

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

**"No previous time" data reported only up to 21 years, as at 31/12/2011
Times set under ASA law only**

NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Rebecca MERRILL	00:54.63 (ASA)	50 Fly	21/11/2010	Deben Open Meet	01:03.33 (ASA) 24/10/2010	164.9
Daniel HARRIS	00:57.96 (ASA)	50 Fly	21/11/2010	Deben Open Meet	01:04.81 (ASA) 24/10/2010	126.8
Rebecca MERRILL	00:45.15 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:49.70 (ASA) 24/10/2010	109.9
Georgina FULCHER	03:22.64 (ASA)	200 Fly	20/11/2010	Deben Open Meet	03:41.82 (ASA) 24/10/2010	103.8
Rebecca MERRILL	03:12.77 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:29.14 (ASA) 24/10/2010	93.9
Zara TAYLOR	03:18.49 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:33.47 (ASA) 24/10/2010	84.2
Lois BRADLEY	00:41.23 (ASA)	50 Free	17/07/2010	Skins 2010	00:49.72 (ASA) 16/05/2010	68.3
Hannah MOORE	00:50.88 (ASA)	50 Fly	17/07/2010	Skins 2010	00:53.92 (ASA) 21/06/2010	67.7
Cerys RUSSELL	00:38.37 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	00:40.52 (ASA) 23/04/2011	63.7
Charlotte WICKENS	01:25.78 (ASA)	100 IM	21/05/2011	Summer League Div 1	01:30.41 (ASA) 23/04/2011	61.5
Isobelle WICKENS	00:36.09 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	00:37.97 (ASA) 29/01/2011	59.4
Mark SMEE	02:36.84 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:44.97 (ASA) 24/10/2010	59.1
Louis SELLER	01:14.87 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:18.74 (ASA) 24/10/2010	59.0
Georgina FULCHER	01:13.93 (ASA)	100 Free	05/06/2010	BAGCATS Regionals	01:17.49 (ASA) 15/05/2010	55.1
Kieran WHIGHT	01:15.49 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:22.96 (ASA) 15/05/2010	54.0
Charlie FULCHER	02:50.79 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	02:58.81 (ASA) 02/10/2010	53.8
Molly SMITH	00:56.71 (ASA)	50 Fly	21/05/2011	Summer League Div 1	00:59.28 (ASA) 15/05/2011	52.0
Molly SMITH	00:51.25 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:56.11 (ASA) 20/11/2010	52.0
Kieran WHIGHT	00:32.23 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:33.66 (ASA) 26/02/2011	51.0
Daisy PITT	00:47.22 (ASA)	50 Breast	03/07/2010	Summer League Div 2	00:49.30 (ASA) 21/06/2010	50.6
Lewis MOORE	00:43.89 (ASA)	50 Free	17/07/2010	Skins 2010	00:45.81 (ASA) 03/07/2010	50.3
JAKE LITTLE	01:26.03 (ASA)	100 Back	15/05/2011	Sudbury Open Meet	01:29.77 (ASA) 16/04/2011	50.0
Harry FULCHER	01:09.87 (ASA)	100 Fly	23/10/2010	BASHER GALA	01:12.81 (ASA) 02/10/2010	48.5
Francesca SOUTER	05:14.96 (ASA)	400 Free	09/04/2011	Norwich Easter Meet	05:28.06 (ASA) 20/03/2011	47.9
Joseph BRIERLEY	02:56.74 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	03:04.06 (ASA) 20/11/2010	47.7
William FOSKETT	00:32.80 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:35.63 (ASA) 15/05/2010	47.7
Tom BEAGLEY	00:36.81 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:39.89 (ASA) 29/01/2011	46.3
Olivia TAYLOR	00:36.68 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:38.10 (ASA) 24/10/2010	44.7
Rebecca MERRILL	06:27.64 (ASA)	400 Free	20/03/2011	Suffolk County Champ	06:58.10 (ASA) 23/01/2011	43.7
Hannah MOORE	01:24.42 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:27.53 (ASA) 24/10/2010	42.6
Conor LYNCH	02:46.77 (ASA)	200 Fly	20/11/2010	Deben Open Meet	02:52.91 (ASA) 24/10/2010	42.6
Rebecca MERRILL	00:53.07 (ASA)	50 Breast	26/06/2010	Sudbury Open Meet	00:55.02 (ASA) 21/06/2010	42.5
Conor LYNCH	02:55.04 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	03:01.35 (ASA) 08/01/2011	41.8
Lauren OSBORNE	01:29.78 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:32.98 (ASA) 24/10/2010	41.3
Caitlin RUSSELL	01:17.37 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:20.10 (ASA) 24/10/2010	40.9
Lauren OSBORNE	01:22.28 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:28.18 (ASA) 15/05/2010	40.1
Rebecca MERRILL	01:55.73 (ASA)	100 IM	26/06/2010	Sudbury Open Meet	01:59.73 (ASA) 20/06/2010	40.1
Olivia TAYLOR	00:33.91 (ASA)	50 Free	09/07/2010	Midsummer Madness Norwich	00:35.07 (ASA) 20/06/2010	39.7
Georgina FULCHER	01:20.32 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:25.91 (ASA) 23/01/2011	39.0
Amy BRAMMAR	02:58.41 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	03:10.82 (ASA) 21/11/2010	39.0
Kieran WHIGHT	00:34.50 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:36.88 (ASA) 15/05/2010	38.7
Harry FULCHER	01:10.51 (ASA)	100 Fly	23/10/2010	BASHER GALA	01:12.81 (ASA) 02/10/2010	37.9
Amy BRAMMAR	03:03.15 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:15.46 (ASA) 20/11/2010	37.8
Tom BEAGLEY	00:45.47 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:48.51 (ASA) 29/01/2011	37.6
Chloe HEMBRY	01:16.17 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:18.62 (ASA) 24/10/2010	37.4
Charlie SELLER	00:35.91 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:38.29 (ASA) 20/11/2010	37.3
Lewis MOORE	00:44.49 (ASA)	50 Fly	29/01/2011	Winter League Div 1 A	00:52.66 (ASA) 18/09/2010	37.2
Francesca SOUTER	05:05.27 (ASA)	400 Free	23/04/2011	Newmarket Open Meet	05:14.96 (ASA) 09/04/2011	36.9
Lauren OSBORNE	01:14.81 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:19.70 (ASA) 15/05/2010	36.8
Hannah MOORE	00:39.40 (ASA)	50 Fly	29/01/2011	Winter League Div 1 A	00:44.91 (ASA) 24/10/2010	36.8
Conor LYNCH	01:16.01 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:20.95 (ASA) 24/04/2010	36.6

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Todd LAST	01:16.23 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:18.60 (ASA) 24/10/2010	36.2
ELLIE RANKIN	00:43.04 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:50.66 (ASA) 17/07/2010	36.1
Rachel POUSTIE	01:27.49 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:30.18 (ASA) 23/10/2010	35.8
William FOSKETT	00:33.59 (ASA)	50 Fly	21/06/2010	Suffolk Development Championsh	00:35.71 (ASA) 24/04/2010	35.6
Lewis MOORE	00:42.64 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:45.31 (ASA) 23/01/2011	35.4
Hannah MOORE	00:44.91 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:50.88 (ASA) 17/07/2010	35.2
Cerys RUSSELL	02:51.02 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:56.13 (ASA) 24/10/2010	34.8
Charlie SELLER	00:38.29 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:39.43 (ASA) 24/10/2010	34.7
Eleanor TENNANT	01:25.56 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:28.09 (ASA) 24/10/2010	34.5
Nicholas COOK	00:37.45 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:43.69 (ASA) 17/07/2010	34.3
Lewis MOORE	00:42.75 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:45.31 (ASA) 23/01/2011	33.9
Isobelle WICKENS	00:53.34 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:54.89 (ASA) 24/10/2010	33.9
William FOSKETT	00:28.19 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:29.87 (ASA) 15/05/2010	33.7
Kieran WHIGHT	00:39.49 (ASA)	50 Breast	26/06/2010	Sudbury Open Meet	00:41.83 (ASA) 15/05/2010	33.6
Georgina FULCHER	02:58.12 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:03.15 (ASA) 24/10/2010	33.0
Gregor TAIT	03:01.26 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:11.74 (ASA) 16/05/2010	32.8
Rebecca MERRILL	03:41.94 (ASA)	200 Free	26/06/2010	Sudbury Open Meet	03:48.16 (ASA) 21/06/2010	32.7
Rebecca MERRILL	03:17.28 (ASA)	200 Back	15/05/2011	Sudbury Open Meet	03:22.80 (ASA) 23/04/2011	32.7
Hannah MOORE	00:53.92 (ASA)	50 Fly	21/06/2010	Suffolk Development Championsh	00:57.01 (ASA) 15/05/2010	32.5
Ellie HYDE	00:41.23 (ASA)	50 Free	17/07/2010	Skins 2010	01:12.50 (ASA) 28/03/2009	32.3
Sophie LITTLE	00:53.38 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:56.42 (ASA) 22/01/2011	32.3
Louis SELLER	02:43.70 (ASA)	200 Breast	21/11/2010	Deben Open Meet	02:48.21 (ASA) 24/10/2010	32.2
Gregor TAIT	00:34.86 (ASA)	50 Free	17/07/2010	Skins 2010	00:35.82 (ASA) 20/06/2010	32.2
Conor LYNCH	01:13.91 (ASA)	100 Back	29/01/2011	Winter League Div 2 B	01:15.91 (ASA) 23/01/2011	31.6
Rebecca MERRILL	01:40.49 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:55.73 (ASA) 26/06/2010	31.6
Georgina FULCHER	00:41.62 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:43.93 (ASA) 08/01/2011	31.6
Damien COLLIS	01:14.22 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:22.86 (ASA) 20/11/2010	31.3
Lewis MOORE	00:45.81 (ASA)	50 Free	03/07/2010	Summer League Div 2	00:49.69 (ASA) 01/05/2010	31.2
Zara TAYLOR	02:53.75 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	03:08.42 (ASA) 24/10/2010	31.1
Conor LYNCH	02:39.11 (ASA)	200 IM	21/06/2010	Suffolk Development Championsh	02:47.74 (ASA) 24/04/2010	30.9
Caitlin RUSSELL	00:32.05 (ASA)	50 Free	17/07/2010	Skins 2010	00:32.89 (ASA) 20/06/2010	30.6
Lewis MOORE	00:42.22 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:44.49 (ASA) 29/01/2011	30.6
Damien COLLIS	01:14.42 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:22.86 (ASA) 20/11/2010	30.6
Jessica FRYATT	00:34.90 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:36.77 (ASA) 16/05/2010	30.5
Abigail HILL	01:16.21 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:20.26 (ASA) 15/05/2010	30.3
Georgina FULCHER	02:53.06 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:02.14 (ASA) 02/10/2010	29.9
Damien COLLIS	01:14.60 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:22.86 (ASA) 20/11/2010	29.9
Conor LYNCH	01:22.09 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:24.18 (ASA) 24/10/2010	29.8
Lewis MOORE	02:59.51 (ASA)	200 Free	06/03/2011	Suffolk County Champ	03:08.83 (ASA) 23/01/2011	29.6
Lauren OSBORNE	01:35.12 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:40.02 (ASA) 15/05/2010	29.4
William FOSKETT	01:01.40 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:04.55 (ASA) 24/04/2010	29.3
Caitlin RUSSELL	01:25.33 (ASA)	100 Breast	29/01/2011	Winter League Div 1 A	01:27.46 (ASA) 22/01/2011	29.2
Charlie SELLER	01:05.38 (ASA)	100 Free	29/01/2011	Winter League Div 2 B	01:07.01 (ASA) 08/01/2011	29.2
Daniel HARRIS	00:48.11 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:54.77 (ASA) 17/07/2010	29.2
Gregor TAIT	01:18.58 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:22.58 (ASA) 16/05/2010	29.1
Francesca SOUTER	01:34.45 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:39.24 (ASA) 16/05/2010	29.0
Georgina FULCHER	00:41.81 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:43.93 (ASA) 08/01/2011	29.0

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Rebecca MERRILL	00:41.36 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:42.38 (ASA) 24/10/2010	28.9
Jack BRAMMAR	02:48.89 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:57.37 (ASA) 20/11/2010	28.7
HARRY LONGBOTTOM	00:50.03 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:52.54 (ASA) 13/03/2011	28.7
Daisy PITT	00:43.72 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:51.02 (ASA) 03/01/2010	28.6
Conor LYNCH	05:35.26 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	05:43.44 (ASA) 08/01/2011	28.6
Daisy PITT	00:38.57 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:44.95 (ASA) 03/01/2010	28.4
Georgina FULCHER	01:21.85 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:25.91 (ASA) 23/01/2011	28.4
Francesca SOUTER	02:44.06 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:11.09 (ASA) 03/01/2010	28.3
Hannah MOORE	04:04.09 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	04:16.09 (ASA) 16/05/2010	28.1
Kieran WHIGHT	02:31.37 (ASA)	200 Fly	20/11/2010	Deben Open Meet	02:34.97 (ASA) 24/10/2010	27.9
Daniel PERRY	00:32.78 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:37.08 (ASA) 17/07/2010	27.8
Lewis MOORE	00:36.87 (ASA)	50 Free	29/01/2011	Winter League Div 1 A	00:43.89 (ASA) 17/07/2010	27.4
Sam ALLEN	01:19.23 (ASA)	100 Back	24/10/2010	Sudbury Open Meet	01:21.08 (ASA) 23/10/2010	27.4
Todd LAST	01:09.54 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:12.86 (ASA) 29/01/2011	27.3
Annabel MACE	00:36.37 (ASA)	50 Free	03/07/2010	Summer League Div 2	00:39.03 (ASA) 01/05/2010	27.3
Annabel MACE	00:34.92 (ASA)	50 Free	18/01/2011	Time Trials	00:35.73 (ASA) 08/01/2011	27.2
Rebecca MERRILL	00:37.64 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:41.36 (ASA) 21/11/2010	27.0
Abigail HILL	02:58.25 (ASA)	200 Fly	20/06/2010	Suffolk Development Championsh	03:15.84 (ASA) 06/03/2010	26.9
Amy BRAMMAR	02:41.78 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:49.38 (ASA) 20/11/2010	26.9
Tom BEAGLEY	00:46.35 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:48.51 (ASA) 29/01/2011	26.7
Sophie LITTLE	00:53.92 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:56.42 (ASA) 22/01/2011	26.6
Zara TAYLOR	01:27.16 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:35.61 (ASA) 20/11/2010	26.5
Caitlin RUSSELL	00:38.27 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:40.03 (ASA) 08/01/2011	26.4
Francesca SOUTER	03:01.11 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	03:09.42 (ASA) 27/11/2010	26.3
Nils ATKINS	00:34.28 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:35.85 (ASA) 21/11/2010	26.3
Nicholas ELMER	01:12.51 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	01:17.58 (ASA) 21/11/2010	26.1
Rebecca MERRILL	03:25.10 (ASA)	200 Back	06/03/2011	Suffolk County Champ	03:34.40 (ASA) 08/01/2011	26.0
Tristan KING	00:58.88 (ASA)	50 Breast	17/07/2010	Skins 2010	01:02.97 (ASA) 01/05/2010	26.0
Francesca SOUTER	00:42.42 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:44.34 (ASA) 24/04/2010	26.0
Abigail WEBB	00:35.69 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:37.30 (ASA) 05/03/2011	25.9
Francesca SOUTER	02:30.29 (ASA)	200 Free	09/04/2011	Norwich Easter Meet	02:33.55 (ASA) 13/03/2011	25.5
Nicholas COOK	00:32.87 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:35.89 (ASA) 17/07/2010	25.2
Nicholas ELMER	01:08.68 (ASA)	100 Back	23/04/2011	Newmarket Open Meet	01:10.15 (ASA) 09/04/2011	25.1
Nicholas ELMER	00:32.93 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:34.36 (ASA) 23/01/2011	25.0
Francesca SOUTER	01:09.11 (ASA)	100 Free	23/04/2011	Newmarket Open Meet	01:10.57 (ASA) 09/04/2011	24.8
Sophie LITTLE	00:40.46 (ASA)	50 Free	15/05/2011	Sudbury Open Meet	00:44.09 (ASA) 22/01/2011	24.7
Daniel HARRIS	00:43.16 (ASA)	50 Free	16/04/2011	Summer League Div 1	00:48.11 (ASA) 21/11/2010	24.7
Todd LAST	05:37.36 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:51.69 (ASA) 23/01/2011	24.4
Lily MEYER	00:45.98 (ASA)	50 Free	17/07/2010	Skins 2010	00:48.96 (ASA) 16/05/2010	24.3
Daisy PITT	03:19.29 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:46.73 (ASA) 03/01/2010	24.2
Todd LAST	01:20.69 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:24.08 (ASA) 08/05/2010	24.2
Charlie SELLER	00:32.92 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:34.30 (ASA) 08/01/2011	24.1
Nicholas ELMER	01:10.40 (ASA)	100 Back	29/01/2011	Winter League Div 1 A	01:14.89 (ASA) 20/11/2010	24.0
Caitlin RUSSELL	00:38.43 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:40.03 (ASA) 08/01/2011	24.0
Mark SMEE	00:34.37 (ASA)	50 Free	17/07/2010	Skins 2010	00:35.07 (ASA) 20/06/2010	24.0
Chloe CALVER	02:52.07 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:59.22 (ASA) 20/11/2010	23.9
Chloe CALVER	02:52.07 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:59.22 (ASA) 20/11/2010	23.9
Lauren OSBORNE	03:01.98 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:05.67 (ASA) 24/10/2010	23.8
Conor LYNCH	00:30.10 (ASA)	50 Free	17/07/2010	Skins 2010	00:30.71 (ASA) 20/06/2010	23.8

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Todd LAST	01:02.21 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:04.76 (ASA) 08/01/2011	23.6
Abigail WEBB	00:40.89 (ASA)	50 Fly	29/01/2011	Winter League Div 2 B	00:41.71 (ASA) 08/01/2011	23.6
Nicholas COOK	01:30.87 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:32.69 (ASA) 24/10/2010	23.6
Rebecca MERRILL	02:58.83 (ASA)	200 Free	15/05/2011	Sudbury Open Meet	03:02.40 (ASA) 08/05/2011	23.5
Charlie SELLER	00:34.30 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:35.68 (ASA) 21/11/2010	23.2
Lauren OSBORNE	00:42.70 (ASA)	50 Breast	17/07/2010	Skins 2010	00:45.32 (ASA) 01/05/2010	23.1
Hannah MOORE	00:35.40 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:36.09 (ASA) 08/01/2011	22.9
Kieran WHIGHT	01:07.65 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:13.24 (ASA) 21/11/2010	22.9
Annabel MACE	00:39.19 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:43.27 (ASA) 17/07/2010	22.6
Ben HARRINGTON	00:35.44 (ASA)	50 Free	17/07/2010	Skins 2010	00:36.12 (ASA) 03/07/2010	22.6
Jack BRAMMAR	00:33.00 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:33.63 (ASA) 08/01/2011	22.5
Katie NEGUS	00:49.79 (ASA)	50 Breast	17/07/2010	Skins 2010	00:53.81 (ASA) 10/04/2010	22.4
Sam ALLEN	01:09.11 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:10.42 (ASA) 24/10/2010	22.3
Hannah MOORE	00:36.09 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:38.22 (ASA) 24/10/2010	22.3
Ellisse MOREY	01:34.82 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:36.61 (ASA) 24/10/2010	22.2
Sophie LITTLE	00:48.12 (ASA)	50 Free	17/07/2010	Skins 2010	00:50.95 (ASA) 16/05/2010	22.2
Isobelle WICKENS	02:56.80 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	03:03.56 (ASA) 20/11/2010	22.1
Louis SELLER	02:15.17 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:20.32 (ASA) 30/01/2011	22.0
Lewis MOORE	00:45.31 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:51.97 (ASA) 03/07/2010	22.0
Lewis MOORE	00:51.54 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:59.10 (ASA) 03/07/2010	21.9
Kieran WHIGHT	01:07.92 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:13.24 (ASA) 21/11/2010	21.8
Molly SMITH	00:41.69 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:49.72 (ASA) 16/05/2010	21.5
Lewis RICKARDS	00:30.65 (ASA)	50 Free	17/07/2010	Skins 2010	00:31.21 (ASA) 20/06/2010	21.5
Zara TAYLOR	03:14.61 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:33.79 (ASA) 09/07/2010	21.5
Joseph BRIERLEY	00:34.53 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:38.68 (ASA) 18/09/2010	21.5
Francesca SOUTER	01:10.57 (ASA)	100 Free	09/04/2011	Norwich Easter Meet	01:11.84 (ASA) 13/03/2011	21.2
Joseph BRIERLEY	03:02.57 (ASA)	200 Back	13/03/2011	Suffolk County Champ	03:16.46 (ASA) 27/11/2010	21.2
Zara TAYLOR	00:36.36 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:37.69 (ASA) 21/11/2010	21.2
JAKE LITTLE	00:39.47 (ASA)	50 Back	15/05/2011	Sudbury Open Meet	00:42.46 (ASA) 23/01/2011	21.1
Isobelle WICKENS	03:03.56 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:21.13 (ASA) 09/07/2010	21.0
Rebecca MERRILL	03:45.89 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:58.34 (ASA) 24/10/2010	20.9
Rebecca MERRILL	03:45.89 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:58.34 (ASA) 24/10/2010	20.9
Jack BRAMMAR	00:33.63 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:34.84 (ASA) 21/11/2010	20.8
Isobelle WICKENS	00:45.37 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:48.75 (ASA) 09/07/2010	20.8
Chloe CALVER	01:18.86 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	01:23.16 (ASA) 21/11/2010	20.7
Joseph BRIERLEY	00:38.87 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:45.08 (ASA) 17/07/2010	20.7
Kieran WHIGHT	00:30.60 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:32.85 (ASA) 20/11/2010	20.5
Hope SMITH	02:49.87 (ASA)	200 IM	21/06/2010	Suffolk Development Championsh	02:55.88 (ASA) 15/05/2010	20.5
Matthew GRIGGS	00:46.21 (ASA)	50 Back	17/07/2010	Skins 2010	00:55.73 (ASA) 25/09/2009	20.5
Joseph BRIERLEY	00:38.94 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:45.08 (ASA) 17/07/2010	20.4
Sophie LITTLE	00:56.66 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	01:00.80 (ASA) 23/01/2011	20.4
Caitlin RUSSELL	03:08.85 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:12.12 (ASA) 24/10/2010	20.4
Francesca SOUTER	01:13.53 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:16.12 (ASA) 21/11/2010	20.4
Rebecca MERRILL	00:38.55 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:41.36 (ASA) 21/11/2010	20.4
Joseph BRIERLEY	00:34.79 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:38.68 (ASA) 18/09/2010	20.1
Abigail WEBB	00:39.39 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:40.75 (ASA) 26/02/2011	20.0
Lily MEYER	03:08.15 (ASA)	200 Free	15/05/2011	Sudbury Open Meet	03:55.23 (ASA) 16/05/2010	20.0
Kieran SMITH	00:38.56 (ASA)	50 Fly	26/02/2011	Winter League Div 2 B	00:42.06 (ASA) 23/10/2010	20.0
Kieran WHIGHT	00:33.10 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:33.66 (ASA) 26/02/2011	20.0
Damien COLLIS	00:39.31 (ASA)	50 Fly	26/06/2010	Sudbury Open Meet	00:42.11 (ASA) 27/02/2010	19.9
Isobelle WICKENS	01:26.04 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:32.15 (ASA) 09/07/2010	19.9
Nicholas ELMER	00:28.49 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:29.98 (ASA) 22/01/2011	19.9
Louis SELLER	00:28.32 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:30.87 (ASA) 24/10/2010	19.8

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Harry FULCHER	00:34.91 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:36.10 (ASA) 18/01/2011	19.8
HARRY LONGBOTTOM	03:55.15 (ASA)	200 Breast	14/05/2011	Sudbury Open Meet	04:20.76 (ASA) 21/11/2010	19.6
Todd LAST	02:30.38 (ASA)	200 Back	08/05/2011	West Suffolk Open Des	02:32.88 (ASA) 23/04/2011	19.6
Francesca SOUTER	00:33.35 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:33.90 (ASA) 26/02/2011	19.5
Daisy PITT	00:49.30 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:54.59 (ASA) 03/01/2010	19.4
Todd LAST	01:11.31 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:16.23 (ASA) 20/11/2010	19.4
Kieran WHIGHT	00:30.74 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:32.85 (ASA) 20/11/2010	19.3
Joseph BRIERLEY	03:10.55 (ASA)	200 IM	13/03/2011	Suffolk County Champ	03:23.58 (ASA) 20/11/2010	19.2
Daniel MITCHELL	00:41.52 (ASA)	50 Back	21/05/2011	Summer League Div 1	00:42.19 (ASA) 15/05/2011	19.1
Molly SMITH	01:43.05 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:46.43 (ASA) 22/01/2011	19.1
Todd LAST	01:02.74 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:04.76 (ASA) 08/01/2011	18.7
Kieran WHIGHT	00:28.39 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:29.78 (ASA) 09/01/2011	18.7
Mark SMEE	00:38.89 (ASA)	50 Fly	17/07/2010	Skins 2010	00:40.79 (ASA) 24/04/2010	18.6
HARRY LONGBOTTOM	00:39.62 (ASA)	50 Free	16/04/2011	Summer League Div 1	00:42.95 (ASA) 21/11/2010	18.6
Todd LAST	00:37.11 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:43.09 (ASA) 25/09/2009	18.5
Alex BENNETT	00:35.84 (ASA)	50 Breast	26/02/2011	Winter League Div 2 B	00:36.98 (ASA) 22/01/2011	18.5
Hannah MOORE	02:59.61 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	03:24.84 (ASA) 21/06/2010	18.5
Joseph BRIERLEY	00:42.03 (ASA)	50 Back	03/07/2010	Summer League Div 1	00:44.06 (ASA) 10/04/2010	18.4
Todd LAST	01:14.24 (ASA)	100 Fly	24/10/2010	Ipswich Junior Open Meet	01:19.09 (ASA) 09/07/2010	18.4
Lois BRADLEY	03:42.05 (ASA)	200 Free	20/11/2010	Deben Open Meet	04:08.70 (ASA) 16/05/2010	18.4
Rebecca MERRILL	00:42.66 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:44.00 (ASA) 16/05/2010	18.3
Lily MEYER	00:43.01 (ASA)	50 Back	16/04/2011	Summer League Div 1	00:49.83 (ASA) 17/07/2010	18.2
Todd LAST	00:32.05 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:37.11 (ASA) 21/06/2010	18.2
Louis SELLER	02:00.36 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:04.12 (ASA) 08/01/2011	18.2
Kieran WHIGHT	00:33.98 (ASA)	50 Back	26/06/2010	Sudbury Open Meet	00:34.50 (ASA) 21/06/2010	18.1
Georgina FULCHER	00:31.62 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:32.60 (ASA) 08/01/2011	18.0
Sophie LITTLE	03:43.65 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	04:18.59 (ASA) 16/05/2010	18.0
Lewis MOORE	00:43.16 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:44.49 (ASA) 29/01/2011	17.9
Hannah MOORE	00:53.16 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:54.79 (ASA) 16/05/2010	17.9
Lewis RICKARDS	04:44.98 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:58.25 (ASA) 08/01/2011	17.8
Molly SMITH	00:49.73 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:51.25 (ASA) 08/01/2011	17.8
Lewis RICKARDS	01:19.90 (ASA)	100 Back	03/07/2010	Summer League Div 1	01:22.34 (ASA) 15/05/2010	17.8
Cerys RUSSELL	00:34.70 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:36.31 (ASA) 24/10/2010	17.7
Abigail HILL	01:15.09 (ASA)	100 IM	03/07/2010	Summer League Div 1	01:16.21 (ASA) 20/06/2010	17.6
Lewis RICKARDS	02:48.33 (ASA)	200 Fly	24/10/2010	Sudbury Open Meet	02:58.78 (ASA) 26/06/2010	17.5
William FOSKETT	02:13.40 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	02:17.40 (ASA) 24/04/2010	17.5
Conor LYNCH	00:36.04 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:37.12 (ASA) 24/04/2010	17.5
Lily MEYER	00:49.83 (ASA)	50 Back	17/07/2010	Skins 2010	00:52.10 (ASA) 01/05/2010	17.4
Charlie FULCHER	01:18.18 (ASA)	100 Breast	23/04/2011	Newmarket Open Meet	01:21.74 (ASA) 29/01/2011	17.4
Kieran WHIGHT	02:40.23 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:58.35 (ASA) 22/11/2009	17.4
Georgina FULCHER	03:12.53 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	03:18.28 (ASA) 08/01/2011	17.4
Molly SMITH	00:48.29 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:49.73 (ASA) 06/03/2011	17.4
Francesca SOUTER	01:16.34 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:24.92 (ASA) 22/11/2009	17.3
Rebecca MERRILL	03:29.14 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	03:41.94 (ASA) 26/06/2010	17.3
Lewis RICKARDS	01:12.31 (ASA)	100 Fly	23/04/2011	Newmarket Open Meet	01:14.45 (ASA) 13/03/2011	17.2
Isabel REED	00:46.09 (ASA)	50 Back	03/07/2010	Summer League Div 2	00:48.16 (ASA) 01/05/2010	17.2
Lois BRADLEY	00:56.51 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	01:01.80 (ASA) 03/01/2010	17.1
Francesca SOUTER	00:32.40 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:33.35 (ASA) 05/03/2011	17.1

