

**Armadale Masters Swimming**

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

<b>3:01.10</b>		<b>Rowena Burch at Armadale Club Championships 8 2016</b>	<b>1/10/2016</b>	<b>WAM</b>
2:55.73	**	Natalie Upson at Armadale Club Championships 4 2025	10/05/2025	WAM

**Female 45-49 25 Free**

<b>16.18</b>		<b>Megan Webster at Golden Groper State Relay Carnival 2024</b>	<b>18/08/2024</b>	<b>WAM</b>
16.08	**	Megan Webster at Armadale Club Championships 4 2025	10/05/2025	WAM

**Male 70-74 200 Back**

<b>4:00.05</b>		<b>Graham Hicks at Armadale Club Championships 8 2024</b>	<b>7/09/2024</b>	<b>WAM</b>
3:56.98	**	Graham Hicks at Armadale Club Championships 4 2025	10/05/2025	WAM