

CLUB RELAYS Note revised groups in 1991. 240+ replaced 220+ in 1996. Mixed Relays added in 2005

GROUP TIME YEAR CLUB

MEN

4 x 25m Freestyle Relay

X	00.47.31	1986	THURROCK
100+	00.49.40	1994	RUNNYMEDE
A-H	00.47.58	1986	REDBRIDGE BOROUGH A
120+	00.48.98	1998	CHELMSFORD
C-H	00.52.93	1989	COLCHESTER
160+	00.51.30	1998	ROCHFORD & DISTRICT
E-H	00.55.31	1986	PLAISTOW
200+	00.52.16	2007	ROCHFORD & DISTRICT
220+	00.59.02	1993	ROMFORD TOWN
240+	00.58.68	1998	ROMFORD TOWN

4 x 25m Medley Relay

X	00.53.17	1986	THURROCK
100+	00.55.03	2001	ROMFORD TOWN
A-H	00.53.75	1986	BASILDON
120+	00.55.05	1996	ALBYNS
C-H	00.57.32	1986	REDBRIDGE BOROUGH
160+	00.57.84	1996	ALBYNS
E-H	01.03.30	1989	ROMFORD TOWN
200+	01.00.43	1992	ROMFORD TOWN
220+	01.04.12	1993	ROMFORD TOWN
240+	01.07.59	1998	ALBYNS

MIXED

4 x 25m Freestyle Relay

120+	00.52.23	2005	ROCHFORD & DISTRICT
160+	00.54.00	2007	ROCHFORD & DISTRICT
200+	01.00.47	2008	ROMFORD TOWN

GROUP TIME YEAR CLUB

WOMEN

4 x 25m Freestyle Relay

X	00.56.99	1985	RUNNYMEDE
100+	00.58.14	1991	BARKING
A-H	00.57.61	1990	BARKING A
120+	00.57.00	2005	ROCHFORD & DISTRICT
C-H	00.59.95	1989	ALBYNS A
160+	01.00.98	1993	ROCHFORD & DISTRICT
E-H	01.06.36	1990	ROCHFORD & DISTRICT
200+	01.06.27	1995	ALBYNS
220+	01.07.68	1993	ALBYNS A
240+	01.11.87	1996	ALBYNS

4 x 25m Medley Relay

X	01.04.32	1985	RUNNYMEDE
100+	01.04.79	2001	ROMFORD TOWN
A-H	01.05.37	1987	ALBYNS A
120+	01.04.56	2008	ROMFORD TOWN
C-H	01.07.59	1990	ALBYNS
160+	01.08.91	1996	ALBYNS
E-H	01.15.71	1989	ROCHFORD & DISTRICT
200+	01.14.58	1996	ALBYNS
220+	01.18.70	1993	ALBYNS A
240+	01.20.60	2001	ALBYNS

MIXED

4 x 25m Medley Relay

120+	00.59.05	2007	ROCHFORD & DISTRICT
160+	01.02.80	2007	ROCHFORD & DISTRICT
200+	01.06.30	2008	ROMFORD TOWN

MEN

50m Backstroke

18-24	00.28.29	1988	D.FRANCIS	COLCHESTER
25-29	00.29.34	1988	N.ROGERS	RUNNYMEDE
30-34	00.29.93	1992	N.ROGERS	RUNNYMEDE
35-39	00.29.94	2006	M.SALWAY	HAYWARDS HEATH
40-44	00.31.18	2001	P.MORRIS	CLACTON
45-49	00.31.92	2007	M.FENNER	ROMFORD TOWN
50-54	00.32.40	1998	I.MYALL	CHELMSFORD
55-59	00.34.32	2002	J.MATTHISSEN	COLCHESTER
60-64	00.35.92	1998	A.PEPPER	ROMFORD TOWN
65-69	00.39.32	2003	A.PEPPER	ROMFORD TOWN
70-74	00.42.60	2008	A.PEPPER	ROMFORD TOWN
75-79	00.57.51	1992	A.ALVAREZ	SANS EGAL
80+	01.07.68	2000	L.COCHRANE	ROMFORD TOWN

