

RLSS & SLSA UK NATIONAL RECORDS			Last Updated		20.09.10
Female – Open					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:15.62	M.Gammon	Woolecombe	Millfield, UK	Feb-99
50m Manikin Carry	0:39.00	S.Hampson	South Worcester	Millfield, UK	Mar-04
Combined Medley	01:21.82	J. Overfield	RLSS-England	Edmonton, Canada	Jun-09
100m Manikin Carry	1:01.29	R.Rowe	Jackson Bay	Orlando, USA	May-02
100m Manikin Tow	1:03.39	R.Rowe	Jackson Bay	Sydney, Australia	May-00
200m Super Lifesaver	2:42.09	R.Rowe & J. Ellison	Jackson Bay & Crawley Town	Millfield, UK	Feb-02 Mar-09
12m Line	0:11.77	A.Scott	Rawmarsh	Eastbourne, UK	May-01
4x25m Manikin Relay	1:47.91	A.Kelly,A.White,C.Kendal-Palmer, R.Teasdale	RLSS-UK	Orlando, USA	May-02
(Club)	01:46.45	A.Brown, S.Bristow, H.Smale, L.Williams	Crawley Town LSC	Sheffield, UK	Mar-07
4x50m Obstacle	2:03.33		RLSS-UK	Sydney, Australia	May-00
(Club)	02:04.57	A.Brown, S.Bristow, D.Perks, H.Smale	Crawley Town LSC	Sheffield, UK	Mar-07
4x50m Medley Relay	01:52.69	D.Perks, H.Smale	GB	Santa Cruz, Tenerife	Apr-07
(Club)	01:53.59	A.Brown, D.Perks, H.Smale, L.Williams	Crawley Town LSC	Sheffield, UK	Mar-07
4x50m Manikin Rescue	2:23.53	R.Teasdale, A.White, A.Kelly, M.Kimberly	RLSS-UK	Palma, Mallorca	Sep-01
100m Still Water Boat	2:01.51	R.Teasdale	Billingham	Palma, Mallorca	Sep-01
2x2 Ball Rescue	1:27.00		RLSS-UK	Sydney, Australia	May-00
(Club)	1:26.69		Alba	Sydney, Australia	May-00
Distance Ball	0:19.73	R.Teasdale	Billingham	Warrendorf, Germany	Jun-98
4x12 Line Relay	1:13.62	A. Burgess, J. Stimson, S. Williams, D. Stimson	City of Rochester	Sheffield, UK	Feb-10
50m swim / 50m tow	1:37.82	A.Scott		Coventry, UK	Nov-00
Highest European Ranking	(42nd)	R.Teasdale	RLSS-UK	Warrendorf, Germany	Jun-98

Male – Open					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:02.70	P. John	Pen-Y-Bont	Millfield, UK	Mar-04
50m Manikin Carry	0:32.42	M. Penny	Crawley Town	Bath, UK	Mar-05
Combined Medley	01:11.59	D. Butler	Belfast Olympia	Millfield, UK	Mar-09
100m Manikin Carry	0:52.96	D. Butler	Belfast Olympia	Cardiff,UK	Mar-10
100m Manikin Tow	0:56.67	D. Butler	Belfast Olympia	Sheffield, UK	Feb-10
200m Super Lifesaver	2:20.33	S Snell	Southerdown	Palma, Mallorca	Sep-01
12m Line	0:09.06	Thomas, (Longden)	U.K.	Berlin, Germany	Jul-08
4x25m Manikin Relay	1:28.38	S.Hammer, I.Brown, I.Green, I.McEwen	RLSS-UK	Antwerpen, Belgium	Oct-99
(Club)	01:26.73	G.Hopkinson, D.Butler, G.Lee, M.Penny	Crawley Town	Bath, UK	Mar-08
4x50m Obstacle	1:48.95	T. Jagger, R. Jagger, C. Leighton, M. Penny	RLSS-Englang	Edmonton, Canada	Jun-09
(Club)	1:45.52	S.Kitto, C.Hook, G.Black, P.Colepepper.	Crawley Town	Orlando, USA	May-02
4x50m Medley Relay	1:40.13	G.Black, Du Feu, ?, I.Brown	RLSS-UK	Orlando, USA	May-02
(Club)	1:37.75	R.Inett, N.Rutter, A.Mason, A.Hilliard.	Loughborough Students	Sheffield, UK	Mar-06
