

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 201 Mixed 120-159 200 SC Meter Freestyle Relay 120+**

Team	Relay	Seed Time	Finals Time	Points
1 Crawley Swimming Club-SE	A	1:52.08	1:54.72	8
1) Kloes, Colin M44	2) Croydon-Kempster, Sophy W24	3) Sandhu, Kiran K W18	4) Amaral Pinto, Goncalo M35	
29.50	57.93 (28.43)	1:28.09 (30.16)	1:54.72 (26.63)	
2 Eastbourne Swimming Club	A	1:52.45	1:56.06	7
1) Krouwel, Kirsty W44	2) Woodward, Ian M53	3) Key, Eloise W19	4) Hekman, Stefan M38	
30.68	57.12 (26.44)	1:28.38 (31.26)	1:56.06 (27.68)	
3 Out to Swim Brighton and Hove	A	NT	1:56.89	6
1) Oztek, Emre M37	2) Cornish, Andrew M27	3) Keast, Colin M34	4) Brampton, James M35	
31.44	59.61 (28.17)	1:29.59 (29.98)	1:56.89 (27.30)	
4 Crawley Swimming Club-SE	B	2:06.92	2:05.60	5
1) Johnson, Calvin J M43	2) Jones, Yasmin W18	3) Austin, Lucy G W20	4) Lapinski, Jacek M48	
32.20	1:03.52 (31.32)	1:33.70 (30.18)	2:05.60 (31.90)	
5 Crawley Swimming Club-SE	C	2:08.28	2:11.74	4
1) Penfold, Alfie T M20	2) Webb, Alison W47	3) Spencer, Zoe D W48	4) Walker, Dan J M26	
31.89	1:06.60 (34.71)	1:44.49 (37.89)	2:11.74 (27.25)	
6 Beacon Swimming Club	A	2:17.42	2:20.17	3
1) Christmas, Jo W24	2) Carter, Jen W48	3) Woodward, Pete M40	4) Wadman, Will M31	
32.20	1:17.08 (44.88)	1:50.73 (33.65)	2:20.17 (29.44)	

**Event 202 Mixed 200-239 200 SC Meter Freestyle Relay 200+**

1 Crawley Swimming Club-SE	A	1:51.75	1:55.85	8
1) Marx, Marnus J M44	2) Burchell, Sharon W47	3) Mickel, Lisa W51	4) Robertson, Mark M61	
25.62	56.08 (30.46)	1:26.48 (30.40)	1:55.85 (29.37)	
2 Mid Sussex Marlins	A	2:00.00	2:03.22	7
1) Mills, Sally W68	2) Disney, Matthew M52	3) Bowen, Rachael W33	4) Allen, Paul M51	
28.99	1:07.64 (38.65)	1:35.14 (27.50)	2:03.22 (28.08)	
3 Crawley Swimming Club-SE	C	2:06.87	2:08.86	6
1) Duke, Simon M44	2) Brown, Becky W52	3) Sprigge, Linda W63	4) Cargill, David M51	
26.38	1:02.33 (35.95)	1:38.67 (36.34)	2:08.86 (30.19)	
4 Hailsham Swim Club-SE	A	2:10.68	2:14.21	5
1) Lindsay, Charlie M53	2) Dolan, Sam W51	3) Read, Jo W61	4) Merchant, Paul M43	
29.93	1:05.45 (35.52)	1:47.60 (42.15)	2:14.21 (26.61)	
5 Crawley Swimming Club-SE	D	2:34.06	2:25.52	4
1) Oxlade, Andrew J M50	2) Artemenkova, Claire W46	3) Linton - Cook, Vicki W59	4) Valovin, Dan M49	
33.28	1:15.55 (42.27)	1:49.41 (33.86)	2:25.52 (36.11)	
6 Crawley Swimming Club-SE	E	2:28.18	2:29.00	3
1) Wortham, Mark M51	2) Bassett, Sheena W62	3) Ferguson, Gill W60	4) Andrews, Scott J M27	
31.31	1:14.15 (42.84)	2:29.00 (1:14.85)		
7 Hastings Seagull SC	A	2:39.98	2:43.07	2
1) Maille-roper, Megan W25	2) Pearce, Timothy M84	3) Lowe, Kenton M56	4) Chapman, Lisa W39	
	1:29.24 ( )	2:12.32 (43.08)	2:43.07 (30.75)	

**Event 203 Women 18-24 100 SC Meter Breaststroke**

1 Austin, Lucy G	20 Crawley Swimming Club-SE	1:19.50	1:20.28	8
38.52	1:20.28 (41.76)			
2 Croydon-Kempster, Sophy	24 Crawley Swimming Club-SE	1:16.20	1:20.43	7
38.96	1:20.43 (41.47)			
3 Sandhu, Kiran K	18 Crawley Swimming Club-SE	1:21.53	1:25.75	6
41.12	1:25.75 (44.63)			
4 Wright, Lynsey E	24 Crawley Swimming Club-SE	1:20.40	1:26.30	5
40.94	1:26.30 (45.36)			
5 Jones, Yasmin	18 Crawley Swimming Club-SE	1:21.75	1:26.75	4
40.88	1:26.75 (45.87)			
6 Valovin, Isabel	18 Crawley Swimming Club-SE	1:23.30	1:29.59	3
41.99	1:29.59 (47.60)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 203 Women 18-24 100 SC Meter Breaststroke)**

7	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	1:29.62	1:33.65	2
	44.68	1:33.65 (48.97)				

**Event 203 Women 40-44 100 SC Meter Breaststroke**

1	Hillier, Lizzie J	44	Lewes Swimming Club	1:38.39	1:38.74	8
	47.13	1:38.74 (51.61)				
2	Johnston, Jenn K	40	Lewes Swimming Club	1:43.86	1:41.03	7
	47.89	1:41.03 (53.14)				
3	Mills, Lisa	43	Mid Sussex Marlins	1:42.00	1:43.94	6
	49.86	1:43.94 (54.08)				

**Event 203 Women 45-49 100 SC Meter Breaststroke**

1	Attrell, Elaine V	47	Lewes Swimming Club	1:35.63	1:39.29	8
	47.97	1:39.29 (51.32)				
2	Carter, Jen	48	Beacon Swimming Club	NT	2:02.75	7
	56.49	2:02.75 (1:06.26)				

**Event 203 Women 60-64 100 SC Meter Breaststroke**

1	Sprigge, Linda	63	Crawley Swimming Club-SE	1:33.38	1:34.34	8
	44.76	1:34.34 (49.58)				
2	West, Jane	63	Chichester Cormorants Swimming	1:44.00	1:44.33	7
	49.17	1:44.33 (55.16)				
3	Ferguson, Gill	60	Crawley Swimming Club-SE	1:52.00	1:59.60	6
	58.29	1:59.60 (1:01.31)				

**Event 204 Men 18-24 100 SC Meter Breaststroke**

1	Chapman, George R	18	Crawley Swimming Club-SE	1:12.65	1:17.42	8
	35.74	1:17.42 (41.68)				

**Event 204 Men 25-29 100 SC Meter Breaststroke**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	1:05.58	1:07.10	8
	31.40	1:07.10 (35.70)				

**Event 204 Men 30-34 100 SC Meter Breaststroke**

1	Sambrook, Richard	30	Mid Sussex Marlins	1:35.61	1:34.65	8
	43.33	1:34.65 (51.32)				

**Event 204 Men 40-44 100 SC Meter Breaststroke**

1	Goforth, Alex	42	Hastings Seagull SC	1:14.67	1:11.03	8
	34.12	1:11.03 (36.91)				
2	Marx, Marnus J	44	Crawley Swimming Club-SE	1:11.33	1:13.06	7
	34.02	1:13.06 (39.04)				
3	Merchant, Paul	43	Hailsham Swim Club-SE	1:17.79	1:15.89	6
	36.36	1:15.89 (39.53)				
4	Johnson, Calvin J	43	Crawley Swimming Club-SE	1:45.00	1:28.81	5
	41.73	1:28.81 (47.08)				
5	Woodward, Pete	40	Beacon Swimming Club	NT	1:31.90	4
	43.43	1:31.90 (48.47)				

