

Ladies 50m Freestyle				Club	Year set	Time	Men's 50m Freestyle				Club	Year set	Time
18/24	Zara Williams	Crawley	2016	26.90	18/24	Oliver Wilson	Otter	2015	23.64				
25/29	Zara Williams	Crawley	2018	26.57	25/29	Guy Sherwin	Atlantis	2009	23.49				
30/34	Katy Sexton	Portsmouth N	2013	27.23	30/34	Adrian Turner	Spencer	2009	25.12				
35/39	Gina Heyn	Teddington	2020	27.70	35/39	Will Appleby	East Anglian	2017	25.53				
40/44	Michelle Ware	Guildford Ct	2017	28.24	40/44	Paul Allen	Brighton Dolph	2014	25.53				
45/49	Gina Hobson	Mid Sussex	2022	29.93	45/49	John Cunningham	Aer Lingus M	2019	26.10				
50/54	Liz Woolner	Flitwick	2017	30.12	50/54	Paul Allen	Brighton Dol	2023	26.35				
55/59	Alyson Fordham	Romford Town	2013	31.14	55/59	Julian Swain	Maidenhead	2022	27.68				
60/64	Alyson Fordham	Romford Town	2020	31.45	60/64	Ralph Pinel	Bo Newham	2023	28.22				
65/69	Alyson Fordham	Bishop Stort	2023	31.19	65/69	Chris Dunn	Hatfield	2013	28.97				
70/74	Alison Gwynn	Mid Sussex	2018	35.46	70/74	Chris Dunn	Hatfield	2018	29.62				
75/79	Alison Gwynn	Mid Sussex	2023	37.42	75/79	Chris Dunn	Spencer	2023	30.73				
80/84	Jane Asher	Kings Corm	2013	37.94	80/84	William Letch	Totnes	2020	34.60				
85/89	Jane Asher	Kings Corm	2017	39.97	85/89	Anthony Gimson	Mid Sussex	2022	41.17				
90/94	Jane Asher	Kings Corm	2022	45.44	90/94	Sam Almond	Eastbourne	2018	1:15.60				
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	John Harrison	Godalming	2009	1:14.72				
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
Ladies 100m Freestyle				Club	Year set	Time	Men's 100m Freestyle				Club	Year set	Time
18/24	Ellen Thomas	Guildford	2013	57.61	18/24	Oliver Wilson	Otter	2015	52.40				
25/29	Zara Williams	Crawley	2018	58.37	25/29	Guy Sherwin	Atlantis	2009	52.51				
30/34	Katy Sexton	C o Southampton	2012	58.30	30/34	Fraser Peh	Otter	2020	55.90				
35/39	Gina Heyn	Teddington	2020	1:00.93	35/39	Leon Mckenzie	Crawley	2023	55.81				
40/44	Michelle Ware	Guildford Ct	2017	1:02.09	40/44	Paul Allen	Brighton Dolph	2014	57.24				
45/49	Nina Williams	East Leeds	2017	1:04.85	45/49	Dave Warren	Otter	2016	56.80				
50/54	Karen Graham	East Leeds	2019	1:05.17	50/54	Spencer Turner	Basingstoke	2019	58.22				
55/59	Cate Jackson	Barnet Copthall	2019	1:06.77	55/59	Alec Johnson	Trafford Metro	2018	1:00.41				
60/64	Alyson Fordham	Romford Town	2019	1:10.92	60/64	Mark Reynolds	Barnet Copt	2023	1:01.12				
65/69	Alyson Fordham	Bishop Stort	2023	1:10.99	65/69	Chris Dunn	Hatfield	2015	1:05.25				
70/74	Alison Gwynn	Mid Sussex Marl	2019	1:21.25	70/74	Chris Dunn	Hatfield	2016	1:05.59				
75/79	Alison Gwynn	Mid Sussex	2023	1:26.34	75/79	Chris Dunn	Hatfield	2020	1:08.30				
80/84	Jane Asher	Kings Corm	2011	1:24.66	80/84	William Letch	Totnes	2020	1:20.82				
85/89	Jenny Ball	Ryde SC	2023	2:06.48	85/89	Anthony Gimson	Mid Sussex	2022	1:40.24				
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	John Harrison	Godalming	2009	2:44.63				
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	John Harrison	Godalming	2014	3:23.10				
Ladies 200m Freestyle				Club	Year set	Time	Men's 200m Freestyle				Club	Year set	Time
18/24	Georgia Smith	Guildford	2017	2:15.00	18/24	Reece Barclay	Romford Town	2013	1:59.37				
25/29	Kim Bell	Maidenhead	2020	2:15.71	25/29	Guy Sherwin	Atlantis	2009	1:59.04				
30/34	Lauren Wilcox	Saxon Crown	2018	2:12.75	30/34	Fraser Peh	Otter	2023	2:06.23				
35/39	Laura Willcox	Saxon Crown	2022	2:17.16	35/39	Richard Stannard	Guildford Ct	2011	2:02.54				
40/44	Amanda Picard	AMT Zurich	2009	2:16.90	40/44	Richard Stannard	Maidenhead	2015	2:05.34				
45/49	Fleur Turner	Basingstoke	2022	2:17.88	45/49	Dave Warren	Otter	2016	2:05.67				
