

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 101 Mixed 120-159 200 SC Meter Medley Relay 120+**

Team	Relay	Seed Time	Finals Time	Points
1 Crawley Swimming Club-SE	A	1:59.00	2:01.53	8
1) Wright, Lynsey E W24	2) Croydon-Kempster, Sophy W24	3) Duke, Simon M44	4) Marx, Marnus J M44	
	1:08.42 ( )	1:36.54 (28.12)	2:01.53 (24.99)	
2 Hastings Seagull SC	A	2:08.09	2:09.31	7
1) Batchelor, Samuel M40	2) Goforth, Alex M42	3) Chapman, Lisa W39	4) Matthews, Amber W19	
34.66	1:07.54 (32.88)	1:38.02 (30.48)	2:09.31 (31.29)	
3 Crawley Swimming Club-SE	B	2:14.40	2:12.78	6
1) Austin, Lucy G W20	2) Lungley, Oli J M28	3) Andrews, Scott J M27	4) Brown, Becky W52	
39.04	1:09.17 (30.13)	1:35.57 (26.40)	2:12.78 (37.21)	
4 Eastbourne Swimming Club	A	2:11.82	2:12.91	5
1) Krouwel, Kirsty W44	2) Hekman, Stefan M38	3) Stannard, Megan W19	4) Woodward, Ian M53	
37.19	1:12.09 (34.90)	1:46.59 (34.50)	2:12.91 (26.32)	
5 Crawley Swimming Club-SE	C	2:12.19	2:18.25	4
1) Schofield, Martin M24	2) Wortham, Mark M51	3) Monaghan, Becky W25	4) Mickel, Brooke M W20	
31.57	1:09.07 (37.50)	1:45.49 (36.42)	2:18.25 (32.76)	
6 Crawley Swimming Club-SE	D	2:19.72	2:23.32	3
1) Kloes, Colin M44	2) Sandhu, Kiran K W18	3) Valovin, Isabel W18	4) Cargill, David M51	
40.29	1:19.26 (38.97)	1:57.41 (38.15)	2:23.32 (25.91)	
7 Lewes Swimming Club	A	NT	2:32.10	2
1) Fisher, Louis A M22	2) Attrell, Elaine V W47	3) Baker, Harry T M18	4) Johnston, Jenn K W40	
35.13	1:20.30 (45.17)	1:53.51 (33.21)	2:32.10 (38.59)	
8 Beacon Swimming Club	A	2:40.55	2:37.01	1
1) Christmas, Jo W24	2) Maxwell, Karen W52	3) Masterson, Stuart M46	4) Wadman, Will M31	
36.67	1:34.78 (58.11)	2:10.90 (36.12)	2:37.01 (26.11)	

**Event 102 Mixed 200-239 200 SC Meter Medley Relay 200+**

1 Crawley Swimming Club-SE	A	2:16.04	2:13.51	8
1) Amaral Pinto, Goncalo M35	2) Sprigge, Linda W63	3) Robertson, Mark M61	4) Mickel, Lisa W51	
30.60	1:12.88 (42.28)	1:43.43 (30.55)	2:13.51 (30.08)	
2 Crawley Swimming Club-SE	B	2:18.98	2:20.03	7
1) Tilley, Clarissa J W47	2) McDonald, Nigel M59	3) Emens, Nick M59	4) Burchell, Sharon W47	
35.27	1:14.67 (39.40)	1:47.64 (32.97)	2:20.03 (32.39)	
3 Bighton Dolphin	A	NT	2:26.52	6
1) Christmas, Diane W56	2) Weighton, Angela W52	3) Bull, Fabian M51	4) McDonald, Robert M57	
39.34	1:25.55 (46.21)	1:57.18 (31.63)	2:26.52 (29.34)	
4 Mid Sussex Marlins	A	2:20.00	2:30.38	5
1) Gale, Ann W67	2) Disney, Matthew M52	3) Mills, Sally W68	4) Allen, Paul M51	
45.75	1:23.68 (37.93)	2:02.70 (39.02)	2:30.38 (27.68)	
5 Hailsham Swim Club-SE	A	2:33.22	2:31.65	4
1) Dolan, Sam W51	2) Merchant, Paul M43	3) Lindsay, Charlie M53	4) Read, Jo W61	
38.82	1:13.60 (34.78)	1:53.52 (39.92)	2:31.65 (38.13)	
6 Crawley Swimming Club-SE	C	2:47.75	2:35.30	3
1) Linton - Cook, Vicki W59	2) Oxlade, Andrew J M50	3) Lapinski, Jacek M48	4) Artemenkova, Claire W46	
39.72	1:19.20 (39.48)	1:52.60 (33.40)	2:35.30 (42.70)	
7 Arun Tridents SC-SE	A	NT	2:44.14	2
1) Toler, Emma W56	2) Feaver, Ayshea W49	3) Stickland, Steve P M66	4) Varisco, Vittorio M55	
	1:36.62 ( )	2:13.98 (37.36)	2:44.14 (30.16)	
8 Crawley Swimming Club-SE	D	2:47.25	2:46.12	1
1) Spencer, Zoe D W48	2) Valovin, Dan M49	3) Johnson, Calvin J M43	4) Bassett, Sheena W62	
42.34	1:25.29 (42.95)	2:02.21 (36.92)	2:46.12 (43.91)	

**Event 103 Women 18-24 100 SC Meter Freestyle**

1 Croydon-Kempster, Sophy	24 Crawley Swimming Club-SE	59.58	1:02.51	8
30.00	1:02.51 (32.51)			

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2	Collins, Bethany	24	Hailsham Swim Club-SE	1:07.98	1:05.30	7
	31.02		1:05.30 (34.28)			
3	Jones, Yasmin	18	Crawley Swimming Club-SE	1:01.90	1:05.35	6
	31.25		1:05.35 (34.10)			
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	1:02.30	1:05.72	5
	31.66		1:05.72 (34.06)			
5	Davies, Rachel	18	Crawley Swimming Club-SE	1:03.50	1:07.72	4
	31.47		1:07.72 (36.25)			
6	Key, Eloise	19	Eastbourne Swimming Club	1:06.57	1:09.03	3
	32.69		1:09.03 (36.34)			
7	Wright, Lynsey E	24	Crawley Swimming Club-SE	1:06.91	1:13.91	2
	35.34		1:13.91 (38.57)			

**Event 103 Women 25-29 100 SC Meter Freestyle**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	1:15.00	1:15.39	8
	36.04		1:15.39 (39.35)			

**Event 103 Women 30-34 100 SC Meter Freestyle**

1	Bowen, Rachael	33	Mid Sussex Marlins	1:02.00	1:00.69	8
	28.95		1:00.69 (31.74)			

**Event 103 Women 40-44 100 SC Meter Freestyle**

1	Marx, Rentia	41	Crawley Swimming Club-SE	1:25.00	1:29.44	8
	42.61		1:29.44 (46.83)			

**Event 103 Women 45-49 100 SC Meter Freestyle**

1	Burchell, Sharon	47	Crawley Swimming Club-SE	1:10.63	1:11.85	8
	34.24		1:11.85 (37.61)			
2	Tilley, Clarissa J	47	Crawley Swimming Club-SE	1:16.03	1:16.28	7
	37.13		1:16.28 (39.15)			
3	Casey, Louise	47	Chichester Cormorants Swimming	1:30.00	1:43.33	6
	50.39		1:43.33 (52.94)			
4	Macklen, Ginny	47	Beacon Swimming Club	1:45.60	1:44.69	5
	49.26		1:44.69 (55.43)			

**Event 103 Women 50-54 100 SC Meter Freestyle**

1	Mickel, Lisa	51	Crawley Swimming Club-SE	1:07.30	1:10.02	8
	32.81		1:10.02 (37.21)			
2	Davison, Sarah	50	Mid Sussex Marlins	1:17.00	1:17.92	7
	37.39		1:17.92 (40.53)			
3	Maxwell, Karen	52	Beacon Swimming Club	NT	1:35.04	6
	45.87		1:35.04 (49.17)			

**Event 103 Women 55-59 100 SC Meter Freestyle**

1	Wood, Tiggi	59	Lewes Swimming Club	NT	1:26.02	8
	41.65		1:26.02 (44.37)			
2	Nisbet, Trixie	59	Lewes Swimming Club	1:38.09	1:33.56	7
	43.27		1:33.56 (50.29)			

**Event 103 Women 60-64 100 SC Meter Freestyle**

1	Sprigge, Linda	63	Crawley Swimming Club-SE	1:14.95	1:18.23	8
	38.33		1:18.23 (39.90)			
2	West, Jane	63	Chichester Cormorants Swimming	1:16.82	1:19.26	7
	38.10		1:19.26 (41.16)			
3	Read, Jo	61	Hailsham Swim Club-SE	1:28.26	1:33.86	6
	44.67		1:33.86 (49.19)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 103 Women 65-69 100 SC Meter Freestyle**

