

## Armadale Masters Swimming

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### Individual Records Report for Armadale-S

#### Armadale Masters Swimming [WAM]

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#### **Female 30-34 200 Breast**

<b>3:10.57</b>	<b>Alexandra Holt at Eastern Hills Club Challenge</b>	<b>8/11/2019</b>	<b>WAM</b>
3:09.14 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

#### **Female 30-34 400 Breast**

<b>6:42.70</b>	<b>Alexandra Holt at Armadale Endurance SC 2019</b>	<b>19/09/2019</b>	<b>WAM</b>
6:29.28 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

#### **Female 30-34 800 Breast**

<b>14:08.79</b>	<b>Rowena Burch at Thornlie Distance 2015</b>	<b>9/05/2015</b>	<b>WAM</b>
13:14.35 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

#### **Female 30-34 1500 Breast**

<b>27:12.73</b>	<b>Rowena Burch at Maida Vale 400-800-1500m Short Course</b>	<b>17/10/2015</b>	<b>WAM</b>
25:17.66 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM