

Eden Benion

	<i>Latest</i>							<i>Oldest</i>
50 Fly	16/09/23 JFLMildnhll 0:44.22	10/06/23 JFLWisbech 0:47.14	13/05/23 JFLMildnhll 0:46.70	11/03/23 JFLMildnhll 0:43.83	12/11/22 ClubChamps 0:45.71	09/07/22 JFLHunting 0:47.50	08/07/22 ColourGala 0:44.04	11/06/22 JFLNewmrkt 0:48.48
50 Back	18/11/23 ClubChamps 0:42.20	16/09/23 JFLMildnhll 0:41.89	10/06/23 JFLWisbech 0:42.73	13/05/23 JFLMildnhll 0:42.89	17/09/22 JFLMildnhll 0:44.79	09/07/22 JFLHunting 0:46.18	08/07/22 ColourGala 0:44.68	11/06/22 JFLNewmrkt 0:45.82
50 Breast	09/03/24 NewmrktOpen 0:46.68	17/12/23 StwmrktOpen 0:43.94	03/12/23 NewmrktOpen 0:44.27	18/11/23 ClubChamps 0:42.93	10/09/23 Nifty50s 0:43.11	02/07/23 Cambridge 0:45.47	01/07/23 JFLThetford 0:45.12	10/06/23 JFLWisbech 0:45.49
50 Free	09/03/24 NewmrktOpen 0:36.41	17/12/23 StwmrktOpen 0:34.62	03/12/23 NewmrktOpen 0:34.83	11/11/23 ClubChamps 0:33.99	16/09/23 JFLMildnhll 0:34.90	10/09/23 Nifty50s 0:35.25	01/07/23 JFLThetford 0:34.97	10/06/23 JFLWisbech 0:35.86
100 Fly	15/06/24 DaveRobinson 1:52.97	20/11/21 ClubChamps 1:57.92						
100 Back	15/06/24 DaveRobinson 1:30.15	11/11/23 ClubChamps 1:31.35	09/09/23 SFLNewmrkt 1:32.92	07/12/19 NewmrktOpen 1:55.92	09/11/19 ClubChamps 2:00.66	22/03/19 TimeTrial 2:10.44		
100 Breast	15/06/24 DaveRobinson 1:35.61	09/03/24 NewmrktOpen 1:41.32	11/11/23 ClubChamps 1:34.45	09/09/23 SFLNewmrkt 1:38.18	24/06/23 SFLStlves 1:37.72	25/03/23 Cambridge 1:34.86	04/03/23 NewmrktOpen 1:42.11	12/11/22 ClubChamps 1:39.12
100 Free	20/05/24 TimeTrial 1:17.65	18/11/23 ClubChamps 1:15.89	25/03/23 Cambridge 1:16.57	12/06/22 WestSuff 1:22.38	20/03/22 NewmrktOpen 1:18.27	18/12/21 StwmrktOpen 1:27.14	20/11/21 ClubChamps 1:25.25	23/10/21 SuffDevelop 1:26.68
100 IM	19/11/23 ClubChamps 1:29.71	16/09/23 JFLMildnhll 1:28.14	09/09/23 SFLNewmrkt 1:29.53	01/07/23 JFLThetford 1:32.06	10/06/23 JFLWisbech 1:31.24	13/05/23 JFLMildnhll 1:29.40	11/03/23 JFLMildnhll 1:30.79	17/09/22 JFLMildnhll 1:31.92
200 Fly								
200 Back	22/09/23 ClubChamps 3:11.17	06/03/20 TimeTrial 3:53.34	27/09/19 ClubChamps 4:08.91					
200 Breast	10/03/24 NewmrktOpen 3:26.88	29/09/23 ClubChamps 3:28.34	01/07/23 Cambridge 3:27.52	05/03/23 NewmrktOpen 3:34.57	17/12/22 StwmrktOpen 3:47.17	03/12/22 NewmrktOpen 3:45.43	30/09/22 ClubChamps 3:34.31	16/07/22 Cambridge 3:30.92
200 Free	13/10/23 ClubChamps 2:45.20	26/03/23 Cambridge 2:48.01	06/10/22 ClubChamps 2:48.83	20/03/22 NewmrktOpen 2:49.74	26/11/21 ClubChampsLD 2:58.18	21/02/20 TimeTrial 3:10.44	08/12/19 NewmrktOpen 3:18.96	18/10/19 ClubChamps 3:29.97
200 IM	19/11/23 ClubChamps 3:11.34	04/03/23 NewmrktOpen 3:19.52	16/07/22 Cambridge 3:24.59	21/11/21 ClubChamps 3:28.30	17/11/19 ClubChamps 3:55.95			
400 IM	17/09/23 ClubChamps 7:08.84							
400 Free	20/10/23 ClubChamps 5:55.58	21/10/22 ClubChamps 5:53.20	06/05/22 TimeTrial 6:17.84	10/12/21 ClubChampsLD 6:26.87	25/10/19 ClubChamps 7:13.19			
800 Free	22/10/23 ClubChamps 12:08.51	23/10/22 ClubChamps 12:43.06						
1500 Free	15/10/23 ClubChamps 23:59.86							

George Richardson

	<i>Latest</i>							<i>Oldest</i>
50 Fly	06/07/24 JFLThetford 0:44.15	15/06/24 DaveRobinson 0:44.32	08/06/24 JFLWisbech 0:44.32	18/05/24 JFLHunting 0:47.34	09/03/24 JFLMildnhll 0:44.92	11/11/23 ClubChamps 0:49.65	16/09/23 JFLMildnhll 0:47.34	09/09/23 SFLNewmrkt 0:51.51
50 Back	06/07/24 JFLThetford 0:39.42	22/06/24 WestSuff 0:40.13	08/06/24 JFLWisbech 0:40.20	18/05/24 JFLHunting 0:40.78	03/12/23 NewmrktOpen 0:44.37	18/11/23 ClubChamps 0:43.20	10/09/23 Nifty50s 0:45.54	10/06/23 JFLWisbech 0:47.07
50 Breast	03/12/23 NewmrktOpen 0:52.25	18/11/23 ClubChamps 0:52.13	27/05/23 NewmrktGala 1:01.19	19/05/23 ColourGala 1:03.97	19/11/22 ClubChamps 1:08.99	09/07/22 JFLHunting 1:17.17	08/07/22 ColourGala 1:15.50	11/06/22 JFLNewmrkt 1:09.96
50 Free	06/07/24 JFLThetford 0:35.64	23/06/24 WestSuff 0:34.67	15/06/24 DaveRobinson 0:35.36	08/06/24 JFLWisbech 0:34.75	20/05/24 TimeTrial ^(ST) 0:39.36	18/05/24 JFLHunting 0:35.91	09/03/24 JFLMildnhll 0:36.08	03/12/23 NewmrktOpen 0:37.56
100 Fly	18/11/23 ClubChamps 1:56.76							
100 Back	02/12/23 NewmrktOpen 1:33.03	11/11/23 ClubChamps 1:36.25	12/11/22 ClubChamps 1:52.57	13/11/21 ClubChamps 2:15.12				
100 Breast	11/11/23 ClubChamps 1:55.39	29/09/23 ClubChampsLD ^(ST) 2:03.68	13/11/21 ClubChamps 2:59.00					
100 Free	22/06/24 WestSuff 1:16.22	20/05/24 TimeTrial 1:24.03	18/11/23 ClubChamps 1:24.10	13/10/23 ClubChampsLD ^(ST) 1:30.39	19/11/22 ClubChamps 1:38.86			
100 IM	06/07/24 JFLThetford 1:33.86	08/06/24 JFLWisbech 1:33.85	18/05/24 JFLHunting 1:34.66	09/03/24 JFLMildnhll 1:36.01	03/12/23 NewmrktOpen 1:38.35	19/11/23 ClubChamps 1:36.25	16/09/23 JFLMildnhll 1:37.36	09/09/23 SFLNewmrkt 1:48.27
200 Fly								
200 Back	22/06/24 WestSuff 3:13.31	11/12/23 TimeTrial 4:00.50	22/09/23 ClubChamps 3:31.19					
200 Breast	29/09/23 ClubChamps 4:12.46							
200 Free	11/12/23 TimeTrial 3:08.67	13/10/23 ClubChamps 3:05.66						
200 IM	19/11/23 ClubChamps 3:29.33							
400 IM								
400 Free	20/10/23 ClubChamps 6:40.06							
800 Free	22/10/23 ClubChamps 13:39.06	15/10/23 ClubChampsLD ^(ST) 14:37.24						
1500 Free	15/10/23 ClubChamps 27:24.66							

