

Swim England East Region Masters Records

30 September 2018

Long Course Women

	<u>Club</u>	<u>Time</u>	<u>Venue</u>	<u>Date</u>	<u>Age</u>
<u>50m Freestyle</u>					
Nicola Buchanan	UEA City of Norwich	28.22	Crawley	09.02.13	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
Emma Walker	City of Cambridge	29.61	Norwich	19.05.18	40/44
Debbie Matless	UEA City of Norwich	29.62	Glasgow	20.06.10	45/49
Liz Woolner	Flitwick Dolphins	29.16	Aberdeen	17.06.17	50/54
Debbie Matless	East Anglian Swallow Tails	30.70	Plymouth	08.06.18	55/59
Annette Thatcher	Hemel Hempstead	32.90	London Aquatics Centre	29.05.16	60/64
Pat Jackson	East Anglian Swallow Tails	41.97	Crawley	09.02.13	65/69
Pat Jackson	East Anglian Swallow Tails	41.50	Aberdeen	17.06.17	70/74
Janet Masters	South Beds Masters	44.00	Manchester	14.06.15	75/79
<u>100m Freestyle</u>					
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
Jo Johnson	UEA City of Norwich	1.06.59	Sheffield	04.05.12	40/44
Helen Davis	City of Cambridge	1.06.80	Sheffield	03.04.16	45/49
Liz Woolner	Team Anglia Masters	1.05.53	Plymouth	09.06.18	50/54
Sally Winter	Bishops Stortford	1.07.59	London Aquatics Centre	28.05.16	55/59
Annette Thatcher	Hemel Hempstead	1.18.27	London Aquatics Centre	28.05.16	60/64
Pat Jackson	East Anglian Swallow Tails	1.36.43	Crawley	10.02.13	65/69
Pat Jackson	East Anglian Swallow Tails	1.36.87	Norwich	13.05.17	70/74
Janet Masters	South Beds Masters	1.42.29	Manchester	13.06.15	75/79
<u>200m Freestyle</u>					
Jessica-Jane Applegate	UEA City of Norwich	2.15.74	Norwich	13.05.17	18/24
Robyn Le Fricc	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 Johnson	UEA City of Norwich	2.27.55	Riccione, Italy	12.06.12	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
Christine Ayers	South Beds Masters	2.57.18	Plymouth	16.06.13	60/64
Pat Jackson	East Anglian Swallow Tails	3.21.51	Crawley	09.02.13	65/69
Pat Jackson	East Anglian Swallow Tails	3.35.33	Norwich	19.05.18	70/74
Janet Masters	South Beds Masters	3.39.98	Manchester	13.06.15	75/79
<u>400m Freestyle</u>					
Jessica-Jane Applegate	UEA City of Norwich	4.32.28	Norwich	13.05.17	18/24
Robyn Le Fricc	City of Cambridge	4.42.78	Sheffield	03.04.16	25/29
Catherine Markwell	UEA City of Norwich	5.12.09	Eindhoven, Holland	02.09.13	30/34
Jo Mitchinson	Stevenage	5.02.58	London Aquatics Centre	25.05.16	35/39
Jo Johnson	UEA City of Norwich	5.14.67	Crawley	28.01.12	40/44
Heidi Nevin	Rochford	5.15.91	Sheffield	03.04.16	45/49
Silvia Ferdin	City of Cambridge	5.07.87	Pierrelatte, France	30.06.18	50/54
Sally Winter	Bishops Stortford	5.25.55	Manchester	14.06.15	55/59
Christine Ayers	South Beds Masters	6.12.41	Crawley	23.01.16	60/64
Pat Jackson	East Anglian Swallow Tails	6.56.71	Crawley	10.02.13	65/69
Pat Jackson	East Anglian Swallow Tails	7.29.28	Aberdeen	18.06.17	70/74
<u>800m Freestyle</u>					
Cathryn Thomson	Chatteris	10.08.52	Cardiff	20.06.09	18/24
Robyn Le Fricc	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
Tracy Van Deventer	Berkhamsted	10.58.63	Swansea	05.03.17	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
Sharon McLellan	Sudbury	12.36.20	Swansea	06.03.16	55/59
Christine Ayers	South Beds Masters	12.46.66	Swansea	13.06.14	60/64
Pat Jackson	East Anglian Swallow Tails	14.01.68	Swansea	08.03.14	65/69
Pat Jackson	East Anglian Swallow Tails	14.58.24	Aberdeen	18.06.17	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
Zara Bullen	UEA City of Norwich	24.08.42	Glasgow	18.06.10	30/34
Tracy Van Deventer	Berkhamsted	20.55.14	Swansea	04.03.17	40/44
Suzanne Welham	Hatfield	20.52.02	Sheffield	04.05.12	45/49
Silvia Ferdin	City of Cambridge	20.03.96	Pierrelatte, France	28.06.18	50/54
Christine Ayers	South Beds Masters	24.13.44	Leeds	17.06.11	55/59
Christine Ayers	South Beds Masters	24.04.94	Swansea	13.06.14	60/64
Pat Jackson	East Anglian Swallow Tails	26.18.95	Swansea	08.03.14	65/69
Iris Bellis	South Beds Masters	32.53.10	Swansea	13.06.14	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	32.90	Crawley	21.01.18	30/34
Catherine Markwell	East Anglian Swallow Tails	35.20	Norwich	19.05.18	35/39
Melanie Holland	UEA City of Norwich	35.98	Crawley	21.01.17	40/44
Liz Woolner	Team Anglia Masters	36.31	Manchester	13.06.15	45/49
Liz Woolner	Flitwick Dolphins	35.48	Aberdeen	17.06.17	50/54
Eileen Luther	Rochford	37.46	London Aquatics Centre	27.05.16	55/59
Jean Appleby	Sudbury	39.62	Sheffield	02.04.16	60/64
Pat Jackson	East Anglian Swallow Tails	45.57	Plymouth	15.06.13	65/69
Janet Masters	South Beds Masters	48.70	Sheffield	04.05.12	70/74
Janet Masters	South Beds Masters	48.06	Sheffield	02.04.16	75/79

