

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Female

12-15	200 Free Relay	2:33.42	31-Jan-10	WAM	Catriona Adams, Heather Adams, Nicole Badani, Gillian Caruso
16-19	200 Free Relay	2:51.30	12-Feb-12	WAM	Gillian Caruso, Liz Dunn, Heather Jeps, Jacqueline Briggs
	200 Medley Relay	3:07.78	5-Apr-09	WAM	Nicole Badani, Heather Croft, Gillian Caruso, Pam Badani
18-24	50 Free	32.32	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	200 Free	2:37.38	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	400 Free	7:30.67	25-Feb-12	WAM	Jacqueline Briggs at Armadale Virtual Aerobics 2012
	800 Free	15:14.74	17-Apr-11	WAM	Jacqueline Briggs at Armadale Aerobics 2011
	50 Back	37.43	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	100 Back	1:21.45	22-Aug-10	WAM	Catriona Adams at Maida Vale - Belmont BACC 2010
	50 Breast	57.62	22-Aug-10	WAM	Helen Rossi at Maida Vale - Belmont BACC 2010
50 Fly	51.36	20-Feb-11	WAM	Jacqueline Briggs at Newman Churchlands BACC 2011	
20-23	200 Free Relay	3:06.19	20-Feb-11	WAM	Liz Dunn, Heather Croft, Linda Cragg, Gillian Caruso
	200 Medley Relay	3:51.80	1-Apr-12	WAM	Gillian Caruso, Lexie Rankin, Heather Jeps, Maria Plant
30-34	50 Free	35.56	31-Jan-10	WAM	Nicole Badani at Newman Churchlands BACC 2010
	100 Free	1:22.14	9-Oct-10	WAM	Nicole Badani at Alice Springs Masters Games 2010
	200 Free	10:00.00	14-Apr-12	WAM	Vacant
	400 Free	7:07.64	26-Feb-11	WAM	Maree Lim at Armadale Virtual Aerobics 2011
	800 Free	14:23.42	10-Jan-13	WAM	Tania O'sheehan at Armadale Aerobics 2013
	50 Back	42.41	31-Jan-10	WAM	Nicole Badani at Newman Churchlands BACC 2010
	100 Back	1:31.00	9-Oct-10	WAM	Nicole Badani at Alice Springs Masters Games 2010
	200 Back	3:17.47	9-Oct-10	WAM	Nicole Badani at Alice Springs Masters Games 2010
	400 Back	8:15.72	10-Jan-13	WAM	Tania O'sheehan at Armadale Aerobics 2013
	100 Breast	1:46.48	3-Nov-12	WAM	Maree Lim at Armadale Club championships 10 2012
35-39	50 Free	46.21	22-Aug-10	WAM	Heather Jeps at Maida Vale - Belmont BACC 2010
	400 Free	10:07.15	26-Feb-11	WAM	Michelle Hollamby at Armadale Virtual Aerobics 2011
	1500 Free	42:09.24	17-Feb-08	WAM	Michelle Hollamby at Armadale Aerobics 2008
	50 Back	59.45	22-Aug-10	WAM	Heather Jeps at Maida Vale - Belmont BACC 2010
	50 Breast	53.19	22-Aug-10	WAM	Heather Jeps at Maida Vale - Belmont BACC 2010
	400 Breast	9:53.70	26-Feb-11	WAM	Michelle Hollamby at Armadale Virtual Aerobics 2011
	800 Breast	17:49.45	11-Apr-09	WAM	Michelle Hollamby at Armadale Aerobics 2009
	1500 Breast	39:25.86	13-Jan-08	WAM	Michelle Hollamby at Armadale Aerobics 2008
200 IM	4:31.17	2-Apr-11	WAM	Michelle Hollamby at Armadale Club Championships 2 2011	
40-44	50 Free	37.09	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
	100 Free	1:30.31	3-Nov-12	WAM	Gillian Caruso at Armadale Club championships 10 2012
	200 Free	3:05.46	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
	400 Free	6:28.02	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions
	800 Free	13:24.91	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions
	1500 Free	26:59.55	8-Jan-12	WAM	Gillian Caruso at Armadale Aerobics 2012
	50 Back	41.14	5-Apr-09	WAM	Gillian Caruso at Melville BACC 2009
	100 Back	1:30.43	16-May-09	WAM	Gillian Caruso at State Championships 2009
	200 Back	3:14.37	16-May-09	WAM	Gillian Caruso at State Championships 2009
	400 Back	7:17.60	15-Nov-12	WAM	Gillian Caruso at Armadale Aerobics 2012
	800 Back	14:38.20	11-Apr-09	WAM	Gillian Caruso at Armadale Aerobics 2009
	1500 Back	28:08.11	18-Feb-12	WAM	Gillian Caruso at Armadale Aerobics 2012
	50 Breast	50.25	26-Apr-11	WAM	Heather Jeps at Masters Swimming Australia National Champions
	100 Breast	1:55.70	12-Feb-12	WAM	Heather Jeps at Newman Churchlands BACC 2012
	200 Breast	4:09.95	11-Feb-12	WAM	Heather Jeps at Armadale Club Championships 1 2012
	400 Breast	8:50.76	27-Nov-12	WAM	Zita Badger at Armadale Aerobics 2012

