

## Armadale Masters Swimming

---

### Individual Records Report for Armadale-L

Armadale Masters Swimming [WAM] Coach: Heather Croft

---

**Female 30-34 400 Fly**

<b>7:30.00</b>	<b>Vacant</b>	<b>1/10/2015</b>	<b>WAM</b>
6:59.21 **	Rowena Burch at Armadale Aerobics 2015	20/10/2015	WAM

**Female 35-39 400 Free**

<b>8:02.11</b>	<b>Vanessa Toop at Armadale Aerobics 2015</b>	<b>12/02/2015</b>	<b>WAM</b>
7:53.16 **	Vanessa Toop at Armadale Aerobics 2015	20/10/2015	WAM

**Female 35-39 400 Back**

<b>9:30.00</b>	<b>Vacant</b>	<b>1/10/2015</b>	<b>WAM</b>
8:51.71 **	Vanessa Toop at Armadale Aerobics 2015	20/10/2015	WAM

**Female 45-49 1500 Back**

<b>29:22.41</b>	<b>Gillian Caruso at Armadale Aerobics 2013</b>	<b>17/03/2013</b>	<b>WAM</b>
28:41.61 **	Gillian Caruso at Armadale Aerobics 2015	20/10/2015	WAM