

11th July 2024

Long Course Female

	<u>Club</u>	<u>Time</u>	<u>Venue</u>	<u>Date</u>	<u>Age</u>
50m Freestyle					
Rikke Nagell-Kleven	City of Norwich	28.14	Norwich	11.05.19	18/24
Chloe Parnell	Bishops Stortford	27.55	Sheffield	05.05.12	25/29
Carla King	South Beds Masters	28.31	Sheffield	02.04.16	30/34
Carla King	South Beds Masters	28.42	Plymouth	08.06.18	35/39
Carla King	South Beds Masters	29.11	London Aquatics Centre	23.06.24	40/44
Emma Walker	City of Cambridge	29.52	Norwich	11.05.19	45/49
Liz Woolner	Flitwick Dolphins	29.16	Aberdeen	17.06.17	50/54
Liz Woolner	Team Anglia Masters	29.29	Sheffield	03.06.23	55/59
Debbie Matless	East Anglian Swallow Tails	31.65	Sheffield	03.06.23	60/64
Alyson Fordham	Bishops Stortford	30.56	Sheffield	03.06.23	65/69
Christine Ayers	South Beds Masters	38.78	Swansea	05.03.23	70/74
Janet Masters	South Beds Masters	44.00	Manchester	14.06.15	75/79
Janet Masters	South Beds Masters	55.94	Swansea	19.04.24	80/84
100m Freestyle					
Jessica-Jane Applegate	UEA City of Norwich	1.00.33	Norwich	13.05.17	18/24
Chloe Parnell	Bishops Stortford	1.01.16	Sheffield	04.05.12	25/29
Victoria Barker	Hertford	1.02.51	Glasgow	19.06.10	30/34
Carla King	South Beds Masters	1.03.25	Plymouth	09.06.18	35/39
Carla King	South Beds Masters	1.04.48	Crawley	22.01.23	40/44
Elizabeth Bellinger	Bishops Stortford	1.05.20	Swansea	04.03.23	45/49
Liz Woolner	Team Anglia Masters	1.05.53	Plymouth	09.06.18	50/54
Liz Woolner	Team Anglia Masters	1.06.00	Sheffield	04.06.23	55/59
Sally Winter	Bishops Stortford	1.08.51	Crawley	18.01.20	60/64
Alyson Fordham	Bishops Stortford	1.09.16	Sheffield	04.06.23	65/69
Christine Ayers	South Beds Masters	1.31.35	Derby	10.12.23	70/74
Janet Masters	South Beds Masters	1.42.29	Manchester	13.06.15	75/79
Janet Masters	South Beds Masters	1.57.60	Swansea	19.04.24	80/84
200m Freestyle					
Shannon Dalligan	West Suffolk	2.12.33	Sheffield	02.06.23	18/24
Robyn Le Fric	City of Cambridge	2.14.13	Sheffield	02.04.16	25/29
Emma Anderson	City of Cambridge	2.20.68	Manchester	16.06.07	30/34
Kate Warwick	East Anglian Swallow Tails	2.21.79	Sheffield	02.04.16	35/39
Jo Mitchinson	Team Luton	2.21.53	Swansea	01.03.20	40/44
Suzanne Welham	Hatfield	2.30.27	Sheffield	05.05.12	45/49
Liz Woolner	Flitwick Dolphins	2.27.03	Aberdeen	16.06.17	50/54
Sally Winter	Bishops Stortford	2.27.90	Manchester	13.06.15	55/59
Sally Winter	Bishops Stortford	2.30.78	Crawley	19.01.20	60/64
Alyson Fordham	Bishops Stortford	2.38.23	Sheffield	02.06.23	65/69
Christine Ayers	South Beds Masters	3.12.59	Derby	10.12.23	70/74
Janet Masters	South Beds Masters	3.39.98	Manchester	13.06.15	75/79
400m Freestyle					
Jessica-Jane Applegate	UEA City of Norwich	4.32.28	Norwich	13.05.17	18/24
Robyn Le Fric	City of Cambridge	4.42.78	Sheffield	03.04.16	25/29
Cathryn Thomson	St Ives	5.10.97	Sheffield	03.06.23	30/34
Jo Mitchinson	Stevenage	5.02.58	London Aquatics Centre	25.05.16	35/39
Jo Mitchinson	Team Luton	5.07.40	Sheffield	03.06.23	40/44
Susan Evans	Biggleswade	5.12.99	Sheffield	03.06.23	45/49
Silvia Ferdin	City of Cambridge	5.07.87	Pierrelatte, France	30.06.18	50/54
Silvia Ferdin	City of Cambridge	5.19.28	Antibes, France	25.06.23	55/59
Suzanne Noble	East Anglian Swallow Tails	5.19.93	Sheffield	03.06.23	60/64
Alyson Fordham	Bishops Stortford	5.47.04	Aberdeen	18.06.22	65/69
Christine Ayers	South Beds Masters	6.40.73	Derby	10.12.23	70/74
800m Freestyle					
Shannon Dalligan	West Suffolk	9.50.30	Sheffield	02.06.23	18/24
Robyn Le Fric	City of Cambridge	9.46.27	Sheffield	01.04.16	25/29
Sophie Castle	Chelmsford	10.52.55	Crawley	21.01.18	30/34
Jo Mitchinson	Stevenage	10.08.27	London Aquatics Centre	25.05.16	35/39
Emily Summers	St Albans Masters	10.49.08	London Aquatics Centre	22.06.24	40/44
Heidi Nevin	Rochford	10.31.23	Sheffield	01.04.16	45/49
Silvia Ferdin	City of Cambridge	10.39.67	Pierrelatte, France	28.06.18	50/54
Silvia Ferdin	City of Cambridge	10.54.68	Antibes, France	23.06.23	55/59
Suzanne Noble	East Anglian Swallow Tails	10.58.56	Sheffield	02.06.23	60/64
Sharon Mclellan	Hadleigh	13.16.68	Sheffield	02.06.23	65/69
Christine Ayers	South Beds Masters	13.37.33	Doha	26.02.24	70/74

