

	Time		P/F/S	Name	Age/Yr		
Female 50 Free							
1	29.30	S	F *I	Chloe Hembry	15	15/10/2011	Ipswich Open Meet
2	29.71	S	F *I	Abigail Hill	15	15/12/2012	Braintree & Bocking Christmas Cracker 2012
3	29.75	S	F	Caitlin Russell	15	16/11/2012	Deben Open 2012 3ER2483
4	29.85	S	F	Francesca Souter	15	22/02/2014	Winter League Round 3
5	30.11	S	F *I	Annabel Towns	15	09/07/2011	Deben Club Championships
6	30.83	S	F	Cerys Russell	15	15/02/2014	Suffolk ASA County Championships 2014
7	31.13	S	F	Annabelle Mace	15	09/05/2014	WSSC May Open Meet 2014
8	31.28	S	F *I	Jessica Fryatt	15	09/03/2013	Suffolk County Championships
9	31.41	S	F *I	Angela Falconer	15	09/07/2011	Deben Club Championships
10	31.53	S	F *I	Rachel Poustie	15	02/07/2011	Deben Skins
11	31.69	S	F *I	Georgia Rickards	15	09/07/2011	Deben Club Championships
12	31.73	S	S F	Caitlin Houston	15	22/11/2013	Deben Open Meet 2013
13	33.35	S	F	Amy Brammar	15	11/01/2013	Sudbury Last Chance
14	35.18	S	F	Mia Gaines	15	04/07/2014	Deben Club Championships 2014
15	35.67	S	F	Madeline Smith	15	04/07/2014	Deben Club Championships 2014
16	36.39	S	F	Emma Jarvis	15	04/07/2014	Deben Club Championships 2014
17	42.65	S	F *I	Ellie Rankin	15	21/06/2014	2014 Time trials
Female 100 Free							
1	1:03.25	S	S F	Francesca Souter	15	15/02/2014	Suffolk ASA County Championships 2014
2	1:05.50	S	F *I	Abigail Hill	15	15/12/2012	Braintree & Bocking Christmas Cracker 2012
3	1:05.70	S	F *I	Annabel Towns	15	12/11/2011	Arena league Round 2
4	1:06.03	S	S F	Cerys Russell	15	15/02/2014	Suffolk ASA County Championships 2014
5	1:06.11	S	F *I	Chloe Hembry	15	15/10/2011	Ipswich Open Meet
6	1:06.18	S	S F	Annabelle Mace	15	22/11/2013	Deben Open Meet 2013
7	1:06.35	S	F	Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
8	1:07.87	S	F *I	Rachel Poustie	15	22/01/2012	Sudbury Last Chance Jan 2012
9	1:08.08	S	F *I	Georgia Rickards	15	05/11/2011	Norwich Big Bang Open Meet
10	1:09.06	S	F *I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
11	1:09.78	S	F *I	Jessica Fryatt	15	29/06/2012	Deben Club Champs 2012
12	1:14.50	S	F	Caitlin Houston	15	13/12/2013	December Time Trials
13	1:15.22	S	F	Correy Abbott	15	07/05/2012	Development Time Trials
14	1:16.05	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
15	1:18.65	S	F	Mia Gaines	15	21/06/2014	2014 Time trials
16	1:22.56	S	F *I	Jessica Foulger	15	29/06/2012	Deben Club Champs 2012
Female 200 Free							
1	2:15.91	S	F	Francesca Souter	15	04/07/2014	Deben Club Championships 2014
2	2:21.31	S	F *I	Abigail Hill	15	11/03/2012	Suffolk County Champs 2012
3	2:24.18	S	F	Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
4	2:25.64	S	F *I	Georgia Rickards	15	09/07/2011	Deben Club Championships
5	2:26.49	S	F *I	Annabel Towns	15	22/01/2012	Sudbury Last Chance Jan 2012
6	2:26.52	S	F	Cerys Russell	15	04/07/2014	Deben Club Championships 2014
7	2:30.09	S	F *I	Rachel Poustie	15	14/10/2011	Deben Open Meet
8	2:32.62	S	F *I	Jessica Fryatt	15	29/06/2012	Deben Club Champs 2012
9	2:37.60	S	F *I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
10	2:38.09	S	F	Correy Abbott	15	07/05/2012	Development Time Trials
11	2:39.60	S	F	Caitlin Houston	15	14/06/2013	Club Championships 2013 4ER3509/3510
12	2:49.68	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
13	2:54.09	S	F *I	Jessica Foulger	15	29/06/2012	Deben Club Champs 2012
14	2:58.28	S	F	Emma Jarvis	15	04/07/2014	Deben Club Championships 2014
Female 400 Free							
1	4:47.82	S	S F	Francesca Souter	15	15/02/2014	Suffolk ASA County Championships 2014
2	5:10.00	S	F *I	Rachel Poustie	15	14/10/2011	Deben Open Meet
3	5:10.18	S	F *I	Abigail Hill	15	11/03/2012	Suffolk County Champs 2012

