

CCASA - Masters Records**Long Course**

Nat Record?

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

Senior	Hannah Read	Caradon	32.94	2015	Manchester
25/29	Brogan Latham	Truro City	41.04	2018	Plymouth
30/34	Tanya Harris	Caradon	40.17	2004	Manchester
35/39	Oline Baker	Penzance	39.14	2007	Bath
40/44	Ali Phesse	Carn Brea & Helston	34.70	2013	Plymouth
45/49	Ali Phesse	Carn Brea & Helston	32.61	2017	Aberdeen
55/59	Helen Kula-Przewanski	Caradon	37.68	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	37.75	2019	Swansea
65/69	Vicki Buck	Caradon	50.29	2015	Millfield

100m

Senior	Hannah Read	Caradon	1:12.79	2015	Manchester
25/29	Sam Crosby	Caradon	1:24.00	2019	Swansea
35/39	Tanya Harris	Caradon	1:28.49	2006	Manchester
40/44	Dorinda Outram	Penzance	1:38.10	2009	Millfield
45/49	Ali Phesse	Carn Brea & Helston	1:12.95	2017	Budapest
55/59	Helen Kula-Przewanski	Caradon	1:22.81	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	1:20.38	2019	Swansea
65/69	Vicki Buck	Caradon	1:48.82	2015	Millfield

200m

25/29	Sam Crosby	Caradon	2:53.56	2018	Plymouth
30/34	Carolyn Merrikin	Newquay	3:02.66	1997	Millfield
35/39	Jayne Burbridge	Newquay	3:03.58	1997	Millfield
45/49	Ali Phesse	Carn Brea & Helston	2:44.14	2018	Plymouth
50/54	Beth Altabas	Launceston M	3:40.09	1997	Millfield
55/59	Helen Kula-Przewanski	Carn Brea	2:57.76	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	2:55.92	2019	Crawley
65/69	Vicki Buck	Caradon	3:52.15	2015	Millfield

Breaststroke**50m**

Senior	Holly Yeo	Launceston	38.25	2009	Millfield	
25/29	Tessa Muskett	Caradon	37.44	2016	Sheffield	
30/34	Tessa Muskett	Caradon	38.81	2018	Plymouth	
35/39	Jane Deards	Truro City	36.35	2004	Riccione	Nat
40/44	Dorinda Outram	Penzance	48.54	2009	Millfield	

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records**Long Course****Nat Record?**

45/49	Ali Phesse	Carn Brea & Helston	39.33	2015	Manchester	
60/64	Sally Hough	Launceston	53.04	2009	Millfield	
65/69	Vicki Buck	Caradon	58.18	2015	Millfield	
100m						
Senior	Holly Yeo	Launceston	1.23.00	2009	Millfield	
25/29	Tessa Muskett	Caradon	1:22.80	2016	Sheffield	
30/34	Tessa Muskett	Caradon	1.28.61	2018	Plymouth	
35/39	Jane Deards	Truro City	1.20.55	2004	Riccione	Nat
40/44	Annie Shepherd	Launceston	1.46.40	2009	Millfield	
45/49	Ninette Hibbs	St Austell	1.33.10	2010	Glasgow	
50/54	Ninette Hibbs	St Austell	1:31.78	2013	Plymouth	
55/59	Ninette Hibbs	St Austell	1:40.94	2018	Plymouth	
60/64	Sally Hough	Launceston	1.57.99	2009	Millfield	
65/69	Gillian Burrell	Launceston M	2.11.18	2001	Dinard	
200m						
Senior	Phoebe McGowan	Caradon	2.59.80	2016	Sheffield	
30/34	Emma Bryant	Caradon	3:10.01	2013	Plymouth	
35/39	Jane Deards	Truro City	3.02.19	2004	Riccione	
40/44	Janet Ridpath	Launceston M	3.48.21	1997	Millfield	
45/49	Ninette Hibbs	St Austell	3.21.19	2010	Glasgow	
50/54	Ninette Hibbs	St Austell	3:14.67	2013	Plymouth	
55/59	Sally Hough	Launceston	3.58.35	2004	Millfield	
60/64	Gillian Burrell	Launceston M	4.45.44	1997	Millfield	
65/69	Gillian Burrell	Launceston M	4.38.91	2001	Bath	
Butterfly						
50m						
Senior	Natalie Harbisher	Newquay	30.43	2018	Plymouth	
25/29	Tessa Muskett	Caradon	30.86	2016	Sheffield	
30/34	Sarah Quartermaine	Carn Brea & Helston	30.99	2018	Plymouth	
35/39	Oline Baker	Penzance	35.92	2007	Bath	
40/44	Louise Coltman	Launceston	49.19	2007	Bath	
45/49	Ninette Hibbs	St Austell	35.01	2011	Leeds	
50/54	Ninette Hibbs	St Austell	35.02	2013	Plymouth	
55/59	Ninette Hibbs	St Austell	38.15	2018	Plymouth	
60/64	Helen Kula-Przewanski	Caradon	35.98	2019	Swansea	
65/69	Gillian Burrell	Launceston M	52.19	2000	Crystal Palace	

