

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS**

**MENS**

	AGE	NAME		YoB	CLUB	TIME	VENUE	DATE
<b>100m INDIVIDUAL MEDLEY</b>								
S	18-24	Gareth	COCKS	1989	Cardiff Masters	1.03.34	Millfield	Mar-11
A	25-29	Henry	GOODLUD	1997	Woking SC	58.92	Sheffield	Oct-23
B	30-34	Paul	GRIFFITHS	1970	Rhyl	1.02.76	Sheffield	2000
C	35-39	Calvin	HARRIS	1965	Pontypool	1.03.88	Bangor	2000
D	40-44	Patrick	GORE	1968	CLAMS	1.04.30	Newport	Nov-09
E	45-49	Andrew	CAMPBELL	1974	Wrexham	1.02.94	Newport	Nov-19
F	50-54	Tony	DAY	1965	Darlington	1.08.34	Billingham	Mar-17
G	55-59	Tony	DAY	1965	Darlington	1.08.01	Billingham	Feb-20
H	60-64	Jpnathan	HOPKINS	1960	Cardiff Masters	1.14.57	Newport	Nov-21
J	65-69	James	ARTHUR	1948	Celtic Dolphins	1.20.05	Eastbourne	May-13
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	1.28.31	Millfield	Mar-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	1.35.97	Bracknell	Feb-15
M	80-84	Garfield	THOMAS	1940	Bridgend Cty	1.51.25	Millfield	Feb-20
N	85-89							
O	90-94							
<b>200m INDIVIDUAL MEDLEY</b>								
S	18-24	Rhys	DAVIES	2001	Nofio Sir Gar	2.17.39	Newport	Nov-19
A	25-29	Henry	GOODLUD	1997	Woking SC	2.08.35	Sheffield	Oct-23
B	30-34	Chris	JONES	1972	S.W. Police	2.11.58	Penarth	2001
C	35-39	Calvin	HARRIS	1965	Pontypool	2.17.70	Bangor	2000
D	40-44	Paul	JENKINS	1953	CLAMS	2.24.25	Sheffield	1993
E	45-49	Andrew	CAMPBELL	1974	Wrexham	2.24.81	Blackpool	Sep-19
F	50-54	J (Tony)	DAY	1965	Darlington	2.25.63	Harrogate	Sep-16
G	55-59	Jonathan	HOPKINS	1960	Cardiff Masters	2.34.18	Sheffield	Oct-15
H	60-64	Jonathan	HOPKINS	1960	Cardiff Masters	2.43.36	Newport	Nov-21
J	65-69	James	ARTHUR	1948	Swansea Valley	2.52.77	Glasgow	Nov-09
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	3.27.17	Bangor	Sep-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	3.45.07	Sheffield	Oct-16
M	80-84	Ernest	CLEMETT	1917	St. Austell	4.57.69	Sheffield	1997
N	85-89							
O	90-94							
<b>400m INDIVIDUAL MEDLEY</b>								
S	18-24	Lloyd	JONES	2003	Merthyr Tydfil	5.23.52	Llandudno	Oct-23
A	25-29	William	RYLEY	1998	City of Cardiff	4.19.10	Newport	Dec-23
B	30-34	Paul	GRIFFITHS	1970	Rhyl	4.49.55	Sheffield	2000
C	35-39	Calvin	HARRIS	1965	Pontypool	4.53.80	Bangor	2000
D	40-44	Paul	JENKINS	1953	CLAMS	5.11.91	Sheffield	1993
E	45-49	Andrew	CAMPBELL	1974	Wrexham	5.12.98	Blackpool	Feb-20
F	50-54	Jonathan	HOPKINS	1960	Cardiff Masters	5.29.73	Sheffield	Oct-12
G	55-59	Jonathan	HOPKINS	1960	Cardiff Masters	5.31.64	Sheffield	Oct-15
H	60-64	James	ARTHUR	1948	Swansea Valley	6.13.87	Barnet Copthall	Jul-11
J	65-69	James	ARTHUR	1948	Celtic Dolphins	6.27.66	Barnet Copthall	Jul-13
K	70-74	Keith	ROTHWELL	1949	Arfon Masters	8.07.94	Carlisle	Feb-19
L	75-79							
M	80-84	Ernest	CLEMETT	1917	St. Austell	10.42.14	Bangor	1997
N	85-89							
O	90-94							

