

22nd February 2026

Long Course Female

| | <u>Club</u> | <u>Time</u> | <u>Venue</u> | <u>Date</u> | <u>Age</u> |
|------------------------|----------------------------|-------------|------------------------|-------------|------------|
| 50m Freestyle | | | | | |
| Rikke Nagell-Kleven | City of Norwich | 28.14 | Norwich | 11.05.19 | 18/24 |
| Lucy Wheeler | Bishops Stortford | 27.53 | London Aquatics Centre | 14.06.25 | 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 |
| Carla King | South Beds Masters | 28.81 | London Aquatics Centre | 17.05.25 | 40/44 |
| Emma Walker | City of Cambridge | 29.52 | Norwich | 11.05.19 | 45/49 |
| Liz Woolner | Flitwick Dolphins | 29.16 | Aberdeen | 17.06.17 | 50/54 |
| Liz Woolner | Team Anglia Masters | 29.29 | Sheffield | 03.06.23 | 55/59 |
| Debbie Matless | East Anglian Swallow Tails | 31.65 | Sheffield | 03.06.23 | 60/64 |
| Alyson Fordham | Bishops Stortford | 30.56 | Sheffield | 03.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 38.78 | Swansea | 05.03.23 | 70/74 |
| Janet Masters | South Beds Masters | 44.00 | Manchester | 14.06.15 | 75/79 |
| Janet Masters | South Beds Masters | 55.94 | Swansea | 19.04.24 | 80/84 |
| Janet Masters | South Beds Masters | 1.00.20 | Crawley | 18.01.25 | 85/89 |
| 100m Freestyle | | | | | |
| Jessica-Jane Applegate | UEA City of Norwich | 1.00.33 | Norwich | 13.05.17 | 18/24 |
| Lucy Wheeler | Bishops Stortford | 58.97 | London Aquatics Centre | 15.06.25 | 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 |
| Carla King | South Beds Masters | 1.04.48 | Crawley | 22.01.23 | 40/44 |
| Elizabeth Bellinger | Bishops Stortford | 1.05.20 | Swansea | 04.03.23 | 45/49 |
| Liz Woolner | Team Anglia Masters | 1.05.53 | Plymouth | 09.06.18 | 50/54 |
| Liz Woolner | Team Anglia Masters | 1.06.00 | Sheffield | 04.06.23 | 55/59 |
| Sally Winter | Bishops Stortford | 1.08.51 | Crawley | 18.01.20 | 60/64 |
| Alyson Fordham | Bishops Stortford | 1.09.16 | Sheffield | 04.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 1.31.35 | Derby | 10.12.23 | 70/74 |
| Patricia Reynolds | Beavers Masters Bedford | 1.28.17 | London Aquatics Centre | 15.06.25 | 75/79 |
| Janet Masters | South Beds Masters | 1.57.60 | Swansea | 19.04.24 | 80/84 |
| Janet Masters | South Beds Masters | 2.06.91 | Crawley | 18.01.25 | 85/89 |
| 200m Freestyle | | | | | |
| Rebecca Howell | Basildon & Phoenix | 2.11.31 | London Aquatics Centre | 13.06.25 | 18/24 |
| Lucy Wheeler | Bishops Stortford | 2.09.35 | London Aquatics Centre | 13.06.25 | 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 Mitchinson | Team Luton | 2.21.53 | Swansea | 01.03.20 | 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 |
| Sally Winter | Bishops Stortford | 2.30.78 | Crawley | 19.01.20 | 60/64 |
| Alyson Fordham | Bishops Stortford | 2.38.23 | Sheffield | 02.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 3.12.59 | Derby | 10.12.23 | 70/74 |
| Janet Masters | South Beds Masters | 3.39.98 | Manchester | 13.06.15 | 75/79 |
| 400m Freestyle | | | | | |
| Jessica-Jane Applegate | UEA City of Norwich | 4.32.28 | Norwich | 13.05.17 | 18/24 |
| Robyn Le Fric | City of Cambridge | 4.42.78 | Sheffield | 03.04.16 | 25/29 |
| Cathryn Thomson | St Ives | 5.10.97 | Sheffield | 03.06.23 | 30/34 |