**Event 204 Men 45-49 100 SC Meter Breaststroke**

1	Mellor, Nick	48	Brighton Swimming Club	1:15.00	1:21.93	8
	38.63	1:21.93 (43.30)				
2	Valovin, Dan	49	Crawley Swimming Club-SE	1:39.99	1:39.79	7
	47.13	1:39.79 (52.66)				

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 204 Men 50-54 100 SC Meter Breaststroke**

1	Disney, Matthew	52	Mid Sussex Marlins	1:21.00	1:26.01	8
	40.20	1:26.01 (45.81)				
2	Oxlade, Andrew J	50	Crawley Swimming Club-SE	1:35.00	1:33.63	7
	44.42	1:33.63 (49.21)				

**Event 204 Men 55-59 100 SC Meter Breaststroke**

1	McDonald, Nigel	59	Crawley Swimming Club-SE	1:21.74	1:23.95	8
	39.07	1:23.95 (44.88)				
2	Hall, Peter	58	Hastings Seagull SC	NT	1:41.04	7
	48.49	1:41.04 (52.55)				
3	Garratt, Jez	58	Lewes Swimming Club	1:37.39	1:42.82	6
	45.78	1:42.82 (57.04)				

**Event 204 Men 75-79 100 SC Meter Breaststroke**

1	Rhodes, William	76	Worthing SC	1:50.00	1:56.99	8
	57.72	1:56.99 (59.27)				

**Event 205 Women 18-24 50 SC Meter Freestyle**

1	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	27.10	28.81	8
2	Davies, Rachel	18	Crawley Swimming Club-SE	29.39	29.54	7
3	Collins, Bethany	24	Hailsham Swim Club-SE	29.57	29.77	6
4	Christmas, Jo	24	Beacon Swimming Club	30.58	30.80	5
*5	Jones, Yasmin	18	Crawley Swimming Club-SE	29.10	31.24	3.50
*5	Sandhu, Kiran K	18	Crawley Swimming Club-SE	29.00	31.24	3.50
7	Austin, Lucy G	20	Crawley Swimming Club-SE	29.49	31.99	2
8	Mickel, Brooke M	20	Crawley Swimming Club-SE	28.94	32.05	1
9	Wright, Lynsey E	24	Crawley Swimming Club-SE	30.05	32.22	
10	Matthews, Amber	19	Hastings Seagull SC	28.88	32.30	
11	Key, Eloise	19	Eastbourne Swimming Club	30.25	32.60	
12	Stannard, Megan	19	Eastbourne Swimming Club	31.65	32.99	
13	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	35.56	36.85	
14	Carroll, Jaya	23	Crawley Swimming Club-SE	48.61	41.23	

**Event 205 Women 25-29 50 SC Meter Freestyle**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	33.00	34.29	8
2	Maille-roper, Megan	25	Hastings Seagull SC	NT	37.92	7

**Event 205 Women 30-34 50 SC Meter Freestyle**

1	Bowen, Rachael	33	Mid Sussex Marlins	27.16	27.46	8
2	Augustine, Sarah G	33	Crawley Swimming Club-SE	48.00	45.69	7

**Event 205 Women 35-39 50 SC Meter Freestyle**

1	Chapman, Lisa	39	Hastings Seagull SC	28.30	28.66	8
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**Event 205 Women 40-44 50 SC Meter Freestyle**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	30.00	30.25	8
2	Hillier, Lizzie J	44	Lewes Swimming Club	38.99	39.47	7
3	Mills, Lisa	43	Mid Sussex Marlins	37.46	39.61	6
4	Marx, Rentia	41	Crawley Swimming Club-SE	40.29	40.69	5

**Event 205 Women 45-49 50 SC Meter Freestyle**

1	Burchell, Sharon	47	Crawley Swimming Club-SE	29.19	31.10	8
2	Webb, Alison	47	Crawley Swimming Club-SE	35.00	34.07	7
3	Tilley, Clarissa J	47	Crawley Swimming Club-SE	32.50	35.87	6
4	Spencer, Zoe D	48	Crawley Swimming Club-SE	37.62	37.23	5
5	Rampling, Anushka	46	Eastbourne Swimming Club	45.00	38.66	4

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6	Carter, Jen	48	Beacon Swimming Club	43.27	42.91	3
7	Artemenkova, Claire	46	Crawley Swimming Club-SE	49.21	42.97	2
8	Macklen, Ginny	47	Beacon Swimming Club	47.58	45.27	1
9	Huntley, Rachel	45	Crawley Swimming Club-SE	1:00.67	1:04.42	

**Event 205 Women 50-54 50 SC Meter Freestyle**

1	Mickel, Lisa	51	Crawley Swimming Club-SE	30.84	30.38	8
2	Dolan, Sam	51	Hailsham Swim Club-SE	33.35	34.20	7
3	Weighton, Angela	52	Bighton Dolphin	35.08	35.52	6
4	Davison, Sarah	50	Mid Sussex Marlins	35.00	35.63	5
5	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	43.21	4

**Event 205 Women 55-59 50 SC Meter Freestyle**

1	Pritchard, Wendy	57	Eastbourne Swimming Club	34.00	35.49	8
2	Nisbet, Trixie	59	Lewes Swimming Club	44.25	40.25	7
3	Rocky, Jill	58	Mid Sussex Marlins	40.00	41.43	6

**Event 205 Women 60-64 50 SC Meter Freestyle**

1	West, Jane	63	Chichester Cormorants Swimming	34.53	34.95	8
2	Sprigge, Linda	63	Crawley Swimming Club-SE	36.16	36.28	7
3	Read, Jo	61	Hailsham Swim Club-SE	41.47	43.59	6

**Event 205 Women 65-69 50 SC Meter Freestyle**

1	Mills, Sally	68	Mid Sussex Marlins	35.90	36.56	8
2	Gale, Ann	67	Mid Sussex Marlins	38.45	40.47	7

**Event 205 Women 70-74 50 SC Meter Freestyle**

1	Johnson, Mary	73	Mid Sussex Marlins	40.00	45.98	8
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**Event 205 Women 80-84 50 SC Meter Freestyle**

1	Dean, Jennifer	80	Mid Sussex Marlins	50.00	51.07	8
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**Event 206 Men 18-24 50 SC Meter Freestyle**

1	Stacey, Harry	23	Lancing College Masters Team	22.20	23.22	8
2	Hopkins, Charlie	24	Crawley Swimming Club-SE	24.13	23.60	7
3	Hopkins, George	24	Crawley Swimming Club-SE	24.00	24.11	6
4	Grimmond, James	23	Hailsham Swim Club-SE	24.90	24.81	5
5	Blackmore, Archie	22	Hastings Seagull SC	NT	26.30	4
6	Schofield, Martin	24	Crawley Swimming Club-SE	24.50	26.60	3
7	Chapman, George R	18	Crawley Swimming Club-SE	29.09	26.65	2
8	Bigg, Ruben	19	Hastings Seagull SC	25.24	26.83	1
9	Batten, Louis	23	Atlantis Swimming Club-SE	27.19	26.95	
10	Fisher, Louis A	22	Lewes Swimming Club	27.67	27.89	
11	Baker, Harry T	18	Lewes Swimming Club	29.52	29.40	

**Event 206 Men 25-29 50 SC Meter Freestyle**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	27.00	26.09	8
2	Lungley, Oli J	28	Crawley Swimming Club-SE	24.20	26.26	7
3	Walker, Dan J	26	Crawley Swimming Club-SE	25.79	26.67	6
4	Cornford, Cole J	26	Hailsham Swim Club-SE	26.53	26.69	5
5	Cornish, Andrew	27	Out to Swim Brighton and Hove	NT	27.93	4
6	Cole, Nick L	28	Lewes Swimming Club	30.67	33.43	3

