

CCASA - Masters Records**Short Course**

Nat/Region Record?

Ladies**Backstroke****50m**

Senior	Alex Szuplewski	Caradon	32.40	2020	Bodmin
25/29	Emily Harbisher	Newquay	32.03*	2022	Millfield IC
30/34	Jane Deards	Truro City	33.53	2000	Bodmin
35/39	Jane Deards	Truro City	31.95	2004	Sheffield
40/44	Ali Phesse	Carn Brea & Helston	34.44	2013	Sheffield
45/49	Ali Phesse	Carn Brea & Helston	32.58	2017	Sheffield
50/54	Ali Phesse	Carn Brea & Helston	33.16	2020	Bodmin
55/59	Helen Kula-Przewanski	Caradon	37.43	2018	Millfield
60/64	Helen Kula-Przewanski	Caradon	36.61	2019	Sheffield
65/69	Sandy Foskett	St Ives Bay	46.85	2017	Millfield
70/74	Sandie Foskett	St Ives Bay	46.20	2019	Millfield
75/79	Joan Jackson	St Austell	55.67	2012	Penzance
80/84	Joan Jackson	St Austell	59.41	2014	Bodmin

100m

Senior	Debi Chapman	Truro City	1.07.88	2004	Sheffield
25/29	Jo Hocking	Truro City	1.11.66	1998	Western S. Mare
30/34	Jane Deards	Newquay	1.12.14	2000	Sheffield
35/39	Jane Deards	Truro City	1.09.20	2004	Sheffield
40/44	Ali Phesse	Carn Brea & Helston	1:13.87	2014	Millfield
45/49	Ali Phesse	Carn Brea & Helston	1:10.86	2019	Plymouth
50/54	Ali Phesse	Carn Brea & Helston	1:15.04	2020	Bodmin
55/59	Helen Kula-Przewanski	Caradon	1:20.96	2018	Western S. Mare
60/64	Helen Kula-Przewanski	Caradon	1:18.33	2019	Guernsey
65/69	Vicki Buck	Caradon	1.47.48	2016	Bodmin
70/74	Kay Crosse	Truro City	2:05.22	2018	Saltash

200m

Senior	Debi Chapman	Truro City	2.27.59		
25/29	Sam Crosby	Caradon	2.47.64	2018	BodminSESW
30/34	Kim Farmer	Truro City	2.52.32	2002	Sheffield
35/39	Kim Farmer	Truro City	2.56.58	2003	Sheffield
45/49	Ali Phesse	Carn Brea & Helston	2:42.62	2018	BodminSESW
50/54	Ali Phesse	Carn Brea & Helston	2:45.22	2020	Bodmin
55/59	Helen Kula-Przewanski	Caradon	2:54.26	2018	Western S. Mare
60/64	Helen Kula-Przewanski	Caradon	2.49.91	2019	Guernsey
65/69	Vicki Buck	Caradon	3.50.05	2016	Bodmin

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Breaststroke**50m**

Senior	Hannah Reid	Truro City	35.14	2018	Millfield
25/29	Jo Hocking	Truro City	34.42	2000	Sheffield
30/34	Jo Hocking	Truro City	34.80	2004	Sheffield
35/39	Jane Deards	Truro City	35.45	2004	SheffieldBR. rec
40/44	Jane Deards	Truro City	37.79	2006	Bodmin
45/49	Ali Phesse	Carn Brea & Helston	37.69	2015	Millfield
50/54	Jane Deards	Truro City	40.40	2018	Millfield
55/59	Sheryl Taylor	Newquay	42.86	2018	Millfield
60/64	Sheryl Taylor	Caradon	44.52	2022	Bodmin
65/69	Sharon Stirling	Carn Brea & Helston	49.09	2018	Bodmin
70/74	Joan Jackson	St Austell	54.55	2006	Bodmin
75/79	Joan Jackson	Truro City	59.13	2009	Truro

100m

Senior	Jodie Kotenko	Carrick Masters	1:17.88	2022	Bodmin
25/29	Jo Hocking	Truro City	1.14.74	1998	Western S. Mare
30/34	Jo Hocking	Truro City	1.16.43	2004	Sheffield
35/39	Jane Deards	Truro City	1.18.47	2003	SheffieldBR. rec
40/44	Sheryl Taylor	Newquay	1.27.31	2002	Western S. Mare
45/49	Ninette Hibbs	St Austell	1:30.42	2011	Sheffield
50/54	Ninette Hibbs	St Austell	1:27.43	2013	Sheffield
55/59	Ninette Hibbs	St Austell	1:34.04	2017	Sheffield
60/64	Helen Kula-Przewanski	Caradon	1:37.17	2019	Guernsey
65/69	Gillian Burrell	Launceston M	2.05.64	2000	Sheffield

