

Theftford Nifty 50s - 8th September 2019

Swimmer	50 Fly	50 Back	50 Breast	50 Free	100 IM
Charlie Payne	0:41.29	0:38.32	0:46.24	0:34.94	1:25.10
Eden Benion		0:55.75	0:55.24	0:45.98	1:54.77
Ella Brett	0:50.06	0:43.92	0:54.74	0:37.53	1:41.94
Emma Lovegrove	0:53.51	0:41.92	0:56.95	0:40.30	1:44.67
James Garry	1:19.79	1:00.48	1:20.76	0:49.85	2:17.61
Patrick Donkin	0:44.46	0:42.40	0:42.64	0:36.61	1:28.31
Riley Gibbs	0:50.65	0:47.59	0:47.54	0:38.76	1:35.47
Sasha Welbourn	0:38.79	0:40.16	0:44.73	0:35.67	1:28.66
Stefan Jinga		0:49.90		0:42.60	

New Personal Best 0:59.99

13 PBs achieved and 1 first & 2 seconds out of 41 races