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Damien COLLIS	01:26.92 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:33.58 (ASA) 26/06/2010	17.1
Lily MEYER	00:39.44 (ASA)	50 Free	15/05/2011	Sudbury Open Meet	00:45.98 (ASA) 17/07/2010	17.1
Jessica FRYATT	01:33.26 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:40.28 (ASA) 21/06/2010	16.8
Georgina FULCHER	00:37.98 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:40.22 (ASA) 21/11/2010	16.7
Damien COLLIS	01:33.58 (ASA)	100 Fly	26/06/2010	Sudbury Open Meet	01:34.90 (ASA) 20/06/2010	16.7
Louis SELLER	02:22.64 (ASA)	200 IM	05/06/2010	BAGCATS Regionals	02:28.85 (ASA) 14/03/2010	16.7
Todd LAST	01:21.45 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:23.78 (ASA) 24/04/2010	16.7
Hector FALCONER	00:43.43 (ASA)	50 Free	17/07/2010	Skins 2010	01:01.26 (ASA) 25/10/2008	16.6
Joseph BRIERLEY	00:50.81 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:53.79 (ASA) 20/11/2010	16.6
Todd LAST	02:52.83 (ASA)	200 IM	21/06/2010	Suffolk Development Championsh	03:20.57 (ASA) 19/09/2009	16.6
Eleanor TENNANT	00:41.61 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:52.50 (ASA) 18/09/2009	16.6
Georgina FULCHER	00:31.70 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:32.60 (ASA) 08/01/2011	16.6
Lewis RICKARDS	01:02.70 (ASA)	100 Free	09/04/2011	Norwich Easter Meet	01:04.48 (ASA) 06/03/2011	16.6
Charlie SELLER	00:29.41 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:29.82 (ASA) 26/02/2011	16.5
Harry FULCHER	00:35.11 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:36.10 (ASA) 18/01/2011	16.5
Kieran HARRIS	00:53.41 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	00:58.19 (ASA) 10/04/2010	16.4
Louis SELLER	04:59.29 (ASA)	400 IM	08/01/2011	Ipswich Open Meet	05:12.07 (ASA) 24/10/2010	16.4
Todd LAST	02:33.14 (ASA)	200 Back	13/03/2011	Suffolk County Champ	02:44.23 (ASA) 24/10/2010	16.2
Abigail WEBB	00:41.71 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:43.47 (ASA) 24/10/2010	16.2
Hannah MOORE	00:40.75 (ASA)	50 Back	14/05/2011	Sudbury Open Meet	00:49.42 (ASA) 24/04/2010	16.2
Joseph BRIERLEY	00:50.89 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:53.79 (ASA) 20/11/2010	16.2
Todd LAST	00:28.48 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:29.68 (ASA) 08/01/2011	16.2
Nicholas COOK	01:22.70 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:26.18 (ASA) 20/11/2010	16.2
Kieran WHIGHT	01:03.09 (ASA)	100 Free	23/10/2010	BASHER GALA	01:03.95 (ASA) 02/10/2010	16.1
Sam ALLEN	01:19.84 (ASA)	100 Fly	21/05/2011	Summer League Div 1	01:28.12 (ASA) 21/11/2010	16.1
Isobelle WICKENS	00:43.91 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:46.39 (ASA) 20/11/2010	16.0
Abigail WEBB	03:06.11 (ASA)	200 Free	18/01/2011	Time Trials	03:08.63 (ASA) 08/01/2011	16.0
Rebecca MERRILL	00:49.65 (ASA)	50 Breast	23/04/2011	Newmarket Open Meet	00:51.01 (ASA) 06/03/2011	16.0
Conor LYNCH	01:12.73 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	01:13.71 (ASA) 08/01/2011	16.0
Daniel PERRY	01:17.79 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:35.57 (ASA) 25/09/2009	15.9
Hannah MOORE	01:31.50 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:33.99 (ASA) 22/01/2011	15.9
Francesca SOUTER	05:29.97 (ASA)	400 Free	23/01/2011	Sudbury Open Meet	05:43.53 (ASA) 21/11/2010	15.8
Conor LYNCH	00:33.95 (ASA)	50 Fly	17/07/2010	Skins 2010	00:35.34 (ASA) 24/04/2010	15.7
Sophie LITTLE	00:50.11 (ASA)	50 Back	16/04/2011	Summer League Div 1	00:52.16 (ASA) 23/01/2011	15.7
Nicholas ELMER	00:33.46 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:34.36 (ASA) 23/01/2011	15.7
Kieran SMITH	03:15.51 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	03:29.16 (ASA) 27/11/2010	15.7
Todd LAST	04:56.41 (ASA)	400 Free	08/01/2011	Ipswich Open Meet	05:26.19 (ASA) 26/06/2010	15.7
Kieran WHIGHT	01:15.37 (ASA)	100 IM	03/07/2010	Summer League Div 1	01:38.36 (ASA) 10/01/2009	15.6
Kieran WHIGHT	01:27.73 (ASA)	100 Breast	03/07/2010	Summer League Div 1	01:37.90 (ASA) 21/11/2009	15.6
Georgina FULCHER	05:42.09 (ASA)	400 Free	09/07/2010	Midsummer Madness Norwich	06:38.86 (ASA) 05/09/2009	15.5
Conor LYNCH	01:11.79 (ASA)	100 Fly	29/01/2011	Winter League Div 2 B	01:12.73 (ASA) 23/01/2011	15.5
Damien COLLIS	02:25.75 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:33.67 (ASA) 20/11/2010	15.5
Dylan WARD	01:12.37 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:28.26 (ASA) 25/09/2009	15.4
Todd LAST	03:30.45 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	03:51.24 (ASA) 26/06/2010	15.4
Joseph BRIERLEY	01:30.24 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:35.12 (ASA) 20/11/2010	15.4
Todd LAST	00:32.85 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:37.11 (ASA) 21/06/2010	15.3
Damien COLLIS	00:34.84 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:39.31 (ASA) 26/06/2010	15.2
Jake GARROD	00:27.42 (ASA)	50 Fly	01/05/2011	Youth Regionals	00:28.13 (ASA) 06/03/2011	15.1
Damien COLLIS	00:34.85 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:39.31 (ASA) 26/06/2010	15.1
Nicholas ELMER	00:33.53 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:35.31 (ASA) 21/11/2010	15.1
Todd LAST	04:41.18 (ASA)	400 Free	23/04/2011	Newmarket Open Meet	04:48.45 (ASA) 20/03/2011	15.1
Georgina FULCHER	03:41.82 (ASA)	200 Fly	24/10/2010	Sudbury Open Meet	04:13.61 (ASA) 03/01/2010	15.0
Damien COLLIS	02:53.44 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:05.03 (ASA) 26/06/2010	15.0
Damien COLLIS	01:09.81 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:15.46 (ASA) 21/06/2010	15.0

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Francesca SOUTER	00:47.15 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:51.66 (ASA) 24/04/2010	15.0
Kieran WHIGHT	03:06.29 (ASA)	200 Breast	26/06/2010	Sudbury Open Meet	03:26.84 (ASA) 22/11/2009	14.9
Jack PRYKE	00:38.13 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:41.74 (ASA) 16/05/2010	14.8
Nicholas ELMER	00:33.57 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:35.31 (ASA) 21/11/2010	14.8
Lily MEYER	00:50.41 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	00:54.43 (ASA) 21/11/2010	14.8
Todd LAST	01:12.48 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:16.23 (ASA) 20/11/2010	14.8
Charlie SELLER	00:33.46 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:34.30 (ASA) 08/01/2011	14.7
Gregor TAIT	00:41.87 (ASA)	50 Fly	21/06/2010	Suffolk Development Championsh	00:42.92 (ASA) 24/04/2010	14.7
Daniel PERRY	00:43.87 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:46.72 (ASA) 17/07/2010	14.6
Damien COLLIS	01:06.42 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:09.81 (ASA) 21/11/2010	14.6
William FOSKETT	01:13.43 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:29.73 (ASA) 19/09/2009	14.5
Conor LYNCH	02:40.72 (ASA)	200 Fly	22/01/2011	Sudbury Open Meet	02:46.77 (ASA) 20/11/2010	14.5
Charlie SELLER	01:03.80 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:05.38 (ASA) 29/01/2011	14.5
Adam LAST	00:56.14 (ASA)	100 Free	05/06/2010	BAGCATS Regionals	00:57.53 (ASA) 11/04/2010	14.5
Damien COLLIS	00:30.05 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:34.16 (ASA) 03/07/2010	14.4
Adam LAST	00:28.96 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:29.67 (ASA) 08/01/2011	14.4
Sophie LITTLE	00:44.09 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:48.12 (ASA) 17/07/2010	14.4
Isobelle WICKENS	01:20.90 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:26.04 (ASA) 24/10/2010	14.3
Amy BRAMMAR	01:23.20 (ASA)	100 IM	16/04/2011	Summer League Div 1	01:34.46 (ASA) 26/06/2010	14.3
Caitlin RUSSELL	01:15.90 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:17.75 (ASA) 22/01/2011	14.3
Charlie FULCHER	00:37.38 (ASA)	50 Breast	18/09/2010	Gosling Junior Trophy Gala	00:38.76 (ASA) 03/07/2010	14.2
Kieran WHIGHT	18:20.96 (ASA)	1500 Free	19/11/2010	Deben Open Meet	22:19.36 (ASA) 06/09/2009	14.2
Charlie FULCHER	00:36.82 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:40.67 (ASA) 21/11/2009	14.2
Harry FULCHER	00:37.00 (ASA)	50 Breast	17/07/2010	Skins 2010	00:38.36 (ASA) 24/04/2010	14.2
Abigail WEBB	03:08.82 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:25.83 (ASA) 25/04/2010	14.2
Charlie SELLER	01:07.01 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:09.47 (ASA) 24/10/2010	14.2
Eleanor TENNANT	03:02.11 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:23.70 (ASA) 26/09/2009	14.1
Mark SMEE	01:15.08 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:23.96 (ASA) 25/09/2009	14.1
Amy BRAMMAR	00:40.34 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:41.31 (ASA) 20/11/2010	14.1
Adam LAST	00:32.88 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:34.08 (ASA) 08/01/2011	14.1
Charlie FULCHER	02:40.88 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:46.75 (ASA) 08/01/2011	14.1
Georgina FULCHER	01:34.88 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	01:38.34 (ASA) 24/10/2010	14.1
Dylan WARD	00:35.65 (ASA)	50 Free	17/07/2010	Skins 2010	00:42.04 (ASA) 04/07/2009	14.0
Abigail WEBB	00:54.08 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:55.37 (ASA) 20/11/2010	14.0
Todd LAST	05:26.19 (ASA)	400 Free	26/06/2010	Sudbury Open Meet	07:18.55 (ASA) 06/09/2008	14.0
Abigail WEBB	01:38.36 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:47.00 (ASA) 25/04/2010	13.8
Kieran HARRIS	03:58.04 (ASA)	200 Breast	21/11/2010	Deben Open Meet	04:32.61 (ASA) 03/01/2010	13.8
Lewis MOORE	00:40.76 (ASA)	50 Fly	21/05/2011	Summer League Div 1	00:42.22 (ASA) 06/03/2011	13.8
Louis SELLER	02:41.82 (ASA)	200 Breast	27/11/2010	Winter League Div 1 A	02:43.70 (ASA) 21/11/2010	13.8
Matthew GRIGGS	01:23.75 (ASA)	100 Free	16/04/2011	Summer League Div 1	01:47.09 (ASA) 25/09/2009	13.8
Daniel MITCHELL	00:33.97 (ASA)	50 Free	16/04/2011	Summer League Div 1	00:37.88 (ASA) 17/07/2010	13.8
Damien COLLIS	00:39.90 (ASA)	50 Back	03/07/2010	Summer League Div 2	00:41.32 (ASA) 24/04/2010	13.7
Damien COLLIS	00:35.26 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:39.31 (ASA) 26/06/2010	13.7
Todd LAST	03:51.24 (ASA)	200 Breast	26/06/2010	Sudbury Open Meet	04:21.11 (ASA) 25/09/2009	13.7
Jack BRAMMAR	03:03.71 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	03:05.83 (ASA) 08/01/2011	13.7
Todd LAST	00:33.31 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:37.11 (ASA) 21/06/2010	13.7
Lauren OSBORNE	00:35.30 (ASA)	50 Back	18/01/2011	Time Trials	00:38.35 (ASA) 17/07/2010	13.6
Todd LAST	01:37.93 (ASA)	100 Breast	22/01/2011	Sudbury Open Meet	01:47.71 (ASA) 21/06/2010	13.6
Andrew PERRY	00:41.02 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:43.48 (ASA) 17/07/2010	13.6
Hannah MOORE	00:48.68 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:50.39 (ASA) 24/10/2010	13.6
Amy BRAMMAR	03:11.05 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:27.45 (ASA) 22/11/2009	13.6

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Sophie LITTLE	04:16.48 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	04:25.46 (ASA) 21/11/2010	13.5
Nicholas COOK	00:31.77 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:32.87 (ASA) 24/10/2010	13.4
Rebecca MERRILL	03:35.10 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:50.51 (ASA) 20/06/2010	13.4
Hannah MOORE	03:47.83 (ASA)	200 Breast	21/11/2010	Deben Open Meet	04:04.09 (ASA) 21/06/2010	13.3
Emma STUDD	01:20.29 (ASA)	100 Breast	12/03/2011	Suffolk County Champ	01:24.01 (ASA) 20/11/2010	13.3
Damien COLLIS	00:35.49 (ASA)	50 Back	23/04/2011	Newmarket Open Meet	00:39.90 (ASA) 03/07/2010	13.3
Chloe CALVER	02:29.37 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:32.74 (ASA) 20/11/2010	13.2
Todd LAST	00:31.53 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:32.24 (ASA) 08/01/2011	13.2
Georgina FULCHER	02:51.63 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:55.49 (ASA) 08/01/2011	13.2
Mark SMEE	02:46.23 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:04.47 (ASA) 26/09/2009	13.2
Zara TAYLOR	03:08.42 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	03:37.00 (ASA) 21/11/2009	13.2
Dylan WARD	03:05.19 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:41.66 (ASA) 19/09/2009	13.2
Emma STUDD	03:00.34 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:02.34 (ASA) 24/10/2010	13.2
Rebecca MERRILL	03:51.72 (ASA)	200 Breast	23/04/2011	Newmarket Open Meet	03:56.91 (ASA) 05/03/2011	13.1
Katie NEGUS	00:36.41 (ASA)	50 Free	16/04/2011	Summer League Div 1	00:40.39 (ASA) 17/07/2010	13.1
Damien COLLIS	01:22.86 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:27.65 (ASA) 21/06/2010	13.1
Francesca SOUTER	03:09.66 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	03:16.09 (ASA) 20/11/2010	13.1
Dylan WARD	00:41.64 (ASA)	50 Back	17/07/2010	Skins 2010	00:48.53 (ASA) 04/07/2009	13.1
Tilly ABBOTT	01:05.21 (ASA)	50 Breast	17/07/2010	Skins 2010	01:17.98 (ASA) 18/04/2009	13.1
Molly SMITH	03:51.28 (ASA)	200 Breast	15/05/2011	Sudbury Open Meet	04:43.98 (ASA) 03/01/2010	13.1
Eleanor TENNANT	00:46.41 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:47.98 (ASA) 18/09/2010	13.1
JAKE LITTLE	00:41.20 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:45.12 (ASA) 10/04/2010	13.0
Charlie FULCHER	00:33.04 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:34.54 (ASA) 21/11/2010	13.0
Kieran HARRIS	03:52.88 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:58.04 (ASA) 21/11/2010	13.0
William FOSKETT	09:13.52 (ASA)	800 Free	19/11/2010	Deben Open Meet	10:36.25 (ASA) 20/11/2009	13.0
Lewis MOORE	01:36.61 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:38.75 (ASA) 22/01/2011	13.0
Sam ALLEN	01:31.91 (ASA)	100 Breast	23/04/2011	Newmarket Open Meet	01:38.30 (ASA) 24/10/2010	13.0
Olivia TAYLOR	01:14.35 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:18.60 (ASA) 21/06/2010	13.0
Georgina FULCHER	05:23.64 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:42.09 (ASA) 09/07/2010	12.9
Todd LAST	01:05.45 (ASA)	100 Free	24/10/2010	Ipswich Junior Open Meet	01:08.40 (ASA) 09/07/2010	12.9
Rebecca MERRILL	03:34.94 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	03:44.62 (ASA) 18/01/2011	12.9
Abigail WEBB	02:58.52 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	03:02.45 (ASA) 13/03/2011	12.9
William FOSKETT	01:10.35 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:14.35 (ASA) 30/01/2010	12.9
Abigail HILL	00:33.25 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:33.98 (ASA) 20/11/2010	12.9
Louis SELLER	01:07.94 (ASA)	100 Fly	12/06/2010	BAGCATS Regionals	01:10.19 (ASA) 14/03/2010	12.8
Kieran WHIGHT	01:00.26 (ASA)	100 Free	15/05/2011	Sudbury Open Meet	01:00.91 (ASA) 23/04/2011	12.8
Francesca SOUTER	00:52.83 (ASA)	50 Breast	17/07/2010	Skins 2010	00:54.57 (ASA) 16/05/2010	12.8
Caitlin RUSSELL	01:15.73 (ASA)	100 Back	08/01/2011	Ipswich Open Meet	01:17.37 (ASA) 20/11/2010	12.7
Jack BRAMMAR	03:05.83 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	03:09.84 (ASA) 21/11/2010	12.7
Georgina FULCHER	02:26.54 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:31.33 (ASA) 08/01/2011	12.7
Gregor TAIT	00:39.97 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:44.16 (ASA) 25/09/2009	12.7
Joseph BRIERLEY	00:38.06 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:42.03 (ASA) 03/07/2010	12.6
Todd LAST	00:33.40 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	00:34.48 (ASA) 03/07/2010	12.5
Rebecca MERRILL	04:01.50 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	04:06.65 (ASA) 21/11/2010	12.5
Hannah MOORE	00:50.39 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:53.16 (ASA) 21/06/2010	12.5
Kieran SMITH	01:21.42 (ASA)	100 Free	15/05/2011	Sudbury Open Meet	01:26.82 (ASA) 21/11/2010	12.4
Daniel HARRIS	01:03.25 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	01:08.18 (ASA) 24/04/2010	12.4
Chloe CALVER	02:40.06 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	02:43.43 (ASA) 24/04/2010	12.4
Kieran WHIGHT	02:34.97 (ASA)	200 Fly	24/10/2010	Ipswich Junior Open Meet	02:41.63 (ASA) 09/07/2010	12.4
Tom BEAGLEY	00:44.21 (ASA)	50 Breast	21/05/2011	Summer League Div 1	00:45.14 (ASA) 16/04/2011	12.4
Jack BRAMMAR	03:12.04 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:22.43 (ASA) 26/06/2010	12.3
Rebecca MERRILL	01:03.33 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	01:08.22 (ASA) 10/04/2010	12.3

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Charlie FULCHER	01:21.74 (ASA)	100 Breast	29/01/2011	Winter League Div 1 A	01:24.33 (ASA) 20/11/2010	12.3
Kieran WHIGHT	00:30.15 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:30.78 (ASA) 08/05/2010	12.3
Sophie LITTLE	01:50.25 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:54.95 (ASA) 22/01/2011	12.3
Abigail HILL	01:11.04 (ASA)	100 Back	29/01/2011	Winter League Div 1 A	01:11.77 (ASA) 08/01/2011	12.2
Rebecca MERRILL	03:04.24 (ASA)	200 Free	13/03/2011	Suffolk County Champ	03:10.01 (ASA) 08/01/2011	12.1
William FOSKETT	02:52.79 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:21.29 (ASA) 25/09/2009	12.1
Abigail HILL	03:11.31 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:32.74 (ASA) 18/09/2009	12.1
Damien COLLIS	01:07.00 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:09.81 (ASA) 21/11/2010	12.1
Damien COLLIS	01:27.65 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:29.45 (ASA) 15/05/2010	12.1
Chloe CALVER	00:36.05 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:36.79 (ASA) 08/01/2011	12.1
Chloe CALVER	02:59.61 (ASA)	200 IM	21/06/2010	Suffolk Development Championsh	03:17.47 (ASA) 26/09/2009	12.1
Joseph BRIERLEY	00:38.23 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:42.03 (ASA) 03/07/2010	12.1
Cerys RUSSELL	00:41.34 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:51.05 (ASA) 16/05/2009	12.0
Francesca SOUTER	00:35.43 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:37.29 (ASA) 30/01/2010	12.0
Andrew PERRY	01:38.43 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:54.36 (ASA) 25/09/2009	11.9
Rebecca MERRILL	03:48.16 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:52.79 (ASA) 16/05/2010	11.9
Kieran HARRIS	03:22.23 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	03:52.21 (ASA) 03/01/2010	11.9
Annabel MACE	00:47.40 (ASA)	50 Breast	26/02/2011	Winter League Div 2 B	00:49.36 (ASA) 20/11/2010	11.9
Hannah MOORE	01:33.99 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:36.87 (ASA) 20/11/2010	11.9
Nicholas ELMER	00:34.36 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:35.41 (ASA) 20/11/2010	11.9
Chloe CALVER	01:23.16 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:36.50 (ASA) 26/09/2009	11.8
Conor LYNCH	01:13.71 (ASA)	100 Fly	08/01/2011	Ipswich Open Meet	01:15.19 (ASA) 21/11/2010	11.8
Abigail WEBB	03:02.45 (ASA)	200 Free	13/03/2011	Suffolk County Champ	03:06.11 (ASA) 18/01/2011	11.8
Francesca SOUTER	02:33.55 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:38.21 (ASA) 08/01/2011	11.8
Georgina FULCHER	01:22.58 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:30.58 (ASA) 07/03/2010	11.8
Louis SELLER	00:55.50 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.61 (ASA) 30/01/2011	11.8
Adam LAST	01:11.48 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:15.16 (ASA) 24/10/2010	11.8
Francesca SOUTER	01:27.06 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:34.45 (ASA) 20/06/2010	11.7
Andrew PERRY	00:43.48 (ASA)	50 Free	17/07/2010	Skins 2010	00:48.18 (ASA) 18/09/2009	11.7
Damien COLLIS	01:15.46 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:16.96 (ASA) 15/05/2010	11.7
Daniel MITCHELL	00:42.19 (ASA)	50 Back	15/05/2011	Sudbury Open Meet	00:46.74 (ASA) 17/07/2010	11.7
Todd LAST	05:51.69 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	07:01.30 (ASA) 11/09/2009	11.7
Charlie SELLER	00:30.83 (ASA)	50 Free	18/09/2010	Gosling Junior Trophy Gala	00:32.40 (ASA) 01/05/2010	11.6
Francesca SOUTER	01:11.84 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:13.26 (ASA) 29/01/2011	11.6
William FOSKETT	01:24.12 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:33.13 (ASA) 18/09/2009	11.6
Hannah MOORE	03:39.89 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	03:44.22 (ASA) 23/01/2011	11.6
Todd LAST	02:44.30 (ASA)	200 Fly	20/11/2010	Deben Open Meet	02:56.20 (ASA) 08/05/2010	11.6
Georgina FULCHER	06:16.37 (ASA)	400 IM	20/11/2010	Deben Open Meet	06:20.03 (ASA) 24/10/2010	11.6
Lewis RICKARDS	00:41.91 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:44.93 (ASA) 17/07/2010	11.5
Georgina FULCHER	00:39.39 (ASA)	50 Back	24/10/2010	Ipswich Junior Open Meet	00:40.16 (ASA) 18/09/2010	11.5
Isobelle WICKENS	02:49.99 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:53.31 (ASA) 13/03/2011	11.5
Georgina FULCHER	05:11.25 (ASA)	400 Free	20/03/2011	Suffolk County Champ	05:23.64 (ASA) 21/11/2010	11.5
Emma STUDD	01:20.80 (ASA)	100 Breast	12/03/2011	Suffolk County Champ	01:24.01 (ASA) 20/11/2010	11.5
Todd LAST	00:28.83 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:29.68 (ASA) 08/01/2011	11.5
Rebecca MERRILL	06:20.24 (ASA)	400 Free	08/05/2011	West Suffolk Open Des	06:27.64 (ASA) 20/03/2011	11.5
Kieran SMITH	00:34.42 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:38.05 (ASA) 17/07/2010	11.4
Joseph PRYKE	00:40.80 (ASA)	50 Free	17/07/2010	Skins 2010	00:45.09 (ASA) 18/09/2009	11.4
Rebecca MERRILL	03:56.91 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	04:01.50 (ASA) 08/01/2011	11.4
Isobelle WICKENS	00:37.97 (ASA)	50 Free	29/01/2011	Winter League Div 2 B	00:39.47 (ASA) 24/10/2010	11.4

