

**ASA EAST REGION DISABILITY RECORDS
MALE SHORT COURSE AS AT 20.09.09**

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Freestyle						
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	1:26.41	Senior
S5	Nathan Crowe	teamipswich	Sheffield	08.03.09	1:10.11	Junior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	50.08	Senior
S6	Sean McGeever	Flitwick Dolphins	Biggleswade	02.02.08	50.27	Junior
S6	Sean McGeever	Flitwick Dolphins	Biggleswade	02.02.08	50.27	Senior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	35.75	Junior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	35.75	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	08.03.09	41.29	Junior
S8	Oliver Hedgley	teamipswich	Sheffield	08.03.09	41.29	Senior
S9	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	44.91	Junior
S9	Callum Lawson	City of Peterborough	Norwich	22.11.08	27.70	Senior
S10	Ryan Crouch	teamipswich	Sheffield	08.03.09	27.69	Junior
S10	Ryan Crouch	teamipswich	Sheffield	08.03.09	27.69	Senior
S14	Craig Moate	Colchester Phoenix	Deventer	18.01.08	28.66	Senior
100m Freestyle						
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	3:17.72	Senior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	1:52.38	Senior
S6	Sean McGeever	Flitwick Dolphins	Biggleswade	02.02.08	1:56.17	Junior
S6	Sean McGeever	Flitwick Dolphins	Biggleswade	02.02.08	1:56.17	Senior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:14.72	Junior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:14.72	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	07.03.09	1:33.02	Junior
S8	Oliver Hedgley	teamipswich	Sheffield	07.03.09	1:33.02	Senior
S9	Jonathan Douglas	City of Cambridge	Braintree	07.02.09	1:59.94	Junior
S9	Callum Lawson	City of Peterborough	Norwich	22.11.08	1:03.59	Senior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	1:00.45	Junior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	1:00.45	Senior
S14	Craig Moate	Colchester Phoenix	Deventer	20.01.08	1:01.76	Senior
200m Freestyle						
S5	Grant Tyrer	Colchester Phoenix	Sheffield	03.11.07	4:25.43	Senior
S7	Sam Bradley	Mid Beds	Leicester	06.12.08	2:39.32	Junior
S7	Sam Bradley	Mid Beds	Leicester	06.12.08	2:39.32	Senior
S9	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	3:51.90	Junior
S9	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	3:51.90	Senior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2:13.09	Junior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2:13.09	Senior
S14	Tom Cole	Colchester Phoenix	Braintree	07.02.09	2:51.03	Senior
400m Freestyle						
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	5:18.30	Junior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	5:18.30	Senior
S8	Jay Lynch	Canvey Island	Sheffield	01.03.08	7:22.23	Junior
S8	Jay Lynch	Canvey Island	Sheffield	01.03.08	7:22.23	Senior
S9	Christopher Foster	Bishops Stortford	Hitchin	11.03.06	4:55.38	Senior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	4:35.50	Junior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	4:35.50	Senior
S14	Craig Moate	Colchester Phoenix	Deventer	19.01.08	4:27.63	Senior

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Class	Name	Club	Venue	Date	Time	Sen/Jun
800m Freestyle						
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	11:01.87	Junior
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	11:01.87	Senior
S10	James Hollis	Epping Forest	Waltham Forest	15.02.09	9:33.99	Junior
S10	James Hollis	Epping Forest	Waltham Forest	15.02.09	9:33.99	Senior
1500m Freestyle						
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	20:42.58	Junior
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	20:42.58	Senior
50m Breaststroke						
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	1:45.28	Junior
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	1:45.28	Senior
SB5	Gareth Cottee	Colchester Phoenix	Colchester	20.10.07	1:05.20	Senior
SB6	Sam Bradley	Biggleswade	Sheffield	02.03.08	48.65	Junior
SB6	Sam Bradley	Biggleswade	Sheffield	02.03.08	48.65	Senior
SB7	Oliver Hedgley	teamipswich	Sheffield	07.03.09	1:02.12	Junior
SB7	Oliver Hedgley	teamipswich	Sheffield	07.03.09	1:02.12	Senior
SB8	Jonathan Douglas	City of Cambridge	Biggleswade	02.02.08	1:32.56	Junior
SB8	Jonathan Douglas	City of Cambridge	Biggleswade	02.02.08	1:32.56	Senior
SB9	James Hollis	Epping Forest	Sheffield	07.03.09	40.27	Junior
SB9	Callum Lawson	City of Peterborough	Norwich	22.11.08	33.96	Senior
SB14	Thomas Hemenstall	Colchester Phoenix	Sheffield	07.03.09	44.91	Senior
100m Breaststroke						
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	3:45.88	Junior
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	3:45.88	Senior
SB5	Gareth Cottee	Colchester Phoenix	Deventer	20.01.08	2:21.92	Senior
SB6	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:40.67	Junior
SB6	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:40.67	Senior
SB7	Oliver Hedgley	teamipswich	Sheffield	07.03.09	2:20.67	Junior
SB7	Oliver Hedgley	teamipswich	Sheffield	07.03.09	2:20.67	Senior
SB8	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	2:13.01	Junior
SB8	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	2:13.01	Senior
SB9	Ryan Crouch	teamipswich	Sheffield	07.03.09	1:25.81	Junior
SB9	Callum Lawson	City of Peterborough	Norwich	22.11.08	1:12.25	Senior
SB14	Craig Moate	Colchester Phoenix	Deventer	20.01.08	1:35.61	Senior
200m Breaststroke						
SB6	Sam Bradley	Biggleswade	Biggleswade	15.03.08	3:41.26	Junior
SB6	Sam Bradley	Biggleswade	Biggleswade	15.03.08	3:41.26	Senior

