

LONG COURSE RECORDS AT 31st AUGUST 2008

Event	Time	Name	Club	Venue	Date
LONG COURSE - BOYS (under 16)					
Backstroke					
50 metres	0:28.04*	M. Foster	BOS	Cardiff	1986/05
100 metres	1:01.84	C. Edwards	KIL	Vittel, France	1990/04
200 metres	2:11.06	R. Pavoni	BRE	Sheffield	2006/08
Breaststroke					
50 metre	0:30.54*	I. McKenzie	BTR	Rome	1987/07
100 metres	1:05.33*	I. McKenzie	BTR	Rome	1987/07
200 metres	2:24.40*	I. McKenzie	BTR	Rome	1987/07
Butterfly					
50 metres	0:25.96*	M. Foster	BOS	Cardiff	1986/05
100 metres	0:56.90*	D. Coombs	ROM	Coventry	1994/08
200 metres	2:05.92*	C. Robinson	KIL	Amersfoort	1989/03
Freestyle					
50 metres	0:24.00*	M. Foster	BOS	Cardiff	1986/05
100 metres	0:52.46*	M. Foster	BOS	Coventry	1986/04
200 metres	1:57.15	C. Robinson	KIL	Amersfoort	1989/03
400 metres	4:04.11	C. Robinson	KIL	Amersfoort	1989/03
800 metres	8:38.49	S. Blunt	HAL	Sheffield	2000/05
1500 metres	16:11.61	S. Blunt	HAL	Sheffield	2000/05
Individual Medley					
200 metres	2:09.00	R. Pavoni	BRE	Norwich	2006/11
400 metres	4:33.60	R. Pavoni	BRE	Sheffield	2006/08
Freestyle Relay (under 17)					
200 metres	1:44.78	Romford S.C.	ROM	Crystal Palace	1999/05
Medley Relay (under 17)					
200 metres	1:52.38	Barking S.C.	BAK	Leeds	1990/08
LONG COURSE - GIRLS (under 16)					
Backstroke					
50 metres	0:31.80	S. Drake	CAN	Liverpool	2008/07
100 metres	1:06.61	S. Drake	CAN	Sheffield	2008/08
200 metres	2:22.61	J. Swallow	BRE	Crystal Palace	1996/08
Breaststroke					
50 metres	0:34.92	D. Adams	ROC	Cardiff	1996/02
100 metres	1:14.81	C. Francis	BAS	Sheffield	2006/07
200 metres	2:42.70	D. Adams	ROC	Crystal Palace	1996/07
Butterfly					
50 metres	0:29.53	V. Goodey	SOS	Norwich	2007/11
100 metres	1:05.11	R. Leong	BWF	Sheffield	2005/08
200 metres	2:19.84	N. Brown	BOS	Sheffield	1999/08
Freestyle					
50 metres	0:27.63	E. Brooks	REB	Crystal Palace	1989/05
100 metres	0:58.19	J. Willmott	SOS	Blackpool	1980/05
200 metres	2:03.23*	J. Willmott	SOS	Blackpool	1980/05
400 metres	4:10.27*	S. Hardcastle	SSY	Los Angeles	1984/07
800 metres	8:32.60*	S. Hardcastle	SSY	Los Angeles	1984/08
1500 metres	16:46.48*	J. Willmott	SOS	Edinburgh	1980/12
Individual Medley					
200 metres	2:20.99	D. Palmer	KIL	Antwerp	1991/08
400 metres	4:51.05*	S. Hardcastle	SSY	Coventry	1984/05
Freestyle Relay (under 17)					
200 metres	1:53.77	Killerwhales S.C	KIL	Coventry	1991/08
Medley Relay (under 17)					
200 metres	2:06.36	Killerwhales S.C	KIL	Coventry	1991/08

*Was also a National Record

LONG COURSE - MENS**Backstroke**

50 metres	0:27.90	M. Carl	REB	Cardiff	1995/05
100 metres	0:57.87	N. Harper	WAL	Coventry	1984/05
200 metres	2:03.42	R. Hughes	BRE	Austria	2002/07

Breaststroke

50 metres	0:28.95	C.Watkinson	BTR	Sheffield	2006/04
100 metres	1:02.57	C.Watkinson	BTR	Sheffield	2006/04
200 metres	2:18.99	C.Watkinson	BTR	Sheffield	2006/04

Butterfly

50 metres	0:25.56	D. Coombs	ROM	Sheffield	1995/04
100 metres	0:55.19	D. Coombs	ROM	Sheffield	1995/04
200 metres	2:01.36	R. Pavoni	BRE	Sheffield	2008/04

Freestyle

50 metres	0:23.13*	M. Foster	BOS	Strasbourg	1987/08
100 metres	0:50.96	M. Foster	BOS		1987/
200 metres	1:52.36	D. McKnight	BWF	Sheffield	2007/07
400 metres	3:53.73	D. Fogg	BWF	Sheffield	2008/04
800 metres	8:03.39	D. Fogg	BWF	Sheffield	2008/04
1500 metres	15:11.70	D. Fogg	BWF	Sheffield	2008/04

Individual Medley

200 metres	2:04.14+	R. Pavoni	BRE	Sheffield	2008/04
400 metres	4:23.04+	R. Pavoni	BRE	Brisbane	2007/12

Freestyle Relay

400 metres	3:42.03	Killerwhales S.C.	KIL	Crystal Palace	1990/05
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Medley Relay

400 metres	4:06.57	Killerwhales S.C.	KIL	Crystal Palace	1990/05
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LONG COURSE - WOMENS**Backstroke**

50 metres	0:30.92	C. Carter	BTR	Crystal Palace	1999/05
100 metres	1:05.95	Z. Cray	CLA	Sheffield	1992/05
200 metres	2:20.25	C. Carter	BTR	Leeds	1998/08

Breaststroke

50 metres	0:34.92	D. Adams	ROC	Cardiff	1996/02
100 metres	1:10.52	J. King	BWF	Sheffield	1996/03
200 metres	2:32.44	J. King	BWF	Sheffield	1996/03

Butterfly

50 metres	0:29.53	V. Goodey	SOS	Norwich	2007/11
100 metres	1:04.10	N. Ladlow	KIL	Crystal Palace	2000/04
200 metres	2:16.78	N. Brown	BOS	Sheffield	2000/07

Freestyle

50 metres	0:27.63	E. Brooks	REB	Crystal Palace	1989/05
	0:27.63=	Z. Cray	CLA	Sheffield	1993/06
100 metres	0:58.19	J. Willmott	SOS	Blackpool	1980/05
200 metres	2:02.34	S. Hardcastle	SSY	Amersfoort	1986/02
400 metres	4:07.68*	S. Hardcastle	SSY	Edinburgh	1986/07
800 metres	8:24.77*	S. Hardcastle	SSY	Edinburgh	1986/07
1500 metres	16:42.18	N. Brown	SSY	Manchester	2001/04

Individual Medley

200 metres	2:20.36	J. Swallow	KIL	Glasgow	1997/08
400 metres	4:50.02	S. Hardcastle	BOS	Edinburgh	1986/07

Freestyle Relay

400 metres	4:08.63	Killerwhales S.C	KIL	Coventry	1990/11
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Medley Relay

400 metres	4:37.25	Killerwhales S.C	KIL	Sheffield	2004/08
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* Also a British Record

+ Also a British Age Group Record