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
Melanie Holland	UEA City of Norwich	1.17.64	Crawley	22.01.17	40/44
Katrina Farrall	Basildon & Phoenix	1.21.38	Crawley	20.01.18	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
Pat Jackson	East Anglian Swallow Tails	1.38.14	Manchester	22.06.08	60/64
Pat Jackson	East Anglian Swallow Tails	1.40.33	Swansea	10.03.13	65/69
Janet Masters	South Beds Masters	1.44.93	Gothenburg, Sweden	05.08.10	70/74
Janet Masters	South Beds Masters	1.46.15	London Aquatics Centre	29.05.16	75/79

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
Melanie Chapman	UEA City of Norwich	2.51.90	Manchester	12.06.15	40/44
Hannah Ueckermann	Witham Dolphins	3.00.03	Cardiff	20.06.09	45/49
Catherine Sutcliffe	Rochford	3.04.04	Sheffield	02.04.16	50/54
Alison Sheehan	South Beds Masters	3.28.99	Crawley	23.01.16	55/59
Pat Jackson	East Anglian Swallow Tails	3.30.45	Manchester	16.06.07	60/64
Pat Jackson	East Anglian Swallow Tails	3.37.72	Plymouth	15.06.13	65/69
Pat Jackson	East Anglian Swallow Tails	3.56.70	Norwich	13.05.17	70/74
Janet Masters	South Beds Masters	3.53.46	Kazan, Russia	11.08.15	75/79

50m Butterfly

Charlotte Humphreys	UEA City of Norwich	29.35	Crawley	10.02.13	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
Liz Woolner	Team Anglia Masters	30.67	London Aquatics Centre	28.05.16	45/49
Liz Woolner	Flitwick Dolphins	30.72	Aberdeen	18.06.17	50/54
Debbie Matless	East Anglian Swallow Tails	32.38	Plymouth	09.06.18	55/59
Jean Appleby	Sudbury	35.99	Sheffield	01.04.16	60/64
Pat Jackson	East Anglian Swallow Tails	41.30	Swansea	09.03.13	65/69
Pat Jackson	East Anglian Swallow Tails	46.52	Budapest, Hungary	16.08.17	70/74
Janet Masters	South Beds Masters	50.46	Manchester	13.06.15	75/79

