

Swim South East Masters  
Short Course  
Competition Best Performances 2006 - 2017

**Mens Open 50m Freestyle**

18/24 Yrs	Owen Morgan	Cranleigh	23.66	2007
25/29 Yrs	William Felgate	Havant & Wat	24.10	2007
30/34 Yrs	Ben Bradley	Maidenhead	24.65	2011
35/39 Yrs	David Warren	Mid Sussex Marlins	24.32	2009
40/44 Yrs	Adam Perrott	Havant & Wat	24.84	2009
45/49 Yrs	Martin Lane	Romford Town	24.90	2017
50/54 Yrs	Graham Potter	Elmbridge	26.21	2006
55/59 Yrs	Steve Greenfield	Basingstoke Bluefins	27.47	2013
60/64 Yrs	Stephen Braine	Mid Sussex Marlins	29.43	2015
65/69 Yrs	David Hodgetts	Haslemere	30.62	2012
70/74 Yrs	David Hodgetts	Guildford City	32.11	2017
75/79 Yrs	Anthony Gimson	Mid Sussex Marlins	35.72	2013
80/84 Yrs	Anthony Gimson	Mid Sussex Marlins	38.13	2017
85/89 Yrs	Frank Taylor	Hart	45.57	2016
90/94 Yrs	John Harrison	Godalming	1:07.11	2006
95/99 Yrs	John Harrison	Godalming	1:19.06	2009

**Mens Open 100m Freestyle**

18/24 Yrs	Oliver Wilson	Otter	51.92	2015
25/29 Yrs	William Felgate	Winchester P	54.66	2008
30/34 Yrs	Andrew Farrell	Brighton Dolphins	54.84	2009
35/39 Yrs	David Warren	Mid Sussex Marlins	55.36	2008
40/44 Yrs	Dave Warren	Otter	54.89	2013
45/49 Yrs	Martin Lane	Romford Town	55.85	2017
50/54 Yrs	Clive Benson	Hart	1:00.64	2015
55/59 Yrs	Peter Kirk	Otter	1:02.31	2012
60/64 Yrs	Peter Kirk	Otter	1:05.31	2017
65/69 Yrs	Duncan McCreddie	Maidenhead	1:07.33	2011
70/74 Yrs	David Hodgette	Guildford City	1:13.44	2017
75/79 Yrs	Geoff Stokes	Rushmoor Royals	1:21.89	2017
80/84 Yrs	Anthony Gimson	Mid Sussex Marlins	1:27.32	2017
85/89 Yrs	Robert Curr	Serpentine	2:24.09	2014
90/94 Yrs	John Harrison	Godalming	2:37.07	2008

**Men 200m Freestyle**

18/24 Yrs	Oliver Wilson	Otter	1:58.80	2015
25/29 Yrs	Andrew Farrell	Templeogue	2:01.15	2007
30/34 Yrs	Andrew Farrell	Brighton Dolphins	2:02.23	2009
35/39 Yrs	David Warren	Mid Sussex Marlins	1:56.06	2009
40/44 Yrs	Dave Warren	Otter	1:58.63	2013
45/49 Yrs	Spencer Turner	Basingstoke Bluefins	2:06.25	2014
50/54 Yrs	Rory Fitzgerald	Winchester P	2:12.26	2008
55/59 Yrs	Paul Hare	Croyden Amphibians	2:16.61	2016
60/64 Yrs	Duncan McCreddie	Maidenhead	2:19.32	2008
65/69 Yrs	Duncan McCreddie	Maidenhead	2:22.91	2011
70/74 Yrs	Mike Wake	Sevenoaks	2:48.35	2013
75/79 Yrs	Geoff Stokes	Rushmoor Royals	2:49.96	2014
80/84 Yrs	Frank Taylor	Hart	3:48.87	2012
85/89 Yrs	Robert Curr	Serpentine	5:21.47	2014

**Mens Open 50m Backstroke**

18/24 Yrs	Craig Gibbons	Maxwell	26.50	2009
25/29 Yrs	Ian Thwaites	Co Cambridge	28.46	2008
30/34 Yrs	Oliver Espinasse	Windsor	28.50	2014
35/39 Yrs	Lee Peterson	Braintree	28.07	2009
40/44 Yrs	Paul Allen	Boston	29.76	2012
45/49 Yrs	Nicholas Bridge	Co. Oxford	30.31	2015
50/54 Yrs	Guy Emerson	Spencer	33.31	2017
55/59 Yrs	Graham Powell	Team Luton	32.52	2011
60/64 Yrs	Neil Jackson	Hants North	35.43	2006
65/69 Yrs	John Lake	W Lon Penguin	37.37	2009
70/74 Yrs	Michael Daniell	Bracknell	39.45	2011

