

County Masters Long Course Records



As at 30th June 2025

Female

18-24

50 Freestyle	0:30.07	03.06.23	Flitwick Dolphins	Megan Jones	Sheffield
100 Freestyle	1:08.02	04.06.23	Flitwick Dolphins	Megan Jones	Sheffield
200 Freestyle	2:35.20	18.06.06	Luton SC	Kate Johnson	Manchester
400 Freestyle	5:23.17	18.06.06	Luton SC	Kate Johnson	Manchester
800 Freestyle	11:06.16	17.06.06	Luton SC	Kate Johnson	Manchester
1500 Freestyle	21:18.71	16.06.06	Luton SC	Kate Johnson	Manchester
50 Backstroke	0:35.28	03.06.23	Flitwick Dolphins	Megan Jones	Sheffield
100 Backstroke	1:13.76	18.05.13	South Beds	Lucy Gregory	Luton
200 Backstroke	2:56.13	09.02.13	South Beds	Kate Robinson	Crawley
50 Breaststroke	0:39.97	01.02.14	South Beds	Emma Irvine	Crawley
100 Breaststroke	1:27.54	02.02.14	South Beds	Emma Irvine	Crawley
50 Butterfly	0:31.91	03.06.23	Flitwick Dolphins	Megan Jones	Sheffield
100 Butterfly	1:19.81	01.02.14	South Beds	Natasha Mason	Crawley
200 Butterfly	3:13.79	01.02.14	South Beds	Natasha Mason	Crawley
200 Ind-Medley	2:45.75	18.05.13	South Beds	Lucy Gregory	Luton
400 Ind-Medley	6:11.74	17.06.06	Luton SC	Kate Johnson	Manchester

25-29

50 Freestyle	0:28.75	14.06.25	South Beds	Hannah Cheval	London
100 Freestyle	1:09.29	31.01.10	Biggleswade	Kelly Brinkler	Crawley
200 Freestyle	2:38.40	18.05.13	South Beds	Laura Robinson	Luton
400 Freestyle	5:07.42	28.01.06	Biggleswade	Susan Morris	Crystal Palace
800 Freestyle	11:51.33	20.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
1500 Freestyle	22:06.20	21.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
50 Backstroke	0:34.00	30.08.22	South Beds	Francis Merridan	Rome. Italy
100 Backstroke	1:09.72	19.06.09	Modernians	Natalie Effemey	Cardiff
200 Backstroke	2:43.41	20.01.24	South Beds	Emma Joyce	Crawley
50 Breaststroke	0:39.00	18.01.20	Team Luton	Laura Smith	Crawley
100 Breaststroke	1:20.14	21.06.09	Modernians	Natalie Effemey	Cardiff
200 Breaststroke	3:04.45	21.06.09	Biggleswade	Collette Fear	Cardiff
50 Butterfly	0:32.02	24.01.16	Putteridge	Hannah Capstick	Crawley
100 Butterfly	1:10.46	24.01.16	Putteridge	Hannah Capstick	Crawley
200 Butterfly	3:24.02	20.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff
200 Ind-Medley	2:28.74	20.06.09	Modernians	Natalie Effemey	Cardiff
400 Ind-Medley	6:23.57	21.06.09	Flitwick Dolphins	Kelly Brinkler	Cardiff

30-34

50 Freestyle	0:28.31	02.04.16	South Beds	Carla King	Sheffield
100 Freestyle	1:06.05	24.03.19	South Beds	Joanne Holder	London
200 Freestyle	2:38.68	18.01.25	Flitwick Dolphins	Jaye Western	Crawley
400 Freestyle	5:39.33	05.05.12	South Beds	Sarah Pearse	Sheffield
800 Freestyle	11:20.85	29.01.12	South Beds	Sarah Pearse	Crawley
1500 Freestyle	25:03.32	18.06.10	Bedford Masters	Sarah Bailey	Glasgow
50 Backstroke	0:32.55	24.03.19	South Beds	Claire Evelyn	London
100 Backstroke	1:25.16	30.01.10	South Beds	Rachel Buckingham	Crawley
200 Backstroke	3:14.67	20.06.10	Bedford Masters	Sarah Bailey	Glasgow
50 Breaststroke	0:35.44	16.06.13	South Beds	Sarah Pearse	Plymouth
100 Breaststroke	1:23.38	05.05.12	South Beds	Sarah Pearse	Sheffield
200 Breaststroke	3:12.79	19.01.25	Flitwick Dolphins	Jaye Western	Crawley
50 Butterfly	0:31.72	24.03.19	South Beds	Claire Evelyn	London
100 Butterfly	1:25.60	13.06.25	Flitwick Dolphins	Jaye Western	London
200 Ind-Medley	2:52.63	20.01.18	South Beds	Claire Evelyn	Crawley

