

DOVER LIFE GUARD CLUB - 25M POOL CLUB RECORDS

Stroke/Distance	6 Years Boys				7 Years Boys				8 Years Boys				9 Years Boys				10 Years Boys				11 Years Boys			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Freestyle 25m	Dominic Crew	00.28.1	16.09.82		Ian Hill	00.19.4	09.12.78		Barry Dixon	00.17.2	19.04.90		Liam Friend	00.15.62	03.04.97		Adam Knight	00.15.63	17.09.94		Drew Mannering	00.14.65	30.05.02	
Freestyle 50m	Barry Dixon	00.52.6	10.12.88		Barry Dixon	00.45.50	09.09.89		Liam Friend	00.38.75	21.11.96		Ben Evans	00.33.54	27.10.07		Ben Evans	00.31.03	21.06.08		Ben Evans	00.29.72	04.10.09	
Freestyle 100m					Barry Dixon	01.45.14	16.09.89		Barry Dixon	01.32.7	03.11.77		Michael Lindsey	01.16.22	17.01.04		Ben Evans	01.10.14	20.09.08		Ben Evans	01.05.46	18.10.09	
Freestyle 200m													Michael Lindsey	02.46.07	17.01.04		Ben Evans	2.27.66	25.10.08		Ben Evans	02.19.58	17.10.09	
Freestyle 400m													Alexander Nice	05.59.4	21.12.76		Ben Evans	5.13.70	27.09.08		Ben Evans	4.55.34	03.10.09	
Freestyle 800m													Alexander Nice	12.14.8	16.11.76		Ben Evans	11.14.00	24.09.08		Ben Evans	09.51.12	03.10.09	
Freestyle 1500m													Alexander Nice	23.20.5	21.12.76		Ben Evans	21.15.10	24.09.08					
Stroke/Distance	6 Years Girls				7 Years Girls				8 Years Girls				9 Years Girls				10 Years Girls				11 Years Girls			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Freestyle 25m	Sadie Smith	00.22.07	12.03.09		Sadie Smith	00.19.70	19.09.09		Hannah Wain	00.15.86	12.09.09		Shannon Smith	00.16.24	12.01.08		Gemma Lawson	00.14.91	17.11.07		Karen Seal	00.14.7	09.07.83	
Freestyle 50m	Michelle Maidstone	01.13.2	04.10.75		Claire Nice	00.53.9	18.09.76		Hannah Wain	00.34.05	19.09.09		Shannon Smith	00.34.79	12.01.08		Sophie Waller	00.32.07	20.06.09		Katie Latham	00.30.32	22.12.08	
Freestyle 100m					Claire Nice	02.03.1	28.11.76		Claire Nice	01.42.90	03.11.77		Sophie Waller	01.21.01	05.07.08		Holly Campbell	01.09.20	06.09.03		Katie Latham	01.07.06	26.10.08	
Freestyle 200m									Hannah Wain	02.46.70	16.10.09		Shannon Smith	02.49.08	06.01.08		Sophie Waller	02.31.85	01.03.09		Katie Latham	02.24.26	26.10.08	
Freestyle 400m													Florence Papougnot	06.11.37	06.12.03						Katie Latham	05.11.23	12.10.08	
Freestyle 800m													Sarah Coles	14.22.8	23.10.76						Katie Latham	10.57.15	24.09.08	
Freestyle 1500m													Lisa Morgan	25.25.8	14.12.78						Katie Latham	22.25.61	24.09.08	
Stroke/Distance	6 Years Boys				7 Years Boys				8 Years Boys				9 Years Boys				10 Years Boys				11 Years Boys			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Backstroke 25m	Martin Smithen	00.28.7	09.10.75		Barry Dixon	00.24.4	13.04.89		Barry Dixon	00.20.21	26.04.90		Barry Dixon	00.19.7	11.04.91		Mark Seal	00.18.7	02.07.83		Ben Evans	00.17.78	19.11.08	
Backstroke 50m	Barry Dixon	01.17.01	10.12.88		Dominic Crew	00.52.8	26.11.83		James Cotton	00.45.00	28.10.89		Ben Evans	00.39.83	29.09.07		Ben Evans	00.36.46	25.10.08		Ben Evans	00.33.29	18.10.09	
Backstroke 100m					Dominic Crew	01.58.6	19.11.83		Lyndon Dunsbee	01.43.0	24.12.76		Ben Evans	01.27.72	08.09.07		Daniel Pott	01.18.76	07.01.06		Ben Evans	01.11.59	19.09.09	
Backstroke 200m													Michael Lindsey	03.05.73	17.01.04		Ben Evans	2.42.40	30.04.08		Ben Evans	02.36.86	19.09.09	
Stroke/Distance	6 Years Girls				7 Years Girls				8 Years Girls				9 Years Girls				10 Years Girls				11 Years Girls			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Backstroke 25m	Sadie Smith	00.24.78	12.03.09		Lulu Willett	00.22.54	19.09.09		Eleanor Weymouth	00.21.08	23.09.06		Katie Latham	00.19.18	14.10.06		Holly Croft	00.18.99	12.07.97		Karen Seal	00.16.7	09.07.83	
Backstroke 50m	Lisa Morgan	01.35.1	15.11.75		Sophie Braithwaite	00.54.47	19.11.92		Hannah Wain	00.39.75	19.09.09		Constance Willett	00.40.26	17.10.09		Megan Basford	00.38.36	10.12.05		Katie Latham	00.34.96	08.11.08	
Backstroke 100m					Claire Nice	02.37.8	31.12.76		Georgia Allen	1.53.92	29.10.05		Eleanor Weymouth	1.33.22	07.07.07		Holly Campbell	01.17.73	06.09.03		Holly Campbell	01.14.62	17.01.04	
Backstroke 200m									Hannah Wain	03.05.57	14.10.09		Shannon Smith	03.06.80	05.01.08						Katie Latham	02.43.17	25.10.08	
