



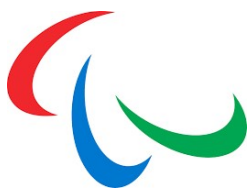
# 19<sup>th</sup> Suffolk “Swimability” Meet

Waterlane Leisure Centre

Lowestoft

Saturday 27<sup>th</sup> April 2024

4pm



Meet and Greet by Jessica-Jane Applegate (Paralympic Gold medallist)  
at 3:30pm in the Foyer



# Welcome to the 19<sup>th</sup> Suffolk Swimability Meet

We are delighted to welcome you all to Waterlane Leisure Centre once again. This year's event is chock full of swims, so we are in for a busy evening! This should ensure that everyone has a great time and a high standard of competition.

We are especially grateful to the following organisations and individuals:-

- Water Lane leisure Centre working in partnership with EASTSUFFOLK COUNCIL, for allowing us to host the event here and for providing the lifeguard cover;
- Lowestoft Lions, and particularly Mark Lanham, for the medals, certificates and trophies, and helping with stewarding;
- Thanks to Team Waveney for providing volunteers and officials;
- Swim England Suffolk for covering pool hire cost and providing additional officials.

We have swimmers representing 11 different clubs as follows:

Berkhamstead [Berk-H]  
Colchester Phoenix SC [COL]  
Great Yarmouth and Waveney Special Olympians [GYWSO]  
Newark [NEW]  
Peterborough Special Olympians [PSO]  
Potters Bar [P-Bar]  
Runnymede [R-Mede]  
Special Olympians Norfolk [SON]  
Stowmarket SC [STOW]  
teamipswich [IPS]  
Team Waveney [Team Wav].

We must also thank all those who have given up their time to come and officiate at this meet, and we hope you get as much out of helping here as you allow the swimmers to achieve.

Thanks also to all the coaches and team managers who have given up their time to accompany competitors from schools and swimming clubs, and thanks to all the parents/guardians for providing support and transport.

Finally, thank you to all the swimmers – without you, there would be no competition.

Good luck to all swimmers, swim well, and above all, enjoy yourselves and have a great time!

**Ann Byrne**

Swim England Suffolk Disability Liaison Officer

# **RULES AND CONDITIONS**

## **Eligibility and rules**

This competition is open to any swimmer with a disability - physical, sensory or learning and will be swum under Swim England Laws and Technical Rules, including Swim England Technical Rules of Disability Swimming.

## **Races**

All individual races will be made up of swimmers with similar entry times, irrespective of their age or disability. Swimmers requiring outside lanes may have to be swum out of time order to accommodate their needs. Open/Male and female swimmers will swim together. In the 25m freestyle and backstroke swimmers will be permitted to use a noodle if they wish.

All starts will take place at the deep end. In the relay races, those starting at the shallow end, must start in the water.

## **Awards**

Participation medals and certificates will be presented to all swimmers at the end of the gala, by Lowestoft Lions in the soft play area.

## **Photography – Permissions and Restrictions**

Forms for permission to take photographs during this event may be obtained from the front desk at reception. Please note that all photography must be in accordance with the Swim England Child Safeguarding Policies and Procedures. Any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible, and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. If you have any concerns about photography or filming at this event then please bring them to the attention of Ann Byrne.

## **Responsibility**

Parents/carers are responsible for swimmers whilst in the changing rooms and on poolside prior to the start of the competition. Could swimmers please use the lockers provided.

Lifeguard cover will be provided throughout the meet.

## **Promoters**

There will be no access into the changing rooms or onto poolside before 4pm. 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 seating areas – both are extremely hot, so please come prepared! Swimmers without a coach will be allowed support on the poolside.

Forename	Surname	Club	TIME	RESULT	REQUESTS
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**EVENT 1 100m INDIVIDUAL MEDLEY**

**HEAT 1**

1					
2	Cassie	Hill	GYWSO	02:16.00	
3	Isla-Mae	Pearson	COL	02:25.28	
4	Stanley	Summers	T Wav	no time	
5	Ethan	Miller	T Wav	no time	
6					

**HEAT 2**

1					
2	Marcus	Deacon	COL	02:05.00	
3	Kristina	Hann (SM8)	COL	02:00.00	
4	Ben	Edwards	COL	02:01.32	
5	Jenson	Lennard	COL	02:02.78	
6					

