



City of Southampton Swimming Club - Short 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)
25-29 Years (A)
30-34 Years (B)
35-39 Years (C)

40-44 Years (D)
45-49 Years (E)
50-54 Years (F)
55-59 Years (G)

Records last updated on 28th June 2017.

S	50m	Backstroke	32.24	Caroline Ball	ASA National Masters Championships	2013	50m	Backstroke	28.52	Indi Shanker	Hampshire Masters Championships	2014
A	50m	Backstroke	31.91	Caroline Ball	Hampshire Masters Championships	2016	50m	Backstroke	28.87	Robert Gilbert	Inter-County Masters Meet	2012
B	50m	Backstroke	33.16	Alex Palmer	Hampshire Masters Championships	2017	50m	Backstroke	31.13	Alistair Garmendia	Hampshire Masters Championships	2015
C	50m	Backstroke	33.14	Lucy Williams	Inter-County Masters Meet	2000	50m	Backstroke	31.34	Laszlo Jullich	Hampshire Masters Championships	2015
D	50m	Backstroke	35.24	Sarah Aldridge	Hampshire Masters Championships	2014	50m	Backstroke	32.59	Jerome Bakker	Inter-County Masters Meet	2010
E	50m	Backstroke	34.54	Amanda Rush	ASA National Masters Championships	2014	50m	Backstroke	32.23	Jerome Bakker	Hampshire Masters Championships	2012
F	50m	Backstroke	33.62	Lucy Williams	Hampshire Masters Championships	2013	50m	Backstroke	33.82	Jerome Bakker	Hampshire Masters Championships	2017
G	50m	Backstroke					50m	Backstroke	44.32	Terry Edwards	Hampshire Masters Championships	2014
H	50m	Backstroke					50m	Backstroke	45.71	Terry Edwards	Royal Navy Masters Meet	2015
S	100m	Backstroke	1.10.82	Caroline Ball	ASA National Masters Championships	2013	100m	Backstroke	58.91	Indi Shanker	Hampshire Masters Championships	2014
A	100m	Backstroke	1.09.89	Caroline Ball	Royal Navy Masters Meet	2016	100m	Backstroke	1.02.28	Liam Small	Royal Navy Masters Meet	2014
B	100m	Backstroke	1.16.82	Rachel White	Hampshire Masters Championships	2010	100m	Backstroke	1.04.64	Rob Langan	Hampshire Masters Championships	2017
C	100m	Backstroke	1.15.25	Rowena Stedman	ASA National Masters Championships	2010	100m	Backstroke	1.04.54	Chris Jones	Royal Navy Masters Meet	2016
D	100m	Backstroke	1.30.33	Louise Walker	Hampshire Masters Championships	2000	100m	Backstroke	1.12.22	Jerome Bakker	South-East Region Masters	2011
E	100m	Backstroke	1.42.44	Rosalinda Hardiman	Hampshire Masters Championships	2001	100m	Backstroke	1.10.41	Jerome Bakker	Hampshire Masters Championships	2012
F	100m	Backstroke	1.14.33	Lucy Williams	Hampshire Masters Championships	2013	100m	Backstroke	1.36.00	Graham Cawte	South-East Region Masters	2013
G	100m	Backstroke					100m	Backstroke	1.44.70	Terry Edwards	North-East Region Masters	2014
H	100m	Backstroke					100m	Backstroke	1.37.49	Terry Edwards	Royal Navy Masters Meet	2015
S	200m	Backstroke					200m	Backstroke	2.21.07	Karl Heather	South-East Region Masters	2015
A	200m	Backstroke	2.34.46	Caroline Ball	ASA National Masters Championships	2015	200m	Backstroke	2.20.97	Alistair Garmendia	ASA National Masters Championships	2012
B	200m	Backstroke	2.43.93	Rowena Stedman	ASA National Masters Championships	2007	200m	Backstroke	2.36.81	James MacTavish	South-East Region Masters Championships	2016
C	200m	Backstroke	2.39.38	Rowena Stedman	ASA National Masters Championships	2009	200m	Backstroke				
