

## Armadale Masters Swimming

### Individual Records Report for Armadale-S

Armadale Masters Swimming [WAM] Coach: Heather Croft

#### Female 45-49 800 Free

<b>13:44.00</b>	<b>Gillian Caruso at Armadale Aerobics 2013</b>	<b>30/04/2013</b>	<b>WAM</b>
13:21.11 **	Gillian Caruso at Armadale Aerobics 2014	29/05/2014	WAM

#### Female 45-49 400 Breast

<b>8:49.17</b>	<b>Gillian Caruso at Armadale Aerobics 2013</b>	<b>18/07/2013</b>	<b>WAM</b>
8:37.00 **	Gillian Caruso at Armadale Aerobics 2014	29/05/2014	WAM

#### Male 25-29 400 Breast

<b>9:13.10</b>	<b>Raphael Dajon at Armadale Aerobics 2014</b>	<b>29/04/2014</b>	<b>WAM</b>
8:41.84 **	Raphael Dajon at Armadale Aerobics 2014	29/05/2014	WAM