

| Event          | Course | Age Group | Name             | Club                       | Time    | Date of Swim | Competition                             | Venue                  |
|----------------|--------|-----------|------------------|----------------------------|---------|--------------|---|------------------------|
| 50m Freestyle  | Long   | 18-24     | Rachel Rickwood  | Dartford & District        | 0:28.67 | 02/04/2016   | British Masters                         | Sheffield              |
| 50m Freestyle  | Long   | 25-29     | Margo Koets      | Medway Maritime            | 0:30.16 | 14/06/2025   | British Masters & Seniors Championships | LAC Stratford          |
| 50m Freestyle  | Long   | 30-34     | Lauren Willcox   | Saxon Crown                | 0:28.39 | 17/06/2017   | British Masters & Seniors Championships | Aberdeen               |
| 50m Freestyle  | Long   | 35-39     | Fliss Hawkins    | Medway Maritime            | 0:28.15 | 21/01/2023   | SER Masters & Seniors Competition       | K2, Crawley            |
| 50m Freestyle  | Long   | 40-44     | Alison Nye       | Erith & District           | 0:29.74 | 06/06/1999   | GB Masters Championship                 | Coventry               |
| 50m Freestyle  | Long   | 45-49     | Louise Brass     | Medway Maritime            | 0:31.65 | 18/01/2026   | SER Long Course Masters                 | K2, Crawley            |
| 50m Freestyle  | Long   | 50-54     | Rebecca Stewart  | Saxon Crown                | 0:28.82 | 17/06/2017   | British Masters & seniors Championships | Aberdeen               |
| 50m Freestyle  | Long   | 55-59     | Rebecca Stewart  | Saxon Crown                | 0:31.46 | 21/01/2023   | SER Masters & Seniors Competition       | K2, Crawley            |
| 50m Freestyle  | Long   | 60-64     | Melanie Evans    | Dartford & District        | 0:35.52 | 13/05/2017   | Norfolk Masters Meet                    | UEA, Norfolk           |
| 50m Freestyle  | Long   | 65-69     | Sandra Vincent   | Black Lion                 | 0:36.69 | 14/06/2015   | British Masters                         | Manchester             |
| 50m Freestyle  | Long   | 70-74     | Shelley Robinson | Sevenoaks                  | 0:44.34 | 21/01/2024   | SSE Masters & Seniors Competition       | K2, Crawley            |
| 50m Freestyle  | Long   | 75-79     | Betty Condon     | Bromley                    | 0:45.80 | 22/06/1996   | VI World Masters Championship           | Ponds Forge, Sheffield |
| 50m Freestyle  | Long   | 80-84     |                  |                            | 1:06.00 |              |   |                        |
| 50m Freestyle  | Long   | 85-89     |                  |                            | 1:26.00 |              |   |                        |
| 50m Freestyle  | Long   | 90+       |                  |                            | 1:44.00 |              |   |                        |
|                |        |           |                  |                            |         |              |   |                        |
| 100m Freestyle | Long   | 18-24     | Sara Parfett     | Black Lion                 | 1:01.39 | 30/01/2010   | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 25-29     | Margo Koets      | Medway Maritime            | 1:05.62 | 18/01/2025   | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 30-34     | Lauren Willcox   | Saxon Crown                | 1:00.69 | 17/06/2017   | British Masters & Seniors Championships | Aberdeen               |
| 100m Freestyle | Long   | 35-39     | Fliss Hawkins    | Medway Maritime            | 1:02.95 | 22/01/2023   | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 40-44     | Debbie Hart      | Greenwich Borough Mariners | 1:04.36 | 07/06/2004   | 10th FINA World Masters Championship    | Riccione, Italy        |
| 100m Freestyle | Long   | 45-49     | Della Jenkins    | RTW Monson                 | 1:09.71 | 29/01/2011   | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 50-54     | Rebecca Stewart  | Saxon Crown                | 1:04.86 | 17/06/2017   | British Masters & Seniors Championships | Aberdeen               |
| 100m Freestyle | Long   | 55-59     | Nicola Mellor    | Beckenham                  | 1:09.26 | 18/01/2026   | SER Long Course Masters                 | K2, Crawley            |
| 100m Freestyle | Long   | 60-64     | Jenny Vick       | Erith & Dist               | 1:19.30 | 21/01/2024   | SSE Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 65-69     | Sandra Vincent   | Black Lion                 | 1:20.33 | 13/06/2015   | British Masters                         | Manchester             |
| 100m Freestyle | Long   | 70-74     | Shelley Robinson | Sevenoaks                  | 1:46.05 | 21/02/2024   | SSE Masters & Seniors Competition       | K2, Crawley            |
| 100m Freestyle | Long   | 75-79     |                  |                            | 2:14.00 |              |   |                        |
| 100m Freestyle | Long   | 80-84     |                  |                            | 2:37.00 |              |   |                        |
| 100m Freestyle | Long   | 85-89     |                  |                            | 3:02.00 |              |   |                        |
| 100m Freestyle | Long   | 90+       |                  |                            | 3:37.00 |              |   |                        |
|                |        |           |                  |                            |         |              |   |                        |
