
RECORDS current records
SC Meters-Female

7-7	25 Back	29.19	3-Jul-13	DEBT	Matilda Bogle at mini club champs 2013
8-8	50 Free	39.08	30-Sep-06		Claudia Collins
	25 Back	24.95	19-Jun-02	DSC	Harriet Gaffer Mini Champs
	50 Back	46.88	22-Nov-13	DEBT	Laura Snelham at Deben Open Meet 2013
	50 Breast	57.37	22-Nov-13	DEBT	Laura Snelham at Deben Open Meet 2013
	50 Fly	48.19	30-Sep-06		Claudia Collins
9-9	50 Free	35.79	10-Mar-07		Claudia Collins Suffolk County Championships 2007
	200 Free	2:50.98	4-Mar-07	DEBT	Claudia Collins Suffolk County Championships 2007
	25 Back	20.75	15-Oct-05	DSC	Eleanor Scott
	50 Back	42.09	15-Feb-14	DEBT	Ella R. Houston at Suffolk ASA County Championships 2014
	200 Back	3:15.55	15-Feb-14	DEBT	Ella R. Houston at Suffolk ASA County Championships 2014
	50 Breast	47.61	3-Mar-07		Claudia Collins Suffolk County Championships 2007
	200 Breast	3:46.77	4-Jul-14		Laura Snelham Club Championships
	50 Fly	44.47	22-Jun-13	DEBT	Minnie Wayman at Suffolk Development Championships
	100 IM	1:34.71	10-Mar-07		Claudia Collins Suffolk County Championships 2007
	200 IM	3:22.31	15-Feb-14	DEBT	Ella R. Houston at Suffolk ASA County Championships 2014
10-10	50 Free	34.23	10-Mar-07	DEBT	Eleanor Scott Suffolk County Championships 2007
	100 Free	1:17.10	15-Feb-14	DEBT	Minnie Wayman at Suffolk ASA County Championships 2014
	200 Free	2:42.88	15-Feb-14	DEBT	Minnie Wayman at Suffolk ASA County Championships 2014
	25 Back	19.77	21-Jun-03	DSC	Lucy Ronan Novice Gala Mildenhall
	50 Back	38.73	11-Mar-07	DEBT	Eleanor Scott Suffolk County Championships 2007
	100 Back	1:25.73	15-Feb-14	DEBT	Minnie Wayman at Suffolk ASA County Championships 2014
	200 Back	2:57.74	15-Feb-14	DEBT	Minnie Wayman at Suffolk ASA County Championships 2014
	50 Breast	42.40	15-Feb-14	DEBT	Alexa Elliff at Suffolk ASA County Championships 2014
	100 Breast	1:31.31	21-Jun-14	DEBT	Ella Walker at 2014 Time trials
	200 Breast	3:19.82	15-Feb-14	DEBT	Alexa Elliff at Suffolk ASA County Championships 2014
	50 Fly	37.92	15-Feb-14	DEBT	Alexa Elliff at Suffolk ASA County Championships 2014
	100 Fly	1:36.83	4-Jul-14	DEBT	Alexa Elliff at Deben Club Championships 2014
	200 Fly	3:28.95	15-Feb-14	DEBT	Minnie Wayman at Suffolk ASA County Championships 2014
	100 IM	1:25.58	4-Jul-14	DEBT	Alexa Elliff at Deben Club Championships 2014
	200 IM	3:00.06	15-Feb-14	DEBT	Alexa Elliff at Suffolk ASA County Championships 2014
	11-11	50 Free	32.50	26-Jan-13	DEBT
100 Free		1:10.52	8-May-04	DEBT	Fenella Foskett West Suffolk Open Meet
200 Free		2:29.82	1-Jul-11		Georgina Fulcher Club Championships
25 Back		19.42	18-Jul-98	DSC	Lauren Stevens
50 Back		35.77	15-Feb-14	DEBT	Eleanor Scott Suffolk County Championships 2008
100 Back		1:19.33	6-May-06	DEBT	Evie Adams West Suffolk Open
200 Back		2:47.10	8-Mar-08		Eleanor Scott Suffolk County Championships 2008
50 Breast		40.95	8-May-04		Fenella Foskett West Suffolk Open Meet
100 Breast		1:29.87	30-Sep-08		Rebecca Wilson
200 Breast		3:10.92	30-Sep-08		Rebecca Wilson
50 Fly		35.59	13-Jul-12	DEBT	Abbie Webb at Skins 2012
100 Fly		1:25.45	18-Nov-12		Nadia Mason Deben Open Meet 2012
200 Fly		3:03.34	26-May-02		Abby Maynard West Suffolk Open Meet
100 IM		1:22.03	18-Sep-09		Paige Westbrook Club Championships
200 IM	2:50.04	6-May-06		Evie Adams West Suffolk Open	
12-12	50 Free	30.14	10-Mar-07		Evie Adams Suffolk County Championships 2007
	100 Free	1:04.12	11-Mar-07	DEBT	Evie Adams Suffolk County Championships 2007
	200 Free	2:18.35	4-Mar-07	DEBT	Evie Adams Suffolk County Championships 2007

