

Swim England East Region & Swim England London Open Water Championship 2022
Accepted Entries
1K NOVICE RACE- FREESTYLE

Name	Age as at 31st December	Club	Region
Aimee Morris	13	March Marlins Swimming Club	East Region
Alex Wayman	11	Borough of Southend SC	East Region
Alfred White	13	Canvey Island Swimming Club	East Region
Alice Robinson	13	City of Cambridge SC	East Region
Alicja Macleod	11	Runnymede Swimming Club	East Region
Amber Flitton	13	Dunstable Swimming Club	East Region
Arthur Cradock	11	Teddington swimming club	London Region
Ava Nicholls	11	Canvey Island Swimming Club	East Region
Barney O'Leary	12	Runnymede Swimming Club	East Region
Caitlin Goldney	16	Team Waveney Swimming Club	East Region
Caitlin McNicholas	17	Deben Swimming Club	East Region
Cassandra Pereira	12	Hatfield Swimming Club	East Region
Chloe Parkins	14	City of Southend on Sea Swimming Club	East Region
Connie Davies	16	Deben Swimming Club	East Region
Connie Flitton	11	Dunstable Swimming Club	East Region
Coral Turner	12	Biggleswade Swimming Club	East Region
Corey Hare	16	Colchester Swimming Club	East Region
Eden Benion	13	Mildenhall and district Swimming Club	East Region
Elliot Steenkamp	14	Newmarket & District Swimming Club	East Region
Emma Grant	49	Royston Swimming Club	East Region
Eva Thomas	13	Flitwick Dolphins Swimming Club	East Region
Felicia Lea	13	Runnymede Swimming Club	East region
Frankie Zatouroff	18	Royston Swimming Club	East Region
Georgina Hadden	16	Biggleswade Swimming Club	East Region
Georgina Stokes	18	Newmarket & District Swimming Club	East Region
Grace Armstrong	13	Dunstable Swimming Club	East Region
Grace Robinson	13	St Felix School Swimming Club	East Region
Hannah Gilbert	13	West Suffolk Swimming Club	East Region
Hannah McNicholas	15	Deben Swimming Club	East Region
Harry Brunton	17	Cheshunt Swimming Club	East Region
Harry Zatouroff	16	Letchworth Swimming Club	East Region
India Khinda	11	Teddington SC	London Region
Isabella Gale	14	Deben Swimming Club	East Region
Isla staton	11	March Marlins Swimming Club	East Region

Jake Dunham	13	City of Ely Amateur Swimming Club	East Region
Juliette Walter	45	Royston Swimming Club	East Region
Juniper Wingate	15	City of Cambridge Swimming Club	East Region
Larna Morgan	16	Epping Forest Swimming Club	East Region
Lauren Calvert	14	Team Luton Swimming Club	East Region
Lexie Sandiford	11	Team Luton Swimming Club	East Region
Leyla Corani	13	Colchester Swimming Club	East Region
Liam Murray	16	Dunstable Swimming Club	East Region
Lilyana Verlander	11	Thurrock swimming club	East Region
Lily-Kate Barry	12	Borough of Southend Swimming Club	East Region
Lochlan Shaw	12	Flitwick Dolphins Swimming Club	East Region
Lucy Randall	14	Royston Swimming Club	East Region
Luis J Souto Hill	13	March Marlins Swimming Club	East Region
Maia Khalil	13	West Norfolk Swimming Club	East Region
Megan Barnicoat	11	Modernian Swimming Club	East Region
Megan Clarkr	13	City of Ely Amateur Swimming Club	East Region
Niamh Bunker	12	Flitwick Dolphins Swimming Club	East Region
Noah Buchan	11	North Norfolk Vikings Swimming Club	East Region
Olivia Cooper	13	Dunstable Swimming Club	East Region
Osian Morton	12	Flitwick Dolphins Swimming Club	East Region
Owain Roberts	13	Team Luton Swimming Club	East Region
Poppy Peebles	14	West Norfolk Swimming Club	East Region
Rhys Lawn	13	Runnymede Swimming Club	East Region
Rhys Zaharewicz	11	Teddington Swim Club	London Region
Ryley Turpin	14	City of Southend on Sea Swimming Club	East Region
Theo Wood	13	City of Southend on Sea Swimming Club	East Region
Toby Wood	14	City of Southend on Sea Swimming Club	East Region
Tom Barber	11	Team Waveney Swimming Club	East Region
Will Minister	12	Thurrock Swimming Club	East Region
Zara Richards	15	City of Cambridge Swimming Club	East Region

