

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

#### LC Meters-Female

12-15	200 Free Relay	2:33.42	<b>31-Jan-10</b>	WAM	Catriona Adams, Heather Adams, Nicole Badani, Gillian Caruso	
16-19	200 Free Relay	2:41.93	<b>1-May-16</b>	WAM	Gillian Caruso, Heather Jeps, Vanessa Toop, Rowens Burch	
	200 Medley Relay	3:02.27	<b>20-Sep-15</b>	WAM	Louisa Cockram, Heather Jeps, Rowena Burch, Linda Cragg	
18-24	50 Free	32.32	<b>31-Jan-10</b>	WAM	Catriona Adams at Newman Churchlands BACC 2010	
	100 Free	1:12.29	<b>22-Sep-13</b>	WAM	Catriona Adams at Stadium Snappers LLCC 2013	
	200 Free	2:37.38	<b>31-Jan-10</b>	WAM	Catriona Adams at Newman Churchlands BACC 2010	
	400 Free	5:50.32	<b>26-Mar-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013	
	800 Free	11:56.65	<b>11-Apr-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013	
	50 Back	37.36	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships	
	100 Back	1:20.30	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships	
	50 Breast	57.62	<b>22-Aug-10</b>	WAM	Helen Rossi at Maida Vale - Belmont BACC 2010	
	50 Fly	35.81	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships	
	100 Fly	1:23.57	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships	
	200 IM	2:55.03	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships	
	400 IM	6:26.86	<b>26-Mar-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013	
	20-23	200 Free Relay	3:06.19	<b>20-Feb-11</b>	WAM	Liz Dunn, Heather Croft, Linda Cragg, Gillian Caruso
200 Medley Relay		3:21.63	<b>17-Apr-16</b>	WAM	Gillian Caruso, Liz Dunn, Rowena Burch, Pamela Pearson	
24-27	200 Free Relay	3:12.75	<b>3-Feb-13</b>	WAM	Gillian Caruso, Maria Plant, Heather Croft, Zita Badger	
25-29	50 Free	39.73	<b>20-Sep-15</b>	WAM	Louisa Cockram at Stadium Masters LL Club Challenge 2015	
	100 Free	1:21.34	<b>4-May-19</b>	WAM	Nichola Jones at Club Championships 4 2019	
	200 Free	3:31.26	<b>28-Jan-17</b>	WAM	Jacqueline Briggs at Armadale Club Championships 1 2017	
	400 Free	6:49.34	<b>8-Jan-15</b>	WAM	Louisa Cockram at Armadale Aerobics 2015	
	800 Free	16:17.91	<b>10-Mar-16</b>	WAM	Jacqueline Briggs at Armadale Endurance 2016	
	50 Back	40.00	<b>20-Sep-15</b>	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015	
	100 Back	1:27.27	<b>18-Apr-15</b>	WAM	Rebecca Yip at West Coast Masters Carnival 2015	
	50 Breast	55.50	<b>20-Sep-15</b>	WAM	Louisa Cockram at Stadium Masters LL Club Challenge 2015	
	400 Breast	8:44.30	<b>8-Jan-15</b>	WAM	Louisa Cockram at Armadale Aerobics 2015	
	50 Fly	1:03.03	<b>28-Jan-17</b>	WAM	Jacqueline Briggs at Armadale Club Championships 1 2017	
	100 Fly	1:32.75	<b>18-Apr-15</b>	WAM	Rebecca Yip at West Coast Masters Carnival 2015	
	200 IM	3:14.80	<b>20-Sep-15</b>	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015	
	400 IM	9:30.74	<b>24-Jan-17</b>	WAM	Jacqueline Briggs at Armadale Endurance 2017	
	30-34	50 Free	35.20	<b>18-Apr-15</b>	WAM	Rowena Burch at West Coast Masters Carnival 2015
		100 Free	1:18.58	<b>14-Sep-14</b>	WAM	Rowena Burch at Stadium Snappers Live Lighter Club Challenge
200 Free		2:52.39	<b>9-Feb-16</b>	WAM	Rowena Burch at Armadale Club Championships 1 2016	
400 Free		6:07.45	<b>8-Apr-16</b>	WAM	Rowena Burch at MSWA Pre-nationals Trial Meet 2016	
800 Free		12:05.61	<b>10-Dec-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
1500 Free		25:05.91	<b>13-Aug-17</b>	WAM	Rowena Burch at Somerset 1500m Event 2017	
50 Back		41.94	<b>5-Sep-15</b>	WAM	Rowena Burch at Bunbury Skins 2015	
100 Back		1:28.78	<b>15-Oct-16</b>	WAM	Rowena Burch at Masters Swimming WA All Club Challenge	
200 Back		3:06.76	<b>15-Oct-16</b>	WAM	Rowena Burch at Masters Swimming WA All Club Challenge	
400 Back		7:03.93	<b>24-Mar-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
800 Back		14:13.15	<b>12-Feb-15</b>	WAM	Rowena Burch at Armadale Endurance 2015	
1500 Back		27:21.89	<b>2-Aug-15</b>	WAM	Rowena Burch at 2015 Somerset 1500m Event	
50 Breast		43.83	<b>6-Oct-19</b>	WAM	Alexandra Holt at Armadale Club Championships 9 2019	
100 Breast		1:38.35	<b>15-Oct-16</b>	WAM	Rowena Burch at Masters Swimming WA All Club Challenge	
200 Breast		3:19.33	<b>6-Oct-19</b>	WAM	Alexandra Holt at Armadale Club Championships 9 2019	
400 Breast		7:05.16	<b>28-Jun-15</b>	WAM	Rowena Burch at Melville Aerobics 2015	
800 Breast		15:14.00	<b>26-Jun-16</b>	WAM	Rowena Burch at Melville Endurance	

