

Swim England East Region Masters Swimming Records - Short Course as at 31st December 2018

Mens 50m Freestyle

David Harrison	Stowmarket	23.72	Sheffield	30.10.10	18/24
Guy Sherwin	Hatfield	23.12	Sheffield	30.10.10	25/29
Stephen Mavin	Chatteris	23.76	Sheffield	25.10.09	30/34
Stephen Mavin	March Marlins	23.74	Sheffield	25.10.14	35/39
Marcel Scholten	Modernian	24.86	Sheffield	24.10.08	40/44
Daryl Mason	Potters Bar	24.56	Sheffield	28.10.18	45/49
Marcel Scholten	Team Anglia Masters	25.23	Sheffield	28.10.17	50/54
Barry Chandler	Bishops Stortford	27.75	Newmarket	17.11.13	55/59
Chris Dunn	Hatfield	28.29	Peterborough	19.11.06	60/64
Chris Dunn	Hatfield	28.86	Newmarket	20.11.11	65/69
Chris Dunn	Hatfield	29.55	Basildon	17.11.18	70/74
Alan Jackson	East Anglian Swallow Tails	34.77	Newmarket	04.10.14	75/79
Donald Macfarlane	West Norfolk	58.36	Norwich	22.05.10	80/84
Donald Macfarlane	West Norfolk	1.13.48	Newmarket	04.10.14	85/89

Womens 50m Freestyle

Lucy Charles	Hoddesdon	26.97	Sheffield	25.10.13
Katrin Heider	City of Cambridge	26.88	Sheffield	29.10.17
Carla King	South Beds Masters	27.17	Sheffield	28.10.17
Zoe Cray	teamipswich	26.33	Sheffield	30.10.10
Zoe Cray	teamipswich	27.06	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	29.21	Newmarket	20.11.16
Liz Woolner	Team Anglia Masters	28.77	Sheffield	28.10.18
Debbie Matless	East Anglian Swallow Tails	29.73	Sheffield	28.10.18
Annette Thatcher	Hemel Hempstead	32.53	Sheffield	25.10.13
Pat Jackson	East Anglian Swallow Tails	38.09	Newmarket	18.11.12
Jackie Jackson	Potters Bar	38.93	Borehamwood	25.06.11
Jackie Jackson	Potters Bar	40.97	Newmarket	16.11.14

Mens 100m Freestyle

David Kelleway	Bishops Stortford	51.42	Sheffield	28.10.16	18/24
Ian Thwaites	City of Cambridge	51.89	Sheffield	25.10.09	25/29
Stephen Mavin	Chatteris	51.93	Sheffield	25.10.09	30/34
Stephen Mavin	March Marlins	52.11	Sheffield	24.10.14	35/39
Marcel Scholten	Modernian	55.14	Sheffield	25.10.08	40/44
Garry Mavin	Team Anglia Masters	56.42	Sheffield	29.10.17	45/49
Marcel Scholten	Modernian	56.38	Sheffield	19.11.17	50/54
Barry Chandler	Bishops Stortford	1.01.73	Sheffield	27.10.13	55/59
Neil Culley	St Albans Masters	1.04.46	Sheffield	28.10.16	60/64
Philip Harper	Rochford & District	1.08.95	Sheffield	27.10.13	65/69
Philip Harper	Rochford & District	1.11.73	Sheffield	29.10.17	70/74
Derek Gore	Chelmsford	1.18.48	Sheffield	24.10.15	75/79
Neil Howell	East Anglian Swallow Tails	2.14.40	Barnet Cophthall	15.07.12	80/84

Womens 100m Freestyle

Katrin Heider	City of Cambridge	58.31	Sheffield	28.10.16
Katrin Heider	City of Cambridge	57.76	Sheffield	29.10.17
Carla King	South Beds Masters	59.89	Sheffield	28.10.16
Zoe Cray	teamipswich	57.48	Sheffield	29.10.10
Zoe Cray	teamipswich	59.39	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	1.05.40	Sudbury	16.02.14
Liz Woolner	Team Anglia Masters	1.04.37	Sheffield	29.10.17
Sally Winter	Bishops Stortford	1.05.90	Sheffield	29.10.17
Jean Appleby	Sudbury	1.14.79	Sudbury	07.02.16
Pat Reynolds	Beavers Masters Bedford	1.23.74	Newmarket	03.10.15
Pat Jackson	East Anglian Swallow Tails	1.34.08	Carlisle	21.01.17
Janet Masters	South Beds Masters	1.41.66	Barnet Cophthall	04.09.16

