

Start List

Event 921 Female 11/14 Yrs 100m Backstroke

H-1	L 3	Emma Remenyi	12	Verulam	1:20.50
	L 4	Darcie O'Connor	12	Basildon Ph	1:20.10
	L 5	Annabella Carey	12	Stevenage	1:20.40
H-2	L 2	Sophie Andrews	12	Flitwick	1:19.87
	L 3	Ruth Biscoe	12	Team Luton	1:19.77
	L 4	Iona Parkes	12	Thurrock	1:19.75
	L 5	Scarlett Ye	12	Co St Albans	1:19.76
	L 6	Sienna Roberts	12	Witham Dolph	1:19.80
	L 7	Alice-Mae Dale	12	Stanway	1:20.06
H-3	L 1	Evie Spalding	12	Putteridge	1:19.40
	L 2	Fearne Dorling	12	Southend	1:18.93
	L 3	Aine Coackley	12	teamipswich	1:18.22
	L 4	Jemima Man	12	DunmowAtlant	1:17.90
	L 5	Martha More	12	West Norfolk	1:18.20
	L 6	Kira Norman	12	Bishop Stort	1:18.22
	L 7	Charlotte Rich	12	Stevenage	1:19.34
	L 8	Felicity Huggins	11	Co Peterboro	1:19.74
H-4	L 1	Leila Kokas	11	Co Peterboro	1:17.63
	L 2	Mabelle Chadderton	12	West Norfolk	1:17.50
	L 3	Arabella Tysterman	12	Wisbech	1:16.81
	L 4	Ellen Akerstone	13	Co Norwich	1:16.00
	L 5	Cassie Bonner	12	Epping For't	1:16.80
	L 6	Melissa Kratz	12	Rochford	1:16.90
	L 7	Niamh Tuson	12	Epping For't	1:17.60
	L 8	Morgan Arthur	12	West Norfolk	1:17.75
H-5	L 1	Ella O'Sullivan	13	Co Norwich	1:15.73
	L 2	Grace Mann	13	teamipswich	1:15.48
	L 3	Isabelle Wicks	13	Norwich Swan	1:15.00
	L 4	Chloe Bucktrout	13	Linslade	1:14.84
	L 5	Morrigan Cooper	13	Bo Southend	1:14.90
	L 6	Bella Robertson	13	Stowmarket	1:15.13
	L 7	Shuhan Yang	13	Colchester	1:15.70
	L 8	Mia Jones	13	March	1:15.94
H-6	L 1	Amélie Desmeules	13	Verulam	1:14.79
	L 2	Phoebe Thompson	13	Basildon Ph	1:14.70
	L 3	Elizabeth Litvinenko	13	West Norfolk	1:14.40
	L 4	Lyra Schultz	13	Co Cambridge	1:13.91
	L 5	Eloise Welsford	13	Deben	1:13.99
	L 6	Annabelle Garnham	12	teamipswich	1:14.69
	L 7	Maisie Cooper	13	Braintree	1:14.77
	L 8	Layla Harley	12	Watford SC	1:14.84
H-7	L 1	Evie Dixon	14	Gt Yarmouth	1:13.00
	L 2	Addison Summers	14	Co St Albans	1:12.83
	L 3	Olivia Piasowska	14	Dunstable	1:12.57
	L 4	Charlotte Douglas	14	Co St Albans	1:12.42
	L 5	Aoife Blessing	13	Hatfield	1:12.51
	L 6	Layla Drake	14	Norwich Swan	1:12.69
	L 7	Lara Shiers	13	Rick'worth	1:12.91
	L 8	Mariella Thorne	13	Ware	1:13.51
H-8	L 1	Charlotte Stewart	14	Co St Albans	1:11.94
	L 2	Skye Freeman	14	Norwich Swan	1:11.42
	L 3	Olivia Daniel	13	Verulam	1:10.86
	L 4	Eloise Palfree	12	Colchester	1:10.77
	L 5	Eden Hender	14	Team Waveney	1:10.84
	L 6	Betsie Saville	13	Canvey Isl	1:11.16
	L 7	Alice Buckingham	13	Verulam	1:11.75
	L 8	Olivia Stroud	14	teamipswich	1:11.95
H-9	L 1	Emilia Butt	14	Deben	1:10.45
	L 2	Cerys Wall	14	Co Cambridge	1:09.83
	L 3	Isla Stockwell	14	Co Cambridge	1:08.91
	L 4	Olivia Wicks	14	Norwich Swan	1:06.91
	L 5	Anna Mason	14	Co Peterboro	1:08.22
	L 6	Summer Miller	14	Bishop Stort	1:09.62
	L 7	Kitty McNaughton	14	Hoddesdon	1:10.21
	L 8	Tayla Goodswen	14	Co Norwich	1:10.50

