

## **1<sup>st</sup> ESSEX "SWIMABILITY" MEET**

**Swimming and Fitness Centre  
Charter Way  
Braintree CM77 8JY**

**Saturday 6<sup>th</sup> September 2025**

**Warm-up at 3 pm**

**Racing commences at 3:30 pm**

*Promoted by Swim England Essex and kindly supported by  
Billericay Lions Club*

## Programme of Events

Warm up of 25 minutes starting at 3.00

<b>1</b>	Individual Medley
<b>2</b>	25m Freestyle (inc. noodle)
<b>3</b>	50m Backstroke
<b>4</b>	100m Breaststroke
<b>5</b>	25m Butterfly
<b>6</b>	50m Freestyle
<b>7</b>	4x25m Medley Relay
<b>8</b>	100m Backstroke
<b>9</b>	25m Breaststroke
<b>10</b>	50m Butterfly
<b>11</b>	100m Freestyle
<b>12</b>	25m Backstroke
<b>13</b>	50m Breaststroke
<b>14</b>	4x25m Freestyle Relay

*Presentations will finish at approximately 7:00 pm and will be held in the baby pool area.*

## **1<sup>st</sup> ESSEX SWIMABILITY MEET – RULES AND CONDITIONS**

### **Eligibility**

This competition is open to any swimmer with a disability - physical, sensory or learning. Swimmers should indicate on the entry form their British Swimming/IPC classification. Where swimmers have not been classified, please leave blank. It is not necessary for swimmers to be formally classified to compete at this event.

### **Rules**

This competition will be swum under Swim England Laws and Technical Rules,

### **Entry Restrictions**

Because the event is subject to restricted pool time, the promoters will accept entries on a **'first come, first served'** basis. Once the competition is full, all additional entries will be rejected.

### **Races**

All individual races will be made up of swimmers with similar entry times, irrespective of their age, gender or disability. This is done to make races more competitive and increase the opportunity for swimmers to gain fast times. It is important therefore that accurate times are submitted on the entry form for all events. If no time is completed, then the swimmer will be placed in the slowest heat of that event. Swimmers requiring outside lanes may have to be swum out of time order to accommodate their needs.

**Clubs wishing to enter the relay events should complete the separate relay application forms. No additional entry fee will be required if the swimmer is entered into an individual event.**

Open and female swimmers may be swum together. Swimmers will be allowed to enter a **maximum** of 4 races, excluding the relays. For the 25m freestyle and backstroke, swimmers will be permitted to use a noodle if they wish.

Whilst we will try to have all starts from the deep end of the pool, the organisers reserve the right to move the start to the shallow end if competitors need the hoist to enter the water.

### **Awards**

Participation medals and certificates will be presented to all swimmers.

### **Entry Fees**

The non-refundable entry fee is £5.00 per swimmer, irrespective of the number of events entered. WE NO LONGER ACCEPT CHEQUES.

Please pay by PAYPAL to [essexswimming@btopenworld.com](mailto:essexswimming@btopenworld.com)

**Closing date for entries: Friday 8<sup>th</sup> August 2025**

### **Epilepsy**

Swimmers with epilepsy must ensure that this is indicated on the entry form. A responsible adult who knows the swimmer's condition should accompany them.

This person must act as a 'spotter' on the poolside while the swimmer is in the water.

### **Photography**

All photography must be in accordance with current Swim England guidelines.

### **Responsibility**

Parents/carers are responsible for swimmers whilst in the changing rooms and on poolside prior to the start of the competition. Swimmers and spectators are reminded that property should not be left unattended at any time. Could swimmers please use the lockers provided.

Lifeguards will be on duty throughout the meet.

### **Promoters**

The promoters have the right to refuse entries and to make any changes that may be considered necessary for the smooth running and discipline of the event.

There will be no access to the changing rooms or onto poolside before 2.45pm. The promoters will take into consideration the time needed for swimmers to change before commencing the event.

### **Spectators**

Spectators will be able to use the balcony and the poolside seating areas (if enough room is available) – both are extremely hot, so please come prepared!

