

London Region Masters Championship - Meet Best Performance Records

Mens - Long Course - 50m

Updated 03-April-19

25-29

50m Free.	Neal THOMSON	OUT TO SWIM	25:35	LAC	24/03/19
100m Free.	Miroslav COICICI	GCROSS TAPER	53:45	LAC	24/03/19
200m Free.	Miroslav COICICI	GCROSS TAPER	1:59:88	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Martin SARTORIUS	OTTER SC	31:71	LAC	24/03/19
100m Back.					
200m Back.	Leo JOHNSON	OUT TO SWIM	3:18:04	LAC	24/03/19
50m Breast.	Ollie SAMY	SPENCER SWIM TEAM	30:97	LAC	24/03/19
100m Breast.	Tristan SLATER	SPENCER SWIM TEAM	1:09:14	LAC	24/03/19
200m Breast.	Tristan SLATER	SPENCER SWIM TEAM	2:30:24	LAC	24/03/19
50m Fly.	Miroslav COICICI	GCROSS TAPER	25:88	LAC	24/03/19
100m Fly	Fraser PEH	OTTER SC	1:00:25	LAC	24/03/19
200m Fly	Fraser PEH	OTTER SC	2:25:91	LAC	24/03/19
200m I.M.	Adam WARNER	BARNET COPTHALL	2:38:25	LAC	24/03/19
400m I.M.					

30-34

50m Free.	Craig SIMMONS	DOVER LIFE	26:44	LAC	24/03/19
100m Free.	Craig SIMMONS	DOVER LIFE	1:00:80	LAC	24/03/19
200m Free.	Toby BANFIELD	SPENCER SWIM TEAM	2:15:20	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Graeme WILKINSON	METRO POLICE	35:80	LAC	24/03/19
100m Back.	Matt WAN	OUT TO SWIM	1:10:58	LAC	24/03/19
200m Back.	Bradley DOTSON	CAMDEN SWISS	2:30:04	LAC	24/03/19
50m Breast.	Stephen HESELTON	EAST LEEDS	30:65	LAC	24/03/19
100m Breast.	Stephen HESELTON	EAST LEEDS	1:09:06	LAC	24/03/19
200m Breast.					
50m Fly.	Russell WOOLLEY	OTTER SC	27:62	LAC	24/03/19
100m Fly	David ASHTON	BARNES SC	1:10:32	LAC	24/03/19
200m Fly					
200m I.M.	Matt WAN	OUT TO SWIM	2:28:23	LAC	24/03/19

400m I.M.

35-39

50m Free.	Marius SIMASKA	TEMP CAT 2	27:84	LAC	24/03/19
100m Free.	Max LINNEMANN	MAIDENHEAD	1:00:37	LAC	24/03/19
200m Free.	Grant INNES	TEDDINGTON	2:16:21	LAC	24/03/19

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.	Grant INNES	TEDDINGTON	1:11:58	LAC	24/03/19
------------	-------------	------------	---------	-----	----------

200m Back.

50m Breast.	David SHARPLES	SAXON CROWN	38:50	LAC	24/03/19
-------------	----------------	-------------	-------	-----	----------

100m Breast.	Enrico HAHN	OTTER SC	1:17:36	LAC	24/03/19
--------------	-------------	----------	---------	-----	----------

200m Breast.	Enrico HAHN	OTTER SC	2:47:10	LAC	24/03/19
--------------	-------------	----------	---------	-----	----------

50m Fly.	Ian MCGUINNESS	OUT TO SWIM	29:69	LAC	24/03/19
----------	----------------	-------------	-------	-----	----------

100m Fly	Douglas FLOCKHART	OUT TO SWIM	1:02:81	LAC	24/03/19
----------	-------------------	-------------	---------	-----	----------

200m Fly

200m I.M.	Douglas FLOCKHART	OUT TO SWIM	2:28:36	LAC	24/03/19
-----------	-------------------	-------------	---------	-----	----------

400m I.M.

