



Club Records For Diss Otters Swimming Club

Date 31 Dec 2019

All pool sizes

Boys age 7

| Event | Time | Name | Date | Venue |
|-------------|---------|-------------|------------|-------------|
| 25m Free | 0:28.22 | Noah Blair | 16/06/2016 | PB Gala |
| 50m Free | 0:57.39 | Noah Blair | 15/09/2016 | Club Champs |
| 100m Free | 2:17.57 | Noah Blair | 15/09/2016 | Club Champs |
| 200m Free | 4:37.98 | Noah Blair | 15/09/2016 | Club Champs |
| 400m Free | 9:24.85 | Fin Neve | 03/12/2015 | Club Champs |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | 0:39.04 | Evan Tovell | 15/04/2018 | PB Gala |
| 50m Breast | 1:05.44 | Lucas Blair | 03/12/2015 | Club Champs |
| 100m Breast | 2:22.21 | Lucas Blair | 03/12/2015 | Club Champs |
| 200m Breast | 5:02.10 | Lucas Blair | 03/12/2015 | Club Champs |
| 25m Fly | 0:35.03 | Noah Blair | 16/06/2016 | PB Gala |
| 50m Fly | 1:09.36 | Noah Blair | 15/09/2016 | Club Champs |
| 100m Fly | | | | |
| 200m Fly | | | | |
| 25m Back | 0:31.99 | Noah Blair | 16/06/2016 | PB Gala |
| 50m Back | 1:05.14 | Fin Neve | 03/12/2015 | Club Champs |
| 100m Back | 2:22.40 | Fin Neve | 03/12/2015 | Club Champs |
| 200m Back | 4:47.40 | Fin Neve | 03/12/2015 | Club Champs |
| 100m Medley | 2:36.41 | Noah Blair | 15/09/2016 | Club Champs |
| 200m Medley | | | | |
| 400m Medley | | | | |

Girls age 7

| Event | Time | Name | Date | Venue |
|-------------|---------|-----------------|------------|--------------|
| 25m Free | 0:27.57 | Ottillie Miller | 29/11/2009 | Champs |
| 50m Free | 1:02.42 | Faye Wilson | 15/09/2017 | Club Champs |
| 100m Free | 2:11.40 | Faye Wilson | 15/09/2017 | Club Champs |
| 200m Free | 4:41.21 | Faye Wilson | 15/09/2017 | Club Champs |
| 400m Free | 9:13.71 | Faye Wilson | 15/09/2017 | Club Champs |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | 0:36.41 | Tiggy Miller | 15/09/2014 | PB Gala |
| 50m Breast | 1:21.51 | Tiggy Miller | 09/12/2014 | Club Champs |
| 100m Breast | 2:37.09 | Faye Wilson | 15/09/2017 | Club Champs |
| 200m Breast | 5:11.43 | Faye Wilson | 15/09/2017 | Club Champs |
| 25m Fly | 0:32.45 | Ottillie Miller | 29/11/2009 | Champs |
| 50m Fly | 1:16.79 | Faye Wilson | 15/09/2017 | Club Champs |
| 100m Fly | | | | |
| 200m Fly | | | | |
| 25m Back | 0:27.71 | Alice Palmer | 23/09/2010 | Diss PB Gala |
| 50m Back | 1:05.60 | Alice Palmer | 12/11/2010 | Diss Champs |
| 100m Back | 2:25.67 | Faye Wilson | 15/09/2017 | Club Champs |
| 200m Back | 4:55.85 | Faye Wilson | 15/09/2017 | Club Champs |
| 100m Medley | | | | |
| 200m Medley | | | | |
| 400m Medley | | | | |

Boys age 8

| Event | Time | Name | Date | Venue |
|-------------|---------|------------------|------------|-------------|
| 25m Free | 0:20.45 | Fin Neve | 17/09/2016 | UEA Norwich |
| 50m Free | 0:47.09 | Fin Neve | 15/09/2016 | Club Champs |
| 100m Free | 1:44.97 | Fin Neve | 15/09/2016 | Club Champs |
| 200m Free | 3:58.43 | Noah Blair | 15/09/2017 | Club Champs |
| 400m Free | 8:26.65 | Fin Neve | 15/09/2016 | Club Champs |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | 0:27.40 | Fin Neve | 17/09/2016 | UEA Norwich |
| 50m Breast | 0:59.38 | Fin Neve | 15/09/2016 | Club Champs |
| 100m Breast | 2:11.00 | Lucas Blair | 15/09/2016 | Club Champs |
| 200m Breast | 4:34.18 | Lucas Blair | 15/09/2016 | Club Champs |
| 25m Fly | 0:24.84 | Fin Neve | 17/09/2016 | UEA Norwich |
| 50m Fly | 0:56.15 | Noah Blair | 15/09/2017 | Club Champs |
| 100m Fly | 1:20.23 | Matthew Munnings | 01/01/2011 | |
| 200m Fly | | | | |
| 25m Back | 0:24.79 | Fin Neve | 17/09/2016 | UEA Norwich |
| 50m Back | 0:55.36 | Fin Neve | 15/09/2016 | Club Champs |
| 100m Back | 2:00.94 | Fin Neve | 15/09/2016 | Club Champs |
| 200m Back | 4:06.33 | Fin Neve | 15/09/2016 | Club Champs |
| 100m Medley | 1:59.18 | Noah Blair | 15/09/2017 | Club Champs |
| 200m Medley | | | | |
| 400m Medley | | | | |

Girls age 8

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:21.88 | Heidi Noakes | 06/05/2017 | UEA |
| 50m Free | 0:45.58 | Heidi Noakes | 15/09/2017 | Club Champs |
| 100m Free | 1:55.73 | Faye Wilson | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 200m Free | 4:05.69 | Faye Wilson | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 8:22.95 | Faye Wilson | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 17:13.71 | Heidi Noakes | 15/09/2017 | Club Champs |
| 1500m Free | | | | |
| 25m Breast | 0:30.68 | Thea Irvine | 29/05/2013 | Norwich |
| 50m Breast | 1:06.41 | Rosie Munnings | 09/12/2014 | Club Champs |
| 100m Breast | 2:17.36 | Faye Wilson | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 200m Breast | 4:52.59 | Faye Wilson | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Fly | 0:26.05 | Dilly Kemp | 11/03/2017 | Riverside Norwich |
| 50m Fly | 0:57.88 | Heidi Noakes | 15/09/2017 | Club Champs |
| 100m Fly | 2:25.34 | Amber Dewsbery | 22/11/2013 | Club Champs |
| 200m Fly | | | | |
| 25m Back | 0:24.53 | Heidi Noakes | 06/05/2017 | UEA |
| 50m Back | 0:51.15 | Heidi Noakes | 15/09/2017 | Club Champs |
| 100m Back | 1:59.58 | Grace Cook | 15/09/2017 | Club Champs |
| 200m Back | 0:47.08 | Heidi Noakes | 20/02/2017 | PB Gala |
| 100m Medley | 2:05.10 | Ella Townsend | 16/09/2017 | UEA Norwich |
| 200m Medley | 4:40.20 | Ella Townsend | 15/09/2017 | Club Champs |
| 400m Medley | | | | |

