

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS



29th November 2025



WOMENS 4x50m FREESTYLE

72+	City of Cambridge	1.52.20	Sheffield	29 October 2017
	Katrin Heider; Samantha Auker; Kathryn Loveys; Robyn Le Friec			
100 - 119	South Beds Masters	1.53.59	Sheffield	26 October 2019
	Claire Evelyn; Carla King; Emma Irvine; Frances Merridan			
120 - 159	City of Cambridge	£ 1.54	Sheffield	26 October 2025
	Charlotte Begg; Kathryn Gill; Samantha Auker; Robyn Le Friec			
160 - 199	City of Norwich	1.57.17	Sheffield	27 October 2013
	Lynne Meale; Debbie Matless; Jo Johnson; Catherine Markwell			
200 - 239	Team Anglia	1.58.67	Sheffield	26 October 2025
	Liz Woolner; Catherine Markwell; Lucy Ryan; Helen Davis			
240 - 279	Team Anglia	2.28.65	Sheffield	29 October 2023
	Helen Davis; Janet Williams; Sandra Jinks; Vicki Buck			
280 - 319	South Beds Masters	3.10.73	Leamington Spa	17 May 2015
	Janet Masters; Margot Anderson; Iris Bellis; Andrea Minor			

Open/Male 4x50m FREESTYLE

72+	Hatfield	1.34.79	Sheffield	30 October 2010
	Guy Sherwin; Sean Leahy; Kevin Pickard; James Allchorne			
100 - 119	City of Cambridge	1.36.41	Sheffield	23 October 2015
	Liam Barnett; Luke Westwood; Simon Morley; Mark Leamon			
120 - 159	City of Cambridge	1.38.60	Sheffield	26 October 2018
	Mark Leamon; Liam Barnett; Luke Westwood; Tim Shipton			
160 - 199	March Marlins	1.40.45	Sheffield	27 October 2012
	Garry Mavin; Dan Wardley-Smith; Stephen Mavin; Martyn Fresher			
200 - 239	Team Anglia	1.46.98	Sheffield	29 October 2016
	Marcel Scholten; Garry Mavin; Richard O'Leary; Martyn Fresher			
240 - 279	Rochford & District	2.00.96	Sheffield	27 October 2013
	Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker			
280 - 319				

MIXED 4x50m FREESTYLE

72+	Bishops Stortford	1.44.53	Sheffield	29 October 2023
	Jake Lloyd; Niamh James; Lucy Wheeler; Callum Davis			
100 - 119	Stowmarket	1.52.44	Sheffield	29 October 2022
	Fran Wallace; Ash Fenwick; Will Handley; Dave Harrison			
120 - 159	Chatteris Kingfishers	1.46.84	Sheffield	30 October 2010
	Gary Smith; Marie Doherty; Stephen Mavin; Joanne Pearce			
160 - 199	Bishops Stortford	1.48.19	Sheffield	26 October 2013
	Sally Winter; Chloe Parnell; Barry Chandler; Geoff Short			
200 - 239	Team Anglia	1.50.76	Sheffield	24 October 2025
	Peter Brystow; Andrew Squires; Helen Davis; Elizabeth Woolner			
240 - 279	Team Anglia	2.02.84	Sheffield	25 October 2024
	Martyn Fresher; Janet Williams; Dale Barker; Elizabeth Woolner			
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x50m MEDLEY

