

<b>SUSSEX COUNTY WOMENS OPEN LONG COURSE RECORDS</b>			
<b>EVENT</b>	<b>TIME</b>	<b>D.O.B.</b>	<b>VENUE</b>
50 FREE	26.41 Mai Alland, B'Hill & H'Heath, on 02/08/2009	29/08/1993	National Champ's Ponds Forge. Sheffield
100 FREE	59.41 Charlotte Woolliscroft, Shiverers, on 30/01/2010	14/11/1990	Burns Open Ponds Forge. Sheffield
200 FREE	2.02.97 Charlotte Woolliscroft, Shiverers, on 31/01/2010	14/11/1990	Burns Open Ponds Forge. Sheffield
400 FREE	4.15.71 Charlotte Woolliscroft, Shiverers, on 02/08/2009	14/11/1990	National Champ's Ponds Forge. Sheffield
800 FREE	8.44.57 Charlotte Woolliscroft, Shiverers, on 18/03/2009	14/11/1990	Ponds Forge. Sheffield
1500 FREE	16.54.16 Charlotte Woolliscroft, Shiverers, on 21/03/2009	14/11/1990	K2 Crawley
50 BACK	31.35 Victoria Turner, 1066 Swimmers, on 19/08/2010	25/03/1994	ASA Championships Sunderland
100 BACK	1.05.93 Charlotte Woolliscroft, Shiverers, on 19/04/2009	14/11/1990	K2 Crawley
200 BACK	2.20.10 Charlotte Woolliscroft, Shiverers, on 19/04/2009	14/11/1990	K2 Crawley
50 BREAST	33.98 Mai Alland, Crawley, on 14/06/2011	29/08/1993	British Championships Ponds Forge Sheffield
100 BREAST	1.14.93 Federica Williamson, Crawley, on 31/07/2010	12/01/1997	National Champ's Ponds Forge. Sheffield
200 BREAST	2.42.98 Tya Allum, Crawley, on 03/05/2008	10/11/1992	Ponds Forge Sheffield
50 FLY	29.05 Rachael Bowen, Mid Sussex Marlins, on 19/08/2010	09/06/1990	ASA Championships Sunderland
100 FLY	1.04.17 Sophie Brooks, Crawley, on 17/04/10	30/01/1994	Crawley Spring Open K2 Crawley
200 FLY	2.20.07 Sophie Brooks, Crawley, on 09/05/10	30/01/1994	Region Champ's Mountbatten centre Portsmouth
200 IM	2.29.19 Charlotte Woolliscroft, Shiverers, on 22/11/2009	14/11/1990	Stockport Metro Open meet Stockport
400 IM	5.19.64 Charlotte Woolliscroft, Shiverers, on 15/04/2007	14/11/1990	K2 Crawley
4x100 MEDLEY TEAM	4.52.44 Brighton on 27/11/2005	BRIGHTON	Aldershot Garrison Pool
4x100 FREE TEAM	4.13.63 Brighton on 27/11/2005	BRIGHTON	Aldershot Garrison Pool
4X200 FREE TEAM	9.23.11 Crawley on 30/04/2006	CRAWLEY	Aldershot Garrison Pool

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)

**SUSSEX COUNTY GIRLS**  
**JUNIOR (U/16) LONG COURSE RECORDS**

EVENT	TIME	D.O.B.	VENUE
50 FREE	26.41 Mai Alland, B'Hill & H'Heath, 02/08/2009	29/08/1993	National Champ's Ponds Forge. Sheffield
100 FREE	59.88 Sophie Brooks, Crawley, on 28/07/2009	30/01/1994	National Champ's Ponds Forge. Sheffield
200 FREE	2.08.44 Sophie Brooks, Crawley, on 27/07/2009	30/01/1994	National Champ's Ponds Forge. Sheffield
400 FREE	4.31.00 Charlotte Woolliscroft, Shiverers, on 27/11/2005	14/11/1990	Aldershot Garrison Pool
800 FREE	9.15.53 Charlotte Woolliscroft, shiverers, on 05/08/2006	14/11/1990	Ponds Forge. Sheffield
1500 FREE	17.40.07 Charlotte Woolliscroft, Shiverers, on 05/08/2006	14/11/1990	Ponds Forge. Sheffield
50 BACK	31.44 Victoria Turner, 1066 Swimmers, on 19/04/2009	25/03/1994	K2 Crawley
100 BACK	1.07.63 Victoria Turner, 1066 Swimmers, on 02/05/2009	25/03/1994	Region Champ's Aldershot
200 BACK	2.24.13 Stephanie Ketley, St Bedes, on 29/07/2008	23/01/1993	Ponds Forge Sheffield
50 BREAST	35.32 Amy Medlock, Shiverers, on 31/01/2010	07/10/1995	Burns Open Ponds Forge Sheffield
100 BREAST	1.15.53 Federica Williamson, Crawley, on 21/11/2009	12/01/1997	K2 Crawley
200 BREAST	2.42.98 Tya Allum, Crawley, on 03/05/2008	10/11/1992	Ponds Forge Sheffield
50 FLY	29.85 Harriet Lambourne, St Bedes, 31/07/2008	10/05/1993	Ponds Forge Sheffield
100 FLY	1.04.26 Sophie Brooks, Crawley, on 24/10/2009	30/01/1994	ESSA Finals Crystal Palace
200 FLY	2.20.26 Harriet Lambourne, St Bedes, on 29/07/2008	10/05/1993	Ponds Forge Sheffield
200 IM	2.30.90 Sophie Brooks, Crawley, on 18/04/2009	30/01/1994	K2 Crawley
400 IM	5.22.00 Sophie Brooks, Crawley, on 05/12/2008	30/01/1994	Plymouth Open Millfield
4x100 MEDLEY TEAM	5.01.87 Bognor Regis on 03/06/2006	BOGNOR REGIS	K2 Crawley
4x100 FREE TEAM	4.27.82 Crawley on 05/06/2006	CRAWLEY	K2 Crawley

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