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75/79 Yrs	Nigel Salsbury	Spencer	43.67	2017
80/84 Yrs	Janos Leigh	Romford Town	54.00	2015
85/89 Yrs	James Green	Redhill & Reigate	1:09.15	2014
90/94 Yrs	John Harrison	Godalming	1:09.79	2007
95/99 Yrs	John Harrison	Godalming	1:21.07	2009

**Mens Open 100m Backstroke**

18/24 Yrs	John Molyneaux	Portsmouth NS	59.86	2010
25/29 Yrs	Ian Thwaites	Co Cambridge	1:00.93	2008
30/34 Yrs	Andrew Hagues	Bracknell	1:03.06	2012
35/39 Yrs	Lee Peterson	Braintree	1:01.39	2009
40/44 Yrs	Paul Hinxman	Hart	1:04.40	2013
45/49 Yrs	Nicholas Bridge	Co. Oxford	1:05.14	2015
50/54 Yrs	Godfrey Goodwin	Crawley	1:13.31	2017
55/59 Yrs	Graham Powell	Team Luton	1:11.16	2013
60/64 Yrs	Ivan Myall	Chelmsford	1:16.14	2008
65/69 Yrs	Nigel Foster	S Bournemouth	1:22.34	2015
70/74 Yrs	Nigel Salsbury	Spencer	1:29.30	2011
75/79 Yrs	Nigel Salsbury	Spencer	1:36.75	2016
80/84 Yrs	Janos Leigh	Romford Town	2:01.08	2016
85/89 Yrs	Robert Curr	Serpentine	2:52.54	2015
90/94 Yrs	John Harrison	Godalming	2:32.25	2006
95/99 Yrs	John Harrison	Godalming	2:52.86	2009

**Mens Open 200m Backstroke**

18/24 Yrs	Karl Heather	Co.Southampton	2:21.07	2015
25/29 Yrs	Paul Hancock	Hythe	2:16.34	2006
30/34 Yrs	Lewis Jones	Portsmouth Northsea	2:18.58	2013
35/39 Yrs	David Warren	Mid Sussex Marlins	2:16.74	2006
40/44 Yrs	Paul Allen	Boston	2:21.92	2012
45/49 Yrs	Nicholas Bridge	Co.Oxford	2:29.49	2015
50/54 Yrs	Shawn Morgan	Reading	2:34.23	2015
55/59 Yrs	Alec Johnson	Trafford Metro	2:29.47	2017
60/64 Yrs	Andrew Burgess	Mid Sussex Marlins	2:41.68	2017
65/69 Yrs	Nigel Foster	Bournemouth	2:57.56	2015
70/74 Yrs	Malcom Munro	Barnes SC	3:16.21	2017
75/79 Yrs	David Staveley	Hythe	3:41.50	2017
80/84 Yrs	Janos Leigh	Romford Town	4:18.49	2015
85/89 Yrs	Robert Curr	Serpentine	5:49.64	2014

**Mens Open 50m Breaststroke**

18/24 Yrs	Barrie Stewart	Havant & Wat	30.28	2007
25/29 Yrs	Barrie Stewart	Havant & Wat	30.31	2008
30/34 Yrs	Chris Aust	Co Oxford	30.97	2012
35/39 Yrs	David Ebanks	Romford Town	30.61	2017
40/44 Yrs	David Warren	Otter	31.28	2011
45/49 Yrs	Mike Hodgson	Guildford City	31.45	2016
50/54 Yrs	Duncan Beveridge	St Albans	33.07	2011
55/59 Yrs	David Bryant	Guildford City	33.77	2017
60/64 Yrs	Trevor Clark	Kenilworth	38.94	2015
65/69 Yrs	Chris Jones	Mid Sussex Marlins	40.38	2009
70/74 Yrs	Geoff Bishop	Kings Corm	42.73	2007
75/79 Yrs	Geoff Bishop	Royal Navy	43.22	2011
80/84 Yrs	Anthony Gimson	Mid Sussex Marlins	53.72	2017
85/89 Yrs	James Green	Redhill & Reigate	1:03.92	2013
90/94 Yrs	John Harrison	Godalming	1:31.35	2006

