

**Event 318 Mens/Womens Open 50m Breaststroke**

H 1	L 3	Max Davies	12	SB8	Worksop	1:13.80
	L 4	Joe Seage	20	SB14	Retford	33.60
	L 5	Ellie Spokes	16	SB6	Bramcote	1:12.50

Event 319 Boys 10 Yrs/Over 400m Freestyle

H 1	L 2	Harrison Howes	11	NottmLeander	6:20.03
	L 3	Oliver Richmond	11	Sherwood	6:19.41
	L 4	Joseph Laurie	11	Bramcote	6:19.05
	L 5	Brodie Butlin	10	Mansfield	6:18.68
	L 6	Thomas West	10	Bramcote	6:15.37

H 2	L 1	Gilbert Bailey	11	NottmLeander	6:13.14
	L 2	Tobias Hughes	11	Calv Bing	6:06.33
	L 3	Samuel Price	10	Mansfield	6:04.20
	L 4	Niklas Saukko-Paavola	11	Bramcote	5:59.40
	L 5	Owen Rafferty	11	Retford	5:58.67
	L 6	Jared Collins	11	Sutton	5:57.25
	L 7	King Wai Zhang-Lei	11	Bramcote	5:56.52
	L 8	Oliver Hopkin	12	Calv Bing	5:50.04

H 3	L 1	Oliver Coleman	12	NottmLeander	5:45.49
	L 2	Evan Hawley	12	Sutton	5:31.75
	L 3	Cole Herman	12	Radford	5:27.38
	L 4	Daniel Walker	12	Arnold	5:26.99
	L 5	Jamie Love	11	Mansfield	5:26.54
	L 6	Jenson Ward	12	Calv Bing	5:26.18
	L 7	Liam Hill	12	Sutton	5:22.49
	L 8	Erno Lapis	11	NottmLeander	5:22.08

H 4	L 1	Daniel Oyaide-Nicholls	13	NottmLeander	5:20.67
	L 2	Isaac Smith	13	Worksop	5:19.69
	L 3	Harry Brancham	13	Retford	5:19.46
	L 4	Seth Hinitt	13	Retford	5:19.12
	L 5	James Berry	12	Calv Bing	5:13.52
	L 6	Matthew Cox	12	Calv Bing	5:13.18
	L 7	Harry McKeane	12	Sutton	5:11.57
	L 8	Mason Brown	12	Mansfield	5:10.65

H 5	L 1	Kyran Cubitt	12	Arnold	5:10.30
	L 2	Owen Hathway	13	Mansfield	5:09.94
	L 3	Zak Frisby	12	Radford	5:09.90
	L 4	Ethan Potter	11	Sutton	5:09.76
	L 5	Toby Thorpe	13	Sutton	5:05.07
	L 6	Aaron Johnson	13	NottmLeander	5:02.37
	L 7	Tomos Beech	13	Bramcote	5:01.12
	L 8	Alfie Silver	13	Mansfield	5:00.82

H 6	L 1	Toby Love	13	Mansfield	4:58.72
	L 2	Cameron Breedon	13	Calv Bing	4:55.88
	L 3	Jody Gillott	14	Worksop	4:54.70
	L 4	Lewes Shorthose	13	Mansfield	4:53.26
	L 5	Tristan Dixon-Teasdale	14	Newark	4:52.61
	L 6	James Danson	14	NottmLeander	4:52.40
	L 7	Bailey Slater	14	Sutton	4:50.43
	L 8	Matthew Jackson	14	Arnold	4:49.50

H 7	L 1	Oliver Silver	13	Mansfield	4:48.08
	L 2	Adam Read	14	Sutton	4:47.91
	L 3	Michael Senior	14	Sutton	4:47.22
	L 4	Finley Ellis	14	NottmLeander	4:47.22
	L 5	Harry Benzies	14	Retford	4:45.44
	L 6	Lewis Meade	14	Mansfield	4:44.10
	L 7	Sammy Rahimzadeh	14	Bramcote	4:43.83
	L 8	Kallum Quirke	13	NottNorthern	4:41.03

H 8	L 1	William Turnock	15	Calv Bing	4:40.37
	L 2	Oliver Clay	17	Radford	4:39.52
	L 3	Callum Peel	15	Sutton	4:39.29
	L 4	Kyle Merryweather	15	CarltonForum	4:37.68
	L 5	Matthew Spalton	17	Bramcote	4:37.07
	L 6	Elliot Sibley	14	Calv Bing	4:36.14
	L 7	George Webster	17	Falcon Nttm	4:35.16
	L 8	Gabriel Oyaide-Nicholl	16	NottmLeander	4:33.47

