

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Female

12-15	100 Medley Relay	1:15.43	1-May-10	WAM	Nicole Badani, Heather Adams, Catriona Adams, Gillian Adams
16-19	100 Free Relay	1:09.86	2-May-10	WAM	Catrions Adams, Nicole Badani, Mary Plant, Gillian Caruso
	100 Medley Relay	1:31.78	18-Aug-13	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Zita Badger
18-24	25 Free	16.32	14-Jul-12	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	50 Free	35.08	19-Jun-11	WAM	Jacqueline Briggs at Mandurah BACC 2011
	100 Free	1:08.34	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200 Free	3:12.44	2-Jul-11	WAM	Jacqueline Briggs at Armadale Club Championships 5 2011
	400 Free	5:42.99	9-May-13	WAM	Catriona Adams at Armadale Aerobics 2013
	800 Free	11:28.98	27-Apr-10	WAM	Catriona Adams at Armadale Aerobics 2010
	50 Back	35.46	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	100 Back	1:14.86	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	400 Back	6:02.66	9-May-13	WAM	Catriona Adams at Armadale Aerobics 2013
	100 Breast	2:06.62	31-Jul-10	WAM	Helen Rossi at Armadale Club Championships 3 2010
	200 Breast	4:25.95	14-Jul-12	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	25 Fly	20.58	1-Oct-11	WAM	Jacqueline Briggs at Armadale Club Championships 8 2011
	100 IM	1:16.17	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200 IM	2:44.85	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
20-23	100 Medley Relay	1:37.42	4-Jul-10	WAM	Linda Cragg, Lexie Rankin, Gillian Caruso, Liz Dunn
	200 Medley Relay	3:16.97	18-Aug-13	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Linda Cragg
24-27	100 Free Relay	1:41.84	18-Aug-13	WAM	Jannette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin
	100 Medley Relay	2:02.28	18-Aug-13	WAM	Jennette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin
25-29	50 Free	46.81	13-Jun-10	WAM	Claire Dowling at Mandurah BACC 2010
	100 Free	1:37.24	6-Jun-09	WAM	Jacinta Pleiter at Armadale Club Championships 2 2009
	400 Free	8:09.21	1-Aug-09	WAM	Jacinta Pleiter at Armadale Aerobics 2009
	50 Breast	50.91	13-Jun-10	WAM	Claire Dowling at Mandurah BACC 2010
	800 Breast	17:50.13	11-May-10	WAM	Claire Dowling at Armadale Aerobics 2010
30-34	50 Free	34.55	8-May-10	WAM	Nicole Badani at Club Championships 1 2010
	25 Back	19.10	5-Jul-09	WAM	Nicole Badani at Swan Hills BACC 2009
	50 Back	39.03	7-Apr-10	WAM	Nicole Badani at National Championships 2010
	100 Back	1:25.47	1-May-10	WAM	Nicole Badani at Masters Swimming WA State Championships 2010
	200 Back	3:10.20	7-Apr-10	WAM	Nicole Badani at National Championships 2010
	50 Breast	48.47	15-Jun-08	WAM	Nicole Badani at Mandurah BACC 2008
	400 Breast	7:52.44	13-Sep-08	WAM	Nicole Badani at Armadale Aerobics 2008
	25 Fly	18.31	5-Jul-09	WAM	Nicole Badani at Swan Hills BACC 2009
	100 IM	1:28.02	1-May-10	WAM	Nicole Badani at Masters Swimming WA State Championships 2010
35-39	50 Free	46.50	13-Jun-10	WAM	Heather Jeps at Mandurah BACC 2010
	100 Free	1:56.22	26-Jul-08	WAM	Michelle Hollamby at Armadale Club Championship 3 2008
	200 Free	4:15.48	28-Jun-08	WAM	Michelle Hollamby at Armadale Club Championship 2 2008
	400 Free	9:24.82	18-Jul-09	WAM	Michelle Hollamby at Armadale Aerobics 2009
	50 Breast	55.22	13-Jun-10	WAM	Heather Jeps at Mandurah BACC 2010
	100 Breast	1:59.44	13-Jun-10	WAM	Heather Jeps at Mandurah BACC 2010
	400 Breast	8:42.90	13-Sep-08	WAM	Michelle Hollamby at Armadale Aerobics 2008
800 Breast	18:07.87	22-Jul-08	WAM	Michelle Hollamby at Armadale Aerobics 2008	
40-44	25 Free	17.25	23-Aug-08	WAM	Gillian Caruso at State Championships 2008
	50 Free	36.63	13-Jun-10	WAM	Gillian Caruso at Mandurah BACC 2010
	100 Free	1:22.60	28-Aug-10	WAM	Gillian Caruso at Armadale Club Championships 4 2010