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Name	Age as at 31st December	Club	Region
Abi Staff	18	Norwich Swan Swimming Club	East Region
Abigail Rogers	13	Romford Town Swimming Club	London Region
Alexander Gaydon	12	Team Ipswich Swimming Club	East Region
Amelia Fenner	12	Basildon & Phoenix Swimming Club	East Region
Amelie Bruce	16		East Region
Amy Shaw	18	Dunstable Swimming Club	East Region
Anabelle Kett	13	City of Peterborough Swimming Club	East Region
Anouk Zecchini	16	city of cambridge swimming club	East Region
Arthur GreenWalker	13	Teddington Swimming Club	London Region

Ashlee Willett	16	Cheshunt Swimming Club	East Region
Ashton Blake	13	Canvey Island Swimming Club	East Region
Austin Lillywhite	19	Biggleswade Swimming Club	East Region
Austin Taylor	13	City of Norwich Swimming Club	East Region
Ava Allison	12	Borough of Waltham Forest Swimming Club	London Region
Bea Grant	14	Royston Swimming Club	East Region
Becky Hartley	47	Hatfield Swimming Club	East Region
Benjamin Boldock	13	Halstead Swimming Club	East Region
Berkley Barnicoat	13	Modernian Swimming Club	East Region
Caitlin Hartley	18	Hatfield Swimming Club	East Region
Charlie Rehus	13	City of Peterborough Swimming Club	East Region
Chloe Barnard	13	Basildon and Phoenix Swimming Club	East Region
Chloe Tanner	15	Borough of Waltham Forest Swimming Club	London Region
Daniel De Filippo	13	Flitwick Dolphins Swimming Club	East Region
Delilah Paisley	12	Teddington Swimming Club	London Region
Eddie Evans	13	Beckenham Swimming Club	London Region
Emma Macleod	13	Runnymede Swimming Club	East Region
Emma Phillips	12	Teddington Swimming Club	London Region
Esmee Reeve	14	Braintree & Bocking Swimming Club	East Region
Eveline Gaydon	13	Team Ipswich Swimming Club	East Region
Fearne Peach	14	Canvey Island Swimming Club	East Region
Felipe Irvine	12	Watford Swimming Club	East Region
Flossie Talbot	15	Newmarket & District Swimming Club	East Region
FRANCESCA BABER	16	Flitwick Dolphins Swimming Club	East Region
Fynn Adams	13	Teddington Swimming Club	London Region
Grace Thomas	13	Flitwick Dolphins Swimming Club	East Region
Henry Reeve	14	Huntingdon Piranhas Swimming Club	East Region
Holly Gregson	37	Diss Otters Swimming Club	East Region
Holly Underdown	13	Braintree & Bocking Swimming Club	East Region
Isaac Buchan	13	North Norfolk Vikings Swimming Club	East Region
Isabel Moore	14	West Suffolk Swimming Club	East Region
Isabel White	13	Biggleswade Swimming Club	East Region
Isabella Howser	13	City of Peterborough Swimming Club	East Region
Isabella Pillow	15	City of Ely Swimming Club	East Region
Isabelle Talbot	15	Braintree & Bocking Swimming Club	East Region
Isla Widdowson	13	Colchester Swimming Club	East Region
Jack Keers	13	Teddington Swimming Club	London Region
James McGettigan	13	Runnymede Swimming Club	East Region
James Shaw	14	Dunstable Swimming Club	East Region
Jamie Wilson	13	West Norfolk Swimming Club	East Region
Jana Mohamed	13	City of Peterborough Swimming Club	East Region
Jasmine Pereira	14	Hatfield Swimming Club	East Region
Jeannie Morley	66	Mildenhall & District Swimming Club	East Region
Jodie Hopkisson	52	March Marlins Swimming Club	East Region
John Irish	42	Newmarket & District Swimming Club	East Region

