

| BOYS            |               |          |      | 10/11 YEARS             | GIRLS         |             |          |      |
|-----------------|---------------|----------|------|-------------------------|---------------|-------------|----------|------|
| JUDE HILLS      | BO SOUTHEND   | 30.24    | 2016 | <b>50 FREESTYLE</b>     | SKYE CARTER   | BPSC        | 30.74    | 2018 |
| JUDE HILLS      | BO SOUTHEND   | 1.06.16  | 2016 | <b>100 FREESTYLE</b>    | DAISY MANNING | BPSC        | 1.07.86  | 2019 |
| LOUIS LANE      | ROMFORD       | 2.23.87  | 2016 | <b>200 FREESTYLE</b>    | DAISY MANNING | BPSC        | 2.30.58  | 2019 |
| LOUIS LANE      | ROMFORD       | 5.00.75  | 2016 | <b>400 FREESTYLE</b>    | DAISY MANNING | BPSC        | 5.15.47  | 2019 |
| JUDE HILLS      | BO SOUTHEND   | 34.23    | 2016 | <b>50 BACKSTROKE</b>    | DAISY MANNING | BPSC        | 35.37    | 2019 |
| J HURRELL       | THURROCK      | 1.16.19  | 2016 | <b>100 BACKSTROKE</b>   | DAISY MANNING | BPSC        | 1.15.66  | 2019 |
| J HURRELL       | THURROCK      | 2.44.06  | 2016 | <b>200 BACKSTROKE</b>   | C NORMAN      | COLCHESTER  | 2.44.55  | 2016 |
| DAVID NEASCU    | BARKING & DAG | 39.85    | 2019 | <b>50 BREASTSTROKE</b>  | GRACIE PARKER | BPSC        | 39.78    | 2019 |
| DAVID NEASCU    | BARKING & DAG | 1.26.08  | 2019 | <b>100 BREASTSTROKE</b> | NEEHA PILLAL  | B WALTHAM F | 1.26.35  | 2017 |
| DAVID NEASCU    | BARKING & DAG | 3.02.86  | 2019 | <b>200 BREASTSTROKE</b> | MIA LOWE      | BPSC        | 3.15.52  | 2018 |
| JUDE HILLS      | BO SOUTHEND   | 32.47    | 2016 | <b>50 BUTTERFLY</b>     | ANITA TIEN    | COLCHESTER  | 33.26    | 2016 |
| JUDE HILLS      | BO SOUTHEND   | 1.14.43  | 2016 | <b>100 BUTTERFLY</b>    | DAISY MANNING | BPSC        | 1.16.39  | 2019 |
| LOUIS LANE      | ROMFORD       | 2.48.91  | 2016 | <b>200 BUTTERFLY</b>    | RUBY WHEELER  | BPSC        | 2.54.27  | 2016 |
| LOUIS LANE      | ROMFORD       | 2.44.07  | 2016 | <b>200 IM</b>           | DAISY MANNING | BPSC        | 2.46.39  | 2019 |
| BOYS            |               |          |      | 12 YEARS                | GIRLS         |             |          |      |
| DAVID NEASCU    | B & D         | 28.65    | 2020 | <b>50 FREESTYLE</b>     | CARYS BREALEY | HARLOW      | 29       | 2016 |
| DAVID NEASCU    | B & D         | 1.02.85  | 2020 | <b>100 FREESTYLE</b>    | CARYS BREALEY | HARLOW      | 1.03.33  | 2016 |
| DAVID NEASCU    | B & D         | 2.14.11  | 2020 | <b>200 FREESTYLE</b>    | R WHEELER     | BPSC        | 2.18.95  | 2018 |
| DAVID NEASCU    | B & D         | 4.44.35  | 2020 | <b>400 FREESTYLE</b>    | S FREEMAN     | COLCHESTER  | 4.50.45  | 2016 |