Boys age 9

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|--|
| 25m Free | 0:15.98 | Barnabas Clarke | 01/01/2009 | |
| 50m Free | 0:28.58 | Matthew Munnings | 01/01/2012 | |
| 100m Free | 1:04.20 | Matthew Munnings | 01/01/2012 | |
| 200m Free | 3:18.71 | Noah Blair | 02/12/2018 | Newmarket Open NDSC December Open 2018 - 3ER181899 ACL Newmarket Leisure Centre |
| 400m Free | 7:16.36 | Noah Blair | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 15:09.02 | Ciaran Strike | 15/09/2017 | Club Champs |
| 1500m Free | | | | |
| 25m Breast | 0:19.76 | Barnabas Clarke | 01/01/2009 | |
| 50m Breast | 0:43.54 | Barnabas Clarke | 01/01/2009 | |
| 100m Breast | 1:50.35 | Noah Blair | 16/12/2018 | Winter Wipeout 2018 GYSC Winter Wipeout 2018 Sportspark, Norwich |
| 200m Breast | 4:04.59 | Lucas Blair | 15/09/2017 | Club Champs |
| 25m Fly | 0:16.80 | Barnabas Clarke | 01/01/2009 | |
| 50m Fly | 0:38.67 | Barnabas Clarke | 01/01/2009 | |
| 100m Fly | 1:11.36 | Matthew Munnings | 01/01/2012 | |
| 200m Fly | 4:34.88 | Noah Blair | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Back | 0:19.09 | Barnabas Clarke | 01/01/2009 | |
| 50m Back | 0:41.04 | Barnabas Clarke | 01/01/2009 | |
| 100m Back | 1:36.24 | Noah Blair | 16/12/2018 | Winter Wipeout 2018 GYSC Winter Wipeout 2018 Sportspark, Norwich |
| 200m Back | 3:37.36 | Noah Blair | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 100m Medley | 1:14.50 | Matthew Munnings | 01/01/2012 | |
| 200m Medley | 3:14.34 | Barnabas Clarke | 01/01/2009 | |
| 400m Medley | | | | |

Girls age 9

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|---|
| 25m Free | 0:16.20 | Sophia Pickering | 01/01/2016 | |
| 50m Free | 0:34.47 | Grace Greenhalf | 01/01/2016 | |
| 100m Free | 1:33.47 | Amber Daly | 15/10/2017 | UEA Norwich |
| 200m Free | 3:30.74 | Amber Daly | 15/09/2017 | Club Champs |
| 400m Free | 7:38.84 | Ella Townsend | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 16:08.26 | Ella Townsend | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 1500m Free | | | | |
| 25m Breast | 0:20.34 | Sarah Osborne | 01/01/2009 | |
| 50m Breast | 0:43.52 | Grace Greenhalf | 01/01/2016 | |
| 100m Breast | 1:57.50 | Thea Irvine | 09/12/2014 | Club Champs |
| 200m Breast | 4:09.35 | Thea Irvine | 19/10/2014 | UEA |
| 25m Fly | 0:17.78 | Grace Greenhalf | 01/01/2016 | |
| 50m Fly | 0:35.93 | Grace Greenhalf | 01/01/2016 | |
| 100m Fly | 1:55.40 | Heidi Noakes | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 200m Fly | | | | |
| 25m Back | 0:18.81 | Sophia Pickering | 01/01/2016 | |
| 50m Back | 0:39.64 | Katie Nash | 01/01/2009 | |
| 100m Back | 1:46.86 | Alice Palmer | 19/11/2012 | Club Champs |
| 200m Back | 3:39.84 | Rosie Munnings | 03/12/2015 | Club Champs |
| 100m Medley | 1:22.13 | Grace Greenhalf | 01/01/2016 | |
| 200m Medley | 3:04.15 | Grace Greenhalf | 01/01/2016 | |
| 400m Medley | | | | |

Boys age 10

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|---|
| 25m Free | 0:17.66 | Harry Button | 15/09/2014 | PB Gala |
| 50m Free | 0:27.33 | Matthew Munnings | 01/01/2013 | |
| 100m Free | 0:59.90 | Matthew Munnings | 01/01/2013 | |
| 200m Free | 3:03.36 | Ciaran Strike | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 6:28.54 | Callum Blair | 03/12/2015 | Club Champs |
| 800m Free | 13:30.92 | Noah Blair | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 27:25.78 | Ciaran Strike | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Breast | 0:24.30 | Fin Neve | 15/04/2018 | PB Gala |
| 50m Breast | 0:40.14 | Barnabas Clarke | 01/01/2010 | |
| 100m Breast | 1:32.61 | Barnabas Clarke | 01/01/2010 | |
| 200m Breast | 3:46.91 | Fin Neve | 12/05/2018 | Bury |
| 25m Fly | 0:19.50 | Max Ashken | 22/04/2013 | Diss PB Gala |
| 50m Fly | 0:29.28 | Matthew Munnings | 01/01/2013 | |
| 100m Fly | 1:22.30 | Barnabas Clarke | 01/01/2010 | |
| 200m Fly | 3:57.33 | Max Ashken | 20/10/2013 | UEA |
| 25m Back | 0:21.06 | Max Ashken | 22/04/2013 | Diss PB Gala |
| 50m Back | 0:36.13 | Barnabas Clarke | 01/01/2010 | |
| 100m Back | 1:24.63 | Joe Osborne | 01/01/2010 | |
| 200m Back | 3:13.05 | Noah Blair | 07/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 100m Medley | 1:20.58 | Barnabas Clarke | 01/01/2010 | |
| 200m Medley | 3:08.47 | Ben Sweeting | 01/01/2010 | |
| 400m Medley | 7:22.78 | Noah Blair | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Girls age 10

