

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

9 YEARS & UNDER - LONG COURSE RECORDS								
Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
WDSC BC Age Group Long Course Meet 2017	18/02/2017	Ned Pullen	40.21	<b>50m Free</b>	35.49	Emily Ford	05/11/2011	City of Coventry November Open Meet
<i>vacant record</i>				<b>100m Free</b>	1:22.54	Rhiannan Lillistone	30/07/2018	Swim Wales Summer Development Meet
<i>vacant record</i>				<b>200m Free</b>	2:52.92	Rhiannan Lillistone	31/07/2018	Swim Wales Summer Development Meet
<i>vacant record</i>				<b>400m Free</b>				<i>vacant record</i>
<i>vacant record</i>				<b>800m Free</b>				<i>vacant record</i>
<i>vacant record</i>				<b>1500m Free</b>				<i>vacant record</i>
<i>vacant record</i>				<b>50m Back</b>	41.24	Emily Ford	05/11/2011	City of Coventry November Open Meet
WDSC BC Age Group Long Course Meet 2017	18/02/2017	Ned Pullen	1:35.13	<b>100m Back</b>	1:24.95	Rhiannan Lillistone	01/08/2018	Swim Wales Summer Development Meet
<i>vacant record</i>				<b>200m Back</b>	3:12.24	Emily Ford	05/11/2011	City of Coventry November Open Meet
<i>vacant record</i>				<b>50m Breast</b>	50.57	Ella Lovibond	05/11/2011	City of Coventry November Open Meet
<i>vacant record</i>				<b>100m Breast</b>				<i>vacant record</i>
<i>vacant record</i>				<b>200m Breast</b>	3:57.94	Ella Lovibond	05/11/2011	City of Coventry November Open Meet
WDSC BC Age Group Long Course Meet 2017	18/02/2017	Ned Pullen	42.59	<b>50m Butterfly</b>	37.75	Emily Ford	05/11/2011	City of Coventry November Open Meet
<i>vacant record</i>				<b>100m Butterfly</b>	1:33.86	Rhiannan Lillistone	30/07/2018	Swim Wales Summer Development Meet
<i>vacant record</i>				<b>200m Butterfly</b>				<i>vacant record</i>
<i>vacant record</i>				<b>200m IM</b>	3:17.70	Rhiannan Lillistone	01/08/2018	Swim Wales Summer Development Meet
<i>vacant record</i>				<b>400m IM</b>				<i>vacant record</i>

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

10 YEARS & UNDER - LONG COURSE RECORDS								
Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
City of Bristol International Meet	09/04/2017	Jolly Petty	31.73	<b>50m Free</b>	33.51	Rhiannan Lillistone	20/07/2019	2019 Wycombe District SC End of Season LC Meet
South East Region Champs	13/05/2017	Jolly Petty	1:09.55	<b>100m Free</b>	1:12.14	Emily Ford	14/04/2013	Crawley SC Spring Long Course Open Meet
BG South East Age Groups	30/05/2010	Joseph Law	2:39.50	<b>200m Free</b>	2:42.64	Rhiannan Lillistone	21/07/2019	2019 Wycombe District SC End of Season LC Meet
South East Region Champs	12/06/2010	Joseph Law	5:37.98	<b>400m Free</b>	5:51.34	Emma Costello	20/05/2012	Bracknell & Wokingham SC Open Meet
<i>vacant record</i>				<b>800m Free</b>				<i>vacant record</i>
<i>vacant record</i>				<b>1500m Free</b>				<i>vacant record</i>
Wycombe SC Annual Open Spring Meet	12/05/2012	Daniel Wilmot	42.11	<b>50m Back</b>	37.80	Emily Ford	28/10/2012	Rushmoor Royals SC 10th Autumn Open Meet
Bracknell & Woking SC Open Meet	19/05/2012	Oliver Hodgson	1:25.79	<b>100m Back</b>	1:16.71	Emily Ford	14/04/2013	Crawley SC Spring Long Course Open Meet
ASA SER British Gas Age Group Championships	09/06/2012	Oliver Hodgson	2:59.49	<b>200m Back</b>	2:45.56	Emily Ford	14/04/2013	Crawley SC Spring Long Course Open Meet
Wycombe LC Sprint Meet	23/04/2022	Leone Bandini	46.62	<b>50m Breast</b>	43.08	Alice Martin	20/07/2014	Wycombe District SC End of Season Meet
Bracknell & Woking SC Open Meet	19/05/2012	Oliver Hodgson	1:38.30	<b>100m Breast</b>	1:37.49	Nienke Lijzenga	13/06/2009	South East Region Champs
ASA SER British Gas Age Group Championships	10/06/2012	Oliver Hodgson	3:26.75	<b>200m Breast</b>	3:24.80	Nienke Lijzenga	13/06/2009	South East Region Champs
Team Luton April Long Course Meet 2017	16/04/2017	Jolly Petty	38.42	<b>50m Butterfly</b>	35.07	Emily Ford	28/10/2012	Rushmoor Royals SC 10th Autumn Open Meet
<i>vacant record</i>				<b>100m Butterfly</b>	1:19.49	Emily Ford	13/04/2013	Crawley SC Spring Long Course Open Meet
City of Coventry Jan Meet	17/01/2010	Joseph Law	3:28.69	<b>200m Butterfly</b>				<i>vacant record</i>
British Gas South East Region AG Champs	27/05/2012	Oliver Hodgson	3:04.21	<b>200m IM</b>	2:51.20	Emily Ford	13/04/2013	Crawley SC Spring Long Course Open Meet
BG South East Region Age Groups	29/05/2010	Joseph Law	6:40.03	<b>400m IM</b>				<i>vacant record</i>
Unknown	23/06/2007	Jordan Barker Luke The Benji Faloona Harry Basterfield	2:48.31	<b>Relay 4x50m Freestyle</b>	2:47.04	Lindsay McLukie Micaela Crook T Driver-Jones Georgia Symonds	23/06/2007	Unknown

