

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

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|------------|--|-----------|-----|
| 7:56.82 | Sarah Carr at Armadale Endurance LC January 2024 | 1/01/2024 | WAM |
| 7:39.83 ** | Sarah Carr at Armadale Endurance LC April 2024 | 1/04/2024 | WAM |

Female 40-44 800 IM

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| 14:19.12 | Sarah Carr at Armadale Endurance LC June 2023 | 1/06/2023 | WAM |
| 14:08.40 ** | Sarah Carr at Armadale Endurance LC April 2024 | 1/04/2024 | WAM |

Female 45-49 400 Fly

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| 9:43.03 | Megan Webster at Armadale Endurance LC March 2024 | 1/03/2024 | WAM |
| 9:09.31 ** | Megan Webster at Armadale Endurance LC April 2024 | 1/04/2024 | WAM |

Female 45-49 800 Fly

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| 19:00.00 | Vacant | 1/04/2024 | WAM |
| 18:49.81 ** | Megan Webster at Armadale Endurance LC April 2024 | 1/04/2024 | WAM |