RECORDS current records

12-12	25 Back	17.80	13-Mar-93	DSC	Marie Collins	Old Data
	50 Back	34.53	6-Mar-10	DEBT	Abigail Hill	Suffolk County Championships 2010
	100 Back	1:14.17	7-Mar-10		Abigail Hill	Suffolk County Championships 2010
	200 Back	2:36.69	13-Mar-05		Fenella Foskett	Suffolk County Championships 2005
	50 Breast	38.20	12-Mar-05	DEBT	Fenella Foskett	Suffolk County Championships 2005
	100 Breast	1:22.56	30-Sep-09		Rebecca Wilson	
	200 Breast	2:53.77	30-Sep-09		Rebecca Wilson	
	50 Fly	33.73	30-Sep-05		Alice Tennant	
	100 Fly	1:15.46	11-May-03	DEBT	Abby Maynard	West Suffolk Open Meet
	200 Fly	2:43.28	5-Apr-03	DEBT	Abby Maynard	City of Peterborough Meet
	100 IM	1:18.95	9-Mar-13	DEBT	Issy Wickens at Suffolk County Championships	
	200 IM	2:40.13	12-Mar-05		Fenella Foskett	Suffolk County Championships
13-13	50 Free	29.02	30-Sep-06		Alice Tennant	
	100 Free	1:03.07	15-Feb-14	DEBT	Abbie Webb at Suffolk ASA County Championships 2014	
	200 Free	2:15.68	4-Jul-14	DEBT	Abbie Webb at Deben Club Championships 2014	
	25 Back	19.01	24-Apr-03	DSC	Joanne Crisp	
	50 Back	30.95	15-Feb-14	DEBT	Megan Claydon at Suffolk ASA County Championships 2014	
	100 Back	1:10.57	5-Mar-11		Abigail Hill	Suffolk County Championships 2011
	200 Back	2:33.67	11-Mar-06		Fenella Foskett	Suffolk County Championships
	50 Breast	37.60	14-Mar-09		Bethany Elmer	Suffolk County Championships 2009
	100 Breast	1:20.40	15-Mar-09		Bethany Elmer	Suffolk County Championships 2009
	200 Breast	2:52.79	13-Mar-04		Abby Maynard	Suffolk County Championships
	50 Fly	31.61	15-Feb-14	DEBT	Abbie Webb at Suffolk ASA County Championships 2014	
	100 Fly	1:11.67	15-Feb-14	DEBT	Abbie Webb at Suffolk ASA County Championships 2014	
	200 Fly	2:42.76	17-Jan-04	DEBT	Abby Maynard	Ipswich Open Meet
	100 IM	1:14.88	15-Feb-14	DEBT	Abbie Webb at Suffolk ASA County Championships 2014	
	200 IM	2:36.31	19-Mar-06		Fenella Foskett	Suffolk County Championships 2006
14-14	50 Free	28.50	30-Sep-07		Alice Tennant	
	100 Free	1:01.03	30-Sep-07		Alice Tennant	
	200 Free	2:14.98	6-Mar-05		Abby Maynard	Suffolk County Championships 2005
	50 Back	32.66	6-Mar-10	DEBT	Lucy Stokes	Suffolk County Championships 2010
	100 Back	1:10.26	30-Sep-07		Alice Tennant	
	200 Back	2:29.22	28-Oct-06		Lucy Adams	Ipswich Open
	50 Breast	36.27	30-Sep-07		Alice Tennant	
	100 Breast	1:17.77	14-Mar-12		Caitlin Russell	Suffolk County Championships 2012
	200 Breast	2:50.69	7-Mar-10		Bethany Elmer	Suffolk County Championships 2010
	50 Fly	31.31	30-Sep-07		Alice Tennant	
	100 Fly	1:08.92	30-Sep-07		Alice Tennant	
	200 Fly	2:37.71	22-Jan-05	DEBT	Abby Maynard	Ipswich Open
	100 IM	1:13.41	11-Mar-12	DEBT	Caitlin Russell	Suffolk County Championships 2010
	200 IM	2:31.03	30-Sep-07		Alice Tennant	
15-16	50 Free	28.06	30-Sep-08		Alice Tennant	
	100 Free	1:00.62	15-Mar-09		Fenella Foskett	Suffolk County Championships 2009
	200 Free	2:11.34	18-Jan-09		Fenella Foskett	Ipswich Open
	50 Back	32.39	7-Mar-09		Fenella Foskett	Suffolk County Championships 2009
	100 Back	1:08.25	30-Sep-08		Alice Tennant	
	200 Back	2:26.23	30-Sep-08		Alice Tennant	
	50 Breast	35.64	9-Mar-13	DEBT	Caitlin Russell at Suffolk County Championships	
	100 Breast	1:16.31	9-Mar-14	DEBT	Caitlin Russell at Suffolk County Championships 2014	
	200 Breast	2:44.04	10-Mar-12	DEBT	Bethany Elmer	Suffolk County Championships 2012
	50 Fly	31.16	15-Mar-09		Fenella Foskett	Suffolk County Championships 2009
	100 Fly	1:07.23	30-Sep-08		Alice Tennant	
	200 Fly	2:25.61	30-Sep-08		Alice Tennant	

