

# BEDFORDSHIRE ASA

## County Masters Short Course Records

### As of December 9th, 2021

#### WOMEN

##### 18-24

50 Freestyle	0:27.70	17.11.18	Flitwick Dolphins	Melissa Dolby	Basildon
100 Freestyle	1:00.84	28.10.16	South Beds	Lucy Gregory	Sheffield
200 Freestyle	2:23.69	03.10.15	South Beds	Emma Irvine	Newmarket
400 Freestyle	4:48.27	25.10.14	Putteridge	Victoria Pritchard	Sheffield
800 Freestyle	9:27.61	08.07.17	Team Luton	Nicola Pasquire	Barnet Copthall
1500 Freestyle	18:20.99	24.10.14	Putteridge	Victoria Pritchard	Sheffield
50 Backstroke	0:31.29	17.11.18	South Beds	Frances Merridan	Basildon
100 Backstroke	1:08.27	29.10.16	South Beds	Lucy Gregory	Sheffield
200 Backstroke	2:28.98	26.10.12	South Beds	Lucy Gregory	Sheffield
50 Breaststroke	0:35.26	18.11.12	Modernians	Charlotte Ovenden	Newmarket
100 Breaststroke	1:19.35	23.10.15	South Beds	Emma Irvine	Sheffield
200 Breaststroke	2:54.57	24.10.15	South Beds	Emma Irvine	Sheffield
50 Butterfly	0:30.14	28.10.16	South Beds	Lucy Gregory	Sheffield
100 Butterfly	1:07.17	07.03.20	South Beds	Lauren Grice	Basildon
100 Ind-Medley	1:11.80	03.10.15	South Beds	Lucy Gregory	Newmarket
200 Ind. Medley	2:31.46	26.10.12	South Beds	Lucy Gregory	Sheffield
400 Ind. Medley	5:24.50	25.10.14	Putteridge	Victoria Pritchard	Sheffield

##### 25-29

50 Freestyle	0:28.71	28.04.19	South Beds	Frances Merridan	Newmarket
100 Freestyle	1:02.56	22.09.19	South Beds	Frances Merridan	Leicester
200 Freestyle	2:23.26	26.10.14	South Beds	Joanne Holder	Sheffield
400 Freestyle	4:50.15	24.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
800 Freestyle	9:49.39	25.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
1500 Freestyle	21:54.61	23.11.14	South Beds	Laura Lewindon	Barnet Copthall
50 Backstroke	0:31.56	28.04.19	South Beds	Francis Merridan	Newmarket
100 Backstroke	1:10.44	24.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
200 Backstroke	2:29.47	25.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
50 Breaststroke	0:34.74	29.10.10	South Beds	Sarah Pearse	Sheffield
100 Breaststroke	1:19.31	26.10.07	Biggleswade	Susan Morris	Sheffield
200 Breaststroke	2:55.15	27.10.07	Biggleswade	Susan Morris	Sheffield
50 Butterfly	0:30.78	07.03.20	South Beds	Frances Merridan	Basildon
100 Butterfly	1:09.28	29.10.11	Team Luton	Emily Brown	Sheffield
200 Butterfly	2:29.39	23.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
100 Ind. Medley	1:09.53	23.10.09	Flitwick Dolphins	Hayley Davis	Sheffield
200 Ind. Medley	2:31.62	28.10.11	Team Luton	Emily Brown	Sheffield
400 Ind. Medley	5:20.07	25.10.09	Flitwick Dolphins	Hayley Davis	Sheffield

##### 30-34

50 Freestyle	0:27.17	28.10.17	South Beds	Carla King	Sheffield
100 Freestyle	0:59.89	28.10.16	South Beds	Carla King	Sheffield
200 Freestyle	2:18.59	01.10.16	South Beds	Carla King	Leamington Spa
400 Freestyle	5:05.55	27.10.13	Team Luton	Miriama Owens	Sheffield
800 Freestyle	10:32.30	26.10.13	Team Luton	Miriama Owens	Sheffield
1500 Freestyle	20:49.35	26.11.16	South Beds	Joanne Holder	Barnet Copthall
50 Backstroke	0:31.47	25.10.19	South Beds	Claire Evelyn	Sheffield
100 Backstroke	1:11.03	28.04.19	South Beds	Claire Evelyn	Newmarket

200 Backstroke	2:41.49	29.09.19	Flitwick Dolphins	Rachael Stevenson	Newmarket
50 Breaststroke	0:34.89	26.10.14	South Beds	Sarah Pearse	Sheffield
100 Breaststroke	1:18.78	28.10.17	South Beds	Joanne Holder	Sheffield
200 Breaststroke	3:03.71	05.03.16	South Beds	Joanne Holder	Bracknell
50 Butterfly	0:30.53	27.10.18	South Beds	Claire Evelyn	Sheffield
100 Butterfly	1:12.36	28.04.19	South Beds	Claire Evelyn	Newmarket
100 Ind-Medley	1:10.83	18.05.19	South Beds	Claire Evelyn	Rugby
200 Ind. Medley	2:42.43	26.05.18	South Beds	Claire Evelyn	Rugby
400 Ind-Medley	6:33.14	16.05.15	South Beds	Jenny Owens	Leamington Spa

