



St Paul's

Club Records

(Short Course)

Butterfly

Updated: Aug 2025

TIME	DATE	MALE	EVENT	FEMALE	DATE	TIME
23.91	04/10/19	Ben Littlejohn	Open 50Fly	Laura Littlejohn	10/12/21	26.53
24.26	24/08/22	Ben Littlejohn	19+ 50Fly	Kaitlyn Bergamin	20/08/23	31.40
23.91	04/10/19	Ben Littlejohn	17-18 50Fly	Laura Littlejohn	10/12/21	26.53
24.36	02/04/19	Ben Littlejohn	15-16 50Fly	Laura Littlejohn	17/10/20	27.25
26.02	29/05/21	Oliver Mouat	13-14 50Fly	Amelia de Lautour	01/10/19	28.17
28.75	08/09/15	Ben Littlejohn	11-12 50Fly	Laura Littlejohn	18/02/17	31.47
38.29	13/02/21	Ezra Gower	10&U 50Fly	Laura Littlejohn	27/06/15	35.04

52.66	10/08/23	Ben Littlejohn	Open 100Fly	Laura Littlejohn	10/10/20	1:00.55
52.66	10/08/23	Ben Littlejohn	19+ 100Fly	Laura Littlejohn	10/08/23	1:01.53
53.75	04/10/19	Ben Littlejohn	17-18 100Fly	Laura Littlejohn	24/07/21	1:00.59
55.41	08/08/23	Oliver Mouat	15-16 100Fly	Laura Littlejohn	10/10/20	1:00.55
59.15	02/10/16	Ben Littlejohn	13-14 100Fly	Laura Littlejohn	06/07/19	1:02.81
1:03.14	08/09/15	Ben Littlejohn	11-12 100Fly	Laura Littlejohn	17/02/17	1:10.71
1:28.93	05/04/25	Beau Gower	10&U 100Fly	Laura Littlejohn	05/07/15	1:23.09

1:56.61	11/08/23	Ben Littlejohn	Open 200Fly	Laura Littlejohn	06/10/20	2:14.85
1:56.61	11/08/23	Ben Littlejohn	19+ 200Fly	Time Standard		
2:07.08	08/06/19	Ben Littlejohn	17-18 200Fly	Laura Littlejohn	23/07/21	2:16.43
2:09.99	26/07/25	Alex Copocean	15-16 200Fly	Laura Littlejohn	06/10/20	2:14.85
2:16.31	06/10/16	Ben Littlejohn	13-14 200Fly	Laura Littlejohn	07/07/19	2:19.82
2:36.36	06/02/15	Thomas Griffin	12&U 200Fly	Samantha Ward	24/03/19	3:00.70



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Club Records

(Short Course)

Backstroke

TIME	DATE	MALE	EVENT	FEMALE	DATE	TIME
25.96	15/10/20	Ben Littlejohn	Open 50BK	Laura Littlejohn	10/12/21	28.34
28.66	06/08/11	Andrew Pullon	19+ 50BK	Shelby Wilson	06/07/14	28.89
25.96	15/10/20	Ben Littlejohn	17-18 50BK	Laura Littlejohn	10/12/21	28.34
27.06	25/07/25	Alex Copocean	15-16 50BK	Laura Littlejohn	04/04/21	28.44
29.06	08/10/20	Kaz Lohrer	13-14 50BK	Amelia de Lautour	05/10/19	30.03
31.87	08/09/15	Ben Littlejohn	11-12 50BK	Laura Littlejohn	24/06/17	33.52
39.16	30/09/17	Callum McCabe	10&U 50BK	Laura Littlejohn	27/06/15	37.74

56.11	17/08/21	Ben Littlejohn	Open 100BK	Laura Littlejohn	23/07/21	1:00.09
56.11	17/08/21	Ben Littlejohn	19+ 100BK	Laura Littlejohn	08/08/23	1:02.63
56.24	06/10/20	Ben Littlejohn	17-18 100BK	Laura Littlejohn	23/07/21	1:00.09
57.63	15/09/18	Ben Littlejohn	15-16 100BK	Laura Littlejohn	03/07/21	1:01.96
1:00.81	03/10/16	Ben Littlejohn	13-14 100BK	Laura Littlejohn	09/06/19	1:04.81
1:08.17	07/09/15	Ben Littlejohn	11-12 100BK	Laura Littlejohn	18/03/17	1:11.57
1:26.85	09/09/17	Callum McCabe	10&U 100BK	Laura Littlejohn	04/07/15	1:22.97

2:01.26	11/07/21	Ben Littlejohn	Open 200BK	Sarah Miller	05/08/18	2:19.24
2:01.26	11/07/21	Ben Littlejohn	19+ 200BK	Kaitlyn Bergamin	01/07/23	2:24.00
2:04.30	11/08/19	Ben Littlejohn	17-18 200BK	Sarah Miller	14/09/19	2:19.83
2:09.21	25/07/25	Alex Copocean	15-16 200BK	Sarah Miller	05/08/18	2:19.24
2:14.41	05/10/16	Ben Littlejohn	13-14 200BK	Sarah Miller	04/12/15	2:23.92
2:24.43	07/09/15	Ben Littlejohn	12&U 200BK	Sarah Miller	20/02/15	2:31.10



