

Club Records For City of Norwich Swimming Club

Date 13 Oct 2026

25m pool

Boys age 7

Event	Time	Name	Date	Venue
25m Free	22.83	Tyler Stone	10 Jun 2017	2017 Norwich June Mini Meet UEA Sportspark
50m Free	44.71	Tyler Stone	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
100m Free				
200m Free	3:53.27	Tyler Stone	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
400m Free				
800m Free				
1500m Free				
25m Breast	33.33	Elliott Allen	04 Nov 2023	Norwich
50m Breast	1:00.76	Tyler Stone	21 Oct 2017	2017 Norwich Oct Mini Meet UEA Sportspark
100m Breast				
200m Breast				
25m Fly	25.59	Jackson Mills	09 Nov 2024	2024 CONSC November Mini Meet UEA Sportspark
50m Fly	1:15.85	Thomas Smith	19 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
100m Fly				
200m Fly				
25m Back	25.95	Jackson Mills	09 Nov 2024	2024 CONSC November Mini Meet UEA Sportspark
50m Back	52.29	Tyler Stone	21 Oct 2017	2017 Norwich Oct Mini Meet UEA Sportspark
100m Back				

Event	Time	Name	Date	Venue
200m Back	4:13.52	Tyler Stone	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
100m Medley	2:00.64	Tyler Stone	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
200m Medley				
400m Medley				

Girls age 7

Event	Time	Name	Date	Venue
25m Free	22.32	Ffion Tyley	04 Nov 2023	Norwich
50m Free	46.24	Ava Mok	10 Jul 2026	Norwich
100m Free	1:54.37	Ava Mok	17 Jul 2026	Norwich
200m Free				
400m Free				
800m Free				
1500m Free				
25m Breast	32.84	Evie Greenhalf	21 Oct 2017	2017 Norwich Oct Mini Meet UEA Sportspark
50m Breast	1:03.97	Ava Mok	09 Jul 2026	City of Norwich CONSC Club Championships 2026
100m Breast				
200m Breast				
25m Fly	25.58	Athena Crisp	08 Nov 2025	2025 CONSC November Mini Meet UEA Sportspark
50m Fly	1:00.13	Pippa Meale	14 Feb 2026	2026 CONSC Feb Mini Meet UEA Sportspark
100m Fly				
200m Fly				
25m Back	27.15	Annabelle Johns	13 Jun 2026	2026 CONSC Jane Blackwell Mini Meet UEA Sportspark
50m Back	52.38	Pippa Meale	14 Feb 2026	2026 CONSC Feb Mini Meet UEA Sportspark
100m Back				
200m Back				
100m Medley	2:02.59	Pippa Meale	09 Jul 2026	City of Norwich Club Championships 100IM 2026
200m Medley				

Event	Time	Name	Date	Venue
400m Medley				

Boys age 8

Event	Time	Name	Date	Venue
25m Free	22.12	Riccardo Di Maria	08 Feb 2020	2020 CONSC February Mini Meet UEA Sportspark
50m Free	38.21	Tyler Stone	03 Nov 2018	2018 November Mini Meet Norwich UEA Sportspark
100m Free	1:44.35	Hugo LeGrice	17 Jul 2026	City of Norwich CONSC Club Championships 2026
200m Free	3:11.53	Henry Smith	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
400m Free				
800m Free				
1500m Free				
25m Breast	29.56	Alby Boswell	04 Nov 2023	2023 CONSC November Mini Meet UEA Sportspark
50m Breast	49.54	Tyler Stone	03 Nov 2018	2018 November Mini Meet Norwich UEA Sportspark
100m Breast	2:19.85	Xander Whalen	10 Jul 2026	City of Norwich CONSC Club Championships 2026
200m Breast	4:09.68	Henry Smith	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
25m Fly	23.68	Colby White	10 Jun 2017	2017 Norwich June Mini Meet UEA Sportspark
50m Fly	43.33	Tyler Stone	03 Nov 2018	2018 November Mini Meet Norwich UEA Sportspark
100m Fly				
200m Fly				
25m Back	24.02	Salvatore Milioto	14 Jun 2025	Norwich
50m Back	46.14	Tyler Stone	03 Nov 2018	2018 November

Event	Time	Name	Date	Venue
				Mini Meet Norwich UEA Sportspark
100m Back	2:01.69	Rhys Davies	12 Jul 2025	2025 CONSC Club Championships UEA Sportspark
200m Back	3:39.89	Zak Thomas	20 Sep 2018	2018 Club Championships L4 4ER180444 UEA Sportspark
100m Medley	1:38.08	Tyler Stone	03 Nov 2018	2018 November Mini Meet Norwich UEA Sportspark
200m Medley	3:46.02	Henry Smith	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
400m Medley				

Girls age 8

Event	Time	Name	Date	Venue
25m Free	23.01	Margo Stillings	08 Nov 2025	2025 CONSC November Mini Meet UEA Sportspark
50m Free	38.58	Valentina Davies-Haywood	21 Oct 2017	2017 Norwich Oct Mini Meet UEA Sportspark
100m Free	1:38.05	Athena Crisp	17 Jul 2026	City of Norwich CONSC Club Championships 2026
200m Free	3:29.57	Valentina Davies-Haywood	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
400m Free				
800m Free				
1500m Free				
25m Breast	31.50	Amelie Sudlow	14 Feb 2026	Norwich
50m Breast	54.18	Valentina Davies-Haywood	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
100m Breast	2:03.01	Ru Henery	10 Jul 2026	City of Norwich CONSC Club Championships 2026
200m Breast	4:19.84	Niamh McAuley	28 Sep 2019	
25m Fly	23.76	Evie Greenhalf	09 Jun 2018	2018 June Mini Meet Norwich UEA Sportspark
50m Fly	47.78	Evie Greenhalf	03 Nov 2018	2018 November Mini Meet Norwich UEA Sportspark
100m Fly	2:13.47	Eva Williams	25 Jul 2025	CONSC Club Championships 2025 Session 5 City of Norwich SC Club Champs Norwich
200m Fly				
25m Back	25.25	Hannah Rowley	09 Jun 2018	2018 June Mini Meet Norwich UEA

Event	Time	Name	Date	Venue
				Sportspark
50m Back	45.89	Grace Greenhalf	24 Sep 2015	Sportspark, UEA, Norwich
100m Back	1:46.93	Maisie Wade	12 Jul 2024	2024 CONSC Club Championships UEA Sportspark
200m Back	3:34.86	Grace Greenhalf	25 Sep 2015	Norwich
100m Medley	1:42.98	Valentina Davies-Haywood	21 Oct 2017	2017 Norwich Oct Mini Meet UEA Sportspark
200m Medley	3:47.36	Valentina Davies-Haywood	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
400m Medley				

Boys age 9

Event	Time	Name	Date	Venue
25m Free	17.21	Henry Smith	28 Apr 2018	Norfolk County Junior Swimming League R2 TBC
50m Free	34.25	Tyler Stone	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
100m Free	1:20.68	Tyler Stone	26 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
200m Free	2:45.38	Tyler Stone	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
400m Free	5:56.03	Tyler Stone	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
800m Free				
1500m Free				
25m Breast	21.06	Tyler Stone	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark, UEA,
50m Breast	43.37	Tyler Stone	24 Nov 2019	National Junior League Final Corby international Pool
100m Breast	1:39.23	Tyler Stone	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Breast	3:30.13	Tyler Stone	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
25m Fly	17.40	Tyler Stone	24 Nov 2019	National Junior League Final Corby international Pool

