

## Open/Male 50m Freestyle

|                 |                       |         |             |          |       |
|-----------------|-----------------------|---------|-------------|----------|-------|
| David Harrison  | Stowmarket            | 23.72   | Sheffield   | 30.10.10 | 18/24 |
| Guy Sherwin     | Hatfield              | 23.12   | Sheffield   | 30.10.10 | 25/29 |
| Stephen Mavin   | Chatteris             | 23.76   | Sheffield   | 25.10.09 | 30/34 |
| Oliver Clapp    | Deben                 | 23.30   | Sheffield   | 26.10.25 | 35/39 |
| Marcel Scholten | Modernian             | 24.86   | Sheffield   | 24.10.08 | 40/44 |
| Daryl Mason     | Potters Bar           | 24.56   | Sheffield   | 28.10.18 | 45/49 |
| Craig Bransby   | Potters Bar           | 24.27   | Sheffield   | 26.10.25 | 50/54 |
| Marcel Scholten | Modernian             | 26.18   | Sheffield   | 29.10.22 | 55/59 |
| Kevin Timmons   | St Albans Masters     | 27.71   | Sheffield   | 29.10.22 | 60/64 |
| Chris Dunn      | Hatfield              | 28.86   | Newmarket   | 20.11.11 | 65/69 |
| Chris Dunn      | Hatfield              | 29.55   | Basildon    | 17.11.18 | 70/74 |
| Chris Dunn      | Hatfield              | 30.65   | Braintree   | 13.11.22 | 75/79 |
| Philip Harper   | Rochford and District | 35.52   | Basildon    | 07.03.26 | 80/84 |
| Michael Read    | Hadleigh              | 46.31   | Chelmsford  | 31.01.26 | 85/89 |
| Ronald Cooper   | Hertford              | 1.16.48 | Borehamwood | 16.06.18 | 90/94 |

## Womens 50m Freestyle

|                 |                         |       |           |          |
|-----------------|-------------------------|-------|-----------|----------|
| Jessica Shaw    | Southwold               | 25.83 | Sheffield | 27.10.23 |
| Katrin Heider   | City of Cambridge       | 26.88 | Sheffield | 29.10.17 |
| Carla King      | South Beds Masters      | 27.17 | Sheffield | 28.10.17 |
| Zoe Cray        | teamipswich             | 26.33 | Sheffield | 30.10.10 |
| Zoe Cray        | teamipswich             | 27.06 | Newmarket | 04.10.14 |
| Dawn Palmer     | Basildon and Phoenix    | 28.92 | Sheffield | 26.10.24 |
| Liz Woolner     | Team Anglia Masters     | 28.77 | Sheffield | 28.10.18 |
| Liz Woolner     | Team Anglia Masters     | 28.88 | Sheffield | 26.10.25 |
| Debbie Matless  | City of Norwich         | 30.59 | Sheffield | 26.10.24 |
| Alyson Fordham  | Bishops Stortford       | 29.45 | Sheffield | 27.10.23 |
| Christine Ayers | South Beds Masters      | 36.77 | Sheffield | 27.10.23 |
| Pat Reynolds    | Beavers Masters Bedford | 38.86 | Stafford  | 13.04.25 |
| Janet Masters   | South Beds Masters      | 44.88 | Sudbury   | 16.02.20 |

## Open/Male 100m Freestyle

|                 |                     |         |                 |          |       |
|-----------------|---------------------|---------|-----------------|----------|-------|
| David Kelleway  | Bishops Stortford   | 51.42   | Sheffield       | 28.10.16 | 18/24 |
| Ian Thwaites    | City of Cambridge   | 51.89   | Sheffield       | 25.10.09 | 25/29 |
| Stephen Mavin   | Chatteris           | 51.93   | Sheffield       | 25.10.09 | 30/34 |
| Stephen Mavin   | March Marlins       | 52.11   | Sheffield       | 24.10.14 | 35/39 |
| Marcel Scholten | Modernian           | 55.14   | Sheffield       | 25.10.08 | 40/44 |
| Garry Mavin     | Team Anglia Masters | 56.42   | Sheffield       | 29.10.17 | 45/49 |
| Craig Bransby   | Potters Bar         | 54.47   | Sheffield       | 24.10.25 | 50/54 |
| Marcel Scholten | Modernian           | 1.00.43 | Sheffield       | 29.10.21 | 55/59 |
| Kevin Timmons   | St Albans Masters   | 1.02.11 | Sheffield       | 30.10.22 | 60/64 |
| Barry Chandler  | Newmarket           | 1.06.97 | Barnet Copthall | 10.07.22 | 65/69 |
| Philip Harper   | Rochford & District | 1.11.73 | Sheffield       | 29.10.17 | 70/74 |
| Philip Harper   | Rochford & District | 1.17.22 | Basildon        | 07.03.20 | 75/79 |
| Philip Harper   | Rochford & District | 1.22.94 | Basildon        | 07.03.26 | 80/84 |
| Michael Read    | Hadleigh            | 1.44.01 | Chelmsford      | 31.01.26 | 85/89 |

## Womens 100m Freestyle

|                |                         |         |                 |          |
|----------------|-------------------------|---------|-----------------|----------|
| Lucy Wheeler   | Bishops Stortford       | 57.67   | Sheffield       | 25.10.24 |
| Katrin Heider  | City of Cambridge       | 57.76   | Sheffield       | 29.10.17 |
| Carla King     | South Beds Masters      | 59.89   | Sheffield       | 28.10.16 |
| Zoe Cray       | teamipswich             | 57.48   | Sheffield       | 29.10.10 |
| Zoe Cray       | teamipswich             | 59.39   | Newmarket       | 04.10.14 |
| Dawn Palmer    | Basildon and Phoenix    | 1.04.34 | Birmingham      | 05.10.24 |
| Liz Woolner    | Team Anglia Masters     | 1.04.37 | Sheffield       | 29.10.17 |
| Liz Woolner    | Flitwick Dolphins       | 1.04.99 | Coventry        | 30.03.24 |
| Sally Winter   | Bishops Stortford       | 1.08.31 | Sheffield       | 29.10.21 |
| Alyson Fordham | Bishops Stortford       | 1.07.07 | Sheffield       | 28.10.23 |
| Pat Reynolds   | Beavers Masters Bedford | 1.24.95 | Newmarket       | 24.04.22 |
| Pat Reynolds   | Beavers Masters Bedford | 1.26.63 | Stafford        | 13.04.25 |
| Janet Masters  | South Beds Masters      | 1.49.85 | Barnet Copthall | 10.07.22 |

