

TUGGERANONG VIKINGS SWIM CLUB
SOUTHERN CROSS BRINDABELLA SWIM CLUB
LONG COURSE RECORDS AS AT 24/02/2019
MALE

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
6-6	50	Free	50.69	27-Mar-10	TNGV	Lachlan Savage	2009-10 Bells and Foxys Summer
			46.11	21-Dec-97	SCBSC	David Bennet	Canberra Christmas Classic
	50	Back	59.50	27-Mar-10	TNGV	Lachlan Savage	2009-10 Bells and Foxys Summer
		Breast	1:15.77	27-Mar-10	TNGV	Lachlan Savage	2009-10 Bells and Foxys Summer
		Fly	1:00.65	27-Mar-10	TNGV	Lachlan Savage	2009-10 Bells and Foxys Summer
7-7	50	Free	41.10	26-Mar-04	TNGV	Lachlan Trabinger	ACT Primary Schools
	100	Free	1:46.72	26-Jan-06	TNGV	Nathan de Meillon	Australia Day Meet
	50	Back	51.37	15-Oct-00	TNGV	Lachlan Grimm	Capital Belconnen
			51.25	21-Nov-98	SCBSC	David Bennet	ACT Summer
	100	Back	1:57.47	15-Nov-09	TNGV	Nicholas Barclay	2009-10 Bells and Foxys Summer
	50	Breast	57.98	21-Feb-99	TNGV	Nicholas Duncan	Shell Age Heats 1999
	100	Breast	2:11.68	22-Aug-99	TNGV	Nicholas Duncan	Telopea Development
	50	Fly	53.38	20-Feb-11	TNGV	Nicholas Allnutt	2010-11 Bells and Foxys Summer
	100	Fly	2:40.00	1-Jan-89		STANDARD	
	8-8	50	Free	34.24	20-Feb-16	TNGV	Lachlan Sky
100		Free	1:22.34	28-Feb-16	TNGV	Lachlan Sky	2015-16 ACT Summer Development Meet 4
200		Free	4:00.00	1-Jan-89		STANDARD	
50		Back	41.42	7-Feb-16	TNGV	Lachlan Sky	2016 ACT Championships
100		Back	1:35.28	28-Feb-16	TNGV	Lachlan Sky	2015-16 ACT Summer Development Meet 4
50		Breast	48.45	25-Nov-95	TNGV	Andrew Harrex	ACT Summer Meet
100		Breast	1:53.44	25-Nov-95	TNGV	Tom Hawes	ACT Summer Meet
50		Fly	42.32	25-Jan-98	TNGV	Jake Storey	Australia Day Meet
100		Fly	1:50.37	26-Jan-05	TNGV	Lachlan Trabinger	Australia Day Summer Series
200		IM	3:35.66	24-Feb-16	TNGV	Lachlan Sky	Eden LC Development Carnival 2016
9-9	50	Free	32.12	12-Mar-17	TNGV	Lachlan Sky	2017 NSW Speedo Sprint Series Finals
	100	Free	1:06.15	26-Feb-17	TNGV	Lachlan Sky	2017 NSW Country Championships
	200	Free	2:34.10	5-Feb-17	TNGV	Lachlan Sky	2017 ACT Championships
	400	Free	5:29.76	3-Mar-17	TNGV	Lachlan Sky	2017 ACT Championships
	50	Back	38.68	12-Mar-17	TNGV	Lachlan Sky	2017 NSW Speedo Sprint Series Finals
	100	Back	1:21.64	11-Feb-17	TNGV	Lachlan Sky	2017 NSW Country Championships
	200	Back	2:59.34	13-Nov-16	TNGV	Lachlan Sky	Woden Qualifying Meet
	50	Breast	44.26	11-Oct-14	TNGV	Veasna Bryson	2014 Burley Griffin Meet
	100	Breast	1:35.54	11-Oct-14	TNGV	Veasna Bryson	2014 Burley Griffin Meet
	200	Breast	3:22.87	11-Oct-14	TNGV	Veasna Bryson	2014 Burley Griffin Meet
