



Atlantis Swimming Club

GIRLS LONG COURSE CLUB RECORDS updated April 2020

Event	Time	Athlete	Age at Meet	Swim Date	Meet Name
Female 9-9 50 Free					
1	33.44L	Windle, Kate	9	22/05/2010	Bracknell (Long Course) L1
Female 9-9 100 Free					
1	1:21.33L	McNish, Kathryn	9	10/2/18	Sussex County Championship - L
Female 9-9 200 Free					
1	2:39.37L	Windle, Kate	9	22/05/2010	Bracknell (Long Course) L1
Female 9-9 400 Free					
1	6:01.74L	Kate Windle	9	20/12/09	Plymouth Leander Open mt
Female 9-9 50 Back					
1	40.42L	McNish, Kathryn	9	25/2/18	Sussex County Championship - L
Female 9-9 100 Back					
1	1:31.76L	McNish, Kathryn	9	24/02/2018	Sussex County Championships
Female 9-9 200 Back					
1	3:02.42L	Windle, Kate	9	01/04/2010	Portsmouth Northsea Easter Lon
Female 9-9 50 Breast					
1	48.90L	Mace, Jessica	9	5/10/14	Crawley Lis Hartley LC Opportu
Female 9-9 100 Breast					
1	1:49.13L	McNish, Kathryn	9	11/2/18	Sussex County Championship - L
Female 9-9 200 Breast					
1	3:20.13L	Windle, Kate	9	01/04/2010	Portsmouth Northsea Easter Lon
Female 9-9 50 Fly					
1	38.36L	McNish, Kathryn	9	24/2/18	Sussex County Championship - L
Female 9-9 100 Fly					
1	1:43.01L	Amber Ranson	9	15/3/15	Sussex County Championships
Female 9-9 200 Fly					
1	3:17.56L	Windle, Kate	9	01/04/2010	Portsmouth Northsea Easter Lon
Female 9-9 200 IM					
1	3:01.58L	Windle, Kate	9	01/04/2010	Portsmouth Northsea Easter Lon
Female 9-9 400 IM					
1	6:08.39L	Windle, Kate	9	22/05/2010	Bracknell (Long Course) L1
Female 10-10 50 Free					
1	31.99L	McNish, Kathryn	10	10/02/19	Sussex County Championship
Female 10-10 100 Free					
1	1:08.07L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 200 Free					
1	2:29.09L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 400 Free					
1	5:15.03L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 800 Free					
1	11:20.45L	Windle, Kate	10	13/02/2011	Sussex County Championships -
Female 10-10 50 Back					
1	36.63L	McNish, Kathryn	10	24/2/19	Sussex County Championship - L
Female 10-10 100 Back					
1	1:19.90L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 200 Back					
1	2:48.43L	Britton, Beth	10	22/05/10	Bracknell & Wokingham Meet

