

EAST INVICTA CHAMPIONSHIP RECORDS 2023

EAST INVICTA CHAMPIONSHIP RECORDS: MEN AND BOYS								EAST INVICTA CHAMPIONSHIP RECORDS: LADIES AND GIRLS							
Stroke	Dist	Open	Junior	9/10 yrs	11/12 yrs	13/14 yrs	15/16 yrs	Stroke	Dist	Open	Junior	9/10 yrs	11/12 yrs	13/14 yrs	15/16 yrs
Freestyle	50m	P Fakley (DL)	A Nannini (HY)	J Brett (TH)	J Cowham (TH)	A. Setterfield (TH)	A Nannini (HY)	Freestyle	50m	K Latham (TH)	K Latham (TH)	H Wain (DL)	J Rogers-Mills (SH)	K Latham (TH)	H Denny (TH)
		23.71 - 1989	24.42 - 1989	31.59 - 2009	27.29 - 2014	25.55 - 2018	24.42 - 1989			26.87 - 2011	26.87 - 2011	30.02 - 2011	28.79 - 2016	26.87 - 2011	27.42 - 2015
Freestyle	100m	P MacLachlan (KS)	J.O'Connor (TH)	F. Jackson (AT)	J Cowham (TH)	J.Voller (HB)	J.O'Connor (TH)	Freestyle	100m	K Latham (TH)	K Latham (TH)	J Rogers-Mills (DO)	M Macartney (TH)	K Latham (DL)	K Latham (TV)
		51.97 - 2013	52.77 - 2015	1.11.67 - 2018	1.00.05 - 2014	55.35 - 2008	52.77 - 2015			58.03 - 2012	58.03 - 2012	1.08.77 - 2014	1.02.70 - 2013	59.67 - 2010	58.03 - 2012
Freestyle	200m	J.O'Connor (TH)	J.O'Connor (TH)	B. Evans (DL)	B Evans (TH)	A Hawkins (TH)	J.O'Connor (TH)	Freestyle	200m	C Niblett (DL)	K Latham (TH)	H Wain (DL)	H Ralfe (CB)	K Latham (DL)	K Latham (TH)
		1.50.20 - 2015	1.50.20 - 2015	2.27.66 - 2008	2.09.97 - 2010	2.01.12 - 2019	1.50.20 - 2015			2.06.01 - 1996	2.07.07(2012)	2.19.15 - 2011	2.13.03 - 2006	2.08.86 (2010)	2.07.07(2012)
Freestyle	400m	J O'Connor (TH)	J O'Connor (TH)	A Miles (HB)	B Evans (TH)	J O'Connor (TH)	J O'Connor (TH)	Freestyle	400m	C Niblett (DL)	M Macartney (TH)	H.Ralfe (CA)	M Macartney (TH)	M Macartney (TH)	H.Denny (TH)
		3.56.48 - 2015	3.56.48 - 2015	5.21.06 - 2013	4.29.89 - 2010	4:05.25 - 2012	3.56.48 - 2015			4.23.00 - 1996	4.24.74 - 2015	5.02.84 - 2004	4.36.79 - 2013	4.24.74 - 2015	4.27.18 - 2015
Freestyle	800m	A Hawkins (TH)	J O'Connor (TH)	J O'Connor (TH)	A Hawkins (TH)	O.Pope (TH)		Freestyle	800m	M Macartney (TH)	M Macartney (TH)	H Ralfe (CB)	M. Lay (TH)	M Macartney (TH)	G Cummings (TH)
		8.17.78 - 2023	8.38.07 - 2011	8.38.07 - 2011	8:41.69 - 2019	8.41.67 - 2022				9.01.49 - 2015	9.01.49 - 2015	10.44.97 - 2004	9.29.73 - 2017	9.01.49 - 2015	9.03.65 - 2023
Freestyle	1500m	C Langford (TH)	C Langford (TH)	A Boyd (TH)	A Hawkins (TH)	C Langford (TH)		Freestyle	1500m	G Cummings (TH)	G Cummings (TH)		O Parpworth (TH)	M Lay	G Cummings (TH)
		16.05.28 - 2018	16.05.28 - 2018	17:57.25 - 2014	16.39.42 - 2019	16.05.28 - 2018				17.12.44 - 2023	17.12.44 - 2023		18.18.00 - 2019	18.09.13 - 2018	17.12.44 - 2023
Backstroke	50m	T.Slater (CA)	T Slater (CB)	R. Fuss (TH)	B Evans (TH)	B Evans (TH)	T Slater (CB)	Backstroke	50m	K Latham (TH)	K Latham (TH)	H Wain (DL)	G Walker (HY)	R Moon (TH)	K Latham (TH)