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
Liz Woolner	Flitwick Dolphins	1.09.94	Norwich	07.05.16	45/49
Liz Woolner	Flitwick Dolphins	1.10.15	Crawley	22.01.17	50/54
Debbie Matless	East Anglian Swallow Tails	1.18.86	Plymouth	10.06.18	55/59
Pat Jackson	East Anglian Swallow Tails	1.37.73	Manchester	20.06.08	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 Friec	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
Silvia Ferdin	City of Cambridge	2.50.19	Kranj, Slovenia	07.09.18	50/54
Christine Ayers	South Beds Masters	3.49.22	Crawley	28.01.12	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	35.04	Plymouth	09.06.18	35/39
Lucy Ryan	Team Anglia Masters	36.72	Budapest, Hungary	20.08.17	40/44
Lucy Ryan	Team Anglia Masters	36.39	Plymouth	09.06.18	45/49
Hannah Ueckermann	Witham Dolphins	40.23	Manchester	13.06.15	50/54
Hannah Ueckermann	Witham Dolphins	42.67	Norwich	19.05.18	55/59
Annette Thatcher	Hemel Hempstead	44.87	Eindhoven, Holland	03.09.13	60/64
Pat Jackson	East Anglian Swallow Tails	49.63	Sheffield	06.05.12	65/69
Pat Jackson	East Anglian Swallow Tails	54.41	Norwich	13.05.17	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	1.20.53	Kranj, Slovenia	07.09.18	45/49
Hannah Ueckermann	Witham Dolphins	1.27.28	Swansea	15.06.14	50/54
Hannah Ueckermann	Witham Dolphins	1.30.82	Plymouth	08.06.18	55/59
Christine Ayers	South Beds Masters	1.39.07	Montreal, Canada	04.08.14	60/64
Pat Jackson	East Anglian Swallow Tails	1.54.24	Swansea	07.03.15	65/69
Pat Jackson	East Anglian Swallow Tails	1.59.62	Norwich	13.05.17	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	2.57.69	Plymouth	09.06.18	45/49
Hannah Ueckermann	Witham Dolphins	3.05.16	Montreal, Canada	10.08.14	50/54
Hannah Ueckermann	Witham Dolphins	3.13.85	Plymouth	09.06.18	55/59
Christine Ayers	South Beds Masters	3.33.41	Luton	18.05.13	60/64
Pat Jackson	East Anglian Swallow Tails	4.05.53	Crawley	10.02.13	65/69
Pat Jackson	East Anglian Swallow Tails	4.12.10	Plymouth	09.06.18	70/74

200m Individual Medley

Stephanie Cooke	UEA City of Norwich	2.37.31	Cardiff	20.06.09	18/24
Katie Holmes	Colchester	2.49.53	Sheffield	06.05.12	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
Lynne Meale	UEA City of Norwich	2.43.22	Norwich	13.05.17	40/44
Helen Davis	City of Cambridge	2.46.60	Sheffield	01.04.16	45/49
Silvia Ferdin	City of Cambridge	2.56.44	Norwich	19.05.18	50/54
Christine Ayers	South Beds Masters	3.23.12	Sheffield	06.05.12	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
Pat Jackson	East Anglian Swallow Tails	3.51.05	Aberdeen	16.06.17	70/74
Janet Masters	South Beds Masters	4.00.28	Manchester	13.06.15	75/79

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
Helen Shingler	Bishops Stortford	6.24.06	Swansea	14.06.14	45/49
Silvia Ferdin	City of Cambridge	6.06.64	Crawley	21.01.18	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