**Event 206 Men 30-34 50 SC Meter Freestyle**

1	Wadman, Will	31	Beacon Swimming Club	NT	26.42	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 206 Men 30-34 50 SC Meter Freestyle)**

2	Sambrook, Richard	30	Mid Sussex Marlins	30.66	35.03	7
3	Lillington, Thomas	33	Out to Swim Brighton and Hove	NT	42.63	6

**Event 206 Men 35-39 50 SC Meter Freestyle**

1	Pook, Jonathan	35	Lancing College Masters Team	25.25	26.19	8
2	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	27.72	27.23	7
3	Hatley, Christopher	36	Mid Sussex Marlins	28.39	27.88	6
4	Hekman, Stefan	38	Eastbourne Swimming Club	28.40	28.11	5
5	Oztek, Emre	37	Out to Swim Brighton and Hove	NT	30.89	4

**Event 206 Men 40-44 50 SC Meter Freestyle**

1	Salt, Richard	40	Atlantis Swimming Club-SE	26.00	25.36	8
2	Marx, Marnus J	44	Crawley Swimming Club-SE	24.97	25.75	7
3	Duke, Simon	44	Crawley Swimming Club-SE	25.89	26.62	6
4	Merchant, Paul	43	Hailsham Swim Club-SE	26.69	26.65	5
5	Kloes, Colin	44	Crawley Swimming Club-SE	27.60	28.43	4
6	Batchelor, Samuel	40	Hastings Seagull SC	28.34	28.72	3
7	Tebbs, John	44	Hastings Seagull SC	30.76	30.92	2
8	Johnson, Calvin J	43	Crawley Swimming Club-SE	37.00	32.41	1

**Event 206 Men 45-49 50 SC Meter Freestyle**

1	Purchase, Dan	46	Atlantis Swimming Club-SE	27.91	28.16	8
2	Gasson, Andrew	48	Mid Sussex Marlins	29.53	30.69	7
3	Johnson, Richard	45	Chichester Cormorants Swimming	30.24	30.73	6
4	Masterson, Stuart	46	Beacon Swimming Club	29.69	31.17	5
5	Lapinski, Jacek	48	Crawley Swimming Club-SE	35.00	31.61	4
6	Valovin, Dan	49	Crawley Swimming Club-SE	35.43	35.60	3
7	Macklen, Simon	48	Beacon Swimming Club	35.86	36.18	2
8	Gowers, Iain	47	Out to Swim Brighton and Hove	NT	45.25	1

**Event 206 Men 50-54 50 SC Meter Freestyle**

1	Allen, Paul	51	Mid Sussex Marlins	26.00	26.75	8
2	Woodward, Ian	53	Eastbourne Swimming Club	27.00	26.81	7
3	Bull, Fabian	51	Bighton Dolphin	30.00	29.26	6
4	Cargill, David	51	Crawley Swimming Club-SE	30.43	29.77	5
5	Wortham, Mark	51	Crawley Swimming Club-SE	30.00	30.84	4
6	Lindsay, Charlie	53	Hailsham Swim Club-SE	31.43	31.20	3
7	Oxlade, Andrew J	50	Crawley Swimming Club-SE	33.56	33.16	2
8	Bigg, Timothy	51	Hastings Seagull SC	32.48	33.51	1
9	Clay, Matthew S	51	Lewes Swimming Club	34.32	35.06	
10	McGregor, Tony	51	Crawley Swimming Club-SE	45.18	39.66	

**Event 206 Men 55-59 50 SC Meter Freestyle**

1	Mason, Paul	56	Chichester Cormorants Swimming	27.72	28.54	8
2	Varisco, Vittorio	55	Arun Tridents SC-SE	30.72	30.54	7
3	Emens, Nick	59	Crawley Swimming Club-SE	29.34	30.78	6
4	McDonald, Nigel	59	Crawley Swimming Club-SE	29.69	31.01	5
5	Finch, Shaun	57	Mid Sussex Marlins	30.77	31.86	4
6	Hall, Peter	58	Hastings Seagull SC	33.26	34.85	3
7	Wilson, David A	56	Crawley Swimming Club-SE	50.00	35.80	2
---	Lowe, Kenton	56	Hastings Seagull SC	41.63	DQ	

10.2 A swimmer did not cover the whole distance - DNF

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 206 Men 60-64 50 SC Meter Freestyle**

1	Robertson, Mark	61	Crawley Swimming Club-SE	26.75	28.13	8
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**Event 206 Men 65-69 50 SC Meter Freestyle**

1	Stickland, Steve P	66	Arun Tridents SC-SE	29.98	30.92	8
2	Baker, Stephen	69	Hastings Seagull SC	NT	36.68	7

**Event 206 Men 70-74 50 SC Meter Freestyle**

1	Shead, David	73	Lewes Swimming Club	41.63	41.49	8
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**Event 206 Men 75-79 50 SC Meter Freestyle**

1	Gough-Palmer, David	75	Chichester Cormorants Swimming	39.75	42.39	8
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**Event 206 Men 80-84 50 SC Meter Freestyle**

1	Pearce, Timothy	84	Hastings Seagull SC	42.00	46.08	8
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**Event 206 Men 85-89 50 SC Meter Freestyle**

1	Gimson, Anthony	86	Mid Sussex Marlins	48.00	46.69	8
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**Event 207 Women 18-24 100 SC Meter Backstroke**

1	Collins, Bethany	24	Hailsham Swim Club-SE	1:12.53	1:13.36	8
	35.85		1:13.36 (37.51)			
2	Wright, Lynsey E	24	Crawley Swimming Club-SE	1:08.46	1:17.27	7
	37.76		1:17.27 (39.51)			
3	Valovin, Isabel	18	Crawley Swimming Club-SE	1:14.12	1:19.78	6
	38.31		1:19.78 (41.47)			
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	1:12.81	1:25.56	5
	41.14		1:25.56 (44.42)			

**Event 207 Women 25-29 100 SC Meter Backstroke**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	1:25.00	1:23.33	8
	40.64		1:23.33 (42.69)			

**Event 207 Women 35-39 100 SC Meter Backstroke**

1	Chapman, Lisa	39	Hastings Seagull SC	1:07.25	1:12.82	8
	35.80		1:12.82 (37.02)			

**Event 207 Women 50-54 100 SC Meter Backstroke**

1	Davison, Sarah	50	Mid Sussex Marlins	1:32.85	1:27.92	8
	41.90		1:27.92 (46.02)			

**Event 207 Women 55-59 100 SC Meter Backstroke**

1	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	1:29.00	1:23.65	8
	41.38		1:23.65 (42.27)			
2	Christmas, Diane	56	Bighton Dolphin	1:25.91	1:25.93	7
	41.70		1:25.93 (44.23)			

**Event 207 Women 65-69 100 SC Meter Backstroke**

1	Gale, Ann	67	Mid Sussex Marlins	1:42.47	1:45.31	8
	50.43		1:45.31 (54.88)			

**Event 207 Women 70-74 100 SC Meter Backstroke**

1	Johnson, Mary	73	Mid Sussex Marlins	1:52.00	1:44.88	8
	51.63		1:44.88 (53.25)			

**Event 207 Women 80-84 100 SC Meter Backstroke**

1	Adam, Jose	82	Bighton Dolphin	2:13.12	2:20.82	8
	1:08.87		2:20.82 (1:11.95)			

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 208 Men 18-24 100 SC Meter Backstroke**

1	Strowger, Archie J	20	Arun Tridents SC-SE	1:04.79	1:04.87	8
	31.81		1:04.87 (33.06)			
2	Chapman, George R	18	Crawley Swimming Club-SE	1:09.19	1:05.00	7
	32.94		1:05.00 (32.06)			
3	Schofield, Martin	24	Crawley Swimming Club-SE	1:00.89	1:13.12	6
	34.58		1:13.12 (38.54)			

