

## Suffolk County Records

### LONG COURSE

#### Female:

Event	Name	Club	Time	Date	Venue
<b>10 years and under</b>					
50m Free	Rosalind Saise	TeamIpswich	29.41	27/05/18	Luton
50m Br/st	Rosalind Saise	TeamIpswich	39.22	28/05/18	Luton
50m Back	Natalie Tyler	Deben	35.82	27.05.19	UEA, Norwich
50m Fly	Charlotte White	West Suffolk	36.49	06.03.16	UEA, Norwich
100m Free	Rosalind Saise	TeamIpswich	1.06.44	26/05/18	Luton
100m Br/st	Lucy Oxbrow	TeamIpswich	1:35.44	13.06.10	UEA, Norwich
100m Back	Natalie Tyler	Deben	1.17.10	26.05.19	UEA, Norwich
100m Fly	Natalie Tyler	Deben	1.21.38	19.04.19	UEA, Norwich
200m IM	Charlotte Hicks	St Felix School	2:55.59	11.06.06	UEA, Norwich
<b>11/12 years</b>					
100m Free	Amie Philpot	TeamIpswich	1:00.56	30.07.14	Ponds Forge, Sheffield
100m Br/st	Alex Harrison	West Suffolk	1:18.73	15.04.06	UEA, Norwich
100m Back	Rebecca Sherwin	TeamIpswich	1:05.48	08.06.13	UEA, Norwich
100m Fly	Amie Philpot	TeamIpswich	1:05.74	31.07.14	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	Emma Cruickshanks	TeamIpswich	59.15	03.08.18	Ponds Forge, Sheffield
100m Br/st	Angharad Evans	West Suffolk	1:10.12	23.04.17	Ponds Forge, Sheffield
100m Back	Rebecca Sherwin	TeamIpswich	1:04.25	27.07.13	Ponds Forge, Sheffield
100m Fly	Natalie Sanford	St Felix School	1:03.02	28.07.19	Tollcross, Glasgow
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	Josie Blades	St Felix School	1:04.22	01.08.13	Ponds Forge, Sheffield
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 (U16)</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	Angharad Evans	West Suffolk	32.04	18.04.17	Ponds Forge, Sheffield
100m Br/st	Angharad Evans	West Suffolk	1:10.12	23.04.17	Ponds Forge, Sheffield
200m Br/st	Alex Harrison	St Felix School	2:37.67	02.05.09	UEA, Norwich
50m Back	Josie Blades	St Felix School	29.94	03.08.13	Ponds Forge, Sheffield
100m Back	Josie Blades	St Felix School	1:04.22	01.08.13	Ponds Forge, Sheffield
200m Back	Ellis Jackson	St Felix School	2:15.57	19.03.09	Ponds Forge, Sheffield
50m Fly	Natalie Sanford	St Felix School	28.62	06.05.19	Luton
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	Ellis Jackson	St Felix School	8:49.29	26.06.13	Ponds Forge, Sheffield
1500m Free	Dawn Jason	West Suffolk	17:16.30	17.04.04	Manchester Aquatic
50m Br/st	Angharad Evans	West Suffolk	31.63	07.02.20	Nice, France
100m Br/st	Angharad Evans	West Suffolk	1:09.26	07.02.20	Nice, France
200m Br/st	Angharad Evans	West Suffolk	2:33.40	07.02.20	Nice, France
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	Alex Harrison	West Suffolk	29.25	15.01.12	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	2:15.96	30.07.13	Ponds Forge, Sheffield
400m IM	Ellis Jackson	St Felix School	4:47.30	27.06.13	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	TeamIpswich	4:02.64	25.07.13	Ponds Forge, Sheffield
	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 and under</b>					
50m Free	Dominic Scifo	TeamIpswich	29.75	19.12.10	Hillingdon
50m Br/st	Harry Swann	Lowestoft & OB	40.37	08.02.15	Sport Village, Luton
50m Back	Thomas Mutton	TeamIpswich	34.61	30.12.23	Leeds
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	Harry Swann	Lowestoft & OB	1:28.58	08.02.15	UEA, Norwich
100m Back	Thomas Mutton	TeamIpswich	1:14.80	17.12.23	Corby
100m Fly	Thomas Mutton	TeamIpswich	1:21.43	08.07.23	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	Finn Jeffery	St Felix School	1:13.30	28.05.16	Sports Village, Luton
100m Back	Thomas Clare	TeamIpswich	1:03.45	30.07.14	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	Jake Tyson	TeamIpswich	54.87	03.06.12	UEA, Norwich
100m Br/st	Finn Jeffery	St Felix School	1:11.65	25.07.17	Ponds Forge, Sheffield
100m Back	Thomas Clare	TeamIpswich	1:00.76	23.04.16	Cardiff
100m Fly	Mark Stevens	Ipswich	59.60	30.07.04	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:12.20	09.06.12	UEA, Norwich
<b>15/16 years</b>					
100m Free	William Ellard	St Felix School	51.97	16.03.23	Ponds Forge, Sheffield
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	Jake Tyson	TeamIpswich	57.22	30.07.13	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:07.56	02.08.13	Ponds Forge, Sheffield
<b>Junior (U16)</b>					
50m Free	William Ellard	St Felix School	24.49	13.03.22	Inspire, Luton
100m Free	Matthew Baker	West Suffolk	53.05	07.04.22	Ponds Forge, Sheffield
200m Free	Matthew Baker	West Suffolk	1:55.52	10.04.22	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	Finn Jeffery	St Felix School	31.20	03.09.18	Ponds Forge, Sheffield
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	Thomas Clare	TeamIpswich	27.66	25.07.17	Ponds Forge, Sheffield
100m Back	Thomas Clare	TeamIpswich	58.96	26.07.17	Ponds Forge, Sheffield
200m Back	Thomas Clare	TeamIpswich	2:07.57	30.07.17	Ponds Forge, Sheffield

