

ENGLISH AGE LONG COURSE RECORDS

(Records as at 08.08.2006)

18yrs BOYS

	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:23.22	standard			01/10/2003
100m	FREESTYLE	00:50.27	Craig Gibbons	Maxwell Chipping Norton	Sheffield	5th August 2004
200m	FREESTYLE	01:48.90	standard			01/10/2003
400m	FREESTYLE	03:51.36	standard			01/10/2003
800m	FREESTYLE	07:54.73	standard			01/10/2003
1500m	FREESTYLE	15:05.02	standard			01/10/2003
50m	BACKSTROKE	00:25.58	standard			01/10/2003
100m	BACKSTROKE	00:55.69	standard			01/10/2003
200m	BACKSTROKE	02:02.58	standard			01/10/2003
50m	BREASTSTROKE	00:28.56	standard			01/10/2003
100m	BREASTSTROKE	01:02.43	standard			01/10/2003
200m	BREASTSTROKE	02:14.72	standard			01/10/2003
50m	BUTTERFLY	00:24.77	Michael Rock	City of Liverpool	Sheffield	5th August 2005
100m	BUTTERFLY	00:54.10	Michael Rock	City of Liverpool	Swansea	2nd December 2005
200m	BUTTERFLY	01:59.90	Matthew Edwards	Loughborough University	Sheffield	11th April 2004
200m	IND. MEDLEY	02:02.64	standard			01/10/2003
400m	IND. MEDLEY	04:19.28	standard			01/10/2003

18 yrs GIRLS

	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:26.24	Amy Smith	Loughborough University	Swansea	4th December 2005
100m	FREESTYLE	00:56.55	Claire Windeatt	Kingston Upon Hull	Sheffield	10th April 2004
200m	FREESTYLE	02:00.06	Joanne Jackson	Durham University Aquatics	Swansea	17th June 2005
400m	FREESTYLE	04:07.96	Joanne Jackson	Durham University Aquatics	Irvine	28th May 2005
800m	FREESTYLE	08:34.89	standard			01/10/2003
1500m	FREESTYLE	16:20.13	standard			01/10/2003
50m	BACKSTROKE	00:29.98	standard			01/10/2003
100m	BACKSTROKE	01:01.78	standard			01/10/2003
200m	BACKSTROKE	02:12.08	standard			01/10/2003
50m	BREASTSTROKE	00:31.41	Kate Haywood	Loughborough University	Montreal	30th July 2005
100m	BREASTSTROKE	01:08.28	Kate Haywood	Loughborough University	Swansea	17th June 2005
200m	BREASTSTROKE	02:30.41	Amy Konowalik	Nova Centurion	Sheffield	8th April 2004
50m	BUTTERFLY	00:28.05	Standard			01/10/2003
100m	BUTTERFLY	01:00.62	standard			01/10/2003
200m	BUTTERFLY	02:12.68	Joanne Jackson	Durham University Aquatics	Irvine	28th May 2005
200m	IND. MEDLEY	02:16.99	Sophie Caul	City of Coventry	Sheffield	10th April 2004
400m	IND. MEDLEY	04:48.60	Sophie Caul	City of Coventry	Sheffield	8th April 2004

