

SHEET 1 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 11/UNDER						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	30.87	JAMES CHATER	11/08/1995	TILEHURST	BRACKNELL OPEN: GARRISON POOL ALDERSHOT	19/05/2007
100 FREE	1.03.19	MILES MUNRO	24/06/1996	BEAU SEJOUR BARRACUDA	SERASA BAGCAT CHAMPIONSHIPS K2 CRAWLEY	31/05/2008
200 FREE	2.16.24	BENJAMIN LEVART	06/12/1996	AMERSHAM	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	25/07/2008
400 FREE	4.42.61	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2008
800 FREE	9.48.43	WILLIAM STANHOPE	17/04/1997	PORTSMOUTH NORTHSEA	HAMPSHIRE COUNTY CHAMPIONSHIPS ALDERSHOT	28/02/2009
1500 FREE	18.46.36	WILLIAM STANHOPE	17/04/1997	PORTSMOUTH NORTHSEA	HAMPSHIRE COUNTY CHAMPIONSHIPS ALDERSHOT	01/03/2009
50 BACK	35.47	HENRY YOUNG	02/06/1995	SHIVERERS	CRAWLEY OPEN K2 CRAWLEY	14/04/2007
100 BACK	1.13.98	ALEXANDER FARRELL	28/11/1995	WINDSOR	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2007
200 BACK	2.35.52	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
50 BREAST	41.02	KYRIACOS PAPA-ADAMS	02/03/1997	THANET SWIM CLUB	CITY of NORWICH EASTER MEET NORWICH	23/03/2008
100 BREAST	1.21.19	JAMES CHATER	11/08/1995	TILEHURST	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 BREAST	2.57.54	JAMES CHATER	11/08/1995	TILEHURST	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2007
50 FLY	33.23	LIAM JONES	19/04/1997	WYCOMBE DISTRICT	WYCOMBE ANNUAL L2 HIGH WYCOMBE	14/02/2009
100 FLY	1.10.38	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	27/07/2008
200 FLY	2.30.26	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2008
200 IM	2.35.70	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
400 IM	5.20.43	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2008

SHEET 2 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 12 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	26.88	OLIVER LEONARD	12/03/1995	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	26/01/2008
100 FREE	57.05	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2007
200 FREE	2.03.04	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2007
400 FREE	4.24.03	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2007
800 FREE	9.31.17	LIAM SMALL	13/07/1995	PORTSMOUTH NORTHSEA	SCOTTISH AGE GROUP CHAMPIONSHIPS: TOLLCROSS	13/04/2008
1500 FREE	17.41.06	JOSEPH PATCHING	16/04/1994	BRACKNELL & WOKINGHAM	CITY of SHEFFIELD OPEN: PONDS FORGE SHEFFIELD	30/03/2007
50 BACK	32.67	OLIVER LEONARD	12/03/1995	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	27/01/2008
100 BACK	1.06.56	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2007
200 BACK	2.28.03	JOSH PANKHURST	10/01/1996	EAST GRINSTEAD	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
50 BREAST	36.39	OLIVER LEONARD	12/03/1995	BRACKNELL & WOKINGHAM	RUSHMOOR ROYALS OPEN GARRISON POOL ALDERSHOT	20/10/2007
100 BREAST	1.15.85	JAMES CHATER	11/08/1995	TILEHURST	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2008
200 BREAST	2.43.04	JAMES CHATER	11/08/1995	TILEHURST	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	27/07/2008
50 FLY	28.90	OLIVER LEONARD	12/03/1995	BRACKNELL & WOKINGHAM	DRAGON MEET SWANSEA	11/01/2008
100 FLY	1.02.52	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2006
200 FLY	2.19.21	STEVEN KING	30/07/2003	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2006
200 IM	2.24.02	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2007
400 IM	5.08.56	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	S E R A S A AGE GROUP CHAMPIONSHIPS K2 CRAWLEY	03/06/2006