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Kieran WHIGHT	01:23.58 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:27.73 (ASA) 03/07/2010	11.4
Rebecca MERRILL	00:44.16 (ASA)	50 Back	12/03/2011	Suffolk County Champ	00:44.58 (ASA) 05/03/2011	11.3
Lauren OSBORNE	01:18.41 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:22.28 (ASA) 21/06/2010	11.3
Daniel HARRIS	00:54.77 (ASA)	50 Free	17/07/2010	Skins 2010	00:56.36 (ASA) 24/04/2010	11.3
Hannah MOORE	00:38.22 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:40.50 (ASA) 16/05/2010	11.3
Nicholas ELMER	05:20.46 (ASA)	400 IM	09/04/2011	Norwich Easter Meet	05:36.22 (ASA) 20/11/2010	11.3
Daniel PERRY	02:59.80 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:26.89 (ASA) 26/09/2009	11.2
William FOSKETT	00:39.34 (ASA)	50 Breast	17/07/2010	Skins 2010	00:39.71 (ASA) 21/06/2010	11.2
Nicholas ELMER	01:13.58 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:26.43 (ASA) 25/09/2009	11.2
Eleanor TENNANT	01:15.73 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:16.44 (ASA) 24/10/2010	11.1
Louis SELLER	00:56.61 (ASA)	100 Free	30/01/2011	Zonal Meet	00:57.14 (ASA) 08/01/2011	11.1
Jessica FOULGER	01:24.55 (ASA)	100 Free	21/05/2011	Summer League Div 1	01:44.98 (ASA) 18/09/2009	11.1
Damien COLLIS	00:34.50 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:36.89 (ASA) 22/11/2009	11.1
Alex BENNETT	00:35.51 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:35.84 (ASA) 26/02/2011	11.0
Nicholas ELMER	04:49.37 (ASA)	400 Free	20/03/2011	Suffolk County Champ	06:44.95 (ASA) 06/09/2008	11.0
Todd LAST	01:10.00 (ASA)	100 Back	08/05/2011	West Suffolk Open Des	01:11.31 (ASA) 12/03/2011	11.0
Amy BRAMMAR	00:46.29 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:47.60 (ASA) 20/11/2010	11.0
Todd LAST	01:01.07 (ASA)	100 Free	09/04/2011	Norwich Easter Meet	01:02.21 (ASA) 06/03/2011	11.0
Chloe CALVER	02:32.74 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:40.06 (ASA) 21/06/2010	11.0
Rachel POUSTIE	00:33.70 (ASA)	50 Free	17/07/2010	Skins 2010	00:34.01 (ASA) 09/07/2010	10.9
Chloe CALVER	02:49.04 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:58.81 (ASA) 11/01/2010	10.9
Adam LAST	00:29.13 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:29.67 (ASA) 08/01/2011	10.9
Todd LAST	00:29.68 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:30.23 (ASA) 21/11/2010	10.9
Isobelle WICKENS	03:47.57 (ASA)	200 Fly	08/01/2011	Ipswich Open Meet	03:51.78 (ASA) 20/11/2010	10.9
Daniel MITCHELL	00:48.02 (ASA)	50 Breast	15/05/2011	Sudbury Open Meet	00:52.79 (ASA) 17/07/2010	10.8
Georgina FULCHER	06:02.82 (ASA)	400 IM	05/03/2011	Suffolk County Champ	06:16.37 (ASA) 20/11/2010	10.8
Caitlin RUSSELL	00:40.03 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:41.14 (ASA) 24/10/2010	10.8
Georgina FULCHER	03:21.82 (ASA)	200 Breast	24/10/2010	Ipswich Junior Open Meet	03:31.30 (ASA) 12/06/2010	10.8
Abigail HILL	05:06.15 (ASA)	400 Free	08/01/2011	Ipswich Open Meet	05:26.66 (ASA) 26/06/2010	10.8
Todd LAST	04:48.45 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:56.41 (ASA) 08/01/2011	10.7
Nicholas ELMER	00:30.54 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:33.86 (ASA) 03/01/2010	10.7
Francesca SOUTER	00:50.95 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:52.83 (ASA) 17/07/2010	10.7
Lewis RICKARDS	05:30.99 (ASA)	400 IM	23/04/2011	Newmarket Open Meet	05:36.98 (ASA) 12/03/2011	10.7
Isobelle WICKENS	03:21.13 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	03:28.54 (ASA) 13/03/2010	10.7
Jack BRAMMAR	03:08.63 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:12.04 (ASA) 20/11/2010	10.7
Paige WESTBROOK	00:34.73 (ASA)	50 Fly	17/07/2010	Skins 2010	00:35.04 (ASA) 03/07/2010	10.6
Harry FULCHER	00:59.46 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:00.53 (ASA) 08/01/2011	10.6
Adam LAST	00:25.58 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:26.04 (ASA) 21/11/2010	10.6
Kieran WHIGHT	00:36.71 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:38.05 (ASA) 20/11/2010	10.6
Kieran HARRIS	00:40.62 (ASA)	50 Free	03/07/2010	Summer League Div 2	00:41.72 (ASA) 10/04/2010	10.5
Charlie FULCHER	01:24.76 (ASA)	100 Breast	23/10/2010	BASHER GALA	01:31.16 (ASA) 07/03/2010	10.5
Charlie FULCHER	00:34.54 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:37.50 (ASA) 07/03/2010	10.5
Kieran WHIGHT	02:11.06 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:15.81 (ASA) 27/11/2010	10.5
William FOSKETT	02:33.11 (ASA)	200 IM	21/06/2010	Suffolk Development Championsh	02:47.77 (ASA) 19/09/2009	10.5
Hannah MOORE	03:24.84 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:28.48 (ASA) 16/05/2010	10.5
Conor LYNCH	02:43.85 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:54.50 (ASA) 22/11/2009	10.5
Ella SMITH	01:31.66 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:41.38 (ASA) 03/01/2010	10.5
Charlie FULCHER	00:28.98 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:30.30 (ASA) 24/10/2010	10.5
Conor LYNCH	05:29.43 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:35.26 (ASA) 23/01/2011	10.4
Todd LAST	00:32.24 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:33.40 (ASA) 18/09/2010	10.4
Todd LAST	02:38.81 (ASA)	200 IM	08/05/2011	West Suffolk Open Des	02:46.01 (ASA) 08/01/2011	10.4

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Amy BRAMMAR	06:08.09 (ASA)	400 Free	21/11/2010	Deben Open Meet	06:50.84 (ASA) 22/11/2009	10.4
Damien COLLIS	02:47.43 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:53.44 (ASA) 20/11/2010	10.4
Hannah MOORE	07:04.21 (ASA)	400 IM	23/04/2011	Newmarket Open Meet	07:19.43 (ASA) 23/01/2011	10.4
Lily MEYER	00:53.50 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:55.92 (ASA) 17/07/2010	10.4
Matthew GRIGGS	00:51.67 (ASA)	50 Breast	17/07/2010	Skins 2010	00:56.56 (ASA) 19/09/2009	10.4
Lauren OSBORNE	02:55.04 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:58.12 (ASA) 16/05/2010	10.4
Louis SELLER	02:04.12 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:06.30 (ASA) 20/11/2010	10.4
Joseph BRIERLEY	00:45.08 (ASA)	50 Fly	17/07/2010	Skins 2010	00:46.69 (ASA) 10/04/2010	10.3
Charlie SELLER	00:35.68 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:35.99 (ASA) 24/10/2010	10.3
Ellisse MOREY	00:41.54 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	00:45.45 (ASA) 22/11/2009	10.3
Harry FULCHER	02:10.56 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:12.84 (ASA) 08/01/2011	10.3
Chloe CALVER	01:09.43 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:14.54 (ASA) 14/03/2010	10.3
Charlie SELLER	00:29.82 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	00:30.34 (ASA) 08/01/2011	10.3
Lewis RICKARDS	02:17.59 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:23.74 (ASA) 09/07/2010	10.3
JAKE LITTLE	05:33.22 (ASA)	400 Free	15/05/2011	Sudbury Open Meet	05:51.25 (ASA) 21/11/2010	10.3
Chloe CALVER	00:35.42 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	00:37.67 (ASA) 27/02/2010	10.2
Eleanor TENNANT	03:03.34 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:24.22 (ASA) 21/11/2009	10.2
Lily MEYER	01:41.61 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:47.08 (ASA) 20/11/2010	10.2
JAKE LITTLE	03:53.38 (ASA)	200 Breast	21/11/2010	Deben Open Meet	04:24.95 (ASA) 25/09/2009	10.2
Todd LAST	02:14.20 (ASA)	200 Free	09/04/2011	Norwich Easter Meet	02:20.16 (ASA) 20/11/2010	10.2
Eleanor TENNANT	11:42.82 (ASA)	800 Free	19/11/2010	Deben Open Meet	13:25.32 (ASA) 06/09/2009	10.2
Chloe CALVER	00:31.49 (ASA)	50 Free	18/09/2010	Gosling Junior Trophy Gala	00:32.31 (ASA) 03/07/2010	10.2
Chloe CALVER	00:32.31 (ASA)	50 Free	03/07/2010	Summer League Div 1	00:33.15 (ASA) 24/04/2010	10.1
Kieran WHIGHT	02:26.67 (ASA)	200 IM	08/05/2011	West Suffolk Open Des	02:29.19 (ASA) 13/03/2011	10.1
Eleanor TENNANT	01:28.09 (ASA)	100 Back	24/10/2010	Sudbury Open Meet	01:31.97 (ASA) 21/06/2010	10.1
Jake GARROD	02:01.98 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:06.24 (ASA) 20/11/2010	10.1
Nicholas ELMER	03:03.18 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:18.22 (ASA) 14/03/2010	10.1
Kieran HARRIS	00:50.10 (ASA)	50 Breast	03/07/2010	Summer League Div 2	00:51.40 (ASA) 24/04/2010	10.1
Chloe CALVER	00:36.79 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:37.42 (ASA) 20/11/2010	10.1
Cerys RUSSELL	01:19.30 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:23.50 (ASA) 21/06/2010	10.1
Lewis RICKARDS	02:44.00 (ASA)	200 Fly	08/05/2011	West Suffolk Open Des	02:48.21 (ASA) 05/03/2011	10.0
Ben HARRINGTON	00:48.20 (ASA)	50 Breast	17/07/2010	Skins 2010	00:52.58 (ASA) 19/09/2009	10.0
Rebecca MERRILL	04:06.65 (ASA)	200 Breast	21/11/2010	Deben Open Meet	04:08.71 (ASA) 24/10/2010	9.9
Louis SELLER	04:21.64 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:30.59 (ASA) 21/11/2010	9.9
JAKE LITTLE	01:29.77 (ASA)	100 Back	16/04/2011	Summer League Div 1	01:32.05 (ASA) 23/01/2011	9.9
Lewis MOORE	03:54.54 (ASA)	200 Breast	12/03/2011	Suffolk County Champ	03:58.43 (ASA) 23/01/2011	9.8
Matthew NAUNTON	00:30.80 (ASA)	50 Breast	09/01/2011	Derby Open Meet	00:31.31 (ASA) 20/11/2010	9.8
Lily MEYER	01:28.83 (ASA)	100 Free	14/05/2011	Sudbury Open Meet	01:33.39 (ASA) 21/11/2010	9.8
Todd LAST	02:50.59 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:53.41 (ASA) 16/05/2010	9.8
Georgina FULCHER	01:08.76 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:12.28 (ASA) 02/10/2010	9.7
Georgina FULCHER	02:39.42 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	02:44.76 (ASA) 13/03/2010	9.7
Alex BENNETT	00:27.33 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:27.78 (ASA) 22/01/2011	9.7
Correy ABBOTT	03:06.92 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:21.61 (ASA) 26/09/2009	9.7
Francesca SOUTER	10:54.11 (ASA)	800 Free	09/04/2011	Norwich Easter Meet	11:21.64 (ASA) 19/11/2010	9.7
Chloe CALVER	01:19.14 (ASA)	100 Back	24/10/2010	Sudbury Open Meet	01:23.88 (ASA) 24/04/2010	9.7
Georgina FULCHER	02:35.57 (ASA)	200 Free	02/10/2010	Open meet	02:39.42 (ASA) 09/07/2010	9.7
Rebecca MERRILL	03:33.21 (ASA)	200 IM	08/05/2011	West Suffolk Open Des	03:34.94 (ASA) 23/04/2011	9.7
Damien COLLIS	01:34.90 (ASA)	100 Fly	20/06/2010	Suffolk Development Championsh	01:36.45 (ASA) 15/05/2010	9.6
Amy BRAMMAR	02:49.38 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:56.44 (ASA) 21/06/2010	9.6
Lauren OSBORNE	01:11.90 (ASA)	100 Free	29/01/2011	Winter League Div 2 B	01:12.48 (ASA) 22/01/2011	9.6
Tilly ABBOTT	00:46.64 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:48.58 (ASA) 17/07/2010	9.6
Todd LAST	01:16.27 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:21.45 (ASA) 20/06/2010	9.5

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Chloe CALVER	01:22.27 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:27.11 (ASA) 21/11/2009	9.5
Jessica FRYATT	02:56.66 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:08.59 (ASA) 31/10/2009	9.5
Jack PRYKE	00:50.12 (ASA)	50 Breast	18/09/2010	Gosling Junior Trophy Gala	00:52.18 (ASA) 16/05/2010	9.5
Charlie FULCHER	02:46.75 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:50.79 (ASA) 24/10/2010	9.5
William FOSKETT	00:37.79 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:39.34 (ASA) 17/07/2010	9.5
Nicholas ELMER	01:04.91 (ASA)	100 Free	23/10/2010	BASHER GALA	01:09.27 (ASA) 07/03/2010	9.4
Cerys RUSSELL	06:14.21 (ASA)	400 Free	21/11/2010	Deben Open Meet	07:04.09 (ASA) 05/09/2009	9.4
Hope SMITH	00:43.96 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:44.66 (ASA) 24/04/2010	9.4
Rebecca MERRILL	00:51.33 (ASA)	50 Breast	23/10/2010	BASHER GALA	00:52.99 (ASA) 17/07/2010	9.4
Amelia SMITH	03:07.84 (ASA)	200 Breast	26/06/2010	Sudbury Open Meet	03:13.91 (ASA) 07/03/2010	9.4
Louis SELLER	02:37.30 (ASA)	200 Breast	12/03/2011	Suffolk County Champ	02:41.08 (ASA) 08/01/2011	9.4
Hannah MOORE	00:47.16 (ASA)	50 Breast	23/04/2011	Newmarket Open Meet	00:48.68 (ASA) 08/01/2011	9.4
Sam ALLEN	00:36.66 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:38.46 (ASA) 21/11/2010	9.4
Daniel PERRY	01:40.66 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:50.07 (ASA) 03/01/2010	9.3
Louis SELLER	00:58.34 (ASA)	100 Free	05/06/2010	BAGCATS Regionals	00:59.73 (ASA) 07/03/2010	9.3
Ella SMITH	03:18.81 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:21.94 (ASA) 16/05/2010	9.3
Caitlin RUSSELL	00:36.47 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:37.94 (ASA) 21/06/2010	9.3
Katie NEGUS	00:40.39 (ASA)	50 Free	17/07/2010	Skins 2010	00:41.35 (ASA) 24/04/2010	9.3
Amy BRAMMAR	02:56.44 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:11.09 (ASA) 19/09/2009	9.2
Joseph BRIERLEY	02:51.32 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:56.74 (ASA) 27/11/2010	9.2
Rebecca MERRILL	00:49.77 (ASA)	50 Back	18/09/2010	Gosling Junior Trophy Gala	00:51.75 (ASA) 24/04/2010	9.2
Joseph BRIERLEY	00:38.96 (ASA)	50 Free	17/07/2010	Skins 2010	00:40.19 (ASA) 10/04/2010	9.2
Charlie FULCHER	02:56.79 (ASA)	200 Breast	27/11/2010	Winter League Div 2 B	03:09.84 (ASA) 14/03/2010	9.2
Amy BRAMMAR	00:44.88 (ASA)	50 Breast	23/04/2011	Newmarket Open Meet	00:46.29 (ASA) 22/01/2011	9.1
Zara TAYLOR	01:35.16 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:35.89 (ASA) 24/10/2010	9.1
Alistair CLEMENTS	02:20.43 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:23.71 (ASA) 08/01/2011	9.1
Hope SMITH	02:58.87 (ASA)	200 Fly	27/11/2010	Winter League Div 2 B	03:00.24 (ASA) 20/11/2010	9.1
Kieran WHIGHT	01:01.54 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:02.49 (ASA) 29/01/2011	9.1
Hannah MOORE	01:48.43 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:49.26 (ASA) 24/10/2010	9.1
Conor LYNCH	04:50.09 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:56.84 (ASA) 08/01/2011	9.1
Anton AUTY	00:28.82 (ASA)	50 Fly	01/05/2011	Youth Regionals	00:29.04 (ASA) 09/04/2011	9.1
Adam LAST	00:56.66 (ASA)	100 Free	05/06/2010	BAGCATS Regionals	00:57.53 (ASA) 11/04/2010	9.1
Caitlin RUSSELL	00:41.98 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:43.97 (ASA) 03/01/2010	9.1
Zara TAYLOR	03:24.31 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:32.30 (ASA) 09/07/2010	9.0
Georgina FULCHER	01:09.03 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:12.28 (ASA) 02/10/2010	9.0
Cerys RUSSELL	00:34.18 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:34.70 (ASA) 22/01/2011	9.0
Correy ABBOTT	02:59.95 (ASA)	200 Back	24/10/2010	Sudbury Open Meet	03:06.92 (ASA) 20/06/2010	8.9
Todd LAST	02:44.23 (ASA)	200 Back	24/10/2010	Ipswich Junior Open Meet	02:50.59 (ASA) 20/06/2010	8.9
Olivia DE'ATH	01:09.32 (ASA)	100 Free	29/01/2011	Winter League Div 1 A	01:09.84 (ASA) 08/01/2011	8.9
Ella SMITH	01:24.84 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:26.12 (ASA) 16/05/2010	8.9
Lewis RICKARDS	01:15.74 (ASA)	100 Fly	23/10/2010	BASHER GALA	01:19.27 (ASA) 24/04/2010	8.9
Abigail HILL	02:36.50 (ASA)	200 Back	27/11/2010	Winter League Div 1 A	02:37.67 (ASA) 21/11/2010	8.9
Hannah MOORE	01:43.61 (ASA)	100 Breast	14/05/2011	Sudbury Open Meet	01:48.43 (ASA) 20/11/2010	8.9
Jack BRAMMAR	02:57.37 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:04.19 (ASA) 26/06/2010	8.9
Cerys RUSSELL	03:48.35 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:51.78 (ASA) 16/05/2010	8.9
Daniel HARRIS	00:56.54 (ASA)	50 Back	29/01/2011	Winter League Div 2 B	01:01.03 (ASA) 24/04/2010	8.8
Conor LYNCH	01:03.05 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:03.99 (ASA) 22/01/2011	8.8
Kieran WHIGHT	00:38.05 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:39.49 (ASA) 26/06/2010	8.8
Ellisse MOREY	02:40.73 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:41.91 (ASA) 24/10/2010	8.7

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Sam ALLEN	00:39.39 (ASA)	50 Fly	17/07/2010	Skins 2010	00:40.27 (ASA) 24/04/2010	8.7
Annabel MACE	00:38.62 (ASA)	50 Fly	18/01/2011	Time Trials	00:39.19 (ASA) 21/11/2010	8.7
Caitlin RUSSELL	01:11.16 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:11.68 (ASA) 23/10/2010	8.7
Georgina FULCHER	01:25.91 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:31.19 (ASA) 12/06/2010	8.7
Kieran WHIGHT	02:15.81 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	02:16.80 (ASA) 20/11/2010	8.7
Rachel POUSTIE	02:34.64 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:40.44 (ASA) 21/06/2010	8.7
Gregor TAIT	01:34.81 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:39.10 (ASA) 03/01/2010	8.7
Abigail HILL	00:30.30 (ASA)	50 Free	18/09/2010	Gosling Junior Trophy Gala	00:30.97 (ASA) 20/06/2010	8.7
Kieran WHIGHT	02:27.02 (ASA)	200 Fly	05/03/2011	Suffolk County Champ	02:31.37 (ASA) 20/11/2010	8.6
Kieran SMITH	03:44.70 (ASA)	200 Fly	14/05/2011	Sudbury Open Meet	03:54.79 (ASA) 27/11/2010	8.6
Rebecca MERRILL	03:10.01 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	03:12.77 (ASA) 20/11/2010	8.6
Nicholas ELMER	01:17.58 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:22.92 (ASA) 14/03/2010	8.6
Amy BRAMMAR	01:14.99 (ASA)	100 Free	14/05/2011	Sudbury Open Meet	01:15.53 (ASA) 16/04/2011	8.6
Molly SMITH	01:46.43 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:53.74 (ASA) 16/05/2010	8.6
Georgina FULCHER	02:56.85 (ASA)	200 IM	27/11/2010	Winter League Div 1 A	02:58.12 (ASA) 20/11/2010	8.6
Zara TAYLOR	03:33.79 (ASA)	200 Back	09/07/2010	Midsummer Madness Norwich	03:46.72 (ASA) 22/11/2009	8.6
JAKE LITTLE	00:46.71 (ASA)	50 Breast	15/05/2011	Sudbury Open Meet	00:48.08 (ASA) 22/01/2011	8.5
Eleanor TENNANT	03:31.81 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:48.03 (ASA) 18/09/2009	8.5
Georgina FULCHER	02:31.33 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:33.51 (ASA) 27/11/2010	8.5
Jack BRAMMAR	00:38.91 (ASA)	50 Fly	16/04/2011	Summer League Div 1	00:40.34 (ASA) 21/11/2010	8.5
Isobelle WICKENS	03:41.12 (ASA)	200 Fly	23/04/2011	Newmarket Open Meet	03:47.57 (ASA) 08/01/2011	8.5
Isobelle WICKENS	01:39.45 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:48.69 (ASA) 21/11/2009	8.5
Daisy PITT	00:45.26 (ASA)	50 Breast	21/05/2011	Summer League Div 1	00:45.91 (ASA) 16/04/2011	8.5
Sam ALLEN	00:44.93 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:47.27 (ASA) 24/04/2010	8.5
JAKE LITTLE	00:42.46 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:45.69 (ASA) 10/04/2010	8.5
Molly SMITH	00:51.84 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:55.35 (ASA) 16/05/2010	8.5
Kieran WHIGHT	05:14.42 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:23.53 (ASA) 20/11/2010	8.4
JAKE LITTLE	05:51.25 (ASA)	400 Free	21/11/2010	Deben Open Meet	06:23.59 (ASA) 22/11/2009	8.4
Sam ALLEN	01:08.14 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:09.11 (ASA) 21/11/2010	8.4
Georgina FULCHER	00:32.60 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:33.30 (ASA) 24/10/2010	8.4
Rachel POUSTIE	00:39.31 (ASA)	50 Back	17/07/2010	Skins 2010	00:42.27 (ASA) 19/09/2009	8.4
Olivia TAYLOR	00:44.37 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:45.00 (ASA) 16/05/2010	8.4
Amelia SMITH	01:29.23 (ASA)	100 Fly	26/06/2010	Sudbury Open Meet	01:34.51 (ASA) 22/11/2009	8.4
Harry FULCHER	01:00.76 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:01.62 (ASA) 02/10/2010	8.4
Alistair CLEMENTS	01:59.87 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:03.31 (ASA) 27/11/2010	8.4
Isobelle WICKENS	00:51.86 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:53.34 (ASA) 20/11/2010	8.3
Louis SELLER	01:02.16 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:03.47 (ASA) 08/01/2011	8.3
Matthew NAUNTON	00:28.65 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:29.46 (ASA) 20/11/2010	8.2
Charlie FULCHER	04:47.29 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:55.41 (ASA) 21/11/2010	8.2
Lois BRADLEY	00:38.68 (ASA)	50 Free	16/04/2011	Summer League Div 1	00:41.23 (ASA) 17/07/2010	8.2
Kieran SMITH	01:31.34 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:35.25 (ASA) 20/11/2010	8.2
Georgina FULCHER	00:40.49 (ASA)	50 Back	03/07/2010	Summer League Div 1	00:41.92 (ASA) 27/02/2010	8.2
Conor LYNCH	03:03.49 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:08.63 (ASA) 14/03/2010	8.2
Harry FULCHER	02:56.71 (ASA)	200 Breast	09/07/2010	Midsummer Madness Norwich	03:04.21 (ASA) 11/01/2010	8.1
Sophie LITTLE	00:56.42 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	01:00.09 (ASA) 16/05/2010	8.1
Adam LAST	00:33.39 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:34.08 (ASA) 08/01/2011	8.1
Charlie FULCHER	00:38.76 (ASA)	50 Breast	03/07/2010	Summer League Div 1	00:39.29 (ASA) 15/05/2010	8.1
Rachel POUSTIE	02:55.18 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:06.50 (ASA) 26/09/2009	8.1
Georgina FULCHER	02:48.04 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	02:50.33 (ASA) 06/03/2011	8.1
Lauren OSBORNE	00:32.47 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	00:32.91 (ASA) 22/01/2011	8.0
Kieran WHIGHT	02:41.63 (ASA)	200 Fly	09/07/2010	Midsummer Madness Norwich	02:46.05 (ASA) 13/03/2010	8.0