| Jo Mitchinson | Stevenage | 5.02.58 | London Aquatics Centre | 25.05.16 | 35/39 |
| Jo Mitchinson | Team Luton | 5.07.40 | Sheffield | 03.06.23 | 40/44 |
| Susan Evans | Biggleswade | 5.12.99 | Sheffield | 03.06.23 | 45/49 |
| Silvia Ferdin | City of Cambridge | 5.07.87 | Pierrelatte, France | 30.06.18 | 50/54 |
| Silvia Ferdin | City of Cambridge | 5.19.28 | Antibes, France | 25.06.23 | 55/59 |
| Suzanne Noble | East Anglian Swallow Tails | 5.19.93 | Sheffield | 03.06.23 | 60/64 |
| Alyson Fordham | Bishops Stortford | 5.47.04 | Aberdeen | 18.06.22 | 65/69 |
| Christine Ayers | South Beds Masters | 6.40.73 | Derby | 10.12.23 | 70/74 |
| Patricia Reynolds | Beavers Masters Bedford | 6.41.03 | London Aquatics Centre | 14.06.25 | 75/79 |
| 800m Freestyle | | | | | |
| Shannon Dalligan | West Suffolk | 9.50.30 | Sheffield | 02.06.23 | 18/24 |
| Robyn Le Fric | 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 |
| Emily Summers | St Albans Masters | 10.49.08 | London Aquatics Centre | 22.06.24 | 40/44 |
| Susan Evans | Biggleswade | 10.28.70 | London Aquatics Centre | 15.06.25 | 45/49 |
| Silvia Ferdin | City of Cambridge | 10.39.67 | Pierrelatte, France | 28.06.18 | 50/54 |
| Silvia Ferdin | City of Cambridge | 10.54.68 | Antibes, France | 23.06.23 | 55/59 |
| Suzanne Noble | East Anglian Swallow Tails | 10.49.77 | London Aquatics Centre | 15.06.25 | 60/64 |
| Sharon Mclellan | Hadleigh | 13.16.68 | Sheffield | 02.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 13.37.33 | Doha | 26.02.24 | 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 |
| Gemma Cannon | Deben | 20.55.58 | Swansea | 19.04.24 | 30/34 |
| Kira Neal | Basildon & Phoenix | 21.34.06 | Sheffield | 04.06.23 | 35/39 |
| Emily Summers | St Albans Masters | 20.27.58 | Swansea | 19.04.24 | 40/44 |
| Susan Evans | Biggleswade | 20.21.27 | London Aquatics Centre | 13.06.25 | 45/49 |
| Silvia Ferdin | City of Cambridge | 20.03.96 | Pierrelatte, France | 28.06.18 | 50/54 |
| Silvia Ferdin | City of Cambridge | 20.32.11 | Antibes, France | 23.06.23 | 55/59 |
| Suzanne Noble | East Anglian Swallow Tails | 20.46.06 | London Aquatics Centre | 13.06.25 | 60/64 |
| Sharon McLellan | Hadleigh | 25.30.74 | Sheffield | 04.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 26.33.57 | Derby | 07.04.24 | 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 | 32.55 | London Aquatics Centre | 24.03.19 | 30/34 |
| Catherine Markwell | East Anglian Swallow Tails | 35.20 | Norwich | 19.05.18 | 35/39 |
| Sarah Carrington | Witham Dolphins | 35.40 | London Aquatics Centre | 14.06.25 | 40/44 |
| Dawn Palmer | Basildon & Phoenix | 35.14 | Swansea | 21.04.24 | 45/49 |
| Liz Woolner | Flitwick Dolphins | 35.48 | Aberdeen | 17.06.17 | 50/54 |
| Liz Woolner | Team Anglia Masters | 36.25 | Aberdeen | 18.06.22 | 55/59 |
| Jean Appleby | Sudbury | 39.62 | Sheffield | 02.04.16 | 60/64 |
| Alyson Fordham | Bishops Stortford | 38.53 | Sheffield | 03.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 46.01 | Swansea | 04.03.23 | 70/74 |
| Janet Masters | South Beds Masters | 48.06 | Sheffield | 02.04.16 | 75/79 |
| Janet Masters | South Beds Masters | 53.62 | Aberdeen | 18.06.22 | 80/84 |
| Janet Masters | South Beds Masters | 59.91 | Crawley | 18.01.25 | 85/89 |