<b>EVENT 1</b>	<b>100m INDIVIDUAL MEDLEY</b>
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NAME	CLUB	TIME	RESULT
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HEAT 1				
1	Linton Whittaker	Colchester PH	10:00.00	
2				
3	Oliver Shergold	Colchester PH	01:25.00	
4	Ziva Barrick	Colchester PH	01:38.00	
5				
6	Katie Darlington	London Disability	NT	

<b>EVENT 2</b>	<b>25m FREESTYLE</b>
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HEAT 1				
1	Roman Capes	Colchester PH	NT	
2	Lucian Brochen	Runnymede	10:00.00	
3	Lola Elliott	Runnymede	10:00.00	
4	Sophie Gregory	Runnymede	10:00.00	
5	Eliza Ann Topping	London Disability	10:00.00	
6	Jacob Shears	Colchester PH	00:59.20	
7	Grace Pridmore	Bark'g and Dag'm	NT	
8	Lucy Murphy	Runnymede	45	

HEAT 2				
1	Hayden Edwards-Riches	Colchester PH	01:34.00	
2	Kamal Yusuf	Colchester PH	00:53.30	
3	Rico Cox	Colchester PH	00:44.50	
4	Lewis Whele	Colchester PH	00:39.40	
5	William Dadds	Colchester PH	00:32.20	
6	Maggie Parker	Colchester PH	00:30.30	
7	Henry Dadds	Colchester PH	00:18.10	

<b>EVENT 3</b>	<b>50m BACKSTROKE</b>
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HEAT 1				
3	Nathan Pain	London Disability	NT	
4	Joseph Ferrant	Runnymede	10.00.00	
5	Issac Hounsell	Runnymede	10.00.00	
6	Grace Pridmore	Bark'g and Dag'm	NT	
7	Tom Barnard	London Disability	NT	

NAME	CLUB	TIME	RESULT
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**HEAT 2**

2	Jessica Partridge	Colchester PH	00:41.80	
3	Sophie Gregory	Runnymede	10.00.00	
4	Eliza Ann Topping	London Disability	10.00.00	
5	Bradley Townson	Runnymede	01:12.53	
6	Rico Cox	Colchester PH	01:31.20	
7	Amelia Borley	Colchester PH	01:16.90	

**HEAT 3**

1	Will Millgate	Colchester PH	01:04.00	
2	Matthew Miller	Colchester PH	01:12.60	
3	Daniel Miller	Colchester PH	01:11.10	
4	Lucy Ormond	Runnymede	01:10.00	
5	Holly Bocking	Colchester PH	00:51.60	
6	Nikos Hodge	Colchester PH	00:50.10	
7	Chloe Scott	Colchester PH	00:50.00	
8	Georgina Moltu	Colchester PH	00:45.40	

**EVENT 4**
**100m BREASTSTROKE**
**HEAT 1**

1	Faith Reddick	Colchester PH	02:48.00	
2	Aaleyah Hills	Braintree	02:10.21	
3	Zachary Tuffin	Colchester PH	01:50.00	
4	Kai Bradford	Killerwhales	01:13.52	
5	Jack Williams	Colchester PH	01:40.30	
6	Oliver Shergold	Colchester PH	01:19.00	
7	Katie Darlington	London Disability	02:23.90	
8	Linton Whittaker	Colchester PH	10.00.00	

<b>EVENT 5</b>	<b>25m BUTTERFLY</b>
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NAME	CLUB	TIME	RESULT
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<b>HEAT 1</b>
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<b>3</b>	Joseph Ferrant	Runnymede	10:00.00	
<b>4</b>	Rebecca Clinch	Colchester PH	00:30.00	

<b>HEAT 2</b>
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<b>1</b>	Will Millgate	Colchester PH	00:30.90	
<b>2</b>	Sam Rushmer	Colchester PH	00:41.85	
<b>3</b>	Daniel Miller	Colchester PH	00:35.10	
<b>4</b>	Matthew Miller	Colchester PH	00:33.20	
<b>5</b>	Reginald Pearson	Colchester PH	00:27.50	
<b>6</b>	Yasmin Leek	Colchester PH	00:22.20	
<b>7</b>	Jessica Partridge	Colchester PH	00:19.90	
<b>8</b>	Faith Reddick	Colchester PH	00:27.80	

<b>EVENT 6</b>	<b>50m FREESTYLE</b>
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<b>HEAT 1</b>
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<b>1</b>	Jacob Dessoy	Runnymede	NT	
<b>2</b>	Chloe Knight	Colchester PH	NT	
<b>3</b>	Joseph Ferrant	Runnymede	10:00.00	
<b>4</b>	Lucy Ormond	Runnymede	00:59.93	
<b>5</b>	Issac Hounsell	Runnymede	10.00.00	
<b>6</b>	Nathan Pain	London Disability	NT	
<b>7</b>	Tom Barnard	London Disability	NT	
<b>8</b>	Bradley Townson	Runnymede	01:02.72	

