

Club Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	07/03/2020	Ella Murphy	28.60	50 free	26.13	John Telensky	15/04/2018	Team Luton April LC Meet
East Region Championships	02/05/2016	Abby Smith	59.60	100 free	56.54	Josh Duggan	04/05/2013	Norwich Easter Meet
East Region Championships	02/05/2016	Abby Smith	2.05.70	200 free	2.01.56	Josh Duggan	04/05/2013	East Region Championships
East Region Championships	02/05/2016	Abby Smith	4.24.83	400 free	4.29.18	Josh Duggan	05/05/2012	East Region Championships
East Region Championships	25/05/2015	Abby Smith	9.07.37	800 free	10.10.21	Ben Horridge	15/07/2023	Team Luton Summer LC Meet
East Region Championships	19/05/2018	Abby Smith	17.26.79	1500 free	16.36.14	Josh Duggan	09/03/2013	Herts County Championships
East Region Championships	30/04/2017	Claire Burrell	31.96	50 back	29.38	James Atwell	04/03/2023	Frantic Fifties
Norwich Easter Meet	29/03/2013	Georgie Smith	1.07.73	100 back	1.04.09	Josh Duggan	29/03/2013	Norwich Easter Meet
National Championships	23/07/2007	Flora Hanson	2.20.67	200 back	2.19.67	Josh Duggan	04/05/2013	East Region Championships
East Region Championships	04/05/2019	Isabella Chapman	34.64	50 breast	32.36	Cub Maddison	02/03/2024	Frantic Fifties
East Region Championships	05/05/2019	Isabella Chapman	1.17.73	100 breast	1.11.32	Cub Maddison	23/06/2024	Team Luton Summer LC Meet
East Region Championships	04/05/2019	Isabella Chapman	2.47.92	200 breast	2.36.92	Joe Richardson	06/05/2018	East Region Championships
British Summer Championships	24/07/2019	Isabella Chapman	29.40	50 fly	26.83	Edward Castro	07/05/2018	East Region Championships
East Region Championships	03/05/2014	Abby Smith	1.07.57	100 fly	59.56	Edward Castro	29/04/2017	East Region Championships
COSSS No Frills Last Chance	25/05/2013	Abby Smith	2.24.20	200 fly	2.17.10	Angus Harrow	05/05/2019	East Region Championships
East Region Championships	15/06/2008	Flora Hanson	2.32.68	200 IM	2.18.99	Yannik Wilson	07/05/2018	East Region Championships
East Region Championships	05/05/2012	Abby Smith	5.27.87	400 IM	5.04.17	Yannik Wilson	05/05/2018	East Region Championships

9 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	07/03/2020	Paige Brewster	37.70	50 free	34.38	Tom Dennis	17/03/2018	Frantic Fifties
Team Luton Summer LC Meet	22/06/2024	Asia Gray	1.37.91	100 free	1.17.48	Tom Dennis	18/02/2018	Wycombe & District B&C Meet
			no record	200 free	3.27.18	James Atwell	11/07/2015	Bishops Stortford LC Meet
				400 free				
				800 free				
				1500 free				
Frantic Fifties	07/03/2020	Paige Brewster	42.58	50 back	39.72	Tom Dennis	17/02/2018	Wycombe & District B&C Meet
Wycombe Sprint Meet	27/04/2019	Madeleine Conway	1.56.43	100 back	2.00.76	Tom Foster	27/04/2019	Wycombe Sprint Meet
Team Luton Summer LC meet	15/07/2023	Anna Richards	4.10.75	200 back	no record			
Wycombe & District B&C Meet	17/02/2018	Isabel Stockham	53.01	50 breast	48.79	Tom Dennis	17/03/2018	Frantic Fifties
Wycombe Dual Award Meet	16/02/2020	Bethany Hopkins	2.01.01	100 breast	1.54.60	Alban Gill	30/06/2018	Bishops Stortford LC Meet
Wycombe & District B&C Meet	17/02/2018	Isabel Stockham	4.17.30	200 breast	3.44.84	Tom Dennis	18/02/2018	Wycombe & District B&C Meet
Wycombe Sprint Meet	27/04/2019	Madeleine Conway	59.96	50 fly	42.66	Theo Rawnsley	05/04/2025	Frantic Fifties
			no record	100 fly	no record			
			no record	200 fly	no record			
Team Luton Summer LC Meet	16/07/2023	Anna Richards	4.22.18	200 IM	no record			
				400 IM				

