

## 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 |
|        | 400 IM           | 9:37.62          | <b>23-Jun-15</b> | WAM  | Jacqueline Briggs at Armadale Aerobics 2015                    |
| 20-23  | 100 Free Relay   | 1:15.90          | <b>2-Jul-17</b>  | WAM  | Gillian Caruso, Elizabeth Dunn, Linda Cragg, Rowena Burch      |
|        | 100 Medley Relay | 1:32.46          | <b>15-Aug-15</b> | WAM  | Gillian Caruso, Heather Adams, Heather Jeps, Maria Plant       |
|        | 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          | 35.68            | <b>7-Apr-19</b>  | WAM  | Nichola Jones at Mandurah Masters LL Club Challenge 2019       |
|        | 100 Free         | 1:18.88          | <b>7-Apr-19</b>  | WAM  | Nichola Jones at Mandurah Masters LL Club Challenge 2019       |
|        | 200 Free         | 2:52.34          | <b>2-Feb-19</b>  | WAM  | Nichola Jones at Armadale Club Championships 1 2019            |
|        | 400 Free         | 6:04.21          | <b>26-Feb-19</b> | WAM  | Nichola Jones at Armadale Endurance 2019                       |
|        | 800 Free         | 12:05.62         | <b>26-Feb-19</b> | WAM  | Nichola Jones at Armadale Endurance 2019                       |
|        | 25 Back          | 19.55            | <b>7-Apr-19</b>  | WAM  | Nichola Jones at Mandurah Masters LL Club Challenge 2019       |
|        | 50 Back          | 46.25            | <b>6-Jul-14</b>  | WAM  | Louisa Cockram at Swan Hills LLCC 2014                         |
|        | 100 Back         | 1:18.64          | <b>21-Jun-15</b> | WAM  | Catriona Adams at Mandurah Masters 2015 LLCC                   |
|        | 50 Breast        | 50.91            | <b>13-Jun-10</b> | WAM  | Claire Dowling at Mandurah BACC 2010                           |
|        | 100 Breast       | 2:26.29          | <b>6-Mar-18</b>  | WAM  | Jacqueline Briggs at Armadale Club Championships 2 2018        |
|        | 400 Breast       | 10:48.84         | <b>23-Jan-18</b> | WAM  | Jacqueline Briggs at Armadale Endurance 2018                   |
|        | 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           |
|        | 50 Fly           | 37.62            | <b>21-Jun-15</b> | WAM  | Catriona Adams at Mandurah Masters 2015 LLCC                   |
| 100 IM | 1:20.54          | <b>21-Jun-15</b> | WAM              | Catriona Adams at Mandurah Masters 2015 LLCC |  |
| 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           |
|        | 1500 Free        | 23:13.65         | <b>6-Oct-16</b>  | WAM  | Rowena Burch at Armadale Endurance 2016                        |
|        | 25 Back          | 18.73            | <b>6-Aug-16</b>  | WAM  | Rowena Burch at Armadale Club Championships 6 2016             |
|        | 50 Back          | 39.03            | <b>7-Apr-10</b>  | WAM  | Nicole Badani at National Championships 2010                   |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|       |       |        |          |                  |                  |  |  |
|-------|-------|--------|----------|------------------|------------------|--|--|
| 30-34 | 100   | Back   | 1:24.20  | <b>6-Aug-16</b>  | WAM              | Rowena Burch at Armadale Club Championships 6 2016             |  |
|       | 200   | Back   | 3:01.10  | <b>1-Oct-16</b>  | WAM              | Rowena Burch at Armadale Club Championships 8 2016             |  |
|       | 400   | Back   | 6:42.11  | <b>7-May-17</b>  | WAM              | Rowena Burch at Thornlie Masters 400m 800m meet                |  |
|       | 800   | Back   | 13:59.37 | <b>22-Sep-15</b> | WAM              | Rowena Burch at Armadale Aerobics 2015                         |  |
|       | 1500  | Back   | 24:49.94 | <b>20-Sep-16</b> | WAM              | Rowena Burch at Armadale Endurance 2016                        |  |
|       | 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 | 3:17.04  | <b>22-Aug-15</b> | WAM              | Rowena Burch at MSTAS Short Course Winter Championships        |  |
|       | 400   | Breast | 6:57.17  | <b>27-Aug-16</b> | WAM              | Rowena Burch at Masters Meet WMV 400-800-1500m Short course    |  |
|       | 800   | Breast | 14:08.79 | <b>9-May-15</b>  | WAM              | Rowena Burch at Thornlie Distance 2015                         |  |