Julie Keefe	49	Leyton Swimming Club	London Region
Kecel Napier - Mackman	12	Hillingdon Swimming Club	London Region
Kim Lynch	63	Stowmarket Swimming Club	East Region
Kirsty Gooch	22	Biggleswade Swimming Club	East Region
Kornelia Jagodzinska	12	Runnymede Swimming Club	East Region
Kyla Holt	13	Teddington Swimming Club	London Region
Lauren King	14	Royston Swimming Club	East Region
Liam Keefe	13	Borough of Waltham Forest Swimming Club	London Region
Logan Quinn	13	Hillingdon Swimming Club	London Region
Lottie Delapperall	13	Thurrock Swimming Club	East Region
Lydia Newell	12	Brentwood Swimming Club	East Region
Maisie Williams	15	Canvey Island Swimming Club	East Region
Maria Tzanidaki	12	Hillingdon Swimming Club	London Region
Mark Hopkisson	53	Wisbech Swimming Club	East Region
Matilda Tramontano wells	13	Hertford Swimming Club	East Region
Mia Macklin	14	Braintree & Bocking Swimming Club	East Region
Millie Chadwick	12	Teddington Swimming Club	London Region
Millie Walker	14	March Marlins Swimming Club	East Region
Molly Brundle	18	Royston Swimming Club	East Region
Nicola Carniato	46	city of cambridge swimming club	East Region
Noah Mann	15	Newmarket Swimming Club	East Region
Oliver Hilditch	13	Bromley Swimming Club	London Region
Oliver Tom	15	Ware Swimming Club	East Region
Olivia Lillywhite	26	Biggleswade Swimming Club	East Region
Ophelia Cradock	13	Teddington Swimming Club	London Region
Pete Russell	54	Team Anglia Masters Swimmning Club	East Region
Peter Lynch	60	Stowmarket Swimming Club	East Region
Pia Hasillioglu	13	Teddington Swimming Club	London Region
Poppy Holder	13	Teddington Swimming Club	London Region
Prisha Tapre	14	Watford Swimming Club	East Region
Rob Garry	58	Mildenhall & District Swimming Club	East Region
Robyn Hartley	16	Hatfield Swimming Club	East Region
Rosalyn Watson	43	Canvey Island Swimming Club	East Region
Rowan Zaharewicz	14	Teddington Swimming Club	London Region
Samuel Stephens	19	St Felix School Swimming Club	East Region
scarlett joslin	15	City of Cambridge Swimming Club	East Region
Sebastian Haskins	12	Borough of Southend Swimming Club	East Region
Simon Murray	51	Dunstable Swimming Club	East Region
Skylar-Jasmine Alderson	16	Dunstable Swimming Club	East Region
Sophia Beament	13	Bromley Swimming Club	London Region
Sophie Baker	13	Teddington Swimming Club	London Region
Sophie Parkins	16	City of Southend on Sea Swimming Club	East Region
Sydney Smith	16	city of cambridge swimming club	East Region
Thomas-Arthur Jagger	13	West Norfolk Swimming Club	East Region

Toby Lashmar	13	Basildon & Phoenix Swimming Club	East Region
William Murfitt	16	Biggleswade Swimming Club	East Region
Yasmine Ollerenshaw	13	Flitwick Dolphins Swimming Club	East Region
Zach Montgomery	12	Norwich Swan Swimming Club	East Region
Zachary Fidan	12	Teddington Swimming Club	London Region
Zahra Mohamedali	14	Hillingdon Swimming Club	London Region
Zoe Watson	12	Canvey Island Swimming Club	East Region

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Name	Age as at 31st December	Club	Region
Aislin Foley-Wright	15	Basildon Phoenix Swimming Club	East Region
Albert Orley	14	Braintree & Bocking Swimming Club	East Region
Alex Harrop	14	Teamipswich Swimming	East Region
Alexa Mann	16	Chelmsford City Swimming Club	East Region
Alistair Shaw	42	Flitwick Dolphins Swimming Club	East Region
Amelie Crabb	15	Teamipswich Swimming	East Region
Amelie Hawksley	16	City of Ely Swimming Club	East Region
Anabel Rogers	15	Teddington Swimming Club	London Region
Antoine Rouyer-Brown	17	Runnymede Swimming Club	East Region
Antonia Jubb	17	Hatfield Swimming Club	East Region
Arrianne Lea	15	Runnymede Swimming Club	East Region
Ashia Fenwick	26	Stowmarket Swimming Club	East Region
Austin Harrop	16	City of Cambridge swimming club	East Region
Autumn Shine	15	Potters Bar Swimming Club	East Region
Ava Holt	15	Teddington Swimming Club	London Region
Barnaby O'Donnell	14	Bushey Amateur Swimming Club	East Region
Ben Every	14	St Felix School Swimming Club	East Region
Ben Howlett	15	Teamipswich Swimming	East Region
Ben Sarsfield	23	Biggleswade Swimming Club	East Region
Benjamin Tennant	14	West Norfolk Swimming Club	East Region
Bonnie MacMillan Griffiths	15	Borough of Waltham Forest Swimming Club	London Region
Brooke Clipsham	13	City of Norwich Swimming Club	East Region
Caitlin Tinker	14	Orpington Ojays Swimming Club	London Region
Charlotte Joyce	19	Flitwick Dolphins Swimming Club	East Region
Charlotte Williams	16	Hatfield Swimming Club	East Region
Chloe Bellamy	15	West Norfolk Swimming Club	East Region
Chloe Copley	14	Runnymede Swimming Club	East Region
Daisy Darby	14	Teddington Swimming Club	London Region
Daniel Williams	14	Hatfield Swimming Club	East Region
Dante Sinnott	15	Barnet Copthall Swimming Club	London Region
Darcey Hepworth	15	Flitwick Dolphins Swimming Club	East Region

