



ASC Club Records

Revised: 02/09/2010

To request a certificate, please email records@amershamswimmingclub.co.uk

Female Long Course Records					
Age Group	Stroke	Distance	Record Holder	Record date	Record Time
9 & 10	BACK	50	Elizabeth Hetherington	05/10/2002	0: 40.66
9 & 10	BACK	100	Elizabeth Hetherington	08/12/2002	1: 25.93
9 & 10	BACK	200	Elizabeth Hetherington	23/06/2002	3: 10.45
9 & 10	BREAST	50	Hannah Salter	05/10/2002	0: 45.68
9 & 10	BREAST	100	Elizabeth Hetherington	08/12/2002	1: 39.23
9 & 10	BREAST	200	Elizabeth Hetherington	25/06/2002	3: 35.31
9 & 10	FLY	50	Jessica Millican	21/04/2003	0: 41.29
9 & 10	FLY	100	Mia Poplawska	18/10/2008	1: 42.28
9 & 10	FLY	200			
9 & 10	FREE	50	Thanya Jasinska	12/06/2010	0: 32.81
9 & 10	FREE	100	Thanya Jasinska	12/06/2010	1: 11.40
9 & 10	FREE	200	Thanya Jasinska	12/06/2010	2: 38.73
9 & 10	FREE	400	Thanya Jasinska	29/05/2010	5: 35.15
9 & 10	IM	200	Mia Poplawska	18/10/2008	3: 06.38
11 & 12	BACK	50	Molly Norman	13/06/2010	0: 36.42
11 & 12	BACK	100	Holly Williams	24/07/2007	1: 13.57
11 & 12	BACK	200	Molly Norman	13/06/2010	2: 37.79
11 & 12	BREAST	50	Phoebe Cullingworth	23/06/2002	0: 38.24
11 & 12	BREAST	100	Sophie Elphick	11/06/2006	1: 25.70
11 & 12	BREAST	200	Sophie Elphick	11/06/2006	2: 59.52
11 & 12	FLY	50	Sarah Hammond	09/05/2010	0: 32.31
11 & 12	FLY	100	Sarah Hammond	09/05/2010	1: 08.88
11 & 12	FLY	200	Katie Ambridge	12/08/2002	2: 34.04
11 & 12	FREE	50	Sarah Hammond	12/06/2010	0: 30.86
11 & 12	FREE	100	Molly Norman	29/07/2010	1: 03.45
11 & 12	FREE	200	Molly Norman	13/06/2010	2: 17.38
11 & 12	FREE	400	Sarah Hammond	29/05/2010	4: 49.24
11 & 12	FREE	800	Molly Norman	30/07/2010	9: 53.41
11 & 12	FREE	1500			
11 & 12	IM	200	Sarah Hammond	29/05/2010	2: 27.83
11 & 12	IM	400	Katie Ambridge	12/08/2002	5: 38.20
13 & 14	BACK	50	Katherine Shaw	22/11/2009	0: 31.54
13 & 14	BACK	100	Katherine Shaw	06/12/2009	1: 06.65
13 & 14	BACK	200	Eleanor Dolan	02/05/2010	2: 22.47
13 & 14	BREAST	50	Sophie Elphick	02/08/2008	0: 35.68
13 & 14	BREAST	100	Victoria Mileham	05/08/1994	1: 16.09
13 & 14	BREAST	200	Sophie Elphick	15/12/2007	2: 43.09
13 & 14	FLY	50	Holly Williams	18/04/2010	0: 31.29
13 & 14	FLY	100	Andrea Poore	21/03/2003	1: 07.14
13 & 14	FLY	200	Andrea Poore	21/03/2003	2: 25.14
13 & 14	FREE	50	Katherine Shaw	06/12/2009	0: 28.31
13 & 14	FREE	100	Katherine Shaw	30/07/2009	1: 00.24
13 & 14	FREE	200	Eleanor Dolan	31/07/2009	2: 10.44
13 & 14	FREE	400	Katie Towers	23/06/2002	4: 37.35
13 & 14	FREE	800	Eleanor Dolan	20/03/2010	9: 34.92
13 & 14	FREE	1500	Alessandra Quincey	21/03/2009	19: 01.32
13 & 14	IM	200	Katie Towers	08/12/2002	2: 27.79
13 & 14	IM	400	Katie Towers	12/08/2002	5: 07.28
15 & 16	BACK	50	Katherine Shaw	08/05/2010	0: 30.58
15 & 16	BACK	100	Katherine Shaw	06/08/2010	1: 04.47
15 & 16	BACK	200	Eleanor Dolan	13/08/2010	2: 19.73
15 & 16	BREAST	50	Elizabeth Hetherington	30/11/2008	0: 35.15
15 & 16	BREAST	100	Sophie Elphick	28/07/2009	1: 14.50
15 & 16	BREAST	200	Sophie Elphick	31/03/2010	2: 39.57
15 & 16	FLY	50	Katherine Shaw	18/04/2010	0: 30.76
15 & 16	FLY	100	Katherine Shaw	09/05/2010	1: 07.01
15 & 16	FLY	200	Katie Towers	19/09/2003	2: 26.52
15 & 16	FREE	50	Victoria Robinson	31/07/2004	0: 27.03
15 & 16	FREE	100	Victoria Robinson	04/08/2004	0: 58.05
15 & 16	FREE	200	Victoria Robinson	04/07/2004	2: 08.10
15 & 16	FREE	400	Sophie Elphick	18/04/2010	4: 33.63
15 & 16	FREE	800	Sophie Elphick	05/08/2010	9: 21.51
15 & 16	IM	200	Katie Towers	08/04/2004	2: 24.77
15 & 16	IM	400	Katie Towers	08/04/2004	5: 00.79
Open	BACK	50	Katherine Shaw	01/04/2010	0: 30.74
Open	BACK	100	Katherine Shaw	06/08/2010	1: 04.47
Open	BACK	200	Eleanor Dolan	13/08/2010	2: 19.73
Open	BREAST	50	Elizabeth Hetherington	02/05/2010	0: 33.99
Open	BREAST	100	Sophie Elphick	28/07/2009	1: 14.50
Open	BREAST	200	Sophie Elphick	31/03/2010	2: 39.57
Open	FLY	50	Jacqui Andrews	30/01/2002	0: 30.04
Open	FLY	100	Katherine Shaw	09/05/2010	1: 07.01
Open	FLY	200	Andrea Poore	21/03/2003	2: 25.14
Open	FREE	50	Victoria Robinson	31/07/2004	0: 27.03
Open	FREE	100	Victoria Robinson	04/08/2004	0: 58.05
Open	FREE	200	Victoria Robinson	04/07/2004	2: 08.10
Open	FREE	400	Victoria Robinson	30/01/2005	4: 29.70
Open	FREE	800	Sophie Elphick	05/08/2010	9: 21.51
Open	FREE	1500	Alessandra Quincey	21/03/2009	19: 01.32
Open	IM	200	Katie Towers	08/04/2004	2: 24.77
Open	IM	400	Katie Towers	08/04/2004	5: 00.79

Note: From 1st July 2009, ages are on the day of the swim, prior to this date ages were as at 31st December