**Mens Open 100m Breaststroke**

18/24 Yrs	Kim Liu	Otter	1:07.53	2015
25/29 Yrs	Andrew Benson	Out to Swim	1:08.09	2017
30/34 Yrs	Leon Smith	Teddington	1:07.95	2014
35/39 Yrs	David Ebanks	Romford Town	1:08.26	2017
40/44 Yrs	Michael Hodgson	Guildford City	1:11.88	2011

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45/49 Yrs	Mike Hodgson	Guildford City	1:11.12	2012
50/54 Yrs	Duncan Beveridge	St Albans	1:17.42	2011
55/59 Yrs	Martin Fenner	Romford Town	1:19.83	2017
60/64 Yrs	Malcolm Munro	Acton	1:25.81	2007
65/69 Yrs	Chris Jones	Mid Sussex Marlins	1:32.20	2008
70/74 Yrs	Mike Wake	Sevenoaks	1:37.50	2013
75/79 Yrs	Derrick Fuller	Thanet Swim	1:51.28	2008
80/84 Yrs	James Green	Redhill & Reigate	2:04.25	2008
85/89 Yrs	James Green	Redhill & Reigate	2:29.75	2014

**Men 200m Breaststroke**

18/24 Yrs	Kim Liu	Otter	2:29.99	2015
25/29 Yrs	Alex Perrin	Dorking	2:32.11	2008
30/34 Yrs	Matt Robinson	Saxon Crown	2:37.98	2012
35/39 Yrs	David Warren	Mid Sussex Marlins	2:28.19	2006
40/44 Yrs	David Russell	West Wight	2:38.08	2015
45/49 Yrs	Mike Hodgson	Guildford City	2:38.24	2013
50/54 Yrs	Paul Mason	Chichester	2:48.36	2017
55/59 Yrs	Thomas Morrow	C o Milton Keynes	2:56.83	2011
60/64 Yrs	Tony Murphy	Epson District	3:11.67	2011
65/69 Yrs	Duncan McCreddie	Maidenhead	3:23.38	2013
70/74 Yrs	Charles Doxat	Otter	3:24.13	2012
75/79 Yrs	Edward Askew	Chichester	4:32.12	2007
80/84 Yrs	James Green	Kings Corm	4:33.48	2009
85/89 Yrs	James Green	Redhill & Reigate	5:16.37	2013

**Mens Open 50m Butterfly**

18/24 Yrs	Oliver Wilson	Otter	26.03	2015
25/29 Yrs	Mark Lewis	Saxon Crown	25.76	2008
30/34 Yrs	Oliver Espinasse	Windsor	26.54	2014
35/39 Yrs	Andrew Farrell	Templeogue	28.05	2013
40/44 Yrs	Dave Warren	Otter	26.32	2011
45/49 Yrs	Mike Hodgson	Guildford City	28.39	2014
50/54 Yrs	Mike Hodgson	Guildford City	27.71	2017
55/59 Yrs	Graham Powell	Team Luton	31.27	2011
60/64 Yrs	Steve Braine	Mid Sussex Marlins	32.00	2017
65/69 Yrs	Derek Parr	Otter	32.65	2009
70/74 Yrs	Michael Daniell	Bracknell	36.23	2011
75/79 Yrs	Geoff Bishop	Royal Navy	45.85	2011
80/84 Yrs	Anthony Gimson	Mid Sussex Marlins	55.02	2017

**Mens Open 100m Butterfly**

18/24 Yrs	William Felgate	Havant & Wat	58.54	2006
25/29 Yrs	Mark Lewis	Saxon Crown	55.48	2008
30/34 Yrs	Oliver Espinasse	Basingstoke	1:00.55	2017
35/39 Yrs	David Warren	Mid Sussex Marlins	59.29	2008
40/44 Yrs	Dave Warren	Otter	1:00.05	2013
45/49 Yrs	Andrew Small	Bournem'th Dolphins	1:06.38	2008
50/54 Yrs	Peter Morris	Bracknell	1:06.59	2013
55/59 Yrs	Geoff Baker	Rochford	1:11.89	2015
60/64 Yrs	Steve Folsom	Teddington	1:10.39	2014
65/69 Yrs	Derek Parr	Otter	1:11.89	2009
70/74 Yrs	Michael Daniell	Bracknell	1:33.79	2012
75/79 Yrs	Edward Askew	Chichester	2:00.56	2007
80/84 Yrs	Edward Askew	Chichester	2:31.45	2012

