

Welsh Open Masters 2010 - 05/03/2010 to 07/03/2010**Wales National Pool, Swansea****Championship - Records**

Women 18-24 50 Free	28.75	28/02/2008	Sian Boulton
Women 18-24 100 Free	1:01.44	2005	Sian Boulton
Women 18-24 200 Free	2:15.51	28/02/2008	Kathy Siuda
Women 18-24 400 Free	4:31.47	2006	Izzy Newman
Women 18-24 800 Free	9:23.10	28/02/2008	Kathy Siuda
Women 18-24 1500 Free	17:31.94	2006	Philippa Davies
Women 18-24 50 Back	32.97	2005	Sian Boulton
Women 18-24 100 Back	1:10.96	01/03/2009	Leanne Taylor
Women 18-24 200 Back	2:33.06	28/02/2009	Leanne Taylor
Women 18-24 50 Breast	33.27	28/02/2008	Louise Henley
Women 18-24 100 Breast	1:13.54	2006	Louise Henley
Women 18-24 200 Breast	2:38.81	2006	Laura Wood
Women 18-24 50 Fly	30.04	2004	Clare Grundy
Women 18-24 100 Fly	1:07.26	2007	Sian Boulton
Women 18-24 200 Fly	2:30.53	2005	Sian Boulton
Women 18-24 200 IM	2:32.30	2007	Caroline Smale
Women 18-24 400 IM	5:14.91	2006	Izzy Newman
Women 25-29 50 Free	28.40	2006	Fiona Marshall
Women 25-29 100 Free	1:03.24	2007	Helen Woodridge
Women 25-29 200 Free	2:14.84	01/03/2009	Katie Henderson
Women 25-29 400 Free	4:44.60	06/03/2010	Katie Henderson - Reading
Women 25-29 800 Free	9:15.63	2007	Paula Wood
Women 25-29 1500 Free	17:26.88	2007	Paula Wood
Women 25-29 50 Back	33.72	2007	Helen Woodbridge
Women 25-29 100 Back	1:14.15	2006	Gina Hobson
Women 25-29 200 Back	2:40.94	2006	Gina Hobson
Women 25-29 50 Breast	34.97	2006	
Women 25-29 100 Breast	1:15.61	07/03/2010	Louise Henley - Co Cardiff
Women 25-29 200 Breast	2:43.69	05/03/2010	Louise Henley - Co Cardiff
Women 25-29 50 Fly	29.67	1996	Maxine Lock
Women 25-29 100 Fly	1:10.48	2005	Jenny Hughes
Women 25-29 200 Fly	2:40.67	06/03/2010	Fiona Kinsella - Co Cardiff
Women 25-29 200 IM	2:38.97	27/02/2009	Gemma Howells
Women 25-29 400 IM	5:36.29	2006	Carole Eyles
Women 30-34 50 Free	29.31	2007	Hannah Paull
Women 30-34 100 Free	1:03.51	2007	Hannah Paul
Women 30-34 200 Free	2:18.28	01/03/2009	Katie Nimmo
Women 30-34 400 Free	5:00.73	28/02/2009	Nari Lawrey
Women 30-34 800 Free	10:16.27	06/03/2010	Nari Lawrey - Camden Swiss
Women 30-34 1500 Free	18:55.62	2005	Nicola Latty
Women 30-34 50 Back	34.26	2004	A. Bensley-Chilton
Women 30-34 100 Back	1:12.81	2005	Alison Usher
Women 30-34 200 Back	2:36.02	2005	Alison Usher
Women 30-34 50 Breast	35.44	28/02/2008	Kyla Steenhart
Women 30-34 100 Breast	1:18.32	29/02/2008	Kyla Steenhart
Women 30-34 200 Breast	3:08.82	2004	Amanda Goodman
Women 30-34 50 Fly	30.53	2004	Kathryn Owens
Women 30-34 100 Fly	1:09.07	2004	Kathryn Owens
Women 30-34 200 Fly	2:28.38	2005	Nicola Latty
Women 30-34 200 IM	2:39.98	2005	Nicola Latty
Women 30-34 400 IM	5:32.68	2005	Nicola Latty
Women 35-39 50 Free	28.71	2006	Ana Paula Grilo
Women 35-39 100 Free	1:01.45	2007	Ana Paula Grilo
Women 35-39 200 Free	2:22.23	07/03/2010	Sarah Vale - Llantrisant
Women 35-39 400 Free	5:11.47	2007	Kirsten Thys
Women 35-39 800 Free	9:51.73	2007	Ana Paula Grilo
Women 35-39 1500 Free	18:50.82	2006	Ana Paula Grilo
Women 35-39 50 Back	34.89	2006	Heidy Arnott
Women 35-39 100 Back	1:17.08	2006	Heidi Arnot
Women 35-39 200 Back	2:43.59	2006	Ana Paula Grilo
Women 35-39 50 Breast	38.86	28/02/2008	Claire Thorn

