

Start List

Event 911 Open/Male 11/14 Yrs 200m Butterfly						Event 912 Female 11/14 Yrs 50m Butterfly					
H-1	L 1	Oliver Barrows	12	Hatfield	3:14.47	H-1	L 1	Grace Armitage	12	Stevenage	36.20
	L 2	Anthony Rowson	11	Putteridge	3:08.71		L 2	Cora Payne	12	Dunstable	36.10
	L 3	Lukas Liebenberg	12	Newmarket	3:07.57		L 3	Thea James-Falla	12	Colchester	36.10
	L 4	Alex Long	13	Stowmarket	3:03.91		L 4	Zara Ibbotson	11	Chelmsford	35.90
	L 5	Oliver Bumbalo	12	Potters Bar	3:04.82		L 5	Sophia White	12	Chelmsford	36.00
	L 6	Max Battle	12	Deben	3:08.67		L 6	Victoria Bandurac	11	Linslade	36.10
	L 7	Edward Nicoll	12	Putteridge	3:13.64		L 7	Kira Norman	12	Bishop Stort	36.10
H-2	L 1	Theo Rawnley	11	Harpenden	3:01.60	H-2	L 1	Tilly Conlon	12	Stowmarket	35.73
	L 2	Finn Maloney	13	Braintree	3:00.20		L 2	Cassie Bonner	12	Epping For't	35.70
	L 3	Joseph Payne	12	Colchester	2:58.99		L 3	Mia Wallis	12	Norwich Swan	35.60
	L 4	Evan Cotter	13	Thurrock	2:55.29		L 4	Daisy Mortimer-Coles	12	Team Waveney	35.39
	L 5	Harry Ellard	13	Hoddesdon	2:57.42		L 5	Alice-Mae Dale	12	Stanway	35.54
	L 6	John Homan-Daly	12	Co St Albans	2:59.89		L 6	Ruth Biscoe	12	Team Luton	35.70
	L 7	Harry Thurlow	13	Norwich Swan	3:00.69		L 7	Harriet Feaviour	12	March	35.71
	L 8	Rupert Kirtland	13	Halstead	3:01.90		L 8	Annabella Carey	12	Stevenage	35.90
H-3	L 1	Archie Georgakis	13	Basildon Ph	2:54.10	H-3	L 1	Teddi-May Thurman	12	Colchester	35.10
	L 2	Matthew Jarratt	13	DunmowAtlant	2:51.90		L 2	Harmony Smith	11	Team Waveney	35.00
	L 3	Marco Soto-Toth	12	Co Peterboro	2:51.00		L 3	Lucy Biscoe	11	Team Luton	35.00
	L 4	George Sims	13	Hatfield	2:49.16		L 4	Hollie Featherstone	12	Epping For't	34.90
	L 5	Jasper Dearden	13	Chelmsford	2:49.76		L 5	Naomi Muwangi	12	Bishop Stort	34.98
	L 6	Barnaby Rees	13	Co Peterboro	2:51.60		L 6	Sophie Lapucha	12	Team Luton	35.00
	L 7	James Nelson	12	Co St Albans	2:52.18		L 7	Scarlett Ye	12	Co St Albans	35.10
	L 8	Sonny Dean	13	Thetford	2:54.88		L 8	Iona Wallis	12	Norwich Swan	35.25
H-4	L 1	Eoghan Bilham	14	Thurrock	2:48.70	H-4	L 1	Evie Spalding	12	Putteridge	34.80
	L 2	Theo Stacey	14	Hoddesdon	2:46.77		L 2	Talia Duma	12	Norwich Swan	34.50
	L 3	David Hoara	12	Thurrock	2:45.20		L 3	Blossom Smith	11	Basildon Ph	34.30
	L 4	Ben Cameron-Waller	14	Co Peterboro	2:44.74		L 4	Charlotte Rich	12	Stevenage	34.24
	L 5	Albert Widdicks	14	West Suffolk	2:44.82		L 5	Sophie Andrews	12	Flitwick	34.30
	L 6	Clark Meanti	13	Putteridge	2:46.31		L 6	Martha More	12	West Norfolk	34.40
	L 7	Kuba Kopec	13	Bedford SS	2:47.10		L 7	Leila Kokas	11	Co Peterboro	34.80
