

HEAD COACH
Roxana Roman

RECORDS LC & SC COMBINED

SC Meters-Female

6-6	25 Free	28.83	12-Jun-11	SPAL	Poppy Craig - McFeely at Academy Sprints June 12th 2011
	50 Free	57.01 *	25-Sep-10	SPAL	Cati Pauwels at St. Paul's Barnes SC Club Championships
	50 Free	57.01 *	25-Sep-10	SPAL	es SC Club Championships Cati Pauwels at St. Paul's Barnes SC Club Cham
	25 Back	34.57	12-Jun-11	SPAL	Poppy Craig - McFeely at Academy Sprints June 12th 2011
	50 Back	1:03.01 *	25-Sep-10	SPAL	Cati Pauwels at St. Paul's Barnes SC Club Championships
	50 Back	1:03.01 *	25-Sep-10	SPAL	es SC Club Championships Cati Pauwels at St. Paul's Barnes SC Club Cham
	25 Breast	36.67	12-Jun-11	SPAL	Poppy Craig - McFeely at Academy Sprints June 12th 2011
	50 Breast	1:14.16 *	25-Sep-10	SPAL	es SC Club Championships Cati Pauwels at St. Paul's Barnes SC Club Cham
	50 Breast	1:14.16 *	25-Sep-10	SPAL	Cati Pauwels at St. Paul's Barnes SC Club Championships
25 Fly	35.32	12-Jun-11	SPAL	Poppy Craig - McFeely at Academy Sprints June 12th 2011	
7-7	25 Free	18.90	3-Dec-11	SPAL	Cati Pauwels at SPBSC SPRINTS
	50 Free	45.29	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	200 Free	3:35.83 *	17-Sep-11	SPAL	Cati Pauwels at St. Paul's Barnes SC Club Championships 4LR16
	200 Free	3:35.83 *	17-Sep-11	SPAL	hampionships 4LR16 Cati Pauwels at St. Paul's Barnes SC Club Championsh
	25 Back	23.42	3-Dec-11	SPAL	Cati Pauwels at SPBSC SPRINTS
	50 Back	51.54	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	200 Back	3:43.45	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	25 Breast	27.32	30-Jun-12	SPAL	Rebecca C. Sweeney at SPBSC Mini Sprints
	50 Breast	57.33	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	200 Breast	4:09.67	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	25 Fly	21.80	30-Jun-12	SPAL	Rebecca C. Sweeney at SPBSC Mini Sprints
	50 Fly	52.22 *	17-Sep-11	SPAL	hampionships 4LR16 Cati Pauwels at St. Paul's Barnes SC Club Champions
	50 Fly	52.22 *	17-Sep-11	SPAL	Cati Pauwels at St. Paul's Barnes SC Club Championships 4LR16
	200 Fly	5:07.98	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	100 IM	1:47.39	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	200 IM	4:04.38	22-Sep-12	SPAL	Rebecca C. Sweeney at SPBSC Club Championships 2012
	100 Free Relay	1:40.26	12-Jun-11		SAINT PAULS BARNES SC S. Maini, L. Roberts, A. Walton, C. Pauwe
8-8	25 Free	18.12	30-Jun-12	SPAL	Cati Pauwels at SPBSC Mini Sprints
	50 Free	36.50	19-Jun-10	SPAL	Anoushka Maini LBRUT Borough swimming
	200 Free	3:04.86	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	400 Free	7:45.70	25-Sep-10	SPAL	Anna H. Padt at St. Paul's Barnes SC Club Championships
	25 Back	20.96	30-Jun-12	SPAL	Ginevra Bucalossi at SPBSC Mini Sprints
	50 Back	44.08	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	200 Back	3:18.54	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	25 Breast	24.30	15-Dec-12	SPAL	Rebecca C. Sweeney at SPBSC Mini-Sprints December 2012
	50 Breast	52.42	22-Sep-12	SPAL	Ella Greensmith at SPBSC Club Championships 2012
	200 Breast	3:51.20	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	25 Fly	19.22	30-Jun-12	SPAL	Cati Pauwels at SPBSC Mini Sprints
	50 Fly	43.05	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	200 Fly	4:17.92	22-Sep-12	SPAL	Cati Pauwels at SPBSC Club Championships 2012
	100 IM	1:37.09	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	200 IM	3:35.92	28-Sep-13	SPAL	Rebecca C. Sweeney at Barnes SC Club Championships
	100 Free Relay	1:27.67	15-Dec-12		SAINT PAULS BARNES SC A. Vergopoulos, L. Loughran, K. Milward
	9-11	200 Free Relay	2:10.40	12-Nov-11	
200 Medley Relay		2:24.60	7-Apr-13		SAINT PAULS BARNES SC A. Carera, M Dinan, T Lessey, A Padt
9-9	25 Free	16.95	20-Mar-10	SPAL	Matilda F. Milward at Wey Junior B League Jan 2010 Round 2
	50 Free	34.11	18-Dec-10	SPAL	Anoushka M. Maini at Hillingdon SC Level 1Christmas Meet 2010
	100 Free	1:15.03	14-Jan-17	SPAL	YOLANDA M. GRADILLAS at The Royals New Year Meet 2017
	200 Free	2:41.16	27-Nov-16	SPAL- ZZ	YOLANDA M. GRADILLAS at Oxford November L3
	400 Free	5:41.45	3-Dec-16	SPAL	YOLANDA M. GRADILLAS at BHSC Christmas Cracker Meet 2016
25 Back	20.01	12-Jun-11	SPAL	Anna G. Coutts at Academy Sprints June 12th 2011	

