

Individual Best Times (All Time)

Rachel Carroll - (544076) - Blyth Lifeguard & Swimming Club - 100 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:10.18	400	H	14/01/12	City of Sunderland New Year Meet	Sunderland	Blyth	3

Swims in Date Order

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