

LADIES REGIONAL RECORDS
(long Course)

50m Free		25.10	Ruta Meilutyte	Plymouth Leander	Dubai	2013
	Junior	25.55	Ruta Meilutyte	Plymouth Leander	London	2012
100m Free		54.06	Siobhan-Marie O'Connor	University of Bath	Glasgow	2014
	Junior	55.28	Ruta Meilutyte	Plymouth Leander	Leeds	2013
200m Free		1.55.82	Siobhan-Marie O'Connor	University of Bath	Glasgow	2014
	Junior	2.01.82	Amelia Maughan	University of Bath	Bath	2011
400m Free		4.04.03	Jazmin Carlin	Tigersharks	Barcelona	2013
	Junior	4.17.16	Caroline Smart	Millfield	Glasgow	1999
800m Free		8.18.58	Jazmin Carlin	Tigersharks	Sheffield	2013
	Junior	8.44.25	Jazmin Carlin	Tigersharks	Sheffield	2005
50m Breast		29.48	Ruta Meilutyte	Plymouth Leander	Barcelona	2013
	Junior	30.57	Ruta Meilutyte	Plymouth Leander	Leeds	2013
100m Breast		1.04.35	Ruta Meilutyte	Plymouth Leander	Barcelona	2013
	Junior	1.05.21	Ruta Meilutyte	Plymouth Leander	London	2012
200m Breast		2.27.93	Stacey Tadd	University of Bath	Barcelona	2011
	Junior	2.30.10	Ruta Meilutyte	Plymouth Leander	Sheffield	2013
50m Back		28.78	Ruta Meilutyte	Plymouth Leander	Dubai	2013
	Junior	30.34	Emma Williams	Plymouth Leander	Sheffield	2010
100m Back		1.02.35	Siobhan-Marie O'Connor	University of Bath	Plymouth	2014
	Junior	1.02.95	Ruta Meilutyte	Plymouth Leander	Sheffield	2013

200m Back	Junior	2.12.67	Joanne Deakins	Gloucester City	Victoria, Canada	1991
		2.17.54	Zoe Hester	Plymouth Leander	Antwerp	2007
50m Fly	Junior	26.45	Siobhan-Marie O'Connor	University of Bath	Berlin	2014
		27.48	Sian Harkin	Plymouth Leander	Glasgow	2010
100m Fly	Junior	57.43	Siobhan-Marie O'Connor	University of Bath	Glasgow	2014
		1.01.37	Siobhan-Marie O'Connor	University of Bath	Barcelona	2011
200m Fly	Junior	2.07.68	Jessica Dickons	University of Bath	Eindhoven	2011
		2.15.43	Libby Mitchell	Taunton Deane	Sheffield	2009
200m IM	Junior	2.08.21	Siobhan-Marie O'Connor	University of Bath	Glasgow	2014
		2.13.26	Siobhan-Marie O'Connor	University of Bath	Shanghai	2011
400m IM	Junior	4.44.17	Siobhan-Marie O'Connor	University of Bath	Sheffield	2013
		4.46.61	Siobhan-Marie O'Connor	University of Bath	Belgrade	2011

21/08/2014

MEN'S REGIONAL RECORDS
(long Course)

50m Free		21.86	Benjamin Proud	Plymouth Leander	Plymouth	2014
	Junior	23.86	Jack Smith	Plymouth Leander	London	2012
100m Free		48.76	Liam Tancock	Exeter City	Sheffield	2009
	Junior	52.28	William Cole	Soundwell	Plymouth	2014
200m Free		1.48.50	Ross Davenport	University of Bath	Manchester	2005
	Junior	1.53.32	William Cole	Soundwell	Sheffield	2014
400m Free		3.54.20	James Clarke	Millfield	Sheffield	2008
	Junior	4.00.86	Steven Beckerleg	Plymouth Leander	Sheffield	2005
1500m Free		14.58.74	Jay Lelliott	University of Bath	Berlin	2014
	Junior	15.39.66	Joel Knight	Millfield	Manchester	2011
50m Breast		27.57	Darren Mew	University of Bath	Manchester	2002
	Junior	31.25	Mark Conroy	Plymouth Leander	Swansea	2007
100m Breast		1.01.66	Darren Mew	University of Bath	Manchester	2002
	Junior	1.06.62	Mitchell Adshead	Plymouth Leander	Sheffield	2009
200m Breast		2.10.40	Michael Jamieson	University of Bath	Eindhoven	2011
	Junior	2.21.47	Mitchell Adshead	Plymouth Leander	Sheffield	2009
50m Back		24.04	Liam Tancock	Exeter City	Rome	2009
	Junior	26.83	Liam Tancock	Exeter City	Manchester	2001
100m Back		52.73	Liam Tancock	Exeter City	Rome	2009
	Junior	56.75	Grant Halsall	Plymouth Leander	Sheffield	2009

200m Back	Junior	1.59.06	Christopher Walker-Hebborn	University of Bath	Leeds	2013
		2.03.30	Joseph Patching	Plymouth Leander	Sheffield	2010
50m Fly	Junior	23.10	Benjamin Proud	Plymouth Leander	Sheffield	2013
		25.82	Grant Halsall	Plymouth Leander	Millfield	2009
100m Fly	Junior	51.92	Antony James	Plymouth Leander	Sheffield	2009
		56.56	Matthew Powell	Plymouth Leander	Sheffield	2009
200m Fly	Junior	1.57.54	Joseph Roebuck	University of Bath	Leeds	2013
		2.06.99	George Epsly	Plymouth Leander	Sheffield	2014
200m IM	Junior	1.57.79	Liam Tancock	Exeter City	Sheffield	2008
		2.07.80	Sam Straughan	Plymouth Leander	Sheffield	2009
400m IM	Junior	4.21.51	Matthew Johnson	University of Bath	Antwerp	2014
		4.31.27	Mitchell Adshead	Plymouth Leander	Sheffield	2009

31/08/2014