

50m Freestyle				50m Breastroke			
Mens	Alex Bowen	23.40	Youth Nationals - 17/07/12	Mens	Peter Ross	30.30	ASA national champs - 27/07/07
Womens	Caroline Woodcock	26.01	Bonn - European champs 20/08/89	Womens	Rachael Bowen	34.28	SER champs Wycombe - 01/05/17
100m Freestyle				100m Breastroke			
Mens	Alex Bowen	54.36	Youth nationals - 07/07/12	Mens	Peter Ross	1.06.85	Crawley meet - 08/10/06
Womens	Caroline Woodcock	58.82	No venue recorded 25/03/89	Womens	Emma Shilton	1.16.00	Youth nationals - 02/08/14
200m Freestyle				200m Breastroke			
Mens	Guy Cooper	2.00.59	SER champs K2 - 31/05/15	Mens	Peter Ross	2.24.50	ASA national champs - 27/07/07
Womens	Emma Shilton	2.13.36	SER champs - 05/05/14	Womens	Emma Shilton	2.49.89	SER champs - 25/05/13
400m Freestyle				50m Fly			
Mens	Matthew Gibson	4.21.89	Crawley meet K2 - 20/11/10	Mens	Alex Bowen	25.02	Youth nationals - 31/07/13
Womens	Charlotte Johnson	4.34.50	SER champs Crawley - 14/05/17	Womens	Rachael Bowen	28.17	SER champs Portsmouth - 30/04/16
800m Freestyle				100m Fly			
Mens	Matthew Gibson	9.08.69	Sussex county champs - 07/03/10	Mens	Guy Cooper	58.68	Loughborough team trials - 25/09/15
Womens	Charlotte Johnson	9.29.13	Crawley L1 meet K2 07/04/17	Womens	Rachael Bowen	1.06.23	Sheffield meet - 05/12/09
1500m Freestyle				200m Fly			
Mens	Matthew Gibson	17.18.60	Meet of legends - 21/05/10	Mens	Guy Cooper	2.19.05	Crawley L1 meet K2 - 09/04/17
Womens	Laura Risby	19.13.61	Sussex county champs - 16/03/08	Womens	Charlotte Johnson	2.32.95	Sussex county champs - 11/02/17
50m Backstroke				200m IM			
Mens	Ollie Goodhew	28.14	Sussex county champs -12/02/17	Mens	David Masters	2.10.82	Youth nationals - 17/07/12
Womens	Georgina Gratton	30.82	SER champs Wycombe - 29/04/17	Womens	Charlotte Johnson	2.32.40	Sussex county champs - 12/02/17
100m Backstroke				400m IM			
Mens	Ollie Goodhew	59.26	Sussex county champs - 11/02/17	Mens	David Warren	4.54.86	British Masters nationals - 19/06/09
Womens	Sophie Shaw	1.05.96	Guildford city open meet - 26/03/17	Womens	Emma Shilton	5.22.32	SER champs - 04/05/14
200m Backstroke							
Mens	Ollie Goodhew	2.07.89	Youth nationals - 31/07/13				
Womens	Sophie Shaw	2.24.85	Guildford city open meet - 25/03/17				