

Armadale Masters Swimming**Individual Meet Results - Personal Bests Only****Armadale Aerobics 2015 23-Jun-15 [Ageup: 31/12/2015] SC Meters****Location: Cannington Leisureplex****Armadale Masters Swimming [WAM] Coach: Heather Croft**

Time	F/P/S	Event	Place	Points	Improv
Burch, Rowena (31) F 6:45.37S	F # 2	Mixed 30-34 400 Back	---	5	-3.83
Doherty, Ross (58) M 8:58.57S	F # 2	Mixed 55-59 400 Back	---	3	-8.49
Manning-Day, Lochlin (21) M 19:21.11S	F # 1	Mixed 19-24 400 Free	---	2	-57.41
Toop, Vanessa (37) F 15:21.29S	F # 6	Mixed 35-39 800 Free	---	6	-25.17