

Long Course Club Records for Lismore Workers Swim Team as at Sunday, 5 March 2017

<i>Sex</i>	<i>Age</i>	<i>Event</i>	<i>Swimmer</i>	<i>Club</i>	<i>Record Time</i>	<i>Date of Swim</i>	<i>Sex</i>	<i>Age</i>	<i>Event</i>	<i>Swimmer</i>	<i>Club</i>	<i>Record Time</i>	<i>Date of Swim</i>
Boys	7 & under	50 Free	Richard Jones	LISM	36.40	1 Mar 1976	Girls	7 & under	50 Free	Kara Evans	LISM	38.50	1 Mar 1980
Boys	8 yrs	50 Free	Michael Fisher	LISM	34.29	1 Mar 1987	Girls	8 yrs	50 Free	Kara Evans	LISM	35.25	1 Apr 1981
Boys	9 yrs	50 Free	Michael Fisher	LISM	31.14	1 Mar 1988	Girls	9 yrs	50 Free	Kara Evans	LISM	34.15	1 Feb 1982
Boys	10 yrs	50 Free	Luke Fisher	LISM	30.57	1 Mar 1987	Girls	10 yrs	50 Free	Kara Evans	LISM	32.50	1 Apr 1983
Boys	11 yrs	50 Free	Luke Fisher	LISM	29.51	1 Mar 1988	Girls	11 yrs	50 Free	Elloise Randle	LISM	31.00	16 Mar 2003
Boys	12 yrs	50 Free	Richard Jones	LISM	27.81	1 Mar 1981	Girls	12 yrs	50 Free	Jessica Henshaw	LISM	29.85	8 Feb 2003
Boys	13 yrs	50 Free	Ben Fisher	LISM	27.27	1 Mar 1988	Girls	13 yrs	50 Free	Jessica Henshaw	LISM	28.95	14 Feb 2004
Boys	14 yrs	50 Free	Michael Fisher	LISM	25.53	1 Feb 1993	Girls	14 yrs	50 Free	Jessica Henshaw	LISM	27.69	3 Apr 2005
Boys	15 yrs	50 Free	Luke Fisher	LISM	25.41	1 Apr 1992	Girls	15 yrs	50 Free	Samantha Riley	LISM	28.16	27 Nov 2010
Boys	16 & over	50 Free	Luke Fisher	LISM	25.16	1 Apr 1993	Girls	16 & over	50 Free	Samantha Riley	LISM	28.08	25 Mar 2011
Boys	9 yrs	100 Free	Luke Fisher	LISM	1:09.79	1 Mar 1986	Girls	9 yrs	100 Free	Kara Evans	LISM	1:15.94	1 Jul 1982
Boys	10 yrs	100 Free	Luke Fisher	LISM	1:04.95	1 Feb 1987	Girls	10 yrs	100 Free	Kara Evans	LISM	1:10.78	1 Jan 1983
Boys	11 yrs	100 Free	Luke Fisher	LISM	1:02.99	1 Jan 1988	Girls	11 yrs	100 Free	Kara Evans	LISM	1:06.72	1 Jan 1984
Boys	12 yrs	100 Free	Richard Jones	LISM	1:01.38	1 Jan 1981	Girls	12 yrs	100 Free	Kara Evans	LISM	1:04.06	1 Jan 1985
Boys	13 yrs	100 Free	Nathan Besh	LISM	1:00.26	1 Feb 1984	Girls	13 yrs	100 Free	Jessica Henshaw	LISM	1:01.77	4 Apr 2004
Boys	14 yrs	100 Free	Luke Fisher	LISM	56.72	1 Apr 1991	Girls	14 yrs	100 Free	Jessica Henshaw	LISM	1:00.20	3 Apr 2005
Boys	15 yrs	100 Free	Adam Pine	LISM	56.11	1 Apr 1992	Girls	15 yrs	100 Free	Samantha Riley	LISM	1:03.47	27 Nov 2010
Boys	16 & over	100 Free	Luke Fisher	LISM	55.06	1 Apr 1993	Girls	16 & over	100 Free	Alexandra Mills	LISM	1:01.26	4 Apr 2004
Boys	11 yrs	200 Free	Luke Fisher	LISM	2:17.41	1 Feb 1988	Girls	11 yrs	200 Free	Kara Evans	LISM	2:21.56	1 Jan 1984
Boys	12 yrs	200 Free	Peter Harvey	LISM	2:12.35	1 Jan 1985	Girls	12 yrs	200 Free	Kara Evans	LISM	2:15.11	1 Jan 1985