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40-44	800 Breast	18:05.82	20-Dec-12	WAM	Zita Badger at Armadale Aerobics 2012
	50 Fly	42.58	11-Sep-11	WAM	Gillian Caruso at Stadium Snappers BACC 11 Sep 2011
	200 IM	3:32.81	16-Nov-08	WAM	Gillian Caruso at Somerset BACC 2008
45-49	400 Free	10:00.00	26-Feb-11	WAM	Kimberley Flatt at Armadale Virtual Aerobics 2011
	800 Free	14:08.94	29-Jan-13	WAM	Gillian Caruso at Armadale Aerobics 2013
	1500 Free	28:01.19	27-Jan-13	WAM	Gillian Caruso at Armadale Aerobics 2013
	400 Back	7:20.23	29-Jan-13	WAM	Gillian Caruso at Armadale Aerobics 2013
	800 Back	15:19.38	10-Jan-13	WAM	Gillian Caruso at Armadale Aerobics 2013
	400 Breast	10:14.51	26-Feb-11	WAM	Kimberley Flatt at Armadale Virtual Aerobics 2011
50-54	50 Free	43.41	22-Aug-10	WAM	Linda Cragg at Maida Vale - Belmont BACC 2010
	100 Free	2:09.85	3-Mar-12	WAM	Jannette Edwards at Armadale Club Championships 2 2012
	200 Free	3:21.51	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008
	400 Free	6:59.14	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008
	800 Free	17:53.16	11-Apr-09	WAM	Anne O'Mara at Armadale Aerobics 2009
	1500 Free	41:52.33	8-Jan-12	WAM	Jannette Edwards at Armadale Aerobics 2012
	50 Back	1:02.59	11-Sep-11	WAM	Katja Cappadona at Stadium Snappers BACC 11 Sep 2011
	100 Back	5:00.00	3-Mar-12	WAM	Vacant
	50 Breast	51.41	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008
	100 Breast	1:55.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008
	200 Breast	4:06.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008
	400 Breast	9:10.71	4-Nov-10	WAM	Linda Cragg at Armadale Aerobics
	800 Breast	19:24.97	11-Apr-09	WAM	Yvonne Hunt at Armadale Aerobics 2009
	1500 Breast	37:50.26	17-Feb-08	WAM	Yvonne Hunt at Armadale Aerobics 2008
	55-59	50 Free	42.03	11-Sep-11	WAM
100 Free		1:32.50	3-Mar-12	WAM	Linda Cragg at Armadale Club Championships 2 2012
200 Free		3:32.79	20-Feb-11	WAM	Heather Adams at Newman Churchlands BACC 2011
400 Free		7:43.13	20-Mar-11	WAM	Linda Cragg at Armadale Aerobics 2011
800 Free		17:23.95	17-Apr-11	WAM	Heather Croft at Armadale Aerobics 2011
50 Back		1:04.70	11-Sep-11	WAM	Heather Croft at Stadium Snappers BACC 11 Sep 2011
100 Back		2:24.90	3-Nov-12	WAM	Yvonne Hunt at Armadale Club championships 10 2012
200 Back		5:31.04	2-Apr-11	WAM	Yvonne Hunt at Armadale Club Championships 2 2011
50 Breast		53.99	5-Nov-11	WAM	Linda Cragg at Armadale Club championships 9 2011
100 Breast		2:00.11	3-Nov-12	WAM	Linda Cragg at Armadale Club championships 10 2012
200 Breast		4:10.71	3-Dec-11	WAM	Linda Cragg at Armadale Club Championships 10 2011
400 Breast		8:57.16	24-Nov-11	WAM	Linda Cragg at Armadale Aerobics 2011
800 Breast		19:40.45	2-Nov-10	WAM	Yvonne Hunt at Armadale Aerobics
60-64		50 Free	49.28	31-Jan-10	WAM
	100 Free	1:53.86	3-Mar-12	WAM	Liz Dunn at Armadale Club Championships 2 2012
	200 Free	3:48.88	31-Jan-10	WAM	Liz Dunn at Newman Churchlands BACC 2010
	400 Free	8:21.93	15-Nov-09	WAM	Liz Dunn at Armadale Aerobics 2009
	800 Free	16:43.26	22-Nov-09	WAM	Liz Dunn at Armadale Aerobics 2009
	1500 Free	32:44.20	19-Dec-10	WAM	Liz Dunn at Armadale Aerobics 2010
	50 Back	1:02.29	12-Feb-12	WAM	Heather Croft at Newman Churchlands BACC 2012
	50 Breast	1:11.66	5-Mar-11	WAM	Liz Dunn at Armadale Club Championships 1 2011
	100 Breast	2:38.15	3-Mar-12	WAM	Liz Dunn at Armadale Club Championships 2 2012
65-69	50 Free	43.36	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	100 Free	1:42.91	5-Apr-09	WAM	Pam Badani at Melville BACC 2009
	200 Free	4:44.04	20-Feb-11	WAM	Maria Plant at Newman Churchlands BACC 2011
	400 Free	10:21.52	27-Nov-12	WAM	Maria Plant at Armadale Aerobics 2012
	800 Free	20:00.85	20-Dec-12	WAM	Maria Plant at Armadale Aerobics 2012
	1500 Free	33:15.26	13-Jan-08	WAM	Pam Badani at Armadale Aerobics 2008

