



*****International Honours Board*****

FINA World Champions (LCM)

| | Event | AG | Time | Location | Year |
|------------------|--------------|-----------|-------------|-------------------------|-------------|
| Jayne Stephenson | 100m Free | 65-69yrs | 01:15.12 | FINA, Gwangju, S. Korea | 2019 |
| Jayne Stephenson | 200m Free | 65-69yrs | 02:44.81 | FINA, Gwangju, S. Korea | 2019 |

World Masters Games Champions (LCM)

| | | | | | |
|------------------|-----------------|----------|----------|----------------------|------|
| Kate Nimmo | 200m Free | 30-34yrs | 02:15.70 | Sydney, Australia | 2009 |
| Kate Nimmo | 400m Free | 30-34yrs | 04:48.05 | Sydney, Australia | 2009 |
| Kate Nimmo | 800m Free | 30-34yrs | 09:50.67 | Sydney, Australia | 2009 |
| Kate Nimmo | 50m Backstroke | 30-34yrs | 32.79 | Sydney, Australia | 2009 |
| Kate Nimmo | 400m IM | 30-34yrs | 05:35.82 | Sydney, Australia | 2009 |
| Jayne Ball | 800m Free | 55-59yrs | 11:42.50 | Sydney, Australia | 2009 |
| Jayne Ball | 400m Free | 55-59yrs | 05:36.35 | Sydney, Australia | 2009 |
| Jayne Ball | 200m Free | 55-59yrs | 02:41.70 | Sydney, Australia | 2009 |
| Jayne Ball | 100m Free | 55-59yrs | 01:13.53 | Sydney, Australia | 2009 |
| Jayne Ball | 400m IM | 55-59yrs | 06:45.05 | Sydney, Australia | 2009 |
| Colin Stephensen | 200m Free | 55-59yrs | 02:20.12 | Turin, Italy | 2013 |
| Colin Stephensen | 100m Free | 55-59yrs | 01:00.78 | Turin, Italy | 2013 |
| Colin Stephensen | 50m Free | 55-59yrs | 27.79 | Turin, Italy | 2013 |
| Tony Cherrington | 2.5K Open Water | 75-79yrs | 46:20.00 | Auckland, N. Zealand | 2017 |
| Tony Cherrington | 50m Free | 75-79yrs | 33.92 | Auckland, N. Zealand | 2017 |

FINA World Records

| | | | | | |
|--|------------------------|----------|----------|-------------------|------|
| Heidi Turk | 50m Fly | 25-29yrs | 30.02 | Scarborough (SCM) | 1986 |
| Heidi Turk | 50m Free | 25-29yrs | 28.02 | Scarborough (SCM) | 1986 |
| Heidi Turk | 100m IM | 25-29yrs | 01:09.30 | Scarborough (SCM) | 1986 |
| Heidi Turk | 50m Fly | 25-29yrs | 29.80 | Cardiff (SCM) | 1987 |
| S.Henderson/M.Turk/J.Whitehouse/H.Turk | Ladies 200m Free Relay | 25-35yrs | 01:56.75 | Cardiff (SCM) | 1987 |

| | | | | | |
|---|------------------------|-----------|----------|------------------|------|
| Heidi Turk | 50m Fly | 25-29yrs | 28.99 | Gloucester (SCM) | 1987 |
| Heidi Turk | 50m Free | 25-29yrs | 27.03 | Hereford (SCM) | 1987 |
| H.Turk/M.Turk/J.Whithouse/S.Davis | Ladies 200m Med Relay | 100yrs + | 02:11.68 | Hereford (SCM) | 1987 |
| H.Turk/M.Turk/J.Toms/S.Davis | Ladies 200m Free Relay | 100yrs + | 01:57.43 | Aberavon (LCM) | 1987 |
| H.Turk/M.Turk/J.Toms/S.Davis | Ladies 200m Med Relay | 100yrs + | 02:13.78 | Aberavon (LCM) | 1987 |
| Tony Cherrington | 200m Free | 60-64yrs | 02:18.44 | Martinique (SCM) | 2002 |
| J. Anderson / T. Cherrington / C.Stephenson / O. Barnes | Men's 400m F/S Relay | 200yrs + | 04:16.00 | Cardiff (LCM) | 2010 |
| J. Anderson / J. Ball / S. Jones / C. Stephenson | Mixed 400m Mixed F/S | 200yrs + | 04:29.79 | Glasgow (LCM) | 2010 |
| S. Jones / S. Leach / J. Ball / K. Nimmo | Womens 800m F/S Relay | 160-99yrs | 10:09.72 | Glasgow (LCM) | 2010 |

