

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM] Coach: Heather Croft**

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**Female 60-64 100 Free**

<b>1:52.87</b>	<b>Heather Croft at Armadale Club Championships 10 2013</b>	<b>2/11/2013</b>	<b>WAM</b>
1:49.45 **	Heather Adams at 2014 National Championships	23/04/2014	WAM

**Female 60-64 100 Breast**

<b>2:19.61</b>	<b>Heather Croft at Armadale Club Championships 10 2013</b>	<b>2/11/2013</b>	<b>WAM</b>
2:13.09 **	Heather Adams at 2014 National Championships	23/04/2014	WAM

**Female 60-64 200 Breast**

<b>5:00.00</b>	<b>Vacant</b>	<b>1/04/2014</b>	<b>WAM</b>
4:44.46 **	Heather Adams at 2014 National Championships	23/04/2014	WAM