

**SHEET 1 UPDATED 04/03/2010**  
**CERTIFICATES FOR INDIVIDUAL RECORDS ARE NOW AVAILABLE FOR DOWNLOAD.**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 11/UNDER</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	30.15	CHARLIE PULLAN	15/02/1998	GUILDFORD CITY	BURNS OPEN PONDS FORGE SHEFFIELD	30/01/2010
100 FREE	1.03.19	MILES MUNRO	24/06/1996	BEAU SEJOUR BARRACUDA	SERASA BAGCAT CHAMPIONSHIPS K2 CRAWLEY	31/05/2008
200 FREE	2.16.09	AARON LLOYD	12/12/1998	PORTSMOUTH NORTHSEA	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	25/07/2009
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	18.38.00	DAVID WHEADON	25/05/1998	PORTSMOUTH NORTHSEA	PLYMOUTH OPEN MILLFIELD	18/12/2009
50 BACK	34.63	CHARLIE PULLAN	15/12/1998	GUILDFORD CITY	BURNS OPEN PONDS FORGE SHEFFIELD	31/01/2010
100 BACK	1.12.50	ADAM MILNE	13/08/1997	BASINGSTOKE BLUEFINS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	22/07/2009
200 BACK	2.32.78	ADAM MILNE	13/08/1997	BASINGSTOKE BLUEFINS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2009
50 BREAST	39.88	RUBENS KING	24/09/1997	GUILDFORD CITY	NATIONAL SWIMMING LEAGUE FINAL. PONDS FORGE SHEFFIELD	26/04/2009
100 BREAST	1.21.19	JAMES CHATER	11/08/1995	TILEHURST	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	23/07/2007
200 BREAST	2.54.97	RUBENS KING	24/09/1997	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	22/07/2009
50 FLY	33.23	LIAM JONES	19/04/1997	WYCOMBE DISTRICT	WYCOMBE ANNUAL L2 HIGH WYCOMBE	14/02/2009
100 FLY	1.08.80	BENJAMIN STEVENS	19/03/1998	CITY of SOUTHAMPTON	PORTSMOUTH JUNIOR MEET MOUNTBATTEN CENTRE	24/01/2010
200 FLY	2.30.26	THOMAS GREGSON	09/12/1996	PORTSMOUTH NORTHSEA	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	24/07/2008
200 IM	2.33.80	RUBENS KING	24/09/1997	GUILDFORD CITY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	23/07/2009
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 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 12 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
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	9.14.94	THOMAS DIAPER-FOX	10/03/1997	CITY of SOUTHAMPTON	HAMPSHIRE COUNTY CHAMPIONSHIPS PORTSMOUTH	27/02/2010
1500 FREE	17.35.64	THOMAS DIAPER-FOX	10/03/1997	CITY of SOUTHAMPTON	HAMPSHIRE COUNTY CHAMPIONSHIPS PORTSMOUTH	28/02/2010
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	36.33	CHRISTOPHER GREEN	05/06/1997	LEATHERHEAD	WYCOMBE ANNUAL L2 HIGH WYCOMBE	13/02/2010
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	5.08.31	BENJAMIN LEVART	06/12/1996	AMERSHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	26/07/2009