### 35-39

50 Freestyle	0:27.18	28.10.18	South Beds	Carla King	Sheffield
100 Freestyle	1:01.06	26.10.18	South Beds	Carla King	Sheffield
200 Freestyle	2:18.53	23.10.15	Putteridge	Miriama Owens	Sheffield
400 Freestyle	4:56.50	24.10.15	Putteridge	Miriama Owens	Sheffield
800 Freestyle	10:22.41	25.10.15	Putteridge	Miriama Owens	Sheffield
1500 Freestyle	22:32.63	27.11.16	South Beds	Clare J Warren	Barnet Copthall
50 Backstroke	0:34.21	30.10.16	South Beds	Samantha Hammond	Sheffield
100 Backstroke	1:15.70	10.10.21	Flitwick Dolphins	Rachael Stevenson	Newmarket
200 Backstroke	2:44.02	10.10.21	Flitwick Dolphins	Rachael Stevenson	Newmarket
50 Breaststroke	0:33.89	27.10.19	South Beds	Carla King	Sheffield
100 Breaststroke	1:18.23	15.09.19	South Beds	Carla King	Barnet Copthall
200 Breaststroke	3:00.84	27.10.18	South Beds	Sarah Pearse	Sheffield
50 Butterfly	0:31.37	28.10.16	Putteridge	Miriama Owens	Sheffield
100 Butterfly	1:16.11	27.10.17	South Beds	Samantha Hammond	Sheffield
100 Ind. Medley	1:13.10	30.10.16	Putteridge	Miriama Owens	Sheffield
200 Ind-Medley	2:38.03	29.10.16	Putteridge	Miriama Owens	Sheffield

### 40-44

50 Freestyle	0:31.00	26.10.19	Team Luton	Kelly Cooke	Sheffield
100 Freestyle	1:07.59	19.09.21	Team Luton	Jo Mitchinson	Barnet Copthall
200 Freestyle	2:21.98	10.10.21	Team Luton	Jo Mitchinson	Newmarket
400 Freestyle	4:50.94	10.10.21	Team Luton	Jo Mitchinson	Newmarket
800 Freestyle	10:08.36	29.10.21	Team Luton	Jo Mitchinson	Sheffield
1500 Freestyle	19:16.04	29.10.21	Team Luton	Jo Mitchinson	Sheffield
50 Backstroke	0:36.61	07.03.20	Team Luton	Kelly Cooke	Bracknell
100 Backstroke	1:18.88	24.10.09	Biggleswade	Louise Jarvis	Sheffield
200 Backstroke	2:35.29	10.10.21	Team Luton	Jo Mitchinson	Newmarket
50 Breaststroke	0:42.35	20.11.16	Flitwick Dolphins	Judy Thompson	Newmarket
100 Breaststroke	1:35.09	17.02.13	Biggleswade	Nicola Horsford	Sudbury
200 Breaststroke	3:25.31	09.07.17	South Beds	Emma Roch	Barnet Copthall
50 Butterfly	0:35.38	10.11.19	South Beds	Chrissie Dixon	Bury St Edmunds
100 Butterfly	1:15.02	10.10.21	Team Luton	Jo Mitchinson	Newmarket
100 Ind. Medley	1:20.89	06.10.12	Biggleswade	Louise Jarvis	Newmarket
200 Ind. Medley	2:54.78	24.10.09	Biggleswade	Louise Jarvis	Sheffield

### 45-49

50 Freestyle	0:29.21	20.11.16	Flitwick Dolphins	Liz Woolner	Newmarket
100 Freestyle	1:05.40	16.02.14	Flitwick Dolphins	Liz Woolner	Sudbury
200 Freestyle	2:25.85	13.07.14	Flitwick Dolphins	Liz Woolner	Barnet Copthall
400 Freestyle	5:07.21	04.10.14	Flitwick Dolphins	Liz Woolner	Newmarket
1500 Freestyle	29:42.64	27.11.10	South Beds	Jeanetta Lee	Barnet Copthall
50 Backstroke	0:34.42	20.03.16	Flitwick Dolphins	Liz Woolner	Hucknell
100 Backstroke	1:15.73	30.03.14	Flitwick Dolphins	Liz Woolner	Leamington
200 Backstroke	2:49.43	25.10.14	Flitwick Dolphins	Liz Woolner	Sheffield
50 Breaststroke	0:42.08	04.10.14	Flitwick Dolphins	Liz Woolner	Newmarket
100 Breaststroke	1:31.86	13.07.14	Flitwick Dolphins	Liz Woolner	Barnet Copthall
50 Butterfly	0:30.75	25.10.14	Flitwick Dolphins	Liz Woolner	Sheffield
100 Butterfly	1:08.81	25.10.14	Flitwick Dolphins	Liz Woolner	Sheffield
100 Ind-Medley	1:13.80	24.10.14	Flitwick Dolphins	Liz Woolner	Sheffield

200 Ind-Medley	2:44.71	13.07.14	Flitwick Dolphins	Liz Woolner	Barnet Copthall
400 Ind-Medley	6:21.11	25.10.19	Team Luton	Karen MacKenzie	Sheffield

