

Sussex County Long Course Championships 2026

Para competition points

1st	Alfie Penfold S13	Crawley	200 Free	2:21.26	565
	Alfie Penfold S13	Crawley	100 Free	1:01.72	559
	Alfie Penfold S13	Crawley	400 Free	4:48.46	545
	Alfie Penfold S13	Crawley	50 Free	28.66	530
	Alfie Penfold S13	Crawley	50 Fly	31.45	474
	Alfie Penfold S13	Crawley	100 Fly	1:10.39	448
					3121
2nd	Rebecca Hardy-Bishop S12	Crawley	400 Free	5:20.44	647
	Rebecca Hardy-Bishop S12	Crawley	50 Free	32.73	555
	Rebecca Hardy-Bishop SB12	Crawley	100 Breast	1:46.22	368
					1570
3rd	Veronica Onu S6	Crawley	50 Back	1:10.87	156
					156