



2024 Open Water Championships

Held under Swim England Regulations and Technical Rules

14th July 2024

Whitlingham Adventure, Norwich

A message of welcome from the President of Swim England East Region Dean Walker.

I return this year to the Swim England East Region Open Water Championships as President. Last year I had the pleasure of attending this event as President Elect and had a great time.

The Open Water community is a very close knit one, which supports everyone attending in a competitive way, and the warm welcome I received I now pass on to you.

Can I also welcome the Swim England London Region Swimmers, Coaches and parents to the SEER Open Water Championships this year. It is a pleasure to work with our closest Region and able to offer their swimmers an opportunity to compete.

As I am sure everyone is aware, most weekends there is a swimming meet or championships taking place and without the dedication of the volunteers in the East, this would not be taking place. So I begin with a massive thank you to Paul Kendall, Swim England East Region Open Water Manager, and his team that have worked hard all year round to put this event on for everyone.

Without the officials and OW volunteers giving their time each year, one of the biggest OW event in the calendar wouldn't be taking place in Whitlingham Lake. Thank you to all again giving up their Sunday. This year there will also be trainee officials, of which I am one, being graded and signed off.

Open Water Officials, possibly the smallest community of officials of any aquatic discipline in Swim England, get to attend all Regional OW championships and the National Finals in late July at Rother Valley Country Park.

If you are interested in becoming an OW official, and are 16 years of age and older, then please email Paul on openwater@eastswimming.org.

A good luck to all 424 swimmers taking part in the 1K, 2K, 3K and 5K races across all age groups. Going from the pool to OW is a big change and a truly inspirational. To all coaches and Team Managers from 70 competing clubs and to all friends and family of the competitors, I hope the weather is kind and your cheering voices are in fine fettle.

I hope everyone today has a great time and please thank Paul and his team when you see them.

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.



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

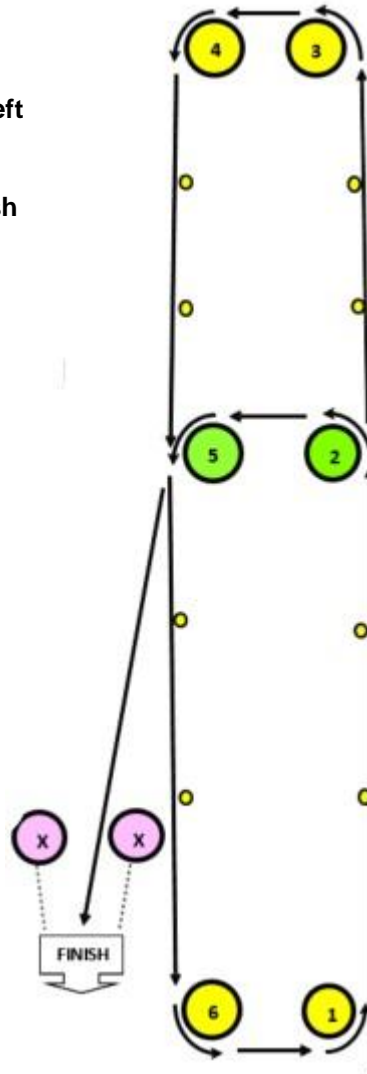
After passing buoy 5 for the last time swim directly to the finish. Enter the funnel between the two marker buoys

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.

Conditions

Swim England East Region

2024 Regional Open Water Championships – 14 July 2024

GENERAL CONDITIONS

1. This event is open to registered Club Compete 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 World Aquatics.
(To clarify if you are already a member of a Swim England Club as a Club Train or Club Support member you will need contact your Club's Membership Officer to get your membership upgraded to Club Compete).
2. The Regional Open Water Championships shall be 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.
3. Ages for entry will be as at **31st December 2024**.
4. The Championships will be swum as a single competition but will comprise of four components.
 - 4.1 The Swim England East Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)
 - 4.2 Serve as the independent County Championships for counties forming the East Region only. *
 - 4.3 Serve as an independent Regional Para Olympics and Special Olympics event for Para Athletes in Classes S7-S14 and Special Olympics Great Britain (SOGB) Athletes registered in accordance with Para 1 above (Must be a member of a club affiliated to SE or other federation).
 - 4.4 An open competition for all other competitors

** Please note that Essex County Clubs within the East Region can use this event as the above qualification event for Swim England Open Water Nationals, however, those clubs within the London Region for Essex County are required to attend the London Region Open Water Championships as their National Qualification event.*
5. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
6. Swimmers must seek appropriate medical advice if they have any concerns as to their state of health. By entering swimmers confirm that they have not been informed by any medical practitioner and do not have any knowledge of any medical condition which would make it inadvisable for them to participate in Open Water Swimming. Accordingly, they certify that they are physically fit to participate. They undertake to inform the Promoter of any medical condition which may affect their participation in the event.

