

Masters Female Long Course (50m) Records



Swim England
East Midlands

Records set in 2024

Womens 50m Freestyle

| | | | | | |
|-------|----------------------|-------------------------|-------|------------------|--------|
| 18-24 | Aimee Ramm | Loughborough University | 27.14 | Manchester | Jun-06 |
| 25-29 | Darcy Deakin | Nottingham Leander | 28.46 | Swansea | Apr-24 |
| 30-34 | S.Eames | Nottingham | 27.97 | Sheffield | Apr-96 |
| 35-39 | Helen Akers | Long Eaton | 28.79 | Perth, Australia | Apr-08 |
| 40-44 | Aimee Ramm | Loughborough Town | 28.56 | Derby | Dec-23 |
| 45-49 | Helen Gorman | Long Eaton | 29.02 | Aberdeen | Jun-17 |
| 50-54 | Lindsey Gowland | Etwall Eagles | 30.23 | Cardiff | Jun-09 |
| 55-59 | Lindsey Gowland | Etwall Eagles | 30.92 | London | May-16 |
| 60-64 | Lindsey Gowland | Etwall Eagles | 30.47 | Aberdeen | Jun-17 |
| 65-69 | Kathleen Tunnicliffe | Etwall Eagles | 34.33 | Budapest | Aug-17 |
| 70-74 | Mary Holland | Long Eaton | 39.14 | London | May-16 |
| 75-79 | Mary Holland | Long Eaton | 45.08 | Moorways | Apr-24 |
| 80-84 | To be established | | | | |

Womens 100m Freestyle

| | | | | | |
|-------|----------------------|-------------------------|---------|------------------|--------|
| 18-24 | Aimee Ramm | Loughborough University | 58.19 | Manchester | Jun-06 |
| 25-29 | Aimee Ramm | Loughborough University | 57.71 | Manchester | Jun-08 |
| 30-34 | Rebecca Fox | Long Eaton | 1.00.10 | Leeds | Jun-11 |
| 35-39 | Helen Akers | Long Eaton | 1.03.55 | Perth, Australia | Apr-08 |
| 40-44 | Aimee Ramm | Loughborough Town | 1.02.84 | Derby | Dec-23 |
| 45-49 | Helen Gorman | Long Eaton | 1.03.02 | Aberdeen | Jun-17 |
| 50-54 | Lindsey Gowland | Etwall Eagles | 1.07.05 | Cardiff | Jun-09 |
| 55-59 | Val Thorp | City of Derby | 1.14.31 | Cardiff | Jun-09 |
| 60-64 | Lindsey Gowland | Etwall Eagles | 1.11.55 | Aberdeen | Jun-17 |
| 65-69 | Kathleen Tunnicliffe | Etwall Eagles | 1.18.93 | Aberdeen | Jun-17 |
| 70-74 | Valerie Thorp | Derby Excel | 1.31.38 | Sheffield | Jun-23 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 200m Freestyle

| | | | | | |
|-------|-------------------|-------------------------|---------|-----------------|--------|
| 18-24 | Lisa Dargavel | Loughborough University | 2.11.09 | Manchester | Jun-06 |
| 25-29 | Aisha Thorton | Loughborough University | 2.05.41 | London | May-16 |
| 30-34 | Rebecca Fox | Long Eaton | 2.12.06 | Leeds | Jun-11 |
| 35-39 | Helen Akers | Long Eaton | 2.19.06 | Cadiz | Sep-09 |
| 40-44 | Nicola Latty | Oundle & District | 2.22.33 | Sheffield | May-12 |
| 45-49 | Helen Akers | Long Eaton | 2.31.82 | Sheffield | Apr-16 |
| 50-54 | Jeanne Petit | Leicester Penguins | 2.38.82 | Derby | Dec-22 |
| 55-59 | Karen Jennings | Spondon Masters | 2.38.33 | Riccione, Italy | Jun-12 |
| 60-64 | Elaine Seager | Loughborough Town | 2.46.53 | Gloucester | May-24 |
| 65-69 | Mary Holland | Long Eaton | 3.24.39 | Manchester | Jun-15 |
| 70-74 | Valerie Thorp | Derby Excel | 3.21.74 | Swansea | Apr-24 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 400m Freestyle

