

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

9:05.27	Gillian Caruso at Armadale Aerobics 2013	5/12/2013	WAM
9:03.17 **	Gillian Caruso at Armadale Aerobics 2014	28/01/2014	WAM

**Female 60-64 400 Free**

8:21.93	Liz Dunn at Armadale Aerobics 2009	15/11/2009	WAM
8:20.18 **	Heather Croft at Armadale Aerobics 2014	28/01/2014	WAM

**Female 65-69 400 Free**

10:21.52	Maria Plant at Armadale Aerobics 2012	27/11/2012	WAM
8:44.12 **	Liz Dunn at Armadale Aerobics 2014	28/01/2014	WAM

**Male 45-49 400 Free**

7:38.32	Colin Gibson at Armadale Aerobics 2013	29/01/2013	WAM
7:32.68 **	Colin Gibson at Armadale Aerobics 2014	28/01/2014	WAM