## Rotherham Metro Club Records

### Long Course Records - Open Boys

| | | | |
|---|---|---|---|
| 50m Free | Alistair Crawford | 23.75 | British Championships Ponds Forge April 2008 |
| 100m Free | Alistair Crawford | 53.64 | NER Champs Ponds Forge May 2008 |
| 200m Free | Dale Waterhouse | 1.58.04 | COSSS Snow Frills Ponds Forge December 2009 |
| 400m Free | Joe Roebuck | 4.11.36 | National Youth Ponds Forge August 2002 |
| 800m Free | George Russell | 8.48.22 | British Masters Ponds Forge April 2016 |
| 1500m Free | George Russell | 16.35.24 | ASA Summer Nationals Ponds Forge August 2016 |
| 50m Back | Robert Pearson | 27.53 | NER Championships Sunderland May 2015 |
| 100m Back | Robert Pearson | 59.69 | Derventio Open Meet Ponds Forge April 2015 |
| 200m Back | Paul Mannifield | 2.12.98 | National Age Gp Coventry August 1997 |
| 50m Breast | Sam Seddon | 29.80 | European Junior Moscow July 1999 |
| 100m Breast | Ian Swift | 1.04.13 | European Trials Ponds Forge April 1995 |
| 200m Breast | Ian Swift | 2.17.82 | National Senior Ponds Forge June 1993 |
| 50m Fly | Alistair Crawford | 25.62 | Yorkshire Champs Leeds February 2009 |
| 100m Fly | Joe Roebuck | 59.37 | Roth Metro Open Ponds Forge April 2003 |
| 200m Fly | James Whitehead | 2.07.05 | National Senior Ponds Forge July 1998 |
| 200m IM | Joe Roebuck | 2.09.38 | National Youth Ponds Forge August 2002 |
| 400m IM | Joe Roebuck | 4.37.21 | National Youth Ponds Forge August 2002 |

### Short Course Records - Open Boys

| | | | |
|---|---|---|---|
| 50m Free | Alistair Crawford | 23.03 | National Masters Ponds Forge October 2007 |
| 100m Free | Dale Waterhouse | 51.54 | NER Championships Durham November 2009 |
| 200m Free | Dale Waterhouse | 1.54.07 | NER Championships Durham November 2009 |
| 400m Free | George Russell | 3.59.81 | Stockport Metro Open November 2014 |
| 800m Free | George Russell | 8.21.65 | National Masters Ponds Forge October 2015 |
| 1500m Free | George Russell | 15.51.58 | ASA National Winter Meet Ponds Forge Dec 2015 |
| 50m Back | Mark Rose | 26.93 | British Champs Glasgow December 1998 |
| 100m Back | Robert Pearson | 57.89 | Winter Yorkshires Ponds Forge October 2015 |
| 200m Back | Paul Mannifield | 2.09.31 | NEC Champs Bishop Aukl'd November 1997 |
| 50m Breast | Ian Swift | 29.77 | World Cup Ponds Forge February 1995 |
| 100m Breast | Ian Swift | 1.02.75 | Winter Nationals Ponds Forge December 1994 |
| 200m Breast | Ian Swift | 2.15.18 | Winter Nationals Ponds Forge December 1994 |
| 50m Fly | Alistair Crawford | 25.25 | National Masters Ponds Forge October 2007 |
| 100m Fly | George Russell | 58.27 | Rotherham Metro A/B Meet September 2014 |
| 200m Fly | James Whitehead | 2.05.33 | NEC Champs Middlesboro November 1998 |
| 100m IM | Dale Waterhouse | 59.58 | Loughborough BUCS TeamsFinals March 2011 |
| 200m IM | Dale Waterhouse | 2.08.16 | Yorkshire Winter Comp PF October 2009 |
| 400m IM | Joe Roebuck | 4.35.05 | NEC Champs Middlesboro November 2000 |

