

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

#### SC Meters-Female

12-15	100 Medley Relay	1:15.43	<b>1-May-10</b>	WAM	Nicole Badani, Heather Adams, Catriona Adams, Gillian Adams
16-19	100 Free Relay	1:09.86	<b>2-May-10</b>	WAM	Catrions Adams, Nicole Badani, Mary Plant, Gillian Caruso
	100 Medley Relay	1:31.78	<b>18-Aug-13</b>	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Zita Badger
18-24	25 Free	16.32	<b>14-Jul-12</b>	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	50 Free	35.08	<b>19-Jun-11</b>	WAM	Jacqueline Briggs at Mandurah BACC 2011
	100 Free	1:08.34	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200 Free	3:12.44	<b>2-Jul-11</b>	WAM	Jacqueline Briggs at Armadale Club Championships 5 2011
	400 Free	5:42.99	<b>9-May-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013
	800 Free	11:28.98	<b>27-Apr-10</b>	WAM	Catriona Adams at Armadale Aerobics 2010
	50 Back	35.46	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	100 Back	1:14.86	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	400 Back	6:02.66	<b>9-May-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013
	100 Breast	2:06.62	<b>31-Jul-10</b>	WAM	Helen Rossi at Armadale Club Championships 3 2010
	200 Breast	4:25.95	<b>14-Jul-12</b>	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	25 Fly	20.58	<b>1-Oct-11</b>	WAM	Jacqueline Briggs at Armadale Club Championships 8 2011
	100 IM	1:16.17	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200 IM	2:44.85	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
20-23	100 Medley Relay	1:37.42	<b>4-Jul-10</b>	WAM	Linda Cragg, Lexie Rankin, Gillian Caruso, Liz Dunn
	200 Medley Relay	3:16.97	<b>18-Aug-13</b>	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Linda Cragg
24-27	100 Free Relay	1:41.84	<b>18-Aug-13</b>	WAM	Jannette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin
	100 Medley Relay	2:02.28	<b>18-Aug-13</b>	WAM	Jennette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin
25-29	25 Free	16.92	<b>5-Jul-14</b>	WAM	Louisa Cockram at Armadale Club Championships 6 2014
	50 Free	35.80	<b>6-Sep-14</b>	WAM	Louisa Cockram at Armadale Club Championships 8 2014
	100 Free	1:21.11	<b>3-May-14</b>	WAM	Louisa Cockram at Armadale Club Championships 4 2014
	200 Free	3:11.64	<b>5-Jul-14</b>	WAM	Louisa Cockram at Armadale Club Championships 6 2014
	400 Free	6:34.10	<b>29-Apr-14</b>	WAM	Louisa Cockram at Armadale Aerobics 2014
	50 Back	46.25	<b>6-Jul-14</b>	WAM	Louisa Cockram at Swan Hills LLCC 2014
	50 Breast	50.91	<b>13-Jun-10</b>	WAM	Claire Dowling at Mandurah BACC 2010
	800 Breast	17:50.13	<b>11-May-10</b>	WAM	Claire Dowling at Armadale Aerobics 2010
	25 Fly	18.68	<b>6-Sep-14</b>	WAM	Louisa Cockram at Armadale Club Championships 8 2014
	100 IM	1:38.20	<b>6-Sep-14</b>	WAM	Louisa Cockram at Armadale Club Championships 8 2014
30-34	25 Free	15.55	<b>7-Jun-14</b>	WAM	Rowena Burch at Armadale Club Championships 5 2014
	50 Free	34.55	<b>8-May-10</b>	WAM	Nicole Badani at Club Championships 1 2010
	100 Free	1:18.70	<b>6-Sep-14</b>	WAM	Rowena Burch at Armadale Club Championships 8 2014
	200 Free	2:54.26	<b>5-Jul-14</b>	WAM	Rowena Burch at Armadale Club Championships 6 2014
	25 Back	19.10	<b>5-Jul-09</b>	WAM	Nicole Badani at Swan Hills BACC 2009
	50 Back	39.03	<b>7-Apr-10</b>	WAM	Nicole Badani at National Championships 2010
	100 Back	1:25.47	<b>1-May-10</b>	WAM	Nicole Badani at Masters Swimming WA State Championships 2010
	200 Back	3:10.20	<b>7-Apr-10</b>	WAM	Nicole Badani at National Championships 2010
	25 Breast	20.64	<b>6-Sep-14</b>	WAM	Rowena Burch at Armadale Club Championships 8 2014
	50 Breast	48.47	<b>15-Jun-08</b>	WAM	Nicole Badani at Mandurah BACC 2008
	400 Breast	7:52.44	<b>13-Sep-08</b>	WAM	Nicole Badani at Armadale Aerobics 2008
	25 Fly	17.94	<b>3-May-14</b>	WAM	Rowena Burch at Armadale Club Championships 4 2014
	50 Fly	39.89	<b>6-Sep-14</b>	WAM	Rowena Burch at Armadale Club Championships 8 2014
	100 Fly	1:29.11	<b>7-Jun-14</b>	WAM	Rowena Burch at Armadale Club Championships 5 2014
	200 Fly	3:31.91	<b>6-Jul-14</b>	WAM	Rowena Burch at Swan Hills LLCC 2014
	100 IM	1:28.02	<b>1-May-10</b>	WAM	Nicole Badani at Masters Swimming WA State Championships 2010