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|---|
| 25m Free | 0:16.49 | Rosie Munnings | 23/04/2016 | Wymondham |
| 50m Free | 0:32.76 | Lindsay Govier | 01/01/2010 | |
| 100m Free | 1:12.85 | Sarah Greenwood | 01/01/2010 | |
| 200m Free | 3:03.54 | Thea Irvine | 03/12/2015 | Club Champs |
| 400m Free | 6:56.80 | Florence Melton | 15/09/2016 | Club Champs |
| 800m Free | 14:41.12 | Ella Townsend | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 28:22.03 | Ella Townsend | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:23.53 | Thea Irvine | 25/04/2015 | Wymondham |
| 50m Breast | 0:40.14 | Amelia Epton | 01/01/2010 | |
| 100m Breast | 1:28.64 | Amelia Epton | 01/01/2010 | |
| 200m Breast | 3:41.75 | Thea Irvine | 18/10/2015 | UEA Norwich |
| 25m Fly | 0:19.90 | Rosie Munnings | 23/04/2016 | Wymondham |
| 50m Fly | 0:38.00 | Sarah Greenwood | 01/01/2010 | |
| 100m Fly | 1:24.27 | Amelia Epton | 01/01/2010 | |
| 200m Fly | 3:57.51 | Rosie Munnings | 03/12/2016 | UEA Norwich |
| 25m Back | 0:20.94 | Immy Grimes | 15/09/2014 | PB Gala |
| 50m Back | 0:37.97 | Sophia Pickering | 01/01/2017 | |
| 100m Back | 1:24.82 | Sophia Pickering | 01/01/2017 | |
| 200m Back | 3:27.36 | Rosie Munnings | 26/06/2016 | Dereham |
| 100m Medley | 1:26.22 | Alice Waterfield | 01/01/2010 | |
| 200m Medley | 3:05.72 | Sarah Greenwood | 01/01/2010 | |
| 400m Medley | 7:27.65 | Ottillie Miller | 06/12/2012 | Club Champs |

Boys age 11

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|--|
| 25m Free | 0:16.14 | Max Ashken | 15/09/2014 | PB Gala |
| 50m Free | 0:31.05 | Barnabas Clarke | 01/01/2011 | |
| 100m Free | 0:59.69 | Matthew Munnings | 01/01/2014 | |
| 200m Free | 2:52.68 | Max Ashken | 19/10/2014 | UEA |
| 400m Free | 6:00.42 | Fin Neve | 08/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 800m Free | 12:38.66 | Fin Neve | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 25:02.17 | Fin Neve | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:23.77 | Callum Blair | 16/06/2016 | PB Gala |
| 50m Breast | 0:39.63 | Barnabas Clarke | 01/01/2011 | |
| 100m Breast | 1:32.96 | Steven Dungar | 01/01/2011 | |
| 200m Breast | 3:29.56 | Fin Neve | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Fly | 0:18.58 | Elliot Barkway | 29/06/2019 | DOSC Summer Splash Development Gala 2019 DOSC Summer Splash 2019 Diss |
| 50m Fly | 0:28.76 | Matthew Munnings | 01/01/2014 | |
| 100m Fly | 1:04.84 | Matthew Munnings | 01/01/2014 | |
| 200m Fly | 3:22.76 | Max Ashken | 09/12/2014 | Club Champs |
| 25m Back | 0:20.18 | Matthew Tatum | 23/02/2012 | Diss PB Gala |
| 50m Back | 0:36.91 | Joe Osborne | 01/01/2011 | |
| 100m Back | 1:20.55 | Joe Osborne | 01/01/2011 | |
| 200m Back | 3:10.81 | Max Ashken | 19/10/2014 | UEA |
| 100m Medley | 1:19.93 | Barnabas Clarke | 01/01/2011 | |
| 200m Medley | 2:58.59 | Shaun Hunton | 01/01/2011 | |
| 400m Medley | 6:51.90 | Fin Neve | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Girls age 11

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|---|
| 25m Free | 0:14.88 | Amber Daly | 09/03/2019 | DOSC Springboard Gala Diss Otters Spring Board Gala Diss Leisure Centre, |
| 50m Free | 0:30.94 | Lindsay Govier | 01/01/2011 | |
| 100m Free | 1:09.34 | Katie Nash | 01/01/2011 | |
| 200m Free | 2:45.30 | Immy Grimes | 11/07/2015 | UEA |
| 400m Free | 5:55.59 | Rosie Munnings | 15/09/2017 | Club Champs |
| 800m Free | 13:08.14 | Immy Grimes | 03/12/2015 | Club Champs |
| 1500m Free | 24:18.87 | Rosie Munnings | 15/09/2017 | Club Champs |
| 25m Breast | 0:21.84 | Rosie Munnings | 20/02/2017 | PB Gala |
| 50m Breast | 0:37.88 | Amelia Epton | 01/01/2011 | |
| 100m Breast | 1:23.71 | Amelia Epton | 01/01/2011 | |
| 200m Breast | 3:28.81 | Thea Irvine | 16/10/2016 | Diss Otters Open Meet 2016 Sportspark Norwich |
| 25m Fly | 0:17.56 | Lottie Gates | 15/09/2014 | PB Gala |
| 50m Fly | 0:34.15 | Katie Nash | 01/01/2011 | |
| 100m Fly | 1:19.88 | Amelia Epton | 01/01/2011 | |
| 200m Fly | 3:20.25 | Rosie Munnings | 15/09/2017 | Club Champs |
| 25m Back | 0:19.21 | Rosie Munnings | 20/02/2017 | PB Gala |
| 50m Back | 0:35.33 | Sophia Pickering | 01/01/2018 | |
| 100m Back | 1:21.16 | Holly Gregson | 01/01/2011 | |
| 200m Back | 3:11.88 | Immy Grimes | 18/04/2015 | Newmarket |
| 100m Medley | 1:24.81 | Rosie Munnings | 15/09/2017 | Club Champs |
| 200m Medley | 2:46.59 | Amelia Epton | 01/01/2011 | |
| 400m Medley | 6:36.89 | Rosie Munnings | 15/09/2017 | Club Champs |