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

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45-49	1500 Free	26:25.97	<b>6-Apr-17</b>	WAM	Gillian Caruso at Armadale Endurance 2017	
	50 Back	42.71	<b>14-Sep-14</b>	WAM	Gillian Caruso at Stadium Snappers Live Lighter Club Challenge	
	100 Back	1:31.23	<b>3-May-15</b>	WAM	Gillian Caruso at Melville Live Lighter Club Challenge 2015	
	200 Back	3:17.84	<b>29-Apr-17</b>	WAM	Gillian Caruso at Masters Swimming WA State Championships	
	400 Back	7:11.89	<b>26-Feb-13</b>	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Back	14:56.68	<b>10-Nov-16</b>	WAM	Gillian Caruso at Armadale Endurance 2016	
	1500 Back	28:41.61	<b>20-Oct-15</b>	WAM	Gillian Caruso at Armadale Aerobics 2015	
	50 Breast	51.82	<b>1-May-16</b>	WAM	Heather Jeps at Westcoast Masters LLCC 2016	
	100 Breast	1:55.50	<b>5-Nov-16</b>	WAM	Heather Jeps at Armadale Club Championships 10 2016	
	200 Breast	4:14.21	<b>22-Oct-16</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2016	
	400 Breast	8:58.57	<b>22-Dec-15</b>	WAM	Gillian Caruso at Armadale Aerobics 2015	
	800 Breast	17:49.78	<b>16-Jan-14</b>	WAM	Zita Badger at Armadale Aerobics 2014	
	50 Fly	41.95	<b>1-May-16</b>	WAM	Gillian Caruso at Westcoast Masters LLCC 2016	
	100 Fly	1:51.20	<b>15-Oct-16</b>	WAM	Gillian Caruso at Masters Swimming WA All Club Challenge	
	200 IM	3:32.71	<b>7-Nov-15</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2015	
	50-54	50 Free	38.26	<b>6-Apr-19</b>	WAM	Gillian Caruso at Club Championships 3 2019
		100 Free	1:26.58	<b>16-Mar-19</b>	WAM	Gillian Caruso at Armadale Club Championships 2 2019
200 Free		3:09.59	<b>6-Apr-19</b>	WAM	Gillian Caruso at Club Championships 3 2019	
400 Free		6:59.14	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
800 Free		17:53.16	<b>11-Apr-09</b>	WAM	Anne O'Mara at Armadale Aerobics 2009	
1500 Free		41:52.33	<b>8-Jan-12</b>	WAM	Jannette Edwards at Armadale Aerobics 2012	
50 Back		1:02.59	<b>11-Sep-11</b>	WAM	Katja Cappadona at Stadium Snappers BACC 11 Sep 2011	
100 Back		1:34.64	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
200 Back		3:39.98	<b>5-May-19</b>	WAM	Gillian Caruso at StadiumMasters LiveLighter ClubChallenge 2019	
800 Back		15:44.78	<b>4-Apr-19</b>	WAM	Gillian Caruso at Armadale Endurance 2019	