Female 10-10 50 Breast						
	1	42.36L	McNish, Kathryn	10	9/2/19	Sussex County Championship - L
Female 10-10 100 Breast						
	1	1:27.44L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 200 Breast						
	1	3:01.74L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 50 Fly						
	1	36.51L	Hayes, Isabella	10	14/03/15	Sussex County Championship
Female 10-10 100 Fly						
	1	1:21.61L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 200 Fly						
	1	3:05.62L	Windle, Kate	10	29/05/11	BG South East Region Age Group Championships
Female 10-10 200 IM						
	1	2:44.79L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 10-10 400 IM						
	1	5:45.95L	Windle, Kate	10	28/05/2011	SE Regional Age Group Champtio
Female 11-11 50 Free						
	1	29.43L	Ranson, Amber	11	13/5/17	ASA SER Championships 2017 - L
Female 11-11 100 Free						
	1	1:03.72L	Ranson, Amber	11	27/5/17	ASA SER Championships 2017 - L
Female 11-11 200 Free						
	1	2:19.24L	Ranson, Amber	11	16/4/17	PNSC Easter Meet
Female 11-11 400 Free						
	1	4:57.80L	Britton, Beth	11	28/5/11	BG South East Region Age Group Ch
Female 11-11 800 Free						
	1	10:30.29L	Windle, Kate	11	05/02/2012	2012 Sussex Counties - Long Co
Female 11-11 50 Back						
	1	32.52L	Ranson, Amber	11	27/5/17	ASA SER Championships 2017 - L
Female 11-11 100 Back						
	1	1:11.69L	Ranson, Amber	11	25/2/17	Sussex County Championship - L
Female 11-11 200 Back						
	1	2:32.65L	Ranson, Amber	11	15/5/17	ASA SER Championships 2017 - L
Female 11-11 50 Breast						
	1	39.74L	Barber, Rebecca	11	10/05/2014	Beckenham International
Female 11-11 100 Breast						
	1	1:22.35L	Windle, Kate	11	15/06/2012	Cardiff International Open Mee
Female 11-11 200 Breast						
	1	2:52.86L	Windle, Kate	11	27/5/12	British Gas South East AG Champs
Female 11-11 50 Fly						
	1	33.22L	Windle, Kate	11	15/06/12	Cardiff International Open Meet
Female 11-11 100 Fly						
	1	1:14.57L	Ranson, Amber	11	26/2/17	Sussex County Championship - L
Female 11-11 200 Fly						
	1	2:54.57L	Windle, Kate	11	10/06/12	ASA SER BRITISH GAS Age Group
Female 11-11 200 IM						
	1	2:37.68L	Windle, Kate	11	15/06/2012	Cardiff International Open Mee
Female 11-11 400 IM						
	1	5:35.48L	Windle, Kate	11	9/6/12	ASA SER BRITISH GAS Age Group
Female 12-12 50 Free						
	1	28.62L	Ranson, Amber	12	12/5/18	Swim England South East Champs 2018
Female 12-12 100 Free						
	1	1:01.59L	Britton, Beth	12	27/5/12	British Gas South East AG Champs

Female 12-12 200 Free						
	1	2:17.02L	Britton, Beth	12	21/04/2012	Crawley Spring Open Meet L1
Female 12-12 400 Free						
	1	4:51.17L	Britton, Beth	12	21/04/2012	Crawley Spring Open Meet L1
Female 12-12 800 Free						
	1	9:55.45L	Britton, Beth	12	05/02/2012	2012 Sussex Counties - Long Co
Female 12-12 50 Back						
	1	32.13L	Ranson, Amber	12	26/5/18	Swim England South East Champs 2018
Female 12-12 100 Back						
	1	1:09.16L	Windle, Kate	12	26/05/2013	ASA SER BRITISH GAS Age Group
Female 12-12 200 Back						
	1	2:28.63L	Windle, Kate	12	25/05/2013	SE Regional Age Group
Female 12-12 50 Breast						
	1	37.56L	Wright, Amelia	12	16/05/2015	ASA SER Championships 2015
Female 12-12 100 Breast						
	1	1:21.64L	Sayers, Anna	12	27/5/18	Swim England South East Champs 2018
Female 12-12 200 Breast						
	1	2:53.16L	Windle, Kate	12	8/6/13	ASA South East Region Age Group Champs 2013
Female 12-12 50 Fly						
	1	31.46L	Round Pitman, Olivia	12	28/5/17	ASA SER Championships 2017 - L
Female 12-12 100 Fly						
	1	1:10.44L	Round Pitman, Olivia	12	14/5/17	ASA SER Championships 2017 - L
Female 12-12 200 Fly						
	1	2:47.48L	Arezki, Tessene	12	12/5/18	Swim England South East Champs 2018
Female 12-12 200 IM						
	1	2:33.94L	Windle, Kate	12	08/06/2013	ASA SER BRITISH GAS Age Group
Female 12-12 400 IM						
	1	5:36.39L	Windle, Kate	12	30/3/13	Portsmouth Northsea Easter Festival 2013
Female 13-13 50 Free						
	1	28.33L	Ranson, Amber	13	10/02/2019	Sussex County Championship
Female 13-13 100 Free						
	1	1:01.22L	Ranson, Amber	13	09/02/2019	Sussex County Championship
Female 13-13 200 Free						
	1	2:14.84L	Ranson, Amber	13	26/5/19	Swim England SER 14/Under LC 2019
Female 13-13 400 Free						
	1	4:48.57L	Arezki, Tessene	13	12/5/19	Swim England SER 14/Under LC
Female 13-13 800 Free						
	1	10:01.06L	Sandhu, Hirkiranjit	13	03/02/2019	Sussex County Championship
Female 13-13 1500 Free						
	1	19:32.42L	Sandhu, Hirkiranjit	13	26/01/2019	Sussex County Championship
Female 13-13 50 Back						
	1	31.24L	Ranson, Amber	13	24/02/2019	Sussex County Championship
Female 13-13 100 Back						
	1	1:07.72L	Ranson, Amber	13	11/5/19	Swim England SER 14/Under LC 2019
Female 13-13 200 Back						
	1	2:25.65L	Ranson, Amber	13	12/5/19	Swim England SER 14/Under LC 2019
Female 13-13 50 Breast						
	1	34.36L	Sayers, Anna	13	23/7/19	British Summer Championships
Female 13-13 100 Breast						
	1	1:16.61L	Sayers, Anna	13	26/5/19	Swim England SER 14/Under LC 2019
Female 13-13 200 Breast						
	1	2:49.33L	Sayers, Anna	13	25/5/19	Swim England SER 14/Under LC 2019
Female 13-13 50 Fly						