### **50-54**

50 Freestyle	0:29.01	19.02.17	Flitwick Dolphins	Liz Woolner	Sudbury
100 Freestyle	1:05.03	09.07.17	Flitwick Dolphins	Liz Woolner	Barnet Copthall
200 Freestyle	2:28.64	16.02.20	Flitwick Dolphins	Liz Woolner	Sudbury
400 Freestyle	5:10.30	03.03.19	Flitwick Dolphins	Liz Woolner	Basildon
800 Freestyle	10:42.58	08.07.17	Flitwick Dolphins	Liz Woolner	Barnet Copthall
1500 Freestyle	25:42.05	25.11.12	South Beds	Jacqueline Maycock	Barnet Copthall
50 Backstroke	0:34.30	19.02.17	Flitwick Dolphins	Liz Woolner	Sudbury
100 Backstroke	1:15.22	14.05.17	Flitwick Dolphins	Liz Woolner	Nuneaton
200 Backstroke	3:29.10	29.03.14	South Beds	Jacqueline Maycock	Leamington Spa
50 Breaststroke	0:41.37	14.05.17	Flitwick Dolphins	Liz Woolner	Nuneaton
100 Breaststroke	1:41.93	22.09.13	South Beds	Jacqueline Maycock	Barnet Copthall
200 Breaststroke	3:34.98	25.10.13	South Beds	Jacqueline Maycock	Sheffield
50 Butterfly	0:30.48	18.02.18	Flitwick Dolphins	Liz Woolner	Sudbury
100 Butterfly	1:08.47	18.02.18	Flitwick Dolphins	Liz Woolner	Sudbury
100 Ind. Medley	1:16.49	03.03.18	Flitwick Dolphins	Liz Woolner	Bracknell
200 Ind. Medley	2:42.95	09.07.17	Flitwick Dolphins	Liz Woolner	Barnet Copthall
400 Ind. Medley	7:21.14	16.05.15	South Beds	Jacqueline Maycock	Leamington Spa

### **55-59**

50 Freestyle	0:34.34	07.03.20	South Beds	Julie Moinet	Basildon
100 Freestyle	1:16.69	07.03.09	South Beds	Christine Ayers	Bracknell
200 Freestyle	2:49.60	07.03.09	South Beds	Christine Ayers	Bracknell
400 Freestyle	5:52.08	03.10.09	South Beds	Christine Ayers	Newmarket
800 Freestyle	12:06.91	25.10.09	South Beds	Christine Ayers	Sheffield
1500 Freestyle	23:07.90	22.11.09	South Beds	Christine Ayers	Barnet Copthall
50 Backstroke	0:42.63	01.03.14	South Beds	Alison Sheehan	Bracknell
100 Backstroke	1:34.21	04.09.11	South Beds	Christine Ayers	Barnet Copthall
200 Backstroke	3:23.34	06.10.12	South Beds	Christine Ayers	Newmarket
50 Breaststroke	0:42.91	23.10.09	South Beds	Christine Ayers	Sheffield
100 Breaststroke	1:34.06	23.10.09	South Beds	Christine Ayers	Sheffield
200 Breaststroke	3:22.71	24.10.09	South Beds	Christine Ayers	Sheffield
50 Butterfly	0:39.99	07.03.20	South Beds	Julie Moinet	Basildon
100 Butterfly	1:34.56	01.04.12	South Beds	Christine Ayers	Hucknall
200 Butterfly	3:36.34	03.03.12	South Beds	Christine Ayers	Bracknell
100 Ind. Medley	1:27.11	23.10.09	South Beds	Christine Ayers	Sheffield
200 Ind. Medley	3:12.89	28.10.11	South Beds	Christine Ayers	Sheffield
400 Ind. Medley	6:52.61	30.10.10	South Beds	Christine Ayers	Sheffield

### **60-64**

50 Freestyle	0:35.91	17.03.13	South Beds	Christine Ayers	Hucknall
100 Freestyle	1:20.28	27.04.13	South Beds	Christine Ayres	Leamington
200 Freestyle	2:52.04	29.10.16	South Beds	Christine Ayers	Sheffield
400 Freestyle	5:57.64	05.10.13	South Beds	Christine Ayers	Newmarket
800 Freestyle	12:08.28	12.07.14	South Beds	Christine Ayers	Barnet Copthall
1500 Freestyle	23:16.16	23.11.14	South Beds	Christine Ayers	Barnet Copthall
50 Backstroke	0:42.92	17.03.13	South Beds	Christine Ayers	Hucknall
100 Backstroke	1:32.06	01.10.11	Beaver Masters.	Pat Reynolds	Newmarket
200 Backstroke	3:13.95	05.10.13	Beaver Masters.	Pat Reynolds	Newmarket
50 Breaststroke	0:44.62	26.10.14	South Beds	Christine Ayers	Sheffield
100 Breaststroke	1:36.78	25.10.14	South Beds	Christine Ayers	Sheffield
200 Breaststroke	3:28.50	01.10.14	South Beds	Christine Ayers	Sheffield
50 Butterfly	0:42.56	17.03.13	South Beds	Christine Ayers	Hucknall
100 Butterfly	1:36.02	22.09.13	South Beds	Christine Ayers	Barnet Copthall
200 Butterfly	3:46.15	02.03.13	South Beds	Christine Ayers	Bracknell
100 Ind. Medley	1:29.29	24.10.14	South Beds	Christine Ayers	Sheffield

200 Ind. Medley	3:13.74	26.10.14	South Beds	Christine Ayers	Sheffield
400 Ind. Medley	6:58.67	12.07.15	South Beds	Christine Ayers	Barnet Copthall