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 11 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
City of Bristol International Meet	09/04/2017	Jolly Petty	31.73	<b>50m Free</b>	32.27	Amber Freeman	14/04/2018	Team Luton April Long Course Meet 2018
South East Region Champs	13/05/2017	Jolly Petty	1:09.55	<b>100m Free</b>	1:09.37	Emily Ford	17/11/2013	Crawley Not So Early Bird Meet
Winchester Sparkler	17/12/2023	Noah Spruce	2:26.64	<b>200m Free</b>	2:27.77	Nienke Lijzenga	02/07/2010	Cardiff International Open
Swim England South East Championships 2018	27/05/2018	Edgar Stepliuk	5:11.13	<b>400m Free</b>	5:12.57	Nienke Lijzenga	03/07/2010	Cardiff International Open
South East Region Champs	13/06/2010	Michael Fabes	10:47.34	<b>800m Free</b>	10:34.10	Nienke Lijzenga	04/07/2010	Cardiff International Open
<i>BG South East Region Age Groups</i>	30/05/2010	Michael Fabes	20:24.14	<b>1500m Free</b>	20:21.07	Nienke Lijzenga	13/06/2010	South East Region Champs
Swim England South East Championships 2018	12/05/2018	Edgar Stepliuk	35.40	<b>50m Back</b>	34.29	Bethan Lillistone	14/04/2008	Team Luton April Long Course Meet 2018
Swim England South East Championships 2018	26/05/2018	Edgar Stepliuk	1:18.13	<b>100m Back</b>	1:13.89	Emily Ford	17/11/2013	Crawley Not So Early Bird Meet
Swim England South East Championships 2018	27/05/2018	Edgar Stepliuk	2:46.70	<b>200m Back</b>	2:38.80	Emily Ford	17/11/2013	Crawley Not So Early Bird Meet
Team Luton April Long Course Meet 2018	14/04/2018	Edgar Stepliuk	40.28	<b>50m Breast</b>	40.47	Bethan Lillistone	13/05/2018	Swim England South East Championships 2018
Swim England South East Championships 2018	13/05/2018	Edgar Stepliuk	1:24.84	<b>100m Breast</b>	1:26.43	Olivia Elder	22/06/2003	Midland District Bagcat Champs
Swim England South East Championships 2018	12/05/2018	Edgar Stepliuk	3:04.09	<b>200m Breast</b>	3:12.45	Theodora Wornham	28/05/2016	ASA South East Region Swimming Championships
Wycombe 8th Annual LC Sprint Meet	10/05/2014	Max Bolcato	35.43	<b>50m Butterfly</b>	32.29	Emily Ford	14/12/2013	West Midlands Arena League Premier Final
ASA South East Region Age Group Champs	15/06/2014	Max Bolcato	1:17.92	<b>100m Butterfly</b>	1:12.91	Bethan Lillistone	13/05/2018	Swim England South East Championships 2018
Portsmouth Northsea Easter Swim Festival	24/06/2011	Joseph Law	3:11.16	<b>200m Butterfly</b>	3:23.03	Nienke Lijzenga	18/04/2010	Taunton Deane Easter Meet
Swim England South East Championships 2018	26/05/2018	Edgar Stepliuk	2:49.46	<b>200m IM</b>	2:47.44	Bethan Lillistone	12/05/2018	Swim England South East Championships 2018
Swim England South East Championships 2018	13/05/2018	Edgar Stepliuk	5:49.80	<b>400m IM</b>	5:56.07	Nienke Lijzenga	02/07/2010	Cardiff International Open

