

**ISLAND SHORT COURSE RECORDS (25m Pool)
FEMALE**

BUTTERFLY					
50	Laura Le Cras	28.54	Swim England Winter Nationals	Sheffield	05/12/21
100	Orla Rabey	1.02.50	Island Games	Gibraltar	08/07/19
200	Kristina Neves	2.16.84	Channel Island Champs	Jersey	22/01/12

BACKSTROKE					
50	Tatiana Tostevin	28.64	Swim England Winter Nationals	Sheffield	04/12/21
100	Tatiana Tostevin	1.01.86	Swim England National Masters	Sheffield	31/10/21
200	Courtney Butcher	2.15.32	Island Games	Jersey	29/06/15

BREASTSTROKE					
50	Laura Le Cras	32.17	Swim England Winter Nationals	Sheffield	04/12/21
100	Helen Watts	1.11.10	World Cup, Malmo	Malmo	16/02/00
200	Helen Watts	2.36.74	Island championships	Guernsey	05/05/00

FREESTYLE					
50	Courtney Butcher	26.68	Island Games	Gotland	27/06/17
100	Courtney Butcher	57.61	Island Games	Bermuda	18/07/13
200	Kristina Neves	2.02.05	Island Games	Isle of Wight	29/06/11
400	Kristina Neves	4.15.56	Barracudas Open Meet	Guernsey	29/06/12
800	Kristina Neves	8.45.80	British ASA Champs	Portsmouth	6/11/10
1500	Kristina Neves	16.48.51	British ASA Champs	Portsmouth	6/11/10

INDIVIDUAL MEDLEY					
100	Kristina Neves	1.05.62	Channel Island Champs	Jersey	21/01/12
200	Kristina Neves	2.17.60	Channel Island Champs	Jersey	21/01/12
400	Kristina Neves	4.50.94	Jersey Tigers Open	Jersey	21/10/11

Updated 21st December 2021