

**SHEET 1. UPDATED 04/03/2010**

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 11/UNDER</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	29.85	KRISTINA NEVES	07/08/1996	GUERNSEY	MANCHESTER OPEN MANCHESTER	17/05/2008
100 FREE	1.02.53	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2008
200 FREE	2.14.32	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2008
400 FREE	4.40.07	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	26/07/2008
800 FREE	9.36.78	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	25/07/2008
1500 FREE	18.12.51	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	12/04/2007
50 BACK	34.64	NICOLE DOLLERY	26/03/1997	PORTSMOUTH NORTHSEA	STOCKPORT METRO L1 MEET STOCKPORT	30/11/2008
100 BACK	1.11.73	EMMA DAY	15/04/1997	GUILDFORD CITY	DRAGON MEET SWANSEA	11/01/2009
200 BACK	2.29.11	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	28/07/2006
50 BREAST	38.98	FEDERICA WILLIAMSON	12/01/1997	CRAWLEY	REGION OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	02/11/2008
100 BREAST	1.20.54	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	30/07/2006
200 BREAST	2.47.19	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	12/04/2007
50 FLY	31.59	KRISTINA NEVES	07/08/1996	GUERNSEY	MANCHESTER OPEN MANCHESTER	17/05/2008
100 FLY	1.07.88	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	26/07/2008
200 FLY	2.30.98	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	25/07/2008
200 IM	2.30.24	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	12/04/2007
400 IM	5.09.02	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	12/04/2007

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 12 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	28.75	KRISTINA NEVES	07/08/1996	GUERNSEY	CITY OF LEEDS XMAS CRACKER LEEDS	21/12/2008
100 FREE	1.00.40	HOLLY RALFE	14/12/1993	CITY of CANTERBURY	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	28/07/2006
200 FREE	2.09.97	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2009
400 FREE	4.30.87	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	23/07/2009
800 FREE	9.21.36	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2009
1500 FREE	17.49.82	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	22/07/2009
50 BACK	33.18	EMMA DAY	15/04/1997	GUILDFORD CITY	NATIONAL SWIMMING LEAGUE FINAL. PONDS FORGE SHEFFIELD	26/04/2009
100 BACK	1.08.65	EMMA DAY	15/04/1997	GUILDFORD CITY	EARLY BIRD MEET K2 CRAWLEY	22/11/2009
200 BACK	2.26.65	NICOLE DOLLERY	26/03/1997	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	10/04/2009
50 BREAST	35.38	FEDERICA WILLIAMSON	12/01/1997	CRAWLEY	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
100 BREAST	1.15.53	FEDERICA WILLIAMSON	12/01/1997	CRAWLEY	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
200 BREAST	2.43.08	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	11/04/2008
50 FLY	30.65	KRISTINA NEVES EMMA DAY	07/08/1996 15/04/1997	GUERNSEY GUILDFORD CITY	XMAS CRACKER LEEDS NATIONAL SWIMMING LEAGUE FINAL.SHEFFIELD	21/12/2008 26/04/2009
100 FLY	1.06.09	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2009
200 FLY	2.25.60	KRISTINA NEVES	07/08/1996	GUERNSEY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	13/06/2009
200 IM	2.26.50	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	10/04/2008
400 IM	5.00.27	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	05/04/2008

