

### Club Records - Long Course

FEMALES					MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	07/03/2020	Ella Murphy	28.60	<b>50 free</b>	26.13	John Telensky	15/04/2018	Team Luton April LC Meet
East Region Championships	02/05/2016	Abby Smith	59.60	<b>100 free</b>	56.54	Josh Duggan	04/05/2013	Norwich Easter Meet
East Region Championships	02/05/2016	Abby Smith	2.05.70	<b>200 free</b>	2.01.56	Josh Duggan	04/05/2013	East Region Championships
East Region Championships	02/05/2016	Abby Smith	4.24.83	<b>400 free</b>	4.29.18	Josh Duggan	05/05/2012	East Region Championships
East Region Championships	25/05/2015	Abby Smith	9.07.37	<b>800 free</b>	no record			
East Region Championships	19/05/2018	Abby Smith	17.26.79	<b>1500 free</b>	16.36.14	Josh Duggan	09/03/2013	Herts County Championships
East Region Championships	30/04/2017	Claire Burrell	31.96	<b>50 back</b>	30.10	Morgan Pugh	02/05/2009	East Region Championships
Norwich Easter Meet	29/03/2013	Georgie Smith	1.07.73	<b>100 back</b>	1.04.09	Josh Duggan	29/03/2013	Norwich Easter Meet
National Championships	23/07/2007	Flora Hanson	2.20.67	<b>200 back</b>	2.19.67	Josh Duggan	04/05/2013	East Region Championships
East Region Championships	04/05/2019	Isabella Chapman	34.64	<b>50 breast</b>	32.70	Joe Richardson	17/03/2018	Frantic Fifties
East Region Championships	05/05/2019	Isabella Chapman	1.17.73	<b>100 breast</b>	1.12.97	Joe Richardson	05/05/2018	East Region Championships
East Region Championships	04/05/2019	Isabella Chapman	2.47.92	<b>200 breast</b>	2.36.92	Joe Richardson	06/05/2018	East Region Championships
British Summer Championships	24/07/2019	Isabella Chapman	29.40	<b>50 fly</b>	26.83	Edward Castro	07/05/2018	East Region Championships
East Region Championships	03/05/2014	Abby Smith	1.07.57	<b>100 fly</b>	59.56	Edward Castro	29/04/2017	East Region Championships
COSSS No Frills Last Chance	25/05/2013	Abby Smith	2.24.20	<b>200 fly</b>	2.17.10	Angus Harrow	05/05/2019	East Region Championships
East Region Championships	15/06/2008	Flora Hanson	2.32.68	<b>200 IM</b>	2.18.99	Yannik Wilson	07/05/2018	East Region Championships
East Region Championships	05/05/2012	Abby Smith	5.27.87	<b>400 IM</b>	5.04.17	Yannik Wilson	05/05/2018	East Region Championships