

ULSTER SHORT COURSE RECORDS as of 7/7/07	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	22.76 A Bree, Ards Dec 03, Dublin	23.82 C Leaney Larne June '07 Grove	25.65 J Douglas Bangor Dec 03, Grove	27.20 Clare Dawson CoB Jul 03, Irish Nats, Lisburn
100m FREESTYLE	51.05 A Bree Ards Jul 01 Lisburn	51.92 C Leaney Larne Dec'06 Grove	55.84 J Douglas, Bangor Aug 04, Manchester	58.30 Melanie Nocher, COB Dec 03, Grove
200m FREESTYLE	1:49.52 A Bree Ards Mar 01 Grove	1:51.74 C Leaney Larne Dec 06 Grove	2:01.65 M Madine, Leander July 95 Grove	2:04.45 M Nocher CoB May 03 NAC, Dublin
400m FREESTYLE	3:57.48 N Cameron Leander Jul 02 Lisburn	4:01.90 C Leaney, Larne June '07, Grove	4:15.77 M Madine, Lea March 96 Galway	4:23.50 M Madine, Lea April 86 Aberdeen
800m FREESTYLE	8:29.66 P McGillion, Omagh March 90 Bangor	8:31.68 J Hand, Bangor March 97 Grove	8:56.18 D Simms, Leander July 95 Grove	9:05.37 M Madine, Leander April 86 Aberdeen
1500m FREESTYLE	15:52.80 M Millar, Leander July 87 Bangor	15:59.97 N Cameron, Leander March 98 Grove	17:22.47 B Carson, Lisburn Feb'07, Lisburn	17:22.47 B Carson, Lisburn Feb'07, Lisburn
50m BACKSTROKE	27.06 A Reid, Larne Junior July 97 Grove	28.11 R Thompson Ards Jul 01 Lisburn	29.81 M Nocher, COB Dec 05, Trieste, Italy	30.26 M Nocher COB Dec 03, NAC, Dublin
100m BACKSTROKE	57.08 A Reid, Larne Junior March 98 Grove	59.62 R Thompson Ards Jul 01 Lisburn	1:02.21 M Nocher COB Dec 05, European SC Trieste, Italy	1:03.74 M Nocher COB Jul 03, Irish Nats, Lisburn
200m BACKSTROKE	2:02.75 R Gheel, Omagh February 92 Paris	2:07.07 R Thompson Ards Jul 01 Lisburn	2:11.41 M Nocher, COB Dec 06, European SC, Helsinki	2:15.61 M Nocher, COB Jul 03, Irish Nats, Lisburn
50m BREASTSTROKE	27.91 A Bree, Ards Dec 03, NAC, Dublin	29.56 M Dawson, Ards June 2007, Grove	31.56 E Robinson Bangor Dec 03, NAC, Dublin	33.32 E Robinson, Coleraine March 94 Grove
100m BREASTSTROKE	59.98 A Bree, Ards Dec 03, NAC, Dublin	1:03.26 A Bree, Ards December 98 Glasgow	1:09.02 E Robinson Bangor Dec 02 Riesa	1:12.07 E Robinson, Coleraine March 94 Glenrothes
200m BREASTSTROKE	2:08.02 A Bree, Ards Dec 03, NAC, Dublin	2:14.26 A Bree, Ards December 98 Glasgow	2:32.13 E Robinson Bangor Jul 00 Lisburn	2:38.24 C Nixon, Ards March 96 Grove
50m BUTTERFLY	24.67 A Reid, Larne Junior July 97 Grove	26.05 D Simpson, Lisburn July 97 Grove	27.40 J Douglas Bangor Aug 04, Manchester	29.21 M Nocher COB Mar 03 Grove
100m BUTTERFLY	55.11 A Reid, Larne Junior July 99 Grove	57.58 C Leaney, Larne June '07 Grove	1:01.10 M Madine, Leander March 94 Sheffield	1:04.70 M Nocher, COB March 03, Grove
200m BUTTERFLY	2:05.09 S McCauley, Trojan Aug 05, Lisburn	2:10.27 W Logan, Larne Apr'07, Bangor	2:11.54 M Madine, Leander March 94 Sheffield	2:20.28 B Carson, Lisburn Apr 07, Grove
100m IND. MEDLEY	56.38 A Bree, Ards Dec 06, Grove	59.63 D Simpson, Lisburn March 98 Grove	1:04.32 M Nocher, COB July'06, Lisburn	1:06.99 C Wilson, Lakelanders Dec 2006 Grove
200m IND. MEDLEY	1:58.42 A Bree Ards Dec 03 NAC	2:06.93 A Bree, Ards January 99 Grove	2:20.65 M Nocher, CoB Oct'05 Lisburn	2:21.86 B Carson, Lisburn Feb'07, Grove
400m IND. MEDLEY	4:16.26 A Bree Ards Dec 01 Antwerp	4:28.49 A Bree, Ards December 98 Glasgow	4:54.52 M Nocher, CoB Oct'05 Lisburn	5:02.15 B Carson, Lisburn Dec 06, Grove
4x50m MEDLEY TEAM RELAY – REPRESENTATIVE	1:50.17 Premier Squad April 88 Aberdeen	1:53.92 Ulster April 95 Portmarnock	2:03.74 Ulster April 94 Tuam	2:04.57 Ulster April 93 Ards

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4x50m FREESTYLE TEAM RELAY – REPRESENTATIVE	1:34.97 Ulster March 91 Sheffield	1:42.05 Ulster April 95 Portmarnock	1:50.43 Premier Squad April 86 Aberdeen	1:53.02 Ulster April 93 Ards
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	4:02.96 Ulster April 89 Grove	4:24.70 Ulster March 90 Grove	4:37.37 Ulster July 91 Grove	4:40.39 Ulster Jan 86 Castlereagh
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:35.38 Ulster March 91 Grove	3:42.51 Ulster August 90 Dublin	4:03.19 Ulster July 91 Grove	4:12.67 Ulster January 86 Castlereagh
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	7:58.78 Ulster July 91 Grove	8:08.72 Ulster March 90 Grove	8:42.00 Standard	8:56.00 Standard
4x50m MEDLEY TEAM RELAY – CLUB	1:46.08 Ards May 03 NAC, Dublin	1:53.32 Bangor Dec'06, Grove	2:00.82 Bangor Dec'06, Grove	2:07.69 Coleraine May 93 Grove
4x50m FREESTYLE TEAM RELAY – CLUB	1:36.48 Larne Nov '06, Grove	1:40.14 Larne Nov '06, Grove	1:46.07 Bangor Dec'06, Grove	1:56.91 Lisburn City July'05 Limerick
4x100m MEDLEY TEAM RELAY – CLUB	3:51.73 Lisburn Dec 03, Grove	4:05.25 Lisburn July 96 Dublin	4:23.12 Bangor Dec'06, Grove	4:32.86 COB Jul 03, Lisburn
4x100m FREESTYLE TEAM RELAY – CLUB	3:28.17 Larne Dec 06, Ulsters, Grove	3:35.99 Larne Dec'06 Grove	3:52.26 Bangor Dec '06, Grove	4:03.84 COB Jul 03, Lisburn
4x200m FREESTYLE TEAM RELAY – CLUB	7:49.56 Ards Mar 01 Grove	7:57.42 Larne Dec'06 Grove	8:39.39 Bangor Dec'06, Grove	8:52.84 Lisburn Dec 06, Grove