		27.71 - 2015	28.11 - 2014	36.10 - 2012	31.35 - 2010	29.34 - 2012	28.11 - 2014			30.05 - 2012	30.05 - 2012	33.57 - 2011	32.98 - 2011	31.40 - 2015	30.05 - 2012
Backstroke	100m	O Pope (TH)	O Pope (TH)	L Hamp (TH)	B Evans (TH)	H Cocks (TH)	O Pope (TH)	Backstroke	100m	K Latham (TH)	K Latham (TH)	O. Parpworth (TH)	H Ralfe (CB)	R. Moon (TH)	K Latham (TH)
		58.25 - 2023	58.86 - 2022	1.19.82 - 2016	1.06.18 - 2010	1.02.46 - 2022	58.86 - 2022			1.04.47 - 2012	1.04.47 - 2012	1.16.23 - 2017	1.09.79 - 2005	1.06.94 - 2015	1.04.47 - 2012
Backstroke	200m	O Pope (TH)	O Pope (TH)	B.Evans (DL)	B Evans (TH)	H Cocks (TH)	O Pope (TH)	Backstroke	200m	G Ritchie (TV)	G Ritchie (TV)	H Ralfe (CB)	H Ralfe (CB)	R Moon (TH)	G Ritchie (TV)
		1.59.82 - 2023	2.04.82 - 2022	2.40.13 - 2008	2.22.42 2010	2.14.57 - 2022	2.04.82 - 2022			2.18.06 - 2000	2.18.06 - 2000	2.41.42 - 2004	2.26.29 - 2005	2.23.36 - 2015	2.18.06 - 2000
Breaststroke	50m	P.Kearney (TH)	J.O'Connor (TH)	J Cowham (CB)	A Setterfield (TH)	A. Boyd - (TH)	J.O'Connor (TH)	Breaststroke	50m	M Furneaux (DL)	M Furneaux (DL)	L. Pollard (AT)	M. Lay (TH)	B. Williams (TH)	M Furneaux (DL)
		30.06 - 2016	31.51 - 2015	40.64 - 2012	34.56 - 2016	32.12 - 2016	31.51 - 2015			33.12 - 2011	33.12 - 2011	40.32 - 2018	35.70 - 2017	34.68 - 2016	33.12 - 2011
Breaststroke	100m	A Sui (CB)	K Papa-Adams (TH)	O.Farthing (TH)	A Boyd (TH)	N Devine (HB)	K Papa-Adams (TH)	Breaststroke	100m	C Niblett (DL)	L Gates (TV)	L. Pollard (AT)	M. Lay (TH)	S.Waller (DL)	L Gates (TV)
		1.06.02 - 2003	1.08.67 - 2012	1.32.21 - 2019	1:14.99 - 2014	1.09.95 - 2004	1.08.67 - 2012			1.14.53 - 1994	1.14.55 - 2008	1.29.19 - 2018	1.18.47 - 2017	1.15.09 - 2012	1.14.55 - 2008
Breaststroke	200m	O.Pope (TH)	N Devine (HB)	O Miles (TH)	A Boyd (TH)	N Devine (HB)	N Devine (HB)	Breaststroke	200m	M Lee (DL)	M Lee (DL)	O.Miles (TH)	M. Lay (TH)	L. Jewell (TH)	M Lee (DL)
		2.24.39 - 2023	2.26.81 - 2005	3.13.19 - 2014	2:45.068 - 2014	2.29.72 - 2004	2.26.81 - 2005			2.34.96 - 2011	2.34.96 - 2011	3:08.99 - 2019	2.53.25 - 2017	2.43.69 - 2017	2.34.96 - 2011
Butterfly	50m	T.Lister (CB)	T Goldup (DL)	M. Parpworth (TH)	M Parpworth (TH)	F.Grigoras (TH)	T Goldup (DL)	Butterfly	50m	C Davies (CB)	J Rogers-Mills (DL)	H Wain (DL)	J Rogers-Mills (SH)	J Rogers-Mills (DL)	L Palmer-Jones (TH)
		27.05 - 2017	26.90 - 2022	34.55 - 2014	30.93 - 2016	28.26 - 2023	26.90 - 2022			29.90 - 2011	30.21 - 2018	33.64 - 2011	31.39 - 2016	30.21 - 2018	30.55 - 2015
Butterfly	100m	J. O'Connor (TH)	T Goldup (DL)	L.Hamp (TH)	B Evans (TH)	B Evans (TH)	T Goldup (DL)	Butterfly	100m	C Davies (CB)	H.Denny (TH)	O.Miles (TH)	O. Parpworth (TH)	K Latham (TH)	H.Denny (TH)
		57.76 - 2017	58.20 - 2023	1.19.14 - 2016	1.07.33 - 2010	1.01.67 - 2012	58.20 - 2023			1.04.72 - 2011	1.04.89 - 2015	1.16.56 - 2019	1:08.54 - 2019	1.06.82 - 2011	1.04.89 - 2015
