

<b>SUSSEX COUNTY MENS</b>			
<b><u>OPEN LONG COURSE</u> RECORDS</b>			
<b>EVENT</b>	<b>TIME</b>	<b>D.O.B.</b>	<b>VENUE</b>
50 FREE	23.49 Guy Sherwin, Shiverers, on 05/08/2006	10/05/1984	Ponds Forge. Sheffield
100 FREE	50.92 Tom Parris, Hastings, on 19/03/2009	25/01/1991	Ponds Forge, Sheffield
200 FREE	1.50.15 Tom Parris, Hastings, on 30/03/2010	25/01/1991	Ponds Forge. Sheffield
400 FREE	3.55.63 Tom Parris, Hastings, on 29/03/2010	25/01/1991	British Championships Ponds Forge. Sheffield
800 FREE	8.25.74 Adam Harrington, Crawley, 27/06/2009	20/07/1991	Scottish Championships Tollcross
1500 FREE	16.28.36 Ed Castro, St Bedes, on 01/12/2006	02/07/1988	Bath Grand Prix
50 BACK	27.57 Adam Harrington, Crawley, on 30/07/2008	20/07/1991	European Junior Champs. Belgrade
100 BACK	57.66 Adam Harrington, Crawley, on 16/03/2009	20/07/1991	Ponds Forge. Sheffield
200 BACK	2.02.69 Adam Harrington, Crawley, on 18/03/2009	20/07/1991	Ponds Forge. Sheffield
50 BREAST	29.43 Tom Rooke, Crawley, on 02/08/2009	07/06/1990	National Champ's Ponds Forge Sheffield
100 BREAST	1.04.03 Tom Rooke, Crawley, on 28/07/2009	07/06/1990	National Champ's Ponds Forge. Sheffield
200 BREAST	2.24.48 Peter Ross, Haywards Heath, on 28/03/2007	20/03/1981	Manchester
50 FLY	24.65 Ben Hutchinson, Crawley, on 28/06/2007	03/12/1986	Glasgow
100 FLY	54.90 Callum Hillicks, Crawley, 01/08/2009	01/11/1991	National Champ's Ponds Forge. Sheffield
200 FLY	2.01.33 Ed Castro, St Bedes, on 16/03/2009	02/07/1988	Ponds Forge. Sheffield
200 IM	2.04.32 Adam Harrington, Crawley, on 09/07/2009	20/07/1991	European Junior Champs. Prague
400 IM	4.21.85 Adam Harrington, Crawley, on 01/04/2010	20/07/1991	Ponds Forge. Sheffield
4x100 MEDLEY TEAM	4.04.43 Crawley, on 29/07/2007	Crawley	Ponds Forge. Sheffield
4x100 FREE TEAM	3.38.55 Crawley, on 28/07/2007	Crawley	Ponds Forge. Sheffield
4x200 FREE TEAM	8.15.17 Crawley, on, 30/04/2006	Crawley	Aldershot Garrison Pool
Record claims must be made, in writing, to the County Secretary within 28 days of the swim. Conditions of eligibilty are as printed in the County Handbook (latest edition)			

<b>SUSSEX COUNTY BOYS</b>			
<b><u>JUNIOR (U/16) LONG COURSE RECORDS</u></b>			
EVENT	TIME	D.O.B.	VENUE
50 FREE	25.00 Alex Bowen, Mid Sussex, on 30/04/2011	23/09/1995	Region Championships K2 Crawley
100 FREE	54.22 Josh Pankhurst, East Grinstead on 28/07/2011	10/01/1996	Ponds Forge, Sheffield
200 FREE	1.59.05 Adam Harrington, Crawley, on 28/03/2007	20/07/1991	Manchester
400 FREE	4.16.75 Adam Harrington, Crawley, on 03/06/2006	20/07/1991	K2 Crawley
800 FREE	8.46.02 Adam Harrington, Crawley, on 11/06/2006	20/07/1991	K2 Crawley
1500 FREE	16.51.02 Adam Harrington, Crawley, on 10/06/2006	20/07/1991	K2 Crawley
50 BACK	28.53 Josh Pankhurst, East Grinstead, on 24/04/2011	10/01/1996	Mountbatten centre Portsmouth
100 BACK	59.96 Josh Pankhurst, East Grinstead, on 28/07/2011	10/01/1996	Ponds Forge, Sheffield
200 BACK	2.08.63 Adam Harrington, Crawley, on 20/06/2007	20/07/1991	Glasgow
50 BREAST	32.59 Josh Aldous, Bognor Regis, on 03/05/2008	09/02/1993	Aldershot
100 BREAST	1.10.46 Jack Payne, Crawley, on 20/12/2009	30/04/1994	Plymouth
200 BREAST	2.38.2 Josh Alsous, Bognor Regis, on 04/05/2008	09/02/1993	Aldershot
50 FLY	26.89 Alex Bowen, Mid Sussex, on 01/05/2011	23/09/1995	Region Championships K2 Crawley
100 FLY	1.00.10 Nick Salerno, Bognor Regis, on 22/11/2009	30/04/1995	Early Bird K2 Crawley
200 FLY	2.14.47 Callum Hillicks, Crawley, on 28/07/2007	01/11/1991	Ponds Forge, Sheffield
200 IM	2.12.60 Adam Harrington, Crawley, on 28/03/2007	20/07/1991	Manchester
400 IM	4.41.54 Adam Harrington, Crawley, on 31/03/2007	20/07/1991	Manchester
4x100 MEDLEY TEAM	4.28.46 Crawley, on 30/07/2006	Crawley	Ponds Forge. Sheffield
4x100 FREE TEAM	3.55.60 Crawley, on, 27/07/2006	Crawley	Ponds Forge. Sheffield
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