Boys age 12

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|-----------------|
| 25m Free | 0:16.51 | Jude Ashken | 22/04/2013 | Diss PB Gala |
| 50m Free | 0:31.73 | Matthew Munnings | 03/10/2015 | Bury St Edmunds |
| 100m Free | 1:11.85 | Max Ashken | 03/12/2015 | Club Champs |
| 200m Free | 2:40.02 | Max Ashken | 03/12/2015 | Club Champs |
| 400m Free | 5:35.52 | Max Ashken | 03/12/2015 | Club Champs |
| 800m Free | 12:33.45 | Callum Blair | 15/09/2017 | Club Champs |
| 1500m Free | 23:10.08 | Max Ashken | 03/12/2015 | Club Champs |
| 25m Breast | 0:19.62 | Jude Ashken | 22/04/2013 | Diss PB Gala |
| 50m Breast | 0:37.33 | Cameron Day | 01/01/2012 | |
| 100m Breast | 1:22.04 | Cameron Day | 01/01/2012 | |
| 200m Breast | 3:22.46 | Callum Blair | 15/09/2017 | Club Champs |
| 25m Fly | 0:18.35 | Jude Ashken | 22/04/2013 | Diss PB Gala |
| 50m Fly | 0:30.37 | Joel Clarke | 01/01/2012 | |
| 100m Fly | 1:16.75 | Max Ashken | 03/12/2015 | Club Champs |
| 200m Fly | 2:50.35 | Max Ashken | 03/12/2015 | Club Champs |
| 25m Back | 0:18.82 | Jude Ashken | 22/04/2013 | Diss PB Gala |
| 50m Back | 0:32.86 | Joel Clarke | 01/01/2012 | |
| 100m Back | 1:14.01 | Alex Lyne | 01/01/2012 | |
| 200m Back | 2:56.60 | Callum Blair | 30/09/2017 | Bury St Edmunds |
| 100m Medley | 1:23.67 | Matthew Munnings | 03/10/2015 | Bury St Edmunds |
| 200m Medley | 2:43.09 | Alex Lyne | 01/01/2012 | |
| 400m Medley | 6:20.53 | Max Ashken | 03/12/2015 | Club Champs |

Girls age 12

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:15.01 | Rosie Munnings | 15/04/2018 | PB Gala |
| 50m Free | 0:29.99 | Lindsay Govier | 01/01/2012 | |
| 100m Free | 1:07.36 | Lindsay Govier | 01/01/2012 | |
| 200m Free | 2:34.01 | Rosie Munnings | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 5:41.58 | Rosie Munnings | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 11:52.94 | Thea Irvine | 15/09/2017 | Club Champs |
| 1500m Free | 23:09.09 | Lottie Gates | 03/12/2015 | Club Champs |
| 25m Breast | 0:19.67 | Rosie Munnings | 15/04/2018 | PB Gala |
| 50m Breast | 0:37.42 | Amelia Epton | 01/01/2012 | |
| 100m Breast | 1:19.66 | Amelia Epton | 01/01/2012 | |
| 200m Breast | 3:15.80 | Thea Irvine | 30/09/2017 | Bury St Edmunds |
| 25m Fly | 0:16.77 | Rosie Munnings | 15/04/2018 | PB Gala |
| 50m Fly | 0:33.42 | Kate Osborne | 01/01/2012 | |
| 100m Fly | 1:15.23 | Amelia Epton | 01/01/2012 | |
| 200m Fly | 3:08.97 | Thea Irvine | 15/09/2017 | Club Champs |
| 25m Back | 0:18.53 | Rosie Munnings | 15/04/2018 | PB Gala |
| 50m Back | 0:34.46 | Holly Gregson | 01/01/2012 | |
| 100m Back | 1:12.99 | Holly Gregson | 01/01/2012 | |
| 200m Back | 2:49.44 | Immy Grimes | 03/12/2016 | UEA Norwich |
| 100m Medley | 1:16.98 | Amelia Epton | 01/01/2012 | |
| 200m Medley | 2:41.55 | Amelia Epton | 01/01/2012 | |
| 400m Medley | 6:22.33 | Thea Irvine | 15/09/2017 | Club Champs |

Boys age 13

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|--|
| 25m Free | 0:13.85 | Matthew Munnings | 16/06/2016 | PB Gala |
| 50m Free | 0:28.58 | Matthew Munnings | 01/10/2016 | Bury St Edmunds |
| 100m Free | 1:03.73 | Matthew Munnings | 03/12/2016 | UEA Norwich |
| 200m Free | 2:23.16 | Matthew Munnings | 16/10/2016 | Diss Otters Open Meet 2016 Sportspark Norwich |
| 400m Free | 5:07.96 | Matthew Tatum | 09/12/2014 | Club Champs |
| 800m Free | 11:06.10 | Matthew Munnings | 28/10/2016 | Club Champs |
| 1500m Free | 21:48.03 | Max Ashken | 28/10/2016 | Club Champs |
| 25m Breast | 0:19.97 | Matthew Munnings | 16/06/2016 | PB Gala |
| 50m Breast | 0:35.60 | Cameron Day | 01/01/2013 | |
| 100m Breast | 1:19.51 | Cameron Day | 01/01/2013 | |
| 200m Breast | 3:04.57 | Callum Blair | 16/12/2018 | Winter Wipeout 2018 GYSC Winter Wipeout 2018 Sportspark, Norwich |
| 25m Fly | 0:15.10 | Matthew Munnings | 16/06/2016 | PB Gala |
| 50m Fly | 0:30.96 | Matthew Munnings | 16/10/2016 | Diss Otters Open Meet 2016 Sportspark Norwich |
| 100m Fly | 1:06.17 | Joel Clarke | 01/01/2013 | |
| 200m Fly | 2:51.62 | Max Ashken | 21/02/2016 | Thetford |
| 25m Back | 0:17.71 | Matthew Tatum | 15/09/2014 | PB Gala |
| 50m Back | 0:31.29 | Joel Clarke | 01/01/2013 | |
| 100m Back | 1:06.93 | Matthew Tatum | 01/01/2014 | |
| 200m Back | 2:42.85 | Max Ashken | 03/12/2016 | UEA Norwich |
| 100m Medley | 1:09.39 | Cameron Day | 01/01/2013 | |
| 200m Medley | 2:29.91 | Cameron Day | 01/01/2013 | |
| 400m Medley | 5:42.91 | Matthew Tatum | 09/12/2014 | Club Champs |

Girls age 13

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:14.62 | Lottie Gates | 16/06/2016 | PB Gala |
| 50m Free | 0:29.20 | Rosie Munnings | 02/02/2019 | County Champs 2019 |
| 100m Free | 1:03.68 | Rosie Munnings | 06/10/2019 | Sheffield |
| 200m Free | 2:21.21 | Rosie Munnings | 17/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 400m Free | 5:19.19 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 800m Free | 10:52.00 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 21:09.97 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:19.08 | Thea Irvine | 15/04/2018 | PB Gala |
| 50m Breast | 0:35.93 | Amelia Epton | 01/01/2013 | |
| 100m Breast | 1:17.77 | Amelia Epton | 01/01/2013 | |
| 200m Breast | 3:06.34 | Rosie Munnings | 17/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 25m Fly | 0:16.29 | Lottie Gates | 16/06/2016 | PB Gala |
| 50m Fly | 0:32.95 | Kate Osborne | 01/01/2013 | |
| 100m Fly | 1:13.21 | Amelia Epton | 01/01/2013 | |
| 200m Fly | 3:04.19 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Back | 0:17.28 | Lottie Gates | 16/06/2016 | PB Gala |
| 50m Back | 0:33.08 | Katie Nash | 01/01/2013 | |
| 100m Back | 1:14.38 | Katie Nash | 01/01/2013 | |

| Event | Time | Name | Date | Venue |
|-------------|---------|----------------|------------|---|
| 200m Back | 2:46.34 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Medley | 1:15.89 | Amelia Epton | 01/01/2013 | |
| 200m Medley | 2:41.52 | Amelia Epton | 01/01/2013 | |
| 400m Medley | 5:57.51 | Rosie Munnings | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Boys age 14

