



## EAST REGION LONG COURSE RECORDS

List correct as at 14 March 2015

### MEN

Event	Time	Name	Date	Venue
50m Freestyle	21.92	Adam Brown	26.06.13	Sheffield
100m Freestyle	48.48	Adam Brown	31.07.13	Barcelona, Spain
400m Freestyle	3:50.46	Richard Charlesworth	16.03.09	Sheffield
800m Freestyle	8:00.43	Richard Charlesworth	20.03.09	Sheffield
1500m Freestyle	15:07.50	Richard Charlesworth	20.03.09	Sheffield
200m Breaststroke	2:19.41	Bobby Cave	29.07.08	Sheffield
50m Butterfly	23.96	Adam Brown	10.04.14	Glasgow
400m Freestyle Team	3:28.10	M.Walton, N.Campbell, B.Slavinec,C.Hughes	30.07.13	Sheffield
800m Freestyle Team	7:32.34	M.Walton, N.Campbell, B.Slavinec,C.Hughes	01.08.13	Sheffield
400m Medley Team	3:50.79	J.Sargent, J.Quinn, A.Brown, S.Leahy	03.04.10	Sheffield

### JUNIOR MEN

Event	Time	Name	Date	Venue
100m Freestyle	51.55	Martyn Walton	30.07.13	Sheffield
200m Freestyle	1:52.79	Martyn Walton	01.08.13	Sheffield
400m Freestyle	3:57.59	Caleb Hughes	27.07.11	Sheffield
800m Freestyle	8:20.06	Caleb Hughes	28.07.11	Sheffield
1500m Freestyle	15.42.85	Caleb Hughes	28.07.11	Sheffield
50m Backstroke	27.54	Martyn Walton	18.11.12	Cardiff
100m Backstroke	58.37	Martyn Walton	04.08.13	Sheffield
200m Backstroke	2:05.96	Martyn Walton	17.07.13	Utrecht, Holland
50m Butterfly	26.36	Nico Campbell	05.05.13	Luton
200m Individual Medley	2:07.70	Jonathan Quinn	23.04.06	Sheffield
400m Individual Medley	4:29.54	Jonathan Quinn	09.04.06	Sheffield

### WOMEN

Event	Time	Name	Date	Venue
50m Freestyle	26.27	Jessica Jackson	10.08.14	Sheffield
100m Freestyle	56.37	Shauna Lee	18.07.12	Sheffield
200m Freestyle	2:00.85	Shauna Lee	31.07.13	Sheffield
800m Freestyle	8.44.32	Lucy Charles	07.03.13	Leeds
1500m Freestyle	16.35.41	Lucy Charles	09.03.13	Leeds
50m Breaststroke	32.10	Katie Armitage	27.07.14	Glasgow
100m Breaststroke	1:08.69	Katie Armitage	27.07.14	Glasgow
100m Butterfly	1:00.89	Katie Ambridge	05.03.11	Manchester
200m Butterfly	2:13.54	Lily West	14.03.15	Edinburgh
400m Free Team	3:49.17	J.Jackson, K.Armitage, G.Lee, S.Lee	03.08.13	Sheffield
800m Free Team	8:16.15	L.Charles, P.Shuttleworth, F.Hanson, S.Lee	20.07.12	Sheffield
400m Medley Team	4:16.86	F.Hanson, K.Armitage, J.Jackson, S.Lee	04.08.13	Sheffield

### JUNIOR WOMEN

Event	Time	Name	Date	Venue
50m Freestyle	26.76	Jessica Jackson	26.06.13	Sheffield
100m Freestyle	57.49	Jessica Jackson	23.07.12	Sheffield
800m Freestyle	8:48.71	Ceri Unwin	07.06.06	Canet, France
1500m Freestyle	16.57.32	Ceri Unwin	05.08.06	Sheffield