

Swim England South East Masters Long Course Competition Best Performances 2007 to 2019

MEN

Age Group	Name	Age	Club	Time	Year
50m Backstroke					
18/24	Marco Loughran	24	Guildford Ct	26.13	2013
25/29	Liam Small	28	ASA Temp 2	30.36	2014
30/34	Craig Steenhoff	32	Otter	29.90	2014
35/39	Lee Peterson	36	Braintree	29.17	2010
40/44	Lee Peterson	40	Braintree	29.08	2014
45/49	Greg Kahn	46	Spencer	29.43	2016
50/54	Guy Emerson	53	Spencer	32.54	2016
55/59	Alec Johnson	56	Trafford Metro	32.41	2018
60/64	Graham Powell	61	Team Luton	34.34	2017
65/69	Brian Hunt	65	RTW Masters	35.93	2014
70/74	Brian Hunt	70	RTW Masters	38.44	2019
75/79	Roger Billing	75	Guildford Ct	41.03	2018
80/84	Ted Evans	80	Otter	51.97	2015
85/89	James Green	85	Redhill & R	1.01.44	2013
99+	John Harrison	100	Godalming	1.32.20	2014
100m Backstroke					
18/24	Chris Rowley	21	Rushmoor Roy	59.44	2011
25/29	John Molyneaux	29	Fareham Nomads	01:02.9	2017
30/34	Neil McMahon	33	Leatherhead	1:04.72	2007
35/39	Lee Peterson	36	Braintree	1:03.18	2010
40/44	Michael Nolan	40	Royal Navy	1:05.32	2011
45/49	Greg Kahn	46	Spencer	1:03.53	2016
50/54	John Rittenhouse	50	Barnet Copt	1:09.85	2008
55/59	Martin Fenner	55	Romford Town	01:12.5	2017
60/64	Graham Powell	60	Team Luton	1:16.68	2016
65/69	Chris Dunn	67	Hatfield	1:24.39	2013
70/74	Chris Dunn	72	Hatfield	1:26.05	2018
75/79	Roger Billing	75	Guildford Ct	1:31.24	2018
80/84	Ted Evans	80	Otter	1:55.14	2015
85/89	Robert Curr	86	Serpentine	2:59.89	2015
95/99	John Harrison	95	Godalming	2:42.01	2009
200m Backstroke					
18/24	Timothy Tripp	20	UEA Norwich	2:23.35	2012
25/29	John Molyneaux	29	Fareham Nomads	02:24.7	2017
30/34	Benjamin Pennington	31	Spencer	2:27.20	2011
35/39	Richard Gardner	38	RTW Monson	2:39.64	2011
40/44	Richard Stannard	41	Maidenhead	2:20.92	2015
45/49	Paul Allen	45	Boston	02:30.0	2017
50/54	John Rittenhouse	50	Barnet Copt	2:31.10	2008
55/59	Martin Fenner	55	Romford Town	02:35.7	2017
60/64	Malcolm Munro	61	Acton	2:48.23	2008
65/69	Malcolm Munro	65	Ealing	3:06.10	2012
70/74	Chris Dunn	73	Hatfield	3:04.36	2019
75/79	Alan Jackson	75	Romford Town	3:19.54	2014
80/84	Janos Leigh	80	Romford Town	4:18.01	2014
85/89	Robert Curr	85	Serpentine	6:09.69	2014
95/99	John Harrison	96	Godalming	6:10.65	2010
50m Breaststroke					
18/24	Barrie Stewart	24	Havant & Wat	30.94	2007
25/29	Peter Ross	27	B Hill & H Heath	30.71	2008
30/34	Martin Jurco	33	Wandsworth	31.38	2007
35/39	David Ebanks	36	Romford Town	30.94	2018