30 September 2018

Long Course Men

	<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
John Cunningham	Potters Bar	25.53	Cardiff	08.05.10	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
Barry Chandler	Bishops Stortford	28.26	Plymouth	14.06.13	55/59
Neil Culley	St Albans Masters	30.15	Sheffield	02.04.16	60/64
Chris Dunn	Hatfield	28.97	Crawley	09.02.13	65/69
Chris Dunn	Hatfield	29.36	Sheffield	02.04.16	70/74
Derek Gore	Chelmsford	36.69	London Aquatics Centre	29.05.16	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
Garry Mavin	March Marlins	57.35	Sheffield	04.05.12	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
Derek Gore	Chelmsford	1.24.22	London Aquatics Centre	28.05.16	75/79
<u>200m Freestyle</u>					
Sam Watts	UEA City of Norwich	2.06.82	Glasgow	19.06.10	18/24
Liam Barnett	City of Cambridge	2.06.26	Plymouth	16.06.13	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
Ivan Myall	Chelmsford	2.31.02	Manchester	22.06.08	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
Derek Gore	Chelmsford	3.09.48	Sheffield	02.04.16	75/79
<u>400m Freestyle</u>					
Christopher Greenhalgh	Sudbury	4.33.95	Crawley	31.01.15	18/24
Lewis King	Putteridge	4.43.59	Manchester	14.06.15	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
Ivan Myall	Chelmsford	5.25.98	Manchester	21.06.08	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
Paul Clarke	Beavers Masters Bedford	8.42.76	Crawley	22.01.17	75/79
<u>800m Freestyle</u>					
Christopher Greenhalgh	Sudbury	9.22.30	Crawley	01.02.15	18/24
Andrew Atthowe	UEA City of Norwich	11.53.90	Glasgow	19.06.10	25/29
John Wood	Berkhamsted	9.25.71	Kranj, Slovenia	02.09.18	30/34
Mark Clayton	UEA City of Norwich	11.48.45	Crawley	29.01.12	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
Ian Murray	Flitwick Dolphins	11.27.01	Plymouth	08.06.18	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
Paul Clarke	Beavers Masters Bedford	18.28.20	Swansea	04.03.18	75/79

1500m Freestyle

Andrew Atthowe	UEA City of Norwich	22.59.28	Glasgow	18.06.10	25/29
Lawrence Turner	East Anglian Swallow Tails	22.28.19	Swansea	13.06.14	30/34
Paul James	City of Cambridge	21.52.36	Manchester	15.06.07	40/44
Phillip Moulson	UEA City of Norwich	19.12.18	Plymouth	14.06.13	45/49
Simon Emm	Colchester	19.45.67	Plymouth	10.06.18	50/54
Mark Strakosch	Berkhamsted	20.14.78	Swansea	04.03.17	55/59
Ian Murray	Flitwick Dolphins	21.52.35	Plymouth	10.06.18	60/64
Chris Dunn	Hatfield	20.23.74	Sheffield	04.05.12	65/69
Chris Dunn	Hatfield	21.08.22	Swansea	04.03.17	70/74
Paul Clarke	Beavers Masters Bedford	36.33.74	Swansea	04.03.17	75/79

50m Backstroke

Jack Spence	Hemel Hempstead	28.77	Aberdeen	17.06.17	18/24
Liam Barnett	City of Cambridge	30.64	Swansea	15.06.14	25/29
Ashley Buck	Newmarket	29.01	Plymouth	15.06.13	30/34
Stephen Mavin	March Marlins	28.52	Sheffield	04.05.12	35/39
Lee Peterson	Braintree & Bocking	28.80	Montreal, Canada	09.08.14	40/44
Dale Barker	Stowmarket	32.19	Manchester	17.06.07	45/49
Dale Barker	Stowmarket	33.87	Riccione, Italy	13.06.12	50/54
Dale Barker	Team Anglia Masters	35.48	Crawley	21.01.17	55/59
Graham Powell	Team Luton	32.91	Sheffield	02.04.16	60/64
Stuart McLellan	Sudbury	41.94	Crawley	21.01.18	65/69
Philip Harper	Rochford	38.83	Manchester	13.06.15	70/74
Paul Clarke	Beavers Masters Bedford	51.03	Swansea	04.03.17	75/79
Neil Howell	East Anglian Swallow Tails	1.00.54	Sheffield	04.05.12	80/84