H 9	L 1	Max Davies	14	Arnold	4:33.03
	L 2	Finley Bunhejee	14	Kimberley	4:32.70
	L 3	Tom Trueman	15	Sutton	4:31.94
	L 4	Connor Byron	14	NottmLeander	4:31.28
	L 5	Cillian McGuinness	14	Retford	4:30.02
	L 6	James Cox	15	Calv Bing	4:28.92
	L 7	Callum Kettlewell	15	Retford	4:26.80
	L 8	Thomas White	17	Arnold	4:23.92

H 10	L 1	Kris Moodley	17	NottmLeander	4:13.50
	L 2	Andrew Hall	16	NottmLeander	4:09.83
	L 3	Joshua Harris	18	Bramcote	4:05.95
	L 4	Joseph Sadler	16	Sherwood	4:01.10
	L 5	Joshua Skinner	16	NottmLeander	4:05.62
	L 6	Aron Preece	20	Uni of Nott	4:08.43
	L 7	Ryan Wilcox	17	Bramcote	4:11.40
	L 8	Liam Dawson	14	Arnold	4:13.99

Event 320 Girls 10 Yrs/Over 100m Freestyle

H 1	L 2	Evie Sibley	11	NottmLeander	1:22.17
	L 3	Amelie Monger	11	Sutton	1:21.50
	L 4	Jennifer Walker	11	Retford	1:21.45
	L 5	Amber Walker	11	Radford	1:21.26
	L 6	Amelia Hopkinson	11	Mansfield	1:20.94
	L 7	Ruby Mandeville	11	NottmLeander	1:20.93

H 2	L 1	Neve Smithson	11	Bramcote	1:20.69
	L 2	Matila Herries	11	Nottportland	1:20.53
	L 3	Harriet Dickerson	11	NottmLeander	1:20.52
	L 4	Ruby Westmoreland	10	Radford	1:20.24
	L 5	Elissia Bowen	10	NottmLeander	1:19.80
	L 6	Chloe Brackner	11	Bramcote	1:19.74
	L 7	Sophie Leveridge	11	Calv Bing	1:19.68
	L 8	Poppy Shorthose	11	Mansfield	1:19.39

H 3	L 1	Freya Gibbons	11	Sherwood	1:19.21
	L 2	Anya Lane-Anderson	11	Retford	1:18.93
	L 3	Sophie Smith	11	Worksop	1:18.91
	L 4	Philippa Hickman	11	CarltonForum	1:18.87
	L 5	Ruby Wetherill	11	Calv Bing	1:18.83
	L 6	Alexandra Tomlinson	11	NottmLeander	1:18.61
	L 7	Emma Beale	11	NottmLeander	1:17.82
	L 8	Marissa Li	11	NottmLeander	1:17.01

H 4	L 1	Evie Ferrar	11	NottmLeander	1:16.42
	L 2	Erin O'Neill	12	Radford	1:16.34
	L 3	Eddie Syrett	12	NottmLeander	1:16.10
	L 4	Olivia Beard	11	Bramcote	1:15.04
	L 5	Amelia Pearson	12	Radford	1:14.75
	L 6	Neve Bursztyn	12	CarltonForum	1:14.57
	L 7	Rebeka Hodi	11	NottmLeander	1:14.57
	L 8	Amy Aboutorab	12	NottmLeander	1:14.51

H 5	L 1	Kaitlyn Butters	11	Worksop	1:14.24
	L 2	Eve Milner	12	Worksop	1:14.01
	L 3	Ruby Maiden	12	Sherwood	1:13.98
	L 4	Gracie Walker	12	Sutton	1:13.29
	L 5	Jessica Marriott	12	Calv Bing	1:13.15
	L 6	Ava Buxton	12	Calv Bing	1:12.51
	L 7	Molly Etherington	13	Sutton	1:12.34
	L 8	Amelia Taylor	12	Bramcote	1:11.97

