

# ASA EAST REGION RECORDS

10 August 2009

## LONG COURSE JUNIOR WOMEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	27.34	Rachel Andvig	teamipswich	13.12.08	Norwich
100m Freestyle	58.27	Bryony Campbell	St Felix School	29.07.09	Sheffield
200m Freestyle	2.03.19	Anne Bochmann	UEA City of Norwich	17.03.09	Sheffield
400m Freestyle	4.12.51	Anne Bochmann	UEA City of Norwich	31.07.08	Belgrade, Serbia
800m Freestyle	8.48.71	Ceri Unwin	Hatfield	07.06.06	Canet, France
1500 Freestyle	16.57.32	Ceri Unwin	Hatfield	05.08.06	Sheffield
50m Backstroke	30.88	Sophie Drake	Ortus Londinium	17.01.09	Geneva, Switzerland
100m Backstroke	1.05.78	Sophie Drake	Ortus Londinium	18.01.09	Geneva, Switzerland
200m Backstroke	2.15.57	Ellis Jackson	St Felix School	19.03.09	Sheffield
50m Breaststroke	34.48	Emma Warrington	Hoddesdon	12.04.09	Norwich
100m Breaststroke	1.14.33	Alexandra Harrison	St Felix School	27.10.07	Manchester
200m Breaststroke	2.37.67	Alexandra Harrison	St Felix School	02.05.09	Norwich
50m Butterfly	29.17	Bethany Coggins	UEA City of Norwich	11.07.08	Liverpool
100m Butterfly	1.02.81	Bryony Campbell	St Felix School	31.07.09	Sheffield
200m Butterfly	2.14.39	Bryony Campbell	St Felix School	01.08.09	Sheffield
200m Ind Medley	2.16.12	Ellis Jackson	St Felix School	17.03.09	Sheffield
400m Ind Medley	4.45.21	Anne Bochmann	UEA City of Norwich	05.04.08	Sheffield

## LONG COURSE WOMEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	27.06	Rachel Andvig	teamipswich	02.08.09	Sheffield
100m Freestyle	57.60	Rachael George	Hatfield	31.03.08	Sheffield
200m Freestyle	2.02.09	Rachael George	Hatfield	05.04.08	Sheffield
400m Freestyle	4.12.51	Anne Bochmann	UEA City of Norwich	31.07.08	Belgrade, Serbia
800m Freestyle	8.48.71	Ceri Unwin	Hatfield	07.06.06	Canet, France
1500 Freestyle	16.57.32	Ceri Unwin	Hatfield	05.08.06	Sheffield
50m Backstroke	30.57	Sophie Drake	Canvey Island	11.04.09	Norwich
100m Backstroke	1.04.86	Sophie Drake	Canvey Island	16.03.09	Sheffield
200m Backstroke	2.15.57	Ellis Jackson	St Felix School	19.03.09	Sheffield
50m Breaststroke	34.36	Claire Barron	UEA City of Norwich	12.07.08	Liverpool
100m Breaststroke	1.13.76	Petra Chomicz	Kings Lynn	27.01.07	Sheffield
200m Breaststroke	2.37.67	Alexandra Harrison	St Felix School	02.05.09	Norwich
50m Butterfly	28.69	Rebecca Warner	Modernians	03.05.08	Norwich
100m Butterfly	1.02.05	Katie Ambridge	Hatfield	16.03.09	Sheffield
200m Butterfly	2.13.78	Katie Ambridge	Hatfield	01.04.08	Sheffield
200m Ind Medley	2.16.12	Ellis Jackson	St Felix School	17.03.09	Sheffield
400m Ind Medley	4.45.21	Anne Bochmann	UEA City of Norwich	05.04.08	Sheffield

## RELAY RECORDS WOMEN

400m Free Team	3.57.57	R George; A Knapman; N Smith; C Unwin	Hatfield	06.08.06	Sheffield
800m Free Team	8.28.64	B Campbell; P Reeves; S Chamberlain; E Jackson	St Felix School	29.07.09	Sheffield
400m Medley Team	4.28.48	E Jackson; A Harrison; B Campbell; S Chamberlain	St Felix School	31.07.09	Sheffield

