

BEDFORDSHIRE ASA COUNTY MASTERS SHORT COURSE RECORDS AS OF 9 DECEMBER 2012

WOMEN**18-24**

50 Free	28.63	27-Oct-12	South Beds	Lucy Gregory	Sheffield
100 Free	1:03.47	09-Sept-12	South Beds	Lucy Gregory	Barnet Copthall
200 Free	2:28.65	30-Oct-10	Team Luton	Susanna Halls	Sheffield
400 Free	5:20.90	30-Oct-10	Team Luton	Susanna Halls	Sheffield
50 Back	32.36	27-Oct-12	South Beds	Lucy Gregory	Sheffield
100 Back	1:14.57	31-Oct-10	Team Luton	Emma Powell	Sheffield
200 Back	2:28.98	26-Oct-12	South Beds	Lucy Gregory	Sheffield
50 Breast	35.26	18-Nov-12	Modernians	Charlotte Ovenden	Newmarket
100 Breast	1:25.25	28-Oct-11	Team Luton	Zoe Smith	Sheffield
50 Fly	30.44	27-Oct-12	South Beds	Lucy Gregory	Sheffield
100 Fly	1:12.82	09-Sept-12	South Beds	Lucy Gregory	Barnet Copthall
100 IM	1:20.30	25-Nov-07	Luton SC	Emma Powell	Enfield
200 IM	2:31.46	26-Oct-12	South Beds	Lucy Gregory	Sheffield

25-29

50 Free	29.56	30-Oct-11	South Beds	Sarah Pearse	Sheffield
100 Free	1:06.55	03-Mar-12	South Beds	Joanne Holder	Bracknell
200 Free	2:25.47	03-Mar-12	South Beds	Joanne Holder	Bracknell
400 Free	4:50.15	24-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
800 Free	9:49.39	25-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
50 Back	34.38	24-Sept-11	Team Luton	Emma Powell	Aldershot
100 Back	1:10.44	24-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
200 Back	2:29.47	25-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
50 Breast	34.74	29-Oct-10	South Beds	Sarah Pearse	Sheffield
100 Breast	1:19.31	26-Oct-07	Biggleswade	Susan Morris	Sheffield
200 Breast	2:55.15	27-Oct-07	Biggleswade	Susan Morris	Sheffield
50 Fly	31.72	28-Oct-11	Team Luton	Emily Brown	Sheffield
100 Fly	1:09.28	29-Oct-11	Team Luton	Emily Brown	Sheffield
200 Fly	2:29.39	23-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
100 IM	1:09.53	23-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield
200 IM	2:31.62	28-Oct-11	Team Luton	Emily Brown	Sheffield
400 IM	5:20.07	25-Oct-09	Flitwick Dolph	Hayley Davis	Sheffield

30-34

50 Free	29.73	27-Oct-12	South Beds	Samantha Hammond	Sheffield
100 Free	1:09.27	16-Oct-10	South Beds	Rachel Buckingham	Maidenhead
200 Free	2:32.71	16-Oct-10	South Beds	Rachel Buckingham	Maidenhead
400 Free	5:30.39	02-Oct-10	South Beds	Rachel Buckingham	Newmarket
800 Free	11:31.23	17-July-10	South Beds	Rachel Buckingham	Barnet Copthall
1500 Free	21:39.79	27-Nov-10	South Beds	Rachel Buckingham	Barnet Copthall
50 Back	34.93	19-Feb-12	South Beds	Samantha Hammond	Sudbury
100 Back	1:19.63	16-Oct-10	South Beds	Rachel Buckingham	Maidenhead
50 Breast	36.19	03-Mar-12	South Beds	Sarah Pearse	Bracknell
100 Breast	1:21.73	03-Mar-12	South Beds	Sarah Pearse	Bracknell
50 Fly	32.80	01-Apr-12	South Beds	Samantha Hammond	Hucknell
100 IM	1:16.30	03-Mar-12	South Beds	Sarah Pearse	Bracknell
200 IM	2:55.19	02-Oct-10	South Beds	Rachel Buckingham	Newmarket

