

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-S**

Armadale Masters Swimming [WAM] Coach: Heather Croft

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**Male 55-59 400 IM**

9:55.51	Jeffrey Sanders at Armadale Aerobics 2015	21/07/2015	WAM
9:48.64 **	Jeffrey Sanders at Armadale Aerobics 2015	25/08/2015	WAM