## Open/Male 200m Freestyle

|                 |                     |         |                 |          |       |
|-----------------|---------------------|---------|-----------------|----------|-------|
| Sean Leahy      | Hatfield            | 1.49.33 | Sheffield       | 30.10.10 | 18/24 |
| Karl Buchholtz  | Modernian           | 1.58.00 | Sheffield       | 30.10.05 | 25/29 |
| Stuart Clarke   | Bishops Stortford   | 1.57.39 | Sheffield       | 26.10.14 | 30/34 |
| Stephen Mavin   | March Marlins       | 1.55.20 | Sheffield       | 26.10.14 | 35/39 |
| Lee North       | Rochford & District | 2.05.43 | Sheffield       | 23.10.15 | 40/44 |
| Lee Peterson    | Braintree & Bocking | 2.00.95 | Sheffield       | 25.10.19 | 45/49 |
| Craig Bransby   | Potters Bar         | 2.03.81 | Sheffield       | 25.10.25 | 50/54 |
| Peter Rae       | Rochford & District | 2.13.91 | Sheffield       | 24.10.09 | 55/59 |
| Barry Owen      | Rochford & District | 2.22.24 | Barnet          | 05.07.25 | 60/64 |
| Geoff Thwaites  | City of Cambridge   | 2.27.57 | Sheffield       | 26.10.13 | 65/69 |
| Stuart McLellan | Sudbury             | 2.44.20 | Nottingham      | 24.03.19 | 70/74 |
| Derek Gore      | Chelmsford          | 2.56.86 | Sheffield       | 23.10.15 | 75/79 |
| Philip Harper   | Rochford & District | 3.13.19 | Basildon        | 07.03.26 | 80/84 |
| Michael Read    | Hadleigh            | 4.04.72 | Bury St Edmunds | 22.02.26 | 85/89 |

## Womens 200m Freestyle

|                     |                    |         |                 |          |
|---------------------|--------------------|---------|-----------------|----------|
| Lucy Wheeler        | Bishops Stortford  | 2.06.06 | Sheffield       | 29.10.23 |
| Katrin Heider       | City of Cambridge  | 2.05.01 | Sheffield       | 27.10.17 |
| Kathryn Gill        | City of Cambridge  | 2.11.54 | Sheffield       | 27.10.18 |
| Jo Mitchinson       | Stevenage          | 2.16.78 | Sudbury         | 18.02.18 |
| Lara Fenner         | Basildon & Phoenix | 2.19.14 | Newmarket       | 30.09.18 |
| Elizabeth Bellinger | Bishops Stortford  | 2.22.16 | Newmarket       | 26.04.26 |
| Silvia Ferdin       | City of Cambridge  | 2.24.23 | Sheffield       | 25.10.19 |
| Sally Winter        | Bishops Stortford  | 2.22.25 | Sheffield       | 23.10.15 |
| Sally Winter        | Bishops Stortford  | 2.25.83 | Sudbury         | 16.02.20 |
| Sally Winter        | Bishops Stortford  | 2.31.87 | Sheffield       | 25.10.25 |
| Christine Ayers     | South Beds Masters | 3.04.73 | Barnet Copthall | 09.07.23 |
| Janet Masters       | South Beds Masters | 3.36.60 | Newmarket       | 03.10.15 |

**Open/Male 400m Freestyle**

|                   |                     |          |           |          |       |
|-------------------|---------------------|----------|-----------|----------|-------|
| Jack Fleming      | City of Cambridge   | 4.06.42  | Sheffield | 25.10.25 | 18/24 |
| Danny Baker       | Rochford & District | 4.16.29  | Sheffield | 26.10.19 | 25/29 |
| Stuart Clarke     | Bishops Stortford   | 4.14.09  | Sheffield | 25.10.14 | 30/34 |
| Stephen Mavin     | March Marlins       | 4.09.40  | Newmarket | 04.10.14 | 35/39 |
| Lee North         | Rochford & District | 4.27.04  | Sheffield | 24.10.15 | 40/44 |
| Ashley Buck       | Team Anglia         | 4.30.66  | Newmarket | 27.04.25 | 45/49 |
| Simon Emm         | Colchester          | 4.39.88  | Basildon  | 01.04.17 | 50/54 |
| Peter Rae         | Rochford & District | 4.46.19  | Sheffield | 24.10.09 | 55/59 |
| Barry Owen        | Rochford & District | 4.49.67  | Barnet    | 05.07.25 | 60/64 |
| Geoff Thwaites    | City of Cambridge   | 5.17.73  | Sheffield | 27.10.13 | 65/69 |
| Stuart McLellan   | Sudbury             | 5.54.51  | Sudbury   | 17.02.19 | 70/74 |
| Stuart McLellan   | Hadleigh            | 6.24.90  | Millfield | 23.02.25 | 75/79 |
| Philip Harper     | Rochford & District | 6.56.93  | Basildon  | 07.03.26 | 80/84 |
| Donald MacFarlane | West Norfolk        | 13.58.32 | Newmarket | 04.10.14 | 85/89 |

**Open/Male 800m Freestyle**

|                  |                     |          |                 |          |       |
|------------------|---------------------|----------|-----------------|----------|-------|
| Chris Greenhalgh | Sudbury             | 8.53.78  | Sheffield       | 25.10.15 | 18/24 |
| Shaun Harrison   | Stowmarket          | 9.10.72  | Sheffield       | 30.10.05 | 25/29 |
| Michael Tansini  | City of Cambridge   | 9.13.10  | Glasgow         | 08.04.22 | 30/34 |
| Ashley Buck      | Team Anglia Masters | 8.56.87  | Barnet Copthall | 09.07.16 | 35/39 |
| Lee North        | Rochford & District | 9.13.49  | Sheffield       | 25.10.15 | 40/44 |
| Lee North        | Rochford & District | 9.24.58  | Sheffield       | 27.10.19 | 45/49 |
| Simon Emm        | Colchester          | 9.43.09  | Sheffield       | 30.10.16 | 50/54 |
| Simon Emm        | Colchester          | 9.59.23  | Maidenhead      | 10.09.23 | 55/59 |
| Barry Owen       | Rochford & District | 10.01.33 | Barnet          | 05.07.25 | 60/64 |
| Geoff Thwaites   | City of Cambridge   | 10.52.02 | Sheffield       | 26.10.13 | 65/69 |
| Stuart McLellan  | Sudbury             | 12.31.33 | Sheffield       | 27.10.19 | 70/74 |
| Stuart McLellan  | Hadleigh            | 13.15.79 | Sheffield       | 26.10.24 | 75/79 |
| Michael Read     | Hadleigh            | 15.59.71 | Newmarket       | 02.10.22 | 80/84 |

**Open/Male 1500m Freestyle**

|                  |                     |          |                 |          |       |
|------------------|---------------------|----------|-----------------|----------|-------|
| Chris Greenhalgh | Sudbury             | 16.44.15 | Sheffield       | 24.10.14 | 18/24 |
| Lewis Archer     | Halstead            | 17.50.69 | Sheffield       | 28.10.22 | 25/29 |
| Ashley Buck      | Newmarket           | 17.46.92 | Barnet Copthall | 24.11.12 | 30/34 |
|                  |                     | 18.49.95 |                 |          | 35/39 |
| Ian Wimpenny     | Hoddesdon           | 17.35.24 | Sheffield       | 27.10.17 | 40/44 |
| Lee North        | Rochford & District | 18.16.28 | Sheffield       | 25.10.19 | 45/49 |
| Simon Emm        | Colchester          | 18.38.65 | Sheffield       | 28.10.16 | 50/54 |
| Mark Strakosch   | Berkhamsted         | 19.21.21 | Aldershot       | 21.04.18 | 55/59 |
| Dale Barker      | Team Anglia Masters | 19.40.38 | Sheffield       | 25.10.24 | 60/64 |
| Mark Strakosch   | Berkhamsted         | 20.53.67 | Carlisle        | 14.02.26 | 65/69 |
| Nick Minns       | East Anglian        | 23.57.81 | Sheffield       | 27.10.23 | 70/74 |
| Stuart McLellan  | Hadleigh & Sudbury  | 25.29.33 | Bury St Edmunds | 18.02.24 | 75/79 |
| Michael Read     | Hadleigh            | 32.43.60 | Bury St Edmunds | 16.02.25 | 80/84 |
| Michael Read     | Hadleigh            | 33.26.00 | Bury St Edmunds | 22.02.26 | 85/89 |