- 6.1 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.
7. Coaches and Team Managers:
 - 7.1 All swimmers under the age of 18 must be under the supervision of a qualified Coach and Team Manager.
 - 7.2 All clubs are required to send the appropriate number of qualified coaches and team managers in line with Swim England Coach, Team Manager, and Chaperone policy, 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.
 - 7.3 Coaches and Team Managers must have the relevant Pass via the Swimming Results online system to attend the event. -
 - 7.4 Coach and Team Manager Passes will be available for **£15** per person. The pass entitles the purchaser to a lunch voucher, and teas and coffees from Pod 8 for the duration of the day.
8. All entries must be submitted via the relevant on-line entry system. The personal declaration confirmed during the on-line entry process will be taken as indication that all event conditions.
9. All swimmers must attend the relevant briefing for the event in which they intend to swim and answer to the roll call.
10. Events:
 - Event 1: 3k (including Para athletes S7-S14 and Para Masters)
 - Event 2: 1k (including Para athletes S7-S14 for development purposes and SOGB athletes)
 - Event 3: 2k
 - Event 4: 5k
 - 10.1 A swimmer can enter any distance provided they meet the minimum age requirements and comply with these conditions in full.
 - 10.2 Swimmers can enter more than one event; however, the only acceptable combination of events is Event 1 with either Event 3 or Event 4.
 - 10.3 In order to be eligible to swim at the Swim England Open Water Nationals, swimmers must compete in the qualifying event for their age group and achieve a qualifying finish placing in compliance with the published entry conditions for the Swim England Open Water Swimming National Age Group Championships.
 - 10.4 **Para athletes** may only enter Event 1 (or Event 2 if swimming for development purposes).
 - 10.5 **SOGB athletes** may only enter Event 2. SOGB athletes will be divided, according to numbers competing, by gender, wearing of wetsuit and finally age if appropriate.
 - 10.6 **Sight impaired** swimmers requiring a guide are responsible for providing and paying the entry for their guide.
11. Onsite Access

- 11.1 Access to the decked area is restricted to; Coaches and Team Managers with passes (**obtained by prior online application only, passes are not available on the day**), Event staff, East Region Invited Guests, Officials and Swimmers.
- 11.2 Swimmers can access the restricted decked area 20 minutes before their race briefing is due to start and until they have changed after completing their swim. Swimmers may also be allowed onto the deck to collect county and regional awards but must leave as soon as they have done so.
- 11.3 Parents are not permitted on the decked area at any time, unless invited by the referee, East Region employed staff or the event/meet director.

12. ENTRIES

12.1 The Promoter reserves the right to limit entries to all events. In the event of oversubscription, the Promoter will allocate spaces based on the date entries are received and with priority given to East Region members. 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 Swim England Open Water National event.

12.2 The closing date for entries is **16 June 2024**.

12.3 The promoter reserves the right to refuse admission to any competitor, coach, or spectator. Anything not covered in these conditions will be at the discretion of the Technical Director and Promoter, who also reserves the right to make any changes that maybe considered necessary for the smooth, effective, and safe running of the meet.

12.4 Entry Fees

12.4.1 The 1k race fee is: **£25**.

12.4.2 The 2k, 3k, and 5k race fees are: **£30** per race.

12.5 Refunds will only be considered where the competition is cancelled, or where there is a significant alteration to the published schedule that results in a change of venue or session, meaning that the competitor cannot swim.

12.6 Once underway, if an event is abandoned due to inclement weather or for safety reasons, then once all expenses have been paid, a percentage of the entry fee may be refundable to those unable to swim.

13. All events are swum as freestyle events.

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

1K:	25 minutes (Para athletes under development and SOGB athletes will be allowed 45 minutes)
2K:	60 minutes
3K:	1 hour 30 minutes
5K:	2 hour 20 minutes

15. The minimum ages (**as at 31st December 2024**) to swim each event are;

1K: 11 years (***Para & SOGB athletes - minimum age is 14 years***)

2K: 12 years (Nationals Qualifier Age Group 13)

3K: 13 years (Nationals Qualifier Age Groups 14 & 15)

(Para athletes - minimum age is 14 years)

5K: 13 years (Nationals Qualifier Age Groups 16, 17/18 & 19 & over)

16. All competitors MUST wear the numbered swim hat provided by the event organiser. Failure to do so will result in disqualification in line with the World Aquatic Open Water rules.
17. 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. Failure to do so may result in disqualification in line with the World Aquatic Open Water rules.
18. Chip-timing is being used at these Championships. The timing chip wrist band must be worn on the wrist throughout the entire race and must be handed back to the Clerk of the Course on completion of the race or on exiting the water. Failure to do so may result in disqualification and impact the swimmers ranking.

19. Water Temperature & Swimwear:

19.1 Water Temperature 18 degrees centigrade or above: Only costumes complying with World Aquatics can be worn. A compliant costume (for both male and female) 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.

