

IGA Records

Swimming	Event	Record	Holder	Island	Year
Mens	50m Freestyle	23.58	Adam Jakobsson	Gotland	2007
	100m Freestyle	50.64	Alexis Militis	Jersey	2005
	200m Freestyle	1.53.60	Pal Joensen	Faroe Is	2007
	400m Freestyle	4.00.23	Pal Joensen	Faroe Is	2007
	1500m Freestyle	15.48.25	Pal Joensen	Faroe Is	2007
	50m Butterfly	25.3	Josh Ballum	PEI	2007
	100m Butterfly	54.93	Simon Le Couilliard	Jersey	2005
	200m Butterfly	2.00.07	Simon Le Couilliard	Jersey	2005
	50m Backstroke	26.39	Thomas Hollingsworth	Guernsey	2005
	100m Backstroke	56.22	Thomas Hollingsworth	Guernsey	2005
	200m Backstroke	2.01.93	Ian Powell	Guernsey	2005
	50m Breaststroke	28.25	Darren Mew	Isle of Wight	1997
	100m Breaststroke	1.02.99	Darren Mew	Isle of Wight	1997
	200m Breaststroke	2.19.89	Darren Mew	Isle of Wight	1997
	100m Individual Medley	58.68	Thomas Hollingsworth	Guernsey	2005
	200m Individual Medley	2.04.93	Thomas Hollingsworth	Guernsey	2005
	400m Individual Medley	4.25.23	Daniel Halksworth	Jersey	2005
	Team	4 x 50m Freestyle Relay	1.35.67	Simon Le Couilliard Damien Bouchere Liam du Feu Alexis Militis	Jersey
4 x 100m Freestyle Relay		3.28.41	Simon Le Couilliard Liam du Feu Daniel Halksworth Alexis Militis	Jersey	2005
Mens	4 x 50m Medley Relay	1.46.17	Liam du Feu Simon Le Couilliard Alexis Militis Damien Bouchere	Jersey	2005
	4 x 100m Medley Relay	3.50.59	Damien Bouchere Alexis Militis Liam du Feu Simon Le Couilliard	Jersey	2005

Sport	Event	Record	Holder	Island	Year	
Swimming	Womens	50m Freestyle	26.90	Natalie Bree	Jersey	2001
		100m Freestyle	58.16	Natalie Bree	Jersey	2001
		200m Freestyle	2.03.97	Natalie Bree	Jersey	2001
		400m Freestyle	4.20.47	Ida Sandin	Faroe Is	2007
		800m Freestyle	8.58.16	Kaitlyn Elphinstone	Cayman	2003
		50m Butterfly	28.98	Natalie Bree	Jersey	2003
		100m Butterfly	1.04.31	Heather Roffey	Cayman	2005
		200m Butterfly	2.18.61	Heather Roffey	Cayman	2003
		50m Backstroke	29.85	Elspa Morkore	Faroe Is	2007
		100m Backstroke	1.03.97	Elspa Morkore	Faroe Is	2007
	200m Backstroke	2.17.22	Natalie Bree	Jersey	2001	
	50m Breaststroke	33.18	Helen Watts	Guernsey	1999	
	100m Breaststroke	1.12.51	Helen Watts	Guernsey	1999	
	200m Breaststroke	2.34.68	Natalie Bree	Jersey	2001	
	100m Individual Medley	1.04.91	Ida Sandin	Gotland	2007	
	200m Individual Medley	2.16.61	Ida Sandin	Gotland	2007	
	400m Individual Medley	4.52.62	Natalie Bree	Jersey	2001	
	Womens Team	4 x 50m Freestyle Relay	1.49.53	Shaila Millum Garoarnar Malan Simonsen Jutta Thomsen Elspa Morkore	Faroe Is	2007
		4 x 100m Freestyle Relay	3.59.94	Shaila Millum Garoarnar Malan Simonsen Jutta Thomsen Elspa Morkore	Faroe Is	2007
		4 x 50m Medley Relay	2.02.40	Elspa Morkore Malan Baerentsen Shaila Millum Garoarnar Mona Simonsen	Faroe Is	2007
4 x 100m Medley Relay		4.28.79	Elspa Morkore Malan Baerentsen Shaila Millum Garoarnar Jutta Thomsen	Faroe Is	2007	