

Suffolk County Records

SHORT COURSE

Female:

Event	Name	Club	Time	Date	Venue
10 years					
50m Free	Amie Philpot	TeamIpswich	29.75	09.03.13	Crown Pools, Ipswich
50m Br/st	Zoe Smith	St Felix School	38.17	12.03.05	Crown Pools, Ipswich
50m Back	Matilda Bogle	TeamIpswich	33.98	12.02.17	Crown Pools, Ipswich
50m Fly	Amie Philpot	TeamIpswich	31.73	10.03.13	Crown Pools, Ipswich
100m IM	Matilda Bogle	TeamIpswich	1:17.20	05.02.17	Crown Pools, Ipswich
11/12 years					
100m Free	Mia Maspers	TeamIpswich	59.31	15.03.15	Crown Pools, Ipswich
100m Br/st	Alex Harrison	West Suffolk	1:15.79	09.12.06	Hatfield University
100m Back	Rebecca Sherwin	TeamIpswich	1:04.37	16.03.13	Crown Pools, Ipswich
100m Fly	Amie Philpot	TeamIpswich	1:04.73	19.10.14	Ponds Forge, Sheffield
200m IM	Ellis Jackson	St Felix School	2:22.56	04.07.07	Crown Pools, Ipswich
13/14 years					
100m Free	Rebecca Sherwin	TeamIpswich	57.18	16.03.14	Crown Pools, Ipswich
100m Br/st	Angharad Evans	West Suffolk	1:11.86	17.12.16	Ponds Forge, Sheffield
100m Back	Rebecca Sherwin	TeamIpswich	1:02.07	15.03.14	Crown Pools, Ipswich
100m Fly	Amie Philpot	TeamIpswich	1:02.45	13.02.16	Crown Pools, Ipswich
200m IM	Ellis Jackson	St Felix School	2:17.49	25.10.08	Enfield
15/16 years					
100m Free	Rebecca Sherwin	TeamIpswich	56.79	21.02.16	Crown Pools, Ipswich
100m Br/st	Grace King	TeamIpswich	1:11.27	03.02.19	Crown Pools, Ipswich
100m Back	Rebecca Sherwin	TeamIpswich	1:01.50	20.02.16	Crown Pools, Ipswich
100m Fly	Natalie Sanford	St Felix School	1:02.36	03.11.19	Basildon
200m IM	Ellis Jackson	St Felix School	2:17.78	04.07.10	Crown Pools, Ipswich
Junior (U16)					
50m Free	Mia Maspers	TeamIpswich	26.55	13.02.16	Crown Pools, Ipswich
100m Free	Rebecca Sherwin	TeamIpswich	56.79	21.02.16	Crown Pools, Ipswich
200m Free	Bryony Campbell	St Felix School	2:02.69	07.11.09	UEA, Norwich
400m Free	Marcella Aris	St Felix School	4: 16.24	07.11.10	UEA, Norwich
800m Free	Marcella Aris	St Felix School	8:56.05	07.11.10	UEA, Norwich
1500m Free	Ellis Jackson	St Felix School	17:20.10	04.03.07	Crown Pools, Ipswich
50m Br/st	Grace King	TeamIpswich	32.87	04.11.18	Inspire, Luton
100m Br/st	Grace King	TeamIpswich	1:11.27	03.02.19	Crown Pools, Ipswich
200m Br/st	Alex Harrison	St Felix School	2:34.07	23.11.08	UEA, Norwich
50m Back	Lija Radziunaite	Stowmarket	29.02	10.02.18	Crown Pools, Ipswich
100m Back	Rebecca Sherwin	TeamIpswich	1:01.50	20.02.16	Crown Pools, Ipswich
200m Back	Rebecca Sherwin	TeamIpswich	2:12.65	09.03.14	Crown Pools, Ipswich
50m Fly	Natalie Sanford	St Felix School	28.30	06.12.19	Ponds Forge, Sheffield
100m Fly	Natalie Sanford	St Felix School	1:02.36	03.11.19	Basildon
200m Fly	Bryony Campbell	St Felix School	2:12.36	07.11.09	UEA, Norwich
100m IM	Natalie Sanford	St Felix School	1:05.30	06.12.19	Ponds Forge, Sheffield
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	Ellis Jackson	St Felix School	4:08.30	23.03.14	Crown Pools, Ipswich
800m Free	Jessica Craig	Haverhill	8:45.22	15.11.97	
1500m Free	Rebecca Harris	St Felix School	17:05.88	11.03.06	Crown Pools, Ipswich
50m Br/st	Angharad Evans	West Suffolk	31.29	05.12.19	Sheffield
100m Br/st	Angharad Evans	West Suffolk	1:07.91	07.12.19	Sheffield
200m Br/st	Ellis Jackson	St Felix School	2:31.99	16.03.14	Crown Pools, Ipswich
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	Rebecca Sherwin	TeamIpswich	2:12.65	09.03.14	Crown Pools, Ipswich
50m Fly	Alex Harrison	West Suffolk	27.61	11.03.12	Newmarket
100m Fly	Karen Pickering	Ipswich	1:00.16	16.08.03	Stockport
200m Fly	Ellis Jackson	St Felix School	2:12.30	15.03.14	Crown Pools, Ipswich
100m IM	Ellis Jackson	St Felix School	1:02.71	09.03.14	Crown Pools, Ipswich
200m IM	Ellis Jackson	St Felix School	2:14.64	16.03.14	Crown Pools, Ipswich
400m IM	Ellis Jackson	St Felix School	4:38.45	08.03.14	Crown Pools, Ipswich

