

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Female

12-15	200 Free Relay	2:33.42	31-Jan-10	WAM	Catriona Adams, Heather Adams, Nicole Badani, Gillian Caruso
16-19	200 Free Relay	2:41.93	1-May-16	WAM	Gillian Caruso, Heather Jeps, Vanessa Toop, Rowens Burch
	200 Medley Relay	3:02.27	20-Sep-15	WAM	Louisa Cockram, Heather Jeps, Rowena Burch, Linda Cragg
18-24	50 Free	32.32	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	100 Free	1:12.29	22-Sep-13	WAM	Catriona Adams at Stadium Snappers LLCC 2013
	200 Free	2:37.38	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	400 Free	5:50.32	26-Mar-13	WAM	Catriona Adams at Armadale Aerobics 2013
	800 Free	11:56.65	11-Apr-13	WAM	Catriona Adams at Armadale Aerobics 2013
	50 Back	37.36	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Back	1:20.30	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	50 Breast	57.62	22-Aug-10	WAM	Helen Rossi at Maida Vale - Belmont BACC 2010
	50 Fly	35.81	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Fly	1:23.57	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	200 IM	2:55.03	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	400 IM	6:26.86	26-Mar-13	WAM	Catriona Adams at Armadale Aerobics 2013
	20-23	200 Free Relay	3:06.19	20-Feb-11	WAM
200 Medley Relay		3:21.63	17-Apr-16	WAM	Gillian Caruso, Liz Dunn, Rowena Burch, Pamela Pearson
24-27	200 Free Relay	3:12.75	3-Feb-13	WAM	Gillian Caruso, Maria Plant, Heather Croft, Zita Badger
25-29	50 Free	39.73	20-Sep-15	WAM	Louisa Cockram at Stadium Masters LL Club Challenge 2015
	100 Free	1:28.86	20-Sep-15	WAM	Louisa Cockram at Stadium Masters LL Club Challenge 2015
	200 Free	3:31.26	28-Jan-17	WAM	Jacqueline Briggs at Armadale Club Championships 1 2017
	400 Free	6:49.34	8-Jan-15	WAM	Louisa Cockram at Armadale Aerobics 2015
	800 Free	16:17.91	10-Mar-16	WAM	Jacqueline Briggs at Armadale Endurance 2016
	50 Back	40.00	20-Sep-15	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	100 Back	1:27.27	18-Apr-15	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	50 Breast	55.50	20-Sep-15	WAM	Louisa Cockram at Stadium Masters LL Club Challenge 2015
	400 Breast	8:44.30	8-Jan-15	WAM	Louisa Cockram at Armadale Aerobics 2015
	50 Fly	1:03.03	28-Jan-17	WAM	Jacqueline Briggs at Armadale Club Championships 1 2017
	100 Fly	1:32.75	18-Apr-15	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	200 IM	3:14.80	20-Sep-15	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	400 IM	9:30.74	24-Jan-17	WAM	Jacqueline Briggs at Armadale Endurance 2017
	30-34	50 Free	35.20	18-Apr-15	WAM
100 Free		1:18.58	14-Sep-14	WAM	Rowena Burch at Stadium Snappers Live Lighter Club Challenge
200 Free		2:52.39	9-Feb-16	WAM	Rowena Burch at Armadale Club Championships 1 2016
400 Free		6:07.45	8-Apr-16	WAM	Rowena Burch at MSWA Pre-nationals Trial Meet 2016
800 Free		12:05.61	10-Dec-15	WAM	Rowena Burch at Armadale Aerobics 2015
1500 Free		25:05.91	13-Aug-17	WAM	Rowena Burch at Somerset 1500m Event 2017
50 Back		41.94	5-Sep-15	WAM	Rowena Burch at Bunbury Skins 2015
100 Back		1:28.78	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
200 Back		3:06.76	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
400 Back		7:03.93	24-Mar-15	WAM	Rowena Burch at Armadale Aerobics 2015
800 Back		14:13.15	12-Feb-15	WAM	Rowena Burch at Armadale Endurance 2015
1500 Back		27:21.89	2-Aug-15	WAM	Rowena Burch at 2015 Somerset 1500m Event
50 Breast		46.44	5-Sep-15	WAM	Rowena Burch at Bunbury Skins 2015
100 Breast		1:38.35	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
200 Breast		3:27.51	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
400 Breast		7:05.16	28-Jun-15	WAM	Rowena Burch at Melville Aerobics 2015
800 Breast		15:14.00	26-Jun-16	WAM	Rowena Burch at Melville Endurance