35-39

50 Free	34.54	01-Apr-12	South Beds	Clare Warren	Hucknell
100 Free	1:11.50	01-Apr-12	South Beds	Clare Warren	Hucknell
200 Free	2:41.59	19-Feb-12	South Beds	Clare Warren	Sudbury
50 Back	44.95	06-Sept-09	South Beds	Nicola Murtagh	Barnet Copthall
100 Back	1:34.71	19-July-09	South Beds	Nicola Murtagh	Barnet Copthall
50 Breast	44.73	24-Apr-09	South Beds	Nicola Murtagh	Leamington Spa
100 Breast	1:40.37	19-July-09	South Beds	Nicola Murtagh	Barnet Copthall
50 Fly	35.73	01-Apr-12	South Beds	Clare Warren	Hucknell
100 IM	1:21.55	01-Apr-12	South Beds	Clare Warren	Hucknell

40-44

50 Free	31.76	06-Oct-12	Biggleswade	Nicola Horsford	Newmarket
100 Free	1:10.39	02-Oct-10	Biggleswade	Nicola Horsford	Newmarket
200 Free	2:31.79	24-Oct-09	Biggleswade	Louise Jarvis	Sheffield
400 Free	6:35.43	01-Oct-11	Biggleswade	Sarah Jones	Newmarket
50 Back	36.97	20-Nov-11	Biggleswade	Louise Jarvis	Newmarket
100 Back	1:18.88	24-Oct-09	Biggleswade	Louise Jarvis	Sheffield
200 Back	2:50.76	02-Oct-10	Biggleswade	Louise Jarvis	Newmarket
50 Breast	44.30	06-Sept-09	South Beds	Lesley Bellis	Barnet Copthall
100 Breast	1:36.62	06-Oct-12	Biggleswade	Nicola Horsford	Newmarket
50 Fly	36.06	21-Nov-10	Biggleswade	Louise Jarvis	Newmarket
100 IM	1:20.89	06-Oct-12	Biggleswade	Louise Jarvis	Newmarket
200 IM	2:54.78	24-Oct-09	Biggleswade	Louise Jarvis	Sheffield

45-49

50 Free	32.32	20 Nov	Modernians	Ann Wilson	Newmarket
100 Free	1:22.70	18-Feb-12	Biggleswade	Suzy Turner	Sudbury
200 Free	3:02.40	18-Feb-12	Biggleswade	Sarah Jones	Sudbury
400 Free	6:56.66	24-Apr-09	South Beds	Jacqueline Maycock	Leamington Spa
1500 Free	29:42.64	27-Nov-10	South Beds	Jeanetta Lee	Barnet Copthall
50 Back	38.86	20-Nov-11	Modernians	Ann Wilson	Newmarket
50 Breast	46.67	06-May-11	South Beds	Lesley Bellis	Leamington Spa
100 Breast	1:42.73	09-May-09	South Beds	Jacqueline Maycock	Grays
50 Fly	36.08	20-Nov-11	Modernians	Ann Wilson	Newmarket
100 IM	1:35.05	09-May-09	South Beds	Jacqueline Maycock	Grays

50-54

50 Free	38:42	29-Sept-12	South Beds	Jacqueline Maycock	Leamington Spa
100 Free	1:34.15	25-Nov-12	South Beds	Jacqueline Maycock	Barnet Copthall
200 Free	3:15.56	25-Nov-12	South Beds	Jacqueline Maycock	Barnet Copthall
400 Free	6:42.07	25-Nov-12	South Beds	Jacqueline Maycock	Barnet Copthall
800 Free	13:40.02	25-Nov-12	South Beds	Jacqueline Maycock	Barnet Copthall
1500 Free	25:42.05	25-Nov-12	South Beds	Jacqueline Maycock	Barnet Copthall
50 Back	43.56	18-Nov-12	South Beds	Alison Sheehan	Newmarket
100 Back	1:37.90	15-July-12	South Beds	Alison Sheehan	Barnet Copthall
200 Back	3:32.24	15-July-12	South Beds	Alison Sheehan	Barnet Copthall
50 Breast	49.45	30-Sept-12	South Beds	Jacqueline Maycock	Leamington Spa
50 Fly	42.47	18-Nov-12	South Beds	Jacqueline Maycock	Newmarket
100 IM	1:35.68	30-Sept-12	South Beds	Jacqueline Maycock	Leamington Spa