**Womens 400m Freestyle**

|                       |                            |         |                 |          |
|-----------------------|----------------------------|---------|-----------------|----------|
| Jennifer Titterington | City of Cambridge          | 4.30.49 | Sheffield       | 25.10.14 |
| Robyn Le Friec        | City of Cambridge          | 4.31.82 | Sheffield       | 29.10.16 |
| Kathryn Gill          | City of Cambridge          | 4.37.87 | Sheffield       | 26.10.19 |
| Jo Mitchinson         | Stevenage                  | 4.38.98 | Sudbury         | 18.02.18 |
| Jo Mitchinson         | Team Luton                 | 4.50.94 | Newmarket       | 10.10.21 |
| Jo Mitchinson         | Hertford                   | 4.55.24 | Newmarket       | 07.09.25 |
| Silvia Ferdin         | City of Cambridge          | 5.02.29 | Angers, France  | 23.03.18 |
| Silvia Ferdin         | City of Cambridge          | 5.04.94 | Sheffield       | 29.10.22 |
| Suzanne Noble         | East Anglian Swallow Tails | 5.06.12 | Sheffield       | 25.10.25 |
| Sally Winter          | Bishops Stortford          | 5.27.01 | Sheffield       | 25.10.25 |
| Pat Reynolds          | Beavers Masters Bedford    | 6.20.41 | Newmarket       | 24.04.22 |
| Janet Masters         | South Beds Masters         | 7.40.03 | Barnet Copthall | 10.07.16 |

**Womens 800m Freestyle**

|                       |                            |          |                 |          |
|-----------------------|----------------------------|----------|-----------------|----------|
| Jennifer Titterington | City of Cambridge          | 9.06.89  | Sheffield       | 26.10.14 |
| Robyn Le Friec        | City of Cambridge          | 9.17.85  | Sheffield       | 30.10.16 |
| Kathryn Gill          | City of Cambridge          | 9.33.16  | Sheffield       | 27.10.19 |
| Jo Mitchinson         | Stevenage                  | 9.49.99  | Barnet Copthall | 24.11.18 |
| Jo Mitchinson         | Team Luton                 | 10.08.36 | Sheffield       | 29.10.21 |
| Jo Mitchinson         | Hertford                   | 9.56.24  | Newmarket       | 07.09.25 |
| Silvia Ferdin         | City of Cambridge          | 10.11.66 | Barnet Copthall | 07.07.18 |
| Silvia Ferdin         | City of Cambridge          | 10.26.27 | Sheffield       | 31.10.21 |
| Suzanne Noble         | East Anglian               | 10.33.96 | Sheffield       | 26.10.24 |
| Lorraine Rate         | Clacton SC                 | 12.47.53 | Sheffield       | 26.10.25 |
| Christine Ayers       | South Beds Masters         | 13.18.11 | Wolverhampton   | 21.09.18 |
| Pat Jackson           | East Anglian Swallow Tails | 15.13.23 | Carlisle        | 11.02.22 |

**Womens 1500m Freestyle**

|                  |                          |          |                 |          |
|------------------|--------------------------|----------|-----------------|----------|
| Lucy Charles     | Hoddesdon                | 17.46.01 | Sheffield       | 25.10.13 |
| Hayley Davis     | City of Cambridge        | 18.59.22 | Barnet Copthall | 24.11.13 |
| Hayley Davis     | City of Cambridge        | 18.29.89 | Sheffield       | 23.10.15 |
| Jo Mitchinson    | Stevenage                | 18.26.98 | Barnet Copthall | 24.11.18 |
| Jo Mitchinson    | Team Luton               | 19.16.04 | Sheffield       | 29.10.21 |
| Heidi Nevin      | Rochford & District      | 19.24.90 | Sheffield       | 23.10.15 |
| Silvia Ferdin    | City of Cambridge        | 19.32.49 | Barnet Copthall | 25.11.17 |
| Silvia Ferdin    | City of Cambridge        | 19.44.85 | Sheffield       | 27.10.23 |
| Suzanne Noble    | East Anglian             | 20.09.91 | Sheffield       | 24.10.25 |
| Sharon McLellan  | Hadleigh                 | 24.19.23 | Barnet Copthall | 25.11.23 |
| Christine Ayers  | South Beds Masters       | 25.29.27 | Sheffield       | 27.10.23 |
| Patricia Jackson | EastAnglian Swallowtails | 30.30.93 | Carlisle        | 14.02.26 |

**Open/Male 50m Backstroke**

|               |                            |         |                 |          |
|---------------|----------------------------|---------|-----------------|----------|
| Aaron Fox     | City of Norwich            | 26.26   | Sheffield       | 26.10.25 |
| Ian Thwaites  | City Of Cambridge          | 26.21   | Sheffield       | 23.10.09 |
| Kevin Barter  | Chatteris                  | 27.13   | Sheffield       | 23.10.09 |
| Lee Peterson  | Braintree & Bocking        | 27.16   | Sheffield       | 28.10.12 |
| Lee Peterson  | Braintree & Bocking        | 27.77   | Sheffield       | 30.10.16 |
| Lee Peterson  | Braintree & Bocking        | 27.85   | Sheffield       | 25.10.19 |
| Lee Peterson  | Braintree & Bocking        | 29.54   | Basildon        | 02.03.24 |
| Graham Powell | Team Luton                 | 31.36   | Sheffield       | 27.10.13 |
| Graham Powell | Team Luton                 | 32.53   | Bracknell       | 05.03.16 |
| Graham Powell | Team Luton                 | 33.78   | Sheffield       | 29.10.22 |
| Graham Powell | Team Luton                 | 35.85   | Hemel Hempstead | 07.02.26 |
| Alan Jackson  | East Anglian Swallow Tails | 40.70   | Sudbury         | 16.02.14 |
| Philip Harper | Rochford and District      | 44.15   | Basildon        | 07.03.26 |
| Neil Blake    | Hertford                   | 1.15.46 | Hemel Hempstead | 16.06.24 |

