

SWIM ENGLAND SOUTH WEST Masters Swimming Records - SHORT COURSE - JULY 2023

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 50m Freestyle						Womens 50m Freestyle				
Theo Cannon	Gloucester Masters	23.14	Millfield	12/11/23	18/24	Jessica Shaw	Southwold SC	26.13	Millfield	13/11/22
Philip Muspratt	Salisbury	23.06	Sheffield	25/10/13	25/29	Rebecca Guy	Bristol Heleaze	25.88	Sheffield	29/10/17
Philip Muspratt	United Bristol SC	23.64	Sheffield	25/10/15	30/34	Kimberly Saddler	Exe Masters	28.44	Sheffield	29/10/22
Masai Zebe-Chaka	Plymouth Leander	24.00	Sheffield	25/10/15	35/39	Rebecca Smith	West Wilts	27.58	Millfield	30/03/14
Peter Smith	Gloucester Masters	25.70	Sheffield	25/10/14	40/44	Ali Pheesse	Carn Brea	28.64	Millfield	30/03/14
Fergal Cawley	Gloucester Masters	26.37	Millfield	13/11/22	45/49	Nicola Harris	Corsham	27.63	Sheffield	25/10/13
Peter Long	St Austell SC	25.19	Cardiff	07/12/13	50/54	Rebecca Jenkinson	Exeter SC	28.97	Sheffield	25/10/13
Colin Stephenson	Gloucester Masters	26.23	Sheffield	25/10/13	55/59	Helen Kula-Przewanski	Gloucester Masters	30.45	Sheffield	25/10/15
Simon Veale	Devon	27.76	Millfield	19/11/17	60/64	Helen Kula-Przewanski	Caradon SC	31.58	Gloucester	31/03/19
Colin Stephenson	Gloucester Masters	27.83	Birmingham	13/05/23	65/69	Sue Hodge	Gloucester Masters	32.44	Gloucester	31/03/19
Tony Cherrington	Gloucester Masters	30.91	Sheffield	25/10/13	70/74	Susan Walker	Devon	35.04	Millfield	19/11/17
William Letch	Exmouth	31.72	Sheffield	25/10/15	75/79	Jean Howard-Jones	Poole SC	39.89	Millfield	13/05/18
William Letch	Totnes	33.89	Millfield	26/02/23	80/84	Joan Jackson	St Austell SC	47.42	Bodmin	27/04/14
Doug Winstone	Warminster	51.25	Sailsbury	07/10/17	85/89			NR		

Mens 100m Freestyle					Age Grp	Womens 100m Freestyle				
Kalon Veale	Totnes	51.76	Sheffield	24/10/14	18/24	Fiona Hardie	Littledown Masters	58.53	Bodmin	27/04/14
Philip Muspratt	Salisbury	50.85	Sheffield	27/10/13	25/29	Rebecca Guy	Bristol Henleaze	56.22	Sheffield	24/10/15
Philip Muspratt	United Bristol SC	52.61	Sheffield	24/10/15	30/34	Rachel Curnock	Bristol North SC	1.00.69	Sheffield	24/10/14
Jeremy Birds	United Bristol SC	52.83	Sheffield	25/10/14	35/39	Rebecca Smith	West Wilts Force 5	59.98	Sheffield	24/10/14
Peter Smith	Gloucester Masters	56.69	Sheffield	24/10/14	40/44	Rebecca Newson	Exe Masters	1.01.90	Millfield	26/02/23
Fergal Cawley	Gloucester Masters	1.00.78	Stafford	23/04/22	45/49	Nicola Harris	Corsham	1.01.74	Sheffield	24/10/14
Peter Long	St Austell	56.49	Sheffield	27/10/13	50/54	Ali Pheesse	Carn Brea	1.04.92	Bodmin	15/03/20
Colin Stephenson	Gloucester Masters	58.24	Sheffield	25/10/14	55/59	Helen Kula-Przewanski	Gloucester Masters	1.07.26	Sheffield	24/10/15
Colin Stephenson	Gloucester Masters	58.99	Gloucester	22/04/18	60/64	Helen Kula-Przewanski	Caradon	1.08.87	Sheffield	26/10/19
Colin Stephenson	Gloucester Masters	1.01.42	Birmingham	13/05/23	65/69	Susan Haigh	Tiverton	1.15.10	Sheffield	24/10/14
Tony Cherrington	Gloucester Masters	1.10.02	Sheffield	27/10/13	70/74	Susan Haigh	Exe Masters	1.20.67	Sheffield	30/10/22
William Letch	Exmouth	1.13.88	Sheffield	24/10/15	75/79	Jean Howard Jones	Poole SC	1.31.42	Sheffield	24/10/15
Tony Cherrington	Gloucester Masters	1.20.05	Gloucester	28/10/22	80/84	Joan Jackson	St Austell SC	1.48.99	Bodmin	27/04/14
Doug Winstone	Warminster	2.03.72	Swindon	01/02/17	85/89			NR		