**HEAT 3**

1					
2	Holly	Bocking [S14]	COL	01:53.61	
3	Beau	Sales [SM9]	COL	01:41.09	
4	Jack	Williams	COL	01:39.66	
5	Jessica	Partridge	COL	01:44.93	
6	Matthew	Robinson	COL	01:50.21	

**HEAT 4**

1	Oliver	Shergold [SM8]	COL	01:30.27	
2	Daisy	Chapman-Roberts	COL	01:24.57	
3	Alastair	Sheeran	teamips	01:14.49	
4	Sam	Inman	COL	01:21.69	
5	Hannah	Camplin	PSO	01:29.70	
6	Alice	Camplin	PSO	01:33.60	

**EVENT 2 25m FREESTYLE**

**HEAT 1**

1	William	Dadds	COL	no time	
2	Araliya	Turner	COL	no time	
3	Jake	Lynn	COL	no time	
4	Lucian	Brochen	RMede	no time	
5	Lincoln	Francis	COL	no time	
6	Bethany	Payne	COL	no time	

Outside Assistance

Assistance Outside

**HEAT 2**

1	Charlene	Owers	GYWSO	01:08.00		Outside
2	Daniel	Miller	COL	no time		
3	Angelo	Hearn	teamips	no time		
4	Matthew	Miller	COL	no time		
5	Will	Farebrother	RMede	no time		
6	Hayden	Edwards-Riches	COL	01:13.56		Ass/Outside

**HEAT 3**

1	Nevan	Halihakoon	COL	00:56.94		Ass/Outside
2	Alfie	Ainslie	GYWSO	01:01.00		
3	Jacob	Shears	COL	00:59.22		
4	Isabelle	Leggett	GYWSO	01:00.00		Assistance
5	Jake	Grimble	RMede	no time		
6	Kamal	Yusuf	COL	00:53.34		

**HEAT 4**

1	Lorna	Johnston	GYWSO	00:43.00		Outside
2	Charlie	Polley	COL	00:46.58		
3	Will	Riminton	COL	00:41.25		
4	Victoria	Eccleston	GYWSO	00:44.00		
5	Emma	Servantes	COL	00:50.44		
6	Max	Clarkson	teamips	00:47.93		Ass/Outside

**HEAT 5**

1	Owen	Cresswell	SON	00:37.00	
2	Zachary	Johnston	GYWSO	00:36.00	
3	Faith	Reddick	COL	00:34.94	
4	Sarah	Jones	SON	00:35.00	
5	Donna	Eccleston	GYWSO	00:37.00	
6	Ben	Lowry	SON	00:38.00	

**HEAT 6**

1	Lacey	Fitch	COL	00:28.19	
2	Terrel	Taylor	GYWSO	00:22.00	
3	Imogen	Brown	P-BAR	00:21.81	
4	James	Clayton	PSO	00:21.97	
5	Leonie	Moser Wager	PSO	00:24.28	
6	Sarah	Zima	SON	00:34.00	

**EVENT 3 50m BACK****HEAT 1**

<b>1</b>	Bethany	Payne	COL	no time	
<b>2</b>	Owen	Cresswell	SON	01:45.00	
<b>3</b>	Sarah	Zima	SON	01:37.00	
<b>4</b>	Katharine	Russell	SON	01:42.00	
<b>5</b>	Lucian	Brochen	RMede	no time	
<b>6</b>	Ethan	Miller	T Wav	no time	

Outside

**HEAT 2**

<b>1</b>	Bradley	Townson	RMede	01:12.53	
<b>2</b>	Will	Millgate	COL	01:15.28	
<b>3</b>	Zachary	Tuffin	COL	01:04.28	
<b>4</b>	Nikos	Hodge	COL	01:15.12	
<b>5</b>	Amelia	Borley	COL	01:19.10	
<b>6</b>					

**HEAT 3**

<b>1</b>	Daniel	Cooper	COL	01:03.00	
<b>2</b>	Joshua	Leggett	GYWSO	01:00.00	
<b>3</b>	Leah	Harmer	T Wav	00:56.07	
<b>4</b>	Yasmin	Leek	COL	00:57.32	
<b>5</b>	Ben	Edwards	COL	01:02.27	
<b>6</b>					

**HEAT 4**

<b>1</b>	Nirari	Youssefi Titchen [S8]	Newark	00:54.05	
<b>2</b>	William	Roderick	GYWSO	00:49.00	
<b>3</b>	Evie	Smith	teamips	00:48.59	
<b>4</b>	Ziva	Barrick [S10]	COL	00:48.79	
<b>5</b>	Jenson	Lennard	COL	00:49.38	
<b>6</b>					