4x50m Manikin Rescue	2:11.42		RLSS-UK	Palma, Mallorca	Sep-01
100m Still Water Boat	1:38.59	G.Lee	Crawley Town	Sydney, Australia	May-00
2x2 Ball Rescue	0:49.50		RLSS-UK	Sydney, Australia	May-00
	0:38.81	G.Lee, S.Kitto with W.Hall & C.Hook as bodies	Crawley Town	Sydney, Australia	May-00
Distance Ball	0:25.77	R.Apps	Lincoln	Warrendorf, Germany	Jun-98
4x12 Line Relay	0:53.85	J. Hack, R.Needham, R.Sheard, A.Needham.	Heanor	Sheffield, UK	Nov-03
50m swim / 50m tow	1:20.95	I.McEwan	East Kilbride	Coventry, UK	Nov-00
Highest European Ranking	(42nd)	I.McEwan	RLSS-UK	Warrendorf, Germany	Jun-98

Female - 12/14					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:10.78	C. Gourley	Blyth	Sheffield, UK	Feb-10
4x50m Obstacle	2:21.33	J. Beveridge, A. Collins, P. Flisher, A. Long	Folkstone	Sheffield, UK	Mar-09
Line Throw	0:11.42	C. Gourley (s. Carpenter)	Blyth	Sheffield, UK	Feb-10
Line Relay	1:23.75	J. Stallion, E. Mcculloch, R. Worme, D. Ball	Heanor	Sheffield, UK	Feb-10
100m Tow	1:27.90	A.Harrison	Blyth	Manchester, UK	Nov-01
4x50m Medley Relay	02:11.56	L. Carroll, C. Gourley, R. Gledson, L. Ellis	Blyth	Sheffield, UK	Mar-09
50m Manikin Carry	0:36.79	C. Gourley	Blyth	Sheffield, UK	Feb-10
4x25m Manikin Relay	01:39.01	R. Carroll, C. Gourley, S. Carpenter, C. Whyman	Blyth	Sheffield, UK	Feb-10
100m Rescue Medley	01:20.55	C. Gourley	Blyth	Sheffield, UK	Feb-10
100m Carry	1:04.61	C. Gourley	Blyth	Sheffield, UK	Feb-09
Male - 12/14					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:05.06	A. Hynes	St. Johns Berchmans	Sheffield, UK	Feb-10
4x50m Obstacle	2:09.86	J. Eagle, J. Mitchell, G. Stott, M. Ismail	Newcastle - Under-lyme	Sheffield, UK	Feb-05
Line Throw	0:10.60	R.Barr	Belfast Olympia LSC	Sheffield, UK	Mar-07
Line Relay	1:23.03		Heanor	Sheffield, UK	Mar-04
100m Tow	1:30.96	J.Poole	Wells	Manchester, UK	Nov-01
4x50m Medley Relay	2:08.34		Newcastle - Under-lyme	Sheffield, UK	Feb-05
50m Manikin Carry	0:37.81	A. Hynes	St, John Berchman's	Sheffield, UK	Feb-10
4x25m Manikin Relay	1:42.01	J. Power, J. Courley, J. Saddler, D. Weightman	Blyth	Sheffield, UK	Mar-06
100m Rescue Medley	1:23.03	R.Hollings	Newcastle - Under-lyme	Sheffield, UK	Feb-05
100m Carry	1:02.04	T.Jagger	Leeds Phoenix	Sheffield, UK	Mar-06

Female - 15/17					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:05.10	Z. Williams	Crawley Town	Sheffield, Uk	Feb-10
4x50m Obstacle	2:13.82		Aberavon	Sheffield, Uk	Feb-05
Line Throw	0:13.69	S.McAllistar (?) S. Bissenden (D. Stimson)	East Kilbride City of Rochester	Manchester, UK Sheffield, UK	Nov-01 Feb-10
Line Relay	1:21.75	D. Amos, J. Beveridge, A. Collins, A. Fry	Folkstone Sports Centre	Sheffield, UK	Feb-10
100m Tow	1:09.37	S. Henderson	Victoria College Belfast	Sheffield, Uk	Mar-09
4x50m Medley Relay	2:05.40		Aberavon	Sheffield, Uk	Feb-05
50m Manikin Carry	0:45.66	S. Henderson	Victoria College Belfast	Sheffield, Uk	Mar-09