James Garry

	<i>Latest</i>							<i>Oldest</i>
50 Fly	10/09/21 ColourGala 1:15.54	09/11/19 ClubChamps 1:26.28	08/09/19 Nifty50s 1:19.79	19/07/19 ColourGala 1:17.57	24/05/19 ColourGala 1:18.44	28/04/19 NewmrktMstrs 1:22.88	23/03/19 StwmrktOpen 1:21.26	10/11/18 ClubChamps 1:35.88
50 Back	24/04/22 NewmrktMstrs 0:58.79	16/02/20 SudMasters 0:58.26	07/02/20 ColourGala 0:59.83	08/12/19 NewmrktOpen 0:58.33	16/11/19 ClubChamps 0:58.42	08/09/19 Nifty50s 1:00.48	19/07/19 ColourGala 1:00.77	24/05/19 ColourGala 1:01.88
50 Breast	07/02/20 ColourGala 1:26.23	16/11/19 ClubChamps 1:20.30	08/09/19 Nifty50s 1:20.76	19/07/19 ColourGala 1:21.60	24/05/19 ColourGala 1:20.68	28/04/19 NewmrktMstrs 1:32.93	26/04/19 ColourGala 1:23.10	13/04/19 NewmrktOpen 1:23.42
50 Free	24/04/22 NewmrktMstrs 0:47.45	16/02/20 SudMasters 0:50.66	07/02/20 ColourGala 0:48.93	08/12/19 NewmrktOpen 0:50.15	30/11/19 NationalPara ^(CT) 0:50.07	09/11/19 ClubChamps 0:51.45	08/09/19 Nifty50s 0:49.85	19/07/19 ColourGala 0:50.42
100 Fly	16/11/19 ClubChamps 3:05.85	08/03/19 TimeTrial 3:10.03	17/11/18 ClubChamps 3:16.94	18/11/17 ClubChamps 3:29.65	21/11/15 ClubChamps 3:38.83			
100 Back	24/04/22 NewmrktMstrs 2:10.16	16/02/20 SudMasters 2:06.58	30/11/19 NationalPara ^(CT) 2:08.85	09/11/19 ClubChamps 2:12.21	07/09/19 SFLDiss 2:07.25	13/04/19 NewmrktOpen 2:08.37	22/03/19 TimeTrial 2:13.64	17/02/19 SudMasters 2:12.07
100 Breast	09/11/19 ClubChamps 3:06.71	29/03/19 TimeTrial 3:04.75	10/11/18 ClubChamps 3:06.79	17/06/18 SuffDevelop 3:25.06	13/01/18 Barracudas 3:30.18	02/12/17 NewmrktOpen 3:11.02	11/11/17 ClubChamps 3:22.85	17/06/17 SuffDevelop 3:26.88
100 Free	24/04/22 NewmrktMstrs 2:01.61	21/02/20 TimeTrial ^(ST) 1:58.95	16/02/20 SudMasters 1:53.24	08/12/19 NewmrktOpen 1:52.78	30/11/19 NationalPara ^(CT) 1:56.74	16/11/19 ClubChamps 1:52.24	07/09/19 SFLDiss 1:55.06	05/04/19 TimeTrial 1:56.68
100 IM	08/12/19 NewmrktOpen 2:22.97	17/11/19 ClubChamps 2:19.17	08/09/19 Nifty50s 2:17.61	12/04/19 TimeTrial 2:37.06	23/03/19 StwmrktOpen 2:27.94	17/02/19 SudMasters 2:26.04	18/11/18 ClubChamps 2:31.04	24/06/18 InterClubTT 2:33.02
200 Fly	20/09/19 ClubChamps 6:36.28	21/09/18 ClubChamps 6:55.00	25/05/18 TimeTrial 7:20.84					
200 Back	06/03/20 TimeTrial 4:28.44	16/02/20 SudMasters 4:14.90	08/12/19 NewmrktOpen 4:21.75	27/09/19 ClubChamps 4:33.44	28/09/18 ClubChamps 4:40.52	17/06/18 SuffDevelop 4:37.55	03/12/17 NewmrktOpen 4:40.56	29/09/17 ClubChamps 5:03.44
200 Breast	11/10/19 ClubChamps 6:32.28	12/10/18 ClubChamps 6:30.82	13/10/17 ClubChamps 6:49.31	14/10/16 ClubChamps 6:51.10	18/10/15 ClubChamps 7:13.06			
200 Free	24/04/22 NewmrktMstrs 4:21.31	21/02/20 TimeTrial 4:06.80	16/02/20 SudMasters 4:07.56	08/12/19 NewmrktOpen 4:09.68	18/10/19 ClubChamps 4:11.79	28/04/19 NewmrktMstrs 4:26.83	17/02/19 SudMasters 4:12.96	06/01/19 SudburyLC 4:10.15
200 IM	17/11/19 ClubChamps 4:53.25	18/11/18 ClubChamps 5:12.94	23/03/18 TimeTrial 5:27.00	19/11/17 ClubChamps 5:36.82	20/11/16 ClubChamps 5:56.39	22/11/15 ClubChamps 5:48.95	24/10/15 Barracudas 5:44.15	
400 IM	27/10/19 ClubChamps 11:23.37	05/01/19 SudburyLC 11:02.86	29/10/17 ClubChamps 12:21.25	30/10/16 ClubChamps 12:28.09	25/10/15 ClubChamps 12:38.41			
400 Free	01/12/19 NationalPara ^(CT) 8:51.27	25/10/19 ClubChamps 8:55.35	13/04/19 NewmrktOpen 8:52.96	06/01/19 SudburyLC 8:50.87	02/12/18 NationalPara ^(CT) 9:07.39	26/10/18 ClubChamps 8:53.16	22/04/18 NewmrktMstrs 9:12.97	15/04/18 NatJunPara 9:08.53
800 Free	20/10/19 ClubChamps 18:43.29	21/10/18 ClubChamps 18:55.30	15/10/17 ClubChamps 18:52.41	25/09/16 ClubChamps ^(ST) 21:57.25				
1500 Free	22/09/19 ClubChamps 36:00.58	23/09/18 ClubChamps 36:58.35	24/09/17 ClubChamps 38:25.05	25/09/16 ClubChamps 40:16.56	27/09/15 ClubChamps 42:00.61			

James Shipp

	<i>Latest</i>							<i>Oldest</i>
50 Fly	10/03/24 NewmrktOpen 0:30.37	11/11/23 ClubChamps 0:31.59	10/09/23 Nifty50s 0:32.14	19/05/23 ColourGala 0:31.71	25/03/23 Cambridge 0:31.06	05/03/23 NewmrktOpen 0:31.55	12/11/22 ClubChamps 0:32.54	17/07/22 Cambridge 0:32.58
50 Back	10/03/24 NewmrktOpen 0:32.47	03/12/23 NewmrktOpen 0:32.43	19/05/23 ColourGala 0:33.11	24/03/23 Cambridge 0:33.05	29/01/23 SuffCounty 0:33.62	17/07/22 Cambridge 0:33.88	08/07/22 ColourGala 0:34.93	06/02/22 SuffCounty 0:36.09
50 Breast	21/01/24 SuffCounty 0:34.89	03/12/23 NewmrktOpen 0:34.76	10/09/23 Nifty50s 0:36.46	19/05/23 ColourGala 0:36.26	04/03/23 NewmrktOpen 0:36.48	08/07/22 ColourGala 0:38.31	30/01/22 SuffCounty 0:39.15	20/11/21 ClubChamps 0:40.12
50 Free	20/05/24 TimeTrial ^(ST) 0:28.88	03/12/23 NewmrktOpen 0:27.81	11/11/23 ClubChamps 0:27.39	10/09/23 Nifty50s 0:28.24	19/05/23 ColourGala 0:28.75	24/03/23 Cambridge 0:28.18	05/03/23 NewmrktOpen 0:27.99	28/01/23 SuffCounty 0:28.32
100 Fly	16/07/22 Cambridge 1:19.04	20/11/21 ClubChamps 1:21.11	08/03/19 TimeTrial 1:47.15					
100 Back	11/11/23 ClubChamps 1:11.03	09/09/23 SFLNewmrkt 1:13.32	12/11/22 ClubChamps 1:14.13	16/07/22 Cambridge 1:15.14	13/11/21 ClubChamps 1:20.59	09/11/19 ClubChamps 1:32.05	22/03/19 TimeTrial 1:41.34	
100 Breast	02/12/23 NewmrktOpen 1:16.93	11/11/23 ClubChamps 1:17.66	09/09/23 SFLNewmrkt 1:19.51	12/11/22 ClubChamps 1:25.18	06/02/22 SuffCounty 1:25.93	13/11/21 ClubChamps 1:27.39	07/12/19 NewmrktOpen 1:37.03	09/11/19 ClubChamps 1:37.57
100 Free	20/05/24 TimeTrial 1:00.96	09/09/23 SFLNewmrkt 1:05.41	25/03/23 Cambridge 1:03.10	04/12/22 NewmrktOpen 1:03.08	20/03/22 NewmrktOpen 1:06.37	20/11/21 ClubChamps 1:06.65	08/12/19 NewmrktOpen 1:16.96	05/04/19 TimeTrial 1:24.50
100 IM	10/03/24 NewmrktOpen 1:09.85	10/09/23 Nifty50s 1:10.50	04/12/22 NewmrktOpen 1:14.15	21/11/21 ClubChamps 1:15.67	08/12/19 NewmrktOpen 1:27.39			
200 Fly	16/09/22 ClubChamps 2:55.65							
200 Back	22/09/23 ClubChamps 2:36.96	23/09/22 ClubChamps 2:42.92	03/12/21 ClubChampsLD 2:45.42	06/03/20 TimeTrial 3:10.31	27/09/19 ClubChamps 3:26.72	03/05/19 TimeTrial 3:27.12	28/09/18 ClubChamps 3:39.66	23/03/18 TimeTrial 3:46.39
200 Breast	20/01/24 SuffCounty 2:49.27	29/09/23 ClubChamps 2:46.76	30/09/22 ClubChamps 3:03.84	28/11/21 ClubChampsLD 3:06.84	26/11/21 ClubChampsLD 3:06.84	11/10/19 ClubChamps 3:41.40	13/10/17 ClubChamps 4:33.04	
200 Free	13/10/23 ClubChamps 2:14.09	06/10/22 ClubChamps 2:19.79	26/11/21 ClubChampsLD 2:24.75	21/02/20 TimeTrial 2:50.00	18/10/19 ClubChamps 2:53.09	22/02/19 TimeTrial 3:18.07	19/10/18 ClubChamps 3:11.50	27/04/18 TimeTrial 3:24.94
200 IM	21/11/21 ClubChamps 2:49.37							
400 IM	17/09/23 ClubChamps 5:39.81	18/09/22 ClubChamps 5:58.58	27/10/19 ClubChamps 6:52.37					
400 Free	20/10/23 ClubChamps 5:02.11	21/10/22 ClubChamps 5:05.92	10/12/21 ClubChampsLD 5:16.19	25/10/19 ClubChamps 6:16.03	26/10/18 ClubChamps 6:58.19			
800 Free	22/10/23 ClubChamps 10:32.24	23/10/22 ClubChamps 10:54.05	20/10/19 ClubChamps 12:53.91	15/10/17 ClubChamps 16:01.80				
1500 Free	15/10/23 ClubChamps 20:38.94	09/10/22 ClubChamps 21:46.97						

