

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS



24th April 2024



WOMENS 4x50m FREESTYLE

72+	Dunmow Atlantis Tara Stroud, Georgia Harrod, Abigail Hart, Sarah Edwards	1.57.68	Swansea	14 June 2019
100 - 119				
120 - 159	Dunmow Atlantis Olivia Smith-Lal, Katie Bretman, Nicola Russell, Sarah Edwards	2.03.21	Sheffield	02 June 2023
160 - 199	City of Norwich Lynne Meale, Debbie Matless, Jo Johnson, Catherine Markwell	1.58.92	Plymouth	15 June 2013
200 - 239	Team Anglia Liz Woolner, Catherine Markwell, Lucy Ryan, Helen Davis	2.00.89	Sheffield	02 June 2023
240 - 279	Team Anglia Janet Williams, Helen Jarvis-Jones, Linden Jack, Vicki Buck	2.34.69	Sheffield	02 June 2023
280 - 319				

Open/Male 4x50m FREESTYLE

72+	West Norfolk Oliver Kenny, Robert Addis, Jake Lummas, Finlay Ryan	1.41.57	Sheffield	02 June 2023
100 - 119	Stowmarket David Harrison, Oliver Bumstead, Thomas Harrison, Shaun Harrison	1.43.44	Sheffield	04 May 2012
120 - 159				
160 - 199	Team Anglia Garry Mavin, Ashley Buck, Jonas Serna, Marc Over	1.53.05	Sheffield	02 April 2016
200 - 239	St Albans Masters Craig Kirkland, Neil Culey, Mark Beveridge, Duncan Beveridge	1.52.91	Leeds	18 June 2011
240 - 279	Hemel Hempstead David Pirrie, Mark Strakosch, Mark Ayres, Kevin McKenna	2.09.17	Aberdeen	17 June 2022
280 - 319				

MIXED 4x50m FREESTYLE

72+	West Suffolk Charles Whyte, Shannon Dalligan, Maya Harris, Myles Turner	1.47.84	Sheffield	03 June 2023
100 - 119				
120 - 159	City of Cambridge Killian O'Byrne, Sian Clement, Emma Brown, Andrea Viola	1.59.20	Manchester	25 April 2004
160 - 199	City of Norwich Lynne Meale, Adam Korn, Jo Johnson, Philip Moulson	1.57.41	Plymouth	15 June 2013
200 - 239	Team Anglia Garry Mavin, Sarah Aldridge, Liz Woolner, Martyn Fresher	1.54.35	Plymouth	10 June 2018
240 - 279	Rochford & District Walter Garrard, Heidi Nevin, Eileen Luther, Philip Harper	2.08.37	Sheffield	03 April 2016
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS

WOMENS 4x50m MEDLEY

72+			
100 - 119			
120 - 159	Dunmow Atlantis Sarah Edwards, Olivia Smith-Lal, Nicola Russell, Katie Bretman	2.24.86	Sheffield 03 June 2023
160 - 199	Team Anglia Sarah Aldridge, Lucy Ryan, Liz Woolner, Helen Davis	2.14.67	Plymouth 09 June 2018
200 - 239	Team Anglia Catherine Markwell, Lucy Ryan, Liz Woolner, Helen Davis	2.15.61	Sheffield 03 June 2023
240 - 279			
280 - 319			

Open/Male 4x50m MEDLEY

72+	West Norfolk Oliver Kenny, Finlay Ryan, Robert Addis, Samuel Rose	1.54.59	Sheffield 03 June 2023
100 - 119			
120 - 159			
160 - 199	Team Anglia Ashley Buck, Martyn Fresher, Garry Mavin, Richard O'Leary	2.03.11	Sheffield 03 April 2016
200 - 239	St Albans Masters Steve Adams, Duncan Beveridge, Mark Beveridge, Neil Culey	2.07.66	Leeds 18 June 2011
240 - 279	Hemel Hempstead Kevin McKenna, David Pirrie, Mike Foskett, Mark Strakosch	2.18.75	Swansea 14 June 2019
280 - 319			

MIXED 4x50m MEDLEY

72+	Hemel Hempstead Hannah Bennett, Jack Christie, Kira Doyle, Jack Spence	2.05.56	Aberdeen 18 June 2017
100 - 119			
120 - 159	City of Cambridge Sian Clement, Philip Robinson, Emma Brown, Killian O'Byrne	2.14.70	Manchester 25 April 2004
160 - 199	Newmarket Chris Barlow, John Irish, Bethany Sampher, Anne Vanner	2.11.99	Swansea 21 April 2024
200 - 239	Team Anglia Sarah Aldridge, Martyn Fresher, Liz Woolner, Garry Mavin	2.09.68	Plymouth 08 June 2018
240 - 279	Rochford and District Eileen Luther, Heidi Nevin, Walter Gerrard, Philip Harper	2.21.85	Sheffield 01 April 2016
280 - 319			

