

## SHORT COURSE RECORDS AT 31<sup>st</sup> DECEMBER 2007

Event	Time	Name	Club	Venue	Date
<b>SHORT COURSE - BOYS (under 16)</b>					
<b>Backstroke</b>					
50 metres	0:28.02	D. Stepton	BEC	Sheffield	2007/10
100 metres	59.78	R. Pavoni	BRE	Blackshots	2006/11
200 metres	2:04.65	R. Hughes	BRE	Fullwell Cross	2000/02
<b>Breaststroke</b>					
50 metres	0:30.00	R. Pavoni	BRE	Blackshots	2007/01
100 metres	1:04.57*	I. McKenzie	BTR	Fullwell Cross	1988/01
200 metres	2:19.70*	I. McKenzie	BTR	Braintree	1988/02
<b>Butterfly</b>					
50 metres	0:25.48*	M. Foster	SSY	Bonn	1986/02
100 metres	0:58.08	D. Coombs	ROM	Fullwell Cross	1994/01
200 metres	2:04.19*	C. Robinson	KIL	Plymouth	1988/11
<b>Freestyle</b>					
50 metres	0:23.41	M. Foster	SSY	Barnet Cop.	1986/03
100 metres	0:50.81	M. Foster	SSY	Barnet Cop.	1986/03
200 metres	1:55.68	M. Carl	REB	Harlow	1990/10
400 metres	4:00.29	C. Robinson	KIL	Plymouth	1988/11
800 metres	8:16.76	R. Pavoni	BRE	Blackshots	2007/03
1500 metres	15:52.33	D. McKnight	BWF	Waltham For.	2004/05
<b>Individual Medley</b>					
100 metres	1:00.49	R. Pavoni	BRE	Blackshots	2006/11
200 metres	2:05.03	R. Pavoni*	BRE	Blackshots	2007/03
400 metres	4:25.14	R. Pavoni	BRE	Blackshots	2007/03
<b>Freestyle Relay (under 17)</b>					
200 metres	1:40.78	Killerwhales S.C.	KIL	Fullwell Cross	1997/11
<b>Medley Relay (under 17)</b>					
200 metres	1:52.38	Killerwhales S.C.	KIL	Fullwell Cross	1997/11
<b>SHORT COURSE - GIRLS (under 16)</b>					
<b>Backstroke</b>					
50 metres	0:31.15	S. Drake	CAN	Blackshots	2007/11
100 metres	1:04.73	G. Hunton-Clarke	ROM	Enfield	2006/05
200 metres	2:18.41	C. Carter	BTR	Fullwell Cross	1998/02
<b>Breaststroke</b>					
50 metres	0:34.38	M. Young	COL	Southampton	1989/01
100 metres	1:13.52	D. Palmer	KIL	Fullwell Cross	1992/01
200 metres	2:39.06	D. Palmer	KIL	Southampton	1990/03
<b>Butterfly</b>					
50 metres	0:30.04	R. Leong	BWF	Blackshots	2007/01
100 metres	1:04.12	L. Cogdale	ROM	Fullwell Cross	2003/02
200 metres	2:19.62	D. Palmer	KIL	Fullwell Cross	1991/03
<b>Freestyle</b>					
50 metres	0:27.44	E. Brooks	REB	Dundee	1988/12
	0:27.44 =	K. George	HAL	Fullwell Cross	1995/04
100 metres	0:58.24	D. Palmer	KIL	Fullwell Cross	1990/01
200 metres	2:01.46*	S. Hardcastle	SSY	Darlington	1984/04
400 metres	4:08.82*	S. Hardcastle	SSY	Darlington	1984/04
800 metres	8:27.31*	S. Hardcastle	SSY	Bergen	1984/12
1500 metres	16:06.68*	S. Hardcastle	SSY	Brentwood	1985/02
<b>Individual Medley</b>					
100 metres	1:07.18	R. Leong	BWF	Blackshots	2006/11
200 metres	2:18.64	S. Hardcastle	SSY	Brentwood	1985/02
400 metres	4:45.84*	S. Hardcastle	SSY	Darlington	1984/04
<b>Freestyle Relay (under 17)</b>					
200 metres	1:51.81	Killerwhales	KIL	Barnet Copt.	1990/03
<b>Medley Relay (under 17)</b>					
200 metres	2:05.73	Rochford & Dist	ROC	Fullwell Cross	1996/04