CCASA - Masters Records**Long Course****Nat Record?****100m**

Senior	Natalie Harbisher	Newquay	1:08.63	2018	Plymouth
25/29	Sam Crosby	Caradon	1:16.82	2017	Aberdeen
30/34	Sarah Quartermaine	Carn Brea & Helston	1:09.44	2018	Plymouth
45/49	Ninette Hibbs	St Austell	1:19.05	2011	Leeds
50/54	Ninette Hibbs	St Austell	1:18.03	2013	Plymouth
55/59	Ninette Hibbs	St Austell	1:23.71	2018	Plymouth
60/64	Gillian Burrell	Launceston M	2:05.02	1998	Dinard
65/69	Gillian Burrell	Launceston M	1:59.17	2000	Crystal Palace

200m

Senior	Natalie Harbisher	Newquay	2:34.93	2018	Plymouth
25/29	Natalie Harbisher	Newquay	2:33.85	2019	Swansea
30/34	Sarah Quartermaine	Carn Brea & Helston	2:41.77	2018	Plymouth
35/39	Maggie Davies	Launceston M	5:08.02	2001	Bath
40/44	Janet Ridpath	St Austell	3:42.32	1997	Millfield
45/49	Ninette Hibbs	St Austell	3:05.96	2011	Leeds
50/54	Ninette Hibbs	St Austell	3:01.71	2013	Plymouth
55/59	Ninette Hibbs	St Austell	3:23.62	2018	Plymouth
60/64	Gillian Burrell	Launceston M	5:31.00	1997	Millfield
65/69	Gillian Burrell	Launceston M	4:40.02	1999	Millfield

Freestyle**50m**

Senior	Emily Hoey	Carn Brea & Helston	28.78	2018	Plymouth
25/29	Tessa Muskett	Caradon	28.96	2016	Sheffield
30/34	Tessa Muskett	Caradon	29.44	2018	Plymouth
35/39	Oline Baker	Penzance	32.70	2007	Bath
40/44	Ali Phesse	Carn Brea & Helston	29.35	2014	Swansea
45/49	Ali Phesse	Carn Brea & Helston	28.77	2016	Sheffield
50/54	Amanda Losasso	Caradon	30.89	2015	Manchester
55/59	Amanda Losasso	Caradon	32.42	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	32.20	2019	Swansea
65/69	Judy Thomas	Penzance	38.64	2007	Bath

100m

Senior	Hannah Reid	Caradon	1:03.86	2015	Manchester
25/29	Tessa Muskett	Caradon	1:03.81	2016	Sheffield
30/34	Sam Morris	Truro City	1:06.98	2010	Korea
35/39	Donna Dumbleton	St Austell	1:30.46	2007	Bath

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records Long Course Nat Record?

