



City of Southampton Swimming Club - Long Course Masters Records



Only swims made in a competition designated as being a masters competition are eligible for inclusion in the masters records. If you wish to claim a record email webmaster@cossc.org with the details.

18-24 Years (S)	40-44 Years (D)	60-64 Years (H)
25-29 Years (A)	45-49 Years (E)	65-69 Years (I)
30-34 Years (B)	50-54 Years (F)	70-74 Years (J)
35-39 Years (C)	55-59 Years (G)	

Records last updated on 24th July 2017

S 50m	Backstroke	33.56	Caroline Ball	GB Masters Championships	2013	50m	Backstroke	30.72	Alistair Garmendia	Inter-County (LC) Masters Meet	2005
A 50m	Backstroke	33.8	Caroline Ball	European Swimming Champs - London	2016	50m	Backstroke	30.36	Liam Small	South-East Region LC Masters	2014
B 50m	Backstroke	29.92	Katy Sexton	South-East Region LC Masters	2012	50m	Backstroke	31.76	Robert Langan	GB Masters Championships	2017
C 50m	Backstroke	38.31	Catherine Willcocks	European Swimming Champs - London	2016	50m	Backstroke	41.92	Duncan Lip	GB Masters Championships	2013
D 50m	Backstroke	37.71	Sarah Aldridge	South-East Region LC Masters	2015	50m	Backstroke	40.67	Duncan Lip	GB Masters Championships	2015
E 50m	Backstroke	36.18	Amanda Rush	European Swimming Champs - London	2016	50m	Backstroke	33.86	Jerome Bakker	GB Masters Championships	2012
F 50m	Backstroke	34.57	Lucy Williams	South East LC Masters Meet	2013	50m	Backstroke	42.58	Graham Cawte	South-East Region LC Masters	2015
G 50m	Backstroke	44.3	Carole Pierce	GB Masters Championships	2012	50m	Backstroke				
S 100m	Backstroke	1.15.64	Caroline Ball	GB Masters Championships	2013	100m	Backstroke				
A 100m	Backstroke	1.14.96	Caroline Ball	South-East Region LC Masters	2014	100m	Backstroke	1.05.01	Liam Small	South-East Region LC Masters	2014
B 100m	Backstroke	1.03.30	Katy Sexton	South-East Region LC Masters	2012	100m	Backstroke	1.08.86	Robert Langan	GB Masters Championships	2017
C 100m	Backstroke					100m	Backstroke				
D 100m	Backstroke					100m	Backstroke				
E 100m	Backstroke					100m	Backstroke	1.13.21	Jerome Bakker	GB Masters Championships	2012
F 100m	Backstroke	1.25.66	Tina-Marie Parkin	South-East Region LC Masters	2012	100m	Backstroke	1.29.61	Pablo Garcia	European Swimming Champs - London	2016
G 100m	Backstroke					100m	Backstroke				
S 200m	Backstroke	2.54.14	Jessica Farmer	South-East Region LC Masters	2014	200m	Backstroke				
A 200m	Backstroke	2.56.22	Hannah Spradbery	South-East Region LC Masters	2014	200m	Backstroke	2.30.53	Victor Estella-Perez	South-East Region LC Masters	2015
B 200m	Backstroke	2.41.87	Caroline Ball	European Swimming Champs - London	2016	200m	Backstroke	2.34.32	Robert Langan	GB Masters Championships	2017
C 200m	Backstroke					200m	Backstroke				
D 200m	Backstroke					200m	Backstroke				
E 200m	Backstroke					200m	Backstroke				
F 200m	Backstroke					200m	Backstroke				
G 200m	Backstroke					200m	Backstroke				
S 50m	Breaststroke	42.42	Jessica Farmer	South-East Region LC Masters	2015	50m	Breaststroke	38.45	Jake Howes	GB Masters Championships	2015
A 50m	Breaststroke	39.14	Caroline Ball	South-East Region LC Masters	2014	50m	Breaststroke	32.8	Adam Jeacock	Inter-County (LC) Masters Meet	2005
B 50m	Breaststroke					50m	Breaststroke	30.16	Chris Jones	GB Masters Championships	2015
C 50m	Breaststroke	50.91	Kae Neustadt	South-East Region LC Masters	2011	50m	Breaststroke	30.09	Chris Jones	European Swimming Champs - London	2016
D 50m	Breaststroke	51.93	Kae Neustadt	GB Masters Championships	2017	50m	Breaststroke	30.66	Martin Bennell	GB Masters Championships	2017
E 50m	Breaststroke	44.19	Natasha Bye-Brooks	European Swimming Champs - London	2016	50m	Breaststroke				
F 50m	Breaststroke	38.98	Lucy Williams	Masters World Champs Riccione - Italy	2012	50m	Breaststroke	45.19	Graham Cawte	GB Masters Championships	2012
G 50m	Breaststroke					50m	Breaststroke				