SHEET 3 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 13 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	25.32	MATTHEW POWELL BRITISH RECORD	18/10/1994 13 YEARS	HASLEMERE BRITISH RECORD	EARLY BIRD MEET K2 CRAWLEY	05/10/2008
100 FREE	54.53	MATTHEW POWELL BRITISH RECORD	18/10/1994 13 YEARS	HASLEMERE BRITISH RECORD	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
200 FREE	2.00.74	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2008
400 FREE	4.27.66	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BERKS & BUCKS OPEN: GARRISON POOL ALDERSHOT	28/04/2007
800 FREE	9.11.56	JACK BEDDOES	29/04/1995	LEATHERHEAD	SURREY COUNTY CHAMPIONSHIPS ALDERSHOT	31/01/2009
1500 FREE	17.11.30	JOSHUA FOWLER	28/10/1992	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2006
50 BACK	31.20	OLIVER LEONARD	12/03/1995	FARNHAM	RUSHMOOR ROYALS OPEN GARRISON POOL ALDERSHOT	26/10/2008
100 BACK	1.02.46	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2008
200 BACK	2.21.00	MATTHEW MASTERS	31/10/1994	CITY of MILTON KEYNES	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
50 BREAST	34.09	ALEX MURPHY	11/06/1995	DIDCOT BARRAMUNDI	DRAGON MEET SWANSEA	11/01/2009
100 BREAST	1.12.04	CHRISTOPHER FEBO	30/10/1993	CITY of SOUTHAMPTON	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 BREAST	2.36.06	CHRISTOPHER FEBO	30/10/1993	CITY of SOUTHAMPTON	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2007
50 FLY	27.63	MATTHEW POWELL BRITISH RECORD	18/10/1994 13 YEAR	HASLEMERE BRITISH RECORD	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
100 FLY	58.47	MATTHEW POWELL BRITISH RECORD	18/10/1994 13 YEAR	HASLEMERE BRITISH RECORD	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	27/07/2008
200 FLY	2.15.13	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 IM	2.18.53	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2007
400 IM	4.58.76	JOSHUA FOWLER	28/10/1992	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2006

SHEET 4 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 14 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	26.11	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	26/01/2008
100 FREE	54.34	BRADLEY MOORHOUSE	02/08/1991	BLACK LION	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2006
200 FREE	1.59.32	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	25/07/2008
400 FREE	4.16.75	ADAM HARRINGTON	20/07/1991	CRAWLEY	S E R A S A AGE GROUP CHAMPIONSHIPS K2 CRAWLEY	03/06/2006
800 FREE	8.46.02	ADAM HARRINGTON	20/07/1991	CRAWLEY	CRAWLEY OPEN K2 CRAWLEY	11/06/2006
1500 FREE	16.42.13	DANIEL WHITE	04/04/1992	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2006
50 BACK	30.59	ANDREW NORMAN	01/04/1994	LEATHERHEAD	BURNS OPEN PONDS FORGE SHEFFIELD	25/01/2009
100 BACK	1.02.74	ADAM HARRINGTON	20/06/2007	CRAWLEY	S E R A S A AGE GROUP CHAMPIONSHIPS K2 CRAWLEY	03/06/2006
200 BACK	2.11.99	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	DUTCH OPEN EINDHOVEN	06/12/2007
50 BREAST	32.76	DAVID ANDREWS	10/04/1993	LEATHERHEAD	BURNS OPEN PONDS FORGE SHEFFIELD	26/01/2008
100 BREAST	1.10.87	CHRISTOPHER FEBO	30/10/1993	CITY of SOUTHAMPTON	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2008
200 BREAST	2.32.23	ANDREW WILLIS	03/12/1990	RUSHMOOR ROYALS	S E R A S A CHAMPIONSHIPS GARRISON POOL ALDERSHOT	27/11/2005
50 FLY	28.06	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	27/01/2008
100 FLY	58.68	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2008
200 FLY	2.11.87	ADAM BARRETT	30/07/1992	READING	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 IM	2.14.50	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
400 IM	4.46.74	ADAM HARRINGTON	20/07/1991	CRAWLEY	S E R A S A AGE GROUP CHAMPIONSHIPS K2 CRAWLEY	03/06/2006