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 |
| Jo Mitchinson | Team Luton | 1.16.07 | Sheffield | 02.06.23 | 40/44 |
| Dawn Palmer | Basildon & Phoenix | 1.15.50 | Swansea | 20.04.24 | 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 |
| Janet Williams | Team Anglia Masters | 1.34.19 | Aberdeen | 17.06.22 | 60/64 |
| Alyson Fordham | Bishops Stortford | 1.24.15 | Swansea | 20.04.24 | 65/69 |
| Christine Ayers | South Beds Masters | 1.44.70 | Swansea | 05.03.23 | 70/74 |
| Patricia Reynolds | Beavers Masters Bedford | 1.41.05 | London Aquatics Centre | 15.06.25 | 75/79 |
| Janet Masters | South Beds Masters | 1.57.33 | Rome, Italy | 02.09.22 | 80/84 |

200m Backstroke

| | | | | | |
|--------------------|----------------------------|---------|------------------------|----------|-------|
| Niamh James | Bishops Stortford | 2.23.33 | London Aquatics Centre | 13.06.25 | 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 |
| Jo Mitchinson | Team Luton | 2.42.55 | Swansea | 04.03.23 | 40/44 |
| Susan Evans | Biggleswade | 2.48.47 | London Aquatics Centre | 13.06.25 | 45/49 |
| Karen Mackenzie | Team Luton | 3.01.40 | Sheffield | 03.06.23 | 50/54 |
| Suzanne Welham | St Albans Masters | 3.14.18 | Aberdeen | 18.06.22 | 55/59 |
| Suzanne Welham | St Albans Masters | 3.13.97 | Swansea | 19.04.24 | 60/64 |
| Pat Jackson | East Anglian Swallow Tails | 3.37.72 | Plymouth | 15.06.13 | 65/69 |
| Pat Jackson | East Anglian Swallow Tails | 3.52.81 | Swansea | 02.03.19 | 70/74 |
| Pat Reynolds | Beavers Masters Bedford | 3.27.86 | London Aquatics Centre | 13.06.25 | 75/79 |
| Janet Masters | South Beds Masters | 4.16.10 | Sheffield | 03.06.23 | 80/84 |

50m Butterfly

| | | | | | |
|---------------------|----------------------------|-------|------------------------|----------|-------|
| Rikke Nagell-Kleven | City of Norwich | 28.55 | Norwich | 11.05.19 | 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 |
| Elizabeth Bellinger | Bishops Stortford | 30.10 | Leeds | 13.05.23 | 45/49 |
| Liz Woolner | Flitwick Dolphins | 30.70 | London Aquatics Centre | 24.03.19 | 50/54 |
| Liz Woolner | Team Anglia Masters | 30.94 | Sheffield | 04.06.23 | 55/59 |
| Debbie Matless | East Anglian Swallow Tails | 33.37 | London Aquatics Centre | 23.06.24 | 60/64 |
| Pat Jackson | East Anglian Swallow Tails | 41.30 | Swansea | 09.03.13 | 65/69 |
| Christine Ayers | South Beds Masters | 45.35 | Swansea | 04.03.23 | 70/74 |
| Janet Masters | South Beds Masters | 50.46 | Manchester | 13.06.15 | 75/79 |
| Janet Masters | South Beds Masters | 58.69 | Aberdeen | 18.06.22 | 80/84 |

