



# Atlantis Swimming Club

## GIRLS SHORT COURSE CLUB RECORDS - updated April 2020

Event	Time	Athlete	Age at Meet	Swim Date	Meet Name
<b>Female 9-9 50 Free</b>					
1	33.94S	Windle, Kate	9	28/02/10	Sussex County Championships
<b>Female 9-9 100 Free</b>					
1	1:17.58S	Arezki, Tessene	9	25/10/15	Sussex County - Winter Competition
<b>Female 9-9 200 Free</b>					
1	2:41.63S	Windle, Kate	9	14/03/10	Sussex County Championships
<b>Female 9-9 400 Free</b>					
1	6:29.42S	Harrod, Isobel	9	05/07/09	Haslemere Summer Open
<b>Female 9-9 50 Back</b>					
1	39.52S	Windle, Kate	9	14/03/10	Sussex County Championships
<b>Female 9-9 100 Back</b>					
1	1:30.27S	Arezki, Tessene	9	22/11/15	Atlantis Autumn Club Champs
<b>Female 9-9 200 Back</b>					
1	2:52.51S	Windle, Kate	9	25/04/10	Littlehampton County Qualifier
<b>Female 9-9 50 Breast</b>					
1	44.73SS	Barber, Rebecca	9	06/01/13	Littlehampton SC Splash into 2013
<b>Female 9-9 100 Breast</b>					
1	1:44.28S	Arezki, Tessene	9	19/11/15	Atlantis Autumn Club Champs
<b>Female 9-9 200 Breast</b>					
1	3:11.00S	Windle, Kate	9	25/04/10	Littlehampton County Qualifier
<b>Female 9-9 50 Fly</b>					
1	39.67S	Arezki, Tessene	9	19/11/15	Atlantis Autumn Club Champs
<b>Female 9-9 100 Fly</b>					
1	1:31.21S	Arezki, Tessene	9	22/11/15	Atlantis Autumn Club Champs
<b>Female 9-9 200 Fly</b>					
1	3:06.33S	Windle, Kate	9	25/04/10	Littlehampton County Qualifier
<b>Female 9-9 100 IM</b>					
1	1:23.72S	Windle, Kate	9	27/02/10	Sussex County Championships
<b>Female 9-9 200 IM</b>					
1	2:59.35S	Windle, Kate	9	25/04/10	Littlehampton County Qualifier
<b>Female 9-9 400 IM</b>					
1	6:13.29S	Windle, Kate	9	13/03/10	Sussex County Championships
<b>Female 10-10 50 Free</b>					
1	31.30S	Windle, Kate	10	20/03/11	Sussex County Championships
<b>Female 10-10 100 Free</b>					
1	1:08.96S	Ranson, Amber	10	21/05/16	Atlantis Spring Open Meet 2016
<b>Female 10-10 200 Free</b>					
1	2:26.58S	Windle, Kate	10	08/05/11	Guildford Regional Qualifier Warm up Meet
<b>Female 10-10 400 Free</b>					
1	5:14.54S	Windle, Kate	10	20/02/11	Sussex County Championships
<b>Female 10-10 800 Free</b>					
1	11:49.02S	Matlock, Bethany	10	08/02/09	Sussex County Championships
<b>Female 10-10 50 Back</b>					
1	35.46S	Ranson, Amber	10	21/05/16	Atlantis Spring Open Meet 2016
<b>Female 10-10 100 Back</b>					
1	1:19.43S	Whyman, Ethel	10	26/02/12	Littlehampton Last Chance Regional Qualifier

<b>Female 10-10 200 Back</b>						
	1	2:45.07S	Ranson, Amber	10	16/06/16	Atlantis Summer Club Champs
<b>Female 10-10 50 Breast</b>						
	1	41.69S	Wright, Amelia	10	19/12/13	Atlantis 2013 Club Champs
<b>Female 10-10 100 Breast</b>						