### **65-69**

50 Freestyle	0:37.98	03.03.19	South Beds	Christine Ayers	Basildon
100 Freestyle	1:24.13	01.10.16	Beaver Masters	Pat Reynolds	Newmarket
200 Freestyle	3:19.18	23.11.19	South Beds	Christine Ayers	Barnet Copthall
400 Freestyle	6:14.33	01.10.16	Beaver Masters	Pat Reynolds	Newmarket
800 Freestyle	13:40.21	23.11.19	South Beds	Christine Ayers	Barnet Copthall
1500 Freestyle	25:37.91	23.11.19	South Beds	Christine Ayers	Barnet Copthall
50 Backstroke	0:53.91	22.04.18	South Beds	Liz Neale	Newmarket
100 Backstroke	1:31.52	01.10.16	Beaver Masters	Pat Reynolds	Newmarket
200 Backstroke	3:13.65	01.10.16	Beaver Masters	Pat Reynolds	Newmarket
50 Breaststroke	0:46.94	17.11.18	South Beds	Christine Ayers	Basildon
100 Breaststroke	1:41.83	03.03.19	South Beds	Christine Ayers	Basildon
200 Breaststroke	3:48.96	19.05.19	South Beds	Christine Ayers	Rugby
50 Butterfly	0:49.31	03.10.09	South Beds	Janet Masters	Newmarket
100 Ind. Medley	1:49.96	03.10.09	South Beds	Janet Masters	Newmarket

### **70-74**

50 Freestyle	0:41.08	31.10.10	South Beds	Janet Masters	Sheffield
100 Freestyle	1:37.95	22.04.18	South Beds	Andrea Minor	Newmarket
200 Freestyle	3:26.84	22.04.18	South Beds	Andrea Minor	Newmarket
400 Freestyle	7:18.73	27.10.18	South Beds	Andrea Minor	Sheffield
800 Freestyle	14:55.95	07.07.18	South Beds	Andrea Minor	Barnet Copthall
1500 Freestyle	28:37.72	26.10.18	South Beds	Andrea Minor	Sheffield
50 Backstroke	0:46.96	05.09.10	South Beds	Janet Masters	Barnet Copthall
100 Backstroke	1:42.89	31.10.10	South Beds	Janet Masters	Sheffield
50 Breaststroke	0:53.55	26.10.18	South Beds	Andrea Minor	Sheffield
100 Breaststroke	2:00.25	22.04.18	South Beds	Andrea Minor	Newmarket
200 Breaststroke	4:09.79	27.10.18	South Beds	Andrea Minor	Sheffield
50 Butterfly	0:48.11	31.10.10	South Beds	Janet Masters	Sheffield
100 Butterfly	1:51.13	29.10.10	South Beds	Janet Masters	Sheffield
100 Ind. Medley	1:45.38	31.10.10	South Beds	Janet Masters	Sheffield
200 Ind. Medley	3:55.02	24.04.10	South Beds	Janet Masters	Leamington Spa

### **75-79**

50 Freestyle	0:43.59	29.10.16	South Beds	Janet Masters	Sheffield
100 Freestyle	1:41.66	04.09.16	South Beds	Janet Masters	Barnet Copthall
200 Freestyle	3:36.60	03.10.15	South Beds	Janet Masters	Newmarket
400 Freestyle	7:40.03	10.07.16	South Beds	Janet Masters	Barnet Copthall
50 Backstroke	0:46.84	30.10.16	South Beds	Janet Masters	Sheffield
100 Backstroke	1:43.94	29.10.16	South Beds	Janet Masters	Sheffield
200 Backstroke	3:44.88	24.10.15	South Beds	Janet Masters	Sheffield
50 Breaststroke	0:56.91	29.10.16	South Beds	Janet Masters	Sheffield
100 Breaststroke	2:08.37	17.05.15	South Beds	Janet Masters	Leamington Spa
50 Butterfly	0:50.31	06.09.15	South Beds	Janet Masters	Barnet Copthall
100 Butterfly	1:51.41	30.10.16	South Beds	Janet Masters	Sheffield
100 Ind-Medley	1:46.18	24.10.15	South Beds	Janet Masters	Sheffield
200 Ind-Medley	3:52.62	23.10.15	South Beds	Janet Masters	Sheffield
400 Ind-Medley	8:20.33	25.10.15	South Beds	Janet Masters	Sheffield

### **80 – 84**

50 Freestyle	0:44.88	16.02.20	South Beds	Janet Masters	Sudbury
50 Backstroke	0:51.83	07.03.20	South Beds	Janet Masters	Basildon
100 Backstroke	1:49.82	07.03.20	South Beds	Janet Masters	Basildon
50 Butterfly	0:53.78	07.03.20	South Beds	Janet Masters	Basildon
100 Ind-Medley	1:53.97	07.03.20	South Beds	Janet Masters	Basildon
200 Ind-Medley	4:19.75	29.10.21	South Beds	Janet Masters	Sheffield

