**TEAM LUTON SWIMMING CLUB
MASTERS RECORDS - MEN**

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| **SHORT COURSE** | **18 – 24 Years** | **LONG COURSE** |
| 0:24.69 | 27.10.12 | Lawrence Palmer  | Sheffield | 50 F/s | 0:26.77 | 18.05.13 | Jay Wilson | Luton |
| 0:54.38 | 27.10.12 | Lawrence Palmer  | Sheffield | 100 F/s | 0:57.75 | 24.03.19 | Alex Mason | London |
| 2:00.36 | 02.03.19 | Alex Mason | Basildon | 200 F/s |  |  |  |  |
| 4:14.81 | 09.07.17 | Alex Mason | Barnet Copthall | 400 F/s |  |  |  |  |
| 9:17.64 | 07.07.18 | Alex Mason | Barnet Copthall | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:28.91 | 28.10.12 | Lawrence Palmer | Sheffield | 50 Back |  |  |  |  |
| 1:03.85 | 07.07.19 | Alex Mason | Barnet Copthall | 100 Back |  |  |  |  |
| 2:15.82 | 17.11.18 | Alex Mason | Newport | 200 Back |  |  |  |  |
| 0:27.87 | 26.10.13 | Lawrence Palmer | Sheffield | 50 Breast | 0:32.90 | 31.01.10 | Nicholas Cattle | Crawley |
| 1:02.48 | 26.10.13 | Lawrence Palmer | Sheffield | 100 Breast | 1:08.24 | 18.05.13 | Lawrence Palmer | Luton |
| 2:20.16 | 26.10.13 | Lawrence Palmer | Sheffield | 200 Breast |  |  |  |  |
| 0:26.11 | 26.10.13 | Lawrence Palmer | Sheffield | 50 B/fly |  |  |  |  |
| 0:59.81 | 26.10.12 | Lawrence Palmer | Sheffield | 100 B/fly | 1:01.50 | 18.05.13 | Jay Wilson | Luton |
| 2:20.82 | 01.11.02 | Andrew Loxley | Sheffield | 200 B/fly |  |  |  |  |
| 0:59.57 | 25.10.13 | Lawrence Palmer | Sheffield | 100 Ind Med |  |  |  |  |
| 2.16.55 | 29.10.17 | Alex Mason  | Sheffield | 200 Ind Med | 2:22.19 | 18.05.13 | Lawrence Palmer | Luton |
| 04.48.82 | 28.10.17 | Alex Mason | Sheffield | 400 Ind Med | 6:10.06 | 19.01.19 | Thomas Lambert | Crawley |
|  |  |  |  |  |  |  |  |  |
| **SHORT COURSE** | **25 - 29 Years** | **LONG COURSE** |
| 0:33.48 | 26.10.18 | Sam Bradley | Sheffield | 50 F/s |  |  |  |  |
| 0:57.57 | 21.05.17 | Michael Poynton | Erith Bexleyheath | 100 F/s | 1:06.78 | 07.06.92 | Martin Livesey | Crystal Palace |
| 2:33.36 | 26.10.18 | Sam Bradley | Sheffield | 200 F/s | 2:38.95 | 20.01.19 | Sam Bradley | Crawley |
| 5:22.99 | 30.09.18 | Sam Bradley | Newmarket | 400 F/s | 5:32.35 | 18.01.20 | Sam Bradley | Crawley |
| 11:16.90 | 06.07.19 | Sam Bradley | Barnet Copthall | 800 F/s |  |  |  |  |
| 21:33.21 | 24.11.18 | Sam Bradley | Barnet Copthall | 1500 F/s |  |  |  |  |
| 0:39.10 | 25.10.19 | Sam Bradley | Sheffield | 50 Back |  |  |  |  |
| 1:22.30 | 26.10.19 | Sam Bradley | Sheffield | 100 Back | 1:26.71 | 20.01.19 | Sam Bradley | Crawley |
| 2:54.36 | 30.09.18 | Sam Bradley | Newmarket | 200 Back | 3:02.04 | 18.01.20 | Sam Bradley | Crawley |
| 0:34.98 | 25.10.97 | Douglas Hart | Sheffield | 50 Breast | 0:34.69 | 07.06.92 | Martin Livesey | Crystal Palace |
| 1:12.52 | 21.05.17 | Michael Poynton | Erith Bexleyheath | 100 Breast |  |  |  |  |