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 |
| Elizabeth Bellinger | Bishops Stortford | 1.08.54 | London Aquatics Centre | 13.06.25 | 45/49 |
| Liz Woolner | Flitwick Dolphins | 1.10.15 | Crawley | 22.01.17 | 50/54 |
| Liz Woolner | Team Anglia Masters | 1.11.71 | Sheffield | 02.06.23 | 55/59 |
| Debbie Matless | East Anglian Swallow Tails | 1.27.43 | Sheffield | 02.06.23 | 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 Fricc | 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 |
| Tracy Van Deventer | Berkhamsted | 3.02.85 | Swansea | 05.03.22 | 45/49 |
| Silvia Ferdin | City of Cambridge | 2.50.19 | Kranj, Slovenia | 07.09.18 | 50/54 |
| Silvia Ferdin | City of Cambridge | 3.00.41 | Antibes, France | 23.06.23 | 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 |
| Ashley Ransome | Hatfield | 32.52 | London Aquatics Centre | 13.06.25 | 30/34 |
| Carla King | South Beds Masters | 34.73 | Crawley | 19.01.19 | 35/39 |
| Katie Holmes | Harwich Swimming Club | 35.76 | Manchester | 09.08.25 | 40/44 |
| Lucy Ryan | Team Anglia Masters | 35.92 | Gwangju, South Korea | 18.08.19 | 45/49 |
| Lucy Ryan | Team Anglia Masters | 36.76 | Singapore | 13.08.25 | 50/54 |
| Helen Davis | Team Anglia Masters | 37.44 | London Aquatics Centre | 13.06.25 | 55/59 |
| Annette Thatcher | Hemel Hempstead | 44.87 | Eindhoven, Holland | 03.09.13 | 60/64 |
| Alyson Fordham | Bishops Stortford | 41.64 | Sheffield | 02.06.23 | 65/69 |
| Christine Ayers | South Beds Masters | 47.36 | Doha | 04.03.23 | 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 | 1.19.10 | Gwangju, South Korea | 13.08.19 | 45/49 |
| Lucy Ryan | Team Anglia Masters | 1.20.78 | Doha | 27.02.24 | 50/54 |
| Helen Davis | Team Anglia Masters | 0.00 | Singapore | 08.08.25 | 55/59 |
| Sian Macdonald | Hemel Hempstead | 1.38.66 | Sheffield | 03.06.23 | 60/64 |
| Christine Ayers | South Beds Masters | 1.45.29 | Crawley | 19.01.19 | 65/69 |
| Christine Ayers | South Beds Masters | 1.45.06 | Doha | 27.02.24 | 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 | 2.54.51 | London Aquatics Centre | 24.03.19 | 45/49 |
| Lucy Ryan | Team Anglia Masters | 2.58.17 | Singapore | 12.08.25 | 50/54 |
| Helen Davis | Team Anglia Masters | 3.03.92 | London Aquatics Centre | 14.06.25 | 55/59 |
| Sian Macdonald | Hemel Hempstead | 3.31.04 | Swansea | 21.04.24 | 60/64 |
| Christine Ayers | South Beds Masters | 3.49.55 | Crawley | 20.01.19 | 65/69 |
| Christine Ayers | South Beds Masters | 3.47.31 | Doha | 02.03.24 | 70/74 |

200m Individual Medley

| | | | | | |
|---------------------|----------------------------|---------|------------------------|----------|-------|
| Niamh James | Bishops Stortford | 2.28.45 | London Aquatics Centre | 14.06.25 | 18/24 |
| Alexandra Heard | City of Norwich | 2.38.43 | London Aquatics Centre | 14.06.25 | 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 |
| Elizabeth Bellinger | Bishops Stortford | 2.39.04 | Swansea | 29.02.20 | 40/44 |
| Elizabeth Bellinger | Bishops Stortford | 2.41.31 | Belgrade | 27.06.24 | 45/49 |
| Lucy Ryan | Team Anglia Masters | 2.52.27 | Doha | 29.02.24 | 50/54 |
| Silvia Ferdin | City of Cambridge | 3.02.70 | Antibes, France | 24.06.23 | 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 |
| Christine Ayers | South Beds Masters | 3.34.11 | Doha | 29.02.24 | 70/74 |
| Janet Masters | South Beds Masters | 4.00.28 | Manchester | 13.06.15 | 75/79 |
| Janet Masters | South Beds Masters | 4.29.21 | Rome, Italy | 31.08.22 | 80/84 |

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 |
| Elizabeth Bellinger | Bishops Stortford | 5.59.63 | Belgrade | 28.06.24 | 45/49 |
| Silvia Ferdin | City of Cambridge | 6.05.96 | Chalons-sur-Saone, France | 21.06.19 | 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



