

**Armadale Masters Swimming****Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 40-44 800 Free**

<b>13:04.15</b>	<b>Sarah Carr at Armadale Endurance LC June 2023</b>	<b>1/06/2023</b>	<b>WAM</b>
12:49.35 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 40-44 1500 Free**

<b>24:53.06</b>	<b>Sarah Carr at Armadale Endurance LC March 2023</b>	<b>1/03/2023</b>	<b>WAM</b>
24:15.20 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 40-44 400 Breast**

<b>7:23.67</b>	<b>Sarah Carr at Armadale Endurance LC May 2023</b>	<b>1/05/2023</b>	<b>WAM</b>
7:22.06 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 40-44 800 Breast**

<b>15:15.30</b>	<b>Sarah Carr at Armadale Endurance LC February 2024</b>	<b>1/02/2024</b>	<b>WAM</b>
14:59.24 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 40-44 1500 Breast**

<b>29:27.45</b>	<b>Sarah Carr at Armadale Endurance LC March 2023</b>	<b>1/03/2023</b>	<b>WAM</b>
28:30.09 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 40-44 800 Fly**

<b>16:31.17</b>	<b>Sarah Carr at Armadale Endurance LC May 2024</b>	<b>1/05/2024</b>	<b>WAM</b>
16:26.19 **	Sarah Carr at Armadale Endurance LC August 2024	1/08/2024	WAM

**Female 45-49 400 Free**

<b>6:46.97</b>	<b>Gillian Caruso at Armadale Aerobics 2015</b>	<b>22/12/2015</b>	<b>WAM</b>
6:43.58 **	Megan Webster at Armadale Endurance LC August 2024	1/08/2024	WAM

**Male 55-59 1500 Free**

<b>25:11.73</b>	<b>Graham Cragg at Armadale Aerobics 2011</b>	<b>9/01/2011</b>	<b>WAM</b>
24:52.66 **	Marcel Weijers at Armadale Endurance LC August 2024	1/08/2024	WAM