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Women 35-39 100 Breast	1:23.90	2004	Helen McDaid
Women 35-39 200 Breast	2:53.69	27/02/2009	Helen Gorman
Women 35-39 50 Fly	31.92	01/03/2009	Kathryn Owens
Women 35-39 100 Fly	1:14.82	2007	Kirsten Thys
Women 35-39 200 Fly	2:44.09	2005	Claire Palfrey
Women 35-39 200 IM	2:44.00	1996	Gillian Skipper
Women 35-39 400 IM	5:29.51	2006	Anna Paula Grilo
Women 40-44 50 Free	30.26	2004	Joanne Bullock
Women 40-44 100 Free	1:09.11	2004	Sue Welham
Women 40-44 200 Free	2:17.99	2004	Nuala Muir-Cochrane
Women 40-44 400 Free	4:44.64	2004	Nuala Muir Cochran
Women 40-44 800 Free	9:37.51	2004	Nuala Muir-Cochrane
Women 40-44 1500 Free	18:15.98	2004	Nuala Muir-Cochrane
Women 40-44 50 Back	33.66	2007	Kate Veale
Women 40-44 100 Back	1:11.40	2007	Kate Veale
Women 40-44 200 Back	2:36.54	2004	Nuala Muir-Cochrane
Women 40-44 50 Breast	38.46	1996	Julie Lowe
Women 40-44 100 Breast	1:23.41	07/03/2010	Sharon Lock - MEMA
Women 40-44 200 Breast	3:03.44	05/03/2010	Sharon Lock - MEMA
Women 40-44 50 Fly	32.74	2005	Joanne Bullock
Women 40-44 100 Fly	1:10.11	2007	Kate Veale
Women 40-44 200 Fly	2:53.96	28/02/2008	Sandra Jones
Women 40-44 200 IM	2:37.78	2007	Kate Veale
Women 40-44 400 IM	5:35.01	2004	Nuala Muir-Cochrane
Women 45-49 50 Free	29.00	28/02/2009	Hayley Bettinson
Women 45-49 100 Free	1:05.29	28/02/2009	Hayley Bettinson
Women 45-49 200 Free	2:33.58	2006	Amanda Heath
Women 45-49 400 Free	5:21.50	06/03/2010	Allie Price - Co Cardiff
Women 45-49 800 Free	11:13.46	28/02/2008	Stel Farrar
Women 45-49 1500 Free	21:21.13	2007	Stel Farrar
Women 45-49 50 Back	35.62	2005	Lesley Wilde
Women 45-49 100 Back	1:19.21	07/03/2010	Allie Price - Co Cardiff
Women 45-49 200 Back	2:36.59	2004	Lesley Wilde
Women 45-49 50 Breast	37.70	28/02/2008	Ruth Cheema
Women 45-49 100 Breast	1:22.65	29/02/2008	Ruth Cheema
Women 45-49 200 Breast	3:04.35	27/02/2008	Ruth Cheema
Women 45-49 50 Fly	33.46	07/03/2010	Allie Price - Co Cardiff
Women 45-49 100 Fly	1:16.32	2004	Lesley Wilde
Women 45-49 200 Fly	2:55.98	28/02/2009	Sandy Jones
Women 45-49 200 IM	2:48.03	05/03/2010	Allie Price - Co Cardiff
Women 45-49 400 IM	5:47.76	2004	Lesley Wilde
Women 50-54 50 Free	34.91	1996	Judy Alden
Women 50-54 100 Free	1:08.35	1996	Carol Fellows
Women 50-54 200 Free	2:34.94	28/02/2008	Anne Bourne
Women 50-54 400 Free	5:29.69	06/03/2010	Stel Farrar - Arfon
Women 50-54 800 Free	10:59.00	28/02/2008	Anne Bourne
Women 50-54 1500 Free	20:53.94	05/03/2010	Stel Farrar - Arfon
Women 50-54 50 Back	39.52	2005	Gill Ferris
Women 50-54 100 Back	1:29.87	01/03/2009	Clare Parry
Women 50-54 200 Back	3:17.68	06/03/2010	Stel Farrar - Arfon
Women 50-54 50 Breast	39.34	2007	Amanda Heath
Women 50-54 100 Breast	1:24.85	2007	Amanda Heath
Women 50-54 200 Breast	3:06.89	2007	Amanda Heath
Women 50-54 50 Fly	33.89	1996	Carole Fellows
Women 50-54 100 Fly	1:28.84	05/03/2010	Stel Farrar - Arfon
Women 50-54 200 Fly	2:57.89	28/02/2008	Esther Iseppi
Women 50-54 200 IM	2:49.59	2008	Esther Iseppi
Women 50-54 400 IM	5:29.69	2010	Stel Farrar
Women 55-59 50 Free	32.67	28/02/2009	Sue Haigh
Women 55-59 100 Free	1:11.02	2009	Sue Haigh
Women 55-59 200 Free	2:36.24	01/03/2009	Sue Haigh

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Women 55-59 400 Free	5:25.92	28/02/2009	Anne Bourne