40/44	Ali Phesse	Carn Brea & Helston	1.05.09	2014	Swansea
45/49	Ali Phesse	Carn Brea & Helston	1:03.10	2015	Manchester
50/54	Amanda Losasso	Caradon	1:10.33	2015	Manchester
55/59	Susan Mann	St Austell	1.59.36	2007	Bath
60/64	Helen Kula-Przewanski	Caradon	1.10.12	2019	Swansea
65/69	Vicki Buck	Caradon	1.44.68	2019	Swansea

200m

Senior	Sally Carter	Caradon	2:19.02	2015	Manchester
25/29	Sam Crosby	Caradon	2:31.73	2018	Plymouth
30/34	Sam Morris	Truro City	2.36.14	2010	Korea
35/39	Donna Dumbleton	St Austell	3.14.43	2008	Millfield
45/49	Ali Phesse	St Austell	2:23.99	2015	Manchester
50/54	Ninette Hibbs	St Austell	2:39.96	2013	Plymouth
55/59	Helen Kula-Przewanski	Caradon	2:34.69	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	2:33.28	2019	Swansea
65/69	Vicki Buck	Caradon	3.30.21	2016	Sheffield

400m

Senior	Sally Carter	Caradon	4:56.86	2015	Manchester
25/29	Sam Crosby	Caradon	5.24.60	2017	Aberdeen
30/34	Sam Morris	Truro City	5.22.98	2010	Korea
35/39	Donna Dumbleton	St Austell	6.54.20	2008	Millfield
40/44	Janet Ridpath	St Austell	6.39.90	1997	Millfield
50/54	Beth Altabas	Launceston M	6.44.50	1997	Millfield
55/59	Helen Kula-Przewanski	Caradon	5:35.03	2018	Plymouth
60/64	Vicki Buck	Caradon	6:49.62	2013	Plymouth
65/69	Joan Jackson	St Austell	7.57.43	2000	Millfield

800m

Senior	Sally Carter	Caradon	10:16.03	2015	Manchester
35/39	Tanya Harris	Caradon	13.01.62	2006	Manchester
55/59	Helen Kula-Przewanski	Caradon	11.33.88	2018	Plymouth
60/64	Helen Kula-Przewanski	Caradon	11.35.44	2019	Swansea

1500m

35/39	Maggie Davies	Launceston M	28.18.40	1999	Millfield
50/54	Frances Baker	Launceston	23.26.16	2013	Plymouth
55/59	Sheryl Taylor	Newquay	22:44.16	2018	Plymouth
65/69	Joan Jackson	St Austell	30.02.89	2002	Millfield

Freestyle Team

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records**Long Course****Nat Record?****4X200m**

72/99 Caradon Caradon Caradon 10:41.07 2018 Plymouth

4X50m

160/199 Caradon Caradon Caradon 2:18.63 2013 Plymouth

72/99 Caradon Caradon Caradon 2:03.86 2015 Manchester

4X100m

160/199 Caradon Caradon Caradon 5:11.28 2013 Plymouth

72/99 Caradon Caradon Caradon 4:32.03 2015 Manchester

Individual Medley**200m**

Senior Sam Crosby Caradon 3:02.07 2015 Millfield

25/29 Tessa Muskett Caradon 2:41.68 2016 Sheffield

30/34 Sarah Quartermaine Carn Brea & Helston 2:43.87 2018 Plymouth

35/39 Jayne Burbridge Newquay 3:11.12 1997 Millfield

40/44 Sheryl Taylor Newquay 2:52.50 2001 Bath

50/54 Frances Baker Launceston 3,21,56 2013 Plymouth

55/59 Sheryl Taylor Newquay 3:02.95 2018 Plymouth

60/64 Helen Kula-Przewanski Caradon 2:58.45 2019 Crawley

65/69 Gillian Burrell Launceston 4.29.80 2001 Dinard

400m

30/34 Sarah Quartermaine Carn Brea & Helston 5:53.30 2018 Plymouth

50/54 Frances Baker Launceston 7.08.36 2013 Plymouth

55/59 Sheryl Taylor Newquay 6:30.78 2018 Plymouth

60/64 Helen Kula-Przewanski Caradon 6:25.59 2019 Korea

65/69 Gillian Burrell Launceston M 9.58.28 2000 Crystal Palace

Medley Team**4X50m**

160/199 Caradon Caradon Caradon 2:22.73 2018 Plymouth

72/99 Caradon Caradon Caradon 2:22.15 2015 Manchester

4X100m

72/99 Caradon Caradon Caradon 5:13.07 2015 Manchester

CCASA - Masters Records

Long Course

Nat Record?

