

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
	400 IM	9:37.62	23-Jun-15	WAM	Jacqueline Briggs at Armadale Aerobics 2015
20-23	100 Free Relay	1:16.82	15-Aug-15	WAM	Heather Jeps, Heather Adams, Pamela Pearson, Gillian Caruso
	100 Medley Relay	1:32.46	15-Aug-15	WAM	Gillian Caruso, Heather Adams, Heather Jeps, Maria Plant
	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	25 Free	16.92	5-Jul-14	WAM	Louisa Cockram at Armadale Club Championships 6 2014
	50 Free	35.80	6-Sep-14	WAM	Louisa Cockram at Armadale Club Championships 8 2014
	100 Free	1:21.11	3-May-14	WAM	Louisa Cockram at Armadale Club Championships 4 2014
	200 Free	2:56.18	4-Oct-14	WAM	Louisa Cockram at Armadale Club Championships 9 2014
	400 Free	6:34.10	29-Apr-14	WAM	Louisa Cockram at Armadale Aerobics 2014
	25 Back	20.86	4-Oct-14	WAM	Louisa Cockram at Armadale Club Championships 9 2014
	50 Back	46.25	6-Jul-14	WAM	Louisa Cockram at Swan Hills LLCC 2014
	100 Back	1:18.64	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
	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
	25 Fly	18.68	6-Sep-14	WAM	Louisa Cockram at Armadale Club Championships 8 2014
	50 Fly	37.62	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
	100 IM	1:20.54	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
30-34	25 Free	15.55	7-Jun-14	WAM	Rowena Burch at Armadale Club Championships 5 2014
	50 Free	34.35	6-Jun-15	WAM	Rowena Burch at Armadale Club Championships 3 2015
	100 Free	1:18.70	6-Sep-14	WAM	Rowena Burch at Armadale Club Championships 8 2014
	200 Free	2:48.50	4-Apr-15	WAM	Rowena Burch at Armadale Club Championships 1 2015
	400 Free	5:36.34	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	800 Free	11:28.29	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	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
	400 Back	6:45.37	23-Jun-15	WAM	Rowena Burch at Armadale Aerobics 2015
	800 Back	13:59.37	22-Sep-15	WAM	Rowena Burch at Armadale Aerobics 2015

Armadale Masters Swimming

RECORDS Armadale Masters SC

30-34	25 Breast	20.64	6-Sep-14	WAM	Rowena Burch at Armadale Club Championships 8 2014	
	50 Breast	43.68	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015	
	100 Breast	1:33.73	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015	
	200 Breast	3:17.04	22-Aug-15	WAM	Rowena Burch at MSTAS Short Course Winter Championships	
	400 Breast	7:02.00	26-Jul-15	WAM	Rowena Burch at 2015 Leisurpark 400/800	
	800 Breast	14:08.79	9-May-15	WAM	Rowena Burch at Thornlie Distance 2015	
	1500 Breast	27:12.73	17-Oct-15	WAM	Rowena Burch at Maida Vale 400-800-1500m Short course	
	25 Fly	17.82	4-Jun-16	WAM	Rowena Burch at Armadale Club Championships 4 2016	
	50 Fly	38.29	19-Jun-16	WAM	Rowena Burch at Mandurah Masters 2016 Livelighter CC	
	100 Fly	1:24.08	28-Mar-15	WAM	Rowena Burch at MSWA LiveLighter All Club Challenge	
	200 Fly	3:09.92	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015	
	400 Fly	6:47.43	23-Jun-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	800 Fly	13:58.64	10-Sep-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	100 IM	1:24.55	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015	
	200 IM	3:00.58	22-Aug-15	WAM	Rowena Burch at MSTAS Short Course Winter Championships	
	400 IM	6:20.99	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015	
	800 IM	13:19.69	21-Apr-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	35-39	25 Free	17.98	4-Apr-15	WAM	Dianne Jeps at Armadale Club Championships 1 2015
		50 Free	46.50	13-Jun-10	WAM	Heather Jeps at Mandurah BACC 2010
100 Free		1:53.74	6-Sep-14	WAM	Claire Robertson at Armadale Club Championships 8 2014	
200 Free		3:37.98	4-Apr-15	WAM	Vanessa Toop at Armadale Club Championships 1 2015	
400 Free		6:50.77	14-May-15	WAM	Dianne Jeps at Armadale Aerobics 2015	
800 Free		15:21.29	23-Jun-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
25 Back		21.85	21-Jun-15	WAM	Vanessa Toop at Mandurah Masters 2015 LLCC	
50 Back		48.64	21-Jun-15	WAM	Vanessa Toop at Mandurah Masters 2015 LLCC	
100 Back		1:49.52	21-Jun-15	WAM	Vanessa Toop at Mandurah Masters 2015 LLCC	
400 Back		8:28.17	13-Aug-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
800 Back		17:06.52	22-Sep-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
25 Breast		25.47	4-Apr-15	WAM	Vanessa Toop at Armadale Club Championships 1 2015	
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	
200 Breast		3:49.08	4-Apr-15	WAM	Dianne Jeps at Armadale Club Championships 1 2015	
400 Breast		7:55.19	14-May-15	WAM	Dianne Jeps at Armadale Aerobics 2015	
800 Breast		17:48.85	9-Jul-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
400 IM		8:46.81	8-Oct-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
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	
	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	48.93	6-Jul-14	WAM	Heather Jeps at Swan Hills LLCC 2014	
	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	