1	Mills, Sally	68	Mid Sussex Marlins	1:19.26	1:20.32	8
	37.75	1:20.32	(42.57)			
2	Gale, Ann	67	Mid Sussex Marlins	1:29.71	1:36.48	7
	44.66	1:36.48	(51.82)			

**Event 104 Men 18-24 100 SC Meter Freestyle**

1	Hopkins, Charlie	24	Crawley Swimming Club-SE	51.24	51.67	8
	25.07	51.67	(26.60)			
2	Stacey, Harry	23	Lancing College Masters Team	48.75	52.10	7
	24.58	52.10	(27.52)			
3	Chapman, George R	18	Crawley Swimming Club-SE	1:01.30	57.56	6
	27.95	57.56	(29.61)			
4	Bigg, Ruben	19	Hastings Seagull SC	55.20	57.83	5
	28.31	57.83	(29.52)			
5	Blackmore, Archie	22	Hastings Seagull SC	56.54	58.40	4
	27.35	58.40	(31.05)			
6	Fisher, Louis A	22	Lewes Swimming Club	1:00.91	1:00.73	3
	29.08	1:00.73	(31.65)			
7	Schofield, Martin	24	Crawley Swimming Club-SE	54.35	1:03.59	2
	29.69	1:03.59	(33.90)			
8	Paniccia, Ernesto	24	Mid Sussex Marlins	1:09.50	1:04.81	1
	31.57	1:04.81	(33.24)			
9	Baker, Harry T	18	Lewes Swimming Club	1:06.08	1:08.34	
	32.78	1:08.34	(35.56)			

**Event 104 Men 25-29 100 SC Meter Freestyle**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	53.79	56.36	8
	26.11	56.36	(30.25)			
2	Andrews, Scott J	27	Crawley Swimming Club-SE	58.00	57.43	7
	28.03	57.43	(29.40)			
3	Walker, Dan J	26	Crawley Swimming Club-SE	57.09	59.68	6
	28.05	59.68	(31.63)			
4	Cornford, Cole J	26	Hailsham Swim Club-SE	58.62	59.86	5
	28.09	59.86	(31.77)			
5	Cole, Nick L	28	Lewes Swimming Club	1:09.73	1:12.22	4
	34.86	1:12.22	(37.36)			

**Event 104 Men 30-34 100 SC Meter Freestyle**

1	Wadman, Will	31	Beacon Swimming Club	NT	58.57	8
	28.34	58.57	(30.23)			

**Event 104 Men 35-39 100 SC Meter Freestyle**

1	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	59.73	1:00.22	8
	29.39	1:00.22	(30.83)			
2	Brampton, James	35	Out to Swim Brighton and Hove	NT	1:02.86	7
	29.88	1:02.86	(32.98)			

**Event 104 Men 40-44 100 SC Meter Freestyle**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	55.43	56.29	8
	27.04	56.29	(29.25)			
2	Lambert, Matthew	42	Lancing College Masters Team	58.13	58.83	7
	28.18	58.83	(30.65)			
3	Merchant, Paul	43	Hailsham Swim Club-SE	1:00.27	59.90	6
	27.92	59.90	(31.98)			
4	Goforth, Alex	42	Hastings Seagull SC	1:01.93	1:01.13	5
	29.63	1:01.13	(31.50)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 104 Men 40-44 100 SC Meter Freestyle)**

5	Batchelor, Samuel	40	Hastings Seagull SC	1:03.66	1:05.37	4
	31.20		1:05.37 (34.17)			
6	Kloes, Colin	44	Crawley Swimming Club-SE	1:05.47	1:05.63	3
	31.38		1:05.63 (34.25)			
7	Tebbs, John	44	Hastings Seagull SC	1:10.50	1:10.63	2
	32.24		1:10.63 (38.39)			
8	Woodward, Pete	40	Beacon Swimming Club	1:20.52	1:11.12	1
	34.41		1:11.12 (36.71)			
9	Johnson, Calvin J	43	Crawley Swimming Club-SE	1:15.00	1:11.45	
	34.27		1:11.45 (37.18)			

**Event 104 Men 45-49 100 SC Meter Freestyle**

1	Barham, Scott	48	Mid Sussex Marlins	1:06.25	1:04.00	8
	30.72		1:04.00 (33.28)			
2	Mellor, Nick	48	Brighton Swimming Club	1:05.00	1:05.24	7
	31.22		1:05.24 (34.02)			
3	Johnson, Richard	45	Chichester Cormorants Swimming	1:05.00	1:06.75	6
	31.55		1:06.75 (35.20)			
4	Gasson, Andrew	48	Mid Sussex Marlins	1:07.93	1:07.38	5
	31.89		1:07.38 (35.49)			
5	Masterson, Stuart	46	Beacon Swimming Club	1:06.73	1:09.04	4
	32.82		1:09.04 (36.22)			
6	Lapinski, Jacek	48	Crawley Swimming Club-SE	1:15.00	1:10.14	3
	34.00		1:10.14 (36.14)			
7	Macklen, Simon	48	Beacon Swimming Club	1:21.76	1:21.28	2
	39.37		1:21.28 (41.91)			

**Event 104 Men 50-54 100 SC Meter Freestyle**

1	Allen, Paul	51	Mid Sussex Marlins	59.00	59.52	8
	28.69		59.52 (30.83)			
2	Woodward, Ian	53	Eastbourne Swimming Club	59.00	1:00.07	7
	28.15		1:00.07 (31.92)			
3	Harper, Adam	52	Bighton Dolphin	1:03.00	1:03.81	6
	30.78		1:03.81 (33.03)			
4	Cargill, David	51	Crawley Swimming Club-SE	1:08.34	1:06.33	5
	32.60		1:06.33 (33.73)			
5	Bull, Fabian	51	Bighton Dolphin	1:05.00	1:06.34	4
	30.43		1:06.34 (35.91)			
6	Disney, Matthew	52	Mid Sussex Marlins	1:07.20	1:10.11	3
	33.17		1:10.11 (36.94)			
7	Oxlade, Andrew J	50	Crawley Swimming Club-SE	1:14.15	1:12.47	2
	34.95		1:12.47 (37.52)			
8	Bigg, Timothy	51	Hastings Seagull SC	1:12.02	1:17.15	1
	38.03		1:17.15 (39.12)			

**Event 104 Men 55-59 100 SC Meter Freestyle**

1	McDonald, Nigel	59	Crawley Swimming Club-SE	1:06.28	1:07.38	8
	32.71		1:07.38 (34.67)			
2	Emens, Nick	59	Crawley Swimming Club-SE	1:06.79	1:08.25	7
	33.15		1:08.25 (35.10)			
3	Varisco, Vittorio	55	Arun Tridents SC-SE	1:09.47	1:10.86	6
	33.79		1:10.86 (37.07)			
4	Hall, Peter	58	Hastings Seagull SC	1:18.06	1:20.49	5
	40.33		1:20.49 (40.16)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 104 Men 55-59 100 SC Meter Freestyle)**

5	Lowe, Kenton	56	Hastings Seagull SC	1:47.34	1:42.17	4
	47.65		1:42.17 (54.52)			
---	Finch, Shaun	57	Mid Sussex Marlins	1:13.11	DQ	
	10.2 A swimmer did not cover the whole distance - DNF					

**Event 104 Men 60-64 100 SC Meter Freestyle**

1	Ward, Glenn	61	Mid Sussex Marlins	1:40.00	1:26.19	8
	40.12		1:26.19 (46.07)			

**Event 104 Men 65-69 100 SC Meter Freestyle**

1	Baker, Stephen	69	Hastings Seagull SC	NT	1:23.59	8
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**Event 104 Men 70-74 100 SC Meter Freestyle**

1	Shead, David	73	Lewes Swimming Club	1:31.36	1:32.93	8
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**Event 104 Men 75-79 100 SC Meter Freestyle**

1	Gough-Palmer, David	75	Chichester Cormorants Swimming	1:37.38	1:35.23	8
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**Event 104 Men 80-84 100 SC Meter Freestyle**

1	Pearce, Timothy	84	Hastings Seagull SC	1:56.00	1:57.32	8
	54.25		1:57.32 (1:03.07)			

**Event 105 Women 18-24 25 SC Meter Butterfly**

1	Davies, Rachel	18	Crawley Swimming Club-SE	14.00	13.78	8
2	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	14.75	13.96	7
3	Wright, Lynsey E	24	Crawley Swimming Club-SE	14.60	14.70	6
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	26.06	14.98	5
5	Valovin, Isabel	18	Crawley Swimming Club-SE	16.00	15.22	4
6	Mickel, Brooke M	20	Crawley Swimming Club-SE	21.49	15.32	3
7	Matthews, Amber	19	Hastings Seagull SC	NT	15.62	2
8	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	17.16	18.10	1

**Event 105 Women 30-34 25 SC Meter Butterfly**

1	Augustine, Sarah G	33	Crawley Swimming Club-SE	24.90	22.73	8
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**Event 105 Women 35-39 25 SC Meter Butterfly**