British Record

## SWIM WALES

## WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS

## MENS

	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>50m BUTTERFLY</b>							
S	18-24	Alexander	MORRIS	1999	Gloucester Masters	25.69	Newport Dec-22
A	25-29	Henry	GOODLUD	1997	Woking SC	26.19	Guildford June-23
B	30-34	Mark	JONES	1972	Llanelli	26.03	Penlan Mar-03
C	35-39	Mark	JONES	1972	Ealing	26.36	Maidenhead Nov-09
D	40-44	Jason	COOK	1978	Welsh INDY	26.48	Tollcross Apr-22
E	45-49	Andrew	CAMPBELL	1974	Wrexham	27.89	Newport Nov-19
F	50-54	Tony	DAY	1965	Darlington	28.78	South Shields Jul-19
G	55-59	Tony	DAY	1965	Darlington	29.60	Billingham Feb-20
H	60-64	Malcolm	GORDON SMITH	1958	Bridgend SC	31.95	Newport Nov-19
J	65-69	Malcolm	GORDON SMITH	1958	Bridgend SC	32.48	Milfield Oct -23
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	37.88	Gloucester Apr-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	43.68	Nuneaton May-17
M	80-84	Ernest	CLEMETT	1917	St. Austell	1.06.65	Bangor 1997
N	85-89						
O	90-94						
<b>100m BUTTERFLY</b>							
S	18-24	Alexander	MORRIS	1999	Swansea University	57.58	Glouceser Aug-22
A	25-29	Daniel	HUSSEY	1985	Welshpool Sharks	56.53	Sheffield 29/10/2021
B	30-34	Calvin	HARRIS	1965	Pontypool	1.00.73	Pontypool 1995
C	35-39	Mark	JONES	1972	Ealing	1.01.35	Maidenhead Nov-09
D	40-44	Jason	COOK	1978	Welsh INDY	1.00.67	Sheffield 29/10/21
E	45-49	Andrew	CAMPBELL	1974	Wrexham	1.02.06	Newport Nov-19
F	50-54	Patrick	GORE	1968	Cardiff Masters	1.05.36	Sheffield Oct-18
G	55-59	Jonathan	HOPKINS	1960	Cardiff Masters	1.10.81	Millfield May-18
H	60-64	Stuart	SHERMAN	1955	Cardiff Masters	1.17.78	Stafford Mar-15
J	65-69	Garfield	THOMAS	1940	Bridgend Cty	1.26.06	Barnet Sep-06
K	70-74	Garfield	THOMAS	1940	Bridgend Cty	1.33.35	Millfield Mar-10
L	75-79	Garfield	THOMAS	1940	Bridgend Cty	1.53.83	Millfield May-16
M	80-84	Ernest	CLEMETT	1917	St. Austell	2.37.38	Sheffield 1997
N	85-89						
O	90-94						
<b>200m BUTTERFLY</b>							
S	18-24	Gareth	COCKS	1989	Cardiff Masters	2.13.83	Sheffield Oct-11
A	25-29	Gareth	COCKS	1989	Cardiff Masters	2.11.17	Sheffield Oct-15
B	30-34	Calvin	HARRIS	1965	Pontypool	2.14.97	Bangor 1997
C	35-39	Phillip	BURCHELL	1980	Holywell/Sub160	2.37.47	Blackpool Feb 18
D	40-44	Ray	PONTING	1955	Fontygary	2.35.57	Swansea 1998
E	45-49	Andrew	CAMPBELL	1974	Wrexham	2.35.11	Arfon Sep-19
F	50-54	Stuart	COLSTON	1971	Celtic Dolphins	3.01.47	Newport 27/11/21
G	55-59	David	BURCHELL	1955	Mold	2.55.40	Blackpool Jul-10
H	60-64	Stuart	SHERMAN	1955	Cardiff Masters	3.05.22	Sheffield Oct-15
J	65-69	Garfield	THOMAS	1940	Welsh Indy	3.40.53	Bracknell Mar-09
K	70-74	Keith	ROTHWELL	1949	Arfon Masters	4.20.36	Guernsey Apr-19
L	75-79	Ernest	CLEMETT	1917	St. Austell	6.19.50	Bangor 1994
M	80-84	Ernest	CLEMETT	1917	St. Austell	5.47.33	Bangor 1997
N	85-89						
O	90-94						





