

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

Breaststroke

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	01:04.52 Chris Aust	Cranwell 2011
50m	00:28.66 Chris Aust	Sheffield 2009

Butterfly

200m	02:18.49 Paul Hembrow	Sheffield 2011
100m	01:01.07 Rhys Smith	Oxford 2008
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	01:04.45	Alison Green	Newcastle 2017
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	01:20.46	Janine Culley	Wolverhampton 2009
50m	00:34.86	Sam Morris	Sheffield 2011

Butterfly

200m	02:52.40	Sam Morris	Truro 2009
100m	01:12.55	Sam Morris	Millfield 2010
50m	00:31.53	Sam Morris	Sheffield 2011

Individual Medley

400m			
200m	02:48.78	Janine Culley	Wolverhampton 2009
100m	01:15.56	Marianne Gerety	Worcester 2010