200m

Senior	Kay de Courcy	St Austell	2:36.08	2013	Sheffield
25/29	Tessa Muskett	Caradon	2.56.25	2016	Bodmin
30/34	Jo Hocking	Truro City	2.44.41	2004	Sheffield
35/39	Jane Deards	Truro City	2.53.29	2003	SheffieldBR. rec
40/44	Jo Downs	Launceston	3.48.33	2012	Penzance
45/49	Ninette Hibbs	St Austell	3.17.16	2010	Sheffield
50/54	Ninette Hibbs	St Austell	3.09.51	2013	Sheffield
55/59	Ninette Hibbs	St Austell	3.17.30	2017	Bodmin
60/64	Fran Baker	Carrick Masters	3:50.95	2022	Bodmin
65/69	Gillian Burrell	Launceston M	4.37.32	2002	Sheffield

Butterfly**50m**

Senior	Molly Roodhouse	Truro City	28.32	2021	Millfield
25/29	Natalie Harbisher	Newquay	29.77*	2022	Millfield IC

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30/34	Sarah Quartermaine	Carn Brea & Helston	30.41	2018	Sheffield
35/39	Sam Morris	Truro City	31.53	2011	Sheffield
40/44	Claire Stephensin	Newquay	33.38	2007	Penzance
45/49	Julia Raines	Carn Brea & Helston	34.11	2018	Bodmin
50/54	Ninette Hibbs	St Austell	34.48	2012	Sheffield
55/59	Helen Kula-Przewanski	Caradon	36.32	2018	Bodmin
60/64	Helen Kula-Przewanski	Caradon	35.13	2019	Sheffield
65/69	Sandy Foskett	St Ives Bay	44.37	2016	Dorchester
70/74	Sandie Foskett	St Ives Bay	46.35	2019	Millfield

100m

Senior	Samantha Trestrail	Carn Brea & Helston	1.10.21	2014	Bodmin
25/29	Natalie Harbisher	Newquay	1.07.27	2022	Plymouth
30/34	Sarah Quartermaine	Carn Brea & Helston	1.07.44	2018	Sheffield
35/39	Sarah Quartermaine	Carrick Masters	1:08.74	2022	Bodmin
40/44	Sheryl Taylor	Newquay	1.18.69	2002	Western S. Mare
45/49	Ninette Hibbs	St Austell	1.17.23	2011	Sheffield
50/54	Ninette Hibbs	St Austell	1.16.01	2012	Sheffield
55/59	Ninette Hibbs	St Austell	1:22.93	2019	Bodmin
60/64	Ninette Hibbs	St Austell	1:23.7	2022	Bodmin
65/69	Gillian Burrell	Launceston M	1.56.44	2000	Sheffield

200m

Senior	Rebekah James	Bodmin	2.38.78	2014	Bodmin
25/29	Natalie Harbisher	Newquay	2.32.90	2022	Millfield
30/34	Sarah Quartermaine	Carn Brea & Helston	2.30.51	2018	Sheffield
35/39	Sarah Quartermaine	Carrick Masters	2:38.27	2022	Bodmin
40/44	Donna Dumbleton	St Austell	4:15.77	2013	Bodmin
45/49	Ninette Hibbs	St Austell	2.58.68	2010	Sheffield
50/54	Ninette Hibbs	St Austell	2.51.75	2012	Sheffield
55/59	Ninette Hibbs	St Austell	3.09.58	2017	Sheffield
60/64	Ninette Hibbs	St Austell	3:17.56	2022	Bodmin
65/69	Gillian Burrell	Launceston M	4.42.17	2000	Sheffield

Freestyle**50m**

Senior	Debi Chapman	Truro City	27.48	2004	Sheffield
25/29	Tessa Muskett	Caradon	28.43	2016	Sheffield
30/34	Tessa Muskett	Caradon	28.48	2017	Saltash
35/39	Jane Deards	Truro City	28.3	2003	Sheffield
40/44	Ali Phesse	Carn Brea & Helston	28.64	2014	Millfield
45/49	Ali Phesse	Carn Brea & Helston	28.21	2017	Sheffield
50/54	Ali Phesse	Carn Brea & Helston	30.03	2020	Bodmin