**Event 208 Men 25-29 100 SC Meter Backstroke**

1	Cole, Nick L	28	Lewes Swimming Club	1:18.10	1:24.58	8
	41.30		1:24.58 (43.28)			

**Event 208 Men 35-39 100 SC Meter Backstroke**

1	Challis, Shaun	36	Lancing College Masters Team	1:05.32	1:06.57	8
	32.22		1:06.57 (34.35)			

**Event 208 Men 40-44 100 SC Meter Backstroke**

1	Steenhoff, Craig	41	Hailsham Swim Club-SE	1:06.08	1:07.08	8
	32.38		1:07.08 (34.70)			
2	Marx, Marnus J	44	Crawley Swimming Club-SE	1:06.22	1:08.66	7
	33.09		1:08.66 (35.57)			
3	Johnson, Calvin J	43	Crawley Swimming Club-SE	1:30.00	1:31.54	6
	43.96		1:31.54 (47.58)			

**Event 208 Men 45-49 100 SC Meter Backstroke**

1	Townsley, Chris	46	Brighton Swimming Club	1:12.08	1:10.41	8
	34.26		1:10.41 (36.15)			

**Event 208 Men 50-54 100 SC Meter Backstroke**

1	Harper, Adam	52	Bighton Dolphin	1:10.00	1:13.48	8
	35.48		1:13.48 (38.00)			

**Event 208 Men 70-74 100 SC Meter Backstroke**

1	Shead, David	73	Lewes Swimming Club	NT	1:37.19	8
	47.47		1:37.19 (49.72)			

**Event 208 Men 80-84 100 SC Meter Backstroke**

1	Pearce, Timothy	84	Hastings Seagull SC	2:10.00	2:16.06	8
	1:05.27		2:16.06 (1:10.79)			

**Event 209 Women 18-24 200 SC Meter IM**

1	Jones, Yasmin	18	Crawley Swimming Club-SE	2:29.55	2:41.46	
	33.10		1:16.35 (43.25)	2:03.60 (47.25)	2:41.46 (37.86)	
2	Valovin, Isabel	18	Crawley Swimming Club-SE	2:38.90	2:43.90	8
	35.87		1:18.96 (43.09)	2:06.14 (47.18)	2:43.90 (37.76)	
3	Sandhu, Kiran K	18	Crawley Swimming Club-SE	2:34.62	2:46.19	7
	36.83		1:22.41 (45.58)	2:08.42 (46.01)	2:46.19 (37.77)	
4	Key, Eloise	19	Eastbourne Swimming Club	2:44.48	2:52.33	6
	38.79		1:23.83 (45.04)	2:12.90 (49.07)	2:52.33 (39.43)	
5	Wright, Lynsey E	24	Crawley Swimming Club-SE	2:40.87	3:03.52	5
	40.17		1:24.98 (44.81)	2:19.89 (54.91)	3:03.52 (43.63)	

**Event 209 Women 35-39 200 SC Meter IM**

1	Welfare, Ria	36	Eastbourne Swimming Club	4:04.25	4:01.44	8
	55.46		2:01.62 (1:06.16)	3:06.96 (1:05.34)	4:01.44 (54.48)	

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 209 Women 40-44 200 SC Meter IM**

1	Johnston, Jenn K	40	Lewes Swimming Club	3:20.47	3:27.61	8
	43.96	1:37.69 (53.73)	2:36.79 (59.10)	3:27.61 (50.82)		

**Event 209 Women 45-49 200 SC Meter IM**

1	Attrell, Elaine V	47	Lewes Swimming Club	3:17.45	3:25.67	8
	49.08	1:45.26 (56.18)	2:40.50 (55.24)	3:25.67 (45.17)		

**Event 209 Women 80-84 200 SC Meter IM**

1	Adam, Jose	82	Bighton Dolphin	5:00.00	5:18.47	8
	1:23.10	2:44.60 (1:21.50)	4:08.74 (1:24.14)	5:18.47 (1:09.73)		

**Event 210 Men 18-24 200 SC Meter IM**

1	Chapman, George R	18	Crawley Swimming Club-SE	2:33.23	2:17.08	8
	29.68	1:03.71 (34.03)	1:45.14 (41.43)	2:17.08 (31.94)		
2	Fisher, Louis A	22	Lewes Swimming Club	2:41.36	2:39.21	7
	34.19	1:14.02 (39.83)	2:00.93 (46.91)	2:39.21 (38.28)		
3	Schofield, Martin	24	Crawley Swimming Club-SE	2:23.78	2:53.77	6
	32.62	1:15.21 (42.59)	2:10.84 (55.63)	2:53.77 (42.93)		

**Event 210 Men 25-29 200 SC Meter IM**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	2:20.00	2:24.13	8
	29.65	1:07.31 (37.66)	1:50.08 (42.77)	2:24.13 (34.05)		

**Event 210 Men 35-39 200 SC Meter IM**

1	Brampton, James	35	Out to Swim Brighton and Hove	NT	2:40.72	8
	34.12	1:16.01 (41.89)	2:03.17 (47.16)	2:40.72 (37.55)		

**Event 210 Men 40-44 200 SC Meter IM**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	2:20.50	2:28.65	8
	31.32	1:09.71 (38.39)	1:53.68 (43.97)	2:28.65 (34.97)		
2	Goforth, Alex	42	Hastings Seagull SC	2:36.30	2:33.21	7
	33.04	1:13.27 (40.23)	1:55.25 (41.98)	2:33.21 (37.96)		
3	Johnson, Calvin J	43	Crawley Swimming Club-SE	3:05.00	2:56.10	6
	38.60	1:26.79 (48.19)	2:15.73 (48.94)	2:56.10 (40.37)		

**Event 210 Men 55-59 200 SC Meter IM**

1	Mason, Paul	56	Chichester Cormorants Swimming	2:34.17	2:40.78	8
	34.49	1:18.84 (44.35)	2:03.81 (44.97)	2:40.78 (36.97)		

**Event 211 Women 18-24 50 SC Meter Butterfly**

1	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	28.70	31.48	8
2	Collins, Bethany	24	Hailsham Swim Club-SE	33.58	32.26	7
3	Davies, Rachel	18	Crawley Swimming Club-SE	30.90	33.67	6
4	Austin, Lucy G	20	Crawley Swimming Club-SE	31.10	33.78	5
5	Stannard, Megan	19	Eastbourne Swimming Club	33.23	34.19	4
6	Sandhu, Kiran K	18	Crawley Swimming Club-SE	31.20	34.57	3
7	Mickel, Brooke M	20	Crawley Swimming Club-SE	31.00	35.03	2
8	Valovin, Isabel	18	Crawley Swimming Club-SE	32.10	35.46	1
9	Wright, Lynsey E	24	Crawley Swimming Club-SE	31.86	38.27	
10	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	37.94	42.04	

**Event 211 Women 25-29 50 SC Meter Butterfly**

1	Monaghan, Becky	25	Crawley Swimming Club-SE	37.00	37.86	8
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**Event 211 Women 30-34 50 SC Meter Butterfly**

1	Bowen, Rachael	33	Mid Sussex Marlins	29.00	29.95	8
2	Augustine, Sarah G	33	Crawley Swimming Club-SE	55.00	50.96	7



**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 211 Women 35-39 50 SC Meter Butterfly**

1	Chapman, Lisa	39	Hastings Seagull SC	31.10	32.35	8
2	Welfare, Ria	36	Eastbourne Swimming Club	56.71	53.80	7

**Event 211 Women 40-44 50 SC Meter Butterfly**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	33.50	33.08	8
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**Event 211 Women 45-49 50 SC Meter Butterfly**