## Long Course Records - Open Girls

| | | | |
|---|---|---|---|
| 50m Free | Georgina Whysall | 27.71 | Grand Prix Ponds Forge May 1998 |
| 100m Free | Georgina Whysall | 58.99 | Grand Prix Ponds Forge May 1998 |
| 200m Free | Georgina Whysall | 2.08.26 | National Age Gp Coventry August 1997 |
| 400m Free | Claire Liggins | 4.31.63 | BUSA Champs Leeds February 2000 |
| 800m Free | Claire Liggins | 9.13.08 | NEC Champs Ponds Forge May 1998 |
| 50m Back | Debbie Cocking | 29.54 | NER Championships Sunderland April 2016 |
| 100m Back | Debbie Cocking | 1.03.71 | British Swimming Champs Ponds Forge April 2017 |
| 200m Back | Samantha Wilson | 2.21.51 | NEC Champs Ponds Forge May 2003 |
| 50m Breast | Debbie Hall | 33.56 | NEC Champs Ponds Forge May 2004 |
| 100m Breast | Debbie Hall | 1.12.46 | National Youth Champs Ponds Forge August 2004 |
| 200m Breast | Debbie Hall | 2.35.75 | British Olympic Trials Ponds Forge April 2004 |
| 50m Fly | Debbie Cocking | 28.59 | ASA Summer Nationals Ponds Forge August 2016 |
| 100m Fly | Debbie Cocking | 1.03.54 | British Summer Champs Ponds Forge July 2016 |
| 200m Fly | Claire Liggins | 2.21.72 | Winter Nationals Ponds Forge December 1999 |
| 200m IM | Debbie Cocking | 2.23.78 | British Summer Champs Ponds Forge July 2016 |
| 400m IM | Claire Liggins | 5.05.51 | Wnter Nationals Ponds Forge December 1999 |

## Short Course Records - Open Girls

| | | | |
|---|---|---|---|
| 50m Free | Georgina Whysall | 27.19 | Mitchell Trophy Aberdeen October 1997 |
| 100m Free | Georgina Whysall | 57.46 | Inter Counties Ponds Forge October 1997 |
| 200m Free | Georgina Whysall | 2.06.46 | International Meet Bonn March 1997 |
| 400m Free | Claire Liggins | 4.25.54 | Roth Metro Meet Maltby April 1999 |
| 800m Free | Claire Liggins | 9.00.59 | NEC Champs Middlesboro November 1999 |
| 50m Back | Debbie Cocking | 27.94 | ASA National Winter Meet Ponds Forge Dec 2016 |
| 100m Back | Debbie Cocking | 1.00.73 | ASA National Winter Meet Ponds Forge Dec 2016 |
| 200m Back | Debbie Cocking | 2.14.01 | ASA National Winter Meet Ponds Forge Dec 2016 |
| 50m Breast | Debbie Cocking | 34.36 | Winter Yorkshires Leeds October 2016 |
| 100m Breast | Debbie Hall | 1.12.91 | Bradford XMas Meet December 2003 |
| 200m Breast | Debbie Hall | 2.35.90 | Bradford XMas Meet December 2003 |
| 50m Fly | Debbie Cocking | 27.99 | ASA National Winter Meet Ponds Forge Dec 2016 |
| 100m Fly | Debbie Cocking | 1.01.60 | Winter Yorkshires Leeds October 2016 |
| 200m Fly | Debbie Cocking | 2.20.72 | NER Champs Sunderland November 2016 |
| 100m IM | Debbie Cocking | 1.02.59 | ASA National Winter Meet Ponds Forge Dec 2016 |
| 200m IM | Debbie Cocking | 2.17.07 | NER Champs Sunderland November 2016 |
| 400m IM | Claire Liggins | 4.57.01 | NEC Champs Middlesboro November 1999 |

