

# Haringey Aquatics Club Records – 31-12-2022

## 9 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Kezia Colton	40.21	4/2/18	MCASA Age Group County Championships	Southbury Road	50m Butterfly	Gael Vazquez Tunez	43.62	27/6/15	Harrow SC End of Season Open Meet	Barnet Cophall
Linnoa Hurcombe	2.08.89	17/9/21	Winter Club Championships	Park Road	100m Butterfly	Gael Vazquez Tunez	1.49.58	5/3/16	Borough of Harrow Regional Qualifier	Barnet Cophall
					200m Butterfly	Gael Vazquez Tunez	3.43.82	19/12/15	Christmas at Dagenham	Becontree Heath
Shameiah Nanton	43.92	18/11/18	ESS County Qualifier	Southbury Road	50m Backstroke	Gael Vazquez Tunez	42.41	31/10/15	ESS County Qualifier	Southbury Road
Lucy Corry	1.35.09	27/11/10	Club Winter Championship	Park Road	100m Backstroke	Gael Vazquez Tunez	1.32.21	25/10/15	Barnet Cophall Winter Sprints	Barnet Cophall
Linnoa Hurcombe	3.21.09	3/10/21	MCASA County Qualifier	Southbury Road	200m Backstroke	Gael Vazquez Tunez	3.07.90	20/12/15	Christmas at Dagenham	Becontree Heath
Fanni Somogyi	50.70	20/2/10	Middlesex County Championship	Southbury Road	50m Breaststroke	Luca Ridard	47.32	4/3/17	ESS Regional Qualifier	Southbury Road
Ipek Ilhan	1.50.88	27/11/22	ESS County Qualifier	Southbury Road	100m Breaststroke	Luca Ridard	1.47.10	26/3/17	CoStA Spring Open Meet	St Albans
Selena Charalambous	3.50.94	2/3/19	ESS Regional Qualifier	Southbury Road	200m Breaststroke	Gael Vazquez Tunez	3.43.53	20/12/15	Christmas at Dagenham	Becontree Heath
Kezia Colton	36.03	3/12/17	BHSC Christmas Cracker	Barnet Cophall	50m Freestyle	Luca Ridard	35.61*	9/7/17	BWFSC Summer Meet	LAC
Kezia Colton	1.20.56	21/1/18	MCASA Age Group County Championships	Southbury Road	100m Freestyle	Luca Ridard	1.17.24	2/7/17	Summer Invitational Meet	Barnet Cophall
Kezia Colton	2.57.66	18/11/17	ESS County Qualifier	Southbury Road	200m Freestyle	Luca Ridard	2.55.68	22/4/17	MCASA Spring Development Meet	Southbury Road
					400m Freestyle	Gael Vazquez Tunez	6.02.46	29/11/15	BHSC Xmas Cracker	Barnet Cophall
					800m Freestyle					
					1500m Freestyle					
Lucy Corry	1.34.47	27/11/10	Club Winter Championship	Park Road	100m I.M	Gael Vazquez Tunez	1.36.38	27/11/15	Winter Club Championships	Park Road
Tosan Egodo	3.28.92	25/10/08	Middlesex Autumn Dev Meet	Barnet Cophall	200m I.M	Gael Vazquez Tunez	3.17.82	31/10/15	ESS County Qualifier	Southbury Road
Tosan Egodo	8.48.70	1/12/08			400m I.M					