## MEN

### 18-24

50 Freestyle	0:23.82	29.10.16	Putteridge	Brandon Nabarro	Sheffield
100 Freestyle	0:52.24	28.10.16	Putteridge	Brandon Nabarro	Sheffield
200 Freestyle	1:58.36	27.10.06	Flitwick Dolphins	Aled Jones	Sheffield
400 Freestyle	4:11.20	28.10.06	Flitwick Dolphins	Aled Jones	Sheffield
800 Freestyle	9:17.64	07.07.18	Team Luton	Alex Mason	Barnet Copthall
1500 Freestyle	18.06.54	23.11.14	Putteridge	Lewis King	Barnet Copthall
50 Backstroke	0:26.93	28.10.17	South Beds	Matt Masters	Sheffield
100 Backstroke	0:58.37	27.10.17	South Beds	Matt Masters	Sheffield
200 Backstroke	2:13.92	28.10.06	Modernians	David Wheeler	Sheffield
50 Breaststroke	0:26.83	24.10.15	Putteridge	Lawrence Palmer	Sheffield
100 Breaststroke	1:01.39	25.10.14	Putteridge	Lawrence Palmer	Sheffield
200 Breaststroke	2:16.13	24.10.14	Putteridge	Lawrence Palmer	Sheffield
50 Butterfly	0:25.68	25.10.15	Putteridge	Lawrence Palmer	Sheffield
100 Butterfly	0:59.68	15.09.19	South Beds	Harry Wears	Barnet Copthall
200 Butterfly	2:11.85	29.10.16	Putteridge	Brandon Nabarro	Sheffield
100 Ind. Medley	0:57.30	24.10.15	Putteridge	Lawrence Palmer	Sheffield
200 Ind. Medley	2:07.90	23.10.15	Putteridge	Lawrence Palmer	Sheffield
400 Ind. Medley	4:48.82	28.10.17	Team Luton	Alex Mason	Sheffield

### 25-29

50 Freestyle	0:24.93	26.10.19	South Beds	Matt Masters	Sheffield
100 Freestyle	0:54.31	26.10.19	South Beds	Matt Masters	Sheffield
200 Freestyle	2:02.37	25.10.19	South Beds	Matt Masters	Sheffield
400 Freestyle	4:31.70	26.04.15	Putteridge	Lewis King	Newmarket
800 Freestyle	9:59.20	31.10.21	Flitwick Dolphins	Thomas Allen	Sheffield
1500 Freestyle	19:25.79	29.10.21	Flitwick Dolphins	Thomas Allen	Sheffield
50 Backstroke	0:28.25	25.10.19	South Beds	Matt Masters	Sheffield
100 Backstroke	1:00.28	27.10.19	South Beds	Matt Masters	Sheffield
200 Backstroke	2:59.23	29.09.19	Team Luton	Sam Bradley	Newmarket
50 Breaststroke	0:26.99	29.10.17	Putteridge	Lawrence Palmer	Sheffield
100 Breaststroke	0:59.23	28.10.17	Putteridge	Lawrence Palmer	Sheffield
200 Breaststroke	2:11.90	27.10.17	Putteridge	Lawrence Palmer	Sheffield
50 Butterfly	0:25.78	12.11.17	Putteridge	Lawrence Palmer	Newmarket
100 Butterfly	1:05.53	13.07.14	South Beds	Richard Lewindon	Barnet Copthall
200 Butterfly	2:56.27	29.10.21	Flitwick Dolphins	Thomas Allen	Sheffield
100 Ind. Medley	1:02.56	21.05.17	Team Luton	Michael Poynton	Bexleyheath
200 Ind. Medley	2:25.38	17.05.15	Putteridge	Lewis King	Leamington Spa
400 Ind-Medley	5:09.01	16.05.15	Putteridge	Lewis King	Leamington Spa

### 30-34

50 Freestyle	0:26.00	31.10.10	Biggleswade	Ian Davies	Sheffield
100 Freestyle	0:58.79	16.05.15	South Beds	Richard Lewindon	Leamington Spa
200 Freestyle	2:14.19	26.10.14	South Beds	Chris Lewindon	Sheffield
400 Freestyle	4:59.78	13.07.14	South Beds	Chris Lewindon	Barnet Copthall
800 Freestyle	10:58.71	26.10.14	Putteridge	Graeme Crowston	Sheffield
50 Backstroke	0:32.72	25.10.14	South Beds	Chris Lewindon	Sheffield
100 Backstroke	1:11.03	30.03.14	South Beds	Chris Lewindon	Leamington Spa
200 Backstroke	2:35.62	01.03.14	South Beds	Chris Lewindon	Bracknell
50 Breaststroke	0:33.64	24.10.15	South Beds	Richard Lewindon	Sheffield
100 Breaststroke	1:19.45	13.07.14	South Beds	Chris Lewindon	Barnet Copthall
200 Breaststroke	2:51.89	16.05.15	South Beds	Chris Lewindon	Leamington Spa
50 Butterfly	0:28.41	27.10.06	Modernians	John Tomlin	Sheffield
100 Butterfly	1:02.05	29.10.06	Modernians	John Tomlin	Sheffield
200 Butterfly	2:15.77	28.10.06	Modernians	John Tomlin	Sheffield
100 Ind. Medley	1:05.42	28.10.06	Modernians	John Tomlin	Sheffield
200 Ind. Medley	2:23.75	29.10.06	Modernians	John Tomlin	Sheffield

400 Ind Medley	5:29.70	16.05.15	South Beds	Chris Lewindon	Leamington Spa
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### **35-39**