Women 55-59 800 Free	11:08.11	28/02/2009	Anne Bourne
Women 55-59 1500 Free	22:02.93	2008	Sue Haigh
Women 55-59 50 Back	41.29	2005	Susie Bresin
Women 55-59 100 Back	1:28.68	01/03/2009	Pauline Inwood
Women 55-59 200 Back	3:08.11	28/02/2008	Pauline Inwood
Women 55-59 50 Breast	40.74	2006	Jennifer Merrit
Women 55-59 100 Breast	1:27.94	2006	Jennifer Merrit
Women 55-59 200 Breast	3:09.28	2006	Jennifer Merrit
Women 55-59 50 Fly	37.03	07/03/2010	Sue Haigh - Tiverton
Women 55-59 100 Fly	1:34.25	2007	Julie Crayford
Women 55-59 200 Fly	3:31.21	2004	Julie Crayford
Women 55-59 200 IM	3:02.14	27/02/2009	Sue Haigh
Women 55-59 400 IM	6:26.53	01/03/2009	Sue Haigh
Women 60-64 50 Free	33.56	2005	Jean Howard-Jones
Women 60-64 100 Free	1:17.97	2005	Jean Howard-Jones
Women 60-64 200 Free	2:42.40	2006	Carole Fellows
Women 60-64 400 Free	6:15.10	2005	Penny Webster
Women 60-64 800 Free	12:44.13	2005	Penny Webster
Women 60-64 1500 Free	24:48.38	2007	Elaine Blower
Women 60-64 50 Back	41.06	2007	Susie Breslin
Women 60-64 100 Back	1:29.60	2007	Susie Breslin
Women 60-64 200 Back	3:15.90	2007	Susie Breslin
Women 60-64 50 Breast	43.92	2007	Diane Ford
Women 60-64 100 Breast	1:35.61	2006	Diane Ford
Women 60-64 200 Breast	3:27.67	2006	Diane Ford
Women 60-64 50 Fly	38.26	01/03/2009	Julie Crayford
Women 60-64 100 Fly	1:35.59	27/02/2009	Julie Crayford
Women 60-64 200 Fly	3:39.40	28/02/2009	Julie Crayford
Women 60-64 200 IM	3:20.86	2008	Julie Crayford
Women 60-64 400 IM	7:02.63	01/03/2009	Julie Crayford
Women 65-69 50 Free	33.73	28/02/2009	Jean Howard-Jones
Women 65-69 100 Free	1:14.98	28/02/2009	Jean Howard-Jones
Women 65-69 200 Free	3:00.15	01/03/2009	Jean Howard-Jones
Women 65-69 400 Free	7:37.94	2004	Jenny Ball
Women 65-69 800 Free	13:04.40	06/03/2010	Elaine Blower - BANL
Women 65-69 1500 Free	28:25.79	2004	Patricia James
Women 65-69 50 Back	43.30	2007	Janet Brown
Women 65-69 100 Back	1:35.41	2007	Janet Brown
Women 65-69 200 Back	3:28.92	2007	Janet Brown
Women 65-69 50 Breast	43.46	01/03/2009	Diane Ford
Women 65-69 100 Breast	1:33.69	29/02/2008	Diane Ford
Women 65-69 200 Breast	3:27.24	27/02/2008	Diane Ford
Women 65-69 50 Fly	40.95	27/02/2008	Jean Howard-Jones
Women 65-69 100 Fly	1:44.16	2008	Georgie Hamilton
Women 65-69 200 Fly	3:51.67	28/02/2008	Georgie Hamilton
Women 65-69 200 IM	3:26.96	1996	Jane Asher
Women 65-69 400 IM	7:30.86	1996	Jane Asher
Women 70-74 50 Free	45.57	1996	Jo Milford
Women 70-74 100 Free	1:26.98	2005	Jane Asher
Women 70-74 200 Free	3:03.26	2005	Jane Asher
Women 70-74 400 Free	6:15.04	2005	Jane Asher
Women 70-74 800 Free	13:06.60	2005	Jane Asher
Women 70-74 1500 Free	25:56.66	2005	Barbara Fentiman
Women 70-74 50 Back	46.54	29/02/2008	Brenda Walker
Women 70-74 100 Back	1:44.24	28/02/2008	Brenda Walker
Women 70-74 200 Back	3:44.53	28/02/2008	Brenda Walker
Women 70-74 50 Breast	57.31	1996	Edna Dilworth
Women 70-74 100 Breast	2:11.34	1996	Edna Dilworth
Women 70-74 200 Breast	5:12.86	27/02/2008	Ann Wardell
Women 70-74 50 Fly	42.62	2005	Jane Asher

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Women 70-74 200 IM	3:38.12	2006	Jane Asher
Women 70-74 400 IM	7:41.32	2005	Jane Asher
Women 75-79 50 Free	34.85	2006	Jane Asher