55-59

50 Free	34.86	28-Nov-09	South Beds	Christine Ayers	Maidenhead
100 Free	1:16.69	07-Mar-09	South Beds	Christine Ayers	Bracknell
200 Free	2:49.60	07-Mar-09	South Beds	Christine Ayers	Bracknell
400 Free	5:52.08	03-Oct-09	South Beds	Christine Ayers	Newmarket
800 Free	12:06.91	25-Oct-09	South Beds	Christine Ayers	Sheffield
1500 Free	23:07.90	22-Nov-09	South Beds	Christine Ayers	Barnet Copthall
50 Back	42.69	05-Mar-11	South Beds	Christine Ayers	Bracknell
100 Back	1:34.21	04-Sept-11	South Beds	Christine Ayers	Barnet Copthall

200 Back	3:23.34	06-Oct-12	South Beds	Christine Ayers	Newmarket
50 Breast	42.91	23-Oct-09	South Beds	Christine Ayers	Sheffield
100 Breast	1:34.06	23-Oct-09	South Beds	Christine Ayers	Sheffield
200 Breast	3:22.71	24-Oct-09	South Beds	Christine Ayers	Sheffield
50 Fly	41.47	29-Oct-10	South Beds	Christine Ayers	Sheffield
100 Fly	1:34.56	01-Apr-12	South Beds	Christine Ayers	Hucknell
200 Fly	3:36.34	03-Mar-12	South Beds	Christine Ayers	Bracknell
100 IM	1:27.11	23-Oct-09	South Beds	Christine Ayers	Sheffield
200 IM	3:12.89	28-Oct-11	South Beds	Christine Ayers	Sheffield
400 IM	6:52.61	30-Oct-10	South Beds	Christine Ayers	Sheffield
<u>60-64</u>					
50 Free	42.10	18-Nov-12	South Beds	Liz Neale	Newmarket
100 Free	1:23.09	01-Oct-11	Beaver Mst	Pat Reynolds	Newmarket
200 Free	3:19.83	09-Dec-12	South Beds	Liz Neale	Sheffield
400 Free	6:11.10	06-Oct-12	Beaver Mst	Pat Reynolds	Newmarket
50 Back	56.77	03-Mar-12	South Beds	Andrea Minor	Bracknell
100 Back	1:32.06	01-Oct-11	Beaver Mst	Pat Reynolds	Newmarket
50 Breast	53.34	05-Sept-10	South Beds	Andrea Minor	Barnet Copthall
100 Breast	1:56.37	03-Mar-12	South Beds	Andrea Minor	Bracknell
200 Breast	4:33.85	27-Oct-07	Beaver Mst	Rita Egan	Sheffield
50 Fly	1:05.57	18-June-06	Beaver Mst	Rita Egan	Aylesbury
100 IM	1:56.86	06-Oct-12	South Beds	Andrea Minor	Newmarket
200 IM	4:55.38	08-July-06	Beaver Mst	Rita Egan	Barnet Copthall
<u>65-69</u>					
50 Free	47.71	02-Oct-10	South Beds	Iris Bellis	Newmarket
100 Free	1:38.48	03-Oct-09	South Beds	Janet Masters	Newmarket
200 Free	3:35.74	07-Dec-09	South Beds	Iris Bellis	Sheffield
400 Free	7:24.30	07-Dec-09	South Beds	Iris Bellis	Sheffield
800 Free	15:44.08	31-Oct-10	South Beds	Iris Bellis	Sheffield
1500 Free	31:11.74	25-Nov-12	South Beds	Iris Bellis	Barnet Copthall
50 Back	55.22	14-Mar-08	Beaver Mst	Christine Gleave	Guernsey
100 Back	2:09.27	14-Mar-08	Beaver Mst	Christine Gleave	Guernsey
50 Breast	55.81	14-Mar-08	Beaver Mst	Christine Gleave	Guernsey
100 Breast	2:02.68	14-Mar-08	Beaver Mst	Christine Gleave	Guernsey
200 Breast	4:34.88	14-Mar-08	Beaver Mst	Christine Gleave	Guernsey
50 Fly	49.31	03-Oct-09	South Beds	Janet Masters	Newmarket
100 IM	1:49.96	03-Oct-09	South Beds	Janet Masters	Newmarket
<u>70-74</u>					
50 Free	41.08	31-Oct-10	South Beds	Janet Masters	Sheffield
100 Free	1:40.61	06-Mar-10	South Beds	Janet Masters	Bracknell
200 Free	3:40.76	24-Apr-10	South Beds	Janet Masters	Leamington Spa
400 Free	7:53.45	15-July-12	South Beds	Janet Masters	Barnet Copthall
50 Back	46.96	05-Sept-10	South Beds	Janet Masters	Barnet Copthall
100 Back	1:42.89	31-Oct-10	South Beds	Janet Masters	Sheffield
50 Breast	55.68	06-Mar-10	South Beds	Janet Masters	Bracknell
50 Fly	48.11	31-Oct-10	South Beds	Janet Masters	Sheffield
100 Fly	1:51.13	29-Oct-10	South Beds	Janet Masters	Sheffield
100 IM	1:45.38	31-Oct-10	South Beds	Janet Masters	Sheffield
200 IM	3:55.02	24-Apr-10	South Beds	Janet Masters	Leamington Spa