	50	Fly	38.01	12-Mar-17	TNGV	Lachlan Sky	2017 NSW Speedo Sprint Series Finals
	100	Fly	1:28.30	5-Feb-17	TNGV	Lachlan Sky	2017 ACT Championships
	200	Fly	3:50.00	1-Jan-89		STANDARD	
	200	IM	3:01.84	4-Feb-17	TNGV	Lachlan Sky	2017 ACT Championships
10-10	50	Free	30.92	13-Dec-17	TNGV	Lachlan Sky	2017-18 NSW 10&U-12 Years Age Championships
	100	Free	1:06.43	13-Dec-17	TNGV	Lachlan Sky	2017-18 NSW 10&U-12 Years Age Championships
	200	Free	2:30.45	25-Nov-17	TNGV	Lachlan Sky	Canberra Christmas Classic
	400	Free	5:21.09	13-Mar-15	TNGV	Joshua Allen	2015 ACT Championships
	800	Free	13:00.00	1-Jan-89		STANDARD	
	50	Back	35.26	8-Dec-17	NSW	Lachlan Sky	2017 Pacific School Games
	100	Back	1:16.16	7-Dec-17	NSW	Lachlan Sky	2017 Pacific School Games
			1:16.16	28-Jan-00	SCBSC	Rowan Romeyn	Shell Age Heats
			2:49.10	22-Nov-03	TNGV	Ben Trabinger	ACT Summer
	200	Back	2:48.21	29-Aug-99	SCBSC	Rowan Romeyn	Belconnen Winter LC
			40.82	21-Feb-15	TNGV	Veasna Bryson	NSW Country Championships
	100	Breast	1:28.48	10-Jan-15	TNGV	Veasna Bryson	2015 NSW 10U-12yrs State Age
	200	Breast	3:08.10	21-Feb-15	TNGV	Veasna Bryson	NSW Country Championships
	50	Fly	33.94	25/02/2018	TNGV	Lachlan Sky	2018 NSW Country Championships
	100	Fly	1:16.80	24/02/2018	TNGV	Lachlan Sky	2018 NSW Country Championships
	200	Fly	3:03.62	17-Oct-09	TNGV	Lachlan Webb	2009 Dapto Invitational
	200	IM	2:54.15	12-Dec-17	TNGV	Lachlan Sky	2017-18 NSW 10&U-12 Years Age Championships
2:52.70			9-Jan-99	SCBSC	Mark Bennet	NSW Summer Country	

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
11-11	50	Free	29.85	3-Feb-19	TNGV	Lachlan Sky	2019 ACT Championships
	100	Free	1:03.37	23-Feb-19	TNGV	Lachlan Sky	2019 NSW Country Championships
	200	Free	2:21.65	27-Nov-10	TNGV	Lachlan Webb	Canberra Christmas Classic
	400	Free	4:59.14	27-Nov-10	TNGV	Lachlan Webb	Canberra Christmas Classic
	800	Free	10:34.09	2-Feb-19	TNGV	Lachlan Sky	2019 ACT Championships
	50	Back	34.22	24-Feb-19	TNGV	Lachlan Sky	2019 NSW Country Championships
	100	Back	1:13.37	23-Feb-19	TNGV	Lachlan Sky	2019 NSW Country Championships
	200	Back	2:40.06	23-Jan-99	TNGV	Craig Minshull	NSW State Age Champs
	50	Breast	39.63	22-Sep-96	TNGV	Andrew Tran	DGCB Sprint Meet
	100	Breast	1:23.80	22-Sep-96	TNGV	Andrew Tran	DGCB Sprint Meet
	200	Breast	3:07.42	8-Feb-02	TNGV	Martin Pollock	ACT/AIS Age and Open
	50	Fly	32.56	1-Dec-01	TNGV	Haydn Marsh	Matt Dunn 2001
	100	Fly	1:11.32	14-Dec-41	TNGV	Haydn Marsh	Christmas Classic
	200	Fly	2:43.32	14-Dec-01	TNGV	Haydn Marsh	Christmas Classic
