

Cambridge Spring Open - 24th - 26th March 2023

Swimmer	50 Fly	50 Back	50 Breast	50 Free	100 Breast	100 Free
Bay Smith		0:51.18		0:48.32		
James Shipp	0:31.06	0:33.05		0:28.18		1:03.10
Kieron Raven	0:37.07			0:34.52		1:16.76
Lucas Hales	0:46.37	0:48.09		0:45.06		
Miko Poplawski	0:33.97	0:35.14	0:39.57	0:29.57	1:29.85	

Swimmer	50 Fly	50 Back	50 Breast	50 Free	100 Fly	100 Back
Eden Benion			0:44.23			
Emma Lovegrove			0:45.02			1:19.20
Esmae Child	0:34.89	0:38.65	0:45.41	0:30.04	1:21.47	
Miranda Nichols	0:29.58			0:27.22		
Phoebe Mallen			0:42.42			
Sapphire Desouza-Holwill		0:54.78		0:49.46		
Sarah Rose	0:32.87	0:35.45		0:31.07		

Swimmer	100 Breast	100 Free	200 Breast	200 Free	200 IM	400 Free
Eden Benion	1:34.86	1:16.57		2:48.01		
Esmae Child	1:40.43	1:05.96		2:28.94	2:57.64	
Miranda Nichols		0:59.58				
Phoebe Mallen			3:21.64	2:34.30		5:34.11
Sarah Rose	1:30.93					

0:59.99 New Personal Best

0:59.99 Club Record

Excellent weekend, 4 club records, 4 Silvers & 1 Bronze and 29 PBs achieved in 45 races

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