

ASA EAST REGION DISABILITY RECORDS FEMALE LONG COURSE AS AT 10.10.09

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Durban, S Africa	02.12.06	1:03.16	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	17.02.07	1:27.50	Senior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	09.03.08	50.53	Junior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	09.03.08	50.53	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	30.07.08	48.26	Junior
S6	Natalie Jones	Colchester Phoenix	Beijing, China	15.09.08	37.21	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Swansea	08.12.07	1:11.11	Senior
S8	Emma Hollis	Epping Forest	Swansea	08.12.07	38.50	Junior
S8	Emma Hollis	Epping Forest	Sheffield	31.07.09	34.19	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	28.07.07	31.82	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	28.07.07	31.82	Senior
S10	Emma Cattle	Luton	Sheffield	19.05.07	31.81	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.04.08	34.99	Senior
S13	Lauren Hobbins	Dunstable	Norwich	02.05.09	32.16	Junior
S13	Lauren Hobbins	Dunstable	Norwich	02.05.09	32.16	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	02.05.09	31.25	Senior
100m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Durban, S Africa	07.12.06	2:18.88	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	19.05.07	3:11.51	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.04.08	1:48.33	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.04.08	1:48.33	Senior
S6	Claire Warne	Flitwick Dolphins	Coventry	12.07.08	1:44.48	Junior
S6	Natalie Jones	Colchester Phoenix	Beijing, China	08.09.08	1:21.53	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Swansea	08.12.07	2:28.92	Senior
S8	Emma Hollis	Epping Forest	Swansea	08.12.07	1:26.84	Junior
S8	Emma Hollis	Epping Forest	Sheffield	29.07.09	1:16.04	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	1:09.54	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	1:09.54	Senior
S10	Hannah Wright	West Suffolk	Norwich	04.05.09	1:25.17	Junior
S10	Emma Cattle	Luton	Swansea	08.12.07	1:10.66	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	02.04.08	1:16.49	Senior
S13	Lauren Hobbins	Dunstable	Norwich	04.05.09	1:10.07	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Sheffield	02.04.08	1:09.13	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	04.05.09	1:08.65	Senior
200m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Durban, S Africa	04.12.06	4:48.35	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	20.05.07	6:36.56	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	31.03.08	3:39.03	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	31.03.08	3:39.03	Senior
S6	Claire Warne	Flitwick Dolphins	Norwich	04.05.08	3:44.59	Junior
S6	Natalie Jones	Colchester Phoenix	Berlin, Germany	23.05.08	2:58.20	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2:30.64	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2:30.64	Senior
S13	Lauren Hobbins	Dunstable	Wycombe	14.02.09	2:39.89	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Swansea	08.12.07	2:37.85	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Swansea	14.12.08	2:38.91	Senior

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Class	Name	Club	Venue	Date	Time	Sen/Jun
400m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Sheffield	29.07.08	7:27.23	Junior
S6	Natalie Jones	Colchester Phoenix	Swansea	13.12.08	6:06.23	Senior
S8	Emma Hollis	Epping Forest	Swansea	08.12.07	6:19.85	Junior
S8	Emma Hollis	Epping Forest	Sheffield	02.08.09	5:39.96	Senior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	5:13.00	Junior
S9	Lauren Steadman	Mid Beds	Swansea	08.12.07	5:13.00	Senior
S10	Emma Cattle	Luton	Sheffield	18.05.07	5:14.77	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	19.05.07	6:12.07	Senior
S13	Lauren Hobbins	Dunstable	Sheffield	16.05.09	5:19.41	Junior
S13	Lauren Hobbins	Dunstable	Sheffield	16.05.09	5:19.41	Junior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	04.05.09	5:39.43	Senior
800m Freestyle						
S9	Laura Bellars	Colchester Phoenix	Bratislava, Slovakia	14.06.08	13:10.97	Senior
1500m Freestyle						
No Claims						
50m Breaststroke						
SB6	Natalia Sanchez-Jinks	Colchester Phoenix	Swansea	08.12.07	1:21.21	Senior
SB7	Emma Hollis	Epping Forest	Sheffield	30.07.09	49.08	Senior
SB8	Lauren Smith	Epping Forest	Esbjerg, Denmark	09.03.08	45.00	Junior
SB8	Lauren Smith	Epping Forest	Esbjerg, Denmark	09.03.08	45.00	Senior
SB9	Hannah Wright	West Suffolk	Norwich	04.05.09	46.96	Junior
SB9	Sarah Bowling	Kings Lynn	Norwich	05.05.08	45.39	Senior
SB12	Lucy Hodges	Colchester Phoenix	Bratislava, Slovakia	14.06.08	43.40	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Sheffield	29.07.07	42.85	Senior
100m Breaststroke						
SB5	Claire Warne	Flitwick Dolphins	Sheffield	18.05.07	2:23.16	Junior
SB5	Kathryn Webb	Colchester Phoenix	Swansea	07.10.06	2.20.11	Senior
SB6	Claire Warne	Flitwick Dolphins	Sheffield	25.04.08	2:29.61	Junior
SB6	Claire Warne	Flitwick Dolphins	Sheffield	25.04.08	2:29.61	Senior
SB7	Emma Hollis	Epping Forest	Swansea	08.12.07	1:55.44	Junior
SB7	Emma Hollis	Epping Forest	Sheffield	30.07.09	1:45.43	Senior
SB8	Lauren Smith	Epping Forest	Sheffield	01.04.08	1:34.87	Junior
SB8	Lauren Smith	Epping Forest	Sheffield	01.04.08	1:34.87	Senior
SB9	Hannah Wright	West Suffolk	Sheffield	30.07.09	1:42.96	Junior
SB9	Sarah Bowling	Kings Lynn	Norwich	03.11.07	1:35.52	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	01.04.08	1:32.02	Senior
SB13	Lauren Hobbins	Dunstable	Norwich	03.05.09	1:35.14	Junior
SB13	Lauren Hobbins	Dunstable	Norwich	03.05.09	1:35.14	Senior
SB14	Stephanie Bird	Lowestoft & O.Broad	Swansea	13.12.08	1:35.41	Senior

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Class	Name	Club	Venue	Date	Time	Sen/Jun
200m Breaststroke						
SB7	Jodie Fleming	Colchester Phoenix	Swansea	07.10.06	5:23.45	Junior
SB7	Emma Hollis	Epping Forest	Swansea	14.12.08	3:54.55	Senior
SB8	Lauren Smith	Epping Forest	Swansea	08.12.07	3:33.41	Junior
SB8	Lauren Smith	Epping Forest	Swansea	08.12.07	3:33.41	Senior
SB9	Sarah Bowling	Kings Lynn	Swansea	07.10.06	3:36.37	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Swansea	08.12.07	3:30.81	Senior
50m Butterfly						
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	08.03.08	51.05	Junior
S5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	08.03.08	51.05	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	02.08.08	50.84	Junior
S6	Natalie Jones	Colchester Phoenix	Sheffield	02.04.08	44.13	Senior
S8	Emma Hollis	Epping Forest	Norwich	02.05.09	41.34	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	31.07.07	38.28	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	31.07.07	38.28	Senior
S10	Emma Cattle	Luton	Manchester	31.03.07	36.18	Senior
S12	Lucy Hodges	Colchester Phoenix	Bratislava, Slovakia	14.06.08	38.10	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	02.05.09	36.08	Senior
100m Butterfly						
S8	Emma Hollis	Epping Forest	Swansea	08.12.07	1:40.09	Junior
S8	Emma Hollis	Epping Forest	Sheffield	31.07.09	1:27.42	Senior
S9	Jo-Jo Cranfield	Rochford	Sheffield	04.04.08	1:25.60	Junior
S9	Sarah Bowling	Kings Lynn	Sheffield	04.04.08	1:24.42	Senior
S10	Emma Cattle	Luton	Durban, S Africa	02.12.06	1:17.02	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.04.08	1:26.36	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Sheffield	28.07.07	1:30.89	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	07.05.07	1:26.08	Senior
200m Butterfly						
S9	Emma Hollis	Epping Forest	Swansea	07.10.06	4:17.48	Junior
S9	Emma Hollis	Epping Forest	Swansea	07.10.06	4:17.48	Senior
50m Backstroke						
S3	Frances Williamson	Colchester Phoenix	Durban, S Africa	05.12.06	1:04.36	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	19.05.07	1:30.16	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.04.08	52.08	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.04.08	52.08	Senior
S6	Jodie Fleming	Colchester Phoenix	Norwich	04.05.08	52.45	Junior
S6	Jodie Fleming	Colchester Phoenix	Norwich	04.05.08	52.45	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	30.07.07	38.13	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	30.07.07	38.13	Senior
S10	Emma Cattle	Luton	Berlin, Germany	24.05.07	38.07	Senior
S13	Lauren Hobbins	Dunstable	Norwich	03.05.09	36.91	Junior
S13	Lauren Hobbins	Dunstable	Norwich	03.05.09	36.91	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Norwich	03.05.09	37.20	Senior