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55/59	Helen Kula-Przewanski	Caradon	31.65	2018	Millfield
60/64	Helen Kula-Przewanski	Caradon	31.58	2019	Gloucester
65/69	Sharon Stirling	Carn Brea & Helston	37.46	2018	Saltash
70/74	Sandie Foskett	St Austell	42.10	2019	Millfield
75/79	Joan Jackson	St Austell	44.67	2012	Penzance
80/84	Joan Jackson	St Austell	47.42	2014	Bodmin

100m

Senior	Debi Chapman	Truro City	59.19	2004	Sheffield
25/29	Jo Hocking	Truro City	1.01.15	1998	Western S. Mare
30/34	Jane Deards	Newquay	1.03.19	2000	Sheffield
35/39	Jane Deards	Newquay	1.03.40	2002	Western S. Mare
40/44	Ali Phesse	Carn Brea & Helston	1.02.14	2014	Millfield
45/49	Ali Phesse	Carn Brea & Helston	1.01.76	2015	Millfield
50/54	Ali Phesse	Carn Brea & Helston	1:04.92	2020	Bodmin
55/59	Helen Kula-Przewanski	Caradon	1:09.67	2018	Bodmin
60/64	Helen Kula-Przewanski	Caradon	1:08.87	2019	Sheffield
65/69	Sharon Stirling	Carn Brea & Helston	1.26:13	2018	Saltash
70/74	Joan Jackson	St Austell	1.44.08	2004	Western S. Mare
80/84	Joan Jackson	St Austell	1.48.99	2014	Bodmin

200m

Senior	Debi Chapman	Truro City	2.11.18	2004	Sheffield
25/29	Tessa Muskett	Caradon	2.26.08	2016	Bodmin
30/34	Sarah Quartermaine	Carn Brea & Helston	2.21.90	2018	Staffordshire
35/39	Caroline Brixton	Truro City	2.54.16	2004	Sheffield
40/44	Ali Phesse	Carn Brea & Helston	2.24.46	2013	Sheffield
45/49	Ali Phesse	Carn Brea & Helston	2.20.64	2016	Saltash
50/54	Sheryl Taylor	Newquay	2.27.67	2012	Sheffield
55/59	Sheryl Taylor	Newquay	2.39.91	2018	Bodmin
60/64	Helen Kula-Przewanski	Caradon	2.29.71	2019	Sheffield
65/69	Vicki Buck	Caradon	3.28.18	2018	Saltash
75/79	Joan Jackson	St Austell	3.48.06	2012	Penzance

400m

Senior	Debi Chapman	Truro City	4.42.54	2004	Sheffield
25/29	Rohan Maynard	Truro City	5.04.54	2016	Bodmin
30/34	Sam Morris	Truro City	5.26.37	2010	Worcester
35/39	Sheryl Taylor	Newquay	5.11.97	2000	Sheffield
40/44	Lucy Leigh	Truro City	6.01.53	2014	Bodmin
45/49	Lucy Leigh	Truro City	6:21.78	2019	Bodmin
50/54	Sheryl Taylor	Newquay	5.25.57	2014	Bodmin
55/59	Sheryl Taylor	Newquay	5.29.58	2018	Sheffield

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60/64	Helen Kula-Przewanski	Caradon	5:24.87	2019	Guernsey
65/69	Sally Powell	Carrick Masters	9:08.17*	2022	Guernsey
800m					
30/34	Sam Morris	Truro City	11.35.24	2007	Glasgow
35/39	Tanya Harris	Caradon	11.44.90	2006	Sheffield
50/54	Jane Leslie	Bude	12.39.70	2002	Sheffield
55/59	Sheryl Taylor	Newquay	11:18.07	2018	Sheffield
1500m					
50/54	Jane Leslie	Bude	24.03.09	2002	Sheffield
55/59	Sheryl Taylor	Newquay	21:15.71	2018	Sheffield
Freestyle Team					
4X50m					
Senior		Penzance	1.52.52	2009	Truro
100/119	Truro City	Truro City	2.09.94	2002	St. Ives
120/159	Truro City	Truro City	2.03.18	2004	Sheffield
160/199	Caradon	Caradon	2:13.11	2022	Bodmin
200/239	St Austell	St Austell	2.48.17	2011	Bodmin
Individual Medley					
100m					
Senior	Hannah Reid	Carn Brea & Helston	1.11.43	2017	Bodmin
25/29	Jo Hocking	Truro City	1.09.30	1998	Truro
30/34	Jo Hocking	Truro City	1.10.94	2004	Sheffield
35/39	Jane Deards	Truro City	1.11.87	2004	Bodmin
40/44	Jane Deards	Truro City	1.13.00	2006	Bodmin
45/49	Ali Pheese	Carn Brea & Helston	1.14.28	2016	Bodmin
50/54	Sheryl Taylor	Newquay	1.21.78	2012	Penzance
55/59	Sheryl Taylor	Newquay	1.20:68	2018	Sheffield
60/64	Helen Kula-Przewanski	Caradon	1:19.35	2019	SheffieldBR.Re
65/69	Sharon Stirling	Carn Brea & Helston	1.39.45	2018	Saltash
70/74	Joan Jackson	St Austell	2.04.94	2007	Penzance
200m					
Senior	Kay de Courcy	St Austell	2:20.17	2013	Sheffield
25/29	Sam Crosby	Caradon	2.50.51	2018	Bodmin
30/34	Sarah Quartermaine	Carn Brea & Helston	2.39.14	2019	Bodmin
35/39	Sheryl Taylor	Newquay	2.42.60	2000	Sheffield
40/44	Nicky Petch	Bude	3:32.69	2013	Bodmin
45/49	Julia Raines	Carn Brea & Helston	3.00.30	2017	Bodmin
50/54	Sheryl Taylor	Newquay	2.59.66	2012	Penzance
55/59	Helen Kula-Przewanski	Caradon	2.57.16	2018	Bodmin
60/64	Helen Kula-Przewanski	Caradon	2:53.96	2019	Guernsey