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Correy ABBOTT	01:16.19 (ASA)	100 Free	23/10/2010	BASHER GALA	01:18.81 (ASA) 21/06/2010	8.0
Kieran WHIGHT	01:13.28 (ASA)	100 Fly	09/07/2010	Midsummer Madness Norwich	01:13.77 (ASA) 03/07/2010	8.0
Charlie FULCHER	01:15.57 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:30.60 (ASA) 03/01/2009	8.0
Cerys RUSSELL	01:41.84 (ASA)	100 Breast	23/04/2011	Newmarket Open Meet	01:46.06 (ASA) 20/11/2010	8.0
Georgina FULCHER	02:33.51 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	02:35.57 (ASA) 02/10/2010	7.9
Amy BRAMMAR	01:22.65 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:23.20 (ASA) 16/04/2011	7.9
Todd LAST	01:47.71 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:49.15 (ASA) 16/05/2010	7.9
Isobelle WICKENS	02:53.31 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:56.80 (ASA) 08/01/2011	7.9
Georgina FULCHER	03:03.95 (ASA)	200 IM	02/10/2010	Open meet	03:11.50 (ASA) 24/04/2010	7.9
Robert WHIGHT	01:10.74 (ASA)	100 Breast	09/07/2010	Midsummer Madness Norwich	01:13.14 (ASA) 07/03/2010	7.9
Nicholas ELMER	00:40.23 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:45.25 (ASA) 19/09/2009	7.8
Caitlin RUSSELL	01:17.75 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:22.58 (ASA) 24/04/2010	7.8
Matthew NAUNTON	01:08.29 (ASA)	100 Breast	02/10/2010	Open meet	01:11.06 (ASA) 01/05/2010	7.8
Francesca SOUTER	00:35.20 (ASA)	50 Free	03/07/2010	Summer League Div 1	00:35.43 (ASA) 20/06/2010	7.8
Eleanor TENNANT	00:34.34 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:35.49 (ASA) 20/06/2010	7.8
Amy BRAMMAR	01:26.01 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:30.71 (ASA) 21/06/2010	7.8
Abigail HILL	00:42.10 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:44.40 (ASA) 21/11/2009	7.8
Zara TAYLOR	01:33.32 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:35.16 (ASA) 20/11/2010	7.7
Rebecca MERRILL	00:55.02 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	01:00.46 (ASA) 09/05/2009	7.7
Jasmine SELLER	02:41.19 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:42.23 (ASA) 24/10/2010	7.7
Jessica FRYATT	01:19.42 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:20.45 (ASA) 16/05/2010	7.7
Damien COLLIS	00:34.16 (ASA)	50 Free	03/07/2010	Summer League Div 2	00:34.38 (ASA) 26/06/2010	7.7
Nicholas ELMER	02:34.50 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	02:39.60 (ASA) 27/11/2010	7.7
Rachel POUSTIE	03:08.90 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:16.43 (ASA) 03/01/2010	7.7
Rebecca MERRILL	03:50.51 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:53.48 (ASA) 16/05/2010	7.6
Kieran WHIGHT	02:36.91 (ASA)	200 IM	09/07/2010	Midsummer Madness Norwich	02:39.96 (ASA) 08/05/2010	7.6
William FOSKETT	02:27.72 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:41.02 (ASA) 20/06/2009	7.6
Hope SMITH	01:33.12 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:38.10 (ASA) 21/11/2009	7.6
Charlotte WICKENS	02:53.62 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	03:04.12 (ASA) 31/10/2009	7.6
Zara TAYLOR	03:32.30 (ASA)	200 Breast	09/07/2010	Midsummer Madness Norwich	03:36.41 (ASA) 11/04/2010	7.6
HARRY LONGBOTTOM	00:54.54 (ASA)	50 Breast	18/09/2010	Gosling Junior Trophy Gala	00:56.32 (ASA) 01/05/2010	7.6
Todd LAST	00:28.30 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:28.48 (ASA) 12/03/2011	7.6
Charlie FULCHER	02:58.81 (ASA)	200 IM	02/10/2010	Open meet	03:04.63 (ASA) 15/05/2010	7.6
Isobelle WICKENS	00:43.94 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:45.37 (ASA) 24/10/2010	7.6
Cerys RUSSELL	01:46.06 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:57.13 (ASA) 19/09/2009	7.6
Annabel MACE	00:34.48 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:34.92 (ASA) 18/01/2011	7.6
JAKE LITTLE	01:14.17 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:17.59 (ASA) 16/05/2010	7.6
Jessica FRYATT	00:43.65 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:45.66 (ASA) 24/04/2010	7.5
Alistair CLEMENTS	02:03.31 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	02:04.09 (ASA) 20/11/2010	7.5
Cerys RUSSELL	02:56.13 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	03:10.42 (ASA) 21/11/2009	7.5
Nicholas ELMER	00:35.41 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:36.55 (ASA) 03/07/2010	7.5
Olivia TAYLOR	01:29.98 (ASA)	100 Fly	26/06/2010	Sudbury Open Meet	01:34.70 (ASA) 22/11/2009	7.5
Louis SELLER	00:27.02 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:27.71 (ASA) 17/07/2010	7.5
Caitlin RUSSELL	00:35.79 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:36.47 (ASA) 24/10/2010	7.5
Nicholas ELMER	02:31.01 (ASA)	200 Back	09/04/2011	Norwich Easter Meet	02:35.84 (ASA) 21/11/2010	7.4
Louis SELLER	01:13.02 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:14.87 (ASA) 20/11/2010	7.4
Olivia TAYLOR	01:27.21 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:29.98 (ASA) 26/06/2010	7.4
Charlie FULCHER	00:36.69 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:37.38 (ASA) 18/09/2010	7.4
Jessica FRYATT	02:55.84 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:02.57 (ASA) 20/06/2010	7.4

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Jessica FRYATT	00:36.15 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:37.06 (ASA) 20/11/2010	7.4
Harry FULCHER	01:18.52 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:22.57 (ASA) 07/03/2010	7.4
Amy BRAMMAR	01:16.40 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:19.31 (ASA) 21/06/2010	7.3
Nicholas ELMER	00:29.98 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:30.54 (ASA) 21/11/2010	7.3
HARRY LONGBOTTOM	00:52.54 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:54.54 (ASA) 18/09/2010	7.3
Cerys RUSSELL	00:42.22 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:44.39 (ASA) 21/06/2010	7.3
Lewis RICKARDS	01:29.03 (ASA)	100 Breast	22/01/2011	Sudbury Open Meet	01:33.59 (ASA) 21/06/2010	7.3
Alistair CLEMENTS	00:28.52 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:28.87 (ASA) 21/11/2010	7.3
Jessica FRYATT	03:02.57 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	03:04.81 (ASA) 16/05/2010	7.3
Conor LYNCH	01:10.92 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:11.79 (ASA) 29/01/2011	7.3
Kieran WHIGHT	01:11.27 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:15.37 (ASA) 03/07/2010	7.3
Abigail HILL	00:34.28 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:36.25 (ASA) 14/03/2010	7.2
Kieran WHIGHT	05:23.53 (ASA)	400 IM	20/11/2010	Deben Open Meet	05:42.09 (ASA) 13/03/2010	7.2
Damien COLLIS	00:34.42 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:34.84 (ASA) 06/03/2011	7.2
Rachel POUSTIE	03:02.80 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	03:05.02 (ASA) 18/01/2011	7.2
Eleanor TENNANT	02:42.43 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	02:47.44 (ASA) 21/06/2010	7.2
Zara TAYLOR	01:35.89 (ASA)	100 Back	24/10/2010	Sudbury Open Meet	01:38.24 (ASA) 09/07/2010	7.2
Conor LYNCH	00:36.35 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:37.47 (ASA) 24/10/2010	7.2
Nicholas ELMER	02:40.39 (ASA)	200 IM	20/11/2010	Deben Open Meet	02:49.49 (ASA) 14/03/2010	7.2
Robert ATTWATER	01:28.31 (ASA)	100 Back	03/07/2010	Summer League Div 2	01:33.91 (ASA) 26/09/2009	7.2
Todd LAST	02:13.40 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:14.20 (ASA) 09/04/2011	7.2
Conor LYNCH	00:29.15 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:29.86 (ASA) 21/11/2010	7.1
Lewis RICKARDS	00:37.35 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:38.73 (ASA) 11/01/2010	7.1
Kieran WHIGHT	02:32.26 (ASA)	200 Back	13/03/2011	Suffolk County Champ	02:35.96 (ASA) 21/11/2010	7.1
Jessica FOULGER	00:56.97 (ASA)	50 Breast	17/07/2010	Skins 2010	00:58.00 (ASA) 01/05/2010	7.1
Todd LAST	02:22.99 (ASA)	200 Free	24/10/2010	Ipswich Junior Open Meet	02:30.09 (ASA) 06/03/2010	7.1
Chloe CALVER	00:46.60 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:50.80 (ASA) 26/09/2009	7.1
Lauren OSBORNE	03:05.67 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	03:12.48 (ASA) 16/05/2010	7.1
William FOSKETT	04:37.90 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:04.77 (ASA) 05/09/2009	7.1
Charlotte WICKENS	01:32.00 (ASA)	100 Fly	21/05/2011	Summer League Div 1	01:33.09 (ASA) 16/04/2011	7.0
Georgina FULCHER	03:18.28 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:21.82 (ASA) 24/10/2010	7.0
Amelia SMITH	02:51.66 (ASA)	200 IM	20/11/2010	Deben Open Meet	02:56.82 (ASA) 26/06/2010	7.0
Nicholas ELMER	01:03.02 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:04.91 (ASA) 23/10/2010	7.0
Mark SMEE	01:30.09 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:32.79 (ASA) 21/06/2010	7.0
Conor LYNCH	01:04.98 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:05.36 (ASA) 24/10/2010	7.0
Caitlin RUSSELL	03:15.41 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:23.70 (ASA) 22/11/2009	7.0
Amy BRAMMAR	01:30.71 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:31.77 (ASA) 16/05/2010	6.9
Charlie FULCHER	02:46.75 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	02:53.76 (ASA) 20/06/2010	6.9
Mark SMEE	01:28.81 (ASA)	100 Fly	20/06/2010	Suffolk Development Championsh	01:31.98 (ASA) 03/01/2010	6.9
Charlie FULCHER	00:33.75 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:34.54 (ASA) 21/11/2010	6.9
Francesca SOUTER	02:39.38 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:44.06 (ASA) 21/06/2010	6.8
Ryan SMITH	00:35.12 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:36.58 (ASA) 24/04/2010	6.8
Caitlin RUSSELL	01:20.12 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	01:26.00 (ASA) 30/01/2010	6.8
Lois BRADLEY	00:50.28 (ASA)	50 Back	29/01/2011	Winter League Div 2 B	00:52.36 (ASA) 17/07/2010	6.8
Eleanor TENNANT	05:37.86 (ASA)	400 Free	21/11/2010	Deben Open Meet	06:09.29 (ASA) 05/09/2009	6.8
Charlotte WICKENS	00:34.26 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:36.76 (ASA) 08/05/2010	6.8
Abigail HILL	00:29.27 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:30.30 (ASA) 18/09/2010	6.8
Harry FULCHER	00:31.97 (ASA)	50 Fly	02/10/2010	Open meet	00:33.29 (ASA) 07/03/2010	6.8
Gregor TAIT	02:50.46 (ASA)	200 Free	14/05/2011	Sudbury Open Meet	03:12.23 (ASA) 26/09/2009	6.8
Caitlin RUSSELL	00:31.51 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:31.87 (ASA) 22/01/2011	6.8
Ella SMITH	00:42.40 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:46.32 (ASA) 19/09/2009	6.8

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Anton AUTY	01:16.43 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:18.19 (ASA) 20/11/2010	6.8
Louis SELLER	00:26.26 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:27.02 (ASA) 24/10/2010	6.8
Rebecca MERRILL	03:44.62 (ASA)	200 IM	18/01/2011	Time Trials	03:45.89 (ASA) 08/01/2011	6.7
Kieran WHIGHT	01:06.89 (ASA)	100 Fly	23/04/2011	Newmarket Open Meet	01:07.65 (ASA) 13/03/2011	6.7
Matthew NAUNTON	01:06.92 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:07.68 (ASA) 09/01/2011	6.7
Abigail HILL	01:05.22 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:05.96 (ASA) 21/11/2010	6.7
Rebecca MERRILL	03:22.80 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	03:25.10 (ASA) 06/03/2011	6.7
Nicholas ELMER	02:35.84 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:42.20 (ASA) 08/05/2010	6.7
Rachel POUSTIE	00:38.21 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:39.31 (ASA) 17/07/2010	6.7
Charlie FULCHER	02:16.80 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:24.05 (ASA) 06/03/2010	6.7
Georgina FULCHER	01:12.28 (ASA)	100 Free	02/10/2010	Open meet	01:13.93 (ASA) 12/06/2010	6.7
Ella SMITH	01:22.00 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:24.84 (ASA) 21/06/2010	6.7
Charlie FULCHER	00:35.87 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:36.48 (ASA) 08/01/2011	6.7
Charlotte WICKENS	01:33.09 (ASA)	100 Fly	16/04/2011	Summer League Div 1	01:42.80 (ASA) 22/11/2009	6.7
Nicholas ELMER	01:02.32 (ASA)	100 Free	23/04/2011	Newmarket Open Meet	01:03.02 (ASA) 06/03/2011	6.7
Rebecca MERRILL	04:15.58 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	04:18.45 (ASA) 16/05/2010	6.7
Mark SMEE	01:32.79 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:37.67 (ASA) 26/09/2009	6.7
Nicholas COOK	00:39.59 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:40.26 (ASA) 24/10/2010	6.7
Daniel HARRIS	01:02.90 (ASA)	50 Breast	20/11/2010	Deben Open Meet	01:03.25 (ASA) 24/10/2010	6.6
Nicholas ELMER	02:17.47 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:20.58 (ASA) 20/11/2010	6.6
Caitlin RUSSELL	03:02.92 (ASA)	200 Breast	15/05/2011	Sudbury Open Meet	03:08.12 (ASA) 08/01/2011	6.6
Harry FULCHER	02:51.85 (ASA)	200 Breast	21/11/2010	Deben Open Meet	02:56.71 (ASA) 09/07/2010	6.6
Daisy PITT	00:41.43 (ASA)	50 Back	16/04/2011	Summer League Div 1	00:42.60 (ASA) 20/11/2010	6.6
Tilly ABBOTT	00:48.58 (ASA)	50 Free	17/07/2010	Skins 2010	00:53.26 (ASA) 28/03/2009	6.6
Isobelle WICKENS	00:54.89 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:56.76 (ASA) 15/05/2010	6.6
Todd LAST	02:46.01 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:48.79 (ASA) 24/10/2010	6.6
Kieran WHIGHT	02:29.19 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:36.91 (ASA) 09/07/2010	6.6
Angela FALCONER	00:38.41 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:41.84 (ASA) 18/09/2009	6.6
Kieran WHIGHT	00:37.22 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:38.05 (ASA) 20/11/2010	6.5
Mark SMEE	00:37.83 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:38.89 (ASA) 17/07/2010	6.5
Kieran WHIGHT	04:38.36 (ASA)	400 Free	21/11/2010	Deben Open Meet	04:46.14 (ASA) 09/07/2010	6.5
Mark SMEE	00:35.07 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:37.08 (ASA) 18/09/2009	6.5
Zara TAYLOR	00:43.31 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:46.32 (ASA) 22/11/2009	6.5
Caitlin RUSSELL	00:35.62 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:36.01 (ASA) 21/11/2010	6.5
Ella SMITH	03:33.21 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:35.54 (ASA) 21/11/2010	6.5
Eleanor TENNANT	00:47.98 (ASA)	50 Breast	18/09/2010	Gosling Junior Trophy Gala	00:50.72 (ASA) 21/11/2009	6.5
Chloe CALVER	00:37.74 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:39.00 (ASA) 11/01/2010	6.5
Kieran WHIGHT	02:09.65 (ASA)	200 Free	09/04/2011	Norwich Easter Meet	02:11.06 (ASA) 06/03/2011	6.5
Rebecca MERRILL	04:08.71 (ASA)	200 Breast	24/10/2010	Sudbury Open Meet	04:15.58 (ASA) 21/06/2010	6.5
Olivia DE'ATH	00:32.27 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:32.62 (ASA) 21/11/2010	6.4
Kieran WHIGHT	00:32.85 (ASA)	50 Fly	20/11/2010	Deben Open Meet	00:34.13 (ASA) 08/05/2010	6.4
Kieran WHIGHT	04:32.40 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:38.36 (ASA) 21/11/2010	6.4
Georgina FULCHER	00:44.28 (ASA)	50 Breast	18/09/2010	Gosling Junior Trophy Gala	00:46.00 (ASA) 13/03/2010	6.4
Charlotte WICKENS	02:44.35 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:53.62 (ASA) 09/07/2010	6.4
Eleanor TENNANT	01:24.19 (ASA)	100 Back	29/01/2011	Winter League Div 2 B	01:25.56 (ASA) 20/11/2010	6.4
Amy BRAMMAR	00:39.38 (ASA)	50 Fly	17/07/2010	Skins 2010	00:40.02 (ASA) 08/05/2010	6.4
Alistair CLEMENTS	00:55.71 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.31 (ASA) 08/01/2011	6.4
JAKE LITTLE	02:49.56 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	02:58.10 (ASA) 16/05/2010	6.4
Kieran WHIGHT	01:13.48 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:15.49 (ASA) 21/06/2010	6.4
Caitlin RUSSELL	01:12.28 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:15.07 (ASA) 22/11/2009	6.4
Matthew NAUNTON	00:28.12 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:28.73 (ASA) 21/11/2010	6.4

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Lewis RICKARDS	04:58.25 (ASA)	400 Free	08/01/2011	Ipswich Open Meet	05:13.18 (ASA) 11/04/2010	6.4
Hannah MOORE	03:44.22 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	03:47.83 (ASA) 21/11/2010	6.3
Charlie FULCHER	04:55.41 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:10.13 (ASA) 21/03/2010	6.3
Andrew PERRY	00:45.25 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:50.28 (ASA) 09/05/2009	6.3
Francesca SOUTER	00:33.90 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	00:34.26 (ASA) 08/01/2011	6.3
Isobelle WICKENS	00:46.39 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:48.16 (ASA) 15/05/2010	6.3
Cerys RUSSELL	01:32.53 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:38.75 (ASA) 21/11/2009	6.3
Emma STUDD	02:56.56 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	03:00.34 (ASA) 21/11/2010	6.3
HARRY LONGBOTTOM	00:42.95 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:44.10 (ASA) 17/07/2010	6.3
William FOSKETT	00:32.54 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:33.59 (ASA) 21/06/2010	6.3
Cerys RUSSELL	00:47.63 (ASA)	50 Breast	15/05/2011	Sudbury Open Meet	00:48.90 (ASA) 08/01/2011	6.2
Todd LAST	01:18.60 (ASA)	100 Back	24/10/2010	Ipswich Junior Open Meet	01:20.69 (ASA) 21/06/2010	6.2
Sam ALLEN	02:23.72 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:26.75 (ASA) 20/11/2010	6.2
Jack BRAMMAR	02:48.02 (ASA)	200 Free	22/01/2011	Sudbury Open Meet	02:48.89 (ASA) 08/01/2011	6.2
Hope SMITH	03:01.14 (ASA)	200 Fly	24/10/2010	Sudbury Open Meet	03:06.91 (ASA) 08/05/2010	6.2
Olivia DE'ATH	02:32.92 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:42.98 (ASA) 21/11/2009	6.2
Caitlin RUSSELL	00:34.89 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:35.62 (ASA) 08/01/2011	6.1
Daisy PITT	00:42.60 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:43.72 (ASA) 21/06/2010	6.1
Kieran WHIGHT	01:00.91 (ASA)	100 Free	23/04/2011	Newmarket Open Meet	01:01.54 (ASA) 06/03/2011	6.1
Olivia TAYLOR	00:43.24 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:44.37 (ASA) 21/06/2010	6.1
Jack BRAMMAR	00:32.25 (ASA)	50 Free	21/05/2011	Summer League Div 1	00:32.75 (ASA) 12/03/2011	6.1
Lewis RICKARDS	01:05.79 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	01:06.81 (ASA) 24/04/2010	6.1
Conor LYNCH	01:03.99 (ASA)	100 Free	22/01/2011	Sudbury Open Meet	01:04.98 (ASA) 21/11/2010	6.1
Charlie FULCHER	01:24.33 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:24.76 (ASA) 23/10/2010	6.1
Louis SELLER	01:04.51 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:07.94 (ASA) 12/06/2010	6.1
Louis SELLER	01:13.36 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:14.87 (ASA) 20/11/2010	6.1
Conor LYNCH	02:21.17 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	02:25.56 (ASA) 11/01/2010	6.0
Conor LYNCH	01:20.44 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:22.09 (ASA) 20/11/2010	6.0
Bethany ELMER	02:45.91 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	02:49.31 (ASA) 27/11/2010	6.0
Zara TAYLOR	00:37.69 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:37.88 (ASA) 24/10/2010	6.0
Rebecca MERRILL	03:02.40 (ASA)	200 Free	08/05/2011	West Suffolk Open Des	03:04.24 (ASA) 13/03/2011	6.0
Alex BENNETT	00:36.98 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:37.54 (ASA) 20/11/2010	6.0
Kieran WHIGHT	03:01.66 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:06.29 (ASA) 26/06/2010	6.0
Hope SMITH	03:00.24 (ASA)	200 Fly	20/11/2010	Deben Open Meet	03:01.14 (ASA) 24/10/2010	6.0
Gregor TAIT	01:31.06 (ASA)	100 Breast	29/01/2011	Winter League Div 2 B	01:34.81 (ASA) 21/06/2010	5.9
Nicholas ELMER	02:39.60 (ASA)	200 IM	27/11/2010	Winter League Div 2 B	02:40.39 (ASA) 20/11/2010	5.9
Nicholas ELMER	02:20.58 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:27.10 (ASA) 06/03/2010	5.9
Hope SMITH	05:26.31 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:52.28 (ASA) 05/09/2009	5.9
Rachel POUSTIE	02:57.87 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	03:06.10 (ASA) 15/05/2010	5.9
Ellisse MOREY	11:25.50 (ASA)	800 Free	19/11/2010	Deben Open Meet	12:19.82 (ASA) 06/09/2009	5.9
Matthew NAUNTON	00:28.17 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:28.73 (ASA) 21/11/2010	5.8
Conor LYNCH	01:20.49 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:22.09 (ASA) 20/11/2010	5.8
Caitlin RUSSELL	00:34.72 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	00:34.89 (ASA) 23/04/2011	5.8
Jessica FRYATT	01:17.10 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:19.42 (ASA) 21/06/2010	5.8
Cerys RUSSELL	03:40.87 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:43.04 (ASA) 21/11/2010	5.8
Sam ALLEN	02:54.16 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:04.92 (ASA) 21/11/2009	5.8
Daniel PERRY	00:46.72 (ASA)	50 Breast	17/07/2010	Skins 2010	00:50.12 (ASA) 06/06/2009	5.8
Todd LAST	00:34.48 (ASA)	50 Fly	03/07/2010	Summer League Div 1	00:35.16 (ASA) 07/03/2010	5.8
Georgina FULCHER	00:38.57 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:39.33 (ASA) 20/11/2010	5.8
Abigail HILL	01:05.96 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:06.28 (ASA) 24/10/2010	5.8
Jack BRAMMAR	03:07.72 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	03:08.63 (ASA) 08/01/2011	5.8
JAKE LITTLE	01:32.05 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:39.22 (ASA) 21/11/2009	5.8
Rachel POUSTIE	01:21.14 (ASA)	100 Back	23/10/2010	BASHER GALA	01:23.14 (ASA) 21/06/2010	5.8
Nicholas COOK	01:29.56 (ASA)	100 Breast	22/01/2011	Sudbury Open Meet	01:30.87 (ASA) 20/11/2010	5.8

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Mark SMEE	01:26.25 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:28.81 (ASA) 20/06/2010	5.8
Jessica FOULGER	00:50.09 (ASA)	50 Fly	17/07/2010	Skins 2010	00:52.61 (ASA) 18/09/2009	5.7
Emma STUDD	09:56.25 (ASA)	800 Free	19/11/2010	Deben Open Meet	10:32.39 (ASA) 20/11/2009	5.7
Sam ALLEN	02:49.21 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	02:54.16 (ASA) 20/11/2010	5.7
Zara TAYLOR	03:17.54 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	03:18.48 (ASA) 08/01/2011	5.7
Charlie SELLER	00:39.43 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:40.19 (ASA) 17/07/2010	5.7
Sam ALLEN	00:38.46 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:39.39 (ASA) 17/07/2010	5.7
Kieran WHIGHT	02:35.96 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:39.73 (ASA) 26/06/2010	5.7
Cerys RUSSELL	00:48.94 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:50.60 (ASA) 24/04/2010	5.6
Emma STUDD	02:56.96 (ASA)	200 Breast	05/03/2011	Suffolk County Champ	03:00.34 (ASA) 21/11/2010	5.6
Zara TAYLOR	00:42.50 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:43.31 (ASA) 21/11/2010	5.6
Todd LAST	02:48.79 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	02:52.83 (ASA) 21/06/2010	5.6
Louis SELLER	01:02.58 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:03.47 (ASA) 08/01/2011	5.6
Lily MEYER	00:52.25 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:53.50 (ASA) 20/11/2010	5.6
Todd LAST	01:12.86 (ASA)	100 Fly	29/01/2011	Winter League Div 1 A	01:14.24 (ASA) 24/10/2010	5.6
William FOSKETT	05:24.53 (ASA)	400 IM	20/11/2010	Deben Open Meet	05:38.68 (ASA) 13/03/2010	5.6
Correy ABBOTT	00:35.46 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:35.96 (ASA) 10/04/2010	5.6
Zara TAYLOR	00:43.00 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:43.81 (ASA) 20/11/2010	5.5
Gregor TAIT	00:37.94 (ASA)	50 Back	15/05/2011	Sudbury Open Meet	00:39.97 (ASA) 21/06/2010	5.5
Anton AUTY	00:27.07 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:27.45 (ASA) 08/01/2011	5.5
Kieran HARRIS	00:47.80 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:50.10 (ASA) 03/07/2010	5.5
Adam LAST	01:03.56 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:09.95 (ASA) 12/07/2009	5.5
Nicholas ELMER	00:35.31 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:36.82 (ASA) 07/03/2010	5.5
Caitlin RUSSELL	01:28.42 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:32.20 (ASA) 14/03/2010	5.5
Amy BRAMMAR	00:41.31 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:42.67 (ASA) 16/05/2010	5.5
Louis SELLER	00:29.15 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:30.83 (ASA) 13/03/2010	5.4
Gregor TAIT	00:35.82 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:36.82 (ASA) 03/01/2010	5.4
Conor LYNCH	00:30.71 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:30.99 (ASA) 24/04/2010	5.4
Jack BRAMMAR	01:27.31 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:31.01 (ASA) 14/03/2010	5.4
Ryan SMITH	01:04.21 (ASA)	100 Free	29/01/2011	Winter League Div 2 B	01:07.24 (ASA) 24/04/2010	5.4
Adam LAST	00:29.72 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:29.99 (ASA) 08/01/2011	5.4
Lauren OSBORNE	01:32.98 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:35.12 (ASA) 21/06/2010	5.4
Charlotte WICKENS	00:46.33 (ASA)	50 Breast	09/04/2011	Norwich Easter Meet	00:47.39 (ASA) 20/11/2010	5.4
Anton AUTY	00:35.25 (ASA)	50 Breast	09/07/2010	Midsummer Madness Norwich	00:36.05 (ASA) 06/03/2010	5.3
Lucy STOKES	00:40.20 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:40.56 (ASA) 22/01/2011	5.3
Harry FULCHER	02:35.89 (ASA)	200 Fly	24/10/2010	Ipswich Junior Open Meet	02:41.59 (ASA) 13/03/2010	5.3
Zara TAYLOR	00:43.04 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:43.81 (ASA) 20/11/2010	5.3
Jasmine SELLER	02:40.30 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:43.89 (ASA) 24/10/2010	5.3
Sam ALLEN	01:17.85 (ASA)	100 Back	29/01/2011	Winter League Div 2 B	01:19.23 (ASA) 24/10/2010	5.2
Charlie FULCHER	01:05.56 (ASA)	100 Free	02/10/2010	Open meet	01:07.62 (ASA) 07/03/2010	5.2
Georgina FULCHER	03:03.15 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	03:03.95 (ASA) 02/10/2010	5.2
Charlie SELLER	00:40.19 (ASA)	50 Back	17/07/2010	Skins 2010	00:50.23 (ASA) 29/09/2006	5.2
Paige WESTBROOK	00:32.52 (ASA)	50 Free	17/07/2010	Skins 2010	00:33.68 (ASA) 22/11/2009	5.2
Rebecca MERRILL	01:59.73 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	02:05.09 (ASA) 18/09/2009	5.1
Louis SELLER	02:26.94 (ASA)	200 IM	05/06/2010	BAGCATS Regionals	02:28.85 (ASA) 14/03/2010	5.1
Joseph PRYKE	00:49.93 (ASA)	50 Breast	17/07/2010	Skins 2010	00:52.16 (ASA) 19/09/2009	5.1
Kieran SMITH	03:29.16 (ASA)	200 IM	27/11/2010	Winter League Div 1 A	03:36.56 (ASA) 24/04/2010	5.1
William FOSKETT	02:29.85 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	02:33.11 (ASA) 21/06/2010	5.1
Cerys RUSSELL	01:23.50 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:25.67 (ASA) 03/01/2010	5.1
Nicholas ELMER	01:14.89 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:17.17 (ASA) 08/05/2010	5.1
Paige WESTBROOK	02:55.48 (ASA)	200 Back	09/07/2010	Midsummer Madness Norwich	03:11.64 (ASA) 07/12/2008	5.1