MEN

18-24

50 Free	24.69	27-Oct-12	Team Luton	Lawrence Palmer	Sheffield
100 Free	54.38	27-Oct-12	Team Luton	Lawrence Palmer	Sheffield
200 Free	1:58.36	27-Oct-06	Flitwick Dolph	Aled Jones	Sheffield
400 Free	4:11.20	28-Oct-06	Flitwick Dolph	Aled Jones	Sheffield
800 Free	10:03.33	21-Oct-10	Biggleswade	Myles Gibson	Sheffield
50 Back	28.76	29-Oct-06	Modernians	David Wheeler	Sheffield
100 Back	1:00.96	29-Oct-06	Modernians	David Wheeler	Sheffield
200 Back	2:13.92	28-Oct-06	Modernians	David Wheeler	Sheffield
50 Breast	28.77	26-Oct-12	Team Luton	Lawrence Palmer	Sheffield
100 Breast	1:05.49	28-Oct-12	Team Luton	Lawrence Palmer	Sheffield
200 Breast	2:34.73	28-Oct-06	Biggleswade	David Dowsett	Sheffield
50 Fly	26.74	27-Oct-12	Team Luton	Lawrence Palmer	Sheffield
100 Fly	59.81	26-Oct-12	Team Luton	Lawrence Palmer	Sheffield
200 Fly	2:18.14	28-Oct-06	Modernians	David Wheeler	Sheffield
100 IM	1:00.18	28-Oct-12	Team Luton	Lawrence Palmer	Sheffield
200 IM	2:17.93	28-Oct-11	Biggleswade	Alasdair Kerr	Sheffield
400 IM	5:13.04	30-Oct-10	Biggleswade	Myles Gibson	Sheffield

