

TUGGERANONG VIKINGS SWIM CLUB
SOUTHERN CROSS BRINDABELLA SWIM CLUB
LONG COURSE RECORDS AS AT 25/02/2018
FEMALE

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
6-6	50	Free	46.50	9-Feb-02	TNGV	Michaela Leonard	ACT Development Championships
			46.46	29-08-99	SCBSC	Lyndsay Saywell	Belconnen Winter
	50	Back	54.98	9-Mar-02	TNGV	Michaela Leonard	Restricted Age Heats
	50	Breast	1:01.70	9-Mar-02	TNGV	Michaela Leonard	Restricted Age Heats
	50	Fly	57.99	16-Dec-95	TNGV	Sophie Andriolo	Canberra Christmas Classic
7-7	50	Free	40.89	24-Jun-09	TNGV	Brooke Gilroy	ACT Schools 2009
	100	Free	1:35.43	8-Nov-96	TNGV	Sophie Andriolo	Teloepa Meet
	50	Back	47.10	30-Nov-96	TNGV	Sophie Andriolo	ACT Summer Meet
	100	Back	1:45.03	23-Nov-08	TNGV	Abbey Webb	2008-09 Bells and Foxys Summer Series
	50	Breast	52.55	22-Feb-97	TNGV	Vanessa Tran	Shell Age Heats
	100	Breast	1:58.28	13-Dec-02	TNGV	Michaela Leonard	Canberra Xmas Classic
	50	Fly	45.80	8-Nov-96	TNGV	Sophie Andriolo	Teloepa Meet
	100	Fly	2:08.66	19-Oct-14	TNGV	Madison Amon	2014-15 SACT Summer Series #1
8-8	50	Free	37.10	27-Sep-09	TNGV	Abbey Webb	Canberra ASC Summer Pentathlon
	100	Free	1:25.73	17-Sep-17	TNGV	Sienna Sky	2017 Burley Griffin Meet
	200	Free	3:19.14	17-Oct-09	TNGV	J'aime McGuire	2009 Dapto Invitational
	50	Back	44.55	21-Dec-96	TNGV	Emily Duncan	Canberra Christmas Classic
	100	Back	1:37.95	19-Nov-94	TNGV	Katie Stokes	Ryde 33rd Anniversary
	200	Back	3:30.00	1-Jan-89		STANDARD	
	50	Breast	47.25	2-Mar-08	TNGV	Rebecca Cross	Bells and Foxys Summer Series
	100	Breast	1:46.67	2-Mar-08	TNGV	Rebecca Cross	Bells and Foxys Summer Series
	200	Breast	4:00.00	1-Jan-89		STANDARD	
	50	Fly	42.71	21-Dec-96	TNGV	Emily Duncan	Canberra Christmas Classic
			42.57	24-Nov-01	SCBSC	Lyndsay Saywell	ACT Summer Meet
	100	Fly	1:49.99	6-Apr-08	TNGV	Breana Gilroy	Bells and Foxys Summer Series
	100	Fly	1:47.91	02-Dec-02	SCBSC	Lyndsay Saywell	Wagga Wagga Summer
	200	IM	3:36.09	26-Nov-17	TNGV	Meagan Ramsay	Narooma Spring Meet
9-9	50	Free	32.94	8-Jan-11	TNGV	Andrea Forshaw	NSW State 10/U-12 Years Age
	100	Free	1:15.86	5-Mar-10	TNGV	Amelia Laudenschach	ACT Championships
	200	Free	2:50.64	27-Oct-01	TNGV	Meagan Ramsay	Narooma Two Day Carnival 2001
			2:50.04	01-Mar-02	SCBSC	Sri Barber	ACT Age & Open Championships
	400	Free	5:51.14	16-Aug-98	TNGV	Debbie Lewis	Teloepa Dvt 98
	50	Back	40.15	17-Oct-97	TNGV	Emily Duncan	BG October Meet
	100	Back	1:26.61	24-Nov-01	TNGV	Meagan Ramsay	ACT Summer Meet
	200	Back	3:05.97	1-Nov-10	TNGV	Abbey Webb	2010 ACT Summer Distance Meet
	50	Breast	44.68	24-Jun-09	TNGV	Rebecca Cross	ACT Schools 2009
	100	Breast	1:37.78	13-Mar-09	TNGV	Rebecca Cross	ACT Championships
	200	Breast	3:28.27	13-Mar-09	TNGV	Rebecca Cross	ACT Championships
