**TEAM LUTON SWIMMING CLUB
MASTERS RECORDS - WOMEN**

|  |  |  |
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| **SHORT COURSE** | **18 - 24 Years** | **LONG COURSE** |
| 0:30.72 | 30.10.10 | Emma Powell | Sheffield | 50 F/s | 0:32.860:32.86 | 19.01.2016.06.07 | Alice PinneyEmma Cattle | CrawleyManchester |
| 1:09.17 | 17.02.19 | Alice Pinney | Sudbury | 100 F/s | 1:12.36 | 11.05.19 | Alice Pinney | Norwich |
| 2:28.65 | 30.10.10 | Susanna Halls | Sheffield | 200 F/s | 2:35.20 | 18.06.06 | Kate Johnson | Manchester |
| 5:20.90 | 30.10.10 | Susanna Halls | Sheffield | 400 F/s | 5:23.17 | 18.06.06 | Kate Johnson | Manchester |
| 9:27.61 | 08.07.17 | Nicola Pasquire | Barnet Copthall | 800 F/s | 11:06.16 | 17.06.06 | Kate Johnson | Manchester |
| 21:56.44 | 23.11.19 | Alice Pinney | Barnet Copthall | 1500 F/s | 21:18.71 | 16.06.06 | Kate Johnson | Manchester |
| 0:33.72 | 21.11.10 | Emma Powell | Newmarket | 50 Back | 0:39.05 | 11.05.19 | Alice Pinney | Norwich |
| 1:14.57 | 31.10.10 | Emma Powell | Sheffield | 100 Back | 1:28.92 | 11.05.19 | Alice Pinney | Norwich |
| 2:55.97 | 28.10.17 | Amy Pelling | Sheffield | 200 Back | 02:51.99 | 15.06.07 | Emma Cattle | Manchester |
| 0:37.03 | 01.11.02 | Claire Stokes | Sheffield | 50 Breast |  |  |  |  |
| 1:20.58 | 02.11.02 | Claire Stokes | Sheffield | 100 Breast |  |  |  |  |
| 2:55.82 | 03.11.02 | Claire Stokes | Sheffield | 200 Breast |  |  |  |  |
| 0:33.61 | 28.10.11 | Zoe Smith | Sheffield | 50 B/fly | 0:36.56 | 11.05.19 | Alice Pinney | Norwich |
|  |  |  |  | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly | 3:14.64 | 16.06.06 | Kate Johnson | Manchester |
| 1:16.75 | 02.11.02 | Claire Stokes | Sheffield | 100 Ind Med |  |  |  |  |
| 2:52.92 | 01.10.11 | Zoe Smith | Newmarket | 200 Ind Med | 2:53.35 | 16.06.06 | Kate Johnson | Manchester |
|  |  |  |  | 400 Ind Med | 6:11.74 | 17.06.06 | Kate Johnson | Manchester |
| **SHORT COURSE** | **25 - 29 Years** | **LONG COURSE** |
| 0:29.62 | 25.10.14 | Sophie Enever | Sheffield | 50 F/s |  |  |  |  |
| 1:05.55 | 24.10.14 | Sophie Enever | Sheffield | 100 F/s | 1:12.63 | 18.01.20 | Laura Smith | Crawley |
| 2:36.61 | 28.10.95 | Linden Jack | Sheffield | 200 F/s |  |  |  |  |
|  |  |  |  | 400 F/s |  |  |  |  |
|  |  |  |  | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:34.38 | 24.09.11 | Emma Powell | Aldershot | 50 Back |  |  |  |  |
| 1:14.27 | 28.10.11 | Emma Powell | Sheffield | 100 Back |  |  |  |  |
| 2:40.81 | 26.10.12 | Emma Powell | Sheffield | 200 Back |  |  |  |  |
| 0:37.27 | 15.09.19 | Laura Smith | Barnet Copthall | 50 Breast | 0:39.00 | 18.01.20 | Laura Smith | Crawley |
| 1:23.04 | 25.10.19 | Laura Smith | Sheffield | 100 Breast |  |  |  |  |