25-29

50 Free	25.90	20-Nov-11	South Beds	Ross Payne	Newmarket
100 Free	1:02.02	09-Dec-12	South Beds	Chris Lewindon	Sheffield
200 Free	2:07.66	19-July-09	Modernians	Ian Davies	Barnet Copthall
400 Free	5:28.30	14-July-12	South Beds	Daniel Hayes	Barnet Copthall
800 Free	11:26.50	14-July-12	South Beds	Daniel Hayes	Barnet Copthall
50 Back	32.39	20-Nov-11	Team Luton	Nicholas Cattle	Newmarket
100 Back	1:16.42	09-Sept-12	South Beds	Peter Leadbetter	Barnet Copthall
50 Breast	33.07	20-Nov-11	Team Luton	Nicholas Cattle	Newmarket
100 Breast	1:11.47	05-Mar-11	Team Luton	Nicholas Cattle	Bracknell
50 Fly	29.66	20-Nov-11	South Beds	Chris Lewindon	Newmarket
100 Fly	1:07.89	26-Nov-11	South Beds	Chris Lewindon	Maidenhead
100 IM	1:04.57	05-Mar-11	Team Luton	Nicholas Cattle	Bracknell

30-34

50 Free	26.00	31-Oct-10	Biggleswade	Ian Davies	Sheffield
100 Free	1:07.17	24-Apr-09	South Beds	Bryn Sharpe	Leamington Spa
50 Back	35.32	24-Apr-09	South Beds	Bryn Sharpe	Leamington Spa
100 Back	1:19.12	28-Nov-09	South Beds	Bryn Sharpe	Maidenhead
50 Breast	42.13	28-Nov-09	South Beds	Bryn Sharpe	Maidenhead
50 Fly	28.41	27-Oct-06	Modernians	John Tomlin	Sheffield
100 Fly	1:02.05	29-Oct-06	Modernians	John Tomlin	Sheffield
200 Fly	2:15.77	28-Oct-06	Modernians	John Tomlin	Sheffield
100 IM	1:05.42	28-Oct-06	Modernians	John Tomlin	Sheffield
200 IM	2:23.75	29-Oct-06	Modernians	John Tomlin	Sheffield

35-39

50 Free	27.72	06-Sept-09	South Beds	Howard Gell	Barnet Copthall
100 Free	1:01.03	23-Apr-10	South Beds	Howard Gell	Leamington Spa
200 Free	2:16.87	24-Apr-09	South Beds	Howard Gell	Leamington Spa
400 Free	5:03.02	19-July-09	South Beds	Howard Gell	Barnet Copthall
800 Free	11:42.09	26-Oct-08	Luton SC	John O'Rourke	Sheffield
1500 Free	20:29.28	22-Nov-09	South Beds	Howard Gell	Barnet Copthall
50 Back	31.29	23-Apr-10	South Beds	Howard Gell	Leamington Spa
100 Back	1:10.03	02-Oct-10	South Beds	Howard Gell	Newmarket
200 Back	2:38.56	18-July-09	South Beds	Howard Gell	Barnet Copthall
50 Breast	35.66	06-Oct-12	Biggleswade	Nick Titchener	Newmarket
100 Breast	1:18.43	06-Oct-12	Biggleswade	Nick Titchener	Newmarket

50 Fly	31.04	24-Apr-09	South Beds	Howard Gell	Leamington Spa
100 Fly	1:03.22	25-Oct-08	Modernians	John Tomlin	Sheffield
200 Fly	2:22.36	25-Oct-08	Modernians	John Tomlin	Sheffield
100 IM	1:11.23	27-June-10	South Beds	Howard Gell	Bury St Edmunds

40-44

50 Free	24.86	24-Oct-08	Modernians	Marcel Scholten	Sheffield
100 Free	55.14	25-Oct-08	Modernians	Marcel Scholten	Sheffield
200 Free	2:08.57	08-July-06	Modernians	Marcel Scholten	Barnet Copthall
400 Free	4:49.36	27-Oct-07	Luton SC	Andrew Byrne	Sheffield
800 Free	11:02.35	31-Oct-10	Team Luton	John O'Rourke	Sheffield
1500 Free	21:53.33	22-Nov-09	Luton SC	John O'Rourke	Barnet Copthall
50 Back	31.06	29-Oct-06	Luton SC	Andrew Byrne	Sheffield
100 Back	1:09.24	29-Oct-06	Luton SC	Andrew Byrne	Sheffield
200 Back	2:32.20	28-Oct-06	Luton SC	Andrew Byrne	Sheffield
50 Breast	31.24	25-Oct-08	Modernians	Marcel Scholten	Sheffield
100 Breast	1:09.23	25-Oct-08	Modernians	Marcel Scholten	Sheffield
200 Breast	2:34.63	24-Oct-08	Modernians	Marcel Scholten	Sheffield
50 Fly	29.87	17-May-08	Modernians	Marcel Scholten	Norwich
100 Fly	1:27.64	06-Sept-09	South Beds	Keith Spence	Barnet Copthall
100 IM	1:04.47	23-Apr-06	Modernians	Marcel Scholten	Gloucester
200 IM	3:03.16	28-Oct-11	Team Luton	John O'Rourke	Sheffield

