

**Club Records****WITHAM DOLPHINS SWIMMING CLUB RECORDS  
AGES AS AT YEAR END****FEMALE**

Event	9-10 Years			11-12 Years			13-14 Years			15-16 Years			Open		
	Time	Date	Swimmer	Time	Date	Swimmer	Time	Date	Swimmer	Time	Date	Swimmer	Time	Date	Swimmer
<b>25 Free</b>	15.59	1993	Joanna Bright	14.54	1995	Joanna Bright	13.3	1997	Joanna Bright	13.3	1997	Joanna Bright	13.3	1997	Joanna Bright
<b>50 Free</b>	33.22	1986	Helen Goodwin	31.06	1990	Sue Burnett	28.02	1997	Joanna Bright	28.02	1997	Joanna Bright	28.02	1997	Joanna Bright
<b>100 Free</b>	01:13.5	1997	Beth Wild	01:06.0	1995	Sarah Carrington	01:01.8	1997	Sarah Carrington	01:01.8	1998	Joanna Bright	01:01.8	1998	Joanna Bright
<b>200 Free</b>	02:47.0	1993	Sarah Carrington	02:27.8	1995	Sarah Carrington	02:14.1	1997	Joanna Bright	02:10.2	1998	Joanna Bright	02:10.2	1998	Joanna Bright
<b>400 Free</b>	05:58.9	1997	Beth Wild	05:13.7	1995	Jessica Kneller	04:41.9	1997	Joanna Bright	04:38.4	1998	Joanna Bright	04:38.4	1998	Joanna Bright
<b>800 Free</b>				10:58.9	1995	Sarah Carrington	09:35.7	1997	Joanna Bright	09:35.7	1997	Joanna Bright	09:35.7	1997	Joanna Bright
<b>1500 Free</b>							18:45.6	1997	Joanna Bright	18:45.6	1997	Joanna Bright	18:45.6	1997	Joanna Bright
<b>25 Back</b>	18.03	1986	Helen Goodwin	16.82	1995	Sarah Carrington	15.42	1999	Sarah Wood	15.08	1999	Sarah Carrington	15.08	1999	Sarah Carrington
<b>50 Back</b>	39.5	1993	Sarah Carrington	34.84	1995	Sarah Carrington	31.72	1997	Sarah Carrington	31.72	1997	Sarah Carrington	31.61	2001	Sarah Carrington
<b>100 Back</b>	01:24.9	1986	Helen Goodwin	01:15.7	1995	Sarah Carrington	01:07.9	1997	Sarah Carrington	01:06.9	1998	Sarah Carrington	01:06.9	1998	Sarah Carrington
<b>200 Back</b>	03:05.7	1993	Sarah Carrington	02:45.0	1995	Sarah Carrington	02:31.5	1997	Sarah Carrington	02:26.6	1998	Sarah Carrington	02:26.6	1998	Sarah Carrington
<b>25 Breast</b>	19.16	1993	Katy Flatman	18.45	2007	Lauren Baker	16.82	1997	Sarah Carrington	16.82	1997	Sarah Carrington	16.62	1999	Sarah Carrington
<b>50 Breast</b>	43.56	1993	Sarah Carrington	38.29	1995	Sarah Carrington	35.34	1997	Sarah Carrington	35.34	1997	Sarah Carrington	35.34	1997	Sarah Carrington
<b>100 Breast</b>	01:36.9	1993	Sarah Carrington	01:25.3	1995	Sarah Carrington	01:18.0	1997	Sarah Carrington	01:16.1	1998	Sarah Carrington	01:16.1	1998	Sarah Carrington
<b>200 Breast</b>	03:26.2	1993	Sarah Carrington	03:03.1	1995	Sarah Carrington	02:48.0	1997	Sarah Carrington	02:46.3	1998	Sarah Carrington	02:46.3	1998	Sarah Carrington
<b>25 Fly</b>	17.11	1993	Sarah Carrington	16.32	2007	Lauren Baker	14.58	1997	Sarah Carrington	14.53	1999	Sarah Carrington	14.53	1999	Sarah Carrington
<b>50 Fly</b>	37.38	1993	Sarah Carrington	33.02	1995	Sarah Carrington	30.95	1997	Sarah Carrington	30.95	1999	Sarah Carrington	30.95	1997	Sarah Carrington
<b>100 Fly</b>	01:25.6	1993	Sarah Carrington	01:14.2	1995	Sarah Carrington	01:08.3	1997	Jessica Kneller	01:06.5	1999	Jessica Kneller	01:06.5	1999	Jessica Kneller
<b>200 Fly</b>	03:30.5	1993	Sarah Carrington	02:52.1	1995	Sarah Carrington	02:32.0	1997	Jessica Kneller	02:27.7	1999	Jessica Kneller	02:27.7	1999	Jessica Kneller
<b>100 IM</b>	01:25.1	1986	Helen Goodwin	01:16.8	1995	Sarah Carrington	01:10.3	1997	Sarah Carrington	01:09.8	1999	Sarah Carrington	01:08.8	2000	Sarah Carrington
<b>200 IM</b>	03:05.3	1993	Sarah Carrington	02:43.8	1995	Sarah Carrington	02:29.0	1997	Sarah Carrington	02:26.8	1998	Sarah Carrington	02:26.8	1998	Sarah Carrington
<b>400 IM</b>							05:19.7	1997	Sarah Carrington	05:09.5	1998	Sarah Carrington	05:09.5	1998	Sarah Carrington