



Swim England

East Region

Open Water Championships 2023

To be held under Swim England Regulations and
Technical Rules

Saturday, July 9th

Whitlingham Adventure,
Norwich

A message of welcome from the President of Swim England East Region Darren Peck.

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



This year the London Region have not joined as they did last year, however the number of East Region entries is 362 compared to 377 last year including the London Region, so a massive entry from the East Region competitors....well done!

This is, again one of the largest open water events in the UK and allows swimmers to qualify for the Swim England National Open Water Championships to be held at Thrybergh Country Lakes, Rotherham in July.

As with all swimming events, 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.

Finally, if you would like to become an Open Water Official, please contact Paul Kendall the Swim England East Region 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.

His e-mail address is:
openwater@eastswimming.org

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

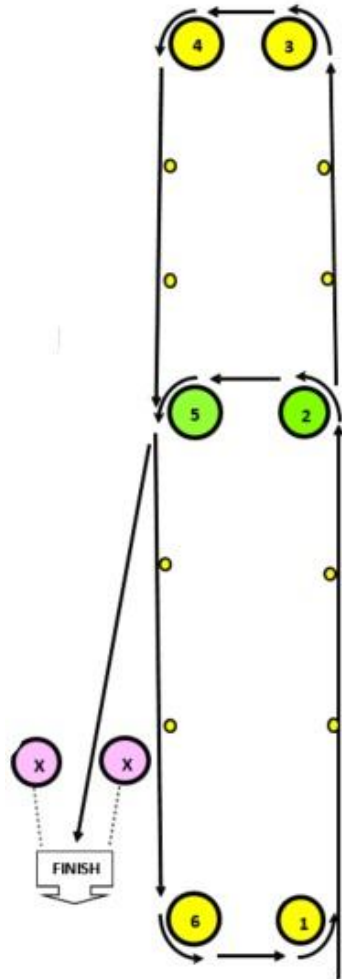
After passing buoy 5 for the last time swim directly to the finish. Enter the funnel between the two marker buoys

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

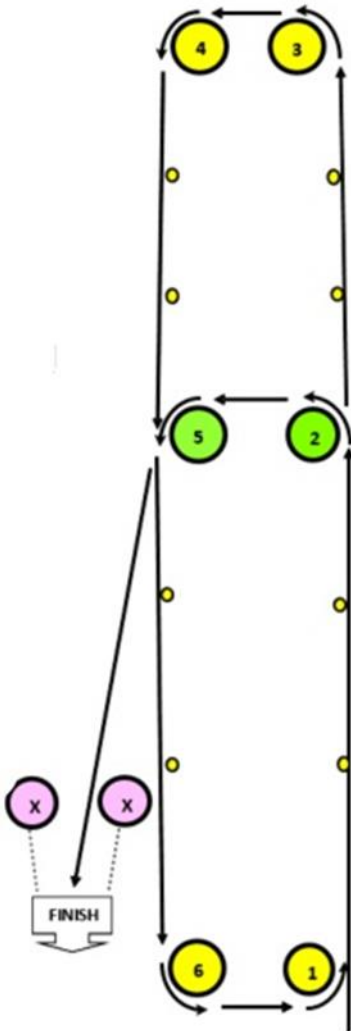


START

IN WATER START

Whitlingham

The Course cont.



START

IN WATER START

Whitlingham

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

Useful Information

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.

Useful Information cont.

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.



Results

If you would like to track or see the results of this year's Open Water Championships, please follow the link or QR code below.

<https://results.racetimingsolutions.co.uk/results.aspx?CId=16269&RId=1677>



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 2023 Regional Open Water Championships

GENERAL CONDITIONS

1. This event is open to 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 World Aquatics.
2. Ages for entry will be as at **31st December 2023**.
3. The Championships will be swum as a single competition but will comprise of three components

3.1 The Swim England East Region qualifying event for Swim England Open Water Nationals (see below for specific conditions)

3.2 Serve as the independent County Championships for counties forming the East Region only.*

3.3 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.*

4. Coaches and Team Managers:

4.1 All swimmers under the age of 18 must be under the supervision of a qualified Coach and Team Manager.

4.2 All clubs are required to send the appropriate number of qualified coaches and team managers in line with Swim England guidance, 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.

