



British Swimming progressive long course records

**MEN**

50m FREESTYLE	00:23.48	David Lowe	ENG	Harrow & Wealdstone	Amersfort	30/01/1983
	00:23.41	David Lowe	ENG	Harrow & Wealdstone	Los Angeles	16/07/1987
	00:23.30	Mark Foster	ENG	Borough of Southend	Crystal Palace	01/08/1987
	00:23.13	Mark Foster	ENG	Borough of Southend	Strasbourg	22/08/1987
	00:22.72	Mike Fibbens	ENG	Barnet Copthall	Athens	24/08/1991
	00:22.43	Mark Foster	ENG	Barnet Copthall	Sheffield	24/05/1992
	00:22.29	Mark Foster	ENG	University of Bath	Sheffield	27/05/2000
	00:22.13	Mark Foster	ENG	University of Bath	Sheffield	13/05/2001
	00:22.12	Simon Burnett	ENG	Wycombe & District	Sheffield	07/08/2005
	00:21.96	Mark Foster	ENG	University of Bath	Zaegreb	21/06/2008
	00:21.92	Adam Brown	ENG	Hatfield	Sheffield	26/06/2013
	00:21.86	Benjamin Proud	ENG	Plymouth Leander	Plymouth	06/05/2014
	00:21.76	Benjamin Proud	ENG *BR	Plymouth Leander	Glasgow	28/07/2014
00:21.73	Benjamin Proud	ENG *BR	Plymouth Leander	Sheffield	20/02/2016	
100m FREESTYLE	00:58.30	Ronald Roberts			Melbourne	30/11/1956
	00:57.60	O'Donnell				1960
	00:56.80	Stanley Clarke				1961
	00:56.30	Robert McGregor	SCO		Leipzig	20/08/1962

00:56.10	Robert McGregor	SCO		Leipzig	20/08/1962
00:55.70	Robert McGregor	SCO		Leipzig	20/08/1962
00:54.40 *yd	Robert McGregor	SCO		Blackpool	31/08/1963
00:54.10 *yd	Robert McGregor	SCO		Blackpool	31/08/1963
00:54.00 *yd	Robert McGregor	SCO		Blackpool	13/09/1963
00:53.90 *yd	Robert McGregor	SCO		London	22/08/1964
00:54.30	Anthony Jarvis	ENG	Otter	Blackpool	10/08/1968
00:54.30	Malcolm Windeatt	ENG	Torquay Leander		15/07/1972
00:54.20	Brian Brinkley	ENG	Modernians		20/07/1974
00:53.40	Robert McGregor	SCO	Scotland	Tokyo	29/08/1967
00:52.30	Brian Brinkley	ENG	Modernians		30/08/1975
00:52.26	Martin Smith	ENG			28/08/1978
00:52.23	Ricky Burrell	ENG	City of Southampton		21/08/1979
00:51.88	Martin Smith	ENG		Moscow	27/07/1980
00:51.74	Ricky Burrell	ENG	City of Southampton		22/08/1982
00:51.69	David Lowe	ENG	Harrow & Wealdstone	Brisbane	02/10/1982
00:51.58	David Lowe	ENG	Harrow & Wealdstone	Rome	14/07/1983
00:51.32	David Lowe	ENG	Harrow & Wealdstone	Rome	24/08/1983
00:51.21	Andy Jameson	ENG	City of Liverpool	Edinburgh	27/07/1986
00:50.91	Andy Jameson	ENG	City of Liverpool	Madrid	19/08/1986
00:50.78	Andy Jameson	ENG	City of Liverpool	Strasbourg	20/08/1987
00:50.57	Andy Jameson	ENG	City of Liverpool	Orlando	25/03/1988
00:50.30	Mike Fibbens	ENG	Barnet Cophall	Athens	22/08/1991
00:50.24	Mike Fibbens	ENG	Barnet Cophall	Sheffield	22/05/1992
00:50.04	Nicholas Shackell	ENG	Millfield	Sheffield	11/04/1997
Equal	Gavin Meadows	ENG	City of Leeds	Istanbul	28/07/1999
00:49.84	Matthew Kidd	ENG	Leatherhead	Beijing	25/08/2001
00:49.78	Matthew Kidd	ENG	Leatherhead	Beijing	25/08/2001
00:49.72	Matthew Kidd	ENG	Leatherhead	Manchester	01/08/2002
00:49.65	Matthew Kidd	ENG	Leatherhead	Sheffield	07/04/2004
00:48.76	Simon Burnett	ENG	Wycombe & District	Sheffield	08/08/2005
00:48.68	Simon Burnett	ENG	Wycombe & District	Sheffield	09/08/2005
00:48.57	Simon Burnett	ENG	Wycombe & District	Melbourne	19/03/2006
00:48.20	Simon Burnett	ENG	Wycombe & District	Beijing	10/08/2008

## 200m FREESTYLE

02:05.60	Ian Black	SCO			1958
02:02.60 *yd	Ian Black	SCO		Cardiff	28.04.1962
02:01.30	Anthony Jarvis	ENG	Otter	Budapest	14/07/1968
01:58.80	Brian Brinkley	ENG	Modernians		06/09/1971
01:57.50	Brian Brinkley	ENG	Modernians	Hannover	18/04/1972
01:57.00	Brian Brinkley	ENG	Modernians	Hannover	29/08/1972
01:56.70	Brian Brinkley	ENG	Modernians		29/08/1972
01:56.68	Brian Brinkley	ENG	Modernians	Belgrade	03/08/1973
01:56.42	Brian Brinkley	ENG	Modernians	Wien	04/09/1973
01:56.17	Brian Brinkley	ENG	Modernians	Wien	19/08/1974
01:55.21	Gordon Downie	SCO	Warrender	Stockholm	13/04/1975
01:54.61	Gordon Downie	SCO	Warrender	Cali	22/07/1975
01:54.61	Brian Brinkley	ENG	Modernians	Cali	22/97/1975
01:53.56	Brian Brinkley	ENG	Modernians	Cali	22/07/1975
01:53.07	Brian Brinkley	ENG	Modernians	Montreal	19/07/1976
01:52.47	Gordon Downie	SCO	Warrender	Montreal	19/07/1976
01:51.52	Andrew Astbury	ENG	Leeds Central	Brisbane	02/10/1982
01:51.22	Paul Howe	ENG	City of Birmingham	Seoul	18/09/1988
01:51.14	Paul Howe	ENG	City of Birmingham	Auckland	25/01/1990
01:50.68	Paul Howe	ENG	City of Birmingham	Auckland	26/01/1990
01:50.54	Paul Howe	ENG	City of Birmingham	Rome	08/08/1990
01:50.50	Paul Palmer	ENG	Co Lincoln Pentaqua	Antwerp	01/08/1991
01:49.86	Paul Howe	ENG	Co Birmingham	Barcelona	26/07/1992
01:49.21	Paul Palmer	ENG	Co Lincoln Pentaqua	Barcelona	26/07/1992
01:48.92	Paul Palmer	ENG	Co Lincoln Pentaqua	Barcelona	26/07/1992
01:48.84	Paul Palmer	ENG	Co Lincoln Pentaqua	Sheffield	03/08/1993
01:48.01	Paul Palmer	ENG	University of Bath	Istanbul	30/07/1999
01:47.95	Paul Palmer	ENG	University of Bath	Sydney	18/09/2000
01:47.72	Simon Burnett	ENG	Wycombe & District	Athens	15/08/2004
01:47.26	Simon Burnett	ENG	Wycombe & District	Sheffield	04/08/2005
01:46.59	Simon Burnett	ENG	Wycombe & District	Sheffield	05/08/2005
01:46.47	David Carry	SCO	City of Aberdeen	Beijing	12/08/2008
01:46.50	Ross Davenport	ENG	Loughborough University	Sheffield	18/03/2009

400m FREESTYLE	01:46.46	Ross Davenport	ENG	Loughborough University	Rome	27/07/2009
	01:46.11	Robert Renwick	SCO *BR	City of Aberdeen	Rome	31/07/2009
	01:45.99	Robert Renwick	SCO *BR	City of Aberdeen	Rome	31/07/2009
	01:46.10	James Guy	ENG	Millfield	Kazan	03/08/2015
	01:45.43	James Guy	ENG	Millfield	Kazan	03/08/2015
	01:45.14	James Guy	ENG	Millfield	Kazan	04/08/2015
	04:39.80	John Waldrop	SCO		Melbourne	02/12/1956
	04:31.10 *yd	Ian Black	SCO		Cardiff	23/07/1958
	04:28.50 *yd	Ian Black	SCO		Cardiff	23/07/1958
	04:28.40 *yd	Ian Black	SCO		Blackpool	20/08/1958
	04:27.50 *yd	Ian Black	SCO		Blackpool	29/04/1960
	04:21.90	Ian Black	SCO		Rome	30/08/1960
	04:31.80	Ian Black	SCO		Rome	30/08/1960
	04:21.10	Anthony Jarvis			Tokyo	28/08/1967
	04:14.40	Brian Brinkley	ENG	Modernians	Torino	28/08/1971
	04:11.00	Brian Brinkley	ENG	Modernians		10/09/1971
	04:10.00	Brian Brinkley	ENG	Modernians		25/06/1972
	04:06.44	Brian Brinkley	ENG	Modernians	Munich	01/09/1972
	04:04.39	Brian Brinkley	ENG	Modernians	Wien	22/08/1974
	04:04.03	Brian Brinkley	ENG	Modernians		28/08/1975
	04:02.88	Gordon Downie	SCO	Warrender	Cali	24/07/1975
	04:01.37	Brian Brinkley	ENG	Modernians	Leeds	19/04/1976
	04:01.00	Gordon Downie	SCO	Warrender	Montreal	22/07/1976
	04:00.32	Gordon Downie	SCO	Warrender	Jonkoping	18/08/1977
	03:59.98	Simon Gray	ENG	Beckenham		30/05/1905
	03:58.75	Simon Gray	ENG	Beckenham	Guayoquil	06/08/1978
	03:56.87	Simon Gray	ENG	Beckenham	Edmonton	07/08/1978
	03:56.46	Andrew Astbury	ENG	Leeds Central		16/08/1979
	03:55.93	Andrew Astbury	ENG	Leeds Central	Split	10/09/1981
	03:53.29	Andrew Astbury	ENG	Leeds Central	Brisbane	04/10/1982
	03:53.10	Kevin Boyd	ENG	Boro' of Sth Tyneside	Madrid	21/08/1986
	03:51.93	Kevin Boyd	ENG	Boro' of Sth Tyneside	Madrid	21/08/1986
03:50.01	Kevin Boyd	ENG	Boro' of Sth Tyneside	Seoul	23/09/1988	

