

GUERNSEY AMATEUR SWIMMING ASSOCIATION

ISLAND LONG COURSE (50M) RECORDS FEMALE

BUTTERFLY					
50	Orla Rabey	28.45	Commonwealth Games	Birmingham	31/07/22
100	Orla Rabey	1.02.37	Commonwealth Games	Birmingham	29/07/22
200	Kristina Neves	2.16.72	National Youth Champs	Sheffield	28/07/11

BACKSTROKE					
50	Tatiana Tostevin	29.68	Somerset County Champs,	Millfield	09/02/19
100	Tatiana Tostevin	1.03.10	Lisbon International Meet	Jamor	09/02/20
200	Tatiana Tostevin	2.19.68	British Championships	Glasgow	19/04/19

BREASTSTROKE					
50	Laura Le Cras	33.05	Winchester Winter Sparkler	Winchester	2021
100	Helen Watts	1.12.99	National Championships	Sheffield	1999
200	Helen Watts	2.42.25	Commonwealth Games	Kuala Lumpur	1998

FREESTYLE					
50	Laura Le Cras	27.28	England Summer champs	Sheffield	01/08/18
100	Orla Rabey	58.67	Commonwealth Games,	Birmingham	01/08/22
200	Kristina Neves	2.04.72	National Youth Champs	Sheffield	30/07/11
400	Kristina Neves	4.16.97	British Gas Youth Champs	Sheffield	18/07/12
800	Kristina Neves	8.43.92	British Gas Youth Champs	Sheffield	19/07/12
1500	Kristina Neves	17.17.59	Nat Age Groups Champs	Sheffield	28/07/10

INDIVIDUAL MEDLEY					
200	Kristina Neves	2.23.00	National Youth Champs	Sheffield	27/07/11
400	Kristina Neves	4.50.52	British Youth Champs	Sheffield	21/07/12

Updated 11 August 2022