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

Wet suit definition:

For the purposes of the World Aquatics 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.

[Note: Historically, water temperatures for this event have always been above 20.5°C, with an average temperature over the past 12 years of 22.3°C]

19.3 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.

19.4 SOGB athletes may wear ANY type of wetsuit, regardless of water temperature. The Meet Director is to be informed of any wetsuit that may not comply with the rules for this competition.

20. Swim Gear: No competitor shall be permitted to use or wear any device including smart devices, which may be an aid to their speed, endurance, or buoyancy. Jewellery is not to be worn. Finger and toe nails must be trimmed short and smoothed. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed (Swim England period wear guidance will be followed).

21. Swimmers may use grease providing, if in the opinion of the Chief Referee, the use is not excessive, and the decision of the Referee is final. 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.
22. The Promoter and Event/Meet Director is Paul Kendall on behalf of the Swim England East Region Open Water Manager.
23. Any protests shall be made and dealt with as detailed in Swim England Regulations.
24. Any matters not provided for in these conditions shall be decided by the Promoter.
25. 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.
26. Photographs of the event may be used for publicity purposes and may be put the website. These will comply with the Swim England Photography Policy found in Wavepower.
27. The timing for all races and briefings will only be circulated as part of the events' final instruction pack in June.
28. If an event must 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 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 open/male and female swimmers in each age group will be awarded medals.
32. The first 3 open/male and female Para-Swimmers in the 1km and 3km events will be awarded medals on a multi-classification points basis.
 - a. Points for the 1km will be awarded based on the multi-classification points for the 800m Freestyle.
 - b. Points for the 3km will be awarded based on the multi-classification points for the 1500m Freestyle.
 - c. Master Medals shall be awarded on a multi-class timed final basis, for competitors over the age of 25 years and above, based on the age adjusted time and British Para-Swimming Points System above.
 - d. WPS Rule 10.15.1 does not apply to this competition.

33. SOGB athletes in Event 2 placed first, second or third in their respective divisions will be awarded with medals.
34. Commemorative medals will be awarded to competitors from outside the East Region placed first, second or third in individual events.
35. 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.

**Swim England East Region Open Water Championships 2024
Proposed Timeline**

Start	Activity	Ends
07:40	Officials & Safety Team Brief	
07:45	3K - REGISTRATION	08:25
08:30	3K Swimmers Briefing	
09:15	1K - REGISTRATION	09:55
09:40	3K Wave 1 - NAG Open/Male	
09:45	3K Wave 2 - NAG Female	
09:50	3K Wave 3 - Mixed Open/Male	
09:55	3K Wave 4 - Mixed Female	11:25
10:25	1K Swimmers Briefing	
11:05	2K - REGISTRATION	11:50
11:35	1K Wave 1 - Open/Male	
11:40	1K Wave 2 - Female	

11:45	1K Wave 3 - Female	
11:50	1K Wave 4 - Mixed + SOGB / Para	12:35
12:20	2K Swimmers Briefing	
12:35	3K Medals	
12:35	Safety Team Off Water Break	13:35
13:00	5K - REGISTRATION	13:30
13:20	1K Medals	
13:40	2K Wave 1 - NAG Open/Male	
13:45	2K Wave 2 - NAG Female	
13:50	2K Wave 3 - Open/Male	
13:55	2K Wave 4 - Female	14:55
14:00	5K Swimmers Briefing	
15:05	5K Wave 1 - Open/Male	
15:10	5K Wave 2 - Female	
15:15	5K Wave 3 - London Region	17:35
15:50	2K Medals	
17:50	5K Medals	

ALL TIMINGS ARE APPROXIMATE

Events Start List

EVENT 1 3k Freestyle

Wave 1 wearing GREEN hats

Wave No	Hat No.	Forename	Surname	Age	Club	Cat
1	1	Alexander	Belnikoff	14	Epping For't	
1	2	George	Heather	14	Co Peterboro	
1	3	Oliver	Meier	14	Biggleswade	
1	4	Lochlan	Shaw	14	Flitwick	
1	5	Philipp	Vitkovski	14	Epping For't	
1	6	Alexandru	Apostol	15	Epping For't	
1	7	Beau	Ashman	15	Portsmouth N	
1	8	Berkley	Barnicoat	15	Bedford SS	
1	9	Liam	Bautista	15	Epping For't	
1	10	Ashton	Blake	15	Basildon Ph	
1	11	Isaac	Buchan	15	Co Norwich	
1	12	Charlie	Cunningham	15	Biggleswade	
1	13	Lucas	Day	15	Rochford	
1	14	Oliver	Fenwick	15	Hatfield	
1	15	Archie	Henderson	15	Bedford SS	
1	16	Frank	Lamb	15	Co Peterboro	
1	17	Owain	Roberts	15	Team Luton	
1	18	Charlie	Stott	15	Co St Albans	
1	19	Austin	Taylor	15	Co Norwich	
1	20	Thomas	Townsend	15	Repton	
1	201	Charlie	Birdsall	14	Co Cambridge	
1	202	Alexander	Gaydon	14	Colchester	
1	203	Felipe	Irvine	14	Watford SC	
1	204	Attila	Mozes	14	teamipswich	
1	205	Csanad	Rehus	15	Co Peterboro	
1	206	Jamie	Wilson	15	West Norfolk	
1	21	Thomas	Love	14	Beckenham SC	
1	22	Charlie	Morgan	14	Teddington SC	
1	23	Louis	Allinson-Rodrigues	14	Teddington SC	
1	24	Eddie	Evans	15	Beckenham SC	
1	25	Mykhailo	Soloviov	15	Hackney Aquatics Club	
1	26	Arthur	Greenwalker	15	Teddington SC	