Mens 200m Freestyle

Sean Leahy	Hatfield	1.49.33	Sheffield	30.10.10	18/24
Karl Buchholtz	Modernian	1.58.00	Sheffield	30.10.05	25/29
Stuart Clarke	Bishops Stortford	1.57.39	Sheffield	26.10.14	30/34
Stephen Mavin	March Marlins	1.55.20	Sheffield	26.10.14	35/39
Lee North	Rochford & District	2.05.43	Sheffield	23.10.15	40/44
Stuart Dyble	North Norfolk Vikings	2.07.58	Sheffield	29.10.16	45/49
Simon Emm	Colchester	2.11.96	Basildon	03.09.16	50/54
Peter Rae	Rochford & District	2.13.91	Sheffield	24.10.09	55/59
Peter Rae	Rochford & District	2.22.78	Sheffield	26.10.13	60/64
Geoff Thwaites	City of Cambridge	2.27.57	Sheffield	26.10.13	65/69
Alan Jackson	Beavers Masters Bedford	2.48.55	Guernsey	03.04.09	70/74
Derek Gore	Chelmsford	2.56.86	Sheffield	23.10.15	75/79
Donald MacFarlane	West Norfolk	4.57.58	Newmarket	03.10.09	80/84

Womens 200m Freestyle

Katrin Heider	City of Cambridge	2.08.09	Sheffield	29.10.16
Katrin Heider	City of Cambridge	2.05.01	Sheffield	27.10.17
Kathryn Gill	City of Cambridge	2.11.54	Sheffield	27.10.18
Jo Mitchinson	Stevenage	2.16.78	Sudbury	18.02.18
Lara Fenner	Basildon & Phoenix	2.19.14	Newmarket	30.09.18
Liz Woolner	Flitwick Dolphins	2.25.85	Barnet Cophthall	13.07.14
Sally Winter	Bishops Stortford	2.24.65	Sheffield	26.10.14
Sally Winter	Bishops Stortford	2.22.25	Sheffield	23.10.15
Jean Appleby	Sudbury	2.43.61	Newmarket	01.10.16
Pat Jackson	East Anglian Swallow Tails	3.08.45	Newmarket	04.10.14
Pat Jackson	East Anglian Swallow Tails	3.20.21	Newmarket	30.09.18
Janet Masters	South Beds Masters	3.36.60	Newmarket	03.10.15

Mens 400m Freestyle

James Allchorne	Hatfield	4.10.06	Sheffield	30.10.11	18/24
Mark Thompson	Chatteris	4.30.56	Sheffield	25.10.14	25/29
Stuart Clarke	Bishops Stortford	4.14.09	Sheffield	25.10.14	30/34
Stephen Mavin	March Marlins	4.09.40	Newmarket	04.10.14	35/39
Lee North	Rochford & District	4.27.04	Sheffield	24.10.15	40/44
Stuart Dyble	North Norfolk Vikings	4.34.35	Sheffield	27.10.18	45/49
Simon Emm	Colchester	4.39.88	Basildon	01.04.17	50/54
Peter Rae	Rochford & District	4.46.19	Sheffield	24.10.09	55/59
Geoffrey Thwaites	City of Cambridge	5.02.48	Sheffield	24.10.09	60/64
Geoff Thwaites	City of Cambridge	5.17.73	Sheffield	27.10.13	65/69
Richard Goddard	Impington Masters	6.45.96	Newmarket	06.10.12	70/74
Paul Clarke	Beavers Masters Bedford	8.03.75	Barnet Copthall	08.07.18	75/79
Donald MacFarlane	West Norfolk	10.37.98	Newmarket	03.10.09	80/84
Donald MacFarlane	West Norfolk	13.58.32	Newmarket	04.10.14	85/89

Womens 400m Freestyle

Jennifer Titterington	City of Cambridge	4.30.49	Sheffield	25.10.14
Robyn Le Fric	City of Cambridge	4.31.82	Sheffield	29.10.16
Kathryn Gill	City of Cambridge	4.38.31	Sheffield	27.10.18
Jo Mitchinson	Stevenage	4.38.98	Sudbury	18.02.18
Lara Fenner	Basildon & Phoenix	4.58.33	Newmarket	30.09.18
Liz Woolner	Flitwick Dolphins	5.07.21	Newmarket	04.10.14
Silvia Ferdin	City of Cambridge	5.02.29	Angers, France	23.03.18
Hannah Ueckermann	Witham Dolphins	5.29.33	Basildon	03.03.18
Christine Ayers	South Beds Masters	5.57.64	Newmarket	05.10.13
Pat Reynolds	Beavers Masters Bedford	6.12.42	Newmarket	03.10.15
Pat Jackson	East Anglian Swallow Tails	7.02.44	Aberdeen	27.01.18
Janet Masters	South Beds Masters	7.40.03	Barnet Copthall	10.07.16

Mens 800m Freestyle

Chris Greenhalgh	Sudbury	8.53.78	Sheffield	25.10.15	18/24
Shaun Harrison	Stowmarket	9.10.72	Sheffield	30.10.05	25/29
John Wood	Berkhamsted	9.27.43	Barnet Copthall	24.11.18	30/34
Ashley Buck	Team Anglia Masters	8.56.87	Barnet Copthall	09.07.16	35/39
Lee North	Rochford & District	9.13.49	Sheffield	25.10.15	40/44
Stephen Ham	Rochford & District	9.36.12	Sheffield	26.10.08	45/49
Simon Emm	Colchester	9.43.09	Sheffield	30.10.16	50/54
Peter Rae	Rochford & District	10.12.45	Sheffield	24.10.09	55/59
Peter Rae	Rochford & District	10.51.33	Sheffield	26.10.13	60/64
Geoff Thwaites	City of Cambridge	10.52.02	Sheffield	26.10.13	65/69
Paul Clarke	Team Luton	16.06.90	Barnet Copthall	06.07.13	70/74
Paul Clarke	Beavers Masters Bedford	17.02.00	Barnet Copthall	07.07.18	75/79

