

**Armadale Masters Swimming**

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

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**Female 35-39 400 Back**

<b>8:12.22</b>	<b>Vanessa Toop at Armadale Endurance 2016</b>	<b>11/08/2016</b>	<b>WAM</b>
6:24.92 **	Sarah Carr at Armadale Endurance SC August 2021	1/08/2021	WAM

**Female 35-39 400 IM**

<b>8:22.00</b>	<b>Rowena Burch at Armadale Endurance 2019</b>	<b>7/02/2019</b>	<b>WAM</b>
6:37.11 **	Sarah Carr at Armadale Endurance SC August 2021	1/08/2021	WAM