Event	Time	Name	Date	Venue
50m Fly	40.05	Tyler Stone	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
100m Fly	1:35.70	Tyler Stone	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Fly	3:37.54	Isaac Scott	17 Nov 2024	CONSC November SC Meet License no 3ER241194 Sportspark UEA
25m Back	21.69	Daniel Dutson	28 Apr 2018	Norfolk County Junior Swimming League R2 TBC
50m Back	42.94	Tyler Stone	11 May 2019	A'MAY'zing Spring Development Meet 2019 Abbeycroft Leisure Centre
100m Back	1:32.71	Isaac Scott	16 Nov 2024	City of Norwich CONSC November SC Open Meet 2024
200m Back	3:13.73	Henry Smith	17 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA Norwich
100m Medley	1:30.54	Tyler Stone	28 Sep 2019	2019 Club Championships L3 3ER19TBC UEA Sportspark
200m Medley	3:13.65	Tyler Stone	26 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
400m Medley				

Girls age 9

Event	Time	Name	Date	Venue
25m Free	17.07	Evie Greenhalf	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark, UEA,
50m Free	35.80	Valentina Davies-Haywood	07 Oct 2018	2018 Norwich Southern Junior League Final Sportspark, UEA,
100m Free	1:22.63	Ffion Tyley	29 Nov 2025	CCSC Robin Springett Qualifier Meet CCSC Robin Springett Meet 2025 Riverside Leisure Ce
200m Free	2:58.07	Maisie Wade	13 Dec 2025	2025 Winter Wipeout UEA Sportspark
400m Free	6:12.63	Maisie Wade	14 Dec 2025	2025 Winter Wipeout UEA Sportspark
800m Free				
1500m Free				
25m Breast	30.11	Eden Henery	15 Feb 2025	2025 CONSC February Mini Meet UEA Sportspark
50m Breast	48.76	Maisie Wade	29 Nov 2025	CCSC Robin Springett Qualifier Meet CCSC Robin Springett Meet 2025 Riverside Leisure Ce
100m Breast	1:46.59	Ffion Tyley	29 Nov 2025	CCSC Robin Springett Qualifier Meet CCSC Robin Springett Meet 2025 Riverside Leisure Ce
200m Breast	3:43.40	Maisie Wade	29 Nov 2025	CCSC Robin Springett Qualifier Meet CCSC Robin Springett Meet 2025 Riverside Leisure Ce
25m Fly	18.57	Evie Greenhalf	24 Nov 2019	National Junior League Final Corby international Pool
50m Fly	42.05	Evie Greenhalf	02 Nov 2019	2019 November Mini Meet Norwich

Event	Time	Name	Date	Venue
				UEA Sportspark
100m Fly	1:38.61	Maisie Wade	14 Dec 2025	GYSC & CONSC Winter Wipeout 2025
200m Fly	3:27.83	Gemma Faulkner	28 Oct 2007	Ipswich
25m Back	22.89	Sophie Nicholls	16 Sep 2017	2017 Norwich Sep Eastern Junior League Sportspark, UEA,
50m Back	41.19	Valentina Davies-Haywood	07 Oct 2018	2018 Norwich Southern Junior League Final Sportspark, UEA,
100m Back	1:30.53	Maisie Wade	13 Dec 2025	GYSC & CONSC Winter Wipeout 2025
200m Back	3:12.42	Maisie Wade	14 Dec 2025	GYSC & CONSC Winter Wipeout 2025
100m Medley	1:32.98	Valentina Davies-Haywood	17 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA Norwich
200m Medley	3:18.67	Maisie Wade	13 Dec 2025	GYSC & CONSC Winter Wipeout 2025
400m Medley	6:49.74	Maisie Wade	13 Dec 2025	GYSC & CONSC Winter Wipeout 2025

Boys age 10

Event	Time	Name	Date	Venue
25m Free	16.92	Laz Giarenis	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark, UEA,
50m Free	32.51	Travis Vlotman	24 Nov 2019	National Junior League Final Corby international Pool
100m Free	1:11.99	Travis Vlotman	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Free	2:39.53	Henry Smith	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
400m Free	5:45.38	Isaac Scott	16 Nov 2025	Co Norwich SC November SC Open Meet 2025
800m Free	12:28.67	Isaac Scott	17 Jul 2025	City of Norwich SC Club Champs 2025
1500m Free	25:43.62	Billy Maguire	25 Jul 2025	CONSC Club Championships 2025 Session 5 City of Norwich SC Club Champs Norwich
25m Breast	27.42	Nicholas Griffith	24 Mar 2018	Norfolk County Junior Swimming League R1 Wymondham Leisure Centre
50m Breast	41.93	Tyler Stone	10 Oct 2020	2020 CONSC Level X Pilot UEA Sportspark
100m Breast	1:31.03	Tyler Stone	02 Nov 2020	2020 CONSC Level X Series 1 - NA RA UEA Sportspark
200m Breast	3:12.31	Tyler Stone	21 Dec 2020	2020 CONSC Level X Series 1A - NA RA UEA Sportspark
25m Fly	17.25	Colby White	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark, UEA,

Event	Time	Name	Date	Venue
50m Fly	35.09	Laz Giarenis	09 Nov 2019	Arena League A Team R2 Nottingham
100m Fly	1:29.20	Laz Giarenis	19 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
200m Fly	3:18.86	Daniel Dutson	26 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
25m Back	19.13	Laz Giarenis	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark, UEA,
50m Back	37.41	Travis Vlotman	24 Nov 2019	National Junior League Final Corby international Pool
100m Back	1:23.53	Travis Vlotman	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Back	2:58.31	Isaac Scott	16 Nov 2025	Co Norwich SC November SC Open Meet 2025
100m Medley	1:25.22	Henry Smith	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Medley	3:07.16	Laz Giarenis	26 Sep 2019	2019 Club Championships L4 4ER19TBC UEA Sportspark
400m Medley	6:37.90	Logan Chambers	14 Dec 2025	GYSC & CONSC Winter Wipeout 2025

Girls age 10

Event	Time	Name	Date	Venue
25m Free	16.27	Katerina Di Maria	28 Apr 2018	Norfolk County Junior Swimming League R2 TBC
50m Free	32.84	Ayla English	17 Jul 2025	2025 CONSC Club Championships UEA Sportspark
100m Free	1:14.18	Ayla English	18 Jul 2025	City of Norwich SC Club Champs 2025
200m Free	2:39.49	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
400m Free	5:36.38	Poppy Ingleson	17 Apr 2005	Radford Open Meet 2005 Radford
800m Free	11:54.81	Grace Greenhalf	21 Sep 2017	2017 Club Championships L4 4ER171619 UEA Sportspark
1500m Free	24:08.78	Nancy Wiskin	25 Jul 2025	CONSC Club Championships 2025 Session 5 City of Norwich SC Club Champs Norwich
25m Breast	24.28	Ellie Smith	28 Apr 2018	Norfolk County Junior Swimming League R2 TBC
50m Breast	42.88	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
100m Breast	1:32.36	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
200m Breast	3:30.00	Grace Greenhalf	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
25m Fly	18.32	Hollie Gilbertson	15 Jun 2019	2019 Norwich Jun Eastern Junior League Sportspark,