<b>HEAT 2</b>
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<b>1</b>	Sam Rushmer	Colchester PH	01:00.56	
<b>2</b>	Aaleyah Hills	Braintree	00:47.26	
<b>3</b>	Saffire Fontenelle	London Disability	00:36.69	
<b>4</b>	Kai Bradford	Killerwhales	00:26.94	
<b>5</b>	Charlie Polley	Colchester PH	01:17.70	
<b>6</b>	Daniel Miller	Colchester PH	01:12.00	
<b>7</b>	Amelia Borley	Colchester PH	00:59.60	

NAME	CLUB	TIME	RESULT
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HEAT 3			
1	Will Millgate	Colchester PH	00:55.30
2	Rebecca Clinch	Colchester PH	00:55.00
3	Reginald Pearson	Colchester PH	00:48.50
4	Holly Bocking	Colchester PH	00:47.80
5	Chloe Scott	Colchester PH	00:46.30
6	Yasmin Leek	Colchester PH	00:43.20
7	Nikos Hodge	Colchester PH	00:40.50
8	Faith Reddick	Colchester PH	00:58.00

HEAT 4			
1	Isla-Mae Pearson	Colchester PH	00:39.20
2	Zachary Tuffin	Colchester PH	00:39.00
3	Jessica Partridge	Colchester PH	00:38.70
4	Georgina Moltu	Colchester PH	00:37.40
5	Beau Sales	Colchester PH	00:35.50
6	Ziva Barrick	Colchester PH	00:34.80
7	Oliver Shergold	Colchester PH	00:30.80

<b>EVENT 7</b>	<b>4 x 25m MEDLEY RELAY</b>
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HEAT 1			
2	Colchester PH 1		
3	Colchester PH 2		
4	Runnymede		
5	Colchester PH 3		
6	Colchester PH 4		

<b>EVENT 8</b>	<b>100m BACKSTROKE</b>
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HEAT 1			
3	Tom Barnard	London Disability	NT
4	Holly Bocking	Colchester PH	00:01:49
5	Jack Williams	Colchester PH	00:02:01

NAME	CLUB	TIME	RESULT
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HEAT 2				
1	Linton Whittaker	Colchester PH	10:00.00	
2	Beau Sales	Colchester PH	00:01:28	
3	Ziva Barrick	Colchester PH	00:01:41	
4				
5	Kai Bradford	Killerwhales	01:08.57	
6	Aaleyah Hills	Braintree	01:45.97	
7	Charlie Polley	Colchester PH	10:00.00	
8	Faith Reddick	Colchester PH	00:02:24	

EVENT 9	25m BREASTSTROKE
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HEAT 1				
2	Issac Hounsell	Runnymede	10:00.00	
3	Sophie Gregory	Runnymede	10:00.00	
4	Eliza Ann Topping	London Disability	10:00.00	
5	Kamal Yusuf	Colchester PH	10:00.00	
6	Lucian Brochen	Runnymede	10:00.00	
7	Lola Elliott	Runnymede	10:00.00	

HEAT 2				
2	Sam Rushmer	Colchester PH	00:33.66	
3	Grace Pridmore	Bark'g and Dag'm	00:59.91	
4	Jacob Shears	Colchester PH	00:53.20	
5	Lewis Whele	Colchester PH	00:48.40	
6	Rico Cox	Colchester PH	00:42.50	
7	Maggie Parker	Colchester PH	00:42.30	
8	Henry Dadds	Colchester PH	00:33.50	
HEAT 3				
2	Chloe Knight	Colchester PH	NT	
3	Lucy Ormond	Runnymede	30	
4	Alfie Goddard	Runnymede	10:00.00	
5	Bradley Townson	Runnymede	30	

<b>EVENT 10</b>	<b>50m BUTTERFLY</b>
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<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>RESULT</b>
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<b>HEAT 1</b>				
<b>1</b>	Katie Darlington	London Disability	NT	
<b>2</b>	Aaleyah Hills	Braintree	00:53.85	
<b>3</b>	Saffire Fontenelle	London Disability	00:45.40	
<b>4</b>	Amelia Borley	Colchester PH	01:00.20	

<b>HEAT 2</b>				
<b>2</b>	Chloe Scott	Colchester PH	00:50.60	
<b>3</b>	Isla-Mae Pearson	Colchester PH	00:49.80	
<b>4</b>	Nikos Hodge	Colchester PH	00:47.00	
<b>5</b>	Kai Bradford	Killerwhales	00:31.21	
<b>6</b>	Jack Williams	Colchester PH	00:39.70	
<b>7</b>	Beau Sales	Colchester PH	00:39.10	