Armadale Masters Swimming

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40-44	200 Free	3:05.22	5-Jul-09	WAM	Gillian Caruso at Swan Hills BACC 2009	
	400 Free	6:33.63	19-Jul-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
	800 Free	13:11.41	19-May-11	WAM	Gillian Caruso at Armadale Aerobics 2011	
	25 Back	19.57	4-Jul-10	WAM	Gillian Caruso at Swan Hills BACC	
	50 Back	41.14	1-Jul-12	WAM	Gillian Caruso at Swan Hills BACC 2012	
	100 Back	1:29.25	4-Jul-10	WAM	Gillian Caruso at Swan Hills BACC	
	200 Back	3:11.38	4-Jul-10	WAM	Gillian Caruso at Swan Hills BACC	
	400 Back	6:49.62	3-Oct-09	WAM	Gillian Caruso at Armadale Aerobics 2009	
	800 Back	14:07.37	11-Aug-09	WAM	Gillian Caruso at Armadale Aerobics 2009	
	25 Breast	22.11	3-Aug-13	WAM	Heather Jeps at Armadale Club Championships 7 2013	
	50 Breast	49.97	24-Jun-12	WAM	Heather Jeps at Mandurah BACC 2012	
	100 Breast	1:50.72	19-Jun-11	WAM	Heather Jeps at Mandurah BACC 2011	
	200 Breast	4:00.18	1-Jul-12	WAM	Heather Jeps at Swan Hills BACC 2012	
	400 Breast	8:25.74	12-Sep-09	WAM	Gillian Caruso at Armadale Club Championships 5 2009	
	25 Fly	18.75	29-Nov-09	WAM	Gillian Caruso at Osborne park BACC 2009	
	50 Fly	41.76	26-Jun-10	WAM	Gillian Caruso at Armadale Club Championships 2 2010	
	100 IM	1:33.22	13-Jun-10	WAM	Gillian Caruso at Mandurah BACC 2010	
45-49	25 Free	16.81	6-Jul-13	WAM	Gillian Caruso at Armadale Club Championships 6 2013	
	50 Free	37.34	23-Jun-13	WAM	Gillian Caruso at Mandurah LLCC 23rd June	
	100 Free	2:03.80	26-Jun-10	WAM	Kimberley Flatt at Armadale Club Championships 2 2010	
	400 Free	6:39.92	18-Jul-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Free	13:44.00	30-Apr-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	50 Back	42.24	23-Jun-13	WAM	Gillian Caruso at Mandurah LLCC 23rd June	
	100 Back	1:33.48	8-Jun-13	WAM	Gillian Caruso at Armadale Club Championships 5 2013	
	200 Back	3:20.45	6-Jul-13	WAM	Gillian Caruso at Armadale Club Championships 6 2013	
	400 Back	7:01.26	30-Apr-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Back	14:34.60	9-May-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	25 Breast	24.86	8-Jun-13	WAM	Gillian Caruso at Armadale Club Championships 5 2013	
	50 Breast	58.28	26-Jun-10	WAM	Kimberley Flatt at Armadale Club Championships 2 2010	
	100 Breast	1:54.33	3-Aug-13	WAM	Gillian Caruso at Armadale Club Championships 7 2013	
	400 Breast	8:49.17	18-Jul-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Breast	18:16.43	30-Jul-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	25 Fly	19.63	3-Aug-13	WAM	Gillian Caruso at Armadale Club Championships 7 2013	
	50 Fly	43.89	3-Aug-13	WAM	Gillian Caruso at Armadale Club Championships 7 2013	
100 IM	1:36.40	23-Jun-13	WAM	Gillian Caruso at Mandurah LLCC 23rd June		
50-54	25 Free	23.52	6-Aug-11	WAM	Katja Cappadona at Armadale Club Championships 6 2011	
	50 Free	40.55	24-May-08	WAM	Heather Adams at Armadale Club Championship 1 2008	
	100 Free	1:33.59	13-Jun-10	WAM	Linda Cragg at Mandurah BACC 2010	
	200 Free	3:20.25	23-Aug-08	WAM	Heather Adams at State Championships 2008	
	400 Free	7:19.46	10-May-08	WAM	Heather Adams at Armadale Aerobics 2008	
	800 Free	15:05.81	28-Oct-08	WAM	Heather Adams at Armadale Aerobics 2008	
	25 Back	27.78	3-Sep-11	WAM	Katja Cappadona at Armadale Club Championships 7 2011	
	50 Back	1:00.89	6-Aug-11	WAM	Katja Cappadona at Armadale Club Championships 6 2011	
	100 Back	2:28.10	18-Sep-10	WAM	Helen Gray at Armadale Club Championships 5 2010	
	25 Breast	23.60	23-Aug-08	WAM	Heather Adams at State Championships 2008	
	50 Breast	52.60	23-Aug-08	WAM	Heather Adams at State Championships 2008	
	100 Breast	1:55.59	8-May-10	WAM	Linda Cragg at Club Championships 1 2010	
	200 Breast	4:09.85	23-Aug-08	WAM	Heather Adams at State Championships 2008	
	400 Breast	8:41.89	11-Sep-10	WAM	Linda Cragg at Armadale Aerobics 2010	
	800 Breast	17:51.99	11-May-10	WAM	Linda Cragg at Armadale Aerobics 2010	
	55-59	25 Free	18.58	3-Aug-13	WAM	Linda Cragg at Armadale Club Championships 7 2013
		50 Free	41.68	19-Jun-11	WAM	Linda Cragg at Mandurah BACC 2011
100 Free		1:34.90	24-Jun-12	WAM	Linda Cragg at Mandurah BACC 2012	

