

<b>SUSSEX COUNTY WOMENS OPEN LONG COURSE RECORDS</b>					
EVENT	TIME	NAME	CLUB	VENUE	DATE
50 FREE	27.45	Emma Dean	Brighton	Aldershot Garrison Pool	27/11/2005
100 FREE	59.67	Emma Dean	Brighton	Aldershot Garrison Pool	14/04/2006
200 FREE	2.06.80	Charlotte Wooliscroft	Shiverers	K2 Crawley	03/11/2007
400 FREE	4.19.88	Charlotte Wooliscroft	Shiverers	Manchester	26/10/2007
800 FREE	8.55.22	Charlotte Wooliscroft	Shiverers	Ponds Forge. Sheffield	29/07/2007
1500 FREE	17.06.60	Charlotte Wooliscroft	Shiverers	K2 Crawley	02/03/2008
50 BACK	32.51	Victoria Turner	1066	K2 Crawley	07/10/2007
100 BACK	1.07.76	Charlotte Wooliscroft	Shiverers	K2 Crawley	04/11/2007
200 BACK	2.26.31	Charlotte Wooliscroft	Shiverers	K2 Crawley	03/11/2007
50 BREAST	36.27	Laura West	Brighton	Aldershot Garrison Pool	27/11/2005
100 BREAST	1.17.98	Tya Allum	Crawley	Manchester	27/10/2007
200 BREAST	2.43.47	TYA ALLUM	CRAWLEY	Ponds Forge Sheffield	27/01/2008
50 FLY	29.80	Holly White	Brighton	Aldershot Garrison Pool	27/11/2005
100 FLY	1.06.74	Harriet Lambourne	Bognor Regis	Aldershot Garrison Pool	06/05/2007
200 FLY	2.26.85	Harriet Lambourne	Bognor Regis	Aldershot Garrison Pool	07/05/2007
200 IM	2.31.28	Sophie Trotter	Bognor Regis	K2 Crawley	14/04/2006
400 IM	5.19.64	Charlotte Wooliscroft	Shiverers	K2 Crawley	15/04/2007
4x100 MEDLEY TEAM	4.52.44	BRIGHTON		Aldershot Garrison Pool	27/11/2005
4x100 FREE TEAM	4.13.63	BRIGHTON		Aldershot Garrison Pool	27/11/2005
4X200 FREE TEAM	9.23.11	CRAWLEY		Aldershot Garrison Pool	30/04/2006
Record claims must be made, in writing, to the County Secretary within 28 days of the swim. Conditions of eligibilty are as printed in the County Handbook (latest edition)					

<b>SUSSEX COUNTY GIRLS</b>					
<b><u>JUNIOR (U/16) LONG COURSE RECORDS</u></b>					
EVENT	TIME	NAME	CLUB	VENUE	DATE
50 FREE	27.46	Mai Alland	B-Hill & H-Heath	Region Championships Aldershot	02/04/2008
100 FREE	1.01.62	Charlotte Wooliscroft	Shiverers	Aldershot Garrison Pool	27/11/2005
200 FREE	2.11.85	Sophie Brooks	Crawley	British Championships Ponds Forge. Sheffield	05/04/2008
400 FREE	4.31.00	Charlotte Wooliscroft	Shiverers	Aldershot Garrison Pool	27/11/2005
800 FREE	9.15.53	Charlotte Wooliscroft	Shiverers	Ponds Forge. Sheffield	05/08/2006
1500 FREE	17.40.07	Charlotte Wooliscroft	Shiverers	Ponds Forge. Sheffield	05/08/2006
50 BACK	32.51	Victoria Turner	1066	K2 Crawley	07/10/2007
100 BACK	1.09.43	Victoria Turner	1066	Ponds Forge Sheffield	23/07/2007
200 BACK	2.28.9	Charlotte Wooliscroft	Shiverers	Aldershot Garrison Pool	27/11/2005
50 BREAST	37.37	Amy Medlock	Shiverers	K2 Crawley	19/04/2008
100 BREAST	1.17.98	Tya Allum	Crawley	Manchester	27/10/2007
200 BREAST	2.43.47	Tya Allum	Crawley	Ponds Forge Sheffield	27/01/2008
50 FLY	31.06	Harriet Lambourne	Bognor Regis	Aldershot Garrison Pool	05/05/2007
100 FLY	1.06.74	Harriet Lambourne	Bognor Regis	Aldershot Garrison Pool	06/05/2007
200 FLY	2.26.85	Harriet Lambourne	Bognor Regis	Aldershot Garrison Pool	07/05/2007
200 IM	2.33.18	Sophie Brooks	Crawley	Ponds Forge Sheffield	27/01/2008
400 IM	5.22.12	Jessie Fisher	Crawley	Aldershot Garrison Pool	06/05/2007
4x100 MEDLEY TEAM	5.01.87	BOGNOR REGIS		K2 Crawley	03/06/2006
4x100 FREE TEAM	4.27.82	CRAWLEY		K2 Crawley	04/06/2006
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