

Event 501 Men 15 Yrs/Over 200m IM

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|-----|-----|------------------------|----|------------------|---------|
| H-1 | L 2 | Kian Saville | 23 | SM10 Daventry | 3:32.10 |
| | L 3 | Kai Gelsthorne | 17 | SM10 Derby Excel | 2:46.96 |
| | L 4 | Aidan Fitzgibbon | 15 | Co Lincoln P | 2:33.60 |
| | L 5 | Owen Johnson | 15 | SM10 Repton | 2:46.60 |
| | L 6 | Bruce Dee | 17 | SM6 Northampton | 3:00.80 |
| H-2 | L 0 | Jacob Briars | 15 | Deepings | 2:32.00 |
| | L 1 | Jake Baugh | 16 | Sutton | 2:30.81 |
| | L 2 | Jack Hughes | 16 | Lincoln Vulc | 2:30.10 |
| | L 3 | Oliver Richmond | 15 | Nova Cent'n | 2:29.70 |
| | L 4 | Aman Thethy | 15 | Rushden | 2:29.20 |
| | L 5 | Tobias Hughes | 15 | NottmLeander | 2:29.48 |
| | L 6 | Ryan Norton | 16 | Boston | 2:30.00 |
| | L 7 | Stefano Fiore | 16 | South Lincs | 2:30.80 |
| | L 8 | Jake Adams | 16 | Louth | 2:31.20 |
| | L 9 | Reuban Fox-Kirkham | 15 | Co Leicester | 2:32.60 |
| H-3 | L 0 | Lucas Granville | 15 | Nova Cent'n | 2:29.00 |
| | L 1 | Jared Collins | 15 | Nova Cent'n | 2:27.90 |
| | L 2 | Max Holland | 15 | Nova Cent'n | 2:26.38 |
| | L 3 | Sam Gray | 16 | Northampton | 2:25.70 |
| | L 4 | Manav Mistry | 16 | Northampton | 2:25.28 |
| | L 5 | William Poyser | 18 | Leic Sharks | 2:25.50 |
| | L 6 | Dylan Jamieson | 15 | Repton | 2:25.80 |
| | L 7 | Euan Hayes-Wormall | 15 | Worksop | 2:26.58 |
| | L 8 | Cole Angell | 15 | Kettering | 2:28.20 |
| | L 9 | Daniel Doyle | 15 | Kettering | 2:29.20 |
| H-4 | L 0 | Lewis Fitch | 16 | Co Leicester | 2:25.00 |
| | L 1 | Aaron Johnson | 17 | Repton | 2:24.80 |
| | L 2 | Ethan Ford | 16 | Co Leicester | 2:24.60 |
| | L 3 | Matthew Dizon | 16 | Co Leicester | 2:24.06 |
| | L 4 | Jack Bignell | 15 | Northampton | 2:23.55 |
| | L 5 | Elliott Barker | 16 | Northampton | 2:23.84 |
| | L 6 | Ethan Randall | 17 | Corby | 2:24.30 |
| | L 7 | Daniel Harris | 16 | Co Leicester | 2:24.70 |
| | L 8 | Noah Van Hoorebeek | 16 | Chesterfield | 2:24.90 |
| | L 9 | Oliver Stone | 15 | Ripley | 2:25.24 |
| H-5 | L 0 | Alfie Bisby | 16 | South Lincs | 2:23.10 |
| | L 1 | Evan Hawley | 16 | Nova Cent'n | 2:23.10 |
| | L 2 | Daniel Walker | 16 | Nova Cent'n | 2:22.50 |
| | L 3 | James Dobney | 19 | Grantham | 2:22.09 |
| | L 4 | Niklas Saukko-Paavola | 15 | Nova Cent'n | 2:21.74 |
| | L 5 | Guillermo Sierra Ville | 18 | Chesterfield | 2:21.89 |
| | L 6 | Kallum Quirke | 17 | NottmLeander | 2:22.30 |
| | L 7 | Finlay Gibson | 15 | Co Leicester | 2:22.80 |
| | L 8 | Cole Stevens | 16 | Chesterfield | 2:23.10 |
| | L 9 | Joseph Greaves | 20 | SM14 Nova Cent'n | 2:23.21 |
| H-6 | L 0 | Benjamin Gibbons | 16 | Northampton | 2:21.30 |
| | L 1 | Laurel Roberts-Burrell | 16 | NottmLeander | 2:21.20 |
