

Armadale Masters Swimming

Individual Meet Results

Armadale Aerobics 2015 12-Mar-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
Caruso, Gillian (47) F					
9:18.96L	F # 3	Mixed 45-49 400 Breast	---	5	15.79
18:19.70L	F # 6	Mixed 45-49 800 Breast	---	10	1.75
Cragg, Graham (61) M					
6:26.36L	F # 1	Mixed 60-64 400 Free	---	5	18.41
7:49.39L	F # 2	Mixed 60-64 400 Back	---	5	14.55
Doherty, Ross (58) M					
7:37.29L	F # 1	Mixed 55-59 400 Free	---	3	4.94
10:24.15L	F # 2	Mixed 55-59 400 Back	---	3	36.34
Falconer, Fettes (68) M					
7:30.37L	F # 1	Mixed 65-69 400 Free	---	5	16.56
Frey, Gregory (57) M					
6:24.52L	F # 1	Mixed 55-59 400 Free	---	5	10.98
13:06.65L	F # 4	Mixed 55-59 800 Free	---	10	19.85
Hicks, Graham (63) M					
14:14.78L	F # 4	Mixed 60-64 800 Free	---	10	36.37
Lovegrove, Yvonne (74) F					
12:24.81L	F # 1	Mixed 70-74 400 Free	---	3	62.78
Millard, Chris (54) M					
10:03.21L	F # 3	Mixed 50-54 400 Breast	---	3	67.05
18:05.53L	F # 4	Mixed 50-54 800 Free	---	6	108.43
Plant, Maria (72) F					
10:46.58L	F # 1	Mixed 70-74 400 Free	---	3	61.45
12:11.33L	F # 3	Mixed 70-74 400 Breast	---	5	68.00
Sanders, Jeffrey (59) M					
11:53.15L	F # 2	Mixed 55-59 400 Back	---	2	126.41
16:21.24L	F # 4	Mixed 55-59 800 Free	---	6	-1.90
Toop, Vanessa (36) F					
9:43.02L	F # 3	Mixed 35-39 400 Breast	---	3	---
19:30.03L	F # 5	Mixed 35-39 800 Back	---	6	---