

Start List

Event 811 Female 11/14 Yrs 200m Butterfly

H-1	L 3	Sophie Bowes-Toms	12	Dereham	3:24.52
	L 4	Haylie Frew-Costa	12	Potters Bar	3:24.41
	L 5	Martha More	11	West Norfolk	3:24.48
H-2	L 1	Eleni Karakoidas	12	Co Norwich	3:24.00
	L 2	Ruth Biscoe	11	Team Luton	3:19.80
	L 3	Lillian Owens	11	Putteridge	3:18.25
	L 4	Maisie Bishop	12	Wisbech	3:15.89
	L 5	Sarah Apostol	11	Epping For't	3:16.87
	L 6	Nora Hughes	11	Colchester	3:18.66
	L 7	Evie Spalding	11	Putteridge	3:22.40
H-3	L 1	Margarida Furtado	13	Co Cambridge	3:14.75
	L 2	Sophie White	13	Basildon Ph	3:14.40
	L 3	Iona Parkes	11	Thurrock	3:12.44
	L 4	Lois Wootton	13	Epping For't	3:11.83
	L 5	Lily Wang	13	Epping For't	3:11.92
	L 6	Daniella Gomez Bolivar	13	Hoddesdon	3:14.33
	L 7	Chloe Bucktrout	12	Linslade	3:14.48
	L 8	Sophie Andrews	11	Flitwick	3:15.68
H-4	L 1	Isla Hall	11	Basildon Ph	3:10.59
	L 2	Raya Pearson	12	Thurrock	3:09.95
	L 3	Catherine Lyall	13	Putteridge	3:07.13
	L 4	Chloe Matthews	13	Linslade	3:06.29
	L 5	Olivia Stroud	13	teamipswich	3:06.95
	L 6	Holly Smith	13	Wisbech	3:09.00
	L 7	Martha Mellors	12	Verulam	3:10.40
	L 8	Elissa Neo	12	Linslade	3:11.19
H-5	L 1	Daphne Aziz	13	Potters Bar	3:06.00
	L 2	Isla Tate	12	Co Peterboro	3:04.97
	L 3	Isla Austin	13	Hemel Hemp	3:02.57
	L 4	Sakura Yamada-Orr	12	Co St Albans	3:01.65
	L 5	Arabella Beevers	13	Bo Southend	3:02.20
	L 6	Elizabeth Litvinenko	12	West Norfolk	3:03.10
	L 7	Angela Pervana	13	Potters Bar	3:05.98
	L 8	Libby Flitton	13	Dunstable	3:06.04
H-6	L 1	Elija Mickaite	13	Co Peterboro	3:00.46
	L 2	Elise Dotchin	13	Co St Albans	2:59.18
	L 3	Emily Joyce	13	Biggleswade	2:57.30
	L 4	Esme Parkes	12	Thurrock	2:55.77
	L 5	Maisy Sadler	13	Norwich Swan	2:57.26
	L 6	Emmy Dearden	13	Chelmsford	2:59.17
	L 7	Emily Murrell	13	Norwich Swan	3:00.30
	L 8	Lily Moxon-Booth	13	Flitwick	3:01.57
H-7	L 1	Sophia Aziz	13	Co Peterboro	2:54.51
	L 2	Olivia Murphy	14	Deben	2:53.55
	L 3	Isla Staton	14	March	2:51.76
	L 4	Hannah Junor	13	Hitchin	2:50.06
	L 5	Madison Hicks	14	West Norfolk	2:50.50
	L 6	Lilly Franks	13	Thurrock	2:52.11
	L 7	Alice Wilson	14	New Hall	2:53.60
	L 8	India Clement	13	West Suffolk	2:55.17
H-8	L 1	Olive Bailey	12	Colchester	2:48.64
	L 2	Megan Randall	14	Royston	2:44.26
	L 3	Layla Jennings	14	Halstead	2:40.42
	L 4	Summer Miller	13	Bishop Stort	2:33.10
	L 5	Kitty Lamb	14	Co Peterboro	2:35.14
	L 6	Valeria Soldatikhina	12	West Norfolk	2:41.43
	L 7	Lily-Marie Hood	14	Chelmsford	2:47.57
	L 8	Charlotte Stocks	13	Linslade	2:49.96
H-9	L 1	Isobel McKay	14	Epping For't	2:47.78
	L 2	Anna Mason	13	Co Peterboro	2:43.50
	L 3	Ayla Zolfaghari	14	Epping For't	2:37.70
	L 4	Aimee Sanders	13	Dunstable	2:32.80