| 200m Freestyle | Long   | 18-24     | Jasmine Lambert  | RTW Monson                 | 2:26.88 | 20/01/2019   | SER Masters & Seniors Competition       | K2, Crawley            |
| 200m Freestyle | Long   | 25-29     | Cassie Poland    | RTW Masters                | 2:19.46 | 28/01/2012   | SER Masters & Seniors Competition       | K2, Crawley            |
| 200m Freestyle | Long   | 30-34     | Lauren Willcox   | Saxon Crown                | 2:12.42 | 10/06/2018   | British Masters Championships           | Plymouth               |
| 200m Freestyle | Long   | 35-39     | Lauren Willcox   | Saxon Crown                | 2:16.18 | 19/06/2022   | British Masters Championships           | Aberdeen               |
| 200m Freestyle | Long   | 40-44     | Lizzie Price     | RTW Masters                | 2:25.56 | 20/01/2018   | SER Masters & Seniors Competition       | K2, Crawley            |
| 200m Freestyle | Long   | 45-49     | Rhona Courtier   | Larkfield                  | 2:38.42 | 20/07/2019   | Rushmoor Royals Masters                 | Aldershot Garrison     |
| 200m Freestyle | Long   | 50-54     | Rebecca Stewart  | Saxon Crown                | 2:26.96 | 16/06/2017   | British Masters & Seniors Championships | Aberdeen               |

|                |      |       |                  |                       |          |            |   |                          |
|----------------|------|-------|------------------|-----------------------|----------|------------|---|--------------------------|
| 200m Freestyle | Long | 55-59 | Nicola Mellor    | Beckenham             | 2:29.88  | 18/01/2026 | SER Long Course Masters                 | K2, Crawley              |
| 200m Freestyle | Long | 60-64 | Jenny Vick       | Erith & Dist          | 2:54.19  | 20/01/2024 | SSE Masters & Seniors Competition       | K2, Crawley              |
| 200m Freestyle | Long | 65-69 | Sandra Vincent   | Black Lion            | 2.59.03  | 25/07/2015 | Rushmoor Royals Masters                 | Aldershot Garrison       |
| 200m Freestyle | Long | 70-74 | Shelley Robinson | Sevenoaks             | 3:49.81  | 20/01/2024 | SSE Masters & Seniors Competition       | K2, Crawley              |
| 200m Freestyle | Long | 75-79 |                  |                       | 5:01.00  |            |   |                          |
| 200m Freestyle | Long | 80-84 |                  |                       | 6:04.00  |            |   |                          |
| 200m Freestyle | Long | 85-89 |                  |                       | 6:49.00  |            |   |                          |
| 200m Freestyle | Long | 90+   |                  |                       | 8:04.00  |            |   |                          |
|                |      |       |                  |                       |          |            |   |                          |
| 400m Freestyle | Long | 18-24 | Jasmine Lambert  | RTW Masters           | 5:21.60  | 18/01/2020 | SER Masters & Seniors Championships     | K2, Crawley              |
| 400m Freestyle | Long | 25-29 | Margo Koets      | Medway Maritime       | 5:05.99  | 18/01/2025 | SER Masters & Seniors Competition       | K2, Crawley              |
| 400m Freestyle | Long | 30-34 | Lauren Willcox   | Saxon Crown           | 4:42.30  | 09/06/2018 | British Masters Championships           | Plymouth                 |
| 400m Freestyle | Long | 35-39 | Helen Grey       | Dartford & District   | 5:20.68  | 07/06/2004 | 10th FINA World Masters Championship    | Riccione, Italy          |
| 400m Freestyle | Long | 40-44 | Lucy Bessant     | Dover Lifeguard       | 5:08.51  | 21/01/2023 | SER Masters & Seniors Championships     | K2, Crawley              |
| 400m Freestyle | Long | 45-49 | Louise Brass     | Medway Maritime       | 5:28.93  | 14/06/2025 | British Masters & Seniors Championships | LAC Stratford            |
| 400m Freestyle | Long | 50-54 | Suzanne Wilding  | Erith & District      | 5:19.06  | 21/01/2023 | SER Masters & Seniors Competition       | K2, Crawley              |
| 400m Freestyle | Long | 55-59 | Nicola Mellor    | Beckenham             | 5:11.78  | 14/06/2026 | British Masters & Seniors Championships | Aberdeen                 |
| 400m Freestyle | Long | 60-64 | Jenny Vick       | Erith & District      | 6:04.32  | 20/01/2024 | SSE Masters & Seniors Competition       | K2, Crawley              |
| 400m Freestyle | Long | 65-69 | Sandra Vincent   | Black Lion            | 6.22.29  | 14/06/2015 | British Masters Championships           | Manchester               |
| 400m Freestyle | Long | 70-74 | Barbara Fentiman | Bromley               | 7:01.91  | 02/02/2008 | SER Masters & Seniors Competition       | K2, Crawley              |
| 400m Freestyle | Long | 75-79 |                  |                       | 11:08.00 |            |   |                          |
| 400m Freestyle | Long | 80-84 |                  |                       | 12:48.00 |            |   |                          |
| 400m Freestyle | Long | 85-89 |                  |                       | 14:28.00 |            |   |                          |
| 400m Freestyle | Long | 90+   |                  |                       | 16:18.00 |            |   |                          |
|                |      |       |                  |                       |          |            |   |                          |
