

| Event          | Course | Age Group    | Name              | Club                       | Time    | Date of Swim | Competition                                    | Venue                   |
|----------------|--------|--------------|-------------------|----------------------------|---------|--------------|------------------------------------------------|-------------------------|
| 50m Freestyle  | Short  | <b>18-24</b> | Emma Van Selm     | Bromley                    | 0:26.40 | 14/11/2021   | SER Masters Inter Counties                     | Wycombe                 |
| 50m Freestyle  | Short  | <b>25-29</b> | Katie Latham      | Bromley                    | 0:25.45 | 20/11/2022   | SE SER Masters Inter County                    | LAC Stratford           |
| 50m Freestyle  | Short  | <b>30-34</b> | Elizabeth Price   | RTW Monson                 | 0:27.90 | 30/10/2011   | BG ASA National Masters & Senior Championships | Ponds Forge, Sheffield  |
| 50m Freestyle  | Short  | <b>35-39</b> | Fliss Hawkins     | Medway Maritime            | 0:27.54 | 26/10/2024   | SE National Masters Championships              | Sheffield               |
| 50m Freestyle  | Short  | <b>40-44</b> | Rebecca Stewart   | Saxon Crown                | 0:28.31 | 28/10/2009   | BG ASA Masters & Seniors Championships         | Ponds Forge, Sheffield  |
| 50m Freestyle  | Short  | <b>45-49</b> | Rebecca Stewart   | Saxon Crown                | 0:29.59 | 13/07/2014   | KCASA Masters Championships                    | Medway Park, Gillingham |
| 50m Freestyle  | Short  | <b>50-54</b> | Liz Gilbert       | Larkfield                  | 0:30.68 | 22/06/2025   | KCASA Masters Championships                    | Medway Park, Gillingham |
| 50m Freestyle  | Short  | <b>55-59</b> | Nicola Mellor     | Beckenham                  | 0:30.95 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 50m Freestyle  | Short  | <b>60-64</b> | Luciana Wilkes    | Erith & Dist               | 0:34.37 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 50m Freestyle  | Short  | <b>65-69</b> | Sandra Vincent    | Black Lion                 | 0:35.07 | 07/02/2015   | Medway Championships                           | Medway Park, Gillingham |
| 50m Freestyle  | Short  | <b>70-74</b> | Barbara Fentiman  | Bromley                    | 0:40.18 | 11/09/2004   | KCASA Masters Championships                    | Black Lion, Gillingham  |
| 50m Freestyle  | Short  | <b>75-79</b> | Betty Condon      | Bromley                    | 0:45.99 | 26/10/1997   | ASA National Masters Championships             | Ponds Forge, Sheffield  |
| 50m Freestyle  | Short  | <b>80-84</b> |                   |                            | 1:05.00 |              |                                                |                         |
| 50m Freestyle  | Short  | <b>85-89</b> |                   |                            | 1:25.00 |              |                                                |                         |
| 50m Freestyle  | Short  | <b>90+</b>   |                   |                            | 1:43.00 |              |                                                |                         |
| 100m Freestyle | Short  | <b>18-24</b> | Amelia Brian      | Greenwich Royals           | 0:59.91 | 11/06/2025   | Kent Masters Championships                     | Medway Park, Gillingham |
| 100m Freestyle | Short  | <b>25-29</b> | Katie Latham      | RTW Masters                | 0:59.00 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 100m Freestyle | Short  | <b>30-34</b> | Lauren Willcox    | Saxon Crown                | 1:00.30 | 24/06/2018   | KCASA Masters Championships                    | Medway Park, Gillingham |
| 100m Freestyle | Short  | <b>35-39</b> | Fliss Hawkins     | Medway Maritime            | 1:00.31 | 25/10/2024   | SE National Masters Championships              | Sheffield               |
| 100m Freestyle | Short  | <b>40-44</b> | Stephanie Selsby  | Thanet                     | 1:02.36 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 100m Freestyle | Short  | <b>45-49</b> | Elizabeth Price   | RTW Masters                | 1:05.30 | 21/05/2023   | Erith Masters Meet                             | Crook Log Bexleyheath   |
| 100m Freestyle | Short  | <b>50-54</b> | Elizabeth Gilbert | Larkfield                  | 1:07.74 | 09/06/2024   | Kent Masters Championships                     | Gillingham              |
| 100m Freestyle | Short  | <b>55-59</b> | Nicola Mellor     | Beckenham                  | 1:07.95 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 100m Freestyle | Short  | <b>60-64</b> | jenny Vick        | Erith & dist               | 1:17.10 | 30/09/2023   | SE South East Short Course Masters             | K2 Crawley              |
| 100m Freestyle | Short  | <b>65-69</b> | Sandra Vincent    | Black Lion                 | 1:17.89 | 28/06/2015   | KCASA Masters Championships                    | Black Lion, Gillingham  |
| 100m Freestyle | Short  | <b>70-74</b> | Shelley Robinson  | Sevenoaks                  | 1:43.16 | 09/06/2024   | KCASA Masters Championships                    | Medway Park, Gillingham |
| 100m Freestyle | Short  | <b>75-79</b> | Olive Hale        | Beckenham                  | 1:52.14 | 13/07/2002   | KCASA Masters Championships                    | Black Lion, Gillingham  |
| 100m Freestyle | Short  | <b>80-84</b> | Kathy Anderson    | Erith & dist               | 2:13.81 | 21/06/2026   | Kent Masters Championships                     | Tunbridge Wells         |
| 100m Freestyle | Short  | <b>85-89</b> |                   |                            | 3:00.00 |              |                                                |                         |
| 100m Freestyle | Short  | <b>90+</b>   |                   |                            | 3:35.00 |              |                                                |                         |
| 200m Freestyle | Short  | <b>18-24</b> | Jasmine Lambert   | RTW Masters                | 2:19.93 | 26/10/2019   | Swim England National Masters                  | Ponds Forge, Sheffield  |
| 200m Freestyle | Short  | <b>25-29</b> | Nicola Somers     | Beckenham                  | 2:16.28 | 25/10/1997   | ASA National Masters Swimming Championships    | Ponds Forge, Sheffield  |
| 200m Freestyle | Short  | <b>30-34</b> | Lauren Willcox    | Saxon Crown                | 2:13.50 | 20/05/2018   | KCASA Masters Championships                    | Bexleyheath             |
| 200m Freestyle | Short  | <b>35-39</b> | Lauren Willcox    | Saxon Crown                | 2:13.18 | 28/10/2022   | SE National Masters Championships              | Sheffield               |