**HEAT 5**

<b>1</b>	Jasmine	Kent	teamips	00:47.34	
<b>2</b>	Bailey	Solder	COL	00:44.47	
<b>3</b>	Oliver	Shergold [S9]	COL	00:35.28	
<b>4</b>	Alice	Camplin	PSO	00:44.00	
<b>5</b>	Jessica	Partridge	COL	00:44.57	
<b>6</b>					

**EVENT 4      100m  
BREASTSTROKE**

**HEAT 1**

1	Katharine	Russell	SON	04:20.00	
2	Annie	Gooch	PSO	02:28.90	
3	Marcus	Deacon	COL	02:20.00	
4	James	Johnston	GYWSO	02:20.00	
5	Nirari	Youssefi-Titchen (SB7)	Newark	02:33.23	
6					

**HEAT 2**

1	Zachary	Tuffin	COL	02:12.00	
2	Daniel	Cooper	COL	02:08.00	
3	Daniel	Harris	GYWSO	01:59.00	
4	Jessica	Partridge	COL	02:05.00	
5	Holly	Bocking [S14]	COL	02:10.95	
6					

**HEAT 3**

1	Tegan	Chapman-Roberts	COL	01:54.82	
2	Daisy	Chapman-Roberts	COL	01:41.42	
3	Sam	Inman [S17]	COL	01:28.97	
4	Bailey	Solder	COL	01:39.00	
5	Jack	Williams	COL	01:43.00	
6	Kristina	Hann [SB8]	COL	01:55.40	

**EVENT 5      25m BUTTERFLY**

**HEAT 1**

1	Yasmin	Leek	COL	no time	
2	Terrel	Taylor	GYWSO	00:33.00	
3	Leah	Harmer	T Wav	00:29.16	
4	Will	Millgate	COL	00:30.67	
5	Katharine	Russell	SON	00:52.00	
6	Angelo	Hearn	teamips	no time	

**EVENT 6      50m FREESTYLE**

**HEAT 1**

1	Bethany	Payne	COL	no time	
2	Ethan	Miller	T Wav	no time	
3	Will	Farebrother	RMede	no time	
4	Jake	Grimble	RMede	no time	
5	Freddie	Ford	RMede	no time	
6					

Outside

Assistance

**HEAT 2**

1					
2	Sarah	Zima	SON	01:32.00	
3	Kizzy	Baxter	SON	01:23.00	
4	Owen	Cresswell	SON	01:28.00	
5	James	Clayton	PSO	no time	
6	Lincoln	Francis	COL	no time	

Assistance

**HEAT 3**

1	Sarah	Jones	SON	01:12.00	
2	Will	Millgate	COL	00:59.94	
3	Cassie	Hill	GYWSO	00:58.00	
4	Yasmin	Leek	COL	00:58.43	
5	Amelia	Borley	COL	01:11.28	
6	Bradley	Townson	RMede	01:12.61	

**HEAT 4**

1	Leonie	Moser Wager	PSO	00:57.10	
2	Kristina	Hann [S8]	COL	00:56.47	
3	Ciara	Mckenna [S14]	BERK-H	00:54.28	
4	James	Johnston	GYWSO	00:55.00	
5	Joshua	Leggett	GYWSO	00:57.00	
6					

**HEAT 5**

1	Zachary	Tuffin	COL	00:52.66	
2	Isla-Mae	Pearson	COL	00:50.53	
3	Samuel	Jack	GYWSO	00:50.00	
4	Annie	Gooch	PSO	00:50.28	
5	Leah	Harmer	T Wav	00:51.53	
6	Terrel	Taylor	GYWSO	00:53.00	

**HEAT 6**

1	Imogen	Brown	P-BAR	00:49.40	
2	Nikos	Hodge	COL	00:45.79	
3	Evie	Smith	teamips	00:44.63	
4	Matthew	Robinson	COL	00:45.53	
5	Elana	Kotei	STOW	00:45.92	
6	Ben	Edwards	COL	00:49.42	

**HEAT 7**

1	Jenson	Lennard	COL	00:42.69	
2	William	Roderick	GYWSO	00:42.00	
3	Bailey	Solder	COL	00:40.69	
4	Jessica	Partridge	COL	00:40.75	
5	Jasmine	Kent	teamips	00:42.35	
6	Tegan	Chapman-Roberts	COL	00:43.99	

