

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 45-49 800 Free**

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|-------------|--|------------|-----|
| 22:22.76 | Sharon Sharman at Armadale Aerobics 2013 | 10/01/2013 | WAM |
| 14:08.94 ** | Gillian Caruso at Armadale Aerobics 2013 | 29/01/2013 | WAM |

Female 45-49 1500 Free

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|-------------|--|------------|-----|
| 30:00.00 | Vacant | 1/01/2013 | WAM |
| 28:01.19 ** | Gillian Caruso at Armadale Aerobics 2013 | 27/01/2013 | WAM |

Female 45-49 400 Back

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|------------|--|------------|-----|
| 7:30.00 | Vacant | 1/01/2013 | WAM |
| 7:20.23 ** | Gillian Caruso at Armadale Aerobics 2013 | 29/01/2013 | WAM |

Female 45-49 800 Back

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|-------------|--|------------|-----|
| 15:30.00 | Vacant | 1/01/2013 | WAM |
| 15:19.38 ** | Gillian Caruso at Armadale Aerobics 2013 | 10/01/2013 | WAM |

Female 70-74 400 Free

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|------------|--|------------|-----|
| 11:22.03 | Yvonne Lovegrove at Armadale Aerobics 2012 | 27/11/2012 | WAM |
| 9:57.46 ** | Maria Plant at Armadale Aerobics 2013 | 10/01/2013 | WAM |

Female 70-74 400 Breast

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|-------------|---------------------------------------|------------|-----|
| 12:00.00 | Vacant | 1/01/2013 | WAM |
| 11:41.06 ** | Maria Plant at Armadale Aerobics 2013 | 10/01/2013 | WAM |

Male 75-79 1500 Free

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| 40:00.00 | Vacant | 1/01/2013 | WAM |
| 36:51.17 ** | Stanley Brandwood at Armadale Aerobics 2013 | 27/01/2013 | WAM |