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RECORDS LC & SC COMBINED

9-9	50 Back	39.71	14-Jan-17	SPAL	YOLANDA M. GRADILLAS at The Royals New Year Meet 2017
	100 Back	1:26.73	14-Jan-17	SPAL	YOLANDA M. GRADILLAS at The Royals New Year Meet 2017
	200 Back	3:00.01	14-Jan-17	SPAL	YOLANDA M. GRADILLAS at The Royals New Year Meet 2017
	25 Breast	22.95 *	12-Jun-11	SPAL	Anna G. Coutts at Academy Sprints June 12th 2011
	25 Breast	22.95 *	12-Jun-11	SPAL	Academy Sprints June 12th 2011 Anna G. Coutts at Academy Sprints June 12th 2011
	50 Breast	45.22	27-Oct-12	SPAL	Izabella L. Polgar - Wiseman Rushmoor Royals LC
	100 Breast	1:38.79	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	200 Breast	3:23.76	1-Nov-14	SPAL	Rebecca C. Sweeney at Ealing November Short Course Open
	25 Fly	19.73	30-Jun-12	SPAL	Izabella L. Polgar - Wiseman at SPBSC Mini Sprints
	50 Fly	37.54	18-Oct-14	SPAL	Rebecca C. Sweeney at Black Swan Winter Meet October 2014
	100 Fly	1:32.41	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	200 Fly	3:16.57	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	100 IM	1:25.28	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	200 IM	3:03.36	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	400 IM	6:40.02	2-Mar-13	SPAL	Izabella L. Polgar-Wiseman at British Gas Surrey Age Group Champs 2013
	100 Free Relay	1:17.36	12-Jun-11	SPAL	SAINT PAULS BARNES SC A. Coutts, A. Moon, J. Salvesen, T. Rams
10-10	25 Free	15.22	30-Jun-12	SPAL	Anoushka M. Maini at SPBSC Mini Sprints
	50 Free	31.26	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	100 Free	1:10.89	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	200 Free	2:32.88	11-Jul-15	SPAL	Rebecca C. Sweeney at Black Swan Summer Non-NQT Meet 2015
	400 Free	5:31.12	28-Mar-15	SPAL	Rebecca C. Sweeney at Early Region Qualifying Meet
	800 Free	11:27.94	26-Sep-15	SPAL	Rebecca C. Sweeney at Barnes SC Championships 2015
	1500 Free	22:26.89	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	25 Back	19.16	30-Jun-12	SPAL	Anoushka M. Maini at SPBSC Mini Sprints
	50 Back	35.22	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	100 Back	1:20.51	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	200 Back	2:50.39	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	25 Breast	20.70	30-Jun-12	SPAL	Anoushka M. Maini at SPBSC Mini Sprints
	50 Breast	42.21	11-Mar-12	SPAL	Anoushka Maini at British Gas Surrey Age Group Champs 2012 LC
	100 Breast	1:31.79	11-Jul-15	SPAL	Rebecca C. Sweeney at Black Swan Summer Non-NQT Meet 2015
	200 Breast	3:12.94	26-Sep-15	SPAL	Rebecca C. Sweeney at Barnes SC Championships 2015
	25 Fly	16.16	30-Jun-12	SPAL	Anoushka M. Maini at SPBSC Mini Sprints
	50 Fly	34.22	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	100 Fly	1:19.86	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	200 Fly	3:09.32	31-Oct-09	SPAL	Anna H. Pang at St. Paul's Barnes SC Club Championships 2009
	100 IM	1:18.72	23-May-12	SPAL	Anoushka M. Maini at LSSA Primary Schools Finals 2012
	200 IM	2:51.77	11-Jul-15	SPAL	Rebecca C. Sweeney at Black Swan Summer Non-NQT Meet 2015
	400 IM	6:13.69	26-Sep-15	SPAL	Rebecca C. Sweeney at Barnes SC Championships 2015
	100 Free Relay	1:15.17	12-Jun-11	SPAL	SAINT PAULS BARNES SC A. Roberts, I. Boulter, O. Supple, J. Dunn
11-11	25 Free	15.07	15-Dec-12	SPAL	Tegan Lessey at SPBSC Mini-Sprints December 2012
	50 Free	29.66	15-May-10	SPAL	Anna H. Pang at Guildford City Open Meet May 2010
	100 Free	1:05.36	28-Jul-10	SPAL	Anna H. Pang at ASA National Age Group Championships
	200 Free	2:23.90	5-Mar-16	SPAL	Ade Gradillas at BHSC Regional Qualifier 2016
	400 Free	4:58.46	5-Mar-16	SPAL	Ade Gradillas at BHSC Regional Qualifier 2016
	800 Free	10:45.99	9-Oct-16	SPAL- ZZ	Rebecca C. Sweeney at RR Autumn Distance Meet 2016
	1500 Free	21:13.57	20-Feb-10	SPAL	Anna Pang at British Gas Surrey Age Group Champs 2010 LC
	25 Back	17.37	2-May-12	SPAL	Charlie Wilson at LSSA Primary Schools Preliminaries 2012
	50 Back	35.48	20-Mar-10	SPAL	Anna H. Pang at Minor League Round 1 Fleet
	100 Back	1:12.76	28-Jul-10	SPAL	Anna H. Pang at ASA National Age Group Champs 2010 LC
	200 Back	2:38.23	15-Jan-11	SPAL	Holly Addison at Epsom District SC S/ Course Winter Open Meet
	25 Breast	19.36	15-Dec-12	SPAL	Libby Bryant at SPBSC Mini-Sprints December 2012
	50 Breast	38.75	17-Sep-16	SPAL	Rebecca C. Sweeney at Barnes SC Championship 2016
	100 Breast	1:25.19	17-Sep-16	SPAL	Rebecca C. Sweeney at Barnes SC Championship 2016
	200 Breast	3:02.06	17-Sep-16	SPAL	Rebecca C. Sweeney at Barnes SC Championship 2016