Armadale Masters Swimming

RECORDS Armadale Masters SC

40-44	100 IM	1:33.22	13-Jun-10	WAM	Gillian Caruso at Mandurah BACC 2010	
	200 IM	3:58.55	4-Apr-15	WAM	Heather Jeps at Armadale Club Championships 1 2015	
45-49	25 Free	16.81	6-Jul-13	WAM	Gillian Caruso at Armadale Club Championships 6 2013	
	50 Free	37.19	7-Jun-14	WAM	Gillian Caruso at Armadale Club Championships 5 2014	
	100 Free	1:23.15	4-Jun-16	WAM	Gillian Caruso at Armadale Club Championships 4 2016	
	200 Free	3:01.31	4-Oct-14	WAM	Gillian Caruso at Armadale Club Championships 9 2014	
	400 Free	6:29.20	22-Sep-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	800 Free	13:20.44	11-Jun-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	25 Back	19.56	21-Jun-15	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC	
	50 Back	41.46	3-Jul-16	WAM	Gillian Caruso at Swan Hills LiveLighter Club Challenge	
	100 Back	1:29.83	21-Jun-15	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC	
	200 Back	3:14.02	4-Jul-15	WAM	Gillian Caruso at Armadale Club Championships 4 2015	
	400 Back	6:56.76	23-Sep-14	WAM	Gillian Caruso at Armadale Aerobics 2014	
	800 Back	14:10.90	22-Sep-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	25 Breast	23.06	6-Sep-14	WAM	Gillian Caruso at Armadale Club Championships 8 2014	
	50 Breast	49.95	3-Jul-16	WAM	Heather Jeps at Swan Hills LiveLighter Club Challenge	
	100 Breast	1:51.42	19-Jun-16	WAM	Heather Jeps at Mandurah Masters 2016 Livelighter CC	
	400 Breast	8:37.00	29-May-14	WAM	Gillian Caruso at Armadale Aerobics 2014	
	800 Breast	17:37.99	23-Sep-14	WAM	Gillian Caruso at Armadale Aerobics 2014	
	25 Fly	18.28	4-Oct-14	WAM	Gillian Caruso at Armadale Club Championships 9 2014	
	50 Fly	41.00	5-Sep-15	WAM	Gillian Caruso at Armadale Club Championships 6 2015	
	100 IM	1:33.67	5-Sep-15	WAM	Gillian Caruso at Armadale Club Championships 6 2015	
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	
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	
400 Back		8:56.19	9-Oct-14	WAM	Pauline Southall at Armadale Aerobics 2014	
25 Breast		24.21	4-Apr-15	WAM	Linda Cragg at Armadale Club Championships 1 2015	
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	

