

## Kingdom Swimming Club

### RECORDS Male / Female

#### SC Meters-Female

10 & U	50 Free	33.46	<b>1-Jun-91</b>		Elaine O connell
	100 Free	1:09.54	<b>1-Jun-90</b>		Elaine O Connell
	200 Free	2:44.46	<b>8-Aug-01</b>	KGD	NIAMH O SULLIVAN at Best Times SO
	50 Back	40.70	<b>24-Nov-01</b>	KGD	CLAIRE O CONNELL at Munster Sprints 2001
	100 Back	1:27.63	<b>22-Feb-02</b>	KGD	CLAIRE O CONNELL at Ennis Invitation GALA
	200 Back	3:23.20	<b>29-Nov-14</b>	KGD	Allison Lane at Kingdom Open
	50 Breast	42.43	<b>1-Feb-92</b>		Olga Dooley
	100 Breast	1:36.36	<b>1-May-89</b>		Olga Dooley
	200 Breast	4:00.00	<b>1-Jan-88</b>		An other
	50 Fly	40.09	<b>3-Jan-15</b>	KGD	Ellie Sugrue at Club Gala
	100 Fly	1:16.15	<b>1-Jun-90</b>		Elain O Connell
	200 Fly	4:00.00	<b>1-Jan-88</b>		an other
	100 IM	1:29.99	<b>1-Nov-90</b>		Elain O Connell
	200 IM	3:13.46	<b>8-Aug-01</b>	KGD	NIAMH O SULLIVAN at Best Times SO
	400 IM	8:00.00	<b>1-Jan-88</b>		An Other
12 & U	50 Free	30.17	<b>13-Dec-03</b>	KGD	NIAMH O SULLIVAN at Fermoy Invitation Gala
	100 Free	1:05.68	<b>13-Dec-03</b>	KGD	NIAMH O SULLIVAN at Fermoy Invitation Gala
	200 Free	2:25.55	<b>1-Feb-98</b>		Sandra O Connell
	400 Free	5:06.67	<b>1-Jul-98</b>		Laura Duffy
	800 Free	12.00	<b>1-Jan-88</b>		An other
	50 Back	35.28	<b>5-Jan-13</b>	KGD	Megan O'Donnell at Club gala
	100 Back	1:15.29	<b>8-Dec-12</b>	KGD	Megan O'Donnell at Munster Graded
	200 Back	2:43.52	<b>1-Jul-91</b>		Yvonn Long
	50 Breast	42.34	<b>8-Nov-03</b>	KGD	CLAIRE O CONNELL at MUSTER SPRINTCHAMPIONSHIPS
	100 Breast	1:26.74	<b>1-Apr-98</b>		Sandra O Connell
	200 Breast	3:10.13	<b>1-Apr-98</b>	KGD	Sandra O Connell
	50 Fly	35.16	<b>5-Jan-13</b>	KGD	Megan O'Donnell at Club gala
	100 Fly	1:16.15	<b>1-May-91</b>		Yvonne Long
	200 Fly	2:57.35	<b>1-Jan-91</b>		Yvonne Long
	100 IM	1:18.91	<b>18-Nov-12</b>	KGD	Megan O'Donnell at Askeaton's 54th Annual Invitation Gala
	200 IM	2:44.35	<b>1-Jun-90</b>		Yvonne Long
	400 IM	6:53.69	<b>1-Nov-01</b>	KGD	MICHELLE BYRNE at Best Times SO
14 & U	50 Free	28.55	<b>18-Dec-05</b>	KGD	NIAMH O SULLIVAN at Club Gala 05
	100 Free	1:00.08	<b>7-Jan-06</b>	KGD	NIAMH O SULLIVAN at Munster Senior Schools 2006
	200 Free	2:09.85	<b>8-Jul-05</b>	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	800 Free	9:31.12	<b>8-Jul-05</b>	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	50 Back	32.66	<b>3-Jan-15</b>	KGD	Megan O'Donnell at Club Gala
	100 Back	1:09.89	<b>29-Nov-14</b>	KGD	Megan O'Donnell at Kingdom Open
	200 Back	2:31.72	<b>1-Nov-14</b>	KGD	Megan O'Donnell at Munster SC Championships
	50 Breast	36.58	<b>18-Dec-05</b>	KGD	CLAIRE O CONNELL at Club Gala 05
	100 Breast	1:21.96	<b>7-Jan-06</b>	KGD	CLAIRE O CONNELL at Munster Senior Schools 2006
	200 Breast	2:59.63	<b>26-Nov-05</b>	KGD	CLAIRE O CONNELL at Munster Grade A
	50 Fly	32.60	<b>31-May-14</b>	KGD	Sarah Gavaghan at Michael Bowles, last chane gala
	100 Fly	1:11.30	<b>9-Mar-14</b>	KGD	Sarah Gavaghan at Munster Grade A
	200 Fly	2:48.32	<b>9-Mar-14</b>	KGD	Sarah Gavaghan at Munster Grade A
	100 IM	1:15.71	<b>21-Oct-05</b>	KGD	NIAMH O SULLIVAN at DOLPHIN OPEN
	200 IM	2:35.05	<b>8-Jul-05</b>	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	400 IM	5:48.97	<b>10-Jan-99</b>	KGD	Sandra O Connell
16 & U	50 Free	27.98	<b>26-Jul-06</b>	KGD	NIAMH O SULLIVAN at IRISH OPEN CHAMPIONSHIPS
	100 Free	58.75	<b>24-Nov-07</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A
	200 Free	2:05.52	<b>24-Nov-07</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A