**Men 200m Butterfly**

18/24 Yrs	Norbert Banhidy	BUCS	2:28.43	2017
25/29 Yrs	Mark Lewis	Saxon Crown	1:59.74	2008
30/34 Yrs	Nick Valentine	Co Newcastle	2:17.36	2013
35/39 Yrs	David Warren	Mid Sussex Marlins	2:11.55	2009
40/44 Yrs	David Warren	Otter	2:09.52	2011
45/49 Yrs	Richard Searle	Stroud Mast	2:40.36	2009

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50/54 Yrs	Peter Morris	Bracknell	2:30.05	2013
55/59 Yrs	Martin Fenner	Romford Town	2:42.59	2017
60/64 Yrs	Steve Folsom	Teddington	2:42.66	2014
65/69 Yrs	Derek Parr	Otter	2:50.50	2009
70/74 Yrs	Michael Daniell	Bracknell	3:36.36	2010
75/79 Yrs	Edward Askew	Chichester	5:00.21	2010

**Mens Open 100m IM**

18/24 Yrs	Neal Thompson	Otter	59.78	2015
25/29 Yrs	Ivan Nechunaev	Spencer	58.64	2015
30/34 Yrs	Leon Smith	Teddington	1:00.73	2016
35/39 Yrs	David Warren	Mid Sussex Marlins	1:00.78	2008
40/44 Yrs	Mark Salway	Mid Sussex Marlins	1:05.90	2008
45/49 Yrs	David Cartledge	Modernians	1:05.77	2006
50/54 Yrs	Mike Hodgson	Guildford City	1:03.55	2017
55/59 Yrs	David Bryant	Guildford City	1:09.03	2017
60/64 Yrs	Duncan Mccreadie	Maidenhead	1:15.16	2008
65/69 Yrs	Duncan Mccreadie	Maidenhead	1:20.12	2011
70/74 Yrs	Anthony Gimson	Mid Sussex Marlins	1:30.06	2007
75/79 Yrs	Anthony Gimson	Mid Sussex Marlins	1:38.22	2012
80/84 Yrs	Edward Askew	Chichester	2:18.44	2012

**Men 200m IM**

18/24 Yrs	John Molyneaux	Portsmouth Northsea	2:18.82	2010
25/29 Yrs	Neal Thomson	Out to Swim	2:16.78	2017
30/34 Yrs	Lewis Jones	Portsmouth Northsea	2:19.15	2013
35/39 Yrs	David Warren	Mid Sussex Marlins	2:12.92	2008
40/44 Yrs	Mark Salway	Mid Sussex Marlins	2:26.80	2008
45/49 Yrs	Mike Hodgson	Guildford City	2:21.42	2012
50/54 Yrs	Nigel Vickers	Rushmoor Royals	2:31.68	2017
55/59 Yrs	Stephen Weston	Gloucester Masters	2:50.59	2012
60/64 Yrs	Duncan Mccreadie	Maidenhead	2:35.54	2007
65/69 Yrs	Duncan Mccreadie	Maidenhead	2:48.45	2011
70/74 Yrs	Charles Doxat	Otter	3:14.86	2012
75/79 Yrs	Anthony Gimson	Mid Sussex Marlins	3:44.92	2012
80/84 Yrs	Edward Eskew	Chichester	4:31.93	2012

**Womens Open 50m Freestyle**

18/24 Yrs	Georgia Holderness	Milfield	27.28	2011
25/29 Yrs	Hannah Keen	Hastings	26.57	2012
30/34 Yrs	Gena Heyn	Teddington	26.90	2016
35/39 Yrs	Kirsty Johnson	Bracknell	28.22	2016
40/44 Yrs	Michelle Ware	Guildford City	28.00	2016
45/49 Yrs	Hayley Bettinson	Camphill Ed	28.92	2010
50/54 Yrs	Lucy Williams	Co Southampton	29.78	2012
55/59 Yrs	Alison Nye	Spencer	31.32	2012
60/64 Yrs	Carol Fellows	Bristol Mast	34.01	2006
65/69 Yrs	Jean Howard-Jones	Spencer	34.05	2010
70/74 Yrs	Elizabeth Savage	Kings Corm	41.05	2016
75/79 Yrs	Jane Asher	Kings Corm	36.42	2006
80/84 Yrs	Susan Halter	Camden Swiss	54.98	2009
85/89 Yrs	Jane Asher	Kings Corm	39.38	2016