| 3:12.21 | 06.07.19 | Laura Smith | Barnet Copthall | 200 Breast |  |  |  |  |
| 0:31.72 | 28.10.11 | Emily Brown | Sheffield | 50 B/fly | 0:35.66 | 18.01.20 | Laura Smith | Crawley |
| 1:09.28 | 29.10.11 | Emily Brown | Sheffield | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:10.88 | 28.10.11 | Emily Brown | Sheffield | 100 Ind Med |  |  |  |  |
| 2:31.62 | 28.10.11 | Emily Brown | Sheffield | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **30 - 34 Years** | **LONG COURSE** |
| 0:28.94 | 17.11.13 | Miriama Owens | Newmarket | 50 F/s | 0:31.53 | 27.04.96 | Linden Jack | Sheffield |
| 1:03.59 | 27.10.13 | Miriama Owens | Sheffield | 100 F/s | 1:09.86 | 27.04.96 | Linden Jack | Sheffield |
| 2:21.10 | 26.10.13 | Miriama Owens | Sheffield | 200 F/s | 2:33.88 | 27.04.96 | Linden Jack | Sheffield |
| 5:05.55 | 27.10.13 | Miriama Owens | Sheffield | 400 F/s |  |  |  |  |
| 10:32.30 | 26.10.13 | Miriama Owens | Sheffield | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
|  |  |  |  | 50 Back |  |  |  |  |
|  |  |  |  | 100 Back |  |  |  |  |
|  |  |  |  | 200 Back |  |  |  |  |
| 0:38.19 | 28.03.14 | Clare Grundy | Leamington Spa | 50 Breast |  |  |  |  |
|  |  |  |  | 100 Breast |  |  |  |  |
|  |  |  |  | 200 Breast |  |  |  |  |
| 0:32.32 | 28.03.14 | Clare Grundy | Leamington Spa | 50 B/fly |  |  |  |  |
|  |  |  |  | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:14.51 | 28.03.14 | Clare Grundy | Leamington Spa | 100 Ind Med |  |  |  |  |
|  |  |  |  | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **35 - 39 Years** | **LONG COURSE** |
| 0:30.61 | 26.10.19 | Michelle Neal | Sheffield | 50 F/s | 0:42.65 | 02.04.16 | Gwen Skingley | Sheffield |
| 1:09.93 | 29.09.19 | Jodie Armstrong | Newmarket | 100 F/s | 1:10.78 | 18.01.20 | Jodie Armstrong | Crawley |
| 2:30.22 | 07.03.20 | Jodie Armstrong | Bracknell | 200 F/s | 3:13.00 | 16.03.25 | Rachael Donlan | Derby |
| 5:50.39 | 23.10.83 | Pauline Harrington | Nuneaton | 400 F/s | 6:41.31 | 16.03.25 | Rachael Donlan | Derby |
| 14:20.21 | 13.07.19 | Gwen Skingley | Maidenhead | 800 F/s | 13:33.65 | 16.03.25 | Rachael Donlan | Derby |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:35.29 | 25.10.19 | Jodie Armstrong | Sheffield | 50 Back |  |  |  |  |
| 1:18.34 | 07.03.20 | Jodie Armstrong | Bracknell | 100 Back |  |  |  |  |
| 2:51.80 | 07.03.20 | Jodie Armstrong | Bracknell | 200 Back |  |  |  |  |
| 0:40.11 | 23.10.82 | Pauline Harrington | Blackpool | 50 Breast |  |  |  |  |
| 1:27.14 | 22.10.83 | Pauline Harrington | Nuneaton | 100 Breast |  |  |  |  |
| 3:10.59 | 25.10.97 | Sian Macdonald | Sheffield | 200 Breast |  |  |  |  |