4x25m Manikin Relay	1:56.24		Aberavon	Sheffield, Uk	Feb-05
100m Rescue Medley	1:27.59	S.Smale	Aberavon	Sheffield, Uk	Feb-05
100m Carry	1:07.99	J.Stephens	Aberavon	Sheffield, Uk	Mar-06
Male - 15/17					
Event	Time	Holder	Club	Location	Date
100m Obstacles	0:59.97	R.Hollings	Newcastle-U-L School	Sheffield, UK	Mar-08
4x50m Obstacle	1:59.32	R.Jagger, M.Ingham, T.Jagger, A.Mcgurk	Leeds Phoenix	Sheffield, UK	Mar-06
Line Throw	0:10.84	R. Barr	Belfast Olypia	Sheffield, UK	Feb-10
Line Relay	01:10.66	D. Irvine, M. Hyatt, A. Tillmouth, J. Purvis	Blyth	Sheffield, UK	Feb-10
100m Tow	1:03.80	S. Worne	United Kingdom	Germany Cup	Nov -09
4x50m Medley Relay	01:49.16	D. Irvine, M. Hyatt, A, Tilmouth, J. Purvis	Blyth	Sheffield, UK	Feb-10
50m Manikin Carry	0:36.80	J. Purvis	Blyth	Sheffield, UK	Feb-10
4x25m Manikin Relay	1:38.69	R. Aitkin, C. Milburn, J. Purvis, M. Milton	Blyth A	Sheffield, UK	Mar-09
100m Rescue Medley	1:17.13	S. Worne	Rawmarsh	Sheffield, UK	Mar-09
100m Carry	1:00.16	S. Worne	Heanor	Crawley, UK	Dec-09

Female-13					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:11.91	J.Williams	St. Ives	Bath, UK	Mar-08
50m Manikin Carry	44.57	C. Gourley	Blyth	Millfield, UK	Mar-09
100m Carry	1:18.17	C. Gourley	Blyth	Millfield, UK	Mar-09
100m Tow	1:17.09	L. Williamson	Rhose	Cardiff, UK	Mar-10
Male-13					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:12.84	K Phinnemore	BC Surf Club	Cardiff, UK	Mar-10
50m Manikin Carry	48.62	M.Pare	Woolacombe	Bath, UK	Mar-08
100m Carry	1:19.97	B. Meadow-Cro	Woolacombe	Millfield, UK	Mar-09
100m Tow	1:18.13	C. Haynes	Portreath	Cardiff, UK	Mar-10
Female - 14					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:41.78	S.Tuffey		Millfield, UK	Feb-01
100m Obstacles	01:10.78	E.Murphy	Woolecombe	Swansea UK	Mar-07
50m Manikin Carry	0:42.97	C. Gourley	Blyth	Cardiff, UK	Mar-10
100m Manikin Carry	1:09.78	G. Clark	Woolacombe	Cardiff, UK	Mar-10
100m Manikin Tow	1:14.15	G. Clark	Woolacombe	Cardiff, UK	Mar-10
100m Medley	1:33.26	C. Gourley	Blyth	Cardiff, UK	Mar-10
4x25m Manikin Relay	2:29.91		Saunton Sands	Cardiff, UK	Mar-10
4x50m Medley Relay	2:16.32		Rhose	Cardiff, UK	Mar-10
Super Lifesaver	2:59.53	G. Clark	Woolecombe	Cardiff, UK	Mar-10
Line	25.47		Aberavon	Wales	09
Male - 14					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:46.47	R.Knock		Millfield, Uk	Feb-01
100m Obstacles	01.04.11	J.Bunny	Saunton Sands	Swansea, UK	May-06
50m Manikin Carry	00.44.53	R.Morgan	Aberavon	Swansea, UK	Mar-08
100m Manikin Carry	01.08.26	J.Bunny	Saunton Sands	Swansea, UK	May-06
100m Manikin Tow	01.08.00	J.Bunny	Saunton Sands	Swansea, UK	May-06
100m Medley	1:34.39	C. Elliott	Saunton Sands	Cardiff, UK	Mar-10
4x25m Manikin Relay	2:30.05		Woolacombe	Cardiff, UK	Mar-10
4x50m Medley relay	1:46.77		Woolecombe	Millfield, UK	Mar-09
Super Lifesaver	3:02.59	R. Bennett	Saunton Sands	Millfield, UK	Mar-09