| | L 2 | Luke Chambers | 15 | Nova Cent'n | 2:20.86 |
| | L 3 | Samuel Leveridge | 17 | Calv Bing | 2:20.40 |
| | L 4 | Sami Prysor | 16 | Co Leicester | 2:19.60 |
| | L 5 | Harrison Clarke | 15 | Nova Cent'n | 2:20.10 |
| | L 6 | Oscar Goldsmith | 15 | South Lincs | 2:20.50 |
| | L 7 | Thomas Macmanard | 16 | Loughborough | 2:21.10 |
| | L 8 | Sebastian Ebanks | 16 | Derby Excel | 2:21.20 |
| | L 9 | George Berwick | 20 | Grantham | 2:21.67 |
| H-7 | L 0 | Paul Page | 16 | Co Leicester | 2:18.50 |
| | L 1 | Oliver Osborne | 16 | Derby Excel | 2:16.79 |
| | L 2 | Oliver Covill | 18 | Co Leicester | 2:13.88 |
| | L 3 | Adam Wilson | 20 | Lboro Uni | 2:11.30 |
| | L 4 | Charles Kershaw | 21 | Lboro Uni | 2:05.60 |
| | L 5 | Callum Melville | 17 | Nova Cent'n | 2:09.26 |
| | L 6 | Jack Fleming | 22 | Lboro Uni | 2:12.90 |
| | L 7 | Elliot Sibley | 18 | Nova Cent'n | 2:14.90 |
| | L 8 | Joseph Mulligan | 17 | Bramcote | 2:17.60 |
| | L 9 | Joseph Parnell | 16 | Co Lincoln P | 2:19.50 |

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| H-8 | L 0 | Archie Dandy | 15 | Co Leicester | 2:18.10 |
| | L 1 | George Whittle | 17 | Derby Excel | 2:16.50 |
| | L 2 | Luke Stevens | 17 | Co Leicester | 2:13.41 |
| | L 3 | Arthur Llewellyn | 19 | Lboro Uni | 2:10.76 |
| | L 4 | Luke Ibbeson | 20 | Lboro Uni | 2:04.07 |
| | L 5 | Calvin Fry | 19 | Lboro Uni | 2:06.84 |
| | L 6 | Ethan Riches | 20 | Co Lincoln P | 2:12.00 |
| | L 7 | Samuel Cooke | 17 | Corby | 2:14.61 |
| | L 8 | James Lake | 16 | Loughborough | 2:17.50 |
| | L 9 | Thomas Daft | 18 | Coalville | 2:19.40 |

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| H-9 | L 0 | Luke Jeal | 20 | Nova Cent'n | 2:18.10 |
| | L 1 | Findlay Cordle | 16 | Repton | 2:15.80 |
| | L 2 | Alex Keeble | 19 | Leic Sharks | 2:13.10 |
| | L 3 | Rico Bringeman | 18 | South Lincs | 2:10.19 |
| | L 4 | Ben Harrison | 23 | Lboro Uni | 2:01.90 |
| | L 5 | Benjamin Twynham | 18 | Derby Excel | 2:06.62 |
| | L 6 | Thomas White | 21 | Nova Cent'n | 2:11.64 |
| | L 7 | Lewis Warner | 18 | NottmLeander | 2:14.52 |
| | L 8 | Oliver Oxley | 17 | Co Leicester | 2:17.30 |
| | L 9 | Henry Crust | 18 | Co Lincoln P | 2:19.30 |

Event 502 Women 15 Yrs/Over 200m Freestyle

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| H-1 | L 3 | Madeleine Smirthwaite | 15 | Co Lincoln P | 2:22.20 |
| | L 4 | Lillie Hamilton | 15 | South Lincs | 2:21.90 |
| | L 5 | Harriet Dickerson | 15 | Nova Cent'n | 2:22.00 |
| | L 6 | Charlotte Bemrose | 15 | Louth | 2:23.00 |

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| H-2 | L 0 | Emma McLean | 16 | Rushden | 2:21.36 |
| | L 1 | Zara Dixon | 15 | Co Lincoln P | 2:20.80 |
| | L 2 | Ella Mae Prior | 15 | Corby | 2:20.75 |