| 200m Freestyle | Short  | <b>40-44</b> | Lucy Bessant      | Maidstone                  | 2:24.16 | 15/05/2022   | Erith & Dist Masters Meet                      | Bexleyheath             |
| 200m Freestyle | Short  | <b>45-49</b> | Elizabeth Price   | Royal Tunbridge Wells Mast | 2:24.58 | 21/05/2023   | Erith & Dist Masters Meet                      | Bexleyheath             |

|                |       |              |                          |                        |          |            |                                                |                        |
|----------------|-------|--------------|--------------------------|------------------------|----------|------------|------------------------------------------------|------------------------|
| 200m Freestyle | Short | <b>50-54</b> | Nicola Mellor            | Beckenham              | 2:25.86  | 27/09/2025 | SER Short Course Masters                       | K2 Crawley             |
| 200m Freestyle | Short | <b>55-59</b> | Nicola Mellor            | Beckenham              | 2:28.61  | 17.05.2026 | Erith & Dist Masters Meet                      | Bexleyheath            |
| 200m Freestyle | Short | <b>60-64</b> | Jenny Vick               | Erith & Dist           | 2:44.67  | 30/09/2023 | SE SER Short Course Masters                    | K2 Crawley             |
| 200m Freestyle | Short | <b>65-69</b> | Sandra Vincent           | Black Lion             | 2:51.68  | 23/10/2015 | ASA National Masters & AG Championships        | Ponds Forge, Sheffield |
| 200m Freestyle | Short | <b>70-74</b> | Shelley Robinson         | Sevenoaks              | 3:31.76  | 15/05/2022 | Erith & Dist Masters Meet                      | Bexleyheath            |
| 200m Freestyle | Short | <b>75-79</b> | Kathy Smith              | Erith & Dist           | 4:23.84  | 17/05/2026 | Erith & Dist Masters Meet                      | Bexleyheath            |
| 200m Freestyle | Short | <b>80-84</b> | Kathy Anderson           | Erith & Dist           | 4:58.81  | 17/05/2026 | Erith & Dist Masters Meet                      | Bexleyheath            |
| 200m Freestyle | Short | <b>85-89</b> |                          |                        | 6:45.00  |            |                                                |                        |
| 200m Freestyle | Short | <b>90+</b>   |                          |                        | 8:00.00  |            |                                                |                        |
|                |       |              |                          |                        |          |            |                                                |                        |
| 400m Freestyle | Short | <b>18-24</b> | Blythe Jolley-Ellis      | Orpington Ojays        | 4:32.27  | 19/05/2024 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>25-29</b> | Jasmine Lambert          | RTW Masters            | 5:10.30  | 18/05/2025 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>30-34</b> | Lauren Willcox           | Saxon Crown            | 4:38.49  | 20/05/2018 | KCASA Masters Championships                    | Bexleyheath            |
| 400m Freestyle | Short | <b>35-39</b> | Lauren Willcox           | Saxon Crown            | 4:38.66  | 29/10/2022 | SE National Masters Championships              | Sheffield              |
| 400m Freestyle | Short | <b>40-44</b> | Elizabeth Price          | RTW Masters            | 5:00.61  | 20/05/2018 | KCASA Masters Championships                    | Bexleyheath            |
| 400m Freestyle | Short | <b>45-49</b> | Kirsten Iddiols-Bunclark | Orpington Ojays        | 5:02.86  | 19/05/2024 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>50-54</b> | Jane McMenemy            | Sevenoaks Tri          | 5:06.72  | 19/05/2019 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>55-59</b> | Nicola Mellor            | Beckenham              | 5:07.53  | 17/05/2026 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>60-64</b> | Jennifer Vick            | Erith & District       | 5:50.77  | 30/09/2023 | SE SER Short Course Masters                    | K2 Crawley             |
| 400m Freestyle | Short | <b>65-69</b> | Sandra Vincent           | Black Lion             | 6:10.80  | 24/10/2015 | ASA National Masters & AG Championships        | Ponds Forge, Sheffield |
| 400m Freestyle | Short | <b>70-74</b> | Shelley Robinson         | Sevenoaks              | 7:43.00  | 18/05/2025 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>75-79</b> | Kathy Smith              | Erith & District       | 9:13.90  | 17/05/2026 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 400m Freestyle | Short | <b>80-84</b> |                          |                        | 12:40.00 |            |                                                |                        |
| 400m Freestyle | Short | <b>85-89</b> |                          |                        | 14:20.00 |            |                                                |                        |
| 400m Freestyle | Short | <b>90+</b>   |                          |                        | 16:10.00 |            |                                                |                        |
|                |       |              |                          |                        |          |            |                                                |                        |
| 800m Freestyle | Short | <b>18-24</b> | Emily Geake              | Tonbridge              | 10:10.08 | 17/05/2026 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 800m Freestyle | Short | <b>25-29</b> | Jasmine Lambert          | RTW Masters            | 10:47.06 | 18/05/2025 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 800m Freestyle | Short | <b>30-34</b> | Danielle Ryan            | Black Lion             | 10:48.41 | 29/10/2017 | SE National Masters Championships              | Ponds Forge, Sheffield |
| 800m Freestyle | Short | <b>35-39</b> | Lauren Willcox           | Saxon Cronw            | 09:35.96 | 30/10/2022 | SE National Masters Championships              | Ponds Forge, Sheffield |
| 800m Freestyle | Short | <b>40-44</b> | Elizabeth Price          | RTW Masters            | 10:19.76 | 20/05/2018 | KCASA Masters Championships                    | Bexleyheath            |
| 800m Freestyle | Short | <b>45-49</b> | Helen Grey               | Gravesend & Northfleet | 11:05.02 | 29/10/2011 | BG ASA National Masters & Senior Championships | Ponds Forge, Sheffield |
| 800m Freestyle | Short | <b>50-54</b> | Suzanne Wilding          | Erith & Dist           | 10:34.32 | 28/10/2023 | National Masters Championships                 | Ponds Forge, Sheffield |