Armadale Masters Swimming

RECORDS Armadale Masters SC

55-59	200 Free	3:26.48	6-Oct-12	WAM	Linda Cragg at Armadale Club Championships 9 2012
	400 Free	7:38.31	28-Jun-11	WAM	Linda Cragg at Armadale Aerobics 2011
	800 Free	15:43.19	20-Jul-10	WAM	Heather Adams at Armadale Aerobics 2010
	25 Back	27.66	4-May-13	WAM	Linda Cragg at Armadale Club Championships 4 2013
	50 Back	1:00.86	8-Sep-12	WAM	Yvonne Hunt at Armadale Club Championships 8 2012
	100 Back	2:16.50	12-May-12	WAM	Yvonne Hunt at Armadale Club Championships 4 2012
	25 Breast	24.50	8-Sep-12	WAM	Linda Cragg at Armadale Club Championships 8 2012
	50 Breast	52.54	8-Sep-12	WAM	Linda Cragg at Armadale Club Championships 8 2012
	100 Breast	1:55.27	19-Jun-11	WAM	Linda Cragg at Mandurah BACC 2011
	200 Breast	4:07.39	1-Oct-11	WAM	Linda Cragg at Armadale Club Championships 8 2011
	400 Breast	8:41.80	26-Jul-11	WAM	Linda Cragg at Armadale Aerobics 2011
	800 Breast	17:55.17	29-Jun-10	WAM	Yvonne Hunt at Armadale Aerobics 2010
	25 Fly	25.10	6-Jul-13	WAM	Linda Cragg at Armadale Club Championships 6 2013
	100 IM	1:51.15	3-Aug-13	WAM	Linda Cragg at Armadale Club Championships 7 2013
60-64	25 Free	23.52	11-Aug-12	WAM	Liz Dunn at Armadale Club Championships 7 2012
	50 Free	48.62	4-Jul-10	WAM	Liz Dunn at Swan Hills BACC
	100 Free	1:43.16	4-Jul-10	WAM	Liz Dunn at Swan Hills BACC
	200 Free	3:54.11	2-Jul-11	WAM	Liz Dunn at Armadale Club Championships 5 2011
	400 Free	7:42.28	10-Jul-10	WAM	Liz Dunn at Armadale Aerobics 2010
	800 Free	15:47.91	29-Jun-10	WAM	Liz Dunn at Armadale Aerobics 2010
	25 Back	29.29	3-Aug-13	WAM	Heather Croft at Armadale Club Championships 7 2013
	25 Breast	26.61	11-Aug-12	WAM	Heather Croft at Armadale Club Championships 7 2012
	50 Breast	57.98	3-Aug-13	WAM	Heather Croft at Armadale Club Championships 7 2013
	100 Breast	2:26.05	3-Sep-11	WAM	Liz Dunn at Armadale Club Championships 7 2011
65-69	25 Free	19.82	23-Aug-08	WAM	Pam Badani at State Championships 2008
	50 Free	43.25	15-Jun-08	WAM	Pam Badani at Mandurah BACC 2008
	100 Free	1:41.32	25-Oct-08	WAM	Pam Badani at Armadale Club Championship 6 2008
	200 Free	3:49.58	28-Jun-08	WAM	Pam Badani at Armadale Club Championship 2 2008
	400 Free	7:57.05	26-Apr-08	WAM	Pam Badani at Armadale Club 400m 2008
	800 Free	16:17.54	22-Jul-08	WAM	Pam Badani at Armadale Aerobics 2008
	25 Back	28.94	6-Oct-12	WAM	Maria Plant at Armadale Club Championships 9 2012
	50 Back	57.51	25-Oct-08	WAM	Pam Badani at Armadale Club Championship 6 2008
	50 Breast	1:02.64	1-May-10	WAM	Mary Plant at Masters Swimming WA State Championships 2010
	100 Breast	2:16.04	8-May-10	WAM	Mary Plant at Club Championships 1 2010
	200 Breast	5:03.99	1-May-10	WAM	Mary Plant at Masters Swimming WA State Championships 2010
	400 Breast	10:38.35	14-Jun-08	WAM	Pam Badani at Armadale Aerobics 2008
	800 Breast	21:37.45	29-Jun-10	WAM	Maria Plant at Armadale Aerobics 2010
	70-74	25 Free	26.06	4-Jul-10	WAM
50 Free		58.43	5-Jul-09	WAM	Lexie Rankin at Swan Hills BACC 2009
100 Free		2:01.02	4-May-13	WAM	Maria Plant at Armadale Club Championships 4 2013
200 Free		5:11.99	4-Jul-09	WAM	Lexie Rankin at Armadale Club Championships 3 2009
400 Free		9:40.16	9-May-13	WAM	Maria Plant at Armadale Aerobics 2013
800 Free		19:47.01	28-May-13	WAM	Maria Plant at Armadale Aerobics 2013
25 Back		30.19	4-May-13	WAM	Maria Plant at Armadale Club Championships 4 2013
400 Back		12:23.32	27-Aug-13	WAM	Maria Plant at Armadale Aerobics 2013
25 Breast		31.94	4-Jul-10	WAM	Lexie Rankin at Swan Hills BACC
50 Breast		1:07.80	3-Aug-13	WAM	Maria Plant at Armadale Club Championships 7 2013
100 Breast		2:43.61	8-May-10	WAM	Lexie Rankin at Club Championships 1 2010
200 Breast		5:47.77	15-Aug-09	WAM	Lexie Rankin at Armadale Club Championships 4 2009
400 Breast		10:59.69	30-Jul-13	WAM	Maria Plant at Armadale Aerobics 2013