RECORDS current records

15-16	100 IM	1:10.05	22-Feb-14	DEBT	Caitlin Russell at Winter League Round 3
	200 IM	2:24.35	30-Sep-08		Alice Tennant
17 & O	50 Free	28.44	7-Mar-10		Fenella Foskett Suffolk County Championships
	100 Free	58.27	1-Apr-00		Rebecca Howlett Suffolk County Championships 2000
	200 Free	2:07.58	3-Feb-01		Rebecca Howlett Ipswich Open
	50 Back	31.87	5-Mar-10		Fenella Foskett Suffolk County Championships 2010
	100 Back	1:07.22	3-Jul-11		Fenella Foskett
	200 Back	2:23.14	13-Mar-10		Fenella Foskett Suffolk County Championships
	50 Breast	35.28	13-Mar-10	DEBT	Fenella Foskett Suffolk County Championships 2010
	100 Breast	1:15.34	14-Mar-10	DEBT	Fenella Foskett Suffolk County Championships 2010
	200 Breast	2:44.04	10-Mar-12		Bethany Elmer Suffolk County Championships 2012
	50 Fly	30.47	14-Mar-10		Felicity Hawkins Suffolk County Championships 2010
	100 Fly	1:06.75	30-Sep-09		Fenella Foskett Suffolk County Championships 2010
	200 Fly	2:26.38	30-Sep-09		Fenella Foskett Suffolk County Championships 2010
	100 IM	1:09.90	13-Mar-11	DEBT	Emily Prior Suffolk County Championships 2011
	200 IM	2:21.97	8-Jul-11		Fenella Foskett Club Championships