| 0:35.08 | 15.09.19 | Jodie Armstrong | Barnet Copthall | 50 B/fly | 0:35.93 | 18.01.20 | Jodie Armstrong | Crawley |
|  |  |  |  | 100 B/fly | 1:24.53 | 18.01.20 | Jodie Armstrong | Crawley |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:22.03 | 23.10.82 | Pauline Harrington | Blackpool | 100 Ind Med |  |  |  |  |
| 3:24.83 | 06.07.25 | Rachael Donlan  | Barnet Copthall | 200 Ind Med | 3:25.41 | 16.03.25 | Rachael Donlan | Derby |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **40 - 44 Years** | **LONG COURSE** |
| 0:30.85 | 29.10.22 | Michelle Neal | Sheffield | 50 F/s | 0:31.31 | 17.08.17 | Karen MacKenzie | Budapest, Hungary |
| 1:07.59(S) | 19.09.21 | Jo Mitchinson | Barnet Copthall | 100 F/s | 1:08.03(S) | 01:03.20 | Jo Mitchinson | Swansea |
| 2:21.98(S) | 10.10.21 | Jo Mitchinson | Newmarket | 200 F/s | 2:21.53 | 01.03.20 | Jo Mitchinson | Swansea |
| 4:50.94 | 10.10.21 | Jo Mitchinson | Newmarket | 400 F/s | 5:07.40 | 03.06.23 | Jo Mitchinson  | Sheffield |
| 10:08.36(S | 29.10.21 | Jo Mitchinson | Sheffield | 800 F/s |  |  |  |  |
| 19:16.04 | 29.10.21 | Jo Mitchinson | Sheffield | 1500 F/s |  |  |  |  |
| 0:36.61 | 07.03.20 | Kelly Cooke  | Bracknell  | 50 Back | 0:36.13 | 04.03.23 | Jo Mitchinson  | Swansea |
| 1:20.40 | 29.10.16 | Karen MacKenzie | Sheffield | 100 Back | 1:16.07 | 02.06.23 | Jo Mitchinson | Sheffield |
| 2:35.29 | 10.10.21 | Jo Mitchinson | Newmarket | 200 Back | 2:42.58 | 04.03.23 | Jo Mitchinson  | Swansea |
| 0:44.66 | 17.09.23 | Michelle Neal | Barnet Copthall | 50 Breast | 0:49.64 | 03.04.16 | Eloise Turner | Sheffield |
| 1:39.17 | 07.07.24 | Michelle Neal | Barnet Copthall | 100 Breast | 1:50.31 | 02.04.16 | Eloise Turner | Sheffield |
|  |  |  |  | 200 Breast | 3:52.87 | 01.04.16 | Eloise Turner | Sheffield |
| 0:35.59 | 07.03.20 | Kelly Cooke  | Bracknell | 50 B/fly | 0:36.54 | 18.01.20 | Kelly Cooke | Crawley |
| 1:15.02 | 10.10.21 | Jo Mitchinson | Newmarket | 100 B/fly | 1:20.82(S) | 29.02.20 | Jo Mitchinson | Swansea |
|  |  |  |  | 200 B/fly | 2:47.62 | 29.02.20 | Jo Mitchinson | Swansea |
| 1:23.71 | 15.09.19 | Kelly Cooke | Barnet Copthall | 100 Ind Med |  |  |  |  |
| 3:02.21 | 29.10.16 | Karen MacKenzie | Sheffield | 200 Ind Med | 3:03.60 | 16.06.17 | Karen MacKenzie | Aberdeen |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **45 - 49 Years** | **LONG COURSE** |
| 0:30.79 | 29.10.22 | Kelly Cooke | Sheffield | 50 F/s | 0:31.39 | 17.06.22 | Kelly Cooke | Aberdeen |
| 1:07.42 | 29.10.21 | Kelly Cooke | Sheffield | 100 F/s | 1:09.95 | 18.06.22 | Kelly Cooke | Aberdeen |
| 2:32.40 | 27.11.21 | Kelly Cooke | Newport | 200 F/s | 2:36.45 | 19.06.22 | Kelly Cooke | Aberdeen |
| 5:34.60 | 29.04.19 | Karen MacKenzie | Newmarket | 400 F/s |  |  |  |  |
