

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

Armadale Masters Swimming [WAM] Coach: Heather Croft

**Female 45-49 800 Free**

13:44.00	Gillian Caruso at Armadale Aerobics 2013	30/04/2013	WAM
13:21.11 **	Gillian Caruso at Armadale Aerobics 2014	29/05/2014	WAM

**Female 45-49 400 Breast**

8:49.17	Gillian Caruso at Armadale Aerobics 2013	18/07/2013	WAM
8:37.00 **	Gillian Caruso at Armadale Aerobics 2014	29/05/2014	WAM

**Male 25-29 400 Breast**

9:13.10	Raphael Dajon at Armadale Aerobics 2014	29/04/2014	WAM
8:41.84 **	Raphael Dajon at Armadale Aerobics 2014	29/05/2014	WAM