H 10	L 1	Olive Bailey	13	Colchester	1:10.43
	L 2	Eva Jackson	14	Flitwick	1:09.69
	L 3	Mia Hayes	13	Linslade	1:08.80
	L 4	Matilda Sharpe	14	Co Norwich	1:06.39
	L 5	Victoria Edghill	14	Basildon Ph	1:07.51
	L 6	Summer Woodside	13	Co Peterboro	1:09.40
	L 7	Eliza Jennings	14	Biggleswade	1:10.00
	L 8	Elija Mickaite	14	Co Peterboro	1:10.48

H 11	L 1	Esmee Hui	14	Watford SC	1:10.31
	L 2	Valeria Soldatikhina	13	West Norfolk	1:09.66
	L 3	Aria Sabado	14	Basildon Ph	1:08.54
	L 4	Aimee Sanders	14	Dunstable	1:06.00
	L 5	Grace Manning	14	Basildon Ph	1:07.41
	L 6	Polly Anderson	14	West Norfolk	1:09.05
	L 7	Indie Horton	14	Co Norwich	1:09.92
	L 8	Tahlia Sunshine	14	DunmowAtlant	1:10.47

Event 922 Open/Male 11/14 Yrs 200m Backstroke

H-1	L 3	Stefan Sorcinelli	11	Co St Albans	2:52.87
	L 4	Kian Moloney	12	teamipswich	2:52.18
	L 5	Sebastian Fraser	12	Flitwick	2:52.80
H-2	L 1	Albert Saunders	12	Verulam	2:51.85
	L 2	Joshua Lillistone	11	teamipswich	2:51.35
	L 3	Freddie Sargeant	12	teamipswich	2:51.15
	L 4	Maximilian Balsevics	11	Wisbech	2:50.50
	L 5	Joseph Payne	12	Colchester	2:51.01
	L 6	Charlie Searle	12	Co Norwich	2:51.31
	L 7	Adam Chuchra	11	Wisbech	2:51.49
	L 8	Oliver Candler	12	Norwich Swan	2:51.95
H-3	L 1	Tadeusz Hill	12	Co Peterboro	2:50.26
	L 2	Benjamin Lewis	12	teamipswich	2:49.75
	L 3	Matthew Bear	12	Basildon Ph	2:48.90
	L 4	Callum Lucas	12	Co St Albans	2:48.52
	L 5	Harry Larham	11	Co Peterboro	2:48.77
	L 6	Ronnie Lamble	12	teamipswich	2:49.39
	L 7	Sebastian Rama	12	Co St Albans	2:50.22
	L 8	Milosz Bonkowski	12	Co Peterboro	2:50.33
H-4	L 1	Thomas Edwards	12	Colchester	2:47.00
	L 2	Daniel Cara	12	Bishop Stort	2:45.92
	L 3	Finlay Stow-McBride	12	Co Cambridge	2:45.73
	L 4	Alexander Irish	12	Newmarket	2:45.25
	L 5	John Homan-Daly	12	Co St Albans	2:45.36
	L 6	Seth Auger	12	Norwich Swan	2:45.85
	L 7	Kianpal Binning	12	Rick'worth	2:46.60
	L 8	Theo Rawnsley	11	Harpenden	2:47.73
H-5	L 1	Lukas Liebenberg	12	Newmarket	2:44.32
	L 2	Victor Dryankov	12	Thurrock	2:43.72
	L 3	Patrick Iancu	12	Bo Southend	2:42.14
	L 4	Toby Benson	13	Harpenden	2:40.90
	L 5	Cameron Thackrah	13	Linslade	2:41.21
	L 6	Julien Vannier	12	Hatfield	2:42.99
	L 7	David Hoara	12	Thurrock	2:44.20
	L 8	Kian Parsons	12	Thurrock	2:45.16
H-6	L 1	Veer Takher	13	Watford SC	2:40.60
	L 2	Aiden Gale	13	Leiston	2:40.46
	L 3	Michael Rozhko	13	Co Cambridge	2:39.81
	L 4	Tobias Watson	13	Bo Southend	2:39.40
	L 5	Zachary Chambers	12	Thurrock	2:39.46
	L 6	Archie Georgakis	13	Basildon Ph	2:40.28
	L 7	Luca Tse	13	Bishop Stort	2:40.48
	L 8	Fletcher Waugh	12	Colchester	2:40.80
H-7	L 1	Jake Baker	13	Braintree	2:39.00
	L 2	Charlie Robinson	13	Tring	2:38.63
	L 3	Lewis Hallam	13	Harpenden	2:38.19
	L 4	Ethan Lau	13	Colchester	2:37.00
	L 5	Cody Brigden	13	Watford SC	2:37.91
	L 6	Carl Manuel Bendanillo	13	Norwich Swan	2:38.29
	L 7	George Headford	12	Basildon Ph	2:38.91
	L 8	Marco Soto-Toth	12	Co Peterboro	2:39.11

