

ULSTER SHORT COURSE RECORDS based on claims received as of 12 Feb 2020	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	21.80 J Sloan, Bangor 12 Dec 2019, NAC, Dublin	22.94 C Bain, Cookstown 12 Dec'14, Lisburn	24.44 D Hill, Larne, 8 Dec 2019, Glasgow	26.35 D Hill, Larne 29 Nov'14, Lisburn
100m FREESTYLE	47.28 J Sloan, Bangor 13 Dec'19, NAC, Dublin	50.07 J McMillan, Bangor 15 Dec 2017, Lisburn	53.81 D Hill, Larne 13 Dec 2019, NAC, Dublin	56.10 S McMahon, Leander 21 Nov'09, NAC Dublin
200m FREESTYLE	1:43.18 J McMillan, Bangor 5 Dec'19, Glasgow	1:46.32 J McMillan, Bangor 17 Dec'17, Lisburn	1:57.29 M Nocher, Ards 12 Nov'11, Sheffield	1:59.90 S McMahon, Leander 5 Mar 2011, Lisburn
400m FREESTYLE	3:42.42 J McMillan, Bangor, 16 Dec 2018, Sheffield	3:47.09 J McMillan, Bangor 15 Dec'17, Lisburn	4:03.97 M Nocher, Ards Nov '10, Eindhoven	4:13.05 R Bethel, Lisburn 5 Dec 2015, Lisburn
800m FREESTYLE	7:54.15 D Wiffen, Lisburn 12 Dec 2019, NAC, Dublin	8:10.58 D Wiffen, Lisburn 6-9 Dec'18, Lisburn Leisureplex	8:36.90 C Dawson, Bangor 9 Dec 2011, European SC, Poland	8:42.73 S McMahon, Leander 18 Feb 2011, Bangor
1500m FREESTYLE	15:04.47 D Wiffen, Lisburn 5 Dec'19, Toll Cross, Glasgow	15:29.82 J McMillan, Bangor 16-18 Dec'16, Bangor Aurora	16:43.46 S McMahon, Leander 21 Jan 2011, Bangor	16:43.46 S McMahon, Leander 21 Jan 2011, Bangor
50m BACKSTROKE	23.84 C Ferguson, Bangor 17 Dec'17, Copenhagen, Denmark	24.94 C Ferguson, Larne 5 Dec'15, Lisburn	26.74 D Hill, Larne 7 Dec 2019, Glasgow	28.81 R Reid, Ards 18 Dec 2016, Bangor Aurora
100m BACKSTROKE	52.04 C Ferguson, Bangor 11 Dec 2018, Hangzhou, China	54.72 C Ferguson, Larne 13 Nov'15, Lisburn	58.29 D Hill, Larne 12 Dec'19, NAC, Dublin	1:01.57 R Reid, Ards 18 Dec'16, Bangor, Aurora
200m BACKSTROKE	1:57.22 C Ferguson, Larne 13 Nov'15, Lisburn	1:57.22 C Ferguson, Larne 13 Nov'15, Lisburn	2:04.29 M Nocher, Ards, 11Dec'11, Szczecin, Poland	2:14.00 A Kane, Ards 17 Nov '18, Lisburn
50m BREASTSTROKE	27.23 J Graham, Bangor, Scottish SC, 9 Dec 2016, Edinburgh	29.18 M Dawson, Ards Oct'08, Lisburn	30.34 S McMahon Leander 22 Nov'12, France	31.88 S McMahon, Leander 19 Nov'09, NAC, Dublin
100m BREASTSTROKE	59.50 J Graham, Bangor, Scottish SC, 9 Dec 2016, Edinburgh	1:03.26 A Bree, Ards December 98 Glasgow	1:06.18 S McMahon Leander 25 Nov 2012, France	1:07.75 M McSharry, Marlins 4 Dec'15, Lisburn
200m BREASTSTROKE	2:07.95 A Bree, Ards Dec 07, Debrecen	2:14.26 A Bree, Ards December 98 Glasgow	2:25.23 S McMahon, Leander 2 Dec 2012, Lisburn	2:26.86 M McSharry, Marlins 6 Dec'15, Lisburn
50m BUTTERFLY	23.34 C Brines, Larne, 16 Dec'16, Bangor Aurora	24.84 M Hewitt, City Belfast 15 Dec'17, Lisburn	26.68 E Reid, Ards 16 Dec'16, Bangor Aurora	27.77 E Reid, Ards 14 Dec'14, Lisburn