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40/44	Dave Warren	42	Otter	32.58	2013
45/49	Dave Milburn	47	Newbury	32.66	2009
50/54	Mike Hodgson	50	Guildford Ct	31.64	2017
55/59	Dave Milburn	55	Newbury	33.94	2017
60/64	Graham Pearson	60	Carlisle	36.47	2012
65/69	Chris Jones	66	B Hill & H Heath	39.34	2009
70/74	Morris Dick	70	Spencer	43.70	2012
75/79	Geoff Bishop	77	Kings Corm	44.46	2013
80/84	Don Leatherbarrow	80	Gloucester	49.51	2018
85-89	James Green	85	Redhill & R	1.03.35	2013
100m Breaststroke					
18/24	Barrie Stewart	24	Havant & Wat	1:09.95	2007
25/29	Peter Ross	27	B Hill & H Heath	1:07.85	2008
30/34	Chris Jones	34	Co South'ton	1:09.80	2015
35/39	Chris Jones	35	Co.South'ton	1:08.82	2016
40/44	Nigel Vickers	42	Rushmoor Roy	1:16.49	2008
45/49	Mike Hodgson	47	Guildford Ct	1.10.86	2014
50/54	Paul Smoothy	51	Teddington	1.19.75	2019
55/59	Dave Milburn	55	Newbury	01:15.6	2017
60/64	Graham Pearson	60	Carlise	1:21.44	2012
65/69	Henry Dick	66	Spencer	1:31.02	2008
70/74	Fred Parker	71	Kent Weald	1:36.12	2019
75/79	Keith Ingram	75	Birmingham M	1:38.60	2015
80/84	Ted Evans	80	Otter	2:01.58	2015
85-89	James Green	85	Redhill & R	2.23.86	2013
200m Breaststroke					
18/24	Stephen Murphy	22	Brighton	2:33.96	2007
25/29	Peter Ross	27	B Hill & H Heath	2:24.93	2008
30/34	Graham Cable	34	Co.Oxford	2:41.89	2016
35/39	David Ebanks	36	Romford Town	2:44.03	2018
40/44	Lee Peterson	40	Braintree	2.39.18	2014
45/49	Mike Hodgson	45	Guildford Ct	2:43.16	2012
50/54	Paul Smoothy	51	Teddington	2:56.16	2019
55/59	Dave Milburn	55	Newbury	2:45.39	2017
60/64	Martin Murphy	60	Epsom Dist	2:55.69	2012
65/69	Chris Jones	66	B Hill & H Heath	3:30.03	2008
70/74	Kieren Kelleher	70	Sandycove Is	3:30.49	2018
75/79	Morris Dick	75	Spencer	3:56.07	2017
80/84	James Green	81	Redhill & R	4:36.22	2008
85-89	James Green	85	Redhill & R	5.20.27	2013
50m Butterfly					
18/24	Oliver Wilson	23	Otter	25.79	2015
25/29	William Felgate	25	Havant & Wat	26.36	2007
30/34	Ed Clayton	34	G B Police	27.08	2010
35/39	David Warren	39	Mid Sussex	27.25	2010
40/44	John Cunningham	42	Limerick	26.69	2012
45/49	John Cunningham	47	Limerick	26.74	2017
50/54	Mike Hodgson	51	Guildford Ct	27.45	2018
55/59	Alec Johnson	56	Trafford Met	28.72	2018
60/64	Stephen Braine	63	Mid Sussex	30.95	2017
65/69	Derek Parr	65	Broomfield P	31.61	2009
70/74	Kieren Kelleher	70	Sandycove Is	32.62	2018
75/79	Derek Parr	75	Broomfield P	37.15	2019
80/84	Don Leatherbarrow	80	Gloucester	46.26	2018

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100m Butterfly

18/24	Stephen Murphy	24	B Hill & H Heath	1:00.94	2009
25/29	Gareth Cocks	25	Cardiff Masters	1:00.00	2014
30/34	Ed Clayton	34	G B Police	59.79	2010
35/39	Dave Warren	38	B Hill & H Heath	59.29	2009
40/44	Dave Warren	41	Otter	1:00.34	2012
45/49	Stuart Dyble	48	Norfolk Viking	1:06.20	2019
50/54	Alec Johnson	50	Trafford Metro	1:06.78	2012
55/59	Clive Benson	55	Spencer	1:07.45	2018
60/64	Steve Braine	63	Mid Sussex	1:13.17	2017
65/69	Derek Parr	65	Broomfield P	1:12.14	2009
70/74	Derek Parr	70	Brookfield P	1.19.72	2014
75/79	Derek Parr	75	Broomfield P	1.28.14	2019
80/84	Edward Askew	80	Chichester	2:28.84	2012

200m Butterfly

18/24	Riaan Steyn	21	Guildford Ct	2:12.74	2017
25/29	Gareth Cocks	25	Cardiff Masters	2:18.37	2015
30/34	James Leitch	34	Co Glasgow	2:19.60	2009
35/39	Dave Warren	36	B Hill & H Heath	2:21.41	2007
40/44	Dave Warren	41	Otter	2:16.35	2012
45/49	Dave Warren	45	Otter	2:17.89	2016
50/54	David Wright	51	Team Luton	2:50.68	2012
55/59	Martin Fenner	56	Romford Town	2.44.22	2018
60/64	Tony Murphy	61	Epsom Dist	3:36.65	2012
65/69	Derek Parr	65	Broomfield P	2:58.12	2009
70/74	Derek Parr	70	Broomfield P	3.13.34	2014
75-79	Derek Parr	75	Broomfield P	3.43.45	2019
80/84	David Cumming	80	Eastbourne	4:10.41	2018