H 6	L 1	Ava Heald	13	Retford	1:11.42
	L 2	Kate Walker	13	Mansfield	1:11.25
	L 3	Kara Lynch	13	Bramcote	1:11.14
	L 4	Macy Roe	13	Sutton	1:10.88
	L 5	Amelia Hargrave	13	Mansfield	1:10.55
	L 6	Erin Lee	13	Bramcote	1:10.33
	L 7	Jessica Cater	12	Bramcote	1:10.29
	L 8	Emma Demandt	13	NottmLeander	1:10.20

H 7	L 1	Sophie Hall	13	Bramcote	1:10.04
	L 2	Hannah Edwards	13	Bramcote	1:09.95
	L 3	Grace Howes	13	NottmLeander	1:09.79
	L 4	Amillia Moth	13	Radford	1:09.67
	L 5	Katie Hill	12	Hucknall Lin	1:09.40
	L 6	Rebecca Darrington	13	Sherwood	1:09.29
	L 7	Maddie Benton	14	Calv Bing	1:09.27
	L 8	Nancy Millward	13	Bramcote	1:09.15



H 8	L 1	Leah Hannaford	14	Radford	1:09.09	H 17	L 1	Emily Morris	14	Bramcote	1:02.65
	L 2	Abigail Young	14	Mansfield	1:09.05		L 2	Summer Simpson	15	Bramcote	1:02.40
	L 3	Amelia Gibson	12	Mansfield	1:08.82		L 3	Holly Lockton	16	NottmLeander	1:02.27
	L 4	Katie Merryweather	12	CarltonForum	1:08.58		L 4	Sarah Holmes	14	Sutton	1:02.24
	L 5	Sophie Cooke	13	Sherwood	1:08.24		L 5	Jessica Li	14	NottmLeander	1:02.21
	L 6	Mai Drury	14	Nottportland	1:08.23		L 6	Ellie Read	17	Sutton	1:01.99
	L 7	Amber Kirk	14	Arnold	1:08.12		L 7	Alicia Clark	13	Worksop	1:01.82
	L 8	Freya Peace	12	Worksop	1:08.00		L 8	Imogen Spouge	16	Kimberley	1:01.78
H 9	L 1	Anastassia Walker	13	Calv Bing	1:07.95	H 18	L 1	Talitha Oud	14	Sutton	1:01.73
	L 2	Amaia Steele	13	Arnold	1:07.69		L 2	Jessica Doherty	18	Calv Bing	1:01.70
	L 3	Izabel Fowles	14	Retford	1:07.66		L 3	Hannah Clay	22	Radford	1:01.70
	L 4	Jenna Marriott	15	Calv Bing	1:07.33		L 4	Ziyenne Shanker	14	NottmLeander	1:01.50
	L 5	Breanna Chamberlain	12	Retford	1:07.23		L 5	Livia Kingsland	14	Kimberley	1:01.32
	L 6	Jessica Scoular	16	Worksop	1:07.17		L 6	Isabella Hobson-Corbet	14	Retford	1:00.76
	L 7	Rhianna Wright	13	Falcon Nttm	1:07.13		L 7	Kate Morris	14	Bramcote	1:00.45
	L 8	Keira Dobbs	14	Sutton	1:07.03		L 8	Jessica Reed	15	Newark	59.90
H 10	L 1	Evie Allsop	15	Falcon Nttm	1:07.03	H 19	L 1	Annie Pearson	17	NottmLeander	59.80
	L 2	Becky Whittaker	14	Calv Bing	1:06.90		L 2	Chloe Quinn	16	Sutton	59.76
	L 3	Fern Hunter	14	Bramcote	1:06.89		L 3	Rebecca Flisher	17	Sherwood	59.00
	L 4	Olivia Smith	16	CarltonForum	1:06.72		L 4	Milly Scotchbrook	19	Uni of Nott	58.90
	L 5	Emily Mitchell	13	Retford	1:06.68		L 5	Mollie Wright	21	Kimberley	58.79
	L 6	Kyra Macdonald	17	Arnold	1:06.57		L 6	Jessica Gillatt	22	Retford	58.70
	L 7	Megan Hanson	17	Kimberley	1:06.50		L 7	Molly Colbert	18	Arnold	57.50
	L 8	Elsbeth Moran	16	Calv Bing	1:06.43		L 8	Freya Colbert	15	Arnold	55.50
H 11	L 1	Jessica Wright	13	Bramcote	1:06.40	Event 321 Boys 10 Yrs/Over 50m Butterfly					
	L 2	Samantha Coleman	14	NottmLeander	1:06.38	H 1	L 3	Benjamin Tunstall	10	Bramcote	43.75
	L 3	Ellie Loades	13	Bramcote	1:06.38		L 4	Joshua Jeacock	11	NottmLeander	43.68
	L 4	Abigail Gilding	13	Arnold	1:06.34		L 5	Brodie Butlin	10	Mansfield	41.76
	L 5	Madeleine Gisby	16	Radford	1:06.32		L 6	King Wai Zhang-Lei	11	Bramcote	41.03
	L 6	Colette Emery	17	Radford	1:06.30	H 2	L 1	Jared Collins	11	Sutton	40.82
	L 7	Jessica Brandom	12	Bramcote	1:06.25		L 2	Ellis Senior	10	Sutton	40.69
