

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Freestyle						
S3	Ellie Challis	Colchester Phoenix	Braintree	15.03.20	58.11	Junior
S3	Ellie Challis	Colchester Phoenix	Braintree	15.03.20	58.11	Senior
S4	Ellie Challis	Colchester Phoenix	Basildon	16.03.19	1.06.71	Junior
S4	Suzanne Warren	City of Norwich	Manchester	09.12.17	58.74	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.03.08	49.31	Junior
S5	Claire Connon	City of Cambridge	Newmarket	10.10.21	40.37	Senior
S6	Elise Martin-De-La-Torre	teamipswich	Newmarket	22.06.14	41.46	Junior
S6	Natalie Jones	Colchester Phoenix	Sheffield	04.11.07	39.06	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	02.03.14	40.54	Junior
S7	Grace Harvey	Hoddesdon	Luton	06.11.16	36.02	Senior
S8	Emma Hollis	Epping Forest	Sheffield	04.11.07	37.46	Junior
S8	Emma Hollis	Epping Forest	Sheffield	22.11.09	33.70	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	31.60	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	31.60	Senior
S10	Hannah Wright	West Suffolk	Sheffield	21.11.10	33.36	Junior
S10	Emma Cattle	Team Luton	Sheffield	27.11.11	29.95	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	34.95	Senior
S13	Lauren Hobbins	Team Luton	Sheffield	21.11.10	30.84	Junior
S13	Lauren Hobbins	Team Luton	Sheffield	21.11.10	30.84	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	27.11.11	28.34	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Braunstone	20.11.16	26.92	Senior
100m Freestyle						
S3	Ellie Challis	Colchester Phoenix	Braintree	14.03.20	2.02.48	Junior
S3	Ellie Challis	Colchester Phoenix	Braintree	14.03.20	2.02.48	Senior
S4	Ellie Challis	Colchester Phoenix	Sudbury	06.04.19	2.19.43	Junior
S4	Suzanne Warren	City of Norwich	Norwich	19.11.17	2.05.82	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	1.43.51	Junior
S5	Claire Connon	City of Cambridge	Cambridge	20.11.21	1.29.93	Senior
S6	Elise Martin-De-La-Torre	teamipswich	Sheffield	23.11.13	1.41.49	Junior
S6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	1.24.24	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	01.03.14	1.26.15	Junior
S7	Grace Harvey	Hoddesdon	Manchester	09.12.17	1.15.61	Senior
S8	Abigail Wickens	Flitwick Dolphins	Luton	05.11.22	1.19.81	Junior
S8	Emma Hollis	Epping Forest	Sheffield	06.03.10	1.13.61	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.11.07	1.08.58	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	07.03.09	1.06.49	Senior