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**HEAT 8**

1	Ziva	Barrick [S10]	COL	00:38.67	
2	Sam	Inman [S17]	COL	00:33.11	
3	Alastair	Sheeran	teamips	00:27.46	
4	Oliver	Shergold [S9]	COL	00:30.72	
5	Hannah	Camplin	PSO	00:34.59	
6					

**EVENT 7 100m MEDLEY RELAY****HEAT 1**

1	GYWSO	B			
2	Peterboro'	Special Olympics			
3	Colchester	Phoenix A			
4	GYWSO	A			
5	Special	Olympics Norfolk			
6	Colchester	Phoenix B			

**EVENT 8 100m BACKSTROKE****HEAT 1**

1	Sarah	Jones	SON	03:21.00	
2	Ciara	Mckenna [S14]	BERK-H	02:18.27	
3	Hannah	Coulson	COL	02:15.74	
4	Cassie	Hill	GYWSO	02:17.00	
5	Samuel	Jack	GYWSO	02:19.00	
6					

**HEAT 2**

1	Nirari	Youssefi Titchen [S8]	Newark	02:07.89	
2	Marcus	Deacon	COL	02:00.00	
3	Holly	Bocking [S14]	COL	01:55.15	
4	Elana	Kotei	STOW	01:56.60	
5	Joshua	Leggett	GYWSO	02:06.00	
6					

**HEAT 3**

1	Jasmine	Kent	teamips	1:50:09	
2	Beau	Sales	COL	1:34:81	
3	Daisy	Chapman-Roberts	COL	1:24:35	
4	Hannah	Camplin	PSO	1:30:07	
5	Ziva	Barrick [S10]	COL	1:40:52	
6					

**EVENT 9      25m  
BREASTSTROKE**

**HEAT 1**

1	William	Dadds	COL	no time	
2	Matthew	Miller	COL	no time	
3	Emma	Servantes	COL	no time	
4	Daniel	Miller	COL	no time	
5	Will	Farebrother	RMede	no time	
6	Angelo	Hearn	teamips	no time	

Outside

**HEAT 2**

1	James	Clayton	PSO	no time	
2	Will	Riminton	COL	01:49.65	
3	Faith	Reddick	COL	00:46.25	
4	Victoria	Eccleston	GYWSO	00:53.00	
5	Charlie	Polley	COL	01:28.00	
6	Max	Clarkson	teamips	00:58.03	

Ass/Outside

**HEAT 3**

1	Leonie	Moser Wager	PSO	00:40.71	
2	Nikos	Hodge	COL	00:35.00	
3	Imogen	Brown	P-BAR	00:28.85	
4	Leah	Harmer	T Wav	00:34.82	
5	Finlay	Teape	SON	00:38.00	
6					

**EVENT 10      50m  
BUTTERFLY**

**HEAT 1**

1	Stanley	Summers	T Wav	no time	
2	Amelia	Borley	COL	01:10.84	
3	Isla-Mae	Pearson	COL	01:00.47	
4	Hannah	Coulson	COL	01:08.69	
5	Ciara	Mckenna	BERK-H [S14]	01:13.53	
6					

**HEAT 2**

1	Ben	Edwards	COL	00:53.01	
2	Elana	Kotei	STOW	00:51.45	
3	Beau	Sales (S9)	COL	00:50.91	
4	Matthew	Robinson	COL	00:51.37	
5	Nikos	Hodge	COL	00:52.97	
6	Jenson	Lennard	COL	00:57.62	

**HEAT 3**

1	Hannah	Camplin	PSO	00:45.54	
2	Bailey	Solder	COL	00:45.41	
3	Alastair	Sheeran	teamips	00:32.49	
4	Daisy	Chapman-Roberts	COL	00:39.47	
5	Jack	Williams	COL	00:45.47	
6					

**EVENT 11****100m FREE****HEAT 1**

1					
2	Hannah	Coulson	COL	02:09.56	
3	Samuel	Jack	GYWSO	02:01.00	
4	Ciara	Mckenna	BERK-H [S14]	02:02.73	
5	Stanley	Summers	T Wav	no time	
6	Bethany	Payne	COL	no time	

Outside

**HEAT 2**

1					
2	Daniel	Harris	GYWSO	01:51.00	
3	Annie	Gooch	PSO	01:50.10	
4	Imogen	Brown	P-BAR	01:49.64	
5	Holly	Bocking [S14]	COL	01:50.24	
6	Daniel	Cooper	COL	01:55.00	