	L 8	Frankie Ward	14	Calv Bing	1:06.23		L 3	Owen Horsley	12	NottmLeander	40.29
H 12	L 1	Hettie Chambers	15	Radford	1:06.20		L 4	Tobias Hughes	11	Calv Bing	40.14
	L 2	Evie Johnson	12	Bramcote	1:06.02		L 5	Takayuki Kamura	11	Nottportland	39.78
	L 3	Ellethea Hawley	15	Sutton	1:05.99		L 6	Ewan Squire	12	Bramcote	39.74
	L 4	Rose Dickerson	13	NottmLeander	1:05.92		L 7	Samuel Price	10	Mansfield	39.32
	L 5	Ava Pixsley	14	Retford	1:05.80		L 8	Oliver Norman	11	Bramcote	39.28
	L 6	Amelia Stevenson	14	Retford	1:05.67	H 3	L 1	Jacob Milward	12	Radford	38.12
	L 7	Abbie Quarton	18	CarltonForum	1:05.43		L 2	Oliver Hopkin	12	Calv Bing	37.87
	L 8	Lily Jackson-Oates	14	Arnold	1:05.42		L 3	Erno Lapis	11	NottmLeander	37.86
H 13	L 1	Lottie Warsop	15	Calv Bing	1:05.40		L 4	Jacob Hodgkinson	12	Worksop	37.70
	L 2	Emily Hannaford	16	Radford	1:05.37		L 5	Daniel Walker	12	Arnold	37.67
	L 3	Rose Gubbins	13	NottNorthern	1:05.36		L 6	Mason Brown	12	Mansfield	37.34
	L 4	Ella Croft	16	Calv Bing	1:05.35		L 7	Evan Hawley	12	Sutton	37.29
	L 5	Morgan Green	16	Arnold	1:05.20		L 8	James Berry	12	Calv Bing	37.27
	L 6	Milli-Jo Macdonald	14	Arnold	1:05.20	H 4	L 1	Toby Thorpe	13	Sutton	37.00
	L 7	Eleanor Watson	15	Arnold	1:05.10		L 2	Owen Hathway	13	Mansfield	36.90
	L 8	Holly Bramwell-Ward	14	NottmLeander	1:05.10		L 3	Jamie Love	11	Mansfield	36.57
H 14	L 1	Honey Baxendale	14	Arnold	1:05.09		L 4	Jenson Ward	12	Calv Bing	36.20
	L 2	Alice Jones	15	Sutton	1:04.99		L 5	Cole Herman	12	Radford	36.10
	L 3	Gabrielle Marriott	16	Nottportland	1:04.99		L 6	Liam Hill	12	Sutton	35.98
	L 4	Jessica Mitchell	16	CarltonForum	1:04.93		L 7	Theodore Parker	14	Kimberley	35.63
	L 5	Grace Manson	14	Sherwood	1:04.93		L 8	Daniel Stead	13	Bramcote	35.46
	L 6	Sophie Hutson	17	Sutton	1:04.81	H 5	L 1	Kallum Quirke	13	NottNorthern	35.38
	L 7	Ellie Bunker	16	Sutton	1:04.71		L 2	Ethan Potter	11	Sutton	35.22
	L 8	Mia Lovell	16	NottmLeander	1:04.50		L 3	James Danson	14	NottmLeander	35.20
H 15	L 1	Libby Dove	14	Sutton	1:04.49		L 4	Harry McKeaney	12	Sutton	34.80
	L 2	Emma Peel	15	Sutton	1:04.42		L 5	Jack Carter	13	Sherwood	34.80
	L 3	Ellie Blakey	15	Arnold	1:04.40		L 6	Cameron Breedon	13	Calv Bing	34.51
	L 4	Mia Hunt	17	Retford	1:04.37		L 7	Ben Price	16	Sutton	34.44
	L 5	Caitlin Hutcheson	18	Bramcote	1:04.24		L 8	Jake Askin	15	Bircotes SC	34.41
	L 6	Suranne Cave	15	Sherwood	1:04.12	H 6	L 1	Mark Shipston	59	NottmLeander	34.40
	L 7	Jessica Shephard	15	Kimberley	1:04.07		L 2	Bailey Slater	14	Sutton	34.37
	L 8	Jade Clarke	23	Sherwood	1:03.88		L 3	Adam Clifton	14	Radford	34.28
H 16	L 1	Erin Dixon	15	NottmLeander	1:03.80		L 4	George Wilson	17	Radford	34.28
	L 2	Isabella Sheridan	17	Radford	1:03.74		L 5	Jak Bodycott	15	Arnold	34.28
	L 3	Marija Romanovskaja	13	Newark	1:03.52		L 6	Max Davies	14	Arnold	34.27
	L 4	Jessica Collishaw	16	NottmLeander	1:03.27		L 7	Matthew Cox	12	Calv Bing	34.20
	L 5	Heidi Marriott	14	Sherwood	1:03.24		L 8	Isaac Bennison	14	Falcon Nttm	34.12
	L 6	Grace Allsop	17	Falcon Nttm	1:03.23						
	L 7	Ellie Smeeton	16	Worksop	1:03.14						
	L 8	Lucy Conroy	15	Worksop	1:03.00						