RECORDS current records**SC Meters-Male**

7-7	25 Back	26.99	4-Oct-97	DSC	Laurie O'Neil	Old Data
8-8	25 Free	25.98	11-Jun-02	DSC	Owen Smith	Mini Champs
	50 Free	40.48	30-Sep-06		Charles Seller	Club Championships
	50 Back	42.64	5-Mar-11		Lewis Moore	Suffolk County Championships 2011
	50 Breast	51.54	22-Jan-11		Lewis Moore	Sudbury Last Chance 2011
	50 Breast	54.94	16-Nov-12	DEBT	Jensen Hoole	Deben Open 2012 3ER2483
	50 Fly	42.22	6-Mar-11	DEBT	Lewis Moore	Suffolk County Championships 2011
9-9	50 Free	35.78	2-Jul-11	DEBT	Lewis Moore	Deben Skins
	200 Free	2:51.06	5-Nov-11	DEBT	Lewis Moore	Norwich Big Bang Open Meet
	25 Back	20.56	26-Sep-98	DSC	Aaron Moseley	Old Data
	50 Back	40.85	5-Nov-11	DEBT	Lewis Moore	Norwich Big Bang Open Meet
	200 Back	3:12.10	5-Nov-11	DEBT	Lewis Moore	Norwich Big Bang Open Meet
	50 Breast	48.29	22-Nov-13	DEBT	Jensen Hoole	Deben Open Meet 2013
	200 Breast	3:38.47	22-Nov-13	DEBT	Jensen Hoole	Deben Open Meet 2013
	50 Fly	38.39	25-Feb-12	DEBT	Lewis Moore	Winter League Finals
	200 Fly	3:40.65	6-Nov-11		Lewis Moore	Norwich Big Band 2011
	100 IM	1:32.99	3-Mar-09		James Studd	Suffolk County Championships 2009
	200 IM	3:16.34	8-Jul-11		Lewis Moore	Club Championships
10-10	50 Free	32.80	29-Jun-12		Lewis Moore	Club Championships
	100 Free	1:15.98	30-Jun-12		Lewis Moore	Club Championships
	100 Free	1:10.53	11-Jan-13	DEBT	Lewis Moore	Cambridge Open Meet 2013
	200 Free	2:35.08	16-Nov-12	DEBT	Lewis Moore	Deben Open 2012 3ER2483
	25 Back	19.22	4-Nov-00	DSC	Mark Stevens	Birds Eye Walls Deben
	50 Back	37.01	1-Apr-01	DEBT	Mark Stevens	Suffolk County Championships 2001
	100 Back	1:22.59	16-Nov-12	DEBT	Lewis Moore	Deben Open 2012 3ER2483
	200 Back	2:48.81	31-Mar-01		Mark Stevens	Suffolk County Championships 2001
	50 Breast	43.35	26-Jan-13	DEBT	Lewis Moore	Winter League Round 2
	100 Breast	1:35.88	16-Nov-12	DEBT	Lewis Moore	Deben Open 2012 3ER2483
	200 Breast	3:16.08	11-Jan-13	DEBT	Lewis Moore	Cambridge Open Meet 2013
	50 Fly	36.04	18-Mar-01	DEBT	Mark Stevens	Suffolk County Championships 2001
	100 Fly	1:22.88	11-Nov-00		Mark Stevens	Ipswich Open
	200 Fly	3:02.48	16-Dec-12	DEBT	Lewis Moore	Braintree and Bocking Christmas Cracker
	100 IM	1:24.56	29-Jun-12		Lewis Moore	Club Championships
	200 IM	2:52.93	16-Dec-12	DEBT	Lewis Moore	Braintree and Bocking Christmas Cracker
	11-11	50 Free	30.39	1-Feb-14	DEBT	Lewis Moore
100 Free		1:05.34	22-Nov-13	DEBT	Lewis Moore	Deben Open Meet 2013
200 Free		2:21.84	9-Mar-03	DEBT	Benjamin Davies	Suffolk County Championships 2003
25 Back		17.91	15-Oct-05	DSC	Owen Smith	Leiston Novice Gala
50 Back		34.40	22-Feb-14	DEBT	Lewis Moore	Winter League Round 3
100 Back		1:12.68	8-Mar-14	DEBT	Lewis Moore	Suffolk County Championships 2014
200 Back		2:38.68	22-Nov-13	DEBT	Lewis Moore	Deben Open Meet 2013
50 Breast		39.71	30-Jun-12		Tom Beagley	Club Championships
100 Breast		1:29.62	15-Dec-13	DEBT	Lewis Moore	Three Counties
200 Breast		3:09.86	22-Nov-13	DEBT	Lewis Moore	Deben Open Meet 2013
50 Fly		33.39	16-Feb-02	DEBT	Mark Stevens	Past Presidents Cup
100 Fly		1:14.54	16-Feb-02	DEBT	Mark Stevens	Past Presidents Cup
200 Fly		2:41.57	9-Mar-02	DEBT	Mark Stevens	Suffolk County Championships 2002
100 IM		1:15.62	22-Jun-13	DEBT	Nathan Griggs	Suffolk Development Championships
200 IM		2:40.82	30-Nov-13	DEBT	Lewis Moore	Winter League Round 1

