

Court: 3 (cat. 5)

Poomsae Individual

Round **3**

Category **Ind: U7 Micro Male K1 (2-1 K)**

Competitors **2**

ID no.	Name	Team	Country
1	273 Ross Grimson	Unite Martial Arts Academy	GBR
2	139 Ethan Wan	Gajok Taekwondo Academy	GBR

Court: 3 (cat. 6)

Poomsae Individual

Round **3**

Category **Ind: U7 Micro Female K1 (2-1 K)**

Competitors **1**

ID no.	Name	Team	Country
1	118 Evie Newby	Boston	GBR

Court: 3 (cat. 7)

Poomsae Individual

Round **3**

Category **Ind: U7 Micro Male K2 (6 -3 K)**

Competitors **4**

ID no.	Name	Team	Country
1	143 Joseph Royston	Kangchul	GBR
2	263 Gabriel Kim	Tuji Taekwondo	GBR
3	168 Christian Casaclang	Nomad Taekwondo	GBR
4	10 Ayman Baig	London Taekwondo Academy	ENG

Court: 3 (cat. 8)

Poomsae Individual

Category **Ind: U7 Micro Female K2 (6 -3 K)**
Competitors **4**

Round **3**

ID no.	Name	Team	Country
1	33 Karla Nicole Petcu	London Taekwondo Academy	ENG
2	149 Moyi Zhou	Kixstar Dragon TKD	GBR
3	218 Isabel Bueno Sanchez	Premier Taekwondo Uk	GBR
4	38 Safah Rashidi	London Taekwondo Academy	ENG

Court: 3 (cat. 20)

Poomsae Individual

Round **2**

Category **Ind: U7 Micro Male K3 (10-7 K)**

Competitors **13**

ID no.	Name	Team	Country
1	56 Cole Howe	Polaris Taekwondo	ENG
2	9 Roman Mohammad Bahrami	London Taekwondo Academy	ENG
3	103 Augustine Kwon	Aquila Taekwondo	GBR
4	279 George Taylor	Unite Martial Arts Academy	GBR
5	35 Ahmad Qoreishi	London Taekwondo Academy	ENG
6	159 Dylan-Reece Moorhead	Loughton Taekwondo	GBR
7	179 Luke Gray	Nomad Taekwondo	GBR
8	268 Elliot Rowland	Tuji Taekwondo	GBR
9	261 Max Hunter	Tuji Taekwondo	GBR
10	48 Safiullah Shaker	London Taekwondo Academy	ENG
11	24 Hashir Khurrami	London Taekwondo Academy	ENG
12	185 Keon Nkansah	Nomad Taekwondo	GBR
13	257 Laurie Crozier	Tuji Taekwondo	GBR

Court: 4 (cat. 4)

Poomsae Individual

Category **Ind: U7 Micro Female K3 (10-7 K)**

Competitors **10**

Round **2**

ID no.	Name	Team	Country
1	173 Lyla Emmens	Nomad Taekwondo	GBR
2	105 Mya Lam-Burton	Aquila Taekwondo	GBR
3	265 Ivy Pemberton	Tuji Taekwondo	GBR
4	174 Molly Emmens	Nomad Taekwondo	GBR
5	121 Yuning Law	Carlton Arena Taekwondo	GBR
6	131 Sarina Mannan	Evolve Taekwondo	GBR
7	238 Zoe Fabian	Superior Taekwondo Academy	GBR
8	137 Isabella Dixon	Gajok Taekwondo Academy	GBR
9	53 Tayyibah Aslami	Peace Taekwondo Academy	ENG
10	160 Ellie Sau	Loughton Taekwondo	GBR

Court: 4 (cat. 5)

Poomsae Individual

Category **Ind: U9 Mini Male K1 (2-1 K)**

Round **3**

Competitors **4**

ID no.	Name	Team	Country
1	47 Mohammad-Yusuf Shaker	London Taekwondo Academy	ENG
2	163 Akinfolajinmi Akinrele	Nomad Taekwondo	GBR
3	286 Taylor Plant	Warrior Taekwondo	GBR
4	66 Elijah Houston	Weymouth Taekwondo	ENG