50 Breast		51.41	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
100 Breast		1:55.79	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
200 Breast		4:06.79	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
400 Breast		9:10.71	<b>4-Nov-10</b>	WAM	Linda Cragg at Armadale Aerobics	
800 Breast		19:24.97	<b>11-Apr-09</b>	WAM	Yvonne Hunt at Armadale Aerobics 2009	
1500 Breast		37:50.26	<b>17-Feb-08</b>	WAM	Yvonne Hunt at Armadale Aerobics 2008	
50 Fly		42.34	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
100 Fly	1:59.94	<b>4-May-19</b>	WAM	Gillian Caruso at Club Championships 4 2019		
200 IM	3:38.51	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018		
55-59	50 Free	42.03	<b>11-Sep-11</b>	WAM	Linda Cragg at Stadium Snappers BACC 11 Sep 2011	
	100 Free	1:32.50	<b>3-Mar-12</b>	WAM	Linda Cragg at Armadale Club Championships 2 2012	
	200 Free	3:32.79	<b>20-Feb-11</b>	WAM	Heather Adams at Newman Churchlands BACC 2011	
	400 Free	7:43.13	<b>20-Mar-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Free	17:23.95	<b>17-Apr-11</b>	WAM	Heather Croft at Armadale Aerobics 2011	
	1500 Free	41:14.92	<b>8-Jun-13</b>	WAM	Jannette Edwards at Stadium Snappers 1500 8 June 2013	
	50 Back	1:04.70	<b>11-Sep-11</b>	WAM	Heather Croft at Stadium Snappers BACC 11 Sep 2011	
	100 Back	2:24.90	<b>3-Nov-12</b>	WAM	Yvonne Hunt at Armadale Club Championships 10 2012	
	200 Back	5:31.04	<b>2-Apr-11</b>	WAM	Yvonne Hunt at Armadale Club Championships 2 2011	
	50 Breast	53.64	<b>20-Sep-15</b>	WAM	Linda Cragg at Stadium Masters LL Club Challenge 2015	
	100 Breast	2:00.11	<b>3-Nov-12</b>	WAM	Linda Cragg at Armadale Club championships 10 2012	
	200 Breast	4:10.71	<b>3-Dec-11</b>	WAM	Linda Cragg at Armadale Club Championships 10 2011	
	400 Breast	8:57.16	<b>24-Nov-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
800 Breast	19:40.45	<b>2-Nov-10</b>	WAM	Yvonne Hunt at Armadale Aerobics		
60-64	50 Free	45.65	<b>6-Mar-15</b>	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
	100 Free	1:49.45	<b>23-Apr-14</b>	WAM	Heather Adams at 2014 National Championships	
	200 Free	3:38.14	<b>9-Feb-16</b>	WAM	Linda Cragg at Armadale Club Championships 1 2016	
	400 Free	8:20.18	<b>28-Jan-14</b>	WAM	Heather Croft at Armadale Aerobics 2014	
	800 Free	16:43.26	<b>22-Nov-09</b>	WAM	Liz Dunn at Armadale Aerobics 2009	