SWIM WALES						
WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS						
MENS						
AGE		YoB	CLUB	TIME	VENUE	DATE
<b>50m FREESTYLE</b>						
S 18-24	Alexander	MORRIES	1999 Gloucester Masters	23.75	Millfield	Nov-22
A 25-29	Daniel	HUSSEY	1985 Welshpool Sharks	23.54	Sheffield	30/10/21
B 30-34	Austyn	SHORTMAN	1972 Tenby	22.68	Sheffield	Oct-03
C 35-39	Kevin	HARRISON	1965 Nottm Leander	24.43	Sheffield	Oct-03
D 40-44	Dan	CLEMENTS	1980 Cardiff Masters	23.73	Sheffield	Oct-22
E 45-49	Andrew	CAMPBELL	1974 Wrexham	26.07	Stockport	Jul-19
F 50-54	Tony	DAY	1965 Darlington	27.41	Blackpool	Nov-16
G 55-59	Tony	DAY	1965 Darlington	27.49	Huddersfield	Nov-23
H 60-64	Adrian	MORRIS	1962 Cardiff Masters	29.06	Millfield	Feb-22
J 65-69	Malcolm	GORDON SMITH	1958 Bridgend SC	29.45	Millfield	Oct-23
K 70-74	Garfield	THOMAS	1940 Bridgend Cty	32.12	Gloucester	Apr-10
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	36.01	Nuneaton	May-17
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	38.73	Millfield	Feb-20
N 85-89	William	DODGSON	1920 Abergavenny	42.75	W.I.S.Cardiff	Apr-05
O 90-94						
<b>100m FREESTYLE</b>						
S 18-24	Adam	RATTENBERRY	1984 CLAMS	53.18	Sheffield	Oct-07
A 25-29	Daniel	HUSSEY	1985 Welshpool Sharks	51.33	Sheffield	Oct-21
B 30-34	Austyn	SHORTMAN	1972 Tenby	51.37	Sheffield	Oct-03
C 35-39	Mark	JONES	1972 Ealing	54.53	Newport	Nov-09
D 40-44	Dan	CLEMENTS	1980 Cardiff Masters	54.41	Newport	Dec-22
E 45-49	Andrew	CAMPBELL	1974 Wrexham	57.48	Blackpool	Oct-21
F 50-54	Patrick	GORE	1968 Cardiff Masters	58.28	Sheffield	Oct-19
G 55-59	Patrick	GORE	1968 Reading	1.01.21	Birmingham	May-23
H 60-64	Adrian	MORRIS	1962 Cardiff Masters	1.04.29	Millfield	Feb-22
J 65-69	Malcolm	GORDON SMITH	1958 Bridgend SC	1.06.07	Millfield	Oct-23
K 70-74	Garfield	THOMAS	1940 Bridgend Cty	1.13.91	Newport	Nov-10
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	1.20.05	Sheffield	Oct-16
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	1.31.25	Millfield	Feb-20
N 85-89	Graham	HUXTABLE	1916 Carmarthen	2.01.68	Penarth	2001
O 90-94						
<b>200m FREESTYLE</b>						
S 18-24	Rhys	DAVIES	2001 Nofio Sir Gar	1.59.88	Newport	Nov-19
A 25-29	Henry	GOODLUD	1997 Woking SC	1.57.69	Guildford	Jun-23
B 30-34	Calvin	HARRIS	1965 Pontypool	2.04.05	Barnett	1996
C 35-39	Rhodri	HUMPHREYS	1982 Royal Navy	2.02.52	Millfield	Mar-17
D 40-44	Patrick	GORE	1968 CLAMS	2.01.01	Sheffield	Oct-09
E 45-49	Andrew	CAMPBELL	1974 Wrexham	2.07.78	Blackpool	Sep-19
F 50-54	Tony	DAY	1965 Darlington SC	2.09.46	South Shields	Jul-17
G 55-59	Patrick	GORE	1968 Reading	2.10.91	Sheffield	Oct-23
H 60-64	Jonathan	HOPKINS	1960 Cardiff Masters	2.25.72	Millfield	Mar-22
J 65-69	James	ARTHUR	1948 Celtic Dolphins	2.36.44	Gloucester	Apr-13
K 70-74	Garfield	THOMAS	1940 Bridgend Cty	2.56.24	Barnet Cophthall	Jul-12
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	2.57.87	Blackpool	Apr-15
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	3.24.03	Newport	Nov-21
N 85-89						
O 90-94						
<b>400m FREESTYLE</b>						
S 18-24	Rhys	DAVIES	2001 Nofio Sir Gar	4.21.96	Newport	Nov-19
A 25-29	William	RYLEY	1998 City of Cardiff	3.51.56	Newport	Dec-23
B 30-34	Rhodri	HUMPHREYS	1982 Royal Navy	4.19.40	Sheffield	Oct-12
C 35-39	Calvin	HARRIS	1965 Pontypool	4.22.88	Bangor	2000
D 40-44	Jonathan	HOPKINS	1960 Swansea Valley	4.34.09	Bangor	Jun-05
E 45-49	Jonathan	HOPKINS	1960 Swansea Valley	4.36.05	Sheffield	Oct-06
F 50-54	Tony	DAY	1965 Darlington SC	4.29.86	Harrogate	Sep-17
G 55-59	Tony	DAY	1965 Darlington	4.36.30	Billingham	Feb-20
H 60-64	Christopher	GOULDEN	1957 Cardiff Masters	5.10.02	Newport	Nov-18
J 65-69	James	ARTHUR	1948 Celtic Dolphins	5.29.53	Gloucester	Apr-13
K 70-74	Garfield	THOMAS	1940 Bridgend Cty	6.08.91	Gloucester	Apr-10
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	6.43.73	Gloucester	May-16
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	7.18.15	Millfield	Feb-20
N 85-89						
O 90-94						
<b>800m FREESTYLE</b>						
S 18-24	Lloyd	JONES	2003 Merthyr Tydfil	9.57.91	Llandudno	Oct-23
A 25-29	Stuart	MORRISH	1967 Newport Maindee	8.53.54	Liverpool	1996
B 30-34	Calvin	HARRIS	1965 Pontypool	9.01.12	Swansea	1998
C 35-39	Jonathan	HOPKINS	1960 Swansea Valley	9.44.43	Monmouth	1999
D 40-44	Jonathan	HOPKINS	1960 Swansea Valley	9.35.79	Sheffield	Nov-02
E 45-49	Jonathan	HOPKINS	1960 Swansea Valley	9.34.57	Sheffield	Oct-06
F 50-54	Tony	DAY	1965 Darlington S.C	9.17.97	Sheffield	Oct-18
G 55-59	Patrick	Gore	1968 Reading Masters	10.10.35	Barnett Cophthall	Jul-23
H 60-64	Christopher	GOULDEN	1957 Cardiff Masters	10.38.53	Sheffield	Oct-18
J 65-69	Christopher	GOULDEN	1957 Cardiff Masters	11.17.96	Sheffield	Oct-23
K 70-74	David	GREY	1951 Welsh Individual	13.54.68	Tollcross	Apr-22
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	14.10.29	California (USA)	Nov-18
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	15.24.17	Barnet Cophthall	Nov-21
N 85-89						
O 90-94						
<b>1500m FREESTYLE</b>						
S 18-24						
A 25-29	Stuart	MORRISH	1967 Newport Maindee	17.30.27	Liverpool	1995
B 30-34	Calvin	HARRIS	1965 Pontypool	17.23.14	Swansea	1998
C 35-39	Jonathan	HOPKINS	1960 Swansea Valley	18.27.83	Sheffield	1999
D 40-44	Jonathan	HOPKINS	1960 Swansea Valley	18.24.33	Barnet	Jun-05
E 45-49	Jonathan	HOPKINS	1960 Swansea Valley	18.42.06	Barnet	Nov-06
F 50-54	Tony	DAY	1965 Darlington Mast	18.09.04	Blackpool	Feb-19
G 55-59	Jonathan	HOPKINS	1960 Cardiff Masters	19.43.34	Barnet	Nov-15
H 60-64	Christopher	GOULDEN	1957 Cardiff Masters	20.12.96	Sheffield	Oct-18
J 65-69	Christopher	GOULDEN	1957 Cardiff Masters	21.29.96	Sheffield	Oct-23
K 70-74	Garfield	THOMAS	1940 Bridgend Cty	26.18.34	Sheffield	Oct-14
L 75-79	Garfield	THOMAS	1940 Bridgend Cty	27.02.72	Barnet Cophthall	Nov-16
M 80-84	Garfield	THOMAS	1940 Bridgend Cty	28.47.96	Barnet Cophthall	Nov-21
N 85-89						
O 90-94						

SWIM WALES				
WELSH MASTERS SHORT COURSE RECORDS				
MENS				
4x50m MEN's FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	Chirk Dragoms SC	1.49.87	Newport	Nov-19
	Ben Northall : Luke Evans : Richard Healey : Harri Wilk			
100-119yrs	CLAMS	1.43.54	W.I.S.Cardiff	1997
	????			
120-159yrs	Cardiff Masters	1.39.98	Sheffield	Oct-21
	Ptryk Poniatowski : Callum Morris : Thomas Longden : Oliver Harris			
160-199yrs	Pembroke	1.44.99	Sheffield	Oct-04
	A. Shortman : M. James : J. Richards : N. Goddard			
200-239yrs	Tenby	1.53.27	Sheffield	Oct-13
	Martyn James : Jeff Richards : Norman Goddard : Austyn Shortman			
240-279yrs	Cardiff Masters	2.02.85	Newport	Nov-19
	Andy Thomas : Adrian Morris : Dave Lowe : Malcolm Wilson			
280-319yrs				
320-359yrs				
4x100m MEN's FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs	Nofio Cymru	04:48.3	Blackpool	Feb-24
	Neil Powell : Tom Williams : Chris Winn : Ian Powell			
240-279yrs				
280-319yrs				
320-359yrs				
4x200m MENs FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs	Nofio Cymru	11:07.8	Blackpool	Feb-24
	Neil Powell : Tom Williams : Chris Winn : Ian Powell			
240-279yrs				
280-319yrs				
320-359yrs				

