

SHORT COURSE RECORDS - MENS
AS AT 30TH NOVEMBER 2011

Event	Time	Name	Club	Venue	Date
Backstroke					
50 Metres	0.25.85	Daniel Stepton	ROM	Sheffield	12/11/2011
100 Metres	0.55.85	Martin Carl	REB	Sheffield	1994/12
200 Metres	1.58.55	Roberto Pavoni	BRE	Brisbane	29/08/2009
Breaststroke					
50 Metres	0.29.47	Matthew Smith	HOR	Blackshots	25/01/2009
100 Metres	1.03.14	Lee Wightwick	KIL	Fullwell Cross	16/03/2003
200 Metres	2.17.85	Roberto Pavoni	BRE	Brisbane	30/08/2009
Butterfly					
50 Metres	0.24.48*	Mark Foster	BOS	Bonn	14/02/1988
100 Metres	0.53.50	Roberto Pavoni	BRE	Brisbane	29/08/2009
200 Metres	1.57.16	Roberto Pavoni	BRE	Brisbane	29/08/2009
Freestyle					
50 Metres	0.22.57*	Mark Foster	BOS	Bonn	14/02/1988
100 Metres	0.48.97*	Mark Foster	BOS	Monaco	13/12/1987
200 Metres	1.47.71	Martin Carl	REB	Sheffield	1992/12
400 Metres	3.47.29	Daniel Fogg	BWF	Paris	21/12/2008
800 Metres	7.58.77	Daniel Fogg	BWF	Sheffield	16/11/2007
1500 Metres	15.01.66	Daniel Fogg	BWF	Paris	20/12/2008
Individual Medley					
100 Metres	56.16	Roberto Pavoni	BRE	Brisbane	24/09/2008
200 Metres	2.00.37	Roberto Pavoni	BRE	Melbourne	22/09/2008
400 Metres	4.12.33	Roberto Pavoni	BRE	Brisbane	30/08/2009
Freestyle Relay					
400 Metres	3.30.48	Boro Waltham Forest SC	WAL	Blackshots	20/01/2007
800 Metres	7.45.36	Boro Waltham Forest SC	BWF	Waltham Forest	17/02/2007
Medley Relay					
400 Metres	4.00.23	Redbridge Boro SC	REB	Harlow	1992/06

SHORT COURSE - WOMENS

Backstroke					
50 Metres	0.29.45	Verity Goodey	BOS	Norwich	07/11/2010
100 Metres	1.02.16	Sophie Drake	CAN	Braintree	07/03/2009
200 Metres	2.14.72	Claire Carter	BTR	Glasgow	1998/12
Breaststroke					
50 Metres	0.31.83	Jamie King	BWF	Sheffield	1996/12
100 Metres	1.09.03	Jamie King	BWF	Fullwell Cross	1996/03
200 Metres	2.27.56	Jamie King	BWF	Sheffield	1996/12
Butterfly					
50 Metres	0.28.63	Elena Sheridan	ROM	Luton	16/04/2011
100 Metres	1.00.89	Elena Sheridan	ROM	Sheffield	16/10/2011
200 Metres	2.09.85	Elena Sheridan	ROM	Luton	10/09/2011
Freestyle					
50 Metres	26.53	Sophie Drake	CAN	Norwich	07/11/2009
100 Metres	56.76	Verity Goodey	BOS	Sheffield	18/10/2009
200 Metres	1.59.45	Sarah Hardcastle	SSY	Hertogenbosch	1985/12
400 Metres	4.04.96	Sarah Hardcastle	SSY	Hertogenbosch	1985/12
800 Metres	8.25.00*	Jackie Willmott	SOS	Nuneaton	02/04/1982
1500 Metres	16.00.03*	Sarah Hardcastle	BOS	Brentwood	23/02/1986
Individual Medley					
100 Metres	1.04.88	Elena Sheridan	ROM	Southend	20/02/2011
200 Metres	2.15.19	Elena Sheridan	ROM	Hatfield	12/11/2011
400 Metres	4.44.27	Elena Sheridan	ROM	Isle of Man	11/09/2011
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

