

## Armadale Masters Swimming

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### Individual Meet Results

Armadale Aerobics 2015 22-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
<b>Burch, Rowena (31) F</b>					
1:41:19.65L	F # 1	Mixed 30-34 5000 Breast	---	---	---
1:00.00L	F # 2	Mixed 30-34 2975 Breast	---	80	---
<b>Caruso, Gillian (47) F</b>					
26:41.39L	F # 3	Mixed 45-49 1500 Free	---	40	-18.16
<b>Cragg, Graham (61) M</b>					
1:00.00L	F # 4	Mixed 60-64 3275 Free	---	80	---
<b>Croft, Charles (65) M</b>					
14:37.80L	F # 5	Mixed 65-69 800 Free	---	10	38.46
8:26.24L	F # 6	Mixed 65-69 400 Breast	---	5	6.04