S10	Hannah Wright	West Suffolk	Sheffield	26.02.11	1.13.52	Junior
S10	Emma Cattle	Team Luton	Sheffield	26.11.11	1.05.50	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1.17.27	Senior
S13	Lauren Hobbins	Luton	Sheffield	21.11.09	1.05.85	Junior
S13	Lauren Hobbins	Luton	Sheffield	21.11.09	1.05.85	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	26.11.11	1.00.91	Junior
S14	Jessica-Jane Applegate	City of Norwich	Manchester	09.12.17	57.86	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
200m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Sheffield	04.11.06	4.54.20	Senior
S4	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	4.29.87	Junior
S4	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	4.29.87	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3.35.82	Junior
S5	Claire Connon	City of Cambridge	Cambridge	14.11.21	3.19.56	Senior
S6	Natalia Sanchez-Jinks	Colchester Phoenix	Braintree	07.02.09	5.32.38	Senior
S7	Grace Harvey	Hoddesdon	Hoddesdon	07.07.13	3.16.16	Junior
S7	Grace Harvey	Hoddesdon	Hoddesdon	06.07.15	2.50.83	Senior
S8	Miki Lin-Gao	City of Cambridge	Newmarket	19.03.17	3.29.03	Junior
S8	Emma Hollis	Harlow Penguins	Newmarket	10.10.21	2.51.16	Senior
S9	Emily Harris	St Felix School	Norwich	03.12.11	2.33.09	Junior
S9	Emily Harris	St Felix School	Norwich	03.12.11	2.33.09	Senior
S10	Lily Herring	Norwich Swan	North Walsham	01.11.23	2.45.54	Junior
S10	Emma Cattle	Team Luton	Luton	03.03.13	2.21.82	Senior
S13	Lauren Hobbins	Luton	Norwich	07.11.09	2.25.11	Junior
S13	Lauren Hobbins	Luton	Norwich	07.11.09	2.25.11	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Sheffield	26.11.11	2.12.32	Junior
S14	Jessica-Jane Applegate	City of Norwich	Manchester	10.12.17	2.03.71	Senior
400m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	7.28.12	Junior
S6	Claire Warne	Team Luton	Sheffield	20.11.10	6.48.11	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	01.03.14	6.24.66	Junior
S7	Grace Harvey	Hoddesdon	Manchester	10.12.17	5.35.84	Senior
S8	Abigail Wickens	Flitwick Dolphins	Luton	06.11.22	5.48.00	Junior
S8	Emma Hollis	Epping Forest	Sheffield	06.03.10	5.27.74	Senior
S9	Emily Harris	St Felix School	Sheffield	02.03.13	5.13.55	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	07.03.09	4.59.06	Senior
S10	Lily Herring	Norwich Swan	Norwich	18.11.23	5.36.33	Junior
S10	Emma Cattle	Luton	Biggleswade	18.03.06	5.31.82	Senior
S13	Lauren Hobbins	Team Luton	Llandudno	17.07.10	5.02.00	Junior
S13	Lauren Hobbins	Team Luton	Llandudno	17.07.10	5.02.00	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Norwich	07.07.12	4.39.44	Junior

S14	Jessica-Jane Applegate	UEA City of Norwich	Braunstone	19.11.16	4.26.08	Senior
800m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Biggleswade	14.03.09	14.36.80	Senior
S7	Grace Harvey	Hoddesdon	Luton	16.11.14	12.42.60	Senior
S8	Grace Harvey	Hoddesdon	Colchester	26.06.11	14.53.18	Junior
S8	Emma Hollis	Epping Forest	Sheffield	11.11.11	10.55.33	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	11.00.12	Junior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	11.00.12	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	10.03.07	10.51.13	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	10.03.07	10.51.13	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Luton	06.11.15	9.09.20	Senior
1500m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Biggleswade	28.02.09	28.09.55	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	20.49.24	Junior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	20.49.24	Senior
S13	Lauren Hobbins	Luton	Biggleswade	27.02.10	19.44.36	Junior
S13	Lauren Hobbins	Luton	Biggleswade	27.02.10	19.44.36	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Norwich	30.09.15	18.05.25	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Breaststroke						
SB2	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	1.07.88	Junior
SB2	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	1.07.88	Senior
SB3	Helen Dolphin	East Anglian ST	Manchester	22.11.14	1.25.14	Senior
SB4	Evangeline Edwards	teamipswich	Thetford	06.12.09	1.26.06	Junior
SB4	Claire Connon	City of Cambridge	Cambridge	21.11.21	1.07.34	Senior
SB5	Claire Warne	Luton	Barnet Copthall	14.04.07	1.06.27	Junior
SB5	Claire Warne	Luton	Barnet Copthall	14.04.07	1.06.27	Senior
SB6	Elise Martin-De-La-Torre	teamipswich	Newmarket	25.05.14	1.02.55	Junior
SB6	Grace Harvey	Hoddesdon	Hoddesdon	08.07.15	55.49	Senior
SB7	Emma Hollis	Epping Forest	Sheffield	03.11.07	53.55	Junior
SB7	Emma Hollis	Epping Forest	Sheffield	06.03.10	46.34	Senior
SB8	Jo-Jo Cranfield	Rochford	Sheffield	03.11.07	44.77	Junior
SB8	Lauren Smith	Cheshunt	Sheffield	20.11.10	41.08	Senior
SB9	Elizabeth Grey	Chelmsford City SC	Uzice, Serbia	06.04.25	43.78	Junior
SB9	Harriet Lee	City of Peterborough	Norwich	03.12.11	36.75	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	42.24	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	42.49	Junior
SB13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	42.49	Senior
SB14	Louise Fiddes	Hatfield	Luton	15.10.16	37.46	Junior
SB14	Louise Fiddes	Hatfield	Basildon	03.11.19	33.18	Senior
100m Breaststroke						