SWIM WALES				
WELSH MASTERS SHORT COURSE RECORDS				
MENS				
4x50m MENS MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs	Chirk Dragons	2.03.11	Newport	Nov-19
	Richard Healey : Ben Northall : Luke Evans : Harri Wilk			
100-119yrs	CLAMS	1.55.91	Bangor	1997
	P.Griffiths : A.Lockyer : S. Bryant : P. Lewis			
120-159yrs	Cardiff Masters	1.54.95	Sheffield	Oct-21
	Ptryk Poniatowski : Thomas Longden : Oliver Harris : Callum Morris			
160-199yrs	Pembroke	2.00.13	Sheffield	Oct-04
	A. Shortman : M. James : J. Richards : N. Goddard			
200-239yrs	Tenby Masters	2.07.25	Sheffield	Oct-13
	Austyn Shortman : Jeff Richards : Martyn James : Norman Goddard			
240-279yrs	Nofio Cymru	2.21.53	Sheffield	Oct -23
	Stuart Roberts : David Burchell : Ian Powell : Neil Powell			
280-319yrs	City of Cardiff	2.30.25	Cardiff I.S.V.	Dec-12
	Andrew Fawcett : Les Stagg : Vladimirs Sveds : Errol Alexis			
320-359yrs				
4x100m MENS MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				
4x200m MENS MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS**

**WOMEN**

	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>100m INDIVIDUAL MEDLEY</b>							
S	18-24	Lili-May	MUSTOE	2002	Swansea University SC	1.08.67	Newport Dec-23
A	25-29	Danielle	STIRRAT	1993	Cardiff Masters	1.05.88	Sheffield Oct-22
B	30-34	Louise	HENLEY	1985	R.A.F. Swim	1.07.00	Sheffield Oct-17
C	35-39	Friederike	SCHMIDT	1977	Fishguard Flyers	1.11.88	Sheffield Oct-13
D	40-44	Michelle	WARE	1973	Guildford	1.09.45	Guildford Oct-15
E	45-49	Helen	GORMAN	1972	City of Cardiff	1.07.46	Sheffield Oct-19
F	50-54	Helen	GORMAN	1972	City of Cardiff	1.08.33	Sheffield Oct-22
G	55-59	Allie	PRICE	1965	Cardiff Masters	1.14.57	Rotterdam Jan-20
H	60-64	Heidi	GORE	1962	Reading	1.24.47	University of Birm May-23
J	65-69	Christina	VICTOR	1954	Guildford City	1.33.94	Sheffield Oct-19
K	70-74	Helen	HUGHES	1942	Arfon Masters	1.59.87	Llandudno Oct-12
L	75-79	Edna	DILWORTH	1925	Arfon Masters	2.10.49	Bangor 2000
M	80-84	Edna	DILWORTH	1925	Arfon Masters	2.31.83	W.I.S.Cardiff Nov-05
N	85-89						
O	90-94						
<b>200m INDIVIDUAL MEDLEY</b>							
S	18-24	Lili-May	MUSTOE	2002	Swansea University	2.28.23	Newport Dec-23
A	25-29	Sarah	DAVIES	1975	Reading	2.31.35	Sheffield Nov-02
B	30-34	Nia	WESTLAKE	1993	Gloucester Masters	2.34.40	Sheffield Oct-23
C	35-39	Lesley	WILDE	1959	Rhyl	2.41.05	Sheffield 1998
D	40-44	Michelle	WARE	1973	Guildford	2.33.86	Sheffield Oct-14
E	45-49	Helen	GORMAN	1972	City of Cardiff	2.29.85	Sheffield Oct-18
F	50-54	Helen	GORMAN	1972	City of Cardiff	2.30.30	Newport Dec-23
G	55-59	Allie	PRICE	1965	Cardiff Masters	2.46.19	Rotterdam Jan-20
H	60-64	Heidi	Gore	1962	Reading S.C	3.04.05	University of Birm May-23
J	65-69	Christina	VICTOR	1954	Guildford City	3.23.27	Sheffield Oct-19
K	70-74	Helen	HUGHES	1943	Arfon Masters	4.08.31	Llandudno Oct-14
L	75-79	Edna	DILWORTH	1925	Arfon Masters	5.06.98	Penlan Mar-03
M	80-84	Helen	HUGHES	1942	Arfon Masters	4.54.56	Llandudno Oct-23
N	85-89	Kathy	CLAPP	1924	Connah's Quay	6.41.69	Bangor Sep-09
O	90-94						
<b>400m INDIVIDUAL MEDLEY</b>							
S	18-24	Emma	MAXWELL	1983	Rhyl	5.44.80	Wrexham Feb-02
A	25-29						
B	30-34	Nia	WESTLAKE	1993	Gloucester Masters	5.16.37	Sheffield Oct -23
C	35-39	Lesley	WILDE	1959	Rhyl	5.42.04	Bangor 1997
D	40-44	Lesley	WILDE	1959	Rhyl Dolphin	5.33.92	Sheffield Nov-02
E	45-49	Nicola	LATTY	1971	Holywell	5.20.89	Glasgow Apr-18
F	50-54	Helen	GORMAN	1972	Ciy of Cardiff	5.23.74	Stockport July-23
G	55-59	Julie	CRAYFORD	1948	CLAMS	6.17.37	Sheffield Oct-03
H	60-64	Julie	CRAYFORD	1948	CLAMS	6.52.67	Sheffield Oct-08
J	65-69	Christina	VICTOR	1954	Guildford City	07.34.42	Sheffield Oct-21
K	70-74	Ann	WHATHAM	1928	Arfon Masters	12.26.63	Bangor 2000
L	75-79	Margaret	WEARE	1944	Caldicot Masters	11.16.20	Gloucester Mar-19
M	80-84						
N	85-89						
O	90-94						



