

**Armadale Masters Swimming****Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM] Coach: Heather Croft****Female 45-49 400 Free**

6:39.92	Gillian Caruso at Armadale Aerobics 2013	18/07/2013	WAM
6:30.28 **	Gillian Caruso at Armadale Aerobics 2014	12/06/2014	WAM

**Female 45-49 800 Back**

14:34.60	Gillian Caruso at Armadale Aerobics 2013	9/05/2013	WAM
14:12.66 **	Gillian Caruso at Armadale Aerobics 2014	12/06/2014	WAM