## Long Course Disability Records - Open Boys

| | | | | |
|---|---|---|---|---|
| 50m Free | S8 | William Whitehead | 44.75 | Yorkshire County Champs Ponds Forge Feb 2016 |
| 50m Free | S14 | Joe Seage | 28.86 | NER Regional Champs Sunderland June 2016 |
| 100m Free | S8 | William Whitehead | 1.41.95 | Yorkshire County Champs Leeds Feb 2016 |
| 100m Free | S14 | Joe Seage | 1.00.21 | ASA Summer Nationals Ponds Forge Aug 2016 |
| 200m Free | S14 | Joe Seage | 2.10.75 | British Summer Champs Ponds Forge July 2016 |
| 50 Back | S8 | William Whitehead | 48.23 | Yorkshire County Champs Ponds Forge Feb 2016 |
| 50 Back | S14 | Joe Seage | 32.58 | Roth Metro Open Ponds Forge May 2016 |
| 100 Back | S8 | William Whitehead | 1.42.14 | Roth Metro Graded LC Meet Ponds Forge Jan 2016 |
| 100 Back | S14 | Joe Seage | 1.08.34 | British Summer Champs Ponds Forge July 2016 |
| 50 Breast | SB8 | William Whitehead | 48.56 | Sheffield City Sprints Ponds Forge Nov 2015 |
| 50 Breast | SB14 | Joe Seage | 35.8 | NER Regional Champs Sunderland June 2016 |
| 100 Breast | SB8 | William Whitehead | 1.47.91 | British ParaSwimming Champs Glasgow April 2016 |
| 100 Breast | SB14 | Joe Seage | 1.14.70 | British Summer Champs Ponds Forge July 2016 |
| 200 Breast | SB8 | William Whitehead | 3.49.22 | Roth Metro Graded LC Meet Ponds Forge Jan 2016 |
| 50 Fly | S8 | William Whitehead | 43.98 | Yorkshire Championships Ponds Forge Jan 2015 |
| 50 Fly | S14 | Joe Seage | 36.15 | Roth Metro Open Ponds Forge May 2015 |
| 100 Fly | S8 | William Whitehead | 1.58.28 | Sheffield City Sprints Ponds Forge Nov 2015 |
| 200 IM | SM8 | William Whitehead | 3.44.38 | National Para Championships Manchester Dec 2015 |
| 200 IM | SM14 | Joe Seage | 2.27.05 | ASA Summer Nationals Ponds Forge Aug 2016 |

## Short Course Disability Records - Open Boys

| | | | | |
|---|---|---|---|---|
| 50m Free | S8 | William Whitehead | 43.67 | East Midlands Diasbility Meet Leicester May 2016 |
| 50m Free | S14 | Joe Seage | 29.59 | Learning Disability Champs Swansea Aug 2015 |
| 100m Free | S8 | William Whitehead | 1.48.74 | NER Para-Swimming Champs Harrogate Sep 15 |
| 100m Free | S14 | Joe Seage | 1.01.23 | Roth Metro Graded Meet Ponds Forge July 2016 |
| 200 Free | S14 | Joe Seage | 2.08.97 | Roth Metro Graded Meet Ponds Forge July 2016 |
| 50 Back | S8 | William Whitehead | 46.22 | BOK Open Huddersfield April 2016 |
| 50 Back | S14 | Joe Seage | 32.08 | NER Championships Sunderland November 2015 |
| 100 Back | S8 | William Whitehead | 1.52.79 | BOK Open Huddersfield April 2016 |
| 100 Back | S14 | Joe Seage | 1.07.14 | Roth Metro Graded Meet Ponds Forge July 2016 |
| 50 Breast | SB8 | William Whitehead | 47.72 | BOK Open Huddersfield April 2016 |
| 50 Breast | SB14 | Joe Seage | 34.67 | NER Championships Sunderland November 2015 |
| 100 Breast | SB8 | William Whitehead | 1.49.42 | BOK Open Huddersfield April 2016 |
| 100 Breast | SB14 | Joe Seage | 1.13.35 | Roth Metro Graded Meet Ponds Forge July 2016 |
| 200 Breast | SB8 | William Whitehead | 3.54.08 | East Midlands Diasbility Meet Leicester May 2016 |
| 50 Fly | S8 | William Whitehead | 46.63 | East Midlands Diasbility Meet Leicester May 2015 |
| 100 Fly | S8 | William Whitehead | 1.56.85 | Roth Metro Graded Meet Ponds Forge Sep 2015 |
| 100 IM | SM8 | William Whitehead | 1.38.43 | BOK Open Huddersfield April 2016 |
| 100 IM | SM14 | Joe Seage | 1.12.37 | Roth Metro Graded Meet Ponds Forge Sep 2015 |
| 200 IM | SM14 | Joe Seage | 2.24.28 | Roth Metro Graded Meet Ponds Forge July 2016 |