| 800m Freestyle | Long | 18-24 | Jasmine Lambert  | RTW Masters           | 11:01.63 | 19/01/2020 | SER Masters & Seniors Championships     | K2, Crawley              |
| 800m Freestyle | Long | 25-29 | Claire Sweeney   | Bexley                | 10:30.50 | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield   |
| 800m Freestyle | Long | 30-34 | Lauren Willcox   | Saxon Crown           | 9:47.19  | 08/06/2018 | British Masters Championships           | Plymouth                 |
| 800m Freestyle | Long | 35-39 | Kaira Redman     | Kent Weald Swim Squad | 10:30.13 | 12/08/2019 | FINA World Masters Championships        | Nambu University Gwangju |
| 800m Freestyle | Long | 40-44 | Lucy Bessant     | Dover Lifeguard       | 10:46.96 | 22/01/2023 | SER Masters and Seniors Competition     | K2, Crawley              |
| 800m Freestyle | Long | 45-49 | Nicola Bushell   | Faversham             | 10:59.61 | 15/06/2025 | British Masters & Seniors Championships | LAC Stratford            |
| 800m Freestyle | Long | 50-54 | Rebecca Stewart  | Saxon Crown           | 11:03.61 | 18/06/2017 | British Masters & Seniors Championships | Aberdeen                 |
| 800m Freestyle | Long | 55-59 | Tracy Anstis     | Dover Lifeguard       | 12:38.31 | 17/01/2026 | SER Long Course Masters                 | K2, Crawley              |
| 800m Freestyle | Long | 60-64 | Jenny Vick       | Erith & Dist          | 12:42.36 | 21/01/2024 | SSE Masters & Seniors Competition       | K2, Crawley              |
| 800m Freestyle | Long | 65-69 | Sandra Vincent   | Black Lion            | 12:59.37 | 01/04/2016 | British Masters Championships           | Sheffield                |
| 800m Freestyle | Long | 70-74 | Barbara Fentiman | Bromley               | 14:26.70 | 02/02/2008 | SER Masters & Seniors Competition       | K2, Crawley              |
| 800m Freestyle | Long | 75-79 |                  |                       | 23:26.00 |            |   |                          |
| 800m Freestyle | Long | 80-84 |                  |                       | 25:16.00 |            |   |                          |
| 800m Freestyle | Long | 85-89 |                  |                       | 28:26.00 |            |   |                          |
| 800m Freestyle | Long | 90+   |                  |                       | 33:36.00 |            |   |                          |

|                 |      |       |                     |                            |          |            |   |                          |
|-----------------|------|-------|---------------------|----------------------------|----------|------------|---|--------------------------|
| 1500m Freestyle | Long | 18-24 |                     |                            | 24:00.00 |            |   |                          |
| 1500m Freestyle | Long | 25-29 |                     |                            | 25:00.00 |            |   |                          |
| 1500m Freestyle | Long | 30-34 |                     |                            | 25:40.00 |            |   |                          |
| 1500m Freestyle | Long | 35-39 | Katherine Stevens   | Saxon Crown                | 22:35.13 | 10/06/2017 | British Masters & Seniors Championships | Aberdeen                 |
| 1500m Freestyle | Long | 40-44 | Lucy Bessant        | Co Canterbury              | 20:38.72 | 13/06/2025 | British Masters Championships           | LAC Stratford            |
| 1500m Freestyle | Long | 45-49 | Nicola Bushell      | Co Canterbury              | 20:48.26 | 13/06/2025 | British Masters Championships           | LAC Stratford            |
| 1500m Freestyle | Long | 50-54 | Tracy Anstis        | Dover Lifeguard            | 22:34.71 | 19/04/2024 | British Seniors & Masters Championships | Swansea                  |
| 1500m Freestyle | Long | 55-59 | Tracy Anstis        | Dover Lifeguard            | 23:09.77 | 13/06/2025 | British Masters Championships           | LAC Stratford            |
| 1500m Freestyle | Long | 60-64 | Sandra Vincent      | Black Lion                 | 24:40.14 | 13/06/2014 | British Masters Championships           | Swansea                  |
| 1500m Freestyle | Long | 65-69 | Sandra Vincent      | Black Lion                 | 25:20.35 | 05/03/2016 | 2016 Swim Wales Open Masters            | Swansea                  |
| 1500m Freestyle | Long | 70-74 | Shelley Robinson    | Sevenoaks SC               | 32:57.49 | 22/03/2025 | SER Masters 1500m Freestyle             | K2, Crawley              |
| 1500m Freestyle | Long | 75-79 |                     |                            | 47:20.00 |            |   |                          |
| 1500m Freestyle | Long | 80-84 |                     |                            | 51:00.00 |            |   |                          |
| 1500m Freestyle | Long | 85-89 |                     |                            | 57:20.00 |            |   |                          |
| 1500m Freestyle | Long | 90+   |                     |                            | 68:00.00 |            |   |                          |
| 50m Butterfly   | Long | 18-24 | Lauren Palmer-Jones | Thanet SC                  | 0:30.23  | 01/06/2019 | Yorkshire Masters Championships         | Sheffield                |
| 50m Butterfly   | Long | 25-29 | Margo Koets         | Medway Maritime            | 0:33.07  | 15/06/2025 | British Masters & Seniors Championships | LAC Stratford            |
| 50m Butterfly   | Long | 30-34 | Donna Wickens       | Hythe Aqua                 | 0:33.39  | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield   |
