



**Championships Best Times Progression - Female**

50 Freestyle			
Time	Name		Date
26.94	Elinah Phillip	Bishops Stortford	2016
26.26	Elinah Phillip	Bishops Stortford	2017

50 Backstroke			
Time	Name		Date
29.56	Georgie Pryor	Hoddesdon	2016

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50 Breaststroke			
Time	Name		Date
34.78	Cira Fletcher	Bishops Stortford	2016
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
32.25	Ashley Ransome	Hatfield	2026

50 Butterfly			
Time	Name		Date
28.00	Georgie Pryor	Hoddesdon	2016

100 Freestyle			
Time	Name		Date
58.14	Georgie Pryor	Hoddesdon	2016
57.77	Amy Godsave	Hatfield	2018

100 Backstroke			
Time	Name		Date
1.03.46	Elie Mitchell	Bishops Stortford	2016

100 Breaststroke			
Time	Name		Date
1.14.69	Cira Fletcher	B Stortford	2016
1.13.18	Laura Copping	Hatfield	2018
1.13.05	Caitlin Hartley	Hatfield	2022
1.11.72	Ashley Ransome	Hatfield	2023
1.11.25	Ashley Ransome	Hatfield	2025
1.10.80	Ashley Ransome	Hatfield	2026

100 Butterfly			
Time	Name		Date
1.02.86	Georgie Pryor	Hoddesdon	2016

100 Individual Medley			
Time	Name		Date
1.06.60	Georgie Pryor	Hoddesdon	2016
1.06.22	Laura Copping	Hatfield	2018
1.05.13	Jessica Woodward	Hatfield	2020

200 Freestyle			
Time	Name		Date
2.05.01	Molly Francis	Hatfield	2016

200 Backstroke			
Time	Name		Date
2.24.12	Shannon Stott	Costa	2016
2.21.79	Lauren Stott	Costa	2017
2.21.53	Lauren Stott	Hatfield	2018
2.19.44	Lauren Stott	Hatfield	2020
2.16.67	Summer Evason	Watford	2026

200 Breaststroke			
Time	Name		Date
2.39.66	Laura Copping	Hatfield	2016
2.39.12	Laura Copping	Hatfield	2018
2.34.55	Caitlin Hartley	Hatfield	2023

200 Butterfly			
Time	Name		Date
2.20.82	Shannon Stott	Costa	2016
2.18.83	Sara Kalawska	Hatfield	2019

200 Individual Medley			
Time	Name		Date
2.22.36	Laura Copping	Hatfield	2016
2.21.61	Laura Copping	Hatfield	2018
2.20.09	Summer Evason	Watford	2026

400 Freestyle			
Time	Name		Date
4.28.72	Tegan Wollaston	Cheshunt	2016
4.27.52	Erin O'Meara	Costa	2020
4.23.64	Ever Ives	Hatfield	2025

400 Individual Medley			
Time	Name		Date
4.58.82	Amy Young	Bishops Stortford	2016
4.55.76	Laura Copping	Hatfield	2017

800 Freestyle			
Time	Name		Date
9.08.10	Amy Young	Bishops Stortford	2016

1500 Freestyle			
Time	Name		Date
17.37.24	Lily Merrett	Costa	2019
17.31.64	Lily Merrett	Costa	2020

**Championships Best Times Progression - Male**

50 Freestyle			
Time	Name		Date
24.48	Peter Webster	Hatfield	2016
24.04	Jack Christie	Costa	2018
24.00	Matthew Aldred	Watford	2024
23.89	Liam Rumball	Hatfield	2025
23.34	Lucas Hartley	Hatfield	2026

50 Backstroke			
Time	Name		Date
27.35	Peter Webster	Hatfield	2016
27.08	Jude Liddiard	Costa	2020
26.49	Matthew Aldred	Watford	2024

50 Breaststroke			
Time	Name		Date
30.69	Chris Smith	Hoddesdon	2016
30.45	Jack Christie	Costa	2018
30.11	Lewis Shayler	Watford	2020
29.90	Lucas Hartley	Hatfield	2025

50 Butterfly			
Time	Name		Date
25.79	Peter Webster	Hatfield	2016
25.38	Matthew Aldred	Watford	2024
25.18	Thomas Liddiard	Ware	2026

100 Freestyle			
Time	Name		Date
52.09	Will Kearsley	Hatfield	2016
50.74	Luke Turley	Hatfield	2018

100 Backstroke			
Time	Name		Date
57.16	Will Kearsley	Hatfield	2016

100 Breaststroke			
Time	Name		Date
1.06.93	Nathan Hughes	Hatfield	2016
1.06.82	Jack Christie	Costa	2018
1.06.61	William Loveman	Costa	2019
1.04.78	Lewis Shayler	Watford	2020

100 Butterfly			
Time	Name		Date
56.70	Will Kearsley	Hatfield	2016
56.39	Matthew Aldred	Watford	2025

100 Individual Medley			
Time	Name		Date
59.59	Nathan Hughes	Hatfield	2016
58.56	Matthew Aldred	Watford	2024
58.15	Lucas Hartley	Hatfield	2026

200 Freestyle			
Time	Name		Date
1.55.89	Nathan Hughes	Hatfield	2016
1.54.17	Reese Housden	Hatfield	2018
1.52.54	Michael Kimaszewski	Hatfield	2020

200 Backstroke			
Time	Name		Date
2.07.46	Peter Webster	Hatfield	2016
2.07.08	Max Jelfs	Hatfield	2018
2.06.14	Matthew Aldred	Watford	2024
2.05.09	Oliver Baskerville	Hatfield	2025
2.03.70	Oliver Baskerville	Hatfield	2026

200 Breaststroke			
Time	Name		Date
2.20.49	Nathan Hughes	Hatfield	2016

200 Butterfly			
Time	Name		Date
2.07.18	Nathan Hughes	Hatfield	2016
2.01.24	Michael Kimaszewski	Hatfield	2020

200 Individual Medley			
Time	Name		Date
2.06.71	Nathan Hughes	Hatfield	2016

400 Freestyle			
Time	Name		Date
3.58.36	Nathan Hughes	Hatfield	2016

400 Individual Medley			
Time	Name		Date
4.25.45	Nathan Hughes	Hatfield	2016

800 Freestyle			
Time	Name		Date
9.10.49	Peter Soczewka	Hatfield	2019
8.31.85	Jude Liddiard	Costa	2020
8.31.23	Daniel Belsey	Hatfield	2025

1500 Freestyle			
Time	Name		Date
15.41.86	Nathan Hughes	Hatfield	2016