

**ISLAND RELAY RECORDS LONG-COURSE**  
FEMALE, MALE AND MIXED

<b>Event</b>	<b>Athletes</b>		<b>Representing</b>	<b>Time</b>	<b>Competition</b>	<b>Date</b>
Womens 4 x 50 Free Relay	Molly Staples	29.18	Barracudas	1:53.44	Hampshire County Championships	2020
	Oriana Wheeler	28.44				
	Pip Gallagher	27.83				
	Ailish Rabey	27.99				
Womens 4 x 100 Free Relay	Laura Le Cras	1:00.96	Guernsey	3:59.17	Commonwealth Games, Birmingham	2022
	Molly Staples	1:00.41				
	Tatiana Tostevin	59.34				
	Orla Rabey	58.46				
Womens 4 x 100 IM Relay	Tatiana Tostevin	1:05.27	Guernsey	4:23.37	Commonwealth Games. Birmingham	2022
	Laura Le Cras	1:14.82				
	Orla Rabey	1:02.36				
	Molly Staples	1:00.92				
Womens 4 x 200 Free Relay	Oriana Wheeler	2:15.40	Guernsey	8:56.56	South-East Regional Champs	2023
	Delphine Riley	2:13.29				
	Jemima Green	2:17.01				
	Orla Rabey	2:10.86				
Mens 4 x 100 Free Relay	Miles Munro	50.75	Guernsey	3:28.43	Commonwealth Games, Glasgow	2014
	Tom Hollingsworth	52.78				
	Ben Lowndes	53.10				
	Jeremy Osborne	51.80				
Mens 4 x 100 Medley Relay	James Jurkiewicz	59.69	Guernsey	3:52.89	Commonwealth Games, Glasgow	2014
	Luke Belton	1:05.87				
	Tom Hollingsworth	57.54				
	Miles Munro	49.79				
Mens 4 x 200 Free Relay	Ian Powell	1:55.82	Guernsey	7:50.75	Commonwealth Games, Delhi	2022
	Ian Hubert	1:59.81				
	Tom Hollingsworth	1:54.92				
	Ben Lowndes	2:00.20				
Mixed 4 x 100 Medley Relay	Tatiana Tostevin	1:03.95	Guernsey	4:02.79	Commonwealth Games, Birmingham	2022
	Ronny Hallett	1:04.45				
	Charlie-Joe Hallett	56.14				
	Orla Rabey	58.25				
Mixed 4 x 200 Free Relay	Luke Le Cras	2:11.21	Guernsey	8:49.00	Youth Commonwealths, Trinbago	2023
	Delphine Riley	2:13.49				
	Oriana Wheeler	2:13.10				
	Joshua Dunning	2:04.80				