

## Dorset County Championships – Competition Best Times (CBTs)

Competition Best Times – Senior and Junior (Male)					
FREESTYLE	Name	Club	Time	Location	Year
<b>1500m</b>					
Senior:	J. Lelliott	Swim Bournemouth	15:34.63	Dorchester	2013
Junior:	J. Poynter	Bournemouth Dolphins	16:03.64	Littledown	2009
<b>800m</b>					
Senior:	R. Hemmings	Poole	8:34.42	Dorchester	2023
Junior:	M. Littlefair	Bournemouth Dolphins	8:37.32	Littledown	2009
<b>400m</b>					
Senior:	J. Lelliott	Swim Bournemouth	3:53.68	Littledown	2013
Junior:	J. Poynter	Bournemouth Dolphins	4.03.88	Littledown	2009
<b>200m</b>					
Senior:	J. Lelliott	Swim Bournemouth	1:49.80	Littledown	2015
Junior:	M. Littlefair	Bournemouth Dolphins	1:54.61	Littledown	2009
<b>100m</b>					
Senior:	J. Peters	Poole	50.16	Littledown	2020
Junior:	C. Freeman	Ferndown	53.09	Littledown	2008
<b>50m</b>					
Senior:	J. Peters	Poole	22.93	Littledown	2020
Junior:	J. Anderson	Bournemouth Dolphins	24.32	Littledown	1995
<b>BACKSTROKE</b>					
<b>200m</b>					
Senior:	J. Lelliott	Poole	1:59.38	Littledown	2015
Junior:	O. Fairman	Swim Bournemouth	2:09.67	Littledown	2017
<b>100m</b>					
Senior:	R. Hemmings	Poole	53.78	Littledown	2023
Junior:	J. Peters	Poole	58.61	Littledown	2015
<b>50m</b>					
Senior:	R. Hemmings	Poole	25.08	Littledown	2023
Junior:	J. Peters	Poole	26.77	Littledown	2016
<b>BREASTSTROKE</b>					
<b>200m</b>					
Senior:	O. Jones	Poole	2:21.05	Littledown	2023
Junior:	J. Burton	Swim Bournemouth	2.22.97	Littledown	2012
<b>100m</b>					
Senior:	O. Jones	Poole	1:04.30	Littledown	2023
Junior:	Z. Aitchison	Bournemouth Collegiate	1:06.57	Littledown	2014
<b>50m</b>					
Senior:	O. Jones	Poole	29.20	Littledown	2023
Junior:	N. Vides	Poole	30.86	Littledown	2013
<b>BUTTERFLY</b>					
<b>200m</b>					
Senior:	J. Lelliott	Swim Bournemouth	1:56.95	Littledown	2014
Junior:	J. Peters	Poole	2:09.01	Littledown	2015
<b>100m</b>					
Senior:	J. Peters	Poole	52.19	Littledown	2020
Junior:	J. Peters	Poole	54.61	Littledown	2016

<b>50m</b>					
Senior:	J. Peters	Poole	23.43	Littledown	2020
Junior:	J. Peters	Poole	25.15	Littledown	2016
<b>INDIVIDUAL MEDLEY</b>					
<b>400m</b>					
Senior:	R. Hemmings	Poole	4:32.05	Littledown	2023
Junior:	J. Peters	Poole	4:37.31	Littledown	2016
<b>200m</b>					
Senior:	R. Hemmings	Poole	2:04.81	Littledown	2023
Junior:	J. Poynter	Bournemouth Dolphins	2:11.43	Littledown	2009
<b>100m</b>					
Senior:	R. Hemmings	Poole	56.50	Littledown	2023
Junior:	C. Campbell	Bournemouth Dolphins	1:01.55	Littledown	2007

