



2022 Open Water Championships

Held under Swim England Regulations and Technical Rules

10 July 2022

Whitlingham Adventure, Norwich

A message of welcome from the President of Swim England East Region Helen Stephens.

As Swim England East Region President, it gives me great pleasure to welcome you to the Swim England East Region Open Water Championships at Whittingham Lake Norwich.

For the first time, London Region has joined us for the Championships resulting in us attracting 377 entries making it one of the largest Open Water events in the UK and allowing swimmers to qualify for the Swim England National Open Water Championships. In addition, this event provides an opportunity for swimmers to qualify for the Swim England National Open Water Championships

These Championships can only take place because of the dedicated team of officials, volunteers and supporters who worked tirelessly to ensure the Championships are a success. I thank all of them for their fantastic dedication and effort and I would particularly like to thank Paul Kendall, East Region Open Water Manager, and his Leadership Group for making these Championships a positive experience for all.

Finally, I wish all competitors the best of luck, whether you are a novice competing in the 1K race or an experienced open water swimmer competing over 1,2 3 or 5 kilometres. I hope you have an enjoyable day with us, experience some great and exciting swimming and that you all leave with happy memories of today's competition.

P.S. If you would like to become an Open Water Official, please contact Paul Kendall the Open Water Swimming Manager. No previous experience is required as Paul will organise training. Anyone who is 15 years or older can enrol in the training programme.

If you would like to volunteer in a non-technical capacity at future competitions, please also contact Paul. His e-mail address is:

openwater@eastswimming.org

Feedback

The East Region Open Water Leadership Group is always happy to receive comments, positive or negative regarding the events we host. Please use the online feedback form on our website to send us your comments. If you wish to be contacted to discuss your comments further, please provide an email address on your submission.

[Feedback form click here](#) Or scan the QR code below.



The Course

2Km

Swim anticlockwise **TWICE** around the briefed course, passing large turn buoys with left shoulder.

Route order 1, 2, 5, 6, then Finish at end of lap 2

3Km

Swim anticlockwise **THREE TIMES** around the briefed course, passing large turn buoys with left shoulder.

Route order 1, 2, 5, 6, then Finish at end of lap 3

Final Lap – route to finish

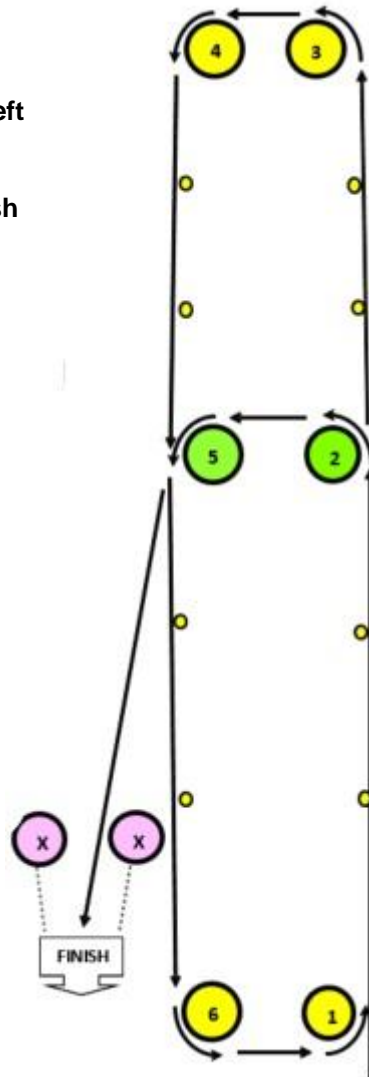
After passing buoy 5 for the last time swim directly to the finish. Enter the funnel between the two marker buoys

FINISH BANNER

Swim down between floating rope-lined funnel, then pass under and **TOUCH** Banner to finish at end of final lap.

Exit water by using ramp on right after banner

Distinctive pink large buoys (X) mark funnel entrance



START

IN WATER START

Whitlingham Adventure

PLEASE NOTE:

The course depicted here is only representative of the expected course, it may not necessarily be identical to the course as seen on the day. Depending upon conditions there may be changes made, which will be briefed to swimmers prior to the start.

The colour of buoys for each course may differ from those shown here but will be briefed to swimmers at their individual race briefings

5Km

Swim anticlockwise **THREE TIMES** around the briefed course, passing all buoys with left shoulder.

Route order 1, 2, 3, 4, 5, 6, then finish at end of lap 3

1000m

Swim anticlockwise **ONCE** around the briefed course, turning at large buoys 2 & 5 with left shoulder, then through the finish.

Route order 1, 2, 5, Finish

START

At the start of the **FIRST** lap of your race, you may swim either side of Buoy 1 or Buoy 6.

When Buoy 2 is reached you **MUST** pass this buoy with the left shoulder

Keep it tidy

Whitlingham Adventure is part of a Country Park, please act responsibly and leave the venue as you would wish to find it. Wildlife roam freely throughout the area, therefore please take your litter home or place it in the bins provided.

Please be advised that although the SE ER Open Water Leadership Group are running a barbecue, the use of your own private Barbecue facilities within the park is not permitted.