Boys	13 yrs	200 Free	Peter Harvey	LISM	2:08.15	1 Feb 1986	Girls	13 yrs	200 Free	Kara Evans	LISM	2:16.03	1 Jan 1985
Boys	14 yrs	200 Free	Luke Fisher	LISM	2:06.06	1 Apr 1991	Girls	14 yrs	200 Free	Jessica Henshaw	LISM	2:12.71	3 Apr 2005
Boys	15 yrs	200 Free	Luke Fisher	LISM	2:07.03	1 Mar 1992	Girls	15 yrs	200 Free	Hayley Thomson	LISM	2:13.94	15 Feb 2003
Boys	16 & over	200 Free	Luke Fisher	LISM	2:00.76	1 Apr 1993	Girls	16 & over	200 Free	Alexandra Mills	LISM	2:13.87	14 Feb 2004
Boys	12 yrs	400 Free					Girls	12 yrs	400 Free	Sinead Gorman	LISM	5:49.94	3 Nov 2012
Boys	13 yrs	400 Free	Thomas Law	LISM	5:37.81	3 Nov 2007	Girls	13 yrs	400 Free	Jessica Henshaw	LISM	4:56.34	6 Dec 2003
Boys	14 yrs	400 Free	James Henshaw	LISM	4:58.14	8 Feb 2003	Girls	14 yrs	400 Free	Jessica Henshaw	LISM	4:45.45	13 Nov 2004
Boys	15 yrs	400 Free	Ryan Everson	LISM	5:02.70	7 Feb 2014	Girls	15 yrs	400 Free	Mia Dardengo	LISM	5:39.10	12 Nov 2011
Boys	16 & over	400 Free	Peter Harvey	LISM	4:21.69	1 Jan 1987	Girls	16 & over	400 Free	Hayley Thomson	LISM	4:44.06	6 Dec 2003

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Boys	7 & under	50 Back	Richard Jones	LISM	43.90	1 Feb 1976	Girls	7 & under	50 Back	Kara Evans	LISM	45.20	1 Feb 1980
Boys	8 yrs	50 Back	Michael Fisher	LISM	40.01	1 Feb 1987	Girls	8 yrs	50 Back	Kara Evans	LISM	42.61	1 Mar 1981
Boys	9 yrs	50 Back	Richard Jones	LISM	38.20	1 Mar 1978	Girls	9 yrs	50 Back	Kara Evans	LISM	39.67	1 Feb 1982
Boys	10 yrs	50 Back	Adam Pine	LISM	36.47	1 Feb 1987	Girls	10 yrs	50 Back	Kara Evans	LISM	36.29	1 Mar 1983
Boys	11 yrs	50 Back	Luke Fisher	LISM	34.87	1 Mar 1988	Girls	11 yrs	50 Back	Kara Evans	LISM	35.73	1 Mar 1984
Boys	12 yrs	50 Back	William Aitken	LISM	33.84	30 Mar 2006	Girls	12 yrs	50 Back	Jessica Henshaw	LISM	33.65	30 Nov 2002
Boys	13 yrs	50 Back	Nathan Besh	LISM	32.13	1 Feb 1994	Girls	13 yrs	50 Back	Jessica Henshaw	LISM	32.24	30 Apr 2004
Boys	14 yrs	50 Back	Ben Fisher	LISM	32.24	1 Apr 1988	Girls	14 yrs	50 Back	Jessica Henshaw	LISM	32.26	25 Feb 2005
Boys	15 yrs	50 Back	Luke Fisher	LISM	30.42	1 Feb 1992	Girls	15 yrs	50 Back	Hayley Thomson	LISM	32.55	8 Dec 2002
Boys	16 & over	50 Back	Luke Fisher	LISM	29.68	1 Aug 1992	Girls	16 & over	50 Back	Alexandra Mills	LISM	31.99	30 Nov 2002
Boys	9 yrs	100 Back	Kalahni Spargo	LISM	1:30.76	4 Jan 2014	Girls	9 yrs	100 Back	Brook Clunie	LISM	1:34.03	1 Aug 1980
Boys	10 yrs	100 Back	Luke Fisher	LISM	1:17.44	1 Jan 1987	Girls	10 yrs	100 Back	Kara Evans	LISM	1:18.94	1 Jan 1983
Boys	11 yrs	100 Back	Richard Jones	LISM	1:14.91	1 Dec 1979	Girls	11 yrs	100 Back	Kara Evans	LISM	1:14.27	1 Jan 1984