| 800m Freestyle | Short | <b>55-59</b> | Jennifer Vick            | Erith & Dist           | 11:39.75 | 19/05/2019 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 800m Freestyle | Short | <b>60-64</b> | Jenny Vick               | Erith & Dist           | 12:12.98 | 28/20/2023 | National Masters Championships                 | Ponds Forge, Sheffield |
| 800m Freestyle | Short | <b>65-69</b> | Sandra Vincent           | Black Lion             | 12:41.47 | 09/07/2016 | Barnet Copthall Masters                        | Barnet                 |
| 800m Freestyle | Short | <b>70-74</b> | Shelley Robinson         | Sevenoaks              | 15:55.18 | 19/05/2024 | Erith & Dist Masters Open Meet                 | Bexleyheath            |
| 800m Freestyle | Short | <b>75-79</b> |                          |                        | 23:10.00 |            |                                                |                        |
| 800m Freestyle | Short | <b>80-84</b> |                          |                        | 25:00.00 |            |                                                |                        |
| 800m Freestyle | Short | <b>85-89</b> |                          |                        | 28:10.00 |            |                                                |                        |

|                 |       |              |                     |                  |                 |            |                                         |                         |
|-----------------|-------|--------------|---------------------|------------------|-----------------|------------|-----------------------------------------|-------------------------|
| 800m Freestyle  | Short | <b>90+</b>   |                     |                  | <b>33:20.00</b> |            |                                         |                         |
| 1500m Freestyle | Short | <b>18-24</b> | Claire Sweeney      | Erith & District | 19:04.52        | 25/10/1998 | ASA Masters Championships               | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>25-29</b> | Margo Koets         | Medway maritime  | 19:34.44        | 18/05/2025 | Erith & District Masters Open Meet      | Bexleyheath             |
| 1500m Freestyle | Short | <b>30-34</b> | Danielle Ryan       | Black Lion       | 20:49.24        | 29/10/2017 | SE National Masters                     | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>35-39</b> | Charlotte Jessup    | Black Lion       | 20:01.44        | 20/05/2018 | KCASA Masters Championships             | Bexleyheath             |
| 1500m Freestyle | Short | <b>40-44</b> | Nicola Bushell      | Faversham        | 20:00.43        | 25/10/2024 | SE National Masters Championships       | Sheffield               |
| 1500m Freestyle | Short | <b>45-49</b> | Suzanne Wilding     | Erith & District | 20:39.35        | 29/10/2022 | National Masters Championships          | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>50-54</b> | Suzanne Wilding     | Erith & District | 20:25.47        | 27/10/2023 | National Masters Championships          | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>55-59</b> | Cathy Macartney     | Dover Lifeguard  | 23:50.70        | 27/11/2022 | Barnet Copthall 1550 Masters Meet       | Barnet Copthall         |
| 1500m Freestyle | Short | <b>60-64</b> | Jenny Vick          | Erith & District | 23:24.76        | 27/10/2023 | National Masters Championships          | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>65-69</b> | Sandra Vincent      | Black Lion       | 23:57.07        | 23/10/2015 | ASA National masters & AG Championships | Ponds Forge, Sheffield  |
| 1500m Freestyle | Short | <b>70-74</b> |                     |                  | <b>40:50.00</b> |            |                                         |                         |
| 1500m Freestyle | Short | <b>75-79</b> |                     |                  | <b>46:50.00</b> |            |                                         |                         |
| 1500m Freestyle | Short | <b>80-84</b> |                     |                  | <b>50:30.00</b> |            |                                         |                         |
| 1500m Freestyle | Short | <b>85-89</b> |                     |                  | <b>56:50.00</b> |            |                                         |                         |
| 1500m Freestyle | Short | <b>90+</b>   |                     |                  | <b>67:30.00</b> |            |                                         |                         |
| 50m Butterfly   | Short | <b>18-24</b> | Katie Latham        | Bromley          | 0:28.23         | 14/11/2021 | SER Masters Inter Counties              | Wycombe                 |
| 50m Butterfly   | Short | <b>25-29</b> | Katie Latham        | Bromley          | 0:27.92         | 20/11/2022 | SE SER Masters Inter County             | LAC Stratford           |
| 50m Butterfly   | Short | <b>30-34</b> | Freda Gardner       | Erith & District | 0:31.25         | 24/10/1998 | ASA Masters Championships               | Ponds Forge, Sheffield  |
| 50m Butterfly   | Short | <b>35-39</b> | Stephanie Selsby    | Thanet SC        | 0:30.92         | 09/11/2025 | SE SER National Masters Inter County    | LAC Stratford           |
| 50m Butterfly   | Short | <b>40-44</b> | Stephanie Selsby    | Thanet SC        | 0:30.79         | 21/06/2026 | KCASA Masters Championships             | Tunbridge Wells         |
| 50m Butterfly   | Short | <b>45-49</b> | Della Jenkins       | RTW Monson       | 0:33.29         | 13/11/2011 | ASA Masters & Seniors Inter County      | Sportpark, Guildford    |
| 50m Butterfly   | Short | <b>50-54</b> | Alison Nye          | Orpington Ojays  | 0:33.94         | 07/07/2007 | KCASA Masters Championships             | Black Lion, Gillingham  |
| 50m Butterfly   | Short | <b>55-59</b> | Nicola Mellor       | Beckenham        | 0:34.36         | 20/11/2022 | Kent Masters Championships              | Tunbridge Wells         |
| 50m Butterfly   | Short | <b>60-64</b> | Jenny Vick          | Erith & District | 0:38.38         | 27/10/2023 | National Masters Championships          | Ponds Forge, Sheffield  |
| 50m Butterfly   | Short | <b>65-69</b> | Pam Bristow         | Sevenoaks        | 0:47.60         | 13/07/2002 | KCASA Masters Championships             | Black Lion, Gillingham  |
| 50m Butterfly   | Short | <b>70-74</b> | Barbara Fentiman    | Bromley          | 0:51.83         | 11/09/2004 | KCASA Masters Championships             | Black Lion, Gillingham  |
| 50m Butterfly   | Short | <b>75-79</b> | Betty Condon        | Bromley          | 1:07.27         | 25/10/1997 | ASA National Masters Championships      | Ponds Forge, Sheffield  |
| 50m Butterfly   | Short | <b>80-84</b> | Maureen Fakley      | Hythe Aqua       | 1:57.72         | 25/06/2017 | Kent Masters Championships              | Gillingham              |