Line	20.47		Langland Bay C	Wales	09
Female-15					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:21.88	J. Williams	Portreath	Cardiff, UK	Mar-10
50m Manikin Carry	48.65	J. Williams	Portreath	Cardiff, UK	Mar-10
100m Manikin Carry	1:10.29	E.Parker	Woolacombe	Millfield, UK	Mar-09
100m Manikin Tow	1:12.26	E.Parker	Woolacombe	Millfield, UK	Mar-09
100m Medley	1:34.36	J. Williams	Portreath	Cardiff, UK	Mar-10
Super Lifesaver				Millfield, UK	Mar-09

Male-15					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:17.67	R. Bennett	Saunton Sands	Cardiff, UK	Mar-10
50m Manikin Carry	39.75	A. McGuire	Blyth	Cardiff, UK	Mar-10
100m Manikin Carry	1:06.58	A. McGuire	Blyth	Cardiff, UK	Mar-10
100m Manikin Tow	1:06.73	J.Newing	Portreath	Bath, UK	Mar-08
100m Medley	1:26.43	F.Hedger	Woolacombe	Bath, UK	Mar-08
Super Lifesaver				Millfield, UK	Mar-09
Female - 16					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:25.27	S.Eagle	Pen y Bont	Millfield, Uk	Mar-01
50m Manikin Carry	0:43.48	E. Parker	Woolacombe	Cardiff, Uk	Mar-10
Combined Medley	1:29.00	H.Smale	Aberavon	Millfield, Uk	Mar-04
100m Manikin Carry	1:09.10	E. Parker	Woolacombe	Cardiff, Uk	Mar-10
100m Manikin Tow	01.10.42	E. Murphy	Woolecomde	Millfield, Uk	Mar-09
4x50m Obstacle Relay	2:12.38		Woolacombe	Cardiff, Uk	Mar-10
4x50m Medley Relay	2:01.27		Woolecombe	Cardiff, UK	Mar-10
4x25m Manikin relay	02:00.55	T. Person, S. Blake, J. Pearson, N. Hull	Heanor A	Wales	09
Super Lifesaver	2:52.55	E. Parker	Woolecombe	Cardiff, UK	Mar-10
Line	16.93	S. Cresswell-Cast	Heanor	Wales	09
Male - 16					
Event	Time	Holder	Club	Location	Date
200m Obstacles	02.12.41	F. Hedger	RLSS England	Edmonton, Canada	Jun-09
50m Manikin Carry	00.38.25	J. Purvis	Blyth	Cardiff,UK	Mar-10
Combined Medley	01.20.18	A.Bunney	Saunton Sands	Swansea,UK	May-06
100m Manikin Carry	1:04.25	T.Jagger	Individual	Bath, Uk	Mar-08
100m Manikin Tow	1:06.02	F. Hedger	RLSS England	Edmonton, Canada	Jun-09
4x50m Obstacle	02.00.59		Saunton Sands	Swansea,UK	May-06
4x50m Medley Relay	01.52.70		Woolacombe	Cardiff, UK	Mar-10
4x25m Manikin relay	01:51.66		Rhose	Wales	09
Super Lifesaver	2:39.72	F. Hedger	RLSS England	Edmonton, Canada	Jun-09
Line	14.83	M. Wright / A. Wright	Heanor	Swansea UK	Feb 10

Female - 19					
Event	Time	Holder	Club	Location	Date
200m Obstacles	02:18.82	H.Smale	Mumbles	Swansea, UK	May-07
50m Manikin Carry	00:41.20	H.Smale	Mumbles	Swansea, UK	May-07
Combined Medley	01:21.85	H.Smale	Mumbles	Swansea, UK	May-07
100m Manikin Carry	01:04.17	H.Smale	Aberavon	Swansea, UK	May-06
100m Manikin Tow	01:05.79	D.Perks	Perranporth	Canet, France	Aug-07
200m Super Lifesaver	02:42.59	D.Perks	Perranporth	Bath, UK	Mar-08
12m Line	0:13.69	K.Forrester	Billingham Forum	Sheffield,UK	Sep-03
4x25m Manikin Relay	01:51.24	E.Parker, M.Wardman, L.Evans, S.Henderson	GBR Junior	Antwerp, Belgium	Sept-10
