

ULSTER LONG COURSE RECORDS based on claims received as of 29 April 2019	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	22.39 C Bain, Cookstown, 10 Apr'18, Gold Coast, Australia	23.57 C Bain, Cookstown Aug'14, Nanjing, China	25.42 M McSharry, Marlins, 11 Oct 2018, Buenos Aires, Argentina	26.69 D Hill, Larne 8 Mar'15, Aurora, Bangor
100m FREESTYLE	49.44 J Sloan, Bangor 7 April'17, NAC, Dublin	50.87 C Coulter, Ards 19 Jul'12 British Youth Champs, Sheffield	56.19 S McMahon, Leander 1 Aug'13, World Champs, Barcelona	57.06 S McMahon, Leander 28 July'09, Sheffield
200m FREESTYLE	1:47.41 J Sloan, Bangor 6 April 2017, NAC, Dublin	1:50.32 J McMillan, Bangor, 11 Dec 2017, Aurora Bangor	2:00.28 S McMahon, Leander 24 May 2012, Debrecen, Hungary	2:02.08 S McMahon, Leander 4 Oct2010, Delhi, India
400m FREESTYLE	3:55.47 J Sloan, Bangor 8 Apr'17, NAC, Dublin	3:57.38 J McMillan, Bangor, 19 Nov 2017, Swansea	4:13.26 S McMahon, Leander 24 Aug'14, Europeans, Berlin	4:15.86 S McMahon, Leander 4 Aug '10, Sheffield
800m FREESTYLE	8:16.79 D Wiffen, Lisburn 29 Mar 2019, NAC, Dublin	8:16.79 D Wiffen, Lisburn 29 Mar 2019, NAC, Dublin	8:54.06 R Bethel, Lisburn 22 July'17, CYG, Bahamas	8:56.04 S McMahon, Leander 25 July 2010, NAC, Dublin
1500m FREESTYLE	15:53.03 D Wiffen, Lisburn 30 Mar 2019, NAC, Dublin	15:53.03 D Wiffen, Lisburn 30 Mar 2019, NAC, Dublin	17:04.70 S McMahon, Leander 10 April'11, Eindhoven	17:04.70 S McMahon, Leander 10 April'11, Eindhoven
50m BACKSTROKE	25.24 C Ferguson, Bangor 9 Apr'17, NAC, Dublin	25.24 C Ferguson, Bangor 9 Apr'17, NAC, Dublin	28.72 D Hill, Larne 10 Dec'17, Aurora, Bangor	29.67 R Reid, Ards 22 Apr'17, Aurora, Bangor
100m BACKSTROKE	54.61 C Ferguson, Bangor 6 Apr'17, NAC, Dublin	54.61 C Ferguson, Bangor 6 Apr'17, NAC, Dublin	1:01.92 M Nocher Ards 1 Mar 12, NAC, Dublin	1:03.72 D Hill, Larne 1 May'15, NAC, Dublin
200m BACKSTROKE	1:58.80 C Ferguson, Bangor 8 Apr'17, NAC, Dublin	1:58.80 C Ferguson, Bangor 8 Apr'17, NAC, Dublin	2:10.75 M Nocher, Ards 22 May'12, Debrecen, Hungary	2:17.71 D Hill, Larne, 17 July'15, NAC, Dublin
50m BREASTSTROKE	27.65 J Graham, Bangor 3 Aug '17, Kranj, Slovenia	29.56 M Dawson, Ards Mar'08, Limerick	30.87 M McSharry, Marlins 4 Mar 2018, Edinburgh	32.30 S McMahon, Leander 4 Oct 2010, Delhi, India
100m BREASTSTROKE	1:01.37 J Graham, Bangor 27 July '17, Ponds Forge, Sheffield	1:04.98 M Dawson, Ards Aug'08, European Juniors, Belgrade	1:07.10 M McSharry, Marlins, 26 Aug 2017, Indianapolis, USA	1:09.07 M McSharry, Marlins 4 Mar'16, Bangor, Aurora
