

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 35-39 800 Free**

12:31.91	Sarah Carr at Armadale Endurance LC October 2021	1/10/2021	WAM
12:10.12 **	Alexandra Holt at Armadale Endurance EMERALDS February 2022	7/02/2022	WAM

Female 35-39 1500 Free

24:25.55	Sarah Carr at Armadale Endurance LC August 2021	1/08/2021	WAM
22:44.11 **	Alexandra Holt at Armadale Endurance EMERALDS February 2022	7/02/2022	WAM

Female 35-39 800 Breast

14:57.50	Sarah Carr at Armadale Endurance EMERALDS LC November 2021	1/11/2021	WAM
14:30.32 **	Alexandra Holt at Armadale Endurance EMERALDS February 2022	7/02/2022	WAM

Male 50-54 400 Free

5:45.12	Gerard van den Berg at Armadale Endurance EMERALDS LC January 2022	5/01/2022	WAM
5:37.50 **	Gerard van den Berg at Armadale Endurance EMERALDS February 2022	7/02/2022	WAM

Male 50-54 800 Free

12:08.19	Gerard van den Berg at Armadale Endurance LC January 2022	9/01/2022	WAM
11:50.66 **	Gerard van den Berg at Armadale Endurance EMERALDS February 2022	7/02/2022	WAM