H 7	L 1	Kyran Cubitt	12	Arnold	34.00	H 16	L 1	Dawid Sroka	15	Sherwood	29.00
	L 2	Jake Franse	12	Worksop	33.95		L 2	Kelsey Edwards	18	Sutton	28.95
	L 3	Michael Senior	14	Sutton	33.94		L 3	Liam Dawson	14	Arnold	28.91
	L 4	Mark Illsley	16	Bramcote	33.94		L 4	Daniel Johnston	20	Sutton	28.88
	L 5	Oliver Rann	14	CarltonForum	33.90		L 5	Tom Trueman	15	Sutton	28.85
	L 6	Tristan Dixon-Teasdale	14	Newark	33.85		L 6	George Webster	17	Falcon Nttm	28.80
	L 7	Callum Brookes	13	Sherwood	33.76		L 7	Matthew Pavier	15	Worksop	28.75
	L 8	Dawid Grab	15	Newark	33.54		L 8	Adam Hudson	17	Sutton	28.70
H 8	L 1	Harry Wakelin	14	Sutton	33.50	H 17	L 1	Bradley Francis	17	NottmLeander	28.66
	L 2	Isaac Beighton	14	Radford	33.45		L 2	Matt Leach	43	NottmLeander	28.26
	L 3	Tomos Beech	13	Bramcote	33.25		L 3	Tobias Brown	18	NottmLeander	28.20
	L 4	Matthew Jackson	14	Arnold	33.20		L 4	Kyle Merryweather	15	CarltonForum	28.09
	L 5	Sammy Rahimzadeh	14	Bramcote	33.18		L 5	Finley Bunhejee	14	Kimberley	28.00
	L 6	Oliver Silver	13	Mansfield	33.11		L 6	Joshua Harris	18	Bramcote	28.00
	L 7	Reuben Fox	13	CarltonForum	32.90		L 7	Jacob Carrington	18	Calv Bing	27.74
	L 8	Dylan Webster-Deakin	16	Radford	32.75		L 8	Dominic Frost	19	Uni of Nott	27.65
H 9	L 1	Martin Valtchanov	15	Bramcote	32.71	H 18	L 1	Andrew Hall	16	NottmLeander	27.55
	L 2	Lewis Warner	14	Calv Bing	32.70		L 2	Michael Kerslake	44	CarltonForum	27.53
	L 3	Samuel Coleman	15	CarltonForum	32.70		L 3	Malachy McGuinness	16	Retford	27.51
	L 4	Alfie Silver	13	Mansfield	32.60		L 4	Christopher Lambert	19	NottmLeander	27.33
	L 5	Josh Wakelin	15	Radford	32.51		L 5	Joseph Sadler	16	Sherwood	27.12
	L 6	Ryan Banks	15	NottmLeander	32.50		L 6	Ruslan Golubs	20	Sutton	26.80
	L 7	Zak Frisby	12	Radford	32.40		L 7	Jim Fergie	18	Sutton	26.70
	L 8	Elliot Sibley	14	Calv Bing	32.37		L 8	Oliver Taylor	19	Retford	26.18
H 10	L 1	Adam Read	14	Sutton	32.37	Event 322 Girls 10 Yrs/Over 200m Breaststroke					
	L 2	Lewes Shorthose	13	Mansfield	32.30	H 1	L 3	Amelie Monger	11	Sutton	3:42.81
	L 3	Finley Ellis	14	NottmLeander	32.25		L 4	Freya Jones	11	Bramcote	3:40.38
	L 4	Miles Shaw	15	Newark	32.20		L 5	Sophie Leveridge	11	Calv Bing	3:40.20
	L 5	Dylan Walker	14	Radford	32.07	H 2	L 1	Alexandra Tomlinson	11	NottmLeander	3:39.82
	L 6	Noah Rai	13	Calv Bing	31.98		L 2	Emma Beale	11	NottmLeander	3:39.68
	L 7	Toby Love	13	Mansfield	31.93		L 3	Chloe Brackner	11	Bramcote	3:39.66
	L 8	Connor Byron	14	NottmLeander	31.90		L 4	Evie Sibley	11	NottmLeander	3:37.53
H 11	L 1	Benjamin Cuthill	15	Arnold	31.80		L 5	Bethan Harris	11	Retford	3:36.44
	L 2	Jonathon Lambert	17	NottmLeander	31.80		L 6	Evie Ferrar	11	NottmLeander	3:33.23
	L 3	Latrell Wynter	16	Radford	31.64		L 7	Ruby Wetherill	11	Calv Bing	3:31.95