Parking

Parking charges are payable 24 hours of the day, 7 days a week. There is no overnight parking allowed on-site. Charges apply to all car park users. Payments can be made by card at the machines located in each car park or via www.rcpparking.com. If parking is paid for at the machine you must display your ticket in the windscreen of your vehicle for the duration of your stay. You must ensure that you select the correct car park when making payment, all have a unique 4-digit ID code. Those make payment via www.rcpparking.com will not need to display anything in their windscreen as the vehicle registration will be populated onto the Attendants App and act as the booking reference. SE ER are not responsible for any payment fine incurred.

PLEASE NOTE:

The access road through the Country Park is a designated ClearWay, which is actively policed. Cars parked on the roadside illegally are likely to receive a penalty notice ticket.

Medals

If you are unable to collect your own medal in person, please ask someone to do so on your behalf. We are sorry but it will not be possible to have these posted to you after the event.

SAFETY NOTICES

Please remember that swimmers must be at their event briefing.

Briefing

NO BRIEFING - NO SWIM. This is for reasons of safety

Hats

Swimmers you are **identified** by your race number displayed on your hat and your body. For your safety **KEEP YOUR HAT ON**. If desired a second hat may be worn beneath the race hat provided.

Fingernails and Toenails

Part of the duty of the Clerk of the Course is to ensure that competitors' fingernails and toenails are trimmed before allowing swimmers to start the race.

Watches, iPods and Jewellery

Swimmers are not to wear watches or items of jewellery, especially rings. The wearing of personal iPods or similar is also not permitted during your race.

Conditions

Swim England East Region and London Region

2022 Regional Open Water Championships

GENERAL CONDITIONS

1. This event is open to all bona fide registered Club Compete (or through a temporary membership) members of clubs affiliated to Swim England, or the equivalent for Swim Scotland, Swim Wales and registered members of clubs from Countries that are affiliated to FINA.
 2. Ages for entry will be as at **31st December 2022**.
 3. The Championships will be swum as a single competition but will comprise of four components
 - a. The Swim England East Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - b. The Swim England London Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - c. Serve as the independent County Championships for counties forming both East and London regions
 - d. An open competition for all other competitors
 4. All swimmers under the age of 18 must be under the supervision of a qualified Coach and/or Team Manager. All clubs **MUST** send a suitable coach or Team Manager, who must hold an up to date DBS clearance registered with Swim England, have attended a recognised safeguarding course, and have a recognised coaching certificate or Team Manager training certificate. Coaches and Team Managers must have ordered a Coach Pass via the on-line coach pass system to attend the event.
 5. **Details for all entrants must be submitted via the on-line entry form. ONLY ONE APPLICATION PER COMPETITOR WILL BE ACCEPTED. The personal declaration confirmed during the on-line entry process will be taken as indication that all event conditions have been read, understood and accepted in full by the named competitor.**
 7. All swimmers must attend the briefing for the event in which they intend to swim and answer to the roll call.
 8. A swimmer can enter any distance provided they meet the minimum age requirements. In order to qualify to swim at the Swim England Nationals as the Regional event winners (the first three finishers in each of the named age groups and gender), swimmers must swim in the qualifying event for their age group and comply with all FINA rules and these conditions. Swimmers can enter more than one event, subject to the events chosen being compatible with the combinations offered on the entry form.
 9. Access to the decked area is restricted to Coaches and Team Managers with passes (**obtained by prior online application only, not available on the day**), Event staff, Guests, Officials and Swimmers. In the case of Swimmers access is from 20 minutes before their race briefing is due to start until they have changed after completing their swim. Swimmers will also be allowed onto the deck to collect county awards but must leave as soon as they have done so. Parents are not permitted on the decked area.
- #### 10. ENTRIES
- 10.1 The Organiser reserves the right to limit entries to all events. In the event of over-subscription, the Organiser will allocate spaces based on Region and date received (subject to 10.3 being satisfied). Priority for acceptance will be given to swimmers where their age group for an event is one where the winner qualifies for the National event.
 - 10.2 By completing the on-line application form all entrants agree to the entry conditions and all elements of the declaration. No late entries will be accepted.

10.3 Entries will only be accepted when a correctly completed on-line application form has been received and electronic payment has been confirmed to the East Region's bank account.

The 1k race fee is £17

The 2k, 3k, 5k race fees are £26 per race

10.4 Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds will not be made where there are withdrawals on medical grounds.

11. All events are swum as freestyle events

12. A time limit will be applied to all events from the start of each wave. The cut off times will be:

1K	25 minutes
2K	60 minutes
3K	1 hour 30 minutes
5K	2 hour 20 minutes

13. The minimum ages (as at 31st December) to swim each event are

1K	11 years	
2K	12 years	(Nationals Qualifier Age Groups 12 & 13)
3K	13 years	(Nationals Qualifier Age Groups 14 & 15)
5K	13 years	(Nationals Qualifier Age Groups 16, 17/18 & 19 & over)

14. All competitors MUST wear the numbered swim hat provided by the Region.

15. All competitors MUST wear the numbered band provided on their wrist or ankle throughout the race. This must be handed to the Clerk of the Course on completion of the race or on exiting the water.

