

CHAMPIONSHIP RECORDS - 2009

MEN

FREESTYLE

50m	JEREMY BIRDS	Stafford Apex	24.00	1996
100m	MICHAEL BOWD	Walsall	52.15	1994
200m	ADAM ROWE	Stafford Apex	1:54.42	2009
400m	MAGNUS WEIGHTON	Wolverhampton	4:05.56	1992
800m	ADAM TAYLOR	Walsall	8:32.50	2008
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	MATTHEW COPE	Walsall	4:36.28	2007

JUNIOR MEN

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	4:06.50	2009
800m	BEN WOOD	Chase	8:32.94	2009
1500m	MATTHEW PERCIVAL	Stafford Apex	16:19.53	2004

BACKSTROKE

50m	CHRIS PICKERING	Broadway	28.70	1999
100m	TOM STEEN	Walsall	1:00.55	2008
200m	TOM STEEN	Walsall	2:09.49	2008

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	27.38	2009
100m	DANIEL VICKERS	Leek	59.18	2007
200m	DANIEL VICKERS	Leek	2:06.31	2007

INDIVIDUAL MEDLEY

100m	MATTHEW COPE	Walsall	1:02.01	2007
200m	MATTHEW COPE	Walsall	2:10.68	2007
400m	MATTHEW COPE	Walsall	4:36.28	2007

CHAMPIONSHIP RECORDS 2009

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
1500m	ZOË DAVIES	Phoenix Youth	17:47.59	2009

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	HEIDI EARP	Newcastle	34.07	1998
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	TERRI DUNNING	Chase	1:02.29	2004
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	JESSICA SYLVESTER	Newcastle	58.66	2004
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
1500m	ZOË DAVIES	Phoenix Youth	17:47.59	2009

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	34.69	2009
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	1:02.81	2009
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 2009 - BOYS

FREESTYLE

50m	17+	DANIEL FARNELL	Brierley Hill	24.69	2007
	16	EDWARD HALL	COSACSS	24.95	2004
	15	CHRISTOPHER FOX/ ADAM ROWE	Wolverhampton/ Stafford Apex	25.45	2005/ 2009
	14	ADAM ROWE	Stafford Apex	25.73	2008
	13	BEN WOOD	Chase	26.60	2008
	12	GRANT COOPER	Broadway	28.68	2004
	11	JACK SMITH	Newcastle	28.68	2008
	10	JACK SMITH	Newcastle	30.43	2007
	9	JACK SMITH	Newcastle	33.78	2006
100m	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	OLIVER SIMPSON	Biddulph	1:01.84	2009
200m	17+	ADAM TAYLOR	Walsall	1:55.05	2009
	16	MATTHEW COPE/ MATTHEW GEE	Walsall/ Stafford Apex	1:59.28	2007/ 2009
	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	BEN WOOD	Chase	2:12.48	2007
	11	JACK SMITH	Newcastle	2:13.49	2008
	10	JACK SMITH	Newcastle	2:23.17	2007
	9	BEN ROBERTS	Phoenix Youth	2:45.98	2007
400m	17+	ADAM TAYLOR	Walsall	4:06.66	2008
	16	MATTHEW COPE	Walsall	4:11.64	2007
	15	ADAM ROWE	Stafford Apex	4:06.50	2009
	14	BEN WOOD	Chase	4:13.66	2009
	13	BEN WOOD	Chase	4:23.76	2008
	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
	800m	17+	ADAM TAYLOR	Walsall	8:32.50
16		ALEXANDER FRASER	Newcastle	9:12.29	2009
15		DARIUS SANGHORI	Stafford Apex	8:46.81	2009
14		BEN WOOD	Chase	8:32.94	2009
13		BEN WOOD	Chase	8:58.79	2008
12		OLIVER SIMPSON	Biddulph	9:45.26	2009
1500m	17+	ADAM TAYLOR	Walsall	16:20.29	2008
	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	ADAM ROWE	Stafford Apex	17:06.89	2007
	12	BEN WOOD	Chase	17.53.84	2007

AGE GROUP RECORDS 2009 - BOYS (continued)

BACKSTROKE

50m	17+	CHRIS PICKERING	Wolverhampton	27.58	2003
	16	DANIEL PICKERING	Chase	28.88	2005
	15	ADAM TAYLOR	Walsall	28.98	2006
	14	GRANT COOPER	Walsall	30.06	2006
	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	JACK SMITH	Newcastle	39.26	2006
100m	17+	ADAM TAYLOR	Walsall	58.47	2009
	16	DAVID PLANT	Dove Valley	1:02.45	2005
	15	TOM STEEN	Walsall	1:00.55	2008
	14	ADAM TAYLOR	Walsall	1:03.02	2005
	13	DAVID GREGORY	Newcastle	1:02.68	2006
	12	DAVID GREGORY	Newcastle	1:08.38	2005
200m	17+	CHRIS PICKERING	Newcastle	2:09.21	2004
	16	DANIEL VICKERS	Leek	2:09.70	2007
	15	TOM STEEN	Walsall	2:09.49	2008
	14	ADAM TAYLOR	Walsall	2:14.03	2005
	13	DAVID GREGORY	Newcastle	2:15.73	2006
	12	THOMAS STEEN	Walsall	2:25.84	2005
	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