Womens 800m Freestyle

Jennifer Titterington	City of Cambridge	9.06.89	Sheffield	26.10.14
Robyn Le Fric	City of Cambridge	9.17.85	Sheffield	30.10.16
Kathryn Gill	City of Cambridge	9.35.12	Sheffield	28.10.18
Jo Mitchinson	Stevenage	9.49.99	Barnet Copthall	24.11.18
Jo Johnson	UEA City of Norwich	10.35.09	Sheffield	31.10.10
Heidi Nevin	Rochford & District	10.15.44	Sheffield	25.10.15
Silvia Ferdin	City of Cambridge	10.11.66	Barnet Copthall	07.07.18
Hannah Ueckermann	Witham Dolphins	11.49.60	Isle of Wight	03.02.18
Christine Ayers	South Beds Masters	12.08.28	Barnet Copthall	12.07.14
Pat Jackson	East Anglian Swallow Tails	13.17.18	Greenock	07.09.12
Pat Jackson	East Anglian Swallow Tails	14.25.00	Greenock	21.09.18

Mens 1500m Freestyle

Chris Greenhalgh	Sudbury	16.44.15	Sheffield	24.10.14	18/24
Ian Gaffney	City of Cambridge	18.36.15	Sheffield	24.10.14	25/29
Ashley Buck	Newmarket	17.46.92	Barnet Copthall	24.11.12	30/34
		18.49.95			35/39
Ian Wimpenny	Hoddesdon	17.35.24	Sheffield	27.10.17	40/44
Phillip Moulson	UEA City of Norwich	18.17.90	Sheffield	26.10.12	45/49
Simon Emm	Colchester	18.38.65	Sheffield	28.10.16	50/54
Mark Strakosch	Berkhamsted	19.21.21	Aldershot	21.04.18	55/59
Ian Murray	Flitwick Dolphins	21.27.57	Sheffield	27.10.17	60/64
Stuart McLellan	Sudbury	22.27.11	Sheffield	28.10.16	65/69
Tony Shrimpton	Witham Dolphins	26.32.54	Sheffield	28.10.05	70/74
Paul Clarke	Beavers Masters Bedford	32.50.86	Barnet Copthall	25.11.18	75/79

Womens 1500m Freestyle

Lucy Charles	Hoddesdon	17.46.01	Sheffield	25.10.13
Hayley Davis	City of Cambridge	18.59.22	Barnet Copthall	24.11.13
Hayley Davis	City of Cambridge	18.29.89	Sheffield	23.10.15
Jo Mitchinson	Stevenage	18.26.98	Barnet Copthall	24.11.18
Jo Johnson	UEA City of Norwich	20.13.44	Sheffield	29.10.10
Heidi Nevin	Rochford & District	19.24.90	Sheffield	23.10.15
Silvia Ferdin	City of Cambridge	19.32.49	Barnet Copthall	25.11.17
Christine Ayers	South Beds Masters	23.07.90	Barnet Copthall	22.11.09
Christine Ayers	South Beds Masters	23.16.16	Barnet Copthall	23.11.14
Pat Jackson	East Anglian Swallow Tails	25.38.16	Glasgow	10.11.12
Pat Jackson	East Anglian Swallow Tails	27.32.09	Edinburgh	04.11.17

Mens 50m Backstroke

Ashley Pattison	UEA City of Norwich	26.81	Newmarket	20.11.11	18/24
Ian Thwaites	City Of Cambridge	26.21	Sheffield	23.10.09	25/29
Kevin Barter	Chatteris	27.13	Sheffield	23.10.09	30/34
Lee Peterson	Braintree & Bocking	27.16	Sheffield	28.10.12	35/39
Lee Peterson	Braintree & Bocking	27.77	Sheffield	30.10.16	40/44
Dale Barker	Stowmarket	30.78	Palma	15.04.07	45/49
Graham Powell	Luton	30.89	Sheffield	29.10.06	50/54
Graham Powell	Team Luton	31.36	Sheffield	27.10.13	55/59
Graham Powell	Team Luton	32.53	Bracknell	05.03.16	60/64
Mike Foskett	Hemel Hempstead	34.69	Borehamwood	16.06.18	65/69
Alan Jackson	Beavers Masters Bedford	38.71	Norwich	16.05.09	70/74
Alan Jackson	East Anglian Swallow Tails	40.70	Sudbury	16.02.14	75/79
Neil Howell	East Anglian Swallow Tails	1.02.42	Norwich	19.05.12	80/84

