

BRITISH LONG COURSE RECORDS - AS of 10/082009

MEN

	<i>STROKE</i>	<i>TIME</i>	<i>NAME</i>	<i>CLUB</i>	<i>VENUE</i>	<i>DATE</i>
50m	FREESTYLE	00:21.96	Mark FOSTER	Univercity of Bath	ZAEGREB	21/06/2008
100m	FREESTYLE	00:48.20	Simon BURNETT	Wycombe District	BEIJING	10/08/2008
		splits	00:23.16			
200m	FREESTYLE	01:45.99	Robert RENWICK	City of Glasgow	ROME	31/07/2009
		splits	25.22 52.25 1.19.08 1.45.99			
400m	FREESTYLE	03:45.24	David DAVIES	City of Cardiff	SHEFFIELD	16/03/2009
		splits	26.04 54.00 1.22.27 1.50.95 2.19.78 2.48.88 3.17.38 3.45.24			
800m	FREESTYLE	07:44.32	David DAVIES	City of Cardiff	ROME	28/07/2009
		splits	56.16 1.54.44 2.52.96 3.51.66			
			4.50.44 5.49.50 6.48.09 7.44.32			
1500m	FREESTYLE	14:45.95	David DAVIES	City of Cardiff	ATHENS	21/08/2004
		splits	56.86 1:56.77 2:56.70 3:56.50 4:56.50			
			5:55.63 6:55.05 7:54.21 8:53.41 9:52.50			
			10:51.97 11:51.25 12:50.12 13:48.79 14:45.95			
50m	BACKSTROKE	00:24.04	Liam TANCOCK	Loughborough University	ROME	02/08/2009
100m	BACKSTROKE	00:52.73	Liam TANCOCK	Loughborough University	ROME	28/07/2009
		splits	25.37 52.73			
200m	BACKSTROKE	01:56.05	Christopher WALKER-HEBBORN	Team Ipswich	ROME	30/07/2009
		split	27.50 57.05 1.27.11 1.56.05			
50m	BREASTSTROKE	00:27.46	James GIBSON	Loughborough University	BARCELONA	22/07/2003
100m	BREASTSTROKE	00:59.55	Daniel SLIWINSKI	Gallica	SHEFFIELD	28/07/2009
		splits	27.67 59.55			
200m	BREASTSTROKE	02:09.01	Kristopher GILCHRIST	City of Edinburgh	ROME	30/07/2009
		splits	28.96 1.01.85 1.35.11 2.09.01			
50m	BUTTERFLY	00:23.51	Mark FOSTER	University of Bath	ZAEGREB	08/06/2003
100m	BUTTERFLY	00:51.41	Michael ROCK	Everton SC	ROME	31/07/2009
		splits	23.97 51.41			
200m	BUTTERFLY	01:54.58	Michael ROCK	Everton SC	ROME	28/07/2009
		splits	25.33 54.55 1.24.17 1.54.58			

200m	IND. MEDLEY	01:57.12	James GODDARD	Stockport Metro	ROME	29/07/2009
		splits	25.13 54.62 1.28.85 1.57.12			
400m	IND. MEDLEY	04:11.32	Thomas HAFFIELD	City of Cardiff	ROME	02/08/2009
		splits	27.04 57.70 1.29.95 2.01.55			
			2.36.21 3.11.95 3.42.19 4.11.32			
4x100m	FREE TEAM	03:11.62	A Brown 49.01 / S Burnett 47.57	NATIONAL TEAM	ROME	26/07/2009
			L Tancock 47.74 / R Davenport 47.30			
4x200m	FREE TEAM	07:05.67	R Renwick 1. 45.99 / R Bale 1.47.18	NATIONAL TEAM	ROME	31/07/2009
			D Carry 1 46.09 / R Davenport 1.46.09			
4x100m	MED TEAM	03:30.68	L Tancock 53.49 / J Gibson 59.11	NATIONAL TEAM	ROME	02/08/2009
			M Rock 50.70 / S Burnett 47.37			
CLUB						
4x100m	FREE TEAM	03:19.27	R Davenport 49.25 / B Hockin 48.70	University of Bath	SHEFFIELD	13/02/2009
			G Turner 49.84 / C Hockin 51.48			
4x200m	FREE TEAM	07:24.11	D Coombs 1.51.14 / M Unsworth 1.52.40	Loughborough University	MANCHESTER	01/04/2007
			D Milwain 1.49.38 E Dale 1.51.19			
4x100m	MED TEAM	03:43.28	L Tancock 55.16 / C Watkinson 1:02.50	Loughborough University	SHEFFIELD	17/02/2008
			J Roebuck 54.43 / E Dale 51.14			

