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| --- | --- | --- | --- | --- | --- |
| **Distance** | **Stroke** | **Name** | **Time** | **Venue** | **Year** |
| 50 | Backstroke | Lewis Bailey | 28:58 | Carlisle | 2013 |
| 100 | Backstroke | Lewis Bailey | 1:02:23 | Copeland | 2008 |
| 200 | Backstroke | Lewis Bailey | 2:14:52 | Kendal | 2007 |
| 50 | Breaststroke | Richard Whyte | 32:06 | Barrow | 2007 |
| 100 | Breaststroke | Finley Quayle | 1:11:77 | Manchester | 2019 |
| 200 | Breaststroke | Finley Quayle | 2:36:76 | Workington | **2020** |
| 50 | Butterfly | Jonathan Cullen | 27:54 | Carlisle | 2008 |
| 100 | Butterfly | Jonathan Cullen | 1:00:03 | Copeland | 2009 |
| 200 | Butterfly | Isaac Hinde | 2:18:09 | Carlisle | 2018 |
| 50 | Freestyle | Jordan Cooley | 24:48 | Manchester | 2016 |
| 100 | Freestyle | Jordan Cooley | 54:76 | Kendal | 2015 |
| 200 | Freestyle | Jordan Cooley | 2:00:41 | Copeland | 2016 |
| 400 | Freestyle | Jordan Cooley | 4:20:06 | Kendal | 2016 |
| 800 | Freestyle | Isaac Hinde | 9:03:75 | Copeland | 2018 |
| 1500 | Freestyle | Isaac Hinde | 17:09:86 | Workington | 2018 |
| 100 | I.M. | Richard Whyte | 1:03:10 | Copeland | 2007 |
| 200 | I.M. | Jordan Cooley | 2:18:47 | Copeland | 2016 |
| 400 | I.M. | Isaac Hinde | 4:52:67 | Copeland | 2018 |
| 50 | Backstroke | Rebecca Wilson | 31.14 | Workington | **2020** |
| 100 | Backstroke | Rebecca Amor | 1.06.97 | Copeland | 2019 |
| 200 | Backstroke | Rebecca Wilson | 2:31:69 | Workington | 2017 |
| 50 | Breaststroke | Rebecca Wilson | 34:19 | Carlisle | 2018 |
| 100 | Breaststroke | Grace Newlands | 1:15:68 | Copeland | 2010 |
| 200 | Breaststroke | Grace Newlands | 2:41:02 | Copeland | 2010 |
| 50 | Butterfly | Rebecca Amor | 28:72 | Manchester | 2019 |
| 100 | Butterfly | Rebecca Amor | 1:03:82 | Workington | **2020** |
| 200 | Butterfly | Rebecca Amor | 2:21:37 | Copeland | 2019 |
| 50 | Freestyle | Rebecca Amor | 27:20 | Workington | **2020** |
| 100 | Freestyle | Rebecca Amor | 59:19 | Sheffield | 2019 |
| 200 | Freestyle | Rebecca Amor | 2:11:23 | Workington | 2019 |
| 400 | Freestyle | Anna Newlands | 4:38:91 | Copeland | 2011 |
| 800 | Freestyle | Rebecca Amor | 9:34:79 | Copeland | 2019 |
| 1500 | Freestyle | Rebecca Amor | 18:45:19 | Copeland | 2019 |
| 100 | I.M. | Rebecca Amor | 1:06:76 | Manchester | 2019 |
| 200 | I.M. | Rebecca Amor | 2:25:22 | Kendal | 2019 |
| 400 | I.M. | Rebecca Amor | 5:10:60 | Copeland | 2019 |