

## 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>	
	<b>3.28.43</b>	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>	
	<b>7.50.75</b>	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>	
	<b>3.52.89</b>	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>
	<b>1.53.44</b>

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>
	<b>3.59.17</b>

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>
	<b>4.23.37</b>

Commonwealth Games, Birmingham July 2022

### 4 x 200 Freestyle

Ailish Rabey	2.17.24
Jemima Green	2.17.93
Molly Staples	2.17.57
Orla Rabey	<u>2.10.79</u>
	<b>9.03.53</b>

SE Regional Championships, high Wycombe, May 2022

### 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>
	<b>4.02.79</b>

Commonwealth Games, Birmingham, July 2022

Updated 18/07/2022