|       | 1500  | Breast | 27:12.73 | <b>17-Oct-15</b> | WAM              | Rowena Burch at Maida Vale 400-800-1500m Short course          |  |
|       | 25    | Fly    | 17.12    | <b>3-Sep-16</b>  | WAM              | Rowena Burch at Armadale Club Championships 7 2016             |  |
|       | 50    | Fly    | 36.85    | <b>3-Sep-16</b>  | WAM              | Rowena Burch at Armadale Club Championships 7 2016             |  |
|       | 100   | Fly    | 1:22.25  | <b>3-Sep-16</b>  | WAM              | Rowena Burch at Armadale Club Championships 7 2016             |  |
|       | 200   | Fly    | 3:09.92  | <b>8-Apr-15</b>  | WAM              | Rowena Burch at 40th MSA National Championships 2015           |  |
|       | 400   | Fly    | 6:47.43  | <b>23-Jun-15</b> | WAM              | Rowena Burch at Armadale Aerobics 2015                         |  |
|       | 800   | Fly    | 13:58.64 | <b>10-Sep-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     | 3:00.58  | <b>22-Aug-15</b> | WAM              | Rowena Burch at MSTAS Short Course Winter Championships        |  |
|       | 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     | 32.99            | <b>6-May-17</b>  | WAM  | Tania O'sheehan at Armadale Club Championships 4 2017          |
|       |       | 100    | Free     | 1:13.66          | <b>6-May-17</b>  | WAM  | Tania O'sheehan at Armadale Club Championships 4 2017          |
|       |       | 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     | 13:07.38         | <b>25-Jul-17</b> | WAM  | Tania O'sheehan at Armadale Endurance 2017                     |
|       |       | 25     | Back     | 21.47            | <b>1-Jun-19</b>  | WAM  | Maree Lim at Armadale Club Championships 5 2019                |
|       |       | 50     | Back     | 40.14            | <b>2-Apr-17</b>  | WAM  | Tania O'sheehan at Mandurah Masters Livelighter Club Challenge |
| 100   |       | Back   | 1:46.66  | <b>2-Apr-17</b>  | WAM              | Vanessa Toop at Mandurah Masters Livelighter Club Challenge    |  |
| 400   |       | Back   | 8:12.22  | <b>11-Aug-16</b> | WAM              | Vanessa Toop at Armadale Endurance 2016                        |  |
| 800   |       | Back   | 17:06.52 | <b>22-Sep-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 | 51.25    | <b>1-Jun-19</b>  | WAM              | Maree Lim at Armadale Club Championships 5 2019                |  |
| 100   |       | Breast | 1:58.38  | <b>22-Mar-19</b> | WAM              | Rowena Burch at Eastern Hills Club Challenge                   |  |
| 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 | 17:36.90 | <b>18-Apr-17</b> | WAM              | Vanessa Toop at Armadale Endurance 2017                        |  |
| 50    |       | Fly    | 36.14    | <b>2-Apr-17</b>  | WAM              | Tania O'sheehan at Mandurah Masters Livelighter Club Challenge |  |
| 100   |       | Fly    | 1:56.90  | <b>7-Apr-19</b>  | WAM              | Rowena Burch at Mandurah Masters LL Club Challenge 2019        |  |
| 200   |       | IM     | 3:47.65  | <b>2-Feb-19</b>  | WAM              | Rowena Burch at Armadale Club Championships 1 2019             |  |
| 400   |       | IM     | 8:22.00  | <b>7-Feb-19</b>  | WAM              | Rowena Burch at Armadale Endurance 2019                        |  |
| 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                       |  |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|            |            |           |                  |                  |  |   |
|------------|------------|-----------|------------------|------------------|--|---|
| 40-44      | 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   | 1:22.68   | <b>3-Sep-16</b>  | WAM              | Gillian Caruso at Armadale Club Championships 7 2016       |   |
|            | 200 Free   | 3:01.31   | <b>4-Oct-14</b>  | WAM              | Gillian Caruso at Armadale Club Championships 9 2014       |   |
|            | 400 Free   | 6:29.20   | <b>22-Sep-15</b> | WAM              | Gillian Caruso at Armadale Aerobics 2015                   |   |
|            | 800 Free   | 13:20.44  | <b>11-Jun-15</b> | WAM              | Gillian Caruso at Armadale Aerobics 2015                   |   |
