

SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

Open/Male Long Course Records 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
50m Freestyle						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	15.06.08	1.31.73	Senior
S6	Connor Stuart	City of Cambridge	Manchester	01.12.18	48.89	Junior
S6	Connor Stuart	City of Cambridge	Manchester	01.12.18	48.89	Senior
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	36.24	Junior
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	36.24	Senior
S8	Callum Robertson	City of Cambridge	Manchester	30.11.19	36.07	Junior
S8	Owen Woodrow	City of Norwich	Luton	05.05.19	33.36	Senior
S9	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	01.02.20	29.11	Junior
S9	Ryan Crouch	teamipswich	Glasgow	27.04.16	26.37	Senior
S10	Aaron Hird	Team Luton	Sheffield	06.08.14	27.25	Junior
S10	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	19.04.25	26.05	Senior
S13	Jaxon Simmons	City of Peterborough	Sheffield	07.08.15	29.15	Junior
S13	Jaxon Simmons	City of Peterborough	Norwich	06.05.18	27.47	Senior
S14	Jude Gunner	St Felix School	Sheffield	09.03.24	26.73	Junior
S14	William Ellard	St Felix School	Berlin, Germany	01.06.24	23.26	Senior
100m Freestyle						
S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	15.06.08	3.36.35	Senior
S6	Connor Stuart	City of Cambridge	Manchester	01.12.18	1.47.29	Junior
S6	Connor Stuart	City of Cambridge	Manchester	01.12.18	1.47.29	Senior
S7	Sam Bradley	Biggleswade	Sheffield	02.04.08	1.16.18	Junior
S7	Sam Bradley	Biggleswade	Berlin, Germany	01.05.11	1.12.53	Senior
S8	Sean McGeever	Flitwick Dolphins	Norwich	01.05.10	1.21.32	Junior
S8	Owen Woodrow	City of Norwich	Luton	04.05.19	1.13.25	Senior
S9	Roan Brennan	Basildon & Phoenix	Norwich	30.04.22	59.90	Junior
S9	Ryan Crouch	teamipswich	Glasgow	23.04.16	58.27	Senior
S10	Aaron Hird	Team Luton	Sheffield	09.08.14	1.00.72	Junior
S10	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	17.04.25	56.11	Senior
S13	Jaxon Simmons	City of Peterborough	Sheffield	12.12.15	1.02.90	Junior
S13	Jaxon Simmons	City of Peterborough	Norwich	05.05.18	1.00.84	Senior
S14	Jude Gunner	Norwich Swan	Norwich	02.02.25	57.41	Junior
S14	William Ellard	Norwich Swan	Singapore	24.09.25	50.58	Senior
200m Freestyle						
S7	Sam Bradley	Mid Beds	Swansea	14.12.08	2.42.25	Junior
S7	Sam Bradley	Biggleswade	Berlin, Germany	28.04.11	2.33.08	Senior
S8	Sean McGeever	Flitwick Dolphins	Norwich	02.05.10	2.57.39	Junior
S8	Sean McGeever	Flitwick Dolphins	Norwich	02.05.10	2.57.39	Senior
S9	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	08.08.21	2.13.89	Junior
S9	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	08.08.21	2.13.89	Senior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	2.15.46	Junior
S10	Ryan Crouch	teamipswich	Swansea	14.12.08	2.15.46	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	03.05.15	2.18.99	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	03.05.15	2.18.99	Senior
S14	Jude Gunner	St Felix School	Sheffield	25.07.24	2.07.20	Junior
S14	William Ellard	Norwich Swan	Singapore	21.09.25	1.51.08	Senior

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Open/Male Long Course Records