72+	City of Cambridge	2.01.79	Sheffield	27 October 2017
	Samantha Auker; Kathryn Loveys; Robyn Le Friec; Katrin Heider			
100 - 119	South Beds Masters	2.16.09	Leamington Spa	28 April 2013
	Joanne Holder; Sarah Pearse; Samantha Hammond; Laura Robinson			
120 - 159	City of Cambridge	2.05.06	Sheffield	25 October 2025
	Samantha Auker; Kathryn Gill; Robyn Le Friec; Charlotte Begg			
160 - 199	Team Anglia	2.12.05	Sheffield	27 October 2017
	Liz Woolner; Lucy Ryan; Helen Davis; Hayley Turner			
200 - 239	Team Anglia	2.10.88	Sheffield	25 October 2025
	Catherine Markwell; Lucy Ryan; Elizabeth Woolner; Helen Davis			
240 - 279	Beaver Masters Bedford	2.54.28	Sheffield	25 October 2025
	Tracey Harris; Patricia Reynolds; Kathryn Russell; Karen Rockwell			
280 - 319	South Beds Masters	3.43.72	Leamington Spa	17 May 2015
	Andrea Minor; Iris Bellis; Janet Masters; Margot Anderson			

Open/Male 4x50m MEDLEY

72+	Putteridge	1.45.03	Sheffield	29 October 2016
	Ryan Compton; Lawrence Palmer; Brandon Nabarro; Jordan Batson			
100 - 119	City of Cambridge	1.46.29	Sheffield	23 October 2015
	Simon Morley; Luke Westwood; Liam Barnett; Mark Leamon			
120 - 159	City of Cambridge	1.49.54	Sheffield	27 October 2018
	Mark Leamon; Luke Westwood; Liam Barnett; Tim Shipton			
160 - 199	March Marlins	1.50.90	Sheffield	27 October 2012
	Dan Wardley-Smith; Martyn Fresher; Stephen Mavin; Garry Mavin			
200 - 239	Team Anglia	2.02.38	Sheffield	27 October 2018
	Dale Barker; Marcel Scholten; Garry Mavin; Simon Bradford			
240 - 279	Hemel Hempstead	2.13.20	Sheffield	27 October 2018
	Mike Foskett; David Pirrie; Mark Ayres; Kevin Mackenna			
280 - 319				

MIXED 4x50m MEDLEY

72+	City of Cambridge	1.54.73	Sheffield	25 October 2025
	Jonathan Adam; Kathryn Gill; George Adam; Jessica Hancock			
100 - 119	City of Cambridge	1.55.21	Sheffield	24 October 2015
	Simon Morley; Kathryn Loveys; Robyn Le Friec; Mark Leamon			
120 - 159	Chatteris Kingfishers	1.56.59	Sheffield	29 October 2011
	Daniel Wardley-Smith; Laura Wardley-Smith; Stephen Mavin; Joanne Pearce			
160 - 199	Team Anglia	2.03.47	Sheffield	28 October 2016
	Ashley Buck; Lucy Ryan; Alexander Bevis; Hayley Turner			
200 - 239	Team Anglia	2.06.43	Sheffield	28 October 2017
	Liz Woolner; Marcel Scholten; Helen Davis; Martyn Fresher			
240 - 279	Team Anglia	2.17.85	Sheffield	26 October 2024
	Dale Barker, Martyn Fresher, Helen Davis, Janet Williams			
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x100m FREESTYLE

72+	City of Cambridge	4.04.34	Sheffield	27 October 2017
	Kathryn Loveys; Samantha Auker; Katrin Heider; Robyn Le Fric			
100 - 119	South Beds Masters	4.27.65	Sheffield	27 October 2019
	Joanne Holder; Frances Merridan; Emma Irvine; Claire Evelyn			
120 - 159	City of Cambridge	4.08.80	Sheffield	25 October 2025
	Charlotte Begg; Kathryn Gill; Samantha Auker; Robyn Le Fric			
160 - 199	City of Norwich	4.18.21	Sheffield	26 October 2013
	Lynne Meale; Debbie Matless; Jo Johnson; Catherine Markwell			
200 - 239	Team Anglia	5.00.39	Sheffield	27 October 2017
	Hayley Turner; Lisa Withers; Jane Smith; Janet Williams			
240 - 279				
280 - 319				

