

**ULSTER LONG COURSE RECORDS based on claims received as of 10 March 2026**

Men			Senior Records	Women		
Name	Date Achieved / Where	Time	Event	Time	Date Achieved / Where	Name
C Bain – Cookstown	24.05.24 – Irish Open & Olympic Trials, NAC	<b>22.06</b>	<b>50m Freestyle</b>	<b>24.68</b>	25.05.24 – Irish Open & Olympic Trials - NAC	D Hill – Larne
J McMillan – Bangor	04.04.24 – British Championships, London	<b>48.75</b>	<b>100m Freestyle</b>	<b>54.80</b>	5.7.2025 – EA Junior Championships – Samorín	G Davison – Ards
J McMillan – Bangor	07.04.24 – British Championships, London	<b>1:46.19</b>	<b>200m Freestyle</b>	<b>1:59.74</b>	05.04.23 – NAC, Dublin	V Catterson – Ards
D Wiffen – Larne	13.04.23 – Stockholm	<b>3.44.35</b>	<b>400m Freestyle</b>	<b>4:13.26</b>	24.08.14 – European Champs, Berlin	S McMahon – Leander
D Wiffen – Larne	26.07.23 – Fukuoka, Japan	<b>7:39.19</b>	<b>800m Freestyle</b>	<b>8:54.06</b>	22.07.17 – C’wealth Youth Games, Bahamas	R Bethel – Lisburn
D Wiffen – Larne	18.2.24 – Doha, Qatar	<b>14:34.07</b>	<b>1500m Freestyle</b>	<b>17:04.70</b>	10.04.11 – Eindhoven	S McMahon – Leander
C Ferguson – Larne	17.05.21 – Duna Arena, Budapest	<b>24.81</b>	<b>50m Backstroke</b>	<b>27.64</b>	04.05.24 – Aurora Bangor	D Hill – Larne
C Ferguson – Larne	22.05.24 – NAC, Dublin	<b>53.87</b>	<b>100m Backstroke</b>	<b>59.11</b>	22.05.24 – Irish Open & Olympic Trials - NAC	D Hill – Larne
C Ferguson – Bangor	08.04.17 – NAC Dublin	<b>1:58.80</b>	<b>200m Backstroke</b>	<b>2:10.75</b>	22.05.12 – Debrecen, Hungary	M Nocher – Ards
J Graham – Bangor	03.08.17 – Kranj, Slovenia	<b>27.65</b>	<b>50m Breaststroke</b>	<b>30.29</b>	03.04.23 – NAC, Dublin	M McSharry – Marlins
J Graham – Bangor	27.07.17 – Ponds Forge, Sheffield	<b>1:01.37</b>	<b>100m Breaststroke</b>	<b>1:05.55</b>	24.07.23 – Fukuoka, Japan	M McSharry – Marlins
A Bree – Ards	08.08 – Beijing Olympic Games	<b>2:10.16</b>	<b>200m Breaststroke</b>	<b>2:22.49</b>	22.06.24 – Vancouver, Canada	M McSharry – Marlins
C Brines – Larne	03.02.17 – Aurora Bangor	<b>23.93</b>	<b>50m Butterfly</b>	<b>26.45</b>	12.04.24 – Aurora Bangor	D Hill – Larne
P Johnston – Ards	21.04.22 – NAC, Dublin	<b>53.29</b>	<b>100m Butterfly</b>	<b>1:00.53</b>	03.03.12 – NAC, Dublin	B Carson – Lisburn
P Johnston – Ards	21.04.21 – NAC, Dublin	<b>1:58.81</b>	<b>200m Butterfly</b>	<b>2:13.75</b>	23.08.14 – Berlin	S McMahon – Leander
J Brown – Ards	22.04.17 – Ponds Forge, Sheffield	<b>2:02.75</b>	<b>200m IM</b>	<b>2:12.50</b>	26.06.25 – EA U23 Championships (Samorín)	E McCartney - Ards
A Bree – Ards	06.01 – Glasgow	<b>4:30.10</b>	<b>400m IM</b>	<b>4:48.38</b>	26.04.13 – NAC, Dublin	S McMahon – Leander