	200	IM	2:41.12	25-Oct-03	TNGV	David Pollock	Burley Griffin October Meet
	400	IM	6:07.31	18-Mar-18	TNGV	Lachlan Sky	2018 ACT Championships
	12-12	50	Free	28.67	26-Mar-06	ACT	Srecko Antoski
100		Free	1:01.26	5-Jan-01	TNGV	Adam Bingham	NSW State Age 9-12 Years
200		Free	2:10.40	5-Jan-01	TNGV	Adam Bingham	NSW State Age 9-12 Years
400		Free	4:39.85	5-Jan-01	TNGV	Adam Bingham	NSW State Age 9-12 Years
800		Free	10:01.43	6-Nov-11	TNGV	Lachlan Webb	2011 ACT Summer Distance Meet
1500		Free	20:42.22	12-Nov-99	TNGV	Craig Minshull	Teloepa Summer Meet
			19:02.09	3-Nov-00	SCBSC	Jonathon Rousseau	Teloepa Spring Carnival
50		Back	33.24	23-Oct-04	TNGV	David Pollock	Burley Griffin October Meet
100		Back	1:11.32	15-Mar-97	TNGV	Andrew Tran	ACT Age C'ships
200		Back	2:34.59	16-Oct-10	TNGV	Nathan de Meillon	2010 Burley Griffin October
50		Breast	35.36	28-Nov-05	TNGV	Srecko Antoski	2005 Pacific School Games
100		Breast	1:18.92	28-Nov-05	TNGV	Srecko Antoski	2005 Pacific School Games
200		Breast	2:50.08	18-Sep-11	TNGV	Dylan Weir	2011 Toukley SC Long Course Meet
50		Fly	30.20	13-Dec-02	TNGV	Haydn Marsh	Canberra Xmas Classic
100		Fly	1:06.17	23-Nov-02	TNGV	Haydn Marsh	ACT Summer
200		Fly	2:32.28	5-Jan-01	TNGV	Adam Bingham	NSW State Age 9-12 Years
200		IM	2:32.72	23-Nov-02	TNGV	Haydn Marsh	ACT Summer
400		1M	5:34.68	24-Sep-11	TNGV	Dylan Weir	2011 Burley Griffin Meet
13-13		50	Free	26.62	12/01/2002	TNGV	Adam Bingham
	100	Free	57.35	12/01/2002	TNGV	Adam Bingham	NSW 13-19/Over Age and Open
	200	Free	2:03.72	12/01/2002	TNGV	Adam Bingham	NSW 13-19/Over Age and Open
	400	Free	4:21.50	12/01/2002	TNGV	Adam Bingham	NSW 13-19/Over Age and Open
	800	Free	8:57.83	6/06/2010	TNGV	Lachlan Colquhoun	School Sport Australia
	1500	Free	16:59.78	12/01/2002	TNGV	Adam Bingham	NSW 13-19/Over Age and Open
	50	Back	31.38	11/03/2001	TNGV	Craig Minshull	Restricted Age Finals
	100	Back	1:06.50	5/11/2005	TNGV	David Pollock	Teloepa Summer Meet 2005
	200	Back	2:21.33	5/01/2009	TNGV	Ryan Hore	2009 NSW State 13-18 Age Champs
	50	Breast	33.48	6/06/2010	TNGV	Lachlan Colquhoun	School Sport Australia
	100	Breast	1:13.79	5-Apr-10	TNGV	Lachlan Colquhoun	2010 Australian Age
	200	Breast	2:35.08	6-Jun-10	ACT	Lachlan Colquhoun	School Sport Australia
	50	Fly	28.81	19-Dec-03	TNGV	Haydn Marsh	Canberra Christmas Classic 2003
	100	Fly	1:01.83	19-Dec-3	TNGV	Haydn Marsh	Canberra Christmas Classic 2003
	200	Fly	2:16.40	12-Jan-02	TNGV	Adam Bingham	NSW 13-19 Over Age and Open
	200	IM	2:22.45	6-Jun-10	ACT	Lachlan Colquhoun	School Sport Australia
