



Diving Age Groups

Under Swim England regulations
& World Aquatics technical rules

The Quays Swimming & Diving Complex
27 Harbour Parade
Southampton
SO15 1BA

3 – 4 May 2026

E-programme

President: Peter Roycroft

Still & Video Photography

Flash photography is not permitted during the performance of a dive as this can be distracting to the diver and could lead to an accident.

The use of cameras and mobile devices is prohibited in changing rooms.

Keep it in your locker [here](#).

Further guidance can be found in [Wavepower](#), Swim England's safeguarding policy and procedures.

Emergency & Evacuation

In the unlikely event of an emergency it may be necessary to evacuate the building.

Please follow instructions from the venue's staff and meet organisers.

For your safety, familiarise yourself with the nearest emergency exit.

If you have children with you please be aware of their whereabouts at all times.

Acknowledgements

Swim England South East Region would like to express thanks and appreciation to the participating clubs, officials, chaperones and other volunteer supporters, without whom this meet would not be possible.

Thanks also to the BH Live Active staff and management at the Quays.

Conditions

Ages recorded at 31 December in the year of competition

Age Category	Height	Conditions	Performance Standard
D (9/11)	1m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.4 dd)	Female – 125 Open – 130
	3m	3 dives from 3 groups (5.7 dd) + 2 dives from 2 groups (4.6 dd)	Female – 135 Open – 135
	5m	3 dives from 3 groups (5.4 dd) + 2 dives from 2 groups (4.8 dd)	Female – 130 Open – 130
C (12/13)	1m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (6.9 dd) (min 4 groups to be covered)	Female – 160 Open – 165
	3m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups (7.9 dd) (min 4 groups to be covered)	Female – 170 Open – 170
	5m/7.5m	3 dives from 3 groups (5.4 dd) + 3 dives from 3 groups (7.8 dd) (min 4 groups to be covered)	Female – 165 Open – 165
B (14/15)	1m	4 dives from 4 groups (7.5 dd) + 3 dives from 3 groups no limit	Female – 185 Open – 200
	3m	4 dives from 4 groups (7.9 dd) + 3 dives from 3 groups no limit	Female – 195 Open – 210
	5m/7.5m/10m	3 dives from 3 groups (5.7 dd) + 3 dives from 3 groups no limit (min 4 groups to be covered)	Female – 175 Open – 180
A (16/18)	1m	5 dives from 5 groups (9.0 dd) + 3 dives from 3 groups no limit	Female – 220 Open – 230
	3m	5 dives from 5 groups (9.5 dd) + 3 dives from 3 groups no limit	Female – 230 Open – 245
	5m/7.5m/10m	4 dives from 4 groups (7.6 dd) + 3 dives from 3 groups no limit	Female – 205 Open – 215

Medals

Medals will be awarded to the top three South East Region divers in each event.
Guest medals will be awarded to any non-South East Region divers who rank in the top three overall of their event.

Privacy Notices & Data Protection

Competitors – click [here](#)
Officials & volunteers – click [here](#)

Timetable

Sunday 3 May

Open training: 09.00 – 10.00 Technical meeting: 09.50 – 10.00			
Session	Event(s)	Training	Competition
1	A Female, A Open – 3m C Female, C Open – 1m	10.00 – 10.45	10.50 – 12.25
	Followed by results and medal presentations		
2	B Female, B Open, D Female, D Open – Platform	12.25 – 13.10	13.15 – 14.45
	Followed by results and medal presentations		
3	C Female, C Open – 3m A Female, A Open – 1m	14.45 – 15.30	15.35 – 17.20
	Followed by results and medal presentations		

Monday 4 May

Session	Event(s)	Training	Competition
4	C Female, C Open – Platform B Female, B Open – 3m	08.30 – 09.15	09.20 – 11.00
	Followed by results and medal presentations		
5	A Female, A Open – Platform D Female, D Open – 1m	11.00 – 11.45	11.50 – 12.30
	Followed by results and medal presentations		
6	D Female, D Open – 3m B Female, B Open – 1m	12.30 – 13.15	13.20 – 15.00
	Followed by results and medal presentations		