Boys			Junior Records	Girls		
Name	Date Achieved / Where	Time	Event	Time	Date Achieved / Where	Name
D Registe – Lisburn	05.04.23 – NAC, Dublin	<b>23.39</b>	<b>50m Freestyle</b>	<b>25.88</b>	01.04.23 – NAC, Dublin	G Davison – Ards
C Coulter – Ards	19.07.12 – Ponds Forge, Sheffield	<b>50.87</b>	<b>100m Freestyle</b>	<b>56.93</b>	03.04.23 – NAC, Dublin	G Davison – Ards
J McMillan – Bangor	11.12.17 – Aurora, Bangor	<b>1:50.32</b>	<b>200m Freestyle</b>	<b>2:02.08</b>	04.10.10 – Delhi, India	S McMahon – Leander
J McMillan – Bangor	19.11.17 – Swansea	<b>3:57.38</b>	<b>400m Freestyle</b>	<b>4:15.86</b>	04.08.10 – Sheffield	S McMahon – Leander
D Wiffen – Lisburn	06.07.19 – European Juniors, Kazan, Russia	<b>8:13.72</b>	<b>800m Freestyle</b>	<b>8:56.04</b>	25.07.10 – NAC, Dublin	S McMahon – Leander
D Wiffen – Lisburn	04.07.19 – European Juniors, Kazan, Russia	<b>15:52.94</b>	<b>1500m Freestyle</b>	<b>17:04.70</b>	10.04.11 – Eindhoven	S McMahon – Leander
C Ferguson – Bangor	09.04.17 – NAC, Dublin	<b>25.24</b>	<b>50m Backstroke</b>	<b>29.67</b>	22.04.17 – Aurora, Bangor	R Reid – Ards
C Ferguson – Bangor	06.04.17 – NAC, Dublin	<b>54.61</b>	<b>100m Backstroke</b>	<b>1:03.72</b>	01.05.15 – NAC, Dublin	D Hill – Larne
C Ferguson – Bangor	08.04.17 – NAC, Dublin	<b>1:58.50</b>	<b>200m Backstroke</b>	<b>2:17.71</b>	17.07.15 – NAC, Dublin	D Hill – Larne
M Dawson – Ards	03.08 – Limerick	<b>29.56</b>	<b>50m Breaststroke</b>	<b>32.30</b>	04.10.10 – Delhi, India	S McMahon – Leander
B Woodside – Larne	21.04.21 – NAC, Dublin	<b>1:04.61</b>	<b>100m Breaststroke</b>	<b>1:09.07</b>	04.03.16 – Aurora, Bangor	M McSharry - Marlins
B Woodside – Larne	25.07.19 – NAC, Dublin	<b>2:19.98</b>	<b>200m Breaststroke</b>	<b>2:31.09</b>	04.03.16 – Aurora, Bangor	M McSharry – Marlins
D Registe – Lisburn	06.08.23 – Trinidad & Tobago	<b>24.72</b>	<b>50m Butterfly</b>	<b>27.78</b>	30.04.23 – Aurora, Bangor	G Davison – Ards
P Johnston – Ards	29.03.19 – NAC, Dublin	<b>55.02</b>	<b>100m Butterfly</b>	<b>1:02.51</b>	24.07.14 – Tollcross, Glasgow	G Kane – Bangor
P Johnston – Ards	29.03.19 – NAC, Dublin	<b>2:02.43</b>	<b>200m Butterfly</b>	<b>2:15.97</b>	01.08.09 – Sheffield	S McMahon – Leander
J Brown – Ards	24.04.14 – NAC, Dublin	<b>2:07.82</b>	<b>200m IM</b>	<b>2:17.27</b>	26.05.23 – Tollcross, Glasgow	G Davison – Ards
J Brown – Ards	07.03.15 – Aurora, Bangor	<b>4:33.83</b>	<b>400m IM</b>	<b>4:49.87</b>	09.04.11 – Eindhoven	S McMahon - Leander

