

# Suffolk County Records

## LONG COURSE

### Female:

Event	Name	Club	Time	Date	Venue
<b>10 years</b>					
50m Free	Lucy Oxbrow	TeamIpswich	34.17	05.06.10	UEA, Norwich
50m Br/st	Charlotte Bond	Waveney	44.46	02.09.95	
50m Back	Laura Healey	Lowestoft	38.40	16.10.99	
50m Fly	Charlotte Hicks	St Felix School	38.35	03.06.06	UEA, Norwich
100m Free	Josie Blades	St Felix School	1:11.27	15.06.08	UEA, Norwich
100m Br/st	Lucy Oxbrow	TeamIpswich	1:35.44	13.06.10	UEA, Norwich
100m Back	Josie Blades	St Felix School	1:21.46	15.06.08	UEA, Norwich
100m Fly	Charlotte Hicks	St Felix School	1:22.24	03.06.06	UEA, Norwich
200m IM	Charlotte Hicks	St Felix School	2:55.59	11.06.06	UEA, Norwich
<b>11/12 years</b>					
100m Free	Ellis Jackson	St Felix School	1:02.42	10.06.07	UEA, Norwich
100m Br/st	Alex Harrison	West Suffolk	1:18.73	15.04.06	UEA, Norwich
100m Back	Ellis Jackson	St Felix School	1:07.36	23.07.07	Ponds Forge, Sheffield
100m Fly	Ellis Jackson	St Felix School	1:07.03	25.07.07	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:23.62	10.06.07	UEA, Norwich
<b>13/14 years</b>					
100m Free	Ellis Jackson	St Felix School	59.18	24.01.09	Ponds Forge, Sheffield
100m Br/st	Alex Harrison	St Felix School	1:14.33	27.10.07	Manchester Aquatic
100m Back	Sarah Boyd	Haverhill	1:06.68	14.12.97	
100m Fly	Rebecca Wetten	St Felix School	1:05.61	27.07.06	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:16.12	17.03.09	Ponds Forge, Sheffield
<b>15/16 years</b>					
100m Free	Jessica Craig	Haverhill	58.09	19.07.95	
100m Br/st	Alex Harrison	St Felix School	1:15.07	03.05.09	UEA, Norwich
100m Back	Sarah Boyd	West Suffolk	1:06.26	10.07.99	
100m Fly	Bryony Campbell	St Felix School	1:02.81	31.07.09	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:18.90	07.08.10	Ponds Forge, Sheffield
<b>Junior</b>					
50m Free	Pascale Reeves	St Felix School	27.11	05.08.10	Ponds Forge, Sheffield
100m Free	Jessica Craig	Haverhill	58.09	19.07.95	
200m Free	Bryony Campbell	St Felix School	2:04.76	29.07.09	Ponds Forge, Sheffield
400m Free	Marcella Aris	St Felix School	4:19.68	28.07.11	Ponds Fore, Sheffield
800m Free	Marcella Aris	St Felix School	9:02.33	10.03.11	Manchester
1500m Free	Ellis Jackson	St Felix School	17:18.86	14.02.09	UEA, Norwich
50m Br/st	Amy Swallow	Ipswich	34.69	07.04.07	
100m Br/st	Alex Harrison	St Felix School	1:14.33	27.10.07	Manchester Aquatic
200m Br/st	Alex Harrison	St Felix School	2:37.67	02.05.09	UEA, Norwich
50m Back	Sarah Boyd	Haverhill	31.25	12.07.98	
100m Back	Sarah Boyd	Haverhill	1:06.26	08.07.99	
200m Back	Ellis Jackson	St Felix School	2:15.57	19.03.09	Ponds Forge, Sheffield
50m Fly	Bryony Campbell	St Felix School	30.23	02.05.09	UEA, Norwich
100m Fly	Bryony Campbell	St Felix School	1:02.81	31.07.09	Ponds Forge, Sheffield
200m Fly	Bryony Campbell	St Felix School	2:14.39	01.08.09	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:16.12	17.03.09	Ponds Forge, Sheffield
400m IM	Ellis Jackson	St Felix School	4:47.51	20.03.09	Ponds Forge, Sheffield

