

## CHAMPIONSHIP RECORDS - 2012

### M E N

#### **FREESTYLE**

50m	JEREMY BIRDS	Stafford Apex	24.00	1996
100m	MICHAEL BOWD	Walsall	52.15	1994
200m	ADAM ROWE	Stafford Apex	1:54.19	2011
400m	ADAM ROWE	Stafford Apex	4:02.24	2011
1500m	MATTHEW PERCIVAL	Stafford Apex	16:19.53	2004

#### **BACKSTROKE**

50m	CHRIS PICKERING	Wolverhampton	27.58	2003
100m	ADAM TAYLOR	Walsall	58.47	2009
200m	CHRIS PICKERING	Broadway	2:06.82	2000

#### **BREASTSTROKE**

50m	JOHN HEALEY	Chase	30.60	2003
100m	NICK GILLINGHAM	Walsall	1:06.06	1986
200m	MATTHEW COPE	Walsall	2:22.65	2007

#### **BUTTERFLY**

50m	ADAM TAYLOR	Walsall	26.19	2009
100m	ADAM TAYLOR	Walsall	55.84	2009
200m	MAGNUS WEIGHTON	Chase	2:03.55	1991

#### **INDIVIDUAL MEDLEY**

100m	ADAM TAYLOR	Walsall	59.52	2009
200m	MAGNUS WEIGHTON	Chase	2:07.27	1991
400m	MITCHELL ADSHEAD	Chase	4:33.88	2011

### JUNIOR M E N

#### **FREESTYLE**

50m	JEREMY BIRDS	Stafford Apex	24.83	1994
100m	JEREMY BIRDS	Stafford Apex	53.81	1994
200m	ADAM ROWE	Stafford Apex	1:54.42	2009
400m	ADAM ROWE	Stafford Apex	4:05.49	2010
1500m	MATTHEW PERCIVAL	Stafford Apex	16:19.53	2004

#### **BACKSTROKE**

50m	KIERAN SMITH	Walsall	28.09	2012
100m	KIERAN SMITH	Walsall	59.67	2012
200m	KIERAN SMITH	Walsall	2:07.92	2011

#### **BREASTSTROKE**

50m	CHRISTOPHER FOX	Wolverhampton	31.19	2005
100m	MATTHEW COPE	Walsall	1:07.01	2007
200m	MATTHEW COPE	Walsall	2:22.65	2007

#### **BUTTERFLY**

50m	ADAM ROWE	Stafford Apex	27.07	2010
100m	KIERAN SMITH	Walsall	58.99	2012
200m	DANIEL VICKERS	Leek	2:06.31	2007

#### **INDIVIDUAL MEDLEY**

100m	KIERAN SMITH	Walsall	1:00.96	2012
200m	MATTHEW COPE	Walsall	2:10.68	2007
400m	MATTHEW COPE	Walsall	4:36.28	2007

## CHAMPIONSHIP RECORDS 2012

### W O M E N

#### **FREESTYLE**

50m	MICHELLE BATES	Walsall	26.95	1993
100m	TERRI DUNNING	Chase	57.71	2004
200m	TERRI DUNNING	Chase	2:04.89	2004
400m	TERRI DUNNING	Chase	4:22.66	2004
800m	HANNAH JONES	Stafford Apex	8:55.63	2003

#### **BACKSTROKE**

50m	TERRI DUNNING	Chase	30.18	2004
100m	DANIELLE AMSON	Leek	1:03.58	2009
200m	TERRI DUNNING	Chase	2:15.05	2004

#### **BREASTSTROKE**

50m	JODIE HAWKSWORTH	Cheadle	33.64	2012
100m	KATE GIBSON	Chase	1:12.11	2005
200m	JODIE HAWKSWORTH	Cheadle	2:36.00	2009

#### **BUTTERFLY**

50m	RACHAEL KELLY	Newcastle	29.38	2008
100m	RACHAEL KELLY	Newcastle	1:01.27	2011
200m	TERRI DUNNING	Chase	2:15.61	2004

#### **INDIVIDUAL MEDLEY**

100m	TERRI DUNNING	Chase	1:04.57	2004
200m	TERRI DUNNING	Chase	2:19.16	2004
400m	TERRI DUNNING	Chase	4:53.39	2004

### J U N I O R   W O M E N

#### **FREESTYLE**

50m	EMMA WILKINS	Chase	27.15	2007
100m	RACHAEL KELLY	Newcastle	58.43	2010
200m	JESSICA SYLVESTER	Newcastle	2:05.09	2004
400m	HANNAH JONES	Stafford Apex	4:24.84	2003
800m	HANNAH JONES	Stafford Apex	8:55.63	2003