	L 5	Jasmine Scott	14	Co St Albans	2:33.90
	L 6	Alexa Ramirez	14	Basildon Ph	2:41.12
	L 7	Matilda Stokes	14	Co Peterboro	2:45.33
	L 8	Eden Meanti	14	Putteridge	2:49.49

Event 812 Open/Male 11/14 Yrs 50m Butterfly

H 10	L 1	Freya Hill	14	New Hall	2:47.60
	L 2	Eva-May Bowie	14	Bedford SS	2:42.79
	L 3	Summer Lewis	13	Colchester	2:36.90
	L 4	Megan Barnicoat	14	Co Peterboro	2:30.70
	L 5	Jorja Atkinson	14	Co Cambridge	2:33.34
	L 6	Chloe Cranny	14	Epping For't	2:40.49
	L 7	Lola-Rose Curtin	14	Team Waveney	2:44.90
	L 8	Charlotte Douglas	13	Co St Albans	2:48.71
H-1	L 3	Jeremy Cox	11	Harlow Pen	36.30
	L 4	Teddy Collins	12	Southend	36.25
	L 5	Sebian Sutton	11	Colchester	36.30
H-2	L 1	Marco Soto-Toth	11	Co Peterboro	35.97
	L 2	Kuba Kopec	12	Bedford SS	35.90
	L 3	Benjamin Piscopo	12	Co Peterboro	35.68
	L 4	Fletcher Waugh	11	Colchester	35.20
	L 5	Johnny McAuley	12	Huntingdon	35.22
	L 6	Luca Tse	12	Bishop Stort	35.80
	L 7	Thomas Agnew	12	St Neot Swan	35.91
	L 8	Sonny Dean	12	Thetford	36.10
H-3	L 1	Jasper Dearden	12	Chelmsford	35.11
	L 2	Huxley Phillips	12	Co Cambridge	34.51
	L 3	Harry Thurlow	12	Norwich Swan	34.10
	L 4	Jake Whittaker	13	Basildon Ph	33.97
	L 5	Aaron Rawnsley	13	Harpden	34.00
	L 6	George Connor	12	Colchester	34.10
	L 7	Charles Pritchard	11	Stevenage	34.54
	L 8	Oliver Hammond	12	Team Waveney	35.16
H-4	L 1	Casper Whittaker	13	Biggleswade	33.90
	L 2	Josh Humphries	13	Maldon Shark	33.82
	L 3	Hardy Shipton	13	Hatfield	33.68
	L 4	Spencer Gore	13	Southend	33.50
	L 5	Jake Nell	12	Tring	33.57
	L 6	Riley Allen	13	Thurrock	33.70
	L 7	Oscar Rush	13	Diss Otters	33.90
	L 8	Charles Hodgson	13	Co St Albans	33.92
H-5	L 1	Reuben Giles	13	Stowmarket	33.30
	L 2	George Letts	13	Deben	33.30
	L 3	Sebastian Mudge	13	Co Peterboro	33.20
	L 4	Henry Chaloner	13	Biggleswade	33.10
	L 5	Montgomery Brewster	13	Watford SC	33.17
	L 6	Jude Wankowski	12	teamipswich	33.30
	L 7	Robert Stoica	13	Co Cambridge	33.30
	L 8	Brandon Wilks	13	Brentwood	33.46
H-6	L 1	Hari Morris	13	Watford SC	32.92
	L 2	Jaedyn Ovbiagele	12	Chelmsford	32.90
	L 3	Taras Boiko	12	Bishop Stort	32.89
	L 4	Charles Hallam	12	Harpden	32.75
	L 5	Tobias Anderson	13	Co Norwich	32.80
	L 6	Clark Meanti	12	Putteridge	32.90
	L 7	Samuel Childs	12	Berkhamsted	32.91
	L 8	Noah Rumsby	12	Bo Southend	33.10
H-7	L 1	Noah Conroy	13	Bishop Stort	32.52
	L 2	Alfie Larham	13	Co Peterboro	31.91
	L 3	Jacob Ure	13	March	31.90
	L 4	Ethan Huntley	14	Team Luton	31.50
	L 5	Sebastian Turculet	14	Hemel Hemp	31.56
	L 6	Haiyang Shi	12	Basildon Ph	31.90
	L 7	Kuba Pociot	13	teamipswich	32.00
	L 8	Hugo Koyanagi	13	Co St Albans	32.60
H-8	L 1	Lachlan Cotgrove	14	Canvey Isl	31.20