| DAVID NEASCU    | B & D         | 9.33.27  | 2020 | <b>800 FREESTYLE</b>    | L STEPHENS    | COLCHESTER  | 9.33.73  | 2013 |
| HARRY NICHOLLS  | BPSC          | 18.58.00 | 2011 | <b>1500 FREESTYLE</b>   | DAISY MANNING | BPSC        | 19.23.11 | 2020 |
| JUDE HILLS      | BO SOUTHEND   | 33.26    | 2017 | <b>50 BACKSTROKE</b>    | S FREEMAN     | COLCHESTER  | 33.58    | 2016 |
| JUDE HILLS      | BO SOUTHEND   | 1.12.08  | 2017 | <b>100 BACKSTROKE</b>   | EMILY ELY     | WALTHAM F   | 1.10.98  | 2016 |
| JUDE HILLS      | BO SOUTHEND   | 2.36.07  | 2017 | <b>200 BACKSTROKE</b>   | DAISY MANNING | BPSC        | 2.33.83  | 2020 |
| B BRYAN-WAUGH   | REDBRIDGE     | 36.36    | 2016 | <b>50 BREASTSTROKE</b>  | MIA LOWE      | BPSC        | 37.26    | 2019 |
| DAVID NEASCU    | B & D         | 1.21.02  | 2020 | <b>100 BREASTSTROKE</b> | GRACIE PARKER | BPSC        | 1.20.85  | 2020 |
| DAVID NEASCU    | B & D         | 2.51.69  | 2020 | <b>200 BREASTSTROKE</b> | GRACIE PARKER | BPSC        | 3.01.19  | 2020 |
| B BRYAN-WAUGH   | REDBIDGE      | 29.52    | 2016 | <b>50 BUTTERFLY</b>     | S FREEMAN     | COLCHESTER  | 30.56    | 2016 |
| JOSHUA SHEPHERD | THURROCK      | 1.08.12  | 2020 | <b>100 BUTTERFLY</b>    | R WHEELER     | BPSC        | 1.09.45  | 2018 |
| JOSHUA SHEPHERD | THURROCK      | 2.34.40  | 2020 | <b>200 BUTTERFLY</b>    | R WHEELER     | BPSC        | 2.35.98  | 2018 |
| LOUIS LANE      | ROMFORD       | 2.34.04  | 2017 | <b>200 IM</b>           | S FREEMAN     | COLCHESTER  | 2.38.63  | 2016 |
| DAVID NEASCU    | B&D           | 5.19.94  | 2020 | <b>400 IM</b>           | S FREEMAN     | COLCHESTER  | 5.29.96  | 2016 |

| BOYS              |              |          |      | 13YEARS                 | GIRLS          |             |          |      |
|-------------------|--------------|----------|------|-------------------------|----------------|-------------|----------|------|
| B BRYAN-WAGH      | BO REDBRIDGE | 27.27    | 2017 | <b>50 FREESTYLE</b>     | EMILY ILEY     | B WALTHAM F | 27.72    | 2017 |
| LEWIS BINNING     | ROMFORD      | 1.00.89  | 2016 | <b>100 FREESTYLE</b>    | SOPHIE FREEMAN | COLCHESTER  | 1.00.58  | 2017 |
| LEWIS BINNING     | ROMFORD      | 2.11.57  | 2016 | <b>200 FREESTYLE</b>    | RUBY WHEELER   | BPSC        | 2.11.24  | 2019 |
| LEWIS BINNING     | ROMFORD      | 4.33.29  | 2016 | <b>400 FREESTYLE</b>    | SOPHIE FREEMAN | COLCHESTER  | 4.33.33  | 2017 |
| DANIEL MCGUINNESS | BPSC         | 09:49.8  | 2019 | <b>800 FREESTYLE</b>    | L STEPHENS     | COLCHESTER  | 9.12.62  | 2014 |