<b>EVENT 11</b>	<b>100m FREESTYLE</b>
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<b>HEAT 1</b>				
<b>1</b>	Katie Darlington	London Disability	<b>01:57.89</b>	
<b>2</b>	Nathan Pain	London Disability	<b>NT</b>	
<b>3</b>	Bradley Townson	Runnymede	NT	
<b>4</b>	Alfie Goddard	Runnymede	10:00.00	

<b>HEAT 2</b>				
<b>2</b>	Charlie Polley	Colchester PH	10:00.00	
<b>3</b>	Jacob Desso	Runnymede	NT	
<b>4</b>	Saffire Fontenelle	London Disability	01:28.95	
<b>5</b>	Lucy Ormond	Runnymede	02:00.00	
<b>6</b>	Matthew Miller	Colchester PH	02:32.10	
<b>7</b>	Tom Barnard	London Disability	<b>NT</b>	
<b>8</b>	Linton Whittaker	Colchester PH	10:00.00	

NAME	CLUB	TIME	RESULT
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HEAT 3			
2	Isla-Mae Pearson	Colchester PH	01:30.60
3	Zachary Tuffin	Colchester PH	01:27.00
4	Beau Sales	Colchester PH	01:22.80
5	Georgina Moltu	Colchester PH	01:22.10
6	Ziva Barrick	Colchester PH	01:17.50
7	Jack Williams	Colchester PH	01:16.50
8	Oliver Shergold	Colchester PH	01:10.30

EVENT 12	25m BACKSTROKE
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HEAT 1			
5	Chloe Knight	Colchester PH	NT
6	Alfie Goddard	Runnymede	10:00.00
7	Grace Pridmore	Bark'g and Dag'm	00:34.25
8	Roman Capes	Colchester PH	NT

HEAT 2			
2	Jacob Shears	Colchester PH	10:00.00
3	Eliza Ann Topping	London Disability	10:00.00
4	Lucian Brochen	Runnymede	10:00.00
5	Lola Elliott	Runnymede	10:00.00
6	Rebecca Clinch	Colchester PH	00:30.00
7	Sam Rushmer	Colchester PH	00:32.66
8	Lucy Murphy	Runnymede	45

HEAT 3			
1	Hayden Edwards-Riches	Colchester PH	01:38.00
2	Kamal Yusuf	Colchester PH	01:17.70
3	Rico Cox	Colchester PH	00:44.00
4	William Dadds	Colchester PH	00:42.60
5	Lewis Whele	Colchester PH	00:40.10
6	Maggie Parker	Colchester PH	00:30.20
7	Henry Dadds	Colchester PH	00:28.80
8	Reginald Pearson	Colchester PH	00:21.30

<b>EVENT 13</b>	<b>50m BREASTSTROKE</b>
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<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>RESULT</b>
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<b>HEAT 1</b>			
<b>3</b>	Charlie Polley	Colchester PH	10:00.00
<b>4</b>	Rebecca Clinch	Colchester PH	01:05.00
<b>5</b>	Saffire Fontenelle	London Disability	00:50.97
<b>6</b>	Daniel Miller	Colchester PH	01:41.20
<b>7</b>	Nathan Pain	London Disability	NT

<b>HEAT 2</b>			
<b>5</b>	Matthew Miller	Colchester PH	01:17.70
<b>6</b>	Amelia Borley	Colchester PH	01:13.50
<b>7</b>	Reginald Pearson	Colchester PH	01:06.00
<b>8</b>	Will Millgate	Colchester PH	01:07.00

<b>HEAT 3</b>			
<b>1</b>	Holly Bocking	Colchester PH	00:58.60
<b>2</b>	Nikos Hodge	Colchester PH	00:57.80
<b>3</b>	Yasmin Leek	Colchester PH	00:56.50
<b>4</b>	Isla-Mae Pearson	Colchester PH	00:55.90
<b>5</b>	Chloe Scott	Colchester PH	00:53.90
<b>6</b>	Zachary Tuffin	Colchester PH	00:49.00
<b>7</b>	Jessica Partridge	Colchester PH	00:47.90

<b>EVENT 14</b>	<b>FREESTYLE RELAYS</b>
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<b>HEAT 1</b>			
<b>2</b>	Colchester PH 1		
<b>3</b>	Colchester PH 2		
<b>4</b>	Runnymede		
<b>5</b>	Colchester PH 3		
<b>6</b>	Colchester PH 4		

*Presentations will finish at approximately 7:00 pm and will be held in the baby pool area.*