

Beds ASA

County Masters Long Course Records as of 26th June 2022

Women

18-24

50 Freestyle	0:30.21	18.05.13	South Beds	Lucy Gregory	Luton
100 Freestyle	1:10.28	01.02.14	South Beds	Kate Robinson	Crawley
200 Freestyle	2:35.20	18.06.06	Luton SC	Kate Johnson	Manchester
400 Freestyle	5:23.17	18.06.06	Luton SC	Kate Johnson	Manchester
800 Freestyle	11:06.16	17.06.06	Luton SC	Kate Johnson	Manchester
1500 Freestyle	21:18.71	16.06.06	Luton SC	Kate Johnson	Manchester
50 Backstroke	0:37.71	26.07.14	South Beds	Emma Irvine	Aldershot
100 Backstroke	1:13.76	18.05.13	South Beds	Lucy Gregory	Luton
200 Backstroke	2:56.13	09.02.13	South Beds	Kate Robinson	Crawley
50 Breaststroke	0:39.97	01.02.14	South Beds	Emma Irvine	Crawley
100 Breaststroke	1:27.54	02.02.14	South Beds	Emma Irvine	Crawley
50 Butterfly	0:33.73	02.02.14	South Beds	Natasha Mason	Crawley
100 Butterfly	1:19.81	01.02.14	South Beds	Natasha Mason	Crawley
200 Butterfly	3:13.79	01.02.14	South Beds	Natasha Mason	Crawley
200 Ind-Medley	2:45.75	18.05.13	South Beds	Lucy Gregory	Luton
400 Ind-Medley	6:11.74	17.06.06	Luton SC	Kate Johnson	Manchester

25-29

50 Freestyle	0:30.99	28.01.12	South Beds	Joanne Holder	Crawley
100 Freestyle	1:09.29	31.01.10	Biggleswade	Kelly Brinkler	Crawley
200 Freestyle	2:38.40	18.05.13	South Beds	Laura Robinson	Luton
400 Freestyle	5:07.42	28.01.06	Biggleswade	Susan Morris	Crystal Palace
800 Freestyle	11:51.33	20.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
1500 Freestyle	22:06.20	21.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
50 Backstroke	0:38.21	21.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
100 Backstroke	1:09.72	19.06.09	Modernians	Natalie Effemey	Cardiff
200 Backstroke	2:59.71	20.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
50 Breaststroke	0:39.00	18.01.20	Team Luton	Laura Smith	Crawley
100 Breaststroke	1:20.14	21.06.09	Modernians	Natalie Effemey	Cardiff
200 Breaststroke	3:04.45	21.06.09	Biggleswade	Collette Fear	Cardiff
50 Butterfly	0:32.02	24.01.16	Putteridge	Hannah Capstick	Crawley
100 Butterfly	1:10.46	24.01.16	Putteridge	Hannah Capstick	Crawley
200 Butterfly	3:24.02	20.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
200 Ind-Medley	2:28.74	20.06.09	Modernians	Natalie Effemey	Cardiff
400 Ind-Medley	6:23.57	21.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff

30-34

50 Freestyle	0:28.31	02.04.16	South Beds	Carla King	Sheffield
100 Freestyle	1:06.05	24.03.19	South Beds	Joanne Holder	London
200 Freestyle	2:41.59	13.06.15	South Beds	Jenny Owens	Manchester
400 Freestyle	5:39.33	05.05.12	South Beds	Sarah Pearse	Sheffield
800 Freestyle	11:20.85	29.01.12	South Beds	Sarah Pearse	Crawley
1500 Freestyle	25:03.32	18.06.10	Bedford Masters	Sarah Bailey	Glasgow
50 Backstroke	0:32.55	24.03.19	South Beds	Claire Evelyn	London
100 Backstroke	1:25.16	30.01.10	South Beds	Rachel Buckingham	Crawley
200 Backstroke	3:14.67	20.06.10	Bedford Masters	Sarah Bailey	Glasgow
50 Breaststroke	0:35.44	16.06.13	South Beds	Sarah Pearse	Plymouth

