

**LONG COURSE RECORDS - MENS**  
**AS AT 31ST DECEMBER 2011**

Event	Time	Name	Club	Venue	Date
<b>Backstroke</b>					
50 Metres	0.27.44	Daniel Stepton	ROM	Basildon	27/11/2011
100 Metres	0.57.87	Neil Harper	WAL	Coventry	1984/05
200 Metres	2.01.83	Roberto Pavoni	BRE	Sheffield	31/03/2010
<b>Breaststroke</b>					
50 Metres	0.28.95	Christopher Watkinson	BTR	Sheffield	08/04/2006
100 Metres	1.02.57	Christopher Watkinson	BTR	Sheffield	04/04/2006
200 Metres	2.16.61	Christopher Watkinson	BTR	Sheffield	06/04/2006
<b>Butterfly</b>					
50 Metres	0.25.56	Daniel Coombs	ROM	Sheffield	1995/04
100 Metres	0.54.99	Roberto Pavoni	BRE	Sheffield	19/03/2009
200 Metres	1.57.29	Roberto Pavoni	BRE	Sheffield	29/03/2010
<b>Freestyle</b>					
50 Metres	0.23.13*	Mark Foster	BOS	Strasbourg	01/08/1987
100 Metres	0.50.96	Mark Foster	BOS	Coventry	1987/
200 Metres	1.52.01	Alan Lindenberg	BWF	Sheffield	31/07/2009
400 Metres	3.53.73	Daniel Fogg	BWF	Sheffield	01/04/2008
800 Metres	8.03.39	Daniel Fogg	BWF	Sheffield	04/04/2008
1500 Metres	15.06.97	Daniel Fogg	BWF	Quebec	01/08/2008
<b>Individual Medley</b>					
200 Metres	2.01.93	Roberto Pavoni	BRE	Sheffield	02/04/2010
400 Metres	4.14.55+	Roberto Pavoni	BRE	Sheffield	01/04/2010
<b>Freestyle Relay</b>					
400 Metres	3.41.86	Romford SC	ROM	Crystal Palace	02/08/2009
		Daniel Stepton, Jamie Harrington, Jake Harrison, James Davis			
800 Metres	8.02.00	Standard			
<b>Medley Relay</b>					
400 Metres	4.06.57	Killerwhales SC	KIL	Crystal Palace	1990/05

**LONG COURSE - WOMENS**

<b>Backstroke</b>					
50 Metres	0.30.57	Sophie Drake	CAN	Norwich	11/04/2009
100 Metres	1.04.35	Sophie Drake	THU	Sheffield	31/07/2011
200 Metres	2.20.25	Claire Carter	BTR	Leeds	1998/08
<b>Breaststroke</b>					
50 Metres	0.34.92	Danielle Adams	ROC	Cardiff	1996/02
100 Metres	1.10.52	Jamie King	BWF	Sheffield	1996/03
200 Metres	2.32.44	Jamie King	BWF	Sheffield	1996/03
<b>Butterfly</b>					
50 Metres	0.28.86	Elena Sheridan	ROM	Manchester	05/03/2011
100 Metres	1.01.01	Elena Sheridan	ROM	Sheffield	30/07/2011
200 Metres	2.10.40	Elena Sheridan	ROM	Belgrade	07/07/2011
<b>Freestyle</b>					
50 Metres	27.36	Sophie Drake	THU	Sheffield	31/07/2011
100 Metres	58.19	Jackie Willmott	SOS	Blackpool	1980/05
200 Metres	2.02.34	Sarah Hardcastle	SSY	Amersfoot	1986/02
400 Metres	4.07.68*	Sarah Hardcastle	SSY	Edinburgh	27/07/1986
800 Metres	8.24.77*	Sarah Hardcastle	SSY	Edinburgh	29/07/1986
1500 Metres	16.42.18	Nathalie Brown	BOS	Manchester	11/04/2001
<b>Individual Medley</b>					
200 Metres	2.19.64	Elena Sheridan	ROM	Basildon	10/12/2011
400 Metres	4.48.42	Elena Sheridan	ROM	Sheffield	31/07/2011
<b>Freestyle Relay</b>					
400 Metres	4.08.63	Killerwhales SC	KIL	Coventry	1990/11
800 Metres	8.51.00	Standard			
<b>Medley Relay</b>					
400 Metres	4.34.85	Chelmsford	CHE	Basildon	09/07/2011
		Eliza Duffy, Evangelina Fisher, Sarah Larner, Hannah Travell			

