

Individual Best Times (All Time)

Tom Adamson - (1173149) - Carnforth & Dist Otters - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:20.26	324	H	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	Carnforth	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:20.26	324	H	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	Carnforth	1