4	5:37.19	S		F		Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
5	6:20.94	S		F		Emma Jarvis	15	13/12/2013	December Time Trials
Female 800 Free									
1	9:54.20	S		F		Francesca Souter	15	22/11/2013	Deben Open Meet 2013
2	10:42.46	S		F	*I	Rachel Poustie	15	14/10/2011	Deben Open Meet
Female 50 Back									
1	33.09	S		F	*I	Abigail Hill	15	15/12/2012	Braintree & Bocking Christmas Cracker 2012
2	33.53	S		F		Caitlin Russell	15	16/11/2012	Deben Open 2012 3ER2483
3	33.78	S	S	F		Francesca Souter	15	15/02/2014	Suffolk ASA County Championships 2014
4	34.57	S		F		Hannah Moore	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
5	34.99	S		F	*I	Georgia Rickards	15	05/11/2011	Norwich Big Bang Open Meet
6	* 35.20	S		F	*I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
6	* 35.20	S		F	*I	Lauren Osborne	15	11/03/2012	Suffolk County Champs 2012
8	35.44	S	S	F		Cerys Russell	15	15/02/2014	Suffolk ASA County Championships 2014
9	38.82	S		F	*I	Angela Falconer	15	09/07/2011	Deben Club Championships
10	39.39	S		F	*I	Rachel Poustie	15	26/06/2011	Suffolk Development Champs 2011
11	40.36	S		F		Mia Gaines	15	04/07/2014	Deben Club Championships 2014
12	44.97	S		F	*I	Ellie Rankin	15	21/06/2014	2014 Time trials
13	45.03	S		F		Madeline Smith	15	21/06/2014	2014 Time trials
14	46.94	S		F		Emma Jarvis	15	21/06/2014	2014 Time trials
Female 100 Back									
1	1:10.23	S		F		Francesca Souter	15	04/07/2014	Deben Club Championships 2014
2	1:10.62	S		F	*I	Abigail Hill	15	16/11/2012	Deben Open 2012 3ER2483
3	1:12.94	S		F		Caitlin Russell	15	26/01/2013	Winter League Round 2
4	1:13.77	S		F	*I	Georgia Rickards	15	09/07/2011	Deben Club Championships
5	1:15.11	S		F		Cerys Russell	15	04/07/2014	Deben Club Championships 2014
6	1:16.09	S		F	*I	Jessica Fryatt	15	13/12/2013	December Time Trials
7	1:18.92	S		F	*I	Lauren Osborne	15	16/11/2012	Deben Open 2012 3ER2483
8	1:23.16	S		F		Correy Abbott	15	07/05/2012	Development Time Trials
9	1:23.55	S		F	*I	Rachel Poustie	15	26/06/2011	Suffolk Development Champs 2011
10	1:25.16	S		F		Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
Female 200 Back									
1	2:34.97	S		F	*I	Abigail Hill	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012
2	2:36.15	S		F		Francesca Souter	15	04/07/2014	Deben Club Championships 2014
3	2:38.53	S		F		Hannah Moore	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
4	2:38.92	S		F	*I	Georgia Rickards	15	09/07/2011	Deben Club Championships
5	2:40.78	S		F		Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
6	2:41.68	S		F		Cerys Russell	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
7	2:44.29	S		F	*I	Jessica Fryatt	15	29/06/2012	Deben Club Champs 2012
8	2:50.30	S		F	*I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
9	2:51.07	S		F		Correy Abbott	15	07/05/2012	Development Time Trials
10	2:55.88	S		F	*I	Rachel Poustie	15	14/10/2011	Deben Open Meet
Female 50 Breast									
1	36.36	S		F		Caitlin Russell	15	01/12/2012	Regional Winter SC Champs
2	38.93	S		F	*I	Abigail Hill	15	15/12/2012	Braintree & Bocking Christmas Cracker 2012
3	39.66	S		F	*I	Rachel Poustie	15	02/12/2011	Sheffield Open Meet
4	39.72	S	S	F		Annabelle Mace	15	15/02/2014	Suffolk ASA County Championships 2014
5	39.79	S		F	*I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
6	39.91	S		F	*I	Chloe Hembry	15	02/07/2011	Deben Skins
7	40.04	S		F	*I	Jessica Fryatt	15	13/12/2013	December Time Trials
8	41.25	S		F		Cerys Russell	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
9	42.20	S		F		Caitlin Houston	15	14/06/2013	Club Championships 2013 4ER3509/3510
10	42.32	S		F		Francesca Souter	15	04/07/2014	Deben Club Championships 2014
11	42.82	S		F	*I	Annabel Towns	15	09/07/2011	Deben Club Championships
12	44.01	S		F		Correy Abbott	15	07/05/2012	Development Time Trials
13	44.46	S		F	*I	Angela Falconer	15	09/07/2011	Deben Club Championships