50 Freestyle	0:25.97	10.11.19	Flitwick Dolphins	Mike Outtram	Bury St Edmunds
100 Freestyle	0:57.49	03.03.19	Flitwick Dolphins	Mike Outtram	Basildon
200 Freestyle	2:16.87	24.04.09	South Beds	Howard Gell	Leamington Spa
800 Freestyle	11:42.09	26.10.08	Luton SC	John O'Rourke	Sheffield
1500 Freestyle	20:29.28	22.11.09	South Beds	Howard Gell	Barnet Copthall
50 Backstroke	0:29.42	10.10.21	Flitwick Dolphins	Mike Outtram	Newmarket
100 Backstroke	1:03.48	10.10.21	Flitwick Dolphins	Mike Outtram	Newmarket
50 Breaststroke	0:33.02	16.02.14	Biggleswade	Nick Titchener	Sudbury
100 Breaststroke	1:12.05	16.02.14	Biggleswade	Nick Titchener	Sudbury
200 Breaststroke	2:45.42	29.09.19	Flitwick Dolphins	Alistair Shaw	Newmarket
50 Butterfly	0:30.30	17.11.18	Flitwick Dolphins	Mike Outtram	Basildon
100 Butterfly	1:03.22	25.10.08	Modernians	John Tomlin	Sheffield
200 Butterfly	2:22.36	25.10.08	Modernians	John Tomlin	Sheffield
100 Ind. Medley	1:03.62	10.10.21	Flitwick Dolphins	Mike Outtram	Newmarket
200 Ind-Medley	2:25.97	26.10.18	Flitwick Dolphins	Mike Outtram	Sheffield

### **40-44**

50 Freestyle	0:24.86	24.10.08	Modernians	Marcel Scholten	Sheffield
100 Freestyle	0:55.14	25.10.08	Modernians	Marcel Scholten	Sheffield
200 Freestyle	2:08.57	08.07.06	Modernians	Marcel Scholten	Barnet Copthall
400 Freestyle	4:45.46	10.10.21	Flitwick Dolphins	Alistair Shaw	Newmarket
800 Freestyle	9:58.73	27.10.19	South Beds	Peter Gleed	Sheffield
1500 Freestyle	18:57.81	25.10.19	South Beds	Peter Gleed	Sheffield
50 Backstroke	0:37.54	29.09.19	Flitwick Dolphins	Samuel Fox	Newmarket
100 Backstroke	1:09.24	29.10.06	Luton SC	Andrew Byrne	Sheffield
200 Backstroke	2:32.20	28.10.06	Luton SC	Andrew Byrne	Sheffield
50 Breaststroke	0:31.24	25.10.08	Modernians	Marcel Scholten	Sheffield
100 Breaststroke	1:09.23	25.10.08	Modernians	Marcel Scholten	Sheffield
200 Breaststroke	2:34.63	24.10.08	Modernians	Marcel Scholten	Sheffield
50 Butterfly	0:29.66	31.03.19	South Beds	Peter Gleed	Gloucester
100 Butterfly	1:06.34	25.10.19	South Beds	Peter Gleed	Sheffield
200 Butterfly	2:34.74	22.09.19	South Beds	Peter Gleed	Leicester
100 Ind. Medley	1:04.47	23.04.06	Modernians	Marcel Scholten	Gloucester
200 Ind. Medley	2:43.37	26.10.13	Team Luton	Mark Wareham	Sheffield
400 Ind-Medley	5:17.98	31.03.19	South Beds	Peter Gleed	Gloucester

### **45-49**

50 Freestyle	0:25.20	25.10.13	Modernians	Marcel Scholten	Sheffield
100 Freestyle	0:55.52	09.12.12	Modernians	Marcel Scholten	Sheffield
200 Freestyle	2:10.41	27.10.06	Luton SC	Ian Stoughton	Sheffield
400 Freestyle	4:41.28	28.10.06	Luton SC	Ian Stoughton	Sheffield
800 Freestyle	10:05.94	29.10.06	Luton SC	Ian Stoughton	Sheffield
1500 Freestyle	19:44.86	21.11.09	Luton SC	David Wright	Barnet Copthall
50 Backstroke	0:31.52	23.04.06	Modernians	Dave Cartledge	Gloucester
100 Backstroke	1:07.38	03.12.06	Modernians	Dave Cartledge	Milton Keynes
200 Backstroke	2:42.43	19.07.08	Luton SC	Andrew Byrne	Barnet Copthall
50 Breaststroke	0:31.51	26.10.12	Modernians	Marcel Scholten	Sheffield
100 Breaststroke	1:09.92	09.12.12	Modernians	Marcel Scholten	Sheffield
200 Breaststroke	2:35.38	27.10.12	Modernians	Marcel Scholten	Sheffield
50 Butterfly	0:29.51	20.11.11	Modernians	Marcel Scholten	Newmarket
100 Butterfly	1:07.80	29.10.06	Luton SC	Ian Stoughton	Sheffield
200 Butterfly	2:40.34	23.10.09	Luton SC	David Wright	Sheffield
100 Ind. Medley	1:05.24	23.04.06	Modernians	Dave Cartledge	Gloucester
200 Ind. Medley	2:22.47	03.12.06	Modernians	Dave Cartledge	Milton Keynes
400 Ind. Medley	6:03.38	30.10.10	Team Luton	David Wright	Sheffield



