

Short	Course Event	Time	Swimmer	Venue	Year	Long	Course Event	Time		Venue	Year
50m	Freestyle	27.27	Catherine Pickthall		2009	50m	Freestyle	27.32	Catherine Pickthall		2009
100m	Freestyle	58.84	Catherine Pickthall		2009	100m	Freestyle	58.88	Catherine Pickthall		2009
200m	Freestyle	2.12.43	Catherine Pickthall		2004	200m	Freestyle	2.07.74	Catherine Pickthall		2009
400m	Freestyle	4.42.35	Ella Mounsey	Blackpool	2015	400m	Freestyle	4.51.51	Ella Mounsey	Liverpool	2015
800m	Freestyle	9.55.29	Megan Jones	Kendal	2018	800m	Freestyle				
1500m	Freestyle	19.16.25	Megan Jones	Kendal	2018	1500m	Freestyle				
50m	Breaststroke	35.82	Megan Jones	Kendal	2018	50m	Breaststroke	36.61	Catherine Pickthall		2008
100m	Breaststroke	1.18.39	Megan Jones	Kendal	2002	100m	Breaststroke	1.18.07	Catherine Pickthall		2008
200m	Breaststroke	2.49.03	Catherine Pickthall		2007	200m	Breaststroke	2.52.07	Catherine Pickthall		2008
50m	Backstroke	31.65	Tamsin Richardson		1999	50m	Backstroke	32.84	Catherine Pickthall		2007
100m	Backstroke	1.07.74	Tamsin Richardson		1999	100m	Backstroke	1.12.18	Ella Mounsey	Manchester	2015
200m	Backstroke	2.24.53	Tamsin Richardson		1999	200m	Backstroke	2.33.50	Ella Mounsey	Manchester	2015
50m	Butterfly	28.64	Catherine Pickthall		2009	50m	Butterfly	28.62	Ella Mounsey	Manchester	2009
100m	Butterfly	1.04.14	Catherine Pickthall		2009	100m	Butterfly	1.04.13	Catherine Pickthall		2008
200m	Butterfly	2.26.25	Catherine Pickthall		2005	200m	Butterfly	2.46.06	Emily Reay	Sunderland	2016
100m	Ind Medley	1.05.85	Catherine Pickthall		2009						
200m	Ind Medley	2.25.80	Catherine Pickthall		2008	200m	Ind Medley	2.28.65	Catherine Pickthall		2008
400m	Ind Medley	5.21.76	Megan Jones	Carlisle	2018	400m	Ind Medley	6.14.02	Bethan Rowley	Sunderland	2017