800m FREESTYLE	03:48.14	Paul Palmer	ENG	Co Lincoln Pentaqua	Sheffield	06/08/1993
	03:48.02	Paul Palmer	ENG	University of Bath	Perth	15/01/1998
	03:47.40	David Carry	SCO	City of Aberdeen	Sheffield	17/07/2007
	03:47.17	David Carry	SCO	City of Aberdeen	Beijing	11/08/2008
	03:46.86	David Carry	SCO	City of Aberdeen	Sheffield	20/06/2012
	03:45.24	David Davies	WAL	City of Cardiff		26/03/3009
	03:47.57	Daniel Fogg	ENG	Loughborough University	Sheffield	26/06/2013
	03:45.15	James Guy	ENG	Millfield	Glasgow	10/04/2014
	03:44.58	James Guy	ENG	Millfield	Glasgow	24/07/2014
	03:44.16	James Guy	ENG	Millfield	London	14/04/2015
	03:43.75	James Guy	ENG	Millfield	Kazan	02/08/2015
	09:03.70	Brian Brinkley	ENG	Modernians		19/12/1971
	08:42.60	Brian Brinkley	ENG	Modernians	Common	28/05/1972
	08:41.57	James Carter	SCO			01/02/1974
	08:33.01	James Carter	SCO			25/08/1974
	08:32.13	David Parker	ENG	City of Coventry		25/07/1975
	08:30.26	David Parker	ENG	City of Coventry		18/04/1976
	08:23.71	David Parker	ENG	City of Coventry		19/07/1976
	08:20.72	Simon Gray	ENG	Beckenham		26/05/1978
	08:17.58	Simon Gray	ENG	Beckenham		09/08/1978
	08:16.50	Simon Gray	ENG	Beckenham		24/08/1978
	08:13.86	Andrew Astbury	ENG	Leeds Central	Blackpool	09/04/1980
	08:13.83	Simon Gray	ENG	Harrow & Wealdstone	Coventry	23/05/1980
	08:11.61	David Stacey	ENG	City of Swansea	Edinburgh	28/05/1984
	08:09.83	Anthony Day	WAL	City of Leeds	Orlando	30/07/1986
	08:01.87	Kevin Boyd	ENG	Boro' of Sth Tyneside	Athens	26/03/1988
	08:00.63	Ian Wilson	ENG	Boro' of Sunderland	Sheffield	25/08/1991
7:59.48	Graeme Smith	SCO	Stockport Metro	Glasgow	22/03/1996	
07:57.93	Graeme Smith	SCO	Stockport Metro	Fukuoka	23/06/2001	
07:56.73	Graeme Smith	SCO	Stockport Metro	Fukuoka	23/07/2001	
07:51.12	Graeme Smith	SCO	Stockport Metro	Liverpool	24/07/2001	
07:50.74	David Davies	WAL	City of Cardiff	Sheffield	11/07/2008	
08:00.43	Richard Charlesworth	ENG	Hatfield		20/03/2009	

1500m FREESTYLE	07:45.89	David Davies	WAL	City of Cardiff	Rome	28/07/2009
	07:44.32	David Davies	WAL *BR	City of Cardiff	Rome	29/07/2009
	07:51.60	Daniel Fogg	ENG	Loughborough University	Sheffield	27/06/2013
	18:06.20	Ian Black	SCO		New Brighton	31/07/1958
	18:05.80	Ian Black	SCO		Budapest	06/09/1958
	17:54.80	Richard Campion	ENG		Rome	02/09/1960
	17:53.50	Alan Kimber	ENG	Southampton	Blackpool	12/08/1965
	17:19.00	Alan Kimber	ENG	Southampton	Utrecht	16/08/1966
	17:13.20	Alan Kimber	ENG	Southampton	Utrecht	26/08/1966
	17:09.50	Ray Terrell	ENG	City of Southampton		12/07/1971
	16:39.80	Brian Brinkley	ENG	Modernians		28/05/1972
	16:39.60	Brian Brinkley	ENG	Modernians	London	15/07/1972
	16:34.70	James Carter	SCO		Christchurch	01/02/1974
	16:26.94	David Parker	ENG	City of Coventry		12/04/1975
	16:17.57	James Carter	SCO			13/04/1975
	16:16.90	David Parker	ENG	City of Coventry		24/05/1975
	15:58.21	David Parker	ENG	City of Coventry		25/07/1975
	15:57.45	David Parker	ENG	City of Coventry		18/04/1976
	15:54.78	James Carter	SCO		Wien	25/08/1974
	15:46.60	David Parker	ENG	City of Coventry	Montreal	20/07/1976
	15:42.55	David Parker	ENG	City of Coventry	Jonkoping	22/08/1977
	15:39.39	Simon Gray	ENG	Beckenham	Edmonton	09/08/1978
	15:31.42	Simon Gray	ENG	Beckenham	Berlin	24/08/1978
	15:30.10	David Stacey	ENG	City of Swansea	Los Angeles	03/08/1984
	15:22.76	Tony Day	WAL	City of Leeds	Edinburgh	30/07/1986
	15:20.73	Kevin Boyd	ENG	Boro' of Sth Tyneside	Monte Carlo	03/06/1988
	15:17.56	Kevin Boyd	ENG	Boro' of Sth Tyneside	Seoul	24/09/1988
	15:16.05	Ian Wilson	ENG	Boro' of Sunderland	Rome	12/08/1990
15:11.17	Ian Wilson	ENG	Boro' of Sunderland	Perth	13/01/1991	
15:03.72	Ian Wilson	ENG	Boro' of Sunderland	Athens	25/08/1991	
15:03.43	Graeme Smith	SCO	Stockport Metro	Sheffield	22/03/1996	
15:02.48	Graeme Smith	SCO	Stockport Metro	Atlanta	26/07/1996	
14:58.94	Graeme Smith	SCO	Stockport Metro	Fukuoka	29/07/2001	

50m BACKSTROKE	14:57.93	David Davies	WAL	City of Cardiff	Sheffield	11/04/2004
	14:57.03	David Davies	WAL	City of Cardiff	Athens	20/08/2004
	14:45.95	David Davies	WAL	City of Cardiff	Athens	21/08/2004
	14.55.30	Daniel Fogg	ENG	Loughborough University	London	10/03/2012
	00:26.94	Neil Harper	ENG	Millfield	Indiana	10/04/1988
	00:26.82	Martin Harris	ENG	Barnet Copthall	Perth	06/01/1991
	00:26.28	Alan Rapley	ENG	Buxton & District	Arkansas, USA	15/02/1992
	00:26.01	Martin Harris	ENG	Bo Waltham Forest	Monaco	19/06/1994
	00:26.00	Martin Harris	ENG	Bo Waltham Forest	Sheffield	10/07/1999
	00:25.90	Neil Willey	ENG	University of Bath	Sheffield	13/05/2001
	00:25.69	Liam Tancock	ENG	City of Exter	Glasgow	31/07/2003
	00:25.60	Liam Tancock	ENG	Cityof Exeter	Glasgow	31/07/2003
	00:25.02	Liam Tancock	ENG	Loughborough University	Montreal	31/07/2005
	00:24.84	Liam Tancock	ENG	Loughborough University	Melbourne	16/03/2006
	00:24.47	Liam Tancock	ENG	Loughborough University	Sheffield	02/04/2008
	00:24.08	Liam Tancock	ENG	Loughborough University	Rome	01/08/2009
00:24.04	Liam Tancock	ENG	Loughborough University	Rome	02/08/2009	
100m BACKSTROKE	01:05.60	Graham Sykes	ENG	City of Coventry	Melbourne	06/12/1956
	01:04.80	Graham Sykes	ENG	City of Coventry		1958
	01:04.00	Graham Sykes	ENG	City of Coventry	Blackpool	10/07/1960
	01:03.40	Graham Sykes	ENG	City of Coventry		1960
	01:03.20	Neil Jackson				1965
	01:02.20 *yd	Roderick Jones				1966
	01:01.80	Michael Richards	WAL	Nottingham Northern	Blackpool	08/08/1970
	01:02.20	Clive Rushton	ENG	Rochdale	Blackpool	08/08/1970
	01:01.80	Colin Cunningham	ENG	City of Southampton		03/03/1972
	01:01.70	Colin Cunningham	ENG	City of Southampton		04/03/1972
	01:01.40	Clive Rushton	ENG	Madeley College		16/04/1972
	01:00.90	Colin Cunningham	ENG	City of Southampton		18/04/1972
	01:00.70	Michael Richards	WAL	Nottingham Northern	Torino	28/08/1971
	01:00.30	Colin Cunningham	ENG	Ilford	London	15/07/1972
	00:59.82	Colin Cunningham	ENG	Ilford	Wien	25/08/1974



	00:59.60	James Carter	SCO			29/05/1905
	00:59.43	Gary Abraham	ENG	City of Southampton		28/05/1978
	00:59.07	Gary Abraham	ENG	City of Southampton	Edmonton	04/08/1978
	00:58.48	Gary Abraham	ENG	City of Southampton	Edmonton	09/08/1978
	00:58.34	Gary Abraham	ENG	City of Southampton	London	11/08/1979
	00:58.00	Gary Abraham	ENG	City of Southampton	Leeds	12/04/1980
	00:57.90	Gary Abraham	ENG	City of Southampton	Moscow	20/07/1980
	00:57.72	Gary Abraham	ENG	City of Southampton	Moscow	24/07/1980
	00:57.60	Martin Harris	ENG	Barnet Cophall	Leeds	13/04/1990
	00:57.56	Martin Harris	ENG	Barnet Cophall	Rome	11/08/1990
	00:57.08	Martin Harris	ENG	Barnet Cophall	Perth	12/01/1991
	00:56.77	Martin Harris	ENG	Barnet Cophall	Sheffield	23/05/1992
	00:55.92	Martin Harris	ENG	Bo Waltham Forest	Sheffield	13/06/1993
	00:55.90	Martin Harris	ENG	Bo Waltham Forest	Sheffield	07/08/1993
	00:55.75	Martin Harris	ENG	Bo Waltham Forest	Sheffield	07/08/1993
	00:55.73	Martin Harris	ENG	Bo Waltham Forest	C/Palace	31/07/1994
	00:55.00	Martin Harris	ENG	Bo Waltham Forest	Sheffield	22/04/1995
	00:54.90	Gregor Tait	SCO	City of Edinburgh	Sheffield	11/04/2004
	00:54.90	James Goddard	ENG	Stockport Metro	Athens	18/08/2004
	00:54.53	Liam Tancock	ENG	Loughborough University	Melbourne	20/03/2006
	00:54.42	Liam Tancock	ENG	Loughborough University	Melbourne	21/03/2006
	00:53.71	Liam Tancock	ENG	Loughborough University	Melbourne	26/03/2007
	00:53.61	Liam Tancock	ENG	Loughborough University	Melbourne	27/03/2007
	00:53.46	Liam Tancock	ENG	Loughborough University	Chiba	22/08/2007
	00:53.39	Liam Tancock	ENG	Loughborough University	Beijing	12/08/2008
	00:53.20	Liam Tancock	ENG	Loughborough University	Sheffield	17/03/2009
	00:53.08	Liam Tancock	ENG	Loughborough University	Rome	27/07/2009
	00:52.73	Liam Tancock	ENG	Loughborough University	Rome	28/07/2009
200m BACKSTROKE	02:23.60	Graham Sykes	ENG	City of Coventry	Leipzig	21/08/1962
	02:22.00	Geoffrey Thwaites	ENG		Tokyo	13/10/1964
	02:20.10	Neil Jackson				1965
	02:19.2 *yd	Neil Jackson			Kingston	09/08/1966
	02:18.50	Neil Jackson			Utrecht	01/07/1967