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 12 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
Team Luton April Long Course Meet	16/04/2016	Felix Sissins-Roffey	28.52	<b>50m Free</b>	29.89	Jana Cooper Marcos	16/04/2016	Team Luton April Long Course Meet
ASA SER British Gas Age Group Championship	10/06/2012	Joseph Law	1:04.41	<b>100m Free</b>	1:03.84	Emma Pearce	12/06/2010	South East Region Champs
Team Luton Open Meet	20/04/2019	Edgar Stepliuk	2:21.49	<b>200m Free</b>	2:19.35	Emma Pearce	13/06/2010	South East Region Champs
ASA South East Region Age Group Champs	15/06/2014	Oliver Hodgson	4:59.05	<b>400m Free</b>	4:53.75	Emma Pearce	05/11/2014	Cardiff International Open
South East Region Champs	13/06/2010	Harry Basterfield	10:21.95	<b>800m Free</b>	10:11.54	Emma Pearce	30/05/2010	BG South East Region Age Groups
ASA South East Region Age Group Champs	01/06/2014	Oliver Hodgson	20:05.57	<b>1500m Free</b>	19:58.43	Nienke Lijzenga	09/04/2011	Bracknell & Wokingham Distance Open
City of Bristol Level 1 April Meet	11/04/2015	Daniel McNamara	33.59	<b>50m Back</b>	33.65	Lottie James	28/05/2016	ASA South East Region Swimming Championships
City of Bristol Level 1 April Meet	11/04/2015	Daniel McNamara	1:11.90	<b>100m Back</b>	1:07.73	Emily Ford	16/04/2015	British Championships 2015
City of Bristol Level 1 April Meet	12/04/2015	Daniel McNamara	2:34.05	<b>200m Back</b>	2:26.17	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
Swim England South East 14&U Champs 2019	26/05/2019	Edgar Stepliuk	36.02	<b>50m Breast</b>	38.00	Lottie James	15/05/2016	ASA South East Region Swimming Championships
Swim England South East 14&U Champs 2019	12/05/2019	Edgar Stepliuk	1:19.92	<b>100m Breast</b>	1:21.80	Lily Seaward	29/05/2011	BG South East Region Age Group Championships
City of Bristol International Open Meet	06/04/2019	Edgar Stepliuk	2:52.30	<b>200m Breast</b>	2:56.29	Lottie James	28/05/2016	ASA South East Region Swimming Championships
South East Regional Championships 2022	24/04/2022	Alfie Ambler	30.96	<b>50m Butterfly</b>	28.93	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
ASA SER Swimming Champs	16/05/2015	Max Bolcato	1:08.47	<b>100m Butterfly</b>	1:05.05	Emily Ford	17/04/2015	British Championships 2015
ASA SER Swimming Champs	17/05/2015	Max Bolcato	2:35.75	<b>200m Butterfly</b>	2:44.72	Trudi Wheatley	10/06/2012	ASA SER British Gas Age Group Championships
ASA SER Swimming Champs	16/05/2015	Max Bolcato	2:36.54	<b>200m IM</b>	2:37.81	Lottie James	28/05/2016	ASA South East Region Swimmings Championships
Swim England South East 14&U Champs 2019	12/05/2019	Edgar Stepliuk	5:31.32	<b>400m IM</b>	5:33.83	Emily Ford	29/03/2015	City of Sheffield Swim Squad Premier Meet
Unknown	09/10/2010	Joseph Law Lochlan King Max Authers Oliver Lovibond	2:20.84	<b>Relay 4x50m Freestyle</b>	2:17.47	Olivia Law Olivia Basterfield Daniela Valovicova Jess East	23/06/2007	Unknown
Unknown	09/10/2010	Lochlan King Oliver Lovibond Joseph Law Max Authers	2:52.81	<b>Relay 4x50m Medley</b>	2:48.86	Jessica Kan Kate Costello April Bedford India Mattocks	09/10/2010	Unknown