Stroke/Distance	6 Years Boys				7 Years Boys				8 Years Boys				9 Years Boys				10 Years Boys				11 Years Boys			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Breaststroke 25m	Barry Dixon	00.34.2	03.12.88		Alan Leigh	00.26.1	06.12.75		James Sadler	00.22.2	06.12.75		James Sadler	00.21.3	13.11.76		James Sadler	00.21.1	04.04.77		Robert Messenger	00.18.37	11.12.93	
Breaststroke 50m	Barry Dixon	01.22.0	03.12.88		Barry Dixon	00.56.7	16.11.89		Dominic Crew	00.48.4	03.03.84		James Sadler	00.45.6	13.11.76		Drew Mannering	00.42.83	08.12.01		Drew Mannering	00.41.38	14.12.02	
Breaststroke 100m	Barry Dixon	02.51.99	10.12.88		Ian Hill	02.24.5	22.10.78		Lyndon Dunsbee	01.55.3	24.12.76		James Sadler	01.48.0	23.10.76		Robert Messenger	01.34.2	19.11.92		Ben Evans	01.27.17	04.10.09	
Breaststroke 200m												James Sadler	03.41.7	23.10.76		Ben Evans	3.25.90	20.09.08		Ben Evans	03.08.81	18.10.09		
Stroke/Distance	6 Years Girls				7 Years Girls				8 Years Girls				9 Years Girls				10 Years Girls				11 Years Girls			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Breaststroke 25m	Shannon Smith	00.29.42	16.10.04		Natasha Hyde	00.27.86	06.10.01		Shannon Smith	00.23.93	16.03.06		Mollie Allen	00.19.89	14.03.08		Sophie Waller	00.19.14	28.04.09		Lauren wraight	00.18.59	30.05.02	
Breaststroke 50m	Claire Nice	01.24.4	04.10.75		Claire Nice	01.02.4	02.11.76		Hannah Wain	00.47.64	09.05.09		Mollie Allen	00.44.88	01.06.08		Sophie Waller	00.41.20	05.04.09		Lauren wraight	00.39.31	14.12.02	
Breaststroke 100m	Claire Nice	02.55.9	09.10.75		Claire Nice	02.18.7	04.11.76		Wendy Shepard	02.04.0	02.11.78		Sophie Waller	01.39.28	05.07.08		Holly Campbell	01.30.27	06.09.03		Holly Campbell	01.26.94	06.12.03	
Breaststroke 200m												Shannon Smith	03.36.58	06.01.08		Sophie Waller	03.16.30	07.03.09		Sophie Waller	03.06.91	03.10.09		
Stroke/Distance	6 Years Boys				7 Years Boys				8 Years Boys				9 Years Boys				10 Years Boys				11 Years Boys			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Butterfly 25m	Martin Smithen	00.34.8	06.12.75		Ben Evans	00.24.92	24.09.05		Barry Dixon	00.18.7	11.10.9c		Alexander Nice	00.17.8	06.11.76		Ben Evans	00.15.75	14.03.08		Mark Seal	00.16.2	07.01.84	
Butterfly 50m					Barry Dixon	00.54.82	16.11.89		Ben Evans	00.47.27	21.09.06		Ben Evans	00.37.25	27.10.07		Ben Evans	00.34.53	10.05.08		Ben Evans	00.33.09	05.09.09	
Butterfly 100m					Dominic Crew	02.28.0	20.08.83		Alexander Nice	01.58.2	05.10.75		Ben Evans	01.28.62	22.09.07		Ben Evans	01.17.94	01.06.08		Ben Evans	01.12.06	20.06.09	
Butterfly 200m													Ben Evans	03.15.97	28.10.07		Ben Evans	02.47.18	26.10.08		Ben Evans	2.35.15	04.10.09	
Stroke/Distance	6 Years Girls				7 Years Girls				8 Years Girls				9 Years Girls				10 Years Girls				11 Years Girls			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Butterfly 25m	Sadie Smith	00.24.69	16.07.09		Sadie Smith	00.22.07	19.09.09		Katie Latham	00.20.81	24.09.05		Katie Latham	00.18.24	26.10.06		Shannon Smith	00.16.44	14.03.08		Karen Seal	00.16.0	02.07.83	
Butterfly 50m									Hannah Wain	00.42.29	05.09.09		Shannon Smith	00.42.15	12.01.08		Sophie Waller	00.35.96	20.06.09		Abigail Cox	00.33.84	08.11.03	
Butterfly 100m									Michelle Maidstone	02.21.5	05.11.77		Fiona Dixon	02.01.4	16.09.89		Sophie Waller	01.20.21	20.06.09		Abigail Cox	01.15.07	17.01.04	
Butterfly 200m												Shannon Smith	03.41.84	05.01.08		Sophie Waller	03.13.28	14.02.09		Sophie Waller	02.42.60	17.10.09		
Stroke/Distance	6 Years Boys				7 Years Boys				8 Years Boys				9 Years Boys				10 Years Boys				11 Years Boys			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Individual Med 100m					Ian Coles	01.59.9	04.11.76		Barry Dixon	01.37.8	21.03.91		Ben Evans	01.26.69	29.09.07		Ben Evans	1.19.38	26.10.08		Ben Evans	01.15.19	18.10.09	
Individual Med 200m									Lyndon Dunsbee	03.47.4	31.10.76		Ben Evans	03.06.56	08.09.07		Ben Evans	02.46.64	20.09.08		Ben Evans	02.37.56	03.10.09	
Individual Med 400m									Lyndon Dunsbee	08.21.1	02.09.76		Ben Evans	06.54.26	22.09.07		Ben Evans	05.51.88	20.09.08		Ben Evans	5.32.25	19.09.09	
Stroke/Distance	6 Years Girls				7 Years Girls				8 Years Girls				9 Years Girls				10 Years Girls				11 Years Girls			
	Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date		Name	Time	Date	
Individual Med 100m					Claire Nice	02.07.0	04.11.76		Hannah Wain	01.28.22	03.09.09		Shannon Smith	01.30.61	29.0									