	400	IM	4:54.53	6-Jun-10	ACT	Lachlan Colquhoun	School Sport Australia
14-14	50	Free	25.85	17-Jan-03	TNGV	Adam Bingham	2003 13-19/0 Age & Open
	100	Free	55.13	17-Jan-03	TNGV	Adam Bingham	2003 13-19/0 Age & Open
	200	Free	1:59.79	13-Dec-02	TNGV	Adam Bingham	Canberra Xmas Classic
	400	Free	4:11.06	17-Jan-03	TNGV	Adam Bingham	2003 13-19/0 Age & Open
	800	Free	8:52.79	13-Dec-02	TNGV	Adam Bingham	Canberra Xmas Classic
	1500	Free	16:29.21	30-Nov-02	TNGV	Adam Bingham	NSW State Age Distance Champs
	50	Back	28.88	10-Oct-09	TNGV	Ryan Hore	2009 Burley Griffin October Meet
	100	Back	1:01.35	4-Jan-10	TNGV	Ryan Hore	2010 NSW State 13-18 Years Age
	200	Back	2:12.80	4-Jan-10	TNGV	Ryan Hore	2010 NSW State 13-18 Years Age
	50	Breast	33.48	3-Feb-19	TNGV	Steven McGowan	2019 ACT Championships
	100	Breast	1:11.82	2-Feb-19	TNGV	Steven McGowan	2019 ACT Championships
	200	Breast	2:34.14	20-Jan-14	TNGV	Liam Brodrick	2014 NSW 13-18yrs State Age
	50	Fly	27.92	10-Dec-04	TNGV	Haydn Marsh	Canberra Christmas Classic
	100	Fly	1:00.86	10-Dec-04	TNGV	Matthew D'Arcy	Canberra Christmas Classic
	200	Fly	2:13.88	12-Jan-05	TNGV	Matthew D'Arcy	State 13-19/Open Age

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	200	IM	2:13.80	14-Apr-14	TNGV	Liam Brodrick	2014 Aust Age & MC Champs
	400	IM	4:43.76	14-Apr-14	TNGV	Liam Brodrick	2014 Aust Age & MC Champs
15-15	50	Free	25.66	13-Jan-04	TNGV	Adam Bingham	2004 13-19/O Age & Open
	100	Free	53.90	13-Jan-04	TNGV	Adam Bingham	2004 13-19/O Age & Open
	200	Free	1:57.13	13-Jan-04	TNGV	Adam Bingham	2004 13-19/O Age & Open
	400	Free	4:05.82	13-Jan-04	TNGV	Adam Bingham	2004 13-19/O Age & Open
	800	Free	8:37.04	19-Dec-43	TNGV	Adam Bingham	Canberra Christmas Classic 2003
	1500	Free	16:16.06	29-Nov-03	TNGV	Adam Bingham	NSW State Age Distance 2003
	50	Back	28.36	6-Jun-10	ACT	Ryan Hore	School Sport Australia Swimming
	100	Back	59.98	5-Apr-10	TNGV	Ryan Hore	2010 Australian Age Champs
	200	Back	2:08.85	5-Apr-10	TNGV	Ryan Hore	2010 Australian Age Champs
	50	Breast	32.10	14-Mar-14	TNGV	Dylan Weir	2014 ACT Championships
	100	Breast	1:08.94	13-Dec-14	TNGV	Liam Brodrick	Canberra Christmas Classic 2014
	200	Breast	2:28.07	14-Apr-14	TNGV	Dylan Weir	2014 Australian Swimming Champs
	50	Fly	27.91	10-Jan-06	TNGV	Matthew D'Arcy	NSW State 13-18 Years Age
	100	Fly	59.01	10-Jan-06	TNGV	Matthew D'Arcy	NSW State 13-18 Years Age
	200	Fly	2:07.57	13-Jan-04	TNGV	Adam Bingham	2004 13-19/O AGE & OPEN
	200	IM	2:11.14	19-Jan-15	TNGV	Liam Brodrick	2015 NSW 13-18yrs State Age