#### **BACKSTROKE**

50m	REBECCA PRICE	Cheadle	30.62	2002
100m	DANIELLE AMSON	Leek	1:03.58	2009
200m	DANIELLE AMSON	Leek	2:15.34	2009

#### **BREASTSTROKE**

50m	JODIE HAWKSWORTH	Cheadle	33.64	2012
100m	KATE GIBSON	Chase	1:12.11	2005
200m	JODIE HAWKSWORTH	Cheadle	2:36.00	2009

#### **BUTTERFLY**

50m	RACHAEL KELLY	Newcastle	29.38	2008
100m	RACHAEL KELLY	Newcastle	1:01.62	2010
200m	JESSICA SYLVESTER	Newcastle	2:18.85	2004

#### **INDIVIDUAL MEDLEY**

100m	JESSICA SYLVESTER	Newcastle	1:04.80	2004
200m	JESSICA SYLVESTER	Newcastle	2:20.94	2004
400m	DANIELLE AMSON	Leek	4:57.71	2009

## AGE GROUP RECORDS 2012 - BOYS

### **FREESTYLE**

<b>50m</b>	17+	RORY HOLLINGS	COSACSS	24.54	2011
	16	KIERAN SMITH	Walsall	24.94	2012
	15	CHRISTOPHER FOX/ ADAM ROWE	Wolverhampton/ Stafford Apex	25.45 25.45	2005/ 2009
	14	ADAM ROWE	Stafford Apex	25.73	2008
	13	BEN WOOD	Chase	26.60	2008
	12	GABRIEL BUTLER	Chase	28.15	2011
	11	JACK SMITH	Newcastle	28.68	2008
	10	JACK SMITH	Newcastle	30.43	2007
	9	JACK SMITH	Newcastle	33.78	2006
<b>100m</b>	17+	ADAM TAYLOR	Walsall	52.87	2009
	16	EDWARD HALL	COSACSS	54.07	2004
	15	MATTHEW GEE	Stafford Apex	54.08	2008
	14	ADAM ROWE	Stafford Apex	54.84	2008
	13	ADAM ROWE	Stafford Apex	57.15	2007
	12	GABRIEL BUTLER	Chase	1:00.53	2011
	<b>200m</b>	17+	ADAM ROWE	Stafford Apex	1:54.19
16		ADAM ROWE	Stafford Apex	1:55.27	2010
15		ADAM ROWE	Stafford Apex	1:54.42	2009
14		BEN WOOD	Chase	1:57.66	2009
13		BEN WOOD	Chase	2:03.28	2008
12		GABRIEL BUTLER	Chase	2:10.16	2011
11		JACK SMITH	Newcastle	2:13.49	2008
10		JACK SMITH	Newcastle	2:23.17	2007
9		THOMAS WATKIN	Stafford Apex	2:39.53	2011
<b>400m</b>	17+	ADAM ROWE	Stafford Apex	4:02.24	2011
	16	ADAM ROWE	Stafford Apex	4:05.49	2010
	15	ADAM ROWE	Stafford Apex	4:06.50	2009
	14	JOSEPH HULME	Leek	4:10.71	2012
	13	BEN ROBERTS	Wolverhampton	4:20.98	2011
	12	ADAM ROWE	Stafford Apex	4:32.50	2006
	11	JACK SMITH	Newcastle	4:35.37	2008
	10	BEN ROBERTS	Phoenix Youth	5:04.81	2008
	<b>1500m</b>	17+	ADAM TAYLOR	Walsall	16:20.29
16		MATTHEW COPE	Walsall	16:37.83	2007
15		MATTHEW PERCIVAL	Stafford Apex	16:19.53	2004
14		BEN WOOD	Chase	16:28.74	2009
13		TOM DERBYSHIRE	Stafford Apex	17:01.17	2012
12		CASEY BARRETT	Bilston	17:39.59	2012