Womens 50m Backstroke

Tara Coleman	Leiston	30.79	Sheffield	30.10.16
Jade Perry	Rochford & District	32.00	Newmarket	21.11.10
Claire Evelyn	South Beds Masters	31.48	Sheffield	27.10.18
Zoe Cray	teamipswich	29.34	Norwich	16.05.09
Zoe Cray	teamipswich	29.84	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	34.42	Hucknall	20.03.16
Liz Woolner	Team Anglia Masters	34.18	Sheffield	28.10.17
Eileen Luther	Rochford & District	36.07	Sheffield	24.10.14
Eileen Luther	Rochford & District	37.71	Sheffield	27.10.18
Pat Jackson	East Anglian Swallow Tails	43.81	Norwich	19.05.12
Pat Jackson	East Anglian Swallow Tails	46.12	Blackpool	17.09.17
Janet Masters	South Beds Masters	46.84	Sheffield	30.10.16

Mens 100m Backstroke

Matthew Masters	South Beds Masters	58.37	Sheffield	27.10.17	18/24
John Sargent	City Of Cambridge	56.44	Sheffield	28.10.11	25/29
Kevin Barter	Chatteris	58.56	Sheffield	24.10.09	30/34
Stephen Mavin	Chatteris	58.81	Sheffield	28.10.11	35/39
Lee Peterson	Braintree & Bocking	59.36	Sheffield	26.10.14	40/44
David Cartledge	Modernian	1.05.99	Sheffield	28.10.05	45/49
Graham Powell	Luton	1.07.85	Sheffield	29.10.06	50/54
Graham Powell	Team Luton	1.09.04	Sheffield	28.10.11	55/59
Graham Powell	Team Luton	1.12.02	Sheffield	29.10.16	60/64
Mike Foskett	Hemel Hempstead	1.15.61	Sheffield	26.10.18	65/69
Alan Jackson	Beavers Masters Bedford	1.24.70	Guernsey	05.04.09	70/74
Alan Jackson	East Anglian Swallow Tails	1.31.49	Sudbury	16.02.14	75/79

Womens 100m Backstroke

Alison Binns	Bushey	1.06.32	Sheffield	27.10.17
Cathryn Thomson	St Ives	1.09.66	Sheffield	26.10.18
Jade Perry	Rochford & District	1.09.71	Sheffield	25.10.13
Zoe Cray	teamipswich	1.03.38	Sheffield	24.10.09
Jo Lee-Pearce	Hemel Hempstead	1.15.03	Sheffield	27.10.17
Liz Woolner	Flitwick Dolphins	1.15.73	Leamington Spa	30.03.14
Liz Woolner	Team Anglia Masters	1.15.08	Sheffield	26.10.18
Eileen Luther	Rochford & District	1.18.47	Sheffield	26.10.14
Eileen Luther	Rochford & District	1.22.69	Sheffield	26.10.18
Pat Reynolds	Beavers Masters Bedford	1.31.52	Newmarket	01.10.16
Pat Jackson	East Anglian Swallow Tails	1.41.07	Leeds	12.05.18
Janet Masters	South Beds Masters	1.43.94	Sheffield	29.10.16

Mens 200m Backstroke

Jack Spence	Hemel Hempstead	2.06.53	Sheffield	28.10.16	18/24
John Sargent	City Of Cambridge	2.02.23	Sheffield	30.10.11	25/29
Ashley Buck	Newmarket	2.13.18	Sheffield	30.10.11	30/34
Ashley Buck	Team Anglia Masters	2.13.71	Sheffield	28.10.16	35/39
Lee Peterson	Braintree & Bocking	2.15.46	Newmarket	03.10.15	40/44
David Cartledge	Modernian	2.24.50	Sheffield	29.10.05	45/49
Graham Powell	Luton	2.31.31	Sheffield	28.10.06	50/54
David Cartledge	Modernian	2.29.00	Sheffield	24.10.15	55/59
Graham Powell	Team Luton	2.39.89	Sheffield	28.10.16	60/64
Mike Foskett	Hemel Hempstead	2.44.05	Sudbury	18.02.18	65/69
Alan Jackson	Beavers Masters Bedford	3.05.74	Guernsey	04.04.09	70/74
Paul Clarke	Beavers Masters Bedford	3.57.13	Newmarket	30.09.18	75/79

Womens 200m Backstroke

Jennifer Budden	Southend-on-Sea	2.25.26	Sheffield	28.10.17
Hayley Davis	Flitwick Dolphins	2.29.47	Sheffield	25.10.09
Hayley Davis	City of Cambridge	2.28.08	Sheffield	24.10.15
Jo Mitchinson	Stevenage	2.31.64	Sheffield	28.10.18
Jo Lee-Pearce	Hemel Hempstead	2.43.50	Sheffield	28.10.17
Liz Woolner	Flitwick Dolphins	2.49.43	Sheffield	25.10.14
Alyson Fordham	Harlow Penguins	2.56.10	Bury St Edmunds	05.10.08
Janet Williams	Team Anglia Masters	3.17.80	Newmarket	01.10.17
Pat Reynolds	Beavers Masters Bedford	3.13.95	Newmarket	05.10.13
Pat Reynolds	Beavers Masters Bedford	3.13.65	Newmarket	01.10.16
Pat Jackson	East Anglian Swallow Tails	3.41.11	Newmarket	30.09.18
Janet Masters	South Beds Masters	3.44.88	Sheffield	24.10.15