Men

Backstroke

50m

Senior	Ed Gilbertson	Caradon	28.42	2013	Plymouth
25/29	Ian Jeffery	Truro City	28.95	2001	Glasgow
30/34	Jason Quiterio	Caradon	31.46	2018	Plymouth
35/39	Ian Jeffery	Penzance	29.37	2009	Millfield
40/44	Keith Hollis	Penzance	39.37	2009	Millfield
45/49	John Rhodes	Launceston M	35.61	2009	Millfield
50/54	Chris Cole	Launceston	47.41	2007	Bath
55/59	Jonathan Greenstreet	Bude	35.52	2018	Plymouth
60/64	Graeme Milne	Truro City	34.28	2015	Kazan
65/69	Graeme Milne	Truro City	35.29	2019	Swansea
70/74	Roger Burrell	Launceston M	42.52	2002	Dinard

100m

Senior	Ed Gilbertson	Caradon	1.04.37	2013	Plymouth
25/29	Ian Jeffery	Truro City	1.02.71	2001	Glasgow
30/34	John Rhodes	Launceston M	1.19.82	1996	Dinard
35/39	Ian Jeffery	Penzance	1.04.22	2009	Cardiff
40/44	Peter Long	St Austell	1.17.12	2007	Bath
45/49	John Rhodes	Launceston M	1.18.44	2007	Bath
50/54	John Rhodes	Launceston	1:22.48	2015	Millfield
65/69	Roger Burrell	Launceston M	1.24.88	1996	Millfield
70/74	Roger Burrell	Launceston M	1.30.36	2002	Dinard

200m

25/29	Ian Jeffery	Truro City	2.18.17	2001	Glasgow
30/34	James Marsh		2.51.88	1997	Millfield
35/39	John Rhodes	Launceston M	2.58.99	1999	Bath
40/44	Chris Cole	Launceston M	3.29.62	1997	Millfield
45/49	Chris Cole	Launceston M	3.31.03	1998	Millfield
50/54	John Rhodes	Launceston	3:00.29	2015	Millfield
55/59	Colin Williams	St Austell	4.13.96	2000	Millfield
60/64	Peter Fuller	St Austell	3.45.38	2008	Millfield
65/69	Roger Burrell	Launceston M	3.06.93	1996	Sheffield

Breaststroke

50m

Senior	Oliver Long	St Austell	32.52	2015	Manchester
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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records**Long Course****Nat Record?**

30/34	John Rhodes	Launceston M	38.98	1996	Dinard
35/39	John Rhodes	Launceston M	38.10	1998	Dinard
40/44	Peter Long	St Austell	37.17	2007	Bath
45/49	Nick Deards	St Austell	35.88	2004	Riccione
50/54	Pete Long	St Austell	33.06	2013	Plymouth
55/59	Mick Swift	Caradon	37.53	2009	Cadiz
60/64	Mick Swift	Caradon	39.74	2016	Sheffield
65/69	Roger Burrell	Launceston M	50.34	1996	Millfield
70/74	Roger Burrell	Launceston M	48.72	2001	Dinard
75/79	Peter Harding	Truro City	1.01.73	2017	Aldershot