	L 8	Elijah Wilson	13	teamipswich	2:48.93		L 8	Arabella Tysterman	12	Wisbech	34.88
H-5	L 1	Leon Humphries	13	Woodham F SC	2:43.10	H-5	L 1	Lauren Ibbotson	13	Linslade	33.90
	L 2	Lawrence Taylor	14	Co Norwich	2:35.70		L 2	Imogen Coote	12	Co Cambridge	33.90
	L 3	Noah Conroy	14	Bishop Stort	2:31.59		L 3	Linke Groenewald	13	Bishop Stort	33.74
	L 4	Robert James	14	Epping For't	2:25.00		L 4	Ella Minnis	13	Colchester	33.60
	L 5	Riley Allen	14	Thurrock	2:29.40		L 5	Harriet Wells	13	West Norfolk	33.71
	L 6	Nathan Rojee	14	Co Cambridge	2:32.90		L 6	Mya Valencia	12	Hoddesdon	33.75
	L 7	Charles Pritchard	12	Stevenage	2:40.14		L 7	Zlata Kravchenko	13	New Hall	33.90
	L 8	Cody Brigden	13	Watford SC	2:44.56		L 8	Iona Parkes	12	Thurrock	34.20
H-6	L 1	Leo Sims	13	Hatfield	2:42.51	H-6	L 1	Aoife Blessing	13	Hatfield	33.48
	L 2	Bogdan Yermakovich	14	Thurrock	2:35.66		L 2	Elissa Neo	13	Linslade	33.40
	L 3	Casper Whittaker	14	Biggleswade	2:31.00		L 3	Morrigan Cooper	13	Bo Southend	33.40
	L 4	Jesse Knight	13	Leiston	2:23.79		L 4	Ruby Kan	12	Chelmsford	33.30
	L 5	Jack Lees	13	Epping For't	2:27.80		L 5	Annabelle Garnham	12	teamipswich	33.30
	L 6	Samuel Childs	13	Berkhamsted	2:32.37		L 6	Summer Woodside	13	Co Peterboro	33.40
	L 7	Jack Munday	14	teamipswich	2:39.08		L 7	Bella Robertson	13	Stowmarket	33.44
	L 8	Nicolai Hurst	14	Norwich Swan	2:43.25		L 8	Millie Hunter	13	Norwich Swan	33.50
H-7	L 1	Charles Hallam	13	Harpenden	2:42.06	H-7	L 1	Eleni Karakoidas	13	Co Norwich	33.20
	L 2	Jacob Ure	14	Co Peterboro	2:35.20		L 2	Olivia Page	13	Co Cambridge	33.00
	L 3	Finley Burford	14	Basildon Ph	2:30.90		L 3	Jorgie Bhasvi	13	Hatfield	32.91
	L 4	Ashton Hunter	14	Co Peterboro	2:23.40		L 4	Florence Law	12	Co Ely	32.90
	L 5	Taras Boiko	13	Bishop Stort	2:26.74		L 5	Dolcie Underwood	13	Dereham	32.90
	L 6	Henry Chaloner	14	Biggleswade	2:32.27		L 6	Olivia Bryant	13	Stowmarket	32.98
	L 7	Fletcher Waugh	12	Colchester	2:38.17		L 7	Elsie Cole	13	Epping For't	33.00
	L 8	Noah Goodson	14	West Norfolk	2:43.11		L 8	Layla Harley	12	Watford SC	33.29
H-8	L 1	Nora Hughes	12	Colchester	32.70	H-8	L 1	Nora Hughes	12	Colchester	32.70
	L 2	Martha Mellors	13	Verulam	32.54		L 2	Martha Mellors	13	Verulam	32.54
	L 3	Olive Bailey	13	Colchester	32.50		L 3	Olive Bailey	13	Colchester	32.50
	L 4	Freya Keeling	13	Hoddesdon	32.36		L 4	Freya Keeling	13	Hoddesdon	32.36
	L 5	Lena Crisp	13	Norwich Swan	32.50		L 5	Lena Crisp	13	Norwich Swan	32.50
	L 6	Charlotte Moss	13	St Ives	32.50		L 6	Charlotte Moss	13	St Ives	32.50
	L 7	Elissa Nicholls	13	Halstead	32.60		L 7	Elissa Nicholls	13	Halstead	32.60
