

## Suffolk County Records

### SHORT COURSE

Female:

Event	Name	Club	Time	Date	Venue
<b>10 years</b>					
50m Free	Zoe Smith	St Felix School	31.56	13.03.05	Crown Pools, Ipswich
50m Br/st	Zoe Smith	St Felix School	38.17	12.03.05	Crown Pools, Ipswich
50m Back	Ellis Jackson	St Felix School	35.41	09.07.05	UEA, Norwich
50m Fly	Ellis Jackson	St Felix School	34.16	09.07.05	UEA, Norwich
100m IM	Ellis Jackson	St Felix School	1:18.61	13.03.05	Crown Pools, Ipswich
<b>11/12 years</b>					
100m Free	Ellis Jackson	St Felix School	1:00.58	11.03.07	Crown Pools, Ipswich
100m Br/st	Alex Harrison	West Suffolk	1:15.79	09.12.06	Hatfield University
100m Back	Ellis Jackson	St Felix School	1:06.16	04.07.07	Crown Pools, Ipswich
100m Fly	Ellis Jackson	St Felix School	1:06.01	04.07.07	Crown Pools, Ipswich
200m IM	Ellis Jackson	St Felix School	2:22.56	04.07.07	Crown Pools, Ipswich
<b>13/14 years</b>					
100m Free	Jessica Craig	Haverhill	59.20	18.11.94	
100m Br/st	Alex Harrison	St Felix School	1:12.02	21.10.07	Ponds Forge, Sheffield
100m Back	Ellis Jackson	St Felix School	1:04.00	21.10.07	Ponds Forge, Sheffield
100m Fly	Ellis Jackson	St Felix School	1:03.30	19.10.08	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:17.49	25.10.08	Enfield
<b>15/16 years</b>					
100m Free	Rachel Andvig	TeamIpswich	57.47	08.11.09	UEA, Norwich
100m Br/st	Alex Harrison	St Felix School	1:13.58	18.10.09	Ponds Forge, Sheffield
100m Back	Sarah Boyd	West Suffolk	1:04.79	17.12.95	
100m Fly	Bryony Campbell	St Felix School	1:02.87	08.11.09	UEA, Norwich
200m IM	Alice Tennant	TeamIpswich	2:19.02	15.03.09	Crown Pools, Ipswich
<b>Junior</b>					
50m Free	Rachel Andvig	TeamIpswich	27.04	21.03.09	Crown Pools, Ipswich
100m Free	Alice Tennant	TeamIpswich	57.58	15.03.09	Crown Pools, Ipswich
200m Free	Bryony Campbell	St Felix School	2:02.69	07.11.09	UEA, Norwich
400m Free	Alice Tennant	TeamIpswich	4:21.04	22.03.09	Crown Pools, Ipswich
800m Free	Dawn Jason	West Suffolk	9:03.67	12.05.01	Haverhill
1500m Free	Ellis Jackson	St Felix School	17:20.10	04.03.07	Crown Pools, Ipswich
50m Br/st	Zoe Smith	LOBSC	33.87	14.03.09	Crown Pools, Ipswich
100m Br/st	Alex Harrison	St Felix School	1:12.02	21.10.07	Ponds Forge, Sheffield
200m Br/st	Alex Harrison	St Felix School	2:34.07	23.11.08	UEA, Norwich
50m Back	Sarah Boyd	Haverhill	30.00	19.12.98	
100m Back	Ellis Jackson	St Felix School	1:04.00	21.10.07	Ponds Forge, Sheffield
200m Back	Ellis Jackson	St Felix School	2:14.31	07.11.09	UEA, Norwich
50m Fly	Alice Tennant	TeamIpswich	29.29	15.03.09	Crown Pools, Ipswich
100m Fly	Bryony Campbell	St Felix School	1:02.87	08.11.09	UEA, Norwich
200m Fly	Bryony Campbell	St Felix School	2:12.36	07.11.09	UEA, Norwich
100m IM	Alex Harrison	St Felix School	1:07.39	07.11.09	UEA, Norwich
200m IM	Ellis Jackson	St Felix School	2:17.49	25.10.08	Enfield
400m IM	Ellis Jackson	St Felix School	4:38.91	07.03.09	Crown Pools, Ipswich