Jane Smith

	Latest							Oldest
50 Fly	02/06/19 Newmarket 0:51.42							
50 Back	18/02/24 SuffMasters 0:48.72	18/11/23 ClubChamps 0:49.45	26/02/23 SuffMasters 0:48.05	24/04/22 NewmrktMstrs 0:49.42	20/11/21 ClubChamps 0:48.26	25/10/19 NationalMstrs 0:45.67		
50 Breast	18/11/23 ClubChamps 0:57.35	20/11/21 ClubChamps 0:57.20	25/06/17 Newmarket 0:53.62					
50 Free	19/11/23 ClubChamps 0:41.86	20/11/22 ClubChamps 0:42.32	24/04/22 NewmrktMstrs 0:42.88	21/11/21 ClubChamps 0:41.81	13/11/21 ClubChamps 0:41.45	23/06/19 Newmarket 0:38.90		
100 Fly								
100 Back	18/02/24 SuffMasters 1:48.00	26/02/23 SuffMasters 1:46.81	24/04/22 NewmrktMstrs 1:51.21	13/11/21 ClubChamps 1:45.73	23/06/19 Newmarket 1:39.98			
100 Breast	13/11/21 ClubChamps 2:04.72	02/06/19 SudMasters 1:58.97						
100 Free	20/05/24 TimeTrial 1:43.66	18/02/24 SuffMasters 1:34.09	18/11/23 ClubChamps 1:33.77	26/02/23 SuffMasters 1:31.77	24/04/22 NewmrktMstrs 1:36.52	20/11/21 ClubChamps 1:32.87	25/10/19 NationalMstrs 1:27.72	
100 IM	18/02/24 SuffMasters 1:49.62	19/11/23 ClubChamps 1:50.06	20/11/22 ClubChamps 1:50.39	24/04/22 NewmrktMstrs 1:53.91	21/11/21 ClubChamps 1:51.77	29/04/19 Newmarket 1:43.55		
200 Fly								
200 Back	18/02/24 SuffMasters 3:54.55	22/09/23 ClubChamps 3:46.60	26/02/23 SuffMasters 3:48.63	23/09/22 ClubChamps 3:55.69	03/12/21 ClubChampsLD 3:47.06	17/02/19 SudMasters 3:33.79		
200 Breast	29/09/23 ClubChamps 4:25.97	19/06/19 Newmarket 4:10.50						
200 Free	18/02/24 SuffMasters 3:27.40	13/10/23 ClubChamps 3:19.13	06/10/22 ClubChamps 3:35.66	24/04/22 NewmrktMstrs 3:28.45	26/11/21 ClubChampsLD 3:21.33	25/10/19 NationalMstrs 3:10.44		
200 IM	19/11/23 ClubChamps 3:56.76	02/06/19 Newmarket 3:43.83						
400 IM								
400 Free	20/10/23 ClubChamps 7:04.84	21/10/22 ClubChamps 7:08.32	24/04/22 NewmrktMstrs 7:20.05	10/12/21 ClubChampsLD 7:06.02	29/09/19 ERMasters 6:38.31			
800 Free	15/10/23 ClubChampsLD ^(ST) 14:37.42	22/09/19 Newmarket 13:48.45						
1500 Free	15/10/23 ClubChamps 27:53.18	26/11/15 TimeTrial 27:19.95						

Jeannie Morley

	Latest							Oldest
50 Fly	10/09/21 ColourGala 1:04.76							
50 Back	18/02/24 SuffMasters 0:59.31	18/11/23 ClubChamps 0:56.28	26/02/23 SuffMasters 0:57.34	19/11/22 ClubChamps 0:55.52	20/11/21 ClubChamps 0:55.26	10/09/21 ColourGala 0:55.38	18/02/18 SudMasters 0:53.50	13/05/17 NorfMasters ^(CT) 0:54.64
50 Breast	10/09/21 ColourGala 1:03.83							
50 Free	22/05/24 TimeTrial ^(ST) 0:55.63	20/05/24 TimeTrial ^(ST) 0:55.63	18/02/24 SuffMasters 0:50.48	19/11/23 ClubChamps 0:49.74	26/02/23 SuffMasters 0:48.46	20/11/22 ClubChamps 0:47.32	21/11/21 ClubChamps 0:47.08	10/09/21 ColourGala 0:47.92
100 Fly								
100 Back	26/02/23 SuffMasters 1:58.34	22/03/19 TimeTrial 1:55.77	18/02/18 SudMasters 1:55.83	16/02/14 SudMasters 1:56.30	17/02/13 SudMasters 1:56.45			
100 Breast	29/03/19 TimeTrial 2:13.00							
100 Free	22/05/24 TimeTrial 1:54.53	20/05/24 TimeTrial 1:55.06	13/10/23 ClubChampsLD ^(ST) 1:57.04	08/03/19 TimeTrial 1:46.16	13/05/17 NorfMasters ^(CT) 1:45.72			
100 IM	18/02/24 SuffMasters 2:08.56	18/02/18 SudMasters 2:00.21	15/02/15 SudMasters 1:56.45	16/02/14 SudMasters 1:56.88	18/05/13 NorfMasters 1:54.98	17/02/13 SudMasters 2:05.01	19/05/12 NorfMasters 1:56.01	
200 Fly								
200 Back	22/09/23 ClubChamps 4:26.66	23/09/22 ClubChamps 4:16.12	03/12/21 ClubChampsLD 4:13.18	24/02/17 TimeTrial 4:13.56	30/09/16 ClubChamps 4:06.13	29/07/16 TimeTrial 4:07.31	29/04/16 TimeTrial 4:06.82	27/02/15 TimeTrial 4:05.80
200 Breast	29/06/18 TimeTrial 4:53.57							
200 Free	13/10/23 ClubChamps 4:03.95	06/10/22 ClubChamps 3:57.61	26/11/21 ClubChampsLD 3:59.30	18/10/19 ClubChamps 3:50.82	19/10/18 ClubChamps 3:49.63	02/03/18 TimeTrial 3:51.22	18/02/18 SudMasters 3:53.17	20/10/17 ClubChamps 3:44.69
200 IM	03/05/19 TimeTrial 4:26.70	23/03/18 TimeTrial 4:22.49						
400 IM								
400 Free	20/10/23 ClubChamps 8:19.23	21/10/22 ClubChamps 8:17.57	25/10/19 ClubChamps 7:50.89	26/10/18 ClubChamps 7:51.81	20/07/18 TimeTrial 7:56.43	18/02/18 SudMasters 8:10.74	22/10/17 ClubChamps 7:53.93	21/04/17 TimeTrial 8:02.66
800 Free	23/10/22 ClubChamps 16:48.61	22/09/19 ClubChamps 16:28.09	24/09/17 ClubChamps 15:52.85	20/09/15 ClubChamps 16:38.50	21/09/14 ClubChamps 16:00.78	23/09/12 ClubChamps 15:35.06		
1500 Free	15/10/23 ClubChamps 32:50.51	09/10/22 ClubChamps 32:20.13	20/10/19 ClubChamps 30:35.75	21/10/18 ClubChamps 31:03.00	02/10/16 ClubChamps 30:34.00	04/10/15 ClubChamps 31:29.39	05/10/14 ClubChamps 31:06.75	13/10/13 ClubChamps 30:19.00