	L 8	Charlotte Abrahams	13	Putteridge	32.80		L 8	Charlotte Abrahams	13	Putteridge	32.80

Swim England East Region 2026 Long Course Championships Session Twenty Two

Start List

H-9	L 1	Lily Moxon-Booth	14	Flitwick	32.20	H-4	L 1	Sebian Sutton	12	Colchester	1:28.28
	L 2	Scarlett Omand	13	Cheshunt	32.20		L 2	Benji Perry	12	Dunstable	1:27.80
	L 3	Surina Chauhan-France	14	Dunstable	32.20		L 3	Oliver Candler	12	Norwich Swan	1:27.30
	L 4	Shuhan Yang	13	Colchester	32.10		L 4	Fletcher Waugh	12	Colchester	1:26.78
	L 5	Annika Gharpure	14	Co Peterboro	32.18		L 5	Joseph Payne	12	Colchester	1:27.11
	L 6	Isabella Pledger	14	Hoddesdon	32.20		L 6	Stanley Hood-Karrer	12	Basildon Ph	1:27.62
	L 7	Tayla Goodswen	14	Co Norwich	32.20		L 7	Finlay Stow-McBride	12	Co Cambridge	1:28.02
	L 8	Tilly Howells	13	Verulam	32.22		L 8	Jamie Warner	12	Newmarket	1:28.56
H 10	L 1	Alania Wignall	13	Colchester	32.00	H-5	L 1	Thomas Payne	13	Royston	1:26.27
	L 2	Elizabeth Litvinenko	13	West Norfolk	31.90		L 2	Euan Karaiskos	13	Basildon Ph	1:25.39
	L 3	Sophie Harvey	14	Co Cambridge	31.82		L 3	Arthur Huntley	13	Co St Albans	1:25.26
	L 4	Charlotte Stewart	14	Co St Albans	31.77		L 4	Atticus Frost	13	DunmowAtlant	1:25.01
	L 5	Lilly Franks	14	Thurrock	31.80		L 5	James Nelson	12	Co St Albans	1:25.03
	L 6	Sydney Lewis	14	Colchester	31.90		L 6	Marco Soto-Toth	12	Co Peterboro	1:25.31
	L 7	Jessica Ryan	14	Colchester	32.00		L 7	Marley Aldwinckle	12	Stevenage	1:25.67
	L 8	Libby Flitton	14	Dunstable	32.10		L 8	Christian Giroto	13	Co St Albans	1:26.27
H 11	L 1	Charlotte Stocks	14	Linslade	31.70	H-6	L 1	Otis Mastin	12	Bishop Stort	1:24.50
	L 2	Esmee Hui	14	Watford SC	31.59		L 2	Thomas Scrivener	13	Leiston	1:24.39
	L 3	Eva Jackson	14	Flitwick	31.40		L 3	Joseph Henderson	13	Bedford SS	1:24.10
	L 4	Yvette Boka	13	Basildon Ph	31.30		L 4	Maximilian Petravich	13	Team Luton	1:23.00
	L 5	Alice Buckingham	13	Verulam	31.30		L 5	Kian Parsons	12	Thurrock	1:24.10
	L 6	Lily Walsby	13	Co Cambridge	31.50		L 6	Charles Pritchard	12	Stevenage	1:24.34
	L 7	Mariella Thorne	13	Ware	31.60		L 7	Charles Hallam	13	Harpenden	1:24.49
	L 8	Hilary Drewry	14	Co Norwich	31.70		L 8	Jacob Hutchinson	13	Tring	1:24.58
H 12	L 1	Tsvetina Sinapova	14	Co Norwich	31.00	H-7	L 1	Alex Long	13	Stowmarket	1:22.86
	L 2	Imogen Laws	13	Co Norwich	30.70		L 2	Daniel McGrath	13	Norwich Swan	1:22.10
	L 3	Valeria Soldatikhina	13	West Norfolk	30.30		L 3	Johnny McAuley	13	Co Peterboro	1:21.62
	L 4	Summer Miller	14	Bishop Stort	29.60		L 4	Kenny Millsom	13	Bishop Stort	1:20.70