50/54	Karen Graham	East Leeds	2017	2:19.35	50/54	Spencer Turner	Basingstoke	2019	2:13.84				
55/59	Karen Graham	Harrowgate	2023	2:25.55	55/59	Paul Goudie	Otter	2014	2:20.31				
60/64	Sally Winter	Bishop Stortford	2020	2:30.78	60/64	Mark Reynolds	Barnet Copt	2023	2:14.69				
65/69	Alyson Fordham	Bishop Stort	2023	2:39.54	65/69	Chris Dunn	Hatfield	2013	2:26.34				
70/74	Alison Gwynn	Mid Sussex	2018	3:07.75	70/74	Chris Dunn	Hatfield	2016	2:27.42				
75/79	Alison Gwynn	Mid Sussex	2023	3:17.31	75/79	Chris Dunn	Spencer	2023	2:35.40				
80/84	Jane Asher	Kings Corm	2013	3:15.94	80/84	William Letch	Totnes	2020	3:08.30				
85/89	Jenny Ball	Ryde SC	2023	4:26.83	85/89	Anthony Gimson	Mid Sussex	2022	3:53.33				
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
Ladies 400m Freestyle				Club	Year set	Time	Men's 400m Freestyle				Club	Year set	Time
18/24	Katie Hodgson	Guildford Ct	2017	4:41.25	18/24	Justin Langford	Brighton	2008	4:29.76				
25/29	Hannah Kitchen	Hillingdon	2015	4:52.42	25/29	Rubens King	Woking	2022	4:17.17				
30/34	Rebecca O'Brien	Wycombe Dist.	2022	4:47.39	30/34	James Leitch	Co Glasgow	2009	4:25.40				
35/39	Jo Corben	Fareham N'ds	2007	4:47.91	35/39	Richard Stannard	Guildford Ct	2011	4:19.45				
40/44	Ceri Edwards	Portsmouth North	2020	4:44.28	40/44	Richard Stannard	Maidenhead	2015	4:26.07				
45/49	Ceri Edwards	Portsmouth N	2023	4:50.82	45/49	Wray Shewell-Cooper	Potters Bar	2008	4:41.54				
50/54	Karen Graham	East Leeds	2015	5:02.94	50/54	Mike Hodgson	Guildford Ct	2017	4:40.62				
55/59	Karen Graham	East Leeds	2020	4:57.77	55/59	Peter Dixon	South London	2023	4:41.42				
60/64	Alyson Fordham	Romford Town	2020	5:37.83	60/64	Mark Reynolds	Barnet Copt	2023	4:50.56				
65/69	Jayne Ball	Gloucester	2019	5:57.58	65/69	Chris Dunn	Hatfield	2014	5:12.42				
70/74	Alison Gwynn	Mid Sussex Marlins	2020	6:33.85	70/74	Chris Dunn	Hatfield	2016	5:13.26				
75/79	Jane Asher	Kings Corm	2008	6:22.55	75/79	Chris Dunn	Spencer	2023	5:28.45				
80/84	Jane Asher	Kings Corm	2012	6:51.22	80/84	William Letch	Totnes	2020	6:37.46				
85/89	Jane Asher	Kings Corm	2018	7:45.70	85/89	David Cumming	Eastbourne	2023	7:41.45				
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
Ladies 800m Freestyle				Club	Year set	Time	Men's 800m Freestyle				Club	Year set	Time
18/24	Emma Davis	Leatherhead	2009	9:42.08	18/24	Christopher Greenhalgh	Sudbury	2015	9:22.30				
25/29	Kim Bell	Maidenhead	2020	9:42.14	25/29	Christopher Grabham	Ren 96	2009	9:18.11				
30/34	Kim Bell	Maidenhead	2022	9:56.95	30/34	James Leitch	Co Glasgow	2009	9:11.14				
35/39	Jessica Wooddisse	Stroud Mast	2012	10:01.53	35/39	Richard Stannard	Leatherhead	2009	8:50.51				
40/44	Amanda Picard	AMT Zurich	2009	9:39.61	40/44	Fred Clatworthy	Ealing	2010	9:00.94				
45/49	Ceri Edwards	Portsmouth N	2023	9:47.95	45/49	Robert Barker	Kingston Roy	2009	9:19.58				
50/54	Karen Graham	East Leeds	2019	10:18.63	50/54	Peter Dixon	Tower Hamlet	2019	9:43.86				
55/59	Nual Muir Cochrane	Barnet Copthall	2019	10:51.89	55/59	Peter Dixon	South London	2023	9:38.49				
60/64	Susan Haigh	Tiverton	2012	11:37.24	60/64	Chris Dunn	Hatfield	2008	10:26.41				
65/69	Penny Webster	Kingston Roy	2007	12:54.00	65/69	Chris Dunn	Hatfield	2011	10:41.86				
70/74	Penny Webster	Kingston Roy	2012	13:41.85	70/74	Chris Dunn	Hatfield	2016	10:50.20				
75/79	Jane Asher	Kings Corm	2008	13:23.17	75/79	Chris Dunn	Spencer	2023	11:30.10				
80/84	Jane Asher	Kings Corm	2011	13:51.20	80/84	Don Leatherbarrow	Gloucester	2018	14:52.74				
85/89	Jane Asher	Kings Corm	2017	14:58.15	85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed				
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed				

