

Rushmoor Royals Masters Results
Swim South East Short Course Masters 2023
At K2 Crawley – 25m Pool
30th September 2023

Lawrence Gilfrin (18/24)	50m freestyle	2nd	25.71
	50m fly	1st	27.76
	200m freestyle	1st	2:05.92
	100m freestyle	1st	55.02
	100m fly	2nd	1:04.62
Robyn-Lee Upton (40/44)	50m breaststroke	2nd	44.43
	100m IM	3rd	1:27.50
	50m freestyle	3rd	35.93
Mike Jones (50/54)	100m freestyle	5th	1:04.61
	50m breaststroke	3rd	34.93
Stevie Butler (40/44)	200m freestyle	2nd	2:15.16
	100m freestyle	3rd	1:00.62
	400m freestyle	2nd	4:56.44
Sammy Wilson (25/29)	200m freestyle	1st	2:16.81
	100m freestyle	2nd	1:01.35
	50m breaststroke	1st	37.19
	50m freestyle	2nd	28.25
	50m fly	3rd	32.29
Nigel Vickers (55/59)	100m backstroke	2nd	1:12.98
	100m freestyle	1st	1:04.48
	200m IM	1st	2:35.39
Zoe Hastie (25/29)	100m backstroke	5th	1:17.00
	50m backstroke	4th	35.36
	200m backstroke	3rd	2:46.37
Roger King (30/34)	100m breaststroke	2nd	1:13.26
	200m breaststroke	2nd	2:44.48