| 2:51.14 | 25.10.97 | Douglas Hart | Sheffield | 200 Breast | 3:00.08 | 07.06.92 | Martin Livesey | Crystal Palace |
| 0:37.50 | 26.10.18 | Sam Bradley | Sheffield | 50 B/fly | 0:39.72 | 18.01.20 | Sam Bradley | Crawley |
| 1:30.99 | 29.09.19 | Sam Bradley | Newmarket | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:02.56 | 21.05.17 | Michael Poynton | Erith Bexleyheath | 100 Ind Med |  |  |  |  |
| 2:27.51 | 21.05.17 | Michael Poynton | Erith Bexleyheath | 200 Ind Med | 3:10.55 | 18.01.20 | Sam Bradley | Crawley |
| 6:36.71 | 07.07.19 | Sam Bradley | Barnet Copthall | 400 Ind Med | 6:46.37 | 19.01.19 | Sam Bradley | Crawley |
| **SHORT COURSE** | **30 - 34 Years** | **LONG COURSE** |
| 0:27.39 | 26.10.97 | Andrew Byrne | Sheffield | 50 F/s |  |  |  |  |
| 1:08.08 | 27.10.13 | Graeme Crowston | Sheffield | 100 F/s | 1:02.90 | 07.06.92 | David Wright | Crystal Palace |
|  |  |  |  | 200 F/s |  |  |  |  |
| 4:47.99 | 18.10.92 | David Wright | Sheffield | 400 F/s | 4:57.16 | 07.06.92 | David Wright | Crystal Palace |
| 11.44.97 | 26.10.13 | Graeme Crowston | Sheffield | 800 F/s |  |  |  |  |
| 19:16.05 | 17.10.92 | David Wright | Sheffield | 1500 F/s |  |  |  |  |
| 0:31.77 | 25.10.97 | Andrew Byrne | Sheffield | 50 Back | 0:34.39 | 07.06.92 | David Wright | Crystal Palace |
|  |  |  |  | 100 Back |  |  |  |  |
|  |  |  |  | 200 Back |  |  |  |  |
|  |  |  |  | 50 Breast |  |  |  |  |
|  |  |  |  | 100 Breast |  |  |  |  |
|  |  |  |  | 200 Breast |  |  |  |  |
|  |  |  |  | 50 B/fly |  |  |  |  |
|  |  |  |  | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:14.67 | 25.10.98 | Andrew Byrne | Sheffield | 100 Ind Med |  |  |  |  |
|  |  |  |  | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **SHORT COURSE** | **35 - 39 Years** | **LONG COURSE** |
| 0:27.59 | 21.10.01 | Andrew Byrne | Sheffield | 50 F/s | 0:33.99 | 12.05.07 | John O’Rourke | Handy Cross |
| 1:00.69 | 01.11.02 | Andrew Byrne | Sheffield | 100 F/s | 1:17.40 | 12.05.07 | John O’Rourke | Handy Cross |
| 2:36.90 | 26.10.08 | John O’Rourke | Sheffield | 200 F/s | 2:39.16 | 12.05.07 | John O’Rourke | Handy Cross |
| 5:42.57 | 25.10.08 | John O’Rourke | Sheffield | 400 F/s |  |  |  |  |
| 11:42.09 | 26.10.08 | John O’Rourke | Sheffield | 800 F/s |  |  |  |  |
| 19:28.86 | 17.02.96 | David Wright | Ipswich | 1500 F/s |  |  |  |  |
| 0:30.89 | 29.10.95 | Graham Powell | Sheffield | 50 Back | 0:31.77 | 03.06.95 | Graham Powell | Crystal Palace |
| 1:08.53 | 28.10.95 | Graham Powell | Sheffield | 100 Back | 1:10.79 | 02.06.95 | Graham Powell | Crystal Palace |
|  |  |  |  | 200 Back |  |  |  |  |
|  |  |  |  | 50 Breast |  |  |  |  |
|  |  |  |  | 100 Breast |  |  |  |  |
|  |  |  |  | 200 Breast |  |  |  |  |
| 0:30.28 | 27.10.95 | Graham Powell | Sheffield | 50 B/fly | 0:30.53 | 04.06.95 | Graham Powell | Crystal Palace |