<b>Competition Best Times – Senior and Junior (Female)</b>					
<b>FREESTYLE</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Location</b>	<b>Year</b>
<b>1500m</b>					
Senior:	E. Clarke	Poole	16:41.02	Littledown	2018
Junior:	E. McWilliam	Christchurch Seagulls	17.24.02	Dorchester	2020
<b>800m</b>					
Senior:	C. Smart	Thornlow Tornadoes	8:32.57	Weymouth	1999
Junior:	L. Brain	Swim Bournemouth	8:58.57	Weymouth	2014
<b>400m</b>					
Senior:	K. Legg	Ferndown	4:16.27	Littledown	2002
Junior:	H. Morris	Ferndown	4:20.36	Littledown	2002
<b>200m</b>					
Senior:	K. Legg	Ferndown	1:59.41	Littledown	2002
Junior:	A. Savage	Ferndown	2:03.31	Littledown	2002
<b>100m</b>					
Senior:	K. Legg	Ferndown	55.33	Littledown	2002
Junior:	C. Rowan	Poole	57.96	Littledown	2011
<b>50m</b>					
Senior:	K. Legg	Bournemouth Dolphins	26.17	Littledown	2000
Junior:	S. Hunt	Ferndown	27.32	Littledown	1997
<b>BACKSTROKE</b>					
<b>200m</b>					
Senior:	H. Perfect	Swim Bournemouth	2:14.11	Littledown	2015
Junior:	H. Perfect	Swim Bournemouth	2:14.11	Littledown	2015
<b>100m</b>					
Senior:	H. Harris	Poole	1:02.30	Littledown	2024
Junior:	J. Brown	Ferndown	1:04.16	Millfield	1999
<b>50m</b>					
Senior:	A. Brown	Swim Bournemouth	29.65	Littledown	2020
Junior:	A. Brown	Swim Bournemouth	30.25	Littledown	2019
<b>BREASTSTROKE</b>					
<b>200m</b>					
Senior:	B. Aitchison	Bournemouth Collegiate	2:29.05	Littledown	2015
Junior:	A. Savage	Ferndown	2:31.28	Littledown	2002
<b>100m</b>					

Senior:	B. Aitchison	Bournemouth Collegiate	1:08.96	Littledown	2015
Junior:	K. van der Merwe	Bournemouth Collegiate	1:09.48	Littledown	2018
<b>50m</b>					
Senior:	B. Aitchison	Bournemouth Collegiate	31.78	Littledown	2015
Junior:	B. Aitchison	Christchurch Seagulls	33.24	Littledown	2013
<b>BUTTERFLY</b>					
<b>200m</b>					
Senior:	E. Chown	Swim Bournemouth	2:16.60	Littledown	2020
Junior:	C. Smart	Thornlow Tornadoes	2:19.33	Weymouth	1998
<b>100m</b>					
Senior:	J. McCrea	Poole	1:01.23	Littledown	2018
Junior:	A. Savage	Ferndown	1:02.49	Littledown	2002
<b>50m</b>					
Senior:	J. McCrea	Poole	27.75	Littledown	2019
Junior:	J. McCrea	Poole	28.82	Littledown	2016
<b>INDIVIDUAL MEDLEY</b>					
<b>400m</b>					
Senior:	C. Evans	Bournemouth Dolphins	4:51.79	Littledown	2002
Junior:	K. Rowles	Ferndown	4:54.03	Littledown	2008
<b>200m</b>					
Senior:	A. Savage	Ferndown	2:15.15	Littledown	2004
Junior:	A. Savage	Ferndown	2:16.84	Littledown	2002
<b>100m</b>					
Senior:	A. Savage	Ferndown	1:03.36	Littledown	2004
Junior:	A. Savage	Ferndown	1:04.31	Littledown	2002

