

Armadale Masters Swimming**Individual Meet Results - Personal Bests Only****Armadale Aerobics 2015 22-Dec-15 [Ageup: 31/12/2015] LC Meters****Location: Armadale Aquatic Centre****Armadale Masters Swimming [WAM] Coach: Heather Croft**

Time	F/P/S	Event	Place	Points	Improv
Caruso, Gillian (47) F					
8:58.57L	F # 2	Mixed 45-49 400 Breast	---	5	-4.29
Toop, Vanessa (37) F					
7:13.27L	F # 1	Mixed 35-39 400 Free	---	3	-39.89
15:26.22L	F # 3	Mixed 35-39 800 Free	---	6	-164.03