Event	Time	Name	Date	Venue
				UEA,
50m Fly	34.70	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
100m Fly	1:19.86	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
200m Fly	3:05.94	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
25m Back	18.93	Caitlin Cambell-Kelly	28 Apr 2018	Norfolk County Junior Swimming League R2 TBC
50m Back	38.43	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
100m Back	1:25.08	Grace Greenhalf	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark
200m Back	3:00.77	Charlotte Abramson	01 Mar 2014	Thetford
100m Medley	1:22.13	Grace Greenhalf	09 Jul 2017	Ipswich
200m Medley	2:54.86	Grace Greenhalf	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
400m Medley	6:25.69	Grace Greenhalf	28 Sep 2017	2017 Club Championships L4 4ER171620 UEA Sportspark

Boys age 11

Event	Time	Name	Date	Venue
25m Free	21.08	Matthew Goldspink	12 Nov 2022	2022 CONSC November Mini Meet L4 Sportspark UEA
50m Free	29.48	Nick Perkins	29 Sep 2012	UEA City of Norwich SC Club Championships Norwich
100m Free	1:04.21	Nick Perkins	29 Sep 2012	UEA City of Norwich SC Club Championships Norwich
200m Free	2:26.40	Will Cooper	09 May 2009	Bury St Edmunds
400m Free	5:09.90	Will Cooper	08 Mar 2009	Thetford
800m Free	10:14.76	Will Cooper	04 Jan 2009	City of Leicester Distance Leicester
1500m Free	21:46.22	Riccardo Di Maria	22 Sep 2023	Norwich
25m Breast	30.64	Sean Brady	15 Jun 2024	Norwich
50m Breast	37.19	Tyler Stone	11 Dec 2021	Cambridge
100m Breast	1:21.09	Olivier Vedrenne	30 Oct 2016	UEA City of Norwich Halloween Screamer 2016 Norwich
200m Breast	3:05.38	Laz Giarenis	21 Dec 2020	2020 CONSC Level X Series 1A - NA RA UEA Sportspark
25m Fly	23.59	Joe Covington	22 Jun 2019	2019 June Mini Meet Norwich UEA Sportspark
50m Fly	33.60	Barney Clarke	22 Jan 2017	Thetford
100m Fly	1:22.30	Barney Clarke	29 Jan 2017	Thetford
200m Fly	2:48.10	Will Cooper	09 May 2009	Bury St Edmunds
25m Back	24.73	James Heather	15 Jun 2024	2024 Jane Blackwell Mini Meet (4ER240520) UEA Sportspark
50m Back	34.40	Toby Anderson	03 Dec 2023	NUEL SC Late County Qualifier Open Meet 2023 London Aquatic Centre

Event	Time	Name	Date	Venue
100m Back	1:14.57	Toby Anderson	02 Dec 2023	NUEL SC Late County Qualifier Open Meet 2023 London Aquatic Centre
200m Back	2:41.22	Alex Shreeve	21 Jan 2006	Ipswich
100m Medley	1:19.56	Laz Giarenis	02 Nov 2020	2020 CONSC Level X Series 1 - NA RA UEA Sportspark
200m Medley	2:48.45	Alex Shreeve	22 Jan 2006	Ipswich
400m Medley	5:52.26	Miles Garner	07 May 2005	Haverhill

Girls age 11

Event	Time	Name	Date	Venue
25m Free	20.34	Laila Shindler	14 Feb 2026	2026 CONSC Feb Mini Meet UEA Sportspark
50m Free	30.27	Grace Greenhalf	17 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA Norwich
100m Free	1:07.65	Katerina Di Maria	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Free	2:25.25	Holly Bateman	11 Mar 2006	Thetford
400m Free	5:05.30	Lucie Peck	22 Feb 2014	Wymondham
800m Free	10:34.61	Freya Crisp	04 Oct 2026	City of Plymouth Annual Swim Meet 2026
1500m Free	20:28.14	Freya Crisp	05 Oct 2026	City of Plymouth Annual Swim Meet 2026
25m Breast	26.48	Laila Shindler	14 Feb 2026	2026 CONSC Feb Mini Meet UEA Sportspark
50m Breast	39.33	Grace Greenhalf	20 Sep 2018	2018 Club Championships L4 4ER180444 UEA Sportspark
100m Breast	1:26.66	Chloe Galindez	29 Apr 2012	Bletchley
200m Breast	3:06.99	Ellie Smith	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
25m Fly	20.18	Abi Line	11 Feb 2017	2017 Norwich Feb Mini Meet UEA Sportspark
50m Fly	33.08	Grace Greenhalf	13 Oct 2018	Arena League R1 - A Team Newmarket
100m Fly	1:16.24	Grace Greenhalf	17 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA

Event	Time	Name	Date	Venue
				Norwich
200m Fly	2:49.96	Lucie Peck	02 Mar 2014	Thetford
25m Back	28.74	Holly Goldspink	11 Jun 2022	2022 CONSC June Mini Meet UEA Sportspark
50m Back	34.34	Maisie Easter	07 Jul 2013	Norwich
100m Back	1:16.90	Grace Greenhalf	18 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA Norwich
200m Back	2:43.60	Lucie Peck	01 Mar 2014	Thetford
100m Medley	1:18.85	Grace Greenhalf	20 Sep 2018	2018 Club Championships L4 4ER180444 UEA Sportspark
200m Medley	2:45.67	Grace Greenhalf	17 Nov 2018	2018 Norwich November Short Course 3ER181898 Sportspark, UEA Norwich
400m Medley	5:39.94	Lucie Peck	01 Mar 2014	Thetford

Boys age 12

Event	Time	Name	Date	Venue
25m Free				
50m Free	28.85	Tyler Stone	29 Oct 2022	Spooktacular Open Meet 2022 Crown Pools
100m Free	1:01.65	Tyler Stone	08 Oct 2022	2022 NASL East Midlands Round 1. Sportspark UEA
200m Free	2:17.43	Nick Perkins	02 Mar 2013	Thetford
400m Free	4:47.84	Luke Barton	24 Sep 2016	UEA City of Norwich Club Championships Sportspark
800m Free	9:48.39	Will Cooper	05 Dec 2010	Leicester Distance Meet Braunstone
1500m Free	18:26.47	Luke Barton	15 Sep 2016	UEA City of Norwich Club Championships Norwich
25m Breast				
50m Breast	34.48	Tyler Stone	19 Nov 2022	2022 CONSC November Short Course 3ER220340 Sportspark UEA
100m Breast	1:16.00	Olivier Vedrenne	11 Nov 2017	Arena League R2 - A Team Corby
200m Breast	2:41.64	Olivier Vedrenne	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
25m Fly	21.12	Benedict Koehler	09 Nov 2024	Norwich
50m Fly	31.47	Castle Galindez	24 Nov 2019	National Junior League Final Corby international Pool
100m Fly	1:10.29	Olivier Vedrenne	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
200m Fly	2:38.50	Alex Shreeve	19 May 2007	Hatfield UK Challenge Hatfield
25m Back				