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RECORDS LC & SC COMBINED

11-11	25 Fly	16.01	15-Dec-12	SPAL	Tegan Lessey at SPBSC Mini-Sprints December 2012	
	50 Fly	33.16	20-Feb-10	SPAL	Anna H. Pang at British Gas Surrey Age Group Champs 2010 LC	
	100 Fly	1:14.44	28-Jul-10	SPAL	Anna H. Pang at ASA National Age Group Champs 2010 LC	
	200 Fly	2:44.56	5-Jun-10	SPAL	Anna H. Pang at London Region Age Group Champs 2010 LC	
	100 IM	1:16.36	2-Mar-13	SPAL	Anoushka M. Maini at British Gas Surrey Age Group Champs 2013	
	200 IM	2:43.20	15-May-10	SPAL	Anna H. Pang at Guildford City Open Meet May 2010	
	400 IM	5:47.38	17-Sep-16	SPAL	Rebecca C. Sweeney at Barnes SC Championship 2016	
	100 Free Relay	1:10.64	15-Dec-12		SAINT PAULS BARNES SC A. Andreica, L. Bryant, J. Dunn, O. McD	
12-12	25 Free	14.89	30-Jun-12	SPAL	Lara E. Chapman at SPBSC Mini Sprints	
	50 Free	28.16	17-Sep-11	SPAL	Georgina R. Boyle at St. Paul's Barnes SC Club Championships 4LR16	
	100 Free	1:01.51	21-Jul-11	SPAL	Georgina R. Boyle at NATIONAL AGE GROUP CHAMPIONSHIPS LC	
	200 Free	2:13.32	17-Sep-11	SPAL	Georgina R. Boyle at St. Paul's Barnes SC Club Championships 4LR16	
	400 Free	4:40.67	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	800 Free	9:37.26	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	1500 Free	18:24.98	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	25 Back	18.48	15-Dec-12	SPAL	Morgan L. Penney at SPBSC Mini-Sprints December 2012	
	50 Back	32.09	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	100 Back	1:08.51	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	200 Back	2:28.67	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	25 Breast	18.07	15-Dec-12	SPAL	Morgan L. Penney at SPBSC Mini-Sprints December 2012	
	50 Breast	37.85	2-Feb-13	SPAL	Morgan L. Penney at Ealing Short Course L3 Open	
	100 Breast	1:22.21	14-Jan-17	SPAL	Rebecca C. Sweeney at The Royals New Year Meet 2017	
	200 Breast	2:57.67	26-Nov-11	SPAL	Holly Addison at Guildford City Open Meet November 2011	
	25 Fly	16.39	30-Jun-12	SPAL	Lara E. Chapman at SPBSC Mini Sprints	
	50 Fly	30.82	17-Sep-11	SPAL	Georgina R. Boyle at St. Paul's Barnes SC Club Championships 4LR16	
	100 Fly	1:08.14	26-Nov-11	SPAL	Georgina R. Boyle at Guildford City Open Meet November 2011	
	200 Fly	2:38.26	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	100 IM	1:11.92	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	200 IM	2:32.23	12-Nov-11	SPAL	Holly Addison at National Arena Meet Round 2	
	400 IM	5:18.95	17-Sep-11	SPAL	Holly Addison at St. Paul's Barnes SC Club Championships 4LR16	
	100 Free Relay	1:06.39	15-Dec-12	SPAL	SAINT PAULS BARNES SC M. Penney, O. Supple, A. Peak-Smylie, T.	
	13 & U	200 Free Relay	2:01.77	10-Dec-11	SPAL	SAINT PAULS BARNES SC H. Addison, G. Djukic, I. Padt, G. Boyle
		200 Medley Relay	2:12.39	10-Dec-11	SPAL	SAINT PAULS BARNES SC H. Addison, M. Penney, G. Djukic, G. Bo
	13-13	25 Free	14.36	15-Dec-12	SPAL	Jyoti K. Desai at SPBSC Mini-Sprints December 2012
		50 Free	28.14	11-Mar-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012
100 Free		1:00.06	22-Jul-12	SPAL	Georgina R. Boyle at National Age Group Championships 2012	
200 Free		2:09.07	4-Feb-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012	
400 Free		4:40.70	4-Feb-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012	
800 Free		9:47.22	2-Jun-12	SPAL	Georgina Boyle at British Gas London Region Championships 2012	
1500 Free		20:00.94	26-Sep-15	SPAL	Arabella S. Peak-Smylie at Barnes SC Championships 2015	
25 Back		16.89	30-Jun-12	SPAL	Seraphina L. Monson at SPBSC Mini Sprints	
50 Back		33.10	11-Mar-12	SPAL	Georgina Boyle at British Gas Surrey Age Group Champs 2012 LC	
100 Back		1:11.32	6-Dec-14	SPAL	Alessandra Caprera at London Swimming Winter Champio	
200 Back		2:31.02	6-Dec-14	SPAL	Alessandra Caprera at London Swimming Winter Champio	
25 Breast		19.36	15-Dec-12	SPAL	Jyoti K. Desai at SPBSC Mini-Sprints December 2012	
50 Breast		38.57	19-Feb-11	SPAL	Chloe Close at Surrey Age Group Champs 2011	
100 Breast		1:21.70	2-Mar-13	SPAL	Morgan L. Penney at British Gas Surrey Age Group Champs 2013	
200 Breast		2:59.05	19-Feb-11	SPAL	Chloe A. Close at Surrey Age Group Championships 2011	
25 Fly		15.32	15-Dec-12	SPAL	Phoebe F. Finlay at SPBSC Mini-Sprints December 2012	
50 Fly		30.29	11-Mar-12	SPAL	Georgina Boyle at British Gas Surrey Age Group Champs 2012 LC	
100 Fly		1:07.18	19-May-12	SPAL	Georgina R. Boyle at Bracknell LC Meet 2012	
200 Fly		2:32.89	4-Feb-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012	
100 IM		1:16.12	26-Sep-15	SPAL	Arabella S. Peak-Smylie at Barnes SC Championships 2015	

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Roxana Roman

RECORDS LC & SC COMBINED

13-13	200 IM	2:33.25	4-Feb-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012	
	400 IM	5:30.09	4-Feb-12	SPAL	Georgina R. Boyle at British Gas Surrey Age Group Champs 2012	
	100 Free Relay	1:02.90	15-Dec-12		SAINT PAULS BARNES SC I. Caprera, J. Desai, A. Oliver, C. Nelson	
14-14	25 Free	15.86	15-Dec-12	SPAL	Issy Dinan at SPBSC Mini-Sprints December 2012	
	50 Free	29.89	17-Sep-11	SPAL	Lacey Dikkers at St. Paul's Barnes SC Club Championships 4LR16	
	100 Free	1:06.18	17-Sep-11	SPAL	Zoe Illis at St. Paul's Barnes SC Club Championships 4LR16	
	200 Free	2:22.82	26-Nov-11	SPAL	Zoe Illis at Guildford City Open Meet November 2011	
	400 Free	5:03.06	26-Sep-15	SPAL	Alessandra Caprera at Barnes SC Championships 2015	
	800 Free	10:20.32	26-Sep-15	SPAL	Alessandra Caprera at Barnes SC Championships 2015	
	1500 Free	20:00.28	17-Sep-11	SPAL	Zoe Illis at St. Paul's Barnes SC Club Championships 4LR16	
	25 Back	18.89	15-Dec-12	SPAL	Elena Colato at SPBSC Mini-Sprints December 2012	
	50 Back	33.40	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	100 Back	1:10.85	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	200 Back	2:33.03	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	25 Breast	19.83	15-Dec-12	SPAL	Elena Colato at SPBSC Mini-Sprints December 2012	
	50 Breast	40.18	26-Nov-11	SPAL	Izzy Holme at Guildford City Open Meet November 2011	
	100 Breast	1:25.54	26-Nov-11	SPAL	Izzy Holme at Guildford City Open Meet November 2011	
	200 Breast	3:00.94	26-Sep-15	SPAL	Emilie Pauwels at Barnes SC Championships 2015	
	25 Fly	17.29	15-Dec-12	SPAL	Issy Dinan at SPBSC Mini-Sprints December 2012	
	50 Fly	32.12	26-Sep-15	SPAL	Alessandra Caprera at Barnes SC Championships 2015	
	100 Fly	1:12.11	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	200 Fly	2:44.47	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	100 IM	1:13.13	14-Feb-15	SPAL	Alessandra Caprera at Surrey Age Group Championships 2015	
	200 IM	2:36.74	7-Nov-15	SPAL- ZZ	Alessandra Caprera at 2015 London Winter Championshi	
	400 IM	5:28.30	19-Dec-15	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2015	
	100 Free Relay	2:00.00	15-Dec-12		NO RECORD SET	
	15 & U	200 Free Relay	1:57.78	10-Dec-11	SPAL	SAINT PAULS BARNES SC Z. Illis, L. Dikkers, H. Addison, G. Boyle
		400 Free Relay	4:24.22	18-Mar-12		SPBSC - Georgina Boyle, Lara Chapman, Lacey Dikkers, Zoe Illis
		200 Medley Relay	2:19.29	12-Nov-11	SPAL	SAINT PAULS BARNES SC L. Dikkers, I. Holme, G. Boyle, A. Barker
		400 Medley Relay	5:00.28	28-Mar-10		SPBSC - Lacey Dikkers, Gaby Djukic, Georgina Boyle, Zoe Illis
15-15	25 Free	14.06	15-Dec-12	SPAL	Lacey Dikkers at SPBSC Mini-Sprints December 2012	
	50 Free	28.98	10-Oct-09	SPAL	Emily C. Marr at National Arena Meet Round 1	
	100 Free	1:04.84	4-Feb-12	SPAL	Zoe Illis at British Gas Surrey Age Group Champs 2012	
	200 Free	2:20.25	4-Feb-12	SPAL	Zoe Illis at British Gas Surrey Age Group Champs 2012	
	400 Free	4:59.81	17-Sep-16	SPAL	Alessandra Caprera at Barnes SC Championship 2016	
	800 Free	15.00	21-Jan-12	SPAL	Brooke C. Gerrie at CDT 100M FLY & 400free TT	
	1500 Free	20:16.54	17-Sep-16	SPAL	Emilie Pauwels at Barnes SC Championship 2016	
	25 Back	17.10	15-Dec-12	SPAL	Lacey Dikkers at SPBSC Mini-Sprints December 2012	
	50 Back	32.80	3-Dec-16	SPAL	Alessandra Caprera at BHSC Christmas Cracker Meet 2016	
	100 Back	1:09.29	17-Dec-16	SPAL	Alessandra Caprera at Hillingdon SC Winter Open Meet 2016	
	200 Back	2:29.95	27-Nov-16	SPAL- ZZ	Alessandra Caprera at Oxford November L3	
	25 Breast	19.54	15-Dec-12	SPAL	Lacey Dikkers at SPBSC Mini-Sprints December 2012	
	50 Breast	39.50	17-Sep-16	SPAL	Alessandra Caprera at Barnes SC Championship 2016	
	100 Breast	1:28.18	17-Sep-16	SPAL	Alessandra Caprera at Barnes SC Championship 2016	
	200 Breast	3:08.43	17-Sep-16	SPAL	Alessandra Caprera at Barnes SC Championship 2016	
	25 Fly	15.70	15-Dec-12	SPAL	Lacey Dikkers at SPBSC Mini-Sprints December 2012	
	50 Fly	32.05	3-Dec-16	SPAL	Alessandra Caprera at BHSC Christmas Cracker Meet 2016	
	100 Fly	1:10.83	3-Dec-16	SPAL	Alessandra Caprera at BHSC Christmas Cracker Meet 2016	
	200 Fly	2:45.50	17-Sep-16	SPAL	Alessandra Caprera at Barnes SC Championship 2016	
	100 IM	1:13.09	1-Oct-16	SPAL	Alessandra Caprera at Hatfield Early Season Gala 2016 - Level 3	
	200 IM	2:33.60	14-Jan-17	SPAL	Alessandra Caprera at The Royals New Year Meet 2017	
	400 IM	5:24.38	27-Nov-16	SPAL- ZZ	Alessandra Caprera at Oxford November L3	
	100 Free Relay	2:00.00	15-Dec-12		NO RECORD SET	