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RECORDS Armadale Masters LC

30-34	1500 Breast	28:30.94	7-Aug-16	WAM	Rowena Burch at Somerset 1500m Event 2016	
	50 Fly	38.43	22-Oct-16	WAM	Rowena Burch at Armadale Club Championships 9 2016	
	100 Fly	1:26.54	18-Sep-16	WAM	Rowena Burch at Stadium Masters Livelighter Club Challenge	
	200 Fly	3:15.70	3-Oct-15	WAM	Rowena Burch at 2015 MSNT Long Course Championships	
	400 Fly	6:59.21	20-Oct-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	800 Fly	14:37.45	25-Oct-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	200 IM	3:07.23	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge	
	400 IM	6:45.41	21-Apr-17	WAM	Rowena Burch at World Masters Games 2017	
	800 IM	13:39.37	10-Dec-15	WAM	Rowena Burch at Armadale Aerobics 2015	
35-39	50 Free	33.21	18-Apr-18	WAM	Tania O'sheehan at MSA National Championships	
	100 Free	1:14.07	29-Apr-17	WAM	Tania O'sheehan at Masters Swimming WA State Championships	
	400 Free	6:08.94	17-Sep-17	WAM	Tania O'sheehan at Riverton Masters 400/800 Meet	
	800 Free	15:08.32	9-Feb-17	WAM	Vanessa Toop at Armadale Endurance 1000	
	1500 Free	28:25.84	3-Nov-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
	50 Back	40.17	18-Apr-18	WAM	Tania O'sheehan at MSA National Championships	
	100 Back	1:45.18	24-Mar-19	WAM	Rowena Burch at Melville LiveLighter Club Challenge 2019	
	200 Back	4:07.17	9-Feb-16	WAM	Vanessa Toop at Armadale Club Championships 1 2016	
	400 Back	8:50.90	12-Nov-15	WAM	Vanessa Toop at Armadale Aerobics 2015	
	800 Back	18:46.98	4-Apr-19	WAM	Rowena Burch at Armadale Endurance 2019	
	50 Breast	53.19	22-Aug-10	WAM	Heather Jeps at Maida Vale - Belmont BACC 2010	
	100 Breast	2:01.35	24-Mar-19	WAM	Rowena Burch at Melville LiveLighter Club Challenge 2019	
	400 Breast	9:12.30	6-Mar-14	WAM	Claire Robertson at Armadale Aerobics 2014	
	800 Breast	17:49.45	11-Apr-09	WAM	Michelle Hollamby at Armadale Aerobics 2009	
	1500 Breast	39:25.86	13-Jan-08	WAM	Michelle Hollamby at Armadale Aerobics 2008	
	50 Fly	37.51	29-Apr-17	WAM	Tania O'sheehan at Masters Swimming WA State Championships	
	100 Fly	1:32.67	29-Apr-17	WAM	Tania O'sheehan at Masters Swimming WA State Championships	
	200 Fly	4:35.39	6-Apr-19	WAM	Rowena Burch at Club Championships 3 2019	
	200 IM	4:31.17	2-Apr-11	WAM	Michelle Hollamby at Armadale Club Championships 2 2011	
	400 IM	9:06.82	4-Apr-19	WAM	Rowena Burch at Armadale Endurance 2019	
	40-44	50 Free	37.09	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
		100 Free	1:30.31	3-Nov-12	WAM	Gillian Caruso at Armadale Club championships 10 2012
		200 Free	3:05.46	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
400 Free		6:28.02	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions	
800 Free		13:24.91	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions	
1500 Free		26:59.55	8-Jan-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
50 Back		41.14	5-Apr-09	WAM	Gillian Caruso at Melville BACC 2009	
100 Back		1:30.43	16-May-09	WAM	Gillian Caruso at State Championships 2009	
200 Back		3:14.37	16-May-09	WAM	Gillian Caruso at State Championships 2009	
400 Back		7:17.60	15-Nov-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
800 Back		14:38.20	11-Apr-09	WAM	Gillian Caruso at Armadale Aerobics 2009	
1500 Back		28:08.11	18-Feb-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
50 Breast		49.83	5-Apr-14	WAM	Heather Jeps at Armadale Club Championships 3 2014	
100 Breast		1:53.14	2-Mar-13	WAM	Heather Jeps at Armadale Club Championships 2 2013	
200 Breast		4:09.26	22-Sep-13	WAM	Heather Jeps at Stadium Snappers LLCC 2013	
400 Breast		8:40.69	28-Nov-13	WAM	Zita Badger at Armadale Aerobics 2013	
800 Breast		17:52.65	14-Feb-13	WAM	Zita Badger at Amadale Aerobics 2013	
50 Fly		42.58	11-Sep-11	WAM	Gillian Caruso at Stadium Snappers BACC 11 Sep 2011	
200 IM		3:32.81	16-Nov-08	WAM	Gillian Caruso at Somerset BACC 2008	
45-49		50 Free	37.90	1-Apr-17	WAM	Gillian Caruso at Armadale Club Championships 3 2017
		100 Free	1:24.74	2-Nov-13	WAM	Gillian Caruso at Armadale Club Championships 10 2013
		200 Free	3:08.52	17-Oct-15	WAM	Gillian Caruso at Armadale Club Championships 7 2015
		400 Free	6:46.97	22-Dec-15	WAM	Gillian Caruso at Armadale Aerobics 2015
	800 Free	13:46.68	21-Feb-17	WAM	Gillian Caruso at Armadale Endurance 1000	