SB2	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	2.25.59	Junior
SB2	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	2.25.59	Senior
SB4	Evangeline Edwards	teamipswich	Thetford	06.12.09	2.57.21	Junior
SB4	Claire Connon	City of Cambridge	Cambridge	28.11.21	2.28.96	Senior
SB5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	2.19.91	Junior
SB5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	2.19.91	Senior
SB6	Grace Harvey	Hoddesdon	Sheffield	01.03.14	2.08.31	Junior
SB6	Grace Harvey	Hoddesdon	Newmarket	19.03.17	1.49.56	Senior
SB7	Jodie Fleming	Colchester Phoenix	Deventer	20.01.08	2.28.84	Junior
SB7	Emma Hollis	Epping Forest	Sheffield	27.11.11	1.41.31	Senior
SB8	Lauren Smith	Epping Forest	Braintree	07.02.09	1.30.00	Junior
SB8	Lauren Smith	Cheshunt	Sheffield	21.11.10	1.29.69	Senior
SB9	Hannah Wright	West Suffolk	Sheffield	26.02.11	1.33.88	Junior
SB9	Harriet Lee	City of Peterborough	Norwich	03.12.11	1.18.54	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	1.31.53	Senior
SB13	Lauren Hobbins	Team Luton	Sheffield	21.11.10	1.27.71	Junior
SB13	Lauren Hobbins	Team Luton	Sheffield	21.11.10	1.27.71	Senior
SB14	Danielle Hartin	Basildon & Phoenix	Luton	05.11.16	1.17.66	Junior
SB14	Louise Fiddes	Hatfield	Hatfield	29.06.19	1.12.66	Senior

200m Breaststroke

SB2	Ellie Challis	Colchester Phoenix	Sudbury	07.04.19	5.16.40	Junior
SB2	Ellie Challis	Colchester Phoenix	Sudbury	07.04.19	5.16.40	Senior
SB5	Charlotte Ryan	Runnymede	Basildon	15.07.23	6.00.17	Senior
SB6	Grace Harvey	Hoddesdon	Hoddesdon	22.06.14	4.56.55	Junior
SB6	Grace Harvey	Hoddesdon	Borehamwood	14.03.15	4.04.53	Senior
SB8	Lauren Smith	Epping Forest	Fullwell Cross	03.02.07	3.32.61	Junior
SB8	Lauren Smith	Epping Forest	Fullwell Cross	03.02.07	3.32.61	Senior
SB9	Hannah Wright	West Suffolk	Sudbury	24.10.09	3.31.66	Junior
SB9	Harriet Lee	City of Peterborough	Peterborough	02.03.13	2.52.37	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Barnet Copthall	15.04.07	3.24.85	Junior

SB13	Samantha Tilbury	Flitwick Dolphins	Barnet Copthall	15.04.07	3.24.85	Senior
SB14	Louise Fiddes	Hatfield	Hatfield	02.10.16	2.49.64	Junior
SB14	Louise Fiddes	Hatfield	Borehamwood	18.01.20	2.36.21	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Butterfly						
S3	Ellie Challis	Colchester Phoenix	Basildon	02.11.19	1.02.84	Junior
S3	Ellie Challis	Colchester Phoenix	Basildon	02.11.19	1.02.84	Senior
S4	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	1.04.69	Junior
S4	Suzanne Warren	City of Norwich	Norwich	19.11.17	1.00.99	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	51.09	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	51.09	Senior
S6	Elise Martin-De-La-Torre	teamipswich	Sheffield	01.03.14	45.33	Junior
S6	Elise Martin-De-La-Torre	teamipswich	Newmarket	14.06.15	40.88	Senior

