

**Masters Female Short Course (25m) Records**

Records set in 2026

**Womens 50m Freestyle**

|              |                    |                          |         |                 |        |
|--------------|--------------------|--------------------------|---------|-----------------|--------|
| <b>18-24</b> | Emma Wilkins       | Loughborough University  | 25.29   | Sheffield       | Oct-13 |
| <b>25-29</b> | Amy Smith          | Loughborough University  | 24.73   | Sheffield       | Oct-13 |
| <b>30-34</b> | Rebecca Fox        | Long Eaton               | 27.01   | Sheffield       | Oct-10 |
| <b>35-39</b> | Victoria Reading   | Northampton              | 27.79   | Nottingham      | Nov-22 |
| <b>40-44</b> | Julie Gibson       | Etwall Eagles            | 27.64   | Sheffield       | Oct-09 |
| <b>45-49</b> | Helen Gorman       | Long Eaton               | 28.88   | Gloucester      | Apr-17 |
| <b>50-54</b> | Lindsey Gowland    | Etwall Eagles            | 29.48   | Sheffield       | Oct-08 |
| <b>55-59</b> | Lindsey Gowland    | Etwall Eagles            | 30.05   | Sheffield       | Oct-16 |
| <b>60-64</b> | Lindsey Gowland    | Etwall Eagles            | 30.73   | Sheffield       | Oct-17 |
| <b>65-69</b> | Kath Tunnicliffe   | Etwall Eagles            | 33.33   | Sheffield       | Oct-17 |
| <b>70-74</b> | Mary Holland       | Long Eaton               | 39.12   | Sheffield       | Oct-17 |
| <b>75-79</b> | Rosemary McChesney | City of Derby            | 59.06   | Leamington Spa  | Apr-10 |
| <b>80-84</b> | Sabrina Carr       | City of Lincoln Pentaqua | 1.21.40 | Louth           | Oct-17 |
| <b>85-89</b> | Janet Masters      | Northampton              | 51.58   | Hemel Hempstead | Feb-26 |

**Womens 100m Freestyle**

|              |                   |                         |         |            |        |
|--------------|-------------------|-------------------------|---------|------------|--------|
| <b>18-24</b> | Emma Wilkins      | Loughborough University | 54.70   | Sheffield  | Oct-13 |
| <b>25-29</b> | Amy Smith         | Loughborough University | 54.16   | Sheffield  | Oct-13 |
| <b>30-34</b> | Rebecca Fox       | Long Eaton              | 58.53   | Sheffield  | Oct-10 |
| <b>35-39</b> | Helen Akers       | Long Eaton              | 1.00.12 | Sheffield  | Oct-08 |
| <b>40-44</b> | Julie Gibson      | Etwall Eagles           | 59.82   | Sheffield  | Oct-09 |
| <b>45-49</b> | Helen Gorman      | Long Eaton              | 1.02.37 | Gloucester | Apr-17 |
| <b>50-54</b> | Lindsey Gowland   | Etwall Eagles           | 1.06.72 | Sheffield  | Oct-08 |
| <b>55-59</b> | Lindsey Gowland   | Etwall Eagles           | 1.08.09 | Sheffield  | Oct-13 |
| <b>60-64</b> | Lindsey Gowland   | Etwall Eagles           | 1.10.48 | Gloucetser | Apr-17 |
| <b>65-69</b> | Kath Tunnicliffe  | Etwall Eagles           | 1.20.39 | Sheffield  | Oct-17 |
| <b>70-74</b> | Mary Holland      | Long Eaton              | 1.29.85 | Sheffield  | Oct-16 |
| <b>75-79</b> | To be established |                         |         |            |        |
| <b>80-84</b> | To be established |                         |         |            |        |
| <b>85-89</b> | To be established |                         |         |            |        |