	1	1:31.32S	Pedel, Lauren	10	03/11/11	AtlantisClub Champs
<b>Female 10-10 200 Breast</b>						
	1	3:05.26S	Windle, Kate	10	08/05/11	Guildford Regional Qualifier Warm up Meet
<b>Female 10-10 50 Fly</b>						
	1	35.25S	Arezki, Tessene	10	12/11/16	NASLS Round 2
<b>Female 10-10 100 Fly</b>						
	1	1:24.88S	Ranson, Amber	10	03/04/16	Littlehampton Easter Meet
<b>Female 10-10 200 Fly</b>						
	1	2:58.61S	Windle, Kate	10	20/02/11	Sussex County Championships
<b>Female 10-10 100 IM</b>						
	1	1:20.27S	Windle, Kate	10	19/03/11	Sussex County Championships
<b>Female 10-10 200 IM</b>						
	1	2:42.92S	Windle, Kate	10	20/03/11	Sussex County Championships
<b>Female 10-10 400 IM</b>						
	1	5:52.48	Windle, Kate	10	19/03/11	Sussex County Championships
<b>Female 11-11 50 Free</b>						
	1	29.51S	Ranson, Amber	11	10/12/16	NASLS Round 3
<b>Female 11-11 100 Free</b>						
	1	1:04.48S	Britton, Beth	11	19/02/11	Sussex County Championships
<b>Female 11-11 200 Free</b>						
	1	2:17.44S	Ranson, Amber	11	15/06/17	Atlantis Summer Club Championships
<b>Female 11-11 400 Free</b>						
	1	4:58.46S	Windle, Kate	11	25/02/12	Sussex County Championships
<b>Female 11-11 800 Free</b>						
	1	10:36.45S	Madeline Carey	11	24/02/13	Sussex County Championships
<b>Female 11-11 50 Back</b>						
	1	33.03S	Ranson, Amber	11	10/12/16	National Arena League - Round 3
<b>Female 11-11 100 Back</b>						
	1	1:11.50S	Ranson, Amber	11	27/11/16	Atlantis Christmas Cracker 2016
<b>Female 11-11 200 Back</b>						
	1	2:28.32S	Ranson, Amber	11	10/06/2017	Atlantis Summer Club Championships
<b>Female 11-11 50 Breast</b>						
	1	37.26S	Barber, Rebecca	11	13/12/14	NASL Round 3 2014
<b>Female 11-11 100 Breast</b>						
	1	1:22.72S	Windle, Kate	11	25/02/12	Sussex County Championships
<b>Female 11-11 200 Breast</b>						
	1	2:55.11S	Windle, Kate	11	26/02/12	Sussex County Championships
<b>Female 11-11 50 Fly</b>						
	1	33.14S	Arezki, Tessene	11	09/09/17	Brighton Ken Deeley Open
<b>Female 11-11 100 Fly</b>						
	1	1:15.90S	Arezki, Tessene	11	15/10/17	Atlantis Winter Club Championships
<b>Female 11-11 200 Fly</b>						
	1	2:51.15S	Ranson, Amber	11	10/06/17	Atlantis Summer Club Championships
<b>Female 11-11 100 IM</b>						
	1	1:14.54S	Ranson, Amber	11	10/12/16	Atlantis Winter Club Championships
<b>Female 11-11 200 IM</b>						
	1	2:36.04S	Windle, Kate	11	31/05/12	Atlantis SC 200m Club Champs
<b>Female 11-11 400 IM</b>						
	1	5:34.06S	Windle, Kate	11	17/03/12	Sussex County Championships
<b>Female 12-12 50 Free</b>						

	1	28.10S	Britton, Beth	12	18/03/12	Sussex County Championships
<b>Female 12-12 100 Free</b>						
	1	1:00.52S	Britton, Beth	12	04/02/12	Sussex Schools Swimming Assoc. Champs.