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|--|
| 25m Free | 0:13.80 | Matthew Munnings | 20/02/2017 | PB Gala |
| 50m Free | 0:27.04 | Cameron Day | 01/01/2014 | |
| 100m Free | 0:59.90 | Matthew Munnings | 15/10/2017 | UEA Norwich |
| 200m Free | 2:16.53 | Matthew Munnings | 15/09/2017 | Club Champs |
| 400m Free | 5:00.68 | Matthew Tatum | 03/12/2015 | Club Champs |
| 800m Free | 10:24.22 | Matthew Munnings | 15/09/2017 | Club Champs |
| 1500m Free | 20:35.89 | Max Ashken | 15/09/2017 | Club Champs |
| 25m Breast | 0:19.68 | Dan Bachu | 15/04/2018 | PB Gala |
| 50m Breast | 0:34.00 | Cameron Day | 01/01/2014 | |
| 100m Breast | 1:17.16 | Cameron Day | 01/01/2014 | |
| 200m Breast | 2:53.26 | Callum Blair | 08/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 25m Fly | 0:14.06 | Matthew Munnings | 20/02/2017 | PB Gala |
| 50m Fly | 0:29.28 | Matthew Munnings | 15/10/2017 | UEA Norwich |
| 100m Fly | 1:07.94 | Matthew Munnings | 15/09/2017 | Club Champs |
| 200m Fly | 2:35.79 | Matthew Munnings | 15/09/2017 | Club Champs |
| 25m Back | 0:17.89 | Dan Bachu | 15/04/2018 | PB Gala |
| 50m Back | 0:31.21 | Isaac Bachu | 01/01/2014 | |
| 100m Back | 1:08.02 | Matthew Tatum | 19/09/2015 | Whittlesey |
| 200m Back | 2:28.12 | Matthew Tatum | 18/10/2015 | UEA Norwich |
| 100m Medley | 1:07.98 | Cameron Day | 01/01/2014 | |
| 200m Medley | 2:28.48 | Cameron Day | 01/01/2014 | |
| 400m Medley | 5:33.26 | Matthew Tatum | 08/03/2015 | Thetford |

Girls age 14

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:14.71 | Immy Grimes | 15/04/2018 | PB Gala |
| 50m Free | 0:29.95 | Lindsay Govier | 01/01/2014 | |
| 100m Free | 1:04.98 | Shirley Bull | 01/01/2014 | |
| 200m Free | 2:25.28 | Thea Irvine | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 400m Free | 5:05.62 | Thea Irvine | 16/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 800m Free | 10:34.63 | Thea Irvine | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 20:04.12 | Thea Irvine | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:19.20 | Lottie Gates | 20/02/2017 | PB Gala |
| 50m Breast | 0:36.13 | Amelia Epton | 01/01/2014 | |
| 100m Breast | 1:17.95 | Amelia Epton | 01/01/2014 | |
| 200m Breast | 2:58.35 | Thea Irvine | 17/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 25m Fly | 0:15.97 | Lottie Gates | 20/02/2017 | PB Gala |
| 50m Fly | 0:32.35 | Katie Nash | 01/01/2014 | |
| 100m Fly | 1:14.19 | Shirley Bull | 01/01/2014 | |
| 200m Fly | 2:49.38 | Thea Irvine | 16/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 25m Back | 0:15.62 | Immy Grimes | 15/04/2018 | PB Gala |
| 50m Back | 0:33.15 | Hannah Blades | 01/01/2014 | |
| 100m Back | 1:13.62 | Katie Nash | 01/01/2014 | |
| 200m Back | 2:44.65 | Lottie Gates | 21/01/2017 | UEA Norwich |
| 100m Medley | 1:13.25 | Amelia Epton | 01/01/2014 | |
| 200m Medley | 2:38.33 | Amelia Epton | 01/01/2014 | |

| Event | Time | Name | Date | Venue |
|-------------|---------|-------------|------------|---|
| 400m Medley | 5:42.75 | Thea Irvine | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Boys age 15

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|--|
| 25m Free | 0:13.67 | Max Ashken | 15/04/2018 | PB Gala |
| 50m Free | 0:25.74 | Joel Clarke | 01/01/2015 | |
| 100m Free | 0:56.17 | Cameron Day | 01/01/2015 | |
| 200m Free | 2:13.61 | Matthew Tatum | 15/09/2016 | Club Champs |
| 400m Free | 4:47.67 | Max Ashken | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 10:10.41 | Max Ashken | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 1500m Free | 20:15.38 | Harry Daly | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:22.69 | Gabriel Thompson | 09/03/2019 | DOSC Springboard Gala Diss Otters Spring Board Gala Diss Leisure Centre, |
| 50m Breast | 0:32.89 | Mark Hunton | 01/01/2015 | |
| 100m Breast | 1:12.24 | Mark Hunton | 01/01/2015 | |
| 200m Breast | 3:02.09 | Matthew Tatum | 07/05/2016 | Bury St Edmunds |
| 25m Fly | 0:13.95 | Max Ashken | 15/04/2018 | PB Gala |
| 50m Fly | 0:27.65 | Joel Clarke | 01/01/2015 | |
| 100m Fly | 1:02.06 | Joel Clarke | 01/01/2015 | |
| 200m Fly | 2:25.30 | Max Ashken | 05/05/2018 | UEA Norwich |
| 25m Back | 0:18.15 | Max Ashken | 15/04/2018 | PB Gala |
| 50m Back | 0:29.93 | Joel Clarke | 01/01/2015 | |
| 100m Back | 1:04.81 | Matthew Tatum | 01/01/2016 | |
| 200m Back | 2:24.28 | Matthew Tatum | 16/10/2016 | Diss Otters Open Meet 2016 Sportspark Norwich |
| 100m Medley | 1:07.00 | Mark Hunton | 01/01/2015 | |
| 200m Medley | 2:28.30 | Matthew Tatum | 01/01/2016 | |
| 400m Medley | 5:32.51 | Matthew Tatum | 21/02/2016 | Thetford |