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Stroke/Distance	12 Years Boys			13 Years Boys			14 Years Boys			15 Years Boys			16 Years Boys			Senior Boys		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Freestyle 25m	Daniel Clarke	00.13.47	28.01.05	Adam Patterson	00.13.45	22.10.98	Matthew Basford	00.11.65	28.01.05	Craig Simmons	00.12.0	08.12.00	Matthew Basford	00.11.47	26.10.06	Craig Simmons	00.11.55	30.05.02
Freestyle 50m	Dan Seagrove-Castle	00.29.14	02.12.06	Matthew Basford	00.26.97	27.09.03	Matthew Basford	00.25.89	02.10.04	Matthew Basford	00.24.96	08.01.06	Matthew Basford	00.24.56	23.09.06	Paul Fakley	00.23.8	08.04.89
Freestyle 100m	Mark Seal	01.02.5	21.12.85	Matthew Basford	00.59.74	18.01.04	Adam Knight	00.56.5	05.07.98	Adam Knight	00.55.19	03.07.99	Adam Knight	00.54.74	04.03.00	Craig Simmons	00.53.51	09.03.02
Freestyle 200m	Dan Seagrove-Castle	02.16.20	25.11.06	Evan Waters	02.15.42	17.10.09	Callum Basford	02.09.14	15.02.09				Adam Knight	02.00.69	24.04.99	Craig Simmons	01.55.96	23.02.02
Freestyle 400m	Dan Seagrove-Castle	04.45.02	05.11.06	Evan Waters	04.47.71	05.09.09	Callum Basford	04.36.92	01.03.09				Adam Knight	04.12.88	25.04.99	Craig Simmons	04.09.29	08.03.03
Freestyle 800m	Dan Seagrove-Castle	09.58.45	08.10.06	Evan Waters	10.07.60	16.09.09	Lewis Young	09.50.35	16.09.09				Mark Seal	09.11.5	30.01.88	Craig Simmons	09.00.00	26.10.02
Freestyle 1500m	Dan Seagrove-Castle	18.30.09	17.11.06	Evan Waters	19.48.66	23.09.09				Lewis Young	19.01.16	23.09.09	Adam Knight	16.44.55	19.03.99	Craig Simmons	16.21.50	24.01.03

