

## Kingdom Swimming Club

### RECORDS Male / Female

#### SC Meters-Female

10 & U	50	Free	33.46	1-Jun-91		Elaine O connell
	100	Free	1:09.54	1-Jun-90		Elaine O Connell
	200	Free	2:44.46	8-Aug-01	KGD	NIAMH O SULLIVAN at Best Times SO
	50	Back	40.70	24-Nov-01	KGD	CLAIRE O CONNELL at Munster Sprints 2001
	100	Back	1:27.63	22-Feb-02	KGD	CLAIRE O CONNELL at Ennis Invitation GALA
	200	Back	3:23.20	29-Nov-14	KGD	Allison Lane at Kingdom Open
	50	Breast	42.43	1-Feb-92		Olga Dooley
	100	Breast	1:36.36	1-May-89		Olga Dooley
	200	Breast	4:00.00	1-Jan-88		An other
	50	Fly	37.50	3-Jan-16	KGD	Alexandra Perez at Club Gala
	100	Fly	1:16.15	1-Jun-90		Elain O Connell
	200	Fly	4:00.00	1-Jan-88		an other
	100	IM	1:29.99	1-Nov-90		Elain O Connell
	200	IM	3:13.46	8-Aug-01	KGD	NIAMH O SULLIVAN at Best Times SO
	400	IM	8:00.00	1-Jan-88		An Other
12 & U	50	Free	30.17	13-Dec-03	KGD	NIAMH O SULLIVAN at Fermoy Invitation Gala
	100	Free	1:05.68	13-Dec-03	KGD	NIAMH O SULLIVAN at Fermoy Invitation Gala
	200	Free	2:25.55	1-Feb-98		Sandra O Connell
	400	Free	5:06.67	1-Jul-98		Laura Duffy
	800	Free	12.00	1-Jan-88		An other
	50	Back	35.28	5-Jan-13	KGD	Megan O'Donnell at Club gala
	100	Back	1:15.29	8-Dec-12	KGD	Megan O'Donnell at Munster Graded
	200	Back	2:43.52	1-Jul-91		Yvonn Long
	50	Breast	41.96	3-Jan-16	KGD	Sara Lucid at Club Gala
	100	Breast	1:26.74	1-Apr-98		Sandra O Connell
	200	Breast	3:10.13	1-Apr-98	KGD	Sandra O Connell
	50	Fly	35.14	7-Jan-17	KGD	Alexandra Perez at Club gala16 Jan17
	100	Fly	1:16.15	1-May-91		Yvonne Long
	200	Fly	2:57.35	1-Jan-91		Yvonne Long
	100	IM	1:18.91	18-Nov-12	KGD	Megan O'Donnell at Askeaton's 54th Annual Invitation Gala
	200	IM	2:44.35	1-Jun-90		Yvonne Long
	400	IM	6:53.69	1-Nov-01	KGD	MICHELLE BYRNE at Best Times SO
14 & U	50	Free	28.55	18-Dec-05	KGD	NIAMH O SULLIVAN at Club Gala 05
	100	Free	1:00.08	7-Jan-06	KGD	NIAMH O SULLIVAN at Munster Senior Schools 2006
	200	Free	2:09.85	8-Jul-05	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	800	Free	9:31.12	8-Jul-05	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	50	Back	32.66	3-Jan-15	KGD	Megan O'Donnell at Club Gala
	100	Back	1:09.89	29-Nov-14	KGD	Megan O'Donnell at Kingdom Open
	200	Back	2:31.72	1-Nov-14	KGD	Megan O'Donnell at Munster SC Championships
	50	Breast	36.58	18-Dec-05	KGD	CLAIRE O CONNELL at Club Gala 05
	100	Breast	1:21.96	7-Jan-06	KGD	CLAIRE O CONNELL at Munster Senior Schools 2006
	200	Breast	2:56.98	12-Mar-17	KGD	Sara Lucid at Mun Grade 1 2B-16/17-M027 & M028
	50	Fly	31.75	25-Feb-17	KGD	Wiktorja Niewiadomska at Michael Bowles
	100	Fly	1:11.30	9-Mar-14	KGD	Sarah Gavaghan at Munster Grade A
	200	Fly	2:48.32	9-Mar-14	KGD	Sarah Gavaghan at Munster Grade A
	100	IM	1:15.71	21-Oct-05	KGD	NIAMH O SULLIVAN at DOLPHIN OPEN
	200	IM	2:35.05	8-Jul-05	KGD	NIAMH O SULLIVAN at Irish Open Age Group
	400	IM	5:48.97	10-Jan-99	KGD	Sandra O Connell
16 & U	50	Free	27.81	29-Oct-16	KGD	Megan O'Donnell at Munster SC Championships
	100	Free	58.75	24-Nov-07	KGD	NIAMH O'SULLIVAN at Munster Grade A