# Haringey Aquatics Club Records – 31-12-2022

## 10 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Kezia Colton	39.34	3/2/19	Middlesex County Championships	Southbury Road	50m Butterfly	Travis Kupczyk Akomeah	35.28	18/11/16	Winter Club Championships	Park Road
Linnoa Hurcombe	1.33.23	22/5/22	Middlesex May Open Meet	Southbury Road	100m Butterfly	Gareth Davies	1.28.84	14/6/15	Kate Lack Trophy Meet	Barnet Copthall
					200m Butterfly	Gareth Davies	3.19.12	13/6/15	Kate Lack Trophy Meet	Barnet Copthall
Linnoa Hurcombe	37.37	29/1/22	Middlesex County Championships	Southbury Road	50m Backstroke	Alex C Vonckx	38.06*	4/7/13	London Youth Games	Crystal Palace
Linnoa Hurcombe	1.21.90	12/6/22	Kate Lack Trophy Meet	Barnet Copthall	100m Backstroke	M Scott	1.18.80	1974		
Linnoa Hurcombe	2.49.32*	13/3/22	London Region Summer Championships	Crawley	200m Backstroke	Alex C Vonckx	2.57.52	9/3/13	Middlesex County Championship	Southbury Road
Lauren Redman	43.43	9/12/01	Middlesex County Short Course	Barnet Copthall	50m Breaststroke	Luca Ridard	42.09*	26/5/18	London Region May Open Meet	LAC
Selena Charalambous	1.35.27*	16/2/20	Middlesex County Championships	LAC	100m Breaststroke	Luca Ridard	1.35.01	10/6/18	Kate Lack Trophy Meet	Barnet Copthall
Evie Wootton	3.32.53	2/10/16	LBESA 200/400 Championships	Southbury Road	200m Breaststroke	Luca Ridard	3.20.21	10/6/18	Kate Lack Trophy Meet	Barnet Copthall
Linnoa Hurcombe	32.59	11/6/22	Summer Club Championship	Park Road	50m Freestyle	Travis Kupczyk Akomeah	32.35	20/11/16	ESS County Qualifier	Southbury Road
Linnoa Hurcombe	1.09.86	13/2/22	Middlesex County Championships	Southbury Road	100m Freestyle	Luca Ridard	1.12.62	10/6/18	Kate Lack Trophy Meet	Barnet Copthall
Linnoa Hurcombe	2.30.40	21/5/22	Middlesex May Open Meet	Southbury Road	200m Freestyle	Luca Ridard	2.36.92	10/6/18	Kate Lack Trophy Meet	Barnet Copthall
Linnoa Hurcombe	5.26.70	21/5/22	Middlesex May Open Meet	Southbury Road	400m Freestyle	Luca Ridard	5.41.89*	18/3/18	RR L1 Spring National Qualifier	Aldershot
					800m Freestyle	Luca Ridard	11.56.80*	24/3/18	RR L1 Spring Distances National Qualifier	Aldershot
Elif Altindag	27.42.30	6/2/08			1500m Freestyle					
Linnoa Hurcombe	1.25.40	18/6/22	Harrow Summer Meet	Barnet Copthall	100m I.M	Travis Kupczyk Akomeah	1.24.18	25/11/16	Winter Club Championships	Park Road
Kelton Ryland	3.09.80	19/7/13	Club Time Trials	Park Road	200m I.M	Gareth Davies	3.07.62	28/2/15	ESS Regional Qualifier Meet	Southbury Road
					400m I.M					