(Club)	01:59.47	E. Stallion, J. Person, H. Birkin, N. Hull	Heanor	Cardiff,UK	Mar-10
4x50m Obstacle					
(Club)	02:09.53	H.Smale	Mumbles	Swansea, UK	Mar-07
4x50m Medley Relay	01:55.53	E.Parker, M.Wardman, L.Evans, S.Henderson	GBR Juniors	Antwerp, Belgium	Sept-10
(Club)	01:59.73		Aberavon	Swansea, UK	May-06
Male - 19					
Event	Time	Holder	Club	Location	Date
200m Obstacles	2:05.31	P.John	Pen y Bont	Millfield, UK	Mar-03
50m Manikin Carry	0:36.26	R.Brown	Saunton Sands	Millfield, UK	Mar-03
Combined Medley	1:13.90	R.Brown	Saunton Sands	Millfield, UK	Mar-03
100m Manikin Carry	00:53.67	S. Worne	GBR Junior	Antwerp, Belgium	Sept-10
100m Manikin Tow	0:58.70	S. Worne	GBR Junior	Antwerp, Belgium	Sept-10
200m Super Lifesaver	2:33.98	S. Worne	Heanor	Cardiff, UK	Mar-10
12m Line	0:11.21	A.Needham	Heanor	Manchester, UK	Nov-01
4x25m Manikin Relay	01:38.29	C.Millburn, B.Parry, F.Hedger, S.Worne	GBR Junior	Antwerp, Belgium	Sept-10
(Club)	01:41.16		Blyth	Cardiff, UK	Mar-10
4x50m Obstacle					
(Club)	1:55.54		Pen y Bont	Millfield, UK	Mar-03
4x50m Medley Relay	01:43.09	C.Millburn, B.Parry, F.Hedger, S.Worne	GBR Youth	Antwerp, Belgium	Sept-10
(Club)	1:46.62		Pen y Bont	Millfield, UK	Mar-03

Female - 30/34					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:08.05	L.Moore	Crawley Town	Millfield, UK	Mar-03
50m Manikin Carry	0:40.42	L.Moore	Crawley Town	Millfield, UK	Mar-03
Combined Medley	1:30.50	H.Bell-West	Saunton Sands	Millfield, UK	Mar-01
100m Manikin Carry	1:13.71	H.Bell-West	Saunton Sands	Millfield, UK	Mar-01
100m Manikin Tow	01:15.91	H.Packman	Pen y Bont	Swansea, UK	Mar-07
200m Super Lifesaver					
12m Line	0:12.28	L. Mackie	Folkstone	Sheffield, UK	Feb-10
4x25m Manikin Relay mixed	1:35.99	S.Kitto, L.Moore, G.Lee, G.Black	Crawley Town	Millfield, UK	Mar-03
4x50m Obstacle Relay mixed	2:01.15	S.Kitto, L.Moore, G.Lee, G.Black	Crawley Town	Millfield, UK	Mar-03
4x50m Medley Relay mixed	1:50.77	Milne, Garner, Richards, Thomas	Perranporth	Berlin, Germany	July 08
Male - 30/34					
Event	Time	Holder	Club	Location	Date
100m Obstacles	00:59.34	R. Watkins	Pen y Bont	Wales	09
50m Manikin Carry	0:37.88	I. Brown	Crawley Town	Sheffield, Uk	Mar-06
Combined Medley	1:18.78	G.Black	Crawley Town	Millfield, UK	Mar-03
100m Manikin Carry	01:03.01	J.Lewis	Pen y Bont	Swansea, UK	Mar-07
100m Manikin Tow	1:00.30	C.Robinson	Pen y Bont	Millfield, UK	Mar-04
200m Super Lifesaver	2:33.22	C.Robinson	Pen y Bont	Millfield, UK	Mar-05
12m Line	0:09.85	R.Davidson	North Worcester	Sheffield, Uk	Sep-03
4x25m Manikin Relay mixed		see ladies 30/39			
4x50m Obstacle Relay mixed		see ladies 30/39			
4x50m Medley Relay mixed		see ladies 30/39			

Female - 35/39					
Event	Time	Holder	Club	Location	Date
100m Obstacles	01:19.80	M.Sullivan	Saunton Sands	Swansea, UK	Mar-06
200m Obstacles	05:07.88	C. Frank	Dawlish Warren	Berlin, Germany	Jul-08