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65/69	Gillian Burrell	Launceston M	4.26.75 2000	Sheffield
400m				
Senior	Emily Hoey	Carn Brea & Helston	5.47.52 2018	Bodmin
25/29	Sam Crosby	Caradon	6:10.07 2016	Sheffield
30/34	Sarah Quartermaine	Carn Brea & Helston	5:38.11 2019	Bodmin
35/39	Sheryl Taylor	Newquay	5.50.50 2000	Sheffield
55/59	Sheryl Taylor	Newquay	6:17.07 2018	Sheffield
65/69	Gillian Burrell	Launceston M	9.48.32 2000	Sheffield
Medley Team				
4X50m				
100/119	Truro City	Truro City	2.22.75 2002	St. Ives
120/159	Carrick masters	Carrick Masters	2:19.05 2022	Bodmin
160/199	Penzance	Penzance	2.38.63 2010	Penzance
200/239	Launceston Masters	Launceston M	3.03.83 2002	St. Ives
72/99	Bude	Bude	2:40.72 2022	Bodmin

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Nat/Region Record?

Men**Backstroke****50m**

Senior	Ed Gilbertson	Caradon	26.94	2016	Dorchester
25/29	Ian Jeffery	Truro City	28.36	1999	Bodmin
30/34	Ian Jeffery	Truro City	27.63	2002	Sheffield
35/39	Ian Jeffery	Penzance	27.60	2009	Sheffield
40/44	David Smith	Caradon	30.02	1996	Truro
45/49	David Smith	Caradon	31.91	2000	Sheffield
50/54	David Smith	Launceston M	33.78	2005	Exeter
55/59	Jonathan Greenstreet	Newquay	33.75	2018	Bodmin
60/64	Graeme Milne	Truro City	34.37	2015	Western S. Mare
65/69	Graeme Milne	Truro City	34.04	2019	Sheffield
70/74	Roger Burrell	Launceston M	41.45	2002	Martinique
75/79	Peter Stephens	Carrick Masters	56.72	2022	Bodmin
80/84	Ernest Clemett	St Austell	1.06.01	1997	Bodmin
85/89	Ernest Clemett	St Austell	1.32.92	2004	Bodmin

100m

Senior	Ed Gilbertson	Caradon	59.97	2011	Sheffield
25/29	Ian Jeffery	Truro City	1:00.01	1999	Bodmin
30/34	Ian Jeffery	Truro City	59.71	2002	Sheffield
35/39	Ian Jeffery	Penzance	59.92	2009	Sheffield
40/44	John Rhodes	Launceston M	1.13.14	2006	Western S. Mare
45/49	John Rhodes	Launceston M	1.12.92	2007	Yeovil
50/54	Al Stewart	Launceston	1.18.76	2018	Bodmin
55/59	John Rhodes	Launceston	1.21.48	2017	Millfield
60/64	Roger Burrell	Launceston M	1:22.38	1996	SheffieldBr/Eu
65/69	John Foskett	St Ives Bay	1.25.10	2014	Bodmin
70/74	Peter Stephens	Truro City	1:46.33	2018	Western S. Mare
75/79	Peter Stephens	Carrick Masters	2.01.33	2022	Millfield
80/84	Ernest Clemett	St Austell	2.26.67	1997	Western S. Mare