David Wright	61	Team Luton Swimming Club	East Region
Duncan Hartley	54	Hatfield Swimming Club	East Region
Elinor Chadwick	15	Barnet Copthall Swimming Club	London Region
Ellena Deakin	14	Teddington Swimming Club	London Region
Elodie Morgan	15	Teddington Swimming Club	London Region
Elspeth Morton	14	Flitwick Dolphins Swimming Club	East Region
Epp Weiland	14	Teddington Swimming Club	London Region
Fabio Gohar	15	Teddington Swimming Club	London Region
Francesco Cleland			
Ferdin	14	City of Cambridge swimming club	East Region
Harriet Glennerster	15	Team Waveney Swimming Club	East Region
Harrison Shaw	15	Flitwick Dolphins Swimming Club	East Region
Heidi Bruggraber	15	City of Cambridge Swimming Club	East Region
Isaac Farrugia	15	Basildon & Phoenix Swimming Club	East Region
Isabelle Carlos	14	Barnet Copthall Swimming Club	London Region
Isabelle Traynier	14	Beckenham Swimming Club	London Region
Isla Fulluck-Holmes	15	City of Peterborough Swimming Club	East Region
Jack Tate	16	City of Norwich Swimming Club	East Region
Jack Wayman	14	Borough of Southend Swimming Club	East Region
Jakob Holder	15	Teddington Swimming Club	London Region
James Renton	16	Potters Bar Swimming Club	East Region
Jersey Holmes	15	Team Waveney Swimming Club	East Region
Jonathan Greene	58	East Anglian Swallowtails	East Region
Josephine Cresswell	54	East Anglian Swallowtails	East Region
Joshua Allinson			
Rodrigues	14	Teddington Swimming Club	London Region
Joshua Parker	15	West Norfolk Swimming Club	East Region
Jude Staton	14	March Marlins Swimming Club	East Region
kalaum corani	18	Colchester Swimming Club	East Region
Kathryn Edwards	15	Braintree & Bocking Swimming Club	East Region
Katie Holmes	38	Harwich Swimming Club	East Region
Kecel Napier - Mackman	12	Hillingdon Swimming Club	London Region
Keira Tarplett	13	Chelmsford City Swimming Club	East Region
Kenechukwu Harris-Eze	15	Barnet Copthall Swimming Club	London Region
Kirtan Uttarkar	15	City of Peterborough Swimming Club	East Region
Liam Treanor	15	Hillingdon Swimming Club	London Region
Lillian Walthew	16	Dereham Otters Swimming Club	East Region
Lilliana Fletcher	15	Hillingdon Swimming Club	London Region
Lily Farr	14	Flitwick Dolphins Swimming Club	East Region
Lisa Leinemann	15	Chelmsford City Swimming Club	East Region
Louise Taylor	15	Beckenham Swimming Club	London Region
LUCAS GALANT			
DRAYSEY	14	Teddington Swimming Club	London Region
Lucas Hartley	15	Hatfield Swimming Club	East Region

