

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

Armadale Masters Swimming [WAM] Coach: Heather Croft

Female 45-49 50 Breast

1:00.00	Vacant	1/11/2015	WAM
54.84 **	Gillian Caruso at Armadale Club Championships 8 2015	7/11/2015	WAM

Female 45-49 200 IM

4:00.00	Vacant	1/11/2015	WAM
3:32.71 **	Gillian Caruso at Armadale Club Championships 8 2015	7/11/2015	WAM

Male 50-54 50 Breast

46.49	Gregory Frey at Armadale Club Championships 3 2012	14/04/2012	WAM
44.91 **	Derek Bishop at Armadale Club Championships 8 2015	7/11/2015	WAM

Male 60-64 200 Breast

3:38.63	Charles Croft at MSA National Championships	17/04/2013	WAM
3:34.96 **	Graham Cragg at Armadale Club Championships 8 2015	7/11/2015	WAM