4.3 Coaches and Team Managers must have the relevant Pass via the Swimming Results on-line system to attend the event. -

4.4 Coach and Team Manager Passes will be available for £7.50 per person and will include a programme, lunch voucher and teas and coffees for the duration of the day.

5. 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 have been read, understood and accepted in full by the named competitor.

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

7. Events:

The events are

Event 1 3k

Event 2 1k

Event 3 2k

Event 4 5k

7.1 A swimmer can enter any distance provided they meet the minimum age requirements. In order to qualify to swim at the Swim England Open Water Nationals as the Regional event winners (*the first three finishers in each of the named age groups and genders*), swimmers must swim in the qualifying event for their age group and comply with all World Aquatics rules and conditions.

7.2 Swimmers can enter more than one event, the only acceptable combination of events is Event 1 with either Event 3 or Event 4.

8. Onsite Access

8.1 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, East Region Invited Guests, Officials and Swimmers.

8.2 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.

8.3 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.

9. ENTRIES

9.1 The Promoter reserves the right to limit entries to all events. In the event of over-subscription, the Promoter will allocate spaces based on the date entries are received and with priority given to East Region members (subject to 9.3 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.

9.2 The closing date for entries is 18 June. No late entries will be accepted.

9.3 Entry Fees

9.3.1 The 1k race fee is £20

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

9.4 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.

10. All events are swum as freestyle events

11. 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

12. The minimum ages (as at 31st December 2023) 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 (19 & over)	(Nationals Qualifier Age Groups 16, 17/18 & 19 & over)

13. 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.

14. 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.

15. 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.

16. Water Temperature & Swimwear:

16.1 Water Temperature 18 degrees centigrade or above: Only costumes complying with World Aquatics can be worn. A 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.

16.2 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.

16.3 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.

17. 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. Goggles, cap, nose clip and earplugs may be used. Only one costume is allowed, and Swim England period wear guidance will be followed.

18. 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.

19. The Promoter and Event/Meet Director is Paul Kendall on behalf of the Swim England East Region Open Water Manager.

20. Any protests shall be made and dealt with as detailed in Swim England Regulations.

21. Any matters not provided for in these conditions shall be decided by the Promoter.

22. 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.

23. 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](#).

24. The timing for all races and briefings will only be circulated as part of the events' final instruction pack in June.

25. 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.

26. 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.

27. 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.

28. 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+

29. The first 3 male and female swimmers in each age group will be awarded medals.

30. The first 3 male and female Para-Swimmers in the 1km and 2km events will be awarded medals.

31. Commemorative medals will be awarded to competitors from outside the East Region placed first, second or third in individual events.

32. 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.

East Region Open Water Swimming Championships 2023 Timetable

Start	Activity	Ends
07:30	Assemble	
07:45	Officials & Safety Team Brief	08:20
08:05	3K Registration Opens	08:35
08:40	3K Swimmers Briefing	
09:05	3k Mark-Up	
09:40	1K Registration Opens	10:20
09:50	3K Wave 1 –NAG Male	
09:55	3K Wave 2 – NAG Female	
10:00	3K Wave 3 - Mixed	
10:30	1K Swimmers Briefing	
10:50	2K Registration Opens	11:35
10:55	1K Mark-Up	
11:40	1K Wave 1 – Male	
11:45	1K Wave 2 – Female	
11:50	2K Swimmers Briefing	
12:10	Safety Team Off Water Break	13:05
12:15	2K Mark-up	

12:40	3K Medals	
12:45	5K Registration Opens	13:15
13:10	2K Wave 1 – NAG Male	
13:15	2K Wave 2 – NAG Female	
13:20	2k Wave 3 – Male	
13:25	2K Wave 4 – Female	
13:30	5K Swimmers Briefing	
13:35	1K Medals	
13:55	5K Mark-Up	
14:45	5K Wave 1 – Male	
14:50	5K Wave 2 – Female	
15:30	2K Medals	
17:05	Safety Team Off Water	
17:35	5K Medals	
17:40	Pack-Up and Clear Site	19:30