100m Backstroke from 1996

18-24	01.04.21	2008	D.STEVENSON	ROMFORD TOWN
25-29	01.04.18	2001	M.HAMPTON	BASILDON
30-34	01.04.59	1998	G.ROWSSELL	ALBYNS
35-39	01.04.69	2006	M.SALWAY	HAYWARDS HEATH
40-44	01.14.65	2001	S.WINNELL	THURROCK
45-49	01.09.74	2007	M.FENNER	ROMFORD TOWN
50-54	01.12.48	1997	I.MYALL	CHELMSFORD
55-59	01.16.31	2006	I.MYALL	CHELMSFORD
60-64	01.19.18	2008	I.MYALL	CHELMSFORD
65-69	01.31.04	2003	A.PEPPER	ROMFORD TOWN
70-74	01.37.32	2008	A.PEPPER	ROMFORD TOWN
75-79	02.19.81	1998	L.COCHRANE	ROMFORD TOWN
80+	02.28.98	2000	L.COCHRANE	ROMFORD TOWN

WOMEN

50m Backstroke

18-24	00.32.84	2007	S.CARRINGTON	WITHAM DOLPHINS
25-29	00.33.41	2008	J.PERRY	ROCHFORD
30-34	00.33.93	1992	H.VASSALLO	CHELMSFORD
35-39	00.33.50	1986	P.OLIVER	RUNNYMEDE
40-44	00.36.38	1996	L.SMITH	CHELMSFORD
45-49	00.36.39	2003	A.FORDHAM	ALBYNS
50-54	00.37.44	2006	A.FORDHAM	BRENTWOOD
55-59	00.47.68	1996	J.COMPLIN	ALBYNS
60-64	00.43.10	2008	A.GWINN	BURHILL & HAYH
65-69	00.52.07	1989	M.EVANS	REDBRIDGE BOROUGH
70-74	00.53.24	1995	D.GILBERT	ALBYNS
75-79	00.56.96	2001	D.GILBERT	ALBYNS
80+	01.03.69	2006	D.GILBERT	BRENTWOOD

100m Backstroke from 1996

18-24	01.11.38	2007	S.CARRINGTON	WITHAM DOLPHINS
25-29	01.12.53	2008	J.PERRY	ROCHFORD DISTRICT
30-34	01.14.38	2005	S.HURST	BIRMINGHAM MASTERS
35-39	01.15.96	2008	M.SIVA	DORKING
40-44	01.23.17	2008	S.SHERIDAN	ROMFORD TOWN
45-49	01.20.94	2005	A.FORDHAM	BRENTWOOD
50-54	01.19.86	2008	A.FORDHAM	HARLOW PENGUINS
55-59	01.45.95	1998	B.WOODWARD	ROCHFORD DISTRICT
60-64	01.36.12	2008	A.GWINN	BURHILL & HAYH
65-69	02.01.39	2006	V.STANDAGE	COLCHESTER
70-74	01.59.30	1997	D.GILBERT	ALBYNS
75-79	02.04.40	2000	D.GILBERT	ALBYNS
80+	02.21.28	2005	D.GILBERT	BRENTWOOD

MEN

50m	Breaststroke			
18-24	00.31.78	2004	P.STOCK	BECONTREE
25-29	00.31.71	1986	P.MORRIS	BASILDON
30-34	00.32.33	2006	S.STIMSON	HAYWARDS HEATH
35-39	00.32.71	2006	D.WARREN	HAYWARDS HEATH
40-44	00.33.42	1995	P.BETTS	ROCHFORD
45-49	00.28.67	2007	S.GREENSTEIN	REDBRIDGE BOROUGH
50-54	00.35.43	2006	N.HUNT	CHELMSFORD
55-59	00.37.16	1997	A.CANHAM	HARLOW
60-64	00.38.71	2000	S.CLARKE	ROMFORD TOWN
65-69	00.38.39	2003	S.CLARKE	ROMFORD TOWN
70-74	00.40.34	2008	S.CLARKE	ROMFORD TOWN
75-79	00.51.11	2004	E.CLARKE	ROMFORD TOWN
80+	01.53.31	1990	L.LAXTON	REDBRIDGE BOROUGH