1	Webb, Alison	47	Crawley Swimming Club-SE	40.00	37.30	8
2	Tilley, Clarissa J	47	Crawley Swimming Club-SE	38.98	40.16	7
3	Spencer, Zoe D	48	Crawley Swimming Club-SE	41.46	43.12	6
4	Rampling, Anushka	46	Eastbourne Swimming Club	1:00.00	44.64	5

**Event 211 Women 50-54 50 SC Meter Butterfly**

1	Brown, Becky	52	Crawley Swimming Club-SE	37.97	39.26	8
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**Event 211 Women 55-59 50 SC Meter Butterfly**

1	Pritchard, Wendy	57	Eastbourne Swimming Club	37.00	40.05	8
2	Linton - Cook, Vicki	59	Crawley Swimming Club-SE	52.00	41.39	7

**Event 211 Women 60-64 50 SC Meter Butterfly**

1	West, Jane	63	Chichester Cormorants Swimming	43.00	42.34	8
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**Event 211 Women 65-69 50 SC Meter Butterfly**

1	Mills, Sally	68	Mid Sussex Marlins	36.42	39.35	8
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**Event 211 Women 80-84 50 SC Meter Butterfly**

1	Adam, Jose	82	Bighton Dolphin	1:10.00	1:18.18	8
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**Event 212 Men 18-24 50 SC Meter Butterfly**

1	Stacey, Harry	23	Lancing College Masters Team	24.14	24.70	8
2	Bigg, Ruben	19	Hastings Seagull SC	27.30	29.01	7
3	Chapman, George R	18	Crawley Swimming Club-SE	33.88	29.52	6
4	Blackmore, Archie	22	Hastings Seagull SC	NT	29.65	5
5	Batten, Louis	23	Atlantis Swimming Club-SE	29.18	29.78	4
6	Schofield, Martin	24	Crawley Swimming Club-SE	26.60	30.49	3
7	Baker, Harry T	18	Lewes Swimming Club	32.97	34.64	2
8	Penfold, Alfie T	20	Crawley Swimming Club-SE	40.24	37.31	1

**Event 212 Men 25-29 50 SC Meter Butterfly**

1	Andrews, Scott J	27	Crawley Swimming Club-SE	29.00	27.88	8
2	Cornford, Cole J	26	Hailsham Swim Club-SE	28.22	29.08	7
3	Walker, Dan J	26	Crawley Swimming Club-SE	32.00	29.89	6

**Event 212 Men 30-34 50 SC Meter Butterfly**

1	Wadman, Will	31	Beacon Swimming Club	NT	29.00	8
2	Sambrook, Richard	30	Mid Sussex Marlins	34.73	36.84	7

**Event 212 Men 35-39 50 SC Meter Butterfly**

1	Pook, Jonathan	35	Lancing College Masters Team	26.40	28.30	8
2	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	28.09	29.55	7

**Event 212 Men 40-44 50 SC Meter Butterfly**

1	Salt, Richard	40	Atlantis Swimming Club-SE	28.00	27.45	8
2	Steenhoff, Craig	41	Hailsham Swim Club-SE	28.00	28.57	7
3	Duke, Simon	44	Crawley Swimming Club-SE	28.31	28.61	6
4	Marx, Marnus J	44	Crawley Swimming Club-SE	27.62	28.62	5
5	Merchant, Paul	43	Hailsham Swim Club-SE	32.05	30.72	4

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 212 Men 40-44 50 SC Meter Butterfly)**

6	Batchelor, Samuel	40	Hastings Seagull SC	32.04	32.87	3
7	Kloes, Colin	44	Crawley Swimming Club-SE	35.40	35.75	2
8	Johnson, Calvin J	43	Crawley Swimming Club-SE	47.00	36.04	1

**Event 212 Men 45-49 50 SC Meter Butterfly**

1	Johnson, Richard	45	Chichester Cormorants Swimming	33.81	34.21	8
2	Lapinski, Jacek	48	Crawley Swimming Club-SE	37.96	35.34	7
3	Masterson, Stuart	46	Beacon Swimming Club	35.04	37.61	6
4	Valovin, Dan	49	Crawley Swimming Club-SE	41.41	40.16	5

**Event 212 Men 50-54 50 SC Meter Butterfly**

1	Cargill, David	51	Crawley Swimming Club-SE	40.00	34.54	8
2	Disney, Matthew	52	Mid Sussex Marlins	32.88	35.66	7
3	Bigg, Timothy	51	Hastings Seagull SC	35.43	37.99	6
4	Lindsay, Charlie	53	Hailsham Swim Club-SE	38.75	38.12	5
5	Clay, Matthew S	51	Lewes Swimming Club	42.09	41.90	4

**Event 212 Men 55-59 50 SC Meter Butterfly**

1	Emens, Nick	59	Crawley Swimming Club-SE	32.60	33.43	8
2	Finch, Shaun	57	Mid Sussex Marlins	40.31	40.21	7
3	Hall, Peter	58	Hastings Seagull SC	47.66	47.39	6

**Event 212 Men 60-64 50 SC Meter Butterfly**

1	Robertson, Mark	61	Crawley Swimming Club-SE	28.68	30.51	8
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**Event 212 Men 65-69 50 SC Meter Butterfly**

1	Stickland, Steve P	66	Arun Tridents SC-SE	35.92	38.36	8
2	Baker, Stephen	69	Hastings Seagull SC	NT	44.60	7

**Event 213 Women 18-24 25 SC Meter Breaststroke**

1	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	16.44	16.44	8
2	Wright, Lynsey E	24	Crawley Swimming Club-SE	17.07	17.42	7
3	Davies, Rachel	18	Crawley Swimming Club-SE	19.00	17.60	6
4	Sandhu, Kiran K	18	Crawley Swimming Club-SE	16.00	18.05	5
5	Gomez-Darder, Lucia I	22	Crawley Swimming Club-SE	19.00	19.05	4
6	Valovin, Isabel	18	Crawley Swimming Club-SE	19.00	19.22	3

**Event 213 Women 35-39 25 SC Meter Breaststroke**

1	Chapman, Lisa	39	Hastings Seagull SC	NT	18.04	8
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**Event 213 Women 40-44 25 SC Meter Breaststroke**

1	Hillier, Lizzie J	44	Lewes Swimming Club	21.13	20.41	8
2	Mills, Lisa	43	Mid Sussex Marlins	18.00	21.34	7
3	Marx, Rentia	41	Crawley Swimming Club-SE	26.50	25.53	6

**Event 213 Women 45-49 25 SC Meter Breaststroke**

1	Burchell, Sharon	47	Crawley Swimming Club-SE	19.00	18.43	8
2	Attrell, Elaine V	47	Lewes Swimming Club	20.26	20.37	7

**Event 213 Women 50-54 25 SC Meter Breaststroke**

1	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	20.94	8
2	Weighton, Angela	52	Bighton Dolphin	20.79	21.16	7

**Event 213 Women 55-59 25 SC Meter Breaststroke**

1	Nisbet, Trixie	59	Lewes Swimming Club	26.48	25.39	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 213 Women 60-64 25 SC Meter Breaststroke**

1	West, Jane	63	Chichester Cormorants Swimming	23.00	19.71	8
2	Sprigge, Linda	63	Crawley Swimming Club-SE	20.85	20.16	7
3	Bassett, Sheena	62	Crawley Swimming Club-SE	26.00	23.77	6
4	Ferguson, Gill	60	Crawley Swimming Club-SE	26.00	23.78	5

**Event 213 Women 70-74 25 SC Meter Breaststroke**

1	Johnson, Mary	73	Mid Sussex Marlins	27.00	27.40	8
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**Event 213 Women 80-84 25 SC Meter Breaststroke**

1	Dean, Jennifer	80	Mid Sussex Marlins	27.00	28.65	8
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**Event 213 Women 85-89 25 SC Meter Breaststroke**

1	Taylor, Audrey	87	Bighton Dolphin	37.00	43.93	8
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**Event 214 Men 18-24 25 SC Meter Breaststroke**