16. Chip-timing is being used at these Championships. For those events where a timing chip wrist band is issued this must be worn on the wrist throughout the entire race. This must be handed back to the Clerk of the Course on completion of the race or on exiting the water.

17. Water Temperature & Swimwear

17.1 Water Temperature 20 degrees centigrade or above: Only costumes complying with FINA rule BL8.4 can be worn. A BL8.4 compliant costume (for both men and women) shall not cover the neck, nor extend past the shoulder or extend below the ankle. In all other respects they must comply with pool regulations.

17.2 Water Temperature 18-19.9 degrees centigrade: A wet suit may be worn, as an alternative to the current swimwear (as laid out above for water temperatures above 20 degree centigrade).

17.3 Water Temperature below 18 degrees centigrade: A wet suit is compulsory

Wet suit definition

For the purposes of the FINA rule, a wet suit is defined as a swimsuit made of a material providing thermal insulation. A wetsuit shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists or ankles.

The guidance provided by Swim England as an interpretation is that any wet suit would be approved provided it meets the minimum coverage requirements stated above. In addition, the outer surface should not include shapes such as ridges and fins.

18. Swim Gear: No competitor shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed.
19. Swimmers may use grease providing, if in the opinion of the Chief Referee, the use is not excessive. Competitors must have their numbers marked on their shoulders and arms by the Clerks of the Course before any grease or oil type lotion is applied.
20. The Promoter of the event shall be the Swim England East Region Open Water Manager.
21. Any protests shall be made and dealt with as detailed in Swim England Regulations.
22. Any matters not provided for in these conditions shall be decided by the Swim England East Region Open Water Leadership Group.
23. All competitors must be Swim England Club Compete registered swimmers or equivalent. If not, then the online entry form must be accompanied by a corresponding Swim England Club Compete temporary membership application sent to owentries@eastswimming.org.
24. All competitors must be a member of the club in whose name they are entering at the date of initial entry. Swimmers may only enter in the name of one club. The county under which a club is registered determines where county results are awarded; regional results for swimmers from Essex clubs will be determined by their regional allegiance.
25. Photographs of the event may be used for publicity purposes, and may be put the web-site. These will comply with the Swim England Photography Policy found in Wavepower.
26. The order in which events in the Competition will be swum will be
- a. 3k
 - b. 1K
 - c. 2k
 - d. 5k
- [The timing for all races and briefings will only be circulated as part of the events' final instruction pack in June]
27. If due to inclement weather or for safety reasons an event has to be abandoned, then once all expenses have been paid, a percentage of the entry fee may be refundable to those unable to swim.
28. If an event has to be abandoned those swimmers who are still in the water at the point the decision is announced will be deemed to have not finished, even if their safest means of exit from the water is via the finish.
29. Where an event is abandoned results will only be announced and medals presented where all competitors in an age group had the opportunity to complete their swim or, if in the view of the organisers, those not able to complete their swim would not have influenced the outcome.
30. East Region and London Region Championships Age Groups and medal criteria:
- 1km Freestyle: 11-12 13-14 15-16 17+
- 2km Freestyle: 12 13 14 15-16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+
- 3km Freestyle: 13 14 15 16 17-19 20-24 25-29 30-34 35-39 40-49 50-59 60+
- 5km Freestyle: 13-14 15 16 17/18 19 20-24 25-29 30-34 35-39 40-49 50-59 60+
31. The first 3 male and female swimmers in each age group will be awarded medals.
32. The first 3 male and female Para-Swimmers in the 1km and 2km events will be awarded medals.

33. Commemorative medals will be awarded by East Region to competitors from outside the East or London Region's placed first, second or third in individual events.

35. Medals will be awarded to the age categories shown above and will be based on event entry numbers. Gold, Silver and Bronze medals are available to be awarded in each category. In the event there are less than 5 entrants in the age group then medals will be awarded to 2 swimmers less than the number entered in the age group. In the event of less than 3 swimmers entered in the age group then only the gold medal will be awarded. In order to receive a medal, competitors must complete the course within the cut-off time and not be disqualified.

36. London Regional medals will be awarded to medallists in the Regional Qualifying Competition.

37. The Data Protection Act requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the event and the submission of results to counties, regions, and Swim England. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

Order of Events

Distance	Sign-in <small>Report Time</small>	Briefing	Mark-up	Start	Finish <small>Last heat Off-Water Time</small>	Medals
3km	08:15 to 08:45	09:00	9:30 to 9:55	H1 10:05	H3 11:45	12:55
1km	09:25 to 10:05	10:40	11:05 to 11:40	H1 12:00	H2 12:30	13:45
2km	11:00 to 11:40	12:20	12:45 to 13:15	H1 13:30	H3 14:40	16:00
5km	12:50 to 13:20	13:55	14:25 to 14:45	H1 14:55	H2 17:20	17:50