**SWIM WALES**

**WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS**

**WOMEN**

	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE
<b>50m BUTTERFLY</b>							
S	18-24	Martha	SMITH	2001	Clitheroe and District	29.76	Newport Dec-23
A	25-29	Isabella	CENTELEGHE	1996	Cardiff Masters	28.29	Newport 27/11/21
B	30-34	Maxine	McKINNELL	1967	CLAMS	29.72	Bangor 1997
C	35-39	Friederike	SCHMIDT	1977	Fishguard Flyers	31.26	Sheffield Oct-13
D	40-44	Michelle	WARE	1973	Guildford M	29.06	Sheffield Oct-17
E	45-49	Michelle	WARE	1974	Guildford M	29.71	Sheffield Oct-18
F	50-54	Allie	PRICE	1965	Cardiff Masters	31.85	Sheffield Oct-18
G	55-59	Allie	PRICE	1965	Bridgend Swim Club	33.32	Sheffield Oct - 23
H	60-64	Heidi	GORE	1962	Reading Swimming Club	37.26	Sheffield Oct-22
J	65-69	Christina	VICTOR	1954	Guildford M	38.32	Sheffield Oct-19
K	70-74	Edna	DILWORTH	1925	Arfon Masters	1.00.64	Pontypool 1995
L	75-79	Edna	DILWORTH	1925	Arfon Masters	1.09.07	Penarth 2001
M	80-84	Margret	WEARE	1944	Caldicot	1.16.39	Swindon Mar -24
N	85-89						
O	90-94						

**100m BUTTERFLY**

S	18-24	Martha	SMITH	2001	Clitheroe and District	1.07.50	Bristol Feb-24
A	25-29	Isabella	CENTELEGHE	1996	Cardiff Masters	1.04.03	Newport 27/11/21
B	30-34	Kathryn	OWENS	1974	C o Derby	1.07.70	Leamington May-04
C	35-39	Heidi	LIA	1962	CLAMS	1.14.63	W.I.S.Cardiff 1997
D	40-44	Michelle	WARE	1973	Guildford	1.06.17	Sheffield Oct-17
E	45-49	Michelle	WARE	1974	Guildford	1.08.27	Sheffield Oct-18
F	50-54	Allie	PRICE	1965	Cardiff Masters	1.11.14	Horfield May-19
G	55-59	Allie	PRICE	1965	Bridgend Swim Club	1.14.41	Sheffield Oct - 23
H	60-64	Heidi	GORE	1962	Reading S.C	1.26.40	Sheffield Oct-22
J	65-69	Christina	VICTOR	1954	Guildford City M	1.32.06	Sheffield Oct-19
K	70-74	Helen	HUGHES	1942	Arfon Masters	2.16.15	Llandudno Oct-12
L	75-79	Margaret	WEARE	1944	Caldicot Masters	2.39.03	Saltash Jan-19
M	80-84	Margaret	WEARE	1944	Caldicot Masters	2.57.34	Swindon Mar -24
N	85-89						
O	90-94						

**200m BUTTERFLY**

S	18-24	Hannah	SWIFT	2004	Wrexham	2.33.18	Sheffield Oct-22
A	25-29	Nia	WESTLAKE	1993	Gloucester	2.35.17	Sheffield June-23
B	30-34	Nia	WESTLAKE	1993	Gloucester	2.34.15	Newport Dec- 23
C	35-39	Karen	FROST	1967	Rhyl	2.54.84	Wrexham 2002
D	40-44	Ceri	THOMAS	1965	Bridgend Cty	3.03.77	Sheffield Oct-07
E	45-49	Nicola	LATTY	1971	Holywell	2.33.71	Sheffield Oct-19
F	50-54	Nicola	LATTY	1971	Holywell	2.35.85	Tollcross 11/09/21
G	55-59	Julie	CRAYFORD	1948	Nofio Cymru	3.08.77	Leamington May-04
H	60-64	Julie	CRAYFORD	1948	CLAMS	3.29.91	Barnet Jul-09
J	65-69	Christina	VICTOR	1954	Guildford City M	3.55.81	Waterlooville Apr-19
K	70-74	Margaret	WEARE	1944	Caldicot Masters	5.51.06	Weston-s-Mare Sep-18
L	75-79	Margaret	WEARE	1944	Caldicot Masters	6.14.28	Saltash Jan-19
M	80-84						
N	85-89						
O	90-94						