Mens 50m Butterfly

Liam Doonan	City Of Cambridge	25.54	Sheffield	25.10.14
Geoff Short	Bishops Stortford	25.32	Sheffield	26.10.13
Stephen Mavin	Chatteris	25.04	Sheffield	24.10.09
Stephen Mavin	March Marlins	25.32	Sheffield	25.10.14
John Cunningham	Potters Bar	26.93	Newmarket	20.11.11
Daryl Mason	Potters Bar	26.36	Sheffield	22.11.15
Paul Morris	Clacton	28.75	Newmarket	03.10.09
Barry Chandler	Bishops Stortford	29.24	Sheffield	26.10.13
Graham Powell	Team Luton	31.39	Sheffield	28.10.16
Mike Foskett	Hemel Hempstead	33.05	Sheffield	27.10.18
Alan Jackson	East Anglian Swallow Tails	36.53	Newmarket	15.11.09
Alan Jackson	East Anglian Swallow Tails	41.32	Newmarket	04.10.14

Womens 50m Butterfly

18/24	Alison Binns	Watford	29.07	Sheffield	27.10.18
25/29	Elizabeth Bellinger	Bishops Stortford	28.92	Sheffield	27.10.06
30/34	Elizabeth Bellinger	Bishops Stortford	29.25	Sheffield	24.10.09
35/39	Zoe Cray	teamipswich	28.65	Sheffield	24.10.09
40/44	Zoe Cray	teamipswich	29.65	Newmarket	15.11.15
45/49	Liz Woolner	Flitwick Dolphins	30.75	Sheffield	25.10.14
50/54	Liz Woolner	Flitwick Dolphins	30.48	Sudbury	18.02.18
55/59	Debbie Matless	East Anglian Swallow Tails	32.14	Sheffield	27.10.18
60/64	Jean Appleby	Sudbury	35.65	Sheffield	27.10.18
60/64	Eileen Luther	Rochford & District	35.65	Basildon	17.11.18
65/69	Pat Jackson	East Anglian Swallow Tails	40.96	Carlisle	10.05.14
70/74	Pat Jackson	East Anglian Swallow Tails	43.94	Newmarket	01.10.17
75/79	Janet Masters	South Beds Masters	50.31	Barnet Copthall	06.09.15

Mens 100m Butterfly

Liam Curran	Putteridge	57.17	Sheffield	27.10.17
Kevin Barter	Chatteris	56.61	Sheffield	25.10.08
Stephen Mavin	Chatteris	55.57	Sheffield	24.10.09
Stephen Mavin	March Marlins	56.15	Sheffield	25.10.14
Garry Mavin	March Marlins	1.01.02	Sheffield	26.10.12
Garry Mavin	Team Anglia Masters	1.02.53	Sheffield	27.10.17
Paul Morris	Clacton	1.04.22	Newmarket	03.10.09
Graham Powell	Team Luton	1.08.36	Sheffield	29.10.11
Graham Powell	Team Luton	1.08.70	Barnet Copthall	04.09.16
		1.36.96		
Paul Clarke	Team Luton	1.54.83	Barnet Copthall	07.07.13
Alan Jackson	East Anglian Swallow Tails	1.51.81	Newmarket	04.10.14

Womens 100m Butterfly

18/24	Alison Binns	Bushey	1.05.92	Sheffield	27.10.17
25/29	Robyn Le Friec	City of Cambridge	1.05.26	Sheffield	27.10.17
30/34	Elizabeth Bellinger	Bishops Stortford	1.05.85	Sheffield	24.10.09
35/39	Elizabeth Bellinger	Bishops Stortford	1.05.23	Sheffield	24.10.15
40/44	Elizabeth Bellinger	Bishops Stortford	1.05.33	Sudbury	18.02.18
45/49	Liz Woolner	Flitwick Dolphins	1.08.81	Sheffield	25.10.14
50/54	Liz Woolner	Flitwick Dolphins	1.08.47	Sudbury	18.02.18
55/59	Debbie Matless	East Anglian Swallow Tails	1.18.02	Basildon	03.03.18
60/64	Jean Appleby	Sudbury	1.23.63	Sheffield	30.10.16
65/69	Pat Jackson	East Anglian Swallow Tails	1.35.65	Sheffield	26.10.12
70/74	Pat Jackson	East Anglian Swallow Tails	1.49.18	Llandudno	06.10.18
75/79	Janet Masters	South Beds Masters	1.51.41	Sheffield	30.10.16

