

Club	Category	TRISTART			
	Team Gender (M/F/Mixed)	Athlete Name 1	Athlete Name 2	Athlete Name 3	Overall Time
Optima	Mixed	Holly L	Charlie W	Eloise W	14.50
Jetstream	F	Ottile Sly	No second runner	No third runner	N/A
Club	Category	T1			
	Team Gender (M/F/Mixed)	Athlete Name 1	Athlete Name 2	Athlete Name 3	Overall Time
Optima	M	William L	Rafi B	Rory W	19.52
Greenwich Tritons	F	Martha Kee	Izzy Burt	Lizzie Sanders	21.38
Thames Turbo	Mixed	Rasmus Hern	Julius Daviter-Nowell	Gabriella Hern	21.57
Comet	Mixed	Iris Bowden Stone *	Zak Weaver	Danielle McGlashan	20.56
Greenwich Tritons	Mixed	Carys Fry	Fletcher Hayes	No third runner	N/A
Jetstream	M	James Bridges	No second runner	No third runner	N/A
Optima	F	Freya W	No second runner	No third runner	N/A
Club	Category	T2			
	Team Gender (M/F/Mixed)	Athlete Name 1	Athlete Name 2	Athlete Name 3	Overall Time
London Fields	M	Edward Metcalf	Henry Tsang	Raffi Tsang	22.17
Thames Turbo	M	Tom Mythen	Samuel Hern	William Omerod	23.34
Thames Turbo	F	Rachel Riedlinger	Kitty scott	Poppy scott	24.09
Greenwich Tritons	M	Billy Kee	Tobi Butcher	Rory Tynan	25.39
Optima	Mixed	Olivia K	Evie A	Ethan B	26.22
Greenwich Tritons	F	Marley Reeves	Freya Taylor	Daisy Laughlin	26.32
Westcroft	M	Aaron Morrell	Arron O'Brien	Harry Poole	27.17
Comet	Mixed	Lewys Poole	Kaleigh Nicholson	Tristan Prior	#REF!
London Fields	Mixed	Luc Tisné	Emily Metcalf	Rita Monteiro	27.47
Jetstream	Mixed	Annay Patel	Taylor Bridges	Edward Sly	28.46
Greenwich Tritons	M	George Hicks	Dexter Reeves	Liam Bowers	30.07
Thames Turbo	F	Poppy Macdonald	Alessia Goodall Parenti	Aurelia Hydes	33.35
Optima	Mixed	Freddie H	Zion P	No third runner	N/A
Westcroft	F	Florenee Sparks	Serena Yip	No third runner	N/A
Club	Category	T3			
	Team Gender (M/F/Mixed)	Athlete Name 1	Athlete Name 2	Athlete Name 3	Overall Time
Optima	M	Harry K	Mani G	Oskar B	27.33

Greenwich Tritons	F	Emer Tynan	Isla Taylor	Elizabeth Wallace	28.51
Comet	Mixed	Jarlath Meehan	Darcie Bateman	Marcus Solomon	30.35
Westcroft	F	Maia Morrell	Molly Sheil	Harriet Redmond	32.00
Greenwich Tritons	M	Jack Butcher	George Turner	Ben Daly	32.09
Thames Turbo	M	Thomas Hooper	Charlie Briscoe	Charlie Brook	33.18
Greenwich Tritons	F	Noemi Klanga	Matilda	Tilly Coltrini	33.27
Greenwich Tritons	F	Daisy Laughlin	Tabitha Bullock	Jasmine Bestwick	36.46
London Fields	Mixed	Maya O'Dwyer	Daniel Issitt	Ishaana Cannell	37.27
Westcroft	M	Michael Yip	George Stebbings	No third runner	N/A
Unattached	F	Darcey Mitchell	No second runner	No third runner	N/A
Optima	M	George A	No second runner	No third runner	N/A
Greenwich Tritons	F	Melissa Bestwick	No second runner	No third runner	N/A
Club	Category	YOUTH/JUNIOR			
	Team Gender (M/F/Mixed)	Athlete Name 1	Athlete Name 2	Athlete Name 3	Overall Time
Comet	Mixed	Spencer Bateman	Ethan Flack	Sabrina Coppolo	32.07
Greenwich Tritons	M	Brett Baker	Emilio Mendoza	Theo Treadwell	33.31
London Fields	Mixed	Christopher Richardson	Alice Metcalf	Eddie Beagley	34.52
Thames Turbo	M	Jonny Brook	Sebastien Lafaury	Zach Horn	35.36
Greenwich Tritons	M	Joshua Doherty	Andrew Steer	Nico Hadingham	36.29
Greenwich Tritons	M	Archie Porter	Joseph Steer	Liam Lockwood	38.57
Westcroft	Mixed	Casey Hill	Laila Morrell	Jack Trowell	41.05
Optima	Mixed	Rufus J	Felix J	Katie P	42.47
Comet	Mixed	Holly Ainsworth	Poppy Weaver	Nathan Prior	43.00
Greenwich Tritons	F	Isabel Wallace	Anna Hadingham	Sophia Kirkman	43.37
Greenwich Tritons	M	Seth Pierce	Oliver Doherty	Matthew Marsh	43.43
Thames Turbo	Mixed	Verity Parnham	Lia Hughes	Louis Clark	49.44
Unattached	F	Poppy Mitchell	No second runner	No third runner	N/A
Greenwich Tritons	F	Izzy Daly	No second runner	No third runner	N/A