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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Times set under ASA law only**

NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Matthew NAUNTON	02:27.66 (ASA)	200 Breast	12/03/2011	Suffolk County Champ	02:30.19 (ASA) 21/11/2010	5.1
Jessica FOULGER	00:42.21 (ASA)	50 Free	17/07/2010	Skins 2010	00:42.75 (ASA) 01/05/2010	5.1
Isobelle WICKENS	01:37.78 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:39.45 (ASA) 20/11/2010	5.0
Amy BRAMMAR	01:19.31 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:19.98 (ASA) 08/05/2010	5.0
Bethany ELMER	02:49.31 (ASA)	200 Breast	27/11/2010	Winter League Div 1 A	02:50.02 (ASA) 21/11/2010	5.0
Lewis RICKARDS	02:44.36 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:49.30 (ASA) 26/06/2010	5.0
Lewis RICKARDS	02:23.74 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	02:25.56 (ASA) 24/04/2010	5.0
Georgina FULCHER	00:33.47 (ASA)	50 Free	17/07/2010	Skins 2010	00:33.61 (ASA) 09/07/2010	5.0
Nicholas ELMER	01:03.56 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:04.91 (ASA) 23/10/2010	5.0
Bethany ELMER	04:53.35 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:55.81 (ASA) 23/01/2011	5.0
Francesca SOUTER	00:41.54 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:42.42 (ASA) 21/06/2010	5.0
Alex BENNETT	00:30.36 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:30.87 (ASA) 21/11/2010	5.0
Harry FULCHER	02:29.71 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:31.58 (ASA) 24/10/2010	4.9
Matthew NAUNTON	00:30.42 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:30.80 (ASA) 09/01/2011	4.9
Sam ALLEN	05:05.82 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:17.57 (ASA) 21/03/2010	4.9
Amelia SMITH	00:39.50 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:40.16 (ASA) 27/02/2010	4.9
Amelia SMITH	00:38.23 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:39.03 (ASA) 26/06/2010	4.9
Lauren OSBORNE	00:42.00 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:42.70 (ASA) 17/07/2010	4.9
Matthew NAUNTON	02:25.85 (ASA)	200 Breast	14/05/2011	Swansea Open Meet	02:27.66 (ASA) 12/03/2011	4.9
Todd LAST	02:41.55 (ASA)	200 Fly	23/04/2011	Newmarket Open Meet	02:42.88 (ASA) 05/03/2011	4.9
Charlie FULCHER	02:46.07 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	02:46.75 (ASA) 08/01/2011	4.9
Charlotte WICKENS	00:38.28 (ASA)	50 Fly	09/04/2011	Norwich Easter Meet	00:40.95 (ASA) 03/01/2010	4.9
Kieran WHIGHT	01:03.95 (ASA)	100 Free	02/10/2010	Open meet	01:05.55 (ASA) 24/04/2010	4.9
Anton AUTY	00:26.96 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:27.07 (ASA) 12/03/2011	4.9
Nicholas COOK	01:28.11 (ASA)	100 Breast	15/05/2011	Sudbury Open Meet	01:29.56 (ASA) 22/01/2011	4.9
Kieran HARRIS	00:39.47 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:40.62 (ASA) 03/07/2010	4.9
Adam LAST	01:05.99 (ASA)	100 Back	12/03/2011	Suffolk County Champ	01:07.35 (ASA) 24/10/2010	4.8
Georgina FULCHER	03:31.30 (ASA)	200 Breast	12/06/2010	BAGCATS Regionals	03:33.02 (ASA) 08/05/2010	4.8
Ella SMITH	01:36.90 (ASA)	100 Breast	16/04/2011	Summer League Div 1	01:38.89 (ASA) 20/11/2010	4.8
Calum TAIT	00:34.45 (ASA)	50 Free	17/07/2010	Skins 2010	00:35.89 (ASA) 18/09/2009	4.8
Caitlin RUSSELL	00:41.14 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:41.98 (ASA) 21/06/2010	4.8
Alex GOODCHILD	00:56.98 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:58.62 (ASA) 15/05/2010	4.8
Conor LYNCH	04:56.84 (ASA)	400 Free	08/01/2011	Ipswich Open Meet	04:59.23 (ASA) 21/11/2010	4.8
Amelia SMITH	01:21.72 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:29.57 (ASA) 28/03/2009	4.8
Rachel POUSTIE	00:41.84 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:42.69 (ASA) 17/07/2010	4.8
Conor LYNCH	02:52.91 (ASA)	200 Fly	24/10/2010	Sudbury Open Meet	03:07.86 (ASA) 07/03/2009	4.8
Bethany ELMER	01:13.63 (ASA)	100 Back	09/07/2010	Midsummer Madness Norwich	01:15.12 (ASA) 07/03/2010	4.8
Correy ABBOTT	02:42.85 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	02:46.82 (ASA) 16/05/2010	4.8
Alistair CLEMENTS	01:06.12 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:21.26 (ASA) 28/04/2007	4.8
Correy ABBOTT	01:18.81 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:22.06 (ASA) 18/09/2009	4.8
Isobelle WICKENS	01:37.88 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:39.45 (ASA) 20/11/2010	4.7
Sam ALLEN	00:30.92 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:32.19 (ASA) 17/07/2010	4.7
Georgina FULCHER	02:50.33 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:53.06 (ASA) 21/11/2010	4.7
Rachel POUSTIE	00:42.69 (ASA)	50 Breast	17/07/2010	Skins 2010	00:43.20 (ASA) 24/04/2010	4.7
Chloe CALVER	01:08.02 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:08.83 (ASA) 08/01/2011	4.7
Lauren OSBORNE	01:12.48 (ASA)	100 Free	22/01/2011	Sudbury Open Meet	01:14.81 (ASA) 21/06/2010	4.7
Amelia SMITH	00:39.03 (ASA)	50 Fly	26/06/2010	Sudbury Open Meet	00:40.61 (ASA) 18/09/2009	4.7
Kieran SMITH	00:38.41 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:38.56 (ASA) 26/02/2011	4.7
Conor LYNCH	02:17.94 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:20.12 (ASA) 20/11/2010	4.7
Kieran SMITH	03:14.75 (ASA)	200 IM	15/05/2011	Sudbury Open Meet	03:15.51 (ASA) 23/04/2011	4.7
Kieran WHIGHT	01:13.77 (ASA)	100 Fly	03/07/2010	Summer League Div 1	01:14.64 (ASA) 24/04/2010	4.7
Lewis MOORE	00:51.14 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:51.54 (ASA) 22/01/2011	4.7
Cerys RUSSELL	03:43.04 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:48.35 (ASA) 21/06/2010	4.7

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Sam ALLEN	01:38.30 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:43.93 (ASA) 18/09/2009	4.6
Emma STUDD	04:48.96 (ASA)	400 Free	21/11/2010	Deben Open Meet	04:59.38 (ASA) 21/03/2010	4.6
Chloe HEMBRY	00:35.05 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:36.75 (ASA) 21/11/2009	4.6
Angela FALCONER	00:38.44 (ASA)	50 Back	17/07/2010	Skins 2010	00:39.98 (ASA) 19/09/2009	4.6
Georgina FULCHER	02:55.49 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:56.85 (ASA) 27/11/2010	4.6
Hannah MOORE	02:56.85 (ASA)	200 Free	15/05/2011	Sudbury Open Meet	02:59.61 (ASA) 23/01/2011	4.6
Daisy PITT	00:43.90 (ASA)	50 Fly	16/04/2011	Summer League Div 1	00:45.11 (ASA) 18/09/2010	4.6
Conor LYNCH	01:03.50 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:03.99 (ASA) 22/01/2011	4.6
Ella SMITH	01:38.89 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:41.61 (ASA) 16/05/2010	4.6
Francesca SOUTER	00:34.26 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:35.20 (ASA) 03/07/2010	4.6
Matthew NAUNTON	00:31.34 (ASA)	50 Breast	02/10/2010	Open meet	00:32.07 (ASA) 11/04/2010	4.6
Amy BRAMMAR	02:59.68 (ASA)	200 IM	14/05/2011	Sudbury Open Meet	03:03.15 (ASA) 08/01/2011	4.5
Jack BRAMMAR	00:32.75 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:33.00 (ASA) 22/01/2011	4.5
Sam ALLEN	00:32.19 (ASA)	50 Free	17/07/2010	Skins 2010	00:32.56 (ASA) 24/04/2010	4.5
Amy BRAMMAR	00:47.60 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:48.89 (ASA) 24/04/2010	4.5
Nicholas ELMER	01:29.44 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:32.58 (ASA) 07/03/2010	4.5
Lewis RICKARDS	05:36.98 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:43.45 (ASA) 24/10/2010	4.5
Olivia DE'ATH	00:32.62 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:34.16 (ASA) 22/11/2009	4.5
Abigail HILL	05:55.83 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	06:11.12 (ASA) 06/03/2010	4.5
Chloe CALVER	01:17.66 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:19.14 (ASA) 24/10/2010	4.5
Nicholas ELMER	05:36.22 (ASA)	400 IM	20/11/2010	Deben Open Meet	05:47.93 (ASA) 13/03/2010	4.5
Charlie FULCHER	03:08.52 (ASA)	200 Fly	20/11/2010	Deben Open Meet	03:15.06 (ASA) 13/03/2010	4.5
Adam LAST	00:29.99 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:31.15 (ASA) 13/03/2010	4.5
Caitlin RUSSELL	02:34.80 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:47.16 (ASA) 28/03/2009	4.4
Lois BRADLEY	00:52.36 (ASA)	50 Back	17/07/2010	Skins 2010	00:53.75 (ASA) 03/01/2010	4.4
Charlie SELLER	02:55.85 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:35.65 (ASA) 30/09/2006	4.4
Conor LYNCH	00:32.95 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:33.95 (ASA) 17/07/2010	4.4
Emma STUDD	01:03.64 (ASA)	100 Free	29/01/2011	Winter League Div 1 A	01:04.35 (ASA) 21/11/2010	4.4
Francesca SOUTER	01:13.26 (ASA)	100 Free	29/01/2011	Winter League Div 2 B	01:13.53 (ASA) 08/01/2011	4.4
Francesca SOUTER	02:38.21 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:39.38 (ASA) 20/11/2010	4.4
Olivia TAYLOR	01:26.57 (ASA)	100 Fly	08/01/2011	Ipswich Open Meet	01:27.21 (ASA) 21/11/2010	4.4
Charlotte WICKENS	01:30.41 (ASA)	100 IM	23/04/2011	Newmarket Open Meet	01:34.56 (ASA) 15/05/2010	4.4
Amelia SMITH	02:37.13 (ASA)	200 Free	26/06/2010	Sudbury Open Meet	02:43.09 (ASA) 19/09/2009	4.4
Chloe CALVER	00:30.80 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:31.49 (ASA) 18/09/2010	4.4
Alistair CLEMENTS	00:36.88 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:38.13 (ASA) 06/03/2010	4.4
Tom BEAGLEY	00:45.14 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:45.47 (ASA) 13/03/2011	4.4
Louis SELLER	00:26.53 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:27.02 (ASA) 24/10/2010	4.4
Caitlin RUSSELL	01:27.46 (ASA)	100 Breast	22/01/2011	Sudbury Open Meet	01:28.42 (ASA) 20/11/2010	4.3
Adam LAST	02:19.82 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:22.39 (ASA) 24/10/2010	4.3
Louis SELLER	02:08.01 (ASA)	200 Free	05/06/2010	BAGCATS Regionals	02:09.41 (ASA) 06/03/2010	4.3
Louis SELLER	00:58.13 (ASA)	100 Free	12/06/2010	BAGCATS Regionals	00:58.34 (ASA) 05/06/2010	4.3
Angela FALCONER	01:34.83 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:40.23 (ASA) 19/09/2009	4.3
Lewis RICKARDS	00:30.10 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:30.65 (ASA) 17/07/2010	4.3
Ben HARRINGTON	00:42.35 (ASA)	50 Back	17/07/2010	Skins 2010	00:42.81 (ASA) 24/04/2010	4.3
Todd LAST	00:30.23 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:31.12 (ASA) 11/04/2010	4.3
Rachel POUSTIE	01:12.10 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:13.68 (ASA) 21/06/2010	4.3
Georgina FULCHER	02:55.59 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:56.85 (ASA) 27/11/2010	4.3
Amelia SMITH	05:33.55 (ASA)	400 Free	26/06/2010	Sudbury Open Meet	05:45.86 (ASA) 05/09/2009	4.3
Harry FULCHER	00:28.23 (ASA)	50 Free	17/07/2010	Skins 2010	00:28.74 (ASA) 14/03/2010	4.3
William FOSKETT	01:22.63 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:24.12 (ASA) 21/06/2010	4.3
Louis SELLER	00:29.52 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:30.83 (ASA) 13/03/2010	4.2
Francesca SOUTER	02:29.76 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:30.29 (ASA) 09/04/2011	4.2
Charlotte WICKENS	01:21.81 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	01:24.49 (ASA) 31/10/2009	4.2
Sam ALLEN	10:31.72 (ASA)	800 Free	19/11/2010	Deben Open Meet	10:50.03 (ASA) 11/04/2010	4.2
Olivia TAYLOR	01:29.86 (ASA)	100 Back	21/06/2010	Suffolk Development	01:32.80 (ASA) 25/09/2009	4.2

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
				Championsh		
Todd LAST	01:04.76 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:05.45 (ASA) 24/10/2010	4.2
Calum TAIT	00:42.58 (ASA)	50 Back	17/07/2010	Skins 2010	00:46.14 (ASA) 26/09/2008	4.2
JAKE LITTLE	01:12.61 (ASA)	100 Free	15/05/2011	Sudbury Open Meet	01:14.17 (ASA) 21/11/2010	4.2
Amy BRAMMAR	01:34.46 (ASA)	100 IM	26/06/2010	Sudbury Open Meet	01:37.89 (ASA) 18/09/2009	4.2
Harry FULCHER	00:27.53 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	00:28.02 (ASA) 24/10/2010	4.2
JAKE LITTLE	00:48.08 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:49.82 (ASA) 10/04/2010	4.2
Abigail WEBB	00:37.52 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:38.32 (ASA) 25/04/2010	4.2
Damien COLLIS	00:34.38 (ASA)	50 Free	26/06/2010	Sudbury Open Meet	00:34.50 (ASA) 20/06/2010	4.2
Harry FULCHER	00:36.10 (ASA)	50 Breast	18/01/2011	Time Trials	00:37.00 (ASA) 17/07/2010	4.2
Alistair CLEMENTS	00:55.92 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.31 (ASA) 08/01/2011	4.2
Lewis RICKARDS	00:33.93 (ASA)	50 Fly	26/02/2011	Winter League Div 2 B	00:35.27 (ASA) 24/04/2010	4.1
Lauren OSBORNE	00:41.28 (ASA)	50 Breast	26/02/2011	Winter League Div 2 B	00:42.00 (ASA) 24/10/2010	4.1
Abigail WEBB	00:40.75 (ASA)	50 Fly	26/02/2011	Winter League Div 2 B	00:40.89 (ASA) 29/01/2011	4.1
Abigail HILL	00:30.97 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:31.40 (ASA) 07/03/2010	4.1
Cerys RUSSELL	03:37.09 (ASA)	200 Breast	15/05/2011	Sudbury Open Meet	03:40.87 (ASA) 08/01/2011	4.1
Emma STUDD	00:37.16 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:38.75 (ASA) 13/03/2010	4.1
Caitlin RUSSELL	11:18.77 (ASA)	800 Free	19/11/2010	Deben Open Meet	11:55.44 (ASA) 06/09/2009	4.1
Charlie SELLER	00:30.62 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:30.83 (ASA) 18/09/2010	4.1
Jasmine SELLER	02:56.08 (ASA)	200 Fly	27/11/2010	Winter League Div 1 A	02:56.68 (ASA) 20/11/2010	4.1
Ella SMITH	00:45.19 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:46.29 (ASA) 16/05/2010	4.1
Kieran WHIGHT	04:46.14 (ASA)	400 Free	09/07/2010	Midsummer Madness Norwich	04:52.09 (ASA) 11/01/2010	4.1
Ben HARRINGTON	00:36.12 (ASA)	50 Free	03/07/2010	Summer League Div 1	00:36.49 (ASA) 24/04/2010	4.1
Caitlin RUSSELL	01:15.22 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:15.73 (ASA) 08/01/2011	4.0
Caitlin RUSSELL	03:12.12 (ASA)	200 Breast	24/10/2010	Sudbury Open Meet	03:15.41 (ASA) 21/06/2010	4.0
Mark SMEE	01:14.05 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:14.30 (ASA) 24/10/2010	4.0
Eleanor TENNANT	00:35.49 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:35.73 (ASA) 24/04/2010	4.0
Jessica FRYATT	01:21.54 (ASA)	100 Back	16/04/2011	Summer League Div 1	01:24.96 (ASA) 24/04/2010	4.0
Chloe CALVER	00:34.62 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:35.21 (ASA) 24/10/2010	4.0
Emma STUDD	02:18.04 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:18.97 (ASA) 27/11/2010	4.0
Daisy PITT	03:15.96 (ASA)	200 Free	20/11/2010	Deben Open Meet	03:19.29 (ASA) 21/06/2010	4.0
Amy BRAMMAR	00:34.82 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:35.53 (ASA) 17/07/2010	4.0
Nicholas COOK	03:15.80 (ASA)	200 Breast	14/05/2011	Sudbury Open Meet	03:18.44 (ASA) 23/01/2011	4.0
Abigail HILL	01:10.57 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:11.04 (ASA) 29/01/2011	4.0
Cerys RUSSELL	00:40.52 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:41.34 (ASA) 21/11/2010	4.0
Rachel POUSTIE	00:33.18 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:33.40 (ASA) 21/11/2010	4.0
Matthew NAUNTON	01:06.48 (ASA)	100 Breast	01/05/2011	Youth Regionals	01:06.92 (ASA) 05/03/2011	3.9
Rachel POUSTIE	02:40.44 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	02:45.89 (ASA) 19/09/2009	3.9
Abigail WEBB	00:55.37 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:56.67 (ASA) 25/04/2010	3.9
Amy BRAMMAR	01:15.90 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:16.40 (ASA) 21/11/2010	3.9
Louis SELLER	02:14.75 (ASA)	200 Back	13/03/2011	Suffolk County Champ	02:20.73 (ASA) 06/03/2010	3.9
Sophie LITTLE	01:00.80 (ASA)	50 Fly	23/01/2011	Sudbury Open Meet	01:02.64 (ASA) 16/05/2010	3.9
Rachel POUSTIE	02:55.55 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	02:57.87 (ASA) 22/01/2011	3.9
Eleanor TENNANT	01:17.21 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:18.23 (ASA) 14/03/2010	3.9
Isobelle WICKENS	00:48.75 (ASA)	50 Fly	09/07/2010	Midsummer Madness Norwich	00:49.23 (ASA) 08/05/2010	3.9
Charlie FULCHER	02:53.76 (ASA)	200 Back	20/06/2010	Suffolk Development Championsh	02:57.80 (ASA) 22/11/2009	3.9
Matthew NAUNTON	02:30.19 (ASA)	200 Breast	21/11/2010	Deben Open Meet	02:34.71 (ASA) 14/03/2010	3.9
Robert WHIGHT	00:54.92 (ASA)	100 Free	02/10/2010	Open meet	00:55.46 (ASA) 09/07/2010	3.9
Rachel POUSTIE	11:17.97 (ASA)	800 Free	19/11/2010	Deben Open Meet	11:52.64 (ASA) 06/09/2009	3.9
Calum TAIT	00:44.30 (ASA)	50 Breast	17/07/2010	Skins 2010	00:47.20 (ASA) 03/01/2009	3.9
Lauren OSBORNE	01:17.65 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:18.41 (ASA) 20/11/2010	3.9

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Conor LYNCH	00:37.47 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:37.96 (ASA) 17/07/2010	3.9
Jake GARROD	01:04.19 (ASA)	100 IM	26/02/2011	Winter League Div 2 B	01:15.08 (ASA) 23/06/2007	3.9
Louis SELLER	01:04.73 (ASA)	100 Back	05/06/2010	BAGCATS Regionals	01:05.15 (ASA) 24/04/2010	3.9
Emma STUDD	02:18.97 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	02:21.71 (ASA) 12/06/2010	3.9
Sam ALLEN	00:37.51 (ASA)	50 Back	17/07/2010	Skins 2010	00:39.15 (ASA) 21/06/2009	3.9
Robert WHIGHT	00:55.46 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	00:56.00 (ASA) 01/05/2010	3.9
Abigail HILL	01:16.52 (ASA)	100 Fly	08/05/2011	West Suffolk Open Des	01:18.28 (ASA) 24/10/2010	3.9
Cerys RUSSELL	00:44.39 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:46.47 (ASA) 16/05/2009	3.8
Adam LAST	00:29.67 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:29.86 (ASA) 21/11/2010	3.8
Kieran SMITH	00:43.38 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:45.85 (ASA) 21/06/2009	3.8
Amy BRAMMAR	01:15.66 (ASA)	100 Free	22/01/2011	Sudbury Open Meet	01:15.90 (ASA) 08/01/2011	3.8
Rebecca MERRILL	00:44.58 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:45.15 (ASA) 20/11/2010	3.8
Harry FULCHER	04:37.60 (ASA)	400 Free	20/03/2011	Suffolk County Champ	04:41.14 (ASA) 21/11/2010	3.8
Olivia DE'ATH	00:37.85 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:39.33 (ASA) 21/11/2009	3.8
Kieran HARRIS	00:47.54 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:48.92 (ASA) 10/04/2010	3.8
Adam LAST	02:20.16 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:22.39 (ASA) 24/10/2010	3.8
Kieran WHIGHT	02:39.73 (ASA)	200 Back	26/06/2010	Sudbury Open Meet	02:40.23 (ASA) 20/06/2010	3.7
Lewis RICKARDS	01:14.45 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:15.63 (ASA) 24/10/2010	3.7
Kieran SMITH	00:48.37 (ASA)	50 Breast	26/02/2011	Winter League Div 2 B	00:50.25 (ASA) 06/03/2010	3.7
Zara TAYLOR	00:43.81 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:45.07 (ASA) 13/03/2010	3.7
Mark SMEE	00:43.44 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:45.86 (ASA) 21/06/2009	3.7
Anton AUTY	01:08.39 (ASA)	100 Fly	08/01/2011	Ipswich Open Meet	01:10.58 (ASA) 14/03/2010	3.7
Lucy STOKES	01:10.26 (ASA)	100 Back	09/07/2010	Midsummer Madness Norwich	01:11.59 (ASA) 11/01/2010	3.7
Amy BRAMMAR	01:24.95 (ASA)	100 Back	21/05/2011	Summer League Div 1	01:26.01 (ASA) 23/01/2011	3.7
Amy BRAMMAR	00:35.53 (ASA)	50 Free	17/07/2010	Skins 2010	00:35.86 (ASA) 16/05/2010	3.7
Ryan SMITH	00:32.25 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:33.48 (ASA) 22/11/2009	3.7
Emma STUDD	01:12.59 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:14.88 (ASA) 08/05/2010	3.7
Georgina FULCHER	00:44.01 (ASA)	50 Breast	24/10/2010	Ipswich Junior Open Meet	00:44.28 (ASA) 18/09/2010	3.7
Charlie SELLER	00:30.34 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:30.62 (ASA) 24/10/2010	3.7
JAKE LITTLE	01:32.60 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:35.21 (ASA) 16/05/2010	3.7
Molly SMITH	00:56.11 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:57.51 (ASA) 10/04/2010	3.7
Hope SMITH	00:37.14 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:37.83 (ASA) 21/06/2010	3.6
Abigail HILL	01:11.77 (ASA)	100 Back	08/01/2011	Ipswich Open Meet	01:13.33 (ASA) 03/07/2010	3.6
Rachel POUSTIE	03:05.46 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:08.90 (ASA) 21/06/2010	3.6
Emma STUDD	00:37.34 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:38.75 (ASA) 13/03/2010	3.6
Olivia DE'ATH	00:43.76 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:45.41 (ASA) 21/11/2009	3.6
Olivia DE'ATH	01:34.59 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:39.09 (ASA) 19/09/2009	3.6
Emma STUDD	05:30.11 (ASA)	400 IM	20/11/2010	Deben Open Meet	05:39.23 (ASA) 06/03/2010	3.6
Mark SMEE	00:33.96 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:34.37 (ASA) 17/07/2010	3.6
Louis SELLER	00:30.41 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:30.87 (ASA) 24/10/2010	3.6
Jasmine SELLER	00:33.37 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:33.57 (ASA) 21/11/2010	3.6
Louis SELLER	04:30.59 (ASA)	400 Free	21/11/2010	Deben Open Meet	04:39.72 (ASA) 11/01/2010	3.6
Chloe CALVER	00:35.21 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:35.42 (ASA) 18/09/2010	3.6
Tom HALL	00:43.64 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:43.90 (ASA) 15/05/2010	3.6
Conor LYNCH	00:37.96 (ASA)	50 Breast	17/07/2010	Skins 2010	00:38.53 (ASA) 06/03/2010	3.6
Caitlin RUSSELL	02:44.84 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	02:48.82 (ASA) 20/06/2010	3.5
Hope SMITH	03:14.70 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:18.80 (ASA) 22/11/2009	3.5
Abigail HILL	05:26.66 (ASA)	400 Free	26/06/2010	Sudbury Open Meet	05:36.48 (ASA) 05/09/2009	3.5
Abigail WEBB	00:43.47 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:44.24 (ASA) 25/04/2010	3.5
Francesca SOUTER	05:28.06 (ASA)	400 Free	20/03/2011	Suffolk County Champ	05:29.97 (ASA) 23/01/2011	3.5
Jack BRAMMAR	03:04.19 (ASA)	200 Free	26/06/2010	Sudbury Open Meet	03:08.54 (ASA) 21/11/2009	3.5
Chloe CALVER	01:08.83 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:09.43 (ASA) 24/10/2010	3.5
Caitlin RUSSELL	02:48.82 (ASA)	200 Back	20/06/2010	Suffolk Development	02:56.97 (ASA) 14/03/2009	3.5

