

Freestyle 50m						
Date	Time	MALE		FEMALE	Time	Date
30/08/2019	00:23.31	Plummer, Jack	Open	Moynihan, Rebecca	00:25.24	02/10/2018
30/08/2019	00:24.38	Shen, Robin	18	Moynihan, Rebecca	00:25.90	02/10/2016
03/08/2019	00:24.20	Shen, Robin	17	Moynihan, Rebecca	00:25.99	15/08/2015
30/08/2019	00:23.31	Plummer, Jack	16	Moynihan, Rebecca	00:26.35	05/09/2014
01/09/2018	00:24.13	Plummer, Jack	15	Jencova, Annabella	00:27.00	02/10/2018
03/09/2005	00:25.94	Borgers, Vincent	14	Nelson, Phoebe	00:27.38	15/08/2015
28/08/2004	00:26.59	Borgers, Vincent	13	Huria, Hannah	00:27.77	01/09/2018
22/08/2003	00:28.70	Borgers, Vincent	12	Huria, Hannah	00:28.48	10/12/2017
15/12/2018	00:28.93	Ireland-Spicer, Noah	11	Van Zyl, Bianca	00:29.93	19/02/2017
13/02/2018	00:29.99	Ireland-Spicer, Noah	10	Machin, Rebecca M	00:32.48	03/09/2005
06/05/2017	00:32.04	Ireland-Spicer, Noah	9	Malaulau, Emily	00:36.34	30/08/2008
25/07/2016	00:37.57	Ireland-Spicer, Noah	8	O'Neill, Tallulah E	00:41.62	21/11/2010
12/12/2009	00:42.32	Ireland-Spicer, Noah	7/U	Allen, Tess K	00:50.22	27/05/2006
Freestyle 100m						
Date	Time	MALE		FEMALE	Time	Date
30/08/2019	00:50.90	Plummer, Jack	Open	Moynihan, Rebecca	00:55.33	02/10/2018
02/10/2016	00:54.60	Temomo, Tawhiti	18	Moynihan, Rebecca	00:57.32	02/10/2016
30/08/2019	00:53.22	Shen, Robin	17	Moynihan, Rebecca	00:57.63	19/07/2015
30/08/2019	00:50.90	Plummer, Jack	16	Moynihan, Rebecca	00:57.60	06/09/2014
13/09/2018	00:52.50	Plummer, Jack	15	Jencova, Annabella	00:58.28	02/10/2018
16/07/2005	00:55.99	Borgers, Vincent	14	Nelson, Phoebe	01:00.00	11/08/2015
28/08/2004	00:58.81	Borgers, Vincent	13	Huria, Hannah	01:00.30	02/10/2018
22/08/2003	01:01.29	Borgers, Vincent	12	Lawton, Dayna M	01:03.14	19/03/2008
25/11/2018	01:04.98	Ireland-Spicer, Noah	11	Van Zyl, Bianca	01:04.77	19/02/2017
10/12/2017	01:08.16	Ireland-Spicer, Noah	10	Machin, Rebecca M	01:10.00	03/09/2005
07/08/2016	01:15.19	Ireland-Spicer, Noah	9	Tallulah O'Neill	01:22.82	22/09/2011
20/03/2016	01:18.67	Ireland-Spicer, Noah	8	Malaulau, Emily	01:37.98	30/10/2007
23/09/2017	01:58.15	Codyre, Aidan	7/U	Booth, Alexia	02:13.99	01/09/2015
Freestyle 200m						
Date	Time	MALE		FEMALE	Time	Date
30/08/2019	01:52.12	Plummer, Jack	Open	Moynihan Rebecca	02:03.31	02/10/2018
14/05/2016	02:01.45	Temomo, Tawhiti	18	Moynihan, Rebecca	02:06.52	02/10/2016
24/09/2006	01:55.32	Newall, Brett C	17	Moynihan Rebecca	02:06.35	15/08/2015
30/08/2019	01:52.12	Jack Plummer	16	Harvey, Kate L	02:07.53	22/08/2003
01/09/2018	01:54.31	Lloyd, Bronson	15	Giacon, Ivana D	02:07.33	26/08/2006
18/06/2005	02:02.35	Borgers, Vincent	14	Nelson, Phoebe	02:09.24	15/08/2015
14/05/2016	02:06.88	Shen, Robin	13	Malaulau, Emily	02:16.10	30/01/2013
25/08/2007	02:17.50	Mansell, Joseph D	12	Lawton, Dayna M	02:17.26	19/03/2008
04/09/2011	02:25.43	Regnault, Louis C	11	Van Zyl, Bianca	02:19.21	19/02/2017
10/09/2017	02:32.04	Ireland- Spicer, Noah	10	Machin, Rebecca M	02:27.22	03/09/2005
02/07/2016	02:51.54	Ireland-Spicer, Noah	9/U	Gray, Michaela	03:02.76	14/10/2018
Raumati Swimming Club Short Course Records						
Freestyle 400m						
Date	Time	MALE		FEMALE	Time	Date
01/09/2018	04:00.10	Lloyd, Bronson	Open	McKnight, Keely	04:32.59	19/07/2015
04/10/2012	04:25.05	Van den Berg Ruaan	18	Forster, Kate S	04:48.77	12/05/2011
10/09/2006	04:06.74	Newall, Brett C	17	Forster, Kate S	04:33.74	28/08/2010
30/08/2019	04:02.29	Lloyd, Bronson	16	McKnight, Keely	04:32.59	19/07/2015
01/09/2018	04:00.10	Lloyd, Bronson	15	Enoka Paige	04:35.16	02/10/2013
25/08/2007	04:19.08	Allen, Jacob J	14	Nelson, Phoebe	04:33.63	15/08/2015
14/05/2016	04:28.47	Shen, Robin	13	Forster, Kate S	04:42.81	24/09/2006