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Male

16-19	100 Free Relay	1:14.44	18-Aug-13	WAM	Nigel Chaytor, Sean Jones, Simon Stiles, Colib Gibson
	100 Medley Relay	1:20.50	18-Aug-13	WAM	Colin Gibson, Chris Millard, Nigel Chaytor, Sean Jones
	200 Medley Relay	3:13.67	18-Aug-13	WAM	Colin Gibson, Simon Sriles, Nigel Chaytor, Sean Jones
18-24	25 Free	19.36	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	100 Free	2:11.68	4-May-13	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	400 Free	11:58.60	9-May-13	WAM	Shannon Cairns at Armadale Aerobics 2013
	50 Back	51.42	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	50 Breast	1:11.01	4-May-13	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	100 Breast	1:54.33	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	400 Breast	9:33.92	28-May-13	WAM	Shannon Cairns at Armadale Aerobics 2013
20-23	100 Free Relay	58.42	23-Aug-08	WAM	Fettes Falconer, Charles Croft, Gordon Gillam, Craig Bean
	100 Medley Relay	1:13.57	23-Aug-08	WAM	Graham Hicks, Charles Croft, Fettes Falconer, Craig Bean
	200 Medley Relay	3:14.92	18-Aug-13	WAM	Jeffrey Sanders, Chris Millard, Charles Croft, Ross Doherty
24-27	100 Free Relay	1:07.33	18-Aug-13	WAM	Ross Doherty, Graham Hicks, Stanley Brandwood, Graham Cragg
	100 Medley Relay	1:21.20	18-Aug-13	WAM	Graham Hicks, Graham Cragg, Charles Croft, Standley Brandwood
	200 Medley Relay	3:19.79	18-Aug-13	WAM	Graham Hicks, Graham,Cragg, Stanley Brandwood, William Stevens
25-29	25 Free	13.50	11-Aug-12	WAM	Kevin Wright at Armadale Club Championships 7 2012
	50 Free	30.74	9-Jun-12	WAM	Kevin Wright at Armadale Club Championships 5 2012
	100 Free	1:10.68	9-Jun-12	WAM	Kevin Wright at Armadale Club Championships 5 2012
	200 Free	2:48.52	14-Jul-12	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400 Free	6:21.06	14-Jun-12	WAM	Kevin Wright at Armadale Aerobics 2012
	800 Free	12:27.77	13-Sep-12	WAM	Kevin Wright at Armadale Aerobics 2012
	25 Breast	25.99	14-Jul-12	WAM	Kevin Wright at Armadale Club Championships 6 2012
35-39	25 Free	13.82	23-Aug-08	WAM	Craig Bean at State Championships 2008
	50 Free	30.49	27-Sep-08	WAM	Craig Bean at Armadale Club Championship 5 2008
	100 Free	1:07.24	23-Aug-08	WAM	Craig Bean at State Championships 2008
	200 Free	2:58.73	28-Jun-08	WAM	Craig Bean at Armadale Club Championship 2 2008
	400 Free	6:16.54	23-May-09	WAM	Craig Bean at Armadale Aerobics 2009
	50 Breast	41.63	13-Jun-10	WAM	Craig Bean at Mandurah BACC 2010
	100 Breast	1:31.07	29-Nov-09	WAM	Craig Bean at Osborne park BACC 2009
	200 Breast	3:27.45	30-Aug-08	WAM	Craig Bean at Armadale Club Championship 4 2008
	400 Breast	7:48.29	14-Jun-08	WAM	Craig Bean at Armadale Aerobics 2008
	800 Breast	16:14.14	7-Jun-08	WAM	Craig Bean at Armadale aerobics 2008
25 Fly	15.69	29-Nov-09	WAM	Craig Bean at Osborne park BACC 2009	
40-44	25 Free	15.93	1-Oct-11	WAM	Colin Gibson at Armadale Club Championships 8 2011
	50 Free	36.18	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	100 Free	1:24.72	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	200 Free	3:23.19	1-Oct-11	WAM	Colin Gibson at Armadale Club Championships 8 2011
	400 Free	7:16.61	11-Aug-11	WAM	Colin Gibson at Armadale Aerobics 2011
	800 Free	15:09.46	11-Aug-11	WAM	Colin Gibson at Armadale Aerobics 2011
	1500 Free	29:53.26	27-Oct-11	WAM	Colin Gibson at Armadale Aerobics 2011
	100 Back	1:58.27	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	100 Breast	1:57.71	4-Jun-11	WAM	Simon Stiles at Armadale Club Championships 4 2011
45-49	25 Free	19.43	8-Jun-13	WAM	Sean Jones at Armadale Club Championships 5 2013
	50 Free	36.28	5-Jul-09	WAM	Tony Debono at Swan Hills BACC 2009
	100 Free	1:25.22	13-Jun-10	WAM	John Moore at Mandurah BACC 2010
	200 Free	2:53.81	5-Jul-09	WAM	Tony Debono at Swan Hills BACC 2009