|            | 1500 Free  | 25:56.35  | <b>20-Sep-16</b> | WAM              | Gillian Caruso at Armadale Endurance 2016                  |   |
|            | 25 Back    | 19.56     | <b>21-Jun-15</b> | WAM              | Gillian Caruso at Mandurah Masters 2015 LLCC               |   |
|            | 50 Back    | 41.46     | <b>3-Jul-16</b>  | WAM              | Gillian Caruso at Swan Hills LiveLighter Club Challenge    |   |
|            | 100 Back   | 1:29.83   | <b>21-Jun-15</b> | WAM              | Gillian Caruso at Mandurah Masters 2015 LLCC               |   |
|            | 200 Back   | 3:14.02   | <b>4-Jul-15</b>  | WAM              | Gillian Caruso at Armadale Club Championships 4 2015       |   |
|            | 400 Back   | 6:56.76   | <b>23-Sep-14</b> | WAM              | Gillian Caruso at Armadale Aerobics 2014                   |   |
|            | 800 Back   | 14:10.90  | <b>22-Sep-15</b> | WAM              | Gillian Caruso at Armadale Aerobics 2015                   |   |
|            | 25 Breast  | 23.06     | <b>6-Sep-14</b>  | WAM              | Gillian Caruso at Armadale Club Championships 8 2014       |   |
|            | 50 Breast  | 49.95     | <b>3-Jul-16</b>  | WAM              | Heather Jeps at Swan Hills LiveLighter Club Challenge      |   |
|            | 100 Breast | 1:51.42   | <b>19-Jun-16</b> | WAM              | Heather Jeps at Mandurah Masters 2016 Livelighter CC       |   |
|            | 200 Breast | 4:10.67   | <b>1-Jul-17</b>  | WAM              | Gillian Caruso at Armadale Club Championships 6 2017       |   |
|            | 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     | 41.00     | <b>5-Sep-15</b>  | WAM              | Gillian Caruso at Armadale Club Championships 6 2015       |   |
|            | 100 IM     | 1:33.67   | <b>5-Sep-15</b>  | WAM              | Gillian Caruso at Armadale Club Championships 6 2015       |   |
|            | 200 IM     | 3:38.88   | <b>7-Oct-17</b>  | WAM              | Gillian Caruso at Armadale Club Championships 9 2017       |   |
|            | 50-54      | 25 Free   | 23.52            | <b>6-Aug-11</b>  | WAM  | Katja Cappadona at Armadale Club Championships 6 2011 |
|            |            | 50 Free   | 37.67            | <b>5-May-18</b>  | WAM  | Gillian Caruso at Armadale Club Championships 4 2018  |
|            |            | 100 Free  | 1:24.27          | <b>6-Mar-18</b>  | WAM  | Gillian Caruso at Armadale Club Championships 2 2018  |
|            |            | 200 Free  | 3:20.25          | <b>23-Aug-08</b> | WAM  | Heather Adams at State Championships 2008             |
|            |            | 400 Free  | 6:43.02          | <b>7-Mar-19</b>  | WAM  | Gillian Caruso at Armadale Endurance 2019             |
|            |            | 800 Free  | 13:34.44         | <b>22-May-18</b> | WAM  | Gillian Caruso at Armadale Endurance 2018             |
|            |            | 1500 Free | 25:46.84         | <b>27-Feb-18</b> | WAM  | Gillian Caruso at Armadale Endurance 2018             |
| 25 Back    |            | 20.13     | <b>6-Oct-18</b>  | WAM              | Gillian Caruso at Armadale Club Chamiponship 9 2018        |   |
| 50 Back    |            | 41.22     | <b>22-Mar-19</b> | WAM              | Gillian Caruso at Eastern Hills Club Challenge             |   |
| 100 Back   |            | 1:33.65   | <b>4-Aug-18</b>  | WAM              | Gillian Caruso at Armadale Club Championships 7 2018       |   |
| 400 Back   |            | 7:10.54   | <b>22-May-18</b> | WAM              | Gillian Caruso at Armadale Endurance 2018                  |   |
| 800 Back   |            | 15:13.68  | <b>10-May-18</b> | WAM              | Gillian Caruso at Armadale Endurance 2018                  |   |
| 1500 Back  |            | 28:47.39  | <b>27-Mar-18</b> | WAM              | Gillian Caruso at Armadale Endurance 2018                  |   |
| 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                      |   |
| 25 Fly     |            | 18.87     | <b>4-Aug-18</b>  | WAM              | Gillian Caruso at Armadale Club Championships 7 2018       |   |