# Haringey Aquatics Club Records – 31-12-2022

## 11 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Francesca Rattigan	36.43	9/6/19	Kate Lack Trophy Meet	Barnet Copthall	50m Butterfly	Travis Kupczyk Akomeah	32.62	16/6/17	Summer Club Championships	Park Road
Megan Boardman	1.31.82	8/1/12	Redbridge Winter Meet	Fullwell Cross	100m Butterfly	Gareth Davies	1.15.48*	8/5/16	London Region Championships	Crystal Palace
Bianca Gomez-Velasco	3.36.52	10/6/18	Kate Lack Trophy Meet	Barnet Copthall	200m Butterfly	Gareth Davies	2.48.52*	7/5/16	London Region Championships	Crystal Palace
Josie Hesketh	36.58	9/11/19	London National Arena League	Inspire Luton	50m Backstroke	Alex C Vonckx	34.41	29/6/14	National Junior Swimming League (M11)	Hatfield
Linnoa Hurcombe	1.18.64	4/12/22	BHSC Christmas Cracker	Barnet Copthall	100m Backstroke	Alex C Vonckx	1.17.87*	15/6/14	London Region Age Group Championships	Stratford
Kelton Ryland	2.48.68	19/7/14	Barking & Dagenham Summer Gala	Becontree Heath	200m Backstroke	Gareth Davies	2.43.07	12/6/16	Kate Lack Trophy Meet	Barnet Copthall
Evie Wootton	40.88	7/10/17	ESS Regional Qualifier	Southbury Road	50m Breaststroke	Max Green	38.11	12/12/15	London National Arena League	Becontree Heath
Kelton Ryland	1.28.02	5/10/14	Barnet 100m Meet	Barnet Copthall	100m Breaststroke	Max Green	1.26.16	4/12/15	Winter Club Championships	Park Road
Evie Wootton	3.11.74	7/10/17	ESS Regional Qualifier	Southbury Road	200m Breaststroke	Max Green	3.09.03	29/11/15	BHSC Xmas Cracker	Barnet Copthall
Linnoa Hurcombe	32.33	26/11/22	ESS County Qualifier	Southbury Road	50m Freestyle	Travis Kupczyk Akomeah	29.73	14/10/17	London National Arena League R1	Glass Mill
Linnoa Hurcombe	1.09.04	26/11/22	ESS County Qualifier	Southbury Road	100m Freestyle	Max Green	1.07.25	29/11/15	BHSC Xmas Cracker	Barnet Copthall
Linnoa Hurcombe	2.28.64	4/12/22	BHSC Christmas Cracker	Barnet Copthall	200m Freestyle	Max Green	2.25.46	19/12/15	Christmas at Dagenham	Becontree Heath
Kelton Ryland	5.22.75	15/3/14	Middlesex County Championship	Southbury Road	400m Freestyle	Luca Ridard	5.06.77	20/01/19	Middlesex County Championships	Southbury Road
Evie Wootton	12.16.59	16/12/16	Christmas at Dagenham	Becontree Heath	800m Freestyle	Luca Ridard	10.53.64	2/2/19	Middlesex County Championships	Southbury Road
					1500m Freestyle	Shakil Giordani	21.34.25	13/4/14	Middlesex ASA Spring Dev Meet	Southbury Road
Kelton Ryland	1.20.58	20/7/14	Barking & Dagenham Summer Gala	Becontree Heath	100m I.M	Max Green	1.16.94	29/11/15	BHSC Xmas Cracker	Barnet Copthall
Kelton Ryland	2.54.77	19/7/14	Barking & Dagenham Summer Gala	Becontree Heath	200m I.M	Max Green	2.44.66	28/11/15	BHSC Xmas Cracker	Barnet Copthall
Elif Altindag	7.28.09	26/10/08	Middlesex Autumn Dev Meet	Barnet Copthall	400m I.M	Gareth Davies	5.58.11	17/4/16	MCASA Spring Dev Meet	Southbury Road

# Haringey Aquatics Club Records – 31-12-2022

## 12 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Megan Boardman/ Khai Fairbairn	34.00	21/6/13 10/6/22	Summer Club Championship	Park Road	50m Butterfly	Gareth Davies	31.06*	21/5/17	London Region Age Group Championships	LAC
Megan Boardman	1.17.09	23/6/13	Barnet Cophall Summer Sprints	Barnet Cophall	100m Butterfly	Gareth Davies	1.07.45*	16/4/17	Team Luton April LC Meet	Inspire Luton
Megan Boardman	2.51.76	13/3/13	Middlesex County Championship	Southbury Road	200m Butterfly	Gareth Davies	2.32.73*	13/5/17	London Region Age Group Championships	LAC
Kelton Ryland	34.99	28/2/15	ESS Regional Qualifier Meet	Southbury Road	50m Backstroke	Arun Hamilton McMahon	32.69	14/7/18	BHSC Summer Open Meet	Barnet Cophall
Kelton Ryland	1.15.17	18/1/15	Middlesex County Championships	Barnet Cophall	100m Backstroke	Max Green	1.10.72	10/12/16	London National Arena League	Becontree Heath
Kelton Ryland	2.39.92	18/1/15	Middlesex County Championships	Barnet Cophall	200m Backstroke	Max Green	2.28.06	18/12/16	Christmas at Dagenham	Becontree Heath
Amy Hanson	36.42	5/11/22	London Region Winter Championships	LAC	50m Breaststroke	Max Green	35.45	18/12/16	Christmas at Dagenham	Becontree Heath
Amy Hanson	1.22.57	20/10/22	Winter Club Championship	Park Road	100m Breaststroke	Max Green	1.19.03	25/11/16	Winter Club Championships	Park Road
Kelton Ryland	3.00.88	11/10/15	Barnet Cophall 200m Meet	Barnet Cophall	200m Breaststroke	Max Green	2.49.89	2/10/16	LBESA 200/400 Championships	Southbury Road
Kelton Ryland	30.72	28/3/15	Redbridge Regional Qualifier Meet	Fullwell Cross	50m Freestyle	Max Green	28.04*	8/1/17	BWFSC New Year Meet	LAC
Kelton Ryland	1.06.19	29/3/15	Redbridge Regional Qualifier Meet	Fullwell Cross	100m Freestyle	Max Green	59.71	27/11/16	CoStA Open Meet	St Albans
Kelton Ryland	2.21.26	19/4/15	Ealing Open Meet	Northolt	200m Freestyle	Max Green	2.10.29	17/12/16	Christmas at Dagenham	Becontree Heath
Kelton Ryland	4.59.23	28/3/15	Redbridge Regional Qualifier Meet	Fullwell Cross	400m Freestyle	Max Green	4.44.05	18/12/16	Christmas at Dagenham	Becontree Heath
Kelton Ryland	10.06.08	27/6/15	Harrow SC End of Season Open Meet	Barnet Cophall	800m Freestyle	Luca Ridard	10.34.94*	15/2/20	Middlesex County Championships	LAC
Nina Bhonsle	24.16.02	3/7/22	Putteridge End of Season Meet	Inspire Luton	1500m Freestyle	Shakil Giordani	19.58.47	15/2/15	Middlesex County Championship	Southbury Road
Kelton Ryland	1.15.89	18/4/15	Ealing Open Meet	Northolt	100m I.M	Max Green	1.09.73	17/12/16	Christmas at Dagenham	Becontree Heath
Kelton Ryland	2.43.30	28/2/15	ESS Regional Qualifier Meet	Southbury Road	200m I.M	Max Green	2.28.37	27/11/16	CoStA Open Meet	St Albans
Nicola Lawrence	6.24.86	24/10/10	Middlesex Autumn Dev Meet	Southbury Road	400m I.M	Luca Ridard	5.43.82	8/12/19	Christmas at the Blue Light Pool	Becontree Heath

