



Junior Champs Best Times Progression - Female

| 50 Freestyle | | | | 50 Backstroke | | | | 50 Breaststroke | | | | 50 Butterfly | | | |
|--------------|--------------------|--------------------------|-------------|---------------|--------------------|-------------------|-------------|-----------------|------------------------|--------------------------|-------------|--------------|--------------------------|-------------------------|-------------|
| Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | |
| 28.49 | Libby Dunford | Hoddesdon | 2016 | 32.13 | Charlotte Watson | Berkhamsted | 2016 | 35.03 | Abi Hurst | Berkhamsted | 2016 | 30.86 | Libby Dunford | Hoddesdon | 2016 |
| 28.29 | Libby Dunford | Hoddesdon | 2017 | 30.80 | Mia Carter | Bishops Stortford | 2017 | 34.39 | Kirsty Neill | Bishops Stortford | 2022 | 30.17 | Libby Dunford | Hoddesdon | 2017 |
| 27.54 | Jessica Woodward | Hatfield | 2018 | 30.62 | Harriet Clements | Watford | 2019 | 34.24 | Ella Greatbatch | Bishops Stortford | 2023 | 30.04 | Chloe Berko-Boateng | Hatfield | 2018 |
| 27.24 | Alexandra Nurney | Hatfield | 2025 | 30.12 | Erin Currie | Hatfield | 2023 | | | | | 29.87 | Valeria Giron | Hatfield | 2019 |
| 26.95 | Edie Foster | Bishops Stortford | 2026 | 30.10 | Erin Currie | Hatfield | 2023 | | | | | 29.50 | Naomi-Rose Conday | Bishop Stortford | 2025 |

| 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 | |
| 58.83 | Molly Francis | Hatfield | 2016 | 1:08.23 | Grace Wiley | Costa | 2016 | 1:15.18 | Abi Hurst | Berkhamsted | 2016 | 1:06.20 | Lily Merrett | Hoddesdon | 2017 | 1:08.03 | Molly Francis | Hatfield | 2016 |
| 58.59 | Alexandra Nurney | Hatfield | 2025 | 1:05.31 | Erin Currie | Hatfield | 2023 | 1:13.52 | Kirsty Neill | Bishops Stortford | 2022 | 1:04.77 | Sara Kalawska | Hatfield | 2018 | 1:07.86 | Jessica Woodward | Hatfield | 2018 |
| 58.35 | Edie Foster | Bishops Stortford | 2026 | | | | | | | | | | | | | 1:07.46 | Millie Fields | Bishops Stortford | 2019 |
| | | | | | | | | | | | | | | | | 1:07.18 | Jasmine Scott | CoSA | 2026 |

| 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 | 2:24.22 | Niamh James | Bishops Stortford | 2016 | 2:44.53 | Molly Francis | Hatfield | 2016 | 2:33.36 | Nellie Eastland | Bishops Stortford | 2016 | 2:22.46 | Molly Francis | Hatfield | 2016 |
| | | | | 2:21.79 | Lauren Stott | Costa | 2017 | 2:37.76 | Kirsty Neill | Bishops Stortford | 2022 | 2:27.16 | Lauren Stott | Costa | 2017 | | | | |
| | | | | 2:21.78 | Alexandra Nurney | Hatfield | 2025 | | | | | 2:25.66 | Valeria Geron | Hatfield | 2019 | | | | |

| 400 Freestyle | | | | 400 Individual Medley | | | | 800 Freestyle | | | | 1500 Freestyle | | | |
|----------------|----------------------|--------------------------|-------------|-----------------------|---------------------|-------------------|-------------|----------------|---------------------|-------------------|-------------|-----------------|---------------------|-----------------|-------------|
| Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | |
| 4:37.70 | Chloe Ogden | Bishops Stortford | 2016 | 5:14.95 | Chloe Ogden | Bishops Stortford | 2016 | 9:36.15 | Chloe Ogden | Bishops Stortford | 2016 | 19:09.63 | Anastasia Wilkinson | Hatfield | 2019 |
| 4:35.46 | Billie Grant | Hatfield | 2017 | 5:10.99 | Erin O'Meara | Watford | 2017 | 9:29.95 | Billie Grant | Hatfield | 2017 | 18:39.13 | Anastasia Wilkinson | Hatfield | 2020 |
| 4:32.75 | Millie Fields | Bishops Stortford | 2019 | 5:10.63 | Erin O'Meara | Watford | 2018 | 9:25.07 | Lily Merrett | Hoddesdon | 2018 | 17:59.36 | Ever Ives | Hatfield | 2024 |