Long Course Open/Male

| | <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 |
| Matthew Wright | Team Luton | 23.71 | London Aquatics Centre | 14.06.25 | 25/29 |
| Shaun Harrison | Stowmarket | 25.48 | Sheffield | 05.05.12 | 30/34 |
| Oliver Clapp | Deben | 24.82 | London Aquatics Centre | 14.06.25 | 35/39 |
| Stuart Clarke | Bishops Stortford | 25.39 | Doha | 29.02.24 | 40/44 |
| Daryl Mason | Potters Bar | 24.84 | Manchester | 14.06.15 | 45/49 |
| Craig Bransby | Potters Bar | 25.14 | London Aquatics Centre | 14.06.25 | 50/54 |
| Daryl Mason | Potters Bar | 26.04 | London Aquatics Centre | 14.06.25 | 55/59 |
| Martyn Fresher | Team Anglia Masters | 29.77 | Sheffield | 03.06.23 | 60/64 |
| Chris Dunn | Hatfield | 28.97 | Crawley | 09.02.13 | 65/69 |
| Chris Dunn | Hatfield | 29.36 | Sheffield | 02.04.16 | 70/74 |
| Chris Dunn | Hatfield | 30.11 | Sheffield | 03.06.23 | 75/79 |
| Chris Dunn | Hatfield | 32.25 | Crawley | 18.01.26 | 80/84 |
| <u>100m Freestyle</u> | | | | | |
| Jeffrey Hill | City of Ely | 54.89 | Plymouth | 15.06.13 | 18/24 |
| Matthew Wright | Team Luton | 52.27 | London Aquatics Centre | 15.06.25 | 25/29 |
| Stuart Clarke | Bishops Stortford | 54.63 | Swansea | 13.06.14 | 30/34 |
| Stephen Mavin | March Marins | 53.92 | Sheffield | 04.05.12 | 35/39 |
| Stuart Clarke | Bishops Stortford | 55.57 | Doha | 27.02.24 | 40/44 |
| Shaun Harrison | Stowmarket | 59.26 | London Aquatics Centre | 15.06.25 | 45/49 |
| Craig Bransby | Potters Bar | 56.14 | London Aquatics Centre | 15.06.25 | 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 |
| Chris Dunn | Hatfield | 1.09.93 | Swansea | 05.03.22 | 75/79 |
| Chris Dunn | Hatfield | 1.13.49 | Crawley | 18.01.26 | 80/84 |
| <u>200m Freestyle</u> | | | | | |
| Sam Watts | UEA City of Norwich | 2.06.82 | Glasgow | 19.06.10 | 18/24 |
| Matthew Wright | Team Luton | 1.56.27 | Sheffield | 02.06.23 | 25/29 |
| Stuart Clarke | Bishops Stortford | 1.59.99 | Swansea | 15.06.14 | 30/34 |
| Stephen Mavin | March Marins | 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 |
| Dale Barker | Felixstowe | 2.30.53 | Swansea | 05.03.23 | 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 |
| Chris Dunn | Hatfield | 2.35.37 | London Aquatics Centre | 10.09.22 | 75/79 |
| Chris Dunn | Hatfield | 2.38.32 | Crawley | 17.01.26 | 80/84 |
| <u>400m Freestyle</u> | | | | | |
| Daniel Clayton | Deben | 4.32.20 | London Aquatics Centre | 14.06.25 | 18/24 |
| Augustus Veasey | Chelmsford | 4.27.02 | Aberdeen | 18.06.22 | 25/29 |
| Stuart Clarke | Bishops Stortford | 4.19.89 | Swansea | 14.06.14 | 30/34 |
| Stephen Mavin | March Marins | 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 |
| Dale Barker | Felixstowe | 5.14.99 | Swansea | 04.03.23 | 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 |
| Chris Dunn | Hatfield | 5.32.59 | Swansea | 05.03.22 | 75/79 |
| Chris Dunn | Hatfield | 5.42.79 | Crawley | 18.01.26 | 80/84 |
| <u>800m Freestyle</u> | | | | | |
| Christopher Greenhalgh | Sudbury | 9.22.30 | Crawley | 01.02.15 | 18/24 |
| Thomas Allen | Flitwick Dolphins | 10.05.68 | Swansea | 19.04.24 | 25/29 |
| John Wood | Berkhamsted | 9.25.71 | Kranj, Slovenia | 02.09.18 | 30/34 |
| Sam Watts | North Norfolk Vikings | 10.46.78 | Crawley | 22.01.23 | 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 |
| Mark Strakosch | Hemel Hempstead | 10.44.13 | Sheffield | 02.06.23 | 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 |
| Chris Dunn | Hatfield | 11.24.63 | Crawley | 26.03.22 | 75/79 |
| Chris Dunn | Hatfield | 11.55.54 | Crawley | 17.01.26 | 80/84 |

1500m Freestyle

| | | | | | |
|-----------------|-------------------------|----------|------------------------|----------|-------|
| Thomas Allen | Flitwick Dolphins | 19.30.46 | London Aquatics Centre | 13.06.25 | 18/24 |
| John Wood | Berkhamsted | 18.40.61 | Swansea | 02.03.19 | 25/29 |
| Chris Barlow | Newmarket | 19.37.56 | Swansea | 19.04.24 | 30/34 |
| Phillip Moulson | UEA City of Norwich | 19.12.18 | Plymouth | 14.06.13 | 40/44 |
| Simon Emm | Colchester | 19.45.67 | Plymouth | 10.06.18 | 45/49 |
| Mark Strakosch | Berkhamsted | 20.14.78 | Swansea | 04.03.17 | 50/54 |
| Dale Barker | Team Anglia Masters | 20.33.77 | London Aquatics Centre | 13.06.25 | 55/59 |
| Chris Dunn | Hatfield | 20.23.74 | Sheffield | 04.05.12 | 60/64 |
| Chris Dunn | Hatfield | 21.08.22 | Swansea | 04.03.17 | 65/69 |
| Chris Dunn | Hatfield | 21.29.62 | Crawley | 26.03.22 | 70/74 |
| Paul Clarke | Beavers Masters Bedford | 36.28.14 | Swansea | 05.03.22 | 75/79 |