# Haringey Aquatics Club Records – 31-12-2022

## 13 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Josie Hesketh	32.62*	20/3/22	London Region Summer Championships	LAC	50m Butterfly	Gareth Davies	28.19*	20/5/18	London Region Summer Championships	LAC
Zoe Panayi	1.13.17	10/12/22	London National Arena League	Aylesbury	100m Butterfly	Gareth Davies	1.01.67*	27/5/18	London Region May Open Meet	LAC
Zoe Panayi	2.39.29	19/11/22	Putteridge Winter Open	Luton	200m Butterfly	Gareth Davies	2.20.83*	12/5/18	London Region Summer Championships	LAC
Josie Hesketh	33.28	29/1/22	Middlesex County Championships	Southbury Road	50m Backstroke	Arun Hamilton McMahon	30.25*	12/5/19	London Region Summer Championships	LAC
Kelton Ryland	1.12.78	24/1/16	Middlesex County Championships	Barnet Copthall	100m Backstroke	Jude Liddiard	1.05.70	8/11/15	London Region Winter Championships	LAC Stratford
Kelton Ryland	2.36.15	31/10/15	ESS County Qualifier	Southbury Road	200m Backstroke	Alex C Vonckx	2.24.21	6/3/16	Borough of Harrow Regional Qualifier	Barnet Copthall
Kelton Ryland	37.46	7/2/16	Middlesex County Championships	Barnet Copthall	50m Breaststroke	Max Green	32.66	17/12/17	Christmas at Dagenham	Becontree Heath
Kelton Ryland	1.21.81	8/10/16	London National Arena League	Luton	100m Breaststroke	Max Green	1.10.67	11/11/17	London National Arena League R2	Becontree Heath
Evie Wootton	2.53.03*	31/7/19	Swim Wales Summer Open Meet	Swansea	200m Breaststroke	Max Green	2.41.29	3/12/17	BHSC Christmas Cracker	Barnet Copthall
Josie Hesketh	30.09	30/1/22	Middlesex County Championships	Southbury Road	50m Freestyle	Max Green	26.19*	4/8/17	Swim Wales Summer Nationals	Swansea
Kelton Ryland	1.05.53*	17/7/16	BWFSC Summer Meet	LAC Stratford	100m Freestyle	Max Green	56.35	16/12/17	Christmas at Dagenham	Becontree Heath
Kelton Ryland	2.21.68	5/3/16	Borough of Harrow Regional Qualifier	Barnet Copthall	200m Freestyle	Max Green	2.03.75	16/12/17	Christmas at Dagenham	Becontree Heath
Kelton Ryland	4.57.55	31/1/16	Middlesex County Championships	Barnet Copthall	400m Freestyle	Jude Liddiard	4.28.17	7/11/15	London Region Winter Championships	LAC Stratford
Kelton Ryland	10.03.04	8/11/15	London Region Winter Championships	LAC Stratford	800m Freestyle	Elia Caravati-Pringle	10.51.27	6/10/19	Middlesex Autumn County Qualifier	Barnet Copthall
Evie Wootton	20.23.87	30/3/19	Middlesex Spring Development Meet	Southbury Road	1500m Freestyle	Jude Liddiard	17.45.16	7/11/15	London Region Winter Championships	LAC Stratford
Kelton Ryland	1.14.06	20/3/16	Bishop's Stortford Spring Regional Meet	Borehamwood	100m I.M	Max Green	1.05.13	17/12/17	Christmas at Dagenham	Becontree Heath
Kelton Ryland	2.38.24	8/10/16	London National Arena League	Luton	200m I.M	Max Green	2.23.05	2/12/17	BHSC Christmas Cracker	Barnet Copthall
Kelton Ryland	5.42.03	2/10/16	LBESA 200/400 Championships	Southbury Road	400m I.M	Gareth Davies	5.11.24	16/12/17	Christmas at Dagenham	Becontree Heath