02:17.00	D Butler			Budapest	14/07/1968
02:14.53	Michael Richards	WAL	Nottingham Northern	Edinburgh	20/07/1970
02:14.50	Michael Richards	WAL	Nottingham Northern	Edinburgh	20/07/1970
02:17.00	David Butler	ENG	Gloucester	Budapest	14/07/1968
02:15.50	Ray Terrell	ENG	City of Southampton		20/07/1970
02:13.70	Michael Richards	WAL	Nottingham Northern		31/07/1971
02:13.40	Colin Cunningham	ENG	City of Southampton	London	04/03/1972
02:13.20	Colin Cunningham	ENG	City of Southampton		15/04/1972
02:11.80	Colin Cunningham	ENG	City of Southampton	Hannover	18/04/1972
02:09.50	Colin Cunningham	ENG	City of Southampton	London	13/07/1972
02:09.45	Colin Cunningham	ENG	City of Southampton		01/08/1973
02:08.60	Colin Cunningham	ENG	City of Southampton	Berlin	19/08/1973
02:08.25	Colin Cunningham	ENG	City of Southampton	Wien	23/08/1974
02:08.13	James Carter	SCO		Santa Clara	18/05/1975
02:07.75	John Davey	ENG	City of Milton Keynes	Long Beach	26/08/1982
02:06.87	James Carter	SCO			02/04/1976
02:06.79	Douglas Campbell	SCO			23/05/1980
02:06.61	John Davey	ENG	City of Milton Keynes		03/08/1982
02:05.79	John Davey	ENG	City of Milton Keynes		03/08/1982
02:05.57	Douglas Campbell	SCO		Blackpool	23/05/1980
02:05.56	Gary Binfield	ENG	Salford Triple S		27/07/1986
02:05.31	Douglas Campbell	SCO		Blackpool	23/05/1980
02:04.78	Douglas Campbell	SCO		Moscow	26/07/1980
02:04.54	Gary Binfield	ENG	Salford Triple S	Edinburgh	27/07/1986
02:04.16	John Davey	ENG	City of Leeds	Crystal Palace	30/07/1987
02:03.79	Gary Binfield	ENG	Salford Triple 'S'	Seoul	22/09/1988
02:03.56	Gary Binfield	ENG	Salford Triple 'S'	Bonn	17/08/1989
02:03.20	Gary Binfield	ENG	Salford Triple 'S'	Auckland	27/01/1990
02:02.65	Grant Robins	ENG	Portsmouth Northsea	Athens	22/08/1991
02:02.58	Matthew O'Connor	ENG	City of Leeds	Sheffield	22/05/1992
02:01.90	Adam Ruckwood	ENG	City of Birmingham	Sheffield	11/06/1993
02:01.13	Adam Ruckwood	ENG	City of Birmingham	Edinburgh	02/04/1994
02:00.79	Adam Ruckwood	ENG	City of Birmingham	Victoria	21/08/1994
02:00.61	Adam Ruckwood	ENG	City of Birmingham	Rome	07/09/1994

02:00.15	Adam Ruckwood	ENG	City of Birmingham	Rome	07/09/1994
01:59.52	Adam Ruckwood	ENG	City of Birmingham	Sheffield	23/04/1995
01:58.97	James Goddard	ENG	Stockport Metro	Sheffield	20/03/2003
01:58.65	James Goddard	ENG	Stockport Metro	Sheffield	21/03/2003
01:58.58	James Goddard	ENG	Stockport Metro	Sheffield	08/04/2004
01:57.42	Gregor Tait	SCO	City of Edinburgh	Sheffield	09/04/2004
01:57.82	James Goddard	ENG	Loughborough University	Sheffield	03/04/2008
01:56.84	Gregor Tait	SCO	City of Edinburgh	Sheffield	02/04/2008
01:57.25	James Goddard	ENG	Stockport Metro	Athens	18/08/2004
01:56.67	Gregor Tait	SCO	City of Edinburgh	Sheffield	03/04/2008
01:56.05	Christopher Walker-Hebborn	ENG	Team Ipswich	Rome	30/07/2009
01:55.58	James Goddard	ENG	Stockport Metro	Delhi	06/10/2010

50m BREASTSTROKE

00:29.44	Adrian Moorhouse	ENG	City of Leeds		29/01/1984
00:29.01	Adrian Moorhouse	ENG	City of Leeds	Cardiff	06/05/1985
00:28.96	Adrian Moorhouse	ENG	City of leeds	Leeds	12/04/1987
00:28.91	Adrian Moorhouse	ENG	City of Leeds	Monte Carlo	06/06/1987
00:28.75	Adrian Moorhouse	ENG	City of Leeds	Luxembourg	17/04/1988
00:28.63	James Parrack	ENG	City of Leeds	Sheffield	13/06/1992
00:28.58	Darren Mew	ENG	University of Bath	Sheffield	12/12/1997
00:28.42	Darren Mew	ENG	University of Bath	Istanbul	29/07/1999
00:28.31	Darren Mew	ENG	University of Bath	Sheffield	30/07/2000
00:28.16	Darren Mew	ENG	University of Bath	Sheffield	30/07/2000
00:28.05	James Gibson	ENG	Loughborough University	Sheffield	01/04/2001
00:28.00	James Gibson	ENG	Loughborough University	Manchester	14/04/2001
00:27.82	James Gibson	ENG	Loughborough University	Manchester	14/04/2001
00:27.79	James Gibson	ENG	Loughborough University	Manchester	15/04/2001
00:27.71	James Gibson	ENG	Loughborough University	Fukuoka	28/07/2001
00:27.51	James Gibson	ENG	Loughborough University	Manchester	13/04/2002
00:27.46	James Gibson	ENG	Loughborough University	Barcelona	22/07/2003
00:27.44	Darren Mew	ENG	University of Bath	Millfield	20/12/2009
00:27.40	Daniel Sliwinski	ENG	University of Stirling	Sheffield	26/06/2013
00:27.28	Ross Murdoch	SCO	University of Stirling	Glasgow	03/04/2014
00:27.19	Adam Peaty	ENG	City of Derby	Canet - France	12/06/2014

100m BREASTSTROKE	00:27.00	Adam Peaty	ENG	City of Derby	Glasgow	27/07/2014
	00:26.99	Adam Peaty	ENG	City of Derby	Glasgow	27/07/2014
	00:26.78	Adam Peaty	ENG	City of Derby	Glasgow	28/07/2014
	00:26.62	Adam Peaty	ENG	City of Derby	Berlin	22/08/2014
	00:26.42	Adam Peaty	ENG	City of Derby	Kazan	04/08/2015
	01:13.20	Neil Nocholson				18/05/1905
	01:11.60	Stuart Roberts			Rome	29/06/1967
	01:09.00	Malcolm O'Connell	ENG	City of Southampton	Torino	28/08/1971
	01:08.20	Malcolm O'Connell	ENG	City of Southampton	London	03/03/1972
	01:07.80	Malcolm O'Connell	ENG	City of Southampton	Hannover	18/04/1972
	01:06.52	David Leigh	ENG	Oak Street	Christchurch	01/02/1974
	01:06.20	David Wilkie	SCO	Warrender	Munich	29/08/1972
	01:06.17	David Leigh	ENG	Oak Street	Belgrave	23/08/1974
	01:05.74	David Wilkie	SCO	Warrender	Belgrave	04/09/1973
	01:05.60	David Wilkie	SCO	Warrender	Cali	06/04/1975
	01:05.32	David Leigh	ENG	Oak Street		22/07/1975
	01:05.00	Duncan Goodhew	ENG	Millfield		02/04/1976
	01:04.26	David Wilkie	SCO	Warrender	Cali	22/07/1975
	01:03.75	Duncan Goodhew	ENG	Beckenham		21/08/1979
	01:03.43	David Wilkie	SCO	Warrender	Montreal	20/07/1976
	01:03.31	Duncan Goodhew	ENG	Beckenham	Edinburgh	24/04/1980
	01:03.15	Adrian Moorhouse	ENG	Leeds Central	Barcelona	01/08/1982
	01:02.93	Adrian Moorhouse	ENG	Leeds Central	Brisbane	06/10/1982
	01:02.89	Adrian Moorhouse	ENG	City of Leeds	Coventry	30/05/1986
	01:02.28	Adrian Moorhouse	ENG	City of Leeds	Madrid	17/08/1986
	01:02.13	Adrian Moorhouse	ENG	City of Leeds	Strasbourg	18/08/1987
	01:01.78	Adrian Moorhouse	ENG	City of Leeds	Orlando	26/03/1988
01:01.49	Adrian Moorhouse	ENG	City of Leeds	Bonn	15/08/1989	
01:01.49	Adrian Moorhouse	ENG	City of Leeds	Auckland	25/01/1990	
01:01.49	Adrian Moorhouse	ENG	City of Leeds	Crystal Palace London	26/07/1990	
01:01.33	Nick Gillingham	ENG	City of Birmingham	Sheffield	21/05/1992	
01:01.20	Darren Mew	ENG	University of Bath	Manchester	11/04/2002	
01:00.69	James Gibson	ENG	Loughborough University	Manchester	12/04/2002	

200m BREASTSTROKE	01:00.47	James Gibson	ENG	Loughborough University	Sheffield	23/03/2003
	01:00.47	James Gibson	ENG	Loughborough University	Barcelona	20/07/2003
	01:00.37	James Gibson	ENG	Loughborough University	Barcelona	21/07/2003
	01:00.02	Darren Mew	ENG	University of Bath	Sheffield	11/04/2004
	00:59.88	Christopher Cook	ENG	City of Newcastle	Sheffield	02/04/2008
	00:59.68	James Gibson	ENG	Loughborough University	Rome	26/07/2009
	00:59.55	Daniel Sliwinski	ENG	Gallica	Sheffield	28/07/2009
	00:59.25	Adam Peaty	ENG	City of Derby	Barcelona	14/06/2014
	00:59.16	Adam Peaty	ENG	City of Derby	Glasgow	25/07/2014
	00:58.94	Adam Peaty	ENG	City of Derby	Glasgow	26/07/2014
	00:58.68	Adam Peaty	ENG	City of Derby	Berlin	18/08/2014
	00:57.92	Adam Peaty	ENG	City of Derby	London	17/04/2015
	02:47.10	Christopher Walkden			Melbourne	04/12/1956
	02:44.60	Christopher Walkden			Bupapest	31/08/1958
	02:41.50	Christopher Walkden			Rome	28/08/1960
	02:41.0 *yd	Malcolm O'Donnell	ENG			Jul-61
	02:36.60	Neil Nicholson			Tokyo	13/10.1964
	02:33.40	Malcolm O'Connell	ENG	City of Southampton		29/09/1971
	02:32.50	David Wilkie	SCO	Warrender	Edinburgh	17/07/1970
	02:31.30	Malcolm O'Connell	ENG	City of Southampton		04/03/1972
	02:30.30	Malcolm O'Connell	ENG	City of Southampton		18/04/1972
	02:29.96	David Leigh	ENG	Oak Street		30/08/1973
	02:28.00	David Wilkie	SCO	Warrender	London	15/07/1972
	02:24.75	David Leigh	ENG	Oak Street	Christchurch	30/01/1974
	02:23.79	David Leigh	ENG	Oak Street		23/08/1974
	02:23.70	David Wilkie	SCO	Warrender	Munich	02/09/1972
	02:23.67	David Wilkie	SCO	Warrender	Munich	02/09/1972
02:23.38	David Leigh	ENG	Oak Street		24/07/1975	
02:20.94	David Wilkie	SCO	Warrender	Belgrade	06/09/1973	
02:20.49	Duncan Goodhew	ENG	Beckenham		23/08/1978	
02:19.28	David Wilkie	SCO	Warrender	Belgrade	06/09/1973	
02:19.07	Duncan Goodhew	ENG	Beckenham		26/05/1980	
02:18.23	David Wilkie	SCO	Warrender		24/07/1975	