Butterfly	200m	B Evans (TH)	B.Evans (TH)	B.Evans (DL)	J O'Connor (TH)	B.Evans (TH)	B.Evans (TH)	Butterfly	200m	C Davies (CB)	H Robinson (CB)	O.Miles (TH)	O. Parpworth (TH)	S Waller (DL)	H Robinson (CB)
		2.06.56 - 2015	2.09.62	2.47.68 - 2008	2.19.85 - 2011	2.12.37 - 2012	2.09.62			2.20.62 - 2010	2.23.33 - 2007	2:45.98 - 2019	2:31.10 - 2019	2.24.23 - 2012	2.23.33 - 2007
Ind Medley	4x25m	J. O'Connor (TH)	O Pope (TH)	B.Evans (DL)	J.Cowham (TH)	A.Boyd (TH)	O Pope (TH)	Ind Medley	4x25m	D Anderson (TH)	D Anderson (TH)	H Ralfe (CB)	M. Lay (TH)	K Latham (TH)	D Anderson (TH)
		59.88 - 2017	1.00.59 - 2022	1.19.38 - 2008	1:06.42 - 2014	1:01.13 - 2016	1.00.59 - 2022			1:06.51 - 2016	1:06.51 - 2016	1.18.32 - 2004	1.10.48 - 2017	1.08.24 - 2011	1:06.51 - 2016
Ind Medley	4x50m	O.Pope (TH)	K Papa-Adams (TH)	O.Miles (TH)	J.Cowham (TH)	K Papa-Adams (TH)	K Papa-Adams (TH)	Ind Medley	4x50m	C Davies (CB)	C Davies (TH)	H Wain (DL)	O Parpworth(TH)	K Latham (TH)	C Davies (TH)
		2.06.00	2.10.67 - 2013	2:47.66 - 2014	2:25.03 - 2014	2.14.55 - 2011	2.10.67 - 2013			2.21.15 - 2011	2.23.82 - 2009	2.45.56 - 2011	2.31.96 - 2019	2:24.40 - 2011	2.23.82 - 2009
Ind Medley	4x100m	J O'Connor (TH)	B.Evans (TH)	J Brett (TH)	J O'Connor (TH)	K Papa-Adams (TH)	B.Evans (TH)	Ind Medley	4x100m	C Niblett (DL)	C Niblett (DL)	O Miles (TH)	H Ralfe (CB)	T Myburgh (TH)	C Niblett (DL)
		4:26.53 - 2017	4:37.29 - 2013	5.58.94 - 2009	4.53.58 - 2011	4.38.24 - 2011	4:37.29 - 2013			4.56.67 - 1994	5.04 72 - 1993	5.39.72 - 2019	5:23.27 - 2006	5.05.79 - 2017	5.04 72 - 1993
Mixed Medley Relay	4x100m	Thanet						Mixed Free relay	4x100m	Thanet					
		4:20.96 - 2023								3:54.64 - 2023					
Free Relay	4x50m	Thanet	Thanet	Thanet	Thanet	Thanet	Thanet	Free Relay	4x50m	Thanet	Dover Lifeguard	Thanet	Thanet	Canterbury	Canterbury
		1:45.26 - 2019	1.42.38 - 2012	2:15.28 - 2016	1.54.40 - 2013	1.43.85 - 2018	1.42.37 - 2014			1:57.11 - 2019	1.53.67 - 2011	2:13.69 - 2014	1:58.13 - 2016	1.55.85 - 2008	1.56.35 - 2005
Free Relay	4x100m	Dover Lifeguard						Free Relay	4x100m	Dover Lifeguard					
		3.42.98 - 2002								4.05.98 - 2011					
Medley Relay	4x25m			Canterbury				Medley Relay	4x25m			Dover			
				1.14.62 - 2002						1.15.49 2007					
Medley Relay	4x50m	Thanet	Dover Lifeguard	Thanet	Thanet	Thanet	Canterbury	Medley Relay	4x50m	Thanet	Thanet	Thanet	Thanet	Thanet	Dover Lifeguard
		1:57.81 - 2019	1.54.22 - 2004	2.33.31 - 2014	2:09.70 - 2014	1.56.31 - 2018	1:56.16 - 2008			2:08.09 - 2019	2:02.62 - 2013	02:31.28 - 2018	2.17.51 - 2018	2:07.78 - 2019	2.04.81 - 2011
Medley Relay	4x100m	Canterbury						Medley Relay	4x100m	Canterbury					
		4.04.77 - 2003								4.38.10 - 2010					