

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

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Sheffield	05.11.06	1:07.33	Senior
S4	Claire Duffett	Colchester Phoenix	Colchester	20.10.07	1:29.56	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.03.08	49.31	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	02.03.08	49.31	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	02.11.08	49.41	Junior
S6	Natalie Jones	Colchester Phoenix	Sheffield	04.11.07	39.06	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Biggleswade	02.02.08	1:04.08	Senior
S8	Emma Hollis	Epping Forest	Sheffield	04.11.07	37.46	Junior
S8	Emma Hollis	Epping Forest	Sheffield	08.03.09	35.24	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	31.60	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	31.60	Senior
S10	Hannah Wright	West Suffolk	Braintree	07.02.09	38.05	Junior
S10	Emma Cattle	Luton	Sheffield	04.11.07	32.61	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	34.95	Senior
S13	Lauren Hobbins	Dunstable	Newport	04.07.09	31.96	Junior
S13	Lauren Hobbins	Dunstable	Newport	04.07.09	31.96	Senior
S14	Aymee Betts	Lowestoft & O.Broad	Sheffield	08.03.09	54.40	Junior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	04.11.07	30.39	Senior
100m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Sheffield	04.11.06	2:22.19	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	03.11.07	3:10.21	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	1:43.51	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	1:43.51	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	1:45.58	Junior
S6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	1:24.24	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Colchester	20.10.07	2:20.34	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1:21.97	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.09	1:16.13	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.11.07	1:08.58	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	07.03.09	1:06.49	Senior
S10	Hannah Wright	West Suffolk	Bury St Edmunds	10.05.09	1:20.82	Junior
S10	Emma Cattle	Luton	Sheffield	03.11.07	1:09.92	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1:17.27	Senior
S13	Lauren Hobbins	Dunstable	Newport	05.07.09	1:09.73	Junior
S13	Lauren Hobbins	Dunstable	Newport	05.07.09	1:09.73	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	03.11.07	1:07.18	Senior

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

Class	Name	Club	Venue	Date	Time	Sen/Jun
200m Freestyle						
S3	Frances Williamson	Colchester Phoenix	Sheffield	04.11.06	4:54.20	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	04.11.06	6:24.87	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3:35.82	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3:35.82	Senior
S6	Natalia Sanchez-Jinks	Colchester Phoenix	Braintree	07.02.09	5:32.38	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	2:38.05	Junior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	2:38.05	Senior
S10	Hannah Wright	West Suffolk	Ipswich	13.09.09	2:52.71	Junior
S10	Emma Cattle	Luton	Biggleswade	19.03.06	2:40.54	Senior
S13	Lauren Hobbins	Dunstable	Biggleswade	29.03.09	2:28.03	Junior
S13	Lauren Hobbins	Dunstable	Biggleswade	29.03.09	2:28.03	Senior
S14	Chloe Williams	Canvey Island	Barnet Copthall	22.07.07	2:46.47	Senior
400m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	7:28.12	Junior
S6	Claire Warne	Flitwick Dolphins	Sheffield	07.03.09	7:01.61	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	6:10.64	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.09	5:45.72	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	5:24.91	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	07.03.09	4:59.06	Senior
S10	Emma Cattle	Luton	Biggleswade	18.03.06	5:31.82	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	24.03.07	5:23.65	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Sheffield	03.11.07	5:19.08	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	01.11.08	5:28.30	Senior
800m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Biggleswade	14.03.09	14:36.80	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	11:00.12	Junior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	11:00.12	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	10.03.07	10:51.13	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	10.03.07	10:51.13	Senior
S14	Chloe Williams	Canvey Island	Barnet Copthall	21.07.07	11:44.75	Senior
1500m Freestyle						
S6	Claire Warne	Flitwick Dolphins	Biggleswade	28.02.09	28:09.55	Senior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	20:49.24	Junior
S9	Jo-Jo Cranfield	Rochford & District	Canterbury	09.01.09	20:49.24	Senior
S13	Lauren Hobbins	Dunstable	Biggleswade	28.02.09	22:14.81	Junior
S13	Lauren Hobbins	Dunstable	Biggleswade	28.02.09	22:14.81	Senior
S14	Chloe Williams	Canvey Island	Barnet Copthall	25.11.07	22:34.27	Senior

