

**Male****Freestyle**

1500m

25-29yrs	17:13.76	Paul Hembrow	Sheffield 2009
30-34yrs	17:27.67	Paul Hembrow	Sheffield 2011
35-39yrs	19:47.60	James Bainbridge	Sheffield 2010

800m

30-34yrs	09:02.89	Paul Hembrow	Sheffield 2011
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400m

25-29yrs	04:15.74	Paul Hembrow	Sheffield 2009
30-34yrs	04:22.32	Paul Hembrow	Sheffield 2011

200m

25-29yrs	01:58.63	Chris Aust	Sheffield 2009
30-34yrs	02:00.06	Chris Aust	Sheffield 2016
35-39yrs	02:03.61	Craig Peterson	Sheffield 2011

100m

25-29yrs	00:52.69	Chris Aust	Sheffield 2011
30-34yrs	00:51.84	Stuart Trees	New York 2011
45-49yrs	00:59.06	Peter Wilmot	Sheffield 2017
55-59yrs	01:04.15	Graeme Milne	Millfield 2013
60-64yrs	01:04.20	Graeme Milne	Aberdeen 2014
50m			
25-29yrs	00:23.39	Chris Aust	Sheffield 2009
30-34yrs	00:23.50	Chris Aust	Sheffield 2014
35-39yrs	00:25.08	Chris McCabe	Worcester 2010
40-44yrs	00:26.45	Peter Wilmot	Sheffield 2015
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	00:28.28	Graeme Milne	Aberdeen 2014
65-69yrs	00:28.41	John Liron	Jersey 2013

**Breastroke**

200m

25-29yrs	02:26.81	Chris Aust	Sheffield 2011
35-39yrs	02:35.53	Craig Peterson	Sheffield 2011
40-44yrs	02:47.71	Peter Wilmot	Blackpool 2014
45-49yrs	02:48.08	Peter Wilmot	Sheffield 2017

100m

25-29yrs	01:04.67	Chris Aust	Sheffield 2011
30-34yrs	01:06.31	Chris Aust	Sheffield 2014
40-44yrs	01:12.18	Peter Wilmot	Sheffield 2015

50m

25-29yrs	00:28.84	Chris Aust	Sheffield 2011
30-34yrs	00:29.01	Chris Aust	Sheffield 2013
35-39yrs	00:31.75	Craig Peterson	Cranwell 2011
40-44yrs	00:31.50	Peter Wilmot	Sheffield 2016
45-49yrs	00:32.87	Dave King	Tynemouth 2012
50-54yrs	00:36.49	Kev smith	Nottingham 2013
55-59yrs	00:35.79	Tim Wilkes	London 2016
60-64yrs	00:35.29	John Liron	Jersey 2011
65-69yrs	00:34.72	John Liron	Jersey 2013

British Record  
European Record

**Backstroke**

200m

100m

25-29yrs	01:05.16	Shaun Challis	Millfield 2013
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50m

25-29yrs	00:28.66	Chris Aust	Sheffield 2009
30-34yrs	00:28.80	Chris Aust	Sheffield 2013
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	00:36.67	Adrian Gilham	London 2016
55-59yrs	00:33.89	Andy Stapleton	London 2016
60-64yrs	00:35.32	Graeme Milne	Bodmin 2014
65-69yrs	00:50.31	Biz Barrell	London 2016

**Butterfly**

200m			
25-29yrs	02:18.69	Paul Hembrow	Sheffield 2009
30-34yrs	02:18.49	Paul Hembrow	Sheffield 2011
100m			
25-29yrs	01:02.43	Paul Hembrow	Sheffield 2009
30-34yrs	01:02.43	Chris Aust	Sheffield 2015
55-59yrs	01:04.29	Graeme Milne	Sheffield 2009
60-64yrs	01:07.19	Graeme Milne	Aberdeen 2014
50m			British Record
25-29yrs	00:26.32	Chris Aust	Sheffield 2009
30-34yrs	00:25.81	Chris Aust	Sheffield 2014
35-39yrs	00:28.12	Chris McCabe	Worcester 2010
40-44yrs	00:29.19	Mark Hampton	London 2016
45-49yrs	00:29.24	Dave King	Tynemouth 2012
50-54yrs	00:32.84	Bill Swindlehurst	Nottingham 2013
55-59yrs	00:29.00	Graeme Milne	Sheffield 2009
60-64yrs	00:29.58	Graeme Milne	Sheffield 2016
65-69yrs	00:50.24	Biz Barrell	Manchester 2014