RECORDS current records

12-12	50 Free	28.26	23-Mar-03	DEBT	Mark Stevens	Suffolk County Championships 2003
	100 Free	1:01.17	13-Feb-04	DEBT	Benjamin Davies	Suffolk County Championships 2004
	200 Free	2:09.90	7-Mar-04	DEBT	Benjamin Davies	Suffolk County Championships
	25 Back	18.25	13-Mar-93	DSC	Spencer Wix	Old Data
	50 Back	32.54	7-Mar-09		Jack Nokes	Suffolk County Championships 2009
	100 Back	1:10.99	9-Mar-03		Mark Stevens	Suffolk County Championships 2003
	200 Back	2:28.99	27-Sep-14	DEBT	Lewis Moore	Sudbury Michealmas Meet 3ER5006
	50 Breast	38.07	30-Sep-12		Tom Beagley	Sudbury Michaelmas Meet
	100 Breast	1:22.60	17-Mar-13		Tom Beagley	Suffolk County Championships 2013
	200 Breast	2:53.25	13-Mar-04		Benjamin Davies	Suffolk County Championships 2004
	50 Fly	30.11	2-Feb-03		Mark Stevens	Ipswich Open
	100 Fly	1:06.49	3-Mar-03		Mark Stevens	Suffolk County Championships 2003
	200 Fly	2:26.16	23-Mar-03		Mark Stevens	Suffolk County Championships 2013
	100 IM	1:15.67	15-Feb-14	DEBT	Lewis Moore	Suffolk ASA County Championships 2014
	200 IM	2:49.42	13-Mar-04		Benjamin Davies	Suffolk County Championships 2004
13-13	50 Free	26.56	14-Mar-14	DEBT	Mark Stevens	Suffolk County Championships 2004
	100 Free	56.96	13-Mar-04		Mark Stevens	Suffolk County Championships 2004
	200 Free	2:03.74	6-Mar-05		Benjamin Davies	Suffolk County Championships 2005
	25 Back	21.70	12-Apr-03	DSC	Nicholas Minns	Ipswich Novice Gala
	50 Back	30.83	13-Mar-10	DEBT	Louis Seller	Suffolk County Champioships 2010
	100 Back	1:05.15	24-Apr-10		Louis Seller	Junior Summer League
	200 Back	2:21.77	6-Mar-04	DEBT	Mark Stevens	Suffolk County Championships 2004
	50 Breast	34.53	5-Jul-14		Tom Beagley	Club Championships
	100 Breast	1:12.33	16-Mar-14		Tom Beagley	Suffolk County Championships 2014
	200 Breast	2:37.90	9-Mar-14		Tom Beagley	Suffolk County Championships 2014
	50 Fly	28.11	7-Mar-04		Mark Stevens	Suffolk County Championships
	100 Fly	1:01.01	6-Mar-04		Mark Stevens	Suffolk County Championships 2004
	200 Fly	2:13.37	14-Mar-04		Mark Stevens	Suffolk County Championships 2004
	100 IM	1:09.88	18-Jun-11		Nicholas Elmer	Club Championships
	200 IM	2:20.90	13-Mar-04		Mark Stevens	Suffolk County Championships 2004
14-14	50 Free	26.08	16-May-10	DEBT	Adam Last	Hatfield UK Challenge
	100 Free	55.77	12-Mar-05		Mark Stevens	Suffolk County Championships
	200 Free	2:02.86	1-Jul-11		Louis Seller	Club Championships
	50 Back	30.09	8-Jul-11		Louis Seller	Club Championships
	100 Back	1:04.76	2-Jul-12		Nicholas Elmer	Club Championships
	200 Back	2:17.60	30-Jun-12	DEBT	Nicholas Elmer	Club Championships
	50 Breast	34.07	30-Sep-08		Owen Smith	Club Championships
	100 Breast	1:13.94	1-Jul-11		Louis Seller	Club Championships
	200 Breast	2:42.56	18-Jun-11		Louis Seller	Club Championships
	50 Fly	29.09	26-Feb-05	DEBT	Benjamin Davies	Winter League Final round
	100 Fly	1:05.45	9-Jul-11		Louis Seller	Club Championships
	200 Fly	2:22.88	26-Nov-05		Benjamin Davies	Winter League
	100 IM	1:05.26	18-Jun-11		Louis Seller	Club Championships
	200 IM	2:20.74	8-Jul-11		Louis Seller	Club Championships
15-15	25 Back	28.49	3-Feb-07	DSC	Samuel Tipping	Time Trials
15-16	50 Free	25.43	12-Mar-11		Alistair Clements	Suffolk County Championships 2011
	100 Free	55.50	30-Sep-05		Adam Last	City of Norwich Big Band
	200 Free	1:59.20	30-Sep-05		Mark Stevens	Club Championships
	50 Back	28.88	15-Feb-14	DEBT	Nicholas Elmer	Suffolk ASA County Championships 2014
	100 Back	1:00.58	15-Feb-14	DEBT	Nicholas Elmer	Suffolk ASA County Championships 2014
	200 Back	2:11.58	9-Mar-13	DEBT	Nicholas Elmer	Suffolk County Championships 2013
	50 Breast	32.20	6-Mar-10		Robert Whight	Suffolk County Championships 2010
	100 Breast	1:10.87	29-Jan-11	DEBT	Adam Last	Winter League