Event	Time	Name	Date	Venue
50m Back	31.87	Castle Galindez	24 Nov 2019	National Junior League Final Corby international Pool
100m Back	1:08.94	Castle Galindez	09 Nov 2019	Arena League A Team R2 Nottingham
200m Back	2:30.74	Alex Shreeve	19 May 2007	Hatfield UK Challenge
100m Medley	1:10.01	Tyler Stone	20 Nov 2022	2022 CONSC November Short Course 3ER220340 Sportspark UEA
200m Medley	2:29.44	Olivier Vedrenne	18 Nov 2017	2017 Norwich November Short Course 3ER171484 Sportspark, UEA Norwich
400m Medley	5:33.16	Alex Shreeve	10 Mar 2007	Norfolk County Champs 2007 Thetford

Girls age 12

Event	Time	Name	Date	Venue
25m Free				
50m Free	28.18	Grace Greenhalf	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
100m Free	1:02.65	Grace Greenhalf	17 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
200m Free	2:17.00	Holly Bateman	21 Jan 2007	teamipswich 8th Open Meet Ipswich
400m Free	4:46.41	Maisie Easter	22 Feb 2014	Wymondham
800m Free	10:08.36	Grace Greenhalf	29 Nov 2019	2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich
1500m Free	19:39.18	Grace Greenhalf	30 Nov 2019	2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich
25m Breast				
50m Breast	35.52	Keira Frosdick	07 Dec 2014	ASA East Region Winter Championships Luton
100m Breast	1:16.60	Grace Leech	06 Dec 2014	ASA East Region Winter Championships Luton
200m Breast	2:54.62	Ellie Smith	19 Dec 2020	2020 CONSC Level X S1A - SP NY UEA Sportspark
25m Fly	20.17	May Reid	14 Feb 2026	2026 CONSC Feb Mini Meet UEA Sportspark
50m Fly	30.89	Grace Greenhalf	24 Nov 2019	National Junior League Final Corby international Pool
100m Fly	1:09.26	Grace Greenhalf	01 Nov 2019	SEER 2019 SC Championships

Event	Time	Name	Date	Venue
				Basildon Sports Village
200m Fly	2:41.30	Lucie Peck	01 Mar 2015	Thetford
25m Back				
50m Back	32.18	Megan Pye	06 Dec 2014	ASA East Region Winter Championships Luton
100m Back	1:09.93	Maisie Easter	09 Mar 2014	Thetford
200m Back	2:26.45	Maisie Easter	01 Nov 2014	Norwich
100m Medley	1:13.75	Ellie Smith	03 Nov 2020	2020 CONSC Level X Series 1 - SP NY UEA Sportspark
200m Medley	2:33.88	Grace Greenhalf	16 Nov 2019	2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich
400m Medley	5:30.48	Holly Bateman	03 Mar 2007	Norfolk County Champs 2007 Thetford

Boys age 13

Event	Time	Name	Date	Venue
25m Free				
50m Free	26.94	Isaac Kirby	13 Mar 2011	Thetford
100m Free	59.03	Jack Thomson	08 May 2010	West Suffolk Open Meet 2010 Bury St Edmunds
200m Free	2:08.98	Nick Perkins	01 Mar 2014	Thetford
400m Free	4:35.80	Nick Perkins	22 Feb 2014	Wymondham
800m Free	9:10.70	Jack Thomson	05 Dec 2010	Leicester Distance Meet Leicester
1500m Free	18:23.83	Tyler Stone	22 Sep 2023	Norwich
25m Breast				
50m Breast	32.48	Olivier Vedrenne	04 Nov 2018	SE ER 2018 SC Championships
100m Breast	1:08.97	Olivier Vedrenne	14 Dec 2018	Swim England Winter Championships Ponds Forge
200m Breast	2:30.43	Olivier Vedrenne	16 Nov 2018	The 2018 Leicester Open Braunstone Leisure Centre
25m Fly	22.69	Oskar Porycki	11 Jun 2022	2022 CONSC June Mini Meet UEA Sportspark
50m Fly	29.12	Isaac Kirby	12 Mar 2011	Thetford
100m Fly	1:06.87	Laz Giarenis	10 Dec 2022	2022 NASL East Midlands R3 2EM222510 Sportspark UEA
200m Fly	2:28.42	Miles Garner	19 May 2007	Hatfield UK Challenge Hatfield
25m Back				
50m Back	30.63	Travis Vlotman	20 Nov 2022	2022 CONSC November Short Course 3ER220340 Sportspark UEA
100m Back	1:04.74	Toby Anderson	06 Dec 2025	National Arena Swimming League - East Mids 2025 R3

Event	Time	Name	Date	Venue
200m Back	2:22.64	James O'Toole	07 Dec 2024	Newham UEL SC Late County Qualifier Open Meet 2024 Newham UEL SC Late County Qual Stratford
100m Medley	1:05.55	Tyler Stone	18 Nov 2023	CONSC November SC - IM Results City of Norwich SC L3 November Norwich
200m Medley	2:18.78	Olivier Vedrenne	16 Nov 2018	The 2018 Leicester Open Braunstone Leisure Centre
400m Medley	5:01.63	Olivier Vedrenne	04 Nov 2018	SE ER 2018 SC Championships

Girls age 13

Event	Time	Name	Date	Venue
25m Free	27.11	Tallulah Pradales	04 Nov 2023	Norwich
50m Free	27.87	Charlotte Walker	08 Nov 2015	ASA East Region Winter Championships 2015 Luton
100m Free	1:01.00	Charlotte Walker	05 Jul 2015	ASA East Region Inter County Meet Borehamwood
200m Free	2:07.27	Charlotte Walker	22 Nov 2015	The Leicester Open Meet 2015 Leicester
400m Free	4:30.22	Charlotte Walker	21 Nov 2015	The Leicester Open Meet 2015 Leicester
800m Free	9:27.74	Charlotte Walker	06 Nov 2015	ASA East Region Winter Championships 2015 Leicester
1500m Free	18:07.78	Charlotte Walker	30 Sep 2015	UEA City of Norwich Club Championships Norwich
25m Breast				
50m Breast	33.57	Keira Frosdick	17 Dec 2015	ASA Winter Meet, Sheffield Sheffield
100m Breast	1:15.04	Keira Frosdick	21 Nov 2015	The Leicester Open Meet 2015 Leicester
200m Breast	2:47.63	Yasmin Holmes (Caswell)	03 Feb 2001	Ipswich 2nd Open Meet Ipswich
25m Fly	21.94	Lola Nielsen	10 Jun 2023	2023 CONSC June Mini Meet UEA Sportspark
50m Fly	29.64	Megan Pye	07 Nov 2015	ASA East Region Winter Championships 2015 Luton
100m Fly	1:08.11	Megan Pye	22 Nov 2015	The Leicester Open Meet 2015 Leicester
200m Fly	2:28.96	Harri Clarke	06 Nov 2010	East Region Winter Champs 2010 Luton
25m Back				
50m Back	30.21	Maisie Easter	19 Dec 2015	ASA Winter Meet, Sheffield Sheffield

Event	Time	Name	Date	Venue
100m Back	1:04.78	Maisie Easter	22 Nov 2015	The Leicester Open Meet 2015 Sheffield
200m Back	2:20.57	Maisie Easter	21 Nov 2015	The Leicester Open Meet 2015 Leicester
100m Medley	1:09.29	Grace Greenhalf	03 Nov 2020	2020 CONSC Level X Series 1 - SP NY UEA Sportspark
200m Medley	2:30.73	Megan Pye	08 Nov 2015	ASA East Region Winter Championships 2015
400m Medley	5:12.76	Honey Harvey	06 Dec 2014	ASA East Region Winter Championships

