

Female Senior Long Course Champions				Female Junior Long Course Champions				Age group champions 10/13 yrs
EVENT	NAME	TIME	CLUB	EVENT	NAME	TIME	CLUB	
50 FREE	Hannah Capron Region 16 years record	25.86	Brighton & Hove	50 FREE	Amy Langer	27.45	Atlantis	200 Freestyle
100 FREE	Hannah Capron	56.09	Brighton & Hove	100 FREE	Amy Langer	59.84	Atlantis	Holly O'Donoghue
200 FREE	Hannah Capron	2.06.40	Brighton & Hove	200 FREE	Amy Langer	2.12.96	Atlantis	Hastings
400 FREE	Rachel Houlgate	4.42.21	Crawley	400 FREE	Nell rotchell	4.47.66	Crawley	2.21.02
800 FREE	Molly Burton	9.28.22	East Grinstead	800 FREE	Nell rotchell	9.55.23	Crawley	200 IM
1500 FREE	Molly Burton	18.02.67	East Grinstead	1500 FREE	Nell Rotchell	18.52.16	Crawley	Jess Oakman
50 BREAST	Hannah Capron County Record	32.26	Brighton & Hove	50 BREAST	Hollie MacDonald	34.71	Arun Tridents	Brighton & Hove
100 BREAST	Hannah Capron County Record	1.12.38	Brighton & Hove	100 BREAST	Okivia Shoubridge	1.18.04	Mid Sussex Marlins	2.37.95
200 BREAST	Lillya Taylor	2.46.87	Brighton & Hove	200 BREAST	Dixie Holford	2.54.87	Brighton & Hove	
50 BACK	Hannah Capron	30.24	Brighton & Hove	50 BACK	Betty Grice	31.66	Brighton & Hove	
100 BACK	Saskia Spencer	1.07.86	Crawley	100 BACK	Betty Grice	1.10.41	Brighton & Hove	
200 BACK	Saskia Spencer	2.22.22	Crawley	200 BACK	Florence Clack	2.31.09	Brighton & Hove	
50 FLY	Rachael Bowen	28.52	Mid Sussex Marlins	50 FLY	Ciara Olney	29.93	Atlantis	
100 FLY	Katie Oliver	1.04.70	Arun Tridents	100 FLY	Ciara Olney	1.07.21	Atlantis	
200 FLY	Isabella Sawyer	2.24.85	Brighton & Hove	200 FLY	Ciara Olney	2.33.56	Atlantis	
200 IM	Connie Logan	2.24.98	Brighton & Hove	200 IM	Amalie Heavens	2.29.85	Mid Sussex Marlins	
400 IM	Rachel Houlgate	5.21.91	Crawley	400 IM	Amalie Heavens	5.25.88	Mid Sussex Marlins	
Male Senior Long Course Champions				Male Junior Long Course Champions				Age group champions 10/13 yrs
EVENT	NAME	TIME	CLUB	EVENT	NAME	TIME	CLUB	
50 FREE	Ben Uff	24.17	Crawley	50 FREE	Lucas Douglas	25.38	Atlantis	200 Freestyle
100 FREE	Ben Uff	51.76	Crawley	100 FREE	Lucas Douglas	56.08	Atlantis	Oliver Marsh
200 FREE	Jakob Goodman	1.54.67	Atlantis	200 FREE	Lucas Douglas	2.03.39	Atlantis	East Grinstead
400 FREE	Jakob Goodman	4.09.93	Atlantis	400 FREE	Oscar Earthrowl	4.24.61	Brighton & Hove	2.16.07
800 FREE	Leonardo Masserini	8.59.57	Brighton & Hove	800 FREE	Oscar Earthrowl	9.14.25	Brighton & Hove	200 IM
1500 FREE	Leonardo Masserini	17.29.34	Brighton & Hove	1500 FREE	Oscar Earthrowl	17.51.35	Brighton & Hove	Lucas YU
50 BREAST	Dominic Polling	28.65	Mid Sussex Marlins	50 BREAST	Ethan Mcmillan-Cole	30.94	Brighton & Hove	Brighton & Hove
100 BREAST	Dominic Polling	1.05.12	Mid Sussex Marlins	100 BREAST	Ethan Mcmillan-Cole	1.08.90	Brighton & Hove	2.29.83
200 BREAST	Leon Taylor	2.22.70	Brighton & Hove	200 BREAST	Ethan Mcmillan-Cole	2.33.88	Brighton & Hove	
50 BACK	Otto Segalini-Bower	27.6	East Grinstead	50 BACK	Oscar Earthrowl	29.28	Brighton & Hove	
100 BACK	Otto Segalini-Bower	1.00.08	East Grinstead	100 BACK	Oscar Earthrowl	1.02.58	Brighton & Hove	
200 BACK	Peter Artemenkov	2.10.22	Crawley	200 BACK	Oscar Earthrowl	2.14.83	Brighton & Hove	
50 FLY	Aidan Cannon	24.52	Brighton & Hove	50 FLY	Lucas Douglas	27.47	Atlantis	
100 FLY	Luca Plater	55.97	Mid Sussex Marlins	100 FLY	Oscar Earthrowl	1.00.37	Brighton & Hove	
200 FLY	Jakob Goodman	2.05.65	Atlantis	200 FLY	Oscar Earthrowl	2.22.87	Brighton & Hove	
200 IM	Leon Taylor	2.08.24	Brighton & Hove	200 IM	Oscar Earthrowl	2.14.11	Brighton & Hove	
400 IM	Harry Daykin	5.09.05	Hastings	400 IM	Oscar Earthrowl	4.52.93	Brighton & Hove	