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25.96	15/10/20	Ben Littlejohn	Open 50BK	Laura Littlejohn	10/12/21	28.34
28.66	06/08/11	Andrew Pullon	19+ 50BK	Shelby Wilson	06/07/14	28.89
25.96	15/10/20	Ben Littlejohn	17-18 50BK	Laura Littlejohn	10/12/21	28.34
27.06	25/07/25	Alex Copocean	15-16 50BK	Laura Littlejohn	04/04/21	28.44
29.06	08/10/20	Kaz Lohrer	13-14 50BK	Amelia de Lautour	05/10/19	30.03
31.87	08/09/15	Ben Littlejohn	11-12 50BK	Laura Littlejohn	24/06/17	33.52
39.16	30/09/17	Callum McCabe	10&U 50BK	Laura Littlejohn	27/06/15	37.74

56.11	17/08/21	Ben Littlejohn	Open 100BK	Laura Littlejohn	23/07/21	1:00.09
56.11	17/08/21	Ben Littlejohn	19+ 100BK	Laura Littlejohn	08/08/23	1:02.63
56.24	06/10/20	Ben Littlejohn	17-18 100BK	Laura Littlejohn	23/07/21	1:00.09
57.63	15/09/18	Ben Littlejohn	15-16 100BK	Laura Littlejohn	03/07/21	1:01.96
1:00.81	03/10/16	Ben Littlejohn	13-14 100BK	Laura Littlejohn	09/06/19	1:04.81
1:08.17	07/09/15	Ben Littlejohn	11-12 100BK	Laura Littlejohn	18/03/17	1:11.57
1:26.85	09/09/17	Callum McCabe	10&U 100BK	Laura Littlejohn	04/07/15	1:22.97

2:01.26	11/07/21	Ben Littlejohn	Open 200BK	Sarah Miller	05/08/18	2:19.24
2:01.26	11/07/21	Ben Littlejohn	19+ 200BK	Kaitlyn Bergamin	01/07/23	2:24.00
2:04.30	11/08/19	Ben Littlejohn	17-18 200BK	Sarah Miller	14/09/19	2:19.83
2:09.21	25/07/25	Alex Copocean	15-16 200BK	Sarah Miller	05/08/18	2:19.24
2:14.41	05/10/16	Ben Littlejohn	13-14 200BK	Sarah Miller	04/12/15	2:23.92
2:24.43	07/09/15	Ben Littlejohn	12&U 200BK	Sarah Miller	20/02/15	2:31.10



St Paul's

Club Records

(Short Course)

Freestyle

TIME	DATE	MALE	EVENT	FEMALE	DATE	TIME
22.89	10/08/23	Ben Littlejohn	Open 50FR	Laura Littlejohn	08/10/20	24.85
22.89	10/08/23	Ben Littlejohn	19+ 50FR	Laura Littlejohn	10/08/23	25.73
23.08	04/10/19	Ben Littlejohn	17-18 50FR	Laura Littlejohn	10/12/21	24.87
23.61	12/08/23	Oliver Mouat	15-16 50FR	Laura Littlejohn	08/10/20	24.85
25.11	18/10/20	Joshua Edwards	13-14 50FR	Laura Littlejohn	07/07/19	25.92
27.13	24/03/19	Joshua Edwards	11-12 50FR	Laura Littlejohn	08/07/17	28.56
31.27	03/08/25	Harley Tinworth	10&U 50FR	Elieta Tukia	26/03/23	31.26

48.93	08/08/23	Ben Littlejohn	Open 100FR	Laura Littlejohn	28/07/22	53.85
48.93	08/08/23	Ben Littlejohn	19+ 100FR	Laura Littlejohn	08/08/23	54.88
49.86	07/10/20	Ben Littlejohn	17-18 100FR	Laura Littlejohn	28/07/22	53.85
50.88	30/09/18	Ben Littlejohn	15-16 100FR	Laura Littlejohn	15/10/20	53.92
54.85	16/10/20	Joshua Edwards	13-14 100FR	Laura Littlejohn	05/07/19	55.80
59.54	19/07/19	Jeremy Li	11-12 100FR	Laura Littlejohn	19/02/17	1:02.77
1:12.02	04/06/25	Harley Tinworth	10&U 100FR	Elieta Tukia	25/03/23	1:10.50

1:44.60	16/12/22	Ben Littlejohn	Open 200FR	Laura Littlejohn	28/07/22	1:57.05
1:44.60	16/12/22	Ben Littlejohn	19+ 200FR	Laura Littlejohn	09/08/23	2:00.62
1:46.59	17/10/20	Ben Littlejohn	17-18 200FR	Laura Littlejohn	28/07/22	1:57.05
1:52.27	03/10/18	Ben Littlejohn	15-16 200FR	Laura Littlejohn	17/10/20	1:58.90
1:58.94	02/10/16	Ben Littlejohn	13-14 200FR	Laura Littlejohn	07/07/19	2:03.66
2:16.08	20/07/18	Jeremy Li	11-12 200FR	Sarah Miller	09/08/17	2:20.08
2:38.77	12/11/17	Callum McCabe	10&U 200FR	Elieta Tukia	26/03/23	2:41.04



