

## Armadale Masters Swimming

### Individual Records Report for Armadale-S

Armadale Masters Swimming [WAM] Coach: Heather Croft

#### Female 30-34 800 Back

<b>14:28.92</b>	<b>Rowena Burch at Armadale Aerobics 2015</b>	<b>21/07/2015</b>	<b>WAM</b>
13:59.37 **	Rowena Burch at Armadale Aerobics 2015	22/09/2015	WAM

#### Female 35-39 800 Back

<b>18:04.51</b>	<b>Vanessa Toop at Armadale Aerobics 2015</b>	<b>26/05/2015</b>	<b>WAM</b>
17:06.52 **	Vanessa Toop at Armadale Aerobics 2015	22/09/2015	WAM

#### Female 45-49 400 Free

<b>6:30.28</b>	<b>Gillian Caruso at Armadale Aerobics 2014</b>	<b>12/06/2014</b>	<b>WAM</b>
6:29.20 **	Gillian Caruso at Armadale Aerobics 2015	22/09/2015	WAM

#### Female 45-49 800 Back

<b>14:11.74</b>	<b>Gillian Caruso at Armadale Aerobics 2015</b>	<b>13/08/2015</b>	<b>WAM</b>
14:10.90 **	Gillian Caruso at Armadale Aerobics 2015	22/09/2015	WAM