

Stowmarket No-Frills, 13th/14th December 2025

Swimmer	50 Fly	50 Back	50 Breast	50 Free
Bobby Hickman	0:37.91	0:36.68		0:30.77
Eden Benion			0:41.58	
Emma Barrett			0:51.67	
Finley Crichton			0:55.95	0:39.00
George Richardson	0:34.86		0:42.89	0:31.18
Miko Poplawski	0:31.50	0:30.91		
Poppy Richardson	0:44.34			0:37.99

Swimmer	100 Fly	100 Back	100 Breast	100 Free	100 IM
Abi Chaplin				1:21.80	1:37.95
Bobby Hickman				1:09.43	1:25.65
Eden Benion			1:32.05		
Emma Barrett			1:50.71		
Finley Crichton				1:25.09	1:37.21
Poppy Richardson	1:40.25	1:32.32			1:35.52

Swimmer	200 Breast	200 Free	200 IM	400 Free
Abi Chaplin		2:57.59	DQ (9.4)	6:11.30
Eden Benion	3:08.89			
Emma Barrett	3:54.79			
George Richardson			2:55.02	
Lilly Bird		3:14.70		6:50.78

New Personal Best

0:59.99

County Qualifying Time

0:59.99

14 PBs achieved out of 33 races, 5 new and 3 improved county qualifying times