| B HARRISON        | ROMFORD      | 18.10.00 |      | <b>1500 FREESTYLE</b>   | CAIT COTTER    | CHELMSFORD  | 19.05.35 | 2020 |
| B BRYAN-WAGH      | BO REDBRIDGE | 31.7     | 2017 | <b>50 BACKSTROKE</b>    | EMILY ILEY     | B WALTHAM F | 30.57    | 2017 |
| JUDE HILLS        | BO SOUTHEND  | 1.08.73  | 2018 | <b>100 BACKSTROKE</b>   | EMILY ILEY     | B WALTHAM F | 1.05.79  | 2017 |
| RAHEEL MAHMOOD    | ROMFORD      | 2.30.43  | 2020 | <b>200 BACKSTROKE</b>   | SOPHIE FREEMAN | COLCHESTER  | 2.27.30  | 2017 |
| MIHNEA TOTU       | BO NEWHAM    | 34.52    | 2017 | <b>50 BREASTSTROKE</b>  | RUBY WHEELER   | BPSC        | 35.83    | 2019 |
| ALFIE FRANCIS     | COLCHESTER   | 1.16.30  | 2018 | <b>100 BREASTSTROKE</b> | MONIKA MURINE  | B & D       | 1.19.55  | 2020 |
| LEWIS BINNING     | ROMFORD      | 2.46.84  | 2016 | <b>200 BREASTSTROKE</b> | MONIKA MURINE  | B & D       | 2.49.33  | 2020 |
| B BRYAN-WAGH      | BO REDBRIDGE | 28.31    | 2017 | <b>50 BUTTERFLY</b>     | SOPHIE FREEMAN | COLCHESTER  | 29.08    | 2017 |
| LEWIS BINNING     | ROMFORD      | 1.05.33  | 2016 | <b>100 BUTTERFLY</b>    | SOPHIE FREEMAN | COLCHESTER  | 1.05.69  | 2017 |
| LEWIS BINNING     | ROMFORD      | 2.22.33  | 2016 | <b>200 BUTTERFLY</b>    | SOPHIE FREEMAN | COLCHESTER  | 2.26.16  | 2017 |
| LEWIS BINNING     | ROMFORD      | 2.27.17  | 2016 | <b>200 IM</b>           | SOPHIE FREEMAN | COLCHESTER  | 2.29.87  | 2017 |
| LEWIS BINNING     | ROMFORD      | 5.08.30  | 2016 | <b>400 IM</b>           | SOPHIE FREEMAN | COLCHESTER  | 5.17.76  | 2017 |

| BOYS             |            |          |      | 14 YEARS                | GIRLS          |            |          |      |
|------------------|------------|----------|------|-------------------------|----------------|------------|----------|------|
| ARCHIE TEBBUTT   | NEW HALL   | 25.71    | 2022 | <b>50 FREESTYLE</b>     | ERIN LITTLE    | CHELMSFORD | 26.85    | 2019 |
| LEWIS BINNING    | ROMFORD    | 57.58    | 2017 | <b>100 FREESTYLE</b>    | ERIN LITTLE    | CHELMSFORD | 58.63    | 2019 |
| JAMES COOPER     | ROMFORD    | 2.06.11  | 2016 | <b>200 FREESTYLE</b>    | RUBY WHEELER   | BPSC       | 2.07.47  | 2020 |
| LEWIS BINNING    | ROMFORD    | 4.22.98  | 2017 | <b>400 FREESTYLE</b>    | SOPHIE FREEMAN | COLCHESTER | 4.27.63  | 2018 |
| JUDE HILLS       | THURROCK   | 09:21.4  | 2019 | <b>800 FREESTYLE</b>    | RUBY WHEELER   | BPSC       | 9.16.77  | 2020 |
| JAMES COOPER     | ROMFORD    | 17.04.60 | 2016 | <b>1500 FREESTYLE</b>   | RUBY WHEELER   | BPSC       | 17.43.54 | 2020 |
| ARCHIE TEBBUTT   | NEW HALL   | 29.29    | 2024 | <b>50 BACKSTROKE</b>    | EMILY ILEY     | WALTHAM F  | 30.2     | 2018 |
