

West Suffolk Swimming Club Records Female (Short Course)

Age	50m Freestyle	100m Freestyle	200m Freestyle	400m Freestyle	800m Freestyle	1500m Freestyle
9	Verity Jason 35.29	India Clement 1:19.06	India Clement 2:56.60	India Clement 6:14.43	Charlotte White 13:28.93	
10	Lucy Hudson 32.77	Verity Jason 1:11.26	Verity Jason 2:34.51	C-J Parsley 5:30.82	Charlotte White 11:41.79	
11	Bethan Bottomley 30.62	Dawn Jason 1:05.32	Victoria Sparrow 2:24.79	Charlotte White 5:02.70	Charlotte White 10:50.49	Isabel Moore 21:23.70
12	Angharad Evans 28.34	D Jason / A Evans 1:02.79	Verity Jason 2:12.93	Dawn Jason 4:36.36	Rebecca Hawes 9:47.13	Khembe Gibbons 20:36.75
13	Angharad Evans 27.93	Angharad Evans 1:00.33	Verity Jason 2:10.11	Verity Jason 4:36.00	Dawn Jason 9:25.31	Emily Pitts 19:54.33
14	Bethan Bottomley 27.35	Bethan Bottomley 58.51	Bethan Bottomley 2:06.92	Dawn Jason 4:25.35	Dawn Jason 9:03.67	Gemma Goldhawk 19:22.94
15	Bethan Bottomley 27.35	Lana Mo 59.33	Dawn Jason 2:06.65	Dawn Jason 4:24.49	Ella Hale 9:23.96	J Titterington 18:19.20
16	Molly Ollington 26.88	Molly Ollington 58.41	Dawn Jason 2:05.12	Dawn Jason 4:23.92	Dawn Jason 8:58.12	Freya Wright 18:12.66
17	Molly Ollington 27.29	Molly Ollington 58.25	Jessica Craig 2:02.15	Jessica Craig 4:15.15	Jessica Craig 8:45.22	J Titterington 17:47.35
18	Molly Ollington 27.06	Jessica Craig 57.63	Dawn Jason 2:05.74	Dawn Jason 4:25.12	Dawn Jason 9:02.06	Dawn Jason 17:25.16
Open	Molly Ollington 26.88	Jessica Craig 57.63	Jessica Craig 2:02.15	Jessica Craig 4:15.15	Jessica Craig 8:45.22	Dawn Jason 17:25.16

Age	50m Backstroke	100m Backstroke	200m Backstroke	50m Breaststroke	100m Breaststroke	200m Breaststroke
9	Verity Jason 41.06	India Clement 1:31.70	Charlotte White 3:06.77	Verity Jason 46.18	India Clement 1:46.65	India Clement 3:46.04
10	C-J Parsley 36.92	Dawn Jason 1:17.66	Dawn Jason 2:45.68	C-J Parsley 42.46	Charlotte White 1:33.51	Charlotte White 3:13.99
11	Verity Jason 34.72	Dawn Jason 1:10.54	Verity Jason 2:39.02	Charlotte White 38.47	Charlotte White 1:22.22	Charlotte White 2:55.97
12	Esther Little 33.24	Dawn Jason 1:08.73	Dawn Jason 2:27.47	Angharad Evans 34.86	Alex Harrison 1:16.26	Charlotte White 2:45.58
13	Lucy Hudson 32.68	Dawn Jason 1:07.16	Verity Jason 2:24.62	Angharad Evans 33.29	Angharad Evans 1:11.86	Angharad Evans 2:38.38
14	Bethan Bottomley 30.52	Bethan Bottomley 1:05.90	Dawn Jason 2:21.56	Charlotte White 34.69	Charlotte White 1:15.34	Charlotte White 2:39.29
15	Sarah Boyd 30.00	Bethan Bottomley 1:03.99	Bethan Bottomley 2:16.72	Lana Mo 34.65	Lana Mo 1:13.93	Lana Mo 2:41.84
16	Bethan Bottomley 29.85	Bethan Bottomley 1:04.82	Dawn Jason 2:18.66	Angharad Evans 31.29	Angharad Evans 1:07.91	Angharad Evans 2:32.52
17	Alex Harrison 30.47	Dawn Jason 1:06.03	Sarah Boyd 2:18.66	Cerys Williams 35.32	Alex Harrison 1:10.57	Alex Harrison 2:35.73
18	Molly Olington 30.68	Dawn Jason 1:06.14	Dawn Jason 2:21.39	Alex Harrison 33.82	Alex Harrison 1:10.75	Alex Harrison 2:35.18
Open	Bethan Bottomley 29.85	Bethan Bottomley 1:03.99	Bethan Bottomley 2:16.72	Angharad Evans 31.29	Angharad Evans 1:07.91	Angharad Evans 2:32.52

Age	50m Butterfly	100m Butterfly	200m Butterfly	100m IM	200m IM	400m IM
9	Ella Hale 41.28	Isabel Moore 1:28.02	Lucy Hudson 3:57.93	Verity Jason 1:26.91	C-J Parsley 3:12.10	P Harpur-Davies 8:05.05
10	Grace Bullingham 36.21	Charlotte White 1:25.07	Ella Hale 3:19.16	Charlotte White 1:24.19	Verity Jason 2:51.89	Ella Hale 6:16.95
11	Niamh Perry 33.14	Niamh Perry 1:14.79	Niamh Perry 2:55.83	Grace Bullingham 1:17.02	Verity Jason 2:40.16	Verity Jason 5:41.54
12	Ella Hale 31.82	Charlotte White 1:10.60	Niamh Perry 2:38.30	Charlotte White 1:11.83	Verity Jason 2:30.27	Charlotte White 5:25.98
13	Angharad Evans 30.16	Verity Jason 1:07.22	Charlotte White 2:30.26	Charlotte White 1:08.98	Verity Jason 2:27.39	Verity Jason 5:10.44
14	Ella Hale 29.36	Charlotte White 1:05.38	Charlotte White 2:27.41	Charlotte White 1:07.78	Verity Jason 2:23.56	Verity Jason 5:01.70
15	Ella Hale 29.54	Beth Mottram 1:05.76	Niamh Perry 2:26.84	Bethan Bottomley 1:06.36	Bethan Bottomley 2:20.97	Verity Jason 5:06.14
16	Charlotte White 28.97	Alex Harrison 1:03.40	Alex Harrison 2:17.52	Charlotte White 1:05.18	Alex Harrison 2:20.77	Bethan Bottomley 4:58.29
17	Alex Harrison 27.63	Alex Harrison 1:02.29	Alex Harrison 2:15.64	Alex Harrison 1:05.34	Alex Harrison 2:20.25	Alex Harrison 4:56.83
18	Alex Harrison 27.61	Alex Harrison 1:01.64	Alex Harrison 2:17.18	Alex Harrison 1:05.07	Alex Harrison 2:20.26	Dawn Jason 4:59.28
Open	Alex Harrison 27.61	Alex Harrison 1:01.64	Alex Harrison 2:15.64	Alex Harrison 1:05.07	Alex Harrison 2:20.25	Stefanie Bircher 4:56.27