## Kingdom Swimming Club

### RECORDS Male / Female

16 & U	200	Free	2:05.52	<b>24-Nov-07</b>	KGD	NIAMH O'SULLIVAN at Munster Grade A
	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	31.37	<b>29-Oct-16</b>	KGD	Megan O'Donnell at Munster SC Championships
	100	Back	1:07.30	<b>29-Oct-16</b>	KGD	Megan O'Donnell at Munster SC Championships
	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	31.71	<b>30-Oct-15</b>	KGD	Megan O'Donnell at Munster Shgort C Championships 2A-15/16-M005
	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	31.31	<b>7-Jan-17</b>	KGD	Megan O'Donnell at Club gala16 Jan17
	100	Back	1:05.87	<b>12-Mar-17</b>	KGD	Megan O'Donnell at Mun Grade 1 2B-16/17-M027 & M028
	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	30.87	<b>7-Jan-17</b>	KGD	Megan O'Donnell at Club gala16 Jan17
	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	1-Dec-94		Wayne O Riordan
	100	Free	1:12.27	1-Feb-95		Florry O Connell
	50	Back	38.12	1-Feb-95		Florry O Connell
	100	Back	1:24.93	1-Feb-95		Florry O Connell
	50	Breast	43.88	1-Dec-94		Wayne O Riordan
	100	Breast	1:40.38	1-May-89		Ralph Bates
	50	Fly	39.06	1-Jan-93		Ross Higgins
	100	Fly	1:31.00	1-Feb-95		Florry O Connell
	100	IM	1:31.00	1-Feb-95		Florry O Connell
	200	IM	3:13.05	1-Apr-94		Florry O Connell
	400	IM	6:14.20	1-Sep-95		Florry O Connell
12 & U	50	Free	29.60	1-Nov-96		Florry O Connell
	100	Free	1:01.61	1-Feb-97		Florry O Connell
	200	Free	2:12.71	1-Feb-97		Florry O Connell
	400	Free	4:46.41	1-Dec-96		Florry O Connell
	800	Free	10:13.00	1-Feb-96		Florry O Connell
	1500	Free	18:28.66	1-Feb-97		Florry O Connell
	50	Back	33.78	1-Nov-96		Florry O Connell
	100	Back	1:09.47	1-Feb-97		Florry O Connell
	200	Back	2:31.04	1-Feb-07		Florry O Connell
	50	Breast	40.66	1-Nov-96		Wayne O Riordan
	100	Breast	1:24.98	11-Dec-04	KGD	PHILIP STONE at Munster SeniorSchools
	200	Breast	3:11.61	1-May-92		Kristian O Donovan
	50	Fly	31.06	1-Nov-96		Florry O Connell
	100	Fly	1:08.87	1-Dec-96	KGD	Florry O Connell
	200	Fly	2:35.65	1-Feb-97		Florry O Connell
	100	IM	1:18.27	27-Oct-07	KGD	Brian O'Sullivan at Mallow Swans Invitation Gala
	200	IM	2:39.85	1-Nov-96		Florry O Connell
	400	IM	5:24.59	1-Feb-97		Florry O Connell
14 & U	50	Free	26.77	30-Nov-13	KGD	Jack Grace at Kingdom Open
	100	Free	56.93	7-Jul-96		Florry O Connell
	200	Free	2:02.23	1-Aug-98		Florry O Connell
	400	Free	4:16.26	1-Aug-98		Florry O Connell
	800	Free	9:40.58	1-Dec-96		Florry O Connell
	1500	Free	17:06.43	1-Aug-98		Florry O Connell
	50	Back	29.82	24-Oct-09	KGD	Brian O'Sullivan at Mallow Invitational Gala 2009
	100	Back	1:03.49	29-Nov-09	KGD	Brian O'Sullivan at Munster Grade A
	200	Back	2:26.37	1-Aug-97		Florry O Connell
	50	Breast	34.51	1-Nov-14	KGD	Caomhán Daly at Munster SC Championships
	100	Breast	1:14.23	1-Nov-14	KGD	Caomhán Daly at Munster SC Championships
	200	Breast	2:45.48	1-Nov-14	KGD	Caomhán Daly at Munster SC Championships
	50	Fly	29.14	3-Jan-10	KGD	Brian O'Sullivan at Club Gala
	100	Fly	1:00.31	1-Aug-98		Florry O Connell
	200	Fly	2:10.94	1-Aug-98		Florry O Connell
	100	IM	1:07.50	24-Oct-09	KGD	Brian O'Sullivan at Mallow Invitational Gala 2009
	200	IM	2:21.18	1-Jul-98		Florry O Connell
	400	IM	4:59.66	1-Aug-98		Florry O Connell
16 & U	50	Free	25.49	1-Nov-14	KGD	Jack Grace at Munster SC Championships
	100	Free	53.61	10-May-15	KGD	Jack Grace at Schools Interpro
	200	Free	2:00.51	19-Nov-09	KGD	CHRISTOPHER K. ROGERS at IRISH OPEN SC CHAMPIONSHIPS09

# Kingdom Swimming Club

## RECORDS Male / Female

16 & U	400	Free	4:13.44	<b>1-Jul-99</b>		Florry O Connell
	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	57.79	<b>6-Jun-13</b>	KGD	GERARD MC DONNELL at Aberdeen Internationalt
	200	Fly	2:06.16	<b>29-Mar-88</b>	KGD	GERARD MC DONNELL at Aberdeen Internationalt
	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