

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS



13th October 2024



WOMENS 4x50m FREESTYLE

72+	City of Cambridge Katrin Heider; Samantha Auker; Kathryn Loveys; Robyn Le Fric	1.52.20	Sheffield	29 October 2017
100 - 119	South Beds Masters Claire Evelyn; Carla King; Emma Irvine; Frances Merridan	1.53.59	Sheffield	26 October 2019
120 - 159	South Beds Masters Samantha Hammond; Joanne Holder; Claire Evelyn; Carla King	1.53.79	Sheffield	29 October 2017
160 - 199	City of Norwich Lynne Meale; Debbie Matless; Jo Johnson; Catherine Markwell	1.57.17	Sheffield	27 October 2013
200 - 239	Team Anglia Liz Woolner; Janet Williams; Hayley Turner; Helen Davis	1.59.81	Sheffield	26 October 2018
240 - 279	Team Anglia Helen Davis; Janet Williams; Sandra Jinks; Vicki Buck	2.28.65	Sheffield	29 October 2023
280 - 319	South Beds Masters Janet Masters; Margot Anderson; Iris Bellis; Andrea Minor	3.10.73	Leamington Spa	17 May 2015

Open/Male 4x50m FREESTYLE

72+	Hatfield Guy Sherwin; Sean Leahy; Kevin Pickard; James Allchorne	1.34.79	Sheffield	30 October 2010
100 - 119	City of Cambridge Liam Barnett; Luke Westwood; Simon Morley; Mark Leamon	1.36.41	Sheffield	23 October 2015
120 - 159	City of Cambridge Mark Leamon; Liam Barnett; Luke Westwood; Tim Shipton	1.38.60	Sheffield	26 October 2018
160 - 199	March Marlins Garry Mavin; Dan Wardley-Smith; Stephen Mavin; Martyn Fresher	1.40.45	Sheffield	27 October 2012
200 - 239	Team Anglia Marcel Scholten; Garry Mavin; Richard O'Leary; Martyn Fresher	1.46.98	Sheffield	29 October 2016
240 - 279	Rochford & District Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker	2.00.96	Sheffield	27 October 2013
280 - 319				

MIXED 4x50m FREESTYLE

72+	Bishops Stortford Jake Lloyd; Niamh James; Lucy Wheeler; Callum Davis	1.44.53	Sheffield	29 October 2023
100 - 119	Stowmarket Fran Wallace; Ash Fenwick; Will Handley; Dave Harrison	1.52.44	Sheffield	29 October 2022
120 - 159	Chatteris Kingfishers Gary Smith; Marie Doherty; Stephen Mavin; Joanne Pearce	1.46.84	Sheffield	30 October 2010
160 - 199	Bishops Stortford Sally Winter; Chloe Parnell; Barry Chandler; Geoff Short	1.48.19	Sheffield	26 October 2013
200 - 239	Team Anglia Martyn Fresher, Simon Bradford, Lucy Ryan, Helen Davis	1.55.12	Sheffield	25 October 2019
240 - 279	Rochford & District Heidi Nevin; Philip Harper; Eileen Luther; Geoff Baker	2.04.46	Sheffield	27 October 2018
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x50m MEDLEY

72+	City of Cambridge Samantha Auker; Kathryn Loveys; Robyn Le Friec; Katrin Heider	2.01.79	Sheffield	27 October 2017
100 - 119	South Beds Masters Joanne Holder; Sarah Pearse; Samantha Hammond; Laura Robinson	2.16.09	Leamington Spa	28 April 2013
120 - 159	South Beds Masters Claire Evelyn; Sarah Pearse; Frances Merridan; Carla King	2.05.61	Sheffield	26 October 2019
160 - 199	Team Anglia Liz Woolner; Lucy Ryan; Helen Davis; Hayley Turner	2.12.05	Sheffield	27 October 2017
200 - 239	Team Anglia Janet Williams; Lucy Ryan; Liz Woolner; Helen Davis;	2.14.64	Sheffield	27 October 2018
240 - 279	South Beds Masters Janet Masters; Christine Ayers; Helen Davies; Andrea Minor	2.55.67	Sheffield	27 October 2012
280 - 319	South Beds Masters Andrea Minor; Iris Bellis; Janet Masters; Margot Anderson	3.43.72	Leamington Spa	17 May 2015