| 50m Butterfly   | Short | <b>85-89</b> |                     |                  | <b>3:10.00</b>  |            |                                         |                         |
| 50m Butterfly   | Short | <b>90+</b>   |                     |                  | <b>4:00.00</b>  |            |                                         |                         |
| 100m Butterfly  | Short | <b>18-24</b> | Blythe Jolley-Ellis | Orpington Ojays  | 1:05.50         | 19/05/2024 | Erith Masters Open Meet                 | Crook Log, Bexleyheath  |
| 100m Butterfly  | Short | <b>25-29</b> | Katie Latham        | RTW Masters      | 1:07.17         | 21/06/2026 | Kent Masters Championships              | Tunbridge Wells         |
| 100m Butterfly  | Short | <b>30-34</b> | Lauren Willcox      | Saxon Crown      | 1:08.62         | 24/06/2018 | KCASA Masters Championships             | Medway Park, Gillingham |
| 100m Butterfly  | Short | <b>35-39</b> | Stephanie Selsby    | Thanet Swim      | 1:10.79         | 22/06/2025 | KCASA Masters Championships             | Medway Park, Gillingham |
| 100m Butterfly  | Short | <b>40-44</b> | Stephanie Selsby    | Thanet Swim      | 1:09.88         | 21/06/2026 | KCASA Masters Championships             | Tunbridge Wells         |
| 100m Butterfly  | Short | <b>45-49</b> | Suzanne Wilding     | Erith & District | 1:15.91         | 27/10/2018 | SE National Masters Championships       | Sheffield               |

|                |       |              |                   |                       |          |            |                                                 |                         |
|----------------|-------|--------------|-------------------|-----------------------|----------|------------|-------------------------------------------------|-------------------------|
| 100m Butterfly | Short | <b>50-54</b> | Suzanne Wilding   | Erith & District      | 1:18.99  | 30/09/2023 | SE SER Short Course Masters                     | K2 Crawley              |
| 100m Butterfly | Short | <b>55-59</b> | Donna Wickens     | Dover Lifeguard       | 1:27.33  | 11/06/2023 | KCASA Masters Championships                     | Medway Park, Gillingham |
| 100m Butterfly | Short | <b>60-64</b> | Jenny Vick        | Erith & District      | 1:28.11  | 30/09/2023 | SE South East Short Course masters              | K2 Crawley              |
| 100m Butterfly | Short | <b>65-69</b> | Shelley Robinson  | Sevenoaks             | 2:22.25  | 24/06/2018 | KCASA Masters Championships                     | Medway Park, Gillingham |
| 100m Butterfly | Short | <b>70-74</b> | Maureen Fakley    | Hythe Aqua            | 3:47.75  | 03/07/2010 | KCASA Masters Championships                     | Medway Park, Gillingham |
| 100m Butterfly | Short | <b>75-79</b> | Maureen Fakley    | Hythe Aqua            | 4:01.20  | 17/06/2012 | KCASA Masters Championships                     | Medway Park, Gillingham |
| 100m Butterfly | Short | <b>80-84</b> |                   |                       | 4:10.00  |            |                                                 |                         |
| 100m Butterfly | Short | <b>85-89</b> |                   |                       | 5:00.00  |            |                                                 |                         |
| 100m Butterfly | Short | <b>90+</b>   |                   |                       | 7:15.00  |            |                                                 |                         |
|                |       |              |                   |                       |          |            |                                                 |                         |
| 200m Butterfly | Short | <b>18-24</b> | Kayla Moerman     | Black Lion            | 2:44.16  | 18/05/2025 | Erith & District Masters Meet                   | Bexleyheath             |
| 200m Butterfly | Short | <b>25-29</b> | Claire Sweeney    | Erith & District      | 2:39.20  | 24/10/1998 | ASA Masters Championships                       | Ponds Forge, Sheffield  |
| 200m Butterfly | Short | <b>30-34</b> | Lauren Willcox    | Saxon Crown           | 2:38.42  | 19/05/2019 | Erith & Dist Masters                            | Bexleyheath             |
| 200m Butterfly | Short | <b>35-39</b> | Kaira Redman      | Kent Weald Swim Squad | 2:44.55  | 06/10/2019 | Swim England SER Masters & Seniors Championship | Spectrum Guildford      |
| 200m Butterfly | Short | <b>40-44</b> | Kaira Redman      | Dover Lifeguard       | 3:03.96  | 19/05/2024 | Erith & District Masters Meet                   | Bexleyheath             |
| 200m Butterfly | Short | <b>45-49</b> | Suzanne Wilding   | Erith & District      | 3:01.51  | 19/05/2019 | Erith & District Masters Meet                   | Crook Log, Bexleyheath  |
| 200m Butterfly | Short | <b>50-54</b> | Suzanne Wilding   | Erith & District      | 2:58.14  | 26/10/2024 | SE National Masters Championships               | K2 Crawley              |
| 200m Butterfly | Short | <b>55-59</b> | Donna Wickens     | Dover Lifeguard       | 3:19.91  | 21/05/2023 | Erith & District Masters Meet                   | Bexleyheath             |
| 200m Butterfly | Short | <b>60-64</b> |                   |                       | 5:10.00  |            |                                                 |                         |
| 200m Butterfly | Short | <b>65-69</b> |                   |                       | 5:35.00  |            |                                                 |                         |
| 200m Butterfly | Short | <b>70-74</b> |                   |                       | 6:35.00  |            |                                                 |                         |
| 200m Butterfly | Short | <b>75-79</b> |                   |                       | 7:50.00  |            |                                                 |                         |
| 200m Butterfly | Short | <b>80-84</b> |                   |                       | 9:00.00  |            |                                                 |                         |
| 200m Butterfly | Short | <b>85-89</b> |                   |                       | 10:45.00 |            |                                                 |                         |
| 200m Butterfly | Short | <b>90+</b>   |                   |                       | 14:00.00 |            |                                                 |                         |
|                |       |              |                   |                       |          |            |                                                 |                         |