Mens 200m Freestyle					Age Grp	Womens 200m Freestyle				
Bartek Karpisz	United Bristol SC	1.55.19	Sheffield	27/10/17	18/24	O Planteau de Marousse	United Bristol SC	2.08.57	Sheffield	27/04/14
Kalon Veale	Totnes	1.54.77	Plymouth	03/09/17	25/29	Kathleen Baker	Poole SC	2.11.84	Sheffield	
Daniel John	Totnes	1.57.03	Sheffield	27/10/17	30/34	Rachel Curnock	Bristol North SC	2.11.11	Sheffield	
Paul Hembrow	Littledown Masters	2.06.73	Poole	09/07/17	35/39	Rebecca Smith	West Wilts	2.16.24	Millfield	30/03/14
David Messenger	Bristol Henleaze	2.08.65	Millfield	26/02/23	40/44	Jessica Wooddisse	Stroud Masters	2.17.52	Gloucester	28/02/15
Steven Hurley	Exeter City SC	2.10.31	Bodmin	15/03/20	45/49	Sara Dykes	Weston-Super-Mare	2.16.67	Sheffield	26/10/14
Marcus Smallbone	Newquay Cormorants	2.06.53	Madeira	20/11/23	50/54	Sheryl Taylor	Newquay	2.30.28	Sheffield	26/10/14
Colin Stephenson	Gloucester Masters	2.13.06	Sheffield	26/10/13	55/59	Helen Kula-Przewanski	Gloucester Masters	2.29.16	Millfield	23/10/15
Simon Veale	Totnes	2.17.20	Millfield	15/05/16	60/64	Helen Kula-Przewanski	Caradon SC	2.29.71	Sheffield	25/10/19
Colin Stephenson	Gloucester Masters	2.18.39	Birmingham	13/05/23	65/69	Susan Haigh	Tiverton	2.41.42	Millfield	26/10/14
Dave Hembrow	Littledown Masters	2.35.46	Sheffield	27/10/17	70/74	Susan Haigh	Exe Masters	2.55.54	Sheffield	30/10/22
Tony Cherrington	Gloucester Masters	2.49.21	Sheffield	27/10/17	75/79	Rosemary Johnson	Wincanton	4.18.04	Sheffield	23/10/15
Tony Cherrington	Gloucester Masters	3.08.27	Gloucester	07/08/22	80/84	Jean Kitson	Brixham	4.08.17	Isle of Wight	09/02/14

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 400m Freestyle						Womens 400m Freestyle				
Levin Veale	Totnes	4.15.45	Gloucester	21/04/18	18/24	Lauren Matthews	Swindon Dolphins	4.34.25	Sheffield	28/10/17
Kalon Veale	Totnes	4.12.36	Bartne Copthall	08/07/17	25/29	Nia Westlake	Cinderford	4.40.48	Gloucester	07/08/22
Daniel John	Totnes	4.11.93	Sheffield	28/10/17	30/34	Rachel Curnock	Bristol North SC	4.43.67	Sheffield	28/10/17
Paul Hembrow	Littledown Masters	4.32.83	Poole	09/07/17	35/39	Jessica Wooddisse	Stroud Masters	4.44.15	Sheffield	25/10/14
Oliver Wilkinson	Gloucester Masters	4.30.14	Sheffield	29/10/16	40/44	Jessica Wooddisse	Stroud Masters	4.45.65	Gloucester	23/04/17
Steven Hurley	Exeter City SC	4.36.09	Bodmin	15/03/20	45/49	Jessica Wooddisse	Stroud Masters	4.50.01	Millfield	27/02/22
Sean Kinsey	Stroud Masters	4.32.32	Sheffield	29/10/16	50/54	Sheryl Taylor	Newquay	5.19.80	Sheffield	25/10/14
Sean Kinsey	Stroud Masters	4.44.52	Gloucester	31/03/19	55/59	Nuala Muir-Cochrane	Poole SC	5.12.17	Millfield	26/02/23
Simon Veale	Totnes	4.49.26	Sheffield	28/10/17	60/64	Susan Haigh	Tiverton	5.21.86	Sheffield	27/10/13
Dave Hembrow	Littledown Masters	5.27.32	Poole	16/02/14	65/69	Susan Haigh	Tiverton	5.40.12	Millfield	12/03/17
Dave Hembrow	Littledown Masters	5.32.68	Bristol	24/09/17	70/74	Susan Haigh	Exe Masters	6.07.86	Sheffield	30/10/22
Tony Cherrington	Gloucester Masters	6.06.66	Sheffield	28/10/17	75/79	Ann Humphris	Barnstaple	9.37.11	Millfield	30/03/14
Tony Cherrington	Gloucester Masters	6.58.38	Sheffield	28/10/22	80/84	Jean Kitson	Brixham	8.29.78	Millfield	30/03/14