100m BUTTERFLY	52.08 C Brines, Larne 17 Dec'16, Bangor Aurora	55.40 M Hewitt, City Belfast 16 Dec'17, Lisburn	59.43 E Reid, Ards 18 Dec'16, Bangor Aurora	1:02.22 E Reid, Ards 13 Dec'14, Lisburn
200m BUTTERFLY	1:58.96 P Johnston, Ards 12 Dec'19, NAC, Dublin	2:03.65 P Johnston, Ards 18 Nov '18, Lisburn	2:11.54 M Madine, Leander March 94 Sheffield	2:15.20 A Kane, Ards 6 Dec'18, Lisburn
100m IND. MEDLEY	54.88 J Brown, Ards 16 Dec 16, Bangor Aurora	56.92 C Ferguson, Larne 13-15 Nov'15, Lisburn	1:00.66 M McSharry, Marlins 17 Nov '18, Lisburn	1:03.03 R Reid, Ards 16 Dec'16, Bangor Aurora
200m IND. MEDLEY	1:58.36 J McMillan, Bangor	2:03.17 J McMillan, Bangor	2:12.35 S McMahon Leander	2:16.12 J Knox, Banbridge

	6 Dec 2018, Lisburn	14 Dec '17, Lisburn	30 Nov 2012, Lisburn	14 Dec '17, Lisburn
400m IND. MEDLEY	4:16.26 A Bree Ards Dec 01 Antwerp	4:27.06 J Brown, Ards 14 Dec '14, Lisburn	4:42.43 S McMahon, Leander 11 Sept '11, Isle of Man	4:43.36 S McMahon, Leander 20 Mar '11, Lisburn

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4x50m MEDLEY TEAM RELAY – REPRESENTATIVE	1:44.56 Ulster (<i>P Johnston, J Donnelly, M Hewitt, D Wiffen</i>) 14 April 2019, Interpro' NAC, Dublin	1:48.66 Ulster (<i>P Johnston, J Angus, O Mallon, D Wiffen</i>) 29 April '17, Interpro' NAC, Dublin	1:58.17 Ulster (<i>D Hill, M McSharry, A McCrea, K Hunter</i>) 29 Apr '17, Interpro' NAC, Dublin	2:00.58 Ulster (<i>C Quinn, Z Thompson, R Reid, A McCrea</i>) 8 May '16, NAC, Dublin
4x50m FREESTYLE TEAM RELAY – REPRESENTATIVE	1:34.97 Ulster (<i>C Beattie, B Bell, J Hiscocks, W Johnston</i>) March 91 Sheffield	1:38.95 Ulster (<i>C Gorman, N Jennings, A Edmond, C Armstrong</i>) 8 May '16, NAC, Dublin	1:46.64 Ulster (<i>R Bethel, M McSharry, V Catterson, D Hill</i>) 8 May '16, NAC, Dublin	1:48.73 Ulster (<i>L Bethel, A McCrea, Z Thompson, R Reid</i>) 8 May '16, NAC, Dublin
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	4:02.96 Ulster (<i>P McGillion, G McColgan, W Johnston, C Beattie</i>) April 89 Grove	4:24.70 Ulster (<i>K Wilson, S McNarry, M Cummings, J Hiscocks</i>) March 90 Grove	4:37.37 Ulster (<i>C Darby, S Dugan, M Madine, D Simms</i>) July 91 Grove	4:40.39 Ulster (<i>D Johnston, S Dugan, M Madine, J Corish</i>) Jan 86 Castlereagh
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:35.38 Ulster (<i>C Beattie, B Bell, J Hiscocks, W Johnston</i>) March 91 Grove	3:42.51 Ulster (<i>S Howard, K Wilson, R Lenaghan, J Hiscocks</i>) August 90 Dublin	4:03.19 Ulster (<i>D Simms, L Baird, C Darby, M Madine</i>) July 91 Grove	4:12.67 Ulster (<i>M Madine, D Johnston, S Dugan, J Corish</i>) January 86 Castlereagh