| 1:08.09 | 28.10.95 | Graham Powell | Sheffield | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:09.42 | 28.10.95 | Graham Powell | Sheffield | 100 Ind Med |  |  |  |  |
|  |  |  |  | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **SHORT COURSE** | **40 - 44 Years** | **LONG COURSE** |
| 0:27.27 | 31.10.04 | Andrew Byrne | Sheffield | 50 F/s | 0:27.94 | 23.04.04 | Andrew Byrne | Manchester |
| 0:59.11 | 29.10.06 | Andrew Byrne | Sheffield | 100 F/s | 1:01.44 | 05.08.06 | Andrew Byrne | Stanford USA |
| 2:12.13 | 27.10.06 | Andrew Byrne | Sheffield | 200 F/s | 2:15.80 | 06.08.06 | Andrew Byrne | Stanford USA |
| 4:49.36 | 27.10.07 | Andrew Byrne | Sheffield | 400 F/s | 5:06.62 | 17.06.07 | Andrew Byrne | Manchester |
| 11:02.35 | 31.10.10 | John O’Rourke | Sheffield | 800 F/s | 13:10.02 | 29.01.11 | Ian Norman | Crawley |
| 21:08.07 | 22.10.99 | Ian Murray | Sheffield | 1500 F/s |  |  |  |  |
| 0:30.72 | 23.10.99 | Graham Powell | Sheffield | 50 Back | 0:32.45 | 05.06.99 | Graham Powell | Coventry |
| 1:07.31 | 23.10.99 | Graham Powell | Sheffield | 100 Back | 1:10.72 | 09.08.06 | Andrew Byrne | Stanford USA |
| 2:32.20 | 28.10.06 | Andrew Byrne | Sheffield | 200 Back | 2:43.23 | 04.06.00 | Graham Powell | Crystal Palace |
| 0:36.37 | 28.10.95 | Malcolm Barton | Sheffield | 50 Breast |  |  |  |  |
| 1:18.95 | 24.10.99 | Malcolm Barton | Sheffield | 100 Breast | 1:21.92 | 27.04.96 | Malcolm Barton | Sheffield |
| 2:55.78 | 25.10.97 | Malcolm Barton | Sheffield | 200 Breast | 3:03.75 | 28.04.96 | Malcolm Barton | Sheffield |
| 0:30.41 | 27.10.00 | Graham Powell | Sheffield | 50 B/fly | 0:32.55 | 10.08.06 | Andrew Byrne | Stanford USA |
| 1:09.13 | 23.10.98 | Graham Powell | Sheffield | 100 B/fly | 1:09.52 | 05.06.99 | Graham Powell | Coventry |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:11.85 | 01.03.14 | Mark Wareham | Bracknell | 100 Ind Med |  |  |  |  |
| 2:43.03 | 01.03.14 | Mark Wareham | Bracknell | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **45 – 49 Years** | **LONG COURSE** |
| 0:27.41 | 28.10.06 | Ian Stoughton | Sheffield | 50 F/s | 0:28.67 | 07.08.06 | Ian Stoughton | Stanford USA |
| 1:00.25 | 29.10.06 | Ian Stoughton | Sheffield | 100 F/s | 1:01.58 | 13.05.06 | Ian Stoughton | High Wycombe |
| 2:10.41 | 27.10.06 | Ian Stoughton | Sheffield | 200 F/s | 2:17.06 | 06.08.06 | Ian Stoughton | Stanford USA |
| 4:41.28 | 28.10.06 | Ian Stoughton | Sheffield | 400 F/s | 4:50.59 | 10.08.06 | Ian Stoughton | Stanford USA |
| 10:05.94 | 29.10.06 | Ian Stoughton | Sheffield | 800 F/s | 11:26.77 | 03:08.14 | John O’Rourke | Montreal, Canada |
| 19:44.86 | 21.11.09 | David Wright | Barnet Copthall | 1500 F/s |  |  |  |  |
| 0:30.38 | 20.10.01 | Graham Powell | Sheffield | 50 Back | 0:33.19 | 21.06.08 | Andrew Byrne | Manchester |