50m BUTTERFLY	02:18.14	Adrian Moorhouse	ENG	Leeds Central		07/09/1981
	02:17.49	Adrian Moorhouse	ENG	City of Leeds		25/08/1983
	02:17.03	Adrian Moorhouse	ENG	City of Leeds		20/04/1985
	02:16.35	Adrian Moorhouse	ENG	City of Leeds		28/07/1986
	02:15.78	Adrian Moorhouse	ENG	City of Leeds	Strasbourg	21/08/1987
	02:15.11	David Wilkie	SCO	Warrender	Montreal	24/07/1976
	02:14.58	Nick Gillingham	ENG	City of Birmingham	Seoul	23/09/1988
	02:14.12	Nick Gillingham	ENG	City of Birmingham	Seoul	23/09/1988
	02:13.97	Nick Gillingham	ENG	City of Birmingham	Bonn	18/08/1989
	02:12.90	Nick Gillingham	ENG	City of Birmingham	Bonn	18/08/1989
	02:12.55	Nick Gillingham	ENG	City of Birmingham	Athens	23/08/1991
	02:11.98	Nick Gillingham	ENG	City of Birmingham	Sheffield	23/05/1992
	02:11.62	Nick Gillingham	ENG	City of Birmingham	Sheffield	23/05/1992
	02:11.29	Nick Gillingham	ENG	City of Birmingham	Barcelona	29/07/1992
	02:10.69	Ian Edmond	SCO	City of Edinburgh	Barcelona	23/07/2003
	02:10.32	Kristopher Gilchrist	SCO	City of Edinburgh	Chiba	23/08/2007
	02:10.27	Kristopher Gilchrist	SCO	City of Edinburgh	Beijing	13/08/2008
	02:10.75	Richard Webb	ENG	University of Bath	Sheffield	20/03/2009
	02:09.31	Kristopher Gilchrist	SCO	City of Edinburgh	Rome	30/07/2009
	02:09.01	Kristopher Gilchrist	SCO	City of Edinburgh	Rome	30/07/2009
	02:10.49	Andrew Willis	ENG	Bracknell & Wokingham	Shanghi	28/07/1011
	02:09.33	Andrew Willis	ENG	Bracknell & Wokingham	London	07/03/2012
	02:08.47	Andrew Willis	ENG	Bracknell & Wokingham	London	31/07/2012
	02:08.98	Michael Jamieson	SCO	Edinburgh University	London	31/07/2012
	02:08.20	Michael Jamieson	SCO	Edinburgh University	London	31/07/2012
	02:07.30	Ross Murdoch	SCO *BR	University of Sterling	Glasgow	24/07/2014
	02:07.28	Michael Jamieson	SCO *BR	Edinburgh University	London	02/08/2012
	02:08.34	Adam Peaty	ENG	City of Derby	London	14/04/2015
	00:25.58	Andy Jameson	ENG	City of Liverpool	Seoul	21/09/1988
	00:24.91	Mark Foster	ENG	Barnet Copthall	Cardiff	15/02/1992
	00:24.86	Mark Foster	ENG	Barnet Copthall	Sheffield	10/06/1993
	00:24.68	Mark Foster	ENG	City of Cardiff	Monte Carlo	18/06/1995
00:24.59	Mark Foster	ENG	City of Cardiff	Cardiff	03/02/1996	

100m BUTTERFLY	00:24.07	Mark Foster	ENG	City of Cardiff	Cardiff	26/03/1996
	00:24.02	Mark Foster	ENG	University of Bath	Fukuoka	27/07/2001
	00:23.66	Mark Foster	ENG	University of Bath	Fukuoka	27/07/2001
	00:23.62	Mark Foster	ENG	University of Bath	Fukuoka	28/07/2001
	00:23.51	Mark Foster	ENG	University of Bath	Zaegreb	08/06/2003
	00:23.29	Benjamin Proud	ENG	Plymouth Leander	Sheffield	28/06/2013
	00:23.10	Benjamin Proud	ENG	Plymouth Leander	Sheffield	28/06/2013
	00:22.93	Benjamin Proud	ENG	Plymouth Leander	Glasgow	27/07/2014
	01:03.5 *yd	Brian Jenkins	ENG		Perth	24/11/1962
	01:01.6 *yd	Watts				1965
	01:01.5 *yd	Keith Bewley	ENG		Kingston	
	00:59.50	Maryn Woodroffe	WAL	Llantrisant		1968
	00:59.30	Joseph Jackson			Mexico	20/10/1968
	00:58.80	Martyn Woodroffe	WAL	Llantrisant	London	11/07/1969
	00:58.80	John Mills	ENG	St James	Torino	28/08/1971
	00:58.13	John Mills	ENG	St James	Munich	30/08/1972
	00:57.95	Brian Brinkley	ENG	Modernians	Wien	20/08/1974
	00:57.50	Brian Brinkley	ENG	Modernians	London	31/03/1975
	00:56.68	Brian Brinkley	ENG	Modernians	Cali	26/07/1975
	00:56.53	John Mills	ENG	Sutton & chean	Cali	20/07/1976
	00:55.52	Philip Hubble	ENG	Reading	Montreal	21/04/1979
	00:55.42	Gary Abraham	ENG	City of Southampton	Moscow	23/07/1980
	00:55.15	Andy Jameson	ENG	Kelly College	Coventry	26/05/1984
	00:55.04	Andy Jameson	ENG	Kelly College	Coventry	26/05/1984
	00:54.59	Andy Jameson	ENG	Kelly College	Los Angeles	30/07/1984
	00:54.28	Andy Jameson	ENG	Kelly College	Los Angeles	30/07/1984
	00:54.24	Andy Jameson	ENG	City of Liverpool	Austin	07/12/1985
	00:54.09	Andy Jameson	ENG	City of Liverpool	Edinburgh	26/07/1986
	00:54.07	Andy Jameson	ENG	City of Liverpool	Edinburgh	26/07/1986
	00:54.00	Andy Jameson	ENG	City of Liverpool	Madrid	18/08/1986
00:52.49	Andy Jameson	ENG	City of Liverpool	Strasbourg	19/08/1986	
00:53.34	Andy Jameson	ENG	City of Liverpool	Seoul	20/09/1988	
00:53.30	Andy Jameson	ENG	City of Liverpool	Seoul	21/09/1988	

200m BUTTERFLY	00:53.23	James Hickman	ENG	Stockport Metro	Atlanta	24/07/1996
	00:52.97	James Hickman	ENG	City of Leeds	Sheffield	10/07/1999
	00:52.87	James Hickman	ENG	City of Leeds	Sheffield	10/07/1999
	00:52.87	James Hickman	ENG	City of Leeds	Sheffield	30/07/2000
	00:52.46	Todd Cooper	SCO	Stirling Swimming	Sheffield	08/04/2004
	00:52.43	Todd Cooper	SCO	Stirling Swimming	Sheffield	03/04/2008
	00:52.28	Michael Rock	ENG	Everton	Sheffield	03/04/2008
	00:51.65	Michael Rock	ENG	Everton	Rome	31/07/2009
	00:51.41	Michael Rock	ENG	Everton	Rome	31/07/2009
	200m IND. MEDLEY	02:10.10	John Mills	ENG	St James	
02:09.80		Brian Brinkley	ENG	Modernians		19/04/1972
02:09.60		Brian Brinkley	ENG	Modernians		22/04/1972
02:09.40		John Mills	ENG	St James		17/06/1972
02:07.80		Martyn Woodroffe	WAL	Llantriscant	Santa Clara	13/07/1969
02:05.60		Brian Brinkley	ENG	Modernians		14/07/1972
02:05.21		Brian Brinkley	ENG	Modernians		06/09/1973
02:03.94		Brian Brinkley	ENG	Modernians	Beldgrade	06/09/1973
02:03.84		Brian Brinkley	ENG	Modernians		29/03/1975
02:02.47		Brian Brinkley	ENG	Modernians		24/07/1975
02:01.93		Brian Brinkley	ENG	Modernians	Montreal	18/07/1976
02:01.49		Brian Brinkley	ENG	Modernians	Montreal	18/07/1976
02:01.28		Philip Hubble	ENG	Reading		22/04/1979
02:00.21		Philip Hubble	ENG	Slough Dolphins	Split	11/09/1981
01:59.72		James Hickman	ENG	Stockport Metro	Sheffield	23/03/1996
01:58.50		James Hickman	ENG	Stockport Metro	Sheffield	23/03/1996
01:58.16		James Hickman	ENG	Stockport Metro	Atlanta	22/07/1996
01:57.11		James Hickman	ENG	City of Leeds	Kuala Lumpur	16/09/1998
01:56.34		Stephen Parry	ENG	Stockport Metro	Seattle	28/03/2000
01:55.90		Stephen Parry	ENG	Stockport Metro	Barcelona	22/07/2003
01:55.57		Stephen Parry	ENG	Stockport Metro	Athens	16/08/2004
01:55.52		Stephen Parry	ENG	Stockport Metro	Athens	17/08/2004
01:54.58		Michael Rock	ENG	Everton	Rome	28/07/2009



02:15.00	Ray Terrell	ENG	City of Southampton		11/07/1971
02:14.40	Ray Terrell	ENG	City of Southampton		03/03/1972
02:14.30	Ray Terrell	ENG	City of Southampton		19/04/1972
02:11.90	Ray Terrell	ENG	City of Southampton		13/07/1972
02:10.00	David Wilkie	SCO	Warrender		23/04/1973
02:10.95	Brian Brinkley	ENG	Modernians		02/08/1973
02:10.89	Brian Brinkley	ENG	Modernians		29/08/1975
02:10.09	Brian Brinkley	ENG	Modernians		03/01/1976
02:09.98	D Cleworth	ENG	City of Manchester		26/05/1978
02:09.94	Simon Gray	ENG	Harrow & Wealdstone		26/05/1980
02:09.61	David Wilkie	SCO	Warrender		07/09/1973
02:08.84	David Wilkie	ENG	Warrender	Belgrave	07/09/1973
02:08.72	Gareth Sykes	ENG	City of Coventry		09/08/1981
02:07.73	Gareth Sykes	ENG	City of Coventry		11/09/1981
02:07.72	John Davey	ENG	City of Milton Keynes		27/08/1983
02:06.82	Stuart Willmott	ENG	Stockton Aquatics		28/05/1984
02:06.73	John Davey	ENG	Salford Triple 'S'		01/06/1986
02:06.51	Gary Binfield	ENG	Salford Triple 'S'		30/07/1986
02:06.32	David Wilkie	SCO	Warrender		24/08/1974
02:06.25	David Wilkie	SCO	Warrender		02/04/1976
02:06.10	Robin Brew	SCO	Kelly College		03/10/1982
02:05.83	Robin Brew	SCO	Kelly College		04/10/1982
02:05.67	John Davey	ENG	Salford Triple 'S'		30/07/1986
02:05.41	Gary Binfield	ENG	Salford Triple 'S'		02/08/1987
02:05.05	John Davey	ENG	Salford Triple 'S'		28/07/1988
02:04.99	Neil Cochran	SCO	City of Swansea		28/05/1984
02:04.17	John Davey	ENG	Salford Triple 'S'	Seoul	25/09/1988
02:04.13	Robin Brew	SCO	Kelly College	Los Angeles	04/08/1984
02:03.76	Neil Cochran	SCO	City of Swansea		06/12/1985
02:03.20	Neil Cochran	SCO	City of Swansea	Orlando	25/03/1988
02:02.74	James Hickman	ENG	Stockport Metro	Sheffield	13/12/1997
02:01.87	James Hickman	ENG	City of Leeds	Kuala Lumpur	17/09/1998
02:01.58	Adrian Turner	ENG	Stockport Metro	Sheffield	09/04/2004
02:01.06	Robin Francis	ENG	University of Bath	Sheffield	10/04/2004