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 13 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
Team Luton April Long Course Meet	16/04/2016	Max Bolcato	27.58	50m Free	28.37	Yasmin Tjalli	29/03/2015	City of Sheffield Swim Squad Premier Meet
ASA South East Region Swimming Champs	13/05/2023	Gabriel Wornham						
Crawley Not So Early Bird Meet	17/11/2012	David Murphy	59.93	100m Free	1:00.74	Yasmin Tjalli	31/01/2015	London Swimming South Region Zonal Meet 2015
ASA South East Region Swimming Champs	15/05/2016	Max Bolcato	2:11.72	200m Free	2:17.33	Lottie James	22/10/2017	Manchester International Swim Meet (ISM) 2017
ASA South East Region Age Group Champs 201	09/06/2013	Joseph Law	4:38.54	400m Free	4:45.81	Oliver Law	31/05/2008	South East Age Group Championships
Team Luton April Open Meet	20/04/2019	Joshua Tucker	10:13.10	800m Free	09:55.06	Oliver Law	15/06/2008	SE Region Bagcat Champs
ASA South East Region Age Group Champs	01/06/2014	Oliver Hodgson	20:05.57	1500m Free	19:58.43	Nienke Lijzenga	09/04/2011	Bracknell & Wokingham Distance Open
Team Luton April Long Course Meet	16/04/2016	Max Bolcato	31.88	50m Back	30.91	Lottie James	04/08/2017	Swim England National Summer Meet
Team Luton April Long Course Meet	17/04/2016	Max Bolcato	1:08.92	100m Back	1:07.73	Emily Ford	16/04/2015	British Championships 2015
Wycombe LC Premier Meet	15/03/2020	Edgar Stepluk	2:28.69	200m Back	2:26.17	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
Crawley Not So Early Bird Meet	17/11/2012	David Murphy	33.09	50m Breast	36.38	Elena Blake	27/03/2022	Winchester Spring Qualifier L1
BG ASA National Age Group Championships	25/07/2012	David Murphy	1:12.84	100m Breast	1:18.60	Theodora Wornham	31/07/2018	Swim England Summer Meet 18
Crawley Not So Early Bird Meet	18/11/2012	David Murphy	2:46.32	200m Breast	2:53.66	Lottie James	09/04/2017	City of Bristol International Open Meet
ASA South East Region Swimming Champs	15/05/2016	Max Bolcato	29.03	50m Butterfly	28.93	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
	23/04/2023	Alfie Ambler						
ASA South East Region Swimming Champs	29/05/2016	Max Bolcato	1:03.89	100m Butterfly	1:05.05	Emily Ford	17/04/2015	British Championships 2015
ASA South East Region Swimming Champs	28/05/2016	Max Bolcato	2:24.96	200m Butterfly	2:38.00	Phoebe Paul	11/05/2019	Swim England 14 Under Swimming Championships
ASA South East Region Swimming Champs	28/05/2016	Max Bolcato	2:25.52	200m IM	2:29.80	Lottie James	13/05/2017	ASA South East Region Championships 2017
Team Luton April Long Course Meet	17/04/2016	Max Bolcato	5:12.48	400m IM	5:27.83	Lottie James	28/05/2017	ASA South East Region Championships 2017