**50-54**

50 Freestyle	0:25.90	21.01.18	Modernians	Marcel Scholten	Terneuzen (Nederland)
100 Freestyle	0:56.38	19.11.17	Modernians	Marcel Scholten	Sheffield
200 Freestyle	2:19.90	26.10.08	Luton SC	Ian Murray	Sheffield
400 Freestyle	4:57.42	09.07.17	Modernians	Marcel Scholten	Barnet Cophthall
800 Freestyle	10:25.84	29.10.11	Team Luton	David Wright	Sheffield
1500 Freestyle	19:54.27	26.10.12	Team Luton	David Wright	Sheffield
50 Backstroke	0:30.89	29.10.06	Luton SC	Graham Powell	Sheffield
100 Backstroke	1:07.85	29.10.06	Luton SC	Graham Powell	Sheffield
200 Backstroke	2:31.31	28.10.06	Luton SC	Graham Powell	Sheffield
50 Breaststroke	0:32.17	11.12.16	Modernians	Marcel Scholten	Sheffield
100 Breaststroke	1:11.42	11.12.16	Modernians	Marcel Scholten	Sheffield
200 Breaststroke	2:46.98	10.09.17	Modernians	Marcel Scholten	Maidenhead
50 Butterfly	0:29.91	27.10.06	Luton SC	Graham Powell	Sheffield
100 Butterfly	1:05.71	27.10.07	Luton SC	Graham Powell	Sheffield
200 Butterfly	2:30.92	08.10.06	Luton SC	Graham Powell	Sheffield
100 Ind. Medley	1:06.32	20.01.18	Modernians	Marcel Scholten	Terneuzen (Nederland)
200 Ind. Medley	2:31.00	01.10.17	Modernians	Marcel Scholten	Newmarket
400 Ind-Medley	5:59.40	25.10.14	Team Luton	Alastair Gibb	Sheffield

**55-59**

50 Freestyle	0:27.79	15.11.15	Modernians	Dave Cartledge	Newmarket
100 Freestyle	1:05.31	26.10.19	South Beds	Peter Masters	Sheffield
200 Freestyle	2:22.73	24.04.16	Team Luton	David Wright	Newmarket
400 Freestyle	5:02.45	09.07.17	Modernians	Dave Cartledge	Barnet Cophthall
800 Freestyle	10:35.19	28.10.12	Flitwick Dolphins	Ian Murray	Sheffield
1500 Freestyle	20:09.96	26.10.12	Flitwick Dolphins	Ian Murray	Sheffield
50 Backstroke	0:31.36	27.10.13	Team Luton	Graham Powell	Sheffield
100 Backstroke	1:09.04	28.10.11	Team Luton	Graham Powell	Sheffield
200 Backstroke	2:29.00	24.10.15	Modernians	Dave Cartledge	Sheffield
50 Breaststroke	0:34.15	23.10.15	Modernians	Dave Cartledge	Sheffield
100 Breaststroke	1:13.97	23.10.15	Modernians	Dave Cartledge	Sheffield
200 Breaststroke	2:47.37	24.10.15	Modernians	Dave Cartledge	Sheffield
50 Butterfly	0:30.43	15.11.15	Modernians	Dave Cartledge	Newmarket
100 Butterfly	1:08.36	29.10.11	Team Luton	Graham Powell	Sheffield
200 Butterfly	2:41.63	30.10.11	Team Luton	Graham Powell	Sheffield
100 Ind. Medley	1:07.82	24.10.15	Modernians	Dave Cartledge	Sheffield
200 Ind. Medley	2:28.98	23.10.15	Modernians	Dave Cartledge	Sheffield
400 Ind. Medley	5:56.73	25.10.15	Team Luton	Alastair Gibb	Sheffield

**60-64**

50 Freestyle	0:29.80	28.10.18	Team Luton	Graham Powell	Sheffield
100 Freestyle	1:06.06	26.04.18	Team Luton	Graham Powell	Sheffield
200 Freestyle	2:26.65	30.10.21	Team Luton	David Wright	Sheffield
400 Freestyle	5:09.66	19.09.21	Team Luton	David Wright	Barnet Cophthall
800 Freestyle	11:06.31	29.10.17	Flitwick Dolphins	Ian Murray	Sheffield
1500 Freestyle	21:27.57	27.10.17	Flitwick Dolphins	Ian Murray	Sheffield
50 Backstroke	0:32.53	05.03.16	Team Luton	Graham Powell	Bracknell
100 Backstroke	1:12.02	29.10.16	Team Luton	Graham Powell	Sheffield
200 Backstroke	2:39.89	28.10.16	Team Luton	Graham Powell	Sheffield
50 Breaststroke	0:37.32	24.10.15	Team Luton	Colin Mayes	Sheffield
100 Breaststroke	1:23.28	23.10.15	Team Luton	Colin Mayes	Sheffield
200 Breaststroke	3:01.84	24.10.15	Team Luton	Colin Mayes	Sheffield
50 Butterfly	0:31.39	28.10.16	Team Luton	Graham Powell	Sheffield
100 Butterfly	1:08.70	04.09.16	Team Luton	Graham Powell	Barnet Cophthall
200 Butterfly	2:29.83	29.10.21	Team Luton	David Wright	Sheffield
100 Ind-Medley	1:13.12	30.10.16	Team Luton	Graham Powell	Sheffield
200 Ind. Medley	2:43.14	29.10.17	Team Luton	Graham Powell	Sheffield
400 Ind. Medley	6:36.94	02.10.16	South Beds	Chris Marshall	Leamington Spa