**Womens Open 100m Freestyle**

18/24 Yrs	Jessica Davies	City of Southampton	59.92	2017
25/29 Yrs	Hannah Keen	Hastings	58.70	2012
30/34 Yrs	Gina Hobson	Otter	1:00.29	2009
35/39 Yrs	Fleur Parker	Basingstoke Bluefins	1:01.25	2014
40/44 Yrs	Fleur Parker	Basingstoke Bluefins	1:01.84	2017
45/49 Yrs	Jane McMenemy	Otter	1:06.18	2017
50/54 Yrs	Anna Page	Kings Corm	1:09.75	2008
55/59 Yrs	Philippa Williams	Wycombe District	1:11.95	2017
60/64 Yrs	Catherine Beckett	Winchester	1:17.24	2016

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65/69 Yrs	Alison Gwynn	Mid Sussex Marlins	1:18.98	2015
70/74 Yrs	Eliabeth Savage	Kings Corm	1:33.04	2017
75/79 Yrs	Jane Asher	Kings Corm	1:21.76	2008
80/84 Yrs	Susan Halter	Camden Swiss	2:05.49	2008

**Women 200m Freestyle**

18/24 Yrs	Kate Carter	Basingtoke	2:17.22	2015
25/29 Yrs	Hannah Keen	Hastings	2:11.62	2012
30/34 Yrs	Gina Heyn	Teddington	2:07.96	2017
35/39 Yrs	Lizzie Godfrey	Basingstoke	2:14.07	2017
40/44 Yrs	Jane Mcmenemy	Otter	2:15.97	2009
45/49 Yrs	Jo Corben	Fareham Nomads	2:20.94	2016
50/54 Yrs	Amanda Heath	Spencer	2:32.67	2007
55/59 Yrs	Amanda Heath	Spencer	2:35.11	2013
60/64 Yrs	Amanda Heath	Spencer	2:41.56	2017
65/69 Yrs	Alison Gwynne	Mid Sussex	2:54.627	2013
70/74 Yrs	Penny Webster	Kingston Roy	3:17.76	2012
75/79 Yrs	Jane Asher	Kings Corm	3:01.02	2006
80/84 Yrs	Jane Asher	Kings Corm	3:05.96	2011

**Womens Open 50m Backstroke**

18/24 Yrs	Jessica Davies	Fareham Nomads	29.26	2015
25/29 Yrs	Laure Bacher-Fuentes	Otter	32.69	2011
30/34 Yrs	Gina Heyn	Teddington	31.32	2017
35/39 Yrs	Kitty Perkins	Box Hill	31.92	2008
40/44 Yrs	Michelle Ware	Guildford City	31.46	2017
45/49 Yrs	Jo Corben	Fareham Nomads	33.40	2017
50/54 Yrs	Lucy Williams	Co Southampton	33.93	2012
55/59 Yrs	Philippa Williams	Wycombe District	38.17	2017
60/64 Yrs	Kathy Bidnall	Mid Sussex	38.92	2016
65/69 Yrs	Helen Trippe	Winchester	41.55	2011
70/74 Yrs	Helen Trippe	Winchester	45.21	2016
75/79 Yrs	Jane Asher	Kings Corm	46.13	2009
80/84 Yrs	Jane Asher	Kings Corm	47.55	2011
85/89 Yrs	Susan Halter	Camden Swiss	1:24.67	2013