	L 5	Summer Lewis	14	Colchester	30.10		L 5	Harrison Dodwell	13	Bishop Stort	1:20.80
	L 6	Grace Manning	14	Basildon Ph	30.60		L 6	Billy Marsden	13	Hertford	1:21.90
	L 7	Victoria Edghill	14	Basildon Ph	30.87		L 7	Tom Greening	13	Norwich Swan	1:22.71
	L 8	Sophie Tom	14	Bishop Stort	31.20		L 8	Jude Wankowski	13	teamipswich	1:22.91
H 13	L 1	Andi Dobson	14	St Ives	31.00	H-8	L 1	Granth Karmacharya	14	Watford SC	1:20.44
	L 2	Charlotte Douglas	14	Co St Albans	30.64		L 2	Braden Barnacle	14	Braintree	1:19.23
	L 3	Olivia Daniel	13	Verulam	30.25		L 3	Hugo Koyanagi	14	Co St Albans	1:15.80
	L 4	Mia Wilson	14	Basildon Ph	29.60		L 4	Haiyang Shi	13	Basildon Ph	1:12.13
	L 5	Violet Rhodes	14	Team Luton	29.90		L 5	Callum Doran	14	DunmowAtlant	1:15.30
	L 6	Olivia Piaskowska	14	Dunstable	30.50		L 6	Marcus Xu	14	Linslade	1:17.80
	L 7	Sophia Aziz	14	Co Peterboro	30.82		L 7	William Nutt	14	Dereham	1:19.90
	L 8	Eden Hender	14	Team Waveney	31.19		L 8	Oliver Veale	14	West Norfolk	1:20.64
H 14	L 1	Tahlia Sunshine	14	DunmowAtlant	30.90	H-9	L 1	James Challis	14	Potters Bar	1:20.41
	L 2	Indie Horton	14	Co Norwich	30.60		L 2	Harry Clarke	14	West Norfolk	1:19.20
	L 3	Emily Joyce	14	Biggleswade	30.20		L 3	Dewi Fordyce	13	Berkhamsted	1:15.60
	L 4	Aimee Sanders	14	Dunstable	29.30		L 4	Robert James	14	Epping For't	1:11.80
	L 5	Betsie Saville	13	Canvey Isl	29.70		L 5	Sebastian Mudge	14	Co Peterboro	1:14.90
	L 6	Eloise Palfree	12	Colchester	30.40		L 6	Jenson Richards	14	Bishop Stort	1:17.74
	L 7	Macey Towns	14	Bo Southend	30.70		L 7	Oscar Wilson	14	Potters Bar	1:19.73
	L 8	Olivia Pais	14	Co Peterboro	31.10		L 8	Thomas Riley	14	Colchester	1:20.60
Event 913 Open/Male 11/14 Yrs 100m Breaststro						H 10	L 1	Guy Spearman-Baines	14	Bishop Stort	1:20.30
H-1	L 3	Tyler McLaughlin-Bell	12	Newmarket	1:32.88		L 2	Izaak Wilsher	13	Hertford	1:18.36
	L 4	Elijah Unsworth	11	Team Luton	1:32.40		L 3	Riley Allen	14	Thurrock	1:15.60
	L 5	George Gosling	12	Berkhamsted	1:32.87		L 4	Rafe Lawson	14	Berkhamsted	1:10.77
	L 6	Isaac Chan	12	Co St Albans	1:32.94		L 5	Miles Copping	14	Co Cambridge	1:14.70
H-2	L 1	Patrick Iancu	12	Bo Southend	1:32.20		L 6	Josh Bett	14	Flitwick	1:17.20
	L 2	Sebastian Rama	12	Co St Albans	1:32.08		L 7	Veer Takher	13	Watford SC	1:19.40
	L 3	George Abram	12	Co Norwich	1:31.40		L 8	Ching Yau	14	Hatfield	1:20.58
	L 4	Oliver Barrows	12	Hatfield	1:30.54						
	L 5	William Minty	12	Thetford	1:31.20						
	L 6	Marcel Finta	12	Bedford SS	1:32.02						
	L 7	Jonas Chor Hang Ting	11	Verulam	1:32.18						
	L 8	Oskar Witt	11	Potters Bar	1:32.30						