Sunday 3 May

Session 1

A Female (16/18) – 3m

	Diver	YoB	Club	Score	Rank
1	Kayla Segun	2009	SDA		
2	Ariana Fox	2010	ADCR		
3	Naya Sogut	2009	ADCR		
4	Regan Raffell (guest)	2010	SD		
5	Rain Downer (guest)	2009	SD		
6	Amy-Jules Matthiessen (guest)	2009	DLAC		
7	Poppy Rice (guest)	2010	DLAC		

A Open (16/18) – 3m

	Diver	YoB	Club	Score	Rank
1	Alex Waterman	2009	SDA		
2	Hayden Low (guest)	2009	SD		
3	Oskar Langer (guest)	2009	PLYM		

C Female (12/13) – 1m

	Diver	YoB	Club	Score	Rank
1	Ellie Bent	2013	SDA		
2	Kate Von Benecke	2013	ADCR		
3	Natalie Macura	2013	SDA		
4	Rosie-Mei Dolman	2013	SDA		
5	Hollie Hewer	2014	SDA		
6	Ellie Petter	2013	ADCR		
7	Thea St Omer	2014	SDA		
8	Lyra Johnson (guest)	2014	PLYM		
9	Elodie Ladds	2013	STAR		
10	Eva Ryan (guest)	2014	SD		
11	Anna Brinton (guest)	2013	DLAC		
12	Myla Sewell	2014	ADCR		
13	Elsie Cross	2013	SDA		
14	Adelyn Richards (guest)	2014	DLAC		
15	Khloe Allen	2013	SDA		
16	Myia Lilley (guest)	2014	PLYM		
17	Lily Houzego	2013	STAR		
18	Clementine Webster	2014	ASC		
19	Tabitha Widdows (guest)	2013	SD		
20	Millie McCardle (guest)	2014	SD		

C Open (12/13) – 1m

	Diver	YoB	Club	Score	Rank
1	Oliver Blandford-Gange	2013	STAR		
2	Blake Scroxtton (guest)	2014	SD		
3	Beau Barry (guest)	2014	SD		
4	Jared Hull (guest)	2013	DLAC		
5	Harry Hancock	2013	ADCR		
6	Hunter Mapstone	2013	SDA		
7	Theo Willis (guest)	2014	PLYM		
8	Vico Mattioli (guest)	2013	DLAC		
9	Cai Tobin	2013	STAR		
10	Elliot McCamphill-Rose (guest)	2014	PLYM		
11	Ben Davis	2014	ASC		

Session 2**B Female (14/15) – Platform**

	Diver	YoB	Club	Score	Rank
1	Sophia Guillan	2011	SDA		
2	Ava-Rose Martin	2011	SDA		
3	Emily McKeown	2012	STAR		
4	Imogen Sims	2012	SDA		
5	Florence Brindley	2012	STAR		
6	Kara Conby (guest)	2012	SD		
7	Adrianna Hung (guest)	2011	DLAC		
8	Olivia Martin	2011	ASC		
9	Elsie Maidment	2012	SDA		
10	Teagan Mousley (guest)	2012	PLYM		
11	Kaycie Illingworth (guest)	2011	SD		
12	Jasmine Bailey (guest)	2011	DLAC		

B Open (14/15) – Platform

	Diver	YoB	Club	Score	Rank
1	Benjamin Rogers	2011	SDA		
2	Daniel Robinson (guest)	2012	PLYM		
3	Ben Brook	2011	SDA		
4	Joha Pooley	2012	SDA		

D Female (9/11) – Platform

	Diver	YoB	Club	Score	Rank
1	Lily Billton (guest)	2015	SD		
2	Ivy-May Davey (guest)	2015	PLYM		
3	Sienna Deakin (guest)	2015	SD		
4	Skye Schmidt	2015	SDA		

D Open (9/11) – Platform

	Diver	YoB	Club	Score	Rank
1	Ryan Zarei-Roonizi (guest)	2015	SD		
2	Nikita Boicuks (guest)	2016	SD		
3	Liam Wilson-Roberts (guest)	2015	DLAC		
4	Blake Clark (guest)	2015	SD		