| JAMES COOPER     | ROMFORD    | 1.04.46  | 2016 | <b>100 BACKSTROKE</b>   | EMILY ILEY     | WALTHAM F  | 1.04.62  | 2018 |
| NIKITA CHRYKIN   | THURROCK   | 2.18.27  | 2020 | <b>200 BACKSTROKE</b>   | EMILY ILEY     | WALTHAM F  | 2.20.01  | 2018 |
| LEWIS BINNING    | ROMFORD    | 32.7     | 2017 | <b>50 BREASTSTROKE</b>  | CHLOE SKELT    | BRENTWOOD  | 34.2     | 2019 |
| NAYTHAN AUNG     | COLCHESTER | 1.12.19  | 2018 | <b>100 BREASTSTROKE</b> | OLIVIA COOPER  | BPSC       | 1.18.24  | 2020 |
| LEWIS BINNING    | ROMFORD    | 2.41.94  | 2017 | <b>200 BREASTSTROKE</b> | K STOMENOVA    | BO NEWHAM  | 2.49.19  | 2017 |
| ALESSANDRO RIODA | HARLOW     | 27.45    | 2018 | <b>50 BUTTERFLY</b>     | SOPHIE FREEMAN | COLCHESTER | 28.32    | 2018 |
| LEWIS BINNING    | ROMFORD    | 1.02.31  | 2017 | <b>100 BUTTERFLY</b>    | SOPHIE FREEMAN | COLCHESTER | 1.03.11  | 2018 |
| LEWIS BINNING    | ROMFORD    | 2.16.63  | 2017 | <b>200 BUTTERFLY</b>    | SOPHIE FREEMAN | COLCHESTER | 2.20.70  | 2018 |
| LEWIS BINNING    | ROMFORD    | 2.21.37  | 2017 | <b>200 IM</b>           | RUBY WHEELER   | BPSC       | 2.25.38  | 2020 |
| LEWIS BINNING    | ROMFORD    | 4.53.91  | 2017 | <b>400 IM</b>           | SOPHIE FREEMAN | COLCHESTER | 5.07.51  | 2018 |

| BOYS             |            |          |      | 15 YEARS         | GIRLS          |                |          |      |
|------------------|------------|----------|------|------------------|----------------|----------------|----------|------|
| JOSHUA PARKER    | BRAINTREE  | 24.76    | 2019 | 50 FREESTYLE     | MACY LAWRENCE  | BPSC           | 27.26    | 2017 |
| DANIEL GENCAS    | ROMFORD    | 56.14    | 2018 | 100 FREESTYLE    | MACY LAWRENCE  | BPSC           | 1.00.06  | 2016 |
| DANIEL GENCAS    | ROMFORD    | 2.02.55  | 2018 | 200 FREESTYLE    | ABBIE LOW      | CHELMSFORD     | 2.09.45  | 2017 |
| N JAMESON NEAL   | BPSC       | 4.18.97  | 2019 | 400 FREESTYLE    | ABBIE LOW      | CHELMSFORD     | 4.33.19  | 2017 |
| N JAMESON NEAL   | BPSC       | 08:53.3  | 2019 | 800 FREESTYLE    | MAY BRADBURN   | CHELMSFORD     | 09:27.3  | 2019 |
| T MCLAGAN        | CHELMS     | 17.11.00 |      | 1500 FREESTYLE   | ELLA TURNER    | BPSC           | 18.08.33 | 2020 |
| JOSHUA PARKER    | BRAINTREE  | 28.76    | 2024 | 50 BACKSTROKE    | EMILY ILEY     | BO WALTHAM FO  | 30.28    | 2019 |
| LIAM BRENNAN     | BPSC       | 1.02.31  | 2017 | 100 BACKSTROKE   | ELLA TURNER    | BPSC           | 1.06.42  | 2020 |
| JAMES COOPER     | BPSC       | 2.15.77  | 2017 | 200 BACKSTROKE   | EMILY ILEY     | BO WALTHAM FO  | 2.20.30  | 2019 |
