

Rushmoor Royals Masters Results
Swim South East Long Course Masters
at K2, Crawley 21/22 January 2023

Stevie Butler (40/44yrs)	400m freestyle	5:06.72	2nd
	200m IM	2:46.34	4th
	200m freestyle	2:22.04	3rd
Haydn Burke (45/49yrs)	400m freestyle	5:05.01	2nd
	200m IM	2:41.78	2nd
	200m freestyle	2:22.92	1st
Joanna Prance (45/49yrs)	400m freestyle	6:34.10	5th
Sammy Wilson (25/29yrs)	50m butterfly	31.15	1st
	200m freestyle	2:19.14	1st
	50m freestyle	28.92	1st
	100m freestyle	1:02.56	1st
	50m breaststroke	37.70	1st
Lawrence Gilfrin (18/24yrs)	50m butterfly	27.97	2nd
	200m freestyle	2:12.99	2nd
	50m freestyle	25.89	2nd
	100m freestyle	56.47	3rd
Diane Ford (80/84yrs)	100m breaststroke	1:45.19	1st WR
	200m breaststroke	3:53.65	1st WR
	50m breaststroke	48.03	1st ER
	100m freestyle	1:37.97	1st
Mike Jones (50/54yrs)	50m Breaststroke	34.75	1st