

ASA EAST REGION RECORDS

15 November 2009

SHORT COURSE JUNIOR WOMEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	26.61	Sophie Drake	Canvey Island	29.11.08	Braintree
100m Freestyle	57.21	Rachael George	Hatfield	08.12.05	Trieste, Italy
200m Freestyle	2.01.31	Rachael George	Hatfield	11.12.05	Trieste, Italy
400m Freestyle	4.16.38	Anne Bochmann	UEA City of Norwich	23.11.08	Norwich
800m Freestyle	8.44.23	Ceri Unwin	Hatfield	05.03.06	Borehamwood
1500m Freestyle	16.50.31	Ceri Unwin	Hatfield	11.03.06	Hitchin
50m Backstroke	29.79	Sophie Drake	Canvey Island	30.11.08	Braintree
100m Backstroke	1.04.00	Ellis Jackson	St Felix School	21.10.07	Sheffield
200m Backstroke	2.14.31	Ellis Jackson	St Felix School	07.11.09	Norwich
50m Breaststroke	33.87	Zoe Smith	Lowestoft & O. Broad	14.03.09	Ipswich
100m Breaststroke	1.12.02	Alexandra Harrison	St Felix School	21.10.07	Sheffield
200m Breaststroke	2.34.07	Alexandra Harrison	St Felix School	23.11.08	Norwich
50m Butterfly	29.15	Bethany Coggins	UEA City of Norwich	22.11.08	Norwich
100m Butterfly	1.02.87	Bryony Campbell	St Felix School	08.11.09	Norwich
200m Butterfly	2.12.36	Bryony Campbell	St Felix School	07.11.09	Norwich
100m Ind Medley	1.07.39	Alexandra Harrison	St Felix School	07.11.09	Norwich
200m Ind Medley	2.17.49	Ellis Jackson	St Felix School	25.10.08	Enfield
400m Ind Medley	4.38.91	Ellis Jackson	St Felix School	07.03.09	Ipswich

SHORT COURSE WOMEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	26.19	Zoe Cray	teamipswich	07.11.09	Norwich
100m Freestyle	56.55	Zoe Cray	teamipswich	11.03.07	Ipswich
200m Freestyle	2.00.94	Rachael George	Hatfield	20.05.07	Hatfield
400m Freestyle	4.16.38	Anne Bochmann	UEA City of Norwich	23.11.08	Norwich
800m Freestyle	8.44.23	Ceri Unwin	Hatfield	05.03.06	Borehamwood
1500 Freestyle	16.50.31	Ceri Unwin	Hatfield	11.03.06	Hitchin
50m Backstroke	29.06	Zoe Cray	teamipswich	05.03.06	Ipswich
100m Backstroke	1.02.16	Sophie Drake	Canvey Island	07.03.09	Braintree
200m Backstroke	2.14.31	Ellis Jackson	St Felix School	07.11.09	Norwich
50m Breaststroke	33.87	Zoe Smith	Lowestoft & O. Broad	14.03.09	Ipswich
100m Breaststroke	1.12.02	Alexandra Harrison	St Felix School	21.10.07	Sheffield
200m Breaststroke	2.34.07	Alexandra Harrison	St Felix School	23.11.08	Norwich
50m Butterfly	28.17	Zoe Cray	teamipswich	22.11.08	Norwich
100m Butterfly	1.00.69	Katie Ambridge	Hatfield	14.11.09	Sheffield
200m Butterfly	2.12.08	Katie Ambridge	Hatfield	15.11.09	Sheffield
100m Ind Medley	1.04.31	Katie Ambridge	Hatfield	07.11.09	Norwich
200m Ind Medley	2.17.49	Ellis Jackson	St Felix School	25.10.08	Enfield
400m Ind Medley	4.38.91	Ellis Jackson	St Felix School	07.03.09	Ipswich

RELAY RECORDS WOMEN

400m Free Team	3.53.85	R Andvig; A Tennant; H Rodwell; Z Cray	teamipswich	08.11.09	Norwich
800m Free Team	8.25.72	B Campbell; P Reeves; S Chamberlain; E Jackson	St Felix School	07.11.09	Norwich
400m Medley Team	4.22.33	E Jackson; A Harrison; B Campbell; S Chamberlain	St Felix School	07.11.09	Norwich