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS

WOMENS 4x100m FREESTYLE

72+			
100 - 119			
120 - 159			
160 - 199	City of Norwich	4.22.37	Plymouth 14 June 2013
	Lynne Meale, Debbie Matless, Jo Johnson, Catherine Markwell		
200 - 239			
240 - 279			
280 - 319			

Open/Male 4x100m FREESTYLE

72+	Hemel Hempstead	3.51.12	Aberdeen 17 June 2017
	Jack Christie, Jack Spence, Joshua Gaines, Kyle Holmes		
100 - 119			
120 - 159			
160 - 199			
200 - 239	Team Anglia	4.17.99	Sheffield 01 April 2016
	Martyn Fresher, David Cartledge, Dale Barker, Ashley Buck		
240 - 279	Hemel Hempstead	4.39.94	Swansea 14 June 2019
	David Pirrie, Mike Foskett, Mark Strakosch, Kevin McKenna		
280 - 319			

MIXED 4x100m FREESTYLE

72+	West Suffolk	4.01.83	Sheffield 03 June 2023
	Charles Whyte, Maya Harris, Shannon Dalligan, Myles Turner		
100 - 119			
120 - 159	City of Cambridge	4.15.75	Sheffield 03 June 2023
	Fay Westwood, Gavin White, Charlotte Begg, Michael Tansini		
160 - 199	City of Norwich	4.20.32	Plymouth 15 June 2013
	Lynne Meale; Adam Korn; Jo Johnson; Phillip Moulson		
200 - 239	Rochford & District	4.35.03	Sheffield 02 April 2016
	Stephen Ham, Eileen Luther, Heidi Nevin, Lee North		
240 - 279	Team Anglia	5.03.21	Sheffield 03 June 2023
	Martyn Fresher, Dale Barker, Janet Williams, Linden Jack		
280 - 319			

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS

WOMENS 4x100m MEDLEY

72+

100 - 119

120 - 159

160 - 199

200 - 239

240 - 279

280 - 319

Open/Male 4x100m MEDLEY

72+

100 - 119

120 - 159

160 - 199 East Anglian 4.53.39 Swansea 14 June 2014

David Webster, Adam Korn, Philip Moulson, Lawrence Turner

200 - 239 Team Anglia 5.13.68 Manchester 12 June 2015

Dale Barker, Martyn Fresher, Adam Lelean, Richard O'Leary

240 - 279 Hemel Hempstead 5.14.25 Swansea 14 June 2019

Kevin McKenna, David Pirrie, Mike Foskett, Mark Strakosch

280 - 319

MIXED 4x100m MEDLEY

72+

West Suffolk 4.27.02 Sheffield 03 June 2023

Myles Turner, Maya Harris, Charles Whyte, Shannon Dalligan

100 - 119

120 - 159

160 - 199 Newmarket 4.57.68 Swansea 20 April 2024

Chris Barlow, John Irish, Bethany Sampher, Anne Vanner

200 - 239 Rochford & District 5.06.60 Sheffield 02 April 2016

Eileen Luther; Heidi Nevin; Stephen Ham; Lee North

240 - 279 Team Anglia 5.49.96 Sheffield 03 June 2023

Hella Jarvis-Jones, Martyn Fresher, Dale Barker, Linden Jack

280 - 319

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS

WOMENS 4x200m FREESTYLE

72+

100 - 119

120 - 159

160 - 199

200 - 239

240 - 279

280 - 319

Open/Male 4x200m FREESTYLE

72+ Hemel Hempstead 8.50.74 Aberdeen 18 June 2017
Joshua Gaines, Kyle Holmes, Jack Christie, Jack Spence

100 - 119

120 - 159

160 - 199

200 - 239 Team Anglia 9.36.39 Sheffield 01 April 2016
Stephen Mavin, Dale Barker, Richard O'Leary, David Cartledge

240 - 279 Hemel Hempstead 11.14.55 Swansea 21 April 2024
Mark Ayres, David Pirrie, Mark Strakosch, Daniel Capozzi

280 - 319

MIXED 4x200m FREESTYLE

72+ Hemel Hempstead 9.42.51 Aberdeen 17 June 2017
Hannah Bennett; Kira Doyle; Jack Christie; Jack Spence

100 - 119

120 - 159

160 - 199 City of Norwich 9.29.65 Sheffield 04 May 2012
Adam Korn; Jo Johnson; Lynne Meale; Phillip Moulson

200 - 239 Rochford & District 9.58.21 Sheffield 03 April 2016
Stephen Ham; Eileen Luther; Heidi Nevin; Lee North

240 - 279 Hemel Hempstead 11.38.07 Sheffield 02 June 2023
Hilary Coulson, Mark Ayres, Sian Macdonald, Mark Strakosch

280 - 319