

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

39.86	Natalie Upson at Masters Swimming WA State Championships	20/04/2024	WAM
38.33 **	Natalie Upson at MSQ State LC Championships 2025	6/11/2025	WAM

Female 30-34 100 Breast

1:28.34	Natalie Upson at 2024 ABCCC Riverton Masters	14/07/2024	WAM
1:25.81 **	Natalie Upson at MSQ State LC Championships 2025	6/11/2025	WAM

Female 30-34 200 Breast

3:08.49	Natalie Upson at 2024 ABCCC Riverton Masters	14/07/2024	WAM
3:08.13 **	Natalie Upson at MSQ State LC Championships 2025	6/11/2025	WAM

Female 30-34 400 Breast

6:46.93	Alexandra Holt at Armadale Endurance LC 2019	21/11/2019	WAM
6:39.87 **	Natalie Upson at MSQ State LC Championships 2025	6/11/2025	WAM

Female 30-34 200 IM

2:52.58	Natalie Upson at Masters Swimming WA State Championships	3/05/2025	WAM
2:51.21 **	Natalie Upson at MSQ State LC Championships 2025	6/11/2025	WAM