

**Armadale Masters Swimming****Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM] Coach: Heather Croft****Male 55-59 400 IM**

9:55.51	<b>Jeffrey Sanders at Armadale Aerobics 2015</b>	21/07/2015	WAM
9:48.64 **	Jeffrey Sanders at Armadale Aerobics 2015	25/08/2015	WAM