

# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>50m Freestyle</b>						
S4	Paul Bloss	City of Cambridge	Sheffield	27.11.11	1.25.07	Senior
S5	Julian Aldred	City of Cambridge	Cambridge	25.01.26	1.01.04	Junior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	50.08	Senior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	46.78	Junior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	46.78	Senior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	35.75	Junior
S7	Sam Bradley	Team Luton	Sheffield	25.11.12	33.19	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	27.02.11	34.87	Junior
S8	Owen Woodrow	City of Norwich	Basildon	02.11.19	32.83	Senior
S9	Harry Arnold-Pepper	City of Cambridge	Sheffield	06.12.24	30.68	Junior
S9	Roan Brennan	Basildon & Phoenix	Luton	05.11.22	26.76	Senior
S10	Ryan Crouch	teamipswich	Sheffield	22.11.09	27.29	Junior
S10	James Hollis	Epping Forest	Basildon	18.02.12	26.42	Senior
S13	Jaxon Simmons	City of Peterborough	Whittlesey	30.01.16	28.74	Junior
S13	Jaxon Simmons	City of Peterborough	Whittlesey	30.01.16	28.74	Senior
S14	Jude Gunner	St Felix School	Norwich	23.03.24	25.87	Junior
S14	William Ellard	St Felix School	Sheffield	14.12.23	22.81	Senior
<b>100m Freestyle</b>						
S4	Anton Klyaznik	City of Cambridge	Cambridge	08.02.26	2.43.53	Junior
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	3.17.72	Senior
S5	Julian Aldred	City of Cambridge	Cambridge	08.02.26	2.12.70	Junior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	1.52.38	Senior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	1.42.24	Junior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	1.42.24	Senior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1.14.72	Junior
S7	Sam Bradley	Team Luton	Sheffield	26.11.11	1.10.77	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	26.02.11	1.15.62	Junior
S8	Owen Woodrow	City of Norwich	Basildon	03.11.19	1.10.70	Senior
S9	Roan Brennan	Basildon & Phoenix	Luton	07.11.21	58.50	Junior
S9	Roan Brennan	Basildon & Phoenix	Luton	03.11.24	56.39	Senior
S10	Ryan Crouch	teamipswich	Sheffield	21.11.09	59.38	Junior
S10	Ryan Crouch	teamipswich	Sheffield	26.11.11	58.15	Senior
S13	Jaxon Simmons	City of Peterborough	Manchester	22.11.14	1.04.42	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	06.11.16	59.68	Senior
S14	Jude Gunner	Norwich Swan	Sheffield	07.12.24	55.02	Junior
S14	William Ellard	Norwich Swan	Sheffield	13.12.25	49.42	Senior

# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>200m Freestyle</b>						
S5	Julian Aldred	City of Cambridge	Cambridge	25.01.26	4.40.43	Junior
S5	Grant Tyrer	Colchester Phoenix	Sheffield	03.11.07	4.25.43	Senior
S7	Sam Bradley	Mid Beds	Leicester	06.12.08	2.39.32	Junior
S7	Sam Bradley	Mid Beds	Leicester	06.12.08	2.39.32	Senior
S8	Finlay Middleton	Stowmarket	Braunstone	18.05.14	3.15.21	Junior
S8	Finlay Middleton	Stowmarket	Braunstone	18.05.14	3.15.21	Senior
S9	Roan Brennan	Basildon & Phoenix	Basildon	16.12.17	2.39.78	Junior
S9	Ryan Crouch	teamipswich	London Aquatic Cen	05.10.14	2.08.75	Senior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2.13.09	Junior