23/08/2002	04:41.94	Patience, Shane R	12	Lawton, Dayna M	04:52.97	19/03/2008
10/04/2005	05:06.80	Allen, Jacob J	11	Lawton, Renee G	05:04.79	06/12/2009
07/02/2019	05:21.92	Van Noort, Ace	10/U	Machin, Rebecca M	05:36.50	31/07/2005
<b>Freestyle 800m</b>						
Date	Time	MALE		FEMALE	Time	Date
01/09/2018	08:18.51	Lloyd, Bronson	Open	Enoka Paige	09:17.43	30/09/2013
22/08/2003	09:26.76	Cowan, Nicholas A	18	No record set		
09/06/2012	9:18.67	Van den Berg, Ruaan	17	Forster, Kate S	09:40.11	13/11/2010
01/09/2013	09:05.77	Taylor Yuri	16	Harvey, Kate L	09:20.62	22/08/2003
01/09/2018	08:18.51	Lloyd, Bronson	15	Enoka Paige	09:17.43	03/09/2013
25/08/2007	09:05.46	Allen, Jacob J	14	Forster, Kate S	09:40.63	20/09/2001
10/08/2003	10:00.78	Patience, Shane R	13	Forster, Kate S	09:36.28	26/08/2006
10/08/2003	10:43.34	Borgers, Vincent	12/U	Forster, Kate S	10:18.13	03/09/2005
<b>Freestyle 1500m</b>						
Date	Time	MALE		FEMALE	Time	Date
27/07/2019	15:33.70	Lloyd, Bronson	Open	Harvey, Kate L	17:59.59	22/08/2003
21/07/2018	17:50.21	Cecioni, Nicolas	18	Forster Kate	18:51.05	07/12/2010
02/09/2012	17:08.59	Van den Berg Ruaan	17	Harvey, Kate L	18:19.21	07/08/2004
27/07/2019	15:33.70	Lloyd, Bronson	16	Harvey, Kate L	17:59.59	22/08/2003
06/10/2018	15:41.95	Lloyd, Bronson	15	Dunce Hollie	19:49.08	13/11/2010
27/07/2019	17:06.25	Cecioni, Alexander	14	Maia Adams	18:58.24	27/07/2019
26/08/2006	17:43.28	Allen, Jacob J	13	Dougall, Ella	20:34.90	19/07/2019
06/11/2005	19:24.67	Allen, Jacob J	12/U	Dougall, Ella	21:03.44	28/06/2019
<b>Raumati Swimming Club Short Course Records</b>						
<b>Backstroke 50m</b>						
Date	Time	MALE		FEMALE	Time	Date
30/08/2019	00:26.75	Lloyd, Bronson	Open	Shipman, Stevie	00:29.53	30/07/2017
07/04/2018	00:27.68	Cecioni, Nicolas	18	Moynihan, Rebecca	00:30.91	02/10/2016
30/08/2019	00:27.32	Shen, Robin	17	Harvey, Kate L	00:31.21	28/08/2004
30/08/19	00:26.75	Lloyd, Bronson	16	Piper, Samantha N	00:30.00	26/09/2010
01/09/2018	00:27.47	Plummer, Jack	15	Shipman, Stevie	00:29.79	02/10/2018
06/09/2014	00:29.04	Cecioni, Nicolas	14	Shipman, Stevie	00:29.53	30/07/2017
28/08/2004	00:30.50	Borgers, Vincent	13	Shipman, Stevie	00:29.86	02/10/2016
02/09/2012	00:32.95	Regnault, Louis C	12	Huria, Hannah	00:32.17	10/12/2017
15/12/2018	00:33.79	Ireland-Spicer, Noah	11	Malaulau, Emily	00:35.03	28/08/2010
10/12/2017	00:34.83	Ireland-Spicer Noah	10	Malaulau, Emily	00:38.77	20/10/2009
13/08/2016	00:38.60	Ireland-Spicer, Noah	9	Malaulau, Emily	00:37.69	30/08/2008
15/05/2016	00:40.41	Ireland-Spicer Noah	8	Gray, Michaela	00:46.89	10/12/2017
01/02/2015	00:49.22	Ireland-Spicer Noah	7/U	Booth, Alexia	01:01.52	01/09/2015
<b>Backstroke 100m</b>						
Date	Time	MALE		FEMALE	Time	Date
01/09/2018	00:58.35	Lloyd, Bronson	Open	Shipman, Stevie	01:04.30	07/10/2017
07/04/2018	00:59.63	Cecioni, Nicolas	18	Moynihan, Rebecca	01:05.94	02/10/2016
04/10/2012	00:59.14	Gibson, Blake D	17	Harvey, Kate L	01:07.09	21/08/2004
02/09/2012	01:00.44	Gibson, Blake D	16	McKnight, Keely	01:05.37	15/08/2015
01/09/2018	00:58.35	Lloyd, Bronson	15	Robson Anna	01:04.84	09/09/1993
08/07/2005	01:01.63	Borgers, Vincent	14	Shipman, Stevie	01:04.30	07/10/2017
28/08/2004	01:05.36	Borgers, Vincent	13	Shipman, Stevie	01:05.56	02/10/2016
22/08/2003	01:10.19	Borgers, Vincent	12	Huria, Hannah	01:10.64	10/12/2017
15/12/2018	01:14.38	Ireland-Spicer, Noah	11	Van Zyl, Bianca	01:15.27	19/02/2017
10/12/2017	01:17.16	Ireland-Spicer Noah	10	Machin, Rebecca M	01:22.83	03/09/2005
06/05/2017	01:23.13	Ireland-Spicer, Noah	9	O'Neill, Tallulah E	01:30.48	10/09/2011
15/12/2018	01:36.75	Codyre, Aidan	8/U	Gray, Michaela	01:42.35	10/12/2017
<b>Backstroke 200m</b>						