100m

Senior	Jack Rogers	Truro City	1:13.54	2018	Plymouth
30/34	John Rhodes	Launceston M	1.25.49	1996	Dinard
35/39	John Rhodes	Launceston M	1.24.39	1997	Dinard
40/44	Chris Cole	Launceston M	1.37.23	1996	Sheffield
45/49	Nick Deards	St Austell	1.21.50	2004	Riccione
50/54	Nick Deards	Truro City	1.22.80	2009	Millfield
55/59	Mick Swift	Caradon	1:24.09	2009	Cardiff
60/64	Mick Swift	Caradon	1.28.88	2016	Sheffield
70/74	Rodney Preston	St Austell	1.55.28	2009	Millfield
75/79	Peter Harding	Truro City	2:17.17	2017	Aldershot
80/84	Ernest Clemett	St Austell	2.49.92	1997	Glasgow

200m

Senior	Joshua Dobson	Caradon	3:09.65	2013	Plymouth
25/29	Jonathan Webb	Bodmin	2:58.26	2013	Plymouth
30/34	John Rhodes	Launceston M	3.07.01	1996	Sheffield
35/39	John Rhodes	Launceston	3.06.12	2001	Bath
40/44	Pete Long	St Austell	2.58.28	2006	Swansea
45/49	Nick Deards	St Austell	3.04.19	2004	Riccione
50/54	Mick Swift	Caradon	3.10.11	2008	Manchester
55/59	Mick Swift	Caradon	3.08.66	2009	Cardiff
60/64	Mick Swift	Caradon	3:17.11	2016	Sheffield
65/69	Rodney Preston	St Austell	3.55.32	2003	Millfield
70/74	Rodney Preston	St Austell	4.01.76	2008	Millfield
80/84	Ernest Clemett	St Austell	6.03.93	1999	Bath

Butterfly

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records**Long Course****Nat Record?**

50m						
Senior	Ed Gilbertson	Caradon	26.98	2013	Plymouth	
25/29	Ian Jeffery	Truro City	27.44	2001	Glasgow	
30/34	Chris Panther	Truro City	27.87	2009	Cardiff	
35/39	Ian Jeffery	Penzance	27.18	2009	Millfield	
40/44	Matthew Leigh	Truro City	29.05	2018	Plymouth	
45/49	John Rhodes	Launceston M	33.23	2009	Millfield	
50/54	Pete Long	St Austell	29.52	2013	Plymouth	
55/59	Graeme Milne	Truro City	29.67	2009	Cardiff	
60/64	Graeme Milne	Truro City	29.64	2017	Aberdeen	BR
65/69	Graeme Milne	Truro City	30.02	2019	Swansea	BR
70/74	Roger Burrell	Launceston M	37.84	2002	Dinard	

100m						
Senior	Ed Gilbertson	Caradon	1:02.25	2013	Plymouth	
25/29	Ollie Waddington	Carn Brea & Helston	1:05.86	2013	Plymouth	
30/34	Chris Panther	Truro City	1:02.65	2007	Manchester	
35/39	John Rhodes	Launceston M	1:17.10	1997	Dinard	
45/49	John Rhodes	Launceston M	1:15.34	2007	Bath	
55/59	Graeme Milne	Truro City	1:05.70	2009	Cardiff	
60/64	Graeme Milne	Truro City	1:08.37	2015	Kazan	BR
65/69	Graeme Milne	Truro City	1:10.81	2019	Swansea	
70/74	Roger Burrell	Launceston M	1:39.67	2002	Dinard	

200m						
25/29	Ollie Waddington	Carn Brea & Helston	2:43.04	2013	Plymouth	
35/39	John Rhodes	Launceston	3:08.19	2001	Bath	
40/44	John Rhodes	Launceston	3:05.46	2004	Millfield	
60/64	Timothy Mann	St Austell	3:40.41	2008	Millfield	
65/69	Peter Stephens	Truro City	4:11.57	2014	Millfield	
75/79	Ernest Clemett	St Austell	5:57.13	1992	Sindelfingen	
80/84	Ernest Clemett	St Austell	5:53.76	1997	Millfield	

Freestyle

50m						
Senior	Ed Gilbertson	Caradon	25.52	2013	Plymouth	
25/29	Ollie Waddington	Carn Brea & Helston	25.98	2013	Plymouth	
30/34	Chris Panther	Truro City	26.21	2007	Manchester	
35/39	Ian Jeffery	Penzance	25.24	2009	Cardiff	
40/44	Peter Long	St Austell	28.25	2007	Bath	