Wave 2 wearing YELLOW hats

2	38	Lily-Kate	Barry	14	Bo Southend	
2	39	Emma	Cushion	14	Co Peterboro	
2	40	Lily-May	Freeman	14	Gt Yarmouth	
2	41	Freya	Gyselings	14	Co Peterboro	
2	42	Annabelle	Smith	14	Co Ely	

2	43	Isla	Stewart	14	Co Peterboro
2	44	Amber	Tight	14	Flitwick
2	45	Zoe	Watson	14	Basildon Ph
2	46	Chloe	Barnard	15	Basildon Ph
2	47	Rowena	Barnard	15	Epping For't
2	48	Megan	Clarke	15	Co Cambridge
2	49	Grace	Cook	15	Co Norwich
2	50	Imogen	Forrester	15	Deben
2	51	Poppy	Garrod	15	Co Peterboro
2	52	Anabelle	Kett	15	Co Peterboro
2	53	Elizabeth	Mitchell	15	Gt Yarmouth
2	54	Yasmine	Ollerenshaw	15	Flitwick
2	55	Alice	Robinson	15	Co Cambridge
2	56	Grace	Robinson	15	St Felix Sch
2	57	Ella	Stewart	15	West Suffolk
2	58	Keira	Tarplett	15	Maldon Shark
2	59	Ava	Turner	15	Basildon Ph
2	60	Daisy	Turp-Daws	15	Halstead
2	61	Lola	Wonfor	15	New Hall
2	209	Tara	Shah	14	Bushey
2	210	Eveline	Gaydon	15	Colchester
2	62	Ava	Allison	14	Bor of Waltham Forest (Gators)
2	63	Chloe	Hill	15	Kingston Royals SC
2	64	Emma	Phillips	14	Teddington SC
2	65	Ophelia	Cradock	15	Teddington SC

Wave 3 wearing WHITE hats

3	79	William	Barr	16	Royston
3	80	Joshua	Coles	16	Co Peterboro
3	81	Samuel	Trigwell	16	Watford SC
3	82	Thomas	Ford	18	Basildon Ph
3	83	Myles	Turner	24	West Suffolk
3	84	Jake	Lloyd	29	Bishop Stort
3	85	Daniel	Hagan	40	Bo Southend
3	86	Alistair	Shaw	44	Flitwick
3	87	Jason	Mellors	45	St Albans Ma
3	88	Peter	Gleed	46	South Beds
3	89	Francois	Swanepoel	51	Epping For't
3	90	Matthew	Rafiq-Craske	53	Hemel Hemp
3	91	Phillip	Trelford	53	Co Ely
3	92	Simon	Buchan	56	Norfolk Vikg
3	93	David	Wright	63	Team Luton
3	94	Ian	Murray	67	Flitwick
3	207	Corey	Hare	18	teamipswich
3	208	Joshua	Cox	31	Rochford

Wave 4 wearing PINK hats

4	95	Isabella	Da Silva	13	Thurrock
4	96	Amelia	Saunders	16	St Felix Sch
4	97	Eliza	Swanepoel	16	Epping For't
4	98	Lauren	Calvert	16	Team Luton
4	99	Lauren	King	16	Royston
4	100	Lily	Brandt	16	Newmarket
4	101	Olivia	Forrest	16	New Hall
4	102	Autumn	Shine	17	Potters Bar
4	103	Harriet	Glennerster	17	Team Waveney
4	104	Jersey	Holmes	17	Team Waveney
4	105	Natalie	Taylor	17	St Felix Sch
4	106	Caitlin	Goldney	18	Team Waveney
4	107	Sophie	Parkins	18	Southend
4	108	Molly	Tattersall	19	Dereham
4	109	Emily	Tatam	21	Basildon Ph
4	110	Shannon	Dalligan	23	West Suffolk
4	111	Hannah	McElroy	24	Bo Southend
4	112	Bethan	McElroy	26	Bo Southend
4	113	Emily	Summers	43	St Albans Ma
4	114	Sarah	Buchan	48	Norfolk Vikg
4	115	Tracy	Dodds	54	West Norfolk
4	116	Silvia	Ferdin	59	Co Cambridge
4	211	Poppy	Peebles	16	West Norfolk
4	212	Lucy	Randall	16	Royston
4	213	Olivia	Parr	17	Royston
4	214	Olivia	Lydon	19	Co Cambridge
4	215	Hilary	Coulson	57	Hemel Hemp