**SHORT COURSE - MENS****Backstroke**

50 metres	0:26.15	M. Carl	REB	Sheffield	1994/12
100 metres	0:55.85	M. Carl	REB	Sheffield	1994/12
200 metres	1:58.92	J. Fleet	BWF	Sheffield	1992/12

**Breaststroke**

50 metres	0:29.80	J. Howkins	COL	Colchester	1999/06
100 metres	1:03.14	L. Wightwick	KIL	Fullwell Cross	2003/03
200 metres	2:18.16	A. Clapper	BAR	Fullwell Cross	1992/05

**Butterfly**

50 metres	0:24.48*	M. Foster	BOS	Bonn	1988/02
100 metres	0:54.80	M. Foster	BOS	Monaco	1987/12
200 metres	2:01.24	E. Clement	KIL	Glasgow	1998/12

**Freestyle**

50 metres	0:22.57	M. Foster	BOS	Bonn	1988/02
100 metres	0:48.97	M. Foster	BOS	Monaco	1987/12
200 metres	1:47.71	M. Carl	REB	Sheffield	1992/12
400 metres	3:50.88	Dane McKnight	BWF	Waltham For.	2007/05
800 metres	7:58.77	D. Fogg	BWF	Sheffield	2007/11
1500 metres	15:26.61	D. Fogg	BWF	Sheffield	2007/11

**Individual Medley**

100 metres	59.93	K. Batorski	HAR	Harlow	2004/03
200 metres	2:02.84	R. Pavoni	BRE	Blackshots	2007/07
400 metres	4:23.29	E. Clement	KIL	Glasgow	1998/12

**Freestyle Relay**

400 metres	3:30.48	Boro. Waltham For.	BWF	Blackshots	2007/01
800 metres	7:45.36	Boro. Waltham For.	BWF	Waltham Forest	2007/02

**Medley Relay**

400 metres	4:00.23	Redbridge Boro	REB	Harlow	1992/06
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**SHORT COURSE - WOMENS****Backstroke**

50 metres	0:30.07	Z. Cray	CLA	Sheffield	1992/12
100 metres	1:02.78	C. Carter	BTR	Glasgow	1998/12
200 metres	2:14.72	C. Carter	BTR	Glasgow	1998/12

**Breaststroke**

50 metres	0:31.83	J. King	BWF	Sheffield	1996/12
100 metres	1:09.03	J. King	BWF	Fullwell Cross	1996/03
200 metres	2:27.56	J. King	BWF	Sheffield	1996/12

**Butterfly**

50 metres	0:29.16	E. Bellinger	COL	Fullwell Cross	2003/11
100 metres	1:03.57	N. Ladlow	REB	Sheffield	2000/12
200 metres	2:12.73	L. Gowens	BOS	Dublin	2003/12

**Freestyle**

50 metres	0:26.99	Z. Cray	CLA	Sheffield	1992/12
100 metres	0:57.58	S. Hardcastle	SSY	Hounslow	1985/11
200 metres	1:59.45	S. Hardcastle	SSY	Hertogen B.	1985/12
400 metres	4:04.96	S. Hardcastle	SSY	Hertogen B.	1985/12
800 metres	8:25.00*	J. Willmott	SOS	Nuneaton	1982/04
1500 metres	16:00.03*	S. Hardcastle	BOS	Brentwood	1986/02

**Individual Medley**

100 metres	1:06.00	Standard			
200 metres	2:17.64	D. Palmer	KIL	Sheffield	1994/12
400 metres	4:45.84	S. Hardcastle	SSY	Darlington	1984/04

**Freestyle Relay**

400 metres	4:03.08	Boro. Southend	BOS	Fullwell Cross	2002/02
800 metres	8:40.00	Standard			

**Medley Relay**

400 metres	4:27.60	Brentwood	BRE	Fullwell Cross	2002/02
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\*Also a British Record