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 13 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	27.96	NATASHA SMITH	14/09/1994	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
100 FREE	59.94	KRISTINA NEVES	07/08/1996	GUERNSEY	LEEDS XMAS CRACKER LEEDS	20/12/2009
200 FREE	2.08.37	SOPHIE TEASDALE	07/09/1993	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
400 FREE	4.27.28	KRISTINA NEVES	07/08/1996	GUERNSEY	HAMPSHIRE COUNTY CHAMPIONSHIPS: PORTSMOUTH	28/02/2010
800 FREE	9.16.99	KRISTINA NEVES	07/08/1996	GUERNSEY	HAMPSHIRE COUNTY CHAMPIONSHIPS: PORTSMOUTH	27/02/2010
1500 FREE	17.35.04	KRISTINA NEVES	07/08/1996	GUERNSEY	HAMPSHIRE COUNTY CHAMPIONSHIPS: PORTSMOUTH	28/02/2010
50 BACK	32.32	CELESTE LINDEQUE	19/04/1995	WINDSOR	REGION OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	01/11/2008
100 BACK	1.05.93	SOPHIE TEASDALE	07/09/1993	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 BACK	2.21.67	KATHRYN WILLIS	03/11/1992	RUSHMOOR ROYALS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	04/04/2006
50 BREAST	35.94	AMY MEDLOCK	07/10/1995	SHIVERERS	REGION OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	02/11/2008
100 BREAST	1.13.83	CHLOE BEAN	15/07/1995	LEATHERHEAD	REGION BAGCAT CHAMPIONSHIPS K2 CRAWLEY	13/06/2009
200 BREAST	2.38.85	CHLOE BEAN	15/07/1995	LEATHERHEAD	REGION BAGCAT CHAMPIONSHIPS K2 CRAWLEY	14/06/2009
50 FLY	29.79	KRISTINA NEVES	07/08/1996	GUERNSEY	LEEDS XMAS CRACKER LEEDS	20/12/2009
100 FLY	1.05.48	KRISTINA NEVES	07/08/1996	GUERNSEY	ESSA NATIONAL CHAMPIONSHIPS CRYSTAL PALACE	24/10/2009
200 FLY	2.24.17	KIRSTY HARKNESS	03/06/1993	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS MANCHESTER	30/03/2007
200 IM	2.25.23	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDERSHOT	02/05/2009
400 IM	5.00.45	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2008

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 14 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	27.23	HENRIETTA DILLON	10/10/1991	GUILDFORD CITY	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	05/08/2006
100 FREE	58.59	NATASHA SMITH	14/09/1994	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2009
200 FREE	2.05.78	SOPHIE TEASDALE	07/09/1993	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	05/04/2008
400 FREE	4.27.87	STEPHANIE WINSER	06/05/1994	PORTSMOUTH NORTHSEA	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDERSHOT	02/05/2009
800 FREE	9.06.68	STEPHANIE WINSER	06/05/1994	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
1500 FREE	17.27.04	STEPHANIE WINSER	06/05/1994	PORTSMOUTH NORTHSEA	NATIONAL YOUTH CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	29/07/2008
50 BACK	31.23	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	31/07/2007
100 BACK	1.05.21	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
200 BACK	2.18.5	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	27/07/2007
50 BREAST	34.39	CHLOE BEAN	15/07/1995	LEATHERHEAD	BURNS OPEN: PONDS FORGE SHEFFIELD	31/01/2010
100 BREAST	1.15.20	JODIE WILLIS	31/07/1993	RUSHMOOR ROYALS	WISE SCHOOLS INTERNATIONAL MEET K2 CRAWLEY	08/03/2008
200 BREAST	2.36.31	JODIE WILLIS	31/07/1993	RUSHMOOR ROYALS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	04/04/2008
50 FLY	30.04	SOPHIE BROOKS	30/01/1994	CRAWLEY	BURNS OPEN: PONDS FORGE SHEFFIELD	24/01/2009
100 FLY	1.05.00	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
200 FLY	2.20.63	KIRSTY HARKNESS	03/06/1993	PORTSMOUTH NORTHSEA	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	31/07/2007
200 IM	2.23.79	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/07/2009
400 IM	5.02.06	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	EARLY BIRD MEET K2 CRAWLEY	21/11/2009