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16 & U	400 Free	4:21.26	<b>9-Dec-07</b>	KGD	NIAMH O'SULLIVAN at Munster GradeA Distance
	800 Free	8:55.55	<b>9-Dec-07</b>	KGD	NIAMH O'SULLIVAN at Munster GradeA Distance
	50 Back	33.44	<b>25-Apr-15</b>	KGD	Megan O'Donnell at North Munster Champ
	100 Back	1:10.68	<b>24-Nov-07</b>	KGD	Claire O'Connell at Munster Grade A
	200 Back	2:31.51	<b>21-Oct-06</b>	KGD	NIAMH O SULLIVAN at DOLPHIN OPEN
	50 Breast	36.09	<b>28-Apr-07</b>	KGD	Claire O'Connell at MUNSTER CHAMPIONSHIPS
	100 Breast	1:14.82	<b>24-Nov-07</b>	KGD	Claire O'Connell at Munster Grade A
	200 Breast	2:47.97	<b>24-Nov-07</b>	KGD	Claire O'Connell at Munster Grade A
	50 Fly	32.19	<b>17-Dec-06</b>	KGD	NIAMH O'SULLIVAN at Club Gala
	100 Fly	1:10.34	<b>24-Nov-06</b>	KGD	NIAMH O SULLIVAN at Munster Grade A
	200 Fly	2:26.24	<b>24-Nov-07</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A
	100 IM	1:09.89	<b>28-Apr-07</b>	KGD	Claire O'Connell at MUNSTER CHAMPIONSHIPS
	200 IM	2:30.59	<b>28-Apr-07</b>	KGD	NIAMH O'SULLIVAN at MUNSTER CHAMPIONSHIPS
	400 IM	5:18.53	<b>24-Nov-06</b>	KGD	NIAMH O SULLIVAN at Munster Grade A
Senior	50 Free	27.65	<b>2-Nov-13</b>	KGD	Laura O'Shea at Munster SC Championships
	100 Free	58.58	<b>9-May-09</b>	KGD	Claire O'Connell at Munster Age Groups
	200 Free	2:05.23	<b>19-Jan-08</b>	KGD	NIAMH O'SULLIVAN at MUNSTER CHAMPIONSHIPS
	400 Free	4:21.26	<b>9-Dec-07</b>	KGD	NIAMH O'SULLIVAN at Munster GradeA Distance
	800 Free	8:55.55	<b>9-Dec-07</b>	KGD	NIAMH O'SULLIVAN at Munster GradeA Distance
	50 Back	32.38	<b>2-Nov-13</b>	KGD	Laura O'Shea at Munster SC Championships
	100 Back	1:08.51	<b>9-May-09</b>	KGD	Claire O'Connell at Munster Age Groups
	200 Back	2:29.51	<b>2-Nov-13</b>	KGD	Laura O'Shea at Munster SC Championships
	50 Breast	34.68	<b>19-Jan-08</b>	KGD	Claire O'Connell at MUNSTER CHAMPIONSHIPS
	100 Breast	1:14.82	<b>24-Nov-07</b>	KGD	Claire O'Connell at Munster Grade A
	200 Breast	2:47.97	<b>24-Nov-07</b>	KGD	Claire O'Connell at Munster Grade A
	50 Fly	31.31	<b>4-Jan-14</b>	KGD	Laura O'Shea at Club Gala
	100 Fly	1:07.57	<b>9-May-09</b>	KGD	Claire O'Connell at Munster Age Groups
	200 Fly	2:26.24	<b>24-Nov-07</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A
	100 IM	1:07.29	<b>27-Mar-10</b>	KGD	Claire O'Connell at Kingdom Masters
	200 IM	2:25.52	<b>9-May-09</b>	KGD	Claire O'Connell at Munster Age Groups
	400 IM	5:18.53	<b>24-Nov-06</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A