100m	Breaststroke	from 1996		
18-24	01.12.42	2004	P.STOCK	BECONTREE
25-29	01.10.62	1996	R.OLLEY	CHELMSFORD
30-34	01.13.45	1996	K.KIFF	CHELMSFORD
35-39	01.09.41	2008	D.WARREN	BURHILL & HAYH
40-44	01.14.41	2001	P.WHITEHEAD	CANVEY ISLAND
45-49	01.15.91	2001	N.HUNT	CHELMSFORD
50-54	01.17.84	2006	N.HUNT	CHELMSFORD
55-59	01.24.14	2006	B.PRICE	REDBRIDGE BOROUGH
60-64	01.28.51	2001	S.CLARKE	ROMFORD TOWN
65-69	01.29.28	2006	S.CLARKE	ROMFORD TOWN
70-74	01.34.39	2008	S.CLARKE	ROMFORD TOWN
75-79	01.56.68	2004	E.CLARKE	ROMFORD TOWN
80+				

50m	Butterfly			
18-24	00.26.06	2008	A.FENNER	BO.WALTHAM FOREST
25-29	00.26.45	1986	P.MORRIS	BASILDON
30-34	00.26.75	1989	P.MORRIS	BASILDON
35-39	00.26.15	2008	D.WARREN	BURHILL & HAYH
40-44	00.27.29	2002	P.MORRIS	CLACTION
45-49	00.27.29	2004	P.MORRIS	BASILDON PHOENIX
50-54	00.30.26	2006	K.MANN	ROMFORD TOWN
55-59	00.32.23	2005	A.MEEK	SEVENOAKS
60-64	00.33.30	2000	S.CLARKE	ROMFORD TOWN
65-69	00.34.16	2003	S.CLARKE	ROMFORD TOWN
70-74	00.35.98	2008	S.CLARKE	ROMFORD TOWN
75-79	00.59.65	1992	A.ALVAREZ	SANS EGAL
80+				

100m	Butterfly	from 1996		
18-24	01.03.48	2008	R.WISBY	THURROCK
25-29	01.02.04	1998	M.HAMPTON	BASILDON
30-34	01.03.92	1997	A.HARRINGTON	BARKING
35-39	01.00.47	2006	D.WARREN	HAYWARDS HEATH
40-44	01.05.64	2001	G.BAKER	CANVEY ISLAND
45-49	01.07.89	2006	G.BAKER	CANVEY ISLAND
50-54	01.11.02	2008	D.SHAMP	DORKING
55-59	01.18.74	1996	S.CLARKE	ROMFORD TOWN
60-64	01.18.28	2005	P.HARPER	ROCHFORD DISTRICT
65-69	01.37.15	2000	P.ALVAREZ	ROMFORD TOWN
70-74	01.36.74	2004	P.ALVAREZ	ROMFORD TOWN
75-79				
80+				

50m	Freestyle			
18-24	00.23.97	2007	A.FENNER	BO.WALTHAM FOREST
25-29	00.24.77	1993	S.JAYHAM	REDBRIDGE BOROUGH
30-34	00.25.27	1996	K.TRAYLER	HORNCHURCH
35-39	00.25.37	2006	D.WARREN	HAYWARDS HEATH
40-44	00.26.92	1996	K.MANN	BARKING
45-49	00.27.21	1993	I.MYALL	ALBYNS
50-54	00.27.68	1997	I.MYALL	CHELMSFORD
55-59	00.28.85	1994	S.CLARKE	ROMFORD TOWN
60-64	00.29.22	2007	P.HARPER	ROCHFORD DISTRICT
65-69	00.29.69	2003	S.CLARKE	ROMFORD TOWN
70-74	00.32.23	2008	S.CLARKE	ROMFORD TOWN
75-79	00.39.15	1992	A.ALVAREZ	SANS EGAL
80+	01.02.95	2000	L.COCHRANE	ROMFORD TOWN

