

## 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   | 27.24  | Crawley     | 19/10/25 |
| 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   | 59.42   | Crawley     | 18/10/25 |
| 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 |
|------|-------|------|-------|------|
|------|-------|------|-------|------|

|                              |      |         |             |          |
|------------------------------|------|---------|-------------|----------|
|                              | 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   | 30.44  | Crawley    | 18/10/25 |
| 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 |
|------------------------------|------|---------|------------|----------|

### 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 21/10/2025