

## Armadale Masters Swimming

### Individual Records Report for Armadale-S

#### Armadale Masters Swimming [WAM]

##### Female 40-44 400 Free

<b>6:33.63</b>	<b>Gillian Caruso at Armadale Aerobics 2012</b>	<b>19/07/2012</b>	<b>WAM</b>
5:56.73 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 40-44 400 Back

<b>6:49.62</b>	<b>Gillian Caruso at Armadale Aerobics 2009</b>	<b>3/10/2009</b>	<b>WAM</b>
6:21.48 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 40-44 400 Breast

<b>8:25.74</b>	<b>Gillian Caruso at Armadale Club Championships 5 2009</b>	<b>12/09/2009</b>	<b>WAM</b>
7:18.59 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 40-44 800 Breast

<b>19:02.51</b>	<b>Natalie Metcalfe at Armadale Endurance SC 2000</b>	<b>13/08/2020</b>	<b>WAM</b>
14:56.26 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 40-44 1500 Breast

<b>29:00.00</b>	<b>Vacant</b>	<b>1/06/2023</b>	<b>WAM</b>
28:06.17 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 40-44 400 Fly

<b>8:00.00</b>	<b>Vacant</b>	<b>1/06/2023</b>	<b>WAM</b>
7:34.49 **	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 45-49 800 Back

<b>14:10.90</b>	<b>Gillian Caruso at Armadale Aerobics 2015</b>	<b>22/09/2015</b>	<b>WAM</b>
14:07.00 **	Nicole Badani at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 45-49 400 IM

<b>8:00.00</b>	<b>Vacant</b>	<b>1/06/2023</b>	<b>WAM</b>
7:27.44 **	Nicole Badani at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Female 55-59 800 Back

<b>26:00.00</b>	<b>Vacant</b>	<b>1/06/2023</b>	<b>WAM</b>
25:29.00 **	Tara Le Flohic at Armadale Endurance SC June 2023	1/06/2023	WAM

##### Male 70-74 800 Breast

<b>19:00.00</b>	<b>Vacant</b>	<b>1/06/2023</b>	<b>WAM</b>
18:00.96 **	Charles Croft at Armadale Endurance SC June 2023	1/06/2023	WAM