| | L 3 | Grace Grindrod | 15 | Northampton | 2:20.09 |
| | L 4 | Amelia Roberts | 15 | Nova Cent'n | 2:19.30 |
| | L 5 | Elena Aldenhoff-Kelly | 15 | Grantham | 2:19.60 |
| | L 6 | Matilda McGrath | 16 | Braunstone | 2:20.50 |
| | L 7 | Megan Neave | 20 | S14 Repton | 2:20.79 |
| | L 8 | Emma Rann | 15 | Nova Cent'n | 2:21.10 |
| | L 9 | Amelie Birkett | 16 | Hinckley | 2:21.40 |

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| H-3 | L 0 | Matilda Hase | 16 | Derby Excel | 2:19.04 |
| | L 1 | Charlotte Hodgkin | 15 | Co Lincoln P | 2:17.70 |
| | L 2 | Olivia Anstey | 15 | Louth | 2:17.30 |
| | L 3 | Millie King | 15 | Derby Excel | 2:17.00 |
| | L 4 | Kt Taylor | 17 | Chesterfield | 2:16.40 |
| | L 5 | Sophie Millidge | 17 | Swadlincote | 2:16.80 |
| | L 6 | Francesca Hallam-Stott | 16 | Grantham | 2:17.10 |
| | L 7 | Ruby Credland | 16 | Bassetlaw SS | 2:17.59 |
| | L 8 | Olivia Marshall | 16 | Derby Excel | 2:18.30 |
| | L 9 | Erin O'Neill | 16 | Radford | 2:19.20 |

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| H-4 | L 0 | Lucie Bannatyne | 16 | Co Leicester | 2:16.00 |
| | L 1 | Lilly Tappern | 16 | Corby | 2:15.69 |
| | L 2 | Yanet Fung | 15 | Nova Cent'n | 2:15.30 |
| | L 3 | Grace Conroy | 18 | Repton | 2:14.32 |
| | L 4 | Jessica O'Herlihy | 17 | South Lincs | 2:13.90 |
| | L 5 | Emilia Cieszczyk | 16 | Northampton | 2:14.03 |
| | L 6 | Olivia Beard | 15 | Nova Cent'n | 2:15.00 |
| | L 7 | Eve Turnbull | 16 | CarltonForum | 2:15.40 |
| | L 8 | Grace Wingham | 16 | Kettering | 2:15.90 |
| | L 9 | Sophie Martin | 16 | Chesterfield | 2:16.30 |

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| H-5 | L 0 | Abby Mitchell | 17 | Co Leicester | 2:13.61 |
| | L 1 | Grace Turner | 16 | Grantham | 2:13.50 |
| | L 2 | Emily Parkins | 16 | Nova Cent'n | 2:13.01 |
| | L 3 | Rose Gubbins | 17 | Nova Cent'n | 2:12.80 |
| | L 4 | Elise Sophia Kendall | 17 | Corby | 2:12.69 |
| | L 5 | Francesca Whiting | 21 | Uni of Nott | 2:12.70 |
| | L 6 | Katie Hammond | 20 | Uni of Nott | 2:12.90 |
| | L 7 | Charlotte Wright | 18 | Louth | 2:13.50 |
| | L 8 | Macy Walton | 16 | Co Leicester | 2:13.60 |
| | L 9 | Erin Lee | 17 | Nova Cent'n | 2:13.68 |

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| H-6 | L 0 | Jennifer Walker | 15 | Bassetlaw SS | 2:12.60 | H-5 | L 0 | Cameron Bell | 16 | Rushden | 34.09 |
| | L 1 | Shae Stewart | 17 | Nova Cent'n | 2:12.40 | | L 1 | William Parnell | 16 | Co Lincoln P | 33.84 |
| | L 2 | Rachel Webb | 16 | Bassetlaw SS | 2:12.35 | | L 2 | Jack Sharp | 18 | Leicester Ne | 33.60 |
| | L 3 | Tia Gardiner | 21 | Lboro Uni | 2:11.80 | | L 3 | Luke Chambers | 15 | Nova Cent'n | 33.50 |
