Male

Freestyle

1500m	17:13.76	Paul Hembrow	Sheffield 2009
800m	09:02.89	Paul Hembrow	Sheffield 2011
400m	04:15.74	Paul Hembrow	Sheffield 2009
200m	01:58.63	Chris Aust	Sheffield 2009
100m	00:51.84	Stuart Trees	New York 2011
50m	00:23.39	Chris Aust	Sheffield 2009

Breastroke

200m	02:26.81	Chris Aust	Sheffield 2011
100m	01:04.67	Chris Aust	Sheffield 2011
50m	00:28.84	Chris Aust	Sheffield 2011

Backstroke

200m	02:46.60	Chris Goddard	Glasgow 2007
100m	01:03.86	Connor Cartlidge	Newcastle 2022
50m	00:28.66	Chris Aust	Sheffield 2009

Butterfly

200m	02:18.49	Paul Hembrow	Sheffield 2011
100m	01:00.30	Connor Cartlidge	Newcastle 2022
50m	00:25.81	Chris Aust	Sheffield 2014

Individual Medley

400m	05:04.75	Paul Hembrow	Sheffield 2010
200m	02:14.00	Stuart Trees	New York 2011
100m	00:58.80	Chris Aust	Sheffield 2013

Female

Freestyle

1500m	20:28.81	Karen Jennings	Sheffield 2009
800m	10:40.45	Karen Jennings	Sheffield 2009
400m	05:09.45	Karen Jennings	Sheffield 2009
200m	02:21.27	Sam Morris	Penzance 2010
100m	01:02.29	Sophie Simpson	Newcastle 2019
50m	00:28.79	Sam Morris	Sheffield 2011

Breastroke

200m	03:19.77	Amanda Morrison	Glasgow 2007
100m	01:24.40	Charlotte James	Sheffield 2009
50m	00:37.94	Sally Dickens	Glasgow 2007

Backstroke

200m	03:04.48	Emma Fitzhenry	Glasgow 2007
100m	01:16.44	Sophie Simpson	Newcastle 2019
50m	00:34.86	Sam Morris	Sheffield 2011

Butterfly

200m	02:52.40	Sam Morris	Truro 2009
100m	01:10.12	Sophie Simpson	Newcastle 2019
50m	00:31.53	Sam Morris	Sheffield 2011

Individual Medley

400m			
200m	02:45.58	Sophie Simpson	Newcastle 2019
100m	01:15.56	Marianne Gerety	Worcester 2010