

South West Regional Records

In this document you will find the Regional Swimming Records for Long Course events.

Senior Male

50 Freestyle	Proud	Benjamin	Ben	21/09/1994	906396	ENG	08/08/2018	21.11
100 Freestyle	Richards	Matthew	Matt	17/12/2002	879146	WAL	27/07/2023	47.45
200 Freestyle	Dean	Thomas	Tom	02/05/2000	756314	ENG	24/07/2021	1:44.22
400 Freestyle	Guy	James	James	26/11/1995	222667	BAUW ENG	18/04/2017	3:44.74
1500 Freestyle	Lelliott	Jay	Jay	02/01/1995	425977	ENG	20/08/2014	14:58.74
50 Breaststroke	Mew	Darren	Darren	12/12/1979	1487	ECTM ENG	20/12/2009	27.44
100 Breaststroke	Attwood	Charlie	Charlie	16/08/1997	296194	BAUW ENG	18/04/2017	1:00.39
200 Breaststroke	Jamieson	Michael	Michael	05/08/1988	70097	EEUX SCO	03/12/2011	2:10.40
50 Butterfly	Proud	Benjamin	Ben	21/09/1994	906396	ENG	24/07/2017	22.75
100 Butterfly	Guy	James	James	26/11/1995	222667	ENG	28/07/2017	50.67
200 Butterfly	Guy	James	James	26/11/1995	222667	ENG	20/06/2022	1:54.91
50 Backstroke	Tancock	Liam	Liam	07/05/1985	4251	LCLA ENG	02/08/2009	24.04
100 Backstroke	Tancock	Liam	Liam	07/05/1985	4251	LCLA ENG	28/07/2009	52.73
200 Backstroke	Williams	Brodie	Brodie	18/03/1999	520920	MILW ENG	23/06/2022	1:56.16
200 Individual Medley	Dean	Thomas	Tom	02/05/2000	756314	ENG	27/07/2023	1:56.07
400 Individual Medley	Williams	Brodie	Brodie	18/03/1999	520920	BATI ENG	16/04/2021	4:12.95

Senior Female

50 Freestyle	Hopkin	Anna	Anna Hopkin	24/04/1996	365187	ENG	27/07/2019	24.34
100 Freestyle	Hopkin	Anna	Anna Hopkin	24/04/1996	365187	ENG	24/07/2021	52.75
200 Freestyle	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600	ENG	24/07/2014	1:55.82
400 Freestyle	Carlin	Jazmin	Jazz	17/09/1990	16663	WAL	07/08/2016	4:01.23
800 Freestyle	Carlin	Jazmin	Jazz	17/09/1990	16663	WAL	21/08/2014	8:15.54
50 Breaststroke	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	03/08/2013	29.48
100 Breaststroke	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	29/07/2013	1:04.35
200 Breaststroke	Van Der Menwe	Kayla	Kayla	15/11/2002	1222167	ENG	25/08/2019	2:25.27
50 Butterfly	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600 BAUW	ENG	01/03/2014	26.45
100 Butterfly	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600	ENG	25/07/2014	57.45
200 Butterfly	Stephens	Laura	Laura	02/06/1999	380196	ENG	04/06/2021	2:07.04
50 Backstroke	Kinsman	Blythe	Blythe	24/02/2007	928341 KELW	ENG	08/04/2023	28.32
100 Backstroke	Simmonds	Elizabeth	Elizabeth	22/01/1991	19921	ENG	25/07/2014	59.98
200 Backstroke	Simmonds	Elizabeth	Elizabeth	22/01/1991	19921 BAUW	ENG	15/03/2015	2:08.32
200 Individual Medley	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600	ENG	09/08/2016	2:06.88
400 Individual Medley	Booker	Elizabeth	Lily	27/01/2001	729500 MILW	ENG	14/04/2021	4:43.40

Junior Male

50 Freestyle	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	26/07/2017	22.79
100 Freestyle	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	07/08/2017	50.97
200 Freestyle	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	06/05/2017	1:52.99
400 Freestyle	Goodman	Jakob	Jakob	16/11/2000	880981	MILW ENG	26/07/2016	3:57.98
1500 Freestyle	Knight	Joel	Joel	02/08/1995	301037	MILW ENG	29/07/2011	15:28.86
50 Breaststroke	Williams	Cameron	Cameron	08/01/2004	1220335	DDAW WAL	21/12/2019	29.33
100 Breaststroke	Williams	Cameron	Cameron	08/01/2004	1220335	WAL	22/07/2019	1:03.12
200 Breaststroke	Ellington	William	William	25/06/2003	945680	MILW SCO	19/04/2019	2:20.91
50 Butterfly	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	28/06/2017	24.52
100 Butterfly	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	05/08/2017	52.73
200 Butterfly	Burdisso	Federico	Federico	20/09/2001	1394772	ITA	30/06/2017	1:57.83
50 Backstroke	Peters	Jacob	Jacob	20/08/2000	793766	POOW ENG	26/07/2016	26.59
100 Backstroke	Kauspedas	Mantas	Mantas	26/10/2007	1726539	LTU	25/07/2023	55.47
200 Backstroke	Patching	Joseph	Joseph	16/04/1994	66645	PLYW ENG	31/03/2010	2:03.30
200 Individual Medley	Goodman	Jakob	Jakob	16/11/2000	880981	MILW ENG	30/07/2016	2:07.71
400 Individual Medley	Guy	James	James	26/11/1995	222667	MILW ENG	31/07/2011	4:29.23

Junior Female

50 Freestyle	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	03/08/2012	25.55
100 Freestyle	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	07/03/2013	55.28
200 Freestyle	Maughan	Amelia	Amelia	16/05/1996	372836 KEYW	ENG	06/08/2010	2:00.82
800 Freestyle	Carlin	Jazmin	Jazz	17/09/1990	16663 SPCY	WAL	06/08/2005	8:44.25
50 Breaststroke	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	10/03/2013	30.57
100 Breaststroke	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	29/07/2012	1:05.21
200 Breaststroke	Cain	Emma	Emma	08/08/1999	453494	ENG	30/07/2015	2:27.18
50 Butterfly	Kamzol	Flawia	Flawia	26/02/2007	1665450	POL	02/06/2022	26.85
100 Butterfly	Widdows	Hollie	Hollie	12/08/2006	1220193 KELW	ENG	28/07/2022	1:00.63
200 Butterfly	Stephens	Laura	Laura	02/06/1999	380196 PLYW	ENG	14/04/2015	2:11.76
50 Backstroke	Kinsman	Blythe	Blythe	24/02/2007	928341 KELW	ENG	09/04/2022	29.34
100 Backstroke	Meilutyte	Ruta	Ruta	19/03/1997	849258 PLYW	LTU	24/02/2013	1:02.95
200 Backstroke	Osrin	Honey	Honey	24/02/2003	1334468 PLYW	ENG	27/07/2018	2:13.48
200 Individual Medley	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600 BAUW	ENG	24/07/2011	2:13.26
400 Individual Medley	O'connor	Siobhan-Marie	Siobhan	29/11/1995	292600 BAUW	ENG	07/07/2011	4:46.61