

Open/Male 50m Freestyle

David Harrison	Stowmarket	23.72	Sheffield	30.10.10	18/24
Guy Sherwin	Hatfield	23.12	Sheffield	30.10.10	25/29
Stephen Mavin	Chatteris	23.76	Sheffield	25.10.09	30/34
Stephen Mavin	March Marlins	23.74	Sheffield	25.10.14	35/39
Marcel Scholten	Modernian	24.86	Sheffield	24.10.08	40/44
Daryl Mason	Potters Bar	24.56	Sheffield	28.10.18	45/49
John Cunningham	Potters Bar	25.09	Sheffield	30.10.21	50/54
Marcel Scholten	Modernian	26.18	Sheffield	29.10.22	55/59
Kevin Timmons	St Albans Masters	27.71	Sheffield	29.10.22	60/64
Chris Dunn	Hatfield	28.86	Newmarket	20.11.11	65/69
Chris Dunn	Hatfield	29.55	Basildon	17.11.18	70/74
Chris Dunn	Hatfield	30.65	Braintree	13.11.22	75/79
Derek Gore	Chelmsford	41.22	Basildon	07.03.20	80/84
Donald Macfarlane	West Norfolk	1.13.48	Newmarket	04.10.14	85/89
Ronald Cooper	Hertford	1.16.48	Borehamwood	16.06.18	90/94

Womens 50m Freestyle

Jessica Shaw	Southwold	25.83	Sheffield	27.10.23
Katrin Heider	City of Cambridge	26.88	Sheffield	29.10.17
Carla King	South Beds Masters	27.17	Sheffield	28.10.17
Zoe Cray	teamipswich	26.33	Sheffield	30.10.10
Zoe Cray	teamipswich	27.06	Newmarket	04.10.14
Emma Walker	City of Cambridge	29.02	Sheffield	26.10.19
Liz Woolner	Team Anglia Masters	28.77	Sheffield	28.10.18
Liz Woolner	Team Anglia Masters	29.16	Basildon	25.03.23
Debbie Matless	East Anglian Swallow Tails	30.86	Sheffield	27.10.23
Alyson Fordham	Bishops Stortford	29.45	Sheffield	27.10.23
Christine Ayers	South Beds Masters	36.77	Sheffield	27.10.23
Jackie Jackson	Potters Bar	40.97	Newmarket	16.11.14
Janet Masters	South Beds Masters	44.88	Sudbury	16.02.20

Open/Male 100m Freestyle

David Kelleway	Bishops Stortford	51.42	Sheffield	28.10.16	18/24
Ian Thwaites	City of Cambridge	51.89	Sheffield	25.10.09	25/29
Stephen Mavin	Chatteris	51.93	Sheffield	25.10.09	30/34
Stephen Mavin	March Marlins	52.11	Sheffield	24.10.14	35/39
Marcel Scholten	Modernian	55.14	Sheffield	25.10.08	40/44
Garry Mavin	Team Anglia Masters	56.42	Sheffield	29.10.17	45/49
John Cunningham	Potters Bar	56.16	Sheffield	30.10.21	50/54
Marcel Scholten	Modernian	1.00.43	Sheffield	29.10.21	55/59
Kevin Timmons	St Albans Masters	1.02.11	Sheffield	30.10.22	60/64
Barry Chandler	Newmarket	1.06.97	Barnet Cophthall	10.07.22	65/69
Philip Harper	Rochford & District	1.11.73	Sheffield	29.10.17	70/74
Philip Harper	Rochford & District	1.17.22	Basildon	07.03.20	75/79
Derek Gore	Chelmsford	1.29.00	Basildon	07.03.20	80/84

Womens 100m Freestyle

Lucy Wheeler	Bishops Stortford	58.35	Sheffield	28.10.23
Katrin Heider	City of Cambridge	57.76	Sheffield	29.10.17
Carla King	South Beds Masters	59.89	Sheffield	28.10.16
Zoe Cray	teamipswich	57.48	Sheffield	29.10.10
Zoe Cray	teamipswich	59.39	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	1.05.40	Sudbury	16.02.14
Liz Woolner	Team Anglia Masters	1.04.37	Sheffield	29.10.17
Liz Woolner	Team Anglia Masters	1.05.44	Sheffield	30.10.22
Sally Winter	Bishops Stortford	1.08.31	Sheffield	29.10.21
Alyson Fordham	Bishops Stortford	1.07.07	Sheffield	28.10.23
Pat Reynolds	Beavers Masters Bedford	1.24.95	Newmarket	24.04.22
Pat Jackson	East Anglian Swallow Tails	1.41.13	Newmarket	24.04.22
Janet Masters	South Beds Masters	1.49.85	Barnet Cophthall	10.07.22