50m Freestyle

18/24	Oliver Wilson	23	Otter	23.64	2015
25/29	Guy Sherwin	25	Atlantis	23.49	2009
30/34	Adrian Turner	32	Spencer	25.12	2009
35/39	Will Appleby	35	East Anglian	25.53	2017
40/44	Paul Allen	42	Brighton Dolph	25.53	2014
45/49	John Cunningham	49	Aer Lingus M	26.10	2019
50/54	Spencer Turner	50	Basingstoke	26.64	2019
55/59	Peter Conway	56	Aer Lingus M	27.77	2019
60/64	Barrie Rolfe	61	Eastbourne	28.34	2008
65/69	Chris Dunn	67	Hatfield	28.97	2013
70/74	Chris Dunn	72	Hatfield	29.62	2018
75/79	Alan Jackson	75	East Anglian	34.51	2014
80/84	John Tennant	80	Saxon Crown	35.80	2019
85-89	James Green	85	Redhill & R	59.32	2013
90/94	Sam Almond	92	Eastbourne	1.15.60	2018
95/99	John Harrison	95	Godalming	1:14.72	2009

100m Freestyle

18/24	Oliver Wilson	23	Otter	52.40	2015
25/29	Guy Sherwin	25	Atlantis	52.51	2009
30/34	Karl Buchholtz	30	Reading	55.97	2007
35/39	Mark Jones	38	Ealing	56.03	2010
40/44	Paul Allen	42	Brighton Dolph	57.24	2014
45/49	Dave Warren	45	Otter	56.80	2016
50/54	Spencer Turner	50	Basingstoke	58.22	2019
55/59	Alec Johnson	56	Trafford Metro	1:00.41	2018
60/64	Chris Dunn	62	Hatfield	1:02.98	2008
65/69	Chris Dunn	69	Hatfield	1:05.25	2015
70/74	Chris Dunn	70	Hatfield	1:05.59	2016
75/79	Anthony Gimson	75	Mid Sussex	1:23.07	2012

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80/84	Don Leatherbarrow	80	Gloucester	1:21.59	2018
95/99	John Harrison	95	Godalming	2:44.63	2009
99+	John Harrison	100	Godalming	3.23.10	2014
200m Freestyle					
18/24	Reece Barclay	22	Romford Town	1.59.37	2013
25/29	Guy Sherwin	25	Atlantis	1:59.04	2009
30/34	Rhodri Humphreys	32	Royal Navy	2:06.95	2014
35/39	Richard Stannard	37	Guildford Ct	2:02.54	2011
40/44	Richard Stannard	41	Maidenhead	2:05.34	2015
45/49	Dave Warren	45	Otter	2:05.67	2016
50/54	Spencer Turner	50	Basingstoke	2:13.84	2019
55/59	Paul Goudie	55	Otter	2:20.31	2014
60/64	Chris Dunn	62	Hatfield	2:21.16	2008
65/69	Chris Dunn	67	Hatfield	2:26.34	2013
70/74	Chris Dunn	70	Hatfield	2:27.42	2016
75/79	Tony Cherrington	75	Spencer	3:04.35	2017
80/84	John Tennant	80	Saxon Crown	3:12.98	2019
85/89	Robert Curr	85	Serpentine	5.28.25	2014
400m Freestyle					
18/24	Justin Langford	18	Brighton	4:29.76	2008
25/29	Christopher Grabham	27	Ren 96	4:27.64	2009
30/34	James Leitch	34	Co Glasgow	4:25.40	2009
35/39	Richard Stannard	37	Guildford Ct	4:19.45	2011
40/44	Richard Stannard	41	Maidenhead	4:26.07	2015
45/49	Wray Shewell-Cooper	47	Potters Bar	4:41.54	2008
50/54	Mike Hodgson	50	Guildford Ct	4:40.62	2017
55/59	Peter Rae	55	Otter	4:57.45	2008
60/64	Duncan McCreadie	62	Maidenhead	4:55.77	2007
65/69	Chris Dunn	68	Hatfield	5:12.42	2014
70/74	Chris Dunn	70	Hatfield	5:13.26	2016
75/79	Garfield Thomas	75	Bridgend City	6:38.78	2015
80/84	Don Leatherbarrow	80	Gloucester	7:02.46	2018
800m Freestyle					
18/24	Christopher Greenhalgh	19	Sudbury	9:22.30	2015
25/29	Christopher Grabham	27	Ren 96	9:18.11	2009
30/34	James Leitch	34	Co Glasgow	9:11.14	2009
35/39	Richard Stannard	35	Leatherhead	8:50.51	2009
40/44	Fred Clatworthy	40	Ealing	9:00.94	2010
45/49	Robert Barker	46	Kingston Roy	9:19.58	2009
50/54	Peter Dixon	51	Tower Hamlet	9:43.86	2019
55/59	Tony Morris	56	AER Lingus	10:27.24	2011
60/64	Chris Dunn	62	Hatfield	10:26.41	2008
65/69	Chris Dunn	67	Hatfield	10.41.86	2011
70/74	Chris Dunn	70	Hatfield	10.50.20	2016
75/79	Geoff Stokes	75	Rushmoor Roy	12:49.88	2014
80/84	Don Leatherbarrow	80	Gloucester	14.52.74	2018
200m IM					
18/24	Alistair Garmendia	24	Eastleigh	2:24.40	2008
25/29	Neal Thomson	27	Out to Swim	2:20.93	2018
30/34	Neil McMahon	33	Leatherhead	2:20.25	2007
35/39	Dave Warren	36	B Hill & H Heath	2:16.96	2007
40/44	Marco Pilloud	41	AMT Zurich	2:29.56	2009
45/49	Dave Warren	45	Otter	2:19.14	2016
50/54	Mike Hodgson	50	Guildford Ct	2:28.24	2017
55/59	Alec Johnson	56	Trafford Metro	2:42.16	2018
60/64	Duncan McCreadie	62	Maidenhead	2:42.93	2007