**Womens 50m Backstroke**

|                  |                         |       |                 |          |
|------------------|-------------------------|-------|-----------------|----------|
| Jessica Shaw     | Southwold               | 28.77 | Sheffield       | 28.10.23 |
| Frances Merridan | South Beds Masters      | 31.56 | Newmarket       | 28.04.19 |
| Claire Evelyn    | South Beds Masters      | 31.47 | Sheffield       | 25.10.19 |
| Zoe Cray         | teamipswich             | 29.34 | Norwich         | 16.05.09 |
| Zoe Cray         | teamipswich             | 29.84 | Newmarket       | 04.10.14 |
| Dawn Palmer      | Basildon and Phoenix    | 33.84 | Sheffield       | 28.10.23 |
| Liz Woolner      | Team Anglia Masters     | 34.18 | Sheffield       | 28.10.17 |
| Liz Woolner      | Flitwick Dolphins       | 34.37 | Coventry        | 14.03.26 |
| Eileen Luther    | Rochford & District     | 37.71 | Sheffield       | 27.10.18 |
| Alyson Fordham   | Bishops Stortford       | 37.61 | Sheffield       | 28.10.23 |
| Christine Ayers  | South Beds Masters      | 45.95 | Barnet Copthall | 17.09.23 |
| Janet Masters    | Beavers Masters Bedford | 46.32 | Stafford        | 13.04.25 |
| Janet Masters    | South Beds Masters      | 51.83 | Basildon        | 07.03.20 |
| Janet Masters    | South Beds Masters      | 55.84 | Sheffield       | 26.10.25 |

**Open/Male 100m Backstroke**

|                 |                            |         |               |          |
|-----------------|----------------------------|---------|---------------|----------|
| Matthew Masters | South Beds Masters         | 58.37   | Sheffield     | 27.10.17 |
| John Sargent    | City Of Cambridge          | 56.44   | Sheffield     | 28.10.11 |
| Kevin Barter    | Chatteris                  | 58.56   | Sheffield     | 24.10.09 |
| Stephen Mavin   | Chatteris                  | 58.81   | Sheffield     | 28.10.11 |
| Lee Peterson    | Braintree & Bocking        | 59.36   | Sheffield     | 26.10.14 |
| Lee Peterson    | Braintree & Bocking        | 1.03.61 | Sheffield     | 31.10.21 |
| Lee Peterson    | Braintree & Bocking        | 1.04.86 | Chelmsford    | 06.01.24 |
| Graham Powell   | Team Luton                 | 1.09.04 | Sheffield     | 28.10.11 |
| Graham Powell   | Team Luton                 | 1.12.02 | Sheffield     | 29.10.16 |
| Mike Foscett    | Hemel Hempstead            | 1.15.61 | Sheffield     | 26.10.18 |
| Mike Foscett    | Hemel Hempstead            | 1.17.44 | Angers France | 10.03.22 |
| Alan Jackson    | East Anglian Swallow Tails | 1.31.49 | Sudbury       | 16.02.14 |
| Philip Harper   | Rochford and District      | 1.38.94 | Basildon      | 07.03.26 |

**Womens 100m Backstroke**

|                     |                         |         |                 |          |
|---------------------|-------------------------|---------|-----------------|----------|
| Jessica Shaw        | Southwold               | 1.00.72 | Sheffield       | 27.10.23 |
| Alison Binns        | Bushey                  | 1.08.69 | Sheffield       | 28.10.22 |
| Samantha Auker      | City of Cambridge       | 1.08.36 | Sheffield       | 25.10.25 |
| Zoe Cray            | teamipswich             | 1.03.38 | Sheffield       | 24.10.09 |
| Elizabeth Bellinger | Bishops Stortford       | 1.13.70 | Sheffield       | 31.10.21 |
| Elizabeth Bellinger | Bishops Stortford       | 1.13.83 | Sheffield       | 27.10.23 |
| Liz Woolner         | Team Anglia Masters     | 1.15.08 | Sheffield       | 26.10.18 |
| Liz Woolner         | Flitwick Dolphins       | 1.15.84 | Barnet Copthall | 07.07.24 |
| Eileen Luther       | Rochford & District     | 1.22.69 | Sheffield       | 26.10.18 |
| Alyson Fordham      | Bishops Stortford       | 1.18.70 | Sheffield       | 27.10.23 |
| Pat Reynolds        | Beavers Masters Bedford | 1.36.10 | Newmarket       | 24.04.22 |
| Pat Reynolds        | Beavers Masters Bedford | 1.39.82 | Leicester       | 14.09.25 |
| Janet Masters       | South Beds Masters      | 1.49.82 | Basildon        | 07.03.20 |
| Janet Masters       | South Beds Masters      | 1.59.06 | Lublin, Poland  | 12.12.25 |

**Open/Male 200m Backstroke**

|                 |                         |         |                 |          |
|-----------------|-------------------------|---------|-----------------|----------|
| Myles Turner    | West Suffolk            | 2.03.52 | Sheffield       | 30.10.21 |
| John Sargent    | City Of Cambridge       | 2.02.23 | Sheffield       | 30.10.11 |
| Ashley Buck     | Newmarket               | 2.13.18 | Sheffield       | 30.10.11 |
| Ashley Buck     | Team Anglia Masters     | 2.13.71 | Sheffield       | 28.10.16 |
| Lee Peterson    | Braintree & Bocking     | 2.15.46 | Newmarket       | 03.10.15 |
| David Cartledge | Modernian               | 2.24.50 | Sheffield       | 29.10.05 |
| Graham Powell   | Luton                   | 2.31.31 | Sheffield       | 28.10.06 |
| David Cartledge | Modernian               | 2.29.00 | Sheffield       | 24.10.15 |
| Graham Powell   | Team Luton              | 2.39.89 | Sheffield       | 28.10.16 |
| Mike Foscett    | Hemel Hempstead         | 2.44.05 | Sudbury         | 18.02.18 |
| Mike Foscett    | Hemel Hempstead         | 2.50.38 | Angers France   | 11.03.22 |
| Stuart McLellan | Hadleigh & Sudbury      | 3.30.94 | Bury St Edmunds | 18.02.24 |
| Paul Clarke     | Beavers Masters Bedford | 4.12.90 | Barnet Copthall | 09.07.23 |

**Womens 200m Backstroke**

|                 |                         |         |           |          |
|-----------------|-------------------------|---------|-----------|----------|
| Niamh James     | Bishop Stortford        | 2.17.73 | Sheffield | 25.10.24 |
| Hayley Davis    | Flitwick Dolphins       | 2.29.47 | Sheffield | 25.10.09 |
| Hayley Davis    | City of Cambridge       | 2.28.08 | Sheffield | 24.10.15 |
| Jo Mitchinson   | Stevenage               | 2.31.64 | Sheffield | 28.10.18 |
| Jo Mitchinson   | Team Luton              | 2.35.29 | Newmarket | 10.10.21 |
| Susan Evans     | Biggleswade             | 2.39.87 | Sheffield | 28.10.23 |
| Melanie Holland | Team Anglia             | 2.52.47 | Newmarket | 29.09.24 |
| Liz Woolner     | Flitwick Dolphins       | 2.46.59 | Newmarket | 02.10.22 |
| Pat Reynolds    | Beavers Masters Bedford | 3.13.95 | Newmarket | 05.10.13 |
| Alyson Fordham  | Bishop Stortford        | 2.51.51 | Newmarket | 29.09.24 |
| Pat Reynolds    | Beavers Masters Bedford | 3.24.34 | Coventry  | 30.09.23 |
| Pat Reynolds    | Beavers Masters Bedford | 3.30.19 | Leicester | 14.09.25 |
| Janet Masters   | South Beds Masters      | 4.12.37 | Sheffield | 28.10.23 |
| Janet Masters   | South Beds Masters      | 4.19.55 | Sheffield | 24.10.25 |