**Womens 200m Freestyle**

|              |                |                         |          |                |        |
|--------------|----------------|-------------------------|----------|----------------|--------|
| <b>18-24</b> | Aisha Thornton | Loughborough University | 1.59.77  | Sheffield      | Oct-13 |
| <b>25-29</b> | Marie Atkinson | Loughborough University | 2.09.30  | Sheffield      | Oct-01 |
| <b>30-34</b> | Rebecca Fox    | Long Eaton              | 2.07.87  | Leamington Spa | May-11 |
| <b>35-39</b> | Helen Akers    | Long Eaton              | 2. 16.84 | Leamington Spa | Apr-09 |
| <b>40-44</b> | Nicola Latty   | Oundle & District       | 2.16.55  | Sheffield      | Oct-14 |
| <b>45-49</b> | Helen Gorman   | Long Eaton              | 2.15.40  | Barnet         | Jul-17 |
| <b>50-54</b> | Lydianne Lock  | Leicester Penguins      | 2.24.21  | Hucknall       | Mar-19 |
| <b>55-59</b> | Lydianne Lock  | Leicester Penguins      | 2.28.06  | Braunstone     | Sep-25 |
| <b>60-64</b> | Pauline Inwood | City of Derby           | 2.53.64  | Sheffield      | Oct-12 |
| <b>65-69</b> | Valerie Thorp  | City of Derby           | 3.16.87  | Sheffield      | Oct-21 |

|              |                                   |                |         |           |        |
|--------------|-----------------------------------|----------------|---------|-----------|--------|
| <b>70-74</b> | Valerie Thorp                     | Derby Excel SC | 3.18.95 | Sheffield | Oct-23 |
| <b>75-79</b> | <a href="#">To be established</a> |                |         |           |        |
| <b>80-84</b> | <a href="#">To be established</a> |                |         |           |        |
| <b>85-89</b> | <a href="#">To be established</a> |                |         |           |        |

| <b>Womens 400m Freestyle</b> |                                   |                         |         |                |        |
|------------------------------|-----------------------------------|-------------------------|---------|----------------|--------|
| <b>18-24</b>                 | Rebecca Shaw                      | Loughborough University | 4.20.16 | Sheffield      | Oct-07 |
| <b>25-29</b>                 | Kirstie Donaldson                 | Etwall Eagles           | 4.44.40 | Sheffield      | Oct-08 |
| <b>30-34</b>                 | Kirstie Forbes                    | Etwall Eagles           | 4.54.42 | Sheffield      | Oct-12 |
| <b>35-39</b>                 | Victoria Reading                  | Northampton             | 4.47.09 | Newmarket      | Apr-22 |
| <b>40-44</b>                 | Nicola Latty                      | Oundle & District       | 4.47.23 | Sheffield      | Oct-14 |
| <b>45-49</b>                 | Elizabeth Simpson                 | Long Eaton              | 5.10.28 | Sheffield      | Nov-17 |
| <b>50-54</b>                 | Karen Jennings                    | Spondon Masters         | 5.09.45 | Sheffield      | Oct-08 |
| <b>55-59</b>                 | Lydianne Lock                     | Leicester Penguins      | 5.14.81 | Gloucester     | Apr-25 |
| <b>60-64</b>                 | Kath Tunnicliffe                  | Etwall Eagles           | 5.44.71 | Leamington Spa | Sep-12 |
| <b>65-69</b>                 | Jennifer Merritt                  | Spondon Masters         | 6.21.98 | Sheffield      | Oct-18 |
| <b>70-74</b>                 | Valerie Thorp                     | Derby Excel SC          | 6.46.07 | Sheffield      | Oct-23 |
| <b>75-79</b>                 | <a href="#">To be established</a> |                         |         |                |        |
| <b>80-84</b>                 | <a href="#">To be established</a> |                         |         |                |        |