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35-39	25 Free	22.51	<b>6-Sep-14</b>	WAM	Claire Robertson at Armadale Club Championships 8 2014	
	50 Free	46.50	<b>13-Jun-10</b>	WAM	Heather Jeps at Mandurah BACC 2010	
	100 Free	1:53.74	<b>6-Sep-14</b>	WAM	Claire Robertson at Armadale Club Championships 8 2014	
	200 Free	4:15.48	<b>28-Jun-08</b>	WAM	Michelle Hollamby at Armadale Club Championship 2 2008	
	400 Free	9:24.82	<b>18-Jul-09</b>	WAM	Michelle Hollamby at Armadale Aerobics 2009	
	50 Breast	55.22	<b>13-Jun-10</b>	WAM	Heather Jeps at Mandurah BACC 2010	
	100 Breast	1:59.44	<b>13-Jun-10</b>	WAM	Heather Jeps at Mandurah BACC 2010	
	400 Breast	8:42.90	<b>13-Sep-08</b>	WAM	Michelle Hollamby at Armadale Aerobics 2008	
	800 Breast	18:07.87	<b>22-Jul-08</b>	WAM	Michelle Hollamby at Armadale Aerobics 2008	
40-44	25 Free	17.25	<b>23-Aug-08</b>	WAM	Gillian Caruso at State Championships 2008	
	50 Free	36.63	<b>13-Jun-10</b>	WAM	Gillian Caruso at Mandurah BACC 2010	
	100 Free	1:22.60	<b>28-Aug-10</b>	WAM	Gillian Caruso at Armadale Club Championships 4 2010	
	200 Free	3:05.22	<b>5-Jul-09</b>	WAM	Gillian Caruso at Swan Hills BACC 2009	
	400 Free	6:33.63	<b>19-Jul-12</b>	WAM	Gillian Caruso at Armadale Aerobics 2012	
	800 Free	13:11.41	<b>19-May-11</b>	WAM	Gillian Caruso at Armadale Aerobics 2011	
	25 Back	19.57	<b>4-Jul-10</b>	WAM	Gillian Caruso at Swan Hills BACC	
	50 Back	41.14	<b>1-Jul-12</b>	WAM	Gillian Caruso at Swan Hills BACC 2012	
	100 Back	1:29.25	<b>4-Jul-10</b>	WAM	Gillian Caruso at Swan Hills BACC	
	200 Back	3:11.38	<b>4-Jul-10</b>	WAM	Gillian Caruso at Swan Hills BACC	
	400 Back	6:49.62	<b>3-Oct-09</b>	WAM	Gillian Caruso at Armadale Aerobics 2009	
	800 Back	14:07.37	<b>11-Aug-09</b>	WAM	Gillian Caruso at Armadale Aerobics 2009	
	25 Breast	22.11	<b>3-Aug-13</b>	WAM	Heather Jeps at Armadale Club Championships 7 2013	
	50 Breast	48.93	<b>6-Jul-14</b>	WAM	Heather Jeps at Swan Hills LLCC 2014	
	100 Breast	1:50.72	<b>19-Jun-11</b>	WAM	Heather Jeps at Mandurah BACC 2011	
	200 Breast	4:00.18	<b>1-Jul-12</b>	WAM	Heather Jeps at Swan Hills BACC 2012	
	400 Breast	8:25.74	<b>12-Sep-09</b>	WAM	Gillian Caruso at Armadale Club Championships 5 2009	
	25 Fly	18.75	<b>29-Nov-09</b>	WAM	Gillian Caruso at Osborne park BACC 2009	
	50 Fly	41.76	<b>26-Jun-10</b>	WAM	Gillian Caruso at Armadale Club Championships 2 2010	
	100 IM	1:33.22	<b>13-Jun-10</b>	WAM	Gillian Caruso at Mandurah BACC 2010	
	45-49	25 Free	16.81	<b>6-Jul-13</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2013
		50 Free	37.19	<b>7-Jun-14</b>	WAM	Gillian Caruso at Armadale Club Championships 5 2014
		100 Free	1:23.65	<b>22-Jun-14</b>	WAM	Gillian Caruso at Mandurah Masters LLCC
		200 Free	3:05.20	<b>5-Oct-13</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2013
		400 Free	6:30.28	<b>12-Jun-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014
		800 Free	13:21.11	<b>29-May-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014
		25 Back	20.13	<b>7-Sep-13</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2013
50 Back		42.20	<b>6-Jul-14</b>	WAM	Gillian Caruso at Swan Hills LLCC 2014	
100 Back		1:31.71	<b>6-Jul-14</b>	WAM	Gillian Caruso at Swan Hills LLCC 2014	
200 Back		3:16.26	<b>6-Jul-14</b>	WAM	Gillian Caruso at Swan Hills LLCC 2014	
400 Back		6:56.76	<b>23-Sep-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
800 Back		14:12.66	<b>12-Jun-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
25 Breast		23.06	<b>6-Sep-14</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2014	
50 Breast		51.29	<b>6-Sep-14</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2014	
100 Breast		1:54.33	<b>3-Aug-13</b>	WAM	Gillian Caruso at Armadale Club Championships 7 2013	
400 Breast		8:37.00	<b>29-May-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
800 Breast		17:37.99	<b>23-Sep-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
25 Fly		18.73	<b>5-Oct-13</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2013	
50 Fly		43.89	<b>3-Aug-13</b>	WAM	Gillian Caruso at Armadale Club Championships 7 2013	
100 IM		1:34.46	<b>6-Sep-14</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2014	
50-54		25 Free	23.52	<b>6-Aug-11</b>	WAM	Katja Cappadona at Armadale Club Championships 6 2011
		50 Free	40.55	<b>24-May-08</b>	WAM	Heather Adams at Armadale Club Championship 1 2008
		100 Free	1:33.59	<b>13-Jun-10</b>	WAM	Linda Cragg at Mandurah BACC 2010
		200 Free	3:20.25	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008