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65/69	Chris Dunn	67	Hatfield	2:55.15	2013
70/74	Chris Dunn	70	Hatfield	2:56.26	2016
75/79	Keith Ingram	75	Birmingham M	3:23.59	2015
80/84	Don Leatherbarrow	80	Gloucester	3:48.98	2018
400m IM					
18/24	Stephen Murphy	23	Brighton	5:02.27	2008
25/29	Enrique Ruiz	27	Otter	5:08.22	2018
30/34	Andrew Chamberlain	34	Hart	5:12.10	2007
35/39	Dave Warren	38	B Hill & H Heath	4:58.71	2009
40/44	Dave Warren	43	Otter	4:59.14	2014
45/49	Mike Hodgson	45	Guildford Ct	5:29.61	2012
50/54	Martin Fenner	54	Romford Town	5:34.48	2016
55/59	Martin Fenner	56	Romford Town	5:34.35	2018
60/64	Stuart McLellan	63	Sudbury	6:46.47	2012
65/69	Chris Dunn	67	Hatfield	6:17.97	2013
70/74	Chris Dunn	70	Hatfield	6:23.93	2016
75/79	David Cumming	75	Eastbourne	7:26.36	2013
80/84	David Cumming	80	Eastbourne	7:59.12	2018

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WOMEN

Age Group	Name	Age	Club	Time	Year
50m Backstroke					
18/24	Ellen Thomas	19	Guildford	32.12	2013
25/29	Sarah Turner	26	Maxwell	33.24	2014
30/34	Katy Sexton	31	C o Southampton	29.54	2013
35/39	Kitty Perkins	39	Box Hill	32.55	2009
40/44	Michelle Ware	44	Guildford	32.14	2017
45/49	Jo Corben	46	Fareham N'ds	33.32	2016
50/54	Lucy Williams	51	C o Southampton	34.57	2013
55/59	Julie Hoyle	55	East Leeds	35.20	2017
60/64	Liz Cosgrave	61	Trojan SC	36.79	2019
65/69	Helen Trippe	68	Winchester	43.21	2014
70/74	Elaine Blower	71	Barnet Copt	46.05	2016
75/79	Jane Asher	78	Kings Corm	45.87	2008
80/84	Jane Asher	82	Kings Corm	48.07	2013
85/89	Jane Asher	86	Kings Corm	52.61	2017
100m Backstroke					
18/24	Lauren Willcox	24	Dorking	1:12.07	2010
25/29	Sarah Turner	25	Maxwell	1:11.64	2013
30/34	Katy Sexton	30	C o Southampton	1:03.30	2012
35/39	Jo Corben	38	Fareham N'ds	1:09.45	2008
40/44	Jo Corben	40	Portsmouth N	1:11.32	2012
45/49	Jo Corben	47	Fareham N'ds	1:07.83	2017
50/54	Jacqueline Grace	50	Kenilworth M	1:18.34	2012
55/59	Judy Brown	55	Warrington M	1:14.75	2019
60/64	Liz Cosgrave	61	Trojan SC	1:23.68	2019
65/69	Helen Trippe	65	Winchester	1:33.52	2011
70/74	Elaine Blower	71	Barnet Copt	1:38.10	2016
75/79	Jane Asher	76	Kings Corm	1:42.17	2007
80/84	Jane Asher	82	Kings Corm	1:53.22	2013
85/89	Jane Asher	86	Kings Corm	1:54.21	2017
200m Backstroke					
18/24	Sarah Turner	22	Maxwell	2:37.10	2009
25/29	Hannah Laughlin	28	Teddington	2:31.60	2016
30/34	Gina Hobson	30	Otter	2:33.05	2013
35/39	Jo Corben	37	Fareham N'ds	2:26.37	2007
40/44	Jo Corben	42	Portsmouth N	2:31.40	2012
45/49	Jo Corben	46	Fareham N'ds	2:25.12	2016
50/54	Jaqueline Grace	50	Kenilworth M	2:47.69	2012
55/59	Julie Hoyle	55	East Leeds	2:46.16	2017
60/64	Helen Kula-Przewanski	60	Caradon	2:55.92	2019
65/69	Helen Trippe	65	Winchester	3:21.96	2011
70/74	Elaine Blower	71	Barnet Copt	3:27.87	2016
75/79	Janet Masters	76	South Beds	3:55.64	2016
80/84	Jane Asher	84	Kings Corm	4:06.42	2015
85?89	Susan Halter	85	Camden Swiss	5:41.70	2012
50m Breaststroke					