D	200m	Backstroke	3.20.08	Louise Walker	Basingstoke Masters Open Meet	2003	200m	Backstroke	2.37.72	Jerome Bakker	South-East Region Masters	2010
E	200m	Backstroke					200m	Backstroke				
F	200m	Backstroke					200m	Backstroke				
G	200m	Backstroke					200m	Backstroke				
S	50m	Breaststroke	37.37	Caroline Ball	Royal Navy Masters Open Meet	2013	50m	Breaststroke	31.67	Sam Wilton	Hampshire Masters Championships	2012
A	50m	Breaststroke	35.87	Camilla Wright	ASA National Masters Championships	2008	50m	Breaststroke	30.97	Martin Bennell	Inter-County Masters Meet	2006
B	50m	Breaststroke	36.66	Camilla Wright	Hampshire Masters Championships	2011	50m	Breaststroke	28.86	Chris Jones	ASA National Masters Championships	2015
C	50m	Breaststroke	41.62	Rowena Stedman	Hampshire Masters Championships	2011	50m	Breaststroke	29.01	Chris Jones	ASA National Masters Championships	2016
D	50m	Breaststroke	40.9	Sarah Aldridge	ASA National Masters Championships	2015	50m	Breaststroke	30.01	Martin Bennell	Hampshire Masters Championships	2017
E	50m	Breaststroke	40.76	Sarah Aldridge	Hampshire Masters Championships	2017	50m	Breaststroke	37.21	Marcus Barton	Hampshire Masters Championships	2017
F	50m	Breaststroke	37.49	Lucy Williams	Hampshire Masters Championships	2013	50m	Breaststroke	43.84	Graham Cawte	Hampshire Masters Championships	2013
G	50m	Breaststroke	49.06	Mary Collett	Hampshire Masters Championships	2002	50m	Breaststroke	46.76	Terry Edwards	North-East Region Masters	2014
H	50m	Breaststroke					50m	Breaststroke	47.43	Terry Edwards	Hampshire Masters Championships	2015
S	100m	Breaststroke	1.29.65	Jessica Farmer	Hampshire Masters Championships	2014	100m	Breaststroke	1.08.84	Sam Wilton	Hampshire Masters Championships	2012
A	100m	Breaststroke	1.18.64	Camilla Wright	ASA National Masters Championships	2009	100m	Breaststroke	1.12.59	Adam Jeacock	Hampshire Masters Championships	2005

B	100m	Breaststroke	1.19.73	Camilla Wright	ASA National Masters Championships	2011	100m	Breaststroke	1.02.32	Chris Jones	ASA National Masters Championships	2015
C	100m	Breaststroke	1.31.95	Rowena Stedman	Hampshire Masters Championships	2009	100m	Breaststroke	1.02.95	Chris Jones	ASA National Masters Championships	2016
D	100m	Breaststroke	1.46.47	Kumiko Moore	Isle of Wight Masters Meet	2003	100m	Breaststroke	1.08.76	Martin Bennell	Hampshire Masters Championships	2017
E	100m	Breaststroke	1.34.34	Natasha Bye-Brooks	Hampshire Masters Championships	2016	100m	Breaststroke	1.23.71	Marcus Barton	Hampshire Masters Championships	2017
F	100m	Breaststroke	1.38.09	Karen Blanchard	Hampshire Masters Championships	2012	100m	Breaststroke	1.40.27	Graham Cawte	Hampshire Masters Championships	2012
G	100m	Breaststroke	1.52.41	Mary Collett	Hampshire Masters Championships	2002	100m	Breaststroke				
H	100m	Breaststroke					100m	Breaststroke	1.50.37	Peter Collett	Hampshire Masters Championships	2000
S	200m	Breaststroke	3.11.12	Jessica Farmer	South-East Region Masters	2013	200m	Breaststroke				
A	200m	Breaststroke	2.51.96	Caroline Ball	ASA National Masters Championships	2014	200m	Breaststroke				
B	200m	Breaststroke					200m	Breaststroke	2.15.36	Chris Jones	ASA National Masters Championships	2015