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

60-64	1500	Free	32:44.20	<b>19-Dec-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010
	50	Back	59.50	<b>6-Mar-15</b>	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met
	100	Back	2:36.56	<b>5-Nov-16</b>	WAM	Yvonne Hunt at Armadale Club Championships 10 2016
	200	Back	4:58.43	<b>5-Apr-14</b>	WAM	Heather Croft at Armadale Club Championships 3 2014
	50	Breast	52.07	<b>6-Mar-15</b>	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met
	100	Breast	2:13.09	<b>23-Apr-14</b>	WAM	Heather Adams at 2014 National Championships
	200	Breast	4:44.46	<b>23-Apr-14</b>	WAM	Heather Adams at 2014 National Championships
	400	Breast	8:39.42	<b>5-Dec-13</b>	WAM	Heather Croft at Armadale Aerobics 2013
	800	Breast	19:39.18	<b>24-Feb-15</b>	WAM	Pauline Southall at Armadale Aerobics 2015
65-69	50	Free	43.36	<b>20-Jul-08</b>	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	100	Free	1:42.91	<b>5-Apr-09</b>	WAM	Pam Badani at Melville BACC 2009
	200	Free	4:03.97	<b>17-Feb-19</b>	WAM	Heather Croft at Newman Churchlands LiveLighter Challenge 2019
	400	Free	8:29.34	<b>30-Apr-18</b>	WAM	Heather Croft at Armadale Endurance 2018
	800	Free	17:05.07	<b>1-Jan-19</b>	WAM	Heather Croft at Cockburn Endurance 2019
	1500	Free	33:15.26	<b>13-Jan-08</b>	WAM	Pam Badani at Armadale Aerobics 2008
	50	Back	59.15	<b>20-Jul-08</b>	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
	100	Back	2:31.10	<b>5-Nov-16</b>	WAM	Pamela Pearson at Armadale Club Championships 10 2016
	400	Back	10:08.55	<b>1-Jan-19</b>	WAM	Heather Croft at Cockburn Endurance 2019
	800	Back	20:55.56	<b>30-Apr-18</b>	WAM	Heather Croft at Armadale Endurance 2018
	1500	Back	41:15.28	<b>14-Jan-17</b>	WAM	Heather Croft at Armadale Endurance 2017
	50	Breast	56.82	<b>26-Nov-17</b>	WAM	Heather Croft at Melville LiveLighter Club Challenge 2017
	100	Breast	2:30.28	<b>20-Feb-11</b>	WAM	Maria Plant at Newman Churchlands BACC 2011
	200	Breast	5:18.42	<b>2-Apr-11</b>	WAM	Maria Plant at Armadale Club Championships 2 2011
	400	Breast	9:58.27	<b>28-Feb-19</b>	WAM	Heather Croft at Cockburn Endurance
	800	Breast	21:00.14	<b>1-Apr-19</b>	WAM	Heather Croft at Armadale Endurance 2019 LC
	1500	Breast	41:47.23	<b>21-Mar-18</b>	WAM	Heather Croft at Armadale Endurance 2018
70-74	50	Free	52.68	<b>3-Feb-13</b>	WAM	Maria Plant at Newman Churchlands Interclub 2013
	100	Free	1:54.53	<b>16-Mar-19</b>	WAM	Elizabeth Dunn at Armadale Club Championships 2 2019
	200	Free	4:27.74	<b>3-Feb-13</b>	WAM	Maria Plant at Newman Churchlands Interclub 2013
	400	Free	9:45.13	<b>6-Feb-14</b>	WAM	Maria Plant at Armadale Aerobics 2014
