

Stowmarket No-Frills, 14th/15th December 2024

Swimmer	50 Fly	50 Back	50 Breast	50 Free
Eden Benion			0:43.80	0:35.49
George Richardson	0:38.84		0:46.07	0:33.20
Gracie-Mai Lloyd			0:45.40	
Kieron Alderson	0:33.59			
Poppy Richardson	0:53.61	0:46.18		0:41.05

Swimmer	100 Fly	100 Back	100 IM	200 Back	200 IM
George Richardson				3:03.14	3:07.90
Kieron Alderson	1:17.69		1:20.84		
Lyla Hill				3:32.83	
Poppy Richardson		1:42.76	1:49.00		

New Personal Best **0:59.99**

County Qualifying Time **0:59.99**

8 PBs and 6 county qualifying times achieved out of 17 races