

ASA EAST REGION DISABILITY RECORDS MALE LONG COURSE AS AT 10.10.09

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Freestyle						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	15.06.08	1:31.73	Senior
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	36.24	Junior
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	36.24	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	15.06.08	45.89	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	28.07.07	29.82	Senior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	28.66	Junior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	28.66	Senior
S14	Tom Cole	Colchester Phoenix	Sheffield	20.05.07	36.25	Senior
100m Freestyle						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	15.06.08	3:36.35	Senior
S7	Sam Bradley	Biggleswade	Sheffield	02.04.08	1:16.18	Junior
S7	Sam Bradley	Biggleswade	Sheffield	02.04.08	1:16.18	Senior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	2:28.50	Junior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	2:28.50	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	15.06.08	1:52.00	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	31.07.07	1:05.16	Senior
S10	Ryan Crouch	teamipswich	Norwich	04.05.09	1:02.53	Junior
S10	Ryan Crouch	teamipswich	Norwich	04.05.09	1:02.53	Senior
S14	Tom Cole	West Suffolk	Norwich	04.05.09	1:22.18	Senior
200m Freestyle						
S7	Sam Bradley	Mid Beds	Swansea	14.12.08	2:42.25	Junior
S7	Sam Bradley	Mid Beds	Swansea	14.12.08	2:42.25	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	14.06.08	4:17.52	Junior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	14.06.08	4:17.52	Senior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	2:15.46	Junior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	2:15.46	Senior
400m Freestyle						
S7	Sam Bradley	Mid Beds	Swansea	13.12.08	5:28.43	Junior
S7	Sam Bradley	Mid Beds	Swansea	13.12.08	5:28.43	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	14.06.08	9:14.52	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	27.07.07	5:08.62	Senior
S10	James Hollis	Epping Forest	Sheffield	15.05.09	4:40.41	Junior
S10	James Hollis	Epping Forest	Sheffield	15.05.09	4:40.41	Senior
S14	Tom Cole	Colchester Phoenix	Sheffield	19.05.07	6:12.47	Senior
800m Freestyle						
S10	Jack Copping	Colchester Phoenix	Bratislava, Slovakia	14.06.08	11:09.52	Junior
S10	Jack Copping	Colchester Phoenix	Bratislava, Slovakia	14.06.08	11:09.52	Senior
S14	Tom Cole	Colchester Phoenix	Bratislava, Slovakia	14.06.08	13:15.43	Senior
1500m Freestyle						
No Claims						

ASA EAST REGION DISABILITY RECORDS MALE LONG COURSE AS AT 10.10.09

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Breaststroke						
SB6	Sam Bradley	Mid Beds	Norwich	05.05.08	49.66	Junior
SB6	Sam Bradley	Mid Beds	Norwich	05.05.08	49.66	Senior
SB9	Ryan Crouch	teamipswich	Esbjerg, Denmark	09.03.08	42.63	Junior
SB9	Ryan Crouch	teamipswich	Esbjerg, Denmark	09.03.08	42.63	Senior
SB14	Tom Cole	Colchester Phoenix	Bratislava, Slovakia	14.06.08	48.74	Senior
100m Breaststroke						
SB6	Sam Bradley	Mid Beds	Swansea	13.12.08	1:44.69	Junior
SB6	Sam Bradley	Mid Beds	Swansea	13.12.08	1:44.69	Senior
SB8	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	15.06.08	2:19.17	Junior
SB8	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	15.06.08	2:19.17	Senior
SB9	James Hollis	Epping Forest	Sheffield	25.04.08	1:38.54	Junior
SB9	James Hollis	Epping Forest	Sheffield	25.04.08	1:38.54	Senior
SB14	Tom Cole	West Suffolk	Norwich	03.05.09	1:41.81	Senior
200m Breaststroke						
SB6	Sam Bradley	Biggleswade	Swansea	08.12.07	3:58.68	Junior
SB6	Sam Bradley	Biggleswade	Swansea	08.12.07	3:58.68	Senior
SB14	Mark Holmes	Colchester Phoenix	Swansea	07.10.06	3:37.01	Senior
50m Butterfly						
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	44.42	Junior
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	44.42	Senior
S9	Christopher Foster	Bishops Stortford	High Wycombe	23.09.06	38.42	Senior
S10	James Hollis	Epping Forest	Norwich	02.05.09	31.17	Junior
S10	James Hollis	Epping Forest	Norwich	02.05.09	31.17	Senior
S14	Mark Holmes	Colchester Phoenix	Bratislava, Slovakia	14.06.08	41.93	Senior
100m Butterfly						
S10	James Hollis	Epping Forest	Sheffield	16.03.09	1:08.36	Junior
S10	James Hollis	Epping Forest	Sheffield	16.03.09	1:08.36	Senior
200m Butterfly						
S10	James Hollis	Epping Forest	Norwich	22.03.08	2:38.47	Junior
S10	James Hollis	Epping Forest	Norwich	22.03.08	2:38.47	Senior

ASA EAST REGION DISABILITY RECORDS MALE LONG COURSE AS AT 10.10.09

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Backstroke						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	14.06.08	1:44.82	Senior
S7	Sam Bradley	Mid Beds	Norwich	04.05.08	42.96	Junior
S7	Sam Bradley	Mid Beds	Norwich	04.05.08	42.96	Senior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	1:09.64	Junior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	1:09.64	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	14.06.08	58.66	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	30.07.07	36.25	Senior
S10	Ryan Crouch	teamipswich	Esbjerg, Denmark	08.03.08	35.26	Junior
S10	Ryan Crouch	teamipswich	Esbjerg, Denmark	08.03.08	35.26	Senior
S14	Tom Cole	Colchester Phoenix	Bratislava, Slovakia	14.06.08	45.40	Senior
100m Backstroke						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	14.06.08	3:29.63	Senior
S7	Sam Bradley	Mid Beds	Sheffield	31.07.08	1:27.42	Junior
S7	Sam Bradley	Mid Beds	Sheffield	31.07.08	1:27.42	Senior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	2:29.51	Junior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	2:29.51	Senior
S9	Oliver Shergold	Colchester Phoenix	Bratislava, Slovakia	14.06.08	2:06.92	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	20.05.07	1:16.42	Senior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	1:13.01	Junior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	1:13.01	Senior
S14	Tom Cole	West Suffolk	Norwich	02.05.09	1:32.33	Senior
200m Backstroke						
S7	Sam Bradley	Biggleswade	Swansea	08.12.07	3:12.01	Junior
S7	Sam Bradley	Biggleswade	Swansea	08.12.07	3:12.01	Senior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	2:39.01	Junior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	2:39.01	Senior
200m Individual Medley						
SM7	Sam Bradley	Mid Beds	Sheffield	31.07.08	3:09.42	Junior
SM7	Sam Bradley	Mid Beds	Sheffield	31.07.08	3:09.42	Senior
SM10	James Hollis	Epping Forest	Sheffield	18.03.09	2:39.01	Junior
SM10	James Hollis	Epping Forest	Sheffield	18.03.09	2:39.01	Senior
SM14	Tom Cole	Colchester Phoenix	Sheffield	18.05.07	3:12.86	Senior
400m Individual Medley						
SM7	Sam Bradley	Mid Beds	Norwich	06.05.07	7:07.89	Junior
SM7	Sam Bradley	Mid Beds	Norwich	06.05.07	7:07.89	Senior
SM10	James Hollis	Epping Forest	Norwich	03.05.09	5:35.39	Junior
SM10	James Hollis	Epping Forest	Norwich	03.05.09	5:35.39	Senior