WOMEN

50m	Breaststroke			
18-24	00.37.24	2008	K.HIGGON	HARWICH DP
25-29	00.37.22	2005	E.PRICE	RTW MONSON
30-34	00.37.94	2004	J.SANDERS	ROMFORD TOWN
35-39	00.38.46	2005	A.GOODMAN	BASILDON
40-44	00.38.41	2004	H.UECKERMANN	WITHAM DOLPHINS
45-49	00.41.12	2002	A.FORDHAM	ALBYNS
50-54	00.40.99	2006	A.FORDHAM	BRENTWOOD
55-59	00.46.53	1995	J.COMPLIN	ALBYNS
60-64	00.48.93	2000	J.COMPLIN	ALBYNS
65-69	00.48.96	1989	M.EVANS	REDBRIDGE BOROUGH
70-74	00.53.13	1995	M.EVANS	REDBRIDGE BOROUGH
75-79	01.00.58	2000	M.EVANS	REDBRIDGE BOROUGH
80+				

100m	Breaststroke	from 1996		
18-24	01.22.67	2008	K.HIGGON	HARWICH DP
25-29	01.22.71	2006	S.WOOD	ROMFORD TOWN
30-34	01.21.70	2007	D.PALMER	ROMFORD TOWN
35-39	01.21.81	2005	C.PALFREY	BEXLEY
40-44	01.24.21	2004	H.UECKERMANN	WITHAM DOLPHINS
45-49	01.27.52	2002	A.FORDHAM	ALBYNS
50-54	01.28.37	2006	A.FORDHAM	BRENTWOOD
55-59	01.39.91	1996	J.COMPLIN	ALBYNS
60-64	01.43.35	2001	J.COMPLIN	ALBYNS
65-69	01.47.27	2008	J.COMPLIN	ROMFORD TOWN
70-74	01.57.60	1996	M.EVANS	REDBRIDGE BOROUGH
75-79	02.10.25	1999	M.EVANS	REDBRIDGE BOROUGH
80+				

50m	Butterfly			
18-24	00.31.26	1986	E.BROCK	WALTHAM ABBEY
25-29	00.29.57	2003	E.BELLINGER	COLCHESTER
30-34	00.31.69	2004	L.CLARKE	ROMFORD TOWN
35-39	00.32.33	2008	S.RIDLER	ROCHFORD
40-44	00.33.01	2006	C.KITSON-JONES	ROCHFORD
45-49	00.33.88	2008	D.MATLESS	EAST ANGLIAN
50-54	00.35.92	2008	A.FORDHAM	HARLOW PENGUINS
55-59	00.45.47	1996	J.COMPLIN	ALBYNS
60-64	00.54.04	1993	V.TRAYLER	HORNCHURCH
65-69	00.51.33	2008	J.DEAN	BURHILL & HAYH
70-74	00.56.02	1995	M.EVANS	REDBRIDGE BOROUGH
75-79	00.59.56	1999	M.EVANS	REDBRIDGE BOROUGH
80+				

100m	Butterfly	from 1996		
18-24	01.12.09	2005	L.MYERS	ROCHFORD DISTRICT
25-29	01.06.01	2003	E.BELLINGER	COLCHESTER
30-34	01.08.38	2004	L.CLARKE	ROMFORD TOWN
35-39	01.13.38	2005	C.PALFREY	BEXLEY
40-44	01.13.65	2006	C.KITSON-JONES	ROCHFORD
45-49	01.22.33	1996	K.WILDING	REDBRIDGE BOROUGH
50-54	01.25.75	2008	L.COOK	ROMFORD TOWN
55-59	02.13.71	2007	S.BETTINSON	DISS OTTERS
60-64				
65-69				
70-74	02.08.57	1996	M.EVANS	REDBRIDGE BOROUGH
75-79				
80+				

50m	Freestyle			
18-24	00.28.88	1986	E.BROCK	WALTHAM ABBEY
25-29	00.28.85	1986	L.WALCUCHE	ALBYNS
30-34	00.28.47	2005	S.RIDLER	ROCHFORD DISTRICT
35-39	00.29.88	2007	J.SWALLOW	HALSTEAD
40-44	00.29.63	2006	C.KITSON-JONES	ROCHFORD
45-49	00.29.56	2003	A.FORDHAM	ALBYNS
50-54	00.30.32	2008	A.FORDHAM	HARLOW PENGUINS
55-59	00.34.60	1995	J.COMPLIN	ALBYNS
60-64	00.35.08	2008	A.GWINN	BURHILL & HAYH
65-69	00.37.29	2008	J.COMPLIN	ROMFORD TOWN
70-74	00.46.02	2007	S.WARN	BRENTWOOD
75-79	00.50.05	1999	D.GILBERT	ALBYNS
80+	00.59.51	2005	D.GILBERT	BRENTWOOD

