

## 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 30-34 400 Free**

7:07.64	Maree Lim at Armadale Virtual Aerobics 2011	26/02/2011	WAM
6:09.85 **	Rowena Burch at Armadale Aerobics 2015	20/01/2015	WAM

**Female 30-34 400 IM**

7:30.00	Vacant	1/01/2015	WAM
7:03.82 **	Rowena Burch at Armadale Aerobics 2015	20/01/2015	WAM

**Female 65-69 800 Free**

20:00.85	Maria Plant at Armadale Aerobics 2012	20/12/2012	WAM
18:23.04 **	Liz Dunn at Armadale Aerobics 2015	20/01/2015	WAM

**Male 60-64 400 Free**

6:29.60	Graham Hicks at Armadale Aerobics 2012	21/04/2012	WAM
6:28.06 **	Graham Cragg at Armadale Aerobics 2015	20/01/2015	WAM