Armadale Masters Swimming

RECORDS Armadale Masters SC

45-49	400 Free	7:03.60	17-May-12	WAM	Colin Gibson at Armadale Aerobics 2012	
	800 Free	14:48.20	30-Jul-13	WAM	Colin Gibson at Armadale Aerobics 2013	
	25 Back	21.39	6-Jul-13	WAM	Colin Gibson at Armadale Club Championships 6 2013	
	50 Back	50.82	23-Jun-13	WAM	Colin Gibson at Mandurah LLCC 23rd June	
	100 Back	1:58.02	8-Jun-13	WAM	Colin Gibson at Armadale Club Championships 5 2013	
	200 Back	4:18.68	6-Jul-13	WAM	Colin Gibson at Armadale Club Championships 6 2013	
	400 Back	9:47.06	18-Jul-13	WAM	Colin Gibson at Armadale Aerobics 2013	
	800 Back	21:17.34	25-Jun-13	WAM	Colin Gibson at Armadale Aerobics 2013	
	25 Breast	20.94	5-Jul-09	WAM	Tony Debono at Swan Hills BACC 2009	
	50 Breast	44.69	25-Oct-08	WAM	Chris Millard at Armadale Club Championship 6 2008	
	100 Breast	1:45.76	5-Jul-09	WAM	Chris Millard at Swan Hills BACC 2009	
	200 Breast	3:49.76	15-Aug-09	WAM	Chris Millard at Armadale Club Championships 4 2009	
	400 Breast	8:23.30	5-Sep-09	WAM	Chris Millard at Armadale Aerobics 2009	
	100 IM	1:43.27	18-Sep-10	WAM	Chris Millard at Armadale Club Championships 5 2010	
	50-54	25 Free	15.23	12-May-12	WAM	Gregory Frey at Armadale Club Championships 4 2012
50 Free		30.51	27-Sep-08	WAM	Garry Howard at Armadale Club Championship 5 2008	
100 Free		1:13.16	19-Jun-11	WAM	Gregory Frey at Mandurah BACC 2011	
200 Free		2:44.40	2-Jul-11	WAM	Gregory Frey at Armadale Club Championships 5 2011	
400 Free		6:04.66	7-Aug-10	WAM	Gregory Frey at Armadale Aerobics 2010	
800 Free		12:43.80	16-Jun-11	WAM	Gregory Frey at Armadale Aerobics 2011	
1500 Free		28:14.82	27-Oct-11	WAM	Ross Doherty at Armadale Aerobics 2011	
25 Back		20.12	1-Oct-11	WAM	Gregory Frey at Armadale Club Championships 8 2011	
50 Back		41.53	12-May-12	WAM	Gregory Frey at Armadale Club Championships 4 2012	
100 Back		1:19.98	27-Sep-08	WAM	Garry Howard at Armadale Club Championship 5 2008	
200 Back		4:20.79	30-Aug-08	WAM	Ross Doherty at Armadale Club Championship 4 2008	
400 Back		9:15.90	16-Jun-11	WAM	Ross Doherty at Armadale Aerobics 2011	