**SHEET 3 UPDATED 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 13 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	25.32	MATTHEW POWELL	18/10/1994	HASLEMERE	EARLY BIRD MEET K2 CRAWLEY	05/10/2008
100 FREE	54.53	MATTHEW POWELL <b>BRITISH RECORD</b>	18/10/1994 <b>13 YEARS</b>	HASLEMERE <b>BRITISH RECORD</b>	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	31.16	JOSH PANKHURST	10/01/1996	EAST GRINSTEAD	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
100 BACK	1.02.46	MATTHEW POWELL	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	25/07/2008
200 BACK	2.18.68	JOSH PANKHURST	10/01/1996	EAST GRINSTEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	24/07/2009
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	18/10/1994	HASLEMERE	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	26/07/2008
100 FLY	58.47	MATTHEW POWELL <b>BRITISH RECORD</b>	18/10/1994 <b>13 YEAR</b>	HASLEMERE <b>BRITISH RECORD</b>	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 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 14 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	25.51	GEORGE WILSON	15/02/1995	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	30/01/2010
100 FREE	54.34	BRADLEY MOORHOUSE	02/08/1991	BLACK LION	NATIONAL AGE GROUP CHAMPIONSHIPS PONDS FORGE SHEFFIELD	27/07/2006
200 FREE	1.58.89	GEORGE WILSON	15/02/1995	BRACKNELL & WOKINGHAM	S E R A S A AGE GROUP CHAMPIONSHIPS K2 CRAWLEY	13/06/2009
400 FREE	4.14.45	GEORGE WILSON	15/02/1995	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	22/07/2009
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	30.38	GEORGE WILSON	15/02/1995	BRACKNELL & WOKINGHAM	BURNS OPEN PONDS FORGE SHEFFIELD	31/01/2010
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 COURTNEY DOS SANTOS	10/04/1993 28/06/1995	LEATHERHEAD CITY OF MILTON KEYNES	BURNS OPEN PONDS FORGE CITY OF DERBY PONDS FORGE	26/01/2008 09/01/2010
100 BREAST	1.08.04	ALEX MURPHY	11/06/1995	DIDCOT BARRAMUNDI	ESSA CHAMPIONSHIPS CRYSTAL PALACE	24/10/2009
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	27.01	NICK SALERNO	30/04/1995	BOGNOR REGIS	EARLY BIRD MEET K2 CRAWLEY	21/11/2009
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 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 15 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	24.02	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	16/03/2009
100 FREE	52.95	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	CRAWLEY OPEN K2 CRAWLEY	18/04/2009
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	25.81	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	CRAWLEY OPEN K2 CRAWLEY	18/04/2009
100 FLY	55.64	STEVEN KING <b>BRITISH RECORD</b>	30/07/1993 <b>15 YEARS</b>	BRACKNELL & WOKINGHAM <b>BRITISH RECORD</b>	EUROPEAN YOUTH OLYMPICS TAMPERE FINLAND	21/07/2009
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 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 16 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
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	4.01.00	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2009
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	20/07/1991	CRAWLEY	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	30.47	THOMAS GODFREY	16/01/1993	LEATHERHEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
100 BREAST	1.04.70	XANDER ALARI WILLIAMS	12/03/1993	SEVENOAKS	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	28/07/2009
200 BREAST	2.19.91	XANDER ALARI WILLIAMS	12/03/1993	SEVENOAKS	PLYMOUTH OPEN MILLFIELD	20/12/2009
50 FLY	25.54	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	WORLD SCHOOLS GAMES DOHAR, QATAR	09/12/2009
100 FLY	55.32	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	NATIONAL AGE GROUP CHAMPIONSHIPS: PONDS FORGE SHEFFIELD	02/08/2009
200 FLY	2.03.05	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
200 IM	2.06.17	SAM VAN DE SCHOOTBRUGGE	22/03/1993	CITY of OXFORD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	31/07/2009
400 IM	4.27.69	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	03/04/2008

**SHEET 7 UPDATED 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 17 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
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	4.08.89	JJL GALLICHAN	13/08/1991	TIGERS (JERSEY)	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	03/05/2009
800 FREE	8.25.74	ADAM HARRINGTON	20/07/1991	CRAWLEY	SCOTTISH CHAMPIONSHIPS TOLLCROSS	27/06/2009
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	30.78	JAMIE SHIELDS	24/09/1991	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
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 <b>BRITISH RECORD</b>	03/12/1990 <b>17 YEARS</b>	BRACKNELL & WOKINGHAM <b>BRITISH RECORD</b>	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2008
50 FLY	24.92	CALLUM HILLICKS <b>BRITISH RECORD</b>	01/11/1991 <b>17 YEARS</b>	CRAWLEY <b>BRITISH RECORD</b>	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2009
100 FLY	54.90	CALLUM HILLICKS <b>SCOTTISH RECORD</b>	01/11/1991 <b>17 YEARS</b>	CRAWLEY <b>SCOTTISH RECORD</b>	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
200 FLY	2.03.36	THOMAS KENNEDY	30/04/1992	HASLEMERE	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
200 IM	2.04.32	ADAM HARRINGTON	20/07/1991	CRAWLEY	EUROPEAN JUNIOR CHAMPIONSHIPS PRAGUE	09/07/2009
400 IM	4.22.59	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