SHEET 5 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 15 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	24.02	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
100 FREE	52.99	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	19/03/2009
200 FREE	1.55.00	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	17/03/2009
400 FREE	4.04.82	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
800 FREE	8.45.21	TOM GALLICHAN	04/10/1992	TIGERS (JERSEY)	S.E.R.A.S.A.YOUTH CHAMPIONSHIPS: GARRISON POOL ALDERSHOT	04/05/2008
1500 FREE	16.30.43	JAKE HOWES	03/09/1992	PORTSMOUTH NORTHSEA	ASA NATIONAL CHAMPIONSHIPS PICTON LIVERPOOL	12/07/2008
50 BACK	27.59	GEOFFREY CHEAH	10/11/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	03/08/2006
100 BACK	58.76	GEOFFREY CHEAH	10/11/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	01/08/2006
200 BACK	2.07.68	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
50 BREAST	31.78	XANDER ALARI WILLIAMS	12/03/1993	SEVENOAKS	CITY OF LEEDS XMAS CRACKER LEEDS	20/12/2008
100 BREAST	1.08.58	MIKAEL POPOV	04/07/1992	WEST WIGHT	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/04/2008
200 BREAST	2.30.77	ANDREW WILLIS	03/12/1990	RUSHMOOR ROYALS	GATESHEAD & WICKHAM OPEN. PONDS FORGE SHEFFIELD	28/01/2006
50 FLY	26.07	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	24/01/2009
100 FLY	55.70	STEVEN KING BRITISH RECORD	30/07/1993 15 YEARS	BRACKNELL & WOKINGHAM BRITISH RECORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
200 FLY	2.07.74	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
200 IM	2.07.63	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	17/03/2009
400 IM	4.34.54	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

SHEET 6 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 16 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	23.86	GEOFFREY CHEAH	10/11/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	31/07/2007
100 FREE	52.25	ROBERT MATTHEWS-STROUD	11/07/1989	WYCOMBE DISTRICT	ISF GYMNASIADE ATHENS GREECE	28/06/2006
200 FREE	1.53.63	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	QUEENSLAND CHAMPIONSHIPS AUSTRALIA	17/12/2007
400 FREE	4.08.37	JJL GALLICHAN	13/08/1991	TIGERS (JERSEY)	SERASA YOUTH CHMPIONSHIPS. ALDERSHOT	04/05/2008
800 FREE	8.33.38	GARRY DIXON	12/03/1990	READING	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	02/08/2006
1500 FREE	16.07.89	GARRY DIXON	12/03/1990	READING	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	06/08/2006
50 BACK	27.47	GEOFFREY CHEAH	10/11/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	30/07/2007
100 BACK	57.91	ADAM HARRINGTON ENGLISH RECORD	20/07/1991 16 YEAR	CRAWLEY ENGLISH RECORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/03/2008
200 BACK	2.04.66	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
50 BREAST	30.82	LEON MACLEAN	26/11/1990	HAYWARDS HEATH	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	01/08/2007
100 BREAST	1.06.70	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	27/07/2007
200 BREAST	2.20.80	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
50 FLY	26.03	CALLUM HILLICKS SCOTTISH RECORD	01/11/1991 16 YEARS	CRAWLEY SCOTTISH RECORD	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	02/08/2008
100 FLY	56.01	THOMAS KENNEDY	30/04/1992	HASLEMERE	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
200 FLY	2.04.79	KARL BOTHA	02/02/1991	CITY of CANTERBURY	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	29/07/2007
200 IM	2.10.97	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	28/07/2007
400 IM	4.27.69	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	03/04/2008

