

## Recorded swims of Coniston by Dolphins (Dec 2011)

Please note this list has been extracted from swim archives. If you believe there to be an error or that any of your swims are missing, please tell Andy and he will willingly update it.

### **One Way**

		Name	Year	Stroke	Time	Comment
Coniston	5.25	Tony Fillingham	2011	Freestyle	04:08:31	
Coniston	5.25	Jo Norton-Barker	2011	Freestyle	03:01:59	
Coniston	5.25	Sarah Beresford	2011	Freestyle	02:54:19	
Coniston	5.25	Eve Fellows	2011	Freestyle	02:18:47	
Coniston	5.25	Michaela Richard	2010	Freestyle	02:42:14	
Coniston	5.25	Jo Norton-Barker	2010	Freestyle	02:52:05	
Coniston	5.25	Mark Blewitt	2010	Freestyle	02:01:58	
Coniston	5.25	Christian Wade	2010	Freestyle	02:18:51	
Coniston	5.25	Eve Fellows	2010	Freestyle	02:08:17	
Coniston	5.25	Eve Fellows	2009	Freestyle	2.00.31	
Coniston	5.25	Michaela Richard	2009	Freestyle	2.17.31	
Coniston	5.25	Jo Norton-Barker	2009	Freestyle	3.05.55	
Coniston	5.25	Dave Bowker	2009	Freestyle	3.58.31	
Coniston	5.25	Caroline Lewis	2009	Freestyle	3.12.55	
Coniston	5.25	Jo Norton-Barker	2008	Freestyle	03:30:47	
Coniston	5.25	Joe Coy	2008	Freestyle	03:05:14	
Coniston	5.25	Michaela Richard	2008	Freestyle	02:26:51	
Coniston	5.25	Steve O'Brien	2008	Breaststroke	03:20:24	
Coniston	5.25	Christian Wade	2008	Freestyle	02:46:36	
Coniston	5.25	Michaela Richard	2007	Freestyle	02:14:29	
Coniston	5.25	Dave Bowker	2007	Freestyle	03:41:56	
Coniston	5.25	Richard Walsh	2007	Freestyle		9 lakes challenge
Coniston	5.25	Joe Coy	2006	Freestyle	02.52.03	
Coniston	5.25	Michaela Richard	2006	Freestyle	02.14.47	
Coniston	5.25	Lisa Stout	2006	Freestyle	02.40.04	
Coniston	5.25	Caroline Lewis	2005	Freestyle		
Coniston	5.25	Christian Wade	2005	Freestyle	02:24:36	
Coniston	5.25	Henry Lowther	2005	Freestyle	02:44:40	
Coniston	5.25	Joe Coy	2005	Freestyle	02:47:53	
Coniston	5.25	Kevin Saunders	2005	Freestyle	02:38:04	
Coniston	5.25	Joe Coy	2004	Freestyle	03:14:11	
Coniston	5.25	Dave Feakes	2003	Freestyle	02:23:32	
Coniston	5.25	Lesley Feakes	2003	Breaststroke	03:00:33	
Coniston	5.25	Michaela Richard	2003	Freestyle	02:19:42	
Coniston	5.25	Nicola Wright	2003	Freestyle	02:53:54	Junior
Coniston	5.25	Andrew Wright	2002	Freestyle	02:28:00	
Coniston	5.25	Dave Feakes	2002	Freestyle	02:32:21	
Coniston	5.25	Lesley Feakes	2002	Breaststroke	03:21:20	
<b>Coniston</b>	<b>5.25</b>	<b>Natalie Jones</b>	<b>2002</b>	<b>Freestyle</b>	<b>02:10:07</b>	<b>1st Junior</b>
Coniston	5.25	Andrew Wright	2001	Freestyle	02:25:57	
Coniston	5.25	Dave Feakes	2001	Freestyle	02:29:20	
Coniston	5.25	Dave Feakes	2001	Freestyle	03:11:00	
Coniston	5.25	John Lydon	2001	Breaststroke	02:55:41	1st B/S
Coniston	5.25	Andrew Wright	2000	Freestyle	02:18:57	
Coniston	5.25	Dave Feakes	2000	Freestyle	02:29:27	
Coniston	5.25	Lesley Feakes	2000	Breaststroke	03:17:05	
Coniston	5.25	Michaela Richard	2000	Freestyle	02:07:57	
Coniston	5.25	Dave Feakes	1999	Freestyle	02:30:02	
Coniston	5.25	Lesley Feakes	1999	Breaststroke	03:41:28	
Coniston	5.25	Michaela Richard	1999	Freestyle	02:58:17	
Coniston	5.25	Nick Hunter-Choat	1999	Freestyle	02:58:17	Junior
Coniston	5.25	Andrew Wright	1998	Freestyle	02:33:54	
Coniston	5.25	Dave Feakes	1998	Freestyle	02:36:47	
Coniston	5.25	Lesley Feakes	1998	Breaststroke	03:04:42	
Coniston	5.25	Michaela Yates	1998	Freestyle	02:17:44	1st Lady
Coniston	5.25	Nick Hunter-Choat	1998	Freestyle	03:47:46	Junior
Coniston	5.25	Tom Towey	1998	Freestyle	03:09:05	
Coniston	5.25	Kay Barton	1997	Breaststroke	02:49:41	
Coniston	5.25	Michaela Yates	1997	Freestyle	02:36:00	

