

**NZMS NATIONAL LONG COURSE CHAMPIONSHIPS 2023 (in partnership with SNZ)**

**Hawkes Bay Regional Aquatic Centre, Hastings**

**25-27 May 2023**

**PARA RECORDS BROKEN/ESTABLISHED**

**Female:**

50m Free		Old Record	Ilonka Buwalda	NC5	50.89	19.03.2023
45-49yrs	S10	New Record	Ilonka Buwalda	NC5	49.30	26.05.2023
		<i>(Record broken during first leg of a Freestyle relay)</i>				
200m Free		No previous record				
45-49yrs	S10	New Record	Ilonka Buwalda	NC5	4:27.93	26.05.2023
400m Free		No previous record				
45-49yrs	S10	New Record	Ilonka Buwalda	NC5	9:46.55	27.05.2023
800m Free		No previous record				
45-49yrs	S10	New Record	Ilonka Buwalda	NC5	20:45.51	25.05.2023