Start List

H-8	L 1	Luca Capozzi	13	Hemel Hemp	2:36.38	H-5	L 1	Lara Shiers	13	Rick'worth	29.86
	L 2	Leo Sims	13	Hatfield	2:35.90		L 2	Jorgie Bhasvi	13	Hatfield	29.82
	L 3	Jaedyn Ovbiagele	13	Chelmsford	2:34.28		L 3	Lauren Ibbotson	13	Linslade	29.80
	L 4	Samuel Fallahnia	13	Epping For't	2:32.30		L 4	Imogen Coote	12	Co Cambridge	29.77
	L 5	Arthur Juviler-Bacon	12	Linslade	2:34.19		L 5	Charlotte Abrahams	13	Putteridge	29.80
	L 6	Sebian Sutton	12	Colchester	2:34.36		L 6	Lena Crisp	13	Norwich Swan	29.80
	L 7	Harry Thurlow	13	Norwich Swan	2:36.26		L 7	Layla Harley	12	Watford SC	29.86
	L 8	Jasper Dearden	13	Chelmsford	2:36.63		L 8	Jessica Gilpin	13	Hoddesdon	29.90
H-9	L 1	Johnny McAuley	13	Co Peterboro	2:31.67	H-6	L 1	Emily Besent	13	Berkhamsted	29.70
	L 2	Daniel McGrath	13	Norwich Swan	2:31.60		L 2	Scarlett Omand	13	Cheshunt	29.60
	L 3	Alfie Larham	14	Co Peterboro	2:31.40		L 3	Elsie Cole	13	Epping For't	29.60
	L 4	Ben Cameron-Waller	14	Co Peterboro	2:30.80		L 4	Alania Wignall	13	Colchester	29.51
	L 5	Evan Harrison	14	teamipswich	2:31.00		L 5	Cassie Bonner	12	Epping For't	29.60
	L 6	Harry Clarke	14	West Norfolk	2:31.59		L 6	Amy Brightwell	13	Norwich Swan	29.60
	L 7	Bobby Bennett	14	Basildon Ph	2:31.60		L 7	Annabelle Garnham	12	teamipswich	29.68
	L 8	Joshua Liebenberg	14	Newmarket	2:31.90		L 8	Lyra Schultz	13	Co Cambridge	29.70
H 10	L 1	Senan Brullo	13	New Hall	2:30.00	H-7	L 1	Imogen Parnell	13	Dereham	29.50
	L 2	Sebastian Mudge	14	Co Peterboro	2:28.58		L 2	Olivia Stroud	14	teamipswich	29.40
	L 3	Benjamin Piscopo	13	Co Peterboro	2:25.32		L 3	Kitty McNaughton	14	Hoddesdon	29.38
	L 4	Jake Atkinson	14	Basildon Ph	2:20.50		L 4	Tsvetina Sinapova	14	Co Norwich	29.30
	L 5	Jesse Knight	13	Leiston	2:22.50		L 5	Felicity Fitzgerald	14	St Ives	29.30
	L 6	Jacob Ure	14	Co Peterboro	2:26.43		L 6	Olivia Page	13	Co Cambridge	29.40
	L 7	Hugo Harley	14	Watford SC	2:28.73		L 7	Grace Manning	14	Basildon Ph	29.40
	L 8	Bogdan Yermakovich	14	Thurrock	2:30.80		L 8	Mariella Thome	13	Ware	29.50
H 11	L 1	Oscar Chau	14	Co St Albans	2:29.78	H-8	L 1	Lily Walsby	13	Co Cambridge	29.29
	L 2	David Kandelaki	14	Linslade	2:28.30		L 2	Charlotte Stewart	14	Co St Albans	29.20
	L 3	Lewis Gardner	12	Basildon Ph	2:24.94		L 3	Charley Taylor	14	Dereham	29.10
	L 4	Rafe Lawson	14	Berkhamsted	2:20.15		L 4	Sophie Harvey	14	Co Cambridge	29.03
	L 5	Charles Hodgson	14	Co St Albans	2:21.46		L 5	Amelia Bail	14	Hitchin	29.06
	L 6	Harry Baucutt	14	Harwich DP	2:25.98		L 6	Sophia Aziz	14	Co Peterboro	29.18
	L 7	Marcus Xu	14	Linslade	2:28.64		L 7	Isla Caley	14	Watford SC	29.20
	L 8	Huxley Phillips	13	Co Cambridge	2:30.61		L 8	Dolcie Underwood	13	Dereham	29.30
H 12	L 1	Robert Stoica	14	Co Cambridge	2:29.69	H-9	L 1	Eloise Palfree	12	Colchester	29.00
