

## Armadale Masters Swimming

### Individual Records Report for Armadale-L

#### Armadale Masters Swimming [WAM]

##### Female 35-39 800 Breast

14:30.32	<b>Alexandra Holt at Armadale Endurance EMERALDS February 2022</b>	7/02/2022	WAM
14:18.90 **	Alexandra Holt at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Female 55-59 400 Back

8:21.17	<b>Adele Chapman at Armadale Endurance EMERALDS July 2022</b>	4/07/2022	WAM
8:12.22 **	Adele Chapman at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Female 55-59 1500 Breast

41:03.03	<b>Adele Chapman at Armadale Endurance LC Nov 2020</b>	16/11/2020	WAM
39:09.35 **	Adele Chapman at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 35-39 400 Back

10:00.00	<b>Vacant</b>	1/08/2022	WAM
9:27.92 **	Luke Ormerod at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 50-54 400 Back

8:36.55	<b>Gerard van den Berg at Armadale Endurance EMERALDS June 2022</b>	8/06/2022	WAM
8:01.87 **	Gerard van den Berg at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 50-54 400 Breast

8:29.71	<b>Gregory Frey at Armadale Aerobics</b>	2/11/2010	WAM
8:21.69 **	Gerard van den Berg at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 50-54 800 Breast

18:14.95	<b>Gerard van den Berg at Armadale Endurance EMERALDS LC January 2022</b>	5/01/2022	WAM
17:40.96 **	Gerard van den Berg at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 50-54 400 Fly

12:00.00	<b>Vacant</b>	1/08/2022	WAM
11:29.21 **	Gerard van den Berg at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM

##### Male 50-54 800 IM

16:42.75	<b>Gerard van den Berg at Armadale Endurance EMERALDS June 2022</b>	8/06/2022	WAM
16:31.52 **	Gerard van den Berg at Armadale Endurance EMERALDS August 2022	3/08/2022	WAM