**SHEET 8 UPDATED 04/03/2010**  
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<b>SOUTH EAST REGION LONG COURSE RECORDS MALE 18 YEARS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
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	8.23.54	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
1500 FREE	16.07.25	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
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	30.22	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	SCOTTISH CHAMPIONSHIPS TOLLGROSS	26/06/2009
100 BREAST	1.02.66	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2009
200 BREAST	2.11.99	ANDREW WILLIS <b>BRITISH RECORD</b>	03/12/1990 <b>18 YEARS</b>	BRACKNELL & WOKINGHAM <b>BRITISH RECORD</b>	TRI-NATIONS MEET LONDON	01/08/2009
50 FLY	25.02	PATRICK CLEMENT	29/07/1990	HASLEMERE	REGION CHAMPIONSHIPS ALDERSHOT	03/05/2009
100 FLY	55.76	CALLUM HILICKS	01/11/1991	CRAWLEY	EARLY BIRD MEET K2 CRAWLEY	22/11/2009
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	2.07.03	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
400 IM	4.28.78	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	SCOTTISH CHAMPIONSHIPS TOLLGROSS	28/06/2009

**SHEET 9 UPDATED 04/03/2010**  
**CERTIFICATES FOR INDIVIDUAL RECORDS ARE NOW AVAILABLE FOR DOWNLOAD.**  
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<b>SOUTH EAST REGION      <u>OPEN</u>      MALE LONG COURSE RECORDS</b>						
<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>D.O.B.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE OF SWIM</b>
50 FREE	22.23	SIMON BURNETT	14/04/1983	WINDSOR	WORLD CHAMPIONSHIPS ROME	31/07/2009
100 FREE	48.20	SIMON BURNETT	14/04/1983	WINDSOR	OLYMPIC GAMES BEIJING	10/08/2008
<b>BRITISH RECORD.    BRITISH RECORD.    BRITISH RECORD.    BRITISH RECORD.</b>						
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	8.23.54	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	30/07/2009
1500 FREE	16.07.25	MATTHEW BRECKON	12/09/1990	LEATHERHEAD	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	01/08/2009
50 BACK	25.44	MARCO LOUGHRAN	24/03/1989	GUILDFORD CITY	WORLD CHAMPIONSHIPS ROME	01/08/2009
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	29.25	ROBERT MESSENGER	07/05/1982	CITY of CANTERBURY	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	02/08/2009
100 BREAST	1.02.66	ANDREW WILLIS	03/12/1990	BRACKNELL & WOKINGHAM	NATIONAL CHAMPIONSHIPS PONDS FORGE SHEFFIELD	29/07/2009
200 BREAST	2.11.99	ANDREW WILLIS <b>BRITISH RECORD</b>	03/12/1990 <b>18 YEARS</b>	BRACKNELL & WOKINGHAM <b>BRITISH RECORD</b>	TRI-NATIONS MEET LONDON	01/08/2009
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	2.04.32	ADAM HARRINGTON	20/07/1991	CRAWLEY	EUROPEAN JUNIOR CHAMPIONSHIPS PRAGUE	09/07/2009
400 IM	4.22.59	ADAM HARRINGTON	20/07/1991	CRAWLEY	BRITISH CHAMPIONSHIPS PONDS FORGE SHEFFIELD	20/03/2009

