

# Beds ASA

## County Masters Long Course Records as of 18/03/2014

### 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    | 0:37.96  | 01.02.14 | South Beds | Kate Robinson | Crawley    |
| 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 Dolph | Kelly Brinkler  | Cardiff        |
| 1500 Freestyle   | 22:06.20 | 21.06.09 | Flitwick Dolph | Kelly Brinkler  | Cardiff        |
| 50 Backstroke    | 0:38.21  | 21.06.09 | Flitwick Dolph | Kelly Brinkler  | Cardiff        |
| 100 Backstroke   | 1:09.72  | 19.06.09 | Modernians     | Natalie Effemey | Cardiff        |
| 200 Backstroke   | 2:59.71  | 20.06.09 | Flitwick Dolph | Kelly Brinkler  | Cardiff        |
| 50 Breaststroke  | 0:40.39  | 09.02.13 | South Beds     | Joanne Holder   | 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     | 0:37.46  | 19.06.10 | Biggleswade    | Kelly Brinkler  | Glasgow        |
| 100 Butterfly    | 1:11.32  | 28.01.06 | Biggleswade    | Susan Morris    | Crystal Palace |
| 200 Butterfly    | 3:24.02  | 20.06.09 | Flitwick Dolph | 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 Dolph | Kelly Brinkler  | Cardiff        |

#### 30-34

|                 |          |          |             |                   |           |
|-----------------|----------|----------|-------------|-------------------|-----------|
| 50 Freestyle    | 0:31.16  | 28.01.12 | South Beds  | Sarah Pearse      | Crawley   |
| 100 Freestyle   | 1:13.89  | 30.07.11 | South Beds  | Clare Warren      | Aldershot |
| 200 Freestyle   | 2:42.72  | 05.05.12 | South Beds  | Sarah Pearse      | Sheffield |
| 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 Mst | Sarah Bailey      | Glasgow   |
| 50 Backstroke   | 0:38.69  | 10.02.13 | South Beds  | Sarah Pearse      | Crawley   |
| 100 Backstroke  | 1:25.16  | 30.01.10 | South Beds  | Rachel Buckingham | Crawley   |
| 200 Backstroke  | 3:14.67  | 20.06.10 | Bedford Mst | 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     | 0:37.62 | 30.07.11 | South Beds  | Clare Warren | Aldershot |
| 100 Butterfly    | 1:39.90 | 20.06.10 | Bedford Mst | Sarah Bailey | Glasgow   |
| 200 Ind-Medley   | 3:16.69 | 19.06.10 | Bedford Mst | Sarah Bailey | Glasgow   |

### 35-39

|                |         |          |            |                  |         |
|----------------|---------|----------|------------|------------------|---------|
| 50 Freestyle   | 0:32.60 | 18.05.13 | South Beds | Cheryl Templeman | Luton   |
| 100 Freestyle  | 1:11.37 | 10.02.13 | South Beds | Clare Warren     | Crawley |
| 200 Freestyle  | 2:44.19 | 18.05.13 | South Beds | Cheryl Templeman | Luton   |
| 400 Freestyle  | 5:54.59 | 10.02.13 | South Beds | Clare Warren     | Crawley |
| 50 Backstroke  | 0:39.06 | 10.02.13 | South Beds | Cheryl Templeman | Crawley |
| 100 Backstroke | 1:26.64 | 18.05.13 | South Beds | Cheryl Templeman | Luton   |
| 50 Butterfly   | 0:36.25 | 10.02.13 | South Beds | Clare Warren     | Crawley |
| 100 Butterfly  | 1:34.25 | 18.05.13 | South Beds | Clare Warren     | Luton   |
| 200 Ind-Medley | 3:05.59 | 18.05.13 | South Beds | Cheryl Templeman | Luton   |

