

Armadale Masters Swimming

Individual Records Report for Armadale-S

Armadale Masters Swimming [WAM] Coach: Heather Croft

Female 45-49 400 Free

6:39.92	Gillian Caruso at Armadale Aerobics 2013	18/07/2013	WAM
6:30.28 **	Gillian Caruso at Armadale Aerobics 2014	12/06/2014	WAM

Female 45-49 800 Back

14:34.60	Gillian Caruso at Armadale Aerobics 2013	9/05/2013	WAM
14:12.66 **	Gillian Caruso at Armadale Aerobics 2014	12/06/2014	WAM