**65-69**

50 Freestyle	0:31.59	29.10.21	Team Luton	Graham Powell	Sheffield
100 Freestyle	1:11.03	26.10.18	South Beds	Peter Iles	Sheffield
200 Freestyle	2:40.28	27.10.18	South Beds	Peter Iles	Sheffield
400 Freestyle	5:47.94	27.10.18	South Beds	Peter Iles	Sheffield
800 Freestyle	12:19.06	28.10.18	South Beds	Peter Iles	Sheffield
1500 Freestyle	24:54.64	25.11.18	Biggleswade	Joe Lound-Keast	Barnet Copthall
50 Backstroke	0:34.21	29.10.21	Team Luton	Graham Powell	Sheffield
100 Backstroke	1:15.87	10.10.21	Team Luton	Graham Powell	Newmarket
200 Backstroke	2:52.91	10.10.21	Team Luton	Graham Powell	Newmarket
50 Breaststroke	0:40.49	29.10.21	Team Luton	Colin Mayes	Sheffield
100 Breaststroke	1:29.00	30.10.21	Team Luton	Malcolm Barton	Sheffield
200 Breaststroke	3:20.26	31.10.21	Team Luton	Malcolm Barton	Luton
50 Butterfly	0:33.19	31.10.21	Team Luton	Graham Powell	Sheffield
100 Butterfly	1:16.08	29.10.21	Team Luton	Graham Powell	Sheffield
200 Butterfly	3:34.93	07.03.20	Team Luton	Malcolm Barton	Bracknell
100 Ind. Medley	1:22.04	24.03.06	Beaver Masters.	Alan Jackson	Guernsey
200 Ind. Medley	3:05.06	24.03.06	Beaver Masters	Alan Jackson	Guernsey
400 Ind. Medley	7:29.23	31.10.21	Team Luton	Malcolm Barton	Sheffield

**70-74**

50 Freestyle	0:31.94	16.05.09	Beaver Masters.	Alan Jackson	Norwich
100 Freestyle	1:12.43	03.10.09	Beaver Masters.	Alan Jackson	Newmarket
200 Freestyle	2:48.55	03.04.09	Beaver Masters.	Alan Jackson	Guernsey
400 Freestyle	6:23.58	10.10.21	Biggleswade	Joe Lound-Keast	Newmarket
800 Freestyle	13:01.15	28.11.21	Biggleswade	Joe Lound-Keast	Barnet Copthall
1500 Freestyle	24:36.89	28.11.21	Biggleswade	Joe Lound-Keast	Barnet Copthall
50 Backstroke	0:38.71	16.05.09	Beaver Masters.	Alan Jackson	Norwich
100 Backstroke	1:24.70	03.04.09	Beaver Masters.	Alan Jackson	Guernsey
200 Backstroke	3:05.74	03.04.09	Beaver Masters.	Alan Jackson	Guernsey
50 Breaststroke	0:44.04	03.10.09	Beaver Masters.	Alan Jackson	Newmarket
100 Breaststroke	1:40.06	03.10.09	Beaver Masters.	Alan Jackson	Newmarket
200 Breaststroke	3:47.04	10.10.21	Biggleswade	Joe Lound-Keast	Newmarket
50 Butterfly	0:36.94	14.02.09	Beaver Masters.	Alan Jackson	Sudbury
100 Butterfly	1:54.83	07.07.13	Team Luton	Paul Clarke	Barnet Copthall
200 Butterfly	4:45.28	15.07.12	Team Luton	Paul Clarke	Barnet Copthall
100 Ind. Medley	1:21.74	04.02.09	Beaver Masters.	Alan Jackson	Sudbury
200 Ind. Medley	3:13.56	03.04.09	Beaver Masters.	Alan Jackson	Guernsey
400 Ind. Medley	8:28.76	28.04.13	Team Luton	Paul Clarke	Leamington

**75-79**

50 Freestyle	0:39.50	29.04.07	Bedford Masters.	Basil Gell	Aylesbury
100 Freestyle	1:32.26	29.04.07	Bedford Masters.	Basil Gell	Aylesbury
200 Freestyle	3:36.75	03.12.06	Bedford Masters.	Basil Gell	Milton Keynes
400 Freestyle	8:00.79	07.07.19	Beaver Masters.	Paul Clarke	Barnet Copthall
800 Freestyle	16:56.15	08.07.06	Luton SC	William Mackay	Barnet Copthall
1500 Freestyle	32:50.86	25.11.18	Beaver Masters	Paul Clarke	Barnet Copthall
50 Backstroke	0:48.60	05.05.06	Bedford Masters.	Basil Gell	Leamington Spa
100 Backstroke	1:49.87	03.12.06	Bedford Masters.	Basil Gell	Milton Keynes
200 Backstroke	3:57.13	30.09.18	Beaver Masters.	Paul Clarke	Newmarket
50 Breaststroke	0:48.90	18.03.17	Beaver Masters.	Paul Clarke	Stafford
100 Breaststroke	1:52.78	29.04.07	Bedford Masters.	Basil Gell	Aylesbury
200 Breaststroke	4:06.92	05.05.06	Bedford Masters.	Basil Gell	Leamington Spa
50 Butterfly	0:54.43	21.05.17	Beaver Masters.	Paul Clarke	Bexleyheath
100 Butterfly	2:08.12	03.09.17	Beaver Masters.	Paul Clarke	Barnet Copthall
200 Butterfly	5:27.00	05.05.06	Bedford Masters.	Basil Gell	Leamington Spa
100 Ind. Medley	1:49.48	29.04.07	Bedford Masters.	Basil Gell	Aylesbury
200 Ind. Medley	4:01.54	03.12.06	Bedford Masters.	Basil Gell	Milton Keynes
400 Ind. Medley	8:46.50	21.07.07	Bedford Masters.	Basil Gell	Barnet Copthall