40-44

50m Free.	Chris KNEE	EAST LEEDS	26:26	LAC	24/03/19
-----------	------------	------------	-------	-----	----------

100m Free.	Mark WELLER	KINGSTON ROYALS	1:00:38	LAC	24/03/19
------------	-------------	-----------------	---------	-----	----------

200m Free.	Chris HORTON	CAMDEN SWISS	2:15:10	LAC	24/03/19
------------	--------------	--------------	---------	-----	----------

400m Free.

800m Free.

1500m Free.

50m Back.	Martin BRODER	SPENCER SWIM TEAM	38:06	LAC	24/03/19
-----------	---------------	-------------------	-------	-----	----------

100m Back.	Martin BRODER	SPENCER SWIM TEAM	1:24:53	LAC	24/03/19
------------	---------------	-------------------	---------	-----	----------

200m Back.

50m Breast.	Nick TITCHENER	BIGGLESWADE	34:35	LAC	24/03/19
-------------	----------------	-------------	-------	-----	----------

100m Breast.	Nick TITCHENER	BIGGLESWADE	1:15:72	LAC	24/03/19
--------------	----------------	-------------	---------	-----	----------

200m Breast.	Gary WRAIGHT	ROMFORD TOWN	3:12:37	LAC	24/03/19
--------------	--------------	--------------	---------	-----	----------

50m Fly.	Chris KNEE	EAST LEEDS	28:79	LAC	24/03/19
----------	------------	------------	-------	-----	----------

100m Fly	Mariusz BARCIKOWSKI	KENT WEALD	1:13:39	LAC	24/03/19
----------	---------------------	------------	---------	-----	----------

200m Fly

200m I.M.

400m I.M.

45-49

50m Free.	Daryl MASON	POTTERS BAR	25:92	LAC	24/03/19
-----------	-------------	-------------	-------	-----	----------

100m Free.	Richard GRAUEL	AMT ZURICH	58:43	LAC	24/03/19
200m Free.	Richard GRAUEL	AMT ZURICH	2:09:71	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Daniel COTTON	SPENCER SWIM TEAM	29:88	LAC	24/03/19
100m Back.	Daniel COTTON	SPENCER SWIM TEAM	1:04:25	LAC	24/03/19
200m Back.	Daniel COTTON	SPENCER SWIM TEAM	2:20:48	LAC	24/03/19
50m Breast.	Daryl MASON	POTTERS BAR	32:80	LAC	24/03/19
100m Breast.	Stephen PERUGI	TEDDINGTON	1:23:57	LAC	24/03/19
200m Breast.	Christopher MORGAN	OTTER SC	2:55:45	LAC	24/03/19
50m Fly.	Daryl MASON	POTTERS BAR	28:13	LAC	24/03/19
100m Fly	John CUNNINGHAM	POTTERS BAR	1:03:31	LAC	24/03/19
200m Fly	Mark RANDS	TEDDINGTON	2:50:85	LAC	24/03/19
200m I.M.	Mark RANDS	TEDDINGTON	2:44:61	LAC	24/03/19
400m I.M.					
50-54					
50m Free.	Sean MCQUAID	BARNET COPTHALL	27:50	LAC	24/03/19
100m Free.	Peter DIXON	TOWER HAMLET	1:00:16	LAC	24/03/19
200m Free.	Peter DIXON	TOWER HAMLET	2:13:55	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Marcel SCHOLTEN	MODEMIAN	36:00	LAC	24/03/19
100m Back.	Simon GRIFFITHS	TEDDINGTON	1:17:27	LAC	24/03/19
200m Back.					
50m Breast.	Logan WIJAY	BARNES SC	47:09	LAC	24/03/19
100m Breast.	Marcel SCHOLTEN	MODEMIAN	1:17:82	LAC	24/03/19
200m Breast.	Paul SMOOTHY	TEDDINGTON	2:54:80	LAC	24/03/18
50m Fly.	Simon EMM	COLCHESTER	29:23	LAC	24/03/19
100m Fly	Simon EMM	COLCHESTER	1:04:92	LAC	24/03/19
200m Fly	Simon EMM	COLCHESTER	2:28:04	LAC	24/03/19
200m I.M.	Peter DIXON	TOWER HAMLET	2:35:47	LAC	24/03/19
400m I.M.					
55-59					
50m Free.	Mark REYNOLDS	BARNET COPTHALL	27:64	LAC	24/03/19
100m Free.	Mark REYNOLDS	BARNET COPTHALL	59:86	LAC	24/03/19
200m Free.	Mark REYNOLDS	BARNET COPTHALL	2:15:57	LAC	24/03/19
400m Free.					