Boys age 14

Event	Time	Name	Date	Venue
25m Free				
50m Free	24.89	Isaac Kirby	04 Nov 2012	UEA Norwich Big Bang L2 Meet Norwich
100m Free	55.10	Isaac Kirby	03 Nov 2012	UEA Norwich Big Bang L2 Meet Norwich
200m Free	2:00.54	Isaac Kirby	03 Mar 2012	Thetford
400m Free	4:23.76	Miles Garner	17 May 2008	Hatfield UK Challenge Hatfield
800m Free	9:22.81	Olivier Vedrenne	29 Nov 2019	2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich
1500m Free	16:59.98	Olivier Vedrenne	30 Nov 2019	2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich
25m Breast				
50m Breast	31.38	Isaac Kirby	11 Mar 2012	Thetford
100m Breast	1:06.13	Isaac Kirby	04 Nov 2012	UEA Norwich Big Bang L2 Meet Norwich
200m Breast	2:22.80	Isaac Kirby	04 Mar 2012	Thetford
25m Fly				
50m Fly	27.30	Laz Giarenis	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
100m Fly	1:01.19	Jack Utting	06 Nov 2011	UEA Norwich Big Bang L2 Meet Norwich
200m Fly	2:16.00	Miles Garner	17 May 2008	Hatfield UK Challenge Hatfield
25m Back				
50m Back	28.56	Travis Vlotman	03 Dec 2023	NUEL SC Late

Event	Time	Name	Date	Venue
				County Qualifier Open Meet 2023 London Aquatic Centre
100m Back	59.61	Jack Utting	05 Nov 2011	City of Norwich The Big Bang 2011 Norwich
200m Back	2:09.01	Jack Utting	12 Mar 2011	Thetford
100m Medley	1:02.11	Isaac Kirby	03 Mar 2012	Thetford
200m Medley	2:11.68	Isaac Kirby	11 Mar 2012	Thetford
400m Medley	4:48.89	Miles Garner	17 May 2008	Hatfield UK Challenge Hatfield

Girls age 14

Event	Time	Name	Date	Venue
25m Free				
50m Free	27.40	Katerina Di Maria	04 Nov 2022	SE East Region Short Course Ch Luton
100m Free	58.41	Grace Greenhalf	02 Dec 2021	Swim England National Winter Championships (25m) 2021 Sheffield Ponds Forge
200m Free	2:07.56	Grace Greenhalf	02 Dec 2021	Swim England National Winter Championships (25m) 2021 Sheffield Ponds Forge
400m Free	4:37.36	Ruby Greenhalf	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
800m Free	9:16.53	Ruby Greenhalf	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
1500m Free	18:17.13	Ruby Greenhalf	30 Nov 2019	2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich
25m Breast				
50m Breast	34.33	Ellie Smith	04 Nov 2022	SE East Region Short Course Ch Luton
100m Breast	1:14.21	Ellie Smith	10 Dec 2022	2022 NASL East Midlands R3 2EM222510 Sportspark UEA
200m Breast	2:39.58	Honey Harvey	22 Nov 2015	The Leicester Open Meet 2015 Leicester
25m Fly				
50m Fly	28.77	Liv Greenall	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield

Event	Time	Name	Date	Venue
100m Fly	1:04.01	Liv Greenall	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
200m Fly	2:19.49	Poppy Ingleson	05 Dec 2009	City of Leicester Distance Leicester
25m Back				
50m Back	30.26	Maisie Easter	17 Dec 2016	ASA Winter Meet 2016 Sheffield
100m Back	1:04.31	Maisie Easter	21 Nov 2016	The Leicester Open Leicester
200m Back	2:20.71	Megan Pye	05 Nov 2016	East Swimming 2016 SC Championships Luton
100m Medley	1:04.80	Grace Greenhalf	02 Dec 2021	Swim England National Winter Championships (25m) 2021 Sheffield Ponds Forge
200m Medley	2:24.75	Grace Greenhalf	11 Dec 2021	Cambridge
400m Medley	5:05.09	Holly Bateman	05 Dec 2009	City of Leicester Distance Leicester

Boys age 15

Event	Time	Name	Date	Venue
25m Free				
50m Free	25.13	Charlie Summer	10 Oct 2020	2020 CONSC Level X Pilot UEA Sportspark
100m Free	53.01	Nathan Woodrow	15 Dec 2018	Sheffield
200m Free	1:55.65	Nathan Woodrow	16 Dec 2018	Sheffield
400m Free	4:05.89	Miles Garner	05 Dec 2009	City of Leicester Distance Leicester
800m Free	8:31.84	Miles Garner	04 Dec 2009	City of Leicester Distance Leicester
1500m Free	16:35.30	Sam Peck	19 Dec 2015	ASA Winter Meet, Sheffield Sheffield
25m Breast				
50m Breast	29.63	Tyler Stone	14 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
100m Breast	1:03.77	Tyler Stone	05 Oct 2025	GoCardless SE National County Team Champs 2025 GoCardless SE National County Sheffield
200m Breast	2:15.75	Tyler Stone	12 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
25m Fly				
50m Fly	26.78	Nathan Woodrow	04 Nov 2018	SE ER 2018 SC Championships Luton
100m Fly	58.24	Nathan Woodrow	14 Dec 2018	Luton
200m Fly	2:08.74	Nathan Woodrow	15 Dec 2018	Luton
25m Back				
50m Back	27.83	Joe McGillivray	10 Oct 2020	2020 CONSC Level X Pilot UEA Sportspark
100m Back	58.47	Jack Utting	21 Oct 2012	BG ASA National County Team Division 2 Sheffield
200m Back	2:05.59	Jack Utting	10 Mar 2012	Thetford

Event	Time	Name	Date	Venue
100m Medley	1:01.37	Nathan Woodrow	04 Nov 2018	SE ER 2018 SC Championships Luton
200m Medley	2:07.35	Tyler Stone	14 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
400m Medley	4:35.22	Tyler Stone	13 Dec 2025	GoCardless SE National Winter Champs (25m) 2025

Girls age 15

Event	Time	Name	Date	Venue
25m Free				
50m Free	26.41	Sacha Thomas	14 Dec 2018	Swim England Winter Championships Ponds Forge
100m Free	57.32	Sacha Thomas	04 Nov 2018	SE ER 2018 SC Championships
200m Free	2:04.06	Sacha Thomas	16 Nov 2018	The 2018 Leicester Open Braunstone Leisure Centre
400m Free	4:29.29	Sophie Alden	26 Sep 2013	UEA City of Norwich Club Championships Norwich
800m Free	9:24.02	Megan Pye	21 Jan 2017	NCASA Champs W1
1500m Free	17:42.04	Georgina Hunt	17 Feb 2007	Essex County Age Groups Basildon
25m Breast				
50m Breast	33.99	Ellie Smith	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
100m Breast	1:14.44	Ellie Smith	09 Dec 2023	2023 NASL East Midlands League R3 2EM232260. Sportspark UEA
200m Breast	2:41.81	Ellie Smith	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
25m Fly				
50m Fly	28.48	Sacha Thomas	14 Dec 2018	Swim England Winter Championships Ponds Forge
100m Fly	1:03.34	Liv Greenall	05 Dec 2024	GoCardless SE National Winter Championships 2024 GoCardless SE National Winter