Court: 4 (cat. 6)

Poomsae Individual

Round **3**

Category **Ind: U9 Mini Female K1 (2-1 K)**

Competitors **5**

ID no.	Name	Team	Country
1	274 Niamh Lawler	Unite Martial Arts Academy	GBR
2	191 Millie-Anne Kirk	Ntc	GBR
3	278 Eva Taylor	Unite Martial Arts Academy	GBR
4	89 Charlie Stalker	Wales Taekwondo	WAL
5	189 Lena Czerkawska	Ntc	GBR

Court: 4 (cat. 7)

Poomsae Individual

Round **2**

Category **Ind: U9 Mini Male K2 (6 -3 K)**

Competitors **14**

ID no.	Name	Team	Country
1	170 Morgan Culver	Nomad Taekwondo	GBR
2	87 Tyler Jones	Wales Taekwondo	WAL
3	210 James Keeling	Phoenix Taekwondo	GBR
4	36 Yasser Rankou	London Taekwondo Academy	ENG
5	291 Thoams Harris	Yamang Taekwondo	GBR
6	269 Zach Vickers	Tuji Taekwondo	GBR
7	150 Benjamin Straker	Kta GBR	GBR
8	27 Jafar Mohamed	London Taekwondo Academy	ENG
9	111 Shahr Mukamel	Aquila Taekwondo	GBR
10	187 Veron Selema	Nomad Taekwondo	GBR
11	156 Jayde Li	Litkd	GBR
12	90 Harvey Wells	Wales Taekwondo	WAL
13	284 Daniel Owen	Warrior Taekwondo	GBR
14	161 James Sau	Loughton Taekwondo	GBR

Court: 4 (cat. 8)

Poomsae Individual

Round **2**

Category **Ind: U9 Mini Female K2 (6 -3 K)**

Competitors **14**

ID no.	Name	Team	Country
1	180 Vi Ha Ho	Nomad Taekwondo	GBR
2	182 Sun-Yi Kelly	Nomad Taekwondo	GBR
3	259 Erin Golsby	Tuji Taekwondo	GBR
4	293 Enea Miller	Yamang Taekwondo	GBR
5	281 Caitlin Quinn	Vision Taekwondo	GBR
6	96 Jessica Bryan	Aquila Taekwondo	GBR
7	195 Cuba Wilson	Ntc	GBR
8	260 Flo Good	Tuji Taekwondo	GBR
9	181 Kaitlin Hoang	Nomad Taekwondo	GBR
10	72 Abigail Mesher	Weymouth Taekwondo	ENG
11	251 Olivia Blasco Kyun	Tuji Taekwondo	GBR
12	186 Indyah Omonitan	Nomad Taekwondo	GBR
13	178 Keira Gnanapragasam	Nomad Taekwondo	GBR
14	91 Kyla Williams	Wales Taekwondo	WAL

Court: 4 (cat. 9)

Poomsae Individual

Round **3**

Category **Ind: U9 Mini Male K3 (10-7 K)**

Competitors **7**

ID no.	Name	Team	Country
1	229 Taufiq Ma	Shins Academy	GBR
2	205 Daniyal Pietras	Pejic Taekwondo	GBR
3	228 Faiz Abidin	Shins Academy	GBR
4	151 Finley Straker	Kta GBR	GBR
5	255 Samuel Cridford	Tuji Taekwondo	GBR
6	6 Elias Ahmadi	London Taekwondo Academy	ENG
7	17 Arash Hamad	London Taekwondo Academy	ENG

Court: 4 (cat. 10)

Poomsae Individual

Round **3**

Category **Ind: U9 Mini Female K3 (10-7 K)**

Competitors **6**

ID no.	Name	Team	Country
1	94 Sumayyah Jokhoo	Ali's Dojang	GBR
2	23 Sahar Khurrami	London Taekwondo Academy	ENG
3	12 Hanna Bouizedekane	London Taekwondo Academy	ENG
4	153 Caoimhe Fitzpatrick	Lion Taekwondo	GBR
5	235 Aurora Jae Sims	Stoke Uta Taekwondo	GBR
6	100 Lois Fikuart	Aquila Taekwondo	GBR