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35-39

50 Freestyle	0:28.42	03.06.18	South Beds	Carla King	Plymouth
100 Freestyle	1:03.25	09.06.18	South Beds	Carla King	Plymouth
200 Freestyle	2:22.82	02.04.16	Putteridge	Miriama Owens	Sheffield
400 Freestyle	5:11.44	12.06.15	Putteridge	Miriama Owens	Manchester
800 Freestyle	10:40.06	12.06.15	Putteridge	Miriama Owens	Manchester
50 Backstroke	0:38.34	02.04.16	Putteridge	Carrie Page	Sheffield
100 Backstroke	1:24.04	23.01.16	Putteridge	Carrie Page	Crawley
200 Backstroke	3:04.05	01.02.15	Putteridge	Carrie Page	Crawley
50 Breaststroke	0:34.73	19.01.19	South Beds	Carla King	Crawley
100 Breaststroke	1:20.71	19.01.19	South Beds	Carla King	Crawley
50 Butterfly	0:32.32	28.05.16	South Beds	Samantha Hammond	London
100 Butterfly	1:20.80	12.06.15	Putteridge	Miriama Owens	Manchester
200 Ind-Medley	2:40.37	01.04.16	Putteridge	Miriama Owens	Sheffield
400 Ind-Medley	5:50.17	12.06.15	Putteridge	Miriama Owens	Manchester

40-44

50 Freestyle	0:28.81	17.05.25	South Beds	Carla King	London
100 Freestyle	1:04.48	22.01.23	South Beds	Carla King	Crawley
200 Freestyle	2:21.53	01.03.20	Team Luton	Jo Mitchinson	Swansea
400 Freestyle	5:07.40	03.06.23	Team Luton	Jo Mitchinson	Sheffield
800 Freestyle	12:12.51	21.01.17	South Beds	Clare Warren	Crawley
50 Backstroke	0:36.13	04.03.23	Team Luton	Jo Mitchinson	Swansea
100 Backstroke	1:16.07	02.06.23	Team Luton	Jo Mitchinson	Sheffield
200 Backstroke	2:42.58	04.03.23	Team Luton	Jo Mitchinson	Swansea
50 Breaststroke	0:35.81	22.01.23	South Beds	Carla King	Crawley
100 Breaststroke	1:24.80	15.06.25	Biggleswade	Kat Berry	London
200 Breaststroke	3:04.17	14.06.25	Biggleswade	Kat Berry	London
50 Butterfly	0:34.87	18.06.22	Dunstable	Jodie Armstrong	Aberdeen
100 Butterfly	1:20.82	29.02.20	Team Luton	Jo Mitchinson	Swansea
200 Butterfly	2:47.62	29.02.20	Team Luton	Jo Mitchinson	Swansea
200 Ind-Medley	3:03.60	16.06.17	Team Luton	Karen MacKenzie	Aberdeen

45-49

50 Freestyle	0:31.39	17.06.22	Team Luton	Kelly Cooke	Aberdeen
100 Freestyle	1:09.95	18.06.22	Team Luton	Kelly Cooke	Aberdeen
200 Freestyle	2:32.78	15.06.25	Biggleswade	Susan Evans	London
400 Freestyle	5:12.94	15.06.25	Biggleswade	Susan Evans	London
800 Freestyle	10:28.70	15.06.25	Biggleswade	Susan Evans	London
1500 Freestyle	20:21.27	13.06.25	Biggleswade	Susan Evans	London
50 Backstroke	0:36.98	14.06.19	Team Luton	Karen MacKenzie	Swansea
100 Backstroke	1:21.62	09.06.18	Team Luton	Karen MacKenzie	Plymouth
200 Backstroke	2:48.47	13.06.25	Biggleswade	Susan Evans	London
50 Breaststroke	0:44.41	03.04.16	Putteridge	Patricia L D Sully	Sheffield
100 Breaststroke	1:40.71	02.04.16	Putteridge	Patricia L D Sully	Sheffield
200 Breaststroke	4:14.23	29.01.11	South Beds	Jeanetta Lee	Crawley
50 Butterfly	0:30.95	07.05.16	Flitwick Dolphins	Liz Woolner	Norwich
100 Butterfly	1:09.94	07.05.16	Flitwick Dolphins	Liz Woolner	Norwich
200 Ind-Medley	2:51.26	04.06.23	Biggleswade	Susan Evans	Sheffield
400 Ind-Medley	6:14.00	02.06.23	Biggleswade	Susan Evans	Sheffield