	800	Free	19:32.14	<b>14-Mar-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	50	Back	1:07.60	<b>1-Feb-14</b>	WAM	Maria Plant at Club Championships 1 2014
	100	Back	2:39.54	<b>22-Sep-13</b>	WAM	Maria Plant at Stadium Snappers LLCC 2013
	400	Back	12:30.56	<b>15-Oct-13</b>	WAM	Maria Plant at Armadale Aerobics 2013
	50	Breast	1:09.06	<b>17-Apr-16</b>	WAM	Maria Plant at Melville Live Lighter Club Challenge 2016
	100	Breast	2:33.91	<b>2-Mar-13</b>	WAM	Maria Plant at Armadale Club Championships 2 2013
	200	Breast	6:00.16	<b>17-Oct-15</b>	WAM	Maria Plant at Armadale Club Championships 7 2015
	400	Breast	11:03.33	<b>6-Feb-14</b>	WAM	Maria Plant at Armadale Aerobics 2014
	75-79	50	Free	1:02.43	<b>20-May-18</b>	WAM
100		Free	2:33.37	<b>16-Mar-19</b>	WAM	Maria Plant at Armadale Club Championships 2 2019
200		Free	5:37.02	<b>6-Apr-19</b>	WAM	Maria Plant at Club Championships 3 2019
400		Free	13:43.54	<b>8-Dec-16</b>	WAM	Yvonne Lovegrove at Armadale Endurance 2016
800		Free	26:21.84	<b>8-Dec-16</b>	WAM	Yvonne Lovegrove at Armadale Endurance 2016
50		Back	1:08.94	<b>20-May-18</b>	WAM	Maria Plant at Stadium Masters LLCC 2018
100		Back	3:12.78	<b>16-Mar-19</b>	WAM	Maria Plant at Armadale Club Championships 2 2019
50		Breast	1:15.34	<b>8-Apr-18</b>	WAM	Maria Plant at Melville LiveLighter Club Challenge 2018
100		Breast	3:52.72	<b>5-Mar-16</b>	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	<b>1-Mar-14</b>	WAM	Xavier Hardy at Armadale Club Championships 2 2014
	200 Free	3:37.66	<b>9-Feb-16</b>	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	400 Free	7:35.46	<b>11-Apr-13</b>	WAM	Xavier Hardy at Armadale Aerobics 2013
	50 Back	50.36	<b>6-Apr-13</b>	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	50 Breast	50.85	<b>9-Feb-16</b>	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	100 Breast	1:52.87	<b>2-Mar-13</b>	WAM	Xavier Hardy at Armadale Club Championships 2 2013
	200 Breast	3:58.11	<b>6-Apr-13</b>	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	400 Breast	8:14.74	<b>6-Mar-14</b>	WAM	Xavier Hardy at Armadale Aerobics 2014
	800 Breast	17:09.70	<b>6-Feb-14</b>	WAM	Xavier Hardy at Armadale Aerobics 2014
20-23	200 Free Relay	2:17.93	<b>12-Feb-12</b>	WAM	Fettes Falconer, Charles Croft, Gregory Frey, Graham Hicks
	200 Medley Relay	2:45.52	<b>26-Nov-17</b>	WAM	Graham Hicks, Charles Croft, Andrew Johnson, Colin Gibson
24-27	200 Free Relay	2:52.38	<b>3-Feb-13</b>	WAM	William Stevens, Stanley Brandwood, Jeffrey Sanders, Chris Millard
	200 Medley Relay	3:21.85	<b>3-May-15</b>	WAM	Graham Hicks, Hans Vosbergen, Charles Croft, Colin Gibson
25-29	400 Free	9:24.48	<b>25-Mar-14</b>	WAM	Raphael Dajon at Armadale Masters Aerobics 2014