**SHEET 5. UPDATED 04/03/2010**

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 15 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	26.41	MAI ALLAND	29/08/1993	MID SUSSEX MARLINS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
100 FREE	58.30	HANNAH ASKEW	15/05/1991	MAXWELL	BRITISH CHAMPIONSHIPS MANCHESTER	26/03/2007
200 FREE	2.06.52	NATASHA SMITH	14/09/1994	GUILDFORD CITY	EARLY BIRD MEET K2 CRAWLEY	22/11/2009
400 FREE	4.26.97	GEMMA BANNISTER	29/05/1991	RUSHMOOR ROYALS	BRITISH CHAMPIONSHIPS MANCHESTER	31/03/2007
800 FREE	9.08.73	GEMMA BANNISTER	29/05/1991	RUSHMOOR ROYALS	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	02/08/2006
1500 FREE	17.29.42	STEPHANIE WINSER	06/05/1994	PORTSMOUTH NORTHSEA	NATIONAL YOUTH CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	31/07/2009
50 BACK	30.69	AMY McVEIGH	18/02/1993	WINDSOR	BURNS OPEN: PONDS FORGE SHEFFIELD	24/01/2009
100 BACK	1.04.26	ZOE HESTER	24/09/1991	READING	BRITISH CHAMPIONSHIPS MANCHESTER	30/03/2007
200 BACK	2.16.13	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	05/04/2008
50 BREAST	33.90	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/03/2008
100 BREAST	1.11.73	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
200 BREAST	2.40.21	MEGAN CUMMING	11/11/1993	PORTSMOUTH NORTHSEA	WELSH DRAGON MEET SWANSEA	11/01/2009
50 FLY	29.02	ELLEN THOMAS	01/12/1994	GUILDFORD CITY	BURNS OPEN: PONDS FORGE SHEFFIELD	30/01/2010
100 FLY	1.03.90	KRISTINA PAIGE	28/10/1991	READING	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
200 FLY	2.16.31	KIRSTY HARKNESS	03/06/1993	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
200 IM	2.23.49	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	GATESHEAD & WICKHAM OPEN. PONDS FORGE SHEFFIELD	28/01/2006
400 IM	5.03.41	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDRESHOT	27/11/2005

**SHEET 6. UPDATED 04/03/2010**

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 16 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	26.91	HANNAH ASKEW	15/05/1991	MAXWELL	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	01/08/2007
100 FREE	57.77	HANNAH ASKEW	15/05/1991	MAXWELL	EUROPEAN JUNIOR CHAMPIONSHIPS. ANTWERP	18/07/2007
200 FREE	2.05.82	JULIE GOULD	15/02/1989	HASLEMERE	WASA DRAGON MEET: SWANSEA	20/01/2006
400 FREE	4.19.88	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	NATIONAL SCHOOLS CHAMPIONSHIPS MANCHESTER	26/10/2007
800 FREE	8.55.22	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
1500 FREE	17.06.85	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	30/07/2007
50 BACK	30.60	AMY McVEIGH	18/02/1993	WINDSOR	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDERSHOT	03/05/2009
100 BACK	1.03.56	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
200 BACK	2.15.73	KATHRYN WILLIS	03/11/1992	BRACKNELL & WOKINGHAM	BURNS OPEN: PONDS FORGE SHEFFIELD	24/01/2009
50 BREAST	33.30	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	EUROPEAN JUNIOR CHAMPIONSHIPS: BELGRDE	30/07/2008
100 BREAST	1.11.66	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	EUROPEAN JUNIOR CHAMPIONSHIPS: BELGRADE	03/08/2008
200 BREAST	2.34.68	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
50 FLY	29.17	KRISTINA PAIGE	28/10/1991	READING	REGION OPEN CHAMPIONSHIPS K2 CRAWLEY	04/11/2007
100 FLY	1.02.85	HENRIETTA DILLON	10/10/1991	GUILDFORD CITY	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	01/08/2008
200 FLY	2.16.47	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	05/08/2006
200 IM	2.17.75	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
400 IM	4.52.91	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NIOVIA GRAND PRIX THESSALONICA GREECE	11/04/2009