	L 2	Aaron Rawnsley	14	Harpenden	2:27.99		L 2	Indie Horton	14	Co Norwich	28.56
	L 3	Thomas Mutton	13	Deben	2:24.04		L 3	Tahlia Sunshine	14	DunmowAtlant	28.04
	L 4	Tobias Anderson	14	Co Norwich	2:18.20		L 4	Eva Jackson	14	Flitwick	27.70
	L 5	Ashton Hunter	14	Co Peterboro	2:21.30		L 5	Tayla Goodswen	14	Co Norwich	27.90
	L 6	Christopher Engle	14	teamipswich	2:25.81		L 6	Tilly Howells	13	Verulam	28.40
	L 7	Taras Boiko	13	Bishop Stort	2:28.62		L 7	Emily Joyce	14	Biggleswade	28.80
	L 8	Lawrence Taylor	14	Co Norwich	2:30.50		L 8	Olivia Bryant	13	Stowmarket	29.00
Event 923 Female 11/14 Yrs 50m Freestyle						H 10	L 1	Jessica Ryan	14	Colchester	28.90
H-1	L 3	Morgan Arthur	12	West Norfolk	31.70		L 2	Matilda Sharpe	14	Co Norwich	28.50
	L 4	Elizabeth Dooley	12	Norwich Swan	31.60		L 3	Sydney Lewis	14	Colchester	28.00
	L 5	Sienna Roberts	12	Witham Dolph	31.70		L 4	Betsie Saville	13	Canvey Isl	27.40
	L 6	Emma Battersby	12	Team Luton	31.70		L 5	Olivia Piaskowska	14	Dunstable	27.90
H-2	L 1	Martha More	12	West Norfolk	31.50		L 6	Olivia Daniel	13	Verulam	28.21
	L 2	Catherine Hatherly	12	Hatfield	31.36		L 7	Violet Rhodes	14	Team Luton	28.60
	L 3	Florence Law	12	Co Ely	31.30		L 8	Imogen Laws	13	Co Norwich	29.00
	L 4	Sophie Lapucha	12	Team Luton	31.30	H 11	L 1	Yvette Boka	13	Basildon Ph	28.80
	L 5	Teddi-May Thurman	12	Colchester	31.30		L 2	Victoria Edghill	14	Basildon Ph	28.44
	L 6	Ruth Biscoe	12	Team Luton	31.30		L 3	Macey Towns	14	Bo Southend	28.00
	L 7	Mya Valencia	12	Hoddesdon	31.46		L 4	Mia Wilson	14	Basildon Ph	27.30
	L 8	Freya Sewell	11	Rochford	31.50		L 5	Aimee Sanders	14	Dunstable	27.77
H-3	L 1	Sophia White	12	Chelmsford	31.10		L 6	Summer Lewis	14	Colchester	28.10
	L 2	Arabella Tysterman	12	Wisbech	30.80		L 7	Polly Anderson	14	West Norfolk	28.60
	L 3	Charlotte Dixon	13	Hitchin	30.30		L 8	Evie Dixon	14	Gt Yarmouth	29.00
	L 4	Dorothy Thorby	13	Co Norwich	30.20	H-4	L 1	Isla Linton	13	Potters Bar	30.15
	L 5	Martha Mellors	13	Verulam	30.20		L 2	Shuhan Yang	13	Colchester	30.10
	L 6	Adrienn Kovacs	12	DunmowAtlant	30.70		L 3	Charlotte Moss	13	St Ives	30.00
	L 7	Charlotte Rich	12	Stevenage	31.00		L 4	Aoife Blessing	13	Hatfield	29.99
	L 8	Harmony Smith	11	Team Waveney	31.20		L 5	Morrigan Cooper	13	Bo Southend	30.00
H-4	L 1	Isla Linton	13	Potters Bar	30.15		L 6	Linke Groenewald	13	Bishop Stort	30.00
	L 2	Shuhan Yang	13	Colchester	30.10		L 7	Freya Keeling	13	Hoddesdon	30.14
	L 3	Charlotte Moss	13	St Ives	30.00		L 8	Lana Raine Turner	13	Team Waveney	30.17
	L 4	Aoife Blessing	13	Hatfield	29.99						
	L 5	Morrigan Cooper	13	Bo Southend	30.00						
	L 6	Linke Groenewald	13	Bishop Stort	30.00						
	L 7	Freya Keeling	13	Hoddesdon	30.14						
	L 8	Lana Raine Turner	13	Team Waveney	30.17						