1	Hopkins, George	24	Crawley Swimming Club-SE	21.14	12.78	8
2	Bigg, Ruben	19	Hastings Seagull SC	NT	13.86	7
3	Chapman, George R	18	Crawley Swimming Club-SE	15.50	15.21	6
4	Schofield, Martin	24	Crawley Swimming Club-SE	22.44	17.14	5
5	Penfold, Alfie T	20	Crawley Swimming Club-SE	21.00	18.56	4

**Event 214 Men 25-29 25 SC Meter Breaststroke**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	14.50	13.70	8
2	Andrews, Scott J	27	Crawley Swimming Club-SE	15.50	14.40	7
3	Cornish, Andrew	27	Out to Swim Brighton and Hove	NT	18.21	6

**Event 214 Men 30-34 25 SC Meter Breaststroke**

1	Sambrook, Richard	30	Mid Sussex Marlins	20.18	19.80	8
2	Lillington, Thomas	33	Out to Swim Brighton and Hove	NT	22.66	7

**Event 214 Men 35-39 25 SC Meter Breaststroke**

1	Hekman, Stefan	38	Eastbourne Swimming Club	16.50	15.97	8
2	Oztek, Emre	37	Out to Swim Brighton and Hove	NT	16.25	7
3	Gumbrell, Marc	38	Out to Swim Brighton and Hove	NT	21.11	6

**Event 214 Men 40-44 25 SC Meter Breaststroke**

1	Goforth, Alex	42	Hastings Seagull SC	16.00	14.63	8
2	Marx, Marnus J	44	Crawley Swimming Club-SE	14.55	15.05	7
3	Duke, Simon	44	Crawley Swimming Club-SE	16.50	15.09	6
4	Batchelor, Samuel	40	Hastings Seagull SC	16.71	16.63	5
5	Kloes, Colin	44	Crawley Swimming Club-SE	18.00	17.06	4
6	Johnson, Calvin J	43	Crawley Swimming Club-SE	25.00	18.17	3
7	Tebbs, John	44	Hastings Seagull SC	NT	18.24	2
8	Woodward, Pete	40	Beacon Swimming Club	NT	19.10	1

**Event 214 Men 45-49 25 SC Meter Breaststroke**

1	Valovin, Dan	49	Crawley Swimming Club-SE	20.29	19.59	8
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**Event 214 Men 50-54 25 SC Meter Breaststroke**

1	Wortham, Mark	51	Crawley Swimming Club-SE	17.00	17.43	8
2	Bigg, Timothy	51	Hastings Seagull SC	NT	17.98	7
3	Oxlade, Andrew J	50	Crawley Swimming Club-SE	19.19	18.16	6
4	Clay, Matthew S	51	Lewes Swimming Club	18.45	19.28	5
5	McGregor, Tony	51	Crawley Swimming Club-SE	23.00	20.20	4

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 214 Men 55-59 25 SC Meter Breaststroke**

1	McDonald, Nigel	59	Crawley Swimming Club-SE	17.50	16.56	8
2	Mason, Paul	56	Chichester Cormorants Swimming	16.65	17.09	7
3	Emens, Nick	59	Crawley Swimming Club-SE	18.00	17.70	6
4	Garratt, Jez	58	Lewes Swimming Club	18.14	18.37	5
5	Finch, Shaun	57	Mid Sussex Marlins	21.00	22.60	4
---	Lowe, Kenton	56	Hastings Seagull SC	NT	DQ	

7.5 Feet not turned out during the propulsive part of the kick

**Event 214 Men 75-79 25 SC Meter Breaststroke**

1	Rhodes, William	76	Worthing SC	22.10	20.53	8
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**Event 214 Men 80-84 25 SC Meter Breaststroke**

1	Pearce, Timothy	84	Hastings Seagull SC	34.00	29.78	8
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**Event 214 Men 85-89 25 SC Meter Breaststroke**

1	Gimson, Anthony	86	Mid Sussex Marlins	31.00	27.19	8
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**Event 215 Women 18-24 25 SC Meter Freestyle**

1	Croydon-Kempster, Sophy	24	Crawley Swimming Club-SE	13.22	13.33	8
2	Davies, Rachel	18	Crawley Swimming Club-SE	13.00	13.59	7
3	Sandhu, Kiran K	18	Crawley Swimming Club-SE	13.00	14.33	6
4	Wright, Lynsey E	24	Crawley Swimming Club-SE	14.32	14.62	5
5	Matthews, Amber	19	Hastings Seagull SC	NT	14.87	4
6	Stannard, Megan	19	Eastbourne Swimming Club	16.00	15.09	3
7	Mickel, Brooke M	20	Crawley Swimming Club-SE	18.16	15.25	2

**Event 215 Women 30-34 25 SC Meter Freestyle**

1	Augustine, Sarah G	33	Crawley Swimming Club-SE	23.57	20.82	8
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**Event 215 Women 35-39 25 SC Meter Freestyle**

1	Chapman, Lisa	39	Hastings Seagull SC	NT	13.61	8
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**Event 215 Women 40-44 25 SC Meter Freestyle**

1	Krouwel, Kirsty	44	Eastbourne Swimming Club	14.00	13.81	8
2	Hillier, Lizzie J	44	Lewes Swimming Club	18.00	17.31	7
3	Mills, Lisa	43	Mid Sussex Marlins	17.00	18.19	6
---	Marx, Rentia	41	Crawley Swimming Club-SE	19.50	DQ	

4.4 Start before starting signal

**Event 215 Women 45-49 25 SC Meter Freestyle**

1	Burchell, Sharon	47	Crawley Swimming Club-SE	13.49	14.50	8
2	Webb, Alison	47	Crawley Swimming Club-SE	16.50	15.63	7
3	Tilley, Clarissa J	47	Crawley Swimming Club-SE	17.00	15.91	6
4	Attrell, Elaine V	47	Lewes Swimming Club	16.47	17.18	5
5	Spencer, Zoe D	48	Crawley Swimming Club-SE	17.16	17.56	4
6	Artemenkova, Claire	46	Crawley Swimming Club-SE	22.00	18.73	3
7	Huntley, Rachel	45	Crawley Swimming Club-SE	29.00	32.85	2

**Event 215 Women 50-54 25 SC Meter Freestyle**

1	Mickel, Lisa	51	Crawley Swimming Club-SE	14.81	14.22	8
2	Dolan, Sam	51	Hailsham Swim Club-SE	16.00	14.98	7
3	Weighton, Angela	52	Bighton Dolphin	16.65	16.23	6
4	Holmes-Ling, Tara L	54	Lewes Swimming Club	NT	18.25	5

**Event 215 Women 55-59 25 SC Meter Freestyle**

1	Rocky, Jill	58	Mid Sussex Marlins	25.00	18.38	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 215 Women 55-59 25 SC Meter Freestyle)**

2	Nisbet, Trixie	59	Lewes Swimming Club	19.20	19.07	7
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**Event 215 Women 60-64 25 SC Meter Freestyle**

1	West, Jane	63	Chichester Cormorants Swimming	17.00	15.85	8
2	Sprigge, Linda	63	Crawley Swimming Club-SE	15.82	16.96	7
3	Read, Jo	61	Hailsham Swim Club-SE	18.53	18.84	6
4	Bassett, Sheena	62	Crawley Swimming Club-SE	20.00	18.99	5
5	Ferguson, Gill	60	Crawley Swimming Club-SE	24.00	19.84	4

**Event 215 Women 65-69 25 SC Meter Freestyle**

1	Mills, Sally	68	Mid Sussex Marlins	17.00	17.34	8
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**Event 215 Women 70-74 25 SC Meter Freestyle**

1	Johnson, Mary	73	Mid Sussex Marlins	19.09	18.50	8
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**Event 215 Women 80-84 25 SC Meter Freestyle**

1	Dean, Jennifer	80	Mid Sussex Marlins	24.50	23.04	8
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**Event 215 Women 85-89 25 SC Meter Freestyle**

