

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 45-49 400 Breast**

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| 9:23.57 | Gillian Caruso at Armadale Aerobics 2013 | 7/11/2013 | WAM |
| 9:05.27 ** | Gillian Caruso at Armadale Aerobics 2013 | 5/12/2013 | WAM |

Female 45-49 800 Breast

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| 18:34.14 | Gillian Caruso at Armadale Aerobics 2013 | 28/11/2013 | WAM |
| 18:20.05 ** | Gillian Caruso at Armadale Aerobics 2013 | 5/12/2013 | WAM |

Female 60-64 400 Breast

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| 9:00.00 | Vacant | 1/12/2013 | WAM |
| 8:39.42 ** | Heather Croft at Armadale Aerobics 2013 | 5/12/2013 | WAM |