**Open/Male 50m Butterfly**

|                 |                            |         |                 |          |       |
|-----------------|----------------------------|---------|-----------------|----------|-------|
| Aaron Fox       | City of Norwich            | 24.62   | Sheffield       | 24.10.25 | 18/24 |
| Matthew Wright  | Team Luton                 | 25.25   | Barnet Copthall | 14.09.25 | 25/29 |
| Stephen Mavin   | Chatteris                  | 25.04   | Sheffield       | 24.10.09 | 30/34 |
| Stephen Mavin   | March Marins               | 25.32   | Sheffield       | 25.10.14 | 35/39 |
| John Cunningham | Potters Bar                | 26.93   | Newmarket       | 20.11.11 | 40/44 |
| Daryl Mason     | Potters Bar                | 26.36   | Sheffield       | 22.11.15 | 45/49 |
| Craig Bransby   | Potters Bar                | 27.10   | Sheffield       | 24.10.25 | 50/54 |
| Barry Chandler  | Bishops Stortford          | 29.24   | Sheffield       | 26.10.13 | 55/59 |
| Geoff Baker     | Rochford & District        | 30.40   | Sheffield       | 26.10.19 | 60/64 |
| Geoff Baker     | Rochford & District        | 31.70   | Basildon        | 02.03.24 | 65/69 |
| Alan Jackson    | East Anglian Swallow Tails | 36.53   | Newmarket       | 15.11.09 | 70/74 |
| Chris Dunn      | Hatfield                   | 30.65   | Braintree       | 13.11.22 | 75/79 |
| Paul Clarke     | Beavers Masters Bedford    | 1.03.36 | Basildon        | 12.03.22 | 80/84 |
| Michael Read    | Hadleigh                   | 1.26.09 | Chelmsford      | 31.01.26 | 85/89 |

**Open/Male 100m Butterfly**

|                 |                            |         |                 |          |       |
|-----------------|----------------------------|---------|-----------------|----------|-------|
| Aaron Fox       | City of Norwich            | 55.82   | Sheffield       | 25.10.25 | 18/24 |
| Kevin Barter    | Chatteris                  | 56.61   | Sheffield       | 25.10.08 | 25/29 |
| Stephen Mavin   | Chatteris                  | 55.57   | Sheffield       | 24.10.09 | 30/34 |
| Stephen Mavin   | March Marins               | 56.15   | Sheffield       | 25.10.14 | 35/39 |
| Garry Mavin     | March Marins               | 1.01.02 | Sheffield       | 26.10.12 | 40/44 |
| Lee Peterson    | Braintree & Bocking        | 1.02.25 | Basildon        | 02.03.19 | 45/49 |
| John Cunningham | Potters Bar                | 1.01.55 | Sheffield       | 29.10.21 | 50/54 |
| Simon Emm       | Colchester                 | 1.06.40 | Sheffield       | 27.10.24 | 55/59 |
| Graham Powell   | Team Luton                 | 1.08.70 | Barnet Copthall | 04.09.16 | 60/64 |
| Geoff Baker     | Rochford & District        | 1.14.60 | Basildon        | 02.03.24 | 65/69 |
| Stuart McLellan | Hadleigh                   | 1.47.47 | Sheffield       | 27.10.23 | 70/74 |
| Alan Jackson    | East Anglian Swallow Tails | 1.51.81 | Newmarket       | 04.10.14 | 75/79 |
| Michael Read    | Sudbury                    | 2.31.95 | Newmarket       | 10.10.21 | 80/84 |
| Michael Read    | Hadleigh                   | 3.14.29 | Chelmsford      | 31.01.26 | 85/89 |

**Open/Male 200m Butterfly**

|                       |                     |         |           |          |       |
|-----------------------|---------------------|---------|-----------|----------|-------|
| Jake Thomas-Mansfield | West Suffolk        | 2.08.29 | Sheffield | 26.10.24 | 18/24 |
| Jake Thomas-Mansfield | West Suffolk        | 2.07.50 | Sheffield | 26.10.25 | 25/29 |
| Jake Lloyd            | Bishops Stortford   | 2.14.13 | Sheffield | 26.10.25 | 30/34 |
| Stephen Mavin         | Chatteris           | 2.11.96 | Sheffield | 31.10.10 | 35/39 |
| Lee North             | Rochford & District | 2.30.51 | Sheffield | 23.10.15 | 40/44 |
| Ian Wallace           | Brentwood           | 2.28.86 | Sheffield | 29.10.16 | 45/49 |
| Simon Emm             | Colchester          | 2.25.68 | Sudbury   | 17.02.19 | 50/54 |
| Simon Emm             | Colchester          | 2.32.15 | Sheffield | 26.10.24 | 55/59 |
| David Wright          | Team Luton          | 2.46.83 | Sheffield | 29.10.21 | 60/64 |
| Alastair Gibb         | Team Luton          | 3.34.26 | Crawley   | 27.09.25 | 65/69 |
| Richard Goddard       | Impington Masters   | 4.23.77 | Newmarket | 06.10.12 | 70/74 |
| Michael Read          | Sudbury             | 4.42.77 | Sudbury   | 17.02.19 | 75/79 |

**Womens 50m Butterfly**

|                     |                            |       |                 |          |
|---------------------|----------------------------|-------|-----------------|----------|
| Madeline Wright     | East Anglian Swallow Tails | 28.97 | Sheffield       | 31.10.21 |
| Elizabeth Bellinger | Bishops Stortford          | 28.92 | Sheffield       | 27.10.06 |
| Elizabeth Bellinger | Bishops Stortford          | 29.25 | Sheffield       | 24.10.09 |
| Zoe Cray            | teamipswich                | 28.65 | Sheffield       | 24.10.09 |
| Elizabeth Bellinger | Bishops Stortford          | 29.57 | Sheffield       | 26.10.19 |
| Elizabeth Bellinger | Bishops Stortford          | 30.02 | Sheffield       | 27.10.23 |
| Liz Woolner         | Flitwick Dolphins          | 30.48 | Sudbury         | 18.02.18 |
| Liz Woolner         | Team Anglia                | 30.37 | Sheffield       | 25.10.24 |
| Debbie Matless      | City of Norwich            | 33.31 | Sheffield       | 25.10.24 |
| Alyson Fordham      | Bishops Stortford          | 37.66 | Braintree       | 13.11.22 |
| Pat Jackson         | East Anglian Swallow Tails | 43.94 | Newmarket       | 01.10.17 |
| Janet Masters       | South Beds Masters         | 50.31 | Barnet Copthall | 06.09.15 |
| Janet Masters       | South Beds Masters         | 53.78 | Basildon        | 07.03.20 |