| | L 4 | Lucy Cadden | 19 | Derby Excel | 2:11.20 | | L 4 | Christopher Oliver | 16 | Long Eaton | 33.44 |
| | L 5 | Darcie Platts | 15 | Co Leicester | 2:11.40 | | L 5 | Loic Wrightson | 16 | Wellingboro | 33.46 |
| | L 6 | Bryony Lowe | 18 | Co Leicester | 2:11.90 | | L 6 | Max Holland | 15 | Nova Cent'n | 33.60 |
| | L 7 | Georgie Rennals | 17 | Repton | 2:12.40 | | L 7 | Oscar Goldsmith | 15 | South Lincs | 33.70 |
| | L 8 | Jessica Cater | 16 | Nova Cent'n | 2:12.60 | | L 8 | Cole Angell | 15 | Kettering | 33.91 |
| | L 9 | Olivia Hann | 17 | Repton | 2:12.64 | | L 9 | Jack Zeravica | 15 | Grantham | 34.10 |
| H-7 | L 0 | Lily Freeman | 16 | Northampton | 2:10.40 | H-6 | L 0 | Joseph Mulligan | 17 | Bramcote | 33.35 |
| | L 1 | Anna Farr | 16 | Co Leicester | 2:09.07 | | L 1 | Edward Bailey | 17 | NottmLeander | 33.19 |
| | L 2 | Chloe Goodridge | 18 | Northampton | 2:08.05 | | L 2 | Ben Lord | 18 | Co Lincoln P | 33.15 |
| | L 3 | Anna Farrow | 18 | Co Leicester | 2:06.34 | | L 3 | Lewis Cotterell | 17 | Co Leicester | 33.10 |
| | L 4 | Maisie Elliott | 20 | Lboro Uni | 2:04.10 | | L 4 | Aman Thethy | 15 | Rushden | 32.82 |
| | L 5 | Scarlett Orchard | 20 | Lboro Uni | 2:04.40 | | L 5 | Willem Muddimer | 18 | Loughborough | 33.10 |
| | L 6 | Alice Dearing | 26 | Lboro Uni | 2:06.71 | | L 6 | Niklas Saukko-Paavola | 15 | Nova Cent'n | 33.14 |
| | L 7 | Livia Kingsland | 18 | Nova Cent'n | 2:08.44 | | L 7 | Oliver Richmond | 15 | Nova Cent'n | 33.16 |
| | L 8 | Jessica Brandom | 16 | Nova Cent'n | 2:09.60 | | L 8 | Jared Collins | 15 | Nova Cent'n | 33.34 |
| | L 9 | Bea Jones | 17 | Co Leicester | 2:11.20 | | L 9 | Jacob Hodgkinson | 16 | Bassetlaw SS | 33.40 |
| H-8 | L 0 | Anna Tyers | 15 | Derby Excel | 2:10.24 | H-7 | L 0 | Cole Stevens | 16 | Chesterfield | 32.78 |
| | L 1 | Harriet Oxley | 18 | Repton | 2:08.80 | | L 1 | Xeimon Parker-Cox | 21 | Leicester Ne | 32.35 |
| | L 2 | Hannah Hodgkiss | 17 | Repton | 2:07.41 | | L 2 | Lewis Warner | 18 | NottmLeander | 32.30 |
| | L 3 | Marija Romanovskaja | 17 | Repton | 2:04.63 | | L 3 | Alfie Molloy | 16 | Loughborough | 32.29 |
| | L 4 | Emma Croker | 18 | South Lincs | 2:03.93 | | L 4 | Evan Hawley | 16 | Nova Cent'n | 32.21 |
| | L 5 | Georgina Pryor | 25 | Derby Excel | 2:04.21 | | L 5 | George Berwick | 20 | Grantham | 32.22 |
| | L 6 | Alexandra Bulat | 17 | Co Lincoln P | 2:06.69 | | L 6 | Paul Page | 16 | Co Leicester | 32.30 |
| | L 7 | Eja Coe | 17 | Derby Excel | 2:08.31 | | L 7 | Matthew Debenham | 19 | Northampton | 32.34 |
| | L 8 | Holly Robinson | 18 | Repton | 2:09.29 | | L 8 | Nathan Morgan | 17 | Repton | 32.60 |
| | L 9 | Alyssa Lo | 15 | Co Leicester | 2:11.10 | | L 9 | Lynden Johnson | 20 | Hucknall | 32.80 |