Open/Male 4x100m FREESTYLE

72+	City of Cambridge	3.38.17	Sheffield	26 October 2013
	Tim Riviere; James Rumbelow; Luke Westwood; Alex Garner			
100 - 119	City of Cambridge	3.34.46	Sheffield	25 October 2015
	Mark Leamon; Luke Westwood; Tim Shipton; Liam Barnett			
120 - 159	City of Cambridge	3.33.95	Sheffield	27 October 2019
	Dimitris Kousoulidis; Neal Taylor; Mark Leamon; Liam Barnett			
160 - 199	March Marlins	3.43.00	Sheffield	26 October 2013
	Garry Mavin; Martyn Fresher; Stephen Mavin; Ashley Buck			
200 - 239	St Albans Masters	4.04.12	Sheffield	28 October 2012
	Stephen Adams; Neil Culley; Duncan Beveridge; Craig Kirkland			
240 - 279	Rochford & District	4.29.30	Sheffield	26 October 2013
	Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker			
280 - 319				

MIXED 4x100m FREESTYLE

72+	City of Cambridge	3.45.50	Sheffield	25 October 2025
	Jack Fleming; Jonathan Adam; Jessica Hancock; Almudena Visser Valez			
100 - 119	City of Cambridge	3.44.61	Sheffield	27 October 2017
	Katrin Heider; Luke Westwood; Robyn Le Fric; Liam Barnett			
120 - 159	Team Waveney	4.06.58	Sheffield	30 October 2021
	Lawrence Lowman; Oliver Postle; Eleanor Oxborough; Tanya Alexander			
160 - 199	Potters Bar	4.16.64	Sheffield	30 October 2021
	John Cunningham; Robert Scott; Daniella Harrison; Kelly Sanders			
200 - 239	Bishops Stortford	4.16.09	Sheffield	24 October 2015
	Elizabeth Bellinger; Sally Winter; Peter Kelleway; Barry Chandler			
240 - 279	Rochford & District	4.42.82	Sheffield	27 October 2018
	Heidi Nevin; Philip Harper; Eileen Luther; Geoff Baker			
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x100m MEDLEY

72+	City of Cambridge	4.32.60	Sheffield	28 October 2017
	Samantha Auker; Kathryn Loveys; Robyn Le Friec; Katrin Heider			
100 - 119				
120 - 159	City of Cambridge	4.40.14	Sheffield	26 October 2024
	Samantha Auker, Kathryn Gill, Robyn Le Friec, Fay Westwood			
160 - 199	South Beds	5.10.88	Sheffield	26 October 2024
	Lauren Avis, Carla King, Emma Joyce, Margaret Reed			
200 - 239	Team Anglia	5.02.65	Sheffield	27 October 2018
	Janet Williams; Lucy Ryan; Elizabeth Woolner; Helen Davis			
240 - 279				
280 - 319				

Open/Male 4x100m MEDLEY

72+	West Suffolk	3.57.29	Sheffield	26 October 2024
	Myles Turner, Thomas Sarah, Jake Thomas-Mansfield, Charles Whyte			
100 - 119	City of Cambridge	3.56.67	Sheffield	24 October 2015
	Simon Morley; Luke Westwood; Liam Barnett; Mark Leamon			
120 - 159	City of Cambridge	4.19.15	Sheffield	26 October 2024
	Mark Leamon, Luke Westwood, Harry Robinson, James Gill			
160 - 199	March Marlins	4.07.77	Sheffield	25 October 2013
	Ashley Buck; Martyn Fresher; Stephen Mavin; Garry Mavin			
200 - 239	St Albans Masters	4.31.98	Sheffield	26 October 2012
	Stephen Adams; Duncan Beveridge; Craig Kirkland; Neil Culley			
240 - 279	Hemel Hempstead	5.01.53	Sheffield	26 October 2019
	Mike Foscett; David Pirrie; Kevin McKenna; Mark Strakosch			
280 - 319				