**HEAT 3**

1	Marcus	Deacon	COL	01:45.00	
2	Tegan	Chapman-Roberts	COL	01:27.33	
3	Ziva	Barrick [S10]	COL	01:25.56	
4	Jack	Williams	COL	01:25.81	
5	Jasmine	Kent	teamips	01:40.66	
6					

**HEAT 4**

1	Beau	Sales [S9]	COL	01:24.00	
2	Sam	Inman [S17]	COL	01:15.32	
3	Alastair	Sheeran	teamips	01:02.65	
4	Oliver	Shergold [S9]	COL	01:09.85	
5	Alice	Camplin	PSO	01:22.14	
6					

<b>EVENT 12</b>	<b>25m BACKSTROKE</b>
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**HEAT 1**

1					
2	Jake	Lynn	COL	no time	
3	Matthew	Miller	COL	no time	
4	Daniel	Miller	COL	no time	
5	Araliya	Turner	COL	no time	
6	Max	Clarkson	teamips	no time	

Assistance  
Ass/Outside

**HEAT 2**

1	William	Dadds	COL	no time	
2	Will	Farebrother	RMede	no time	
3	Jake	Grimble	RMede	no time	
4					
5	Freddie	Ford	RMede	no time	
6	Nevan	Halihakoon	COL	02:10.60	

Outside  
  
Assistance  
Ass/Outside

**HEAT 3**

1					
2	Angelo	Hearn	teamips	no time	
3	Emma	Servantes	COL	01:31.09	
4	Stanley	Summers	T Wav	no time	
5	Kamal	Yusuf	COL	01:17.72	
6	Hayden	Edwards-Riches	COL	01:17.65	

Assistance  
Ass/Outside

**HEAT 4**

1					
2	Charlie	Polley	COL	00:53.37	
3	Ben	Lowry	SON	00:52.00	
4	Jacob	Shears	COL	00:53.18	
5	Alfie	Ainslie	GYWSO	01:08.00	
6	Charlene	Owers	GYWSO	01:08.00	

Outside

**HEAT 5**

1	Donna	Eccleston	GYWSO	00:49.00	
2	Sarah	Zima	SON	00:45.00	
3	Isabelle	Leggett	GYWSO	00:42.00	
4	Victoria	Eccleston	GYWSO	00:45.00	
5	Finlay	Teape	SON	00:49.00	
6	Owen	Cresswell	SON	00:51.00	

**HEAT 6**

1	Lacey	Fitch	COL	00:39.69	
2	Faith	Reddick	COL	00:38.85	
3	James	Clayton	PSO	00:22.28	
4	Leonie	Moser Wager	PSO	00:33.00	
5	Zachary	Johnston	GYWSO	00:39.00	
6					

<b>EVENT 13</b>	<b>50m BREAST</b>
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**HEAT 1**

1	Jake	Grimble	RMede	no time	
2	Sarah	Jones	SON	01:55.00	
3	Finlay	Teape	SON	01:23.00	
4	Amelia	Borley	COL	01:24.35	
5	Kizzy	Baxter	SON	02:25.00	
6	Ethan	Miller	T Wav	no time	

**HEAT 2**

1	Hannah	Coulson	COL	01:16.67	
2	Nirari	Youssefi Titchen [SB7]	Newark	01:06.64	
3	Annie	Gooch	PSO	01:06.90	
4	Isla-Mae	Pearson	COL	01:12.44	
5	Will	Millgate	COL	01:15.23	
6					

**HEAT 3**

1	James	Johnston	GYWSO	01:06.00	
2	Yasmin	Leek	COL	01:05.69	
3	Daniel	Cooper	COL	00:58.00	
4	Elana	Kotei	STOW	01:05.46	
5	Zachary	Tuffin	COL	01:06.00	
6					

**HEAT 4**

1	Kristina	Hann [SB8]	COL	00:56.20	
2	Tegan	Chapman- Roberts	COL	00:51.66	
3	William	Roderick	GYWSO	00:46.00	
4	Daniel	Harris	GYWSO	00:50.00	
5	Matthew	Robinson	COL	00:55.69	
6	Alice	Camplin	PSO	00:55:69	

<b>EVENT 14</b>	<b>100m FREESTYLE RELAY</b>
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**HEAT 1**

1	Runnymede				
2	Peterboro'	Special Olympics			
3	Colchester	Phoenix A			
4	GYWSO	A			
5	Colchester	Phoenix B			
6	GYWSO	B			

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**Presentation of medals and certificates by  
Lowestoft LIONS in the soft play area**