

### 1000m Freestyle

#### Male







1   Francois Lambrechts (52) 13 Jul 2024 [19:20.99](#)

#### Female







1   Nadja joy Tønnesen (39) 15 Jan 2023 [16:45.12](#)  
 2   Nicola Doran (52) 18 Jan 2025 [17:47.06](#)  
 3   Patricia Heffernan (64) 26 Jan 2019 [19:09.28](#)

### 500m Freestyle

#### Male







1   AMNON SALAY (55) 7 Feb 2026 [08:03.32](#)  
 2   Francois Lambrechts (52) 13 Jul 2024 [08:59.71](#)  
 3   Brent Bythell (50) 13 Jul 2024 [13:58.59](#)

#### Female






1   Nadja joy Tønnesen (39) 4 Feb 2024 [08:15.04](#)  
 2   Tina Deeken (49) 5 Mar 2022 [08:36.06](#)  
 3   Nicola Doran (52) 18 Jan 2025 [08:45.48](#)

### 250m Freestyle

#### Male



1   AMNON SALAY (55) 18 Jan 2025 [03:42.69](#)  
 2   Kamil Orwat (37) 7 Feb 2026 [03:47.58](#)  
 3   Francois Lambrechts (52) 13 Jul 2024 [04:15.45](#)

#### Female

1   Nadja joy Tønnesen (39) 28 Jan 2024 [04:01.01](#)  
 2   Tina Deeken (49) 4 Feb 2024 [04:06.86](#)  
 3   Nicola Doran (52) 18 Jan 2025 [04:13.85](#)

### 200m Individual Medley

#### Female







1   Verity Green (45) 7 Feb 2026 [03:44.91](#)  
 2   Nadja joy Tønnesen (39) 7 Feb 2026 [04:06.25](#)  
 3   Emma Biesbroeck (30) 7 Feb 2026 [05:15.71](#)

### 100m Freestyle

#### Male






1   AMNON SALAY (55) 7 Feb 2026 [01:19.09](#)  
 2   Rafail Antoniou (22) 7 Feb 2026 [01:19.62](#)  
 3   Kamil Orwat (37) 7 Feb 2026 [01:21.18](#)

#### Female







1   Tina Deeken (49) 15 Jan 2023 [01:26.92](#)  
 2   Nadja joy Tønnesen (39) 25 Jan 2026 [01:29.92](#)  
 3   Nicola Doran (52) 15 Jan 2023 [01:31.97](#)

### 100m Breaststroke

#### Male


1   Rafail Antoniou (22) 7 Feb 2026 [01:41.45](#)  
 2   Joseph Rothenaicher (34) 7 Feb 2026 [01:44.00](#)  
 3   Kamil Orwat (37) 7 Feb 2026 [02:33.49](#)

#### Female

1   Tina Deeken (49) 7 Feb 2022 [01:57.79](#)  
 2   Mona Bunning Christiansen (43) 25 Jan 2026 [02:01.10](#)  
 3   Emma Biesbroeck (30) 18 Jan 2025 [02:12.64](#)

### 100m Individual Medley

#### Female


1		♀ Nadja joy Tønnesen (39)	15 Jan 2023	<a href="#">01:47.64</a>
2		♀ Patricia Heffernan (64)	15 Jan 2023	<a href="#">02:10.06</a>

### 100m Backstroke

#### Male

1		♂ Kamil Orwat (37)	7 Feb 2026	<a href="#">01:36.41</a>
2		♂ Geraud PAILLOT DE MONTABERT (56)	7 Feb 2026	<a href="#">02:03.90</a>
3		♂ Brent Bythell (50)	13 Jul 2024	<a href="#">03:08.99</a>

#### Female

1		♀ Verity Green (45)	7 Feb 2026	<a href="#">01:38.80</a>
2		♀ Tina Deeken (49)	15 Jan 2023	<a href="#">01:46.95</a>
3		♀ Nadja joy Tønnesen (39)	18 Jan 2025	<a href="#">01:55.77</a>

### 100m Butterfly

#### Female



1		♀ Nadja joy Tønnesen (39)	4 Feb 2024	<a href="#">02:06.02</a>
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### 50m Freestyle

#### Male

1		♂ Rafail Antoniou (22)	7 Feb 2026	<a href="#">00:34.30</a>
2		♂ AMNON SALAY (55)	18 Jan 2025	<a href="#">00:34.66</a>
3		♂ Kamil Orwat (37)	7 Feb 2026	<a href="#">00:37.48</a>

#### Female

1		♀ Tina Deeken (49)	15 Jan 2023	<a href="#">00:39.68</a>
2		♀ Nadja joy Tønnesen (39)	7 Feb 2022	<a href="#">00:42.45</a>
3		♀ Mona Bunning Christiansen (43)	25 Jan 2026	<a href="#">00:44.65</a>

### 50m Breaststroke

#### Male

1		♂ Joseph Rothenaicher (34)	7 Feb 2026	<a href="#">00:44.79</a>
2		♂ Jonty Warneken (54)	4 Feb 2024	<a href="#">01:03.71</a>
3		♂ Georg Dreuw (62)	15 Jan 2023	<a href="#">01:07.40</a>

#### Female




1		♀ Mona Bunning Christiansen (43)	25 Jan 2026	<a href="#">00:53.20</a>
2		♀ Tina Deeken (49)	5 Mar 2022	<a href="#">00:54.04</a>
3		♀ Nadja joy Tønnesen (39)	7 Feb 2022	<a href="#">01:01.95</a>

### 50m Butterfly

#### Male

1		♂ AMNON SALAY (55)	7 Feb 2026	<a href="#">00:40.48</a>
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#### Female

1		♀ Verity Green (45)	7 Feb 2026	<a href="#">00:48.74</a>
2		♀ Nadja joy Tønnesen (39)	15 Jan 2023	<a href="#">00:56.09</a>
3		♀ Patricia Heffernan (64)	18 Jan 2025	<a href="#">01:08.35</a>

### 50m Backstroke

**Male**




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1	 ♂ Rafail Antoniou (22)	7 Feb 2026	<a href="#">00:45.19</a>
2	 ♂ Kamil Orwat (37)	7 Feb 2026	<a href="#">00:45.36</a>
3	 ♂ Geraud PAILLOT DE MONTABERT (56)	7 Feb 2026	<a href="#">00:55.80</a>

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**Female**

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1	 ♀ Verity Green (45)	7 Feb 2026	<a href="#">00:44.03</a>
2	 ♀ Tina Deeken (49)	4 Feb 2024	<a href="#">00:47.25</a>
3	 ♀ Meg Agnew (45)	13 Jul 2024	<a href="#">00:50.94</a>

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