50m Manikin Carry	00:51.05	C.Frank	Dawlish Warren	Swansea, UK	Mar-06
Combined Medley	01:44.29	A. Baines	Saunton Sands	Millfield, UK	Mar-09
100m Manikin Carry	1:13.71	C.Frank	Dawlish Warren	Swansea, UK	Mar-07
100m Manikin Tow	01:15.85	M.Sullivan	Saunton Sands	Swansea, UK	Mar-06
200m Super Lifesaver					
12m Line					
4x25m Manikin Relay mixed		see ladies 30/39			
4x50m Obstacle Relay mixed		see ladies 30/39			
4x50m Medley Relay mixed		see ladies 30/39			
Male - 35/39					
Event	Time	Holder	Club	Location	Date
100m Obstacles	01:02.46	C. Robinson	BS	Cardiff, UK	Mar-10
200m Obstacles	02:19.21	M. Forrester	Crantock	Berlin, Germany	Jul-08
50m Manikin Carry	00:39.78	C. Robinson	BS	Cardiff, UK	Mar-10
Combined Medley	01:20.94	C. Robinson	BS	Cardiff, UK	Mar-10
100m Manikin Carry	01:01.77	C. Robinson	BS	Cardiff, UK	Mar-10
100m Manikin Tow	01:01.56	C. Robinson	BS	Cardiff, UK	Mar-10
200m Super Lifesaver					
12m Line					
4x25m Manikin Relay mixed		see ladies 30/39			
4x50m Obstacle Relay mixed		see ladies 30/39			
4x50m Medley Relay mixed		see ladies 30/39			

Female - 40/44					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:18.20	J.Pascoe	Portreath	Millfield, UK	Mar-04
50m Manikin Carry	0:47.50	J.Pascoe	Portreath	Millfield, UK	Mar-04
Combined Medley	1:36.10	J.Pascoe	Portreath	Millfield, UK	Mar-04
100m Manikin Carry	1:18.90	J.Pascoe	Portreath	Millfield, UK	Mar-04
100m Manikin Tow	1:17.40	J.Pascoe	Portreath	Millfield, UK	Mar-04
12m Line	0:14.19	R, Fry (Z, Newlyn-Byer)	Folkstone	Sheffield, UK	Mar-09
4x25m Manikin Relay mixed	02:22.66		Rhose	Wales	09
4x50m Obstacle Relay mixed	02:31.12		Rhose Wales	Wales	09
4x50m Medley Relay mixed	02:20.33		Rhose	Wales	09
Male - 40/44					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:04.70	M.Garner	Perranporth	Millfield, UK	Mar-04
200m Obstacles	3:33.01	M. Garner	Perranporth	Berlin, Germany	Jul-08
50m Manikin Carry	0:38.92	D.Corden	North Worcester	Sydney, Australia.	Mar-06
Combined Medley	01:26.20	M. Plumridge	Saunton Sands	Millfield, UK	Mar-09
100m Manikin Carry	1.05.20	M.Garner	Perranporth	Millfield, UK	Mar-04
100m Manikin Tow	1:05.41	P.Richards	Portreath	Bath, UK	Mar-08
12m Line	0:10.58	G.Lee	Crawley Town	Orlando, USA	May-02
100m Obstacles		see ladies 40/44			
4x50 Obstacle Relay mixed		see ladies 40/44			
4x50m Medley Relay mixed		see ladies 40/44			
100m Still Water Boat	1:38.59	G.Lee	Crawley Town	Sydney, Australia.	May-00
Female - 45/49					
Event	Time	Holder	Club	Location	Date
100m Obstacles	01:18.56	J. Pascoe	Portreath	Millfield, UK	Mar-09
50m Manikin Carry	00:49.84	J. Pascoe	Portreath	Millfield, UK	Mar-09
Combined Medley	01:46.90	J. Pascoe	Portreath	Millfield, UK	Mar-09
100m Manikin Carry	01:21.01	J. Pascoe	Portreath	Millfield, UK	Mar-09
100m Manikin Tow	01:22.99	J. Pascoe	Portreath	Millfield, UK	Mar-09
12m Line					
4x25m Manikin Relay mixed		see ladies 40/44			