	50	Fly	36.59	11-Sep-10	TNGV	Abbey Webb	2010 Woden Qualifying Meet
	100	Fly	1:29.93	8-Jan-11	TNGV	Andrea Forshaw	NSW State 10/U-12 Years Age
			1:29.73	23-Nov-02	SCBSC	Lyndsay Saywell	ACT Summer Meet
	200	Fly	3:45.76	10-Oct-10	TNGV	Abbey Webb	2010-11 Bells and Foxys Summer Series
	200	IM	3:00.57	5-Jan-02	TNGV	Rebecca Cross	ACT Schools
10-10	50	Free	30.41	7-Jan-12	TNGV	Abbey Webb	NSW State 10/U-12 Years Age
	100	Free	1:07.12	1-Jan-12	TNGV	Andrea Forshaw	NSW State 10/U-12 Years Age
	200	Free	2:28.17	21-Jan-12	TNGV	Andrea Forshaw	2012 NSW Country Regional
	400	Free	5:17.84	13-Mar-15	TNGV	Sophia Lemon	2015 ACT Championships
			5:19.20	02-Nov-02	SCBSC	Sn Barber	Teloepa Spring Carnival
	800	Free	12:50.08	12-Nov-99	TNGV	Nicole Minshull	Teloepa Summer Meet
			10:56.09	03-Nov-00	SCBSC	Lainee Sutton	Teloepa Summer Meet
	50	Back	37.79	6-Feb-11	TNGV	Amelia Laudenschach	ACT Relay Championships
	100	Back	1:17.15	7-Jan-12	TNGV	Abbey Webb	NSW State 10/U-12 Years Age
	200	Back	2:47.58	18-Mar-11	TNGV	Amelia Laudenschach	ACT Championships
	50	Breast	39.32	6-Jun-10	TNGV	Rebecca Cross	School Sport Australia Swimming
	100	Breast	1:27.99	6-Jun-10	TNGV	Rebecca Cross	School Sport Australia Swimming
	200	Breast	3:09.45	12-Dec-09	TNGV	Rebecca Cross	Canberra Christmas Classic
	50	Fly	32.94	21-Jan-12	TNGV	Andrea Forshaw	2012 NSW Country Regional
	100	Fly	1:13.93	7-Jan-12	TNGV	Andrea Forshaw	NSW State 10/U-12 Years Age
	200	Fly	2:47.71	10-Dec-11	TNGV	Andrea Forshaw	Canberra Christmas Classic
	200	IM	2:46.56	21-Jan-12	TNGV	Andrea Forshaw	2012 NSW Country Regional

Age	Dist.	Stroke	Time	Date	Club	Name	Meet	
11-11	50	Free	29.21	13-Oct-12	TNGV	Abbey Webb	2012 Burley Griffin Meet	
	100	Free	1:03.42	5-Jan-13	TNGV	Abbey Webb	2013 NSW 10/U-12 Years Age	
	200	Free	2:24.27	7-Jan-12	TNGV	Amelia Laudenbach	NSW State 10/U-12 Years Age	
			2:18.43	14-Dec-01	SCBSC	Lainee Sutton	Canberra Christmas Classic	
	400	Free	5:01.80	6-Nov-11	TNGV	Amelia Laudenbach	2011 ACT Summer Distance Meet	
	800	Free	10:44.91	29-Jan-11	TNGV	Rebecca Cross	Queanbeyan Leagues SC Country	
			10:20.91	18-Nov-01	SCBSC	Lainee Sutton	Woden Long Distance Meet	
	50	Back	34.87	31-Jul-11	TNGV	Amelia Laudenbach	School Sport Australia Swimming	
	100	Back	1:12.61	2-Mar-12	TNGV	Amelia Laudenbach	ACT Championships	
	200	Back	2:34.03	2-Mar-12	TNGV	Amelia Laudenbach	ACT Championships	
	50	Breast	37.40	25-Feb-12	TNGV	Amy Sokic	2012 NSW Country Championships	
	100	Breast	1:24.45	25-Feb-12	TNGV	Amy Sokic	2012 NSW Country Championships	
	200	Breast	2:57.00	8-Jan-11	TNGV	Rebecca Cross	NSW State 10/U-12 Years Age	
	50	Fly	32.29	9-Sep-12	TNGV	Andrea Forshaw	CASC Pentathlon	
	100	Fly	1:10.13	24-Nov-12	TNGV	Andrea Forshaw	2012 Woden Long Course Meet	