**Individual Medley**

400m			
30-34yrs	05:04.75	Paul Hembrow	Sheffield 2010
40-44yrs	05:57.33	Peter Wilmot	Blackpool 2014
200m			
30-34yrs	02:14.00	Stuart Trees	New York 2011
35-39yrs	02:22.11	Craig Peterson	Sheffield 2011
45-49yrs	02:33.08	Chris Goddard	Sheffield 2009
100m			
25-29yrs	00:58.86	Chris Aust	Sheffield 2011
30-34yrs	00:58.80	Chris Aust	Sheffield 2013
35-39yrs	01:04.96	Craig Peterson	Cranwell 2011
40-44yrs	01:07.65	Peter Wilmot	Blackpool 2014
45-49yrs	01:06.95	Dave King	Tynemouth 2012
50-54yrs	01:19.73	Bob Outrim	Oxford 2008
55-59yrs	01:16.90	Tim Wilkes	London 2016
60-64yrs	01:14.82	Graeme Milne	Bodmin 2014
65-69yrs	01:42.95	Biz Barrell	Manchester 2014

**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			
30-34yrs	01:05.20	Sam Morris	Sheffield 2010
35-39yrs	01:04.94	Sam Morris	Sheffield 2011
50m			
25-29yrs	00:29.41	Alison Green	Newcastle 2017
30-34yrs	00:28.82	Sam Morris	Millfield 2010
35-39yrs	00:28.79	Sam Morris	Sheffield 2011
40-44yrs	00:30.05	Sally Evers (Dickens)	London 2016
45-49yrs	00:32.56	Sheila Macgregor	Tynemouth 2012
50-54yrs	00:33.58	Janice Lawton	London 2016
55-59yrs	00:35.15	Karen Jennings	Nottingham 2013

**Breastroke**

200m			
100m			
25-29yrs	01:24.40	Charlotte James	Sheffield 2009
35-39yrs	01:25.70	Sally Evers	Scarborough 2014
50m			
25-29yrs	00:38.02	Charlotte James	Sheffield 2009
30-34yrs	00:39.53	Lucy Ward	Oxford 2008
35-39yrs	00:37.96	Sally Evers (Dickens)	Scarborough 2014
40-44yrs	00:39.35	Sally Evers (Dickens)	London 2016
45-49yrs	00:45.57	Lorraine Sadler	London 2016
50-54yrs	01:03.16	Chris Rushton	Wolverhampton 2009
55-59yrs	00:49.18	Karen Jennings	Nottingham 2013

**Backstroke**

200m			
100m			
50m			
25-29yrs	00:35.46	Alison Green	Newcastle 2017
30-34yrs	00:36.82	Sam Morris	Penzance 2010
35-39yrs	00:34.86	Sam Morris	Sheffield 2011
40-44yrs	00:36.19	Sally Evers (Dickens)	Newcastle 2017
45-49yrs	00:43.06	Sheila Macgregor	Tynemouth 2012
55-59yrs	00:44.58	Debbie Harvie	London 2016

**Butterfly**

100m			
30-34yrs	01:12.55	Sam Morris	Millfield 2010
50m			
25-29yrs	00:32.27	Alison Green	Newcastle 2017
30-34yrs	00:31.85	Sam Morris	Sheffield 2010
35-39yrs	00:31.53	Sam Morris	Sheffield 2011
40-44yrs	00:32.90	Sally Evers (Dickens)	Newcastle 2017
45-49yrs	00:46.69	Joanne Wade	Worcester 2010
55-59yrs	00:42.29	Karen Jennings	Nottingham 2013

**Individual Medley**

200m			
25-29yrs	02:53.64	Charlotte James	Sheffield 2009
100m			
25-29yrs	01:14.25	Alison Green	Newcastle 2017
30-34yrs	01:16.52	Sam Morris	Truro 2009
35-39yrs	01:15.56	Marianne Gerety	Worcester 2010
40-44yrs	01:18.38	Sally Evers (Dickens)	London 2016
45-49yrs	01:35.02	Joanne Wade	Worcester 2010
50-54yrs	01:34.20	Janice Lawton	London 2016
55-59yrs	01:32.78	Karen Jennings	Nottingham 2013