RELAYS

4 x 50m Freestyle					
	9/10 years	TeamIpswich	2:07.14	25.02.18	Crown Pools, Ipswich
	11/12 years	TeamIpswich	1:54.53	22.03.15	Crown Pools, Ipswich
	13/14 years	TeamIpswich	1:51.62	24.03.13	Crown Pools, Ipswich
	15/16 years	St Felix School	1:49.89	21.03.10	Crown Pools, Ipswich
	Junior	TeamIpswich	1:48.87	08.12.18	Inspire, Luton
	Senior	Ipswich	1:47.11	02.04.00	
4 x 100m Freestyle					
	Junior				
	Senior	TeamIpswich	3:52.36	07.11.10	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	TeamIpswich	1:00.78	25.09.10	Crown Pools, Ipswich
	Senior	Ipswich	1:00.22	09.09.06	Crown Pools, Ipswich
4 x 50m Medley					
	9/10 years	TeamIpswich	2:28.03	25.02.18	Crown Pools, Ipswich
	11/12 years	TeamIpswich	2:09.93	22.03.15	Crown Pools, Ipswich
	13/14 years	Ipswich	2:04.93	16.03.08	Crown Pools, Ipswich
	15/16 years	TeamIpswich	1:58.69	10.11.18	Inspire, Luton
	Junior	TeamIpswich	2:01.81	08.12.18	Inspire, Luton
	Senior	TeamIpswich	1:57.65	14.12.19	Inspire, Luton
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