Armadale Masters Swimming

RECORDS Armadale Masters SC

55-59	25 Fly	24.79	1-Aug-15	WAM	Linda Cragg at Armadale Club Championships 5 2015	
	100 IM	1:51.15	3-Aug-13	WAM	Linda Cragg at Armadale Club Championships 7 2013	
60-64	25 Free	19.53	3-Jul-16	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge	
	50 Free	45.89	6-Jun-15	WAM	Heather Adams at Armadale Club Championships 3 2015	
	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	28.92	5-Oct-13	WAM	Heather Croft at Armadale Club Championships 9 2013	
	50 Back	1:01.17	1-Aug-15	WAM	Heather Adams at Armadale Club Championships 5 2015	
	400 Back	10:26.84	13-Aug-15	WAM	Heather Croft at Armadale Aerobics 2015	
	25 Breast	24.77	3-Jul-16	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge	
	50 Breast	56.53	3-Jul-16	WAM	Heather Croft at Swan Hills LiveLighter Club Challenge	
	100 Breast	2:26.05	3-Sep-11	WAM	Liz Dunn at Armadale Club Championships 7 2011	
	200 Breast	4:38.64	2-Jul-16	WAM	Linda Cragg at Armadale Club Championships 5 2016	
	400 Breast	10:15.69	24-May-16	WAM	Heather Croft at Armadale Endurance 2016	
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	27.41	7-May-16	WAM	Pamela Pearson at Armadale Club Championships 3 2016	
	50 Back	57.51	25-Oct-08	WAM	Pam Badani at Armadale Club Championship 6 2008	
	25 Breast	29.94	4-Apr-15	WAM	Liz Dunn at Armadale Club Championships 1 2015	
	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	23.51	4-Oct-14	WAM	Maria Plant at Armadale Club Championships 9 2014	
	50 Free	56.60	21-Jun-15	WAM	Maria Plant at Mandurah Masters 2015 LLCC	
	100 Free	2:01.02	4-May-13	WAM	Maria Plant at Armadale Club Championships 4 2013	
	200 Free	4:39.85	4-Jul-15	WAM	Maria Plant at Armadale Club Championships 4 2015	
	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	28.53	21-Jun-15	WAM	Maria Plant at Mandurah Masters 2015 LLCC	
	50 Back	1:08.70	1-Aug-15	WAM	Maria Plant at Armadale Club Championships 5 2015	
	400 Back	12:09.86	17-Sep-13	WAM	Maria Plant at Armadale Aerobics 2013	
	25 Breast	31.94	4-Jul-10	WAM	Lexie Rankin at Swan Hills BACC	
	50 Breast	1:07.65	7-Sep-13	WAM	Maria Plant at Armadale Club Championships 8 2013	
	100 Breast	2:28.98	21-Jun-15	WAM	Maria Plant at Mandurah Masters 2015 LLCC	
	200 Breast	5:16.24	4-Oct-14	WAM	Maria Plant at Armadale Club Championships 9 2014	
	400 Breast	10:56.13	14-Apr-15	WAM	Maria Plant at Armadale Aerobics 2015	
	25 Fly	37.77	1-Aug-15	WAM	Maria Plant at Armadale Club Championships 5 2015	
	100 IM	2:33.25	22-Jun-14	WAM	Maria Plant at Mandurah Masters LLCC	
	75-79	25 Free	28.13	21-Jun-15	WAM	Lexie Rankin at Mandurah Masters 2015 LLCC
		50 Free	1:04.96	19-Jun-16	WAM	Lexie Rankin at Mandurah Masters 2016 Livelighter CC
100 Free		2:33.78	1-Aug-15	WAM	Lexie Rankin at Armadale Club Championships 5 2015	
200 Free		5:34.14	4-Jul-15	WAM	Lexie Rankin at Armadale Club Championships 4 2015	
25 Breast		37.88	1-Aug-15	WAM	Lexie Rankin at Armadale Club Championships 5 2015	

