

**Armadale Masters Swimming****Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 30-34 50 Breast**

43.68		Rowena Burch at 40th MSA National Championships 2015	8/04/2015	WAM
41.20	**	Natalie Upson at Armadale Club Championships 4 2024	4/05/2024	WAM

**Female 40-44 100 Free**

1:22.60		Gillian Caruso at Armadale Club Championships 4 2010	28/08/2010	WAM
1:09.19	**	Sarah Carr at Armadale Club Championships 4 2024	4/05/2024	WAM

**Female 40-44 25 Breast**

18.30		Sarah Carr at Armadale Club Championships 5 2023	3/06/2023	WAM
18.19	**	Sarah Carr at Armadale Club Championships 4 2024	4/05/2024	WAM

**Male 50-54 100 IM**

1:28.06		Gregory Frey at Osborne Park BACC 27.11.11	27/11/2011	WAM
1:25.35	**	Wayne Sams-Hayes at Armadale Club Championships 4 2024	4/05/2024	WAM

**Male 75-79 100 IM**

2:12.30		Fettes Falconer at Armadale Club Championships 5 2022	4/06/2022	WAM
2:12.28	**	Fettes Falconer at Armadale Club Championships 4 2024	4/05/2024	WAM