



Swim England East Region Para-Swimming Meet 2025 License Number 3ER250576

Programme

Sunday 21st September 2025

**Held under Swim England Regulations, the Swim England Technical Rules
of Swimming and to the Swim England Open Meet Licensing Criteria and
World Para Swimming Rules and Regulations**

**Location: Abbeycroft Leisure
Newmarket Leisure Centre
Exning Road
Newmarket
Suffolk
CB8 0EA**

Warm Up Time: 3.30pm

Start Time: 4.00pm

Est Finish Time: 6.00pm

EVENT 1 Female 09 Yrs/Over 100m Freestyle

1.	Ava-Valentina ASPINELL	13	Chelmsford		4.	Jessica GOODEN	15	Co Cambridge	1:31.27
2.	Kristina HANN	40	Colchester P	S8 1:51.00	5.	Holly SMITH	12	Staines	1:28.52
3.	Elana KOTEI	13	teamipswich	S10 1:40.14	6.	Grace COOK	16	Co Norwich	1:05.60

EVENT 2 Open/Male 09 /Over 100m Freestyle

1.	Julian ALDRED	15	Co Cambridge	S6 2:18.53	5.	Cameron CONNELLY	20	Flitwick	S9 1:34.19
2.	Henry OAKES	17	Harlow Pen	2:02.53	6.	Jacob DESSOY	16	Runnymede	S8 1:23.99
3.	Sebastian KONRATH	16	West Suffolk	S8 1:52.59	7.	Beau SALES	14	Colchester P	S9 1:21.80
4.	Angelo HEARN	10	teamipswich	1:41.61	8.	Sebastian CASH	12	Mildenhall	1:19.89

EVENT 3 Female 09 Yrs/Over 50m Breaststroke

1.	I HEZEL PETROSKI SAWYE	10	Larkfield	SB9	3.	Claire CONNON	39	Co Cambridge	SB3 1:07.34
2.	Veronica ONU	10	Crawley						

EVENT 4 Open/Male 09 /Over 50m Breaststroke

1.	Thomas BARNARD	13	Camden Swiss	SB8 1:20.93	3.	Angelo HEARN	10	teamipswich	1:03.91
2.	Sebastian KONRATH	16	West Suffolk	SB8 1:12.20	4.	Harry ARNOLD-PEPPER	16	Co Cambridge	SB8 38.26

EVENT 5 Female 09 Yrs/Over 200m IM

1.	Ziva BARRICK	16	Colchester P	SM10	4.	Holly BOCKING	24	Colchester P	SM14 4:01.14
2.	Charlotte RYAN	25	Runnymede	SM6 5:35.84	5.	Elana KOTEI	13	teamipswich	SM10 3:26.54
3.	Kristina HANN	40	Colchester P	SM8 4:09.90	6.	Chloe FARRINGTON	14	Co Norwich	SM15 3:09.04

EVENT 6 Open/Male 09 Yrs/Over 200m IM

1.	Corey HARE	19	teamipswich	SM14 2:21.95
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EVENT 7 Female 09 Yrs/Over 50m Backstroke

1.	Veronica ONU	10	Crawley		3.	Jessica GOODEN	15	Co Cambridge	47.31
2.	I HEZEL PETROSKI SAWYE	10	Larkfield	S9 1:14.43	4.	Chloe FARRINGTON	14	Co Norwich	S15 37.27

EVENT 8 Open/Male 09 /Over 50m Backstroke

1.	Julian ALDRED	15	Co Cambridge	S6 1:03.63	4.	Mark HOLMES	42	Colchester P	S14 40.60
2.	Henry OAKES	17	Harlow Pen	1:00.42	5.	Harry ARNOLD-PEPPER	16	Co Cambridge	S9 36.63
3.	Angelo HEARN	10	teamipswich	51.07					

EVENT 9 Female 09 /Over 100m Breaststroke

1.	Sarah COBB	21	Co Cambridge	SB8	6.	Charlotte RYAN	25	Runnymede	SB5 2:55.02
2.	Ava-Valentina ASPINELL	13	Chelmsford		7.	Holly BOCKING	24	Colchester P	SB14 2:03.91
3.	Ziva BARRICK	16	Colchester P	SB9	8.	Kristina HANN	40	Colchester P	SB8 1:59.23
4.	Faith REDDICK	11	Colchester P		9.	Isla ROBERTS	11	Maxwell	SB14 1:45.66
5.	Holly SMITH	12	Staines		10.	Imogen BROWN	17	Potters Bar	SB14 1:43.28

EVENT 10 Open/Male 09 /Over 100m Breaststroke

1.	Cameron CONNELLY	20	Flitwick	SB8	6.	Julian ALDRED	15	Co Cambridge	SB5 3:03.06
2.	Anton KLYAZNIK	15	Co Cambridge		7.	Angelo HEARN	10	teamipswich	2:13.34
3.	Jacob DESSOY	16	Runnymede	SB8	8.	Sebastian CASH	12	Mildenhall	1:54.41
4.	Sebastian KONRATH	16	West Suffolk	SB8	9.	Mark HOLMES	42	Colchester P	SB14 1:51.05
5.	Beau SALES	14	Colchester P	SB9					

