

Individual Best Times (All Time)

Alex Brown - (3942) - Ashington SC - 200 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:24.37	154	H	22/10/09	Blyth Lifeguard Champs	Blyth	Blyth	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:24.37	154	H	22/10/09	Blyth Lifeguard Champs	Blyth	Blyth	4