Court: 1 (cat. 5)

Poomsae Individual

Category **Ind: U11 Peewee Male K1 (2-1 K)**

Competitors **17**

Round **2**

ID no.	Name	Team	Country
1	190 Nathan Everington	Ntc	GBR
2	297 Alex Blount	Lisburn Taekwondo Club	NIR
3	164 Hashed Alsharafi	Nomad Taekwondo	GBR
4	271 Benjamin Caig	Unite Martial Arts Academy	GBR
5	283 Lewis Maxfield	Warrior Taekwondo	GBR
6	138 Tiyler Keay-Watson	Gajok Taekwondo Academy	GBR
7	256 Ivan Crozier	Tuji Taekwondo	GBR
8	154 Finan Fitzpatrick	Lion Taekwondo	GBR
9	285 Callum Plant	Warrior Taekwondo	GBR
10	184 Kayden Nkansah	Nomad Taekwondo	GBR
11	45 Cameron Shadman	London Taekwondo Academy	ENG
12	28 Abdul Jamil Mumtaz	London Taekwondo Academy	ENG
13	75 Christopher Thomas	Weymouth Taekwondo	ENG
14	51 Rameen Sherbaz	London Taekwondo Academy	ENG
15	262 Isaac Kim	Tuji Taekwondo	GBR
16	215 Jean-Francois Voillemont-Choi	Phoenix Taekwondo	GBR
17	77 Max Cartwright	Central Taekwondo Academy	SCO

Court: 1 (cat. 6)

Poomsae Individual

Category **Ind: U11 Peewee Female K1 (2-1 K)**
Competitors **10**

Round **2**

ID no.	Name	Team	Country
1	214 Claire Voillemont-Choi	Phoenix Taekwondo	GBR
2	253 Grace Charlton	Tuji Taekwondo	GBR
3	202 Izzy Mear	Pejic Taekwondo	GBR
4	16 Marwa Hakeem	London Taekwondo Academy	ENG
5	147 Tegan Parker	Kim's Kickers Taekwondo	GBR
6	117 Joana Jadelo	Boston	GBR
7	21 Amina Jami	London Taekwondo Academy	ENG
8	14 Diya Kaur Gill	London Taekwondo Academy	ENG
9	88 Seren Jones	Wales Taekwondo	WAL
10	245 Lexi Jones	Toddington And Cotswold Taekwondo	GBR

Court: 6 (cat. 6)

Poomsae Individual

Round **2**

Category **Ind: U11 Peewee Male K2 (6 -3 K)**

Competitors **17**

ID no.	Name	Team	Country
1	58 Alexander Messenger	Polaris Taekwondo	ENG
2	106 Louis Lockett	Aquila Taekwondo	GBR
3	241 Ki'val Fairhurst	Team Ultimate (Great Britain)	GBR
4	73 Ethan Mott	Weymouth Taekwondo	ENG
5	169 Gabriel Casacang	Nomad Taekwondo	GBR
6	92 Daniel Winther-Hartley	Wales Taekwondo	WAL
7	221 Akshat Dave	Premierki Taekwondo Club	GBR
8	98 Alexander Chambers	Aquila Taekwondo	GBR
9	127 Luke Coull	Dynamic Taekwondo	GBR
10	110 Omri Mukamel	Aquila Taekwondo	GBR
11	207 Harry Bunting	Phoenix Taekwondo	GBR
12	198 Charlie Bagnall	Pejic Taekwondo	GBR
13	267 Nicholas Rowland	Tuji Taekwondo	GBR
14	242 Gethin Crouch	Toddington And Cotswold Taekwondo	GBR
15	252 Prithvi Chandrasekar	Tuji Taekwondo	GBR
16	176 Louis Exton	Nomad Taekwondo	GBR
17	208 Oliver Cliff	Phoenix Taekwondo	GBR