1	Chapman, Lisa	39	Hastings Seagull SC	NT	13.90	8
2	Welfare, Ria	36	Eastbourne Swimming Club	29.00	21.78	7

**Event 105 Women 40-44 25 SC Meter Butterfly**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	15.00	14.91	8
2	Marx, Rentia	41	Crawley Swimming Club-SE	19.53	20.04	7

**Event 105 Women 45-49 25 SC Meter Butterfly**

1	Tilley, Clarissa J	47	Crawley Swimming Club-SE	16.64	16.13	8
2	Webb, Alison	47	Crawley Swimming Club-SE	19.00	16.42	7
3	Burchell, Sharon	47	Crawley Swimming Club-SE	17.00	16.52	6
4	Spencer, Zoe D	48	Crawley Swimming Club-SE	18.02	18.93	5
5	Artemenkova, Claire	46	Crawley Swimming Club-SE	23.96	22.49	4
6	Macklen, Ginny	47	Beacon Swimming Club	NT	24.65	3
7	Casey, Louise	47	Chichester Cormorants Swimming	35.00	28.96	2

**Event 105 Women 50-54 25 SC Meter Butterfly**

1	Brown, Becky	52	Crawley Swimming Club-SE	17.50	17.48	8
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**Event 105 Women 55-59 25 SC Meter Butterfly**

1	Pritchard, Wendy	57	Eastbourne Swimming Club	17.00	17.15	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 105 Women 55-59 25 SC Meter Butterfly)**

2	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	24.50	18.39	7
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**Event 105 Women 60-64 25 SC Meter Butterfly**

1	West, Jane	63	Chichester Cormorants Swimming	18.50	18.03	8
2	Sprigge, Linda	63	Crawley Swimming Club-SE	20.00	19.06	7
3	Bassett, Sheena	62	Crawley Swimming Club-SE	30.00	24.35	6

**Event 105 Women 65-69 25 SC Meter Butterfly**

1	Mills, Sally	68	Mid Sussex Marlins	17.50	17.84	8
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**Event 105 Women 80-84 25 SC Meter Butterfly**

1	Dean, Jennifer	80	Mid Sussex Marlins	29.00	28.42	8
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**Event 106 Men 18-24 25 SC Meter Butterfly**

1	Hopkins, Charlie	24	Crawley Swimming Club-SE	14.50	11.60	8
2	Grimmond, James	23	Hailsham Swim Club-SE	12.50	11.95	7
3	Bigg, Ruben	19	Hastings Seagull SC	NT	12.78	6
4	Chapman, George R	18	Crawley Swimming Club-SE	15.50	12.98	5
5	Schofield, Martin	24	Crawley Swimming Club-SE	13.06	13.38	4
6	Blackmore, Archie	22	Hastings Seagull SC	NT	14.16	3
7	Penfold, Alfie T	20	Crawley Swimming Club-SE	16.28	14.61	2

**Event 106 Men 25-29 25 SC Meter Butterfly**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	15.00	12.34	8
2	Lungley, Oli J	28	Crawley Swimming Club-SE	13.50	13.15	7

**Event 106 Men 30-34 25 SC Meter Butterfly**

1	Sambrook, Richard	30	Mid Sussex Marlins	15.03	15.04	8
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**Event 106 Men 35-39 25 SC Meter Butterfly**

1	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	12.95	12.44	8
2	Hekman, Stefan	38	Eastbourne Swimming Club	14.50	13.42	7
3	Oztek, Emre	37	Out to Swim Brighton and Hove	NT	15.33	6

**Event 106 Men 40-44 25 SC Meter Butterfly**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	12.41	12.33	8
2	Duke, Simon	44	Crawley Swimming Club-SE	13.50	12.78	7
3	Goforth, Alex	42	Hastings Seagull SC	15.00	13.80	6
4	Batchelor, Samuel	40	Hastings Seagull SC	14.67	14.28	5
5	Johnson, Calvin J	43	Crawley Swimming Club-SE	20.00	15.26	4
6	Kloes, Colin	44	Crawley Swimming Club-SE	14.97	15.57	3
7	Tebbs, John	44	Hastings Seagull SC	NT	16.03	2

**Event 106 Men 45-49 25 SC Meter Butterfly**

1	Lapinski, Jacek	48	Crawley Swimming Club-SE	18.00	15.31	8
2	Valovin, Dan	49	Crawley Swimming Club-SE	18.34	17.14	7

**Event 106 Men 50-54 25 SC Meter Butterfly**

1	Woodward, Ian	53	Eastbourne Swimming Club	14.00	14.35	8
2	Harper, Adam	52	Bighton Dolphin	15.00	14.65	7
3	Cargill, David	51	Crawley Swimming Club-SE	19.00	15.01	6
4	Disney, Matthew	52	Mid Sussex Marlins	15.00	15.13	5
5	Lindsay, Charlie	53	Hailsham Swim Club-SE	17.97	15.81	4
6	Oxlade, Andrew J	50	Crawley Swimming Club-SE	16.28	17.07	3
7	Clay, Matthew S	51	Lewes Swimming Club	18.04	18.15	2
8	Bigg, Timothy	51	Hastings Seagull SC	NT	50.54	1

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 106 Men 55-59 25 SC Meter Butterfly**

1	McDonald, Robert	57	Bighton Dolphin	15.00	13.68	8
2	Emens, Nick	59	Crawley Swimming Club-SE	16.00	14.13	7
3	Brett, Jon	57	Chichester Cormorants Swimming	16.00	15.10	6
4	McDonald, Nigel	59	Crawley Swimming Club-SE	16.00	15.73	5
5	Garratt, Jez	58	Lewes Swimming Club	NT	17.16	4
6	Finch, Shaun	57	Mid Sussex Marlins	17.00	17.25	3
7	Hall, Peter	58	Hastings Seagull SC	NT	19.14	2
8	Lowe, Kenton	56	Hastings Seagull SC	NT	29.23	1

**Event 106 Men 65-69 25 SC Meter Butterfly**

1	Stickland, Steve P	66	Arun Tridents SC-SE	NT	15.68	8
2	Baker, Stephen	69	Hastings Seagull SC	NT	18.53	7

**Event 107 Women 18-24 25 SC Meter Backstroke**

1	Matthews, Amber	19	Hastings Seagull SC	NT	15.05	8
2	Wright, Lynsey E	24	Crawley Swimming Club-SE	16.06	15.22	7
3	Davies, Rachel	18	Crawley Swimming Club-SE	16.00	16.81	6
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	15.50	17.03	5
5	Valovin, Isabel	18	Crawley Swimming Club-SE	17.00	17.70	4

**Event 107 Women 30-34 25 SC Meter Backstroke**

1	Augustine, Sarah G	33	Crawley Swimming Club-SE	26.13	23.68	8
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**Event 107 Women 35-39 25 SC Meter Backstroke**

1	Chapman, Lisa	39	Hastings Seagull SC	NT	16.88	8
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**Event 107 Women 40-44 25 SC Meter Backstroke**

1	Marx, Rentia	41	Crawley Swimming Club-SE	22.87	22.60	8
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**Event 107 Women 45-49 25 SC Meter Backstroke**

1	Webb, Alison	47	Crawley Swimming Club-SE	19.00	16.97	8
2	Netherwood, Tamsin L	47	Arun Tridents SC-SE	17.64	17.92	7
3	Spencer, Zoe D	48	Crawley Swimming Club-SE	20.56	19.75	6
4	Artemenkova, Claire	46	Crawley Swimming Club-SE	21.00	23.17	5

**Event 107 Women 50-54 25 SC Meter Backstroke**

1	Dolan, Sam	51	Hailsham Swim Club-SE	19.00	18.00	8
2	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	29.74	7

**Event 107 Women 55-59 25 SC Meter Backstroke**

1	Pritchard, Wendy	57	Eastbourne Swimming Club	17.00	18.49	8
2	Christmas, Diane	56	Bighton Dolphin	19.00	18.97	7

**Event 107 Women 60-64 25 SC Meter Backstroke**

1	Sprigge, Linda	63	Crawley Swimming Club-SE	20.25	20.15	8
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**Event 107 Women 70-74 25 SC Meter Backstroke**

1	Johnson, Mary	73	Mid Sussex Marlins	23.00	25.03	8
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**Event 107 Women 80-84 25 SC Meter Backstroke**

1	Dean, Jennifer	80	Mid Sussex Marlins	29.00	31.50	8
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**Event 108 Men 18-24 25 SC Meter Backstroke**

1	Chapman, George R	18	Crawley Swimming Club-SE	16.00	14.45	8
2	Schofield, Martin	24	Crawley Swimming Club-SE	14.32	14.72	7
3	Bigg, Ruben	19	Hastings Seagull SC	NT	16.56	6
4	Penfold, Alfie T	20	Crawley Swimming Club-SE	17.71	16.70	5

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 108 Men 25-29 25 SC Meter Backstroke**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	16.00	15.13	8
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**Event 108 Men 30-34 25 SC Meter Backstroke**