Open/Male 200m Freestyle

Sean Leahy	Hatfield	1.49.33	Sheffield	30.10.10	18/24
Karl Buchholtz	Modernian	1.58.00	Sheffield	30.10.05	25/29
Stuart Clarke	Bishops Stortford	1.57.39	Sheffield	26.10.14	30/34
Stephen Mavin	March Marlins	1.55.20	Sheffield	26.10.14	35/39
Lee North	Rochford & District	2.05.43	Sheffield	23.10.15	40/44
Lee Peterson	Braintree & Bocking	2.00.95	Sheffield	25.10.19	45/49
Simon Emm	Colchester	2.11.96	Basildon	03.09.16	50/54
Peter Rae	Rochford & District	2.13.91	Sheffield	24.10.09	55/59
Peter Rae	Rochford & District	2.22.78	Sheffield	26.10.13	60/64
Geoff Thwaites	City of Cambridge	2.27.57	Sheffield	26.10.13	65/69
Stuart McLellan	Sudbury	2.44.20	Nottingham	24.03.19	70/74
Derek Gore	Chelmsford	2.56.86	Sheffield	23.10.15	75/79
Derek Gore	Chelmsford	3.24.80	Basildon	07.03.20	80/84

Womens 200m Freestyle

Lucy Wheeler	Bishops Stortford	2.06.06	Sheffield	29.10.23
Katrin Heider	City of Cambridge	2.05.01	Sheffield	27.10.17
Kathryn Gill	City of Cambridge	2.11.54	Sheffield	27.10.18
Jo Mitchinson	Stevenage	2.16.78	Sudbury	18.02.18
Lara Fenner	Basildon & Phoenix	2.19.14	Newmarket	30.09.18
Susan Evans	Biggleswade	2.24.86	Barnet Cophthall	17.09.23
Silvia Ferdin	City of Cambridge	2.24.23	Sheffield	25.10.19
Sally Winter	Bishops Stortford	2.22.25	Sheffield	23.10.15
Sally Winter	Bishops Stortford	2.25.83	Sudbury	16.02.20
Alyson Fordham	Bishops Stortford	2.33.14	Sheffield	28.10.22
Christine Ayers	South Beds Masters	3.04.73	Barnet Cophthall	09.07.23
Janet Masters	South Beds Masters	3.36.60	Newmarket	03.10.15

Open/Male 400m Freestyle

Myles Turner	West Suffolk	4.09.60	Sheffield	30.10.21	18/24
Danny Baker	Rochford & District	4.16.29	Sheffield	26.10.19	25/29
Stuart Clarke	Bishops Stortford	4.14.09	Sheffield	25.10.14	30/34
Stephen Mavin	March Marlins	4.09.40	Newmarket	04.10.14	35/39
Lee North	Rochford & District	4.27.04	Sheffield	24.10.15	40/44
Stuart Dyble	North Norfolk Vikings	4.34.35	Sheffield	27.10.18	45/49
Simon Emm	Colchester	4.39.88	Basildon	01.04.17	50/54
Peter Rae	Rochford & District	4.46.19	Sheffield	24.10.09	55/59
Dale Barker	Felixstowe SC	5.02.39	Basildon	25.03.23	60/64
Geoff Thwaites	City of Cambridge	5.17.73	Sheffield	27.10.13	65/69
Stuart McLellan	Sudbury	5.54.51	Sudbury	17.02.19	70/74
Michael Read	Sudbury	6.47.84	Newmarket	29.09.19	75/79
Derek Gore	Chelmsford	7.14.22	Basildon	07.03.20	80/84
Donald MacFarlane	West Norfolk	13.58.32	Newmarket	04.10.14	85/89

Open/Male 800m Freestyle

Chris Greenhalgh	Sudbury	8.53.78	Sheffield	25.10.15	18/24
Shaun Harrison	Stowmarket	9.10.72	Sheffield	30.10.05	25/29
Michael Tansini	City of Cambridge	9.13.10	Glasgow	08.04.22	30/34
Ashley Buck	Team Anglia Masters	8.56.87	Barnet Copthall	09.07.16	35/39
Lee North	Rochford & District	9.13.49	Sheffield	25.10.15	40/44
Lee North	Rochford & District	9.24.58	Sheffield	27.10.19	45/49
Simon Emm	Colchester	9.43.09	Sheffield	30.10.16	50/54
Simon Emm	Colchester	9.59.23	Maidenhead	10.09.23	55/59
Dale Barker	Team Anglia Masters	10.30.59	Sheffield	28.10.22	60/64
Geoff Thwaites	City of Cambridge	10.52.02	Sheffield	26.10.13	65/69
Stuart McLellan	Sudbury	12.31.33	Sheffield	27.10.19	70/74
Paul Clarke	Beavers Masters Bedford	17.02.00	Barnet Copthall	07.07.18	75/79
Michael Read	Hadleigh	15.59.71	Newmarket	02.10.22	80/84

Open/Male 1500m Freestyle

Chris Greenhalgh	Sudbury	16.44.15	Sheffield	24.10.14	18/24
Lewis Archer	Halstead	17.50.69	Sheffield	28.10.22	25/29
Ashley Buck	Newmarket	17.46.92	Barnet Copthall	24.11.12	30/34
		18.49.95			35/39
Ian Wimpenny	Hoddesdon	17.35.24	Sheffield	27.10.17	40/44
Lee North	Rochford & District	18.16.28	Sheffield	25.10.19	45/49
Simon Emm	Colchester	18.38.65	Sheffield	28.10.16	50/54
Mark Strakosch	Berkhamsted	19.21.21	Aldershot	21.04.18	55/59
Dale Barker	Team Anglia Masters	19.45.39	Sheffield	28.10.22	60/64
Stuart McLellan	Sudbury	22.27.11	Sheffield	28.10.16	65/69
Nick Minns	East Anglian	23.57.81	Sheffield	27.10.23	70/74
Stuart McLellan	Hadleigh & Sudbury	25.29.33	Bury St Edmunds	18.02.24	75/79
Paul Clarke	Beavers Masters Bedford	35.23.35	Barnet Copthall	27.11.22	80/84

