## **Armadale Masters Swimming**

## Individual Records Report for Armadale-L

Armadale Masters Swimming [WAM] Coach: Heather Croft

Male 45-49 400 Free 7:32.68	Colin Gibson at Armadale Aerobics 2014	28/01/2014	WAM
7:31.64 **	Colin Gibson at Armadale Endur ance 2016	11/02/2016	WAM

<sup>\*\*</sup>Indicates Best Record for Each Event