

**Armadale Masters Swimming****Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 40-44 400 IM**

10:47.52	Vanessa Toop at Armadale Endurance LC January 2022	9/01/2022	WAM
10:04.28 **	Megan Webster at Armadale Endurance EMERALDS October 2022	3/10/2022	WAM

**Male 35-39 400 Free**

6:20.22	Shaun Williams at Armadale Endurance LC EMERALDS April 2021	1/04/2021	WAM
6:12.82 **	Shaun Williams at Armadale Endurance EMERALDS October 2022	3/10/2022	WAM

**Male 35-39 400 IM**

9:24.82	Luke Ormerod at Armadale Endurance EMERALDS June 2022	8/06/2022	WAM
9:10.31 **	Luke Ormerod at Armadale Endurance EMERALDS October 2022	3/10/2022	WAM