	400	IM	4:38.23	19-Jan-15	TNGV	Liam Brodrick	2015 NSW 13-18yrs State Age
16-16	50	Free	25.17	04-Mar-05	TNGV	Ben Grady	Canberra Labor Club ACT Champs
	100	Free	53.86	12-Jan-05	TNGV	Adam Bingham	NSW State 13-19/Open Age
	200	Free	1:56.22	02-Mar-04	TNGV	Adam Bingham	2004 Telstra Australian
	400	Free	4:03.88	20-Feb-04	TNGV	Adam Bingham	NSW Country Championships
	800	Free	8:43.97	10-Dec-04	TNGV	Adam Bingham	Canberra Christmas Classic
	1500	Free	16:11.91	27-Nov-04	TNGV	Adam Bingham	NSW State Age Distance 2004
	50	Back	29.05	12-Mar-05	TNGV	Jeremy Huntley	2005 Telstra Trials
	100	Back	1:02.45	13-Apr-05	TNGV	Jeremy Huntley	2005 Fisher & Paykel Aust Age
	200	Back	2:13.94	13-Apr-05	TNGV	Jeremy Huntley	2005 Fisher & Paykel Aust Age
	50	Breast	31.46	07-May-15	TNGV	Dylan Weir	2015 ACT SSS Championships
	100	Breast	1:07.25	13-Apr-15	TNGV	Dylan Weir	2105 GHF Australian Age Champs
	200	Breast	2:24.69	13-Apr-15	TNGV	Dylan Weir	2105 GHF Australian Age Champs
	50	Fly	27.35	5/02/2005	TNGV	Ben Grady	2005 Victorian Sprint Champion
	100	Fly	58.42	12-Jan-05	TNGV	Adam Bingham	NSW State 13-19/Open Age
	200	Fly	2:06.53	12-Jan-05	TNGV	Adam Bingham	NSW State 13-19/Open Age
	200	IM	2:13.01	20-Jan-14	TNGV	Angus Funnell	2014 NSW 43113 8yrs State Age
	400	IM	4:43.69	19-Jan-15	TNGV	Dylan Weir	2015 NSW 13-18yrs State Age
17-17	50	Free	25.60	04-Mar-05	TNGV	Adam Bingham	Canberra Labor Cub ACT Champ
	100	Free	54.20	22-Mar-15	ACT	Josh Wailer	James Brophy Inter-Dist Inv Meet
	200	Free	1:56.59	12-Mar-05	TNGV	Adam Bingham	2005 Telstra Trials
	400	Free	4:06.52	11-Feb-05	TNGV	Adam Bingham	2005 AIS International Swimming
	800	Free	9:55.74	13-Dec-02	TNGV	Jarred Ballard	ACT Long Distance
	1500	Free	17:36.01	27-Feb-04	TNGV	Luke Mills	2004 Speedo AIS/ACT Open - ACT
	50	Back	29.65	08-May-14	TNGV	Angus Shaw	2014 ACT SSS Championships
	100	Back	1:04.26	19-Jan-15	TNGV	Angus Shaw	2015 NSW 13-18yrs State Age
	200	Back	2:15.78	14-Apr-04	TNGV	Luke Mills	2004 Fisher & Paykel Aust Age
	50	Breast	31.83	14-Apr-14	TNGV	Angus Funnell	2014 Aust Age & MC Champs
	100	Breast	1:08.02	19-Jan-15	TNGV	Angus Funnell	2015 NSW 13-18yrs State Age
	200	Breast	2:25.28	19-Jan-15	TNGV	Angus Funnell	2015 NSW 13-18yrs State Age
	50	Fly	27.44	13-Apr-05	TNGV	Adam Bingham	2005 Fisher & Paykel Aust Age
	100	Fly	59.07	13-Apr-05	TNGV	Adam Bingham	2005 Fisher & Paykel Aust Age
	200	Fly	2:05.83	13-Apr-05	TNGV	Adam Bingham	2005 Fisher & Paykel Aust Age
	200	IM	2:11.75	19-Jan-15	TNGV	Angus Funnell	2015 NSW 13-18yrs State Age