1500m Freestyle

Cathryn Thomson	Chatteris	19.21.89	Cardiff	19.06.09	18/24
Hannah Bennett	Hemel Hempstead	20.22.46	Aberdeen	16.06.17	25/29
Gemma Cannon	Deben	20.55.58	Swansea	19.04.24	30/34
Kira Neal	Basildon & Phoenix	21.34.06	Sheffield	04.06.23	35/39
Emily Summers	St Albans Masters	20.27.58	Swansea	19.04.24	40/44
Susan Evans	Biggleswade	20.41.27	Sheffield	04.06.23	45/49
Silvia Ferdin	City of Cambridge	20.03.96	Pierrelatte, France	28.06.18	50/54
Silvia Ferdin	City of Cambridge	20.32.11	Antibes, France	23.06.23	55/59
Suzanne Noble	East Anglian Swallow Tails	21.12.79	Sheffield	04.06.23	60/64
Sharon McLellan	Hadleigh	25.30.74	Sheffield	04.06.23	65/69
Christine Ayers	South Beds Masters	26.33.57	Derby	07.04.24	70/74

50m Backstroke

Keely Empson	UEA City of Norwich	31.45	Swansea	15.06.14	18/24
Annie Knapman	Hertford	32.29	London Aquatics Centre	27.05.16	25/29
Claire Evelyn	South Beds Masters	32.55	London Aquatics Centre	24.03.19	30/34
Catherine Markwell	East Anglian Swallow Tails	35.20	Norwich	19.05.18	35/39
Tara Stroud	Dunmow Atlantis	35.77	Norwich	11.05.19	40/44
Dawn Palmer	Basildon & Phoenix	35.14	Swansea	21.04.24	45/49
Liz Woolner	Flitwick Dolphins	35.48	Aberdeen	17.06.17	50/54
Liz Woolner	Team Anglia Masters	36.25	Aberdeen	18.06.22	55/59
Jean Appleby	Sudbury	39.62	Sheffield	02.04.16	60/64
Alyson Fordham	Bishops Stortford	38.53	Sheffield	03.06.23	65/69
Christine Ayers	South Beds Masters	46.01	Swansea	04.03.23	70/74
Janet Masters	South Beds Masters	48.06	Sheffield	02.04.16	75/79
Janet Masters	South Beds Masters	53.62	Aberdeen	18.06.22	80/84

100m Backstroke

Keely Empson	UEA City of Norwich	1.08.87	Swansea	14.06.14	18/24
Annie Knapman	Hertford	1.10.65	London Aquatics Centre	29.05.16	25/29
Hayley Davis	City of Cambridge	1.10.74	Sheffield	01.04.16	30/34
Catherine Markwell	East Anglian Swallow Tails	1.16.53	Sheffield	01.04.16	35/39
Jo Mitchinson	Team Luton	1.16.07	Sheffield	02.06.23	40/44
Dawn Palmer	Basildon & Phoenix	1.15.50	Swansea	20.04.24	45/49
Liz Woolner	Flitwick Dolphins	1.20.01	Crawley	22.01.17	50/54
Eileen Luther	Rochford	1.23.37	London Aquatics Centre	29.05.16	55/59
Janet Williams	Team Anglia Masters	1.34.19	Aberdeen	17.06.22	60/64
Alyson Fordham	Bishops Stortford	1.24.15	Swansea	20.04.24	65/69
Christine Ayers	South Beds Masters	1.44.70	Swansea	05.03.23	70/74
Janet Masters	South Beds Masters	1.46.15	London Aquatics Centre	29.05.16	75/79
Janet Masters	South Beds Masters	1.57.33	Rome, Italy	02.09.22	80/84