**Womens 100m Butterfly**

|                     |                            |         |           |          |
|---------------------|----------------------------|---------|-----------|----------|
| Alison Binns        | Bushey                     | 1.05.92 | Sheffield | 27.10.17 |
| Robyn Le Friec      | City of Cambridge          | 1.05.26 | Sheffield | 27.10.17 |
| Elizabeth Bellinger | Bishops Stortford          | 1.05.85 | Sheffield | 24.10.09 |
| Elizabeth Bellinger | Bishops Stortford          | 1.05.23 | Sheffield | 24.10.15 |
| Elizabeth Bellinger | Bishops Stortford          | 1.05.33 | Sudbury   | 18.02.18 |
| Elizabeth Bellinger | Bishops Stortford          | 1.07.30 | Basildon  | 07.03.26 |
| Liz Woolner         | Flitwick Dolphins          | 1.08.47 | Sudbury   | 18.02.18 |
| Liz Woolner         | Flitwick Dolphins          | 1.09.89 | Hucknall  | 20.03.22 |
| Debbie Matless      | East Anglian               | 1.21.45 | Sheffield | 29.10.23 |
| Pat Jackson         | East Anglian Swallow Tails | 1.35.65 | Sheffield | 26.10.12 |
| Pat Jackson         | East Anglian Swallow Tails | 1.49.18 | Llandudno | 06.10.18 |
| Janet Masters       | South Beds Masters         | 1.51.41 | Sheffield | 30.10.16 |

**Womens 200m Butterfly**

|                     |                            |         |                |          |
|---------------------|----------------------------|---------|----------------|----------|
| Rebecca Howell      | Basildon and Phoenix       | 2.25.22 | Sheffield      | 26.10.25 |
| Robyn Le Friec      | City of Cambridge          | 2.22.69 | Sheffield      | 29.10.16 |
| Hayley Davis        | City of Cambridge          | 2.28.19 | Sheffield      | 23.10.15 |
| Robyn Le Friec      | City of Cambridge          | 2.28.29 | Sheffield      | 26.10.25 |
| Elizabeth Bellinger | Bishops Stortford          | 2.30.72 | Sudbury        | 18.02.18 |
| Josephine Cresswell | East Anglian Swallow Tails | 2.46.90 | Newmarket      | 05.10.13 |
| Silvia Ferdin       | City of Cambridge          | 2.42.22 | Angers. France | 25.03.18 |
| Silvia Ferdin       | City of Cambridge          | 2.54.21 | Glasgow        | 22.04.23 |
| Pat Jackson         | East Anglian Swallow Tails | 3.25.67 | Carlisle       | 12.05.07 |
| Pat Jackson         | East Anglian Swallow Tails | 3.32.18 | Sheffield      | 27.10.12 |
| Pat Jackson         | East Anglian Swallow Tails | 3.56.12 | Inverness      | 22.04.17 |
| Pat Jackson         | East Anglian Swallow Tails | 4.26.28 | Carlisle       | 12.02.22 |

**Open/Male 50m Breaststroke**

|                   |                         |         |             |           |       |
|-------------------|-------------------------|---------|-------------|-----------|-------|
| Lawrence Palmer   | Putteridge              | 26.83   | Sheffield   | 24.10.15  | 18/24 |
| Lawrence Palmer   | Putteridge              | 26.99   | Sheffield   | 29.10.17  | 25/29 |
| Andrea Agius      | Team Anglia Masters     | 29.10   | Sheffield   | 25.10.25  | 30/34 |
| Lee Peterson      | Braintree & Bocking     | 30.18   | Sheffield   | 26.10.13  | 35/39 |
| David Ebanks      | Basildon Phoenix        | 29.26   | Sheffield   | 28.10.22  | 40/44 |
| Lee Peterson      | Braintree & Bocking     | 30.48   | Sheffield   | 27.10..19 | 45/49 |
| John Cunningham   | Potters Bar             | 31.83   | Sheffield   | 29.10.21  | 50/54 |
| Marcel Scholten   | Modernian               | 33.17   | Sheffield   | 28.10.22  | 55/59 |
| Martyn Fresher    | Team Anglia Masters     | 35.27   | Sheffield   | 28.10.23  | 60/64 |
| David Pirrie      | Hemel Hempstead         | 36.34   | Sheffield   | 28.10.22  | 65/69 |
| Alan Canham       | Harlow Penguins         | 42.28   | Newmarket   | 20.11.11  | 70/74 |
| Stuart McLellan   | Hadleigh                | 48.63   | Millfield   | 23.02.25  | 75/79 |
| Paul Clarke       | Beavers Masters Bedford | 53.60   | Gloucester  | 07.08.22  | 80/84 |
| Donald Macfarlane | West Norfolk            | 1.12.54 | Newmarket   | 04.10.14  | 85/89 |
| Ronald Cooper     | Hertford                | 1.44.41 | Borehamwood | 16.06.18  | 90/94 |

**Womens 50m Breaststroke**

|                 |                     |       |           |          |
|-----------------|---------------------|-------|-----------|----------|
| Cerys Williams  | West Suffolk        | 29.41 | Braintree | 13.11.22 |
| Louise Bush     | UEA City of Norwich | 33.84 | Sheffield | 29.10.16 |
| Kathryn Gill    | City of Cambridge   | 32.94 | Sheffield | 26.10.18 |
| Carla King      | South Beds Masters  | 33.89 | Sheffield | 27.10.19 |
| Katie Holmes    | Harwich DP          | 34.51 | Sheffield | 25.10.25 |
| Lucy Ryan       | Team Anglia Masters | 35.44 | Sheffield | 27.10.19 |
| Lucy Ryan       | Team Anglia Masters | 36.05 | Sheffield | 28.10.23 |
| Helen Davis     | Team Anglia Masters | 36.04 | Sheffield | 25.10.25 |
| Jean Appleby    | Sudbury             | 41.47 | Sheffield | 26.10.18 |
| Alyson Fordham  | Bishops Stortford   | 41.08 | Sheffield | 28.10.23 |
| Christine Ayers | South Beds Masters  | 47.65 | Sheffield | 28.10.23 |
| Janet Masters   | South Beds Masters  | 56.91 | Sheffield | 29.10.16 |

**Open/Male 100m Breaststroke**

|                   |                         |         |            |          |       |
|-------------------|-------------------------|---------|------------|----------|-------|
| Lawrence Palmer   | Putteridge              | 1.01.39 | Sheffield  | 25.10.14 | 18/24 |
| Lawrence Palmer   | Putteridge              | 59.23   | Sheffield  | 28.10.17 | 25/29 |
| Andrea Agius      | Team Anglia Masters     | 1.05.03 | Sheffield  | 26.10.25 | 30/34 |
| Lee Peterson      | Braintree & Bocking     | 1.05.65 | Sheffield  | 28.10.12 | 35/39 |
| Lee Peterson      | Braintree & Bocking     | 1.05.50 | Sheffield  | 25.10.14 | 40/44 |
| Lee Peterson      | Braintree & Bocking     | 1.06.04 | Sheffield  | 25.10.19 | 45/49 |
| Marcel Scholten   | Team Anglia Masters     | 1.10.70 | Sheffield  | 28.10.16 | 50/54 |
| David Cartledge   | Modernian               | 1.13.97 | Sheffield  | 23.10.15 | 55/59 |
| Geoff Thwaites    | City of Cambridge       | 1.19.40 | Sheffield  | 26.10.07 | 60/64 |
| David Pirrie      | Hemel Hempstead         | 1.23.14 | Bracknell  | 04.03.23 | 65/69 |
| Stuart McLellan   | Sudbury                 | 1.38.17 | Sudbury    | 17.02.19 | 70/74 |
| Stuart McLellan   | Hadleigh                | 1.48.51 | Chelmsford | 06.01.24 | 75/79 |
| Paul Clarke       | Beavers Masters Bedford | 2.05.87 | Basildon   | 12.03.22 | 80/84 |
| Donald Macfarlane | West Norfolk            | 3.26.95 | Newmarket  | 01.10.17 | 85/89 |