Stroke/Distance	12 Years Girls			13 Years Girls			14 Years Girls			15 Years Girls			16 Years Girls			Senior Girls		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Freestyle 25m	Karen Seal	00.14.30	07.01.84	Hayley Ince	00.13.70	28.01.05	Victoria Bates	00.13.98	30.05.02	Kayleigh Stevenson	00.13.48	30.05.02	Kate Mansfield	00.13.72	23.03.02	Katie Whitnall	00.13.56	30.05.02
Freestyle 50m	Karen Seal	00.29.5	06.10.84	Karen Seal	00.28.85	20.09.85	Karen Seal	00.28.8	06.04.91	Karen Seal	00.28.12	07.04.87	Kate Mansfield	00.28.32	23.03.02	Paula Hewton	00.27.7	06.02.93
Freestyle 100m	Katie Latham	01.03.94	17.10.09	Karen Seal	01.01.5	27.04.85	Charlotte Niblett	01.00.7	30.03.91	Charlotte Niblett	00.59.86	11.04.92	Charlotte Niblett	01.00.4	17.04.93	Charlotte Niblett	00.59.16	11.01.97
Freestyle 200m	Katie Latham	02.16.60	18.10.09	Megan Basford	02.24.20	07.12.08							Charlotte Niblett	02.08.22	16.01.93	Katie Whitnall	02.07.15	24.10.02
Freestyle 400m	Katie Whitnall	04.49.06	25.10.97	Megan Basford	05.10.69	20.09.08							Charlotte Niblett	04.30.23	06.08.92	Charlotte Niblett	04.23.00	17.02.96
Freestyle 800m	Katie Whitnall	09.52.80	13.11.97	Megan Curtis	10.52.98	16.09.09				Tasha Hyde	05.16.68	19.09.09	Charlotte Niblett	09.23.88	28.02.92	Katie Whitnall	09.32.48	16.03.02
Freestyle 1500m	Dominika Szucsova	18.42.62	17.11.06	Megan Curtis	21.51.91	23.09.09							Charlotte Niblett	18.18.7	03.10.91	Sophie Mitchinson	18.20.47	26.10.02

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	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Backstroke 25m	Matthew Basford	00.16.68	30.05.02	Adam Patterson	00.15.54	11.08.98	Adam Knight	00.14.52	11.08.98	Liam Steer	00.15.41	28.01.05	Matthew Basford	00.13.37	11.11.06	Craig Simmons	00.14.25	30.05.02
Backstroke 50m	Matthew Basford	00.35.12	02.03.02	Callum Basford	00.30.86	13.12.08	Matthew Basford	00.28.69	02.10.04	Matthew Basford	00.28.12	02.10.04	Matthew Basford	00.28.32	12.03.06	James Cotton	00.29.03	24.10.02
Backstroke 100m	Matthew Farran	01.12.90	07.01.07	Callum Basford	01.07.05	10.01.09	Matthew Basford	01.01.43	08.01.05	Adam Knight	01.04.14	20.03.99	Matthew Basford	01.02.38	11.11.06	James Cotton	00.59.82	19.01.02
Backstroke 200m	Matthew Farran	02.36.69	07.01.07	Matthew Farran	2.22.97	6.01.08	Matthew Farran	2.24.22	25.10.08				Blair Charge	02.17.39	25.04.04	Adam Crew	02.16.1	06.02.93

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	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Backstroke 25m	Karen Seal	00.16.8	07.01.84	Karen Seal	00.15.8	14.09.85	Victoria Bates	00.16.10	30.05.02	Holly Croft	00.16.27	30.05.02	Kate Mansfield	00.15.96	30.05.02	Katie Whitnall	00.16.69	30.05.02
Backstroke 50m	Megan Basford	00.33.09	06.01.08	Megan Basford	00.32.76	12.10.08	Sophie Braithwaite	00.32.71	12.06.99	Karen Seal	00.32.34	07.04.87	Karen Seal	00.32.94	01.05.88	Claire Nice	00.34.52	??
Backstroke 100m	Katie Latham	01.11.1E	13.09.09	Karen Seal	01.09.9	26.10.85	Karen Seal	01.09.3	12.01.86	Karen Seal	01.06.71	09.04.87	Charlotte Niblett	01.07.6	30.01.93	Katie Whitnall	01.08.48	18.01.03
Backstroke 200m	Corriene Miller	02.34.66	20.03.04	Megan Basford	2.33.09	07.12.08	Megan Basford	02.38.71	15.02.09				Charlotte Niblett	02.21.78	06.02.93	Paula Hewton	02.25.00	23.03.92

Stroke/Distance	12 Years Boys			13 Years Boys			14 Years Boys			15 Years Boys			16 Years Boys			Senior Boys		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Breaststroke 25m	Paul Hill	00.17.37	22.10.98	Craig Simmons	00.17.65	22.10.98	Adam Knight	00.15.69	11.08.98	James Hambling	00.15.7	17.12.93	Paul Fakley	00.15.0	28.03.85	Rob Messenger	00.13.79	28.01.05
Breaststroke 50m	Paul Hill	00.38.18	14.11.98	Paul Hill	00.34.17	12.06.99	Adam Knight	00.33.72	01.11.98	Adam Knight	00.33.11	07.11.99	Dima Saibel	00.32.57	16.10.04	Rob Messenger	00.29.76	28.01.05
Breaststroke 100m	Drew Mannerling	01.18.93	17.01.04	Paul Hill	01.15.40	02.08.99	Adam Knight	01.11.57	22.11.98	Adam Knight	01.10.63	27.03.99	Gareth Steed	01.10.70	26.10.97	Gareth Steed	01.08.21	12.04.98
Breaststroke 200m	Paul Hill	03.00.24	22.11.98	Callum Basford	2.49.77	07.12.08	Callum Basford	2.48.46	14.02.09				Gareth Steed	02.33.49	25.10.97	Gareth Steed	02.28.69	09.04.98

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	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Breaststroke 25m	Tracy Spiel	00.18.1	14.09.85	Sophie Braithwaite	00.17.38	22.10.98	Mel Richardson	00.17.79	28.01.05	Kayleigh Stevenson	00.16.62	30.05.02	Anna Jeffery	00.17.57	30.05.02	Katie Whitnall	00.17.88	30.05.02
Breaststroke 50m	Katie Latham	00.37.98	19.09.09	Nicky West	00.38.56	16.09.95	Ashleigh Stevenson	00.38.29	14.03.04	Kayleigh Stevenson	00.36.96	26.09.02	Nicky West	00.36.16	04.05.98	Katie Whitnall	00.39.02	25.05.02
Breaststroke 100m	Lauren Wraight	01.21.17	17.01.04	Lauren Wraight	01.20.31	14.03.04	Charlotte Niblett	01.20.0	02.03.91	Nicky West	01.16.85	22.03.97	Nicky West	01.15.40	31.01.98	Charlotte Niblett	01.19.77	07.10.95
Breaststroke 200m	Lauren Wraight	02.53.36	29.09.03	Megan Basford	03.09.44	27.09.08							Charlotte Niblett	02.41.69	23.01.93	Anna Jeffery	02.57.24	18.01.03