Event	Time	Name	Date	Venue
				Sheffield
200m Fly	2:23.31	Liv Greenall	16 Nov 2024	City of Norwich CONSC November SC Open Meet 2024
25m Back				
50m Back	30.41	Sophie Green	04 Dec 2011	BG East Region Winter Championships Norwich
100m Back	1:04.36	Sophie Green	10 Jul 2011	City of Norwich Midsummer Madness Norwich
200m Back	2:27.62	Esme Langley	15 Nov 2025	CONSC November SC Meet License no 3ER251644 Sportspark UEA
100m Medley	1:04.88	Grace Greenhalf	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
200m Medley	2:20.66	Grace Greenhalf	04 Nov 2022	SE East Region Short Course Ch Luton
400m Medley	5:18.51	Evie Greenhalf	16 Nov 2025	Co Norwich SC November SC Open Meet 2025

Boys age 16

Event	Time	Name	Date	Venue
25m Free				
50m Free	24.31	Isaac Kirby	08 Mar 2014	Thetford
100m Free	53.51	Ben Blowers	04 Nov 2018	SE ER 2018 SC Championships
200m Free	1:55.96	Ben Blowers	04 Nov 2018	SE ER 2018 SC Championships
400m Free	4:10.65	Ben Blowers	04 Nov 2018	SE ER 2018 SC Championships
800m Free	8:58.51	Isaac Buchan	17 Jul 2025	2025 CONSC Club Championships UEA Sportspark
1500m Free	17:09.36	Olivier Vedrenne	10 Sep 2021	2021 CONSC Distance Time Trials 3ER210397 Sportspark, UEA Norwich
25m Breast				
50m Breast	29.20	Olivier Vedrenne	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
100m Breast	1:02.22	Olivier Vedrenne	02 Dec 2021	Swim England National Winter Championships (25m) 2021 Sheffield Ponds Forge
200m Breast	2:13.17	Olivier Vedrenne	02 Dec 2021	Swim England National Winter Championships (25m) 2021 Sheffield Ponds Forge
25m Fly				
50m Fly	25.61	Isaac Kirby	06 Dec 2014	ASA East Region Winter Championships Luton
100m Fly	58.18	Jack Utting	28 Sep 2013	UEA City of Norwich Club Championships Norwich
200m Fly	2:19.99	Olivier Vedrenne	25 Sep 2021	2021 CONSC Club

Event	Time	Name	Date	Venue
				Championships 4ER210399 UEA Sportspark
25m Back				
50m Back	26.66	Isaac Kirby	01 Mar 2014	Thetford
100m Back	59.53	Joe McGillivray	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
200m Back	2:12.90	Joe McGillivray	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
100m Medley	58.84	Isaac Kirby	01 Mar 2014	thetford
200m Medley	2:05.86	Tyler Stone	10 Oct 2026	NASL " EM Round 1-3 2026
400m Medley	4:38.43	Sam Peck	20 Feb 2016	Norfolk County Championships 2016 Thetford

Girls age 16

Event	Time	Name	Date	Venue
25m Free				
50m Free	26.27	Sacha Thomas	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
100m Free	56.42	Sacha Thomas	05 Dec 2019	SE National Winter Championships - 25m 2019 Ponds Forge
200m Free	2:03.36	Grace Greenhalf	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
400m Free	4:27.21	Georgina Hunt	29 Nov 2008	Essex County Champs Basildon
800m Free	9:13.32	Georgina Hunt	17 Feb 2008	Essex County Champs Basildon
1500m Free	17:22.46	Georgina Hunt	30 Nov 2008	Essex County Champs Basildon
25m Breast				
50m Breast	33.50	Ellie Lyon	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
100m Breast	1:12.18	Yasmin Holmes (Caswell)	17 Oct 2004	ASA Inter-Counties Division 1 Sheffield
200m Breast	2:36.01	Yasmin Holmes (Caswell)	13 Mar 2004	Norfolk County Championships Thetford
25m Fly				
50m Fly	27.84	Liv Greenall	11 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
100m Fly	1:01.50	Sacha Thomas	05 Dec 2019	SE National Winter Championships - 25m 2019 Ponds Forge
200m Fly	2:21.45	Poppy Ingleson	13 Mar 2011	Thetford

Event	Time	Name	Date	Venue
25m Back				
50m Back	29.36	Megan Pye	14 Dec 2018	Swim England Winter Championships Ponds Forge
100m Back	1:02.93	Megan Pye	04 Nov 2018	SE ER 2018 SC Championships
200m Back	2:14.23	Megan Pye	04 Nov 2018	SE ER 2018 SC Championships
100m Medley	1:05.00	Grace Greenhalf	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
200m Medley	2:18.71	Grace Greenhalf	14 Oct 2023	National Arena Swimming League East Mids R1 2023 National Arena Swimming League Norwich
400m Medley	5:01.03	Georgina Hunt	30 Nov 2008	Essex County Champs Norwich

Boys age 17

Event	Time	Name	Date	Venue
25m Free				
50m Free	24.40	Ben Blowers	17 Nov 2019	The Leicester Open 2019 Leicester
100m Free	52.79	Ben Blowers	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
200m Free	1:55.02	Ben Blowers	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
400m Free	4:08.62	Gavin Edwards	24 Oct 2003	ESSA Inter-Divisional Championships IDK
800m Free	9:00.72	Ollie Pike	13 Sep 2024	2024 CONSC Distance Meet 3ER241195/3ER2411 96 Sportspark University of East Anglia
1500m Free	17:30.92	Jack Abram	04 Nov 2022	SE East Region Short Course Ch Luton
25m Breast				
50m Breast	28.49	Olivier Vedrenne	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
100m Breast	1:01.24	Olivier Vedrenne	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
200m Breast	2:12.51	Olivier Vedrenne	16 Dec 2022	Ontario Junior International 2022 Ontario Junior International 2 Ontario, Canada
25m Fly				
50m Fly	25.87	Alex Shreeve	07 Jul 2012	Norwich
100m Fly	56.83	Jack Utting	02 Nov 2014	City of Norwich Big Bang Meet Norwich

Event	Time	Name	Date	Venue
200m Fly	2:03.29	Miles Garner	06 Nov 2011	City of Norwich The Big Bang 2011 Norwich
25m Back				
50m Back	27.17	Joe McGillivray	04 Nov 2022	SE East Region Short Course Ch Luton
100m Back	56.95	Jack Utting	01 Nov 2014	City of Norwich Big Bang Meet Norwich
200m Back	2:01.83	Jack Utting	02 Nov 2014	City of Norwich Big Bang Meet Norwich
100m Medley	57.58	Olivier Vedrenne	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
200m Medley	2:04.51	Olivier Vedrenne	04 Nov 2022	SE East Region Short Course Ch Luton
400m Medley	4:33.55	Jack Utting	25 Sep 2014	City of Norwich SC Club Championships Norwich

Girls age 17

Event	Time	Name	Date	Venue
25m Free				
50m Free	25.74	Sacha Thomas	22 Nov 2020	
100m Free	55.68	Sacha Thomas	22 Nov 2020	
200m Free	2:01.19	Sacha Thomas	22 Nov 2020	
400m Free	4:27.12	Georgina Hunt	06 Dec 2009	City of Leicester Distance Leicester
800m Free	9:08.40	Georgina Hunt	14 Feb 2009	Essex County AG Champs Basildon
1500m Free	17:21.50	Sophie Alden	30 Sep 2015	UEA City of Norwich Club Championships Norwich
25m Breast				
50m Breast	32.81	Molly Monk	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
100m Breast	1:09.59	Molly Monk	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
200m Breast	2:31.91	Molly Monk	05 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
25m Fly				
50m Fly	27.89	Sacha Thomas	07 Dec 2020	Ibiza
100m Fly	1:00.46	Sacha Thomas	07 Dec 2020	
200m Fly	2:23.81	Jennifer Seaman	04 Mar 2012	Thetford
25m Back				
50m Back	29.54	Megan Pye	05 Dec 2019	SE National Winter Championships - 25m 2019 Ponds Forge

