

Armadale Masters Swimming

Individual Records Report for Armadale-L

Armadale Masters Swimming [WAM] Coach: Heather Croft

Female 30-34 400 Free

6:09.85	Rowena Burch at Armadale Aerobics 2015	20/01/2015	WAM
6:08.53 **	Rowena Burch at Armadale Aerobics 2015	12/11/2015	WAM

Female 30-34 400 IM

7:03.82	Rowena Burch at Armadale Aerobics 2015	20/01/2015	WAM
6:52.77 **	Rowena Burch at Armadale Aerobics 2015	12/11/2015	WAM

Female 35-39 400 Back

8:51.71	Vanessa Toop at Armadale Aerobics 2015	20/10/2015	WAM
8:50.90 **	Vanessa Toop at Armadale Aerobics 2015	12/11/2015	WAM

Female 45-49 400 Breast

9:03.17	Gillian Caruso at Armadale Aerobics 2014	28/01/2014	WAM
9:02.86 **	Gillian Caruso at Armadale Aerobics 2015	12/11/2015	WAM