

National Para-Swimming Championships, 30th November - 1st December 2019

Swimmer	50 Free	100 Back	100 Free	200 IM	400 Free
James Garry	0:50.07	2:08.85	1:56.74	DQ (7.4)	8:51.27

New LC Personal Best

0:59.99

3 long course PBs achieved out of 5 races