50m Backstroke

| | | | | | |
|----------------|----------------------|-------|------------------------|----------|-------|
| Matthew Gray | City of Peterborough | 27.97 | Sheffield | 03.06.23 | 80/84 |
| William Gayne | City of Norwich | 27.99 | London Aquatics Centre | 14.06.25 | 18/24 |
| Ashley Buck | Newmarket | 29.01 | Plymouth | 15.06.13 | 25/29 |
| Stephen Mavin | March Marlins | 28.52 | Sheffield | 04.05.12 | 30/34 |
| Lee Peterson | Braintree & Bocking | 28.80 | Montreal, Canada | 09.08.14 | 35/39 |
| Ashley Buck | Team Anglia Masters | 30.31 | London Aquatics Centre | 14.06.25 | 40/44 |
| Andrew Squires | Team Anglia Masters | 33.20 | Sheffield | 03.06.23 | 45/49 |
| Dale Barker | Team Anglia Masters | 35.48 | Crawley | 21.01.17 | 50/54 |
| Graham Powell | Team Luton | 32.91 | Sheffield | 02.04.16 | 55/59 |
| Graham Powell | Team Luton | 34.66 | Aberdeen | 18.06.22 | 60/64 |
| Graham Powell | Team Luton | 36.68 | Crawley | 17.01.26 | 65/69 |
| Philip Harper | Rochford | 43.07 | Crawley | 19.01.20 | 70/74 |
| Chris Dunn | Hatfield | 42.54 | Crawley | 17.01.26 | 75/79 |

100m Backstroke

| | | | | | |
|----------------------|-------------------------|---------|------------------------|----------|-------|
| Ryan Kelly | Chelmsford | 1.01.24 | Swansea | 16.06.19 | 80/84 |
| William Gayne | City of Norwich | 1.01.03 | London Aquatics Centre | 15.06.25 | 18/24 |
| Daniel Wardley-Smith | March Marlins | 1.01.69 | Sheffield | 05.05.12 | 25/29 |
| Stephen Mavin | March Marlins | 1.01.26 | Sheffield | 05.05.12 | 30/34 |
| Lee Peterson | Braintree & Bocking | 1.03.73 | Sheffield | 01.04.16 | 35/39 |
| Ashley Buck | Team Anglia Masters | 1.06.11 | London Aquatics Centre | 15.06.25 | 40/44 |
| Andrew Squires | Team Anglia Masters | 1.13.61 | Sheffield | 02.06.23 | 45/49 |
| Graham Powell | Team Luton | 1.14.22 | Luton | 18.05.13 | 50/54 |
| Graham Powell | Team Luton | 1.13.87 | London Aquatics Centre | 29.05.16 | 55/59 |
| Mike Foskett | Hemel Hempstead | 1.15.56 | Budapest, Hungary | 19.08.17 | 60/64 |
| Alan Jackson | Beavers Masters Bedford | 1.25.70 | Cardiff | 09.05.09 | 65/69 |
| Chris Dunn | Hatfield | 1.26.79 | Swansea | 06.03.22 | 70/74 |
| Chris Dunn | Hatfield | 1.29.19 | Fukuoka, Japan | 10.08.23 | 75/79 |

200m Backstroke

| | | | | | |
|----------------------|---------------------|---------|------------------------|----------|-------|
| Myles Turner | West Suffolk | 2.10.98 | Sheffield | 03.06.23 | 80/84 |
| Myles Turner | West Suffolk | 2.12.62 | London Aquatics Centre | 13.06.25 | 18/24 |
| Daniel Wardley-Smith | March Marlins | 2.18.36 | Sheffield | 06.05.12 | 25/29 |
| Stephen Mavin | March Marlins | 2.18.50 | Luton | 18.05.13 | 30/34 |
| Lee North | Rochford | 2.30.84 | Sheffield | 02.04.16 | 35/39 |
| Ashley Buck | Team Anglia Masters | 2.26.15 | London Aquatics Centre | 13.06.25 | 40/44 |
| Stephen Beal | Dunmow Atlantis | 2.45.70 | Swansea | 15.06.19 | 45/49 |
| David Cartledge | Team Anglia Masters | 2.36.69 | London Aquatics Centre | 28.05.16 | 50/54 |
| Mike Foskett | Hemel Hempstead | 2.43.42 | London Aquatics Centre | 28.05.16 | 55/59 |
| Mike Foskett | Hemel Hempstead | 2.49.79 | Swansea | 15.06.19 | 60/64 |
| Chris Dunn | Hatfield | 3.03.21 | Sheffield | 02.04.16 | 65/69 |
| Chris Dunn | Hatfield | 3.08.82 | Swansea | 05.03.22 | 70/74 |
| Chris Dunn | Hatfield | 3.11.53 | Crawley | 17.01.26 | 75/79 |

