

**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

35-39yrs 09:16.02 Sean Challis Glasgow 2023

400m

25-29yrs 04:15.74 Paul Hembrow Sheffield 2009

30-34yrs 04:22.32 Paul Hembrow Sheffield 2011

35-39yrs 04:36.33 Sean Challis Barnet Cophall 2023

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

40-44yrs 02:06.71 Chris Aust Sheffield 2023

65-69yrs 02:33.13 Graeme Milne Plymouth 2019

100m

25-29yrs 00:52.69 Chris Aust Sheffield 2011

30-34yrs 00:51.84 Stuart Trees New York 2011

35-39yrs 00:54.76 Chris Aust Sheffield 2021

40-44yrs 00:55.76 Chris Aust Sheffield 2023

45-49yrs 00:59.06 Peter Wilmot Sheffield 2017

50-54yrs 00:58.14 Peter Wilmot Sheffield 2022

55-59yrs 01:04.15 Graeme Milne Millfield 2013

60-64yrs 01:04.20 Graeme Milne Aberdeen 2014

65-69yrs 01:06.05 Graeme Milne Edinburgh 2019

50m

25-29yrs 00:23.39 Chris Aust Sheffield 2009

30-34yrs 00:23.50 Chris Aust Sheffield 2014

35-39yrs 00:23.69 Chris Aust Sheffield 2018

40-44yrs 00:24.21 Chris Aust Sheffield 2023

45-49yrs 00:25.82 Jim Morris Truro 2007

50-54yrs 00:26.45 Peter Wilmot Sheffield 2022

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

70-74yrs 00:31.80 Graeme Milne Bodmin 2024

75-79yrs 00:43.13 Biz Barrell Newcastle 2024

**Breastroke**

## 200m

25-29yrs	02:26.81	Chris Aust	Sheffield 2011
35-39yrs	02:30.94	Chris Aust	Sheffield 2017
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
35-39yrs	01:06.86	Chris Aust	Sheffield 2018
40-44yrs	01:08.97	Chris Aust	Sheffield 2022
50-54yrs	01:12.19	Peter Wilmot	Sheffield 2022

## 50m

25-29yrs	00:28.84	Chris Aust	Sheffield 2011	
30-34yrs	00:29.01	Chris Aust	Sheffield 2013	
35-39yrs	00:29.44	Chris Aust	Sheffield 2018	
40-44yrs	00:29.57	Chris Aust	Sheffield 2023	
45-49yrs	00:32.45	Peter Wilmot	Sheffield 2021	
50-54yrs	00:31.77	Peter Wilmot	Sheffield 2022	
55-59yrs	00:34.51	Dave King	Newcastle 2022	
60-64yrs	00:35.29	John Liron	Jersey 2011	
65-69yrs	00:34.72	John Liron	Jersey 2013	European Record
70-74yrs	00:37.20	John Liron	Millfield 2018	British Record
75-79yrs	00:51.80	Biz Barrell	Newcastle 2024	

**Backstroke**

## 200m

## 100m

25-29yrs	01:05.16	Shaun Challis	Millfield 2013
30-34yrs	01:04.05	Shaun Challis	Guilford 2016
35-39yrs	01:07.31	Shaun Challis	Isle of Wight 2023

## 50m

25-29yrs	00:28.66	Chris Aust	Sheffield 2009
30-34yrs	00:28.80	Chris Aust	Sheffield 2013
35-39yrs	00:29.43	Chris Aust	Sheffield 2017
40-44yrs	00:30.78	Chris Aust	Newcastle 2023
45-49yrs	00:32.47	Andy Stapleton	Newcastle 2006
50-54yrs	00:34.38	Allan Robinson	Newcastle 2019
55-59yrs	00:33.89	Andy Stapleton	London 2016
60-64yrs	00:35.32	Graeme Milne	Bodmin 2014
65-69yrs	00:34.04	Graeme Milne	Sheffield 2019
70-74yrs	00:39.43	Graeme Milne	Bodmin 2024
75-79yrs	00:56.97	Biz Barrell	Newcastle 2024

**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  
 35-39yrs 01:01.13 Chris Aust Sheffield 2018  
 55-59yrs 01:04.29 Graeme Milne Sheffield 2009  
 60-64yrs 01:07.19 Graeme Milne Aberdeen 2014  
 65-69yrs 01:09.09 Graeme Milne Plymouth 2019  
 70-74yrs 01:17.34 Graeme Milne Bodmin 2024

British Record

50m

25-29yrs 00:26.32 Chris Aust Sheffield 2009  
 30-34yrs 00:25.81 Chris Aust Sheffield 2014  
 35-39yrs 00:26.30 Chris Aust Sheffield 2019  
 40-44yrs 00:26.57 Chris Aust Sheffield 2023  
 45-49yrs 00:29.24 Dave King Tynemouth 2012  
 50-54yrs 00:29.53 Peter Wilmot Sheffield 2023  
 55-59yrs 00:29.00 Graeme Milne Sheffield 2009  
 60-64yrs 00:29.58 Graeme Milne Sheffield 2016  
 65-69yrs 00:29.83 Graeme Milne Edinburgh 2019  
 70-74yrs 00:52.20 Biz Barrell Newcastle 2019  
 75-79yrs 00:54.77 Biz Barrell Newcastle 2024

British Record

**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  
 40-44yrs 02:23.86 Chris Aust Maidenhead 2023  
 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 00:59.84 Chris Aust Sheffield 2017  
 40-44yrs 01:01.06 Chris Aust Sheffield 2023  
 45-49yrs 01:06.95 Dave King Tynemouth 2012  
 50-54yrs 01:08.20 Peter Wilmot Sheffield 2023  
 55-59yrs 01:10.38 Dave King Newcastle 2022  
 60-64yrs 01:14.82 Graeme Milne Bodmin 2014  
 65-69yrs 01:18.58 Graeme Milne Sheffield 2020  
 70-74yrs 01:49.93 Biz Barrell Newcastle 2019  
 75-79yrs 01:56.78 Biz Barrell Newcastle 2024

**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 00:27.47 Lauren Quigley Newcastle 2024

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 00:34.90 Lauren Quigley Newcastle 2024

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	00:29.50	Lauren Quigley	Newcastle 2024
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	00:39.50	Sam Howard (Morris)	Newcastle 2022
55-59yrs	00:44.58	Debbie Harvie	London 2016

**Butterfly**

100m

30-34yrs	01:12.55	Sam Morris	Millfield 2010
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50m

25-29yrs	00:29.56	Lauren Quigley	Newcastle 2024
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	00:35.29	Sally Evers (Dickens)	Newcastle 2024
55-59yrs	00:42.29	Karen Jennings	Nottingham 2013

**Individual Medley**

200m

25-29yrs	02:53.64	Charlotte James	Sheffield 2009
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100m

25-29yrs	01:07.46	Lauren Quigley	Newcastle 2024
30-34yrs	01:16.52	Sam Morris	Truro 2009
35-39yrs	01:15.56	Marianne Gerety	Worcester 2010
40-44yrs	01:18.34	Sally Evers (Dickens)	Blackpool 2018
45-49yrs	01:22.58	Sally Evers (Dickens)	Newcastle 2024
50-54yrs	01:34.20	Janice Lawton	London 2016
55-59yrs	01:32.78	Karen Jennings	Nottingham 2013