

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