Jemma Garry

	<i>Latest</i>							<i>Oldest</i>
50 Fly	13/10/18 RichardShaw 0:53.38	24/06/18 InterClubTT 0:54.50	19/05/18 NorfMasters 0:50.95	22/04/18 NewmrktMstrs 0:49.74	18/02/18 SudMasters 0:51.61	02/12/17 NewmrktOpen 0:49.93	11/11/17 ClubChamps 0:52.41	03/09/17 Nifty50s 0:49.39
50 Back	17/11/18 ClubChamps 0:49.25	13/10/18 RichardShaw 0:50.34	18/11/17 ClubChamps 0:49.77	03/09/17 Nifty50s 0:49.52	14/01/17 WLLpswich 0:50.63	09/12/16 ColourGala 0:50.56	19/11/16 ClubChamps 0:47.87	09/09/16 ColourGala 0:52.75
50 Breast	10/10/21 ERMasters 1:03.59	28/04/19 NewmrktMstrs 0:54.74	17/02/19 SudMasters 0:51.96	17/11/18 ClubChamps 0:50.49	13/10/18 RichardShaw 0:50.28	24/06/18 InterClubTT 0:51.44	19/05/18 NorfMasters 0:54.07	22/04/18 NewmrktMstrs 0:50.92
50 Free	28/04/19 NewmrktMstrs 0:40.89	13/10/18 RichardShaw 0:40.76	24/06/18 InterClubTT 0:40.58	19/05/18 NorfMasters 0:41.08	22/04/18 NewmrktMstrs 0:38.60	11/11/17 ClubChamps 0:39.95	03/09/17 Nifty50s 0:40.52	23/04/17 NewmrktMstrs 0:41.79
100 Fly	07/09/19 SFLDiss 2:09.88	06/07/19 SFLThetford 2:04.18	18/11/17 ClubChamps 1:49.94	01/07/17 SFLWisbech 1:56.14	19/02/17 SudMasters 2:14.98	19/11/16 ClubChamps 2:04.34	24/04/16 NewmrktMstrs 1:55.62	21/11/15 ClubChamps 1:52.32
100 Back	11/11/17 ClubChamps 1:48.39	12/11/16 ClubChamps 1:44.15	29/10/16 WLNewmrkt 1:45.08	09/01/16 Barracudas 1:48.56	14/11/15 ClubChamps 1:50.60	24/10/15 Barracudas 1:47.29	26/09/15 Barracudas 1:44.01	26/04/15 NewmrktMstrs 1:34.46
100 Breast	09/09/23 SFLNewmrkt 2:12.06	10/10/21 ERMasters 2:20.15	16/02/20 SudMasters 1:58.37	06/07/19 SFLThetford 2:00.04	28/04/19 NewmrktMstrs 1:59.41	17/02/19 SudMasters 1:50.14	19/05/18 NorfMasters 1:51.15	18/02/18 SudMasters 1:52.05
100 Free	22/05/24 TimeTrial 1:53.56	16/02/20 SudMasters 1:39.47	17/02/19 SudMasters 1:25.33	17/11/18 ClubChamps 1:26.65	18/11/17 ClubChamps 1:25.38	23/04/17 NewmrktMstrs 1:28.74	19/11/16 ClubChamps 1:24.13	29/10/16 WLNewmrkt 1:33.47
100 IM	10/10/21 ERMasters 2:02.02	16/02/20 SudMasters 2:01.30	06/07/19 SFLThetford 1:52.18	28/04/19 NewmrktMstrs 1:43.72	17/02/19 SudMasters 1:43.53	18/11/18 ClubChamps 1:41.64	24/06/18 InterClubTT 1:47.32	22/04/18 NewmrktMstrs 1:40.55
200 Fly	22/09/17 ClubChamps 3:59.57	23/09/16 ClubChamps 4:07.94	25/09/15 ClubChamps 4:06.35	26/09/14 ClubChamps 3:58.00	30/11/13 WLBungay 4:08.43	27/09/13 ClubChamps 4:11.25	30/11/12 TimeTrial 4:40.03	28/09/12 ClubChamps 4:26.35
200 Back	29/09/17 ClubChamps 3:33.95	26/11/16 WLDeben 3:36.78	30/09/16 ClubChamps 3:34.57	03/01/16 SudburyLC 3:33.03	02/10/15 ClubChamps 3:43.75	10/05/15 WestSuff 3:23.48	11/01/15 SudburyLC 3:17.52	03/10/14 ClubChamps 3:26.12
200 Breast	19/05/18 NorfMasters 4:04.56	02/12/17 NewmrktOpen 3:52.21	13/10/17 ClubChamps 3:49.56	26/11/16 WLDeben 3:56.28	14/10/16 ClubChamps 3:39.82	17/04/16 NewmrktOpen 3:41.67	17/04/16 Newmrkt 3:41.67	29/01/16 TimeTrial 4:03.64
200 Free	16/02/20 SudMasters 3:42.49	20/10/17 ClubChamps 3:09.81	19/02/17 SudMasters 3:35.22	21/10/16 ClubChamps 3:12.68	24/04/16 NewmrktMstrs 3:03.60	17/04/16 NewmrktOpen 3:06.46	17/04/16 Newmrkt 3:06.46	03/01/16 SudburyLC 3:10.74
200 IM	16/02/20 SudMasters 4:22.07	17/02/19 SudMasters 3:41.75	18/11/18 ClubChamps 3:45.25	19/05/18 NorfMasters 3:41.68	18/02/18 SudMasters 3:34.87	02/12/17 NewmrktOpen 3:25.09	19/11/17 ClubChamps 3:33.01	03/12/16 NewmrktOpen 3:40.46
400 IM	29/10/17 ClubChamps 7:51.32	03/12/16 NewmrktOpen 7:41.53	03/12/16 Newmrkt 7:41.53	30/10/16 ClubChamps 7:45.25	16/04/16 NewmrktOpen 7:29.17	16/04/16 Newmrkt 7:29.17	25/10/15 ClubChamps 7:36.04	19/10/14 ClubChamps 7:19.00
400 Free	22/10/17 ClubChamps 6:26.75	23/10/16 ClubChamps 6:42.87	01/11/15 ClubChamps 6:42.44	02/11/14 ClubChamps 6:32.38	03/11/13 ClubChamps 6:43.10	06/07/13 TimeTrail 6:58.98	04/11/12 ClubChamps 7:45.72	
800 Free	24/09/17 ClubChamps 13:45.07	18/09/16 ClubChamps 13:31.41	20/09/15 ClubChamps 13:09.31	21/09/14 ClubChamps 13:35.25	22/09/13 ClubChamps 13:38.97	06/07/13 TimeTrail 14:11.46	23/09/12 ClubChamps 15:45.90	
1500 Free	15/10/17 ClubChamps 25:45.31	02/10/16 ClubChamps 25:56.43	04/10/15 ClubChamps 25:56.06	05/10/14 ClubChamps 25:08.66	13/10/13 ClubChamps 27:11.22	06/07/13 TimeTrail 28:45.30	14/10/12 ClubChamps 30:33.01	

John Browne

	Latest							Oldest
50 Fly	11/11/23 ClubChamps 1:07.75	12/11/22 ClubChamps 1:04.51	24/06/18 InterClubTT 1:02.50					
50 Back	10/09/21 ColourGala 1:05.87							
50 Breast	18/11/23 ClubChamps 0:58.00	19/11/22 ClubChamps 0:55.57	10/09/21 ColourGala 0:56.24	24/06/18 InterClubTT 0:56.35	13/05/17 NorfMasters ^(CT) 0:54.65	01/10/16 NewmrktMstrs 0:55.33	16/05/15 NorfMasters 0:53.49	05/10/13 ERMasters 0:53.86
50 Free	20/05/24 TimeTrial ^(ST) 0:56.62	19/11/23 ClubChamps 0:49.13	11/11/23 ClubChamps 0:48.21	20/11/22 ClubChamps 0:50.56	21/11/21 ClubChamps 0:50.27	10/09/21 ColourGala 0:51.46	17/11/19 ClubChamps 0:50.65	24/06/18 InterClubTT 0:48.09
100 Fly	19/11/22 ClubChamps 2:26.16							
100 Back								
100 Breast	11/11/23 ClubChamps 2:10.60	12/11/22 ClubChamps 2:11.37	30/09/22 ClubChampsLD ^(ST) 2:16.11	13/05/17 NorfMasters ^(CT) 2:07.18	01/10/16 NewmrktMstrs 2:06.05	05/10/13 ERMasters 2:03.09		
100 Free	20/05/24 TimeTrial 1:57.39	18/11/23 ClubChamps 1:50.34	19/11/22 ClubChamps 1:48.64	08/03/19 TimeTrial 1:53.15	13/05/17 NorfMasters ^(CT) 1:47.75	01/10/16 NewmrktMstrs 1:49.21	05/10/13 ERMasters 1:47.11	
100 IM	19/11/23 ClubChamps 2:08.14	20/11/22 ClubChamps 2:10.05	21/11/21 ClubChamps 2:09.91	17/11/19 ClubChamps 2:05.22	24/06/18 InterClubTT 2:04.11	01/10/16 NewmrktMstrs 1:59.72	16/05/15 NorfMasters 1:56.57	
200 Fly								
200 Back								
200 Breast	29/09/23 ClubChamps 4:38.30	30/09/22 ClubChamps 4:36.58	11/10/19 ClubChamps 4:33.87	12/10/18 ClubChamps 4:43.43	13/10/17 ClubChamps 4:28.66	14/10/16 ClubChamps 4:22.34	18/10/15 ClubChamps 4:29.25	17/10/14 ClubChamps 4:33.41
200 Free	13/10/23 ClubChamps 3:56.84	06/10/22 ClubChamps 4:06.74	26/11/21 ClubChampsLD 3:58.75	20/10/17 ClubChamps 4:03.62	13/05/17 NorfMasters ^(CT) 3:57.83	30/10/15 ClubChamps 3:52.44	31/10/14 ClubChamps 3:46.27	01/11/13 ClubChamps 3:53.53
200 IM	19/11/23 ClubChamps 4:36.91	20/11/22 ClubChamps 4:35.78	21/11/21 ClubChamps 4:39.39	17/11/19 ClubChamps 4:42.04	13/05/17 NorfMasters ^(CT) 4:32.04			
400 IM	29/10/17 ClubChamps 9:23.02							
400 Free	20/10/23 ClubChamps 8:23.73	21/10/22 ClubChamps 8:23.38	09/10/22 ClubChampsLD ^(ST) 8:23.96	10/12/21 ClubChampsLD 8:21.12				
800 Free	22/10/23 ClubChamps 17:05.10	09/10/22 ClubChampsLD ^(ST) 17:09.02						
1500 Free	15/10/23 ClubChamps 32:36.59	09/10/22 ClubChamps 32:48.34						

Kieron Alderson

	<i>Latest</i>							<i>Oldest</i>
50 Fly	07/07/24 Cambridge 0:35.01	20/01/24 SuffCounty 0:34.24	16/12/23 StwmrktOpen 0:35.35	02/12/23 NewmrktOpen 0:35.26	11/11/23 ClubChamps 0:35.56	10/09/23 Nifty50s 0:38.37	27/05/23 NewmrktGala 0:36.35	19/05/23 ColourGala 0:38.23
50 Back	16/12/23 StwmrktOpen 0:38.49	18/11/23 ClubChamps 0:38.30	16/09/23 JFLMildnhll 0:38.42	10/09/23 Nifty50s 0:41.45	01/07/23 JFLThetford 0:38.86	10/06/23 JFLWisbech 0:39.71	19/05/23 ColourGala 0:42.37	19/11/22 ClubChamps 0:43.43
50 Breast	18/11/23 ClubChamps 0:49.00	16/09/23 JFLMildnhll 0:54.13	27/05/23 NewmrktGala 0:57.83	19/05/23 ColourGala 0:57.73	08/07/22 ColourGala 1:12.38	20/11/21 ClubChamps 1:17.38		
50 Free	20/05/24 TimeTrial ^(ST) 0:33.97	17/12/23 StwmrktOpen 0:33.27	03/12/23 NewmrktOpen 0:33.10	11/11/23 ClubChamps 0:32.59	16/09/23 JFLMildnhll 0:34.24	10/09/23 Nifty50s 0:34.70	01/07/23 JFLThetford 0:34.07	17/06/23 DaveRobinson 0:33.77
100 Fly	15/06/24 DaveRobinson 1:17.37	28/01/24 SuffCounty 1:17.77	17/12/23 StwmrktOpen 1:20.57	18/11/23 ClubChamps 1:20.99	09/09/23 SFLNewmrkt 1:33.13	24/06/23 SFLStlves 1:22.98	17/06/23 DaveRobinson 1:20.88	05/03/23 NewmrktOpen 1:29.94
100 Back	11/11/23 ClubChamps 1:22.84	04/03/23 NewmrktOpen 1:26.89	12/11/22 ClubChamps 1:30.64	19/03/22 NewmrktOpen 1:44.17	13/11/21 ClubChamps 2:06.36			
100 Breast								
100 Free	15/06/24 DaveRobinson 1:10.83	20/05/24 TimeTrial 1:11.92	17/12/23 StwmrktOpen 1:11.36	03/12/23 NewmrktOpen 1:10.22	18/11/23 ClubChamps 1:10.44	09/09/23 SFLNewmrkt 1:15.26	24/06/23 SFLStlves 1:16.46	25/03/23 Cambridge 1:16.76
100 IM	03/12/23 NewmrktOpen 1:25.40	19/11/23 ClubChamps 1:25.52	16/09/23 JFLMildnhll 1:29.12	10/09/23 Nifty50s 1:29.59	01/07/23 JFLThetford 1:27.66	10/06/23 JFLWisbech 1:33.23	13/05/23 JFLMildnhll 1:33.79	11/03/23 JFLMildnhll 1:32.29
200 Fly	27/01/24 SuffCounty 3:05.22	02/12/23 NewmrktOpen 3:18.68	15/09/23 ClubChamps 3:17.06	04/03/23 NewmrktOpen 3:23.23	17/12/22 StwmrktOpen 3:23.05	03/12/22 NewmrktOpen 3:27.47	16/09/22 ClubChamps 3:47.71	
200 Back	22/09/23 ClubChamps 3:03.89	23/09/22 ClubChamps 3:28.81						
200 Breast								
200 Free	07/07/24 Cambridge 2:30.54	03/12/23 NewmrktOpen 2:35.00	13/10/23 ClubChamps 2:41.93	05/03/23 NewmrktOpen 2:46.45	04/12/22 NewmrktOpen 2:48.32	06/10/22 ClubChamps 2:57.72		
200 IM	28/01/24 SuffCounty 2:59.43	02/12/23 NewmrktOpen 3:00.86	19/11/23 ClubChamps 3:02.95	04/03/23 NewmrktOpen 3:20.54	20/11/22 ClubChamps 3:31.49			
400 IM	17/09/23 ClubChamps 6:50.74	18/09/22 ClubChamps 7:52.49						
400 Free	20/10/23 ClubChamps 5:40.41	04/03/23 NewmrktOpen 5:50.22	18/12/22 StwmrktOpen 6:06.22	21/10/22 ClubChamps 6:13.49	09/10/22 ClubChampsLD ^(ST) 6:37.80			
800 Free	13/01/24 SuffCountyLD ^(CT) 11:25.41	22/10/23 ClubChamps 11:23.05	23/10/22 ClubChamps 12:40.20	09/10/22 ClubChampsLD ^(ST) 13:42.95				
1500 Free	14/01/24 SuffCountyLD ^(CT) 21:36.40	26/11/23 StFelixLDQ 21:58.04	15/10/23 ClubChamps 24:03.25	09/10/22 ClubChamps 25:54.00				