MEN

100m	Freestyle	from 1996		
18-24	00.53.91	2007	A.FENNER	BO.WALTHAM FOREST
25-29	00.55.27	2007	B.MILLINGON-JONES	THURROCK
30-34	00.57.43	1997	A.HARRINGTON	BARKING
35-39	00.54.44	2008	D.WARREN	BURHILL & HAYH
40-44	00.58.92	1996	K.MANN	REDBRIDGE BOROUGH
45-49	00.59.26	2003	K.MANN	ROMFORD TOWN
50-54	01.00.52	1998	I.MYALL	CHELMSFORD
55-59	01.04.38	2002	I.MYALL	CHELMSFORD
60-64	01.06.65	2005	P.HARPER	ROCHFORD DISTRICT
65-69	01.11.23	2006	S.CLARKE	ROMFORD TOWN
70-74	01.16.08	2004	J.STARR	ROMFORD TOWN
75-79				
80+	02.44.42	2004	L.COCHRANE	ROMFORD TOWN

200m Freestyle

18-24	02.01.63	1986	C.LINES	RUNNYMEDE
25-29	02.04.65	1990	M.GREEN	KILLERWHALES
30-34	02.06.00	2005	M.FORRESTER	ROMFORD TOWN
35-39	01.59.75	2008	D.WARREN	BURHILL & HAYH
40-44	02.11.11	1996	K.MANN	BARKING
45-49	02.11.40	1994	I.MYALL	ALBYNS
50-54	02.12.61	1998	I.MYALL	CHELMSFORD
55-59	02.24.75	2002	I.MYALL	CHELMSFORD
60-64	02.30.96	2007	I.MYALL	CHELMSFORD
65-69	02.40.34	2003	S.CLARKE	ROMFORD TOWN
70-74	02.52.33	2004	J.STARR	ROMFORD TOWN
75-79	03.36.98	1992	A.ALVAREZ	SANS EGAL
80+	05.09.58	2000	L.COCHRANE	ROMFORD TOWN

400m Freestyle from 1996

18-24	04.31.53	2008	R.WISBY	THURROCK
25-29	04.37.64	2000	A.MOSS	CHELMSFORD
30-34	04.28.46	2005	M.FORRESTER	ROMFORD TOWN
35-39	04.16.68	2008	D.WARREN	BURHILL & HAYH
40-44	04.53.62	1999	S.PAVITT	ALBYNS
45-49	04.51.17	2002	P.RAE	ROCHFORD DISTRICT
50-54	04.48.77	2004	P.RAE	ROCHFORD DISTRICT
55-59	05.14.00	2002	I.MYALL	CHELMSFORD
60-64	05.24.60	2008	I.MYALL	CHELMSFORD
65-69	06.05.67	2002	J.STARR	ROMFORD TOWN
70-74	06.12.32	2004	J.STARR	ROMFORD TOWN
75-79	10.30.83	1999	L.COCHRANE	ROMFORD TOWN
80+	10.49.60	2000	L.COCHRANE	ROMFORD TOWN

100m Individual Medley

18-24	01.03.55	1986	C.LINES	RUNNYMEDE
25-29	01.01.77	1988	P.MORRIS	BASILDON
30-34	01.05.10	1991	P.MORRIS	CLACTON
35-39	01.00.23	2008	D.WARREN	BURHILL & HAYH
40-44	01.10.37	1990	A.MEEK	PLAISTOW
45-49	01.09.22	2004	P.MORRIS	BASILDON PHOENIX
50-54	01.12.56	1998	J.MATTHISSEN	COLCHESTER
55-59	01.15.94	1994	S.CLARKE	ROMFORD TOWN
60-64	01.19.82	2007	P.HARPER	ROCHFORD DISTRICT
65-69	01.21.62	2003	S.CLARKE	ROMFORD TOWN
70-74	01.26.65	2008	S.CLARKE	ROMFORD TOWN
75-79	01.54.21	1992	A.ALVAREZ	SANS EGAL
80+				