| <b>Womens 800m Freestyle</b> |                                   |                          |          |            |        |
|------------------------------|-----------------------------------|--------------------------|----------|------------|--------|
| <b>18-24</b>                 | Aisha Thorton                     | Loughborough University  | 8.36.51  | Sheffield  | Oct-13 |
| <b>25-29</b>                 | Marie Atkinson                    | Loughborough University  | 9.08.09  | Sheffield  | Oct-01 |
| <b>30-34</b>                 | Nicola Latty                      | Oundle & District        | 9.38.44  | Sheffield  | Oct-05 |
| <b>35-39</b>                 | Victoria Reading                  | Northampton              | 9.51.85  | New Market | Sep-24 |
| <b>40-44</b>                 | Lyndsay Roe                       | Kettering ASC            | 10.56.18 | Sheffield  | Oct-25 |
| <b>45-49</b>                 | Bryony Wilkes                     | Loughborough Town        | 10.49.57 | Sheffield  | Oct-17 |
| <b>50-54</b>                 | Karen Jennings                    | Spondon Masters          | 10.40.45 | Sheffield  | Oct-08 |
| <b>55-59</b>                 | Lydianne Lock                     | Loughborough Town        | 10.56.77 | Sheffield  | Oct-25 |
| <b>60-64</b>                 | Elaine Seager                     | Loughborough Town        | 11.59.24 | Sheffield  | Oct-25 |
| <b>65-69</b>                 | Valerie Thorp                     | City of Derby            | 13.54.91 | Sheffield  | Oct-21 |
| <b>70-74</b>                 | Valerie Thorp                     | Derby Excel SC           | 13.59.23 | Sheffield  | Oct-23 |
| <b>75-79</b>                 | <a href="#">To be established</a> |                          |          |            |        |
| <b>80-84</b>                 | Sabina Carr                       | City of Lincoln Pentaqua | 23.06.19 | Sheffield  | Oct-16 |

| <b>Womens 1500m Freestyle</b> |                                   |                         |          |           |        |
|-------------------------------|-----------------------------------|-------------------------|----------|-----------|--------|
| <b>18-24</b>                  | Ameila Moule                      | Loughborough University | 17.38.64 | Sheffield | Oct-21 |
| <b>25-29</b>                  | Marie Atkinson                    | Loughborough University | 17.37.48 | Sheffield | Oct-01 |
| <b>30-34</b>                  | Diane Lee                         | Matlock & District      | 19.33.85 | Sheffield | Oct-19 |
| <b>35-39</b>                  | Nicola Latty                      | Oundle & District       | 18.35.26 | Sheffield | Oct-10 |
| <b>40-44</b>                  | Teresa Walsh                      | Royal Air Force         | 21.12.77 | Sheffield | Oct-07 |
| <b>45-49</b>                  | Angela Guilfoyle                  | Ilkeston                | 20.26.38 | Sheffield | Oct-14 |
| <b>50-54</b>                  | Karen Jennings                    | Spondon Masters         | 20.30.15 | Sheffield | Oct-08 |
| <b>55-59</b>                  | Elaine Seager                     | Loughborough Town       | 21.22.45 | Sheffield | Oct-18 |
| <b>60-64</b>                  | Elaine Seager                     | Loughborough Town       | 22.45.27 | Sheffield | Oct-23 |
| <b>65-69</b>                  | Janet Briggs                      | Etwall Eagles           | 28.00.55 | Sheffield | Oct-25 |
| <b>70-74</b>                  | Valerie Thorp                     | Derby Excel SC          | 26.40.78 | Sheffield | Oct-23 |
| <b>75-79</b>                  | <a href="#">To be established</a> |                         |          |           |        |

|       |                   |  |  |  |  |
|-------|-------------------|--|--|--|--|
| 80-84 | To be established |  |  |  |  |
|-------|-------------------|--|--|--|--|

#### Womens 50m Backstroke

|       |                    |                         |       |                 |        |
|-------|--------------------|-------------------------|-------|-----------------|--------|
| 18-24 | Laura Cox          | Loughborough University | 28.19 | Sheffield       | Oct-21 |
| 25-29 | Jo-Anne Collins    | City of Derby           | 31.91 | Sheffield       | Oct-99 |
| 30-34 | Rebecca Milnes     | Nottingham Leander      | 31.82 | Sheffield       | Oct-14 |
| 35-39 | Victoria Reading   | Northampton             | 29.91 | Sheffield       | Oct-24 |
| 40-44 | Victoria Reading   | Northampton             | 29.25 | Birmingham      | Nov-25 |
| 45-49 | Lydia Anne Lock    | Leicester Penguins      | 32.94 | Sheffield       | Oct-18 |
| 50-54 | Lydia Anne Lock    | Leicester Penguins      | 33.97 | Sheffield       | Oct-19 |
| 55-59 | Lydia Anne Lock    | Loughborough Town       | 34.82 | Sheffield       | Oct-25 |
| 60-64 | Kath Tunnicliffe   | Etwall Eagles           | 37.03 | Sheffield       | Oct-12 |
| 65-69 | Kath Tunnicliffe   | Etwall Eagles           | 38.23 | Sheffield       | Oct-17 |
| 70-74 | Rosemary McChesney | City of Derby           | 59.22 | Braunstone      | Nov-07 |
| 75-79 | To be established  |                         |       |                 |        |
| 80-84 | To be established  |                         |       |                 |        |
| 85-89 | Janet Masters      | Northampton             | 55.83 | Hemel Hempstead | Feb-26 |