<b>Female 12-12 200 Free</b>						
	1	2:11.61S	Britton, Beth	12	24/03/12	ESSA South Region County Gala
<b>Female 12-12 400 Free</b>						
	1	4:43.12S	Britton, Beth	12	25/02/12	Sussex County Championships
<b>Female 12-12 800 Free</b>						
	1	10:09.80S	Wright, Amelia	12	05/12/15	Crawley Christmas Splash Open
<b>Female 12-12 1500 Free</b>						
	1	20:47.10S	Spicer, Alexa	12	18/01/2020	Atlantis Development Meet 2020
<b>Female 12-12 50 Back</b>						
	1	31.93S	Ranson, Amber	12	08/10/17	Swim England National County Team Champs
<b>Female 12-12 100 Back</b>						
	1	1:06.61S	Britton, Beth	12	24/03/12	ESSA South Region County Gala
<b>Female 12-12 200 Back</b>						
	1	2:21.29S	Britton, Beth	12	25/03/12	Atlantis Regional-National Chaser
<b>Female 12-12 50 Breast</b>						
	1	35.94S	Wright, Amelia	12	01/11/15	Sussex County - Winter Competition
<b>Female 12-12 100 Breast</b>						
	1	1:16.44S	Sayers, Anna	12	13/10/18	NASL South Round one 2018
<b>Female 12-12 200 Breast</b>						
	1	2:51.69S	Windle, Kate	12	02/12/12	ASA South EAsT Region Open & Junior Meet
<b>Female 12-12 50 Fly</b>						
	1	32.03S	Arezki, Tessene	12	20/10/18	Sussex County ASA Winter SC Competition '18
<b>Female 12-12 100 Fly</b>						
	1	1:10.48S	Arezki, Tessene	12	10/11/18	National Arena League Round 2
<b>Female 12-12 200 Fly</b>						
	1	2:46.90S	Arezki, Tessene	12	01/07/18	Atlantis Summer Splash 2018
<b>Female 12-12 100 IM</b>						
	1	1:12.14S	Ranson, Amber	12	03/12/17	Atlantis Winter Club Championships
<b>Female 12-12 200 IM</b>						
	1	2:28.62S	Britton, Beth	12	18/03/12	Sussex County Championships
<b>Female 12-12 400 IM</b>						
	1	5:30.05S	Windle, Kate	12	25/11/12	Atlantis Christmas Cracker Open Meet
<b>Female 13-13 50 Free</b>						
	1	28.19	Ranson, Amber	13	25/11/18	Atlantis Christmas Cracker 2018
<b>Female 13-13 100 Free</b>						
	1	1:00.94S	Ranson, Amber	13	24/11/2018	Atlantis Christmas Cracker 201
<b>Female 13-13 200 Free</b>						
	1	2:13.96S	Arezki, Tessene	13	19/10/19	Sussex County Winter competition
<b>Female 13-13 400 Free</b>						
	1	4:37.98S	Arezki, Tessene	13	20/10/19	Sussex County - Winter Competition
<b>Female 13-13 800 Free</b>						
	1	9:47.96S	Barber, Rebecca	13	22/01/17	Sussex Seahawks Swim Team LD Meet
<b>Female 13-13 1500 Free</b>						
<b>Female 13-13 50 Back</b>						
	1	30.84S	Ranson, Amber	13	03/11/2018	Swim England South East Open/Jun Champs
<b>Female 13-13 100 Back</b>						
	1	1:06.27S	Ranson, Amber	13	10/11/2018	NASL Round 2
<b>Female 13-13 200 Back</b>						
	1	2:24.53S	Ranson, Amber	13	24/11/2018	Atlantis Christmas Cracker 2018
<b>Female 13-13 50 Breast</b>						
	1	34.47S	Sayers, Anna	13	20/10/19	Sussex County ASA Winter SC Competition
<b>Female 13-13 100 Breast</b>						

	1	1:14.73S	Sayers, Anna	13	12/10/2019	NASL South Round one 2019
<b>Female 13-13 200 Breast</b>						
	1	2:38.49S	Sayers, Anna	13	19/10/19	Sussex County ASA Winter SC Competition
<b>Female 13-13 50 Fly</b>						
	1	31.22S	Arezki, Tessene	13	19/10/19	Sussex County ASA Winter SC Competition '19
<b>Female 13-13 100 Fly</b>						
	1	1:09.47S	Arezki, Tessene	13	08/12/18	NASL Round 3 2018
<b>Female 13-13 200 Fly</b>						