4x50m Obstacle Relay mixed		see ladies 40/44			
4x50m Medley Relay mixed		see ladies 40/44			

Male - 45/49					
Event	Time	Holder	Club	Location	Date
100m Obstacles	01:09.23	A. Morris	BS	Cardiff, UK	Mar 10
200m Obstacles	02:56.66	N. Deards	Perranporth	Berlin, Germany	Jul-08
50m Manikin Carry	00:40.50	G.Lee	Crawley Town LSC	Swansea, UK	Mar-06
Combined Medley	01:30.02	R.Bunny	Saunton Sands	Swansea, UK	Mar-06
100m Manikin Carry	01:05.47	P. Richards	Portreath	Cardiff, UK	Mar-10
100m Manikin Tow	01:06.64	D.Penman	Woolecombe	Swansea, UK	Mar-06
Line	23.11		Rhose A	Wales	09
4x50m Obstacle Relay mixed		See ladies 40/44	Rhose	Wales	09
4x50m Medley Relay mixed		see ladies 40/44			
2x25m Manikin relay mixed		See ladies 40/44			
Female - 50/54					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:37.60	G.Hevingham	Saunton Sands	Millfield, UK	Mar-04
50m Manikin Carry	57.06	C. Devine	Woolecombe	Cardiff, UK	Mar-10
Combined Medley	2:13.70	G.Hevingham	Saunton Sands	Millfield, UK	Mar-04
100m Manikin Carry	1:36.67	S. Bunny	Saunton Sands	Cardiff, UK	Mar-10
100m Manikin Tow	1:24.05	S. Bunny	Saunton Sands	Millfield, UK	Mar-09
10m Line	00:19.60	K. Batts	City of Rochester	Sheffield, UK	Feb-10
4x25m Manikin Relay mixed					
4x50m Obstacle Relay mixed					
4x50m Medley Relay mixed					
Male - 50/54					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:12.93	B.Bunny	Saunton Sands	Millfield, UK	Mar-09
200m Obstacles	02:51.48	G. Milne	Perranporth	Berlin, Germany	Jul-08
50m Manikin Carry	0:41.27	G. Lee	Crawley Town	Millfield, UK	Mar-09
Combined Medley	01:29.17	P.Bunny	Saunton Sands	Cardiff, UK	Mar-10
100m Manikin Carry	1:13.47	J.Gwyn	Swansea Fins	Millfield, UK	Mar-09
100m Manikin Tow	1:09.41	J.Lugg	Pen y Bont	Bath, UK	Mar-05
10m Line	0:10.28	G. Lee	Crawley Town	Sheffield, UK	Nov-09
4x25m Manikin Relay mixed					
4x50m Obstacle Relay mixed					
4x50m Medley Relay mixed					

Female - 55/59					
Event	Time	Holder	Club	Location	Date
100m Obstacles	1:48.51	B.Wilson	St. Ives	Bath, UK	Mar-08
50m Manikin Carry	1:00.27	B.Wilson	St. Ives	Bath, UK	Mar-08
Combined Medley	2:29.15	B.Wilson	St. Ives	Millfield, UK	Mar-09
100m Manikin Carry	1:54.57	B.Wilson	St. Ives	Millfield, UK	Mar-09
100m Manikin Tow	1:47.39	B.Wilson	St. Ives	Millfield, UK	Mar-09
4x25m Manikin Relay mixed					
4x50m Obstacle Relay mixed					
4x50m Medley Relay mixed					
Male - 55/59					
Event	Time	Holder	Club	Location	Date
100m Obstacles	00:13.41	G. Milne	Perranporth	Millfield, UK	Mar-09
50m Manikin Carry	00:48.17	S.Yeandle	Mumbles	Swansea, Uk	Mar-07
Combined Medley	01:41.51	D.Grey	Mumbles	Swansea, UK	Mar-07
100m Manikin Carry	01:25.33	S.Yeandle	Mumbles	Swansea, UK	Mar-07
100m Manikin Tow	01:17.26	N. Johnson	Dawlish Warren	Millfield, UK	Mar-09
12m Line	0:16.87	J.Stainer	Crawley Town	Coventry, UK	Nov-99
4x25m Manikin Relay mixed					
4x50m Obstacle Relay mixed					