### 40-44

|                |         |          |             |               |       |
|----------------|---------|----------|-------------|---------------|-------|
| 50 Freestyle   | 0:34.78 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |
| 100 Freestyle  | 1:14.12 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |
| 200 Freestyle  | 2:39.98 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |
| 400 Freestyle  | 5:40.49 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |
| 100 Backstroke | 1:25.11 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |
| 200 Backstroke | 3:01.12 | 18.05.13 | Biggleswade | Louise Jarvis | Luton |

### 45-49

|                  |         |          |             |                |           |
|------------------|---------|----------|-------------|----------------|-----------|
| 50 Freestyle     | 0:36.73 | 18.05.13 | Biggleswade | Suzanne Turner | Luton     |
| 100 Freestyle    | 1:25.42 | 18.05.13 | Biggleswade | Sarah Jones    | Luton     |
| 200 Freestyle    | 3:07.34 | 18.05.13 | Biggleswade | Suzanne Turner | Luton     |
| 400 Freestyle    | 6:36.70 | 18.05.13 | Biggleswade | Sarah Jones    | Luton     |
| 50 Backstroke    | 0:53.97 | 29.01.11 | South Beds  | Jeanetta Lee   | Crawley   |
| 100 Backstroke   | 1:41.01 | 18.05.13 | Biggleswade | Sarah Jones    | Luton     |
| 50 Breaststroke  | 0:55.78 | 30.07.11 | South Beds  | Jeanetta Lee   | Aldershot |
| 100 Breaststroke | 1:58.39 | 30.07.11 | South Beds  | Jeanetta Lee   | Aldershot |
| 200 Breaststroke | 4:14.23 | 29.01.11 | South Beds  | Jeanetta Lee   | Crawley   |

### 50-54

|                  |          |          |             |                 |                 |
|------------------|----------|----------|-------------|-----------------|-----------------|
| 50 Freestyle     | 0:34.87  | 16.06.12 | Modernians  | Annie Wilson    | Riccione, Italy |
| 100 Freestyle    | 1:12.60  | 16.06.12 | Modernians  | Annie Wilson    | Riccione, Italy |
| 200 Freestyle    | 2:30.58  | 16.06.12 | Modernians  | Annie Wilson    | Riccione, Italy |
| 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         |
| 100 Backstroke   | 1:43.27  | 18.05.13 | Biggleswade | Jayne Colebrook | Luton           |
| 50 Breaststroke  | 0:48.90  | 09.02.13 | South Beds  | Jackie Maycock  | Crawley         |
| 100 Breaststroke | 1:43.33  | 09.02.13 | South Beds  | Jackie Maycock  | Crawley         |
| 50 Butterfly     | 0:42.26  | 10.02.13 | South Beds  | Jackie Maycock  | Crawley         |

### 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   | 3:32.49  | 29.01.11 | South Beds | Christine Ayers | 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 Ayres | 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 Ayres | 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    | 1:24.11  | 18.05.13 | South Beds | Christine Ayers | Luton    |
| 200 Freestyle    | 2:57.18  | 16.06.13 | South Beds | Christine Ayers | Plymouth |
| 400 Freestyle    | 6:16.44  | 15.06.13 | South Beds | Christine Ayers | Plymouth |
| 800 Freestyle    | 12:49.79 | 02.02.14 | South Beds | Christine Ayers | Crawley  |
| 50 Backstroke    | 0:43.88  | 14.06.13 | South Beds | Christine Ayers | Plymouth |
| 100 Backstroke   | 1:39.71  | 14.06.13 | South Beds | Christine Ayers | Plymouth |
| 200 Backstroke   | 3:35.27  | 18.05.13 | South Beds | Christine Ayers | Luton    |
| 50 Breaststroke  | 0:46.03  | 01.02.14 | South Beds | Christine Ayers | Crawley  |
| 100 Breaststroke | 1:40.09  | 14.06.13 | South Beds | Christine Ayers | Plymouth |
| 200 Breaststroke | 3:33.41  | 18.05.13 | South Beds | Christine Ayers | Luton    |
| 50 Butterfly     | 0:43.75  | 10.02.13 | South Beds | Christine Ayers | Crawley  |
| 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   | 3:22.60  | 16.06.13 | South Beds | Christine Ayers | Plymouth |
| 400 Ind. Medley  | 7:03.89  | 01.02.14 | South Beds | Christine Ayers | Crawley  |