Mens 800m Freestyle					Age Grp	Womens 800m Freestyle				
		9.27.56			18/24	Emma Baird	Weyport Masters	10.13.65	Sheffield	26/10/13
Daniel John	Totnes	8.47.34	Sheffield	25/10/15	25/29	Nia Westlake	Cinderford	9.55.71	Sheffield	29/10/21
Daniel John	Totnes	8.48.46	Sheffield	29/10/17	30/34			12.21.05		
Peter Gleed	Southwold	9.10.21	Sheffield	26/10/13	35/39	Jessica Wooddisse	Stroud Masters SC	9.42.18	Sheffield	26/10/14
Oliver Wilkinson	Gloucester Masters	9.23.53	Sheffield	30/10/16	40/44			12.21.05		
Darren Beer	Exmouth	10.15.09	Sheffield	30/10/16	45/49	Jessica Wooddisse	Stroud Masters SC	9.57.72	Sheffield	31/10/21
Mark Partridge	Stroud Masters	11.22.17	Sheffield	30/10/16	50/54	Sheryl Taylor	Newquay	10.54.73	Sheffield	26/10/14
Simon Veale	Totnes	9.54.66	Sheffield	26/10/14	55/59	Sheryl Taylor	Newquay	11.36.63	Sheffield	26/10/13
Simon Veale	Totnes	10.01.58	Sheffield	29/10/17	60/64	Jayne Ball	Gloucester Masters	11.15.12	Barnet	12/07/14
		15.15.19			65/69	Susan Haigh	Tiverton	12.04.76	Sheffield	26/10/18
Tony Cherrington	Gloucester Masters	11.57.70	Sheffield	26/10/13	70/74	Susan Haigh	Exe Masters	12.33.76	Sheffield	30/10/22
Tony Cherrington	Gloucester Masters	12.56.44	Sheffield	29/10/17	75/79			NR		
Tony Cherrington	Gloucester Masters	14.01.98	Stafford	09/07/22	80/84	Jean Kitson	Brixham	17.01.78	Isle of Wight	09/02/14

Mens 1500m Freestyle					Age Grp	Womens 1500m Freestyle				
Michal Kotlewski	United Bristol SC	17.25.73	Sheffield	24/10/14	18/24	Emma Baird	Weyport Masters	19.57.42	Sheffield	25/10/13
Daniel John	Totnes SC	17.03.45	Sheffield	28/10/16	25/29	Nia Westlake	Cinderford	19.14.57	Sheffield	29/10/21
Daniel John	Totnes SC	16.52.96	Sheffield	27/10/17	30/34			26.43.79		
Pip Bennett	Bristol Henleaze	18.22.47	Sheffield	27/10/17	35/39	Jessica Wooddisse	Stroud Masters SC	18.26.05	Sheffield	24/10/14
Oliver Wilkinson	Gloucester Masters	17.58.75	Sheffield	28/10/16	40/44			21.10.93		
Nigel Dawson	Gloucester Masters	22.06.93	Sheffield	23/10/15	45/49	Jessica Wooddisse	Stroud Masters SC	18.53.92	Sheffield	29/10/21
Rob Kellaway	East Dorset Open Water SC	20.29.84	Sheffield	23/10/15	50/54	Sheryl Taylor	Newquay	20.42.60	Sheffield	25/10/13
		21.27.88			55/59	Sheryl Taylor	Newquay	21.25.27	Sheffield	23/10/15
David Grainger	Gloucester Masters	22.11.36	Sheffield	28/10/16	60/64	Susan Haigh	Tiverton	21.29.00	Sheffield	25/10/13
David Hembrow	Littledown Masters	21.50.93	Sheffield	28/10/16	65/69	Susan Haigh	Tiverton	23.00.15	Bexley Heath	23/10/15
David Hembrow	Littledown Masters	21.40.00	Sheffield	27/10/17	70/74	Susan Haigh	Exe Masters	24.22.81	Sheffield	26/10/23
John Perks	Tewkesbury	31.25.52	Sheffield	25/10/13	75/79			NR		

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 50m Backstroke						Womens 50m Backstroke				
Kalon Veale	Totnes	25.25	Sheffield	24/10/14	18/24	Jessica Shaw	Southwold SC	28.80	Millfield	13/11/22
Kalon Veale	Totnes	25.70	Plymouth	03/09/17	25/29	Emma Challis	Totnes	31.77	Sheffield	23/10/15
James Edmonds	United Bristol SC	26.64	Sheffield	28/10/17	30/34	Emma Challis	Totnes	31.88	Sheffield	30/10/16
Jonathan Audis	Swindon Dolphins	27.16	Sheffield	28/10/17	35/39	Katie Nimmo	Gloucester Masters	32.22	Sheffield	27/10/13
Bjorn Hoffman	Backwell	31.04	Sheffield	23/10/15	40/44	Katie Nimmo	Gloucester Masters	33.08	Sheffield	28/10/17
Matthew Bailey	Gloucester Masters	30.83	Millfield	14/11/21	45/49	Ali Phesse	Carn Brea & Helston	32.58	Sheffield	28/10/17
Matthew Bailey	Gloucester Masters	30.58	Millfield	27/02/22	50/54	Ali Phesse	Carn Brea & Helston	33.16	Bodmin	15/03/20
Simon Veale	Totnes	30.98	Sheffield	24/10/14	55/59	Helen Kula-Przezanski	Gloucester Masters	36.42	Sheffield	23/10/15
Simon Veale	Totnes	31.24	Sheffield	30/10/16	60/64	Helen Kula-Przezanski	Caradon SC	36.61	Sheffield	25/10/19
Nigel Foster	Swim Bournemouth	36.85	Sheffield	23/10/15	65/69	Julia Kemp	Salisbury	42.16	Millfield	10/11/13
Tony Cherrington	Gloucester Masters	39.70	Millfield	29/09/13	70/74	Susan Haigh	Exe Masters	45.69	Millfield	12/11/23
William Letch	Exmouth	42.96	Sheffield	23/10/15	75/79	Muriel Hitchcock	Warminster	54.80	Hutton Moor	15/11/14
William Letch	Totnes	46.65	Millfield	26/02/23	80/84	Lorna Harding	Salisbury	58.17	Trowbridge	22/02/14
Doug Winstone	Warminster	1.08.18	Swindon	01/02/17	85/89			NR		

