

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

7:01.26	Gillian Caruso at Armadale Aerobics 2013	30/04/2013	WAM
6:56.76 **	Gillian Caruso at Armadale Aerobics 2014	23/09/2014	WAM

Female 45-49 800 Breast

17:42.61	Gillian Caruso at Armadale Aerobics 2014	13/05/2014	WAM
17:37.99 **	Gillian Caruso at Armadale Aerobics 2014	23/09/2014	WAM