100 Breaststroke	1:23.38	05.05.12	South Beds	Sarah Pearse	Sheffield
200 Breaststroke	3:13.55	01.02.14	South Beds	Sarah Pearse	Crawley
50 Butterfly	0:31.72	24.03.19	South Beds	Claire Evelyn	London
100 Butterfly	1:39.90	20.06.10	Bedford Masters	Sarah Bailey	Glasgow
200 Ind-Medley	2:52.63	20.01.18	South Beds	Claire Evelyn	Crawley
35-39					
50 Freestyle	0:28.42	03.06.18	South Beds	Carla King	Plymouth
100 Freestyle	1:03.25	09.06.18	South Beds	Carla King	Plymouth
200 Freestyle	2:22.82	02.04.16	Putteridge	Miriama Owens	Sheffield
400 Freestyle	5:11.44	12.06.15	Putteridge	Miriama Owens	Manchester
800 Freestyle	10:40.06	12.06.15	Putteridge	Miriama Owens	Manchester
50 Backstroke	0:38.34	02.04.16	Putteridge	Carrie Page	Sheffield
100 Backstroke	1:24.04	23.01.16	Putteridge	Carrie Page	Crawley
200 Backstroke	3:04.05	01.02.15	Putteridge	Carrie Page	Crawley
50 Breaststroke	0:34.73	19.01.19	South Beds	Carla King	Crawley
100 Breaststroke	1:20.71	19.01.19	South Beds	Carla King	Crawley
50 Butterfly	0:32.32	28.05.16	South Beds	Samantha Hammond	London
100 Butterfly	1:20.80	12.06.15	Putteridge	Miriama Owens	Manchester
200 Ind-Medley	2:40.37	01.04.16	Putteridge	Miriama Owens	Sheffield
400 Ind-Medley	5:50.17	12.06.15	Putteridge	Miriama Owens	Manchester
40-44					
50 Freestyle	0:31.31	17.08.17	Team Luton	Karen MacKenzie	Budapest, Hungary
100 Freestyle	1:08.23	01.03.20	Team Luton	Jo Mitchinson	Swansea
200 Freestyle	2:21.53	01.03.20	Team Luton	Jo Mitchinson	Swansea
400 Freestyle	5:20.05	18.06.22	Dunstable	Jodie Armstrong	Aberdeen
800 Freestyle	12:12.51	21.01.17	South Beds	Clare Warren	Crawley
50 Backstroke	0:36.29	18.06.22	Dunstable	Jodie Armstrong	Aberdeen
100 Backstroke	1:21.05	17.06.22	Dunstable	Jodie Armstrong	Aberdeen
200 Backstroke	3:01.12	18.05.13	Biggleswade	Louise Jarvis	Luton
50 Breaststroke	0:37.06	05.03.22	South Beds	Sarah Pearse	Swansea
100 Breaststroke	1:27.10	05.03.22	South Beds	Sarah Pearse	Swansea
200 Breaststroke	3:52.87	01.04.16	Team Luton	Eloise Turner	Sheffield
50 Butterfly	0:34.87	18.06.22	Dunstable	Jodie Armstrong	Aberdeen
100 Butterfly	1:20.82	29.02.20	Team Luton	Jo Mitchinson	Swansea
200 Butterfly	2:47.62	29.02.20	Team Luton	Jo Mitchinson	Swansea
200 Ind-Medley	3:03.60	16.06.17	Team Luton	Karen MacKenzie	Aberdeen
45-49					
50 Freestyle	0:31.39	17.06.22	Team Luton	Kelly Cooke	Aberdeen
100 Freestyle	1:09.95	18.06.22	Team Luton	Kelly Cooke	Aberdeen
200 Freestyle	2:36.45	19.06.22	Team Luton	Kelly Cooke	Aberdeen
400 Freestyle	6:36.70	18.05.13	Biggleswade	Sarah Jones	Luton
50 Backstroke	0:36.98	14.06.19	Team Luton	Karen MacKenzie	Swansea
100 Backstroke	1:21.62	09.06.18	Team Luton	Karen MacKenzie	Plymouth
200 Backstroke	3:06.98	18.06.22	Team Luton	Karen MacKenzie	Aberdeen
50 Breaststroke	0:44.41	03.04.16	Putteridge	Patricia L D Sully	Sheffield
100 Breaststroke	1:40.71	02.04.16	Putteridge	Patricia L D Sully	Sheffield
200 Breaststroke	4:14.23	29.01.11	South Beds	Jeanetta Lee	Crawley
50 Butterfly	0:30.95	07.05.16	Flitwick Dolphins	Liz Woolner	Norwich
100 Butterfly	1:09.94	07.05.16	Flitwick Dolphins	Liz Woolner	Norwich
200 Ind-Medley	2:59.86	09.06.18	Team Luton	Karen MacKenzie	Plymouth
400 Ind-Medley	6:27.81	14.06.19	Team Luton	Karen MacKenzie	Swansea
50-54					
50 Freestyle	0:29.16	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
100 Freestyle	1:06.53	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
200 Freestyle	2:27.03	16.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
400 Freestyle	5:10.00	16.06.12	Modernians	Annie Wilson	Riccione, Italy

