

Open Female Long Course (50m) Records



50m Freestyle	24.48	Eva Okaro	Repton SC	17/04/2025	London
100m Freestyle	54.10	Eva Okaro	Repton SC	20/04/2025	London
200m Freestyle	1.56.66	Rebecca Adlington	Nova Centurion	08/04/2004	Sheffield
400m Freestyle	4.02.24	Rebecca Adlington	Nova Centurion	10/08/2008	Beijing
800m Freestyle	8.14.10	Rebecca Adlington	Nova Centurion	16/08/2008	Beijing
1500m Freestyle	16.31.45	Rebecca Adlington	Nova Centurion	29/04/2006	Coventry
50m Backstroke	28.43	Harriet Cooper	City of Derby SC	06/11/2015	Dubai
100m Backstroke	1.00.95	Harriet Cooper	City of Derby SC	07/11/2015	Dubai
200m Backstroke	2.11.86	Karen Lee	Loughborough University	11/04/2004	Sheffield
50m Breaststroke	30.62	Sarah Vasey	City of Derby SC	02/05/2016	Sheffield
100m Breaststroke	1.07.32	Sarah Vasey	City of Derby SC	29/01/2017	Luxembourg
200m Breaststroke	2.26.81	Molly Renshaw	Derventio Excel	08/03/2012	London
50m Butterfly	26.19	Eva Okaro	Repton SC	18/04/2025	London
100m Butterfly	57.71	Rachael Kelly	Loughborough University	17/05/2015	London
200m Butterfly	2.08.89	Standard Time		Standard Time	
200m Individual Medley	2.12.31	Sophie Smith	City of Leicester SC	06/03/2012	London
400m Individual Medley	4.39.01	Rosie Rudin	Nova Centurion	25/08/2015	Singapore
4 x 100m Freestyle Team	3.49.04	Loughborough University	Loughborough University	27/06/2015	Glasgow
4 x 100m Medley Team	4.08.70	Loughborough University	Loughborough University	17/07/2004	Manchester
4 x 200m Freestyle Team	8.20.51	Loughborough University	Loughborough University	25/06/2015	Glasgow