WOMEN

100m	Freestyle	from 1996		
18-24	01.03.58	2004	S.WAKELING	BRAINTREE
25-29	01.02.00	2003	L.CLARKE	ROMFORD TOWN
30-34	01.01.06	2005	S.RIDLER	ROCHFORD DISTRICT
35-39	01.01.97	2008	S.RIDLER	ROCHFORD
40-44	01.04.76	2006	C.KITSON-JONES	ROCHFORD
45-49	01.06.83	2003	A.FORDHAM	ALBYNS
50-54	01.06.59	2008	A.FORDHAM	HARLOW PENGUINS
55-59	01.16.76	1996	J.COMPLIN	ALBYNS
60-64	01.17.81	2008	A.GWINN	BURHILL & HAYH
65-69	01.23.60	2005	J.COMPLIN	BRENTWOOD
70-74	01.49.83	1997	D.GILBERT	ALBYNS
75-79	01.51.73	1999	D.GILBERT	ALBYNS
80+	02.17.09	2006	D.GILBERT	BRENTWOOD

200m Freestyle

18-24	02.17.42	1986	E.BROCK	WALTHAM ABBEY
25-29	02.15.88	2003	L.CLARKE	ROMFORD TOWN
30-34	02.20.11	2008	D.PALMER	ROMFORD TOWN
35-39	02.19.48	2005	C.PALFREY	BEXLEY
40-44	02.23.12	2006	C.KITSON-JONES	ROCHFORD
45-49	02.27.86	2003	A.FORDHAM	ALBYNS
50-54	02.29.38	2008	A.FORDHAM	HARLOW PENGUINS
55-59	02.51.38	1995	J.COMPLIN	ALBYNS
60-64	02.57.39	2001	J.COMPLIN	ALBYNS
65-69	03.02.85	2005	J.COMPLIN	BRENTWOOD
70-74	03.49.68	1996	D.GILBERT	ALBYNS
75-79	04.04.67	1999	D.GILBERT	ALBYNS
80+	05.06.98	2007	D.GILBERT	BRENTWOOD

400m Freestyle from 1996

18-24	06.19.13	2008	K.EWIN	ROCHFORD
25-29	04.47.47	2000	N.LATTY	BASILDON
30-34	04.45.13	2004	L.CLARKE	ROMFORD TOWN
35-39	04.51.31	2005	C.PALFREY	BEXLEY
40-44	05.13.38	1999	L.BETTS	RUNNYMEDE
45-49	05.26.37	2005	A.FORDHAM	BRENTWOOD
50-54	05.11.69	2008	A.FORDHAM	HARLOW PENGUINS
55-59	06.09.87	1998	J.COMPLIN	ALBYNS
60-64	06.18.32	2008	A.GWINN	BURHILL & HAYH
65-69	06.25.10	2005	J.COMPLIN	BRENTWOOD
70-74	08.01.43	2004	J.COCHRANE	ROMFORD TOWN
75-79	08.24.44	1999	D.GILBERT	ALBYNS
80+				

100m Individual Medley

18-24	01.12.31	1986	E.BROCK	WALTHAM ABBEY
25-29	01.11.60	1987	L.IMPEY	PLAISTOW
30-34	01.11.66	2007	D.PALMER	ROMFORD TOWN
35-39	01.13.32	2008	S.RIDLER	ROCHFORD
40-44	01.16.89	1996	L.SMITH	CHELMSFORD
45-49	01.16.99	2004	A.FORDHAM	BRENTWOOD
50-54	01.18.62	2006	A.FORDHAM	BRENTWOOD
55-59	01.33.05	1997	J.COMPLIN	ALBYNS
60-64	01.36.74	2001	J.COMPLIN	ALBYNS
65-69	01.37.68	2005	J.COMPLIN	BRENTWOOD
70-74	01.56.66	1995	M.EVANS	REDBRIDGE BOROUGH
75-79	02.07.53	1999	M.EVANS	REDBRIDGE BOROUGH
80+				