	1	31.53L	Sayers, Anna	13	23/02/19	Sussex County Championship
Female 13-13 100 Fly						
	1	1:12.34L	Fulcher, Freya	13	18/07/15	Portsmouth Northsea End of Season Meet
Female 13-13 200 Fly						
	1	2:46.53L	Hayes, Isabella	13	10/02/18	Sussex County ASA Champs & Age Group Comp
Female 13-13 200 IM						
	1	2:29.55L	Sayers, Anna	13	11/5/19	Swim England SER 14/Under LC 2019
Female 13-13 400 IM						
	1	5:26.90L	Barber, Rebecca	13	30/04/2016	ASA SER Championships 2016 - L
Female 14-14 50 Free						
	1	28.39L	Ranson, Amber	14	09/02/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 100 Free						
	1	1:01.09L	Ranson, Amber	14	31/07/2019	Swim England National Summer M
Female 14-14 200 Free						
	1	2:14.73L	Arezki, Tessene	14	22/02/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 400 Free						
	1	4:39.43L	Arezki, Tessene	14	07/03/2020	Atlantis Regional Chaser 2020
Female 14-14 800 Free						
	1	9:35.69L	Arezki, Tessene	14	25/01/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 1500 Free						
	1	19:31.10L	Hayes, Isabella	14	26/01/2019	Sussex County Championships 2019
Female 14-14 50 Back						
	1	30.51L	Ranson, Amber	14	23/02/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 100 Back						
	1	1:07.07L	Ranson, Amber	14	22/02/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 200 Back						
	1	2:25.16L	Morris, Eleanor	14	25/05/2013	SE Regional Age Group
Female 14-14 50 Breast						
	1	34.34L	Davis, Lily	14	05/08/2014	ASA National Youth Champs 2014
Female 14-14 100 Breast						
	1	1:15.36L	Davis, Lily	14	30/07/2014	ASA National Age Group Champs
Female 14-14 200 Breast						
	1	2:42.92L	Wright, Amelia	14	03/05/2014	British Summer Championships
Female 14-14 50 Fly						
	1	30.61L	Hayes, Isabella	14	14/4/19	Newham & East London L1 National Qualifying Meet
Female 14-14 100 Fly						
	1	1:07.63L	Hayes, Isabella	14	13/4/19	Newham & East London L1 National Qualifying Meet
Female 14-14 200 Fly						
	1	2:34.81L	Arezki, Tessene	14	08/02/2020	Sussex County ASA Champs & Age Group Comp
Female 14-14 200 IM						
	1	2:30.22L	Morris, Eleanor	14	8/6/13	ASA South East Region Age Group Champs 2013
Female 14-14 400 IM						
	1	5:20.64L	Windle, Kate	14	24/5/15	ASA SER Championships 2015
Female 15-15 50 Free						
	1	27.72L	Britton, Beth	15	31/01/15	London Swimming South Region Zonal Meet 2015
Female 15-15 100 Free						
	1	1:00:46L	Britton, Beth	15	31/5/15	ASA SER Championships 2015
Female 15-15 200 Free						
	1	2:11.90L	Britton, Beth	15	31/5/15	ASA SER Championships 2015
Female 15-15 400 Free						
	1	4:48.85L	Hayes, Isabella	15	09/02/2020	Sussex County Championships 20

