

## ISLAND LONG COURSE RECORDS/Current

### MALE/FEMALE

50m Free	Gail Stobridge	27.85	Southern Counties, Crystal Palace	2004
	Sean Rowe-Hagans	24.86	Comm. Games (Kuala Lumpur)	1998
100m Free	Gail Stobridge	59.23	Student Nationals, Sheffield	2006
	Tom Hollingsworth	53.84	UEA City of Norwich	02/04/2010
200m Free	Kristina Neves	2.05.91	Nat Age Group Champs, Sheffield	28/07/10
	Tom Hollingsworth	1.56.02	Metropolitan Champs, Sydney	2008
400m Free	Kristina Neves	4.22.87	Nat. Age Group Champs Sheffield	28/07/10
	Jonathon le Noury	4.10.64	Commonwealth Games Melbourne	2006
800m Free	Kristina Neves	9.01.34	Nat Age Group Champs. Sheffield	28/07/10
800m Free	Jonathon Le Noury	8.48.10	Hampshire LC Champs, Aldershot	28/02/09
1500m Free	Jonthon le Noury	16.38.61	Commonwealth Games Melbourne	2006
1500 Free	Kristina Neves	17.17.59	Nat Age Groups, Sheffield	28/07/10
50m Back	Michelle Bingham	32.14	S. Counties, Crystal Palace	1994
	Ian Powell	27.38	Commonwealth Trials, Sheffield	2005
100m Back	Michelle Bingham	1.07.89	Comm.Games (Kuala Lumpur)	1998
	Ian Powell	58.36	USA American Open	2006
200m Back	Michelle Bingham	2.26.14	Comm.Games (Kuala Lumpur)	1998
	Ian Powell	2.04.66	National Age Groups, Sheffield	2004
50m Breast	Helen Watts	33.22	National Championships, Sheffield	1999
	Jeremy Osborne	33.01	Comonwealth Games Melbourne	2006
100m Breast	Helen Watts	1.12.99	National Championships, Sheffield	1999
	Tom Hollingsworth	1.07.68	City of Sheffield No Frills	28/05/2010
200m Breast	Helen Watts	2.42.25	Commonwealth Games, K Lumpur	1998
	Andrew Robilliard	2.26.83	Comm.Games (Brisbane)	1982
50m Fly	Robyn Le Fricc	29.72	BUSA Champs. Sheffield	2010
	Ian Powell	25.51	Commonwealth Games Melbourne	2006
100m Fly	Kristina Neves	1.03.82	Nat. Age Group Champs, Sheffield	28/07/10
	Ian Powell	53.76	British Championships, Sheffield	2009
200m Fly	Kristina Neves	2.20.06	Nat Age Groups Champs, Sheffield	29/07/10
	Ian Powell	1.58.49	British Championships, Sheffield	2009
200m Med	Cate Jackson	2.23.52	Senior Nationals,	1984
	Tom Hollingsworth	2.07.63	Sindelfingen Open, Germany	06/03/2010
400m Med	Gail Stobridge	5.00.62	Student Nationals, Sheffield	2006
	Tom Hollingsworth	4.35.61	Metropolitan Champs, Sydney	2008

## RELAYS

### **Mens 4 x 100 Freestyle**

Ben Lownes	55.11	
Jeremy Osborne	53.84	
Ian Hubert	54.06	
Ian Powell	54.06	3.37.07 – Commonwealth Games Melbourne 2006

### **Mens 4 x 200 Freestyle**

Ben Lowndes	2.00.00	
Jeremy Osborne	2.00.02	
Ian Powell	1.59.34	
Jonathon le Noury	1.58.20	7.57.56 – Commonwealth Games Melbourne 2006

### **Mens 4 x 100 Medley**

Back: Tom Hollingsworth	1.00.16	
Breast: Jeremy Osborne	1.13.16	
Back: Ian Powell	55.23	
Fly: Ian Hubert	54.08	4.02.63 – Commonwealth Games Melbourne 2006

**Updated 12<sup>th</sup> August 2010**