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records		Long Course	Nat Record?		
45/49	Pete Long	St Austell	27.38	2009	Millfield
50/54	Pete Long	St Austell	26.49	2013	Plymouth
55/59	Mick Swift	Caradon	29.98	2009	Cardiff
60/64	Graeme Milne	St Austell	28.53	2014	Swansea
65/69	Graeme Milne	Truro City	29.85	2019	Swansea
70/74	Roger Burrell	Launceston M	32.36	2002	Dinard
75/79	James Rhodes	Launceston M	59.6	1998	Dinard
80/84	Brian Martin	Penzance	42.89	2015	Millfield
100m					
Senior	Sam Long	St Austell	56.49	2013	Plymouth
25/29	Ian Jeffery	Truro City	56.01	2001	Glasgow
30/34	Chris Panther	Truro City	58.20	2007	Manchester
35/39	Ian Jeffery	Penzance	55.39	2009	Cardiff
40/44	Peter Long	St Austell	57.12	2004	Swansea
45/49	Pete Long	St Austell	59.90	2009	Millfield
50/54	Pete Long	St Austell	59.40	2013	Plymouth
55/59	Graeme Milne	Truro City	1.05.84	2012	Sheffield
60/64	Graeme Milne	Truro City	1.04.79	2015	Kazan
65/69	Graeme Milne	Truro City	1.08.00	2019	Swansea=Korea
70/74	Roger Burrell	Launceston M	1.14.76	2002	Dinard
75/79	Michael Redhead	St Austell	1.54.93	2009	Millfield
80/84	Brian Martin	Penzance	1:42.58	2015	Millfield
200m					
Senior	Steven Harris	Caradon	2:09.42	2013	Plymouth
25/29	Ollie Waddington	Carn Brea & Helston	2.08.42	2013	Plymouth
30/34	Jason Quiterio	Caradon	2.22.09	2018	Plymouth
35/39	Ian Jeffery	Penzance	2.06.51	2009	Cardiff
40/44	Peter Long	St Austell	2.06.72	2005	Swansea
45/49	Pete Long	St Austell	2.10.17	2008	Millfield
50/54	Paul Hatton	Caradon	2:24.11	2019	Swansea
55/59	David Howatt	St Austell	3.15.78	2000	Millfield
60/64	Timothy Mann	St Austell	3.04.76	2008	Millfield
65/69	Roger Burrell	Launceston M	2.54.18	2000	Millfield
70/74	Rodney Preston	St Austell	3.27.45	2008	Millfield
75/79	Ernest Clemett	St Austell	3.40.11	1992	Sindelfingen
80/84	Ernest Clemett	St Austell	4.04.79	1997	Prague

CCASA - Masters Records**Long Course****Nat Record?****400m**

Senior	Stephen Sims	Caradon	4:54.97	2013	Plymouth
25/29	Ollie Waddington	Carn Brea & Helston	4:45.02	2013	Plymouth
30/34	Jason Quiterio	Caradon	5:09.31	2018	Plymouth
35/39	Peter Long	St Austell	4:42.21	2002	Crystal Palace
40/44	Pete Long	St Austell	4:33.50	2005	Swansea
45/49	Pete Long	St Austell	4:41.61	2008	Millfield
50/54	Paul Hatton	Caradon	5:04:79.	2019	Swansea
55/59	David Howatt	St Austell	8:39.96	2000	Millfield
60/64	Timothy Mann	St Austell	6:49.49	2008	Millfield
65/69	Roger Burrell	Launceston M	6:08.54	1998	Dinard
70/74	Roger Burrell	Launceston M	6:19.75	2002	Dinard
75/79	Ernest Clemett	St Austell	7:53.70	1992	Cardiff
80/84	Ernest Clemett	St Austell	8:20.44	1997	Millfield
85/89	Ernest Clemett	St Austell	10:15.09	2002	Millfield