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
	50 Free	1:57.38	21-Jun-15	WAM	Lochlin Manning-Day at Mandurah Masters 2015 LLCC
	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	3:02.82	15-Aug-15	WAM	Ross Doherty, Charles Croft, Colin Gibson, Fettes Falconer
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
	400 Breast	8:41.84	29-May-14	WAM	Raphael Dajon at Armadale Aerobics 2014
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
	25 Back	21.47	7-Jun-14	WAM	Simon Stiles at Armadale Club Championships 5 2014
	100 Back	1:58.27	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	25 Breast	24.54	4-Oct-14	WAM	Graham Bamford at Armadale Club Championships 9 2014
	50 Breast	57.84	2-Aug-14	WAM	Graham Bamford at Armadale Club Championships 7 2014
	100 Breast	1:57.71	4-Jun-11	WAM	Simon Stiles at Armadale Club Championships 4 2011

Armadale Masters Swimming

RECORDS Armadale Masters SC

45-49	25 Free	16.23	2-May-15	WAM	Colin Gibson at Armadale Club Championships 2 2015	
	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	14:44.27	7-Jul-16	WAM	Colin Gibson at Armadale Endurance 2016	
	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	20.04	5-Sep-15	WAM	Colin Gibson at Armadale Club Championships 6 2015	
	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	
	200 IM	4:08.81	2-Jul-16	WAM	Colin Gibson at Armadale Club Championships 5 2016	
	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	

Armadale Masters Swimming

RECORDS Armadale Masters SC

55-59	100	Back	1:36.53	4-Jun-11	WAM	Graham Hicks at Armadale Club Championships 4 2011
	200	Back	3:35.85	4-Apr-15	WAM	Gregory Frey at Armadale Club Championships 1 2015
	400	Back	6:57.18	9-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010
	800	Back	18:27.99	13-Aug-15	WAM	Ross Doherty at Armadale Aerobics 2015
	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
	1500	Breast	41:35.00	17-May-14	WAM	Jeffrey Sanders at Narrogin Distance Meet May 2014
	25	Fly	16.57	4-May-13	WAM	Graham Cragg at Armadale Club Championships 4 2013
	50	Fly	47.00	5-Sep-15	WAM	Gregory Frey at Armadale Club Championships 6 2015
	100	IM	1:22.72	24-Jun-12	WAM	Graham Cragg at Mandurah BACC 2012
	200	IM	4:20.40	4-Oct-14	WAM	Jeffrey Sanders at Armadale Club Championships 9 2014
	400	IM	9:08.15	8-Oct-15	WAM	Jeffrey Sanders at Armadale Aerobics 2015
	60-64	25	Free	15.12	1-Jul-12	WAM
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	12:50.67	21-Apr-15	WAM	Graham Cragg at Armadale Aerobics 2015
1500		Free	24:59.34	8-Oct-15	WAM	Graham Cragg at Armadale Aerobics 2015
25		Back	19.98	4-Oct-14	WAM	Graham Hicks at Armadale Club Championships 9 2014
50		Back	42.59	6-Sep-14	WAM	Graham Hicks at Armadale Club Championships 8 2014
100		Back	1:35.23	7-Sep-13	WAM	Graham Hicks at Armadale Club Championships 8 2013
200		Back	3:29.25	5-Jul-14	WAM	Graham Hicks at Armadale Club Championships 6 2014
400		Back	7:27.23	14-May-15	WAM	Graham Cragg at Armadale Aerobics 2015
800		Back	14:41.80	26-May-15	WAM	Graham Cragg at Armadale Aerobics 2015
25		Breast	17.46	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
50		Breast	38.06	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
100		Breast	1:25.23	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
200		Breast	3:08.43	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
400		Breast	6:55.76	21-Apr-15	WAM	Graham Cragg at Armadale Aerobics 2015
800		Breast	14:32.99	10-Sep-15	WAM	Graham Cragg at Armadale Aerobics 2015
25		Fly	16.78	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
50		Fly	48.29	6-Jun-09	WAM	Fettes Falconer at Armadale Club Championships 2 2009
100		IM	1:23.40	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
200		IM	3:11.87	4-Apr-15	WAM	Graham Cragg at Armadale Club Championships 1 2015
65-69	25	Free	16.19	6-Jul-13	WAM	Fettes Falconer at Armadale Club Championships 6 2013
	50	Free	35.23	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	100	Free	1:19.33	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	200	Free	2:57.59	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	400	Free	6:33.90	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	800	Free	13:29.71	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	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
	100	Back	2:12.09	3-Jul-16	WAM	Hans Vosbergen at Swan Hills LiveLighter Club Challenge
	25	Breast	19.68	3-Jul-16	WAM	Charles Croft at Swan Hills LiveLighter Club Challenge
	50	Breast	43.19	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	100	Breast	1:36.45	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	200	Breast	3:32.31	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	400	Breast	7:49.16	24-May-16	WAM	Charles Croft at Armadale Endurance 2016
	800	Breast	16:12.64	12-May-16	WAM	Charles Croft at Armadale Endurance 2016