|  |  |  |  | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:36.00 | 02.03.19 | Karen MacKenzie | Bracknell | 50 Back | 0:36.98 | 14.06.19 | Karen MacKenzie | Swansea |
| 1:19.30 | 24.04.22 | Karen MacKenzie | Newmarket | 100 Back | 1:21.62 | 09.06.18 | Karen MacKenzie | Plymouth |
| 2:52.26 | 30.10.22 | Karen MacKenzie | Sheffield | 200 Back | 3:06.98 | 18.06.22 | Karen MacKenzie | Aberdeen |
| 0:40.78 | 28.10.95 | Pauline Harrington | Sheffield | 50 Breast |  |  |  |  |
| 1:27.07 | 27.10.95 | Pauline Harrington | Sheffield | 100 Breast | 1:31.40 | 03.06.95 | Pauline Harrington | Crystal Palace |
| 3:09.79 | 28.10.95 | Pauline Harrington | Sheffield | 200 Breast | 3:13.99 | 06.06.92 | Pauline Harrington | Crystal Palace |
| 0:34.43 | 30.10.22 | Kelly Cooke  | Sheffield | 50 B/fly | 0:35.66 | 18.06.22 | Kelly Cooke | Aberdeen |
| 1:23.02 | 07.03.20 | Karen MacKenzie | Bracknell | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:22.44 | 29.10.22 | Karen MacKenzie | Sheffield | 100 Ind Med |  |  |  |  |
| 3:02.15 | 29.10.95 | Pauline Harrington | Sheffield | 200 Ind Med | 2:59.86 | 09.06.18 | Karen MacKenzie | Plymouth |
| 6:21.11 | 25.10.19 | Karen MacKenzie | Sheffield | 400 Ind Med | 6:27.81 | 14.06.19 | Karen MacKenzie | Swansea |
| **SHORT COURSE** | **50 - 54 Years** | **LONG COURSE** |
| 0:33.03(R) | 15.09.24 | Karen MacKenzie | Barnet Copthall | 50 F/s | 0:33.38 | 21.01.23 | Karen MacKenzie | Crawley |
| 1:14.10 | 15.09.24 | Karen MacKenzie | Barnet Copthall | 100 F/s | 1:20.26(S) | 15.06.25 | Karen MacKenzie | London |
| 2:41.31 | 02.03.24 | Karen MacKenzie | Bracknell | 200 F/s | 2:50.42(S) | 15.06.25 | Karen MacKenzie | London |
| 5:42.04 | 23.04.23 | Karen MacKenzie | Newmarket | 400 F/s | 5:51.69(S) | 15.06.25 | Karen MacKenzie | London |
| 14:36.53 | 29.09.19 | Sharon Thompson | Newmarket | 800 F/s | 11:50.52 | 15.06.25 | Karen MacKenzie | London |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:37.27 | 04.03.23 | Karen MacKenzie | Bracknell | 50 Back | 0:37.93 | 03.06.23 | Karen MacKenzie | Sheffield |
| 1:21.64 | 26.10.24 | Karen MacKenzie | Sheffield | 100 Back | 1:22.81 | 02.06.23 | Karen MacKenzie | Sheffield |
| 2:54.63 | 04.03.23 | Karen MacKenzie | Bracknell | 200 Back | 3:00.81 | 20.01.24 | Karen MacKenzie | Crawley |
| 0:40.34 | 25.10.97 | Pauline Harrington | Sheffield | 50 Breast |  |  |  |  |
| 1:27.63 | 26.10.97 | Pauline Harrington | Sheffield | 100 Breast | 1:30.08 | 27.04.96 | Pauline Harrington | Sheffield |
| 3:10.02 | 17.02.96 | Pauline Harrington | Ipswich | 200 Breast | 3:12.30 | 28.04.96 | Pauline Harrington | Sheffield |