Women 75-79 100 Free	2:00.75	1996	Betty Condon
Women 75-79 200 Free	3:01.84	28/02/2008	Jane Asher
Women 75-79 400 Free	6:29.04	2008	Jane Asher
Women 75-79 800 Free	25:52.66	2004	Viv Batten
Women 75-79 1500 Free	24:41.76	2006	Jane Asher
Women 75-79 50 Back	45.60	2006	Jane Asher
Women 75-79 100 Back	1:39.74	2006	Jane Asher
Women 75-79 200 Back	3:41.14	28/02/2008	Jane Asher
Women 75-79 50 Breast	51.47	2006	Jane Asher
Women 75-79 100 Breast	1:57.66	2006	Jane Asher
Women 75-79 200 Breast	4:48.69	2004	Joan Kidd
Women 75-79 50 Fly	1:07.61	1996	Betty Condon
Women 75-79 100 Fly	1:51.86	2006	Jane Asher
Women 75-79 200 IM	5:21.83	1996	Betty Condon
Women 75-79 400 IM	7:39.98	2006	Jane Asher
Women 80-84 50 Free	56.16	2007	Susan Halter
Women 80-84 100 Free	2:08.54	2007	Susan Halter
Women 80-84 200 Free	6:58.77	28/02/2008	Viv Batten
Women 80-84 400 Free	11:02.49	2005	Willy van Rysel
Women 80-84 50 Back	1:01.57	2007	Susan Halter
Women 80-84 100 Back	2:22.37	2007	Susan Halter
Women 80-84 200 Back	5:16.35	2007	Susan Halter
Women 80-84 50 Breast	1:22.45	28/02/2008	Kathy Clapp
Women 80-84 100 Breast	3:10.94	2006	Viv Batten
Women 80-84 200 Breast	7:04.88	2006	Viv Batten
Women 80-84 200 IM	NT		
Women 85-89 50 Free	1:22.47	06/03/2010	Viv Batten - Co Cardiff
Women 85-89 100 Free	2:27.94	2005	Willy van Rysel
Women 85-89 200 Free	5:16.95	2005	Willy van Rysel
Women 85-89 400 Free	10:58.64	2006	Willy van Rysel
Women 85-89 800 Free	22:55.57	2005	Willy van Rysel
Women 85-89 50 Back	1:06.66	2005	Willy van Rysel
Women 85-89 100 Back	2:26.07	2005	Willy van Rysel
Women 85-89 200 Back	5:23.25	2005	Willy van Rysel
Women 85-89 50 Breast	1:40.26	2004	Emily Godsall
Women 85-89 100 Breast	4:00.81	2004	Emily Godsall
Women 85-89 200 Breast	9:01.30	2004	Emily Godsall
Women 90-94 200 Free	5:16.84	2006	Willy van Rysel
Women 90-94 800 Free	23:14.26	2006	Willy van Rysel
Women 90-94 1500 Free	42:30.27	2006	Willy van Rysel
Women 90-94 50 Back	1:05.08	2006	Willy Van Rysel
Women 90-94 100 Back	2:26.04	2006	Willy Van Rysel
Women 90-94 200 Back	5:17.26	2006	Willy van Rysel
Men 18-24 50 Free	23.47	28/02/2008	Nathan Ford
Men 18-24 100 Free	52.76	29/02/2008	Ian Hulme
Men 18-24 200 Free	1:57.44	2006	Ben Hockin
Men 18-24 400 Free	4:19.45	29/02/2008	Rob Welbourn
Men 18-24 800 Free	9:17.36	2006	Adam Harvey
Men 18-24 1500 Free	18:01.20	2006	Adam Harvey
Men 18-24 50 Back	29.40	28/02/2009	John Howells
Men 18-24 100 Back	1:00.16	2006	Andrew Hodgson
Men 18-24 200 Back	2:10.42	2006	Andrew Hodgson
Men 18-24 50 Breast	30.93	2006	Nathan Ford
Men 18-24 100 Breast	1:11.48	2006	Tom Rushmer
Men 18-24 200 Breast	2:35.49	27/02/2009	Mark Williamson
Men 18-24 50 Fly	25.43	27/02/2008	Ian Hulme
Men 18-24 100 Fly	55.83	2008	Ian Hulme
Men 18-24 200 Fly	2:18.59	2006	Adam Preece

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Men 18-24 200 IM	2:08.89	2007	Ian Hulme
Men 18-24 400 IM	5:07.92	2005	Tim Ricketts
Men 25-29 50 Free	24.09	06/03/2010	Nathan Ford - Swim Swansea
Men 25-29 100 Free	55.13	2007	David Roberts
Men 25-29 200 Free	2:05.34	2007	Dylan Malagrino
Men 25-29 400 Free	4:34.23	28/02/2009	Rhys Smith
Men 25-29 800 Free	9:10.65	1996	Stuart Morris
Men 25-29 1500 Free	18:25.63	27/02/2009	Rhys Smith