| TYLER TOMBS      | CHELMSFORD | 31.71    | 2020 | 50 BREASTSTROKE  | JASMINE CARTER | BASILDON       | 32.08    | 2024 |
| TYLER TOMBS      | CHELMSFORD | 1.10.18  | 2020 | 100 BREASTSTROKE | V PETRAITYTE   | BPSC           | 1.16.87  | 2017 |
| HARRISON JARVIS  | THURROCK   | 2.34.29  | 2019 | 200 BREASTSTROKE | JASMINE CARTER | BASILDON       | 2.38.94  | 2024 |
| JACK SKERRY      | CHELMS     | 27.36    | 2019 | 50 BUTTERFLY     | ISABEL ILEY    | BO WALTHAM FO  | 28.65    | 2020 |
| NAYTHAN AUNG     | COLCHESTER | 1.00.19  | 2020 | 100 BUTTERFLY    | MAY BRADBURN   | CHELMSFORD     | 1.04.16  | 2019 |
| M HUNNISETT      | BPSC       | 2.16.74  | 2017 | 200 BUTTERFLY    | REBECCA HOWELL | BPSC           | 02:24.6  | 2019 |
| LIAM BRENNAN     | BPSC       | 2.20.61  | 2017 | 200 IM           | ELLIE WHEELER  | BPSC           | 2.25.44  | 2017 |
| N HARRISON       | ROMFORD    | 4.57.83  | 2016 | 400 IM           | ELLIE WHEELER  | BPSC           | 5.06.22  | 2017 |
| BOYS             |            |          |      | 16 YEARS         | GIRLS          |                |          |      |
| ALESSANDRO RIODA | HARLOW     | 24.66    | 2020 | 50 FREESTYLE     | R WATT         | DUNMOW AT      | 27.08    | 2018 |
| DANIEL GENCAS    | ROMFORD    | 52.82    | 2019 | 100 FREESTYLE    | M DULEY        | COLCHESTER     | 58.21    | 2016 |
| N JAMESON NEAL   | BPSC       | 1.59.79  | 2020 | 200 FREESTYLE    | E MILTON       | ROMFORD        | 2.08.75  | 2018 |
| LEWIS BINNING    | BPSC       | 4.09.62  | 2019 | 400 FREESTYLE    | ABBIE LOW      | CHELMSFORD     | 4.26.09  | 2018 |
| LEWIS BINNING    | BPSC       | 08:40.5  | 2019 | 800 FREESTYLE    | E SHERIDAN     | ROMFORD        | 9.08.45  | 2012 |
| G FOLEY          | ROMFORD    | 16.41.90 |      | 1500 FREESTYLE   | MAY BRADBURN   | CHELMSFORD     | 17.52.67 | 2020 |
| JOSHUA SHEPHERD  | THURROCK   | 28.14    | 2024 | 50 BACKSTROKE    | EMILY ILEY     | BO WALTHAM FOR | 30.63    | 2020 |
| SAMUEL PEASE     | BPSC       | 59.55    | 2017 | 100 BACKSTROKE   | EMILY ILEY     | BO WALTHAM FOR | 1.04.16  | 2020 |
| JACK SKERRY      | CHELMSFORD | 2.10.71  | 2020 | 200 BACKSTROKE   | B FROST        | BPSC           | 2.21.15  | 2016 |
| SAXON MINTO      | CHELMSFORD | 30.49    | 2024 | 50 BREASTSTROKE  | GRACIE PARKER  | BASILDON       | 34.06    | 2024 |
| SAXON MINTO      | CHELMSFORD | 1.07.08  | 2024 | 100BREASTSTROKE  | ELLIE GRANT    | REDBRIDGE      | 1.15.45  | 2017 |
| JAMES DILLON     | BPSC       | 2.34.41  | 2019 | 200 BREASTSTROKE | GRACIE PARKER  | BPSC           | 2.44.58  | 2024 |
| ALESSANDRO RIODA | HARLOW     | 26.68    | 2020 | 50 BUTTERFLY     | MAY BRADBURN   | CHELMSFORD     | 28.07    | 2020 |