200m Backstroke

Keely Empson	UEA City of Norwich	2.29.84	Swansea	14.06.14	18/24
Hannah Bennett	Hemel Hempstead	2.37.79	Sheffield	02.04.16	25/29
Hayley Davis	City of Cambridge	2.35.14	Sheffield	02.04.16	30/34
Catherine Markwell	East Anglian Swallow Tails	2.46.82	Plymouth	08.06.18	35/39
Jo Mitchinson	Team Luton	2.42.55	Swansea	04.03.23	40/44
Hannah Ueckermann	Witham Dolphins	3.00.03	Cardiff	20.06.09	45/49
Karen Mackenzie	Team Luton	3.01.40	Sheffield	03.06.23	50/54
Suzanne Welham	St Albans Masters	3.14.18	Aberdeen	18.06.22	55/59
Suzanne Welham	St Albans Masters	3.13.97	Swansea	19.04.24	60/64
Pat Jackson	East Anglian Swallow Tails	3.37.72	Plymouth	15.06.13	65/69
Pat Jackson	East Anglian Swallow Tails	3.52.81	Swansea	02.03.19	70/74
Janet Masters	South Beds Masters	3.53.46	Kazan, Russia	11.08.15	75/79
Janet Masters	South Beds Masters	4.16.10	Sheffield	03.06.23	80/84

50m Butterfly

Rikke Nagell-Kleven	City of Norwich	28.55	Norwich	11.05.19	18/24
Elizabeth Bellinger	Bishops Stortford	29.53	Manchester	18.06.06	25/29
Hayley Davis	City of Cambridge	30.94	Norwich	07.05.16	30/34
Elizabeth Bellinger	Bishops Stortford	29.42	Sheffield	01.04.16	35/39
Elizabeth Bellinger	Bishops Stortford	29.59	Swansea	03.03.18	40/44
Elizabeth Bellinger	Bishops Stortford	30.10	Leeds	13.05.23	45/49
Liz Woolner	Flitwick Dolphins	30.70	London Aquatics Centre	24.03.19	50/54
Liz Woolner	Team Anglia Masters	30.94	Sheffield	04.06.23	55/59
Debbie Matless	East Anglian Swallow Tails	33.37	London Aquatics Centre	23.06.24	60/64
Pat Jackson	East Anglian Swallow Tails	41.30	Swansea	09.03.13	65/69
Christine Ayers	South Beds Masters	45.35	Swansea	04.03.23	70/74
Janet Masters	South Beds Masters	50.46	Manchester	13.06.15	75/79
Janet Masters	South Beds Masters	58.69	Aberdeen	18.06.22	80/84

100m Butterfly

Charlotte Humphreys	UEA City of Norwich	1.04.67	Crawley	09.02.13	18/24
Elizabeth Bellinger	Bishops Stortford	1.06.04	Manchester	17.06.06	25/29
Hayley Davis	City of Cambridge	1.10.42	Norwich	07.05.16	30/34
Elizabeth Bellinger	Bishops Stortford	1.05.88	Sheffield	02.04.16	35/39
Elizabeth Bellinger	Bishops Stortford	1.06.40	Swansea	04.03.18	40/44
Elizabeth Bellinger	Bishops Stortford	1.08.70	Sheffield	02.06.23	45/49
Liz Woolner	Flitwick Dolphins	1.10.15	Crawley	22.01.17	50/54
Liz Woolner	Team Anglia Masters	1.11.71	Sheffield	02.06.23	55/59
Debbie Matless	East Anglian Swallow Tails	1.27.43	Sheffield	02.06.23	60/64
Pat Jackson	East Anglian Swallow Tails	1.37.18	Sheffield	05.05.12	65/69
Pat Jackson	East Anglian Swallow Tails	1.50.15	Budapest, Hungary	17.08.17	70/74
Janet Masters	South Beds Masters	1.57.42	Sheffield	02.04.16	75/79

200m Butterfly

Charlotte Humphreys	UEA City of Norwich	2.28.70	Crawley	10.02.13	18/24
Robyn Le Fric	City of Cambridge	2.26.63	Norwich	07.05.16	25/29
Hayley Davis	City of Cambridge	2.33.36	Norwich	07.05.16	30/34
Elizabeth Bellinger	Bishops Stortford	2.38.92	Budapest, Hungary	19.08.17	35/39
Elizabeth Bellinger	Bishops Stortford	2.39.93	Swansea	03.03.18	40/44
Tracy Van Deventer	Berkhamsted	3.02.85	Swansea	05.03.22	45/49
Silvia Ferdin	City of Cambridge	2.50.19	Kranj, Slovenia	07.09.18	50/54
Silvia Ferdin	City of Cambridge	3.00.41	Antibes, France	23.06.23	55/59
Pat Jackson	East Anglian Swallow Tails	3.41.74	Manchester	16.06.07	60/64
Pat Jackson	East Anglian Swallow Tails	3.40.49	Sheffield	04.05.12	65/69
Pat Jackson	East Anglian Swallow Tails	4.05.88	Aberdeen	16.06.17	70/74

50m Breaststroke

Louise Bush	UEA City of Norwich	34.82	Crawley	10.02.13	18/24
Louise Bush	UEA City of Norwich	34.28	Budapest, Hungary	20.08.17	25/29
Kathryn Loveys	City of Cambridge	33.90	Budapest, Hungary	20.08.17	30/34
Carla King	South Beds Masters	34.73	Crawley	19.01.19	35/39
Carla King	South Beds Masters	35.81	Crawley	22.01.23	40/44
Lucy Ryan	Team Anglia Masters	35.92	Gwangju, South Korea	18.08.19	45/49
Lucy Ryan	Team Anglia Masters	36.83	Doha	28.02.24	50/54
Hannah Ueckermann	Witham Dolphins	40.87	Gwangju, South Korea	18.08.19	55/59
Annette Thatcher	Hemel Hempstead	44.87	Eindhoven, Holland	03.09.13	60/64
Alyson Fordham	Bishops Stortford	41.64	Sheffield	02.06.23	65/69
Christine Ayers	South Beds Masters	47.36	Doha	04.03.23	70/74
Janet Masters	South Beds Masters	57.84	Manchester	13.06.15	75/79