Ladies 50m Backstroke		Club	Year set	Time	Men's 50m Backstroke		Club	Year set	Time
18/24	Ellen Thomas	Guildford	2013	32.12	18/24	Marco Loughran	Guildford Ct	2013	26.13
25/29	Sarah Turner	Maxwell	2014	33.24	25/29	Daniel Wass	Portsmouth N	2023	29.06
30/34	Katy Sexton	C o Southampton	2013	29.54	30/34	Craig Steenhoff	Otter	2014	29.90
35/39	Kitty Perkins	Box Hill	2009	32.55	35/39	Lee Peterson	Braintree	2010	29.17
40/44	Michelle Ware	Guildford	2017	32.14	40/44	Lee Peterson	Braintree	2014	29.08
45/49	Michelle Ware	Woking	2022	32.79	45/49	Greg Kahn	Spencer	2016	29.43
50/54	Jo Corben	S D Trojan	2023	32.63	50/54	Paul Allen	Brighton Dol	2023	32.32
55/59	Julie Hoyle	East Leeds	2017	35.20	55/59	Alec Johnson	Trafford Metro	2018	32.41
60/64	Liz Cosgrave	Trojan SC	2019	36.79	60/64	Graham Powell	Team Luton	2017	34.34
65/69	Kathy Bidnall	Mid Sussex Marlins	2020	42.03	65/69	Brian Hunt	RTW Masters	2014	35.93
70/74	Mary Johnson	Mid Sussex	2023	45.57	70/74	Brian Hunt	RTW Masters	2019	38.44
75/79	Jane Asher	Kings Corm	2008	45.87	75/79	Roger Billing	Guildford Ct	2020	40.92
80/84	Jane Asher	Kings Corm	2013	48.07	80/84	Roger Billing	Guildford Ct	2023	44.09
85/89	Jane Asher	Kings Corm	2017	52.61	85/89	Geoffrey Bishop	Kings Corm	2022	59.51
90/94	Jane Asher	Kings Corm	2022	54.69	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	John Harrison	Godalming	2014	1:32.20
Ladies 100m Backstroke		Club	Year set	Time	Men's 100m Backstroke		Club	Year set	Time
18/24	Lara Charlton	Hart	2022	1:10.26	18/24	Chris Rowley	Rushmoor Roy	2011	59.44
25/29	Lara Charlton	Hart	2023	1:11.39	25/29	Augustus Veasey	Out To Swim	2023	1:02.74
30/34	Katy Sexton	C o Southampton	2012	1:03.30	30/34	Neil McMahon	Leatherhead	2007	1:04.72
35/39	Jo Corben	Fareham N'ds	2008	1:09.45	35/39	Lee Peterson	Braintree	2010	1:03.18
40/44	Jo Corben	Portsmouth N	2012	1:11.32	40/44	Michael Nolan	Royal Navy	2011	1:05.32
45/49	Jo Corben	Fareham N'ds	2017	1:07.83	45/49	Greg Kahn	Spencer	2016	1:03.53
50/54	Jo Corben	S D Trojan	2023	1:07.87	50/54	John Rittenhouse	Barnet Copt	2008	1:09.85
55/59	Judy Brown	Warrington M	2019	1:14.75	55/59	Martin Fenner	Romford Town	2017	1:12.50
60/64	Liz Cosgrave	Trojan SC	2019	1:23.68	60/64	Graham Powell	Team Luton	2016	1:16.68
65/69	Kathy Bidnall	Mid Sussex Marlins	2020	1:31.92	65/69	Chris Dunn	Hatfield	2013	1:24.39
70/74	Elaine Blower	Barnet Copt	2016	1:38.10	70/74	Chris Dunn	Hatfield	2018	1:26.05
75/79	Jane Asher	Kings Corm	2007	1:42.17	75/79	Chris Dunn	Spencer	2023	1:28.44
80/84	Jane Asher	Kings Corm	2013	1:53.22	80/84	Roger Billing	Guildford Ct	2023	1:43.83
85/89	Jane Asher	Kings Corm	2017	1:54.21	85/89	Robert Curr	Serpentine	2015	2:59.89
90/94	Jane Asher	Kings Corm	2022	1:59.50	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	John Harrison	Godalming	2009	2:42.01
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 200m Backstroke		Club	Year set	Time	Men's 200m Backstroke		Club	Year set	Time
18/24	Sarah Turner	Maxwell	2009	2:37.10	18/24	Timothy Tripp	UEA Norwich	2012	2:23.35
25/29	Hannah Laughlin	Teddington	2016	2:31.60	25/29	Augustus Veasey	Out To Swim	2023	2:19.71
30/34	Gina Hobson	Otter	2013	2:33.05	30/34	Benjamin Pennington	Spencer	2011	2:27.20
35/39	Jo Corben	Fareham N'ds	2007	2:26.37	35/39	Aiden Dunne	Camden Swiss	2023	2:36.27
40/44	Jo Corben	Portsmouth N	2012	2:31.40	40/44	Richard Stannard	Maidenhead	2015	2:20.92
45/49	Jo Corben	Fareham N'ds	2016	2:25.12	45/49	Paul Allen	Boston	2017	2:30.01
50/54	Jo Corben	S D Trojan	2023	2:31.22	50/54	John Rittenhouse	Barnet Copt	2008	2:31.10
55/59	Julie Hoyle	East Leeds	2017	2:46.16	55/59	Martin Fenner	Romford Town	2017	2:35.75
60/64	Helen Kula-Przewanski	Caradon	2019	2:55.92	60/64	Stephen Allen	East Leeds	2020	2:43.90
65/69	Amanda Heath	Spencer	2022	3:17.17	65/69	Malcolm Munro	Ealing	2012	3:06.10
70/74	Elaine Blower	Barnet Copt	2016	3:27.87	70/74	Chris Dunn	Hatfield	2020	3:04.23
75/79	Rose Dudeney	Mid Sussex	2022	3:55.32	75/79	Chris Dunn	Spencer	2023	3:10.87
80/84	Jane Asher	Kings Corm	2015	4:06.42	80/84	Janos Leigh	Romford Town	2014	4:18.01
85/89	Susan Halter	Camden Swiss	2012	5:41.70	85/89	Robert Curr	Serpentine	2014	6:09.69
90/94	Jane Asher	Kings Corm	2022	4:32.89	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	John Harrison	Godalming	2010	6:10.65
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 50m Breaststroke		Club	Year set	Time	Men's 50m Breaststroke		Club	Year set	Time
18/24	Louise Bush	UEA Norwich	2013	34.82	18/24	Barrie Stewart	Havant & Wat	2007	30.94
25/29	Louise Bush	UES Norwich	2017	35.05	25/29	Oliver Lungley	Crawley	2023	30.62
30/34	Gina Heyn	Teddington	2018	33.02	30/34	Gregory du Tertre	Wycombe Dist.	2023	31.37
35/39	Gina Heyn	Teddington	2019	33.80	35/39	David Ebanks	Romford Town	2018	30.94
40/44	Carla King	South Beds	2023	35.81	40/44	Dave Warren	Otter	2013	32.58
45/49	Della Jenkins	RTW Masters	2012	38.61	45/49	Dave Milburn	Newbury	2009	32.66
50/54	Alison Nye	Orpington OJ	2007	38.08	50/54	Mike Hodgson	Guildford Ct	2017	31.64
55/59	Alison Nye	Spencer	2013	39.18	55/59	Dave Milburn	Newbury	2017	33.94
60/64	Philippa Williams	Wycombe Dist.	2022	41.87	60/64	Dave Milburn	Newbury	2022	32.56
65/69	Amanda Heath	Spencer	2022	41.83	65/69	Chris Jones	B Hill & H Heath	2009	39.34
70/74	Diane Ford	Spencer	2013	44.81	70/74	Morris Dick	Spencer	2012	43.70
75/79	Diane Ford	Spencer	2022	47.5	75/79	Geoff Bishop	Kings Corm	2013	44.46
80/84	Diane Ford	Spencer	2023	48.03	80/84	Don Leatherbarrow	Gloucester	2018	49.51
85/89	Jane Asher	Kings Corm	2016	59.16	85/89	Anthony Gimson	Mid Sussex	2022	54.55
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed

Ladies 100m Breaststroke				Men's 100m Breaststroke					
	Club	Year set	Time		Club	Year set	Time		
18/24	Louise Bush	UEA Norwich	2013	1:15.68	18/24	Barrie Stewart	Havant & Wat	2007	1:09.95
25/29	Louise Bush	UEA Norwich	2017	1:16.19	25/29	Peter Ross	B Hill & H Heath	2008	1:07.85
30/34	Katie Henderson	Reading	2013	1:19.68	30/34	Luke Spain	Maidenhead	2022	1:09.54
35/39	Gina Heyn	Teddington	2019	1:14.37	35/39	Chris Jones	Co.South'ton	2016	1:08.82
40/44	Charlotte Reid	Aer Lingus M	2020	1:20.21	40/44	Alex Goforth	Hastings	2023	1:16.05
45/49	Sabina Vitaloni	Derthona Nuo	2015	1:20.33	45/49	Mike Hodgson	Guildford Ct	2014	1:10.86
50/54	Amanda Heath	Spencer	2007	1:26.02	50/54	John Cunningham	Aer Lingus	2020	1:17.89
55/59	Jennifer Merritt	Spondon	2007	1:29.51	55/59	Dave Milburn	Newbury	2017	1:15.63
60/64	Amanda Heath	Spencer	2019	1:32.44	60/64	Dave Milburn	Newbury	2022	1:16.41
65/69	Amanda Heath	Spencer	2022	1:30.65	65/69	David Pirrie	Hemel Hemp	2023	1:26.79
70/74	Diane Ford	Spencer	2013	1:39.89	70/74	Fred Parker	Kent Weald	2019	1:36.12
75/79	Diane Ford	Rushmoor Roy	2018	1:42.57	75/79	Keith Ingram	Birmingham M	2015	1:38.60
80/84	Diane Ford	Spencer	2023	1:45.19	80/84	Ted Evans	Otter	2015	2:01.58
85/89	Jane Asher	Kings Corm	2018	2:15.16	85/89	James Green	Redhill & R	2013	2:23.86
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 200m Breaststroke				Men's 200m Breaststroke					
	Club	Year set	Time		Club	Year set	Time		
18/24	Louise Bush	UEA Norwich	2013	2:48.13	18/24	Stephen Murphy	Brighton	2007	2:33.96
25/29	Louise Bush	UEA Norwich	2017	2:44.90	25/29	Peter Ross	B Hill & H Heath	2008	2:24.93
30/34	Natasha Morgan	Calky Masters	2016	2:59.61	30/34	Graham Cable	Co.Oxford	2016	2:41.89
35/39	Sue Price	Hants North	2007	2:55.64	35/39	David Ebanks	Romford Town	2018	2:44.03
40/44	Sharon Lock	Melton Mowbray	2012	2:57.99	40/44	Lee Peterson	Braintree	2014	2:39.18
45/49	Sharon Lock	Melton Mowbray	2014	2:59.65	45/49	Mike Hodgson	Guildford Ct	2012	2:43.16
50/54	Amanda Heath	Spencer	2008	3:05.69	50/54	Paul Smoothy	Teddington	2019	2:56.16
55/59	Amanda Heath	Spencer	2012	3:11.77	55/59	Dave Milburn	Newbury	2017	2:45.39
60/64	Amanda Heath	Spencer	2020	3:17.13	60/64	Dave Milburn	Newbury	2022	2:48.59
65/69	Amanda Heath	Spencer	2022	3:17.65	65/69	Malcolm Barton	Team Luton	2020	3:23.74
70/74	Diane Ford	Spencer	2013	3:47.53	70/74	Kieren Kelleher	Sandycove Is	2018	3:30.49
75/79	Diane Ford	Rushmoor Roy	2018	3:50.67	75/79	Morris Dick	Spencer	2017	3:56.07
80/84	Diane Ford	Spencer	2023	3:53.65	80/84	James Green	Redhill & R	2008	4:36.22
85/89	Jane Asher	Kings Corm	2018	4:56.16	85/89	James Green	Redhill & R	2013	5:20.27
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 50m Butterfly				Mens 50m Butterfly					
	Club	Year set	Time		Club	Year set	Time		
18/24	Zara Williams	Crawley	2016	29.23	18/24	Oliver Wilson	Otter	2015	25.79
25/29	Gemma Howells	Royal Navy	2009	30.97	25/29	William Felgate	Havant & Wat	2007	26.36
30/34	Gina Heyn	Teddington	2018	28.60	30/34	Ed Clayton	G B Police	2010	27.08
35/39	Gina Heyn	Teddington	2022	29.38	35/39	Oliver Espinasse	Basingstoke	2022	26.78
40/44	Michelle Ware	Guildford Ct	2017	30.27	40/44	John Cunningham	Limerick	2012	26.69
45/49	Michelle Ware	Guildford Ct	2018	30.27	45/49	John Cunningham	Limerick	2017	26.74
50/54	Judith Hattle	Carlisle Mas	2010	32.05	50/54	John Cunningham	Aer Lingus	2022	26.93