**SHEET 10 UPDATED 04/03/2010**  
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**SOUTH EAST REGION BOYS JUNIOR(U/16) SHORT COURSE RECORDS**

<b>EVENT</b>	<b>TIME</b>	<b>NAME</b>	<b>DOB</b>	<b>CLUB</b>	<b>VENUE &amp; DATE OF SWIM</b>
50 FREE	24.53	ALEX JAMESON	26/02/1992	ST BEDES SCHOOL	BORO' of WALTHAM FOREST OPEN: WALTHAM FOREST 26/05/2007
100 FREE	51.88	MATTHEW POWELL	18/10/1994	HASLEMERE	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT 07/11/2009
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	27.44	MATTHEW POWELL	18/10/1994	HASLEMERE	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT 08/11/2009
100 BACK	57.87	MATTHEW POWELL	18/10/1994	HASLEMERE	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT 08/11/2009
200 BACK	2.02.17	ADAM HARRINGTON	20/07/1991	CRAWLEY	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	1.06.27	ALEX MURPHY	11/06/1995	DIDCOT BARRAMUNDI	NATIONAL COUNTY TEAM CHAMPIONSHIPS. PONDS FORGE SHEFFIELD 18/10/2009
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 04/03/2010  
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 EMAILED BACK

## SOUTH EAST REGION MENS OPEN SHORT COURSE RECORDS

EVENT	TIME	NAME	DOB	CLUB	VENUE & DATE OF SWIM
50 FREE	21.49	CRAIG GIBBONS	29/11/1985	MAXWELL	EUROPEAN CHAMPIONSHIPS. ISTANBUL TURKEY 13/12/2009
100 FREE	46.90	CRAIG GIBBONS	29/11/1985	MAXWELL	EUROPEAN CHAMPIONSHIPS. ISTANBUL TURKEY 11/12/2009
200 FREE	1.48.21	TOM PARRIS	25/01/1991	HASTINGS SEAGULLS	QUEENSLAND CHAMPIONSHIPS AUSTRALIA 29/08/2009
400 FREE	3.55.88	JONATHON LE NOURY	13/08/1991	BEAU SEJOUR BARRACUDA	ISLAND GAMES 29/06/2009
800 FREE	8.24.48	CHRISTOPHER ROWLEY	24/04/1990	BRACKNELL & WOKINGHAM	BERKS & BUCKS CHAMPIONSHIPS: MAIDENHEAD 17/03/2007
1500 FREE	15.56.07	JONATHON LE NOURY	21/06/1984	BEAU SEJOUR BARRACUDA	ISLAND GAMES 29/06/2009
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	29.24	CAMERON BROWN	11/07/1989	MAXWELL	HASLEMERE SUMMER OPEN 04/07/2009
100 BREAST	1.03.04	TOM ROOKE	07/06/1990	CRAWLEY	UK CHALLENGE HATFIELD 16/05/2009
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 HILLICKS SCOTTISH RECORD	01/11/1991 17 YEARS	CRAWLEY SCOTTISH RECORD	SCOTTISH CHAMPIONSHIPS TOLLCROSS 16/01/2009
200 FLY	2.00.10	STEVEN KING	30/07/1993	BRACKNELL & WOKINGHAM	SERASA OPEN CHAMPIONSHIPS GARRISON POOL ALDERSHOT 07/11/2009
100 IM	57.49	PATRICK CLEMENT	29/07/1990	HASLEMERE	BRITISH GAS GRAND PRIX. LEEDS 09/08/2009
200 IM	2.01.37	ADAM HARRINGTON	20/07/1991	CRAWLEY	AUSTALIAN CHAMPIONSHIPS MELBOURNE 22/09/2008
400 IM	4.16.61	ADAM HARRINGTON	20/07/1991	CRAWLEY	AUSTALIAN CHAMPIONSHIPS MELBOURNE 29/08/2009