

Male**Freestyle**

1500m

25-29yrs 17:13.76 Paul Hembrow Sheffield 2009

800m

400m

25-29yrs 04:15.74 Paul Hembrow Sheffield 2009

200m

25-29yrs 01:58.63 Chris Aust Sheffield 2009

100m

25-29yrs 01:53.79 Chris Aust Sheffield 2008

45-49yrs 00:59.57 Chris Goddard Sheffield 2009

50m

25-29yrs 00:23.39 Chris Aust Sheffield 2009

30-34yrs 00:25.72 Kieth Brown Oxford 2008

35-39yrs 00:25.08 Chris McCabe Worcester 2010

40-44yrs 00:26.73 Ian Melville Worcester 2010

45-49yrs 00:25.82 Jim Morris Truro 2007

50-54yrs 00:28.98 Phil Osborn Worcester 2010

55-59yrs 00:27.67 Graeme Milne Sheffield 2009

60-64yrs 00:36.80 Biz Barrell Worcester 2010

Breastroke

200m

100m

25-29yrs 01:08.86 Andy Ball Sheffield 2010

50m

25-29yrs 00:29.39 Chris Aust Sheffield 2009

30-34yrs 00:32.38 Andrew Papworth Worcester 2010

35-39yrs 00:32.00 Dave King Newcastle 2006

40-44yrs 00:32.42 Dave King Truro 2007

45-49yrs 00:36.11 Tim Wilkes Oxford 2008

50-54yrs 00:42.23 Roger Gibbs Worcester 2010

55-59yrs 00:42.49 Colin Thompson Wolverhampton 2009

60-64yrs 00:43.93 Biz Barrell Worcester 2010

Backstroke

200m

100m

50m

25-29yrs 00:28.66 Chris Aust Sheffield 2009

30-34yrs 00:31.58 Keith Brown Oxford 2008

35-39yrs 00:29.93 Chris McCabe Worcester 2010

40-44yrs 00:33.52 Ian Melville Worcester 2010

45-49yrs 00:32.47 Andy Stapleton Newcastle 2006

50-54yrs 00:38.02 Philip Charrington Newcastle 2006

55-59yrs 00:38.14 Colin Thompson Wolverhampton 2009

60-64yrs 00:50.33 Biz Barrell Wolverhampton 2009

Butterfly

200m

25-29yrs 02:18.69 Paul Hembrow Sheffield 2009

100m

25-29yrs 01:02.43 Paul Hembrow Sheffield 2009

55-59yrs 01:04.29 Graeme Milne Sheffield 2009

50m

25-29yrs 00:26.32 Chris Aust Sheffield 2009

30-34yrs 00:28.57 Keith Brown Oxford 2008

35-39yrs 00:28.12 Chris McCabe Worcester 2010

40-44yrs 00:29.53 Dave King Truro 2007

45-49yrs 00:31.17 Jim Morris Truro 2007

50-54yrs 00:35.24 Bob Outrim Wolverhampton 2009

55-59yrs 00:29.00 Graeme Milne Sheffield 2009

Individual Medley

400m

200m

45-49yrs 02:33.08 Chris Goddard Sheffield 2009

100m

25-29yrs 00:59.98 Chris Aust Sheffield 2009

30-34yrs 01:06.67 Kieth Brown Oxford 2008

35-39yrs 05:22.00 Chris McCabe Worcester 2010

40-44yrs 01:08.17 Dave King Wolverhampton 2009

45-49yrs 01:14.13 Jim Morris Truro 2007

50-54yrs 01:19.73 Bob Outrim Oxford 2008

55-59yrs 01:20.86 Graeme Milne Worcester 2010

60-64yrs 01:45.78 Biz Barrell Worcester 2010

Female**Freestyle**

1500m

50-54yrs 20:28.81 Karen Jennings Sheffield 2009

800m

50-54yrs 10:40.45 Karen Jennings Sheffield 2009

400m

50-54yrs 05:09.45 Karen Jennings Sheffield 2009

200m

100m

50m

25-29yrs 00:30.91 Charlotte James Sheffield 2009

30-34yrs 00:28.82 Sam Morris Millfield 2010

35-39yrs 00:30.28 Marianne Gerety Worcester 2010

40-44yrs 00:32.30 Sheila Macgregor Truro 2007

45-49yrs 00:37.05 Joanne Wade Worcester 2010

50-54yrs 00:33.99 Karen Jennings Wolverhampton 2009

Breastroke

200m

100m

25-29yrs	01:24.40	Charlotte James	Sheffield 2009
50m			
25-29yrs	00:38.02	Charlotte James	Sheffield 2009
30-34yrs	00:39.53	Lucy Ward	Oxford 2008
35-39yrs	00:48.41	Helen Gridley	Wolverhampton 2009
40-44yrs	00:48.62	Ros Hayes	Wolverhampton 2009
45-49yrs	00:48.53	Joanne Wade	Worcester 2010
50-55yrs	01:03.16	Chris Rushton	Wolverhampton 2009

Backstroke

200m

100m

50m

25-29yrs	00:36.50	Emma Fitzhenry	Newcastle 2006
30-34yrs	00:37.13	Janine Culley	Wolverhampton 2009
35-39yrs	00:46.37	Helen Gridley	Wolverhampton 2009
40-44yrs	00:43.73	Sheila Macgregor	Truro 2007
45-49yrs	00:46.21	Joanne Wade	Worcester 2010

Butterfly

200m

100m

30-34yrs	01:12.55	Sam Morris	Millfield 2010
50m			
25-29yrs	00:35.62	Charlotte James	Wolverhampton 2009
30-34yrs	00:32.20	Sam Morris	Millfield 2010
35-39yrs	00:34.70	Marianne Gerety	Worcester 2010
45-49yrs	00:46.69	Joanne Wade	Worcester 2010

Individual Medley

400m

200m

25-29yrs	02:53.64	Charlotte James	Sheffield 2009
100m			
25-29yrs	01:16.29	Charlotte James	Sheffield 2009
30-34yrs	01:16.52	Sam Morris	Truro 2009
35-39yrs	01:15.56	Marianne Gerety	Worcester 2010
45-49yrs	01:35.02	Joanne Wade	Worcester 2010