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45-49	1500 Free	26:25.97	6-Apr-17	WAM	Gillian Caruso at Armadale Endurance 2017	
	50 Back	42.71	14-Sep-14	WAM	Gillian Caruso at Stadium Snappers Live Lighter Club Challenge	
	100 Back	1:31.23	3-May-15	WAM	Gillian Caruso at Melville Live Lighter Club Challenge 2015	
	200 Back	3:17.84	29-Apr-17	WAM	Gillian Caruso at Masters Swimming WA State Championships	
	400 Back	7:11.89	26-Feb-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Back	14:56.68	10-Nov-16	WAM	Gillian Caruso at Armadale Endurance 2016	
	1500 Back	28:41.61	20-Oct-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	50 Breast	51.82	1-May-16	WAM	Heather Jeps at Westcoast Masters LLCC 2016	
	100 Breast	1:55.50	5-Nov-16	WAM	Heather Jeps at Armadale Club Championships 10 2016	
	200 Breast	4:14.21	22-Oct-16	WAM	Gillian Caruso at Armadale Club Championships 9 2016	
	400 Breast	8:58.57	22-Dec-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	800 Breast	17:49.78	16-Jan-14	WAM	Zita Badger at Armadale Aerobics 2014	
	50 Fly	41.95	1-May-16	WAM	Gillian Caruso at Westcoast Masters LLCC 2016	
	100 Fly	1:51.20	15-Oct-16	WAM	Gillian Caruso at Masters Swimming WA All Club Challenge	
	200 IM	3:32.71	7-Nov-15	WAM	Gillian Caruso at Armadale Club Championships 8 2015	
	50-54	50 Free	38.26	6-Apr-19	WAM	Gillian Caruso at Club Championships 3 2019
		100 Free	1:26.58	16-Mar-19	WAM	Gillian Caruso at Armadale Club Championships 2 2019
200 Free		3:09.59	6-Apr-19	WAM	Gillian Caruso at Club Championships 3 2019	
400 Free		6:59.14	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
800 Free		17:53.16	11-Apr-09	WAM	Anne O'Mara at Armadale Aerobics 2009	
1500 Free		41:52.33	8-Jan-12	WAM	Jannette Edwards at Armadale Aerobics 2012	
50 Back		1:02.59	11-Sep-11	WAM	Katja Cappadona at Stadium Snappers BACC 11 Sep 2011	
100 Back		1:34.64	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
800 Back		15:44.78	4-Apr-19	WAM	Gillian Caruso at Armadale Endurance 2019	
50 Breast		51.41	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
100 Breast		1:55.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
200 Breast		4:06.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
400 Breast		9:10.71	4-Nov-10	WAM	Linda Cragg at Armadale Aerobics	
800 Breast		19:24.97	11-Apr-09	WAM	Yvonne Hunt at Armadale Aerobics 2009	
1500 Breast		37:50.26	17-Feb-08	WAM	Yvonne Hunt at Armadale Aerobics 2008	
50 Fly		42.34	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
200 IM		3:38.51	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
55-59	50 Free	42.03	11-Sep-11	WAM	Linda Cragg at Stadium Snappers BACC 11 Sep 2011	
	100 Free	1:32.50	3-Mar-12	WAM	Linda Cragg at Armadale Club Championships 2 2012	
	200 Free	3:32.79	20-Feb-11	WAM	Heather Adams at Newman Churchlands BACC 2011	
	400 Free	7:43.13	20-Mar-11	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Free	17:23.95	17-Apr-11	WAM	Heather Croft at Armadale Aerobics 2011	
	1500 Free	41:14.92	8-Jun-13	WAM	Jannette Edwards at Stadium Snappers 1500 8 June 2013	
	50 Back	1:04.70	11-Sep-11	WAM	Heather Croft at Stadium Snappers BACC 11 Sep 2011	
	100 Back	2:24.90	3-Nov-12	WAM	Yvonne Hunt at Armadale Club Championships 10 2012	
	200 Back	5:31.04	2-Apr-11	WAM	Yvonne Hunt at Armadale Club Championships 2 2011	
	50 Breast	53.64	20-Sep-15	WAM	Linda Cragg at Stadium Masters LL Club Challenge 2015	
	100 Breast	2:00.11	3-Nov-12	WAM	Linda Cragg at Armadale Club championships 10 2012	
	200 Breast	4:10.71	3-Dec-11	WAM	Linda Cragg at Armadale Club Championships 10 2011	
	400 Breast	8:57.16	24-Nov-11	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Breast	19:40.45	2-Nov-10	WAM	Yvonne Hunt at Armadale Aerobics	
60-64	50 Free	45.65	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
	100 Free	1:49.45	23-Apr-14	WAM	Heather Adams at 2014 National Championships	
	200 Free	3:38.14	9-Feb-16	WAM	Linda Cragg at Armadale Club Championships 1 2016	
	400 Free	8:20.18	28-Jan-14	WAM	Heather Croft at Armadale Aerobics 2014	
	800 Free	16:43.26	22-Nov-09	WAM	Liz Dunn at Armadale Aerobics 2009	
	1500 Free	32:44.20	19-Dec-10	WAM	Liz Dunn at Armadale Aerobics 2010	
	50 Back	59.50	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	

