

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Freestyle						
S3	Ellie Challis	Colchester Phoenix	London Aquatics Centre	01.02.20	58.65	Junior
S3	Ellie Challis	Clacton	London Aquatics Centre	04.04.24	49.98	Senior
S4	Ellie Challis	Colchester Phoenix	London Aquatics Centre	02.02.19	1.07.18	Junior
S4	Claire Connon	City of Cambridge	London Aquatics Centre	04.04.24	41.03	Senior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	09.03.08	50.53	Junior
S5	Claire Connon	City of Cambridge	Sheffield	26.07.22	38.57	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	30.07.08	48.26	Junior
S6	Grace Harvey	Hoddesdon	London Aquatics Centre	04.04.24	36.06	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	06.08.14	37.96	Junior
S7	Grace Harvey	Hoddesdon	Manchester	12.12.15	35.85	Senior
S8	Abigail Wickens	Flitwick Dolphins	Norwich	30.04.22	38.04	Junior
S8	Emma Hollis	Epping Forest	Sheffield	17.04.10	33.89	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	28.07.07	31.82	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	28.07.07	31.82	Senior
S10	Hannah Wright	West Suffolk	Sheffield	08.04.11	34.24	Junior
S10	Emma Cattle	Team Luton	London Aquatics Centre	05.03.12	29.85	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.04.08	34.99	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	28.04.11	31.12	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	28.04.11	31.12	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	06.04.12	28.61	Junior
S14	Jessica-Jane Applegate	City of Norwich	Berlin, Germany	08.06.19	27.16	Senior
100m Freestyle						
S3	Ellie Challis	Colchester Phoenix	Basildon	02.02.20	2.07.20	Junior
S3	Ellie Challis	Clacton	London Aquatics Centre	07.04.24	1.46.52	Senior
S4	Ellie Challis	Colchester Phoenix	Manchester	01.12.18	2.18.99	Junior
S4	Claire Connon	City of Cambridge	London Aquatics Centre	07.04.24	2.16.08	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.04.08	1.48.33	Junior
S5	Claire Connon	City of Cambridge	London Aquatics Centre	07.08.21	1.33.01	Senior
S6	Claire Warne	Flitwick Dolphins	Coventry	12.07.08	1.44.48	Junior
S6	Grace Harvey	Hoddesdon	Sheffield	26.07.18	1.13.50	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	09.08.14	1.23.82	Junior
S7	Grace Harvey	Hoddesdon	Sheffield	27.07.17	1.15.20	Senior
S8	Abigail Wickens	Flitwick Dolphins	Norwich	01.05.22	1.22.81	Junior
S8	Emma Hollis	Epping Forest	Berlin, Germany	08.07.11	1.12.44	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	1.09.54	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	1.09.54	Senior
S10	Hannah Wright	West Suffolk	Sheffield	09.04.11	1.14.22	Junior
S10	Emma Cattle	Team Luton	Sheffield	07.04.12	1.05.55	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	02.04.08	1.16.49	Senior
S13	Lauren Hobbins	Luton	Reykjavik, Iceland	24.10.09	1.06.49	Junior
S13	Lauren Hobbins	Luton	Reykjavik, Iceland	24.10.09	1.06.49	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	07.04.12	1.02.24	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Berlin, Germany	07.07.17	58.82	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
200m Freestyle						
S3	Ellie Challis	Colchester Phoenix	Glasgow	26.04.19	4.24.97	Junior
S3	Ellie Challis	Colchester Phoenix	Glasgow	26.04.19	4.24.97	Senior
S4	Suzanne Warren	City of Norwich	Sheffield	03.06.18	4.38.89	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	31.03.08	3.39.03	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	31.03.08	3.39.03	Senior