200m

Senior	Jack Middleton	Truro City	2.12.79	2014	Bodmin
25/29	Ian Jeffery	Truro City	2.11.36	1999	Bodmin
30/34	Ian Jeffery	Truro City	2.09.03	2002	Sheffield
35/39	Ian Jeffery	Penzance	2.10.58	2009	Sheffield
45/49	John Rhodes	Launceston M	2.43.17	2007	Western S. Mare
50/54	John Rhodes	Launceston M	2:52.51	2013	Bodmin
55/59	John Rhodes	Launceston	2.57.66	2017	Bodmin
60/64	John Foskett	St Ives Bay	2.56.07	2012	Penzance

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65/69	Roger Burrell	Launceston M	3.01.25	1996	Tiverton
70/74	Roger Burrell	Launceston M	3.12.99	2004	IstresBr/Eu
75/79	Ernest Clemett	St Austell	5.14.51	1992	Keynsham

Breaststroke**50m**

Senior	James Ryan	Penzance	31.32	2008	Truro
25/29	Adam Matthews	Truro City	29.53	2018	Millfield
30/34	Nick Polkinghorne	Truro City	29.00	2004	Sheffield
35/39	Ian Jeffery	Penzance	31.78	2009	Sheffield
40/44	Nick Polkinghorne	Truro City	29.90	2011	Sheffield
45/49	Pete Long	St Austell	32.30	2011	Sheffield
50/54	Pete Long	St Austell	32.91	2013	Sheffield
55/59	Mick Swift	Caradon	37.96	2009	Truro
60/64	John Liron	St Austell	36.28	2010	Penzance
65/69	Malcolm Barton	Carrick Masters	41.75*	2022	Millfield IC
70/74	Roger Burrell	Launceston M	48.27	2002	St. Ives
75/79	Peter Stephens	Carrick Masters	55.72	2022	Bodmin
80/84	Ernest Clernett	St Austell	1.05.55	1997	Bodmin
85/89	Ernest Clemett	St Austell	1.37.03	2004	Bodmin

100m

Senior	Timon Chapman	Caradon	1:20.09	2021	Plymouth
25/29	John Posnett	Carn Brea & Helston	1.18.28	2014	Bodmin
30/34	Nick Polkinghorne	Truro City	1.02.85	2004	SheffieldWorld
35/39	Ian Jeffery	Penzance	1.07.83	2009	Sheffield
40/44	Nick Polkinghorne	Truro City	1.06.31	2011	Sheffield
45/49	Pete Long	St Austell	1.13.32	2008	Horfield
50/54	Nick Deards	Truro City	1.19.48	2011	Sheffield
55/59	John Rhodes	Launceston	1.29.33	2017	Millfield
60/64	Mick Swift	Caradon	1.29.22	2017	Sheffield
65/69	Malcolm Barton	Carrick Masters	1:34.01	2022	Bodmin
70/74	Peter Stephens	Truro City	1:53.58	2019	Plymouth
75/79	Peter Harding	Truro City	2.12.60	2017	Barnet
80/84	Ernest Clemett	St Austell	2.34.52	1998	Bangor

200m

25/29	John Posnett	Carn Brea & Helston	2.50.73	2014	Bodmin
30/34	John Rhodes	Launceston	3.00.58	1996	Tiverton
35/39	Jonathan Webb	Carrick Masters	2:51.15	2022	Bodmin
40/44	Nick Polkinghorne	Truro City	2.29.96	2011	Sheffield
45/49	Nick Deards	Truro City	2.51.45	2004	Sheffield
50/54	Nick Deards	Truro City	2.59.15	2011	Sheffield

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55/59	Mick Swift	Caradon	3.04.32	2011	Sheffield
60/64	Mick Swift	Caradon	3.13.30	2014	Bodmin
65/69	Malcolm Barton	Carrick Masters	3:20.75	2022	Plymouth
75/79	Ernest Clemett	St Austell	5.14.52	1992	Keynsham
80/84	Ernest Clemett	St Austell	5.50.75	1998	Bangor