200m BREASTSTROKE	2:10.16 A Bree, Ards Aug'08, Beijing Olympics, China	2:21.45 A Bree, Ards Sept. 98 Kuala Lumpur	2:27.44 M McSharry, Marlins 30 June 2017, Netanya, Israel	2:31.29 M McSharry, Marlins 4 Mar'16, Bangor, Aurora
50m BUTTERFLY	23.93 C Brines, Larne 3 Feb 2017, Aurora Bangor	25.11 M Hewitt, CoB 4 Apr'18, NAC, Dublin	27.31 E Reid, Ards 7 Apr'17, NAC, Dublin	28.21 E Reid, Ards, 7 Mar'15, Aurora, Bangor
100m BUTTERFLY	53.34 C Brines, Larne 5 Feb'17, Aurora, Bangor	55.02 P Johnston, Ards 29 Mar 2019, NAC Dublin	1:00.53 B Carson, Lisburn 3 Mar 2012, NAC, Dublin	1:02.51 G Kane, Bangor 24 Jul'14, Tollcross, Glasgow
200m BUTTERFLY	2:02.43 P Johnston, Ards 29 Mar 2019, NAC Dublin	2:02.43 P Johnston, Ards 29 Mar 2019, NAC Dublin	2:13.75 S McMahon, Leander 23 Aug'14, Berlin	2:15.97 S McMahon, Leander 1 Aug'09, Sheffield
200m IND. MEDLEY	2:02.75 J Brown, Ards	2:07.82 J Brown, Ards	2:14.38 S McMahon, Leander	2:17.58 S McMahon, Leander

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	22 Apr'17, Ponds Forge, Sheffield	24 Apr'14, NAC, Dublin	28 July'13, World Champs, Barcelona	7 Aug'10, Sheffield
400m IND. MEDLEY	4:30.10 A Bree Ards Jun 01 Glasgow	4:33.83 J Brown, Ards 7 Mar'15, Aurora, Bangor	4:48.38 S McMahon, Leander 26/4/13, NAC	4:49.87 S McMahon, Leander 9 April'11, Eindhoven

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4x50m MEDLEY TEAM RELAY - REPRESENTATIVE	1:56.16 Ulster Squad (R Hoal, S Dickson, W Gilmer, K Frizzell) Dec'05, Bath		2:06.26 Ulster Squad (M Nocher, A Hyland, L McFarland, C Dawson) Dec'05 Bath	
4x50m FREESTYLE TEAM RELAY - REPRESENTATIVE	1:42.76 Ulster Squad (K Frizzell, S Dickson, R Hoal, W Gilmer) Dec'05, Bath		1:51.69 Ulster Squad (C Dawson, A Pugh, A Hyland, M Nocher) Dec'05 Bath	
4x50m MEDLEY TEAM RELAY - CLUB	1:43.32 Bangor (C Ferguson, J Graham, J Sloan, D Thompson) 11 Nov'17, War Memorial, Bangor Aurora	1:48.91 Ards (P Johnston, J Angus, C Armstrong, T Uprichard) 22 Apr 17, Bangor Aurora	1:58.85 Ards (R Reid, Z Thompson, E Reid, V Catterson) 11 Nov'17, War Memorial, Bangor Aurora	2:02.92 Ards (<i>A Kane, E McKibbin, M Davison, H McBride</i>) 10 Nov 2018, Bangor Aurora
4x50m FREESTYLE TEAM RELAY - CLUB	1:33.02 Bangor (<i>J Sloan, D Thompson, J McMillan, Curtis Coulter</i>) 10 Nov 2018, Bangor Aurora	1:38.37 Ards (P Johnston, J Angus, C Armstrong, T Uprichard) 23 Apr'17, Bangor Aurora	1:49.81 Ards (R Reid, E Reid, S Armstrong, V Catterson) 11 Nov '17, Bangor Aurora	1:52.27 Ards (<i>E McKibbin, H McBride, M Davison, A Kane</i>) 10 Nov 2018, Bangor Aurora