Date	Time	MALE		FEMALE	Time	Date
30/08/2019	02:04.06	Lloyd, Bronson	Open	Robson Anna	02:15.04	02/10/1994
12/05/2011	02:20.45	Allen, Jake	18	Roberts, Emily	02:28.09	07/08/2016
04/10/2012	02:07.60	Gibson, Blake D	17	Harvey, Kate L	02:23.68	21/08/2004
30/08/2019	02:04.06	Lloyd, Bronson	16	Robson Anna	02:15.04	02/10/1994
13/09/2018	02:04.73	Lloyd, Bronson	15	Harvey, Kate L	02:22.53	21/09/2002
02/09/2014	02:17.29	Cecioni, Nicolas	14	Shipman, Stevie	02:20.55	09/09/2017
28/08/2004	02:20.54	Borgers, Vincent	13	Shipman, Stevie	02:22.77	02/10/2016
02/09/2012	02:31.36	Regnault, Louis C	12	Enoka, Paige O	02:31.02	28/08/2010
08/06/2002	02:47.12	Baker, Joshua	11	Van Zyl, Bianca	02:38.03	19/02/2017
15/10/2017	02:50.28	Ireland- Spicer, Noah	10	Enoka, Paige O	02:57.39	31/03/2009
8/10/2016	03:31.82	Tatana-Waihi, Tai	9/U	Pollard-Simmis, Charli	03:25.72	05/02/2016