10 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Bishops Stortford LC Meet	11/07/2015	Isabella Chapman	34.47	50 free	34.15	Tom Dennis	30/06/2018	Bishops Stortford LC Meet
East Region Championships	07/06/2014	Alice Richardson	1.14.67	100 free	1.18.76	Guy Muncer	29/03/2013	Norwich Easter Meet
East Region Championships	15/06/2014	Alice Richardson	2.42.25	200 free	2.45.76	Guy Muncer	29/03/2013	Norwich Easter Meet
East Region Championships	08/06/2014	Alice Richardson	5.44.05	400 free	5.51.72	Guy Muncer	01/06/2013	East Region Championships
			no record	800 free	no record			
			no record	1500 free	no record			
Norwich Easter Meet	29/03/2013	Ellie Galvin	41.06	50 back	40.41	Toby Martin	30/06/2018	Bishops Stortford LC Meet
East Region Championships	04/06/2011	Katialin Dang	1.22.40	100 back	1.30.22	James Atwell	02/07/2016	Bishops Stortford LC Meet
East Region Championships	04/06/2011	Katialin Dang	2.58.96	200 back	3.19.69	Charles Lewis	12/03/2023	Putteridge Spring National Qualifier
Bishops Stortford LC Meet	11/07/2015	Isabella Chapman	44.72	50 breast	47.91	Tom Dennis	16/03/2019	Frantic Fifties
East Region Championships	04/06/2011	Katialin Dang	1.33.88	100 breast	1.41.68	Guy Muncer	01/06/2013	East Region Championships
East Region Championships	04/06/2011	Katialin Dang	3.24.13	200 breast	3.32.82	Guy Muncer	01/06/2013	East Region Championships
Team Luton LC Meet	16/04/2016	Hannah Brooke	36.63	50 fly	37.89	Toby Martin	30/06/2018	Bishops Stortford LC Meet
East Region Championships	14/06/2014	Alice Richardson	1.50.94	100 fly	1.43.69	Tom Dennis	30/06/2018	Bishops Stortford LC Meet
			no record	200 fly	no record			
Bishops Stortford LC Meet	11/07/2015	Isabella Chapman	3.10.85	200 IM	3.13.90	Tom Dennis	30/06/2018	Bishops Stortford LC Meet
East Region Championships	14/06/2014	Alice Richardson	6.46.35	400 IM	no record			

11 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	17/03/2018	Florence Crowley	32.51	50 free	31.34	Charles Hallam	23/06/2024	Team Luton Summer LC Meet
Bishops Stortford Open Meet	11/07/2015	Alice Richardson	1.11.18	100 free	1.11.32	Toby Benson	09/05/2025	SE East Region Long Course Champs
Crawley Spring Open Meet	19/04/2015	Alice Richardson	2.34.78	200 free	2.36.64	Toby Benson	03/05/2025	SE East Region Long Course Champs
Team Luton Summer LC Meet	23/06/2024	Sophie Garland	6.21.94	400 free	7.09.78	Liam Jordan	15/07/2023	Team Luton Summer LC Meet
Herts County Championships	09/03/2013	Libby Trayling	11.56.26	800 free	no record			
			no record	1500 free	25.30.82	Aaron Rawnsley	16/07/2023	Team Luton Summer LC Meet
Team Luton LC Meet	15/05/2016	Isabella Chapman	37.30	50 back	35.78	Toby Benson	03/05/2025	SE East Region Long Course Champs
East Region Championships	02/06/2012	Katialin Dang	1.17.69	100 back	1.21.19	Toby Martin	30/03/2019	Team Luton March LC Meet
East Region Championships	02/06/2012	Katialin Dang	2.45.92	200 back	2.52.61	Toby Benson	09/05/2025	SE East Region Long Course Champs
East Region Championships	30/05/2016	Isabella Chapman	40.03	50 breast	43.17	Ralph Muncer	30/10/2012	Cup of Tattras
East Region Championships	02/06/2012	Katialin Dang	1.25.54	100 breast	1.32.13	Ralph Muncer	02/06/2012	East Region Championships
East Region Championships	02/06/2012	Katialin Dang	3.07.16	200 breast	3.14.57	Ralph Muncer	02/06/2012	East Region Championships
Team Luton May LC Meet	13/05/2017	Hannah Brooke	34.83	50 fly	34.32	Toby Martin	16/03/2019	Frantic Fifties
East Region Championships	30/05/2016	Isabella Chapman	1.22.01	100 fly	1.19.96	Toby Martin	30/03/2019	Team Luton March LC Meet
East Region Championships	13/05/2023	Annabelle Clark	3.33.67	200 fly	3.51.20	Aaron Rawnsley	16/07/2023	Team Luton Summer LC Meet
East Region Championships	02/06/2012	Katialin Dang	2.48.05	200 IM	2.59.58	Michael Revell	06/06/2009	East Region Championships
			no record	400 IM	7.05.49	Aaron Rawnsley	16/07/2023	Team Luton Summer LC Meet