**Womens Open 100m Backstroke**

18/24 Yrs	Jessica Davies	Fareham Nomads	1:04.22	2015
25/29 Yrs	Anna Fenton	Camden Swiss C	1:09.37	2011
30/34 Yrs	Jennifer Pearson	Saxon Crown	1:09.30	2012
35/39 Yrs	Lizzie Godfrey	Basingstoke	1:08.64	2016
40/44 Yrs	Jo Corben	Portsmouth Northsea	1:09.38	2012
45/49 Yrs	Jo Corben	Fareham Nomads	1:07.70	2016
50/54 Yrs	Lucy Williams	Co Southampton	1:15.92	2012
55/59 Yrs	Kathy Bidnall	Mid Sussex Marlins	1:25.15	2012
60/64 Yrs	Kathy Bidnall	Mid Sussex Marlins	1:27.30	2015
65/69 Yrs	Alison Gwynne	Mid Sussex Marlins	1:35.47	2015
70/74 Yrs	Helen Trippe	Winchester	1:42.92	2016
75/79 Yrs	Jenny Ball	lo Wight Ma	1:57.26	2013
80/84 Yrs	Jane Asher	Kings Corm	1:49.34	2012
85/89 Yrs	Susan Halter	Camdwn Swiss	3:01.73	2013

**Women 200m Backstroke**

18/24 Yrs	Jessica Davies	Fareham Nomads	2:17.57	2015
25/29 Yrs	Laure Bacher-Fuentes	Otter	2:30.48	2011
30/34 Yrs	Michelle Curry	Romford Town	2:28.87	2017
35/39 Yrs	Jo Corben	Fareham Nomads	2:25.15	2006
40/44 Yrs	Jo Corben	Fareham N'omads	2:26.54	2014
45/49 Yrs	Jo Corben	Fareham Nomads	2:22.74	2017
50/54 Yrs	Amanda Heath	Spencer	2:58.73	2007
55/59 Yrs	Amanda Heath	Spencer	3:02.76	2013
60/64 Yrs	Helen Trippe	Winchester	3:14.37	2009
65/69 Yrs	Helen Trippe	Winchester	3:20.41	2011

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70/74 Yrs	Helen Trippe	Winchester	3:38.38	2017
75/79 Yrs	Jane Asher	Kings Corm	3:41.72	2009
80/84 Yrs	Jane Asher	Kings Corm	3:50.94	2012

**Womens Open 50m Breaststroke**

18/24 Yrs	Georgia Holderness	Milfield	33.93	2011
25/29 Yrs	Fiona Marshall	Otter	30.85	2006
30/34 Yrs	Gina Heyn	Otter	32.45	2016
35/39 Yrs	Emma Oliver	Co Canterbury	32.45	2016
40/44 Yrs	Sharon Burchell	Crawley	36.37	2017
45/49 Yrs	Alison Nye	Orpington OJ	38.62	2006
50/54 Yrs	Lucy Williams	Co Southampton	38.88	2012
55/59 Yrs	Alisopn Nye	Spencer	38.69	2012
60/64 Yrs	Diane Ford	Rushmoor Royals	44.94	2007
65/69 Yrs	Diane Ford	Rushmoor Royals	44.35	2009
70/74 Yrs	Diane Ford	Rushmoor Royals	45.56	2014
75/79 Yrs	Jane Asher	Kings Corm	53.10	2007
80/84 Yrs	Joan Kidd	Io Wight Masters	1:06.41	2009

**Womens Open 100m Breaststroke**

18/24 Yrs	Kirsty Ager	Black Lion	1:17.86	2009
25/29 Yrs	Kyla Steenhardt	Harbour Cap	1:18.90	2007
30/34 Yrs	Gina Heyn	Teddington	1:10.50	2016
35/39 Yrs	Emma Oliver	Co Canterbury	1:17.13	2016
40/44 Yrs	Sharon Lock	Basingstoke	1:23.91	2010
45/49 Yrs	Amanda Heath	Spencer	1:24.57	2006
50/54 Yrs	Amanda Heath	Spencer	1:24.52	2008
55/59 Yrs	Amanda Heath	Spencer	1:26.28	2012
60/64 Yrs	Amanda Heath	Spencer	1:29.47	2017
65/69 Yrs	Diane Ford	Rushmoor Royals	1:36.77	2009
70/74 Yrs	Diane Ford	Rushmoor Royals	1:37.00	2014
75/79 Yrs	Jane Asher	Kings Corm	1:58.59	2006