## AGE GROUP RECORDS 2012 - BOYS (continued)

### BACKSTROKE

<b>50m</b>	17+	CHRIS PICKERING	Wolverhampton	27.58	2003
	16	KIERAN SMITH	Walsall	28.09	2012
	15	KIERAN SMITH	Walsall	28.56	2011
	14	JOSEPH HULME	Leek	28.83	2012
	13	DAVID GREGORY	Newcastle	29.55	2006
	12	PATRICK DURIE	Stafford Apex	32.32	2002
	11	JACK SMITH	Newcastle	33.15	2008
	10	BEN ROBERTS	Phoenix Youth	35.98	2008
	9	LEWIS ASKEY	Chase	39.00	2011
<b>100m</b>	17+	ADAM TAYLOR	Walsall	58.47	2009
	16	KIERAN SMITH	Walsall	59.67	2012
	15	ADAM SILVESTER	Chase	1:00.26	2011
	14	ADAM SILVESTER	Chase	1:00.53	2010
	13	DAVID GREGORY	Newcastle	1:02.68	2006
	12	DAVID GREGORY	Newcastle	1:08.38	2005
<b>200m</b>	17+	CHRIS PICKERING	Newcastle	2:09.21	2004
	16	KIERAN SMITH	Walsall	2:08.88	2012
	15	KIERAN SMITH	Walsall	2:07.92	2011
	14	ADAM SILVESTER	Chase	2:10.28	2010
	13	JOSEPH HULME	Leek	2:15.12	2011
	12	BEN ROBERTS	Wolverhampton	2:25.43	2010
	11	BEN ROBERTS	Phoenix Youth	2:29.95	2009
	10	BEN ROBERTS	Phoenix Youth	2:41.76	2008
	9	ADAM LAKE	Stafford Apex	3:02.44	2002

### BREASTSTROKE

<b>50m</b>	17+	JOHN HEALEY	Chase	30.60	2003
	16	MATTHEW COPE	Walsall	31.45	2007
	15	CHRISTOPHER FOX	Wolverhampton	31.19	2005
	14	ROBERT COX	Bilston	33.04	2005
	13	ROBERT COX	Bilston	34.16	2004
	12	ROBERT COX	Bilston	35.75	2003
	11	ROBERT COX	Bilston	37.90	2002
	10	RORY HOLLINGS	Newcastle	41.44	2002
	9	JAMES ROBINSON	Phoenix Youth	44.02	2004
<b>100m</b>	17+	MATTHEW COPE	Walsall	1:07.14	2008
	16	MATTHEW COPE	Walsall	1:07.01	2007
	15	MATTHEW COPE	Walsall	1:09.12	2006
	14	CHRISTOPHER FOX	Wolverhampton	1:10.58	2004
	13	TOM DERBYSHIRE	Stafford Apex	1:14.07	2012
	12	GABRIEL BUTLER	Chase	1:15.80	2011
<b>200m</b>	17+	MITCHELL ADSHEAD	Chase	2:24.02	2011
	16	MATTHEW COPE	Walsall	2:22.65	2007
	15	CHRISTOPHER FOX	Wolverhampton	2:24.92	2005
	14	MATTHEW COPE	Walsall	2:33.51	2005
	13	TOM DERBYSHIRE	Stafford Apex	2:36.30	2012
	12	MATTHEW COPE	Walsall	2:48.01	2003
	11	MATTHEW COPE	Walsall	3:00.44	2002
	10	PETER COPELAND	Newcastle	3:12.74	2004
	9	PETER COPELAND	Newcastle	3:28.15	2003

## AGE GROUP RECORDS 2012 - BOYS (continued)

### **BUTTERFLY**

<b>50m</b>	17+	ADAM TAYLOR	Walsall	26.19	2009
	16	ADAM ROWE	Stafford Apex	27.07	2010
	15	ADAM ROWE	Stafford Apex	27.38	2009
	14	MATTHEW STEVENSON	Biddulph	27.59	2012
	13	MATTHEW STEVENSON	Biddulph	28.92	2011
	12	CASEY BARRETT	Bilston	31.00	2012
	11	BEN ROBERTS	Phoenix Youth	32.23	2009
	10	ANTHONY TILSTONE	COSACSS	34.10	1974
	9	ROGER KENNEDY	Phoenix Youth	39.35	2003
<b>100m</b>	17+	ADAM TAYLOR	Walsall	55.84	2009
	16	KIERAN SMITH	Walsall	58.99	2012
	15	ADAM TAYLOR	Walsall	1:00.12	2006
	14	MATTHEW STEVENSON	Biddulph	1:00.11	2012
	13	MATTHEW STEVENSON	Biddulph	1:03.53	2011
	12	BEN ROBERTS	Wolverhampton	1:08.84	2010
<b>200m</b>	17+	ADAM TAYLOR	Walsall	2:07.89	2009
	16	DANIEL VICKERS	Leek	2:06.31	2007
	15	DANIEL VICKERS	Leek	2:09.46	2006
	14	MATTHEW STEVENSON	Biddulph	2:13.37	2012
	13	MATTHEW STEVENSON	Biddulph	2:19.00	2011
	12	BEN ROBERTS	Wolverhampton	2:27.30	2010
	11	BEN ROBERTS	Phoenix Youth	2:35.25	2009
	10	RORY HOLLINGS	Newcastle	3:02.10	2002
	9	JOSEPH KINSELL	Chase	3:29.27	2007

