

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]**

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**Female 50-54 800 Back**

15:13.68	Gillian Caruso at Armadale Endurance 2018	10/05/2018	WAM
14:57.30 **	Gillian Caruso at Armadale Endurance August 2019	15/08/2019	WAM

**Female 50-54 400 IM**

7:59.29	Gillian Caruso at Armadale Endurance May 2019	9/05/2019	WAM
7:54.67 **	Gillian Caruso at Armadale Endurance August 2019	15/08/2019	WAM