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

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Breaststroke						
SB4	Evangelina Edwards	teamipswich	Biggleswade	02.02.08	1:29.15	Junior
SB4	Evangelina Edwards	teamipswich	Biggleswade	02.02.08	1:29.15	Senior
SB5	Claire Warne	Luton	Barnet Copthall	14.04.07	1:06.27	Junior
SB5	Claire Warne	Luton	Barnet Copthall	14.04.07	1:06.27	Senior
SB6	Natalia Sanchez-Jinks	Colchester Phoenix	Lewisham	24.11.07	1:10.64	Senior
SB7	Emma Hollis	Epping Forest	Sheffield	03.11.07	53.55	Junior
SB7	Emma Hollis	Epping Forest	Braintree	07.02.09	48.83	Senior
SB8	Jo-Jo Cranfield	Rochford	Sheffield	03.11.07	44.77	Junior
SB8	Jo-Jo Cranfield	Rochford	Sheffield	03.11.07	44.77	Senior
SB9	Hannah Wright	West Suffolk	Sheffield	07.03.09	47.89	Junior
SB9	Sarah Bowling	Kings Lynn	Sheffield	01.03.08	45.28	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	42.24	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	42.49	Junior
SB13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	42.49	Senior
SB14	Aymee Betts	Lowestoft & O.Broad	Braintree	07.02.09	1:24.73	Junior
SB14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	03.11.07	41.85	Senior
100m Breaststroke						
SB4	Evangelina Edwards	teamipswich	Sheffield	07.03.09	3:28.26	Junior
SB4	Evangelina Edwards	teamipswich	Sheffield	07.03.09	3:28.26	Senior
SB5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	2:19.91	Junior
SB5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	2:19.91	Senior
SB6	Natalia Sanchez-Jinks	Colchester Phoenix	Colchester	20.10.07	2:35.09	Senior
SB7	Jodie Fleming	Colchester Phoenix	Deventer	20.01.08	2:28.84	Junior
SB7	Emma Hollis	Epping Forest	Redbridge	26.04.09	1:44.52	Senior
SB8	Lauren Smith	Epping Forest	Braintree	07.02.09	1:30.00	Junior
SB8	Lauren Smith	Epping Forest	Braintree	07.02.09	1:30.00	Senior
SB9	Hannah Wright	West Suffolk	Bury St Edmunds	10.05.09	1:41.15	Junior
SB9	Sarah Bowling	Kings Lynn	Norwich	22.11.08	1:32.64	Senior
SB12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	1:31.53	Senior
SB13	Lauren Hobbins	Dunstable	Newport	04.07.09	1:33.43	Junior
SB13	Lauren Hobbins	Dunstable	Newport	04.07.09	1:33.43	Senior
SB14	Stephanie Bird	Lowestoft & O.Broad	Norwich	22.11.08	1:32.79	Senior
200m Breaststroke						
SB8	Lauren Smith	Epping Forest	Fullwell Cross	03.02.07	3:32.61	Junior
SB8	Lauren Smith	Epping Forest	Fullwell Cross	03.02.07	3:32.61	Senior
SB9	Hannah Wright	West Suffolk	Ipswich	13.09.09	3:38.45	Junior
SB9	Sarah Bowling	Kings Lynn	Thetford	09.03.08	3:12.88	Senior
SB13	Samantha Tilbury	Flitwick Dolphins	Barnet Copthall	15.04.07	3:24.85	Junior
SB13	Samantha Tilbury	Flitwick Dolphins	Barnet Copthall	15.04.07	3:24.85	Senior