#### Womens 100m Backstroke

|       |                    |                         |         |                |        |
|-------|--------------------|-------------------------|---------|----------------|--------|
| 18-24 | Rachel Lefley      | Loughborough University | 59.95   | Sheffield      | Oct-12 |
| 25-29 | Karen Ross         | Northampton SC          | 1.07.50 | Sheffield      | Oct-11 |
| 30-34 | Rebecca Milnes     | Nottingham Leander      | 1.07.37 | Sheffield      | Oct-14 |
| 35-39 | Victoria Reading   | Northampton             | 1.05.40 | Sheffield      | Oct-22 |
| 40-44 | Victoria Reading   | Northampton             | 1.04.69 | Kenilworth     | Jul-26 |
| 45-49 | Lydia Anne Lock    | Leicester Penguins      | 1.12.06 | Sheffield      | Oct-18 |
| 50-54 | Lydia Anne Lock    | Leicester Penguins      | 1.13.87 | Sheffield      | Oct-21 |
| 55-59 | Lydia Anne Lock    | Leicester Penguins      | 1.15.55 | Sheffield      | Dec-24 |
| 60-64 | Kath Tunnicliffe   | Etwall Eagles           | 1.23.76 | Sheffield      | Oct-14 |
| 65-69 | Kath Tunnicliffe   | Etwall Eagles           | 1.27.61 | Sheffield      | Oct-17 |
| 70-74 | Rosemary McChesney | City of Derby           | 2.12.89 | Leamington Spa | May-06 |
| 75-79 | Rosemary McChesney | City of Derby           | 2.29.57 | Leamington Spa | Apr-10 |
| 80-84 | To be established  |                         |         |                |        |

#### Womens 200 m Backstroke

|       |                   |                         |         |                |        |
|-------|-------------------|-------------------------|---------|----------------|--------|
| 18-24 | Honey Osrin       | Loughborough University | 2.11.24 | Sheffield      | Oct-21 |
| 25-29 | Katherine Loker   | Calverton & Bingham     | 2.26.32 | Sheffield      | Oct-11 |
| 30-34 | Katherine Loker   | Calverton & Bingham     | 2.34.24 | Leamington Spa | May-15 |
| 35-39 | Victoria Reading  | Northampton             | 2.25.72 | Sheffield      | Oct-23 |
| 40-44 | Victoria Reading  | Northampton             | 2.24.98 | Coventry       | Mar-25 |
| 45-49 | Lydia Anne Lock   | Leicester Penguins      | 2.40.80 | Rugby          | May-18 |
| 50-54 | Lydia Anne Lock   | Leicester Penguins      | 2.41.97 | Sheffield      | Oct-19 |
| 55-59 | Lydia Anne Lock   | Loughborough Town       | 2.43.68 | Sheffield      | Oct-25 |
| 60-64 | Kath Tunnicliffe  | Etwall Eagles           | 3.03.70 | Sheffield      | Oct-14 |
| 65-69 | Kath Tunnicliffe  | Etwall Eagles           | 3.11.01 | Nuneaton       | May-17 |
| 70-74 | To be established |                         |         |                |        |
| 75-79 | To be established |                         |         |                |        |
| 80-84 | To be established |                         |         |                |        |

