

Southern Masters Long Distance ePostal Records						1/25/20	
			Men 80-84				
Event	Time		Name	Team	Meet	Date	Age
3000 yd	1:08.08.10		Douglas A. Holmes	SMS			80
6000 yd	2:17.17.10		Douglas A. Holmes	SMS			80
5 km	2:39:15.43		Douglas A. Holmes	SMS	Nat-Postal-UNO	6/16/16	80
10 km	6:29:18.03		Douglas A. Holmes	SMS	Nat-Postal-UNO	6/13/16	80
1 Hour Swim	2655 yd		Douglas A. Holmes	SMS			81