

ULSTER LONG COURSE RECORDS as of 14/8/07	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	23.65 W Johnston, Leander August 89 Bonn	24.12 C Leaney Larne June '07, Tollcross, Glasgow	26.02 J Douglas Bangor Apr 02 Manchester	27.65 B Carson, Lisburn Aug '07, Sheffield
100m FREESTYLE	52.24 A Bree Ards April 07 NAC, Dublin	52.46 C. Leaney Larne Apr'07, NAC, Dublin	56.97 J Douglas Bangor Apr 02 Manchester	59.40 M Nocher CoB Apr 03 Sheffield
200m FREESTYLE	1:53.78 Ryan Harrison, City of Derry July '07, Sheffield	1:57.01 C Leaney Larne July '07, Tollcross, Glasgow	2:02.04 M Nocher, COB Mar'07, Melbourne	2:08.41 B Carson, Lisburn July'07, Sheffield
400m FREESTYLE	4:04.99 M Millar, Leander July 86 Edinburgh	4:12.14 J Hand, Bangor June 97 Edinburgh	4:21.22 M Madine, Leander May 96 Vienna	4:28.52 B Carson, Lisburn Apr'07 NAC, Dublin
800m FREESTYLE	8:42.15 J Hand, Bangor May 98 Vienna	8:42.15 J Hand, Bangor May 98 Vienna	9:07.73 D Simms, Leander August 95 Vienna	9:21.54 B Carson, Lisburn June'07, Loule, Portugal
1500m FREESTYLE	16:27.91 J Hand, Bangor May 98 Vienna	16:27.91 J Hand, Bangor May 98 Vienna		
50m BACKSTROKE	27.90 Standard	28.90 R Thompson Ards June 01 Glasgow	30.42 M Nocher, COB April 07, NAC, Dublin	31.25 M Nocher, COB April 04, NAC, Dublin
100m BACKSTROKE	59.37 R Gheel, Omagh September 88 Seoul	1:01.63 R Thompson Ards June 01 Glasgow	1:04.06 M Nocher COB Apr'07, NAC, Dublin	1:06.22 M Nocher COB Apr 04, NAC, Dublin
200m BACKSTROKE	2:05.45 R Gheel, Omagh June 92 Sheffield	2:18.24 R Gheel, Omagh August 85 Derby	2:15.98 M Nocher COB Apr'07, NAC, Dublin	2:22.72 M Nocher COB April 04, NAC, Dublin
50m BREASTSTROKE	29.19 A Bree, Ards Mar 06, Melbourne	29.96 M Dawson, Ards Apr'07, NAC Dublin	32.02 E Robinson Bangor Jul 02 Manchester	34.11 E Robinson, Coleraine June 93 Sheffield
100m BREASTSTROKE	1:02.41 A Bree Ards Apr 02 Manchester	1:06.46 A Bree, Ards Sept. 98 Kuala Lumpur	1:09.15 E Robinson Bangor March 04, Sheffield	1:15.75 E Robinson, Coleraine June 94 Edinburgh
200m BREASTSTROKE	2:14.18 M Williamson, Lisburn April 04, Sheffield	2:21.45 A Bree, Ards Sept. 98 Kuala Lumpur	2:33.58 E Robinson, Bangor March 04, Swansea	2:45.46 C Nixon, Ards August 96 Copenhagen
50m BUTTERFLY	25.77 N McGrann, Lisburn Aug'05 CG Trials, Sheffield	26.09 C Leaney, Larne June '07, Tollcross, Glasgow	27.86 J Douglas Bangor Mar'05, Manchester	29.60 Melanie Nocher COB Aug 03 Junior Euro., Tollcross
100m BUTTERFLY	56.90 W Johnston, Leander August 89 Bonn	58.34 C Leaney Larne July '07, Tollcross, Glasgow	1:02.28 M Madine, Leander May 96 Vienna	1:05.25 B Carson, Lisburn July'07, Sheffield
200m BUTTERFLY	2:09.62 David Graham, Ards Feb'05, Sheffield	2:13.43 C Hamilton, Ards April '07, NAC, Dublin	2:14.52 M Madine, Leander August 96 Vienna	2:22.30 B Carson, Lisburn July'07, Sheffield
200m IND. MEDLEY	2:04.86 A Bree Ards Apr 02 Manchester	2:11.72 A Bree, Ards Sept. 98 Kuala Lumpur	2:18.92 M Nocher, COB Mar'07, Melbourne	2:25.55 B Carson, Lisburn July 2007, Limerick
400m IND. MEDLEY	4:30.10 A Bree Ards Jun 01 Glasgow	4:39.53 A Bree, Ards Sept 98 Kuala Lumpur	4:59.82 M Nocher, COB Apr'07, Melbourne	5:05.98 B Carson, Lisburn July'07, Sheffield
4x50m MEDLEY TEAM RELAY - REPRESENTATIVE	1:56.16 Ulster Squad Dec'05, Bath		2:06.26 Ulster Squad Dec'05 Bath	

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4x50m FREESTYLE TEAM RELAY - REPRESENTATIVE	1:42.76 Ulster Squad Dec'05, Bath		1:51.69 Ulster Squad Dec'05 Bath	
4x50m MEDLEY TEAM RELAY - CLUB	1:58.10 Larne Mar'07, Limerick	1:58.10 Larne Mar'07, Limerick		
4x50m FREESTYLE TEAM RELAY - CLUB	1:38.85 Larne Mar'07, Limerick	1:42.76 Larne July'06, Limerick	1:56.38 Bangor Mar'07, Limerick	
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	4:09.45 Northern Ireland Sept 98 Kuala Lumpur	4:20.25 Ulster July 96 Darmstadt	4:30.12 Northern Ireland Sept 98 Kuala Lumpur	4:49.10 Standard
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:45.23 Ulster April 94 Edinburgh	3:48.09 Ulster July 96 Darmstadt	4:04.04 Northern Ireland Sept 98 Kuala Lumpur	4:19.76 Ulster March 89 Edinburgh
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	8:17.80 Standard	8:45.80 Standard	9:02.90 Standard	9:17.50 Standard
4x100m MEDLEY TEAM RELAY – CLUB	4:03.48 Ards Apr'07 NAC, Dublin	4:18.61 Bangor Apr'06 NAC, Dublin	4:28.72 Bangor Apr 04, NAC, Dublin	4:49.10 Standard
4x100m FREESTYLE TEAM RELAY – CLUB	3:36.35 Larne Apr'06, NAC, Dublin	3:43.03 Larne Apr'06, NAC, Dublin	4:00.28 Bangor Apr 07, NAC, Dublin	4:13.94 Lisburn Apr 07, NAC, Dublin
4x200m FREESTYLE TEAM RELAY – CLUB	8:15.19 Larne Apr'06, NAC, Dublin	8:15.19 Larne Apr'06, NAC, Dublin	8:52.17 Bangor Apr'06, NAC Dublin	9:17.50 Standard