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

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Butterfly						
S5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	51.09	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	04.11.07	51.09	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	02.11.08	54.03	Junior
S6	Claire Warne	Flitwick Dolphins	Biggleswade	25.01.09	52.38	Senior
S8	Emma Hollis	Epping Forest	Sheffield	04.11.07	43.86	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.09	39.46	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	36.56	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	04.11.07	36.56	Senior
S10	Hannah Wright	West Suffolk	Bury St Edmunds	10.05.09	42.73	Junior
S10	Emma Cattle	Luton	Sheffield	04.03.06	35.95	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	04.11.07	37.74	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	40.62	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Sheffield	04.11.07	40.33	Senior
S14	Aymee Betts	Lowestoft & O.Broad	Braintree	07.02.09	1:28.06	Junior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	04.11.07	34.15	Senior
100m Butterfly						
S5	Claire Warne	Flitwick Dolphins	Biggleswade	15.03.08	1:49.32	Junior
S5	Claire Warne	Flitwick Dolphins	Biggleswade	15.03.08	1:49.32	Senior
S6	Claire Warne	Flitwick Dolphins	Biggleswade	28.03.09	1:54.84	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1:38.07	Junior
S8	Emma Hollis	Epping Forest	Sheffield	08.03.09	1:30.97	Senior
S9	Jo-Jo Cranfield	Rochford	Sheffield	04.03.07	1:28.32	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	08.03.09	1:19.44	Senior
S10	Hannah Wright	West Suffolk	Sheffield	08.03.09	1:49.66	Junior
S10	Emma Cattle	Luton	Sheffield	04.11.06	1:18.73	Senior
S12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1:24.79	Senior
S13	Samantha Tilbury	Flitwick Dolphins	Milton Keynes	30.06.07	1:28.90	Junior
S13	Samantha Tilbury	Flitwick Dolphins	Milton Keynes	30.06.07	1:28.90	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	01.11.08	1:21.14	Senior
200m Butterfly						
No Claims						

ASA EAST REGION DISABILITY RECORDS FEMALE SHORT COURSE AS AT 20.09.09

Class	Name	Club	Venue	Date	Time	Sen/Jun
50m Backstroke						
S3	Frances Williamson	Colchester Phoenix	Sheffield	03.11.07	1:07.80	Senior
S4	Claire Duffett	Colchester Phoenix	Sheffield	04.11.06	1:28.80	Senior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	51.78	Junior
S5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	51.78	Senior
S6	Jodie Fleming	Colchester Phoenix	Sheffield	07.03.09	53.71	Junior
S6	Claire Warne	Flitwick Dolphins	Braintree	07.02.09	51.69	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Colchester	20.10.07	1:33.15	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	46.60	Junior
S8	Emma Hollis	Epping Forest	Sheffield	07.03.09	42.23	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.03.07	37.62	Junior
S9	Lauren Steadman	Mid Beds	Sheffield	03.03.07	37.62	Senior
S10	Hannah Wright	West Suffolk	Sheffield	01.11.08	49.44	Junior
S10	Emma Cattle	Luton	Biggleswade	19.03.06	38.04	Senior
S13	Lauren Hobbins	Dunstable	Biggleswade	29.03.09	36.57	Junior
S13	Lauren Hobbins	Dunstable	Biggleswade	29.03.09	36.57	Senior
S14	Aymee Betts	Lowestoft & O.Broad	Braintree	07.02.09	1:06.34	Junior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	01.11.08	37.35	Senior
100m Backstroke						
S4	Claire Duffett	Colchester Phoenix	Sheffield	19.11.06	3:16.00	Senior
S5	Claire Warne	Luton	Biggleswade	24.03.07	1:55.96	Junior
S5	Claire Warne	Luton	Biggleswade	24.03.07	1:55.96	Senior
S6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	1:43.46	Junior
S6	Claire Warne	Flitwick Dolphins	Biggleswade	28.03.09	1:43.01	Senior
S7	Natalia Sanchez-Jinks	Colchester Phoenix	Deventer	19.01.08	3:29.48	Senior
S8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1:37.21	Junior
S8	Emma Hollis	Epping Forest	Braintree	07.02.09	1:29.67	Senior
S9	Lauren Steadman	Mid Beds	Sheffield	03.11.07	1:18.67	Junior
S9	Lauren Steadman	Huntingdon	Sheffield	08.03.09	1:18.59	Senior
S10	Emma Cattle	Luton	Sheffield	03.11.07	1:16.95	Senior
S13	Lauren Hobbins	Dunstable	Newport	05.07.09	1:16.59	Junior
S13	Lauren Hobbins	Dunstable	Newport	05.07.09	1:16.59	Senior
S14	Stephanie Bird	Lowestoft & O.Broad	Sheffield	01.11.08	1:19.05	Senior
200m Backstroke						
S6	Claire Warne	Flitwick Dolphins	Biggleswade	14.03.09	3:35.26	Senior
S9	Lauren Steadman	Mid Beds	Milton Keynes	01.07.06	3:09.35	Junior
S9	Lauren Steadman	Mid Beds	Milton Keynes	01.07.06	3:09.35	Senior
S10	Emma Cattle	Luton	Biggleswade	10.03.07	2:45.36	Senior
S14	Chloe Williams	Canvey Island	Fullwell Cross	26.04.09	2:54.86	Senior