100m Breaststroke

Louise Bush	UEA City of Norwich	1.15.68	Crawley	09.02.13	18/24
Louise Bush	UEA City of Norwich	1.15.47	Budapest, Hungary	15.08.17	25/29
Kathryn Loveys	City of Cambridge	1.15.51	Budapest, Hungary	15.08.17	30/34
Kate Warwick	East Anglian Swallow Tails	1.19.82	Manchester	13.06.15	35/39
Lucy Ryan	Team Anglia Masters	1.21.40	Sheffield	02.04.16	40/44
Lucy Ryan	Team Anglia Masters	1.19.10	Gwangju, South Korea	13.08.19	45/49
Lucy Ryan	Team Anglia Masters	1.20.78	Doha	27.02.24	50/54
Hannah Ueckermann	Witham Dolphins	1.30.41	Gwangju, South Korea	13.08.19	55/59
Sian Macdonald	Hemel Hempstead	1.38.66	Sheffield	03.06.23	60/64
Christine Ayers	South Beds Masters	1.45.29	Crawley	19.01.19	65/69
Christine Ayers	South Beds Masters	1.45.06	Doha	27.02.24	70/74

200m Breaststroke

Louise Bush	UEA City of Norwich	2.48.13	Crawley	10.02.13	18/24
Louise Bush	UEA City of Norwich	2.43.42	Sheffield	01.04.16	25/29
Kathryn Loveys	City of Cambridge	2.44.88	Budapest, Hungary	19.08.17	30/34
Kate Warwick	East Anglian Swallow Tails	2.57.49	Sheffield	01.04.16	35/39
Lucy Ryan	Team Anglia Masters	2.56.33	Aberdeen	17.06.17	40/44
Lucy Ryan	Team Anglia Masters	2.54.51	London Aquatics Centre	24.03.19	45/49
Lucy Ryan	Team Anglia Masters	2.59.18	Doha	02.03.24	50/54
Hannah Ueckermann	Witham Dolphins	3.11.65	Gwangju, South Korea	17.08.19	55/59
Sian Macdonald	Hemel Hempstead	3.31.04	Swansea	21.04.24	60/64
Christine Ayers	South Beds Masters	3.49.55	Crawley	20.01.19	65/69
Christine Ayers	South Beds Masters	3.47.31	Doha	02.03.24	70/74

200m Individual Medley

Stephanie Cooke	UEA City of Norwich	2.37.31	Cardiff	20.06.09	18/24
Cathryn Thomson	St Ives	2.40.75	Swansea	15.06.19	25/29
Hayley Davis	City of Cambridge	2.33.93	Sheffield	01.04.16	30/34
Lynne Meale	UEA City of Norwich	2.36.83	Eindhoven, Holland	02.09.13	35/39
Elizabeth Bellinger	Bishops Stortford	2.39.04	Swansea	29.02.20	40/44
Elizabeth Bellinger	Bishops Stortford	2.41.31	Belgrade	27.06.24	45/49
Lucy Ryan	Team Anglia Masters	2.52.27	Doha	29.02.24	50/54
Silvia Ferdin	City of Cambridge	3.02.70	Antibes, France	24.06.23	55/59
Jean Appleby	Sudbury	3.06.88	Sheffield	01.04.16	60/64
Pat Jackson	East Anglian Swallow Tails	3.38.37	Swansea	13.06.14	65/69
Christine Ayers	South Beds Masters	3.34.11	Doha	29.02.24	70/74
Janet Masters	South Beds Masters	4.00.28	Manchester	13.06.15	75/79
Janet Masters	South Beds Masters	4.29.21	Rome, Italy	31.08.22	80/84

400m Individual Medley

Emma Studd	teamipswich	5.31.23	Manchester	12.06.15	18/24
Sophie Liddament	UEA City of Norwich	6.00.57	Budapest, Hungary	16.08.17	25/29
Hayley Davis	City of Cambridge	5.32.00	Sheffield	02.04.16	30/34
Miriama Owens	Putteridge	5.50.17	Manchester	12.06.15	35/39
Tracy Van Deventer	Berkhamsted	6.05.11	Swansea	05.03.17	40/44
Elizabeth Bellinger	Bishops Stortford	5.59.63	Belgrade	28.06.24	45/49
Silvia Ferdin	City of Cambridge	6.05.96	Chalons-sur-Saone, France	21.06.19	50/54
Christine Ayers	South Beds Masters	7.13.05	Crawley	30.01.10	55/59
Christine Ayers	South Beds Masters	7.03.89	Crawley	01.02.14	60/64
Pat Jackson	East Anglian Swallow Tails	7.33.01	Sheffield	05.05.12	65/69
Pat Jackson	East Anglian Swallow Tails	8.13.47	Aberdeen	17.06.17	70/74
Janet Masters	South Beds Masters	8.52.89	Crawley	23.01.16	75/79