Senior					
50m Free	Karen Pickering	Ipswich	25.89	27.07.00	
100m Free	Karen Pickering	Ipswich	55.58	30.07.00	
200m Free	Karen Pickering	Ipswich	2:00.62	08.07.99	
400m Free	Jessica Craig	Haverhill	4:15.70	13.12.97	
800m Free	Karen Pickering	Ipswich	8:59.38	30.05.97	
1500m Free	Dawn Jason	West Suffolk	17:16.30	17.04.04	Manchester Aquatic
50m Br/st	Amy Swallow	Ipswich	34.69	07.04.07	
100m Br/st	Alex Harrison	West Suffolk	1:13.72	30.01.11	Corby
200m Br/st	Alex Harrison	St Felix School	2:37.67	02.05.09	UEA, Norwich
50m Back	Zoe Cray	Ipswich	29.82	30.07.00	
100m Back	Zoe Cray	Ipswich	1:03.28	26.07.00	
200m Back	Ellis Jackson	St Felix School	2:15.57	19.03.09	Ponds Forge, Sheffield
50m Fly	Bryony Campbell	St Felix School	29.27	06.08.10	Ponds Forge, Sheffield
100m Fly	Bryony Campbell	St Felix School	1:02.52	06.08.10	Ponds Forge, Sheffield
200m Fly	Bryony Campbell	St Felix School	2:14.22	04.08.10	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:16.12	17.03.09	Ponds Forge, Sheffield
400m IM	Ellis Jackson	St Felix School	4:47.51	20.03.09	Ponds Forge, Sheffield

RELAYS					
4 x 50m Freestyle	11/12 years	West Suffolk	2:04.16	16.05.99	
	13/14 years	Haverhill	1:57.99	21.05.94	
	15/16 years	Haverhill	1:53.77	05.08.95	
	Junior	Ipswich	1:57.62	27.04.03	Ponds Forge, Sheffield
	Senior	Haverhill	1:53.77	05.08.95	
4 x 100m Freestyle	Junior	St Felix School	4:06.11	03.05.08	UEA, Norwich
	Senior	St Felix School	3:53.07	04.08.10	Ponds Forge, Sheffield
4 x 50m Medley	11/12 years	West Suffolk	2:19.62	16.05.99	
	13/14 years	Haverhill	2:13.71	17.05.97	
	15/16 years	West Suffolk	2:11.32	16.05.99	
	Junior	TeamIpswich	2:09.22	26.04.09	Ponds Forge, Sheffield
	Senior	Ipswich	2:01.34	27.04.03	Ponds Forge, Sheffield
4 x 100m Medley	Junior	St Felix School	4:33.85	04.11.07	UEA, Norwich
	Senior	St Felix School	4:28.23	07.08.10	Ponds Forge, Sheffield

# Suffolk County Records

## LONG COURSE

### Male:

Event	Name	Club	Time	Date	Venue
<b>10 years</b>					
50m Free	Dominic Scifo	TeamIpswich	29.75	19.12.10	Hillingdon
50m Br/st	Stuart King	Waveney	43.27	16.10.99	
50m Back	Dominic Scifo	TeamIpswich	39.57	05.06.10	UEA, Norwich
50m Fly	Dominic Scifo	TeamIpswich	33.77	18.12.10	Hillingdon
100m Free	Dominic Scifo	TeamIpswich	1:05.88	18.12.10	Hillingdon
100m Br/st	Jordan Purdy	St Felix School	1:33.71	15.04.06	UEA, Norwich
100m Back	Dominic Scifo	TeamIpswich	1:21.23	05.06.10	UEA, Norwich
100m Fly	Dominic Scifo	TeamIpswich	1:21.78	13.06.10	UEA, Norwich
200m IM	Dominic Scifo	TeamIpswich	2:46.30	19.12.10	Hillingdon
<b>11/12 years</b>					
100m Free	Aaron Lynch	Stowmarket	57.55	10.03.07	
100m Br/st	Aaron Lynch	Stowmarket	1:16.30	29.07.06	Ponds Forge, Sheffield
100m Back	Jack Bartlett	St Felix School	1:08.43	26.01.08	Ponds Forge, Sheffield
100m Fly	Jake Tyson	TeamIpswich	1:04.52	12.06.10	UEA, Norwich
200m IM	Jake Tyson	TeamIpswich	2:22.98	13.06.10	UEA, Norwich
<b>13/14 years</b>					
100m Free	Regan Lloyd	TeamIpswich	55.02	22.07.11	Ponds Fore, Sheffield
100m Br/st	Nathan Henderson	LOBSC	1:13.65	10.06.07	UEA, Norwich
100m Back	Killian Korth	TeamIpswich	1:02.63	05.06.10	UEA, Norwich
100m Fly	Mark Stevens	Ipswich	59.60	30.07.04	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:13.52	22.07.11	Ponds Forge, Sheffield
<b>15/16 years</b>					
100m Free	Christopher Walker-Hebborn	Ipswich	52.53	07.04.07	
100m Br/st	Nathan Henderson	LOBSC	1:08.32	04.05.09	UEA, Norwich
100m Back	Christopher Walker-Hebborn	Ipswich	58.03	08.04.07	
100m Fly	Jack Hollis	TeamIpswich	59.15	12.12.09	Crystal Palace
200m IM	Christopher Walker-Hebborn	Ipswich	2:07.82	07.04.07	
<b>Junior</b>					
50m Free	Aaron Lynch	TeamIpswich	25.04	02.05.09	UEA, Norwich
100m Free	Joseph Rhodes	Ipswich	53.97	02.08.03	Ponds Forge, Sheffield
200m Free	Joseph Rhodes	Ipswich	1:57.26	31.07.03	Ponds Forge, Sheffield
400m Free	Ryan Tomkins	TeamIpswich	4:03.01	03.08.10	Ponds Forge, Sheffield
800m Free	Ryan Tomkins	TeamIpswich	8:27.76	06.08.10	Ponds Forge, Sheffield
1500m Free	Ryan Tomkins	TeamIpswich	16:01.92	04.08.10	Ponds Forge, Sheffield
50m Br/st	Jamie Algar	Stowmarket	32.74	01.05.01	Coventry
100m Br/st	Lewis Coleman	Ipswich	1:09.45	29.08.06	Ponds Forge, Sheffield
200m Br/st	Lewis Coleman	Ipswich	2:30.50	28.07.06	Ponds Forge, Sheffield
50m Back	Elliot Cook	TeamIpswich	29.12	02.05.10	UEA, Norwich
100m Back	Christopher Walker-Hebborn	West Suffolk	1:01.43	26.11.05	UEA, Norwich
200m Back	Sam Munro	St Felix School	2:13.51	04.05.09	UEA, Norwich
50m Fly	Ricki Bracchi	Ipswich	27.75	28.05.99	
100m Fly	Jack Hollis	TeamIpswich	59.15	12.12.09	Crystal Palace
200m Fly	Jack Hollis	TeamIpswich	2:09.39	19.12.09	Millfield, Plymouth Meet
200m IM	Lewis Coleman	Ipswich	2:16.47	27.08.06	Ponds Forge, Sheffield
400m IM	Jake Tyson	TeamIpswich	4:46.00	04.08.98	Ponds Forge, Sheffield

