



# **BASILDON & PHOENIX** **CLUB RECORDS – MALE**

(as at 16 April 2017)



<b>EVENT</b>	<b>SWIMMER</b>	<b>AGE</b>	<b>TIME</b>	<b>YEAR</b>	<b>VENUE</b>
50 Metres Backstroke	<b>Conor Harrold</b>	23	26.12	<b>December 2016</b>	Ponds Forge
50 Metres Breaststroke	<b>Lewis Clifford-Stephenson</b>	20	28.44	<b>August 2014</b>	Ponds Forge
50 Metres Butterfly	<b>Conor Harrold</b>	21	25.76	<b>February 2015</b>	Basildon Sporting Village
50 Metres Freestyle	<b>Lewis Clifford-Stephenson</b>	20	23.46	<b>April 2014</b>	Glasgow
100 Metres Backstroke	<b>Conor Harrold</b>	21	55.42	<b>February 2015</b>	Basildon Sporting Village
100 Metres Breaststroke	<b>Lewis Clifford-Stephenson</b>	20	1:03.57	<b>August 2014</b>	Ponds Forge
100 Metres Butterfly	<b>George Epsly</b>	17	55.25	<b>December 2015</b>	Ponds Forge
100 Metres Freestyle	<b>Conor Harrold</b>	23	51.58	<b>Nov 2016 Dec 2016</b>	Luton Luton
200 Metres Backstroke	<b>Conor Harrold</b>	22	1:59.76	<b>December 2015</b>	Ponds Forge
200 Metres Breaststroke	<b>Fraser Scott</b>	17	2:24.08	<b>November 2015</b>	Luton
200 Metres Butterfly	<b>George Epsly</b>	17	2:00.96	<b>December 2015</b>	Ponds Forge
200 Metres Freestyle	<b>Conor Harrold</b>	23	1:52.98	<b>October 2016</b>	Basildon Sporting Village
100 Individual Medley	<b>Conor Harrold</b>	22	58.59	<b>December 2015</b>	Ponds Forge
200 Individual Medley	<b>Conor Harrold</b>	21	2:07.12	<b>December 2014</b>	Luton
400 Individual Medley	<b>Fraser Scott</b>	17	4:36.25	<b>September 2015</b>	Basildon Sporting Village
400 Metres Freestyle	<b>George Epsly</b>	16	4:04.25	<b>October 2014</b>	Basildon Sporting Village
800 Metres Freestyle					
1500 Metres Freestyle	<b>Fraser Scott</b>	18	16:26.30	<b>August 2016</b>	Ponds Forge

**No. of records held:** Conor Harrold = 8, George Epsly = 3, Fraser Scott = 3

Lewis Clifford-Stephenson = 3.

(orange font = new record set within past 12 months)