Men 25-29 50 Back	29.79	1996	Paul Griffiths
Men 25-29 100 Back	57.69	28/02/2008	Matt Bowe
Men 25-29 200 Back	2:23.86	2006	Ben Rooker
Men 25-29 50 Breast	30.09	2006	Ross Nicholas
Men 25-29 100 Breast	1:06.27	2004	Mike Chappel
Men 25-29 200 Breast	2:26.79	2006	Neil vanden Broek
Men 25-29 50 Fly	28.01	1996	Anthony Wylie
Men 25-29 100 Fly	54.29	2008	Matt Bowe
Men 25-29 200 Fly	2:24.28	06/03/2010	Nick Valentine - NUTE
Men 25-29 200 IM	2:13.32	2004	Matthew Chappell
Men 25-29 400 IM	5:04.46	1996	Paul Griffiths
Men 30-34 50 Free	24.12	2004	Austyn Shortman
Men 30-34 100 Free	54.76	2005	Karl Buchholtz
Men 30-34 200 Free	2:05.41	2009	Karl Buchholtz
Men 30-34 400 Free	4:37.31	2005	David Stannard
Men 30-34 800 Free	9:34.03	2005	David Stannard
Men 30-34 1500 Free	18:40.60	2005	Justin Palfrey
Men 30-34 50 Back	30.64	1996	Mark Jenkins
Men 30-34 100 Back	1:00.35	2004	Chris Jones
Men 30-34 200 Back	2:31.37	2006	Matt Staines
Men 30-34 50 Breast	31.47	01/03/2009	David Morgan
Men 30-34 100 Breast	1:10.97	2007	David Morgan
Men 30-34 200 Breast	2:38.55	2007	David Morgan
Men 30-34 50 Fly	26.87	01/03/2009	Jason Cook
Men 30-34 100 Fly	1:01.99	1996	Mark Jenkins
Men 30-34 200 Fly	2:25.88	1996	Calvin Harris
Men 30-34 200 IM	2:10.36	2005	Andrew Zaharov
Men 30-34 400 IM	5:12.57	1996	Calvin Harris
Men 35-39 50 Free	25.19	2004	Kevin Harris
Men 35-39 100 Free	56.67	06/03/2010	Mark Jones - Ealing
Men 35-39 200 Free	2:06.92	2004	Colin Ovington
Men 35-39 400 Free	4:20.31	2004	Colin Ovington
Men 35-39 800 Free	9:08.92	2004	Colin Ovington
Men 35-39 1500 Free	17:33.87	2004	Colin Ovington
Men 35-39 50 Back	30.85	2006	Micky Nolan
Men 35-39 100 Back	1:01.37	2006	Chris Jones
Men 35-39 200 Back	3:13.56	2007	Chris Jones
Men 35-39 50 Breast	30.39	2004	Nick Gillingham
Men 35-39 100 Breast	1:06.23	2004	Nick Gillingham
Men 35-39 200 Breast	2:24.89	2004	Nick Gillingham
Men 35-39 50 Fly	27.30	07/03/2010	Mark Jones - Ealing
Men 35-39 100 Fly	1:02.43	05/03/2010	Mark Jones - Ealing
Men 35-39 200 Fly	2:41.65	2006	Victor Cuna
Men 35-39 200 IM	2:17.85	2007	Chris Jones
Men 35-39 400 IM	4:57.44	2004	Colin Ovington
Men 40-44 50 Free	26.23	2007	Mark Reynolds
Men 40-44 100 Free	56.37	2006	Mark Reynolds
Men 40-44 200 Free	2:06.72	2005	Peter Long
Men 40-44 400 Free	4:33.50	2005	Peter Long
Men 40-44 800 Free	9:44.96	2004	Andrew Griswood
Men 40-44 1500 Free	18:31.10	2005	Andrew Gristwood
Men 40-44 50 Back	30.75	06/03/2010	Chris Archer-Brown - BOAW
Men 40-44 100 Back	1:08.78	2004	Mike Brett

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Men 40-44 200 Back	2:29.36	1996	Eddie Riach
Men 40-44 50 Breast	33.44	01/03/2009	Richard Slater
Men 40-44 100 Breast	1:17.49	01/03/2009	Richard Slater
Men 40-44 200 Breast	2:49.87	2005	Gary Thomas
Men 40-44 50 Fly	28.26	2004	Mike Brett
Men 40-44 100 Fly	1:05.28	2006	Nick Vaughan
Men 40-44 200 Fly	2:33.97	2004	Andrew Gristwood
Men 40-44 200 IM	2:30.47	1996	Eddie Riach
Men 40-44 400 IM	5:27.61	1996	Eddie Riach
Men 45-49 50 Free	26.15	28/02/2008	Mark Reynolds
Men 45-49 100 Free	55.77	29/02/2008	Mark Reynolds
Men 45-49 200 Free	2:03.55	01/03/2009	Calum McKinlay
Men 45-49 400 Free	4:27.25	28/02/2009	Calum McKinlay
Men 45-49 800 Free	9:13.06	28/02/2009	Calum McKinlay