H-3	L 1	Jack Gulliford	12	DunmowAtlant	1:30.35						
	L 2	Jack Dalton	11	Stevenage	1:30.08						
	L 3	Kaloyan Manolchev	12	Basildon Ph	1:29.30						
	L 4	Theodore Gamby	12	Southend	1:28.60						
	L 5	Jack Wilson	12	Newmarket	1:29.19						
	L 6	Edward Roberts	12	Hemel Hemp	1:30.05						
	L 7	James McKinley	12	Bo Southend	1:30.26						
	L 8	Morgan Richards	11	Bishop Stort	1:30.50						

Start List

Event 914 Female 11/14 Yrs 200m Breaststroke						Start List					
H-1	L 3	Morgan Arthur	12	West Norfolk	3:20.46	H 10	L 1	Margarida Furtado	14	Co Cambridge	3:00.67
	L 4	Dorothy Gooda	12	Team Luton	3:20.00		L 2	Violet Freezer	14	teamipswich	3:00.43
	L 5	Sophia Zhou	12	Co St Albans	3:20.07		L 3	Isabella Clogg	14	Stanway	3:00.02
	L 6	Sophie Goodchild	12	teamipswich	3:20.72		L 4	Mia Jones	13	March	2:59.45
							L 5	Jessica Ryan	14	Colchester	2:59.67
H-2	L 1	Millie Hubble	12	Harpenden	3:18.42	L 6	Elise Dotchin	14	Co St Albans	3:00.13	
	L 2	Lucia Carradice	12	Co St Albans	3:17.05	L 7	Isla Austin	14	Hemel Hemp	3:00.65	
	L 3	Thea James-Falla	12	Colchester	3:16.81	L 8	Lilly Franks	14	Thurrock	3:00.90	
	L 4	Sophie Andrews	12	Flitwick	3:16.60	H 11	L 1	Amie Roberts	14	Hemel Hemp	2:58.35
	L 5	Ariela Gomez Pavon	12	Potters Bar	3:16.63		L 2	Esmee Hui	14	Watford SC	2:55.96
	L 6	Alexa Linden-Ball	12	Co Norwich	3:17.00		L 3	Polly Anderson	14	West Norfolk	2:52.88
	L 7	Elizabeth Burczyk	11	Stevenage	3:17.47		L 4	Elija Mickaite	14	Co Peterboro	2:47.90
	L 8	Layla Caton	12	Basildon Ph	3:19.22		L 5	Olivia Wicks	14	Norwich Swan	2:50.25
					L 6		Sophie Harvey	14	Co Cambridge	2:53.54	
					L 7		Zoe Thompson	14	Co Ely	2:56.59	
					L 8		India Clement	14	West Suffolk	2:59.21	
H-3	L 1	Arabella Tysterman	12	Wisbech	3:15.44	H 12	L 1	Kaitlyn Hoffman	13	Basildon Ph	2:57.40
	L 2	Evie Spalding	12	Putteridge	3:14.73		L 2	Olivia Daniel	13	Verulam	2:53.74
	L 3	Erin Smith	11	Berkhamsted	3:14.12		L 3	Cerys Wall	14	Co Cambridge	2:51.70
	L 4	Kira Norman	12	Bishop Stort	3:14.00		L 4	Nieve Ives	14	Hatfield	2:47.71
	L 5	Niamh Tuson	12	Epping For't	3:14.06		L 5	Evie Armstrong	14	Dunstable	2:49.12
	L 6	Harmony Smith	11	Team Waveney	3:14.58		L 6	Alice Buckingham	13	Verulam	2:53.14
	L 7	Izumi Matsutani	12	Co Peterboro	3:15.10		L 7	Daniella Gomez Bolivar	14	Hoddesdon	2:56.54
	L 8	Darcie O'Connor	12	Basildon Ph	3:16.60		L 8	Esther Luton	14	Rochford	2:59.20
H-4	L 1	Tsz-Wing Lai	12	Watford SC	3:13.70	H 13	L 1	Anna Turner	13	Co Norwich	2:57.20
	L 2	Anna Semiginovska	12	Bo Southend	3:13.25		L 2	Emily Byrne	14	Hitchin	2:53.64
