

# GUERNSEY AMATEUR SWIMMING ASSOCIATION

## ISLAND LONG COURSE (50M) RECORDS FEMALE

<b>BUTTERFLY</b>					
50	Laura Le Cras	28.75	Winchester Winter Sparkler	Winchester	18/12/21
100	Kristina Neves	1.02.83	National Youth Champs	Sheffield	30/07/11
200	Kristina Neves	2.16.72	National Youth Champs	Sheffield	28/07/11

<b>BACKSTROKE</b>					
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

<b>BREASTSTROKE</b>					
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

<b>FREESTYLE</b>					
50	Laura Le Cras	27.28	England Summer champs	Sheffield	01/08/18
100	Kristina Neves First leg	59.00	Sainsbury UK School Games	Sheffield	03/09/11
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

<b>INDIVIDUAL MEDLEY</b>					
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 21/12/21**