Girls age 15

| Event | Time | Name | Date | Venue |
|-------------|----------|-----------------|------------|--|
| 25m Free | 0:14.98 | Lottie Gates | 15/04/2018 | PB Gala |
| 50m Free | 0:29.65 | Lindsay Govier | 01/01/2015 | |
| 100m Free | 1:05.03 | Caitlin Davy | 01/01/2015 | |
| 200m Free | 2:28.31 | Lottie Gates | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 5:17.94 | Lottie Gates | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 11:12.17 | Lottie Gates | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 1500m Free | 21:45.46 | Ottillie Miller | 15/09/2017 | Club Champs |
| 25m Breast | 0:21.20 | Shannon Evans | 16/06/2016 | PB Gala |
| 50m Breast | 0:37.18 | Maya Harris | 01/01/2015 | |
| 100m Breast | 1:25.36 | Cassia Miller | 08/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 200m Breast | 3:17.84 | Ottillie Miller | 15/09/2017 | Club Champs |
| 25m Fly | 0:16.18 | Lottie Gates | 15/04/2018 | PB Gala |
| 50m Fly | 0:32.25 | Rebecca Keep | 01/01/2015 | |
| 100m Fly | 1:13.54 | Rebecca Keep | 01/01/2015 | |
| 200m Fly | 2:54.28 | Lottie Gates | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Back | 0:16.81 | Lottie Gates | 15/04/2018 | PB Gala |
| 50m Back | 0:32.75 | Hannah Blades | 01/01/2015 | |
| 100m Back | 1:13.01 | Katie Nash | 01/01/2015 | |
| 200m Back | 2:43.98 | Immy Grimes | 31/03/2019 | Norwich Swan Open Meet 2019 Norwich Swan Open Meet Norwich |
| 100m Medley | 1:16.00 | Shirley Bull | 01/01/2015 | |
| 200m Medley | 2:43.55 | Shirley Bull | 01/01/2015 | |
| 400m Medley | 5:59.90 | Ottillie Miller | 15/09/2017 | Club Champs |

Boys age 16

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:12.43 | Sam Neal | 15/09/2014 | PB Gala |
| 50m Free | 0:25.77 | Liam Osborne | 01/01/2016 | |
| 100m Free | 0:56.09 | Liam Osborne | 01/01/2016 | |
| 200m Free | 2:09.50 | Max Ashken | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 400m Free | 4:44.76 | Matthew Tatum | 21/01/2017 | UEA Norwich |
| 800m Free | 10:03.88 | Matthew Tatum | 15/09/2017 | Club Champs |
| 1500m Free | 19:09.52 | Max Ashken | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:17.59 | Sam Neal | 15/09/2014 | PB Gala |
| 50m Breast | 0:31.98 | Dominic Boylan | 01/01/2016 | |
| 100m Breast | 1:13.22 | Dominic Boylan | 01/01/2016 | |
| 200m Breast | 2:54.34 | Matthew Tatum | 15/09/2017 | Club Champs |
| 25m Fly | 0:13.67 | Sam Neal | 15/09/2014 | PB Gala |
| 50m Fly | 0:26.72 | Max Ashken | 13/10/2019 | Diss Open 2019 Diss Open 2019 Norwich |
| 100m Fly | 0:59.82 | Max Ashken | 07/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 200m Fly | 2:15.24 | Max Ashken | 07/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Sportspark, Norwich |
| 25m Back | 0:17.88 | Sam Neal | 15/09/2014 | PB Gala |
| 50m Back | 0:29.99 | Liam Osborne | 01/01/2016 | |
| 100m Back | 1:04.50 | Max Ashken | 13/10/2019 | Diss Open 2019 Diss Open 2019 Norwich |
| 200m Back | 2:20.54 | Matthew Tatum | 08/04/2017 | Newmarket |
| 100m Medley | 1:04.24 | Jamie Rush | 01/01/2016 | |
| 200m Medley | 2:21.05 | Max Ashken | 16/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |

| Event | Time | Name | Date | Venue |
|-------------|---------|------------|------------|---|
| 400m Medley | 5:11.09 | Max Ashken | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Girls age 16

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|---|
| 25m Free | 0:16.32 | Shannon Evans | 20/02/2017 | PB Gala |
| 50m Free | 0:30.01 | Lottie Gates | 13/10/2019 | Diss Open 2019 Diss Open 2019 Norwich |
| 100m Free | 1:05.67 | Melissa Lear | 01/01/2016 | |
| 200m Free | 2:29.17 | Ottillie Miller | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 5:18.17 | Ottillie Miller | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 10:50.73 | Ottillie Miller | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 1500m Free | 21:36.40 | Ottillie Miller | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Breast | 0:20.60 | Shannon Evans | 20/02/2017 | PB Gala |
| 50m Breast | 0:38.66 | Nichole Chadwick | 01/01/2016 | |
| 100m Breast | 1:24.62 | Melissa Lear | 01/01/2016 | |
| 200m Breast | 3:20.36 | Shannon Evans | 22/06/2017 | Thetford |
| 25m Fly | 0:18.72 | Shannon Evans | 20/02/2017 | PB Gala |
| 50m Fly | 0:32.13 | Katie Nash | 01/01/2016 | |
| 100m Fly | 1:12.35 | Rebecca Keep | 01/01/2016 | |
| 200m Fly | 2:55.18 | Lottie Gates | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Back | 0:18.57 | Shannon Evans | 20/02/2017 | PB Gala |
| 50m Back | 0:33.13 | Holly Gregson | 01/01/2016 | |
| 100m Back | 1:09.88 | Holly Gregson | 01/01/2016 | |
| 200m Back | 2:42.10 | Lottie Gates | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Medley | 1:15.90 | Ottillie Miller | 16/12/2018 | Winter Wipeout 2018 GYSC Winter Wipeout 2018 Sportspark, Norwich |
| 200m Medley | 2:40.19 | Katie Nash | 01/01/2016 | |
| 400m Medley | 5:52.51 | Ottillie Miller | 28/09/2018 | Diss Otters Club Champs 2018 Diss |

