

**Worthing Swimming Club**

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**Individual Records Report for OCR-S**

**Haslemere Level 2 Open Meet 28-Nov-09 to 29-Nov-09 [Ageup: 29/11/2009] SC Meters  
Worthing SC [WORS]**

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**Boys 400 IM**

<b>5:09.57</b>	<b>Alexander Cranford at Sussex County Championships</b>	<b>08/02/2009</b>	<b>WORS</b>
5:09.00 **	Alexander Cranford at Haslemere Level 2 Open Meet	28/11/2009	WORS