Junior Championships Best Times Progression - Male

| 50 Freestyle | | | | 50 Backstroke | | | | 50 Breaststroke | | | | 50 Butterfly | | | |
|--------------|------------------------|--------------------------|-------------|---------------|---------------------|--------------------------|-------------|-----------------|-----------------------|----------------|-------------|--------------|----------------------------|-----------------|-------------|
| Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | |
| 25.67 | Reese Housden | Hatfield | 2016 | 28.52 | Daniel Chada | Bishops Stortford | 2016 | 32.52 | Reese Housden | Hatfield | 2016 | 27.96 | Charlie Rayner | Hatfield | 2016 |
| 25.01 | Reese Housden | Hatfield | 2017 | 27.74 | Thomas Ogden | Bishops Stortford | 2019 | 32.20 | Reese Housden | Hatfield | 2017 | 27.79 | Ish A Rahim | Berkhamsted | 2017 |
| 24.99 | Benjamin Palmer | Bishops Stortford | 2026 | | | | | 31.35 | Benjamin Green | Watford | 2019 | 27.52 | Michael Kimaszewski | Hatfield | 2018 |
| | | | | | | | | | | | | 26.82 | Michael Kimaszewski | Hatfield | 2019 |

| 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 | |
| 54.63 | Reese Housden | Hatfield | 2016 | 1:01.53 | Daniel Chada | Bishops Stortford | 2016 | 1:08.96 | Charlie Rayner | Hatfield | 2016 | 1:01.26 | Charlie Rayner | Hatfield | 2016 | 1:03.50 | Charlie Rayner | Hatfield | 2016 |
| 53.64 | Reese Housden | Hatfield | 2017 | 1:00.46 | Thomas Ogden | Bishops Stortford | 2019 | | | | | 1:00.24 | Michael Kimaszewski | Hatfield | 2018 | 1:02.68 | Reese Housden | Hatfield | 2017 |
| 53.37 | Benjamin Palmer | Bishops Stortford | 2026 | | | | | | | | | 59.18 | Michael Kimaszewski | Hatfield | 2019 | 1:01.68 | Thomas Ogden | Bishops Stortford | 2019 |

| 200 Freestyle | | | | 200 Backstroke | | | | 200 Breaststroke | | | | 200 Butterfly | | | | 200 Individual Medley | | | |
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| Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | |
| 2:00.39 | Reese Housden | Hatfield | 2016 | 2:14.31 | Daniel Chada | Bishops Stortford | 2016 | 2:28.16 | Charlie Rayner | Hatfield | 2016 | 2:18.71 | Charlie Rayner | Hatfield | 2016 | 2:14.56 | Charlie Rayner | Hatfield | 2016 |
| 1:58.66 | Reese Housden | Hatfield | 2017 | 2:10.38 | Thomas Ogden | Bishops Stortford | 2019 | | | | | 2:11.76 | Michael Kimaszewski | Hatfield | 2018 | 2:12.31 | Michael Kimaszewski | Hatfield | 2019 |
| 1:56.63 | Michael Kimaszewski | Hatfield | 2019 | | | | | | | | | 2:06.89 | Michael Kimaszewski | Hatfield | 2019 | | | | |
| 1:56.10 | Benjamin Palmer | Bishops Stortford | 2026 | | | | | | | | | | | | | | | | |

| 400 Freestyle | | | | 400 Individual Medley | | | | 800 Freestyle | | | | 1500 Freestyle | | | |
|----------------|----------------------------|-----------------|-------------|-----------------------|----------------------------|-----------------|-------------|----------------|----------------------|-----------------|-------------|-----------------|----------------------------|-----------------|-------------|
| Time | Name | Date | | Time | Name | Date | | Time | Name | Date | | Time | Name | Date | |
| 4:19.01 | Reese Housden | Hatfield | 2016 | 4:48.50 | Charlie Rayner | Hatfield | 2016 | 9:10.49 | Peter Soczewka | Hatfield | 2019 | 17:31.33 | James A Chennells | Berkhamsted | 2016 |
| 4:03.51 | Michael Kimaszewski | Hatfield | 2019 | 4:35.68 | Michael Kimaszewski | Hatfield | 2019 | 8:54.73 | Daniel Belsey | Hatfield | 2023 | 17:21.70 | Tobi Laguda | Hatfield | 2017 |
| | | | | | | | | | | | | 16:58.37 | Michael Kimaszewski | Hatfield | 2018 |
| | | | | | | | | | | | | 16:13.28 | Michael Kimaszewski | Hatfield | 2019 |