

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

6:04.84	Sarah Carr at Armadale Endurance EMERALDS LC September 2021	1/09/2021	WAM
5:50.72 **	Alexandra Holt at Armadale Endurance LC May 2022	1/05/2022	WAM

Female 35-39 400 Breast

7:14.07	Sarah Carr at Armadale Endurance LC September	1/09/2021	WAM
7:11.64 **	Alexandra Holt at Armadale Endurance LC May 2022	1/05/2022	WAM

Female 35-39 1500 Breast

29:40.60	Sarah Carr at Armadale Endurance LC July 2021	31/07/2021	WAM
29:16.70 **	Alexandra Holt at Armadale Endurance LC May 2022	1/05/2022	WAM

Male 75-79 1500 Breast

45:00.00	Vacant	1/04/2022	WAM
44:38.26 **	Hans Vosbergen at Armadale Endurance LC April 2022	1/04/2022	WAM