

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM] Coach: Heather Croft****Female 60-64 100 Free**

1:52.87	Heather Croft at Armadale Club Championships 10 2013	2/11/2013	WAM
1:49.45 **	Heather Adams at 2014 National Championships	23/04/2014	WAM

Female 60-64 100 Breast

2:19.61	Heather Croft at Armadale Club Championships 10 2013	2/11/2013	WAM
2:13.09 **	Heather Adams at 2014 National Championships	23/04/2014	WAM

Female 60-64 200 Breast

5:00.00	Vacant	1/04/2014	WAM
4:44.46 **	Heather Adams at 2014 National Championships	23/04/2014	WAM