

ESSA Championships Record Holders – Metres Long Course

100 metres BACKSTROKE

Boys	Jnr	Adam John	5	Plymouth	1-03.17	2005
	Int	Adam John	5	Plymouth	59.36	2007
	Snr	Sam Straughan	5	Plymouth	0-58.42	2009
Girls	Jnr	Phoebe Lenderyou	1	Newcastle on Tyne	1-04.64	2009
	Int	Zoe Hester	5	Plymouth	1-04.43	2007
	Snr	Katrina Alder	7	Salford	1-04.27	2009 (H)

100 metres BREASTSTROKE

Boys	Jnr	Matthew Kidd	11	Ewell	1-09.37	1993
	Int	Joe Sowden	3	Bradford	1-07.46	2005
	Snr	Daniel Sliwinski	7	Bolton	1-04.69	2007
Girls	Jnr	Grace Callaghan	4	Warwick	1-13.44	2002
	Int	Achieng Ajulu-Bushell	5	Plymouth	1-11.56	2009
	Snr	Suki Brownsdon	5	Street	1-13.53	1983

100 metres BUTTERFLY

Boys	Jnr	Elliot Hynes	7	Manchester	0-59.95	2009
	Int	Michael Rock	2	Liverpool	0-56.67	2002
	Snr	Ryan Bennett	2	Leyland	0-55.63	2007
Girls	Jnr	Rachael Kelly	7	Newcastle-u-Lyme	1-03.94	2007
	Int	Rachael Kelly	7	Newcastle-u-Lyme	1-03.58	2009
	Snr	Stephanie Hill	4	Duffield	1-01.99	2004

100 metres FREESTYLE

Boys	Jnr	John Noble	6	Coventry	0-56.23	2005 (H)
	Int	Ben Hutchinson	12	East Grinstead	0-53.39	2002
	Snr	James Disney-May	5	Street	0-51.84	2009
Girls	Jnr	Amelia Maughan	5	Street	0-59.84	2009 (H)
	Int	Emma Saunders	7	Bolton	0-57.88	2009
	Snr	Louisa Farrer-Fisher	9	London	0-58.44	2007

200 metres INDIVIDUAL MEDLEY

Boys	Jnr	Fraser Minican	1	Ulverston	2-16.97	2009
	Int	Matthew Johnson	3	Liversedge	2-09.94	2009
	Snr	Sam Van de Schootbrugge	4	Nottingham	2-09.53	2009
Girls	Jnr	Ellis Jackson	8	Lowestoft	2-22.90	2007
	Int	Ellis Jackson	8	Lowestoft	2-19.16	2009
	Snr	Aimee Wilmott	1	Middlesborough	2-17.85	2009

400 metres OPEN FREESTYLE

Boys		Jonathan Quinn	10	Potters Bar	4-01.16	2005
Girls		Rebecca Adlington	4	Mansfield	4-16.10	2005

4 x 50 metres MEDLEY TEAM

Boys	Jnr	Division	5		1-56.55	2009
	Int	Division	5		1-50.15	2009
	Snr	Division	5		1-46.26	2009
Girls	Jnr	Division	5		2-02.65	2009
	Int	Division	5		1-59.93	2009
	Snr	Division	5		2-01.42	1983

4 x 50 metres FREESTYLE TEAM

Boys	Jnr	Division	5		1-44.28	2009
	Int	Division	5		1-39.73	2009
	Snr	Division	4		1-35.13	2009
Girls	Jnr	Division	5		1-50.82	2009
	Int	Division	7		1-49.00	2009
	Snr	Division	12		1-48.29	2009