14	46.43	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
15	47.75	S	F	Emma Jarvis	15	22/11/2013	Deben Open Meet 2013
16	49.79	S	F	Madeline Smith	15	21/06/2014	2014 Time trials
17	49.80	S	F	Mia Gaines	15	21/06/2014	2014 Time trials
18	50.82	S	F *I	Ellie Rankin	15	21/06/2014	2014 Time trials
19	51.72	S	F *I	Jessica Foulger	15	29/06/2012	Deben Club Champs 2012

Female 100 Breast

1	1:17.77	S	P	Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
2	1:24.42	S	F	Hannah Moore	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
3	1:24.63	S	F *I	Abigail Hill	15	16/11/2012	Deben Open 2012 3ER2483
4	1:25.24	S	F *I	Rachel Poustie	15	12/11/2011	Arena league Round 2
5	1:26.44	S	F *I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
6	1:27.84	S	F	Annabelle Mace	15	18/01/2014	January Last Chance Open
7	1:28.70	S	F *I	Annabel Towns	15	09/07/2011	Deben Club Championships
8	1:28.86	S	F *I	Chloe Hembry	15	09/07/2011	Deben Club Championships
9	1:30.38	S	F *I	Lauren Osborne	15	16/11/2012	Deben Open 2012 3ER2483
10	1:35.20	S	F *I	Angela Falconer	15	09/07/2011	Deben Club Championships
11	1:40.16	S	F	Emma Jarvis	15	13/12/2013	December Time Trials

Female 200 Breast

1	2:51.51	S	F	Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
2	3:00.01	S	F	Hannah Moore	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
3	3:01.32	S	F *I	Abigail Hill	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012
4	3:03.05	S	F *I	Rachel Poustie	15	05/11/2011	Norwich Big Bang Open Meet
5	3:04.35	S	F	Annabelle Mace	15	04/07/2014	Deben Club Championships 2014
6	3:06.03	S S	F *I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
7	3:15.73	S	F *I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
8	3:16.26	S	F	Cerys Russell	15	04/07/2014	Deben Club Championships 2014
9	3:29.85	S	F	Emma Jarvis	15	04/07/2014	Deben Club Championships 2014

Female 50 Fly

1	31.67	S	F	Annabelle Mace	15	22/02/2014	Winter League Round 3
2	32.21	S	F *I	Chloe Hembry	15	15/10/2011	Ipswich Open Meet
3	32.24	S	F	Caitlin Russell	15	16/11/2012	Deben Open 2012 3ER2483
4	32.54	S	F *I	Abigail Hill	15	01/12/2012	Regional Winter SC Champs
5	34.55	S	F *I	Georgia Rickards	15	26/06/2011	Suffolk Development Champs 2011
6	34.61	S	F	Francesca Souter	15	15/02/2014	Suffolk ASA County Championships 2014
7	34.90	S	F	Cerys Russell	15	15/02/2014	Suffolk ASA County Championships 2014
8	35.78	S	F	Caitlin Houston	15	14/06/2013	Club Championships 2013 4ER3509/3510
9	36.52	S S	F *I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
10	38.14	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
11	39.32	S	F *I	Rachel Poustie	15	09/07/2011	Deben Club Championships
12	39.82	S	F	Madeline Smith	15	04/07/2014	Deben Club Championships 2014
13	43.85	S	F	Emma Jarvis	15	21/06/2014	2014 Time trials
14	44.05	S	F *I	Jessica Foulger	15	29/06/2012	Deben Club Champs 2012