### **INDIVIDUAL MEDLEY**

<b>100m</b>	17+	ADAM TAYLOR	Walsall	59.52	2009
	16	KIERAN SMITH	Walsall	1:00.96	2012
	15	CHRISTOPHER FOX	Wolverhampton	1:02.26	2005
	14	ADAM TAYLOR	Walsall	1:05.00	2005
	13	PATRICK DURIE	Stafford Apex	1:06.58	2003
	12	PATRICK DURIE	Stafford Apex	1:11.17	2002
	11	JACK SMITH	Newcastle	1:14.67	2008
	10	JACK SMITH	Newcastle	1:18.46	2007
	9	BEN ROBERTS	Phoenix Youth	1:28.48	2007
<b>200m</b>	17+	MITCHELL ADSHEAD	Chase	2:09.05	2011
	16	MATTHEW COPE	Walsall	2:10.68	2007
	15	MATTHEW COPE	Walsall	2:14.23	2006
	14	JOSEPH HULME	Leek	2:14.85	2012
	13	TOM STEEN	Walsall	2:20.51	2006
	12	PATRICK DURIE	Stafford Apex	2:29.14	2002
	11	JACK SMITH	Newcastle	2:33.70	2008
	10	BEN ROBERTS	Phoenix Youth	2:49.38	2008
	9	LUKE SKELDING	Chase	3:08.60	2012
<b>400m</b>	17+	MITCHELL ADSHEAD	Chase	4:33.88	2011
	16	MATTHEW COPE	Walsall	4:36.28	2007
	15	MATTHEW COPE	Walsall	4:45.67	2006
	14	JOSEPH HULME	Leek	4:41.74	2012
	13	JOSEPH HULME	Leek	4:49.32	2011
	12	JOSEPH HULME	Leek	5:08.05	2010
	11	BEN ROBERTS	Phoenix Youth	5:26.04	2009
	10	JACK SMITH	Newcastle	6:00.04	2007

## AGE GROUP RECORDS 2012 - GIRLS

### **FREESTYLE**

<b>50m</b>	17+	KATE WARD	Wolverhampton Masters	27.18	2010
	16	EMMA WILKINS	Chase	27.15	2007
	15	JESSICA PREECE	Stafford Apex	27.42	2000
	14	RACHAEL KELLY	Newcastle	28.04	2008
	13	CHLOE JOHNSON	Cheadle	28.62	2011
	12	HANNAH JONES	Stafford Apex	28.96	1999 (ht)
	11	HANNAH JONES	Stafford Apex	29.81	1998 (ht)
	10	LESLEY DAWSON	Newcastle	31.65	2005
	9	CHLOE JOHNSON	Cheadle	33.95	2007
<b>100m</b>	17+	TERRI DUNNING	Chase	57.71	2004
	16	RACHAEL KELLY	Newcastle	58.43	2010
	15	RACHAEL KELLY	Newcastle	58.71	2009
	14	RACHAEL KELLY	Newcastle	1:00.13	2008
	13	ALICE HOLMES	Stafford Apex	1:01.78	2009
	12	KATIE RAYBOULD	Stafford Apex	1:03.12	2003
	11	HANNAH JONES	Stafford Apex	1:04.11	1998
	<b>200m</b>	17+	TERRI DUNNING	Chase	2:04.89
16		JESSICA SYLVESTER	Newcastle	2:05.09	2004
15		DANIELLE AMSON	Leek	2:08.23	2008
14		JESSICA DOW	Leek	2:08.38	2012
13		KATIE RAYBOULD	Stafford Apex	2:08.98	2004
12		KATIE RAYBOULD	Stafford Apex	2:12.37	2003
11		KATIE RAYBOULD	Stafford Apex	2:17.10	2002
10		CATHERINE ARNOLD	Walsall	2:28.04	2005
9		BETHANY JACKSON	Brierley Hill	2:39.02	2004
<b>400m</b>	17+	TERRI DUNNING	Chase	4:22.66	2004
	16	HANNAH JONES	Stafford Apex	4:24.84	2003
	15	NATALIE STEELE	COSACSS	4:26.31	2008
	14	KATIE RAYBOULD	Stafford Apex	4:28.47	2005
	13	KATIE RAYBOULD	Stafford Apex	4:30.38	2004
	12	KATIE RAYBOULD	Stafford Apex	4:36.27	2003
	11	KATIE RAYBOULD	Stafford Apex	4:43.99	2002
	10	KEIRA WILKINSON	Stafford Apex	5:11.07	2005
	<b>800m</b>	17+	HANNAH JONES	Stafford Apex	9:00.79
16		HANNAH JONES	Stafford Apex	8:55.63	2003
15		NATALIE STEELE	COSACSS	9:06.66	2008
14		LAURA WOOD	Stafford Apex	9:08.34	2005
13		KATIE RAYBOULD	Stafford Apex	9:13.70	2004
12		KATIE RAYBOULD	Stafford Apex	9:18.50	2003
11		CHLOE JOHNSON	Cheadle	9:54.87	2009