Boys	12 yrs	100 Back	Peter Harvey	LISM	1:10.65	1 Mar 1985	Girls	12 yrs	100 Back	Kara Evans	LISM	1:11.96	1 Jan 1985
Boys	13 yrs	100 Back	Nathan Besh	LISM	1:07.11	1 Feb 1994	Girls	13 yrs	100 Back	Jessica Henshaw	LISM	1:09.26	30 Apr 2004
Boys	14 yrs	100 Back	Peter Harvey	LISM	1:05.59	1 Jan 1987	Girls	14 yrs	100 Back	Jessica Henshaw	LISM	1:06.71	13 Apr 2005
Boys	15 yrs	100 Back	Luke Fisher	LISM	1:06.35	1 Dec 1991	Girls	15 yrs	100 Back	Hayley Thomson	LISM	1:10.25	30 Nov 2002
Boys	16 & over	100 Back	Luke Fisher	LISM	1:03.63	1 Apr 1993	Girls	16 & over	100 Back	Alexandra Mills	LISM	1:09.31	30 Nov 2002
Boys	11 yrs	200 Back	Lachlan Walker	LISM	3:12.60	22 Nov 2014	Girls	11 yrs	200 Back	Alanah Gorman	LISM	3:39.76	24 Nov 2012
Boys	12 yrs	200 Back					Girls	12 yrs	200 Back	Jessica Henshaw	LISM	2:38.56	15 Feb 2003
Boys	13 yrs	200 Back	Nathan Besh	LISM	2:36.19	1 Feb 1994	Girls	13 yrs	200 Back	Jessica Henshaw	LISM	2:32.28	14 Apr 2004
Boys	14 yrs	200 Back	Thomas Law	LISM	2:57.34	6 Dec 2008	Girls	14 yrs	200 Back	Jessica Henshaw	LISM	2:26.58	12 Jan 2005
Boys	15 yrs	200 Back	Thomas Law	LISM	2:44.69	28 Nov 2009	Girls	15 yrs	200 Back	Hayley Thomson	LISM	2:31.09	8 Feb 2003
Boys	16 & over	200 Back	Peter Harvey	LISM	2:20.71	1 Jan 1986	Girls	16 & over	200 Back	Kara Evans	LISM	2:31.23	1 Nov 1985

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Boys	7 & under	50 Breast	Simon Jones	LISM	49.70	1 Mar 1981	Girls	7 & under	50 Breast	Anita Conte	LISM	51.80	1 Feb 1992
Boys	8 yrs	50 Breast	Richard Jones	LISM	45.80	1 Mar 1977	Girls	8 yrs	50 Breast	Fiona Menger	LISM	50.17	1 Feb 1984
Boys	9 yrs	50 Breast	Simon Jones	LISM	42.05	1 Apr 1983	Girls	9 yrs	50 Breast	Ebony Brewer-Charles	LISM	45.40	1 Mar 2000
Boys	10 yrs	50 Breast	Luke Fisher	LISM	40.07	1 Apr 1987	Girls	10 yrs	50 Breast	Tanisha Walker	LISM	43.00	7 Apr 2004
Boys	11 yrs	50 Breast	Jacob Gibson	LISM	38.92	1 Mar 1995	Girls	11 yrs	50 Breast	Sharon Churchin	LISM	42.00	1 Mar 1979
Boys	12 yrs	50 Breast	William Aitken	LISM	35.14	26 Nov 2005	Girls	12 yrs	50 Breast	Sharon Churchin	LISM	39.60	1 Mar 1980
Boys	13 yrs	50 Breast	Nathan Besh	LISM	34.95	1 Feb 1994	Girls	13 yrs	50 Breast	Kate Renshaw	LISM	38.17	1 Mar 1994
Boys	14 yrs	50 Breast	Jacob Power	LISM	34.28	22 Mar 2004	Girls	14 yrs	50 Breast	Kate Renshaw	LISM	37.72	1 Mar 1995
Boys	15 yrs	50 Breast	James Whyte	LISM	33.58	9 Mar 2003	Girls	15 yrs	50 Breast	Samantha Riley	LISM	35.18	5 Feb 2011
Boys	16 & over	50 Breast	Jacob Power	LISM	33.06	26 Nov 2005	Girls	16 & over	50 Breast	Samantha Riley	LISM	34.96	9 May 2011
