

## Stowmarket No Frills - 18<sup>th</sup> December 2021

Swimmer	50 Fly	50 Back	50 Breast	50 Free	100 Back	100 Breast	100 Free	100 IM
Eden Benion	0:53.46		0:48.88	0:38.88		1:45.14	1:27.14	1:37.20
Emma Lovegrove	0:44.74	0:39.12	0:49.44	0:35.53	1:23.42		1:18.80	1:29.31
Luke Bailey			0:49.23	0:34.61	1:34.88			1:27.33

0:59.99 New Personal Best

*3 PBs set in 17 swims*