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50-54	400 Free	7:19.46	<b>10-May-08</b>	WAM	Heather Adams at Armadale Aerobics 2008	
	800 Free	15:05.81	<b>28-Oct-08</b>	WAM	Heather Adams at Armadale Aerobics 2008	
	25 Back	27.78	<b>3-Sep-11</b>	WAM	Katja Cappadona at Armadale Club Championships 7 2011	
	50 Back	1:00.89	<b>6-Aug-11</b>	WAM	Katja Cappadona at Armadale Club Championships 6 2011	
	100 Back	2:28.10	<b>18-Sep-10</b>	WAM	Helen Gray at Armadale Club Championships 5 2010	
	25 Breast	23.60	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	50 Breast	52.60	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	100 Breast	1:55.59	<b>8-May-10</b>	WAM	Linda Cragg at Club Championships 1 2010	
	200 Breast	4:09.85	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	400 Breast	8:41.89	<b>11-Sep-10</b>	WAM	Linda Cragg at Armadale Aerobics 2010	
800 Breast	17:51.99	<b>11-May-10</b>	WAM	Linda Cragg at Armadale Aerobics 2010		
55-59	25 Free	18.58	<b>3-Aug-13</b>	WAM	Linda Cragg at Armadale Club Championships 7 2013	
	50 Free	41.68	<b>19-Jun-11</b>	WAM	Linda Cragg at Mandurah BACC 2011	
	100 Free	1:34.90	<b>24-Jun-12</b>	WAM	Linda Cragg at Mandurah BACC 2012	
	200 Free	3:26.48	<b>6-Oct-12</b>	WAM	Linda Cragg at Armadale Club Championships 9 2012	
	400 Free	7:38.31	<b>28-Jun-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Free	15:43.19	<b>20-Jul-10</b>	WAM	Heather Adams at Armadale Aerobics 2010	
	25 Back	27.66	<b>4-May-13</b>	WAM	Linda Cragg at Armadale Club Championships 4 2013	
	50 Back	1:00.86	<b>8-Sep-12</b>	WAM	Yvonne Hunt at Armadale Club Championships 8 2012	
	100 Back	2:16.50	<b>12-May-12</b>	WAM	Yvonne Hunt at Armadale Club Championships 4 2012	
	25 Breast	24.50	<b>8-Sep-12</b>	WAM	Linda Cragg at Armadale Club Championships 8 2012	
	50 Breast	52.54	<b>8-Sep-12</b>	WAM	Linda Cragg at Armadale Club Championships 8 2012	
	100 Breast	1:55.27	<b>19-Jun-11</b>	WAM	Linda Cragg at Mandurah BACC 2011	
	200 Breast	4:07.39	<b>1-Oct-11</b>	WAM	Linda Cragg at Armadale Club Championships 8 2011	
	400 Breast	8:41.80	<b>26-Jul-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Breast	17:55.17	<b>29-Jun-10</b>	WAM	Yvonne Hunt at Armadale Aerobics 2010	
	25 Fly	25.10	<b>6-Jul-13</b>	WAM	Linda Cragg at Armadale Club Championships 6 2013	
100 IM	1:51.15	<b>3-Aug-13</b>	WAM	Linda Cragg at Armadale Club Championships 7 2013		
60-64	25 Free	23.09	<b>6-Jul-14</b>	WAM	Heather Croft at Swan Hills LLCC 2014	
	50 Free	48.62	<b>4-Jul-10</b>	WAM	Liz Dunn at Swan Hills BACC	
	100 Free	1:43.16	<b>4-Jul-10</b>	WAM	Liz Dunn at Swan Hills BACC	
	200 Free	3:54.11	<b>2-Jul-11</b>	WAM	Liz Dunn at Armadale Club Championships 5 2011	
	400 Free	7:42.28	<b>10-Jul-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010	
	800 Free	15:47.91	<b>29-Jun-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010	
	25 Back	28.92	<b>5-Oct-13</b>	WAM	Heather Croft at Armadale Club Championships 9 2013	
	50 Back	1:01.32	<b>7-Sep-13</b>	WAM	Heather Croft at Armadale Club Championships 8 2013	
	25 Breast	26.53	<b>7-Sep-13</b>	WAM	Heather Croft at Armadale Club Championships 8 2013	
	50 Breast	57.08	<b>6-Jul-14</b>	WAM	Heather Croft at Swan Hills LLCC 2014	
	100 Breast	2:26.05	<b>3-Sep-11</b>	WAM	Liz Dunn at Armadale Club Championships 7 2011	
	65-69	25 Free	19.82	<b>23-Aug-08</b>	WAM	Pam Badani at State Championships 2008
		50 Free	43.25	<b>15-Jun-08</b>	WAM	Pam Badani at Mandurah BACC 2008
100 Free		1:41.32	<b>25-Oct-08</b>	WAM	Pam Badani at Armadale Club Championship 6 2008	
200 Free		3:49.58	<b>28-Jun-08</b>	WAM	Pam Badani at Armadale Club Championship 2 2008	
400 Free		7:57.05	<b>26-Apr-08</b>	WAM	Pam Badani at Armadale Club 400m 2008	
800 Free		16:17.54	<b>22-Jul-08</b>	WAM	Pam Badani at Armadale Aerobics 2008	
25 Back		28.94	<b>6-Oct-12</b>	WAM	Maria Plant at Armadale Club Championships 9 2012	
50 Back		57.51	<b>25-Oct-08</b>	WAM	Pam Badani at Armadale Club Championship 6 2008	
50 Breast		1:02.64	<b>1-May-10</b>	WAM	Mary Plant at Masters Swimming WA State Championships 2010	
100 Breast		2:16.04	<b>8-May-10</b>	WAM	Mary Plant at Club Championships 1 2010	
200 Breast		5:03.99	<b>1-May-10</b>	WAM	Mary Plant at Masters Swimming WA State Championships 2010	
400 Breast		10:38.35	<b>14-Jun-08</b>	WAM	Pam Badani at Armadale Aerobics 2008	
800 Breast		21:37.45	<b>29-Jun-10</b>	WAM	Maria Plant at Armadale Aerobics 2010	