| 50m Backstroke | Short | <b>18-24</b> | Katie Latham      | Bromley               | 0:28.59  | 14/11/2021 | SER Masters Inter Counties                      | Wycombe                 |
| 50m Backstroke | Short | <b>25-29</b> | Katie Latham      | Bromley               | 0:28.51  | 20/11/2022 | SE SER Masters Inter County                     | LAC Stratford           |
| 50m Backstroke | Short | <b>30-34</b> | Yolande Speare    | Medway Maritime       | 0:31.29  | 12/11/2023 | SER Masters Inter County                        | LAC Stratford           |
| 50m Backstroke | Short | <b>35-39</b> | Lauren Willcox    | Saxon Crown           | 0:32.35  | 20/11/2022 | SE SER Masters Inter County                     | LAC Stratford           |
| 50m Backstroke | Short | <b>40-44</b> | Joanne Mullins    | RTW Masters           | 0:31.43  | 04/07/2026 | Kenilworth Masters Open Meet 2026               | Coventry                |
| 50m Backstroke | Short | <b>45-49</b> | Rebecca Stewart   | Saxon Crown           | 0:32.92  | 13/07/2014 | KCASA Masters Championships                     | Medway Park, Gillingham |
| 50m Backstroke | Short | <b>50-54</b> | Elizabeth Gilbert | Larkfield SC          | 0:36.36  | 09/11/2025 | SE SER National Masters Inter County            | LAC Stratford           |
| 50m Backstroke | Short | <b>55-59</b> | Valerie Melville  | Medway Maritime       | 0:35.99  | 29/10/2022 | SE National Masters Championships               | Sheffield               |
| 50m Backstroke | Short | <b>60-64</b> | Melanie Evans     | Dartford & Dist       | 0:44.16  | 25/06/2017 | Kent Masters Championships                      | Gillingham              |
| 50m Backstroke | Short | <b>65-69</b> | Sandra Vincent    | Black Lion            | 0:47.20  | 28/06/2015 | KCASA Masters Championships                     | Black Lion, Gillingham  |
| 50m Backstroke | Short | <b>70-74</b> | Barbara Fentiman  | Bromley               | 0:49.24  | 11/09/2004 | KCASA Masters Championships                     | Black Lion, Gillingham  |
| 50m Backstroke | Short | <b>75-79</b> | Betty Condon      | Bromley               | 0:51.07  | 14/09/1996 | KCASA Masters Championships                     | Kingsmead, Canterbury   |
| 50m Backstroke | Short | <b>80-84</b> | Maureen Fakley    | Hythe Aqua            | 1:14.29  | 28/10/2017 | SE National Masters Championships               | Ponds Forge, Sheffield  |
| 50m Backstroke | Short | <b>85-89</b> | Maureen Fakley    | Dover Lifeguard       | 01:24.64 | 02/03/2024 | Bracknell Masters Open                          | Bracknell               |

|                  |       |              |                       |                        |         |            |                                             |                         |          |
|------------------|-------|--------------|-----------------------|------------------------|---------|------------|---------------------------------------------|-------------------------|----------|
| 50m Backstroke   | Short | <b>90+</b>   |                       |                        |         |            |                                             |                         | 2:40.00  |
| 100m Backstroke  | Short | <b>18-24</b> | Yolanda Speare        | RTW Masters            | 1:05.36 | 28/06/2015 | KCASA Masters Championships                 | Medway Park, Gillingham |          |
| 100m Backstroke  | Short | <b>25-29</b> | Lauren Willcox        | Saxon Crown            | 1:10.11 | 28/06/2015 | KCASA Masters Championships                 | Medway Park, Gillingham |          |
| 100m Backstroke  | Short | <b>30-34</b> | Lauren Willcox        | Saxon Crown            | 1:07.84 | 24/06/2018 | KCASA Masters Championships                 | Medway Park, Gillingham |          |
| 100m Backstroke  | Short | <b>35-39</b> | Tori Fielding         | Dover Lifeguard        | 1:14.24 | 27/09/2025 | SER Short Course Masters                    | K2 Crawley              |          |
| 100m Backstroke  | Short | <b>40-44</b> | Joanne Mullins        | RTW Masters            | 1:07.76 | 21/06/2026 | Kent Masters Championships                  | Tunbridge Wells         |          |
| 100m Backstroke  | Short | <b>45-49</b> | Tracy Van Rooyen      | Orpington Ojays        | 1:16.24 | 25/06/2017 | Kent Masters Championships                  | Gillingham              |          |
| 100m Backstroke  | Short | <b>50-54</b> | Deborak Startin       | Dover Lifeguard        | 1:19.34 | 17/07/2022 | KCASA Masters Championships                 | Black Lion, Gillingham  |          |
| 100m Backstroke  | Short | <b>55-59</b> | Deborak Startin       | Dover Lifeguard        | 1:21.22 | 21/06/2026 | Kent Masters Championships                  | Tunbridge Wells         |          |
| 100m Backstroke  | Short | <b>60-64</b> | Jenny Vick            | Erith & District       | 1:37.11 | 30/09/2023 | SE South East Short Course Masters          | K2 Crawley              |          |
| 100m Backstroke  | Short | <b>65-69</b> | Sandra Vincent        | Black Lion             | 1:45.23 | 26/06/2016 | KCASA Masters Championships                 | Black Lion, Gillingham  |          |
| 100m Backstroke  | Short | <b>70-74</b> | Shelley Robinson      | Sevenoaks              | 1:57.74 | 09/06/2024 | KCASA Masters Championships                 | Black Lion, Gillingham  |          |
| 100m Backstroke  | Short | <b>75-79</b> | Olive Hale            | Beckenham              | 1:56.66 | 13/07/2002 | KCASA Masters Championships                 | Black Lion, Gillingham  |          |
| 100m Backstroke  | Short | <b>80-84</b> | Maureen Fakley        | Hythe Aqua             | 2:45.89 | 27/10/2017 | SE National Masters Championships           | Ponds Forge, Sheffield  |          |
| 100m Backstroke  | Short | <b>85-89</b> | Maureen Fakley        | Dover Lifeguard        | 3:09.38 | 27/10/2023 | National Masters Championships              | Ponds Forge, Sheffield  |          |
| 100m Backstroke  | Short | <b>90+</b>   |                       |                        |         |            |                                             |                         | 4:40.00  |
| 200m Backstroke  | Short | <b>18-24</b> | Chloe Linder          | Sittingbourne & Milton | 2:31.90 | 17/05/2026 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>25-29</b> | Bethany Collins       | RTW Masters            | 2:37.48 | 17/05/2026 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>30-34</b> | Lauren Willcox        | Saxon Crown            | 2:26.55 | 20/05/2018 | KCASA Masters Championship                  | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>35-39</b> | Hannah Newsham        | Erith & District       | 2:40.51 | 03/10/2015 | ASA National Masters & AG Championships     | Ponds Forge, Sheffield  |          |