	1	2:34.85S	Arezki, Tessene	13	20/10/19	Sussex County ASA Winter SC Competition
<b>Female 13-13 100 IM</b>						
	1	1:07.42S	Sayers, Anna	13	20/10/19	Sussex County ASA Winter SC Competition
<b>Female 13-13 200 IM</b>						
	1	2:29.94S	Barber, Rebecca	13	26/11/2016	Atlantis Christmas Cracker 2016
<b>Female 13-13 400 IM</b>						
	1	5:17.12S	Sayers, Anna	13	19/10/19	Sussex County ASA Winter SC Competition
<b>Female 14-14 50 Free</b>						
	1	28.18S	Ranson, Amber	14	24/11/2019	Atlantis Christmas Cracker 2019
<b>Female 14-14 100 Free</b>						
	1	1:00.11S	Ranson, Amber	14	02/11/2019	Swim England South East Open/J
<b>Female 14-14 200 Free</b>						
	1	2:11.56S	Ranson, Amber	14	19/10/2019	Sussex County - Winter Competi
<b>Female 14-14 400 Free</b>						
	2	4:40.51S	Ranson, Amber	14	20/10/2019	Sussex County - Winter Competi
<b>Female 14-14 800 Free</b>						
	1	9:37.19S	Arezki, Tessene	14	18/01/2020	Atlantis Development Meet 2020
<b>Female 14-14 1500 Free</b>						
	1	18:57.00S	Sandhu, Hirkiranjit	14	18/01/2020	Atlantis Development Meet 2020
<b>Female 14-14 50 Back</b>						
	1	30.61S	Ranson, Amber	14	02/11/2019	Swim England South East Open/J
<b>Female 14-14 100 Back</b>						
	1	1:05.15S	Ranson, Amber	14	14/12/2019	National Arenal League round 3
<b>Female 14-14 200 Back</b>						
	1	2:24.26S	Ranson, Amber	14	07/07/2019	Atlantis Club Champs 2019
<b>Female 14-14 50 Breast</b>						
	1	34.45S	Davis, Lily	14	01/03/14	Sussex County - Winter Competition
<b>Female 14-14 100 Breast</b>						
	1	1:12.85S	Davis, Lily	14	19/10/14	BG ASA National County Team Div. 2
<b>Female 14-14 200 Breast</b>						
	1	2:41.02S	Wright, Amelia	14	21/10/17	Sussex County ASA Winter SC Competition '18
<b>Female 14-14 50 Fly</b>						
	1	30.87S	Hayes, Isabella	14	24/11/18	Atlantis Christmas Cracker 2018
<b>Female 14-14 100 Fly</b>						
	1	1:08.63S	Hayes, Isabella	14	08/12/2018	NASL Round 3 2018
<b>Female 14-14 200 Fly</b>						
	1	2:35.87S	Hayes, Isabella	14	24/11/18	Atlantis Christmas Cracker 2018
<b>Female 14-14 100 IM</b>						
	2	1:08.32S	Ranson, Amber	14	20/10/2019	Sussex County - Winter Competi
<b>Female 14-14 200 IM</b>						
	1	2:30.23S	Ranson, Amber	14	07/07/2019	Atlantis Club Champs 2019
<b>Female 14-14 400 IM</b>						
	1	5:25.61S	Sandhu, Hirkiranjit	14	23/11/19	Atlantis Christmas Cracker 2019
<b>Female 15-15 50 Free</b>						
	1	27.79S	Cawsey, Zoe	15	26/04/15	Atlantis 2015 Spring Open
<b>Female 15-15 100 Free</b>						
	1	59.68S	Britton, Beth	15	08/02/15	Atlantis Regional-National Chaser

<b>Female 15-15 200 Free</b>						
	1	2:10.71S	Britton, Beth	15	10/07/14	Atlantis Summer Club Championships
<b>Female 15-15 400 Free</b>						
	1	4:34.15S	Hayes, Isabella	15	20/10/2019	Sussex County - Winter Competi
<b>Female 15-15 800 Free</b>						
	1	10:06.30S	Cumber, Gemma	15	05/12/15	Crawley Christmas Splash Open
<b>Female 15-15 1500 Free</b>						
	1	18:33.71S	Hayes, Isabella	15	18/01/2020	Atlantis Development Meet 2020
<b>Female 15-15 50 Back</b>						
	1	31.09S	Britton, Beth	15	08/02/15	Atlantis Regional-National Chaser
<b>Female 15-15 100 Back</b>						
	1	1:06.10S	Fulcher, Freya	15	27/11/16	Atlantis Christmas Cracker 2016
