

East Region Open Water Championships - 17th July 2016

1.5km Freestyle

Gemma Welbourn	26:24.13	49	Girls 12/16 - East Region
		13	Girls 12/16 - Suffolk
James Garry	50:21.60	Silver	Mens Multi-Disability - East Region
		Gold	Mens Multi-Disability - Suffolk
Jeannie Morley	34:04.87	Silver	Womens 50/59 - East Region
		4	Womens 25 & Over - Suffolk
Jemma Garry	32:01.20	Bronze	Womens 17/19 - East Region
		Silver	Womens 17/24 - Suffolk
Rob Garry	32:08.06	4	Mens 50/59 - East Region
		Silver	Mens 25 & Over - Suffolk

800m Novice

Hailey Myers	12:41.48	6	Girls 13/14 - East Region
		Silver	Girls 13/14 - Suffolk
Hollie Myers	13:52.63	18	Girls 11/12 - East Region
		Bronze	Girls 11/12 - Suffolk
Zoë Jones	14:09.25	24	Girls 11/12 - East Region
		5	Girls 11/12 - Suffolk

2 East Region Silver & 1 Bronze Medal, 1 Suffolk Gold, 3 Silvers and 1 Bronze Medal