SWIM WALES								
WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS								
WOMEN								
	AGE	NAME	YoB	CLUB	TIME	VENUE	DATE	
<b>50m BREASTSTROKE</b>								
S	18-24	Sophie	STANFORD	1987	Tenby	35.99	Llanelli	Nov-08
A	25-29	Jenny	JONES	1990	Cardiff Masters	34.91	Sheffield	Oct-19
B	30-34	Louise	HENLEY	1985	R.A.F. Swim	33.13	Sheffield	Oct-17
C	35-39	Friederike	SCHMIDT	1977	Fishguard Flyers	36.38	Sheffield	Oct-13
D	40-44	Anna	HARDING	1981	Cwmbran	36.78	Newport	Dec-23
E	45-49	Helen	GORMAN	1972	Cardiff Masters	33.85	Sheffield	Oct-18
F	50-54	Helen	GORMAN	1972	City of Cardiff	34.41	Sheffield	Oct-22
G	55-59	Joanna	COLLINS	1966	Welshpool Sharks	37.67	Sheffield	Oct-22
H	60-64	Julie	CRAYFORD	1948	CLAMS	42.25	Sheffield	Oct-08
J	65-69	Christina	VICTOR	1954	Guildford City M	45.52	Sheffield	Oct-19
K	70-74	Gwenda (Marilyn)	DINSDALE	1946	Heads / Valley	56.1	Horfield	May-19
L	75-79	Edna	DILWORTH	1925	Arfon Masters	59.01	Bangor	2000
M	80-84	Kathy	CLAPP	1924	Connah's Quay	1.11.50	Sheffield	Oct-04
N	85-89	Emily	GODSALL	1917	Nofio Cymru	1.37.24	Sheffield	Oct-03
O	90-94							
<b>100m BREASTSTROKE</b>								
S	18-24	Sophie	STANFORD	1987	Tenby	1.17.51	Llanelli	Nov-08
77	25-29	Jenny	JONES	1990	Cardiff Masters	1.17.72	Gloucester	Apr-18
B	30-34	Louise	HENLEY	1985	R.A.F. Swim	1.11.78	Sheffield	Oct-17
C	35-39	Friederike	SCHMIDT	1972	Fishguard Flyers	1.21.36	Llandudno	Oct-15
D	40-44	Anna	HARDING	1981	Cwmbran	1.19.34	Newport	Dec-23
E	45-49	Helen	GORMAN	1972	City of Cardiff	1.13.45	Barnet Cophall	Jul-18
F	50-54	Helen	GORMAN	1972	City of Cardiff	1.13.95	Barnet Cophall	Jul-22
G	55-59	Joanna (Kim)	COLLINS	1966	Wrexham	1.23.25	Funchal	Nov-23
H	60-64	Julie	CRAYFORD	1948	CLAMS	1.37.00	Sheffield	Oct-08
J	65-69	Christina	VICTOR	1954	Guildford City	1.39.55	Sheffield	Oct-19
K	70-74	Gwenda(Marilyn)	DINSDALE	1946	Heads / Valley	2.05.40	Sheffield	Oct-19
L	75-79	Edna	DILWORTH	1925	Arfon Masters	2.15.81	Rhondda	2001
M	80-84	Emily	GODSALL	1917	CLAMS	3.17.73	W.I.S.Cardiff	1997
N	85-89	Emily	GODSALL	1917	CLAMS	3.43.50	Penlan	Mar-03
O	90-94							
<b>200m BREASTSTROKE</b>								
S	18-24	Lili-May	MUSTOE	2002	Swansea University SC	2.45.25	Newport	Dec-23
A	25-29	Julia	GILKES	1971	Bracknell	2.52.08	Sheffield	2000
B	30-34	Natasha	MORGAN	1982	Southwark Aq	2.49.07	Sheffield	Oct-15
C	35-39	Sophie	MOUNTAIN	1987	Pembrokeshire County S	3.05.72	Newport	Dec-23
D	40-44	Anna	HARDING	1981	Cwmbran	3.00.22	Newport	Dec-23
E	45-49	Helen	GORMAN	1972	City of Cardiff	2.40.46	Barnet Cophall	Jul-18
F	50-54	Helen	GORMAN	1972	City of Cardiff	2.41.45	Sheffield	Oct-22
G	55-59	Joanna	COLLINS	1966	Welshpool Sharks	3.09.88	Sheffield	31/10/21
H	60-64	Julie	CRAYFORD	1948	City of Cardiff	3.35.72	Sheffield	Oct-10
J	65-69	Christina	VICTOR	1954	Guildford City M	3.42.86	Surrey	Oct-19
K	70-74	Edna	DILWORTH	1925	Arfon Masters	4.25.84	Guernsey	1995
L	75-79	Edna	DILWORTH	1925	Arfon Masters	4.56.80	Sheffield	2000
M	80-84	Emily	GODSALL	1917	Dragon	7.22.64	Sheffield	1997
N	85-89	Emily	GODSALL	1917	CLAMS	8.15.99	Barnett	Jul-03
O	90-94							