18/24	Louise Bush	22	UEA Norwich	34.82	2013
25/29	Louise Bush	26	UES Norwich	35.05	2017
30/34	Gina Heyn	34	Teddington	33.02	2018
35/39	Gina Heyn	35	Teddington	33.80	2019
40/44	Charlotte Reid	44	Aer Lingus M	36.11	2019
45/49	Della Jenkins	46	RTW Masters	38.61	2012
50/54	Alison Nye	50	Orpington OJ	38.08	2007
55/59	Alison Nye	56	Spencer	39.18	2013

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60/64	Amanda Heath	62	Spencer	42.48	2019
65/69	Diane Ford	66	Rushmoor Roy	44.43	2008
70/74	Diane Ford	70	Spencer	44.81	2013
75/79	Diane Ford	76	Spencer	48.44	2019
80/84	Joan Kidd	80	Io Wight	1:00.22	2007
85/89	Jane Asher	85	Kings Corm	59.16	2016
100m Breaststroke					
18/24	Louise Bush	22	UEA Norwich	1:15.68	2013
25/29	Louise Bush	28	UEA Norwich	1:16.19	2017
30/34	Katie Henderson	32	Reading	1:19.68	2013
35/39	Gina Heyn	35	Teddington	1:14.37	2019
40/44	Charlotte Reid	40	Aer Lingus M	1:20.83	2019
45/49	Sabina Vitaloni	45	Derthona Nuo	1:20.33	2015
50/54	Amanda Heath	50	Spencer	1:26.02	2007
55/59	Jennifer Merritt	56	Spondon	1:29.51	2007
60/64	Amanda Heath	62	Spencer	1:32.44	2019
65/69	Diane Ford	66	Rushmoor Roy	1:36.20	2008
70/74	Diane Ford	70	Spencer	1:39.89	2013
75/79	Diane Ford	75	Rushmoor Roy	1:42.57	2018
80/84	Jane Asher	80	Kings Corm	2:05.45	2011
85/89	Jane Asher	87	Kings Corm	2:15.16	2018
200m Breast					
18/24	Louise Bush	22	UEA Norwich	2:48.13	2013
25/29	Louise Bush	26	UEA Norwich	2:44.90	2017
30/34	Natasha Morgan	34	Calky Masters	2:59.61	2016
35/39	Sue Price	36	Hants North	2:55.64	2007
40/44	Sharon Lock	43	Melton Mowbray	2:57.99	2012
45/49	Sharon Lock	45	Melton Mowbray	2:59.65	2014
50/54	Amanda Heath	51	Spencer	3:05.69	2008
55/59	Amanda Heath	55	Spencer	3:11.77	2012
60/64	Esther Iseppi	60	Spencer	3:17.90	2018
65/69	Diane Ford	66	Rushmoor Roy	3:30.09	2008
70/74	Diane Ford	70	Spencer	3:47.53	2013
75/79	Diane Ford	75	Rushmoor Roy	3:50.67	2018
80/84	Joan Kidd	80	Io Wight	4:54.94	2007
85/89	Jane Asher	87	Kings Corm	4:56.16	2018
50m Butterfly					
18/24	Zara Williams	23	Crawley	29.23	2016
25/29	Gemma Howells	25	Royal Navy	30.97	2009
30/34	Gina Heyn	34	Teddington	28.60	2018
35/39	Gina Heyn	35	Teddington	29.47	2019
40/44	Michelle Ware	44	Guildford Ct	30.27	2017
45/49	Michelle Ware	45	Guildford Ct	30.27	2018
50/54	Judith Hattle	50	Carlisle Mas	32.05	2010
55/59	Debbie Matless	55	East Anglian	32.79	2018
60/64	Sally Mills	63	Mid Susserx Marlins	36.22	2018
65/69	Diane Ford	66	Rushmoor Roy	42.67	2008
70/74	Alison Gwynn	71	Mid Sussex Marl	43.76	2019
75/79	Jane Asher	77	Kings Corm	47.67	2008
80/84	Jane Asher	84	Kings Corm	52.88	2015
100m Butterfly					
18/24	Charlotte Humpheys	22	UEA Norwich	1:04.67	2013
25/29	Gemma Howells	25	Royal Navy	1:08.98	2009
30/34	Noemie Plumridge	32	Fareham Nomads	1:08.03	2018
35/39	Elizabeth Bellinger	38	Bishops Stort	1:07.16	2016
40/44	Lesley Norton	44	Brighton Dol	1:10.08	2008
45/49	Michelle Ware	45	Guildford Ct	1:10.42	2018
50/54	Liz Woolner	50	Flitwick	1:10.15	2017