Coniston	5.25	Michaela Yates	1997	Freestyle	02:36:00	
Coniston	5.25	Paul Lynch	1997	Breaststroke	03:20:47	
Coniston	5.25	Dave Quartermain	1996	Freestyle	01:56:54	1st Gent
Coniston	5.25	Maurice Ferguson	1996	Freestyle	03:21:39	
Coniston	5.25	Michaela Yates	1996	Freestyle	02:36:04	
Coniston	5.25	Neil Thompson	1996	Breaststroke	02:53:34	
Coniston	5.25	Tom Clark-Nolan	1996	Freestyle	02:32:44	
Coniston	5.25	Virgina Ferguson	1996	Freestyle	02:55:42	
Coniston	5.25	Maurice Ferguson	1995	Freestyle	03:19:12	
Coniston	5.25	Michaela Yates	1995	Freestyle	02:24:43	
Coniston	5.25	Wendy Stringer	1995	Freestyle		
Coniston	5.25	Wendy Stringer	1995	Freestyle	04:05:50	
Coniston	5.25	Wendy Stringer	1995	Freestyle	04:05:50	
Coniston	3.25	Wendy Stringer	1995	Breaststroke	02:12:25	
Coniston	5.25	Dave Quartermain	1994	Freestyle	01:55:44	1st Gent
Coniston	5.25	Sally Baldwin	1994	Freestyle	02:47:32	
Coniston	5.25	Dave Penketh	1993	Breaststroke	02:42:16	
Coniston	5.25	Dave Penketh	1993	Breaststroke	03:48:38	
Coniston	5.25	Helen Stringer	1993	Breaststroke	03:04:40	
Coniston	5.25	Jon Stringer	1993	Freestyle	02:15:47	
Coniston	5.25	Kay Barton	1993	Breaststroke	02:45:21	
Coniston	5.25	Maurice Ferguson	1993	Freestyle	03:09:27	
Coniston	5.25	Dave Penketh	1991	Breaststroke	03:59:53	
Coniston	5.25	Helen Stringer	1991	Breaststroke	05:04:18	
Coniston	5.25	Maurice Ferguson	1991	Freestyle	03:28:14	
Coniston	5.25	Dawn Hall	1990	Freestyle	02:49:36	
Coniston	5.25	Kevin Ferguson	1990	Butterfly	03:55:00	
Coniston	5.25	Maurice Ferguson	1990	Freestyle	03:26:59	
Coniston	5.25	Simon Ferguson	1990	Freestyle	02:42:13	
Coniston	5.25	Caroline Smith	1989	Freestyle		
Coniston	5.25	Kevin Ferguson	1989	Freestyle	03:38:00	
Coniston	5.25	Maurice Ferguson	1989	Freestyle	03:23:00	
Coniston	5.25	Simon Ferguson	1989	Freestyle	02:54:00	
Coniston	5.25	Maurice Ferguson	1988	Freestyle	02:58:00	
Coniston	5.25	Keith Bosson	1987	Freestyle		
Coniston	5.25	Simon Ferguson	1987	Freestyle	02:49:07	
Coniston	5.25	Chris Green	1986	Freestyle	02:46:00	
Coniston	5.25	Chris Green	1986	Freestyle	03:10:00	
Coniston	5.25	Chris Green	1986	Freestyle	03:09:00	
Coniston	5.25	Dave Penketh	1986	Breaststroke	03:19:14	
Coniston	5.25	Dilys Beynon	1986	Freestyle	02:39:05	
Coniston	5.25	Jimmy Tinsley	1986	Freestyle	02:23:04	
Coniston	5.25	Maurice Ferguson	1986	Freestyle	03:19:15	
Coniston	5.25	Peter Axson	1986	Freestyle	03:12:20	
Coniston	5.25	Simon Ferguson	1986	Freestyle	02:53:43	
Coniston	5.25	Chris Green	1985	Freestyle	02:56:44	
Coniston	5.25	Chris Green	1985	Freestyle	02:56:00	
Coniston	5.25	Dilys Beynon	1985	Freestyle	02:40:00	
Coniston	5.25	Harry Brooks	1985	Freestyle		
Coniston	5.25	Maurice Ferguson	1985	Freestyle	03:21:19	
Coniston	5.25	Peter Axson	1985	Freestyle		
Coniston	5.25	Chris Green	1984	Freestyle	02:56:00	
Coniston	5.25	Chris Green	1984	Freestyle	03:52:00	
Coniston	5.25	Chris Green	1984	Freestyle	03:19:00	
Coniston	5.25	Chris Green	1984	Freestyle	03:06:06	
Coniston	5.25	<b>Dilys Beynon</b>	<b>1984</b>	<b>Freestyle</b>	<b>02:45:39</b>	<b>1st Lady</b>
Coniston	5.25	Harry Brooks	1984	Freestyle	05:30:38	
Coniston	5.25	Maurice Ferguson	1984	Freestyle	03:07:00	
Coniston	5.25	Paul Kochanek	1984	Freestyle	03:07:00	
Coniston	5.25	Peter Axson	1984	Freestyle	02:57:08	
Coniston	5.25	Stephen Dockery	1984	Freestyle	01:54:46	
Coniston	5.25	Chris Green	1983	Freestyle		
Coniston	5.25	Chris Green	1983	Freestyle		
Coniston	5.25	Chris Green	1983	Freestyle		
Coniston	5.25	Dilys Beynon	1983	Freestyle	02:38:57	
Coniston	5.25	Helen Driver	1983	Freestyle	02:17:00	
Coniston	5.25	Ian Ainsworth	1983	Freestyle	02:03:29	

