

West Suffolk Swimming Club Records Female (Long Course)

Age	50m Freestyle	100m Freestyle	200m Freestyle	400m Freestyle	800m Freestyle	1500m Freestyle
9	C-J Parsley 35.55	Elodie Venables 1:27.20	C-J Parsley 2:51.13	Elodie Venables 6:39.11	Elodie Venables 13:41.75	
10	Lucy Hudson 33.52	C-J Parsley 1:14.09	C-J Parsley 2:41.65	C-J Parsley 5:33.17	Ella Hale 11:58.98	
11	Lucy Hudson 30.94	Lucy Hudson 1:08.27	Dawn Jason 2:20.07	Dawn Jason 5:10.34	Ella Hale 10:49.02	Kiera Broad 21:58.92
12	Angharad Evans 28.83	Angharad Evans 1:02.96	Dawn Jason 2:16.99	Dawn Jason 4:44.98	Rebecca Hawes 10:08.15	Molly Reeder 19:48.61
13	Angharad Evans 28.16	Angharad Evans 1:00.37	Verity Jason 2:11.94	Dawn Jason 4:36.65	Dawn Jason 9:26.92	Kiera Broad 20:27.08
14	Angharad Evans 28.04	Angharad Evans 1:00.56	Dawn Jason 2:10.43	Dawn Jason 4:30.92	Dawn Jason 9:12.62	Maeve Pooley 18:48.12
15	Ella Hale 28.03	Jessica Craig 58.09	Dawn Jason 2:08.14	Dawn Jason 4:28.42	Dawn Jason 9:12.61	Niamh Perry 18:20.58
16	Molly Ollington 27.71	Molly Ollington 1:00.08	Dawn Jason 2:08.47	Dawn Jason 4:24.04	Dawn Jason 9:00.82	Niamh Perry 18:15.84
17	Molly Ollington 27.89	Molly Ollington 59.83	Jessica Craig 2:04.02	Jessica Craig 4:17.83	Dawn Jason 9:00.27	Dawn Jason 17:16.30
18	Molly Ollington 27.79	Molly Ollington 59.62	Dawn Jason 2:08.80	Dawn Jason 4:28.92	Dawn Jason 9:03.09	
Open	Molly Ollington 27.71	Jessica Craig 58.09	Jessica Craig 2:04.02	Jessica Craig 4:17.83	Dawn Jason 9:00.27	Dawn Jason 17:16.30

Age	50m Backstroke	100m Backstroke	200m Backstroke	50m Breaststroke	100m Breaststroke	200m Breaststroke
9	Lucy Hudson 41.16	Ella Stewart 1:40.08	C-J Parsley 3:11.69	Lucy Hudson 47.65		Lucy Hudson 3:51.67
10	C-J Parsley 38.73	C-J Parsley 1:23.78	C-J Parsley 2:53.81	Charlotte White 43.34	Isobel Bettley 1:35.72	Eleanor Wright 3:32.22
11	Dawn Jason 36.27	Dawn Jason 1:12.24	Dawn Jason 2:44.07	Charlotte White 38.67	Charlotte White 1:23.31	Charlotte White 2:55.59
12	Dawn Jason 33.91	Dawn Jason 1:09.93	Dawn Jason 2:30.11	Angharad Evans 35.27	Alex Harrison 1:18.73	Charlotte White 2:49.73
13	Dawn Jason 32.45	Dawn Jason 1:08.82	Dawn Jason 2:27.39	Angharad Evans 32.04	Angharad Evans 1:10.13	Charlotte White 2:42.85
14	Dawn Jason 31.82	Dawn Jason 1:07.69	Dawn Jason 2:25.02	Angharad Evans 32.44	Angharad Evans 1:09.85	Angharad Evans 2:38.64
15	Dawn Jason 31.78	Dawn Jason 1:07.72	Sarah Boyd 2:22.12	Beth Mottram 35.57	Lana Mo 1:16.43	Lana Mo 2:49.12
16	Molly Ollington 31.46	Sarah Boyd 1:05.47	Dawn Jason 2:23.22	Angharad Evans 31.63	Angharad Evans 1:09.26	Angharad Evans 2:33.40
17	Sarah Boyd 30.89	Dawn Jason 1:06.77	Dawn Jason 2:20.91	Charlotte White 36.16	Alex Harrison 1:13.72	Alex Harrison 2:38.49
18	Molly Ollington 31.78	Dawn Jason 1:07.62	Dawn Jason 2:24.54	Olivia Nicolai 37.03	Alex Harrison 1:13.86	Alex Harrison 2:39.28
Open	Sarah Boyd 30.89	Sarah Boyd 1:05.47	Dawn Jason 2:20.91	Angharad Evans 31.63	Angharad Evans 1:08.05	Angharad Evans 2:33.40

Age	50m Butterfly	100m Butterfly	200m Butterfly	200m IM	400m IM
9	Lucy Hudson 43.36			C-J Parsley 3:15.78	
10	Charlotte White 36.49	India Clement 1:41.25	C-J Parsley 3:32.53	C-J Parsley 3:03.57	C-J Parsley 6:26.44
11	Grace Bullingham 34.43	Ella Hale 1:18.72	Isobel Bettley 3:06.44	Dawn Jason 2:37.59	C-J Parsley 6:09.65
12	Ella Hale 31.98	Niamh Perry 1:11.11	Niamh Perry 2:47.88	Dawn Jason 2:33.75	Molly Reeder 5:46.40
13	Angharad Evans 30.52	Verity Jason 1:07.40	Niamh Perry 2:32.90	Verity Jason 2:28.91	Dawn Jason 5:17.08
14	Charlotte White 29.56	Charlotte White 1:05.69	Charlotte White 2:28.71	Charlotte White 2:27.28	Charlotte White 5:09.70
15	Ella Hale 29.42	Ella Hale 1:06.39	Niamh Perry 2:30.24	Verity Jason 2:26.74	Dawn Jason 5:11.63
16	Charlotte White 29.52	Charlotte White 1:06.48	Victoria Sparrow 2:29.35	Bethan Bottomley 2:26.30	Alex Harrison 5:11.12
17	Charlotte White 28.67	Alex Harrison 1:02.90	Alex Harrison 2:19.87	Charlotte White 2:23.53	Alex Harrison 5:07.26
18	Molly Olington 29.72	Alex Harrison 1:02.43	Alex Harrison 2:18.64	Alex Harrison 2:23.03	
Open	Charlotte White 28.67	Alex Harrison 1:02.43	Alex Harrison 2:18.64	Alex Harrison 2:23.03	Alex Harrison 5:07.26