| 100 IM     |            | 1:36.30   | <b>25-Mar-18</b> | WAM              | Gillian Caruso at Mandurah LiveLighter Club Challenge 2018 |   |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|            |            |          |                  |                  |  |  |
|------------|------------|----------|------------------|------------------|--|--|
| 50-54      | 200 IM     | 3:29.99  | <b>7-Apr-18</b>  | WAM              | Gillian Caruso at Armadale Club Championships 3 2018       |  |
| 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     | 24.79    | <b>1-Aug-15</b>  | WAM              | Linda Cragg at Armadale Club Championships 5 2015          |  |
|            | 100 IM     | 1:51.15  | <b>3-Aug-13</b>  | WAM              | Linda Cragg at Armadale Club Championships 7 2013          |  |
|            | 60-64      | 25 Free  | 19.53            | <b>3-Jul-16</b>  | WAM  | Linda Cragg at Swan Hills LiveLighter Club Challenge       |
| 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   |            | 3:45.22  | <b>1-Jul-17</b>  | WAM              | Linda Cragg at Armadale Club Championships 6 2017          |  |
| 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                         |  |
| 1500 Free  |            | 48:52.47 | <b>9-Jan-18</b>  | WAM              | Jennifer Findlay at Armadale Endurance 2018                |  |
| 25 Back    |            | 26.52    | <b>2-Jul-17</b>  | WAM              | Linda Cragg at Swan Hills LiveLighter Club Challenge       |  |
| 50 Back    |            | 1:01.17  | <b>1-Aug-15</b>  | WAM              | Heather Adams at Armadale Club Championships 5 2015        |  |
| 100 Back   |            | 2:26.08  | <b>4-Aug-18</b>  | WAM              | Yvonne Hunt at Armadale Club Championships 7 2018          |  |
| 400 Back   |            | 10:26.84 | <b>13-Aug-15</b> | WAM              | Heather Croft at Armadale Aerobics 2015                    |  |
| 25 Breast  |            | 24.63    | <b>2-Jul-17</b>  | WAM              | Linda Cragg at Swan Hills LiveLighter Club Challenge       |  |
| 50 Breast  |            | 55.71    | <b>2-Feb-19</b>  | WAM              | Linda Cragg at Armadale Club Championships 1 2019          |  |
| 100 Breast |            | 2:26.05  | <b>3-Sep-11</b>  | WAM              | Liz Dunn at Armadale Club Championships 7 2011             |  |
| 200 Breast |            | 4:38.64  | <b>2-Jul-16</b>  | WAM              | Linda Cragg at Armadale Club Championships 5 2016          |  |
| 400 Breast |            | 10:15.69 | <b>24-May-16</b> | WAM              | Heather Croft at Armadale Endurance 2016                   |  |
| 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    | 27.20    | <b>1-Oct-16</b>  | WAM              | Pamela Pearson at Armadale Club Championships 8 2016       |  |
|            | 50 Back    | 57.51    | <b>25-Oct-08</b> | WAM              | Pam Badani at Armadale Club Championship 6 2008            |  |
|            | 400 Back   | 10:02.27 | <b>6-Jul-17</b>  | WAM              | Heather Croft at Armadale Endurance 2017                   |  |
|            | 800 Back   | 20:21.57 | <b>8-Jun-17</b>  | WAM              | Heather Croft at Armadale Endurance 2017                   |  |
|            | 25 Breast  | 26.84    | <b>25-Mar-18</b> | WAM              | Heather Croft at Mandurah LiveLighter Club Challenge 2018  |  |
|            | 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 | 9:54.98  | <b>12-Apr-18</b> | WAM              | Heather Croft at Armadale Endurance 2018                   |  |
|            | 800 Breast | 20:34.44 | <b>10-May-18</b> | WAM              | Heather Croft at Armadale Endurance 2018                   |  |
|            | 70-74      | 25 Free  | 23.10            | <b>25-Mar-18</b> | WAM  | Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018 |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|       |            |          |                  |     |  |
|-------|------------|----------|------------------|-----|--|
| 70-74 | 50 Free    | 50.81    | <b>25-Mar-18</b> | WAM | Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018 |
|       | 100 Free   | 1:45.66  | <b>6-Mar-18</b>  | WAM | Elizabeth Dunn at Armadale Club Championships 2 2018       |
|       | 200 Free   | 3:52.42  | <b>3-Feb-18</b>  | WAM | Elizabeth Dunn at Armadale Club Championships 1 2018       |