**Womens 100m Breaststroke**

|                  |                       |         |                |          |
|------------------|-----------------------|---------|----------------|----------|
| Katherine Daynes | Halstead              | 1.13.23 | Sheffield      | 30.10.21 |
| Louise Bush      | UEA City of Norwich   | 1.12.81 | Sheffield      | 28.10.16 |
| Kathryn Gill     | City of Cambridge     | 1.11.47 | Sheffield      | 25.10.19 |
| Kathryn Gill     | City of Cambridge     | 1.14.25 | Sheffield      | 29.10.22 |
| Katie Holmes     | Harwich Swimming Club | 1.17.00 | Lublin, Poland | 11.12.25 |
| Lucy Ryan        | Team Anglia Masters   | 1.16.76 | Sheffield      | 28.10.18 |
| Lucy Ryan        | Team Anglia Masters   | 1.18.73 | Sheffield      | 27.10.23 |
| Helen Davis      | Team Anglia Masters   | 1.19.46 | Sheffield      | 26.10.25 |
| Sian Macdonald   | Hemel Hempstead       | 1.35.84 | Sheffield      | 27.10.23 |
| Alyson Fordham   | Bishops Stortford     | 1.33.44 | Chelmsford     | 25.01.25 |
| Christine Ayers  | South Beds Masters    | 1.45.17 | Sheffield      | 27.10.23 |
| Janet Masters    | South Beds Masters    | 2.08.37 | Leamington Spa | 17.05.15 |

**Open/Male 200m Breaststroke**

|                 |                         |         |                  |          |       |
|-----------------|-------------------------|---------|------------------|----------|-------|
| Lawrence Palmer | Putteridge              | 2.16.13 | Sheffield        | 24.10.14 | 18/24 |
| Lawrence Palmer | Putteridge              | 2.11.90 | Sheffield        | 27.10.17 | 25/29 |
| Thomas Sarah    | West Suffolk            | 2.28.11 | Sheffield        | 27.10.24 | 30/34 |
| Lee Peterson    | Braintree & Bocking     | 2.26.82 | Sheffield        | 25.10.13 | 35/39 |
| Lee Peterson    | Braintree & Bocking     | 2.27.62 | Sheffield        | 24.10.14 | 40/44 |
| Lee Peterson    | Braintree & Bocking     | 2.28.20 | Sheffield        | 26.10.19 | 45/49 |
| Marcel Scholten | Team Anglia Masters     | 2.40.34 | Sheffield        | 27.10.17 | 50/54 |
| David Cartledge | Modernian               | 2.47.37 | Sheffield        | 24.10.15 | 55/59 |
| Geoff Thwaites  | City of Cambridge       | 2.56.26 | Sheffield        | 27.10.07 | 60/64 |
| Geoff Thwaites  | City of Cambridge       | 3.00.01 | Sheffield        | 25.10.13 | 65/69 |
| Stuart McLellan | Sudbury                 | 3.38.96 | Sudbury          | 16.02.20 | 70/74 |
| Stuart McLellan | Hadleigh                | 3.55.41 | Bury St Edmunds  | 16.02.25 | 75/79 |
| Paul Clarke     | Beavers Masters Bedford | 4.40.86 | Barnet Cophthall | 10.07.22 | 80/84 |

**Womens 200m Breaststroke**

|                 |                            |         |           |          |
|-----------------|----------------------------|---------|-----------|----------|
| Niamh James     | Bishop Stortford           | 2.42.82 | Sheffield | 27.10.24 |
| Louise Bush     | UEA City of Norwich        | 2.37.29 | Sheffield | 30.10.16 |
| Kathryn Gill    | City of Cambridge          | 2.35.00 | Sheffield | 26.10.19 |
| Kathryn Gill    | City of Cambridge          | 2.48.08 | Sheffield | 24.10.25 |
| Lucy Ryan       | Team Anglia Masters        | 2.50.40 | Sheffield | 30.10.16 |
| Lucy Ryan       | Team Anglia Masters        | 2.48.18 | Sheffield | 27.10.18 |
| Lucy Ryan       | Team Anglia Masters        | 2.52.24 | Sheffield | 24.10.25 |
| Helen Davis     | Team Anglia Masters        | 2.55.92 | Sheffield | 24.10.25 |
| Sian MacDonald  | Hemel Hempstead            | 3.25.54 | Sheffield | 24.10.25 |
| Pat Jackson     | East Anglian Swallow Tails | 3.52.51 | Sheffield | 25.10.13 |
| Christine Ayers | South Beds Masters         | 3.46.06 | Sheffield | 28.10.23 |
| Pat Jackson     | East Anglian Swallow Tails | 4.21.20 | Carlisle  | 12.02.22 |

**Open/Male 100m Individual Medley**

|                 |                            |         |               |          |
|-----------------|----------------------------|---------|---------------|----------|
| Lawrence Palmer | Putteridge                 | 57.30   | Sheffield     | 24.10.15 |
| Nathan Wells    | West Norfolk               | 57.65   | Sheffield     | 25.10.25 |
| Stephen Mavin   | Chatteris                  | 59.68   | Sheffield     | 23.10.09 |
| Stephen Mavin   | March Marlins              | 58.86   | Sheffield     | 28.10.12 |
| Lee Peterson    | Braintree & Bocking        | 1.00.89 | Sheffield     | 24.10.14 |
| Lee Peterson    | Braintree & Bocking        | 1.00.86 | Sheffield     | 27.10.19 |
| Lee Peterson    | Braintree & Bocking        | 1.05.08 | Basildon      | 02.03.24 |
| David Cartledge | Modernian                  | 1.07.82 | Sheffield     | 24.10.15 |
| David Cartledge | Modernian                  | 1.10.37 | Basildon      | 07.03.20 |
| Mike Foskett    | Hemel Hempstead            | 1.16.18 | Sheffield     | 27.10.18 |
| Mike Foskett    | Hemel Hempstead            | 1.19.41 | Angers France | 12.03.22 |
| Alan Jackson    | East Anglian Swallow Tails | 1.28.64 | Sudbury       | 16.02.14 |
| Michael Read    | Sudbury                    | 2.00.70 | Newmarket     | 10.10.21 |
| Michael Read    | Hadleigh                   | 2.23.26 | Chelmsford    | 31.01.26 |