Events Start List

EVENT 1 3k Freestyle

Wave 1 wearing LIGHT BLUE hats

Allocated Hat No.	Name	Age as at 31st December	Club
1	Albert Orley	14	Braintree & Bocking Swimming Club
2	Alex Harrop	14	Teamipswich Swimming
3	Barnaby O'Donnell	14	Bushey Amateur Swimming Club
4	Ben Every	14	St Felix School Swimming Club
5	Benjamin Tennant	14	West Norfolk Swimming Club
6	Francesco Cleland Ferdin	14	City of Cambridge swimming club
7	Jack Wayman	14	Borough of Southend Swimming Club
8	Joshua Allinson Rodrigues	14	Teddington Swimming Club
9	Jude Staton	14	March Marlins Swimming Club
10	LUCAS GALANT DRAYSEY	14	Teddington Swimming Club
11	Luke Pemberton	14	Borough of Waltham Forest Swimming Club
12	Matthew Phoenix	14	Norwich Swan Swimming Club
13	Remi-maysen Keane	14	Basildon & Phoenix Swimming Club
14	Romanos Hiotis-Sklavenitis	14	Hatfield Swimming Club
204	Rowan Zaharewicz	14	Teddington Swimming Club
15	Ben Howlett	15	Teamipswich Swimming
16	Dante Sinnott	15	Barnet Cophall Swimming Club
17	Fabio Gohar	15	Teddington Swimming Club
18	Harrison Shaw	15	Flitwick Dolphins Swimming Club
19	Isaac Farrugia	15	Basildon & Phoenix Swimming Club
20	Jakob Holder	15	Teddington Swimming Club
21	Joshua Parker	15	West Norfolk Swimming Club
22	Kenechukwu Harris-Eze	15	Barnet Cophall Swimming Club
23	Kirtan Uttarkar	15	City of Peterborough Swimming Club
24	Liam Treanor	15	Hillingdon Swimming Club
25	Lucas Hartley	15	Hatfield Swimming Club
26	Patch Robinson	15	Teamipswich Swimming
27	Ryan Wall	15	City of Cambridge Swimming Club
28	Samuel Jeffrey	15	Hatfield Swimming Club
29	Thomas Underdown	15	Braintree & Bocking Swimming Club
30	Zak Barber	15	Team Waveney Swimming Club

Wave 2 wearing RED hats

50	Lilliana Fletcher	15	Hillingdon Swimming Club
51	Caitlin Tinker	14	Orpington Ojays Swimming CLUB
52	Chloe Copley	14	Runnymede Swimming Club
53	Daisy Darby	14	Teddington Swimming Club
54	Ellena Deakin	14	Teddington Swimming Club
55	Elsbeth Morton	14	Flitwick Dolphins Swimming Club
56	Epp Weiland	14	Teddington Swimming Club
57	Isabelle Carlos	14	Barnet Cophall Swimming Club

58	Isabelle Traynier	14	Beckenham Swimming Club
59	Lily Farr	14	Flitwick Dolphins Swimming Club
60	Maia Massaro	14	Teddington Swimming Club
61	Maia Thompson	14	Team Waveney Swimming Club
62	Melinda Nanassy	14	Hillingdon Swimming Club
63	Phoebe Chadwick	14	Teddington Swimming Club
64	Rebecca Coogan	14	Romford Town Swimming Club
65	Thea Wiseman Lee	14	Teddington Swimming Club
66	Wiktorcia Marcinek	14	West Norfolk Swimming Club
202	Prisha Tapre	14	Watford Swimming Club
67	Aislin Foley-Wright	15	Basildon Phoenix Swimming Club
68	Amelie Crabb	15	Team Ipswich Swimming
69	Anabel Rogers	15	Teddington Swimming Club
70	Arriane Lea	15	Runnymede Swimming Club
71	Autumn Shine	15	Potters Bar Swimming Club
72	Ava Holt	15	Teddington Swimming Club
73	Bonnie MacMillan Griffiths	15	Borough of Waltham Forest Swimming Club
74	Chloe Bellamy	15	West Norfolk Swimming Club
75	Darcey Hepworth	15	Flitwick Dolphins Swimming Club
76	Elinor Chadwick	15	Barnet Cophall Swimming Club
77	Elodie Morgan	15	Teddington Swimming Club
78	Harriet Glennerster	15	Team Waveney Swimming Club
79	Heidi Bruggraber	15	City of Cambridge Swimming Club
80	Isla Fulluck-Holmes	15	City of Peterborough Swimming Club
81	Jersey Holmes	15	Team Waveney Swimming Club
82	Kathryn Edwards	15	Braintree & Bocking Swimming Club
83	Lisa Leinemann	15	Chelmsford City Swimming Club
84	Louise Taylor	15	Beckenham Swimming Club
85	Lyla Howard	15	Team Luton Swimming Club
86	Megan Barker	15	West Suffolk Swimming Club
87	Rachael Carpenter	15	Ware Swimming Club
88	Sophia Thomas	15	Norwich Swan Swimming Club
89	Sophie Ball	15	Braintree & Bocking Swimming Club
90	Tilly Bunn	15	Romford Town Swimming Club