1	Taylor, Audrey	87	Bighton Dolphin	35.00	36.78	8
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**Event 216 Men 18-24 25 SC Meter Freestyle**

1	Hopkins, Charlie	24	Crawley Swimming Club-SE	11.50	10.67	8
2	Bigg, Ruben	19	Hastings Seagull SC	NT	11.13	7
3	Hopkins, George	24	Crawley Swimming Club-SE	14.05	11.24	6
4	Blackmore, Archie	22	Hastings Seagull SC	NT	11.93	5
5	Chapman, George R	18	Crawley Swimming Club-SE	13.50	12.27	4
6	Schofield, Martin	24	Crawley Swimming Club-SE	12.22	12.80	3
7	Penfold, Alfie T	20	Crawley Swimming Club-SE	14.35	12.98	2

**Event 216 Men 25-29 25 SC Meter Freestyle**

1	Lungley, Oli J	28	Crawley Swimming Club-SE	12.00	11.44	8
2	Andrews, Scott J	27	Crawley Swimming Club-SE	13.50	11.68	7
3	Cornish, Andrew	27	Out to Swim Brighton and Hove	NT	13.16	6

**Event 216 Men 30-34 25 SC Meter Freestyle**

1	Sambrook, Richard	30	Mid Sussex Marlins	14.90	14.85	8
2	Lillington, Thomas	33	Out to Swim Brighton and Hove	NT	19.40	7

**Event 216 Men 35-39 25 SC Meter Freestyle**

1	Pook, Jonathan	35	Lancing College Masters Team	11.20	12.17	8
2	Hatley, Christopher	36	Mid Sussex Marlins	12.90	12.79	7
3	Hekman, Stefan	38	Eastbourne Swimming Club	13.60	12.81	6
4	Oztek, Emre	37	Out to Swim Brighton and Hove	NT	14.06	5
5	Gumbrell, Marc	38	Out to Swim Brighton and Hove	NT	19.42	4

**Event 216 Men 40-44 25 SC Meter Freestyle**

1	Marx, Marnus J	44	Crawley Swimming Club-SE	11.56	11.78	8
2	Duke, Simon	44	Crawley Swimming Club-SE	12.00	12.31	7
3	Kloes, Colin	44	Crawley Swimming Club-SE	13.19	13.13	6
4	Tebbs, John	44	Hastings Seagull SC	NT	13.19	5
5	Batchelor, Samuel	40	Hastings Seagull SC	13.25	13.21	4
6	Johnson, Calvin J	43	Crawley Swimming Club-SE	20.00	14.87	3

**Event 216 Men 45-49 25 SC Meter Freestyle**

1	Gasson, Andrew	48	Mid Sussex Marlins	13.53	14.44	8
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**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 216 Men 45-49 25 SC Meter Freestyle)**

2	Lapinski, Jacek	48	Crawley Swimming Club-SE	17.00	14.61	7
3	Valovin, Dan	49	Crawley Swimming Club-SE	16.13	15.58	6
4	Gowers, Iain	47	Out to Swim Brighton and Hove	NT	19.75	5

**Event 216 Men 50-54 25 SC Meter Freestyle**

1	Harper, Adam	52	Bighton Dolphin	13.50	13.22	8
2	Cargill, David	51	Crawley Swimming Club-SE	15.00	13.71	7
3	Wortham, Mark	51	Crawley Swimming Club-SE	14.00	13.97	6
4	Lindsay, Charlie	53	Hailsham Swim Club-SE	13.91	14.09	5
5	Bigg, Timothy	51	Hastings Seagull SC	NT	14.50	4
6	Oxlade, Andrew J	50	Crawley Swimming Club-SE	14.72	15.05	3
7	Clay, Matthew S	51	Lewes Swimming Club	15.00	15.61	2
8	McGregor, Tony	51	Crawley Swimming Club-SE	20.00	17.54	1

**Event 216 Men 55-59 25 SC Meter Freestyle**

1	Finch, Shaun	57	Mid Sussex Marlins	17.00	13.49	8
2	Emens, Nick	59	Crawley Swimming Club-SE	14.00	13.62	7
3	Mason, Paul	56	Chichester Cormorants Swimming	13.89	13.69	6
4	McDonald, Nigel	59	Crawley Swimming Club-SE	14.00	13.86	5
5	Garratt, Jez	58	Lewes Swimming Club	14.72	15.19	4
6	Hall, Peter	58	Hastings Seagull SC	NT	15.91	3
7	Lowe, Kenton	56	Hastings Seagull SC	NT	19.54	2

**Event 216 Men 65-69 25 SC Meter Freestyle**

1	Stickland, Steve P	66	Arun Tridents SC-SE	NT	14.06	8
2	Baker, Stephen	69	Hastings Seagull SC	NT	15.89	7

**Event 216 Men 70-74 25 SC Meter Freestyle**

1	Shead, David	73	Lewes Swimming Club	NT	19.12	8
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**Event 216 Men 80-84 25 SC Meter Freestyle**

1	Pearce, Timothy	84	Hastings Seagull SC	20.00	19.65	8
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**Event 216 Men 85-89 25 SC Meter Freestyle**

1	Gimson, Anthony	86	Mid Sussex Marlins	22.00	19.81	8
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**Event 217 Mixed 72-99 200 SC Meter Freestyle Relay 74+**

1	Crawley Swimming Club-SE	A	1:44.82	1:48.49	8
	1) Hopkins, George M24	2) Croydon-Kempster, Sophy W24	3) Sandhu, Kiran K W18	4) Hopkins, Charlie M24	
	24.95	55.02 (30.07)	1:25.13 (30.11)	1:48.49 (23.36)	
2	Crawley Swimming Club-SE	B	1:49.66	1:49.99	7
	1) Walker, Dan J M26	2) Jones, Yasmin W18	3) Davies, Rachel W18	4) Lungley, Oli J M28	
	26.32	56.47 (30.15)	1:26.37 (29.90)	1:49.99 (23.62)	
3	Hastings Seagull SC	A	1:53.26	1:55.60	6
	1) Bigg, Ruben M19	2) Matthews, Amber W19	3) Chapman, Lisa W39	4) Blackmore, Archie M22	
	27.69	59.05 (31.36)	1:29.02 (29.97)	1:55.60 (26.58)	
4	Crawley Swimming Club-SE	C	1:55.63	1:58.25	5
	1) Chapman, George R M18	2) Austin, Lucy G W20	3) Wright, Lynsey E W24	4) Andrews, Scott J M27	
	28.01	59.12 (31.11)	1:32.36 (33.24)	1:58.25 (25.89)	
5	Crawley Swimming Club-SE	D	1:55.02	2:05.67	4
	1) Penfold, Alfie T M20	2) Mickel, Brooke M W20	3) Valovin, Isabel W18	4) Schofield, Martin M24	
	29.81	1:02.95 (33.14)	1:36.87 (33.92)	2:05.67 (28.80)	

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****Event 218 Mixed 160-199 200 SC Meter Freestyle Relay 160+**