| 50m Butterfly   | Long | 35-39 | Fliss Hawkins       | Medway Maritime            | 0:32.17  | 18/06/2022 | British Masters Championships           | Aberdeen                 |
| 50m Butterfly   | Long | 40-44 | Debbie Hart         | Greenwich Borough Mariners | 0:30.84  | 26/06/2004 | 10th FINA World Masters Championship    | Riccione, Italy          |
| 50m Butterfly   | Long | 45-49 | Della Jenkins       | RTW Monson                 | 0:34.12  | 30/01/2011 | SER Masters & Seniors Competition       | K2 Crawley               |
| 50m Butterfly   | Long | 50-54 | Rebecca Stewart     | Saxon Crown                | 0:33.54  | 18/06/2017 | British Masters & Seniors Championships | Aberdeen                 |
| 50m Butterfly   | Long | 55-59 | Nicola Mellor       | Beckenham                  | 0:34.57  | 17/01/2026 | SER Long Course Masters                 | K2 Crawley               |
| 50m Butterfly   | Long | 60-64 | Jenny Vick          | Erith & Dist               | 0:39.43  | 21/01/2023 | SER Masters & Seniors Competition       | K2 Crawley               |
| 50m Butterfly   | Long | 65-69 | Sandra Vincent      | Black Lion                 | 0:55.08  | 25/07/2015 | Rushmoor Royal Masters Meet             | Aldershot Garrison       |
| 50m Butterfly   | Long | 70-74 |                     |                            | 1:12.00  |            |   |                          |
| 50m Butterfly   | Long | 75-79 |                     |                            | 1:26.00  |            |   |                          |
| 50m Butterfly   | Long | 80-84 |                     |                            | 2:21.00  |            |   |                          |
| 50m Butterfly   | Long | 85-89 |                     |                            | 3:11.00  |            |   |                          |
| 50m Butterfly   | Long | 90+   |                     |                            | 4:01.40  |            |   |                          |
| 100m Butterfly  | Long | 18-24 | Emily Siebrecht     | Kent Weald swim Squad      | 1:07.06  | 18/01/2020 | SER Masters & Seniors Competition       | K2, Crawley              |
| 100m Butterfly  | Long | 25-29 | Rachel Richardson   | City of Canterbury         | 1:17.60  | 07/06/2004 | 10th FINA World Masters Championship    | Riccione, Italy          |
| 100m Butterfly  | Long | 30-34 | Kaira Redman        | Dover Lifeguard            | 1:14.37  | 17/08/2017 | 17th FINA World Masters Championships   | Budapest, Hungary        |
| 100m Butterfly  | Long | 35-39 | Kaira Redman        | Kent Weald swim Squad      | 1:13.55  | 15/08/2019 | FINA World Masters Championships        | Nambu University Gwangju |
| 100m Butterfly  | Long | 40-44 | Debbie Hart         | Greenwich Borough Mariners | 1:09.30  | 07/06/2004 | 10th FINA World Masters Championship    | Riccione, Italy          |
| 100m Butterfly  | Long | 45-49 | Sharon Ruck         | City of Canterbury         | 1:35.52  | 02/02/2008 | SER Masters & Seniors Competition       | K2, Crawley              |
| 100m Butterfly  | Long | 50-54 | Tracy Stonehouse    | RTW Masters                | 1:24.12  | 20/01/2019 | SER Masters & Seniors Competition       | K2, Crawley              |

|                |      |       |                   |                     |          |            |  |                          |
|----------------|------|-------|-------------------|---------------------|----------|------------|--|--------------------------|
| 100m Butterfly | Long | 55-59 | Donna Wickens     | Dover Lifeguard     | 1:31.80  | 13/06/2025 | British Masters Championships            | LAC Stratford            |
| 100m Butterfly | Long | 60-64 | Jennifer Vick     | Erith & Dist        | 1:34.12  | 13/06/2025 | British Masters Championships            | LAC Stratford            |
| 100m Butterfly | Long | 65-69 |                   |                     | 2:34.00  |            |  |                          |
| 100m Butterfly | Long | 70-74 |                   |                     | 2:59.00  |            |  |                          |
| 100m Butterfly | Long | 75-79 |                   |                     | 3:32.00  |            |  |                          |
| 100m Butterfly | Long | 80-84 |                   |                     | 4:12.00  |            |  |                          |
| 100m Butterfly | Long | 85-89 |                   |                     | 5:02.00  |            |  |                          |
| 100m Butterfly | Long | 90+   |                   |                     | 7:17.00  |            |  |                          |
|                |      |       |                   |                     |          |            |  |                          |
| 200m Butterfly | Long | 18-24 | Joanne Ball       | Erith & District    | 3:02.04  | 29/01/2011 | SER Long Course Masters Competition      | K2, Crawley              |
| 200m Butterfly | Long | 25-29 | Claire Sweeney    | Bexley              | 2:40.36  | 22/06/1996 | VI World Masters Championship            | Ponds Forge, Sheffield   |
| 200m Butterfly | Long | 30-34 | Bridget Young     | Dover Lifeguard     | 2:45.61  | 22/06/1996 | VI World Masters Championship            | Ponds Forge, Sheffield   |
| 200m Butterfly | Long | 35-39 | Kaira Redman      | Kent Weald          | 2:48.22  | 17/08/2019 | FINA World Masters Championships         | Nambu University Gwangju |