12 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Bishops Stortford Open Meet	30/06/2018	Hannah Brooke	29.67	50 free	30.85	Charles Hallam	09/05/2025	SE East Region Long Course Champs
East Region Championships	02/06/2007	Flora Hanson	1.05.21	100 free	1.09.10	Michael Ripper	14/06/2014	East Region Championships
East Region Championships	02/06/2007	Flora Hanson	2.17.47	200 free	2.22.23	Michael Ripper	14/06/2014	East Region Championships
East Region Championships	02/06/2007	Flora Hanson	4.52.88	400 free	5.01.67	Michael Ripper	15/06/2014	East Region Championships
Herts County Championships	01/03/2014	Claire Burrell	11.21.82	800 free	10.39.82	Charles Hallam	09/05/2025	SE East Region Long Course Champs
			no record	1500 free	21.00.46	Charles Hallam	03/05/2025	SE East Region Long Course Champs
East Region Championships	28/05/2018	Hannah Brooke	34.89	50 back	34.09	Ed Campfield	25/05/2015	East Region Championships
East Region Championships	02/06/2007	Flora Hanson	1.13.33	100 back	1.14.11	Michael Ripper	07/06/2014	East Region Championships
National Championships	23/07/2007	Flora Hanson	2.20.67	200 back	2.38.82	Michael Ripper	07/06/2014	East Region Championships
National BAGCAT Championships	30/07/2013	Katialin Dang	39.39	50 breast	39.11	Joe Richardson	14/06/2014	East Region Championships
East Region Championships	01/06/2013	Katialin Dang	1.21.68	100 breast	1.22.47	Joe Richardson	14/06/2014	East Region Championships
National BAGCAT Championships	30/07/2013	Katialin Dang	2.53.87	200 breast	2.58.28	Michael Revell	19/12/2010	Hillingdon Winter Meet
Bishops Stortford Open Meet	30/06/2018	Hannah Brooke	31.75	50 fly	32.51	Charles Hallam	09/05/2025	SE East Region Long Course Champs
East Region Championships	28/05/2018	Hannah Brooke	1.13.43	100 fly	1.14.16	Charles Hallam	03/05/2025	SE East Region Long Course Champs
East Region Championships	28/05/2018	Hannah Brooke	2.49.01	200 fly	2.51.27	Charles Hallam	09/05/2025	SE East Region Long Course Champs
East Region Championships	02/06/2007	Flora Hanson	2.39.58	200 IM	2.43.29	Michael Revell	12/06/2010	East Region Championships
East Region Championships	02/06/2007	Flora Hanson	5.37.20	400 IM	5.53.78	Joe Richardson	07/06/2014	East Region Championships

13 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	17/03/2018	Isabella Chapman	30.44	50 free	28.79	Michael Ripper	23/05/2015	East Region Championships
East Region Championships	14/06/2009	Abby Smith	1.05.77	100 free	1.02.00	Michael Ripper	24/05/2015	East Region Championships
East Region Championships	14/06/2009	Abby Smith	2.19.93	200 free	2.15.14	Michael Ripper	25/05/2015	East Region Championships
East Region Championships	14/06/2009	Abby Smith	5.01.10	400 free	4.49.48	Michael Ripper	24/05/2015	East Region Championships
Team Luton April LC Meet	16/04/2017	Alice Richardson	10.50.46	800 free	10.13.83	Aaron Rawnsley	09/05/2025	SE East Region Long Course Champs
			no record	1500 free	20.00.63	Aaron Rawnsley	03/05/2025	SE East Region Long Course Champs
Team Luton LC Meet	15/05/2016	Larissa Dean	34.11	50 back	31.77	Ed Campfield	03/05/2016	East Region Championships
East Region Championships	15/06/2008	Flora Hanson	1.11.21	100 back	1.08.70	Ed Campfield	03/05/2016	East Region Championships
Luton Long Course Meet	16/11/2013	Caitlin Hoddinott	2.45.89	200 back	2.27.09	Ed Campfield	03/05/2016	East Region Championships
Frantic Fifties	17/03/2018	Isabella Chapman	37.79	50 breast	36.30	John Telensky	25/05/2015	East Region Championships
Luton Long Course Meet	25/05/2014	Katialin Dang	1.20.82	100 breast	1.21.42	Yannik Wilson	01/04/2016	Scottish National Age Groups
East Region Championships	01/06/2013	Caitlin Hoddinott	2.59.51	200 breast	2.54.99	John Telensky	24/05/2015	East Region Championships
Frantic Fifties	17/03/2018	Isabella Chapman	31.47	50 fly	30.23	John Telensky	24/05/2015	East Region Championships
East Region Championships	14/06/2009	Abby Smith	1.11.21	100 fly	1.07.19	John Telensky	25/05/2015	East Region Championships
East Region Championships	14/06/2009	Abby Smith	2.39.13	200 fly	2.32.73	John Telensky	23/05/2015	East Region Championships
East Region Championships	15/06/2008	Flora Hanson	2.32.68	200 IM	2.36.98	Yannik Wilson	16/04/2016	Team Luton LC Meet
			no record	400 IM	5.29.12	John Telensky	23/05/2015	East Region Championships