EVENT 11 Female 09 Yrs/Over 200m Freestyle

1.	Claire CONNON	39	Co Cambridge	S4 3:19.56	3.	Imogen BROWN	17	Potters Bar	S14 2:52.02
2.	Isla ROBERTS	11	Maxwell	S14 2:54.85					

EVENT 12 Open/Male 09 /Over 200m Freestyle

1.	Corey HARE	19	teamipswich	S14 2:09.30
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EVENT 13 Female 09 Yrs/Over 400m Freestyle

1.	Charlotte RYAN	25	Runnymede	S6 8:45.70	2.	Chloe FARRINGTON	14	Co Norwich	S15 5:37.81
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EVENT 14 Open/Male 09 /Over 400m Freestyle

1.	Sebastian CASH	12	Mildenhall	7:12.52	3.	Harry ARNOLD-PEPPER	16	Co Cambridge	S9 5:46.34
2.	Jacob DESSOY	16	Runnymede	S8 6:18.66					

Break

EVENT 15 Female 09 Yrs/Over 150m IM

1.	I HEZEL PETROSKI SAWYE	10	Larkfield	SM9	2.	Claire CONNOR	39	Co Cambridge	SM4
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EVENT 16 Open/Male 09 Yrs/Over 150m IM

EVENT 17 Female 09 Yrs/Over 50m Butterfly

1.	Elana KOTEI	13	teamipswich	S10 49.76	3.	Grace COOK	16	Co Norwich	32.50
2.	Holly SMITH	12	Staines	45.47					

EVENT 18 Open/Male 09 Yrs/Over 50m Butterfly

1.	Cameron CONNELLY	20	Flitwick	S9	3.	Henry OAKES	17	Harlow Pen	1:21.99
2.	Thomas BARNARD	13	Camden Swiss	S8 1:35.04	4.	Harry ARNOLD-PEPPER	16	Co Cambridge	S9 34.93

EVENT 19 Female 09 Yrs/Over 100m Backstroke

1.	Ava-Valentina ASPINELL	13	Chelmsford		6.	Imogen BROWN	17	Potters Bar	S14 1:37.82
2.	Faith REDDICK	11	Colchester P		7.	Holly SMITH	12	Staines	1:32.11
3.	Sarah COBB	21	Co Cambridge	S8 3:14.94	8.	Isla ROBERTS	11	Maxwell	S14 1:27.77
4.	Holly BOCKING	24	Colchester P	S14 1:48.20	9.	Chloe FARRINGTON	14	Co Norwich	S15 1:20.75
5.	Ziva BARRICK	16	Colchester P	S10 1:38.63					

EVENT 20 Open/Male 09 /Over 100m Backstroke

1.	Anton KLYAZNIK	15	Co Cambridge	2:45.72	3.	Beau SALES	14	Colchester P	S9 1:26.90
2.	Mark HOLMES	42	Colchester P	S14 1:28.30	4.	Corey HARE	19	teamipswich	S14 1:06.60

EVENT 21 Female 09 Yrs/Over 100m Butterfly

1.	Ava-Valentina ASPINELL	13	Chelmsford		3.	Kristina HANN	40	Colchester P	S8 1:58.14
2.	Elana KOTEI	13	teamipswich	S10 2:05.33					

EVENT 22 Open/Male 09 /Over 100m Butterfly

1.	Beau SALES	14	Colchester P	S9 1:34.20
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EVENT 23 Female 09 Yrs/Over 50m Freestyle

1.	Faith REDDICK	11	Colchester P		6.	Holly BOCKING	24	Colchester P	S14 47.50
2.	Veronica ONU	10	Crawley		7.	Jessica GOODEN	15	Co Cambridge	39.54
3.	Sarah COBB	21	Co Cambridge	S8 1:28.43	8.	Isla ROBERTS	11	Maxwell	S14 35.41
4.	I HEZEL PETROSKI SAWYE	10	Larkfield	S9 57.87	9.	Imogen BROWN	17	Potters Bar	S14 34.50
5.	Charlotte RYAN	25	Runnymede	S6 53.20	10.	Grace COOK	16	Co Norwich	29.60

EVENT 24 Open/Male 09 Yrs/Over 50m Freestyle

1.	Anton KLYAZNIK	15	Co Cambridge	1:03.30
2.	Julian ALDRED	15	Co Cambridge	S6 1:01.76
3.	Henry OAKES	17	Harlow Pen	53.30
4.	Sebastian KONRATH	16	West Suffolk	S8 48.05
5.	Angelo HEARN	10	teamipswich	44.18
6.	Cameron CONNELLY	20	Flitwick	S9 42.75
7.	Jacob DESSOY	16	Runnymede	S8 38.58
8.	Mark HOLMES	42	Colchester P	S14 36.00
9.	Harry ARNOLD-PEPPER	16	Co Cambridge	S9 30.50
10.	Corey HARE	19	teamipswich	S14 27.60