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RECORDS LC & SC COMBINED

16 & O	25 Free	14.64	15-Dec-12	SPAL	Annabel Barker at SPBSC Mini-Sprints December 2012
	50 Free	29.19	11-Dec-10	SPAL	Jess Pealing at National Arena Meet Round 3 Div.2
	100 Free	1:01.51	10-Oct-09	SPAL	Sophie E. Woodward-Fisher at National Arena Meet Round 1
	200 Free	2:22.26	31-Oct-09	SPAL	Victoria A. Hinton at St. Paul's Barnes SC Club Championships 2009
	400 Free	5:11.17	10-Jun-12	SPAL	Sheila Jansen at FINA World Masters Champs 2012
	800 Free	10:25.39	10-Jun-12	SPAL	Sheila Jansen at FINA World Masters Champs 2012
	1500 Free	19:45.82	31-Oct-09	SPAL	Victoria A. Hinton at St. Paul's Barnes SC Club Championships 2009
	25 Back	17.66	9-Sep-12	SPAL	Hez Hodge at Surrey Masters SC Champs
	50 Back	32.34	12-Dec-09	SPAL	Sophie E. Woodward-Fisher at National Arena Meet Round 3 Eltham
	100 Back	1:09.94	12-Dec-09	SPAL	Sophie E. Woodward-Fisher at National Arena Meet Round 3 Eltham
	200 Back	2:51.40 *	26-Nov-11	SPAL	Bridget J. Trefgarne at Berkshire & South Bucks 22nd ASA Open Masters
	200 Back	2:51.40 *	26-Nov-11	SPAL	en Masters Bridget J. Trefgarne at Berkshire & South Bucks 22nd ASA Open
	25 Breast	19.31 *	15-Dec-12	SPAL	Ellie McDaid at SPBSC Mini-Sprints December 2012
	25 Breast	19.31 *	15-Dec-12	SPAL	PBSC Mini-Sprints December 2012 Ellie McDaid at SPBSC Mini-Sprints De
	50 Breast	38.07	31-Oct-09	SPAL	Jess Pealing at St. Paul's Barnes SC Club Championships 2009
	100 Breast	1:21.38	10-Oct-09	SPAL	Jade M. Aquilina at National Arena Meet Round 1
	200 Breast	2:56.13	20-Feb-10	SPAL	Jess Pealing at British Gas Surrey Age Group Championships
	25 Fly	16.11	30-Jun-12	SPAL	Rachel Nowikow at SPBSC Mini Sprints
	50 Fly	32.95	12-Dec-09	SPAL	Jess Pealing at National Arena Meet Round 3 Eltham
	100 Fly	1:14.98	10-Oct-09	SPAL	Victoria A. Hinton at National Arena Meet Round 1
	200 Fly	3:19.85	26-Oct-12	SPAL	Jessica E. Rathke at British Masters National SC Champs 2012
	100 IM	1:13.83	26-Oct-12	SPAL	El Thomson at British Masters National SC Champs 2012
	200 IM	2:34.93	8-Dec-12	SPAL	Ness Raw at National Arena League 2012 - Round 3
	400 IM	9:00.00	12-Mar-12		NO RECORD SET
	400 Free Relay	6:00.00	18-Dec-12		NO RECORD SET
	400 Medley Relay	8:00.00	18-Dec-12		NO RECORD SET
	300 Free Relay	10:00.00	1-Nov-12		SAINT PAULS BARNES SC
	200 Medley Relay	2:12.39	10-Dec-11	SPAL	SAINT PAULS BARNES SC H. Addison, M. Penney, G. Djukic, G. Bo