**SHEET 7. UPDATED 04/03/2010**

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 17 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	26.72	HENRIETTA DILLON	10/10/1991	GUILDFORD CITY	NATIONAL YOUTH CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	02/08/2009
100 FREE	58.06	HANNAH ASKEW	15/05/1991	MAXWELL	BRACKNELL & WOKINGHAM OPEN GARRISON POOL ALDERSHOT	05/04/2009
200 FREE	2.06.36	HANNAH SHORE	03/09/1992	LEATHERHEAD	BEXLEY OPEN CRYSTAL PALACE	21/11/2009
400 FREE	4.19.27	CHARLOTTE WOOLSCROFT	14/11/1990	SHIVERERS	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	30/07/2008
800 FREE	8.51.25	CHARLOTTE WOOLSCROFT	14/11/1990	SHIVERERS	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	31/07/2008
1500 FREE	16.56.02	CHARLOTTE WOOLSCROFT	14/11/1990	SHIVERERS	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2008
50 BACK	30.89	SARAH OWEN	05/03/1990	PORTSMOUTH NORTHSEA	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDERSHOT	06/05/2007
100 BACK	1.04.00	HENRIETTA DILLON	10/10/1991	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/07/2009
200 BACK	2.17.38	ANNA JEMIELITY	15/11/1989	SLOUGH & ETON	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	27/07/2007
50 BREAST	34.34	ELLA KIRBY	02/10/1991	STAINES	REGION OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	02/11/2008
100 BREAST	1.10.99	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2009
200 BREAST	2.33.24	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
50 FLY	28.69	HANNAH ASKEW	15/05/1991	MAXWELL	REGION YOUTH CHAMPIONSHIPS : GARRISON POOL ALDERSHOT	02/05/2009
100 FLY	1.03.55	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	03/08/2006
200 FLY	2.19.41	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	05/08/2006
200 IM	2.17.29	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
400 IM	4.50.55	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2009

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<b>SOUTH EAST REGION LONG COURSE RECORDS FEMALE 18 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	26.97	HANNAH ASKEW	15/05/1991	MAXWELL	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
100 FREE	57.78	HANNAH ASKEW	15/05/1991	MAXWELL	EARLY BIRD MEET K2 CRAWLEY	22/11/2009
200 FREE	2.05.16	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	CRAWLEY OPEN: K2 CRAWLEY	19/04/2009
400 FREE	4.15.71	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
800 FREE	8.44.57	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
1500 FREE	16.54.16	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	SUSSEX COUNTY CHAMPIONSHIPS K2 CRAWLEY	21/03/2009
50 BACK	31.11	SARAH OWEN	05/03/1990	PORTSMOUTH NORTHSEA	S.E.R.A.S.A.YOUTH CHAMPIONSHIPS: GARRISON POOL ALDERSHOT	04/05/2008
100 BACK	1.05.52	SARAH OWEN	05/03/1990	PORTSMOUTH NORTHSEA	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	12/07/2008
200 BACK	2.19.02	ANNA JEMIELITY	15/11/1989	WINDSOR	DRAGON MEET SWANSEA	11/01/2008
50 BREAST	35.13	CHARLOTTE PARISH	12/01/1989	LEATHERHEAD	LEATHERHEAD EASTER MEET: CRYSTAL PALACE	06/04/2007
100 BREAST	1.15.40	BRYONY DUNNE	10/07/1991	HASLEMERE	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
200 BREAST	2.40.34	CLAIRE ABRAHAM	30/06/1989	LEATHERHEAD	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	31/07/2007
50 FLY	28.83	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	28/07/2007
100 FLY	1.03.22	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
200 FLY	2.16.23	ALYS THOMAS	10/10/1990	LEATHERHEAD	BURNS OPEN: PONDS FORGE SHEFFIELD	24/01/2009
200 IM	2.21.35	LAURA CHASE	23/11/1987	PORTSMOUTH NORTHSEA	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	05/08/2006
400 IM	5.03.58	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	BERKS & BUCKS OPEN GARRISON POOL: ALDERSHOT	28/04/2007