S10	Roan Brennan	Basildon & Phoenix	Luton	02.11.24	2.01.96	Senior
S13	Jaxon Simmons	City of Peterborough	Cambridge	06.02.16	2.08.65	Junior
S13	Jaxon Simmons	City of Peterborough	Cambridge	06.02.16	2.08.65	Senior
S14	Jude Gunner	Norwich Swan	Sheffield	05.12.24	2.03.15	Junior
S14	William Ellard	Norwich Swan	Sheffield	12.12.25	1.48.99	Senior
<b>400m Freestyle</b>						
S6	Julian Aldred	City of Cambridge	Coventry	09.06.24	10.08.35	Junior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	5.18.30	Junior
S7	Sam Bradley	Team Luton	Sheffield	26.11.11	5.08.70	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	26.02.11	5.58.43	Junior
S8	Oliver Hedgley	teamipswich	Sheffield	26.02.11	5.58.43	Senior
S9	Roan Brennan	Basildon & Phoenix	Luton	03.11.18	5.14.56	Junior
S9	Ryan Crouch	teamipswich	Newmarket	25.05.14	4.54.81	Senior
S10	Ryan Crouch	teamipswich	Sheffield	21.11.09	4.33.89	Junior
S10	James Hollis	Epping Forest	Sheffield	24.03.12	4.27.56	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	07.11.15	4.31.20	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	05.11.16	4.30.65	Senior
S14	Callum Hodgson	Basildon & Phoenix	Basildon	29.10.16	4.52.73	Junior
S14	William Ellard	Norwich Swan	Sheffield	11.12.25	3.55.11	Senior
<b>800m Freestyle</b>						
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	11.01.87	Junior
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	11.01.87	Senior
S10	James Hollis	Epping Forest	Waltham Forest	15.02.09	9.33.99	Junior
S10	James Hollis	Epping Forest	Loughton	14.10.10	9.33.06	Senior
S14	Callum Hodgson	Basildon & Phoenix	Leeds	20.05.17	10.51.52	Senior
<b>1500m Freestyle</b>						
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	20.42.58	Junior
S7	Sam Bradley	Biggleswade	Biggleswade	23.02.08	20.42.58	Senior
S10	James Hollis	Epping Forest	Loughton	13.10.11	17.53.50	Senior

# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>50m Breaststroke</b>						
SB3	Paul Bloss	City of Cambridge	Sheffield	24.11.12	1.37.33	Senior
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	1.45.28	Junior
SB4	Eddie Clampin	Thurrock	Newmarket	25.05.14	1.30.56	Senior
SB5	Gareth Cottee	Colchester Phoenix	Colchester	20.10.07	1.05.20	Senior
SB6	Sam Bradley	Biggleswade	Sheffield	02.03.08	48.65	Junior
SB6	Sam Bradley	Biggleswade	Sheffield	20.11.10	45.21	Senior
SB7	Sean McGeever	Flitwick Dolphins	Sheffield	20.11.10	52.47	Junior
SB7	Sean McGeever	Flitwick Dolphins	Sheffield	20.11.10	52.47	Senior
SB8	Oliver Shergold	Colchester Phoenix	Newmarket	25.05.14	43.57	Junior
SB8	Oliver Shergold	Colchester Phoenix	Newmarket	25.05.14	43.57	Senior
SB9	James Hollis	Epping Forest	Sheffield	06.03.10	39.75	Junior
SB9	Callum Lawson	City of Peterborough	Norwich	22.11.08	33.96	Senior
SB13	Jaxon Simmons	City of Peterborough	Newmarket	14.10.12	47.89	Junior
SB13	Jaxon Simmons	City of Peterborough	Newmarket	14.10.12	47.89	Senior
SB14	Jude Gunner	St Felix School	Ipswich	22.01.24	33.48	Junior
SB14	Timon Chapman	Norwich Swan	Birmingham	21.10.23	31.84	Senior
<b>100m Breaststroke</b>						
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	3.45.88	Junior