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65-69	50 Back	59.15	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	50 Breast	1:08.50	16-Nov-08	WAM	Pam Badani at Somerset BACC 2008
	100 Breast	2:30.28	20-Feb-11	WAM	Maria Plant at Newman Churchlands BACC 2011
	200 Breast	5:18.42	2-Apr-11	WAM	Maria Plant at Armadale Club Championships 2 2011
	400 Breast	11:38.65	25-Feb-12	WAM	Maria Plant at Armadale Virtual Aerobics 2012
	1500 Breast	45:07.66	23-Mar-08	WAM	Pam Badani at Armadale Aerobics 2008
70-74	50 Free	1:04.22	1-Apr-12	WAM	Lexie Rankin at Melville BACC 2012
	100 Free	2:24.85	5-Apr-09	WAM	Lexie Rankin at Melville BACC 2009
	200 Free	5:30.80	14-Apr-12	WAM	Lexie Rankin at Armadale Club Championships 3 2012
	400 Free	9:57.46	10-Jan-13	WAM	Maria Plant at Armadale Aerobics 2013
	800 Free	20:50.70	29-Jan-13	WAM	Maria Plant at Armadale Aerobics 2013
	50 Breast	1:13.99	1-Apr-12	WAM	Lexie Rankin at Melville BACC 2012
	100 Breast	2:50.02	3-Nov-12	WAM	Lexie Rankin at Armadale Club championships 10 2012
	200 Breast	7:31.48	2-Apr-11	WAM	Yvonne Lovegrove at Armadale Club Championships 2 2011
	400 Breast	11:41.06	10-Jan-13	WAM	Maria Plant at Armadale Aerobics 2013