## Long Course Records - Junior Boys (under 15 on day of swim)

| | | | |
|---|---|---|---|
| 50m Free | Matthew Sotheran | 25.91 | Yorkshire Champs Ponds Forge March 2011 |
| 100m Free | Harri Thorman | 56.26 | Derventio Excel Meet Ponds Forge May 2018 |
| 200m Free | Chris Middleton | 2.04.27 | NEC Champs Ponds Forge June 2003 |
| 400m Free | George Russell | 4.19.26 | Rotherham Metro Open Ponds Forge May 2012 |
| 800m Free | Luke Booth | 9.17.79 | NER Champs Leeds May 2019 |
| 1500m Free | Matthew Sotheran | 17.50.17 | COSSS No Frills Ponds Forge May 2010 |
| 50m Back | Robert Pearson | 28.68 | Derventio Excel Meet Ponds Forge May 2013 |
| 100m Back | Robert Pearson | 1.03.31 | Age Group Nationals Ponds Forge July 2013 |
| 200m Back | Chris Middleton | 2.16.27 | Rotherham Metro Open Ponds Forge April 2003 |
| 50m Breast | Richard Leighton | 32.68 | Grand Prix Ponds Forge May 1998 |
| 100m Breast | Richard Leighton | 1.12.42 | C Sheffield Open Ponds Forge May 1998 |
| 200m Breast | Luke Booth | 02:38.8 | NER Champs Leeds May 2019 |
| 50m Fly | Cole Hewitt | 27.52 | Luxembourg Euro Meet January 2017 |
| 100m Fly | George Russell | 1.01.55 | NER Champs Leeds May 2012 |
| 200m Fly | George Russell | 2.11.86 | NER Champs Ponds Forge June 2012 |
| 200m IM | George Russell | 2.20.47 | Rotherham Metro Open Ponds Forge May 2012 |
| 400m IM | Joe Roebuck | 4.54.73 | NEC Champs Leeds May 2000 |

## Short Course Records Junior Boys (under 15 on day of swim)

| | | | |
|---|---|---|---|
| 50m Free | Harold Cocking | 25.46 | Winter Yorkshires Ponds Forge October 2018 |
| 100m Free | Matthew Sotheran | 55.73 | Winter Yorkshires Ponds Forge October 2010 |
| 200m Free | Steven Millican | 2.02.63 | NEC Champs Middlesboro November 1999 |
| 400m Free | George Russell | 4.16.62 | NER Championships Sunderland December 2011 |
| 800m Free | Matthew Sotheran | 9.00.24 | NER Champs Sunderland November 2009 |
| 1500m Free | Matthew Sotheran | 17.14.31 | NER Champs Sunderland November 2009 |
| 50m Back | Robert Pearson | 27.77 | Rotherham Metro A/B Grade Ponds Forge July 2013 |
| 100m Back | Robert Pearson | 1.01.89 | Stockport Metro Open Stockport Nov 2013 |
| 200m Back | Robert Pearson | 2.15.51 | NER Championships Sunderland December 2012 |
| 50m Breast | Harold Cocking | 33.32 | Winter Yorkshires Ponds Forge October 2018 |
| 100m Breast | Ian Swift | 1.10.23 | Rotherham Metro Open Maltby April 1988 |
| 200m Breast | Harold Cocking | 2.35.54 | NER Champs Ponds Forge November 2018 |
| 50m Fly | Cole Hewitt | 27.21 | NER Champs Sunderland November 2016 |
| 100m Fly | Cole Hewitt | 1.00.01 | Leicester Open Meet Braunstone November 2016 |
| 200m Fly | George Russell | 2.12.80 | NER Championships Sunderland December 2011 |
| 100m IM | Harold Cocking | 1.04.49 | Rotherham Metro A/B Grade Ponds Forge Sep 2018 |
| 200m IM | Joe Roebuck | 2.16.87 | Yorkshire Champs Ponds Forge November 1999 |
| 400m IM | Joe Roebuck | 4.50.30 | Rotherham Metro Open Maltby April 2000 |