Mens 100m Backstroke					Age Grp	Womens 100m Backstroke				
Kalon Veale	Totnes	54.67	Sheffield	26/10/14	18/24	Fiona Hardie	Poole SC	1.03.95	Sheffield	29/10/16
Kalon Veale	Totnes	55.39	Plymouth	03/09/17	25/29	Cara Deasy	Barnstaple	1.09.62	Millfield	12/03/17
James Edmonds	United Bristol SC	57.03	Sheffield	29/10/16	30/34	Kerrie Aldridge	Dursley Dolphins	1.09.96	Sheffield	26/10/14
Jonathan Audis	Swindon Dolphins	58.45	Sheffield	27/10/17	35/39	Rebecca Smith	West Wilts	1.09.28	Millfield	30/03/14
		1.11.15			40/44	Heidi Hunt	Exmouth	1.13.58	Sheffield	26/10/14
Fergal Cawley	Gloucester Masters	1.09.81	Millfield	27/02/22	45/49	Nicola Harris	Corsham	1.10.46	Sheffield	26/10/14
Marcus Smallbone	Newquay Cormorants	1.06.82	Millfield	08/10/23	50/54	Ali Phesse	Carn Brea	1.15.04	Bodmin	15/03/20
Simon Wintle	Gloucester Masters	1.05.65	Birmingham	16/05/23	55/59	Helen Kula-Przezanski	Gloucester Masters	1.17.99	Sheffield	25/10/15
Simon Veale	Totnes	1.08.98	Millfield	15/05/16	60/64	Helen Kula-Przezanski	Caradon SC	1.18.33	Guernsey	07/04/19
Nigel Foster	Swim Bournemouth	1.18.28	Sheffield	25/10/15	65/69	Gillian Ferris	Gloucester Masters	1.37.98	Millfield	27/02/22
Tony Cherrington	Gloucester Masters	1.30.90	Millfield	30/03/14	70/74	Janet Brown	Bristol Masters SC	1.41.17	Gloucester	13/04/14
William Letch	Exmouth	1.35.22	Bristol	24/09/17	75/79	Muriel Hitchcock	Warminster	1.55.41	Swindon	28/06/14
Roger Burrell	Launceston	1.49.63	Sheffield	25/10/15	80/84	Jean Kitson	Brixham	2.16.70	Isle of Wight	09/02/14
Doug Winstone	Warminster	2.20.17	Trowbridge	03/06/17	85/89			NR		

Mens 200m Backstroke					Age Grp	Womens 200m Backstroke				
Kalon Veale	Totnes	2.03.19	Sheffield	24/10/15	18/24			2.38.48		
Kalon Veale	Totnes	2.02.86	Sheffield	28/10/16	25/29	Nia Westlake	Cinderford	2.37.63	Sheffield	29/10/21
James Edmonds	United Bristol SC	2.06.31	Sheffield	28/10/16	30/34	Nia Westlake	Gloucester Masters	2.32.32	Sheffield	28/10/23
Jonathan Audis	Swindon Dolphins	2.10.01	Sheffield	28/10/17	35/39			3.00.42		
Stuart Baker	Exmouth	2.33.09	Sheffield	28/10/16	40/44	Bethan Lewis	Bristol Masters SC	2.41.58	Sheffield	25/10/14
Jonathan Rawlings	Gloucester Masters	2.33.28	Sheffield	26/10/13	45/49	Charlie Smith	Devonport Royal SA	2.42.46	Sheffield	30/10/22
Ross Donaldson	Exmouth	2.36.44	Sheffield	28/10/16	50/54	Ali Phesse	Carn Brea & Helston SC	2.45.22	Bodmin	15/03/20
Simon Wintle	Gloucester Masters	2.34.38	Millfield	09/10/22	55/59	Helen Kula-Przezanski	Gloucester Masters	2.50.73	Sheffield	28/10/16
Robert Guy	Bristol North	2.33.54	Newport	17/11/18	60/64	Helen Kula-Przezanski	Caradon SC	2.49.91	St Peter Port	04/06/19
Nigel Foster	Swim Bournemouth	2.49.56	Sheffield	24/10/15	65/69	Margaret Bickley	Totnes	3.23.13	Sheffield	28/10/16
John Holding	DT's	3.21.66	Bodmin	27/04/14	70/74	Susan Haigh	Exe Masters	3.34.06	Bodmin	12/03/23
Paul Partington	Wincanton	4.21.69	London	09/07/23	75/79	Rosemary Johnson	Wincanton	5.00.38	Sheffield	24/10/15

