



2026 Open Water Championships

Held under Swim England Laws and Regulations and World Aquatics (WA) Technical Rules of Swimming. Para athletes will compete under current WPS Rules and Regulations.



12th July 2026

Whitlingham Adventure, Norwich

A message of welcome from Swim England East Region President

Max Paines

As Swim England East Region President, it gives me great pleasure to welcome everyone to Whitlingham Adventure for the Swim England East Region Open Water Championships.

As Norfolk's largest open water swimming venue, Whitlingham Adventure is once again hosting this prestigious event. We have a total of 417 entries from across the East Region competing this year, including two para swimmers, with races over 1km, 2km, 3km and 5km.



This event provides swimmers with the opportunity to qualify for the Swim England National Open Water Championships at Rother Valley Country Park, which will be held later this month.

Events such as these would not be possible without the dedication and commitment of our officials, volunteers, helpers and supporters. I would like to thank each and every one of them for the vital role they play in ensuring another successful championship.

My particular thanks go to Paul Kendall, East Region Open Water Manager, and his Leadership Group for all their hard work in making these Championships a positive and enjoyable experience for everyone involved.

If you would like to find out more about becoming an official, please contact Paul at openwater@eastswimming.org. No previous experience is required, as full training will be provided.

Having attended the Regional Open Water Championships back in 2019 as Cambridgeshire County President, I am delighted to be returning and look forward to another exciting day of competition. I would like to wish every competitor the very best of luck, whether you are taking part in your first open water event or are a seasoned and experienced swimmer.

Finally, I hope the weather is kind, that everyone enjoys their day, and that we witness some fantastic and exciting racing.

Have a wonderful time, and the very best of luck to you all.

Max Paines

President

Swim England East Region

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

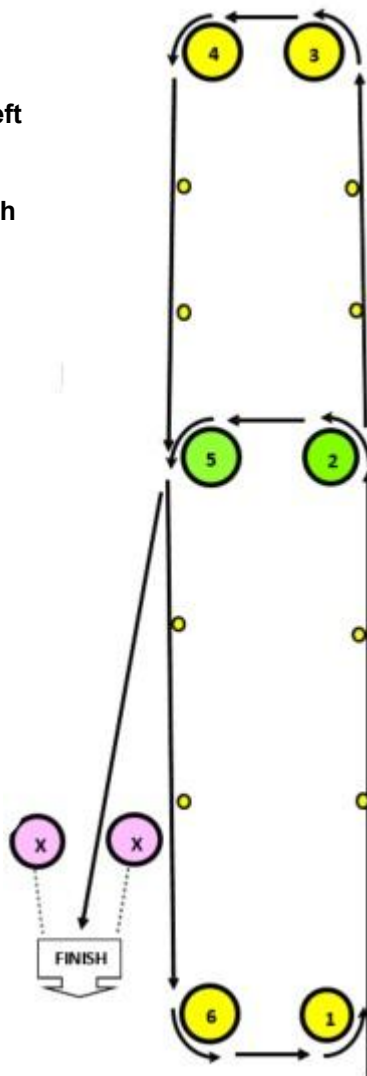
After passing buoy 5 for the last time swim directly to the finish. Enter the funnel between the two marker buoys

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.

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

There is limited parking available at the venue and there is a parking fee. Our event is always busy so please:

- Car share with someone from your club where possible to reduce the number of vehicles requiring parking.
- Park where instructed to by our volunteer traffic management team to ensure the most efficient use of the space available.
- Be prepared for a short walk, the closest parking will be reserved for blue badge holders.

Important: Please note the parking system at Whitlingham is on a pay and display basis. Please check the [details of the fees and payment arrangements](#). The carpark is managed by a separate carpark management company, the event organisers do not have any control over this. If any vehicle is parked not in accordance with the regulations of the car park a penalty notice will be issued. This includes not parking within the marked lines or non-payment of the appropriate fee.

The organisers do not accept any responsibility for car parking

Please could anyone requiring a disabled parking space for this event please let owentries@eastswimming.org know before the event, so arrangements can be made to accommodate this request.

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 all swimmers must attend the relevant briefing for the event in which they intend to swim and answer to the roll call.

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.

Swim England East Region

2026 Regional Open Water Championships

Sunday 12 July 2026 – Whitlingham

1. General Conditions

1.1 The Championships are open to Club Compete members of clubs affiliated to Swim England, Swim Scotland, Swim Wales, or to clubs affiliated to World Aquatics. Members registered as Club Train or Club Support **must upgrade to Club Compete** before entering.

1.2 The event will be conducted under Swim England Laws and Regulations, World Aquatics (WA) Open Water Technical Rules, and World Para Swimming (WPS) Rules for Para athletes.

1.3 Ages for entry are determined as at **31 December 2026**.

1.4 The Championships operate as a single competition but incorporate four components:

- (a) Swim England East Region qualifying event for Swim England Open Water Nationals.
- (b) County Championships for counties within the East Region. *
- (c) Regional Para and Special Olympics events for eligible Para (S5*–S14) and SOGB athletes.
- (d) An open competition for all other eligible swimmers.

* Essex clubs within the East Region may use this event for National qualification. Essex clubs in the London Region must attend the London Region Open Water Championships for National qualification.

1.5 The Female category is restricted to swimmers whose birth sex is female, in accordance with the Swim England Transgender and Non-Binary Competition Policy. Entry into the Female category confirms compliance.

1.6 Swimmers should seek medical advice if they have any concerns about their health. By entering the event, swimmers confirm that they have not been advised by a medical professional to avoid Open Water Swimming, and they are not aware of any medical condition that would make it unsafe for them to take part. By entering, swimmers also certify that they are physically fit to participate. They agree to inform the Promoter of any medical condition that may affect their ability to take part in the event.

Any change to a swimmer's medical condition between making their initial entry declaration and the day of competition, must be notified to the promoter.

2. Coaches and Team Managers

2.1 All swimmers under 18 must be supervised by a qualified Coach or Team Manager.

2.2 The Swim England Team Manager, Coach and Chaperone Policies apply at all times.

2.3 Coaches' passes must be purchased via the Swimming Results online system (**£15** per person).

2.4 Pass holders are entitled to a BBQ lunch, plus free refreshments (Tea, Coffee, Soft Drinks, Cakes) from Pod 8. Passes must be worn at all times. No access to the decked area is permitted without a valid pass.

3. Entry Process

3.1 All entries must be submitted via the designated online entry system. Submission confirms that **the competitor** has read and **accepted all conditions**.