Coniston	5.25	Maurice Ferguson	1983	Freestyle	03:32:00	
Coniston	5.25	Paul Gwatkin	1983	Freestyle		
Coniston	5.25	Paul Gwatkin	1983	Freestyle		
Coniston	5.25	Stephen Dockery	1983	Freestyle	02:00:00	
Coniston	5.25	Trevor Symmons	1983	Freestyle	03:23:06	
Coniston	5.25	Chris Green	1982	Freestyle	03:34:00	
Coniston	5.25	Dilys Benyon	1982	Freestyle	02:38:57	
Coniston	5.25	Ian Ainsworth	1982	Freestyle	02:18:03	
Coniston	5.25	Maurice Ferguson	1982	Freestyle	03:18:28	
Coniston	5.25	Paul Kochanek	1982	Freestyle	03:22:10	
Coniston	5.25	Trevor Symmons	1982	Freestyle	03:23:06	
Coniston	5.25	Chris Green	1981	Freestyle	03:01:00	
Coniston	5.25	Chris Green	1981	Freestyle	02:59:56	
Coniston	5.25	Chris Green	1981	Freestyle	02:51:45	
Coniston	5.25	Dilys Benyon	1981	Freestyle	02:57:00	
Coniston	5.25	Fred James	1981	Freestyle	03:05:49	
Coniston	5.25	Helen Driver	1981	Freestyle	02:30:00	
<b>Coniston</b>	<b>5.25</b>	<b>Helen Driver</b>	<b>1981</b>	<b>Freestyle</b>	<b>02:12:04</b>	<b>Junior Ladies Recor</b>
<b>Coniston</b>	<b>5.25</b>	<b>Ian Ainsworth</b>	<b>1981</b>	<b>Freestyle</b>	<b>02:16:05</b>	<b>Junior Record</b>
Coniston	5.25	Karen Jones	1981	Freestyle	03:06:57	
Coniston	5.25	Ken Bailey	1981	Freestyle	04:08:43	
Coniston	5.25	Maurice Ferguson	1981	Freestyle	02:53:18	
Coniston	5.25	Paul Gwatkin	1981	Freestyle	03:10:00	
Coniston	5.25	Paul Kochanek	1981	Freestyle	04:32:00	
Coniston	5.25	Stephen Dockery	1981	Freestyle	02:13:55	
Coniston	5.25	Arthur Williams	1980	Freestyle		
Coniston	5.25	D. Palmer	1980	Freestyle		
Coniston	5.25	D. Palmer	1980	Freestyle		
Coniston	5.25	D. Palmer	1980	Freestyle		
Coniston	5.25	Dilys Benyon	1980	Freestyle	02:30:50	
Coniston	5.25	Fred James	1980	Freestyle	02:51:20	
Coniston	5.25	Frederick Wilkinson	1980	Breaststroke		
Coniston	5.25	Hans Jungmayr	1980	Freestyle		
Coniston	5.25	Maurice Ferguson	1980	Freestyle	03:10:05	
Coniston	5.25	Maurice Ferguson	1980	Freestyle	02:12:00	
Coniston	5.25	Stephen Dockery	1980	Freestyle	02:13:55	
Coniston	5.25	Sue Johnson	1980	Breaststroke	02:55:00	
Coniston	5.25	Sue Johnson	1980	Breaststroke		
Coniston	5.25	Trevor Symmons	1980	Freestyle	04:20:00	
Coniston	5.25	V. Gorman	1980	Freestyle	03:25:00	
Coniston	5.25	V. Gorman	1980	Freestyle	03:24:00	
Coniston	5.25	Arthur Williams	1979	Freestyle	03:57:00	
Coniston	5.25	Chris Green	1979	Freestyle	04:25:00	
Coniston	5.25	Chris Green	1979	Freestyle	04:00:00	
Coniston	5.25	Chris Green	1979	Freestyle	03:59:00	
Coniston	5.25	Frederick Wilkinson	1979	Freestyle	04:24:40	
Coniston	5.25	H. P. Jangmayr	1979	Freestyle	03:48:00	
Coniston	5.25	H. P. Jangmayr	1979	Freestyle	03:25:00	
Coniston	5.25	Ken Bailey	1979	Freestyle	04:49:13	
Coniston	5.25	Margaret Smith	1979	Freestyle	03:56:00	
Coniston	5.25	Maurice Ferguson	1979	Freestyle	02:37:45	
Coniston	5.25	Paul Gwatkin	1979	Freestyle	03:08:00	Junior 11year old
Coniston	5.25	Trevor Symmons	1979	Freestyle	04:09:18	
Coniston	5.25	Vince Gorman	1979	Freestyle	03:24:30	
Coniston	5.25	Vince Gorman	1979	Freestyle	03:48:00	
Coniston	5.25	Arthur Carr	1978	Freestyle	03:24:00	
Coniston	5.25	Chris Carter	1978	Freestyle	02:25:46	
Coniston	5.25	Chris Green	1978	Freestyle	03:50:00	
Coniston	5.25	Dave Palmer	1978	Freestyle	03:22:00	
Coniston	5.25	Dave Yeomans	1978	Freestyle	03:36:00	
Coniston	5.25	John Peers	1978	Freestyle	03:16:26	
Coniston	5.25	Karen Jones	1978	Freestyle	02:50:02	
Coniston	5.25	Lillian Brooks-Bell	1978	Freestyle	03:51:32	
Coniston	5.25	Maurice Ferguson	1978	Freestyle	03:36:00	
Coniston	5.25	Pat Dawson	1978	Freestyle	03:04:45	
Coniston	5.25	Paul Tew	1978	Freestyle		
Coniston	5.25	Ron Evans	1978	Freestyle	02:01:00	