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 14 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
Guildford L1 National Qualifier	24/03/2024	Gabriel Wornham	26.27	<b>50m Free</b>	27.80	Yasmin Tajalli	17/05/2015	ASASER Swimming Championships
Swim England South East - Festival of Swimming	01/08/2021	Edgar Stepluk	56.81	<b>100m Free</b>	1:00.60	Shannon Motha	24/07/2013	BG ASA National Age Groups 2013
Rotherham Metro Level One Meet	14/05/2011	Niall O'Leary	2:10.07	<b>200m Free</b>	2:11.67	Shannon Motha	09/06/2013	ASA South East Region Age Group Champs 2013
Rotherham Metro Level One Meet	15/05/2011	Niall O'Leary	4:34.90	<b>400m Free</b>	4:41.45	Shannon Motha	17/11/2013	Crawley Not So Early Bird Meet
Team Luton April Open Meet	20/04/2019	Joshua Tucker	10:13.10	<b>800m Free</b>	09:35.85	Olivia Law	02/05/2009	South East Region Champs
Bracknell & Wokingham Distance Open	09/04/2011	Sam Costello	19:38.54	<b>1500m Free</b>	19:58.43	Nienke Lijzenga	09/04/2011	Bracknell & Wokingham Distance Open
ASA SER Swimming Championships	31/05/2015	Luke Wilby	30.41	<b>50m Back</b>	30.91	Lottie James	04/08/2017	Swim England National Summer Meet
British Gas ASA NAG Championships 2011	21/07/2011	Niall O'Leary	1:03.94	<b>100m Back</b>	1:05.91	Lottie James	03/08/2018	Swim England National Summer Meet
British Gas ASA NAG Championships 2011	23/07/2011	Niall O'Leary	2:14.30	<b>200m Back</b>	2:26.17	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
<i>Meet Unknown</i>	28/10/2012	David Murphy	31.71	<b>50m Breast</b>	35.80	Natalia Druett	04/11/2017	Welsh Capital Open Meet 2017
BG ASA National Age Groups 2013	27/07/2013	David Murphy	1:08.04	<b>100m Breast</b>	1:16.34	Natalia Druett	05/11/2017	Welsh Capital Open Meet 2017
ASA South East Region Age Group Champs	26/05/2013	David Murphy	2:32.83	<b>200m Breast</b>	2:41.03	Natalia Druett	04/11/2017	Welsh Capital Open Meet 2017
Wycombe LC Premier Meet	09/03/2024	Alfie Ambler	28.10	<b>50m Butterfly</b>	28.93	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
	14/03/2020	Alex Cooper Marcos						
West Midlands Arena League Premier Final	14/12/2013	David Murphy	1:03.23	<b>100m Butterfly</b>	1:05.05	Emily Ford	17/04/2015	British Championships 2015
ASA South East Region Swimming Champs	28/05/2016	Max Bolcato	2:24.96	<b>200m Butterfly</b>	2:22.42	Caitlin Wheatley	10/06/2012	ASA SER British Gas Age Group Championship
Crawley Not So Early Bird Meet	17/11/2013	David Murphy	2:18.78	<b>200m IM</b>	2:29.07	Lottie James	02/08/2018	Swim England National Summer Meet
Crawley Not So Early Bird Meet	17/11/2013	David Murphy	4:51.17	<b>400m IM</b>	5:21.97	Lottie James	24/03/2018	City of Sheffield Swim Squad Premier Meet 2018
ASA South East Region Swimming Champs	15/05/2016	Edward Roest Seb Rawes Cameron Bullock Max Bolcato	1:53.85	<b>Relay 4x50m Freestyle</b>	1:54.26	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	18/11/2017	Essa School Swimming Championships 2017
ASA South East Region Swimming Champs	28/05/2016	Seb Rawes Thoms Wilsher Luca Frauenfeld Max Bolcato	4:23.07	<b>Relay 4 x 100m Freestyle</b>	4:28.19	Ella Pearce Jana Cooper Marcos Alice Martin Tappy Ross	28/05/2016	ASA South East Region Swimming Champs
ASA South East Region Swimming Champs	29/05/2016	Seb Rawes Thomas Wilsher Max Bolcato Felix Sissins-Roffey	2:11.04	<b>Relay 4x 50m Medley</b>	2:04.98	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	18/11/2017	Essa School Swimming Championships 2017

