

RELAYS

Long Course (50m) (MALE)

Mens 4 x 100 Freestyle

Miles Munro	50.75	
Tom Hollingsworth	52.78	
Ben Lowndes	53.10	
Jeremy Osborne	<u>51.80</u>	
	3.28.43	Commonwealth Games, Glasgow 2014

Mens 4 x 200 Freestyle

Ian Powell	1.55.82	
Ian Hubert	1.59.81	
Tom Hollingsworth	1.54.92	
Ben Lowndes	<u>2.00.20</u>	
	7.50.75	Commonwealth Games, Delhi 2010

Mens 4 x 100 Medley

Back: James Jurkiewicz	59.69	
Breast: Luke Belton	1.05.87	
Fly: Tom Hollingsworth	57.54	
Fr: Miles Munro	<u>49.79</u>	
	3.52.89	Commonwealth Games Glasgow 2014

Updated 30/08/2014

Long Course (50M) LADIES

4 x 50 Freestyle

Molly Staples	29.18
Oriana Wheeler	28.44
Pip Gallagher	27.83
Ailish Rabey	<u>27.99</u>
	1.53.44

Hampshire County Championships, 2020

4 x 100 Freestyle

Laura Le Cras	1.00.96
Molly Staples	1.00.41
Tatiana Tostevin	59.34
Orla Rabey	<u>58.46</u>
	3.59.17

Commonwealth Games, Birmingham July 2022

4 x 100 Medley

Bk Tatiana Tostevin	1.05.27
Br Laura Le Cras	1.14.82
Fly Orla Rabey	1.02.36
Fr Molly Staples	<u>1.00.92</u>
	4.23.37

Commonwealth Games, Birmingham July 2022

4 x 200 Freestyle

Oriana Wheeler	2.15.40
Delphine Riley	2.13.29
Jemima Green	2.17.01
Orla Rabey	<u>2.10.86</u>
	8.56.56

South East Regional Championships May 2023

4 x 100 MIXED

Tatiana Tostevin	1.03.95
Ronny Hallett	1.04.45
Charlie-Joe Hallett	56.14
Orla Rabey	<u>58.25</u>
	4.02.79

Commonwealth Games, Birmingham, July 2022

Updated 25/05/23