Events Start Lists

EVENT 1 3K FREESTYLE

Allocated Hat No.	Name	Age as at 31st December	Club
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Wave 1 wearing SILVER hats

1	Luis Souto Hill	14	March Marlins Swimming Club
2	Toby Lashmar	14	Basildon & Phoenix Swimming Club
3	Callum Merrill	14	Chelmsford City Swimming Club
4	Berkley Barnicoat	14	St Felix School Swimming Club
5	Owain Roberts	14	Team Luton Swimming Club
7	George Portlock	14	New Hall School Swim Academy
8	Conor Mint	14	Basildon & Phoenix Swimming Club
9	Austin Taylor	14	City of Norwich Swimming Club
11	Jan Beblot	14	Norwich Swan Swimming Club
13	Ashton Blake	14	Basildon & Phoenix Swimming Club
14	Lucas Day	14	Rochford & District Swimming Club
15	Oliver Norris	14	West Norfolk Swimming Club
16	Ben Every	15	St Felix School Swimming Club
17	Connor Rickard	15	March Marlins Swimming Club
18	Mathew Phoenix	15	City of Norwich Swimming Club
19	Richard Farrar	15	Great Yarmouth Swimming Club
20	George Carter	15	City of Cambridge Swimming Club
21	Edward Murray	15	West Norfolk Swimming Club
22	Kye Harrington	15	West Norfolk Swimming Club
23	Oscar Sherwani	15	Flitwick Dolphins Swimming Club
25	Daniel Williams	15	Hatfield Swimming Club
26	Luke Pemberton	15	Borough of Waltham Forest Swimming Club
202	Csanad Rehus	14	City of Peterborough Swimming Club
203	Jamie Wilson	14	West Norfolk Swimming Club
204	William Harris	14	Watford Swimming Club
205	Barnaby O'Donnell	15	Bushey Amateur Swimming Club

Wave 2 wearing PINK hats

30	Grace Robinson	15	St Felix School Swimming Club
31	Chloe Barnard	14	Basildon & Phoenix Swimming Club
32	Brooke Clipsham	14	City of Norwich Swimming Club
33	Yasmine Ollerenshaw	14	Flitwick Dolphins Swimming Club
34	Felicia Lea	14	Runnymede Swimming Club
35	Molly Burrows	14	City of Peterborough Swimming Club
36	Grace Cook	14	City of Norwich Swimming Club
37	Eveline Gaydon	14	Colchester Swimming Club
38	Anabelle Kett	14	City of Peterborough Swimming Club
39	Megan Clarke	14	City of Ely Swimming Club
40	Holly Underdown	14	Braintree & Bocking Swimming Club
41	Poppy Garrod	14	City of Peterborough Swimming Club
42	Isabel White	14	Biggleswade Swimming Club
43	Keira Tarplett	14	Maldon Sharks Swimming Club
44	Jana Mohamed	14	City of Peterborough Swimming Club
45	Elizabeth Mitchell	14	Great Yarmouth Swimming Club
46	Charlie Hill	14	West Norfolk Swimming Club
47	Lola Wonfor	14	New Hall School Swim Academy
48	Ruby Jackson	14	West Norfolk Swimming Club
49	Jasmine Pereira	15	Hatfield Swimming Club
50	Ruby Brace	15	City of Peterborough Swimming Club
52	Lily Farr	15	Flitwick Dolphins Swimming Club
53	Mia Macklin	15	Braintree & Bocking Swimming Club
54	Juliette Rouyer- Brown	15	Runnymede Swimming Club
55	Ella Dawson	15	Chelmsford City Swimming Club
56	Keira Martin	15	Canvey Island Swimming Club
57	Wiktorja Marcinek	15	West Norfolk Swimming Club

58	Esha Cross	15	Epping Forest District Swimming Club
59	Poppy Peebles	15	West Norfolk Swimming Club
60	Esmee Reeve	15	Braintree Swimming Club
61	Maia Thompson	15	Team Waveney Swimming Club
62	Millie Storey	15	Great Yarmouth Swimming Club
63	Katy Ord	15	Bushey Amateur Swimming Club
206	Prisha Tapre	15	Watford Swimming Club