3.2 The closing date for entries is **15 June 2026**.

3.3 The Promoter may limit entries. If oversubscribed, entries will be accepted in order of receipt, with priority to East Region members and to swimmers in National-qualifying age groups.

3.4 The Promoter may refuse entry to any competitor, coach, or spectator. Matters not covered in these conditions will be determined by the Technical Director and Promoter, who may make changes necessary for the safe and effective running of the event.

3.5 Entry Fees:

- 1 km: **£25**
- 2 km, 3 km, 5 km: **£30** per race

3.6 Refunds. Refunds will be issued only if:

- the competition is cancelled, or
- a significant schedule alteration resulting in a change of venue or session prevents the swimmer from competing.

3.7 Medical withdrawals will be considered only where a request is submitted via Swim-Meet before the event begins. Supporting medical evidence may be required.

4. Events and Eligibility

4.1 Events Offered:

- Event 1: 3 km (including Para S5*–S14 and Para Masters)
- Event 2: 1 km (including Para S5*–S14 and SOGB athletes)
- Event 3: 2 km
- Event 4: 5 km

4.2 Entry Rules:

- Swimmers may enter any distance for which they meet the minimum age.
- Swimmers may enter more than one event, but the only permitted combination is: Event 1 + (Event 3 or Event 4).
- To be eligible for Swim England Open Water Nationals, swimmers must compete in the qualifying event for their age group and achieve the required placing.
- Para athletes may enter Event 1 or Event 2 only.
- * S5/S6 Para athletes: Entries are welcomed subject to individual safety assessment and resource availability – limited places available. Contact promoter first before entering.
- SOGB athletes may enter Event 2 only and will be divisioned by gender, wetsuit use, and age where appropriate.

5. Venue Access

5.1 Access to the decked area is restricted to:

- Coaches and Team Managers with passes
- Event staff and officials
- East Region invited guests
- Swimmers

5.2 Swimmers may enter the decked area 15 minutes before their briefing and must leave once changed after their swim.

5.3 Swimmers may enter the deck area to collect county and regional awards, but are to immediately leave once they have done so.

5.4 Parents are not permitted on the decked area unless invited by the Referee, Event Director, or East Region staff.

6. Time Limits and Minimum Ages

6.1 Time Limits (from wave start):

- 1 km: 25 minutes (Para & SOGB: 45 minutes)
- 2 km: 60 minutes
- 3 km: 1 hour 30 minutes
- 5 km: 2 hours 20 minutes

6.2 Minimum Ages (as at 31 December 2026):

- 1 km: 11 years (Para & SOGB: 14 years)
- 2 km: 12 years (Nationals qualifier age 13)
- 3 km: 13 years (Nationals qualifier ages 14–15)
- 5 km: 13 years (Nationals qualifier ages 16, 17/18, 19+)

7. Equipment Requirements

7.1 All competitors must wear:

- the numbered swim hat issued by the organiser (as the outside hat if two are worn)
- the numbered wrist/ankle band
- the timing chip wristband

Failure to: wear the numbered hat, return the band or chip, may result in disqualification.

7.2 Swimwear Rules – Water $\geq 18^{\circ}\text{C}$: Only WA-compliant textile swimsuits may be worn. Suits must not cover the neck, extend past the shoulder, or below the ankle. Only one swimsuit, in one or two pieces, may be worn.

7.3 Swimwear Rules – Water $< 18^{\circ}\text{C}$: Wetsuits are compulsory. Wetsuits may also be mandated up to 20°C if conditions are deemed hazardous. Only one swimsuit may be worn underneath the wetsuit.

7.4 Wetsuit Definition. A wetsuit must:

- provide thermal insulation
- completely cover torso, back, and thighs
- not extend beyond neck, wrists, or ankles (though body parts after the shoulder and/or below the thigh do not necessarily need to be covered)
- include functional zippers/fastenings if present

7.5 SOGB Athletes may wear any wetsuit or technical suit offering buoyancy or protection, subject to approval by the Meet Director to ensure fairness.

7.6 SOGB Temperature Limits:

- Races will not take place if air + water $\leq 33^{\circ}\text{C}$, unless deemed safe.
- Races will not take place if air + water $\geq 63^{\circ}\text{C}$.

7.7 Wetsuits are not available for hire at Whitlingham.

7.8 Prohibited Items. No devices (including 'smart' devices) that aid speed, endurance, or buoyancy. No jewellery. Nails must be trimmed. GPS or biomedical sensors are permitted only if WA-approved and must not provide real-time feedback to the swimmer.

7.9 Drones are not permitted.

7.10 Grease may be used if not excessive. Numbers must be applied **before** grease.

8. Safety, Briefings, and Conduct

8.1 **All swimmers must** attend the briefing for their event and answer roll call.

8.2 All events are swum as freestyle.

8.3 The Promoter and Event Director is: Paul Kendall – openwater@eastswimming.org

8.4 Protests will be handled in accordance with Swim England Regulations.

8.5 Swimmers must be members of the club under which they enter. County results are based on the club's registered county.

9. Photography and Safeguarding

9.1 Parents/carers taking photographs must focus on their own child and avoid capturing others where possible.

9.2 Concerns about photography should be reported to the Promoter.

9.3 Swim England's Wavepower guidance on photography and social media applies.

9.4 Use of mobile devices in changing rooms is strictly forbidden. Anyone contravening this rule will be required to leave the venue without refund.

9.5 Official event photographs may be used for publicity in accordance with Swim England policy.

10. Abandonment of Events

10.1 If an event is abandoned due to weather or safety concerns, a proportion of entry fees may be refunded once expenses are covered.

10.2 Swimmers still in the water at the time of abandonment will be recorded as Did Not Finish, even if their safest exit is via the finish.

10.3 Results and medals will only be awarded where all swimmers in an age group had the opportunity to complete the swim, or where non-completion would not have affected the outcome.

11. Awards and Age Groups

11.1 Regional Age Groups

- 1 km: 11–12, 13–14, 15–16, 17+
- 2 km: 12, 13, 14, 15–16, 17–19, Masters
- 3 km: 13, 14, 15, 16, 17–19, Masters
- 5 km: 13–14, 15, 16, 17–18, 19, Masters

11.2 Masters Age Groups 20–24, 25–29, 30–34, continuing in 5-year bands.

11.3 Medals

- First three Open/Male and Female swimmers in each age group.
- Para medals (1 km and 3 km) awarded on multi-classification points (800 m and 1500 m equivalents).
 - Masters' medals awarded using age-adjusted times and British Para-Swimming Points.
 - WPS Rule 10.15.1 does not apply to this competition.
- SOGB medals awarded to top three in each division.
- Commemorative medals for non-East Region swimmers placing in the top three.