* Was also a British Record

SHORT COURSE RECORDS - BOYS (UNDER 16)
AS AT 30TH NOVEMBER 2011

Event	Time	Name	Club	Venue	Date
Backstroke					
50 Metres	0.28.02	Daniel Stepton	BEC	Sheffield	21/10/2007
100 Metres	0.59.78	Roberto Pavoni	BRE	Blackshots	25/11/2006
200 Metres	2.04.65	Ross Hughes	BRE	Fullwell Cross	19/02/2000
Breaststroke					
50 Metres	0.30.00	Roberto Pavoni	BRE	Blackshots	20/01/2007
100 Metres	1.04.57*	Ian McKenzie	BTR	Fullwell Cross	1988/01
200 Metres	2.19.70*	Ian McKenzie	BTR	Braintree	1988/02
Butterfly					
50 Metres	0.25.48	Mark Foster	SSY	Bonn	1986/02
100 Metres	0.58.08	Daniel Coombs	ROM	Fulwell Cross	1994/01
200 Metres	2.04.19	Christian Robinson	KIL	Plymouth	1988/11
Freestyle					
50 Metres	0.23.41	Mark Foster	SSY	Barnet Cophall	1986/03
100 Metres	0.50.81	Mark Foster	SSY	Barnet Cophall	1986/03
200 Metres	1.55.68	Martin Carl	REB	Harlow	1990/10
400 Metres	4.00.29	Christian Robinson	KIL	Plymouth	1988/11
800 Metres	8.16.76	Roberto Pavoni	BRE	Blackshots	04/03/2007
1500 Metres	15.52.33	Dane McKnight	BWF	Waltham Forest	28/05/2004
Individual Medley					
100 Metres	1.00.49	Roberto Pavoni	BRE	Blackshots	26/11/2006
200 Metres	2.05.03*	Roberto Pavoni	BRE	Blackshots	08/03/2007
400 Metres	4.25.14	Roberto Pavoni	BRE	Blackshots	03/03/2007
Freestyle Relay (under 17)					
200 Metres	1.40.78	Killerwhales SC	KIL	Fulwell Cross	1997/11
Medley Relay (under 17)					
200 Metres	1.52.38	Killerwhales SC	KIL	Fulwell Cross	1997/11

SHORTCOURSE - GIRLS (UNDER 16)

Backstroke					
50 Metres	0.29.79	Sophie Drake	CAN	Braintree	30/11/2008
100 Metres	1.04.47	Sophie Drake	CAN	Sheffield	19/10/2008
200 Metres	2.18.41	Claire Carter	BTR	Fullwell Cross	1998/02
Breaststroke					
50 Metres	0.34.38	Michelle Young	COL	Southampton	1989/01
100 Metres	1.13.52	Dawn Palmer	KIL	Fullwell Cross	1992/02
200 Metres	2.34.68	Elena Sheridan	ROM	Southend	19/02/2011
Butterfly					
50 Metres	0.28.63	Elena Sheridan	ROM	Luton	16/04/2011
100 Metres	1.00.89	Elena Sheridan	ROM	Sheffield	16/10/2011
200 Metres	2.09.85+	Elena Sheridan	ROM	Luton	10/09/2011
Freestyle					
50 Metres	26.61	Sophie Drake	CAN	Braintree	29/11/2008
100 Metres	58.24	Dawn Palmer	KIL	Fullwell Cross	1990/01
200 Metres	2.01.46*	Sarah Hardcastle	SSY	Darlington	1984/04
400 Metres	4.08.82*	Sarah Hardcastle	SSY	Darlington	1984/04
800 Metres	8.27.31*	Sarah Hardcastle	SSY	Bergen	1984/12
1500 Metres	16.06.68*	Sarah Hardcastle	SSY	Brentwood	1985/02
Individual Medley					
100 Metres	1.04.88	Elena Sheridan	ROM	Southend	20/02/2011
200 Metres	2.16.21	Elena Sheridan	ROM	Hatfield	08/10/2011
400 Metres	4.44.27	Elena Sheridan	ROM	Isle of Man	11/09/2011
Freestyle Relay (under 17)					
200 Metres	1.51.81	Killerwhales	KIL	Barnet Cophall	1990/03
Medley Relay (under 17)					
200 Metres	2.05.73	Rochford & District	ROC	Fullwell Cross	1996/04

* Was also a British Record
+ British Junior Record