	400	IM	4:38.91	19-Jan-15	TNGV	Angus Funnell	2015 NSW 13-18yrs State Age
18-18	50	Free	24.45	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	100	Free	54.99	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	200	Free	2:00.00	1-Jan-89		STANDARD	
	400	Free	4:30.08	14-Apr-14	TNGV	Joshua Alford	2014 Australian Swimming Champs
	800	Free	9:33.92	27-Oct-13	TNGV	Joshua Alford	ACT Summer Distance Series
	1500	Free	22:00.00	1-Jan-89		STANDARD	
	50	Back	28.58	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	100	Back	59.58	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	200	Back	2:14.00	15-Feb-08	TNGV	Jeremy Huntley	2008 NSW State Open
	50	Breast	31.49	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	100	Breast	1:07.38	16-Apr-17	TNGV	Dylan Weir	2017 GHF Australian Age Champs
	200	Breast	2:22.37	18-Apr-17	TNGV	Dylan Weir	2017 GHF Australian Age Champs

Age	Dist.	Stroke	Time	Date	Club	Name	Meet
	50	Fly	26.50	7-Dec-13	TNGV	Ryan Hore	Canberra Christmas Classic 2013
	100	Fly	1:03.34	20-Feb-04	TNGV	Michael Leach	NSW Country Championships 2004
	200	Fly	2:27.08	26-Feb-11	TNGV	Daniel Steemson	2011 NSW Country
	200	IM	2:13.74	19-Apr-17	TNGV	Dylan Weir	2017 GHF Australian Age Champs
	400	IM	4:45.24	26-Mar-17	TNGV	Dylan Weir	Post Brophy Time Trials
Open	50	Free	24.36	22-Feb-14	TNGV	Ryan Hore	2014 NSW Country Championships
	100	Free	53.86	12-Jan-05	TNGV	Adam Bingham	NSW State 13-19/Open Age
	200	Free	1:56.22	27-Mar-04	TNGV	Adam Bingham	Teistra Aust Open Champs
	400	Free	4:03.88	20-Feb-04	TNGV	Adam Bingham	NSW Country Championships
	800	Free	8:37.04	19-Dec-03	TNGV	Adam Bingham	Canberra Christmas Classic
	1500	Free	16:11.92	27-Nov-04	TNGV	Adam Bingham	NSW State Age Distance
	50	Back	26.82	22-Feb-14	TNGV	Ryan Hore	2014 NSW Country Championships
	100	Back	57.85	22-Feb-14	TNGV	Ryan Hore	2014 NSW Country Championships
	200	Back	2:08.85	05-Apr-10	TNGV	Ryan Hore	Australian Age Championships
	50	Breast	30.33	22-Feb-14	TNGV	Ryan Hore	2014 NSW Country Championships
	50	Breast	29.83	13-May-00	SCBSC	Brian Christensen	Australian Open Champs
	100	Breast	1:07.25	13-Apr-15	TNGV	Dylan Weir	2015 GHF Australian Age Champs
			1:04.92	13-May-00	SCBSC	Brian Christensen	Australian Open Champs
	200	Breast	2:22.37	18-Apr-17	TNGV	Dylan Weir	2017 GHF Australian Age Champs
	50	Fly	26.43	22-Feb-14	TNGV	Ryan Hore	2014 NSW Country Championships
	100	Fly	58.42	12-Jan-05	TNGV	Adam Bingham	NSW State Age 13-19yrs/Open
	200	Fly	2:05.83	13-Apr-05	TNGV	Adam Bingham	Australian Age Championships