45-49

50 Free	25.57	19-May-12	Modernians	Marcel Scholten	Norwich
100 Free	55.52	09-Dec-12	Modernians	Marcel Scholten	Sheffield
200 Free	2:10.41	27-Oct-06	Luton SC	Ian Stoughton	Sheffield
400 Free	4:41.28	28-Oct-06	Luton SC	Ian Stoughton	Sheffield
800 Free	10:05.94	29-Oct-06	Luton SC	Ian Stoughton	Sheffield
1500 Free	19:44.86	21-Nov-09	Luton SC	David Wright	Barnet Copthall
50 Back	31.52	23-Apr-06	Modernians	Dave Cartledge	Gloucester
100 Back	1:07.38	03-Dec-06	Modernians	Dave Cartledge	Milton Keynes
200 Back	2:42.43	19-July-08	Luton SC	Andrew Byrne	Barnet Copthall
50 Breast	31.51	26-Oct-12	Modernians	Marcel Scholten	Sheffield
100 Breast	1:09.92	09-Dec-12	Moderninans	Marcel Scholten	Newmarket
200 Breast	2:35.38	27-Oct-12	Modernians	Marcel Scholten	Sheffield
50 Fly	29.51	20-Nov-11	Modernians	Marcel Scholten	Newmarket
100 Fly	1:07.80	29-Oct-06	Luton SC	Ian Stoughton	Sheffield
200 Fly	2:40.34	23-Oct-09	Luton SC	David Wright	Sheffield
100 IM	1:05.24	23-Apr-06	Modernians	Dave Cartledge	Gloucester
200 IM	2:22.47	03-Dec-06	Modernians	Dave Cartledge	Milton Keynes
400 IM	6:03.38	30-Oct-10	Team Luton	David Wright	Sheffield

50-54

50 Free	27.45	19-May-12	Modernians	Dave Cartledge	Norwich
100 Free	1:03.27	27-Apr-07	Luton SC	Graham Powell	Leamington Spa
200 Free	2:19.90	26-Oct-08	Luton SC	Ian Murray	Sheffield
400 Free	5:00.23	24-Apr-09	Luton SC	Ian Murray	Leamington Spa
800 Free	10:25.84	29-Oct-11	Team Luton	David Wright	Sheffield
1500 Free	19:54.27	26-Oct-12	Team Luton	David Wright	Sheffield
50 Back	30.89	29-Oct-06	Luton SC	Graham Powell	Sheffield
100 Back	1:07.85	29-Oct-06	Luton SC	Graham Powell	Sheffield
200 Back	2:31.31	28-Oct-06	Luton SC	Graham Powell	Sheffield
50 Breast	34.23	09-Dec-12	Modernians	Dave Cartledge	Sheffield
100 Breast	1:14.54	09-Dec-12	Modernians	Dave Cartledge	Sheffield
200 Breast	2:55.43	28-Oct-06	Luton SC	Malcolm Barton	Sheffield
50 Fly	29.91	27-Oct-06	Luton SC	Graham Powell	Sheffield
100 Fly	1:05.71	27-Oct-07	Luton SC	Graham Powell	Sheffield
200 Fly	2:30.92	28-Oct-06	Luton SC	Graham Powell	Sheffield
100 IM	1:08.47	09-Dec-12	Modernians	Dave Cartledge	Sheffield