New British Record

SWIM WALES							
WELSH MASTERS AND SENIOR AGE GROUP SHORT COURSE RECORDS							
WOMEN							
AGE	NAME		YcB	CLUB	TIME	VENUE	DATE
<b>50m FREESTYLE</b>							
S 18-24	Ruby	VERGE	2003	Cardiff Masters	27.43	Newport	Dec-23
A 25-29	Jenny	JONES	1990	Cardiff Masters	27.13	Sheffield	Oct-18
B 30-34	Danielle	STIRRAT	1993	Cardiff Masters	27.19	Newport	Dec-23
B 30-34	Maxine	McKINNELL	1967	CLAMS	27.19	Swansea	1998
C 35-39	Sarah	VALE	1975	Llantrisant Sharks	28.92	Sheffield	Oct-10
D 40-44	Michelle	WARE	1973	Guildford	27.28	Sheffield	Oct-14
E 45-49	Michelle	WARE	1973	Guildford	27.58	Sheffield	Oct-18
F 50-54	Helen	Gorman	1972	City of Cardiff	29.13	Barnet Cophall	Sep-22
G 55-59	Joanna	COLLINS	1966	Welshpool Sharks	30.66	Sheffield	Oct-21
H 60-64	Heidi	GORE	1962	Reading S.C	34.24	Wolverhampton	May-22
J 65-69	Julia	BUCHANAN	1957	Caldicot	36.59	Dorchester	June-23
K 70-74	Helen	HUGHES	1942	Arfon Masters	45.31	Llandudno	Oct-12
L 75-79	Edna	DILWORTH	1925	Arfon Masters	51.99	Sheffield	Nov-02
M 80-84	Margaret	WEARE	1944	Caldicot	59.22	Swindon	Mar -24
N 85-89							
O 90-94							
<b>100m FREESTYLE</b>							
S 18-24	Emily	EZARD	2002	Bridgend Swim Club	1.00.13	Millfield	Feb-24
A 25-29	Danielle	STIRRAT	1993	Cardiff Masters	57.74	Sheffield	Oct-22
B 30-34	Danielle	STIRRAT	1993	Cardiff Masters	58.48	Newport	Dec-23
C 35-39	Sarah	VALE	1975	Llantrisant Sharks	1.03.14	Sheffield	Oct-10
D 40-44	Michelle	WARE	1973	Guildford	59.67	Sheffield	Oct-15
E 45-49	Michelle	WARE	1974	Guildford	1.00.19	Sheffield	Oct-18
F 50-54	Helen	GORMAN	1972	City of Cardiff	1.03.94	Sheffield	Oct-22
G 55-59	Allie	PRICE	1965	Bridgend Swim Club	1.09.23	Coventry	Sept-23
H 60-64	Heidi	GORE	1962	Reading	1.13.48	Birmingham	May-23
J 65-69	Julia	BUCHANAN	1957	Caldicot	1.23.99	Barnet Cophall	Jul-22
K 70-74	Helen	HUGHES	1942	Arfon Masters	1.35.30	Llandudno	Oct-12
L 75-79	Helen	HUGHES	1942	Arfon Masters	1.56.33	Llandudno	Oct-17
M 80-84	Margaret	WEARE	1944	Caldicot	2.16.68	Swindon	Mar -24
N 85-89							
O 90-94							
<b>200m FREESTYLE</b>							
S 18-24	Eilidh	GRANT	1999	Cardiff Masters	2.11.50	Sheffield	Nov-23
A 25-29	Jenny	JONES	1990	Cardiff Masters	2.09.56	Sheffield	Oct-16
B 30-34	Hannah	MUNDAY	1991	Swansea Masters	2.12.34	Newport	Dec-22
C 35-39	Ceri	EDWARDS	1978	Portsmouth N.	2.16.77	Sheffield	Oct-17
D 40-44	Ceri	EDWARDS	1978	Portsmouth N.	2.15.35	Southampton	Apr-18
E 45-49	Nicola	LATTY	1971	Holywell	2.15.09	Newport	Nov-19
F 50-54	Allie	PRICE	1965	Cardiff Masters	2.29.08	Millfield	May-16
G 55-59	Allie	PRICE	1965	Bridgend Swim Club	2.33.22	Dorchester	Jun-23
H 60-64	Heidi	GORE	1962	Reading	2.38.12	Birmingham	May-23
J 65-69	Julia	BUCHANAN	1957	Caldicot	3.03.18	Gloucester	Aug-22
K 70-74	Helen	HUGHES	1942	Arfon Masters	3.58.00	Llandudno	Oct-13
L 75-79	Margaret	WEARE	1944	Caldicot Masters	4.28.71	Newport	Nov-19
M 80-84	Margaret	WEARE	1944	Caldicot Masters	4.45.82	Swindon	Mar-24
N 85-89							
O 90-94							
<b>400m FREESTYLE</b>							
S 18-24	Hannah	SWIFT	2004	Wrexham	4.48.12	Sheffield	Oct-22
A 25-29	Hannah	MUNDAY	1991	Swansea Masters	4.34.26	Newport	Nov-19
B 30-34	Hannah	MUNDAY	1991	Swansea Masters	4.40.18	Newport	Dec-22
C 35-39	Ceri	EDWARDS	1978	Portsmouth N.	4.52.80	Sheffield	Oct-17
D 40-44	Ceri	EDWARDS	1978	Portsmouth N.	4.38.77	Sheffield	Oct-19
E 45-49	Ceri	EDWARDS	1978	Portsmouth North Sea	4.39.27	Glasgow	April-23
F 50-54	Nicola	LATTY	1971	Holywell	4.56.34	Stockport	Jun-22
G 55-59	Allie	PRICE	1965	Bridgend Swim Club	5.20.56	Barnet Cophall	Sep-22
H 60-64	Heidi	GORE	1962	Reading	5.34.50	Millfield	Feb-22
J 65-69	Julia	BUCHANAN	1957	Caldicot	6.26.38	Gloucester	Aug-22
K 70-74	Helen	HUGHES	1942	Arfon Masters	7.43.24	Llandudno	Oct-14
L 75-79	Helen	HUGHES	1942	Arfon Masters	8.09.70	Llandudno	Oct-17
M 80-84	Edna	DILWORTH	1925	Arfon Masters	10.52.39	Shrewsbury	Jan-05
N 85-89							
O 90-94							
<b>800m FREESTYLE</b>							
S 18-24	Keely	EMPSON	1996	C of Cardiff	10.14.57	Sheffield	Oct-16
A 25-29	Sharon	TAYLOR	1971	Pontypool	9.45.30	Sheffield	2000
B 30-34	Julia	GILKES	1971	Bracknell	9.48.80	Sheffield	2001
C 35-39	Ceri	EDWARDS	1978	Portsmouth N.	10.00.73	Barnet	Nov-17
D 40-44	Ceri	EDWARDS	1978	Portsmouth N.	9.35.40	Sheffield	Oct-19
E 45-49	Ceri	EDWARDS	1978	Portsmouth North Sea	09.32.71	Glasgow	April-23
F 50-54	Nicola	LATTY	1971	Holywell	10.00.67	Glasgow	April-22
G 55-59	Stel	FARRAR	1959	Arfon Masters	11.04.71	Sheffield	Oct-15
H 60-64	Stella	FARRAR	1959	Arfon Masters	11.29.32	Sheffield	Oct-19
J 65-69	Christina	VICTOR	1954	Guildford City M	13.41.13	Sheffield	Oct-19
K 70-74	Helen	HUGHES	1942	Arfon Masters	15.36.10	Llandudno	Oct-14
L 75-79	Helen	HUGHES	1942	Arfon Masters	16.22.72	Llandudno	Oct-17
M 80-84	Helen	HUGHES	1942	Arfon Masters	17.12.46	Llandudno	Oct-23
N 85-89							
O 90-94							
<b>1500m FREESTYLE</b>							
S 18-24	Hannah	SWIFT	2004	Wrexham	18.47.76	Sheffield	Oct-22
A 25-29	Nia	WESTLAKE	1993	Gloucester Masters	19.14.57	Sheffield	Oct-21
B 30-34	Nia	WESTLAKE	1993	Gloucester Masters	19.12.24	Newport	Dec-23
C 35-39	Ceri	EDWARDS	1978	Portsmouth N.	18.15.81	Wolverhampton	May-23
D 40-44	Ceri	EDWARDS	1978	Portsmouth N.	18.14.18	Sheffield	Oct-19
E 45-49	Stel	FARRAR	1959	Arfon Masters	20.41.85	Sheffield	Oct-08
F 50-54	Nicola	LATTY	1971	Holywell	19.02.48	Blackpool	Sept-21
G 55-59	Stel	FARRAR	1959	Arfon Masters	20.38.92	Sheffield	Oct-15
H 60-64	Stella	FARRAR	1959	Arfon Masters	21.36.72	Sheffield	Oct-19
J 65-69	Christina	VICTOR	1954	Guildford City M	25.24.54	Sheffield	Oct-19
K 70-74	Helen	HUGHES	1942	Arfon Masters	29.34.29	Llandudno	Oct-14
L 75-79	Margaret	WEARE	1944	Caldicot Masters	41.03.60	Newport	Dec-23
M 80-84							
N 85-89							
O 90-94							