Armadale Masters Swimming

RECORDS Armadale Masters LC

60-64	100	Back	2:36.56	5-Nov-16	WAM	Yvonne Hunt at Armadale Club Championships 10 2016
	200	Back	4:58.43	5-Apr-14	WAM	Heather Croft at Armadale Club Championships 3 2014
	50	Breast	52.07	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met
	100	Breast	2:13.09	23-Apr-14	WAM	Heather Adams at 2014 National Championships
	200	Breast	4:44.46	23-Apr-14	WAM	Heather Adams at 2014 National Championships
	400	Breast	8:39.42	5-Dec-13	WAM	Heather Croft at Armadale Aerobics 2013
	800	Breast	19:39.18	24-Feb-15	WAM	Pauline Southall at Armadale Aerobics 2015
65-69	50	Free	43.36	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	100	Free	1:42.91	5-Apr-09	WAM	Pam Badani at Melville BACC 2009
	200	Free	4:03.97	17-Feb-19	WAM	Heather Croft at Newman Churchlands LiveLighter Challenge 2019
	400	Free	8:29.34	30-Apr-18	WAM	Heather Croft at Armadale Endurance 2018
	800	Free	17:05.07	1-Jan-19	WAM	Heather Croft at Cockburn Endurance 2019
	1500	Free	33:15.26	13-Jan-08	WAM	Pam Badani at Armadale Aerobics 2008
	50	Back	59.15	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	100	Back	2:31.10	5-Nov-16	WAM	Pamela Pearson at Armadale Club Championships 10 2016
	400	Back	10:08.55	1-Jan-19	WAM	Heather Croft at Cockburn Endurance 2019
	800	Back	20:55.56	30-Apr-18	WAM	Heather Croft at Armadale Endurance 2018
	1500	Back	41:15.28	14-Jan-17	WAM	Heather Croft at Armadale Endurance 2017
	50	Breast	56.82	26-Nov-17	WAM	Heather Croft at Melville LiveLighter Club Challenge 2017
	100	Breast	2:30.28	20-Feb-11	WAM	Maria Plant at Newman Churchlands BACC 2011
	200	Breast	5:18.42	2-Apr-11	WAM	Maria Plant at Armadale Club Championships 2 2011
	400	Breast	9:58.27	28-Feb-19	WAM	Heather Croft at Cockburn Endurance
	800	Breast	21:21.04	1-Apr-18	WAM	Heather Croft at Armadale Endurance 2018
	1500	Breast	41:47.23	21-Mar-18	WAM	Heather Croft at Armadale Endurance 2018
70-74	50	Free	52.68	3-Feb-13	WAM	Maria Plant at Newman Churchlands Interclub 2013
	100	Free	1:54.53	16-Mar-19	WAM	Elizabeth Dunn at Armadale Club Championships 2 2019
	200	Free	4:27.74	3-Feb-13	WAM	Maria Plant at Newman Churchlands Interclub 2013
	400	Free	9:45.13	6-Feb-14	WAM	Maria Plant at Armadale Aerobics 2014
	800	Free	19:32.14	14-Mar-13	WAM	Maria Plant at Armadale Aerobics 2013
	50	Back	1:07.60	1-Feb-14	WAM	Maria Plant at Club Championships 1 2014
	100	Back	2:39.54	22-Sep-13	WAM	Maria Plant at Stadium Snappers LLCC 2013
	400	Back	12:30.56	15-Oct-13	WAM	Maria Plant at Armadale Aerobics 2013
	50	Breast	1:09.06	17-Apr-16	WAM	Maria Plant at Melville Live Lighter Club Challenge 2016
	100	Breast	2:33.91	2-Mar-13	WAM	Maria Plant at Armadale Club Championships 2 2013
	200	Breast	6:00.16	17-Oct-15	WAM	Maria Plant at Armadale Club Championships 7 2015
	400	Breast	11:03.33	6-Feb-14	WAM	Maria Plant at Armadale Aerobics 2014
	75-79	50	Free	1:02.43	20-May-18	WAM
100		Free	2:33.37	16-Mar-19	WAM	Maria Plant at Armadale Club Championships 2 2019
200		Free	5:37.02	6-Apr-19	WAM	Maria Plant at Club Championships 3 2019
400		Free	13:43.54	8-Dec-16	WAM	Yvonne Lovegrove at Armadale Endurance 2016
800		Free	26:21.84	8-Dec-16	WAM	Yvonne Lovegrove at Armadale Endurance 2016
50		Back	1:08.94	20-May-18	WAM	Maria Plant at Stadium Masters LLCC 2018
100		Back	3:12.78	16-Mar-19	WAM	Maria Plant at Armadale Club Championships 2 2019
50		Breast	1:15.34	8-Apr-18	WAM	Maria Plant at Melville LiveLighter Club Challenge 2018
100		Breast	3:52.72	5-Mar-16	WAM	Yvonne Lovegrove at Armadale Club Championships 2 2016