200 IM	2:46.62	23-Apr-10	Flitwick Dolph	Ian Murray	Leamington Spa
400 IM	6:04.21	27-Oct-07	Luton SC	Ian Murray	Sheffield

55-59

50 Free	29.56	25-Oct-09	South Beds	Peter Iles	Sheffield
100 Free	1:05.88	25-Oct-09	South Beds	Peter Iles	Sheffield
200 Free	2:30.15	24-Oct-09	South Beds	Peter Iles	Sheffield
400 Free	5:23.20	13-Dec-09	South Beds	Peter Iles	Sheffield
800 Free	10:35.19	28-Oct-12	Flitwick Dolph	Ian Murray	Sheffield
1500 Free	20:09.96	26-Oct-12	Flitwick Dolph	Ian Murray	Sheffield
50 Back	31.41	29-Oct-11	Team Luton	Graham Powell	Sheffield
100 Back	1:09.04	28-Oct-11	Team Luton	Graham Powell	Sheffield
200 Back	2:37.35	30-Oct-11	Team Luton	Graham Powell	Sheffield
50 Breast	37.35	30-Oct-11	Team Luton	Colin Mayes	Sheffield
100 Breast	1:22.37	28-Oct-11	Team Luton	Colin Mayes	Sheffield
200 Breast	3:02.18	29-Oct-11	Team Luton	Malcolm Barton	Sheffield
50 Fly	30.94	28-Oct-11	Team Luton	Graham Powell	Sheffield
100 Fly	1:08.36	29-Oct-11	Team Luton	Graham Powell	Sheffield
200 Fly	2:41.63	30-Oct-11	Team Luton	Graham Powell	Sheffield
100 IM	1:18.49	03-Mar-12	South Beds	Christopher Marshall	Bracknell
200 IM	2:55.94	01-Oct-11	South Beds	Christopher Marshall	Newmarket

60-64

50 Free	38.01	18-June-06	Luton SC	Paul Clarke	Aylesbury
100 Free	1:27.86	18-June-06	Luton SC	Paul Clarke	Aylesbury
200 Free	3:30.93	03-Dec-06	Luton SC	Paul Clarke	Milton Keynes
800 Free	14:55.05	08-July-06	Luton SC	Paul Clarke	Barnet Copthall
50 Back	46.21	03-Sept-06	Luton SC	Paul Clarke	Barnet Copthall
100 Back	1:48.90	03-Dec-06	Luton SC	Paul Clarke	Milton Keynes
50 Breast	44.63	03-Sept-06	Luton SC	Paul Clarke	Barnet Copthall
100 Breast	1:39.18	18-June-06	Linslade Cru	Chris Jessup	Aylesbury
200 Breast	3:36.13	31-Oct-10	South Beds	Chris Jessup	Sheffield
50 Fly	43.24	18-June-06	Luton SC	Paul Clarke	Aylesbury
100 Fly	1:42.48	18-June-06	Linslade Cru	Chris Jessup	Aylesbury
200 Fly	3:53.03	28-Oct-06	Linslade Cru	Chris Jessup	Sheffield
100 IM	1:41.13	18-June-06	Luton SC	Paul Clarke	Aylesbury
200 IM	3:45.75	08-July-06	Luton SC	Paul Clarke	Barnet Copthall
400 IM	7:56.31	08-July-06	Luton SC	Paul Clarke	Barnet Copthall