800m Free.

1500m Free.

50m Back. Guy EMERSON SPENCER SWIM TEAM 34:44 LAC 24/03/19

100m Back. Guy EMERSON SPENCER SWIM TEAM 1:17:80 LAC 24/03/19

200m Back. John PROWTING CROYDON AMPH 3:08:07 LAC 24/03/19

50m Breast. Mark PARTRIDGE STROUD MASTERS 37:27 LAC 24/03/19

100m Breast. Craig HEGGIE WORKINGTON 1:20:44 LAC 24/03/19

200m Breast. Craig HEGGIE WORKINGTON 2:59:64 LAC 24/03/19

50m Fly. Clive BENSON HART 30:08 LAC 24/03/19

100m Fly Clive BENSON HART 1:07:16 LAC 24/03/19

200m Fly

200m I.M. Mark REYNOLDS BARNET COPTHALL 2:33:58 LAC 24/03/19

400m I.M.

60-64

50m Free. Luis MARTINEZ DEL POZO OTTER SC 30:73 LAC 24/03/19

100m Free. Donald MACDONALD EALING 1:12:26 LAC 24/03/19

200m Free. Christopher MARSHALL SOUTH BEDS 2:37:00 LAC 24/03/19

400m Free.

800m Free.

1500m Free.

50m Back. Edward MCKIERNAN METRO POLICE 57:55 LAC 24/03/19

100m Back. Graham REEVE KINGS CORMORANTS 1:57:14 LAC 24/03/19

200m Back.

50m Breast. Philip HOLME BARNET COPTHALL 36:63 LAC 24/03/19

100m Breast. Nicholas HUNT CHELMSFORD 1:26:38 LAC 24/03/19

200m Breast. Tom MORROW Co OXFORD 3:09:20 LAC 24/03/19

50m Fly. Luis MARTINEZ DEL POZO OTTER SC 34:35 LAC 24/03/19

100m Fly

200m Fly

200m I.M. Christopher MARSHALL SOUTH BEDS 3:07:18 LAC 24/03/19

400m I.M.

