

Rushmoor Royals Masters Results
 Swim South East Long Course Regional Masters 2024
 At K2 Crawley – 50m Pool
 20th & 21st January 2024

Lawrence Gilfrin (18/24)	50m freestyle	2nd	26.70
	50m fly	2nd	28.35
	200m freestyle	1st	2:13.72
	100m freestyle	1st	56.86
Stevie Butler (40/44)	400m freestyle	2nd	5:03.50
Diane Ford (80/84)	100m breaststroke	1st	1:50.90
	50m breaststroke	1st	49.80
Joanna Prance (45/49)	800m Freestyle	2nd	12:53.43