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LADIES

	<i>STROKE</i>	<i>TIME</i>	<i>NAME</i>	<i>CLUB</i>	<i>VENUE</i>	<i>DATE</i>
50m	FREESTYLE	00:24.11	Francesca HALSALL	Loughborough University	ROME	02/08/2009
100m	FREESTYLE	00:52.87	Francesca HALSALL	Loughborough University	ROME	31/07/2009
		splits	25.46 52.87			
200m	FREESTYLE	01:55.54	Joanne JACKSON	Loughborough University	ROME	28/07/2009
		splits	27.58 56.65 1.26.36 1.55.54			
400m	FREESTYLE	04:00.60	Joanne JACKSON	Loughborough University	ROME	26/07/2009
		splits	58.77 1.59.91 3.00.84 4.00.60			
800m	FREESTYLE	08:14.10	Rebecca ADLINGTON	Nova Centurion	BEIJING	16/08/2008
		splits	28.67 59.37 1.30.17 2.01.32 2.32.33 3.03.58 3.34.57 4.05.72 4.36.47 5.07.62 5.38.84 6.10.30 6.41.69 7.13.27 7.44.44 8.14.10			
1500m	FREESTYLE	16:14.70	Rebecca COOKE	Co Glasgow	DAEGU	29/08/2003
		splits	1.02.00 2.06.25 3.10.94 4.16.07 5.21.40 6.26.43 7.31.71 8.37.36 9.43.24 10.48.75 11.53.99 12.59 14.05.10 15.10.68 16.14.70			
50m	BACKSTROKE	00:27.92	Gemma SPOFFORTH	Portsmouth Northsea	ROME	29/07/2009
100m	BACKSTROKE	00:58.12	Gemma SPOFFORTH	Portsmouth Northsea	ROME	28/07/2009
		splits	28.71 58.12			
200m	BACKSTROKE	02:06.66	Gemma SPOFFORTH	Portsmouth Northsea	ROME	01/08/2009
		splits	30.36 1.02.97 1.35.60 2.06.66			
50m	BREASTSTROKE	00:30.57	Zoe BAKER	City of Sheffield	MANCHESTER	30/07/2002
100m	BREASTSTROKE	01:07.56	Kate HAYWOOD	Loughborough University	SHEFFIELD	02/04/2008
		splits	32.26 2.07.56			
200m	BREASTSTROKE	02:24.04	Kirsty BALFOUR	City of Edinburgh	MELBOURNE	18/03/2006
		splits	33.15 1.09.55 1.46.36 2.24.04			
50m	BUTTERFLY	00:26.31	Francesca HALSALL	City of Liverpool	ROME	08/06/2008
100m	BUTTERFLY	00:57.49	Ellen GANDY	Beckenham	SHEFFIELD	17/03/2009
		splits	27.33 57.49			
200m	BUTTERFLY	02:04.83	Ellen GANDY	Beckenham	SHEFFIELD	19/03/2009
		splits	28.33 1.00.03 1.31.99 2.04.83			
200m	IND. MEDLEY	02:09.46	Hannah MILEY	Garioch ASC	ROME	26/07/2009
		splits	01.02.01 01.38.83 2.09.46			

400m	IND. MEDLEY	04:31.33 splits	Hannah MILEY 29.86 1.02.77 1.37.96 2.12.40 2.50.33 3.28.74 4.00.94 4.31.33 4.08.18 4.39.77	Garioch ASC	SHEFFIELD	20/03/2009
4x100m	FREE TEAM	03:36.99	F Halsall 53.31 / C McClatchey 54.43 K Wyld 54.74 / A Smith 54.51	NATIONAL TEAM	ROME	26/07/2009
4x200m	FREE TEAM	07:45.51	J Jackson 1:55.98 / J Carlin 1.56.78 C McClatchey 1.56.42 / R Adlington 1.56.33	NATIONAL TEAM	ROME	21/03/2008
4x100m	MED TEAM	03:57.03	G Spofforth 58.96 / L Tynan 1.07.80 E Gandy 57.39 / F Halsall 52.88	NATIONAL TEAM	ROME	01/08/2009
CLUB						
4 x 100m	FREE TEAM	03:43.05	C McClatchey 55.69 / J Beckett 55.60 A Smith 56.27 / Marshall 55.49	Loughborough University	SHEFFIELD	16/02/2008
4x200m	FREE TEAM	08:18.86	S Proud 2:03.72 / S Johnson 2:07.60 D Berry 2:05.06 / J Jackson 2:02.48	Durham Aquatics	SHEFFIELD	02/05/2004
4 x 100m	MED TEAM	04:08.70	S Price 1.02.46 / K Haywood 1.10.21 R Brett 1.00.23 / M Marshall 55.80	Loughboprough University	MANCHESTER	17/07/2004