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 50m Butterfly						Womens 50m Butterfly				
Matthew Bray	United Bristol SC	25.22	Sheffield	25/10/14	18/24	Mae Singer	Gloucester City SC	28.60	Millfield	12/11/23
Kalon Veale	Devon	24.86	Millfield	19/11/17	25/29	Fiona Hardie	Poole SC	29.75	Fareham	27/04/19
Warren Barrett	Devon	25.06	Millfield	19/11/17	30/34	Emma Oliver	Durrington Otters	30.35	Sheffield	25/10/14
Masai Zebe-Cheke	Plymouth Leander	25.35	Sheffield	25/10/15	35/39	Katie Nimmo	Gloucester Masters	31.09	Sheffield	26/10/13
Bryan Fielder	Poole	28.14	Millfield	12/03/17	40/44	Sara Dykes	Weston-Super-Mare	30.89	Sheffield	25/10/14
Graham Cridland	Tiverton	28.28	Sheffield	25/10/14	45/49	Charlie Smith	Devonport Royal SA	32.01	Sheffield	30/10/22
Marcus Smallbone	Newquay Cormorants	28.62	Plymouth	10/09/23	50/54	Sandra Jones	Gloucester Masters	32.09	Sheffield	25/10/15
Simon Wintle	Gloucester Masters	29.01	Millfield	12/11/23	55/59	Helen Kula-Przewanski	Gloucester Masters	34.45	Sheffield	25/10/14
Graeme Milne	Truro	29.36	Sheffield	25/10/14	60/64	Helen Kula-Przewanski	Caradon SC	35.13	Sheffield	26/10/19
Colin Stephenson	Gloucester Masters	35.05	Weston-S-M	03/09/23	65/69	Susan Haigh	Tiverton	39.84	Millfield	19/11/17
William Letch	Exmouth	36.92	Millfield	10/11/13	70/74	Susan Haigh	Exe Masters	43.20	Millfield	12/11/23
William Letch	Exmouth	36.64	Sheffield	25/10/15	75/79	Muriel Hitchcock	Warminster	58.86	Hutton Moor	15/11/14
William Letch	Totnes	44.74	Millfield	26/02/23	80/84			NR		

Mens 100m Butterfly					Age Grp	Womens 100m Butterfly				
Bartek Karpisz	United Bristol SC	54.90	Sheffield	27/10/17	18/24	Fiona Hardie	Poole SC	1.01.48	Sheffield	28/10/16
Kalon Veale	Totnes	56.63	Millfield	27/10/17	25/29	Natalie Harbisher	Newquay Cormorants	1.07.27	Plymouth	11.09.22
Robert Shaw	Dartmoor Darts/Devonport	26.86	Sheffield	27/10/23	30/34	Kimberley Saddler	Exe Masters	1.07.37	Sheffield	28/10/22
Jonathan Audis	Swindon Dolphins	58.53	Sheffield	27/10/17	35/39	Rebecca Smith	West Wilts Force 5	1.10.50	Sheffield	25/10/14
John Drake	Swindon Dolphins	1.01.89	Sheffield	30/10/16	40/44	Rebecca Newson	Exe Masters	1.07.26	Millfield	26/02/23
Graham Cridland	Tiverton	1.05.01	Sheffield	25/10/14	45/49	Philippa O'Grady	Exmouth	1.11.07	Sheffield	24/10/15
Marcus Smallbone	Newquay Cormorants	1.02.51	Sheffield	29/10/23	50/54	Sandra Jones	Gloucester Masters	1.13.36	Sheffield	24/10/15
Simon Veale	Totnes	1.06.04	Sheffield	27/10/13	55/59	Helen Kula-Przewanski	Gloucester Masters	1.21.41	Sheffield	27/10/17
Graeme Milne	Truro	1.07.09	Sheffield	24/10/15	60/64	Helen Kula-Przewanski	Gloucester Masters	1.22.46	Horfield	18/05/19
Andy Chapman	Corsham	1.32.04	Salisbury	14/04/18	65/69	Susan Haigh	Tiverton	1.34.36	Millfield	23/02/20
Tony Fairfoull	Swindon Masters	1.45.23	Swindon	01/02/17	70/74	Lesley Maynard	Salisbury	2.50.33	Swindon	01/02/17
William Letch	Exmouth	1.32.64	Bristol	24/09/17	75/79			NR		