400m IND. MEDLEY	02:00.73	Gregor Tait	SCO	City of Cardiff	Melbourne	20/03/2006
	01:59.91	Liam Tancock	ENG	Loughborough University	Sheffield	28/07/2007
	01:59.19	Liam Tancock	ENG	Loughborough University	Chiba	24/08/2007
	01:59.15	Gregor Tait	SCO	City of Edinburgh	Sheffield	01/04/2008
	01:58.43	James Goddard	ENG	Loughborough University	Sheffield	01/04/2008
	01:57.79	Liam Tancock	ENG	Loughborough University	Sheffield	01/04/2008
	01:57.72	James Goddard	ENG	Loughborough University	Sheffield	02/04/2008
	01:57.12	James Goddard	ENG	Stockport Metro	Rome	29/07/2009
	04:45.70	Ray Terrell	ENG	City of Southampton		11.07.1971
	04:42.70	Ray Terrell	ENG	City of Southampton		15/07/1972
	04:36.29	Brian Brinkley	ENG	Modernians	Coventry	04/08/1973
	04:34.23	Alan McClatchey	SCO			02/04/1976
	04:33.56	Alan McClatchey	SCO			15/08/1976
	04:31.86	Simon Gray	ENG	Harrow & Wealdstone		04/08/1978
	04:27.70	Simon Gray	ENG	Harrow & Wealdstone		05/08/1978
	04:27.26	Stephen Poulter	ENG	Wigan Wasps		01/10/1982
	04:27.09	Stephen Poulter	ENG	Wigan Wasps		02/10/1982
	04:25.38	Stephen Poulter	ENG	Wigan Wasps		30/07/1984
	04:24.70	John Davey	ENG	Salford Triple 'S'		30/05/1986
	04:24.20	John Davey	ENG	Salford Triple 'S'	Crystal Palace	01/08/1987
	04:22.24	James Hickman	ENG	Stockport Metro	Sheffield	14/12/1997
	04:21.54	James Hickman	ENG	City of Leeds	Sheffield	10/07/1998
	04:20.17	James Hickman	ENG	City of Leeds	Kuala Lumpur	13/09/1998
	04:20.07	Simon Militis	ENG	Portsmouth Northsea	Sheffield	25/07/2000
	04:19.90	Simon Militis	ENG	Portsmouth Northsea	Manchester	15/04/2001
	04:19.30	James Goddard	ENG	Stockport Metro	Malta	05/07/2001
	04:18.30	Robin Francis	ENG	University of Bath	Bath	09/12/2001
	04:16.65	Adrian Turner	ENG	Stockport Metro	Sheffield	11/04/2004
04:15.98	David Carry	SCO	City of Aberdeen	Melbourne	19/03/2006	
04:12.59	Thomas Haffield	WAL	City of Cardiff	Sheffield	03/04/2008	
04:16.05	James Goddard	ENG	Stockport Metro	Sheffield	20/03/2009	
04:12.39	Thomas Haffield	WAL	City of Cardiff	Sheffield	20/03/2009	
04:11.32	Thomas Haffield	WAL	City of Cardiff	Rome	02/08/2009	

	04:14.55	Roberto Pavoni	ENG	Brentwood	Sheffield	01/04/2010
	04:12.43	Roberto Pavoni	ENG	Brentwood	London	03/03/2012

	04:12.24	Roberto Pavoni	ENG	Loughborough University	Glasgow	11/04/2014
	04:11.04	Daniel Wallace	SCO *BR	Warrender	Glasgow CG	25/07/2014

## WOMEN

50m FREESTYLE	00:26.48	June Croft	ENG	Wigan Wasps		27/11/1981
	00:26.39	Caroline Cooper	ENG	Potters Bar		07/12/1985
	00:26.19	Caroline Woodcock	ENG	Haywards Heath	Molydal (SWE)	25/03/1989
	00:26.01	Caroline Woodcock	ENG	Haywards Heath	Bonn	20/08/1989
	00:25.89	Susan Rolph	ENG	Co Newcastle	Monte Carlo	03/06/1998
	00:25.78	Susan Rolph	ENG	Co Newcastle	Monte Carlo	04/06/1998
	00:25.73	Alison Sheppard	SCO	Milngavie & Bearsden	Glasgow	14/06/1998
	equal	Susan Rolph	ENG	Co Newcastle	Sheffield	10/07/1998
	00:25.54	Susan Rolph	ENG	Co Newcastle	Sheffield	28/05/1999
	00:25.51	Susan Rolph	ENG	Co newcastle	Barcelona	05/06/1999
	00:25.47	Alison Sheppard	SCO	Milngavie & Bearsden	Sheffield	10/07/1999
	00:25.50	Susan Rolph	ENG	Co Newcastle	Sheffield	10/07/1999
	00:25.33	Alison Sheppard	SCO	Milngavie & Bearsden	Istanbul	01/08/1999
	00:25.48	Susan Rolph	ENG	Co Newcastle	Monte Carlo	21/05/2000
	00:25.31	Alison Sheppard	SCO	Milngavie & Bearsden	Glasgow	
	00:25.16	Alison Sheppard	SCO	Milngavie & Bearsden	Sheffield	24/07/2000
	00:25.12	Alison Sheppard	SCO	Milngavie & Bearsden	Sheffield	25/07/2000
	00:25.07	Alison Sheppard	SCO	Milngavie & Bearsden	Manchester	10/04/2001
	equal	Alison Sheppard	SCO	Milngavie & Bearsden	Fukuoka	28/07/2001
	25:00.00	Alison Sheppard	SCO	Milngavie & Bearsden	Fukuoka	29/07/2001
	00:24.96	Alison Sheppard	SCO	Milngavie & Bearsden	Manchester	13/04/2002
	00:24.68	Alison Sheppard	SCO	Milngavie & Bearsden	Manchester	02/08/2002
	00:25.28	Francesca Halsall	ENG	City of Liverpool	Palma de Mallorca	09/07/2006
	00:24.75	Francesca Halsall	ENG	City of Liverpool	Sheffield	16/03/2009
	00:24.53	Francesca Halsall	ENG	City of Liverpool	Sheffield	17/03/2009
	00:24.47	Francesca Halsall	ENG	Loughborough University	Rome	01/08/2009
	00:24.42	Francesca Halsall	ENG	Loughborough University	Rome	01/08/2009
	00:24.11	Francesca Halsall	ENG	Loughborough University	Rome	02/08/2009
	00:23.96	Francesca Halsall	ENG	Loughborough University	Glasgow	26/07/2014

100m FREESTYLE	01:00.50	Alex Jackson	ENG	Peel	Mexico	18/10/1968	
	01:00.30	Deborah Hill	ENG	Portsmouth Northsea		07/06/1975	
	01:00.20	E Gray	SCO	City of Glasgow		29/05/1976	
	01:00.20	Susan Edmondson	ENG	City of Coventry		29/05/1976	
	00:59.58	Cheryl Brazendale	ENG	Norbeck Castle		27/08/1976	
	00:59.51	Cheryl Brazendale	ENG	Norbeck Castle		10/04/1977	
	00:59.45	Cheryl Brazendale	ENG	Norbeck Castle		17/04/1977	
	00:59.34	Cheryl Brazendale	ENG	Norbeck Castle		15/05/1977	
	00:59.00	Cheryl Brazendale	ENG	Norbeck Castle		10/06/1977	
	00:57.50	Cheryl Brazendale	ENG	Norbeck Castle		23/08/1977	
	00:56.60	June Croft	ENG	Williams Wasps	Amersfoort	31/01/1982	
	00:56.59	Karen Pickering	ENG	Ipswich	Sheffield	21/05/1992	
	00:56.31	Karen Pickering	ENG	Ipswich	Sheffield	21/05/1992	
	00:56.11	Karen Pickering	ENG	Ipswich	Sheffield	14/06/1992	
	00:55.79	Karen Pickering	ENG	Ipswich	Rome	05/09/1994	
	00:55.65	Susan Rolph	ENG	Co Newcastle	Kuala Lumpur	12/09/1998	
	00:55.17	Susan Rolph	ENG	Co Newcastle	Kuala Lumpur	12/09/1998	
	00:55.05	Susan Rolph	ENG	Co Newcastle	Sheffield	09/07/1999	
	00:55.03	Susan Rolph	ENG	Co Newcastle	Istanbul	28/07/1999	
	00:54.62	Melanie Marshall	ENG	Loughborough University	Sheffield	11/04/2004	
	00:54.62	Francesca Halsall	ENG	City of Liverpool	Perth	14/04/2007	
	00:54.56	Francesca Halsall	ENG	City of Liverpool	Sheffield	28/07/2007	
	00:54.53	Francesca Halsall	ENG	City of Liverpool	Sheffield	26/01/2007	
	00:54.31	Caitlin McClatchey	SCO	Loughborough University	Sheffield	31/03/2008	
	00:54.27	Francesca Halsall	ENG	Loughborough University	Rome	07/08/2008	
	00:53.81	Francesca Halsall	ENG	Loughborough University	Beijing	10/08/2008	
	00:53.02	Francesca Halsall	ENG	Loughborough University	Rome	26/07/2009	
	00:52.87	Francesca Halsall	ENG	Loughborough University	Rome	31/07/2009	
	200m FREESTYLE	02:13.50	Alex Jackson	ENG	Peel	Edinburgh	21/07/1970
		02:12.20	Leslie Allardice	ENG	Killerwhales		14/07/1972
02:12.00		Leslie Allardice	ENG	Killerwhales		09/06/1973	
02:11.19		Leslie Allardice	ENG	Killerwhales		03/08/1973	
02:10.98		Susan Edmondson	ENG	City of Coventry		28/01/1974	

	02:10.02	D Walker	SCO			30/01/1974
	02:09.42	Susan Edmondson	ENG	City of Coventry		22/08/1974
	02:09.10	A Bradshaw	ENG	Kingsbury		30/05/1976
	02:08.00	Sue Barnard	ENG	City of Cardiff		30/05/1976
	02:06.95	Cheryl Brazendale	ENG	Norbeck Castle		11/04/1977
	02:06.20	Cheryl Brazendale	ENG	Norbeck Castle		29/04/1977
	02:04.11	Sharon Davies	ENG	Kelly College		07/08/ 978
	02:04.10	Jackie Willmott	ENG	Southend on Sea		20/04/1980
	02:03.23	Jackie Willmott	ENG	Southend on Sea		26/05/1980
	02:02.95	June Croft	ENG	Wigan Wasps		11/07/1981
	02:00.49	June Croft	ENG	Wigan Wasps		30/01/1982
	02:00.08	June Croft	ENG	Wigan Wasps		17/04/1982
	01:59.74	June Croft	ENG	Wigan Wasps	Brisbane	04/10/1982
	01:59.65	Karen Pickering	ENG	Ipswich	Manchester	01/06/2001
	01:59.32	Nicola Jackson	ENG	Derwentside	Glasgow	24/06/2001
	01:57.85	Melanie Marshall	ENG	Loughborough University	Sheffield	08/04/2004
	01:57.51	Melanie Marshall	ENG	Loughborough University	Sheffield	09/04/2004
	01:57.25	Caitlin McClatchey	SCO	Loughborough University	Melbourne	16/03/2006
	01:56.66	Rebecca Adlington	ENG	Nova Centurion	Sheffield	05/04/2008
	01:56.61	Joanne Jackson	ENG	Derwentside	Rome	08/06/2008
	01:56.47	Joanne Jackson	ENG	Loughborough University	Sheffield	18/03/2009
	01:55.54	Joanne Jackson	ENG	Loughborough University	Rome	28/07/2009
400m FREESTYLE	04:44.60	Leslie Allardice	ENG	Killerwhales		06/08/1971
	04:45.60	S Williams	ENG	City of Exeter		22/07/1967
	04:44.50	June Green	ENG	Walsall		15/04/1972
	04:43.80	June Green	ENG	Walsall		18/04/1972
	04:42.10	Susan Edmondson	ENG	Hull		28/05/1972
	04:36.20	Susan Edmondson	ENG	Hull		11/06/1972
	04:35.40	June Green	ENG	Walsall		15/07/1972
	04:35.18	Susan Edmondson	ENG	City of Coventry		01/06/1973
	04:33.94	June Green	ENG	Walsall		31/01/1974
	04:33.77	Sue Barnard	ENG	Beckenham		10/08/1975
	04:30.66	Susan Edmondson	ENG	City of Coventry		18/04/1976