Court: 6 (cat. 7)

Poomsae Individual

Round **2**

Category **Ind: U11 Peewee Female K2 (6 -3 K)**

Competitors **14**

ID no.	Name	Team	Country
1	148 Estera Mohammed	Kixstar Dragon TKD	GBR
2	136 Emma Davenport	Gajok Taekwondo Academy	GBR
3	93 Eve Woodley-Thomas	Wales Taekwondo	WAL
4	114 Martha Pursey	Aquila Taekwondo	GBR
5	43 Sahar Sarwari	London Taekwondo Academy	ENG
6	44 Hasna Sarwari	London Taekwondo Academy	ENG
7	99 Navaeh Ferguson	Aquila Taekwondo	GBR
8	128 Iona Craig	Elite Martial Arts Academy Ek TKD	GBR
9	101 Elora Jackson	Aquila Taekwondo	GBR
10	219 Ava Spencer Smith	Premier Taekwondo Uk	GBR
11	37 Marwa Rashidi	London Taekwondo Academy	ENG
12	220 Olivia Szczpakowska	Premier Taekwondo Uk	GBR
13	155 Pearl Li	Litkd	GBR
14	22 Hila Khelwatty	London Taekwondo Academy	ENG

Court: 6 (cat. 4)

Poomsae Individual

Category **Ind: U11 Peewee Male K3 (10-7 K)**
Competitors **2**

Round **3**

ID no.	Name	Team	Country
1	248 Fenton Wetherley-Kaye	Toddington And Cotswold Taekwondo	GBR
2	61 Cristian Paun	Polaris Taekwondo	ENG

Court: 6 (cat. 5)

Poomsae Individual

Category **Ind: U11 Peewee Female K3 (10-7 K)**
Competitors **8**

Round **3**

ID no.	Name	Team	Country
1	204 Isabella Pellington	Pejic Taekwondo	GBR
2	237 Andrea Wan	Stoke Uta Taekwondo	GBR
3	199 Ruby Bailey	Pejic Taekwondo	GBR
4	132 Katie Mo	Evolve Taekwondo	GBR
5	130 Hannah Mannan	Evolve Taekwondo	GBR
6	15 Ella Glowacka	London Taekwondo Academy	ENG
7	134 Azra Ozkan	Evolve Taekwondo	GBR
8	124 Demi Baez-Arranz	CMS Academy	GBR

Court: 5 (cat. 8)

Poomsae Individual

Category **Ind: U14 Cadet Male K1 (2-1 K)**
Competitors **7**

Round **3**

ID no.	Name	Team	Country
1	282 James Boulton	Warrior Taekwondo	GBR
2	165 Hashim Alsharafi	Nomad Taekwondo	GBR
3	276 Michael Pook	Unite Martial Arts Academy	GBR
4	120 Ziyad Rehan	Boston	GBR
5	85 Owen Hignell	Wales Taekwondo	WAL
6	175 Jack Exton	Nomad Taekwondo	GBR
7	292 Joseph Meijer	Yamang Taekwondo	GBR

Court: 5 (cat. 9)

Poomsae Individual

Category **Ind: U14 Cadet Female K1 (2-1 K)**
Competitors **10**

Round **2**

ID no.	Name	Team	Country
1	206 Maja Stobiecka	Pejic Taekwondo	GBR
2	50 Zhara Sharifi	London Taekwondo Academy	ENG
3	69 Annie May	Weymouth Taekwondo	ENG
4	192 Olivia Molde	Ntc	GBR
5	250 Hannah Blasco Kyun	Tuji Taekwondo	GBR
6	188 Olivia Carroll	Ntc	GBR
7	49 Omra Sharif	London Taekwondo Academy	ENG
8	295 Yolanda Xue	Yamang Taekwondo	GBR
9	79 Bethany Dewar	Central Taekwondo Academy	SCO
10	209 Eva Keeling	Phoenix Taekwondo	GBR