11.4 Nationals qualification. Eligible East Region competitors finishing in the first 5 at these Regional Championships, may enter the National Championships providing they meet the Age Groupings and club membership criteria for the National Championships.

11.5 The distances at the National Championships **will be longer than those at these Regional Championships** for each Age Group. Groups and Distances for the National Championships are Open/Male and Female:

- 13yrs – 3km
- 14yrs – 5km
- 15yrs – 5km
- 16yrs – 7.5km
- 17/18 – 7.5km
- 19+ – 7.5km

12. Data Protection

12.1 Personal data is processed for the purposes of event entry, management, and results submission, in accordance with the Data Protection Act 2018.

12.2 Submission of an entry constitutes consent to data processing. Where data is submitted by a club or third party, the club or third party is responsible for ensuring consent has been obtained.

Swim England East Region Open Water Championships 2026 Timeline

Start	Activity	Ends
07:20	Assemble	
07:40	Officials & Safety Team Brief	08:20
07:45	3K - REGISTRATION OPENS	08:25
08:30	3K Swimmers Briefing	
08:55	3K Swimmers Mark-Up	
09:15	1K - REGISTRATION OPENS	09:55
09:40	3K Wave 1 Start - NAG Open/Male	
09:45	3K Wave 2 Start - NAG Female	
09:50	3K Wave 3 Start - Para / Mixed	11:20
10:25	1K Swimmers Briefing	
11:05	2K - REGISTRATION OPENS	11:50
11:05	1K Swimmers Mark-Up	
11:35	1K Wave 1 Start - Open/Male	
11:40	1K Wave 2 Start - Female	
11:45	1K Wave 3 Start - Para / Mixed	12:30
12:20	2K Swimmers Briefing	
12:35	3K Medals	
12:35	Safety Team Off Water Break	13:35
13:00	5K - REGISTRATION OPENS	13:30
13:00	2K Swimmers Mark-Up	
13:20	1K Medals	

13:40	2K Wave 1 Start - NAG Open/Male	
13:45	2K Wave 2 Start - NAG Female	
13:50	2K Wave 3 Start - Open/Male	
13:55	2K Wave 4 Start - Female	14:55
14:00	5K Swimmers Briefing	
14:35	5K Swimmers Mark-Up	
15:05	5K Wave 1 Start - Open/Male	
15:10	5K Wave 2 Start - Female	17:30
15:50	2K Medals	
17:50	5K Medals	

ALL TIMINGS ARE APPROXIMATE

Events Start List

EVENT 1 3Km Freestyle

Wave 1 wearing Orange hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
1	1	Adam	Balazs	14	Co Peterboro	O/M		East	SE Cambridgeshire
1	2	Eoghan	Bilham	14	Thurrock	O/M		East	SE Essex
1	3	Giacomo	Carniato	14	Co Cambridge	O/M		East	SE Cambridgeshire
1	4	Oscar	Chau	14	Co St Albans	O/M		East	SE Hertfordshire
1	5	Noah	Conroy	14	Bishop Stort	O/M		East	SE Hertfordshire
1	6	William	Cornwell	14	Rochford	O/M		East	SE Essex
1	7	Noah	Goodson	14	West Norfolk	O/M		East	SE Norfolk
1	8	Ethan	Hammond	14	Bo Southend	O/M		East	SE Essex
1	9	Fevzi	Kocaman	14	Co St Albans	O/M		East	SE Hertfordshire
1	10	Alfie	Larham	14	Co Peterboro	O/M		East	SE Cambridgeshire
1	11	Mylo	Molloy	14	Co St Albans	O/M		East	SE Hertfordshire
1	12	Oliver	Petchey	14	West Suffolk	O/M		East	SE Suffolk
1	14	Aaron	Rawnsley	14	Harpenden	O/M		East	SE Hertfordshire
1	15	Alexander	Rochowski	14	Linslade	O/M		East	SE Bedfordshire
1	16	Guy	Spearman-Baines	14	Bishop Stort	O/M		East	SE Hertfordshire
1	17	Lawrence	Taylor	14	Co Norwich	O/M		East	SE Norfolk
1	18	Adam	Thompson	14	Thurrock	O/M		East	SE Essex
1	19	Albert	Widdicks	14	West Suffolk	O/M		East	SE Suffolk
1	20	Benjamin	Mellors	15	Verulam	O/M		East	SE Hertfordshire
1	21	Kieran	Bearman	15	DunmowAtlant	O/M		East	SE Essex
1	22	Ben	Goring-Farrow	15	Linslade	O/M		East	SE Bedfordshire
1	23	Jack	Canham	15	Team Luton	O/M		East	SE Bedfordshire
1	24	Fisher	Lynch	15	Rochford	O/M		East	SE Essex
1	25	Fox	O'Hart	15	Bo Southend	O/M		East	SE Essex
1	26	Jarad	Rowe	15	Colchester	O/M		East	SE Essex
1	27	Jacob	Wild	15	Newmarket	O/M		East	SE Suffolk
1	200	Henry	Chaloner	14	Biggleswade	O/M		East	SE Bedfordshire
1	201	Byron	Miller	15	Colchester	O/M		East	SE Essex

Wave 2 wearing YELLOW hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
2	28	Marisa	Jarman-Hall	13	Rochford	F		East	SE Essex
2	29	Zara	Belnikoff	14	Epping For't	F		East	SE Essex
2	30	Charlotte	Burge	14	Co Peterboro	F		East	SE Cambridgeshire
2	31	Beatrix	Castleton-Cooke	14	Brentwood	F		East	SE Essex
2	32	Nellie	Chadderton	14	West Norfolk	F		East	SE Norfolk
2	33	Poppy	Cunnington	14	Co Peterboro	F		East	SE Cambridgeshire
2	34	Libby	Flitton	14	Dunstable	F		East	SE Bedfordshire
2	35	Lilly	Franks	14	Thurrock	F		East	SE Essex
2	36	Anna Lucia	Gonzalez_Blankenship	14	Co St Albans	F		East	SE Hertfordshire

