

## Armadale Masters Swimming

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### Individual Meet Results

Armadale Aerobics 2015 20-Jan-15 [Ageup: 31/12/2015] LC Meters

Location: Armadale Aquatic Centre

Armadale Masters Swimming [WAM] Coach: Heather Croft

Time	F/P/S	Event	Place	Points	Improv
<b>Bamford, Graham (41) M</b>					
9:25.89L	F # 1	Mixed 40-44 400 Free	---	2	-22.85
19:16.91L	F # 5	Mixed 40-44 800 Free	---	4	-27.55
<b>Burch, Rowena (31) F</b>					
6:09.85L	F # 1	Mixed 30-34 400 Free	---	5	---
7:03.82L	F # 4	Mixed 30-34 400 IM	---	5	---
<b>Cragg, Graham (61) M</b>					
6:28.06L	F # 1	Mixed 60-64 400 Free	---	5	20.11
7:27.56L	F # 3	Mixed 60-64 400 Breast	---	5	29.75
<b>Dunn, Liz (67) F</b>					
18:23.04L	F # 5	Mixed 65-69 800 Free	---	10	99.78
<b>Falconer, Fettes (68) M</b>					
7:38.00L	F # 1	Mixed 65-69 400 Free	---	5	24.19
<b>Hollamby, Michelle (43) F</b>					
10:02.94L	F # 3	Mixed 40-44 400 Breast	---	3	15.05
<b>Lovegrove, Yvonne (74) F</b>					
12:51.72L	F # 1	Mixed 70-74 400 Free	---	2	89.69
18:45.78L	F # 3	Mixed 70-74 400 Breast	---	2	113.15
<b>Plant, Maria (72) F</b>					
21:20.07L	F # 5	Mixed 70-74 800 Free	---	10	107.93
<b>Sanders, Jeffrey (59) M</b>					
8:20.89L	F # 1	Mixed 55-59 400 Free	---	3	21.83
11:36.00L	F # 2	Mixed 55-59 400 Back	---	2	109.26
<b>Stevens, William (59) M</b>					
8:49.64L	F # 1	Mixed 55-59 400 Free	---	3	20.18