



## Open Long course records (as at 04/22)



| 50m Freestyle   |                          |                 |                                  | 50m Breastroke  |                          |                |                                   |
|-----------------|--------------------------|-----------------|----------------------------------|-----------------|--------------------------|----------------|-----------------------------------|
| Mens            | <b>Alex Bowen</b>        | <b>22.88</b>    | Sussex county champs - 24/02/19  | Mens            | <b>Mackenzie Cannon</b>  | <b>29.70</b>   | SER championships- 30/04/22       |
| Womens          | <b>Caroline Woodcock</b> | <b>26.01</b>    | Bonn - European champs 20/08/89  | Womens          | <b>Rachael Bowen</b>     | <b>33.84</b>   | English summer champs - 05/08/17  |
| 100m Freestyle  |                          |                 |                                  | 100m Breastroke |                          |                |                                   |
| Mens            | <b>Alex Bowen</b>        | <b>51.65</b>    | Sussex county champs - 23/02/19  | Mens            | <b>Mackenzie Cannon</b>  | <b>1.05.06</b> | SER championships - 30/04/22      |
| Womens          | <b>Caroline Woodcock</b> | <b>58.82</b>    | No venue recorded 25/03/89       | Womens          | <b>Emma Shilton</b>      | <b>1.16.00</b> | Youth nationals - 02/08/14        |
| 200m Freestyle  |                          |                 |                                  | 200m Breastroke |                          |                |                                   |
| Mens            | <b>Calvin Fry</b>        | <b>1.56.34</b>  | SE FOS - 25/07/21                | Mens            | <b>Peter Ross</b>        | <b>2.24.50</b> | ASA national champs - 27/07/07    |
| Womens          | <b>Charlotte Johnson</b> | <b>2.09.44</b>  | Sussex county champs - 26/02/22  | Womens          | <b>Maddi Barnaby</b>     | <b>2.48.62</b> | London open meet - LAC - 26/05/18 |
| 400m Freestyle  |                          |                 |                                  | 50m Fly         |                          |                |                                   |
| Mens            | <b>Arthur Logan</b>      | <b>4.12.37</b>  | Sussex county champs - 27/02/22  | Mens            | <b>Alex Bowen</b>        | <b>25.02</b>   | Youth nationals - 31/07/13        |
| Womens          | <b>Charlotte Johnson</b> | <b>4.32.34</b>  | SER championships - 01/05/22     | Womens          | <b>Rachael Bowen</b>     | <b>27.76</b>   | English Summer champs - 06/08/17  |
| 800m Freestyle  |                          |                 |                                  | 100m Fly        |                          |                |                                   |
| Mens            | <b>Arthur Logan</b>      | <b>8.42.08</b>  | British summer champs - 09/04/22 | Mens            | <b>Calvin Fry</b>        | <b>56.58</b>   | SE FOS - 25/07/21                 |
| Womens          | <b>Charlotte Johnson</b> | <b>9.17.35</b>  | British summer champs- 24/07/19  | Womens          | <b>Sophie Maguire</b>    | <b>1.05.13</b> | Sussex county champs - 24/02/19   |
| 1500m Freestyle |                          |                 |                                  | 200m Fly        |                          |                |                                   |
| Mens            | <b>Arthur Logan</b>      | <b>16.51.96</b> | British champs - 07/04/22        | Mens            | <b>Guy Cooper</b>        | <b>2.19.05</b> | Crawley L1 meet K2 - 09/04/17     |
| Womens          | <b>Charlotte Johnson</b> | <b>17.47.02</b> | British summer champs - 26/07/19 | Womens          | <b>Charlotte Johnson</b> | <b>2.18.93</b> | SER championships - 30/04/22      |
| 50m Backstroke  |                          |                 |                                  | 200m IM         |                          |                |                                   |
| Mens            | <b>Ollie Goodhew</b>     | <b>28.14</b>    | Sussex county champs -12/02/17   | Mens            | <b>David Masters</b>     | <b>2.10.82</b> | Youth nationals - 17/07/12        |
| Womens          | <b>Sophie Shaw</b>       | <b>29.49</b>    | British swimming meet - 05/06/21 | Womens          | <b>Sophie Maguire</b>    | <b>2.26.16</b> | Sussex county champs - 24/02/19   |
| 100m Backstroke |                          |                 |                                  | 400m IM         |                          |                |                                   |
| Mens            | <b>Ollie Goodhew</b>     | <b>59.26</b>    | Sussex county champs - 11/02/17  | Mens            | <b>Arthur Logan</b>      | <b>4.54.33</b> | Sussex county champs - 12/02/22   |
| Womens          | <b>Sophie Maguire</b>    | <b>1.02.18</b>  | British summer champs - 24/07/19 | Womens          | <b>Charlotte Johnson</b> | <b>5.11.10</b> | British Champs - 05/04/22         |
| 200m Backstroke |                          |                 |                                  |                 |                          |                |                                   |
| Mens            | <b>Ollie Goodhew</b>     | <b>2.07.89</b>  | Youth nationals - 31/07/13       |                 |                          |                |                                   |
| Womens          | <b>Sophie Maguire</b>    | <b>2.13.89</b>  | British summer champs - 26/07/19 |                 |                          |                |                                   |

Please ensure you contact your coach if you break a record