|       | 400 Free   | 9:40.16  | <b>9-May-13</b>  | WAM | Maria Plant at Armadale Aerobics 2013                      |
|       | 800 Free   | 17:02.62 | <b>7-Feb-19</b>  | WAM | Elizabeth Dunn at Armadale Endurance 2019                  |
|       | 25 Back    | 28.53    | <b>21-Jun-15</b> | WAM | Maria Plant at Mandurah Masters 2015 LLCC                  |
|       | 50 Back    | 1:08.70  | <b>1-Aug-15</b>  | WAM | Maria Plant at Armadale Club Championships 5 2015          |
|       | 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  | 1:06.90  | <b>3-Feb-18</b>  | WAM | Elizabeth Dunn at Armadale Club Championships 1 2018       |
|       | 100 Breast | 2:28.98  | <b>21-Jun-15</b> | WAM | Maria Plant at Mandurah Masters 2015 LLCC                  |
|       | 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                      |
|       | 25 Fly     | 37.77    | <b>1-Aug-15</b>  | WAM | Maria Plant at Armadale Club Championships 5 2015          |
|       | 100 IM     | 2:33.25  | <b>22-Jun-14</b> | WAM | Maria Plant at Mandurah Masters LLCC                       |
| 75-79 | 25 Free    | 26.65    | <b>25-Mar-18</b> | WAM | Maria Plant at Mandurah LiveLighter Club Challenge 2018    |
|       | 50 Free    | 1:02.57  | <b>9-Feb-18</b>  | WAM | Maria Plant at Eastern Hills Club Challenge 2018           |
|       | 100 Free   | 2:27.15  | <b>25-Mar-18</b> | WAM | Maria Plant at Mandurah LiveLighter Club Challenge 2018    |
|       | 200 Free   | 5:18.23  | <b>7-Apr-18</b>  | WAM | Maria Plant at Armadale Club Championships 3 2018          |
|       | 400 Free   | 11:33.20 | <b>22-May-18</b> | WAM | Maria Plant at Armadale Endurance 2018                     |
|       | 800 Free   | 23:27.50 | <b>27-Feb-18</b> | WAM | Maria Plant at Armadale Endurance 2018                     |
|       | 25 Back    | 33.50    | <b>1-Sep-18</b>  | WAM | Maria Plant at Armadale Club Championships 8 2018          |
|       | 50 Back    | 1:12.74  | <b>25-Mar-18</b> | WAM | Maria Plant at Mandurah LiveLighter Club Challenge 2018    |
|       | 400 Back   | 13:19.25 | <b>22-May-18</b> | WAM | Maria Plant at Armadale Endurance 2018                     |
|       | 25 Breast  | 36.42    | <b>6-Oct-18</b>  | WAM | Maria Plant at Armadale Club Chamiponship 9 2018           |
|       | 50 Breast  | 1:20.13  | <b>9-Feb-18</b>  | WAM | Maria Plant at Eastern Hills Club Challenge 2018           |
|       | 100 Breast | 3:04.45  | <b>1-Sep-18</b>  | WAM | Maria Plant at Armadale Club Championships 8 2018          |
|       | 400 Breast | 13:09.99 | <b>8-Feb-18</b>  | WAM | Maria Plant at Armadale Endurance 2018                     |

## 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          | 1:57.38  | <b>21-Jun-15</b> | WAM | Lochlin Manning-Day at Mandurah Masters 2015 LLCC              |
|       | 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      |
|       | 200 Free Relay   | 2:24.11  | <b>23-Jul-16</b> | WAM | Derek Bishop, Colin Gibson, Peter Escott, Charles Croft        |
|       | 100 Medley Relay | 1:13.57  | <b>23-Aug-08</b> | WAM | Graham Hicks, Charles Croft, Fettes Falconer, Craig Bean       |
|       | 200 Medley Relay | 3:02.82  | <b>15-Aug-15</b> | WAM | Ross Doherty, Charles Croft, Colin Gibson, Fettes Falconer     |
| 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         | 4:36.00  | <b>3-Dec-17</b>  | WAM | Donovan Castelyn at Armadale Endurance 2017                    |
|       | 800 Free         | 9:54.69  | <b>7-Dec-17</b>  | WAM | Donovan Castelyn at Armadale Endurance 2017                    |
|       | 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                        |
|       | 50 Fly           | 29.14    | <b>3-Feb-18</b>  | WAM | Donovan Castelyn at Armadale Club Championships 1 2018         |
|       | 200 Fly          | 2:29.16  | <b>3-Feb-18</b>  | WAM | Donovan Castelyn at Armadale Club Championships 1 2018         |
|       | 400 IM           | 5:20.26  | <b>3-Dec-17</b>  | WAM | Donovan Castelyn at Armadale Endurance 2017                    |
| 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         | 3:21.52  | <b>1-Jul-17</b>  | WAM | Nigel Chaytor at Armadale Club Championships 6 2017            |