65-69

50 Free	31.62	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
100 Free	1:11.61	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
200 Free	2:43.14	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
400 Free	7:21.50	19-July-08	Luton SC	Paul Clarke	Barnet Copthall
800 Free	15:12.34	21-July-07	Luton SC	Paul Clarke	Barnet Copthall
1500 Free	30:18.69	22-Nov-09	Luton SC	Paul Clarke	Barnet Copthall
50 Back	38.10	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
100 Back	1:21.73	28-Oct-07	Beaver Mst	Alan Jackson	Sheffield
200 Back	3:00.30	28-Oct-07	Beaver Mst	Alan Jackson	Sheffield
50 Breast	44.78	17-May-08	Beaver Mst	Alan Jackson	Norwich
100 Breast	1:36.81	18-Jun-06	Beaver Mst	Alan Jackson	Aylesbury
200 Breast	3:40.76	14-Mar-08	Beaver Mst	Alan Jackson	Guernsey
50 Fly	36.08	05-Oct-08	Beaver Mst	Alan Jackson	Bury St Edmunds
100 Fly	1:39.60	18-Jun-06	Beaver Mst	Alan Jackson	Aylesbury
200 Fly	4:04.05	07-May-11	South Beds	Chris Jessup	Leamington Spa
100 IM	1:22.04	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
200 IM	3:05.66	24-Mar-06	Beaver Mst	Alan Jackson	Guernsey
400 IM	7:59.53	21-July-07	Luton SC	Paul Clarke	Barnet Copthall

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50 Free	31.94	16-May-09	Beaver Mst	Alan Jackson	Norwich
100 Free	1:12.43	03-Oct-09	Beaver Mst	Alan Jackson	Newmarket
200 Free	2:48.55	03-Apr-09	Beaver Mst	Alan Jackson	Guernsey
400 Free	7:58.06	28-Sept-12	Team Luton	Paul Clarke	Leamington Spa
800 Free	16:30.22	14-July-12	Team Luton	Paul Clarke	Barnet Copthall
1500 Free	32:42.99	25-Nov-12	Team Luton	Paul Clarke	Barnet Copthall
50 Back	38.71	16-May-09	Beaver Mst	Alan Jackson	Norwich
100 Back	1:24.70	03-Apr-09	Beaver Mst	Alan Jackson	Guernsey
200 Back	3:05.74	03-Apr-09	Beaver Mst	Alan Jackson	Guernsey
50 Breast	44.04	03-Oct-09	Beaver Mst	Alan Jackson	Newmarket
100 Breast	1:40.06	03-Oct-09	Beaver Mst	Alan Jackson	Newmarket
200 Breast	4:04.84	03-Mar-12	Team Luton	Paul Clarke	Bracknell
50 Fly	36.94	14-Feb-09	Beaver Mst	Alan Jackson	Sudbury
100 Fly	1:55.59	09-Sept-12	Team Luton	Paul Clarke	Barnet Copthall
200 Fly	4:45.28	15-July-12	Team Luton	Paul Clarke	Barnet Copthall
100 IM	1:21.74	14-Feb-09	Beaver Mst	Alan Jackson	Sudbury
200 IM	3:13.56	03-Apr-09	Beaver Mst	Alan Jackson	Guernsey
400 IM	8:39.67	15-July-12	Team Luton	Paul Clarke	Barnet Copthall

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50 Free	39.50	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
100 Free	1:32.26	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
200 Free	3:36.75	03-Dec-06	Bedford Mst	Basil Gell	Milton Keynes
400 Free	8:37.64	03-Oct-09	Bedford Mst	Basil Gell	Newmarket
800 Free	16:56.15	08-July-06	Luton SC	William Mackay	Barnet Copthall
50 Back	48.60	05-May-06	Bedford Mst	Basil Gell	Leamington Spa
100 Back	1:49.87	03-Dec-06	Bedford Mst	Basil Gell	Milton Keynes
200 Back	4:05.11	05-Oct-08	Bedford Mst	Basil Gell	Bury St Edmunds
50 Breast	50.87	03-Dec-06	Bedford Mst	Basil Gell	Milton Keynes
100 Breast	1:52.78	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
200 Breast	4:06.92	05-May-06	Bedford Mst	Basil Gell	Leamington Spa
50 Fly	55.20	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
100 Fly	2:22.48	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
200 Fly	5:27.00	05-May-06	Bedford Mst	Basil Gell	Leamington Spa
100 IM	1:49.48	29-Apr-07	Bedford Mst	Basil Gell	Aylesbury
200 IM	4:01.54	03-Dec-06	Bedford Mst	Basil Gell	Milton Keynes
400 IM	8:46.50	21-July-07	Bedford Mst	Basil Gell	Barnet Copthall