| H-9 | L 0 | Holly Lamb | 18 | Co Leicester | 2:09.79 | H-8 | L 0 | George Cummings | 16 | NottmLeander | 32.05 |
| | L 1 | Amelia Moule | 20 | Lboro Uni | 2:08.60 | | L 1 | Thomas Stevens | 23 | Daventry | 31.57 |
| | L 2 | Alicia Massie | 18 | Repton | 2:07.20 | | L 2 | George Whittle | 17 | Derby Excel | 31.03 |
| | L 3 | Henrietta D'Ammassa | 18 | Repton | 2:04.61 | | L 3 | Ryan Katra | 21 | Loughborough | 30.60 |
| | L 4 | Mia Stevin | 20 | Lboro Uni | 1:59.92 | | L 4 | Jack Blair | 25 | Chesterfield | 29.13 |
| | L 5 | Laurie Devine | 17 | Repton | 2:04.20 | | L 5 | Michael Edwards | 19 | Lboro Uni | 29.58 |
| | L 6 | Alicia Dingle | 21 | Lboro Uni | 2:06.51 | | L 6 | Jacob Hamblen | 18 | Derby Excel | 30.82 |
| | L 7 | Charlotte Roome | 16 | Derby Excel | 2:08.10 | | L 7 | Henry Crust | 18 | Co Lincoln P | 31.15 |
| | L 8 | Fleur Lewis | 20 | Lboro Uni | 2:09.08 | | L 8 | Kyle Merryweather | 19 | Radford | 31.90 |
| | L 9 | Lucy Hitchin | 18 | Repton | 2:10.96 | | L 9 | William Soden-Barton | 19 | NottmLeander | 32.18 |
| Event 503 Men 15 Yrs/Over 50m Breaststroke | | | | | | | | | | | |
| H-1 | L 3 | Nathaniel Costigan | 23 | SB11 Lboro Uni | 41.70 | H-9 | L 0 | Kieran Howard | 17 | Radford | 32.00 |
| | L 4 | Ellis Bancroft | 15 | Loughborough | 36.40 | | L 1 | Archie Forrester | 22 | Loughborough | 31.50 |
| | L 5 | Dominik Washbrook | 16 | Lincoln Vulc | 36.50 | | L 2 | James Berry | 16 | Radford | 30.90 |
| H-2 | L 1 | Harry Pyott | 15 | Worksop | 36.17 | | L 3 | Daniel Oyaide-Nicholls | 17 | Nova Cent'n | 30.55 |
| | L 2 | Benjamin Sharp | 16 | NottmLeander | 36.08 | | L 4 | Adam Metcalf | 22 | Lboro Uni | 28.90 |
| | L 3 | Tobias Hughes | 15 | NottmLeander | 35.62 | | L 5 | Thomas White | 21 | Nova Cent'n | 29.45 |
| | L 4 | Jacob Briers | 15 | Deepings | 35.50 | | L 6 | Luke Witten | 19 | Long Eaton | 30.78 |
| | L 5 | Ryan Norton | 16 | Boston | 35.60 | | L 7 | Arthur Llewellyn | 19 | Lboro Uni | 31.11 |
| | L 6 | Jake Baugh | 16 | Sutton | 35.63 | | L 8 | Julian Lee | 18 | Kettering | 31.74 |
| | L 7 | Quinn Coppen | 15 | Long Eaton | 36.10 | | L 9 | Thomas Boyt | 24 | Northampton | 32.10 |
| | L 8 | Taylor Keen | 16 | Market Har | 36.30 | H 10 | L 0 | Jack Taylor | 19 | Leic Sharks | 31.94 |
| H-3 | L 0 | Franklin Phillips | 15 | Rushden | 35.40 | | L 1 | James Annable | 17 | Kettering | 31.40 |
| | L 1 | Pavel Johnson | 16 | Arnold | 35.20 | | L 2 | Max Balderson | 20 | Rushden | 30.83 |
| | L 2 | Harrison Howes | 15 | NottmLeander | 35.01 | | L 3 | Dominic Bools | 20 | Repton | 30.12 |
| | L 3 | Aidan Fitzgibbon | 15 | Co Lincoln P | 34.94 | | L 4 | Callum Melville | 17 | Nova Cent'n | 28.56 |
| | L 4 | Jack Kentish | 16 | Northampton | 34.74 | | L 5 | Mackenzie Cannon | 21 | Lboro Uni | 29.34 |