|       | 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             |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|            |            |          |                  |                  |   |  |
|------------|------------|----------|------------------|------------------|---|--|
| 40-44      | 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  | 47.39    | <b>5-Aug-17</b>  | WAM              | Nigel Chaytor at Armadale Club Championships 7 2017           |  |
|            | 100 Breast | 1:46.23  | <b>6-May-17</b>  | WAM              | Nigel Chaytor at Armadale Club Championships 4 2017           |  |
|            | 25 Fly     | 19.03    | <b>1-Jul-17</b>  | WAM              | Nigel Chaytor at Armadale Club Championships 6 2017           |  |
| 45-49      | 25 Free    | 12.73    | <b>2-Apr-17</b>  | WAM              | Andrew Johnson at Mandurah Masters Livelighter Club Challenge |  |
|            | 50 Free    | 28.18    | <b>2-Jul-17</b>  | WAM              | Andrew Johnson at Swan Hills LiveLighter Club Challenge       |  |
|            | 100 Free   | 1:02.79  | <b>2-Apr-17</b>  | WAM              | Andrew Johnson at Mandurah Masters Livelighter Club Challenge |  |
|            | 200 Free   | 2:53.81  | <b>5-Jul-09</b>  | WAM              | Tony Debono at Swan Hills BACC 2009                           |  |
|            | 400 Free   | 5:50.17  | <b>20-Jun-17</b> | WAM              | Andrew Johnson at Armadale Endurance 2017                     |  |
|            | 800 Free   | 14:44.27 | <b>7-Jul-16</b>  | WAM              | Colin Gibson at Armadale Endurance 2016                       |  |
|            | 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    | 37.47    | <b>2-Jul-17</b>  | WAM              | Andrew Johnson at Swan Hills LiveLighter Club Challenge       |  |
|            | 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  | 39.19    | <b>2-Jul-17</b>  | WAM              | Andrew Johnson at Swan Hills LiveLighter Club Challenge       |  |
|            | 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 | 6:56.38  | <b>20-Jun-17</b> | WAM              | Andrew Johnson at Armadale Endurance 2017                     |  |
|            | 800 Breast | 20:41.43 | <b>20-Sep-16</b> | WAM              | Colin Gibson at Armadale Endurance 2016                       |  |
|            | 25 Fly     | 20.04    | <b>5-Sep-15</b>  | WAM              | Colin Gibson at Armadale Club Championships 6 2015            |  |
|            | 50 Fly     | 48.90    | <b>3-Sep-16</b>  | WAM              | Colin Gibson at Armadale Club Championships 7 2016            |  |
|            | 100 IM     | 1:13.79  | <b>2-Apr-17</b>  | WAM              | Andrew Johnson at Mandurah Masters Livelighter Club Challenge |  |
|            | 200 IM     | 4:04.29  | <b>1-Oct-16</b>  | WAM              | Colin Gibson at Armadale Club Championships 8 2016            |  |
|            | 50-54      | 25 Free  | 14.51            | <b>7-Oct-17</b>  | WAM   | Derek Bishop at Armadale Club Championships 9 2017 |
|            |            | 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  |            | 43.43    | <b>3-Sep-16</b>  | WAM              | Derek Bishop at Armadale Club Championships 7 2016            |  |
| 100 Breast |            | 1:38.42  | <b>5-Aug-17</b>  | WAM              | Derek Bishop at Armadale Club Championships 7 2017            |  |
| 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            |  |
| 400 IM     |            | 9:42.19  | <b>8-Nov-18</b>  | WAM              | Colin Gibson at Armadale Endurance 2018                       |  |
| 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  |

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|       |       |        |          |                  |                  |   |  |
|-------|-------|--------|----------|------------------|------------------|---|--|
| 55-59 | 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               |  |
|       | 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   | 18:27.99 | <b>13-Aug-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    | 47.00    | <b>5-Sep-15</b>  | WAM              | Gregory Frey at Armadale Club Championships 6 2015    |  |