Coniston	5.25	Sue Johnson	1978	Breaststroke	02:35:25	
Coniston	5.25	Trevor Symmons	1978	Freestyle	03:19:00	
Coniston	5.25	Vince Gorman	1978	Freestyle	03:25:00	
Coniston	5.25	Alan Humphries	1977	Freestyle	02:44:40	
Coniston	5.25	Arthur Williams	1977	Freestyle	03:52:07	
Coniston	5.25	Bob Keating	1977	Freestyle	02:45:00	
Coniston	5.25	Chris Carter	1977	Freestyle	02:27:25	
Coniston	5.25	Chris Green	1977	Freestyle	04:17:06	
Coniston	5.25	Gina Clarke	1977	Freestyle	02:13:05	
Coniston	5.25	Gina Clarke	1977	Freestyle	02:38:00	
Coniston	5.25	John Heapy	1977	Breaststroke	03:28:31	
Coniston	5.25	John Peers	1977	Freestyle	03:17:30	
Coniston	5.25	Ken Bailey	1977	Freestyle	04:22:37	
Coniston	5.25	Kevin Ferguson	1977	Freestyle	02:51:00	
Coniston	5.25	Lillian Brooks-Bell	1977	Freestyle	03:56:00	
Coniston	5.25	Maurice Ferguson	1977	Freestyle	03:11:10	
Coniston	5.25	Pat Dawson	1977	Freestyle	03:06:30	
Coniston	5.25	Ron Evans	1977	Freestyle	02:03:23	
Coniston	5.25	Sue Johnson	1977	Breaststroke	02:33:10	
Coniston	5.25	Gina Clarke	1976	Freestyle	02:38:00	
Coniston	5.25	Gina Clarke	1976	Freestyle	02:18:45	
Coniston	5.25	John Alexander	1976	Freestyle	02:59:15	
Coniston	5.25	Ken Bailey	1976	Freestyle	03:47:10	
Coniston	5.25	Kevin Ferguson	1976	Freestyle	02:59:10	
Coniston	5.25	Margaret Smith	1976	Breaststroke	04:03:33	
Coniston	5.25	Maurice Ferguson	1976	Freestyle	03:28:00	
Coniston	5.25	Maurice Ferguson	1976	Freestyle	03:12:42	
Coniston	5.25	Pat Dawson	1976	Freestyle	02:44:40	
Coniston	5.25	Ron Evans	1976	Freestyle	01:56:25	
Coniston	5.25	Chris Carter	1975	Freestyle	02:58:00	
Coniston	5.25	Dilys Beynon	1975	Freestyle	03:03:44	
Coniston	5.25	<b>Gina Clarke</b>	<b>1975</b>	<b>Freestyle</b>	<b>02:33:29</b>	<b>Junior Record</b>
Coniston	5.25	Jean Wilkin	1975	Freestyle	02:53:00	
Coniston	5.25	John Alexander	1975	Freestyle	03:13:32	
Coniston	5.25	John Humphries	1975	Freestyle	03:49:42	
Coniston	5.25	Ken Bailey	1975	Freestyle	05:03:21	
Coniston	5.25	Kevin Ferguson	1975	Freestyle	03:17:00	
Coniston	5.25	Maurice Ferguson	1975	Freestyle	03:16:00	
Coniston	5.25	Pat Dawson	1975	Freestyle	02:57:40	
Coniston	5.25	Bob Keating	1974	Freestyle	02:44:57	
Coniston	5.25	Elaine Jordan	1974	Freestyle	04:30:19	
Coniston	5.25	John Alexander	1974	Freestyle	02:57:29	
Coniston	5.25	Ken Bailey	1974	Freestyle	03:37:27	
Coniston	5.25	Kevin Ferguson	1974	Freestyle	03:17:00	
Coniston	5.25	Margaret Meredith	1974	Freestyle	04:07:00	
Coniston	5.25	Maurice Ferguson	1974	Freestyle	02:49:42	
Coniston	5.25	Pat Dawson	1974	Freestyle	02:46:10	
Coniston	5.25	Arthur Williams	1973	Freestyle	04:52:00	
Coniston	5.25	Billy Dutton	1973	Freestyle	02:27:27	
Coniston	5.25	Carole Monks	1973	Freestyle	03:37:31	
Coniston	5.25	Dave Watmough	1973	Freestyle	03:41:18	
Coniston	5.25	Geoff Monks	1973	Freestyle	03:37:31	
Coniston	5.25	John Alexander	1973	Freestyle	03:20:27	
Coniston	5.25	John Heapy	1973	Freestyle	03:11:08	
Coniston	5.25	Maurice Ferguson	1973	Freestyle	03:31:34	
Coniston	5.25	Pat Dawson	1973	Freestyle	03:05:07	
Coniston	5.25	Arthur Williams	1972	Freestyle	03:35:17	
Coniston	5.25	Dave Watmough	1972	Freestyle	03:08:15	
Coniston	5.25	David Pritt	1972	Freestyle	03:18:25	
Coniston	5.25	Dilys Beynon	1972	Freestyle	02:35:15	
Coniston	5.25	Harry Peacock	1972	Freestyle	03:12:00	
Coniston	5.25	Jill Adey	1972	Freestyle	02:41:46	
Coniston	5.25	Jill Adey	1972	Freestyle	02:35:55	
Coniston	5.25	<b>John Heapy</b>	<b>1972</b>	<b>Butterfly</b>	<b>03:45:20</b>	<b>Inaugural Record</b>
Coniston	5.25	Maurice Ferguson	1972	Freestyle	03:17:47	
Coniston	5.25	Pat Dawson	1972	Freestyle	02:51:12	
Coniston	5.25	Harry Peacock	1971	Freestyle	03:59:00	