S	100m	Breaststroke	1.33.46	Jessica Farmer	South-East Region LC Masters	2015	100m	Breaststroke				
A	100m	Breaststroke	1.24.60	Caroline Ball	South-East Region LC Masters	2014	100m	Breaststroke				
B	100m	Breaststroke					100m	Breaststroke	1.05.29	Chris Jones	GB Masters Championships	2015
C	100m	Breaststroke	1.56.08	Kae Neustadt	South-East Region LC Masters	2011	100m	Breaststroke	1.06.01	Chris Jones	European Swimming Champs - London	2016
D	100m	Breaststroke					100m	Breaststroke	1.10.53	Martin Bennell	GB Masters Championships	2017
E	100m	Breaststroke					100m	Breaststroke				
F	100m	Breaststroke	1.40.52	Karen Blanchard	Masters World Champs Riccione - Italy	2012	100m	Breaststroke				
G	100m	Breaststroke					100m	Breaststroke				
H	100m	Breaststroke					100m	Breaststroke				
S	200m	Breaststroke	3.21.43	Jessica Farmer	South-East Region LC Masters	2014	200m	Breaststroke				
A	200m	Breaststroke	3.11.02	Hannah Spradbery	South-East Region LC Masters	2014	200m	Breaststroke				
B	200m	Breaststroke					200m	Breaststroke	2.26.00	Chris Jones	GB Masters Championships	2015
C	200m	Breaststroke	4.23.19	Kae Neustadt	GB Masters Championships	2013	200m	Breaststroke	2.24.05	Chris Jones	European Swimming Champs - London	2016
D	200m	Breaststroke					200m	Breaststroke				
E	200m	Breaststroke					200m	Breaststroke				
F	200m	Breaststroke					200m	Breaststroke	3.50.61	Graham Cawte	South-East Region LC Masters	2012
G	200m	Breaststroke					200m	Breaststroke				
S	50m	Butterfly	31.81	Caroline Ball	GB Masters Championships	2013	50m	Butterfly	30.75	Jake Howes	GB Masters Championships	2015
A	50m	Butterfly	31.91	Caroline Ball	European Swimming Champs - London	2016	50m	Butterfly	28.59	Liam Small	South-East Region Masters	2015
B	50m	Butterfly					50m	Butterfly	28.78	Chris Jones	South-East Region Masters	2015
C	50m	Butterfly					50m	Butterfly	27.71	Martin Bennell	GB Masters Championships	2016
D	50m	Butterfly	51.89	Kae Neustadt	GB Masters Championships	2015	50m	Butterfly	27.15	Martin Bennell	GB Masters Championships	2017
E	50m	Butterfly					50m	Butterfly				
F	50m	Butterfly					50m	Butterfly	35.8	Graham Cawte	European Masters Champs - Eindhoven	2013
G	50m	Butterfly	42.82	Carole Pierce	GB Masters Championships	2013	50m	Butterfly				
S	100m	Butterfly	1.17.18	Kay Shafford	Rushmoor Royals Masters Meet	2013	100m	Butterfly	1.20.74	Mark Batchelor	GB Masters Championships	2016
A	100m	Butterfly	1.17.14	Kay Shafford	European Swimming Champs - London	2016	100m	Butterfly	1.04.15	Liam Small	South-East Region LC Masters	2014
B	100m	Butterfly					100m	Butterfly	1.07.61	Alistair Garmendia	European Swimming Champs - London	2016
C	100m	Butterfly					100m	Butterfly	1.02.42	Martin Bennell	European Swimming Champs - London	2016
D	100m	Butterfly					100m	Butterfly	1.01.77	Martin Bennell	GB Masters Championships	2017
E	100m	Butterfly					100m	Butterfly				
F	100m	Butterfly					100m	Butterfly				
G	100m	Butterfly					100m	Butterfly				
S	200m	Butterfly					200m	Butterfly				
A	200m	Butterfly					200m	Butterfly	2.45.14	James MacTavish	South-East Region LC Masters	2011
B	200m	Butterfly					200m	Butterfly	2.38.34	James MacTavish	GB Masters Championships	2014
C	200m	Butterfly					200m	Butterfly				
D	200m	Butterfly					200m	Butterfly				
E	200m	Butterfly					200m	Butterfly				
F	200m	Butterfly					200m	Butterfly				

