

## Armadale Masters Swimming

### Individual Records Report for Armadale-L

#### Armadale Masters Swimming [WAM]

##### Female 45-49 400 Breast

9:05.27	Gillian Caruso at Armadale Aerobics 2013	5/12/2013	WAM
9:03.17 **	Gillian Caruso at Armadale Aerobics 2014	28/01/2014	WAM

##### Female 60-64 400 Free

8:21.93	Liz Dunn at Armadale Aerobics 2009	15/11/2009	WAM
8:20.18 **	Heather Croft at Armadale Aerobics 2014	28/01/2014	WAM

##### Female 65-69 400 Free

10:21.52	Maria Plant at Armadale Aerobics 2012	27/11/2012	WAM
8:44.12 **	Liz Dunn at Armadale Aerobics 2014	28/01/2014	WAM

##### Male 45-49 400 Free

7:38.32	Colin Gibson at Armadale Aerobics 2013	29/01/2013	WAM
7:32.68 **	Colin Gibson at Armadale Aerobics 2014	28/01/2014	WAM