800 Freestyle	13:55.34	09.02.13	South Beds	Jackie Maycock	Crawley
1500 Freestyle	27:43.91	07.03.15	South Beds	Jackie Maycock	Swansea
50 Backstroke	0:35.48	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
100 Backstroke	1:20.01	22.01.17	Flitwick Dolphins	Liz Woolner	Crawley
200 Backstroke	3:42.74	07.03.15	South Beds	Jackie Maycock	Swansea
50 Breaststroke	0:48.90	09.02.13	South Beds	Jackie Maycock	Crawley
200 Breaststroke	3:40.62	29.05.16	South Beds	Jackie Maycock	London
50 Butterfly	0:30.70	24.03.19	Flitwick Dolphins	Liz Woolner	London
100 Butterfly	1:10.15	22.01.17	Flitwick Dolphins	Liz Woolner	Crawley
200 Ind-Medley	3:33.63	01.04.16	South Beds	Jackie Maycock	Sheffield

55-59

50 Freestyle	0:35.64	24.01.09	South Beds	Christine Ayers	Crawley
100 Freestyle	1:20.29	29.01.11	South Beds	Christine Ayers	Crawley
200 Freestyle	2:54.60	30.07.11	South Beds	Christine Ayers	Aldershot
400 Freestyle	6:10.71	08.02.09	South Beds	Christine Ayers	Sheffield
800 Freestyle	12:48.14	29.01.11	South Beds	Christine Ayers	Crawley
1500 Freestyle	24:13.44	17.06.11	South Beds	Christine Ayers	Leeds
50 Backstroke	0:43.12	24.01.09	South Beds	Christine Ayers	Crawley
100 Backstroke	1:36.13	18.05.13	South Beds	Alison Sheehan	Luton
200 Backstroke	3:28.99	23.01.16	South Beds	Alison Sheehan	Crawley
50 Breaststroke	0:44.11	29.01.11	South Beds	Christine Ayers	Crawley
100 Breaststroke	1:36.42	24.01.09	South Beds	Christine Ayers	Crawley
200 Breaststroke	3:27.19	08.02.09	South Beds	Christine Ayers	Sheffield
50 Butterfly	0:42.36	05.05.12	South Beds	Christine Ayers	Sheffield
100 Butterfly	1:43.87	17.06.11	South Beds	Christine Ayers	Leeds
200 Butterfly	3:49.22	28.01.12	South Beds	Christine Ayers	Crawley
200 Ind-Medley	3:23.12	06.05.12	South Beds	Christine Ayers	Sheffield
400 Ind-Medley	7:13.05	30.01.10	South Beds	Christine Ayers	Crawley

60-64

50 Freestyle	0:36.86	01.02.14	South Beds	Christine Ayers	Crawley
100 Freestyle	1:22.28	26.07.14	South Beds	Christine Ayers	Aldershot
200 Freestyle	2:57.18	16.06.13	South Beds	Christine Ayers	Plymouth
400 Freestyle	6:12.41	23.01.16	South Beds	Christine Ayers	Crawley
800 Freestyle	12:46.66	13.06.14	South Beds	Christine Ayers	Swansea
1500 Freestyle	24:04.94	13.06.14	South Beds	Christine Ayers	Swansea
50 Backstroke	0:43:88	14.06.13	South Beds	Christine Ayers	Plymouth
100 Backstroke	1:38.31	26.07.14	South Beds	Christine Ayers	Aldershot
200 Backstroke	3:35.27	18.05.13	South Beds	Christine Ayers	Luton
50 Breaststroke	0:45.02	03.04.16	South Beds	Christine Ayers	Sheffield
100 Breaststroke	1:39.07	04.08.14	South Beds	Christine Ayers	Montreal. Canada
200 Breaststroke	3:33.41	18.05.13	South Beds	Christine Ayers	Luton
50 Butterfly	0:42.31	15.06.14	South Beds	Christine Ayers	Swansea
100 Butterfly	1:40.42	09.02.13	South Beds	Christine Ayers	Crawley
200 Butterfly	3:46.26	01.02.14	South Beds	Christine Ayers	Crawley
200 Ind-Medley	3:20.72	06.08.14	South Beds	Christine Ayers	Montreal. Canada
400 Ind. Medley	7:03.89	01.02.14	South Beds	Christine Ayers	Crawley

65-69

50 Freestyle	0:38.78	17.06.22	South Beds	Christine Ayers	Aberdeen
100 Freestyle	1:26.03	18.01.20	South Beds	Christine Ayers	Crawley
200 Freestyle	3:09.07	14.08.19	South Beds	Christine Ayers	Gwangju. Sth Korea
400 Freestyle	6:55.25	29.02.20	South Beds	Christine Ayers	Swansea
800 Freestyle	14:01.67	29.02.20	South Beds	Christine Ayers	Swansea
1500 Freestyle	26:17.28	26.02.20	South Beds	Christine Ayers	Swansea
50 Backstroke	0:47.64	19.01.20	South Beds	Christine Ayers	Crawley
100 Backstroke	1:45.66	01.03.20	South Beds	Christine Ayers	Swansea