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	3:41.08 N. Ireland (C Ferguson, J Graham, J Brown, J Sloan) 10 Apr'18, Gold Coast, Australia (CWG)	4:13.58 Ulster (L Campbell, J Leckey, C Hamilton, J Gilmer) 22 Feb'09, Swansea	4:16.81 Ireland (D Hill, M McSharry, E Reid, R Bethel) 25 June'15, Baku, Azerbaijan	4:35.97 Ulster (C Quinn, M Davison, J Knox, V Catterson) 3 Jul'16, Glasgow
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:19.57 N. Ireland (C Coulter, C Bain, D Thompson, J Sloan) 6 Apr'18, CWG, Gold Coast, Australia	3:45.64 Ulster (L Galloway, J Leckey, J Sloan, L Campbell) 20 Feb'09, Swansea	3:49.48 Northern Ireland (S McMahan, C Dawson, B Carson, M Nocher) Oct 2010, Delhi, India	4:08.20 Ulster (L Bethel, S Armstrong, Z Thompson, V Catterson) 2 July'16, Glasgow
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	8:00.63 Ulster (J Gilmer, L Campbell, I Chisholm, R Hoal) 21 Feb'09, Swansea	8:13.53 Ulster (D Wiffen, P Johnston, J Allison, J McMillan) 1 July'16, Tollcross, Glasgow	8:10.97 Swim Ireland (S McMahan, B Carson, M Nocher, C Dawson) 4 Dec 2011, Eindhoven	8:54.50 Standard
4x100m MEDLEY TEAM RELAY – CLUB	3:45.07 Bangor (C Ferguson, J Graham, J Sloan, D Thompson) 8 Apr'17, NAC, Dublin	4:01.14 Ards (P Johnston, J Angus, F Stafford, T Uprichard) 6 May'18, Bangor Aurora	4:21.26 Ards (R Reid, Z Thompson, E Reid, B Firth) 6 Mar 2016, Aurora, Bangor	4:33.98 Ards (R Reid, M Davison, E McConnell, Z Thompson) 6 Mar 2016, Aurora, Bangor
4x100m FREESTYLE TEAM RELAY – CLUB	3:23.38 Bangor (D Thompson, J McMillan, C Ferguson, J Sloan) 6 Apr'17, NAC, Dublin	3:38.47 Ards (J Kelly, C Munn, M Scott, C Coulter) 12 Jul 2012, NAC, Dublin	3:56.84 Ards (M K McDowell, E Reid, R Reid, B Firth) 7 Mar'15, Aurora, Bangor	4:09.16 Ards (Z Thompson, E McConnell, M McGonnigle, R Reid) 15 Jul'15, NAC, Dublin
4x200m FREESTYLE TEAM RELAY – CLUB	7:32.11 Bangor (J McMillan, C Ferguson, D Thompson, J Sloan) 7 Apr'17, NAC, Dublin	7:56.38 Lisburn (D Wiffen, D Griffiths, J Fleming, J Allison) 5 Apr'18, NAC, Dublin	8:36.91 Ards (A Kane, E McKibbin, R Reid, V Catterson) 22 Feb 2019, Aurora, Bangor	9:00.50 Standard
	SENIOR		JUNIOR	
Mixed 4x50m Freestyle relay - Club	1:43.86 Ards (J Angus, P Johnston, R Reid, V Catterson) 11 Nov 2017, War Memorial, Bangor Aurora			

Mixed 4x50m M/L relay - Club	1:54.88 Ards (B Firth, J Brown, E Reid, C Coulter) 7 Nov 2015, Bangor Aurora	
Mixed 4 x 100m M/L relay - Club	4:05.63 Ards (<i>P Johnston, J Angus, R Reid, V Catterson</i>) 26 July 2018, NAC, Dublin	