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	7:58.78 Ulster (<i>P McGillion, G Brisbane, J Hiscocks, R Morrow</i>) July 91 Grove	8:09.00 Standard	8:36.00 Standard	8:50.00 Standard
4x50m MEDLEY TEAM RELAY – CLUB	1:38.34 Bangor (<i>J Sloan, J McMillan, D Thompson, C Coulter</i>) 15 Dec '19, NAC, Dublin	1:45.11 Ards (<i>P Johnston, J Angus, F Stafford, T Uprichard</i>) 9 Dec 2018, Lisburn	1:55.01 Ards (<i>R Reid, M Davison, E Reid, V Catterson</i>) 17 Dec '17, Lisburn	1:58.95 Ards (<i>S Armstrong, Mia Davison, E McKibbin, A Kane</i>) 18 Nov 2018, Lisburn
4x50m FREESTYLE TEAM RELAY – CLUB	1:27.70 Bangor (<i>J Sloan, J McMillan, C Coulter, D Thompson</i>) 12 Dec 2019, NAC, Dublin	1:36.31 Ards (<i>J Kelly, M Scott, J Brown, C Munn</i>) Mar 2013, Lisburn	1:45.63 Ards (<i>B Firth, R Reid, E Reid, MK McDowell</i>) 6 Dec '15, Lisburn	1:49.24 Ards (<i>E McKibbin, H McBride, S Armstrong, A Kane</i>) 18 Nov 2018, Lisburn
4x100m MEDLEY TEAM RELAY – CLUB	3:40.02 Ards (<i>J Brown, M Dawson, C Munn, C Coulter</i>) 17 Dec '16, Bangor Aurora	3:56.93 Ards (<i>P Johnston, J Angus, C Armstrong, T Uprichard</i>) 16 Dec '16, Aurora, Bangor	4:17.57 Ards (<i>B Firth, Z Thompson, E Reid, M.K. McDowell</i>) 4 Dec 2015, Lisburn	4:18.72 Ards (<i>S Armstrong, Z Thompson, R Reid, V Catterson</i>) 18 Dec 2016, Bangor Aurora
4x100m FREESTYLE TEAM RELAY – CLUB	3:14.25 Bangor (<i>C Curtis, J McMillan, J Sloan, D Thompson</i>) 16 Dec 2018, Ponds Forge, Sheffield	3:35.99 Larne (<i>W Logan, G Williamson, S Traill, C Leaney</i>) Dec '06 Grove	3:49.60 Ards (<i>B Firth, E Reid, R Reid, MK McDowell</i>) 5 Dec 15, Lisburn	3:56.39 Ards (<i>R Reid, Z Thompson, S Armstrong, V Catterson</i>) 16 Dec 2016, Bangor Aurora
4x200m FREESTYLE TEAM RELAY – CLUB	7:25.12 Bangor (<i>D Thompson, J Sloan, C McCaughey, J McMillan</i>) 18 Dec '16, Bangor Aurora	7:45.05 Lisburn (<i>J Fleming, D Wiffen, O Mallon, N Jennings</i>) 18 Dec '16, Bangor Aurora	8:31.10 Ards (<i>B Firth, E Reid, R Reid, M.K. McDowell</i>) 29 Nov '14, Lisburn	8:34.25 Ards (<i>V Catterson, S Armstrong, Z Thompson, R Reid</i>) 17 Dec 2016, Bangor Aurora
	SENIOR		JUNIOR	
Mixed 4 x 50m FREESTYLE TEAM RELAY - CLUB	1:37.96 ARDS (<i>B Firth, M.K. McDowell, C Munn, C Coulter</i>) Ulster SC Champs, 29 Nov 2014, Lisburn Leisureplex		1:41.22 ARDS (<i>R Reid, P Johnston, V Catterson, C Armstrong</i>) Ulster SC Champs, 17 Dec 2016, Bangor Aurora	

Mixed 4 x 50m MEDLEY TEAM RELAY - CLUB	1:46.26 Bangor (J Sloan, J McMillan, E Reid, R Bethel) Irish SC Champs, 15 Dec'19, NAC, Dublin	1:53.16 ARDS (<i>P Johnston, C Armstrong, S Armstrong, V Catterson</i>) Ulster SC Champs, 18 Dec 2016, Bangor Aurora
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