HEAD COACH
Roxana Roman

RECORDS LC & SC COMBINED

SC Meters-Male

6-6	25 Free	27.45	*	12-Jun-11	SPAL	at Academy Sprints June 12th 2011 Matthew Wall at Academy Sprints June 1	
	25 Free	27.45	*	12-Jun-11	SPAL	Matthew Wall at Academy Sprints June 12th 2011	
	200 Free	3:59.86		25-Sep-10	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships	
	25 Back	30.06	*	12-Jun-11	SPAL	at Academy Sprints June 12th 2011 Matthew Wall at Academy Sprints June 1	
	25 Back	30.06	*	12-Jun-11	SPAL	Matthew Wall at Academy Sprints June 12th 2011	
	200 Back	4:12.54		25-Sep-10	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships	
	25 Breast	33.54		12-Jun-11	SPAL	Alex Dinan at Academy Sprints June 12th 2011	
	50 Breast	1:03.77	*	25-Sep-10	SPAL	C Club Championships Julius J. Turley at St. Paul's Barnes SC Club Champic	
	50 Breast	1:03.77	*	25-Sep-10	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships	
	25 Fly	35.42	*	12-Jun-11	SPAL	Matthew Wall at Academy Sprints June 12th 2011	
	25 Fly	35.42	*	12-Jun-11	SPAL	at Academy Sprints June 12th 2011 Matthew Wall at Academy Sprints June 1	
	50 Fly	1:15.57	*	25-Sep-10	SPAL	C Club Championships Julius J. Turley at St. Paul's Barnes SC Club Champic	
	50 Fly	1:15.57	*	25-Sep-10	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships	
	100 IM	2:13.95		25-Sep-10	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships	
	7-7	25 Free	19.67		12-Jun-11	SPAL	Julius J. Turley at Academy Sprints June 12th 2011
50 Free		41.74		27-Sep-14	SPAL	Kynan Talleg-Botos at Barnes SC Club Championships	
200 Free		3:19.47		27-Sep-14	SPAL	Kynan Talleg-Botos at Barnes SC Club Championships	
25 Back		24.80	*	12-Jun-11	SPAL	Julius J. Turley at Academy Sprints June 12th 2011	
25 Back		24.80	*	12-Jun-11	SPAL	cademy Sprints June 12th 2011 Julius J. Turley at Academy Sprints June 12th	
50 Back		46.63		26-Sep-15	SPAL	WILDER L. DAFHEY at Barnes SC Championships 2015	
200 Back		3:40.64	*	17-Sep-11	SPAL	ionships 4LR16 Julius J. Turley at St. Paul's Barnes SC Club Championships	
200 Back		3:40.64	*	17-Sep-11	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships 4LR16	
25 Breast		28.74	*	12-Jun-11	SPAL	Julius J. Turley at Academy Sprints June 12th 2011	
25 Breast		28.74	*	12-Jun-11	SPAL	cademy Sprints June 12th 2011 Julius J. Turley at Academy Sprints June 12th	
50 Breast		53.57		26-Sep-15	SPAL	ANDERSON I. DAFHEY at Barnes SC Championships 2015	
200 Breast		7:30.00		12-Mar-12		NO RECORD SET	
25 Fly		27.13	*	12-Jun-11	SPAL	Julius J. Turley at Academy Sprints June 12th 2011	
25 Fly		27.13	*	12-Jun-11	SPAL	cademy Sprints June 12th 2011 Julius J. Turley at Academy Sprints June 12th	
50 Fly		46.90		27-Sep-14	SPAL	Kynan Talleg-Botos at Barnes SC Club Championships	
200 Fly		7:00.00		1-Sep-12		NO RECORD SET	
100 IM		1:44.25		26-Sep-15	SPAL	ANDERSON I. DAFHEY at Barnes SC Championships 2015	
200 IM		3:45.64	*	17-Sep-11	SPAL	ionships 4LR16 Julius J. Turley at St. Paul's Barnes SC Club Championships	
200 IM		3:45.64	*	17-Sep-11	SPAL	Julius J. Turley at St. Paul's Barnes SC Club Championships 4LR16	
8-8		25 Free	17.86		3-Dec-11	SPAL	Julius J. Turley at SPBSC SPRINTS
	50 Free	35.06		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	200 Free	2:46.68		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	25 Back	21.89		3-Dec-11	SPAL	Julius J. Turley at SPBSC SPRINTS	
	50 Back	41.75		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	200 Back	3:13.41		22-Sep-12	SPAL	Julius J. Turley at SPBSC Club Championships 2012	
	25 Breast	26.92		15-Dec-12	SPAL	Alex Dinan at SPBSC Mini-Sprints December 2012	
	50 Breast	53.62		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	200 Breast	3:41.12		17-Sep-16	SPAL	ANDERSON I. DAFHEY at Barnes SC Championship 2016	
	25 Fly	21.45		3-Dec-11	SPAL	Julius J. Turley at SPBSC SPRINTS	
	50 Fly	39.06		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	200 Fly	6:00.00		12-Mar-12		NO RECORD SET	
	100 IM	1:28.75		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	200 IM	3:11.19		26-Sep-15	SPAL	Kynan Talleg-Botos at Barnes SC Championships 2015	
	100 Free Relay	1:36.54		12-Jun-11		SAINT PAULS BARNES SC S. Gilman, B. Moon, D. Moreno, C. Close	
	9-11	200 Free Relay	2:10.68		26-Mar-11		SAINT PAULS BARNES SC T. Frigo, R. Penney, S. Beverley, T. Fryers
		200 Medley Relay	2:29.46		26-Mar-11		SAINT PAULS BARNES SC C. Moon, J. Lawson, B. Newman, J. Ram
9-9	25 Free	15.48		30-Jun-12	SPAL	Nikolas Lupi at SPBSC Mini Sprints	

