

**Armadale Masters Swimming****Individual Records Report for Armadale-L**

Armadale Masters Swimming [WAM] Coach: Heather Croft

**Female 35-39 400 Free**

7:53.16	Vanessa Toop at Armadale Aerobics 2015	20/10/2015	WAM
7:13.27 **	Vanessa Toop at Armadale Aerobics 2015	22/12/2015	WAM

**Female 35-39 800 Free**

18:10.25	Vanessa Toop at Armadale Aerobics 2015	12/02/2015	WAM
15:26.22 **	Vanessa Toop at Armadale Aerobics 2015	22/12/2015	WAM

**Female 45-49 400 Free**

6:59.11	Gillian Caruso at Armadale Aerobics 2013	11/04/2013	WAM
6:46.97 **	Gillian Caruso at Armadale Aerobics 2015	22/12/2015	WAM

**Female 45-49 400 Breast**

9:02.86	Gillian Caruso at Armadale Aerobics 2015	12/11/2015	WAM
8:58.57 **	Gillian Caruso at Armadale Aerobics 2015	22/12/2015	WAM