Womens 400m Freestyle

Jennifer Titterington	City of Cambridge	4.30.49	Sheffield	25.10.14
Robyn Le Friec	City of Cambridge	4.31.82	Sheffield	29.10.16
Kathryn Gill	City of Cambridge	4.37.87	Sheffield	26.10.19
Jo Mitchinson	Stevenage	4.38.98	Sudbury	18.02.18
Jo Mitchinson	Team Luton	4.50.94	Newmarket	10.10.21
Susan Evans	Biggleswade	4.58.91	Sheffield	29.10.23
Silvia Ferdin	City of Cambridge	5.02.29	Angers, France	23.03.18
Silvia Ferdin	City of Cambridge	5.04.94	Sheffield	29.10.22
Suzanne Noble	East Anglian Swallow Tails	5.17.44	Newmarket	24.04.22
Alyson Fordham	Bishops Stortford	5.29.40	Basildon	12.03.22
Pat Reynolds	Beavers Masters Bedford	6.20.41	Newmarket	24.04.22
Janet Masters	South Beds Masters	7.40.03	Barnet Copthall	10.07.16

Womens 800m Freestyle

Jennifer Titterington	City of Cambridge	9.06.89	Sheffield	26.10.14
Robyn Le Friec	City of Cambridge	9.17.85	Sheffield	30.10.16
Kathryn Gill	City of Cambridge	9.33.16	Sheffield	27.10.19
Jo Mitchinson	Stevenage	9.49.99	Barnet Copthall	24.11.18
Jo Mitchinson	Team Luton	10.08.36	Sheffield	29.10.21
Susan Evans	Biggleswade	10.12.23	Sheffield	28.10.23
Silvia Ferdin	City of Cambridge	10.11.66	Barnet Copthall	07.07.18
Silvia Ferdin	City of Cambridge	10.26.27	Sheffield	31.10.21
Suzanne Noble	East Anglian	10.34.62	Sheffield	28.10.23
Sharon McLellan	Hadleigh	13.00.83	Barnet Copthall	08.07.23
Christine Ayers	South Beds Masters	13.18.11	Wolverhampton	21.09.18
Pat Jackson	East Anglian Swallow Tails	15.13.23	Carlisle	11.02.22

Womens 1500m Freestyle

Lucy Charles	Hoddesdon	17.46.01	Sheffield	25.10.13
Hayley Davis	City of Cambridge	18.59.22	Barnet Copthall	24.11.13
Hayley Davis	City of Cambridge	18.29.89	Sheffield	23.10.15
Jo Mitchinson	Stevenage	18.26.98	Barnet Copthall	24.11.18
Jo Mitchinson	Team Luton	19.16.04	Sheffield	29.10.21
Heidi Nevin	Rochford & District	19.24.90	Sheffield	23.10.15
Silvia Ferdin	City of Cambridge	19.32.49	Barnet Copthall	25.11.17
Silvia Ferdin	City of Cambridge	19.44.85	Sheffield	27.10.23
Suzanne Noble	East Anglian	20.19.11	Sheffield	27.10.23
Sharon McLellan	Hadleigh	24.19.23	Barnet Copthall	25.11.23
Christine Ayers	South Beds Masters	25.29.27	Sheffield	27.10.23

Open/Male 50m Backstroke

Matthew Wright	Team Luton	26.48	Braintree	13.11.22
Ian Thwaites	City Of Cambridge	26.21	Sheffield	23.10.09
Kevin Barter	Chatteris	27.13	Sheffield	23.10.09
Lee Peterson	Braintree & Bocking	27.16	Sheffield	28.10.12
Lee Peterson	Braintree & Bocking	27.77	Sheffield	30.10.16
Lee Peterson	Braintree & Bocking	27.85	Sheffield	25.10.19
Lee Peterson	Braintree & Bocking	29.54	Basildon	02.03.24
Graham Powell	Team Luton	31.36	Sheffield	27.10.13
Graham Powell	Team Luton	32.53	Bracknell	05.03.16
Graham Powell	Team Luton	33.78	Sheffield	29.10.22
Mike Foskett	Hemel Hempstead	35.95	Angers France	12.03.22
Alan Jackson	East Anglian Swallow Tails	40.70	Sudbury	16.02.14
Derek Gore	Chelmsford	51.62	Basildon	28.11.21

Neil Blake	Hertford	1.15.46	Hemel Hempstead	16.06.24
------------	----------	---------	-----------------	----------

