

South East Para Swimming Male Short Course Records

Male 50m Freestyle

Name/ Club	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
	S3	Vacant		
	S4	Vacant		
	S5	Vacant		
Josh Coomer (Dover Life)	S6	44.71	Southampton	14/04/18
Alexander Goodman (Fareham Nomads)	S7	34.43	Portsmouth	01/11/09
Owen Say (Wycombe)	S8	28.75	Sheffield	18/11/23
Tomas Navarro-Barber (Portsmouth N)	S9	26.85	Winchester	2/11/24
Graham Edmunds (Reading)	S10	24.31	Newport	04/07/09
	S11	Vacant		
Darren Smith (RTW Monson)	S12	25.66	Gillingham	18/02/07
Alfie Penfold (Crawley)	S13	27.85	Winchester	04/11/23
Tyler Ioannou (Wycombe Dist)	S14	24.91	Portsmouth	03/11/19

Male 100m Freestyle

Name	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
	S3	Vacant		
	S4	Vacant		
	S5	Vacant		
Josh Coomer (Dover Life)	S6	1:43.10	Southampton	14/04/18
Alexander Goodman (Fareham Nomads)	S7	1:13.96	Portsmouth	12/11/10
Owen Say (Wycombe)	S8	1:02.58	Sheffield	15/12/23
Tomas Navarro-Barber (Portsmouth)	S9	58.40	Winchester	3/11/24
Graham Edmunds (Reading)	S10	53.30	Brazil	05/12/09
	S11	Vacant		
Darren Smith (RTW Monson)	S12	57.46	Gillingham	12/03/06
Alfie Penfold (Crawley)	S13	1:00.91	Sheffield	7/12/24
Tyler Ioannou (Wycombe Dist)	S14	54.75	Portsmouth	02/11/19

Male 200m Freestyle

Name	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
	S3	Vacant		
	S4	Vacant		
	S5	Vacant		

Josh Coomer (Dover Life)	S6	3:54.73	Gillingham	28/10/17
Alexander Goodman (Fareham N)	S7	2:39.29	Portsmouth	13/11/10
Owen Say (Bracknell)	S8	2:40.82	Bracknell	2/12/17
Tomas Navarro-Barber (Portsmouth)	S9	2:08.38	Portsmouth	08/10/23
Callum Pearson (Hastings)	S10	2:07.05	Hastings	11/04/19
	S11	Vacant		
Darren Smith (RTW Monson)	S12	2:07.81	Gillingham	18/02/06
Alfie Penfold (Crawley)	S13	2:19.36	Crawley	27/6/25
Tyler Ioannou (Wycombe Dist)	S14	2:02.91	Manchester	10/12/17

Male 400m Freestyle

Name	Class	Time	Venue	Date
	S6	Vacant		
Alexander Goodman (Fareham)	S7	5:31.14	Sheffield	01/11/08
Owen Say (Wycombe)	S8	4:54.18	Sheffield	17/12/23
Tomas Navarro-Barber (Portsmouth)	S9	4:25.55	Smethwick	24/11/24
Graham Edmunds (Reading)	S10	4:27.13	Sheffield	03/11/07
	S11	Vacant		
	S12	Vacant		
Alfie Penfold (Crawley)	S13	4:35.96	Smethwick	24/11/24
Tyler Ioannou (Wycombe Dist)	S14	4:27.03	Portsmouth	02/11/19

Male 800m Freestyle

Name	Class	Time	Venue	Date
	S6	Vacant		
Alexander Goodman (Fareham N)	S7	11:29.57	Portsmouth	15/11/09
	S8	Vacant		
Tomas Navarro-Barber (Portsmouth N)	S9	9:13.79	Portsmouth	01/12/23
Shane Scullion (Portsmouth N)	S10	9:42.11	Portsmouth	27/01/07
Ashton Platts (Dover Life)	S14	10:10.77	Dover	12/7/25