## Kingdom Swimming Club

### RECORDS Male / Female

#### SC Meters-Male

10 & U	50 Free	33.11	<b>1-Dec-94</b>		Wayne O Riordan
	100 Free	1:12.27	<b>1-Feb-95</b>		Florry O Connell
	50 Back	38.12	<b>1-Feb-95</b>		Florry O Connell
	100 Back	1:24.93	<b>1-Feb-95</b>		Florry O Connell
	50 Breast	43.88	<b>1-Dec-94</b>		Wayne O Riordan
	100 Breast	1:40.38	<b>1-May-89</b>		Ralph Bates
	50 Fly	39.06	<b>1-Jan-93</b>		Ross Higgins
	100 Fly	1:31.00	<b>1-Feb-95</b>		Florry O Connell
	100 IM	1:31.00	<b>1-Feb-95</b>		Florry O Connell
	200 IM	3:13.05	<b>1-Apr-94</b>		Florry O Connell
	400 IM	6:14.20	<b>1-Sep-95</b>		Florry O Connell
12 & U	50 Free	29.60	<b>1-Nov-96</b>		Florry O Connell
	100 Free	1:01.61	<b>1-Feb-97</b>		Florry O Connell
	200 Free	2:12.71	<b>1-Feb-97</b>		Florry O Connell
	400 Free	4:46.41	<b>1-Dec-96</b>		Florry O Connell
	800 Free	10:13.00	<b>1-Feb-96</b>		Florry O Connell
	1500 Free	18:28.66	<b>1-Feb-97</b>		Florry O Connell
	50 Back	33.78	<b>1-Nov-96</b>		Florry O Connell
	100 Back	1:09.47	<b>1-Feb-97</b>		Florry O Connell
	200 Back	2:31.04	<b>1-Feb-07</b>		Florry O Connell
	50 Breast	40.66	<b>1-Nov-96</b>		Wayne O Riordan
	100 Breast	1:24.98	<b>11-Dec-04</b>	KGD	PHILIP STONE at Munster SeniorSchools
	200 Breast	3:11.61	<b>1-May-92</b>		Kristian O Donovan
	50 Fly	31.06	<b>1-Nov-96</b>		Florry O Connell
	100 Fly	1:08.87	<b>1-Dec-96</b>	KGD	Florry O Connell
	200 Fly	2:35.65	<b>1-Feb-97</b>		Florry O Connell
	100 IM	1:18.27	<b>27-Oct-07</b>	KGD	Brian O'Sullivan at Mallow Swans Invitation Gala
	200 IM	2:39.85	<b>1-Nov-96</b>		Florry O Connell
	400 IM	5:24.59	<b>1-Feb-97</b>		Florry O Connell
14 & U	50 Free	26.77	<b>30-Nov-13</b>	KGD	Jack Grace at Kingdom Open
	100 Free	56.93	<b>7-Jul-96</b>		Florry O Connell
	200 Free	2:02.23	<b>1-Aug-98</b>		Florry O Connell
	400 Free	4:16.26	<b>1-Aug-98</b>		Florry O Connell
	800 Free	9:40.58	<b>1-Dec-96</b>		Florry O Connell
	1500 Free	17:06.43	<b>1-Aug-98</b>		Florry O Connell
	50 Back	29.82	<b>24-Oct-09</b>	KGD	Brian O'Sullivan at Mallow Invitational Gala 2009
	100 Back	1:03.49	<b>29-Nov-09</b>	KGD	Brian O'Sullivan at Munster Grade A
	200 Back	2:26.37	<b>1-Aug-97</b>		Florry O Connell
	50 Breast	34.51	<b>1-Nov-14</b>	KGD	Caomhán Daly at Munster SC Championships
	100 Breast	1:14.23	<b>1-Nov-14</b>	KGD	Caomhán Daly at Munster SC Championships
	200 Breast	2:45.48	<b>1-Nov-14</b>	KGD	Caomhán Daly at Munster SC Championships
	50 Fly	29.14	<b>3-Jan-10</b>	KGD	Brian O'Sullivan at Club Gala
	100 Fly	1:00.31	<b>1-Aug-98</b>		Florry O Connell
	200 Fly	2:10.94	<b>1-Aug-98</b>		Florry O Connell
	100 IM	1:07.50	<b>24-Oct-09</b>	KGD	Brian O'Sullivan at Mallow Invitational Gala 2009
	200 IM	2:21.18	<b>1-Jul-98</b>		Florry O Connell
	400 IM	4:59.66	<b>1-Aug-98</b>		Florry O Connell
16 & U	50 Free	25.49	<b>1-Nov-14</b>	KGD	Jack Grace at Munster SC Championships
	100 Free	53.61	<b>10-May-15</b>	KGD	Jack Grace at Schools Interpro
	200 Free	2:00.51	<b>19-Nov-09</b>	KGD	CHRISTOPHER K. ROGERS at IRISH OPEN SC CHAMPIONSHIPS09
	400 Free	4:13.44	<b>1-Jul-99</b>		Florry O Connell