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Male

20-23	200 Free Relay	2:17.93	12-Feb-12	WAM	Fettes Falconer, Charles Croft, Gregory Frey, Graham Hicks
	200 Medley Relay	3:07.74	16-Nov-08	WAM	Graham Hicks, Craig Bean, Fettes Falconer, Jeff Sanders
35-39	50 Free	30.74	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	100 Free	1:09.28	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	200 Free	2:55.88	20-Jul-08	WAM	Craig Bean at Maida Vale - Belmont BACC 2008
	1500 Free	32:04.54	27-Jan-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	50 Back	41.97	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	50 Breast	42.53	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	100 Breast	1:35.92	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	800 Breast	17:13.72	29-Jan-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
40-44	50 Free	34.21	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011
	100 Free	1:22.68	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Free	3:27.40	5-Nov-11	WAM	Colin Gibson at Armadale Club championships 9 2011
	400 Free	7:30.07	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
	800 Free	15:38.95	17-Apr-11	WAM	Colin Gibson at Armadale Aerobics 2011
	1500 Free	34:31.17	23-Mar-08	WAM	Paul Evans at Armadale Aerobics 2008
	50 Back	56.04	5-Nov-11	WAM	Colin Gibson at Armadale Club championships 9 2011
	200 Back	4:33.05	2-Apr-11	WAM	Colin Gibson at Armadale Club Championships 2 2011
	50 Breast	55.20	14-Apr-12	WAM	Simon Stiles at Armadale Club Championships 3 2012
	100 Breast	1:49.93	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Breast	3:54.25	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011
	400 Breast	8:56.03	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
45-49	50 Free	36.91	31-Jan-10	WAM	John Moore at Newman Churchlands BACC 2010
	100 Free	1:34.24	5-Apr-09	WAM	Chris Millard at Melville BACC 2009
	200 Free	3:25.04	12-Feb-12	WAM	Colin Gibson at Newman Churchlands BACC 2012
	400 Free	7:38.32	29-Jan-13	WAM	Colin Gibson at Armadale Aerobics 2013
	800 Free	16:01.00	15-Nov-12	WAM	Colin Gibson at Armadale Aerobics 2012
	1500 Free	30:47.60	30-Oct-12	WAM	Colin Gibson at Armadale Aerobics 2012
	50 Back	57.41	12-Feb-12	WAM	Colin Gibson at Newman Churchlands BACC 2012
	200 Back	4:43.38	14-Apr-12	WAM	Colin Gibson at Armadale Club Championships 3 2012
	50 Breast	46.91	5-Apr-09	WAM	Chris Millard at Melville BACC 2009
	100 Breast	1:48.41	31-Jan-10	WAM	Chris Millard at Newman Churchlands BACC 2010
	200 Breast	4:02.27	5-Apr-09	WAM	Chris Millard at Melville BACC 2009
	400 Breast	10:34.22	18-Feb-12	WAM	Louw Anderson at Armadale Aerobics 2012
50-54	50 Free	32.77	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012
	100 Free	1:16.12	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012
	200 Free	2:50.28	5-Mar-11	WAM	Gregory Frey at Armadale Club Championships 1 2011
	400 Free	6:19.53	20-Dec-12	WAM	Gregory Frey at Armadale Aerobics 2012
	800 Free	13:10.92	20-Dec-12	WAM	Gregory Frey at Armadale Aerobics 2012
	1500 Free	25:07.73	8-Nov-11	WAM	Gregory Frey at Armadale Aerobics 2011
	50 Back	57.55	5-Nov-11	WAM	Ross Doherty at Armadale Club championships 9 2011
	100 Back	1:43.50	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012
	200 Back	4:33.90	3-Dec-11	WAM	Ross Doherty at Armadale Club Championships 10 2011
	50 Breast	46.49	14-Apr-12	WAM	Gregory Frey at Armadale Club Championships 3 2012
	100 Breast	1:38.70	17-Apr-08	WAM	Peter Escott at XII FINA WORLD MASTERS 2008
	200 Breast	4:05.18	11-Sep-11	WAM	Chris Millard at Stadium Snappers BACC 11 Sep 2011
	400 Breast	8:29.71	2-Nov-10	WAM	Gregory Frey at Armadale Aerobics
	800 Breast	18:19.09	29-Jan-13	WAM	Chris Millard at Armadale Aerobics 2013
	50 Fly	43.13	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012
	200 IM	3:29.71	2-Apr-11	WAM	Gregory Frey at Armadale Club Championships 2 2011

