

East Region Open Water Championships - 13th July 2025

1km Freestyle

		Time	East Region	Suffolk
Boys 11-12 Years	William Onslow	23:14.66	19 th	Bronze

2km Freestyle

		Time	East Region	Suffolk
Mens 15/16 Years	Miko Poplawski	36:59.22	4 th	Gold
Mens 15/16 Years	Kieron Richardson	41:43.21	5 th	Silver
Mens 60+ Years	Rob Garry	52:31.22	Bronze	Silver

1 East Region Bronze, 1 Suffolk Gold, 2 Silvers & 1 Bronze