

## 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	2:56.18	<b>4-Oct-14</b>	WAM	Louisa Cockram at Armadale Club Championships 9 2014
	400 Free	6:34.10	<b>29-Apr-14</b>	WAM	Louisa Cockram at Armadale Aerobics 2014
	25 Back	20.86	<b>4-Oct-14</b>	WAM	Louisa Cockram at Armadale Club Championships 9 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	34.35	<b>6-Jun-15</b>	WAM	Rowena Burch at Armadale Club Championships 3 2015
	100 Free	1:18.70	<b>6-Sep-14</b>	WAM	Rowena Burch at Armadale Club Championships 8 2014
	200 Free	2:48.50	<b>4-Apr-15</b>	WAM	Rowena Burch at Armadale Club Championships 1 2015
	400 Free	5:36.34	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015
	800 Free	11:28.29	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015
	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
	400 Back	6:49.20	<b>26-May-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015
	25 Breast	20.64	<b>6-Sep-14</b>	WAM	Rowena Burch at Armadale Club Championships 8 2014
	50 Breast	43.68	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015
	100 Breast	1:33.73	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015
	200 Breast	3:17.36	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015
	400 Breast	7:52.44	<b>13-Sep-08</b>	WAM	Nicole Badani at Armadale Aerobics 2008

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30-34	800 Breast	14:08.79	<b>9-May-15</b>	WAM	Rowena Burch at Thornlie Distance 2015	
	25 Fly	17.92	<b>4-Apr-15</b>	WAM	Rowena Burch at Armadale Club Championships 1 2015	
	50 Fly	38.44	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	100 Fly	1:24.08	<b>28-Mar-15</b>	WAM	Rowena Burch at MSWA LiveLighter All Club Challenge	
	200 Fly	3:09.92	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	800 Fly	14:08.82	<b>26-May-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	100 IM	1:24.55	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	200 IM	3:02.69	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	400 IM	6:20.99	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	800 IM	13:19.69	<b>21-Apr-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
35-39	25 Free	17.98	<b>4-Apr-15</b>	WAM	Dianne Jeps at Armadale Club Championships 1 2015	
	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	3:37.98	<b>4-Apr-15</b>	WAM	Vanessa Toop at Armadale Club Championships 1 2015	
	400 Free	6:50.77	<b>14-May-15</b>	WAM	Dianne Jeps at Armadale Aerobics 2015	
	800 Free	15:46.46	<b>11-Jun-15</b>	WAM	Vanessa Toop at Armadale Aerobics 2015	
	400 Back	8:47.48	<b>14-May-15</b>	WAM	Vanessa Toop at Armadale Aerobics 2015	
	800 Back	18:04.51	<b>26-May-15</b>	WAM	Vanessa Toop at Armadale Aerobics 2015	
	25 Breast	25.47	<b>4-Apr-15</b>	WAM	Vanessa Toop at Armadale Club Championships 1 2015	
	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	
	200 Breast	3:49.08	<b>4-Apr-15</b>	WAM	Dianne Jeps at Armadale Club Championships 1 2015	
	400 Breast	7:55.19	<b>14-May-15</b>	WAM	Dianne Jeps at Armadale Aerobics 2015	
	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	
200 IM		3:58.55	<b>4-Apr-15</b>	WAM	Heather Jeps at Armadale Club Championships 1 2015	
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	1:23.25	<b>6-Jun-15</b>	WAM	Gillian Caruso at Armadale Club Championships 3 2015
		200 Free	3:01.31	<b>4-Oct-14</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2014
	400 Free	6:30.28	<b>12-Jun-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
	800 Free	13:20.44	<b>11-Jun-15</b>	WAM	Gillian Caruso at Armadale Aerobics 2015	
	25 Back	20.04	<b>2-May-15</b>	WAM	Gillian Caruso at Armadale Club Championships 2 2015	
	50 Back	41.96	<b>6-Jun-15</b>	WAM	Gillian Caruso at Armadale Club Championships 3 2015	

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45-49	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	18.28	<b>4-Oct-14</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2014	
	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	
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	
	400	Back	8:56.19	<b>9-Oct-14</b>	WAM	Pauline Southall at Armadale Aerobics 2014	
	25	Breast	24.21	<b>4-Apr-15</b>	WAM	Linda Cragg at Armadale Club Championships 1 2015	
	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	45.89	<b>6-Jun-15</b>	WAM	Heather Adams at Armadale Club Championships 3 2015
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	

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### RECORDS Armadale Masters SC