Butterfly**50m**

Senior	Charlie Haynes	Truro City	25.55	2018	Millfield
25/29	Adam Matthews	Truro City	26.03	2018	Millfield
30/34	Chris Panther	Truro City	27.36	2006	Sheffield
35/39	Ian Jeffery	Penzance	26.23	2009	Sheffield
40/44	Matt Leigh	Truro City	28.53	2018	Bodmin
45/49	Matthew Leigh	Truro City	28.41	2019	Millfield
50/54	Pete Long	St Austell	28.87	2013	Millfield
55/59	Graeme Milne	Truro City	29.00	2009	Sheffield
60/64	Graeme Milne	Truro City	29.36	2014	SheffieldBR. Re
65/69	Graeme Milne	Truro City	29.83	2019	Edinburgh
70/74	Roger Burrell	Launceston M	38.28	2002	Martinique
75/79	Peter Stephens	Carrick Masters	52.38	2022	Plymouth
80/84	Ernest Clemett	St Austell	1.06.65	1998	Bangor
85/89	Ernest Clemett	St Austell	1.41.07	2002	St. IvesBR rec

100m

Senior	Ed Gilbertson	Caradon	58.80	2011	Sheffield
25/29	Martin Chandler	Launceston M	1.22.55	2000	Western S. Mare
30/34	Chris Panther	Truro City	1.02.66	2007	Sheffield
35/39	Ian Jeffery	Penzance	59.39	2009	Sheffield
40/44	John Rhodes	Launceston M	1.11.30	2006	Yeovil
45/49	Matthew leigh	Truro City	1.04.68	2019	Bodmin
50/54	Graeme Milne	Truro City	1.06.77	2008	Sheffield
55/59	Graeme Milne	Truro City	1.04.29	2009	Sheffield
60/64	Graeme Milne	Truro City	1.07.19	2014	Aberdeen
65/69	Graeme Milne	Truro City	1:09.09	2019	PlymouthBritish
70/74	Roger Burrell	Launceston M	1.36.00	2001	Sheffield
75/79	Ernest Clemett	St Austell	2.36.15	1997	Glasgow

200m

Senior	Timon Chapman	Bude	3:09.29	2020	Bodmin
25/29	Martin Chandler	Launceston M	3.29.41	1999	Launceston
35/39	John Rhodes	Launceston M	3.07.28	1997	Sheffield
55/59	Peter Stephens	Truro City	3.20.54	2003	Sheffield
60/64	Timothy Mann	St Austell	3.32.65	2007	Western S. Mare

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65/69	Timothy Mann	St Austell	3.42.57	2012	Penzance
70/74	Timothy Mann	St Austell	4.06.46	2017	Bodmin
75/79	Ernest Clemett	St Austell	5.47.33	1997	Glasgow

Freestyle

50m

Senior	Charlie Haynes	Truro City	23.66	2018	Millfield
25/29	Adam Matthews	Truro City	24.02	2018	Millfield
30/34	Ian Jeffery	Truro City	25.5	2002	Western S. Mare
35/39	Ian Jeffery	Penzance	23.78	2009	Sheffield
40/44	Peter Long	St Austell	25.36	2004	Sheffield
45/49	Pete Long	St Austell	25.13	2011	Sheffield
50/54	Pete Long	St Austell	25.26	2013	MillfieldBR. Re
55/59	Graeme Milne	Truro City	27.67	2009	Sheffield
60/64	Graeme Milne	Truro City	28.00	2014	Sheffield
65/69	Graeme Milne	Truro City	28.84	2019	Sheffield
70/74	Roger Burrell	Launceston M	32.94	2001	Western S. Mare
75/79	Peter Stephens	Carrick Masters	38.73*	2022	Millfield IC
80/84	Ernest Clemett	St Austell	48.62	1998	Truro
85/89	Ernest Clemett	St Austell	1.01.48	2004	Bodmin

100m

Senior	Daniel Goodway	Truro City	54.51	2007	Sheffield
25/29	Ian Jeffery	Truro City	54.58	1999	Bodmin
30/34	Ian Jeffery	Truro City	53.36	2002	Sheffield
35/39	Ian Jeffery	Penzance	53.64	2008	Sheffield
40/44	Peter Long	Truro City	54.90	2003	Sheffield
45/49	Pete Long	St Austell	55.34	2008	Sheffield
50/54	Pete Long	St Austell	56.49	2013	Sheffield
55/59	Graeme Milne	Truro City	1.04.15	2013	Millfield
60/64	Graeme Milne	Truro City	1.03.78	2015	Glasgow
65/69	Graeme Milne	Truro City	1.06.05	2019	Edinburgh
70/74	Peter Stephens	Truro City	1.21.63	2017	Sheffield
75/79	Brian Martin	Penzance	1.30.18	2010	Western S. Mare
80/84	Ernest Clemett	St Austell	1.45.70	1997	Western S. Mare
85/89	Ernest Clemett	St Austell	2.18.06	2004	Western S. Mare