Female 100 Fly

1	1:11.72	S	F	Annabelle Mace	15	25/01/2014	Winter League Round 2
2	1:13.91	S	F *I	Abigail Hill	15	16/11/2012	Deben Open 2012 3ER2483
3	1:14.96	S	F	Caitlin Russell	15	26/01/2013	Winter League Round 2
4	1:15.87	S	F *I	Georgia Rickards	15	09/07/2011	Deben Club Championships
5	1:16.07	S S	F	Francesca Souter	15	22/11/2013	Deben Open Meet 2013
6	1:31.15	S	F	Cerys Russell	15	04/07/2014	Deben Club Championships 2014
7	1:31.92	S	F *I	Rachel Poustie	15	09/07/2011	Deben Club Championships

Female 200 Fly

1	2:39.67	S S	F	Annabelle Mace	15	15/02/2014	Suffolk ASA County Championships 2014
2	2:44.92	S	F	Caitlin Russell	15	26/11/2012	Winter League Round 1
3	2:48.77	S	F	Francesca Souter	15	04/07/2014	Deben Club Championships 2014
4	3:22.83	S	F *I	Jessica Fryatt	15	26/11/2012	Winter League Round 1

Female 100 IM

1	1:13.41	S	F	Caitlin Russell	15	11/03/2012	Suffolk County Champs 2012
2	1:14.79	S	F	Francesca Souter	15	04/07/2014	Deben Club Championships 2014
3	1:15.29	S	F *I	Abigail Hill	15	29/06/2012	Deben Club Champs 2012
4	1:15.79	S	F	Annabelle Mace	15	04/07/2014	Deben Club Championships 2014
5	1:16.15	S	F *I	Annabel Towns	15	09/07/2011	Deben Club Championships
6	1:17.69	S	F	Cerys Russell	15	21/06/2014	Development Champs 2014
7	1:17.95	S	F *I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
8	1:19.33	S	F *I	Lauren Osborne	15	22/01/2012	Sudbury Last Chance Jan 2012
9	1:19.61	S	F	Caitlin Houston	15	14/06/2013	Club Championships 2013 4ER3509/3510
10	1:20.87	S	F *I	Georgia Rickards	15	26/06/2011	Suffolk Development Champs 2011
11	1:24.07	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
12	1:28.40	S	F	Madeline Smith	15	04/07/2014	Deben Club Championships 2014
13	1:28.94	S	F	Mia Gaines	15	21/06/2014	2014 Time trials
14	1:31.37	S	F	Emma Jarvis	15	22/11/2013	Deben Open Meet 2013

Female 200 IM

1	2:34.85	S	F	Caitlin Russell	15	16/11/2012	Deben Open 2012 3ER2483
2	2:39.16	S	F	Francesca Souter	15	04/07/2014	Deben Club Championships 2014
3	2:39.37	S	F *I	Abigail Hill	15	11/03/2012	Suffolk County Champs 2012
4	2:42.10	S	F *I	Georgia Rickards	15	09/07/2011	Deben Club Championships
5	2:46.72	S	F	Cerys Russell	15	27/09/2014	Sudbury Michealmas Meet 3ER5006
6	2:47.53	S	F *I	Jessica Fryatt	15	22/11/2013	Deben Open Meet 2013
7	2:50.06	S	F *I	Annabel Towns	15	09/07/2011	Deben Club Championships
8	2:51.78	S	F *I	Rachel Poustie	15	09/07/2011	Deben Club Championships
9	3:07.63	S	F	Amy Brammar	15	16/11/2012	Deben Open 2012 3ER2483
10	24:05.55	S	F	Hannah Moore	15	27/09/2014	Sudbury Michealmas Meet 3ER5006