4x50m Medley Relay mixed					
Female – 60/64					
Event	Time	Holder	Club	Location	Date
100m Obstacles					
50m Manikin Carry					
Combined Medley					
100m Manikin Carry					
100m Manikin Tow					
12m Line					
4x25m Manikin Relay mixed					
4x50 Obstacle Relay mixed					
4x50m Medley Relay mixed					

Male – 60/64					
Event	Time	Holder	Club	Location	Date
100m Obstacles	01:42.34	M. Burgess	Hayle	Berlin, Germany	Jul-08
50m Manikin Carry	0:55.69	J.Stainer	Crawley Town	Sheffield, UK	Nov-03
Combined Medley					
100m Manikin Carry	01.26.69	M. Burgess	Hayle	Berlin, Germany	July-08
100m Manikin Tow	01.31.02	M. Burgess	Hayle	Berlin, Germany	July-08
10m Line throw	0:11.66	J.Stainer	Crawley Town	Sheffield, UK	Nov-03
4x25m Manikin Relay mixed					
4x50m Obstacle Relay mixed					
4x50m Medley Relay mixed					
Female - 65+					
Event	Time	Holder	Club	Location	Date
100m Obstacles					
50m Manikin Carry					
Combined Medley					
100m Manikin Carry					
100m Manikin Tow					
12m Line					
4x25m Manikin Relay (mixed)					
4x50M Obstacle Relay (mixed)					
4x50m Medley Relay (mixed)					
Male - 65+					
Event	Time	Holder	Club	Location	Date
100m Obstacles					
50m Manikin Carry					
Combined Medley					
100m Manikin Carry					
100m Manikin Tow					
10m Line throw					
4x25m Manikin Relay (mixed)					
4x50M Obstacle Relay (mixed)					
4x50m Medley Relay (mixed)					

Female 120+					
4x50 Obstacle relay	03:34.66	L. Taylor, J. Whyman, E. Whyman, Tracey	Blyth	Sheffield	Mar-09
Female 140+					
4x50m Obstacles relay	02:30.62	D. Wickens, L. Mackie, M. Wells, R. Fry	Folkstone	Sheffield, UK	Feb-10
4x12m Line relay	01:35.41	L. Mackie, D. Fkley, R. Fry, Z, Newlyn	Folkstone	Sheffield, UK	Mar-09
Male 140+					
4x50m Obstacles	2:41.08	Attwell, S. McGlinchey, A. Le Pavoux, D. Issac	Jersey	Sheffield, UK	Mar-08
4x12m Line relay	1:33.01	R. Shipston, G. Purdy, A., Pearson, A. Stevenson	Colwick Park	Sheffield, UK	Mar 09
Female 170+					
4x50m Obstacles relay	02:20.47	L. Taylor, J. Whyman, T. Rutherford, K. Gourley	Blyth	Sheffield, UK	Feb-10
4x12m line relay	01:46.75	R. Fry, L. Mackie, Z. Newlyn-Byer, M. Wells	Folkstone Sports Centre	Sheffield, UK	Feb-10
Male 170+					
4x50m Obstacle relay	02:07.69	S. McGlinchey, M. Morrison, A. Attwell, R. Angell	Jersey Aquatic Rescue	Sheffield, UK	Feb-1-
4x50m Medley relay	01:50.77	Milne, Garner, Richards, Thomas	Perranporth	Berlin, Germany	Jul-08
4x12m Line relay	01:37.39	M. Morrison, A. Attwell, S. McGlinchey, A. Le Pavoux	Jersey Aquatic Rescue	Sheffield, UK	Feb-10
Female 200+					
4x50m Obstacles relay	3:03.85	E. Lewis, D. Fox, M. Yates, J. Young	Bournemouth	Sheffield, UK	Feb-10
Male 200+					
4x50m Obstacles relay	02:58.35	K. Wilknsn, G. Carlyles, P. Riley, D. Purvis	Blyth	Sheffield, UK	Feb-10
4x12m line relay	02:00.12	C. Wright, M. Cast, K. Moseley, M. Thomas	Heanor	Sheffield, UK	Mar-09