Boys	9 yrs	100 Breast	Simon Jones	LISM	1:30.29	1 Jan 1983	Girls	9 yrs	100 Breast	Fiona Menger	LISM	1:39.16	1 Jan 1985
Boys	10 yrs	100 Breast	Luke Fisher	LISM	1:31.03	1 Feb 1987	Girls	10 yrs	100 Breast	Fiona Menger	LISM	1:31.69	1 Nov 1985
Boys	11 yrs	100 Breast	Richard Jones	LISM	1:21.94	1 Aug 1980	Girls	11 yrs	100 Breast	Kara Evans	LISM	1:28.94	1 Jan 1984
Boys	12 yrs	100 Breast	William Aitken	LISM	1:15.12	11 Dec 2005	Girls	12 yrs	100 Breast	Kate Nind	LISM	1:25.26	1 Feb 1996
Boys	13 yrs	100 Breast	Declan Young	LISM	1:16.07	24 Feb 2017	Girls	13 yrs	100 Breast	Sharon Churchin	LISM	1:23.47	1 Apr 1981
Boys	14 yrs	100 Breast	Jacob Power	LISM	1:15.71	20 Feb 2004	Girls	14 yrs	100 Breast	Melanie Summerton	LISM	1:22.41	1 Mar 1998
Boys	15 yrs	100 Breast	Jacob Power	LISM	1:11.20	13 Apr 2005	Girls	15 yrs	100 Breast	Samantha Riley	LISM	1:20.54	27 Nov 2010
Boys	16 & over	100 Breast	Jacob Power	LISM	1:10.93	30 Mar 2006	Girls	16 & over	100 Breast	Samantha Riley	LISM	1:19.37	25 Mar 2011
Boys	11 yrs	200 Breast	William Aitken	LISM	3:08.06	27 Nov 2004	Girls	11 yrs	200 Breast	Tanisha Walker	LISM	3:22.87	12 Feb 2005
Boys	12 yrs	200 Breast	William Aitken	LISM	2:46.48	29 Oct 2005	Girls	12 yrs	200 Breast	Kate Nind	LISM	3:03.79	1 Feb 1997
Boys	13 yrs	200 Breast	Nathan Besh	LISM	2:49.86	1 Feb 1994	Girls	13 yrs	200 Breast	Kate Nind	LISM	3:00.32	1 Feb 1997
Boys	14 yrs	200 Breast	Jacob Power	LISM	2:47.70	20 Feb 2004	Girls	14 yrs	200 Breast	Melissa Butcher	LISM	3:26.77	27 Nov 2004
Boys	15 yrs	200 Breast	Jacob Power	LISM	2:38.05	13 Apr 2005	Girls	15 yrs	200 Breast	Samantha Riley	LISM	3:01.96	27 Nov 2010
Boys	16 & over	200 Breast	Jacob Power	LISM	2:33.54	19 Apr 2006	Girls	16 & over	200 Breast	Brook Clunie	LISM	3:00.17	1 Jan 1985

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Boys	7 & under	50 Fly	Michael Fisher	LISM	49.25	1 Mar 1986	Girls	7 & under	50 Fly	Kara Evans	LISM	46.80	1 Mar 1980
Boys	8 yrs	50 Fly	Michael Fisher	LISM	38.78	1 Dec 1986	Girls	8 yrs	50 Fly	Kara Evans	LISM	41.31	1 Feb 1981
Boys	9 yrs	50 Fly	Michael Fisher	LISM	34.05	1 Mar 1988	Girls	9 yrs	50 Fly	Kara Evans	LISM	38.15	1 Mar 1982
Boys	10 yrs	50 Fly	Michael Fisher	LISM	33.21	1 Oct 1988	Girls	10 yrs	50 Fly	Kara Evans	LISM	34.68	1 Mar 1983
Boys	11 yrs	50 Fly	Richard Jones	LISM	32.20	1 Feb 1980	Girls	11 yrs	50 Fly	Elloise Randle	LISM	33.37	8 Dec 2002
Boys	12 yrs	50 Fly	Richard Jones	LISM	29.44	1 Mar 1981	Girls	12 yrs	50 Fly	Kara Evans	LISM	32.33	1 Mar 1985
Boys	13 yrs	50 Fly	Ben Fisher	LISM	29.09	1 Mar 1988	Girls	13 yrs	50 Fly	Jessica Henshaw	LISM	32.59	7 Feb 2004
Boys	14 yrs	50 Fly	Ben Fisher	LISM	28.14	1 Nov 1988	Girls	14 yrs	50 Fly	Jessica Henshaw	LISM	31.23	12 Jan 2005