<b>Female 15-15 200 Back</b>						
	1	2:23.70S	Britton, Beth	15	19/06/14	Atlantis Summer Club Championships
<b>Female 15-15 50 Breast</b>						
	1	33.63S	Davis, Lily	15	08/11/15	ASA South East Region Winter Championships
<b>Female 15-15 100 Breast</b>						
	1	1:13.01S	Davis, Lily	15	25/10/15	Sussex County ASA Winter SC Competition
<b>Female 15-15 200 Breast</b>						
	1	2:37.91S	Weeden, Millie	15	03/11/19	Swim England South East Open/Jun Champs
<b>Female 15-15 50 Fly</b>						
	1	29.78S	Hayes, Isabella	15	23/11/2019	Atlantis Christmas Cracker 2019
<b>Female 15-15 100 Fly</b>						
	1	1:06.21S	Hayes, Isabella	15	11/11/2019	National Arena League Round 2
<b>Female 15-15 200 Fly</b>						
	1	2:28.50S	Hayes, Isabella	15	20/10/2019	Sussex County - Winter Competi
<b>Female 15-15 100 IM</b>						
	1	1:08.39S	Hayes, Isabella	15	20/10/2019	Sussex County - Winter Competi
<b>Female 15-15 200 IM</b>						
	1	2:31.35S	Weeden, Millie	15	20/10/19	Sussex County ASA Winter SC Competition '19
<b>Female 15-15 400 IM</b>						
	1	5:17.59S	Hayes, Isabella	15	23/11/2019	Atlantis Christmas Cracker 2019
<b>Female 16-16 50 Free</b>						
	1	27.61S	Britton, Beth	16	29/11/15	Atlantis Christmas Cracker 2015
<b>Female 16-16 100 Free</b>						
	1	58.71S	Britton, Beth	16	18/10/15	ASA National County Teams Div. 2
<b>Female 16-16 200 Free</b>						
	1	2:08.59S	Britton, Beth	16	07/11/15	ASA South East Region Winter Championships
<b>Female 16-16 400 Free</b>						
	1	4:54.65S	Glassford, Jessica	16	24/11/19	Atlantis Christmas Cracker 2019
<b>Female 16-16 800 Free</b>						
	1	9:53.82S	Weeden, Millie	16	18/01/2020	Atlantis Development Meet 2020
<b>Female 16-16 50 Back</b>						
	1	30.64S	Britton, Beth	16	25/10/15	Sussex County ASA Winter SC Competition '15
<b>Female 16-16 100 Back</b>						
	1	1:06.33S	Britton, Beth	16	08/11/15	ASA South East Region Winter Championships
<b>Female 16-16 200 Back</b>						
	1	2:28.29S	Dedman, Emma	16	30/09/12	Littlehampton Development Chaser Meet
<b>Female 16-16 50 Breast</b>						
	1	33.54S	Davis, Lily	16	17/12/15	ASA Winter Meet
<b>Female 16-16 100 Breast</b>						
	1	1:12.56S	Davis, Lily	16	23/10/16	ASA National County Teams Div. 2
<b>Female 16-16 200 Breast</b>						
	1	2:37.26S	Lobley, Rebecca	16	26/02/12	Sussex County Championships
<b>Female 16-16 50 Fly</b>						
	1	30.76S	Britton, Beth	16	28/11/15	Atlantis Christmas Cracker 2015

<b>Female 16-16 100 Fly</b>						
	1	1:07.58S	Cawsey, Zoe	16	08/10/16	NASL South
<b>Female 16-16 200 Fly</b>						
	1	2:35.94S	Britton, Beth	16	11/07/15	Atlantis Summer Club Championships
<b>Female 16-16 100 IM</b>						
	1	1:07.78S	Britton, Beth	16	29/11/15	Atlantis Christmas Cracker 2015
<b>Female 16-16 200 IM</b>						
	1	2:28.18S	Cawsey, Zoe	16	08/10/16	NASL South
<b>Female 16-16 400 IM</b>						
	1	5:24.09S	Lobley, Rebecca	16	27/11/11	Atlantis Christmas Cracker 2011
<b>Female 17-17 50 Free</b>						
	1	27.04S	Cawsey, Zoe	17	30/09/17	Cambridge Grand Prix
<b>Female 17-17 100 Free</b>						
	1	57.84S	Britton, Beth	17	10/12/16	NASL Round 3
<b>Female 17-17 200 Free</b>						
	1	2:07.49S	Britton, Beth	17	05/11/16	ASA South East Region Winter Championships