Wave 3 wearing YELLOW hats

31	Daniel Williams	12	Hatfield Swimming Club
32	Austin Harrop	16	City of Cambridge swimming club
33	Jack Tate	16	City of Norwich Swimming Club
34	James Renton	16	Potters Bar Swimming Club
35	Antoine Rouyer-Brown	17	Runnymede Swimming Club
207	Mark Milburn	17	Colchester Swimming Club
36	Kalaum corani	18	Colchester Swimming Club
37	Ben Sarsfield	23	Biggleswade Swimming Club
208	Michael Chun Chi Tsang	29	
38	Paulus Maukonen	36	Diss Otters Swimming Club
39	Alistair Shaw	42	Flitwick Dolphins Swimming Club
210	Stephen Smith	43	City of Cambridge Swimming Club
211	Rob Milburn	49	Chelmsford City Swimming Club

212	Pete Russell	53	Team Anglia Masters Swimming Club
40	Duncan Hartley	54	Hatfield Swimming Club
41	Simon Buchan	54	North Norfolk Vikings Swimming Club
42	Jonathan Greene	58	East Anglian Swallowtails
43	Ralph Pinel	60	Newham and University of East London Swimming Club
44	David Wright	61	Team Luton Swimming Club
45	Corey Hare	16	Colchester Swimming Club
201	Kecel Napier - Mackman	12	Hillingdon Swimming Club
47	Brooke Clipsham	13	City of Norwich Swimming Club
48	Keira Tarplett	13	Chelmsford City Swimming Club
91	Alexa Mann	16	Chelmsford City Swimming Club
92	Amelie Hawksley	16	City of Ely Swimming Club
93	Charlotte Williams	16	Hatfield Swimming Club
94	Lillian Walthew	16	Dereham Otters Swimming Club
95	Antonia Jubb	17	Hatfield Swimming Club
96	Megan Alvarez	17	Stowmarket Swimming Club
97	Zara Fallon	17	Team Luton Swimming Club
206	Olivia Lydon	17	Royston Swimming Club
98	Charlotte Joyce	18	Flitwick Dolphins Swimming Club
99	Rachel Harris	21	Maldon Sharks Swimming Club
100	Ashia Fenwick	26	Stowmarket Swimming Club
101	Sarah Hardiment	33	City of Ely Swimming Club
209	Katie Holmes	38	Harwich Swimming Club
102	Sarah Buchan	46	North Norfolk Vikings Swimming Club
103	Josephine Cresswell	53	East Anglian Swallowtails
104	Silvia Ferdin	57	City of Cambridge swimming club
105	Pauline Tester	58	London Borough of Redbridge Swimming Club

EVENT 2 NOVICE 1k Freestyle

Wave 1 wearing RED hats

1	Alex Wayman	11	Borough of Southend SC
2	Arthur Cradock	11	Teddington swimming club
3	Noah Buchan	11	North Norfolk Vikings Swimming Club
4	Rhys Zaharewicz	11	Teddington Swim Club
5	Tom Barber	11	Team Waveney Swimming Club
6	Barney O'Leary	12	Runnymede Swimming Club
7	Lochlan Shaw	12	Flitwick Dolphins Swimming Club
8	Osian Morton	12	Flitwick Dolphins Swimming Club
9	Will Minister	12	Thurrock Swimming Club
10	Alfred White	13	Canvey Island Swimming Club
11	Jake Dunham	13	City of Ely Amateur Swimming Club
12	Luis J Souto Hill	13	March Marlins Swimming Club
13	Owain Roberts	13	Team Luton Swimming Club
14	Rhys Lawn	13	Runnymede Swimming Club
15	Theo Wood	13	City of Southend on Sea Swimming Club
16	Elliot Steenkamp	14	Newmarket & District Swimming Club
17	Ryley Turpin	14	City of Southend on Sea Swimming Club

18	Toby Wood	14	City of Southend on Sea Swimming Club
20	Harry Zatouroff	16	Letchworth Swimming Club
21	Liam Murray	16	Dunstable Swimming Club
22	Harry Brunton	17	Cheshunt Swimming Club