Men 45-49 1500 Free	17:36.74	27/02/2009	Calum McKinlay
Men 45-49 50 Back	32.63	29/02/2008	Cristian Rentsch
Men 45-49 100 Back	1:12.78	28/02/2008	Jon Hopkins
Men 45-49 200 Back	2:40.09	28/02/2008	Cristian Rentsch
Men 45-49 50 Breast	33.49	2007	Walter Syrett
Men 45-49 100 Breast	1:15.32	29/02/2008	Stuart Forbes
Men 45-49 200 Breast	2:49.44	2004	Walter Syrett
Men 45-49 50 Fly	27.73	01/03/2009	Nick Vaughan
Men 45-49 100 Fly	1:04.76	27/02/2009	Nick Vaughan
Men 45-49 200 Fly	2:44.09	1996	Eric Henderson
Men 45-49 200 IM	2:30.03	2008	Wray Shewell-Cooper
Men 45-49 400 IM	5:21.99	2006	Wray Shedell-Cooper
Men 50-54 50 Free	28.08	28/02/2009	Peter Gilpin
Men 50-54 100 Free	1:04.10	2006	Keith Mann
Men 50-54 200 Free	2:12.96	2007	Simon Veale
Men 50-54 400 Free	4:48.58	28/02/2009	Tony Morris
Men 50-54 800 Free	9:41.35	2007	Simon Veale
Men 50-54 1500 Free	18:57.07	27/02/2009	Tony Morris
Men 50-54 50 Back	34.13	2006	Phil Norman
Men 50-54 100 Back	1:09.85	28/02/2008	John Rittenhouse
Men 50-54 200 Back	2:31.27	28/02/2008	John Rittenhouse
Men 50-54 50 Breast	34.16	01/03/2009	Walter Syrett
Men 50-54 100 Breast	1:15.90	2007	Barry O'Brien
Men 50-54 200 Breast	2:46.93	2007	Barry O'Brien
Men 50-54 50 Fly	31.11	2005	Ian Woollard
Men 50-54 100 Fly	1:18.23	1996	Matt Nelson
Men 50-54 200 Fly	3:14.35	2004	David Herbert
Men 50-54 200 IM	2:29.63	2007	Simon Veale
Men 50-54 400 IM	5:18.87	2007	Simon Veale
Men 55-59 50 Free	28.99	28/02/2008	Peter Rae
Men 55-59 100 Free	1:03.56	28/02/2009	Peter Rae
Men 55-59 200 Free	2:20.06	01/03/2009	Peter Rae
Men 55-59 400 Free	4:55.91	28/02/2009	Peter Rae
Men 55-59 800 Free	10:34.28	28/02/2009	Peter Rae
Men 55-59 1500 Free	22:59.80	05/03/2010	Paul Carr - Swansea Shar
Men 55-59 50 Back	35.11	2006	Eric Hodgson
Men 55-59 100 Back	1:20.24	28/02/2008	Malcolm Wilson
Men 55-59 200 Back	2:54.17	28/02/2009	Malcolm Wilson
Men 55-59 50 Breast	38.17	2007	Denis Thys
Men 55-59 100 Breast	1:32.54	1996	Keith Ingram
Men 55-59 200 Breast	3:23.05	1996	Keith Ingram
Men 55-59 50 Fly	30.55	2005	Peter Godfrey
Men 55-59 100 Fly	1:12.01	1996	Roger Lloyd-Mostyn
Men 55-59 200 Fly	2:54.92	1996	Roger Lloyd-Mostyn
Men 55-59 200 IM	3:02.14	1996	Keith Ingram
Men 55-59 400 IM	6:44.09	2007	David Herbert
Men 60-64 50 Free	30.28	2005	Tony Cherrington

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Men 60-64 100 Free	1:09.35	29/02/2008	James Arthur
Men 60-64 200 Free	2:35.76	01/03/2009	James Arthur
Men 60-64 400 Free	5:35.45	28/02/2009	James Arthur
Men 60-64 800 Free	10:33.65	2005	Duncan McCreadie
Men 60-64 1500 Free	19:39.24	2005	Duncan McCreadie
Men 60-64 50 Back	35.27	2007	Eric Hodgson
Men 60-64 100 Back	1:19.01	2007	Eric Hodgson
Men 60-64 200 Back	2:58.00	2004	David Langley
Men 60-64 50 Breast	40.46	1996	Geoffrey Bishop
Men 60-64 100 Breast	1:32.20	2004	Morris Dick
Men 60-64 200 Breast	3:21.40	2004	Morris Dick
Men 60-64 50 Fly	31.01	2007	Peter Godfrey
Men 60-64 100 Fly	1:34.28	27/02/2009	Peter Stephens
Men 60-64 200 Fly	2:48.65	2004	Derek Parr
Men 60-64 200 IM	2:56.69	2008	James Arthur
Men 60-64 400 IM	7:19.63	2004	Herbie Adams
Men 65-69 50 Free	29.94	2006	Bill Letch
Men 65-69 100 Free	1:07.94	2006	Bill Letch
Men 65-69 200 Free	2:32.40	2006	Geoff Stokes
Men 65-69 400 Free	5:15.39	2001	Geoff Stokes