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
				Championsh		
Georgina FULCHER	03:02.14 (ASA)	200 Back	02/10/2010	Open meet	03:04.26 (ASA) 12/06/2010	3.5
Louis SELLER	00:36.09 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:36.94 (ASA) 06/03/2010	3.5
Georgina FULCHER	00:33.61 (ASA)	50 Free	09/07/2010	Midsummer Madness Norwich	00:34.10 (ASA) 07/03/2010	3.4
Abigail HILL	01:28.57 (ASA)	100 Breast	24/10/2010	Ipswich Junior Open Meet	01:30.12 (ASA) 08/05/2010	3.4
Charlie FULCHER	00:36.48 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:36.69 (ASA) 20/11/2010	3.4
Zara TAYLOR	00:38.01 (ASA)	50 Free	26/06/2010	Sudbury Open Meet	00:38.45 (ASA) 07/03/2010	3.4
Gregor TAIT	01:28.11 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:29.91 (ASA) 21/11/2009	3.4
Hope SMITH	11:20.62 (ASA)	800 Free	19/11/2010	Deben Open Meet	11:51.13 (ASA) 06/09/2009	3.4
Rebecca MERRILL	03:51.06 (ASA)	200 Breast	08/05/2011	West Suffolk Open Des	03:51.72 (ASA) 23/04/2011	3.4
Sam ALLEN	02:47.33 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	02:48.77 (ASA) 24/10/2010	3.4
Adam LAST	00:29.86 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:30.29 (ASA) 09/07/2010	3.4
Abigail HILL	01:13.33 (ASA)	100 Back	03/07/2010	Summer League Div 1	01:14.17 (ASA) 07/03/2010	3.4
Adam LAST	01:14.10 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:15.16 (ASA) 24/10/2010	3.4
Gregor TAIT	00:44.26 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:44.51 (ASA) 16/05/2010	3.4
Daniel PERRY	00:37.08 (ASA)	50 Free	17/07/2010	Skins 2010	00:37.82 (ASA) 03/01/2010	3.4
Caitlin RUSSELL	00:36.01 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:36.52 (ASA) 17/07/2010	3.4
Louis SELLER	01:03.47 (ASA)	100 Back	08/01/2011	Ipswich Open Meet	01:04.73 (ASA) 12/06/2010	3.3
Daisy PITT	00:45.91 (ASA)	50 Breast	16/04/2011	Summer League Div 1	00:47.22 (ASA) 03/07/2010	3.3
Adam LAST	00:28.80 (ASA)	50 Fly	01/05/2011	Youth Regionals	00:28.96 (ASA) 06/03/2011	3.3
Amelia SMITH	00:38.82 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:39.36 (ASA) 26/06/2010	3.3
Conor LYNCH	02:35.19 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:39.11 (ASA) 21/06/2010	3.3
Adam LAST	02:22.39 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	02:25.56 (ASA) 14/03/2010	3.3
Georgina FULCHER	00:40.16 (ASA)	50 Back	18/09/2010	Gosling Junior Trophy Gala	00:40.49 (ASA) 03/07/2010	3.3
Caitlin RUSSELL	01:10.00 (ASA)	100 Free	23/04/2011	Newmarket Open Meet	01:11.16 (ASA) 21/11/2010	3.3
Conor LYNCH	01:05.36 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:06.81 (ASA) 07/03/2010	3.3
Anton AUTY	00:29.04 (ASA)	50 Fly	09/04/2011	Norwich Easter Meet	00:29.85 (ASA) 09/07/2010	3.3
Tilly ABBOTT	01:04.33 (ASA)	50 Breast	20/11/2010	Deben Open Meet	01:05.21 (ASA) 17/07/2010	3.2
Robert ATTWATER	01:37.49 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:41.59 (ASA) 18/09/2009	3.2
Zara TAYLOR	00:43.34 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:43.81 (ASA) 20/11/2010	3.2
Anton AUTY	02:13.81 (ASA)	200 Free	24/10/2010	Ipswich Junior Open Meet	02:15.25 (ASA) 09/07/2010	3.2
Angela FALCONER	00:37.93 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:38.44 (ASA) 17/07/2010	3.2
Sam ALLEN	02:26.75 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:29.52 (ASA) 24/04/2010	3.2
Jack BRAMMAR	00:40.20 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:41.18 (ASA) 27/02/2010	3.2
Ella SMITH	03:06.33 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	03:07.32 (ASA) 16/05/2010	3.2
Robert WHIGHT	00:29.90 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:30.46 (ASA) 15/05/2010	3.2
Eleanor TENNANT	01:31.97 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:34.19 (ASA) 25/09/2009	3.1
Caitlin RUSSELL	00:36.52 (ASA)	50 Fly	17/07/2010	Skins 2010	00:37.00 (ASA) 14/03/2010	3.1
Olivia TAYLOR	00:33.56 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:33.91 (ASA) 09/07/2010	3.1
Rachel POUSTIE	01:13.68 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:15.63 (ASA) 18/09/2009	3.1
Conor LYNCH	00:36.99 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:37.47 (ASA) 24/10/2010	3.1
Jasmine SELLER	02:39.55 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:41.19 (ASA) 21/11/2010	3.1
Chloe CALVER	00:31.01 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:31.49 (ASA) 18/09/2010	3.0
Robert ATTWATER	01:27.53 (ASA)	100 IM	03/07/2010	Summer League Div 2	01:35.27 (ASA) 01/12/2007	3.0
Abigail HILL	02:37.67 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:41.35 (ASA) 13/03/2010	3.0
Abigail WEBB	00:37.30 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:37.49 (ASA) 08/01/2011	3.0
Jack BRAMMAR	01:20.48 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:21.51 (ASA) 26/06/2010	3.0
Paige WESTBROOK	00:35.04 (ASA)	50 Fly	03/07/2010	Summer League Div 1	00:35.76 (ASA) 22/11/2009	3.0
Annabel MACE	00:35.73 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:36.37 (ASA) 03/07/2010	3.0
Lewis RICKARDS	01:04.48 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:05.79 (ASA) 09/07/2010	3.0
Chloe CALVER	02:45.26 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:49.04 (ASA) 20/06/2010	3.0

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Lauren OSBORNE	01:28.46 (ASA)	100 Breast	14/05/2011	Sudbury Open Meet	01:29.78 (ASA) 20/11/2010	2.9
Harry FULCHER	02:32.79 (ASA)	200 IM	09/07/2010	Midsummer Madness Norwich	02:34.30 (ASA) 14/03/2010	2.9
Charlie FULCHER	00:30.30 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:30.75 (ASA) 15/05/2010	2.9
Louis SELLER	00:57.14 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	00:58.13 (ASA) 12/06/2010	2.9
Chloe CALVER	02:28.28 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:29.37 (ASA) 08/01/2011	2.9
Emma STUDD	00:37.62 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:38.75 (ASA) 13/03/2010	2.9
Lewis RICKARDS	01:18.56 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:19.90 (ASA) 03/07/2010	2.9
Joseph BRIERLEY	00:38.68 (ASA)	50 Free	18/09/2010	Gosling Junior Trophy Gala	00:38.96 (ASA) 17/07/2010	2.9
Amelia SMITH	02:56.89 (ASA)	200 Back	26/06/2010	Sudbury Open Meet	03:00.34 (ASA) 22/11/2009	2.9
Rebecca MERRILL	00:37.46 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:37.64 (ASA) 05/03/2011	2.9
Cerys RUSSELL	01:31.25 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:32.13 (ASA) 22/01/2011	2.9
Kieran WHIGHT	01:02.49 (ASA)	100 Free	29/01/2011	Winter League Div 1 A	01:03.09 (ASA) 23/10/2010	2.9
Correy ABBOTT	00:35.04 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:35.46 (ASA) 20/06/2010	2.8
Matthew NAUNTON	00:25.27 (ASA)	50 Free	09/01/2011	Derby Open Meet	00:25.82 (ASA) 11/04/2010	2.8
Emma STUDD	02:36.93 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	02:39.56 (ASA) 24/04/2010	2.8
Kieran SMITH	00:38.05 (ASA)	50 Free	17/07/2010	Skins 2010	00:38.32 (ASA) 24/04/2010	2.8
Adam LAST	00:25.52 (ASA)	50 Free	30/01/2011	Zonal Meet	00:25.58 (ASA) 08/01/2011	2.8
Paige WESTBROOK	03:13.16 (ASA)	200 Breast	09/07/2010	Midsummer Madness Norwich	03:17.23 (ASA) 31/10/2009	2.8
JAKE LITTLE	00:33.71 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:34.42 (ASA) 24/04/2010	2.8
Matthew NAUNTON	00:29.19 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:29.46 (ASA) 20/11/2010	2.7
Louis SELLER	02:41.08 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	02:41.82 (ASA) 27/11/2010	2.7
Louis SELLER	02:20.36 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:22.64 (ASA) 12/06/2010	2.7
Annabel MACE	01:17.30 (ASA)	100 Free	14/05/2011	Sudbury Open Meet	01:18.37 (ASA) 21/11/2010	2.7
Louis SELLER	00:35.68 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:36.09 (ASA) 24/10/2010	2.7
Fenella FOSKETT	00:57.48 (ASA)	100 Free	01/05/2011	Youth Regionals	00:59.93 (ASA) 22/11/2009	2.7
Sam ALLEN	01:21.08 (ASA)	100 Back	23/10/2010	BASHER GALA	01:22.19 (ASA) 24/04/2010	2.7
Rachel POUSTIE	02:52.82 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:55.18 (ASA) 20/06/2010	2.7
Amy BRAMMAR	01:40.11 (ASA)	100 Breast	23/04/2011	Newmarket Open Meet	01:41.47 (ASA) 20/11/2010	2.7
Matthew NAUNTON	01:07.68 (ASA)	100 Breast	09/01/2011	Derby Open Meet	01:08.29 (ASA) 02/10/2010	2.7
Louis SELLER	02:06.30 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:08.01 (ASA) 12/06/2010	2.7
Sam ALLEN	02:48.77 (ASA)	200 Back	24/10/2010	Sudbury Open Meet	02:51.81 (ASA) 06/03/2010	2.7
Ryan SMITH	00:34.81 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:35.12 (ASA) 20/11/2010	2.6
Jasmine SELLER	05:49.56 (ASA)	400 IM	20/11/2010	Deben Open Meet	05:50.33 (ASA) 24/10/2010	2.6
Charlie FULCHER	02:15.60 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:16.80 (ASA) 20/11/2010	2.6
Hope SMITH	00:36.86 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:38.11 (ASA) 18/04/2009	2.6
Bethany ELMER	01:17.34 (ASA)	100 Breast	29/01/2011	Winter League Div 1 A	01:17.85 (ASA) 20/11/2010	2.6
Amelia SMITH	02:54.96 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:56.89 (ASA) 26/06/2010	2.6
Abigail HILL	02:39.16 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:43.06 (ASA) 24/04/2010	2.6
Amelia SMITH	03:05.81 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:07.84 (ASA) 26/06/2010	2.6
Todd LAST	02:42.88 (ASA)	200 Fly	05/03/2011	Suffolk County Champ	02:44.30 (ASA) 20/11/2010	2.6
Gregor TAIT	01:16.73 (ASA)	100 Free	15/05/2011	Sudbury Open Meet	01:18.58 (ASA) 21/06/2010	2.6
Rebecca MERRILL	00:37.38 (ASA)	50 Free	08/05/2011	West Suffolk Open Des	00:37.46 (ASA) 23/04/2011	2.6
Abigail HILL	01:18.28 (ASA)	100 Fly	24/10/2010	Ipswich Junior Open Meet	01:19.46 (ASA) 24/04/2010	2.5
William FOSKETT	01:00.55 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:01.19 (ASA) 23/10/2010	2.5
Mark SMEE	01:14.30 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:15.08 (ASA) 21/06/2010	2.5
Lauren OSBORNE	00:38.35 (ASA)	50 Back	17/07/2010	Skins 2010	00:38.59 (ASA) 01/05/2010	2.5
Harry FULCHER	05:14.21 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:22.18 (ASA) 13/03/2010	2.5
Zara TAYLOR	01:37.36 (ASA)	100 Breast	12/03/2011	Suffolk County Champ	01:39.20 (ASA) 09/07/2010	2.5
Harry FULCHER	05:14.22 (ASA)	400 IM	12/03/2011	Suffolk County Champ	05:22.18 (ASA) 13/03/2010	2.5
Joseph BRIERLEY	03:01.82 (ASA)	200 Back	08/05/2011	West Suffolk Open Des	03:02.57 (ASA) 13/03/2011	2.5
Jasmine SELLER	01:13.79 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:15.64 (ASA) 07/03/2010	2.4
Hope SMITH	01:14.98 (ASA)	100 Back	18/01/2011	Time Trials	01:16.68 (ASA) 07/03/2010	2.4
Abigail HILL	00:41.24 (ASA)	50 Breast	23/04/2011	Newmarket Open Meet	00:42.08 (ASA) 26/06/2010	2.4
Eleanor TENNANT	01:16.44 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:17.21 (ASA) 21/06/2010	2.4

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Olivia TAYLOR	03:03.82 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:09.09 (ASA) 26/09/2009	2.4
Todd LAST	01:08.40 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	01:08.81 (ASA) 24/04/2010	2.4
Harry FULCHER	02:31.58 (ASA)	200 IM	24/10/2010	Ipswich Junior Open Meet	02:32.79 (ASA) 09/07/2010	2.4
Correy ABBOTT	03:38.81 (ASA)	200 Breast	21/06/2010	Suffolk Development Championsh	03:43.21 (ASA) 18/09/2009	2.4
Matthew NAUNTON	02:19.82 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:20.93 (ASA) 20/11/2010	2.4
Robert WHIGHT	00:29.61 (ASA)	50 Back	09/04/2011	Norwich Easter Meet	00:29.90 (ASA) 20/11/2010	2.3
Caitlin RUSSELL	03:08.12 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:08.85 (ASA) 21/11/2010	2.3
Conor LYNCH	01:15.19 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:16.52 (ASA) 14/03/2010	2.3
Gregor TAIT	01:26.44 (ASA)	100 IM	16/04/2011	Summer League Div 1	01:28.11 (ASA) 20/06/2010	2.3
Katie NEGUS	00:47.01 (ASA)	50 Back	21/05/2011	Summer League Div 1	00:48.29 (ASA) 10/04/2010	2.3
Harry FULCHER	01:00.53 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:00.76 (ASA) 21/11/2010	2.3
Harry FULCHER	01:01.62 (ASA)	100 Free	02/10/2010	Open meet	01:01.97 (ASA) 09/07/2010	2.3
Jake GARROD	01:01.88 (ASA)	100 Fly	29/01/2011	Winter League Div 1 A	01:03.67 (ASA) 22/11/2009	2.2
Harry FULCHER	00:28.02 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:28.23 (ASA) 17/07/2010	2.2
Kieran SMITH	00:42.90 (ASA)	50 Back	15/05/2011	Sudbury Open Meet	00:43.38 (ASA) 20/11/2010	2.2
Abigail HILL	00:34.24 (ASA)	50 Back	09/07/2010	Midsummer Madness Norwich	00:34.43 (ASA) 08/05/2010	2.2
Abigail HILL	01:10.78 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:11.04 (ASA) 29/01/2011	2.2
Lauren OSBORNE	00:32.91 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:33.46 (ASA) 01/05/2010	2.2
Rebecca MERRILL	00:54.04 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	00:54.63 (ASA) 21/11/2010	2.2
Eleanor TENNANT	02:47.44 (ASA)	200 Free	21/06/2010	Suffolk Development Championsh	02:49.25 (ASA) 11/01/2010	2.1
Rachel POUSTIE	00:33.40 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:33.70 (ASA) 17/07/2010	2.1
Nicholas ELMER	00:36.55 (ASA)	50 Back	03/07/2010	Summer League Div 1	00:36.68 (ASA) 15/05/2010	2.1
Sam ALLEN	01:17.30 (ASA)	100 Back	21/05/2011	Summer League Div 1	01:17.85 (ASA) 29/01/2011	2.1
Chloe HEMBRY	00:31.37 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:31.99 (ASA) 01/05/2010	2.1
Abigail HILL	00:33.99 (ASA)	50 Fly	13/03/2011	Suffolk County Champ	00:34.17 (ASA) 08/01/2011	2.1
Conor LYNCH	04:59.23 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:03.99 (ASA) 21/03/2010	2.1
Rachel POUSTIE	00:32.95 (ASA)	50 Free	23/04/2011	Newmarket Open Meet	00:33.18 (ASA) 08/01/2011	2.1
JAKE LITTLE	01:31.96 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	01:32.60 (ASA) 22/01/2011	2.1
Chloe CALVER	00:37.42 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:37.74 (ASA) 21/06/2010	2.0
Emma STUDD	03:02.34 (ASA)	200 Breast	24/10/2010	Ipswich Junior Open Meet	03:04.20 (ASA) 08/05/2010	2.0
Fenella FOSKETT	00:29.60 (ASA)	50 Fly	01/05/2011	Youth Regionals	00:30.26 (ASA) 01/05/2010	2.0
Georgina FULCHER	03:04.26 (ASA)	200 Back	05/06/2010	BAGCATS Regionals	03:05.19 (ASA) 13/03/2010	2.0
Conor LYNCH	03:01.35 (ASA)	200 Breast	08/01/2011	Ipswich Open Meet	03:03.49 (ASA) 21/06/2010	2.0
Caitlin RUSSELL	01:11.68 (ASA)	100 Free	23/10/2010	BASHER GALA	01:12.28 (ASA) 21/06/2010	2.0
Kieran WHIGHT	00:29.95 (ASA)	50 Free	02/10/2010	Open meet	00:30.15 (ASA) 20/06/2010	2.0
Jasmine SELLER	02:56.68 (ASA)	200 Fly	20/11/2010	Deben Open Meet	03:03.97 (ASA) 29/11/2008	2.0
Abigail HILL	00:30.00 (ASA)	50 Free	05/03/2011	Suffolk County Champ	00:30.30 (ASA) 18/09/2010	2.0
Matthew NAUNTON	00:30.37 (ASA)	50 Breast	09/04/2011	Norwich Easter Meet	00:30.42 (ASA) 13/03/2011	2.0
Rebecca MERRILL	03:34.40 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	03:35.10 (ASA) 21/11/2010	2.0
Rachel POUSTIE	01:23.14 (ASA)	100 Back	21/06/2010	Suffolk Development Championsh	01:23.41 (ASA) 15/05/2010	1.9
Louis SELLER	05:12.07 (ASA)	400 IM	24/10/2010	Sudbury Open Meet	05:16.16 (ASA) 13/03/2010	1.9
Rachel POUSTIE	00:41.57 (ASA)	50 Breast	26/02/2011	Winter League Div 2 B	00:41.84 (ASA) 20/11/2010	1.9
Lewis RICKARDS	00:36.87 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:37.35 (ASA) 21/06/2010	1.9
Abigail HILL	00:34.17 (ASA)	50 Fly	08/01/2011	Ipswich Open Meet	00:34.28 (ASA) 21/11/2010	1.9
Conor LYNCH	00:29.86 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:30.10 (ASA) 17/07/2010	1.9
Angela FALCONER	00:43.61 (ASA)	50 Breast	17/07/2010	Skins 2010	00:44.31 (ASA) 26/09/2009	1.9
Charlie FULCHER	01:04.94 (ASA)	100 Free	06/03/2011	Suffolk County Champ	01:05.56 (ASA) 02/10/2010	1.9
Olivia DE'ATH	03:24.45 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:28.36 (ASA) 22/11/2009	1.9
Matthew NAUNTON	02:20.93 (ASA)	200 IM	20/11/2010	Deben Open Meet	02:22.94 (ASA) 14/03/2010	1.9
Robert WHIGHT	00:24.45 (ASA)	50 Free	02/10/2010	Open meet	00:24.68 (ASA) 02/05/2010	1.9
Jasmine SELLER	05:50.33 (ASA)	400 IM	24/10/2010	Sudbury Open Meet	05:54.70 (ASA) 06/03/2010	1.8
Harry FULCHER	02:29.02 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:29.71 (ASA) 08/01/2011	1.8
Lewis RICKARDS	00:31.21 (ASA)	50 Free	20/06/2010	Suffolk Development	00:31.50 (ASA) 11/01/2010	1.8

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
				Championsh		
Jake GARROD	00:55.61 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.65 (ASA) 07/03/2010	1.8
Jessica FRYATT	00:34.58 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:34.90 (ASA) 20/06/2010	1.8
Georgina FULCHER	00:39.33 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:39.39 (ASA) 24/10/2010	1.8
Fenella FOSKETT	09:02.56 (ASA)	800 Free	01/05/2011	Youth Regionals	09:19.58 (ASA) 06/09/2009	1.8
Abigail HILL	00:33.98 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:34.24 (ASA) 09/07/2010	1.8
Mark SMEE	02:44.97 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	02:46.23 (ASA) 21/06/2010	1.8
Hope SMITH	00:33.06 (ASA)	50 Free	17/07/2010	Skins 2010	00:33.67 (ASA) 18/07/2009	1.8
Rebecca MERRILL	00:52.99 (ASA)	50 Breast	17/07/2010	Skins 2010	00:53.07 (ASA) 26/06/2010	1.8
Anton AUTY	02:15.25 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	02:15.86 (ASA) 24/04/2010	1.8
Jack BRAMMAR	00:40.34 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:40.89 (ASA) 07/03/2010	1.8
Emma STUDD	02:32.58 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:35.36 (ASA) 13/03/2010	1.8
Conor LYNCH	02:20.12 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:21.17 (ASA) 21/06/2010	1.8
Rebecca MERRILL	00:42.38 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:42.63 (ASA) 17/07/2010	1.8
Jake GARROD	02:21.20 (ASA)	200 Back	27/11/2010	Winter League Div 1 A	02:23.08 (ASA) 06/03/2010	1.8
William FOSKETT	00:27.82 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:28.19 (ASA) 20/06/2010	1.8
Lewis RICKARDS	01:15.63 (ASA)	100 Fly	24/10/2010	Sudbury Open Meet	01:15.74 (ASA) 23/10/2010	1.7
Ryan SMITH	00:34.26 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:34.61 (ASA) 24/04/2010	1.7
Harry FULCHER	01:01.97 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	01:02.42 (ASA) 07/03/2010	1.7
Cerys RUSSELL	01:32.13 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:32.53 (ASA) 20/11/2010	1.7
Chloe CALVER	01:20.97 (ASA)	100 IM	23/04/2011	Newmarket Open Meet	01:22.27 (ASA) 20/06/2010	1.7
Adam LAST	01:04.44 (ASA)	100 Fly	13/03/2011	Suffolk County Champ	01:05.57 (ASA) 11/04/2010	1.7
Jessica FRYATT	00:37.06 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:37.76 (ASA) 31/10/2009	1.7
Kieran WHIGHT	00:29.78 (ASA)	50 Free	09/01/2011	Derby Open Meet	00:29.95 (ASA) 02/10/2010	1.7
Amelia SMITH	01:28.60 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:29.23 (ASA) 26/06/2010	1.7
Jake GARROD	00:55.70 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.65 (ASA) 07/03/2010	1.7
Jack BRAMMAR	01:29.14 (ASA)	100 Back	22/01/2011	Sudbury Open Meet	01:30.02 (ASA) 26/06/2010	1.7
Anton AUTY	02:29.80 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:30.43 (ASA) 08/01/2011	1.7
Bethany ELMER	02:17.20 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:17.97 (ASA) 20/11/2010	1.7
Nicholas COOK	01:22.24 (ASA)	100 Back	15/05/2011	Sudbury Open Meet	01:22.70 (ASA) 23/01/2011	1.7
Conor LYNCH	02:42.03 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	02:43.85 (ASA) 20/06/2010	1.7
Lewis RICKARDS	01:33.59 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:33.85 (ASA) 24/04/2010	1.7
Kieran SMITH	00:48.17 (ASA)	50 Breast	15/05/2011	Sudbury Open Meet	00:48.37 (ASA) 26/02/2011	1.7
Abigail HILL	01:27.96 (ASA)	100 Breast	12/03/2011	Suffolk County Champ	01:28.57 (ASA) 24/10/2010	1.7
Olivia TAYLOR	01:27.29 (ASA)	100 IM	20/06/2010	Suffolk Development Championsh	01:27.53 (ASA) 16/05/2010	1.6
Olivia TAYLOR	00:38.10 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:38.31 (ASA) 03/07/2010	1.6
Ellisse MOREY	01:36.61 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:37.68 (ASA) 14/03/2010	1.6
Olivia TAYLOR	01:18.60 (ASA)	100 Free	21/06/2010	Suffolk Development Championsh	01:19.36 (ASA) 22/11/2009	1.6
William FOSKETT	02:12.49 (ASA)	200 Free	24/10/2010	Ipswich Junior Open Meet	02:13.40 (ASA) 21/06/2010	1.6
Louis SELLER	00:27.71 (ASA)	50 Free	17/07/2010	Skins 2010	00:27.90 (ASA) 14/03/2010	1.6
Sam ALLEN	01:07.77 (ASA)	100 Free	23/04/2011	Newmarket Open Meet	01:08.14 (ASA) 08/01/2011	1.6
Jake GARROD	00:28.13 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:28.28 (ASA) 21/11/2010	1.6
Ellisse MOREY	01:31.59 (ASA)	100 Back	20/11/2010	Deben Open Meet	01:33.19 (ASA) 31/10/2009	1.6
Lewis RICKARDS	02:43.71 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:44.36 (ASA) 08/01/2011	1.6
Matthew NAUNTON	00:30.33 (ASA)	50 Breast	01/05/2011	Youth Regionals	00:30.37 (ASA) 09/04/2011	1.6
Lois BRADLEY	00:56.14 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:56.51 (ASA) 21/06/2010	1.6
Amelia SMITH	01:13.31 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:14.77 (ASA) 18/09/2009	1.6
Charlie FULCHER	00:36.44 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:36.82 (ASA) 21/06/2010	1.5
Jasmine SELLER	02:20.96 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:25.25 (ASA) 18/01/2009	1.5
Georgina FULCHER	00:33.30 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:33.47 (ASA) 17/07/2010	1.5
Georgia RICKARDS	02:48.29 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	02:49.58 (ASA) 24/10/2010	1.5
Harry FULCHER	04:41.14 (ASA)	400 Free	21/11/2010	Deben Open Meet	04:44.36 (ASA) 21/03/2010	1.5
Lewis RICKARDS	02:43.74 (ASA)	200 IM	13/03/2011	Suffolk County Champ	02:44.36 (ASA) 08/01/2011	1.5