HEAD COACH
Roxana Roman

RECORDS LC & SC COMBINED

9-9	50 Free	32.97	6-Dec-15	SPAL	Kynan Tallec-Botos at WSC December Dasher
	100 Free	1:14.50	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	200 Free	2:37.44	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	400 Free	5:35.31	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	25 Back	17.26	30-Jun-12	SPAL	Nikolas Lupi at SPBSC Mini Sprints
	50 Back	38.80 *	15-May-10	SPAL	ford City Open Meet May 2010 Nabeel Showman at Guildford City Open Me
	50 Back	38.80 *	15-May-10	SPAL	Nabeel Showman at Guildford City Open Meet May 2010
	200 Back	2:52.62	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	25 Breast	23.09	30-Jun-12	SPAL	Nikolas Lupi at SPBSC Mini Sprints
	50 Breast	48.90	6-Dec-15	SPAL	Kynan Tallec-Botos at WSC December Dasher
	100 Breast	1:47.04 *	4-Feb-12	SPAL	Toby A. Fryers at British Gas Surrey Age Group Champs 2012
	100 Breast	1:47.04 *	4-Feb-12	SPAL	Age Group Champs 2012 Toby A. Fryers at British Gas Surrey Age Group Cl
	200 Breast	3:42.47	4-Feb-12	SPAL	Toby A. Fryers at British Gas Surrey Age Group Champs 2012
	25 Fly	16.16	30-Jun-12	SPAL	Nikolas Lupi at SPBSC Mini Sprints
	50 Fly	37.01	28-Nov-15	SPAL	Kynan Tallec-Botos at Atlantis Christmas Cracker 2015
	100 Fly	1:25.82	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	200 Fly	3:33.99	4-Feb-12	SPAL	Benedict P. Owens at British Gas Surrey Age Group Champs 2012
	100 IM	1:25.39	6-Dec-15	SPAL	Kynan Tallec-Botos at WSC December Dasher
	200 IM	3:02.00	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	400 IM	6:17.02	17-Sep-16	SPAL	Kynan Tallec-Botos at Barnes SC Championship 2016
	100 Free Relay	1:15.90	12-Jun-11		SAINT PAULS BARNES SC T. Fryers, A. Turley, T. Frigo, H. Gee
10-10	25 Free	16.39	30-Jun-12	SPAL	Harry Gee at SPBSC Mini Sprints
	50 Free	30.70	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	100 Free	1:12.36	14-Jan-17	SPAL	Kynan Tallec-Botos at The Royals New Year Meet 2017
	200 Free	2:36.92	26-Nov-11	SPAL	Daniel Petrov at Guildford City Open Meet November 2011
	400 Free	5:19.61	3-Dec-16	SPAL	Kynan Tallec-Botos at BHSC Christmas Cracker Meet 2016
	800 Free	11:58.22	25-Sep-10	SPAL	Christy Moon at St. Paul's Barnes SC Club Championships
	1500 Free	22:58.61	25-Sep-10	SPAL	Christy Moon at St. Paul's Barnes SC Club Championships
	25 Back	18.22	12-Jun-11	SPAL	Cameron C. Keller at Academy Sprints June 12th 2011
	50 Back	35.19	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	100 Back	1:16.50	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	200 Back	2:43.72	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	25 Breast	22.54	31-Oct-09	SPAL	Stefan Frost at St. Paul's Barnes SC Club Championships 2009
	50 Breast	43.87	15-May-10	SPAL	Joshua Lawson at Guildford City Open Meet May 2010
	100 Breast	1:35.64	22-May-10	SPAL	Joshua Lawson at Bracknell Open LC 2010
	200 Breast	3:19.71	15-May-10	SPAL	Joshua Lawson at Guildford city Open Championships SC
	25 Fly	18.45	15-Dec-12	SPAL	David S. Moreno at SPBSC Mini-Sprints December 2012
	50 Fly	34.96	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	100 Fly	1:18.19	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	200 Fly	3:06.96	15-Jan-11	SPAL	Christy Moon at Epsom District SC S/ Course Winter Open Meet
	100 IM	1:22.25	1-Mar-14	SPAL	Malachi R. Cohen at British Gas Surrey Age Group Champs 2014
	200 IM	2:49.89	17-Dec-16	SPAL	Kynan Tallec-Botos at Hillingdon SC Winter Open Meet 2016
	400 IM	5:55.05	14-Jan-17	SPAL	Kynan Tallec-Botos at The Royals New Year Meet 2017
	100 Free Relay	1:16.86	12-Jun-11		SAINT PAULS BARNES SC M. Gilman, H. Clarke, J. Bouzid, C. Kelle
11-11	25 Free	14.95	15-Dec-12	SPAL	Daniel Petrov at SPBSC Mini-Sprints December 2012
	50 Free	31.06	15-May-10	SPAL	Alexander Kunde at Guildford City Open Meet May 2010
	100 Free	1:08.70	12-Jan-13	SPAL	Daniel Petrov at Epsom L 3 Winter Meet
	200 Free	2:19.72	24-Nov-12	SPAL	Daniel Petrov at Guildford City Open Meet November 2012
	400 Free	5:05.45	17-Sep-11	SPAL	Christy Moon at St. Paul's Barnes SC Club Championships 4LR16
	800 Free	10:29.20	17-Sep-11	SPAL	Bertie Newman at St. Paul's Barnes SC Club Championships 4LR16
	1500 Free	20:01.01	17-Sep-11	SPAL	Thomas J. Owens at St. Paul's Barnes SC Club Championships 4LR16
	25 Back	18.38	15-Dec-12	SPAL	Daniel Petrov at SPBSC Mini-Sprints December 2012
	50 Back	35.53	8-Oct-11	SPAL	Bertie Newman at National Arena Meet Round 1 Div.2
	100 Back	1:16.37	24-Nov-12	SPAL	Daniel Petrov at Guildford City Open Meet November 2012