S7	Grace Harvey	Hoddesdon	Sheffield	01.03.14	48.56	Junior
S7	Grace Harvey	Hoddesdon	Luton	05.11.16	41.12	Senior
S8	Emma Hollis	Epping Forest	Sheffield	04.11.07	43.86	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.09	39.46	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	36.56	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	36.56	Senior
S10	Hannah Wright	West Suffolk	Sheffield	21.11.10	38.41	Junior
S10	Emma Cattle	Team Luton	Luton	17.03.13	34.49	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	37.74	Senior
S13	Lauren Hobbins	Luton	Sheffield	22.11.09	37.35	Junior
S13	Lauren Hobbins	Luton	Sheffield	22.11.09	37.35	Senior
S14	Louise Fiddes	Hatfield	Luton	16.10.16	31.53	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Luton	05.11.16	29.61	Senior

100m Butterfly

S5	Claire Warne	Flitwick Dolphins	Biggleswade	15.03.08	1.49.32	Junior
S5	Claire Warne	Flitwick Dolphins	Biggleswade	15.03.08	1.49.32	Senior
S6	Elise Martin-De-La-Torre	teamipswich	Newmarket	22.06.14	1.37.21	Junior
S6	Elise Martin-De-La-Torre	teamipswich	Newmarket	19.06.16	1.29.19	Senior
S7	Grace Harvey	Hoddesdon	Hoddesdon	18.10.13	2.10.84	Junior
S7	Grace Harvey	Hoddesdon	Borehamwood	18.01.15	1.38.67	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1.38.07	Junior
S8	Emma Hollis	Epping Forest	Barkingside	03.10.09	1.24.68	Senior
S9	Jo-Jo Cranfield	Rochford	Sheffield	04.03.07	1.28.32	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	08.03.09	1.19.44	Senior
S10	Hannah Wright	West Suffolk	Sheffield	27.02.11	1.29.97	Junior
S10	Emma Cattle	Team Luton	Luton	03.03.13	1.15.87	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1.24.79	Senior
S13	Lauren Hobbins	Luton	Sheffield	07.03.10	1.26.36	Junior
S13	Lauren Hobbins	Luton	Sheffield	07.03.10	1.26.36	Senior
S14	Louise Fiddes	Hatfield	Hatfield	08.10.16	1.08.48	Junior
S14	Jessica-Jane Applegate	City of Norwich	Manchester	10.12.17	1.05.02	Senior

200m Butterfly

S5	Suzanne Warren	teamipswich	Norwich	01.11.14	5.23.20	Senior
S7	Grace Harvey	Hoddesdon	Hoddesdon	23.06.13	4.21.77	Junior
S7	Grace Harvey	Hoddesdon	Borehamwood	21.11.15	3.33.88	Senior
S8	Grace Harvey	Hoddesdon	Hoddesdon	27.06.11	4.54.22	Junior
S8	Emma Hollis	Epping Forest	Barkingside	03.10.09	3.00.31	Senior
S14	Louise Fiddes	Hatfield	Luton	15.10.16	2.30.34	Junior
S14	Louise Fiddes	Hatfield	Luton	18.11.17	2.25.75	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Backstroke						
S3	Ellie Challis	Colchester Phoenix	Braintree	14.03.20	1.03.41	Junior
S3	Ellie Challis	Colchester Phoenix	Braintree	14.03.20	1.03.41	Senior