# Haringey Aquatics Club Records – 31-12-2022

## 14 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Adina Roper	31.34*	19/7/15	London Region End of Season Meet	Crystal Palace	50m Butterfly	Shakil Giordani	27.15*	29/4/17	London Region Youth Championships	LAC
Sushila Ghose-Coveney	1.11.32	10/3/13	Middlesex County Championship	Southbury Road	100m Butterfly	Gareth Davies	59.46*	5/5/19	London Region Summer Championships	LAC
Adina Roper	2.55.22	14/6/15	Kate Lack Trophy Meet	Barnet Copthall	200m Butterfly	Gareth Davies	2.15.10*	6/5/19	London Region Summer Championships	LAC
Josie Hesketh	32.08	5/11/22	London Region Winter Championships	LAC	50m Backstroke	Shakil Giordani	28.94*	30/4/17	London Region Youth Championships	LAC
Sushila Ghose-Coveney	1.09.32	10/3/13	Middlesex County Championship	Southbury Road	100m Backstroke	Shakil Giordani	1.03.20	18/12/16	Christmas at Dagenham	Becontree Heath
Kelton Ryland	2.33.82	4/3/17	ESS Regional Qualifier	Southbury Road	200m Backstroke	Alex C Vonckx	2.18.01	25/6/17	Bexley SC Open Meet	Bexleyheath
Bianca Gomez Velasco	36.60	18/7/21	MCASA Invitational Meet	Southbury Road	50m Breaststroke	Max Green	32.11*	3/8/18	Swim England National Summer Meet	Sheffield
Ruby Oakes	1.19.17	12/3/11	Middlesex County Championship	Southbury Road	100m Breaststroke	Max Hanson	1.10.87	9/12/17	London National Arena League R3	Hatfield
Evie Wootton	2.52.34*	15/2/20	Middlesex County Championships	LAC	200m Breaststroke	Max Hanson	2.42.70*	5/11/17	London Region Winter Championships	LAC
Josie Hesketh	29.30	16/10/22	MCASA Development Meet	Southbury Road	50m Freestyle	Max Green	25.31	4/11/18	London Region Winter Championships	LAC
Kelton Ryland	1.03.29	17/12/16	Christmas at Dagenham	Becontree Heath	100m Freestyle	Max Green	55.49	3/11/18	London Region Winter Championships	LAC
Kelton Ryland	2.15.70	11/6/17	Kate Lack Trophy Meet	Barnet Copthall	200m Freestyle	Shakil Giordani	2.00.84	24/6/17	Bexley SC Open Meet	Bexleyheath
Kelton Ryland	4.51.50	19/2/17	Rushmoor Royals Regional Qualifier	Guildford	400m Freestyle	Shakil Giordani	4.25.83	24/6/17	Bexley SC Open Meet	Bexleyheath
Kelton Ryland	9.53.42	6/11/16	London Region Winter Championships	LAC Stratford	800m Freestyle	Joshua Philpott	9.52.77	21/2/09	Middlesex County Championship	Southbury Road
Maja Grzybek	20.23.57	22/5/22	Middlesex May Open Meet	Southbury Road	1500m Freestyle	Shakil Giordani	17.39.36	16/12/16	Christmas at Dagenham	Becontree Heath
Kelton Ryland	1.11.95	18/12/16	Christmas at Dagenham	Becontree Heath	100m I.M	Max Green	1.03.73	3/11/18	London Region Winter Championships	LAC
Kelton Ryland	2.34.13	10/12/16	London National Arena League	Becontree Heath	200m I.M	Alex C Vonckx	2.20.63*	28/5/17	Cardiff International Open Meet	Cardiff
Kelton Ryland	5.30.45	18/12/16	Christmas at Dagenham	Becontree Heath	400m I.M	Gareth Davies	5.04.53*	3/8/18	Swim Wales National Summer Open Meet	Swansea