14 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
East Region Championships	04/05/2019	Isabella Chapman	29.14	50 free	26.43	John Telensky	02/05/2016	East Region Championships
East Region Championships	02/05/2010	Abby Smith	1.03.87	100 free	58.28	John Telensky	15/05/2016	Team Luton LC Meet
East Region Championships	01/05/2010	Abby Smith	2.15.43	200 free	2.09.77	Michael Ripper	02/05/2016	East Region Championships
East Region Championships	02/05/2010	Abby Smith	4.49.14	400 free	4.40.25	Michael Ripper	02/05/2016	East Region Championships
Herts County Championships	09/03/2013	Juliet Merelie	10.20.81	800 free	no record			
Team Luton LC Summer Meet	23/06/2024	Lucy Alexander	20.37.05	1500 free	no record			
East Region Winter Championships	04/11/2017	Larissa Dean	33.12	50 back	30.71	Ed Campfield	29/04/2017	East Region Championships
East Region Championships	24/05/2015	Claire Burrell	1.11.12	100 back	1.06.20	Ed Campfield	01/05/2017	East Region Championships
East Region Championships	23/05/2015	Claire Burrell	2.31.54	200 back	2.24.41	Ed Campfield	30/04/2017	East Region Championships
East Region Championships	04/05/2019	Isabella Chapman	34.64	50 breast	34.12	Joe Richardson	02/05/2016	East Region Championships
East Region Championships	05/05/2019	Isabella Chapman	1.17.73	100 breast	1.15.08	Yannik Wilson	29/04/2017	East Region Championships
East Region Championships	04/05/2019	Isabella Chapman	2.47.92	200 breast	2.47.51	Yannik Wilson	30/04/2017	East Region Championships
British Summer Championships	24/07/2019	Isabella Chapman	29.40	50 fly	27.7	Toby Martin	16/07/2022	Team Luton Summer LC Meet
East Region Championships	06/05/2019	Isabella Chapman	1.11.36	100 fly	1.02.71	Toby Martin	16/07/2022	Team Luton Summer LC Meet
East Region Championships	02/05/2010	Abby Smith	2.33.98	200 fly	2.25.58	John Telensky	02/05/2016	East Region Championships
East Region Championships	06/05/2019	Isabella Chapman	2.35.91	200 IM	2.25.99	Yannik Wilson	01/05/2017	East Region Championships
East Region Championships	05/05/2019	Isabella Chapman	5.37.31	400 IM	5.19.47	John Telensky	02/05/2016	East Region Championships