Female 400 IM

1	5:32.60	S	F	Caitlin Russell	15	16/11/2012	Deben Open 2012 3ER2483
2	5:40.30	S	F	Francesca Souter	15	15/02/2014	Suffolk ASA County Championships 2014
3	5:48.14	S	F *I	Abigail Hill	15	11/03/2012	Suffolk County Champs 2012
4	6:06.39	S	F *I	Rachel Poustie	15	09/07/2011	Deben Club Championships

Male 50 Free

1	26.38	S	F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	26.52	S S	F	Sam Allen	15	09/03/2013	Suffolk County Championships
3	26.73	S S	F	Todd Last	15	09/03/2013	Suffolk County Championships
4	27.57	S	F *I	Dylan Ward	15	16/11/2012	Deben Open 2012 3ER2483
5	27.63	S	F	Robert Doig	15	04/07/2014	Deben Club Championships 2014
6	27.68	S	F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
7	28.00	S	F	Lewis Rickards	15	23/02/2013	Winter League Final
8	28.12	S S	F	Jack Brammar	15	15/02/2014	Suffolk ASA County Championships 2014
9	28.23	S	F *I	Ryan Smith	15	02/07/2011	Deben Skins
10	28.36	S	F *I	Conor Lynch	15	02/07/2011	Deben Skins
11	28.71	S	F *I	Charlie Seller	15	29/06/2012	Deben Club Champs 2012
12	29.10	S S	F *I	Charlie Tedora	15	22/11/2013	Deben Open Meet 2013
13	29.61	S	F	Joshua Richards	15	21/06/2014	Development Champs 2014
14	30.25	S	F *I	Bradley Davies	15	13/12/2013	December Time Trials
15	30.66	S	F *I	Nicholas Cook	15	02/07/2011	Deben Skins
16	31.28	S	F	Daniel Mitchell	15	13/12/2013	December Time Trials
17	32.57	S	F *I	Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
18	33.80	S	F	William Crookall	15	14/06/2013	Club Championships 2013 4ER3509/3510

Male 100 Free

1	56.81	S	F	Nicholas Elmer	15	26/01/2013	Winter League Round 2
2	58.27	S	F	Todd Last	15	09/03/2013	Suffolk County Championships
3	58.51	S	F	Sam Allen	15	09/03/2013	Suffolk County Championships
4	58.53	S	F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
5	59.15	S	F	Lewis Rickards	15	09/03/2013	Suffolk County Championships

6	1:01.23	S		F	*I	Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
7	1:01.66	S		F		Jack Brammar	15	18/01/2014	January Last Chance Open
8	1:02.37	S		F	*I	Charlie Seller	15	29/06/2012	Deben Club Champs 2012
9	1:03.59	S		F	*I	Ryan Smith	15	09/07/2011	Deben Club Championships
10	1:03.61	S		F	*I	Charlie Tedora	15	14/06/2013	Club Championships 2013 4ER3509/3510
11	1:06.60	S		F		Joshua Richards	15	21/06/2014	Development Champs 2014
12	1:07.73	S		F		Daniel Mitchell	15	13/12/2013	December Time Trials
13	1:08.83	S	S	F	*I	Bradley Davies	15	22/11/2013	Deben Open Meet 2013
14	1:12.95	S		F	*I	Matthew Griggs	15	13/12/2013	December Time Trials
15	1:14.07	S		F		Henry Milldown	15	21/06/2014	2014 Time trials
16	1:14.81	S		F	*I	Nicholas Cook	15	09/07/2011	Deben Club Championships
17	1:25.59	S	S	F		William Crookall	15	29/06/2012	Deben Club Champs 2012

Male 200 Free

1	2:03.74	S		F		Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
2	2:04.86	S		F		Nicholas Elmer	15	16/11/2012	Deben Open 2012 3ER2483
3	2:05.13	S	S	F		Todd Last	15	09/03/2013	Suffolk County Championships
4	2:08.12	S	S	F		Lewis Rickards	15	09/03/2013	Suffolk County Championships
5	2:08.95	S		F		Sam Allen	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012
6	2:09.94	S		F		Joshua Richards	15	21/06/2014	Development Champs 2014
7	2:13.69	S		F	*I	Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
8	2:15.64	S		F		Jack Brammar	15	04/07/2014	Deben Club Championships 2014
9	2:18.19	S		F	*I	Charlie Seller	15	29/06/2012	Deben Club Champs 2012
10	2:26.13	S		F	*I	Charlie Tedora	15	14/06/2013	Club Championships 2013 4ER3509/3510
11	2:34.23	S		F		William Crookall	15	22/11/2013	Deben Open Meet 2013
12	2:38.62	S		F	*I	Bradley Davies	15	22/11/2013	Deben Open Meet 2013
13	2:40.64	S		F	*I	Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
14	2:44.58	S		F	*I	Nicholas Cook	15	09/07/2011	Deben Club Championships