100m Backstroke

Jack Spence	Hemel Hempstead	1.01.58	Aberdeen	16.06.17	18/24
Liam Barnett	City of Cambridge	1.05.97	Swansea	14.06.14	25/29
Daniel Wardley-Smith	March Marlins	1.01.69	Sheffield	05.05.12	30/34
Stephen Mavin	March Marlins	1.01.26	Sheffield	05.05.12	35/39
Lee Peterson	Braintree & Bocking	1.03.73	Sheffield	01.04.16	40/44
Dale Barker	Stowmarket	1.11.52	Manchester	16.06.07	45/49
Dale Barker	Stowmarket	1.16.45	Swansea	14.06.14	50/54
Graham Powell	Team Luton	1.14.22	Luton	18.05.13	55/59
Graham Powell	Team Luton	1.13.87	London Aquatics Centre	29.05.16	60/64
Mike Foskett	Hemel Hempstead	1.15.56	Budapest, Hungary	19.08.17	65/69
Alan Jackson	Beavers Masters Bedford	1.25.70	Cardiff	09.05.09	70/74
Paul Clarke	Beavers Masters Bedford	2.01.77	Aldershot	28.07.18	75/79

200m Backstroke

Jack Spence	Hemel Hempstead	2.16.01	Aberdeen	18.06.17	18/24
Daniel Wardley-Smith	March Marlins	2.18.36	Sheffield	06.05.12	30/34
Stephen Mavin	March Marlins	2.18.50	Luton	18.05.13	35/39
Lee North	Rochford	2.30.84	Sheffield	02.04.16	40/44
Adam Korn	UEA City of Norwich	2.37.28	Eindhoven, Holland	05.09.13	45/49
Dale Barker	Stowmarket	2.46.71	Riccione, Italy	10.06.12	50/54
David Cartledge	Team Anglia Masters	2.36.69	London Aquatics Centre	28.05.16	55/59
Mike Foskett	Hemel Hempstead	2.43.42	London Aquatics Centre	28.05.16	60/64
Stuart McLellan	Sudbury	3.20.84	Swansea	14.06.14	65/69
Chris Dunn	Hatfield	3.03.21	Sheffield	02.04.16	70/74
Paul Clarke	Beavers Masters Bedford	4.12.06	Crawley	21.01.18	75/79

50m Butterfly

James Lawton	UEA City of Norwich	26.08	Cardiff	21.06.09	18/24
David Harrison	Stowmarket	26.92	Sheffield	05.05.12	25/29
John Wood	Berkhamsted	26.71	Kranj, Slovenia	06.09.18	30/34
Stephen Mavin	March Marlins	25.47	Sheffield	05.05.12	35/39
Stephen Mavin	Team Anglia Masters	26.34	Sheffield	01.04.16	40/44
Daryl Mason	Potters Bar	26.80	Manchester	13.06.15	45/49
Simon Emm	Colchester	29.16	Plymouth	09.06.18	50/54
Barry Chandler	Bishops Stortford	29.32	Plymouth	15.06.13	55/59
Graham Powell	Team Luton	31.60	Sheffield	01.04.16	60/64
Mike Foskett	Hemel Hempstead	33.24	Budapest, Hungary	16.08.17	65/69
Chris Trueman	East Anglian Swallow Tails	40.93	Plymouth	09.06.18	70/74
Paul Clarke	Beavers Masters Bedford	55.90	Norwich	19.05.18	75/79

