

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

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

Female 40-44 400 Back

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

Female 40-44 400 Breast

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

Female 40-44 800 Breast

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

Female 40-44 1500 Breast

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

Female 40-44 400 Fly

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

Female 45-49 800 Back

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

Female 45-49 400 IM

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

Female 55-59 800 Back

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

Male 70-74 800 Breast

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