

Norfolk Masters - 11th May 2019

Swimmer	50 Back ^(CT)	50 Free ^(CT)	100 Breast ^(CT)	200 Free ^(CT)	200 IM ^(CT)
Rob Garry	0:49.28	0:39.10	2:07.66	3:27.82	4:02.06

1 Gold Medal & 2 long course PBs achieved out of 5 races