S6	Claire Warne	Flitwick Dolphins	Norwich	04.05.08	3.44.59	Junior
S6	Natalie Jones	Colchester Phoenix	Berlin, Germany	23.05.08	2.58.20	Senior
S7	Grace Harvey	Hoddesdon	Basildon	19.07.14	3.06.03	Junior
S7	Grace Harvey	Hoddesdon	Nottingham	03.04.16	2.49.29	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2.30.64	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2.30.64	Senior
S10	Lily Herring	North Norfolk Vikings	Norwich	28.01.24	2.45.66	Junior
S10	Emma Cattle	Team Luton	Luton	04.05.13	2.29.72	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	18.06.10	2.30.03	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	18.06.10	2.30.03	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Berlin, Germany	01.07.12	2.14.60	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	28.07.15	2.05.61	Senior
400m Freestyle						
S5	Suzanne Warren	Colchester Phoenix	Swansea	14.06.14	10.20.20	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	29.07.08	7.27.23	Junior
S6	Grace Harvey	Hoddesdon	Sheffield	24.07.18	5.29.66	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	05.08.14	6.19.94	Junior
S7	Grace Harvey	Hoddesdon	Sheffield	25.07.17	5.39.93	Senior
S8	Abigail Wickens	Flitwick Dolphins	Norwich	30.04.22	5.54.34	Junior
S8	Emma Hollis	Epping Forest	Berlin, Germany	05.07.11	5.24.48	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	5.13.00	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	5.13.00	Senior
S10	Lily Herring	Norwich Swan	Norwich	29.04.23	5.45.24	Junior
S10	Emma Cattle	Team Luton	London Aquatics Centre	03.03.12	4.56.13	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	19.05.07	6.12.07	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	30.04.11	4.58.63	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	30.04.11	4.58.63	Senior
S14	Katie Nesbitt	UEA City of Norwich	Norwich	08.12.13	5.17.50	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Berlin, Germany	08.07.17	4.27.08	Senior
800m Freestyle						
S7	Grace Harvey	Hoddesdon	Luton	09.03.13	14.34.72	Junior
S7	Grace Harvey	Hoddesdon	Luton	15.05.16	12.05.62	Senior
S9	Laura Bellars	Colchester Phoenix	Bratislava, Slovakia	14.06.08	13.10.97	Senior
S14	Katie Nesbitt	UEA City of Norwich	Norwich	15.02.14	11.00.37	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Berlin, Germany	07.07.17	9.15.69	Senior
1500m Freestyle						
S14	Jessica-Jane Applegate	City of Norwich	Norwich	20.01.19	18.18.21	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Breaststroke						
SB2	Ellie Challis	Colchester Phoenix	Glasgow	27.04.19	1.05.42	Junior
SB2	Ellie Challis	Colchester Phoenix	Glasgow	27.04.19	1.05.42	Senior
SB3	Claire Connon	City of Cambridge	Norwich	04.05.24	1.09.90	Senior
SB5	Suzanne Warren	Colchester Phoenix	Norwich	09.02.14	1.36.50	Senior
SB6	Grace Harvey	Hoddesdon	Luton	03.05.14	1.01.33	Junior
SB6	Grace Harvey	Hoddesdon	Nottingham	03.04.16	51.05	Senior
SB7	Emma Hollis	Epping Forest	Norwich	02.05.10	46.75	Senior
SB8	Lauren Smith	Epping Forest	Esbjerg, Denmark	09.03.08	45.00	Junior
SB8	Lauren Smith	Cheshunt	Norwich	02.05.10	44.33	Senior
SB9	Hannah Wright	West Suffolk	Norwich	04.05.09	46.96	Junior
SB9	Sarah Bowling	Kings Lynn	Norwich	05.05.08	45.39	Senior
SB12	Lucy Hodges	Colchester Phoenix	Bratislava, Slovakia	14.06.08	43.40	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Sheffield	29.07.07	42.85	Senior
SB14	Louise Fiddes	Hatfield	Wycombe	12.03.17	37.48	Junior