Liz Peck

	Latest							Oldest
50 Fly	10/11/18 ClubChamps 0:44.12	09/11/13 ClubChamps 0:45.56						
50 Back	16/11/13 ClubChamps 0:44.71							
50 Breast	16/11/13 ClubChamps 0:50.85							
50 Free	19/11/23 ClubChamps 0:39.46	20/11/22 ClubChamps 0:40.88	21/11/21 ClubChamps 0:39.14	17/11/19 ClubChamps 0:40.48	10/11/18 ClubChamps 0:37.78	19/11/17 ClubChamps 0:39.03	22/11/15 ClubChamps 0:39.39	16/11/14 ClubChamps 0:37.94
100 Fly	17/11/18 ClubChamps 1:45.97	29/09/18 SFLNewmrkt 1:44.39						
100 Back	06/07/19 SFLThetford 1:40.89	29/09/18 SFLNewmrkt 1:42.57						
100 Breast	29/09/18 SFLNewmrkt 1:51.59							
100 Free	07/09/19 SFLDiss 1:28.59	06/07/19 SFLThetford 1:27.38	17/11/18 ClubChamps 1:22.01	16/11/13 ClubChamps 1:21.67				
100 IM	07/09/19 SFLDiss 1:41.19	22/11/15 ClubChamps 1:38.92	17/11/13 ClubChamps 1:35.50					
200 Fly	21/09/18 ClubChamps 3:45.38							
200 Back	28/09/18 ClubChamps 3:29.12	29/09/17 ClubChamps 3:39.37						
200 Breast	12/10/18 ClubChamps 3:44.20	13/10/17 ClubChamps 3:53.50						
200 Free	18/10/19 ClubChamps 3:10.05	19/10/18 ClubChamps 2:58.87	26/11/16 WLDeben 3:10.23	27/05/16 TimeTrial 3:08.00	01/11/13 ClubChamps 2:55.09			
200 IM								
400 IM	27/10/19 ClubChamps 7:37.01	28/10/18 ClubChamps 7:11.32	29/10/17 ClubChamps 7:42.00					
400 Free	25/10/19 ClubChamps 6:57.85	26/10/18 ClubChamps 6:08.31	03/11/13 ClubChamps 6:10.70					
800 Free	23/09/18 ClubChamps 13:05.79	24/09/17 ClubChamps 14:23.82	22/09/13 ClubChamps 12:39.22					
1500 Free	20/10/19 ClubChamps 27:04.44	21/10/18 ClubChamps 24:56.21	15/10/17 ClubChamps 27:18.98	13/10/13 ClubChamps 24:43.53				

Miko Poplawski

	<i>Latest</i>							<i>Oldest</i>
50 Fly	20/01/24 SuffCounty 0:32.41	11/11/23 ClubChamps 0:33.26	19/05/23 ColourGala 0:37.14	25/03/23 Cambridge 0:33.97	05/03/23 NewmrktOpen 0:35.94	03/12/22 NewmrktOpen 0:40.10	12/11/22 ClubChamps 0:40.78	12/03/22 JFLMildnhll 0:53.54
50 Back	03/12/23 NewmrktOpen 0:32.93	18/11/23 ClubChamps 0:34.04	19/05/23 ColourGala 0:35.32	24/03/23 Cambridge 0:35.14	05/03/23 NewmrktOpen 0:34.91	04/12/22 NewmrktOpen 0:35.80	19/11/22 ClubChamps 0:36.12	17/09/22 JFLMildnhll 0:39.13
50 Breast	06/07/24 Cambridge 0:35.82	21/01/24 SuffCounty 0:36.09	03/12/23 NewmrktOpen 0:37.48	18/11/23 ClubChamps 0:36.17	01/07/23 Cambridge 0:37.69	04/06/23 WestSuff 0:39.02	19/05/23 ColourGala 0:40.27	25/03/23 Cambridge 0:39.57
50 Free	06/07/24 Cambridge 0:27.01	27/01/24 SuffCounty 0:27.28	03/12/23 NewmrktOpen 0:27.96	11/11/23 ClubChamps 0:28.71	19/05/23 ColourGala 0:29.69	24/03/23 Cambridge 0:29.57	05/03/23 NewmrktOpen 0:30.12	28/01/23 SuffCounty 0:30.69
100 Fly	18/11/23 ClubChamps 1:22.02							
100 Back	15/06/24 DaveRobinson 1:09.70	11/11/23 ClubChamps 1:17.14	17/06/23 DaveRobinson 1:15.00	04/03/23 NewmrktOpen 1:16.17	12/11/22 ClubChamps 1:23.05			
100 Breast	15/06/24 DaveRobinson 1:19.28	11/11/23 ClubChamps 1:25.26	09/09/23 SFLNewmrkt 1:26.55	24/06/23 SFLStlves 1:25.30	17/06/23 DaveRobinson 1:26.66	03/06/23 WestSuff 1:26.66	25/03/23 Cambridge 1:29.85	04/03/23 NewmrktOpen 1:31.03
100 Free	22/05/24 TimeTrial 1:01.23	20/01/24 SuffCounty 1:02.72	03/12/23 NewmrktOpen 1:02.60	18/11/23 ClubChamps 1:02.44	03/06/23 WestSuff 1:05.39	05/03/23 NewmrktOpen 1:06.56	19/11/22 ClubChamps 1:14.25	
100 IM	06/07/24 Cambridge 1:10.11	27/01/24 SuffCounty 1:12.31	19/11/23 ClubChamps 1:11.19	09/09/23 SFLNewmrkt 1:16.81	01/07/23 Cambridge 1:14.29	24/06/23 SFLStlves 1:16.86	05/03/23 NewmrktOpen 1:17.95	20/11/22 ClubChamps 1:22.90
200 Fly								
200 Back	22/09/23 ClubChamps 2:45.98	23/09/22 ClubChamps 3:06.99						
200 Breast	29/09/23 ClubChamps 3:07.28	30/09/22 ClubChamps 3:43.34						
200 Free	13/10/23 ClubChamps 2:25.68	06/10/22 ClubChamps 2:54.38						
200 IM	19/11/23 ClubChamps 2:38.96	04/03/23 NewmrktOpen 2:53.55	20/11/22 ClubChamps 3:02.03					
400 IM	17/09/23 ClubChamps 6:12.99							
400 Free	20/10/23 ClubChamps 5:19.62	21/10/22 ClubChamps 5:59.49						
800 Free	23/10/22 ClubChamps 12:38.17							
1500 Free	15/10/23 ClubChamps 21:53.90							