**SHEET 9. UPDATED 04/03/2010**

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<b>SOUTH EAST REGION      <u>OPEN</u>      FEMALE LONG COURSE RECORDS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	25.51	KATY SEXTON	21/06/1982	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	03/04/2008
100 FREE	55.99	KATY SEXTON	21/06/1982	PORTSMOUTH NORTHSEA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2007
200 FREE	2.02.97	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	BURNS OPEN: PONDS FORGE SHEFFIELD	31/01/2010
400 FREE	4.15.71	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
800 FREE	8.44.57	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
1500 FREE	16.54.16	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	SUSSEX COUNTY CHAMPIONSHIPS K2 CRAWLEY	21/03/2009
50 BACK	27.92	GEMMA SPOFFORTH <b>BRITISH RECORD</b>	17/11/1987	PORTSMOUTH NORTHSEA <b>BRITISH RECORD</b>	WORLD CHAMPIONSHIPS ROME	29/07/2009
100 BACK	58.12	GEMMA SPOFFORTH <b>WORLD RECORD</b>	17/11/1987	PORTSMOUTH NORTHSEA <b>WORLD RECORD</b>	WORLD CHAMPIONSHIPS ROME	28/07/2009
200 BACK	2.06.66	GEMMA SPOFFORTH <b>BRITISH RECORD</b>	17/11/1987	PORTSMOUTH NORTHSEA <b>BRITISH RECORD</b>	WORLD CHAMPIONSHIPS ROME	01/08/2009
50 BREAST	33.30	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	EUROPEAN JUNIOR CHAMPIONSHIPS: BELGRDE	30/07/2008
100 BREAST	1.10.99	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2009
200 BREAST	2.33.24	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
50 FLY	28.69	HANNAH ASKEW	15/05/1991	MAXWELL	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	02/05/2009
100 FLY	1.02.66	EMMA BORET	21/08/1988	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	03/04/2008
200 FLY	2.16.23	ALYS THOMAS	10/10/1990	LEATHERHEAD	BURNS OPEN: PONDS FORGE SHEFFIELD	24/01/2009
200 IM	2.17.29	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
400 IM	4.50.55	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2009

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<b>SOUTH EAST REGION A.S.A.</b>						
<b>GIRLS JUNIOR(U/16)</b>			<b>SHORT COURSE RECORDS</b>			
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE &amp; DATE OF SWIM</b>	
50 FREE	26.49	MAI ALLAND	29/08/1993	BURGESS HILL & HAYWARDS HEATH	SUSSEX COUNTY CHAMPIONSHIPS K2 CRAWLEY	08/03/2009
100 FREE	56.99	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & NORTH BUCKS CHAMPIONSHIPS: TEMPLE MEADS, COWLEY	25/02/2007
200 FREE	2.05.19	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & NORTH BUCKS CHAMPIONSHIPS: TEMPLE MEADS, COWLEY	17/03/2007
400 FREE	4.21.72	STEPHANIE WINSER	06/05/1994	FARNHAM	VICTORIA BATHS PORTSMOUTH	09/04/2009
800 FREE	9.02.19	KELLY HENSON	24/12/1993	HERNE BAY	KENT COUNTY CHAMPIONSHIPS. BLACK LION, GILLINGHAM	21/02/2009
1500 FREE	17.05.77	ADENAIS VACHON	24/05/1993	FARNHAM	READING EASTER OPEN READING	10/04/2009
50 BACK	29.56	KATHERINE SHAW	26/12/1994	AMERSHAM	VALENTINE MEET HATFIELD HERTFORDSHIRE SV	13/02/2010
100 BACK	1.02.45	KATHRYN SHAW	26/12/1994	AMERSHAM	BERKS & SOUTH BUCKS CHAMPIONSHIPS: MAIDENHEAD	27/02/2010
200 BACK	2.11.15	ZOE HESTER	24/09/1991	READING	BERKS & SOUTH BUCKS CHAMPIONSHIPS: MAIDENHEAD	10/03/2007
50 BREAST	33.76	FEDERICA WILLIAMSON	12/01/1997	CRAWLEY	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	08/11/2009
100 BREAST	1.12.29	CHLOE BEAN	15/07/1995	GUILDFORD CITY	ASA INTER COUNTIES PONDS FORGE SHEFFIELD	18/10/2009
200 BREAST	2.34.01	CHLOE BEAN	15/07/1995	LEATHERHEAD	GUILDFORD OPEN SPECTRUM CENTRE GUILDFORD	06/12/2009
50 FLY	29.14	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & NORTH BUCKS CHAMPIONSHIPS: AYLESBURY	17/03/2007
100 FLY	1.03.10	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	NATIONAL INTERCOUNTY PONDS FORGE: SHEFFIELD	16/10/2005
200 FLY	2.15.68	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	HASLEMERE OPEN: HASLEMERE	20/11/2005
100 IM	1.06.53	JOCELYN ULYETT	17/09/1995	CITY OF MILTON KEYNES	MILTON KEYNES OPEN MILTON KEYNES	21/11/2009
200 IM	2.20.50	MOLLIE VINCENT	09/05/1995	PORTSMOUTH NORTHSEA	PORTSMOUTH CHAMP'S MOUNTBATTEN CENTRE PORTSMOUTH	31/10/2009
400 IM	4.53.37	KATIE AMBRIDGE	30/04/1990	WYCOMBE DISTRICT	HASLEMERE OPEN: HASLEMERE	19/11/2005