Wave 3 wearing MALE ORANGE HATS, FEMALE YELLOW hats

66	Sebastian Marchant	13	Borough of Southend SC
67	Sebastian Haskins	13	Borough of Southend SC
68	Harrison Shaw	16	Flitwick Dolphins Swimming Club
69	George Grimwood	16	Bishop Stortford Swimming Club
70	Austin Harrop	17	City of Cambridge Swimming Club
71	Thomas Ford	17	Basildon & Phoenix Swimming Club
72	Kalaum Corani	19	Colchester Swimming Club
73	Shane Coulson	29	Hemel Hempstead Swimming Club
74	Douglas Andrew	31	East Anglian Swallow Tails
75	Paulus Maukonen	37	Diss Otters Swimming Club
76	Daniel Hagan	39	Borough of Southend SC
77	Alistair Shaw	43	Flitwick Dolphins Swimming Club
78	Joe Vettese	43	Team Waveney Swimming Club
79	Peter Gleed	45	South Beds Masters Swimming Club
80	Christian Claxton	45	Flitwick Dolphins Swimming Club
81	Simon Lashmar	49	Basildon & Phoenix Swimming Club
82	Matthew Rafiq-Craske	52	Hemel Hempstead Swimming Club
83	Simon Buchan	55	Norfolk Vikings Swimming Club
84	David Wright	62	Team Luton Swimming Club
85	Ian Murray	66	Flitwick Dolphins Swimming Club

89	Jersey Holmes	16	Team Waveney Swimming Club
90	Rachael Carpenter	16	Ware Swimming Club
91	Eleanor Newman	16	Harwich Dovercourt/Parkeston SC
92	Isabella Pillow	16	City of Ely Amateur Swimming Club
93	Harriet Glennerster	16	Team Waveney Swimming Club
95	Caitlin Goldney	17	Team Waveney Swimming Club
96	Georgina Hadden	17	Biggleswade Swimming Club
97	Marcie Aley	17	Braintree & Bocking Swimming Club
98	Jaia Bull	17	City of Peterborough Swimming Club
99	Lillian Walthew	17	Dereham & District Swimming Club
101	Charlotte Tree	19	Swansea University
102	Hannah McElroy	23	Borough of Southend SC
103	Katie Holmes	39	Harwich Dovercourt/Parkeston SC
104	Tanya Alexander	41	Team Waveney Swimming Club
105	Sarah Buchan	47	Norfolk Vikings Swimming Club
106	Carrie Farris	52	Team Waveney Swimming Club
107	Josephine Cresswell	55	East Anglian Swallow Tails
108	Hilary Coulson	56	Hemel Hempstead Swimming Club
201	Scarlett Joslin	16	City of Cambridge Swimming Club
207	Olivia Lydon	18	City of Cambridge Swimming Club

EVENT 2 NOVICE 1K FREESTYLE

Allocated Hat No.	Name	Age as at 31st December	Club
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Wave 1 wearing RED hats

1	Hardy Shipton	11	Hatfield Swimming Club
2	Mikolaj Jagodzinski	11	Runnymede Swimming Club
3	William Turner	11	Biggleswade Swimming Club
4	Alexander Marchant	11	Borough of Southend Swimming Club
5	Max Pond	11	Borough of Southend Swimming Club
6	Lawrence Taylor	11	City of Norwich Swimming Club
7	Hunter Wright	11	City of Southend on Sea Swimming Club
8	Tom Gilbert	11	Watford Swimming Club
9	Hugo Harley	11	Watford Swimming Club
10	Nicholas Mitroi	12	Thurrock Swimming Club
11	Byron Miller	12	Hadleigh Swimming Club
12	Alexander Pashley	12	City of Ely Amateur Swimming Club
13	William Clarke	12	City of Ely Amateur Swimming Club
14	Jacob Sugden	12	New Hall School Swim Academy
15	Luke Toland	12	Flitwick Dolphins Swimming Club
16	Lewis Borgognoni	12	City of Peterborough Swimming Club
17	Franklin Shiells	12	Biggleswade Swimming Club
18	William Gore	13	City of Southend on Sea Swimming Club
19	George Hearn	13	Dunstable Swimming Club
20	Hudson Sherwani	13	Flitwick Dolphins Swimming Club
21	David Rocznik	13	West Norfolk Swimming Club
22	Orlando Whiting	13	St Felix School Swimming Club
23	Noah Chasney	13	Canvey Island Swimming Club
24	Theo Wood	14	City of Southend on Sea Swimming Club