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 15 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
ASA South East Region Swimming Champs	29/04/2023	Demetrios Gonias	25.62	<b>50m Free</b>	27.36	Jana Cooper Marcos	01/08/2018	Swim England National Summer Meet 2018
PNSC Last Chance National Qualifier	21/05/2023	Demetrios Gonias	55.75	<b>100m Free</b>	1:00.60	Shannon Motha	24/07/2013	BG ASA National Age Groups 2013
Cardiff International Open Meet	16/06/2012	Niall O'Leary	2:05.36	<b>200m Free</b>	2:11.67	Shannon Motha	09/06/2013	ASA South East Region Age Group Champs 2013
Rotherham Metro SC Long Course Open Meet	20/05/2012	Niall O'Leary	4:28.97	<b>400m Free</b>	4:41.45	Shannon Motha	17/11/2013	Crawley Not So Early Bird Meet
Team Luton April Open Meet	20/04/2019	Joshua Tucker	10:13.10	<b>800m Free</b>	9:35.85	Olivia Law	02/05/2009	South East Region Champs
Bracknell & Wokingham Distance Open	09/04/2011	Sam Costello	19:38.54	<b>1500m Free</b>	19:58.43	Nienke Lijzenga	09/04/2011	Bracknell & Wokingham Distance Open
ASA South East Region Swimming Champs	30/04/2023	Demetrios Gonias	29.89	<b>50m Back</b>	30.64	Lottie James	27/07/2019	British Summer Championships
BG ASA National Youth Championships 2012	17/07/2012	Niall O'Leary	1:01.76	<b>100m Back</b>	1:05.91	Lottie James	03/08/2018	Swim England National Summer Meet
BG ASA National Youth Championships 2012	19/07/2012	Niall O'Leary	2:10.68	<b>200m Back</b>	2:25.27	Lottie James	04/08/2019	Swim England National Summer Meet
Crawley SC Spring Lon Course Meet	21/04/2012	Michael Esnouf	31.40	<b>50m Breast</b>	34.41	Natalia Druett	07/05/2018	Swim England South East Championships 2018
ASA South East Region Youth Champs	03/05/2014	David Murphy	1:07.56	<b>100m Breast</b>	1:14.27	Natalia Druett	05/05/2018	Swim England South East Championships 2018
ASA South East Region Youth Champs	04/05/2014	David Murphy	2:28.67	<b>200m Breast</b>	2:40.20	Natalia Druett	25/07/2018	British Summer Championships 2018
ASA South East Region Swimming Champs	30/04/2023	Demetrios Gonias	27.60	<b>50m Butterfly</b>	28.93	Emily Ford	31/01/2015	London Swimming South Region Zonal Meet 2015
City of Bristol International Open Meet	01/04/2023	Demetrios Gonias	1:02.06	<b>100m Butterfly</b>	1:05.05	Emily Ford	17/04/2015	British Championships 2015
ASA South East Region Swimming Champs	28/05/2016	Max Bolcato	2:24.96	<b>200m Butterfly</b>	2:21.09	Caitlin Wheatley	18/11/2012	Crawley Not So Early Bird Meet
Crawley Not So Early Bird Meet	17/11/2013	David Murphy	2:18.78	<b>200m IM</b>	2:28.35	Lottie James	06/05/2019	Swim England SE 15 Over Swimming Champs 2019
Crawley Not So Early Bird Meet	17/11/2013	David Murphy	4:51.17	<b>400m IM</b>	5:21.97	Lottie James	24/03/2018	City of Sheffield Swim Squad Premier Meet 2018
ASA South East Region Swimming Champs	13/04/2024	Christopher Williams Zac Stoddart Alfie Ambler Gabriel Wornham	4:03.87	<b>Relay 4 x 100m Freestyle</b>	4:25.94	Zofia Conway Elena Blake Kelsey Sym Amber Freeman	02/05/2022	Swim England SE 15 Over Swimming Champs 2022
				<b>Relay 4 x 200m Freestyle</b>	9:53.94	Katie Wilkinson Lucy Capper Zofia Conway Elena Blake	02/05/2023	ASA South East Region Swimming Champs
ASA South East Region Swimming Champs	13/04/2024	Zac Stoddart Ziyang Yang (Luca) Alfie Ambler Gabriel Wornham	4:30.85	<b>Relay 4x 100m Medley</b>	4:53.23	Lucy Capper Elena Blake Zofia Conway Katie Wilkinson	29/04/2023	Swim England SE 15 Over Swimming Champs 2022

## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

### 16 YEARS & UNDER - LONG COURSE RECORDS

Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
ASA South East Region Swimming Champs	04/05/2024	Demetrios Gonias	24.56	<b>50m Free</b>	27.36	Jana Cooper Marcos	01/08/2018	Swim England National Summer Meet 2018
Guildford L1 National Qualifier	23/03/2024	Demetrios Gonias	54.05	<b>100m Free</b>	1:00.60	Shannon Motha	24/07/2013	BG ASA National Age Groups 2013
Wycombe District SC End of Season Meet	13/07/2013	Eliot Rennie	2:03.05	<b>200m Free</b>	2:11.67	Shannon Motha	09/06/2013	ASA South East Region Age Group Champs 2013
Crawley Not So Early Bird Meet	17/11/2012	Niall O'Leary	4:22.03	<b>400m Free</b>	4:36.79	Olivia Law	02/07/2011	Cardiff International Open Meet 2011
Team Luton April Open Meet	20/04/2019	Joshua Tucker	10:13.10	<b>800m Free</b>	09:35.85	Olivia Law	02/05/2009	South East Region Champs
Bracknell & Wokingham Distance Open	09/04/2011	Sam Costello	19:38.54	<b>1500m Free</b>	19:03.77	Imogen West	04/05/2009	South East Region Champs
BG South East Region Youth Champs	04/05/2013	Niall O'Leary	28.39	<b>50m Back</b>	30.64	Lottie James	27/07/2019	British Summer Championships
BG ASA National Youth Championships	03/08/2013	Niall O'Leary	59.75	<b>100m Back</b>	1:05.91	Lottie James	03/08/2018	Swim England National Summer Meet
BG ASA National Youth Championships	31/07/2013	Niall O'Leary	2:06.16	<b>200m Back</b>	2:22.80	Olivia Law	01/05/2011	BG South East Region Youth Championships
Wycombe Long Course Premier Meet L1	13/03/2022	Can Tugcetin	30.46	<b>50m Breast</b>	33.72	Ellen Bagley	10/04/2022	Guildford City Spring Open Meet L1
British Summer Championships 2022	23/07/2022	Kayden Sillah	1:06.10	<b>100m Breast</b>	1:13.20	Ellen Bagley	28/07/2022	British Summer Championships 2022
British Summer Championships 2022	26/07/2022	Kayden Sillah	2:25.06	<b>200m Breast</b>	2:37.97	Natalia Druett	20/01/2019	Flanders Swimming Cup
ASA South East Region Swimming Champs	05/05/2024	Demetrios Gonias	26.72	<b>50m Butterfly</b>	28.64	Ellie Nutt	04/08/2015	ASA Summer Nationals 2015
Team Bath AS&Millfield Last Chance	11/05/2024	Demetrios Gonias	1:01.41	<b>100m Butterfly</b>	1:04.23	Caitlin Wheatley	04/05/2013	BG South East Region Youth Champs
ASA South East Region Swimming Champs	28/05/2016	Max Bolcato	2:24.96	<b>200m Butterfly</b>	2:20.36	Caitlin Wheatley	02/08/2013	BG ASA National Youth Championships
BG South East Region Youth Champs	06/05/2013	Niall O'Leary	2:15.20	<b>200m IM</b>	2:26.03	Natalia Druett	06/04/2019	City of Bristol International Open Meet
Crawley Not So Early Bird Meet	17/11/2013	David Murphy	4:51.17	<b>400m IM</b>	5:17.82	Imogen West	03/05/2009	South East Region Champs
ASA South East Region Swimming Champs	15/05/2016	Edward Roest Seb Rawes Cameron Bullock Max Bolcato	1:53.85	<b>Relay 4x50m Freestyle</b>	1:52.65	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	16/11/2019	Essa School Swimming Championships 2019
ASA South East Region Swimming Champs	30/04/2023	Christopher Emberlin Demetrios Gonias Adrien Storck-Wihlidal Ralph Allen	3:53.88	<b>Relay 4 x 100m Freestyle</b>	4:07.17	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	06/05/2019	ASA South East Region Swimming Champs
ASA South East Region Swimming Champs	29/04/2023	Christopher Emberlin Adrien Storck-Wihlidal Ralph Allen Faaris Sharif	8:58.78	<b>Relay 4 x 200m Freestyle</b>	9:28.44	Eloise Ross Natalia Druett Pia Forrestal Jana Cooper Marcos	29/04/2017	ASA South East Region Swimming Champs
ASA South East Region Swimming Champs	29/05/2016	Seb Rawes Thomas Wilsher Max Bolcato Felix Sissins-Roffey	2:11.04	<b>Relay 4 x 50m Medley</b>	2:01.84	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	16/11/2019	Essa School Swimming Championships 2019
Unknown	04/12/2011	Niall O'Leary Michael Esnouf Oliver Baboolal Josh Harrop	4:20.50	<b>Relay 4x 100m Medley</b>	4:34.86	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	06/05/2018	ASA South East Region Swimming Champs