Phoebe Mallen

	<i>Latest</i>							<i>Oldest</i>
50 Fly	19/05/23 ColourGala 0:39.30	01/10/22 WestSuff 0:40.44	17/06/22 NewmrktCC 0:39.29	24/05/21 NewmrktOpen 0:37.91				
50 Back	10/09/23 Nifty50s 0:38.07	19/05/23 ColourGala 0:38.72	02/10/22 WestSuff 0:37.65	16/04/22 ColchstrOpen 0:36.84	03/06/19 NewmrktCC 0:36.76			
50 Breast	18/02/24 SuffMasters 0:42.86	10/09/23 Nifty50s 0:41.87	19/05/23 ColourGala 0:42.74	26/03/23 Cambridge 0:42.42	26/02/23 SuffMasters 0:42.96	04/12/22 NewmrktOpen 0:42.91	19/11/22 ClubChamps 0:41.74	02/10/22 WestSuff 0:43.78
50 Free	10/09/23 Nifty50s 0:32.16	19/05/23 ColourGala 0:32.26	26/02/23 SuffMasters 0:31.59	04/12/22 NewmrktOpen 0:31.84	12/11/22 ClubChamps 0:31.63	01/10/22 WestSuff 0:31.61	29/01/22 SuffCounty 0:30.94	25/01/20 SuffCounty 0:30.27
100 Fly	19/11/22 ClubChamps 1:38.58	02/06/21 NewmrktOpen 1:33.37						
100 Back	12/11/22 ClubChamps 1:21.70	03/07/21 NewmrktOpen 1:23.04						
100 Breast	18/02/24 SuffMasters 1:32.86	17/06/23 DaveRobinson 1:34.24	18/06/22 NewmrktCC 1:36.53	14/12/19 StwmrktOpen 1:32.93				
100 Free	04/12/22 NewmrktOpen 1:11.24	01/10/22 WestSuff 1:11.83	20/03/22 NewmrktOpen 1:09.42	15/12/19 StwmrktOpen 1:08.85				
100 IM	10/09/23 Nifty50s 1:23.84	04/12/22 NewmrktOpen 1:23.89	20/11/22 ClubChamps 1:22.70	19/06/22 NewmrktCC 1:22.22	15/12/19 StwmrktOpen 1:21.20			
200 Fly								
200 Back	22/09/23 ClubChamps 2:59.20	05/06/19 NewmrktCC 3:07.65						
200 Breast	29/09/23 ClubChamps 3:19.97	26/03/23 Cambridge 3:21.64	26/02/23 SuffMasters 3:22.88	20/03/22 NewmrktOpen 3:21.94				
200 Free	18/02/24 SuffMasters 2:41.62	13/10/23 ClubChamps 2:33.61	26/03/23 Cambridge 2:34.30	26/02/23 SuffMasters 2:40.69	16/04/22 ColchstrOpen 2:33.92			
200 IM	20/11/22 ClubChamps 3:03.69	18/06/22 NewmrktCC 3:06.69	07/12/19 NewmrktOpen 2:58.61					
400 IM								
400 Free	26/03/23 Cambridge 5:34.11	21/10/22 ClubChamps 5:33.53	19/03/22 NewmrktOpen 5:34.72					
800 Free	22/10/23 ClubChamps 11:35.31	23/10/22 ClubChamps 11:42.80	22/09/19 NewmrktCC 11:43.32					
1500 Free	15/10/23 ClubChamps 22:34.32	09/10/22 ClubChamps 22:23.53	23/09/19 NewmrktCC 22:17.18					

Rob Garry

	<i>Latest</i>							<i>Oldest</i>
50 Fly	11/11/23 ClubChamps 0:58.26	12/11/22 ClubChamps 0:51.84	13/11/21 ClubChamps 0:58.40	10/09/21 ColourGala 0:53.05	10/11/18 ClubChamps 0:50.19	24/06/18 InterClubTT 0:54.32	19/05/18 NorffMasters 0:53.23	11/11/17 ClubChamps 0:48.59
50 Back	18/11/23 ClubChamps 0:49.46	01/10/23 ERMasters 0:48.58	19/11/22 ClubChamps 0:46.26	20/11/21 ClubChamps 0:49.40	10/09/21 ColourGala 0:52.07	11/05/19 NorffMasters ^(CT) 0:49.28	17/11/18 ClubChamps 0:47.94	24/06/18 InterClubTT 0:53.70
50 Breast	18/11/23 ClubChamps 0:52.80	19/11/22 ClubChamps 0:51.50	20/11/21 ClubChamps 0:55.58	10/09/21 ColourGala 0:58.12	17/11/18 ClubChamps 0:50.05	24/06/18 InterClubTT 0:54.75	22/04/18 NewmrktMstrs 0:51.76	18/11/17 ClubChamps 0:48.99
50 Free	19/11/23 ClubChamps 0:39.97	11/11/23 ClubChamps 0:39.31	20/11/22 ClubChamps 0:38.61	12/11/22 ClubChamps 0:38.01	21/11/21 ClubChamps 0:41.38	13/11/21 ClubChamps 0:39.58	10/09/21 ColourGala 0:45.49	11/05/19 NorffMasters ^(CT) 0:39.10
100 Fly	18/11/23 ClubChamps 2:08.88	26/02/23 SuffMasters 2:09.16	19/11/22 ClubChamps 2:02.86	02/10/22 ERMasters 2:07.61	16/09/22 ClubChamps ^(ST) 2:07.92	24/04/22 NewmrktMstrs 2:10.56	20/11/21 ClubChamps 2:11.72	16/02/20 SudMasters 2:04.64
100 Back	07/04/24 NewmrktMstrs 1:58.38	18/02/24 SuffMasters 1:58.90	11/11/23 ClubChamps 1:49.56	01/10/23 ERMasters 1:53.82	24/06/23 SFLStives 1:54.51	23/04/23 NewmrktMstrs 1:54.07	26/02/23 SuffMasters 1:49.35	12/11/22 ClubChamps 1:43.86
100 Breast	11/11/23 ClubChamps 2:02.69	23/04/23 NewmrktMstrs 2:09.83	26/02/23 SuffMasters 2:04.69	12/11/22 ClubChamps 2:04.44	02/10/22 ERMasters 2:14.00	24/04/22 NewmrktMstrs 2:13.87	13/11/21 ClubChamps 2:14.05	16/02/20 SudMasters 1:58.55
100 Free	22/05/24 TimeTrial 1:39.63	07/04/24 NewmrktMstrs 1:35.58	18/02/24 SuffMasters 1:32.82	18/11/23 ClubChamps 1:30.78	01/10/23 ERMasters 1:31.37	23/04/23 NewmrktMstrs 1:35.05	26/02/23 SuffMasters 1:30.24	19/11/22 ClubChamps 1:26.19
100 IM	18/02/24 SuffMasters 2:01.58	19/11/23 ClubChamps 1:54.40	23/04/23 NewmrktMstrs 2:04.31	26/02/23 SuffMasters 1:53.73	20/11/22 ClubChamps 1:47.88	02/10/22 ERMasters 1:58.91	24/04/22 NewmrktMstrs 2:01.71	21/11/21 ClubChamps 1:58.58
200 Fly	15/09/23 ClubChamps 5:23.63	16/09/22 ClubChamps 4:59.44	20/09/19 ClubChamps 4:30.35	21/09/18 ClubChamps 4:27.68	22/09/17 ClubChamps 4:37.31	26/11/16 WLDeben 4:47.61	23/09/16 ClubChamps 4:48.37	25/09/15 ClubChamps 4:37.03
200 Back	22/09/23 ClubChamps 3:55.23	23/09/22 ClubChamps 3:47.25	03/12/21 ClubChampsLD 4:09.81	27/09/19 ClubChamps 3:50.12	28/09/18 ClubChamps 3:49.06	29/09/17 ClubChamps 3:53.93	30/09/16 ClubChamps 3:47.75	02/10/15 ClubChamps 3:53.07
200 Breast	29/09/23 ClubChamps 4:34.28	30/09/22 ClubChamps 4:31.14	28/11/21 ClubChampsLD 4:39.13	12/10/18 ClubChamps 4:13.16	13/10/17 ClubChamps 4:09.43	14/10/16 ClubChamps 4:16.44	18/10/15 ClubChamps 4:32.91	17/10/14 ClubChamps 4:30.75
200 Free	13/10/23 ClubChamps 3:16.10	06/10/22 ClubChamps 3:16.83	26/11/21 ClubChampsLD 3:25.75	11/05/19 NorffMasters ^(CT) 3:27.82	19/10/18 ClubChamps 3:09.00	18/02/18 SudMasters 3:15.43	20/10/17 ClubChamps 3:03.81	21/10/16 ClubChamps 3:12.66
200 IM	07/04/24 NewmrktMstrs 4:17.04	19/11/23 ClubChamps 4:10.29	20/11/22 ClubChamps 3:55.79	21/11/21 ClubChamps 4:23.75	10/10/21 ERMasters 4:17.08	11/05/19 NorffMasters ^(CT) 4:02.06	18/11/18 ClubChamps 3:55.16	19/05/18 NorffMasters 3:58.32
400 IM	17/09/23 ClubChamps 8:57.44	18/09/22 ClubChamps 8:47.71	28/10/18 ClubChamps 8:05.78	29/10/17 ClubChamps 8:07.03	30/10/16 ClubChamps 8:29.31	25/10/15 ClubChamps 8:44.63	19/10/14 ClubChamps 8:25.38	27/10/13 ClubChamps 8:27.38
400 Free	20/10/23 ClubChamps 7:02.25	21/10/22 ClubChamps 6:52.77	10/12/21 ClubChampsLD 7:25.01	26/10/18 ClubChamps 6:38.31	22/10/17 ClubChamps 6:41.87	23/04/17 NewmrktMstrs 6:51.16	23/10/16 ClubChamps 6:49.32	24/04/16 NewmrktMstrs 7:01.36
800 Free	22/10/23 ClubChamps 14:38.05	23/10/22 ClubChamps 14:16.56	21/10/18 ClubChamps 13:35.25	15/10/17 ClubChamps 13:42.32	09/10/16 ClubChamps 14:09.73	11/10/15 ClubChamps 14:36.25	12/10/14 ClubChamps 14:15.37	20/10/13 ClubChamps 14:04.48
1500 Free	15/10/23 ClubChamps 29:00.12	09/10/22 ClubChamps 28:28.59	22/09/19 ClubChamps 27:17.60	23/09/18 ClubChamps 26:26.78	24/09/17 ClubChamps 27:17.68	25/09/16 ClubChamps 28:29.90	27/09/15 ClubChamps 27:57.98	28/09/14 ClubChamps 27:54.59