### Raumati Swimming Club Short Course Records

#### Butterfly 50m

Date	Time	MALE		FEMALE	Time	Date
18/07/2015	00:25.39	Turner, Samuel	Open	Jencova, Annabella	00:28.47	02/10/2018
04/10/2012	00:27.28	Dyhrberg, Adam E	18	Moynihan, Rebecca	00:30.08	02/10/2016
26/08/2006	00:27.24	Newall, Brett C	17	Lawton, Dayna	00:29.66	30/09/2012
30/08/2019	00:26.00	Plummer, Jack	16	Jencova, Annabella	00:28.88	30/08/2019
02/10/2018	00:25.82	Lloyd, Bronson	15	Jencova, Annabella	00:28.47	02/10/2018
05/09/2009	00:28.25	Mansell, Joseph D	14	Jencova, Annabella	00:29.32	07/10/2017
30/08/2008	00:29.33	Mansell, Joseph D	13	Huria, Hannah	00:30.22	01/09/2018
23/08/2002	00:32.01	Patience, Shane R	12	Huria, Hannah	00:32.47	09/09/2017
12/02/2019	00:32.49	Ireland-Spicer, Noah	11	Van Zyl, Bianca	00:32.02	19/02/2017
09/09/2017	00:33.77	Ireland-Spicer Noah	10	Malaulau, Emily	00:37.87	05/09/2009
27/08/2016	00:37.33	Ireland-Spicer, Noah	9	Malaulau, Emily	00:42.18	21/10/2008
05/02/2018	00:41.85	Ireland-Spicer, Noah	8/U	Feaunati, Zara	00:50.01	26/07/2014

#### Butterfly 100m

Date	Time	MALE		FEMALE	Time	Date
13/09/2018	00:57.08	Lloyd, Bronson	Open	Doig, Anna	01:02.00	09/06/1984
04/10/2012	00:59.48	Dyhrberg, Adam E	18	Giacon, Ivana D	01:05.59	28/09/2008
24/09/2006	00:57.53	Newall, Brett C	17	Doig, Anna	01:02.00	09/06/1984
30/08/2019	00:58.68	Frost, Kokoro	16	Harvey, Kate L	01:05.15	22/08/2003
13/09/2018	00:57.08	Lloyd, Bronson	15	Jencova, Annabella	01:04.01	02/10/2018
02/10/2018	01:02.75	Skelsey, Jack	14	Jencova, Annabella	01:04.94	10/09/2017
04/08/1984	01:04.10	Doig, Peter	13	Huria, Hannah	01:08.60	01/09/2018
23/08/2002	01:08.72	Patience, Shane R	12	Clarke, Mia L	01:12.57	05/09/2009
15/12/2018	01:14.21	Ireland-Spicer, Noah	11	Van Zyl, Bianca	01:13.55	19/02/2017
10/12/2017	01:17.65	Ireland-Spicer, Noah	10	Machin, Rebecca M	01:24.64	03/09/2005
12/03/2018	01:45.34	Lloyd, Hunter	9/U	Malaulau, Emily	01:50.07	05/08/2008