65-69

50m Free. Peter ILES SOUTH BEDS 32:72 LAC 24/03/19

100m Free. Peter ILES SOUTH BEDS 1:14:46 LAC 24/03/19

200m Free. Peter ILES SOUTH BEDS 2:53:27 LAC 24/03/19

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.					
200m Back.					
50m Breast.					
100m Breast.					
200m Breast.					
50m Fly.	Steve FOLSOM	TEDDINGTON	33:25	LAC	24/03/19
100m Fly	Steve FOLSOM	TEDDINGTON	1:21:81	LAC	24/03/19
200m Fly					
200m I.M.	Chris FIDLER	TEDDINGTON	3:15:35	LAC	24/03/19
400m I.M.					
70-74					
50m Free.	James PEARSON	KENT WEALD	33:67	LAC	24/03/19
100m Free.					
200m Free.	James PEARSON	KENT WEALD	2:48:13	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Robert WILLIAMS	HORNCHURCH	41:19	LAC	24/03/19
100m Back.	Paul SIMMS	BARNES SC	1:39:41	LAC	24/03/19
200m Back.					
50m Breast.	Chris TRUEMAN	EAST ANGLIAN	49:61	LAC	24/03/19
100m Breast.					
200m Breast.					
50m Fly.	James PEARSON	KENT WEALD	38:15	LAC	24/03/19
100m Fly	Kieran KELLEHER	SANDYCOVE Is.	1:29:64	LAC	24/03/19
200m Fly					
200m I.M.	Kieran KELLEHER	SANDYCOVE Is.	3:02:54	LAC	24/03/19
400m I.M.					
75-79					
50m Free.					
100m Free.	Paul FRIEZE	TEDDINGTON	1:25:84	LAC	24/03/19
200m Free.	Paul CLARKE	BEAVER MASTERS	4:02:42	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Paul FRIEZE	TEDDINGTON	46:00	LAC	24/03/19
100m Back.	Paul CLARKE	BEAVER MASTERS	1:57:24	LAC	24/03/19
200m Back.					
50m Breast.	Paul CLARKE	BEAVER MASTERS	49:36	LAC	24/03/19

100m Breast.	Paul CLARKE	BEAVER MASTERS	1:56:51	LAC	24/03/19
200m Breast.					
50m Fly.					
100m Fly					
200m Fly					
200m I.M.	Paul CLARKE	BEAVER MASTERS	4:12:57	LAC	24/03/19
400m I.M.					
80-84					
50m Free.	John TENNANT	SAXON CROWN	36:49	LAC	24/03/19
100m Free.	John TENNANT	SAXON CROWN	1:24:01	LAC	24/03/19
200m Free.	Max ZELLER	SPENCER SWIM TEAM	4:26:50	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Geoff BISHOP	KINGS CORMORANTS	57:70	LAC	24/03/19
100m Back.	Geoff BISHOP	KINGS CORMORANTS	2:11:16	LAC	24/03/19
200m Back.					
50m Breast.	Geoff BISHOP	KINGS CORMORANTS	58:09	LAC	24/03/19
100m Breast.	Geoff BISHOP	KINGS CORMORANTS	2:24:88	LAC	24/03/19
200m Breast.					
50m Fly.					
100m Fly					
200m Fly					
200m I.M.					
400m I.M.					
85-89					
50m Free.					
100m Free.					
200m Free.					
400m Free.					
800m Free.					
1500m Free.					
50m Back.					
100m Back.					
200m Back.					
50m Breast.					
100m Breast.					
200m Breast.					
50m Fly.					

100m Fly

200m Fly

200m I.M.

400m I.M.

90-94

50m Free.

100m Free.

200m Free.

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

400m I.M.

95-99

50m Free.

100m Free.

50m Back.

100m Back.

200m Back.

50m Free.

100m Free.

200m Free.

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

**Womens - Long
Course - 50m**

Updated 03-April-19

25-29

50m Free. Giulia NEGRINI TEDDINGTON 30:49 LAC 24/03/19

100m Free. Catherine DEMONT OTTER SC 1:04:56 LAC 24/03/19

200m Free. Catherine DEMONT OTTER SC 2:23:05 LAC 24/03/19

400m Free.

800m Free.

1500m Free.

50m Back. Giulia NEGRINI TEDDINGTON 33:09 LAC 24/03/19

100m Back. Vicky TURNER EALING 1:15:31 LAC 24/03/19

200m Back. Georgina DICKSON ROMFORD TOWN 3:20:32 LAC 24/03/19

50m Breast. Jennifer HOLLAND HOMCHURCH 34:43 LAC 24/03/19

100m Breast. Zuzana MANHARTOVA OUT TO SWIM 1:29:77 LAC 24/03/19

200m Breast.