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	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Butterfly 25m	Daniel Clarke	00.15.03	28.01.05	Craig Simmons	00.15.26	22.10.98	Matthew Basford	00.12.64	28.01.05	Liam Steer	00.13.34	28.01.05	Matthew Basford	00.12.09	26.10.06	Russell Crew	00.12.2	23.07.87
Butterfly 50m	Alistair Hughes	00.32.95	24.09.88	Callum Basford	00.30.36	08.01.09	Matthew Basford	00.27.45	03.10.04	Matthew Basford	00.26.88	13.03.05	Matthew Basford	00.26.78	05.03.06	Matthew Basford	00.27.28	02.03.08
Butterfly 100m	Mark Seal	01.12.2	16.11.85	Adam Knight	01.07.67	16.11.97	Matthew Basford	01.07.17	04.09.04	Liam Steer	01.02.03	09.09.04	Alistair Hughes	01.00.37	13.12.92	Gareth Steed	01.00.21	20.02.99
Butterfly 200m	Adam Knight	02.44.58	20.10.96	Callum Basford	2.33.96	26.10.08	Callum Basford	2.30.70	28.02.09				Alistair Hughes	02.18.40	21.03.92	Adam Knight	02.12.19	08.02.03

Stroke/Distance	12 Years Girls			13 Years Girls			14 Years Girls			15 Years Girls			16 Years Girls			Senior Girls		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Butterfly 25m	Karen Seal	00.14.7	27.09.84	Sophie Braithwaite	00.15.06	22.10.98	Victoria Bates	00.14.80	30.05.02	Holly Croft	00.14.64	30.05.02	Kate Mansfield	00.14.84	30.05.02	Katie Whitnall	00.14.42	30.05.02
Butterfly 50m	Karen Seal	00.32.4	06.10.84	Karen Seal	00.32.6	28.03.85	Sophie Braithwaite	00.31.8	03.05.99	Karen Seal	00.30.88	04.05.87	Karen Seal	00.32.22	16.12.88	Karen Seal	00.29.80	08.04.89
Butterfly 100m	Karen Seal	01.11.06	??.08.84	Karen Seal	01.09.1	02.03.85	Sophie Braithwaite	01.08.45	12.06.99	Karen Seal	01.08.35	04.05.87	Charlotte Niblett	01.05.88	13.11.93	Charlotte Niblett	01.06.13	21.03.02
Butterfly 200m	Karen Seal	02.35.1	20.10.84										Katie Whitnall	02.26.77	11.03.00	Katie Whitnall	02.24.18	23.02.02

Stroke/Distance	12 Years Boys			13 Years Boys			14 Years Boys			15 Years Boys			16 Years Boys			Senior Boys		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Individual Med 100m	Daniel Clarke	01.15.02	28.01.05	Callum Basford	01.07.83	15.11.08	Adam Knight	01.05.39	26.09.98	Adam Knight	01.05.42	14.05.99	Dima Saibel	01.04.02	09.09.04	Adam Patterson	01.03.45	09.10.04
Individual Med 200m	Daniel Clarke	02.35.72	09.02.05	Callum Basford	02.26.71	31.01.09	Adam Knight	02.18.61	22.11.98	Adam Knight	02.17.68	27.06.99	Adam Knight	02.16.46	11.03.00	Gareth Steed	02.11.61	27.03.99
Individual Med 400m	Mark Seal	05.37.7	27.04.85	Sam Woodard	05.13.54	09.03.08	Adam Knight	05.02.03	27.06.98	Adam Knight	04.51.85	04.04.99	Gareth Steed	04.52.70	25.10.97	Gareth Steed	04.41.92	14.02.98

Stroke/Distance	12 Years Girls			13 Years Girls			14 Years Girls			15 Years Girls			16 Years Girls			Senior Girls		
	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date	Name	Time	Date
Individual Med 100m	Katie Latham	01.13.75	19.09.09	Katie Whitnall	01.13.08	26.09.98	Sophie Braithwaite	01.11.26	14.05.99	Kayleigh Stevenson	01.13.10	28.09.02	Lucy Dray	01.14.46	18.02.06	Katie Whitnall	01.11.03</	