Open/Male 100m Backstroke

Matthew Masters	South Beds Masters	58.37	Sheffield	27.10.17
John Sargent	City Of Cambridge	56.44	Sheffield	28.10.11
Kevin Barter	Chatteris	58.56	Sheffield	24.10.09
Stephen Mavin	Chatteris	58.81	Sheffield	28.10.11
Lee Peterson	Braintree & Bocking	59.36	Sheffield	26.10.14
Lee Peterson	Braintree & Bocking	1.03.61	Sheffield	31.10.21
Lee Peterson	Braintree & Bocking	1.04.86	Chelmsford	06.01.24
Graham Powell	Team Luton	1.09.04	Sheffield	28.10.11
Graham Powell	Team Luton	1.12.02	Sheffield	29.10.16
Mike Foskett	Hemel Hempstead	1.15.61	Sheffield	26.10.18
Mike Foskett	Hemel Hempstead	1.17.44	Angers France	10.03.22
Alan Jackson	East Anglian Swallow Tails	1.31.49	Sudbury	16.02.14
Derek Gore	Chelmsford	1.57.91	Sheffield	28.10.22

Open/Male 200m Backstroke

Myles Turner	West Suffolk	2.03.52	Sheffield	30.10.21
John Sargent	City Of Cambridge	2.02.23	Sheffield	30.10.11
Ashley Buck	Newmarket	2.13.18	Sheffield	30.10.11
Ashley Buck	Team Anglia Masters	2.13.71	Sheffield	28.10.16
Lee Peterson	Braintree & Bocking	2.15.46	Newmarket	03.10.15
David Cartledge	Modernian	2.24.50	Sheffield	29.10.05
Graham Powell	Luton	2.31.31	Sheffield	28.10.06
David Cartledge	Modernian	2.29.00	Sheffield	24.10.15
Graham Powell	Team Luton	2.39.89	Sheffield	28.10.16
Mike Foskett	Hemel Hempstead	2.44.05	Sudbury	18.02.18
Mike Foskett	Hemel Hempstead	2.50.38	Angers France	11.03.22
Stuart McLellan	Hadleigh & Sudbury	3.30.94	Bury St Edmunds	18.02.24
Paul Clarke	Beavers Masters Bedford	4.12.90	Barnet Cophthall	09.07.23

Womens 50m Backstroke

Jessica Shaw	Southwold	28.77	Sheffield	28.10.23
Frances Merridan	South Beds Masters	31.56	Newmarket	28.04.19
Claire Evelyn	South Beds Masters	31.47	Sheffield	25.10.19
Zoe Cray	teamipswich	29.34	Norwich	16.05.09
Zoe Cray	teamipswich	29.84	Newmarket	04.10.14
Dawn Palmer	Basildon and Phoenix	33.84	Sheffield	28.10.23
Liz Woolner	Team Anglia Masters	34.18	Sheffield	28.10.17
Liz Woolner	Flitwick Dolphins	34.38	Bracknell	04.03.23
Eileen Luther	Rochford & District	37.71	Sheffield	27.10.18
Alyson Fordham	Bishops Stortford	37.61	Sheffield	28.10.23
Christine Ayers	South Beds Masters	45.95	Barnet Cophthall	17.09.23
Janet Masters	South Beds Masters	46.84	Sheffield	30.10.16
Janet Masters	South Beds Masters	51.83	Basildon	07.03.20

85/89

90/94

Womens 100m Backstroke

Jessica Shaw	Southwold	1.00.72	Sheffield	27.10.23
Alison Binns	Bushey	1.08.69	Sheffield	28.10.22
Jade Perry	Rochford & District	1.09.71	Sheffield	25.10.13
Zoe Cray	teamipswich	1.03.38	Sheffield	24.10.09
Elizabeth Bellinger	Bishops Stortford	1.13.70	Sheffield	31.10.21
Elizabeth Bellinger	Bishops Stortford	1.13.83	Sheffield	27.10.23
Liz Woolner	Team Anglia Masters	1.15.08	Sheffield	26.10.18
Liz Woolner	Flitwick Dolphins	1.16.83	Barnet Cophthall	10.07.22
Eileen Luther	Rochford & District	1.22.69	Sheffield	26.10.18
Alyson Fordham	Bishops Stortford	1.18.70	Sheffield	27.10.23
Pat Reynolds	Beavers Masters Bedford	1.36.10	Newmarket	24.04.22
Janet Masters	South Beds Masters	1.43.94	Sheffield	29.10.16
Janet Masters	South Beds Masters	1.49.82	Basildon	07.03.20

Womens 200m Backstroke

Jennifer Budden	Southend-on-Sea	2.25.26	Sheffield	28.10.17
Hayley Davis	Flitwick Dolphins	2.29.47	Sheffield	25.10.09
Hayley Davis	City of Cambridge	2.28.08	Sheffield	24.10.15
Jo Mitchinson	Stevenage	2.31.64	Sheffield	28.10.18
Jo Mitchinson	Team Luton	2.35.29	Newmarket	10.10.21
Susan Evans	Biggleswade	2.39.87	Sheffield	28.10.23
Alyson Fordham	Harlow Penguins	2.56.10	Bury St Edmunds	05.10.08
Liz Woolner	Flitwick Dolphins	2.46.59	Newmarket	02.10.22
Pat Reynolds	Beavers Masters Bedford	3.13.95	Newmarket	05.10.13
Pat Reynolds	Beavers Masters Bedford	3.13.65	Newmarket	01.10.16
Pat Reynolds	Beavers Masters Bedford	3.24.34	Coventry	30.09.23
Janet Masters	South Beds Masters	3.44.88	Sheffield	24.10.15
Janet Masters	South Beds Masters	4.12.37	Sheffield	28.10.23