Updated – June 2024

50m Fly	Matthew Baker	West Suffolk	26.39	10.04.22	Ponds Forge, Sheffield
100m Fly	Jake Tyson	TeamIpswich	58.09	05.05.13	Luton
200m Fly	Jack Hollis	TeamIpswich	2:09.39	19.12.09	Millfield, Plymouth Meet
200m IM	Jake Tyson	TeamIpswich	2:09.28	04.05.13	Luton
400m IM	Jake Tyson	TeamIpswich	4:42.09	05.05.13	Luton
Senior					
50m Free	William Ellard	St Felix School	23.26	01.06.24	Berlin
100m Free	William Ellard	St Felix School	51.07	31.05.24	Berlin
200m Free	Christopher Walker-Hebborn	TeamIpswich	1:48.99	18.03.09	Ponds Forge, Sheffield
400m Free	Regan Lloyd	TeamIpswich	3:56.88	28.06.19	Aberdeen Aquatics Centre
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	Robert Lancaster	TeamIpswich	29.72	15.03.20	Inspire, Luton
100m Br/st	Brett Lummis	Ipswich	1:04.70	10.07.98	
200m Br/st	Robert Lancaster	TeamIpswich	2:18.80	14.04.15	Aquatic Centre, Stratford
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	William Ellard	St Felix School	25.04	31.05.24	Berlin
100m Fly	Jake Tyson	TeamIpswich	55.04	18.04.15	Aquatic Centre, Stratford
200m Fly	Jake Thomas-Mansfield	West Suffolk	2:06.33	03.08.19	Ponds Forge, Sheffield
200m IM	Lewis Coleman	TeamIpswich	2:05.06	17.03.09	Ponds Forge, Sheffield
400 IM	Joe Cooper	TeamIpswich	4:33.67	07.04.22	Ponds Forge, Sheffield
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	Stowmarket	1:43.44	04.05.12	Ponds Forge, Sheffield
4 x 100m Freestyle	Junior	TeamIpswich	3:46.72	28.07.10	Ponds Forge, Sheffield
	Senior	TeamIpswich	3:34.81	30.07.13	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