#### Butterfly 200m

Date	Time	MALE		FEMALE	Time	Date
24/09/2006	02:02.98	Newall, Brett C	Open	Harvey, Kate L	02:25.16	21/09/2002
10/09/2011	02:08.73	Allen Jacob J	18	Forster Kate	02:34.39	11/09/2011
24/09/2006	02:02.98	Newall, Brett C	17	Giacon, Ivana D	02:25.46	30/08/2008
25/09/2005	02:05.35	Newall, Brett C	16	Giacon, Ivana D	02:25.85	25/08/2007
02/10/2018	02:07.63	Lloyd, Bronson	15	Harvey, Kate L	02:25.16	21/09/2002
15/07/2006	02:18.11	Hudepohl, Joshua R	14	Harvey, Kate L	02:28.25	28/06/2002
23/08/2002	02:24.16	Newall, Brett C	13	Harvey, Kate L	02:39.37	21/01/2001
23/08/2002	02:30.93	Patience, Shane R	12	Enoka, Paige O	02:49.51	14/09/2010
28/11/2004	03:00.51	Allen Jacob J	11	Parsons-Bryce Hinemoa	03:18.74	20/05/2018
24/09/2017	03:00.08	Ireland-spicer, Noah	10/U	Huria, Hannah	03:29.62	12/01/2016

### Raumati Swimming Club Short Course Records

#### Breaststroke 50m

Date	Time	MALE		FEMALE	Time	Date
01/09/2018	00:29.57	Litten, Eli	Open	Muellner, Lea	00:32.60	16/08/2019
02/10/2016	00:31.26	Woodley-Hanan, Ballard	18	Goodisson, Eva	00:33.79	02/10/2016
30/08/2019	00:29.84	Litten, Eli	17	Giacon, Ivana D	00:34.16	23/09/2007
01/09/2018	00:29.57	Litten, Eli	16	Giacon, Ivana D	00:34.35	25/08/2007
03/09/2017	00:30.91	Litten, Eli	15	Muellner, Lea	00:32.60	16/08/2019
05/09/2009	00:32.30	Mansell, Joseph D	14	Grout, Tori	00:33.48	01/09/2018
02/05/2009	00:32.21	Lusk, Oliver S	13	Huria, Hannah	00:33.83	02/10/2018
25/08/2007	00:37.16	Mansell, Joseph D	12	Huria, Hannah	00:34.55	10/09/2017
15/12/2018	00:38.01	Ireland-Spicer, Noah	11	Tatana-Waihi, Koanga	00:37.50	19/02/2017
10/12/2017	00:40.86	Ireland-Spicer, Noah	10	Tatana-Waihi Kaonga	00:39.33	06/08/2016
06/08/2016	00:45.94	Ireland-Spicer, Noah	9	Tatana-Wahi Koanga	00:45.98	18/07/2015
05/08/2015	00:51.88	Ireland-Spicer, Noah	8	Enoka, Brittany G	00:54.92	05/09/2009
12/12/2009	01:03.96	Plummer, Jack J	7/U	Skidmore, Millie	01:15.07	28/01/17