25	Max Ramage	14	City of Southend on Sea Swimming Club
26	Matthew Horton	14	Dunstable Swimming Club
27	Faisal Ahmed	14	City of Southend on Sea Swimming Club
28	Elliot Steenkamp	15	Newmarket & District Swimming Club
29	Georgios Gialopsos	15	Dunstable Swimming Club
30	Joshua Coles	15	City of Peterborough Swimming Club
31	Nathan Yeaman	16	West Norfolk Swimming Club
32	Robin Miller	55	Hadleigh Swimming Club

Wave 2 wearing WHITE hats

36	Rose Turner	11	Biggleswade Swimming Club
37	Cerys Wall	11	City of Cambridge Swimming Club
38	Nellie Chadderton	11	West Norfolk Swimming Club
39	Hilary Drewry	11	City of Norwich Swimming Club
40	Adriana Morrison	11	Mildenhall & District Swimming Club
41	Polly Anderson	11	West Norfolk Swimming Club
42	Esmee Hui	11	Watford Swimming Club
43	Nieve Ives	11	Hatfield Swimming Club
44	Mia Davis	11	Canvey Island Swimming Club
45	Isla Thorn	12	St Felix School Swimming Club
46	Isabella Geary	12	Dunstable Swimming Club
47	Sophie Kelly	12	Flitwick Dolphins Swimming Club
48	Tabitha Pickersgill	12	Harwich Dovercourt/Parkeston SC
49	Isla Staton	12	March Marlins Swimming Club
50	Freya Hill	12	New Hall School Swim Academy
51	Amelie Stevenson	12	City of Peterborough Swimming Club
52	Lexcia Smith	12	City of Peterborough Swimming Club

53	Matilda Stokes	12	City of Peterborough Swimming Club
54	Isabelle Reeve	12	Braintree & Bocking Swimming Club
55	Isabelle Suffling	12	Flitwick Dolphins Swimming Club
56	Clara Leon	12	Team Luton Swimming Club
57	Fia Burr	12	Biggleswade Swimming Club
58	Kaylyn Sampong	12	Team Luton Swimming Club
59	Imogen Bygrave	13	Royston Swimming Club
60	Daisy Covell	13	West Norfolk Swimming Club
61	Boe Baxter	13	Runnymede Swimming Club
62	Matilda Stacey	13	Borough of Southend Swimming Club
63	Isabelle Harrop	14	City of Cambridge Swimming Club
64	Leyla Corani	14	Colchester Swimming Club
65	Imogen Alcock	14	City of Cambridge Swimming Club
66	Nicole Taylor	14	St Felix School Swimming Club
67	Emma Lovegrove	14	Mildenhall & District Swimming Club
68	Emilia Johnson	14	St Felix School Swimming Club
69	Ever Ives	14	Hatfield Swimming Club
70	Chloe Parkins	15	City of Southend on Sea Swimming Club
71	Molly Ramage	15	City of Southend on Sea Swimming Club
72	Menna Beegan	15	Harwich Dovercourt/Parkeston SC
73	Isabella Gale	15	Deben Swimming Club
74	Katie Walker	15	Deben Swimming Club
75	Erin Woodrow	16	West Norfolk Swimming Club
76	Romilly Marks	17	Newmarket & District Swimming Club
77	Bethan Wall	18	Royston Swimming Club
78	Wendy Randall	45	Royston Swimming Club
79	Anna Robinson	52	City of Cambridge Swimming Club

EVENT 3 2K FREESTYLE

Allocated Hat No.	Name	Age as at 31st December	Club
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Wave 1 wearing SKY BLUE hats