HEAD COACH**Roxana Roman****RECORDS LC & SC COMBINED**

11-11	200 Back	2:39.37	24-Nov-12	SPAL	Daniel Petrov at Guildford City Open Meet November 2012	
	25 Breast	22.22	30-Jun-12	SPAL	Cameron C. Keller at SPBSC Mini Sprints	
	50 Breast	40.13	2-Feb-14	SPAL	Toby A. Fryers at Atlantis Regional-National Chaser Open Meet	
	100 Breast	1:25.29	21-Jul-11	SPAL	Joshua Lawson National Age group Championships	
	200 Breast	2:59.27	21-Jul-11	SPAL	Joshua Lawson at National Age group Championships 2011 LC	
	25 Fly	16.61	15-Dec-12	SPAL	Daniel Petrov at SPBSC Mini-Sprints December 2012	
	50 Fly	34.03	8-Dec-12	SPAL	Sam Beverley at National Arena League 2012 - Round 3	
	100 Fly	1:14.19	15-Dec-12	SPAL	Sam Beverley at Portsmouth Northsea LC 2012	
	200 Fly	2:54.55	4-Feb-12	SPAL	Bertie Newman at British Gas Surrey Age Group Champs 2012	
	100 IM	1:20.05	12-Jan-13	SPAL	Daniel Petrov at Epsom L 3 Winter Meet	
	200 IM	2:41.77	12-Jan-13	SPAL	Daniel Petrov at Epsom L 3 Winter Meet	
	400 IM	5:49.39	17-Sep-11	SPAL	Christy Moon at St. Paul's Barnes SC Club Championships 4LR16	
	100 Free Relay	1:07.64	15-Dec-12		SAINT PAULS BARNES SC H. Clarke, A. Hussain, D. Petrov, A. Robe	
	12-12	25 Free	14.82	15-Dec-12	SPAL	Bertie Newman at SPBSC Mini-Sprints December 2012
50 Free		28.54	6-Dec-14	SPAL	Themis N. Frigo at London Swimming Winter Champio	
100 Free		1:03.67	19-Feb-11	SPAL	Alexander Kunde at Surrey Age Group Championships 2011	
200 Free		2:19.69	12-Jan-13	SPAL	Christy Moon at Epsom L 3 Winter Meet	
400 Free		4:56.87	27-Oct-12	SPAL	Thomas J. Owens at Rushmoor Royals LC	
800 Free		10:09.64	22-Sep-12	SPAL	Thomas J. Owens at SPBSC Club Championships 2012	
1500 Free		19:16.01	22-Sep-12	SPAL	Thomas J. Owens at SPBSC Club Championships 2012	
25 Back		17.26	15-Dec-12	SPAL	Bertie Newman at SPBSC Mini-Sprints December 2012	
50 Back		33.89	4-Jun-11	SPAL	Alexander Kunde at LONDON REGION AGE GROUP CHAMPIONSHIPS	
100 Back		1:12.58	2-Mar-13	SPAL	Bertie Newman at British Gas Surrey Age Group Champs 2013	
200 Back		2:34.83	21-Nov-15	SPAL	Malachi R. Cohen at Aquae Sulis Grand Prix 2015	
25 Breast		20.09	30-Jun-12	SPAL	Christy Moon at SPBSC Mini Sprints	
50 Breast		36.82	4-Feb-12	SPAL	Hugo Lowell at Derwentio L1 Excel Open Meet 2012 LC	
100 Breast		1:18.96	10-Dec-11	SPAL	Hugo Lowell at National Arena Meet Round 3	
200 Breast		2:46.70	21-Jul-11	SPAL	Hugo Lowell at NATIONAL AGE GROUP CHAMPIONSHIPS LC	
25 Fly		15.70	15-Dec-12	SPAL	Julien Bouzid at SPBSC Mini-Sprints December 2012	
50 Fly		31.42	17-Sep-11	SPAL	Nick Maini at St. Paul's Barnes SC Club Championships 4LR16	
100 Fly		1:11.79	21-Nov-15	SPAL	Malachi R. Cohen at Aquae Sulis Grand Prix 2015	
200 Fly		2:36.04	19-Dec-15	SPAL	Malachi R. Cohen at Hillingdon SC Winter Open Meet 2015	
100 IM		1:14.85	12-Jan-13	SPAL	Christy Moon at Epsom L 3 Winter Meet	
200 IM		2:38.41	12-Jan-13	SPAL	Christy Moon at Epsom L 3 Winter Meet	
400 IM		5:37.13	22-Sep-12	SPAL	Christy Moon at SPBSC Club Championships 2012	
100 Free Relay		1:02.51	15-Dec-12		SAINT PAULS BARNES SC J. Bouzid, B. Newman, J. Sweeney, M. W	
13 & U		200 Free Relay	2:00.53	11-Dec-10		SAINT PAULS BARNES SC Alex Kunde, Nick Maini, Marcus Francis,
		200 Medley Relay	2:14.22	8-Dec-12	SPAL	SAINT PAULS BARNES SC B. Newman, Y. Abda, C. Moon, T. Owens
13-13		25 Free	13.72	30-Jun-12	SPAL	Yasseen Abda at SPBSC Mini Sprints
	50 Free	27.54	21-Nov-15	SPAL	Themis N. Frigo at Aquae Sulis Grand Prix 2015	
	100 Free	1:00.44	4-Feb-12	SPAL	Alexander Kunde at British Gas Surrey Age Group Champs 2012	
	200 Free	2:12.57	23-Nov-13	SPAL	Thomas J. Owens at Guildford City Open Meet November 2013	
	400 Free	4:34.09	23-Nov-13	SPAL	Thomas J. Owens at Guildford City Open Meet November 2013	
	800 Free	9:40.73	28-Sep-13	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	1500 Free	18:10.12	28-Sep-13	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	25 Back	16.13	30-Jun-12	SPAL	Nick Maini at SPBSC Mini Sprints	
	50 Back	31.00	21-Nov-15	SPAL	Themis N. Frigo at Aquae Sulis Grand Prix 2015	
	100 Back	1:08.92	4-Feb-12	SPAL	Alexander Kunde at British Gas Surrey Age Group Champs 2012	
	200 Back	2:27.38	22-Sep-12	SPAL	Nick Maini at SPBSC Club Championships 2012	
	25 Breast	17.64	30-Jun-12	SPAL	Yasseen Abda at SPBSC Mini Sprints	
	50 Breast	35.65	21-Nov-15	SPAL	Toby A. Fryers at Aquae Sulis Grand Prix 2015	
	100 Breast	1:16.10	2-Mar-13	SPAL	Hugo Lowell at British Gas Surrey Age Group Champs 2013	
	200 Breast	2:44.64	26-May-12	SPAL	Hugo Lowell at Cardiff International Open Meet 2012	

HEAD COACH
Roxana Roman

RECORDS LC & SC COMBINED

13-13	25 Fly	13.91	30-Jun-12	SPAL	Nick Maini at SPBSC Mini Sprints	
	50 Fly	29.20	22-Sep-12	SPAL	Nick Maini at SPBSC Club Championships 2012	
	100 Fly	1:03.20	6-Dec-14	SPAL	Sam Beverley at London Swimming Winter Champio	
	200 Fly	2:20.64	6-Dec-14	SPAL	Sam Beverley at London Swimming Winter Champio	
	100 IM	1:09.64	21-Nov-15	SPAL	Themis N. Frigo at Aquae Sulis Grand Prix 2015	
	200 IM	2:32.79	14-Jan-12	SPAL	Alexander Kunde at Epsom L3 Winter Meet	
	400 IM	5:13.40	23-Nov-13	SPAL	Thomas J. Owens at Guildford City Open Meet November 2013	
	100 Free Relay	2:00.00	15-Dec-12		NO RECORD SET	
14-14	25 Free	13.73	3-Dec-11	SPAL	Alexander Zwick at SPBSC SPRINTS	
	50 Free	25.56	18-Nov-16	SPAL	Themis N. Frigo at Aquae Sulis Autumn Level 2 Meet 2016	
	100 Free	57.84	18-Nov-16	SPAL	Themis N. Frigo at Aquae Sulis Autumn Level 2 Meet 2016	
	200 Free	2:07.00	27-Sep-14	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	400 Free	4:19.78	22-Nov-14	SPAL	Thomas J. Owens at GC OPEN MEET	
	800 Free	10:45.06	27-Sep-14	SPAL	Julien Bouzid at Barnes SC Club Championships	
	1500 Free	17:32.19	27-Sep-14	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	25 Back	15.76	20-Mar-10	SPAL	Jamie S. Francis at Minor League Round 1 Fleet	
	50 Back	29.72	18-Nov-16	SPAL	Themis N. Frigo at Aquae Sulis Autumn Level 2 Meet 2016	
	100 Back	1:06.54	2-Mar-13	SPAL	Nick Maini at British Gas Surrey Age Group Champs 2013	
	200 Back	2:27.22	27-Sep-14	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	25 Breast	18.13	3-Dec-11	SPAL	Alexander Zwick at SPBSC SPRINTS	
	50 Breast	33.77	27-Nov-16	SPAL- ZZ	Toby A. Fryers at Oxford November L3	
	100 Breast	1:15.02	27-Nov-16	SPAL- ZZ	Toby A. Fryers at Oxford November L3	
	200 Breast	2:42.17	27-Nov-16	SPAL- ZZ	Toby A. Fryers at Oxford November L3	
	25 Fly	16.36	3-Dec-11	SPAL	Seppi Millard at SPBSC SPRINTS	
	50 Fly	28.22	18-Nov-16	SPAL	Themis N. Frigo at Aquae Sulis Autumn Level 2 Meet 2016	
	100 Fly	1:02.10	14-Feb-15	SPAL	Sam Beverley at Surrey Age Group Championships 2015	
	200 Fly	2:37.57	27-Sep-14	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	100 IM	1:06.75	18-Nov-16	SPAL	Themis N. Frigo at Aquae Sulis Autumn Level 2 Meet 2016	
	200 IM	2:24.69	22-Nov-14	SPAL	Thomas J. Owens at GC OPEN MEET	
	400 IM	5:17.84	27-Sep-14	SPAL	Thomas J. Owens at Barnes SC Club Championships	
	100 Free Relay	2:00.00	15-Dec-12	SPAL	NO RECORD SET	
	15 & U	200 Free Relay	1:51.98	11-Dec-10	SPAL	SAINT PAULS BARNES SC J. Hatt, H. Fleming, J. Francis, M. Honigs
		400 Free Relay	4:15.84	18-Mar-12		SPBSC - Marcus Francis, Oliver Brandon, Michael Newland, Nick Maini
		200 Medley Relay	2:10.20	8-Dec-12	SPAL	SAINT PAULS BARNES SC M. Newland, M. Francis, Y. Abda, O. Bra
		400 Medley Relay	5:17.82	7-Apr-13		SAINT PAULS BARNES M. Newland, J. Sweeney, T. Owens, M. Wa
	15-15	25 Free	13.39	15-Dec-12	SPAL	Michael P. Newland at SPBSC Mini-Sprints December 2012
		50 Free	26.16	26-Sep-15	SPAL	Julien Bouzid at Barnes SC Championships 2015
		100 Free	56.95	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015
200 Free		2:01.02	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015	
400 Free		4:12.58	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015	
800 Free		10:06.95	22-Sep-12	SPAL	Marcus A. Francis at SPBSC Club Championships 2012	
1500 Free		16:40.59	6-Dec-14	SPAL	Thomas J. Owens at London Swimming Winter Champio	
25 Back		16.01	15-Dec-12	SPAL	Michael P. Newland at SPBSC Mini-Sprints December 2012	
50 Back		29.41	5-Nov-16	SPAL- ZZ	Themis N. Frigo at London Region Short Course 201	
100 Back		1:09.75	26-Sep-15	SPAL	Thomas J. Owens at Barnes SC Championships 2015	
200 Back		2:22.75	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015	
25 Breast		19.16	15-Dec-12	SPAL	Michael P. Newland at SPBSC Mini-Sprints December 2012	
50 Breast		34.75	26-Sep-15	SPAL	Julien Bouzid at Barnes SC Championships 2015	
100 Breast		1:18.44	26-Sep-15	SPAL	Thomas J. Owens at Barnes SC Championships 2015	
200 Breast		2:49.75	26-Sep-15	SPAL	Thomas J. Owens at Barnes SC Championships 2015	
25 Fly		15.51	15-Dec-12	SPAL	Michael P. Newland at SPBSC Mini-Sprints December 2012	
50 Fly		28.50	26-Sep-15	SPAL	Julien Bouzid at Barnes SC Championships 2015	
100 Fly		1:04.31	26-Sep-15	SPAL	Julien Bouzid at Barnes SC Championships 2015	

