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news release



Release 11, 22 April 2021

John Cocks - 4th World Record* for 2021

John Cocks took the brakes off again at the New South Wales (NSW) Masters Swimming Championships to break his fourth FINA Masters Swimming world record* for 2021 in the 85–89-year age group – this time in the 100m butterfly.

The NSW championships were held at the Sydney Olympic Park Aquatic Centre on the weekend of 9 and 10 April 2021.

On Day 2 of the Championships provided John with the opportunity to attack the FINA World Record book for a fourth time. On this occasion it was in the 100m Butterfly in which he set the new world butterfly record in a time of 1:50.27 with the splits being 51.91s and 58.36s.

Johns new time slashed 2.41 seconds of the previous world record which had been set by Japanese swimmer Takashi HAYASHI in 2018.

John is having a remarkable year in 2021 and it has been a great pleasure for those watching his form and tracking his splits to witness his world record breaking swims.

In a quick look back, and in an earlier blog (10 April), **mywaterworld.life** reported on John's 3rd World Record for 2021.

On that occasion, the 1st day of the NSW Championships, John set a new world record mark for the 200m Breaststroke in a time of 3:58.55. The previous world record, which had been set in June 2018 and once again had been held by Shunsaku Takahira of Japan in a time of 3:59.60

For the record, and for those technically minded, here are Johns' splits for the 200m Breaststroke.

John Cocks' 200m Breaststroke world record time breakup		
	Split	50m time
50m	52.88	52.88
100m	1:53.13	60.25
150m	2:55.41	62.28
200m	3:58.55	63.14

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Earlier in March, competing at the Masters Swimming Tasmania (MST), Summer Championships, John Cocks broke the 200m and 400m Individual Medley World Records.

John's total world records for 2021 now stand at four.

John Cocks' 2021 world record swims				
Event	Date	Old W.R.	New W.R.	FINA Points
100m Butterfly	11 April 2021	1:52.68	1:50.27	1067
200m Breaststroke	10 April 2021	3:59.60		
200 Individual Medley	21 March 2021	3:51.20	3:39.66	1166
400 Individual Medley	20 March 2021	8:21.81	7:56.23	1170

It is not widely known however that breaking FINA World Masters Swimming records is John's not only sporting forte. John has also been a proud Australian representative of the "game they play in Heaven". In 1958 John represented his country as a member of the Wallabies, Australia's National Rugby Union representative team.

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* World record breaking swim are all classified as "Provisional" until such time as they are ratified by FINA.

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