SHEET 7 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 17 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	23.67	ALEX GARNETT	26/12/1990	STAINES	NATIONAL YOUTH CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	01/08/2008
100 FREE	51.14	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	EUROPEAN JUNIOR CHAMPIONSHIPS BELGRADE	30/07/2008
200 FREE	1.51.50	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
400 FREE	4.09.10	JAMES WHELAN	15/09/1989	PORTSMOUTH NORTHSEA	NATIONAL YOUTH & OPEN CHAMPIONSHIPS. PONDS FORGE. SHEFFIELD	27/07/2007
800 FREE	8.25.95	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY	21/03/2009
1500 FREE	16.24.40	GARRY DIXON	12/03/1990	READING	SERASA OPEN CHAMPIONSHIPS K2 CRAWLEY	04/11/2007
50 BACK	27.57	ADAM HARRINGTON	20/07/1991	CRAWLEY	EUROPEAN JUNIOR CHAMPIONSHIPS BELGRADE	30/07/2008
100 BACK	57.66	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
200 BACK	2.02.69	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	18/03/2009
50 BREAST	31.07	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	S.E.R.A.S.A.OPEN CHAMPIONSHIPS: GARRISON POOL ALDERSHOT	01/11/2008
100 BREAST	1.06.35	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/04/2008
200 BREAST	2.15.86	ANDREW WILLIS BRITISH RECORD	03/12/1990 17 YEARS	BRACKNELL & WOKINGHAM BRITISH RECORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2008
50 FLY	25.59	MARK HARRIS	18/04/1989	WINDSOR	CITY of DERBY OPEN: PONDS FORGE SHEFFIELD	07/01/2007
100 FLY	54.99	CALLUM HILLICKS	01/11/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
200 FLY	2.06.14	CALLUM HILLICKS	01/11/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
200 IM	2.04.65	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	17/03/2009
400 IM	4.22.59	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

SHEET 8 UPDATED 12/04/2009

SOUTH EAST REGION LONG COURSE RECORDS MALE 18 YEARS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	23.33	ROBERT IDDIOLS	11/07/1989	WINDSOR	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/04/2008
100 FREE	50.92	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
200 FREE	1.50.23	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	17/03/2009
400 FREE	3.55.92	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
800 FREE	8.36.76	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	SURREY COUNTY CHAMPIONSHIPS ALDERSHOT	31/01/2009
1500 FREE	16.28.36	EDWARD CASTRO	02/07/1988	ST BEDES SCHOOL	BATH GRAND PRIX BATH UNIVERSITY	01/12/2006
50 BACK	26.17	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	BRITISH CHAMPIONSHIPS: MANCHESTER	28/03/2007
100 BACK	55.63	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	EUROPEAN JUNIOR CHAMPIONSHIPS: ANTWERP	19/07/2007
200 BACK	1.58.16	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
50 BREAST	31.01	TOM ROOKE	07/06/1990	CRAWLEY	S.E.R.A.S.A.OPEN CHAMPIONSHIPS: GARRISON POOL ALDERSHOT	01/11/2008
100 BREAST	1.04.85	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	WISE INTERNATIONAL SWANSEA	14/03/2009
200 BREAST	2.12.69	ANDREW WILLIS BRITISH RECORD	03/12/1990 18 YEARS	BRACKNELL & WOKINGHAM BRITISH RECORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
50 FLY	25.09	PATRICK CLEMENT	29/07/1990	HASLEMERE	BURNS OPEN SHEFFIELD	25/01/2009
100 FLY	56.57	TOM HOLLINGSWORTH	26/02/1988	BEAU SEJOUR BARRACUDA	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	05/08/2006
200 FLY	2.03.53	TOM HOLLINGSWORTH	26/02/1988	BEAU SEJOUR BARRACUDA	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	03/08/2006
200 IM	2.08.31	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	14/03/2009
400 IM	4.29.65	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