## Abingdon Vale Swimming Club - Long Course Records



as @ 14th May 2024

OPEN - LONG COURSE RECORDS								
Meet	Date	Men's Record	Time	Event	Time	Women's Record	Date	Meet
ASA South East Region Swimming Champs	04/05/2024	Demetrios Gonias	24.56	<b>50m Free</b>	27.36	Jana Cooper Marcos	01/08/2018	Swim England National Summer Meet 2018
Winchester Spring Qualifier L1	26/03/2022	Seb Rawes	54.01	<b>100m Free</b>	59.53	Natalia Druett	15/03/2020	Wycombe LC Premier Meet
Wycombe Long Course Summer Meet	04/07/2021	Nicholas Skelton	1:59.69	<b>200m Free</b>	2:11.67	Shannon Motha	09/06/2013	ASA South East Region Age Group Champs 2013
Crawley Not So Early Bird Meet	16/11/2013	Niall O'Leary	4:20.76	<b>400m Free</b>	4:36.79	Olivia Law	02/07/2011	Cardiff International Open Meet 2011
Team Luton April Open Meet	20/04/2019	Joshua Tucker	10:13.10	<b>800m Free</b>	09:35.85	Olivia Law	02/05/2009	South East Region Champs
Bracknell & Wokingham Distance Open	09/04/2011	Sam Costello	19:38.54	<b>1500m Free</b>	19:03.77	Imogen West	04/05/2009	South East Region Champs
British Swimming Glasgow Open Meet	04/06/2021	Nicholas Skelton	27.50	<b>50m Back</b>	30.64	Lottie James	27/07/2019	British Summer Championships
British Swimming Glasgow Open Meet	05/06/2021	Nicholas Skelton	58.54	<b>100m Back</b>	1:05.58	Lottie James	24/07/2021	Swim England South East - Festival of Swimming 2021
ASA Summer Nationals 2015	06/08/2015	Niall O'Leary	2:05.68	<b>200m Back</b>	2:22.80	Olivia Law	01/05/2011	BG South East Region Youth Championships
Welsh Summer Championships	04/08/2022	Connor Bryan	28.60	<b>50m Breast</b>	33.13	Ellen Bagley	04/04/2023	British Swimming Championships
BG ASA National Youth Championship	06/08/2013	Alex Murphy	1:03.19	<b>100m Breast</b>	1:12.31	Ellen Bagley	09/04/2023	British Swimming Championships
BG ASA National Youth Championship	04/08/2013	Alex Murphy	2:18.79	<b>200m Breast</b>	2:37.97	Natalia Druett	20/01/2019	Flanders Swimming Cup
British Summer Championships 2022	28/07/2022	Seb Rawes	24.68	<b>50m Butterfly</b>	28.64	Ellie Nutt	04/08/2015	ASA Summer Nationals 2015
ASA South East Region Swimming Champs	02/05/2022	Seb Rawes	58.16	<b>100m Butterfly</b>	1:03.48	Caitlin Wheatley	29/07/2015	British Summer Championships
Wycombe LC Premier Meet	11/03/2023	Joseph Watkiss	2:24.75	<b>200m Butterfly</b>	2:15.95	Caitlin Wheatley	31/07/2015	British Summer Championships
Team Luton April Long Course Meet 2018	14/04/2018	Harry James	2:14.07	<b>200m IM</b>	2:26.03	Natalia Druett	06/04/2019	City of Bristol International Open Meet
Cardiff International Open Meet	08/06/2014	Harry James	4:41.22	<b>400m IM</b>	5:16.25	Imogen West	08/05/2010	ASA SE Region Youth Champs
ASA South East Region Swimming Champs	15/05/2016	Edward Roest Seb Rawes Cameron Bullock Max Bolcato	1:53.85	<b>Relay 4x50m Freestyle</b>	1:52.65	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	16/11/2019	Essa School Swimming Championships 2019
ASA South East Region Swimming Champs	13/04/2024	Demetrios Gonias Jack Allman Edgar Stepluk Joseph Bradshaw	3:37.49	<b>Relay 4 x 100m Freestyle</b>	4:07.17	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	06/05/2019	ASA South East Region Swimming Champs
ASA South East Region Swimming Champs	30/04/2022	Nicholas Skelton Logan Bryan Joseph Bradshaw Sam Cruttenden	8:25.77	<b>Relay 4 x 200m Freestyle</b>	9:28.44	Eloise Ross Natalia Druett Pia Forrestal Jana Cooper Marcos	29/04/2017	ASA South East Region Swimming Champs
Unknown	09/10/2010	Niall O'Leary Scott Farnell Oliver Baboolal Shigekatsu Tateno	2:04.33	<b>Relay 4 x 50m Medley</b>	2:01.84	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	16/11/2019	Essa School Swimming Championships 2019
British Summer Championships 2022	26/07/2022	Nicholas Skelton Connor Bryan Seb Rawes Joseph Bradshaw	3:53.73	<b>Relay 4x 100m Medley</b>	4:34.86	Lottie James Natalia Druett Pia Forrestal Jana Cooper Marcos	06/05/2018	ASA South East Region Swimming Champs