Class	Name	Club	Venue	Date	Time	Jun/Sen
400m Freestyle						
S7	Sam Bradley	Mid Beds	Swansea	13.12.08	5.28.43	Junior
S7	Sam Bradley	Biggleswade	Berlin, Germany	30.04.11	5.10.40	Senior
S8	Oliver Hedgley	teamipswich	Norwich	01.05.10	6.33.09	Junior
S8	Oliver Hedgley	teamipswich	Norwich	01.05.10	6.33.09	Senior
S9	Roan Brennan	Basildon & Phoenix	Norwich	01.05.22	4.34.47	Junior
S9	Roan Brennan	Basildon & Phoenix	Norwich	01.05.22	4.34.47	Senior
S10	James Hollis	Epping Forest	Sheffield	16.04.10	4.40.39	Junior
S10	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	15.04.25	4.24.96	Senior
S13	Jaxon Simmons	City of Peterborough	Sheffield	08.08.15	4.35.62	Junior
S13	Jaxon Simmons	City of Peterborough	Sheffield	08.08.15	4.35.62	Senior
S14	Jude Gunner	St Felix School	London Aquatic Centre	02.04.24	4.37.13	Junior
S14	William Ellard	Norwich Swan	Corby	21.12.25	4.06.37	Senior
800m Freestyle						
S7	Sam Bradley	Biggleswade	Berlin, Germany	29.04.11	10.28.84	Senior
S10	Jack Copping	Colchester Phoenix	Bratislava, Slovakia	14.06.08	11.09.52	Junior
S10	Jack Copping	Colchester Phoenix	Bratislava, Slovakia	14.06.08	11.09.52	Senior
S14	William Ellard	Norwich Swan	Berlin, Germany	20.06.25	8.46.24	Senior
1500m Freestyle						
No Claims						
50m Breaststroke						
SB3	Paul Bloss	City of Cambridge	Swansea	18.12.11	1.43.78	Senior
SB6	Sam Bradley	Mid Beds	Norwich	05.05.08	49.66	Junior
SB6	Sam Bradley	Mid Beds	Norwich	05.05.08	49.66	Senior
SB8	Samuel Whearty	Colchester	Basildon	22.07.17	45.64	Junior
SB8	Ryan Crouch	teamipswich	Swansea	12.12.21	38.80	Senior
SB9	Aaron Hird	Team Luton	Norwich	03.04.15	41.57	Junior
SB9	Aaron Hird	Team Luton	Luton	14.02.16	39.75	Senior
SB13	Jaxon Simmons	City of Peterborough	Luton	02.05.15	39.94	Junior
SB13	Jaxon Simmons	City of Peterborough	Luton	02.05.15	39.94	Senior
SB14	Jude Gunner	Norwich Swan	Norwich	01.02.25	33.56	Junior
SB14	William Ellard	St Felix School	Sheffield	09.03.24	32.66	Senior
100m Breaststroke						
SB6	Sam Bradley	Mid Beds	Swansea	13.12.08	1.44.69	Junior
SB6	Sam Bradley	Biggleswade	Berlin, Germany	30.04.11	1.41.12	Senior
SB7	Sean McGeever	Flitwick Dolphins	Norwich	02.05.10	2.01.83	Junior
SB7	Sean McGeever	Flitwick Dolphins	Norwich	02.05.10	2.01.83	Senior
SB8	Harry Arnold-Pepper	City of Cambridge	Sheffield	30.07.24	1.25.25	Junior
SB8	Harry Arnold-Pepper	City of Cambridge	Sheffield	30.07.24	1.25.25	Senior
SB9	Aaron Hird	Team Luton	Norwich	05.04.15	1.27.81	Junior
SB9	Aaron Hird	Team Luton	Luton	02.05.15	1.25.36	Senior
SB13	Jaxon Simmons	City of Peterborough	Sheffield	06.08.15	1.24.25	Junior
SB13	Jaxon Simmons	City of Peterborough	Sheffield	06.08.15	1.24.25	Senior
SB14	Jude Gunner	Norwich Swan	Norwich	25.01.25	1.14.74	Junior
SB14	William Ellard	St Felix School	Norwich	17.06.23	1.13.48	Senior

