

London Swimming

Long Course Records (Junior - Boys)

Freestyle

50m	Standard		1.10.05	24.59
100m	James Young	Kingston Royals	4.4.08	53.55
200m	James Young	Kingston Royals	2.4.08	1:55.63
400m	James Young	Kingston Royals	31.3.08	4:08.07
800m	Michael Gunning	Beckenham	4.12.09	8:38.57
1500m	Michael Gunning	Beckenham	4.12.09	16:15.14

Backstroke

50m	Standard		1.10.05	28.26
100m	Standard		1.10.05	1:00.85
200m	Standard		1.10.05	2:11.93

Breaststroke

50m	Standard		1.10.05	30.89
100m	Standard		1.10.05	1:07.99
200m	Standard		1.10.05	2:27.03

Butterfly

50m	Standard		1.10.05	26.48
100	Standard		1.10.05	58.53
200m	Standard		1.10.05	2:09.66

Individual Medley

200m	Standard		1.10.05	2:14.31
400m	Standard		1.10.05	4:44.19

London Swimming

Short Course Records (Junior - Boys)

Freestyle

50m	Standard		1.10.05	23.95
100m	Standard		1.10.05	52.87
200m	Michael Gunning	Beckenham	13.2.10	1:54.39
400m	Xavier Mohammed	Bexley	11.3.06	3:55.34
800m	Michael Gunning	Beckenham	21.1.10	8:25.66
1500m	Xavier Mohammed	Bexley	6.1.06	15:35.43

Backstroke

50m	Standard		1.10.05	26.36
100m	Xavier Mohammed	Bexley	18.2.06	57.02
200m	Standard		1.10.05	2:06.27

Breaststroke

50m	Standard		1.10.05	29.77
100m	Standard		1.10.05	1:05.67
200m	Standard		1.10.05	2:22.42

Butterfly

50m	Standard		1.10.05	25.72
100m	Standard		1.10.05	57.23
200m	Xavier Mohammed	Bexley	12.3.06	2:05.07

Individual Medley

100m	Standard		1.10.05	59.48
200m	Standard		1.10.05	2:10.12
400m	Xavier Mohammed	Bexley	5.3.06	4:25.26

London Swimming

Long Course Records (Open - Men)

Freestyle

50m	Charles Turner	Ealing	17.3.09	22.66
100m	Charles Turner	Ealing	5.4.08	49.81
200m	Allen Lindenberg	Bo Waltham Forest	31.7.09	1:52.01
400m	Xavier Mohammed	Bexley	30.7.08	3:54.21
800m	Allen Lindenberg	Bo Waltham Forest	31.3.07	8:24.41
1500m	Xavier Mohammed	Bexley	8.12.07	15:49.86

Backstroke

50m	Craig Gibbons	Beckenham	3.5.09	26.54
100m	Charlie Boldison	Barnet Cophall	28.7.09	57.84
200m	Xavier Mohammed	Bexley	1.8.08	2:03.32

Breaststroke

50m	Matt Shead	Beckenham	16.6.11	28.12
100m	Chris Jones	Ealing	17.3.09	1:02.18
200m	Chris Jones	Ealing	20.3.09	2:15.52

Butterfly

50m	Matt Shead	Beckenham	17.6.11	24.88
100m	Ian Hulme	Ealing	17.1.09	54.92
200m	Michael Gunning	Beckenham	5.8.10	2:05.12

Individual Medley

200m	Xavier Mohammed	Bexley	1.8.08	2:00.73
400m	Xavier Mohammed	Bexley	3.8.08	4:20.74

Relays

4x100m Freestyle	Ealing	2.8.09	3:29.99
4x200m Freestyle	Ealing	29.7.09	7:56.15
4x100m Medley	Ealing	31.7.09	3:55.08

London Swimming

Short Course Records (Open - Men)

Freestyle

50m	Standard		1.10.05	23.35
100m	Charles Turner	Ealing	16.3.08	49.57
200m	Dane McKnight	Bo Waltham Forest	17.2.07	1:49.70
400m	Dane McKnight	Bo Waltham Forest	27.5.07	3:50.88
800m	Dane McKnight	Bo Waltham Forest	4.3.07	8:09.45
1500m	Xavier Mohammed	Bexley	6.1.06	15:35.43

Backstroke

50m	Standard		1.10.05	25.70
100m	Charlie Boldison	Barnet Copthall	7.11.10	55.94
200m	Charlie Boldison	Barnet Copthall	7.11.10	2:02.27

Breaststroke

50m	Chris Jones	Ealing	21.12.08	28.25
100m	Chris Jones	Ealing	16.5.09	1:00.54
200m	Chris Jones	Ealing	20.12.08	2:13.14

Butterfly

50m	Standard		1.10.05	25.08
100m	Standard		1.10.05	55.80
200m	Standard		1.10.05	2:03.27

Individual Medley

100m	Standard		1.10.05	57.99
200m	Xavier Mohammed	Bexley	4.11.07	2:06.21
400m	Xavier Mohammed	Bexley	5.3.06	4:25.26

Relays

4x100m Freestyle		Ealing	8.8.09	3:17.95
4x200m Freestyle		Ealing	7.8.09	7:19.67
4x100m Medley		Ealing	9.8.09	3:36.26

London Swimming

Long Course Records (Junior - Girls)