50 Breaststroke	0:48.11	18.01.20	South Beds	Christine Ayers	Crawley
100 Breaststroke	1:45.29	19.01.19	South Beds	Christine Ayers	Crawley
200 Breaststroke	3:49.55	20.01.19	South Beds	Christine Ayers	Crawley
50 Butterfly	0:46.22	18.06.22	South Beds	Christine Ayers	Aberdeen
200 Ind-Medley	3:44.83	18.06.22	South Beds	Christine Ayers	Aberdeen

70-74

50 Freestyle	0:43.14	17.06.11	South Beds	Janet Masters	Leeds
100 Freestyle	1:39.41	19.01.19	South Beds	Andrea Minor	Crawley
200 Freestyle	3:38.09	20.01.18	South Beds	Andrea Minor	Crawley
400 Freestyle	7:29.53	20.01.18	South Beds	Andrea Minor	Crawley
800 Freestyle	15:29.39	19.01.19	South Beds	Andrea Minor	Crawley
1500 Freestyle	32:53.10	13.06.14	South Beds	Iris Bellis	Swansea
50 Backstroke	0:48.70	04.05.12	South Beds	Janet Masters	Sheffield
100 Backstroke	1:44.93	31.07.10	South Beds	Janet Masters	Gothenburg. Sweden
200 Backstroke	3:57.71	15.06.13	South Beds	Janet Masters	Plymouth
50 Breaststroke	0:54.81	09.06.18	South Beds	Andrea Minor	Plymouth
100 Breaststroke	2:02.53	19.01.19	South Beds	Andrea Minor	Crawley
200 Breaststroke	4:20.29	20.01.19	South Beds	Andrea Minor	Crawley
50 Butterfly	0:49.49	31.07.10	South Beds	Janet Masters	Gothenburg. Sweden
100 Butterfly	1:56.47	05.05.12	South Beds	Janet Masters	Sheffield
200 Ind-Medley	3:59.55	30.01.10	South Beds	Janet Masters	Crawley

75-79

50 Freestyle	0:44.00	14.06.15	South Beds	Janet Masters	Manchester
100 Freestyle	1:42.29	13.06.15	South Beds	Janet Masters	Manchester
200 Freestyle	3:39.98	13.06.15	South Beds	Janet Masters	Manchester
50 Backstroke	0:48.06	02.04.16	South Beds	Janet Masters	Sheffield
100 Backstroke	1:46.15	29.05.16	South Beds	Janet Masters	London
200 Backstroke	3:53.46	11.08.15	South Beds	Janet Masters	Kazan. Russia
50 Breaststroke	0:57.84	13.06.15	South Beds	Janet Masters	Manchester
50 Butterfly	0:50.46	13.06.15	South Beds	Janet Masters	Manchester
100 Butterfly	1:57.42	02.04.16	South Beds	Janet Masters	Sheffield
200 Ind-Medley	4:00.28	13.06.15	South Beds	Janet Masters	Manchester
400 Ind-Medley	8:52.89	23.01.16	South Beds	Janet Masters	Crawley

80-84

50 Backstroke	0:53.62	18.06.22	South Beds	Janet Masters	Aberdeen
100 Backstroke	1:58.19	17.06.22	South Beds	Janet Masters	Aberdeen
50 Butterfly	0:58.69	18.06.22	South Beds	Janet Masters	Aberdeen
200 Ind-Medley	4:31.76	18.06.22	South Beds	Janet Masters	Aberdeen

MEN

18-24

50 Freestyle	0:25.37	21.01.18	South Beds	Matthew Masters	Crawley
100 Freestyle	0:56.23	21.01.18	South Beds	Matthew Masters	Crawley
200 Freestyle	2:13.17	15.06.14	Putteridge	Lewis King	Swansea
400 Freestyle	4:38.59	14.06.14	Putteridge	Lewis King	Swansea
50 Backstroke	0:28.80	21.01.18	South Beds	Matthew Masters	Crawley
50 Breaststroke	0:28.17	13.06.15	Putteridge	Lawrence Palmer	Manchester
100 Breaststroke	1:02.44	13.06.15	Putteridge	Lawrence Palmer	Manchester
50 Butterfly	0:27.87	13.06.15	Putteridge	Jordan Batson	Manchester
100 Butterfly	1:01.50	18.05.13	Team Luton	Jay Wilson	Luton
200 Butterfly	2:46.97	13.06.14	Putteridge	Lewis King	Swansea
200 Ind-Medley	2:22.19	18.05.13	Team Luton	Lawrence Palmer	Luton
400 Ind-Medley	5:21.32	14.06.14	Putteridge	Lewis King	Swansea