Session 3**C Female (12/13) – 3m**

	Diver	YoB	Club	Score	Rank
1	Ellie Bent	2013	SDA		
2	Thea St Omer	2014	SDA		
3	Anna Brinton (guest)	2013	DLAC		
4	Lyra Johnson (guest)	2014	PLYM		
5	Clementine Webster	2014	ASC		
6	Kate Von Benecke	2013	ADCR		
7	Adelyn Richards (guest)	2014	DLAC		
8	Eva Ryan (guest)	2014	SD		
9	Millie McCardle (guest)	2014	SD		
10	Myla Sewell	2014	ADCR		
11	Elodie Ladds	2013	STAR		
12	Tabitha Widdows (guest)	2013	SD		
13	Hollie Hewer	2014	SDA		
14	Ellie Petter	2013	ADCR		
15	Rosie-Mei Dolman	2013	SDA		
16	Khloe Allen	2013	SDA		
17	Lily Houzego	2013	STAR		
18	Elsie Cross	2013	SDA		
19	Myia Lilley (guest)	2014	PLYM		

C Open (12/13) – 3m

	Diver	YoB	Club	Score	Rank
1	Ben Davis	2014	ASC		
2	Hunter Mapstone	2013	SDA		
3	Theo Willis (guest)	2014	PLYM		
4	Blake Scroxtton (guest)	2014	SD		
5	Cai Tobin	2013	STAR		
6	Beau Barry (guest)	2014	SD		
7	Harry Hancock	2013	ADCR		

8	Elliot McCamphill-Rose (guest)	2014	PLYM		
9	Oliver Blandford-Gange	2013	STAR		
10	Jared Hull (guest)	2013	DLAC		
11	Vico Mattioli (guest)	2013	DLAC		

A Female (16/18) – 1m

	Diver	YoB	Club	Score	Rank
1	Poppy Rice (guest)	2010	DLAC		
2	Naya Sogut	2009	ADCR		
3	Amy-Jules Matthiessen (guest)	2009	DLAC		
4	Ariana Fox	2010	ADCR		
5	Rain Downer (guest)	2009	SD		
6	Lana Cooper	2010	SDA		
7	Regan Raffell (guest)	2010	SD		

A Open (16/18) – 1m

	Diver	YoB	Club	Score	Rank
1	Alex Waterman	2009	SDA		
2	Oskar Langer (guest)	2009	PLYM		
3	Jacob Prewitt	2010	SDA		
4	Hayden Low (guest)	2009	SD		

Monday 4 May

Session 4

C Female (12/13) – Platform

	Diver	YoB	Club	Score	Rank
1	Rosie-Mei Dolman	2013	SDA		
2	Ellie Bent	2013	SDA		
3	Clementine Webster	2014	ASC		
4	Adelyn Richards (guest)	2014	DLAC		
5	Myia Lilley (guest)	2014	PLYM		
6	Ellie Petter	2013	ADCR		
7	Thea St Omer	2014	SDA		
8	Elsie Cross	2013	SDA		
9	Eva Ryan (guest)	2014	SD		
10	Millie McCardle (guest)	2014	SD		
11	Hollie Hewer	2014	SDA		
12	Lily Houzego	2013	STAR		
13	Khloe Allen	2013	SDA		
14	Myla Sewell	2014	ADCR		
15	Tabitha Widdows (guest)	2013	SD		
16	Kate Von Benecke	2013	ADCR		
17	Anna Brinton (guest)	2013	DLAC		

C Open (12/13) – Platform

	Diver	YoB	Club	Score	Rank
1	Oliver Blandford-Gange	2013	STAR		
2	Blake Scroxtton (guest)	2014	SD		
3	Vico Mattioli (guest)	2013	DLAC		
4	Theo Willis (guest)	2014	PLYM		
5	Jared Hull (guest)	2013	DLAC		
6	Beau Barry (guest)	2014	SD		
7	Hunter Mapstone	2013	SDA		

8	Ben Davis	2014	ASC		
9	Elliot McCamphill-Rose (guest)	2014	PLYM		
10	Cai Tobin	2013	STAR		

B Female (14/15) – 3m

	Diver	YoB	Club	Score	Rank
1	Olivia Martin	2011	ASC		
2	Teagan Mousley (guest)	2012	PLYM		
3	Jasmine Bailey (guest)	2011	DLAC		
4	Florence Brindley	2012	STAR		
5	Adrianna Hung (guest)	2011	DLAC		
6	Imogen Sims	2012	SDA		
7	Ava-Rose Martin	2011	SDA		
8	Ruby Harris	2011	ASC		
9	Elsie Maidment	2012	SDA		
10	Ekaterina Skolska (guest)	2011	DLAC		
11	Heni Stuart	2012	ASC		
12	Kara Conby (guest)	2012	SD		
13	Emily McKeown	2012	STAR		
14	Liv Laverty (guest)	2012	PLYM		