	L 4	Isaac Smith	13	Worksop	31.63	H 3	L 1	Amelia Taylor	12	Bramcote	3:26.52
	L 5	Thomas Polley	13	Sutton	31.61		L 2	Neve Bursztyl	12	CarltonForum	3:24.76
	L 6	Samuel Easton	16	Arnold	31.60		L 3	Paige Spice	12	Sutton	3:22.26
	L 7	Daniel Oyaide-Nicholls	13	NottmLeander	31.59		L 4	Edie Syrett	12	NottmLeander	3:21.29
	L 8	Niall Goy	17	Worksop	31.58		L 5	Katie Merryweather	12	CarltonForum	3:20.86
H 12	L 1	Stanley Toplass	17	Nottportland	31.49		L 6	Ruby Maiden	12	Sherwood	3:20.40
	L 2	Benjamin Flinton	16	Sherwood	31.47		L 7	Jessica Cater	12	Bramcote	3:15.68
	L 3	Harry Benzies	14	Retford	31.38		L 8	Sophie Hall	13	Bramcote	3:14.86
	L 4	Matthew Spalton	17	Bramcote	31.32	H 4	L 1	Amelia Hargrave	13	Mansfield	3:14.16
	L 5	Luke Derivan	15	NottmLeander	31.20		L 2	Kaitlyn Butters	11	Worksop	3:13.81
	L 6	Lewis Meade	14	Mansfield	31.15		L 3	Jessica Brandom	12	Bramcote	3:13.67
	L 7	Matthew Fallon	17	NottmLeander	31.01		L 4	Macy Roe	13	Sutton	3:13.61
	L 8	Simon Edwards	52	CarltonForum	30.96		L 5	Freya Peace	12	Worksop	3:13.24
H 13	L 1	Connor Wilcox	15	Bramcote	30.90		L 6	Clemmie Chung	13	Arnold	3:12.79
	L 2	Archie Ellis	16	Sutton	30.87		L 7	Katie Hill	12	Hucknall Lin	3:12.74
	L 3	Cillian McGuinness	14	Retford	30.86		L 8	Ava Buxton	12	Calv Bing	3:12.70
	L 4	Connor Marsh	17	Sutton	30.85	H 5	L 1	Breanna Chamberlain	12	Retford	3:12.37
	L 5	Tom Giles	16	Calv Bing	30.70		L 2	Jessica Church	14	Sutton	3:10.24
	L 6	Callum Peel	15	Sutton	30.64		L 3	Ruby Whitby	16	Calv Bing	3:09.83
	L 7	Liam Marsh	19	Sutton	30.42		L 4	Rebecca Darrington	13	Sherwood	3:08.58
	L 8	Benjamin Pierpoint	16	Calv Bing	29.93		L 5	Heather Edwards	17	Sutton	3:08.10
H 14	L 1	Charlie Birch	17	Bramcote	29.90		L 6	Libby Dove	14	Sutton	3:07.96
	L 2	Lynden Johnson	16	Hucknall Lin	29.85		L 7	Hannah Edwards	13	Bramcote	3:07.00
	L 3	Luke Mitchell	18	CarltonForum	29.80		L 8	Ria Dennis	17	Arnold	3:06.75
	L 4	Thomas Bethea	18	Radford	29.50	H 6	L 1	Elissa Langton	16	Sutton	3:06.29
	L 5	Oliver Clay	17	Radford	29.50		L 2	Anastassia Walker	13	Calv Bing	3:03.97
	L 6	Henry Pawson	15	NottmLeander	29.50		L 3	Frankie Ward	14	Calv Bing	3:03.94
	L 7	William Foster	21	NottNorthern	29.45		L 4	Leah Hannaford	14	Radford	3:02.40
	L 8	James Cox	15	Calv Bing	29.43		L 5	Emma Peel	15	Sutton	3:02.40
H 15	L 1	Dominic Boos	16	Radford	29.42		L 6	Samantha Coleman	14	NottmLeander	3:01.90
	L 2	Joshua Leeson	17	Sutton	29.40		L 7	Amaia Steele	13	Arnold	3:01.67
	L 3	Gabriel Oyaide-Nicholl	16	NottmLeander	29.37		L 8	Grace Allsop	17	Falcon Nttm	3:01.31
	L 4	Dominic Gillow	17	Bircotes SC	29.32						
	L 5	Jody Gillott	14	Worksop	29.30						
	L 6	Joe McCallion	18	Calv Bing	29.18						
	L 7	William Turnock	15	Calv Bing	29.05						
	L 8	Callum Kettlewell	15	Retford	29.00						