	800 Free	20:25.21	<b>10-Apr-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
	400 Breast	9:07.14	<b>6-Mar-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
30-34	400 Free	6:40.20	<b>10-Dec-15</b>	WAM	David Kennedy at Armadale Aerobics 2015
	800 Free	14:01.08	<b>10-Dec-15</b>	WAM	David Kennedy at Armadale Aerobics 2015
35-39	50 Free	30.74	<b>16-Nov-08</b>	WAM	Craig Bean at Somerset BACC 2008
	100 Free	1:09.28	<b>5-Apr-09</b>	WAM	Craig Bean at Melville BACC 2009
	200 Free	2:55.88	<b>20-Jul-08</b>	WAM	Craig Bean at Maida Vale - Belmont BACC 2008
	400 Free	7:33.81	<b>26-Feb-13</b>	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Free	16:15.13	<b>25-Feb-17</b>	WAM	Alexander Horn at Armadale Endurance 2017
	1500 Free	32:04.54	<b>27-Jan-13</b>	WAM	Nigel Chaytor at Armadale Aerobics 2013
	50 Back	41.97	<b>5-Apr-09</b>	WAM	Craig Bean at Melville BACC 2009
	50 Breast	42.53	<b>5-Apr-09</b>	WAM	Craig Bean at Melville BACC 2009
	100 Breast	1:35.92	<b>16-Nov-08</b>	WAM	Craig Bean at Somerset BACC 2008
	200 Breast	3:44.47	<b>25-May-13</b>	WAM	Nigel Chaytor at Masters Swimming WA State Championships
	400 Breast	8:22.08	<b>20-Oct-13</b>	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Breast	17:13.72	<b>29-Jan-13</b>	WAM	Nigel Chaytor at Armadale Aerobics 2013
	50 Fly	40.31	<b>22-Sep-13</b>	WAM	Nigel Chaytor at Stadium Snappers LLCC 2013
	40-44	50 Free	34.21	<b>2-Apr-11</b>	WAM
100 Free		1:22.68	<b>3-Mar-12</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Free		3:27.40	<b>5-Nov-11</b>	WAM	Colin Gibson at Armadale Club championships 9 2011
400 Free		7:30.07	<b>25-Feb-12</b>	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
800 Free		15:38.95	<b>17-Apr-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011
1500 Free		34:31.17	<b>23-Mar-08</b>	WAM	Paul Evans at Armadale Aerobics 2008
50 Back		56.04	<b>5-Nov-11</b>	WAM	Colin Gibson at Armadale Club championships 9 2011
100 Back		2:17.06	<b>1-Nov-14</b>	WAM	Graham Bamford at Armadale Club Championships 10 2014
200 Back		4:33.05	<b>2-Apr-11</b>	WAM	Colin Gibson at Armadale Club Championships 2 2011
50 Breast		55.20	<b>14-Apr-12</b>	WAM	Simon Stiles at Armadale Club Championships 3 2012
100 Breast		1:49.93	<b>3-Mar-12</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Breast		3:54.25	<b>2-Apr-11</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2011
400 Breast		8:56.03	<b>25-Feb-12</b>	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
45-49		50 Free	28.17	<b>18-Apr-18</b>	WAM
	100 Free	1:03.39	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	200 Free	2:26.48	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

