

**Armadale Masters Swimming**

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**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 40-44 400 Free**

6:37.16	Gillian Caruso at Armadale Aerobics 2010	11/09/2010	WAM
6:33.63 **	Gillian Caruso at Armadale Aerobics 2012	19/07/2012	WAM