**ULSTER LONG COURSE RECORDS based on claims received as of 10 March 2026**

Men		ULSTER LONG COURSE SENIOR RELAY RECORDS		Women	
Name	Time	Event	Time	Name	
Ulster Squad – R Hoal, S Dickson, W Gilmer, K Frizzell – Dec 2005, Bath	<b>1:56.16</b>	4 x 50m Medley Team Relay - Representative	<b>2:06.16</b>	Ulster Squad - M Nocher, A Hyland, L McFarland, C Dawson – Dec 2005 Bath	
Ulster Squad - K Frizzell, S Dickson, R Hoal, W Gilmer - Dec 2005, Bath	<b>1:42.76</b>	4 x 50m Freestyle Team Relay - Representative	<b>1:51.69</b>	Ulster Squad - C Dawson, A Pugh, A Hyland, M Nocher – Dec 2005 Bath	
Bangor - C Ferguson, J Graham, J Sloan, D Thompson 11.11.17 - War Memorial, Bangor Aurora	<b>1:43.32</b>	4 x 50m Medley Team Relay - Club	<b>1:58.85</b>	Ards - R Reid, Z Thompson, E Reid, V Catterson 11.11.17 - War Memorial, Bangor Aurora	
Bangor - J McMillan, C Coulter, D Thompson, J Sloan 9.11.19, Bangor Aurora	<b>1:32.76</b>	4 x 50m Freestyle Team Relay - Club	<b>1:47.39</b>	Ards - R Reid, E McKibben, E McCartney, V Catterson 13 Nov 2021, Craigavon	
N. Ireland - C Ferguson, J Graham, J Brown, J Sloan 10.04.18, Gold Coast, Australia (CWG)	<b>3:41.08</b>	4 x 100m Medley Team Relay - Representative	<b>4:16.81</b>	Ireland - D Hill, M McSharry, E Reid, R Bethel 25.06.15, Baku, Azerbaijan	
N. Ireland - C Coulter, C Bain, D Thompson, J Sloan 6.04.18, CWG, Gold Coast, Australia	<b>3:19.57</b>	4 x 100m Freestyle Team Relay - Representative	<b>3:47.24</b>	N. Ireland - V Catterson, G Davison, M McAlorum, D Hill 30.07.22, CWG Birmingham	
Ulster - J Gilmer, L Campbell, I Chisholm, R Hoal 21.02.09, Swansea	<b>8:00.63</b>	4 x 200m Freestyle Team Relay - Representative	<b>8:10.97</b>	Ireland - S McMahan, B Carson, M Nocher, C Dawson 4.12.11, Eindhoven	
Bangor - C Ferguson, J Graham, J Sloan, D Thompson 08.04.17, NAC, Dublin	<b>3:45.07</b>	4 x 100m Medley Team Relay – Club	<b>4:21.26</b>	Ards - R Reid, Z Thompson, E Reid, B Firth 06.03.16, Aurora, Bangor	
Bangor - D Thompson, J McMillan, C Ferguson, J Sloan 06.04.17, NAC, Dublin	<b>3:23.38</b>	4 x 100m Freestyle Team Relay - Club	<b>3:56.55</b>	Ards - E McKibben, A Kane, R Reid, V Catterson 21.02.20, Aurora, Bangor	
Bangor - J McMillan, C Ferguson, D Thompson, J Sloan 07.04.17, NAC, Dublin	<b>7:32.11</b>	4 x 200m Freestyle Team Relay - Club	<b>8:28.85</b>	Ards - A Kane, R Reid, E McKibben, V Catterson 20.02.20, Aurora, Bangor	