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SHORT COURSE JUNIOR MEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	23.72	David Godridge	Watford	11.04.09	Watford
100m Freestyle	51.45	David Godridge	Watford	12.04.09	Watford
200m Freestyle	1.52.66	Jonathan Quinn	Hatfield	13.05.06	Hatfield
400m Freestyle	3.55.72	Jonathan Quinn	Hatfield	14.05.06	Hatfield
800m Freestyle	8.16.76	Roberto Pavoni	Brentwood	04.03.07	Grays
1500 Freestyle	15.40.78	Jonathan Quinn	Hatfield	11.03.06	Hitchin
50m Backstroke	27.31	Lewis Coleman	teamipswich	01.03.08	Ipswich
100m Backstroke	59.07	Alexander Baker	Hatfield	22.03.09	Borehamwood
200m Backstroke	2.05.59	Ryan Searles	Hatfield	17.05.09	Hatfield
50m Breaststroke	30.00	Roberto Pavoni	Brentwood	20.01.07	Grays
100m Breaststroke	1.04.60	Roberto Pavoni	Brentwood	04.03.07	Grays
200m Breaststroke	2.23.96	Lewis Coleman	teamipswich	02.03.08	Ipswich
50m Butterfly	26.21	David Godridge	Watford	12.04.09	Watford
100m Butterfly	57.92	Jack Hollis	teamipswich	14.11.09	Hatfield
200m Butterfly	2.09.13	Miles Garner	UEA City of Norwich	01.10.09	Norwich
100m Ind Medley	59.60	Jonathan Quinn	Hatfield	11.02.06	Hatfield
200m Ind Medley	2.05.03	Roberto Pavoni	Brentwood	03.03.07	Grays
400m Ind Medley	4.20.16	Jonathan Quinn	Hatfield	13.05.06	Hatfield

SHORT COURSE MEN

EVENT	TIME	NAME	CLUB	DATE	VENUE
50m Freestyle	21.46	Adam Brown	Hatfield	06.08.09	Leeds
100m Freestyle	46.75	Adam Brown	Hatfield	07.08.09	Leeds
200m Freestyle	1.47.86	Christopher Walker-Hebborn	teamipswich	20.09.08	Melbourne, Australia
400m Freestyle	3.49.67	Richard Charlesworth	Hatfield	11.12.08	Rijeka, Croatia
800m Freestyle	7.55.15	Richard Charlesworth	Hatfield	13.12.08	Rijeka, Croatia
1500m Freestyle	14.56.66	Richard Charlesworth	Hatfield	22.11.08	Norwich
50m Backstroke	25.81	James Sutherland	Hatfield	07.08.09	Leeds
100m Backstroke	53.27	Christopher Walker-Hebborn	teamipswich	21.09.08	Melbourne, Australia
200m Backstroke	1.50.73	Christopher Walker-Hebborn	teamipswich	06.08.09	Leeds
50m Breaststroke	29.19	David Harrison	Stowmarket	25.10.09	Sheffield
100m Breaststroke	1.03.09	Lewis Coleman	teamipswich	18.10.09	Sheffield
200m Breaststroke	2.17.85	Roberto Pavoni	Brentwood	30.08.09	Brisbane, Australia
50m Butterfly	25.04	Stephen Mavin	Chatteris	24.10.09	Sheffield
100m Butterfly	53.50	Roberto Pavoni	Brentwood	29.08.09	Brisbane, Australia
200m Butterfly	1.57.16	Roberto Pavoni	Brentwood	29.08.09	Brisbane, Australia
100m Ind Medley	56.16	Roberto Pavoni	Brentwood	29.08.09	Brisbane, Australia
200m Ind Medley	2.00.37	Roberto Pavoni	Brentwood	22.09.08	Melbourne, Australia
400m Ind Medley	4.12.33	Roberto Pavoni	Brentwood	30.08.09	Brisbane, Australia

RELAY RECORDS MEN

400m Free Team	3.22.98	G Sherwin; J Quinn; J Allchorne; S Leahy	Hatfield	08.08.09	Leeds
800m Free Team	7.30.79	R Charlesworth; M Saint-Clare; J Sargent; J Quinn	Hatfield	23.11.08	Norwich
400m Medley Team	3.48.37	J Sargent; B Cave; J Quinn; A Rust	Hatfield	22.11.08	Norwich