Armadale Masters Swimming

RECORDS Armadale Masters LC

55-59	50 Free	32.66	20-Feb-11	WAM	Graham Cragg at Newman Churchlands BACC 2011	
	100 Free	1:14.43	11-Sep-11	WAM	Graham Hicks at Stadium Snappers BACC 11 Sep 2011	
	200 Free	2:51.24	20-Feb-11	WAM	Graham Hicks at Newman Churchlands BACC 2011	
	400 Free	6:07.95	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Free	13:05.01	26-Feb-11	WAM	Graham Cragg at Armadale Virtual Aerobics 2011	
	1500 Free	25:11.73	9-Jan-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	50 Back	41.67	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Back	1:48.37	16-May-09	WAM	Graham Hicks at State Championships 2009	
	200 Back	3:46.00	3-Dec-11	WAM	Graham Hicks at Armadale Club Championships 10 2011	
	400 Back	7:34.84	26-Feb-11	WAM	Graham Cragg at Armadale Virtual Aerobics 2011	
	50 Breast	36.49	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Breast	1:24.45	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	200 Breast	3:07.62	2-Apr-11	WAM	Graham Cragg at Armadale Club Championships 2 2011	
	400 Breast	6:57.81	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Breast	13:37.33	26-Jun-11	WAM	Graham Cragg at Riverton 400 800 Meet	
	200 IM	3:22.99	3-Dec-11	WAM	Graham Cragg at Armadale Club Championships 10 2011	
	60-64	50 Free	33.27	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
		100 Free	1:16.09	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
		200 Free	2:55.50	12-Feb-12	WAM	Graham Hicks at Newman Churchlands BACC 2012
400 Free		6:29.60	21-Apr-12	WAM	Graham Hicks at Armadale Aerobics 2012	
800 Free		13:53.58	29-Apr-12	WAM	Graham Hicks at Armadale Aerobics 2012	
1500 Free		27:16.25	8-Jan-12	WAM	Graham Hicks at Armadale Aerobics 2012	
50 Back		46.14	12-Feb-12	WAM	Graham Hicks at Newman Churchlands BACC 2012	
100 Back		1:38.74	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012	
200 Back		4:18.21	11-Feb-12	WAM	Charles Croft at Armadale Club Championships 1 2012	
400 Back		8:24.11	18-Feb-12	WAM	Graham Hicks at Armadale Aerobics 2012	
50 Breast		44.37	26-Apr-11	WAM	Charles Croft at Masters Swimming Australia National Champions	
100 Breast		1:39.47	26-Apr-11	WAM	Charles Croft at Masters Swimming Australia National Champions	
200 Breast		3:41.99	26-Apr-11	WAM	Charles Croft at Masters Swimming Australia National Champions	
400 Breast		8:43.35	26-Feb-11	WAM	Charles Croft at Armadale Virtual Aerobics 2011	
800 Breast		17:59.44	27-Jan-13	WAM	Charles Croft at Armadale Aerobics 2013	
50 Fly		49.66	16-May-09	WAM	Fettes Falconer at State Championships 2009	
65-69		50 Free	35.85	4-Mar-12	WAM	Fettes Falconer at Masters Swimming WA State Championships
	100 Free	1:23.72	3-Mar-12	WAM	Fettes Falconer at Armadale Club Championships 2 2012	
	200 Free	3:08.58	4-Mar-12	WAM	Fettes Falconer at Masters Swimming WA State Championships	
	400 Free	7:13.81	11-Dec-12	WAM	Fettes Falconer at Armadale Aerobics 2012	
	800 Free	15:18.75	27-Nov-12	WAM	Fettes Falconer at Armadale Aerobics 2012	
	100 Back	2:03.16	3-Mar-12	WAM	Fettes Falconer at Armadale Club Championships 2 2012	
	50 Breast	1:01.40	11-Feb-12	WAM	Fettes Falconer at Armadale Club Championships 1 2012	
	100 Breast	2:24.06	3-Nov-12	WAM	Fettes Falconer at Armadale Club championships 10 2012	
	75-79	100 Free	1:58.66	3-Nov-12	WAM	Stanley Brandwood at Armadale Club championships 10 2012
400 Free		9:13.60	21-Apr-12	WAM	Stanley Brandwood at Armadale Aerobics 2012	
800 Free		19:11.30	18-Nov-12	WAM	Stanley Brandwood at Armadale Aerobics 2012	
1500 Free		36:51.17	27-Jan-13	WAM	Stanley Brandwood at Armadale Aerobics 2013	
100 Back		2:34.21	3-Nov-12	WAM	Stanley Brandwood at Armadale Club championships 10 2012	

Armadale Masters Swimming

RECORDS Armadale Masters LC**LC Meters-Mixed**

12-15	200 Free Relay	2:31.11	20-Jul-08	WAM	Nicole Badani, Ross Doherty, Gillian Caruso, Craig Bean
16-19	200 Medley Relay	2:52.06	20-Jul-08	WAM	Gillian, Charles Croft, Nicole Badani, Craig Bean
20-23	200 Free Relay	3:02.50	20-Jul-08	WAM	Jeff Sanders, Heather Croft, Pam Badani, Fettes Falconer
24-27	200 Free Relay	3:29.26	20-Jul-08	WAM	Charles Croft, Yvonne Lovegrove, Lexie Rankin, Graham Hicks
	200 Medley Relay	3:50.36	20-Jul-08	WAM	Ross Doherty, Lexie Rankin, Fettes Falconer, Pam Badani