15 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	07/03/2020	Isabella Chapman	28.70	50 free	26.31	Toby Martin	30/04/2023	East Region Championships
City of Norwich Easter Meet	30/03/2018	Larissa Dean	1.03.40	100 free	57.93	Yannik Wilson	15/04/2018	Team Luton April LC Meet
East Region Championships	03/05/2014	Juliet Merelie	2.21.25	200 free	2.06.57	Josh Duggan	05/05/2012	East Region Championships
East Region Championships	03/05/2014	Juliet Merelie	4.57.75	400 free	4.29.18	Josh Duggan	05/05/2012	East Region Championships
Herts County Championships	01/03/2014	Juliet Merelie	10.07.24	800 free	11.13.86	Robert Flaxbeard	19/03/2022	Team Luton March LC Meet
Team Luton Summer LC Meet	16/07/2023	Larissa Cowley	23.22.69	1500 free	no record			
East Region Championships	02/05/2016	Claire Burrell	32.14	50 back	30.58	Toby Martin	29/04/2023	East Region Championships
East Region Championships	02/05/2016	Claire Burrell	1.08.09	100 back	1.05.44	Samrahn Sandhu	07/05/2018	East Region Championships
East Region Championships	02/05/2016	Claire Burrell	2.27.39	200 back	2.22.37	Samrahn Sandhu	06/05/2018	East Region Championships
Wycombe & District Premier Meet	14/03/2020	Isabella Chapman	35.48	50 breast	33.44	Yannik Wilson	14/04/2018	Team Luton April LC Meet
East Region Championships	02/05/2010	Alex Revell	1.22.43	100 breast	1.13.72	Yannik Wilson	15/04/2018	Team Luton April LC Meet
East Region Championships	02/05/2015	Caitlin Hoddinott	2.55.06	200 breast	2.41.20	Joe Richardson	30/04/2017	Team Luton May LC Meet
Wycombe & District Premier Meet	15/03/2020	Isabella Chapman	29.84	50 fly	26.87	Toby Martin	01/05/2023	East Region Championships
City of Norwich Easter Meet	30/03/2018	Larissa Dean	1.13.72	100 fly	1.01.54	Toby Martin	29/04/2023	East Region Championships
Wycombe & District Premier Meet	15/03/2020	Lucinda Stanley	2.44.32	200 fly	2.23.37	Angus Harrow	30/04/2017	East Region Championships
Wycombe & District Premier Meet	10/03/2018	Ella Murphy	2.38.91	200 IM	2.18.99	Yannik Wilson	07/05/2018	East Region Championships
East Region Championships	06/05/2018	Ella Murphy	5.38.44	400 IM	5.04.17	Yannik Wilson	05/05/2018	East Region Championships

16 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	16/03/2019	Ella Murphy	29.04	50 free	26.13	John Telensky	15/04/2018	Team Luton April LC Meet
Cup of Tattras	30/09/2012	Abby Smith	1.02.41	100 free	56.54	Josh Duggan	04/05/2013	Norwich Easter Meet
East Region Championships	29/04/2017	Claire Burrell	2.27.68	200 free	2.01.56	Josh Duggan	04/05/2013	East Region Championships
			no record	400 free	no record			
			no record	800 free	no record			
			no record	1500 free	16.36.14	Josh Duggan	09/03/2013	Herts County Championships
East Region Championships	30/04/2017	Claire Burrell	31.96	50 back	29.90	Toby Martin	20/04/2024	East Region Championships
East Region Championships	01/05/2017	Claire Burrell	1.08.25	100 back	1.04.09	Josh Duggan	29/03/2013	Norwich Easter Meet
East Region Championships	02/05/2010	Georgie Smith	2.27.88	200 back	2.19.67	Josh Duggan	04/05/2013	East Region Championships
East Region Festival of Swimming	08/08/2021	Isabella Chapman	35.78	50 breast	32.70	Joe Richardson	17/03/2018	Frantic Fifties
Team Luton March LC Meet	30/03/2019	Ella Murphy	1.23.16	100 breast	1.12.97	Joe Richardson	05/05/2018	East Region Championships
East Region Championships	02/05/2015	Juliet Merelie	2.57.37	200 breast	2.36.92	Joe Richardson	06/05/2018	East Region Championships
East Region Festival of Swimming	08/08/2021	Isabella Chapman	30.51	50 fly	27.39	Toby Martin	02/03/2024	Frantic Fifties
East Region Championships	05/05/2012	Abby Smith	1.08.40	100 fly	1.01.91	Toby Martin	20/04/2024	East Region Championships
East Region Championships	05/05/2012	Abby Smith	2.28.31	200 fly	2.18.88	Angus Harrow	06/05/2018	East Region Championships
East Region Festival of Swimming	08/08/2021	Isabella Chapman	2.39.36	200 IM	2.33.96	John Telensky	31/03/2018	City of Norwich Easter Meet
East Region Championships	05/05/2012	Abby Smith	5.27.87	400 IM	no record			