100m Butterfly

Jay Wilson	Team Luton	1.01.50	Luton	18.05.13	18/24
Liam Barnett	City of Cambridge	59.58	Swansea	14.06.14	25/29
John Wood	Berkhamsted	58.62	London Aquatics Centre	26.05.16	30/34
Stephen Mavin	March Marlins	56.28	Sheffield	05.05.12	35/39
David Elliston	Stowmarket	1.10.81	Cardiff	20.06.09	40/44
Garry Mavin	Team Anglia Masters	1.04.54	Sheffield	02.04.16	45/49
Simon Emm	Colchester	1.05.46	Norwich	13.05.17	50/54
Ashley Meerloo	Bishops Stortford	1.09.97	Budapest, Hungary	17.08.17	55/59
Graham Powell	Team Luton	1.10.62	Sheffield	02.04.16	60/64
Chris Jessup	South Beds Masters	1.49.51	Plymouth	14.06.13	65/69
Paul Clarke	Team Luton	2.02.46	Swansea	10.03.13	70/74
Paul Clarke	Beavers Masters Bedford	2.11.46	Norwich	19.05.18	75/79

200m Butterfly

Christopher Greenhalgh	Sudbury	2.23.54	Crawley	31.01.15	18/24
James Wilson	East Anglian Swallow Tails	3.06.63	Crawley	01.02.14	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	2.29.41	Norwich	13.05.17	50/54
David Wright	Team Luton	2.51.07	London Aquatics Centre	27.05.16	55/59
Chris Jessup	South Beds Masters	4.07.58	Crawley	30.01.10	60/64
Chris Jessup	South Beds Masters	4.03.78	Crawley	30.01.11	65/69

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	31.06	Swansea	03.03.18	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
David Pirrie	Hemel Hempstead	36.85	Plymouth	09.06.18	60/64
Chris Trueman	UEA City of Norwich	42.26	Eindhoven, Holland	03.09.13	65/69
Chris Trueman	UEA City of Norwich	45.65	Aberdeen	16.06.17	70/74
Paul Clarke	Beavers Masters Bedford	49.32	Norwich	19.05.18	75/79
Neil May	Hatfield	1.00.77	London Aquatics Centre	26.05.16	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	Team Anglia Masters	1.16.70	Plymouth	08.06.18	50/54
David Cartledge	Team Anglia Masters	1.20.40	Sheffield	02.04.16	55/59
David Pirrie	Hemel Hempstead	1.23.89	Plymouth	08.06.18	60/64
Stuart McLellan	Sudbury	1.41.12	Crawley	21.01.18	65/69
Alan Jackson	Beavers Masters Bedford	1.38.89	Cardiff	09.05.09	70/74
Paul Clarke	Beavers Masters Bedford	1.57.61	Norwich	19.05.18	75/79
Neil Howell	East Anglian Swallow Tails	2.21.72	Sheffield	04.05.12	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
Martyn Fresher	March Marlins	2.58.93	Plymouth	14.06.13	50/54
David Cartledge	Team Anglia Masters	2.52.04	London Aquatics Centre	29.05.16	55/59
David Pirrie	Hemel Hempstead	3.11.85	Plymouth	09.06.18	60/64
Stuart McLellan	Sudbury	3.41.21	Swansea	08.03.15	65/69
Paul Clarke	Beavers Masters Bedford	4.18.86	Swansea	08.03.15	70/74
Paul Clarke	Beavers Masters Bedford	4.24.83	Swansea	04.03.18	75/79
Neil Howell	East Anglian Swallow Tails	4.53.25	Sheffield	05.05.12	80/84

200m Individual Medley

Jack Spence	Hemel Hempstead	2.20.18	Aberdeen	16.06.17	18/24
Liam Barnett	City of Cambridge	2.21.06	Luton	18.05.13	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
Adam Korn	UEA City of Norwich	2.37.65	Riccione, Italy	13.06.12	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
Michael Foskett	Hemel Hempstead	2.47.63	London Aquatics Centre	25.05.16	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
Paul Clarke	Beavers Masters Bedford	4.17.15	Aldershot	28.07.18	75/79

400m Individual Medley

Christopher Greenhalgh	Sudbury	5.03.47	Crawley	01.02.15	18/24
Lewis King	Putteridge	5.26.70	Manchester	12.06.15	25/29
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
Stuart McLellan	Sudbury	6.47.65	Sheffield	05.05.12	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
Paul Clarke	Beavers Masters Bedford	9.14.42	Crawley	21.01.18	75/79