	L 3	Sophie Lapucha	12	Team Luton	3:11.65		L 3	Eliza Jennings	14	Biggleswade	2:51.55
	L 4	Phoebe Rayner	12	Colchester	3:10.82		L 4	Mia Wilson	14	Basildon Ph	2:42.60
	L 5	Teddi-May Thurman	12	Colchester	3:11.20		L 5	Olivia Pais	14	Co Peterboro	2:48.83
	L 6	Catherine Hatherly	12	Hatfield	3:12.84		L 6	Annabel Morden	14	Basildon Ph	2:53.10
	L 7	Florence Bretman	12	DunmowAtlant	3:13.50		L 7	Amy Brightwell	13	Norwich Swan	2:56.37
	L 8	Florence Law	12	Co Ely	3:13.87		L 8	Layla Drake	14	Norwich Swan	2:58.80
H-5	L 1	Lola Nevzat	13	Flitwick	3:10.22						
	L 2	Ruby Barratt	13	Harwich DP	3:10.10						
	L 3	Eleni Karakoidas	13	Co Norwich	3:09.13						
	L 4	Zlata Kravchenko	13	New Hall	3:09.10						
	L 5	Grace Fahey	13	Rick'worth	3:09.12						
	L 6	Lara Kelly	12	New Hall	3:09.60						
	L 7	Adrienn Kovacs	12	DunmowAtlant	3:10.20						
	L 8	Alania Wignall	13	Colchester	3:10.39						
H-6	L 1	Ella Minnis	13	Colchester	3:08.70						
	L 2	Jessica Bedford	13	Co St Albans	3:08.04						
	L 3	Sophia Sood	13	Watford SC	3:07.30						
	L 4	Selena Maria Spaho	12	Hatfield	3:06.46						
	L 5	Maisie Cooper	13	Braintree	3:07.10						
	L 6	Savannah Barratt	13	Harwich DP	3:07.92						
	L 7	Olivia Bird	13	Rick'worth	3:08.40						
	L 8	Nora Hughes	12	Colchester	3:09.00						
H-7	L 1	Lauren Ibbotson	13	Linslade	3:05.70						
	L 2	Bella Robertson	13	Stowmarket	3:05.34						
	L 3	Elsie Cole	13	Epping For't	3:05.10						
	L 4	Elizabeth Litvinenko	13	West Norfolk	3:04.90						
	L 5	Lotta Omahen	13	Potters Bar	3:05.09						
	L 6	Olivia Bryant	13	Stowmarket	3:05.18						
	L 7	Elsie Vale	13	Basildon Ph	3:05.59						
	L 8	Mabelle Chadderton	12	West Norfolk	3:06.00						
H-8	L 1	Emilie Blanchard	14	Bedford SS	3:04.80						
	L 2	Emilia Littlechild	14	Berkhamsted	3:04.72						
	L 3	Lena Crisp	13	Norwich Swan	3:04.29						
	L 4	Harlie Gardner	14	Basildon Ph	3:03.63						
	L 5	Olivia Page	13	Co Cambridge	3:03.74						
	L 6	Isla Caley	14	Watford SC	3:04.42						
	L 7	Sophie Pert	14	Norwich Swan	3:04.73						
	L 8	Isabelle Wicks	13	Norwich Swan	3:04.89						
H-9	L 1	Cassie Bonner	12	Epping For't	3:03.10						
	L 2	Emma Storrow	14	Watford SC	3:02.92						
	L 3	Talullah Speak	14	Woodham F SC	3:01.70						
	L 4	Katie Brazil	14	Potters Bar	3:01.32						
	L 5	Freya Keeling	13	Hoddesdon	3:01.65						
	L 6	Catherine Lyall	14	Putteridge	3:02.62						
	L 7	Aria Waters	14	Hatfield	3:02.97						
	L 8	Sofia Sacoto	14	Co St Albans	3:03.10						

Start List

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

H-1	L 2	Sebastian Rama	12	Co St Albans	5:27.71
	L 3	Jacob Wadley	12	Colchester	5:27.16
