

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

34.35	Rowena Burch at Armadale Club Championships 3 2015	6/06/2015	WAM
33.43 **	Natalie Upson at Armadale Club Championships 6 2024	6/07/2024	WAM

**Female 30-34 100 Back**

1:24.20	Rowena Burch at Armadale Club Championships 6 2016	6/08/2016	WAM
1:21.68 **	Natalie Upson at Armadale Club Championships 6 2024	6/07/2024	WAM

**Female 30-34 25 Breast**

20.07	Alexandra Holt at Eastern Hills Club Challenge	8/11/2019	WAM
18.79 **	Natalie Upson at Armadale Club Championships 6 2024	6/07/2024	WAM

**Female 40-44 50 Fly**

41.76	Gillian Caruso at Armadale Club Championships 2 2010	26/06/2010	WAM
35.63 **	Sarah Carr at Armadale Club Championships 6 2024	6/07/2024	WAM

**Female 40-44 100 IM**

1:33.22	Gillian Caruso at Mandurah BACC 2010	13/06/2010	WAM
1:18.43 **	Sarah Carr at Armadale Club Championships 6 2024	6/07/2024	WAM

**Female 45-49 50 Free**

37.19	Gillian Caruso at Armadale Club Championships 5 2014	7/06/2014	WAM
36.27 **	Megan Webster at Armadale Club Championships 6 2024	6/07/2024	WAM

**Male 70-74 50 Free**

36.53	Flettes Falconer at Mandurah Masters Livelighter Club Challenge	2/04/2017	WAM
36.30 **	Graham Hicks at Armadale Club Championships 6 2024	6/07/2024	WAM

**Male 75-79 100 IM**

2:12.28	Flettes Falconer at Armadale Club Championships 4 2024	4/05/2024	WAM
2:09.40 **	Flettes Falconer at Armadale Club Championships 6 2024	6/07/2024	WAM