

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

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|------------|---|-----------|-----|
| 6:04.90 | Sarah Carr at Armadale Endurance LC May 2023 | 1/05/2023 | WAM |
| 6:02.47 ** | Sarah Carr at Armadale Endurance LC December 2024 | 1/12/2024 | WAM |

Female 45-49 400 Free

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| 6:37.57 | Megan Webster at Armadale Endurance LC November 2024 | 1/11/2024 | WAM |
| 6:30.13 ** | Megan Webster at Armadale Endurance LC December 2024 | 1/12/2024 | WAM |

Female 45-49 800 Free

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|-------------|--|-----------|-----|
| 13:19.01 | Megan Webster at Armadale Endurance LC November 2024 | 1/11/2024 | WAM |
| 13:08.77 ** | Megan Webster at Armadale Endurance LC December 2024 | 1/12/2024 | WAM |