

Staffordshire ASA - Swimming Records - Senior Short Course  
last updated 20th January 2026

| Category    | Event                  | Time     | Name      | Surname    | Club                | Location   | Date      |
|-------------|------------------------|----------|-----------|------------|---------------------|------------|-----------|
| Open / Male | 50m Freestyle          | 00:23.05 | Chris     | Fox        | Wolverhampton       | Brisbane   | 09-Sep-07 |
| Open / Male | 100m Freestyle         | 00:50.17 | Zachariah | Dale       | Newcastle           | Sheffield  | 15-Dec-23 |
| Open / Male | 200m Freestyle         | 01:48.73 | Finn      | Nichol     | Stafford Apex / RWS | Swansea    | 01-Dec-19 |
| Open / Male | 400m Freestyle         | 03:52.24 | Tom       | Derbyshire | Stafford Apex       | Nottingham | 08-Nov-15 |
| Open / Male | 800m Freestyle         | 08:15.51 | James     | Shevchenko | Wolverhampton/RWS   | Stafford   | 03-Mar-24 |
| Open / Male | 1500m Freestyle        | 14:54.52 | Tom       | Derbyshire | Stafford Apex       | Sheffield  | 19-Dec-15 |
| Open / Male | 50m Backstroke         | 00:25.75 | Zachariah | Dale       | Newcastle           | Sheffield  | 17-Dec-23 |
| Open / Male | 100m Backstroke        | 00:53.30 | Joseph    | Hulme      | Leek                | Sheffield  | 19-Dec-15 |
| Open / Male | 200m Backstroke        | 01:55.27 | Joseph    | Hulme      | Leek                | Sheffield  | 17-Dec-15 |
| Open / Male | 50m Breaststroke       | 00:27.95 | Max       | Wainwright | Newcastle           | Sheffield  | 14-Dec-25 |
| Open / Male | 100m Breaststroke      | 01:00.12 | Nick      | Gillingham | Walsall             | Stechford  | 19-Oct-91 |
| Open / Male | 200m Breaststroke      | 02:07.91 | Nick      | Gillingham | Walsall             | Palma      | 04-Dec-93 |
| Open / Male | 50m Butterfly          | 00:25.06 | Lewis     | Hodgetts   | Stafford Apex       | Sheffield  | 11-Nov-18 |
| Open / Male | 100m Butterfly         | 00:54.20 | Kieran    | Smith      | Chase               | Swansea    | 19-Dec-14 |
| Open / Male | 200m Butterfly         | 01:57.86 | Tim       | Jones      | Chase               | Sheffield  | 30-Mar-91 |
| Open / Male | 100m Individual Medley | 00:56.93 | Thomas    | Bloor      | Newcastle           | Nottingham | 03-Nov-19 |
| Open / Male | 200m Individual Medley | 01:59.47 | Joseph    | Hulme      | Leek                | Sheffield  | 17-Dec-15 |
| Open / Male | 400m Individual Medley | 04:14.50 | Joseph    | Hulme      | Leek                | Sheffield  | 18-Dec-15 |
|             |                        |          |           |            |                     |            |           |
| Female      | 50m Freestyle          | 00:24.60 | Emma      | Wilkins    | Chase               | Sheffield  | 07-Dec-13 |
| Female      | 100m Freestyle         | 00:54.09 | Emma      | Wilkins    | Chase               | Sheffield  | 08-Dec-13 |
| Female      | 200m Freestyle         | 01:59.63 | Terri     | Dunning    | Chase               | Stechford  | 22-Mar-08 |
| Female      | 400m Freestyle         | 04:14.56 | Niamh     | Hofland    | Bilston/RWS         | Swansea    | 01-Dec-19 |
| Female      | 800m Freestyle         | 08:44.31 | Niamh     | Hofland    | Bilston/RWS         | Eindhoven  | 16-Dec-17 |
| Female      | 1500m Freestyle        | 16:41.79 | Niamh     | Hofland    | Bilston/RWS         | Swansea    | 29-Nov-19 |
| Female      | 50m Backstroke         | 00:27.71 | Charlotte | Cullen     | Wombourne/RWS       | Coventry   | 05-Nov-22 |
| Female      | 100m Backstroke        | 01:00.14 | Charlotte | Cullen     | Wombourne/RWS       | Coventry   | 05-Nov-22 |
| Female      | 200m Backstroke        | 02:10.75 | Holly     | Shepherd   | Leek/RWS            | Sheffield  | 18-Dec-16 |
| Female      | 50m Breaststroke       | 00:32.62 | Katie     | Raybould   | Chase               | Corby      | 08-Nov-09 |
| Female      | 100m Breaststroke      | 01:08.02 | Heidi     | Earp       | Newcastle           | Antwerp    | 14-Dec-01 |
| Female      | 200m Breaststroke      | 02:25.24 | Heidi     | Earp       | Newcastle           | Sheffield  | 08-Dec-00 |
| Female      | 50m Butterfly          | 00:26.01 | Rachael   | Kelly      | Newcastle           | Sheffield  | 18-Dec-15 |
| Female      | 100m Butterfly         | 00:57.65 | Rachael   | Kelly      | Newcastle           | Sheffield  | 07-Dec-13 |
| Female      | 200m Butterfly         | 02:06.54 | Terri     | Dunning    | Chase               | Hungary    | 13-Dec-07 |
| Female      | 100m Individual Medley | 01:02.31 | Bethan    | Cooke      | Chase               | Sheffield  | 13-Dec-25 |
| Female      | 200m Individual Medley | 02:13.21 | Terri     | Dunning    | Chase               | Paris      | 17-Dec-06 |
| Female      | 400m Individual Medley | 04:45.49 | Niamh     | Hofland    | Bilston/RWS         | Eindhoven  | 16-Dec-17 |

\*last records achieved highlighted in red