	200	Fly	2:35.02	30-Oct-10	TNGV	Emma Gillingham	2010 Telopea Summer Meet	
	200	IM	2:41.06	29-Apr-10	TNGV	Rebekah McCoy	ACT Schools	
			2:36.27	24-Nov-01	SCBSC	Lainee Sutton	ACT Summer Meet	
	400	IM	6:01.85	4-Oct-03	TNGV	Meagan Ramsay	Telopea Summer Meet 2003	
	12-12	50	Free	28.27	8-Sep-13	ACT	Abbey Webb	School Sport Australia Swimming
100		Free	1:01.03	29-Jul-12	TNGV	Breana Gilroy	2012 School Sport Australia Swimming	
200		Free	2:15.14	21-Jul-14	ACT	Jacinta Essam	2014 SSA Swimming Championships	
400		Free	4:43.10	18-Mar-11	TNGV	Rebekah McCoy	ACT Championships	
800		Free	9:51.00	6-Nov-11	TNGV	Emma Gillingham	2011 ACT Summer Distance Meet	
50		Back	32.94	29-Jul-12	ASS	Breana Gilroy	2012 SS Australia Swimming	
100		Back	1:09.83	18-Mar-11	TNGV	Rebekah McCoy	ACT Championships	
200		Back	2:25.47	18-Apr-11	TNGV	Rebekah McCoy	2011 Australian Age Championships	
50		Breast	36.36	9-Apr-12	TNGV	Rebecca Cross	2012 Australian Age Championships	
100		Breast	1:17.18	9-Apr-12	TNGV	Rebecca Cross	2012 Australian Age Championships	
200		Breast	2:44.29	9-Apr-12	TNGV	Rebecca Cross	2012 Australian Age Championships	
50		Fly	30.34	8-Sep-13	ACT	Abbey Webb	School Sport Australia Swimming	
50		Fly	30.34	8-Sep-13	ACT	Andrea Forshaw	School Sport Australia Swimming	
100		Fly	1:06.45	8-Sep-13	ACT	Andrea Forshaw	School Sport Australia Swimming	
200		Fly	2:25.74	6-Nov-11	TNGV	Emma Gillingham	2011 ACT Summer Distance Meet	
200		IM	2:29.03	18-Apr-11	TNGV	Rebekah McCoy	2011 Australian Age Championships	
400		IM	5:31.31	21-Jul-14	ACT	Jacinta Essam	2014 SSA Swimming Championships	
13-13		50	Free	27.14	19-Jan-15	TNGV	Abbey Webb	2015 NSW 13-18yrs State Age
		100	Free	1:00.14	19-Jan-15	TNGV	Abbey Webb	2015 NSW 13-18yrs State Age
		200	Free	2:10.93	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs
	400	Free	4:25.02	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs	
	800	Free	9:03.05	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs	
	1500	Free	17:56.24	29-Jul-12	ACT	Emma Gillingham	2012 School Sport Aus Swimming	
	50	Back	30.40	14-Apr-14	TNGV	Courtney Taylor	2014 Aust Age & MC Championships	
	100	Back	1:04.73	14-Apr-14	TNGV	Courtney Taylor	2014 Aust Age & MC Championships	
	200	Back	2:23.84	14-Apr-14	TNGV	Courtney Taylor	2014 Aust Age & MC Championships	
	50	Breast	35.30	8-Jan-13	TNGV	Rebecca Cross	2013 NSW 13-18 Years State Age	
	100	Breast	1:14.41	8-Apr-13	TNGV	Rebecca Cross	2013 GHSF Australian Age Champs	
	200	Breast	2:36.71	8-Apr-13	TNGV	Rebecca Cross	2013 GHSF Australian Age Champs	
	50	Fly	29.92	14-Mar-14	TNGV	Andrea Forshaw	2014 ACT Championships	
	100	Fly	1:06.12	14-Apr-14	TNGV	Andrea Forshaw	2014 Aust Age & MC Championships	
