



**Championships Best Times Progression - Female**

50 Freestyle				50 Backstroke				50 Breaststroke				50 Butterfly			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
26.94	Elinah Phillip	Bishops Stortford	2016	29.56	Georgie Pryor	Hoddesdon	2016	34.78	Cira Fletcher	Bishops Stortford	2016	28.00	Georgie Pryor	Hoddesdon	2016
26.26	Elinah Phillip	Bishops Stortford	2017					34.41	Abi Hurst	Berkamsted	2017				
								34.18	Laura Copping	Hatfield	2018				
								33.95	Caitlin Hartley	Hatfield	2023				
								33.20	Ashley Ransome	Hatfield	2023				
								33.35	Ashley Ransome	Hatfield	2023				

  

100 Freestyle				100 Backstroke				100 Breaststroke				100 Butterfly				100 Individual Medley			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
58.14	Georgie Pryor	Hoddesdon	2016	1.03.46	Ellie Mitchell	Bishops Stortford	2016	1.14.69	Cira Fletcher	B Stortford	2016	1.02.86	Georgie Pryor	Hoddesdon	2016	1.06.60	Georgie Pryor	Hoddesdon	2016
57.77	Amy Godsave	Hatfield	2018					1.13.18	Laura Copping	Hatfield	2018					1.06.22	Laura Copping	Hatfield	2018
								1.13.05	Caitlin Hartley	Hatfield	2022					1.05.13	Jessica Woodward	Hatfield	2020
								1.11.72	Ashley Ransome	Hatfield	2023								

  

200 Freestyle				200 Backstroke				200 Breaststroke				200 Butterfly				200 Individual Medley			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
2.05.01	Molly Francis	Hatfield	2016	2.24.12	Shannon Stott	Costa	2016	2.39.66	Laura Copping	Hatfield	2016	2.20.82	Shannon Stott	Costa	2016	2.22.36	Laura Copping	Hatfield	2016
				2.21.79	Lauren Stott	Costa	2017	2.39.12	Laura Copping	Hatfield	2018	2.18.83	Sara Kalawska	Hatfield	2019	2.21.61	Laura Copping	Hatfield	2018
				2.21.53	Lauren Stott	Hatfield	2018	2.34.55	Caitlin Hartley	Hatfield	2023								
				2.19.44	Lauren Stott	Hatfield	2020												

  

400 Freestyle				400 Individual Medley				800 Freestyle				1500 Freestyle			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
4.28.72	Tegan Wollaston	Cheshunt	2016	4.58.82	Amy Young	Bishops Stortford	2016	9.08.10	Amy Young	Bishops Stortford	2016	17.37.24	Lily Merrett	Costa	2019
4.27.52	Erin O'Meara	Costa	2020	4.55.76	Laura Copping	Hatfield	2017					17.31.64	Lily Merrett	Costa	2020

**Championships Best Times Progression - Open/Male**

50 Freestyle				50 Backstroke				50 Breaststroke				50 Butterfly			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
24.48	Peter Webster	Hatfield	2016	27.35	Peter Webster	Hatfield	2016	30.69	Chris Smith	Hoddesdon	2016	25.79	Peter Webster	Hatfield	2016
24.04	Jack Christie	Costa	2018	27.08	Jude Liddiard	Costa	2020	30.45	Jack Christie	Costa	2018	25.38	Matthew Aldred	Watford	2024
24.00	Matthew Aldred	Watford	2024	26.49	Matthew Aldred	Watford	2024	30.11	Lewis Shayler	Watford	2020				

  

100 Freestyle				100 Backstroke				100 Breaststroke				100 Butterfly				100 Individual Medley			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
52.09	Will Kearsy	Hatfield	2016	57.16	Will Kearsy	Hatfield	2016	1.06.93	Nathan Hughes	Hatfield	2016	56.70	Will Kearsy	Hatfield	2016	59.59	Nathan Hughes	Hatfield	2016
50.74	Luke Turley	Hatfield	2018					1.06.82	Jack Christie	Costa	2018	56.39	Matthew Aldred	Watford	2024	58.56	Matthew Aldred	Watford	2024
								1.06.61	William Loveman	Costa	2019								
								1.04.78	Lewis Shayler	Watford	2020								

  

200 Freestyle				200 Backstroke				200 Breaststroke				200 Butterfly				200 Individual Medley			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
1.55.89	Nathan Hughes	Hatfield	2016	2.07.46	Peter Webster	Hatfield	2016	2.20.49	Nathan Hughes	Hatfield	2016	2.07.18	Nathan Hughes	Hatfield	2016	2.06.71	Nathan Hughes	Hatfield	2016
1.54.17	Reese Housden	Hatfield	2018	2.07.08	Max Jelfs	Hatfield	2018					2.01.24	Michael Kimaszewski	Hatfield	2020				
1.52.54	Michael Kimaszewski	Hatfield	2020	2.06.14	Matthew Aldred	Watford	2024												

  

400 Freestyle				400 Individual Medley				800 Freestyle				1500 Freestyle			
Time	Name	Date		Time	Name	Date		Time	Name	Date		Time	Name	Date	
3.58.36	Nathan Hughes	Hatfield	2016	4.25.45	Nathan Hughes	Hatfield	2016	9.10.49	Peter Soczewka	Hatfield	2019	15.41.86	Nathan Hughes	Hatfield	2016
								8.31.85	Jude Liddiard	Costa	2020				