

**Armadale Masters Swimming****Individual Records Report for Armadale-L**

Armadale Masters Swimming [WAM] Coach: Heather Croft

**Female 30-34 50 Fly**

39.75	Rowena Burch at Stadium Masters LL Club Challenge 2015	20/09/2015	WAM
38.85 **	Rowena Burch at Armadale Club Championships 7 2015	17/10/2015	WAM

**Female 45-49 200 Free**

3:14.64	Gillian Caruso at Newman Churchlands Interclub 2013	3/02/2013	WAM
3:08.52 **	Gillian Caruso at Armadale Club Championships 7 2015	17/10/2015	WAM

**Female 70-74 200 Breast**

7:31.48	Yvonne Lovegrove at Armadale Club Championships 2 2011	2/04/2011	WAM
6:00.16 **	Maria Plant at Armadale Club Championships 7 2015	17/10/2015	WAM