| 1:06.99 | 20.10.01 | Graham Powell | Sheffield | 100 Back | 1:14.24 | 22.06.08 | Andrew Byrne | Manchester |
| 2:32.22 | 31.10.04 | Graham Powell | Sheffield | 200 Back | 2:43.59 | 21.06.08 | Andrew Byrne | Manchester |
| 0:35.03 | 19.10.01 | Malcolm Barton | Sheffield | 50 Breast | 0:35.12 | 02.06.00 | Malcolm Barton | Crystal Palace |
| 1:18.73 | 02.11.02 | Malcolm Barton | Sheffield | 100 Breast | 1:20.97 | 03.06.00 | Malcolm Barton | Crystal Palace |
| 2:52.51 | 19.10.01 | Malcolm Barton | Sheffield | 200 Breast | 2:55.37 | 31.05.02 | Malcolm Barton | Crystal Palace |
| 0:30.02 | 25.10.03 | Graham Powell | Sheffield | 50 B/fly | 0:32.01 | 23.04.04 | Ian Stoughton | Manchester |
| 1:06.24 | 30.10.04 | Graham Powell | Sheffield | 100 B/fly | 1:10.82 | 07.08.06 | Ian Stoughton | Stanford USA |
| 2:40.34 | 23.10.09 | David Wright | Sheffield | 200 B/fly | 3:27.99 | 26.04.96 | John Shepard | Sheffield |
| 1:16.29 | 28.10.00 | Colin Mayes | Sheffield | 100 Ind Med |  |  |  |  |
| 2:49.79 | 29.10.04 | Ian Murray | Sheffield | 200 Ind Med | 3:19.22 | 09.06.18 | John O’Rourke | Plymouth |
| 6:03.38 | 30.10.10 | David Wright | Sheffield | 400 Ind Med | 7:00.97 | 02.04.16 | John O’Rourke | Sheffield |
| **SHORT COURSE** | **50 - 54 Years** | **LONG COURSE** |
| 0:28.96 | 03.09.06 | Graham Powell | Barnet Copthall | 50 F/s | 0:30.56 | 28.01.12 | David Wright | Crawley |
| 1:03.27 | 27.04.07 | Graham Powell | Leamington | 100 F/s | 1:05.86 | 29.01.11 | David Wright | Crawley |
| 2:19.90 | 26.10.08 | Ian Murray | Sheffield | 200 F/s | 2:24.44 | 18.05.13 | David Wright | Luton |
| 5:00.23 | 24.04.09 | Ian Murray | Sheffield | 400 F/s | 5:06.37 | 18.05.13 | David Wright | Luton |
| 10:25.84 | 29.10.11 | David Wright | Sheffield | 800 F/s | 10:39.16 | 20.06.09 | Ian Murray | Cardiff |
| 19:54.27 | 26.10.12 | David Wright | Sheffield | 1500 F/s | 20:14.24 | 21.06.09 | Ian Murray | Cardiff |
| 0:30.89 | 29.10.06 | Graham Powell | Sheffield | 50 Back | 0:31.77 | 18.06.06 | Graham Powell | Manchester |
| 1:07.85 | 29.10.06 | Graham Powell | Sheffield | 100 Back | 1:10.61 | 09.08.06 | Graham Powell | Stanford USA |
| 2:31.31 | 28.10.06 | Graham Powell | Sheffield | 200 Back | 2:39.38 | 16.06.06 | Graham Powell | Manchester |
| 0:35.82 | 29.10.06 | Colin Mayes | Sheffield | 50 Breast | 0:37.09 | 16.06.07 | Colin Mayes | Manchester |
| 1.19.10 | 27.10.06 | Colin Mayes | Sheffield | 100 Breast | 1:23.28 | 28.01.06 | Colin Mayes | Crystal Palace |
| 2:53.87 | 28.10.05 | Colin Mayes | Sheffield | 200 Breast | 3:00.85 | 04.06.05 | Malcolm Barton | Glasgow |
| 0:29.91 | 27.10.06 | Graham Powell | Sheffield | 50 B/fly | 0:30.56 | 06.08.06 | Graham Powell | Stanford USA |
| 1:05.71 | 27.04.07 | Graham Powell | Leamington Spa | 100 B/fly | 1:07.44 | 17.06.06 | Graham Powell | Manchester |