Mens 200m Butterfly

Brandon Nabarro	Putteridge	2.11.85	Sheffield	29.10.16
Thomas Williams	Sudbury	2.19.17	Sheffield	30.10.11
Liam Barnett	City of Cambridge	2.14.61	Sheffield	26.10.18
Stephen Mavin	Chatteris	2.11.96	Sheffield	31.10.10
Lee North	Rochford & District	2.30.51	Sheffield	23.10.15
Ian Wallace	Brentwood	2.28.86	Sheffield	29.10.16
Simon Emm	Colchester	2.26.12	Newmarket	01.10.17
Graham Powell	Team Luton	2.41.63	Sheffield	30.10.11
Nicholas Hunt	Chelmsford	3.13.65	Sheffield	26.10.18
Chris Jessup	South Beds Masters	4.02.69	Sheffield	27.10.13
Richard Goddard	Impington Masters	4.23.77	Newmarket	06.10.12

Womens 200m Butterfly

18/24	Eleanor Llewellyn	West Suffolk	2.36.31	Sheffield	26.10.18
25/29	Robyn Le Friec	City of Cambridge	2.22.69	Sheffield	29.10.16
30/34	Hayley Davis	City of Cambridge	2.28.19	Sheffield	23.10.15
35/39	Elizabeth Bellinger	Bishops Stortford	2.29.65	Sudbury	19.02.17
40/44	Elizabeth Bellinger	Bishops Stortford	2.30.72	Sudbury	18.02.18
45/49	Josephine Cresswell	East Anglian Swallow Tails	2.46.90	Newmarket	05.10.13
50/54	Silvia Ferdin	City of Cambridge	2.42.22	Angers. France	25.03.18
55/59	Pat Jackson	East Anglian Swallow Tails	3.27.71	Sheffield	29.10.05
60/64	Pat Jackson	East Anglian Swallow Tails	3.25.67	Carlisle	12.05.07
65/69	Pat Jackson	East Anglian Swallow Tails	3.32.18	Sheffield	27.10.12
70/74	Pat Jackson	East Anglian Swallow Tails	3.56.12	Inverness	22.04.17

Mens 50m Breaststroke

Lawrence Palmer	Putteridge	26.83	Sheffield	24.10.15	18/24
Lawrence Palmer	Putteridge	26.99	Sheffield	29.10.17	25/29
		30.84			30/34
Lee Peterson	Braintree & Bocking	30.18	Sheffield	26.10.13	35/39
Lee Peterson	Braintree & Bocking	30.24	Sheffield	26.10.14	40/44
Matthew Banham	West Suffolk	31.00	Sudbury	18.02.18	45/49
Marcel Scholten	Team Anglia Masters	32.16	Sheffield	29.10.16	50/54
Duncan Beveridge	St Albans Masters	33.45	Sheffield	29.10.17	55/59
David Pirrie	Hemel Hempstead	35.86	Sheffield	26.10.18	60/64
Alan Canham	Harlow Penguins	40.60	Colchester	18.11.07	65/69
Alan Canham	Harlow Penguins	42.28	Newmarket	20.11.11	70/74
Paul Clarke	Beavers Masters Bedford	48.90	Stafford	18.03.17	75/79
Neil Howell	East Anglian Swallow Tails	59.81	Norwich	19.05.12	80/84
Donald Macfarlane	West Norfolk	1.12.54	Newmarket	04.10.14	85/89

Womens 50m Breaststroke

Roxanne Uys	West Norfolk	33.89	Newmarket	12.11.17
Louise Bush	UEA City of Norwich	33.84	Sheffield	29.10.16
Kathryn Gill	City of Cambridge	32.94	Sheffield	26.10.18
Carla King	South Beds Masters	34.16	Sheffield	26.10.18
Lucy Ryan	Team Anglia Masters	36.07	Sheffield	29.10.17
Lucy Ryan	Team Anglia Masters	35.71	Sheffield	26.10.18
Hannah Ueckermann	Witham Dolphins	40.13	Sheffield	26.10.13
Hannah Ueckermann	Witham Dolphins	40.95	Basildon	17.11.18
Jean Appleby	Sudbury	41.47	Sheffield	26.10.18
Christine Ayers	South Beds Masters	46.94	Basildon	17.11.18
Pat Jackson	East Anglian Swallow Tails	50.46	Sheffield	19.11.17
Janet Masters	South Beds Masters	56.91	Sheffield	29.10.16

Mens 100m Breaststroke

Lawrence Palmer	Putteridge	1.01.39	Sheffield	25.10.14	18/24
Lawrence Palmer	Putteridge	59.23	Sheffield	28.10.17	25/29
		1.09.11			30/34
Lee Peterson	Braintree & Bocking	1.05.65	Sheffield	28.10.12	35/39
Lee Peterson	Braintree & Bocking	1.05.50	Sheffield	25.10.14	40/44
Matthew Banham	West Suffolk	1.07.60	Sudbury	18.02.18	45/49
Marcel Scholten	Team Anglia Masters	1.10.70	Sheffield	28.10.16	50/54
David Cartledge	Modernian	1.13.97	Sheffield	23.10.15	55/59
Geoff Thwaites	City of Cambridge	1.19.40	Sheffield	26.10.07	60/64
Geoff Thwaites	City of Cambridge	1.23.64	Sheffield	25.10.14	65/69
Alan Jackson	Beavers Masters Bedford	1.40.06	Newmarket	03.10.09	70/74
Basil Gell	Bedford Masters	1.52.78	Aylesbury	29.04.07	75/79
Neil Howell	East Anglian Swallow Tails	2.11.28	Barnet Copthall	15.07.12	80/84
Donald Macfarlane	West Norfolk	3.26.95	Newmarket	01.10.17	85/89