Coniston	5.25	Jill Adey	1971	Freestyle	02:54:40	
Coniston	5.25	Maurice Ferguson	1971	Freestyle	03:39:05	
Coniston	5.25	Maurice Ferguson	1970	Freestyle	03:52:15	
Coniston	5.25	Alan Humphries	1969	Freestyle	03:29:00	
Coniston	5.25	David Jackson	1969	Freestyle	02:41:25	
Coniston	5.25	<b>Dilys Beynon</b>	<b>1969</b>	<b>Freestyle</b>	<b>02:30:18</b>	<b>Record</b>
Coniston	5.25	Janice Alexander	1969	Freestyle	03:16:00	
Coniston	5.25	John Alexander	1969	Freestyle	03:16:10	
Coniston	5.25	John Howcroft	1969	Freestyle	03:46:00	
Coniston	5.25	Arthur Williams	1968	Freestyle	03:38:20	
Coniston	5.25	Chris Carter	1968	Freestyle	02:55:00	
Coniston	5.25	Dave Barnard	1968	Freestyle	03:30:00	
Coniston	5.25	John Heapy	1968	Freestyle	03:21:00	
Coniston	5.25	Chris Carter	1967	Freestyle	03:16:10	
Coniston	5.25	John Heapy	1967	Freestyle	03:14:48	
Coniston	5.25	Bob Keating	1966	Freestyle	03:20:00	
Coniston	5.25	Chris Carter	1966	Freestyle	02:50:00	
Coniston	5.25	<b>Christina Genge</b>	<b>1965</b>	<b>Breaststroke</b>	<b>03:15:00</b>	<b>Record</b>
Coniston	5.25	Arthur Williams	1964	Freestyle	04:08:00	
Coniston	5.25	Bob Keating	1964	Freestyle	03:20:00	
Coniston	5.25	Ian Thompson	1964	Freestyle	03:51:00	
Coniston	5.25	Sue Shallcross	1964	Freestyle	03:52:00	
Coniston	5.25	Bob Keating	1963	Freestyle	03:15:00	33rd person to swim it
Coniston	5.25	John Heapy	1963	Freestyle	03:15:00	30th person to swim it
Coniston	5.25	Veronica Anderson	1959	Freestyle	03:55:00	5th swimmer 1st lady