Boys age 17

| Event | Time | Name | Date | Venue |
|-------------|----------|---------------|------------|---|
| 25m Free | 0:13.45 | Jude Ashken | 15/04/2018 | PB Gala |
| 50m Free | 0:25.57 | Liam Osborne | 01/01/2017 | |
| 100m Free | 0:56.08 | Liam Osborne | 01/01/2017 | |
| 200m Free | 2:09.53 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 400m Free | 4:38.18 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 800m Free | 9:52.75 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 1500m Free | 19:15.19 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Breast | | | | |
| 50m Breast | 0:30.99 | Justin Bott | 01/01/2017 | |
| 100m Breast | 1:07.53 | Justin Bott | 01/01/2017 | |
| 200m Breast | 2:56.28 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Fly | 0:14.84 | Jude Ashken | 15/04/2018 | PB Gala |
| 50m Fly | 0:28.31 | Justin Bott | 01/01/2017 | |
| 100m Fly | 1:01.64 | Justin Bott | 01/01/2017 | |
| 200m Fly | 2:30.45 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 25m Back | 0:18.20 | Jude Ashken | 15/04/2018 | PB Gala |
| 50m Back | 0:29.69 | Liam Osborne | 01/01/2017 | |
| 100m Back | 1:03.33 | Matthew Tatum | 14/10/2018 | Diss Otters Open Sprint Meet 2 Norwich Sportspark U |
| 200m Back | 2:22.84 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |
| 100m Medley | 1:03.68 | Justin Bott | 01/01/2017 | |
| 200m Medley | 2:18.14 | Justin Bott | 01/01/2017 | |
| 400m Medley | 5:22.17 | Matthew Tatum | 28/09/2018 | Diss Otters Club Champs 2018 Diss |

Girls age 17

| Event | Time | Name | Date | Venue |
|-------------|----------|----------------|------------|---|
| 25m Free | 0:15.28 | Shannon Evans | 15/04/2018 | PB Gala |
| 50m Free | 0:29.65 | Melissa Lear | 01/01/2017 | |
| 100m Free | 1:03.75 | Melissa Lear | 01/01/2017 | |
| 200m Free | 2:26.81 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 400m Free | 5:14.66 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 800m Free | 10:56.40 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 1500m Free | 20:58.06 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:29.06 | Shannon Evans | 15/04/2018 | PB Gala |
| 50m Breast | 0:36.38 | Melissa Lear | 01/01/2017 | |
| 100m Breast | 1:18.69 | Melissa Lear | 01/01/2017 | |
| 200m Breast | 3:20.98 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Fly | 0:17.52 | Shannon Evans | 15/04/2018 | PB Gala |
| 50m Fly | 0:32.85 | Rebecca Keep | 01/01/2017 | |
| 100m Fly | 1:12.14 | Jenny Thompson | 01/01/2017 | |
| 200m Fly | 3:03.93 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Back | 0:20.66 | Shannon Evans | 15/04/2018 | PB Gala |
| 50m Back | 0:32.64 | Jenny Thompson | 01/01/2017 | |
| 100m Back | 1:12.41 | Jenny Thompson | 01/01/2017 | |
| 200m Back | 3:00.25 | Ottilie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

| Event | Time | Name | Date | Venue |
|-------------|---------|----------------|------------|---|
| 100m Medley | 1:13.91 | Melissa Lear | 01/01/2017 | |
| 200m Medley | 2:40.94 | Melissa Lear | 01/01/2017 | |
| 400m Medley | 5:54.47 | Ottolie Miller | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Boys age 18

| Event | Time | Name | Date | Venue |
|-------------|----------|---------------|------------|---|
| 25m Free | 0:13.31 | Ryan Waters | 16/06/2016 | PB Gala |
| 50m Free | 0:26.70 | Jude Ashken | 03/02/2019 | County Champs 2019 |
| 100m Free | 0:57.24 | Matthew Tatum | 06/07/2019 | Thetford |
| 200m Free | 2:05.93 | Matthew Tatum | 16/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 400m Free | 4:35.00 | Matthew Tatum | 17/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 800m Free | 9:27.15 | Matthew Tatum | 29/11/2019 | 2019 CONSC Distance Time Trials 3ER193262 Sportspark, UEA Norwich |
| 1500m Free | 18:52.55 | Matthew Tatum | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Breast | 0:16.78 | Ryan Waters | 16/06/2016 | PB Gala |
| 50m Breast | 0:35.76 | Ryan Waters | 15/09/2016 | Club Champs |
| 100m Breast | 1:19.32 | Ryan Waters | 15/09/2016 | Club Champs |
| 200m Breast | 2:51.91 | Ryan Waters | 15/09/2016 | Club Champs |
| 25m Fly | 0:14.73 | Ryan Waters | 16/06/2016 | PB Gala |
| 50m Fly | 0:29.64 | Sam Neal | 21/02/2016 | Thetford |
| 100m Fly | 1:05.80 | Matthew Tatum | 03/03/2019 | CoN LC L3 Meet 2019 |
| 200m Fly | 2:44.99 | Matthew Tatum | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Back | 0:15.40 | Ryan Waters | 16/06/2016 | PB Gala |
| 50m Back | 0:29.86 | Matthew Tatum | 07/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Sportspark, Norwich |
| 100m Back | 1:03.03 | Matthew Tatum | 16/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |

| Event | Time | Name | Date | Venue |
|-------------|---------|---------------|------------|---|
| 200m Back | 2:15.35 | Matthew Tatum | 17/11/2019 | 2019 Norwich November Short Course 3ER192685 Sportspark, UEA Norwich |
| 100m Medley | 1:05.94 | Matthew Tatum | 07/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 200m Medley | 2:21.63 | Matthew Tatum | 08/12/2019 | Winter Wipeout 2019 Winter Wipeout 2019 Norwich |
| 400m Medley | 5:13.71 | Matthew Tatum | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

Girls age 18

| Event | Time | Name | Date | Venue |
|-------------|---------|---------------|------------|---------------------|
| 25m Free | | | | |
| 50m Free | | | | |
| 100m Free | | | | |
| 200m Free | | | | |
| 400m Free | 6:01.60 | Shannon Evans | 02/03/2019 | CoN LC L3 Meet 2019 |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | | | | |
| 50m Breast | | | | |
| 100m Breast | 1:38.65 | Shannon Evans | 06/07/2019 | Thetford |
| 200m Breast | | | | |
| 25m Fly | | | | |
| 50m Fly | | | | |
| 100m Fly | 1:29.91 | Shannon Evans | 06/07/2019 | Thetford |
| 200m Fly | | | | |
| 25m Back | | | | |
| 50m Back | | | | |
| 100m Back | | | | |
| 200m Back | | | | |
| 100m Medley | | | | |
| 200m Medley | | | | |
| 400m Medley | | | | |