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Class	Name	Club	Venue	Date	Time	Jun/Sen
200m Breaststroke						
SB6	Sam Bradley	Biggleswade	Swansea	08.12.07	3.58.68	Junior
SB6	Sam Bradley	Biggleswade	Berlin, Germany	28.04.11	3.35.41	Senior
SB8	Samuel Whearty	Colchester	Basildon	22.07.17	3.42.26	Junior
SB8	Samuel Whearty	Colchester	Basildon	22.07.17	3.42.26	Senior
SB9	Aaron Hird	Team Luton	Luton	31.01.16	3.07.21	Senior
SB13	Jaxon Simmons	City of Peterborough	Norwich	01.05.16	2.58.87	Senior
SB14	Mark Holmes	Colchester Phoenix	Swansea	07.10.06	3.37.01	Senior
50m Butterfly						
S7	Sam Bradley	Mid Beds	Norwich	03.05.08	44.42	Junior
S7	Sam Bradley	Team Luton	Luton	05.05.13	35.45	Senior
S8	Finlay Middleton	Stowmarket	Luton	02.05.15	41.96	Junior
S8	Finlay Middleton	Stowmarket	Luton	02.05.15	41.96	Senior
S9	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	01.02.20	31.69	Junior
S9	Roan Brennan	Basildon & Phoenix	London Aquatic Centre	01.02.20	31.69	Senior
S10	James Hollis	Epping Forest	Norwich	01.05.10	30.06	Junior
S10	James Hollis	Epping Forest	Basildon	06.05.12	28.36	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	02.05.15	35.53	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	02.05.15	35.53	Senior
S14	Jude Gunner	Norwich Swan	Norwich	25.01.25	26.89	Junior
S14	William Ellard	St Felix School	Berlin, Germany	02.06.24	25.04	Senior
100m Butterfly						
S8	Harry Arnold-Pepper	City of Cambridge	Luton	20.04.24	1.20.18	Junior
S8	Harry Arnold-Pepper	City of Cambridge	Luton	20.04.24	1.20.18	Senior
S9	Roan Brennan	Basildon & Phoenix	Norwich	30.04.22	1.05.97	Junior
S9	Roan Brennan	Basildon & Phoenix	Norwich	30.04.22	1.05.97	Senior
S10	James Hollis	Epping Forest	Sheffield	17.04.10	1.05.93	Junior
S10	James Hollis	Harlow Penguins	Sheffield	02.06.18	58.29	Senior
S13	Jaxon Simmons	City of Peterborough	Sheffield	09.08.15	1.14.61	Junior
S13	Jaxon Simmons	City of Peterborough	Sheffield	02.06.18	1.10.02	Senior
S14	Jude Gunner	St Felix School	Sheffield	24.07.24	59.79	Junior
S14	William Ellard	Norwich Swan	Singapore	27.09.25	54.32	Senior
200m Butterfly						
S10	James Hollis	Epping Forest	Norwich	22.03.08	2.38.47	Junior
S10	James Hollis	Epping Forest	Berlin, Germany	29.04.11	2.20.98	Senior
S14	Jude Gunner	St Felix School	Luton	21.04.24	2.18.83	Junior
S14	William Ellard	Norwich Swan	Berlin, Germany	21.06.25	2.16.52	
50m Backstroke						
S4	Paul Bloss	City of Cambridge	Swansea	17.12.11	1.20.01	Senior
S7	Sam Bradley	Mid Beds	Norwich	04.05.08	42.96	Junior
S7	Sam Bradley	Mid Beds	Norwich	04.05.08	42.96	Senior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	1.09.64	Junior
S8	Liam Cooke	Colchester Phoenix	Swansea	08.12.07	1.09.64	Senior
S9	Nathan Greene	Team Luton	Norwich	30.04.11	41.73	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	30.07.07	36.25	Senior
S10	Ryan Crouch	teamipswich	Esbjerg, Denmark	08.03.08	35.26	Junior
S10	James Hollis	Epping Forest	Basildon	05.05.12	31.92	Senior
S14	Jude Gunner	Norwich Swan	Norwich	25.01.25	30.87	Junior

