

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

7:58.89	Sarah Carr at Armadale Endurance LC October 2023	1/10/2023	WAM
7:56.82 **	Sarah Carr at Armadale Endurance LC January 2024	1/01/2024	WAM

**Male 55-59 400 IM**

9:30.00	Vacant	1/12/2023	WAM
9:07.00 **	Marcel Weijers at Armadale Endurance LC January 2024	1/01/2024	WAM

**Male 75-79 400 Free**

9:13.60	Stanley Brandwood at Armadale Aerobics 2012	21/04/2012	WAM
8:45.65 **	Flettes Falconer at Armadale Endurance LC January 2024	1/01/2024	WAM