

50m Free	Short Course	Long Course
Name	Rebecca Mulcahy	Catherine Wrench
Time	27.74	28.12
Date of swim	06.12.2009	02.08.2009
Location	Horsham	Sheffield

100m Free	Short Course	Long Course
Name	Catherine Wrench	Catherine Wrench
Time	59.35	1.00.63
Date of swim	14.11.2009	22.11.2009
Location	Croydon	Crawley

200m Free	Short Course	Long Course
Name	Catherine Wrench	Catherine Wrench
Time	2.09.72	2.12.95
Date of swim	15.11.2009	22.11.2009
Location	Croydon	Crawley

400m Free	Short Course	Long Course
Name	Catherine Wrench	Hannah Avins
Time	4.38.36	4.51.12
Date of swim	18.04.2009	04.10.2008
Location	Croydon	Crawley

800m Free	Short Course	Long Course
Name	Catherine Wrench	Hannah Avins
Time	9.28.67	9.57.08
Date of swim	17.11.2009	19.12.2009
Location	Croydon	Millfield

1500m Free	Short Course	Long Course
Name	Catherine Wrench	Hannah Avins
Time	18.41.09	19.07.27
Date of swim	12.11.2008	01.02.2009
Location	Croydon	Aldershot

50m Back	Short Course	Long Course
Name	Rosanna Raynor	Rosanna Raynor
Time	31.79	33.11
Date of swim	06.12.2008	19.04.2009
Location	Guildford	Crawley

100m Back	Short Course	Long Course
Name	Rosanna Raynor	Lydia Cooper
Time	1.09.60	1.11.64
Date of swim	09.11.2008	29.04.2006
Location	Croydon	Crystal Palace

200m Back	Short Course	Long Course
Name	Rosanna Raynor	Lydia Cooper
Time	2.31.42	2.36.20
Date of swim	15.11.2008	01.05.2006
Location	Croydon	Crystal Palace

50m Brst	Short Course	Long Course
Name	Charlotte Baxter	Kerry Cable
Time	35.89	36.98
Date of swim	15.02.2003	14.02.1999
Location	Guildford	Crystal Palace

100m Brst	Short Course	Long Course
Name	Kerry Cable	Charlotte Baxter
Time	1.18.31	1.20.60
Date of swim	21.02.1999	11.05.2003
Location	Guildford	Crystal Palace

200m Brst	Short Course	Long Course
Name	Charlotte Baxter	Charlotte Baxter
Time	2.47.18	2.52.22
Date of swim	29.03.2002	09.05.2004
Location	Reading	Crystal Palace

50m Fly	Short Course	Long Course
Name	Clare Grundy	Clare Grundy
Time	29.75	30.93
Date of swim	24.10.2009	21.06.2009
Location	Sheffield	Cardiff

100m Fly	Short Course	Long Course
Name	Clare Grundy	Hannah Avins
Time	1.08.13	1.12.55
Date of swim	14.11.2009	10.05.2009
Location	Croydon	Crystal Palace

200m Fly	Short Course	Long Course
Name	Hannah Avins	Francesca Hayward
Time	2.37.50	2.49.83
Date of swim	27.06.2009	27.01.2007
Location	Croydon	Sheffield

100m IM	Short Course	Long Course
Name	Clare Grundy	N/A
Time	1.10.84	N/A
Date of swim	23.10.2009	N/A
Location	Sheffield	N/A

200m IM	Short Course	Long Course
Name	Janine Innals	Charlotte Baxter
Time	2.24.70	2.39.74
Date of swim	1982	16.12.2001
Location	Croydon	Crystal Palace

400m IM	Short Course	Long Course
Name	Rebecca Mulcahy	Francesca Hayward
Time	5.16.78	5.35.83
Date of swim	01.12.2009	31.03.2007
Location	Croydon	Crystal Palace