50-54

50 Freestyle	0:29.16	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
100 Freestyle	1:06.53	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
200 Freestyle	2:27.03	16.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
400 Freestyle	5:10.00	16.06.12	Modernians	Annie Wilson	Riccione, Italy
800 Freestyle	11:50.52	15.06.25	Team Luton	Karen MacKenzie	London
1500 Freestyle	27:43.91	07.03.15	South Beds	Jackie Maycock	Swansea

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50 Backstroke	0:35.48	17.06.17	Flitwick Dolphins	Liz Woolner	Aberdeen
100 Backstroke	1:20.01	22.01.17	Flitwick Dolphins	Liz Woolner	Crawley
200 Backstroke	3:00.81	20.01.24	Team Luton	Karen MacKenzie	Crawley
50 Breaststroke	0:48.90	09.02.13	South Beds	Jackie Maycock	Crawley
200 Breaststroke	3:40.62	29.05.16	South Beds	Jackie Maycock	London
50 Butterfly	0:30.70	24.03.19	Flitwick Dolphins	Liz Woolner	London
100 Butterfly	1:10.15	22.01.17	Flitwick Dolphins	Liz Woolner	Crawley
200 Butterfly	3:49.22	28.01.12	South Beds	Christine Ayers	Crawley
200 Ind-Medley	3:09.68	19.04.24	Team Luton	Karen MacKenzie	Swansea
400 Ind-Medley	6:42.03	13.06.25	Team Luton	Karen MacKenzie	London

55-59

50 Freestyle	0:29.41	23.06.24	Flitwick Dolphins	Liz Woolner	London
100 Freestyle	1:07.19	23.06.24	Flitwick Dolphins	Liz Woolner	London
200 Freestyle	2:54.60	30.07.11	South Beds	Christine Ayers	Aldershot
400 Freestyle	6:10.71	08.02.09	South Beds	Christine Ayers	Sheffield
800 Freestyle	12:48.14	29.01.11	South Beds	Christine Ayers	Crawley
1500 Freestyle	24:13.44	17.06.11	South Beds	Christine Ayers	Leeds
50 Backstroke	0:36.38	17.05.25	Flitwick Dolphins	Liz Woolner	London
100 Backstroke	1:36.13	18.05.13	South Beds	Alison Sheehan	Luton
200 Backstroke	3:28.99	23.01.16	South Beds	Alison Sheehan	Crawley
50 Breaststroke	0:44.11	29.01.11	South Beds	Christine Ayers	Crawley
100 Breaststroke	1:36.42	24.01.09	South Beds	Christine Ayers	Crawley
200 Breaststroke	3:27.19	08.02.09	South Beds	Christine Ayers	Sheffield
50 Butterfly	0:31.02	23.06.24	Flitwick Dolphins	Liz Woolner	London
100 Butterfly	1:11.97	22.06.24	Flitwick Dolphins	Liz Woolner	London
200 Ind-Medley	3:23.12	06.05.12	South Beds	Christine Ayres	Sheffield
400 Ind-Medley	7:13.05	30.01.10	South Beds	Christine Ayers	Crawley

60-64

50 Freestyle	0:36.86	01.02.14	South Beds	Christine Ayers	Crawley
100 Freestyle	1:22.28	26.07.14	South Beds	Christine Ayers	Aldershot
200 Freestyle	2:57.18	16.06.13	South Beds	Christine Ayers	Plymouth
400 Freestyle	6:12.41	23.01.16	South Beds	Christine Ayers	Crawley
800 Freestyle	12:46.66	13.06.14	South Beds	Christine Ayers	Swansea
1500 Freestyle	24:04.94	13.06.14	South Beds	Christine Ayers	Swansea
50 Backstroke	0:43.88	14.06.13	South Beds	Christine Ayers	Plymouth
100 Backstroke	1:38.31	26.07.14	South Beds	Christine Ayers	Aldershot
200 Backstroke	3:35.27	18.05.13	South Beds	Christine Ayers	Luton
50 Breaststroke	0:45.02	03.04.16	South Beds	Christine Ayers	Sheffield
100 Breaststroke	1:39.07	04.08.14	South Beds	Christine Ayers	Montreal. Canada
200 Breaststroke	3:33.41	18.05.13	South Beds	Christine Ayers	Luton
50 Butterfly	0:42.31	15.06.14	South Beds	Christine Ayers	Swansea
100 Butterfly	1:40.42	09.02.13	South Beds	Christine Ayers	Crawley
200 Butterfly	3:46.26	01.02.14	South Beds	Christine Ayers	Crawley
200 Ind-Medley	3:20.72	06.08.14	South Beds	Christine Ayers	Montreal. Canada
400 Ind. Medley	7:03.89	01.02.14	South Beds	Christine Ayers	Crawley