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FOR ALL SWIMMERS**

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Cerys RUSSELL	00:36.31 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:36.63 (ASA) 24/04/2010	1.5
Rebecca MERRILL	00:51.01 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:51.33 (ASA) 23/10/2010	1.5
Nicholas COOK	00:37.17 (ASA)	50 Back	15/05/2011	Sudbury Open Meet	00:37.45 (ASA) 20/11/2010	1.5
Eleanor TENNANT	00:41.03 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:41.54 (ASA) 03/01/2010	1.5
Ella SMITH	00:36.77 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:37.18 (ASA) 24/04/2010	1.5
Louis SELLER	02:48.21 (ASA)	200 Breast	24/10/2010	Sudbury Open Meet	02:49.86 (ASA) 14/03/2010	1.5
Anton AUTY	02:48.64 (ASA)	200 Breast	21/11/2010	Deben Open Meet	02:51.13 (ASA) 22/11/2009	1.5
Emma STUDD	01:04.35 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:04.74 (ASA) 03/07/2010	1.4
Lucy STOKES	01:06.09 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:06.81 (ASA) 14/03/2010	1.4
Ella SMITH	03:35.54 (ASA)	200 Breast	21/11/2010	Deben Open Meet	03:37.36 (ASA) 16/05/2010	1.4
Rachel POUSTIE	03:05.02 (ASA)	200 Breast	18/01/2011	Time Trials	03:05.46 (ASA) 21/11/2010	1.4
Nicholas ELMER	01:10.15 (ASA)	100 Back	09/04/2011	Norwich Easter Meet	01:10.40 (ASA) 29/01/2011	1.4
Conor LYNCH	01:24.18 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:24.98 (ASA) 07/03/2010	1.4
Hope SMITH	05:53.92 (ASA)	400 IM	24/10/2010	Sudbury Open Meet	05:57.28 (ASA) 06/03/2010	1.4
Chloe HEMBRY	00:28.91 (ASA)	50 Free	01/05/2011	Youth Regionals	00:29.35 (ASA) 01/05/2010	1.4
Anton AUTY	01:18.19 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:19.10 (ASA) 30/01/2010	1.4
Eleanor TENNANT	02:41.87 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:42.43 (ASA) 24/10/2010	1.4
Jake GARROD	00:28.15 (ASA)	50 Fly	06/03/2011	Suffolk County Champ	00:28.28 (ASA) 21/11/2010	1.4
Ryan SMITH	01:19.36 (ASA)	100 Breast	29/01/2011	Winter League Div 2 B	01:20.94 (ASA) 18/09/2009	1.4
Gregor TAIT	02:58.97 (ASA)	200 Back	14/05/2011	Sudbury Open Meet	03:01.26 (ASA) 20/06/2010	1.4
Abigail HILL	01:06.28 (ASA)	100 Free	24/10/2010	Ipswich Junior Open Meet	01:06.74 (ASA) 08/05/2010	1.4
Sam ALLEN	01:10.42 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	01:10.99 (ASA) 24/04/2010	1.4
Anton AUTY	00:35.05 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:35.25 (ASA) 09/07/2010	1.4
William FOSKETT	02:11.74 (ASA)	200 Free	06/03/2011	Suffolk County Champ	02:12.49 (ASA) 24/10/2010	1.4
Ellisse MOREY	05:41.96 (ASA)	400 Free	09/07/2010	Midsummer Madness Norwich	05:48.18 (ASA) 22/03/2009	1.3
Anton AUTY	00:29.85 (ASA)	50 Fly	09/07/2010	Midsummer Madness Norwich	00:29.95 (ASA) 24/04/2010	1.3
Abigail HILL	02:24.80 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:26.26 (ASA) 13/03/2010	1.3
Abigail HILL	02:24.16 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:24.80 (ASA) 20/11/2010	1.3
Isobelle WICKENS	00:39.47 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:39.73 (ASA) 08/05/2010	1.3
Gregor TAIT	00:34.67 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:34.86 (ASA) 17/07/2010	1.3
Bethany ELMER	01:12.67 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	01:15.19 (ASA) 28/06/2008	1.3
Caitlin RUSSELL	00:32.89 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:33.49 (ASA) 31/01/2009	1.3
Ellisse MOREY	03:20.11 (ASA)	200 Breast	24/10/2010	Sudbury Open Meet	03:21.81 (ASA) 07/03/2010	1.3
Emma STUDD	01:04.74 (ASA)	100 Free	03/07/2010	Summer League Div 1	01:05.15 (ASA) 30/01/2010	1.3
Kieran WHIGHT	00:33.66 (ASA)	50 Back	26/02/2011	Winter League Div 2 B	00:33.98 (ASA) 26/06/2010	1.3
Daniel HARRIS	01:02.77 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	01:02.90 (ASA) 20/11/2010	1.2
Rachel POUSTIE	01:30.18 (ASA)	100 Breast	23/10/2010	BASHER GALA	01:30.93 (ASA) 14/03/2010	1.2
Amy BRAMMAR	00:39.10 (ASA)	50 Fly	23/01/2011	Sudbury Open Meet	00:39.38 (ASA) 17/07/2010	1.2
Fenella FOSKETT	04:25.61 (ASA)	400 Free	01/05/2011	Youth Regionals	04:29.44 (ASA) 21/03/2010	1.2
Adam LAST	00:26.04 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:26.28 (ASA) 14/03/2010	1.2
Hope SMITH	01:21.72 (ASA)	100 Fly	23/10/2010	BASHER GALA	01:22.22 (ASA) 08/05/2010	1.2
Georgina FULCHER	01:22.25 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:22.58 (ASA) 20/11/2010	1.2
Chloe HEMBRY	01:18.62 (ASA)	100 Fly	24/10/2010	Ipswich Junior Open Meet	01:19.97 (ASA) 30/05/2009	1.2
Jasmine SELLER	02:40.55 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:41.19 (ASA) 21/11/2010	1.2
Jasmine SELLER	00:29.73 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:30.36 (ASA) 02/05/2009	1.2
Amy BRAMMAR	03:15.46 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:16.82 (ASA) 16/05/2010	1.2
Jack BRAMMAR	00:34.84 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:35.15 (ASA) 14/03/2010	1.2
Jasmine SELLER	01:04.75 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:06.24 (ASA) 17/01/2009	1.2
Eleanor TENNANT	00:40.91 (ASA)	50 Back	08/01/2011	Ipswich Open Meet	00:41.03 (ASA) 24/10/2010	1.2
Jack BRAMMAR	03:09.84 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:11.52 (ASA) 06/03/2010	1.2
Ryan SMITH	00:29.58 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:29.78 (ASA) 24/04/2010	1.2
Jasmine SELLER	01:17.29 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:19.97 (ASA) 26/04/2008	1.1
Emma STUDD	01:14.48 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:15.25 (ASA) 24/04/2010	1.1
Emma STUDD	00:34.51 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:34.89 (ASA) 06/03/2010	1.1

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FOR ALL SWIMMERS**

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Times set under ASA law only**

NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Jake GARROD	00:25.26 (ASA)	50 Free	01/05/2011	Youth Regionals	00:25.82 (ASA) 02/05/2009	1.1
Matthew NAUNTON	00:56.46 (ASA)	100 Free	09/01/2011	Derby Open Meet	00:56.92 (ASA) 11/04/2010	1.1
Amelia SMITH	00:34.23 (ASA)	50 Free	17/07/2010	Skins 2010	00:34.54 (ASA) 25/09/2009	1.1
Harry FULCHER	01:12.81 (ASA)	100 Fly	02/10/2010	Open meet	01:13.27 (ASA) 14/03/2010	1.1
Matthew NAUNTON	00:25.18 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:25.27 (ASA) 09/01/2011	1.1
Louis SELLER	00:56.51 (ASA)	100 Free	06/03/2011	Suffolk County Champ	00:56.61 (ASA) 30/01/2011	1.1
Jasmine SELLER	05:10.33 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:14.48 (ASA) 05/09/2009	1.1
Charlotte WICKENS	00:47.39 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:47.89 (ASA) 21/11/2009	1.0
Amelia SMITH	05:32.10 (ASA)	400 Free	21/11/2010	Deben Open Meet	05:33.55 (ASA) 26/06/2010	1.0
Rachel POUSTIE	05:34.59 (ASA)	400 Free	23/04/2011	Newmarket Open Meet	05:40.50 (ASA) 05/09/2009	1.0
Zara TAYLOR	00:37.88 (ASA)	50 Free	24/10/2010	Sudbury Open Meet	00:38.01 (ASA) 26/06/2010	1.0
Robert WHIGHT	00:26.58 (ASA)	50 Fly	09/04/2011	Norwich Easter Meet	00:26.74 (ASA) 02/10/2010	1.0
Jasmine SELLER	02:20.48 (ASA)	200 Free	13/03/2011	Suffolk County Champ	02:20.96 (ASA) 20/11/2010	1.0
Georgia RICKARDS	00:31.25 (ASA)	50 Free	17/07/2010	Skins 2010	00:31.33 (ASA) 01/05/2010	1.0
Todd LAST	02:32.88 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	02:33.14 (ASA) 13/03/2011	1.0
Adam LAST	02:04.92 (ASA)	200 Free	27/11/2010	Winter League Div 2 B	02:05.88 (ASA) 06/03/2010	1.0
Matthew NAUNTON	00:28.73 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:28.95 (ASA) 07/03/2010	1.0
Robert WHIGHT	01:04.96 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:05.51 (ASA) 15/05/2010	1.0
Jasmine SELLER	00:33.57 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:33.71 (ASA) 17/07/2010	1.0
Amelia SMITH	01:26.21 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:26.85 (ASA) 14/03/2010	1.0
Amy BRAMMAR	02:41.12 (ASA)	200 Free	15/05/2011	Sudbury Open Meet	02:41.78 (ASA) 08/01/2011	1.0
Kieran WHIGHT	02:16.80 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:17.36 (ASA) 09/07/2010	1.0
Caitlin RUSSELL	01:19.86 (ASA)	100 Fly	15/05/2011	Sudbury Open Meet	01:20.12 (ASA) 23/01/2011	1.0
Correy ABBOTT	00:47.35 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:48.09 (ASA) 18/04/2009	1.0
Caitlin RUSSELL	00:31.87 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	00:32.05 (ASA) 17/07/2010	1.0
Alistair CLEMENTS	00:25.43 (ASA)	50 Free	12/03/2011	Suffolk County Champ	00:25.76 (ASA) 22/11/2009	1.0
Lauren OSBORNE	03:01.11 (ASA)	200 IM	14/05/2011	Sudbury Open Meet	03:01.98 (ASA) 20/11/2010	1.0
Adam LAST	04:26.78 (ASA)	400 Free	08/01/2011	Ipswich Open Meet	04:28.91 (ASA) 21/03/2010	1.0
Angela FALCONER	01:12.31 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:12.99 (ASA) 22/11/2009	0.9
Todd LAST	01:19.09 (ASA)	100 Fly	09/07/2010	Midsummer Madness Norwich	01:19.27 (ASA) 24/04/2010	0.9
Harry FULCHER	02:30.81 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	02:32.40 (ASA) 06/03/2010	0.9
Abigail HILL	00:33.94 (ASA)	50 Fly	08/05/2011	West Suffolk Open Des	00:33.99 (ASA) 13/03/2011	0.9
Gregor TAIT	00:34.52 (ASA)	50 Free	14/05/2011	Sudbury Open Meet	00:34.67 (ASA) 21/11/2010	0.9
Georgina FULCHER	00:40.22 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:40.48 (ASA) 14/03/2010	0.9
Emily PRIOR	01:08.03 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:09.21 (ASA) 08/03/2009	0.9
Rebecca MERRILL	00:49.70 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:49.77 (ASA) 18/09/2010	0.8
Rebecca MERRILL	00:42.63 (ASA)	50 Free	17/07/2010	Skins 2010	00:42.66 (ASA) 20/06/2010	0.8
Lewis RICKARDS	02:17.01 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:17.59 (ASA) 20/11/2010	0.8
Hope SMITH	00:37.83 (ASA)	50 Fly	21/06/2010	Suffolk Development Championsh	00:38.15 (ASA) 18/07/2009	0.8
Rachel POUSTIE	00:34.01 (ASA)	50 Free	09/07/2010	Midsummer Madness Norwich	00:34.08 (ASA) 24/04/2010	0.8
William FOSKETT	01:01.19 (ASA)	100 Free	23/10/2010	BASHER GALA	01:01.40 (ASA) 21/06/2010	0.8
Emily PRIOR	01:08.08 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:09.21 (ASA) 08/03/2009	0.8
Adam LAST	00:55.72 (ASA)	100 Free	01/05/2011	Youth Regionals	00:56.14 (ASA) 12/06/2010	0.8
Bethany ELMER	01:17.85 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:18.31 (ASA) 14/03/2010	0.8
Louis SELLER	00:30.87 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	00:31.03 (ASA) 07/03/2010	0.8
Adam LAST	01:07.35 (ASA)	100 Back	24/10/2010	Ipswich Junior Open Meet	01:07.74 (ASA) 30/01/2010	0.8
Ellisse MOREY	02:41.91 (ASA)	200 Free	24/10/2010	Sudbury Open Meet	02:42.73 (ASA) 13/03/2010	0.8
William FOSKETT	00:39.71 (ASA)	50 Breast	21/06/2010	Suffolk Development Championsh	00:39.76 (ASA) 24/04/2010	0.8
Georgina FULCHER	00:43.93 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:44.01 (ASA) 24/10/2010	0.7
Amelia SMITH	00:39.36 (ASA)	50 Back	26/06/2010	Sudbury Open Meet	00:39.60 (ASA) 19/09/2009	0.7
Caitlin RUSSELL	01:20.10 (ASA)	100 Back	24/10/2010	Sudbury Open Meet	01:20.44 (ASA) 24/04/2010	0.7
Olivia DE'ATH	01:09.84 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	01:10.26 (ASA) 14/03/2010	0.7
Eleanor TENNANT	01:46.27 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:46.78 (ASA) 21/11/2009	0.7

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

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Times set under ASA law only**

NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Jasmine SELLER	00:33.71 (ASA)	50 Fly	17/07/2010	Skins 2010	00:34.09 (ASA) 17/01/2009	0.7
Zara TAYLOR	00:43.90 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	00:44.18 (ASA) 06/03/2010	0.7
Amy BRAMMAR	01:15.53 (ASA)	100 Free	16/04/2011	Summer League Div 1	01:15.66 (ASA) 22/01/2011	0.7
Kieran WHIGHT	18:17.81 (ASA)	1500 Free	09/04/2011	Norwich Easter Meet	18:20.96 (ASA) 19/11/2010	0.7
Jessica FRYATT	01:40.28 (ASA)	100 Breast	21/06/2010	Suffolk Development Championsh	01:40.74 (ASA) 31/10/2009	0.7
Charlotte WICKENS	03:18.18 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:19.49 (ASA) 28/11/2009	0.7
Alistair CLEMENTS	02:23.71 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:24.48 (ASA) 14/03/2010	0.6
Bethany ELMER	02:34.47 (ASA)	200 IM	27/11/2010	Winter League Div 1 A	02:35.20 (ASA) 07/03/2010	0.6
Jasmine SELLER	01:15.89 (ASA)	100 Fly	29/01/2011	Winter League Div 1 A	01:16.84 (ASA) 31/01/2009	0.6
Anton AUTY	00:27.45 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:27.59 (ASA) 14/03/2010	0.6
Abigail WEBB	03:08.63 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	03:08.82 (ASA) 20/11/2010	0.6
Georgia RICKARDS	00:34.69 (ASA)	50 Back	23/04/2011	Newmarket Open Meet	00:34.90 (ASA) 24/04/2010	0.6
Alistair CLEMENTS	00:28.87 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:29.00 (ASA) 07/03/2010	0.6
Jasmine SELLER	00:35.10 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:35.31 (ASA) 06/03/2010	0.6
Robert ATTWATER	02:43.82 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:45.42 (ASA) 28/03/2009	0.6
Francesca SOUTER	01:16.12 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:16.34 (ASA) 21/06/2010	0.6
Matthew NAUNTON	00:31.31 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:31.34 (ASA) 02/10/2010	0.6
Ella SMITH	03:26.93 (ASA)	200 IM	20/11/2010	Deben Open Meet	03:27.62 (ASA) 16/05/2010	0.6
Abigail HILL	00:42.08 (ASA)	50 Breast	26/06/2010	Sudbury Open Meet	00:42.10 (ASA) 21/06/2010	0.6
Robert WHIGHT	01:05.84 (ASA)	100 Back	23/10/2010	BASHER GALA	01:06.12 (ASA) 30/01/2010	0.6
Charlotte WICKENS	01:21.62 (ASA)	100 Free	21/11/2010	Deben Open Meet	01:21.81 (ASA) 09/07/2010	0.6
Caitlin RUSSELL	02:34.59 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	02:34.80 (ASA) 20/11/2010	0.5
Robert WHIGHT	01:00.10 (ASA)	100 Fly	01/05/2011	Youth Regionals	01:00.29 (ASA) 02/10/2010	0.5
Amelia SMITH	01:24.06 (ASA)	100 Back	14/05/2011	Sudbury Open Meet	01:24.80 (ASA) 25/09/2009	0.5
Chloe CALVER	02:59.22 (ASA)	200 IM	20/11/2010	Deben Open Meet	02:59.61 (ASA) 21/06/2010	0.5
Francesca SOUTER	00:41.47 (ASA)	50 Back	26/02/2011	Winter League Div 2 B	00:41.54 (ASA) 20/11/2010	0.5
Harry FULCHER	02:12.84 (ASA)	200 Free	08/01/2011	Ipswich Open Meet	02:13.45 (ASA) 06/03/2010	0.5
Emma STUDD	02:21.71 (ASA)	200 Free	05/06/2010	BAGCATS Regionals	02:22.00 (ASA) 24/01/2010	0.5
Lucy STOKES	02:35.15 (ASA)	200 Back	21/11/2010	Deben Open Meet	02:35.72 (ASA) 13/03/2010	0.5
Jasmine SELLER	05:09.84 (ASA)	400 Free	20/03/2011	Suffolk County Champ	05:10.33 (ASA) 21/11/2010	0.5
Louis SELLER	02:09.26 (ASA)	200 Free	05/06/2010	BAGCATS Regionals	02:09.41 (ASA) 06/03/2010	0.5
Adam LAST	00:30.29 (ASA)	50 Fly	09/07/2010	Midsummer Madness Norwich	00:30.36 (ASA) 11/01/2010	0.5
Emma STUDD	02:36.63 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:36.93 (ASA) 24/10/2010	0.5
Anton AUTY	02:30.43 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	02:31.00 (ASA) 14/03/2010	0.5
Robert WHIGHT	00:26.74 (ASA)	50 Fly	02/10/2010	Open meet	00:26.80 (ASA) 11/04/2010	0.4
Zara TAYLOR	01:35.61 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:35.93 (ASA) 07/03/2010	0.4
Fenella FOSKETT	02:07.50 (ASA)	200 Free	27/11/2010	Winter League Div 1 A	02:07.92 (ASA) 13/03/2010	0.4
Emily PRIOR	02:31.08 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:32.38 (ASA) 15/03/2009	0.4
Jack PRYKE	00:49.96 (ASA)	50 Breast	21/05/2011	Summer League Div 1	00:50.12 (ASA) 18/09/2010	0.4
Bethany ELMER	00:36.26 (ASA)	50 Breast	06/03/2011	Suffolk County Champ	00:36.42 (ASA) 27/02/2010	0.4
Jasmine SELLER	02:43.89 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	02:45.09 (ASA) 17/01/2009	0.4
Kieran WHIGHT	02:17.36 (ASA)	200 Free	09/07/2010	Midsummer Madness Norwich	02:17.49 (ASA) 24/04/2010	0.4
Harry FULCHER	00:31.90 (ASA)	50 Fly	23/04/2011	Newmarket Open Meet	00:31.97 (ASA) 02/10/2010	0.4
Bethany ELMER	02:17.97 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:18.35 (ASA) 13/03/2010	0.4
Lucy STOKES	02:23.38 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:24.29 (ASA) 08/03/2009	0.4
Louis SELLER	02:20.32 (ASA)	200 IM	30/01/2011	Zonal Meet	02:20.36 (ASA) 08/01/2011	0.3
Anton AUTY	00:35.01 (ASA)	50 Breast	13/03/2011	Suffolk County Champ	00:35.05 (ASA) 20/11/2010	0.3
Cerys RUSSELL	00:48.90 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:48.94 (ASA) 24/10/2010	0.3
Kieran SMITH	00:42.06 (ASA)	50 Fly	23/10/2010	BASHER GALA	00:42.15 (ASA) 07/03/2010	0.3
Abigail WEBB	00:37.49 (ASA)	50 Free	08/01/2011	Ipswich Open Meet	00:37.52 (ASA) 24/10/2010	0.3
Caitlin RUSSELL	00:37.94 (ASA)	50 Back	21/06/2010	Suffolk Development Championsh	00:37.96 (ASA) 24/04/2010	0.3
Angela FALCONER	00:31.76 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:31.86 (ASA) 22/11/2009	0.3
Eleanor TENNANT	03:01.78 (ASA)	200 Back	08/01/2011	Ipswich Open Meet	03:02.11 (ASA) 20/06/2010	0.3
Alistair CLEMENTS	02:04.09 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:04.47 (ASA) 28/11/2009	0.3