**AGE GROUP RECORDS 2012 - GIRLS (continued)****BACKSTROKE**

<b>50m</b>	17+	TERRI DUNNING	Chase	30.18	2004
	16	JESSICA SYLVESTER	Newcastle	30.82	2004
	15	REBECCA PRICE	Cheadle	30.62	2002
	14	ELLA BOWKLEY	Wolverhampton	30.91	2012
	13	CHLOE JOHNSON	Cheadle	32.05	2011
	12	CHLOE JOHNSON	Cheadle	33.22	2010
	11	KATIE RAYBOULD	Stafford Apex	33.94	2002
	10	CHLOE JOHNSON	Cheadle	36.37	2008
	9	CHELSEA CRADDOCK	Phoenix Youth	38.38	2004
<b>100m</b>	17+	TERRI DUNNING	Chase	1:04.06	2004
	16	DANIELLE AMSON	Leek	1:03.58	2009
	15	DANIELLE AMSON	Leek	1:03.91	2008
	14	ELLA BOWKLEY	Wolverhampton	1:05.55	2012
	13	CHLOE JOHNSON	Cheadle	1:06.88	2011
	12	CHLOE JOHNSON	Cheadle	1:09.54	2010
	11	CHLOE JOHNSON	Cheadle	1:11.87	2009
	<b>200m</b>	17+	TERRI DUNNING	Chase	2:15.05
16		DANIELLE AMSON	Leek	2:15.34	2009
15		DANIELLE AMSON	Leek	2:16.15	2008
14		CHLOE JOHNSON	Cheadle	2:19.92	2012
13		CHLOE JOHNSON	Cheadle	2:22.81	2011
12		HOLLY SHEPHERD	Leek	2:28.26	2011
11		KATIE RAYBOULD	Stafford Apex	2:33.32	2002
10		CHLOE JOHNSON	Cheadle	2:40.99	2008
9		CHLOE JOHNSON	Cheadle	2:57.08	2007

**BREASTSTROKE**

<b>50m</b>	17+	PIPPA HOLLINGS	Newcastle	35.44	2003
	16	JODIE HAWKSWORTH	Cheadle	33.64	2012
	15	JODIE HAWKSWORTH	Cheadle	34.45	2011
	14	JODIE HAWKSWORTH	Cheadle	34.60	2010
	13	JODIE HAWKSWORTH	Cheadle	34.69	2009
	12	LAURA BLOOMER	Phoenix Youth	36.17	2009
	11	ELEANOR JONES	Biddulph	38.35	2005
	10	LAURA BLOOMER	Phoenix Youth	42.29	2007
	9	VICTORIA ROBINSON	Phoenix Youth	45.75	2003
<b>100m</b>	17+	KATIE JACKSON	Stafford Apex	1:16.73	2003
	16	KATE GIBSON	Chase	1:12.11	2005
	15	KATE GIBSON	Chase	1:15.08	2004
	14	HEIDI EARP	Newcastle	1:16.25	1994
	13	JODIE HAWKSWORTH	Cheadle	1:14.27	2009
	12	LAURA BLOOMER	Phoenix Youth	1:17.54	2009
	11	ELEANOR JONES	Biddulph	1:23.33	2005
	<b>200m</b>	17+	ELEANOR JONES	Biddulph	2:42.31
16		JODIE HAWKSWORTH	Cheadle	2:37.36	2012
15		JODIE HAWKSWORTH	Cheadle	2:38.50	2011
14		JODIE HAWKSWORTH	Cheadle	2:40.09	2010
13		JODIE HAWKSWORTH	Cheadle	2:36.00	2009
12		ELEANOR JONES	Newcastle	2:46.37	2006
11		LAURA BLOOMER	Phoenix Youth	2:56.48	2008
10		ELEANOR JONES	Biddulph	3:12.05	2004
9		KEIRA WILKINSON	Stafford Apex	3:25.49	2004

