

South West Regional Records

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

Senior Male

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|-----------------------|----------|----------|---------|------------|-------------|-----|------------|----------|
| 50 Freestyle | Proud | Benjamin | Ben | 21/09/1994 | 906396 PLYW | ENG | 22/04/2017 | 21.32 |
| 100 Freestyle | Proud | Benjamin | Ben | 21/09/1994 | 906396 PLYW | ENG | 11/03/2016 | 48.52 |
| 200 Freestyle | Guy | James | James | 26/11/1995 | 222667 | ENG | 08/08/2016 | 1:45.49 |
| 400 Freestyle | Guy | James | James | 26/11/1995 | 222667 BAUW | ENG | 18/04/2017 | 3:44.74 |
| 1500 Freestyle | Lelliott | Jay | Jay | 01/02/1995 | 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 |
| 50 Butterfly | Proud | Benjamin | Ben | 21/09/1994 | 906396 PLYW | ENG | 23/04/2017 | 22.80 |
| 100 Butterfly | Guy | James | James | 26/11/1995 | 222667 | ENG | 28/07/2017 | 50.67 |
| 100 Butterfly | Guy | James | James | 26/11/1995 | 222667 | ENG | 29/07/2017 | 50.83 |
| 100 Butterfly | Guy | James | James | 26/11/1995 | 222667 | ENG | 21/05/2017 | 51.50 |
| 200 Butterfly | Guy | James | James | 26/11/1995 | 222667 | ENG | 19/05/2017 | 1:55.91 |
| 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 | Patching | Joseph | Joseph | 16/04/1994 | 66645 PLYW | ENG | 16/04/2015 | 1:58.17 |
| 200 Individual Medley | Tancock | Liam | Liam | 07/05/1985 | 4251 LCLA | ENG | 01/04/2008 | 1:57.79 |
| 400 Individual Medley | Guy | James | James | 26/11/1995 | 222667 | ENG | 25/01/2015 | 4:19.61 |

Senior Female

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|-----------------------|-----------|---------------|-----------|------------|-------------|-----|------------|---------|
| 50 Freestyle | Harkin | Sian | Sian | 31/08/1994 | 76663 PLYW | WAL | 12/04/2014 | 25.07 |
| 100 Freestyle | O'Connor | Siobhan-Marie | Siobhan | 29/11/1995 | 292600 | ENG | 14/04/2015 | 53.81 |
| 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 | Cain | Emma | Emma | 08/08/1999 | 453494 | ENG | 30/07/2015 | 2:27.18 |
| 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 | Dickons | Jessica | Jessica | 17/08/1990 | 17426 STKE | ENG | 02/12/2011 | 2:07.68 |
| 50 Backstroke | Simmonds | Elizabeth | Elizabeth | 22/01/1991 | 19921 BAUW | ENG | 15/03/2015 | 28.46 |
| 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 | O'Connor | Siobhan-Marie | Siobhan | 29/11/1995 | 292600 BAUW | ENG | 09/02/2013 | 4:44.17 |

Junior Male

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|-----------------------|----------|---------|--------|------------|-------------|-----|------------|----------|
| 50 Freestyle | Smith | Jack | Jack | 22/05/1996 | 212974 PLYW | ENG | 08/03/2012 | 23.86 |
| 100 Freestyle | Cole | William | Will | 15/02/1999 | 507487 SOUW | ENG | 03/05/2014 | 52.28 |
| 200 Freestyle | Cole | William | Will | 15/02/1999 | 507487 | ENG | 07/08/2014 | 1:53.32 |
| 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 | Taverner | Oliver | Ollie | 24/04/2001 | 758521 KELW | ENG | 27/07/2016 | 29.39 |
| 100 Breaststroke | Glasson | Nick | Nick | 06/11/1998 | 769796 PLYW | ENG | 07/08/2014 | 1:04.29 |
| 200 Breaststroke | Glasson | Nick | Nick | 06/11/1998 | 769796 PLYW | ENG | 10/08/2014 | 2:21.20 |
| 50 Butterfly | Peters | Jacob | Jacob | 20/08/2000 | 793766 POOW | ENG | 31/07/2016 | 24.80 |
| 100 Butterfly | Peters | Jacob | Jacob | 20/08/2000 | 793766 POOW | ENG | 15/04/2016 | 55.13 |
| 200 Butterfly | Peters | Jacob | Jacob | 20/08/2000 | 793766 POOW | ENG | 27/07/2016 | 2:02.98 |
| 50 Backstroke | Peters | Jacob | Jacob | 20/08/2000 | 793766 POOW | ENG | 26/07/2016 | 26.59 |
| 100 Backstroke | Halsall | Grant | Grant | 31/08/1993 | 211742 PLYW | ENG | 16/03/2009 | 56.75 |
| 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

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|-----------------------|-----------|---------------|---------|------------|--------------|-----|------------|---------|
| 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 | McCrea | Jasmine | Jasmine | 08/11/2001 | 908930 POOW | ENG | 26/07/2017 | 27.24 |
| 50 Butterfly | Harkin | Sian | Sian | 31/08/1994 | 76663 PLYW | WAL | 22/06/2010 | 27.48 |
| 100 Butterfly | Stephens | Laura | Laura | 02/06/1999 | 380196 PLYW | ENG | 17/04/2015 | 1:00.98 |
| 200 Butterfly | Stephens | Laura | Laura | 02/06/1999 | 380196 PLYW | ENG | 14/04/2015 | 2:11.76 |
| 50 Backstroke | Harvey | Emma | Emma | 23/07/2001 | 1162172 MILW | SCO | 22/04/2017 | 29.37 |
| 50 Backstroke | Lenderyou | Phoebe | Phoebe | 18/09/1995 | 158562 PLYW | ENG | 19/08/2010 | 29.69 |
| 100 Backstroke | Meilutyte | Ruta | Ruta | 19/03/1997 | 849258 PLYW | LTU | 24/02/2013 | 1:02.95 |
| 200 Backstroke | Lenderyou | Phoebe | Phoebe | 18/09/1995 | 158562 PLYW | ENG | 07/07/2011 | 2:15.53 |
| 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 |