

## ENGLISH LONG COURSE RECORDS

List correct as at 10 August 2014

### SENIOR

Event	Time	Name	Date	Venue
4 x 100m Freestyle Team	3:11.62	Adam Brown (49.01)	26/07/09	Rome, Italy

### AGE GROUP

Event	Time	Name	Date	Venue
200m Freestyle (16 years)	1:49.68	Martyn Walton	07/08/14	Sheffield
400m Freestyle (13 years & Under)	4:16.48	Ceri Unwin	04/07/05	Lignano, Italy
800m Freestyle (13 years & Under)	8:48.54	Ceri Unwin	12/06/05	London