					Team				
2	37	Indie	Horton	14	Waveney	F	East	SE Suffolk	
2	38	Sydney	Lewis	14	Colchester	F	East	SE Essex	
2	39	Elija	Mickaite	14	Co Peterboro	F	East	SE Cambridgeshire	
2	40	Beth	Offord	14	Royston	F	East	SE Hertfordshire	
2	41	Eva	Peach	14	Cambridge	F	East	SE Cambridgeshire	
2	42	Emma	Sofronov	14	Hatfield	F	East	SE Hertfordshire	
2	43	Addison	Summers	14	Co St Albans	F	East	SE Hertfordshire	
2	44	Cerys	Wall	14	Cambridge	F	East	SE Cambridgeshire	
2	45	Megan	Barnicoat	15	Co Peterboro	F	East	SE Cambridgeshire	
2	46	Lucia	Day	15	Team Luton	F	East	SE Bedfordshire	
2	47	Connie	Flitton	15	Dunstable	F	East	SE Bedfordshire	
2	48	Madison	Hicks	15	West Norfolk	F	East	SE Norfolk	
2	49	Freya	Hill	15	New Hall	F	East	SE Essex	
2	50	Alyssia	Howard	15	Halstead	F	East	SE Essex	
2	51	Niamh	O'Donoghue	15	March	F	East	SE Cambridgeshire	
2	52	Anna	Regan	15	Bo Southend	F	East	SE Essex	
2	53	Elena	Simmons	15	Cambridge	F	East	SE Cambridgeshire	
2	54	Amelie	Stevenson	15	Co Peterboro	F	East	SE Cambridgeshire	
2	55	Poppy	Tilley	15	Harwich DP	F	East	SE Essex	
2	202	Cordelia	Helm	14	Rick'worth	F	East	SE Hertfordshire	
2	203	Emily	Joyce	14	Biggleswade	F	East	SE Bedfordshire	
2	204	Elliana	Colbourne	15	Rick'worth	F	East	SE Hertfordshire	
2	205	Olivia	Croft	15	Cheshunt	F	East	SE Hertfordshire	
2	206	Rachel	Ord	15	Watford SC	F	East	SE Hertfordshire	

Wave 3 wearing GREEN hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
3	62	Jake	Lloyd	31	Bishop Stort	O/M	East	SE Hertfordshire	
3	63	James	Anderson	42	West Norfolk	O/M	East	SE Norfolk	
3	64	Jamie	Tape	44	Bo Southend	O/M	East	SE Essex	
3	65	Jason	Mellors	47	Verulam	O/M	East	SE Hertfordshire	
3	66	Steven	Cranfield	48	March	O/M	East	SE Cambridgeshire	
3	67	Brice	Joly	48	Flitwick	O/M	East	SE Bedfordshire	
3	69	Nicola	Carniato	50	Cambridge	O/M	East	SE Cambridgeshire	
3	70	Antonio	Cascales_Maestre	50	West Norfolk	O/M	East	SE Norfolk	
3	71	Andrew	Kitson	52	Bishop Stort	O/M	East	SE Hertfordshire	
3	72	Emogene	Kent-Jackson	16	Halstead	F	East	SE Essex	
3	73	Megan	McKay	16	Leighton Buz	F	East	SE Bedfordshire	
3	74	Matilda	Stacey	16	Bo Southend	F	East	SE Essex	
3	75	Grace	Cook	17	Co Norwich	F	East	SE Norfolk	
3	76	Daisy	Turp-Daws	17	Halstead	F	East	SE Essex	
3	77	Lauren	King	18	Royston	F	East	SE Hertfordshire	
3	78	Emily	Tatam	23	Basildon Ph	F	East	SE Essex	
3	79	Niamh	James	25	Bishop Stort	F	East	SE Hertfordshire	

3	80	Carys	Haf	30	Co Norwich	F	East	SE Norfolk
3	81	Jaye	Western	31	Flitwick	F	East	SE Bedfordshire
3	82	Nicola	Frith	37	Runnymede	F	East	SE Essex
3	83	Mair	Morton	38	West Norfolk	F	East	SE Norfolk
3	84	Rebekah	McKinley	39	Bo Southend	F	East	SE Essex
3	85	Louise	Kedge	41	Bishop Stort	F	East	SE Hertfordshire
3	86	Beverley	Jarman-Hall	45	Rochford	F	East	SE Essex
3	87	Emily	Summers	45	St Albans Ma	F	East	SE Hertfordshire
3	88	Sarah	Boxall	49	Runnymede	F	East	SE Essex
3	89	Louise	Hammond	49	Bo Southend	F	East	SE Essex
3	90	Sandra	O'Connor	50	Runnymede	F	East	SE Essex
3	91	Edwige	Fortier	51	Hemel Hemp	F	East	SE Hertfordshire
3	92	Helen	Shingler	57	Bishop Stort	F	East	SE Hertfordshire
3	93	Catherine	Sutcliffe	61	Runnymede	F	East	SE Essex
3	207	Csanad	Rehus	17	Co Peterboro	O/M	East	SE Cambridgeshire
3	208	Thomas	Allen	30	Flitwick	O/M	East	SE Bedfordshire
3	209	Lizzie	Long	46	Rochford	F	East	SE Essex
3	210	Heidi	Nevin	58	Rochford	F	East	SE Essex

EVENT 2 1Km Freestyle

Wave 1 wearing ORANGE hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
1	1	James	Alder	11	Linslade	O/M	East	SE Bedfordshire	
1	2	Fraser	Anderson	11	Bo Southend	O/M	East	SE Essex	
1	3	Tate	Bailey	11	Hatfield	O/M	East	SE Hertfordshire	
1	4	Leo	Beswick	11	Co Ely	O/M	East	SE Cambridgeshire	
1	6	Finley	Crichton	11	Mildenhall	O/M	East	SE Suffolk	
1	7	Jack	Donald	11	Watford SC	O/M	East	SE Hertfordshire	
1	8	Freddie	Haylock	11	March	O/M	East	SE Cambridgeshire	
1	9	Harry	Larham	11	Co Peterboro	O/M	East	SE Cambridgeshire	
1	10	Tom	Levell	11	Newmarket	O/M	East	SE Suffolk	
1	11	Aiden	Nita	11	Thurrock	O/M	East	SE Essex	
1	12	Theo	Rawnsley	11	Harpenden	O/M	East	SE Hertfordshire	
1	13	Dangis	Razma	11	Hatfield	O/M	East	SE Hertfordshire	
1	14	Christopher	Rochowski	11	Linslade	O/M	East	SE Bedfordshire	
1	15	Luke	Smith	11	Linslade	O/M	East	SE Bedfordshire	
1	16	Barnie	Sokirkin	11	Hatfield	O/M	East	SE Hertfordshire	
1	17	Oliver	Barrows	12	Hatfield	O/M	East	SE Hertfordshire	
1	18	Oliver	Bennett	12	Epping For't	O/M	East	SE Essex	
1	19	Noah	Betts	12	Epping For't	O/M	East	SE Essex	
1	20	Zachary	Chambers	12	Thurrock	O/M	East	SE Essex	
1	21	William	Clay	12	Co Ely	O/M	East	SE Cambridgeshire	
1	22	Jack	Critoph	12	Bo Southend	O/M	East	SE Essex	
1	23	Victor	Dryankov	12	Thurrock	O/M	East	SE Essex	
1	24	Jack	Gulliford	12	DunmowAtlant	O/M	East	SE Essex	
1	25	Dylan	Haylock	12	March	O/M	East	SE Cambridgeshire	