| 200m Butterfly | Long | 40-44 | Kaira Redman      | Dover Lifeguard     | 3:10.47  | 21/01/2024 | SSE Masters & Seniors Competition        | K2 Crawley               |
| 200m Butterfly | Long | 45-49 |                   |                     | 4:01.00  |            |  |                          |
| 200m Butterfly | Long | 50-54 | Suzanne Wilding   | Erith & Dist        | 3:04.81  | 14/06/2025 | British Masters Championships            | LAC Stratford            |
| 200m Butterfly | Long | 55-59 | Donna Wickens     | Dover Lifeguard     | 3:29.52  | 14/06/2025 | British Masters Championships            | LAC Stratford            |
| 200m Butterfly | Long | 60-64 |                   |                     | 5:14.00  |            |  |                          |
| 200m Butterfly | Long | 65-69 |                   |                     | 5:39.00  |            |  |                          |
| 200m Butterfly | Long | 70-74 |                   |                     | 6:39.00  |            |  |                          |
| 200m Butterfly | Long | 75-79 |                   |                     | 7:54.00  |            |  |                          |
| 200m Butterfly | Long | 80-84 |                   |                     | 9:04.00  |            |  |                          |
| 200m Butterfly | Long | 85-89 |                   |                     | 10:49.00 |            |  |                          |
| 200m Butterfly | Long | 90+   |                   |                     | 14:04.00 |            |  |                          |
|                |      |       |                   |                     |          |            |  |                          |
| 50m Backstroke | Long | 18-24 | Rachel Rickwood   | Dartford & District | 0:33.97  | 02/04/2016 | British Masters                          | Sheffield                |
| 50m Backstroke | Long | 25-29 | Margo Koets       | Medway Maritime     | 0:35.44  | 18/01/2025 | SER Masters & Seniors Competition        | K2, Crawley              |
| 50m Backstroke | Long | 30-34 | Lauren Willcox    | Saxon Crown         | 0:33.00  | 02/04/2016 | British Masters                          | Sheffield                |
| 50m Backstroke | Long | 35-39 | Victoria Fielding | Dover Lifeguard     | 0:36.87  | 14/06/2025 | British Masters & Seniors Champiopnships | LAC Stratford            |
| 50m Backstroke | Long | 40-44 | Charlotte Callow  | Medway Maritime     | 0:36.11  | 17/01/2026 | SER Long Course Masters                  | K2, Crawley              |
| 50m Backstroke | Long | 45-49 | Rhona Courtier    | Larkfield           | 0:37.14  | 14/06/2019 | 2019 Great Britain Masters               | Swansea                  |
| 50m Backstroke | Long | 50-54 | Rebecca Stewart   | Saxon Crown         | 0:35.32  | 17/06/2017 | British Masters & Seniors Champiopnships | Aberdeen                 |
| 50m Backstroke | Long | 55-59 | Valerie Melville  | Medway Maritime     | 0:37.64  | 21/04/2024 | British Masters & Seniors Champiopnships | Swansea                  |
| 50m Backstroke | Long | 60-64 | Melanie Evans     | Dartford & District | 0:44.40  | 13/05/2017 | Norfolk Masters Meet                     | UEA, Norfolk             |
| 50m Backstroke | Long | 65-69 | Sandra Vincent    | Black Lion          | 0:49.95  | 25/07/2015 | Rushmoor Royals Masters                  | Aldrshot Garrison        |
| 50m Backstroke | Long | 70-74 | Shelley Robinson  | Sevenoaks           | 0:53.92  | 21/01/2024 | SSE Masters & Seniors Competition        | K2, Crawley              |
| 50m Backstroke | Long | 75-79 | Betty Condon      | Bromley             | 0:51.20  | 22/06/1996 | VI World Masters Championship            | Ponds Forge, Sheffield   |
| 50m Backstroke | Long | 80-84 |                   |                     | 1:25.00  |            |  |                          |
| 50m Backstroke | Long | 85-89 |                   |                     | 2:11.00  |            |  |                          |
| 50m Backstroke | Long | 90+   |                   |                     | 2:41.00  |            |  |                          |

|                  |      |       |                       |                  |         |            |   |                        |
|------------------|------|-------|-----------------------|------------------|---------|------------|---|------------------------|
| 100m Backstroke  | Long | 18-24 | Lucinda Steer         | Beckenham        | 1:23.47 | 29/01/2011 | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Backstroke  | Long | 25-29 | Lauren Jenkins        | Black Lion       | 1:17.74 | 23/07/2016 | Rushmoor Royals Masters Meet            | Aldershot Garrison     |
| 100m Backstroke  | Long | 30-34 | Lauren Willcox        | Saxon Crown      | 1:08.83 | 09/06/2018 | British Masters Championships           | Plymouth               |
| 100m Backstroke  | Long | 35-39 | Jennifer Pearson      | Saxon Crown      | 1:10.23 | 01/04/2016 | British Masters                         | Sheffield              |
| 100m Backstroke  | Long | 40-44 | Charlotte Callow      | Medway Maritime  | 1:17.81 | 18/01/2026 | SER Long Course Masters                 | K2, Crawley            |
| 100m Backstroke  | Long | 45-49 | Rhona Courtier        | Larkfield        | 1:22.15 | 09/06/2018 | British Masters Championships           | Plymouth               |
| 100m Backstroke  | Long | 50-54 | Rebecca Stewart       | Saxon Crown      | 1:17.72 | 16/06/2017 | British Masters & Seniors Championships | Aberdeen               |