1	Sambrook, Richard	30	Mid Sussex Marlins	18.82	18.28	8
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**Event 108 Men 40-44 25 SC Meter Backstroke**

1	Tebbs, John	44	Hastings Seagull SC	NT	15.38	8
2	Marx, Marnus J	44	Crawley Swimming Club-SE	13.86	15.43	7
3	Batchelor, Samuel	40	Hastings Seagull SC	16.37	16.17	6
4	Kloes, Colin	44	Crawley Swimming Club-SE	23.25	17.90	5
5	Johnson, Calvin J	43	Crawley Swimming Club-SE	22.00	19.66	4

**Event 108 Men 45-49 25 SC Meter Backstroke**

1	Valovin, Dan	49	Crawley Swimming Club-SE	20.00	19.17	8
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**Event 108 Men 50-54 25 SC Meter Backstroke**

1	Clay, Matthew S	51	Lewes Swimming Club	20.45	20.63	8
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**Event 108 Men 55-59 25 SC Meter Backstroke**

1	Brett, Jon	57	Chichester Cormorants Swimming	17.00	16.77	8
2	Finch, Shaun	57	Mid Sussex Marlins	21.00	19.46	7
3	Lowe, Kenton	56	Hastings Seagull SC	NT	24.56	6

**Event 108 Men 70-74 25 SC Meter Backstroke**

1	Shead, David	73	Lewes Swimming Club	NT	20.78	8
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**Event 108 Men 80-84 25 SC Meter Backstroke**

1	Pearce, Timothy	84	Hastings Seagull SC	25.00	25.03	8
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**Event 108 Men 85-89 25 SC Meter Backstroke**

1	Gimson, Anthony	86	Mid Sussex Marlins	28.00	24.62	8
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**Event 109 Women 18-24 100 SC Meter IM**

1	Sandhu, Kiran K	18	Crawley Swimming Club-SE	1:12.31	1:16.97	8
	36.48		1:16.97 (40.49)			
2	Christmas, Jo	24	Beacon Swimming Club	1:15.12	1:17.07	7
	36.13		1:17.07 (40.94)			
3	Wright, Lynsey E	24	Crawley Swimming Club-SE	1:16.61	1:17.93	6
	36.60		1:17.93 (41.33)			
4	Matthews, Amber	19	Hastings Seagull SC	1:10.52	1:19.87	5
	35.90		1:19.87 (43.97)			
5	Davies, Rachel	18	Crawley Swimming Club-SE	1:15.50	1:21.62	4
	37.04		1:21.62 (44.58)			
6	Valovin, Isabel	18	Crawley Swimming Club-SE	1:14.49	1:22.44	3
	37.11		1:22.44 (45.33)			
7	Stannard, Megan	19	Eastbourne Swimming Club	1:19.65	1:23.72	2
	37.30		1:23.72 (46.42)			
8	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	1:26.00	1:30.70	1
	44.34		1:30.70 (46.36)			
---	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	1:06.20	DQ	
	9.4 Finish of each stroke not in accordance with rules for the particular stroke - IM					
	31.75		DQ (38.15)			

**Event 109 Women 30-34 100 SC Meter IM**

1	Bowen, Rachael	33	Mid Sussex Marlins	1:09.00	1:11.32	8
	31.33		1:11.32 (39.99)			



**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 109 Women 35-39 100 SC Meter IM**

1	Chapman, Lisa	39	Hastings Seagull SC	1:09.65	1:10.64	8
	32.99		1:10.64 (37.65)			
2	Welfare, Ria	36	Eastbourne Swimming Club	1:46.21	1:40.85	7
	49.07		1:40.85 (51.78)			

**Event 109 Women 40-44 100 SC Meter IM**

1	Johnston, Jenn K	40	Lewes Swimming Club	1:34.94	1:32.33	8
	42.97		1:32.33 (49.36)			
2	Mills, Lisa	43	Mid Sussex Marlins	1:33.20	1:38.80	7
	48.44		1:38.80 (50.36)			

**Event 109 Women 45-49 100 SC Meter IM**

1	Tilley, Clarissa J	47	Crawley Swimming Club-SE	1:25.04	1:28.93	8
	42.97		1:28.93 (45.96)			
2	Attrell, Elaine V	47	Lewes Swimming Club	1:30.13	1:32.70	7
	45.29		1:32.70 (47.41)			
3	Rampling, Anushka	46	Eastbourne Swimming Club	1:50.00	1:41.49	6
	46.49		1:41.49 (55.00)			
4	Feaver, Ayshea	49	Arun Tridents SC-SE	NT	1:43.52	5
	49.75		1:43.52 (53.77)			
5	Carter, Jen	48	Beacon Swimming Club	1:53.30	1:55.40	4
	54.68		1:55.40 (1:00.72)			
6	Casey, Louise	47	Chichester Cormorants Swimming	1:55.00	2:15.80	3
	1:03.28		2:15.80 (1:12.52)			

**Event 109 Women 50-54 100 SC Meter IM**

1	Brown, Becky	52	Crawley Swimming Club-SE	1:26.59	1:30.85	8
	42.19		1:30.85 (48.66)			
2	Weighton, Angela	52	Bighton Dolphin	1:34.67	1:33.10	7
	44.18		1:33.10 (48.92)			

**Event 109 Women 55-59 100 SC Meter IM**

1	Toler, Emma	56	Arun Tridents SC-SE	1:43.00	1:44.48	8
	46.47		1:44.48 (58.01)			

**Event 109 Women 60-64 100 SC Meter IM**

1	Sprigge, Linda	63	Crawley Swimming Club-SE	1:26.16	1:27.91	8
	42.67		1:27.91 (45.24)			
2	West, Jane	63	Chichester Cormorants Swimming	1:33.00	1:33.70	7
	45.42		1:33.70 (48.28)			
---	Bassett, Sheena	62	Crawley Swimming Club-SE	1:50.00	DQ	
	9.4 Finish of each stroke not in accordance with rules for the particular stroke - IM					
	55.81		DQ (51.48)			

**Event 110 Men 18-24 100 SC Meter IM**

1	Stacey, Harry	23	Lancing College Masters Team	56.97	58.69	8
	26.53		58.69 (32.16)			
2	Hopkins, George	24	Crawley Swimming Club-SE	59.08	1:00.81	7
	28.05		1:00.81 (32.76)			
3	Strowger, Archie J	20	Arun Tridents SC-SE	1:03.00	1:03.17	6
	29.35		1:03.17 (33.82)			
4	Chapman, George R	18	Crawley Swimming Club-SE	1:12.68	1:03.38	5
	29.83		1:03.38 (33.55)			
5	Grimmond, James	23	Hailsham Swim Club-SE	1:04.43	1:05.95	4
	29.41		1:05.95 (36.54)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 110 Men 18-24 100 SC Meter IM)**

6	Schofield, Martin	24	Crawley Swimming Club-SE	1:03.89	1:15.32	3
	31.88		1:15.32 (43.44)			
7	Baker, Harry T	18	Lewes Swimming Club	1:15.72	1:18.32	2
	35.97		1:18.32 (42.35)			
8	Penfold, Alfie T	20	Crawley Swimming Club-SE	1:24.74	1:26.11	1
	38.53		1:26.11 (47.58)			

**Event 110 Men 25-29 100 SC Meter IM**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	1:08.00	1:04.58	8
	29.21		1:04.58 (35.37)			
2	Lungley, Oli J	28	Crawley Swimming Club-SE	1:02.55	1:05.40	7
	31.33		1:05.40 (34.07)			

**Event 110 Men 30-34 100 SC Meter IM**

1	Wade, Tom	34	Mid Sussex Marlins	1:15.00	1:10.57	8
	32.69		1:10.57 (37.88)			
2	Sambrook, Richard	30	Mid Sussex Marlins	1:22.39	1:21.24	7
	37.11		1:21.24 (44.13)			

**Event 110 Men 35-39 100 SC Meter IM**

1	Brampton, James	35	Out to Swim Brighton and Hove	NT	1:13.33	8
	34.24		1:13.33 (39.09)			

**Event 110 Men 40-44 100 SC Meter IM**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	1:02.72	1:04.56	8
	29.86		1:04.56 (34.70)			
2	Steenhoff, Craig	41	Hailsham Swim Club-SE	1:05.38	1:06.88	7
	30.23		1:06.88 (36.65)			
3	Merchant, Paul	43	Hailsham Swim Club-SE	1:10.08	1:09.37	6
	32.43		1:09.37 (36.94)			
4	Johnson, Calvin J	43	Crawley Swimming Club-SE	1:30.00	1:20.91	5
	37.89		1:20.91 (43.02)			

**Event 110 Men 45-49 100 SC Meter IM**

1	Townsley, Chris	46	Brighton Swimming Club	1:11.78	1:10.24	8
	31.95		1:10.24 (38.29)			
2	Mellor, Nick	48	Brighton Swimming Club	1:11.78	1:13.97	7
	35.84		1:13.97 (38.13)			
3	Barham, Scott	48	Mid Sussex Marlins	1:20.00	1:16.30	6
	36.05		1:16.30 (40.25)			
4	Masterson, Stuart	46	Beacon Swimming Club	1:21.39	1:23.17	5
	38.61		1:23.17 (44.56)			
5	Valovin, Dan	49	Crawley Swimming Club-SE	1:31.15	1:30.30	4
	42.00		1:30.30 (48.30)			