1	27	Tyler	McLaughlin-Bell	12	Newmarket	O/M	East	SE Suffolk
1	28	Michael	Morrison	12	Mildenhall	O/M	East	SE Suffolk
1	29	Kian	Parsons	12	Thurrock	O/M	East	SE Essex
1	30	Nico	Patten	12	New Hall	O/M	East	SE Essex
1	31	Samuel	Spence	12	Epping For't	O/M	East	SE Essex
1	32	Oliver	Willis	12	Flitwick	O/M	East	SE Bedfordshire
1	33	David	Caseriu	13	Thurrock	O/M	East	SE Essex
1	34	Max	Coulet	13	Co Norwich	O/M	East	SE Norfolk
1	35	Chester	Curtis	13	Bo Southend	O/M	East	SE Essex
1	36	Alexander	Eustace	13	Bishop Stort	O/M	East	SE Hertfordshire
1	37	Maximilian	Goodman	13	New Hall	O/M	East	SE Essex
1	38	Xander	Hollier	13	Co Norwich	O/M	East	SE Norfolk
1	39	Noah	Staton	13	March	O/M	East	SE Cambridgeshire
1	40	Henry	Sterling	13	Basildon Ph	O/M	East	SE Essex
1	41	Liam	Twining	13	Dunstable	O/M	East	SE Bedfordshire
1	42	Moksh	Vasa	13	Watford SC	O/M	East	SE Hertfordshire

Wave 2 wearing YELLOW hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
2	43	Thea	Caddy	11	Flitwick	F		East	SE Bedfordshire
2	44	Bethany	Chapman	11	Bishop Stort	F		East	SE Hertfordshire
2	45	Paige	Cloak	11	Basildon Ph	F		East	SE Essex
2	47	Sophia	Goodwin	11	Royston	F		East	SE Hertfordshire
2	48	Isabelle	Karki_Chettri	11	Hadleigh	F		East	SE Suffolk
2	49	Leila	Kokas	11	Co Peterboro	F		East	SE Cambridgeshire
2	50	Maya	Marcinek	11	West Norfolk	F		East	SE Norfolk
2	51	Mollie	Marston	11	Huntingdon	F		East	SE Cambridgeshire
2	52	Blossom	Smith	11	Basildon Ph	F		East	SE Essex
2	53	Cora	Summers	11	Co St Albans	F		East	SE Hertfordshire
2	54	Charlotte	Tape	11	Bo Southend	F		East	SE Essex
2	55	Rose	Taylor	11	Huntingdon	F		East	SE Cambridgeshire
2	56	Anna-Maria	Toskova	11	Epping For't	F		East	SE Essex
2	57	Lillie	Watson	11	Bo Southend	F		East	SE Essex
2	58	Annabelle	Willis	11	Flitwick	F		East	SE Bedfordshire
2	59	Charlotte	Beardmore	12	Co Ely	F		East	SE Cambridgeshire
2	60	Emilia	Breeze	12	Flitwick	F		East	SE Bedfordshire
2	61	Eden	Davies	12	March	F		East	SE Cambridgeshire
2	62	Lilyanna	Gilbert	12	Co Norwich	F		East	SE Norfolk
2	63	Olivia	Hopley	12	Hatfield	F		East	SE Hertfordshire
2	64	Izumi	Matsutani	12	Co Peterboro	F		East	SE Cambridgeshire
2	65	Darcy	McAuley	12	Huntingdon	F		East	SE Cambridgeshire
2	66	Cora	Payne	12	Dunstable	F		East	SE Bedfordshire
2	67	Isabelle	Rockall	12	Hatfield	F		East	SE Hertfordshire
2	68	Emma	Wilson	12	West Norfolk	F		East	SE Norfolk
2	69	Jessica	Bedford	13	Co St Albans	F		East	SE Hertfordshire
2	70	Jorgie	Bhasvi	13	Hatfield	F		East	SE Hertfordshire
2	71	Martha	Green	13	Southend	F		East	SE Essex

2	72	Harriet	O'Donnell	13	Bushey	F		East	SE Hertfordshire
2	73	Tilly	Sheasby	13	Newmarket	F		East	SE Suffolk
2	74	Imogen	Stow-Hazell	13	Co St Albans	F		East	SE Hertfordshire
2	75	Emily	Tape	13	Bo Southend	F		East	SE Essex