Start List

Event 924 Open/Male 11/14 Yrs 100m Freestyle					Event 925 Open/Male 11/14 Yrs 100m Freestyle						
H-1	L 2	Freddie Sargeant	12	teamipswich	1:10.58	H-9	L 1	Reuben Giles	14	Stowmarket	1:00.60
	L 3	Charlie Searle	12	Co Norwich	1:10.40		L 2	Lewis Gardner	12	Basildon Ph	59.90
	L 4	Nathan Alumanah	12	Thurrock	1:10.20		L 3	Hugo Harley	14	Watford SC	59.30
	L 5	Fraser Rush	12	Diss Otters	1:10.30		L 4	Robert James	14	Epping For't	57.90
	L 6	Zach Bramley	12	Hoddesdon	1:10.40		L 5	Henry Chaloner	14	Biggleswade	58.60
	L 7	Oskar Witt	11	Potters Bar	1:10.61		L 6	Fumfum Nwabueze	14	Basildon Ph	59.60
							L 7	Lawrence Taylor	14	Co Norwich	1:00.20
						L 8	William Cornwell	14	Rochford	1:00.90	
H-2	L 1	Joshua Lillistone	11	teamipswich	1:09.85	H 10	L 1	Tobias Anderson	14	Co Norwich	1:00.60
	L 2	Sebastian Rama	12	Co St Albans	1:09.74		L 2	Oscar Chau	14	Co St Albans	59.90
	L 3	Sebian Sutton	12	Colchester	1:09.20		L 3	Haiyang Shi	13	Basildon Ph	59.10
	L 4	Edward Wilson	12	Co Norwich	1:08.50		L 4	Jake Atkinson	14	Basildon Ph	56.90
	L 5	George Abram	12	Co Norwich	1:08.80		L 5	Benjamin Piscopo	13	Co Peterboro	58.10
	L 6	Myles Burridge	12	St Ives	1:09.38		L 6	Jacob Ure	14	Co Peterboro	59.45
	L 7	Louis Santillo	12	Putteridge	1:09.78		L 7	Ben Cameron-Waller	14	Co Peterboro	1:00.00
	L 8	Tommy Camilotti-Titon	12	Hatfield	1:09.98		L 8	Riley Allen	14	Thurrock	1:00.80
H-3	L 1	Jack Alexander	12	teamipswich	1:08.40	H 11	L 1	Joshua Liebenberg	14	Newmarket	1:00.20
	L 2	Marco Soto-Toth	12	Co Peterboro	1:08.19		L 2	Aaron Rawnsley	14	Harpenden	59.75
	L 3	Finlay Stow-McBride	12	Co Cambridge	1:07.40		L 3	Thomas Riley	14	Colchester	58.80
	L 4	Marcel Finta	12	Bedford SS	1:06.90		L 4	Rafe Lawson	14	Berkhamsted	56.70
	L 5	Tyatt Cole	12	Bo Southend	1:07.00		L 5	Jesse Knight	13	Leiston	58.10
	L 6	Dominic Monovski	12	Hoddesdon	1:08.10		L 6	Kuba Pociot	14	teamipswich	59.40
	L 7	Dexter Hill	12	Saffron Wald	1:08.30		L 7	Taras Boiko	13	Bishop Stort	1:00.00