50m	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
100m	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	ANDREW RATCLIFFE	Newcastle	1:15.94	1999
	12	JOSHUA PACHOCKI	Wolverhampton	1:17.31	2009
200m	17+	MATTHEW COPE	Walsall	2:25.48	2008
	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	MITCHELL ADSHEAD	Chase	2:38.79	2007
	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 2009 - BOYS (continued)

BUTTERFLY

50m	17+	ADAM TAYLOR	Walsall	26.19	2009
	16	DANIEL VICKERS	Leek	27.50	2007
	15	ADAM ROWE	Stafford Apex	27.38	2009
	14	BEN WOOD	Chase	29.17	2009
	13	BEN WOOD	Chase	30.01	2008
	12	PATRICK DURIE	Stafford Apex	31.10	2002
	11	BEN ROBERTS	Phoenix Youth	32.23	2009
	10	ANTHONY TILSTONE	COSACSS	34.10	1974
	9	ROGER KENNEDY	Phoenix Youth	39.35	2003
100m	17+	ADAM TAYLOR	Walsall	55.84	2009
	16	DANIEL VICKERS	Leek	59.18	2007
	15	ADAM TAYLOR	Walsall	1:00.12	2006
	14	ADAM TAYLOR	Walsall	1:02.20	2005
	13	BEN WOOD	Chase	1:05.59	2008
	12	RORY HOLLINGS	Newcastle	1:09.71	2004
	200m	17+	ADAM TAYLOR	Walsall	2:07.89
16		DANIEL VICKERS	Leek	2:06.31	2007
15		DANIEL VICKERS	Leek	2:09.46	2006
14		DANIEL VICKERS	Leek	2:17.27	2005
13		JACOB LAYBOURNE	Wolverhampton	2:26.35	2007
12		JACOB LAYBOURNE	Wolverhampton	2:35.50	2006
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

100m	17+	ADAM TAYLOR	Walsall	59.52	2009
	16	MATTHEW COPE	Walsall	1:02.01	2007
	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
200m	17+	MATTHEW COPE	Walsall	2:09.35	2008
	16	MATTHEW COPE	Walsall	2:10.68	2007
	15	MATTHEW COPE	Walsall	2:14.23	2006
	14	BEN WOOD	Chase	2:17.41	2009
	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	ADAM TAYLOR	Stafford Apex	3:13.53	2002
400m	17+	MATTHEW COPE	Walsall	4:39.84	2008
	16	MATTHEW COPE	Walsall	4:36.28	2007
	15	MATTHEW COPE	Walsall	4:45.67	2006
	14	MATTHEW COPE	Walsall	4:50.69	2005
	13	MITCHELL ADSHEAD	Chase	4:59.88	2007
	12	RORY HOLLINGS	Newcastle	5:14.80	2004
	11	BEN ROBERTS	Phoenix Youth	5:26.04	2009
	10	JACK SMITH	Newcastle	6:00.04	2007

AGE GROUP RECORDS 2009 - GIRLS

FREESTYLE

50m	17+	TERRI DUNNING	Chase	27.26	2004
	16	EMMA WILKINS	Chase	27.15	2007
	15	JESSICA PREECE	Stafford Apex	27.42	2000
	14	RACHAEL KELLY	Newcastle	28.04	2008
	13	REBECCA PRICE	Cheadle	28.69	1999
	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
100m	17+	TERRI DUNNING	Chase	57.71	2004
	16	JESSICA SYLVESTER	Newcastle	58.66	2004
	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
	200m	17+	TERRI DUNNING	Chase	2:04.89
16		JESSICA SYLVESTER	Newcastle	2:05.09	2004
15		DANIELLE AMSON	Leek	2:08.23	2008
14		KATIE RAYBOULD	Stafford Apex	2:08.81	2005
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
400m	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
800m	17+	HANNAH JONES	Stafford Apex	9:00.79	2004
	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
1500m	17+	LUCY RANFORD	Phoenix Youth	19:52.06	2009
	16	No Swimmers 2008/2009			
	15	ZOË DAVIES	Phoenix Youth	17:47.59	2009
	14	CHLOE WILLIAMS	Stafford Apex	18:07.62	2009
	13	CHLOE WILLIAMS	Stafford Apex	18:48.04	2008
	12	SOPHIE SMITH-JONES	Stafford Apex	19:22.35	2009
	11	GEORGIA DRIVER	Wolverhampton	20:24.45	2009

