

Start List

Event 911 Open/Male 11/14 Yrs 200m Butterfly					Event 912 Female 11/14 Yrs 50m Butterfly						
H-1	L 1	Elliot John	12	Stevenage	3:24.41	H-1	L 1	Sophie Andrews	11	Flitwick	36.70
	L 2	Joseph Payne	11	Colchester	3:23.51		L 2	Harriet Wells	12	West Norfolk	36.62
	L 3	George Ward	11	Thurrock	3:18.68		L 3	Esme Parkes	12	Thurrock	36.43
	L 4	James Nelson	11	Co St Albans	3:18.45		L 4	Olivia Bryant	12	Stowmarket	36.40
	L 5	Race Elmer	12	West Norfolk	3:18.48		L 5	Sakura Yamada-Orr	12	Co St Albans	36.42
	L 6	Jack Alexander	11	teamipswich	3:21.26		L 6	Isabelle Wicks	12	Norwich Swan	36.60
	L 7	Noah Staton	12	March	3:24.27		L 7	Annabelle Garnham	11	teamipswich	36.65
H-2	L 1	Cody Brigden	12	Watford SC	3:14.50	H-2	L 1	Charlotte Abrahams	12	Putteridge	36.20
	L 2	Harry Ellard	12	Hoddesdon	3:12.73		L 2	Millie Hunter	12	Norwich Swan	35.90
	L 3	Sonny Dean	12	Thetford	3:08.79		L 3	Shuhan Yang	12	Colchester	35.80
	L 4	John Homan-Daly	11	Co St Albans	3:07.44		L 4	Scarlett Omand	12	Cheshunt	35.44
	L 5	George Sims	12	Hatfield	3:08.46		L 5	Dolcie Underwood	12	Dereham	35.60
	L 6	Kuba Kopec	12	Bedford SS	3:12.30		L 6	Ashleigh Worth	11	Ware	35.86
	L 7	Matthew Jarratt	12	DunmowAtlant	3:13.37		L 7	Malaika Sheridan	12	Norwich Swan	36.10
	L 8	Marco Soto-Toth	11	Co Peterboro	3:15.33		L 8	Charlotte Dixon	12	Hitchin	36.27
H-3	L 1	Luke Trull	13	Dunstable	3:06.32	H-3	L 1	Summer Woodside	12	Co Peterboro	35.32
	L 2	Lawrence Taylor	13	Co Norwich	3:03.00		L 2	Eleni Karakoidas	12	Co Norwich	35.10
	L 3	David Hoara	11	Thurrock	2:58.90		L 3	Amélie Desmeules	12	Verulam	35.03
	L 4	Leo Sims	12	Hatfield	2:58.29		L 4	Olivia Page	12	Co Cambridge	35.00
	L 5	Charles Pritchard	11	Stevenage	2:58.81		L 5	Morrigan Cooper	12	Bo Southend	35.00
	L 6	Bogdan Yermakovich	13	Thurrock	3:00.32		L 6	Freya Keeling	12	Hoddesdon	35.10
	L 7	Charlie Latta Diaz	13	Thetford	3:05.50		L 7	Nehan Van Der Schyff	12	Colchester	35.30
	L 8	Maxim Collinson	13	Team Luton	3:07.21		L 8	Ella Minnis	12	Colchester	35.40
H-4	L 1	Clark Meanti	12	Putteridge	2:55.93	H-4	L 1	Olive Bailey	12	Colchester	34.62
	L 2	Jack Munday	13	teamipswich	2:53.04		L 2	Elissa Neo	12	Linslade	34.40
	L 3	Spencer Gore	13	Southend	2:52.20		L 3	Elizabeth Litvinenko	12	West Norfolk	34.30
	L 4	Riley Allen	13	Thurrock	2:50.10		L 4	Yvette Boka	12	Basildon Ph	34.30
	L 5	Brandon Wilks	13	Brentwood	2:50.40		L 5	Eloise Palfree	11	Colchester	34.30
	L 6	Samuel Childs	12	Berkhamsted	2:52.29		L 6	Martha Mellors	12	Verulam	34.35