**Open/Male 200m Individual Medley**

|                 |                     |         |                 |          |
|-----------------|---------------------|---------|-----------------|----------|
| Sean Leahy      | Hatfield            | 2.03.80 | Sheffield       | 30.10.10 |
| Nathan Wells    | West Norfolk        | 2.09.32 | Sheffield       | 26.10.25 |
| Stuart Clarke   | Bishops Stortford   | 2.14.14 | Sheffield       | 26.10.14 |
| Stephen Mavin   | March Marlins       | 2.09.10 | Sheffield       | 26.10.14 |
| Lee Peterson    | Braintree & Bocking | 2.14.64 | Sheffield       | 29.10.16 |
| Lee Peterson    | Braintree & Bocking | 2.15.56 | Sheffield       | 26.10.19 |
| Marcel Scholten | Team Anglia Masters | 2.28.91 | Sheffield       | 26.10.18 |
| David Cartledge | Modernian           | 2.28.98 | Sheffield       | 23.10.15 |
| Graham Powell   | Team Luton          | 2.43.14 | Sheffield       | 29.10.17 |
| Graham Powell   | Team Luton          | 2.50.94 | Sheffield       | 30.10.22 |
| Stuart McLellan | Sudbury             | 3.12.90 | Nottingham      | 24.03.19 |
| Stuart McLellan | Hadleigh            | 3.30.18 | Sheffield       | 25.10.24 |
| Micahael Read   | Hadleigh            | 4.43.58 | Sheffield       | 25.10.24 |
| Michael Read    | Hadleigh            | 5.16.67 | Bury St Edmunds | 22.02.26 |

**Open/Male 400m Individual Medley**

|                 |                     |          |                 |          |
|-----------------|---------------------|----------|-----------------|----------|
| Myles Turner    | West Suffolk        | 4.31.39  | Sheffield       | 31.10.21 |
| Augustus Veasey | Chelmsford          | 4.43.24  | Barnet Copthall | 10.07.22 |
| Andrea Agius    | Newmarket           | 5.20.08  | Newmarket       | 07.09.25 |
| Ashley Buck     | Team Anglia Masters | 5.02.58  | Barnet Copthall | 10.07.16 |
| Lee North       | Rochford & District | 5.07.84  | Sheffield       | 25.10.15 |
| David Cartledge | Modernian           | 5.05.21  | Sheffield       | 29.10.05 |
| Dale Barker     | Stowmarket          | 5.40.01  | Barnet Copthall | 15.07.12 |
| Steve Ham       | Rochford & District | 5.43.26  | Sheffield       | 28.10.17 |
| Dale Barker     | Team Anglia Masters | 6.02.89  | Sheffield       | 27.10.23 |
| David Pirrie    | Hemel Hempstead     | 6.37.39  | Sheffield       | 28.10.22 |
| Stuart McLellan | Hadleigh            | 7.30.73  | Sheffield       | 27.10.23 |
| Stuart McLellan | Hadleigh            | 7.38.87  | Sheffield       | 27.10.24 |
| Michael Read    | Hadleigh            | 10.37.95 | Sheffield       | 27.10.24 |

**Womens 100m Individual Medley**

|                     |                     |         |                 |          |
|---------------------|---------------------|---------|-----------------|----------|
| Jessica Shaw        | Southwold           | 1.03.65 | Sheffield       | 29.10.23 |
| Rikke Nagell-Kleven | East Anglian        | 1.07.47 | Sheffield       | 29.10.23 |
| Zoe Cray            | teamipswich         | 1.07.14 | Bury St Edmunds | 05.10.08 |
| Zoe Cray            | teamipswich         | 1.05.53 | Sheffield       | 23.10.09 |
| Zoe Cray            | teamipswich         | 1.07.03 | Newmarket       | 04.10.14 |
| Elizabeth Bellinger | Bishops Stortford   | 1.12.41 | Sheffield       | 25.10.25 |
| Liz Woolner         | Team Anglia Masters | 1.13.90 | Sheffield       | 27.10.17 |
| Liz Woolner         | Team Anglia Masters | 1.14.82 | Sheffield       | 26.10.24 |
| Jean Appleby        | Sudbury             | 1.21.13 | Sheffield       | 27.10.17 |
| Alyson Fordham      | Bishops Stortford   | 1.19.69 | Sheffield       | 29.10.23 |
| Christine Ayers     | South Beds Masters  | 1.36.37 | Sheffield       | 29.10.23 |
| Janet Masters       | South Beds Masters  | 1.46.18 | Sheffield       | 24.10.15 |
| Janet Masters       | South Beds Masters  | 1.53.97 | Basildon        | 07.03.20 |
| Janet Masters       | South Beds Masters  | 2.08.40 | Lublin, Poland  | 10.12.26 |

**Womens 200m Individual Medley**

|                     |                            |         |                 |          |
|---------------------|----------------------------|---------|-----------------|----------|
| Niamh James         | Bishops Stortford          | 2.23.03 | Sheffield       | 30.10.22 |
| Alison Binns        | Bushey                     | 2.29.72 | Sheffield       | 29.10.21 |
| Kathryn Gill        | City of Cambridge          | 2.27.38 | Sheffield       | 26.10.19 |
| Lynne Meale         | UEA City of Norwich        | 2.32.63 | Sheffield       | 26.10.12 |
| Elizabeth Bellinger | Bishops Stortford          | 2.35.19 | Sudbury         | 17.02.19 |
| Elizabeth Bellinger | Bishops Stortford          | 2.35.88 | Sheffield       | 28.10.23 |
| Liz Woolner         | Flitwick Dolphins          | 2.42.95 | Barnet Copthall | 09.07.17 |
| Liz Woolner         | Flitwick Dolphins          | 2.46.77 | Barnet Copthall | 07.07.24 |
| Jean Appleby        | Sudbury                    | 3.05.91 | Sudbury         | 07.02.16 |
| Pat Jackson         | East Anglian Swallow Tails | 3.27.06 | Sheffield       | 26.10.12 |
| Christine Ayers     | South Beds Masters         | 3.30.55 | Sheffield       | 28.10.23 |
| Janet Masters       | South Beds Masters         | 3.52.62 | Sheffield       | 23.10.15 |
| Janet Masters       | South Beds Masters         | 4.19.75 | Sheffield       | 29.10.21 |

**Womens 400m Individual Medley**

|                     |                            |         |           |          |
|---------------------|----------------------------|---------|-----------|----------|
| Victoria Pritchard  | Putteridge                 | 5.24.50 | Sheffield | 25.10.14 |
| Hayley Davis        | Flitwick Dolphins          | 5.20.07 | Sheffield | 25.10.09 |
| Kathryn Gill        | City of Cambridge          | 5.11.33 | Sheffield | 25.10.19 |
| Elizabeth Bellinger | Bishops Stortford          | 5.29.61 | Sheffield | 28.10.17 |
| Elizabeth Bellinger | Bishops Stortford          | 5.38.77 | Sheffield | 25.10.19 |
| Elizabeth Bellinger | Bishops Stortford          | 5.40.17 | London    | 29.06.23 |
| Silvia Ferdin       | City of Cambridge          | 5.51.19 | Sheffield | 28.10.18 |
| Silvia Ferdin       | City of Cambridge          | 5.58.70 | Sheffield | 27.10.23 |
| Pat Jackson         | East Anglian Swallow Tails | 6.58.51 | Sheffield | 27.10.07 |
| Pat Jackson         | East Anglian Swallow Tails | 7.17.82 | Blackpool | 25.02.12 |
| Pat Jackson         | East Anglian Swallow Tails | 7.47.01 | Inverness | 21.04.17 |
| Janet Masters       | South Beds Masters         | 8.20.33 | Sheffield | 25.10.15 |