Wave 3 wearing PURPLE hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
3	76	Finlay	Bauckham	14	Colchester	O/M		East	SE Essex
3	77	Mohammed	Malek	14	Braintree	O/M		East	SE Essex
3	78	Luke	Trull	14	Dunstable	O/M		East	SE Bedfordshire
3	79	Jacob	Sugden	15	New Hall	O/M		East	SE Essex
3	80	Julian	Aldred	16	Cambridge	O/M	S5	East	SE Cambridgeshire
3	81	Richard	Levell	16	Newmarket	O/M		East	SE Suffolk
3	82	Rhys	Burrell	19	West Norfolk	O/M		East	SE Norfolk
3	83	Adam	Knight	46	Bo Southend	O/M		East	SE Essex
3	84	Chloe	Barber	14	Stevenage	F		East	SE Hertfordshire
3	85	Isabella	Beardmore	14	Co Ely	F		East	SE Cambridgeshire
3	86	Clara	Newby	14	Co St Albans	F		East	SE Hertfordshire
3	87	Alma	Pattison	14	West Norfolk	F		East	SE Norfolk
3	88	Matilda	Smith	14	Waveney	F		East	SE Suffolk
3	89	Grace	Stevenson	14	Co Peterboro	F		East	SE Cambridgeshire
3	90	Darcey	Whicher	14	Newmarket	F		East	SE Suffolk
3	91	Isabelle	Anderson	15	Bo Southend	F		East	SE Essex
3	92	Emilia	Beswick	15	Co Ely	F		East	SE Cambridgeshire
3	93	Lola	Carey	15	Co Ely	F		East	SE Cambridgeshire
3	94	Ella	Cowling	15	West Suffolk	F		East	SE Suffolk
3	95	Rosie	McGovern	15	Dereham	F		East	SE Norfolk
3	96	Tabitha	Pickersgill	15	Harwich DP	F		East	SE Essex
3	97	Isabelle	Reeve	15	Braintree	F		East	SE Essex
3	98	Isabella	Smith	15	Co St Albans	F		East	SE Hertfordshire
3	99	Lily-Kate	Barry	16	Bo Southend	F		East	SE Essex
3	100	Daisy	Covell	16	West Norfolk	F		East	SE Norfolk
3	101	Felicity	Gates	16	Co Ely	F		East	SE Cambridgeshire
3	102	Erin	Latimer	16	Co Ely	F		East	SE Cambridgeshire
3	103	Violet	Stokes	16	Hatfield	F		East	SE Hertfordshire
3	104	Grace	Robinson	17	Norwich Swan	F		East	SE Norfolk
3	105	Miranda	Taylor	42	Co Norwich	F		East	SE Norfolk
3	106	Nicola	Critoph	47	Bo Southend	F		East	SE Essex

EVENT 3 2Km Freestyle

Wave 1 wearing ORANGE hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
1	1	Tommy	Camilotti-Titon	12	Hatfield	O/M		East	SE Hertfordshire
1	2	Oliver	Clay	12	Rochford	O/M		East	SE Essex
1	3	Leo	Coveney-Start	12	Rochford	O/M		East	SE Essex
1	4	Jeremy	Cox	12	Bishop Stort	O/M		East	SE Hertfordshire

1	5	Sebastian	Fraser	12	Flitwick	O/M	East	SE Bedfordshire
1	6	George	Headford	12	Basildon Ph	O/M	East	SE Essex
1	7	Tadeusz	Hill	12	Co Peterboro	O/M	East	SE Cambridgeshire
1	8	David	Hoara	12	Thurrock	O/M	East	SE Essex
1	9	John	Homan-Daly	12	Co St Albans	O/M	East	SE Hertfordshire
1	10	Patrick	Iancu	12	Bo Southend	O/M	East	SE Essex
1	11	Alexander	Irish	12	Newmarket	O/M	East	SE Suffolk
1	12	Oscar	McIlvaney	12	Flitwick	O/M	East	SE Bedfordshire
1	13	William	Onslow	12	Mildenhall	O/M	East	SE Suffolk
1	14	Marco	Soto-Toth	12	Co Peterboro	O/M	East	SE Cambridgeshire
1	15	Julien	Vannier	12	Hatfield	O/M	East	SE Hertfordshire
1	16	Linton	Whittaker	12	Stanway	O/M	East	SE Essex
1	17	Ekin	Banford	13	Co Norwich	O/M	East	SE Norfolk
1	18	Joshua	Beard	13	Verulam	O/M	East	SE Hertfordshire
1	19	Senan	Brullo	13	New Hall	O/M	East	SE Essex
1	20	James	Clarke	13	Co Ely	O/M	East	SE Cambridgeshire
1	21	Archie	Dawson	13	Hitchin	O/M	East	SE Hertfordshire
1	22	Harrison	Dodwell	13	Bishop Stort	O/M	East	SE Hertfordshire
1	23	Felix	Fazakerley	13	Co Cambridge	O/M	East	SE Cambridgeshire
1	24	Aiden	Gale	13	Leiston	O/M	East	SE Suffolk
1	25	Ethan	Harragan	13	Basildon Ph	O/M	East	SE Essex
1	26	Shaidon	Higgon-Williams	13	Harwich DP	O/M	East	SE Essex
1	27	Arthur	Huntley	13	Co St Albans	O/M	East	SE Hertfordshire
1	28	Harvey	Peacock	13	Bo Southend	O/M	East	SE Essex
1	29	Jack	Randall	13	Royston	O/M	East	SE Hertfordshire
1	30	Barnaby	Rees	13	Co Peterboro	O/M	East	SE Cambridgeshire
1	31	Arthur	Shayle	13	Co Cambridge	O/M	East	SE Cambridgeshire
1	32	George	Sims	13	Hatfield	O/M	East	SE Hertfordshire
1	33	Leo	Sims	13	Hatfield	O/M	East	SE Hertfordshire
1	34	Bay	Smith	13	West Norfolk	O/M	East	SE Norfolk
1	35	Jude	Wankowski	13	teamipswich	O/M	East	SE Suffolk
1	36	Freddie	Warren	13	Rochford	O/M	East	SE Essex
1	37	Tobias	Watson	13	Bo Southend	O/M	East	SE Essex
1	38	Zachary	Woods	13	Co Ely	O/M	East	SE Cambridgeshire

Wave 2 wearing YELLOW hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
2	39	Jessica	Bailey	12	Co Peterboro	F		East	SE Cambridgeshire
2	40	Cassie	Bonner	12	Epping For't	F		East	SE Essex
2	41	Josephine	Brown	12	Linslade	F		East	SE Bedfordshire
2	42	Mabelle	Chadderton	12	West Norfolk	F		East	SE Norfolk
2	43	Martha	Cormie	12	Wycombe Dist	F		South	BSBS
2	44	Florence	Gill	12	Epping For't	F		East	SE Essex
2	45	Sophie	Goodchild	12	teamipswich	F		East	SE Suffolk
2	46	Isla	Hall	12	Basildon Ph	F		East	SE Essex