**Event 110 Men 50-54 100 SC Meter IM**

1	Woodward, Ian	53	Eastbourne Swimming Club	1:15.00	1:17.06	8
	36.00		1:17.06 (41.06)			
2	Cargill, David	51	Crawley Swimming Club-SE	1:20.00	1:18.65	7
	38.34		1:18.65 (40.31)			
3	Wortham, Mark	51	Crawley Swimming Club-SE	1:20.00	1:18.98	6
	37.62		1:18.98 (41.36)			
4	Disney, Matthew	52	Mid Sussex Marlins	1:22.00	1:20.23	5
	38.05		1:20.23 (42.18)			
5	Clay, Matthew S	51	Lewes Swimming Club	1:31.20	1:35.20	4
	47.30		1:35.20 (47.90)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 110 Men 55-59 100 SC Meter IM**

1	Mason, Paul	56	Chichester Cormorants Swimming	1:11.71	1:12.97	8
	34.75	1:12.97 (38.22)				
2	McDonald, Robert	57	Bighton Dolphin	1:35.00	1:17.31	7
	34.50	1:17.31 (42.81)				
3	McDonald, Nigel	59	Crawley Swimming Club-SE	1:17.36	1:19.75	6
	39.56	1:19.75 (40.19)				
4	Emens, Nick	59	Crawley Swimming Club-SE	1:14.68	1:21.39	5
	37.93	1:21.39 (43.46)				
5	Hall, Peter	58	Hastings Seagull SC	1:31.57	1:33.50	4
	45.48	1:33.50 (48.02)				
6	Finch, Shaun	57	Mid Sussex Marlins	1:30.28	1:39.84	3
	44.04	1:39.84 (55.80)				

**Event 110 Men 65-69 100 SC Meter IM**

1	Stickland, Steve P	66	Arun Tridents SC-SE	1:22.46	1:24.99	8
	37.98	1:24.99 (47.01)				
2	Baker, Stephen	69	Hastings Seagull SC	NT	1:42.65	7
	47.30	1:42.65 (55.35)				

**Event 110 Men 75-79 100 SC Meter IM**

1	Gough-Palmer, David	75	Chichester Cormorants Swimming	1:53.72	2:02.24	8
	59.19	2:02.24 (1:03.05)				

**Event 111 Women 18-24 200 SC Meter Freestyle**

1	Jones, Yasmin	18	Crawley Swimming Club-SE	2:13.52	2:23.67	8
	32.62	1:07.92 (35.30)	1:45.66 (37.74)	2:23.67 (38.01)		
2	Sandhu, Kiran K	18	Crawley Swimming Club-SE	2:15.07	2:24.91	7
	33.68	1:10.41 (36.73)	1:48.62 (38.21)	2:24.91 (36.29)		
3	Key, Eloise	19	Eastbourne Swimming Club	2:22.74	2:30.91	6
	34.51	1:12.27 (37.76)	1:51.76 (39.49)	2:30.91 (39.15)		
4	Wright, Lynsey E	24	Crawley Swimming Club-SE	2:24.62	2:47.54	5
	36.99	1:19.15 (42.16)	2:03.27 (44.12)	2:47.54 (44.27)		

**Event 111 Women 25-29 200 SC Meter Freestyle**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	2:45.00	2:44.25	8
	36.48	1:17.14 (40.66)	2:01.00 (43.86)	2:44.25 (43.25)		

**Event 111 Women 40-44 200 SC Meter Freestyle**

1	Marx, Rentia	41	Crawley Swimming Club-SE	3:21.12	3:15.68	8
	44.06	1:34.31 (50.25)	2:26.58 (52.27)	3:15.68 (49.10)		

**Event 111 Women 45-49 200 SC Meter Freestyle**

1	Carter, Jen	48	Beacon Swimming Club	3:52.24	3:49.30	8
	48.26	1:45.94 (57.68)	2:49.07 (1:03.13)	3:49.30 (1:00.23)		

**Event 111 Women 50-54 200 SC Meter Freestyle**

1	Mickel, Lisa	51	Crawley Swimming Club-SE	2:33.90	2:32.48	8
	33.26	1:11.37 (38.11)	1:52.05 (40.68)	2:32.48 (40.43)		

**Event 111 Women 55-59 200 SC Meter Freestyle**

1	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	2:39.55	2:39.12	8
	37.23	1:17.21 (39.98)	1:58.03 (40.82)	2:39.12 (41.09)		
2	Wood, Tiggi	59	Lewes Swimming Club	3:11.07	3:05.71	7
	43.23	1:29.83 (46.60)	2:17.90 (48.07)	3:05.71 (47.81)		
3	Nisbet, Trixie	59	Lewes Swimming Club	3:39.03	3:29.92	6
	46.35	1:41.18 (54.83)	2:37.78 (56.60)	3:29.92 (52.14)		

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1	Read, Jo	61	Hailsham Swim Club-SE	3:12.69	3:18.15	8
	44.80	1:34.83 (50.03)	2:27.23 (52.40)	3:18.15 (50.92)		
2	Bassett, Sheena	62	Crawley Swimming Club-SE	3:25.22	3:25.17	7
	46.44	1:39.46 (53.02)	2:33.25 (53.79)	3:25.17 (51.92)		

**Event 112 Men 18-24 200 SC Meter Freestyle**

1	Chapman, George R	18	Crawley Swimming Club-SE	2:04.65	2:02.63	8
	27.82	58.67 (30.85)	1:30.78 (32.11)	2:02.63 (31.85)		
2	Fisher, Louis A	22	Lewes Swimming Club	2:17.16	2:21.79	7
	32.53	1:07.75 (35.22)	1:44.49 (36.74)	2:21.79 (37.30)		
3	Paniccia, Ernesto	24	Mid Sussex Marlins	2:34.70	2:24.73	6
	32.64	1:08.05 (35.41)	1:45.87 (37.82)	2:24.73 (38.86)		
4	Schofield, Martin	24	Crawley Swimming Club-SE	2:00.80	2:30.69	5
	30.61	1:07.95 (37.34)	1:50.25 (42.30)	2:30.69 (40.44)		

**Event 112 Men 25-29 200 SC Meter Freestyle**

1	Walker, Dan J	26	Crawley Swimming Club-SE	2:00.00	2:17.84	8
	30.59	1:04.81 (34.22)	1:40.91 (36.10)	2:17.84 (36.93)		
2	Cole, Nick L	28	Lewes Swimming Club	2:32.08	2:47.83	7
	36.47	1:18.45 (41.98)	2:03.09 (44.64)	2:47.83 (44.74)		

**Event 112 Men 30-34 200 SC Meter Freestyle**

1	Wade, Tom	34	Mid Sussex Marlins	2:15.00	2:16.46	8
	30.66	1:05.18 (34.52)	1:41.19 (36.01)	2:16.46 (35.27)		
2	Keast, Colin	34	Out to Swim Brighton and Hove	NT	2:27.01	7
	32.81	1:10.24 (37.43)	1:49.35 (39.11)	2:27.01 (37.66)		

**Event 112 Men 35-39 200 SC Meter Freestyle**

1	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	2:04.14	2:09.79	8
	30.15	1:02.10 (31.95)	1:35.01 (32.91)	2:09.79 (34.78)		

**Event 112 Men 40-44 200 SC Meter Freestyle**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	2:02.31	2:17.48	8
	27.41	1:02.11 (34.70)	1:39.94 (37.83)	2:17.48 (37.54)		
2	Johnson, Calvin J	43	Crawley Swimming Club-SE	2:40.00	2:39.46	7
	35.33	1:14.71 (39.38)	1:56.99 (42.28)	2:39.46 (42.47)		
3	Woodward, Pete	40	Beacon Swimming Club	NT	2:42.55	6
	35.98	1:16.26 (40.28)	1:58.72 (42.46)	2:42.55 (43.83)		

**Event 112 Men 45-49 200 SC Meter Freestyle**

1	Johnson, Richard	45	Chichester Cormorants Swimming	2:28.00	2:32.30	8
	33.78	1:11.44 (37.66)	1:51.41 (39.97)	2:32.30 (40.89)		
---	Lapinski, Jacek	48	Crawley Swimming Club-SE	2:35.35	DQ	
	4.4 Start before starting signal					
	37.03	1:17.88 (40.85)	1:59.69 (41.81)	DQ (41.85)		

**Event 112 Men 50-54 200 SC Meter Freestyle**

1	Allen, Paul	51	Mid Sussex Marlins	2:10.00	2:13.92	8
	30.04	1:04.80 (34.76)	1:40.95 (36.15)	2:13.92 (32.97)		
2	Cargill, David	51	Crawley Swimming Club-SE	2:34.64	2:37.26	7
	36.14	1:15.79 (39.65)	1:56.93 (41.14)	2:37.26 (40.33)		