| LIAM BRENNAN     | BPSC       | 1.01.13  | 2018 | 100 BUTTERFLY    | MAY BRADBURN   | CHELMSFORD     | 1.03.88  | 2020 |
| MASON HUNNISETT  | BPSC       | 2.15.80  | 2018 | 200 BUTTERFLY    | MAY BRADBURN   | CHELMSFORD     | 2.25.16  | 2020 |
| ALESSANDRO RIODA | HARLOW     | 2.18.52  | 2020 | 200 IM           | E WHEELER      | BPSC           | 2.23.77  | 2018 |
| LEWIS BINNING    | BPSC       | 4.46.77  | 2019 | 400 IM           | G MILTON       | ROMFORD        | 5.10.61  | 2016 |



| BOYS           |             |          |      | 17 YEARS                | GIRLS           |              |          |      |
|----------------|-------------|----------|------|-------------------------|-----------------|--------------|----------|------|
| DANIEL GENCAS  | ROMFORD     | 24.4     | 2020 | <b>50 FREESTYLE</b>     | REBECCA WATT    | DUNMOW       | 26.7     | 2019 |
| DANIEL GENCAS  | ROMFORD     | 52.82    | 2020 | <b>100 FREESTYLE</b>    | HOLLY TAYLOR    | LAC          | 59.62    | 2016 |
| DANIEL GENCAS  | ROMFORD     | 1.55.84  | 2020 | <b>200 FREESTYLE</b>    | REBECCA HOWELL  | BPSC         | 2.09.44  | 2020 |
| DANIEL GENCAS  | ROMFORD     | 4.07.69  | 2020 | <b>400 FREESTYLE</b>    | ELLIE WHEELER   | BPSC         | 4.30.67  | 2020 |
| LEWIS BINNING  | BPSC        | 8.39.43  | 2020 | <b>800 FREESTYLE</b>    | CAIT COTTER     | CHELMSFORD   | 9.01.10  | 2024 |
| RYAN KELLY     | CHELMSFORD  | 17.37.10 | 2016 | <b>1500 FREESTYLE</b>   | AMELIA MOULE    | ROMFORD      | 17.51.00 | 2020 |
| JOSHUA SMITH   | DUNMOW AT   | 28.45    | 2018 | <b>50 BACKSTROKE</b>    | MEGHAN MAYBANKS | DUNMOW       | 30.04    | 2017 |
| CHARLIE BODEN  | BRAINTREE   | 1.00.34  | 2018 | <b>100 BACKSTROKE</b>   | JASMINE ILEY    | WALTHAM F    | 1.07.02  | 2018 |
| RYAN KELLY     | CHELMSFOR   | 2.12.21  | 2016 | <b>200 BACKSTROKE</b>   | ABBIE LOW       | CHELMSFORD   | 2.20.25  | 2019 |
| TYLER TOMBS    | CHELMS      | 30.55    | 2022 | <b>50 BREASTSTROKE</b>  | K STIMENOVA     | BO NEWHAM    | 33.89    | 2020 |
| CHARLIE ROGERS | ROMFORD     | 1.08.95  | 2024 | <b>100 BREASTSTROKE</b> | K STIMENOVA     | BO NEWHAM    | 1.15.89  | 2020 |
| SAMUEL BRYAN   | BPSC        | 2.38.94  | 2018 | <b>200 BREASTSTROKE</b> | K STIMENOVA     | BO NEWHAM    | 2.42.75  | 2020 |
| DANIEL GENCAS  | ROMFORD     | 26.46    | 2020 | <b>50 BUTTERFLY</b>     | M BRADBURN      | BPSC         | 28.07    | 2022 |
| DANIEL GENCAS  | ROMFORD     | 58.07    | 2020 | <b>100 BUTTERFLY</b>    | HOLLY HILDREW   | ROMFORD      | 1.05.69  | 2016 |
