

Suffolk County Records

LONG COURSE

Female:

Event	Name	Club	Time	Date	Venue
10 years and under					
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
11/12 years					
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
13/14 years					
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
15/16 years					
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
Junior (U16)					
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
10 years and under					
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
11/12 years					
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	Jesse Knight	Leiston & District	1:04.03	15.03.26	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:22.98	13.06.10	UEA, Norwich
13/14 years					
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
15/16 years					
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
Junior (U16)					
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 – March 2026

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	William Ellard	St Felix School	54.86	28.08.24	La Defence Arena, Paris
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