## Armadale Masters Swimming

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### RECORDS Armadale Masters SC

70-74	25 Free	23.75	<b>3-May-14</b>	WAM	Maria Plant at Armadale Club Championships 4 2014
	50 Free	58.43	<b>5-Jul-09</b>	WAM	Lexie Rankin at Swan Hills BACC 2009
	100 Free	2:01.02	<b>4-May-13</b>	WAM	Maria Plant at Armadale Club Championships 4 2013
	200 Free	5:11.99	<b>4-Jul-09</b>	WAM	Lexie Rankin at Armadale Club Championships 3 2009
	400 Free	9:40.16	<b>9-May-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	800 Free	19:47.01	<b>28-May-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	25 Back	30.19	<b>4-May-13</b>	WAM	Maria Plant at Armadale Club Championships 4 2013
	50 Back	1:10.01	<b>22-Jun-14</b>	WAM	Maria Plant at Mandurah Masters LLCC
	400 Back	12:09.86	<b>17-Sep-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	25 Breast	31.94	<b>4-Jul-10</b>	WAM	Lexie Rankin at Swan Hills BACC
	50 Breast	1:07.65	<b>7-Sep-13</b>	WAM	Maria Plant at Armadale Club Championships 8 2013
	100 Breast	2:43.61	<b>8-May-10</b>	WAM	Lexie Rankin at Club Championships 1 2010
	200 Breast	5:47.77	<b>15-Aug-09</b>	WAM	Lexie Rankin at Armadale Club Championships 4 2009
	400 Breast	10:59.69	<b>30-Jul-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	100 IM	2:33.25	<b>22-Jun-14</b>	WAM	Maria Plant at Mandurah Masters LLCC

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

#### SC Meters-Male

16-19	100 Free Relay	1:14.44	<b>18-Aug-13</b>	WAM	Nigel Chaytor, Sean Jones, Simon Stiles, Colib Gibson
	100 Medley Relay	1:20.50	<b>18-Aug-13</b>	WAM	Colin Gibson, Chris Millard, Nigel Chaytor, Sean Jones
	200 Medley Relay	3:13.67	<b>18-Aug-13</b>	WAM	Colin Gibson, Simon Sriles, Nigel Chaytor, Sean Jones
18-24	25 Free	19.36	<b>8-Jun-13</b>	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	100 Free	2:11.68	<b>4-May-13</b>	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	400 Free	11:58.60	<b>9-May-13</b>	WAM	Shannon Cairns at Armadale Aerobics 2013
	50 Back	51.42	<b>8-Jun-13</b>	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	50 Breast	1:11.01	<b>4-May-13</b>	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	100 Breast	1:54.33	<b>8-Jun-13</b>	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	400 Breast	9:33.92	<b>28-May-13</b>	WAM	Shannon Cairns at Armadale Aerobics 2013
20-23	100 Free Relay	58.42	<b>23-Aug-08</b>	WAM	Fettes Falconer, Charles Croft, Gordon Gillam, Craig Bean
	100 Medley Relay	1:13.57	<b>23-Aug-08</b>	WAM	Graham Hicks, Charles Croft, Fettes Falconer, Craig Bean
	200 Medley Relay	3:14.92	<b>18-Aug-13</b>	WAM	Jeffrey Sanders, Chris Millard, Charles Croft, Ross Doherty
24-27	100 Free Relay	1:07.33	<b>18-Aug-13</b>	WAM	Ross Doherty, Graham Hicks, Stanley Brandwood, Graham Cragg
