

## Armadale Masters Swimming

### Individual Records Report for Armadale-L

Armadale Masters Swimming [WAM] Coach: Heather Croft

#### Female 45-49 50 Breast

<b>1:00.00</b>	<b>Vacant</b>	<b>1/11/2015</b>	<b>WAM</b>
54.84 **	Gillian Caruso at Armadale Club Championships 8 2015	7/11/2015	WAM

#### Female 45-49 200 IM

<b>4:00.00</b>	<b>Vacant</b>	<b>1/11/2015</b>	<b>WAM</b>
3:32.71 **	Gillian Caruso at Armadale Club Championships 8 2015	7/11/2015	WAM

#### Male 50-54 50 Breast

<b>46.49</b>	<b>Gregory Frey at Armadale Club Championships 3 2012</b>	<b>14/04/2012</b>	<b>WAM</b>
44.91 **	Derek Bishop at Armadale Club Championships 8 2015	7/11/2015	WAM

#### Male 60-64 200 Breast

<b>3:38.63</b>	<b>Charles Croft at MSA National Championships</b>	<b>17/04/2013</b>	<b>WAM</b>
3:34.96 **	Graham Cragg at Armadale Club Championships 8 2015	7/11/2015	WAM