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<b>SOUTH EAST REGION A.S.A.</b>						
<b>WOMENS OPEN</b>			<b>SHORT COURSE RECORDS</b>			
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE &amp; DATE OF SWIM</b>	
50 FREE	25.49	KATY SEXTON	21/06/1982	PORTSMOUTH NORTHSEA	EUROPEAN CHAMPIONSHIPS RIJEKA. CROATIA	14/12/2008
100 FREE	55.61	KATY SEXTON	21/06/1982	PORTSMOUTH NORTHSEA	PORTSMOUTH EASTER OPEN VICTORIA BATHS	20/03/2008
200 FREE	2.00.27	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	SUSSEX COUNTY CHAMPIONSHIPS K2 CRAWLEY	07/03/2009
400 FREE	4.17.14	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & NORTH BUCKS CHAMPIONSHIPS AYLESBURY	22/02/2009
800 FREE	8.47.82	SARAH OWEN	05/03/1990	PORTSMOUTH NORTHSEA	HAMPSHIRE COUNTY CHAMPIONSHIPS: SOUTHAMPTON	17/03/2007
1500 FREE	16.45.45	CHARLOTTE WOOLISCROFT	14/11/1990	SHIVERERS	BLUE RIBBON MEET: VICTORIA BATHS PORTSMOUTH	27/01/2007
50 BACK	27.99	KATY SEXTON	21/06/1982	PORTSMOUTH NORTHSEA	EUROPEAN CHAMPIONSHIPS DEBRECHEN. HUNGARY	15/12/2007
100 BACK	57.17	GEMMA SPOFFORTH	17/11/1987	PORTSMOUTH NORTHSEA	USA V EUROPE DUEL IN THE POOL MANCHESTER	18/12/2009
200 BACK	2.04.95	GEMMA SPOFFORTH	17/11/1987	PORTSMOUTH NORTHSEA	USA V EUROPE DUEL IN THE POOL MANCHESTER	18/12/2009
50 BREAST	33.18	KATIE HENDERSON	03/11/1981	READING	ASA MASTERS PONDS FORGE SHEFFIELD	25/10/2009
100 BREAST	1.09.79	RACHEL SOLWAY	21/07/1992	GUILDFORD CITY	NATIONAL COUNTY TEAM CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/10/2009
200 BREAST	2.29.54	RACHEL SOLWAY	22/07/1992	GUILDFORD CITY	SURREY COUNTY CHAMPIONSHIPS SPECTRUM CENTRE GUILDFORD	21/02/2010
50 FLY	28.49	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & NORTH BUCKS CHAMPIONSHIPS: AYLESBURY	07/03/2009
100 FLY	1.02.89	HANNAH SHORE	03/09/1992	LEATHERHEAD	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT	07/11/2009
200 FLY	2.14.28	JULIE GOULD	15/02/1989	HASLEMERE	EUROPEAN CHAMPIONSHIPS TRIESTE. ITALY	08/12/2005
100 IM	1.06.03	HANNAH ASKEW	15/05/1991	MAXWELL	OXON & BUCKS COUNTY CHAMPIONSHIPS AYLESBURY	15/03/2009
200 IM	2.16.78	JULIE GOULD	15/02/1989	HASLEMERE	EUROPEAN CHAMPIONSHIPS TRIESTE. ITALY	11/12/2005
400 IM	4.46.75	JULIE GOULD	15/02/1989	HASLEMERE	EUROPEAN CHAMPIONSHIPS TRIESTE. ITALY	21/03/2006