	100 Medley Relay	1:21.20	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham Cragg, Charles Croft, Standley Brandwood
	200 Medley Relay	3:19.79	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham,Cragg, Stanley Brandwood, William Stevens
25-29	25 Free	13.50	<b>11-Aug-12</b>	WAM	Kevin Wright at Armadale Club Championships 7 2012
	50 Free	30.74	<b>9-Jun-12</b>	WAM	Kevin Wright at Armadale Club Championships 5 2012
	100 Free	1:10.68	<b>9-Jun-12</b>	WAM	Kevin Wright at Armadale Club Championships 5 2012
	200 Free	2:48.52	<b>14-Jul-12</b>	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400 Free	6:21.06	<b>14-Jun-12</b>	WAM	Kevin Wright at Armadale Aerobics 2012
	800 Free	12:27.77	<b>13-Sep-12</b>	WAM	Kevin Wright at Armadale Aerobics 2012
	25 Breast	25.99	<b>14-Jul-12</b>	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400 Breast	8:41.84	<b>29-May-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
35-39	25 Free	13.82	<b>23-Aug-08</b>	WAM	Craig Bean at State Championships 2008
	50 Free	30.49	<b>27-Sep-08</b>	WAM	Craig Bean at Armadale Club Championship 5 2008
	100 Free	1:07.24	<b>23-Aug-08</b>	WAM	Craig Bean at State Championships 2008
	200 Free	2:58.73	<b>28-Jun-08</b>	WAM	Craig Bean at Armadale Club Championship 2 2008
	400 Free	6:16.54	<b>23-May-09</b>	WAM	Craig Bean at Armadale Aerobics 2009
	50 Breast	41.63	<b>13-Jun-10</b>	WAM	Craig Bean at Mandurah BACC 2010
	100 Breast	1:31.07	<b>29-Nov-09</b>	WAM	Craig Bean at Osborne park BACC 2009
	200 Breast	3:27.45	<b>30-Aug-08</b>	WAM	Craig Bean at Armadale Club Championship 4 2008
	400 Breast	7:48.29	<b>14-Jun-08</b>	WAM	Craig Bean at Armadale Aerobics 2008
	800 Breast	16:14.14	<b>7-Jun-08</b>	WAM	Craig Bean at Armadale aerobics 2008
	25 Fly	15.69	<b>29-Nov-09</b>	WAM	Craig Bean at Osborne park BACC 2009
40-44	25 Free	15.93	<b>1-Oct-11</b>	WAM	Colin Gibson at Armadale Club Championships 8 2011
	50 Free	36.18	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011
	100 Free	1:24.72	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011
	200 Free	3:23.19	<b>1-Oct-11</b>	WAM	Colin Gibson at Armadale Club Championships 8 2011
	400 Free	7:16.61	<b>11-Aug-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011
	800 Free	15:09.46	<b>11-Aug-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011
	1500 Free	29:53.26	<b>27-Oct-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011
	25 Back	21.47	<b>7-Jun-14</b>	WAM	Simon Stiles at Armadale Club Championships 5 2014
	100 Back	1:58.27	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011
	50 Breast	57.84	<b>2-Aug-14</b>	WAM	Graham Bamford at Armadale Club Championships 7 2014
	100 Breast	1:57.71	<b>4-Jun-11</b>	WAM	Simon Stiles at Armadale Club Championships 4 2011
45-49	25 Free	16.40	<b>5-Jul-14</b>	WAM	Colin Gibson at Armadale Club Championships 6 2014

