



# Hampshire County ASA

## County Champions 2004

Men's	50m Freestyle	Edward Askham-Spencer Fareham Nomads	24.37sec
	100 Freestyle	Alexis Militis Tigers (Jersey)	51.95sec
	200m Freestyle	Nick Barber Fareham Nomads	1.55.67sec
	400m Freestyle	Chris Walker Fareham Nomads	4.00.07sec
	1500m Freestyle	Ryan Spencer Portsmouth Northsea	16.06.50sec
	50m Breast Stroke	Chris Jones City of Southampton	30.45sec
	100m Breast Stroke	Chris Jones City of Southampton	1.06.87sec
	200m Breast Stroke	Damien Bouchere Tigers (Jersey)	2.22.37sec
	50m Backstroke	Alexis Militis Tigers (Jersey)	27.95sec
	100m Backstroke	Peter Hall Fareham Nomads	59.59sec
	200m Backstroke	Lewis Jones Portsmouth Northsea	2.08.48sec
	50m Butterfly	Alexis Militis Tigers (Jersey)	25.99sec
	100m Butterfly	Alexis Militis Tigers (Jersey)	57.02sec
	200m Butterfly	Ben Lowndes Guernsey	2.07.29sec
	100m Individual Medley	William Felgate Portsmouth Northsea	59.99sec
	200m Individual Medley	Ben Lowndes Guernsey	2.09.40sec
	400m Individual Medley	Daniel Halksworth Tigers (Jersey)	4.31.05sec
	400m Freestyle Club Team	Fareham Nomads	3.34.21sec
	800m Freestyle Team	Fareham Nomads	7.48.29sec
	400m Medley Club Team	Fareham Nomads	4.03.06sec
Ladies	50m Freestyle	Laura Hook Basingstoke & District	28.13sec
	100m Freestyle	Julia Beckett Winchester City Penguins	55.95sec
	200m Freestyle	Laura Chase Portsmouth Northsea	2.04.29sec
	400m Freestyle	Emma Wicks Portsmouth Northsea	4.19.81sec
	800m Freestyle	Emma Wicks Portsmouth Northsea	8.54.78sec
	50m Breast Stroke	Sarah Bamber New Milton	35.51sec
	100m Breast Stroke	Rikki Jackson Portsmouth Northsea	1.15.14sec
	200m Breast Stroke	Sarah-Jane Poingdestre Tigers (Jersey)	2.43.51sec
	50m Backstroke	Katy Sexton Portsmouth Northsea	29.23sec
	100m Backstroke	Louise Cox Portsmouth Northsea	1.05.91sec
	200m Backstroke	Louise Cox Portsmouth Northsea	2.18.22sec
	50m Butterfly	Nicola Sloan New Milton	29.75sec
	100m Butterfly	Gail Strobridge Beau Sejour	1.05.17sec
	200m Butterfly	Emma Wicks Portsmouth Northsea	2.22.75sec
	100m Individual Medley	Gail Strobridge Beau Sejour	1.07.79sec
	200m Individual Medley	Louise Cox Portsmouth Northsea	2.21.70sec
	400m Individual Medley	Louise Cox Portsmouth Northsea	4.59.48sec
	400m Freestyle Club Team	Portsmouth Northsea	4.06.66sec
	800m Freestyle Club Team	Portsmouth Northsea	8.40.53sec
	400m Medley Club Team	Portsmouth Northsea	4.33.81sec



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Boys	50m Freestyle	John McHarg Alton & District	25.38sec
	100m Freestyle	Peter Hall Fareham Nomads	54.13sec
	200m Freestyle	Peter Hall Fareham Nomads	1.58.22sec
	400m Freestyle	Peter Hall Fareham Nomads	4.08.54sec
	1500m Freestyle	James Stockdale Portsmouth Northsea	16.50.12sec
	50m Breast Stroke	John McHarg Alton & District	32.34sec
	100m Breast Stroke	Joshua Clinch Basingstoke & District	1.10.90sec
	200m Breast Stroke	Joshua Clinch Basingstoke & District	2.32.85sec
	50m Backstroke	Tom Hollingsworth Beau Sejour	28.05sec
	100m Backstroke	Peter Hall Fareham Nomads	59.59sec
	200m Backstroke	Tom Hollingsworth Beau Sejour	2.09.00sec
	50m Butterfly	Tom Hollingsworth Beau Sejour	27.60sec
	100m Butterfly	Tom Hollingsworth Beau Sejour	1.00.11sec
	200m Butterfly	Jamie Chappell Portsmouth Northsea	2.17.35sec
	100m Individual Medley	John Molyneaux West Wight	1.02.86sec
	200m Individual Medley	Tom Hollingsworth Beau Sejour	2.15.21sec
	400m Individual Medley	James Stockdale Portsmouth Northsea	4.42.31sec
	200m Freestyle Club Team	Portsmouth Northsea	1.42.46sec
	200m Medley Club Team	Portsmouth Northsea	1.54.38sec
Girls	50m Freestyle	Nicola Sloan New Milton	28.16sec
	100m Freestyle	Emma Wicks Portsmouth Northsea	1.00.00sec
	200m Freestyle	Laura Chase Portsmouth Northsea	2.04.29sec
	400m Freestyle	Emma Wicks Portsmouth Northsea	4.19.81sec
	800m Freestyle	Emma Wicks Portsmouth Northsea	8.54.78sec
	50m Breast Stroke	Sarah Bamber New Milton	35.51sec
	100m Breast Stroke	Gemma Spofforth Portsmouth Northsea	1.15.32sec
	200m Breast Stroke	Christine Hume Guernsey	2.43.66sec
	50m Backstroke	Gemma Spofforth Portsmouth Northsea	30.27sec
	100m Backstroke	Louise Cox Portsmouth Northsea	1.05.91sec
	200m Backstroke	Louise Cox Portsmouth Northsea	2.18.22sec
	50m Butterfly	Nicola Sloan New Milton	29.75sec
	100m Butterfly	Laura Chase Portsmouth Northsea	1.05.24sec
	200m Butterfly	Emma Wicks Portsmouth Northsea	2.22.75sec
	100m Individual Medley	Rosie Barrett Tigers (Jersey)	1.08.11sec
	200m Individual Medley	Louise Cox Portsmouth Northsea	2.21.70sec
	400m Individual Medley	Louise Cox Portsmouth Northsea	4.59.48sec
	200m Freestyle Club Team	Portsmouth Northsea	1.55.45sec
	200m Medley Club Team	Portsmouth Northsea	2.06.52sec