

**Armadale Masters Swimming****Individual Records Report for Armadale-L****Armadale Masters Swimming [WAM]****Female 30-34 200 Breast**

|                |   |                  |            |
|----------------|---|------------------|------------|
| <b>3:19.33</b> | <b>Alexandra Holt at Armadale Club Championships 9 2019</b> | <b>6/10/2019</b> | <b>WAM</b> |
| 3:17.02 **     | Natalie Upson at Armadale Club Championships 3 2024         | 6/04/2024        | WAM        |

**Female 30-34 50 Fly**

|              |   |                   |            |
|--------------|---|-------------------|------------|
| <b>38.43</b> | <b>Rowens Burch at Armadale Club Championships 9 2016</b> | <b>22/10/2016</b> | <b>WAM</b> |
| 37.78 **     | Natalie Upson at Armadale Club Championships 3 2024       | 6/04/2024         | WAM        |

**Female 65-69 200 Back**

|                |   |                  |            |
|----------------|---|------------------|------------|
| <b>9:22.25</b> | <b>Jennifer Findlay at Armadale Club Championships 1 2024</b> | <b>3/02/2024</b> | <b>WAM</b> |
| 6:13.56 **     | Yvonne Hunt at Armadale Club Championships 3 2024             | 6/04/2024        | WAM        |

**Female 75-79 200 Free**

|                |   |                  |            |
|----------------|---|------------------|------------|
| <b>4:35.85</b> | <b>Elizabeth Dunn at Armadale Club Championships 1 2024</b> | <b>3/02/2024</b> | <b>WAM</b> |
| 4:34.39 **     | Elizabeth Dunn at Armadale Club Championships 3 2024        | 6/04/2024        | WAM        |

**Male 75-79 200 Back**

|                |   |                  |            |
|----------------|---|------------------|------------|
| <b>5:37.67</b> | <b>Hans Vosbergen at Armadale Club Championships 9 2022</b> | <b>1/10/2022</b> | <b>WAM</b> |
| 5:16.60 **     | Fettes Falconer at Armadale Club Championships 3 2024       | 6/04/2024        | WAM        |