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

45-49	50 Free	36.19	7-Jun-14	WAM	Colin Gibson at Armadale Club Championships 5 2014
	100 Free	1:24.35	22-Jun-14	WAM	Colin Gibson at Mandurah Masters LLCC
	200 Free	2:53.81	5-Jul-09	WAM	Tony Debono at Swan Hills BACC 2009
	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
	1500 Free	28:34.36	26-Sep-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
	25 Fly	20.18	7-Jun-14	WAM	Colin Gibson at Armadale Club Championships 5 2014
	50 Fly	48.96	2-Aug-14	WAM	Colin Gibson at Armadale Club Championships 7 2014
	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
	800 Breast	18:08.26	13-May-14	WAM	Chris Millard at Armadale Aerobics 2014
	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

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

55-59	800 Back	19:03.83	<b>17-Sep-13</b>	WAM	Ross Doherty at Armadale Aerobics 2013	
	25 Breast	17.15	<b>1-Jul-12</b>	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Breast	38.53	<b>4-May-13</b>	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	100 Breast	1:26.14	<b>24-Jun-12</b>	WAM	Graham Cragg at Mandurah BACC 2012	
	200 Breast	3:13.79	<b>6-Jul-13</b>	WAM	Graham Cragg at Armadale Club Championships 6 2013	
	400 Breast	6:35.09	<b>28-Jun-11</b>	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Breast	14:11.54	<b>27-Apr-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	1500 Breast	41:35.00	<b>17-May-14</b>	WAM	Jeffrey Sanders at Narrogin Distance Meet May 2014	
	25 Fly	16.57	<b>4-May-13</b>	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	50 Fly	49.96	<b>3-Aug-13</b>	WAM	Ross Doherty at Armadale Club Championships 7 2013	
	100 IM	1:22.72	<b>24-Jun-12</b>	WAM	Graham Cragg at Mandurah BACC 2012	
	60-64	25 Free	15.12	<b>1-Jul-12</b>	WAM	Graham Hicks at Swan Hills BACC 2012
50 Free		33.41	<b>8-Jun-13</b>	WAM	Graham Hicks at Armadale Club Championships 5 2013	
100 Free		1:14.17	<b>23-Jun-13</b>	WAM	Graham Hicks at Mandurah LLCC 23rd June	
200 Free		2:50.35	<b>6-Jul-13</b>	WAM	Graham Hicks at Armadale Club Championships 6 2013	
400 Free		6:29.63	<b>14-Jun-12</b>	WAM	Graham Hicks at Armadale Aerobics 2012	
800 Free		13:25.22	<b>13-May-14</b>	WAM	Graham Cragg at Armadale Aerobics 2014	
1500 Free		25:46.81	<b>26-Aug-14</b>	WAM	Graham Hicks at Armadale Aerobics 2014	
25 Back		20.36	<b>5-Jul-14</b>	WAM	Graham Hicks at Armadale Club Championships 6 2014	
50 Back		42.59	<b>6-Sep-14</b>	WAM	Graham Hicks at Armadale Club Championships 8 2014	
100 Back		1:35.23	<b>7-Sep-13</b>	WAM	Graham Hicks at Armadale Club Championships 8 2013	
200 Back		3:29.25	<b>5-Jul-14</b>	WAM	Graham Hicks at Armadale Club Championships 6 2014	
