

Hertfordshire Open Water Medals 2025			
5K	Male/Open	5K	Female
Championships		Championships	
Gold	Daniel Williams	Gold	Jessica Keogh
Silver	George Hooper	Silver	Jo Minchinson
Bronze	Oliver Tom	Bronze	Florence Crowley
Junior Championships (15 and younger)		Junior Championships	
Gold	Constantine Calliafas	Gold	Tara Shah
Silver	Felipe Irvine	Silver	-
Bronze	Conor Gavin	Bronze	-
Age-groups		Age-groups	
13 -14yrs		13 -14yrs	
Gold	Constantine Calliafas	Gold	-
Silver	-	Silver	-
Bronze	-	Bronze	-
15 yrs		15 yrs	
Gold	Felipe Irvine	Gold	Tara Shah
Silver	Conor Gavin	Silver	-
Bronze	-	Bronze	-
16 yrs		16 yrs	
Gold	Zachary Bail	Gold	-
Silver	Toby Gradwell	Silver	-
Bronze	-	Bronze	-
17/18 yrs		17/18 yrs	
Gold	Daniel Williams	Gold	Lucy Randall
Silver	George Hooper	Silver	Kiera-Mae Ingram
Bronze	Oliver Tom	Bronze	-
19 yrs		19 yrs	
Gold	-	Gold	Florence Crowley
Silver	-	Silver	-
Bronze	-	Bronze	-
20-24 years (Pre-masters - age-group, not masters medal)		20-24 years (Pre-masters - age-group, not masters medal)	
Gold	-	Gold	Jessica Keogh
Silver	-	Silver	-
Bronze	-	Bronze	-
Masters	Any of the age-groups to receive just a gold masters medal		
25-29,			Fiona Westcough
30-34,	Jake Lloyd		
35-39,			
40-49,	Paul Meyler		Jo Minchinson
50-59,			
60+			