| 2:30.92 | 28.10.06 | Graham Powell | Sheffield | 200 B/fly | 2:49.03 | 18.05.13 | David Wright | Luton |
| 1:12.05 | 06.09.09 | Graham Powell | Barnet Copthall | 100 Ind Med |  |  |  |  |
| 2:47.25 | 26.10.14 | Alastair Gibb | Sheffield | 200 Ind Med | 2:56.56 | 13.06.14 | Alastair Gibb | Swansea |
| 5:59.40 | 25.10.14 | Alastair Gibb | Sheffield | 400 Ind Med | 6:18.91 | 14.06.14 | Alastair Gibb | Swansea |
| **SHORT COURSE** | **55 – 59 Years** | **LONG COURSE** |
| 0:29.29 | 25.10.13 | Graham Powell | Sheffield | 50 F/s | 0:30.85 | 18.05.13 | Graham Powell | Luton |
| 1:05.52 | 24.10.14 | Graham Powell | Sheffield | 100 F/s | 1:11.23 | 25.07.15 | Alastair Gibb | Aldershot |
| 2:22.73 | 24.04.16 | David Wright | Newmarket | 200 F/s | 2:26.69 | 02.04.16 | David Wright | Sheffield |
| 5:04.65 | 27.10.17 | David Wright | Sheffield | 400 F/s | 5:10.69 | 23.01.16 | David Wright | Crawley |
| 10:45.21 | 30.10.16 | David Wright | Sheffield | 800 F/s | 10:49.54 | 25.05.16 | David Wright | London |
| 20:14.66 | 25.11.17 | David Wright | Barnet Copthall | 1500 F/s |  |  |  |  |
| 0:31.36 | 27.10.13 | Graham Powell | Sheffield | 50 Back | 0:37.38 | 17.06.17 | Alastair Gibb | Aberdeen |
| 1:09.04 | 28.10.11 | Graham Powell | Sheffield | 100 Back | 1:14.22 | 18.05.13 | Graham Powell | Luton |
| 2:37.35 | 30.10.11 | Graham Powell | Sheffield | 200 Back | 2:46.04 | 18.05.13 | Graham Powell | Luton |
| 0:36.68 | 26.10.14 | Colin Mayes | Sheffield | 50 Breast | 0:39.98 | 28.01.12 | Colin Mayes | Crawley |
| 1:22.37 | 28.10.11 | Colin Mayes | Sheffield | 100 Breast | 1:26.83 | 18.05.13 | Colin Mayes | Luton |
| 3:02.18 | 28.10.11 | Malcolm Barton | Sheffield | 200 Breast | 3:11.23 | 18.05.13 | Colin Mayes | Luton |
| 0:30.94 | 28.10.11 | Graham Powell | Sheffield | 50 B/fly | 0:33.61 | 01.14.16 | David Wright | Sheffield |
| 1:08.36 | 29.10.11 | Graham Powell | Sheffield | 100 B/fly | 1:21.85 | 17.06.17 | Alastair Gibb | Aberdeen |
| 2:41.63 | 30.10.11 | Graham Powell | Sheffield | 200 B/fly | 2:51.07 | 27.05.16 | David Wright | London |
| 1:13.70 | 25.10.13 | Graham Powell | Sheffield | 100 Ind Med |  |  |  |  |
| 2:46.23 | 26.10.14 | Graham Powell | Sheffield | 200 Ind Med | 2:51.61 | 01.04.16 | David Wright | Sheffield |
| 5:56.73 | 25.10.15 | Alastair Gibb | Sheffield | 400 Ind Med | 6:13.86 | 21.01.17 | David Wright | Crawley |
| **SHORT COURSE** | **60 - 64 Years** | **LONG COURSE** |
| 0:29.80 | 28.10.18 | Graham Powell | Sheffield | 50 F/s | 0:32.74 | 23.01.16 | Colin Mayes | Crawley |
| 1:06.06 | 26.10.18 | Graham Powell | Sheffield | 100 F/s | 1:15.45 | 17.06.17 | Colin Mayes | Aberdeen |
| 2:28.34 | 23.04.17 | Graham Powell | Newmarket | 200 F/s | 2:44.30 | 26.05.16 | Colin Mayes | London |