60-64	25 Breast	25.32	<b>6-Jun-15</b>	WAM	Heather Adams at Armadale Club Championships 3 2015
	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
	25 Breast	29.94	<b>4-Apr-15</b>	WAM	Liz Dunn at Armadale Club Championships 1 2015
	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
	70-74	25 Free	23.51	<b>4-Oct-14</b>	WAM
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		4:47.47	<b>4-Apr-15</b>	WAM	Maria Plant at Armadale Club Championships 1 2015
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		5:16.24	<b>4-Oct-14</b>	WAM	Maria Plant at Armadale Club Championships 9 2014
400 Breast		10:56.13	<b>14-Apr-15</b>	WAM	Maria Plant at Armadale Aerobics 2015
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
	50 Free	2:39.99	<b>2-May-15</b>	WAM	Lochlin Manning-Day at Armadale Club Championships 2 2015
	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
	25 Breast	24.54	<b>4-Oct-14</b>	WAM	Graham Bamford at Armadale Club Championships 9 2014
	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

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

45-49	25 Free	16.23	<b>2-May-15</b>	WAM	Colin Gibson at Armadale Club Championships 2 2015	
	50 Free	36.19	<b>7-Jun-14</b>	WAM	Colin Gibson at Armadale Club Championships 5 2014	
	100 Free	1:24.35	<b>22-Jun-14</b>	WAM	Colin Gibson at Mandurah Masters LLCC	
	200 Free	2:53.81	<b>5-Jul-09</b>	WAM	Tony Debono at Swan Hills BACC 2009	
	400 Free	7:03.60	<b>17-May-12</b>	WAM	Colin Gibson at Armadale Aerobics 2012	
	800 Free	14:48.20	<b>30-Jul-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
	1500 Free	28:34.36	<b>26-Sep-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
	25 Back	21.39	<b>6-Jul-13</b>	WAM	Colin Gibson at Armadale Club Championships 6 2013	
	50 Back	50.82	<b>23-Jun-13</b>	WAM	Colin Gibson at Mandurah LLCC 23rd June	
	100 Back	1:58.02	<b>8-Jun-13</b>	WAM	Colin Gibson at Armadale Club Championships 5 2013	
	200 Back	4:18.68	<b>6-Jul-13</b>	WAM	Colin Gibson at Armadale Club Championships 6 2013	
	400 Back	9:47.06	<b>18-Jul-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
	800 Back	21:17.34	<b>25-Jun-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
	25 Breast	20.94	<b>5-Jul-09</b>	WAM	Tony Debono at Swan Hills BACC 2009	
	50 Breast	44.69	<b>25-Oct-08</b>	WAM	Chris Millard at Armadale Club Championship 6 2008	
	100 Breast	1:45.76	<b>5-Jul-09</b>	WAM	Chris Millard at Swan Hills BACC 2009	
	200 Breast	3:49.76	<b>15-Aug-09</b>	WAM	Chris Millard at Armadale Club Championships 4 2009	
	400 Breast	8:23.30	<b>5-Sep-09</b>	WAM	Chris Millard at Armadale Aerobics 2009	
	25 Fly	20.18	<b>7-Jun-14</b>	WAM	Colin Gibson at Armadale Club Championships 5 2014	
	50 Fly	48.96	<b>2-Aug-14</b>	WAM	Colin Gibson at Armadale Club Championships 7 2014	
	100 IM	1:43.27	<b>18-Sep-10</b>	WAM	Chris Millard at Armadale Club Championships 5 2010	
	200 IM	4:16.40	<b>4-Apr-15</b>	WAM	Colin Gibson at Armadale Club Championships 1 2015	
	50-54	25 Free	15.23	<b>12-May-12</b>	WAM	Gregory Frey at Armadale Club Championships 4 2012
		50 Free	30.51	<b>27-Sep-08</b>	WAM	Garry Howard at Armadale Club Championship 5 2008
		100 Free	1:13.16	<b>19-Jun-11</b>	WAM	Gregory Frey at Mandurah BACC 2011
		200 Free	2:44.40	<b>2-Jul-11</b>	WAM	Gregory Frey at Armadale Club Championships 5 2011
400 Free		6:04.66	<b>7-Aug-10</b>	WAM	Gregory Frey at Armadale Aerobics 2010	
800 Free		12:43.80	<b>16-Jun-11</b>	WAM	Gregory Frey at Armadale Aerobics 2011	
1500 Free		28:14.82	<b>27-Oct-11</b>	WAM	Ross Doherty at Armadale Aerobics 2011	
25 Back		20.12	<b>1-Oct-11</b>	WAM	Gregory Frey at Armadale Club Championships 8 2011	
50 Back		41.53	<b>12-May-12</b>	WAM	Gregory Frey at Armadale Club Championships 4 2012	
100 Back		1:19.98	<b>27-Sep-08</b>	WAM	Garry Howard at Armadale Club Championship 5 2008	
200 Back		4:20.79	<b>30-Aug-08</b>	WAM	Ross Doherty at Armadale Club Championship 4 2008	
400 Back		9:15.90	<b>16-Jun-11</b>	WAM	Ross Doherty at Armadale Aerobics 2011	
25 Breast		20.42	<b>9-Jun-12</b>	WAM	Gregory Frey at Armadale Club Championships 5 2012	
50 Breast		44.01	<b>15-Jun-08</b>	WAM	Peter Escott at Mandurah BACC 2008	
100 Breast		1:38.62	<b>27-Sep-08</b>	WAM	Peter Escott at Armadale Club Championship 5 2008	
200 Breast		3:32.94	<b>30-Aug-08</b>	WAM	Peter Escott at Armadale Club Championship 4 2008	
400 Breast		7:26.73	<b>2-Aug-08</b>	WAM	Peter Escott at Armadale Aerobics 2008	
800 Breast		18:08.26	<b>13-May-14</b>	WAM	Chris Millard at Armadale Aerobics 2014	
25 Fly		18.41	<b>27-Nov-11</b>	WAM	Gregory Frey at Osborne Park BACC 27.11.11	
50 Fly		41.86	<b>24-Jun-12</b>	WAM	Gregory Frey at Mandurah BACC 2012	
100 IM		1:28.06	<b>27-Nov-11</b>	WAM	Gregory Frey at Osborne Park BACC 27.11.11	
200 IM		3:24.47	<b>1-Oct-11</b>	WAM	Gregory Frey at Armadale Club Championships 8 2011	
55-59		25 Free	14.59	<b>23-Aug-08</b>	WAM	Graham Hicks at State Championships 2008
		50 Free	31.88	<b>27-Sep-08</b>	WAM	Graham Hicks at Armadale Club Championship 5 2008
		100 Free	1:13.07	<b>19-Jun-11</b>	WAM	Graham Hicks at Mandurah BACC 2011
		200 Free	2:47.14	<b>29-Nov-09</b>	WAM	Graham Hicks at Osborne park BACC 2009
	400 Free	5:54.60	<b>9-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	800 Free	12:24.59	<b>23-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	1500 Free	25:26.55	<b>27-Oct-11</b>	WAM	Graham Hicks at Armadale Aerobics 2011	
	25 Back	19.31	<b>1-Jul-12</b>	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Back	41.62	<b>23-Jun-13</b>	WAM	Gregory Frey at Mandurah LLCC 23rd June	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

