
RECORDS
SC Meters-Female

5-5	25 Free	26.71	24-Jun-00		Emma Saunders
	25 Back	28.87	24-Jun-00		Emma Saunders
	25 Breast	33.96	24-Jun-00		Emma Saunders
	25 Fly	34.28	24-Jun-00		Emma Saunders
	100 IM	2:40.24	24-Jun-00		Emma Saunders
6-6	25 Free	19.27	30-Jun-01		Emma Saunders
	25 Back	21.91	30-Jun-01		Emma Saunders
	25 Breast	24.90	30-Jun-01		Emma Saunders
	25 Fly	24.42	30-Jun-01		Emma Saunders
	100 IM	1:52.56	30-Jun-01		Emma Saunders
7-7	25 Free	17.71	29-Jun-02		Emma Saunders
	25 Back	20.38	29-Jun-02		Emma Saunders
	25 Breast	23.63	29-Jun-02		Emma Saunders
	25 Fly	18.91	29-Jun-02		Emma Saunders
	100 IM	1:34.20	29-Jun-02		Emma Saunders
8-8	25 Free	16.40	28-Jun-03		Emma Saunders
	25 Back	18.96	28-Jun-03		Emma Saunders
	25 Breast	20.11	28-Jun-03		Emma Saunders
	25 Fly	17.46	28-Jun-03		Emma Saunders
	100 IM	1:26.46	28-Jun-03		Emma Saunders
9-10	50 Free	31.87	27-Nov-04		Emma Saunders
	50 Back	38.28	29-Nov-14		Jessica Flegg
	50 Breast	41.48	27-Nov-04		Emma Saunders
	50 Fly	36.66	27-Nov-04		Emma Saunders
9-9	25 Free	16.04	27-Jun-15	HLCN	Lucy Dixon at Summer Sprints 2015
	25 Back	19.50	30-Jun-12		Niamh Speakman
	25 Breast	20.00	27-Jun-15	HLCN	Lucy Dixon at Summer Sprints 2015
	25 Fly	17.82	27-Jun-15	HLCN	Lucy Dixon at Summer Sprints 2015
	100 IM	1:27.16	29-Nov-03		Emma Saunders
10-10	25 Free	14.59	25-Jun-05		Emma Saunders
	25 Back	16.93	25-Jun-05		Emma Saunders
	25 Breast	17.94	25-Jun-05		Emma Saunders
	25 Fly	15.41	28-Jun-14		Mia Greenough
	100 IM	1:15.87	25-Jun-05		Emma Saunders
11-11	50 Free	28.95	24-Jun-06		Emma Saunders
	50 Back	32.59	24-Jun-06		Emma Saunders
	50 Breast	35.71	24-Jun-06		Emma Saunders
	50 Fly	32.13	27-Jun-15	HLCN	Mia Greenough at Summer Sprints 2015
	100 IM	1:10.24	24-Jun-06		Emma Saunders
11-12	100 Free	1:01.76	25-Nov-06		Emma Saunders
	100 Back	1:10.68	25-Nov-06		Emma Saunders
	100 Breast	1:20.62	27-Nov-93		A.Bannister
	100 Fly	1:10.81	21-Nov-15	HLCN	Mia Greenough at Winter Championships 2015
	200 IM	2:29.29	25-Nov-06		Emma Saunders
12-12	50 Free	28.29	30-Jun-07		Emma Saunders
	50 Back	32.21	30-Jun-07		Emma Saunders
	50 Breast	36.37	30-Jun-07		Emma Saunders

RECORDS

12-12	50 Fly	32.07	30-Jun-07	Emma Saunders
	100 IM	1:10.26	30-Jun-07	Emma Saunders
13-14	100 Free	58.14	29-Nov-08	Emma Saunders
	100 Back	1:06.29	29-Nov-08	Emma Saunders
	100 Breast	1:17.19	26-Nov-94	A. Bannister
	100 Fly	1:06.30	29-Nov-08	Emma Saunders
	200 IM	2:24.82	29-Nov-08	Emma Saunders
	100 Free	57.11	28-Nov-09	Emma Saunders
	100 Back	1:12.09	29-Nov-14	Jessie Harper
	100 Breast	1:19.46	26-Nov-88	Zoe Whittle
	100 Fly	1:04.64	28-Nov-09	Emma Saunders
	200 IM	2:33.63	30-Nov-02	Corrinne Allmark