Name	Event	Time
Ards - J Angus, P Johnston, R Reid, V Catterson - 11.11.17, War Memorial, Bangor Aurora	Mixed 4 x 50m Freestyle Relay - Club	<b>1:43.86</b>
Ards - B Firth, J Brown, E Reid, C Coulter – 07.11.15, Bangor Aurora	Mixed 4 x 50m Medley Team Relay - Club	<b>1:54.88</b>
Ards - G Davison, E McCartney, P Johnston, D Harvey – 20.02.26, NAC, Dublin	Mixed 4 x 100m Medley Team Relay - Club	<b>3:58.47</b>

**ULSTER LONG COURSE RECORDS based on claims received as of 10 March 2026**

Boys		ULSTER JUNIOR RELAY LONG COURSE RECORDS		Girls	
Name	Time	Event	Time	Name	
Banbridge – J Rada, A Karchenko, M Rice, S Mathers 08.11.25, Bangor Aurora	<b>1:48.79</b>	4 x 50m Medley Team Relay - Club	<b>2:00.69</b>	Ards – G Davison, K Aiken, Z Quigley, M Diamond 12.11.22, Aurora Bangor	
Ards - P Johnston, J Angus, C Armstrong, T Uprichard 23.04.17, Bangor Aurora	<b>1:38.37</b>	4 x 50m Freestyle Team Relay - Club	<b>1:52.07</b>	Ards – G Davison, K Aiken, Z Quigley, M Diamond 12.11.22 – Aurora Bangor	
Ulster - L Campbell, J Leckey, C Hamilton, J Gilmer 22.02.09, Swansea	<b>4:13.58</b>	4 x 100m Medley Team Relay - Representative	<b>4:30.67</b>	Ulster - C Cullen, E McCartney, T Barr, M McAlorum 30.06.19, Scot Nat. Aberdeen	
Ulster - L Galloway, J Leckey, J Sloan, L Campbell 20.02.09, Swansea	<b>3:45.64</b>	4 x 100m Freestyle Team Relay - Representative	<b>4:06.66</b>	Ulster - M McAlorum, E McCartney, C Rooney, J McMullen 29.06.19, Scot. Nat. Aberdeen	
Ulster - D Wiffen, P Johnston, J Allison, J McMillan 01.07.16, Tollcross, Glasgow	<b>8:13.53</b>	4 x 200m Freestyle Team Relay - Representative	<b>8:54.50</b>	Standard	
Banbridge – J Rada, A Karchenko, M Rice, A Barry 22.02.26, NAC, Dublin	<b>3:58.33</b>	4 x 100m Medley Team Relay – Club	<b>4:23.05</b>	Bangor – R Lavery, G Eyre, O Falls, C Stewart 22.02.26, NAC, Dublin	
Ards - C Dunnion, D Kennedy, A Barnes, B Riddell 25.02.22, Aurora Bangor	<b>3:37.52</b>	4 x 100m Freestyle Team Relay - Club	<b>4:09.16</b>	Ards - Z Thompson, E McConnell, M McGonnigle, R Reid 15.07.15, NAC, Dublin	
Lisburn - D Wiffen, D Griffiths, J Fleming, J Allison 05.04.18, NAC, Dublin	<b>7:56.38</b>	4 x 200m Freestyle Team Relay - Club	<b>9:00.50</b>	Standard	

Name	Event	Time
Ards - M Hand, D Harvey, H McMaster, Z Quigley - 26.03.22, Aurora Bangor	Mixed 4 x 50m Freestyle Relay - Club	<b>1:50.33</b>
Ards – A Barnes, K Aiken, C Eatwell, G Davison – 12.11.22, Aurora Bangor	Mixed 4 x 50m Medley Team Relay - Club	<b>1:54.15</b>
Ards - Adam Barnes, Keira Aiken, Charlie Eatwell, Grace Davison – 8.05.22, Aurora Bangor	Mixed 4 x 100m Medley Team Relay - Club	<b>4:08.44</b>