Wave 2 wearing YELLOW hats

25	Alicja Macleod	11	Runnymede Swimming Club
26	Ava Nicholls	11	Canvey Island Swimming Club
27	Connie Flitton	11	Dunstable Swimming Club
28	India Khinda	11	Teddington SC
29	Isla staton	11	March Marlins Swimming Club
30	Lexie Sandiford	11	Team Luton Swimming Club
31	Lilyana Verlander	11	Thurrock swimming club
32	Megan Barnicoat	11	Modernian Swimming Club
33	Alice Robinson	12	City of Cambridge SC
34	Cassandra Pereira	12	Hatfield Swimming Club
35	Coral Turner	12	Biggleswade Swimming Club
36	Lily-Kate Barry	12	Borough of Southend Swimming Club
37	Niamh Bunker	12	Flitwick Dolphins Swimming Club
38	Aimee Morris	13	March Marlins Swimming Club
39	Amber Flitton	13	Dunstable Swimming Club
40	Eden Benion	13	Mildenhall and district Swimming Club
41	Felicia Lea	13	Runnymede Swimming Club
42	Grace Armstrong	13	Dunstable Swimming Club
43	Grace Robinson	13	St Felix School Swimming Club
44	Hannah Gilbert	13	West Suffolk Swimming Club
45	Leyla Corani	13	Colchester Swimming Club
46	Megan Clarkr	13	City of Ely Amateur Swimming Club
47	Olivia Cooper	13	Dunstable Swimming Club
48	Chloe Parkins	14	City of Southend on Sea Swimming Club
49	Isabella Gale	14	Deben Swimming Club
50	Lauren Calvert	14	Team Luton Swimming Club
51	Lucy Randall	14	Royston Swimming Club
52	Poppy Peebles	14	West Norfolk Swimming Club
53	Hannah McNicholas	15	Deben Swimming Club
54	Juniper Wingate	15	City of Cambridge Swimming Club
55	Zara Richards	15	City of Cambridge Swimming Club
56	Connie Davies	16	Deben Swimming Club
57	Georgina Hadden	16	Biggleswade Swimming Club
58	Larna Morgan	16	Epping Forest Swimming Club
59	Caitlin Goldney	17	Team Waveney Swimming Club
60	Caitlin McNicholas	17	Deben Swimming Club
61	Frankie Zatouroff	18	Royston Swimming Club
62	Georgina Stokes	18	Newmarket & District Swimming Club
63	Juliette Walter	45	Royston Swimming Club
64	Emma Grant	49	Royston Swimming Club
65	Maia Khalil	13	West Norfolk Swimming Club
66	Eva Thomas	13	Flitwick Dolphins Swimming Club

EVENT 3 2k Freestyle

Wave 1 wearing ORANGE hats

1	Alexander Gaydon	12	Team Ipswich Swimming Club
2	Eddie Evans	13	Beckenham Swimming Club
3	Felipe Irvine	12	Watford Swimming Club
4	Sebastian Haskins	12	Borough of Southend Swimming Club
5	Zach Montgomery	12	Norwich Swan Swimming Club
6	Zachary Fidan	12	Teddington Swimming Club
7	Arthur GreenWalker	13	Teddington Swimming Club
8	Ashton Blake	13	Canvey Island Swimming Club
9	Austin Taylor	13	City of Norwich Swimming Club
10	Benjamin Boldock	13	Halstead Swimming Club
11	Berkley Barnicoat	13	Modernian Swimming Club
12	Charlie Rehus	13	City of Peterborough Swimming Club
13	Daniel De Filippo	13	Flitwick Dolphins Swimming Club
14	Isaac Buchan	13	North Norfolk Vikings Swimming Club
15	Jack Keers	13	Teddington Swimming Club
16	James McGettigan	13	Runnymede Swimming Club
17	Jamie Wilson	13	West Norfolk Swimming Club
18	Liam Keefe	13	Borough of Waltham Forest Swimming Club
19	Logan Quinn	13	Hillingdon Swimming Club
20	Oliver Hilditch	13	Bromley Swimming Club
21	Thomas-Arthur Jagger	13	West Norfolk Swimming Club
22	Toby Lashmar	13	Basildon & Phoenix Swimming Club
23	Henry Reeve	14	Huntingdon Piranhas Swimming Club
24	James Shaw	14	Dunstable Swimming Club
204	Rowan Zaharewicz	14	Teddington Swimming Club
25	Fynn Adams	15	Teddington Swimming Club
26	Noah Mann	15	Newmarket Swimming Club
27	Oliver Tom	15	Ware Swimming Club
28	William Murfitt	16	Biggleswade Swimming Club
29	Austin Lillywhite	19	Biggleswade Swimming Club
30	Samuel Stephens	19	St Felix School Swimming Club
31	John Irish	42	Newmarket & District Swimming Club
32	Nicola Carniato	46	City of Cambridge Swimming Club
33	Simon Murray	51	Dunstable Swimming Club
34	Mark Hopkisson	53	Wisbech Swimming Club
212	Pete Russell	53	Team Anglia Masters Swimming Club
35	Rob Garry	58	Mildenhall & District Swimming Club
36	Peter Lynch	60	Stowmarket Swimming Club