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Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Butterfly						
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	41.04	Junior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	41.04	Senior
S9	Christopher Foster	Bishops Stortford	Sheffield	04.03.06	35.75	Senior
S10	James Hollis	Epping Forest	Grays	24.01.09	31.30	Junior
S10	James Hollis	Epping Forest	Grays	24.01.09	31.30	Senior
S14	Tom Cole	Colchester Phoenix	Braintree	07.02.09	40.88	Senior
100m Butterfly						
S7	Sam Bradley	Luton	Biggleswade	24.03.07	1:44.88	Junior
S7	Sam Bradley	Luton	Biggleswade	24.03.07	1:44.88	Senior
S10	James Hollis	Epping Forest	Redbridge	25.04.09	1:07.98	Junior
S10	James Hollis	Epping Forest	Redbridge	25.04.09	1:07.98	Senior
S14	Craig Moate	Colchester Phoenix	Deventer	19.01.08	1:12.57	Senior
200m Butterfly						
S10	James Hollis	Epping Forest	Redbridge	25.04.09	2:28.62	Junior
S10	James Hollis	Epping Forest	Redbridge	25.04.09	2:28.62	Senior
50m Backstroke						
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	1:37.19	Senior
S5	Nathan Crowe	teamipswich	Braintree	07.02.09	1:15.95	Junior
S5	Grant Tyrer	Colchester Phoenix	Sheffield	03.11.07	1:15.23	Senior
S6	Sean McGeever	Flitwick Dolphins	Biggleswade	02.02.08	1:04.38	Junior
S6	Gareth Cottee	Colchester Phoenix	Colchester	20.10.07	1:02.57	Senior
S7	Sam Bradley	Biggleswade	Sheffield	02.03.08	42.26	Junior
S7	Sam Bradley	Biggleswade	Sheffield	02.03.08	42.26	Senior
S8	Jay Lynch	Colchester Phoenix	Deventer	18.01.08	52.49	Junior
S8	Jay Lynch	Colchester Phoenix	Deventer	18.01.08	52.49	Senior
S9	Jonathan Douglas	City of Cambridge	Biggleswade	02.02.08	1:30.54	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	04.11.06	35.69	Senior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	32.86	Junior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	32.86	Senior
S14	Mark Holmes	Colchester Phoenix	Braintree	07.02.09	39.80	Senior
100m Backstroke						
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	3:35.40	Senior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	2:42.28	Senior
S6	Gareth Cottee	Colchester Phoenix	Deventer	19.01.08	2:19.87	Senior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	1:26.36	Junior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	1:26.36	Senior
S8	Jay Lynch	Canvey Island	Sheffield	02.03.08	1:44.26	Junior
S8	Jay Lynch	Canvey Island	Sheffield	02.03.08	1:44.26	Senior
S9	Oliver Shergold	Colchester Phoenix	Braintree	07.02.09	1:55.67	Junior
S9	Christopher Foster	Bishops Stortford	Borehamwood	18.03.06	1:13.44	Senior
S10	Ryan Crouch	teamipswich	Sheffield	08.03.09	1:09.39	Junior
S10	Ryan Crouch	teamipswich	Sheffield	08.03.09	1:09.39	Senior
S14	Craig Moate	Colchester Phoenix	Deventer	19.01.08	1:18.44	Senior

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Class	Name	Club	Venue	Date	Time	Sen/Jun
200m Backstroke						
S7	Sam Bradley	Mid Beds	Leicester	07.12.08	2:56.36	Junior
S7	Sam Bradley	Mid Beds	Leicester	07.12.08	2:56.36	Senior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2:34.67	Junior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2:34.67	Senior
100m Individual Medley						
SM5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	2:23.72	Senior
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:28.05	Junior
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1:28.05	Senior
SM9	Darren Swash	Colchester Phoenix	Deventer	20.01.08	1:25.23	Senior
SM10	James Hollis	Epping Forest	Sheffield	07.03.09	1:15.22	Junior
SM10	James Hollis	Epping Forest	Sheffield	07.03.09	1:15.22	Senior
SM14	Craig Moate	Colchester Phoenix	Deventer	20.01.08	1:18.91	Senior
150m Individual Medley						
No Claims						
200m Individual Medley						
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	3:01.19	Junior
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	3:01.19	Senior
SM9	Callum Lawson	City of Peterborough	Norwich	23.11.08	2:30.01	Senior
SM10	James Hollis	Epping Forest	Sheffield	07.03.09	2:34.03	Junior
SM10	James Hollis	Epping Forest	Sheffield	07.03.09	2:34.03	Senior
SM14	Craig Moate	Colchester Phoenix	Deventer	19.01.08	2:42.57	Senior
400m Individual Medley						
SM7	Sam Bradley	Mid Beds	Leicester	07.12.08	6:26.22	Junior
SM7	Sam Bradley	Mid Beds	Leicester	07.12.08	6:26.22	Senior