	L 2	Samuel Liddell	14	West Norfolk	31.10
	L 3	Kieran Bearman	14	DunmowAtlant	31.10
	L 4	Christian Ludwig	14	Basildon Ph	31.00
	L 5	Lewis Gardner	11	Basildon Ph	31.10
	L 6	Tyree Tudor	14	Thurrock	31.10
	L 7	James O'Toole	14	Co Norwich	31.20
	L 8	Archie McClure	14	March	31.35

Start List

H-9	L 1	Jesse Knight	12	Leiston	30.80	H-7	L 1	Rebecca Olaru	14	Chelmsford	1:23.53
	L 2	Kyren Williams	14	teamipswich	30.30		L 2	Ashleigh Fall	14	Diss Otters	1:23.29
	L 3	Rafe Lawson	13	Berkhamsted	29.30		L 3	Edith Davis	13	Co Peterboro	1:23.00
	L 4	Edward Page	14	Co Cambridge	28.40		L 4	Olivia Wicks	13	Norwich Swan	1:22.80
	L 5	Constantine Calliafas	14	Watford SC	29.10		L 5	Hailey Hong Yuen Leung	14	Harpندن	1:22.93
	L 6	Alexander Pashley	14	Co Ely	29.89		L 6	Poppy Ryan	14	Wisbech	1:23.25
	L 7	Robert James	13	Epping For't	30.53		L 7	Jessica Ryan	13	Colchester	1:23.32
	L 8	Bertie Titheridge	14	St Ives	30.90		L 8	Isabelle Earley	14	Bishop Stort	1:23.68
H 10	L 1	Jason Dalope	14	West Suffolk	30.60	H-8	L 1	Jasmine Scott	14	Co St Albans	1:22.37
	L 2	Jacopo Agosti	14	Co Cambridge	30.12		L 2	Holly Bawden	14	Brentwood	1:21.08
	L 3	Jake Atkinson	13	Basildon Ph	29.30		L 3	Genna Lee	14	Harlow Pen	1:19.23
	L 4	Jayden Carter	14	Basildon Ph	28.10		L 4	Daisy-Mai Doel	14	Basildon Ph	1:15.88
	L 5	Ivan Ijomoni	14	Thurrock	28.90		L 5	Isabella Helliwell	14	Basildon Ph	1:18.98
	L 6	Rejus Mazeika	14	West Norfolk	29.49		L 6	Olivia Pais	13	Co Peterboro	1:20.65
	L 7	George Cawley	14	teamipswich	30.40		L 7	Abigail Tilley	13	Chelmsford	1:21.64
	L 8	Jacob Sugden	14	New Hall	30.90		L 8	Amelia Matthews	14	Harlow Pen	1:22.80
H 11	L 1	Oliver Coombes	14	Basildon Ph	30.60	H-9	L 1	Sophie Harvey	13	Co Cambridge	1:22.27
	L 2	Jacob Wild	14	Newmarket	30.06		L 2	Ella Fanning	14	Flitwick	1:21.03
	L 3	Jacob Schultz	14	Co Cambridge	29.20		L 3	Nieve Ives	13	Hatfield	1:19.14
	L 4	Zak Walker	14	Thurrock	27.90		L 4	Freya Cox	14	Norwich Swan	1:15.86
	L 5	Xavier Zerbán	14	Biggleswade	28.60		L 5	Jeslene Sandhu	14	Epping For't	1:18.22
	L 6	Kameron Baker	14	Co Peterboro	29.40		L 6	Isabelle Howlett	13	Norwich Swan	1:20.60
	L 7	Zachary Piscopo	14	Co Peterboro	30.30		L 7	Mollie Bird	14	Colchester	1:21.50
	L 8	Leon Jeggo	14	Halstead	30.80		L 8	Polly Anderson	13	West Norfolk	1:22.80
Event 813 Female 11/14 Yrs 100m Breaststroke											
H-1	L 3	Olivia Bird	12	Rick'worth	1:33.47	H 10	L 1	Nina Allen	14	Newmarket	1:21.75
	L 4	Eleanor Wahl	12	Leighton Buz	1:33.15		L 2	Annabel Morden	13	Braintree	1:20.70
	L 5	Mia Jones	12	March	1:33.18		L 3	Lexie Sandiford	14	Putteridge	1:19.10
H-2	L 1	Isabelle Wicks	12	Norwich Swan	1:32.67		L 4	Jorja Atkinson	14	Co Cambridge	1:15.34
