

50m Freestyle				50m Breastroke			
Mens	Alex Bowen	22.88	Sussex county champs - 24/02/19	Mens	Peter Ross	30.30	ASA national champs - 27/07/07
Womens	Caroline Woodcock	26.01	Bonn - European champs 20/08/89	Womens	Rachael Bowen	33.84	English summer champs - 05/08/17
100m Freestyle				100m Breastroke			
Mens	Alex Bowen	51.65	Sussex county champs - 23/02/19	Mens	Peter Ross	1.06.85	Crawley meet - 08/10/06
Womens	Caroline Woodcock	58.82	No venue recorded 25/03/89	Womens	Emma Shilton	1.16.00	Youth nationals - 02/08/14
200m Freestyle				200m Breastroke			
Mens	Guy Cooper	2.00.59	SER champs K2 - 31/05/15	Mens	Peter Ross	2.24.50	ASA national champs - 27/07/07
Womens	Charlotte Johnson	2.10.14	Sussex county champs - 22/02/20	Womens	Maddi Barnaby	2.48.62	London open meet - LAC - 26/05/18
400m Freestyle				50m Fly			
Mens	Matthew Gibson	4.21.89	Crawley meet K2 - 20/11/10	Mens	Alex Bowen	25.02	Youth nationals - 31/07/13
Womens	Charlotte Johnson	4.32.98	SER championships - 05/05/19	Womens	Rachael Bowen	27.76	English Summer champs - 06/08/17
800m Freestyle				100m Fly			
Mens	Matthew Gibson	9.08.69	Sussex county champs - 07/03/10	Mens	Robin Boyden	58.67	Sussex championship- 10/02/19
Womens	Charlotte Johnson	9.17.35	British summer champs- 24/07/19	Womens	Sophie Maguire	1.05.13	Sussex county champs - 24/02/19
1500m Freestyle				200m Fly			
Mens	Matthew Gibson	17.18.60	Meet of legends - 21/05/10	Mens	Guy Cooper	2.19.05	Crawley L1 meet K2 - 09/04/17
Womens	Charlotte Johnson	17.47.02	British summer champs - 26/07/19	Womens	Charlotte Johnson	2.21.30	British championships - 18/04/19
50m Backstroke				200m IM			
Mens	Ollie Goodhew	28.14	Sussex county champs -12/02/17	Mens	David Masters	2.10.82	Youth nationals - 17/07/12
Womens	Sophie Maguire	29.56	British summer champs - 28/07/18	Womens	Sophie Maguire	2.26.16	Sussex county champs - 24/02/19
100m Backstroke				400m IM			
Mens	Ollie Goodhew	59.26	Sussex county champs - 11/02/17	Mens	David Warren	4.54.86	British Masters nationals - 19/06/09
Womens	Sophie Maguire	1.02.18	British summer champs - 24/07/19	Womens	Charlotte Johnson	5.12.30	Sussex champs - K2 - 24/02/18
200m Backstroke							
Mens	Ollie Goodhew	2.07.89	Youth nationals - 31/07/13				
Womens	Sophie Maguire	2.13.89	British summer champs - 26/07/19				