2	47	Catherine	Hatherly	12	Hatfield	F	East	SE Hertfordshire
2	48	Jemima	Man	12	DunmowAtlant	F	East	SE Essex
2	49	Martha	Molloy	12	Co St Albans	F	East	SE Hertfordshire
2	50	Martha	More	12	West Norfolk	F	East	SE Norfolk
2	51	Amelie	Murray	12	Epping For't	F	East	SE Essex
2	52	Iona	Parkes	12	Thurrock	F	East	SE Essex
2	53	Nicole	Powell	12	DunmowAtlant	F	East	SE Essex
2	54	Hollie	Smith	12	Co Peterboro	F	East	SE Cambridgeshire
2	55	Florence	Wells	12	Rochford	F	East	SE Essex
2	56	Annabel	Whetton	12	Harpenden	F	East	SE Hertfordshire
2	57	Sophia	White	12	Basildon Ph	F	East	SE Essex
2	58	Olive	Bailey	13	Colchester	F	East	SE Essex
2	59	Amber	Boeve	13	DunmowAtlant	F	East	SE Essex
2	60	Alice	Buckingham	13	Verulam	F	East	SE Hertfordshire
2	61	Alexandra	Cerps	13	West Norfolk	F	East	SE Norfolk
2	62	Ruby-May	Cranfield	13	March	F	East	SE Cambridgeshire
2	63	Norah	Daniels	13	Co Ely	F	East	SE Cambridgeshire
2	64	Amélie	Desmeules	13	Verulam	F	East	SE Hertfordshire
2	65	Charlotte	Dixon	13	Hitchin	F	East	SE Hertfordshire
2	66	Phoebe	Douglas	13	Bo Southend	F	East	SE Essex
2	67	Poppy	Ellingford	13	Thurrock	F	East	SE Essex
2	68	Sophie	Garland	13	Harpenden	F	East	SE Hertfordshire
2	69	Lyla	Hill	13	Mildenhall	F	East	SE Suffolk
2	70	Penelope	Howard	13	Co Peterboro	F	East	SE Cambridgeshire
2	71	Maisie	Howell	13	Bo Southend	F	East	SE Essex
2	72	Mia	Jones	13	Co Peterboro	F	East	SE Cambridgeshire
2	73	Elizabeth	Litvinenko	13	West Norfolk	F	East	SE Norfolk
2	74	Martha	Mellors	13	Verulam	F	East	SE Hertfordshire
2	75	Elizabeth	Milne	13	Flitwick	F	East	SE Bedfordshire
2	77	Esme	Parkes	13	Thurrock	F	East	SE Essex
2	78	Dixie	Swales	13	Co Cambridge	F	East	SE Cambridgeshire
2	79	Katherine	Toland	13	Flitwick	F	East	SE Bedfordshire
2	80	Gracie	Treadaway	13	Cheshunt	F	East	SE Hertfordshire
2	81	Summer	Woodside	13	Co Peterboro	F	East	SE Cambridgeshire
2	82	Sakura	Yamada-Orr	13	Co St Albans	F	East	SE Hertfordshire

Wave 3 wearing GREEN hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
3	83	Alexander	Marchant	14	Bo Southend	O/M	East	SE Essex	
3	84	Jack	Robertson	14	Flitwick	O/M	East	SE Bedfordshire	
3	85	Luke	Wilson	14	West Norfolk	O/M	East	SE Norfolk	
3	86	Bogdan	Yermakovich	14	Thurrock	O/M	East	SE Essex	
3	87	Joshua	Botes	15	Co Ely	O/M	East	SE Cambridgeshire	
3	88	Theodore	Harris	15	Southend	O/M	East	SE Essex	
3	89	Tennyson	Jordan	15	Hitchin	O/M	East	SE Hertfordshire	
3	91	Luke	Toland	15	Flitwick	O/M	East	SE Bedfordshire	
3	92	Hayden	Johnson	16	Biggleswade	O/M	East	SE Bedfordshire	
3	93	Morgan	Heard	29	Watford SC	O/M	East	SE Hertfordshire	

3	94	Daniel	Hagen	42	Bo Southend	O/M	East	SE Essex
3	95	Steven	Lewis	44	Hoddesdon	O/M	East	SE Hertfordshire
3	96	Gareth	Suffling	45	Flitwick	O/M	East	SE Bedfordshire
3	97	John	Irish	46	Newmarket	O/M	East	SE Suffolk
3	98	Trevor	Gibson	47	Bo Southend	O/M	East	SE Essex
3	99	Richard	Goodchild	49	teamipswich	O/M	East	SE Suffolk
3	100	Joseph	Onslow	50	Mildenhall	O/M	East	SE Suffolk
3	101	Lee	Portingale	51	Hitchin	O/M	East	SE Hertfordshire
3	102	Francois	Swanepoel	53	Epping For't	O/M	East	SE Essex
3	103	Phillip	Trelford	55	Co Ely	O/M	East	SE Cambridgeshire
3	104	Robin	Miller	58	Hadleigh	O/M	East	SE Suffolk
3	105	Jason	Taylor	60	Co Norwich	O/M	East	SE Norfolk
3	106	Robert	Garry	62	Mildenhall	O/M	East	SE Suffolk
3	107	Peter	Lynch	64	Stowmarket	O/M	East	SE Suffolk
3	108	Nigel	Halford	65	Dunstable	O/M	East	SE Bedfordshire
3	200	Henry	Chaloner	14	Biggleswade	O/M	East	SE Bedfordshire
3	201	Byron	Miller	15	Colchester	O/M	East	SE Essex
3	208	Thomas	Allen	30	Flitwick	O/M	East	SE Bedfordshire
3	211	Christopher	Beard	50	Verulam	O/M	East	SE Essex

Wave 4 wearing PURPLE hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
4	109	Polly	Anderson	14	West Norfolk	F		East	SE Norfolk
4	110	Arabella	Beevers	14	Bo Southend	F		East	SE Essex
4	111	Sophia	Gallucci	14	Flitwick	F		East	SE Bedfordshire
4	112	Annika	Gharpure	14	Co Peterboro	F		East	SE Cambridgeshire
4	113	Hollie	Goldsmith	14	Thurrock	F		East	SE Essex
4	114	Florence	Green	14	Southend Team	F		East	SE Essex
4	115	Mia	King	14	Waveney	F		East	SE Suffolk
4	116	Sofia	Sacoto	14	Co St Albans	F		East	SE Hertfordshire
4	117	Abigail	Chaplin	15	Mildenhall	F		East	SE Suffolk
4	118	Lauren	Tough	16	Team Luton	F		East	SE Bedfordshire
4	119	Efa	Fuller	17	Colchester	F		East	SE Essex
4	120	Indya	Gyselings	18	Co Peterboro	F		East	SE Cambridgeshire
4	121	Chloe	Parkins	18	Southend	F		East	SE Essex
4	122	Eliza	Swanepoel	18	Epping For't	F		East	SE Essex
4	123	Lucy	Buckingham	20	Verulam	F		East	SE Hertfordshire
4	124	Kirsty	Gooch	26	Biggleswade	F		East	SE Bedfordshire
4	125	Roxanne	Demmen	36	Norfolk Vikg	F		East	SE Norfolk
4	126	Nerine	Hickman	37	Flitwick	F		East	SE Bedfordshire
4	127	Alison	Woods	38	Co Ely	F		East	SE Cambridgeshire
4	128	Sarah	Moore	41	Biggleswade	F		East	SE Bedfordshire
4	129	Eleanor	Dawson	42	Hitchin	F		East	SE Hertfordshire
4	130	Katie	Holmes	42	Harwich DP	F		East	SE Essex
4	131	Lucy	Chadderton	44	West Norfolk	F		East	SE Norfolk