| 200m Backstroke  | Short | <b>40-44</b> | Joanne Mullins        | RTW Masters            | 2:31.52 | 17/05/2026 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>45-49</b> | Tracy van Rooyen      | Orpington Ojays        | 2:49.25 | 21/05/2017 | Erith & Dist Masters Meet                   | Crook Log Bexleyheath   |          |
| 200m Backstroke  | Short | <b>50-54</b> | Tanya Brightwell      | Erith & District       | 2:50.45 | 17/05/2026 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>55-59</b> | Kathleen Anne Raymond | Sevenoaks              | 3:23.79 | 08/07/2018 | Barnet Copthall Distance Meet               | Barnet Copthall         |          |
| 200m Backstroke  | Short | <b>60-64</b> | Jenny Vick            | Erith & District       | 3:34.53 | 18/05/2025 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>65-69</b> | Barbara Wiles         | RTW Masters            | 3:55.83 | 19/05/2024 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>70-74</b> | Shelley Robinson      | Sevenoaks              | 4:00.70 | 15/05/2022 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>75-79</b> | Betty Condon          | Bromley                | 4:28.43 | 25/10/1998 | ASA Masters Championships                   | Ponds Forge, Sheffield  |          |
| 200m Backstroke  | Short | <b>80-84</b> |                       |                        |         |            |                                             |                         | 6:55.00  |
| 200m Backstroke  | Short | <b>85-89</b> | Maureen Fakley        | Hythe Aqua             | 6:24.82 | 15/05/2022 | Erith & Dist Masters Meet                   | Bexleyheath             |          |
| 200m Backstroke  | Short | <b>90+</b>   |                       |                        |         |            |                                             |                         | 9:030.00 |
| 50m Breaststroke | Short | <b>18-24</b> | Katie Latham          | Bromley                | 0:33.55 | 14/11/2021 | SER Masters Inter Counties                  | Wycombe                 |          |
| 50m Breaststroke | Short | <b>25-29</b> | Katie Latham          | Bromley                | 0:33.11 | 20/11/2022 | SE SER Masters Inter County                 | LAC Stratford           |          |
| 50m Breaststroke | Short | <b>30-34</b> | Sarah Garrett         | Greenwich Bor Mariners | 0:35.41 | 14/09/1996 | KCASA Masters Championships                 | Kingsmead, Canterbury   |          |
| 50m Breaststroke | Short | <b>35-39</b> | Elizabeth Price       | RTW Masters            | 0:36.70 | 24/10/2014 | ASA National Masters & Senior Championships | Ponds Forge, Sheffield  |          |
| 50m Breaststroke | Short | <b>40-44</b> | Alison Nye            | Erith & District       | 0:36.53 | 25/10/1997 | ASA National Masters Championships          | Ponds Forge, Sheffield  |          |
| 50m Breaststroke | Short | <b>45-49</b> | Della Jenkins         | RTW Masters            | 0:37.42 | 17/06/2012 | KCASA Masters Championships                 | Medway Park, Gillingham |          |

|                   |       |              |                       |                        |         |            |                                                |                           |
|-------------------|-------|--------------|-----------------------|------------------------|---------|------------|------------------------------------------------|---------------------------|
| 50m Breaststroke  | Short | <b>50-54</b> | Alison Nye            | Orpington Ojays        | 0:37.86 | 07/07/2007 | KCASA Masters Championships                    | Black Lion, Gillingham    |
| 50m Breaststroke  | Short | <b>55-59</b> | Della Jenkins         | RTW Masters            | 0:42.05 | 09/06/2024 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 50m Breaststroke  | Short | <b>60-64</b> | Luciana Wilkes        | Erith & District       | 0:43.22 | 21/06/2026 | KCASA Masters Championships                    | Tunbridge Wells           |
| 50m Breaststroke  | Short | <b>65-69</b> | Lucy Dickson          | Sevenoaks              | 0:48.54 | 22/06/2025 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 50m Breaststroke  | Short | <b>70-74</b> | Maud Povey            | Gravesend & Northfleet | 0:51.53 | 10/09/1994 | KCASA Masters Championships                    | St Johns, Tunbridge Wells |
| 50m Breaststroke  | Short | <b>75-79</b> | Maud Povey            | Gravesend & Northfleet | 0:54.77 | 24/10/1998 | ASA Masters Championships                      | Ponds Forge, Sheffield    |
| 50m Breaststroke  | Short | <b>80-84</b> |                       |                        | 1:36.00 |            |                                                |                           |
| 50m Breaststroke  | Short | <b>85-89</b> |                       |                        | 2:08.00 |            |                                                |                           |
| 50m Breaststroke  | Short | <b>90+</b>   |                       |                        | 2:50.00 |            |                                                |                           |
|                   |       |              |                       |                        |         |            |                                                |                           |
| 100m Breaststroke | Short | <b>18-24</b> | Ellen Scholes         | Bromley                | 1:16.69 | 25/06/2017 | Kent Masters Championships                     | Gillingham                |
| 100m Breaststroke | Short | <b>25-29</b> | Jessica Alvarez       | City of Canterbury     | 1:17.59 | 28/06/2015 | KCASA Masters Championships                    | Black Lion, Gillingham    |
| 100m Breaststroke | Short | <b>30-34</b> | Lauren Willcox        | Saxon Crown            | 1:20.25 | 24/06/2018 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 100m Breaststroke | Short | <b>35-39</b> | Emma Oliver           | Ashford Town           | 1:17.48 | 25/06/2017 | Kent Masters Championships                     | Gillingham                |
| 100m Breaststroke | Short | <b>40-44</b> | Joanne Mullins        | RTW Masters            | 1:19.22 | 21/06/2026 | Kent Masters Championships                     | Tunbridge Wells           |
| 100m Breaststroke | Short | <b>45-49</b> | Della Jenkins         | RTW Masters            | 1:21.67 | 17/06/2012 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 100m Breaststroke | Short | <b>50-54</b> | Alison Nye            | Orpington Ojays        | 1:28.23 | 05/07/2008 | KCASA Masters Championships                    | Black Lion, Gillingham    |