Men 65-69 800 Free	11:06.06	2004	Geoff Stokes
Men 65-69 1500 Free	21:12.01	2004	Geoff Stokes
Men 65-69 50 Back	37.88	28/02/2009	Nigel Salisbury
Men 65-69 100 Back	1:22.76	2004	Alan Jackson
Men 65-69 200 Back	3:08.35	2005	Nigel Salisbury
Men 65-69 50 Breast	40.31	28/02/2008	Morris Dick
Men 65-69 100 Breast	1:29.96	29/02/2008	Morris Dick
Men 65-69 200 Breast	3:21.81	2007	Mike Wake
Men 65-69 50 Fly	32.95	2005	Bill Letch
Men 65-69 100 Fly	1:19.49	2006	Bill Letch
Men 65-69 200 Fly	3:12.36	2005	Bill Letch
Men 65-69 200 IM	3:03.85	2006	Bill Letch
Men 65-69 400 IM	7:24.65	2005	Herbie Adams
Men 70-74 50 Free	32.35	28/02/2008	Don Leatherbarrow
Men 70-74 100 Free	1:16.07	29/02/2008	Don Leatherbarrow
Men 70-74 200 Free	2:39.55	01/03/2009	Geoff Stokes
Men 70-74 400 Free	5:40.19	28/02/2009	Geoff Stokes
Men 70-74 800 Free	12:06.52	28/02/2009	Geoff Stokes
Men 70-74 1500 Free	22:55.35	27/02/2009	Geoff Stokes
Men 70-74 50 Back	39.40	06/03/2010	Nigel Salisbury - Reading
Men 70-74 100 Back	1:29.99	07/03/2010	Nigel Salisbury - Reading
Men 70-74 200 Back	3:10.98	2006	Tom Walker
Men 70-74 50 Breast	39.60	2006	Tom Walker
Men 70-74 100 Breast	1:28.80	2006	Tom Walker
Men 70-74 200 Breast	3:17.84	2006	Tom Walker
Men 70-74 50 Fly	37.75	01/03/2009	Don Leatherbarrow
Men 70-74 100 Fly	2:24.74	2006	Julian Postle
Men 70-74 200 Fly	5:28.01	2006	Julie Postle
Men 70-74 200 IM	3:24.92	05/03/2010	Garfield Thomas - Bridgend Cty
Men 70-74 400 IM	9:13.83	2006	Julian Postle
Men 75-79 50 Free	38.00	1996	William Dodgson
Men 75-79 100 Free	1:36.46	29/02/2008	Les Stagg
Men 75-79 200 Free	5:10.61	07/03/2010	Richard Skerrett - Carm Masters
Men 75-79 400 Free	11:03.09	06/03/2010	Richard Skerrett - Carm Masters
Men 75-79 800 Free	14:36.63	28/02/2008	Edward Askew
Men 75-79 1500 Free	27:46.51	2008	Edward Askew
Men 75-79 50 Back	57.10	2007	Les Stagg
Men 75-79 100 Back	2:05.58	2006	Baz Owen
Men 75-79 200 Back	4:55.71	28/02/2009	Baz Owen
Men 75-79 50 Breast	49.95	28/02/2008	Les Stagg
Men 75-79 100 Breast	1:57.42	2007	Les Stagg

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Men 75-79 200 Breast	4:21.09	2007	Les Stagg
Men 75-79 50 Fly	52.11	27/02/2008	Edward Askew
Men 75-79 100 Fly	2:22.85	2004	Robert Curr
Men 75-79 200 Fly	4:39.32	28/02/2008	Edward Askew
Men 75-79 200 IM	4:34.54	2005	Baz Owen
Men 75-79 400 IM	8:32.05	29/02/2008	Edward Askew
Men 80-84 50 Free	43.05	2004	Tony Summers
Men 80-84 100 Free	1:43.03	2005	Tony Summers
Men 80-84 200 Free	3:47.18	2005	Tony Summers
Men 80-84 800 Free	23:51.24	06/03/2010	Robert Curr - Serpentine
Men 80-84 1500 Free	35:04.34	2004	Bill Dodgson
Men 80-84 50 Back	50.50	2006	Tony Summers
Men 80-84 100 Back	1:51.79	2004	Tony Summers
Men 80-84 200 Back	4:00.74	2004	John Davis
Men 80-84 50 Breast	57.50	2006	John Davis
Men 80-84 100 Breast	2:12.85	2006	John Davis
Men 80-84 200 Breast	4:38.29	2004	John Davis
Men 80-84 50 Fly	1:21.45	01/03/2009	Robert Curr
Men 80-84 100 Fly	2:33.02	2004	Don Leader
Men 80-84 200 Fly	5:15.14	2004	Don Leader
Men 80-84 200 IM	4:24.22	2004	Don Leader
Men 80-84 400 IM	9:25.58	2004	Don Leader
Men 85-89 50 Free	43.84	2005	Bill Dodgson
Men 85-89 100 Free	1:40.90	2005	Bill Dodgson
Men 85-89 200 Free	4:05.45	2005	Bill Dodgson