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55/59	Esther Iseppi	55	AMT	1.22.16	2013
60/64	Sally Mills	64	Mid Sussex Marl	1:26.74	2019
80/84	Jane Asher	80	Kings Corm	2:03.50	2011
200m Butterfly					
18/24	Charlotte Humpheys	22	UEA Norwich	2.28.70	2013
25/29	Kirsty Hodd	27	Spencer	2:39.51	2010
30/34	Noemie Peignon	30	Fareham N'ds	2:41.03	2016
35/39	Nicola Latty	37	Oundle	2:29.37	2008
40/44	Nicola Latty	42	Oundle	2:30.41	2013
45/49	Nicola Latty	45	Nene Valley	2:32.67	2016
50/54	Judith Hattle	50	Carlisle Masters	2:46.16	2010
55/59	Esther Iseppi	57	Spencer	3.07.35	2015
60/64	Esther Iseppi	60	Spencer	3:16.59	2018
50m Freestyle					
18/24	Zara Williams	23	Crawley	26.90	2016
25/29	Zara Williams	25	Crawley	26.57	2018
30/34	Katy Sexton	31	Portsmouth N	27.23	2013
35/39	Gina Hobson	35	Otter	28.61	2012
40/44	Michelle Ware	44	Guildford Ct	28.24	2017
45/49	Nina Williams	47	East Leeds	30.02	2017
50/54	Liz Woolner	50	Flitwick	30.12	2017
55/59	Alyson Fordham	57	Romford Town	31.14	2013
60/64	Catherine Beckett	60	Winchester	33.46	2016
65/69	Jean Howard-Jones	68	Spencer	35.14	2011
70/74	Alison Gwynn	70	Mid Sussex	35.46	2018
75/79	Janet Masters	76	South Beds	45.20	2016
80/84	Jane Asher	82	Kings Corm	37.94	2013
85/89	Jane Asher	86	Kings Corm	39.97	2017
100m Freestyle					
18/24	Ellen Thomas	19	Guildford	57.61	2013
25/29	Zara Williams	25	Crawley	58.37	2018
30/34	Katy Sexton	30	C o Southampton	58.30	2012
35/39	Gina Hobson	37	Otter	1:03.16	2014
40/44	Michelle Ware	44	Guildford Ct	1:02.09	2017
45/49	Nina Williams	47	East Leeds	1:04.85	2017
50/54	Karen Graham	54	East Leeds	1:05.17	2019
55/59	Cate Jackson	55	Barnet Copthall	1:06.77	2019
60/64	Alyson Fordham	63	Romford Town	1:10.92	2019
65/69	Alison Gwynn	65	Spencer	1.18.63	2013
70/74	Alison Gwynn	71	Mid Sussex Marl	1.21.25	2019
75-79	Janet Masters	75	South Beds	1.44.31	2015
80/84	Jane Asher	80	Kings Corm	1:24.66	2011
200m Freestyle					
18/24	Georgia Smith	19	Guildford	2:15.00	2017
25/29	Samantha Effemey	26	Camden Swiss	2:18.44	2011
30/34	Lauren Wilcox	32	Saxon Crown	2:12.75	2018
35/39	Dawn Palmer	39	Romford Town	2:20.34	2015
40/44	Amanda Picard	41	AMT Zurich	2:16.90	2009
45/49	Karen Graham	49	Ilkley	2.23.59	2014
50/54	Karen Graham	52	East Leeds	2:19.35	2017
55/59	Dymphna Morris	55	Swim For Life	2.27.91	2016
60/64	Helen Kula-Przewanski	60	Caradon	2.37:23	2019
65/69	Jayne Ball	65	Gloucester	2.47.64	2019
70/74	Alison Gwynn	70	Mid Sussex	3.07.75	2018
75-79	Diane Ford	75	Rushmoor Roy	3:25.90	2018
80/84	Jane Asher	82	Kings Corm	3.15.94	2013