S4	Ellie Challis	Colchester Phoenix	Southampton	15.04.18	1.06.00	Junior
S4	Suzanne Warren	City of Norwich	Manchester	09.12.17	58.06	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	51.78	Junior
S5	Claire Connon	City of Cambridge	Newmarket	10.10.21	48.44	Senior
S6	Elise Martin-De-La-Torre	teamipswich	Newmarket	25.05.14	52.08	Junior
S6	Claire Warne	Team Luton	Luton	17.03.13	48.73	Senior
S7	Grace Harvey	Hoddesdon	Borehamwood	19.01.14	48.86	Junior
S7	Grace Harvey	Hoddesdon	Newmarket	14.06.15	45.02	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	46.60	Junior
S8	Emma Hollis	Epping Forest	Sheffield	21.11.09	39.56	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.03.07	37.62	Junior
S9	Lauren Smith	Cheshunt	Sheffield	20.11.10	36.99	Senior
S10	Scarlett Merrell	Braintree & Bocking	Norwich	04.12.11	40.82	Junior
S10	Emma Cattle	Team Luton	Luton	17.03.13	34.72	Senior
S13	Lauren Hobbins	Team Luton	Biggleswade	20.03.11	33.42	Junior
S13	Lauren Hobbins	Team Luton	Biggleswade	20.03.11	33.42	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Hadleigh	24.09.11	32.91	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Luton	07.11.15	31.92	Senior

100m Backstroke

S4	Ellie Challis	Colchester Phoenix	Sudbury	06.04.19	2.14.95	Junior
S4	Ellie Challis	Colchester Phoenix	Sudbury	06.04.19	2.14.95	Senior
S5	Claire Warne	Luton	Biggleswade	24.03.07	1.55.96	Junior
S5	Claire Connon	City of Cambridge	Cambridge	14.11.21	1.50.70	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	1.43.46	Junior
S6	Claire Warne	Team Luton	Sheffield	20.11.10	1.38.48	Senior
S7	Grace Harvey	Hoddesdon	Sheffield	02.03.14	1.33.65	Junior
S7	Grace Harvey	Hoddesdon	Manchester	10.12.17	1.29.78	Senior
S8	Abigail Wickens	Flitwick Dolphins	Coventry	08.06.24	1.36.51	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.10	1.24.85	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.11.07	1.18.67	Junior
S9	Lauren Smith	Cheshunt	Sheffield	26.11.11	1.18.00	Senior
S10	Scarlett Merrell	Braintree & Bocking	Sheffield	25.03.12	1.28.47	Junior
S10	Emma Cattle	Team Luton	Luton	16.03.13	1.12.50	Senior
S13	Lauren Hobbins	Team Luton	Hitchin	28.11.10	1.10.89	Junior
S13	Lauren Hobbins	Team Luton	Hitchin	28.11.10	1.10.89	Senior
S14	Katie Nesbitt	UEA City of Norwich	Thetford	09.03.14	1.09.76	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Leicester	22.11.15	1.06.58	Senior

200m Backstroke

S6	Claire Warne	Team Luton	Barnet Copthall	11.04.10	3.32.73	Senior
S7	Grace Harvey	Hoddesdon	Hoddesdon	23.06.13	3.31.09	Junior
S7	Grace Harvey	Hoddesdon	Borehamwood	21.11.15	3.13.69	Senior
S8	Grace Harvey	Hoddesdon	Hoddesdon	27.06.11	3.58.54	Junior
S8	Emma Hollis	Epping Forest	Barkingside	04.10.09	2.57.89	Senior
S9	Lauren Steadman	Mid Beds	Milton Keynes	01.07.06	3.09.35	Junior
S9	Lauren Steadman	Mid Beds	Milton Keynes	01.07.06	3.09.35	Senior
S10	Emma Cattle	Team Luton	Luton	17.03.13	2.38.38	Senior
S13	Lauren Hobbins	Luton	Biggleswade	06.03.10	2.39.47	Junior

S13	Lauren Hobbins	Luton	Biggleswade	06.03.10	2.39.47	Senior
S14	Jessica-Jane Applegate	UEA City of Norwich	Norwich	05.11.11	2.34.27	Junior
S14	Jessica-Jane Applegate	UEA City of Norwich	Braunstone	19.11.16	2.23.70	Senior

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS FEMALE SHORT COURSE AS AT 5th May 2025