HEAD COACH
Roxana Roman

RECORDS LC & SC COMBINED

15-15	200 Fly	2:27.94	26-Sep-15	SPAL	Thomas J. Owens at Barnes SC Championships 2015
	100 IM	1:06.76	6-Nov-16	SPAL- ZZ	Themis N. Frigo at London Region Short Course 201
	200 IM	2:22.13	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015
	400 IM	4:54.89	21-Nov-15	SPAL	Thomas J. Owens at Aquae Sulis Grand Prix 2015
	100 Free Relay	2:00.00	15-Dec-12		NO RECORD SET
16 & O	25 Free	12.51	30-Jun-12	SPAL	Bradley Sills at SPBSC Mini Sprints
	50 Free	24.42	31-Oct-09	SPAL	Richard J. Freedman at St. Paul's Barnes SC Club Championships 2005
	100 Free	54.45	31-Oct-09	SPAL	Richard J. Freedman at St. Paul's Barnes SC Club Championships 2005
	200 Free	1:58.82	18-Nov-16	SPAL	Thomas J. Owens at Aquae Sulis Autumn Level 2 Meet 2016
	400 Free	4:10.07	17-Dec-16	SPAL	Thomas J. Owens at Hillingdon SC Winter Open Meet 2016
	800 Free	9:31.89	31-Oct-09	SPAL	Jamie Hinton at St. Paul's Barnes SC Club Championships 2009
	1500 Free	16:23.44	5-Nov-16	SPAL- ZZ	Thomas J. Owens at London Region Short Course 201
	25 Back	17.29	30-Jun-12	SPAL	Bradley Sills at SPBSC Mini Sprints
	50 Back	30.29	31-Oct-09	SPAL	Richard J. Freedman at St. Paul's Barnes SC Club Championships 2009
	100 Back	1:04.57	12-Nov-11	SPAL	Dion Harrison at National Arena Meet Round 2
	200 Back	2:22.61	6-Feb-16	SPAL	Thomas J. Owens at Surrey Age Group Championships 2016
	25 Breast	17.82	15-Dec-12	SPAL	Thomas A. Mallett at SPBSC Mini-Sprints December 2012
	50 Breast	32.57	25-Sep-10	SPAL	Sacha Y. Saint - Leger at St. Paul's Barnes SC Club Championships
	100 Breast	1:09.39	13-Oct-12	SPAL	Alex Stoyel at National Arena League 2012 - Round 1
	200 Breast	2:48.13	17-Sep-16	SPAL	Julien Bouzid at Barnes SC Championship 2016
	25 Fly	14.12	30-Jun-12	SPAL	Bradley Sills at SPBSC Mini Sprints
	50 Fly	27.07	5-Nov-16	SPAL- ZZ	Julien Bouzid at London Region Short Course 201
	100 Fly	1:02.54	6-Nov-16	SPAL- ZZ	Julien Bouzid at London Region Short Course 201
	200 Fly	2:24.69	17-Sep-16	SPAL	Thomas J. Owens at Barnes SC Championship 2016
	100 IM	1:05.56	17-Sep-16	SPAL	Julien Bouzid at Barnes SC Championship 2016
	200 IM	2:18.68	13-Oct-12	SPAL	Alex Stoyel at National Arena League 2012 - Round 1
	400 IM	4:51.10	8-Nov-15	SPAL- ZZ	Thomas J. Owens at 2015 London Winter Championshi
	400 Free Relay	3:55.36	28-Mar-10		SPBSC - Henry Poon, Francois Pernier, Andy Pryke, Richard Freeman
	400 Medley Relay	4:37.57	28-Mar-10		SPBSC - Henry Poon, Julian Aquilina, Andy Pryke, Richard Freeman
	300 Free Relay	10:00.00	1-Nov-12		SAINT PAULS BARNES SC
	800 Free Relay	9:52.40	7-Apr-13		SAINT PAULS BARNES SC D Petrov, M Newland, J Sweeney, T Owe
	200 Medley Relay	1:58.10	11-Dec-10	SPAL	SAINT PAULS BARNES SC H. Poon, S. Saint - Leger, D. Harte, R. Fre