

## Rotherham Metro Club Records

### Long Course Records - Open Boys

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

### Short Course Records - Open Boys

50m Free	<b>Alistair Crawford</b>	23.03	National Masters Ponds Forge October 2007
100m Free	<b>Dale Waterhouse</b>	51.54	NER Championships Durham November 2009
200m Free	<b>Dale Waterhouse</b>	1.54.07	NER Championships Durham November 2009
400m Free	<b>George Russell</b>	3.59.81	Stockport Metro Open November 2014
800m Free	<b>George Russell</b>	8.21.65	National Masters Ponds Forge October 2015
1500m Free	<b>George Russell</b>	15.51.58	ASA National Winter Meet Ponds Forge Dec 2015
50m Back	<b>Mark Rose</b>	26.93	British Champs Glasgow December 1998
100m Back	<b>Robert Pearson</b>	57.89	Winter Yorkshires Ponds Forge October 2015
200m Back	<b>Paul Mannifield</b>	2.09.31	NEC Champs Bishop Aukl'd November 1997
50m Breast	<b>Ian Swift</b>	29.77	World Cup Ponds Forge February 1995
100m Breast	<b>Ian Swift</b>	1.02.75	Winter Nationals Ponds Forge December 1994
200m Breast	<b>Ian Swift</b>	2.15.18	Winter Nationals Ponds Forge December 1994
50m Fly	<b>Alistair Crawford</b>	25.25	National Masters Ponds Forge October 2007
100m Fly	<b>George Russell</b>	58.27	Rotherham Metro A/B Meet September 2014
200m Fly	<b>James Whitehead</b>	2.05.33	NEC Champs Middlesboro November 1998
100m IM	<b>Dale Waterhouse</b>	59.58	Loughborough BUCS TeamsFinals March 2011
200m IM	<b>Dale Waterhouse</b>	2.08.16	Yorkshire Winter Comp PF October 2009
400m IM	<b>Joe Roebuck</b>	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	1.05.71	NER Championships Sunderland May 2016
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	Matthew Sotheran	56.33	COSSS Prem Meet Ponds Forge March 2011
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	Matthew Sotheran	9.20.47	COSSS No Frills Ponds Forge May 2010
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	Mark Vardy	2.43.53	NEC Champs Leeds July 1997
50m Fly	Cole Hewitt	27.52	Luxembourg Euor 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	Warren Osborne	25.59	Radford Open Beechdale April 1995
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	Daniel Rick	33.43	Yorks Champs Ponds Forge March 2005
100m Breast	Ian Swift	1.10.23	Rotherham Metro Open Maltby April 1988
200m Breast	Richard Leighton	2.39.53	Mitchell Trophy Aberdeen October 1997
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	Matthew Sotheran	1.05.44	Rotherham Metro A/B Grade Ponds Forge July 2010
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	<b>Georgina Whysall</b>	27.85	European Trials Ponds Forge April 1997
100m Free	<b>Georgina Whysall</b>	59.7	NEC Champs Ponds Forge May 1997
200m Free	<b>Georgina Whysall</b>	2.10.60	Yorkshire Champs Leeds February 1997
400m Free	<b>Jenny Starling</b>	4.34.94	National Age Groups Ponds Forge July 2003
800m Free	<b>Georgina Whysall</b>	9.32.08	NEC Champs Ponds Forge July 1996
1500m Free	<b>Nicole Clarke</b>	19.24.84	NER Champs Ponds Forge June 2010
50m Back	<b>Debbie Cocking</b>	29.54	NER Championships Sunderland April 2016
100m Back	<b>Debbie Cocking</b>	1.05.71	NER Championships Sunderland May 2016
200m Back	<b>Debbie Cocking</b>	2.26.28	COSSS Premier Meet Ponds Forge March 2016
50m Breast	<b>Debbie Hall</b>	34.64	Rotherham Metro Open Ponds Forge April 2003
100m Breast	<b>Debbie Hall</b>	1.13.84	Rotherham Metro Open Ponds Forge April 2003
200m Breast	<b>Debbie Hall</b>	2.38.52	GB Champs Ponds Forge March 2003
50m Fly	<b>Debbie Cocking</b>	28.79	British Summer Champs Ponds Forge July 2015
100m Fly	<b>Debbie Cocking</b>	1.04.72	ASA Summer Nationals Ponds Forge August 2015
200m Fly	<b>Debbie Cocking</b>	2.29.32	NER Championships Sunderland May 2016
200m IM	<b>Debbie Cocking</b>	2.24.79	COSSS Premier Meet Ponds Forge March 2016
400m IM	<b>Georgina Whysall</b>	5.13.13	Yorkshire Champs Leeds March 1997

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

50m Free	<b>Georgina Whysall</b>	27.48	Rotherham Metro Open Ponds Forge March 1997
100m Free	<b>Debbie Cocking</b>	58.64	Leeds Open Meet October 2015
200m Free	<b>Georgina Whysall</b>	2.06.46	International Meet Bonn March 1997
400m Free	<b>Jenny Starling</b>	4.27.70	NEC Champs Harrogate November 2003
800m Free	<b>Claire Liggins</b>	9.18.68	NEC Champs Newcastle November 1995
1500m Free	<b>Nicole Clark</b>	19.10.52	NER Champs Sunderland November 2010
50m Back	<b>Debbie Cocking</b>	28.25	ASA National Winter Meet Ponds Forge Dec 2015
100m Back	<b>Debbie Cocking</b>	1.02.08	ASA National Winter Meet Ponds Forge Dec 2015
200m Back	<b>Georgina Whysall</b>	2.19.79	Rotherham Metro Open Ponds Forge March 1997
50m Breast	<b>Debbie Hall</b>	34.78	GB SC Champs Stockport August 2003
100m Breast	<b>Debbie Cocking</b>	1.14.42	Winter Yorkshires Ponds Forge October 2015
200m Breast	<b>Debbie Hall</b>	2.42.20	GB SC Champs Stockport August 2003
50m Fly	<b>Debbie Cocking</b>	28.79	ASA National Winter Meet Ponds Forge Dec 2015
100m Fly	<b>Debbie Cocking</b>	1.02.36	Winter Yorkshires Ponds Forge October 2015
200m Fly	<b>Jessica Bushby</b>	2.32.93	Rotherham Metro A/B Grade Ponds Forge July 2011
100m IM	<b>Debbie Cocking</b>	1.04.77	Leeds Open Meet October 2015
200m IM	<b>Debbie Cocking</b>	2.19.12	Winter Yorkshires Ponds Forge October 2015
400m IM	<b>Georgina Whysall</b>	5.04.75	Rotherham Metro Open Ponds Forge March 1997