25 Breast		20.42	9-Jun-12	WAM	Gregory Frey at Armadale Club Championships 5 2012	
50 Breast		44.01	15-Jun-08	WAM	Peter Escott at Mandurah BACC 2008	
100 Breast		1:38.62	27-Sep-08	WAM	Peter Escott at Armadale Club Championship 5 2008	
200 Breast		3:32.94	30-Aug-08	WAM	Peter Escott at Armadale Club Championship 4 2008	
400 Breast		7:26.73	2-Aug-08	WAM	Peter Escott at Armadale Aerobics 2008	
25 Fly		18.41	27-Nov-11	WAM	Gregory Frey at Osborne Park BACC 27.11.11	
50 Fly		41.86	24-Jun-12	WAM	Gregory Frey at Mandurah BACC 2012	
100 IM		1:28.06	27-Nov-11	WAM	Gregory Frey at Osborne Park BACC 27.11.11	
200 IM		3:24.47	1-Oct-11	WAM	Gregory Frey at Armadale Club Championships 8 2011	
55-59		25 Free	14.59	23-Aug-08	WAM	Graham Hicks at State Championships 2008
		50 Free	31.88	27-Sep-08	WAM	Graham Hicks at Armadale Club Championship 5 2008
	100 Free	1:13.07	19-Jun-11	WAM	Graham Hicks at Mandurah BACC 2011	
	200 Free	2:47.14	29-Nov-09	WAM	Graham Hicks at Osborne park BACC 2009	
	400 Free	5:54.60	9-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010	
	800 Free	12:24.59	23-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010	
	1500 Free	25:26.55	27-Oct-11	WAM	Graham Hicks at Armadale Aerobics 2011	
	25 Back	19.31	1-Jul-12	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Back	41.62	23-Jun-13	WAM	Gregory Frey at Mandurah LLCC 23rd June	
	100 Back	1:36.53	4-Jun-11	WAM	Graham Hicks at Armadale Club Championships 4 2011	
	200 Back	3:36.66	15-Aug-09	WAM	Graham Hicks at Armadale Club Championships 4 2009	
	400 Back	6:57.18	9-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010	
	800 Back	19:41.34	13-Jun-13	WAM	Ross Doherty at Armadale Aerobics 2013	
	25 Breast	17.15	1-Jul-12	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Breast	38.53	4-May-13	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	100 Breast	1:26.14	24-Jun-12	WAM	Graham Cragg at Mandurah BACC 2012	
	200 Breast	3:13.79	6-Jul-13	WAM	Graham Cragg at Armadale Club Championships 6 2013	
	400 Breast	6:35.09	28-Jun-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Breast	14:11.54	27-Apr-10	WAM	Graham Cragg at Armadale Aerobics 2010	