Court: 5 (cat. 10)

Poomsae Individual

Category **Ind: U14 Cadet Male K2 (6 -3 K)**

Round **3**

Competitors **6**

ID no.	Name	Team	Country
1	109 Martin Mindov	Aquila Taekwondo	GBR
2	166 Hisham Alsharafi	Nomad Taekwondo	GBR
3	25 Rehan Kohestani	London Taekwondo Academy	ENG
4	63 Alec Smith	Polaris Taekwondo	ENG
5	70 Sam Melhuish	Weymouth Taekwondo	ENG
6	29 Sulaiman Mumtaz	London Taekwondo Academy	ENG

Court: 5 (cat. 11)

Poomsae Individual

Category **Ind: U14 Cadet Female K2 (6 -3 K)**

Competitors **15**

Round **2**

ID no.	Name	Team	Country
1	294 Sara Shahid	Yamang Taekwondo	GBR
2	57 Baylee Howe	Polaris Taekwondo	ENG
3	162 Caitlynn Robb	Momentum Taekwondo	GBR
4	224 Thalia Roy	Redtaekwondo	GBR
5	41 Diana Sanchez	London Taekwondo Academy	ENG
6	249 Molly Williams	Toddington And Cotswold Taekwondo	GBR
7	102 Leela Jackson	Aquila Taekwondo	GBR
8	95 Fadak Sulaiman	Ali's Dojang	GBR
9	196 Yasmin Amrani Hussain	Peak Performance	GBR
10	59 Violet Messenger	Polaris Taekwondo	ENG
11	11 Prabjot Bhangre	London Taekwondo Academy	ENG
12	171 Hannah Culver	Nomad Taekwondo	GBR
13	31 Saliha Osmani	London Taekwondo Academy	ENG
14	244 Lauren Houghton-Brown	Toddington And Cotswold Taekwondo	GBR
15	227 Isabelle Pawlett	Sanshin Taekwondo	GBR

Court: 5 (cat. 12)

Poomsae Individual

Round **3**

Category **Ind: U14 Cadet Male K3 (10-7 K)**

Competitors **4**

ID no.	Name	Team	Country
1	129 Yasin Ahmed	Evolve Taekwondo	GBR
2	5 Javid Ahmadi	London Taekwondo Academy	ENG
3	4 Haris Ahmadi	London Taekwondo Academy	ENG
4	40 Zamir Omid Saalhi	London Taekwondo Academy	ENG

Court: 5 (cat. 13)

Poomsae Individual

Category **Ind: U14 Cadet Female K3 (10-7 K)**
Competitors **6**

Round **3**

ID no.	Name	Team	Country
1	19 Nicole Hibberd	London Taekwondo Academy	ENG
2	13 Jagjeet Kaur Dhillon	London Taekwondo Academy	ENG
3	135 Megan Wong	Evolve Taekwondo	GBR
4	133 Kayleigh Mo	Evolve Taekwondo	GBR
5	225 Elke Smit	Redtaekwondo	GBR
6	54 Duru Balci	Polaris Taekwondo	ENG

Court: 6 (cat. 8)

Poomsae Individual

Round **3**

Category **Ind: U17 Junior Male K1 (2-1 K)**

Competitors **7**

ID no.	Name	Team	Country
1	183 Dominic Ly	Nomad Taekwondo	GBR
2	32 Ahmad Payenda	London Taekwondo Academy	ENG
3	108 Imran Mahomedally	Aquila Taekwondo	GBR
4	42 Zekria Sarvari	London Taekwondo Academy	ENG
5	177 Sayed Fawad Rafiei	Nomad Taekwondo	GBR
6	217 Isaac Bell	Premier Taekwondo Uk	GBR
7	197 Aidan Gill	Peak Performance	GBR

Court: 6 (cat. 9)

Poomsae Individual

Category **Ind: U17 Junior Female K1 (2-1 K)**
Competitors **1**

Round **3**

ID no.	Name	Team	Country
1	119 Hana Rehan	Boston	GBR

Court: 3 (cat. 21)