Mens 200m Butterfly					Age Grp	Womens 200m Butterfly				
Bartek Karpisz	United Bristol SC	2.13.42	Sheffield	23/10/15	18/24	Lauren Matthews	Swindon Dolphins	2.25.16	Sheffield	29/10/17
Daniel John	Totnes	2.12.94	Sheffield	24/10/14	25/29	Natalie Harbisher	Newquay Cormorants	2.32.90	Millfield	09/10/22
Daniel John	Totnes	2.11.17	Sheffield	29/10/17	30/34	Nia Westlake	Gloucester Masters	2.37.38	Sheffield	27/10/23
Liam Small	Poole SC	2.16.37	Sheffield	27/10/23	35/39	Jessica Wooddisse	Stroud Masters	2.39.72	Bracknell	01/03/14
John Drake	Swindon Dolphins	2.24.25	Sheffield	26/10/16	40/44	Jessica Wooddisse	Stroud Masters	2.37.88	Bracknell	26/10/18
Darren Beer	Crediton & District	2.37.31	Sheffield	24/10/14	45/49	Philippa O'Grady	Exmouth	2.38.25	Sheffield	23/10/15
Darren Beer	Crediton & District	2.39.92	Sheffield	29/10/17	50/54	Sandra Jones	Gloucester Masters	3.17.50	Barnet	07/07/18
		3.16.15			55/59	Ninette Hibbs	St Austell	3.09.58	Sheffield	29/10/17
John Ryan	DT's	3.35.56	Saltash	21/01/17	60/64	Susan Haigh	Tiverton	3.11.14	Guildford	05/10/13
John Ryan	DT's	3.41.12	Saltash	20/01/18	65/69			3.47.03		
Tim Mann	St Austell	4.06.46	Bodmin	06/05/17	70/74			NR		
		NR			75/79			NR		

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 50m Breaststroke						Womens 50m Breaststroke				
Levin Veale	Totnes	28.89	Sheffield	29/10/17	18/24	Jessica Shaw	Southwold SC	33.22	Millfield	13/11/22
James Broady	Gloucester Masters	29.26	Gloucester	31/03/19	25/29	Hannah Wiltshire	Poole SC	33.64	Millfield	15/05/16
Robert Shaw	Dartmoor Darts/Devonport	30.12	Millfield	12/11/23	30/34	Hannah Wiltshire	Poole SC	34.69	Millfield	12/03/17
Graham Marshall	City of Bristol	31.36	Sheffield	26/10/13	35/39	Alex McRae	Devon	37.38	Millfield	19/11/17
Nigel Masters	Cirencester	32.21	Sheffield	24/10/15	40/44	Katie Pateman	Exe Masters	36.03	Sheffield	28/10/23
Nigel Masters	Cirencester	32.37	Millfield	29/10/17	45/49	Heidi Hunt	Exmouth	36.08	Sheffield	29/10/16
Marcus Smallbone	Newquay Cormorants	32.53	Sheffield	28/10/23	50/54	Rebecca Jenkinson	Exeter City	39.61	Sheffield	26/10/13
Simon Wintle	Gloucester Masters	33.20	Millfield	12/11/23	55/59	Jo Seymour	Gloucester Masters	37.83	Millfield	27/02/222
Mark Partridge	Stroud Masters	36.06	Millfield	26/02/23	60/64	Alison Nye	Swindon	40.62	Millfield	12/03/17
John Anderson	Wincanton	38.04	Sheffield	27/10/19	65/69	Anne Nicholls	Gloucester Masters	46.31	Gloucester	07/08/22
John Anderson	Wincanton	41.60	Millfield	12/11/23	70/74	Margaret Bickley	Totnes	51.12	Sheffield	28/10/23
Donald Leatherbarrow	Gloucester Masters	44.23	Sheffield	26/10/13	75/79	Muriel Hitchcock	Warminster	50.38	Millfield	10/11/13
Donald Leatherbarrow	Gloucester Masters	48.19	Gloucester	22/04/18	80/84	Muriel Hitchcock	Warminster	57.14	Gloucester	22/04/18
Grenville Cole	AST Burnham	58.45	Gloucester	23/04/17	85/89			NR		

Mens 100m Breaststroke					Age Grp	Womens 100m Breaststroke				
Levin Veale	Totnes	1.03.65	Sheffield	28/10/17	18/24	Aimee Carter	Gloucester Masters	1.12.62	Sheffield	28/10/17
James Broady	Gloucester Masters	1.05.21	Gloucester	31/03/19	25/29	Hannah Wiltshire	Poole SC	1.14.07	Millfield	15/05/16
Robert Shaw	Dartmoor Darts/Devonport	1.05.62	Sheffield	27/10/23	30/34	Hannah Wiltshire	Poole SC	1.16.05	Millfield	12/03/17
Graham Marshall	City of Bristol	1.09.90	Sheffield	26/10/13	35/39	Alison Browning	Exmouth	1.22.15	Sheffield	28/10/17
Nigel Masters	Cirencester	1.09.10	Sheffield	23/10/15	40/44	Katie Pateman	Exe Masters	1.18.59	Sheffield	28/10/23
Nigel Masters	Swindon Dolphins	1.09.95	Sheffield	28/10/17	45/49	Debbie Atkins	Weston Super Mare SC	1.22.46	Sheffield	29/10/21
Marcus Smallbone	Newquay Cormorants	1.04.91	Madeira	21/11/23	50/54	Sandra-Jane Jones	Gloucester Masters	1.27.09	Sheffield	25/10/19
Simon Wintle	Gloucester Masters	1.16.83	Stafford	23/04/22	55/59	Jo Seymour	Gloucester Masters	1.24.77	Millfield	27/02/22
Mark Partridge	Stroud Masters	1.22.53	Sheffield	27/10/23	60/64	Helen Kula-Przewanski	Caradon	1.37.17	Guernsey	05/04/19
John Anderson	Wincanton	1.24.88	Sheffield	25/10/19	65/69	Gillian Ferris	Gloucester Masters	1.46.00	Gloucester	07/08/22
John Anderson	Wincanton	1.33.74	Sheffield	27/10/23	70/74	Margaret Bickley	Totnes	1.54.22	Sheffield	27/10/23
William Letch	Exmouth	1.46.95	Plymouth	03/09/17	75/79	Muriel Hitchcok	Warminster	1.59.35	Swindon	28/06/14
Donald Leatherbarrow	Gloucester Masters	1.49.79	Gloucester	22/04/18	80/84	Muriel Hitchcok	Warminster	2.12.64	Gloucester	31/03/19
Grenville Cole	AST Burnham	2.10.22	Sheffield	28/10/16	85/89					

