	50m Freestyle Relay	2010	2.00.00		Om Freestyle Relay	2007	1.42 55
72+ 100/119	Black Lion Unclaimed	2010	2:00.98 Unclaimed	72+ 100/119	Otter Unclaimed	2007 Unclaimed	1:43.55 Unclaimed
	Teddington	2017	2:01.80	120/159	Brighton Dolphin	2014	1:39.00
160/199	Basildon Ph	2017	2:04.53	160/199	Brighton Dol	2023	1:45.89
200/239	East Leeds	2017	2:00.37	200/239	Basingstoke	2015	1:49.68
240/279	Mid Sussex Marlins	2020	2:22.68	240/279	RTW Masters	2015	2:01.58
280/319	Mid Sussex	2023	2:38.95	280/319	Spencer	2023	2:24.37
	Unclaimed	Unclaimed	Unclaimed	320/359	Unclaimed	Unclaimed	Unclaimed
	LOOm Freestyle Relay				00m Freestyle Relay		
72+	UEA Norwich	2013	4:40.00	72+	Brighton Dolphin	2011	3:51.56
100/119 120/159	Unclaimed Barnes SC	Unclaimed 2018	Unclaimed 4:42.35	100/119 120/159	Unclaimed Brighton Dolphin	Unclaimed 2013	Unclaimed 3:49.87
160/199	Kent Weald	2018	4:35.13	160/199	Brighton Dol	2013	3:49.20
200/239	Mid Sussex A	2016	5:18.70	200/239	Otter	2013	4:08.12
240/279	Mid Sussex	2018	5:11.97	240/279	Teddington	2013	4:37.16
280/319	Mid Sussex	2023	5:51.93	280/319	Unclaimed	Unclaimed	Unclaimed
320/359	Unclaimed	Unclaimed	Unclaimed	320/359	Unclaimed	Unclaimed	Unclaimed
	200m Freestyle Relay				00m Freestyle Relay		
72+	Unclaimed		Unclaimed	72+	Bletchley	2013	9:48.09
100/119	Unclaimed		Unclaimed	100/119	Unclaimed		Unclaimed
120/159 160/199	Woking Resignators	2023 2014	9:48.51	120/159 160/199	Bicester	2023 2023	9:14.17
200/239	Basingstoke Spencer	2014	10:04.92 11:13.53	200/239	Mid Sussex Otter	2025	10:35.43 9:17.23
240/279	Kings Cormorant	2013	11:46.48	240/279	Teddington	2013	10:21.71
280/319	Unclaimed		Unclaimed	280/319	Unclaimed		Unclaimed
	Unclaimed		Unclaimed	320/359	Unclaimed		Unclaimed
Ladies 4x5	50m Medley Relay			Mens 4x5	0m Medley Relay		
72+	Black Lion	2010	2:16.97	72+	Erith & Dist	2022	1:55.09
100/119	Unclaimed		Unclaimed	100/119	Down SS - GB	2023	3:01.92
120/159	Fareham Nomads	2017	2:15.95	120/159	Fareham Nomads	2017	2:03.21
160/199	Mid Sussex	2018	2:19.81	160/199	Kent Weald	2020	1:59.60
200/239 240/279	East Leeds Mid Sussex Marlins	2017 2019	2:14.80 2:36.15	200/239 240/279	Mid Sussex Marlins RTW Masters	2017 2015	2:09.78 2:20.33
280/319	Mid Sussex	2013	2:57.41	280/319	Unclaimed		Unclaimed
			Unclaimed	320/359	Unclaimed		Unclaimed
	L00m Medley Relay				00m Medley Relay		
72+	Reading	2013	5:10.42	72+	Brighton Dolphin	2013	4:16.52
100/119	Unclaimed	Unclaimed	Unclaimed	100/119	Down SS - GB	2023	6:18.04
120/159	Crawley	2023	5:08.69	120/159	Chichester (Cormorant)	2011	4:46.72
160/199	Mid-Sussex Marlins	2016	5:29.42	160/199	Guildford City	2011	4:31.34
200/239	Unclaimed		Unclaimed	200/239	Mid-Sussex Marlins	2011	4:59.10
240/279 280/319	Spencer Unclaimed	2016	5:59.42 Unclaimed	240/279 280/319	Spencer Unclaimed	2016	5:30.23 Unclaimed
	Unclaimed		Unclaimed	320/319	Unclaimed		Unclaimed
	50m Freestyle Relay			,			
72+	Otter	2007	1:51.56				
100/119							
	Unclaimed	Unclaimed	Unclaimed				
120/159	Unclaimed Spencer	2010	Unclaimed 1:54.57				
160/199	Spencer Eastbourne SC	2010 2009	1:54.57 1:51.39				
160/199 200/239	Spencer Eastbourne SC Crawley	2010 2009 2023	1:54.57 1:51.39 2:06.67				
160/199 200/239 240/279	Spencer Eastbourne SC Crawley Co Cant'bury	2010 2009 2023 2008	1:54.57 1:51.39 2:06.67 2:20.25				