Womens 100m Breaststroke

Roxanne Uys	West Norfolk	1.13.87	Newmarket	22.04.18
Louise Bush	UEA City of Norwich	1.12.81	Sheffield	28.10.16
Kathryn Loveys	City of Cambridge	1.11.75	Sheffield	28.10.17
Carla King	South Beds Masters	1.19.23	Newmarket	30.09.18
Lucy Ryan	Team Anglia Masters	1.17.84	Sheffield	28.10.17
Lucy Ryan	Team Anglia Masters	1.16.76	Sheffield	28.10.18
Hannah Ueckermann	Witham Dolphins	1.25.78	Glasgow	24.04.15
Hannah Ueckermann	Witham Dolphins	1.26.50	Sheffield	28.10.18
Annette Thatcher	Hemel Hempstead	1.35.97	Sheffield	26.10.13
Pat Jackson	East Anglian Swallow Tails	1.45.21	Scarborough	12.05.12
Pat Jackson	East Anglian Swallow Tails	1.52.51	Sheffield	19.11.17
Janet Masters	South Beds Masters	2.08.37	Leamington Spa	17.05.15

Mens 200m Breaststroke

Lawrence Palmer	Putteridge	2.16.13	Sheffield	24.10.14	18/24
Lawrence Palmer	Putteridge	2.11.90	Sheffield	27.10.17	25/29
		2.36.55			30/34
Lee Peterson	Braintree & Bocking	2.26.82	Sheffield	25.10.13	35/39
Lee Peterson	Braintree & Bocking	2.27.62	Sheffield	24.10.14	40/44
Matthew Banham	West Suffolk	2.28.42	Sudbury	18.02.18	45/49
Marcel Scholten	Team Anglia Masters	2.40.34	Sheffield	27.10.17	50/54
David Cartledge	Modernian	2.47.37	Sheffield	24.10.15	55/59
Geoff Thwaites	City of Cambridge	2.56.26	Sheffield	27.10.07	60/64
Geoff Thwaites	City of Cambridge	3.00.01	Sheffield	25.10.13	65/69
Paul Clarke	Team Luton	4.02.56	Leamington Spa	28.04.13	70/74
Paul Clarke	Beavers Masters Bedford	4.14.92	Maidenhead	16.09.18	75/79
Neil Howell	East Anglian Swallow Tails	4.49.57	Barnet Copthall	15.07.12	80/84

Womens 200m Breaststroke

Lucy Park	Watford	2.43.11	Sheffield	27.10.18
Louise Bush	UEA City of Norwich	2.37.29	Sheffield	30.10.16
Kathryn Gill	City of Cambridge	2.36.05	Sheffield	27.10.18
Amanda Goodman	Basildon	2.53.38	Sheffield	28.10.05
Lucy Ryan	Team Anglia Masters	2.50.40	Sheffield	30.10.16
Lucy Ryan	Team Anglia Masters	2.48.18	Sheffield	27.10.18
Hannah Ueckermann	Witham Dolphins	3.03.29	Sheffield	25.10.13
Hannah Ueckermann	Witham Dolphins	3.07.24	Sheffield	27.10.18
Christine Ayers	South Beds Masters	3.28.50	Sheffield	24.10.14
Pat Jackson	East Anglian Swallow Tails	3.52.51	Sheffield	25.10.13
Pat Jackson	East Anglian Swallow Tails	4.06.03	Billingham	25.03.18
Audrey Head	City of Ely	5.15.75	Bury St Edmunds	14.10.07

Mens 100m Individual Medley

Lawrence Palmer	Putteridge	57.30	Sheffield	24.10.15
Guy Sherwin	Hatfield	59.10	Sheffield	31.10.10
Stephen Mavin	Chatteris	59.68	Sheffield	23.10.09
Stephen Mavin	March Marlins	58.86	Sheffield	28.10.12
Lee Peterson	Braintree & Bocking	1.00.89	Sheffield	24.10.14
David Cartledge	Modernian	1.04.71	Sheffield	30.10.05
Marcel Scholten	Team Anglia Masters	1.05.38	Sheffield	27.10.17
David Cartledge	Modernian	1.07.82	Sheffield	24.10.15
Geoff Thwaites	City of Cambridge	1.12.94	Sheffield	26.10.08
Mike Foskett	Hemel Hempstead	1.16.18	Sheffield	27.10.18
Alan Jackson	Beavers Masters Bedford	1.21.74	Sudbury	14.02.09
Alan Jackson	East Anglian Swallow Tails	1.28.64	Sudbury	16.02.14