| 100m Breaststroke | Short | <b>55-59</b> | Lorraine Harris       | Erith & District       | 1:35.18 | 22/06/2025 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 100m Breaststroke | Short | <b>60-64</b> | Kathleen Anne Raymond | Medway Maritime        | 1:41.37 | 11/06/2023 | KCASA Masters Championships                    | Medway Park, Gillingham   |
| 100m Breaststroke | Short | <b>65-69</b> | Pam Bristow           | Sevenoaks              | 1:47.46 | 13/07/2002 | KCASA Masters Championships                    | Black Lion, Gillingham    |
| 100m Breaststroke | Short | <b>70-74</b> | Maud Povey            | Gravesend & Northfleet | 2:04.59 | 25/10/1997 | ASA National Masters Championships             | Ponds Forge, Sheffield    |
| 100m Breaststroke | Short | <b>75-79</b> | Maud Povey            | Gravesend & Northfleet | 2:14.31 | 23/10/1998 | ASA Masters Championships                      | Ponds Forge, Sheffield    |
| 100m Breaststroke | Short | <b>80-84</b> |                       |                        | 3:50.00 |            |                                                |                           |
| 100m Breaststroke | Short | <b>85-89</b> | Maureen Fakley        | Dover Lifeguard        | 4:34.51 | 02/03/2024 | Bracknell Masters Open                         | Bracknell                 |
| 100m Breaststroke | Short | <b>90+</b>   |                       |                        | 5:50.00 |            |                                                |                           |
|                   |       |              |                       |                        |         |            |                                                |                           |
| 200m Breaststroke | Short | <b>18-24</b> | Samantha Jackson      | Orpington Ojays        | 2:50.04 | 19/05/2024 | Erith & Dist Open Masters                      | Bexleyheath               |
| 200m Breaststroke | Short | <b>25-29</b> | Claire Sweeney        | Erith & District       | 2:56.65 | 23/10/1998 | ASA Masters Championships                      | Ponds Forge, Sheffield    |
| 200m Breaststroke | Short | <b>30-34</b> | Kaira Redman          | Kent Weald             | 3:01.12 | 27/10/2018 | SE National masters Championships              | Ponds Forge, Sheffield    |
| 200m Breaststroke | Short | <b>35-39</b> | Hannah Newsham        | Erith & District       | 2:56.84 | 31/05/2015 | Erith Masters Meet                             | Crook Log, Bexleyheath    |
| 200m Breaststroke | Short | <b>40-44</b> | Elizabeth Price       | RTW Masters            | 3:03.16 | 20/05/2018 | KCASA Masters Championships                    | Bexleyheath               |
| 200m Breaststroke | Short | <b>45-49</b> | Della Jenkins         | RTW Monson             | 3:00.80 | 29/10/2011 | BG ASA National Masters & Senior Championships | Ponds Forge, Sheffield    |
| 200m Breaststroke | Short | <b>50-54</b> | Lorraine Harris       | Erith & District       | 3:20.13 | 15/05/2022 | Erith Masters Meet                             | Bexleyheath               |
| 200m Breaststroke | Short | <b>55-59</b> | Kathleen Anne Raymond | Sevenoaks              | 3:24.62 | 21/04/2018 | Scottish National Masters Championships        | Glasgow                   |
| 200m Breaststroke | Short | <b>60-64</b> | Kathleen Anne Raymond | Medway Maritime        | 3:35.13 | 19/11/2023 | Celtic Masters Meet                            | Dublin, Ireland           |
| 200m Breaststroke | Short | <b>65-69</b> | Barbara Wiles         | RTW Masters            | 3:51.20 | 18/05/2025 | Erith & Dist Open Masters                      | Bexleyheath               |
| 200m Breaststroke | Short | <b>70-74</b> | Shelley Robinson      | Sevenoaks              | 4:31.63 | 15/05/2022 | Erith Masters Meet                             | Bexleyheath               |
| 200m Breaststroke | Short | <b>75-79</b> | Maud Povey            | Gravesend & Northfleet | 4:42.76 | 23/10/1998 | ASA Masters Championships                      | Ponds Forge, Sheffield    |
| 200m Breaststroke | Short | <b>80-84</b> |                       |                        | 7:25.00 |            |                                                |                           |
| 200m Breaststroke | Short | <b>85-89</b> | Maureen Fakley        | Hythe Aqua             | 8:51.12 | 15/05/2022 | Erith Masters Meet                             | Bexleyheath               |

|                        |       |       |                  |                       |          |            |                                                |                          |
|------------------------|-------|-------|------------------|-----------------------|----------|------------|------------------------------------------------|--------------------------|
| 200m Breaststroke      | Short | 90+   |                  |                       | 11:00.00 |            |                                                |                          |
| 100m Individual Medley | Short | 18-24 | Amy Farthing     | Sevenoaks             | 1:08.58  | 25/06/2017 | Kent Masters Championships                     | Gillingham               |
| 100m Individual Medley | Short | 25-29 | Cassie Poland    | RTW Monson            | 1:10.66  | 29/10/2011 | BG ASA National Masters & Senior Championships | Ponds Forge, Sheffield   |
| 100m Individual Medley | Short | 30-34 | Lauren Willcox   | Saxon Crown           | 1:09.32  | 24/06/2018 | KCASA Masters Championships                    | Medway Park, Gillingham  |
| 100m Individual Medley | Short | 35-39 | Freda Gardner    | Erith & District      | 1:14.15  | 02/09/2000 | KCASA Masters Championships                    | Black Lion, Gillingham   |
| 100m Individual Medley | Short | 40-44 | Joanne Mullins   | RTW Masters           | 1:09.57  | 21/06/2026 | KCASA Masters Championships                    | Tunbridge Wells          |
| 100m Individual Medley | Short | 45-49 | Tracy Van Rooyen | Orpington Ojays       | 1:18.37  | 25/06/2017 | Kent Masters Championships                     | Gillingham               |
| 100m Individual Medley | Short | 50-54 | Alison Nye       | Orpington Ojays       | 1:20.64  | 04/07/2009 | KCASA Masters Championships                    | Black Lion, Gillingham   |
| 100m Individual Medley | Short | 55-59 | Nicola Mellor    | Beckenham             | 1:20.71  | 21/06/2026 | KCASA Masters Championships                    | Tunbridge Wells          |
| 100m Individual Medley | Short | 60-64 | Jenny Vick       | Erith & District      | 1:29.96  | 11/06/2023 | Kent Masters Championships                     | Gillingham               |
| 100m Individual Medley | Short | 65-69 | Sandra Vincent   | Black Lion            | 1:38.97  | 28/02/2015 | Bracknell Masters Open                         | Bracknell Leisure Centre |