400 Back		7:40.40	<b>30-Jul-13</b>	WAM	Graham Hicks at Armadale Aerobics 2013	
800 Back		15:49.45	<b>9-May-13</b>	WAM	Graham Hicks at Armadale Aerobics 2013	
25 Breast		18.06	<b>5-Jul-14</b>	WAM	Graham Cragg at Armadale Club Championships 6 2014	
50 Breast		44.07	<b>4-May-13</b>	WAM	Charles Croft at Armadale Club Championships 4 2013	
100 Breast		1:38.40	<b>7-Sep-13</b>	WAM	Charles Croft at Armadale Club Championships 8 2013	
200 Breast		3:36.49	<b>1-Oct-11</b>	WAM	Charles Croft at Armadale Club Championships 8 2011	
400 Breast		7:09.49	<b>13-May-14</b>	WAM	Graham Cragg at Armadale Aerobics 2014	
800 Breast		16:38.66	<b>11-Aug-11</b>	WAM	Charles Croft at Armadale Aerobics 2011	
25 Fly		19.20	<b>6-Oct-12</b>	WAM	Graham Hicks at Armadale Club Championships 9 2012	
50 Fly		48.29	<b>6-Jun-09</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2009	
100 IM		1:34.61	<b>24-Jun-12</b>	WAM	Graham Hicks at Mandurah BACC 2012	
200 IM		3:19.89	<b>5-Jul-14</b>	WAM	Graham Cragg at Armadale Club Championships 6 2014	
65-69		25 Free	16.19	<b>6-Jul-13</b>	WAM	Fettes Falconer at Armadale Club Championships 6 2013
	50 Free	36.80	<b>8-Sep-12</b>	WAM	Fettes Falconer at Armadale Club Championships 8 2012	
	100 Free	1:22.28	<b>8-Sep-12</b>	WAM	Fettes Falconer at Armadale Club Championships 8 2012	
	200 Free	3:06.14	<b>6-Jul-13</b>	WAM	Fettes Falconer at Armadale Club Championships 6 2013	
	400 Free	7:02.74	<b>13-Sep-12</b>	WAM	Fettes Falconer at Armadale Aerobics 2012	
	800 Free	15:07.91	<b>9-May-13</b>	WAM	Fettes Falconer at Armadale Aerobics 2013	
	25 Back	22.82	<b>8-Jun-13</b>	WAM	Fettes Falconer at Armadale Club Championships 5 2013	
	50 Back	52.57	<b>4-May-13</b>	WAM	Fettes Falconer at Armadale Club Championships 4 2013	
	25 Breast	23.47	<b>3-May-14</b>	WAM	Hans Vosbergen at Armadale Club Championships 4 2014	
	50 Breast	53.03	<b>22-Jun-14</b>	WAM	Hans Vosbergen at Mandurah Masters LLCC	
	100 Breast	2:00.89	<b>6-Jul-14</b>	WAM	Hans Vosbergen at Swan Hills LLCC 2014	
	400 Breast	9:41.15	<b>10-Jul-14</b>	WAM	Hans Vosbergen at Armadale Aerobics 2014	
	25 Fly	22.88	<b>4-May-13</b>	WAM	Fettes Falconer at Armadale Club Championships 4 2013	
	100 IM	1:52.41	<b>8-Jun-13</b>	WAM	Fettes Falconer at Armadale Club Championships 5 2013	
	75-79	25 Free	20.99	<b>7-Sep-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
		50 Free	47.72	<b>23-Jun-13</b>	WAM	Stanley Brandwood at Mandurah LLCC 23rd June
		100 Free	1:51.78	<b>23-Jun-13</b>	WAM	Stanley Brandwood at Mandurah LLCC 23rd June
		400 Free	9:04.15	<b>29-May-12</b>	WAM	Stanley Brandwood at Armadale Aerobics 2012
25 Back		28.78	<b>6-Oct-12</b>	WAM	Stanley Brandwood at Armadale Club Championships 9 2012	