55-59	100	Back	1:36.53	<b>4-Jun-11</b>	WAM	Graham Hicks at Armadale Club Championships 4 2011	
	200	Back	3:35.85	<b>4-Apr-15</b>	WAM	Gregory Frey at Armadale Club Championships 1 2015	
	400	Back	6:57.18	<b>9-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	800	Back	18:58.13	<b>11-Jun-15</b>	WAM	Ross Doherty at Armadale Aerobics 2015	
	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	
	200	IM	4:20.40	<b>4-Oct-14</b>	WAM	Jeffrey Sanders at Armadale Club Championships 9 2014	
	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	12:50.67	<b>21-Apr-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
1500		Free	25:46.81	<b>26-Aug-14</b>	WAM	Graham Hicks at Armadale Aerobics 2014	
25		Back	19.98	<b>4-Oct-14</b>	WAM	Graham Hicks at Armadale Club Championships 9 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	7:27.23	<b>14-May-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
800		Back	14:41.80	<b>26-May-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
25		Breast	17.46	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
50		Breast	38.06	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
100		Breast	1:25.23	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
200		Breast	3:08.43	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
400		Breast	6:55.76	<b>21-Apr-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
800		Breast	14:39.69	<b>26-May-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
25		Fly	16.78	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
50		Fly	48.29	<b>6-Jun-09</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2009	
100		IM	1:23.40	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
200		IM	3:11.87	<b>4-Apr-15</b>	WAM	Graham Cragg at Armadale Club Championships 1 2015	
65-69		25	Free	16.19	<b>6-Jul-13</b>	WAM	Fettes Falconer at Armadale Club Championships 6 2013
		50	Free	35.23	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015
		100	Free	1:19.33	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015
	200	Free	2:57.59	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	400	Free	6:33.90	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	800	Free	13:29.71	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	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	20.49	<b>4-Apr-15</b>	WAM	Charles Croft at Armadale Club Championships 1 2015	
	50	Breast	43.19	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	100	Breast	1:36.45	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	200	Breast	3:32.31	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	400	Breast	8:03.75	<b>11-Jun-15</b>	WAM	Charles Croft at Armadale Aerobics 2015	
	25	Fly	22.14	<b>6-Jun-15</b>	WAM	Charles Croft at Armadale Club Championships 3 2015	
	100	IM	1:44.10	<b>6-Jun-15</b>	WAM	Charles Croft at Armadale Club Championships 3 2015	

## Armadale Masters Swimming

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### RECORDS Armadale Masters SC

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
	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