

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

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

Female 45-49 25 Free

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

Male 70-74 200 Back

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