Masters Female Long Course (50m) Records

Swim England East Midlands

Records set in 2026

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	Jeanne Petit	Leicester Penguins	1.12.75	Derby	Mar-25
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	Mancester	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	Suzanne Hegg	Lincoln Vulcans	2.37.26	Derby	Dec-24
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	Victoria Reading	Northampton	4.56.36	Derby	Dec-25
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	Lydianne Lock	Leicester Penguins	11.09.52	Derby	Dec-24
60-64	Elaine Seager	Loughborough Town	12.12.44	Sheffield	Jun-23
65-69	Janet Briggs	Etwall Eages	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					
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	Janet Briggs	Etwall Eagles	28.30.84	Derby	Mar-25
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	Victoria Reading	Northampton	31.10	Derby	Mar-25
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	Lydia Anne Lock	Loughborough Town	36.33	London	Jun-25
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	Victoria Reading	Northampton	1.06.61	London	Jun-25
45-49	Lydia Anne Lock	Leicester Penguins	1.16.47	London	May-16
50-54	Lydia Anne Lock	Leicester Penguins	1.14.00	Swansea	Jun-19
55-59	Lydia Anne Lock	Loughborough Town	1.19.02	London	Jun-25
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					
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	Victoria Reading	Northampton	2.29.44	Derby	Mar-25
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	Lydia Anne Lock	Leicester Penguins	2.50.70	Derby	Mar-25
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					
18-24	Rachel Hares	Loughborough University	34.83	Manchester	Jun-06
25-29	Ellie Ward	Nottingham Leander	34.74	London	Jun-25
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	Hayley Bird	Leicester Penguins	39.71	Derby	Dec-24
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					
18-24	Rachel Hares	Loughborough University	1.16.94	Manchester	Jun-06
25-29	Ellie Ward	Nottingham Leander	1.18.43	London	Jun-25
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					
18-24	Claire Foster	Oundle & District	3.00.92	Manchester	Jun-06
25-29	Ellie Ward	Nottingham Leander	2.52.59	London	Jun-25
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					
18-24	Aimee Ramm	Loughborough University	28.49	Manchester	Jun-06
25-29	Kirsty Durose	Belper Marlin	30.40	Swnsea	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	Victoria Reading	Northampton	29.02	London	Jun-25
45-49	Jeanne Petit	Leicester Penguins	31.33	Swansea	Jun-19
50-54	Jeanne Petit	Leicester Penguins	31.63	Swansea	Feb-20
55-59	Jeanne Petit	Leicester Penguins	32.89	Derby	Mar-25
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					
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	Victoria Reading	Northampton	1.06.62	London	Jun-25
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	Jeanne Petit	Leicester Penguins	1.18.15	Derby	Mar-25
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	Ellie Ward	Nottingham Leander	2.32.64	London	Jun-25
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	Jeanne Petit	Leicester Penguins	6.37.95	Derby	Mar-25
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				