Competition Best Times – Age Group (Male)					
<b>FREESTYLE</b>	<b>Age group</b>	<b>Name</b>	<b>Club</b>	<b>CBT</b>	<b>Date</b>
<b>50m</b>					
A/B	9/10	H. Young	Swim Bournemouth	31.06	2018
C/D	11/12	J. Olenicz	Bournemouth Dolphins	27.41	2008
E/F	13/14	D. Speers	Poole	24.75	2012
G/H	15/16	J. Anderson	Bournemouth Dolphins	24.32	1995
H	17+	J. Peters	Poole	22.93	2020
<b>100m</b>					
B	10	T. Kingham	Bournemouth Dolphins	1:10.24	2009
C	11	F. Lock	Christchurch Seagulls	1:04.56	2019
D	12	T. Mules	Tornadoes of South Dorset	57.27	2009
E	13	J. Olenicz	Bournemouth Dolphins	57.43	2009
F	14	J. Peters	Poole	53.75	2015
G	15	C. Freeman	Ferndown	53.09	2008
H	16	M. Littlefair	Bournemouth Dolphins	52.47	2010
H	17+	J. Peters	Poole	50.16	2020
<b>200m</b>					
A	9	P. Griffiths	Christchurch Seagulls	2:37.34	2007
B	10	P. Griffiths	Christchurch Seagulls	2:28.11	2008
C	11	P. Griffiths	Christchurch Seagulls	2:17.12	2009
D	12	T. Mules	Tornadoes of South Dorset	2:07.28	2009
E	13	J. Poynter	Bournemouth Dolphins	2:02.43	2008
F	14	J. Peters	Poole	1:56.26	2015
G	15	M. Littlefair	Bournemouth Dolphins	1:54.61	2009

H	16	M. Littlefair	Bournemouth Dolphins	1:54.41	2010
H	17+	J. Lelliott	Swim Bournemouth	1:49.80	2015
<b>400m</b>					
B	10	P. Griffiths	Christchurch Seagulls	5:02.51	2008
C	11	P. Griffiths	Christchurch Seagulls	4:48.59	2009
D	12	P. Griffiths	Christchurch Seagulls	4:34.11	2010
E	13	J. Poynter	Bournemouth Dolphins	4:17.43	2008
F	14	J. Poynter	Bournemouth Dolphins	4:03.88	2009
G	15	C. Freeman	Ferndown	4:05.69	2008
H	16	M. Littlefair	Bournemouth Dolphins	3:59.45	2010
H	17+	J. Lelliott	Swim Bournemouth	3:53.68	2013
<b>800m</b>					
C	11	C. Aitken	Tornadoes of South Dorset	10:20.22	2008
D	12	P. Griffiths	Christchurch Seagulls	9:27.81	2010
E	13	J. Workman	Bournemouth Collegiate	9:33.19	2020
F	14	D. Bridges	Bournemouth Dolphins	9:13.62	2007
G	15	M. Littlefair	Bournemouth Dolphins	8:37.32	2009
H	16	S. Chamberlain-Hyde	Christchurch Seagulls	8:46.97	2019
H	17+	R. Hemmings	Poole	8:34.42	2023
<b>1500m</b>					
C	11	M. Ward	Christchurch Seagulls	18:59.11	2015
D	12	F. Trehane	Bournemouth Collegiate	18:44.67	2014
E	13	J. Poynter	Bournemouth Dolphins	16:45.84	2008
F	14	J. Poynter	Bournemouth Dolphins	16:03.64	2009
G	15	M. Collins	Swim Bournemouth	16:32.52	2015
H	16	O. Fairman	Poole	16:25.90	2018
H	17+	J. Lelliott	Swim Bournemouth	15:34.63	2013
<b>BACKSTROKE</b>					
<b>50m</b>					
A/B	9/10	R. Hemmings	Poole	36.41	2015
C/D	11/12	J. Olenicz	Bournemouth Dolphins	30.38	2008
E/F	13/14	J. Peters	Poole	27.37	2015
G/H	15/16	J. Peters	Poole	26.77	2016
H	17+	R. Hemmings	Poole	25.08	2023
<b>100m</b>					
B	10	R. Hemmings	Poole	1:18.75	2015
C	11	J. Olenicz	Poole	1:09.70	2007
D	12	J. Olenicz	Bournemouth Dolphins	1:05.36	2008
E	13	J. Olenicz	Bournemouth Dolphins	1:02.77	2009
F	14	J. Peters	Poole	58.61	2015
G	15	R. Hemmings	Poole	59.07	2019
H	16	R. Hemmings	Poole	56.68	2020
H	17+	R. Hemmings	Poole	53.78	2023
<b>200m</b>					
A	9	R. Symington	Swim Bournemouth	2:56.12	2013
B	10	J. Olenicz	Poole	2:44.65	2006
C	11	J. Olenicz	Poole	2:30.11	2007
D	12	J. Olenicz	Bournemouth Dolphins	2:19.89	2008
E	13	A. Wong	Swim Bournemouth	2:13.10	2011
F	14	J. Peters	Poole	2:11.88	2015
G	15	O. Fairman	Swim Bournemouth	2:09.67	2017
H	16	J. Lelliott	Tornadoes of South Dorset	2:06.54	2011
H	17+	J. Lelliott	Swim Bournemouth	1:59.38	2015
<b>BREASTSTROKE</b>					
<b>50m</b>					
A/B	9/10	N. Vides	Ferndown	42.40	2007
C/D	11/12	F.Lock	Christchurch Seagulls	35.80	2020

