

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS



1st August 2026



WOMENS 4x50m FREESTYLE

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

Open/Male 4x50m FREESTYLE

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

MIXED 4x50m FREESTYLE

72+	West Suffolk	1.47.84	Sheffield 03 June 2023
	Charles Whyte, Shannon Dalligan, Maya Harris, Myles Turner		
100 - 119			
120 - 159	City of Cambridge	1.59.20	Manchester 25 April 2004
	Killian O'Byrne, Sian Clement, Emma Brown, Andrea Viola		
160 - 199	Bishop Stortford	1.55.97	London 14 June 2025
	Elizabeth Bellinger; Sally Winter; Matthew McLaughlin; Geoffrey Short		
200 - 239	Team Anglia	1.54.35	Plymouth 10 June 2018
	Garry Mavin, Sarah Aldridge, Liz Woolner, Martyn Fresher		
240 - 279	Rochford & District	2.08.37	Sheffield 03 April 2016
	Walter Garrard, Heidi Nevin, Eileen Luther, Philip Harper		
280 - 319			

SWIM ENGLAND EAST REGION MASTERS & SENIORS LONG COURSE RELAY RECORDS

WOMENS 4x50m MEDLEY

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

Open/Male 4x50m MEDLEY

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

MIXED 4x50m MEDLEY

72+	Bishops Stortford	1.58.78	London 13 June 2025
	Niamh James; Callum Davis; Jake Lloyd; Lucy Wheeler		
100 - 119	City of Norwich	2.07.04	London 13 June 2025
	Kai Saunders; Alexandra Heard; Katie Maloney; Tommy Hoven		
120 - 159	City of Cambridge	2.14.70	Manchester 25 April 2004
	Sian Clement, Philip Robinson, Emma Brown, Killian O'Byrne		
160 - 199	Team Anglia	2.08.01	London 13 June 2025
	Ashley Buck; Peter Brystow; Helen Davis; Lucy Ryan		
200 - 239	Team Anglia	2.09.68	Plymouth 08 June 2018
	Sarah Aldridge, Martyn Fresher, Liz Woolner, Garry Mavin		
240 - 279	Rochford and District	2.21.85	Sheffield 01 April 2016
	Eileen Luther, Heidi Nevin, Walter Gerrard, Philip Harper		
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
200 - 239	Lynne Meale, Debbie Matless, Jo Johnson, Catherine Markwell		
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+	Bishop Stortford	3.52.33	London 14 June 2025
	Lucy Wheeler; Niamh James; Jake Lloyd; Callum Davis		
100 - 119	City of Norwich	4.02.00	London 14 June 2025
	William Gayne; Katie Maloney; Tommy Hoven; Alexandra Heard		
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+	Newmarket	5.05.02	London	15 June 2025
	Bethany Sampher; Eleanor Niel; Romilly Marks; Anne Edmonds			
100 - 119				
120 - 159				
160 - 199				
200 - 239				
240 - 279				
280 - 319				

Open/Male 4x100m MEDLEY

72+				
100 - 119	Bishop Stortford	4.23.81	London	15 June 2025
	Jake Lloyd; Matthew McLaughlin; Callum Davis; Geoffrey Short			
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 Foscett, 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
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Joshua Gaines, Kyle Holmes, Jack Christie, Jack Spence

100 - 119	West Suffolk	9.20.12	London	14 June 2025
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Myles Turner; Andrew Kimpton; Craig Ellard; Alistair Peagram

120 - 159

160 - 199

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

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

280 - 319

MIXED 4x200m FREESTYLE

72+	Putteridge	9.23.89	Aberdeen	12 June 2026
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Rebecca Howell; Joshua Yon; Sophie Payne; Adam Hazlewood

100 - 119

120 - 159

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

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

240 - 279	East Anglian	10.45.70	London	13 June 2025
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Adam Lelean; Josephine Cresswell; Brian McShea; Suzanne Noble

280 - 319