50m Fly. Giulia NEGRINI TEDDINGTON 33:62 LAC 24/03/19

100m Fly Catherine DEMONT OTTER SC 1:13:91 LAC 24/03/19

200m Fly Stephanie RAMSAY OUT TO SWIM 3:01:32 LAC 24/03/19

200m I.M. Zuzana MANHARTOVA OUT TO SWIM 3:02:72 LAC 24/03/19

400m I.M.

30-34

50m Free. Claire EVELYN SOUTH BEDS 28:48 LAC 24/03/19

100m Free. Zoe LIOKALOS TEDDINGTON 1:02:90 LAC 24/03/19

200m Free. Jess THORPE HACKNEY 2:25:74 LAC 24/03/19

400m Free.

800m Free.

1500m Free.

50m Back. Claire EVELYN SOUTH BEDS 32:55 LAC 24/03/19

100m Back. Hannah LOUGHLIN TEDDINGTON 1:13:17 LAC 24/03/19

200m Back. Jess THORPE HACKNEY 2:55:75 LAC 24/03/19

50m Breast. Zoe LIOKALOS TEDDINGTON 37:53 LAC 24/03/19

100m Breast.	Kim ECKHOF	OTTER SC	1:24:99	LAC	24/03/19
200m Breast.					
50m Fly.	Zoe LIOKALOS	TEDDINGTON	30:64	LAC	24/03/19
100m Fly	Danielle RYAN	KENT WEALD	1:31:95	LAC	24/03/19
200m Fly					
200m I.M.	Rosalind CORNFORD	SPENCER SWIM TEAM	2:47:30	LAC	24/03/19
400m I.M.					
35-39					
50m Free.	Catherine MARKWELL	EAST ANGLIAN	29:03	LAC	24/03/19
100m Free.	Rebecca ADAM	CALLY MASTERS	1:09:48	LAC	24/03/19
200m Free.	Fiona KINSELLA	CAMDEN SWISS	2:19:85	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Alaine TSANG	TEMP CAT 2	42:48	LAC	24/03/19
100m Back.	Alaine TSANG	TEMP CAT 2	1:32:82	LAC	24/03/19
200m Back.	Kirsty JOHNSON	BRACKNELL	2:44:43	LAC	24/03/19
50m Breast.	Gina HEYN	TEDDINGTON	33:74	LAC	24/03/19
100m Breast.	Gina HEYN	TEDDINGTON	1:14:56	LAC	24/03/19
200m Breast.					
50m Fly.	Gina HEYN	TEDDINGTON	30:20	LAC	24/03/19
100m Fly	Kaira REDMAN	KENT WEALD	1:17:74	LAC	24/03/19
200m Fly	Hayley DAVIS	OTTER SC	2:36:13	LAC	24/03/19
200m I.M.	Hayley DAVIS	OTTER SC	2:37:12	LAC	24/03/19
400m I.M.					
40-44					
50m Free.	Gina HOBSON	OTTER SC	29:55	LAC	24/03/19
100m Free.	Dawn PALMER	ROMFORD TOWN	1:03:60	LAC	24/03/19
100m Free.					
200m Free.	Ceri EDWARDS	PORTSMOUTH N	2:20:48	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Gina HOBSON	OTTER SC	35:50	LAC	24/03/19
100m Back.	Dawn PALMER	ROMFORD TOWN	1:12:04	LAC	24/03/19
200m Back.	Suzie HALL	KENT WEALD	3:21:79	LAC	24/03/19
50m Breast.	Dawn PALMER	ROMFORD TOWN	39:28	LAC	24/03/19
100m Breast.					
200m Breast.					