SB14	Louise Fiddes	Hatfield	London Aquatics Centre	23.06.19	33.72	Senior
100m Breaststroke						
SB2	Ellie Challis	Colchester Phoenix	London Aquatics Centre	14.07.18	2.38.99	Junior
SB2	Ellie Challis	Colchester Phoenix	London Aquatics Centre	14.07.18	2.38.99	Senior
SB4	Evangeline Edwards	teamipswich	Sheffield	16.04.10	3.13.45	Junior
SB4	Claire Connon	City of Cambridge	Swansea	12.12.21	2.32.31	Senior
SB5	Claire Warne	Flitwick Dolphins	Sheffield	18.05.07	2.23.16	Junior
SB5	Grace Harvey	Hoddesdon	Glasgow	05.06.21	1.41.42	Senior
SB6	Grace Harvey	Hoddesdon	Sheffield	08.08.14	2.09.24	Junior
SB6	Grace Harvey	Hoddesdon	Manchester	13.03.21	1.41.53	Senior
SB7	Emma Hollis	Epping Forest	Swansea	08.12.07	1.55.44	Junior
SB7	Emma Hollis	Epping Forest	Berlin, Germany	04.07.11	1.41.42	Senior
SB8	Lauren Smith	Epping Forest	Sheffield	01.04.08	1.34.87	Junior
SB8	Lauren Smith	Epping Forest	Sheffield	01.04.08	1.34.87	Senior
SB9	Hannah Wright	West Suffolk	Norwich	01.05.11	1.36.95	Junior
SB9	Harriet Lee	City of Peterborough	London Aquatics Centre	08.09.12	1.19.44	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	01.04.08	1.32.02	Senior
SB13	Lauren Hobbins	Team Luton	Berlin, Germany	01.05.11	1.28.73	Junior
SB13	Lauren Hobbins	Team Luton	Berlin, Germany	01.05.11	1.28.73	Senior
SB14	Louise Fiddes	Hatfield	Wycombe	12.03.17	1.20.14	Junior
SB14	Louise Fiddes	Hatfield	Sheffield	31.05.18	1.13.09	Senior
200m Breaststroke						
SB7	Jodie Fleming	Colchester Phoenix	Swansea	07.10.06	5.23.45	Junior
SB7	Emma Hollis	Epping Forest	Berlin, Germany	29.04.11	3.39.73	Senior
SB8	Lauren Smith	Epping Forest	Swansea	08.12.07	3.33.41	Junior
SB8	Lauren Smith	Epping Forest	Swansea	08.12.07	3.33.41	Senior
SB9	Hannah Wright	West Suffolk	Swansea	13.12.09	3.30.52	Junior
SB9	Hannah Wright	West Suffolk	Swansea	13.12.09	3.30.52	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Swansea	08.12.07	3.30.81	Senior
SB14	Louise Fiddes	Hatfield	Wycombe	11.03.17	2.51.22	Junior
SB14	Louise Fiddes	Hatfield	Berlin, Germany	10.06.18	2.42.45	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Butterfly						
S3	Ellie Challis	Colchester Phoenix	London Aquatics Centre	09.09.19	58.30	Junior
S3	Ellie Challis	Colchester Phoenix	London Aquatics Centre	09.09.19	58.30	Senior
S4	Ellie Challis	Colchester Phoenix	London Aquatics Centre	02.02.19	1.09.06	Junior
S4	Suzanne Warren	teamipswich	Manchester	13.12.15	59.25	Senior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	08.03.08	51.05	Junior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	08.03.08	51.05	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	02.08.08	50.84	Junior
S6	Grace Harvey	Hoddesdon	London Aquatics Centre	04.04.24	38.36	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	09.08.14	47.05	Junior
S7	Grace Harvey	Hoddesdon	Glasgow	25.04.16	40.68	Senior
S8	Emma Hollis	Epping Forest	Norwich	02.05.09	41.34	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	31.07.07	38.28	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	31.07.07	38.28	Senior
S10	Emma Cattle	Team Luton	Luton	16.11.13	33.59	Senior
S12	Lucy Hodges	Colchester Phoenix	Bratislava, Slovakia	14.06.08	38.10	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	28.04.12	30.88	Junior
S14	Jessica-Jane Applegate	City of Norwich	Luton	06.05.19	29.52	Senior
100m Butterfly						
S5	Suzanne Warren	teamipswich	Norwich	12.07.14	2.22.64	Senior
S7	Grace Harvey	Hoddesdon	Luton	16.11.13	2.00.18	Junior