	L 7	Aaron Rawnsley	13	Harpenden	2:55.10		L 7	Peony Jackson	12	Co Ely	34.50
	L 8	Oscar Langston	13	Epping For't	2:58.25		L 8	Tilly Howells	12	Verulam	34.89
H-5	L 1	Heath Harrison	14	Stowmarket	2:49.10	H-5	L 1	Lilly Wright	12	Wisbech	34.00
	L 2	Jack Riding	14	Thetford	2:44.70		L 2	Lilly Franks	13	Thurrock	34.00
	L 3	Montgomery Brewster	13	Watford SC	2:39.59		L 3	Jorgie Bhasvi	12	Hatfield	34.00
	L 4	Chiu Ki Cheng	14	Co St Albans	2:30.06		L 4	Lyra Schultz	12	Co Cambridge	33.90
	L 5	Ashton Hunter	13	Co Peterboro	2:37.20		L 5	Mya Valencia	11	Hoddesdon	33.96
	L 6	Tyree Tudor	14	Thurrock	2:42.69		L 6	Bronte Bantick	13	Runnymede	34.00
	L 7	Sebastian Turculet	14	Hemel Hemp	2:46.64		L 7	Isabelle Howlett	13	Norwich Swan	34.00
	L 8	Charles Hallam	12	Harpenden	2:49.97		L 8	Libby Flitton	13	Dunstable	34.10
H-6	L 1	Kirill Ivanenco	14	West Norfolk	2:46.94	H-6	L 1	Sophie Tom	13	Bishop Stort	33.82
	L 2	Noah Conroy	13	Bishop Stort	2:44.35		L 2	Leila Jackute	13	Thetford	33.70
	L 3	Casper Whittaker	13	Biggleswade	2:38.80		L 3	Charlotte Stocks	13	Linslade	33.60
	L 4	Zachary Piscopo	14	Co Peterboro	2:26.65		L 4	Tahlia Sunshine	13	DunmowAtlant	33.59
	L 5	Archie McClure	14	March	2:36.55		L 5	Lily Moxon-Booth	13	Flitwick	33.60
	L 6	Samuel Liddell	14	West Norfolk	2:40.03		L 6	Sydney Lewis	13	Colchester	33.70
	L 7	Diggory Davies	14	Deben	2:45.95		L 7	Esmee Hui	13	Watford SC	33.79
	L 8	Ethan Huntley	14	Team Luton	2:49.22		L 8	Isabelle Dupen	13	Brentwood	33.84
H-7	L 1	Benjamin Mellors	14	Verulam	2:46.81	H-7	L 1	Olivia Piaskowska	13	Team Luton	33.50
	L 2	Hardy Shipton	13	Hatfield	2:43.70		L 2	Isabella Pledger	13	Hoddesdon	33.33
	L 3	Finley Burford	13	Basildon Ph	2:37.40		L 3	Macey Towns	13	Bo Southend	33.30
	L 4	Zak Walker	14	Thurrock	2:23.50		L 4	Maisy Sadler	13	Norwich Swan	33.20
	L 5	Ivan Ijmoni	14	Thurrock	2:31.80		L 5	Hilary Drewry	13	Co Norwich	33.20
	L 6	Jake Atkinson	13	Basildon Ph	2:39.79		L 6	Jessica Ryan	13	Colchester	33.33
	L 7	Jack Lees	12	Epping For't	2:45.00		L 7	Eliza Jennings	13	Biggleswade	33.40
	L 8	Leon Jeggo	14	Halstead	2:49.18		L 8	Sophie Knight	13	Hadleigh	33.52
						H-8	L 1	Olivia Pais	13	Co Peterboro	33.01
							L 2	Penny Duckworth	13	Colchester	32.90
							L 3	Elliana Colbourne	14	Rick'worth	32.71
							L 4	Grace Manning	13	Basildon Ph	32.50
							L 5	Charlotte Douglas	13	Co St Albans	32.57
							L 6	Sophie Harvey	13	Co Cambridge	32.90
							L 7	Tsvetina Sinapova	13	Thetford	32.90
							L 8	Mariella Thorne	12	Ware	33.10