	L 4	Louis Santillo	12	Putteridge	5:25.00
	L 5	Sebastian Fraser	12	Flitwick	5:26.60
	L 6	Jack Gulliford	12	DunmowAtlant	5:27.60
	L 7	Harry Larham	11	Co Peterboro	5:27.96
H-2	L 1	Zach Bramley	12	Hoddesdon	5:24.33
	L 2	Tommy Camilotti-Titon	12	Hatfield	5:21.70
	L 3	Tyler McLaughlin-Bell	12	Newmarket	5:18.95
	L 4	Tyatt Cole	12	Bo Southend	5:16.40
	L 5	Jack Alexander	12	teamipswich	5:18.57
	L 6	Freddie Sargeant	12	teamipswich	5:20.98
	L 7	Stefan Sorcinelli	11	Co St Albans	5:22.14
	L 8	Benji Perry	12	Dunstable	5:24.49
H-3	L 1	Victor Dryankov	12	Thurrock	5:11.10
	L 2	George Headford	12	Basildon Ph	5:10.40
	L 3	Marco Soto-Toth	12	Co Peterboro	5:09.00
	L 4	George Abram	12	Co Norwich	5:06.70
	L 5	Alexander Irish	12	Newmarket	5:08.80
	L 6	Julien Vannier	12	Hatfield	5:09.57
	L 7	Joseph Payne	12	Colchester	5:11.06
	L 8	Charlie Searle	12	Co Norwich	5:16.00
H-4	L 1	James Nelson	12	Co St Albans	5:05.30
	L 2	Archie Georgakis	13	Basildon Ph	5:04.46
	L 3	Jasper Dearden	13	Chelmsford	5:04.30
	L 4	Max Hart	13	Verulam	5:04.17
	L 5	Carl Manuel Bendanillo	13	Norwich Swan	5:04.25
	L 6	Arthur Juviler-Bacon	12	Linslade	5:04.40
	L 7	Fletcher Waugh	12	Colchester	5:04.81
	L 8	Ethan Harragan	13	Basildon Ph	5:05.60
H-5	L 1	Jeremy Cox	12	Bishop Stort	5:02.60
	L 2	Senan Brullo	13	New Hall	5:02.00
	L 3	Tobias Watson	13	Bo Southend	5:00.20
	L 4	Harrison Burridge	13	Co Cambridge	4:58.17
	L 5	Charles Pritchard	12	Stevenage	4:59.09
	L 6	David Hoara	12	Thurrock	5:01.90
	L 7	Aiden Gale	13	Leiston	5:02.14
	L 8	Hugo Redel	13	Verulam	5:03.79
H-6	L 1	George Connor	13	Colchester	4:50.94
	L 2	Leo Sims	13	Hatfield	4:48.98
	L 3	Guy Spearman-Baines	14	Bishop Stort	4:46.24
	L 4	Miles Copping	14	Co Cambridge	4:45.78
	L 5	Nathan Rojee	14	Co Cambridge	4:45.95
	L 6	George Sims	13	Hatfield	4:48.02
	L 7	Daniel McGrath	13	Norwich Swan	4:49.31
	L 8	Apollo Pop	13	Chelmsford	4:53.61
H-7	L 1	Thomas Mutton	13	Deben	4:43.90
	L 2	William Cornwell	14	Rochford	4:42.60
	L 3	Alfie Larham	14	Co Peterboro	4:40.89
	L 4	Hugo Harley	14	Watford SC	4:39.81
	L 5	Jude Wankowski	13	teamipswich	4:40.00
	L 6	Henry Chaloner	14	Biggleswade	4:42.29
	L 7	Johnny McAuley	13	Co Peterboro	4:43.67
	L 8	Riccardo Di Maria	14	Co Norwich	4:44.22
H-8	L 1	Noah Conroy	14	Bishop Stort	4:39.31
	L 2	Noah Goodson	14	West Norfolk	4:35.87
	L 3	Lewis Gardner	12	Basildon Ph	4:34.76
	L 4	Aaron Rawnsley	14	Harpenden	4:28.38
	L 5	Benjamin Piscopo	13	Co Peterboro	4:33.50
	L 6	Jack Lees	13	Epping For't	4:34.90
	L 7	Finley Burford	14	Basildon Ph	4:38.00
	L 8	Jack Munday	14	teamipswich	4:39.32