G	200m	Butterfly					200m	Butterfly				
S	50m	Freestyle	29.91	Caroline Ball	GB Masters Championships	2013	50m	Freestyle	27.28	Stephen Warner	South-East Region LC Masters	2011
A	50m	Freestyle	30.11	Caroline Ball	South-East Region LC Masters	2014	50m	Freestyle	27.46	Robert Gilbert	GB Masters Championships	2013
B	50m	Freestyle	27.33	Katy Sexton	South-East Region LC Masters	2012	50m	Freestyle	24.99	Chris Osman	GB Masters Championships	2012
C	50m	Freestyle					50m	Freestyle	25.94	Martin Bennell	European Swimming Champs - London	2016
D	50m	Freestyle	30.54	Sarah Aldridge	South-East Region LC Masters	2015	50m	Freestyle	25.63	Martin Bennell	GB Masters Championships	2017
E	50m	Freestyle	29.56	Sarah Aldridge	GB Masters Championships	2017	50m	Freestyle	28	Jerome Bakker	GB Masters Championships	2012
F	50m	Freestyle	30.06	Lucy Williams	European Masters Champs - Eindhoven	2013	50m	Freestyle	32.85	Graham Cawte	South-East Region LC Masters	2013
G	50m	Freestyle	36.26	Carole Pierce	GB Masters Championships	2012	50m	Freestyle				
H	50m	Freestyle					50m	Freestyle				
I	50m						50m	Freestyle				
J	50m						50m	Freestyle				
S	100m	Freestyle	1.10.83	Jessica Farmer	GB Masters Championships	2016	100m	Freestyle	1.04.49	Jake Howes	GB Masters Championships	2015
A	100m	Freestyle	1.10.20	Hannah Spradbery	South-East Region LC Masters	2013	100m	Freestyle	1.00.27	Robert Gilbert	South-East Region LC Masters	2013
B	100m	Freestyle	58.3	Katy Sexton	South-East Region LC Masters	2012	100m	Freestyle	56.86	Chris Osman	GB Masters Championships	2012
C	100m	Freestyle					100m	Freestyle	57.13	Martin Bennell	GB Masters Championships	2016
D	100m	Freestyle	1.11.67	Cathy Willcocks	Rushmoor Royals Masters Meet	2017	100m	Freestyle	56.35	Martin Bennell	GB Masters Championships	2017
E	100m	Freestyle	1.06.77	Sarah Aldridge	GB Masters Championships	2017	100m	Freestyle	1.00.53	Jerome Bakker	GB Masters Championships	2012
F	100m	Freestyle	1.06.03	Lucy Williams	European Masters Champs - Eindhoven	2013	100m	Freestyle	1.13.90	Graham Cawte	European Masters Champs - Eindhoven	2013
G	100m	Freestyle	1.20.60	Carole Pierce	GB Masters Championships	2012	100m	Freestyle				
H	100m	Freestyle					100m	Freestyle				
I	100m	Freestyle					100m	Freestyle				
J	100m	Freestyle					100m	Freestyle				
S	200m	Freestyle	2.29.16	Jessica Farmer	GB Masters Championships	2016	200m	Freestyle				
A	200m	Freestyle	2.23.48	Caroline Ball	GB Masters Championships	2014	200m	Freestyle	2.18.95	Robert Gilbert	South-East Region LC Masters	2013
B	200m	Freestyle	2.43.63	Laura Kerrigan	European Masters Champs - London	2016	200m	Freestyle	2.16.13	James MacTavish	South-East Region LC Masters	2013
C	200m	Freestyle					200m	Freestyle	2.12.29	Martin Bennell	GB Masters Championships	2012
D	200m	Freestyle	3.54.24	Kae Neustadt	GB Masters Championships	2015	200m	Freestyle	2.41.84	Duncan Lip	GB Masters Championships	2017
E	200m	Freestyle					200m	Freestyle	2.16.53	Jerome Bakker	GB Masters Championships	2012
F	200m	Freestyle	3.12.30	Louise Kathro	GB Masters Championships	2012	200m	Freestyle	2.52.21	Graham Cawte	European Masters Champs - Eindhoven	2013
G	200m	Freestyle	2.55.39	Carole Pierce	GB Masters Championships	2012	200m	Freestyle				
S	400m	Freestyle	5.14.57	Jessica Farmer	South-East Region LC Masters	2014	400m	Freestyle				
A	400m	Freestyle	5.49.80	Laura Kerrigan	European Masters Champs - Eindhoven	2013	400m	Freestyle	5.10.47	Robert Gilbert	South-East Region LC Masters	2013
B	400m	Freestyle					400m	Freestyle	5.24.78	Alistair Garmendia	South-East Region LC Masters	2016
C	400m	Freestyle					400m	Freestyle	4.55.43	James MacTavish	South-East Region LC Masters	2017
D	400m	Freestyle					400m	Freestyle	5.56.36	Duncan Lip	GB Masters Championships	2017
E	400m	Freestyle					400m	Freestyle				
F	400m	Freestyle					400m	Freestyle				
G	400m	Freestyle					400m	Freestyle				