800m FREESTYLE	04:30.14	D Walker	SCO			31/01/1974	
	04:29.17	D Walker	SCO			20/08/1974	
	04:29.00	Susan Edmondson	ENG	City of Coventry		30/05/1976	
	04:28.20	Moira Houston	SCO	Leeds Central		25/08/1976	
	04:26.60	Cheryl Brazendale	ENG	Norbeck Castle		09/04/1977	
	04:24.83	Cheryl Brazendale	ENG	Norbeck Castle		10/04/1977	
	04:24.09	Cheryl Brazendale	ENG	Norbeck Castle		17/04/1977	
	04:20.56	Sharon Davies	ENG	Port of Plymouth		26/05.1978	
	04:18.59	Sharon Davies	ENG	Kelly College		25/07/1979	
	04:16.27	Jackie Willmott	ENG	Southend of Sea		20/04/1980	
	04:15.23	Jackie Willmott	ENG	Southend of Sea		09/09/1981	
	04:13.94	June Croft	ENG	Wigan Wasps		31/01/1982	
	04:12.71	Jackie Willmott	ENG	Southend of Sea		09/05/1982	
	04:11.67	Jackie Willmott	ENG	Southend of Sea	Guayaquil	03/08/1982	
	04:11.55	Sarah Hardcastle	ENG	Southend Synchro		31/07/1984	
	04:10.27	Sarah Hardcastle	ENG	Southend Synchro		31/07/1984	
	04:07.68	Sarah Hardcastle	ENG	Southend Synchro	Edinburgh	27/07/1986	
	04:07.02	Caitlin McClatchey	SCO	Loughborough University	Swansea	17/06/2005	
	04:07.42	Joanne Jackson	ENG	Derwentside	Melbourne	25/0/2007	
	04:04.91	Rebecca Adlington	ENG	Nova Centurion	Sheffield	01/04/2008	
	04:04.50	Rebecca Adlington	ENG	Nova Centurion	Sheffield	02/04/2008	
	04:02.80	Rebecca Adlington	ENG	Nova Centurion	Liverpool	13/07/2008	
	04:02.24	Rebecca Adlington	ENG	Nova Centurion	Beijing	11/08/2008	
	04:00.66	Joanne Jackson	ENG	Loughborough University	Sheffield	16/03/2009	
	04:00.60	Joanne Jackson	ENG	Loughborough University	Rome	26/07/2009	
		09:59.30	Sally Davidson	ENG		Budapest	13/07/1968
		09:49.40	June Green	ENG	Walsall		12/08/1971
		09:35.70	June Green	ENG	Walsall		15/04/1972
		09:31.40	June Green	ENG	Walsall		18/04/1972
		09:31.30	June Green	ENG	Walsall		13/07/1972
		09:24.80	June Green	ENG	Walsall		23/04/1973
	09:21.48	June Green	ENG	Walsall	Christchurch	25/01/1974	
	09:17.41	D Simpson	SCO		Christchurch	25/01/1974	



	09:12.53	Sue Barnard	ENG	Beckenham		28/08/1975
	09:07.79	Cheryl Brazendale	ENG	Norbeck Castle		11/04/1977
	09:07.40	L Heggie	ENG	Warrington Warriors		09/05/1977
	08:58.87	Sharon Davies	ENG	Port of Plymouth		27/05/1978
	08:51.40	Jackie Willmott	ENG	Southend & Leigh		12/08/1979
	08:41.88	Jackie Willmott	ENG	Southend on Sea		19/04/1980
	08:38.56	Jackie Willmott	ENG	Southend on Sea		07/09/1981
	08:37.22	Jackie Willmott	ENG	Southend on Sea		11/09/1981
	08:32.61	Jackie Willmott	ENG	Southend on Sea	Guayaquil	05/08/1982
	08:32.60	Sarah Hardcastle	ENG	Southend Synchro		03/08/1984
	08:32.57	Sarah Hardcastle	ENG	Southend Synchro		10/08/1985
	08:24.77	Sarah Hardcastle	ENG	Boro' of Southend	Edinburgh	29/07/1986
	08:19.22	Rebecca Adlington	ENG	Nova Centurion	Sheffield	03/04/2008
	08:18.06	Rebecca Adlington	ENG	Nova Centurion	Beijing	14/08/2008
	08:14.10	Rebecca Adlington	ENG	Nova Centurion	Beijing	16/08/2008
1500m FREESTYLE	18:43/20	Susan Edmondson	ENG	City of Coventry		16/06/1973
	18:41.00	Nuala Muir-Cochrane	SCO	Leeds Central		02/11/1977
	18:19.40	Amanda James	WAL			31/10.1976
	18:14.40	M Verth	SCO			24/06/1977
	17:42.37	Maxine Charles	ENG	City of Coventry		09/06/1978
	17:00.03	Maxine Charles	ENG	City of Coventry	Coventry	21/12/1979
	16:46.48	Jackie Willmott	ENG	Southend on Sea	Edinburgh	25/04/1980
	16:43.95	Sarah Hardcastle	ENG	Southend Synchro	Montreal	18/04/1985
	16:39.46	Sarah Hardcastle	ENG	Bracknell	Edinburgh	31/03/1994
	16:28.49	Rebecca Cooke	ENG	Reading	Seattle	01/04/2000
	16:21.75	Rebecca Cooke	ENG	Reading	Manchester	11/04/2001
	16:20.15	Rebecca Cooke	ENG	Reading	Fukuoka	28/07/2001
	16:17.95	Rebecca Cooke	ENG	Co Glasgow	Barcelona	21/07/2003
	16:14.70	Rebecca Cooke	ENG	Co Glasgow	Daegu	29/08/2003
	16:06.67	Keri-Anne Payne	ENG	Stockport Metro	Manchester	07/03/2011
	15:47.26	Jazmin Carlin	WAL *BR	Swansea University	Sheffield	28/06/2013
50m BACKSTROKE	00:30.51	Katharine Read	ENG	Barnet Copthall	Sheffield	13/04/1991

100m BACKSTROKE	00:30.41	Katharine Read	ENG	Barnet Copthall	Leeds	03/08/1991	
	00:30.39	Katharine Read	ENG	Barnet Copthall	Leeds	03/08/1991	
	00:30.06	Katharine Read	ENG	Barnet Copthall	Sheffield	11/04/1992	
	30:00.00	Katharine Osher	ENG	Barnet Copthall	Sheffield	12/06/1993	
	00:29.94	Katy Sexton	ENG	Portsmouth Northsea	Sheffield	11/07/1999	
	00:29.93	Zoe Cray	ENG	Ipswich	Sheffield	18/12/1999	
	00:29.92	Zoe Cray	ENG	Ipswich	Sheffield	27/05/2000	
	00:29.82	Zoe Cray	ENG	Ipswich	Sheffield	30/07/2000	
	00:29.56	Sarah Price	ENG	Barnet Copthall	Manchester	14/04/2001	
	00:29.35	Sarah Price	ENG	Barnet Copthall	Manchester	14/04/2001	
	00:29.33	Sarah Price	ENG	Barnet Copthall	Glasgow	23/06/2001	
	00:29.26	Sarah Price	ENG	Barnet Copthall	Manchester	13/04/2002	
	00:29.13	Sarah Price	ENG	Barnet Copthall	Manchester	02/08/2002	
	00:29.08	Sarah Price	ENG	Barnet Copthall	Manchester	03/08/2002	
	00:29.03	Sarah Price	ENG	Barnet Copthall	Sheffield	21/03/2003	
	00:28.67	Gemma Spofforth	ENG	Portsmouth Northsea			
	00:28.61	Elizabeth Simmonds	ENG	Loughborough University	Sheffield	14/02/2009	
	00:27.99	Gemma Spofforth	ENG	Portsmouth Northsea	Glasgow	25/06/2009	
	00:27.92	Gemma Spofforth	ENG	Portsmouth Northsea	Rome	29/07/2009	
	00:27.80	Georgia Davies	WAL	Swansea Uni	Antwerp	25/01/2014	
	00:27.90	Lauren Quigley	ENG	Stockport Metro	Glasgow	15/04/2014	
	00:27.72	Lauren Quigley	ENG	Stockport Metro	Glasgow	28/07/2014	
	00:27.61	Georgia Davies	WAL	Swansea Uni	Glasgow	28/07/2014	
	00:27.69	Lauren Quigley	ENG	Stockport Metro	Glasgow	29/07/2014	
	00:27.56	Georgia Davies	WAL	Swansea Uni	Glasgow	29/07/2014	
		01:08.70	Linda Ludgrove	ENG	Beckenham	Coventry	22/07/1967
		01:08.61	Margaret Kelly	ENG	Everton		01/06/1973
		01:08.57	M Crook	ENG	City of Southampton		27/04/1974
		01:08.55	Margaret Kelly	ENG	Everton		22/08/1974
		01:08.27	Joy Beasley	ENG	Halesowen		24/01/1975
		01:07.67	R Roughley	ENG	Swinton		20/08/1975
		01:06.90	Joy Beasley	ENG	Junction Ten		29/05/1976
	01:06.66	Joy Beasley	ENG	Junction Ten		20/07/1976	

01:06.41	Joy Beasley	ENG	Junction Ten		22/01/1977
01:05.98	Helen Gilyard	ENG			07/08/1978
01:05.83	Joy Beasley	ENG	Junction Ten		22/08/1978
01:05.70	Helen Jameson	ENG	Kelly College		15/04/1979
01:04.60	Helen Jameson	ENG	Kelly College		20/07/1980
01:04.52	Katharine Read	ENG	Stockport Metrol		19/08/1986
01:04.44	Beverley Rose	SCO			04/10/1982
01:44.27	Katharine Read	ENG	Norwich Penguins		22/09/1988
01:04.13	Joanne Deakins	ENG	Gloucester City	Auckland	27/01/1990
01:03.97	Joanne Deakins	ENG	Gloucester City	Auckland	29/01/1990
01:03.71	Sharon Page	ENG	Wigan Wasps	Athens	22/08/1991
01:03.61	Beverley Rose	ENG	City of Glasgow	Los Angeles	31/07/1984
01:03.54	Katharine Read	ENG	Barnet Copthall	Sheffield	22/05/1992
01:03.49	Katharine Read	ENG	Barnet Copthall	Sheffield	14/06/1992
01:03.27	Kathy Osher	ENG	Barnet Copthall	Victoria	21/08/1994
01:02.78	Sarah Price	ENG	Barnet Copthall	Seville	21/08/1997
01:02.16	Katy Sexton	ENG	Portsmouth Northsea	Sheffield	17/12/1999
01:01.93	Sarah Price	ENG	Barnet Copthall	Sheffield	26/07/2000
01:01.80	Katy Sexton	ENG	Portsmouth Northsea	Sheffield	27/07/2000
01:01.36	Sarah Price	ENG	Barnet Copthall	Manchester	11/04/2001
01:01.32	Sarah Price	ENG	Barnet Copthall	Manchester	12/04/2001
01:01.16	Sarah Price	ENG	Barnet Copthall	Manchester	31/07/2002
01:01.14	Sarah Price	ENG	Barnet Copthall	Manchester	31/07/2002
01:01.06	Sarah Price	ENG	Barnet Copthall	Manchester	01/08/2002
01:34.00	Sarah Price	ENG	Barnet Copthall	Sheffield	19/03/2003
01:00.49	Katy Sexton	ENG	Portsmouth Northsea	Sheffield	20/03/2003
00:59.89	Gemma Spofforth	ENG	Portsmouth Northsea	Sheffield	01/04/2008
00:59.79	Gemma Spofforth	ENG	Portsmouth Northsea	Beijing	11/08/2008
00:59.38	Gemma Spofforth	ENG	Portsmouth Northsea	Beijing	12/08/2008
00:59.05	Gemma Spofforth	ENG	Portsmouth Northsea	Beijing	17/08/2008
00:58.78	Gemma Spofforth	ENG	Portsmouth Northsea	Rome	27/07/3009
00:58.74	Gemma Spofforth	ENG	Portsmouth Northsea	Rome	27/07/2009
00:58.12	Gemma Spofforth	ENG	Portsmouth Northsea	Rome	28/07/2009

