

## Norfolk Open Masters (Long Course) - 13<sup>th</sup> May 2017

Swimmer	50 Back	50 Breast	50 Free	100 Back	100 Breast	100 Free	200 Free	200 IM
Jeannie Morley	0:54.64					1:45.72	3:50.45	
John Browne		0:54.65	0:45.86		2:07.18	1:47.75	3:57.83	4:32.04
Rob Garry				1:55.40	2:05.73	1:34.63		4:10.88

0:59.99

First Time

0:59.99

New 3-Year Best (Masters)

*3 short course and 11 long course PBs achieved, 1 Gold, 3 Silver & 1 Bronze medal won out of 13 races*