

Armadale Masters Swimming**Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 40-44 800 Back**

14:38.20	Gillian Caruso at Armadale Aerobics 2009	11/04/2009	WAM
14:31.90 **	Sarah Carr at Armadale Endurance LC February	1/02/2023	WAM

Female 40-44 800 Breast

17:52.65	Zita Badger at Amadale Aerobics 2013	14/02/2013	WAM
15:58.55 **	Sarah Carr at Armadale Endurance LC February	1/02/2023	WAM

Female 40-44 400 IM

10:04.28	Megan Webster at Armadale Endurance EMERALDS October 2022	3/10/2022	WAM
7:06.96 **	Sarah Carr at Armadale Endurance LC February	1/02/2023	WAM
8:34.39	Megan Webster at Armadale Endurance LC February	1/02/2023	WAM

Female 45-49 400 Breast

8:24.30	Peta Woodland at Armadale Endurance LC 2020	16/01/2020	WAM
8:22.27 **	Nicole Badani at Armadale Endurance LC February	1/02/2023	WAM

Female 45-49 400 IM

8:00.00	Vacant	1/02/2023	WAM
7:36.50 **	Nicole Badani at Armadale Endurance LC February	1/02/2023	WAM