



Lisburn City Swimming Club Long Course Records 2022 – 2023



Male				Distance	Female			
Male D	C	B	A		A	B	C	D
DOB (2006+) 15 yrs old and older	DOB (2007/08) 13/14 yrs old	DOB (2009/10) 11/12 yrs old	DOB (2011+) 10 yrs old and younger	DOB (2011+) 10 yrs old and younger	DOB (2009/10) 11/12 yrs old	DOB (2007/08) 13/14 yrs old	DOB (2006+) 15 yrs old and older	
23.67 Dylan Registe 21 Jan 2023	25.33 Alfie Shaw 23/04/2022	27.97 Dylan Registe 26 JUL 2018	Standard 30.20	50Free	Standard 29.90	28.20 Rachel Bethel 28/04/13	27.54 Rachel Bethel 02/03/14	26.81 Bethany Carson 10/8/14
52.65 Neil McGrann 16/04/04	55.80 Alfie Shaw 22/7/22	1.03.42 Daniel Wiffen 19/07/14	1.08.15 R McIlveen 12/07/07	100Free	1.05.11 Leah Bethel 19/07/14	58.43 Rachel Bethel 24/07/13	58.02 Rachel Bethel 06/03/15	57.06 Bethany Carson 22/5/12
1:54.62 Jack Fleming 07/05/22	2.01.99 Daniel Wiffen 08/04/2016	2.16.65 Daniel Wiffen 19/07/14	2.26.22 R McIlveen 12/07/07	200Free	2.21.75 Leah Bethel 01/06/14	2.04.12 Rachel Bethel 26/07/13	2.03.38 Rachel Bethel 07/03/15	2.01.60 Rachel Bethel 10 Dec 2017
4:00.05 Daniel Wiffen 28 MAR 2019	4.14.16 Daniel Wiffen 10/04/16	4.42.82 Dylan Griffiths 31/05/2015	5.16.78 R McIlveen 12/07/07	400Free	5.00.11 Standard (Leah Bethel) 20/07/14	4.22.26 Rachel Bethel 25/07/13	4.18.94 Rachel Bethel 16/07/15	4.16.12 Rachel Bethel 09 Dec 2017
8:13.72 Daniel Wiffen 06 JUL 2019	8.49.08 Daniel Wiffen 28/04/16	10.17.16 Dara Quinn 12/02/2016		800Free	10.08.48 Leah Bethel 16/07/14	9.19.06 Rachel Bethel 17/07/13	9.00.35 Rachel Bethel 17/07/15	8:54.06 Rachel Bethel 22 JUL 2017
15:39.74 Daniel Wiffen 25 AUG 2019	16.53.20 Daniel Wiffen 28/04/16	18.29.95 Peter Sands 10/07/09	20.28.25 R McIlveen 12/07/07	1500Free		19:22.27 Jessica Robson 26 APR 2019	17:54.19 Leah Bethel 09 APR 2017	17:21.13 Rachel Bethel 09 APR 2017
27.79 Daniel Mullholland 08 May 2022	31.05 Nicky Galloway 09/07/10	36.03 Alexander Walker 28/04/11	37.10 Standard	50Back	35.22 Standard	34.41 Leah Bethel 27/03/15	31.61 Isla Henry 23 Apr 2022	31.19 Katie Reid 7/09
1.01.49 Nathan Wiffen 30 MAR 2019	1:05:78 Aiden Mallett 06 May 2022	1.13.99 K McIlveen 14/07/06	1.19.05 Paul Cox 30/03/14	100Back	1:15.73 Standard	1.08.35 Caoimhe Quinn 05/08/15	1.07.53 Caoimhe Quinn 21/5/2016	1.06.69 Katie Reid 05/2/10
2:09.14 Nathan Wiffen 28 JUL 2019	2.19.16 Christopher Loan 20/07/14	2.35.59 Robert Allison 10/07/09	2.49.03 Paul Cox 28/03/14	200Back	2:38.43 Standard	2.26.50 Caoimhe Quinn 07/08/15	2.24.31 Caoimhe Quinn 30/04/16	2.23.54 Katie Reid 28/7/09
29.83 Michael Williamson 04/01	33.71 Adam Matthews 24/07/08	34.87 Standard	38.66 Standard	50Breast	42.57 Moya O'Kane 24 Feb 2017	37.57 Moya O'Kane 11 MAR 2018	36.64 Ava McNamara 26 APR 2019	33.91 Sarah McCracken 22 JUL 2017
1.03.60 Michael Williamson 16/04/04	1.08.85 Michael Williamson 22/07/97	1.19.70 Paul Cox 18/07/15	1.27.89 Paul Cox 28/03/14	100 Breast	1:29.32 Standard	1.22.38 Ava McNamara 25 JUL 2018	1.16.48 Sarah McCracken 18/07/14	1.13.39 Sharlene Brown 13/6/92
2.14.18 Michael Williamson 04/04	2.24.08 Michael Williamson 15/12/97	2.50.83 Paul Cox 15/07/15	3.04.66 Paul Cox 28/03/14	200 Breast	3:10.45 Standard	2.57.41 Ava McNamara 03 JUN 2018	2.44.56 Sarah McCracken 17/07/14	2.36.86 Sharlene Brown 06/92
25.48 Dylan Registe 24/07/22	27.04 Dylan Registe 21 FEB 2020	31.85 Standard	35.05 Ben Bickerstaffe 02 JUN 2019	50Fly	35.85 Standard	30.88 Standard	30.75 Chloe Richards 14/07/10	28.26 Natasha Pollock 20/07/14
57.09 Dylan Registe 21 Jul 2022	59.18 Dylan Registe 22 FEB 2020	1:02.59 Ben Bickerstaffe 21 JUL 2022	1:17.13 Ben Bickerstaffe 28 APR 2019	100Fly	1:19.64 Moya O'Kane 21 APR 2017	1.07.84 Rachel Bethel 25/07/13	1.06.16 Natasha Pollock 01/06/12	1.00.53 Bethany Carson 3/3/12
2:07:43 Adam Colgan 07 May 2022	2:12.46 Keelan Logan 17/07/14	2:19.77 Ben Bickerstaffe 16 JUL 2014	2:54.14 Ben Bickerstaffe 09 MAR 2019	200Fly	2:55.50 Standard	2.29.60 Rachel Bethel 26/05/13	2.25.39 Rachel Bethel 15/07/15	2.15.06 Bethany Carson 18/1/13
2:11.17 Adam Colgan 24 Jul 2022	2.18.54 Jamie Allison 24/07/16	2.34.823 Jamie Allison 16/07/14	2.49.08 Paul Cox 30/49/14	200IM	2:49.11 Moya O'Kane 21 APR 2017	2.31.89 Caoimhe Quinn 16/07/15	2.28.06 Bethany Carson 25/03/06	2.17.80 Bethany Carson 19/1/13
4:35:23 Adam Colgan 20 Jul 2022	4.57.18 Jack Fleming 23/07/16	5.11.39 Ben Bickerstaffe 20 JUL 2022	5.56.05 Paul Cox 28/03/14	400IM	6:05.02 Standard	5.23.44 Caoimhe Quinn 30/05/15	5.09.54 Bethany Carson 14/07/06	4.56.62 Bethany Carson 27/3/09

