Swim England East Midlands

Masters Female Short Course (25m) Records

Records set in 2026

Womens 50m Freestyle

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

Womens 100m Freestyle

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

Womens 200m Freestyle

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

70-74	Valerie Thorp	Derby Excel SC	3.18.95	Sheffield	Oct-23
75-79	To be established				
80-84	To be established				
85-89	To be established				

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

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

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

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	31.72	Sheffield	Oct-26
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	1.12.46	Sheffield	Oct-26
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	Jeanne Petit	Leicester Penguins	1.18.86	Sheffield	Oct-26
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				