

Individual Best Times (All Time)

Sam Ashcroft - (771982) - Newcastle SwimTeam - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:31.92	236	H	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	Newcastle	3

Swims in Date Order

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