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

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

60-64	50 Free	33.27	<b>1-Apr-12</b>	WAM	Graham Hicks at Melville BACC 2012	
	100 Free	1:15.80	<b>24-May-14</b>	WAM	Graham Hicks at Masters Swimming WA State Championships	
	200 Free	2:55.50	<b>12-Feb-12</b>	WAM	Graham Hicks at Newman Churchlands BACC 2012	
	400 Free	6:26.36	<b>12-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
	800 Free	13:23.48	<b>24-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
	1500 Free	27:16.25	<b>8-Jan-12</b>	WAM	Graham Hicks at Armadale Aerobics 2012	
	50 Back	44.87	<b>9-Feb-16</b>	WAM	Graham Cragg at Armadale Club Championships 1 2016	
	100 Back	1:38.74	<b>1-Apr-12</b>	WAM	Graham Hicks at Melville BACC 2012	
	200 Back	3:36.00	<b>22-Sep-13</b>	WAM	Graham Hicks at Stadium Snappers LLCC 2013	
	400 Back	7:49.39	<b>12-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
	800 Back	16:41.91	<b>11-Apr-13</b>	WAM	Graham Hicks at Armadale Aerobics 2013	
	50 Breast	39.50	<b>18-Apr-15</b>	WAM	Graham Cragg at West Coast Masters Carnival 2015	
	100 Breast	1:28.18	<b>18-Apr-15</b>	WAM	Graham Cragg at West Coast Masters Carnival 2015	
	200 Breast	3:26.84	<b>9-Feb-16</b>	WAM	Graham Cragg at Armadale Club Championships 1 2016	
	400 Breast	7:12.39	<b>24-Feb-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
	800 Breast	15:08.43	<b>22-Feb-14</b>	WAM	Graham Cragg at Armadale Virtual Rottnest Aerobic 2014	
	1500 Breast	35:10.34	<b>30-Mar-14</b>	WAM	Charles Croft at Armadale Aerobics 2014	
	50 Fly	39.34	<b>1-Feb-14</b>	WAM	Graham Cragg at Club Championships 1 2014	
	200 IM	3:18.40	<b>1-Feb-14</b>	WAM	Graham Cragg at Club Championships 1 2014	
	65-69	50 Free	34.37	<b>8-Apr-18</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
100 Free		1:21.66	<b>26-Nov-17</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2017	
200 Free		3:08.58	<b>4-Mar-12</b>	WAM	Fettes Falconer at Masters Swimming WA State Championships	
400 Free		6:52.88	<b>18-Apr-18</b>	WAM	Charles Croft at MSA National Championships	
800 Free		14:05.64	<b>18-Apr-18</b>	WAM	Charles Croft at MSA National Championships	
1500 Free		28:12.18	<b>26-Nov-18</b>	WAM	Charles Croft at Cockburn Endurance 2018	
50 Back		44.56	<b>8-Apr-18</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018	
100 Back		1:39.87	<b>8-Apr-18</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018	
400 Back		7:53.47	<b>25-Jul-18</b>	WAM	Charles Croft at Armadale Endurance 2018	
800 Back		16:54.73	<b>1-Jan-19</b>	WAM	Charles Croft at Cockburn Endurance 2019	
1500 Back		34:25.28	<b>16-Oct-18</b>	WAM	Charles Croft at Cockburn Endurance	
50 Breast		44.65	<b>29-Apr-17</b>	WAM	Charles Croft at Masters Swimming WA State Championships	
100 Breast		1:39.79	<b>18-Apr-15</b>	WAM	Charles Croft at West Coast Masters Carnival 2015	
200 Breast		3:39.65	<b>20-May-18</b>	WAM	Charles Croft at Stadium Masters LLCC 2018	
400 Breast		8:14.10	<b>16-Oct-18</b>	WAM	Charles Croft at Cockburn Endurance	
800 Breast		16:59.82	<b>24-Mar-15</b>	WAM	Charles Croft at Armadale Aerobics 2015	
1500 Breast		33:54.47	<b>28-Feb-17</b>	WAM	Charles Croft at Armadale Endurance 1000	
50 Fly		59.94	<b>18-Apr-15</b>	WAM	Charles Croft at West Coast Masters Carnival 2015	
200 IM		3:58.39	<b>25-May-19</b>	WAM	Charles Croft at LiveLighter MSA State LC Championships	
70-74		50 Free	37.56	<b>18-Apr-18</b>	WAM	Fettes Falconer at MSA National Championships
	100 Free	1:29.39	<b>18-Apr-18</b>	WAM	Fettes Falconer at MSA National Championships	
	200 Free	3:07.68	<b>19-Feb-17</b>	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017	
	400 Free	6:54.09	<b>21-Feb-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017	
	800 Free	14:24.55	<b>24-Jan-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017	
	50 Back	50.10	<b>19-Feb-17</b>	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017	
	100 Back	2:13.65	<b>4-Mar-17</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2017	
	50 Breast	1:03.51	<b>1-Apr-17</b>	WAM	Fettes Falconer at Armadale Club Championships 3 2017	
	100 Breast	2:04.37	<b>19-Feb-17</b>	WAM	Hans Vosbergen at NewmanChurchlands LiveLighter Challenge 2017	
	200 Breast	4:45.87	<b>1-Apr-17</b>	WAM	Hans Vosbergen at Armadale Club Championships 3 2017	
	75-79	50 Free	48.09	<b>3-Feb-13</b>	WAM	Stanley Brandwood at Newman Churchlands Interclub 2013
		100 Free	1:58.64	<b>2-Mar-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 2 2013
200 Free		4:24.40	<b>6-Apr-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 3 2013	
400 Free		9:13.60	<b>21-Apr-12</b>	WAM	Stanley Brandwood at Armadale Aerobics 2012	

**Armadale Masters Swimming**

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**RECORDS Armadale Masters LC**

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

## Armadale Masters Swimming

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### RECORDS Armadale Masters LC

#### LC Meters-Mixed

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