55/59	Debbie Matless	East Anglian	2018	32.79	55/59	Alec Johnson	Trafford Met	2018	28.72
60/64	Philippa Williams	Wycombe Dist	2023	35.59	60/64	Clive Benson	Hart	2023	30.24
65/69	Sally Mills	Mid sussex	2020	38.50	65/69	Derek Parr	Broomfield P	2009	31.61
70/74	Alison Gwynn	Mid Sussex Marl	2019	43.76	70/74	Kieren Kelleher	Sandycove Is	2018	32.62
75/79	Jane Asher	Kings Corm	2008	47.67	75/79	Derek Parr	Broomfield P	2019	37.15
80/84	Jane Asher	Kings Corm	2015	52.88	80/84	William Felgate	Totness	2020	39.68
85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed	85/89	Geoffrey Bishop	Kings Corm	2022	1:21.66
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 100m Butterfly				Mens 100m Butterfly					
	Club	Year set	Time		Club	Year set	Time		
18/24	Charlotte Humpheys	UEA Norwich	2013	1:04.67	18/24	Alfie Evans	Reading	2023	58.57
25/29	Gemma Howells	Royal Navy	2009	1:08.98	25/29	Gareth Cocks	Cardiff Masters	2014	1:00.00
30/34	Noemie Plumridge	Fareham Nomads	2018	1:08.03	30/34	Ed Clayton	G B Police	2010	59.79
35/39	Elizabeth Bellinger	Bishops Stort	2016	1:07.16	35/39	Dave Warren	B Hill & H Heath	2009	59.29
40/44	Lesley Norton	Brighton Dol	2008	1:10.08	40/44	Dave Warren	Otter	2012	1:00.34
45/49	Michelle Ware	Guildford Ct	2018	1:10.42	45/49	Stuart Dyble	Norfolk Viking	2019	1:06.20
50/54	Liz Woolner	Flitwick	2017	1:10.15	50/54	John Cunningham	Aer Lingus	2022	1:00.78
55/59	Esther Iseppi	AMT	2013	1:22.16	55/59	Clive Benson	Spencer	2018	1:07.45
60/64	Sally Mills	Mid Sussex Marl	2019	1:26.74	60/64	Clive Benson	Hart	2023	1:08.61
65/69	Sally Mills	Mid Sussex	2023	1:31.40	65/69	Derek Parr	Broomfield P	2009	1:12.14
70/74	Unclaimed	Unclaimed	Unclaimed	Unclaimed	70/74	Derek Parr	Brookfield P	2014	1:19.72
75/79	Unclaimed	Unclaimed	Unclaimed	Unclaimed	75/79	Derek Parr	Broomfield P	2019	1:28.14
80/84	Jane Asher	Kings Corm	2011	2:03.50	80/84	William Letch	Totnes	2020	1:40.55
85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed	85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
Ladies 200m Butterfly				Mens 200m Butterfly					
	Club	Year set	Time		Club	Year set	Time		
18/24	Charlotte Humpheys	UEA Norwich	2013	2:28.70	18/24	Riaan Steyn	Guildford Ct	2017	2:12.74
25/29	Kirsty Hodd	Spencer	2010	2:39.51	25/29	Gareth Cocks	Cardiff Masters	2015	2:18.37
30/34	Noemie Peignon	Fareham N'ds	2016	2:41.03	30/34	James Leitch	Co Glasgow	2009	2:19.60
35/39	Nicola Latty	Oundle	2008	2:29.37	35/39	Dave Warren	B Hill & H Heath	2007	2:21.41
40/44	Nicola Latty	Oundle	2013	2:30.41	40/44	Dave Warren	Otter	2012	2:16.35
45/49	Nicola Latty	Nene Valley	2016	2:32.67	45/49	Dave Warren	Otter	2016	2:17.89
50/54	Judith Hattle	Carlisle Masters	2010	2:46.16	50/54	Paul O'Neill	Aer Lingus	2020	2:43.27
55/59	Esther Iseppi	Spencer	2015	3:07.35	55/59	Martin Fenner	Romford Town	2018	2:44.22
60/64	Esther Iseppi	Spencer	2018	3:16.59	60/64	Tony Murphy	Epsom Dist	2012	3:36.65
65/69	Esther Iseppi	Guernsey	2023	3:22.89	65/69	Derek Parr	Broomfield P	2009	2:58.12
70/74	Unclaimed	Unclaimed	Unclaimed	Unclaimed	70/74	Derek Parr	Broomfield P	2014	3:13.34
75/79	Unclaimed	Unclaimed	Unclaimed	Unclaimed	75/79	Derek Parr	Broomfield P	2019	3:43.45
80/84	Unclaimed	Unclaimed	Unclaimed	Unclaimed	80/84	David Cumming	Eastbourne	2018	4:10.41
85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed	85/89	David Cumming	Eastbourne	2023	4:06.98
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed

<b>Ladies 200m Medley</b>		<b>Club</b>	<b>Year set</b>	<b>Time</b>	<b>Mens 200m Medley</b>		<b>Club</b>	<b>Year set</b>	<b>Time</b>
18/24	Emily Siebrecht	Kent Weald	2020	2:27.48	18/24	Henri Choron	RTW Masters	2023	2:21.65
25/29	Laura Molyneaux	Fareham N'ds	2016	2:36.66	25/29	Augustus Veasey	Chelmsford	2022	2:20.01
30/34	Cassie Poland	RTW Monson	2013	2:30.12	30/34	Neil McMahon	Leatherhead	2007	2:20.25
35/39	Dawn Palmer	Romford Town	2015	2:33.91	35/39	Dave Warren	B Hill & H Heath	2007	2:16.96
40/44	Dawn Palmer	Romford Town	2017	2:33.29	40/44	Marco Pilloud	AMT Zurich	2009	2:29.56
45/49	Nicola Latty	Nene Valley	2016	2:39.66	45/49	Dave Warren	Otter	2016	2:19.14
50/54	Judith Hattle	Carlisle Masters	2010	2:45.23	50/54	Mike Hodgson	Guildford Ct	2017	2:28.24
55/59	Judy Brown	Warrington M	2019	2:48.11	55/59	Peter Dixon	South London	2023	2:36.80
60/64	Helen Kula-Przewanski	Caradon	2019	2:58.45	60/64	David Bryant	Woking	2022	2:35.95
65/69	Amanda Heath	Spencer	2022	3:04.78	65/69	Chris Dunn	Hatfield	2013	2:55.15
70/74	Alison Gwynn	Mid Sussex Marlins	2020	3:44.91	70/74	Chris Dunn	Hatfield	2016	2:56.26
75/79	Jane Asher	Kings Corm	2008	3:46.64	75/79	Chris Dunn	Spencer	2023	3:12.69
80/84	Jane Asher	Kings Corm	2013	4:01.22	80/84	Don Leatherbarrow	Gloucester	2018	3:48.98
85/89	Jane Asher	Kings Corm	2017	4:21.11	85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed
<b>Ladies 400m Medley</b>		<b>Club</b>	<b>Year set</b>	<b>Time</b>	<b>Mens 400m Medley</b>		<b>Club</b>	<b>Year set</b>	<b>Time</b>
18/24	Megan Alsop	Hastings	2012	5:38.75	18/24	Stephen Murphy	Brighton	2008	5:02.27
25/29	Carol Thain	Heart Of Mid	2010	5:37.32	25/29	Enrique Ruiz	Otter	2018	5:08.22
30/34	Laura Molyneaux	Fareham Nomads	2017	5:28.30	30/34	Andrew Chamberlain	Hart	2007	5:12.10
35/39	Jo Corben	Fareham N'ds	2007	5:26.82	35/39	Dave Warren	B Hill & H Heath	2009	4:58.71
40/44	Dawn Palmer	Romford Town	2016	5:28.58	40/44	Dave Warren	Otter	2014	4:59.14
45/49	Karlyn Pipes-Neilson	TIM	2007	5:19.44	45/49	Daniel Cotton	Spencer	2020	5:07.81
50/54	Jo Corben	S D Trojan	2023	5:53.55	50/54	Martin Fenner	Romford Town	2016	5:34.48
55/59	Esther Iseppi	Spencer	2016	6:20.33	55/59	Peter Dixon	South London	2023	5:26.72
60/64	Esther Iseppi	Spencer	2019	6:34.88	60/64	Dale Barker	Felixstowe	2023	6:18.25
65/69	Amanda Heath	Spencer	2023	6:39.46	65/69	Chris Dunn	Hatfield	2013	6:17.97
70/74	Maureen Fakley	Hythe	2007	12:20.30	70/74	Chris Dunn	Hatfield	2016	6:23.93
75/79	Janet Masters	South Beds	2016	8:52.89	75/79	Chris Dunn	Spencer	2023	7:04.57
80/84	Jane Asher	Kings Corm	2011	8:21.88	80/84	David Cumming	Eastbourne	2018	7:59.12
85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed	85/89	Unclaimed	Unclaimed	Unclaimed	Unclaimed
90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed	90/94	Unclaimed	Unclaimed	Unclaimed	Unclaimed
95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed	95/99	Unclaimed	Unclaimed	Unclaimed	Unclaimed
100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed	100/104	Unclaimed	Unclaimed	Unclaimed	Unclaimed