SHEET 9 UPDATED 12/04/2009

SOUTH EAST REGION <u>OPEN</u> MALE LONG COURSE RECORDS						
EVENT	TIME	NAME	D.O.B.	CLUB	VENUE	DATE OF SWIM
50 FREE	22.33	SIMON BURNETT	14/04/1983	WINDSOR	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
100 FREE	48.20	SIMON BURNETT	14/04/1983	WINDSOR	OLYMPIC GAMES BEIJING	10/08/2008
BRITISH RECORD. BRITISH RECORD. BRITISH RECORD. BRITISH RECORD.						
200 FREE	1.48.01	SIMON BURNETT	14/04/1983	SLOUGH & ETON	EUROPEAN CHAMPIONSHIPS: BUDAPEST, HUNGARY	02/08/2006
400 FREE	3.55.92	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
800 FREE	8.25.95	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY	21/03/2009
1500 FREE	16.07.89	GARRY DIXON	12/03/1990	READING	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	06/08/2006
50 BACK	25.95	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	ASA NATIONAL CHAMPIONSHIPS PICTON LIVERPOOL	11/07/2008
100 BACK	54.40	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/03/2008
200 BACK	1.58.16	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/04/2008
50 BREAST	29.83	ROBERT MESSENGER	07/05/1982	CITY of CANTERBURY	ASA NATIONAL CHAMPIONSHIPS PICTON LIVERPOOL	10/07/2008
100 BREAST	1.04.85	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	WISE INTERNATIONAL SWANSEA	14/03/2009
200 BREAST	2.12.69	ANDREW WILLIS BRITISH RECORD	03/12/1990 18 YEARS	BRACKNELL & WOKINGHAM BRITISH RECORD	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
50 FLY	24.35	OWEN MORGAN	08/02/1984	CRANLEIGH	NATIONAL YOUTH & OPEN CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	01/08/2006
100 FLY	53.76	IAN POWELL	16/12/1985	BEAU SEJOUR BARRACUDA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	19/03/2009
200 FLY	1.58.49	IAN POWELL	16/12/1985	BEAU SEJOUR BARRACUDA	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
200 IM	2.04.65	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	17/03/2009
400 IM	4.22.59	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

SHEET 10 UPDATED 12/04/2009

SOUTH EAST REGION BOYS JUNIOR(U/16) SHORT COURSE RECORDS

EVENT	TIME	NAME	DOB	CLUB	VENUE & DATE OF SWIM
50 FREE	24.53	ALEX JAMESON	26/02/1992	ST BEDES SCHOOL	BORO' of WALTHAM FOREST OPEN: WALTHAM FOREST 26/05/2007
100 FREE	53.07	CHRISTOPHER FERGUSON	15/04/1991	BASINGSTOKE BLUEFINS	ESSA CHAMPIONSHIPS: MANCHESTER 28/10/2006
200 FREE	1.55.11	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 11/03/2006
400 FREE	4.03.32	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 24/02/2007
800 FREE	8.31.34	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 11/03/2007
1500 FREE	16.11.00	SAMUEL FERNANDES	21/05/1991	TIGERS (JERSEY)	CHANNEL ISLES CHAMPIONSHIPS: GUERNSEY 20/01/2007
50 BACK	27.46	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 17/03/2007
100 BACK	58.07	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 25/02/2007
200 BACK	2.02.17	ADAM HARRINGTON BRITISH	20/07/1991 JUNIOR	CRAWLEY RECORD	HATFIELD UK CHALLENGE MEET: HATFIELD 19/05/2007
50 BREAST	30.89	MIKAEL POPOV	04/07/1992	WEST WIGHT	HAMPSHIRE COUNTY CHAMPIONSHIPS. SOUTHAMPTON 15/03/2008
100 BREAST	1.07.05	XANDER ALARI-WILLIAMS	12/03/1993	SEVENOAKS	KENT COUNTY CHAMPIONSHIPS BLACK LION, GILLINGHAM 28/02/2009
200 BREAST	2.24.94	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	SERASA CHAMPIONSHIPS: WATERLOOVILLE 04/11/2006
50 FLY	26.46	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BERKS & BUCKS CHAMPIONSHIPS: MAIDENHEAD 14/03/2009
100 FLY	56.09	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BERKS & BUCKS CHAMPIONSHIPS: MAIDENHEAD 28/02/2009
200 FLY	2.10.52	KARL BOTHA	02/02/1991	CITY of CANTERBURY	SERASA CHAMPIONSHIPS: WATERLOOVILLE 04/11/2006
100 IM	59.56	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 25/02/2007
200 IM	2.07.60	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BERKS & BUCKS CHAMPIONSHIPS: MAIDENHEAD 28/02/2009
400 IM	4.30.71	ADAM HARRINGTON	20/07/1991	CRAWLEY	SUSSEX COUNTY CHAMPIONSHIPS: K2 CRAWLEY 17/03/2007