EVENT 2 1k Freestyle

Wave 1 wearing BLUE hats

1	1	Aiden	Gale	11	Deben
1	2	Alfie	McClure	11	March
1	3	Archie	Dawson	11	Hitchin
1	4	Bay	Smith	11	West Norfolk
1	5	Joshua	Beard	11	Verulam
1	6	Leighton	Cranny	11	Epping For't
1	7	Lewis	Scott	11	Team Waveney
1	8	Oliver	Hammond	11	Team Waveney
1	9	Adam	Zarhloul	12	Thurrock
1	10	Christopher	Parker	12	Royston
1	11	Freddie	Wakefield	12	West Norfolk
1	12	Jack	Robertson	12	Flitwick
1	13	Maxim	Collinson	12	Team Luton
1	14	Todd	Leung	12	Hatfield
1	15	William	Turner	12	Biggleswade

1	16	Archie	McClure	13	March
1	17	Benjamin	Mellors	13	Verulam
1	18	Edward	Beard	13	Verulam
1	19	Franklin	Shiells	13	Biggleswade
1	20	Jack	Canham	13	Team Luton
1	21	Jacob	Sugden	13	New Hall
1	22	Theodore	Harris	13	Southend
1	23	Ben	Shepherd	14	Canvey Isl
1	24	David	Roczniak	14	West Norfolk
1	25	Henry	Carter	14	Co Cambridge
1	26	Hudson	Sherwani	14	Flitwick
1	27	Sebastian	Marchant	14	Bo Southend
1	28	William	Gore	14	Southend
1	29	Charles	Stock	15	St Felix Sch
1	30	Luis	Souto Hill	15	March
1	31	Max	Ramage	15	Southend
1	32	Oliver	Norris	15	West Norfolk
1	33	Theo	Wood	15	Southend

Wave 2 wearing RED hats

2	34	Alice	Buckingham	11	Team Luton
2	35	Amélie	Desmeules	11	Verulam
2	36	Betsie	Saville	11	Canvey Isl
2	37	Elizabeth	Litvinenko	11	West Norfolk
2	38	Isla	Tate	11	Co Peterboro
2	39	Katherine	Toland	11	Flitwick
2	40	Martha	Mellors	11	Verulam
2	41	Morrigan	Cooper	11	Bo Southend
2	42	Olivia	Daniel	11	Verulam
2	43	Tilly	Sheasby	11	Newmarket
2	44	Addison	Summers	12	Co St Albans
2	45	Angela	Pervana	12	Potters Bar
2	46	Annika	Gharpure	12	Co Peterboro
2	47	Beth	Offord	12	Royston
2	48	Charlotte	Storey	12	Flitwick
2	49	Daisy	Nichols	12	Biggleswade
2	50	Daphne	Aziz	12	Potters Bar
2	51	Eadie	Goodfellow	12	Team Waveney
2	52	Elija	Mickaite	12	Co Peterboro
2	53	Florence	Green	12	Southend
2	54	Indie	Horton	12	Team Waveney
2	55	Isla	Hallam	12	Team Waveney
2	56	Katie	Brazil	12	Potters Bar
2	57	Lexi	Foster	12	West Norfolk
2	58	Libby	Flitton	12	Dunstable
2	59	Lilly	Franks	12	Thurrock
2	60	Lydia	Shorland	12	Runnymede

2	61	Matilda	Smith	12	Team Waveney
2	62	Mia	Davis	12	Canvey Isl
2	63	Mia	King	12	Team Waveney
2	64	Rose	Turner	12	Biggleswade
2	65	Savannah	Smith	12	Potters Bar
2	66	Sophia	Aziz	12	Co Peterboro
2	67	Sophia	Haskell	12	Flitwick
2	68	Sophie	Barry	12	Bo Southend
2	69	Zara	Belnikoff	12	Epping For't

Wave 3 wearing WHITE hats

3	70	Alicja	Macleod	13	Runnymede
3	71	Annabelle	Knights	13	St Felix Sch
3	72	Arianna	Tverijonas	13	Thurrock
3	73	Gina	Collinson	13	Team Luton
3	74	Isabelle	Reeve	13	Braintree
3	75	Isla	Cotter	13	Thurrock
3	76	Isla	Staton	13	March
3	77	Isla	Thorn	13	St Felix Sch
3	78	Lilly	Gordon	13	Canvey Isl
3	79	Lola-Rose	Curtin	13	Team Waveney
3	80	Niamh	Holland	13	Hitchin
3	81	Sara	Kelly	13	Colchester
3	82	Caitlin	Stockwell	14	Co Cambridge
3	83	Daisy	Covell	14	West Norfolk
3	84	Emily	Robinson	14	Hitchin
3	85	Francesca	Thompson	14	Team Waveney
3	86	Holly	Shepherd	14	Canvey Isl
3	87	Man	Sum So	14	Hitchin
3	88	Holly	Underdown	15	Braintree
3	89	Imogen	Alcock	15	Co Cambridge
3	90	Isabelle	Brown	15	Dereham
3	91	Isabelle	Harrop	15	Co Cambridge
3	92	Madeleine	Pillow	15	Co Ely