RECORDS current records

15-16	200 Breast	2:36.62	22-Nov-13	DEBT	Nicholas Elmer	Deben Open Meet 2013
	50 Fly	27.05	30-Sep-05		Mark Stevens	Club Championships
	100 Fly	58.32	30-Sep-05		Mark Stevens	Club Championships
	200 Fly	2:10.03	30-Sep-05		Mark Stevens	Club Championships
	100 IM	1:02.50	22-Feb-14	DEBT	Nicholas Elmer	Winter League Round 3
	200 IM	2:15.26	30-Nov-13	DEBT	Nicholas Elmer	Winter League Round 1
17 & O	50 Free	25.54	15-Feb-14	DEBT	Sean Burgess	Suffolk ASA County Championships 2014
	100 Free	55.17	15-Feb-14	DEBT	Sean Burgess	Suffolk ASA County Championships 2014
	200 Free	2:02.15	15-Feb-14	DEBT	Sean Burgess	Suffolk ASA County Championships 2014
	50 Back	29.03	9-Jul-11		Matthew Naunton	
	100 Back	1:04.67	30-Sep-07		Michael Pugh	
	200 Back	2:26.66	21-Jun-14	DEBT	Kieran Whight	Development Champs 2014
	50 Breast	32.22	9-Jul-11		Matthew Naunton	
	100 Breast	1:08.58	1-Jul-11		Matthew Naunton	
	200 Breast	2:27.22	18-Jun-11		Matthew Naunton	
	50 Fly	27.03	30-Sep-08		Mark Stevens	
	100 Fly	59.96	30-Sep-07		Mark Stevens	
	200 Fly	2:16.45	27-Sep-14	DEBT	Kieran Whight	Sudbury Michealmas Meet 3ER5006
	100 IM	1:02.78	18-Jun-11		Robert Whight	
	200 IM	2:21.12	2-Jul-12		Adam Last	