SB4	Nathan Crowe	teamipswich	Braintree	07.02.09	3.45.88	Senior
SB5	Julian Aldred	City of Cambridge	Coventry	08.06.24	3.12.55	Junior
SB5	Gareth Cottee	Colchester Phoenix	Deventer	20.01.08	2.21.92	Senior
SB6	Sam Bradley	Biggleswade	Sheffield	07.03.09	1.40.67	Junior
SB6	Sam Bradley	Team Luton	Sheffield	27.11.11	1.37.88	Senior
SB7	Oliver Hedgley	teamipswich	Sheffield	26.02.11	2.00.32	Junior
SB7	Oliver Hedgley	teamipswich	Sheffield	26.02.11	2.00.32	Senior
SB8	Harry Arnold-Pepper	City of Cambridge	Sheffield	06.12.24	1.21.60	Junior
SB8	Ryan Crouch	teamipswich	Manchester	22.11.14	1.18.59	Senior
SB9	Ryan Crouch	teamipswich	Sheffield	22.11.09	1.25.52	Junior
SB9	Callum Lawson	City of Peterborough	Norwich	22.11.08	1.12.25	Senior
SB13	Jaxon Simmons	City of Peterborough	Manchester	22.11.14	1.25.46	Junior
SB13	Jaxon Simmons	City of Peterborough	Manchester	22.11.14	1.25.46	Senior
SB14	Jude Gunner	Norwich Swan	Sheffield	06.12.24	1.15.04	Junior
SB14	Timon Chapman	Norwich Swan	Luton	04.11.23	1.09.55	Senior
<b>200m Breaststroke</b>						
SB6	Sam Bradley	Biggleswade	Biggleswade	15.03.08	3.41.26	Junior
SB6	Sam Bradley	Biggleswade	Biggleswade	15.03.08	3.41.26	Senior
SB9	Samuel Whearty	Colchester	Sudbury	02.04.17	3.59.78	Junior
SB9	James Hollis	Epping Forest	Loughton	11.07.10	3.08.41	Senior
SB13	Jaxon Simmons	City of Peterborough	Whittlesey	30.01.16	2.51.26	Junior
SB13	Jaxon Simmons	City of Peterborough	Whittlesey	30.01.16	2.51.26	Senior
SB14	Timon Chapman	Norwich Swan	Norwich	24.09.23	2.44.60	Senior

# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>50m Butterfly</b>						
S6	William Palmer	Colchester Phoenix	Sheffield	02.03.13	1.00.52	Junior
S6	William Palmer	Colchester Phoenix	Sheffield	02.03.13	1.00.52	Senior
S7	Sam Bradley	Biggleswade	Sheffield	07.03.09	41.04	Junior
S7	Sam Bradley	Team Luton	Sheffield	25.11.12	36.06	Senior
S8	Finlay Middleton	Stowmarket	Sheffield	02.03.13	42.47	Junior
S8	Finlay Middleton	Stowmarket	Sheffield	02.03.13	42.47	Senior
S9	Roan Brennan	Basildon & Phoenix	Basildon	28.10.18	34.97	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	04.03.06	35.75	Senior
S10	James Hollis	Epping Forest	Sheffield	06.03.10	30.39	Junior
S10	James Hollis	Epping Forest	Basildon	31.03.12	28.10	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	06.12.14	34.27	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	06.12.14	34.27	Senior
S14	Jude Gunner	Norwich Swan	Luton	02.11.24	27.06	Junior
S14	William Ellard	Norwich Swan	Luton	02.11.24	25.30	Senior
<b>100m Butterfly</b>						
S7	Sam Bradley	Luton	Biggleswade	24.03.07	1.44.88	Junior
S7	Sam Bradley	Team Luton	Luton	07.12.14	1.26.59	Senior
S8	Finlay Middleton	Stowmarket	Ipswich	12.07.15	1.24.67	Junior
S8	Finlay Middleton	Stowmarket	Ipswich	12.07.15	1.24.67	Senior
S9	Harry Arnold-Pepper	City of Cambridge	Luton	03.11.24	1.15.84	Junior
S9	Roan Brennan	Basildon & Phoenix	Luton	06.11.22	1.05.75	Senior
S10	James Hollis	Epping Forest	Sheffield	07.03.10	1.06.30	Junior
S10	James Hollis	Epping Forest	Basildon	11.03.12	1.00.44	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	07.12.14	1.14.58	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	07.12.14	1.14.58	Senior