Start List

Start List					Event 913 Open/Male 11/14 Yrs 100m Breaststro						
H-9	L 1	Isobel McKay	14	Epping For't	32.50	H-1	L 1	Atticus Frost	12	DunmowAtlant	1:32.31
	L 2	Rebecca Olaru	14	Chelmsford	32.40		L 2	Billy Marsden	12	Hertford	1:30.51
	L 3	Lola-Rose Curtin	14	Team Waveney	32.38		L 3	Johnny McAuley	12	Huntingdon	1:30.31
	L 4	Eden Meanti	14	Putteridge	32.30		L 4	Daniel McGrath	12	Norwich Swan	1:29.50
	L 5	Megan Randall	14	Royston	32.33		L 5	Tom Greening	12	Norwich Swan	1:29.76
	L 6	Rachel Ord	14	Watford SC	32.39		L 6	Oscar Muller	12	Wisbech	1:30.39
	L 7	Indie Horton	13	Team Waveney	32.50		L 7	Euan Karaiskos	12	Basildon Ph	1:31.90
	L 8	Eva Jackson	13	Flitwick	32.50		L 8	Marley Aldwinckle	11	Stevenage	1:33.22
H 10	L 1	Lily Walsby	12	Co Peterboro	32.30	H-2	L 1	Thomas Scrivener	12	Leiston	1:28.44
	L 2	Heidi King	14	Hemel Hemp	32.20		L 2	Jake Nell	12	Tring	1:27.98
	L 3	Olivia Butlin	14	Thetford	32.10		L 3	Kenny Millsom	12	Bishop Stort	1:27.91
	L 4	Betsie Saville	12	Canvey Isl	32.10		L 4	Harrison Dodwell	12	Bishop Stort	1:27.10
	L 5	Lois Fields	14	Bishop Stort	32.10		L 5	Veer Takher	12	Watford SC	1:27.48
	L 6	Alice Wilson	14	New Hall	32.20		L 6	Luca Capozzi	12	Hemel Hemp	1:27.96
	L 7	Defne Ece Sakarya	14	Norwich Swan	32.29		L 7	Jesse Knight	12	Leiston	1:28.31
	L 8	Charlotte Newell	14	New Hall	32.30		L 8	Oscar Beaton	12	Colchester	1:28.50
H 11	L 1	Annika Mueller	14	Co Norwich	32.00	H-3	L 1	Braden Barnacle	13	Braintree	1:25.83
	L 2	Maelys Jacquet	14	Deben	31.92		L 2	James Challis	13	Potters Bar	1:24.59
	L 3	Emily Joyce	13	Biggleswade	31.90		L 3	Riley Allen	13	Thurrock	1:24.37
	L 4	Summer Miller	13	Bishop Stort	31.81		L 4	Harry Clarke	13	West Norfolk	1:22.80
	L 5	Sophia Aziz	13	Co Peterboro	31.90		L 5	Izaak Wilsher	12	Hertford	1:23.92
	L 6	Andi Dobson	13	St Ives	31.90		L 6	Callum Doran	13	DunmowAtlant	1:24.39
	L 7	Charlotte Rooke	14	Co Norwich	32.00		L 7	Oscar Langston	13	Epping For't	1:25.70
	L 8	Lola Mitchinson	14	Thetford	32.10		L 8	William Nutt	13	Dereham	1:26.50
H 12	L 1	Anudi Ratnayake	14	Norwich Swan	31.60	H-4	L 1	Sebastian Mudge	13	Co Peterboro	1:22.44
	L 2	Eva-May Bowie	14	Bedford SS	31.20		L 2	Ching Yau	13	Hatfield	1:22.15
	L 3	Matilda Stokes	14	Co Peterboro	30.30		L 3	Kevinas Simukauskas	13	Basildon Ph	1:21.50
	L 4	Olivia Bradford	14	West Norfolk	29.20		L 4	Edward Page	14	Co Cambridge	1:20.88
	L 5	Jorja Atkinson	14	Co Cambridge	29.50		L 5	Ruslan Shiraz	13	Epping For't	1:21.10
	L 6	Aimee Sanders	13	Dunstable	30.90		L 6	Guy Spearman-Baines	13	Bishop Stort	1:22.00
	L 7	Abi Perry	14	Linslade	31.50		L 7	Hugo Koyanagi	13	Co St Albans	1:22.18
	L 8	Ruby Baxter	14	West Norfolk	31.70		L 8	Alfie Larham	13	Co Peterboro	1:22.74
H 13	L 1	Victoria Edghill	13	Basildon Ph	31.60	H-5	L 1	Lewis Borgognoni	14	Co Peterboro	1:19.96
	L 2	Layla Jennings	14	Halstead	31.20		L 2	James Everett	14	West Suffolk	1:19.00
	L 3	Mia Wilson	13	Basildon Ph	30.30		L 3	Jacob Schultz	14	Co Cambridge	1:16.56
	L 4	Ayla Zolfaghari	14	Epping For't	29.10		L 4	Josh Reed	14	Co Norwich	1:12.95
	L 5	Edie Foster	14	Bishop Stort	29.40		L 5	Rejus Mazeika	14	West Norfolk	1:14.18
	L 6	Anna Mason	13	Co Peterboro	30.80		L 6	Janos Csepely	14	teamipswich	1:17.80
	L 7	Violet Rhodes	13	Team Luton	31.40		L 7	Zachary Minnis	14	Colchester	1:19.60
	L 8	Jeslene Sandhu	14	Epping For't	31.70		L 8	Albert Warwick	14	Co Cambridge	1:20.68
H 14	L 1	Olivia Daniel	12	Verulam	31.50	H-6	L 1	Zachary Piscopo	14	Co Peterboro	1:19.89
	L 2	Summer Lewis	13	Colchester	30.90		L 2	Rafe Lawson	13	Berkhamsted	1:18.58
	L 3	Kitty Lamb	14	Co Peterboro	30.00		L 3	Luke Toland	14	Flitwick	1:15.70
	L 4	Tia Sammut	14	Bedford SS	29.00		L 4	Zak Walker	14	Thurrock	1:12.20
	L 5	Lexie Sandiford	14	Putteridge	29.30		L 5	Kameron Baker	14	Co Peterboro	1:14.08
	L 6	Jasmine Scott	14	Co St Albans	30.70		L 6	Jason Dalope	14	West Suffolk	1:16.73
	L 7	Valeria Soldatikhina	12	West Norfolk	31.34		L 7	Thomas Fenwick	14	Hatfield	1:19.51
	L 8	Genna Lee	14	Harlow Pen	31.69		L 8	Tahir Hendricks	14	Colchester	1:20.40
					H-7	L 1	Alexander Pashley	14	Co Ely	1:19.60	
						L 2	Ethan Woolsey	14	St Neot Swan	1:18.01	
						L 3	James Peters	14	Basildon Ph	1:14.67	
						L 4	Jayden Carter	14	Basildon Ph	1:10.60	
						L 5	Isaac Mendham	14	DunmowAtlant	1:13.91	
						L 6	Haiyang Shi	12	Basildon Ph	1:16.70	
						L 7	Dewi Fordyce	12	Berkhamsted	1:19.49	
						L 8	Robert James	13	Epping For't	1:20.38	