50m Butterfly

| | | | | | |
|----------------|---------------------|-------|------------------------|----------|-------|
| James Lawton | UEA City of Norwich | 26.08 | Cardiff | 21.06.09 | 80/84 |
| Matthew Wright | Team Luton | 25.20 | London Aquatics Centre | 15.06.25 | 18/24 |
| John Wood | Berkhamsted | 26.38 | Swansea | 02.03.19 | 25/29 |
| Stephen Mavin | March Marlins | 25.47 | Sheffield | 05.05.12 | 30/34 |
| Stephen Mavin | Team Anglia Masters | 26.34 | Sheffield | 01.04.16 | 35/39 |
| Daryl Mason | Potters Bar | 26.80 | Manchester | 13.06.15 | 40/44 |
| Simon Emm | Colchester | 29.16 | Plymouth | 09.06.18 | 45/49 |
| Daryl Mason | Potters Bar | 27.67 | London Aquatics Centre | 15.06.25 | 50/54 |
| Graham Powell | Team Luton | 31.60 | Sheffield | 01.04.16 | 55/59 |
| Barry Chandler | Newmarket | 31.68 | Swansea | 19.04.24 | 60/64 |
| Graham Powell | Team Luton | 35.34 | Crawley | 17.01.26 | 65/69 |
| Chris Dunn | Hatfield | 39.45 | London Aquatics Centre | 10.09.22 | 70/74 |
| Chris Dunn | Hatfield | 45.15 | Crawley | 17.01.26 | 75/79 |

100m Butterfly

| | | | | | |
|-----------------|-------------------------|---------|------------------------|----------|-------|
| Jay Wilson | Team Luton | 1.01.50 | Luton | 18.05.13 | 80/84 |
| Harry Jones | City of Norwich | 58.42 | London Aquatics Centre | 13.06.25 | 18/24 |
| John Wood | Berkhamsted | 58.62 | London Aquatics Centre | 26.05.16 | 25/29 |
| Stephen Mavin | March Marlins | 56.28 | Sheffield | 05.05.12 | 30/34 |
| David Elliston | Stowmarket | 1.10.81 | Cardiff | 20.06.09 | 35/39 |
| Garry Mavin | Team Anglia Masters | 1.04.54 | Sheffield | 02.04.16 | 40/44 |
| Simon Emm | Colchester | 1.04.92 | London Aquatics Centre | 24.03.19 | 45/49 |
| Ashley Meerloo | Bishops Stortford | 1.09.97 | Budapest, Hungary | 17.08.17 | 50/54 |
| Graham Powell | Team Luton | 1.10.62 | Sheffield | 02.04.16 | 55/59 |
| Graham Powell | Team Luton | 1.17.99 | Aberdeen | 19.06.22 | 60/64 |
| Stuart McLellan | Sudbury | 1.40.82 | Crawley | 19.01.19 | 65/69 |
| Paul Clarke | Beavers Masters Bedford | 2.11.46 | Norwich | 19.05.18 | 70/74 |

200m Butterfly

| | | | | | |
|------------------------|-------------------|---------|------------------------|----------|-------|
| Christopher Greenhalgh | Sudbury | 2.23.54 | Crawley | 31.01.15 | 18/24 |
| Matthew Wright | Team Luton | 2.09.98 | Sheffield | 03.06.23 | 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 | 2.28.04 | London Aquatics Centre | 24.03.19 | 50/54 |
| Simon Emm | Colchester | 2.39.04 | London Aquatics Centre | 14.06.25 | 55/59 |
| David Wright | Team Luton | 2.56.98 | Sheffield | 03.06.23 | 60/64 |
| David Wright | Team Luton | 3.50.76 | Crawley | 18.01.26 | 65/69 |
| Michael Read | Sudbury | 4.54.07 | Norwich | 11.05.19 | 75/79 |