|       | 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 |  |
|       | 400   | IM     | 9:08.15  | <b>8-Oct-15</b>  | WAM              | Jeffrey Sanders at Armadale Aerobics 2015             |  |
|       | 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     | 24:59.34         | <b>8-Oct-15</b>  | WAM   | Graham Cragg at Armadale Aerobics 2015             |
| 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   | 3:25.63  | <b>1-Jul-17</b>  | WAM              | Graham Cragg at Armadale Club Championships 6 2017    |  |
| 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                |  |
| 1500  |       | Back   | 37:38.14 | <b>21-Nov-17</b> | WAM              | Jeffrey Sanders at Armadale Endurance 2017            |  |
| 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 | 14:32.99 | <b>10-Sep-15</b> | WAM              | Graham Cragg at Armadale Aerobics 2015                |  |
| 1500  |       | Breast | 36:58.99 | <b>13-May-17</b> | WAM              | Jeffrey Sanders at Maida Vale 1500m Event SC          |  |
| 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    |  |
| 400   |       | IM     | 8:22.26  | <b>22-May-18</b> | WAM              | Jeffrey Sanders at Armadale Endurance 2018            |  |
| 800   |       | IM     | 18:33.90 | <b>24-Jul-18</b> | WAM              | Jeffrey Sanders at Armadale Endurance 2018            |  |
| 65-69 |       | 25     | Free     | 15.89            | <b>5-May-18</b>  | WAM   | Graham Hicks at Armadale Club Championships 4 2018 |
|       |       | 50     | Free     | 34.37            | <b>2-Sep-17</b>  | WAM   | Graham Hicks at Armadale Club Championships 8 2017 |
|       |       | 100    | Free     | 1:18.75          | <b>2-Sep-17</b>  | WAM   | Graham Hicks at Armadale Club Championships 8 2017 |
|       | 200   | Free   | 2:55.83  | <b>3-Feb-18</b>  | WAM              | Graham Hicks at Armadale Club Championships 1 2018    |  |



## Armadale Masters Swimming

### RECORDS Armadale Masters SC

|            |            |          |                  |                 |   |  |
|------------|------------|----------|------------------|-----------------|---|--|
| 65-69      | 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         |  |
|            | 1500 Free  | 27:09.00 | <b>19-Nov-17</b> | WAM             | Graham Hicks at Armadale Endurance 2017                       |  |
|            | 25 Back    | 20.13    | <b>2-Apr-17</b>  | WAM             | Graham Hicks at Mandurah Masters Livelighter Club Challenge   |  |
|            | 50 Back    | 43.91    | <b>7-Apr-18</b>  | WAM             | Graham Hicks at Armadale Club Championships 3 2018            |  |
|            | 100 Back   | 1:37.50  | <b>25-Mar-18</b> | WAM             | Graham Hicks at Mandurah LiveLighter Club Challenge 2018      |  |
|            | 200 Back   | 3:45.25  | <b>1-Jul-17</b>  | WAM             | Graham Hicks at Armadale Club Championships 6 2017            |  |
|            | 400 Back   | 7:40.18  | <b>12-Jun-18</b> | WAM             | Charles Croft at Armadale Endurance 2018                      |  |
|            | 800 Back   | 16:06.23 | <b>12-Apr-18</b> | WAM             | Graham Hicks at Armadale Endurance 2018                       |  |
|            | 25 Breast  | 19.68    | <b>3-Jul-16</b>  | WAM             | Charles Croft at Swan Hills LiveLighter Club Challenge        |  |
|            | 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 | 7:49.16  | <b>24-May-16</b> | WAM             | Charles Croft at Armadale Endurance 2016                      |  |
|            | 800 Breast | 16:12.64 | <b>12-May-16</b> | WAM             | Charles Croft at Armadale Endurance 2016                      |  |
|            | 25 Fly     | 22.14    | <b>6-Jun-15</b>  | WAM             | Charles Croft at Armadale Club Championships 3 2015           |  |
|            | 50 Fly     | 57.46    | <b>5-Sep-15</b>  | WAM             | Charles Croft at Armadale Club Championships 6 2015           |  |
|            | 100 IM     | 1:44.10  | <b>6-Jun-15</b>  | WAM             | Charles Croft at Armadale Club Championships 3 2015           |  |