**AGE GROUP RECORDS 2012 - GIRLS (continued)****BUTTERFLY**

<b>50m</b>	17+	TERRI DUNNING	Chase	29.50	2004
	16	RACHAEL KELLY	Newcastle	29.67	2010
	15	REBECCA PRICE	Cheadle	29.74	2002
	14	RACHAEL KELLY	Newcastle	29.38	2008
	13	CHLOE JOHNSON	Cheadle	31.12	2011
	12	CHLOE JOHNSON	Cheadle	31.95	2010
	11	CHLOE JOHNSON	Cheadle	33.41	2009
	10	PHOEBE VYSE	Newcastle	34.65	2006
	9	CHLOE JOHNSON	Cheadle	36.65	2007
<b>100m</b>	17+	RACHAEL KELLY	Newcastle	1:01.27	2011
	16	RACHAEL KELLY	Newcastle	1:01.62	2010
	15	RACHAEL KELLY	Newcastle	1:02.81	2009
	14	RACHAEL KELLY	Newcastle	1:03.85	2008
	13	REBECCA PRICE	Cheadle	1:08.25	1999
	12	KATIE RAYBOULD	Stafford Apex	1:11.30	2003
	11	PHOEBE VYSE	Newcastle	1:15.46	2007
<b>200m</b>	17+	TERRI DUNNING	Chase	2:15.61	2004
	16	JESSICA SYLVESTER	Newcastle	2:18.85	2004
	15	JESSICA SYLVESTER	Newcastle	2:22.26	2003
	14	JESSICA DOW	Leek	2:21.16	2012
	13	KATIE RAYBOULD	Stafford Apex	2:28.35	2004
	12	JESSICA McGUCKIN	Stafford Apex	2:36.45	2002
	11	PHOEBE VYSE	Newcastle	2:39.65	2007
	10	PHOEBE VYSE	Newcastle	2:57.25	2006
	9	CHLOE JOHNSON	Cheadle	3:10.83	2007

**INDIVIDUAL MEDLEY**

<b>100m</b>	17+	TERRI DUNNING	Chase	1:04.57	2004
	16	JESSICA SYLVESTER	Newcastle	1:04.80	2004
	15	JODIE HAWKSWORTH	Cheadle	1:07.48	2011
	14	JODIE HAWKSWORTH	Cheadle	1:08.32	2010
	13	CHLOE JOHNSON	Cheadle	1:10.18	2011
	12	KATIE RAYBOULD	Stafford Apex	1:12.36	2003
	11	KATIE RAYBOULD	Stafford Apex	1:15.48	2002
	10	ABIGAIL HYMAS	Cheadle	1:20.27	2012
	9	CHLOE JOHNSON	Cheadle	1:26.71	2007
<b>200m</b>	17+	TERRI DUNNING	Chase	2:19.16	2004
	16	JESSICA SYLVESTER	Newcastle	2:20.94	2004
	15	DANIELLE MULLINDER	Wolverhampton	2:23.20	2012
	14	JESSICA DOW	Leek	2:24.94	2012
	13	KATIE RAYBOULD	Stafford Apex	2:24.65	2004
	12	KATIE RAYBOULD	Stafford Apex	2:31.37	2003
	11	KATIE RAYBOULD	Stafford Apex	2:37.13	2002
	10	KEIRA WILKINSON	Stafford Apex	2:50.74	2005
	9	KEIRA WILKINSON	Stafford Apex	3:04.48	2004
<b>400m</b>	17+	TERRI DUNNING	Chase	4:53.39	2004
	16	DANIELLE AMSON	Leek	4:57.71	2009
	15	DANIELLE MULLINDER	Wolverhampton	5:00.91	2012
	14	JESSICA DOW	Leek	5:02.35	2012
	13	KATIE RAYBOULD	Stafford Apex	5:06.01	2004
	12	KATIE RAYBOULD	Stafford Apex	5:15.45	2003
	11	CHELSEA CRADDOCK	Walsall	5:36.88	2006
	10	KEIRA WILKINSON	Stafford Apex	5:52.79	2005