

**Armadale Masters Swimming****Individual Meet Results - Personal Bests Only**

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

Location: Armadale Aquatic Cgdeentre

Armadale Masters Swimming [WAM] Coach: Heather Croft

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
<b>Burch, Rowena (31) F</b>					
6:08.53L	F # 1	Mixed 30-34 400 Free	---	5	-1.32
6:52.77L	F # 5	Mixed 30-34 400 IM	---	5	-11.05
<b>Caruso, Gillian (47) F</b>					
9:02.86L	F # 3	Mixed 45-49 400 Breast	---	5	-0.31
<b>Toop, Vanessa (37) F</b>					
8:50.90L	F # 2	Mixed 35-39 400 Back	---	---	-0.81