### Two Way

Coniston 2 ways	10.5	Caroline Lewis	2011	Freestyle		
Coniston 2 ways	10.5	Caroline Lewis	2011	Freestyle		
Coniston 2 ways	10.5	Lesley Feakes	2003	Breaststroke	06:58:00	
Coniston 2 ways	10.5	Dave Feakes	2002	Freestyle		
Coniston 2 ways	10.5	Michaela Richard	2000	Freestyle	05:02:06	
Coniston 2 ways	10.5	Michaela Yates	1997	Freestyle	05:06:00	
Coniston 2 ways	10.5	Michaela Yates	1997	Freestyle	05:06:00	
Coniston 2 ways	10.5	Michaela Yates	1996	Freestyle	05:47:02	
Coniston 2 ways	10.5	Paul Tew	1995	Freestyle	07:05:32	
Coniston 2 ways	10.5	Tom Clark-Nolan	1995	Freestyle	06:21:02	
Coniston 2 ways	10.5	Tom Nolan	1995	Freestyle		
Coniston 2 ways	10.5	Caroline Smith	1994	Freestyle	06:35:17	
Coniston 2 ways	10.5	Mike Cooke	1994	Freestyle	06:54:13	
Coniston 2 ways	10.5	Peter Axson	1983	Freestyle	07:17:39	
<b>Coniston 2 ways</b>	<b>10.5</b>	<b>John Heapy</b>	<b>1981</b>	<b>Backstroke</b>	<b>07:18:20</b>	<b>Inaugural Record</b>
Coniston 2 ways	10.5	Maurice Ferguson	1981	Freestyle	07:53:18	
Coniston 2 ways	10.5	V. Gorman	1980	Freestyle	07:20:00	
Coniston 2 ways	10.5	V. Gorman	1980	Freestyle	07:57:00	
Coniston 2 ways	10.5	Arthur Williams	1976	Freestyle	07:55:20	
<b>Coniston 2 ways</b>	<b>10.5</b>	<b>Chris Carter</b>	<b>1976</b>	<b>Freestyle</b>	<b>05:02:00</b>	<b>Allcomes Record</b>
Coniston 2 ways	10.5	John Alexander	1976	Freestyle	07:24:30	
Coniston 2 ways	10.5	Bob Keating	1975	Freestyle	06:41:57	
Coniston 2 ways	10.5	Ken Bailey	1975	Freestyle	08:50:00	
<b>Coniston 2 ways</b>	<b>10.5</b>	<b>Margaret Smith</b>	<b>1975</b>	<b>Breaststroke</b>	<b>08:23:23</b>	<b>Ladies record</b>
Coniston 2 ways	10.5	Chris Carter	1972	Freestyle	06:05:00	
Coniston 2 ways	10.5	Maurice Ferguson	1972	Freestyle	08:07:15	
Coniston 2 ways	10.5	Chris Carter	1971	Freestyle	06:02:00	
Coniston 2 ways	10.5	John Heapy	1971	Freestyle	07:08:45	
<b>Coniston 2 ways</b>	<b>10.5</b>	<b>Dilys Beynon</b>	<b>1970</b>	<b>Freestyle</b>	<b>05:37:17</b>	<b>Ladies Record</b>
Coniston 2 ways	10.5	John Howcroft	1970	Freestyle	09:21:00	

