

**Rushmoor Royals Masters -Best sprint times in training
From November 2022**

| 25m From a dive - Short course | | | | | | | | | | 50m from a dive - Short course | | | | | | | |
|--------------------------------|-------------|-------|-------------|-------|--------------|-------|-----------|-------|-------------|--------------------------------|-------------|-------|--------------|-------|-----------|-------|--|
| 2019/2020 | Front crawl | | Back stroke | | Breaststroke | | Butterfly | | Front crawl | | Back stroke | | Breaststroke | | Butterfly | | |
| | Time | Date | Time | Date | Time | Date | Time | Date | Time | Date | Time | Date | Time | Date | Time | Date | |
| AJ | 18.17 | 9/12 | | | | | | | 18.89 | 16/12 | 38.46 | 25/11 | | | | | |
| Alex | 13.90 | 30/11 | | | | | | | | | 45.53 | 18/1 | | | 38.55 | 18/1 | |
| Bethney | 14.74 | 20/1 | | | | | 19.71 | 23/12 | 16.16 | 20/1 | 32.48 | 20/1 | 40.59 | 23/12 | 43.49 | 13/1 | |
| Carl | 15.32 | 16/12 | 19.70 | 2/12 | 16.98 | 25/11 | 15.79 | 2/12 | 33.87 | 2/12 | 43.85 | 18/1 | 37.98 | 9/12 | 37.07 | 9/12 | |
| Charlotte | 13.28 | 20/1 | | | 16.66 | 20/1 | 14.26 | 3/2 | 30.98 | 20/1 | | | 36.81 | 18/1 | 33.59 | 20/1 | |
| Claire | 19.61 | 3/2 | | | | | | 24.32 | 3/2 | | | | | | | | |
| Dariusz | 15.10 | 4/1 | | | | | | | | | | | | | | | |
| Eleanor | 17.91 | 11/1 | | | | | | | | | | | | | | | |
| Faith | 15.11 | 20/1 | | | | | | 15.98 | 27/1 | 33.70 | 20/1 | | 45.00 | 20/1 | 36.09 | 13/1 | |
| Haydn | 13.20 | 2/12 | 16.67 | 2/12 | 17.03 | 27/1 | 15.32 | 16/12 | 28.97 | 2/12 | | | 39.02 | 18/1 | 33.91 | 18/1 | |
| Ian | 15.07 | 14/12 | | | | | | | | | | | | | | | |
| Joanna | | | | | | | | | | | | | | | | | |
| Lawrence | 12.20 | 16/12 | | | | | | 12.95 | 16/12 | 27.04 | 16/12 | | 38.75 | 18/1 | 29.52 | 25/11 | |
| Max | 15.02 | 16/12 | 18.47 | 7/12 | 20.48 | 16/12 | 17.74 | 2/12 | 32.31 | 16/12 | 37.91 | 2/12 | | | | | |
| Mike J | 13.81 | 9/12 | 19.79 | 3/2 | 15.80 | 20/1 | 17.01 | 2/12 | 29.91 | 20/1 | | | 36.56 | 20/1 | | | |
| Neil | 18.86 | 11/1 | | | 20.61 | 21/12 | | | | | | | | | | | |
| Nick | 19.08 | 21/12 | | | | | | | | | | | | | | | |
| Nigel | 14.03 | 11/1 | 17.86 | 27/1 | 16.70 | 2/12 | 15.07 | 3/2 | 31.13 | 6/1 | 36.74 | 6/1 | 38.10 | 18/1 | 33.38 | 18/1 | |
| Nimath | 11.86 | 4/1 | | | | | | 12.07 | 16/22 | | | | | | 26.94 | 16/12 | |
| Paul | | | | | | | | | | | | | | | | | |
| Roger | 12.66 | 25/11 | | | 15.73 | 21/12 | 14.62 | 3/2 | | | | | 35.08 | 25/11 | | | |
| Sam | 13.48 | 1/2 | | | 17.61 | 13/1 | 15.21 | 13/1 | | | | | 38.11 | 18/1 | 32.64 | 18/1 | |
| Simon | | | | | | | | | | | | | | | | | |
| Stevie | 13.41 | 4/1 | | | 17.98 | 3/2 | 14.90 | 7/12 | 29.36 | 25/11 | | | 40.28 | 13/1 | 33.86 | 13/1 | |
| Tom | 17.85 | 30/11 | 18.64 | 7/12 | 20.04 | 7/12 | | | | | | | | | | | |
| Vicki | 14.56 | 30/11 | 18.64 | 30/11 | | | | 15.27 | 30/11 | 40.76 | 18/1 | | 45.17 | 18/1 | | | |
| Wendy | 17.38 | 7/12 | | | | | | 20.48 | 7/12 | | | | | | | | |
| Zoe | 15.59 | 9/12 | 18.14 | 25/11 | 21.66 | 3/2 | 17.28 | 23/12 | 34.36 | 25/11 | 38.96 | 16/12 | 50.01 | 23/12 | 42.14 | 23/12 | |
| Alan | 13.51 | 11/1 | | | | | | | | | 37.76 | 18/1 | | | | | |
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