Poomsae Individual

Category **Ind: U17 Junior Female K2 (6 -3 K)**
Competitors **4**

Round **3**

ID no.	Name	Team	Country
1	289 Smriti Rai	Way Taekwondo	GBR
2	213 Emily Smith	Phoenix Taekwondo	GBR
3	203 Bethany Morgan	Pejic Taekwondo	GBR
4	280 Amy Kerrigan	Vision Taekwondo	GBR

Court: 3 (cat. 22)

Poomsae Individual

Category **Ind: U17 Junior Male K3 (10-7 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	200 Mackenzie Condliff	Pejic Taekwondo	GBR

Court: 3 (cat. 23)

Poomsae Individual

Round **3**

Category **Ind: U17 Junior Female K3 (10-7 K)**

Competitors **1**

ID no.	Name	Team	Country
1	234 Milly Brown	Stoke Uta Taekwondo	GBR

Court: 1 (cat. 7)

Poomsae Individual

Category **Ind: U30 1st Senior Male K1 (2-1 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	107 Bilal Mahomedally	Aquila Taekwondo	GBR

Court: 1 (cat. 8)

Poomsae Individual

Category **Ind: U30 1st Senior Female K1 (2-1 K)**
Competitors **6**

Round **3**

ID no.	Name	Team	Country
1	68 Freya Long	Weymouth Taekwondo	ENG
2	46 Farima Shah	London Taekwondo Academy	ENG
3	113 Bianca Porcu	Aquila Taekwondo	GBR
4	34 Vanessa Puma	London Taekwondo Academy	ENG
5	193 Natalie Slinn	Ntc	GBR
6	7 Duha Al-Hassani	London Taekwondo Academy	ENG

Court: 1 (cat. 9)

Poomsae Individual

Category **Ind: U30 1st Senior Male K2 (6 -3 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	123 Tiernan Treacy	Carlton Arena Taekwondo	GBR

Court: 1 (cat. 10)

Poomsae Individual

Category **Ind: U30 1st Senior Female K2 (6 -3 K)**

Round **3**

Competitors **5**

ID no.	Name	Team	Country
1	82 Kirsty Carlton	Wales Taekwondo	WAL
2	116 Moiza Asif	Boston	GBR
3	247 Ching Liu	Toddington And Cotswold Taekwondo	GBR
4	296 Phoebe Cheng	Manx Taekwondo	IMN
5	39 Taqwa Rezavi	London Taekwondo Academy	ENG

Court: 3 (cat. 24)

Poomsae Individual

Category **Ind: U30 1st Senior Female K3 (10-7 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	26 Nagina Maihanwal	London Taekwondo Academy	ENG

Court: 2 (cat. 9)

Poomsae Individual

Round **3**

Category **Ind: U50 2nd Senior Male K1 (2-1 K)**

Competitors **5**

ID no.	Name	Team	Country
1	231 Kasturi Mamat	Shins Academy	GBR
2	258 Carl Golsby	Tuji Taekwondo	GBR
3	290 Alan Cox	Yamang Taekwondo	GBR
4	81 Colin Smyth	Central Taekwondo Academy	SCO
5	67 Gareth Houston	Weymouth Taekwondo	ENG

Court: 2 (cat. 10)

Poomsae Individual

Category **Ind: U50 2nd Senior Female K1 (2-1 K)**
Competitors **10**

Round **2**

ID no.	Name	Team	Country
1	254 Carin Charlton	Tuji Taekwondo	GBR
2	65 Emma Houston	Weymouth Taekwondo	ENG
3	30 Achala Odhavji	London Taekwondo Academy	ENG
4	152 Gillian Fitzpatrick	Lion Taekwondo	GBR
5	232 Ismahan Raja	Shins Academy	GBR
6	84 Rebecca Hignell	Wales Taekwondo	WAL
7	125 Mari-Elena Herbertson	Creative Ways TKD	GBR
8	76 Louise Turnbull	Weymouth Taekwondo	ENG
9	18 Ramzia Hamidi	London Taekwondo Academy	ENG
10	78 Lyndsey Cartwright	Central Taekwondo Academy	SCO

