

**Male****Freestyle**

1500m	19:49.92	Chris Goddard	Glasgow 2007
800m	09:40.92	Matt Thomas	Glasgow 2007
400m	04:17.71	Rhys Smith	Oxford 2008
200m	01:58.63	Chris Aust	Sheffield 2009
100m	00:53.35	Chris Aust	Aylesbury 2010
50m	00:23.39	Chris Aust	Sheffield 2009

**Breastroke**

200m	02:35.87	Stuart Trees	Newcastle 2006
100m	01:05.42	Chris Aust	Aylesbury 2010
50m	00:29.39	Chris Aust	Sheffield 2009

**Backstroke**

200m	02:46.60	Chris Goddard	Glasgow 2007
100m	01:06.17	Chris Aust	Glasgow 2007
50m	00:28.66	Chris Aust	Sheffield 2009

**Butterfly**

200m			
100m	01:01.07	Rhys Smith	Oxford 2008
50m	00:26.32	Chris Aust	Sheffield 2009

**Individual Medley**

400m			
200m	02:18.22	Stuart Trees	Glasgow 2007
100m	00:59.34	Chris Aust	Aylesbury 2010

**Female****Freestyle**

1500m	20:28.81	Karen Jennings	Sheffield 2009
800m	10:40.45	Karen Jennings	Sheffield 2009
400m	05:09.45	Karen Jennings	Sheffield 2009
200m	02:21.27	Sam Morris	Penzance 2010
100m	01:04.82	Sam Morris	Bodmin 2010
50m	00:28.82	Sam Morris	Millfield 2010

**Breastroke**

200m	03:19.77	Amanda Morrison	Glasgow 2007
100m	01:24.40	Charlotte James	Sheffield 2009
50m	00:37.94	Sally Dickens	Glasgow 2007

**Backstroke**

200m	03:04.48	Emma Fitzhenry	Glasgow 2007
100m	01:20.46	Janine Culley	Wolverhampton 2009
50m	00:36.03	Emma Fitzhenry	Newcastle 2006

**Butterfly**

200m	02:52.40	Sam Morris	Truro 2009
100m	01:12.55	Sam Morris	Millfield 2010
50m	00:32.01	Sam Morris	Penzance 2010

**Individual Medley**

400m			
200m	02:48.78	Janine Culley	Wolverhampton 2009
100m	01:15.56	Marianne Gerety	Worcester 2010