| 5:16.82 | 24.04.16 | Graham Powell | Newmarket | 400 F/s |  |  |  |  |
|  |  |  |  | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:32.53 | 05.03.16 | Graham Powell | Bracknell | 50 Back | 0:32.91 | 02.04.16 | Graham Powell | Sheffield |
| 1:12.02 | 29.10.16 | Graham Powell | Sheffield | 100 Back | 1:13.87 | 29.05.16 | Graham Powell | London |
| 2:39.89 | 28.10.16 | Graham Powell | Sheffield | 200 Back | 2:47.21 | 03.04.16 | Graham Powell | Sheffield |
| 0:37.32 | 24.10.15 | Colin Mayes | Sheffield | 50 Breast | 0:38.37 | 20.08.17 | Colin Mayes | Budapest, Hungary |
| 1:23.28 | 23.10.15 | Colin Mayes | Sheffield | 100 Breast | 1:28.12 | 23.01.16 | Colin Mayes | Crawley |
| 3:01.84 | 24.10.15 | Colin Mayes | Sheffield | 200 Breast | 3:15.62 | 14.06.15 | Malcolm Barton | Manchester |
| 0:31.39 | 28.10.16 | Graham Powell | Sheffield | 50 B/fly | 0:31.60 | 01.04.16 | Graham Powell | Sheffield |
| 1:08.70 | 04.09.16 | Graham Powell | Barnet Copthall | 100 B/fly | 1:10.62 | 02.04.16 | Graham Powell | Sheffield |
| 3:28.26 | 16.05.15 | Malcolm Barton | Leamington Spa | 200 B/fly |  |  |  |  |
| 1:13.12 | 30.10.16 | Graham Powell | Sheffield | 100 Ind Med |  |  |  |  |
| 2:43.14 | 29.10.17 | Graham Powell | Sheffield | 200 Ind Med | 3:09.11 | 17.08.17 | Colin Mayes | Budapest, Hungary |
| 7:06.49 | 28.10.16 | Malcolm Barton | Sheffield | 400 Ind Med | 7:30.16 | 02.04.16 | Malcolm Barton | Manchester |
| **SHORT COURSE** | **65 - 69 Years** | **LONG COURSE** |
| 0:37.38 | 07.09.08 | Paul Clarke | Barnet Copthall | 50 F/s | 0:38.85 | 31.01.10 | Paul Clarke | Crawley |
| 1:30.16 | 07.09.08 | Paul Clarke | Barnet Copthall | 100 F/s | 1:37.22 | 31.01.10 | Paul Clarke | Crawley |
| 3:29.88 | 19.07.08 | Paul Clarke | Barnet Copthall | 200 F/s | 3:48.21 | 30.01.10 | Paul Clarke | Crawley |
| 7:21.50 | 19.07.08 | Paul Clarke | Barnet Copthall | 400 F/s | 8:35.36 | 04.03.11 | Paul Clarke | Swansea |
| 15.12.34 | 21.07.07 | Paul Clarke | Barnet Copthall | 800 F/s | 17:42.56 | 04.03.11 | Paul Clarke | Swansea |
| 30:18.69 | 22.11.09 | Paul Clarke | Barnet Copthall | 1500 F/s | 33:47.48 | 04.03.11 | Paul Clarke | Swansea |
| 0:44.77 | 23.04.10 | Paul Clarke | Leamington | 50 Back | 0:45.46 | 07.05.11 | Paul Clarke | Cardiff |
| 1:46.66 | 21.02.10 | Paul Clarke | Wolverhampton | 100 Back | 1:45.95 | 06.06.92 | Derrick Gunnell | Crystal Palace |
| 3:49.85 | 21.07.07 | Paul Clarke | Barnet Copthall | 200 Back | 4:06.54 | 18.04.08 | Paul Clarke | Perth, Australia |
| 0:44.88 | 29.04.07 | Paul Clarke | Aylesbury | 50 Breast | 0:46.91 | 30.01.10 | Paul Clarke | Crawley |
| 1:31.48 | 07.03.20 | Colin Mayes | Bracknell | 100 Breast | 1:34.57 | 18.01.20 | Malcolm Barton | Crawley |
| 3:52.05 | 06.04.08 | Paul Clarke | Leamington | 200 Breast | 3:23.74 | 18.01.20 | Malcolm Barton | Crawley |