| 100m Individual Medley | Short | 70-74 | Shelley Robinson | Sevenoaks             | 2:01.57  | 09/06/2024 | KCASA Masters Championships                    | Medway Park, Gillingham  |
| 100m Individual Medley | Short | 75-79 | Betty Condon     | Bromley               | 2:12.59  | 14/09/1996 | KCASA Masters Championships                    | Kingsmead, Canterbury    |
| 100m Individual Medley | Short | 80-84 |                  |                       | 3:00.00  |            |                                                |                          |
| 100m Individual Medley | Short | 85-89 |                  |                       | 3:30.00  |            |                                                |                          |
| 100m Individual Medley | Short | 90+   |                  |                       | 4:30.00  |            |                                                |                          |
| 200m Individual Medley | Short | 18-24 | Samantha Jackson | Orpington Ojays       | 2:30.36  | 19/05/2024 | Erith & District Masters meet                  | Bexleyheath              |
| 200m Individual Medley | Short | 25-29 | Margot Koets     | Medway Maritime       | 2:41.53  | 18/05/2025 | Erith & District Masters meet                  | Bexleyheath              |
| 200m Individual Medley | Short | 30-34 | Lauren Willcox   | Saxon Crown           | 2:30.50  | 20/05/2018 | KCASA Masters Championships                    | Bexleyheath              |
| 200m Individual Medley | Short | 35-39 | Kaira Redman     | Kent Weald Swim Squad | 2:41.42  | 06/10/2019 | Swim England SER Masters Seniors Championships | Spectrum Guildford       |
| 200m Individual Medley | Short | 40-44 | Joanne Mullins   | RTW Masters           | 2:36.40  | 17/05/2026 | Erith & District Masters meet                  | Crook Log Bexleyheath    |
| 200m Individual Medley | Short | 45-49 | Nicola Bushell   | Co Canterbury         | 2:51.95  | 27/09/2025 | SER Short Course Masters                       | K2 Crawley               |
| 200m Individual Medley | Short | 50-54 | Jane McMenemy    | Sevenoaks Tri         | 2:52.80  | 19/05/2019 | Erith & District Masters Meet                  | Bexleyheath              |
| 200m Individual Medley | Short | 55-59 | Donna Wickens    | Dover Lifeguard       | 3:04.74  | 25/10/2024 | SE National Masters Championships              | Ponds Forge Sheffield    |
| 200m Individual Medley | Short | 60-64 | Jenny Vick       | Erith & District      | 3:14.55  | 28/10/2023 | National Masters Championships                 | Ponds Forge Sheffield    |
| 200m Individual Medley | Short | 65-69 | Barbara Wiles    | RTW Masters           | 3:46.67  | 19/05/2024 | Erith & District Masters meet                  | Bexleyheath              |
| 200m Individual Medley | Short | 70-74 | Shelley Robinson | Sevenoaks             | 4:12.64  | 15/05/2022 | Erith & District Masters meet                  | Bexleyheath              |
| 200m Individual Medley | Short | 75-79 |                  |                       | 6:00.00  |            |                                                |                          |
| 200m Individual Medley | Short | 80-84 |                  |                       | 6:45.00  |            |                                                |                          |
| 200m Individual Medley | Short | 85-89 |                  |                       | 8:00.00  |            |                                                |                          |
| 200m Individual Medley | Short | 90+   |                  |                       | 9:30.00  |            |                                                |                          |
| 400m Individual Medley | Short | 18-24 |                  |                       | 6:23.00  |            |                                                |                          |
| 400m Individual Medley | Short | 25-29 | Claire Sweeney   | Bexley                | 5:30.59  | 24/10/1998 | ASA Masters Championships                      | Ponds Forge, Sheffield   |
| 400m Individual Medley | Short | 30-34 | Lauren Willcox   | Saxon Crown           | 5:23.22  | 19/05/2019 | Erith & Dist masters Open Meet                 | Bexleyheath              |
| 400m Individual Medley | Short | 35-39 | Lauren Willcox   | Saxon Crown           | 05:22.37 | 29/10/2022 | SE National Masters Championships              | Sheffield                |
| 400m Individual Medley | Short | 40-44 | Kaira Redman     | Dover Lifeguard       | 6:05.28  | 19/05/2024 | Erith & Dist masters Open Meet                 | Bexleyheath              |
| 400m Individual Medley | Short | 45-49 |                  |                       | 7:55.00  |            |                                                |                          |

|                        |       |              |                       |                 |          |            |                                         |                   |
|------------------------|-------|--------------|-----------------------|-----------------|----------|------------|-----------------------------------------|-------------------|
| 400m Individual Medley | Short | <b>50-54</b> | Suzanne Wilding       | Erith & Dist    | 6:13.78  | 17/05/2026 | Erith & Dist masters Open Meet          | Bexleyheath       |
| 400m Individual Medley | Short | <b>55-59</b> | Donna Wickens         | Dover Lifeguard | 6:41.88  | 28/09/2024 | SER Short Course Masters                | K2 Crawley        |
| 400m Individual Medley | Short | <b>60-64</b> | Kathleen Anne Raymond | Medway Maritime | 7:14.12  | 21/04/2023 | Scottish National Masters Championships | Tollcross Glasgow |
| 400m Individual Medley | Short | <b>65-69</b> |                       |                 | 11:50.00 |            |                                         |                   |
| 400m Individual Medley | Short | <b>70-74</b> |                       |                 | 12:00.00 |            |                                         |                   |
| 400m Individual Medley | Short | <b>75-79</b> |                       |                 | 15:30.00 |            |                                         |                   |
| 400m Individual Medley | Short | <b>80-84</b> |                       |                 | 17:00.00 |            |                                         |                   |
| 400m Individual Medley | Short | <b>85-89</b> |                       |                 | 18:00.00 |            |                                         |                   |
| 400m Individual Medley | Short | <b>90+</b>   |                       |                 | 22:00.00 |            |                                         |                   |