Male 1500m Freestyle

Name	Class	Time	Venue	Date
	S6	Vacant		
	S7	Vacant		
Owen Say (Bracknell)	S8	25:09.72	Bracknell	26/11/16
Matthew Davies (Romsey Totton)	S9	21:28.20	Southampton	15/12/22
Callum Pearson (Hastings)	S10	17:50.64	Hastings	21/11/19
	S13	Vacant		
Tyler Ioannou (Wycombe Dist)	S14	18:01.27	Reading	28/09/15

Male 50m Backstroke

Name	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
	S3	Vacant		
	S4	Vacant		
	S5	Vacant		
Michael Goody (Portsmouth N)	S10	29.71	Crawley	03/11/02
Alfie Penfold (Crawley)	S13	37.66	Crawley	8/9/23
Tyler Ioannou (Wycombe Dist)	S14	29.73	Portsmouth	06/11/16

Male 100m Backstroke

Name	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
Josh Coomer (Dover Life)	S6	2:08.79	Enfield	03/06/17
Damian Ng (Maidenhead)	S7	1:32.90	Portsmouth	06/12/14
Owen Say (Wycombe Dist)	S8	1:20.72	Mansfield	06/06/21
Lewis Jones (Arun Tridents)	S9	1:12.63	Bognor Regis	7/6/25
Michael Goody (Portsmouth N)	S10	1:03.61	Crawley	15/03/03
	S11	Vacant		
	S12	Vacant		
Alfie Penfold (Crawley)	S13	1:16.32	Smethwick	23/11/24
Tyler Ioannou (Wycombe Dist)	S14	1:01.96	Portsmouth	02/11/19

Male 200m Backstroke

Name	Class	Time	Venue	Date
	S6	Vacant		
	S7	Vacant		
Owen Say (Wycombe Dist)	S8	3:06.17	Wycombe	26/11/17
Nicholas Cole (Lewes)	S9	2:49.54	Seahaven	19/05/13
Michael Goody (Portsmouth N)	S10	2:18.17	Crawley	01/03/03
	S11	Vacant		
	S12	Vacant		
Alfie Penfold (Crawley)	S13	2:51.91	Crawley	8/9/23
Tyler Ioannou (Wycombe Dist)	S14	2:19.92	Reading	26/11/16

Male 50m Breaststroke

Name	Class	Time	Venue	Date
	SB1	Vacant		
	SB2	Vacant		
	SB3	Vacant		
	SB5	Vacant		
Josh Coomer (Dover Life)	SB6	58.75	Dover	16/06/18

Male 100m Breaststroke

Name	Class	Time	Venue	Date
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	SB4	Vacant		
	SB5	Vacant		
Josh Coomer (Dover Life)	SB6	2:10.95	Southampton	14/04/18
Owen Say (Wycombe Dist)	SB7	1:36.29	Glasgow	26/11/22
Lewis Jones (ArunTridents)	SB8	1:21.13	Sheffield	6/12/24
Michael Goody (Portsmouth N)	SB9	1:13.92	Sussex	07/03/04
	SB11	Vacant		
Darren Smith (RTW Monson)	SB12	1:11.38	Manchester	26/08/04
Alfie Penfold (Crawley)	SB13	1:28.84	Crawley	7/7/23
Sol Bressat (Tigers Jersey)	SB14	1:10.47	Manchester	09/12/17

Male 200m Breaststroke

Name	Class	Time	Venue	Date
	SB5	Vacant		
	SB6	Vacant		
	SB7	Vacant		
Matthew Davies (Romsey Totton)	SB8	3:02.99	Totton	01/11/22
Matthew Rishworth (Staines)	SB9	2:51.85	Walton on Thames	25/02/17
	SB11	Vacant		
	SB12	Vacant		
Alfie Penfold (Crawley)	SB13	3:54.61	Crawley	11/06/21
Sol Bressat (Tigers Jersey)	SB14	2:40.64	Jersey	27/10/18