Armadale Masters Swimming

RECORDS Armadale Masters SC

55-59	25 Fly	16.57	4-May-13	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	50 Fly	49.96	3-Aug-13	WAM	Ross Doherty at Armadale Club Championships 7 2013	
	100 IM	1:22.72	24-Jun-12	WAM	Graham Cragg at Mandurah BACC 2012	
60-64	25 Free	15.12	1-Jul-12	WAM	Graham Hicks at Swan Hills BACC 2012	
	50 Free	33.41	8-Jun-13	WAM	Graham Hicks at Armadale Club Championships 5 2013	
	100 Free	1:14.17	23-Jun-13	WAM	Graham Hicks at Mandurah LLCC 23rd June	
	200 Free	2:50.35	6-Jul-13	WAM	Graham Hicks at Armadale Club Championships 6 2013	
	400 Free	6:29.63	14-Jun-12	WAM	Graham Hicks at Armadale Aerobics 2012	
	800 Free	13:27.50	25-Sep-12	WAM	Graham Hicks at Armadale Aerobics 2012	
	1500 Free	27:55.25	27-Oct-11	WAM	Charles Croft at Armadale Aerobics 2011	
	25 Back	20.52	3-Aug-13	WAM	Graham Hicks at Armadale Club Championships 7 2013	
	50 Back	43.85	1-Jul-12	WAM	Graham Hicks at Swan Hills BACC 2012	
	100 Back	1:36.19	8-Sep-12	WAM	Graham Hicks at Armadale Club Championships 8 2012	
	200 Back	3:29.69	6-Oct-12	WAM	Graham Hicks at Armadale Club Championships 9 2012	
	400 Back	7:40.40	30-Jul-13	WAM	Graham Hicks at Armadale Aerobics 2013	
	800 Back	15:49.45	9-May-13	WAM	Graham Hicks at Armadale Aerobics 2013	
	25 Breast	20.22	6-Jul-13	WAM	Charles Croft at Armadale Club Championships 6 2013	
	50 Breast	44.07	4-May-13	WAM	Charles Croft at Armadale Club Championships 4 2013	
	100 Breast	1:38.59	23-Jun-13	WAM	Charles Croft at Mandurah LLCC 23rd June	
	200 Breast	3:36.49	1-Oct-11	WAM	Charles Croft at Armadale Club Championships 8 2011	
	400 Breast	8:03.96	30-Aug-11	WAM	Charles Croft at Armadale Aerobics 2011	
	800 Breast	16:38.66	11-Aug-11	WAM	Charles Croft at Armadale Aerobics 2011	
	25 Fly	19.20	6-Oct-12	WAM	Graham Hicks at Armadale Club Championships 9 2012	
	50 Fly	48.29	6-Jun-09	WAM	Fettes Falconer at Armadale Club Championships 2 2009	
	100 IM	1:34.61	24-Jun-12	WAM	Graham Hicks at Mandurah BACC 2012	
65-69	25 Free	16.19	6-Jul-13	WAM	Fettes Falconer at Armadale Club Championships 6 2013	
	50 Free	36.80	8-Sep-12	WAM	Fettes Falconer at Armadale Club Championships 8 2012	
	100 Free	1:22.28	8-Sep-12	WAM	Fettes Falconer at Armadale Club Championships 8 2012	
	200 Free	3:06.14	6-Jul-13	WAM	Fettes Falconer at Armadale Club Championships 6 2013	
	400 Free	7:02.74	13-Sep-12	WAM	Fettes Falconer at Armadale Aerobics 2012	
	800 Free	15:07.91	9-May-13	WAM	Fettes Falconer at Armadale Aerobics 2013	
	25 Back	22.82	8-Jun-13	WAM	Fettes Falconer at Armadale Club Championships 5 2013	
	50 Back	52.57	4-May-13	WAM	Fettes Falconer at Armadale Club Championships 4 2013	
	25 Breast	31.71	4-May-13	WAM	Timothy Pillay at Armadale Club Championships 4 2013	
	50 Breast	57.12	8-Jun-13	WAM	Fettes Falconer at Armadale Club Championships 5 2013	
	25 Fly	22.88	4-May-13	WAM	Fettes Falconer at Armadale Club Championships 4 2013	
	100 IM	1:52.41	8-Jun-13	WAM	Fettes Falconer at Armadale Club Championships 5 2013	
	75-79	25 Free	23.74	3-Aug-13	WAM	Stanley Brandwood at Armadale Club Championships 7 2013
		50 Free	47.72	23-Jun-13	WAM	Stanley Brandwood at Mandurah LLCC 23rd June
100 Free		1:51.78	23-Jun-13	WAM	Stanley Brandwood at Mandurah LLCC 23rd June	
400 Free		9:04.15	29-May-12	WAM	Stanley Brandwood at Armadale Aerobics 2012	
25 Back		23.74	3-Aug-13	WAM	Stanley Brandwood at Armadale Club Championships 7 2013	
50 Back		1:02.38	24-Jun-12	WAM	Stanley Brandwood at Mandurah BACC 2012	
100 Back		2:25.96	9-Jun-12	WAM	Stanley Brandwood at Armadale Club Championships 5 2012	
200 Back		5:12.81	14-Jul-12	WAM	Stanley Brandwood at Armadale Club Championships 6 2012	
25 Fly		29.69	1-Jul-12	WAM	Stanley Brandwood at Swan Hills BACC 2012	
50 Fly		1:16.26	3-Aug-13	WAM	Stanley Brandwood at Armadale Club Championships 7 2013	
100 IM		2:34.69	3-Aug-13	WAM	Stanley Brandwood at Armadale Club Championships 7 2013	
200 IM		5:41.95	6-Oct-12	WAM	Stanley Brandwood at Armadale Club Championships 9 2012	