Start List

Event 914 Female 11/14 Yrs 200m Breaststroke

H-1	L 2	Teddi-May Thurman	11	Colchester	3:22.93
	L 3	Sophie Andrews	11	Flitwick	3:22.40
	L 4	Ella Minnis	12	Colchester	3:22.27
	L 5	Imogen Stow-Hazell	12	Harpندن	3:22.40
	L 6	Ruby Barratt	12	Clacton SC	3:22.63
H-2	L 1	Polly Jackson	12	Mildenhall	3:20.91
	L 2	Izumi Matsutani	11	Co Peterboro	3:20.38
	L 3	Olivia Bird	12	Rick'worth	3:20.13
	L 4	Isabelle Wicks	12	Norwich Swan	3:19.02
	L 5	Savannah Barratt	12	Clacton SC	3:19.50
	L 6	Emily Georgieva	12	Thurrock	3:20.29
	L 7	Phoebe Thompson	12	Basildon Ph	3:20.80
	L 8	Elsie Preston	12	Tring	3:22.05
H-3	L 1	Lena Crisp	12	Norwich Swan	3:18.40
	L 2	Olivia Bryant	12	Stowmarket	3:17.10
	L 3	Morrigan Cooper	12	Bo Southend	3:14.80
	L 4	Jessica Bedford	12	Co St Albans	3:14.00
	L 5	Daisy Templer	12	Stowmarket	3:14.77
	L 6	Imogen Parnell	12	Dereham	3:16.75
	L 7	Lara Kelly	11	Colchester	3:17.67
	L 8	Elizabeth Litvinenko	12	West Norfolk	3:18.60
H-4	L 1	Poppy Cunnington	13	Co Peterboro	3:11.84
	L 2	Kaitlyn Hoffman	12	Basildon Ph	3:11.50
	L 3	Layla Drake	13	Norwich Swan	3:11.21
	L 4	Catherine Lyall	13	Putteridge	3:10.76
	L 5	Tilly Howells	12	Verulam	3:11.17
	L 6	Daniella Gomez Bolivar	13	Hoddesdon	3:11.28
	L 7	Sofia Sacoto	13	Co St Albans	3:11.81
	L 8	Talullah Speak	13	Woodham F SC	3:11.93
H-5	L 1	Amy Brightwell	12	Norwich Swan	3:10.09
	L 2	Alice Buckingham	12	Team Luton	3:09.90
	L 3	India Clement	13	West Suffolk	3:09.07
	L 4	Isla Austin	13	Hemel Hemp	3:08.76
	L 5	Isla Mason	13	Stowmarket	3:09.04
	L 6	Olivia Page	12	Co Cambridge	3:09.73
	L 7	Isla Caley	13	Watford SC	3:10.05
	L 8	Bella Robertson	12	Stowmarket	3:10.68
H-6	L 1	Katie Brazil	13	Potters Bar	3:08.60
	L 2	Emily Byrne	13	Hitchin	3:07.75
	L 3	Charlotte Dev-Sherman	13	Norwich Swan	3:07.53
	L 4	Olivia Daniel	12	Verulam	3:05.87
	L 5	Ava Read	13	Runnymede	3:07.30
	L 6	Aria Waters	13	Hatfield	3:07.57
	L 7	Margarida Furtado	13	Co Cambridge	3:08.07
	L 8	Isla Stockwell	13	Co Cambridge	3:08.70
H-7	L 1	Isla Cotter	14	Thurrock	3:04.55
	L 2	Alice Wilson	14	New Hall	3:04.50
	L 3	Holly Bawden	14	Brentwood	3:03.93
	L 4	Harlie Gardner	13	Basildon Ph	3:03.63
	L 5	Niamh McAuley	14	Co Norwich	3:03.80
	L 6	Sara Kelly	14	Colchester	3:04.22
	L 7	Violet Freezer	13	teamipswich	3:04.55
	L 8	Zoe Thompson	13	Co Ely	3:05.14
H-8	L 1	Chloe Lee	14	Basildon Ph	3:02.73
	L 2	Polly Anderson	13	West Norfolk	3:01.71
	L 3	Poppy Ryan	14	Wisbech	3:01.24
	L 4	Esmee Hui	13	Watford SC	3:00.98
	L 5	Abigail Tilley	13	Chelmsford	3:01.10
	L 6	Amira Khelfa	14	Basildon Ph	3:01.38
	L 7	Freya Hill	14	New Hall	3:01.92
	L 8	Lily Walsby	12	Co Peterboro	3:03.20

