

## BUCS LONG COURSE RECORDS

### CHAMPIONSHIP RECORDS - MEN

#### FREESTYLE

50	Benjamin Proud	St Mark & St John	2016	21.73
100	Benjamin Proud	St Mark & St John	2016	49.10
200	Thomas Dean	Bath	2019	1:47.38
400	Daniel Wiffin	Loughborough	2024	3:49.66
800	Daniel Wiffen	Loughborough	2024	7:43.03
1500	Daniel Wiffen	Loughborough	2024	14:42.05

#### BACKSTROKE

50	Conor Ferguson	Loughborough	2024	24.72
100	Oliver Morgan	Birmingham	2024	53.31
200	Oliver Morgan	Birmingham	2024	1:57.81

#### BREASTSTROKE

50	James Wilby	Loughborough	2018	27.54
100	James Wilby	Loughborough	2019	59.42
200	James Wilby	Loughborough	2019	2:09.71

#### BUTTERFLY

50	Benjamin Proud	St Mark & St John	2015	23.63
100	Lewis Fraser	Swansea	2024	52.62
200	Cameron Brodie	Stirling	2015	1:57.93

#### INDIVIDUAL MEDLEY

200	Thomas Dean	Bath	2019	2:00.25
400	Max Litchfield	Sheffield Hallam	2017	4:17.44

#### RELAYS

4 x 100 Freestyle		Stirling	2019	3:20.87
4 x 100 Medley		Loughborough	2024	3:37.51

### CHAMPIONSHIP RECORDS - WOMEN

#### FREESTYLE

50	Catherine DeLoof	Loughborough	2023	24.74
	Komelia Fiedkiewicz	Loughborough	2024	24.74
100	Catherine DeLoof	Loughborough	2023	54.17
200	Caitlin McClatchey	Loughborough	2008	1:57.64
400	Caitlin McClatchey	Loughborough	2010	4:10.20
800	Aimee Willmott	East London	2016	8:36.00
1500	Fleur Lewis	Loughborough	2024	16:22.88

#### BACKSTROKE

50	Medi Harris	Swansea	2022	27.69
100	Medi Harris	Swansea	2022	59.30
200	Katie Shanahan	Stirling	2023	2:08.08

#### BREASTSTROKE

50	Tatiana Belongoff	Loughborough	2023	30.33
100	Tatiana Belongoff	Loughborough	2023	1:06.53
200	Lilly Booker	Loughborough	2018	2:25.77

#### BUTTERFLY

50	Marie Wattel	Loughborough	2018	26.36
100	Louise Hansson	Loughborough	2022	57.64
200	Charlotte Atkinson	Loughborough	2018	2:09.21

#### INDIVIDUAL MEDLEY

200	Katie Shanahan	Stirling	2023	2:11.63
400	Aimee Willmott	East London	2016	4:36.21

#### RELAYS

4 x 100 Freestyle		Loughborough	2012	3:38.49
4 x 100 Medley		Stirling	2024	4:01.64

### CHAMPIONSHIP RECORDS - MIXED

4 x 100 Medley		Loughborough	2023	3:48.72
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