## Long Course Records - Junior Girls (under 15 on day of swim)

| | | | |
|---|---|---|---|
| 50m Free | Georgina Whysall | 27.85 | European Trials Ponds Forge April 1997 |
| 100m Free | Georgina Whysall | 59.7 | NEC Champs Ponds Forge May 1997 |
| 200m Free | Mollie Fisher | 2.10.37 | Rotherham Metro Jan Meet 2019 - Ponds Forge |
| 400m Free | Abigail Jackson | 4.33.16 | COSSS Premier Meet Ponds Forge March 2018 |
| 800m Free | Mollie Fisher | 9.26.87 | NER Champs Leeds May 2019 |
| 1500m Free | Nicole Clarke | 19.24.84 | NER Champs Ponds Forge June 2010 |
| 50m Back | Debbie Cocking | 29.54 | NER Championships Sunderland April 2016 |
| 100m Back | Debbie Cocking | 1.05.71 | NER Championships Sunderland May 2016 |
| 200m Back | Debbie Cocking | 2.26.28 | COSSS Premier Meet Ponds Forge March 2016 |
| 50m Breast | Debbie Hall | 34.64 | Rotherham Metro Open Ponds Forge April 2003 |
| 100m Breast | Debbie Hall | 1.13.84 | Rotherham Metro Open Ponds Forge April 2003 |
| 200m Breast | Debbie Hall | 2.38.52 | GB Champs Ponds Forge March 2003 |
| 50m Fly | Debbie Cocking | 28.79 | British Summer Champs Ponds Forge July 2015 |
| 100m Fly | Debbie Cocking | 1.04.72 | ASA Summer Nationals Ponds Forge August 2015 |
| 200m Fly | Lucy Ellis | 2.26.80 | Yorkshire Champs Leeds Feb 2019 |
| 200m IM | Debbie Cocking | 2.24.79 | COSSS Premier Meet Ponds Forge March 2016 |
| 400m IM | Mollie Fisher | 5.12.34 | Yorkshire Champs Leeds Feb 2019 |

## Short Course Records - Junior Girls (under 15 on day of swim)

| | | | |
|---|---|---|---|
| 50m Free | Georgina Whysall | 27.48 | Rotherham Metro Open Ponds Forge March 1997 |
| 100m Free | Debbie Cocking | 58.64 | Leeds Open Meet October 2015 |
| 200m Free | Georgina Whysall | 2.06.46 | International Meet Bonn March 1997 |
| 400m Free | Jenny Starling | 4.27.70 | NEC Champs Harrogate November 2003 |
| 800m Free | Claire Liggins | 9.18.68 | NEC Champs Newcastle November 1995 |
| 1500m Free | Nicole Clark | 19.10.52 | NER Champs Sunderland November 2010 |
| 50m Back | Debbie Cocking | 28.25 | ASA National Winter Meet Ponds Forge Dec 2015 |
| 100m Back | Debbie Cocking | 1.02.08 | ASA National Winter Meet Ponds Forge Dec 2015 |
| 200m Back | Georgina Whysall | 2.19.79 | Rotherham Metro Open Ponds Forge March 1997 |
| 50m Breast | Debbie Hall | 34.78 | GB SC Champs Stockport August 2003 |
| 100m Breast | Debbie Cocking | 1.14.42 | Winter Yorkshires Ponds Forge October 2015 |
| 200m Breast | Abigail Jackson | 2.41.67 | Rotherham Metro Gala Ponds Forge July 2018 |
| 50m Fly | Debbie Cocking | 28.79 | ASA National Winter Meet Ponds Forge Dec 2015 |
| 100m Fly | Debbie Cocking | 1.02.36 | Winter Yorkshires Ponds Forge October 2015 |
| 200m Fly | Abigail Jackson | 2.29.13 | Rotherham Metro Gala Ponds Forge July 2018 |
| 100m IM | Debbie Cocking | 1.04.77 | Leeds Open Meet October 2015 |
| 200m IM | Debbie Cocking | 2.19.12 | Winter Yorkshires Ponds Forge October 2015 |
| 400m IM | Abigail Jackson | 5.04.20 | Rotherham Metro Gala Ponds Forge July 2018 |