

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 | Team Ipswich | 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 | Team Ipswich | 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 | Reuben Alty | TeamIpswich | 36.56 | 16.09.18 | Inspire, Luton |
| 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 | Joseph Bavey | Newmarket | 1:15.74 | 26.03.16 | Basildon |
| 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 |
| 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 | Jake Tyson | TeamIpswich | 1:04.52 | 12.06.10 | UEA, Norwich |
| 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 | Jake Tyson | TeamIpswich | 52.28 | 02.08.13 | 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 | 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 | Reg Lloyd | TeamIpswich | 1:56.93 | 09.03.13 | Leeds |
| 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 |

Updated – June 2020

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|--------------------|----------------------------|--------------|----------|----------|---------------------------|
| 200m Back | Thomas Clare | TeamIpswich | 2:07.57 | 30.07.17 | Ponds Forge, Sheffield |
| 50m Fly | Jake Tyson | TeamIpswich | 26.52 | 05.05.13 | Luton |
| 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 | Ignacio Larghero | Newmarket | 23.85 | 31.07.19 | Ponds Forge, Sheffield |
| 50m Free | Sonny Trigg | TeamIpswich | 23.85 | 04.05.19 | Hamdab, Dubai |
| 100m Free | Regan Lloyd | TeamIpswich | 51.52 | 02.08.19 | Ponds Forge, Sheffield |
| 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 | Sonny Trigg | TeamIpswich | 25.05 | 04.05.19 | Hamdan, Dubai |
| 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 |
| 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 | 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 |