RELAYS

1:51.93 Nathan Wiffen Daniel Wiffen Paul Cox Odhran Mallon 10 NOV 2018	1:59.73 Nathan Wiffen, Paul Cox, Jamie Allison, Daniel Wiffen 20/7/2016	2:18.41 N. Wiffen P. Cox O. Chambers E. Copeland 30/03/14	2:35.70 Standard	4x50 Medley Team Relay	2:32.36 Standard	2:19.36 L. Bethel H McMath C. Quinn A. Crookshanks 27/03/15	2:10.90 Z Dickey S. McCracken R Bethel V. Hunter 18/07/08	2:05.79 C Quinn S McCracken V Hunter R Bethel 07/11/15
1:41.31 D. Thompson G. Moore L. Galloway A. Matthews 04/02/11	1:46.04 Jamie Allison, Daniel Wiffen, Dylan Griffiths, Jack Fleming 24/07/16	1:59.57 O. Chambers D. Wiffen P. Cox E. Copeland 29/03/14	2:14.17 Standard	4x50 Freestyle Team Relay	2:18.50 Standard	2:02.89 L. Bethel E. Smyth A. Crookshanks C. Quinn 28/03/15	1:57.04 Elise Smyth Sasha Quinn Lydia Mees Hannah McMath 23 APR2017	1:52.28 B. Carson K. Reid S.O'Callaghan R. Smyth 04/2/10
2:33.98 Daniel Wiffen Nathan Wiffen Paul Cox Jack Fleming Odhran Mallon Caleb Maguire 10 Nov 2018				6 x 50m Freestyle Team Relay				
4:04.60 Nathan Wiffen Paul Cox Odhran Mallon Jamie Allison 22 FEB 2019	4:20.92 Standard Nathan Wiffen, Paul Cox, Jamie Allison, Daniel Wiffen 20 JUL 2016			4x100 Medley Team Relay		4:58.58 Standard Cara O'Neill Campbell Ava McNamara Toni Jamison Moya O'Kane 16 Feb 2018	4:42.01 Jessika Robson Ava McNamara Toni Jamison Moya O'Kane 27 JUL 2019	4:41.45 Jessika Robson, Ava McNamara, Toni Jamison, Holly Robson 24 JUL 2022
3:35.86 Jack Fleming Adam Colgan, Daniel Mulholland Paul Cox 25/02/22	3:51.00 Standard Jamie Allison, Daniel Wiffen, Dylan Griffiths, Jack Fleming 23 JUL 2016			4x100 Freestyle Team Relay			4:15.56 Cara O'Neill Campbell Moya O'Kane Toni Jamison Ava McNamara 27 APR 2019	4:06.14 B. Carson S.Mathewson C. Beattie K. Reid 02/5/08
7:56.38 Jamie Alison Daniel Wiffen Jack Fleming Dylan Griffiths 07 APR 2018				4x200 Freestyle Team Relay		9:36.05 Jessika Robson Cara O'Neill Campbell Toni Jamison Ava McNamara 27 JUL 2018	8:52.84 Standard R Bethel L Bethel V Hunter C Quinn 16/07/15	8:58.69 J. Bingham K. Reid B. Carson R. Smyth 29/4/10

MIXED RELAYS

	A	B	C	D
4 x 50 Freestyle Mixed Team Relay				1:45.69 N Jennings, J Allison, R Bethel, L Bethel 13 Nov 2016
4 x 50 Mixed Medley Team Relay				1:57.86 N Wiffen, S McCracken, N Jennings, R Bethel 12 Nov 2017
4 x 100 Mixed Medley Team Relay				4:16.88 Nathan Wiffen, Paul Cox Andrea Cox, Jodie Marshall 27 APR 2019