200m BACKSTROKE	02:26.20	Wendy Burrell	ENG	Carlisle Secondary	Barcelona	09/09/1970
	02:25.90	Joy Beasley	ENG	Junction Ten		25/04/1976
	02:25.00	Sharron Davies	ENG	Port of Plymouth		01/05/1976
	02:25.00	K Wilkinson	ENG	City of Coventry		01/05/1976
	02:24.20	K Wilkinson	ENG	City of Coventry		30/05/1976
	02:21.79	Sharron Davies	ENG	Port of Plymouth		14/08/1976
	02:21.02	Jane Admans	ENG	Slough Dolphins		27/03/1978
	02:20.64	Sharron Davies	ENG	Port of Plymouth		08/04/1978
	02:19.30	Sharron Davies	ENG	Port of Plymouth		21/04/1978
	02:18.94	Jane Admans	ENG	Slough Dolphins		28/07/1979
	02:18.13	Jane Admans	ENG	Slough Dolphins		12/04/1980
	02:17.66	Jane Admans	ENG	Slough Dolphins		12/09/1981
	02:16.00	Katharine Read	ENG	Norwich Penguins		28/05/1984
	02:14.87	Katharine Read	ENG	Stockport Metro		30/05/1986
	02:14.74	Joanne Deakins	ENG	Gloucester City	Auckland	30/01/1990
	02:14.23	Joanne Deakins	ENG	Gloucester City	Athens	25/08/1991
	02:14.07	Katharine Read	ENG	Barnet Copthall	Sheffield	24/05/1992
	02:13.91	Joanne Deakins	ENG	Co Gloucester	Barcelona	31/07/1992
	02:13.82	Helen Don-Duncan	ENG	Ashton Central	Sheffield	12/12/1997
	02:13.70	Helen Don-Duncan	ENG	Ashton Central	Sheffield	10/07/1998
	02:13.18	Katy Sexton	ENG	Portsmouth Northsea	Kuala Lumpur	17/09/1998
	02:13.00	Katy Sexton	ENG	Portsmouth Northsea	Seattle	28/03/2000
	02:12.68	Joanna Fargus	ENG	University of Bath	Helsinki	03/07/2000
	02:11.73	Helen Don-Duncan	ENG	Ashton Central	Sheffield	28/07/2000
	02:11.25	Helen Don-Duncan	ENG	Ashton Central	Sheffield	29/07/2000
	02:11.04	Joanna Fargus	ENG	University of Bath	Glasgow	22/06/2001
	02:10.99	Sarah Price	ENG	Barnet Copthall	Bath	07/12/2001
	02:10.78	Sarah Price	ENG	Barnet Copthall	Manchester	14/04/2002
	02:10.58	Sarah Price	ENG	Barnet Cppthall	Manchester	03/08/2002
	02:09.27	Katy Sexton	ENG	Portsmouth Northsea	Sheffield	23/03/2003
	02:08.74	Katy Sexton	ENG	Portsmouth Northsea	Barcelona	26/07/2003
	02:08.66	Elizabeth Simmonds	ENG	Lincoln Vulcans	Beijing	14/08/2008
	02:08.51	Elizabeth Simmonds	ENG	Lincoln Vulcans	Beijing	16/08/2008
	02:07.21	Elizabeth Simmonds	ENG	Loughborough University	Rome	31/07/2009

50m BREASTSTROKE	02:06.66	Gemma Spofforth	ENG	Portsmouth Northsea	Rome	01/08/2009
	00:33.39	Lorraine Burt	ENG	City of Southampton		30/05/1987
	00:33.28	Jean Hill	SCO			21/08/1987
	00:32.95	Margaret Hohmann	ENG	Wigan Wasps	Hamburg	29/04/1989
	00:32.94	Lorraine Coombes	ENG	City of Southampton	Bonn	18/08/1989
	00:32.59	Lorraine Coombes	ENG	City of Southampton	Perth	06/01/1991
	00:32.53	Zoe Baker	ENG	City of Sheffield	Southland, NZL	06/04/1997
	00:31.52	Zoe Baker	ENG	City of Sheffield	Sheffield	08/07/1999
	00:31.43	Zoe Baker	ENG	City of Sheffield	Istanbul	29/07/1999
	00:31.23	Zoe Baker	ENG	City of Sheffield	Fukuoka	26/07/2001
	00:31.04	Zoe Baker	ENG	City of Sheffield	Manchester	10/04/2002
	00:31.03	Zoe Baker	ENG	City of Sheffield	Manchester	30/07/2002
	00:30.57	Zoe Baker	ENG	City of Sheffield	Manchester	30/07/2002
	00:30.56	Sophie Taylor	ENG	City of Leeds	Glasgow	24/07/2014
100m BREASTSTROKE	01:17.00	Dorothy Harrison	ENG	Hartlepool	Barcelona	07/09/1970
	01:16.50	Dorothy Harrison	ENG	Hartlepool	Munich	01/09/1972
	01:16.35	Christine Jarvis	ENG	Modernians	Belgrade	05/09/1973
	01:15.82	A Dickie	SCO			13/04/1974
	01:15.48	Margaret Kelly	ENG	City of Cardiff		15/08/1975
	01:14.70	Christine Jarvis	ENG	Modernians		02/04/1976
	01:14.47	Margaret Kelly	ENG	City of Cardiff		18/04/1976
	01:14.23	Margaret Kelly	ENG	City of Cardiff	Montreal	22/07/1976
	01:13.57	Margaret Kelly	ENG	City of Cardiff	Montreal	22/07/1976
	01:13.20	Margaret Kelly	ENG	Beckenham		25/03/1978
	01:13.11	Margaret Kelly	ENG	Beckenham		25/03/1978
	01:13.02	Margaret Kelly	ENG	Beckenham		09/04/1968
	01:12.75	Margaret Kelly	ENG	Beckenham		22/04/1978
	01:11.73	Margaret Kelly	ENG	Beckenham		22/08/1978
	01:11.48	Margaret Kelly	ENG	Beckenham	Moscow	26/07/1980
	01:11.05	Suki Brownsdon	ENG	R.T.W. Monson		08/09/1981
	01:10.39	Suki Brownsdon	ENG	R.T.W. Monson	Strasbourg	21/08/1987
	01:09.92	Heidi Earp	ENG	Nova Centurion	Sheffield	26/07/2000

200m BREASTSTROKE	01:09.64	Jaime King	ENG	University of Bath	Manchester	15/04/2001
	01:09.59	Rachel Genner	ENG	City of Coventry	Sheffield	17/02/2003
	01:09.01	Rachel Genner	ENG	City of Coventry	Sheffield	22/03/2003
	01:09.00	Jaime King	ENG	University of Bath	Sheffield	23/03/2003
	01:08.86	Rachel Genner	ENG	City of Coventry	Sheffield	24/01/2004
	01:08.14	Kate Haywood	ENG	Loughborough University	Manchester	16/04/2005
	01:07.83	Kirsty Balfour	SCO	City of Edinburgh	Melbourne	20/03/2006
	01:07.67	Kirsty Balfour	SCO	City of Edinburgh	Melbourne	26/03/2007
	01:07.56	Kate Haywood	ENG	Lincoln Vulcans	Sheffield	02/04/2008
	01:07.36	Sophie Taylor	ENG	City of Leeds	Dubai	28/08/2013
	01:07.08	Sophie Taylor	ENG	City of Leeds	Glasgow	14/04/2014
	01:06.35	Sophie Taylor	ENG	City of Leeds	Glasgow	28/07/2014
	02:45.60	Dorothy Harrison	ENG	Hartlepool	Barcelona	11/09/1970
	02:45.12	Christine Gaskell	ENG	Rochdale		26/01/1974
	02:45.00	Dorothy Harrison	ENG	hartlepool		12/01/1972
	02:44.77	Christine Gaskell	ENG	Rochdale		10/04/1974
	02:44.25	P Beaven	WAL			28/07/1972
	02:44.20	P Beaven	WAL			28/07/1972
	02:43.11	P Beaven	WAL			26/01/1974
02:42.13	Margaret Kelly	ENG	City of Cardiff		28/08/1976	
02:41.96	Christine Jarvis	ENG	Modernians		02/04/1976	
02:41.93	Margaret Kelly	ENG	City of Cardiff		19/04/1976	
02:38.60	Margaret Kelly	ENG	City of Cardiff		29/05/1976	
02:38.26	Deborah Rudd	ENG	City of Coventry	Montreal	21/07/1976	
02:38.13	Margaret Kelly	ENG	Beckenham		26/03/1978	
02:36.98	Margaret Kelly	ENG	Beckenham		08/04/1978	
02:35.64	Deborah Rudd	ENG	City of Coventry		24/04/1978	
02:34.43	Suki Brownsdon	ENG	RTW Monson		03/07/1981	
02:33.16	Suki Brownsdon	ENG	Millfield	Cardiff	04/05/1985	
02:31.51	Jean Hill	ENG	Cumbernauld	Strasbourg	19/08/1987	
02:33.01	Marie Hardiman	ENG	Co Birmingham	Sheffield	04/08/1993	
02:32.48	Marie Hardiman	ENG	Co Birmingham	Sheffield	04/08/1993	
02:30.63	Marie Hardiman	ENG	Co Birmingham	C/Palace	31/07/1994	

50m BUTTERFLY	02:29.91	Jaime King	ENG	University of Bath	Seville	20/08/1997
	02:29.02	Jaime King	ENG	University of Bath	Sheffield	28/05/2000
	02:28.10	Jaime King	ENG	University of Bath	Manchester	11/04/2001
	02:27.88	Kirsty Balfour	SCO	City of Edinburgh	Sheffield	08/04/2004
	02:26.18	Kirsty Balfour	SCO	City of Edinburgh	Melbourne	18/03/2006
	02:24.04	Kirsty Balfour	SCO	City of Edinburgh	Melbourne	19/03/2006
	02:27.93	Stacey Tadd	ENG	University of Bath	Barcelona	04/06/2011
	02:27.37	Stacey Tadd	ENG	University of Bath	Sheffield	15/06/2011
	02:26.73	Stacey Tadd	ENG	University of Bath	Shanghi	28/07/2011
	02:26.63	Stacey Tadd	ENG	University of Bath	London	10/03/2012
	02:26.38	Molly Renshaw	ENG	Deventio	Antwerp	25/01/2014
	02:24.46	Sophie Taylor	ENG	City of Leeds	Glasgow	12/04/2014
	02:23.82	Molly Renshaw	ENG	Loughborough Uni	Berlin	22/08/2014
	50m BUTTERFLY	00:28.22	Caroline Cooper	ENG	Kelly College	Amersfoort
00:28.19		Susan Rolph	ENG	Co Newcastle	Cardiff	22/03/1997
00:28.16		Caroline Foot	ENG	York City Baths	Sheffield	13/12/1997
00:28.06		Nicola Jackson	ENG	Derwentside	Sheffield	02/05/1999
00:27.86		Nicola Jackson	ENG	Derwentside	Sheffield	17/12/1999
00:27.77		Nicola Jackson	ENG	Derwentside	Sheffield	17/12/1999
00:27.67		Nicola Jackson	ENG	Derwentside	Sheffield	17/12/1999
00:27.46		Susan Rolph	ENG	City of Newcastle	Monte Carlo	23/05/2000
00:27.32		Caroline Foot	ENG	Kingston Upon Hull	Sheffield	27/05/2000
00:27.05		Alison Sheppard	SCO	Milngavie & Bearsden	Glasgow	24/06/2001
00:26.74		Francesca Halsall	ENG	City of Liverpool	Sheffield	29/07/2007
00:26.31		Francesca Halsall	ENG	City of Liverpool	Rome	08/06/2008
00:26.24		Francesca Halsall	ENG	Loughborough University	Delhi	05/10/2010
00:25.86		Francesca Halsall	ENG	Loughborough University	Rome	17/06/2011
00:25.69		Francesca Halsall	ENG	Loughborough University	Barcelona	02/08/2013
00:25.64		Francesca Halsall	ENG	Loughborough University	Glasgow	26/07/2014
00:25.36		Francesca Halsall	ENG	Loughborough University	Glasgow	26/07/2014
00:25.20	Francesca Halsall	ENG	Loughborough University	Glasgow	27/07/2014	
100m BUTTERFLY	01:07.40	Margaret Auton	ENG	Hartlepool		14/06/1958