Freestyle

50m	Standard		1.10.05	26.95
100m	Ellen Gandy	Beckenham	27.7.07	57.23
200m	Ellen Gandy	Beckenham	29.7.07	2:00.34
400m	Ellen Gandy	Beckenham	31.3.07	4:12.75
800m	Natalie Durant	Ealing	30.4.06	9:01.86
1500m	Maddie Tichborne	Barnet Cophall	3.8.10	17:14.47

Backstroke

50m	Georgina Rendell	Wandsworth	1.5.11	30.90
100m	Karley Mann	Hillingdon	2.5.10	1:04.37
200m	Karley Mann	Hillingdon	2.5.10	2:17.25

Breaststroke

50m	Standard		1.10.05	33.87
100m	Carmella Kitching	Harrow Weald	17.3.09	1:12.63
200m	Francesca Marr	Hillingdon	19.3.09	2:35.90

Butterfly

50m	Ellen Gandy	Beckenham	27.3.07	27.87
100m	Ellen Gandy	Beckenham	29.7.07	1:00.57
200m	Elena Sheridan	Romford Town	7.7.11	2:10.40

Individual Medley

200m	Ellen Gandy	Beckenham	15.12.06	2:20.37
400m	Elena Sheridan	Romford Town	31.7.11	4:48.42

London Swimming

Short Course Records (Junior - Girls)

Freestyle

50m	Standard		1.10.05	26.60
100m	Lauren Turner	Ealing	21.12.08	57.35
200m	Ellen Gandy	Beckenham	11.3.07	2:00.85
400m	Natalie Durant	Ealing	18.3.06	4:14.80
800m	Natalie Durant	Ealing	14.4.06	8:40.98
1500m	Lauren Walton	Beckenham	20.2.10	17:22.09

Backstroke

50m	Standard		1.10.05	29.78
100m	Karley Mann	Hillingdon	7.11.09	1:01.50
200m	Karley Mann	Hillingdon	7.11.09	2:10.34

Breaststroke

50m	Standard		1.10.05	33.18
100m	Standard		1.10.05	1:12.13
200m	Standard		1.10.05	2:34.17

Butterfly

50m	Standard		1.10.05	28.02
100m	Elena Sheridan	Romford Town	30.10.10	1:02.22
200m	Elena Sheridan	Romford Town	10.9.11	2:09.85

Individual Medley

100m	Elena Sheridan	Romford Town	20.2.11	1:04.88
200m	Karley Mann	Hillingdon	6.11.10	2:15.89
400m	Elena Sheridan	Romford Town	11.9.11	4:44.27

London Swimming

Long Course Records (Open - Ladies)

Freestyle

50m	Georgina Heyn	Ealing	26.6.09	26.15
100m	Natalie Durant	Ealing	31.3.08	56.62
200m	Ellen Gandy	Beckenham	29.7.07	2:00.34
400m	Ellen Gandy	Beckenham	31.3.07	4:12.75
800m	Louisa Farrer Fisher	Leander	3.4.08	8:46.90
1500m	Madeleine Tichborne	Barnet Cophthall	3.8.10	17:14.47

Backstroke

50m	Ekaterina Avramova	Ealing	2.5.10	29.67
100m	Ekaterina Avramova	Ealing	2.5.10	1:02.16
200m	Natalie Durant	Ealing	28.7.09	2:14.66

Breaststroke

50m	Georgina Heyn	Ealing	31.7.09	32.63
100m	Georgina Heyn	Ealing	26.6.09	1:10.99
200m	Standard		1.10.05	2:35.87

Butterfly

50m	Ellen Gandy	Beckenham	27.3.07	27.87
100m	Ellen Gandy	Beckenham	17.3.09	57.49
200m	Ellen Gandy	Beckenham	19.3.09	2:04.83

Individual Medley

200m	Natalie Durant	Ealing	31.7.09	2:18.14
400m	Elena Sheridan	Romford Town	31.7.11	4:48.42

Relays

4x100m Freestyle	Ealing		30.7.08	3:51.69
4x200m Freestyle	Ealing		1.8.08	8:23.00
4x100m Medley	Hillingdon		30.4.11	4:22.19

London Swimming

Short Course Records (Open - Ladies)

Freestyle

50m	Georgina Heyn	Ealing	8.11.09	26.16
100m	Natalie Durant	Ealing	8.8.09	55.42
200m	Natalie Durant	Ealing	8.3.08	1:59.79
400m	Natalie Durant	Ealing	15.3.08	4:10.99
800m	Natalie Durant	Ealing	14.4.06	8:40.98
1500m	Paula Wood	Ealing	3.11.06	17:05.81

Backstroke

50m	Natalie Durant	Ealing	8.8.09	29.29
100m	Natalie Durant	Ealing	6.8.09	1:00.91
200m	Karley Mann	Hillingdon	7.11.09	2:10.34

Breaststroke

50m	Georgina Heyn	Ealing	6.8.09	31.75
100m	Georgina Heyn	Ealing	8.11.09	1:09.30
200m	Georgina Heyn	Ealing	7.8.09	2:27.83

Butterfly

50m	Standard		1.10.05	27.61
100m	Ellen Gandy	Beckenham	13.4.08	58.10
200m	Elena Sheridan	Romford Town	10.9.11	2:09.85

Individual Medley

100m	Natalie Durant	Ealing	7.8.09	1:03.45
200m	Karley Mann	Hillingdon	6.11.10	2:15.89
400m	Elena Sheridan	Romford Town	11.9.11	4:44.27

Relays

4x100m Freestyle	Ealing		8.8.09	3:42.68
4x200m Freestyle	Ealing		7.8.09	8:03.32
4x100m Medley	Ealing		9.8.09	4:06.89