**SWIM WALES**

**WELSH MASTERS SHORT COURSE RECORDS**

**WOMEN**

**4x50m WOMEN's FREESTYLE TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-96yrs				
100-119yrs	Cardiff Masters	1.49.12	Sheffield	01 December 2023
	Alexandra Szuplewski ; Hannah Palfray : Bronwen Harry : Danielle Stirrat			
120-159yrs	Cardiff Masters	1.52.41	Sheffield	10/21
	Isabella Centeleghe : Hannah Palfrey : Allie Price : Danielle Stirrat			
160-199yrs	Cardiff Masters	2.04.38	Newport	01 November 2019
	Hannah Palfrey : Sorcha Kennedy : Emma Harvey : Allie Price			
200-239yrs	Wrexham Swimming Club	2.13.74	Stafford Leisure Centre	15.04.23
	Femke El Taha : Wendy Mellett : Marina Peluso : Kim Collins			
240-279yrs				
280-319yrs				
320-359yrs				

**4x100m WOMENs FREESTYLE TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m WOMENs FREESTYLE TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-99yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

SWIM WALES				
WELSH MASTERS SHORT COURSE RECORDS				
WOMEN				
4x50m WOMENs MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs	Cardiff Masters	2.06.37	Newport	Dec-23
	Danielle Stirrat : Carys Thomas ; Bronwen Harry : Nadine James			
120-159yrs	Cardiff Masters	2.06.96	Sheffield	10/21
	Danielle Stirrat : Allie Price : Isabella Centeleghe : Hannah Palfrey			
160-199yrs	Cardiff Masters	2.20.49	Newport	Nov-19
	Allie Price : Holly McGee : Sorcha Kennedy : Emma Harvey			
200-239yrs	City of Cardiff	2.28.78	Sheffield	Oct-10
	Allie Price : Anne Williams : Julie Crayford : Ceri Thomas			
240-279yrs	Arfon Masters	3.00.52	Wrexham	2002
	E.Dilworth : L.Yule : M.Roberts : H. Hughes			
280-319yrs				
320-359yrs				
4x100m WOMENs MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				
4x200m WOMENs MEDLEY TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

SWIM WALES				
WELSH MASTERS SHORT COURSE RECORDS				
MIXED				
4x50m MIXED FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-99yrs	City of Cardiff	1.55.42	Cardiff	Dec-12
	Gareth Cocks : Joanne Randles : David Cocks : Jenny Jones			
100-119yrs	Cardiff Masters	1.40.48	Sheffiled	10/21
	Patryk Poniatowski : Oliver Harris : Isabella Centeleghe : Danielle Stirrat			
120-159yrs	Cardiff Masters	1.45.49	Sheffield	Oct-18
	David Booth : Kiroless Saba : Allie Price : Jenny Jones			
160-199yrs	Cardiff Masters	1.53.02	Newport	27/11/21
	Jack Thomas : Dan Clements : Sorcha Kennedy : Allie Price			
200-239yrs	Bridgend Swim Club	2.00.20	Newport	Dec-22
	Allie Price, Malcom Smith, Richard Watkins, Joanna Powell			
240-279yrs	Cardiff Masters	2.30.20	Newport	27/11/21
	Dave Lowe : Dale Lewis : Clare Parry : Sue Flanigan			
280-319yrs	CLAMS	3.15.97	W.I.S. Cardiff	May-07
	J.Crayford : E. Alexis : L.Stagg : V. Batten			
320-359yrs				
4x100m MIXED FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				
4x200m MIXED FREESTYLE TEAM				
AGE GROUP	CLUB	TIME	VENUE	DATE
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**SWIM WALES**

**WELSH MASTERS SHORT COURSE RECORDS**

**MIXED**

**4x50m MIXED MEDLEY TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-96yrs	City of Cardiff	2.06.76	Cardiff I.S.V.	Dec-12
	Joann Randles : David Cocks : Gareth Cocks : Jenny Jones			
100-119yrs	Cardiff Masters	1.54.68	Sheffield	10/21
	Ptryk Poniatowski : Oliver Harris : Isabella Centeleghe : Danielle Stirrat			
120-159yrs	Cardiff Masters	1.56.76	Sheffield	Oct-18
	David Booth : Kiroless Saba : Allie Price : Jenny Jones			
160-199yrs	Cardiff Masters	1.58.42	Sheffield	Oct-19
	Patrick Gore : Kiroless Saba : Allie Price : Jenny Jones			
200-239yrs	Bridgend Swim Club	2.15.93	Newport	Dec-22
	Richard Waitkins, Joanna Powell, Allie Price, Malcom Smith			
240-279yrs	Cardiff Masters	2.41.06	Newport	27/11/21
	Clare Parry : Mike Battersby : Vladimir Sveds : Karen Howells			
280-319yrs	CLAMS	3.37.91	W.I.S. Cardiff	May-07
	L.Stagg : E. Alexis : J. Crayford : V. Batten			
320-359yrs				

**4x100m MIXED MEDLEY TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				

**4x200m MIXED MEDLEY TEAM**

<b>AGE GROUP</b>	<b>CLUB</b>	<b>TIME</b>	<b>VENUE</b>	<b>DATE</b>
72-96yrs				
100-119yrs				
120-159yrs				
160-199yrs				
200-239yrs				
240-279yrs				
280-319yrs				
320-359yrs				