**Armadale Masters Swimming**

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**RECORDS Armadale Masters SC**

75-79	50 Back	1:02.38	<b>24-Jun-12</b>	WAM	Stanley Brandwood at Mandurah BACC 2012
	100 Back	2:25.96	<b>9-Jun-12</b>	WAM	Stanley Brandwood at Armadale Club Championships 5 2012
	200 Back	5:12.81	<b>14-Jul-12</b>	WAM	Stanley Brandwood at Armadale Club Championships 6 2012
	25 Fly	28.96	<b>5-Oct-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 9 2013
	50 Fly	1:14.79	<b>7-Sep-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
	100 IM	2:33.77	<b>7-Sep-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
	200 IM	5:41.95	<b>6-Oct-12</b>	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	<b>23-Jun-13</b>	WAM	Catrina Adams, Nigel Chaytor, Colin Gibson, Gillian Caruso
	200 Medley Relay	3:16.17	<b>19-Jun-11</b>	WAM	Heather Jeps, Simon Stiles, Jacqueline Briggs, Colin Gibson
16-19	100 Free Relay	1:04.66	<b>6-Jul-14</b>	WAM	Rowena Burch, Louisa Cockram, Colin Gibson, Graham Hicks
	200 Free Relay	2:28.01	<b>5-Jul-09</b>	WAM	Nicole Badani, Charles Croft, Gillian Caruso, Fettes Falconer
	400 Free Relay	5:53.98	<b>1-Jul-12</b>	WAM	Jeff Sanders, Gillian Caruso, Heather Jeps, Greg Frey
	800 Free Relay	13:49.33	<b>4-Jul-10</b>	WAM	Gillian Caruso, Chris Millard, Linda Cragg, Jeffrey Sanders
	100 Medley Relay	1:15.22	<b>6-Jul-14</b>	WAM	Louisa Cockram, Charles Croft, Rowena Burch, Colin Gibson
	200 Medley Relay	2:51.83	<b>29-Nov-09</b>	WAM	Gillian Caruso, Charles Croft, Nicole Badani, Fettes Falconer
20-23	100 Free Relay	1:05.80	<b>18-Aug-13</b>	WAM	Gillian Caruso, Ross Doherty, Heather Jeps, Graham Hicks
	200 Free Relay	2:25.73	<b>22-Feb-14</b>	WAM	Gregory Frey, Heather Jeps, Gillian Caruso, Graham Hicks
	400 Free Relay	5:24.47	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham Cragg, Gillian Caruso, Heather Jeps
	100 Medley Relay	1:19.57	<b>18-Aug-13</b>	WAM	Graham Cragg, Heather Jeps, Ross Doherty, Linda Gragg
	200 Medley Relay	2:51.93	<b>22-Jun-14</b>	WAM	Graham Hicks, Heather Jeps, Gillian Caruso, Gregory Frey
24-27	100 Free Relay	1:28.27	<b>18-Aug-13</b>	WAM	Charles Croft, Lexie Rankin, Heather Adams, Stanley Brandwood
	200 Free Relay	3:01.75	<b>19-Jun-11</b>	WAM	Liz Dunn, Charles Croft, Maria Plant, Fettes Falconer
	400 Free Relay	6:31.00	<b>18-Aug-13</b>	WAM	Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft
	100 Medley Relay	1:44.56	<b>18-Aug-13</b>	WAM	Granam Hicks, Heather Adams, Stanley Brandwood, Jennifer Findlay
	200 Medley Relay	3:34.20	<b>13-Jun-10</b>	WAM	Jeff Sanders, Charles Croft, Fettes Falconer, Maria Plant
28-31	200 Free Relay	3:31.54	<b>24-Jun-12</b>	WAM	Stan Brandwood, Lexie Rankin, Charles Croft, Maria Plant