	L 2	Savannah Barratt	12	Clacton SC	1:32.51		L 5	Mia Wilson	13	Basildon Ph	1:17.90
	L 3	Ruby Barratt	12	Clacton SC	1:32.00		L 6	Cerys Wall	13	Co Cambridge	1:20.24
	L 4	Sophia Sood	12	Watford SC	1:30.96		L 7	Abi Perry	14	Linslade	1:21.40
	L 5	Bella Robertson	12	Stowmarket	1:31.13		L 8	Annabelle Marcus	14	Co Norwich	1:22.60
	L 6	Olivia Bryant	12	Stowmarket	1:32.41	Event 814 Open/Male 11/14 Yrs 200m Breaststro					
	L 7	Freya Keeling	12	Hoddesdon	1:32.60	H-1	L 2	William Marshall	12	Maldon Shark	3:22.94
	L 8	Lara Kelly	11	Colchester	1:32.70		L 3	Mark Bansaghi	12	Watford SC	3:22.47
H-3	L 1	Linke Groenewald	12	Bishop Stort	1:30.93		L 4	Oscar Beaton	12	Colchester	3:21.04
	L 2	Elizabeth Litvinenko	12	West Norfolk	1:30.64		L 5	Clark Meanti	12	Putteridge	3:22.29
	L 3	Ella Minnis	12	Colchester	1:29.89		L 6	Marston Lawrence	12	Norwich Swan	3:22.80
	L 4	Imogen Parnell	12	Dereham	1:29.51	H-2	L 1	James Nelson	11	Co St Albans	3:20.73
	L 5	Phoebe Thompson	12	Basildon Ph	1:29.55		L 2	Lewis Hallam	12	Harpندن	3:20.35
	L 6	Jorgie Bhasvi	12	Hatfield	1:30.11		L 3	Euan Karaikos	12	Basildon Ph	3:20.07
	L 7	Daisy Templer	12	Stowmarket	1:30.77		L 4	Oliver Candler	11	Norwich Swan	3:19.17
	L 8	Jessica Bedford	12	Co St Albans	1:30.94		L 5	Evan Cotter	12	Thurrock	3:19.94
H-4	L 1	Morrigan Cooper	12	Bo Southend	1:29.00		L 6	Joseph Payne	11	Colchester	3:20.19
	L 2	Layla Drake	13	Norwich Swan	1:27.70		L 7	Elijah Wilson	12	teamipswich	3:20.70
	L 3	Isla Mason	13	Stowmarket	1:27.47		L 8	Cameron Thackrah	12	Linslade	3:20.86
	L 4	Evelyn Gadsby	13	Harwich DP	1:27.30	H-3	L 1	Johnny McAuley	12	Huntingdon	3:18.37
	L 5	Olivia Page	12	Co Cambridge	1:27.46		L 2	Tobias Watson	12	Bo Southend	3:18.10
	L 6	Lottie Harte	13	Newmarket	1:27.49		L 3	Marley Aldwinckle	11	Stevenage	3:17.39
	L 7	Lily Walsby	12	Co Peterboro	1:27.90		L 4	Tom Greening	12	Norwich Swan	3:17.34
	L 8	Kaitlyn Hoffman	12	Basildon Ph	1:29.17		L 5	Patrick Iancu	11	Bo Southend	3:17.37
H-5	L 1	Dorothea Ward	13	Bushey	1:27.00		L 6	Thomas Scrivener	12	Leiston	3:17.42
	L 2	Alice Buckingham	12	Team Luton	1:26.60		L 7	Jack Wilson	11	Newmarket	3:18.17
	L 3	Elija Mickaite	13	Co Peterboro	1:26.46		L 8	Daniel McGrath	12	Norwich Swan	3:18.80
	L 4	Amy Brightwell	12	Norwich Swan	1:26.39	H-4	L 1	Stanley Hood-Karrer	11	Basildon Ph	3:16.75
	L 5	Olivia Daniel	12	Verulam	1:26.45		L 2	Jude Wankowski	12	teamipswich	3:13.90
	L 6	Aria Waters	13	Hatfield	1:26.50		L 3	Veer Takher	12	Watford SC	3:09.72
	L 7	Tilly Howells	12	Verulam	1:26.90		L 4	Kenny Millsom	12	Bishop Stort	3:07.65
	L 8	Charlotte Dev-Sherman	13	Norwich Swan	1:27.30		L 5	Oscar Muller	12	Wisbech	3:08.10