Armadale Masters Swimming

RECORDS Armadale Masters SC

65-69	25 Fly	22.14	6-Jun-15	WAM	Charles Croft at Armadale Club Championships 3 2015
	50 Fly	57.46	5-Sep-15	WAM	Charles Croft at Armadale Club Championships 6 2015
	100 IM	1:44.10	6-Jun-15	WAM	Charles Croft at Armadale Club Championships 3 2015
70-74	25 Free	20.19	3-Jul-16	WAM	Timothy Pillay at Swan Hills LiveLighter Club Challenge
	50 Free	51.65	3-Jul-16	WAM	Timothy Pillay at Swan Hills LiveLighter Club Challenge
	100 Free	2:11.90	7-May-16	WAM	Timothy Pillay at Armadale Club Championships 3 2016
	200 Free	5:08.59	2-Jul-16	WAM	Timothy Pillay at Armadale Club Championships 5 2016
	400 Free	11:22.10	21-Jun-16	WAM	Timothy Pillay at Armadale Endurance 2016
	25 Back	35.37	7-May-16	WAM	Timothy Pillay at Armadale Club Championships 3 2016
	25 Breast	29.56	3-Jul-16	WAM	Timothy Pillay at Swan Hills LiveLighter Club Challenge
	50 Breast	1:13.70	7-May-16	WAM	Timothy Pillay at Armadale Club Championships 3 2016
75-79	25 Free	20.99	7-Sep-13	WAM	Stanley Brandwood at Armadale Club Championships 8 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	28.78	6-Oct-12	WAM	Stanley Brandwood at Armadale Club Championships 9 2012
	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	28.96	5-Oct-13	WAM	Stanley Brandwood at Armadale Club Championships 9 2013
	50 Fly	1:14.79	7-Sep-13	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
	100 IM	2:33.77	7-Sep-13	WAM	Stanley Brandwood at Armadale Club Championships 8 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	1:04.66	6-Jul-14	WAM	Rowena Burch, Louisa Cockram, Colin Gibson, Graham Hicks
	200 Free Relay	2:27.59	21-Jun-15	WAM	Rowena Burch, Colin Gibson, Gillian Caruso, Charles Croft
	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	1:12.22	3-Jul-16	WAM	Gillian Caruso, Graham Cragg, Rowena Burch, Colin Gibson
	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	2:25.73	22-Feb-14	WAM	Gregory Frey, Heather Jeps, Gillian Caruso, 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 Gragg
	200 Medley Relay	2:51.93	22-Jun-14	WAM	Graham Hicks, Heather Jeps, Gillian Caruso, Gregory Frey
24-27	100 Free Relay	1:17.61	15-Aug-15	WAM	Charles Croft, Heather Adams, Fettes Falconer, Pamela Pearson
	200 Free Relay	2:42.42	19-Jun-16	WAM	Fettes Falconer, Liz Dunn, Heather Jeps, Graham Hicks
	400 Free Relay	6:31.00	18-Aug-13	WAM	Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft
	100 Medley Relay	1:37.62	15-Aug-15	WAM	Fettes Falconer, Maria Plant, Charles Croft, Pamela Pearson
	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