Male 400 Free

1	4:23.88	S	S	F		Nicholas Elmer	15	09/03/2013	Suffolk County Championships
2	4:25.28	S		F		Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
3	4:26.86	S	S	F		Todd Last	15	09/03/2013	Suffolk County Championships
4	4:33.29	S	S	F		Lewis Rickards	15	09/03/2013	Suffolk County Championships
5	4:38.05	S		F		Sam Allen	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012

Male 1500 Free

1	17:53.61	S		F		Kieran Whight	15	14/10/2011	Deben Open Meet
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Male 50 Back

1	28.85	S		F	*I	Louis Seller	15	25/02/2012	Winter League Finals
2	29.03	S	S	F		Nicholas Elmer	15	09/03/2013	Suffolk County Championships
3	30.15	S		F		Todd Last	15	16/11/2012	Deben Open 2012 3ER2483
4	30.29	S		F		Sam Allen	15	09/03/2013	Suffolk County Championships
5	32.26	S		F		Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
6	33.38	S		F	*I	Charlie Seller	15	29/06/2012	Deben Club Champs 2012
7	33.62	S		F		Jack Brammar	15	22/02/2014	Winter League Round 3
8	33.65	S		F	*I	Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
9	33.76	S		F	*I	Ryan Smith	15	02/07/2011	Deben Skins
10	34.72	S		F	*I	Charlie Tedora	15	14/06/2013	Club Championships 2013 4ER3509/3510
11	35.13	S		F		Lewis Rickards	15	29/06/2012	Deben Club Champs 2012
12	35.59	S		F	*I	Dylan Ward	15	19/09/2012	Quartely Time Trial
13	35.86	S		F		Joshua Richards	15	04/07/2014	Deben Club Championships 2014
14	37.43	S		F	*I	Nicholas Cook	15	14/10/2011	Deben Open Meet
15	38.53	S		F		Daniel Mitchell	15	13/12/2013	December Time Trials
16	39.60	S		F		Nikhil Sharma	15	04/07/2014	Deben Club Championships 2014
17	46.07	S		F		William Crookall	15	29/06/2012	Deben Club Champs 2012

Male 100 Back

1	1:02.04	S		F		Nicholas Elmer	15	09/03/2013	Suffolk County Championships
2	1:04.25	S		F		Sam Allen	15	09/03/2013	Suffolk County Championships

3	1:04.94	S		F	Todd Last	15	09/03/2013	Suffolk County Championships
4	1:11.58	S		F	*I Charlie Tedora	15	22/11/2013	Deben Open Meet 2013
5	1:13.72	S		F	*I Conor Lynch	15	14/10/2011	Deben Open Meet
6	1:15.56	S		F	Lewis Rickards	15	29/06/2012	Deben Club Champs 2012
7	1:15.96	S		F	Henry Milldown	15	21/06/2014	2014 Time trials
8	1:19.75	S		F	Joshua Richards	15	04/07/2014	Deben Club Championships 2014
9	1:22.14	S		F	*I Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
10	1:31.48	S		F	William Crookall	15	14/06/2013	Club Championships 2013 4ER3509/3510
11	1:33.78	S		F	Daniel Mitchell	15	21/06/2014	2014 Time trials
12	1:49.13	S		F	Sebastian Garfield	15	21/06/2014	2014 Time trials

Male 200 Back

1	2:11.58	S	S	F	Nicholas Elmer	15	09/03/2013	Suffolk County Championships
2	2:17.06	S	S	F	Sam Allen	15	09/03/2013	Suffolk County Championships
3	2:20.61	S	S	F	Todd Last	15	09/03/2013	Suffolk County Championships
4	2:33.05	S		F	Kieran Whight	15	14/10/2011	Deben Open Meet
5	2:35.65	S	S	F	*I Charlie Tedora	15	22/11/2013	Deben Open Meet 2013
6	2:37.34	S		F	Lewis Rickards	15	29/06/2012	Deben Club Champs 2012
7	3:00.35	S		F	*I Nicholas Cook	15	09/07/2011	Deben Club Championships