Luke Pemberton	14	Borough of Waltham Forest Swimming Club	London Region
Lyla Howard	15	Team Luton Swimming Club	East Region
Maia Massaro	14	Teddington Swimming Club	London Region
Maia Thompson	14	Team Waveny Swimming Club	East Region
Mark Milburn	17	Colchester Swimming Club	East Region
Matthew Phoenix	14	Norwich Swan Swimming Club	East Region
Megan Alvarez	17	Stowmarket Swimming Club	East Region
Megan Barker	15	West Suffolk Swimming Club	East Region
Melinda Nanassy	14	Hillingdon Swimming Club	London Region
Michael Chun Chi Tsang	29		
Olivia Lydon	17	Royston Swimming Club	East Region
Patch Robinson	15	Team Ipswich Swimming	East Region
Pauline Tester	58	London Borough of Redbridge Swimming Club	London Region
Paulus Maukonen	36	Diss Otters Swimming Club	East Region
Pete Russell	54	Team Anglia Masters Swimming Club	East Region
Phoebe Chadwick	14	Teddington Swimming Club	London Region
Prisha Tapre	14	Watford Swimming Club	East Region
Rachael Carpenter	15	Ware Swimming Club	East Region
Rachel Harris	21	Maldon Sharks Swimming Club	East Region
Ralph Pinel	60	Newham and University of East London Swimming Club	London Region
Rebecca Coogan	14	Romford Town Swimming Club	London Region
Remi-maysen Keane	14	Basildon & Phoenix Swimming Club	East Region
Rob Milburn	49	Chelmsford City Swimming Club	East Region
Romanos Hiotis-Sklavenitis	14	Hatfield Swimming Club	East Region
Rowan Zaharewicz	14	Teddington Swimming Club	London Region
Ryan Wall	15	City of Cambridge Swimming Club	East Region
Samuel Jeffrey	15	Hatfield Swimming Club	East Region
Sarah Buchan	46	North Norfolk Vikings Swimming Club	East Region
Sarah Hardiment	33	City of Ely Swimming Club	East Region
Silvia Ferdin	57	City of Cambridge swimming club	East Region
Simon Buchan	54	North Norfolk Vikings Swimming Club	East Region
Sophia Thomas	15	Norwich Swan Swimming Club	East Region
Sophie Ball	15	Braintree & Bocking Swimming Club	East Region
Stephen Smith	43	City of Cambridge Swimming Club	East Region
Thea Wiseman Lee	14	Teddington Swimming Club	London Region
Thomas Underdown	15	Braintree & Bocking Swimming Club	East Region
Tilly Bunn	15	Romford Town Swimming Club	London Region
Wiktorcia Marcinek	14	West Norfolk Swimming Club	East Region
Zak Barber	15	Team Waveney Swimming Club	East Region
Zara Fallon	17	Team Luton Swimming Club	East Region

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Name	Age as at 31st December	Club	Region
Abbie Barnwell	19	Team Luton Swimming Club	East Region
Adam Rayment	16	Hillingdon Swimming Club	London Region
Adam Young	37	West Suffolk Swimming Club	East Region
Amelia Brian	17	Beckenham Swimming Club	London Region
Amy Allison	17	Borough of Waltham Forest Swimming Club	London Region
Andrew Wright	65	Stowmarket Swimming Club	East Region
Anna Owens	18	Barnes Swimming Club	London Region
Anna-Lucia Fenner	16	Basildon & Phoenix Swimming Club	East Region
Beatrice Jeffs	16	Hillingdon Swimming Club	London Region
Ben Allen	20	West Suffolk Swimming Club	East Region
Ben Minister	16	Thurrock Swimming Club	East Region
Bethan McElroy	24	Borough of Southend Swimming Club	East Region
Bethan Wall	17	Royston Swimming Club	East Region
Billy Bainbridge	16	Teddington Swimming Club	London Region
Bob Sporle	24	Borough of Southend Swimming Club	East Region
Cameron Carlos	17	Barnet Copthall Swimming Club	London Region
Cassandra Struc	17	Hillingdon Swimming Club	London Region
Charles Boldock	18	Halstead Swimming Club	East Region
Charlotte Harris	19	Maldon Sharks Swimming Club	East Region
Charlotte Tree	18	Colchester Swimming Club	East Region
Chris Barlow	39	Newmarket Swimming Club	East Region
Colin Brown	57		
Connor McCarthy	17	Romford Town Swimming Club	London Region
Dan Hagen	38	Borough of Southend Swimming Club	East Region
Daniel Grimmer	16	West Norfolk Swimming Club	East Region
Daniel Kendall	16	City of Ely Swimming Club	East Region
Daniel McGuinness	16	Basildon & Phoenix Swimming Club	East Region
Daniel Moyses	16	City of Peterborough Swimming Club	East Region
Dylan Morris	16	Watford Swimming Club	East Region
Eleanor Mason	19	City of Cambridge Swimming Club	East Region
Elizabeth McClune	16	Teddington Swimming Club	London Region
Ella Pemberton	17	Borough of Waltham Forest Swimming Club	London Region
Ella Turner	17	Basildon & Phoenix Swimming Club	East Region
Emily Haslam	18	City of Norwich Swimming Club	East Region
Emma Wheeler	26	Deben Swimming Club	East Region
Esmie Kidman	16	West Norfolk Swimming Club	East Region
Evie Anema	22	City of Cambridge Swimming Club	East Region
Felicity Carnell	17	Berkhamsted Swimming Club	East Region
Gemma Cannon	30	Felixstowe Waves Swimming Club	East Region
Georgina Quayle	28	City of Cambridge Swimming Club	East Region