# Haringey Aquatics Club Records – 31-12-2022

## 15 Years Old

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Sushila Ghose-Coveney	30.29	23/3/14	Middlesex County Championship	Southbury Road	50m Butterfly	Shakil Giordani	26.24*	5/5/18	London Region Summer Championships	LAC
Sushila Ghose-Coveney	1.09.33	1/3/14	Middlesex County Championship	Southbury Road	100m Butterfly	Gareth Davies	57.98	14/12/19	London National Arena League	Westminster Lodge
Rose Pepperday	2.47.59	18/12/16	Christmas at Dagenham	Becontree Heath	200m Butterfly	Gareth Davies	2.09.77	7/12/19	Christmas at the Blue Light Pool	Becontree Heath
Sushila Ghose-Coveney	31.88	1/3/14	Middlesex County Championship	Southbury Road	50m Backstroke	Shakil Giordani	27.56*	6/5/18	London Region Summer Championships	LAC
Sushila Ghose-Coveney	1.07.70	23/3/14	Middlesex County Championship	Southbury Road	100m Backstroke	Shakil Giordani	1.01.47*	5/5/18	London Region Summer Championships	LAC
Sushila Ghose-Coveney	2.35.39*	5/5/13	London Region Youth Championship	Crystal Palace	200m Backstroke	Shakil Giordani	2.17.67	7/10/17	ESS Regional Qualifier	Southbury Road
Bianca Gomez Velasco	35.41	3/7/22	Putteridge End of Season Open Meet	Inspire Luton	50m Breaststroke	Max Hanson	30.52	14/12/18	Swim England Winter Nationals	Sheffield
Bianca Gomez Velasco	1.17.78	10/12/22	London National Arena League	Aylesbury	100m Breaststroke	Max Hanson	1.06.87	15/12/18	Swim England Winter Nationals	Sheffield
Bianca Gomez Velasco	2.49.47	2/7/22	Putteridge End of Season Open Meet	Inspire Luton	200m Breaststroke	Max Hanson	2.32.29	3/3/18	ESS Regional Qualifier	Southbury Road
Bianca Gomez Velasco	28.61	2/7/22	Putteridge End of Season Open Meet	Inspire Luton	50m Freestyle	Shakil Giordani	24.67*	6/5/18	London Region Summer Championships	LAC
Kelton Ryland	1.02.50	30/9/18	Luton September SC Meet	Inspire Luton	100m Freestyle	Shakil Giordani	54.85*	7/5/18	London Region Summer Championships	LAC
Bianca Gomez Velasco	2.15.54	16/7/22	ESS Summer Open	Southbury Road	200m Freestyle	Shakil Giordani	1.58.79	24/9/17	Luton Autumn SC Meet	Inspire Luton
Kelton Ryland	4.45.22	17/12/17	Christmas at Dagenham	Becontree Heath	400m Freestyle	Shakil Giordani	4.17.42	24/9/17	Luton Autumn SC Meet	Inspire Luton
Rose Pepperday	10.07.61	16/12/16	Christmas at Dagenham	Becontree Heath	800m Freestyle	Joshua Philpott	9.05.99	20/2/10	Middlesex County Champs	Southbury Road
Gulfem Turkoglu	21.41.74	17/4/10	Middlesex Development	Southbury Road	1500m Freestyle	Shakil Giordani	17.18.56	23/9/17	Luton Autumn SC Meet	Inspire Luton
Kelton Ryland	1.11.14	14/7/18	BHSC Summer Open Meet	Barnet Copthall	100m I.M	Max Hanson	1.03.26	17/11/18	Guildford City L2 Winter Open	Surrey Park
Bianca Gomez Velasco	2.36.84	16/7/22	ESS Summer Open Meet	Southbury Road	200m I.M	Gareth Davies	2.13.79	14/12/19	London National Arena League	Westminster Lodge
Kelton Ryland	5.33.37	17/12/17	Christmas at Dagenham	Becontree Heath	400m I.M	Gareth Davies	4.57.55*	31/7/19	Swim Wales Summer Open Meet	Swansea