H-6	L 1	Katie Brazil	13	Potters Bar	1:25.67		L 6	Harrison Dodwell	12	Bishop Stort	3:13.50
	L 2	Ava Read	13	Runnymede	1:25.22		L 7	Atticus Frost	12	DunmowAtlant	3:13.93
	L 3	Violet Freezer	13	teamipswich	1:24.14		L 8	Benjamin Piscopo	12	Co Peterboro	3:16.91
	L 4	Eliza Jennings	13	Biggleswade	1:23.70						
	L 5	Esmee Hui	13	Watford SC	1:23.72						
	L 6	Emily Byrne	13	Hitchin	1:25.10						
	L 7	India Clement	13	West Suffolk	1:25.41						
	L 8	Catherine Lyall	13	Putteridge	1:25.83						

Start List

H-5	L 1	Lok Ya Wong	13	Co St Albans	3:07.08	H-4	L 1	Aine Coackley	11	teamipswich	5:21.50
	L 2	Thomas Sloper	13	Basildon Ph	3:07.00		L 2	Lyra Schultz	12	Co Cambridge	5:20.40
	L 3	Granth Karmacharya	13	Bushey	3:06.38		L 3	Imogen Laws	12	Co Norwich	5:17.90
	L 4	Oscar Wilson	13	Potters Bar	3:05.90		L 4	Valeria Soldatikhina	12	West Norfolk	5:11.10
	L 5	William Nutt	13	Dereham	3:06.30		L 5	Lena Crisp	12	Norwich Swan	5:16.60
	L 6	Izaak Wilsher	12	Hertford	3:06.60		L 6	Amélie Desmeules	12	Verulam	5:18.85
	L 7	Augustus Murray	13	Co Cambridge	3:07.06		L 7	Aoife Blessing	12	Hatfield	5:21.09
	L 8	Luca Capozzi	12	Hemel Hemp	3:07.33		L 8	Shuhan Yang	12	Colchester	5:21.89
H-6	L 1	Max Perry	13	Watford SC	3:02.15	H-5	L 1	Lois Alderton-Jode	13	Co Norwich	5:08.80
	L 2	Riley Allen	13	Thurrock	2:59.69		L 2	Layla Drake	13	Norwich Swan	5:06.84
	L 3	Guy Spearman-Baines	13	Bishop Stort	2:59.30		L 3	Alice Buckingham	12	Team Luton	5:05.10
	L 4	Harry Clarke	13	West Norfolk	2:58.80		L 4	Nellie Chadderton	13	West Norfolk	5:04.50
	L 5	Finley Burford	13	Basildon Ph	2:59.10		L 5	Olivia Daniel	12	Verulam	5:05.00
	L 6	Ruslan Shiraz	13	Epping For't	2:59.50		L 6	Tayla Goodswen	13	Co Norwich	5:05.40
	L 7	Oscar Langston	13	Epping For't	3:00.80		L 7	Savannah Smith	13	Potters Bar	5:08.78
	L 8	Callum Doran	13	DunmowAtlant	3:03.59		L 8	Poppy Ellingford	12	Thurrock	5:10.52
H-7	L 1	Ching Yau	13	Hatfield	2:56.53	H-6	L 1	Eva Jackson	13	Flitwick	5:01.90
	L 2	Rejus Mazeika	14	West Norfolk	2:53.21		L 2	Summer Miller	13	Bishop Stort	5:01.69
	L 3	Dewi Fordyce	12	Berkhamsted	2:49.00		L 3	Eliza Jennings	13	Biggleswade	5:01.60
	L 4	Zak Walker	14	Thurrock	2:39.80		L 4	Elizabeth Gore	14	Epping For't	4:59.95
	L 5	Zachary Piscopo	14	Co Peterboro	2:44.30		L 5	Amelie Stevenson	14	Co Peterboro	5:00.73
	L 6	Rafe Lawson	13	Berkhamsted	2:51.08		L 6	Sydney Lewis	13	Colchester	5:01.68
	L 7	Noah Varsani	14	Potters Bar	2:55.84		L 7	Grace Manning	13	Basildon Ph	5:01.80
	L 8	Sebastian Mudge	13	Co Peterboro	2:58.64		L 8	Addison Summers	13	Co St Albans	5:04.46
H-8	L 1	James Everett	14	West Suffolk	2:56.35	H-7	L 1	Freya Hill	14	New Hall	4:58.40
	L 2	Tahir Hendricks	14	Colchester	2:51.70		L 2	Madison Hicks	14	West Norfolk	4:57.41