Boys	15 yrs	50 Fly	Adam Pine	LISM	26.50	1 Apr 1992	Girls	15 yrs	50 Fly	Samantha Riley	LISM	30.70	27 Nov 2010
Boys	16 & over	50 Fly	Luke Fisher	LISM	26.70	1 Apr 1993	Girls	16 & over	50 Fly	Samantha Riley	LISM	30.73	5 Feb 2012
Boys	9 yrs	100 Fly	Michael Fisher	LISM	1:19.95	1 Feb 1988	Girls	9 yrs	100 Fly	Lisa Gallpen	LISM	2:14.32	14 Sep 2008
Boys	10 yrs	100 Fly	Luke Fisher	LISM	1:14.56	1 Jan 1987	Girls	10 yrs	100 Fly	Kara Evans	LISM	1:17.70	1 Mar 1983
Boys	11 yrs	100 Fly	Luke Fisher	LISM	1:12.27	1 Jan 1987	Girls	11 yrs	100 Fly	Kara Evans	LISM	1:12.31	1 Jan 1984
Boys	12 yrs	100 Fly	Peter Harvey	LISM	1:06.85	1 Jan 1985	Girls	12 yrs	100 Fly	Kara Evans	LISM	1:09.18	1 Mar 1985
Boys	13 yrs	100 Fly	Peter Harvey	LISM	1:02.82	1 Jan 1986	Girls	13 yrs	100 Fly	Kara Evans	LISM	1:08.83	1 Jan 1986
Boys	14 yrs	100 Fly	Peter Harvey	LISM	1:02.58	1 Jan 1987	Girls	14 yrs	100 Fly	Jessica Henshaw	LISM	1:06.61	3 Apr 2005
Boys	15 yrs	100 Fly	Adam Pine	LISM	57.80	1 Apr 1992	Girls	15 yrs	100 Fly	Samantha Riley	LISM	1:09.60	27 Nov 2010
Boys	16 & over	100 Fly	Luke Fisher	LISM	57.81	1 Apr 1993	Girls	16 & over	100 Fly	Alexandra Mills	LISM	1:08.52	13 Jan 2004
Boys	11 yrs	200 Fly					Girls	11 yrs	200 Fly				
Boys	12 yrs	200 Fly	Will Aitken	LISM	2:47.50	12 Nov 2005	Girls	12 yrs	200 Fly	Kristy Magann	LISM	3:56.05	26 Nov 2005
Boys	13 yrs	200 Fly	Luke Farraway	LISM	2:46.55	30 Nov 2002	Girls	13 yrs	200 Fly				
Boys	14 yrs	200 Fly	Luke Farraway	LISM	2:38.59	29 Nov 2003	Girls	14 yrs	200 Fly	Kristy Magann	LISM	4:06.68	17 Nov 2007
Boys	15 yrs	200 Fly	Dennis Summerton	LISM	2:41.42	15 Feb 2003	Girls	15 yrs	200 Fly	Hayley Thomson	LISM	2:35.17	16 Nov 2002
Boys	16 & over	200 Fly	Peter Harvey	LISM	2:16.31	1 Jan 1987	Girls	16 & over	200 Fly	Kara Evans	LISM	2:31.94	1 Feb 1986
Boys	10 yrs	200 IM	Luke Fisher	LISM	2:44.76	1 Feb 1987	Girls	10 yrs	200 IM	Tahlia Halliday	LISM	3:27.40	26 Nov 2016
Boys	11 yrs	200 IM	Luke Fisher	LISM	2:38.51	1 Feb 1988	Girls	11 yrs	200 IM	Kara Evans	LISM	2:39.70	1 Jan 1984
Boys	12 yrs	200 IM	Richard Jones	LISM	2:28.56	1 Jan 1981	Girls	12 yrs	200 IM	Kara Evans	LISM	2:33.28	1 Feb 1985
Boys	13 yrs	200 IM	Peter Harvey	LISM	2:24.22	1 Jan 1986	Girls	13 yrs	200 IM	Kara Evans	LISM	2:31.80	1 Jan 1986
Boys	14 yrs	200 IM	Peter Harvey	LISM	2:22.07	1 Jan 1987	Girls	14 yrs	200 IM	Jessica Henshaw	LISM	2:32.53	3 Apr 2005
Boys	15 yrs	200 IM	Luke Fisher	LISM	2:23.23	1 Jan 1992	Girls	15 yrs	200 IM	Kate Renshaw	LISM	2:38.42	1 Jan 1986
Boys	16 & over	200 IM	Luke Fisher	LISM	2:23.00	1 Feb 1993	Girls	16 & over	200 IM	Madeline Nilon	LISM	2:37.15	21 Feb 2015