MIXED 4x100m MEDLEY

72+	Bishops Stortford	4.14.82	Sheffield	26 October 2024
	Niamh James, Callum Davis, Jake Lloyd, Lucy Wheeler			
100 - 119	Stowmarket	4.58.49	Sheffield	25 October 2025
	Lija Radziunaite; Francesca Wallace; Olivia Curtin; Elizabeth England			
120 - 159	City of Cambridge	4.34.09	Sheffield	24 October 2025
	Samantha Auker; Kathryn Gill; Robyn Le Friec; Charlotte Begg			
160 - 199	East Anglian Swallow Tails	4.44.37	Sheffield	24 October 2014
	David Webster; Kate Warwick; Josephine Cresswell; Adam Korn			
200 - 239	Rochford & District	4.56.15	Sheffield	28 October 2017
	Eileen Luther; Heidi Nevin; Stephen Ham; Lee North			
240 - 279	Rochford & District	5.18.65	Sheffield	26 October 2018
	Eileen Luther; Heidi Nevin; Geoff Baker; Philip Harper			
280 - 319				

SWIM ENGLAND EAST REGION MASTERS & SENIORS SHORT COURSE RELAY RECORDS

WOMENS 4x200m FREESTYLE

72+	City of Cambridge	8.59.97	Sheffield	25 October 2025
	Charlotte Begg; Almudena Visser Velez; Jessica Hancock; Samantha Auker			
100 - 119				
120 - 159	City of Norwich	9.36.42	Sheffield	27 October 2024
	Sophie Liddament, Louise Bush, Katie Maloney, Jessica-Jane Applegate			
160 - 199	City of Norwich	9.53.64	Sheffield	26 October 2013
	Debbie Matless; Lynne Meale; Jo Johnson; Catherine Markwell			
200 - 239	St Albans Masters	11.12.77	Sheffield	28 October 2022
	Suzanne Welham; Lisa Randall; Sarah Jewkes, Sian Brice			
240 - 279	Beaver Masters Bedford	13.16.20	Sheffield	25 October 2025
	Karen Rockell; Tracey Harris; Patricia Reynolds; Kathryn Russell			
280 - 319				

Open/Male 4x200m FREESTYLE

72+	West Suffolk	8.06.25	Sheffield	28 October 2022
	Charles Whyte; Jake Thomas Mansfield; Ben Wilkinson; Myles Turner			
100 - 119	City of Cambridge	8.07.15	Sheffield	28 October 2016
	Mark Leamon; Tim Shipton; James Rumbelow; Luke Westwood			
120 - 159	Stowmarket	8.41.34	Sheffield	29 October 2011
	Dale Barker; David Harrison; Oliver Bumstead; Thomas Harrison			
160 - 199	March Marlins	8.26.28	Sheffield	24 October 2014
	Stephen Mavin; Garry Mavin; Richard O'Leary; Ashley Buck			
200 - 239	Rochford & District	9.19.64	Sheffield	26 October 2012
	Geoff Baker; Stephen Ham; Peter Rae; Paul Metson			
240 - 279	Rochford & District	10.05.78	Sheffield	26 October 2013
	Peter Rae; Walter Gerrard; Philip Harper; Geoff Baker			
280 - 319				

MIXED 4x200m FREESTYLE

72+	Chelmsford	10.13.23	Sheffield	30 October 2016
	Sophie Castle, Dave Pethers, Natasha Cotter, Augustus Veasey			
100 - 119				
120 - 159	Stowmarket	10.46.09	Sheffield	30 October 2022
	Ashia Fenwick; Karl Blagg; Sophie Barrett; Thomas Harrison			
160 - 199	Chelmsford	11.07.25	Sheffield	29 October 2017
	Sophie Castle, Natasha Cotter, Gordon Cartwright, Nicholas White			
200 - 239	Basildon and Phoenix	10.12.16	Sheffield	25 October 2024
	Dave Pethers, Amanda Goodman, Keith Oddy, Kira Neal			
240 - 279	East Anglian	10.21.78	Sheffield	25 October 2024
	Adam Lelean, Josephine Cresswell, Brian McShea, Suzanne Noble			
280 - 319				

