

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

6:45.46	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM
6:44.59 **	Sarah Carr at Armadale Endurance LC February 2024	1/02/2024	WAM

Female 40-44 800 Breast

15:22.84	Sarah Carr at Armadale Endurance LC June 2023	1/06/2023	WAM
15:15.30 **	Sarah Carr at Armadale Endurance LC February 2024	1/02/2024	WAM

Female 40-44 400 IM

6:55.24	Sarah Carr at Armadale Endurance LC May 2023	1/05/2023	WAM
6:52.69 **	Sarah Carr at Armadale Endurance LC February 2024	1/02/2024	WAM
20:00.00	Vacant	1/02/2024	WAM

19:30.66 **	Marcel Weijers at Armadale Endurance LC February 2024	1/02/2024	WAM
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