

Stowmarket No Frills - 15th/16th December 2018

Swimmer	50 Fly	50 Back	50 Breast	50 Free	100 Back	100 Breast	100 Free
Eden Benion	1:04.73	1:00.43				2:25.57	
Elizabeth Acheson	0:35.89	0:38.65				1:28.21	
James Garry			1:24.21	0:50.29	2:10.95		1:52.69
Riley Gibbs			0:47.51				

New Personal Best **0:59.99**

First Time **0:59.99**

County Time **0:59.99**

4 PBs achieved out of 11 swims