

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 18-24 400 Free**

7:30.67	Jacqueline Briggs at Armadale Virtual Aerobics 2012	25/02/2012	WAM
5:50.32 **	Catriona Adams at Armadale Aerobics 2013	26/03/2013	WAM

Female 18-24 400 IM

7:00.00	Vacant	1/03/2013	WAM
6:26.86 **	Catriona Adams at Armadale Aerobics 2013	26/03/2013	WAM

Female 45-49 800 Free

14:08.94	Gillian Caruso at Armadale Aerobics 2013	29/01/2013	WAM
14:01.53 **	Gillian Caruso at Armadale Aerobics 2013	26/02/2013	WAM

Female 45-49 400 Back

7:20.23	Gillian Caruso at Armadale Aerobics 2013	29/01/2013	WAM
7:11.89 **	Gillian Caruso at Armadale Aerobics 2013	26/02/2013	WAM

Female 70-74 400 Free

9:57.46	Maria Plant at Armadale Aerobics 2013	10/01/2013	WAM
9:56.25 **	Maria Plant at Armadale Aerobics 2013	26/03/2013	WAM

Female 70-74 800 Free

20:50.70	Maria Plant at Armadale Aerobics 2013	29/01/2013	WAM
19:32.14 **	Maria Plant at Armadale Aerobics 2013	14/03/2013	WAM