### Three Way

<b>Coniston 3 ways</b>	<b>15.75</b>	<b>Michaela Yates</b>	<b>2000</b>	<b>Freestyle</b>	<b>07:33:34</b>	<b>World Record</b>
Coniston 3 ways	15.75	Sally Baldwin	1994	Freestyle	08:58:40	

### Veterans Course

Coniston Veterans	3.25	Andrew Wright	2011	Freestyle	1.42.20	
Coniston Veterans	3.25	Andrew Wright	2010	Freestyle	1.39.13	
Coniston Veterans	3.25	Andrew Wright	2009	Freestyle	1.46.46	
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Julie Mainwaring</b>	<b>2009</b>	<b>Freestyle</b>	<b>1.34.47</b>	<b>1st Lady</b>

Coniston Veterans	3.25	Andrew Wright	2008	Freestyle	01:35:26	
Coniston Veterans	3.25	Julie Mainwaring	2008	Freestyle	01:38:00	
Coniston Veterans	3.25	Andrew Wright	2007	Freestyle	01:38:50	
Coniston Veterans	3.25	Andrew Wright	2006	Freestyle	01:32:54	
Coniston Veterans	3.25	David Bowker	2006	Freestyle	02:36:59	
Coniston Veterans	3.25	Claire Dickinson	2006	Freestyle	01:53:18	
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Andrew Wright</b>	<b>2005</b>	<b>Freestyle</b>	<b>01:41:36</b>	<b>1st Gent</b>
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Andrew Wright</b>	<b>2004</b>	<b>Freestyle</b>	<b>01:33:16</b>	<b>1st Gent</b>
Coniston Veterans	3.25	Anna Barker	2004	Backstroke	02:01:57	
Coniston Veterans	3.25	Andrew Wright	2003	Freestyle	01:27:52	
Coniston Veterans	3.25	Anna Barker	2003	Backstroke	01:50:43	
Coniston Veterans	3.25	Maurice Ferguson	2003	Freestyle	02:47:13	
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Andrew Wright</b>	<b>2002</b>	<b>Freestyle</b>	<b>01:28:45</b>	<b>1st Gent</b>
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Anna Barker</b>	<b>2002</b>	<b>Backstroke</b>	<b>01:47:13</b>	<b>1st Lady Record</b>
Coniston Veterans	3.25	Maurice Ferguson	2002	Freestyle	02:36:06	
Coniston Veterans	3.25	Maurice Ferguson	2000	Freestyle	02:31:48	
Coniston Veterans	3.25	Dave Penketh	1997	Freestyle	02:40:40	
Coniston Veterans	3.25	Helen Stringer	1997	Freestyle	03:31:35	
Coniston Veterans	3.25	Jon Stringer	1997	Freestyle		
Coniston Veterans	3.25	Wendy Stringer	1997	Freestyle		
Coniston Veterans	3.25	Dave Penketh	1996	Breaststroke	02:52:17	
Coniston Veterans	3.25	Lillian Brooks-Bell	1995	Breaststroke	03:19:35	
Coniston Veterans	3.25	Maurice Ferguson	1995	Freestyle	02:18:55	
Coniston Veterans	3.25	Tom Clark-Nolan	1995	Freestyle	01:49:01	
Coniston Veterans	3.25	Dave Penketh	1994	Breaststroke	02:37:56	
Coniston Veterans	3.25	Lillian Brooks-Bell	1994	Freestyle	03:00:51	
Coniston Veterans	3.25	Dave Penketh	1993	Breaststroke	02:37:17	
Coniston Veterans	3.25	Helen Stringer	1993	Freestyle	02:56:19	
Coniston Veterans	3.25	Jon Stringer	1993	Freestyle	02:02:34	
Coniston Veterans	3.25	Maurice Ferguson	1993	Freestyle	02:08:05	
Coniston Veterans	3.25	Dave Penketh	1992	Freestyle	02:42:16	
Coniston Veterans	3.25	Helen Stringer	1992	Breaststroke	03:04:40	
Coniston Veterans	3.25	Jon Stringer	1992	Freestyle	02:15:47	
Coniston Veterans	3.25	Maurice Ferguson	1992	Freestyle	02:09:27	
Coniston Veterans	3.25	Helen Stringer	1991	Breaststroke	02:47:38	
Coniston Veterans	3.25	Lillian Brooks-Bell	1991	Breaststroke	02:54:44	
Coniston Veterans	3.25	Dilys Beynon	1990	Freestyle	01:50:43	
Coniston Veterans	3.25	Harry Brroks	1990	Breaststroke	03:52:36	
Coniston Veterans	3.25	Lillian Brooks-Bell	1990	Breaststroke	02:58:14	
Coniston Veterans	3.25	Dilys Beynon	1987	Freestyle	01:56:52	
Coniston Veterans	3.25	Harry Brooks	1987	Freestyle	04:08:12	
Coniston Veterans	3.25	Maurice Ferguson	1987	Freestyle	02:16:37	
Coniston Veterans	3.25	Dilys Beynon	1986	Freestyle	01:48:38	1st Lady
Coniston Veterans	3.25	Harry Brooks	1986	Breaststroke	04:08:12	
Coniston Veterans	3.25	Maurice Ferguson	1986	Freestyle	02:16:57	
Coniston Veterans	3.25	Harry Brooks	1985	Freestyle	03:46:51	
Coniston Veterans	3.25	Peter Axson	1985	Freestyle	02:22:46	
Coniston Veterans	3.25	Harry Brooks	1984	Freestyle	03:08:17	
<b>Coniston Veterans</b>	<b>3.25</b>	<b>John Heapy</b>	<b>1984</b>	<b>Butterfly</b>	<b>02:45:46</b>	
Coniston Veterans	3.25	Ken Bailey	1984	Freestyle	02:43:57	
Coniston Veterans	3.25	Lillian Brooks-Bell	1984	Freestyle	02:40:25	
Coniston Veterans	3.25	Maurice Ferguson	1984	Freestyle	02:05:29	
Coniston Veterans	3.25	Peter Axson	1984	Freestyle	02:02:30	
Coniston Veterans	3.25	Arthur Williams	1983	Freestyle		
Coniston Veterans	3.25	Harry Brooks	1983	Freestyle	03:04:15	
Coniston Veterans	3.25	Ken Bailey	1983	Freestyle	02:45:01	
Coniston Veterans	3.25	Lillian Brooks-Bell	1983	Freestyle	03:09:07	
Coniston Veterans	3.25	Maurice Ferguson	1983	Freestyle	02:04:27	
Coniston Veterans	3.25	Peter Axson	1983	Freestyle	02:09:41	
Coniston Veterans	3.25	Lillian Brooks-Bell	1982	Freestyle	02:38:01	
Coniston Veterans	3.25	Maurice Ferguson	1982	Freestyle	02:05:11	
<b>Coniston Veterans</b>	<b>3.25</b>	<b>Lillian Brooks-Bell</b>	<b>1981</b>	<b>Freestyle</b>	<b>03:23:32</b>	<b>1st Female</b>
Coniston Veterans	3.25	Maurice Ferguson	1981	Freestyle	02:25:55	
Coniston Veterans	3.25	Charles Reeves	1980	Freestyle	02:58:24	
Coniston Veterans	3.25	Ken Bailey	1980	Freestyle	02:17:58	
Coniston Veterans	3.25	Lillian Brooks-Bell	1980	Freestyle	02:26:23	
Coniston Veterans	3.25	Maurice Ferguson	1980	Freestyle	01:53:47	

