



EAST REGION SHORT COURSE RECORDS

List correct as at 29 March 2015

MEN

Event	Time	Name	Date	Venue
50m Freestyle	21.37	Adam Brown	08.12.11	Szczecin, Poland
100m Freestyle	46.75	Adam Brown	07.08.09	Leeds
800m Freestyle	7:55.15	Richard Charlesworth	13.12.08	Rijeka, Croatia
1500m Freestyle	14:56.66	Richard Charlesworth	22.11.08	Norwich
50m Backstroke	25.48	Martyn Walton	07.12.14	Luton
50m Butterfly	24.86	James Sutherland	14.11.10	Sheffield
100m Butterfly	53.33	Adam Brown	04.02.12	Hatfield
400m Freestyle Team	3:22.98	G.Sherwin, J.Quinn, J.Allchorne, S.Leahy	08.08.09	Leeds
800m Freestyle Team	7:29.27	R.Barclay, C.Hughes, J.Quinn, S.Leahy	04.12.11	Norwich
400m Medley Team	3:48.37	J.Sargent, R.Cave, J.Quinn, A.Rust	22.11.08	Norwich

JUNIOR MEN

Event	Time	Name	Date	Venue
100m Freestyle	50.56	Martyn Walton	12.05.13	Hatfield
200m Freestyle	1:52.09	Martyn Walton	24.11.12	Hatfield
400m Freestyle	3:55.72	Jonathan Quinn	14.05.06	Hatfield
1500 Freestyle	15:40.78	Jonathan Quinn	11.03.06	Hitchin
100m Backstroke	56.29	Martyn Walton	11.05.13	Hatfield
200m Backstroke	2:02.89	Martyn Walton	01.12.12	Cambridge
200m Breaststroke	2:23.19	Ben Purcell	23.03.13	Borehamwood
400m Individual Medley	4:20.16	Jonathan Quinn	13.05.06	Hatfield

WOMEN

Event	Time	Name	Date	Venue
50m Freestyle	25.32	Jessica Jackson	07.12.14	Luton
100m Freestyle	54.49	Jessica Jackson	19.07.14	Sheffield
800m Freestyle	8:33.05	Lucy Charles	02.12.12	Cambridge
1500 Freestyle	16:15.45	Lucy Charles	11.03.12	Hatfield
100m Breaststroke	1:09.17	Katie Armitage	20.10.13	Sheffield
100m Butterfly	59.77	Katie Ambridge	14.05.11	Hatfield
400m Freestyle Team	3:50.07	Y.Bithrey, L.Charles, G.Lee, S.Lee	04.12.11	Norwich
800m Freestyle Team	8:14.01	S.Lee, Y.Bithrey, F.Hanson, L.Charles	03.12.11	Norwich

JUNIOR WOMEN

Event	Time	Name	Date	Venue
200m Freestyle	2:01.31	Rachael George	11.12.05	Trieste, Italy
800m Freestyle	8:44.23	Ceri Unwin	05.03.06	Borehamwood
1500m Freestyle	16.50.31	Ceri Unwin	11.03.06	Hitchin