Female 15-15 800 Free						
	1	9:59.99L	Hayes, Isabella	15	25/01/2020	Sussex County Championships 20
Female 15-15 1500 Free						
	1	18:36.14L	Hayes, Isabella	15	02/02/2020	Sussex County ASA Champs & Age Group Comp
Female 15-15 50 Back						
	1	32.20L	Britton, Beth	15	05/04/15	Portsmouth Northsea Easter Festival
Female 15-15 100 Back						
	1	1:08.96L	Britton, Beth	15	31/01/15	London Swimming South Region Zonal Meet 2015
Female 15-15 200 Back						
	1	2:28.84L	Fulcher, Freya	15	11/02/17	Sussex County ASA Champs & Age Group Comp
Female 15-15 50 Breast						
	1	33.39L	Davis, Lily	15	31/7/15	British Summer Championships
Female 15-15 100 Breast						
	1	1:13.76L	Davis, Lily	15	31/5/15	ASA SER Championships 2015
Female 15-15 200 Breast						
	1	2:43.62L	Davis, Lily	15	10/01/15	Portsmouth Northsea January L1 Meet
Female 15-15 50 Fly						
	1	29.65L	Hayes, Isabella	15	08/03/2020	Atlantis Regional Chaser 2020
Female 15-15 100 Fly						
	1	1:07.49L	Hayes, Isabella	15	06/05/19	Swim England SER 15/Over LC 2019
Female 15-15 200 Fly						
	1	2:34.90L	Hayes, Isabella	15	08/02/2020	Sussex County Championships 20
Female 15-15 200 IM						
	1	2:33.01L	Hayes, Isabella	15	23/02/20	Sussex County ASA Champs & Age Group Comp
Female 15-15 400 IM						
	1	6:03.87LL	Lee, Lucy	15	16/11/13	Crawley Not So Early Bird Open
Female 16-16 50 Free						
	1	28.04L	Cawsey, Zoe	16	01/10/2016	Lis Hartley Long Course Opport
Female 16-16 100 Free						
	1	1:00.97L	Britton, Beth	16	30/4/16	ASA SER Championships 2016
Female 16-16 200 Free						
	1	2:12.01L	Britton, Beth	16	27/2/16	Sussex County Championship
Female 16-16 400 Free						
	1	4:41.58L	Britton, Beth	16	28/2/16	Sussex County Championships
Female 16-16 800 Free						
	1	9:53.75L	Britton, Beth	16	19/03/2016	Atlantis Regional-National Cha
Female 16-16 1500 Free						
	1	18:56.80L	Harris, Katie	16	7/3/10	Sussex County Championships
Female 16-16 50 Back						
	1	32.20L	Cawsey, Zoe	16	01/10/16	Lis Hartley Long Course Opportunity Meet 2016
Female 16-16 100 Back						
	1	1:07.16L	Harris, Katie	16	6/8/10	British Gas Youth Championships
Female 16-16 200 Back						
	1	2:29.68L	Harris, Katie	16	02/05/10	South East Youth Champs
Female 16-16 50 Breast						
	1	33.55	Davis, Lily	16	26/07/2015	British Summer Championships -
Female 16-16 100 Breast						
	1	1:14.51L	Davis, Lily	16	14/05/16	MCASA Long Course Open Meet
Female 16-16 200 Breast						
	1	2:43.22L	Lobley, Rebecca	16	03/12/2011	South East Regional Winter Cha
Female 16-16 50 Fly						
	1	30.00L	Cawsey, Zoe	16	2/10/16	Lis Hartley Long Course Opportunity Meet 2016
Female 16-16 100 Fly						