Swim England East Region Masters Records



Long Course Open/Male

	<u>Club</u>	<u>Time</u>	<u>Venue</u>	<u>Date</u>	<u>Age</u>
<u>50m Freestyle</u>					
James Lawton	UEA City of Norwich	23.55	Cardiff	21.06.09	18/24
David Harrison	Stowmarket	24.84	Sheffield	05.05.12	25/29
Shaun Harrison	Stowmarket	25.48	Sheffield	05.05.12	30/34
John Cunningham	Potters Bar	25.16	Cardiff	09.05.09	35/39
Stuart Clarke	Bishops Stortford	25.39	Doha	29.02.24	40/44
Daryl Mason	Potters Bar	24.84	Manchester	14.06.15	45/49
Marcel Scholten	Modernian	26.16	Norwich	07.05.16	50/54
Marcel Scholten	Modernian	26.96	Sheffield	03.06.23	55/59
Martyn Fresher	Team Anglia Masters	29.77	Sheffield	03.06.23	60/64
Chris Dunn	Hatfield	28.97	Crawley	09.02.13	65/69
Chris Dunn	Hatfield	29.36	Sheffield	02.04.16	70/74
Chris Dunn	Hatfield	30.11	Sheffield	03.06.23	75/79
Neil May	Hatfield	44.54	London Aquatics Centre	29.05.16	80/84
<u>100m Freestyle</u>					
Jeffrey Hill	City of Ely	54.89	Plymouth	15.06.13	18/24
David Harrison	Stowmarket	55.40	Sheffield	04.05.12	25/29
Stuart Clarke	Bishops Stortford	54.63	Swansea	13.06.14	30/34
Stephen Mavin	March Marlins	53.92	Sheffield	04.05.12	35/39
Stuart Clarke	Bishops Stortford	55.57	Doha	27.02.24	40/44
Garry Mavin	Team Anglia Masters	59.49	Plymouth	09.06.18	45/49
Marcel Scholten	Modernian	59.35	Norwich	07.05.16	50/54
Peter Rae	Rochford	1.03.57	Perth, Australia	19.04.08	55/59
Neil Culley	St Albans Masters	1.06.21	London Aquatics Centre	28.05.16	60/64
Chris Dunn	Hatfield	1.03.98	Leeds	19.06.11	65/69
Chris Dunn	Hatfield	1.05.45	Sheffield	03.04.16	70/74
Chris Dunn	Hatfield	1.09.93	Swansea	05.03.22	75/79
Derek Gore	Chelmsford	1.46.28	Sheffield	04.06.23	80/84
<u>200m Freestyle</u>					
Sam Watts	UEA City of Norwich	2.06.82	Glasgow	19.06.10	18/24
Matthew Wright	Team Luton	1.56.27	Sheffield	02.06.23	25/29
Stuart Clarke	Bishops Stortford	1.59.99	Swansea	15.06.14	30/34
Stephen Mavin	March Marlins	2.04.40	Luton	18.05.13	35/39
Stephen Mavin	Team Anglia Masters	2.02.23	Sheffield	01.04.16	40/44
Stuart Dyble	North Norfolk Vikings	2.11.34	London Aquatics Centre	26.05.16	45/49
Phillip Moulson	East Anglian Swallow Tails	2.16.92	London Aquatics Centre	26.05.16	50/54
Peter Rae	Rochford	2.16.76	Perth, Australia	20.04.08	55/59
Dale Barker	Felixstowe	2.30.53	Swansea	05.03.23	60/64
Chris Dunn	Hatfield	2.22.72	Sheffield	05.05.12	65/69
Chris Dunn	Hatfield	2.25.42	London Aquatics Centre	26.05.16	70/74
Chris Dunn	Hatfield	2.35.37	London Aquatics Centre	10.09.22	75/79
Derek Gore	Chelmsford	3.56.29	Sheffield	02.06.23	80/84
<u>400m Freestyle</u>					
Christopher Greenhalgh	Sudbury	4.33.95	Crawley	31.01.15	18/24
Augustus Veasey	Chelmsford	4.27.02	Aberdeen	18.06.22	25/29
Stuart Clarke	Bishops Stortford	4.19.89	Swansea	14.06.14	30/34
Stephen Mavin	March Marlins	4.26.65	Luton	18.05.13	35/39
Lee North	Rochford	4.36.88	Sheffield	03.04.16	40/44
Stuart Dyble	North Norfolk Vikings	4.43.30	Norwich	13.05.17	45/49
Simon Emm	Colchester	4.50.74	Norwich	19.05.18	50/54
Peter Rae	Rochford	4.53.08	Perth, Australia	24.04.08	55/59
Dale Barker	Felixstowe	5.14.99	Swansea	04.03.23	60/64
Chris Dunn	Hatfield	5.03.77	Leeds	18.06.11	65/69
Chris Dunn	Hatfield	5.11.68	Sheffield	03.04.16	70/74
Chris Dunn	Hatfield	5.32.59	Swansea	05.03.22	75/79
Paul Clarke	Beavers Masters Bedford	9.04.99	Swansea	05.03.22	80/84
<u>800m Freestyle</u>					
Christopher Greenhalgh	Sudbury	9.22.30	Crawley	01.02.15	18/24
Thomas Allen	Flitwick Dolphins	10.05.68	Swansea	19.04.24	25/29
John Wood	Berkhamsted	9.25.71	Kranj, Slovenia	02.09.18	30/34
Sam Watts	North Norfolk Vikings	10.46.78	Crawley	22.01.23	35/39
Lee North	Rochford	9.37.65	London Aquatics Centre	25.05.16	40/44
Phillip Moulson	UEA City of Norwich	9.56.51	Riccione, Italy	10.06.12	45/49
Phillip Moulson	East Anglian Swallow Tails	9.54.02	London Aquatics Centre	25.05.16	50/54
Mark Strakosch	Berkhamsted	10.34.81	Plymouth	08.06.18	55/59
Mark Strakosch	Hemel Hempstead	10.44.13	Sheffield	02.06.23	60/64
Chris Dunn	Hatfield	10.41.86	Crawley	09.02.13	65/69
Chris Dunn	Hatfield	10.50.20	Crawley	24.01.16	70/74
Chris Dunn	Hatfield	11.24.63	Crawley	26.03.22	75/79
Paul Clarke	Beavers Masters Bedford	18.24.63	Swansea	06.03.22	80/84