	L 8	Tyler McLaughlin-Bell	12	Newmarket	1:08.50		L 8	Fevzi Kocaman	14	Co St Albans	1:00.76
H-4	L 1	Fletcher Waugh	12	Colchester	1:06.28						
	L 2	Clark Meanti	13	Putteridge	1:05.80						
	L 3	James Nelson	12	Co St Albans	1:05.03						
	L 4	Aiden Gale	13	Leiston	1:04.82						
	L 5	Carl Manuel Bendanillo	13	Norwich Swan	1:05.00						
	L 6	George Connor	13	Colchester	1:05.60						
	L 7	Lukas Liebenberg	12	Newmarket	1:05.84						
	L 8	Alexander Irish	12	Newmarket	1:06.40						
H-5	L 1	Jeremy Cox	12	Bishop Stort	1:04.80						
	L 2	Dewi Fordyce	13	Berkhamsted	1:04.65						
	L 3	Victor Dryankov	12	Thurrock	1:04.40						
	L 4	Toby Benson	13	Harpenden	1:04.04						
	L 5	George Sims	13	Hatfield	1:04.37						
	L 6	Alex Long	13	Stowmarket	1:04.50						
	L 7	Harrison Dodwell	13	Bishop Stort	1:04.70						
	L 8	Senan Brullo	13	New Hall	1:04.80						
H-6	L 1	Jude Wankowski	13	teamipswich	1:03.76						
	L 2	Luca Capozzi	13	Hemel Hemp	1:03.54						
	L 3	Freddie Pritchard	13	Stowmarket	1:03.50						
	L 4	Leo Sims	13	Hatfield	1:02.80						
	L 5	Daniel McGrath	13	Norwich Swan	1:03.10						
	L 6	Harrison Burridge	13	Co Cambridge	1:03.50						
	L 7	Jake Fox	13	Stowmarket	1:03.66						
	L 8	Julien Vannier	12	Hatfield	1:03.90						
H-7	L 1	Jaedyn Ovbiagele	13	Chelmsford	1:02.70						
	L 2	Jack Lees	13	Epping For't	1:01.80						
	L 3	Noah Goodson	14	West Norfolk	1:01.50						
	L 4	Harry Baucutt	14	Harwich DP	1:01.40						
	L 5	Samuel Childs	13	Berkhamsted	1:01.44						
	L 6	Johnny McAuley	13	Co Peterboro	1:01.51						
	L 7	Lewis Hallam	13	Harpenden	1:02.09						
	L 8	Apollo Pop	13	Chelmsford	1:02.80						
H-8	L 1	Marcus Xu	14	Linslade	1:01.27						
	L 2	Robert Stoica	14	Co Cambridge	1:01.22						
	L 3	Jake Whittaker	14	Basildon Ph	1:01.07						
	L 4	Huxley Phillips	13	Co Cambridge	1:00.97						
	L 5	Oscar Rush	14	Diss Otters	1:01.00						
	L 6	Alfie Larham	14	Co Peterboro	1:01.20						
	L 7	Felix Hubbard	14	Norwich Swan	1:01.24						
	L 8	Cruze Joseph	14	Thetford	1:01.28						