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Freestyle

TIME	DATE	MALE	EVENT	FEMALE	DATE	TIME
3:50.35	23/08/24	Ben Littlejohn	Open 400FR	Nina De Coster	23/08/24	4:15.23
3:53.54	25/08/22	Ben Littlejohn	19+ 400FR	Time Standard		
3:51.91	15/10/20	Ben Littlejohn	17-18 400FR	Laura Littlejohn	22/07/21	4:18.68
3:56.70	15/09/18	Ben Littlejohn	15-16 400FR	Nina De Coster	23/08/24	4:15.23
4:20.34	06/08/11	Tyler Ellis	13-14 400FR	Laura Littlejohn	08/06/19	4:29.91
4:44.40	13/08/11	Connor Egan	12&U 400FR	Sarah Miller	19/07/14	5:01.31

8:11.33	09/07/21	Ben Littlejohn	Open 800FR	Nina De Coster	23/08/24	8:44.91
8:11.33	09/07/21	Ben Littlejohn	19+ 800FR	Time Standard		
8:27.69	09/08/19	Corey Hirst	17-18 800FR	Sarah Miller	28/07/22	9:02.71
8:42.88	23/08/24	Alex Copocean	15-16 800FR	Nina De Coster	23/08/24	8:44.91
9:06.46	02/07/23	Alex Copocean	13-14 800FR	Nina De Coster	27/08/22	9:25.99
10:51.12	09/06/19	Jeremy Li	12&U 800FR	Tessa Scott	12/06/22	10:27.34

15:33.76	06/08/11	Murray Pretorius	Open 1500	Nina De Coster	23/08/24	16:50.66
15:41.72	29/06/12	Murray Pretorius	19+ 1500	Time Standard		
15:33.76	06/08/11	Murray Pretorius	17-18 1500	Kaitlyn Sosa	05/10/19	18:18.48
16:19.39	07/10/17	Thomas Griffin	15-16 1500	Nina De Coster	23/08/24	16:50.66
16:55.39	06/08/11	Tyler Ellis	13-14 1500	Nina De Coster	23/08/22	18:15.74
18:48.97	13/08/11	Connor Egan	12&U 1500	Time Standard		



St Paul's

Club Records

(Short Course)

Individual Medley

TIME	DATE	MALE	EVENT	FEMALE	DATE	TIME
57.88	16/10/20	Ben Littlejohn	Open 100IM	Laura Littlejohn	18/12/21	1:00.43
58.45	04/07/21	Ben Littlejohn	19+ 100IM	Shelby Wilson	01/08/14	1:08.12
57.88	16/10/20	Ben Littlejohn	17-18 100IM	Laura Littlejohn	18/12/21	1:00.43
59.44	14/09/18	Ben Littlejohn	15-16 100IM	Laura Littlejohn	08/10/20	1:01.04
1:03.45	04/10/16	Ben Littlejohn	13-14 100IM	Laura Littlejohn	03/10/18	1:04.61
1:10.54	10/09/19	Oliver Mouat	11-12 100IM	Laura Littlejohn	18/02/17	1:10.21
1:23.98	04/08/25	Harley Tinworth	10&U 100IM	Laura Littlejohn	07/06/15	1:21.24

2:07.26	18/10/20	Ben Littlejohn	Open 200IM	Laura Littlejohn	11/12/21	2:10.61
2:10.24	02/09/17	Cameron Voykovich	19+ 200IM	Laura Littlejohn	10/08/23	2:15.32
2:07.26	18/10/20	Ben Littlejohn	17-18 200IM	Laura Littlejohn	11/12/21	2:10.61
2:09.50	04/08/18	Ben Littlejohn	15-16 200IM	Laura Littlejohn	03/07/21	2:12.85
2:17.91	03/10/16	Ben Littlejohn	13-14 200IM	Laura Littlejohn	03/10/18	2:22.36
2:36.15	30/05/21	Jeremy Li	11-12 200IM	Laura Littlejohn	19/02/17	2:34.30
3:07.95	06/04/25	Harley Tinworth	10&U 200IM	Laura Littlejohn	06/06/15	3:00.04

4:36.94	19/07/15	Cameron Voykovich	Open 400IM	Nina De Coster	23/08/24	4:55.25
4:36.94	19/07/15	Cameron Voykovich	19+ 400IM	Time Standard		
4:37.65	02/08/14	Cameron Voykovich	17-18 400IM	Sarah Miller	20/07/19	4:58.76
4:40.77	04/05/2025	Alex Copocean	15-16 400IM	Nina De Coster	23/08/24	4:55.25
4:52.47	19/07/16	Thomas Griffin	13-14 400IM	Laura Littlejohn	08/06/19	4:59.73
5:39.59	06/03/21	John Park	12&U 400IM	Laura Littlejohn	18/02/17	5:32.70