#### 65-69

|                  |          |          |            |               |           |
|------------------|----------|----------|------------|---------------|-----------|
| 50 Freestyle     | 0:42.56  | 29.06.13 | South Beds | Andrea Minor  | Aldershot |
| 100 Freestyle    | 1:42.36  | 18.05.13 | South Beds | Andrea Minor  | Luton     |
| 200 Freestyle    | 3:36.09  | 18.05.13 | South Beds | Andrea Minor  | Luton     |
| 400 Freestyle    | 7:30.82  | 01.02.14 | South Beds | Andrea Minor  | Crawley   |
| 800 Freestyle    | 15:31.17 | 02.02.14 | South Beds | Andrea Minor  | Crawley   |
| 1500 Freestyle   | 32:03.72 | 04.05.12 | South Beds | Iris Bellis   | Sheffield |
| 50 Backstroke    | 0:49.56  | 24.01.09 | South Beds | Janet Masters | Crawley   |
| 100 Backstroke   | 1:49.87  | 24.01.09 | South Beds | Janet Masters | Crawley   |
| 50 Breaststroke  | 0:52.82  | 29.06.13 | South Beds | Andrea Minor  | Aldershot |
| 100 Breaststroke | 1:58.92  | 29.06.13 | South Beds | Andrea Minor  | Aldershot |
| 200 Breaststroke | 4:24.37  | 01.02.14 | South Beds | Andrea Minor  | Crawley   |
| 50 Butterfly     | 0:47.93  | 24.01.09 | South Beds | Janet Masters | Crawley   |
| 200 Ind-Medley   | 5:41.17  | 18.05.13 | South Beds | Rita Egan     | Luton     |

#### 70-74

|                  |          |          |            |               |                    |
|------------------|----------|----------|------------|---------------|--------------------|
| 50 Freestyle     | 0:43.14  | 17.06.11 | South Beds | Janet Masters | Leeds              |
| 100 Freestyle    | 1:40.80  | 04.05.12 | South Beds | Janet Masters | Sheffield          |
| 200 Freestyle    | 4:05.00  | 10.02.13 | South Beds | Iris Bellis   | Crawley            |
| 400 Freestyle    | 8:18.54  | 10.02.13 | South Beds | Iris Bellis   | Crawley            |
| 800 Freestyle    | 17:15.62 | 09.02.13 | South Beds | Iris Bellis   | Crawley            |
| 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  | 0:54.93  | 30.01.10 | South Beds | Janet Masters | Crawley            |
| 100 Breaststroke | 2:38.77  | 02.02.14 | South Beds | Rita Egan     | Crawley            |
| 200 Breaststroke | 5:26.42  | 01.02.14 | South Beds | Rita Egan     | 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            |

# Men

## 18-24

|                  |         |          |            |                 |           |
|------------------|---------|----------|------------|-----------------|-----------|
| 50 Freestyle     | 0:26.77 | 18.05.13 | Team Luton | Jay Wilson      | Luton     |
| 100 Freestyle    | 1:05.33 | 02.02.14 | South Beds | Louis Bell      | Crawley   |
| 200 Freestyle    | 2:14.46 | 02.02.14 | South Beds | Louis Bell      | Crawley   |
| 400 Freestyle    | 4:50.09 | 01.02.14 | South Beds | Louis Bell      | Crawley   |
| 50 Backstroke    | 0:30.17 | 12.02.07 | Modernians | David Wheeler   | Sheffield |
| 50 Breaststroke  | 0:30.97 | 18.05.13 | Team Luton | Lawrence Palmer | Luton     |
| 100 Breaststroke | 1:08.24 | 18.05.13 | Team Luton | Lawrence Palmer | Luton     |
| 50 Butterfly     | 0:28.18 | 12.02.07 | Modernians | David Wheeler   | Sheffield |
| 100 Butterfly    | 1:01.50 | 18.05.13 | Team Luton | Jay Wilson      | Luton     |
| 200 Ind-Medley   | 2:22.19 | 18.05.13 | Team Luton | Lawrence Palmer | Luton     |