S14	Jude Gunner	Norwich Swan	Sheffield	08.12.24	58.87	Junior
S14	William Ellard	Norwich Swan	Sheffield	14.12.25	54.97	Senior
<b>200m Butterfly</b>						
S9	Samuel Whearty	Colchester	Sudbury	23.09.17	3.17.95	Junior
S9	Samuel Whearty	Colchester	Sudbury	23.09.17	3.17.95	Senior
S10	James Hollis	Epping Forest	Redbridge	25.04.09	2.28.62	Junior
S10	James Hollis	Epping Forest	Braintree	28.11.10	2.23.41	Senior
S14	Jude Gunner	Norwich Swan	Coventry	23.11.24	2.16.65	Junior
S14	Jordan Catchpole	Team Waveney	Ipswich	01.02.20	2.15.17	Senior

# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>50m Backstroke</b>						
S4	Paul Bloss	City of Cambridge	Cambridge	11.03.12	1.25.96	Senior
S5	Julian Aldred	City of Cambridge	Cambridge	25.01.26	59.40	Junior
S5	Grant Tyrer	Colchester Phoenix	Sheffield	03.11.07	1.15.23	Senior
S6	William Palmer	Colchester Phoenix	Sheffield	24.03.12	1.02.05	Junior
S6	William Palmer	Colchester Phoenix	Sheffield	24.03.12	1.02.05	Senior
S7	Sam Bradley	Biggleswade	Sheffield	02.03.08	42.26	Junior
S7	Sam Bradley	Team Luton	Luton	07.12.14	38.78	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	20.11.10	46.61	Junior
S8	Owen Woodrow	City of Norwich	Norwich	19.09.19	38.99	Senior
S9	Nathan Greene	Putteridge	Newmarket	12.12.10	42.08	Junior
S9	Christopher Foster	Bishops Stortford	Sheffield	04.11.06	35.69	Senior
S10	Ryan Crouch	teamipswich	Sheffield	07.03.09	32.86	Junior
S10	James Hollis	Epping Forest	Southend	13.03.11	30.85	Senior
S14	Jude Gunner	St Felix School	Norwich	23.03.24	30.01	Junior
S14	Jordan Catchpole	St Felix School	Norwich	23.09.23	27.20	Senior
<b>100m Backstroke</b>						
S4	Dean Brown	Colchester Phoenix	Colchester	20.10.07	3.35.40	Senior
S5	Julian Aldred	City of Cambridge	Cambridge	25.01.26	2.08.68	Junior
S5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	2.42.28	Senior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	1.47.03	Junior
S6	Connor Stuart	City of Cambridge	Liverpool	02.03.19	1.47.03	Senior
S7	Sam Bradley	Biggleswade	Sheffield	08.03.09	1.26.36	Junior
S7	Sam Bradley	Team Luton	Sheffield	26.11.11	1.21.26	Senior
S8	Oliver Hedgley	teamipswich	Sheffield	27.02.11	1.36.50	Junior
S8	Owen Woodrow	City of Norwich	Basildon	02.11.19	1.21.53	Senior
S9	Nathan Greene	Team Luton	Newmarket	14.10.12	1.17.86	Junior
S9	Ryan Crouch	teamipswich	Manchester	23.11.14	1.08.15	Senior
S10	Ryan Crouch	teamipswich	Sheffield	21.11.09	1.09.08	Junior
S10	James Hollis	Epping Forest	Sheffield	25.03.12	1.05.05	Senior
S13	Jaxon Simmons	City of Peterborough	Manchester	23.11.14	1.17.90	Junior
S13	Jaxon Simmons	City of Peterborough	Manchester	23.11.14	1.17.90	Senior
S14	Jude Gunner	Norwich Swan	Sheffield	06.12.24	1.02.62	Junior
S14	William Ellard	Norwich Swan	Sheffield	12.12.25	55.91	Senior
<b>200m Backstroke</b>						
S7	Sam Bradley	Mid Beds	Leicester	07.12.08	2.56.36	Junior
S7	Sam Bradley	Mid Beds	Leicester	07.12.08	2.56.36	Senior
S9	Samuel Whearty	Colchester	Basildon	21.07.18	3.09.78	Junior
S9	Samuel Whearty	Colchester	Basildon	21.07.18	3.09.78	Senior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2.34.67	Junior