25-29

50 Freestyle	0:25.80	31.01.15	Dunstable	Sam Parry	Crawley
100 Freestyle	0:57.30	21.06.09	Modernians	Ian Davies	Cardiff
200 Freestyle	2:13.42	13.06.15	Putteridge	Lewis King	Manchester
400 Freestyle	4:43.59	14.06.15	Putteridge	Lewis King	Manchester
800 Freestyle	10:17.96	19.06.22	Flitwick Dolphins	Thomas Allen	Aberdeen
1500 Freestyle	19:51.10	17.06.22	Flitwick Dolphins	Thomas Allen	Aberdeen
50 Backstroke	0:32.97	31.01.15	Dunstable	Sam Parry	Crawley
100 Backstroke	1:15.66	17.06.22	Flitwick Dolphins	Thomas Allen	Aberdeen
200 Backstroke	2:42.48	18.06.22	Flitwick Dolphins	Thomas Allen	Aberdeen
50 Breaststroke	0:35.67	01.02.15	Dunstable	Sam Parry	Crawley
100 Breaststroke	1:25.07	30.01.11	South Beds	Daniel Hayes	Crawley
200 Breaststroke	2:59.17	30.01.11	South Beds	Daniel Hayes	Crawley
50 Butterfly	0:28.80	21.06.09	Modernians	Ian Davies	Cardiff
100 Butterfly	1:02.90	20.06.09	Modernians	Ian Davies	Cardiff
200 Butterfly	2:59.80	18.06.22	Flitwick Dolphins	Thomas Allen	Aberdeen
200 Ind-Medley	2:31.08	13.06.15	Putteridge	Lewis King	Manchester
400 Ind-Medley	5:26.70	12.06.15	Putteridge	Lewis King	Manchester

30-34

50 Freestyle	0:27.43	20.06.10	Biggleswade	Ian Davies	Glasgow
100 Freestyle	0:58.79	19.06.10	Biggleswade	Ian Davies	Glasgow
200 Freestyle	2:29.62	18.05.13	South Beds	Chris Lewindon	Luton
400 Freestyle	5:08.35	18.05.13	South Beds	Chris Lewindon	Luton
50 Backstroke	0:31.67	18.06.10	Biggleswade	Ian Davies	Glasgow
100 Backstroke	1:09.47	20.06.10	Biggleswade	Ian Davies	Glasgow
200 Backstroke	2:43.39	09.02.13	South Beds	Chris Lewindon	Crawley
50 Breaststroke	0:36.66	01.02.14	South Beds	Chris Lewindon	Crawley
100 Breaststroke	1:23.01	09.02.13	South Beds	Chris Lewindon	Crawley
200 Breaststroke	2:59.13	01.02.14	South Beds	Chris Lewindon	Crawley
50 Butterfly	0:29.30	19.06.10	Biggleswade	Ian Davies	Glasgow
100 Butterfly	1:03.60	31.01.10	Biggleswade	Ian Davies	Crawley
200 Butterfly	2:33.12	30.01.10	Biggleswade	Ian Davies	Crawley
200 Ind-Medley	2:37.53	18.05.13	South Beds	Chris Lewindon	Luton

35-39

50 Freestyle	0:30.92	23.01.16	Putteridge	Graeme Crowston	Crawley
100 Freestyle	1:08.12	24.01.16	Putteridge	Graeme Crowston	Crawley
200 Freestyle	2:36.10	23.01.16	Putteridge	Graeme Crowston	Crawley
400 Freestyle	5:43.35	23.01.16	Putteridge	Graeme Crowston	Crawley
50 Backstroke	0:40.21	24.01.16	Putteridge	Graeme Crowston	Crawley
50 Breaststroke	0:32.82	14.06.14	Biggleswade	Nick Titchener	Swansea
100 Breaststroke	1:19.15	18.05.13	Biggleswade	Nick Titchener	Luton
200 Breaststroke	3:20.96	05.08.15	South Beds	Joel Storry	Stockholm. Sweden

50 Butterfly	0:35.36	24.01.16	Putteridge	Graeme Crowston	Crawley
100 Butterfly	1:38.11	23.01.16	South Beds	Joel Storry	Crawley
400 Ind-Medley	7:01.66	23.01.16	South Beds	Joel Storry	Crawley