4	132	Charmaine	Sterling	44	Rochford	F		East	SE Essex
4	133	Danielle	Mellors	46	Verulam	F		East	SE Hertfordshire
4	134	Kathryn	Russell	46	Beaver Mast	F		East	SE Bedfordshire
4	135	Clare	Richardson	51	Harwich DP	F		East	SE Essex
4	136	Marie	Searle	52	Mildenhall	F		East	SE Suffolk
4	137	Yvette	Jordan	55	Hitchin	F		East	SE Hertfordshire
4	138	Joanne	Wiltshire	65	Woodham F SC	F		East	SE Essex
4	203	Emily	Joyce	14	Biggleswade	F		East	SE Bedfordshire

EVENT 4 5Km Freestyle

Wave 1 wearing PURPLE hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
1	2	George	Davey-Crouch	15	Bo Southend	O/M		East	SE Essex
1	3	Ben	Goring-Farrow	15	Linslade	O/M		East	SE Bedfordshire
1	4	Leo	Dowden	16	Leighton Buz	O/M		East	SE Bedfordshire
1	5	Conor	Gavin	16	Watford SC	O/M		East	SE Hertfordshire
1	6	Alexander	Gaydon	16	Chelmsford	O/M		East	SE Essex
1	7	Harry	George	16	Hatfield	O/M		East	SE Hertfordshire
1	9	Felipe	Irvine	16	Watford SC	O/M		East	SE Hertfordshire
1	10	Oliver	Meier	16	Biggleswade	O/M		East	SE Bedfordshire
1	11	Zachary	Bail	17	Hitchin	O/M		East	SE Hertfordshire
1	12	Liam	Bautista	17	Epping For't	O/M		East	SE Essex
1	13	Sam	Smith	17	Linslade	O/M		East	SE Bedfordshire
1	14	Samuel	Allen	18	Thurrock	O/M		East	SE Essex
1	15	George	Fletcher	18	Leighton Buz	O/M		East	SE Bedfordshire
1	16	Jed	Millin	18	Stowmarket	O/M		East	SE Suffolk
1	17	Charlie	Payne	19	Newmarket	O/M		East	SE Suffolk
1	18	Ryan	Wall	19	Co Cambridge	O/M		East	SE Cambridgeshire
1	19	Corey	Hare	20	Deben	O/M		East	SE Suffolk
1	20	Daniel	Moyses	20	Co Peterboro	O/M		East	SE Cambridgeshire
1	21	William	Gayne	27	Co Norwich	O/M		East	SE Norfolk
1	22	Dylan	Nutt	27	DunmowAtlant	O/M		East	SE Essex
1	23	Lewis	Archer	29	Halstead	O/M		East	SE Essex
1	24	Greg	Brown	34	West Norfolk	O/M		East	SE Norfolk
1	25	Robert	Eggleston	40	West Norfolk	O/M		East	SE Norfolk
1	26	Adam	Lelean	64	Diss Otters	O/M		East	SE Norfolk
1	207	Csanad	Rehus	17	Co Peterboro	O/M		East	SE Cambridgeshire

Wave 2 wearing GREEN hats

Wave	Hat	Name	Surname	Age	Club	Gender	Cat	Region	County
2	27	Juliette	Hosatte	14	Guildford Ct	F		South	SRYQ
2	28	Emmi	Gibson	15	Bo Southend	F		East	SE Essex
2	29	Elizabeth	Balaam	16	Bishop Stort	F		East	SE Hertfordshire
2	30	Freya	Gyselings	16	Co Peterboro	F		East	SE Cambridgeshire
2	31	Charlotte	Jenkinson	16	Co Peterboro	F		East	SE Cambridgeshire

2	32	Casey	Kennedy	16	Woodham F SC	F	East	SE Essex
2	33	Abigail	Martin	16	Waveney	F	East	SE Suffolk
2	34	Francesca	Barber	17	Co Norwich	F	East	SE Norfolk
2	35	Rowena	Barnard	17	Epping For't	F	East	SE Essex
2	36	Megan	Clarke	17	Co Cambridge	F	East	SE Cambridgeshire
2	37	Imogen	Forrester	17	Colchester	F	East	SE Essex
2	38	Eveline	Gaydon	17	Chelmsford	F	East	SE Essex
2	39	Yasmine	Ollerenshaw	17	Flitwick	F	East	SE Bedfordshire
2	40	Lucy	Randall	18	Royston Team	F	East	SE Hertfordshire
2	41	Maia	Thompson	18	Waveney	F	East	SE Suffolk
2	42	Alice	Watts	18	Co Cambridge	F	East	SE Cambridgeshire
2	43	Olivia	Parr	19	Co Cambridge	F	East	SE Cambridgeshire
2	44	Dayna	Arbon	20	Co Norwich	F	East	SE Norfolk
2	45	Esmie	Kidman	20	West Norfolk	F	East	SE Norfolk
2	46	Alexa	Mann	20	DunmowAtlant	F	East	SE Essex
2	47	Meisha	Trend-Evans	20	Bishop Stort	F	East	SE Hertfordshire
2	48	Ella	Pemberton	21	Bo Waltham F	F	London	SE Essex
2	49	Gemma	Cannon	34	Deben	F	East	SE Suffolk
2	50	Alexandra	McCourt	35	Diss Otters	F	East	SE Norfolk
2	51	Clare	Boston	47	Runnymede	F	East	SE Essex
2	52	Jo	Mitchinson	47	Hertford	F	East	SE Hertfordshire
2	202	Cordelia	Helm	14	Rick'worth	F	East	SE Hertfordshire
2	204	Elliana	Colbourne	15	Rick'worth	F	East	SE Hertfordshire
2	205	Olivia	Croft	15	Cheshunt	F	East	SE Hertfordshire
2	206	Rachel	Ord	15	Watford SC	F	East	SE Hertfordshire
2	209	Lizzie	Long	46	Rochford	F	East	SE Essex
2	210	Heidi	Nevin	58	Rochford	F	East	SE Essex

Event Results can be found [here](#) or scan the QR code below.