**Women 200m Breaststroke**

18/24 Yrs	Tiegan Dixon	Tilehurst	2:53.45	2012
25/29 Yrs	Ruth Morrison	Otter	2:47.84	2006
30/34 Yrs	Emma Oliver	Basingstoke Bluefins	2:52.53	2014
35/39 Yrs	Kyla Steenhardt	Cally Masters	2:52.09	2013
40/44 Yrs	Sarah Adams	Basingstoke	3:04.22	2013
45/49 Yrs	Bridget Bewick	Maidenhead	3:02.84	2012
50/54 Yrs	Amanda Heath	Spencer	3:00.12	2007
55/59 Yrs	Amanda Heath	Spencer	3:06.82	2012
60/64 Yrs	Amanda Heath	Spencer	3:06.25	2017
65/69 Yrs	Diane Ford	Rushmoor Royals	3:28.83	2009
70/74 Yrs	Diane Ford	Rushmoor Royals	3:40.56	2014
75/79 Yrs	Pauline Wilkinson	Spencer	5:35.82	2008

**Womens Open 50m Butterfly**

18/24 Yrs	Jessica Davies	City of Southampton	30.21	2017
25/29 Yrs	Sarah Healey	Wandsworth	29.35	2008
30/34 Yrs	Gina Hobson	Otter	29.85	2009
35/39 Yrs	Lizzie Godfrey	Basingstoke	30.58	2017
40/44 Yrs	Michelle Ware	Guildford City	30.17	2017
45/49 Yrs	Carolyn Curtis	Maidenhead	33.37	2012
50/54 Yrs	Allie Price	Cardiff Masters	34.28	2015
55/59 Yrs	Phillipa Williams	Wycombe District	34.27	2017
60/64 Yrs	Sussan Haigh	Tiverton	38.45	2013
65/69 Yrs	Diane Ford	Spencer	46.08	2011
70/74 Yrs	Jose Adam	Brighton Dolphins	58.70	2013
75/79 Yrs	Jane Asher	Kings Corm	47.19	2009
80/84 Yrs	Jane Asher	Kings Corm	46.49	2011

**Womens Open 100m Butterfly**

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18/24 Yrs	Antonia Knowles	Windsor	1:07.43	2011
25/29 Yrs	Sarah Healey	Wandsworth	1:03.61	2008
30/34 Yrs	Gina Heyn	Teddington	1:05.36	2017
35/39 Yrs	Gina Hobson	Otter	1:08.69	2012
40/44 Yrs	Michelle Ware	Guildford City	1:09.40	2009
45/49 Yrs	Anne Hegvold	Spencer	1:12.33	2011
50/54 Yrs	Allie Price	Cardiff Masters	1:14.97	2015
55/59 Yrs	Amanda Heath	Spencer	1:23.86	2015
60/64 Yrs	Georgie Hamilton	Barnet Copthall	1:44.01	2007
65/69 Yrs	Diane Ford	Spencer	1:44.61	2011
70/74 Yrs	Shirley Mcfarland	Baddaginne Aus	2:48.88	2006

**Women 200m Butterfly**

18/24 Yrs	Natalie McNamara	Basingstoke	2:52.06	2016
25/29 Yrs	Kirsty Hodd	Spencer	2:32.72	2009
30/34 Yrs	Noemie Peignon	Fareham Nomads	2:34.72	2016
35/39 Yrs	Sarah Vere	Havant & Wat	2:58.80	2015
40/44 Yrs	Sarah Morre	Mid Sussex	2:44.16	2015
45/49 Yrs	Linda Brown	Spencer	2:51.07	2007
50/54 Yrs	Frances Penwarden	Croydon Amphibians	3:02.57	2007
60/64 Yrs	Susan Haigh	Tiverton	3:11.14	2013
70/74 Yrs	Shirley Mcfarland	Baddaginne Aus	6:21.02	2006

**Womens Open 100m IM**

18/24 Yrs	Rebecca O'Brien	Windsor	1:13.27	2011
25/29 Yrs	Hannah Keen	Hastings	1:09.62	2012
30/34 Yrs	Fiona Marshall	Otter	1:10.26	2008
35/39 Yrs	Lizzie Godfrey	Basingstoke	1:09.08	2017
40/44 Yrs	Gina Hobson	Otter	1:13.08	2017
45/49 Yrs	Jo Corben	Fareham Nomads	1:14.39	2015
50/54 Yrs	Allie Price	Cardiff Masters	1:16.40	2015
55/59 Yrs	Alison Nye	Spencer	1:20.40	2012
60/64 Yrs	Carol Fellows	Bristol Mast	1:28.39	2006
65/69 Yrs	Mary Johnson	Mid Sussex Marlins	1:44.06	2017
70/74 Yrs	Rose Dudeney	Mid Sussex Marlins	1:46.06	2017
75/79 Yrs	Jane Asher	Kings Corm	1:39.84	2006
80/84 Yrs	Jane Asher	Kings Corm	1:42.72	2011