C	200m	Breaststroke	4.03.33	Kae Neustadt	ASA National Masters Championships	2010	200m	Breaststroke	2.17.46	Chris Jones	ASA National Masters Championships	2016
D	200m	Breaststroke	3.48.79	Kumiko Moore	Basingstoke Masters Open Meet	2004	200m	Breaststroke				
E	200m	Breaststroke					200m	Breaststroke				
F	200m	Breaststroke	3.33.41	Karen Blanchard	ASA National Masters Championships	2012	200m	Breaststroke	3.44.09	Graham Cawte	South-East Region Masters	2014
G	200m	Breaststroke					200m	Breaststroke				
S	50m	Butterfly	31.64	Caroline Ball	Hampshire Masters Championships	2013	50m	Butterfly	27.6	Ben Terry	ASA National Masters Championships	2009
A	50m	Butterfly	31.35	Caroline Ball	Hampshire Masters Championships	2016	50m	Butterfly	27.92	Hazem Amr	Hampshire Masters Championships	2010
B	50m	Butterfly	31.97	Alex Palmer	Hampshire Masters Championships	2017	50m	Butterfly	27.5	Martin Bennell	ASA National Masters Championships	2007
C	50m	Butterfly	36.35	Rowena Stedman	Hampshire Masters Championships	2009	50m	Butterfly	26.88	Martin Bennell	ASA National Masters Championships	2013
D	50m	Butterfly	34.16	Sarah Aldridge	ASA National Masters Championships	2014	50m	Butterfly	26.82	Martin Bennell	Hampshire Masters Championships	2017
E	50m	Butterfly	34.16	Sarah Aldridge	Hampshire Masters Championships	2016	50m	Butterfly	32.08	Marcus Barton	Hampshire Masters Championships	2016
F	50m	Butterfly	41.82	Carole Pierce	Hampshire Masters Championships	2011	50m	Butterfly	36.66	Graham Cawte	ASA National Masters Championships	2013
G	50m	Butterfly	41.22	Carole Pierce	Hampshire Masters Championships	2013	50m	Butterfly	40.07	Terry Edwards	ASA National Masters Championships	2014
H	50m	Butterfly					50m	Butterfly	40.28	Terry Edwards	Royal Navy Masters Meet	2015
S	100m	Butterfly	1.08.69	Charlotte Slater	Hampshire Masters Championships	2009	100m	Butterfly	1.02.28	Ben Terry	ASA National Masters Championships	2009
A	100m	Butterfly	1.15.55	Lynsey Carveth	ASA National Masters Championships	2013	100m	Butterfly	1.03.04	Alistair Garmendia	Hampshire Masters Championships	2012
B	100m	Butterfly					100m	Butterfly	58.17	Johan Levander	ASA National Masters Championships	2011
C	100m	Butterfly					100m	Butterfly	1.00.89	Martin Bennell	Hampshire Masters Championships	2016
D	100m	Butterfly					100m	Butterfly	1.01.03	Martin Bennell	Hampshire Masters Championships	2017
E	100m	Butterfly					100m	Butterfly				
F	100m	Butterfly					100m	Butterfly	1.34.26	Graham Cawte	South-East Region Masters	2013
G	100m	Butterfly					100m	Butterfly				
S	200m	Butterfly					200m	Butterfly				
A	200m	Butterfly					200m	Butterfly	2.21.40	Alistair Garmendia	ASA National Masters Championships	2013
B	200m	Butterfly					200m	Butterfly	2.30.44	James MacTavish	South-East Region Masters	2015
C	200m	Butterfly					200m	Butterfly	2.23.41	Martin Bennell	ASA National Masters Championships	2016
D	200m	Butterfly					200m	Butterfly				
E	200m	Butterfly					200m	Butterfly				
F	200m	Butterfly					200m	Butterfly				
G	200m	Butterfly					200m	Butterfly				
S	50m	Freestyle	29.51	Charlotte Slater	Inter-County Masters Meet	2009	50m	Freestyle	25.62	Anthony Hackett	ASA National Masters Championships	2011