**Event 112 Men 55-59 200 SC Meter Freestyle**

1	Mason, Paul	56	Chichester Cormorants Swimming	2:15.02	2:18.75	8
	31.66	1:07.40 (35.74)	1:44.25 (36.85)	2:18.75 (34.50)		
2	McDonald, Nigel	59	Crawley Swimming Club-SE	2:28.97	2:30.71	7
	35.46	1:14.14 (38.68)	1:52.88 (38.74)	2:30.71 (37.83)		

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 112 Men 55-59 200 SC Meter Freestyle)**

3	Emens, Nick	59	Crawley Swimming Club-SE	2:22.00	2:34.23	6
		35.41	1:14.91 (39.50)	1:55.20 (40.29)	2:34.23 (39.03)	
4	Hall, Peter	58	Hastings Seagull SC	2:59.29	3:04.74	5
		42.15	1:28.72 (46.57)	2:17.11 (48.39)	3:04.74 (47.63)	

**Event 112 Men 60-64 200 SC Meter Freestyle**

1	Robertson, Mark	61	Crawley Swimming Club-SE	3:00.00	2:48.96	8
		37.35	1:19.22 (41.87)	2:03.41 (44.19)	2:48.96 (45.55)	
2	Ward, Glenn	61	Mid Sussex Marlins	3:30.00	3:10.54	7
		41.63	1:28.11 (46.48)	2:18.22 (50.11)	3:10.54 (52.32)	

**Event 112 Men 65-69 200 SC Meter Freestyle**

1	Baker, Stephen	69	Hastings Seagull SC	NT	3:07.97	8
		43.49	2:20.72 (1:37.23)	3:07.97 (47.25)		

**Event 113 Women 18-24 50 SC Meter Backstroke**

1	Collins, Bethany	24	Hailsham Swim Club-SE	33.33	33.15	8
2	Wright, Lynsey E	24	Crawley Swimming Club-SE	31.74	34.05	7
3	Valovin, Isabel	18	Crawley Swimming Club-SE	34.13	36.58	6
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	33.56	37.26	5

**Event 113 Women 25-29 50 SC Meter Backstroke**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	38.00	38.77	8
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**Event 113 Women 30-34 50 SC Meter Backstroke**

1	Augustine, Sarah G	33	Crawley Swimming Club-SE	53.00	54.73	8
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**Event 113 Women 35-39 50 SC Meter Backstroke**

1	Chapman, Lisa	39	Hastings Seagull SC	31.98	32.44	8
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**Event 113 Women 40-44 50 SC Meter Backstroke**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	38.00	36.70	8
2	Marx, Rentia	41	Crawley Swimming Club-SE	49.00	52.32	7

**Event 113 Women 45-49 50 SC Meter Backstroke**

1	Netherwood, Tamsin L	47	Arun Tridents SC-SE	38.05	37.94	8
2	Webb, Alison	47	Crawley Swimming Club-SE	40.00	38.05	7
3	Spencer, Zoe D	48	Crawley Swimming Club-SE	42.27	42.04	6
4	Artemenkova, Claire	46	Crawley Swimming Club-SE	51.40	50.43	5

**Event 113 Women 50-54 50 SC Meter Backstroke**

1	Dolan, Sam	51	Hailsham Swim Club-SE	39.06	38.62	8
2	Davison, Sarah	50	Mid Sussex Marlins	41.74	40.50	7
3	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	54.92	6

**Event 113 Women 55-59 50 SC Meter Backstroke**

1	Christmas, Diane	56	Bighton Dolphin	40.08	39.39	8
2	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	40.50	39.56	7
3	Pritchard, Wendy	57	Eastbourne Swimming Club	39.00	40.48	6
4	Toler, Emma	56	Arun Tridents SC-SE	46.00	46.53	5

**Event 113 Women 65-69 50 SC Meter Backstroke**

1	Gale, Ann	67	Mid Sussex Marlins	45.69	45.89	8
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**Event 113 Women 70-74 50 SC Meter Backstroke**

1	Johnson, Mary	73	Mid Sussex Marlins	47.00	45.65	8
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## 2023 Sussex Seniors and Masters Championships - 10/09/2023

## Results - Session one

**Event 113 Women 80-84 50 SC Meter Backstroke**

---	Adam, Jose	82	Bighton Dolphin	57.82		DQ
	6.5 Not on the back at finish					

**Event 114 Men 18-24 50 SC Meter Backstroke**

1	Stacey, Harry	23	Lancing College Masters Team	25.78	26.84	8
2	Chapman, George R	18	Crawley Swimming Club-SE	33.50	30.52	7
3	Batten, Louis	23	Atlantis Swimming Club-SE	31.50	30.85	6
4	Schofield, Martin	24	Crawley Swimming Club-SE	28.42	31.70	5

**Event 114 Men 25-29 50 SC Meter Backstroke**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	33.00	32.16	8
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**Event 114 Men 30-34 50 SC Meter Backstroke**

1	Sambrook, Richard	30	Mid Sussex Marlins	38.87	40.77	8
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**Event 114 Men 40-44 50 SC Meter Backstroke**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	29.87	30.65	8
2	Merchant, Paul	43	Hailsham Swim Club-SE	32.32	32.18	7
3	Batchelor, Samuel	40	Hastings Seagull SC	34.68	34.83	6
4	Kloes, Colin	44	Crawley Swimming Club-SE	37.77	39.29	5
5	Johnson, Calvin J	43	Crawley Swimming Club-SE	45.00	40.45	4

**Event 114 Men 45-49 50 SC Meter Backstroke**

1	Townsley, Chris	46	Brighton Swimming Club	30.00	32.15	8
2	Valovin, Dan	49	Crawley Swimming Club-SE	43.07	42.45	7

**Event 114 Men 50-54 50 SC Meter Backstroke**

1	Harper, Adam	52	Bighton Dolphin	33.00	34.37	8
2	Clay, Matthew S	51	Lewes Swimming Club	42.59	44.88	7

**Event 114 Men 55-59 50 SC Meter Backstroke**

1	Brett, Jon	57	Chichester Cormorants Swimming	38.00	36.46	8
---	Finch, Shaun	57	Mid Sussex Marlins	39.06		DQ
	6.4 Did not touch the wall during the turn					

**Event 114 Men 65-69 50 SC Meter Backstroke**

1	Stickland, Steve P	66	Arun Tridents SC-SE	39.23	38.32	8
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**Event 114 Men 70-74 50 SC Meter Backstroke**

1	Shead, David	73	Lewes Swimming Club	44.94	43.98	8
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**Event 114 Men 75-79 50 SC Meter Backstroke**

1	Gough-Palmer, David	75	Chichester Cormorants Swimming	54.95	56.05	8
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**Event 114 Men 80-84 50 SC Meter Backstroke**

1	Pearce, Timothy	84	Hastings Seagull SC	45.70	55.17	8
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**Event 114 Men 85-89 50 SC Meter Backstroke**

1	Gimson, Anthony	86	Mid Sussex Marlins	1:00.00	58.13	8
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**Event 115 Women 18-24 100 SC Meter Butterfly**

1	Jones, Yasmin	18	Crawley Swimming Club-SE	1:05.50	1:10.25	8
	33.01	1:10.25 (37.24)				
2	Valovin, Isabel	18	Crawley Swimming Club-SE	1:11.90	1:15.81	7
	34.83	1:15.81 (40.98)				
3	Collins, Bethany	24	Hailsham Swim Club-SE	1:15.28	1:17.36	6
	34.98	1:17.36 (42.38)				

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 115 Women 18-24 100 SC Meter Butterfly)**

4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	1:09.40	1:18.76	5
	36.69		1:18.76 (42.07)			

**Event 115 Women 25-29 100 SC Meter Butterfly**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	1:25.00	1:32.81	8
	42.27		1:32.81 (50.54)			

**Event 115 Women 60-64 100 SC Meter Butterfly**

1	West, Jane	63	Chichester Cormorants Swimming	1:40.00	1:42.49	8
	47.83		1:42.49 (54.66)			

**Event 115 Women 65-69 100 SC Meter Butterfly**

1	Mills, Sally	68	Mid Sussex Marlins	1:26.89	1:32.34	8
	42.08		1:32.34 (50.26)			

**Event 116 Men 18-24 100 SC Meter Butterfly**

1	Strowger, Archie J	20	Arun Tridents SC-SE	1:01.80	1:02.06	8
	29.28		1:02.06 (32.78)			
2	Chapman, George R	18	Crawley Swimming Club-SE	1:13.37	1:06.48	7
	27.22		1:06.48 (39.26)			
3	Fisher, Louis A	22	Lewes Swimming Club	1:13.78	1:15.70	6
	33.90		1:15.70 (41.80)			
4	Baker, Harry T	18	Lewes Swimming Club	1:17.46	1:19.05	5
	36.33		1:19.05 (42.72)			
5	Schofield, Martin	24	Crawley Swimming Club-SE	58.97	1:22.03	4
	34.80		1:22.03 (47.23)			