40-44

50 Freestyle	0:28.17	17.06.06	Luton SC	Andy Byrne	Manchester
100 Freestyle	0:57.20	22.01.06	Modernians	Marcel Scholten	Sheffield
200 Freestyle	2:15.80	06.08.06	Luton SC	Andy Byrne	Stanford. USA
400 Freestyle	5:06.62	17.06.07	Luton SC	Andy Byrne	Manchester
800 Freestyle	13:10.02	29.01.11	Team Luton	Ian Norman	Crawley
50 Backstroke	0:41.55	08.05.10	South Beds	Keith Spence	Cardiff
100 Backstroke	1:10.72	09.08.06	Luton SC	Andy Byrne	Stanford. USA
200 Backstroke	2:44.71	16.06.07	Luton SC	Andy Byrne	Manchester
50 Breaststroke	0:32.25	22.01.06	Modernians	Marcel Scholten	Sheffield
100 Breaststroke	1:32.50	19.06.09	South Beds	Keith Spence	Cardiff
200 Breaststroke	3:28.99	19.06.09	South Beds	Keith Spence	Cardiff
50 Butterfly	0:32.55	10.08.06	Luton SC	Andy Byrne	Stanford. USA
100 Butterfly	1:33.85	08.05.10	South Beds	Keith Spence	Cardiff
200 Ind-Medley	3:24.24	19.06.09	South Beds	Keith Spence	Cardiff
400 Ind-Medley	7:42.28	30.01.10	South Beds	Keith Spence	Crawley

45-49

50 Freestyle	0:28.67	07.08.06	Luton SC	Ian Stoughton	Stanford. USA
100 Freestyle	1:01.58	13.05.06	Luton SC	Ian Stoughton	High Wycombe
200 Freestyle	2:17.06	06.08.06	Luton SC	Ian Stoughton	Stanford. USA
400 Freestyle	4:50.59	10.08.06	Luton SC	Ian Stoughton	Stanford. USA
800 Freestyle	11:26.77	03.08.14	Team Luton	John O'Rourke	Montreal. Canada
50 Backstroke	0:33.19	21.06.08	Luton SC	Andy Byrne	Manchester
100 Backstroke	1:14.24	22.06.08	Luton SC	Andy Byrne	Manchester
200 Backstroke	2:43.59	21.06.08	Luton SC	Andy Byrne	Manchester
50 Breaststroke	0:35.26	22.01.06	Modernians	Dave Cartledge	Sheffield
100 Breaststroke	1:28.02	18.05.13	South Beds	Carl Roberts	Luton
200 Breaststroke	2:44.52	17.06.06	Modernians	Dave Cartledge	Manchester
50 Butterfly	0:32.03	20.01.18	South Beds	Robert Adsley	Crawley
100 Butterfly	1:10.82	07.08.06	Luton SC	Ian Stoughton	Stanford. USA
200 Ind-Medley	2:27.43	17.06.06	Modernians	Dave Cartledge	Manchester
400 Ind-Medley	7:00.97	02.04.16	Team Luton	John O'Rourke	Sheffield

50-54

50 Freestyle	0:30.56	28.01.12	Team Luton	David Wright	Crawley
100 Freestyle	1:05.86	29.01.11	Luton SC	David Wright	Crawley
200 Freestyle	2:24.44	18.05.13	Team Luton	David Wright	Luton
400 Freestyle	5:06.37	18.05.13	Team Luton	David Wright	Luton
800 Freestyle	10:39.16	20.06.09	Luton SC	Ian Murray	Cardiff
1500 Freestyle	20:14.24	21.06.09	Luton SC	Ian Murray	Cardiff
50 Backstroke	0:31.77	18.06.06	Luton SC	Graham Powell	Manchester
100 Backstroke	1:10.61	09.08.06	Luton SC	Graham Powell	Stanford. USA
200 Backstroke	2:39.38	16.06.06	Luton SC	Graham Powell	Manchester
50 Breaststroke	0:37.09	16.06.07	Luton SC	Colin Mayes	Manchester
100 Breaststroke	1:23.28	28.01.06	Luton SC	Colin Mayes	Crystal Palace
200 Breaststroke	3:06.39	17.06.06	Luton SC	Colin Mayes	Manchester
50 Butterfly	0:30.56	06.08.06	Luton SC	Graham Powell	Stanford. USA
100 Butterfly	1:07.44	17.06.06	Luton SC	Graham Powell	Manchester
200 Butterfly	2:49.03	18.05.12	Team Luton	David Wright	Luton
200 IM	2:51.00	15.06.07	Flitwick Dolphins	Ian Murray	Manchester
400 IM	6:17.62	17.06.07	Flitwick Dolphins	Ian Murray	Manchester

