

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

8:11.16	Sarah Carr at Armadale Endurance LC April 2023	1/04/2023	WAM
8:07.46 **	Sarah Carr at Armadale Endurance LC October 2023	1/10/2023	WAM

Female 45-49 800 Breast

17:49.78	Zita Badger at Armadale Aerobics 2014	16/01/2014	WAM
16:53.64 **	Nicole Badani at Armadale Endurance LC October 2023	1/10/2023	WAM

Male 50-54 50 Fly

43.13	Gregory Frey at Newman Churchlands BACC 2012	12/02/2012	WAM
38.79 **	Wayne Sams-Hayes at Armadale Club Championships 10 2023	4/11/2023	WAM

Male 50-54 200 IM

3:29.71	Gregory Frey at Armadale Club Championships 2 2011	2/04/2011	WAM
3:27.83 **	Wayne Sams-Hayes at Armadale Club Championships 10 2023	4/11/2023	WAM

Male 75-79 100 Breast

2:19.81	Hans Vosbergen at Armadale Club Championships 2 2022	12/03/2022	WAM
2:19.35 **	Hans Vosbergen at Armadale Club Championships 9 2023	7/10/2023	WAM