



Hampshire County ASA

County Champions 2003

Men's	50m Freestyle	Stuart McHarg Alton & District	23.94sec
	100 Freestyle	Sean Quirke Portsmouth Northsea	52.69sec
	200m Freestyle	Sean Quirke Portsmouth Northsea	1.54.25sec
	400m Freestyle	Nathan Jegou Tigers (Jersey)	4.05.72sec
	1500m Freestyle	Nathan Jegou Tigers (jersey)	16.08.28sec
	50m Breast Stroke	Barrie Stewart Havant & Waterlooville	31.64sec
	100m Breast Stroke	Damien Bouchere Tigers (Jersey)	1.06.26sec
	200m Breast Stroke	Damien Bouchere Tigers (Jersey)	2.19.57sec
	50m Backstroke	Simon Le Couilliard Tigers (Jersey)	28.38sec
	100m Backstroke	William Felgate Portsmouth Northsea	59.12sec
	200m Backstroke	Lewis Jones Portsmouth Northsea	2.08.63sec
	50m Butterfly	Stuart McHarg Alton & District	26.40sec
	100m Butterfly	Simon Le Couilliard Tigers (Jersey)	58.66sec
	200m Butterfly	Simon Le Couilliard Tigers (Jersey)	2.06.71sec
	100m Individual Medley	William Felgate Portsmouth Northsea	59.26sec
	200m Individual Medley	Damien Bouchere Tigers (Jersey)	2.09.03sec
	400m Individual Medley	Damien Bouchere Tigers (Jersey)	4.28.88sec
	400m Freestyle Club Team	Portsmouth Northsea "A"	3.35.23sec
	800m Freestyle Team	Portsmouth Northsea "A"	7.58.87sec
	400m Medley Club Team	Portsmouth Northsea "A"	4.01.81sec
Ladies	50m Freestyle	Julia Beckett Winchester City Penguins	26.64sec
	100m Freestyle	Laura Chase Portsmouth Northsea	59.73sec
	200m Freestyle	Julia Beckett Winchester City Penguins	2.04.42sec
	400m Freestyle	Gail Strobridge Beau Sejour	4.33.05sec
	800m Freestyle	Emma Wicks City of Southampton	8.54.73sec
	50m Breast Stroke	Rikki Jackson Portsmouth Northsea	33.74sec
	100m Breast Stroke	Gail Strobridge Beau Sejour	1.17.09sec
	200m Breast Stroke	Rikki Jackson Portsmouth Northsea	2.35.44sec
	50m Backstroke	Julia Beckett Winchester City Penguins	29.84sec
	100m Backstroke	Elizabeth Kreuz Havant & Waterlooville	1.06.33sec
	200m Backstroke	Joanne Corben Fareham Nomads	2.19.97sec
	50m Butterfly	Elizabeth Kreuz Havant & Waterlooville	30.43sec
	100m Butterfly	Elizabeth Kreuz Havant & Waterlooville	1.05.54sec
	200m Butterfly	Emma Wicks City of Southampton	2.21.61sec
	100m Individual Medley	Gail Strobridge Beau Sejour	1.08.85sec
	200m Individual Medley	Gail Strobridge Beau Sejour	2.23.69sec
	400m Individual Medley	Gail Strobridge Beau Sejour	5.00.73sec
	400m Freestyle Club Team	Portsmouth Northsea	4.05.77sec
	800m Freestyle Club Team	Portsmouth Northsea	8.36.26sec
	400m Medley Club Team	Portsmouth Northsea	4.27.91sec



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Boys	50m Freestyle	Benjamin Lowndes Guernsey	25.26sec
	100m Freestyle	Benjamin Lowndes Guernsey	53.97sec
	200m Freestyle	Benjamin Lowndes Guernsey	1.54.84sec
	400m Freestyle	Ryan Spencer Portsmouth Northsea	4.11.33sec
	1500m Freestyle	Tom Rose Portsmouth Northsea	16.41.20sec
	50m Breast Stroke	John Molyneaux West Wight	33.48sec
	100m Breast Stroke	Ryan Spencer Portsmouth Northsea	1.14.66sec
	200m Breast Stroke	Max Underhay Portsmouth Northsea	2.35.02sec
	50m Backstroke	Simon Le Couilliard Tigers (Jersey)	28.38sec
	100m Backstroke	Peter Hall Fareham Nomads	1.03.20sec
	200m Backstroke	Ryan Spencer Portsmouth Northsea	2.13.64sec
	50m Butterfly	Simon Le Couilliard Tigers (Jersey)	26.99sec
	100m Butterfly	Simon Le Couilliard Tigers (Jersey)	58.66sec
	200m Butterfly	Simon Le Couilliard Tigers (Jersey)	2.06.71sec
	100m Individual Medley	Benjamin Lowndes Guernsey	1.00.69sec
	200m Individual Medley	Simon Le Couilliard Tigers (Jersey)	2.09.52sec
	400m Individual Medley	Tom Rose Portsmouth Northsea	4.44.00sec
	200m Freestyle Club Team	Fareham Nomads "A"	1.42.79sec
	200m Medley Club Team	Portsmouth Northsea	1.56.52sec
	Girls	50m Freestyle	Julia Beckett Winchester City Penguins
100m Freestyle		Laura Chase Portsmouth Northsea	59.73sec
200m Freestyle		Julia Beckett Winchester City Penguins	2.04.42sec
400m Freestyle		Rosie Barrett Portsmouth Northsea	4.34.02sec
800m Freestyle		Emma Wicks City of Southampton	8.54.73sec
50m Breast Stroke		Rikki Jackson Portsmouth Northsea	33.74sec
100m Breast Stroke		Sarah-Jane Poingdestre Tigers (Jersey)	1.18.60sec
200m Breast Stroke		Rikki Jackson Portsmouth Northsea	2.35.44sec
50m Backstroke		Julia Beckett Winchester City Penguins	29.84sec
100m Backstroke		Rosie Barrett Tigers (Jersey)	1.06.71sec
200m Backstroke		Rosie Barrett Tigers (Jersey)	2.25.43sec
50m Butterfly		Rosie Barrett Portsmouth Northsea	31.37sec
100m Butterfly		Emma Wicks City of Southampton	1.05.66sec
200m Butterfly		Emma Wicks City of Southampton	2.21.61sec
100m Individual Medley		Lauren Le Miere Tigers (Jersey)	1.11.44sec
200m Individual Medley		Rikki Jackson Portsmouth Northsea	2.27.66sec
400m Individual Medley		Kayleigh Bush Portsmouth Northsea	5.07.94sec
200m Freestyle Club Team		Portsmouth Northsea	1.55.09sec
200m Medley Club Team		Portsmouth Northsea	2.07.63sec