| | L 5 | Charlie Jeanes | 15 | Repton | 34.76 | | L 6 | Ross Balderson | 23 | Rushden | 30.70 |
| | L 6 | Rory Depledge | 16 | Dronfield | 34.97 | | L 7 | Oliver Covill | 18 | Co Leicester | 31.06 |
| | L 7 | Harrison Grix-White | 15 | Dronfield | 35.10 | | L 8 | Aaron Flynn | 33 | Wellingboro | 31.70 |
| | L 8 | Joby Evans | 15 | Mansfield | 35.36 | | L 9 | Omar Hijazi | 20 | Uni of Nott | 32.06 |
| | L 9 | Jack Hughes | 16 | Lincoln Vulc | 35.40 | Event 504 Women 15 Yrs/Over 100m Backstroke | | | | | |
| H-4 | L 0 | Sam Macer | 15 | Repton | 34.70 | H-1 | L 3 | Eliza Humphrey | 18 | S11 Northampton | 1:29.16 |
| | L 1 | Stefano Fiore | 16 | South Lincs | 34.54 | | L 4 | Freya Gibbons | 15 | S10 Mansfield | 1:14.90 |
| | L 2 | Finn Reed | 16 | Loughborough | 34.26 | | L 5 | Amber Haycock | 16 | S10 Rushden | 1:14.98 |
| | L 3 | Alexander Menshutkin | 16 | Kettering | 34.21 | H-2 | L 1 | Charlotte Bemrose | 15 | Louth | 1:13.95 |
| | L 4 | Oliver Henshaw | 15 | BelperMarlin | 34.13 | | L 2 | Hebe Spooner | 15 | Dronfield | 1:13.30 |
| | L 5 | Marc Jourdain | 16 | Buxton | 34.20 | | L 3 | Abbie Tunnicliffe | 15 | Derby Excel | 1:12.70 |
| | L 6 | Jake Adams | 16 | Louth | 34.23 | | L 4 | Grace Twilton | 15 | Co Lincoln P | 1:12.50 |
| | L 7 | Noah Van Hoorebeek | 16 | Chesterfield | 34.28 | | L 5 | Elizabeth Palfrey | 15 | Loughborough | 1:12.60 |
| | L 8 | Jacob Milward | 16 | Nova Cent'n | 34.61 | | L 6 | Neve Ping | 15 | Bassetlaw SS | 1:13.10 |
| | L 9 | Hayden Potts | 15 | Lincoln Vulc | 34.70 | | L 7 | Lola Halmshaw | 16 | Radford | 1:13.60 |
| | | | | | | | L 8 | Paige Dyche | 15 | Swadlincote | 1:14.00 |

| | | | | Event 505 Men 15 Yrs/Over 400m Freestyle | | | |
|-----|-----|------------------------|--------|---|---------|-----|---|
| H-3 | L 0 | Matilda McGrath | 16 | Braunstone | 1:12.40 | | |
| | L 1 | Julia Jozwiak | 15 | Co Leicester | 1:12.40 | H-1 | L 0 Kian Saville 23 S10 Daventry 6:40.00 |
| | L 2 | Millie King | 15 | Derby Excel | 1:12.18 | | L 1 Owen Johnson 15 S10 Repton 5:07.05 |
| | L 3 | Yanet Fung | 15 | Nova Cent'n | 1:11.80 | | L 2 Kai Gelsthorpe 17 S10 Derby Excel 4:53.00 |
| | L 4 | Charlotte Hodgkin | 15 | Co Lincoln P | 1:11.70 | | L 3 Finlay Stephenson 17 Co Leicester 4:51.10 |
| | L 5 | Emma McLean | 16 | Rushden | 1:11.76 | | L 4 Jacob Briars 15 Deepings 4:47.30 |
| | L 6 | Orla Eyton-Jones | 17 | Corby | 1:12.10 | | L 5 Evan Noorpuri 16 Lincoln Vulc 4:47.70 |
| | L 7 | Lauren Tomlinson | 18 | BelperMarlin | 1:12.30 | | L 6 William Taylor 15 Louth 4:52.10 |
| | L 8 | Isabelle McCorkell | 15 | Gainsborough | 1:12.40 | | L 7 Cole Johnson 15 Radford 4:53.10 |
| | L 9 | Mimi Fisher | 16 | Ripley | 1:12.40 | | L 8 Max Davies 16 S9 Worksop 5:10.10 |