**Ladies 4x50m Freestyle Relay**

72+	Black Lion
100/119	Unclaimed
120/159	Teddington
160/199	Basildon Ph
200/239	East Leeds
240/279	Mid Sussex Marlins
280/319	Unclaimed
320/359	Unclaimed

**Ladies 4x100m Freestyle Relay**

72+	UEA Norwich
100/119	Unclaimed
120/159	Barnes SC
160/199	Kent Weald
200/239	Mid Sussex A
240/279	Mid Sussex
280/319	Unclaimed
320/359	Unclaimed

**Ladies 4x200m Freestyle Relay**

72+	Unclaimed
100/119	Unclaimed
120/159	Farnham
160/199	Basingstoke
200/239	Spencer
240/279	Kings Cormorant
280/319	Unclaimed
320/359	Unclaimed

**Ladies 4x50m Medley Relay**

72+	Black Lion
100/119	Unclaimed
120/159	Fareham Nomads
160/199	Mid Sussex
200/239	East Leeds
240/279	Mid Sussex Marlins
280/319	Unclaimed
320/359	Unclaimed

**Ladies 4x100m Medley Relay**

72+	Reading
100/119	Unclaimed
120/159	Basildon Ph
160/199	Mid-Sussex Marlins
200/239	Unclaimed
240/279	Spencer
280/319	Unclaimed
320/359	Unclaimed

**Mixed 4x50m Freestyle Relay**

72+	Otter
100/119	Unclaimed
120/159	Spencer
160/199	Eastbourne SC
200/239	B Hill & H Heath
240/279	Co Cant'bury
280/319	Unclaimed
320/359	Unclaimed