| | | | | | |
|-------|-------------------|---------------------|---------|-----------------|--------|
| 18-24 | Diane Lee | Buxton & District | 5.12.71 | Sheffield | Feb-08 |
| 25-29 | Sophie Casson | Loughborough Uni | 4.18.62 | Leeds | Jun-11 |
| 30-34 | Katherine Vines | Calverton & Bingham | 5.11.16 | Sheffield | Feb-07 |
| 35-39 | Nicola Latty | Oundle & District | 4.51.52 | Sheffield | Feb-08 |
| 40-44 | Julie Gibson | Etwall Eagles | 5.03.84 | Manchester | Jun-08 |
| 45-49 | Nicola Latty | Nene Valley | 4.50.35 | London | May-16 |
| 50-54 | Karen Jennings | Spondon Masters | 5.23.56 | Sheffield | Feb-09 |
| 55-59 | Karen Jennings | Spondon Masters | 5.25.71 | Sheffield | May-12 |
| 60-64 | Elaine Seager | Loughborough Town | 6.00.70 | Derby | Dec-23 |
| 65-69 | Mary Holland | Long Eaton | 7.01.91 | Riccione, Italy | Jun-12 |
| 70-74 | Valerie Thorp | Derby Excel | 6.53.81 | Sheffield | Jun-23 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 800m Freestyle

| | | | | | |
|-------|-------------------|--------------------------|----------|------------------|--------|
| 18-24 | To be established | | | | |
| 25-29 | Sophie Casson | Loughborough Uni | 8.52.65 | Leeds | Jun-11 |
| 30-34 | Amie Garforth | City of Lincoln Pentaqua | 11.00.66 | Derby | Dec-23 |
| 35-39 | Nicola Latty | Oundle & District | 10.03.74 | Perth, Australia | Apr-08 |
| 40-44 | Nicola Latty | Oundle & District | 10.12.02 | Sheffield | May-12 |
| 45-49 | Angela Guilfoyle | Ilkeston | 10.52.96 | Manchester | Jun-15 |
| 50-54 | Elaine Seager | Loughborough | 11.17.20 | London | May-16 |
| 55-59 | Karen Jennings | Spondon Masters | 11.17.05 | Sheffield | May-12 |
| 60-64 | Elaine Seager | Loughborough Town | 12.12.44 | Sheffield | Jun-23 |
| 65-69 | Janet Briggs | Etwall Eagles | 15.07.02 | Derby | Apr-24 |
| 70-74 | Valerie Thorp | Derby Excel | 14.11.63 | Sheffield | Jun-23 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 1500m Freestyle

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|-------|-------------------|--------------------------|----------|------------|--------|
| 18-24 | Laura Collins | Northampton | 23.32.59 | Leeds | Jun-11 |
| 25-29 | Helen Hanscombe | City of Leicester | 20.01.70 | Manchester | Jun-07 |
| 30-34 | Amie Garforth | City of Lincoln Pentaqua | 21.04.54 | Derby | Dec-23 |
| 35-39 | Helen Rolle | Etwall Eagles | 21.28.15 | Sheffield | May-12 |
| 40-44 | Nicola Latty | Oundle & District | 19.38.92 | Leeds | Jun-11 |
| 45-49 | Karen Jennings | Spondon Masters | 22.06.43 | Manchester | Jun-06 |
| 50-54 | Elaine Seager | Loughborough | 21.30.52 | Plymouth | Jun-13 |
| 55-59 | Elaine Seager | Loughborough | 21.47.44 | Swansea | Mar-18 |
| 60-64 | Elaine Seager | Loughborough Town | 23.12.00 | Sheffield | Jun-23 |
| 65-69 | Jeanette Been | City of Lincoln Pentaqua | 30.02.44 | Aberdeen | Jun-17 |
| 70-74 | Valerie Thorp | Derby Excel | 26.57.53 | Swansea | Apr-24 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 50m Backstroke