Male 50 Breast

1	34.06	S		F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	34.74	S		F	*I Conor Lynch	15	25/02/2012	Winter League Finals
3	34.87	S		F	*I Ryan Smith	15	02/07/2011	Deben Skins
4	36.02	S		F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
5	38.07	S		F	Todd Last	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012
6	39.17	S		F	*I Charlie Seller	15	29/06/2012	Deben Club Champs 2012
7	40.17	S		F	*I Nicholas Cook	15	02/07/2011	Deben Skins
8	40.51	S		F	Jack Brammar	15	04/07/2014	Deben Club Championships 2014
9	40.91	S		F	Daniel Mitchell	15	13/12/2013	December Time Trials
10	43.72	S		F	*I Dylan Ward	15	19/09/2012	Quartely Time Trial
11	44.50	S		F	*I Matthew Griggs	15	13/12/2013	December Time Trials
12	45.54	S		F	*I Bradley Davies	15	13/12/2013	December Time Trials

Male 100 Breast

1	1:12.74	S		F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	1:16.46	S		F	*I Conor Lynch	15	28/01/2012	Winter League Round 2
3	1:19.64	S		F	*I Ryan Smith	15	09/07/2011	Deben Club Championships
4	1:26.19	S		F	Sam Allen	15	29/06/2012	Deben Club Champs 2012
5	1:28.45	S		F	*I Nicholas Cook	15	09/07/2011	Deben Club Championships
6	1:32.85	S		F	William Crookall	15	22/11/2013	Deben Open Meet 2013
7	1:36.81	S		F	*I Bradley Davies	15	13/12/2013	December Time Trials

Male 200 Breast

1	2:38.74	S		F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	2:46.49	S		F	*I Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
3	2:59.70	S		F	Lewis Rickards	15	29/06/2012	Deben Club Champs 2012
4	3:17.31	S		F	*I Nicholas Cook	15	09/07/2011	Deben Club Championships
5	3:19.15	S		F	*I Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
6	3:20.74	S		F	William Crookall	15	14/06/2013	Club Championships 2013 4ER3509/3510
7	3:22.63	S	S	F	*I Bradley Davies	15	22/11/2013	Deben Open Meet 2013

Male 50 Fly

1	28.99	S	S	F	Nicholas Elmer	15	09/03/2013	Suffolk County Championships
2	29.24	S		F	Kieran Whight	15	25/02/2012	Winter League Finals
3	29.73	S		F	Todd Last	15	23/02/2013	Winter League Final
4	29.75	S	S	F	Sam Allen	15	22/11/2013	Deben Open Meet 2013
5	30.25	S	S	F	Lewis Rickards	15	09/03/2013	Suffolk County Championships
6	30.29	S	S	F	Jack Brammar	15	15/02/2014	Suffolk ASA County Championships 2014
7	30.72	S		F	*I Ryan Smith	15	09/07/2011	Deben Club Championships
8	30.86	S		F	*I Charlie Seller	15	29/06/2012	Deben Club Champs 2012