| 100m Backstroke  | Long | 55-59 | Deborah Startin       | Dover Lifeguard  | 1:23.93 | 18/01/2026 | SER Long Course Masters                 | K2, Crawley            |
| 100m Backstroke  | Long | 60-64 | Kathleen Anne Raymond | Medway Maritime  | 1:50.15 | 05/03/2023 | Swim Wales Masters LC Championships     | Swansea                |
| 100m Backstroke  | Long | 65-69 | Shelley Robinson      | Sevenoaks        | 1:54.03 | 20/01/2018 | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Backstroke  | Long | 70-74 | Shelley Robinson      | Sevenoaks        | 1:59.33 | 20/02/2024 | SSE Masters & Seniors Competition       | K2, Crawley            |
| 100m Backstroke  | Long | 75-79 |                       |                  | 2:41.00 |            |   |                        |
| 100m Backstroke  | Long | 80-84 |                       |                  | 3:12.00 |            |   |                        |
| 100m Backstroke  | Long | 85-89 |                       |                  | 3:47.00 |            |   |                        |
| 100m Backstroke  | Long | 90+   |                       |                  | 4:42.00 |            |   |                        |
| 200m Backstroke  | Long | 18-24 | Abigail Westcott      | RTW Masters      | 2:59.81 | 23/01/2022 | SER Masters & Seniors Championships     | K2, Crawley            |
| 200m Backstroke  | Long | 25-29 |                       |                  | 3:10.00 |            |   |                        |
| 200m Backstroke  | Long | 30-34 | Lauren Willcox        | Saxon Crown      | 2:27.30 | 08/06/2018 | British Masters Championships           | Plymouth               |
| 200m Backstroke  | Long | 35-39 | Jennifer Pearson      | Saxon Crown      | 2:30.76 | 02/04/2016 | British Masters                         | Sheffield              |
| 200m Backstroke  | Long | 40-44 | Charlotte Callow      | Medway Maritime  | 2:52.49 | 17/01/2026 | SER Long Course Masters                 | K2, Crawley            |
| 200m Backstroke  | Long | 45-49 | Rhona Courtier        | Larkfield        | 2:53.96 | 15/06/2019 | 2019 Great Britai Masters               | Swansea                |
| 200m Backstroke  | Long | 50-54 | Rebecca Stewart       | Saxon Crown      | 2:53.18 | 18/06/2017 | British Masters & Seniors Championships | Aberdeen               |
| 200m Backstroke  | Long | 55-59 | Pauline Caven         | Sevenoaks        | 3:22.39 | 22/01/2017 | SER Masters & Seniors Competition       | K2, Crawley            |
| 200m Backstroke  | Long | 60-64 | Kathleen Anne Raymond | Medway Maritime  | 3:52.04 | 30/03/2025 | Scottish Masters LC Spring Meet         | Aberdeen               |
| 200m Backstroke  | Long | 65-69 | Shelley Robinson      | Sevenoaks        | 4:02.28 | 15/06/2019 | 2019 Great Britain Masters              | Swansea                |
| 200m Backstroke  | Long | 70-74 | Shelley Robinson      | Sevenoaks        | 4:11.91 | 20/01/2024 | SSE Seniors & Masters Competition       | K2, Crawley            |
| 200m Backstroke  | Long | 75-79 | Betty Condon          | Bromley          | 4:33.21 | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 200m Backstroke  | Long | 80-84 |                       |                  | 6:59.00 |            |   |                        |
| 200m Backstroke  | Long | 85-89 |                       |                  | 8:34.00 |            |   |                        |
| 200m Backstroke  | Long | 90+   |                       |                  | 9:34.00 |            |   |                        |
| 50m Breaststroke | Long | 18-24 | Sara Parfett          | Black Lion       | 0:31.12 | 30/01/2010 | SER Masters & Seniors Competition       | K2, Crawley            |
| 50m Breaststroke | Long | 25-29 | Lauren Jenkins        | Black Lion       | 0:39.33 | 03/04/2016 | British Masters                         | Sheffield              |
| 50m Breaststroke | Long | 30-34 | Jacqueline Durkin     | Black Lion       | 0:37.97 | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 50m Breaststroke | Long | 35-39 | Alison Nye            | Erith & District | 0:37.23 | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 50m Breaststroke | Long | 40-44 | Alison Nye            | Erith & District | 0:36.90 | 01/04/1997 | SCASA Masters Championship              | Crystal Palace         |
| 50m Breaststroke | Long | 45-49 | Della Jenkins         | RTW Masters      | 0:38.61 | 28/01/2012 | SER Masters & Seniors Competition       | K2, Crawley            |
| 50m Breaststroke | Long | 50-54 | Alison Nye            | Orpington Ojays  | 0:38.08 | 25/03/2007 | SER Long Course Masters Competition     | K2, Crawley            |

|                   |      |       |                       |                        |          |            |   |                        |
|-------------------|------|-------|-----------------------|------------------------|----------|------------|---|------------------------|
| 50m Breaststroke  | Long | 55-59 | Lucy Dikson           | Sevenoaks              | 0:46.67  | 26/05/2016 | European Masters                        | LAC Stratford          |
| 50m Breaststroke  | Long | 60-64 | Kathleen Anne Raymond | Medway Maritime        | 0:47.26  | 22/01/2023 | SER Masters & Seniors Championships     | K2, Crawley            |
| 50m Breaststroke  | Long | 65-69 | Sandra Vincent        | Black Lion             | 0:52.90  | 25/07/2015 | Rushmoor Royals Masters                 | Aldershot Garrison     |