17 Year Old Records - Long Course

FEMALES					OPEN / MALES			
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
Frantic Fifties	07/03/2020	Ella Murphy	28.60	50 free	26.33	Morgan Pugh	01/05/2010	East Region Championships
Norwich Easter Meet	29/03/2013	Abby Smith	1.01.05	100 free	57.71	Morgan Pugh	01/05/2010	East Region Championships
COSSS No Frills Last Chance	25/05/2013	Abby Smith	2.10.11	200 free	2.25.22	Ruel Shepperd	19/03/2022	Team Luton LC Meet
COSSS No Frills Last Chance	25/05/2013	Abby Smith	4.30.88	400 free	5.14.11	Ruel Shepperd	19/03/2022	Team Luton LC Meet
Herts County Championships	01/03/2014	Abby Smith	9.22.25	800 free	10.10.21	Ben Horridge	15/07/2023	Team Luton Summer LC Meet
			no record	1500 free	no record			
Team Luton March LC Meet	30/03/2019	Aggie Burns	33.58	50 back	29.38	James Atwell	04/03/2023	Frantic Fifties
Wycombe & District Premier Meet	15/03/2020	Larissa Dean	1.13.86	100 back	1.07.67	Morgan Pugh	01/05/2010	East Region Championships
			no record	200 back	no record			
Frantic Fifties	07/03/2020	Ella Murphy	35.94	50 breast	32.36	Cub Maddison	02/03/2024	Frantic Fifties
Wycombe Sprint Meet	27/04/2019	Lauren Wimbleton	1.43.17	100 breast	1.11.32	Cub Maddison	23/06/2024	Team Luton LC Meet
East Region Championships	02/05/2016	Juliet Merelie	2.57.89	200 breast	3.22.73	Ruel Shepperd	19/03/2022	Team Luton LC Meet
Frantic Fifties	23/04/2022	Isabella Chapman	30.38	50 fly	28.13	Angus Harrow	07/03/2020	Frantic Fifties
Luton Long Course Meet	16/11/2013	Abby Smith	1.08.66	100 fly	1.01.47	Angus Harrow	04/05/2019	East Region Championships
COSSS No Frills Last Chance	25/05/2013	Abby Smith	2.24.20	200 fly	2.17.10	Angus Harrow	05/05/2019	East Region Championships
Team Luton Summer LC Meet	17/07/2022	Lucinda Stanley	2.41.81	200 IM	2.25.14	Cub Maddison	22/06/2024	Team Luton LC Meet
East Region Championships	02/05/2016	Juliet Merelie	5.40.99	400 IM	no record			

18 & Over Records - Long Course

FEMALES						OPEN / MALES		
Competition	Date	Name	Time	Event	Time	Name	Date	Competition
East Region Championships	03/05/2014	Abby Smith	28.67	50 free	27.52	Ruel Shepperd	04/03/2023	Frantic Fifties
East Region Championships	02/05/2016	Abby Smith	59.60	100 free	no record			
East Region Championships	02/05/2016	Abby Smith	2.05.70	200 free	no record			
East Region Championships	02/05/2016	Abby Smith	4.24.83	400 free	no record			
East Region Championships	25/05/2015	Abby Smith	9.07.37	800 free	no record			
East Region Championships	19/05/2018	Abby Smith	17.26.79	1500 free	18.00.27	Edward Castro	16/04/2016	Team Luton LC Meet
Frantic Fifties	07/03/2020	Aggie Burns	33.04	50 back	32.13	Ruel Shepperd	04/03/2023	Frantic Fifties
Norwich Easter Meet	29/03/2013	Georgie Smith	1.07.73	100 back	no record			
National Youth Championships	05/08/2013	Georgie Smith	2.28.00	200 back	no record			
East Region Championships	04/05/2019	Juliet Merelie	37.53	50 breast	35.00	Ruel Shepperd	04/03/2023	Frantic Fifties
East Region Championships	30/04/2017	Juliet Merelie	1.22.47	100 breast	no record			
East Region Championships	29/04/2017	Juliet Merelie	2.55.56	200 breast	no record			
East Region Championships	03/05/2014	Abby Smith	30.46	50 fly	26.83	Edward Castro	07/05/2018	East Region Championships
East Region Championships	03/05/2014	Abby Smith	1.07.57	100 fly	59.56	Edward Castro	29/04/2017	East Region Championships
East Region Championships	03/05/2014	Abby Smith	2.26.84	200 fly	2.42.34	Freddie Arbuthnott	01/08/2021	East Region Festival of Swimming
			no record	200 IM	no record			
East Region Championships	30/04/2017	Juliet Merelie	5.39.38	400 IM	no record			