Open/Male 50m Butterfly

Liam Doonan	City Of Cambridge	25.54	Sheffield	25.10.14
Geoff Short	Bishops Stortford	25.32	Sheffield	26.10.13
Stephen Mavin	Chatteris	25.04	Sheffield	24.10.09
Stephen Mavin	March Marlins	25.32	Sheffield	25.10.14
John Cunningham	Potters Bar	26.93	Newmarket	20.11.11
Daryl Mason	Potters Bar	26.36	Sheffield	22.11.15
John Cunningham	Potters Bar	27.30	Sheffield	31.10.21
Barry Chandler	Bishops Stortford	29.24	Sheffield	26.10.13
Geoff Baker	Rochford & District	30.40	Sheffield	26.10.19
Geoff Baker	Rochford & District	31.70	Basildon	02.03.24
Alan Jackson	East Anglian Swallow Tails	36.53	Newmarket	15.11.09
Chris Dunn	Hatfield	30.65	Braintree	13.11.22
Paul Clarke	Beavers Masters Bedford	1.03.36	Basildon	12.03.22

Womens 50m Butterfly

Madeline Wright	East Anglian Swallow Tails	28.97	Sheffield	31.10.21
Elizabeth Bellinger	Bishops Stortford	28.92	Sheffield	27.10.06
Elizabeth Bellinger	Bishops Stortford	29.25	Sheffield	24.10.09
Zoe Cray	teamipswich	28.65	Sheffield	24.10.09
Elizabeth Bellinger	Bishops Stortford	29.57	Sheffield	26.10.19
Elizabeth Bellinger	Bishops Stortford	30.02	Sudbury	27.10.23
Liz Woolner	Flitwick Dolphins	30.48	Sudbury	18.02.18
Liz Woolner	Flitwick Dolphins	30.92	Derby	25.11.23
Debbie Matless	East Anglian Swallow Tails	33.69	Sheffield	27.10.23
Alyson Fordham	Bishops Stortford	37.66	Braintree	13.11.22
Pat Jackson	East Anglian Swallow Tails	43.94	Newmarket	01.10.17
Janet Masters	South Beds Masters	50.31	Barnet Cophall	06.09.15
Janet Masters	South Beds Masters	53.78	Basildon	07.03.20

Open/Male 100m Butterfly

Jake Thomas-Mansfield	West Suffolk	56.71	Sheffield	28.10.22
Kevin Barter	Chatteris	56.61	Sheffield	25.10.08
Stephen Mavin	Chatteris	55.57	Sheffield	24.10.09
Stephen Mavin	March Marlins	56.15	Sheffield	25.10.14
Garry Mavin	March Marlins	1.01.02	Sheffield	26.10.12
Lee Peterson	Braintree & Bocking	1.02.25	Basildon	02.03.19
John Cunningham	Potters Bar	1.01.55	Sheffield	29.10.21
Simon Emm	Colchester	1.06.83	Sheffield	29.10.23
Graham Powell	Team Luton	1.08.70	Barnet Cophall	04.09.16
Geoff Baker	Rochford & District	1.14.60	Basildon	02.03.24
Stuart McLellan	Hadleigh	1.47.47	Sheffield	27.10.23
Alan Jackson	East Anglian Swallow Tails	1.51.81	Newmarket	04.10.14
Michael Read	Sudbury	2.31.95	Newmarket	10.10.21

Womens 100m Butterfly

Alison Binns	Bushey	1.05.92	Sheffield	27.10.17
Robyn Le Friec	City of Cambridge	1.05.26	Sheffield	27.10.17
Elizabeth Bellinger	Bishops Stortford	1.05.85	Sheffield	24.10.09
Elizabeth Bellinger	Bishops Stortford	1.05.23	Sheffield	24.10.15
Elizabeth Bellinger	Bishops Stortford	1.05.33	Sudbury	18.02.18
Elizabeth Bellinger	Bishops Stortford	1.07.32	London	30.06.23
Liz Woolner	Flitwick Dolphins	1.08.47	Sudbury	18.02.18
Liz Woolner	Flitwick Dolphins	1.09.89	Hucknall	20.03.22
Debbie Matless	East Anglian	1.21.45	Sheffield	29.10.23
Pat Jackson	East Anglian Swallow Tails	1.35.65	Sheffield	26.10.12
Pat Jackson	East Anglian Swallow Tails	1.49.18	Llandudno	06.10.18
Janet Masters	South Beds Masters	1.51.41	Sheffield	30.10.16

Open/Male 200m Butterfly

Myles Turner	West Suffolk	2.09.92	Sheffield	29.10.21
Danny Baker	Rochford & District	2.16.37	Sheffield	27.10.19
Liam Barnett	City of Cambridge	2.14.61	Sheffield	26.10.18
Stephen Mavin	Chatteris	2.11.96	Sheffield	31.10.10
Lee North	Rochford & District	2.30.51	Sheffield	23.10.15
Ian Wallace	Brentwood	2.28.86	Sheffield	29.10.16
Simon Emm	Colchester	2.25.68	Sudbury	17.02.19
Simon Emm	Colchester	2.32.86	Maidenhead	10.09.23
David Wright	Team Luton	2.46.83	Sheffield	29.10.21
Chris Jessup	South Beds Masters	4.02.69	Sheffield	27.10.13
Richard Goddard	Impington Masters	4.23.77	Newmarket	06.10.12
Michael Read	Sudbury	4.42.77	Sudbury	17.02.19