\* Was also a British Record  
+ English Senior Record

**LONG COURSE RECORDS - BOYS (UNDER 16)**  
**AS AT 31ST DECEMBER 2011**

Event	Time	Name	Club	Venue	Date
<b>Backstroke</b>					
50 Metres	0.28.04*	Mark Foster	BOS	Cardiff	03/05/1986
100 Metres	1.01.84	Craig Edwards	KIL	Vittel, France	1990/04
200 Metres	2.11.06	Roberto Pavoni	BRE	Sheffield	05/08/2006
<b>Breaststroke</b>					
50 Metres	0.30.54*	Ian McKenzie	BTR	Rome	23/07/1987
100 Metres	1.05.33*	Ian McKenzie	BTR	Rome	23/07/1987
200 Metres	2.24.40*	Ian McKenzie	BTR	Rome	25/07/1987
<b>Butterfly</b>					
50 Metres	0.25.96*	Mark Foster	BOS	Cardiff	04/05/1986
100 Metres	0.56.90*	Daniel Coombs	ROM	Coventry	1994/08
200 Metres	2.05.92*	Christian Robinson	KIL	Amersfoort	1989/03
<b>Freestyle</b>					
50 Metres	0.24.00*	Mark Foster	BOS	Cardiff	05/05/1986
100 Metres	0.52.46*	Mark Foster	BOS	Coventry	13/04/1986
200 Metres	1.57.15	Christian Robinson	KIL	Amersfoort	1989/03
400 Metres	4.04.11	Christian Robinson	KIL	Amersfoort	1989/03
800 Metres	8.38.49	Sam Blunt	HAL	Sheffield	26/05/2000
1500 Metres	16.11.61	Sam Blunt	HAL	Sheffield	26/05/2000
<b>Individual Medley</b>					
200 Metres	2.09.00	Roberto Pavoni	BRE	Norwich	05/11/2006
400 Metres	4.33.60	Roberto Pavoni	BRE	Sheffield	06/08/2006
<b>Freestyle Relay (under 17)</b>					
200 Metres	1.44.78	Romford SC	ROM	Crystal Palace	1999/05
<b>Medley Relay (under 17)</b>					
200 Metres	1.52.38	Barking SC	BAK	Leeds	1990/08

**LONG COURSE - GIRLS (UNDER 16)**

<b>Backstroke</b>					
50 Metres	0.30.88	Sophie Drake	CAN	Geneva	17/01/2009
100 Metres	1.05.78	Sophie Drake	CAN	Geneva	18/01/2009
200 Metres	2.22.61	Jodie Swallow	BRE	Crystal Palace	1996/08
<b>Breaststroke</b>					
50 Metres	0.34.92	Danielle Adams	ROC	Cardiff	1996/02
100 Metres	1.14.81	Chloe Francis	BAS	Sheffield	2006/07
200 Metres	2.40.13	Elena Sheridan	ROM	Rotherham	14/05/2011
<b>Butterfly</b>					
50 Metres	0.28.86	Elena Sheridan	ROM	Manchester	05/03/2011
100 Metres	1.01.01	Elena Sheridan	ROM	Sheffield	30/07/2011
200 Metres	2.10.40	Elena Sheridan	ROM	Belgrade	07/07/2011
<b>Freestyle</b>					
50 Metres	0.27.63	Emma Brooks	REB	Crystal Palace	1989/05
100 Metres	0.58.19	Jackie Willmott	SOS	Blackpool	1980/05
200 Metres	2.03.23*	Jackie Willmott	SOS	Blackpool	26/05/1980
400 Metres	4.10.27*	Sarah Hardcastle	SSY	Los Angeles	31/07/1984
800 Metres	8.32.60*	Sarah Hardcastle	SSY	Los Angeles	03/08/1984
1500 Metres	16.46.48*	Jackie Willmott	SOS	Edinburgh	25/04/1980
<b>Individual Medley</b>					
200 Metres	2.20.43	Elena Sheridan	ROM	Sheffield	27/07/2011
400 Metres	4.48.42	Elena Sheridan	ROM	Sheffield	31/07/2011
<b>Freestyle Relay (under 17)</b>					
200 Metres	1.53.77	Killerwhales SC	KIL	Coventry	1991/08
<b>Medley Relay (under 17)</b>					
200 Metres	2.06.36	Killerwhales SC	KIL	Coventry	1991/08

\* Was also a British Record