Men 85-89 400 Free	8:46.02	2005	Bill Dodgson
Men 85-89 800 Free	18:22.52	2005	Bill Dodgson
Men 85-89 1500 Free	35:29.09	2005	Bill Dodgson
Men 85-89 50 Back	57.85	28/02/2009	Tony Summers
Men 85-89 100 Back	2:09.07	01/03/2009	Tony Summers
Men 85-89 200 Back	4:28.99	28/02/2009	Tony Summers
Men 85-89 50 Breast	1:14.26	2006	John Merryweather
Men 85-89 100 Breast	2:53.52	2006	Phil Merryweather
Women 100-119 200 Free Relay	1:56.58	2006	Otter
Women 100-119 200 Medley Relay	2:13.13	2006	Otter
Women 100-119 200 Medley Relay	NT		
Women 120-159 200 Free Relay	2:00.89	1996	CLAMS
Women 120-159 200 Medley Relay	2:19.46	1996	CLAMS
Women 120-159 200 Medley Relay	NT		
Women 160-199 200 Free Relay	2:11.17	29/02/2008	Bridgend County Swim Squad
Women 160-199 200 Medley Relay	2:25.55	29/02/2008	Bridgend County Swim Squad
Women 160-199 200 Medley Relay	NT		
Women 200-239 200 Free Relay	2:46.29	2007	Beaver Masters
Women 200-239 200 Medley Relay	2:43.34	2004	Barnet Cophthall
Women 200-239 200 Medley Relay	NT		
Women 240-279 200 Free Relay	2:28.88	2007	Spencer
Women 240-279 200 Medley Relay	2:39.60	2007	Spencer
Women 240-279 200 Medley Relay	NT		
Women 280-319 200 Medley Relay	NT		
Women 320-359 200 Medley Relay	NT		
Women 360-399 200 Medley Relay	NT		
Men 72-99 200 Free Relay	1:44.53	2006	Royal Navy
Men 72-99 200 Medley Relay	1:58.08	2006	Royal Navy
Men 72-99 200 Medley Relay	NT		
Men 100-119 200 Free Relay	1:44.31	2007	G.B. Police
Men 100-119 200 Medley Relay	NT		
Men 100-119 200 Medley Relay	2:02.13	2006	Royal Navy
Men 120-159 200 Free Relay	1:47.37	1996	CLAMS
Men 120-159 200 Medley Relay	NT		
Men 120-159 200 Medley Relay	1:58.86	2007	G.B. Police
Men 160-199 200 Free Relay	1:49.50	2004	Pembroke

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Men 160-199 200 Medley Relay	2:01.28	2006	Royal Navy
Men 160-199 200 Medley Relay	2:28.79	06/03/2010	Reading Sc - Reading I Gerrard, C Fox, D Stannard, L Roper
Men 200-239 200 Free Relay	2:00.08	2005	Gloucester Masters
Men 200-239 200 Medley Relay	3:00.64	06/03/2010	Arfon Masters - Arfon B Edwards, K Rothwell, S Farrar, O East
Men 200-239 200 Medley Relay	2:17.28	2005	Gloucester Masters
Men 240-279 200 Free Relay	2:48.49	29/02/2008	Cardiff Masters
Men 240-279 200 Medley Relay	NT		
Men 240-279 200 Medley Relay	2:50.16	1996	Arfon Masters
Men 280-319 200 Medley Relay	NT		
Men 320-359 200 Medley Relay	NT		
Men 360-399 200 Medley Relay	NT		
Mixed 72-99 200 Free Relay	1:52.72	2006	Swansea Uni
Mixed 72-99 200 Medley Relay	NT		
Mixed 100-119 200 Free Relay	1:49.77	2007	GB Police
Mixed 100-119 200 Medley Relay	2:02.95	2006	Otter
Mixed 120-159 200 Free Relay	1:54.75	28/02/2009	Royal Navy Swimming Club
Mixed 120-159 200 Medley Relay	2:07.58	2007	GB Police
Mixed 160-199 200 Free Relay	1:51.77	2004	Nottm Leander
Mixed 160-199 200 Medley Relay	2:05.89	2004	Nottm Leander
Mixed 200-239 200 Free Relay	2:14.75	03/06/2010	Co Cardiff - Co Cardiff E Stewart, R Andrews, R Bennett, P Pycroft
Mixed 200-239 200 Medley Relay	2:30.97	2007	Royal Navy
Mixed 240-279 200 Free Relay	2:47.99	28/02/2008	Cardiff Masters
Mixed 240-279 200 Medley Relay	3:06.48	2004	Arfon Mastersd
Mixed 280-319 200 Free Relay	2:41.57	28/02/2008	Spencer Swim Team