160/199 200/239 240/279 280/319	Spencer Eastbourne SC Crawley Co Cant'bury Spencer	2010 2009 2023 2008 2023	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53				
160/199 200/239 240/279 280/319 320/359	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed	2010 2009 2023 2008 2023	1:54.57 1:51.39 2:06.67 2:20.25				
160/199 200/239 240/279 280/319 320/359	Spencer Eastbourne SC Crawley Co Cant'bury Spencer	2010 2009 2023 2008 2023	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53				
160/199 200/239 240/279 280/319 320/359 <b>Mixed 4x</b> 1 72+	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOm Freestyle Relay	2010 2009 2023 2008 2023 Unclaimed	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed				
160/199 200/239 240/279 280/319 320/359 <b>Mixed 4x</b> 1 72+ 100/119	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOm Freestyle Relay Co Southampton	2010 2009 2023 2008 2023 Unclaimed	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72				
160/199 200/239 240/279 280/319 320/359 <b>Mixed 4x</b> 1 72+ 100/119 120/159 160/199	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed L000m Freestyle Relay Co Southampton Unclaimed RTW Masters Mid-Sussex Marlins	2010 2009 2023 2008 2023 Unclaimed 2015 Unclaimed 2015 2019	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72 Unclaimed 4:16.61 4:25.63				
160/199 200/239 240/279 280/319 320/359 Mixed 4x1 72+ 100/119 120/159 160/199 200/239	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOm Freestyle Relay Co Southampton Unclaimed RTW Masters Mid-Sussex Marlins Mid-Sussex Marlins	2010 2009 2023 2008 2023 Unclaimed 2015 Unclaimed 2015 2019	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72 Unclaimed 4:16.61 4:25.63 4:38.45				
160/199 200/239 240/279 280/319 320/359 Mixed 4x1 72+ 100/119 120/159 160/199 200/239 240/279	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOm Freestyle Relay Co Southampton Unclaimed RTW Masters Mid-Sussex Marlins Mid-Sussex Marlins Mid-Sussex Marlins	2010 2009 2023 2008 2023 Unclaimed 2015 Unclaimed 2015 2019 2011	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72 Unclaimed 4:16.61 4:25.63 4:38.45 5:12.73				
160/199 200/239 240/279 280/319 320/359 <b>Mixed 4x</b> 1 72+ 100/119 120/159 160/199 200/239 240/279 280/319	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOM Freestyle Relay Co Southampton Unclaimed RTW Masters Mid-Sussex Marlins Mid-Sussex Marlins Mid-Sussex Marlins Spencer	2010 2009 2023 2008 2023 Unclaimed 2015 Unclaimed 2015 2019 2011 2011 2023	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72 Unclaimed 4:16.61 4:25.63 4:38.45 5:12.73 5:20.02				
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160/199 200/239 240/279 280/319 320/359 Mixed 4x1 72+ 100/119 120/159 160/199 200/239 240/279 280/319 320/359 Mixed 4x2 72+ 100/119 120/159 160/199	Spencer Eastbourne SC Crawley Co Cant'bury Spencer Unclaimed LOOM Freestyle Relay Co Southampton Unclaimed RTW Masters Mid-Sussex Marlins Mid-Sussex Marlins Mid-Sussex Marlins Spencer Unclaimed 200m Freestyle Relay RTW Masters Unclaimed Spencer Spencer Spencer Spencer	2010 2009 2023 2008 2023 Unclaimed 2015 2019 2011 2023 Unclaimed 2023 Unclaimed 2023 Unclaimed	1:54.57 1:51.39 2:06.67 2:20.25 2:18.53 Unclaimed 4:16.72 Unclaimed 4:16.61 4:25.63 4:38.45 5:12.73 5:20.02 Unclaimed 10:00.92 Unclaimed 10:16.86 9:29.48				
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