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## Open

Name	Time	Date	Event	Venue	Event	Name	Time	Date	Event	Venue
Sushila Ghose-Coveney	30.29*	10/4/16	London Region Youth Championships	LAC Stratford	50m Butterfly	Shakil Giordani	24.87	8/12/19 + 20/11/22	SE National Winter Championships + BUCS Short Course	Sheffield
Helena Teague	1.04.65	8/11/14	London National Arena League	Luton	100m Butterfly	Shakil Giordani	56.26	5/12/19	SE National Winter Championships	Sheffield
Helena Teague	2.22.30	16/11/14	BUCS Short Course	Sheffield	200m Butterfly	Gareth Davies	2.09.77	7/12/19	Christmas at the Blue Light Pool	Becontree Heath
Sushila Ghose-Coveney	31.37	13/12/14	London National Arena League	Southbury Road	50m Backstroke	Shakil Giordani	25.16	19/11/22	BUCS Short Course	Sheffield
Jessica Bishop	1.06.11	14/12/19	London National Arena League	Westminster Lodge	100m Backstroke	Shakil Giordani	55.45	12/11/22	London National Arena League	Aylesbury
Sushila Ghose-Coveney	2.25.85	24/1/16	Middlesex County Championships	Barnet Copthall	200m Backstroke	Joshua Philpott	2.04.93	1/2/14	Bishop Stortford Almost There Open Meet	Braintree
Bianca Gomez Velasco	35.41	3/7/22	Putteridge End of Season Open Meet	Inspire Luton	50m Breaststroke	Max Hanson	30.09	2/11/19	London Region Winter Championships	LAC
Bianca Gomez Velasco	1.17.78	10/12/22	London National Arena League	Aylesbury	100m Breaststroke	Max Hanson	1.06.81	3/11/19	London Region Winter Championships	LAC
Bianca Gomez Velasco	2.49.47	2/7/22	Putteridge End of Season Open Meet	Inspire Luton	200m Breaststroke	Max Hanson	2.30.91	2/11/19	London Region Winter Championships	LAC
Helena Teague	28.12	8/11/14	London National Arena League	Luton	50m Freestyle	Shakil Giordani	23.59	19/11/22	BUCS Short Course	Sheffield
Helena Teague	1.00.49	8/11/14	London National Arena League	Luton	100m Freestyle	Shakil Giordani	51.97	5/11/22	London Region Winter Championships	LAC
Kelton Ryland	2.13.73	4/11/18	London Region Winter Championships	LAC	200m Freestyle	Alex Mackay	1.55.44	16/12/18	Christmas at the Blue Light Pool	Becontree Heath
Kelton Ryland	4.45.22	17/12/17	Christmas at Dagenham	Becontree Heath	400m Freestyle	Shakil Giordani	4.11.64	29/9/19	Luton September SC Open Meet	Inspire Luton
Kelton Ryland	9.53.42	6/11/16	London Region Winter Championships	LAC Stratford	800m Freestyle	Shakil Giordani	8.51.49	29/9/19	Luton September SC Open Meet	Inspire Luton
Rose Pepperday	19.12.59	14/7/18	BHSC Summer Open Meet	Barnet Copthall	1500m Freestyle	Shakil Giordani	17.15.17	28/9/19	Luton September SC Open Meet	Inspire Luton
Kelton Ryland	1.11.14	14/7/18	BHSC Summer Open Meet	Barnet Copthall	100m I.M	Shakil Giordani	59.81	2/11/19	London Region Winter Championships	LAC
Helena Teague	2.26.70	16/11/14	BUCS Short Course	Sheffield	200m I.M	Alex Mackay	2.10.05	15/9/12	Eric Eady Trophy	Southbury Road
Rose Pepperday	5.27.80	13/10/19	Middlesex Autumn County Qualifier	Southbury Road	400m I.M	Joshua Philpott	4.42.61	17/3/12	Middlesex County Championships	Southbury Road