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Event	Name	Club	Time	Date	Venue
10 years					
50m Free	Reuben Alty	TeamIpswich	30.15	08.12.18	Inspire, Luton
50m Br/st	Harry Swann	Lowestoft & OB	39.06	07.03.15	Crown Pools, Ipswich
50m Back	Joseph Bavey	Newmarket	33.94	28.02.16	Crown Pools, Ipswich
50m Fly	Dominic Scifo	TeamIpswich	34.17	12.12.10	Crown Pools, Ipswich
100m IM	Reuben Alty	TeamIpswich	1:16.25	09.02.19	Crown Pools, Ipswich
11/12 years					
100m Free	Aaron Lynch	Stowmarket	56.25	11.03.07	Crown Pools, Ipswich
100m Br/st	Finn Jeffery	St Felix School	1:12.36	11.06.16	Water Lane, Lowestoft
100m Back	Thomas Clare	TeamIpswich	1:00.72	19.10.14	Ponds Forge, Sheffield
100m Fly	Thomas Clare	TeamIpswich	1:03.44	19.10.14	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:24.55	14.03.10	Crown Pools, Ipswich
13/14 years					
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	Thomas Clare	TeamIpswich	57.87	13.02.16	Crown Pools, Ipswich
100m Fly	Jake Tyson	TeamIpswich	58.96	17.03.12	Newmarket
200m IM	Jake Tyson	TeamIpswich	2:10.14	11.03.12	Newmarket
15/16 years					
100m Free	Aaron Lynch	TeamIpswich	52.01	18.10.09	Ponds Forge, Sheffield
100m Br/st	Aaron Lynch	TeamIpswich	1:05.24	06.11.10	UEA, Norwich
100m Back	Jake Tyson	TeamIpswich	56.13	08.03.14	Crown Pools, Ipswich
100m Fly	Jake Tyson	TeamIpswich	56.76	20.10.13	Ponds Forge, Sheffield
200m IM	Jake Tyson	TeamIpswich	2:05.02	09.03.14	Crown Pools, Ipswich
Junior (U16)					
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	Ryan Tomkins	TeamIpswich	4:02.80	21.03.10	Crown Pools, Ipswich
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	30.36	06.03.10	Crown Pools, Ipswich
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	Thomas Clare	TeamIpswich	26.91	06.11.16	Luton
100m Back	Thomas Clare	TeamIpswich	56.76	17.12.16	Ponds Forge, Sheffield
200m Back	Thomas Clare	TeamIpswich	2:03.93	15.12.16	Ponds Forge, Sheffield
50m Fly	Thomas Clare	TeamIpswich	26.32	18.12.16	Ponds Forge, Sheffield
100m Fly	Jake Tyson	TeamIpswich	57.55	16.03.13	Crown Pools, Ipswich
200m Fly	Mark Stevens	Ipswich	2:09.33	12.03.05	Crown Pools, Ipswich
100m IM	Jake Tyson	TeamIpswich	1:00.20	17.03.13	Crown Pools, Ipswich

200m IM	Lewis Coleman	Ipswich	2:09.93	09.03.08	Crown Pools, Ipswich
400m IM	Jake Tyson	TeamIpswich	4:34.26	16.03.13	Crown Pools, Ipswich
Senior					
50m Free	Jake Tyson	TeamIpswich	22.41	05.12.19	Ponds Forge, Sheffield
100m Free	Regan Lloyd	TeamIpswich	49.55	06.12.19	Ponds Forge, Sheffield
200m Free	Regan Lloyd	TeamIpswich	1:46.19	08.12.19	Ponds Forge, Sheffield
400m Free	Regan Lloyd	TeamIpswich	3:46.28	05.12.19	Ponds Forge, Sheffield
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	Robert Lancaster	TeamIpswich	28.54	03.11.19	Basildon
100m Br/st	Robert Lancaster	TeamIpswich	1:01.08	14.12.19	Inspire, Luton
200m Br/st	Lewis Coleman	TeamIpswich	2:18.92	21.03.09	Crown Pools, Ipswich
50m Back	Jake Tyson	TeamIpswich	25.36	25.36	Sheffield
100m Back	Brett Lummis	Ipswich	55.78	19.12.98	
200m Back	Louis Seller	TeamIpswich	2:03.26	16.03.14	Crown Pools, Ipswich
50m Fly	Jake Tyson	TeamIpswich	23.49	08.12.19	Sheffield
100m Fly	Jake Tyson	TeamIpswich	54.22	14.12.19	Inspire, Luton
200m Fly	Jake Tyson	TeamIpswich	2:03.39	07.03.15	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 50m Freestyle	9/10 years	TeamIpswich	2:18.09	22.03.15	Crown Pools, Ipswich
	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	TeamIpswich	1:40.97	21.03.10	Crown Pools, Ipswich
	Junior	St Felix School	1:42.96	25.02.18	Crown Pools, Ipswich
	Senior	TeamIpswich	1:32.47	02.11.19	Basildon
4 x 100m Freestyle	Junior	TeamIpswich	3:42.55	08.11.09	UEA, Norwich
	Senior	TeamIpswich	3:33.76	07.11.10	UEA, Norwich
4 x 25m Medley	10 years	TeamIpswich	1:09.45	21.03.10	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	9/10 years	TeamIpswich	2:43.37	22.03.15	Crown Pools, Ipswich
	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	St Felix School	1:53.73	25.02.18	Crown Pools, Ipswich
	Senior	TeamIpswich	1:41.83	14.12.19	Inspire, Luton
4 x 100m Medley	Junior	TeamIpswich	4:19.09	07.11.09	UEA, Norwich
	Senior	TeamIpswich	4:00.61	07.11.09	UEA, Norwich