50m Breaststroke

| | | | | | |
|------------------|----------------------|-------|------------------------|----------|-------|
| Lawrence Palmer | Putteridge | 28.17 | Manchester | 13.06.15 | 18/24 |
| David Harrison | Stowmarket | 30.83 | Sheffield | 06.05.12 | 25/29 |
| Andrea Agius | Newmarket | 30.06 | London Aquatics Centre | 13.06.25 | 30/34 |
| Lee Peterson | Braintree & Bocking | 31.82 | Sheffield | 06.05.12 | 35/39 |
| David Ebanks | Basildon and Phoenix | 29.85 | London Aquatics Centre | 13.06.25 | 40/44 |
| Matthew Banham | West Suffolk | 31.01 | Swansea | 02.03.19 | 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 |
| Jonathan Refson | Potters Bar | 35.79 | Singapore | 13.08.25 | 60/64 |
| David Pirrie | Hemel Hempstead | 37.52 | London Aquatics Centre | 22.06.24 | 65/69 |
| Gary Sanford | St Albans Masters | 39.55 | London Aquatics Centre | 13.06.25 | 70/74 |
| Chris Dunn | Hatfield | 44.98 | London Aquatics Centre | 10.09.22 | 75/79 |
| Chris Dunn | Hatfield | 50.58 | Crawley | 18.01.26 | 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 |
| Andrea Agius | Newmarket | 1.08.30 | London Aquatics Centre | 15.06.25 | 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 | Modernian | 1.16.09 | Swansea | 15.06.19 | 50/54 |
| Daryl Mason | Potters Bar | 1.14.91 | London Aquatics Centre | 15.06.25 | 55/59 |
| David Pirrie | Hemel Hempstead | 1.23.89 | Plymouth | 08.06.18 | 60/64 |
| David Pirrie | Hemel Hempstead | 1.25.95 | Sheffield | 03.06.23 | 65/69 |
| Gary Sanford | St Albans Masters | 1.31.92 | London Aquatics Centre | 15.06.25 | 70/74 |
| Stuart McLellan | Hadleigh | 1.51.27 | Swansea | 01.03.25 | 75/79 |
| Paul Clarke | Beavers Masters Bedford | 2.10.26 | Swansea | 05.03.22 | 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 |
| Robert Milburn | Chelmsford | 2.51.09 | Sheffield | 04.06.23 | 50/54 |
| David Cartledge | Team Anglia Masters | 2.52.04 | London Aquatics Centre | 29.05.16 | 55/59 |
| David Pirrie | Hemel Hempstead | 3.09.24 | Swansea | 14.06.19 | 60/64 |
| David Pirrie | Hemel Hempstead | 3.12.86 | Aberdeen | 17.06.22 | 65/69 |
| Stuart McLellan | Sudbury | 3.40.56 | Crawley | 18.01.20 | 70/74 |
| Stuart McLellan | Hadleigh | 4.02.24 | Crawley | 18.01.25 | 75/79 |
| Paul Clarke | Beavers Masters Bedford | 4.45.88 | Crawley | 23.01.22 | 80/84 |

200m Individual Medley

| | | | | | |
|-----------------|-------------------------|---------|------------------------|----------|-------|
| Myles Turner | West Suffolk | 2.12.66 | Sheffield | 04.06.23 | 18/24 |
| Myles Turner | West Suffolk | 2.13.31 | London Aquatics Centre | 14.06.25 | 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 |
| James Conway | Ware | 2.32.86 | London Aquatics Centre | 14.06.25 | 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 |
| David Cartledge | Modernian | 2.41.73 | Crawley | 18.01.20 | 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 |
| Chris Dunn | Hatfield | 3.08.11 | Swansea | 05.03.22 | 75/79 |
| Paul Clarke | Beavers Masters Bedford | 4.59.30 | Crawley | 22.01.22 | 80/84 |

400m Individual Medley

| | | | | | |
|-----------------|----------------------------|---------|------------------------|----------|-------|
| Ryan Kelly | Chelmsford | 5.01.81 | Swansea | 14.06.19 | 18/24 |
| Myles Turner | West Suffolk | 4.43.61 | London Aquatics Centre | 13.06.25 | 25/29 |
| John Wood | Berkhamsted | 5.21.99 | Swansea | 03.03.19 | 30/34 |
| 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 |
| Dale Barker | Felixstowe | 6.18.25 | Crawley | 22.01.23 | 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 |
| Chris Dunn | Hatfield | 7.07.19 | Swansea | 06.03.22 | 75/79 |