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100m Backstroke						
S4	Claire Duffett	Colchester Phoenix	Sheffield	18.02.07	3:13.93	Senior
S5	Claire Warne	Flitwick Dolphins	High Wycombe	23.09.06	2:08.37	Junior
S5	Claire Warne	Flitwick Dolphins	High Wycombe	23.09.06	2:08.37	Senior
S6	Claire Warne	Flitwick Dolphins	Swansea	14.12.08	1:45.45	Junior
S6	Natalie Jones	Colchester Phoenix	Durban, S Africa	02.12.06	1:35.32	Senior
S8	Emma Hollis	Epping Forest	Sheffield	19.03.09	1:31.42	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	29.07.07	1:21.28	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	29.07.07	1:21.28	Senior
S10	Emma Cattle	Luton	Beijing, China	13.09.08	1:14.05	Senior
S13	Lauren Hobbins	Dunstable	Sheffield	15.05.09	1:18.29	Junior
S13	Lauren Hobbins	Dunstable	Sheffield	15.05.09	1:18.29	Senior
S14	Chloe Williams	Canvey Island	Swansea	14.12.08	1:24.13	Senior
200m Backstroke						
S6	Claire Warne	Flitwick Dolphins	Swansea	13.12.08	3:42.29	Junior
S6	Claire Warne	Flitwick Dolphins	Sheffield	04.10.09	3:39.67	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	08.10.06	3:08.90	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	08.10.06	3:08.90	Senior
S10	Emma Cattle	Luton	Swansea	07.10.06	2:49.70	Senior
S14	Chloe Williams	Canvey Island	Swansea	13.12.08	2:59.89	Senior
200m Individual Medley						
SM5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	07.03.08	4:01.45	Junior
SM5	Claire Warne	Flitwick Dolphins	Esbjerg, Denmark	07.03.08	4:01.45	Senior
SM6	Claire Warne	Flitwick Dolphins	Swansea	14.12.08	4:01.22	Junior
SM6	Natalie Jones	Colchester Phoenix	Beijing, China	07.09.08	3:15.20	Senior
SM8	Emma Hollis	Epping Forest	Swansea	08.12.07	3:35.60	Junior
SM8	Emma Hollis	Epping Forest	Sheffield	28.07.09	3:08.88	Senior
SM9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2:57.40	Junior
SM9	Lauren Steadman	Mid Beds	Swansea	08.12.07	2:57.40	Senior
SM10	Hannah Wright	West Suffolk	Sheffield	28.07.09	3:19.83	Junior
SM10	Emma Cattle	Luton	Durban, S Africa	06.12.06	2:47.25	Senior
SM12	Lucy Hodges	Borough of Southend	Sheffield	05.04.08	3:03.91	Senior
SM13	Lauren Hobbins	Dunstable	Norwich	04.05.09	2:54.31	Junior
SM13	Lauren Hobbins	Dunstable	Norwich	04.05.09	2:54.31	Senior
SM14	Chloe Williams	Canvey Island	Sheffield	16.05.09	3:04.20	Senior
400m Individual Medley						
SM 8	Emma Hollis	Epping Forest	Norwich	03.05.09	6:46.94	Senior
SM9	Lauren Steadman	Mid Beds	Norwich	06.05.07	6:35.19	Junior
SM9	Lauren Steadman	Mid Beds	Norwich	06.05.07	6:35.19	Senior