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400m Freestyle

18/24	Katie Hodgson	18	Guildford Ct	4:41.25	2017
25/29	Hannah Kitchen	25	Hillingdon	4:52.42	2015
30/34	Lauren Willcox	32	Saxon Crown	4:48.73	2018
35/39	Jo Corben	37	Fareham N'ds	4:47.91	2007
40/44	Jessica Wooddisse	41	Stroud Mast	4:53.99	2016
45/49	Jo Corben	48	Fareham N'ds	4:57.13	2018
50/54	Karen Graham	50	East Leeds	5:02.94	2015
55/59	Dymphna Morris	55	Swim For Life	5:14.45	2016
60/64	Susan Haigh	60	Tiverton	5:38.98	2012
65/69	Jayne Ball	65	Gloucester	5:57.58	2019
70/74	Penny Webster	70	Kingston Roy	6:37.90	2012
75/79	Jane Asher	77	Kings Corm	6:22.55	2008
80/84	Jane Asher	81	Kings Corm	6:51.22	2012
85/89	Jane Asher	87	Kings Corm	7:45.70	2018

800m Freestyle

18/24	Emma Davis	23	Leatherhead	9:42.08	2009
25/29	Hannah Kitchen	25	Hillingdon	10:01.95	2015
30/34	Lauren Willcox	32	Saxon Crown	10:00.58	2018
35/39	Jessica Wooddisse	37	Stroud Mast	10:01.53	2012
40/44	Amanda Picard	41	AMT Zurich	9:39.61	2009
45/49	Nicola Latty	45	Nene Valley	10:16.36	2016
50/54	Karen Graham	54	East Leeds	10:18.63	2019
55/59	Nual Muir Cochrane	55	Barnet Copthall	10:51.89	2019
60/64	Susan Haigh	60	Tiverton	11:37.24	2012
65/69	Penny Webster	66	Kingston Roy	12:54.00	2007
70/74	Penny Webster	70	Kingston Roy	13:41.85	2012
75/79	Jane Asher	77	Kings Corm	13:23.17	2008
80/84	Jane Asher	80	Kings Corm	13:51.20	2011
85/89	Jane Asher	86	Kings Corm	14:58.15	2017

200m IM

18/24	Katie Hodgson	18	Guildford Ct	2:28.99	2017
25/29	Laura Molyneaux	29	Fareham N'ds	2:36.66	2016
30/34	Cassie Poland	30	RTW Monson	2:30.12	2013
35/39	Dawn Palmer	39	Romford Town	2:33.91	2015
40/44	Dawn Palmer	41	Romford Town	2:33.29	2017
45/49	Nicola Latty	45	Nene Valley	2:39.66	2016
50/54	Judith Hattle	50	Carlisle Masters	2:45.23	2010
55/59	Judy Brown	55	Warrington M	2:48.11	2019
60/64	Helen Kula-Przewanski	60	Caradon	2:58.45	2019
65/69	Jayne Ball	65	Gloucester	3:16.46	2019
70/74	Rose Dudeney	70	Mid Sussex Marlins	3:52.28	2017
75/79	Jane Asher	77	Kings Corm	3:46.64	2008
80/84	Jane Asher	82	Kings Corm	4:01.22	2013
85/89	Jane Asher	86	Kings Corm	4:21.11	2017

400m IM

18/24	Megan Alsop	19	Hastings	5:38.75	2012
25/29	Carol Thain	25	Heart Of Mid	5:37.32	2010
30/34	Laura Molyneaux	30	Fareham Nomads	5:28.30	2017
35/39	Jo Corben	37	Fareham N'ds	5:26.82	2007
40/44	Dawn Palmer	40	Romford Town	5:28.58	2016
45/49	Karlyn Pipes-Neilson	45	TIM	5:19.44	2007
50/54	Judith Hattle	50	Carlisle Masters	5:54.88	2010
55/59	Esther Iseppi	58	Spencer	6:20.33	2016
60/64	Esther Iseppi	61	Spencer	6:34.88	2019
65/69	Jayne Ball	65	Gloucester	7:02.13	2019
70/74	Maureen Fakley	70	Hythe	12:20.30	2007
75/80	Janet Masters	76	South Beds	8:52.89	2016