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### RECORDS Male / Female

16 & U	800 Free	8:50.91	<b>19-Nov-09</b>	KGD	CHRISTOPHER K. ROGERS at IRISH OPEN SC CHAMPIONSHIPS09	
	1500 Free	16:49.16	<b>1-Jul-99</b>		Florry O Connell	
	50 Back	29.76	<b>1-Nov-14</b>	KGD	Jack Grace at Munster SC Championships	
	100 Back	1:03.80	<b>1-Jul-91</b>		Ray Khan	
	200 Back	2:20.42	<b>1-Jul-90</b>		Ray Khan	
	50 Breast	33.95	<b>1-Nov-96</b>		Bernard Dennehy	
	100 Breast	1:08.91	<b>1-Jul-86</b>		Jayson Stynes	
	200 Breast	2:25.23	<b>1-Jul-86</b>		Jayson Stynes	
	50 Fly	28.42	<b>1-Jul-98</b>		Ross Higgins	
	100 Fly	1:00.31	<b>1-Jul-98</b>		Florry O Connell	
	200 Fly	2:10.94	<b>1-Aug-98</b>		Florry O Connell	
	100 IM	1:10.59	<b>8-Nov-03</b>	KGD	JAMES O CONNELL at MUSTER SPRINTCHAMPIONSHIPS	
	200 IM	2:12.32	<b>7-Jul-86</b>		Jayson Stynes	
	400 IM	4:47.47	<b>1-Jul-91</b>		Ray Khan	
Senior	50 Free	24.53	<b>8-Aug-01</b>	KGD	WAYNE O RIORDAN at Best Times SO	
	100 Free	54.27	<b>22-Mar-05</b>	KGD	WAYNE O RIORDAN at Best Times SO	
	200 Free	1:59.35	<b>18-Apr-10</b>	KGD	CHRISTOPHER K. ROGERS at Munster Grade A	
	400 Free	4:08.07	<b>1-Jul-93</b>		Jayson Stynes	
	800 Free	9:35.97	<b>1-Jul-91</b>		Ray Khan	
	1500 Free	16:34.85	<b>1-Jul-00</b>		Florry O Connell	
	50 Back	30.06	<b>1-Nov-14</b>	KGD	Jack Grace at Munster SC Championships	
	100 Back	1:03.90	<b>1-Jul-91</b>		Ray Khan	
	200 Back	2:17.70	<b>1-Jul-91</b>		Ray Khan	
	50 Breast	30.29	<b>1-Jul-93</b>		Jayson Stynes	
	100 Breast	1:04.51	<b>1-Jul-90</b>		Jayson Stynes	
	200 Breast	2:19.34	<b>1-Jun-91</b>		Jayson Stynes	
	50 Fly	27.23	<b>1-Jul-99</b>		Ross Higgins	
	100 Fly	58.35	<b>1-Jul-87</b>	KGD	Ger McDonnell	es SO
	200 Fly	2:07.55	<b>1-Jul-87</b>		Ger mc Donnell	
	100 IM	59.11	<b>1-Jul-93</b>		Jayson Stynes	
	200 IM	2:07.10	<b>1-Jul-93</b>		Jayson Stynes	
	400 IM	4:43.82	<b>29-Jul-00</b>		Florry O Connell	