

**ARMADALE MASTERS AEROBIC POINTS 2011  
NATIONAL AEROBIC TROPHY**

Proportional Estimation		400m (Min 5 swims)			800m (Min 5 swims)			Other Points
Points #	Women	Free	Breast	Back	Free	Breast	Back	
72	Gillian Caruso	3		4	4		3	30
38	* Heather Croft	5 (8)	3		3	3		
22	Liz Dunn	3			4			
18	Jacqueline Briggs	3		2	2			
16	* Jannette Edwards	5 (2)	5 (6)			2		
14	Linda Cragg	4	3					
8	Michelle Hollomby	1	1			1		
8	Katja Cappadona	2	2					
4	Kimberley Flatt	1	1					
4	Fennifer Findlay				1			
2	Yvonne Hunt	1						
2	Maree Lim	1						
2	Yvonne Lovegrove	1						
2	Helen Rossi	1						
2	Maria Plant	1						
2	Heather Adams	1						

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Points #	Men	Free	Breast	Back	Free	Breast	Back	
60	Graham Hicks	4	4	4	4			20
52	Ross Doherty	4		4	3			24
51	Jeff Sanders	3	2	4	3			21
41	Graham Cragg	4	4	1	1	1		15
40	Charles Croft	4	4		2	4		
39	Greg Frey	4			4			15
22	Fettes Falconer	3			4			
18	* Colin Gibson	5 (6)			3			
8	Chris Millard	2	2					

# Points are a proportional estimation based on completed swims. A minimum of 5 swims is required to gain points and the exact number of points awarded depends on the average swim time.

\* Points include awarded points displayed in ( ) for each completed set of 5 swims plus proportional estimated points for less than 5 completed swims.