Coniston Veterans	3.25	Ken Bailey	1979	Freestyle	02:32:01
Coniston Veterans	3.25	Lillian Brooks-Bell	1979	Breaststroke	02:22:37
Coniston Veterans	3.25	Maurice Ferguson	1979	Freestyle	01:52:23
Coniston Veterans	3.25	Ken Bailey	1978	Freestyle	02:28:05
Coniston Veterans	3.25	Lillian Brooks-Bell	1978	Freestyle	02:13:05
Coniston Veterans	3.25	Arthur Williams	1977	Freestyle	02:18:19
Coniston Veterans	3.25	Ken Bailey	1977	Freestyle	02:45:44
Coniston Veterans	3.25	Arthur Williams	1976	Freestyle	02:25:55
Coniston Veterans	3.25	John Alexander	1976	Freestyle	02:01:57
Coniston Veterans	3.25	Ken Bailey	1976	Freestyle	02:37:36
Coniston Veterans	3.25	Lillian Brooks-Bell	1976	Freestyle	02:26:00
Coniston Veterans	3.25	Arthur Williams	1975	Freestyle	02:09:21
Coniston Veterans	3.25	Ken Bailey	1975	Freestyle	02:09:11
Coniston Veterans	3.25	Ken Bailey	1974	Freestyle	02:30:56
Coniston Veterans	3.25	Arthur Williams	1973	Freestyle	02:40:04
Coniston Veterans	3.25	Arthur Williams	1970	Freestyle	02:29:40
Coniston Veterans	3.25	Arthur Williams	1969	Freestyle	02:14:11
Coniston Veterans	3.25	Arthur Williams	1968	Freestyle	02:45:08