

## County Records



### Female Senior Short Course Records December 2025

#### Freestyle

50m	Lauren Simpkins	PRCSC	26.57	Nov 2019	Luton
100m	Jessica Jackson	PRCSC	56.80	Oct 2019	Luton
200m	Jessica Jackson	PRCSC	2:02.63	Sep 2018	Luton
400m	Talia Staines	TLSC	4:19.69	Oct 2024	Millfield
800m	Harriet Brettle	MBSS	8:59.28	Nov 2009	Norwich
1500m	Harriet Brettle	BWSC	16:59.16	Feb 2008	Biggleswade

#### Backstroke

50m	Eloise Cole	MSC	29.30	Nov 2022	Luton
100m	Eloise Cole	MSC	1:03.36	Dec 2023	Sheffield
200m	Natalie Effemey	MSC	2:17.09	Mar 2002	Biggleswade

#### Breaststroke

50m	Rebecca Burton	MSC	32.30	Dec 2014	Luton
100m	Rebecca Burton	MSC	1:11.31	Dec 2014	Luton
200m	Sophie Payne	PRCSC	2:35.58	Nov 2023	Luton

#### Butterfly

50m	Eloise Cole	MSC	28.15	Dec 2023	Sheffield
100m	Eloise Cole	BSS	1:02.87	Nov 2024	Leicester
200m	Abigail Gee	TLSC	2:19.28	Mar 2014	Luton

#### Individual Medley

100m	Jessica Medicott	DSC	1:04.71	Nov 2024	Luton
200m	Jessica Medicott	DSS	2:17.33	Nov 2025	Luton
400m	Amber Swales	BWSC	4:58.17	Mar 2012	Biggleswade