**Event 116 Men 25-29 100 SC Meter Butterfly**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	1:04.00	1:03.10	8
	28.89		1:03.10 (34.21)			
2	Cornford, Cole J	26	Hailsham Swim Club-SE	1:05.97	1:06.67	7
	30.83		1:06.67 (35.84)			
3	Walker, Dan J	26	Crawley Swimming Club-SE	1:12.00	1:08.95	6
	31.95		1:08.95 (37.00)			

**Event 116 Men 35-39 100 SC Meter Butterfly**

1	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	1:01.09	1:07.44	8
	32.01		1:07.44 (35.43)			

**Event 116 Men 40-44 100 SC Meter Butterfly**

1	Steenhoff, Craig	41	Hailsham Swim Club-SE	1:01.25	1:02.73	8
	29.39		1:02.73 (33.34)			
2	Duke, Simon	44	Crawley Swimming Club-SE	1:03.83	1:05.68	7
	30.84		1:05.68 (34.84)			
3	Marx, Marnus J	44	Crawley Swimming Club-SE	1:01.19	1:06.14	6
	30.65		1:06.14 (35.49)			
4	Johnson, Calvin J	43	Crawley Swimming Club-SE	1:30.00	1:22.39	5
	39.27		1:22.39 (43.12)			

**Event 116 Men 45-49 100 SC Meter Butterfly**

1	Lapinski, Jacek	48	Crawley Swimming Club-SE	1:22.00	1:22.20	8
	35.71		1:22.20 (46.49)			

**Event 116 Men 50-54 100 SC Meter Butterfly**

1	Bigg, Timothy	51	Hastings Seagull SC	1:24.42	1:26.69	8
	41.37		1:26.69 (45.32)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 116 Men 50-54 100 SC Meter Butterfly)**

2	Lindsay, Charlie	53	Hailsham Swim Club-SE	1:36.39	1:33.88	7
	40.54		1:33.88 (53.34)			

**Event 117 Women 18-24 50 SC Meter Breaststroke**

1	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	33.50	36.08	8
2	Wright, Lynsey E	24	Crawley Swimming Club-SE	35.80	39.12	7
3	Sandhu, Kiran K	18	Crawley Swimming Club-SE	37.28	39.43	6
4	Valovin, Isabel	18	Crawley Swimming Club-SE	39.00	41.63	5
5	Stannard, Megan	19	Eastbourne Swimming Club	42.07	43.35	4
6	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	40.84	43.56	3
---	Carroll, Jaya	23	Crawley Swimming Club-SE	56.83	DQ	

7.1 After the start or after each turn single butterfly kick not performed before the 1st

**Event 117 Women 25-29 50 SC Meter Breaststroke**

1	Maille-roper, Megan	25	Hastings Seagull SC	NT	48.22	8
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**Event 117 Women 35-39 50 SC Meter Breaststroke**

1	Chapman, Lisa	39	Hastings Seagull SC	35.97	36.95	8
2	Welfare, Ria	36	Eastbourne Swimming Club	50.56	50.97	7

**Event 117 Women 40-44 50 SC Meter Breaststroke**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	41.00	41.87	8
2	Mills, Lisa	43	Mid Sussex Marlins	44.13	46.55	7
3	Marx, Rentia	41	Crawley Swimming Club-SE	58.00	54.59	6

**Event 117 Women 45-49 50 SC Meter Breaststroke**

1	Burchell, Sharon	47	Crawley Swimming Club-SE	36.97	38.89	8
2	Netherwood, Tamsin L	47	Arun Tridents SC-SE	39.38	43.45	7
3	Attrell, Elaine V	47	Lewes Swimming Club	42.28	44.34	6
4	Rampling, Anushka	46	Eastbourne Swimming Club	1:00.00	48.46	5
5	Feaver, Ayshea	49	Arun Tridents SC-SE	50.83	50.50	4
6	Casey, Louise	47	Chichester Cormorants Swimming	45.00	57.86	3

**Event 117 Women 50-54 50 SC Meter Breaststroke**

1	Weighton, Angela	52	Bighton Dolphin	46.57	46.33	8
2	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	48.92	7
3	Maxwell, Karen	52	Beacon Swimming Club	NT	59.53	6

**Event 117 Women 55-59 50 SC Meter Breaststroke**

1	Nisbet, Trixie	59	Lewes Swimming Club	1:01.37	55.90	8
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**Event 117 Women 60-64 50 SC Meter Breaststroke**

1	Sprigge, Linda	63	Crawley Swimming Club-SE	42.19	43.01	8
2	West, Jane	63	Chichester Cormorants Swimming	45.00	46.10	7
3	Ferguson, Gill	60	Crawley Swimming Club-SE	53.77	52.45	6

**Event 117 Women 70-74 50 SC Meter Breaststroke**

1	Johnson, Mary	73	Mid Sussex Marlins	56.00	1:01.76	8
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**Event 117 Women 85-89 50 SC Meter Breaststroke**

1	Taylor, Audrey	87	Bighton Dolphin	1:25.00	1:35.20	8
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**Event 118 Men 18-24 50 SC Meter Breaststroke**

1	Hopkins, George	24	Crawley Swimming Club-SE	26.90	29.26	8
2	Stacey, Harry	23	Lancing College Masters Team	31.61	30.73	7
3	Bigg, Ruben	19	Hastings Seagull SC	29.80	32.20	6



**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 118 Men 18-24 50 SC Meter Breaststroke)**

4	Chapman, George R	18	Crawley Swimming Club-SE	32.63	33.69	5
5	Batten, Louis	23	Atlantis Swimming Club-SE	37.47	35.45	4
6	Schofield, Martin	24	Crawley Swimming Club-SE	34.84	44.87	3

**Event 118 Men 25-29 50 SC Meter Breaststroke**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	29.10	30.57	8
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**Event 118 Men 30-34 50 SC Meter Breaststroke**

1	Sambrook, Richard	30	Mid Sussex Marlins	40.57	42.95	8
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**Event 118 Men 35-39 50 SC Meter Breaststroke**

1	Hekman, Stefan	38	Eastbourne Swimming Club	35.76	35.72	8
2	Oztek, Emre	37	Out to Swim Brighton and Hove	NT	37.78	7
3	Gumbrell, Marc	38	Out to Swim Brighton and Hove	NT	45.92	6

**Event 118 Men 40-44 50 SC Meter Breaststroke**

1	Goforth, Alex	42	Hastings Seagull SC	33.44	32.89	8
2	Marx, Marnus J	44	Crawley Swimming Club-SE	32.05	33.65	7
3	Merchant, Paul	43	Hailsham Swim Club-SE	36.20	34.89	6
4	Kloes, Colin	44	Crawley Swimming Club-SE	38.31	39.24	5
5	Johnson, Calvin J	43	Crawley Swimming Club-SE	50.00	39.99	4
---	Woodward, Pete	40	Beacon Swimming Club	43.11	DQ	

7.1 After the start or after each turn single butterfly kick not performed before the 1st

**Event 118 Men 45-49 50 SC Meter Breaststroke**

1	Valovin, Dan	49	Crawley Swimming Club-SE	43.80	44.44	8
2	Macklen, Simon	48	Beacon Swimming Club	46.71	46.45	7

**Event 118 Men 50-54 50 SC Meter Breaststroke**

1	Wortham, Mark	51	Crawley Swimming Club-SE	38.00	38.16	8
2	Disney, Matthew	52	Mid Sussex Marlins	37.74	38.36	7
3	Oxlade, Andrew J	50	Crawley Swimming Club-SE	41.36	41.91	6
4	Clay, Matthew S	51	Lewes Swimming Club	40.40	42.70	5
5	McGregor, Tony	51	Crawley Swimming Club-SE	51.43	42.90	4
---	Bigg, Timothy	51	Hastings Seagull SC	40.02	DQ	

7.1 After the start or after each turn single butterfly kick not performed before the 1st

**Event 118 Men 55-59 50 SC Meter Breaststroke**

1	McDonald, Nigel	59	Crawley Swimming Club-SE	36.72	37.81	8
2	Emens, Nick	59	Crawley Swimming Club-SE	38.53	39.16	7
3	Garratt, Jez	58	Lewes Swimming Club	41.33	41.93	6
4	Finch, Shaun	57	Mid Sussex Marlins	44.54	48.80	5

**Event 118 Men 75-79 50 SC Meter Breaststroke**

1	Rhodes, William	76	Worthing SC	48.50	48.91	8
2	Gough-Palmer, David	75	Chichester Cormorants Swimming	51.79	56.56	7

**Event 118 Men 80-84 50 SC Meter Breaststroke**

1	Pearce, Timothy	84	Hastings Seagull SC	1:01.80	1:08.34	8
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**Event 118 Men 85-89 50 SC Meter Breaststroke**

1	Gimson, Anthony	86	Mid Sussex Marlins	1:05.00	1:04.96	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****Event 119 Mixed 72-99 200 SC Meter Medley Relay 74+**