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80/84 Jane Asher 80 Kings Corm 8:21.88 2011

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TEAMS			
Age Group	Club	Time	Year
Mixed 200m Freestyle Team			
072+	Otter	1:51.56	2007
120+	Spencer	1:54.57	2010
160+	Eastbourne SC	1:51.39	2009
200+	B Hill & H Heath	2:07.29	2009
240+	Co Cant'bury	2:20.25	2008
Mixed 200m Medley Team			
72+	Otter	2:02.61	2007
120+	RTW Masters	2:14.70	2012
160+	AMT Zurich	2:11.35	2009
200+	Rushmoor Ryl	2:25.89	2008
240+	B Hill & H Heath	2:35.81	2009
Mens 200m Freestyle Team			
072+	Otter	1:43.55	2007
120+	Brighton Dolphin	1:39.00	2014
160+	AMT Zurich	1:49.73	2008
200+	Basingstoke	1:49.68	2015
240+	RTW Masters	2:01.58	2015
Womens 200m Freestyle Team			
072+	Black Lion	2:00.98	2010
120+	Teddington	02:01.8	2017
160+	Basildon Ph	02:04.5	2017
200+	East Leeds	02:00.4	2017
240+	Mid Sussex Marlins	2:25.03	2019
Mens 200m Medley Team			
72+	UEA Norwich	1:57.02	2012
120+	Fareham Nomads	2:03.21	2017
160+	Basingstoke	2:01.00	2017
200+	Mid Sussex Marlins	2:09.78	2017
240+	RTW Masters	2.20.33	2015
Womens 200m Medley Team			
072+	Black Lion	2:16.97	2010
120+	Fareham Nomads	02:15.9	2017
160+	Mid Sussex	2.19.81	2018
200+	East Leeds	02:14.8	2017
240+	Mid Sussex Marlins	2:36.15	2019
Mixed 400m Freestyle Team			
072+	Co Southampton	4:16.72	2015
120+	RTW Masters	4:16.61	2015
160+	Mid-Sussex Marlins	4:25.63	2019
200+	Mid-Sussex Marlins	4:38.45	2011
240+	Mid-Sussex Marlins	5:12.73	2011
Mixed 400m Medley Team			
72+	Camden Swiss Cottage	4:47.54	2011
120+	Guildford City	4:47.27	2011
160+	Fareham Nomads	4:22.69	2019
200+	Spencer	5:11.14	2015
240+	Spencer	5:26.28	2019
Mens 400m Freestyle Team			
072+	Brighton Dolphin	3:51.56	2011
120+	Brighton Dolphin	3:49.87	2013
160+	Guildford City	4:02.94	2011
200+	Otter	4:08.12	2013
240+	Teddington	4.37.16	2013

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Womens 400m Freestyle Team

072+	UEA Norwich	4:40.00	2013
120+	Barnes SC	4:42.35	2018
160+	RTW Masters	04:36.2	2018
200+	Mid Sussex A	05:18.7	2016
240+	Mid Sussex	5:11.97	2018

Mens 400m Medley Team

72+	Brighton Dolphin	4.16.52	2013
120+	Chichester (Cormorant)	4:46.72	2011
160+	Guildford City	4:31.34	2011
200+	Mid-Sussex Marlins	4:59.10	2011
240+	Spencer	5:30.23	2016

Womens 400m Medley Team

072+	Reading	5:10.42	2013
120+	Basildon Ph	5:25.40	2016
160+	Mid-Sussex Marlins	5:29.42	2016
240+	Spencer	5:59.42	2016

Mixed 800m Freestyle Team

072+			
120+	Spencer	10:16.86	2012
160+	Spencer	9:29.48	2012
200+	Epsom & District	12:11.41	2012
240+	Spencer	12:21.03	2012

Mens 800m Freestyle Team

072+	Bletchley	9.48.09	2013
120+	Farnham	11.32.43	2013
160+	Farnham A	14.19.92	2013
200+	Otter	9.17.23	2013
240+	Teddington	10.21.71	2013

Womens 800m Freestyle Team

120+	Farnham	14.15.41	2013
160+	Basingstoke	10.04.92	2014
200+	Spencer	11.13.53	2013
240+	Kings Cormorant	11.46.48	2014

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