**DEBT PBs SET BETWEEN 01/06/2010 AND 01/06/2011
FOR ALL SWIMMERS**

**"No previous time" data reported only up to 21 years, as at 31/12/2011
Times set under ASA law only**

NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Robert WHIGHT	01:00.29 (ASA)	100 Fly	02/10/2010	Open meet	01:00.38 (ASA) 02/05/2010	0.3
Lewis RICKARDS	03:08.37 (ASA)	200 Breast	12/03/2011	Suffolk County Champ	03:08.60 (ASA) 24/10/2010	0.3
Robert WHIGHT	00:24.41 (ASA)	50 Free	09/04/2011	Norwich Easter Meet	00:24.45 (ASA) 02/10/2010	0.3
Jack BRAMMAR	02:47.87 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	02:48.02 (ASA) 22/01/2011	0.3
Emily PRIOR	01:09.90 (ASA)	100 IM	13/03/2011	Suffolk County Champ	01:10.29 (ASA) 21/02/2009	0.3
Emily PRIOR	00:32.23 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:32.40 (ASA) 07/03/2009	0.3
Adam LAST	02:42.55 (ASA)	200 Breast	12/03/2011	Suffolk County Champ	02:42.96 (ASA) 14/03/2010	0.3
Nicholas ELMER	01:13.55 (ASA)	100 IM	06/03/2011	Suffolk County Champ	01:13.58 (ASA) 22/01/2011	0.2
Amy BRAMMAR	03:10.82 (ASA)	200 Back	21/11/2010	Deben Open Meet	03:11.05 (ASA) 20/06/2010	0.2
Emma STUDD	01:24.01 (ASA)	100 Breast	20/11/2010	Deben Open Meet	01:24.16 (ASA) 14/03/2010	0.2
Jake GARROD	00:28.28 (ASA)	50 Fly	21/11/2010	Deben Open Meet	00:28.33 (ASA) 07/03/2010	0.2
Bethany ELMER	04:55.81 (ASA)	400 Free	23/01/2011	Sudbury Open Meet	04:57.14 (ASA) 22/03/2009	0.2
Nicholas COOK	00:39.56 (ASA)	50 Breast	15/05/2011	Sudbury Open Meet	00:39.59 (ASA) 22/01/2011	0.2
Jake GARROD	02:06.24 (ASA)	200 Free	20/11/2010	Deben Open Meet	02:06.45 (ASA) 06/03/2010	0.2
Louis SELLER	01:18.74 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	01:18.85 (ASA) 07/03/2010	0.2
Bethany ELMER	02:50.02 (ASA)	200 Breast	21/11/2010	Deben Open Meet	02:50.37 (ASA) 28/11/2009	0.2
Conor LYNCH	01:15.91 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	01:16.01 (ASA) 21/06/2010	0.2
Olivia TAYLOR	00:38.31 (ASA)	50 Fly	03/07/2010	Summer League Div 2	00:38.36 (ASA) 22/11/2009	0.2
Correy ABBOTT	00:41.93 (ASA)	50 Back	24/10/2010	Sudbury Open Meet	00:41.97 (ASA) 16/05/2010	0.2
Amelia SMITH	02:56.82 (ASA)	200 IM	26/06/2010	Sudbury Open Meet	02:57.09 (ASA) 26/09/2009	0.2
Adam LAST	01:15.16 (ASA)	100 Breast	24/10/2010	Ipswich Junior Open Meet	01:15.25 (ASA) 07/03/2010	0.2
Lucy STOKES	00:30.27 (ASA)	50 Free	21/11/2010	Deben Open Meet	00:30.31 (ASA) 07/03/2010	0.2
Adam LAST	00:34.08 (ASA)	50 Breast	08/01/2011	Ipswich Open Meet	00:34.09 (ASA) 20/11/2010	0.2
Olivia TAYLOR	00:35.07 (ASA)	50 Free	20/06/2010	Suffolk Development Championsh	00:35.08 (ASA) 15/05/2010	0.2
Lewis RICKARDS	02:48.21 (ASA)	200 Fly	05/03/2011	Suffolk County Champ	02:48.33 (ASA) 24/10/2010	0.2
Lucy STOKES	00:40.56 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	00:40.76 (ASA) 23/02/2008	0.2
Hope SMITH	02:58.82 (ASA)	200 Fly	22/01/2011	Sudbury Open Meet	02:58.87 (ASA) 27/11/2010	0.2
Adam LAST	00:34.09 (ASA)	50 Breast	20/11/2010	Deben Open Meet	00:34.13 (ASA) 06/03/2010	0.2
Anton AUTY	01:18.15 (ASA)	100 Breast	05/03/2011	Suffolk County Champ	01:18.19 (ASA) 20/11/2010	0.2
Jasmine SELLER	02:42.23 (ASA)	200 Back	24/10/2010	Sudbury Open Meet	02:42.63 (ASA) 14/03/2009	0.1
William FOSKETT	00:32.78 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:32.80 (ASA) 21/06/2010	0.1
Emily PRIOR	01:09.01 (ASA)	100 Back	05/03/2011	Suffolk County Champ	01:09.21 (ASA) 08/03/2009	0.1
Matthew NAUNTON	00:29.46 (ASA)	50 Back	20/11/2010	Deben Open Meet	00:29.49 (ASA) 13/03/2010	0.1
Kieran WHIGHT	01:13.24 (ASA)	100 Fly	21/11/2010	Deben Open Meet	01:13.28 (ASA) 09/07/2010	0.1
Sam ALLEN	05:05.69 (ASA)	400 Free	20/03/2011	Suffolk County Champ	05:05.82 (ASA) 21/11/2010	0.1
Lucy STOKES	00:32.62 (ASA)	50 Back	05/03/2011	Suffolk County Champ	00:32.66 (ASA) 06/03/2010	0.1
Kieran SMITH	01:35.25 (ASA)	100 IM	20/11/2010	Deben Open Meet	01:35.33 (ASA) 14/03/2010	0.1
Conor LYNCH	05:43.44 (ASA)	400 IM	08/01/2011	Ipswich Open Meet	05:43.74 (ASA) 13/03/2010	0.1
Jasmine SELLER	00:41.54 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	00:41.61 (ASA) 27/09/2008	0.1
Bethany ELMER	02:34.43 (ASA)	200 IM	06/03/2011	Suffolk County Champ	02:34.47 (ASA) 27/11/2010	0.1
Amy BRAMMAR	00:40.33 (ASA)	50 Back	14/05/2011	Sudbury Open Meet	00:40.34 (ASA) 08/01/2011	0.1
Chloe CALVER	01:08.82 (ASA)	100 Free	13/03/2011	Suffolk County Champ	01:08.83 (ASA) 08/01/2011	0.1
Emily PRIOR	02:27.59 (ASA)	200 Back	06/03/2011	Suffolk County Champ	02:27.75 (ASA) 14/03/2009	0.1
Hope SMITH	02:43.47 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	02:43.55 (ASA) 13/03/2010	0.0
Abigail HILL	01:14.16 (ASA)	100 Back	03/07/2010	Summer League Div 1	01:14.17 (ASA) 07/03/2010	0.0
Alistair CLEMENTS	00:56.31 (ASA)	100 Free	08/01/2011	Ipswich Open Meet	00:56.33 (ASA) 30/01/2010	0.0
Zara TAYLOR	03:18.48 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:18.49 (ASA) 20/11/2010	0.0
Zara TAYLOR	03:18.48 (ASA)	200 IM	08/01/2011	Ipswich Open Meet	03:18.49 (ASA) 20/11/2010	0.0
Emma STUDD	02:47.33 (ASA)	200 Fly	20/11/2010	Deben Open Meet	No previous time	
Eleanor TENNANT	01:39.43 (ASA)	100 Fly	21/11/2010	Deben Open Meet	No previous time	
Owen PASSMORE	00:37.89 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Robert ATTWATER	22:15.78 (ASA)	1500 Free	19/11/2010	Deben Open Meet	No previous time	
Chloe CALVER	03:05.79 (ASA)	200 Fly	27/11/2010	Winter League Div 1 A	No previous time	
Oliver ROBERTSON	01:31.37 (ASA)	100 IM	21/05/2011	Summer League Div 1	No previous time	

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Oliver ROBERTSON	01:45.65 (ASA)	100 Breast	21/05/2011	Summer League Div 1	No previous time	
Kieran SMITH	01:26.82 (ASA)	100 Free	21/11/2010	Deben Open Meet	No previous time	
Kieran SMITH	01:35.41 (ASA)	100 Fly	15/05/2011	Sudbury Open Meet	No previous time	
Kieran SMITH	03:54.79 (ASA)	200 Fly	27/11/2010	Winter League Div 1 A	No previous time	
Georgina FULCHER	01:31.19 (ASA)	100 Back	05/06/2010	BAGCATS Regionals	No previous time	
Georgina FULCHER	10:59.06 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Georgina FULCHER	06:20.03 (ASA)	400 IM	24/10/2010	Sudbury Open Meet	No previous time	
Georgina FULCHER	01:29.00 (ASA)	100 Breast	05/06/2010	BAGCATS Regionals	No previous time	
Georgina FULCHER	01:38.34 (ASA)	100 Fly	24/10/2010	Sudbury Open Meet	No previous time	
Matthew NAUNTON	01:01.37 (ASA)	100 IM	06/03/2011	Suffolk County Champ	No previous time	
Isobelle WICKENS	01:32.15 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	No previous time	
Isobelle WICKENS	03:24.26 (ASA)	200 IM	23/04/2011	Newmarket Open Meet	No previous time	
Isobelle WICKENS	03:51.78 (ASA)	200 Fly	20/11/2010	Deben Open Meet	No previous time	
Niamh LYNCH	00:48.97 (ASA)	50 Free	21/05/2011	Summer League Div 1	No previous time	
Andrew PERRY	02:05.08 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Andrew PERRY	00:53.06 (ASA)	50 Fly	21/11/2010	Deben Open Meet	No previous time	
Amy BRAMMAR	01:41.47 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Zara TAYLOR	01:38.24 (ASA)	100 Back	09/07/2010	Midsummer Madness Norwich	No previous time	
Zara TAYLOR	01:28.30 (ASA)	100 Free	09/07/2010	Midsummer Madness Norwich	No previous time	
Zara TAYLOR	03:33.47 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	No previous time	
Zara TAYLOR	01:39.20 (ASA)	100 Breast	09/07/2010	Midsummer Madness Norwich	No previous time	
Olivia TAYLOR	06:45.22 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	No previous time	
Olivia TAYLOR	03:31.10 (ASA)	200 Fly	22/01/2011	Sudbury Open Meet	No previous time	
Jack BRAMMAR	01:30.02 (ASA)	100 Back	26/06/2010	Sudbury Open Meet	No previous time	
Jack BRAMMAR	01:21.51 (ASA)	100 Free	26/06/2010	Sudbury Open Meet	No previous time	
Jack BRAMMAR	03:22.43 (ASA)	200 IM	26/06/2010	Sudbury Open Meet	No previous time	
Jack BRAMMAR	01:48.16 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Jack BRAMMAR	01:41.62 (ASA)	100 Fly	21/11/2010	Deben Open Meet	No previous time	
Charlie SELLER	01:29.85 (ASA)	100 Back	20/11/2010	Deben Open Meet	No previous time	
Charlie SELLER	03:00.53 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	No previous time	
Charlie SELLER	01:09.47 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	No previous time	
Charlie SELLER	00:43.95 (ASA)	50 Breast	22/01/2011	Sudbury Open Meet	No previous time	
Charlie SELLER	01:26.94 (ASA)	100 Fly	21/11/2010	Deben Open Meet	No previous time	
Charlie SELLER	00:35.99 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	No previous time	
Daniel DAVIES	00:57.56 (ASA)	50 Back	21/05/2011	Summer League Div 1	No previous time	
Daniel DAVIES	00:50.06 (ASA)	50 Free	26/02/2011	Winter League Div 2 B	No previous time	
Cerys RUSSELL	03:23.61 (ASA)	200 IM	27/11/2010	Winter League Div 2 B	No previous time	
Cerys RUSSELL	01:41.13 (ASA)	100 Fly	23/01/2011	Sudbury Open Meet	No previous time	
Nicholas ELMER	10:13.60 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Hector FALCONER	00:56.09 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Daniel HARRIS	01:04.81 (ASA)	50 Fly	24/10/2010	Sudbury Open Meet	No previous time	
JAKE LITTLE	01:47.10 (ASA)	100 Fly	16/04/2011	Summer League Div 1	No previous time	
Sophie LITTLE	03:54.27 (ASA)	200 Back	15/05/2011	Sudbury Open Meet	No previous time	
Sophie LITTLE	00:52.16 (ASA)	50 Back	23/01/2011	Sudbury Open Meet	No previous time	
Sophie LITTLE	01:54.95 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	No previous time	
Sophie LITTLE	04:25.46 (ASA)	200 Breast	21/11/2010	Deben Open Meet	No previous time	
Amelia SMITH	03:23.28 (ASA)	200 Fly	26/06/2010	Sudbury Open Meet	No previous time	
Matthew GRIGGS	00:40.80 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Josh MCLEAN	00:53.62 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Josh MCLEAN	00:43.98 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Tilly ABBOTT	00:51.44 (ASA)	50 Back	20/11/2010	Deben Open Meet	No previous time	
Tilly ABBOTT	00:52.46 (ASA)	50 Fly	21/11/2010	Deben Open Meet	No previous time	
Rebecca MERRILL	01:56.58 (ASA)	100 Back	09/07/2010	Midsummer Madness Norwich	No previous time	
Rebecca MERRILL	06:58.10 (ASA)	400 Free	23/01/2011	Sudbury Open Meet	No previous time	
Rebecca MERRILL	03:58.34 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	No previous time	

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Rebecca MERRILL	08:17.25 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	No previous time	
Rebecca MERRILL	02:01.34 (ASA)	100 Breast	09/07/2010	Midsummer Madness Norwich	No previous time	
Rebecca MERRILL	04:51.14 (ASA)	200 Fly	22/01/2011	Sudbury Open Meet	No previous time	
Georgia ROBERTSON	00:52.58 (ASA)	50 Back	21/05/2011	Summer League Div 1	No previous time	
Correy ABBOTT	01:37.15 (ASA)	100 Fly	29/01/2011	Winter League Div 2 B	No previous time	
Jessica FRYATT	03:04.07 (ASA)	200 IM	20/11/2010	Deben Open Meet	No previous time	
Sam ALLEN	01:28.12 (ASA)	100 Fly	21/11/2010	Deben Open Meet	No previous time	
Alex GOODCHILD	03:51.58 (ASA)	200 Back	27/11/2010	Winter League Div 2 B	No previous time	
Alex GOODCHILD	03:23.93 (ASA)	200 Free	20/11/2010	Deben Open Meet	No previous time	
Ellie HYDE	01:00.76 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Ellie HYDE	00:56.44 (ASA)	50 Breast	17/07/2010	Skins 2010	No previous time	
Abigail HILL	11:00.18 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Robert WHIGHT	02:26.89 (ASA)	200 Fly	27/11/2010	Winter League Div 1 A	No previous time	
Lois BRADLEY	01:59.06 (ASA)	100 Back	20/11/2010	Deben Open Meet	No previous time	
Lois BRADLEY	02:05.11 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Tristan KING	01:50.56 (ASA)	100 Back	20/11/2010	Deben Open Meet	No previous time	
Tristan KING	00:51.85 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Tristan KING	03:25.68 (ASA)	200 Free	20/11/2010	Deben Open Meet	No previous time	
Tristan KING	00:41.29 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Molly SMITH	03:51.08 (ASA)	200 Back	15/05/2011	Sudbury Open Meet	No previous time	
Molly SMITH	03:38.75 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	No previous time	
Molly SMITH	00:59.28 (ASA)	50 Fly	15/05/2011	Sudbury Open Meet	No previous time	
Emma HARRINGTON	00:52.93 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Emma HARRINGTON	00:44.68 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Emma HARRINGTON	01:02.48 (ASA)	50 Breast	17/07/2010	Skins 2010	No previous time	
Nikhil SHARMA	00:51.66 (ASA)	50 Back	20/11/2010	Deben Open Meet	No previous time	
Nikhil SHARMA	00:44.04 (ASA)	50 Free	21/11/2010	Deben Open Meet	No previous time	
Damien COLLIS	02:33.67 (ASA)	200 Free	20/11/2010	Deben Open Meet	No previous time	
Damien COLLIS	03:05.03 (ASA)	200 IM	26/06/2010	Sudbury Open Meet	No previous time	
Damien COLLIS	00:48.63 (ASA)	50 Breast	03/07/2010	Summer League Div 2	No previous time	
Damien COLLIS	03:25.72 (ASA)	200 Fly	27/11/2010	Winter League Div 2 B	No previous time	
Annabel MACE	00:45.21 (ASA)	50 Back	14/05/2011	Sudbury Open Meet	No previous time	
Annabel MACE	01:18.37 (ASA)	100 Free	21/11/2010	Deben Open Meet	No previous time	
Annabel MACE	02:50.02 (ASA)	200 Free	15/05/2011	Sudbury Open Meet	No previous time	
Annabel MACE	01:30.15 (ASA)	100 IM	15/05/2011	Sudbury Open Meet	No previous time	
Annabel MACE	01:45.91 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Annabel MACE	00:49.36 (ASA)	50 Breast	20/11/2010	Deben Open Meet	No previous time	
Annabel MACE	00:43.27 (ASA)	50 Fly	17/07/2010	Skins 2010	No previous time	
Hannah MOORE	01:28.54 (ASA)	100 Back	14/05/2011	Sudbury Open Meet	No previous time	
Hannah MOORE	01:27.53 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	No previous time	
Hannah MOORE	05:19.35 (ASA)	400 Free	23/04/2011	Newmarket Open Meet	No previous time	
Hannah MOORE	01:36.87 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Hannah MOORE	03:21.52 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	No previous time	
Hannah MOORE	07:19.43 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	No previous time	
Hannah MOORE	01:49.26 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	No previous time	
Hannah MOORE	01:46.89 (ASA)	100 Fly	15/05/2011	Sudbury Open Meet	No previous time	
Hannah MOORE	03:50.53 (ASA)	200 Fly	23/04/2011	Newmarket Open Meet	No previous time	
Francesca SOUTER	01:27.21 (ASA)	100 Back	23/01/2011	Sudbury Open Meet	No previous time	
Francesca SOUTER	03:09.42 (ASA)	200 Back	27/11/2010	Winter League Div 2 B	No previous time	
Francesca SOUTER	05:43.53 (ASA)	400 Free	21/11/2010	Deben Open Meet	No previous time	
Francesca SOUTER	11:21.64 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Francesca SOUTER	03:16.09 (ASA)	200 IM	20/11/2010	Deben Open Meet	No previous time	
Francesca SOUTER	01:41.73 (ASA)	100 Fly	29/01/2011	Winter League Div 2 B	No previous time	
Lily MEYER	01:33.26 (ASA)	100 Back	14/05/2011	Sudbury Open Meet	No previous time	
Lily MEYER	01:33.39 (ASA)	100 Free	21/11/2010	Deben Open Meet	No previous time	

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Lily MEYER	01:47.08 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Lily MEYER	00:55.92 (ASA)	50 Breast	17/07/2010	Skins 2010	No previous time	
Lily MEYER	00:54.43 (ASA)	50 Fly	21/11/2010	Deben Open Meet	No previous time	
Laura PICKTHORN	01:48.65 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Laura PICKTHORN	01:56.25 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Daisy PITT	03:17.29 (ASA)	200 Back	21/11/2010	Deben Open Meet	No previous time	
Daisy PITT	03:45.95 (ASA)	200 Breast	21/11/2010	Deben Open Meet	No previous time	
Daisy PITT	00:45.11 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	No previous time	
Georgia RICKARDS	01:19.63 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	No previous time	
Georgia RICKARDS	02:49.58 (ASA)	200 IM	24/10/2010	Sudbury Open Meet	No previous time	
Georgia RICKARDS	00:34.15 (ASA)	50 Fly	17/07/2010	Skins 2010	No previous time	
Lewis RICKARDS	02:45.52 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	No previous time	
Lewis RICKARDS	10:12.52 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Lewis RICKARDS	01:16.34 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	No previous time	
Lewis RICKARDS	02:49.30 (ASA)	200 IM	26/06/2010	Sudbury Open Meet	No previous time	
Lewis RICKARDS	05:43.45 (ASA)	400 IM	24/10/2010	Sudbury Open Meet	No previous time	
Lewis RICKARDS	03:08.60 (ASA)	200 Breast	24/10/2010	Sudbury Open Meet	No previous time	
Lewis RICKARDS	00:44.93 (ASA)	50 Breast	17/07/2010	Skins 2010	No previous time	
Lewis RICKARDS	02:58.78 (ASA)	200 Fly	26/06/2010	Sudbury Open Meet	No previous time	
Joseph BRIERLEY	03:16.46 (ASA)	200 Back	27/11/2010	Winter League Div 1 A	No previous time	
Joseph BRIERLEY	03:04.06 (ASA)	200 Free	20/11/2010	Deben Open Meet	No previous time	
Joseph BRIERLEY	01:35.12 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Joseph BRIERLEY	03:23.58 (ASA)	200 IM	20/11/2010	Deben Open Meet	No previous time	
Joseph BRIERLEY	00:53.79 (ASA)	50 Breast	20/11/2010	Deben Open Meet	No previous time	
Joseph BRIERLEY	03:57.94 (ASA)	200 Fly	20/11/2010	Deben Open Meet	No previous time	
Lewis MOORE	03:23.90 (ASA)	200 Back	23/04/2011	Newmarket Open Meet	No previous time	
Lewis MOORE	00:51.97 (ASA)	50 Back	03/07/2010	Summer League Div 2	No previous time	
Lewis MOORE	03:08.83 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	No previous time	
Lewis MOORE	06:50.43 (ASA)	400 Free	14/05/2011	Sudbury Open Meet	No previous time	
Lewis MOORE	01:38.75 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	No previous time	
Lewis MOORE	03:29.92 (ASA)	200 IM	13/03/2011	Suffolk County Champ	No previous time	
Lewis MOORE	07:36.15 (ASA)	400 IM	23/01/2011	Sudbury Open Meet	No previous time	
Lewis MOORE	03:58.43 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	No previous time	
Lewis MOORE	00:59.10 (ASA)	50 Breast	03/07/2010	Summer League Div 2	No previous time	
Lewis MOORE	03:49.36 (ASA)	200 Fly	23/04/2011	Newmarket Open Meet	No previous time	
Lewis MOORE	00:52.66 (ASA)	50 Fly	18/09/2010	Gosling Junior Trophy Gala	No previous time	
Lauren OSBORNE	05:38.13 (ASA)	400 Free	21/11/2010	Deben Open Meet	No previous time	
Lauren OSBORNE	11:35.95 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Lauren OSBORNE	03:17.28 (ASA)	200 Breast	21/11/2010	Deben Open Meet	No previous time	
CATHY XU	01:00.03 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
CATHY XU	00:55.10 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
ELLIE RANKIN	00:52.82 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
ELLIE RANKIN	00:50.66 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
ELLIE RANKIN	00:52.69 (ASA)	50 Fly	17/07/2010	Skins 2010	No previous time	
HARRY LONGBOTTOM	03:33.18 (ASA)	200 Back	14/05/2011	Sudbury Open Meet	No previous time	
HARRY LONGBOTTOM	03:14.56 (ASA)	200 Free	14/05/2011	Sudbury Open Meet	No previous time	
HARRY LONGBOTTOM	00:44.10 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
HARRY LONGBOTTOM	01:48.51 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
HARRY LONGBOTTOM	04:20.76 (ASA)	200 Breast	21/11/2010	Deben Open Meet	No previous time	
Nicholas COOK	01:26.18 (ASA)	100 Back	20/11/2010	Deben Open Meet	No previous time	
Nicholas COOK	02:56.81 (ASA)	200 Back	22/01/2011	Sudbury Open Meet	No previous time	
Nicholas COOK	00:43.69 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Nicholas COOK	01:12.43 (ASA)	100 Free	22/01/2011	Sudbury Open Meet	No previous time	
Nicholas COOK	02:40.61 (ASA)	200 Free	23/01/2011	Sudbury Open Meet	No previous time	
Nicholas COOK	06:03.47 (ASA)	400 Free	23/01/2011	Sudbury Open Meet	No previous time	

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NAME	NEW TIME	EVENT	DATE	COMPETITION	PREVIOUS BEST	POINTS
Nicholas COOK	00:35.89 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Nicholas COOK	01:23.60 (ASA)	100 IM	22/01/2011	Sudbury Open Meet	No previous time	
Nicholas COOK	03:07.04 (ASA)	200 IM	20/11/2010	Deben Open Meet	No previous time	
Nicholas COOK	01:32.69 (ASA)	100 Breast	24/10/2010	Sudbury Open Meet	No previous time	
Nicholas COOK	03:18.44 (ASA)	200 Breast	23/01/2011	Sudbury Open Meet	No previous time	
Nicholas COOK	00:40.26 (ASA)	50 Breast	24/10/2010	Sudbury Open Meet	No previous time	
Alex BENNETT	00:27.78 (ASA)	50 Free	22/01/2011	Sudbury Open Meet	No previous time	
Alex BENNETT	02:37.59 (ASA)	200 IM	22/01/2011	Sudbury Open Meet	No previous time	
Alex BENNETT	01:22.28 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Alex BENNETT	00:37.54 (ASA)	50 Breast	20/11/2010	Deben Open Meet	No previous time	
Alex BENNETT	01:14.15 (ASA)	100 Fly	29/01/2011	Winter League Div 2 B	No previous time	
Alex BENNETT	00:30.87 (ASA)	50 Fly	21/11/2010	Deben Open Meet	No previous time	
Daniel MITCHELL	01:39.31 (ASA)	100 Back	20/11/2010	Deben Open Meet	No previous time	
Daniel MITCHELL	03:12.93 (ASA)	200 Back	14/05/2011	Sudbury Open Meet	No previous time	
Daniel MITCHELL	00:46.74 (ASA)	50 Back	17/07/2010	Skins 2010	No previous time	
Daniel MITCHELL	02:51.45 (ASA)	200 Free	14/05/2011	Sudbury Open Meet	No previous time	
Daniel MITCHELL	05:52.00 (ASA)	400 Free	15/05/2011	Sudbury Open Meet	No previous time	
Daniel MITCHELL	00:37.88 (ASA)	50 Free	17/07/2010	Skins 2010	No previous time	
Daniel MITCHELL	01:34.49 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Daniel MITCHELL	01:47.35 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Daniel MITCHELL	03:47.75 (ASA)	200 Breast	14/05/2011	Sudbury Open Meet	No previous time	
Daniel MITCHELL	00:52.79 (ASA)	50 Breast	17/07/2010	Skins 2010	No previous time	
Daniel MITCHELL	00:42.58 (ASA)	50 Fly	14/05/2011	Sudbury Open Meet	No previous time	
Nils ATKINS	02:50.82 (ASA)	200 Free	20/11/2010	Deben Open Meet	No previous time	
Nils ATKINS	00:35.85 (ASA)	50 Free	21/11/2010	Deben Open Meet	No previous time	
Nils ATKINS	12:54.97 (ASA)	800 Free	19/11/2010	Deben Open Meet	No previous time	
Nils ATKINS	01:38.29 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Nils ATKINS	00:45.69 (ASA)	50 Breast	20/11/2010	Deben Open Meet	No previous time	
Nils ATKINS	00:48.09 (ASA)	50 Fly	21/11/2010	Deben Open Meet	No previous time	
Ella GOODERHAM	01:46.69 (ASA)	100 IM	20/11/2010	Deben Open Meet	No previous time	
Ella GOODERHAM	01:50.43 (ASA)	100 Breast	20/11/2010	Deben Open Meet	No previous time	
Abigail WEBB	01:23.89 (ASA)	100 Free	24/10/2010	Sudbury Open Meet	No previous time	
Abigail WEBB	03:59.40 (ASA)	200 Fly	27/11/2010	Winter League Div 2 B	No previous time	
Charlie HUTCHINSON	00:43.39 (ASA)	50 Back	16/04/2011	Summer League Div 1	No previous time	
Charlie HUTCHINSON	03:04.40 (ASA)	200 Free	14/05/2011	Sudbury Open Meet	No previous time	
Charlie HUTCHINSON	00:38.07 (ASA)	50 Free	14/05/2011	Sudbury Open Meet	No previous time	
Charlie HUTCHINSON	01:41.69 (ASA)	100 IM	14/05/2011	Sudbury Open Meet	No previous time	
Charlie HUTCHINSON	03:59.10 (ASA)	200 Breast	14/05/2011	Sudbury Open Meet	No previous time	
Charlie HUTCHINSON	00:55.47 (ASA)	50 Breast	14/05/2011	Sudbury Open Meet	No previous time	
Charlie HUTCHINSON	00:49.38 (ASA)	50 Fly	16/04/2011	Summer League Div 1	No previous time	
Tom BEAGLEY	00:51.27 (ASA)	50 Back	16/04/2011	Summer League Div 1	No previous time	
Tom BEAGLEY	03:15.05 (ASA)	200 Free	23/04/2011	Newmarket Open Meet	No previous time	
Tom BEAGLEY	00:39.89 (ASA)	50 Free	29/01/2011	Winter League Div 2 B	No previous time	
Tom BEAGLEY	01:38.61 (ASA)	100 IM	23/04/2011	Newmarket Open Meet	No previous time	
Tom BEAGLEY	03:53.72 (ASA)	200 Breast	27/11/2010	Winter League Div 1 A	No previous time	
Tom BEAGLEY	00:48.51 (ASA)	50 Breast	29/01/2011	Winter League Div 2 B	No previous time	

*** PB'S REPORTED; END OF REPORT