Womens 100m Individual Medley

Alison Binns	Bushey	1.06.98	Sheffield	27.10.17
Hayley Davis	Flitwick Dolphins	1.09.53	Sheffield	23.10.09
Zoe Cray	teamipswich	1.07.14	Bury St Edmunds	05.10.08
Zoe Cray	teamipswich	1.05.53	Sheffield	23.10.09
Zoe Cray	teamipswich	1.07.03	Newmarket	04.10.14
Liz Woolner	Flitwick Dolphins	1.13.80	Sheffield	24.10.14
Liz Woolner	Team Anglia Masters	1.13.90	Sheffield	27.10.17
Sally Winter	Bishops Stortford	1.21.51	Sheffield	27.10.18
Jean Appleby	Sudbury	1.21.13	Sheffield	27.10.17
Pat Jackson	East Anglian Swallow Tails	1.35.28	Norwich	19.05.12
Pat Jackson	East Anglian Swallow Tails	1.42.38	Newmarket	30.09.18
Janet Masters	South Beds Masters	1.46.18	Sheffield	24.10.15

Mens 200m Individual Medley

Sean Leahy	Hatfield	2.03.80	Sheffield	30.10.10
Liam Barnett	City of Cambridge	2.14.65	Sheffield	23.10.15
Stuart Clarke	Bishops Stortford	2.14.14	Sheffield	26.10.14
Stephen Mavin	March Marlins	2.09.10	Sheffield	26.10.14
Lee Peterson	Braintree & Bocking	2.14.64	Sheffield	29.10.16
David Cartledge	Modernian	2.19.98	Sheffield	30.10.05
Marcel Scholten	Team Anglia Masters	2.28.91	Sheffield	26.10.18
David Cartledge	Modernian	2.28.98	Sheffield	23.10.15
Graham Powell	Team Luton	2.43.14	Sheffield	29.10.17
Stuart McLellan	Sudbury	3.05.30	Sheffield	29.10.16
Alan Jackson	Beavers Masters Bedford	3.13.56	Guernsey	04.04.09
Basil Gell	Bedford Masters	4.01.54	Milton Keynes	03.12.06

Womens 200m Individual Medley

Jennifer Budden	Southend-on-Sea	2.26.44	Sheffield	29.10.17
Hayley Davis	Flitwick Dolphins	2.32.04	Sheffield	24.10.09
Kathryn Gill	City of Cambridge	2.28.09	Sheffield	26.10.18
Lynne Meale	UEA City of Norwich	2.32.63	Sheffield	26.10.12
Lynne Meale	City of Norwich	2.37.75	Sheffield	29.10.17
Sharon Perry	West Suffolk	2.43.83	Sudbury	18.02.18
Liz Woolner	Flitwick Dolphins	2.42.95	Barnet Copthall	09.07.17
Christine Ayers	South Beds Masters	3.12.89	Sheffield	28.10.11
Jean Appleby	Sudbury	3.05.91	Sudbury	07.02.16
Pat Jackson	East Anglian Swallow Tails	3.27.06	Sheffield	26.10.12
Pat Jackson	East Anglian Swallow Tails	3.45.67	Newmarket	01.10.17
Janet Masters	South Beds Masters	3.52.62	Sheffield	23.10.15

Mens 400m Individual Medley

Chris Greenhalgh	Sudbury	4.47.00	Sheffield	25.10.14
Graeham Douglas	City of Cambridge	5.06.23	Sheffield	25.10.14
		5.28.50		
Ashley Buck	Team Anglia Masters	5.02.58	Barnet Copthall	10.07.16
Lee North	Rochford & District	5.07.84	Sheffield	25.10.15
David Cartledge	Modernian	5.05.21	Sheffield	29.10.05
Dale Barker	Stowmarket	5.40.01	Barnet Copthall	15.07.12
Steve Ham	Rochford & District	5.43.26	Sheffield	28.10.17
Stuart McLellan	Sudbury	6.25.26	Sheffield	30.10.10
Stuart McLellan	Sudbury	6.43.75	Sheffield	28.10.16
Paul Clarke	Team Luton	8.28.76	Leamington Spa	28.04.13
Basil Gell	Bedford Masters	8.46.50	Barnet Copthall	22.07.07

Womens 400m Individual Medley

Victoria Pritchard	Putteridge	5.24.50	Sheffield	25.10.14
Hayley Davis	Flitwick Dolphins	5.20.07	Sheffield	25.10.09
Kathryn Gill	City of Cambridge	5.17.03	Sheffield	28.10.18
Elizabeth Bellinger	Bishops Stortford	5.29.61	Sheffield	28.10.17
Jo Lee-Pearce	Hemel Hempstead	5.48.23	Sheffield	28.10.17
Hannah Ueckermann	Witham Dolphins	6.08.45	Leamington Spa	25.04.10
Silvia Ferdin	City of Cambridge	5.51.19	Sheffield	28.10.18
Christine Ayers	South Beds Masters	6.52.61	Sheffield	30.10.10
Pat Jackson	East Anglian Swallow Tails	6.58.51	Sheffield	27.10.07
Pat Jackson	East Anglian Swallow Tails	7.17.82	Blackpool	25.02.12
Pat Jackson	East Anglian Swallow Tails	7.47.01	Inverness	21.04.17
Janet Masters	South Beds Masters	8.20.33	Sheffield	25.10.15