E/F	13/14	A. Szczasiuk	Poole	31.59	2018
G/H	15/16	Z. Aitchison	Bournemouth Collegiate	30.75	2015
H	17+	O. Jones	Poole	29.20	2023
<b>100m</b>					
B	10	N. Gerrard	Christchurch Seagulls	1:33.57	2014
C	11	F. Trehane	Swim Bournemouth	1:26.86	2013
D	12	D. Speers	Bournemouth Dolphins	1:17.07	2010
E	13	A. Szczasiuk	Swim Bournemouth	1:12.42	2017
F	14	Z. Aitchison	Christchurch Seagulls	1:08.09	2013
G	15	Z. Aitchison	Bournemouth Collegiate	1:06.57	2014
H	16	Z. Aitchison	Bournemouth Collegiate	1:06.07	2015
H	17+	O. Jones	Poole	1:04.30	2023
<b>200m</b>					
A	9	N. Gerrard	Christchurch Seagulls	3:32.99	2013
B	10	N. Vides	Ferndown	3:15.98	2007
C	11	D. Speers	Bournemouth Dolphins	2:58.65	2009
D	12	D. Speers	Bournemouth Dolphins	2:41.96	2010
E	13	D. Speers	Poole	2:30.31	2011
F	14	C. Cherrington	Swim Bournemouth	2:29.19	2020
G	15	J. Burton	Swim Bournemouth	2:22.97	2012
H	16	F. Beasley	Poole	2:23.17	2023
H	17+	O. Jones	Poole	2:21.05	2023
<b>BUTTERFLY</b>					
<b>50m</b>					
A/B	9/10	J. Peters	Poole	34.96	2011
C/D	11/12	T. Mules	Tornadoes of South Dorset	29.29	2009
E/F	13/14	J. Peters	Poole	26.38	2015
G/H	15/16	J. Peters	Poole	25.15	2016
H	17+	J. Peters	Poole	23.43	2020
<b>100m</b>					
B	10	I. Ellis	Christchurch Seagulls	1:19.86	2015
C	11	C. Tai	Christchurch Seagulls	1:13.02	2012
D	12	T. Mules	Tornadoes of South Dorset	1:03.27	2009
E	13	A. Wong	Swim Bournemouth	1:04.58	2011
F	14	J. Peters	Poole	58.51	2015
G	15	H. Young	Poole	59.26	2023
H	16	J. Peters	Poole	54.61	2016
H	17+	J. Peters	Poole	52.19	2020
<b>200m</b>					
A	9	C. Tai	Christchurch Seagulls	3:18.08	2010
B	10	J. Peters	Poole	2:53.88	2011
C	11	C. Tai	Christchurch Seagulls	2:37.41	2012
D	12	T. Mules	Tornadoes of South Dorset	2:21.25	2009
E	13	J. Peters	Poole	2:19.28	2014
F	14	J. Peters	Poole	2:09.01	2015
G	15	C. Campbell	Bournemouth Dolphins	2:11.38	2007
H	16	J. Peters	Poole	2:01.76	2016
H	17+	J. Lelliott	Swim Bournemouth	1:56.95	2014
<b>INDIVIDUAL MEDLEY</b>					
<b>100m</b>					
A	9	D. Speers	Bournemouth Dolphins	1:30.35	2007
B	10	T. Price	Ferndown	1:21.89	2007
C	11	F. Lock	Christchurch Seagulls	1:16.47	2019
D	12	T. Mules	Tornadoes of South Dorset	1:06.23	2009
E	13	A. Szczasiuk	Swim Bournemouth	1:05.49	2017
F	14	F. Trehane	Bournemouth Collegiate	1:02.76	2016
G	15	C. Campbell	Bournemouth Dolphins	1:01.55	2007