B Open (14/15) – 3m

	Diver	YoB	Club	Score	Rank
1	Ben Brook	2011	SDA		
2	Daniel Robinson (guest)	2012	PLYM		
3	Benjamin Rogers	2011	SDA		
4	Joha Pooley	2012	SDA		
5	Dixon Houghton (guest)	2011	PLYM		

Session 5

A Female (16/18) – Platform

	Diver	YoB	Club	Score	Rank
1	Naya Sogut	2009	ADCR		
2	Rain Downer (guest)	2009	SD		
3	Kayla Segun	2009	SDA		
4	Amy-Jules Matthiessen (guest)	2009	DLAC		
5	Poppy Rice (guest)	2010	DLAC		
6	Lana Cooper	2010	SDA		

A Open (16/18) – Platform

	Diver	YoB	Club	Score	Rank
1	Hayden Low (guest)	2009	SD		
2	Jacob Prewitt	2010	SDA		

D Female (9/11) – 1m

	Diver	YoB	Club	Score	Rank
1	Ivy-May Davey (guest)	2015	PLYM		
2	Skye Schmidt	2015	SDA		
3	Lily Billton (guest)	2015	SD		
4	Lacey-Mae Hockings (guest)	2015	PLYM		
5	Sienna Deakin (guest)	2015	SD		
6	Pollyanna Johnson	2015	STAR		
7	Chloe Armstrong	2016	SDA		

D Open (9/11) – 1m

	Diver	YoB	Club	Score	Rank
1	Nikita Boicuks (guest)	2016	SD		
2	Liam Wilson-Roberts (guest)	2015	DLAC		
3	Blake Clark (guest)	2015	SD		
4	Ryan Zarei-Roonizi (guest)	2015	SD		

Session 6**D Female (9/11) – 3m**

	Diver	YoB	Club	Score	Rank
1	Chloe Armstrong	2016	SDA		
2	Skye Schmidt	2015	SDA		
3	Ivy-May Davey (guest)	2015	PLYM		
4	Lily Billton (guest)	2015	SD		
5	Sienna Deakin (guest)	2015	SD		
6	Pollyanna Johnson	2015	STAR		
7	Lacey-Mae Hockings (guest)	2015	PLYM		

D Open (9/11) – 3m

	Diver	YoB	Club	Score	Rank
1	Nikita Boicuks (guest)	2016	SD		
2	Blake Clark (guest)	2015	SD		
3	Liam Wilson-Roberts (guest)	2015	DLAC		
4	Ryan Zarei-Roonizi (guest)	2015	SD		

B Female (14/15) – 1m

	Diver	YoB	Club	Score	Rank
1	Kaycie Illingworth (guest)	2011	SD		
2	Elsie Maidment	2012	SDA		
3	Emilie Butler (guest)	2011	DLAC		
4	Imogen Sims	2012	SDA		
5	Ava-Rose Martin	2011	SDA		
6	Adrianna Hung (guest)	2011	DLAC		
7	Florence Brindley	2012	STAR		
8	Olivia Martin	2011	ASC		
9	Kara Conby (guest)	2012	SD		
10	Liv Laverty (guest)	2012	PLYM		
11	Teagan Mousley (guest)	2012	PLYM		
12	Jasmine Bailey (guest)	2011	DLAC		
13	Sophia Guillan	2011	SDA		
14	Emily McKeown	2012	STAR		
15	Ruby Harris	2011	ASC		
16	Heni Stuart	2012	ASC		
17	Lucia Chowne	2012	STAR		
18	Ekaterina Skolska (guest)	2011	DLAC		

B Open (14/15) – 1m

	Diver	YoB	Club	Score	Rank
1	Benjamin Rogers	2011	SDA		
2	Dixon Houghton (guest)	2011	PLYM		
3	Ben Brook	2011	SDA		
4	Joha Pooley	2012	SDA		

Clubs & Codes

Albatross Diving Club Reading – ADCR

Amersham Swimming Club – ASC

Dive London Aquatics Club – DLAC

Plymouth Diving – PLYM

Southampton Diving Academy – SDA

Southend Diving – SD

Star Diving Club Guildford – STAR



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