S7	Grace Harvey	Hoddesdon	Nottingham	03.04.16	1.40.16	Senior
S8	Emma Hollis	Epping Forest	Swansea	08.12.07	1.40.09	Junior
S8	Emma Hollis	Epping Forest	Berlin, Germany	07.07.11	1.22.26	Senior
S9	Jo-Jo Cranfield	Rochford	Sheffield	04.04.08	1.25.60	Junior
S9	Sarah Bowling	Kings Lynn	Sheffield	04.04.08	1.24.42	Senior
S10	Hannah Wright	West Suffolk	Swansea	12.12.09	1.39.63	Junior
S10	Emma Cattle	Team Luton	Sheffield	26.04.13	1.15.44	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.04.08	1.26.36	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	18.06.10	1.23.31	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	18.06.10	1.23.31	Senior
S14	Louise Fiddes	Hatfield	Wycombe	19.02.17	1.09.25	Junior
S14	Jessica-Jane Applegate	City of Norwich	Dublin	18.08.18	1.04.13	Senior
200m Butterfly						
S5	Suzanne Warren	Colchester Phoenix	Swansea	13.06.14	4.57.36	Senior
S7	Grace Harvey	Hoddesdon	Luton	11.04.15	3.37.72	Senior
S9	Emma Hollis	Epping Forest	Swansea	07.10.06	4.17.48	Junior
S9	Emma Hollis	Epping Forest	Swansea	07.10.06	4.17.48	Senior
S14	Louise Fiddes	Hatfield	Wycombe	18.02.17	2.32.68	Junior
S14	Louise Fiddes	Hatfield	Berlin, Germany	08.07.17	2.28.64	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Backstroke						
S3	Ellie Challis	Colchester Phoenix	London Aquatics Centre	09.09.19	58.91	Junior
S3	Ellie Challis	Clacton	Tokyo, Japan	29.08.21	55.11	Senior
S4	Ellie Challis	Colchester Phoenix	London Aquatics Centre	02.02.19	1.05.52	Junior
S4	Claire Connon	City of Cambridge	London Aquatics Centre	06.04.24	50.56	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.04.08	52.08	Junior
S5	Claire Connon	City of Cambridge	Sheffield	27.07.22	51.16	Senior
S6	Jodie Fleming	Colchester Phoenix	Norwich	04.05.08	52.45	Junior
S6	Jodie Fleming	Colchester Phoenix	Norwich	04.05.08	52.45	Senior
S7	Grace Harvey	Hoddesdon	Luton	04.05.14	47.60	Junior
S7	Grace Harvey	Hoddesdon	Berlin, Germany	07.07.17	43.53	Senior
S8	Emma Hollis	Epping Forest	Norwich	01.05.10	40.14	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	30.07.07	38.13	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	30.07.07	38.13	Senior
S10	Scarlett Merrell	Halstead	Norwich	01.05.11	42.44	Junior
S10	Emma Cattle	Team Luton	Basildon	06.05.12	35.09	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	29.04.11	34.77	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	29.04.11	34.77	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	28.04.12	33.64	Junior
S14	Jessica-Jane Applegate	City of Norwich	Berlin, Germany	07.06.19	32.02	Senior
100m Backstroke						
S4	Ellie Challis	Colchester Phoenix	London Aquatics Centre	14.07.18	2.24.83	Junior
S4	Suzanne Warren	UEA City of Norwich	Norwich	15.04.17	2.09.32	Senior
S5	Claire Warne	Flitwick Dolphins	High Wycombe	23.09.06	2.08.37	Junior
S5	Claire Warne	Flitwick Dolphins	High Wycombe	23.09.06	2.08.37	Senior
S6	Claire Warne	Flitwick Dolphins	Swansea	14.12.08	1.45.45	Junior
S6	Grace Harvey	Hoddesdon	Sheffield	25.07.18	1.29.27	Senior
S7	Grace Harvey	Hoddesdon	Glasgow	20.04.14	1.37.82	Junior
S7	Grace Harvey	Hoddesdon	Sheffield	26.07.17	1.29.32	Senior
S8	Abigail Wickens	Flitwick Dolphins	Norwich	02.05.22	1.37.50	Junior
S8	Emma Hollis	Epping Forest	Corby	29.01.11	1.29.36	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	29.07.07	1.21.28	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	29.07.07	1.21.28	Senior
