

Table 1

<b>Southern Masters Long Distance ePostal Records</b>					<b>###</b>	
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					<b>Men 80-84</b>	
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<b>Event</b>	<b>Time</b>		<b>Name</b>	<b>Team</b>	<b>Meet</b>	<b>Date</b>	<b>Age</b>
3000 yd	1:08.08.10		Douglas A. Holmes	SMS			80
6000 yd	2:17.17.10		Douglas A. Holmes	SMS			80
5 km	2:39:15.00		Douglas A. Holmes	SMS	Nat-Postal-UNO	6/16/16	80
10 km	6:29:18.00		Douglas A. Holmes	SMS	Nat-Postal-UNO	6/13/16	80
1 Hour Swim	2655 yd		Douglas A. Holmes	SMS			81

					<b>Men 85-90</b>		
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<b>Event</b>	<b>Time</b>		<b>Name</b>	<b>Team</b>	<b>Meet</b>	<b>Date</b>	<b>Age</b>
3000 yd	1:08:02.00		Douglas A. Holmes	SMS	ePostal Nat Champ	Sep-21	85
6000 yd	2:37:49.65		Douglas A. Holmes	SMS	ePostal Nat Champ	Sep-21	85
5 km							
10 km							
1 Hour Swim	2625 yd		Douglas A. Holmes	SMS	ePostal Nat Champ	Feb-21	85