| H-4 | L 0 | Jennifer Walker | 15 | Bassetlaw SS | 1:11.70 | H-2 | L 0 Jensen Hylton 15 Co Lincoln P 4:42.40 |
| | L 1 | Isabelle Brailsford | 16 | Derby Excel | 1:11.60 | | L 1 Tyler Hollyman 16 Wellingboro 4:40.90 |
| | L 2 | Alexandra Hallam-Stott | 17 | Grantham | 1:11.00 | | L 2 Joseph Laurie 15 Nova Cent'n 4:37.31 |
| | L 3 | Rebecca Darrington | 17 | Radford | 1:10.80 | | L 3 Dylan Jamieson 15 Repton 4:34.98 |
| | L 4 | Ruby Credland | 16 | Bassetlaw SS | 1:10.80 | | L 4 Layne Keyworth 15 Bassetlaw SS 4:34.10 |
| | L 5 | Ruby Waring | 17 | Louth | 1:10.80 | | L 5 Sam Macer 15 Repton 4:34.39 |
| | L 6 | Charlotte Byron | 15 | Melton M'bry | 1:10.90 | | L 6 Jamie Love 15 Nova Cent'n 4:37.00 |
| | L 7 | Grace Wingham | 16 | Kettering | 1:11.10 | | L 7 Ryan Norton 16 Boston 4:40.00 |
| | L 8 | Lucy Cadden | 19 | Derby Excel | 1:11.70 | | L 8 David Bucur 15 Worksop 4:41.40 |
| | L 9 | Mia Copping | 16 | Lincoln Vulc | 1:11.70 | | L 9 Jake Adams 16 Louth 4:46.40 |
| H-5 | L 0 | Georgie Rennals | 17 | Repton | 1:10.60 | H-3 | L 0 Jack Bignell 15 Northampton 4:33.01 |
| | L 1 | Jessica Wright | 17 | Bramcote | 1:10.40 | | L 1 Ethan Ford 16 Co Leicester 4:31.40 |
| | L 2 | Megan Neave | 20 S14 | Repton | 1:10.37 | | L 2 Harrison Clarke 15 Nova Cent'n 4:29.40 |
| | L 3 | Amreen Sanghera | 16 | Co Leicester | 1:10.10 | | L 3 Reuben Fox 17 CarltonForum 4:28.30 |
| | L 4 | Kt Taylor | 17 | Chesterfield | 1:10.00 | | L 4 Finlay Gibson 15 Co Leicester 4:28.10 |
| | L 5 | Olivia Anstey | 15 | Louth | 1:10.10 | | L 5 Tyler Holland 15 Co Leicester 4:28.20 |
| | L 6 | Holly Giles | 17 | Louth | 1:10.30 | | L 6 Edun Rowe 15 Northampton 4:28.54 |
| | L 7 | Brianna Hansen-Hoare | 16 | Repton | 1:10.40 | | L 7 Manav Mistry 16 Northampton 4:31.27 |
| | L 8 | Beatrice Finch | 17 | South Lincs | 1:10.50 | | L 8 Sam Gray 16 Northampton 4:32.90 |
| | L 9 | Kate Pearson | 17 | Chesterfield | 1:10.67 | | L 9 Joshua Clarke 15 Grantham 4:33.60 |
| H-6 | L 0 | Evie Ferrar | 15 | NottmLeander | 1:09.82 | H-4 | L 0 Kallum Quirke 17 NottmLeander 4:23.60 |
| | L 1 | Macy Walton | 16 | Co Leicester | 1:09.00 | | L 1 Joseph Mulligan 17 Bramcote 4:20.40 |
| | L 2 | Erin Gent | 15 | Repton | 1:08.70 | | L 2 Luke Stevens 17 Co Leicester 4:14.00 |
| | L 3 | Eleanor Broughton | 17 | Repton | 1:08.52 | | L 3 Joseph Kingsland 20 Nova Cent'n 4:06.70 |
| | L 4 | Emilia Cieszczyk | 16 | Northampton | 1:07.90 | | L 4 Jack Fleming 22 Lboro Uni 3:59.20 |
| | L 5 | Bella Hodges | 19 | Uni of Nott | 1:08.03 | | L 5 Samuel Tucker 19 Lboro Uni 4:02.34 |
| | L 6 | Eve Turnbull | 16 | CarltonForum | 1:08.60 | | L 6 George Moore 17 Co Leicester 4:13.12 |
| | L 7 | Emily Farr | 19 | Co Leicester | 1:08.90 | | L 7 Findlay Cordle 16 Repton 4:17.05 |
