

Beds ASA

County Masters Long Course Records as of 15/08/15

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 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	1:13.32	13.06.15	South Beds	Jenny Owens	Manchester
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	0:38.58	13.06.13	Putteridge	Carrie Page	Manchester
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	0:37.62	30.07.11	South Beds	Clare Warren	Aldershot
100 Butterfly	1:39.90	20.06.10	Bedford Masters	Sarah Bailey	Glasgow
200 Ind-Medley	3:09.23	13.06.15	South Beds	Jenny Owens	Manchester

35-39

50 Freestyle	0:29.55	14.06.15	Putteridge	Miriama Owens	Manchester
100 Freestyle	1:03.99	13.06.15	Putteridge	Miriama Owens	Manchester
200 Freestyle	2:28.79	31.01.15	Putteridge	Miriama Owens	Crawley
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	0:39.06	10.02.13	South Beds	Cheryl Templeman	Crawley
100 Backstroke	1:25.25	31.01.15	Putteridge	Carrie Page	Crawley
200 Backstroke	3:04.05	01.02.15	Putteridge	Carrie Page	Crawley
50 Butterfly	0:32.91	01.01.15	South Beds	Samantha Hammond	Crawley
100 Butterfly	1:20.80	12.06.15	Putteridge	Miriama Owens	Manchester
200 Ind-Medley	2:42.99	13.06.15	Putteridge	Miriama Owens	Manchester
400 Ind-Medley	5:50.17	12.06.15	Putteridge	Miriama Owens	Manchester

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
1500 Freestyle	27:43.91	07.03.15	South Beds	Jackie Maycock	Swansea
100 Backstroke	1:43.27	18.05.13	Biggleswade	Jayne Colebrook	Luton
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
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	1:22.28	26.07.14	South Beds	Christine Ayers	Aldershot
200 Freestyle	2:57.18	16.06.13	South Beds	Christine Ayers	Plymouth
400 Freestyle	6:12.87	14.06.14	South Beds	Christine Ayers	Swansea
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	0:46.03	01.02.14	South Beds	Christine Ayers	Crawley
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	0:42.56	29.06.13	South Beds	Andrea Minor	Aldershot
100 Freestyle	1:36.90	13.06.14	South Beds	Andrea Minor	Swansea
200 Freestyle	3:34.98	13.06.14	South Beds	Andrea Minor	Swansea
400 Freestyle	7:24.40	13.06.14	South Beds	Andrea Minor	Swansea
800 Freestyle	15:05.61	13.06.14	South Beds	Andrea Minor	Swansea
1500 Freestyle	28:38.99	13.06.14	South Beds	Andrea Minor	Swansea
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
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	0:54.93	30.01.10	South Beds	Janet Masters	Crawley
100 Breaststroke	2:23.56	15.06.14	South Beds	Iris Bellis	Swansea
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
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	0:49.99	13.06.15	South Beds	Janet Masters	Manchester
100 Backstroke	1:46.48	15.08.15	South Beds	Janet Masters	Kazan. Russia
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	2:00.95	12.08.15	South Beds	Janet Masters	Kazan. Russia
200 Ind-Medley	4:00.28	13.06.15	South Beds	Janet Masters	Manchester

Men

18-24

50 Freestyle	0:25.49	14.06.14	Putteridge	Lawrence Palmer	Swansea
100 Freestyle	1:03.92	15.06.14	Putteridge	Lewis King	Swansea
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	0:30.17	12.02.07	Modernians	David Wheeler	Sheffield
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
50 Backstroke	0:32.97	31.01.15	Dunstable	Sam Parry	Crawley
100 Backstroke	1:25.96	18.05.13	South Beds	Peter Leadbetter	Luton
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 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	0:31.57	05.08.15	South Beds	Joel Storry	Stockholm.Sweden
100 Freestyle	1:12.84	05.08.15	South Beds	Joel Storry	Stockholm.Sweden
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	0:32.82	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

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	0:32.63	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
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 Dolph	Ian Murray	Manchester
400 IM	6:17.62	17.06.07	Flitwick Dolph	Ian Murray	Manchester
55-59					
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	2:33.62	25.07.15	Team Luton	Alastair Gibb	Aldershot
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	0:38.18	13.06.15	Team Luton	Alastair Gibb	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	1:22.53	12.06.15	Team Luton	Alastair Gibb	Manchester
200 Ind-Medley	2:55.47	25.07.15	Team Luton	Alastair Gibb	Aldershot
400 Ind-Medley	6:18.05	12.06.15	Team Luton	Alastair Gibb	Manchester

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
800 Freestyle	12:49.25	01.02.15	South Beds	Peter Iles	Crawley
50 Breaststroke	0:38.94	01.02.15	Team Luton	Colin Mayes	Crawley
100 Breaststroke	1:29.61	13.06.15	Putteridge	Paul Brignell	Manchester
200 Breaststroke	3:15.62	14.06.15	Team Luton	Malcolm Barton	Manchester
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

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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 Back	1:25.70	09.05.09	Beaver Masters	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 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