

**Armadale Masters Swimming****Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 40-44 50 Free**

37.09	Gillian Caruso at Newman Churchlands BACC 2011	20/02/2011	WAM
36.96 **	Megan Webster at Armadale Club Championships 1 2023	4/02/2023	WAM

**Female 60-64 50 Free**

45.65	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	6/03/2015	WAM
44.28 **	Michelle Byers at Armadale Club Championships 1 2023	4/02/2023	WAM

**Female 75-79 200 Free**

5:37.02	Maria Plant at Club Championships 3 2019	6/04/2019	WAM
4:38.32 **	Elizabeth Dunn at Armadale Club Championships 1 2023	4/02/2023	WAM