**Mixed 4x100m Freestyle Relay**

72+	Co Southampton
100/119	Unclaimed
120/159	RTW Masters
160/199	Mid-Sussex Marlins
200/239	Mid-Sussex Marlins
240/279	Mid-Sussex Marlins
280/319	Unclaimed
320/359	Unclaimed

**Mixed 4x200m Freestyle Relay**

72+	Unclaimed
100/119	Unclaimed
120/159	Spencer
160/199	Spencer
200/239	Epsom & District
240/279	Spencer
280/319	Unclaimed
320/359	Unclaimed

**Mixed 4x50m Medley Relay**

72+	Otter
100/119	Unclaimed
120/159	RTW Masters
160/199	AMT Zurich
200/239	Rushmoor Ryl
240/279	B Hill & H Heath
280/319	Unclaimed
320/359	Unclaimed

**Mixed 4x100m Medley Relay**

72+	Camden Swiss Cottage
100/119	Unclaimed
120/159	Guildford City
160/199	Fareham Nomads
200/239	Spencer
240/279	Spencer
280/319	Unclaimed
320/359	Unclaimed

**Year set**

2010	2:00.98
Unclaimed	Unclaimed
2017	2:01.80
2017	2:04.53
2017	2:00.37
2020	2:22.68
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2013	4:40.00
Unclaimed	Unclaimed
2018	4:42.35
2020	4:35.13
2016	5:18.70
2018	5:11.97
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

Unclaimed	Unclaimed
Unclaimed	Unclaimed
2013	14:15.41
2014	10:04.92
2013	11:13.53
2014	11:46.48
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2010	2:16.97
Unclaimed	Unclaimed
2017	2:15.95
2018	2:19.81
2017	2:14.80
2019	2:36.15
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2013	5:10.42
Unclaimed	Unclaimed
2016	5:25.40
2016	5:29.42
Unclaimed	Unclaimed
2016	5:59.42
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2007	1:51.56
Unclaimed	Unclaimed
2010	1:54.57
2009	1:51.39
2009	2:07.29
2008	2:20.25
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2015	4:16.72
Unclaimed	Unclaimed
2015	4:16.61
2019	4:25.63
2011	4:38.45
2011	5:12.73
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

Unclaimed	Unclaimed
Unclaimed	Unclaimed
2012	10:16.86
2012	9:29.48
2012	12:11.41
2012	12:21.03
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2007	2:02.61
Unclaimed	Unclaimed
2012	2:14.70
2009	2:11.35
2008	2:25.89
2009	2:35.81
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2011	4:47.54
Unclaimed	Unclaimed
2011	4:47.27
2019	4:22.69
2015	5:11.14
2019	5:26.28
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Mens 4x50m Freestyle Relay**

72+	Otter
100/119	Unclaimed
120/159	Brighton Dolphin
160/199	Kent Weald
200/239	Basingstoke
240/279	RTW Masters
280/319	Unclaimed
320/359	Unclaimed

**Mens 4x100m Freestyle Relay**

72+	Brighton Dolphin
100/119	Unclaimed
120/159	Brighton Dolphin
160/199	Guildford City
200/239	Otter
240/279	Teddington
280/319	Unclaimed
320/359	Unclaimed

**Mens 4x200m Freestyle Relay**

72+	Bletchley
100/119	Unclaimed
120/159	Farnham
160/199	Farnham A
200/239	Otter
240/279	Teddington
280/319	Unclaimed
320/359	Unclaimed

**Mens 4x50m Medley Relay**

72+	Erith & Dist
100/119	Unclaimed
120/159	Fareham Nomads
160/199	Kent Weald
200/239	Mid Sussex Marlins
240/279	RTW Masters
280/319	Unclaimed
320/359	Unclaimed

**Mens 4x100m Medley Relay**

72+	Brighton Dolphin
100/119	Unclaimed
120/159	Chichester (Cormorant)
160/199	Guildford City
200/239	Mid-Sussex Marlins
240/279	Spencer
280/319	Unclaimed
320/359	Unclaimed

**Year set**

2007	1:43.55
Unclaimed	Unclaimed
2014	1:39.00
2020	1:47.70
2015	1:49.68
2015	2:01.58
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2011	3:51.56
Unclaimed	Unclaimed
2013	3:49.87
2011	4:02.94
2013	4:08.12
2013	4:37.16
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2013	9:48.09
Unclaimed	Unclaimed
2013	11:32.43
2013	14:19.92
2013	9:17.23
2013	10:21.71
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2022	1:55.09
Unclaimed	Unclaimed
2017	2:03.21
2020	1:59.60
2017	2:09.78
2015	2:20.33
Unclaimed	Unclaimed
Unclaimed	Unclaimed

**Year set**

2013	4:16.52
Unclaimed	Unclaimed
2011	4:46.72
2011	4:31.34
2011	4:59.10
2016	5:30.23
Unclaimed	Unclaimed
Unclaimed	Unclaimed