	200	Fly	2:21.99	29-Jul-12	ACT	Emma Gillingham	2012 School Sport Aus Swimming	
	200	IM	2:23.27	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs	
	400	IM	4:59.71	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs	
	14-14	50	Free	26.49	14-Apr-14	TNGV	Breana Gilroy	2014 Aust Age & MC Championships
		100	Free	57.89	14-Apr-14	TNGV	Breana Gilroy	2014 Aust Age & MC Championships
		200	Free	2:08.01	21-Jul-14	ACT	Breana Gilroy	2014 SSASwimmingChamps
400		Free	4:33.82	23-Feb-13	TNGV	Emma Gillingham	2013 NSW Country Championships	
800		Free	9:20.32	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships	
1500		Free	18:05.15	11-Nov-12	TNGV	Emma Gillingham	2012 ACT Summer Distance Meet	
50		Back	29.38	10-Jan-15	TNGV	Courtney Taylor	2015 NSW Country Regional - Qbryn	
100		Back	1:03.12	13-Apr-15	TNGV	Courtney Taylor	2015 GHF Australian Age Champs	
200		Back	2:20.81	19-Jan-15	ACT	Courtney Taylor	2015 NSW 13-18yrs State Age	
50		Breast	33.90	21-Jul-14	ACT	Rebecca Cross	2014 SSA Swimming Championships	
100		Breast	1:12.38	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships	
200		Breast	2:36.76	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships	
50		Fly	29.40	21-Jul-14	ACT	Courtney Taylor	2014 SSA Swimming Champs	

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
	100	Fly	1:05.42	21-Jul-14	ACT	Breana Gilroy	2014 SSA Swimming Champs
	200	Fly	2:20.30	8-Sep-13	ACT	Emma Gillingham	School Sport Australia Swimming
	200	IM	2:20.57	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships
	400	IM	4:57.95	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships
15-15	50	Free	26.80	13-Apr-15	TNGV	Breana Gilroy	2015 GHF Australian Age Champs
	100	Free	57.84	19-Jan-15	TNGV	Breana Gilroy	2015 NSW 13-18yrs State Age
	200	Free	2:06.08	19-Jan-15	TNGV	Breana Gilroy	2015 NSW 13-18yrs State Age
	400	Free	4:21.21	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	800	Free	9:05.66	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	1500	Free	17:40.99	21-Jul-14	ACT	Emma Gillingham	2014 SSA Swimming Champs
	50	Back	31.81	13-Mar-15	TNGV	Breana Gilroy	2015 ACT Championships
	100	Back	1:05.84	19-Jan-15	TNGV	Breana Gilroy	2015 NSW 13-18yrs State Age
	200	Back	2:20.43	19-Jan-15	TNGV	Breana Gilroy	2015 NSW 13-18yrs State Age
	50	Breast	34.24	21-Feb-15	TNGV	Rebecca Cross	2015 NSW Country Championships
	100	Breast	1:13.24	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	200	Breast	2:35.02	21-Feb-15	TNGV	Rebecca Cross	2015 NSW Country Championships
	50	Fly	27.93	8-Sep-13	ACT	Shannon Maloney	School Sport Australia Swimming
	100	Fly	1:02.78	8-Sep-13	ACT	Shannon Maloney	School Sport Australia Swimming
	200	Fly	2:19.98	14-Apr-14	TNGV	Emma Gillingham	2014 Aust Age & MC Champs