Court: 2 (cat. 11)

Poomsae Individual

Category **Ind: U50 2nd Senior Male K2 (6 -3 K)**
Competitors **5**

Round **3**

ID no.	Name	Team	Country
1	8 Mohammad Basir Bahrami	London Taekwondo Academy	ENG
2	211 Trevor Ockwell	Phoenix Taekwondo	GBR
3	74 Aaron Thomas	Weymouth Taekwondo	ENG
4	212 Jon Paine	Phoenix Taekwondo	GBR
5	243 Graedon Crouch	Toddington And Cotswold Taekwondo	GBR

Court: 2 (cat. 12)

Poomsae Individual

Category **Ind: U50 2nd Senior Female K2 (6 -3 K)**

Competitors **11**

Round **2**

ID no.	Name	Team	Country
1	264 Gillian Magee	Tuji Taekwondo	GBR
2	112 Anouchka Picou	Aquila Taekwondo	GBR
3	172 Lucy Emmens	Nomad Taekwondo	GBR
4	266 Benedicte Rowland	Tuji Taekwondo	GBR
5	71 Melanie Meluish	Weymouth Taekwondo	ENG
6	233 Syarizan Raja	Shins Academy	GBR
7	80 Michelle Dewar	Central Taekwondo Academy	SCO
8	240 Gillian Jackson	Tan'gun Taekwondo Academy	GBR
9	122 Ketki Nandha	Carlton Arena Taekwondo	GBR
10	86 Sandra Jones	Wales Taekwondo	WAL
11	301 Atefa Khelwatty	London Taekwondo Academy	ENG

Court: 2 (cat. 13)

Poomsae Individual

Round **3**

Category **Ind: U50 2nd Senior Male K3 (10-7 K)**

Competitors **2**

ID no.	Name	Team	Country
1	272 David Caig	Unite Martial Arts Academy	GBR
2	83 Simon Hartley	Wales Taekwondo	WAL

Court: 2 (cat. 14)

Poomsae Individual

Category **Ind: U50 2nd Senior Female K3 (10-7 K)**
Competitors **7**

Round **3**

ID no.	Name	Team	Country
1	60 Carol Messenger	Polaris Taekwondo	ENG
2	167 Anne Butterfield	Nomad Taekwondo	GBR
3	104 Julia Kwon	Aquila Taekwondo	GBR
4	222 Kavitha Dave	Premierki Taekwondo Club	GBR
5	62 Iuliana Paun	Polaris Taekwondo	ENG
6	64 Charlotte Wallis	Polaris Taekwondo	ENG
7	157 Vena Bhakar	Loughton Taekwondo	GBR

Court: 2 (cat. 15)

Poomsae Individual

Category **Ind: O51 3rd Senior Female K1 (2-1 K)**
Competitors **3**

Round **3**

ID no.	Name	Team	Country
1	52 Varinder Ubhi	London Taekwondo Academy	ENG
2	288 Gini Brown	Waterside Taekwondo Club	GBR
3	270 Yoko Watanabe	Tuji Taekwondo	GBR

Court: 2 (cat. 16)

Poomsae Individual

Category **Ind: O51 3rd Senior Male K2 (6 -3 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	236 Melvin Stazaker	Stoke Uta Taekwondo	GBR

Court: 2 (cat. 17)

Poomsae Individual

Category **Ind: O51 3rd Senior Female K2 (6 -3 K)**

Round **3**

Competitors **1**

ID no.	Name	Team	Country
1	226 Thomas Kitty	Sanshin Taekwondo	GBR

Court: 2 (cat. 18)

Poomsae Individual

Category **Ind: O51 3rd Senior Female K3 (10-7 K)**
Competitors **1**

Round **3**

ID no.	Name	Team	Country
1	97 Kate Chambers	Aquila Taekwondo	GBR