| 0:44.16 | 29.04.07 | Paul Clarke | Aylesbury | 50 B/fly | 0:46.88 | 06.06.92 | Derrick Gunnell | Crystal Palace |
| 1:46.88 | 19.07.08 | Paul Clarke | Barnet Copthall | 100 B/fly | 1:45.35(S) | 19.01.20 | Malcolm Barton | Crawley |
| 3:34.93 | 07.03.20 | Malcolm Barton | Bracknell | 200 B/fly |  |  |  |  |
| 1:29.29 | 07.03.20 | Colin Mayes | Bracknell | 100 Ind Med |  |  |  |  |
| 3:48.14 | 06.04.08 | Paul Clarke | Leamington | 200 Ind Med | 3:35.65 | 18.01.20 | Malcolm Barton | Crawley |
| 7:59.53 | 21.07.07 | Paul Clarke | Barnet Copthall | 400 Ind Med | 7:37.78 | 18.01.20 | Malcolm Barton | Crawley |
| **SHORT COURSE** | **70 – 74 Years** | **LONG COURSE** |
| 0:38.31 | 28.09.12 | Paul Clarke | Leamington | 50 F/s | 0:39.22 | 09.02.13 | Paul Clarke | Crawley |
| 1:31.63 | 07.07.13 | Paul Clarke | Barnet Copthall | 100 F/s | 1:38.91 | 18.03.12 | Paul Clarke | Swansea |
| 3:34.36 | 28.03.14 | Paul Clarke | Leamington | 200 F/s | 3:49.00 | 18.03.12 | Paul Clarke | Swansea |
| 7:37.04 | 07.07.13 | Paul Clarke | Barnet Copthall | 400 F/s | 8:24.03 | 10.02.13 | Paul Clarke | Crawley |
| 16:06.90 | 06.07.13 | Paul Clarke | Barnet Copthall | 800 F/s | 17:53.47 | 09.03.14 | Paul Clarke | Swansea |
| 32:22.05 | 24.11.13 | Paul Clarke | Barnet Copthall | 1500 F/s | 33:48.54 | 08.03.14 | Paul Clarke | Swansea |
| 0:46.14 | 28.09.12 | Paul Clarke | Leamington | 50 Back | 0:49.73 | 09.03.13 | Paul Clarke | Swansea |
| 1:51.42 | 28.09.12 | Paul Clarke | Leamington | 100 Back | 1:55.33 | 18.05.13 | Paul Clarke | Luton |
| 4:03.43 | 03.03.13 | Paul Clarke | Bracknell | 200 Back | 4:07.44 | 18.05.13 | Paul Clarke | Luton |
| 0:45.57 | 03.03.12 | Paul Clarke | Bracknell | 50 Breast | 0:48.34 | 09.03.13 | Paul Clarke | Swansea |
| 1:47.65 | 26.04.13 | Paul Clarke | Leamington | 100 Breast | 1:51.86 | 18.05.13 | Paul Clarke | Luton |
| 4:02.56 | 26.04.13 | Paul Clarke | Leamington | 200 Breast | 4:19.24 | 28.01.12 | Paul Clarke | Crawley |
| 0:46.74 | 28.09.12 | Paul Clarke | Leamington | 50 B/fly | 0:51.54 | 09.03.13 | Paul Clarke | Swansea |
| 1:54.83 | 07.07.13 | Paul Clarke | Barnet Copthall | 100 B/fly | 2:02.46 | 10.03.13 | Paul Clarke | Swansea |
| 4:45.28 | 15.07.12 | Paul Clarke | Barnet Copthall | 200 B/fly |  |  |  |  |
| 1:45.66 | 03.03.13 | Paul Clarke | Bracknell | 100 Ind Med |  |  |  |  |
| 4:00.94 | 15.07.12 | Paul Clarke | Barnet Copthall | 200 Ind Med | 4:07.63 | 18.05.13 | Paul Clarke | Luton |
| 8:28.76 | 28.04.13 | Paul Clarke | Leamington | 400 Ind Med | 9:04.84 | 28.01.12 | Paul Clarke | Crawley |
| **SHORT COURSE** | **75 – 79 Years** | **LONG COURSE** |
| 0:48.47 | 18.06.06 | William Mackay | Aylesbury | 50 F/s |  |  |  |  |
| 1:47.13 | 18.06.06 | William Mackay | Aylesbury | 100 F/s |  |  |  |  |
| 16:56.15 | 08.07.06 | William Mackay | Barnet Copthall | 800 F/s |  |  |  |  |