

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-L**

Armadale Masters Swimming [WAM] Coach: Heather Croft

**Female 45-49 1500 Free**

<b>28:01.19</b>	<b>Gillian Caruso at Armadale Aerobics 2013</b>	<b>27/01/2013</b>	<b>WAM</b>
26:41.39 **	Gillian Caruso at Armadale Aerobics 2015	22/03/2015	WAM

**Male 65-69 800 Free**

<b>15:18.75</b>	<b>Fettes Falconer at Armadale Aerobics 2012</b>	<b>27/11/2012</b>	<b>WAM</b>
14:37.80 **	Charles Croft at Armadale Aerobics 2015	22/03/2015	WAM

**Male 65-69 400 Breast**

<b>10:29.10</b>	<b>Hans Vosbergen at Armadale Aerobics 2013</b>	<b>28/11/2013</b>	<b>WAM</b>
8:26.24 **	Charles Croft at Armadale Aerobics 2015	22/03/2015	WAM