	L 3	Lewis Borgognoni	14	Co Peterboro	2:47.23		L 3	Violet Freezer	13	teamipswich	4:56.50
	L 4	Kameron Baker	14	Co Peterboro	2:38.90		L 4	Olive Bailey	12	Colchester	4:56.08
	L 5	Josh Reed	14	Co Norwich	2:43.70		L 5	Skye Freeman	13	Norwich Swan	4:56.34
	L 6	Janos Csepely	14	teamipswich	2:49.70		L 6	Amelia Gannham	14	teamipswich	4:56.55
	L 7	Kevinas Simukauskas	13	Basildon Ph	2:55.80		L 7	Poppy Moore	14	West Suffolk	4:57.80
	L 8	Joshua Rumsby	14	Norwich Swan	2:56.88		L 8	Jeslene Sandhu	14	Epping For't	4:58.80
H-9	L 1	Zachary Minnis	14	Colchester	2:56.00	H-8	L 1	Ava Sims	14	Chelmsford	4:54.71
	L 2	Ethan Woolsey	14	St Neot Swan	2:51.12		L 2	Connie Flitton	14	Dunstable	4:53.73
	L 3	James Peters	14	Basildon Ph	2:45.50		L 3	Jorja Atkinson	14	Co Cambridge	4:51.50
	L 4	Jayden Carter	14	Basildon Ph	2:36.60		L 4	Olivia Croft	14	Cheshunt	4:50.14
	L 5	Luke Toland	14	Flitwick	2:41.18		L 5	Nina Allen	14	Newmarket	4:50.59
	L 6	Jason Dalope	14	West Suffolk	2:49.28		L 6	Olivia Bradford	14	West Norfolk	4:51.90
	L 7	Hugo Koyanagi	13	Co St Albans	2:54.68		L 7	Mia Wilson	13	Basildon Ph	4:54.40
	L 8	Albert Warwick	14	Co Cambridge	2:56.72		L 8	Megan Randall	14	Royston	4:55.98
Event 815 Female 11/14 Yrs 400m Freestyle						H-9	L 1	Edie Foster	14	Bishop Stort	4:48.73
H-1	L 2	Poppy Porter	12	teamipswich	5:34.91		L 2	Millie Tomlin	14	Basildon Ph	4:45.28
	L 3	Cassie Wopling	12	Halstead	5:34.13		L 3	Freya Cox	14	Norwich Swan	4:43.65
	L 4	Ella O'Sullivan	12	Norwich Swan	5:33.49		L 4	Summer Smith	14	Basildon Ph	4:33.13
	L 5	Scarlett Omand	12	Cheshunt	5:33.57		L 5	Chloe Cranny	14	Epping For't	4:39.20
	L 6	Phoebe Phillpot	12	teamipswich	5:34.87		L 6	Ayla Zolfaghari	14	Epping For't	4:44.74
	L 7	Nora Hughes	11	Colchester	5:35.00		L 7	Lola-Rose Curtin	14	Team Waveney	4:48.53
							L 8	Alexa Ramirez	14	Basildon Ph	4:49.50
H-2	L 1	Jessie Barber	12	Newmarket	5:32.74						
	L 2	Maisie Howell	12	Bo Southend	5:31.80						
	L 3	Charlotte Abrahams	12	Putteridge	5:31.54						
	L 4	Dorothy Thorby	12	Co Norwich	5:28.70						
	L 5	Demi Cole	12	Basildon Ph	5:29.93						
	L 6	Peony Jackson	12	Co Ely	5:31.55						
	L 7	Elissa Neo	12	Linslade	5:31.93						
	L 8	Sakura Yamada-Orr	12	Co St Albans	5:32.75						
H-3	L 1	Dolcie Underwood	12	Dereham	5:27.50						
	L 2	Catherine Hatherly	11	Hatfield	5:25.82						
	L 3	Elizabeth Litvinenko	12	West Norfolk	5:25.00						
	L 4	Summer Woodside	12	Co Peterboro	5:22.65						
	L 5	Olivia Bryant	12	Stowmarket	5:22.85						
	L 6	Cassie Bonner	11	Epping For't	5:25.04						
	L 7	Charlotte Dixon	12	Hitchin	5:26.68						
	L 8	Lara Kelly	11	Colchester	5:27.87						