Wave 4 wearing PINK hats

4	93	Jacob	Dessay	16	Runnymede	S8
4	94	Martin	Trundle	31	Horwich	SOGB
4	95	Trevor	Gibson	45	Bo Southend	
4	96	Marc	Desmeules	48	Verulam	
4	97	Indya	Gyselings	16	Co Peterboro	
4	98	Chloe	Monaghan	16	Co Peterboro	
4	99	Esmee	Reeve	16	Braintree	
4	100	Georgina	Stokes	20	Newmarket	
4	101	Jennifer	Crouch	43	Bo Southend	
4	102	Shelley	Sharman	44	Flitwick	
4	103	Anna	Robinson	53	Co Cambridge	

EVENT 3 2k Freestyle

Wave 1 wearing SKY BLUE hats

1	1	Adam	Thompson	12	Thurrock
1	2	Alexander	Marchant	12	Bo Southend
1	3	Alfie	Larham	12	Co Peterboro
1	4	Lawrence	Taylor	12	Co Norwich
1	5	Lucas	Ward	12	Thurrock
1	6	Montgomery	Brewster	12	Watford SC
1	7	Mylo	Molloy	12	Co St Albans
1	8	Oscar	Langston	12	Epping For't
1	9	Ruslan	Shiraz	12	Epping For't
1	10	Sebastian	Mudge	12	Co Peterboro
1	11	Tom	Gilbert	12	Watford SC
1	12	Adithya	Bangera	13	Epping For't
1	13	Alexander	Pashley	13	Co Ely
1	14	Constantine	Calliafas	13	Watford SC
1	15	Fox	O'Hart	13	Bo Southend
1	16	George	Davey-Crouch	13	Bo Southend
1	17	Jacob	Schultz	13	Co Ely
1	18	Jacob	Wild	13	Newmarket
1	19	Lewis	Borgognoni	13	Co Peterboro
1	20	Luke	Toland	13	Flitwick
1	21	Nicholas	Mitroi	13	Thurrock
1	22	Noah	Buchan	13	Co Norwich
1	23	William	Clarke	13	Co Ely
1	24	Ned Peter	Andrews	13	Haringey Aquatics
1	25	Alexander	Pope	13	Teddington SC
1	26	Lennart	Weiland	13	Teddington SC

Wave 2 wearing GREEN hats

2	28	Polly	Anderson	12	West Norfolk
2	29	Nellie	Chadderton	12	West Norfolk
2	30	Arya	Richardson	12	West Norfolk
2	31	Cerys	Wall	12	Co Cambridge
2	32	Mia	Wilson	12	Basildon Ph
2	33	Megan	Barnicoat	13	Bedford SS
2	34	Olivia	Bradford	13	West Norfolk
2	35	Fia	Burr	13	Biggleswade
2	36	Chloe	Cranny	13	Epping For't
2	37	Connie	Flitton	13	Dunstable
2	38	Emmi	Gibson	13	Bo Southend
2	39	Ellie	Hannant	13	Dereham
2	40	Freya	Hill	13	New Hall
2	41	Sophie	Kelly	13	Flitwick
2	42	Kitty	Lamb	13	Co Peterboro
2	43	Clara	Leon	13	Team Luton
2	44	Isobel	McKay	13	Epping For't
2	45	Tabitha	Pickersgill	13	Harwich DP

2	46	Kitty	Reader	13	Watford SC
2	47	Anna	Regan	13	Runnymede
2	48	Jeslene	Sandhu	13	Epping For't
2	49	Elena	Simmons	13	Co Cambridge
2	50	Lexcia	Smith	13	Co Peterboro
2	51	Madeleine	Steffen	13	Watford SC
2	52	Amelie	Stevenson	13	Co Peterboro
2	53	Matilda	Stokes	13	Co Peterboro
2	54	Isabelle	Suffling	13	Flitwick
2	55	Lilyana	Verlander	13	Thurrock
2	56	Ayla	Zolfaghari	13	Epping For't
2	57	Sofia	Demetriou	13	Barnet Cophall SC
2	58	Eilidh	Macleod	13	Hackney Aquatics Club
2	59	Natalia	Weclowska	13	Hounslow Jets
2	60	Ida	Teggarty-Sparks	13	Teddington SC