|            | 400 IM     | 8:04.26  | <b>8-Mar-18</b>  | WAM             | Charles Croft at Armadale Endurance 2018                      |  |
|            | 800 IM     | 17:37.44 | <b>25-Jul-17</b> | WAM             | Charles Croft at Armadale Endurance 2017                      |  |
|            | 70-74      | 25 Free  | 16.70            | <b>2-Apr-17</b> | WAM   | Fettes Falconer at Mandurah Masters Livelighter Club Challenge |
|            |            | 50 Free  | 36.53            | <b>2-Apr-17</b> | WAM   | Fettes Falconer at Mandurah Masters Livelighter Club Challenge |
|            |            | 100 Free | 1:22.93          | <b>2-Jul-17</b> | WAM   | Bert Vosbergen at Swan Hills LiveLighter Club Challenge        |
| 200 Free   |            | 3:03.27  | <b>2-Jul-17</b>  | WAM             | Bert Vosbergen at Swan Hills LiveLighter Club Challenge       |  |
| 400 Free   |            | 6:35.58  | <b>6-Jul-17</b>  | WAM             | Bert Vosbergen at Armadale Endurance 2017                     |  |
| 800 Free   |            | 13:39.75 | <b>6-Jul-17</b>  | WAM             | Bert Vosbergen at Armadale Endurance 2017                     |  |
| 1500 Free  |            | 49:29.15 | <b>9-Jan-18</b>  | WAM             | Timothy Pillay at Armadale Endurance 2018                     |  |
| 25 Back    |            | 23.23    | <b>1-Jul-17</b>  | WAM             | Fettes Falconer at Armadale Club Championships 6 2017         |  |
| 50 Back    |            | 46.88    | <b>2-Jul-17</b>  | WAM             | Bert Vosbergen at Swan Hills LiveLighter Club Challenge       |  |
| 400 Back   |            | 9:05.57  | <b>6-Jul-17</b>  | WAM             | Fettes Falconer at Armadale Endurance 2017                    |  |
| 25 Breast  |            | 29.56    | <b>3-Jul-16</b>  | WAM             | Timothy Pillay at Swan Hills LiveLighter Club Challenge       |  |
| 50 Breast  |            | 52.08    | <b>2-Apr-17</b>  | WAM             | Hans Vosbergen at Mandurah Masters Livelighter Club Challenge |  |
| 100 Breast |            | 2:02.43  | <b>25-Mar-18</b> | WAM             | Hans Vosbergen at Mandurah LiveLighter Club Challenge 2018    |  |
| 200 Breast |            | 4:53.11  | <b>3-Feb-18</b>  | WAM             | Hans Vosbergen at Armadale Club Championships 1 2018          |  |
| 400 Breast |            | 10:02.34 | <b>11-May-17</b> | WAM             | Hans Vosbergen at Armadale Endurance 2017                     |  |
| 25 Fly     |            | 25.67    | <b>3-Nov-18</b>  | WAM             | Fettes Falconer at Armadale Club Championships 10 2018        |  |
| 100 IM     |            | 1:55.96  | <b>25-Mar-18</b> | WAM             | Fettes Falconer at Mandurah LiveLighter Club Challenge 2018   |  |
| 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 | Catriona 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   | 2:12.26  | <b>2-Apr-17</b>  | WAM | Rowena Burch, Gregory Frey, Tania O'Sheehan, Andrew Johnson   |
|       | 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 | 1:12.22  | <b>3-Jul-16</b>  | WAM | Gillian Caruso, Graham Cragg, Rowena Burch, Colin Gibson      |
|       | 200 Medley Relay | 2:32.17  | <b>2-Apr-17</b>  | WAM | Rowena Burch, Andrew Johnson, Tania O'Sheehan, Gregory Grey   |
| 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   | 2:25.58  | <b>25-Mar-18</b> | WAM | Tania O'Sheehan, Colin Gibson, Gillian Caruso, Charles Croft  |
|       | 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 Cragg         |
|       | 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   | 1:17.61  | <b>15-Aug-15</b> | WAM | Charles Croft, Heather Adams, Fettes Falconer, Pamela Pearson |
|       | 200 Free Relay   | 2:42.42  | <b>19-Jun-16</b> | WAM | Fettes Falconer, Liz Dunn, Heather Jeps, Graham Hicks         |
|       | 400 Free Relay   | 6:31.00  | <b>18-Aug-13</b> | WAM | Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft  |
|       | 100 Medley Relay | 1:37.62  | <b>15-Aug-15</b> | WAM | Fettes Falconer, Maria Plant, Charles Croft, Pamela Pearson   |
|       | 200 Medley Relay | 3:17.60  | <b>2-Apr-17</b>  | WAM | Ross Doherty, Charles Croft, Gillian Caruso, Elizabeth Dunn   |
| 28-31 | 200 Free Relay   | 3:10.75  | <b>25-Mar-18</b> | WAM | Fettes Falconer, Maria Plant, Elizabeth Dunn, Bert Vosbergen  |