S10	James Hollis	Epping Forest	Redbridge	26.04.09	2.34.67	Senior
S13	Jaxon Simmons	City of Peterborough	Luton	07.12.14	2.41.78	Junior
S13	Jaxon Simmons	City of Peterborough	Luton	07.12.14	2.41.78	Senior
S14	Jude Gunner	St Felix School	Ipswich	28.01.24	2.23.66	Junior
S14	Jordan Catchpole	St Felix School	Norwich	23.09.23	2.10.26	Senior



# SWIM ENGLAND EAST REGION PARA SWIMMING RECORDS

## Open/Male SHORT COURSE AS AT 22nd February 2026

Class	Name	Club	Venue	Date	Time	Jun/Sen
<b>100m Individual Medley</b>						
SM5	Grant Tyrer	Colchester Phoenix	Colchester	20.10.07	2.23.72	Senior
SM6	William Palmer	Colchester Phoenix	Sheffield	02.03.13	2.17.02	Junior
SM6	William Palmer	Colchester Phoenix	Sheffield	02.03.13	2.17.02	Senior
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	1.28.05	Junior
SM7	Sam Bradley	Team Luton	Sheffield	26.11.11	1.24.14	Senior
SM8	Finlay Middleton	Stowmarket	Newmarket	22.06.14	1.37.75	Junior
SM8	Finlay Middleton	Stowmarket	Newmarket	22.06.14	1.37.75	Senior
SM9	Nathan Greene	Putteridge	Newmarket	09.10.11	1.33.80	Junior
SM9	Darren Swash	Colchester Phoenix	Newmarket	09.10.16	1.24.47	Senior
SM10	James Hollis	Epping Forest	Sheffield	06.03.10	1.13.24	Junior
SM10	James Hollis	Epping Forest	Loughton	10.10.10	1.08.45	Senior
SM13	Jaxon Simmons	City of Peterborough	Sheffield	24.11.12	1.26.02	Junior
SM13	Jaxon Simmons	City of Peterborough	Sheffield	24.11.12	1.26.02	Senior
SM14	Jude Gunner	Norwich Swan	Luton	03.11.24	1.04.45	Junior
SM14	Timon Chapman	Norwich Swan	Luton	05.11.23	1.02.07	Senior
<b>150m Individual Medley</b>						
No Claims						
<b>200m Individual Medley</b>						
SM6	Connor Stuart	City of Cambridge	Cambridge	14.07.19	3.57.10	Junior
SM6	Connor Stuart	City of Cambridge	Cambridge	14.07.19	3.57.10	Senior
SM7	Sam Bradley	Biggleswade	Sheffield	07.03.09	3.01.19	Junior
SM7	Sam Bradley	Team Luton	Sheffield	26.11.11	2.55.42	Senior
SM8	Finlay Middleton	Stowmarket	Bury St Edmunds	09.05.15	3.15.63	Junior
SM8	Finlay Middleton	Stowmarket	Bury St Edmunds	09.05.15	3.15.63	Senior
SM9	Harry Arnold-Pepper	City of Cambridge	Luton	02.11.24	2.46.94	Junior
SM9	Callum Lawson	City of Peterborough	Norwich	23.11.08	2.30.01	Senior
SM10	James Hollis	Epping Forest	Sheffield	06.03.10	2.33.55	Junior
SM10	James Hollis	Epping Forest	Loughton	30.10.11	2.27.64	Senior
SM13	Jaxon Simmons	City of Peterborough	Luton	07.11.15	2.31.28	Junior
SM13	Jaxon Simmons	City of Peterborough	Luton	05.11.16	2.29.80	Senior
SM14	Jude Gunner	St Felix School	Norwich	22.09.24	2.20.06	Junior
SM14	William Ellard	St Felix School	Sheffield	15.12.23	2.08.22	Senior
<b>400m Individual Medley</b>						
SM7	Sam Bradley	Mid Beds	Leicester	07.12.08	6.26.22	Junior
SM7	Sam Bradley	Mid Beds	Leicester	07.12.08	6.26.22	Senior
SM9	Samuel Whearty	Colchester	Colchester	29.09.17	6.32.40	Junior
SM9	Samuel Whearty	Colchester	Colchester	29.09.17	6.32.40	Senior
SM10	James Hollis	Epping Forest	Loughton	25.11.10	5.38.94	Senior
SM14	Jude Gunner	St Felix School	Ipswich	22.01.24	5.10.54	Junior
SM14	Jude Gunner	Norwich Swan	Norwich	04.07.25	5.01.00	Senior