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

Class	Name	Club	Venue	Date	Time	Sen/Jun
100m Individual Medley						
SM5	Claire Warne	Luton	Biggleswade	11.03.07	1:53.58	Junior
SM5	Claire Warne	Luton	Biggleswade	11.03.07	1:53.58	Senior
SM6	Jodie Fleming	Colchester Phoenix	Biggleswade	02.02.08	2:12.50	Junior
SM6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	1:36.28	Senior
SM8	Emma Hollis	Epping Forest	Sheffield	03.11.07	1:37.87	Junior
SM8	Emma Hollis	Epping Forest	Redbridge	25.04.09	1:28.98	Senior
SM9	Lauren Steadman	Mid Beds	Sheffield	03.03.07	1:24.87	Junior
SM9	Lauren Steadman	Huntingdon	Sheffield	07.03.09	1:19.34	Senior
SM10	Hannah Wright	West Suffolk	Sheffield	07.03.09	1:33.58	Junior
SM10	Emma Cattle	Luton	Biggleswade	11.03.07	1:21.66	Senior
SM12	Lucy Hodges	Borough of Southend	Sheffield	03.11.07	1:26.94	Senior
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	1:21.64	Junior
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	11.03.07	1:21.64	Senior
SM14	Chloe Williams	Canvey Island	Sheffield	03.11.07	1:27.19	Senior
150m Individual Medley						
No Claims						
200m Individual Medley						
SM5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3:52.40	Junior
SM5	Claire Warne	Flitwick Dolphins	Sheffield	01.03.08	3:52.40	Senior
SM6	Claire Warne	Flitwick Dolphins	Sheffield	01.11.08	4:05.28	Junior
SM6	Natalie Jones	Colchester Phoenix	Sheffield	03.11.07	3:18.63	Senior
SM8	Emma Hollis	Epping Forest	Sheffield	07.03.09	3:05.99	Senior
SM9	Lauren Smith	Epping Forest	Braintree	07.02.09	2:52.66	Junior
SM9	Lauren Smith	Epping Forest	Braintree	07.02.09	2:52.66	Senior
SM10	Hannah Wright	West Suffolk	Ipswich	13.09.09	3:17.65	Junior
SM10	Emma Cattle	Luton	Sheffield	04.11.06	2:54.21	Senior
SM12	Lucy Hodges	Borough of Southend	Biggleswade	02.02.08	3:05.21	Senior
SM13	Lauren Hobbins	Dunstable	Newport	04.07.09	2:52.41	Junior
SM13	Lauren Hobbins	Dunstable	Newport	04.07.09	2:52.41	Senior
SM14	Chloe Williams	Canvey Island	Norwich	23.11.08	3:07.64	Senior
400m Individual Medley						
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	24.03.07	6:13.46	Junior
SM13	Samantha Tilbury	Flitwick Dolphins	Biggleswade	24.03.07	6:13.46	Senior