01:06.60	Jean Jeavons	ENG	Melton Mowbray		15/07/1972
01:06.26	Kjoanne Atkinson	ENG	Darlington		04/08/1973
01:05.96	K Wickham	SCO			28/01/1974
01:05.48	Joanne Atkinson	ENG	Millfield		22/08/1974
01:05.26	Joanne Atkinson	ENG	Millfield		25/05/1975
01:05.09	Anne Adams	WAL			09/08/1975
01:04.94	Susan Jenner	ENG	Mermaid & Merton		24/04/1976
01:04.50	Susan Jenner	ENG	Mermaid & Merton		01/05/1976
01:04.44	Susan Jenner	ENG	Mermaid & Merton		15/05/1976
01:04.30	Joanne Atkinson	ENG	Millfield		30/05/1976
01:04.20	Susan Jenner	ENG	Mermaid & Merton		03/06/1976
01:04.06	Susan Jenner	ENG	Mermaid & Merton		21/07/1976
01:03.88	Susan Jenner	ENG	Mermaid & Merton		30/04/1977
01:03.76	Susan Jenner	ENG	Mermaid & Merton		25/06/1977
01:03.56	Susan Jenner	ENG	Mermaid & Merton		13/05/1978
01:03.44	Ann Osgerby	ENG	Wigan Wasps		06/08/1978
01:03.30	Susan Jenner	ENG	Mermaid & Merton		06/08/1978
01:02.90	Ann Osgerby	ENG	Wigan Wasps		23/08/1978
01:02.74	Ann Osgerby	ENG	Wigan Wasps		23/08/1978
01:02.58	Ann Osgerby	ENG	Wigan Wasps		22/08/1979
01:02.32	Ann Osgerby	ENG	Wigan Wasps		12/04/1980
01:01.87	Ann Osgerby	ENG	Wigan Wasps		12/07/1983
01:01.56	Ann Osgerby	ENG	Wigan Wasps		25/08/1983
01:01.48	Nichola Fibbens	ENG	Harrow & Wealdstone		02/08/1984
01:01.33	Madeleine Scarborough	ENG	Portsmouth Northsea	Auckland	28/01/1990
01:01.17	Margaretha Pedder	ENG	Portsmouth Northsea	Sheffield	19/12/1999
01:00.47	Susan Rolph	ENG	City of Newcastle	Rennes	21/03/2000
01:00.46	Susan Rolph	ENG	City of Newcastle	Rennes	21/03/2000
01:00.40	Susan Rolph	ENG	City of Newcastle	Sheffield	27/05/2000
01:00.37	Georgina Lee	ENG	Camphill Edwardians	Manchester	12/04/2001
01:00.35	Georgina Lee	ENG	Camphill Edwardians	Manchester	12/04/2002
01:00.29	Georgina Lee	ENG	Camphill Edwardians	Manchester	13/04/2002
01:00.24	Georgina Lee	ENG	Camphill Edwardians	Indianapolis	04/04/2003
00:59.84	Rosalind Brett	ENG	Loughborough University	Sheffield	07/04/2004

200m BUTTERFLY	00:59.72	Georgina Lee	ENG	Camphill Edwardians	Sheffield	07/04/2004
	00:59.45	Georgina Lee	ENG	Camphill Edwardians	Sheffield	08/04/2004
	00:59.02	Terri Dunning	ENG	City of Birmingham	Melbourne	18/03/2006
	00:58.73	Jemma Lowe	WAL	Stockton Aquatics	Sheffield	29/07/2007
	00:58.71	Jemma Lowe	WAL	Stockton Aquatics	Chiba	23/08/2007
	00:58.44	Francesca Halsall	ENG	City of Liverpool	Sheffield	03/04/2008
	00:58.16	Francesca Halsall	ENG	City of Liverpool	Sheffield	04/04/2008
	00:57.78	Jemma Lowe	WAL	Stockton Aquatics	Sheffield	03/04/2008
	equal	Jemma Lowe	WAL	Stockton Aquatics	Beijing	10/08/2008
	00:57.49	Ellen Gandy	ENG	Beckenham	Sheffield	17/03/2009
	00:57.40	Francesca Halsall	ENG	Loughborough University	Budapest	13/08/2010
	00:57.25	Ellen Gandy	ENG	Beckenham	London	04/03/2012
	02:31.60	Diane Lansley	ENG	City of Southampton		13/06/1970
	02:28.00	J Machin	ENG	Gloucester City		18/04/1972
	02:26.90	Jean Jeavons	ENG	Melton Mowbray		11/06/1972
	02:26.60	M Brown	SCO			08/06/1972
	02:26.10	Jean Jeavons	ENG	Melton Mowbray		25/06/1972
	02:23.60	Jean Jeavons	ENG	Melton Mowbray		14/07/1972
	02:22.79	D Simpson	SCO			25/08/1974
	02:21.15	Joanne Atkinson	ENG	Millfield		24/05/1975
	02:19.50	J Alexander	ENG	City of Cardiff		29/05/1975
	02:15.45	Susan Jenner	ENG	Mermaid & Merton		18/08/1977
	02:15.17	Ann Osgerby	ENG	Wigan Wasps		21/07/1980
	02:14.72	Ann Osgerby	ENG	Wigan Wasps		08/09/1981
	02:14.52	Ann Osgerby	ENG	Wigan Wasps		04/10/1982
	02:13.91	Ann Osgerby	ENG	Wigan Wasps		05/10/1982
	02:13.79	Ann Osgerby	ENG	Wigan Wasps		23/07/1983
02:13.00	Ann Osgerby	ENG	Wigan Wasps		27/08/1983	
02:11.97	Samantha Purvis	ENG	Stockton Aquatics	Los Angeles	04/08/1984	
2.11.81	Margaretha Pedder	ENG	Portsmouth Northsea	Seattle	28/03/2000	
2.10.57	Margaretha Pedder	ENG	Portsmouth Northsea	Seattle	28/03/2000	
2.10.33	Georgina Lee	ENG	Camphill Edwardians	Sydney	19/09/2000	
02:10.21	Georgina Lee	ENG	Camphill Edwardians	Manchester	14/04/2001	

200m IND. MEDLEY	02:09.40	Georgina Lee	ENG	Camphill Edwardians	Indianapolis	02/04/2003
	02:08.89	Georgina Lee	ENG	Camphill Edwardians	Sheffield	10/04/2004
	02:08.88	Ellen Gandy	ENG	Beckenham	Sheffield	31/03/2008
	02:07.69	Ellen Gandy	ENG	Beckenham	Sheffield	31/03/2008
	02:06.64	Jemma Lowe	ENG	Stockton Aquatics	Sheffield	31/03/2008
	02:04.83	Ellen Gandy	ENG	Beckenham	Sheffield	19/03/2009
	02:29.50	Shelagh Ratcliffe	ENG	Everton	Budapest	14/07/1968
	02:26.86	Shelagh Ratcliffe	ENG	Everton		04/04/1970
	02:26.46	Susan Richardson	ENG	Beckenham	Christchurch	25/01/1974
	02:25.77	Sharron Davies	ENG	Port of Plymouth		26/08/1976
	02:25.01	Margaret Kelly	ENG	Cumbernauld		17/04/1977
	02:24.98	Ann Adams	WAL			25/05/1975
	02:24.88	Margaret Kelly	ENG	Cumbernauld		30/04/1977
	02:24.08	Ann Adams	WAL			08/08/1975
	02:20.99	Ann Adams	WAL			25/04/1976
	02:19.75	Sharron Davies	ENG	Port of Plymouth		26/03/1978
	02:17.82	Sharron Davies	ENG	Port of Plymouth		27/05/1978
	02:17.55	Sharron Davies	ENG	Port of Plymouth		04/08/1978
	02:17.31	Sharron Davies	ENG	Kelly College		02/02/1979
	02:17.21	Sharron Davies	ENG	Kelly College	Blackpool	20/04/1980
	02:16.41	Jean Hill	SCO	Cumbernauld	Edinburgh	26/07/1986
	02:15.39	Susan Rolph	ENG	Co Newcastle	Sheffield	23/03/1996
	02:14.62	Susan Rolph	ENG	Co Newcastle	Kuala Lumpur	16/09/1998
	02:14.57	Hannah Miley	SCO	Garioch ASC	Canet	10/06/2007
	02:14.10	Hannah Miley	SCO	Garioch ASC	Barcelona	13/06/2007
	02:12.42	Keri-Anne Payne	ENG	Stockport Metro	Sheffield	02/04/2008
	02:11.46	Hannah Miley	SCO	Garioch ASC	Sheffield	02/04/2008
	02:09.59	Hannah Miley	SCO	Garioch ASC	Sheffield	17/03/2009
	02:09.46	Hannah Miley	SCO	Garioch ASC	Rome	26/07/2009
	02:11.71	Sophie Allen	ENG	Stockport Metro	London	06/03/2012
	02:11.49	Sophie Allen	ENG	Stockport Metro	Debrecen Hungary	24/05/2012
	02:11.34	Sophie Allen	ENG	Stockport Metro	Sheffield	29/06/2013
02:10.23	Sophie Allen	ENG	Stockport Metro	Barcelona	28/07/2013	

400m IND. MEDLEY	02:09.71	Siobhan-Marie O'Connor	ENG	Bath University	Glasgow	13/04/2014
	02:09.63	Siobhan-Marie O'Connor	ENG	Bath University	Barcelona	15/06/2014
	02:08.21	Siobhan-Marie O'Connor	ENG	Bath University	Glasgow	27/07/2014
	05:24.50	Shelagh Ratcliffe	ENG	Everton	Budapest	13/07/1968
	05:15.40	Shelagh Ratcliffe	ENG	Everton		15/08/1971
	05:13.88	Susan Richardson	ENG	Beckenham		06/09/1973
	05:08.59	Susan Richardson	ENG	Beckenham		31/01/1974
	05:06.71	Susan Richardson	ENG	Beckenham		21/08/1974
	05:04.80	Susan Richardson	ENG	Beckenham		01/05/1976
	05:03.99	Susan Richardson	ENG	Beckenham		15/05/1976
	05:02.10	Susan Richardson	ENG	Beckenham		29/05/1976
	12:42.44	Sharron Davies	ENG	Port of Plymouth		27/03/1978
	04:54.88	Sharron Davies	ENG	Kelly College		08/08/1978
	04:47.67	Sharron Davies	ENG	Kelly Wimpey	Amersfoort	02/02/1979
	04:46.83	Sharron Davies	ENG	Kelly Wimpey	Moscow	26/07/1980
	04:46.79	Rebecca Cooke	ENG	City of Glasgow	Sheffield	08/04/2004
	04:46.54	Rebecca Cooke	ENG	City of Glasgow	Manchester	16/03/2005
	04:45.52	Rebecca Cooke	ENG	City of Glasgow	Sheffield	07/08/2005
	04:44.60	Rebecca Cooke	ENG	City of Glasgow	Melbourne	21/03/2006
	04:44.21	Hannah Miley	SCO	Garioch ASC	Eindhoven	02/12/2006
	04:40.07	Hannah Miley	SCO	Garioch ASC	Manchester	26/03/2007
	04:39.91	Hannah Miley	SCO	Garioch ASC	Barcelona	14/06/2007
	04:39.77	Hannah Miley	SCO	Garioch ASC	Eindhoven	06/09/2007
	04:38.48	Keri-Anne Payne	ENG	Stockport Metro	Sheffield	05/04/2008
	04:38.30	Keri-Anne Payne	ENG	Stockport Metro	Sheffield	06/04/2008
	04:33.24	Hannah Miley	SCO	Garioch ASC	Sheffield	05/04/2008
	04:31.33	Hannah Miley	SCO	Garioch ASC	Sheffield	20/03/2009
04:37.48	Aimee Willmott	ENG	Middlesbrough	London	06/03/2012	
04:34.95	Aimee Willmott	ENG	Middlesbrough	Amsterdam	08/12/2013	
04:33.64	Aimee Willmott	ENG	Middlesbrough	Antwerp	25/01/2014	
04:33.01	Aimee Willmott	ENG	Middlesbrough	Glasgow	24/07/2014	













British record  
English record