H	16	D. MacDonald	Ferndown	59.67	2008
H	17+	R. Hemmings	Poole	56.50	2023
<b>200m</b>					
A	9	N. Gerrard	Christchurch Seagulls	3:06.71	2013
B	10	I. Ellis	Christchurch Seagulls	2:50.35	2015
C	11	H. Kemp	Poole	2:42.02	2011
D	12	T. Mules	Tornadoes of South Dorset	2:26.25	2009
E	13	J. Poynter	Bournemouth Dolphins	2:18.08	2008
F	14	J. Poynter	Bournemouth Dolphins	2:11.43	2009
G	15	A. Wong	Swim Bournemouth	2:11.97	2013
H	16	M. Littlefair	Bournemouth Dolphins	2:09.37	2010
H	17+	R. Hemmings	Poole	2:04.81	2023
<b>400m</b>					
B	10	I. Ellis	Christchurch Seagulls	6:00.04	2015
C	11	T. Mules	Tornadoes of South Dorset	5:22.75	2007
D	12	J. Arnell	Bournemouth Collegiate	5:09.55	2014
E	13	J. Poynter	Bournemouth Dolphins	4:48.06	2008
F	14	J. Poynter	Bournemouth Dolphins	4:40.86	2009
G	15	C. Campbell	Bournemouth Dolphins	4:44.54	2007
H	16	J. Peters	Poole	4:37.31	2016
H	17+	R. Hemmings	Poole	4:32.05	2023

<b>Competition Best Times – Age Group (Female)</b>					
<b>FREESTYLE</b>	<b>Age group</b>	<b>Name</b>	<b>Club</b>	<b>CBT</b>	<b>Date</b>
<b>50m</b>					
A/B	9/10	C. Houston	Tornadoes of South Dorset	31.43	2003
C/D	11/12	A. Maughan	Bournemouth Dolphins	27.62	2009
E/F	13	L. Studley	Tornadoes of South Dorset	27.85	2001
G/H	14/15	S. Hunt	Ferndown	27.32	2000
H	16/17+	K. Legg	Ferndown	26.17	2000
<b>100m</b>					
B	10	L. Goode	Tornadoes of South Dorset	1:09.04	2010
C	11	A. Maughan	Bournemouth Dolphins	1:03.12	2008
D	12	A. Maughan	Bournemouth Dolphins	59.43	2009
E	13	C. Rowan	Bournemouth Dolphins	1:00.34	2010
F	14	C. Rowan	Poole	57.96	2011
G	15	Z. Watson	Ferndown	58.30	2008
H	16	H. Harris	Poole	57.81	2023
H	17+	K. Legg	Ferndown	55.33	2002
<b>200m</b>					
A	9	A. Brown	Swim Bournemouth	2:42.29	2014
B	10	C. Houston	Tornadoes of South Dorset	2:19.18	2004
C	11	C. Houston	Tornadoes of South Dorset	2:12.26	2003
D	12	A. Maughan	Bournemouth Dolphins	2:12.57	2009
E	13	J. Green	Swim Bournemouth	2:08.77	2014
F	14	K. Rowles	Bournemouth Dolphins	2:06.94	2007
G	15	C. Smart	Thornlow Tornadoes	2:04.79	1997
H	16	A. Savage	Ferndown	2:03.31	2002
H	17+	K. Legg	Ferndown	1:59.41	2002
<b>400m</b>					
B	10	L. Goode	Tornadoes of South Dorset	5:10.12	2010
C	11	S. Heywood	Bournemouth Dolphins	4:45.68	2003
D	12	E. Freeman	Ferndown	4:42.28	2003
E	13	L. Brain	Swim Bournemouth	4:30.38	2013
F	14	K. Rowles	Bournemouth Dolphins	4:24.42	2007