Grace Mason	16	Bishop's Stortford Swimming Club	East Region
Hannah McElroy	22	Borough of Southend Swimming Club	East Region
Holly Wiseman Lee	17	Teddington Swimming Club	London Region
Ian Murray	65	Flitwick Dolphins Swimming Club	East Region
Isabelle Jopson	19	Romford Town Swimming Club	London Region
Isobel Chadwick	18	Barnet Copthall Swimming Club	London Region
Jack Barnard	17	Potters Bar Swimming Club	East Region
Jack Pallant	18	Team Waveney Swimming Club	East Region
Jacqui White	49	TRISudbury	East Region
James Peacock	16	City of Peterborough Swimming Club	East Region
Jamieson McLaren	16	Romford Town Swimming Club	London Region
Jemima Tuffnell	17	City of Peterborough Swimming Club	East Region
jeremy Clipstone	56		
Jessica Arundale	17	Barnet Copthall Swimming Club	London Region
Jo Mitchinson	43	Team Luton Swimming Club	East Region
		Harwich, Dovercourt & Parkeston Swimming Club	East Region
Katie Holmes	38		East Region
Katy Coleman	18	North Norfolk Vikings Swimming Club	East Region
keira martin	14	Canvey Island Swimming Club	East Region
Kerry Ann Wilkins	51	Thurrock Swimming Club	East Region
Lewis Archer	25	Halstead Swimming Club	East Region
Lewis Jarrett	16	Romford Town Swimming Club	London Region
Madelyn Latimer-Hicks	18	St Felix School Swimming Club	East Region
Maisie Muffett	17	Borough of Waltham Forest Swimming Club	East Region
Mark Milburn	17	Colchester Swimming Club	East Region
Matthew Monie	17	City of Cambridge Swimming Club	East Region
Matthew Riddle	17	Thurrock Swimming Club	East Region
Matthew Ridout	35	Dunstable Swimming Club	East Region
Meisha Trend-Evans	16	Bishops Stortford Swimming Club	East Region
Michael Chun Chi Tsang	29		
Myles Turner	22	West Suffolk Swimming Club	East Region
Nathan Chapman	18	Greenwich Royals Swimming Club	London Region
Nedas Tkacenko	16	West Norfolk Swimming Club	East Region
Neil Morton	53	Flitwick Dolphins Swimming Club	East Region
Oliver Hogan	19	Borough of Southend Swimming Club	East Region
Olivia Church	16	Thurrock Swimming Club	East Region
Olivia Lydon	17	Royston Swimming Club	East Region
Paige Walker	16	Flitwick Dolphins Swimming Club	East Region
Paul Hilditch	49	Bromley Swimming Club	London Region
Phoebe Thorn	16	Flitwick Dolphins Swimming Club	East Region
poppy reed	16	Borough of Waltham Forest Swimming Club	London Region
Rafal Marcinek	45	West Norfolk Swimming Club	East Region
		Newham and University of East London Swimming Club	London Region
Ralph Pinel	60		London Region
Rob Milburn	49	Chelmsford City Swimming Club	East Region

Rosa Chrystie-Lowe	26	City of Norwich Swimming Club	East Region
Rose Pepperday	21	Haringey Aquatics	London Region
Rosie Jones	17	Teddington Swimming Club	London Region
Ruby Greenhalf	17	City of Norwich Swimming Club	East Region
Ryan Roberts	17	Putteridge Swimming Club	East Region
Sacha Thomas	19	City of Norwich Swimming Club	East Region
Sarah Osborne	32		
Simon Lashmar	48	Basildon & Phoenix Swimming Club	East Region
Stephen Smith	43	City of Cambridge Swimming Club	East Region
Thomas Allen	26	Flitwick Dolphins Swimming Club	East Region
Thomas Evans	16	Teddington Swimming Club	London Region
Thomas Ford	16	Basildon & Phoenix Swimming Club	East Region
Timon Chapman	20	City of Norwich Swimming Club	East Region