Class	Name	Club	Venue	Date	Time	Jun/Sen
100m Individual Medley						
SM4	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	2.17.59	Junior
SM4	Ellie Challis	Colchester Phoenix	Braintree	14.04.19	2.17.59	Senior
SM5	Claire Warne	Luton	Biggleswade	11.03.07	1.53.58	Junior
SM5	Claire Warne	Luton	Biggleswade	11.03.07	1.53.58	Senior
SM6	Elise Martin-De-La-Torre	teamipswich	Sheffield	01.03.14	1.49.54	Junior
SM6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	1.36.28	Senior
SM7	Grace Harvey	Hoddesdon	Newmarket	25.05.14	1.47.51	Junior
SM7	Grace Harvey	Hoddesdon	Lewisham	16.10.16	1.31.75	Senior
SM8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1.37.87	Junior
SM8	Emma Hollis	Epping Forest	Sheffield	26.11.11	1.25.63	Senior
SM9	Lauren Steadman	Mid Beds	Sheffield	03.03.07	1.24.87	Junior
SM9	Lauren Smith	Cheshunt	Sheffield	20.11.10	1.18.68	Senior
SM10	Hannah Wright	West Suffolk	Sheffield	26.11.11	1.26.27	Junior
SM10	Emma Cattle	Luton	Biggleswade	11.03.07	1.21.66	Senior
SM12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1.26.94	Senior
SM13	Lauren Hobbins	Team Luton	Llandudno	17.07.10	1.18.30	Junior
SM13	Lauren Hobbins	Team Luton	Llandudno	17.07.10	1.18.30	Senior
SM14	Katie Nesbitt	UEA City of Norwich	Thetford	08.03.14	1.13.83	Junior
SM14	Jessica-Jane Applegate	City of Norwich	Luton	06.11.21	1.09.14	Senior
150m Individual Medley						
SM4	Ellie Challis	Colchester Phoenix	Southampton	14.04.18	3.58.93	Junior
SM4	Helen Dolphin	East Anglian ST	Sheffield	25.11.12	3.47.26	Senior
200m Individual Medley						
SM5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3.52.40	Junior
SM5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3.52.40	Senior
SM6	Elise Martin-De-La-Torre	teamipswich	Newmarket	25.05.14	3.43.43	Junior
SM6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	3.18.63	Senior
SM7	Grace Harvey	Hoddesdon	Sheffield	01.03.14	3.37.24	Junior
SM7	Grace Harvey	Hoddesdon	Manchester	09.12.17	3.06.24	Senior
SM8	Abigail Wickens	Flitwick Dolphins	Luton	06.11.22	3.27.15	Junior
SM8	Emma Hollis	Epping Forest	Sheffield	26.11.11	3.01.44	Senior
SM9	Lauren Smith	Epping Forest	Braintree	07.02.09	2.52.66	Junior
SM9	Lauren Smith	Cheshunt	Sheffield	26.02.11	2.46.97	Senior
SM10	Hannah Wright	West Suffolk	Newmarket	24.04.11	3.03.46	Junior
SM10	Harriet Lee	City of Peterborough	Norwich	04.12.11	2.42.57	Senior
SM12	Lucy Hodges	Borough of Southend	Biggleswade	02.02.08	3.05.21	Senior
SM13	Lauren Hobbins	Team Luton	Sheffield	20.11.10	2.42.12	Junior
SM13	Lauren Hobbins	Team Luton	Sheffield	20.11.10	2.42.12	Senior

SM14	Louise Fiddes	Hatfield	Newmarket	19.03.17	2.32.74	Junior
SM14	Jessica-Jane Applegate	City of Norwich	Manchester	09.12.17	2.26.29	Senior
400m Individual Medley						
SM7	Grace Harvey	Hoddesdon	Hoddesdon	24.06.13	8.08.67	Junior
SM7	Grace Harvey	Hoddesdon	Hoddesdon	06.07.15	7.01.03	Senior
SM8	Emma Hollis	Epping Forest	Sheffield	12.11.11	6.10.57	Senior
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	24.03.07	6.13.46	Junior
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	24.03.07	6.13.46	Senior
SM14	Louise Fiddes	Hatfield	Borehamwood	04.02.17	5.17.85	Junior
SM14	Louise Fiddes	Hatfield	Borehamwood	04.02.17	5.17.85	Senior