50m Fly.	Gina HOBSON	OTTER SC	31:83	LAC	24/03/19
100m Fly	Sarah WEIND	CAMDEN SWISS	1:24:87	LAC	24/03/19
200m Fly	Jessica WOODDISSE	STROUD MASTERS	2:45:54	LAC	24/03/19
200m I.M.	Lisa DAWSON	BARNET COPTHALL	2:48:53	LAC	24/03/19
400m I.M.					
45-49					
50m Free.	Helen DAVIS	TEAM ANGLIA	30:35	LAC	24/03/19
100m Free.	Suzanne SAVAGE	POTTERS BAR	1:12:22	LAC	24/03/19
200m Free.	Lucy YOUNG	TEDDINGTON	2:32:69	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Katrina FARRALL	BASILDON Ph	36:42	LAC	24/03/19
100m Back.	Katrina FARRALL	BASILDON Ph	1:21:19	LAC	24/03/19
200m Back.	Gillian HODGSON	OUT TO SWIM	3:26:70	LAC	24/03/19
50m Breast.	Lucy RYAN	TEAM ANGLIA	36:97	LAC	24/03/19
100m Breast.	Lucy RYAN	TEAM ANGLIA	1:19:16	LAC	24/03/19
200m Breast.	Lucy RYAN	TEAM ANGLIA	2:54:51	LAC	24/03/19
50m Fly.	Helen DAVIS	TEAM ANGLIA	32:50	LAC	24/03/19
100m Fly	Karen HOWELLS	CARDIFF MASTERS	1:25:43	LAC	24/03/19
200m Fly	Abba NEWBERY	SPENCER SWIM TEAM	3:13:00	LAC	24/03/19
200m I.M.	Lucy RYAN	TEAM ANGLIA	2:49:67	LAC	24/03/19
400m I.M.					
50-54					
50m Free.	Karen GRAHAM	EAST LEEDS	30:29	LAC	24/03/19
100m Free.	Claudia GOLDSCHMIDT	SPENCER SWIM TEAM	1:11:26	LAC	24/03/19
200m Free.	Karen GRAHAM	EAST LEEDS	2:19:72	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Allie PRICE	CARDIFF MASTERS	34:62	LAC	24/03/19
100m Back.	Allie PRICE	CARDIFF MASTERS	1:15:98	LAC	24/03/19
200m Back.					
50m Breast.	Allie PRICE	CARDIFF MASTERS	39:01	LAC	24/03/19
100m Breast.	Deborah LACY	SPENCER SWIM TEAM	1:36:48	LAC	24/03/19
200m Breast.	Elizabeth SHAW	OTTER SC	3:28:63	LAC	24/03/19
50m Fly.	Liz WOOLNER	FLITWICK	30:70	LAC	24/03/19
100m Fly	Liz WOOLNER	FLITWICK	1:10:70	LAC	24/03/19
200m Fly					

200m I.M.	Allie PRICE	CARDIFF MASTERS	2:44:59	LAC	24/03/19
400m I.M.					
55-59					
50m Free.	Nuala MUIR-COCHRANE	BARNET COPTHALL	33:72	LAC	24/03/19
100m Free.	Nicky BINDLER	KINGS CORMORANTS	1:15:97	LAC	24/03/19
200m Free.	Nuala MUIR-COCHRANE	BARNET COPTHALL	2:33:56	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Nuala MUIR-COCHRANE	BARNET COPTHALL	39:58	LAC	24/03/19
100m Back.	Nicky BINDLER	KINGS CORMORANTS	1:29:96	LAC	24/03/19
200m Back.	Judy BROWN	WARRINGTON M	2:36:61	LAC	24/03/19
50m Breast.	Gillian FERGUSON	CRAWLEY	51:23	LAC	24/03/19
100m Breast.	Anne RAYMOND	KENT WEALD	1:42:36	LAC	24/03/19
200m Breast.	Anne RAYMOND	KENT WEALD	3:35:10	LAC	24/03/19
50m Fly.					
100m Fly					
200m Fly					
200m I.M.	Anne RAYMOND	KENT WEALD	3:31:53	LAC	24/03/19
400m I.M.					
60-64					
50m Free.	Alyson FORDHAM	ROMFORD TOWN	31:79	LAC	24/03/19
100m Free.	Alyson FORDHAM	ROMFORD TOWN	1:09:85	LAC	24/03/19
200m Free.	Alyson FORDHAM	ROMFORD TOWN	2:39:11	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Oonagh GORMLEY	OUT TO SWIM	53:40	LAC	24/03/19
100m Back.	Laura QUYE	HASTINGS	1:35:32	LAC	24/03/19
200m Back.					
50m Breast.	Christine GOODAIR	KINGS CORMORANTS	49:96	LAC	24/03/19
100m Breast.	Sue PROCTOR	BARNET COPTHALL	1:47:13	LAC	24/03/19
200m Breast.	Esther ISEPPI	SPENCER SWIM TEAM	3:18:79	LAC	24/03/19
50m Fly.	Laura QUYE	HASTINGS	38:89	LAC	24/03/19
100m Fly					
200m Fly	Esther ISEPPI	SPENCER SWIM TEAM	3:15:58	LAC	24/03/19
200m I.M.	Esther ISEPPI	SPENCER SWIM TEAM	3:08:22	LAC	24/03/19
400m I.M.					
65-69					