200m

Senior	Jack Middleton	Truro City	2.04.57	2014	Bodmin
25/29	Ian Jeffery	Truro City	2.00.51	1999	Bodmin
30/34	Felix Hinton-Smith	TR1 Swim	2:05.84	2020	Bodmin
35/39	Peter Long	St Austell	2.01.06	2002	Sheffield
40/44	Peter Long	St Austell	2.01.00	2003	Sheffield

CCASA - Masters Records			Short Course		Nat/Region Record?
45/49	Pete Long	St Austell	2.03.38	2008	Yeovil
50/54	Paul Hatton	Caradon	2.20.75	2020	Bodmin
55/59	Tony Lambert	Wadebridge	2.24.31	2002	Hampshire
60/64	Michael Edwards	Wadebridge	2.28.02	1998	Sheffield
65/69	Graeme Milne	Truro City	2:33.13	2019	Plymouth
70/74	Peter Stephens	Truro City	3:02.14	2018	Bodmin
75/79	Peter Stephens	Carrick Masters	3:14.51	2022	Plymouth
80/84	Ernest Clemett	St Austell	3.57.14	1997	Bangor
400m					
Senior	Jack Middleton	Truro City	4.20.86	2014	Bodmin
25/29	Ian Jeffery	Truro City	4.18.31	1999	Bodmin
30/34	Felix Hinton-Smith	TR1 Swim	4:28.79	2020	Bodmin
35/39	Ian Jeffery	Penzance	4.18.61	2008	Sheffield
40/44	Peter Long	St Austell	4.21.95	2005	Sheffield
45/49	Pete Long	St Austell	4.26.15	2008	Sheffield
50/54	Paul Hatton	Caradon	4:56.58	2022	Bodmin
55/59	Mark Richards	Truro City	5.11..08	2018	Bodmin
60/64	Michael Edwards	Wadebridge	5.14.25	1998	Sheffield
65/69	Mick Swift	Caradon	5:44.05	2019	Saltash
70/74	Peter Stephens	Truro City	6:21.47	2019	Plymouth
75/79	Peter Stephens	Carrick Masters	5.36.53	2022	Gloucester
80/84	Ernest Clemett	St Austell	8.28.04	1997	Bangor
800m					
30/34	John Rhodes	Launceston	10.52.84	1996	Ipswich
40/44	Peter Long	St Austell	9.27.49	2003	Sheffield
45/49	Paul Hatton	Caradon	10:12.21	2018	Sheffield
55/59	Michael Edwards	Wadebridge	11.09.45	1997	Reading
65/69	Peter Stephens	Truro City	12:35.98	2013	Sheffield
70/74	Peter Stephens	Truro City	13.09.99	2017	Sheffield
80/84	Ernest Clernett	St Austell	18.27.79	1997	Sheffield
1500m					
40/44	Peter Long	Truro City	17.56.59	2003	Sheffield
45/49	Paul Hatton	Caradon	19:37.85	2018	Sheffield
50/54	Duncan Newby	Truro City	22.13.06	2002	Sheffield
55/59	Peter Stephens	Truro City	22.10.47	2003	Sheffield
65/69	Peter Stephens	Truro City	23:45.78	2013	Sheffield
70/74	Peter Stephens	Truro City	25:57.00	2017	Sheffield
80/84	Ernest Clemett	St Austell	34.28.00	1997	Sheffield

CCASA - Masters Records

Short Course

Nat/Region Record?

Freestyle Team

4X50m

Senior		Penzance	1.49.32	2010	Penzance
100/119	Penzance	Penzance	1.44.99	2007	Penzance
120/159	Penzance	Penzance	1.51.39	2008	Truro
160/199	Truro City	Truro City	1.47.55	2004	Sheffield
180/199	Launceston M	Launceston M	2.09.40	2000	
200/239	Wadebridge	Wadebridge	2.03.47	2010	Penzance
240/279	St. Austell	St Austell	2.29.60	2010	Penzance
280/319	St Austell	St Austell	3.24.91	2004	Bodmin