#### Breaststroke 100m

Date	Time	MALE		FEMALE	Time	Date
01/09/2018	01:04.77	Litten, Eli	Open	Muellner, Lea	01:10.78	30/08/2019
02/10/2016	01:12.18	Woodley-Hanan, Ballard	18	Goodisson, Eva	01:13.05	02/10/2016
08/09/2018	01:04.77	Litten, Eli	17	Parker, Chelsea	01:13.26	01/09/2018
09/09/2017	01:06.58	Litten, Eli	16	Giacon, Ivana D	01:14.81	23/09/2007
01/09/2018	01:07.37	Plummer, Jack	15	Muellner, Lea	01:10.78	30/08/2019
05/09/2009	01:10.58	Mansell, Joseph D	14	Grout, Tori	01:13.94	02/10/2018
02/05/2009	01:11.82	Lusk, Oliver S	13	Huria, Hannah	01:13.38	01/09/2018
25/08/2007	01:23.56	Mansell, Joseph D	12	Huria, Hannah	01:16.27	10/09/2017
30/08/2019	01:26.98	Lloyd, Hunter	11	Tatana-Waihi, Koanga	01:22.26	17/08/2017
09/09/2017	01:31.35	Ireland-Spicer, Noah	10	Tatana-Waihi, Koanga	01:28.63	13/08/2016
16/02/2018	01:40.43	Lloyd, Hunter	9/U	Tatana-Waihi, Koanga	01:40.91	25/07/2015

#### Breaststroke 200

Date	Time	MALE		FEMALE	Time	Date
02/10/2018	02:22.60	Litten, Eli	Open	Muellner, Lea	02:31.16	30/08/2019
30/08/2019	02:22.60	Lloyd, Bronson				
12/05/2011	02:42.61	Allen, Jacob	18	Goodisson, Eva	02:38.07	02/10/2016
02/10/2018	02:22.60	Litten, Eli	17	Parker, Chelsea	02:38.67	01/09/2018
30/08/2019	02:22.60	Lloyd, Bronson	16	Forster, Kate S	02:41.46	05/09/2009
09/06/2018	02:29.02	Lloyd, Bronson	15	Muellner, Lea	02:31.16	30/08/2019
14/08/2016	02:41.32	Shen, Robin	14	Grout, Tori	02:40.64	02/10/2018
12/01/2016	02:40.64	Shen, Robin	13	Huria, Hannah	02:42.92	13/09/2018
25/08/2007	02:52.93	Mansell, Joseph D	12	Huria, Hannah	02:44.66	10/09/2017
30/08/2019	03:06.65	Lloyd, Hunter	11	Huria, Hannah	03:05.45	05/09/2016
15/10/2017	03:17.56	Ireland-Spicer, Noah	10	Machin, Rebecca M	03:11.12	03/09/2005
20/08/2005	04:17.92	Morgan, Brett K	9/U	Jones, katie	03:42.56	19/07/2014

### Raumati Swimming Club Short Course Records

#### Individual Medley 100m

Date	Time	MALE		FEMALE	Time	Date
04/07/2019	00:58.76	Plummer, Jack	Open	Muellner, Lea	01:04.34	16/08/2019
13/02/2016	01:04.78	Cecioni, Nicolas	18	Giacon, Ivana D	01:06.65	28/09/2008
30/08/2019	01:00.48	Shen, Robin	17	Giacon, Ivana D	01:06.12	23/09/2007
04/07/2019	00:58.76	Plummer, Jack	16	Giacon, Ivana D	01:06.49	25/08/2007
13/09/2018	00:59.17	Lloyd, Bronson	15	Muellner, Lea	01:07.44	16/08/2019
19/03/2017	01:05.21	Shen, Robin	14	Huria, Hannah	01:04.34	30/08/2019
28/08/2004	01:07.37	Borgers, Vincent	13	Huria, Hannah	01:07.37	02/10/2018
25/08/2007	01:12.57	Mansell, Joseph D	12	Huria, Hannah	01:10.64	09/09/2017
15/12/2018	01:15.48	Ireland-Spicer, Noah	11	Clarke, Mia L	01:15.28	31/03/2009
13/02/2018	01:16.91	Ireland-Spicer, Noah	10	Machin, Rebecca M	01:20.91	03/09/2005