G	15	Z. Watson	Ferndown	4:22.48	2008
H	16	H. Morris	Ferndown	4:20.36	2002
H	17+	K. Legg	Ferndown	4:16.27	2002
<b>800m</b>					
B	10	L. Goode	Tornadoes of South Dorset	10:38.01	2010
C	11	S. Heywood	Bournemouth Dolphins	10:03.25	2003
D	12	N. Moore	Bournemouth Dolphins	9:33.49	2007
E	13	L. Brain	Swim Bournemouth	9:11.46	2013
F	14	L. Brain	Swim Bournemouth	8:58.57	2014
G	15	K. Rowles	Ferndown	8:58.65	2008
H	16	E. Clarke	Poole	8:58.88	2014
H	17+	C. Smart	Thornlow Tornadoes	8:32.57	1999
<b>1500m</b>					
C	11	J. Hepburn	Tornadoes of South Dorset	20:01.19	2009
D	12	J. Hepburn	Ferndown	19:39.52	2010
E	13	K. Rowles	Bournemouth Dolphins	17:32.98	2006
F	14	A. Palotai-Avella	Swim Bournemouth	17:36.52	2018
G	15	E. McWilliam	Christchurch Seagulls	17:24.02	2020
H	16	D. Francis	Bournemouth Dolphins	17:17.93	2007
H	17+	E. Clarke	Poole	16:41.02	2018
<b>BACKSTROKE</b>					
<b>50m</b>					
A/B	9/10	H. Fox	Ferndown	34.00	1996
C/D	11/12	A. Brown	Swim Bournemouth	32.56	2016
E/F	13	A. Brown	Swim Bournemouth	31.70	2017
G/H	14/15	A. Brown	Swim Bournemouth	30.25	2019
H	16/17+	A. Brown	Swim Bournemouth	29.65	2020
<b>100m</b>					
B	10	L. Goode	Tornadoes of South Dorset	1:16.34	2010
C	11	G. Blake	Ferndown	1:12.73	2006
D	12	A. Brown	Swim Bournemouth	1:09.42	2016
E	13	H. Perfect	Swim Bournemouth	1:06.91	2014
F	14	H. Perfect	Swim Bournemouth	1:04.98	2015
G	15	J. Brown	Ferndown	1:04.16	1999
H	16	H. Perfect	Poole	1:03.21	2016
H	17+	F. Hardie	Poole	1:03.27	2012
<b>200m</b>					
A	9	C. Ashford	Bournemouth Collegiate	2:57.70	2014
B	10	L. Goode	Tornadoes of South Dorset	2:38.85	2010
C	11	C. Houston	Tornadoes of South Dorset	2:35.46	2004
D	12	H. Perfect	Christchurch Seagulls	2:26.27	2013
E	13	H. Perfect	Swim Bournemouth	2:18.79	2014
F	14	H. Perfect	Swim Bournemouth	2:14.11	2015
G	15	J. Brown	Ferndown	2:20.02	1999
H	16	H. Perfect	Poole	2:14.67	2016
H	17+	E. Clarke	Poole	2:14.87	2015
<b>BREASTSTROKE</b>					
<b>50m</b>					
A/B	9/10	A. Brown	Swim Bournemouth	40.11	2015
C/D	11/12	N. Vides	Ferndown	35.64	2007
E/F	13	J. Foster	Christchurch Seagulls	35.02	2012
G/H	14/15	B. Aitchison	Christchurch Seagulls	33.24	2013
H	16/17+	B. Aitchison	Bournemouth Collegiate	31.78	2015
<b>100m</b>					
B	10	A. Brown	Swim Bournemouth	1:26.53	2015
C	11	N. Vides	Ferndown	1:21.62	2006
D	12	N. Vides	Ferndown	1:17.22	2007