#### Womens 50m Breaststroke

|       |                   |                          |         |               |        |
|-------|-------------------|--------------------------|---------|---------------|--------|
| 18-24 | Sophie Wilson     | Loughborough University  | 33.60   | Sheffield     | Oct-12 |
| 25-29 | Karen Jackson     | Northampton              | 34.23   | Sheffield     | Oct-03 |
| 30-34 | Louise Henley     | RAF                      | 33.13   | Sheffield     | Oct-17 |
| 35-39 | Karen Kay         | Northampton              | 34.21   | Sheffield     | Oct-11 |
| 40-44 | Margaret Kelly    | Nottingham Leander       | 33.83   | Glasgow       | Nov-98 |
| 45-49 | Margaret Kelly    | Nottingham Leander       | 34.66   | Sheffield     | Oct-01 |
| 50-54 | Hayley Bird       | Leicester Penguins       | 37.54   | Sheffield     | Oct-19 |
| 55-59 | Suzy Hegg         | Lincoln Vulcans          | 39.46   | North Hykeham | Oct-25 |
| 60-64 | Jennifer Merritt  | Spondon Masters          | 41.28   | Sheffield     | Oct-12 |
| 65-69 | Jennifer Merritt  | Spondon Masters          | 43.23   | Sheffield     | Oct-18 |
| 70-74 | Valerie Thorpe    | Derby Excel              | 56.34   | Bingham       | Jun-23 |
| 75-79 | To be established |                          |         |               |        |
| 80-84 | Sabrina Carr      | City of Lincoln Pentaqua | 1.41.53 | Louth         | Oct-17 |

#### Womens 100m Breaststroke

|       |                          |                            |         |                |        |
|-------|--------------------------|----------------------------|---------|----------------|--------|
| 18-24 | Megan Morrison           | Loughborough University    | 1.08.41 | Sheffield      | Oct-21 |
| 25-29 | Ellie Ward / Jade Burton | Notts Leander / Lboro Town | 1.16.26 | Sheffield      | Oct-24 |
| 30-34 | Louise Henley            | RAF                        | 1.11.78 | Sheffield      | Oct-17 |
| 35-39 | Karen Key                | Northampton                | 1.13.80 | Sheffield      | Oct-12 |
| 40-44 | Helen Gorman             | Long Eaton                 | 1.12.51 | Sheffield      | Oct-14 |
| 45-49 | Helen Gorman             | Long Eaton                 | 1.14.45 | Gloucester     | Apr-17 |
| 50-54 | Hayley Bird              | Leicester Penguins         | 1.21.56 | Sheffield      | Oct-19 |
| 55-59 | Jennifer Merritt         | Spondon                    | 1.26.75 | Sheffield      | Oct-07 |
| 60-64 | Jennifer Merritt         | Spondon                    | 1.29.10 | Sheffield      | Oct-12 |
| 65-69 | Jennifer Merritt         | Spondon Masters            | 1.33.05 | Leamington Spa | Oct-16 |
| 70-74 | Jean Thomas              | Wellingborough             | 2.54.15 | Guernsey       | Apr-14 |
| 75-79 | To be established        |                            |         |                |        |
| 80-84 | To be established        |                            |         |                |        |

#### Womens 200m Breaststroke

|       |                   |                         |         |                |        |
|-------|-------------------|-------------------------|---------|----------------|--------|
| 18-24 | Megan Morrison    | Loughborough University | 2.28.76 | Sheffield      | Oct-21 |
| 25-29 | Helen Gorman      | Nottingham Leander      | 2.37.35 | Sheffield      | Oct-98 |
| 30-34 | Amy Konowalik     | Nottingham Leander      | 2.37.22 | Hucknall       | Mar-19 |
| 35-39 | Karen Key         | Northampton             | 2.41.24 | Sheffield      | Oct-11 |
| 40-44 | Helen Gorman      | Long Eaton              | 2.36.56 | Sheffield      | Oct-14 |
| 45-49 | Helen Gorman      | Long Eaton              | 2.43.30 | Nuneaton       | May-17 |
| 50-54 | Hayley Bird       | Leicester Penguins      | 3.01.62 | Sheffield      | Oct-19 |
| 55-59 | Jennifer Merritt  | Spondon                 | 3.06.73 | Sheffield      | Oct-07 |
| 60-64 | Jennifer Merritt  | Spondon                 | 3.14.60 | Sheffield      | Oct-11 |
| 65-69 | Jennifer Merritt  | Spondon Masters         | 3.20.34 | Sheffield      | Oct-16 |
| 70-74 | Jean Thomas       | Wellingborough          | 6.03.66 | Leamington Spa | Mar-14 |
| 75-79 | To be established |                         |         |                |        |
| 80-84 | To be established |                         |         |                |        |