S14	William Ellard	St Felix School	Berlin, Germany	31.05.24	27.34	Senior
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Open/Male Long Course Records 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
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100m Backstroke

S4	Dean Brown	Colchester Phoenix	Bratislava, Slovakia	14.06.08	3.29.63	Senior
S6	Connor Stuart	City of Cambridge	Nottingham	07.04.19	1.50.21	Junior
S6	Connor Stuart	City of Cambridge	Nottingham	07.04.19	1.50.21	Senior
S7	Sam Bradley	Mid Beds	Sheffield	31.07.08	1.27.42	Junior
S7	Sam Bradley	Team Luton	Manchester	30.11.19	1.24.59	Senior
S8	Finlay Middleton	Stowmarket	Glasgow	28.03.15	1.38.33	Junior
S8	Owen Woodrow	City of Norwich	Luton	05.05.19	1.23.86	Senior
S9	Samuel Whearty	Colchester	Manchester	01.12.18	1.28.10	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	20.05.07	1.16.42	Senior
S10	Aaron Hird	Team Luton	Sheffield	07.08.14	1.12.10	Junior
S10	James Hollis	Epping Forest	London Aquatics Centre	04.09.12	1.06.40	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	04.05.15	1.18.59	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	04.05.15	1.18.59	Senior
S14	Jude Gunner	St Felix School	Sheffield	24.07.24	1.07.30	Junior
S14	William Ellard	Norwich Swan	Singapore	22.09.25	58.95	Senior

200m Backstroke

S7	Sam Bradley	Biggleswade	Swansea	08.12.07	3.12.01	Junior
S7	Sam Bradley	Biggleswade	Berlin, Germany	30.04.11	2.56.78	Senior
S9	Samuel Whearty	Colchester	Basildon	23.07.17	3.23.39	Junior
S9	Samuel Whearty	Colchester	Basildon	23.07.17	3.23.39	Senior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	2.39.01	Junior
S10	Ryan Crouch	teamipswich	Swansea	13.12.08	2.39.01	Senior
S14	Mark Chard	Lowestoft & O.Broad	Berlin, Germany	30.04.11	2.35.59	Junior
S14	Jordan Catchpole	UEA City of Norwich	Berlin, Germany	06.07.17	2.18.31	Senior

150m Individual Medley

No Claims						
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200m Individual Medley

SM7	Sam Bradley	Mid Beds	Sheffield	31.07.08	3.09.42	Junior
SM7	Sam Bradley	Biggleswade	Berlin, Germany	29.04.11	2.56.24	Senior
SM8	Finlay Middleton	Stowmarket	Glasgow	27.03.15	3.20.02	Junior
SM8	Finlay Middleton	Stowmarket	Glasgow	27.03.15	3.20.02	Senior
SM9	Harry Arnold-Pepper	City of Cambridge	Sheffield	31.07.24	2.51.61	Junior
SM9	Harry Arnold-Pepper	City of Cambridge	Sheffield	31.07.24	2.51.61	Senior
SM10	James Hollis	Epping Forest	Sheffield	18.04.10	2.35.95	Junior
SM10	James Hollis	Epping Forest	London Aquatics Centre	08.03.12	2.26.49	Senior
SM13	Jaxon Simmons	City of Peterborough	Sheffield	12.12.15	2.37.85	Junior
SM13	Jaxon Simmons	City of Peterborough	Sheffield	12.12.15	2.37.85	Senior
SM14	Jude Gunner	Norwich Swan	Norwich	01.02.25	2.21.52	Junior
SM14	William Ellard	St Felix School	Paris, France	04.09.24	2.11.17	Senior

400m Individual Medley

SM7	Sam Bradley	Mid Beds	Norwich	06.05.07	7.07.89	Junior
SM7	Sam Bradley	Mid Beds	Norwich	06.05.07	7.07.89	Senior
SM10	James Hollis	Epping Forest	Norwich	03.05.09	5.35.39	Junior
SM10	James Hollis	Epping Forest	Norwich	03.05.09	5.35.39	Senior