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Mixed

12-15	200 Free Relay	2:19.75	23-Jun-13	WAM	Catriona Adams, Nigel Chaytor, Colin Gibson, Gillian Caruso
	200 Medley Relay	3:16.17	19-Jun-11	WAM	Heather Jeps, Simon Stiles, Jacqueline Briggs, Colin Gibson
16-19	100 Free Relay	1:06.42	5-Jul-09	WAM	Nicole Badani, Chris Millard, Gillian Caruso, Fettes Falconer
	200 Free Relay	2:28.01	5-Jul-09	WAM	Nicole Badani, Charles Croft, Gillian Caruso, Fettes Falconer
	400 Free Relay	5:53.98	1-Jul-12	WAM	Jeff Sanders, Gillian Caruso, Heather Jeps, Greg Frey
	800 Free Relay	13:49.33	4-Jul-10	WAM	Gillian Caruso, Chris Millard, Linda Cragg, Jeffrey Sanders
	100 Medley Relay	1:16.29	1-Jul-12	WAM	Gillian Caruso, Heather Jeps, Greg Frey, Graham Cragg
	200 Medley Relay	2:51.83	29-Nov-09	WAM	Gillian Caruso, Charles Croft, Nicole Badani, Fettes Falconer
20-23	100 Free Relay	1:05.80	18-Aug-13	WAM	Gillian Caruso, Ross Doherty, Heather Jeps, Graham Hicks
	200 Free Relay	2:33.50	23-Jun-13	WAM	Heather Adams, Gregory Frey, Heather Jeps, Graham Hicks
	400 Free Relay	5:24.47	18-Aug-13	WAM	Graham Hicks, Graham Cragg, Gillian Caruso, Heather Jeps
	100 Medley Relay	1:19.57	18-Aug-13	WAM	Graham Cragg, Heather Jeps, Ross Doherty, Linda Cragg
	200 Medley Relay	3:04.45	15-Jun-08	WAM	Graham Hicks, Heather Croft, Gillian Caruso, Peter Escott
24-27	100 Free Relay	1:28.27	18-Aug-13	WAM	Charles Croft, Lexie Rankin, Heather Adams, Stanley Brandwood
	200 Free Relay	3:01.75	19-Jun-11	WAM	Liz Dunn, Charles Croft, Maria Plant, Fettes Falconer
	400 Free Relay	6:31.00	18-Aug-13	WAM	Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft
	100 Medley Relay	1:44.56	18-Aug-13	WAM	Granam Hicks, Heather Adams, Stanley Brandwood, Jennifer Findlay
	200 Medley Relay	3:34.20	13-Jun-10	WAM	Jeff Sanders, Charles Croft, Fettes Falconer, Maria Plant
28-31	200 Free Relay	3:31.54	24-Jun-12	WAM	Stan Brandwood, Lexie Rankin, Charles Croft, Maria Plant