## Senior

50m Free	Karen Pickering	Ipswich	25.74	06.09.92	Gateshead
100m Free	Karen Pickering	Ipswich	54.00	15.08.03	Stockport
200m Free	Karen Pickering	Ipswich	1:56.08	08.08.91	Perth, Australia
400m Free	Jessica Craig	Haverhill	4:15.09	08.03.97	
800m Free	Jessica Craig	Haverhill	8:45.22	15.11.97	
1500m Free	Rebeca Harris	St Felix School	17:05.88	11.03.06	Crown Pools, Ipswich
50m Br/st	Karen Pickering	Ipswich	33.21	06.09.92	Gateshead
100m Br/st	Alex Harrison	St Felix School	1:12.02	21.10.07	Ponds Forge, Sheffield
200m Br/st	Alex Harrison	St Felix School	2:34.07	23.11.08	UEA, Norwich
50m Back	Zoe Cray	Ipswich	28.04	16.08.03	Stockport
100m Back	Zoe Cray	Ipswich	1:00.77	15.08.03	Stockport
200m Back	Zoe Cray	Ipswich	2:12.96	28.01.97	
50m Fly	Samantha Greenep	Ipswich	28.10	16.12.95	
100m Fly	Karen Pickering	Ipswich	1:00.16	16.08.03	Stockport
200m Fly	Bryony Campbell	St Felix School	2:12.36	07.11.09	UEA, Norwich
100m IM	Zoe Cray	Ipswich	1:04.87	31.05.03	Stoke on Trent
200m IM	Karen Pickering	Ipswich	2:16.63		
400m IM	Ellis Jackson	St Felix School	4:38.91	07.03.09	Crown Pools, Ipswich

## RELAYS

4 x 25m Freestyle	10 years	St Felix School	1:02.43	20.03.05	Crown Pools, Ipswich
	11/12 years	Haverhill	58.06	07.11.92	
	Junior	Ipswich	54.85	23.09.07	Crown Pools, Ipswich
	Senior	Ipswich	54.44	23.09.07	Crown Pools, Ipswich
4 x 50m Freestyle	11/12 years	Ipswich	1:57.66	16.03.08	Crown Pools, Ipswich
	13/14 years	Ipswich	1:52.65	19.03.06	Crown Pools, Ipswich
	15/16 years	TeamIpswich	1:50.10	22.03.09	Crown Pools, Ipswich
	Junior	West Suffolk	1:54.54	16.03.03	Crown Pools, Ipswich
	Senior	Ipswich	1:47.11	02.04.00	
4 x 100m Freestyle	Junior				
	Senior	TeamIpswich	3:53.85	08.11.09	UEA, Norwich
4 x 200m Freestyle	Junior	St Felix School	8:32.59	22.11.08	UEA, Norwich
	Senior	St Felix School	8:25.72	07.11.09	UEA, Norwich
4 x 25m Medley	10 years	St Felix School	1:08.96	20.03.05	Crown Pools, Ipswich
	11/12 years	LOBSC	1:07.25	16.05.09	Cambridge
	Junior	Ipswich	1:02.11	23.09.07	Crown Pools, Ipswich
	Senior	Ipswich	1:00.22	09.09.06	Crown Pools, Ipswich
4 x 50m Medley	11/12 years	St Felix School	2:13.27	12.03.06	Crown Pools, Ipswich
	13/14 years	Ipswich	2:04.93	16.03.08	Crown Pools, Ipswich
	15/16 years	St Felix School	2:02.87	22.03.09	Crown Pools, Ipswich
	Junior	Waveney	2:08.85	21.03.92	
	Senior	Ipswich	1:59.17	09.12.06	Hatfield University
4 x 100m Medley	Junior	St Felix School	4:24.77	22.11.08	UEA, Norwich
	Senior	St Felix School	4:22.33	07.11.09	UEA, Norwich

# Suffolk County Records

## SHORT COURSE

Male:

Event	Name	Club	Time	Date	Venue
<b>10 years</b>					
50m Free	Jake Tyson	Ipswich	30.70	02.03.08	Crown Pools, Ipswich
50m Br/st	Aaron Lynch	Stowmarket	40.99	12.03.05	Crown Pools, Ipswich
50m Back	Phillip Dowding-Young	Ipswich	35.19	01.03.08	Crown Pools, Ipswich
50m Fly	Jake Tyson	Ipswich	34.34	09.03.08	Crown Pools, Ipswich
100m IM	Jake Tyson	Ipswich	1:16.67	02.03.08	Crown Pools, Ipswich
<b>11/12 years</b>					
100m Free	Aaron Lynch	Stowmarket	56.25	11.03.07	Crown Pools, Ipswich
100m Br/st	Aaron Lynch	Stowmarket	1:13.89	22.10.06	Ponds Forge, Sheffield
100m Back	Jack Bartlett	St Felix School	1:05.73	02.03.08	Crown Pools, Sheffield
100m Fly	Jack Bartlett	St Felix School	1:03.74	02.03.08	Crown Pools, Sheffield
200m IM	Jack Bartlett	St Felix School	2:25.27	09.03.08	Crown Pools, Sheffield
<b>13/14 years</b>					
100m Free	Aaron Lynch	TeamIpswich	53.33	15.03.09	Crown Pools, Ipswich
100m Br/st	Aaron Lynch	TeamIpswich	1:06.65	15.03.09	Crown Pools, Ipswich
100m Back	Christopher Walker-Hebborn	West Suffolk	1:00.91	11.12.04	Hatfield University
100m Fly	Mark Stevens	Ipswich	59.17	13.03.05	Crown Pools, Ipswich
200m IM	Aaron Lynch	TeamIpswich	2:12.83	15.03.09	Crown Pools, Ipswich
<b>15/16 years</b>					
100m Free	Aaron Lynch	TeamIpswich	52.01	18.10.09	Ponds Forge, Sheffield
100m Br/st	Aaron Lynch	TeamIpswich	1:05.65	07.11.09	UEA, Norwich
100m Back	Christopher Walker-Hebborn	Ipswich	58.69	10.12.05	Hatfield University
100m Fly	Neal Studd	Ipswich	57.06	13.12.92	
200m IM	Daniel Pilbrow	Haverhill	2:11.56	15.11.98	
<b>Junior</b>					
50m Free	Aaron Lynch	TeamIpswich	24.08	07.11.09	UEA, Norwich
100m Free	Aaron Lynch	TeamIpswich	52.01	18.10.09	Ponds Forge, Sheffield
200m Free	Joseph Rhodes	Ipswich	1:54.15	17.08.03	Stockport
400m Free	Joseph Rhodes	Ipswich	4:03.00	14.08.03	Stockport
800m Free	Lewis Farmer	LOBSC	8:54.79	12.12.08	Lowestoft
1500m Free	Alan Bircher	Haverhill	16:07.66	10.05.97	
50m Br/st	Aaron Lynch	TeamIpswich	30.85	08.11.09	UEA, Norwich
100m Br/st	Aaron Lynch	TeamIpswich	1:05.65	07.11.09	UEA, Norwich
200m Br/st	Lewis Coleman	Ipswich	2:23.96	02.03.08	Crown Pools, Ipswich
50m Back	Lewis Coleman	Ipswich	27.31	01.03.08	Crown Pools, Ipswich
100m Back	Christopher Walker-Hebborn	West Suffolk	58.69	10.12.05	Hatfield University
200m Back	Christopher Walker-Hebborn	West Suffolk	2:09.10	04.03.06	Crown Pools, Ipswich
50m Fly	Lewis Coleman	Ipswich	26.68	09.03.08	Crown Pools, Ipswich
100m Fly	Jack Hollis	TeamIpswich	57.92	14.11.09	Hertfordshire SV
200m Fly	Mark Stevens	Ipswich	2:09.33	12.03.05	Crown Pools, Ipswich
100m IM	Jack Hollis	TeamIpswich	1:02.78	07.11.09	UEA, Norwich
200m IM	Lewis Coleman	Ipswich	2:09.93	09.03.08	Crown Pools, Ipswich
400m IM	Lewis Coleman	Ipswich	4:34.37	08.03.08	Crown Pools, Ipswich