AGE GROUP RECORDS 2009 - GIRLS (continued)

BACKSTROKE

50m	17+	TERRI DUNNING	Chase	30.18	2004
	16	JESSICA SYLVESTER	Newcastle	30.82	2004
	15	REBECCA PRICE	Cheadle	30.62	2002
	14	JESSICA SYLVESTER	Newcastle	31.53	2002
	13	DANIELLE AMSON	Leek	32.14	2006
	12	HANNAH WOODWARD	Cheadle	33.50	1997
	11	KATIE RAYBOULD	Stafford Apex	33.94	2002
	10	CHLOE JOHNSON	Cheadle	36.37	2008
	9	CHELSEA CRADDOCK	Phoenix Youth	38.38	2004
100m	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	JESSICA SYLVESTER	Newcastle	1:06.59	2002
	13	SOPHIE PYATT	Biddulph	1:08.36	2009
	12	KATIE RAYBOULD	Stafford Apex	1:10.87	2003
	11	CHLOE JOHNSON	Cheadle	1:11.87	2009
	200m	17+	TERRI DUNNING	Chase	2:15.05
16		DANIELLE AMSON	Leek	2:15.34	2009
15		DANIELLE AMSON	Leek	2:16.15	2008
14		DANIELLE AMSON	Leek	2:21.69	2007
13		REBECCA PRICE	Cheadle	2:23.56	1999
12		KATIE RAYBOULD	Stafford Apex	2:28.83	2003
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

50m	17+	PIPPA HOLLINGS	Newcastle	35.44	2003
	16	KATIE RAYBOULD	Chase	34.94	2007
	15	KATE GIBSON	Chase	34.78	2004
	14	KATE GIBSON	Chase	35.78	2003
	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
100m	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
	200m	17+	CHARLOTTE JACKSON	Stafford Apex	2:44.26
16		KATIE RAYBOULD	Chase	2:39.42	2007
15		KATIE RAYBOULD	Chase	2:42.10	2006
14		KATIE RAYBOULD	Stafford Apex	2:44.28	2005
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 2009 - GIRLS (continued)**BUTTERFLY**

50m	17+	TERRI DUNNING	Chase	29.50	2004
	16	JESSICA SYLVESTER	Newcastle	29.95	2004
	15	REBECCA PRICE	Cheadle	29.74	2002
	14	RACHAEL KELLY	Newcastle	29.38	2008
	13	VICKI NASH	Phoenix Youth	31.29	1997
	12	VICKI NASH	Phoenix Youth	32.04	1996
	11	CHLOE JOHNSON	Cheadle	33.41	2009
	10	PHOEBE VYSE	Newcastle	34.65	2006
	9	CHLOE JOHNSON	Cheadle	36.65	2007
100m	17+	TERRI DUNNING	Chase	1:02.29	2004
	16	JESSICA SYLVESTER	Newcastle	1:03.25	2004
	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
	200m	17+	TERRI DUNNING	Chase	2:15.61
16		JESSICA SYLVESTER	Newcastle	2:18.85	2004
15		JESSICA SYLVESTER	Newcastle	2:22.26	2003
14		KATIE RAYBOULD	Stafford Apex	2:25.86	2005
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

100m	17+	TERRI DUNNING	Chase	1:04.57	2004
	16	JESSICA SYLVESTER	Newcastle	1:04.80	2004
	15	JESSICA SYLVESTER	Newcastle	1:07.67	2003
	14	KATIE RAYBOULD	Stafford Apex	1:09.08	2005
	13	KATIE RAYBOULD	Stafford Apex	1:10.74	2004
	12	KATIE RAYBOULD	Stafford Apex	1:12.36	2003
	11	KATIE RAYBOULD	Stafford Apex	1:15.48	2002
	10	CHLOE JOHNSON	Cheadle	1:20.39	2008
	9	CHLOE JOHNSON	Cheadle	1:26.71	2007
200m	17+	TERRI DUNNING	Chase	2:19.16	2004
	16	JESSICA SYLVESTER	Newcastle	2:20.94	2004
	15	DANIELLE AMSON	Leek	2:24.72	2008
	14	JESSICA SYLVESTER	Newcastle	2:26.26	2002
	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
400m	17+	TERRI DUNNING	Chase	4:53.39	2004
	16	DANIELLE AMSON	Leek	4:57.71	2009
	15	DANIELLE AMSON	Leek	5:04.16	2008
	14	KATIE RAYBOULD	Stafford Apex	5:05.97	2005
	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