

# East Region Open Water Championships - 21<sup>st</sup> July 2019

## 1km Freestyle

			East Region	Suffolk
Girls 11-12 Years	<b>Aoife Lenihan</b>	20:42.20	29	7

## 2km Freestyle

		Time	East Region	Suffolk
Girls 13 Years	<b>Jodie Cooper</b>	33:54.79	18	Silver
Womens 20-24 Years	<b>Jemma Garry</b>	40:13.19	4	Gold
Womens 60 Years/Over	<b>Jeannie Morley</b>	42:47.32	Gold	Gold
Mens 16-19 Years	<b>James Garry</b>	48:58.12	Silver	Gold
Mens 50/59 Years	<b>Rob Garry</b>	39:02.62	Bronze	Silver
Mens Multi-Disability	<b>James Garry</b>	48:58.12	Gold	Gold

## 5km Freestyle

		Time	East Region	Suffolk
Womans 30-39 Years	<b>Christy Curtis</b>	1:27:27.7	Gold	Gold

*3 East Region Golds, 1 Silver & 1 Bronze, 5 Suffolk Golds & 2 Silvers*