Wave 3 wearing PINK hats

3	72	George	Hearn	14	Dunstable
3	73	George	Saunders	14	Team Luton
3	74	Hayden	Johnson	14	Biggleswade
3	75	Kieron	Alderson	14	Mildenhall
3	76	Noah	Chasney	14	Canvey Isl
3	77	Scott	Dias	14	Team Waveney
3	78	Will	Minister	14	Thurrock
3	79	Matthew	Horton	15	Dunstable
3	80	Mikolaj	Poplawski	15	Mildenhall
3	81	Oliver	Shorland	15	Runnymede
3	82	Georgi	Stavrov	16	Co Peterboro
3	83	Georgios	Gialopsos	16	Dunstable
3	84	Jude	Staton	16	March
3	85	Oscar	Sherwani	16	Biggleswade
3	86	Daniel	Thompson	17	Thurrock
3	87	Harrison	Shaw	17	Flitwick
3	88	Thomas	Allen	28	Flitwick
3	89	Barry	Schultz	43	Co Ely
3	90	Gareth	Suffling	43	Flitwick
3	91	Samuel	Fox	46	Flitwick
3	92	Christopher	Beard	48	Verulam
3	93	Lee	Portingale	49	Hitchin
3	94	Andrew	Sole	51	Co Ely
3	95	Karl	Fenwick	54	Verulam
3	96	Jason	Taylor	58	Co Norwich
3	97	Robert	Garry	60	Mildenhall
3	98	Martin	Holland	61	Hitchin
3	99	Peter	Lynch	62	Stowmarket
3	100	Nigel	Halford	63	Flitwick
3	101	Simon	Dove	65	Flitwick

3	201	Charlie	Birdsall	14	Co Cambridge
3	202	Alexander	Gaydon	14	Colchester
3	204	Attila	Mozes	14	teampipswich

Wave 4 wearing GRAY hats

4	103	Nicole	Cashin	14	Putteridge
4	104	Giulia	Cemeli	14	Hitchin
4	105	Isabel	Forrest	14	New Hall
4	106	Ava	King	14	New Hall
4	107	Devon	O'Neil	14	Co Peterboro
4	108	Matilda	Stacey	14	Bo Southend
4	109	Coral	Turner	14	Biggleswade
4	110	Ella	Deaton	15	Newmarket
4	111	Nicole	Taylor	15	St Felix Sch
4	112	Menna	Beegan	16	Harwich DP
4	113	Isabel	Moore	16	West Suffolk
4	114	Chloe	Parkins	16	Southend
4	115	Molly	Ramage	16	Southend
4	116	Juliette	Rouyer-Brown	16	Runnymede
4	117	Olivia	Sheasby	16	Newmarket
4	118	Isabella	Pillow	17	Co Ely
4	119	Phoebe	Thorn	18	Flitwick
4	120	Oksana	Wojcik-Jardzioch	18	Verulam
4	121	Abigail	Staff	20	Norwich Swan
4	122	Kirsty	Gooch	24	Biggleswade
4	123	Olivia	Lillywhite	28	Biggleswade
4	124	Jaye	Western	29	Flitwick
4	125	Roxanne	Demmen	34	Norfolk Vikg
4	126	Katie	Holmes	40	Harwich DP
4	127	Miranda	Taylor	40	Co Norwich
4	128	Lucy	Chadderton	42	West Norfolk
4	129	Danielle	Mellors	44	Verulam
4	130	Wendy	Randall	46	Royston
4	131	Amy	Sole	50	Co Ely
4	132	Sarah	Burl	54	Hitchin
4	133	Sarah	Tait	60	Deben
4	134	Kim	Lynch	65	Stowmarket
4	135	Jeannie	Morley	68	Mildenhall
4	210	Eveline	Gaydon	15	Colchester
4	212	Lucy	Randall	16	Royston
4	213	Olivia	Parr	17	Royston
4	215	Hilary	Coulson	57	Hemel Hemp