Open/Male 4x50m MEDLEY

72+	Putteridge Ryan Compton; Lawrence Palmer; Brandon Nabarro; Jordan Batson	1.45.03	Sheffield	29 October 2016
100 - 119	City of Cambridge Simon Morley; Luke Westwood; Liam Barnett; Mark Leamon	1.46.29	Sheffield	23 October 2015
120 - 159	City of Cambridge Mark Leamon; Luke Westwood; Liam Barnett; Tim Shipton	1.49.54	Sheffield	27 October 2018
160 - 199	March Marlins Dan Wardley-Smith; Martyn Fresher; Stephen Mavin; Garry Mavin	1.50.90	Sheffield	27 October 2012
200 - 239	Team Anglia Dale Barker; Marcel Scholten; Garry Mavin; Simon Bradford	2.02.38	Sheffield	27 October 2018
240 - 279	Hemel Hempstead Mike Foskett; David Pirrie; Mark Ayres; Kevin Mackenna	2.13.20	Sheffield	27 October 2018
280 - 319				

MIXED 4x50m MEDLEY

72+	Bishops Stortford Niamh James; Callum Davis; Jake Lloyd; Lucy Wheeler	1.55.27	Sheffield	28 October 2023
100 - 119	City of Cambridge Simon Morley; Kathryn Loveys; Robyn Le Friec; Mark Leamon	1.55.21	Sheffield	24 October 2015
120 - 159	Chatteris Kingfishers Daniel Wardley-Smith; Laura Wardley-Smith; Stephen Mavin; Joanne Pearce	1.56.59	Sheffield	29 October 2011
160 - 199	Team Anglia Ashley Buck; Lucy Ryan; Alexander Bevis; Hayley Turner	2.03.47	Sheffield	28 October 2016
200 - 239	Team Anglia Liz Woolner; Marcel Scholten; Helen Davis; Martyn Fresher	2.06.43	Sheffield	28 October 2017
240 - 279	Team Anglia Janet Williams; Martyn Fresher; Dale Barker; Linden Jack	2.22.36	Sheffield	28 October 2023
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x100m FREESTYLE

72+	City of Cambridge Kathryn Loveys; Samantha Auker; Katrin Heider; Robyn Le Fric	4.04.34	Sheffield	27 October 2017
100 - 119	South Beds Masters Joanne Holder; Frances Merridan; Emma Irvine; Claire Evelyn	4.27.65	Sheffield	27 October 2019
120 - 159	City of Cambridge Fay Westwood; Emma Walker; Julie Scott; Kathryn Gill	4.17.06	Sheffield	28 October 2018
160 - 199	City of Norwich Lynne Meale; Debbie Matless; Jo Johnson; Catherine Markwell	4.18.21	Sheffield	26 October 2013
200 - 239	Team Anglia Hayley Turner; Lisa Withers; Jane Smith; Janet Williams	5.00.39	Sheffield	27 October 2017
240 - 279				
280 - 319				

Open/Male 4x100m FREESTYLE

72+	City of Cambridge Tim Riviere; James Rumbelow; Luke Westwood; Alex Garner	3.38.17	Sheffield	26 October 2013
100 - 119	City of Cambridge Mark Leamon; Luke Westwood; Tim Shipton; Liam Barnett	3.34.46	Sheffield	25 October 2015
120 - 159	City of Cambridge Dimitris Kousoulidis; Neal Taylor; Mark Leamon; Liam Barnett	3.33.95	Sheffield	27 October 2019
160 - 199	March Marlins Garry Mavin; Martyn Fresher; Stephen Mavin; Ashley Buck	3.43.00	Sheffield	26 October 2013
200 - 239	St Albans Masters Stephen Adams; Neil Culley; Duncan Beveridge; Craig Kirkland	4.04.12	Sheffield	28 October 2012
240 - 279	Rochford & District Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker	4.29.30	Sheffield	26 October 2013
280 - 319				

MIXED 4x100m FREESTYLE

72+	Bishops Stortford Lucy Wheeler; Niamh James; Jake Lloyd; Callum Davis	3.46.37	Sheffield	28 October 2023
100 - 119	City of Cambridge Katrin Heider; Luke Westwood; Robyn Le Fric; Liam Barnett	3.44.61	Sheffield	27 October 2017
120 - 159	Team Waveney Lawrence Lowman; Oliver Postle; Eleanor Oxborough; Tanya Alexander	4.06.58	Sheffield	30 October 2021
160 - 199	Potters Bar John Cunningham, Robert Scott, Daniella Harrison, Kelly Sanders	4.16.64	Sheffield	30 October 2021
200 - 239	Bishops Stortford Elizabeth Bellinger; Sally Winter; Peter Kelleway; Barry Chandler	4.16.09	Sheffield	24 October 2015
240 - 279	Rochford & District Heidi Nevin; Philip Harper; Eileen Luther; Geoff Baker	4.42.82	Sheffield	27 October 2018
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x100m MEDLEY

72+	City of Cambridge Samantha Auker; Kathryn Loveys; Robyn Le Friec; Katrin Heider	4.32.60	Sheffield	28 October 2017
100 - 119				
120 - 159	City of Cambridge Samantha Auker; Kathryn Gill; Charlotte Begg; Fay Westwood	4.56.16	Sheffield	27 October 2023
160 - 199	Basildon and Phoenix Katrina Farrall; Amanda Goodman; Kira Neal; Dawn Palmer	5.11.33	Crawley	28 September 2024
200 - 239	Team Anglia Janet Williams; Lucy Ryan; Elizabeth Woolner; Helen Davis	5.02.65	Sheffield	27 October 2018
240 - 279				
280 - 319				