1	Reuben Walters	12	Runnymede Swimming Club
2	Constantine Calliafas	13	Watford Swimming Club
3	Sebastian Wheldon	12	Basildon & Phoenix Swimming Club
4	Jacob Wild	12	Newmarket & District Swimming Club
5	Noah Buchan	12	City of Norwich Swimming Club
6	George Davey-Crouch	12	Borough of Southend Swimming Club
7	Zach Montgomery	13	Norwich Swan Swimming Club
8	Arthur Martin	13	Chesham Swimming Club
9	Attila Mozes	13	Team Ipswich Swimming Club
10	Alexander Gaydon	13	Colchester Swimming Club
11	George Heather	13	City of Peterborough Swimming Club
12	Alexander Pattison	13	West Norfolk Swimming Club
13	Felipe Irvine	13	Watford Swimming Club
14	Lochlan Shaw	13	Flitwick Dolphins Swimming Club
15	Archie Harris-Joy	13	Great Yarmouth Swimming Club
16	Corben Gibson	13	Basildon & Phoenix Swimming Club
17	George Saunders	13	Team Luton Swimming Club
18	Ollie Hamilton	13	City of Southend on Sea Swimming Club
19	Kieran Ng	13	City of Peterborough Swimming Club
20	Charlie Birdsall	13	City of Cambridge Swimming Club
21	James Scholes	13	Haslemere Swimming Club
22	Lohan Coull	13	Canvey Island Swimming Club

Wave 2 wearing PINK hats

25	Anna Regan	12	Runnymede Swimming Club
26	Megan Barnicoat	12	Modernian Swimming Club
27	Lucia Day	12	Hatfield Swimming Club
28	Emmi Gibson	12	Borough of Southend Swimming Club
29	Ava Nicholls-Cain	12	Canvey Island Swimming Club
30	Olivia Bradford	12	West Norfolk Swimming Club
31	Lilyana Verlander	12	Thurrock Swimming Club
32	Ayla Zolfaghari	12	Epping Forest Swimming Club
33	Jeslene Sandhu	12	Epping Forest Swimming Club
34	Cassandra Pereira	13	Hatfield Swimming Club
35	Kornelia Jagodzinska	13	Runnymede Swimming Club
36	Lily-May Freeman	13	Great Yarmouth Swimming Club
37	Zoe Watson	13	Basildon & Phoenix Swimming Club
38	Emma Cushion	13	City of Peterborough Swimming Club
39	Lydia Newell	13	Chelmsford City Swimming Club
40	Coral Turner	13	Biggleswade Swimming Club
41	Jasmine Hall	13	Basildon & Phoenix Swimming Club
42	Amelia Fenner	13	Basildon & Phoenix Swimming Club
43	Niamh Bunker	13	Flitwick Dolphins Swimming Club
44	Devon O'Neil	13	March Marlins Swimming Club
45	Holly Shepherd	13	Canvey Island Swimming Club
46	Faith Turner	13	West Norfolk Swimming Club
47	Isla Stewart	13	City of Peterborough Swimming Club
48	Amy Audsley	13	Basildon & Phoenix Swimming Club
49	Freya Gyselings	13	City of Peterborough Swimming Club
50	Milly Johnson	13	West Norfolk Swimming Club
51	Amber Tight	13	Flitwick Dolphins Swimming Club
52	Erin Lovelock	13	West Norfolk Swimming Club
53	Macy Cyl	13	Ware Swimming Club

Wave 3 wearing GREEN hats

56	Charlie Stott	14	City of St Albans Swimming Club
57	Archie Henderson	14	Modernian Swimming Club
58	Toby Wood	15	City of Southend on Sea Swimming Club
59	Jude Staton	15	March Marlins Swimming Club
60	Thomas Richardson	15	Harwich Dovercourt/Parkeston SC
61	Alfie Winchester	15	Royston Swimming Club
62	Billy Cyl	15	Ware Swimming Club
63	Oliver Tom	16	Ware Swimming Club
64	Noah Mann	16	Newmarket & District Swimming Club
65	Liam Murray	17	Dunstable Swimming Club
66	Thomas Liddiard	17	Ware Swimming Club
67	Thomas Deaton	17	Newmarket & District Swimming Club
68	Antoine Rouyer-Brown	18	Runnymede Swimming Club
69	Thomas Allen	27	Flitwick Dolphins Swimming Club
70	John Irish	43	Newmarket & District Swimming Club
71	Samuel Fox	45	Flitwick Dolphins Swimming Club
72	Lee Portingale	48	Hitchin Swimming Club
73	Simon Murray	52	Dunstable Swimming Club
74	Robert Garry	59	Mildenhall & District Swimming Club
75	Peter Lynch	61	Stowmarket Swimming Club
76	Nigel Halford	62	Flitwick Dolphins Swimming Club