Mens 200m Breaststroke					Age Grp	Womens 200m Breaststroke				
		2.39.13			18/24	Kay De Courcy	St Austell SC	2.43.76	Bodmin	27/04/14
James Flanagan	United Bristol SC	2.28.01	Sheffield	24/10/15	25/29	Kathleen Baker	Poole SC	2.47.99	Sheffield	27/10/17
Robert Shaw	Dartmoor Darts/Devonport	2.23.88	Sheffield	27/10/23	30/34	Nia Westlake	Gloucester Masters	2.54.22	Sheffield	28/10/23
Graham Marshall	City of Bristol	2.34.00	Sheffield	25/10/13	35/39	Katie Nimmo	Gloucester Masters	2.58.88	Sheffield	24/10/14
Nigel Masters	Cirencester	2.30.96	Sheffield	24/10/15	40/44	Katie Pateman	Exe Masters	2.49.91	Sheffield	28/10/23
Nigel Masters	Swindon Dolphins	2.32.73	Sheffield	27/10/17	45/49	Debbie Atkins	Weston Super Mare	3.01.98	Weston Super Mare	29/09/19
Marcus Smallbone	Newquay Cormorants	2.21.14	Madeira	23/11/23	50/54	Ninette Hibbs	St Austell SC	3.09.51	Sheffield	25/10/13
Simon Wintle	Gloucester Masters	2.45.50	Millfield	09/10/22	55/59	Ninette Hibbs	St Austell SC	3.17.30	Bodmin	06/05/17
John Anderson	Wincanton	3.09.61	Sheffield	27/10/17	60/64	Jayne Ball	Gloucester Masters	3.27.75	Sheffield	24/10/14
Thomas Morrow	Gloucester Masters	3.07.80	Newport	27/11/21	65/69	Margaret Bickley	Totnes	3.42.10	Sheffield	30/10/16
John Anderson	Wincanton	3.27.48	Sheffield	28/10/23	70/74	Margaret Bickley	Totnes	4.13.10	Guernsey	02/04/23
Robert Lloyd-Evans	Poole SC	3.53.60	Bristol	24/09/17	75/79	Muriel Hitchcock	Warminster	4.40.14	Bristol	24/09/17
Robert Lloyd-Evans	Poole SC	4.31.06	Dorchester	17/06/23	80/84					

NAME	CLUB	TIME	VENUE	DATE	Age Grp	NAME	CLUB	TIME	VENUE	DATE
Mens 100m Individual Medley						Womens 100m Individual Medley				
Levin Veale	Totnes	27.90	Sheffield	27/10/17	18/24	Fiona Hardie	Littledown Masters	1.07.25	Poole	09/07/17
Kalon Veale	Totnes	59.51	Millfield	15/05/16	25/29	Rebecca Guy	Bristol Henleaze	1.05.56	Sheffield	27/10/17
Robert Shaw	Dartmoor Darts/Devonport	59.18	Sheffield	27/10/23	30/34	Nia Westlake	Gloucester Masters	1.10.52	Sheffield	29/10/23
Jonathan Audis	Swindon Dolphins	59.57	Sheffield	27/10/17	35/39	Rebecca Smith	West Wilts Force 5	1.10.02	Sheffield	24/10/14
Nigel Masters	Cirencester	1.04.30	Sheffield	24/10/15	40/44	Rebecca Newson	Exe Masters	1.09.87	Millfield	26/02/23
Nigel Masters	Swindon Dolphins	1.05.17	Sheffield	27/10/17	45/49	Heidi Hunt	Exmouth	1.13.37	Sheffield	24/10/15
Marcus Smallbone	Newquay Cormorants	1.02.66	Madeira	19/11/23	50/54	Rebecca Jenkinson	Exeter	1.16.38	Sheffield	25/10/13
Simon Wintle	Gloucester Masters	1.07.76	Newport	03/12/22	55/59	Jo Seymour	Gloucester Masters	1.17.88	Millfield	26/02/23
Simon Veale	Totnes	1.09.61	Guernsey	17/04/16	60/64	Helen Kula-Przewanski	Caradon SC	1.19.35	Sheffield	27/10/19
Colin Stephenson	Gloucester Masters	1.16.28	Weston-S-M	03/09/23	65/69	Jayne Stephenson	Gloucester Masters	1.29.46	Gloucester	31/03/19
William Letch	Exmouth	1.23.45	Bracknell	01/03/14	70/74	Sue Haigh	Exe Masters	1.40.86	Millfield	09/10/22
William Letch	Exmouth	1.29.78	Plymouth	03/09/17	75/79	Muriel Hitchcock	Warminster	2.18.34	Salisbury	07/10/17
Donald Leatherbarrow	Gloucester Masters	1.36.95	Gloucester	22/04/18	80/84	Janet Gwilt	Gloucester Masters	2.41.72	Gloucester	31/03/19

