

Dover Life Guard Club Sea Swim Records



MALE



JUNIOR

NAME	TIME	DATE
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400m Freestyle

Craig Simmons	04:05	10/06/2001
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NAME	TIME	DATE
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1000m Freestyle

Lyndon Dunsbee	09:52	01/07/1984
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NAME	TIME	DATE
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2000m Freestyle

Darren Byer	22:37	23/08/1987
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NAME	TIME	DATE
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4000m Freestyle

Lyndon Dunsbee	46:48	26/08/1984
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NAME	TIME	DATE
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1000m Backstroke

Darren Cannon	12:37	29/07/1990
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NAME	TIME	DATE
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3x400 IM

Lyndon Dunsbee	16:16	17/06/1984
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SENIOR

NAME	TIME	DATE
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400m Freestyle

Adam Knight	04:00	10/06/2001
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NAME	TIME	DATE
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1000m Freestyle

Lynden Dunsbee	10:21	09/07/1989
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NAME	TIME	DATE
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2000m Freestyle

Adam Crew	22:29	05/08/1990
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NAME	TIME	DATE
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4000m Freestyle

Lynden Dunsbee	44:13	06/09/1987
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NAME	TIME	DATE
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1000m Backstroke

Lynden Dunsbee	12:00	29/07/1990
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NAME	TIME	DATE
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3x400IM

Lynden Dunsbee	16:07	26/07/1987
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Dover Life Guard Club Sea Swim Records



FEMALE



JUNIOR

NAME	TIME	DATE
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400m Freestyle

<i>Sophie Mitchinson</i>	04:27	10/06/2001
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SENIOR

NAME	TIME	DATE
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400m Freestyle

<i>Kaira Redman</i>	04:39	10/06/2001
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NAME	TIME	DATE
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1000m Freestyle

<i>Dominika Szucsova</i>	10.42.30	08/07/2007
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NAME	TIME	DATE
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1000m Freestyle

<i>Sophie Mitchinson</i>	10.38.68	08/07/2007
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NAME	TIME	DATE
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2000m Freestyle

<i>Laura Austin</i>	24.07.07	09/08/2007
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NAME	TIME	DATE
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2000m Freestyle

<i>Bridget Young</i>	24:15	19/07/1981
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NAME	TIME	DATE
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4000m Freestyle

<i>Laura Austin</i>	49.47.09	09/08/2007
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NAME	TIME	DATE
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4000m Freestyle

<i>Sophie Mitchinson</i>	52:47:81	04/-9/05
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NAME	TIME	DATE
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1000m Backstroke

<i>Katie Brown</i>	13.33.81	05/07/2009
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NAME	TIME	DATE
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1000m Backstroke

<i>Sophie Mitchinson</i>	13:23	06/07/2003
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NAME	TIME	DATE
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3x400 IM

<i>Tracey Sparshott</i>	17:13	03/07/1977
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NAME	TIME	DATE
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3x400IM

<i>Sophie Mitchinson</i>	17:23	31/07/2005
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