Wave 4 wearing SILVER hats

80	Daisy Turp-Daws	14	Halstead Swimming Club
81	Alice Robinson	14	City of Cambridge Swimming Club
82	Eva Thomas	14	Flitwick Dolphins Swimming Club
83	Grace Thomas	14	Flitwick Dolphins Swimming Club
84	Ella Deaton	14	Newmarket & District Swimming Club

85	Olivia Cooper	14	Dunstable Swimming Club
86	Lily O'Keefe	14	City of Southend on Sea Swimming Club
87	Charlie Duce	14	Modernian Swimming Club
88	Maia Khalil	14	West Norfolk Swimming Club
89	Hannah Lovelock	15	Hitchin Swimming Club
90	Isabel Moore	15	West Suffolk Swimming Club
91	Lucy Randall	15	Royston Swimming Club
92	Lauren Calvert	15	Team Luton Swimming Club
93	Iona Tait	15	Deben Swimming Club
94	Lauren King	15	Royston Swimming Club
95	Lily Brandt	15	Newmarket & District Swimming Club
96	Isabel Thomas	15	Newmarket & District Swimming Club
97	Mathilde Phillipps	15	
98	Olivia Parr	16	Royston Swimming Club
99	Florence Talbot	16	Newmarket & District Swimming Club
100	Natalie Taylor	16	St Felix School Swimming Club
101	Darcey Hepworth	16	Flitwick Dolphins Swimming Club
102	Skylar Alderson	17	Dunstable Swimming Club
103	Ashlee Willett	17	Cheshunt Swimming Club
104	Sophie Parkins	17	City of Southend on Sea Swimming Club
105	Shannon Ryall	18	Flitwick Dolphins Swimming Club
106	Abigail Staff	19	Norwich Swan Swimming Club
107	Molly Peacock	21	West Suffolk Swimming Club
108	Kirsty Gooch	23	Biggleswade Swimming Club
109	Olivia Lillywhite	27	Biggleswade Swimming Club
110	Siobhan Johnson	27	City of Cambridge Swimming Club
111	Lucy Chadderton	41	West Norfolk Swimming Club
112	Amanda Greig	49	Metropolitan Police Swimming Club
113	Anja Newman	50	Harwich Dovercourt/Parkeston SC

114	Emma Grant	50	Royston Swimming Club
115	Emma Montgomery	51	Norwich Swan Swimming Club
116	Hayley Turner	51	West Norfolk Swimming Club
117	Sarah Tait	59	Deben Swimming Club
118	Kim Lynch	64	Stowmarket Swimming Club
201	Scarlett Joslin	16	City of Cambridge Swimming Club

EVENT 4 5K FREESTYLE

Allocated Hat No.	Name	Age as at 31st December	Club
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Wave 1 wearing PURPLE hats

1	F Cleland Ferdin	15	City of Cambridge Swimming Club
2	George Stacey	15	Borough of Southend Swimming Club
3	Daniel Thompson	16	Thurrock Swimming Club
4	Isaac Farrugia	16	Basildon & Phoenix Swimming Club
5	Ben Howlett	16	Team Ipswich Swimming Club
6	Ryan Wall	16	City of Cambridge Swimming Club
7	Kirtan Uttarkar	16	City of Peterborough Swimming Club
8	Hayden Garrett	16	Hoddesdon Swimming Club
9	Oscar Smithee	16	West Norfolk Swimming Club
10	Zak Barber	16	Team Waveney Swimming Club
11	Daniel Moyses	17	City of Peterborough Swimming Club
12	Daniel Kendall	17	City of Ely Swimming Club
13	Alex Wilson	17	West Norfolk Swimming Club
14	Jack Tate	17	City of Norwich Swimming Club
15	George Lovelock	18	Hitchin Swimming Club
16	Ryan Roberts	18	Putteridge Swimming Club
17	Jack Turrell	20	Basildon & Phoenix Swimming Club
18	Lewis Archer	26	Halstead Swimming Club

