

| LONDON SWIMMING WOMEN'S DISABILITY LONG COURSE RECORDS - 01.10.2005 - 30.11.2016 |       |                    |                    |         |            |
|--|-------|--------------------|--------------------|---------|------------|
| Stroke   | Class | Name               | Club               | Time    | Date       |
| Freestyle  |       |                    |                    |         |            |
| 50m  |       |                    |                    |         |            |
|  | S6    | Rebecca Harding    | Greenwich Royals   | 0:51.16 | 19.05.2007 |
|  | S7    | Susannah Rodgers   | Beckenham          | 0:33.26 | 09.09.2016 |
|  | S8    | Alice Rush         | BUCS               | 44:72   | 08.04.2011 |
|  | S9    | Amy Marren         | Romford Town SC    | 0:30.00 | 04.08.2014 |
|  | S10   | Sophie West        | Greenwich Royals   | 0:30.62 | 27.03.2015 |
|  | S14   | Sarah Paschoud     | Sharks SC          | 0:39.55 | 27.03.2015 |
| 100m   |       |                    |                    |         |            |
|  | S6    | Lauren Sullivan    | Croydon Amphibians | 1:52.41 | 20.12.2013 |
|  | S7    | Susannah Rodgers   | Beckenham          | 1:12.06 | 08.08.2014 |
|  | S8    | Alice Rush         | BUCS               | 1:36:7  | 25.04.2013 |
|  | S9    | Amy Marren         | Romford Town SC    | 1:03.83 | 12.08.2013 |
|  | S10   | Sophie West        | Greenwich Royals   | 1:10:4  | 26.03.2015 |
|  | S14   | Sarah-Louise Casey | Sharks SC          | 1:29.60 | 15.05.2009 |
| 200m   |       |                    |                    |         |            |
|  | S6    | Lauren Sullivan    | Croydon Amphibians | 4:05:36 | 08.12.2013 |
|  | S7    | Susannah Rodgers   | Beckenham          | 2:40:12 | 19.03.2016 |
|  | S9    | Amy Marren         | Romford Town SC    | 2:16.23 | 27.04.2014 |
|  | S14   | Sarah Paschoud     | Sharks SC          | 3:20.06 | 26.04.2013 |
| 400m   |       |                    |                    |         |            |
|  | S6    | Lauren Sullivan    | Croydon Amphibians | 8:14.80 | 21.12.2013 |
|  | S7    | Susannah Rodgers   | Beckenham          | 5:18.93 | 06.09.2012 |
|  | S8    | Alice Rush         | BUCS               | 7:13:32 | 26.04.2013 |
|  | S9    | Amy Marren         | Romford Town SC    | 4:44.43 | 26.04.2013 |

|                     |      |                    |                      |         |            |
|---------------------|------|--------------------|----------------------|---------|------------|
|                     | S14  | Sarah-Louise Casey | Sharks SC            | 7:21.31 | 07.05.2007 |
| 800m                |      |                    |                      |         |            |
|                     | S9   | Amy Marren         | Romford Town         | 9:52.72 | 22.03.2013 |
|                     |      |                    |                      |         |            |
| <b>Breaststroke</b> |      |                    |                      |         |            |
| 50m                 |      |                    |                      |         |            |
|                     | SB6  | Charlotte Hyde     | Barking & Dagenham   | 1:12:56 | 17.07.2016 |
|                     | SB9  | Amy Marren         | Romford Town         | 0:44:77 | 06.02.2016 |
|                     |      |                    |                      |         |            |
| 100m                |      |                    |                      |         |            |
|                     | SB6  | Susannah Rodgers   | Beckenham            | 2:26.10 | 16.04.2010 |
|                     | SB7  | Leah O'Connell     | Camden Swiss Cottage | 2:23:42 | 01.08.2016 |
|                     | SB9  | Amy Marren         | Romford Town SC      | 1:28.58 | 28.04.2013 |
|                     | SB14 | Sarah Paschoud     | Sharks SC            | 1:47.13 | 28.04.2013 |
|                     |      |                    |                      |         |            |
| <b>Backstroke</b>   |      |                    |                      |         |            |
| 50m                 |      |                    |                      |         |            |
|                     | S6   | Lauren Sullivan    | Croydon Amphibians   | 1:08:84 | 28.02.2015 |
|                     | S7   | Leah O'Connell     | Camden Swiss Cottage | 0:57:88 | 03.04.2016 |
|                     | S9   | Amy Marren         | Romford Town         | 0:34.67 | 08.02.2014 |
|                     | S14  | Florence Garrett   | London Disability SC | 0:55:71 | 08.05.2016 |
|                     |      |                    |                      |         |            |
| 100m                |      |                    |                      |         |            |
|                     | S6   | Rebecca Harding    | Greenwich Royals     | 2:06.96 | 20.05.2007 |
|                     | S7   | Susannah Rodgers   | Beckenham            | 1:25.83 | 04.03.2012 |
|                     | S8   | Alice Rush         | BUCS                 | 1:50:29 | 01.08.2013 |
|                     | S9   | Amy Marren         | Romford Town SC      | 1:10.98 | 18.08.2013 |
|                     | S10  | Sophie West        | Greenwich Royals     | 1:23.49 | 20.04.2014 |
|                     | S14  | Sarah Paschoud     | Sharks SC            | 1:42.51 | 28.03.2015 |
| 200m                |      |                    |                      |         |            |

|             |     |                    |                      |          |            |
|-------------|-----|--------------------|----------------------|----------|------------|
|             | S9  | Amy Marren         | Romford Town SC      | 2:32.39  | 26.04.2014 |
| <b>Fly</b>  |     |                    |                      |          |            |
| <b>50m</b>  |     |                    |                      |          |            |
|             | S6  | Rebecca Harding    | Greenwich Royals     | 1:06.45  | 18.05.2007 |
|             | S7  | Susannah Rodgers   | Beckenham            | 0:35.07  | 12.09.2016 |
|             | S9  | Amy Marren         | Romford Town         | 0:33.65  | 06.02.2016 |
|             | S14 | Florence Garrett   | London Disability SC | 0:54:36  | 08.05.2016 |
| <b>100m</b> |     |                    |                      |          |            |
|             | S9  | Amy Marren         | Romford Town SC      | 1:10.07  | 17.08.2013 |
|             | S14 | Sarah-Louise Casey | Sharks SC            | 1.44:50  | 20.05.2007 |
| <b>200m</b> |     |                    |                      |          |            |
|             | S8  | Emma Hollis        | Borough of Redbridge | 4:17.48  | 07.10.2006 |
|             | S9  | Amy Marren         | Romford Town         | 2:35.14  | 26.04.2014 |
|             | S14 | Sarah Louise Casey | Sharks SC            | 4:16: 19 | 07.10.2006 |
| <b>IM</b>   |     |                    |                      |          |            |
| <b>200m</b> |     |                    |                      |          |            |
|             | S6  | Rebecca Harding    | Greenwich Royals     | 4:41.09  | 20.05.2007 |
|             | S7  | Susannah Rodgers   | Beckenham            | 3:38.95  | 18.04.2010 |
|             | S9  | Amy Marren         | Romford Town         | 2:32.74  | 27.04.2013 |
|             | S10 | Sophie West        | Greenwich Royals     | 3:07.30  | 19.04.2014 |
|             | S14 | Emma Warrington    | Bromley              | 3:34.9   | 04.05.2014 |
| <b>400m</b> |     |                    |                      |          |            |
|             | S9  | Amy Marren         | Romford Town         | 5:23.91  | 25.04.2014 |
|             |     |                    |                      |          |            |
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