### Womens 50m Butterfly

|       |                   |                         |         |                   |        |
|-------|-------------------|-------------------------|---------|-------------------|--------|
| 18-24 | Rachel Lefley     | Loughborough University | 27.23   | Sheffield         | Oct-12 |
| 25-29 | Amy Smith         | Loughborough University | 27.20   | Sheffield         | Oct-13 |
| 30-34 | Rebecca Fox       | Long Eaton              | 29.35   | Sheffield         | Oct-10 |
| 35-39 | Victoria Reading  | Northampton             | 28.14   | Sheffield         | Oct-23 |
| 40-44 | Victoria Reading  | Northampton             | 28.33   | Kenilworth        | Jul-26 |
| 45-59 | Jaq Mann          | Etwall Eagles           | 31.45   | Sheffield         | Oct-17 |
| 50-54 | Jeanne Petit      | Leicester Penguins      | 31.25   | Rotterdam Holland | Jan-20 |
| 55-59 | Jeanne Petit      | Leicester Penguins      | 31.80   | Sheffield         | Oct-25 |
| 60-64 | Lindsey Gowland   | Etwall Eagles           | 34.13   | Gloucester        | Apr-17 |
| 65-69 | Kath Tunnicliffe  | Etwall Eagles           | 40.62   | Sheffield         | Oct-17 |
| 70-74 | Jean Thomas       | Wellingborough          | 1.38.00 | Leamington Spa    | May-14 |
| 75-79 | To be established |                         |         |                   |        |
| 80-84 | To be established |                         |         |                   |        |

### Womens 100m Butterfly

|       |                   |                         |         |                   |        |
|-------|-------------------|-------------------------|---------|-------------------|--------|
| 18-24 | Rachael Kelly     | Loughborough University | 58.37   | Sheffield         | Oct-13 |
| 25-29 | Aimee Ramm        | Loughborough University | 1.03.36 | Sheffield         | Oct-07 |
| 30-34 | Karen Ross        | Wellingborough          | 1.07.10 | Nuneaton          | May-17 |
| 35-39 | Victoria Reading  | Northampton             | 1.04.64 | Sheffield         | Oct-22 |
| 40-44 | Victoria Reading  | Northampton             | 1.05.89 | Sheffield         | Oct-25 |
| 45-49 | Jeanne Petit      | Leicester Penguins      | 1.10.32 | Sheffield         | Oct-19 |
| 50-54 | Jeanne Petit      | Leicester Penguins      | 1.11.94 | Rotterdam Holland | Jan-20 |
| 55-59 | Jeanne Petit      | Leicester Penguins      | 1.13.99 | Sheffield         | Oct-25 |
| 60-64 | Lindsey Gowland   | Etwall Eagles           | 1.27.43 | Sheffield         | Oct-17 |
| 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 | Tilly Gray        | Loughborough University | 2.13.36 | Sheffield | Oct-12 |
| 25-29 | Jackie Thompson   | Nova Centurion          | 2.23.30 | Sheffield | Oct-94 |
| 30-34 | Nicola Latty      | Oundle & District       | 2.24.84 | Sheffield | Oct-05 |
| 35-39 | Nicola Latty      | Oundle & District       | 2.25.96 | Sheffield | Oct-07 |
| 40-44 | Nicola Latty      | Oundle & District       | 2.26.99 | Sheffield | Oct-12 |
| 45-49 | Julie Gibson      | Nottingham Leander      | 2.40.22 | Sheffield | Oct-14 |
| 50-54 | Jeanne Petit      | Leicester Penguins      | 2.51.88 | Sudbury   | Feb-20 |
| 55-59 | Elaine Seager     | Loughborough Town       | 3.08.32 | Rugby     | May-18 |
| 60-64 | Christine Gillard | Calverton & Bingham     | 3.47.60 | Sheffield | Oct-16 |
| 65-69 | To be established |                         |         |           |        |
| 70-74 | To be established |                         |         |           |        |
| 75-79 | To be established |                         |         |           |        |
| 80-84 | To be established |                         |         |           |        |