19	Christopher Greenhalgh	27	City of Cambridge Swimming Club
20	Jack Burchell	29	City of Cambridge Swimming Club
21	Joshua Cox	30	Rochford Swimming Club
22	Owen Bird	31	Putteridge Swimming Club
23	Mike Laird	37	Hoddesdon Swimming Club
24	Chris Barlow	40	Newmarket & District Swimming Club
25	Steven Lewis	41	Hoddesdon Swimming Club
26	Andrew Roberts	46	Putteridge Swimming Club
27	Robert Hammond	50	East Anglian Swallow Tails Swimming Club
28	Richard Living	53	Hadleigh Swimming Club
29	Adam Lelean	61	Diss Otters Swimming Club
30	Andrew Wright	66	Stowmarket Swimming Club
202	Csanad Rehus	14	City of Peterborough Swimming Club
203	Jamie Wilson	14	West Norfolk Swimming Club
204	William Harris	14	Watford Swimming Club
205	Barnaby O'Donnell	15	Bushey Swimming Club

Wave 2 wearing YELLOW hats

35	Aislin Foley-Wright	16	Basildon & Phoenix Swimming Club
36	Lisa Leinemann	16	Chelmsford City Swimming Club
37	Arriane Lea	16	Runnymede Swimming Club
38	Zoe Wilson	16	West Norfolk Swimming Club
39	Keira-Mae Ingram	16	City of St Albans Swimming Club
40	Olivia Skittrell	16	West Norfolk Swimming Club
41	Hollie Hawkins	16	Basildon & Phoenix Swimming Club
42	Lyla Howard	16	Team Luton Swimming Club
43	Esmie Kidman	17	West Norfolk Swimming Club
44	Paige Walker	17	Flitwick Dolphins Swimming Club
45	Alexa Mann	17	Chelmsford City Swimming Club
46	Phoebe Thorn	17	Flitwick Dolphins Swimming Club

47	Grace Mason	17	Bishops Stortford Swimming Club
48	Anna-Lucia Fenner	17	Basildon & Phoenix Swimming Club
49	Meisha Trend-Evans	17	Bishops Stortford Swimming Club
50	Francesca Baber	17	City of Cambridge Swimming Club
51	Olivia Church	17	Thurrock Swimming Club
52	Charlotte Williams	17	Hatfield Swimming Club
53	Lizzy Crudgington	18	City of Southend on Sea Swimming Club
54	Jemima Tuffnell	18	City of Peterborough Swimming Club
55	Ella Pemberton	18	Borough of Waltham Forest Swimming Club
56	Madelyn Latimer-Hicks	19	St Felix School Swimming Club
57	Jessica Keogh	19	Hatfield Swimming Club
58	Isabella Porzio	19	Putteridge Swimming Club
59	Eleanor Mason	20	City of Cambridge Swimming Club
60	Talia Staines	21	Team Luton Swimming Club
61	Lauren Stott	21	Hatfield Swimming Club
62	Shannon Stott	23	Hatfield Swimming Club
63	Evie Anema	23	City of Cambridge Swimming Club
64	Bethan McElroy	25	Borough of Southend Swimming Club
65	Emma Wheeler	27	Team Ipswich Swimming Club
66	Rosa Chrystie-Lowe	27	Great Yarmouth Swimming Club
67	Gemma Cannon	31	Deben Swimming Club
68	Michelle Lane	36	Basildon & Phoenix Swimming Club
69	Jo Mitchinson	44	Team Luton Swimming Club
70	Elizabeth Fiander	44	Huntingdon Swimming Club
71	Susan Evans	45	Biggleswade Swimming Club
72	Julie Keefe	50	Leyton Swimming Club
73	Silvia Ferdin	58	City of Cambridge Swimming Club
206	Prisha Tapre	15	Watford Swimming Club
207	Olivia Lydon	18	City of Cambridge Swimming Club

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