1500m Freestyle

Thomas Allen	Flitwick Dolphins	19.47.00	Swansea	19.04.24	18/24
John Wood	Berkhamsted	18.40.61	Swansea	02.03.19	25/29
Chris Barlow	Newmarket	19.37.56	Swansea	19.04.24	30/34
Phillip Moulson	UEA City of Norwich	19.12.18	Plymouth	14.06.13	40/44
Simon Emm	Colchester	19.45.67	Plymouth	10.06.18	45/49
Mark Strakosch	Berkhamsted	20.14.78	Swansea	04.03.17	50/54
Dale Barker	Team Anglia Masters	20.42.63	Aberdeen	17.06.22	55/59
Chris Dunn	Hatfield	20.23.74	Sheffield	04.05.12	60/64
Chris Dunn	Hatfield	21.08.22	Swansea	04.03.17	65/69
Chris Dunn	Hatfield	21.29.62	Crawley	26.03.22	70/74
Paul Clarke	Beavers Masters Bedford	36.28.14	Swansea	05.03.22	75/79

50m Backstroke

Matthew Gray	City of Peterborough	27.97	Sheffield	03.06.23	80/84
Oliver Kenny	West Norfolk	29.63	Sheffield	03.06.23	18/24
Ashley Buck	Newmarket	29.01	Plymouth	15.06.13	25/29
Stephen Mavin	March Marlins	28.52	Sheffield	04.05.12	30/34
Lee Peterson	Braintree & Bocking	28.80	Montreal, Canada	09.08.14	35/39
Dale Barker	Stowmarket	32.19	Manchester	17.06.07	40/44
Andrew Squires	Team Anglia Masters	33.20	Sheffield	03.06.23	45/49
Dale Barker	Team Anglia Masters	35.48	Crawley	21.01.17	50/54
Graham Powell	Team Luton	32.91	Sheffield	02.04.16	55/59
Graham Powell	Team Luton	34.66	Aberdeen	18.06.22	60/64
Philip Harper	Rochford	38.83	Manchester	13.06.15	65/69
Philip Harper	Rochford	43.07	Crawley	19.01.20	70/74
Paul Clarke	Beavers Masters Bedford	55.68	Swansea	04.03.23	75/79

100m Backstroke

Ryan Kelly	Chelmsford	1.01.24	Swansea	16.06.19	80/84
Augustus Veasey	Chelmsford	1.01.11	Aberdeen	17.06.22	18/24
Daniel Wardley-Smith	March Marlins	1.01.69	Sheffield	05.05.12	25/29
Stephen Mavin	March Marlins	1.01.26	Sheffield	05.05.12	30/34
Lee Peterson	Braintree & Bocking	1.03.73	Sheffield	01.04.16	35/39
Dale Barker	Stowmarket	1.11.52	Manchester	16.06.07	40/44
Andrew Squires	Team Anglia Masters	1.13.61	Sheffield	02.06.23	45/49
Graham Powell	Team Luton	1.14.22	Luton	18.05.13	50/54
Graham Powell	Team Luton	1.13.87	London Aquatics Centre	29.05.16	55/59
Mike Foskett	Hemel Hempstead	1.15.56	Budapest, Hungary	19.08.17	60/64
Alan Jackson	Beavers Masters Bedford	1.25.70	Cardiff	09.05.09	65/69
Chris Dunn	Hatfield	1.26.79	Swansea	06.03.22	70/74
Paul Clarke	Beavers Masters Bedford	2.03.51	Fukuoka, Japan	10.08.23	75/79