Event	Time	Name	Date	Venue
100m Back	1:03.33	Sacha Thomas	07 Dec 2020	
200m Back	2:16.61	Megan Pye	01 Nov 2019	SEER 2019 SC Championships Basildon Sports Village
100m Medley	1:03.86	Grace Greenhalf	05 Dec 2024	GoCardless SE National Winter Championships 2024 GoCardless SE National Winter Sheffield
200m Medley	2:19.30	Grace Greenhalf	09 Nov 2024	2024 NASL Arena League R2 Sportspark UEA
400m Medley	5:03.16	Grace Greenhalf	17 Nov 2024	CONSC November SC Meet License no 3ER241194 Sportspark UEA

Boys age 18

Event	Time	Name	Date	Venue
25m Free				
50m Free	23.96	Ben Blowers	19 Dec 2020	2020 CONSC Level X S1A - SP NY UEA Sportspark
100m Free	52.11	Ben Every	10 Oct 2026	NASL " EM Round 1-3 2026
200m Free	1:55.00	Gavin Edwards	06 Mar 2004	Norfolk County Championships Thetford
400m Free	4:19.50	Ollie Pike	12 Jul 2025	City of Norwich SC Club Champs 2025
800m Free	9:02.47	Ollie Pike	17 Jul 2025	City of Norwich SC Club Champs 2025
1500m Free	18:32.43	Austin Harrop	07 Dec 2024	City of Cambridge Club Champs 2024 City of Cambridge Club Champs Cambridge
25m Breast				
50m Breast	28.44	Olivier Vedrenne	17 Nov 2023	BUCS Short Course Swimming Championships 2023 BUCS Short Course Swimming Cha Sheffield
100m Breast	59.56	Olivier Vedrenne	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
200m Breast	2:09.51	Olivier Vedrenne	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
25m Fly				
50m Fly	25.45	Callum Cox	05 Dec 2024	GoCardless SE National Winter Championships 2024
100m Fly	57.06	Harry Jones	09 Nov 2018	BUCS SC Swimming Champs 2018 Ponds

Event	Time	Name	Date	Venue
				Forge
200m Fly	2:07.75	Jack Utting	07 Nov 2015	ASA East Region Winter Championships 2015 Luton
25m Back				
50m Back	26.99	Jack Utting	23 Sep 2015	UEA City of Norwich Club Championships Norwich
100m Back	57.43	Jack Utting	07 Nov 2015	ASA East Region Winter Championships 2015 Luton
200m Back	2:05.43	Olly Smith	02 Nov 2025	SE East Region Short Course Championships 2025
100m Medley	56.95	Olivier Vedrenne	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
200m Medley	2:02.88	Olivier Vedrenne	09 Dec 2023	2023 NASL East Midlands League R3 2EM232260. Sportspark UEA
400m Medley	5:32.13	Rob Brzeczek	28 Jul 2023	City of Norwich SC Club Championships 2023 UEA Sportspark

Girls age 18

Event	Time	Name	Date	Venue
25m Free				
50m Free	26.08	Grace Greenhalf	12 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
100m Free	55.72	Grace Greenhalf	11 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
200m Free	2:01.70	Grace Greenhalf	13 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
400m Free	4:28.31	Adel Zakrzewski	21 Nov 2021	BUCS Short Course Swimming Sheffield
800m Free	9:03.57	Daisy Hill	01 Jul 2017	SC PB to date - Non CON Meets NA
1500m Free	19:40.78	Dayna Arbon	20 Sep 2024	2024 CONSC Distance Meet 3ER241195/3ER241196 Sportspark University of East Anglia
25m Breast				
50m Breast	33.20	Molly Monk	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
100m Breast	1:10.37	Molly Monk	18 Nov 2022	BUCS Short Course 2022-23 BUCS Short Course 2022-23 Sheffield
200m Breast	2:35.02	Molly Monk	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
25m Fly				
50m Fly	28.22	Sacha Thomas	06 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
100m Fly	1:02.19	Sacha Thomas	11 Dec 2021	Cambridge

Event	Time	Name	Date	Venue
200m Fly	2:25.08	Jennifer Seaman	03 Mar 2013	Thetford
25m Back				
50m Back	29.85	Sacha Thomas	06 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
100m Back	1:05.12	Sacha Thomas	11 Nov 2021	NASL Round 2 CONSC 3ER211300 Sportspark UEA
200m Back	2:20.60	Jennifer Seaman	02 Mar 2013	Thetford
100m Medley	1:04.34	Grace Greenhalf	13 Dec 2025	GoCardless SE National Winter Champs (25m) 2025
200m Medley	2:18.99	Grace Greenhalf	11 Oct 2025	National Arena Swimming League - East Mids 2025 R1
400m Medley	4:59.39	Ruby Wheeler	05 Dec 2024	GoCardless SE National Winter Championships 2024 GoCardless SE National Winter Sheffield

Boys age 19-24

Event	Time	Name	Date	Venue
25m Free				
50m Free	22.51	Ben Blowers	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
100m Free	50.31	Ben Blowers	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
200m Free	1:51.32	Ben Blowers	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
400m Free	4:02.93	Sam Heard	08 Nov 2009	East Region Winter Champs Luton
800m Free	8:21.83	Sam Heard	23 Nov 2008	East Region Winter Champs Norwich
1500m Free	15:52.72	Sam Heard	22 Nov 2008	East Region Winter Champs Norwich
25m Breast				
50m Breast	30.14	Lewis Chapman	04 Nov 2022	SE East Region Short Course Ch Luton
100m Breast	1:01.25	Olivier Vedrenne	14 Dec 2024	2024 NASL Arena League R3 Sportspark UEA
200m Breast	2:25.47	Lewis Jarrett	16 Nov 2025	BUCS Short Course Championships 2025-26
25m Fly				
50m Fly	24.11	Aaron Fox	05 Dec 2024	GoCardless SE National Winter Championships 2024 GoCardless SE National Winter Sheffield
100m Fly	53.57	Aaron Fox	07 Dec 2024	GoCardless SE

Event	Time	Name	Date	Venue
				National Winter Championships 2024
200m Fly	2:04.84	Harry Jones	06 Nov 2021	Swim England East Region 2021 Short Course Championships Inspire Luton Sports Village
25m Back				
50m Back	25.86	Aaron Fox	02 Nov 2025	SE East Region Short Course Championships 2025
100m Back	58.67	Jack Eden	03 Nov 2023	SE East Region Short Course Championships 2023 SE East Region Short Course Ch Luton
200m Back	2:09.40	Jack Eden	17 Nov 2023	BUCS Short Course Swimming Championships 2023 BUCS Short Course Swimming Cha Sheffield
100m Medley	56.25	Olivier Vedrenne	01 Nov 2024	Swim England East Region Short Course Championships 2024 SE East Region Short Course Ch Luton
200m Medley	2:02.53	Olivier Vedrenne	09 Nov 2024	2024 NASL Arena League R2 Sportspark UEA
400m Medley	4:41.28	Lewis Jarrett	02 Nov 2025	SE East Region Short Course Championships 2025