A	50m	Freestyle	28.41	Sarah Hunt	ASA National Masters Championships	2009	50m	Freestyle	24.54	Chris Osman	ASA National Masters Championships	2011
B	50m	Freestyle	28.4	Alex Palmer	Hampshire Masters Championships	2017	50m	Freestyle	24.02	Chris Osman	ASA National Masters Championships	2012
C	50m	Freestyle	28.94	Lucy Williams	Inter-County Masters Meet	2000	50m	Freestyle	24.94	Martin Bennell	ASA National Masters Championships	2016
D	50m	Freestyle	29.03	Sarah Aldridge	ASA National Masters Championships	2014	50m	Freestyle	25.07	Martin Bennell	Hampshire Masters Championships	2017

E	50m	Freestyle	29.47	Sarah Aldridge	ASA National Masters Championships	2016	50m	Freestyle	27.83	Jerome Bakker	Hampshire Masters Championships	2012
F	50m	Freestyle	29.43	Lucy Williams	Hampshire Masters Championships	2013	50m	Freestyle	28.00	Jerome Bakker	Hampshire Masters Championships	2017
G	50m	Freestyle	35.45	Louise Kathro	ASA National Masters Championships	2014	50m	Freestyle	33.52	Terry Edwards	Hampshire Masters Championships	2014
H	50m	Freestyle					50m	Freestyle	33.98	Terry Edwards	Royal Navy Masters Meet	2015
I	50m						50m	Freestyle				
J	50m						50m	Freestyle	37.13	Thomas Wells	Basingstoke Masters Open Meet	2004
S	100m	Freestyle	1.02.28	Charlotte Slater	Hampshire Masters Championships	2009	100m	Freestyle	56.26	Alistair Garmendia	ASA National Masters Championships	2008
A	100m	Freestyle	1.03.37	Sarah Hunt	ASA National Masters Championships	2010	100m	Freestyle	55.28	Stuart Wass	Hampshire Masters Championships	2014
B	100m	Freestyle	1.03.66	Alex Palmer	Hampshire Masters Championships	2017	100m	Freestyle	51.74	Johan Levander	ASA National Masters Championships	2011
C	100m	Freestyle	1.10.20	Rachel White	Hampshire Masters Championships	2015	100m	Freestyle	55.18	Martin Bennell	ASA National Masters Championships	2013
D	100m	Freestyle	1.06.52	Sarah Aldridge	Hampshire Masters Championships	2015	100m	Freestyle	54.87	Martin Bennell	Hampshire Masters Championships	2017
E	100m	Freestyle	1.06.27	Sarah Aldridge	ASA National Masters Championships	2016	100m	Freestyle	1.00.00	Jerome Bakker	Hampshire Masters Championships	2015
F	100m	Freestyle	1.17.50	Carole Pierce	Hampshire Masters Championships	2008	100m	Freestyle	1.00.41	Jerome Bakker	Hampshire Masters Championships	2017
G	100m	Freestyle	1.19.34	Carole Pierce	Hampshire Masters Championships	2012	100m	Freestyle	1.16.99	Terry Edwards	North-East Region Masters	2014
H	100m	Freestyle					100m	Freestyle				
I	100m	Freestyle					100m	Freestyle				
J	100m	Freestyle					100m	Freestyle	1.24.09	Thomas Wells	Hampshire Masters Championships	2004
S	200m	Freestyle	2.12.45	Charlotte Slater	Hampshire Masters Championships	2009	200m	Freestyle	2.00.44	Indi Shanker	Hampshire Masters Championships	2014
A	200m	Freestyle	2.16.67	Caroline Ball	ASA National Masters Championships	2014	200m	Freestyle	2.03.43	Alistair Garmendia	Hampshire Masters Championships	2010
B	200m	Freestyle	2.31.79	Rachel White	Hampshire Masters Championships	2010	200m	Freestyle	2.35.04	Gary Robb	Isle of Wight Masters Meet	2008
C	200m	Freestyle	2.30.11	Rowena Stedman	Hampshire Masters Championships	2009	200m	Freestyle	2.04.89	Martin Bennell	Royal Navy Masters Meet	2014
D	200m	Freestyle	2.45.57	Carole Baker	Hampshire Masters Championships	2001	200m	Freestyle	2.13.14	Jerome Bakker	South-East Region Masters	2011