200m Backstroke

Myles Turner	West Suffolk	2.10.98	Sheffield	03.06.23	80/84
Augustus Veasey	Chelmsford	2.13.33	Aberdeen	18.06.22	18/24
Daniel Wardley-Smith	March Marlins	2.18.36	Sheffield	06.05.12	25/29
Stephen Mavin	March Marlins	2.18.50	Luton	18.05.13	30/34
Lee North	Rochford	2.30.84	Sheffield	02.04.16	35/39
Adam Korn	UEA City of Norwich	2.37.28	Eindhoven, Holland	05.09.13	40/44
Stephen Beal	Dunmow Atlantis	2.45.70	Swansea	15.06.19	45/49
David Cartledge	Team Anglia Masters	2.36.69	London Aquatics Centre	28.05.16	50/54
Mike Foskett	Hemel Hempstead	2.43.42	London Aquatics Centre	28.05.16	55/59
Mike Foskett	Hemel Hempstead	2.49.79	Swansea	15.06.19	60/64
Chris Dunn	Hatfield	3.03.21	Sheffield	02.04.16	65/69
Chris Dunn	Hatfield	3.08.82	Swansea	05.03.22	70/74
Paul Clarke	Beavers Masters Bedford	4.18.08	Swansea	04.03.23	75/79

50m Butterfly

James Lawton	UEA City of Norwich	26.08	Cardiff	21.06.09	80/84
David Harrison	Stowmarket	26.92	Sheffield	05.05.12	18/24
John Wood	Berkhamsted	26.38	Swansea	02.03.19	25/29
Stephen Mavin	March Marlins	25.47	Sheffield	05.05.12	30/34
Stephen Mavin	Team Anglia Masters	26.34	Sheffield	01.04.16	35/39
Daryl Mason	Potters Bar	26.80	Manchester	13.06.15	40/44
Simon Emm	Colchester	29.16	Plymouth	09.06.18	45/49
Barry Chandler	Bishops Stortford	29.32	Plymouth	15.06.13	50/54
Graham Powell	Team Luton	31.60	Sheffield	01.04.16	55/59
Barry Chandler	Newmarket	31.68	Swansea	19.04.24	60/64
Chris Dunn	Hatfield	37.41	Crawley	19.01.19	65/69
Chris Dunn	Hatfield	39.45	London Aquatics Centre	10.09.22	70/74
Paul Clarke	Beavers Masters Bedford	1.10.20	Sheffield	04.06.22	75/79

100m Butterfly

Jay Wilson	Team Luton	1.01.50	Luton	18.05.13	80/84
Liam Barnett	City of Cambridge	59.58	Swansea	14.06.14	18/24
John Wood	Berkhamsted	58.62	London Aquatics Centre	26.05.16	25/29
Stephen Mavin	March Marlins	56.28	Sheffield	05.05.12	30/34
David Elliston	Stowmarket	1.10.81	Cardiff	20.06.09	35/39
Garry Mavin	Team Anglia Masters	1.04.54	Sheffield	02.04.16	40/44
Simon Emm	Colchester	1.04.92	London Aquatics Centre	24.03.19	45/49
Ashley Meerloo	Bishops Stortford	1.09.97	Budapest, Hungary	17.08.17	50/54
Graham Powell	Team Luton	1.10.62	Sheffield	02.04.16	55/59
Graham Powell	Team Luton	1.17.99	Aberdeen	19.06.22	60/64
Stuart McLellan	Sudbury	1.40.82	Crawley	19.01.19	65/69
Paul Clarke	Beavers Masters Bedford	2.11.46	Norwich	19.05.18	70/74

200m Butterfly

Christopher Greenhalgh	Sudbury	2.23.54	Crawley	31.01.15	18/24
Matthew Wright	Team Luton	2.09.98	Sheffield	03.06.23	25/29
Stuart Clarke	Bishops Stortford	2.15.49	Swansea	13.06.14	30/34
David Elliston	Stowmarket	2.41.03	Cardiff	20.06.09	40/44
Ian Wallace	Brentwood	2.37.35	Plymouth	08.06.18	45/49
Simon Emm	Colchester	2.28.04	London Aquatics Centre	24.03.19	50/54
David Wright	Team Luton	2.51.07	London Aquatics Centre	27.05.16	55/59
David Wright	Team Luton	2.56.98	Sheffield	03.06.23	60/64
Chris Jessup	South Beds Masters	4.03.78	Crawley	30.01.11	65/69
Michael Read	Sudbury	4.54.07	Norwich	11.05.19	75/79

50m Breaststroke

Lawrence Palmer	Putteridge	28.17	Manchester	13.06.15	18/24
David Harrison	Stowmarket	30.83	Sheffield	06.05.12	25/29
Stuart Notman	City of Cambridge	31.64	Manchester	16.06.07	30/34
Lee Peterson	Braintree & Bocking	31.82	Sheffield	06.05.12	35/39
Lee Peterson	Braintree & Bocking	31.31	Montreal, Canada	06.08.14	40/44
Matthew Banham	West Suffolk	31.01	Swansea	02.03.19	45/49
Marcel Scholten	Team Anglia Masters	32.23	London Aquatics Centre	26.05.16	50/54
Duncan Beveridge	St Albans Masters	34.46	London Aquatics Centre	26.05.16	55/59
Martyn Fresher	Team Anglia Masters	36.57	Sheffield	02.06.23	60/64
David Pirrie	Hemel Hempstead	37.52	London Aquatics Centre	22.06.24	65/69
Chris Trueman	UEA City of Norwich	45.65	Aberdeen	16.06.17	70/74
Chris Dunn	Hatfield	44.98	London Aquatics Centre	10.09.22	75/79
Paul Clarke	Beavers Masters Bedford	54.24	Swansea	04.03.23	80/84

