

**Armadale Masters Swimming****Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 35-39 400 Free**

|            |   |            |     |
|------------|---|------------|-----|
| 6:05.60    | Sarah Carr at Armadale Endurance LC July 2021               | 31/07/2021 | WAM |
| 6:04.84 ** | Sarah Carr at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021  | WAM |

**Female 55-59 400 Free**

|            |  |           |     |
|------------|--|-----------|-----|
| 7:07.72    | Adele Chapman at Armadale Endurance EMERALDS LC August 2021    | 1/08/2021 | WAM |
| 7:04.36 ** | Adele Chapman at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021 | WAM |

**Female 55-59 1500 Free**

|             |  |            |     |
|-------------|--|------------|-----|
| 28:59.09    | Adele Chapman at Armadale Endurance LC EMERALDS February 2021  | 10/02/2021 | WAM |
| 28:24.02 ** | Adele Chapman at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021  | WAM |

**Female 55-59 400 Fly**

|             |  |           |     |
|-------------|--|-----------|-----|
| 11:47.00    | Adele Chapman at Armadale Endurance EMERALDS LC August 2021    | 1/08/2021 | WAM |
| 11:03.99 ** | Adele Chapman at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021 | WAM |

**Female 55-59 400 IM**

|            |  |           |     |
|------------|--|-----------|-----|
| 9:04.64    | Adele Chapman at Armadale Endurance EMERALDS LC August 2021    | 1/08/2021 | WAM |
| 8:56.64 ** | Adele Chapman at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021 | WAM |

**Female 55-59 800 IM**

|             |  |           |     |
|-------------|--|-----------|-----|
| 18:20.87    | Adele Chapman at Armadale Endurance EMERALDS LC August 2021    | 1/08/2021 | WAM |
| 18:06.02 ** | Adele Chapman at Armadale Endurance EMERALDS LC September 2021 | 1/09/2021 | WAM |