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**RECORDS Senior Club Records**
**LC Meters-Women**

50 Free	26.02	<b>1-Apr-02</b>	BAN	Julie Douglas	British LC Championships
100 Free	56.97	<b>1-Apr-02</b>	BAN	Julie Douglas	British LC Championships, Manchester
200 Free	2:02.82	<b>10-Jul-08</b>	BAN	Clare Dawson	ASA LC Championships
400 Free	4:25.60	<b>8-Jun-06</b>	BAN	Jill Nesbitt	Cannet Open LC
800 Free	9:11.28	<b>7-Jun-06</b>	BAN	Jill Nesbitt	Cannet Open LC
1500 Free	20:00.00	<b>1-Jan-00</b>	BAN	Standard	
50 Back	31.98	<b>12-Apr-07</b>	BAN	Alison Pugh	Irish LC Championships, Dublin
100 Back	1:08.81	<b>29-Apr-06</b>	BAN	Alison Pugh	Irish LC Championships, Dublin
200 Back	2:33.08	<b>29-Jun-04</b>	BAN	Alison Pugh	Scottish LC Championships, Glasgow
50 Breast	32.02	<b>1-Jul-02</b>	BAN	Emma Robinson	Commonwealth Games, Manchester
100 Breast	1:09.15	<b>28-Mar-04</b>	BAN	Emma Robinson	Olympic Trials, Sheffield
200 Breast	2:32.14	<b>26-Feb-04</b>	BAN	Emma Robinson	Welsh Open, Swansea
50 Fly	27.86	<b>29-Mar-05</b>	BAN	Julie Douglas	British LC Championships, Manchester
100 Fly	1:04.63	<b>20-Jan-06</b>	BAN	Clare Dawson	Geneva Open LC
200 Fly	2:21.25	<b>1-Jul-98</b>	BAN	Lorna Cardwell	Scottish LC Championships, Edinburgh
200 IM	2:26.34	<b>12-Apr-07</b>	BAN	Alison Pugh	Irish LC Championships, Dublin
400 IM	5:15.38	<b>1-May-80</b>	BAN	Julie Parkes	Blackpool
200 Free Relay	1:56.38	<b>24-Mar-07</b>	BAN	Bangor	A.Pugh, C.Buck, K.Linden, J.Falls
400 Free Relay	4:00.28	<b>7-Apr-07</b>	BAN	Bangor	A.Pugh, J.Nesbitt, C.Dawson, K.Linden
800 Free Relay	8:52.17	<b>28-Apr-06</b>	BAN	Bangor	J.Nesbitt, A.Pugh, K.Linden, C.Dawson
200 Medley Relay	2:09.21	<b>4-May-08</b>	BAN	Bangor	S.Henderson, A.Dickson, C.Dawson, J.Orr
400 Medley Relay	4:28.72	<b>16-Apr-04</b>	BAN	Bangor	A.Pugh, E.Robinson, J.Nesbitt, J.Douglas

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**RECORDS Senior Club Records**
**LC Meters-Men**

50 Free	24.45	<b>1-Jun-98</b>	BAN	Garth Hall	Scottish LC Championships, Glasgow
100 Free	52.91	<b>28-Jul-08</b>	BAN	Robert Hoal	ASA Youth Championships, Sheffield
200 Free	1:59.33	<b>3-Mar-98</b>	BAN	James Hand	Vienna Open
400 Free	4:12.14	<b>1-Jun-97</b>	BAN	James Hand	Scottish A/G LC Championships, Edinburgh
800 Free	8:42.15	<b>1-May-98</b>	BAN	James Hand	Vienna Open
1500 Free	16:27.91	<b>1-May-98</b>	BAN	James Hand	Vienna Open
50 Back	28.88	<b>24-Jul-08</b>	BAN	Jordan Sloan	Irish Youth Championships, Dublin
100 Back	1:03.61	<b>12-Jul-07</b>	BAN	Robert Hoal	Irish Youth Championships, Dublin
200 Back	2:17.39	<b>12-Jul-07</b>	BAN	Robert Hoal	Irish Youth Championships, Dublin
50 Breast	29.31	<b>28-Apr-06</b>	BAN	Jonathan Nixon	Irish LC Championships, Dublin
100 Breast	1:05.12	<b>29-Apr-05</b>	BAN	Jonathan Nixon	Irish LC Championships, Limerick
200 Breast	2:28.58	<b>18-Apr-04</b>	BAN	Jonathan Nixon	Irish LC Championships, Dublin
50 Fly	25.98	<b>1-Jun-98</b>	BAN	Gareth Walker	Scottish LC Championships, Glasgow
100 Fly	58.00	<b>1-Jun-98</b>	BAN	Gareth Walker	Commonwealth Games, Victoria
200 Fly	2:30.00	<b>1-Jan-00</b>	BAN	James Hand	
200 IM	2:11.16	<b>5-Dec-08</b>	BAN	Robert Hoal	Plymouth Open LC
400 IM	5:09.45	<b>24-Feb-07</b>	BAN	Simon Dickson	Tri Nations, Dublin
200 Free Relay	1:44.08	<b>24-Mar-07</b>	BAN	Bangor	R.Hoal, K.Frizzell, S.Dickson, D.Warwick
400 Free Relay	3:50.93	<b>12-Apr-07</b>	BAN	Bangor	R.Hoal, D.Warwick, K.Frizzell, S.Dickson
800 Free Relay	8:27.42	<b>3-May-08</b>	BAN	Bangor	J.Sloan, R. Hoal, S.Dickson, J.Hyland
200 Medley Relay	1:53.34	<b>3-May-08</b>	BAN	Bangor	J.Sloan, S.Dickson, D.Warwick, R.Hoal
400 Medley Relay	4:13.09	<b>2-May-08</b>	BAN	Bangor	J.Sloan, S.Dickson, C.Bailie, R.Hoal