EVENT 4 5k Freestyle

Wave 1 wearing BLUE hats

1	1	Toby	Owen	15	Southend
1	2	Benjamin	Every	16	St Felix Sch
1	3	Daniel	Williams	16	Hatfield
1	4	F	Cleland Ferdin	16	Co Cambridge
1	5	George	Carter	16	Co Cambridge
1	6	George	Stacey	16	Bo Southend
1	7	Matthew	Phoenix	16	Co Norwich
1	8	Hayden	Garrett	17	Hoddesdon
1	9	Isaac	Farrugia	17	Basildon Ph
1	10	Jeffrey	Gill	17	Watford SC
1	11	Oliver	Tom	17	Ware
1	12	Ryan	Wall	17	Co Cambridge
1	13	Zak	Barber	17	Team Waveney
1	14	Austin	Harrop	18	Co Cambridge
1	15	Charlie	Cropley	18	Hitchin
1	16	Daniel	McGuinness	18	Basildon Ph
1	17	Daniel	Moyses	18	Co Peterboro
1	18	Oliver	Hogan	21	Bo Southend
1	19	Samuel	Rose	21	West Norfolk
1	20	Samuel	Johnson	26	Halstead
1	21	Lewis	Archer	27	Halstead
1	22	Andrew	Hitchcox	32	Impington
1	23	Owen	Bird	32	Putteridge
1	24	Reece	Barclay	33	Epping For't
1	25	Chris	Barlow	41	Newmarket
1	26	James	Tattersall	49	Dereham
1	27	Simon	Lashmar	50	Basildon Ph
1	28	Robert	Hammond	51	East Anglian
1	29	Andy	Cropley	55	Hitchin
1	30	Adam	Lelean	62	Diss Otters
1	203	Felipe	Irvine	14	Watford SC
1	205	Csanad	Rehus	15	Co Peterboro
1	206	Jamie	Wilson	15	West Norfolk
1	207	Corey	Hare	18	teamipswich
1	208	Joshua	Cox	31	Rochford

Wave 2 wearing ORANGE hats

2	31	Amelia	Fenner	14	Basildon Ph
2	32	Jasmine	Hall	14	Basildon Ph
2	33	Brooke	Clipsham	15	Co Norwich
2	34	Olivia	Cooper	15	Dunstable
2	35	Alice	Watts	16	Co Cambridge
2	36	Darcy	Gladwell	16	teamipswich
2	37	Ella	Dawson	16	Chelmsford

2	38	Keira	Martin	16	Canvey Isl
2	39	Lily	Farr	16	Flitwick
2	40	Lily	Hayward	16	Epping For't
2	41	Maia	Thompson	16	Team Waveney
2	42	Mia	Macklin	16	Braintree
2	43	Wiktoria	Marcinek	16	West Norfolk
2	44	Aislin	Foley-Wright	17	Basildon Ph
2	45	Amelie	Crabb	17	teamipswich
2	46	Hollie	Hawkins	17	Basildon Ph
2	47	Keira-Mae	Ingram	17	Co St Albans
2	48	Lisa	Leinemann	17	Chelmsford
2	49	Scarlett	Joslin	17	Co Cambridge
2	50	Zoe	Wilson	17	West Norfolk
2	51	Alexa	Mann	18	Chelmsford
2	52	Anna-Lucia	Fenner	18	Basildon Ph
2	53	Charlotte	Williams	18	Hatfield
2	54	Dayna	Arbon	18	Co Norwich
2	55	Esmie	Kidman	18	West Norfolk
2	56	Florence	Crowley	18	Co St Albans
2	57	Jaia	Bull	18	Co Peterboro
2	58	Lillian	Walthew	18	Dereham
2	59	Ruby	Wheeler	18	Basildon Ph
2	60	Felicity	Carnell	19	St Albans Ma
2	61	Lizzy	Crudgington	19	Southend
2	62	Lucy	Keens	19	Hoddesdon
2	63	Isabella	Porzio	20	Putteridge
2	64	Jessica	Keogh	20	Hatfield
2	65	Madelyn	Latimer-Hicks	20	St Felix Sch
2	66	Talia	Staines	22	Team Luton
2	67	Evie	Anema	24	Co Cambridge
2	68	Danielle	Rulton	26	Halstead
2	69	Jessica-Jane	Applegate	28	Co Norwich
2	70	Eleanor	Johnson	29	Halstead
2	71	Lucy	Charles-Barclay	31	Epping For't
2	72	Gemma	Cannon	32	Deben
2	73	Jo	Mitchinson	45	Royston
2	74	Hayley	Turner	52	West Norfolk
2	75	Penny	Barnes	52	Deben
2	76	Helen	Shingler	55	Bishop Stort
2	77	Josephine	Cresswell	56	East Anglian
2	209	Tara	Shah	14	Bushey
2	211	Poppy	Peebles	16	West Norfolk
2	214	Olivia	Lydon	19	Co Cambridge

Wave 3 wearing RED hats

3	78	Joshua	Allinson-Rodrigues	16	Teddington SC
3	79	Luke	Pemberton	16	Bo Waltham F
3	80	Jakob	Holder	17	Teddington SC
3	81	Oliver	Flack	17	Teddington SC
3	82	James	Kaye	19	Barnet Copthall SC
3	83	Michael	Tsang	31	South London OW SC
3	84	Isabelle	Carlos	16	Barnet Copthall SC
3	85	Isabelle	Traynier	16	Beckenham SC
3	86	Polly	Denney	16	Beckenham SC
3	87	Isla	Roberts	16	Hackney Aquatics Club
3	88	Olivia	Weclowska	16	Hounslow Jets
3	89	Rebecca	Coogan	16	Romford Town SC
3	90	Daisy	Darby	16	Teddington SC
3	91	Alexandra	Down	17	Hounslow Jets
3	92	Ella	Pemberton	19	Bo Waltham F

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