| | | | | | |
|-------|----------------------|---------------------|-------|------------|--------|
| 18-24 | Rebecca Cole | Loughborough Uni | 30.76 | Swansea | Jun-14 |
| 25-29 | Katie Loker | Calverton & Bingham | 33.37 | Sheffield | May-12 |
| 30-34 | Rebecca Milnes | Nottingham Leander | 33.64 | London | May-16 |
| 35-39 | Victoria Reading | Northampton | 31.05 | Swansea | Apr-24 |
| 40-44 | Jaq Mann | Etwall Eagles | 34.41 | Sheffield | Apr-16 |
| 45-49 | Bernice Wilson | Spondon Masters | 36.47 | Manchester | Jun-06 |
| 50-54 | Lydia Anne Lock | Leicester Penguins | 34.89 | Swansea | Jun-19 |
| 55-59 | Lindsey Gowland | Etwall Eagles | 39.35 | Plymouth | Jun-13 |
| 60-64 | Kathleen Tunnicliffe | Etwall Eagles | 38.72 | Sheffield | May-12 |
| 65-69 | Kathleen Tunnicliffe | Etwall Eagles | 39.44 | Aberdeen | Jun-17 |
| 70-74 | To be established | | | | |
| 75-79 | Mary Holland | Long Eaton | 54.69 | Moorways | Apr-24 |
| 80-84 | To be established | | | | |

Womens 100m Backstroke

| | | | | | |
|-------|----------------------|---------------------|---------|-----------------|--------|
| 18-24 | Rebecca Cole | Loughborough Uni | 1.07.32 | Swansea | Jun-14 |
| 25-29 | Katie Loker | Calverton & Bingham | 1.10.89 | Sheffield | May-12 |
| 30-34 | Katie Loker | Calverton & Bingham | 1.14.51 | Sheffield | Apr-16 |
| 35-39 | Victoria Reading | Northampton | 1.06.66 | Swansea | Apr-24 |
| 40-44 | Jaq Mann | Etwall Eagles | 1.15.62 | Sheffield | Apr-16 |
| 45-49 | Lydia Anneka Lock | Leicester Penguins | 1.16.47 | London | May-16 |
| 50-54 | Lydia Anne Lock | Leicester Penguins | 1.14.00 | Swansea | Jun-19 |
| 55-59 | Lesley Wilde | Nottingham Leander | 1.23.11 | London | May-16 |
| 60-64 | Kathleen Tunnicliffe | Etwall Eagles | 1.25.24 | Riccione, Italy | Jun-12 |
| 65-69 | Kathleen Tunnicliffe | Etwall Eagles | 1.28.95 | Budapest | Aug-17 |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 200m Backstroke

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|-------|----------------------|--------------------|---------|------------|--------|
| 18-24 | Rebecca Cole | Loughborough Uni | 2.24.21 | Swansea | Jun-14 |
| 25-29 | Sophie Casson | Loughborough Uni | 2.17.56 | Leeds | Jun-11 |
| 30-34 | S Garrett | Nottingham | 2.31.03 | Sheffield | Jan-06 |
| 35-39 | Victoria Reading | Northampton | 2.27.56 | Swansea | Apr-24 |
| 40-44 | Julie Gibson | Etwall Eagles | 2.48.09 | Manchester | Jun-08 |
| 45-49 | Bernice Wilson | Spondon Masters | 2.50.57 | Manchester | Jun-06 |
| 50-54 | Lydia Anne Lock | Leicester Penguins | 2.47.37 | Swansea | Jun-19 |
| 55-59 | Lesley Wilde | Nottingham Leander | 3.00.95 | London | May-16 |
| 60-64 | Kathleen Tunnicliffe | Etwall Eagles | 3.10.13 | Sheffield | May-12 |
| 65-69 | Kathleen Tunnicliffe | Etwall Eagles | 3.15.95 | Budapest | Aug-17 |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 50m Breaststroke

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|-------|-------------------|-------------------------|-------|-----------------|--------|
| 18-24 | Rachel Hares | Loughborough University | 34.83 | Manchester | Jun-06 |
| 25-29 | Jodie Barber | Northampton | 36.51 | London | May-16 |
| 30-34 | Louise Henley | RAF | 34.21 | Kranj, Slovenia | Sep-18 |
| 35-39 | Karen Kay | Northampton | 34.63 | Riccione, Italy | Jun-12 |
| 40-44 | Helen Gorman | Long Eaton | 34.81 | Manchester | Jun-15 |
| 45-49 | Helen Gorman | Long Eaton | 34.90 | Aberdeen | Jun-17 |
| 45-49 | Sharon Lock | Melton Mowbray | 37.70 | London | May-16 |
| 50-54 | Hayley Bird | Leicester Penguins | 38.12 | Swansea | Jun-19 |
| 55-59 | Jennifer Merritt | Spondon Masters | 40.17 | Manchester | Jun-06 |
| 60-64 | Lindsey Gowland | Etwall Eagles | 42.19 | Aberdeen | Jun-17 |
| 65-69 | Jennifer Merritt | Spondon Masters | 43.01 | Sheffield | Apr-16 |
| 70-74 | Valerie Thorp | Derby Excel | 56.71 | Derby | Apr-24 |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 100m Breaststroke