| RAHEEL MAHMOOD | ROMFORD     | 2.10.35  | 2024 | <b>200 BUTTERFLY</b>    | ABBIE LOW       | CHELMSFORD   | 2.25.22  | 2019 |
| DANIEL GENCAS  | ROMFORD     | 2.12.94  | 2020 | <b>200 IM</b>           | AMELIA MOULE    | ROMFORD      | 2.29.04  | 2020 |
| LEWIS BINNING  | BPSC        | 4.42.82  | 2020 | <b>400 IM</b>           | CAIT COTTER     | CHELMSFORD   | 5.01.83  | 2024 |
| BOYS           |             |          |      | 18+ YEARS               | GIRLS           |              |          |      |
| L C STEPHENSON | KILLERWHALE | 23.30    | 2016 | <b>50 FREESTYLE</b>     | AMY GODSAVE     | LAC          | 26.45    | 2017 |
| DANIEL STEPTON | B & D       | 52.49    | 2016 | <b>100 FREESTYLE</b>    | MARTHA DULEY    | COLCHESTER   | 57.88    | 2017 |
| CONOR HARROLD  | BPSC        | 1.57.22  | 2016 | <b>200 FREESTYLE</b>    | A ROBERTSON     | WALTHAM F    | 2.08.63  | 2016 |
| JOSHUA FOWLES  | WITHAM      | 4.10.49  | 2019 | <b>400 FREESTYLE</b>    | ABBIE LOW       | CHELMSFORD   | 4.24.13  | 2020 |
| JOSHUA FOWLES  | WITHAM      | 08:42.7  | 2019 | <b>800 FREESTYLE</b>    | ALEXA MANN      | CHELMSFORD   | 9.25.43  | 2024 |
| C DENTITH      | REDBRIDGE   | 16.37.2  | 2016 | <b>1500 FREESTYLE</b>   | N/T             |              |          |      |
| DANIEL STEPTON | B & D       | 26.08    | 2016 | <b>50 BACKSTROKE</b>    | MARTHA DULEY    | COLCHESTER   | 30.15    | 2017 |
| DANIEL STEPTON | B & D       | 57.46    | 2016 | <b>100 BACKSTROKE</b>   | MARTHA DULEY    | COLCHESTER   | 1.04.08  | 2018 |
| CONOR HARROLD  | BPSC        | 2.07.60  | 2016 | <b>200 BACKSTROKE</b>   | LAURA STEPHENS  | COLCHESTER   | 2.17.43  | 2017 |
| L C STEVENSON  | HARLOW      | 28.78    | 2017 | <b>50 BREASTSTROKE</b>  | JESSICA AYLING  | ROMFORD      | 33.23    | 2020 |
| B STUCKEY      | B & D       | 1.05.90  | 2016 | <b>100 BREASTSTROKE</b> | GRACE GILROY    | KILLERWHALES | 1.12.96  | 2017 |
| EDMUND ASHTON  | LAC         | 2.24.09  | 2017 | <b>200 BREASTSTROKE</b> | GRACE GILROY    | KILLERWHALES | 2.36.28  | 2017 |
| DANIEL STEPTON | B & D       | 25.06    | 2016 | <b>50 BUTTERFLY</b>     | GEORGINA PRYOR  | HARLOW       | 28.38    | 2017 |
| K BATORSKI     | HARLOW      | 55.72    | 2016 | <b>100 BUTTERFLY</b>    | A ROBERTSON     | WALTHAM F    | 1.03.02  | 2016 |
| GEORGE EPSLY   | BPSC        | 2.08.93  | 2016 | <b>200 BUTTERFLY</b>    | LAURA STEPHENS  | COLCHESTER   | 2.12.96  | 2017 |
| CONOR HARROLD  | BPSC        | 2.13.25  | 2016 | <b>200 IM</b>           | LAURA STEPHENS  | COLCHESTER   | 2.20.34  | 2017 |
| A VEASEY       | CHELMSFORD  | 4.40.37  | 2016 | <b>400 IM</b>           | ABBIE LOW       | CHELMSFORD   | 5.11.63  | 2020 |