55-59

50 Freestyle	0:30.15	21.01.18	South Beds	Peter Masters	Crawley
100 Freestyle	1:09.02	21.01.18	South Beds	Peter Masters	Crawley
200 Freestyle	2:26.69	02.04.16	Team Luton	David Wright	Sheffield
400 Freestyle	5:10.69	23.01.16	Team Luton	David Wright	Crawley
800 Freestyle	10:49.54	25.05.16	Team Luton	David Wright	London
1500 Freestyle	20:48.20	14.06.13	Flitwick	Ian Murray	Plymouth
50 Backstroke	0:36.41	21.01.18	South Beds	Peter Masters	Crawley
100 Backstroke	1:14.22	18.05.13	Team Luton	Graham Powell	Luton
200 Backstroke	2:46.04	18.05.13	Team Luton	Graham Powell	Luton
50 Breaststroke	0:39.09	18.05.13	Team Luton	Colin Mayes	Luton
100 Breaststroke	1:26.83	18.05.13	Team Luton	Colin Mayes	Luton
200 Breaststroke	3:11.23	18.05.13	Team Luton	Colin Mayes	Luton
50 Butterfly	0:33.61	01.04.16	Team Luton	David Wright	Sheffield
100 Butterfly	1:21.85	17.06.17	Team Luton	Alastair Gibb	Aberdeen
200 Butterfly	2:51.07	27.05.16	Team Luton	David Wright	London
200 Ind-Medley	2:51.61	01.04.16	Team Luton	David Wright	Sheffield
400 Ind-Medley	6:13.86	22.01.17	Team Luton	David Wright	Crawley

60-64

50 Freestyle	0:31.13	24.03.19	South Beds	Chris Marshall	London
100 Freestyle	1:09.08	28.05.16	South Beds	Chris Marshall	London
200 Freestyle	2:31.10	19.06.22	Team Luton	David Wright	Aberdeen
400 Freestyle	5:21.04	18.06.22	Team Luton	David Wright	Aberdeen
800 Freestyle	11:27.01	08.06.18	Flitwick Dolphins	Ian Murray	Plymouth
1500 Freestyle	21:52.35	10.06.18	Flitwick Dolphins	Ian Murray	Plymouth
50 Backstroke	0:32.91	02.04.16	Team Luton	Graham Powell	Sheffield
100 Backstroke	1:13.87	29.05.16	Team Luton	Graham Powell	London
200 Backstroke	2:47.21	03.04.16	Team Luton	Graham Powell	Sheffield
50 Breaststroke	0:38.37	20.08.17	Team Luton	Colin Mayes	Budapest. Hungary
100 Breaststroke	1:28.12	23.01.16	Team Luton	Colin Mayes	Crawley
200 Breaststroke	3:15.62	14.06.15	Team Luton	Malcolm Barton	Manchester
50 Butterfly	0:31.60	01.04.16	Team Luton	Graham Powell	Sheffield
100 Butterfly	1:10.62	02.04.16	Team Luton	Graham Powell	Sheffield
200 Butterfly	2:57.49	18.06.22	Team Luton	David Wright	Aberdeen
200 Ind-Medley	3:01.78	25.05.16	South Beds	Chris Marshall	London
400 Ind-Medley	7:30.16	02.04.16	Team Luton	Malcolm Barton	Sheffield

65-69

50 Freestyle	0:32.07	19.06.22	Team Luton	Graham Powell	Aberdeen
100 Freestyle	1:13.76	21.01.18	South Beds	Peter Iles	Crawley
200 Freestyle	2:41.49	19.06.22	Flitwick Dolphins	Ian Murray	Aberdeen
400 Freestyle	5:51.93	18.06.22	Flitwick Dolphins	Ian Murray	Aberdeen
800 Freestyle	11:54.78	06.03.22	Flitwick Dolphins	Ian Murray	Swansea
1500 Freestyle	22:48.66	17.06.22	Flitwick Dolphins	Ian Murray	Aberdeen
50 Backstroke	0:34.66	18.06.22	Team Luton	Graham Powell	Aberdeen
100 Backstroke	1:18.64	17.06.22	Team Luton	Graham Powell	Aberdeen
200 Backstroke	3:00.77	18.06.22	Team Luton	Graham Powell	Aberdeen
50 Breaststroke	0:41.41	19.06.22	Team Luton	Colin Mayes	Aberdeen
100 Breaststroke	1:33.33	18.06.22	Team Luton	Malcolm Barton	Aberdeen
200 Breaststroke	3:23.74	18.01.20	Team Luton	Malcolm Barton	Crawley
50 Butterfly	0:32.94	18.06.22	Team Luton	Graham Powell	Aberdeen
100 Butterfly	1:17.99	19.06.22	Team Luton	Graham Powell	Aberdeen
200 Butterfly	4:03.78	30.01.11	South Beds	Chris Jessup	Crawley
200 Ind-Medley	3:26.10	18.06.22	Team Luton	Colin Mayes	Aberdeen
400 Ind-Medley	7:37.78	19.01.20	Team Luton	Malcolm Barton	Crawley