| 50m Breaststroke  | Long | 70-74 | Maud Povey            | Gravesend & Northfleet | 0:52.20  | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 50m Breaststroke  | Long | 75-79 |                       |                        | 1:20.50  |            |   |                        |
| 50m Breaststroke  | Long | 80-84 |                       |                        | 1:37.00  |            |   |                        |
| 50m Breaststroke  | Long | 85-89 |                       |                        | 2:09.00  |            |   |                        |
| 50m Breaststroke  | Long | 90+   |                       |                        | 2:51.00  |            |   |                        |
|                   |      |       |                       |                        |          |            |   |                        |
| 100m Breaststroke | Long | 18-24 | Sara Parfett          | Black Lion             | 1:17.09  | 30/01/2010 | SER Masters & Seniors Competition       | K2, Crawley            |
| 100m Breaststroke | Long | 25-29 | Lauren Jenkins        | Black Lion             | 1:30.09  | 02/04/2016 | British Masters                         | Sheffield              |
| 100m Breaststroke | Long | 30-34 | Jacqueline Durkin     | Black Lion             | 1:24.84  | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 100m Breaststroke | Long | 35-39 | Alison Nye            | Erith & District       | 1:27.13  | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 100m Breaststroke | Long | 40-44 | Alison Nye            | Erith & District       | 1:22.28  | 01/04/1997 | SCASA Masters Championship              | Crystal Palace         |
| 100m Breaststroke | Long | 45-49 | Della Jenkins         | RTW Monson             | 1:28.83  | 30/01/2011 | SER Masters & Seniors Competition       | K2 Crawley             |
| 100m Breaststroke | Long | 50-54 | Lucy Dickson          | Sevenoaks              | 1:38.36  | 30/01/2011 | SER Masters & Seniors Competition       | K2 Crawley             |
| 100m Breaststroke | Long | 55-59 | Kathleen Anne Raymond | Sevenoaks              | 1:40.46  | 07/09/2018 | 2018 European Masters Championships     | Slovenia               |
| 100m Breaststroke | Long | 60-64 | Kathleen Anne Raymond | Medway Maritime        | 1:43.45  | 03/06/2023 | British Masters & Seniors Championships | Sheffield              |
| 100m Breaststroke | Long | 65-69 | Barbara Wiles         | RTW Masters            | 1:51.12  | 19/01/2025 | SER Masters & Seniors Competition       | K2 Crawley             |
| 100m Breaststroke | Long | 70-74 | Maud Povey            | Gravesend & Northfleet | 2:03.82  | 22/06/1996 | VI World Masters Championship           | Ponds Forge, Sheffield |
| 100m Breaststroke | Long | 75-79 |                       |                        | 3:03.00  |            |   |                        |
| 100m Breaststroke | Long | 80-84 |                       |                        | 3:52.00  |            |   |                        |
| 100m Breaststroke | Long | 85-89 |                       |                        | 4:47.00  |            |   |                        |
| 100m Breaststroke | Long | 90+   |                       |                        | 5:52.00  |            |   |                        |
|                   |      |       |                       |                        |          |            |   |                        |
| 200m Breaststroke | Long | 18-24 | Sara Parfett          | Black Lion             | 2:55.62  | 30/01/2010 | SER Long Course Masters Competition     | K2, Crawley            |
| 200m Breaststroke | Long | 25-29 | Annemarie Adams       | Medway Maritime        | 3:22.32  | 18/01/2026 | SER Long Course Masters                 | K2, Crawley            |
| 200m Breaststroke | Long | 30-34 | Carly Newman          | Tonbridge              | 3:09.72  | 22/01/2017 | SER Long Course Masters                 | K2, Crawley            |
| 200m Breaststroke | Long | 35-39 | Hannah Newsham        | Erith & District       | 3:10.84  | 01/02/2015 | SER Masters & Seniors Competition       | K2, Crawley            |
| 200m Breaststroke | Long | 40-44 | Carole Murphy         | Sevenoaks              | 3:13.21  | 30/01/2011 | SER Masters & Seniors Competition       | K2 Crawley             |
| 200m Breaststroke | Long | 45-49 | Louise Brass          | Medway Maritime        | 3:10.68  | 14/06/2025 | British Masters & Seniors Championships | LAC Stratford          |
| 200m Breaststroke | Long | 50-54 | K Anne Raymond        | Sevenoaks Tri          | 3:32.18  | 14/06/2013 | British Masters                         | Plymouth               |
| 200m Breaststroke | Long | 55-59 | Kathleen Anne Raymond | Sevenoaks              | 3:32.58  | 04/09/2018 | 2018 European Masters Championships     | Slovenia               |
| 200m Breaststroke | Long | 60-64 | Kathleen Anne Raymond | Medway Maritime        | 3:39.49  | 04/06/2023 | British Masters & Seniors Championships | Sheffield              |
| 200m Breaststroke | Long | 65-69 | Pat Teale             | Bexley SC              | 4:16.67  | 22/01/2023 | SER Masters & Seniors Competition       | K2 Crawley             |
| 200m Breaststroke | Long | 70-74 |                       |                        | 5:34.00  |            |   |                        |
| 200m Breaststroke | Long | 75-79 |                       |                        | 6:14.00  |            |   |                        |
| 200m Breaststroke | Long | 80-84 |                       |                        | 7:29.00  |            |   |                        |