S	800m	Freestyle	10.41.23	Jessica Farmer	South-East Region LC Masters	2014	800m	Freestyle				
A	800m	Freestyle	10.29.63	Caroline Ball	GB Masters Championships	2014	800m	Freestyle	10.51.76	Victor Estella-Perez	South-East Region LC Masters	2015
B	800m	Freestyle	12.21.31	Laura Kerrigan	European Swimming Champs - London	2016	800m	Freestyle	12.36.62	James Wilson	South-East Region LC Masters	2014
C	800m	Freestyle					800m	Freestyle				
D	800m	Freestyle					800m	Freestyle	12.29.51	Duncan Lip	GB Masters Championships	2017
E	800m	Freestyle					800m	Freestyle				
F	800m	Freestyle					800m	Freestyle				
G	800m	Freestyle					800m	Freestyle				
S	1,500m	Freestyle					1,500m	Freestyle				
A	1,500m	Freestyle					1,500m	Freestyle	20.59.87	Robert Gilbert	GB Masters Championships	2013
B	1,500m	Freestyle					1,500m	Freestyle				
C	1,500m	Freestyle					1,500m	Freestyle	19.51.14	James MacTavish	GB Masters Championships	2017
D	1,500m	Freestyle					1,500m	Freestyle	26.15.14	Duncan Lip	GB Masters Championships	2014
E	1,500m	Freestyle					1,500m	Freestyle				
F	1,500m	Freestyle					1,500m	Freestyle				
G	1,500m	Freestyle					1,500m	Freestyle				
S	200m	Individual Medley					200m	Individual Medley	3.00.25	Mark Batchelor	Rushmoor Royals Masters Meet	2015
A	200m	Individual Medley	2.50.93	Hannah Spradbery	South-East Region LC Masters	2014	200m	Individual Medley	2.30.29	Alistair Garmendia	Rushmoor Royals Masters Meet	2013
B	200m	Individual Medley					200m	Individual Medley	2.35.55	James MacTavish	GB Masters Championships	2015
C	200m	Individual Medley					200m	Individual Medley	2.38.93	James MacTavish	Rushmoor Royals Masters Meet	2017
D	200m	Individual Medley					200m	Individual Medley				
E	200m	Individual Medley					200m	Individual Medley				
F	200m	Individual Medley					200m	Individual Medley	3.18.20	Graham Cawte	Rushmoor Royals Masters Meet	2013
G	200m	Individual Medley					200m	Individual Medley				
S	400m	Individual Medley					400m	Individual Medley				
A	400m	Individual Medley					400m	Individual Medley	5.19.71	Liam Small	South-East Region LC Masters	2014
B	400m	Individual Medley					400m	Individual Medley	5.39.62	James MacTavish	South-East Region LC Masters	2014
C	400m	Individual Medley					400m	Individual Medley				
D	400m	Individual Medley					400m	Individual Medley				
E	400m	Individual Medley					400m	Individual Medley				
F	400m	Individual Medley					400m	Individual Medley				
G	400m	Individual Medley					400m	Individual Medley				

Results from the following competitions have been reviewed during the creation of these records:

Rushmoor Royals 2011-2015, 2017
 British Masters Championships 1987-2001, 2003, 2007-2017
 South-East Region Championships 2008-2017
 Southern Counties Championships 1998-2005
 European Masters Championships 2013, 2016
 World Masters Championships 2012