19/03/2017	<b>01:25.14</b>	Ireland-Spicer, Noah	<b>9/U</b>	O'Neill, Tallulah E	<b>01:34.29</b>	21/10/2008
<b>Individual Medley 400m</b>						
<b>Date</b>	<b>Time</b>	<b>MALE</b>		<b>FEMALE</b>	<b>Time</b>	<b>Date</b>
30/08/2019	<b>02:07.83</b>	Lloyd, Bronson	<b>Open</b>	Muellner,Lea	<b>02:20.03</b>	30/08/2019
10/09/2011	<b>02:13.98</b>	Allen Jacob J	<b>18</b>	Giacon, Ivana D	<b>02:24.89</b>	28/09/2008
12/08/2006	<b>02:11.84</b>	Newall, Brett C	<b>17</b>	Giacon, Ivana D	<b>02:23.76</b>	23/09/2007
30/08/2019	<b>02:07.83</b>	Lloyd, Bronson	<b>16</b>	Giacon, Ivana D	<b>02:22.77</b>	25/08/2007
02/10/2018	<b>02:08.06</b>	Lloyd, Bronson	<b>15</b>	Muellner,Lea	<b>02:20.03</b>	30/08/2019
08/07/2005	<b>02:18.72</b>	Borgers, Vincent	<b>14</b>	Harvey, Kate L	<b>02:26.73</b>	08/06/2002
28/08/2004	<b>02:24.51</b>	Borgers, Vincent	<b>13</b>	Huria, Hannah	<b>02:25.90</b>	02/10/2018
19/02/2017	<b>02:35.87</b>	Lansdown, Michael	<b>12</b>	Huria, Hannah	<b>02:34.40</b>	10/12/2017
15/12/2018	<b>02:47.82</b>	Ireland-Spicer, Noah	<b>11</b>	Enoka, Paige O	<b>02:43.50</b>	23/03/2010
09/09/2017	<b>02:53.00</b>	Ireland-Spicer, Noah	<b>10</b>	Machin, Rebecca M	<b>02:56.23</b>	20/08/2005
06/08/2016	<b>03:06.86</b>	Ireland-Spicer, Noah	<b>9/U</b>	Gray, Michaela	<b>03:32.20</b>	23/09/2018
<b>Individual Medley 400m</b>						
<b>Date</b>	<b>Time</b>	<b>MALE</b>		<b>FEMALE</b>	<b>Time</b>	<b>Date</b>
30/08/2019	<b>04:30.35</b>	Lloyd, Bronson	<b>Open</b>	Enoka Paige	<b>05:06.22</b>	29/09/2013
04/10/2012	<b>04:56.23</b>	Van den Berg Ruaan	<b>18</b>	Forster Kate	<b>05:14.47</b>	08/08/2011
24/09/2006	<b>04:30.55</b>	Newall, Brett C	<b>17</b>	Forster, Kate S	<b>05:09.79</b>	28/08/2010
30/08/2019	<b>04:30.35</b>	Lloyd, Bronson	<b>16</b>	Forster, Kate S	<b>05:08.19</b>	27/09/2009
01/09/2018	<b>04:34.68</b>	Lloyd, Bronson	<b>15</b>	Enoka Paige	<b>05:06.22</b>	29/09/2013
22/08/2003	<b>04:59.59</b>	Newall, Brett C	<b>14</b>	Adams, Maia	<b>05:12.81</b>	07/04/2019
05/09/2009	<b>05:23.07</b>	Gibson, Blake D	<b>13</b>	Enoka Paige O	<b>05:23.99</b>	04/09/2011
23/08/2002	<b>05:36.92</b>	Patience, Shane R	<b>12/U</b>	Enoka, Paige O	<b>05:33.59</b>	28/08/2010