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EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	24.04	David Godridge	Watford	16.03.09	Sheffield
100m Freestyle	52.39	David Godridge	Watford	19.03.09	Sheffield
200m Freestyle	1.56.48	Jonathan Quinn	Hatfield	07.04.06	Sheffield
400m Freestyle	4.01.16	Jonathan Quinn	Hatfield	21.10.05	Manchester
800m Freestyle	8.35.52	Miles Garner	UEA City of Norwich	25.07.09	Sheffield
1500m Freestyle	16.14.44	Owen Coughlan	Borough of Southend	08.04.06	Sheffield
50m Backstroke	28.43	Christopher Walker-Hebborn	West Suffolk	27.05.06	Sheffield
100m Backstroke	59.78	Thomas Green	Bishops Stortford	30.07.07	Sheffield
200m Backstroke	2.08.54	Christopher Walker-Hebborn	West Suffolk	28.05.06	Sheffield
50m Breaststroke	31.77	David Godridge	Watford	04.10.08	Crawley
100m Breaststroke	1.08.44	Jonathan Quinn	Hatfield	23.04.06	Sheffield
200m Breaststroke	2.27.22	Andrew Egan	Hatfield	19.03.09	Sheffield
50m Butterfly	26.98	David Godridge	Watford	25.01.09	Sheffield
100m Butterfly	59.03	Roberto Pavoni	Brentwood	05.08.06	Sheffield
200m Butterfly	2.07.38	Miles Garner	UEA City of Norwich	23.07.09	Sheffield
200m Ind Medley	2.07.70	Jonathan Quinn	Hatfield	23.04.06	Sheffield
400m Ind Medley	4.29.54	Jonathan Quinn	Hatfield	09.04.06	Sheffield

## LONG COURSE MEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	21.99	Adam Brown	Hatfield	09.07.09	Indianapolis, USA
100m Freestyle	48.66	Adam Brown	Hatfield	26.07.09	Rome, Italy
200m Freestyle	1.48.99	Christopher Walker-Hebborn	teamipswich	18.03.09	Sheffield
400m Freestyle	3.50.46	Richard Charlesworth	Hatfield	16.03.09	Sheffield
800m Freestyle	8.00.43	Richard Charlesworth	Hatfield	20.03.09	Sheffield
1500 Freestyle	15.07.50	Richard Charlesworth	Hatfield	20.03.09	Sheffield
50m Backstroke	26.83	John Sargent	Hatfield	31.07.09	Sheffield
100m Backstroke	54.89	Christopher Walker-Hebborn	teamipswich	16.03.09	Sheffield
200m Backstroke	1.56.05	Christopher Walker-Hebborn	teamipswich	30.07.09	Rome, Italy
50m Breaststroke	29.35	Alan Heskins	Modernians	05.08.06	Sheffield
100m Breaststroke	1.03.96	Lewis Coleman	teamipswich	29.07.09	Sheffield
200m Breaststroke	2.19.41	Bobby Cave	Hatfield	29.07.08	Sheffield
	2.19.41	Lewis Coleman	teamipswich	30.07.09	Sheffield
50m Butterfly	25.63	Adam Brown	Hatfield	26.03.07	Manchester
100m Butterfly	54.94	Adam Brown	Hatfield	13.02.09	Missouri, USA
200m Butterfly	1.59.08	Roberto Pavoni	Brentwood	17.03.09	Sheffield
200m Ind Medley	2.03.05	Roberto Pavoni	Brentwood	16.04.09	Sydney, Australia
400m Ind Medley	4.17.27	Roberto Pavoni	Brentwood	12.07.09	Prague, Czech Republic

## RELAY RECORDS MEN

400m Free Team	3.31.93	A Brown; A Rust; A Curtin; J Quinn	Hatfield	06.08.06	Sheffield
800m Free Team	7.43.45	R Charlesworth; B Cave; A Brown; J Quinn	Hatfield	02.08.06	Sheffield
400m Medley Team	3.55.44	J Sargent; J Quinn; B Neal; A Brown	Hatfield	29.03.07	Manchester