

Norfolk Masters Long Course 2016

Roy Wilson

| Event | Time | Place |
|-------------|---------|-----------------|
| 50m Fly | 1.02.54 | 1 st |
| 50m Breast | 58.06 | 1 st |
| 100m Free | 1.49.00 | 1 st |
| 200m Back | 4.20.60 | 1 st |
| 50m Free | 46.20 | 1 st |
| 200m Breast | 4.33.67 | 1 st |
| 100m Back | 2.06.12 | 1 st |
| 50m Back | 57.64 | 1 st |
| 100m Breast | 2.10.45 | 1 st |