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Male

18-24	100 Free	1:31.42	1-Mar-14	WAM	Xavier Hardy at Armadale Club Championships 2 2014
	200 Free	3:37.66	9-Feb-16	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	400 Free	7:35.46	11-Apr-13	WAM	Xavier Hardy at Armadale Aerobics 2013
	50 Back	50.36	6-Apr-13	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	50 Breast	50.85	9-Feb-16	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	100 Breast	1:52.87	2-Mar-13	WAM	Xavier Hardy at Armadale Club Championships 2 2013
	200 Breast	3:58.11	6-Apr-13	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	400 Breast	8:14.74	6-Mar-14	WAM	Xavier Hardy at Armadale Aerobics 2014
	800 Breast	17:09.70	6-Feb-14	WAM	Xavier Hardy at Armadale Aerobics 2014
20-23	200 Free Relay	2:17.93	12-Feb-12	WAM	Fettes Falconer, Charles Croft, Gregory Frey, Graham Hicks
	200 Medley Relay	2:45.52	26-Nov-17	WAM	Graham Hicks, Charles Croft, Andrew Johnson, Colin Gibson
24-27	200 Free Relay	2:52.38	3-Feb-13	WAM	William Stevens, Stanley Brandwood, Jeffrey Sanders, Chris Millard
	200 Medley Relay	3:21.85	3-May-15	WAM	Graham Hicks, Hans Vosbergen, Charles Croft, Colin Gibson
25-29	400 Free	9:24.48	25-Mar-14	WAM	Raphael Dajon at Armadale Masters Aerobics 2014
	800 Free	20:25.21	10-Apr-14	WAM	Raphael Dajon at Armadale Aerobics 2014
	400 Breast	9:07.14	6-Mar-14	WAM	Raphael Dajon at Armadale Aerobics 2014
30-34	400 Free	6:40.20	10-Dec-15	WAM	David Kennedy at Armadale Aerobics 2015
	800 Free	14:01.08	10-Dec-15	WAM	David Kennedy at Armadale Aerobics 2015
35-39	50 Free	30.74	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	100 Free	1:09.28	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	200 Free	2:55.88	20-Jul-08	WAM	Craig Bean at Maida Vale - Belmont BACC 2008
	400 Free	7:33.81	26-Feb-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Free	16:15.13	25-Feb-17	WAM	Alexander Horn at Armadale Endurance 2017
	1500 Free	32:04.54	27-Jan-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	50 Back	41.97	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	50 Breast	42.53	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	100 Breast	1:35.92	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	200 Breast	3:44.47	25-May-13	WAM	Nigel Chaytor at Masters Swimming WA State Championships
	400 Breast	8:22.08	20-Oct-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Breast	17:13.72	29-Jan-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	50 Fly	40.31	22-Sep-13	WAM	Nigel Chaytor at Stadium Snappers LLCC 2013
	40-44	50 Free	34.21	2-Apr-11	WAM
100 Free		1:22.68	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Free		3:27.40	5-Nov-11	WAM	Colin Gibson at Armadale Club championships 9 2011
400 Free		7:30.07	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
800 Free		15:38.95	17-Apr-11	WAM	Colin Gibson at Armadale Aerobics 2011
1500 Free		34:31.17	23-Mar-08	WAM	Paul Evans at Armadale Aerobics 2008
50 Back		56.04	5-Nov-11	WAM	Colin Gibson at Armadale Club championships 9 2011
100 Back		2:17.06	1-Nov-14	WAM	Graham Bamford at Armadale Club Championships 10 2014
200 Back		4:33.05	2-Apr-11	WAM	Colin Gibson at Armadale Club Championships 2 2011
50 Breast		55.20	14-Apr-12	WAM	Simon Stiles at Armadale Club Championships 3 2012
100 Breast		1:49.93	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Breast		3:54.25	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011
400 Breast		8:56.03	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
45-49		50 Free	28.17	18-Apr-18	WAM
	100 Free	1:03.39	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships
	200 Free	2:26.48	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships

Armadale Masters Swimming

RECORDS Armadale Masters LC

45-49	400 Free	7:17.84	7-Apr-16	WAM	Colin Gibson at Armadale Endurance 2016	
	800 Free	13:47.01	24-Jan-17	WAM	Andrew Johnson at Armadale Endurance 2017	
	1500 Free	30:47.60	30-Oct-12	WAM	Colin Gibson at Armadale Aerobics 2012	
	50 Back	35.77	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	100 Back	1:20.49	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	200 Back	4:43.38	14-Apr-12	WAM	Colin Gibson at Armadale Club Championships 3 2012	
	400 Back	10:34.45	6-Feb-14	WAM	Colin Gibson at Armadale Aerobics 2014	
	800 Back	24:12.14	22-Nov-16	WAM	Colin Gibson at Armadale Endurance 2016	
	50 Breast	38.74	8-Apr-18	WAM	Andrew Johnson at Melville LiveLighter Club Challenge 2018	
	100 Breast	1:25.32	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	200 Breast	4:02.27	5-Apr-09	WAM	Chris Millard at Melville BACC 2009	
	400 Breast	10:34.22	18-Feb-12	WAM	Louw Anderson at Armadale Aerobics 2012	
	800 Breast	22:07.76	20-Dec-16	WAM	Colin Gibson at Armadale Endurance 2016	
	50 Fly	31.23	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	100 Fly	1:15.08	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	200 IM	2:47.64	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	50-54	50 Free	32.77	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012
		100 Free	1:16.12	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012
		200 Free	2:50.28	5-Mar-11	WAM	Gregory Frey at Armadale Club Championships 1 2011
400 Free		6:19.53	20-Dec-12	WAM	Gregory Frey at Armadale Aerobics 2012	
800 Free		13:10.92	20-Dec-12	WAM	Gregory Frey at Armadale Aerobics 2012	
1500 Free		25:07.73	8-Nov-11	WAM	Gregory Frey at Armadale Aerobics 2011	
50 Back		56.77	29-Apr-17	WAM	Colin Gibson at Masters Swimming WA State Championships	
100 Back		1:43.50	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012	
200 Back		4:33.90	3-Dec-11	WAM	Ross Doherty at Armadale Club Championships 10 2011	
400 Back		11:29.49	21-Feb-17	WAM	Colin Gibson at Armadale Endurance 1000	
50 Breast		44.91	7-Nov-15	WAM	Derek Bishop at Armadale Club Championships 8 2015	
100 Breast		1:38.70	17-Apr-08	WAM	Peter Escott at XII FINA WORLD MASTERS 2008	
200 Breast		4:05.18	11-Sep-11	WAM	Chris Millard at Stadium Snappers BACC 11 Sep 2011	
400 Breast		8:29.71	2-Nov-10	WAM	Gregory Frey at Armadale Aerobics	
800 Breast		18:16.02	6-Mar-14	WAM	Chris Millard at Armadale Aerobics 2014	
50 Fly		43.13	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012	
200 IM		3:29.71	2-Apr-11	WAM	Gregory Frey at Armadale Club Championships 2 2011	
55-59		50 Free	32.66	20-Feb-11	WAM	Graham Cragg at Newman Churchlands BACC 2011
		100 Free	1:14.43	11-Sep-11	WAM	Graham Hicks at Stadium Snappers BACC 11 Sep 2011
	200 Free	2:51.24	20-Feb-11	WAM	Graham Hicks at Newman Churchlands BACC 2011	
	400 Free	6:07.95	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Free	12:46.80	18-Feb-14	WAM	Gregory Frey at Armadale Aerobics 2014	
	1500 Free	25:11.73	9-Jan-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	50 Back	41.67	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Back	1:43.26	1-Mar-14	WAM	Gregory Frey at Armadale Club Championships 2 2014	
	200 Back	3:46.00	3-Dec-11	WAM	Graham Hicks at Armadale Club Championships 10 2011	
	400 Back	7:34.84	26-Feb-11	WAM	Graham Cragg at Armadale Virtual Aerobics 2011	
	800 Back	19:52.22	3-Nov-15	WAM	Ross Doherty at Armadale Aerobics 2015	
	1500 Back	50:03.19	29-Dec-15	WAM	Jeffrey Sanders at Armadale Aerobics 2015	
	50 Breast	36.49	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Breast	1:24.45	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	200 Breast	3:07.62	2-Apr-11	WAM	Graham Cragg at Armadale Club Championships 2 2011	
	400 Breast	6:57.81	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Breast	13:37.33	26-Jun-11	WAM	Graham Cragg at Riverton 400 800 Meet	
	1500 Breast	42:38.25	2-Aug-15	WAM	Jeffrey Sanders at 2015 Somerset 1500m Event	
	50 Fly	1:01.83	20-Sep-15	WAM	Jeffrey Sanders at Stadium Masters LL Club Challenge 2015	
	100 Fly	1:35.65	2-Nov-13	WAM	Graham Cragg at Armadale Club Championships 10 2013	
	200 IM	3:22.99	3-Dec-11	WAM	Graham Cragg at Armadale Club Championships 10 2011	