RECORDS
SC Meters-Male

5-5	25 Free	42.31	30-Jun-07		Rupert Varley
	25 Back	46.21	30-Jun-07		Rupert Varley
	25 Breast	47.89	30-Jun-07		Rupert Varley
	25 Fly	44.79	30-Jun-07		Rupert Varley
6-6	25 Free	26.93	29-Jun-02		Kieran Odlum
	25 Back	30.19	24-Jun-06		Benjamin Ray
	25 Breast	36.08	24-Jun-06		Benjamin Ray
	25 Fly	32.64	24-Jun-06		Benjamin Ray
7-7	25 Free	20.53	30-Jun-12		Sean Dobson
	25 Back	23.44	19-Nov-16	HLCN	Logan Molyneux at Winter Championships 2016
	25 Breast	27.35	24-Jun-00		Simon Rashleigh
	25 Fly	24.82	30-Jun-12		Sean Dobson
	100 IM	2:05.31	24-Jun-06		Harry Lewis Mitchell
8-8	25 Free	17.28	30-Jun-07		James Morrison
	25 Back	20.27	26-Jun-82		S.Hodkinson
	25 Breast	21.93	25-Jun-83		Max Bowie
	25 Fly	19.35	21-Nov-15	HLCN	Oliver Crooks at Winter Championships 2015
	100 IM	1:40.53	21-Nov-15	HLCN	Oliver Crooks at Winter Championships 2015
9-10	50 Free	32.97	29-Nov-08		Dominic Walker
	50 Back	37.53	29-Nov-08		Dominic Walker
	50 Breast	43.31	29-Nov-97		Bobby Spencer
	50 Fly	36.45	26-Nov-94		Andrew Riley
9-9	25 Free	16.00	28-Jun-08		James Morrison Harry Lewis Mitchell
	25 Back	18.91	28-Jun-14		Dan Gregory
	25 Breast	21.88	25-Jun-83		D. Jones
	25 Fly	17.12	28-Jun-08		Harry Lewis Mitchell
	100 IM	1:27.99	28-Jun-08		Harry Lewis Mitchell
10-10	25 Free	15.10	27-Jun-09		Harry Lewis Mitchell Dominic Walker
	25 Back	18.65	27-Jun-15	HLCN	Dan Gregory at Summer Sprints 2015
	25 Breast	19.29	25-Jun-05		Oliver Walker
	25 Fly	16.32	28-Jun-08		Harry Lewis Mitchell
	100 IM	1:22.15	27-Jun-09		Harry Lewis Mitchell
11-11	50 Free	30.97	25-Jun-11		Rhys Aston
	50 Back	36.72	27-Jun-09		Dominic Walker
	50 Breast	40.90	25-Jun-11		Rhys Aston
	50 Fly	36.66	27-Jun-15	HLCN	Jake Reynolds at Summer Sprints 2015
	100 IM	1:19.61	24-Jun-00		Chris Moffatt
11-12	100 Free	1:00.09	29-Nov-97		Ben Johnson
	100 Back	1:11.85	21-Nov-15	HLCN	Gabriel Glynn at Winter Championships 2015
	100 Breast	1:18.59	30-Nov-96		Andrew Riley
	100 Fly	1:06.52	30-Nov-96		Andrew Riley
	200 IM	2:36.51	30-Nov-96		Andrew Riley
12-12	50 Free	28.78	28-Jun-97		Ben Johnson
	50 Back	31.53	26-Jun-10		Dominic Walker
	50 Breast	37.93	28-Jun-08		Lucas Arrona
	50 Fly	32.46	26-Jun-04		Adam Shaw
	100 IM	1:12.41	27-Jun-15	HLCN	Gabriel Glynn at Summer Sprints 2015

RECORDS

13-14	100 Free	56.12	27-Nov-99		Philip Stewart
	100 Back	1:07.89	24-Nov-90		Philip Stewart
	100 Breast	1:11.98	28-Nov-98		Stephen Lees
	100 Fly	1:01.23	24-Nov-90		Philip Stewart
	200 IM	2:17.86	25-Nov-00		Karl Holland
	100 Free	53.72	29-Nov-14		Sam Atkinson
	100 Back	1:01.69	21-Nov-15	HLCN	Sam Atkinson at Winter Championships 2015
	100 Breast	1:06.59	19-Nov-16	HLCN	Jake Haslam at Winter Championships 2016
	100 Fly	58.56	29-Nov-14		Sam Atkinson
	200 IM	2:11.19	21-Nov-15	HLCN	Sam Atkinson at Winter Championships 2015