S10	Scarlett Merrell	Halstead	Norwich	01.05.11	1.32.08	Junior
S10	Emma Cattle	Team Luton	London Aquatics Centre	04.03.12	1.13.00	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	28.04.11	1.13.20	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	28.04.11	1.13.20	Senior
S14	Katie Nesbitt	UEA City of Norwich	Dordrecht, Holland	12.07.14	1.10.75	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Glasgow	18.07.15	1.06.75	Senior
200m Backstroke						
S6	Claire Warne	Flitwick Dolphins	Swansea	13.12.08	3.42.29	Junior
S6	Claire Warne	Flitwick Dolphins	Sheffield	04.10.09	3.39.67	Senior
S7	Grace Harvey	Hoddesdon	Basildon	19.07.14	3.27.85	Junior
S7	Grace Harvey	Hoddesdon	Berlin, Germany	06.07.17	3.11.77	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	08.10.06	3.08.90	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	08.10.06	3.08.90	Senior
S10	Emma Cattle	Team Luton	Berlin, Germany	30.04.11	2.39.71	Senior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	30.04.11	2.43.02	Junior
S13	Lauren Hobbins	Team Luton	Berlin, Germany	30.04.11	2.43.02	Senior
S14	Katie Nesbitt	UEA City of Norwich	Sheffield	11.01.14	2.36.62	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Norwich	06.02.16	2.27.83	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

FEMALE LONG COURSE AS AT 7th May 2024

Class	Name	Club	Venue	Date	Time	Jun/Sen
150m Individual Medley						
SM3	Ellie Challis	Colchester Phoenix	Glasgow	25.04.19	3.28.97	Junior
SM3	Ellie Challis	Colchester Phoenix	Glasgow	25.04.19	3.28.97	Senior
SM4	Ellie Challis	Colchester Phoenix	Manchester	02.12.18	3.47.28	Junior
SM4	Helen Dolphin	UEA City of Norwich	Leeds	09.03.13	3.45.32	Senior
200m Individual Medley						
SM4	Helen Dolphin	UEA City of Norwich	Norwich	03.11.13	5.15.24	Senior
SM5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	07.03.08	4.01.45	Junior
SM5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	07.03.08	4.01.45	Senior
SM6	Claire Warne	Flitwick Dolphins	Swansea	14.12.08	4.01.22	Junior
SM6	Grace Harvey	Hoddesdon	Sheffield	08.04.21	3.01.01	Senior
SM7	Grace Harvey	Hoddesdon	Sheffield	07.08.14	3.40.62	Junior
SM7	Grace Harvey	Hoddesdon	Berlin, Germany	09.07.17	3.14.16	Senior
SM8	Emma Hollis	Epping Forest	Swansea	08.12.07	3.35.60	Junior
SM8	Emma Hollis	Epping Forest	Berlin, Germany	09.07.11	2.59.46	Senior
SM9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2.57.40	Junior
SM9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2.57.40	Senior
SM10	Hannah Wright	West Suffolk	Sheffield	08.04.11	3.05.56	Junior
SM10	Harriet Lee	City of Peterborough	London Aquatics Centre	30.08.12	2.38.06	Senior
SM12	Lucy Hodges	Borough of Southend	Sheffield	05.04.08	3.03.91	Senior
SM13	Lauren Hobbins	Team Luton	Sheffield	08.04.11	2.44.54	Junior
SM13	Lauren Hobbins	Team Luton	Sheffield	08.04.11	2.44.54	Senior
SM14	Louise Fiddes	Hatfield	Wycombe	11.03.17	2.32.85	Junior
SM14	Jessica-Jane Applegate	City of Norwich	Dublin	19.08.18	2.25.01	Senior
400m Individual Medley						
SM7	Grace Harvey	Hoddesdon	Luton	03.05.14	8.05.48	Junior
SM7	Grace Harvey	Hoddesdon	Luton	03.05.14	8.05.48	Senior
SM 8	Emma Hollis	Epping Forest	Norwich	03.05.09	6.46.94	Senior
SM9	Lauren Steadman	Mid Beds	Norwich	06.05.07	6.35.19	Junior
SM9	Lauren Steadman	Mid Beds	Norwich	06.05.07	6.35.19	Senior
SM14	Katie Nesbitt	UEA City of Norwich	Norwich	09.02.14	5.51.79	Junior
SM14	Jessica-Jane Applegate	UEA City of Norwich	Berlin, Germany	06.07.17	5.13.91	Senior