**Women 200m IM**

18/24 Yrs	Megan Alsop	Hastings	2:32.81	2012
25/29 Yrs	Rebecca O'Brien	Windsor	2:30.82	2015
30/34 Yrs	Gina Heyn	Teddington	2:24.45	2017
35/39 Yrs	Lizzie Godfrey	Basingstoke	2:34.03	2017
40/44 Yrs	Michelle Ware	Guildford City	2:34.41	2017
45/49 Yrs	Jo Corben	Fareham Nomads	2:38.64	2015
50/54 Yrs	Amanda Heath	Spencer	2:51.64	2011
55/59 Yrs	Amanda Heath	Spencer	2:51.47	2013
60/64 Yrs	Amanda Heath	Spencer	2:57.64	2017
65/69 Yrs	Alison Gwynne	Mid Sussex	3:29.09	2013
70/74 Yrs	Jose Adam	Brighton Dolphins	4:17.69	2013
75/79 Yrs	Jane Asher	Kings Corm	3:36.93	2007
80/84 Yrs	Jane Asher	Kings Corm	3:46.25	2011
85/89 Yrs	Jane Asher	Kings Corm	4:02.82	2016

Swim South East Masters  
Short Course  
Competition Best Performances 2006 - 2017

**Men's Relays**  
**Freestyle**

		4 x 50m		
72+				
120+				
160+	Romford Town	1:45.48	2017	
200+				
240+				

		4 x 100m		
72+				
120+	Brighton Dolphins	3:53.18	2016	
160+	Teddington	4:15.71	2016	
200+				
240+				

**Medley**

		4 x 50m		
<b>Men's Medley Relays</b>				
72+				
120+	Teddington	2:01.14	2016	
160+	Rushmoor Royals	2:16.12	2016	
200+				
240+				

**Women's Relays**  
**Freestyle**

		4 x 50m		
72+	Godalming	2:30.33	2017	
120+				
160+				
200+				
240+				

		4 x 100m		
72+	Godalming	5:00.67	2016	
120+	Teddington	4:28.61	2016	
160+	Godalming	6:04.07	2016	
200+	Mid sussex Marlins	5:14.37	2016	
240+	Kings Corm	5:37.71	2016	

**Medley**

		4 x 50m		
<b>Women's Medley Relays</b>				
72+	Godalming	2:43.41	2016	
120+	Black Lion	2:32.82	2016	
160+	Teddington	2:24.77	2016	
200+				
240+	Mud Sussex Marlins	2:56.52	2016	

**Mixed Relays**  
**Freestyle**

		4 x 50m		
72+	Fastfins West London	1:56.48	2009	
100+	Spencer	1:51.28	2008	
120+	Bracknell	1:53.31	2011	
160+	Basingstoke Bluefins	1:53.61	2014	
200+	Spencer	2:05.11	2007	
240+	Spencer	2:18.13	2012	
280+	Kings Corm	2:24.32	2007	



Swim South East Masters  
Short Course  
Competition Best Performances 2006 - 2017

**4 x 100m**

72+			
120+	Guildford City	4:48.29	2010
160+	Bracknell	4:33.79	2012
200+	Spencer	5:17.92	2010
240+	Spencer	5:18.65	2012

**4 x 200m**

72+			
120+			
160+	Spencer	9:41.66	2011
200+			
240+			

**Medley**

**4 x 50m**

72+	Windsor	2:05.90	2011
120+	Bracknell	2:06.94	2011
160+	Bracknell A	2:09.12	2013
200+	Mid Sussex Marlins	2:20.38	2015
240+	Spencer	2:31.66	2012

**4 x 100m**

72+	City of Southampton	4.48.77	2013
120+	Guildford City	4:13.64	2010
160+	Teddington	4:33.86	2010
200+	Dorking	5:05.82	2010
240+	Mid Sussex Marlins	5:09.94	2010