

Armadale Masters Swimming**Individual Meet Results****Leisurepark Livelighter 400/800 31-Jul-16 [Ageup: 31/12/2016] SC Meters****Location: Leisurepark Balga****Armadale Masters Swimming [WAM] Coach: Heather Croft**

Time	F/P/S	Event	Place	Points	Improv
Burch, Rowena (32) F					
7:08.37S	F # 3	Mixed 30-34 400 Breast	1	5	6.37
7:10.37S	F # 4	Mixed 30-34 400 Fly	1	5	22.94
Stevens, William (60) M					
7:36.57S	F # 1	Mixed 60-64 400 Free	1	3	-21.49