Senior

50m Free	Christopher Walker-Heborn	TeamIpswich	23.05	22.03.09	Crown Pools, Ipswich
100m Free	Lewis Coleman	TeamIpswich	51.25	08.11.09	UEA, Norwich
200m Free	Neal Studd	Ipswich	1:52.83	11.12.92	
400m Free	Alan Bircher	Haverhill	3:57.83	31.10.99	
800m Free	Alan Bircher	Haverhill	8:23.63	20.12.98	
1500m Free	Alan Bircher	West Suffolk	15:41.88	29.10.99	
50m Br/st	David Harrison	Stowmarket SC	29.19	25.10.09	Ponds Forge, Sheffield
100m Br/st	Brett Lummis	Ipswich	1:02.63	18.12.98	
200m Br/st	Lewis Coleman	TeamIpswich	2:18.92	21.03.09	Crown Pools, Ipswich
50m Back	Christopher Walker-Heborn	TeamIpswich	25.85	22.03.09	Crown Pools, Ipswich
100m Back	Brett Lummis	Ipswich	55.78	19.12.98	
200m Back	Brett Lummis	Ipswich	2:04.61	14.03.99	
50m Fly	Lewis Coleman	TeamIpswich	26.04	08.11.09	UEA, Norwich
100m Fly	Lewis Coleman	TeamIpswich	55.86	08.11.09	UEA, Norwich
200m Fly	Daniel Pilbrow	West Suffolk	2:04.46	19.03.06	Crown Pools, Ipswich
100m IM	Lewis Coleman	TeamIpswich	57.31	07.11.09	UEA, Norwich
200m IM	Brett Lummis	Ipswich	2:01.76	04.03.99	
400m IM	Lewis Coleman	TeamIpswich	4:22.95	14.03.09	Crown Pools, Ipswich

RELAYS

4 x 25m Freestyle	10 years	Ipswich	1:01.68	16.03.08	Crown Pools, Ipswich
	11/12 years	TeamIpswich	55.91	19.09.09	Crown Pools, Ipswich
	Junior	Ipswich	48.91	23.09.07	Crown Pools, Ipswich
	Senior	Ipswich	48.91	23.09.07	Crown Pools, Ipswich
4 x 50m Freestyle	11/12 years	TeamIpswich	1:55.80	22.03.09	Crown Pools, Ipswich
	13/14 years	TeamIpswich	1:44.40	22.03.09	Crown Pools, Ipswich
	15/16 years	Ipswich	1:42.58	20.03.05	Crown Pools, Ipswich
	Junior	West Suffolk	1:44.43	16.03.03	Crown Pools, Ipswich
	Senior	TeamIpswich	1:36.22	22.03.09	Crown Pools, Ipswich
4 x 100m Freestyle	Junior	TeamIpswich	3:42.55	08.11.09	UEA, Norwich
	Senior	TeamIpswich	3:34.50	08.11.09	UEA, Norwich
4 x 25m Medley	10 years	Ipswich	1:12.38	01.03.08	Crown Pools, Ipswich
	11/12 years	TeamIpswich	1:02.62	19.09.09	Crown Pools, Ipswich
	Junior	TeamIpswich	55.75	19.09.09	Crown Pools, Ipswich
	Senior	TeamIpswich	53.83	19.09.09	Crown Pools, Ipswich
4 x 50m Medley	11/12 years	TeamIpswich	2:13.03	22.03.09	Crown Pools, Ipswich
	13/14 years	TeamIpswich	1:57.94	22.03.09	Crown Pools, Ipswich
	15/16 years	TeamIpswich	1:50.87	22.03.09	Crown Pools, Ipswich
	Junior	West Suffolk	1:56.71	16.03.03	Crown Pools, Ipswich
	Senior	TeamIpswich	1:48.02	22.03.09	Crown Pools, Ipswich
4 x 100m Medley	Junior	TeamIpswich	4:19.09	07.11.09	UEA, Norwich
	Senior	TeamIpswich	4:00.61	07.11.09	UEA, Norwich