| 200m Breaststroke | Long | 85-89 |                       |                        | 9:15.00  |            |   |                        |
| 200m Breaststroke | Long | 90+   |                       |                        | 11:04.00 |            |   |                        |

|                        |      |       |                  |                       |          |            |   |                          |
|------------------------|------|-------|------------------|-----------------------|----------|------------|---|--------------------------|
| 200m Individual Medley | Long | 18-24 | Emily Siebrecht  | Kent Weald Swim Squad | 2:27.48  | 18/01/2020 | SER Masters & Seniors Championships     | K2 Crawley               |
| 200m Individual Medley | Long | 25-29 | Lauren Jenkins   | Black Lion            | 2:50.31  | 23/07/2016 | Rushmoor Royals Masters Meet            | Aldershot Garrison       |
| 200m Individual Medley | Long | 30-34 | Rebecca Harvey   | RTW Masters           | 2:57.10  | 02/02/2008 | SER Masters & Seniors Competition       | K2 Crawley               |
| 200m Individual Medley | Long | 35-39 | Kaira Redman     | Kent Weald Swim Squad | 2:49.65  | 18/01/2020 | SER Masters & Seniors Championships     | K2 Crawley               |
| 200m Individual Medley | Long | 40-44 | Liz Price        | RTW Masters           | 2:52.21  | 22/01/2022 | SER Masters & Seniors Championships     | K2 Crawley               |
| 200m Individual Medley | Long | 45-49 | Louise Brass     | Medway Maritime       | 2:59.59  | 14/06/2025 | British Masters & Seniors Championships | LAC Stratford            |
| 200m Individual Medley | Long | 50-54 | Rebecca Stewart  | Saxon Crown           | 2:49.96  | 16/06/2017 | British Masters & Seniors Championships | Aberdeen                 |
| 200m Individual Medley | Long | 55-59 | Donna Wickens    | Dover Lifeguard       | 3:08.99  | 04/06/2023 | British Masters & Seniors Championships | Sheffield                |
| 200m Individual Medley | Long | 60-64 | Melanie Evans    | Dartford & District   | 3:24.86  | 13/05/2017 | Norfolk Masters Meet                    | UEA, Norfolk             |
| 200m Individual Medley | Long | 65-69 | Shelley Robinson | Sevenoaks             | 4:11.10  | 09/06/2018 | British Masters Championships           | Plymouth                 |
| 200m Individual Medley | Long | 70-74 |                  |                       | 5:19.00  |            |   |                          |
| 200m Individual Medley | Long | 75-79 |                  |                       | 6:04.00  |            |   |                          |
| 200m Individual Medley | Long | 80-84 |                  |                       | 6:49.00  |            |   |                          |
| 200m Individual Medley | Long | 85-89 |                  |                       | 8:04.00  |            |   |                          |
| 200m Individual Medley | Long | 90+   |                  |                       | 9:34.00  |            |   |                          |
| 400m Individual Medley | Long | 18-24 |                  |                       | 6:31.00  |            |   |                          |
| 400m Individual Medley | Long | 25-29 |                  |                       | 6:41.00  |            |   |                          |
| 400m Individual Medley | Long | 30-34 | Kaira Redman     | Dover Lifeguard       | 5:47.88  | 14/08/2017 | 17th FINA World Masters Championships   | Budapest, Hungry         |
| 400m Individual Medley | Long | 35-39 | Kaira Redman     | Kent Weald Swim Squad | 5:45.44  | 14/08/2019 | FINA World Masters Championships        | Nambu University Gwangju |
| 400m Individual Medley | Long | 40-44 | Lizzie price     | RTW Masters           | 6:02.69  | 21/01/2018 | SER Masters & Seniors Competition       | K2 Crawley               |
| 400m Individual Medley | Long | 45-49 | Sharon Ruck      | City of Canterbury    | 5:55.48  | 02/02/2008 | SER Masters & Seniors Competition       | K2 Crawley               |
| 400m Individual Medley | Long | 50-54 | Suzanne Wilding  | Erith & Dist          | 6:18.78  | 21/01/2024 | SSE Masters & Seniors Competition       | K2, Crawley              |
| 400m Individual Medley | Long | 55-59 | Donna Wickens    | Dover Lifeguard       | 6:51.35  | 18/01/2025 | SER Masters & Seniors Competition       | K2, Crawley              |
| 400m Individual Medley | Long | 60-64 | Jenny Vick       | Erith & Dist          | 7:17.98  | 18/01/2025 | SER Masters & Seniors Competition       | K                        |
| 400m Individual Medley | Long | 65-69 |                  |                       | 11:13.00 |            |   |                          |
| 400m Individual Medley | Long | 70-74 | Maureen Fakley   | Hythe Aqua            | 12:20.30 | 14/04/2007 | SER Long Course Masters Competition     | K2, Crawley              |
| 400m Individual Medley | Long | 75-79 |                  |                       | 15:38.00 |            |   |                          |
| 400m Individual Medley | Long | 80-84 |                  |                       | 17:08.00 |            |   |                          |
| 400m Individual Medley | Long | 85-89 |                  |                       | 18:08.00 |            |   |                          |
| 400m Individual Medley | Long | 90+   |                  |                       | 22:08.00 |            |   |                          |