	200	IM	2:19.99	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	400	IM	4:55.19	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
16-16	50	Free	27.15	22-Feb-14	TNGV	Shannon Maloney	NSW Country Championships
	100	Free	58.18	20-Jan-14	TNGV	Shannon Maloney	2014 NSW 13-18yrs State Age
	200	Free	2:05.85	22-Feb-14	TNGV	Shannon Maloney	NSW Country Championships
	400	Free	4:26.43	20-Jan-14	TNGV	Shannon Maloney	2014 NSW 13-18yrs State Age
	800	Free	9:13.76	13-Apr-15	TNGV	Emma Gillingham	2015 GHF Australian Age Champs
	1500	Free	25:00.00	1-Jan-89		STANDARD	
	50	Back	29.73	19-Mar-17	TNGV	Courtney Taylor	ACT Relay Championships
	100	Back	1:03.13	18-Apr-17	TNGV	Courtney Taylor	2017 GHF Australian Age Champs
	200	Back	2:24.75	14-Apr-14	TNGV	Shannon Maloney	2014 Aust Age & MC Champs
	50	Breast	35.95	22-Feb-02	TNGV	Angela Lewis	NSW Country Championships
	50	Breast	35.90	20-Sep-98	SCBSC	Kristy Okkonen	Belconnen Spring Carnival
	100	Breast	1:17.27	22-Feb-02	TNGV	Angela Lewis	NSW Country Championships
	200	Breast	2:43.37	20-Sep-02	TNGV	Rachel Miles	Australian Combined Schools Sw
	50	Fly	28.38	22-Feb-14	TNGV	Shannon Maloney	NSW Country Championships
	100	Fly	1:01.57	14-Apr-14	TNGV	Shannon Maloney	2014 Aust Age & MC Champs
	200	Fly	2:19.63	13-Apr-15	TNGV	Emma Gillingham	2015 GHF Australian Age Champs
	200	IM	2:23.71	22-Feb-14	TNGV	Shannon Maloney	NSW Country Championships
	400	IM	5:08.09	13-Apr-15	TNGV	Leah Allen	2015 GHF Australian Age Champs
17-17	50	Free	27.01	26-Nov-17	TNGV	Courtney Taylor	2017 Canberra Christmas Classic
	100	Free	57.26	17-Jan-03	TNGV	Angela Lewis	2003 13-19/O Age & Open Champs
	200	Free	2:11.76	17-Dec-17	TNGV	Courtney Taylor	2017 NSW 13-18 Years State Age
	400	Free	4:40.99	7-Nov-10	TNGV	Ashleigh Streatfield	2010 ACT Summer Distance Meet
	800	Free	9:18.99	11-Jan-11	TNGV	Ashleigh Streatfield	2011 NSW State 13-18 Years Age
	1500	Free	25:00.00	1-Jan-89		STANDARD	
	50	Back	29.72	26-Nov-17	TNGV	Courtney Taylor	2017 Canberra Christmas Classic
	100	Back	1:04.21	16-Dec-17	TNGV	Courtney Taylor	2017 NSW 13-18 Years State Age
	200	Back	2:24.46	19-Dec-17	TNGV	Courtney Taylor	2017 NSW 13-18 Years State Age
	50	Breast	35.78	26-Feb-11	TNGV	Ashleigh Streatfield	2011 NSW Country Champs
			35.69	13-May-00	SCBSC	Kristy Okkonen	Australian Open Championships
	100	Breast	1:15.85	11-Jan-11	TNGV	Ashleigh Streatfield	2011 NSW State 13-18 Years Age
	200	Breast	2:45.98	31-May-03	TNGV	Kathleen Rowell	2003 Australian Schools Swimming
	50	Fly	30.56	28-Feb-14	TNGV	Brittany Ross	2014 NSW State Open Championships
	100	Fly	1:09.45	26-Feb-11	TNGV	Ashleigh Streatfield	2011 NSW Country Champs
	200	Fly	2:36.98	14-Jan-08	TNGV	Bianca Pitts	2008 NSW 13-18 Years Age Champs
	200	IM	2:23.92	26-Feb-11	TNGV	Ashleigh Streatfield	2011 NSW Country Champs