Senior					
50m Free	Aaron Lynch	TeamIpswich	24.34	07.08.10	Ponds Forge, Sheffield
100m Free	Christopher Walker-Hebborn	Ipswich	52.53	02.08.03	Ponds Forge, Sheffield
200m Free	Christopher Walker-Hebborn	TeamIpswich	1:48.99	18.03.09	Ponds Forge, Sheffield
400m Free	Ryan Tomkins	TeamIpswich	4:01.15	27.07.11	Ponds Forge, Sheffield
800m Free	Ryan Tomkins	TeamIpswich	8:26.63	28.07.11	Ponds Forge, Sheffield
1500m Free	Alan Bircher	West Suffolk	15:54.11	29.07.00	
50m Br/st	David Harrison	Stowmarket	30.04	20.08.10	Sunderland
100m Br/st	Brett Lummis	Ipswich	1:04.70	10.07.98	
200m Br/st	Lewis Coleman	TeamIpswich	2:23.14	19.03.09	Ponds Forge, Sheffield
50m Back	Brett Lummis	Ipswich	26.61	30.07.00	
100m Back	Christopher Walker-Hebborn	TeamIpswich	54.89	16.03.09	Ponds Forge, Sheffield
200m Back	Christopher Walker-Hebborn	TeamIpswich	1:57.95	19.03.09	Ponds Forge, Sheffield
50m Fly	Neal Studd	Ipswich	26.96	17.07.97	
100m Fly	Neal Studd	Ipswich	57.61	17.07.97	
200m Fly	Daniel Pilbrow	West Suffolk	2:06.61	27.05.00	
200m IM	Lewis Coleman	TeamIpswich	2:05.06	17.03.09	Ponds Forge, Sheffield
400m IM	Lewis Coleman	TeamIpswich	4:36.29	01.05.10	UEA, Norwich

RELAYS					
4 x 50m Freestyle	11/12 years	Haverhill	2:03.55	31.05.93	
	13/14 years	Waveney	1:49.69	17.05.03	Coventry
	15/16 years	Ipswich	1:45.66	26.04.98	
	Junior	TeamIpswich	1:44.04	26.04.09	Ponds Forge, Sheffield
	Senior	Ipswich	1:45.36	27.04.03	Ponds Forge, Sheffield
4 x 100m Freestyle	Junior	TeamIpswich	3:46.72	28.07.10	Ponds Forge, Sheffield
	Senior	TeamIpswich	3:36.48	27.07.11	Ponds Forge, Sheffield
4 x 50m Medley	11/12 years	Haverhill	2:17.66	08.08.92	London
	13/14 years	Waveney	2:03.54	17.05.03	Coventry
	15/16 years	Ipswich	2:02.29	21.05.94	
	Junior	TeamIpswich	1:58.52	26.04.09	Ponds Forge, Sheffield
	Senior	Ipswich	1:54.80	28.04.02	Crystal Palace, London
4 x 100m Medley	Junior	TeamIpswich	4:25.92	06.06.10	UEA, Norwich
	Senior	TeamIpswich	4:00.43	07.08.10	Ponds Forge, Sheffield