1	Crawley Swimming Club-SE	A	1:53.15	1:59.54	8
	1) Wright, Lynsey E W24	2) Hopkins, George M24	3) Jones, Yasmin W18	4) Hopkins, Charlie M24	
	34.92	1:05.11 (30.19)	1:36.41 (31.30)	1:59.54 (23.13)	
2	Crawley Swimming Club-SE	C	2:06.06	2:07.43	7
	1) Chapman, George R M18	2) Austin, Lucy G W20	3) Davies, Rachel W18	4) Walker, Dan J M26	
	32.43	1:08.78 (36.35)	1:41.25 (32.47)	2:07.43 (26.18)	
3	Hastings Seagull SC	A	1:59.62	2:07.81	6
	1) Chapman, Lisa W39	2) Goforth, Alex M42	3) Bigg, Ruben M19	4) Matthews, Amber W19	
	33.51	1:06.63 (33.12)	1:36.85 (30.22)	2:07.81 (30.96)	
4	Crawley Swimming Club-SE	B	2:00.10	2:08.77	5
	1) Schofield, Martin M24	2) Lungley, Oli J M28	3) Valovin, Isabel W18	4) Sandhu, Kiran K W18	
	33.06	1:05.30 (32.24)	1:38.32 (33.02)	2:08.77 (30.45)	

**Event 120 Mixed 160-199 200 SC Meter Medley Relay 160+**

1	Crawley Swimming Club-SE	A	2:06.68	2:10.06	8
	1) Marx, Marnus J M44	2) Burchell, Sharon W47	3) Amaral Pinto, Goncalo M35	4) Mickel, Lisa W51	
	31.61	1:10.46 (38.85)	1:39.68 (29.22)	2:10.06 (30.38)	
2	Mid Sussex Marlins	A	2:20.00	2:17.13	7
	1) Davison, Sarah W50	2) Bowen, Rachael W33	3) Wade, Tom M34	4) Barham, Scott M48	
	40.84	1:17.38 (36.54)	1:48.65 (31.27)	2:17.13 (28.48)	
3	Crawley Swimming Club-SE	B	2:11.60	2:17.61	6
	1) Spencer, Zoe D W48	2) Croydon-Kempster, Sophy W24	3) Duke, Simon M44	4) Emens, Nick M59	
	42.64	1:19.03 (36.39)	1:47.26 (28.23)	2:17.61 (30.35)	
4	Eastbourne Swimming Club	A	2:09.72	2:17.97	5
	1) Pritchard, Wendy W57	2) Hekman, Stefan M38	3) Stannard, Megan W19	4) Woodward, Ian M53	
	40.78	1:16.91 (36.13)	1:43.03 (26.12)	2:17.97 (34.94)	
5	Arun Tridents SC-SE	A	2:27.51	2:26.06	4
	1) Netherwood, Tamsin L W47	2) Feaver, Ayshea W49	3) Strowger, Archie J M20	4) Varisco, Vittorio M55	
	37.79	1:28.55 (50.76)	1:56.11 (27.56)	2:26.06 (29.95)	
6	Crawley Swimming Club-SE	D	2:31.90	2:32.34	3
	1) Kloes, Colin M44	2) Gomez-Darder, Lucia I W22	3) Lapinski, Jacek M48	4) Tilley, Clarissa J W47	
	41.61	1:58.24 (1:16.63)	2:32.34 (34.10)		
7	Hastings Seagull SC	A	2:41.98	2:36.59	2
	1) Chapman, Lisa W39	2) Tebbs, John M44	3) Baker, Stephen M69	4) Maille-roper, Megan W25	
	33.14	1:13.19 (40.05)	1:56.96 (43.77)	2:36.59 (39.63)	
8	Crawley Swimming Club-SE	E	2:38.26	2:41.14	1
	1) Johnson, Calvin J M43	2) Wortham, Mark M51	3) Brown, Becky W52	4) Marx, Rentia W41	
	42.08	1:20.24 (38.16)	1:59.32 (39.08)	2:41.14 (41.82)	
9	Crawley Swimming Club-SE	C	2:43.11	2:41.59	
	1) Artemenkova, Claire W46	2) Oxlade, Andrew J M50	3) Penfold, Alfie T M20	4) Webb, Alison W47	
	49.60	1:30.25 (40.65)	2:07.64 (37.39)	2:41.59 (33.95)	
10	Beacon Swimming Club	A	2:46.39	2:44.21	
	1) Christmas, Jo W24	2) Macklen, Simon M48	3) Masterson, Stuart M46	4) Macklen, Ginny W47	
	37.05	1:23.44 (46.39)	1:58.97 (35.53)	2:44.21 (45.24)	
---	Beacon Swimming Club	B	2:55.01	DQ	
	10.4 No contact with wall during a turn or turn not made from wall or took stride or step				
	1) Carter, Jen W48	2) Woodward, Pete M40	3) Wadman, Will M31	4) Maxwell, Karen W52	
	1:03.87	1:47.02 (43.15)	2:17.06 (30.04)	DQ (44.02)	

**Event 121 Mixed 240-279 200 SC Meter Medley Relay 240+**

1	Crawley Swimming Club-SE	A	2:22.69	2:25.70	8
	1) Linton - Cook, Vicki W59	2) McDonald, Nigel M59	3) Robertson, Mark M61	4) Sprigge, Linda W63	
	40.04	1:18.40 (38.36)	1:49.91 (31.51)	2:25.70 (35.79)	

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session one****(Event 121 Mixed 240-279 200 SC Meter Medley Relay 240+)**

2	Mid Sussex Marlins	A	2:30.00	2:54.01	7
	1) Gale, Ann W67	2) Finch, Shaun M57	3) Mills, Sally W68	4) Ward, Glenn M61	
	46.03	1:33.72 (47.69)	1:54.71 (20.99)	2:54.01 (59.30)	

**Event 122 Women 18-24 400 SC Meter Freestyle**

1	Jones, Yasmin	18	Crawley Swimming Club-SE	4:43.42	5:05.68	8
	35.07	1:13.39 (38.32)	1:52.42 (39.03)	2:31.62 (39.20)		
	3:10.42 (38.80)	3:48.90 (38.48)	4:28.72 (39.82)	5:05.68 (36.96)		
2	Sandhu, Kiran K	18	Crawley Swimming Club-SE	4:42.02	5:07.39	7
	34.46	1:12.72 (38.26)	1:51.24 (38.52)	2:30.28 (39.04)		
	3:08.97 (38.69)	3:47.41 (38.44)	4:25.83 (38.42)	5:07.39 (41.56)		
3	Collins, Bethany	24	Hailsham Swim Club-SE	5:15.13	5:20.34	6
	35.26	1:13.56 (38.30)	1:53.34 (39.78)	2:34.72 (41.38)		
	3:16.08 (41.36)	3:58.38 (42.30)	4:40.35 (41.97)	5:20.34 (39.99)		
4	Wright, Lynsey E	24	Crawley Swimming Club-SE	5:29.93	5:46.24	5
	38.01	1:20.94 (42.93)	2:04.31 (43.37)	2:49.65 (45.34)		
	3:34.32 (44.67)	4:18.93 (44.61)	5:03.03 (44.10)	5:46.24 (43.21)		

**Event 122 Women 25-29 400 SC Meter Freestyle**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	5:45.00	5:51.78	8
	39.02	1:21.57 (42.55)	2:05.99 (44.42)	2:51.62 (45.63)		
	3:37.18 (45.56)	4:22.39 (45.21)	5:08.11 (45.72)	5:51.78 (43.67)		

**Event 122 Women 40-44 400 SC Meter Freestyle**

1	Johnston, Jenn K	40	Lewes Swimming Club	6:24.29	6:26.83	8
	42.21	1:30.26 (48.05)	2:19.52 (49.26)	3:09.09 (49.57)		
	3:58.30 (49.21)	4:48.15 (49.85)	5:37.85 (49.70)	6:26.83 (48.98)		

**Event 122 Women 55-59 400 SC Meter Freestyle**

1	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	5:46.20	5:36.24	8
	38.26	1:19.73 (41.47)	2:02.08 (42.35)	2:44.64 (42.56)		
	3:27.50 (42.86)	4:10.53 (43.03)	4:53.77 (43.24)	5:36.24 (42.47)		
2	Wood, Tiggi	59	Lewes Swimming Club	NT	6:38.61	7
	44.82	1:34.24 (49.42)	2:25.22 (50.98)	3:16.22 (51.00)		
	4:07.51 (51.29)	4:58.40 (50.89)	5:48.93 (50.53)	6:38.61 (49.68)		

**Event 122 Women 60-64 400 SC Meter Freestyle**

1	Read, Jo	61	Hailsham Swim Club-SE	6:44.29	7:02.08	8
	46.89	1:38.98 (52.09)	2:33.46 (54.48)	3:27.81 (54.35)		
	4:21.76 (53.95)	5:15.89 (54.13)	6:09.96 (54.07)	7:02.08 (52.12)		