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|-------|--------------------|-------------------------|---------|------------------|--------|
| 18-24 | Rachel Hares | Loughborough University | 1.16.94 | Manchester | Jun-06 |
| 25-29 | Christine Hawkrigg | City of Derby | 1.22.46 | Sheffield | Feb-07 |
| 30-34 | Louise Henley | RAF | 1.12.87 | Kranj, Slovenia | Sep-18 |
| 35-39 | Karen Key | Northampton | 1.16.43 | Riccione, Italy | Jun-12 |
| 40-44 | Helen Gorman | Long Eaton | 1.14.71 | Montreal, Canada | Aug-14 |
| 45-49 | Helen Gorman | Long Eaton | 1.16.83 | Budapest | Aug-17 |
| 50-54 | Hayley Bird | Leicester Penguins | 1.24.37 | Swansea | Jun-19 |
| 55-59 | Jennifer Merritt | Spondon Masters | 1.27.40 | Manchester | Jun-06 |
| 60-64 | Jennifer Merritt | Spondon Masters | 1.31.59 | Leeds | Jun-11 |
| 65-69 | Jennifer Merritt | Spondon Masters | 1.34.87 | Sheffield | Apr-16 |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 200m Breaststroke

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|-------|-------------------|-------------------|---------|------------------|--------|
| 18-24 | Claire Foster | Oundle & District | 3.00.92 | Manchester | Jun-06 |
| 25-29 | Claire Foster | Oundle & District | 2.57.24 | Perth, Australia | Apr-08 |
| 30-34 | Karen Jackson | Northampton | 2.51.56 | Manchester | Jun-06 |
| 35-39 | Karen Key | Northampton | 2.46.59 | Sheffield | May-12 |
| 40-44 | Helen Gorman | Long Eaton | 2.42.90 | Montreal, Canada | Aug-14 |
| 45-49 | Helen Gorman | Long Eaton | 2.46.96 | Swansea | Mar-17 |
| 50-54 | Jennifer Merritt | Spondon Masters | 3.05.79 | Glasgow | Jun-01 |
| 55-59 | Jennifer Merritt | Spondon Masters | 3.09.28 | Swansea | Mar-06 |
| 60-64 | Jennifer Merritt | Spondon Masters | 3.19.08 | Riccione, Italy | Jun-12 |
| 65-69 | Jennifer Merritt | Spondon Masters | 3.23.63 | Sheffield | Apr-16 |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 50m Butterfly

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|-------|-------------------|-------------------------|-------|--------------------|--------|
| 18-24 | Aimee Ramm | Loughborough University | 28.49 | Manchester | Jun-06 |
| 25-29 | Kirsty Durose | Belper Marlin | 30.40 | Swansea | Jun-19 |
| 30-34 | Rebecca Fox | Long Eaton | 29.81 | Gothenburg, Sweden | Aug-10 |
| 35-39 | Victoria Reading | Northampton | 28.66 | Sheffield | Jun-23 |
| 40-44 | Aimee Ramm | Loughborough Town | 30.44 | Derby | Dec-23 |
| 45-49 | Jeanne Petit | Leicester Penguins | 31.33 | Swansea | Jun-19 |
| 50-54 | Jeanne Petit | Leicester Penguins | 31.63 | Swansea | Feb-20 |
| 55-59 | Lindsey Gowland | Etwall Eagles | 34.30 | London | May-16 |
| 60-64 | Lindsey Gowland | Etwall Eagles | 35.16 | Budapest | Aug-17 |
| 65-69 | Mary Holland | Long Eaton | 46.17 | Riccione, Italy | Jun-12 |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 100m Butterfly

