

# Individual Best Times (All Time)

Emily Cairns - (404736) - Tynemouth SC - 400 Individual Medley - Long Course

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet                                     | Venue      | Club Swam Under | Level |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 6:01.25 | 398    | H     | 08/03/14 | Northumberland & Durham SA County Champs | Sunderland | Tynemouth       | 1     |

## Swims in Date Order

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