E	13	N. Vides	Ferndown	1:13.74	2008
F	14	A. Brown	Swim Bournemouth	1:13.06	2018
G	15	B. Aitchison	Christchurch Seagulls	1:11.28	2013
H	16	K. van der Merwe	Bournemouth Collegiate	1:09.48	2018
H	17+	B. Aitchison	Bournemouth Collegiate	1:08.96	2015
<b>200m</b>					
A	9	A. Brown	Swim Bournemouth	3:25.63	2014
B	10	A. Brown	Swim Bournemouth	3:08.35	2015
C	11	N. Vides	Ferndown	2:53.07	2006
D	12	N. Vides	Ferndown	2:45.23	2007
E	13	J. Foster	Christchurch Seagulls	2:35.61	2012
F	14	B. Aitchison	Christchurch Seagulls	2:35.92	2012
G	15	B. Aitchison	Christchurch Seagulls	2:32.33	2013
H	16	A. Savage	Ferndown	2:31.28	2002
H	17+	B. Aitchison	Bournemouth Collegiate	2:29.05	2015
<b>BUTTERFLY</b>					
<b>50m</b>					
A/B	9/10	C. Houston	Tornadoes of South Dorset	35.26	2003
C/D	11/12	A. Chisadza	Bournemouth Collegiate	31.69	2015
E/F	13	E. Chown	Bournemouth Collegiate	29.82	2016
G/H	14/15	J. McCrea	Poole	28.82	2016
H	16/17+	J. McCrea	Poole	27.75	2019
<b>100m</b>					
B	10	C. Houston	Tornadoes of South Dorset	1:21.67	2003
C	11	B. Fox	Ferndown	1:13.56	1999
D	12	M. Kemp	Poole	1:09.32	2011
E	13	E. Chown	Bournemouth Collegiate	1:05.60	2016
F	14	E. Chown	Bournemouth Collegiate	1:04.48	2017
G	15	J. Huggins	Poole	1:03.82	2023
H	16	J. McCrea	Poole	1:02.28	2017
H	17+	J. McCrea	Poole	1:01.23	2018
<b>200m</b>					
A	9	A. Houston	Tornadoes of South Dorset	3:20.34	2005
B	10	L. Newsam	Tornadoes of South Dorset	2:56.34	2004
C	11	M. Kemp	Poole	2:44.25	2010
D	12	A. Chisadza	Bournemouth Collegiate	2:34.25	2015
E	13	E. Chown	Bournemouth Collegiate	2:28.03	2016
F	14	C. McRae	Bournemouth Dolphins	2:22.37	2010
G	15	E. Chown	Bournemouth Collegiate	2:20.38	2018
H	16	C. Smart	Thornlow Tornadoes	2:19.33	1998
H	17+	E. Chown	Swim Bournemouth	2:16.60	2020
<b>INDIVIDUAL MEDLEY</b>					
<b>100m</b>					
A	9	A. Houston	Tornadoes of South Dorset	1:26.76	2005
B	10	C. Houston	Tornadoes of South Dorset	1:16.54	2003
C	11	C. Houston	Tornadoes of South Dorset	1:14.18	2004
D	12	A. Brown	Swim Bournemouth	1:11.26	2016
E	13	A. Brown	Swim Bournemouth	1:08.54	2017
F	14	E. Chown	Bournemouth Collegiate	1:06.63	2017
G	15	K. van der Merwe	Bournemouth Collegiate	1:07.25	2017
H	16	A. Savage	Ferndown	1:04.31	2002
H	17+	A. Savage	Ferndown	1:03.36	2004
<b>200m</b>					
A	9	L. Goode	Tornadoes of South Dorset	3:05.48	2009
B	10	C. Houston	Tornadoes of South Dorset	2:44.78	2003
C	11	K. Rowles	Ferndown	2:39.88	1999
D	12	N. Moore	Bournemouth Dolphins	2:31.15	2007



E	13	J. Foster	Christchurch Seagulls	2:21.57	2012
F	14	C. McRae	Bournemouth Dolphins	2:24.04	2010
G	15	A. Brown	Swim Bournemouth	2:22.19	2019
H	16	A. Savage	Ferndown	2:16.84	2006
H	17+	A. Savage	Ferndown	2:15.15	2004
<b>400m</b>					
B	10	L. Goode	Tornadoes of South Dorset	5:51.85	2010
C	11	C. Houston	Tornadoes of South Dorset	5:35.65	2004
D	12	N. Moore	Bournemouth Dolphins	5:17.13	2007
E	13	K. Rowles	Bournemouth Dolphins	5:05.98	2006
F	14	K. Rowles	Bournemouth Dolphins	4:57.44	2007
G	15	K. Rowles	Bournemouth Collegiate	4:54.03	2008
H	16	J. McCrea	Poole	4:54.67	2017
H	17+	Charlotte Evans	Bournemouth Dolphins	4:51.79	2002