| | L 8 | Grace Turner | 16 | Grantham | 1:09.80 | | L 8 Alfie Bisby 16 South Lincs 4:21.46 |
| | L 9 | Isabel Wright | 17 | Long Eaton | 1:10.00 | | L 9 Oliver Sorrell 16 South Lincs 4:27.10 |
| H-7 | L 0 | Anna Tyers | 15 | Derby Excel | 1:07.33 | H-5 | L 0 Benjamin Gibbons 16 Northampton 4:23.20 |
| | L 1 | Rachel Webb | 16 | Bassetlaw SS | 1:06.70 | | L 1 Daniel Harris 16 Co Leicester 4:19.40 |
| | L 2 | Rose Gubbins | 17 | Nova Cent'n | 1:05.42 | | L 2 Samuel Cooke 17 Corby 4:13.43 |
| | L 3 | Kate Morris | 18 | Nova Cent'n | 1:04.38 | | L 3 Jake Hutchinson 17 Co Leicester 4:05.10 |
| | L 4 | Nelly Kinch | 22 | Uni of Nott | 1:02.20 | | L 4 Sean McCann 18 Co Leicester 3:58.74 |
| | L 5 | Tatiana Tostevin | 20 | Lboro Uni | 1:02.90 | | L 5 Adam Hall 22 Lboro Uni 4:00.40 |
| | L 6 | Jessica Li | 18 | NottmLeander | 1:04.90 | | L 6 Luke Jeal 20 Nova Cent'n 4:10.50 |
| | L 7 | Bea Jones | 17 | Co Leicester | 1:06.06 | | L 7 Daniel Walker 16 Nova Cent'n 4:15.30 |
| | L 8 | Darcie Platts | 15 | Co Leicester | 1:07.10 | | L 8 Oscar Goldsmith 15 South Lincs 4:20.70 |
| | L 9 | Chloe Goodridge | 18 | Northampton | 1:07.70 | | L 9 Elliott Barker 16 Northampton 4:26.45 |
| H-8 | L 0 | Rose Dickerson | 17 | Nova Cent'n | 1:07.30 | H-6 | L 0 Owen Hathway 17 Grantham 4:22.80 |
| | L 1 | Alexandra Bulat | 17 | Co Lincoln P | 1:06.60 | | L 1 Sami Prysor 16 Co Leicester 4:18.20 |
| | L 2 | Millie Wells | 16 | Co Leicester | 1:05.40 | | L 2 Jacob Lee 17 Co Leicester 4:13.40 |
| | L 3 | Lucy Hitchin | 18 | Repton | 1:04.10 | | L 3 Thomas Sansome 20 Lboro Uni 4:03.50 |
| | L 4 | Honey Osrin | 20 | Lboro Uni | 1:02.00 | | L 4 William Bell 21 Lboro Uni 3:50.80 |
| | L 5 | Natasha Whittall | 20 | Lboro Uni | 1:02.80 | | L 5 Alexander Harrand 18 Derby Excel 4:00.30 |
| | L 6 | Amy Davies | 21 | Uni of Nott | 1:04.70 | | L 6 Elliot Sibley 18 Nova Cent'n 4:07.70 |
| | L 7 | Emma Croker | 18 | South Lincs | 1:06.00 | | L 7 Alex Keeble 19 Leic Sharks 4:14.40 |
| | L 8 | Ashleigh Green | 17 | Repton | 1:07.02 | | L 8 Alex Sadler 16 South Lincs 4:20.69 |
| | L 9 | Elise Sophia Kendall | 17 | Corby | 1:07.53 | | L 9 William Poyser 18 Leic Sharks 4:25.50 |
| H-9 | L 0 | Anna Farr | 16 | Co Leicester | 1:07.20 | | |
| | L 1 | Holly Robinson | 18 | Repton | 1:06.41 | | |
| | L 2 | Holly Marshall | 17 | Repton | 1:05.10 | | |
| | L 3 | Charley Jones | 21 | Lboro Uni | 1:04.05 | | |
| | L 4 | Iona Colbert | 18 | Nova Cent'n | 1:01.40 | | |
| | L 5 | Sophie De Groot | 19 | Lboro Uni | 1:02.60 | | |
| | L 6 | Madeleine Soper | 20 | Uni of Nott | 1:04.40 | | |
| | L 7 | Elise Collins | 21 | Chesterfield | 1:05.50 | | |
| | L 8 | Alice Kerslake | 20 | Uni of Nott | 1:07.00 | | |
| | L 9 | Alice Streeter | 17 | Co Leicester | 1:07.40 | | |