800m

40/44	Peter Long	St Austell	9:48.99	2003	Swansea
45/49	Paul Hatton	Caradon	10:39.86	2018	Plymouth
50/54	Paul Hatton	Caradon	10:36.90	2019	Swansea
75/79	Ernest Clemett	St Austell	16:45.97	1992	Cardiff
80/84	Ernest Clemett	St Austell	18:25.84	1997	Cardiff

1500m

Senior	Stephen Sims	Caradon	20:05.18	2013	Plymouth
25/29	Ollie Waddington	Carn Brea & Helston	19:48.28	2013	Plymouth
30/34	James Marshall	Bude	21:24.40	2002	Millfield
35/39	Peter Long	St Austell	19:38.12	2002	Millfield
40/44	Pete Long	St Austell	19:29.62	2004	Swansea
45/49	Paul Hatton	Caradon	20:57.10	2017	Swansea
50/54	Peter Stephens	Truro City	23:25.93	2000	Bath
55/59	Richard Trewella	St Austell	26:18.89	2002	Millfield
60/64	Bob Williamson	Launceston M	31:04.76	2000	Bath
65/69	Roger Burrell	Launceston M	25:36.24	1999	Millfield
70/74	Roger Burrell	Launceston M	25:39.99	2001	2001 Millfield
75/79	Ernest Clemett	St Austell	30:16.00	1992	Crystal Palace
80/84	Ernest Clemett	St Austell	34:17.03	1999	Millfield
85/89	Ernest Clemett	St Austell	43:37.45	2002	Millfield

Freestyle Team

07 September 2019 * = subject to ratification by swimming committee

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Senior age group - 18/24 individual, 72-99 team

CCASA - Masters Records**Long Course****Nat Record?****4X50m**

Senior	Caradon	Caradon	1:48.06	2013	Plymouth
160/199	Caradon Caradon	Caradon	1:56.04	2018	Plymouth

Individual Medley**200m**

25/29	Ollie Waddington	Carn Brea & Helston	2:29.76	2013	Plymouth
30/34	John Rhodes	Launceston M	2.43.08	1996	Dinard
35/39	Ian Jeffery	Penzance	2.28.01	2009	Millfield
40/44	John Rhodes	Launceston M	2.43.61	2006	Bath
45/49	Chris Cole	Launceston M	3.31.59	1998	Dinard
50/54	Chris Cole	Launceston	3.35.35	2003	Millfield
55/59	Graeme Milne	Truro City	2.47.41	2009	Cardiff
60/64	Mick Swift	Caradon	3.05.07	2016	Sheffield
65/69	Roger Burrell	Launceston M	3.12.71	1996	Dinard
70/74	Roger Burrell	Launceston M	3.17.76	2002	Dinard
80/84	Ernest Clemett	St Austell	4.57.27	1997	Millfield

400m

25/29	Ollie Waddington	Carn Brea & Helston	5:27.03	2013	Plymouth
30/34	John Rhodes	Launceston M	5.58.84	1996	Sheffield
35/39	Keith Haynes	Caradon	7:23.12	2015	Manchester
50/54	John Rhodes	Launceston	6.21.83	2013	Plymouth

Medley Team**4X50m**

Senior	Caradon	Caradon	2:01.72	2013	Plymouth
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CCASA - Masters Records**Long Course****Nat Record?****Mixed****Freestyle****4X50m**

100/119 Carn Brea & Helston Carn Brea & Helston 1:49.74 2013 Plymouth

4X100m

120/159 Caradon Caradon Caradon 4:42.83 2016 Sheffield

Freestyle Team**4X200m**

240/279 Caradon Caradon Caradon 11:38.22 2018 Plymouth

72/99 Caradon Caradon Caradon 9:57.87 2018 Plymouth

4X100m

160/199 Caradon Caradon Caradon 5:00.28 2015 Manchester

Medley Team**4X50m**

160/199 Caradon Caradon Caradon 2:36.66 2015 Manchester

4X100m

160/199 Caradon Caradon Caradon 5:02.84 2018 Plymouth