Start List

Event 925 Female 11/14 Yrs 400m IM

H-1	L 3	Niamh Tuson	12	Epping For't	6:09.53
	L 4	Evie Spalding	12	Putteridge	6:03.50
	L 5	Iona Parkes	12	Thurrock	6:03.60
H-2	L 1	Sophie Andrews	12	Flitwick	6:03.39
	L 2	Catherine Hatherly	12	Hatfield	6:01.52
	L 3	Hollie Featherstone	12	Epping For't	5:58.80
	L 4	Teddi-May Thurman	12	Colchester	5:58.00
	L 5	Blossom Smith	11	Basildon Ph	5:58.69
	L 6	Isla Hall	12	Basildon Ph	6:00.18
	L 7	Martha More	12	West Norfolk	6:02.90
H-3	L 1	Evie Lowers	13	Bishop Stort	5:54.32
	L 2	Chloe Bucktrout	13	Linslade	5:53.76
	L 3	Leila Kokas	11	Co Peterboro	5:52.30
	L 4	Esme Parkes	13	Thurrock	5:49.46
	L 5	Nora Hughes	12	Colchester	5:52.20
	L 6	Lola Oakley	13	Norwich Swan	5:52.87
	L 7	Isabelle Wicks	13	Norwich Swan	5:54.15
	L 8	Layla Harley	12	Watford SC	5:56.51
H-4	L 1	Lena Crisp	13	Norwich Swan	5:47.90
	L 2	Tilly Howells	13	Verulam	5:45.11
	L 3	Elizabeth Litvinenko	13	West Norfolk	5:42.60
	L 4	Cassie Bonner	12	Epping For't	5:41.70
	L 5	Shuhan Yang	13	Colchester	5:41.98
	L 6	Olivia Bryant	13	Stowmarket	5:43.35
	L 7	Bella Robertson	13	Stowmarket	5:46.60
	L 8	Lara Kelly	12	New Hall	5:48.50
H-5	L 1	Olive Bailey	13	Colchester	5:38.40
	L 2	Imogen Laws	13	Co Norwich	5:36.80
	L 3	Sofia Sacoto	14	Co St Albans	5:35.78
	L 4	Skye Freeman	14	Norwich Swan	5:32.24
	L 5	Charlotte Stocks	14	Linslade	5:35.10
	L 6	India Clement	14	West Suffolk	5:35.83
	L 7	Poppy Cunningham	14	Co Peterboro	5:38.39
	L 8	Phoebe Thompson	13	Basildon Ph	5:40.90
H-6	L 1	Addison Summers	14	Co St Albans	5:31.12
	L 2	Lilly Franks	14	Thurrock	5:29.03
	L 3	Cerys Wall	14	Co Cambridge	5:28.12
	L 4	Sophie Harvey	14	Co Cambridge	5:25.41
	L 5	Eva Jackson	14	Flitwick	5:27.11
	L 6	Valeria Soldatikhina	13	West Norfolk	5:28.29
	L 7	Polly Anderson	14	West Norfolk	5:30.33
	L 8	Isla Stockwell	14	Co Cambridge	5:31.93
H-7	L 1	Nieve Ives	14	Hatfield	5:21.88
	L 2	Anna Mason	14	Co Peterboro	5:18.58
	L 3	Mia Wilson	14	Basildon Ph	5:16.70
	L 4	Evie Armstrong	14	Dunstable	5:12.33
	L 5	Alice Buckingham	13	Verulam	5:14.26
	L 6	Summer Miller	14	Bishop Stort	5:16.85
	L 7	Eliza Jennings	14	Biggleswade	5:20.18
	L 8	Elija Mickaite	14	Co Peterboro	5:24.50