H-9	L 1	Eliza Jennings	13	Biggleswade	2:59.50
	L 2	Mollie Bird	14	Colchester	2:57.32
	L 3	Olivia Wicks	13	Norwich Swan	2:54.10
	L 4	Mia Wilson	13	Basildon Ph	2:45.90
	L 5	Isabella Helliwell	14	Basildon Ph	2:51.10
	L 6	Olivia Pais	13	Co Peterboro	2:56.05
	L 7	Hailey Hong Yuen Leung	14	Harpندن	2:57.95
	L 8	Elija Mickleite	13	Co Peterboro	3:00.70

H 10	L 1	Abi Perry	14	Linslade	2:59.50
	L 2	Ella Fanning	14	Flitwick	2:56.83
	L 3	Nieve Ives	13	Hatfield	2:53.45
	L 4	Jorja Atkinson	14	Co Cambridge	2:44.80
	L 5	Freya Cox	14	Norwich Swan	2:50.22
	L 6	Cerys Wall	13	Co Cambridge	2:55.50
	L 7	Edith Davis	13	Co Peterboro	2:57.93
	L 8	Isobel McKay	14	Epping For't	2:59.75

H 11	L 1	Tali Froome	14	Harpندن	2:59.35
	L 2	Genna Lee	14	Harlow Pen	2:56.70
	L 3	Jeslene Sandhu	14	Epping For't	2:53.10
	L 4	Daisy-Mai Doel	14	Basildon Ph	2:43.60
	L 5	Nina Allen	14	Newmarket	2:49.67
	L 6	Isabelle Howlett	13	Norwich Swan	2:55.40
	L 7	Annabel Morden	13	Braintree	2:57.50
	L 8	Sophie Harvey	13	Co Cambridge	2:59.62

Event 915 Open/Male 11/14 Yrs 400m Freestyle

H-1	L 1	Lewis Scott	12	Team Waveney	5:34.90
	L 2	Maxwell Carter	12	Watford SC	5:33.30
	L 3	Noah Rumsby	12	Bo Southend	5:33.01
	L 4	Ethan Harragan	12	Basildon Ph	5:30.56
	L 5	Archie Georgakis	12	Basildon Ph	5:30.80
	L 6	David Caseriu	12	Thurrock	5:33.02
	L 7	Aiden Gale	12	Deben	5:34.50