## 25-29

|                  |         |          |            |                  |         |
|------------------|---------|----------|------------|------------------|---------|
| 50 Freestyle     | 0:26.93 | 20.06.09 | Modernians | Ian Davies       | Cardiff |
| 100 Freestyle    | 0:57.30 | 21.06.09 | Modernians | Ian Davies       | Cardiff |
| 200 Freestyle    | 2:29.02 | 18.05.13 | South Beds | Peter Leadbetter | Luton   |
| 100 Backstroke   | 1:25.96 | 18.05.13 | South Beds | Peter Leadbetter | Luton   |
| 50 Breaststroke  | 0:39.71 | 30.01.11 | South Beds | Daniel Hayes     | 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 |

## 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     | 0:33.99 | 12.05.07 | Luton SC    | John O'Rourke  | High Wycombe |
| 100 Freestyle    | 1:17.40 | 12.05.07 | Luton SC    | John O'Rourke  | High Wycombe |
| 200 Freestyle    | 2:39.16 | 12.05.07 | Luton SC    | John O'Rourke  | High Wycombe |
| 50 Backstroke    | 0:40.92 | 12.05.07 | Luton SC    | John O'Rourke  | High Wycombe |
| 50 Breaststroke  | 0:36.67 | 18.05.13 | Biggleswade | Nick Titchener | Luton        |
| 100 Breaststroke | 1:19.15 | 18.05.13 | Biggleswade | Nick Titchener | Luton        |

## 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        |
| <b>45-49</b>     |          |          |                |                      |                |
| 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  |
| 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     | 0:32.63  | 13.05.06 | Luton SC       | Ian Stoughton        | High Wycombe   |
| 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   | 7:49.98  | 01.02.14 | South Beds     | Keith Spence         | Crawley        |
| <b>50-54</b>     |          |          |                |                      |                |
| 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 Dolph | Ian Murray           | Manchester     |
| 400 IM           | 6:17.62  | 17.06.07 | Flitwick Dolph | Ian Murray           | Manchester     |
| <b>55-59</b>     |          |          |                |                      |                |
| 50 Freestyle     | 0:30.85  | 18.05.13 | Team Luton     | Graham Powell        | Luton          |
| 100 Freestyle    | 1:10.69  | 18.05.13 | South Beds     | Christopher Marshall | Luton          |
| 200 Freestyle    | 2:36.25  | 15.06.13 | Flitwick       | Ian Murray           | Plymouth       |
| 400 Freestyle    | 5:19.94  | 15.06.13 | Flitwick       | Ian Murray           | Plymouth       |
| 800 Freestyle    | 10:55.34 | 14.06.13 | Flitwick       | Ian Murray           | Plymouth       |
| 1500 Freestyle   | 20:48.20 | 14.06.13 | Flitwick       | Ian Murray           | Plymouth       |
| 50 Backstroke    | 0:42.58  | 21.06.08 | Luton SC       | Chris Dunnington     | Manchester     |
| 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     | 0:34.29  | 24.01.09 | South Beds     | Peter Iles           | Crawley        |
| 100 Butterfly    | 1:24.87  | 14.06.13 | Flitwick       | Ian Murray           | Plymouth       |
| 200 Ind-Medley   | 3:06.83  | 18.05.13 | South Beds     | Christopher Marshall | Luton          |