#### Womens 100m Individual Medley

|       |                   |                         |         |                   |        |
|-------|-------------------|-------------------------|---------|-------------------|--------|
| 18-24 | Honey Osrin       | Loughborough University | 1.04.21 | Sheffield         | Oct-21 |
| 25-29 | Aimee Ramm        | Loughborough University | 1.06.43 | Sheffield         | Oct-07 |
| 30-34 | Louise Henley     | RAF                     | 1.07.00 | Sheffield         | Oct-17 |
| 35-39 | Victoria Reading  | Northampton             | 1.08.26 | Abbeycroft LC     | Feb-24 |
| 40-44 | Helen Gorman      | Long Eaton              | 1.08.11 | Sheffield         | Oct-16 |
| 45-49 | Helen Gorman      | Long Eaton              | 1.09.87 | Saltash, Cornwall | Jan-17 |
| 50-54 | Jeanne Petit      | Leicester Penguins      | 1.19.03 | Sudbury           | Feb-20 |
| 55-59 | Suzy Hegg         | Lincoln Vulcans         | 1.19.57 | North Hykeham     | Oct-25 |
| 60-64 | Lindsey Gowland   | Etwall Eagles           | 1.21.91 | Sheffield         | Oct-17 |
| 65-69 | Kath Tunnicliffe  | Etwall Eagles           | 1.27.02 | Sheffield         | Oct-17 |
| 70-74 | Valerie Thorp     | Derby Excel             | 1.57.78 | Bingham           | Jun-23 |
| 75-79 | To be established |                         |         |                   |        |
| 80-84 | To be established |                         |         |                   |        |
| 85-89 | Janet Masters     | Northampton             | 2.07.95 | Hemel Hempstead   | Feb-26 |

#### Womens 200m Individual Medley

|       |                   |                         |         |                |        |
|-------|-------------------|-------------------------|---------|----------------|--------|
| 18-24 | Lily Booker       | Loughborough University | 2.15.55 | Sheffield      | Oct-21 |
| 25-29 | Helen Gorman      | Nottingham Leander      | 2.25.04 | Sheffield      | Oct-97 |
| 30-34 | Karen Jackson     | Northampton             | 2.29.90 | Sheffield      | Oct-04 |
| 35-39 | Victoria Reading  | Northampton             | 2.29.87 | Bury           | Feb-23 |
| 40-44 | Helen Gorman      | Long Eaton              | 2.27.05 | Sheffield      | Oct-14 |
| 45-49 | Helen Gorman      | Long Eaton              | 2.30.92 | Barnet         | Jul-17 |
| 50-54 | Lydianne Lock     | Leicester Penguins      | 2.47.23 | Hucknall       | Mar-19 |
| 55-59 | Jeanne Petit      | Leicester Penguins      | 2.55.74 | Sheffield      | Oct-25 |
| 60-64 | Kath Tunnicliffe  | Etwall Eagles           | 3.11.84 | Leamington Spa | Sep-12 |
| 65-69 | Kath Tunnicliffe  | Etwall Eagles           | 3.17.55 | Nuneaton       | May-17 |
| 70-74 | To be established |                         |         |                |        |
| 75-79 | To be established |                         |         |                |        |
| 80-84 | To be established |                         |         |                |        |

#### Womens 400m Individual Medley

|       |                   |                         |         |                |        |
|-------|-------------------|-------------------------|---------|----------------|--------|
| 18-24 | Rachel Anderson   | Loughborough University | 4.46.59 | Sheffield      | Oct-21 |
| 25-29 | Katherine Loker   | Calverton & Bingham     | 5.15.18 | Sheffield      | Oct-11 |
| 30-34 | Nicola Latty      | Oundle & District       | 5.18.91 | Sheffield      | Oct-05 |
| 35-39 | Victoria Reading  | Northampton             | 5.18.06 | Barnet         | Jul-24 |
| 40-44 | Helen Gorman      | Long Eaton              | 5.18.97 | Sheffield      | Oct-14 |
| 45-49 | Angela Guilfoyle  | Ilkeston                | 6.07.14 | Leamington Spa | Oct-16 |
| 50-54 | Elaine Seager     | Loughborough Town       | 6.10.61 | Sheffield      | Oct-17 |
| 55-59 | Elaine Seager     | Loughborough Town       | 6.23.48 | Sheffield      | Oct-18 |
| 60-64 | Elaine Seager     | Loughborough Town       | 6.39.44 | Sheffield      | Oct-23 |
| 65-69 | To be established |                         |         |                |        |
| 70-74 | To be established |                         |         |                |        |
| 75-79 | To be established |                         |         |                |        |

|       |                   |  |  |  |  |
|-------|-------------------|--|--|--|--|
| 80-84 | To be established |  |  |  |  |
|-------|-------------------|--|--|--|--|