

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

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

**Female 30-34 50 Fly**

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

**Female 65-69 200 Back**

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

**Female 75-79 200 Free**

4:35.85	Elizabeth Dunn at Armadale Club Championships 1 2024	3/02/2024	WAM
4:34.39 **	Elizabeth Dunn at Armadale Club Championships 3 2024	6/04/2024	WAM
5:37.67	Hans Vosbergen at Armadale Club Championships 9 2022	1/10/2022	WAM
5:16.60 **	Fettes Falconer at Armadale Club Championships 3 2024	6/04/2024	WAM