Individual Medley

100m

Senior	Nye Levett	Launceston	1.02.42	2007	Penzance
25/29	Nick Polkinghorne	Truro City	1.01.30	2000	Bodmin
30/34	Nick Polkinghorne	Truro City	1.00.66	2004	Sheffield
35/39	Ian Jeffery	Penzance	59.20	2009	Sheffield
40/44	Peter Long	St Austell	1.07.74	2003	Bodmin
45/49	D.Smith/P.Long	Carad/St.Austell	1.08.63	2000	Shef./Truro 08
50/54	Pete Long	St Austell	1.05.66	2013	Sheffield
55/59	Graeme Milne	Truro City	1.13.96	2009	Truro
60/64	Graeme Milne	Truro City	1.12.52	2014	Sheffield
65/69	Graeme Milne	Truro City	1:19.26	2020	Bodmin
70/74	Roger Burrell	Launceston M	1.25.68	2002	Western S. Mare BR. rec
75/79	Peter Stephens	Carrick Masters	1:50.31	2022	Plymouth
80/84	Ernest Clemett	St Austell	2.15.77	1997	Sheffield
85/89	Ernest Clemett	St Austell	3.09.67	2004	Sheffield

200m

Senior	Adam Vine	St Austell	2.37.49	2012	Penzance
25/29	Jack Middleton	Truro City	2.27.25	2018	Bodmin
30/34	Ian Jeffery	Truro City	2.13.09	2002	Sheffield
35/39	John Rhodes	Launceston M	2.39.68	1999	Sheffield
40/44	Pete Long	St Austell	2.27.83	2005	Sheffield
45/49	John Rhodes	Launceston M	2.40.06	2007	Western S. Mare
50/54	Pete Long	St Austell	2:31.09	2013	Sheffield
55/59	Mick Swift	Caradon	2.52.65	2011	Sheffield
60/64	Mick Swift	Caradon	3.05.56	2016	Bodmin
65/69	Roger Burrell	Launceston M	3.10.16	1997	Sheffield
70/74	Roger Burrell	Launceston M	3.15.63	2001	Sheffield BR rec
75/79	Peter Stephens	Carrick Masters	4.02.79	2022	Plymouth
80/84	Ernest Clemett	St Austell	4.57.69	1997	Sheffield

CCASA - Masters Records**Short Course****Nat/Region Record?****400m**

35/39	John Rhodes	Launceston M	5.53.19	1997	Sheffield
40/44	Sam Gill	North Cornwall	6:12.35	2019	Bodmin
45/49	Edward Richardson	Bude	6:57.32	2022	Bodmin
55/59	Mick Swift	Caradon	6.24.62	2011	Sheffield
60/64	Timothy Mann	St Austell	7.29.52	2007	Sheffield
65/69	Roger Burrell	Launceston M	7.11.16	2000	Sheffield
70/74	Roger Burrell	Launceston M	7.12.11	2002	SheffieldBR rec
80/84	Ernest Clemett	St Austell	10.42.14	1997	Bangor

Medley Team**4X50m**

Senior		Penzance	1.59.65	2010	Penzance
100/119	Penzance	Penzance	1.59.85	2007	Penzance
120/159	Penzance	Penzance	2.04.56	2008	Truro
160/199	Newquay	Newquay	1.41.72	2004	Bodmin
180/199	Launceston M	Launceston M	2.26.78	2002	Western S. Mare
200/239	Truro City	Truro City	2.16.12	2002	St. Ives
240/279	St Austell	St Austell	2.52.81	2009	Truro
280/319	St Austell	St Austell	4.18.71	2004	Bodmin

Mixed**Freestyle Team****4X50m**

Senior	Penzance	Penzance	1.58.69	2006	Bodmin
100/119	Carn Brea/Helston	Carn Brea & Helston	1.51.33	2014	Bodmin
120/159	Truro City	Truro City	1.54.37	2006	Bodmin
160/199	Truro City	Truro City	1.54.06	2004	Sheffield
180/199	Launceston M	Launceston M	2.20.15	2002	Western S. Mare
200/239	Truro City	Truro City	2.13.77	2004	Bodmin
240/279	Truro City	Truro City	2.21.90	2014	Bodmin
280/319	St Austell	St Austell	3.07.81	2017	Bodmin

Medley Team**4X50m**

Senior	Carn Brea/Helston	Carn Brea & Helston	2.11.55	2014	Bodmin
100/119	Carn Brea/Helston	Carn Brea & Helston	2.04.12	2014	Bodmin
120/159	Truro City	Truro City	2.12.58	2004	Bodmin
160/199	Truro City	Truro City	2.09.26	2004	Sheffield
180/199	St Austell	St Austell	2.42.09	2002	Western S. Mare
200/239	Truro/St Austell	Truro/St Austell	2.30.86	2004	Bodmin STA 14
240/279	Carrick Masters	Carrick Masters	2:32:99	2022	Bodmin
280/319	St Austell	St Austell	4:18.71	2004	Bodmin