

ISLAND RECORDS LONGCOURSE - FEMALE

<b>Event</b>	<b>Athlete</b>	<b>Base Club</b>	<b>Time</b>	<b>Competition</b>	<b>Date</b>
Womens 50m Freestyle	Hannah Jones	Barracudas Guernsey	27.27	Youth Commonwealths, Trinbago	09/08/2023
Womens 100m Freestyle	Orla Rabey	Barracudas Guernsey	58.67	Commonwealth Games, Birmingham	01/08/2022
Womens 200m Freestyle	Kristina Neves	Guernsey Swimming Club	2:04.72	National Youth Champs	30/07/2011
Womens 400m Freestyle	Kristina Neves	Guernsey Swimming Club	4:16.97	National Youth Champs	18/07/2012
Womens 800m Freestyle	Kristina Neves	Guernsey Swimming Club	8:43.92	National Youth Champs	19/07/2012
Womens 1500m Freestyle	Kristina Neves	Guernsey Swimming Club	17:17.59	National Age Groups	28/07/2010
Womens 50m Butterfly	Orla Rabey	Barracudas Guernsey	28.45	Commonwealth Games, Birmingham	31/07/2022
Womens 100m Butterfly	Orla Rabey	Barracudas Guernsey	1:02.37	Commonwealth Games, Birmingham	29/07/2022
Womens 200m Butterfly	Kristina Neves	Guernsey Swimming Club	2:16.72	National Youth Champs	28/07/2011
Womens 50m Backstroke	Tatiana Tostevin	Barracudas Guernsey	29.68	Somerset County Champs	09/02/2019
Womens 100m Backstroke	Tatiana Tostevin	Barracudas Guernsey	1:03.10	Lisbon International Meet	09/02/2020
Womens 200m Backstroke	Tatiana Tostevin	Barracudas Guernsey	2:19.68	British Champs	19/04/2019
Womens 50m Breaststroke	Laura Le Cras	Guernsey Swimming Club	33.05	Winchester Winter Sparkler	13/07/1905
Womens 100m Breaststroke	Helen Watts	Barracudas Guernsey	1:13.33	Olympic Trials	26/07/2000
Womens 200m Breaststroke	Helen Watts	Barracudas Guernsey	2:38.77	Olympic Trials	29/07/2000
Womens 200m Medley	Kristina Neves	Guernsey Swimming Club	2:23.00	National Youth Champs	27/07/2011
Womens 400m Medley	Kristina Neves	Guernsey Swimming Club	4:50.52	British Youth Champs	21/07/2012