70-74

50 Freestyle	0:39.22	09.02.13	Team Luton	Paul Clarke	Crawley
100 Freestyle	1:38.91	18.03.12	Team Luton	Paul Clarke	Swansea
200 Freestyle	3:49.00	18.03.12	Team Luton	Paul Clarke	Swansea
400 Freestyle	6:20.41	09.05.09	Beaver Masters	Alan Jackson	Cardiff
800 Freestyle	17:53.47	09.03.14	Team Luton	Paul Clarke	Swansea
1500 Freestyle	33:48.54	08.03.14	Team Luton	Paul Clarke	Swansea
50 Backstroke	0:49.73	09.03.13	Team Luton	Paul Clarke	Swansea
100 Backstroke	1:25.70	09.05.09	Beaver Masters	Alan Jackson	Cardiff
200 Backstroke	4:07.44	18.05.13	Team Luton	Paul Clarke	Luton
50 Breaststroke	0:48.34	09.03.13	Team Luton	Paul Clark	Swansea
100 Breaststroke	1:38.89	09.05.09	Beaver Masters	Alan Jackson	Cardiff
200 Breaststroke	4:18.86	08.03.15	Beaver Masters	Paul Clarke	Swansea
50 Butterfly	0:51.54	09.03.13	Team Luton	Paul Clarke	Swansea
100 Butterfly	2:02.46	10.03.13	Team Luton	Paul Clarke	Swansea
200 Ind-Medley	3:12.76	09.05.09	Beaver Masters	Alan Jackson	Cardiff
400 Ind-Medley	9:04.16	08.03.15	Beaver Masters	Paul Clarke	Swansea

75-79

50 Freestyle	0:42.11	13.05.17	Beaver Masters	Paul Clarke	Norwich
100 Freestyle	1:45.36	20.05.18	Beaver Masters	Paul Clarke	Norwich
200 Freestyle	4:00.04	21.09.19	Beaver Masters	Paul Clarke	London
400 Freestyle	8:40.39	21.09.19	Beaver Masters	Paul Clarke	London
800 Freestyle	18:28.20	04.03.18	Beaver Masters	Paul Clarke	Swansea
1500 Freestyle	35:24.12	02.03.19	Beaver Masters	Paul Clarke	Swansea
50 Backstroke	0:51.03	04.03.17	Beaver Masters	Paul Clarke	Swansea
100 Backstroke	1:57.24	24.03.19	Beaver Masters	Paul Clarke	London
200 Backstroke	4:11.97	02.03.19	Beaver Masters	Paul Clarke	Swansea
50 Breaststroke	0:49.32	20.05.18	Beaver Masters	Paul Clarke	Norwich
100 Breaststroke	1:56.51	24.03.19	Beaver Masters	Paul Clarke	London
200 Breaststroke	4:24.83	04.03.18	Beaver Masters	Paul Clarke	Swansea
50 Butterfly	0:55.90	20.05.18	Beaver Masters	Paul Clarke	Norwich
100 Butterfly	2:11.46	20.05.18	Beaver Masters	Paul Clarke	Norwich
200 Ind-Medley	4:12.57	24.03.19	Beaver Masters	Paul Clarke	London
400 Ind-Medley	9:14.42	21.01.18	Beaver Masters	Paul Clarke	Crawley

80-84

50 Freestyle	0:49.22	04.06.22	Beaver Masters	Paul Clarke	Sheffield
100 Freestyle	1:55.71	23.01.22	Beaver Masters	Paul Clarke	Crawley
200 Freestyle	4:17.89	04.06.22	Beaver Masters	Paul Clarke	Sheffield
400 Freestyle	9:04.99	05.03.22	Beaver Masters	Paul Clarke	Swansea
800 Freestyle	18:24.63	06.03.22	Beaver Masters	Paul Clarke	Swansea
1500 Freestyle	36:28.14	05.03.22	Beaver Masters	Paul Clarke	Swansea
50 Backstroke	0:55.88	04.06.22	Beaver Masters	Paul Clarke	Sheffield
100 Backstroke	2:05.94	06.03.22	Beaver Masters	Paul Clarke	Swansea
200 Backstroke	4:22.85	23.01.22	Beaver Masters	Paul Clarke	Crawley
50 Breaststroke	0:54.70	05.03.22	Beaver Masters	Paul Clarke	Swansea
100 Breaststroke	2:10.26	05.03.22	Beaver Masters	Paul Clarke	Swansea
200 Breaststroke	4:45.88	23.01.22	Beaver Masters	Paul Clarke	Crawley
50 Butterfly	1:10.20	04.06.22	Beaver Masters	Paul Clarke	Sheffield
200 Ind-Medley	4:59.30	22.01.22	Beaver Masters	Paul Clarke	Crawley