

Thursday 3rd November

4 D-G GIRLS & BOYS 400m INDIVIDUAL MEDLEY (HDW)

Event Best Time: **5.22.76 (Nicola Ballingall 2004)**

Age Group Best Time:

Age Group D:

Best Time:

5.47.03 (Emily Curtis 2003)

Age Group E:

Best Time:

5.32.94 (Emily Curtis 2004)

Age Group F:

Best Time:

5.45.44 (Jemma C-Hunt 1996)

No entries

No entries

1	Emily	Curtis	5.25.08
2	Jasmin	Ballingall	5.35.47

Age Group G:

Best Time:

5.22.76 (Nicola Ballingall 2004)

1	Rachel	Moore	6.03.59
2	Isabelle	Jarvis	6.22.57

14 B - G Boys 400m Individual Medley

Event Best Time: **5.23.66 (Ben Cleland 1996)**

Age Group Best Time:

Age Group D:

Best Time:

6.08.08 (David Weatherill 2003)

Age Group E:

Best Time:

6.02.41 (David Weatherill 2004)

Age Group F:

Best Time:

5.39.48 (Michael Curtis 2003)

1	William	Rea	6.55.66	no entries
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1	David	Weatherill	5.39.41
2	Conor	Dunne	5.42.26
3	Keil	Zakrzewski	5.51.38
4	Rory	Harris	6.24.90
5	Adam	Hill	6.31.94

Best Time:

5.23.66 (Ben Cleland 1996)

1	Michael	Curtis	5.22.73
2	Marc	Jarvis	5.42.05