

Armadale Masters Swimming**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 30-34 200 Breast**

3:10.57	Alexandra Holt at Eastern Hills Club Challenge	8/11/2019	WAM
3:09.14 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

Female 30-34 400 Breast

6:42.70	Alexandra Holt at Armadale Endurance SC 2019	19/09/2019	WAM
6:29.28 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

Female 30-34 800 Breast

14:08.79	Rowena Burch at Thornlie Distance 2015	9/05/2015	WAM
13:14.35 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM

Female 30-34 1500 Breast

27:12.73	Rowena Burch at Maida Vale 400-800-1500m Short Course	17/10/2015	WAM
25:17.66 **	Alexandra Holt at Swan Hills 1 500m Swim Meet	23/11/2019	WAM