Male 50m Butterfly

Name	Class	Time	Venue	Date
	S1	Vacant		
	S2	Vacant		
	S3	Vacant		
	S4	Vacant		
	S5	Vacant		
Josh Coomer (Dover Life)	S6	53.85	Gillingham	28/10/18
Alexander Goodman (Fareham N)	S7	35.88	Nottingham	14/08/15
Michael Goody (Portsmouth N)	S10	27.03	Portsmouth	22/04/06
Alfie Penfold (Crawley)	S13	35.25	Crawley	8/9/23
Tyler Ioannou (Wycombe Dist)	S14	26.49	Portsmouth	02/11/19

Male 100m Butterfly

Name	Class	Time	Venue	Date
Benjamin Pope (Havant & Wat)	S8	1:50.41	Waterlooville	15/10/17
Tomas Navarro-Barber (Portsmouth)	S9	1:08.12	Winchester	2/11/24
Michael Goody (Portsmouth N)	S10	1:02.55	Sussex	28/02/04
	S11	Vacant		
Darren Smith (RTW Monson)	S12	1:07.97	Gillingham	18/02/07
Alfie Penfold (Crawley SC)	S13	1:17.29	Guildford	17/11/23
Tyler Ioannou (Wycombe Dist)	S14	58.96	Portsmouth	03/11/19

Male 200m Butterfly

Name	Class	Time	Venue	Date
	S8	Vacant		
Maximilian Tulloch (Chalfont)	S9	3:13.03	Amersham	08/07/17
Michael Goody (Portsmouth N)	S10	2:23.74	Crawley	01/03/03
	S12	Vacant		
Taylor Ioannou (Wycombe Dist)	S14	2:27.58	St Brelade	23/10/16

Male 100m Individual Medley

Name	Class	Time	Venue	Date
	SM1	Vacant		
	SM2	Vacant		
	SM3	Vacant		
	SM4	Vacant		
	SM5	Vacant		
Josh Coomer (Dover Life)	SM6	2:01.30	Dover	16/09/18
Alexander Goodman (Fareham)	SM7	1:29.26	Sheffield	26/11/11
Owen Say (Bracknell)	SM8	1:27.78	Bracknell	17/06/17
Lewis Jones (Arun Tridents)	SM9	1:15.05	Littlehampton	12/7/23
Michael Goody (Portsmouth N)	SM10	1:02.37	Sussex	21/02/04
	SM11	Vacant		
	SM12	Vacant		
Alfie Penfold (Crawley)	SM13	1:23.64	Crawley	8/9/23
Tyler Ioannou (Wycombe Dist)	SM14	1:04.39	Portsmouth	05/11/16

Male 150m Individual Medley

Name	Class	Time	Venue	Date
	SM1	Vacant		
	SM2	Vacant		
	SM3	Vacant		
	SM4	Vacant		

Male 200m Individual Medley

Name	Class	Time	Venue	Date
	SM3	Vacant		
	SM4	Vacant		
	SM5	Vacant		
Josh Coomer (Dover Life)	SM6	4:13.60	Southampton	14/04/18
Alexander Goodman (Fareham)	SM7	3:04.89	Nottingham	13/08/15
Owen Say (Bracknell)	SM8	3:01.93	Bristol	11/03/18
Lewis Jones (Arun Tridents)	SM9	2:32.92	Sheffield	8/12/24
Michael Goody (Portsmouth N)	SM10	2:18.98	Sussex	22/02/04
	SM11	Vacant		
Tom Rust (Herne Bay)	SM12	2:55.74	Dover	17/9/23
Alfie Penfold (Crawley)	SM13	2:45.93	Crawley	6/6/24

Tyler Ioannou (Wycombe Dist)	SM14	2:16.48	Portsmouth	03/11/19
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Male 400m Individual Medley

Name	Class	Time	Venue	Date
	SM6	Vacant		
	SM7	Vacant		
	SM8	Vacant		
Maximilian Tulloch (Chalfont)	SM9	6:33.61	Gerrards Cross	11/06/18
Michael Goody (Portsmouth N)	SM10	5:02.39	Crawley	15/03/03
	SM11	Vacant		
	SM12	Vacant		
Alfie Penfold (Crawley)	SM13	6:26.32	Crawley	6/10/23
Tyler Ioannou (Wycombe Dist)	SM14	5:15.10	Reading	17/09/15

Updated 21/07/2025