H-2	L 1	Harvey Peacock	12	Bo Southend	5:29.36
	L 2	Stanley Taylor	12	Colchester	5:28.94
	L 3	Izaak Wilsher	12	Hertford	5:26.89
	L 4	Alexander Irish	11	Newmarket	5:26.45
	L 5	Max Hart	12	Verulam	5:26.77
	L 6	Hugo Redel	12	Verulam	5:28.10
	L 7	Carl Manuel Bendanillo	12	Norwich Swan	5:29.06
	L 8	Teddy Collins	12	Southend	5:30.13

H-3	L 1	James Nelson	11	Co St Albans	5:24.70
	L 2	Johnny McAuley	12	Huntingdon	5:21.95
	L 3	Daniel McGrath	12	Norwich Swan	5:18.77
	L 4	Tobias Watson	12	Bo Southend	5:13.90
	L 5	Oscar Muller	12	Wisbech	5:16.10
	L 6	David Hoara	11	Thurrock	5:19.30
	L 7	George Headford	11	Basildon Ph	5:22.30
	L 8	Max Ffello	12	Co Norwich	5:24.90

H-4	L 1	Leo Sims	12	Hatfield	5:11.00
	L 2	Oliver Hammond	12	Team Waveney	5:09.95
	L 3	Elijah Wilson	12	teamipswich	5:09.57
	L 4	Todd Leung	13	Hatfield	5:07.10
	L 5	Logan Rudd	13	St Felix Sch	5:07.65
	L 6	Apollo Pop	12	Chelmsford	5:09.78
	L 7	George Ward	11	Thurrock	5:10.28
	L 8	George Sims	12	Hatfield	5:11.52

H-5	L 1	Riley Allen	13	Thurrock	5:06.50
	L 2	George Connor	12	Colchester	5:04.87
	L 3	Guy Spearman-Baines	13	Bishop Stort	5:04.77
	L 4	Benjamin Piscopo	12	Co Peterboro	5:02.10
	L 5	Adam Zarhloul	13	Thurrock	5:04.01
	L 6	Fletcher Waugh	11	Colchester	5:04.81
	L 7	Ruslan Shiraz	13	Epping For't	5:06.07
	L 8	Hardy Shipton	13	Hatfield	5:06.54

Start List

H-6	L 1	Noah Conroy	13	Bishop Stort	5:01.36
	L 2	Aaron Rawnsley	13	Harpenden	4:58.06
	L 3	Taras Boiko	12	Bishop Stort	4:56.10
	L 4	Kevinas Simukauskas	13	Basildon Ph	4:55.50
	L 5	Ashton Hunter	13	Co Peterboro	4:55.89
	L 6	Riccardo Di Maria	13	Co Norwich	4:56.50
	L 7	Jude Wankowski	12	teamipswich	4:58.98
	L 8	Jack Munday	13	teamipswich	5:01.50
H-7	L 1	Elliott Filby-Gray	13	teamipswich	4:54.49
	L 2	Montgomery Brewster	13	Watford SC	4:50.73
	L 3	James Peters	14	Basildon Ph	4:47.87
	L 4	Finley Burford	13	Basildon Ph	4:47.50
	L 5	Ethan Woolsey	14	St Neot Swan	4:47.82
	L 6	Hugo Harley	13	Watford SC	4:49.52
	L 7	Jack Lees	12	Epping For't	4:53.30
	L 8	Alfie Larham	13	Co Peterboro	4:54.49
H-8	L 1	Nicholas Mitroi	14	Thurrock	4:44.70
	L 2	George Cawley	14	teamipswich	4:41.93
	L 3	Lewis Gardner	11	Basildon Ph	4:41.05
	L 4	Jacob Schultz	14	Co Cambridge	4:34.20
	L 5	Jacopo Agosti	14	Co Cambridge	4:35.91
	L 6	Jake Maguire	14	Co Norwich	4:41.50
	L 7	Joseph Subba	14	Co St Albans	4:44.26
	L 8	Rex Harrison	14	Stowmarket	4:46.88
H-9	L 1	Thomas Fenwick	14	Hatfield	4:32.97
	L 2	Janos Csepely	14	teamipswich	4:31.02
	L 3	Benjamin Palmer	14	Bishop Stort	4:29.61
	L 4	Xavier Zerban	14	Biggleswade	4:26.80
	L 5	Perrin Ma	14	Hatfield	4:29.30
	L 6	Ethan Knights	14	teamipswich	4:30.59
	L 7	Jacob Wild	14	Newmarket	4:31.63
	L 8	Brandon Crees	14	New Hall	4:33.20