

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 30-34 400 Free**

5:48.81	Alexandra Holt at Armadale Endurance LC 2020	5/02/2020	WAM
5:43.56 **	Alexandra Holt at Armadale Endurance LC March 2020	4/03/2020	WAM

Female 40-44 1500 Breast

40:30.00	Vacant	1/03/2020	WAM
40:28.28 **	Natalie Metcalfe at Armadale Endurance LC March 2020	4/03/2020	WAM

Female 70-74 400 Back

12:30.56	Maria Plant at Armadale Aerobics 2013	15/10/2013	WAM
11:23.61 **	Pamela Pearson at Armadale Endurance LC March 2020	4/03/2020	WAM

Male 40-44 800 Free

14:25.35	Daniel Douglas at Armadale Endurance LC 2020	16/01/2020	WAM
14:06.31 **	Daniel Douglas at Armadale Endurance LC March 2020	4/03/2020	WAM