1	Crawley Swimming Club-SE	A	1:50.89	1:54.23	8
	1) Duke, Simon M44	2) Burchell, Sharon W47	3) Mickel, Lisa W51	4) Marx, Marnus J M44	
	26.44	57.80 (31.36)	1:28.22 (30.42)	1:54.23 (26.01)	
2	Crawley Swimming Club-SE	B	2:04.62	2:05.86	7
	1) Amaral Pinto, Goncalo M35	2) Tilley, Clarissa J W47	3) Brown, Becky W52	4) Kloes, Colin M44	
	27.41	1:02.23 (34.82)	1:37.22 (34.99)	2:05.86 (28.64)	
3	Mid Sussex Marlins	A	2:03.00	2:06.22	6
	1) Gasson, Andrew M48	2) Mills, Lisa W43	3) Hatley, Christopher M36	4) Bowen, Rachael W33	
	30.62	1:09.99 (39.37)	1:39.01 (29.02)	2:06.22 (27.21)	
4	Hastings Seagull SC	A	2:02.92	2:10.26	5
	1) Hall, Peter M58	2) Matthews, Amber W19	3) Bigg, Timothy M51	4) Chapman, Lisa W39	
	29.05	1:01.58 (32.53)	1:33.37 (31.79)	2:10.26 (36.89)	
5	Crawley Swimming Club-SE	C	2:08.12	2:11.20	4
	1) McDonald, Nigel M59	2) Monaghan, Becky W25	3) Webb, Alison W47	4) Cargill, David M51	
	30.84	1:05.56 (34.72)	1:40.67 (35.11)	2:11.20 (30.53)	
6	Crawley Swimming Club-SE	D	2:19.85	2:21.85	3
	1) Wortham, Mark M51	2) Marx, Rentia W41	3) Gomez-Darder, Lucia I W22	4) Lapinski, Jacek M48	
	31.98	1:15.77 (43.79)	1:50.59 (34.82)	2:21.85 (31.26)	
7	Lewes Swimming Club	A	NT	2:25.51	2
	1) Attrell, Elaine V W47	2) Johnston, Jenn K W40	3) Cole, Nick L M28	4) Garratt, Jez M58	
	38.61	1:17.01 (38.40)	1:50.39 (33.38)	2:25.51 (35.12)	
8	Lewes Swimming Club	B	NT	2:31.85	1
	1) Hillier, Lizzie J W44	2) Holmes-Ling, Tara L W54	3) Clay, Matthew S M51	4) Fisher, Louis A M22	
	40.53	1:24.17 (43.64)	2:01.26 (37.09)	2:31.85 (30.59)	

**Event 219 Mixed 240-279 200 SC Meter Freestyle Relay 240+**

1	Crawley Swimming Club-SE	A	2:08.32	2:10.79	8
	1) Robertson, Mark M61	2) Linton - Cook, Vicki W59	3) Sprigge, Linda W63	4) Emens, Nick M59	
	28.67	1:03.67 (35.00)	1:40.04 (36.37)	2:10.79 (30.75)	
2	Lewes Swimming Club	A	NT	2:36.24	7
	1) Wood, Tiggi W59	2) Nisbet, Trixie W59	3) Garratt, Jez M58	4) Shead, David M73	
	42.83	1:23.36 (40.53)	1:57.09 (33.73)	2:36.24 (39.15)	
3	Mid Sussex Marlins	A	2:22.00	2:36.49	6
	1) Dean, Jennifer W80	2) Finch, Shaun M57	3) Johnson, Mary W73	4) Hatley, Christopher M36	
	31.82	53.34 (21.52)	1:27.62 (34.28)	2:36.49 (1:08.87)	

**Event 220 Men 18-24 400 SC Meter Freestyle**

1	Chapman, George R	18	Crawley Swimming Club-SE	4:24.78	4:34.10	8
	32.07	1:07.01 (34.94)	1:41.92 (34.91)	2:16.90 (34.98)		
	2:50.51 (33.61)	3:24.87 (34.36)	3:59.93 (35.06)	4:34.10 (34.17)		
2	Fisher, Louis A	22	Lewes Swimming Club	5:05.13	5:07.73	7
	33.57	1:10.07 (36.50)	1:48.25 (38.18)	2:27.27 (39.02)		
	3:06.93 (39.66)	3:47.34 (40.41)	4:28.14 (40.80)	5:07.73 (39.59)		
3	Schofield, Martin	24	Crawley Swimming Club-SE	4:21.90	5:48.54	6
	34.39	1:14.25 (39.86)	1:58.98 (44.73)	2:44.59 (45.61)		
	3:30.56 (45.97)	4:16.09 (45.53)	5:04.07 (47.98)	5:48.54 (44.47)		

**Event 220 Men 30-34 400 SC Meter Freestyle**

1	Keast, Colin	34	Out to Swim Brighton and Hove	NT	5:13.01	8
	33.45	1:12.48 (39.03)	1:52.50 (40.02)	2:33.24 (40.74)		
	3:13.74 (40.50)	3:54.69 (40.95)	4:36.07 (41.38)	5:13.01 (36.94)		

**Event 220 Men 35-39 400 SC Meter Freestyle**

1	Challis, Shaun	36	Lancing College Masters Team	4:36.12	4:36.10	8
	30.25	1:03.74 (33.49)	1:38.14 (34.40)	2:13.21 (35.07)		
	2:48.47 (35.26)	3:24.34 (35.87)	4:00.56 (36.22)	4:36.10 (35.54)		

**2023 Sussex Seniors and Masters Championships - 10/09/2023****Results - Session two****(Event 220 Men 35-39 400 SC Meter Freestyle)**

2	Amaral Pinto, Goncalo	35	Crawley Swimming Club-SE	4:20.00	4:53.98	7
	33.57	1:09.18 (35.61)	1:45.80 (36.62)	2:22.91 (37.11)		
	2:59.97 (37.06)	3:37.78 (37.81)	4:17.30 (39.52)	4:53.98 (36.68)		

**Event 220 Men 40-44 400 SC Meter Freestyle**

1	Goforth, Alex	42	Hastings Seagull SC	4:56.84	5:08.31	8
	32.75	1:08.81 (36.06)	1:46.50 (37.69)	3:04.80 (1:18.30)		
	3:45.49 (40.69)		5:08.07 ( )	5:08.31 (0.24)		
2	Marx, Marnus J	44	Crawley Swimming Club-SE	5:12.65	5:17.26	7
	33.55	1:11.18 (37.63)	1:50.98 (39.80)	2:31.87 (40.89)		
	3:13.23 (41.36)	3:54.48 (41.25)	4:36.29 (41.81)	5:17.26 (40.97)		
3	Johnson, Calvin J	43	Crawley Swimming Club-SE	6:00.00	5:24.73	6
	36.59	1:17.74 (41.15)	1:59.61 (41.87)	2:41.93 (42.32)		
	3:23.77 (41.84)	4:05.78 (42.01)	4:46.59 (40.81)	5:24.73 (38.14)		
4	Woodward, Pete	40	Beacon Swimming Club	6:31.43	6:08.68	5
	39.25	1:23.58 (44.33)	2:10.99 (47.41)	2:58.76 (47.77)		
	3:46.35 (47.59)	4:34.34 (47.99)	6:08.68 (1:34.34)			

**Event 220 Men 45-49 400 SC Meter Freestyle**

1	Lapinski, Jacek	48	Crawley Swimming Club-SE	5:28.59	5:57.52	8
	39.88	1:23.62 (43.74)	2:08.55 (44.93)	2:54.00 (45.45)		
	3:40.17 (46.17)	4:25.90 (45.73)	5:12.69 (46.79)	5:57.52 (44.83)		

**Event 220 Men 50-54 400 SC Meter Freestyle**

1	Allen, Paul	51	Mid Sussex Marlins	4:50.00	4:53.90	8
	32.19	1:08.68 (36.49)	1:46.18 (37.50)	2:24.30 (38.12)		
	3:02.67 (38.37)	3:41.50 (38.83)	4:19.99 (38.49)	4:53.90 (33.91)		
2	Cargill, David	51	Crawley Swimming Club-SE	5:43.34	5:37.96	7
	37.18	1:18.44 (41.26)	2:01.23 (42.79)	2:44.58 (43.35)		
	3:28.14 (43.56)	4:12.16 (44.02)	4:55.79 (43.63)	5:37.96 (42.17)		

**Event 220 Men 60-64 400 SC Meter Freestyle**

1	Robertson, Mark	61	Crawley Swimming Club-SE	5:30.00	5:25.96	8
	35.62	1:15.93 (40.31)	1:57.32 (41.39)	2:39.92 (42.60)		
	3:22.81 (42.89)	4:05.03 (42.22)	4:47.77 (42.74)	5:25.96 (38.19)		