

Armadale Masters Swimming**Individual Records Report for Armadale-S**

Armadale Masters Swimming [WAM] Coach: Heather Croft

Female 25-29 200 Free

3:11.64	Louisa Cockram at Armadale Club Championships 6 2014	5/07/2014	WAM
2:56.18 **	Louisa Cockram at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 25-29 25 Back

30.00	Vacant	1/10/2014	WAM
20.86 **	Louisa Cockram at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 30-34 200 Fly

3:31.91	Rowena Burch at Swan Hills LLCC 2014	6/07/2014	WAM
3:25.67 **	Rowena Burch at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 45-49 200 Free

3:05.20	Gillian Caruso at Armadale Club Championships 9 2013	5/10/2013	WAM
3:01.31 **	Gillian Caruso at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 45-49 25 Fly

18.73	Gillian Caruso at Armadale Club Championships 9 2013	5/10/2013	WAM
18.28 **	Gillian Caruso at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 70-74 25 Free

23.75	Maria Plant at Armadale Club Championships 4 2014	3/05/2014	WAM
23.51 **	Maria Plant at Armadale Club Championships 9 2014	4/10/2014	WAM

Female 70-74 200 Breast

5:47.77	Lexie Rankin at Armadale Club Championships 4 2009	15/08/2009	WAM
5:16.24 **	Maria Plant at Armadale Club Championships 9 2014	4/10/2014	WAM

Male 40-44 25 Breast

30.00	Vacant	1/10/2014	WAM
24.54 **	Graham Bamford at Armadale Club Championships 9 2014	4/10/2014	WAM

Male 55-59 200 IM

4:30.00	Vacant	1/10/2014	WAM
4:20.40 **	Jeffrey Sanders at Armadale Club Championships 9 2014	4/10/2014	WAM

Male 60-64 25 Back

20.36	Graham Hicks at Armadale Club Championships 6 2014	5/07/2014	WAM
19.98 **	Graham Hicks at Armadale Club Championships 9 2014	4/10/2014	WAM