Womens 200m Butterfly

Katie Maloney	City of Norwich	2.28.91	Sheffield	27.10.19
Robyn Le Friec	City of Cambridge	2.22.69	Sheffield	29.10.16
Hayley Davis	City of Cambridge	2.28.19	Sheffield	23.10.15
Elizabeth Bellinger	Bishops Stortford	2.29.65	Sudbury	19.02.17
Elizabeth Bellinger	Bishops Stortford	2.30.72	Sudbury	18.02.18
Josephine Cresswell	East Anglian Swallow Tails	2.46.90	Newmarket	05.10.13
Silvia Ferdin	City of Cambridge	2.42.22	Angers. France	25.03.18
Silvia Ferdin	City of Cambridge	2.54.21	Glasgow	22.04.23
Pat Jackson	East Anglian Swallow Tails	3.25.67	Carlisle	12.05.07
Pat Jackson	East Anglian Swallow Tails	3.32.18	Sheffield	27.10.12
Pat Jackson	East Anglian Swallow Tails	3.56.12	Inverness	22.04.17
Pat Jackson	East Anglian Swallow Tails	4.26.28	Carlisle	12.02.22

Open/Male 50m Breaststroke

Lawrence Palmer	Putteridge	26.83	Sheffield	24.10.15	18/24
Lawrence Palmer	Putteridge	26.99	Sheffield	29.10.17	25/29
Luke Westwood	City of Cambridge	29.74	Sheffield	28.10.22	30/34
Lee Peterson	Braintree & Bocking	30.18	Sheffield	26.10.13	35/39
David Ebanks	Basildon Phoenix	29.26	Sheffield	28.10.22	40/44
Lee Peterson	Braintree & Bocking	30.48	Sheffield	27.10..19	45/49
John Cunningham	Potters Bar	31.83	Sheffield	29.10.21	50/54
Marcel Scholten	Modernian	33.17	Sheffield	28.10.22	55/59
Martyn Fresher	Team Anglia Masters	35.27	Sheffield	28.10.23	60/64
David Pirrie	Hemel Hempstead	36.34	Sheffield	28.10.22	65/69
Alan Canham	Harlow Penguins	42.28	Newmarket	20.11.11	70/74
Paul Clarke	Beavers Masters Bedford	48.90	Stafford	18.03.17	75/79
Paul Clarke	Beavers Masters Bedford	53.60	Gloucester	07.08.22	80/84
Donald Macfarlane	West Norfolk	1.12.54	Newmarket	04.10.14	85/89
Ronald Cooper	Hertford	1.44.41	Borehamwood	16.06.18	90/94

Womens 50m Breaststroke

Cerys Williams	West Suffolk	29.41	Braintree	13.11.22
Louise Bush	UEA City of Norwich	33.84	Sheffield	29.10.16
Kathryn Gill	City of Cambridge	32.94	Sheffield	26.10.18
Carla King	South Beds Masters	33.89	Sheffield	27.10.19
Lucy Ryan	Team Anglia Masters	36.07	Sheffield	29.10.17
Lucy Ryan	Team Anglia Masters	35.44	Sheffield	27.10.19
Lucy Ryan	Team Anglia Masters	36.05	Sheffield	28.10.23
Hannah Ueckermann	Witham Dolphins	40.95	Basildon	17.11.18
Jean Appleby	Sudbury	41.47	Sheffield	26.10.18
Alyson Fordham	Bishops Stortford	41.08	Sheffield	28.10.23
Christine Ayers	South Beds Masters	47.65	Sheffield	28.10.23
Janet Masters	South Beds Masters	56.91	Sheffield	29.10.16

Open/Male 100m Breaststroke

Lawrence Palmer	Putteridge	1.01.39	Sheffield	25.10.14	18/24
Lawrence Palmer	Putteridge	59.23	Sheffield	28.10.17	25/29
Luke Westwood	City of Cambridge	1.06.38	Sheffield	29.10.22	30/34
Lee Peterson	Braintree & Bocking	1.05.65	Sheffield	28.10.12	35/39
Lee Peterson	Braintree & Bocking	1.05.50	Sheffield	25.10.14	40/44
Lee Peterson	Braintree & Bocking	1.06.04	Sheffield	25.10.19	45/49
Marcel Scholten	Team Anglia Masters	1.10.70	Sheffield	28.10.16	50/54
David Cartledge	Modernian	1.13.97	Sheffield	23.10.15	55/59
Geoff Thwaites	City of Cambridge	1.19.40	Sheffield	26.10.07	60/64
David Pirrie	Hemel Hempstead	1.23.14	Bracknell	04.03.23	65/69
Stuart McLellan	Sudbury	1.38.17	Sudbury	17.02.19	70/74
Stuart McLellan	Hadleigh	1.48.51	Chelmsford	06.01.24	75/79
Paul Clarke	Beavers Masters Bedford	2.05.87	Basildon	12.03.22	80/84
Donald Macfarlane	West Norfolk	3.26.95	Newmarket	01.10.17	85/89

Womens 100m Breaststroke

Katherine Daynes	Halstead	1.13.23	Sheffield	30.10.21
Louise Bush	UEA City of Norwich	1.12.81	Sheffield	28.10.16
Kathryn Gill	City of Cambridge	1.11.47	Sheffield	25.10.19
Kathryn Gill	City of Cambridge	1.14.25	Sheffield	29.10.22
Lucy Ryan	Team Anglia Masters	1.17.84	Sheffield	28.10.17
Lucy Ryan	Team Anglia Masters	1.16.76	Sheffield	28.10.18
Lucy Ryan	Team Anglia Masters	1.18.73	Sheffield	27.10.23
Hannah Ueckermann	Witham Dolphins	1.26.50	Sheffield	28.10.18
Sian Macdonald	Hemel Hempstead	1.35.84	Sheffield	27.10.23
Christine Ayers	South Beds Masters	1.41.83	Basildon	02.03.19
Christine Ayers	South Beds Masters	1.48.53	Basildon	25.03.23
Christine Ayers	South Beds Masters	1.45.17	Sheffield	27.10.23

Open/Male 200m Breaststroke

Lawrence Palmer	Putteridge	2.16.13	Sheffield	24.10.14	18/24
Lawrence Palmer	Putteridge	2.11.90	Sheffield	27.10.17	25/29
Luke Westwood	City of Cambridge	0.00	Sheffield	28.10.23	30/34
Lee Peterson	Braintree & Bocking	2.26.82	Sheffield	25.10.13	35/39
Lee Peterson	Braintree & Bocking	2.27.62	Sheffield	24.10.14	40/44
Lee Peterson	Braintree & Bocking	2.28.20	Sheffield	26.10.19	45/49
Marcel Scholten	Team Anglia Masters	2.40.34	Sheffield	27.10.17	50/54
David Cartledge	Modernian	2.47.37	Sheffield	24.10.15	55/59
Geoff Thwaites	City of Cambridge	2.56.26	Sheffield	27.10.07	60/64
Geoff Thwaites	City of Cambridge	3.00.01	Sheffield	25.10.13	65/69
Stuart McLellan	Sudbury	3.38.96	Sudbury	16.02.20	70/74
Paul Clarke	Beavers Masters Bedford	4.14.92	Maidenhead	16.09.18	75/79
Paul Clarke	Beavers Masters Bedford	4.40.86	Barnet Copthall	10.07.22	80/84

Womens 200m Breaststroke

Lucy Park	Watford	2.43.11	Sheffield	27.10.18
Louise Bush	UEA City of Norwich	2.37.29	Sheffield	30.10.16
Kathryn Gill	City of Cambridge	2.35.00	Sheffield	26.10.19
Kathryn Gill	City of Cambridge	2.49.12	Sheffield	29.10.22
Lucy Ryan	Team Anglia Masters	2.50.40	Sheffield	30.10.16
Lucy Ryan	Team Anglia Masters	2.48.18	Sheffield	27.10.18
Lucy Ryan	Team Anglia Masters	2.54.09	Sheffield	28.10.23
Hannah Ueckermann	Witham Dolphins	3.07.24	Sheffield	27.10.18
Christine Ayers	South Beds Masters	3.28.50	Sheffield	24.10.14
Pat Jackson	East Anglian Swallow Tails	3.52.51	Sheffield	25.10.13
Christine Ayers	South Beds Masters	3.46.06	Sheffield	28.10.23
Pat Jackson	East Anglian Swallow Tails	4.21.20	Carlisle	12.02.22

Open/Male 100m Individual Medley

Lawrence Palmer	Putteridge	57.30	Sheffield	24.10.15
Guy Sherwin	Hatfield	59.10	Sheffield	31.10.10
Stephen Mavin	Chatteris	59.68	Sheffield	23.10.09
Stephen Mavin	March Marlins	58.86	Sheffield	28.10.12
Lee Peterson	Braintree & Bocking	1.00.89	Sheffield	24.10.14
Lee Peterson	Braintree & Bocking	1.00.86	Sheffield	27.10.19
Lee Peterson	Braintree & Bocking	1.05.08	Basildon	02.03.24
David Cartledge	Modernian	1.07.82	Sheffield	24.10.15
David Cartledge	Modernian	1.10.37	Basildon	07.03.20
Mike Foskett	Hemel Hempstead	1.16.18	Sheffield	27.10.18
Mike Foskett	Hemel Hempstead	1.19.41	Angers France	12.03.22
Alan Jackson	East Anglian Swallow Tails	1.28.64	Sudbury	16.02.14
Michael Read	Sudbury	2.00.70	Newmarket	10.10.21