| 0:38.31 | 17.09.23 | Karen MacKenzie | Barnet Copthall | 50 B/fly | 0:40.80 | 19.01.25 | Karen MacKenzie | Crawley |
| 1:32.05 | 23.04.23 | Karen MacKenzie | Newmarket | 100 B/fly | 1:34.77(S) | 13.06.25 | Karen MacKenzie | London |
| 3:23.31 | 06.07.25 | Karen MacKenzie | Barnet Copthall | 200 B/fly |  |  |  |  |
| 1:24.82 | 26.10.24 | Karen MacKenzie | Sheffield | 100 Ind Med |  |  |  |  |
| 3:02.62 | 24.10.97 | Pauline Harrington | Sheffield | 200 Ind Med | 3:06.32 | 27.04.96 | Pauline Harrington | Sheffield |
| 6:28.67 | 27.10.24 | Karen MacKenzie | Sheffield | 400 Ind Med | 6:42.03 | 13.06.25 | Karen MacKenzie | London |
| **SHORT COURSE** | **55 - 59 Years** | **LONG COURSE** |
| 0:40.19 | 25.10.15 | Glenda Mayes | Sheffield | 50 F/s | 0:42.82 | 17.06.22 | Sharon Thompson | Aberdeen |
| 1:29.26 | 24.10.15 | Glenda Mayes | Sheffield | 100 F/s | 1:36.63 | 18.06.22 | Sharon Thompson | Aberdeen |
| 3:21.67 | 07.04.24 | Sharon Thompson | Newmarket | 200 F/s | 3:31.23 | 19.06.22 | Sharon Thompson | Aberdeen |
| 7:00.10 | 07.04.24 | Sharon Thompson | Newmarket | 400 F/s |  |  |  |  |
|  |  |  |  | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:47.21 | 23.10.15 | Glenda Mayes | Sheffield | 50 Back |  |  |  |  |
|  |  |  |  | 100 Back |  |  |  |  |
|  |  |  |  | 200 Back |  |  |  |  |
|  |  |  |  | 50 Breast |  |  |  |  |
| 01:33.50 | 20.10.01 | Pauline Harrington | Sheffield | 100 Breast |  |  |  |  |
| 03:20.69 | 19.10.01 | Pauline Harrington | Sheffield | 200 Breast |  |  |  |  |
|  |  |  |  | 50 B/fly |  |  |  |  |
|  |  |  |  | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
|  |  |  |  | 100 Ind Med |  |  |  |  |
|  |  |  |  | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |
| **SHORT COURSE** | **60 - 64 Years** | **LONG COURSE** |
| 0:39.98 | 29.10.16 | Glenda Mayes | Sheffield | 50 F/s | 0:40.30 | 02.04.16 | Glenda Mayes | Sheffield |
| 1:32.04 | 28.10.16 | Glenda Mayes | Sheffield | 100 F/s | 1:30.96 | 03.04.16 | Glenda Mayes | Sheffield |
|  |  |  |  | 200 F/s |  |  |  |  |
|  |  |  |  | 400 F/s |  |  |  |  |
|  |  |  |  | 800 F/s |  |  |  |  |
|  |  |  |  | 1500 F/s |  |  |  |  |
| 0:48.46 | 30.10.16 | Glenda Mayes | Sheffield | 50 Back | 0:46.57 | 02.04.16 | Glenda Mayes | Sheffield |
|  |  |  |  | 100 Back |  |  |  |  |
|  |  |  |  | 200 Back |  |  |  |  |
|  |  |  |  | 50 Breast | 0:59.10 | 16.06.17 | Glenda Mayes | Aberdeen |
|  |  |  |  | 100 Breast |  |  |  |  |
|  |  |  |  | 200 Breast |  |  |  |  |
|  |  |  |  | 50 B/fly |  |  |  |  |
|  |  |  |  | 100 B/fly |  |  |  |  |
|  |  |  |  | 200 B/fly |  |  |  |  |
| 1:48.71 | 30.10.16 | Glenda Mayes | Sheffield | 100 Ind Med |  |  |  |  |
|  |  |  |  | 200 Ind Med |  |  |  |  |
|  |  |  |  | 400 Ind Med |  |  |  |  |