E	200m	Freestyle	2.45.96	Carole Baker	Isle of Wight Masters Meet	2006	200m	Freestyle	2.13.86	Jerome Bakker	Hampshire Masters Championships	2015
F	200m	Freestyle	2.50.72	Carole Pierce	Hampshire Masters Championships	2008	200m	Freestyle	2.13.06	Jerome Bakker	Hampshire Masters Championships	2017
G	200m	Freestyle	2.49.77	Carole Pierce	Hampshire Masters Championships	2012	200m	Freestyle	2.58.14	Terry Edwards	North-East Region Masters	2014
H	200m	Freestyle					200m	Freestyle	2.52.32	Terry Edwards	Hampshire Masters Championships	2015
S	400m	Freestyle	5.11.87	Jessica Farmer	ASA National Masters Championships	2015	400m	Freestyle				
A	400m	Freestyle	4.55.10	Caroline Ball	ASA National Masters Championships	2014	400m	Freestyle	4.28.25	Alistair Garmendia	ASA National Masters Championships	2009
B	400m	Freestyle	5.49.75	Laura Kerrigan	ASA National Masters Championships	2016	400m	Freestyle	5.52.80	Robert Lee	ASA National Masters Championships	2010
C	400m	Freestyle					400m	Freestyle	4.43.78	James MacTavish	Royal Navy Masters Meet	2017
D	400m	Freestyle	7.17.72	Ann Spelman	Basingstoke Masters Open Meet	2004	400m	Freestyle	5.50.77	Duncan Lip	ASA National Masters Championships	2016
E	400m	Freestyle	5.55.43	Carole Baker	Isle of Wight Masters Meet	2006	400m	Freestyle	6.37.93	Andrew Moore	Basingstoke Masters Open Meet	2004
F	400m	Freestyle					400m	Freestyle	6.34.11	Jerry Jerome	Aquadrome Inaugural Masters	2002
G	400m	Freestyle					400m	Freestyle	6.11.34	Terry Edwards	North-East Region Masters	2014
H	400m	Freestyle					400m	Freestyle	6.06.79	Terry Edwards	Royal Navy Masters Meet	2015
S	800m	Freestyle					800m	Freestyle	8.57.56	Alistair Garmendia	ASA National Masters Championships	2008
A	800m	Freestyle	11.54.24	Laura Kerrigan	ASA National Masters Championships	2013	800m	Freestyle	11.45.42	Robert Lee	ASA National Masters Championships	2007
B	800m	Freestyle					800m	Freestyle	11.54.31	Robert Lee	ASA National Masters Championships	2008
C	800m	Freestyle					800m	Freestyle	13.36.21	Duncan Lip	ASA National Masters Championships	2013
D	800m	Freestyle	15.12.07	Ann Spelman	Isle of Wight Masters	2005	800m	Freestyle	12.32.02	Duncan Lip	ASA National Masters Championships	2016
E	800m	Freestyle	14.24.24	Ann Spelman	Isle of Wight Masters	2008	800m	Freestyle				
F	800m	Freestyle					800m	Freestyle				
G	800m	Freestyle					800m	Freestyle	14.51.96	Jerry Jerome	Isle of Wight Masters Meet	2006
S	1,500m	Freestyle	19.05.01	Caroline Ball	ASA National Masters Championships	2013	1,500m	Freestyle				
A	1,500m	Freestyle	19.28.00	Caroline Ball	ASA National Masters Championships	2014	1,500m	Freestyle	18.49.16	Alistair Garmendia	ASA National Masters Championships	2013

B	1,500m	Freestyle						1,500m	Freestyle			
C	1,500m	Freestyle						1,500m	Freestyle			
D	1,500m	Freestyle						1,500m	Freestyle			
E	1,500m	Freestyle						1,500m	Freestyle			
F	1,500m	Freestyle						1,500m	Freestyle			
G	1,500m	Freestyle	26.31.61	Louise Kathro	ASA National Masters Championships	2014		1,500m	Freestyle			
S	100m	Individual Medley	1.12.32	Charlotte Slater	Hampshire Masters Championships	2009	100m	Individual Medley	1.01.11	Indi Shanker	Hampshire Masters Championships	2014