SHEET 11 UPDATED 12/04/2009

SOUTH EAST REGION MENS OPEN SHORT COURSE RECORDS

EVENT	TIME	NAME	DOB	CLUB	VENUE & DATE OF SWIM
50 FREE	22.04	OWEN MORGAN	08/02/1984	GODALMING	EUROPEAN CHAMPIONSHIPS DEBRECEN. HUNGARY 16/12/2007
100 FREE	49.82	GUY SHERWIN	10/03/1984	SHIVERERS	SUSSEX COUNTY CHAMPIONSHIPS K2 CRAWLEY 16/03/2008
200 FREE	1.51.56	CRAIG GIBBONS	29/11/1985	MAXWELL	DERWENTSIDE OPEN: STANLEY 10/12/2006
400 FREE	3.57.47	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	HASLEMERE L1 OPEN HASLEMERE 15/11/2008
800 FREE	8.24.48	CHRISTOPHER ROWLEY	24/04/1990	BRACKNELL & WOKINGHAM	BERKS & BUCKS CHAMPIONSHIPS: MAIDENHEAD 17/03/2007
1500 FREE	15.57.02	JAMES STOCKDALE	08/09/1988	PORTSMOUTH NORTHSEA	BLUE RIBBON OPEN: VICTORIA BATHS PORTSMOUTH 21/01/2007
50 BACK	24.04	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	EUROPEAN CHAMPIONSHIPS RIJEKA. CROATIA 12/12/2008
100 BACK	51.86	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	EUROPEAN CHAMPIONSHIPS RIJEKA. CROATIA 14/12/2008
200 BACK	1.53.40	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	EUROPEAN CHAMPIONSHIPS RIJEKA. CROATIA 11/12/2008
50 BREAST	29.55	ROBERT MESSENGER	07/05/1982	CITY of CANTERBURY	KENT COUNTY CHAMPIONSHIPS BLACK LION. GILLINGHAM 14/02/2009
100 BREAST	1.03.46	TOM ROOKE	07/06/1990	CRAWLEY	SCOTTISH CHAMPIONSHIPS TOLLCROSS 17/01/2009
200 BREAST	2.13.32	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	BERKS & SOUTH BUCKS COUNTY CHAMPIONSHIPS MAIDENHEAD 28/02/2009
50 FLY	24.07	OWEN MORGAN	08/02/1984	CRANLEIGH	GUILDFORD OPEN: SPECTRUM CENTRE GUILDFORD 03/12/2006
100 FLY	54.71	CALLUM HILICKS SCOTTISH RECORD	01/11/1991 17 YEARS	CRAWLEY SCOTTISH RECORD	SCOTTISH CHAMPIONSHIPS TOLLCROSS 16/01/2009
200 FLY	2.01.79	EDWARD DOWNES	25/04/1987	MAXWELL	NATIONAL MASTERS: PONDS FORGE SHEFFIELD 28/10/2006
100 IM	58.28	PATRICK CLEMENT	29/07/1990	HASLEMERE	SURREY COUNTY CHAMPIONSHIPS GUILDFORD 14/02/2009
200 IM	2.01.37	ADAM HARRINGTON	20/07/1991	CRAWLEY	AUSTALIAN CHAMPIONSHIPS MELBOURNE 22/09/2008
400 IM	4.17.06	ADAM HARRINGTON	20/07/1991	CRAWLEY	AUSTALIAN CHAMPIONSHIPS MELBOURNE 21/09/2008