	400	IM	5:04.13	11-Jan-11	TNGV	Ashleigh Streatfield	2011 NSW State 13-18 Years Age
18-18	50	Free	28.57	14-Apr-04	TNGV	Angela Lewis	2004 Fisher & Paykel Australian Age
	100	Free	1:01.57	14-Apr-04	TNGV	Angela Lewis	2004 Fisher & Paykel Australian Age
	200	Free	2:23.87	17-Sep-01	TNGV	Hayley Seton	Secondary School Sport Aus
	400	Free	5:08.75	10-Dec-04	TNGV	Catalina Akazar-Stevens	Canberra Christmas Classic
	800	Free	10:32.69	10-Dec-04	TNGV	Catalina Akazar-Stevens	Canberra Christmas Classic
	1500	Free	25:00.00	1-Jan-89		STANDARD	
	50	Back	34.23	25-Oct-03	TNGV	Angela Lewis	Burley Griffin October Meet
	100	Back	1:13.34	12-Mar-04	TNGV	Angela Lewis	ACT Age Championships
	200	Back	3:00.00	1-Jan-89		STANDARD	

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
	50	Breast	37.39	1-Dec-08	TNGV	Bianca Pitts	Pacific School Games 2008 Swimming
	100	Breast	1:19.34	5-Jan-09	TNGV	Bianca Pitts	2009 NSW State 13-18 Age Champs
	200	Breast	2:54.55	21-Sep-08	TNGV	Bianca Pitts	Club Challenge Cup 2008
	50	Fly	30.68	22-Nov-14	TNGV	Brittany Ross	2014 Woden Long Course Meet
	100	Fly	1:09.51	21-Jul-14	ACT	Brittany Ross	2014 SSA Swimming Championships
	200	Fly	2:36.82	1-Dec-08	TNGV	Bianca Pitts	Pacific School Games 2008 Swimming
	200	IM	2:38.82	9-Sep-08	TNGV	Bianca Pitts	2008 ACT PSG Trials
	400	IM	5:33.55	5-Jan-09	TNGV	Bianca Pitts	2009 NSW State 13-18 Age Champs
Open	50	Free	26.49	14-Apr-14	TNGV	Breana Gilroy	2014 Aust Age & MC Championships
	100	Free	57.26	17-Jan-03	TNGV	Angela Lewis	2003 13-19/O Age & Open Champs
	200	Free	2:05.85	22-Feb-14	TNGV	Shannon Maloney	2014 NSW Country Championships
	400	Free	4:21.21	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	800	Free	9:03.05	13-Apr-15	TNGV	Jacinta Essam	2015 GHF Australian Age Champs
	1500	Free	17:40.99	21-Jul-14	ACT	Emma Gillingham	2014 SSA Swimming Champs
	50	Back	29.72	26-Nov-17	TNGV	Courtney Taylor	2017 Canberra Christmas Classic
	100	Back	1:03.12	13-Apr-15	TNGV	Courtney Taylor	2015 GHF Australian Age Champs
	200	Back	2:20.43	19-Jan-15	TNGV	Breana Gilroy	2015 NSW 13-18yrs State Age
	50	Breast	33.90	21-Jul-14	ACT	Rebecca Cross	2014 SSA Swimming Championships
	100	Breast	1:12.38	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships
	200	Breast	2:35.02	21-Feb-2015	TNGV	Rebecca Cross	2015 NSW Country Championships
	50	Fly	27.93	8-Sep-13	ACT	Shannon Maloney	School Sport Australia Swimming
	100	Fly	1:01.57	14-Apr-14	TNGV	Shannon Maloney	2014 Aust Age & MC Champs
	200	Fly	2:19.63	13-Apr-15	TNGV	Emma Gillingham	2015 GHF Australian Age Champs
	200	IM	2:19.99	19-Jan-15	TNGV	Rebecca Cross	2015 NSW 13-18yrs State Age
	400	IM	4:57.95	14-Apr-14	TNGV	Rebecca Cross	2014 Aust Age & MC Championships