	1	1:10.34L	Cawsey, Zoe	16	01/10/16	Lis Hartley Long Course Opportunity Meet 2016
Female 16-16 200 Fly						
	1	2:38.06L	Britton, Beth	16	13/02/16	Sussex County Championship
Female 16-16 200 IM						
	1	2:31.06L	Britton, Beth	16	14/02/16	Sussex County Championship
Female 16-16 400 IM						
	1	5:34.23L	Britton, Beth	16	03/10/15	Crawley Lis Hartley LC Opportunity Meet
Female 17-17 50 Free						
	1	26.63L	Britton, Beth	17	30/4/17	ASA SER Championships 2017 - L
Female 17-17 100 Free						
	1	58.51L	Britton, Beth	17	29/4/17	ASA SER Championships 2017 - L
Female 17-17 200 Free						
	1	2:07.90L	Britton, Beth	17	1/5/17	ASA SER Championships 2017 - L
Female 17-17 400 Free						
	1	4:42.89L	Cawsey, Zoe	17	8/4/17	Crawley Spring Open Meet L1
Female 17-17 800 Free						
	1	9:53.34L	Dunlop, Isobel	17	18/11/12	Crawley Not So Early Bird Open
Female 17-17 50 Back						
	1	30.25L	Cawsey, Zoe	17	29/7/17	British Summer Championships
Female 17-17 100 Back						
	1	1:06.79L	Harris, Katie	17	21/11/10	Crawley Not So Early Bird Open
Female 17-17 200 Back						
	1	2:27.50L	Britton, Beth	17	11/02/17	Sussex County ASA Champs & Age Group Comp
Female 17-17 50 Breast						
	1	33.00L	Davis, Lily	17	25/7/17	British Summer Championships
Female 17-17 100 Breast						
	1	1:13.76L	Davis, Lily	17	2/8/17	Swim England National Summer Meet
Female 17-17 200 Breast						
	1	2:42.21L	Lobley, Rebecca	17	01/08/13	BG ASA National Youth Championships
Female 17-17 50 Fly						
	1	29.74L	Cawsey, Zoe	17	07/04/2017	Crawley Spring Long Course L1
Female 17-17 100 Fly						
	1	1:10.05L	Cawsey, Zoe	17	09/04/17	Crawley Spring Long Course L1
Female 17-17 200 Fly						
Female 17-17 200 IM						
	1	2:29.82L	Lobley, Rebecca	17	15/12/12	Plymouth L1 Long Course Meet
Female 17-17 400 IM						
	1	5:32.39L	Lobley, Rebecca	17	30/06/13	ESSA National Inter-Divisional Meet 2013
Female 18-18 50 Free						
	1	26.87L	Britton, Beth	18	27/7/17	British Summer Championships
Female 18-18 100 Free						
	1	58.49L	Britton, Beth	18	5/8/17	Swim England National Summer Meet
Female 18-18 200 Free						
	1	2:10.55L	Cawsey, Zoe	18	24/2/18	Sussex County ASA Champs & Age Group Comp
Female 18-18 400 Free						
	1	5:01.18L	Cawsey, Zoe	18	11/02/18	Sussex County ASA Champs & Age Group Comp
Female 18-18 800 Free						
	1	9:55.53L	Cawsey, Zoe	18	4/2/18	Sussex County ASA Champs & Age Group Comp
Female 18-18 50 Back						
	1	29.77L	Cawsey, Zoe	18	26/05/2018	London Swimming 2018 Long Course Summer Open

Female 18-18 100 Back						
	1	1:07.86L	Harris, Katie	18	5/5/12	British Gas SE Youth Championships
Female 18-18 200 Back						
	1	2:31.09L	Cawsey, Zoe	18	10/02/18	Sussex County ASA Champs & Age Group Comp
Female 18-18 50 Breast						
	1	33.33L	Davis, Lily	18	24/7/18	British Summer Championships
Female 18-18 100 Breast						
	1	1:13.87L	Davis, Lily	18	24/07/2018	British Summer Championships 2
Female 18-18 200 Breast						
	1	2:41.16L	Davis, Lily	18	26/05/2018	Cardiff International Open Meet
Female 18-18 50 Fly						
	1	30.38L	Cawsey, Zoe	18	24/2/18	Sussex County ASA Champs & Age Group Comp
Female 18-18 100 Fly						
	1	1:12.52L	Cawsey, Zoe	18	25/02/2018	Sussex County ASA Champs & Age Group Comp
Female 18-18 200 Fly						
	1					
Female 18-18 200 IM						
	1	2:34.80L	Lobley, Rebecca	18	12/01/14	Portsmouth Northsea New Year Open Meet
Female 18-18 400 IM						
	1					