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**Individual Meet Results - Standard: UKASA09**
**British Summer Championships 27-Jul-16 to 01-Aug-16 [Ageup: 31/12/2016] LC Meters**
**Location: Ponds Ford**
**Garioch Amateur Swimming Club [NGHX]**

| <b>Time</b>                    | <b>F/P/S</b> | <b>Event</b>      | <b>Place</b> | <b>Points</b> | <b>Improv</b> |
|--------------------------------|--------------|-------------------|--------------|---------------|---------------|
| <b>Orla Adams (21) F</b>       |              |                   |              |               |               |
| 34.30L                         | AAA F # 4    | Female 50 Breast  | ---          | ---           | 1.39          |
| 1:13.86L                       | AAA F # 5    | Female 100 Breast | ---          | ---           | 3.05          |
| 2:35.68L                       | AAA F # 6    | Female 200 Breast | ---          | ---           | 4.73          |
| 2:17.07L                       | AAA F # 7    | Female 200 IM     | ---          | ---           | -1.13         |
| 4:51.59L                       | AAA F # 8    | Female 400 IM     | ---          | ---           | 0.99          |
| <b>Gavin Haggerwood (21) M</b> |              |                   |              |               |               |
| 2:14.19L                       | AAA F # 2    | Male 200 IM       | ---          | ---           | 5.99          |
| <b>Alastair Miley (22) M</b>   |              |                   |              |               |               |
| 2:05.56L                       | AAA F # 1    | Male 200 Back     | ---          | ---           | -1.34         |
| 4:30.96L                       | AAA F # 3    | Male 400 IM       | ---          | ---           | 0.62          |
| <b>Joseph Miley (19) M</b>     |              |                   |              |               |               |
| 4:30.78L                       | AAA F # 3    | Male 400 IM       | ---          | ---           | -3.62         |