A	100m	Individual Medley	1.09.74	Caroline Ball	ASA National Masters Championships	2014	100m	Individual Medley	1.03.95	Alistair Garmendia	ASA National Masters Championships	2010
B	100m	Individual Medley	1.16.20	Sarah Hunt	Hampshire Masters Championships	2011	100m	Individual Medley	1.01.19	Chris Jones	ASA National Masters Championships	2014
C	100m	Individual Medley	1.11.41	Lucy Williams	Hampshire Masters Championships	2000	100m	Individual Medley	1.01.52	Chris Jones	Royal Navy Masters Meet	2016
D	100m	Individual Medley	1.21.73	Sarah Aldridge	ASA National Masters Championships	2015	100m	Individual Medley	1.02.03	Martin Bennell	Hampshire Masters Championships	2017
E	100m	Individual Medley	1.24.94	Amanda Rush	Hampshire Masters Championships	2013	100m	Individual Medley	1.19.32	Mike Harris	Hampshire Masters Championships	2017
F	100m	Individual Medley	1.23.86	Tina-Marie Parkin	Isle of Wight Masters	2012	100m	Individual Medley	1.29.24	Graham Cawte	Hampshire Masters Championships	2014
G	100m	Individual Medley	1.46.70	Louise Kathro	Hampshire Masters Championships	2016	100m	Individual Medley	1.32.92	Terry Edwards	ASA National Masters Championships	2014
H	100m	Individual Medley					100m	Individual Medley	1.34.11	Terry Edwards	Royal Navy Masters Meet	2015
S	200m	Individual Medley	2.35.92	Caroline Ball	ASA National Masters Championships	2013	200m	Individual Medley	2.16.09	Alistair Garmendia	ASA National Masters Championships	2008
A	200m	Individual Medley	2.33.39	Caroline Ball	ASA National Masters Championships	2014	200m	Individual Medley	2.17.65	Alistair Garmendia	ASA National Masters Championships	2010
B	200m	Individual Medley					200m	Individual Medley	2.29.67	James MacTavish	ASA National Masters Championships	2015
C	200m	Individual Medley	2.41.98	Rowena Stedman	ASA National Masters Championships	2009	200m	Individual Medley	2.13.88	Chris Jones	ASA National Masters Championships	2016
D	200m	Individual Medley					200m	Individual Medley				
E	200m	Individual Medley					200m	Individual Medley				
F	200m	Individual Medley					200m	Individual Medley	3.16.67	Graham Cawte	ASA National Masters Championships	2012
G	200m	Individual Medley					200m	Individual Medley				
S	400m	Individual Medley					400m	Individual Medley	4.50.56	Alistair Garmendia	ASA National Masters Championships	2008
A	400m	Individual Medley					400m	Individual Medley	5.02.77	Alistair Garmendia	ASA National Masters Championships	2012
B	400m	Individual Medley	5.55.33	Rowena Stedman	ASA National Masters Championships	2007	400m	Individual Medley	4.53.41	Chris Jones	ASA National Masters Championships	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:

Hampshire Masters Championships - 1999-2005, 2007-2017
 Southern Counties Masters Championships - 1999-2005
 South-East Region Masters Championships - 2006-2016
 ASA National Masters Championships - 1981-2016
 ASA Inter-County Masters - 2000, 2002-2006, 2008-2016

Basingstoke Masters Open Meet - 1995-1996, 1998, 2000-2007
 Aquadrome Autumn Masters - 2002
 Royal Navy Masters Open Meet - 2011-2017
 Isle of Wight Masters Meet - 1994, 1999, 2003-2010, 2012-2016
 North-East Region Masters Championships - 2014