**60-64**

|                  |         |          |              |              |               |
|------------------|---------|----------|--------------|--------------|---------------|
| 50 Freestyle     | 0:32.93 | 01.02.14 | South Beds   | Peter Iles   | Crawley       |
| 100 Freestyle    | 1:12.60 | 01.02.14 | South Beds   | Peter Iles   | Crawley       |
| 200 Freestyle    | 3:01.49 | 01.02.14 | South Beds   | Peter Iles   | Crawley       |
| 400 Freestyle    | 6:05.83 | 01.02.14 | South Beds   | Peter Iles   | Crawley       |
| 50 Breaststroke  | 0:45.26 | 07.08.06 | Linslade Cru | Chris Jessup | Stanford. USA |
| 100 Breaststroke | 1:41.14 | 05.08.06 | Linslade Cru | Chris Jessup | Stanford. USA |
| 200 Breaststroke | 3:43.53 | 09.08.06 | Linslade Cru | Chris Jessup | Stanford. USA |
| 50 Butterfly     | 0:55.16 | 30.01.10 | South Beds   | Chris Jessup | Crawley       |
| 100 Butterfly    | 1:54.15 | 30.01.10 | South Beds   | Chris Jessup | Crawley       |
| 200 Butterfly    | 4:07.58 | 30.01.10 | South Beds   | Chris Jessup | Crawley       |

**65-69**

|                  |          |          |            |              |                  |
|------------------|----------|----------|------------|--------------|------------------|
| 50 Freestyle     | 0:38.85  | 31.01.10 | Team Luton | Paul Clarke  | Crawley          |
| 100 Freestyle    | 1:37.22  | 31.01.10 | Team Luton | Paul Clarke  | Crawley          |
| 200 Freestyle    | 3:48.21  | 30.01.10 | Team Luton | Paul Clarke  | Crawley          |
| 400 Freestyle    | 8:28.91  | 10.02.13 | South Beds | Chris Jessup | Crawley          |
| 800 Freestyle    | 17:42.56 | 04.03.11 | Team Luton | Paul Clarke  | Swansea          |
| 1500 Freestyle   | 33:47.48 | 04.03.11 | Team Luton | Paul Clarke  | Swansea          |
| 50 Backstroke    | 0:45.46  | 07.05.11 | Team Luton | Paul Clarke  | Cardiff          |
| 100 Backstroke   | 1:48.97  | 30.01.10 | Team Luton | Paul Clarke  | Crawley          |
| 200 Backstroke   | 3:51.19  | 06.05.12 | South Beds | Chris Jessup | Sheffield        |
| 50 Breaststroke  | 0:46.91  | 30.01.10 | Team Luton | Paul Clarke  | Crawley          |
| 100 Breaststroke | 1:45.58  | 15.06.13 | South Beds | Chris Jessup | Plymouth         |
| 200 Breaststroke | 3:50.65  | 14.06.13 | South Beds | Chris Jessup | Plymouth         |
| 50 Butterfly     | 0:46.82  | 30.07.11 | South Beds | Chris Jessup | Aldershot        |
| 100 Butterfly    | 1:49.51  | 14.06.13 | South Beds | Chris Jessup | Plymouth         |
| 200 Butterfly    | 4:03.78  | 30.01.11 | South Beds | Chris Jessup | Crawley          |
| 200 Ind-Medley   | 3:58.78  | 29.01.11 | South Beds | Chris Jessup | Crawley          |
| 400 Ind-Medley   | 8:31.19  | 18.04.08 | Luton SC   | Paul Clarke  | Perth. Australia |

**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 Mst | 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 Back         | 1:25.70  | 09.05.09 | Beaver Mst | Alan Jackson | Cardiff |
| 200 Back         | 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 Mst | Alan Jackson | Cardiff |
| 200 Breaststroke | 4:19.24  | 28.01.12 | Team Luton | Paul Clarke  | Crawley |
| 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 Mst | Alan Jackson | Cardiff |
| 400 Ind-Medley   | 9:04.84  | 28.01.12 | Team Luton | Paul Clarke  | Crawley |