Stella Lee

	Latest							Oldest
50 Fly	11/11/23 ClubChamps 0:54.92	10/06/23 JFLWisbech 0:53.93	19/05/23 ColourGala 1:01.63	13/05/23 JFLMildnhll 0:54.96	11/03/23 JFLMildnhll 0:58.56			
50 Back	09/09/23 SFLNewmrkt 0:51.28	10/06/23 JFLWisbech 0:54.47	19/05/23 ColourGala 0:59.53	11/03/23 JFLMildnhll 0:55.73				
50 Breast	09/09/23 SFLNewmrkt 0:55.26	17/06/23 DaveRobinson 0:58.03	10/06/23 JFLWisbech 0:58.79	19/05/23 ColourGala 1:01.27	13/05/23 JFLMildnhll 0:58.20	11/03/23 JFLMildnhll 1:01.66	19/11/22 ClubChamps 1:02.69	
50 Free	11/11/23 ClubChamps 0:42.64	09/09/23 SFLNewmrkt 0:44.22	17/06/23 DaveRobinson 0:48.17	10/06/23 JFLWisbech 0:45.21	03/06/23 WestSuff 0:46.14	19/05/23 ColourGala 0:51.87	01/10/22 WestSuff 0:52.56	
100 Fly								
100 Back								
100 Breast	11/11/23 ClubChamps 1:58.03	29/09/23 ClubChampsLD ^(ST) 1:52.99	03/06/23 WestSuff 2:04.35					
100 Free	19/11/22 ClubChamps 1:48.55	01/10/22 WestSuff 2:02.18						
100 IM	03/06/23 WestSuff 1:50.00	20/11/22 ClubChamps 2:07.10						
200 Fly								
200 Back								
200 Breast	27/01/24 SuffCounty 3:51.16	29/09/23 ClubChamps 3:53.29						
200 Free	20/10/23 ClubChampsLD ^(ST) 3:41.27	15/10/23 ClubChampsLD ^(ST) 3:56.56						
200 IM								
400 IM								
400 Free	20/10/23 ClubChamps 7:24.75	15/10/23 ClubChampsLD ^(ST) 8:06.58						
800 Free	22/10/23 ClubChamps 16:15.82	15/10/23 ClubChampsLD ^(ST) 16:34.55						
1500 Free	15/10/23 ClubChamps 31:12.58							

Trystin Scheving

	<i>Latest</i>							<i>Oldest</i>
50 Fly	20/01/24 SuffCounty 0:32.74	02/12/23 NewmrktOpen 0:33.55	10/09/23 Nifty50s 0:32.69	02/07/23 Cambridge 0:33.06	19/05/23 ColourGala 0:32.21	21/01/23 SuffCounty 0:32.84	03/12/22 NewmrktOpen 0:35.74	12/11/22 ClubChamps 0:35.11
50 Back	28/01/24 SuffCounty 0:33.14	03/12/23 NewmrktOpen 0:33.68	18/11/23 ClubChamps 0:33.53	10/09/23 Nifty50s 0:33.69	02/07/23 Cambridge 0:33.53	19/05/23 ColourGala 0:35.07	04/12/22 NewmrktOpen 0:36.37	19/11/22 ClubChamps 0:36.84
50 Breast	03/12/23 NewmrktOpen 0:39.75	18/11/23 ClubChamps 0:40.46	10/09/23 Nifty50s 0:40.01	19/05/23 ColourGala 0:42.80	04/12/22 NewmrktOpen 0:43.20	19/11/22 ClubChamps 0:43.09	17/09/22 JFLMildnhll 0:43.61	09/07/22 JFLHunting 0:46.44
50 Free	27/01/24 SuffCounty 0:27.91	11/11/23 ClubChamps 0:28.05	10/09/23 Nifty50s 0:28.51	19/05/23 ColourGala 0:29.51	28/01/23 SuffCounty 0:29.16	04/12/22 NewmrktOpen 0:30.27	12/11/22 ClubChamps 0:29.88	08/07/22 ColourGala 0:32.06
100 Fly	28/01/24 SuffCounty 1:14.12	03/12/23 NewmrktOpen 1:16.03	18/11/23 ClubChamps 1:15.84	09/09/23 SFLNewmrkt 1:19.30	19/11/22 ClubChamps 1:23.91	12/06/22 WestSuff 1:24.26		
100 Back	02/12/23 NewmrktOpen 1:13.66	03/12/22 NewmrktOpen 1:19.27	12/11/22 ClubChamps 1:20.36	19/03/22 NewmrktOpen 1:28.63				
100 Breast	02/12/23 NewmrktOpen 1:31.34	17/06/23 DaveRobinson 1:30.49	03/12/22 NewmrktOpen 1:36.22	12/11/22 ClubChamps 1:35.99	19/03/22 NewmrktOpen 1:46.40			
100 Free	20/01/24 SuffCounty 1:02.64	03/12/23 NewmrktOpen 1:03.39	18/11/23 ClubChamps 1:02.02	02/07/23 Cambridge 1:03.92	17/06/23 DaveRobinson 1:02.57	21/01/23 SuffCounty 1:04.77	04/12/22 NewmrktOpen 1:07.35	19/11/22 ClubChamps 1:06.13
100 IM	27/01/24 SuffCounty 1:12.59	03/12/23 NewmrktOpen 1:14.98	19/11/23 ClubChamps 1:13.50	10/09/23 Nifty50s 1:15.35	04/12/22 NewmrktOpen 1:18.54	20/11/22 ClubChamps 1:19.89	12/06/22 WestSuff 1:23.74	11/06/22 JFLNewmrkt 1:23.35
200 Fly								
200 Back	04/12/22 NewmrktOpen 2:52.81	23/09/22 ClubChamps 2:52.86	06/05/22 TimeTrial 3:05.58					
200 Breast	30/09/22 ClubChamps 3:29.83	17/07/22 Cambridge 3:31.80						
200 Free	03/12/23 NewmrktOpen 2:24.42	13/10/23 ClubChamps 2:21.07	02/07/23 Cambridge 2:24.94	04/12/22 NewmrktOpen 2:30.21	17/07/22 Cambridge 2:31.59	06/05/22 TimeTrial 2:41.16	20/03/22 NewmrktOpen 2:44.03	
200 IM	28/01/24 SuffCounty 2:40.78	02/12/23 NewmrktOpen 2:44.29	19/11/23 ClubChamps 2:38.82	02/07/23 Cambridge 2:44.99	03/12/22 NewmrktOpen 2:50.01	20/11/22 ClubChamps 2:49.60	19/03/22 NewmrktOpen 3:04.85	
400 IM	17/09/23 ClubChamps 5:59.78							
400 Free	22/10/23 ClubChampsLD ^(ST) 5:25.72	21/10/22 ClubChamps 5:26.42	19/03/22 NewmrktOpen 5:43.19					
800 Free	13/01/24 SuffCountyLD ^(CT) 11:05.97	22/10/23 ClubChamps 10:52.44	23/10/22 ClubChamps 11:36.63					
1500 Free	14/01/24 SuffCountyLD ^(CT) 21:37.50	15/10/23 ClubChamps 21:01.13						

Tyler Baxter

	Latest							Oldest
50 Fly	10/03/24 NewmrktOpen 0:29.79	20/01/24 SuffCounty 0:28.84	16/12/23 StwmrktOpen 0:28.84	10/09/23 Nifty50s 0:29.53	19/05/23 ColourGala 0:29.07	21/01/23 SuffCounty 0:30.80	25/09/22 NewmrktOpen 0:31.92	08/07/22 ColourGala 0:32.27
50 Back	10/03/24 NewmrktOpen 0:30.17	28/01/24 SuffCounty 0:30.57	16/12/23 StwmrktOpen 0:30.57	18/11/23 ClubChamps 0:30.55	10/09/23 Nifty50s 0:31.03	19/05/23 ColourGala 0:31.12	05/03/23 NewmrktOpen 0:31.19	26/02/23 SuffMasters 0:31.47
50 Breast	18/11/23 ClubChamps 0:36.19	19/05/23 ColourGala 0:35.45	26/02/23 SuffMasters 0:37.35	19/11/22 ClubChamps 0:36.63	08/07/22 ColourGala 0:38.83	19/03/22 NewmrktOpen 0:40.63	20/11/21 ClubChamps 0:40.79	10/09/21 ColourGala 0:42.42
50 Free	20/05/24 TimeTrial ^(ST) 0:28.43	09/03/24 NewmrktOpen 0:26.77	10/09/23 Nifty50s 0:27.41	01/07/23 Cambridge 0:27.05	19/05/23 ColourGala 0:27.15	05/03/23 NewmrktOpen 0:27.82	26/02/23 SuffMasters 0:27.63	28/01/23 SuffCounty 0:27.20
100 Fly	15/06/24 DaveRobinson 1:04.84	18/11/23 ClubChamps 1:11.11	17/06/23 DaveRobinson 1:08.48	19/11/22 ClubChamps 1:13.06	20/11/21 ClubChamps 1:21.10	16/11/19 ClubChamps 1:42.66	29/06/19 SuffDevelop 1:44.54	08/03/19 TimeTrial 1:47.40
100 Back	17/06/23 DaveRobinson 1:05.73	12/11/22 ClubChamps 1:08.72	19/03/22 NewmrktOpen 1:12.65	30/01/22 SuffCounty 1:13.60	13/11/21 ClubChamps 1:14.53	09/11/19 ClubChamps 1:26.91	13/04/19 NewmrktOpen 1:32.79	22/03/19 TimeTrial 1:30.65
100 Breast	13/11/21 ClubChamps 1:31.82	09/11/19 ClubChamps 1:48.13	29/03/19 TimeTrial 1:56.19	10/11/18 ClubChamps 1:52.10	11/11/17 ClubChamps 2:28.06			
100 Free	15/06/24 DaveRobinson 0:58.11	20/05/24 TimeTrial 0:59.78	18/11/23 ClubChamps 1:01.16	17/06/23 DaveRobinson 1:01.10	19/11/22 ClubChamps 1:00.93	20/11/21 ClubChamps 1:08.49	23/10/21 SuffDevelop 1:10.99	16/11/19 ClubChamps 1:20.87
100 IM	19/11/23 ClubChamps 1:07.82	26/02/23 SuffMasters 1:09.68	28/01/23 SuffCounty 1:09.06	20/11/22 ClubChamps 1:09.89	25/09/22 NewmrktOpen 1:11.90	21/11/21 ClubChamps 1:15.50	14/03/20 JFLBSEdmunds 1:27.13	17/11/19 ClubChamps 1:30.66
200 Fly	15/09/23 ClubChamps 2:45.11	06/12/21 ClubChampsLD 3:12.88	20/09/19 ClubChamps 3:41.54	21/09/18 ClubChamps 4:19.40				
200 Back	22/09/23 ClubChamps 2:27.38	23/09/22 ClubChamps 2:31.97	06/02/22 SuffCounty 2:37.52	03/12/21 ClubChampsLD 2:40.53	23/10/21 SuffDevelop 2:47.75	27/09/19 ClubChamps 3:09.15	30/06/19 SuffDevelop 3:02.31	03/05/19 TimeTrial 3:15.77
200 Breast	28/11/21 ClubChampsLD 3:14.85	12/10/18 ClubChamps 4:00.13	25/05/18 TimeTrial 4:24.46					
200 Free	06/10/22 ClubChamps 2:16.15	30/01/22 SuffCounty 2:29.89	26/11/21 ClubChampsLD 2:29.59	23/10/21 SuffDevelop 2:34.12	22/02/19 TimeTrial 3:00.06	19/10/18 ClubChamps 3:10.85	27/04/18 TimeTrial 3:25.74	02/03/18 TimeTrial 3:49.67
200 IM	19/11/23 ClubChamps 2:33.74	20/11/22 ClubChamps 2:38.94	17/11/19 ClubChamps 3:24.46					
400 IM	17/09/23 ClubChamps 5:26.57	18/09/22 ClubChamps 5:36.17						
400 Free	21/10/22 ClubChamps 5:02.50	10/12/21 ClubChampsLD 5:15.84	13/04/19 NewmrktOpen 6:17.85	26/10/18 ClubChamps 6:41.44	20/07/18 TimeTrial 7:26.09			
800 Free	23/10/22 ClubChamps 10:39.74							
1500 Free	09/10/22 ClubChamps 20:29.79	22/09/19 ClubChamps 25:14.43						