65-69

50 Freestyle	0:38.78	17.06.22	South Beds	Christine Ayers	Aberdeen
100 Freestyle	1:26.03	18.01.20	South Beds	Christine Ayers	Crawley
200 Freestyle	3:09.07	14.08.19	South Beds	Christine Ayers	Gwangju. Sth Korea
400 Freestyle	6:55.25	29.02.20	South Beds	Christine Ayers	Swansea
800 Freestyle	14:01.67	29.02.20	South Beds	Christine Ayers	Swansea
1500 Freestyle	26:17.28	26.02.20	South Beds	Christine Ayers	Swansea
50 Backstroke	0:47.64	19.01.20	South Beds	Christine Ayers	Crawley
100 Backstroke	1:45.66	01.03.20	South Beds	Christine Ayers	Swansea
50 Breaststroke	0:48.11	18.01.20	South Beds	Christine Ayers	Crawley

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100 Breaststroke	1:45.29	19.01.19	South Beds	Christine Ayers	Crawley
200 Breaststroke	3:49.55	20.01.19	South Beds	Christine Ayers	Crawley
50 Butterfly	0:46.22	18.06.22	South Beds	Christine Ayers	Aberdeen
200 Ind-Medley	3:44.83	18.06.22	South Beds	Christine Ayers	Aberdeen

70-74

50 Freestyle	0:38.78	05.03.23	South Beds	Christine Ayers	Swansea
100 Freestyle	1:31.35	10.12.23	South Beds	Christine Ayers	Derby
200 Freestyle	3:12.59	10.12.23	South Beds	Christine Ayers	Derby
400 Freestyle	6:40.73	10.12.23	South Beds	Christine Ayers	Derby
800 Freestyle	13:37.33	26.02.24	South Beds	Christine Ayers	Doha. Qatar
1500 Freestyle	26:33.57	07.04.24	South Beds	Christine Ayers	Derby
50 Backstroke	0:46.01	04.05.23	South Beds	Christine Ayers	Swansea
100 Backstroke	1:44.70	05.03.23	South Beds	Christine Ayers	Swansea
200 Backstroke	3:57.71	15.06.13	South Beds	Janet Masters	Plymouth
50 Breaststroke	0:47.36	28.02.24	South Beds	Christine Ayers	Doha. Qatar
100 Breaststroke	1:45.06	27.02.24	South Beds	Christine Ayers	Doha. Qatar
200 Breaststroke	3:47.31	02.03.24	South Beds	Christine Ayers	Doha Qatar
50 Butterfly	0:45.35	04.03.23	South Beds	Christine Ayers	Swansea
100 Butterfly	1:56.47	05.05.12	South Beds	Janet Masters	Sheffield
200 Ind-Medley	3:34.11	29.02.24	South Beds	Christine Ayers	Doha. Qatar

75-79

50 Freestyle	0:44.00	14.06.15	South Beds	Janet Masters	Manchester
100 Freestyle	1:42.29	13.06.15	South Beds	Janet Masters	Manchester
200 Freestyle	3:39.98	13.06.15	South Beds	Janet Masters	Manchester
50 Backstroke	0:48.06	02.04.16	South Beds	Janet Masters	Sheffield
100 Backstroke	1:46.15	29.05.16	South Beds	Janet Masters	London
200 Backstroke	3:53.46	11.08.15	South Beds	Janet Masters	Kazan. Russia
50 Breaststroke	0:57.84	13.06.15	South Beds	Janet Masters	Manchester
50 Butterfly	0:50.46	13.06.15	South Beds	Janet Masters	Manchester
100 Butterfly	1:57.42	02.04.16	South Beds	Janet Masters	Sheffield
200 Ind-Medley	4:00.28	13.06.15	South Beds	Janet Masters	Manchester
400 Ind-Medley	8:52.89	23.01.16	South Beds	Janet Masters	Crawley

80-84

50 Freestyle	0:55.94	19.04.24	South Beds	Janet Masters	Swansea
100 Freestyle	1:57.60	19.04.24	South Beds	Janet Masters	Swansea
50 Backstroke	0:53.62	18.06.22	South Beds	Janet Masters	Aberdeen
100 Backstroke	1:57.33	02.09.22	South Beds	Janet Masters	Rome Italy
200 Backstroke	4:16.10	03.06.23	South Beds	Janet Masters	Sheffield
50 Butterfly	0:58.69	18.06.22	South Beds	Janet Masters	Aberdeen
200 Ind-Medley	4:29.21	31.08.22	South Beds	Janet Masters	Rome Italy

85-89

50 Freestyle	1:00.20	18.01.25	South Beds	Janet Masters	Crawley
100 Freestyle	2:06.91	18.01.25	South Beds	Janet Masters	Crawley
50 Backstroke	0:59.91	18.01.25	South Beds	Janet Masters	Crawley

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