Armadale Masters Swimming

RECORDS Armadale Masters LC

60-64	50 Free	33.27	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
	100 Free	1:15.80	24-May-14	WAM	Graham Hicks at Masters Swimming WA State Championships
	200 Free	2:55.50	12-Feb-12	WAM	Graham Hicks at Newman Churchlands BACC 2012
	400 Free	6:26.36	12-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Free	13:23.48	24-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	1500 Free	27:16.25	8-Jan-12	WAM	Graham Hicks at Armadale Aerobics 2012
	50 Back	44.87	9-Feb-16	WAM	Graham Cragg at Armadale Club Championships 1 2016
	100 Back	1:38.74	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
	200 Back	3:36.00	22-Sep-13	WAM	Graham Hicks at Stadium Snappers LLCC 2013
	400 Back	7:49.39	12-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Back	16:41.91	11-Apr-13	WAM	Graham Hicks at Armadale Aerobics 2013
	50 Breast	39.50	18-Apr-15	WAM	Graham Cragg at West Coast Masters Carnival 2015
	100 Breast	1:28.18	18-Apr-15	WAM	Graham Cragg at West Coast Masters Carnival 2015
	200 Breast	3:26.84	9-Feb-16	WAM	Graham Cragg at Armadale Club Championships 1 2016
	400 Breast	7:12.39	24-Feb-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Breast	15:08.43	22-Feb-14	WAM	Graham Cragg at Armadale Virtual Rottnest Aerobic 2014
	1500 Breast	35:10.34	30-Mar-14	WAM	Charles Croft at Armadale Aerobics 2014
	50 Fly	39.34	1-Feb-14	WAM	Graham Cragg at Club Championships 1 2014
	200 IM	3:18.40	1-Feb-14	WAM	Graham Cragg at Club Championships 1 2014
65-69	50 Free	34.37	8-Apr-18	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
	100 Free	1:21.66	26-Nov-17	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2017
	200 Free	3:08.58	4-Mar-12	WAM	Fettes Falconer at Masters Swimming WA State Championships
	400 Free	6:52.88	18-Apr-18	WAM	Charles Croft at MSA National Championships
	800 Free	14:05.64	18-Apr-18	WAM	Charles Croft at MSA National Championships
	1500 Free	28:12.18	26-Nov-18	WAM	Charles Croft at Cockburn Endurance 2018
	50 Back	44.56	8-Apr-18	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
	100 Back	1:39.87	8-Apr-18	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
	400 Back	7:53.47	25-Jul-18	WAM	Charles Croft at Armadale Endurance 2018
	800 Back	16:54.73	1-Jan-19	WAM	Charles Croft at Cockburn Endurance 2019
	1500 Back	34:25.28	16-Oct-18	WAM	Charles Croft at Cockburn Endurance
	50 Breast	44.65	29-Apr-17	WAM	Charles Croft at Masters Swimming WA State Championships
	100 Breast	1:39.79	18-Apr-15	WAM	Charles Croft at West Coast Masters Carnival 2015
	200 Breast	3:39.65	20-May-18	WAM	Charles Croft at Stadium Masters LLCC 2018
	400 Breast	8:14.10	16-Oct-18	WAM	Charles Croft at Cockburn Endurance