Wendy Airey

	<i>Latest</i>							<i>Oldest</i>
50 Fly	10/09/21 ColourGala 0:44.94	10/11/18 ClubChamps 0:43.50	24/06/18 InterClubTT 0:45.02	18/02/18 SudMasters 0:44.63	11/11/17 ClubChamps 0:44.49	01/10/17 ERMasters 0:45.60	12/11/16 ClubChamps 0:44.77	01/10/16 NewmrktMstrs 0:43.82
50 Back	10/09/21 ColourGala 0:52.44	30/09/18 ERMasters 0:45.61	24/06/18 InterClubTT 0:48.75	18/02/18 SudMasters 0:45.49	18/11/17 ClubChamps 0:44.77	01/10/17 ERMasters 0:45.06	19/11/16 ClubChamps 0:47.73	01/10/16 NewmrktMstrs 0:48.72
50 Breast	10/09/21 ColourGala 0:53.32	19/11/16 ClubChamps 0:52.12	01/10/16 NewmrktMstrs 0:52.54	24/04/16 NewmrktMstrs 0:51.99	21/11/15 ClubChamps 0:50.21	15/11/14 ClubChamps 0:54.27		
50 Free	20/11/22 ClubChamps 0:36.35	21/11/21 ClubChamps 0:36.20	10/09/21 ColourGala 0:38.69	17/11/19 ClubChamps 0:35.25	18/11/18 ClubChamps 0:35.21	10/11/18 ClubChamps 0:34.81	30/09/18 ERMasters 0:35.18	24/06/18 InterClubTT 0:35.26
100 Fly	16/09/22 ClubChampsLD ^(ST) 1:59.90	27/04/18 TimeTrial 1:41.82	18/02/18 SudMasters 1:45.19	18/11/17 ClubChamps 1:45.48	21/11/15 ClubChamps 1:57.73			
100 Back	10/11/18 ClubChamps 1:46.06	11/11/17 ClubChamps 1:46.20	01/10/17 ERMasters 1:42.67	12/11/16 ClubChamps 1:46.90	14/05/16 TimeTrial 1:56.58			
100 Breast	02/10/22 ERMasters 1:59.11	12/11/16 ClubChamps 1:55.40	01/10/16 NewmrktMstrs 1:59.50	07/02/16 SudMasters 1:52.71	14/11/15 ClubChamps 1:53.93	26/04/15 NewmrktMstrs 2:00.93		
100 Free	20/05/24 TimeTrial 1:28.82	15/04/18 TimeTrial 1:19.83	18/11/17 ClubChamps 1:21.87	01/10/17 ERMasters 1:25.01	19/11/16 ClubChamps 1:24.54	01/10/16 NewmrktMstrs 1:26.11	24/04/16 NewmrktMstrs 1:25.07	07/02/16 SudMasters 1:31.17
100 IM	24/06/18 InterClubTT 1:44.99	19/11/17 ClubChamps 1:35.26	01/10/17 ERMasters 1:39.95	20/11/16 ClubChamps 1:40.84	14/05/16 TimeTrial 1:39.85	22/11/15 ClubChamps 1:42.52	16/11/14 ClubChamps 1:45.34	
200 Fly	16/09/22 ClubChamps 4:18.95	20/09/19 ClubChamps 4:03.53	22/09/17 ClubChamps 4:24.81					
200 Back	28/09/18 ClubChamps 3:53.25	29/09/17 ClubChamps 3:45.89	02/10/15 ClubChamps 4:14.06					
200 Breast	18/10/15 ClubChamps 4:05.70	17/10/14 ClubChamps 4:30.94						
200 Free	19/10/18 ClubChamps 3:04.82	20/10/17 ClubChamps 3:12.65	21/10/16 ClubChamps 3:14.13	24/04/16 NewmrktMstrs 3:24.67	30/10/15 ClubChamps 3:28.26	31/10/14 ClubChamps 3:27.97		
200 IM	18/02/18 SudMasters 3:36.11	19/11/17 ClubChamps 3:57.80	14/05/16 TimeTrial 4:00.80					
400 IM	18/09/22 ClubChamps 8:16.64	27/10/19 ClubChamps 8:24.87	29/10/17 ClubChamps 8:08.20					
400 Free	10/12/21 ClubChampsLD 7:02.72	30/09/18 ERMasters 6:56.85	22/10/17 ClubChamps 7:11.72	23/10/16 ClubChamps 7:24.78				
800 Free	23/09/18 ClubChamps 14:39.97	24/09/17 ClubChamps 15:23.81						
1500 Free	15/10/17 ClubChamps 30:18.69							

Abbreviation	Gala / Event
B&P	Bussens & Parkins Gala - Mildenhall
Barracudas	Barracudas
BarodsEFSL	Barracudas - European Forces Swimming League
Cambridge	Cambridge Open Meet
ColchrOpen	Colchester Open
ClubChamps	Mildenhall Club Championships
ClubChampsLD	Long Distance Mildenhall Club Championships (Unlicenced)
ColourGala	Mildenhall Colour Gala
DaveRobinson	Dave Robinson Memorial Gala - Mildenhall
Diss	Diss Gala
DissOpen	Diss Open Meet
EastReg	East Region Championships
EastRegPara	East Region Para-Swimming Championships
ERMasters	East Region Masters
EuroMasters	European Masters
FenlandOpen	Fenland Open Meet - Whittlesea
Huntingdon	Huntington Gala
Iceni	Iceni Open Meet
InterClubTT	Inter-Club Time Trial
Ipswich	Ipswich Gala / Open Meet
JFL	Junior Fenland League
JFLBedford	Junior Fenland League - Bedford
JFLBSEdmunds	Junior Fenland League - Bury St. Edmunds
JFLBoston	Junior Fenland League - Boston
JFLCambr	Junior Fenland League - Cambridge
JFLDeepings	Junior Fenland League - Deepings
JFLHunting	Junior Fenland League - Huntingdon
JFLMarch	Junior Fenland League - March
JFLKingsLynn	Junior Fenland League - Kings Lynn
JFLMildnhil	Junior Fenland League - Mildenhall
JFLNewmrkt	Junior Fenland League - Newmarket
JFLPeterb	Junior Fenland League - Peterborough
JFLStves	Junior Fenland League - St. Ives
JFLThetford	Junior Fenland League - Thetford
JFLWhittlesey	Junior Fenland League - Whittlesey
JFLWisbech	Junior Fenland League - Wisbech
JKHNovice	JKH Drainage Novice Gala - Mildenhall
Larking	Larking on the Lark Gala - Mildenhall
LonRegPara	London Region Para-Swimming Championships
NationalCounty	National County Teams
NationalMstrs	National Masters Championships
NationalPara	National Para-Swimming Championships
NatJunPara	National Junior Para-Swimming Championships
NewmrktCC	Newmarket Club Championships
NewmrktGala	Newmarket Gala
NewmrktOpen	Newmarket Open Meet
NewmrktMstrs	Newmarket Masters
Nifty50s	Thetford Nifty 50s
NorffMasters	Norfolk Masters
Norwich	Norwich Open Meet
PeterbrOpen	Peterborough Open Meet
RPValves	R P Valves Gala
RichardShaw	Richard Shaw Memorial Gala - March
Saxons	Saxons Gala
SFL	Senior Fenland League
SFLCambr	Senior Fenland League - Cambridge
SFLDiss	Senior Fenland League - Diss
SFLNewmrkt	Senior Fenland League - Newmarket
SFLPeterb	Senior Fenland League - Peterborough
SFLStves	Senior Fenland League - St. Ives
SFLThetford	Senior Fenland League - Thetford
SFLWhittisy	Senior Fenland League - Whittlesey
SFLWisbech	Senior Fenland League - Wisbech
StFelixLDQ	St. Felix Long Distance Qualifier
StwmrktOpen	Stowmarket Gala / Open Meet
Sudbury	Sudbury Gala
SudburyLC	Sudbury Last Chance
SudMasters	Sudbury Masters
SuffCounty	Suffolk County Championships
SuffCountyLD	Suffolk County Long Distance Championships
SuffDevelop	Suffolk Development Championships
SuffSchool	Suffolk School Championships
SuffMasters	Suffolk Masters
SuffSwmabily	Suffolk Swimability Meet (Lowestoft)
ThetfordOpen	Thetford Open Meet
TimeTrial	Mildenhall Time Trials
WendyRead	Wendy Read Novice Gala - Mildenhall
WestRowC	West Row Coaches Gala - Mildenhall
WestNorf	West Norfolk Open Meet (Kings Lynn)
WestSuff	West Suffolk Open Meet (Bury St. Edmunds)
WestSuffMstrs	West Suffolk Masters (Bury St. Edmunds)
WL	Winter League Gala
WLBungay	Winter League - Bungay
WLDeben	Winter League - Deben
WLFelixstow	Winter League - Felixstowe
WLpswich	Winter League - Ipswich
WLNwmrkt	Winter League - Newmarket
WLStwmrkt	Winter League - Stowmarket
WLSudbury	Winter League - Sudbury
WLThetford	Winter League - Thetford

Abbreviation	Meaning
ST	Split Time (split time from longer race)
CT	Converted Time (from 50m pool)