LEN European Champions (LCM)

| | | | | | |
|-----------------------|-----------|----------|----------|--------------------|------|
| Heidi Turk | 100m Free | 25-29yrs | 01:01.30 | BlackPool | 1987 |
| Heidi Turk | 200m IM | 25-29yrs | 02:33.01 | BlackPool | 1987 |
| Sue Hodge | 100m Free | 50-54yrs | 01:09.13 | Millau, France | 2003 |
| Jayne Ball | 200m Free | 55-59yrs | 02:44.69 | Yalta, Ukraine | 2011 |
| Colin Stephenson | 100m Free | 55-59yrs | 59.54 | Eindhoven, Holland | 2013 |
| Helen Kula-Przewanski | 200m Back | 55-59yrs | 02:50.94 | London, UK | 2016 |
| Colin Stephenson | 100m Free | 60-64yrs | 01:01.55 | Kranj, Slovenia | 2018 |
| Colin Stephenson | 200m Free | 60-64yrs | 02:20.54 | Kranj, Slovenia | 2018 |

LEN European Records

| | | | | | |
|---|-------------------|----------|----------|-------------------|------|
| Heidi Turk | 100m Free | 25-29yrs | 01:01.30 | BlackPool (LCM) | 1987 |
| Heidi Turk | 200m IM | 25-29yrs | 02:33.01 | BlackPool (LCM) | 1987 |
| Heidi Turk | 100m Free | 25-29yrs | 01:00.97 | Aberavon (LCM) | 1987 |
| Heidi Turk | 50m Fly | 25-29yrs | 29.43 | Port Talbot (LCM) | 1987 |
| Heidi Turk | 100m Free | 25-29yrs | 01:00.91 | Port Talbot (LCM) | 1987 |
| Heidi Turk | 50m Back | 25-29yrs | 33.25 | Port Talbot (LCM) | 1987 |
| Heidi Turk | 50m Free | 25-29yrs | 27.91 | Port Talbot (LCM) | 1987 |
| J. Anderson / C. Freeman / T. Cherrington / C. Stephenson | Men's 200m F/S | 200yrs + | 01:48.28 | Gloucester (SCM) | 2004 |
| J.Anderson / C. Freeman / T. Cherrington / C. Stephenson | Men's 200m F/S | 200yrs + | 01:48.21 | Sheffield (SCM) | 2005 |
| C. Stephenson / O. Barnes / P. Smith / J. Anderson | Men's 400m Medley | 160yrs + | 04:55.52 | Cardiff (LCM) | 2010 |
| S. Weston / C. Stephenson / P. Smith / O. Barnes | Men's 400m F/S | 160yrs + | 04:04.37 | Gloucester (SCM) | 2010 |
| C. Stephenson / O. Barnes / P. Smith / J. Anderson | Men's 400m Medley | 160yrs + | 04:45.90 | Gloucester (SCM) | 2010 |

| | | | | | |
|---|------------------------|----------|----------|------------------|------|
| K. Arkinstall / A. Nicholls / J. Ball / S. Jones | Ladies 400m F/S Relays | 200yrs + | 05:01.30 | Gloucester (SCM) | 2010 |
| K. Nimmo / K. Arkinstall / S. Jones / H. Paull | Ladies 400m Medley | 160yrs + | 05:24.58 | Gloucester (SCM) | 2010 |
| S. Leach / E. Murray / A. Nicholls / H. Paull | Ladies 400m F/S Relays | 200yrs + | 05:48.50 | Cardiff (LCM) | 2010 |
| J. Anderson / J. Ball / S. Jones / C. Stephenson | Mixed 400m F/S Relays | 200yrs + | 04:21.88 | Sheffield (SCM) | 2010 |
| K. Nimmo / T. Cherrington / S. Jones / C. Stephenson | Mixed 400m F/S Relays | 200yrs + | 04:28.61 | Leeds (LCM) | 2011 |
| J. Ball / C. Stephenson / S. Jones / P. Smith | Mixed 400m F/S Relays | 200yrs + | 04:16.90 | Sheffield (SCM) | 2012 |
| S. Hodge / T. Cherrington / J. Ball / C. Stephenson | Mixed 800m F/S Relays | 240yrs + | 10:22.83 | Sheffield (SCM) | 2013 |
| J. Ball / T. Cherrington / H. Kula-Przezswanski / C. Stephenson | Mixed 800m F/S Relays | 240yrs + | 10:12.92 | Sheffield (SCM) | 2014 |
| J. Ball / D. Leatherbarrow / T. Cherrington / S. Hodge | 400m F/S Mixed | 240yrs + | 05:23.00 | Plymouth (LCM) | 2018 |
| J. Stephenson / D. Leatherbarrow / T. Cherrington / S. Hodge | 200m F/S Mixed | 280yrs + | 02:14.32 | Sheffield (SCM) | 2018 |
| Colin Stephenson | 100m Free | 60-64yrs | 00:58.99 | Gloucester (SCM) | 2018 |
| Jayne Stephenson | 1500m Free | 65-69yrs | 22:59.88 | Swansea(LCM) | 2019 |

(Please contact Coach Cooper if you have any further information)