Boys age 19-24

| Event | Time | Name | Date | Venue |
|-------------|---------|-------------|------------|---|
| 25m Free | 0:12.47 | Sam Neal | 15/04/2018 | PB Gala |
| 50m Free | 0:24.73 | Justin Bott | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Free | 0:57.75 | Jordan King | 26/10/2018 | Sheffield |
| 200m Free | 1:59.60 | Justin Bott | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 400m Free | | | | |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | 0:15.86 | Ryan Waters | 15/04/2018 | PB Gala |
| 50m Breast | 0:31.73 | Jordan King | 26/10/2018 | Sheffield |
| 100m Breast | 1:03.32 | Justin Bott | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Breast | 2:17.24 | Justin Bott | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 25m Fly | 0:13.94 | Sam Neal | 15/04/2018 | PB Gala |
| 50m Fly | 0:29.21 | Jordan King | 26/10/2018 | Sheffield |
| 100m Fly | | | | |
| 200m Fly | | | | |
| 25m Back | 0:16.08 | Ryan Waters | 20/02/2017 | PB Gala |
| 50m Back | 0:31.66 | Jordan King | 29/04/2019 | Newmarket |
| 100m Back | | | | |
| 200m Back | | | | |
| 100m Medley | | | | |
| 200m Medley | | | | |
| 400m Medley | | | | |

Girls age 19-24

| Event | Time | Name | Date | Venue |
|-------------|---------|----------------|------------|---|
| 25m Free | | | | |
| 50m Free | 0:29.34 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Free | 1:05.03 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Free | 2:24.66 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 400m Free | | | | |
| 800m Free | | | | |
| 1500m Free | | | | |
| 25m Breast | | | | |
| 50m Breast | 0:42.07 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Breast | 1:31.07 | Katie Halmshaw | 23/02/2019 | Warwick Thompson Memorial Gala 2019 Warwick Thompson Memorial 2019 |
| 200m Breast | | | | |
| 25m Fly | | | | |
| 50m Fly | 0:33.34 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Fly | | | | |
| 200m Fly | | | | |
| 25m Back | | | | |
| 50m Back | 0:37.69 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |

| Event | Time | Name | Date | Venue |
|-------------|---------|------------|------------|---|
| 100m Back | 1:19.31 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Back | | | | |
| 100m Medley | 1:19.19 | Emily Rose | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Medley | | | | |
| 400m Medley | | | | |

Boys age 25+

| Event | Time | Name | Date | Venue |
|-------------|----------|--------------|------------|---|
| 25m Free | 0:13.12 | Adam Lelean | 08/12/1994 | Diss TT |
| 50m Free | 0:27.97 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Free | 1:02.50 | Adam Lelean | 17/11/1996 | Diss Champ |
| 200m Free | 2:17.18 | Adam Lelean | 24/10/1997 | Sheffield |
| 400m Free | 4:53.91 | Adam Lelean | 02/12/2007 | Diss Dist Champs |
| 800m Free | 10:12.80 | Adam Lelean | 05/03/2004 | Swansea |
| 1500m Free | 19:34.43 | Adam Lelean | 24/10/2008 | Sheffield |
| 25m Breast | 0:16.65 | Adam Lelean | 29/11/2009 | Champs |
| 50m Breast | 0:35.50 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Breast | 1:19.27 | Adam Lelean | 01/01/1992 | Unknown |
| 200m Breast | 2:56.92 | Adam Lelean | 02/12/2006 | Diss Dist Champs |
| 25m Fly | 0:14.38 | Adam Lelean | 07/03/1996 | Diss TT |
| 50m Fly | 0:29.97 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 100m Fly | 1:10.60 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Fly | 2:49.00 | Adam Lelean | 02/12/2006 | Diss Dist Champs |
| 25m Back | 0:17.53 | Adam Lelean | 22/04/2013 | Diss PB Gala |
| 50m Back | 0:33.20 | Timothy Earl | 11/05/2019 | Norfolk Masters Long Course Norwich |
| 100m Back | 1:11.68 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Back | 2:43.90 | Timothy Earl | 11/05/2019 | Norfolk Masters Long Course Norwich |

| Event | Time | Name | Date | Venue |
|-------------|---------|-------------|------------|---|
| 100m Medley | 1:10.18 | Jamie Rush | 29/09/2019 | Diss Otters Club Championships 2019 DOSC Club Championships 2019 Diss |
| 200m Medley | 2:38.58 | Adam Lelean | 17/11/1997 | Distance Champ |
| 400m Medley | 5:44.70 | Adam Lelean | 26/07/1997 | Barnet |

Girls age 25+

| Event | Time | Name | Date | Venue |
|-------------|----------|------------------|------------|-------------------------------------|
| 25m Free | | | | |
| 50m Free | 0:33.36 | Rebecca Dean | 18/05/2013 | Norwich |
| 100m Free | 1:26.10 | Alison Pickering | 11/05/2019 | Norfolk Masters Long Course Norwich |
| 200m Free | 3:16.19 | Lee Macdonald | 06/07/1996 | Backstroke |
| 400m Free | 6:03.50 | Rebecca Dean | 07/05/2016 | UEA |
| 800m Free | 14:25.10 | Lee Macdonald | 20/07/1996 | Bull |
| 1500m Free | 27:55.93 | Lee Macdonald | 26/10/2007 | Sheffield |
| 25m Breast | 0:23.86 | Sally Lelean | 30/05/1998 | Hinckley |
| 50m Breast | 0:39.96 | Rebecca Dean | 18/05/2013 | Norwich |
| 100m Breast | 1:32.10 | Alison Pickering | 13/05/2017 | UEA Norwich |
| 200m Breast | 3:18.50 | Alison Pickering | 13/05/2017 | UEA Norwich |
| 25m Fly | 0:27.63 | Nicola Miller | 06/12/2003 | Distance Champs |
| 50m Fly | 0:52.61 | Jane Pearse | 23/05/1992 | Stowmarket |
| 100m Fly | 2:05.20 | Lee Macdonald | 06/07/1996 | Backstroke |
| 200m Fly | 4:43.06 | Sally Lelean | 06/12/2003 | Distance Champs |
| 25m Back | | | | |
| 50m Back | 0:41.56 | Alison Pickering | 12/11/2017 | Newmarket |
| 100m Back | 1:47.16 | Nicola Miller | 28/06/2003 | Sprint Champs |
| 200m Back | 3:44.22 | Sally Lelean | 04/12/2004 | Distance Champs |
| 100m Medley | 1:26.77 | Alison Pickering | 23/04/2017 | Newmarket |
| 200m Medley | 3:19.70 | Alison Pickering | 19/05/2018 | UEA |
| 400m Medley | 7:10.64 | Lee Macdonald | 27/07/2002 | Barnet |