

East Region Open Water Championships - 9th July 2023

1km Freestyle

			East Region	Suffolk
Girls 11-12 Years	Adriana Morrison	DNF		
Girls 13-14 Years	Emma Lovegrove	18:19.05	6 th	Bronze

2km Freestyle

		Time	East Region	Suffolk
Mens 50/59 Years	Rob Garry	51:17.32	Silver	Gold

1 East Region Silver, 1 Suffolk Gold & 1 Bronze