Open/Male 4x100m MEDLEY

72+	City of Cambridge John Sargent; Luke Westwood; Liam Barnett; Tim Riviere	4.01.93	Sheffield	26 October 2012
100 - 119	City of Cambridge Simon Morley; Luke Westwood; Liam Barnett; Mark Leamon	3.56.67	Sheffield	24 October 2015
120 - 159	City of Cambridge Will Blackaby; Martin Potts; Michael Tansini; Robert Pemberton	4.24.52	Sheffield	27 October 2023
160 - 199	March Marlins Ashley Buck; Martyn Fresher; Stephen Mavin; Garry Mavin	4.07.77	Sheffield	25 October 2013
200 - 239	St Albans Masters Stephen Adams; Duncan Beveridge; Craig Kirkland; Neil Culley	4.31.98	Sheffield	26 October 2012
240 - 279	Hemel Hempstead Mike Foskett; David Pirrie; Kevin McKenna; Mark Strakosch	5.01.53	Sheffield	26 October 2019
280 - 319				

MIXED 4x100m MEDLEY

72+	Hemel Hempstead Jack Spence; Jack Christie; Kira Doyle; Lois Moore	4.23.50	Sheffield	28 October 2017
100 - 119				
120 - 159	Hemel Hempstead Hilary Coulson; Heidi Gibbens; Kevin MaKenna; Calum Winton	5.10.40	Sheffield	28 October 2017
160 - 199	East Anglian Swallow Tails David Webster; Kate Warwick; Josephine Cresswell; Adam Korn	4.44.37	Sheffield	24 October 2014
200 - 239	Rochford & District Eileen Luther; Heidi Nevin; Stephen Ham; Lee North	4.56.15	Sheffield	28 October 2017
240 - 279	Rochford & District Eileen Luther; Heidi Nevin; Geoff Baker; Philip Harper	5.18.65	Sheffield	26 October 2018
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x200m FREESTYLE

72+	City of Cambridge Robyn Le Friec; Samantha Auker; Kathryn Loveys; Katrin Heider	9.01.96	Sheffield	28 October 2017
100 - 119				
120 - 159	East Anglian Swallow Tails Sarah Osman; Emily Barwick; Lisa Price; Kate Warwick	9.58.21	Sheffield	24 October 2015
160 - 199	City of Norwich Debbie Matless; Lynne Meale; Jo Johnson; Catherine Markwell	9.53.64	Sheffield	26 October 2013
200 - 239	St Albans Masters Suzanne Welham; Lisa Randall; Sarah Jewkes, Sian Brice	11.12.77	Sheffield	28 October 2022
240 - 279				
280 - 319				

Open/Male 4x200m FREESTYLE

72+	West Suffolk Charles Whyte; Jake Thomas Mansfield; Ben Wilkinson; Myles Turner	8.06.25	Sheffield	28 October 2022
100 - 119	City of Cambridge Mark Leamon; Tim Shipton; James Rumbelow; Luke Westwood	8.07.15	Sheffield	28 October 2016
120 - 159	Stowmarket Dale Barker; David Harrison; Oliver Bumstead; Thomas Harrison	8.41.34	Sheffield	29 October 2011
160 - 199	March Marlins Stephen Mavin; Garry Mavin; Richard O'Leary; Ashley Buck	8.26.28	Sheffield	24 October 2014
200 - 239	Rochford & District Geoff Baker; Stephen Ham; Peter Rae; Paul Metson	9.19.64	Sheffield	26 October 2012
240 - 279	Rochford & District Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker	10.05.78	Sheffield	26 October 2013
280 - 319				

MIXED 4x200m FREESTYLE

72+	Chelmsford Sophie Castle, Dave Pethers, Natasha Cotter, Augustus Veasey	10.13.23	Sheffield	30 October 2016
100 - 119				
120 - 159	Stowmarket Ashia Fenwick; Karl Blagg; Sophie Barrett; Thomas Harrison	10.46.09	Sheffield	30 October 2022
160 - 199	Chelmsford Sophie Castle, Natasha Cotter, Gordon Cartwright, Nicholas White	11.07.25	Sheffield	29 October 2017
200 - 239	Basildon and Phoenix Keith Oddy, Amanda Goodman, Dave Pethers, Kira Neal	10.17.35	Sheffield	30 October 2022
240 - 279	Rochford & District Heidi Nevin; Philip Harper; Eileen Luther; Geoff Baker	10.41.83	Sheffield	26 October 2018
280 - 319				