<b>Female 17-17 400 Free</b>						
	1	4:43.68S	Lobley, Rebecca	17	10/02/13	Atlantis Regional-National Chaser
<b>Female 17-17 800 Free</b>						
<b>Female 17-17 50 Back</b>						
	1	28.94S	Cawsey, Zoe	17	01/10/17	Cambridge Grand Prix
<b>Female 17-17 100 Back</b>						
	1	1:04.07S	Britton, Beth	17	10/12/16	NASL Round 3
<b>Female 17-17 200 Back</b>						
	1	2:21.45S	Britton, Beth	17	16/06/16	Atlantis Summer Club Championships
<b>Female 17-17 50 Breast</b>						
	1	33.54S	Davis, Lily	17	09/12/16	Atlantis Winter Club Championships
<b>Female 17-17 100 Breast</b>						
	1	1:12.42S	Davis, Lily	17	11/11/17	NASLS Round 2
<b>Female 17-17 200 Breast</b>						
	1	2:36.64S	Lobley, Rebecca	17	02/12/12	ASA South East Region Open & Junior Meet
<b>Female 17-17 50 Fly</b>						
	1	29.11S	Cawsey, Zoe	17	15/10/16	Sussex County ASA Winter SC Competition
<b>Female 17-17 100 Fly</b>						
	1	1:05.64S	Cawsey, Zoe	17	12/11/16	NASLS Round 2
<b>Female 17-17 200 Fly</b>						
	1	2:35.58S	Britton, Beth	17	16/06/2016	Atlantis Summer Club Champions
<b>Female 17-17 100 IM</b>						
	1	1:06.93S	Britton, Beth	17	16/10/16	Sussex County ASA Winter SC Competition
<b>Female 17-17 200 IM</b>						
	1	2:24.47S	Lobley, Rebecca	17	17/03/13	Sussex County - Winter Competition
<b>Female 17-17 400 IM</b>						
	1	5:07.70S	Lobley, Rebecca	17	02/03/13	Sussex County ASA Winter SC Competition
<b>Female 18-18 50 Free</b>						
	1	27.26S	Cawsey, Zoe	18	06/10/18	RR Winter National & Regional Qualifier L2
<b>Female 18-18 100 Free</b>						
	1	58.21S	Cawsey, Zoe	18	21/10/17	Sussex County ASA Winter SC Competition '17
<b>Female 18-18 200 Free</b>						
	1	2:07.56S	Cawsey, Zoe	18	25/11/17	Atlantis Christmas Cracker 2017
<b>Female 18-18 400 Free</b>						
	1	4:32.55S	Cawsey, Zoe	18	26/11/17	Atlantis Christmas Cracker 2017
<b>Female 18-18 800 Free</b>						
	1	9:39.02S	Cawsey, Zoe	18	21/01/18	Sussex Seahawks LD Meet
<b>Female 18-18 50 Back</b>						

	1	29.74S	Cawsey, Zoe	18	21/10/17	Sussex County Winter competition
<b>Female 18-18 100 Back</b>						
	1	1:03.65S	Cawsey, Zoe	18	09/12/17	NASL Round 3
<b>Female 18-18 200 Back</b>						
	1	2:25.01S	Cawsey, Zoe	18	29/09/18	RR Winter National & Regional Qualifier L2
<b>Female 18-18 50 Breast</b>						
	1	33.48S	Davis, Lily	18	30/06/18	Atlantis Summer Splash 2018
<b>Female 18-18 100 Breast</b>						
	1	1:13.05S	Davis, Lily	18	20/10/18	Sussex County ASA Winter SC Competition
<b>Female 18-18 200 Breast</b>						
	1	2:35.92S	Lobley, Rebecca	18	16/03/14	Sussex County Championships
<b>Female 18-18 50 Fly</b>						
	1	29.42S	Cawsey, Zoe	18	21/10/17	Sussex County ASA Winter SC Competition
<b>Female 18-18 100 Fly</b>						
	1	1:07.72S	Cawsey, Zoe	18	21/10/17	Sussex County ASA Winter SC Competition
<b>Female 18-18 200 Fly</b>						
	1	2:34.85S	Lobley, Rebecca	18	22/05/14	Atlantis Summer Club Championships
<b>Female 18-18 100 IM</b>						
	1	1:06.28S	Cawsey, Zoe	18	22/10/17	Sussex County ASA Winter SC Competition
<b>Female 18-18 200 IM</b>						
	1	2:26.65S	Lobley, Rebecca	18	16/03/14	Sussex County ASA Winter SC Competition
<b>Female 18-18 400 IM</b>						
	1	5:11.34S	Cawsey, Zoe	18	25/11/17	Atlantis Christmas Cracker 2017