H 7	L 1	Marija Romanovskaja	13	Newark	3:01.28
	L 2	Emily Rickards	15	NottmLeander	3:00.99
	L 3	Sophie Hutson	17	Sutton	3:00.85
	L 4	Charlotte Woodward	16	NottmLeander	3:00.84
	L 5	Jessica Scoular	16	Worksop	2:59.11
	L 6	Ellie Read	17	Sutton	2:58.91
	L 7	Emily Morris	14	Bramcote	2:58.80
	L 8	Ava Pixsley	14	Retford	2:58.30
H 8	L 1	Lottie Warsop	15	Calv Bing	2:58.21
	L 2	Ella Croft	16	Calv Bing	2:56.40
	L 3	Francesca Berry	15	Calv Bing	2:55.40
	L 4	Evie Allsop	15	Falcon Nttm	2:55.37
	L 5	Ellie Loades	13	Bramcote	2:54.24
	L 6	Ellethea Hawley	15	Sutton	2:54.13
	L 7	Keira Dobbs	14	Sutton	2:53.54
	L 8	Evie Johnson	12	Bramcote	2:53.23
H 9	L 1	Ellie Bunker	16	Sutton	2:53.16
	L 2	Megan Hanson	17	Kimberley	2:52.80
	L 3	Emily Hannaford	16	Radford	2:51.01
	L 4	Elsbeth Moran	16	Calv Bing	2:50.48
	L 5	Livia Kingsland	14	Kimberley	2:50.32
	L 6	Kyra Macdonald	17	Arnold	2:48.80
	L 7	Isabella Hobson-Corbet	14	Retford	2:48.75
	L 8	Alicia Clark	13	Worksop	2:48.72
H 10	L 1	Lily Jackson-Oates	14	Arnold	2:46.18
	L 2	Freya Colbert	15	Arnold	2:40.38
	L 3	Mollie Wright	21	Kimberley	2:39.81
	L 4	Cira Fletcher	21	Arnold	2:30.20
	L 5	Ellie Ward	20	Uni of Nott	2:39.02
	L 6	Jessica Gillatt	22	Retford	2:39.92
	L 7	Molly Colbert	18	Arnold	2:42.37
	L 8	Kate Morris	14	Bramcote	2:46.88