Womens 100m Individual Medley

Jessica Shaw	Southwold	1.03.65	Sheffield	29.10.23
Rikke Nagell-Kleven	East Anglian	1.07.47	Sheffield	29.10.23
Zoe Cray	teamipswich	1.07.14	Bury St Edmunds	05.10.08
Zoe Cray	teamipswich	1.05.53	Sheffield	23.10.09
Zoe Cray	teamipswich	1.07.03	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	1.13.80	Sheffield	24.10.14
Liz Woolner	Team Anglia Masters	1.13.90	Sheffield	27.10.17
Liz Woolner	Flitwick Dolphins	1.16.35	Bracknell	04.03.23
Jean Appleby	Sudbury	1.21.13	Sheffield	27.10.17
Alyson Fordham	Bishops Stortford	1.19.69	Sheffield	29.10.23
Christine Ayers	South Beds Masters	1.36.37	Sheffield	29.10.23
Janet Masters	South Beds Masters	1.46.18	Sheffield	24.10.15
Janet Masters	South Beds Masters	1.53.97	Basildon	07.03.20

Open/Male 200m Individual Medley

Sean Leahy	Hatfield	2.03.80	Sheffield	30.10.10
Augustus Veasey	Chelmsford	2.12.50	Sheffield	29.10.21
Stuart Clarke	Bishops Stortford	2.14.14	Sheffield	26.10.14
Stephen Mavin	March Marlins	2.09.10	Sheffield	26.10.14
Lee Peterson	Braintree & Bocking	2.14.64	Sheffield	29.10.16
Lee Peterson	Braintree & Bocking	2.15.56	Sheffield	26.10.19
Marcel Scholten	Team Anglia Masters	2.28.91	Sheffield	26.10.18
David Cartledge	Modernian	2.28.98	Sheffield	23.10.15
Graham Powell	Team Luton	2.43.14	Sheffield	29.10.17
Graham Powell	Team Luton	2.50.94	Sheffield	30.10.22
Stuart McLellan	Sudbury	3.12.90	Nottingham	24.03.19
Stuart McLellan	Hadleigh & Sudbury	3.32.59	Bury St Edmunds	18.02.24
Paul Clarke	Beavers Masters Bedford	4.45.54	Millfield	08.10.23

Womens 200m Individual Medley

Niamh James	Bishops Stortford	2.23.03	Sheffield	30.10.22
Alison Binns	Bushey	2.29.72	Sheffield	29.10.21
Kathryn Gill	City of Cambridge	2.27.38	Sheffield	26.10.19
Lynne Meale	UEA City of Norwich	2.32.63	Sheffield	26.10.12
Elizabeth Bellinger	Bishops Stortford	2.35.19	Sudbury	17.02.19
Elizabeth Bellinger	Bishops Stortford	2.35.88	Sheffield	28.10.23
Liz Woolner	Flitwick Dolphins	2.42.95	Barnet Copthall	09.07.17
Liz Woolner	Flitwick Dolphins	2.46.84	Birmingham Uni	13.05.23
Jean Appleby	Sudbury	3.05.91	Sudbury	07.02.16
Pat Jackson	East Anglian Swallow Tails	3.27.06	Sheffield	26.10.12
Christine Ayers	South Beds Masters	3.30.55	Sheffield	28.10.23
Janet Masters	South Beds Masters	3.52.62	Sheffield	23.10.15
Janet Masters	South Beds Masters	4.19.75	Sheffield	29.10.21

Open/Male 400m Individual Medley

Myles Turner	West Suffolk	4.31.39	Sheffield	31.10.21
Augustus Veasey	Chelmsford	4.43.24	Barnet Copthall	10.07.22
		5.28.50		
Ashley Buck	Team Anglia Masters	5.02.58	Barnet Copthall	10.07.16
Lee North	Rochford & District	5.07.84	Sheffield	25.10.15
David Cartledge	Modernian	5.05.21	Sheffield	29.10.05
Dale Barker	Stowmarket	5.40.01	Barnet Copthall	15.07.12
Steve Ham	Rochford & District	5.43.26	Sheffield	28.10.17
Dale Barker	Team Anglia Masters	6.02.89	Sheffield	27.10.23
David Pirrie	Hemel Hempstead	6.37.39	Sheffield	28.10.22
Stuart McLellan	Hadleigh	7.30.73	Sheffield	27.10.23
Basil Gell	Bedford Masters	8.46.50	Barnet Copthall	22.07.07

Womens 400m Individual Medley

Victoria Pritchard	Putteridge	5.24.50	Sheffield	25.10.14
Hayley Davis	Flitwick Dolphins	5.20.07	Sheffield	25.10.09
Kathryn Gill	City of Cambridge	5.11.33	Sheffield	25.10.19
Elizabeth Bellinger	Bishops Stortford	5.29.61	Sheffield	28.10.17
Elizabeth Bellinger	Bishops Stortford	5.38.77	Sheffield	25.10.19
Elizabeth Bellinger	Bishops Stortford	5.40.17	London	29.06.23
Silvia Ferdin	City of Cambridge	5.51.19	Sheffield	28.10.18
Silvia Ferdin	City of Cambridge	5.58.70	Sheffield	27.10.23
Pat Jackson	East Anglian Swallow Tails	6.58.51	Sheffield	27.10.07
Pat Jackson	East Anglian Swallow Tails	7.17.82	Blackpool	25.02.12
Pat Jackson	East Anglian Swallow Tails	7.47.01	Inverness	21.04.17
Janet Masters	South Beds Masters	8.20.33	Sheffield	25.10.15