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|-------|-------------------|---------------------|---------|------------|--------|
| 18-24 | Danielle Foster | Melton Mowbray | 1.07.16 | Leeds | Jun-11 |
| 25-29 | Sarah Ryder | Northampton | 1.12.03 | Aberdeen | Jun-17 |
| 30-34 | Maria Kelly | Nottingham Leander | 1.10.70 | Manchester | Jun-06 |
| 35-39 | Victoria Reading | Northampton | 1.05.98 | Sheffield | Jun-23 |
| 40-44 | Julie Gibson | Etwall Eagles | 1.07.91 | Manchester | Jun-08 |
| 45-49 | Jeanne Petit | Leicester Penguins | 1.11.95 | Swansea | Jun-19 |
| 50-54 | Jeanne Petit | Leicester Penguins | 1.13.05 | Swansea | Feb-20 |
| 55-59 | Christine Gillard | Calverton & Bingham | 1.42.46 | Luton | May-13 |
| 60-64 | Christine Gillard | Calverton & Bingham | 1.48.24 | Norwich | May-16 |
| 65-69 | To be established | | | | |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 200m Butterfly

| | | | | | |
|-------|-------------------|-------------------|---------|--------------------|--------|
| 18-24 | To be established | | | | |
| 25-29 | Katie Maloney | Louth | 2.35.47 | Sheffield | Jun-23 |
| 30-34 | Emma Davies | City of Derby | 2.46.71 | Gothenburg, Sweden | Aug-10 |
| 35-39 | Nicola Latty | Oundle & District | 2.27.21 | Kranj, Slovenia | Aug-07 |
| 40-44 | Nicola Latty | Oundle & District | 2.27.20 | Riccione, Italy | Jun-12 |
| 45-49 | Nicola Latty | Nene Valley | 2.34.84 | London | May-16 |
| 50-54 | Elaine Seager | Loughborough | 3.09.61 | Plymouth | Jun-13 |
| 55-59 | Elaine Seager | Loughborough | 3.27.61 | Swansea | Jun-19 |
| 60-64 | Elaine Seager | Loughborough Town | 3.34.19 | Swansea | Apr-24 |
| 65-69 | To be established | | | | |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 200m Ind Medley

| | | | | | |
|--------------|-----------------------------------|---------------------|---------|------------|--------|
| 18-24 | Rebecca Cole | Loughborough Uni | 2.32.85 | Manchester | Jun-15 |
| 25-29 | Katie Loker | Calverton & Bingham | 2.38.55 | Leeds | Jun-11 |
| 30-34 | Helen Rollé | Etwall Eagles | 2.44.72 | Manchester | Jun-08 |
| 35-39 | Nicola Latty | Oundle & District | 2.39.91 | Sheffield | Feb-08 |
| 40-44 | Helen Gorman | Long Eaton | 2.30.33 | Swansea | Jun-14 |
| 45-49 | Helen Gorman | Long Eaton | 2.32.18 | Budapest | Aug-17 |
| 50-54 | Jeanne Petit | Leicester Penguins | 2.56.78 | Derby | Dec-22 |
| 55-59 | Lesley Wilde | Nottingham Leander | 3.04.88 | London | May-16 |
| 60-64 | Christine Gillard | Calverton & Bingham | 3.40.85 | Norwich | May-16 |
| 65-69 | To be established | | | | |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

Womens 400m Ind Medley

| | | | | | |
|--------------|-----------------------------------|---------------------|---------|------------|--------|
| 18-24 | Diane Lee | Buxton & District | 5.36.14 | Sheffield | Feb-07 |
| 25-29 | Katie Loker | Calverton & Bingham | 5.30.81 | Leeds | Jun-11 |
| 30-34 | S Garrett | Nottingham | 5.23.71 | Sheffield | Jun-96 |
| 35-39 | Nicola Latty | Oundle & District | 5.25.87 | Manchester | Jun-07 |
| 40-44 | Nicola Latty | Oundle & District | 5.29.71 | Plymouth | Jun-13 |
| 45-49 | Bryony Wilkes | Loughborough | 6.21.91 | Sheffield | Apr-16 |
| 50-54 | Elaine Seager | Loughborough | 6.27.16 | Manchester | Jun-15 |
| 55-59 | Elaine Seager | Loughborough | 6.41.22 | Swansea | Jun-19 |
| 60-64 | Elaine Seager | Loughborough Town | 6.59.68 | Sheffield | Jun-23 |
| 65-69 | To be established | | | | |
| 70-74 | To be established | | | | |
| 75-79 | To be established | | | | |
| 80-84 | To be established | | | | |

