

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-L**

**Armadale Masters Swimming [WAM]**

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**Female 25-29 400 Free**

6:49.34	Louisa Cockram at Armadale Aerobics 2015	8/01/2015	WAM
6:47.93 **	Nichola Jones at Armadale Endurance LC 2019	18/12/2019	WAM

\*\*Indicates Best Record for Each Event