Wave 2 wearing GREEN hats

40	Amelia Fenner	12	Basildon & Phoenix Swimming Club
41	Ava Allison	12	Borough of Waltham Forest Swimming Club
42	Delilah Paisley	12	Teddington Swimming Club
43	Emma Phillips	12	Teddington Swimming Club
44	Kornelia Jagodzinska	12	Runnymede Swimming Club
45	Lydia Newell	12	Brentwood Swimming Club
46	Maria Tzanidaki	12	Hillingdon Swimming Club
47	Millie Chadwick	12	Teddington Swimming Club
48	Zoe Watson	12	Canvey Island Swimming Club
201	Kecel Napier - Mackman	12	Hillingdon Swimming Club
49	Abigail Rogers	13	Romford Town Swimming Club
50	Anabelle Kett	13	City of Peterborough Swimming Club
51	Chloe Barnard	13	Basildon and Phoenix Swimming Club
52	Emma Macleod	13	Runnymede Swimming Club
54	Eveline Gaydon	13	Team Ipswich Swimming Club
55	Grace Thomas	13	Flitwick Dolphins Swimming Club
56	Holly Underdown	13	Braintree & Bocking Swimming Club
57	Isabel White	13	Biggleswade Swimming Club
58	Isabella Howser	13	City of Peterborough Swimming Club
59	Isla Widdowson	13	Colchester Swimming Club
60	Jana Mohamed	13	City of Peterborough Swimming Club
61	Kyla Holt	13	Teddington Swimming Club
62	Lottie Delapperall	13	Thurrock Swimming Club
63	Matilda Tramontano wells	13	Hertford Swimming Club
64	Ophelia Cradock	13	Teddington Swimming Club
65	Pia Hasillioglu	13	Teddington Swimming Club
66	Poppy Holder	13	Teddington Swimming Club
67	Sophia Beament	13	Bromley Swimming Club
68	Sophie Baker	13	Teddington Swimming Club
69	Yasmine Ollerenshaw	13	Flitwick Dolphins Swimming Club

Wave 3 wearing PINK hats

70	Bea Grant	14	Royston Swimming Club
71	Esmee Reeve	14	Braintree & Bocking Swimming Club
72	Fearne Peach	14	Canvey Island Swimming Club
73	Isabel Moore	14	West Suffolk Swimming Club
74	Jasmine Pereira	14	Hatfield Swimming Club
75	Lauren King	14	Royston Swimming Club
76	Mia Macklin	14	Braintree & Bocking Swimming Club
77	Millie Walker	14	March Marlins Swimming Club

202	Prisha Tapre	14	Watford Swimming Club
203	Zahra Mohamedali	14	Hillingdon Swimming Club
78	Chloe Tanner	15	Borough of Waltham Forest Swimming Club
79	Flossie Talbot	15	Newmarket & District Swimming Club
80	Isabella Pillow	15	City of Ely Swimming Club
81	Isabelle Talbot	15	Braintree & Bocking Swimming Club
82	Maisie Williams	15	Canvey Island Swimming Club
83	Scarlett joslin	15	City of Cambridge Swimming Club
84	Amelie Bruce	16	
85	Anouk Zecchini	16	City of Cambridge Swimming Club
86	Ashlee Willett	16	Cheshunt Swimming Club
87	FRANCESCA BABER	16	Flitwick Dolphins Swimming Club
88	Robyn Hartley	16	Hatfield Swimming Club
89	Skylar-Jasmine Alderson	16	Dunstable Swimming Club
90	Sophie Parkins	16	City of Southend on Sea Swimming Club
91	Sydney Smith	16	City of Cambridge Swimming Club
92	Abi Staff	17	Norwich Swan Swimming Club
93	Amy Shaw	18	Dunstable Swimming Club
94	Caitlin Hartley	18	Hatfield Swimming Club
95	Molly Brundle	18	Royston Swimming Club
96	Kirsty Gooch	22	Biggleswade Swimming Club
97	Olivia Lillywhite	26	Biggleswade Swimming Club
98	Holly Gregson	37	Diss Otters Swimming Club
99	Rosalyn Watson	43	Canvey Island Swimming Club
100	Becky Hartley	47	Hatfield Swimming Club
101	Julie Keefe	49	Leyton Swimming Club
102	Jodie Hopkisson	52	March Marlins Swimming Club
103	Kim Lynch	63	Stowmarket Swimming Club
104	Jeannie Morley	65	Mildenhall & District Swimming Club

EVENT 4 5k Freestyle

Wave 1 wearing ORANGE hats

1	Adam Rayment	16	Hillingdon Swimming Club
2	Ben Minister	16	Thurrock Swimming Club
3	Billy Bainbridge	16	Teddington Swimming Club
4	Daniel Grimmer	16	West Norfolk Swimming Club
5	Daniel Kendall	16	City of Ely Swimming Club
6	Daniel McGuinness	16	Basildon & Phoenix Swimming Club
7	Daniel Moyses	16	City of Peterborough Swimming Club
8	James Peacock	16	City of Peterborough Swimming Club
9	Jamieson McLaren	16	Romford Town Swimming Club
10	Lewis Jarrett	16	Romford Town Swimming Club

11	Nedas Tkacenko	16	West Norfolk Swimming Club
12	Thomas Evans	16	Teddington Swimming Club
13	Thomas Ford	16	Basildon & Phoenix Swimming Club
205	Dylan Morris	16	Watford Swimming Club
14	Cameron Carlos	17	Barnet Copthall Swimming Club
15	Connor McCarthy	17	Romford Town Swimming Club
16	Jack Barnard	17	Potters Bar Swimming Club
17	Matthew Monie	17	City of Cambridge Swimming Club
18	Matthew Riddle	17	Thurrock Swimming Club
19	Ryan Roberts	17	Putteridge Swimming Club
207	Mark Milburn	17	Colchester Swimming Club
20	Charles Boldock	18	Halstead Swimming Club
21	Jack Pallant	18	Team Waveney Swimming Club
22	Nathan Chapman	18	Greenwich Royals Swimming Club
23	Oliver Hogan	19	Borough of Southend Swimming Club
24	Ben Allen	20	West Suffolk Swimming Club
25	Timon Chapman	20	City of Norwich Swimming Club
26	Myles Turner	22	West Suffolk Swimming Club
27	Bob Sporle	24	Borough of Southend Swimming Club
28	Lewis Archer	25	Halstead Swimming Club
29	Thomas Allen	26	Flitwick Dolphins Swimming Club
208	Michael Chun Chi Tsang	29	
30	Matthew Ridout	35	Dunstable Swimming Club
31	Adam Young	37	West Suffolk Swimming Club
32	Dan Hagen	38	Borough of Southend Swimming Club
33	Chris Barlow	39	Newmarket Swimming Club
210	Stephen Smith	43	City of Cambridge Swimming Club
34	Rafal Marcinek	45	West Norfolk Swimming Club
35	Simon Lashmar	48	Basildon & Phoenix Swimming Club
36	Paul Hilditch	49	Bromley Swimming Club
211	Rob Milburn	49	Chelmsford City Swimming Club
37	Neil Morton	53	Flitwick Dolphins Swimming Club
38	Jeremy Clipstone	56	
39	Colin Brown	57	
40	Ralph pinel	60	Newham and University of East London Swimming Club
41	Andrew Wright	65	Stowmarket Swimming Club
42	Ian Murray	65	Flitwick Dolphins Swimming Club

Wave 2 wearing WHITE hats

45	Keira martin	14	Canvey Island Swimming Club
46	Anna-Lucia Fenner	16	Basildon & Phoenix Swimming Club
47	Beatrice Jeffs	16	Hillingdon Swimming Club
48	Elizabeth McClune	16	Teddington Swimming Club
49	Esmie Kidman	16	West Norfolk Swimming Club

50	Grace Mason	16	Bishop's Stortford Swimming Club
51	Meisha Trend-Evans	16	Bishops Stortford Swimming Club
52	Olivia Church	16	Thurrock Swimming Club
53	Paige Walker	16	Flitwick Dolphins Swimming Club
54	Phoebe Thorn	16	Flitwick Dolphins Swimming Club
55	Poppy reed	16	Borough of Waltham Forest Swimming Club
56	Amelia Brian	17	Beckenham Swimming Club
57	Amy Allison	17	Borough of Waltham Forest Swimming Club
59	Bethan Wall	17	Royston Swimming Club
60	Cassandra Struc	17	Hillingdon Swimming Club
61	Ella Pemberton	17	Borough of Waltham Forest Swimming Club
62	Ella Turner	17	Basildon & Phoenix Swimming Club
63	Felicity Carnell	17	Berkhamsted Swimming Club
64	Holly Wiseman Lee	17	Teddington Swimming Club
65	Jemima Tuffnell	17	City of Peterborough Swimming Club
66	Jessica Arundale	17	Barnet Copthall Swimming Club
67	Maisie muffett	17	Borough of Waltham Forest Swimming Club
206	Olivia Lydon	17	Royston Swimming Club
68	Rosie Jones	17	Teddington Swimming Club
69	Ruby Greenhalf	17	City of Norwich Swimming Club
58	Anna Owens	18	Barnes Swimming Club
70	Charlotte Tree	18	Colchester Swimming Club
71	Emily Haslam	18	City of Norwich Swimming Club
72	Isobel Chadwick	18	Barnet Copthall Swimming Club
73	Katy Coleman	18	North Norfolk Vikings Swimming Club
74	Madelyn Latimer-Hicks	18	St Felix School Swimming Club
75	Abbie Barnwell	19	Team Luton Swimming Club
76	Charlotte Harris	19	Maldon Sharks Swimming Club
77	Eleanor Mason	19	City of Cambridge Swimming Club
78	Isabelle Jopson	19	Romford Town Swimming Club
79	Sacha Thomas	19	City of Norwich Swimming Club
80	Rose Pepperday	21	Haringey Aquatics
81	Evie Anema	22	City of Cambridge Swimming Club
82	Hannah McElroy	22	Borough of Southend Swimming Club
83	Bethan McElroy	24	Borough of Southend Swimming Club
84	Emma Wheeler	26	Deben Swimming Club
85	Rosa Chrystie-Lowe	26	City of Norwich Swimming Club
86	Georgina Quayle	28	City of Cambridge Swimming Club
87	Gemma Cannon	30	Felixstowe Waves Swimming Club
88	Sarah Osborne	32	
209	Katie Holmes	38	Harwich, Dovercourt & Parkeston Swimming Club
89	Jo Mitchinson	43	Team Luton Swimming Club
90	Jacqui White	49	TRISudbury
91	Kerry Ann Wilkins	51	Thurrock Swimming Club

Event Results can be found [here](#).