Mens 200m Individual Medley					Age Grp	Womens 200m Individual Medley				
Michael Kotlewski	United Bristol SC	2.10.99	Sheffield	29/10/17	18/24	Fiona Hardie	Poole SC	2.21.29	Sheffield	29/10/16
Kalon Veale	Totnes	2.08.78	Bristol	24/09/17	25/29	Kathleen Baker	Poole SC	2.28.28	Sheffield	29/10/17
Robert Shaw	Dartmoor Darts/Devonport	2.12.05	Sheffield	27/10/23	30/34	Nia Westlake	Gloucester Masters	2.34.40	Sheffield	28/10/23
Liam Small	Poole SC	2.20.83	Millfield	08/10/23	35/39	Rebecca Smith	West Wilts Force 5	2.35.30	Sheffield	26/10/14
Nigel Masters	Cirencester	2.21.79	Sheffield	26/10/14	40/44	Sara Dykes	Weston-Super-Mare	2.36.55	Sheffield	26/10/14
Nigel Masters	Swindon Dolphins	2.21.73	Sheffield	29/10/17	45/49	Philippa O'Grady	Exmouth	2.42.45	Sheffield	26/10/14
Marcus Smallbone	Newquay Cormorants	2.19.71	Sheffield	29/10/23	50/54	Sandra-Jane Jones	Gloucester Masters	2.50.08	Sheffield	23/10/15
Simon Wintle	Gloucester Masters	2.29.07	Newport	03/12/22	55/59	Helen Kula-Przewanski	Gloucester Masters	2.55.28	Guernsey	01/04/17
Simon Veale	Totnes	2.33.38	Sheffield	29/10/17	60/64	Helen Kula-Przewanski	Caradon SC	2.53.96	Guernsey	06/04/19
John Anderson	Wincanton	3.04.81	Southampton	28/04/18	65/69	Susan Haigh	Tiverton	3.15.52	Guernsey	01/04/17
Peter Stephens	Truro	3.48.03	Guernsey	13/04/18	70/74	Susan Haigh	Exe Masters	3.36.59	Bodmin	12/03/23
William Letch	Exmouth	3.17.55	Sheffield	23/10/15	75/79			NR		

Mens 400m Individual Medley					Age Grp	Womens 400m Individual Medley				
Michal Kotlewski	United Bristol SC	4.41.65	Sheffield	28/10/17	18/24	Aimee Carter	Gloucester Masters	5.06.00	Sheffield	28/10/17
David Langston	City of Bristol	4.55.00	Sheffield	27/10/13	25/29	Nia Westlake	Cinderford	5.34.08	Sheffield	29/10/21
Daniel John	Totnes	4.56.63	Barnet	07/07/18	30/34	Nia Westlake	Gloucester Masters	5.16.37	Sheffield	27/10/23
Liam Small	Poole SC	4.53.21	Sheffield	27/10/23	35/39	Jessica Wooddisse	Stroud Masters	5.36.47	Sheffield	25/10/14
David Messenger	Bristol Henleaze	5.21.07	Plymouth	11/09/22	40/44	Jessica Wooddisse	Stroud Masters	5.35.97	Sheffield	26/10/18
Darren Beer	Crediton & District	5.18.56	Sheffield	25/10/14	45/49	Jessica Partridge	Stroud Masters	5.38.70	Sheffield	28/10/22
Marcus Smallbone	Newquay Cormorants	5.09.08	Sheffield	27/10/23	50/54	Sheryl Taylor	Newquay	6.11.84	Sheffield	25/10/14
Sean Kinsey	Stroud Masters	5.19.00	Gloucester	31/03/19	55/59	Helen Hula-Przewanski	Gloucester Masters	6.16.98	Sheffield	28/10/17
Simon Veale	Totnes	5.33.84	Sheffield	28/10/16	60/64	Susan Haigh	Tiverton	6.23.71	Gloucester	13/04/14
John Anderson	Wincanton	6.44.09	Gloucester	22/04/18	65/69	Susan Haigh	Tiverton	6.45.14	Gloucester	23/04/17
Chris Jessop	Salisbury	8.41.52	Sheffield	28/10/17	70/74			NR		
Paul Partington	Wincanton	11.27.33	London	09/07/23	75/79			NR		