	800 Breast	16:59.82	24-Mar-15	WAM	Charles Croft at Armadale Aerobics 2015
	1500 Breast	33:54.47	28-Feb-17	WAM	Charles Croft at Armadale Endurance 1000
	50 Fly	59.94	18-Apr-15	WAM	Charles Croft at West Coast Masters Carnival 2015
	200 IM	4:03.89	15-Oct-16	WAM	Charles Croft at Masters Swimming WA All Club Challenge
70-74	50 Free	37.56	18-Apr-18	WAM	Fettes Falconer at MSA National Championships
	100 Free	1:29.39	18-Apr-18	WAM	Fettes Falconer at MSA National Championships
	200 Free	3:07.68	19-Feb-17	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017
	400 Free	6:54.09	21-Feb-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	800 Free	14:24.55	24-Jan-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	50 Back	50.10	19-Feb-17	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017
	100 Back	2:13.65	4-Mar-17	WAM	Fettes Falconer at Armadale Club Championships 2 2017
	50 Breast	1:03.51	1-Apr-17	WAM	Fettes Falconer at Armadale Club Championships 3 2017
	100 Breast	2:04.37	19-Feb-17	WAM	Hans Vosbergen at NewmanChurchlands LiveLighter Challenge 2017
	200 Breast	4:45.87	1-Apr-17	WAM	Hans Vosbergen at Armadale Club Championships 3 2017
75-79	50 Free	48.09	3-Feb-13	WAM	Stanley Brandwood at Newman Churchlands Interclub 2013
	100 Free	1:58.64	2-Mar-13	WAM	Stanley Brandwood at Armadale Club Championships 2 2013
	200 Free	4:24.40	6-Apr-13	WAM	Stanley Brandwood at Armadale Club Championships 3 2013
	400 Free	9:13.60	21-Apr-12	WAM	Stanley Brandwood at Armadale Aerobics 2012

Armadale Masters Swimming

RECORDS Armadale Masters LC

75-79	800 Free	19:11.30	18-Nov-12	WAM	Stanley Brandwood at Armadale Aerobics 2012
	1500 Free	36:51.17	27-Jan-13	WAM	Stanley Brandwood at Armadale Aerobics 2013
	50 Back	1:03.53	6-Apr-13	WAM	Stanley Brandwood at Armadale Club Championships 3 2013
	100 Back	2:30.88	2-Mar-13	WAM	Stanley Brandwood at Armadale Club Championships 2 2013
	50 Fly	1:21.87	3-Feb-13	WAM	Stanley Brandwood at Newman Churchlands Interclub 2013

Armadale Masters Swimming

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

12-15	200 Free Relay	2:31.11	20-Jul-08	WAM	Nicole Badani, Ross Doherty, Gillian Caruso, Craig Bean
16-19	200 Free Relay	2:19.28	29-May-17	WAM	Tania O'Sheehan, Charles Croft, Sarah Dean, Andrew Johnson
	200 Medley Relay	2:52.06	20-Jul-08	WAM	Gillian, Charles Croft, Nicole Badani, Craig Bean
20-23	200 Free Relay	2:22.34	18-Apr-15	WAM	Rowena Burch, Charles Croft, Rebecca Yip, Graham Cragg
	200 Medley Relay	2:36.17	30-May-17	WAM	Gillian Caruso, Andrew Johnson, Tania O'Sheehan, Fettes Falconer
24-27	200 Free Relay	3:29.26	20-Jul-08	WAM	Charles Croft, Yvonne Lovegrove, Lexie Rankin, Graham Hicks
	200 Medley Relay	3:50.36	20-Jul-08	WAM	Ross Doherty, Lexie Rankin, Fettes Falconer, Pam Badani