Girls age 19-24

Event	Time	Name	Date	Venue
25m Free				
50m Free	25.71	Jana Spinner	16 Dec 2022	Swim Wales Winter Championships 2022 Swim Wales Winter Championship Swansea
100m Free	54.87	Jana Spinner	16 Dec 2022	Swim Wales Winter Championships 2022 Swim Wales Winter Championship Swansea
200m Free	2:01.69	Sacha Thomas	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
400m Free	4:26.08	Jessica-Jane Applegate	20 Nov 2016	The Leicester Open Leicester
800m Free	9:09.20	Jessica-Jane Applegate	06 Nov 2015	ASA East Region Winter Championships 2015 Norwich
1500m Free	17:36.95	Daisy Hill	15 Nov 2019	BUCS SC 2019 Ponds Forge
25m Breast				
50m Breast	31.60	Jana Spinner	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
100m Breast	1:08.21	Jana Spinner	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
200m Breast	2:35.12	Chloe Butler	05 Dec 2024	GoCardless SE National Winter Championships 2024 GoCardless SE National Winter Sheffield
25m Fly				

Event	Time	Name	Date	Venue
50m Fly	27.86	Rikke Nagell-Kleven	13 Nov 2016	BUCS Short Course Swimming Championships Sheffield
100m Fly	1:01.48	Sacha Thomas	18 Nov 2022	BUCS Short Course 2022-23 BUCS Short Course 2022-23 Sheffield
200m Fly	2:20.93	Chloe Butler	01 Nov 2024	Swim England East Region Short Course Championships 2024 SE East Region Short Course Ch Luton
25m Back				
50m Back	30.05	Megan Pye	01 Nov 2024	Swim England East Region Short Course Championships 2024 SE East Region Short Course Ch Luton
100m Back	1:03.47	Megan Pye	09 Nov 2024	2024 NASL Arena League R2 Sportspark UEA
200m Back	2:17.84	Megan Pye	02 Nov 2024	SE East Region Short Course Championships 2024
100m Medley	1:01.50	Jana Spinner	02 Dec 2022	National Winter Championships 2022 National Winter Championships Sheffield
200m Medley	2:22.72	Rikke Nagell-Kleven	17 Nov 2019	BUCS Short Course Swimming Championship Sheffield
400m Medley	5:13.79	Jennifer Seaman	26 Sep 2014	City of Norwich SC Club Championships Norwich

Boys age 25+

Event	Time	Name	Date	Venue
25m Free				
50m Free	25.34	Tommy Hoven	08 Jun 2024	SE Norfolk Masters 2024 Norfolk Masters & Senior Age G UEA Sportspark Norwi
100m Free	56.62	Tommy Hoven	08 Jun 2024	SE Norfolk Masters 2024 Norfolk Masters & Senior Age G UEA Sportspark Norwi
200m Free	2:07.31	Mike Auger	01 Mar 2008	Norfolk County Champs Thetford
400m Free	4:29.58	Mike Auger	09 Mar 2008	Norfolk County Champs Thetford
800m Free	10:12.80	Sam Watts	07 Sep 2025	East Region Masters
1500m Free	19:58.73	Ben Thrower	25 Jul 2025	City of Norwich SC Club Champs 2025
25m Breast				
50m Breast	34.30	Ben Thrower	11 Jul 2025	City of Norwich SC Club Champs 2025
100m Breast	1:17.13	Ben Thrower	25 Oct 2024	SE Masters 2024 Swim England Masters 2024 Sheffield
200m Breast	3:39.53	Chris Trueman	06 Apr 2008	Midland Masters Champs 2008 Leamington Spa
25m Fly				
50m Fly	28.34	Tommy Hoven	24 Oct 2025	Swim England National Masters Championships
100m Fly	1:06.69	Sam Watts	07 Sep 2025	East Region Masters
200m Fly				
25m Back				
50m Back	27.64	Will Gayne	17 Nov 2024	CONSC November SC Meet License no 3ER241194

Event	Time	Name	Date	Venue
				Sportspark UEA
100m Back	57.15	Will Gayne	14 Dec 2024	National Arena Swimming League EM R3 2024
200m Back	2:35.36	Kai Saunders	06 Jul 2024	Barnet Copthall Masters Distance Meet 2024 Barnet Copthall Masters Distan Barnet Copthall
100m Medley	1:00.59	Will Gayne	17 Nov 2024	CONSC November SC Meet License no 3ER241194 Sportspark UEA
200m Medley	2:32.08	Tommy Hoven	17 Jul 2025	2025 CONSC Club Championships UEA Sportspark
400m Medley				

Girls age 25+

Event	Time	Name	Date	Venue
25m Free				
50m Free	27.53	Jessica-Jane Applegate	04 Nov 2022	SE East Region Short Course Ch Luton
100m Free	59.07	Jessica-Jane Applegate	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
200m Free	2:07.64	Jessica-Jane Applegate	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
400m Free	4:31.24	Jana Spinner	19 Jul 2024	2024 CONSC Club Championships UEA Sportspark
800m Free	9:50.30	Katie Maloney	21 Jan 2023	Lincolnshire County Championships 2023 Lincolnshire County Championsh Grantham
1500m Free	18:52.13	Katie Maloney	21 Jan 2023	Lincolnshire County Championships 2023 Lincolnshire County Championsh Grantham
25m Breast				
50m Breast	33.75	Louise Bush	04 Nov 2018	SE ER 2018 SC Championships
100m Breast	1:11.93	Louise Bush	17 Dec 2016	ASA Winter Meet 2016 Sheffield
200m Breast	2:37.54	Louise Bush	06 Nov 2016	East Swimming 2016 SC Championships Sheffield
25m Fly	45.32	Babs Sadler	13 Nov 2021	Sportspark, UEA
50m Fly	29.01	Jana Spinner	18 Jul 2024	2024 CONSC Club Championships UEA Sportspark
100m Fly	1:03.32	Katie Maloney	28 Jan 2023	Lincolnshire County Champiionships

Event	Time	Name	Date	Venue
				2023 Lincolnshire County Championsh Grantham
200m Fly	2:21.34	Katie Maloney	04 Feb 2023	Lincolnshire County Championships 2023 Lincolnshire County Championsh Louth
25m Back				
50m Back	31.65	Katie Maloney	05 Nov 2022	SE East Midlands Regional SC Championships 2022 SE East Midlands Regional SC C Nottingham
100m Back	1:06.14	Jessica-Jane Applegate	14 Dec 2023	Swim England Winter Championships 2023 Swim England Winter Championsh Sheffield
200m Back	2:22.71	Jessica-Jane Applegate	18 Nov 2023	CONSC November SC - IM Results City of Norwich SC L3 November Norwich
100m Medley	1:08.46	Alex Heard	07 Jun 2025	Norfolk Masters 2025 Norfolk Masters 2025 Norwich
200m Medley	2:31.83	Jessica-Jane Applegate	07 Oct 2021	Norwich
400m Medley	5:34.82	Katie Maloney	01 Jul 2023	Rotherham Metro A & B SC Meet 2023 Rotherham Metro A & B Grade SC Sheffield