9	31.81	S		F	Joshua Richards	15	21/06/2014	Development Champs 2014
10	32.08	S		F	*I Conor Lynch	15	02/12/2011	Sheffield Open Meet
11	32.70	S		F	*I Dylan Ward	15	16/11/2012	Deben Open 2012 3ER2483
12	35.67	S		F	Daniel Mitchell	15	13/12/2013	December Time Trials
13	35.76	S		F	*I Nicholas Cook	15	09/07/2011	Deben Club Championships
14	36.50	S		F	Henry Milldown	15	21/06/2014	2014 Time trials
15	42.62	S		F	*I Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
16	44.56	S		F	Sebastian Garfield	15	21/06/2014	2014 Time trials
Male 100 Fly								
1	1:03.29	S		F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	1:03.71	S		F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
3	1:04.60	S	S	F	Todd Last	15	09/03/2013	Suffolk County Championships
4	1:06.61	S	S	F	Sam Allen	15	22/11/2013	Deben Open Meet 2013
5	1:06.62	S	S	F	Lewis Rickards	15	09/03/2013	Suffolk County Championships
6	1:08.28	S		F	*I Louis Seller	15	21/04/2012	Newmarket Open
7	1:08.47	S		F	*I Charlie Seller	15	29/06/2012	Deben Club Champs 2012
8	1:10.24	S		F	Jack Brammar	15	25/01/2014	Winter League Round 2
9	1:10.34	S		F	*I Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
10	1:21.49	S		F	Daniel Mitchell	15	13/12/2013	December Time Trials
Male 200 Fly								
1	2:16.56	S		F	*I Louis Seller	15	26/11/2011	Winter League Round 1
2	2:20.85	S		F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
3	2:21.54	S		F	Todd Last	15	14/06/2013	Club Championships 2013 4ER3509/3510
4	2:27.65	S		F	Lewis Rickards	15	09/03/2013	Suffolk County Championships
5	2:35.22	S		F	Sam Allen	15	29/06/2012	Deben Club Champs 2012
6	2:38.25	S		F	*I Charlie Seller	15	29/06/2012	Deben Club Champs 2012
7	2:47.16	S		F	Nicholas Elmer	15	29/06/2012	Deben Club Champs 2012
Male 100 IM								
1	1:03.85	S		F	Nicholas Elmer	15	14/06/2013	Club Championships 2013 4ER3509/3510
2	1:06.58	S		F	Sam Allen	15	14/06/2013	Club Championships 2013 4ER3509/3510
3	1:07.01	S		F	Robert Doig	15	04/07/2014	Deben Club Championships 2014
4	1:07.82	S		F	Todd Last	15	14/06/2013	Club Championships 2013 4ER3509/3510
5	1:10.32	S		F	*I Ryan Smith	15	09/07/2011	Deben Club Championships
6	1:12.25	S		F	*I Conor Lynch	15	14/10/2011	Deben Open Meet
7	1:12.45	S		F	*I Charlie Seller	15	29/06/2012	Deben Club Champs 2012
8	1:13.80	S		F	Lewis Rickards	15	29/06/2012	Deben Club Champs 2012
9	1:14.42	S		F	Jack Brammar	15	04/07/2014	Deben Club Championships 2014
10	1:14.92	S		F	*I Charlie Tedora	15	14/06/2013	Club Championships 2013 4ER3509/3510
11	1:17.58	S		F	Daniel Mitchell	15	21/06/2014	2014 Time trials
12	1:19.64	S		F	Joshua Richards	15	04/07/2014	Deben Club Championships 2014
13	1:21.21	S		F	Henry Milldown	15	21/06/2014	2014 Time trials
14	1:24.67	S		F	*I Matthew Griggs	15	14/06/2013	Club Championships 2013 4ER3509/3510
15	1:37.81	S		F	Sebastian Garfield	15	21/06/2014	2014 Time trials
Male 200 IM								
1	2:18.72	S		F	Nicholas Elmer	15	09/03/2013	Suffolk County Championships
2	2:20.25	S		F	*I Louis Seller	15	26/11/2011	Winter League Round 1
3	2:24.98	S		F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012
4	2:26.74	S		F	Sam Allen	15	09/03/2013	Suffolk County Championships
5	2:27.37	S		F	Lewis Rickards	15	09/03/2013	Suffolk County Championships
6	2:28.62	S		F	Todd Last	15	09/03/2013	Suffolk County Championships
7	2:31.34	S		F	*I Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012
8	2:37.40	S		F	Jack Brammar	15	04/07/2014	Deben Club Championships 2014
9	3:01.48	S		F	*I Nicholas Cook	15	14/10/2011	Deben Open Meet
Male 400 IM								
1	5:02.20	S		F	Nicholas Elmer	15	29/09/2012	Sudbury Michaelmas Olympic Special 2012
2	5:05.55	S		F	Kieran Whight	15	11/03/2012	Suffolk County Champs 2012

3	5:08.86	S	S	F	Lewis Rickards	15	09/03/2013	Suffolk County Championships
4	5:12.75	S	S	F	Sam Allen	15	09/03/2013	Suffolk County Championships
5	5:23.63	S		F *1	Conor Lynch	15	22/01/2012	Sudbury Last Chance Jan 2012