



# Harlow Penguins Swimming Club

Affiliated to Swim England East Region and Swim England  
Essex

Alan Canham Age Group County Qualifier Meet

**Saturday 6th December 2025**

**Harlow Leisurezone, Second Avenue, CM20 3DT**

**Level 3 Licensed Meet – Licence No. 3ER252564**

Held under Swim England Laws and Regulations, Swim England Technical Rules of  
Swimming and the Swim England Open Meet Licensing Criteria.

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## Welcome

Harlow Penguins welcomes all swimmers, coaches, officials and spectators to the 2025 Alan Canham Age Group County Qualifier. We hope everyone has a great day of racing and wish all swimmers the very best of luck.

Events like this rely on a huge team of volunteers and officials, and we extend our sincere thanks to everyone helping to run the meet.

Meet Promoter: **Chrissie Jamieson**

Lead Referee: **Helen Stephens**

Supported by: **Jim O'Rourke & Kin Hook Lee**

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# Final Meet information

## Withdrawals

- Advance withdrawals by 7pm Thurs 4th Dec: [penguinsopenmeets@gmail.com](mailto:penguinsopenmeets@gmail.com)
- There are no on the day withdrawals - we will leave empty lanes

## Session times

### Session 1

- Poolside access from: **12:20**
- Warm Up: **12:30 - 13:20**
- Officials Briefing: **12:45**, upstairs meeting room
- Session Start: **13:30**

### Session 2

- Warm Up: **No earlier than 17:00**
- Officials Briefing: **17:15**
- Session Start: **No earlier than 17:50**

**Lunch for all officials can be found in the conference room upstairs between sessions.**

**Please ensure all coaches and officials bring a reusable water bottle to refill.**

## Warm-up Information

Warm-up will follow Swim England protocols:

- Warm-up split into **two equal blocks** per session.
- **No diving**, except in designated sprint lanes at the end of each block.
- Odd lanes: **clockwise** / Even lanes: **anticlockwise**
- Swimmers must exit via the **side of the pool**, never over the timing pads.
- Lane usage governed by coaches.

Due to the number of swimmers in different age groups we have allocated club lanes for each warm-up. Coaches can decide how they wish to use them.



## Session 1

Warm Up: 12:30pm - 1:25pm							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Harlow	Harlow	Harlow	Individual Entries	Hatfield	Hatfield	Brentwood	Brentwood

## Session 2

Warm Up: TBC							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Harlow	Harlow	Harlow	Individual Entries	Hatfield	Hatfield	Brentwood	Brentwood

## Coaches & Team Managers

- Coaches' passes are **£15 per day** - must be ordered in advance
- No entry to poolside without a valid pass.
- Passes must be worn visibly at all times.

## Final Information

### Poolside Conduct

- No large bags on poolside, there are lockers available for use in the changing village.
- No fold-up or camping chairs on poolside.

### Changing Rooms

- **No mobile phones** in changing rooms (strictly enforced). We respectfully ask all clubs to communicate this prior to the event will all attending swimmers and travelling volunteers.



## Race Marshalling

- It is the responsibility of the coaches, team managers and swimmers to ensure that they attend marshalling at the appropriate time for their races. We will not be able to fit anyone in that misses a race unfortunately.

## Spectators

- **Card payments only please**
- £5 per session / £10 full day
- Concessions: £4 per session / £8 full day
- Under 16s: Free
- Gallery opens at 12:30.
- We will be holding a raffle at the door entry point - this will also be card only and be drawn at the start of the second session.

## Parking

There is a new paid parking system in operation. Please ensure you pay prior to your exit at the machines just outside of the Leisurezone

## Venue Information

### Café

The cafe will be open during the day, but generally closes around 4:30pm

### Movement Around the LZ

- No congregating in the foyer.
- Be mindful of public Leisurezone users.
- Do not block corridors or access routes.

## Photography & Safeguarding

- Parents should focus photography on **their own child only**.
- If you are concerned about photography, notify the Promoter.
- No photography or phone use in changing areas.
- Wavepower guidance applies:  
<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>



## Results & Awards

All results will be posted poolside and in the gallery throughout the meet.

We will publish them on the Harlow Penguins website at [www.harlowpenguins.com](http://www.harlowpenguins.com)

And also submit to Swim England rankings as soon as verified.

Medals will be awarded for first, second and third place in ages 9, 10, 11, 12, 13, 14, 15, 16+ and can be collected from the medals table poolside.

## Data Protection

- Personal data is processed for meet administration and rankings submission under the Data Protection Act 2018.  
Submission of entries indicates consent.
- Clubs submitting data on behalf of swimmers confirm that consent has been obtained.

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## Disclaimer

All participants must follow Harlow Leisurezone safety rules.

Harlow Penguins SC and the Promoter accept no responsibility for loss, injury or damage during the meet.

Any matter not covered by the meet conditions will be determined by the Promoter and Referee according to Swim England rules.



### **Alan Canham 1940 – 2024**

When he was 32, Alan moved his family from Enfield to North Weald. It was at this point that he switched from Broomfield Park SC to Harlow – Swimming and Diving Club, as it was then known. Alan dedicated his life to swimming: as a club swimmer, he competed against Ian MacKenzie for the Essex County Breaststroke records. Until very recently they both still held some of the event best times. Alan remained a Masters competitor to the end. He set the over 70s Essex 50m Breaststroke record. Alan was also a life-long volunteer – as a swimming coach; and also as a financial advisor to several large charities. Alan taught 4 generations of swimmers. He was a specialist Breaststroke coach and produced National Breaststroke competitors at Harlow in each of these generations: Alfie Blohm, Karl Batorski, Mason Arnold.

Essex County ASA awarded Alan a Silver Pin for over 15 years voluntary service to swimming. He had an especially effective way with children and new swimmers. So much so that many people (including Rod Stewart) always wanted to pay him for private lessons; but he would never take any money – he preferred to work at the Club where he could be most effective to more swimmers. He was loved and respected by all coaches, parents and swimmers. Vikki Tee, one of several swimmers he taught who became a level 3 coach was inspired to put his name forward for the Queen's Honours List. Ironically, having just had a stroke, Alan did not qualify as "still volunteering in the role", although as soon as he was able, Alan was back in the water and though he never fully regained speech, he still tried to teach children through gesture.

We will all remember Alan's many techniques and ways to describe swimming movements – as well as his jokes, and the way he would tell the same story over to each person he met in the morning. He was totally reliable. You could hear his BMW 3 Series classic as it pulled into the pool car park and know that you would never be walking onto poolside alone.

Alan Canham was an institution at Harlow swimming club and will be greatly missed.

The club has named it's December Open Meet the "Alan Canham Age Group Qualifier" as a fitting tribute – since achieving County Age Group times is a first sign of success for a competitive swimmer.