50m Free.	Marianne DAVEY	CRAWLEY	44:98	LAC	24/03/19
100m Free.	Marianne DAVEY	CRAWLEY	1:39:16	LAC	24/03/19
200m Free.					
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Marianne DAVEY	CRAWLEY	51:16	LAC	24/03/19
100m Back.	Marianne DAVEY	CRAWLEY	1:53:93	LAC	24/03/19
200m Back.	Marianne DAVEY	CRAWLEY	4:00:25	LAC	24/03/19
50m Breast.					
100m Breast.					
200m Breast.					
50m Fly.					
100m Fly					
200m Fly					
200m I.M.					
400m I.M.					
70-74					
50m Free.	Alison GWYNN	MID SUSSEX	35:67	LAC	24/03/19
100m Free.	Alison GWYNN	MID SUSSEX	1:24:58	LAC	24/03/19
200m Free.	Alison GWYNN	MID SUSSEX	3:06:32	LAC	24/03/19
400m Free.					
800m Free.					
1500m Free.					
50m Back.	Elaine BLOWER	BARNET COPTHALL	46:72	LAC	24/03/19
100m Back.	Susie BRESLIN	BARNET COPTHALL	1:46:46	LAC	24/03/19
200m Back.	Elaine BLOWER	BARNET COPTHALL	3:42:89	LAC	24/03/19
50m Breast.					
100m Breast.					
200m Breast.					
50m Fly.					
100m Fly					
200m Fly					
200m I.M.					
400m I.M.					
75-79					
50m Free.	Jean HOWARD-JONES	SPENCER SWIM TEAM	41:20	LAC	24/03/19
100m Free.	Jean HOWARD-JONES	SPENCER SWIM TEAM	1:33:58	LAC	24/03/19
200m Free.	Elizabeth SAVIDGE	KINGS CORMORANTS	3:37:60	LAC	24/03/19

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

400m I.M.

80-84

50m Free.

100m Free.

200m Free.

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

400m I.M.

85-89

50m Free.

Jane ASHER

KINGS CORMORANTS

43:35

LAC

24/03/19

100m Free.

Jane ASHER

KINGS CORMORANTS

1:37:22

LAC

24/03/19

200m Free.

Jane ASHER

KINGS CORMORANTS

3:32:52

LAC

24/03/19

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

Jane ASHER

KINGS CORMORANTS

4:34:25

LAC

24/03/19

400m I.M.

90-94

50m Free.

100m Free.

200m Free.

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

400m I.M.

95-99

50m Free.

100m Free.

50m Back.

100m Back.

200m Back.

50m Free.

100m Free.

200m Free.

400m Free.

800m Free.

1500m Free.

50m Back.

100m Back.

200m Back.

50m Breast.

100m Breast.

200m Breast.

50m Fly.

100m Fly

200m Fly

200m I.M.

400m I.M.