100m Breaststroke

Lawrence Palmer	Putteridge	1.02.44	Manchester	13.06.15	18/24
Liam Barnett	City of Cambridge	1.12.50	Swansea	15.06.14	25/29
Stuart Notman	City of Cambridge	1.09.86	Manchester	17.06.07	30/34
Lee Peterson	Braintree & Bocking	1.10.41	Sheffield	04.05.12	35/39
Lee Peterson	Braintree & Bocking	1.08.43	Montreal, Canada	04.08.14	40/44
Matthew Banham	West Suffolk	1.08.25	Swansea	03.03.18	45/49
Marcel Scholten	Modernian	1.16.09	Swansea	15.06.19	50/54
Marcel Scholten	Modernian	1.17.15	Sheffield	03.06.23	55/59
David Pirrie	Hemel Hempstead	1.23.89	Plymouth	08.06.18	60/64
David Pirrie	Hemel Hempstead	1.25.95	Sheffield	03.06.23	65/69
Alan Jackson	Beavers Masters Bedford	1.38.89	Cardiff	09.05.09	70/74
Paul Clarke	Beavers Masters Bedford	1.56.51	London Aquatics Centre	24.03.19	75/79
Paul Clarke	Beavers Masters Bedford	2.10.26	Swansea	05.03.22	80/84

200m Breaststroke

Christopher Greenhalgh	Sudbury	2.39.30	Crawley	01.02.15	18/24
Thomas Williams	Sudbury	2.37.85	Sheffield	05.05.12	25/29
Stuart Notman	City of Cambridge	2.32.60	Manchester	15.06.07	30/34
Lee Peterson	Braintree & Bocking	2.36.55	Sheffield	05.05.12	35/39
Lee Peterson	Braintree & Bocking	2.32.26	Montreal, Canada	08.08.14	40/44
Matthew Banham	West Suffolk	2.33.56	Swansea	04.03.18	45/49
Robert Milburn	Chelmsford	2.51.09	Sheffield	04.06.23	50/54
David Cartledge	Team Anglia Masters	2.52.04	London Aquatics Centre	29.05.16	55/59
David Pirrie	Hemel Hempstead	3.09.24	Swansea	14.06.19	60/64
David Pirrie	Hemel Hempstead	3.12.86	Aberdeen	17.06.22	65/69
Stuart McLellan	Sudbury	3.40.56	Crawley	18.01.20	70/74
Paul Clarke	Beavers Masters Bedford	4.24.83	Swansea	04.03.18	75/79
Paul Clarke	Beavers Masters Bedford	4.45.88	Crawley	23.01.22	80/84

200m Individual Medley

Myles Turner	West Suffolk	2.12.66	Sheffield	04.06.23	18/24
Augustus Veasey	Chelmsford	2.16.54	Aberdeen	18.06.22	25/29
Ashley Buck	Newmarket	2.25.08	Swansea	13.06.14	30/34
Stephen Mavin	March Marlins	2.14.82	Sheffield	06.05.12	35/39
Stephen Mavin	Team Anglia Masters	2.16.23	Sheffield	01.04.16	40/44
Stuart Dyble	North Norfolk Vikings	2.36.61	Norwich	11.05.19	45/49
Nigel Brown	Chelmsford	2.42.48	Sheffield	01.04.16	50/54
David Cartledge	Team Anglia Masters	2.35.69	Sheffield	01.04.16	55/59
David Cartledge	Modernian	2.41.73	Crawley	18.01.20	60/64
Mike Foskett	Hemel Hempstead	2.51.80	Budapest, Hungary	17.08.17	65/69
Chris Dunn	Hatfield	2.56.26	Crawley	24.01.16	70/74
Chris Dunn	Hatfield	3.08.11	Swansea	05.03.22	75/79
Paul Clarke	Beavers Masters Bedford	4.59.30	Crawley	22.01.22	80/84

400m Individual Medley

Ryan Kelly	Chelmsford	5.01.81	Swansea	14.06.19	18/24
Augustus Veasey	Chelmsford	4.52.50	Aberdeen	17.06.22	25/29
John Wood	Berkhamsted	5.21.99	Swansea	03.03.19	30/34
Joel Storry	South Beds Masters	7.01.66	Crawley	23.01.16	35/39
Lee North	Rochford	5.26.48	Manchester	12.06.15	40/44
Phillip Moulson	East Anglian Swallow Tails	5.44.03	Manchester	12.06.15	45/49
Stephen Ham	Rochford	5.45.05	Sheffield	05.05.12	50/54
Steve Ham	Rochford	6.02.66	Aberdeen	16.06.17	55/59
Dale Barker	Felixstowe	6.18.25	Crawley	22.01.23	60/64
Chris Dunn	Hatfield	6.17.97	Crawley	10.02.13	65/69
Chris Dunn	Hatfield	6.23.93	Crawley	23.01.16	70/74
Chris Dunn	Hatfield	7.07.19	Swansea	06.03.22	75/79