	Co St Albans	1:03.25
	L 5	Harrison Brook	13	Colchester	1:21.69		L 5	Kalaum Corani	17	Colchester	1:03.50
	L 6	Ethan Thorpe	12	Basildon Ph	1:21.90		L 6	Ben Woodhouse	18	Norwich Swan	1:03.60
	L 7	Orlando Dearing	13	Co Peterboro	1:22.36		L 7	Dominic McCarthy	19	Hoddesdon	1:04.00
	L 8	Adam O'Neal	13	Modernian	1:23.70		L 8	Joseph Kenny	16	Leiston	1:04.35
	L 9	Amir Olalekan	12	Thurrock	1:25.08		L 9	Oliver Shead	16	Colchester	1:04.40
H 3	L 0	Alex Harrop	13	teamipswich	1:20.39	H 10	L 0	Jimmy Taylor	17	Thurrock	1:02.65
	L 1	Olly Fenwick	12	Verulam	1:19.56		L 1	Alfie Francis	16	Colchester	1:02.30
	L 2	Daniel Belsey	13	Hatfield	1:18.30		L 2	Jude Hills	16	Thurrock	1:01.90
	L 3	Massimo Girolami	13	Colchester	1:17.80		L 3	Zack Treharne	17	Co Peterboro	1:01.30
	L 4	Jude Gunner	12	St Felix Sch	1:16.44		L 4	Morgan Foster	18	Braintree	1:01.20
	L 5	James Baker	14	Brentwood	1:17.26		L 5	Jack Pallant	17	Team Waveney	1:01.28
	L 6	Jamie Wilson	12	Wisbech	1:18.00		L 6	Myles Turner	21	West Suffolk	1:01.50
	L 7	Sean Connolly	13	Epping For't	1:19.30		L 7	John Telensky	20	Harpenden	1:02.16
	L 8	Osehon Ojiekhudu	12	Thurrock	1:20.20		L 8	Robert Addis	17	West Norfolk	1:02.47
	L 9	Dmitrijs Gracovs	12	Harlow Pen	1:20.70		L 9	Harry Arbutnott	18	Harpenden	1:03.24
H 4	L 0	Kevin Moghina	13	Thurrock	1:15.30	H 11	L 0	Freddie Laws	18	West Norfolk	1:00.90
	L 1	Hugo Raubitschek-Smith	13	Hatfield	1:15.10		L 1	William Ellard	15	St Felix Sch	1:00.50
	L 2	Robert Fenner	13	Basildon Ph	1:14.10		L 2	Euan Higgs	17	Basildon Ph	1:00.30
	L 3	Harrison Shaw	14	Flitwick	1:14.06		L 3	Damon Elliott	17	DunmowAtlant	59.30
	L 4	Kevin Moldovan	14	Harlow Pen	1:13.50		L 4	Lewis Chapman	20	Stowmarket	59.10
	L 5	Finlay Arnup	14	Norwich Swan	1:13.60		L 5	Jack Turrell	18	Basildon Ph	59.12
	L 6	Riley Hall	14	Co Cambridge	1:14.09		L 6	Joseph Grice	18	Leighton Buz	1:00.20
	L 7	Jacob Lowe	14	March	1:14.61		L 7	Thomas Page	17	West Suffolk	1:00.40
	L 8	Daniel Boboye	14	Thurrock	1:15.20		L 8	Charlie Barrett	20	Co Norwich	1:00.61
	L 9	Rory Wilde	14	Chelmsford	1:16.22		L 9	B Ditchfield-Watkins	18	Leighton Buz	1:01.00
H 5	L 0	Maximilian Veiga	14	Co Cambridge	1:13.10	H 12	L 0	Connor Walker	17	Co Peterboro	58.60
	L 1	Patch Robinson	14	teamipswich	1:12.98		L 1	Reese Housden	19	Hemel Hemp	57.60
	L 2	Archie Rann	14	Ware	1:12.32		L 2	Charles Whyte	20	West Suffolk	57.20
	L 3	Louis Allen	13	Basildon Ph	1:12.00		L 3	Lucas Dyson-Diaz	21	Hatfield	56.12
	L 4	Sandjjs Cecins	14	Colchester	1:10.50		L 4	Michael Klimaszewski	17	Hatfield	54.10
	L 5	Isaac Farrugia	14	Basildon Ph	1:11.40		L 5	Harry Jones	21	Co Norwich	55.70
	L 6	Marco Yuen	14	Brentwood	1:12.06		L 6	Lewis Binning	18	Basildon Ph	57.00
	L 7	Oliver Pike	14	Co Norwich	1:12.90		L 7	Callum Davis	21	Bishop Stort	57.56
	L 8	Daniel Meier	14	Modernian	1:13.03		L 8	Devesh Kapoor	18	Hemel Hemp	57.70
	L 9	Reuben Alty	13	teamipswich	1:13.41		L 9	Naythan Aung	17	Colchester	58.90
H 6	L 0	Rio Rogers	17	S14 Basildon Ph	1:09.88						
	L 1	Ethan Howard	14	Potters Bar	1:09.08						
	L 2	Daniel McGuinness	15	Basildon Ph	1:08.80						
	L 3	Harry Stagg	15	Basildon Ph	1:07.90						
	L 4	Menuka Jayakody	15	Norwich Swan	1:07.80						
	L 5	James Peacock	15	Co Peterboro	1:07.86						
	L 6	Zak Troman	14	Colchester	1:08.00						
	L 7	Daniel Kendall	15	Co Ely	1:08.90						
	L 8	Daniel Pryke	15	Deben	1:09.41						
	L 9	Castle Galindez	14	Co Norwich	1:10.30						