

## 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	48.15	<b>27-Oct-19</b>	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	100 Breast	1:51.26	<b>2-Nov-19</b>	WAM	Julie Loxton at Armadale Club Championships 10 2019
	200 Breast	4:03.30	<b>27-Oct-19</b>	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	400 Breast	8:55.43	<b>17-Oct-19</b>	WAM	Julie Loxton at Armadale Endurance LC 2019
	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	1:20.89	<b>7-Mar-20</b>	WAM	Julie Loxton at Club Championships 2 2020
	200 Free	3:28.40	<b>1-Feb-20</b>	WAM	Jacqueline Briggs at Club Championships 1 2020
	400 Free	6:47.93	<b>18-Dec-19</b>	WAM	Nichola Jones at Armadale Endurance LC 2019
	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	48.48	<b>1-Feb-20</b>	WAM	Julie Loxton at Club Championships 1 2020
	100 Breast	1:51.36	<b>7-Mar-20</b>	WAM	Julie Loxton at Club Championships 2 2020
	200 Breast	4:02.77	<b>1-Feb-20</b>	WAM	Julie Loxton at Club Championships 1 2020
	400 Breast	8:44.30	<b>8-Jan-15</b>	WAM	Louisa Cockram at Armadale Aerobics 2015
	50 Fly	44.28	<b>3-Oct-20</b>	WAM	Julie Loxton at Club Championships 6 2020
	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	33.52	<b>16-Feb-20</b>	WAM	Alexandra Holt at Newman Churchlands LLCC 2020
	100 Free	1:13.66	<b>7-Mar-20</b>	WAM	Alexandra Holt at Club Championships 2 2020
	200 Free	2:41.51	<b>1-Feb-20</b>	WAM	Alexandra Holt at Club Championships 1 2020
	400 Free	5:43.56	<b>4-Mar-20</b>	WAM	Alexandra Holt at Armadale Endurance LC March 2020
	800 Free	11:36.63	<b>21-Nov-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019
	1500 Free	23:15.34	<b>22-Jan-20</b>	WAM	Alexandra Holt at Armadale Endurance LC2020
	50 Back	41.94	<b>5-Sep-15</b>	WAM	Rowena Burch at Bunbury Skins 2015
	100 Back	1:27.27	<b>7-Mar-20</b>	WAM	Alexandra Holt at Club Championships 2 2020
	200 Back	3:06.76	<b>15-Oct-16</b>	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
	400 Back	6:35.96	<b>5-Feb-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020
	800 Back	13:16.58	<b>16-Jan-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020
	1500 Back	27:21.89	<b>2-Aug-15</b>	WAM	Rowena Burch at 2015 Somerset 1500m Event

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

30-34	50 Breast	43.83	<b>6-Oct-19</b>	WAM	Alexandra Holt at Armadale Club Championships 9 2019
	100 Breast	1:31.84	<b>16-Feb-20</b>	WAM	Alexandra Holt at Newman Churchlands LLCC 2020
	200 Breast	3:19.33	<b>6-Oct-19</b>	WAM	Alexandra Holt at Armadale Club Championships 9 2019
	400 Breast	6:46.93	<b>21-Nov-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019
	800 Breast	14:06.79	<b>17-Oct-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019
	1500 Breast	27:50.44	<b>31-Aug-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020
	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	3:02.98	<b>3-Oct-20</b>	WAM	Alexandra Holt at Club Championships 6 2020
	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
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		3:16.90	<b>3-Oct-20</b>	WAM	Sarah Carr at Club Championships 6 2020
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		42.15	<b>3-Oct-20</b>	WAM	Sarah Carr at Club Championships 6 2020
100 Breast		1:48.80	<b>7-Mar-20</b>	WAM	Maree Lim at Club Championships 2 2020
200 Breast		4:01.61	<b>1-Feb-20</b>	WAM	Maree Lim at Club Championships 1 2020
400 Breast		8:18.08	<b>31-Aug-20</b>	WAM	Maree Lim at Armadale Endurance LC 2020
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
	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
	1500 Breast	40:28.28	<b>4-Mar-20</b>	WAM	Natalie Metcalfe at Armadale Endurance LC March 2020
	50 Fly	42.58	<b>11-Sep-11</b>	WAM	Gillian Caruso at Stadium Snappers BACC 11 Sep 2011

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

40-44	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
	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	50.65	<b>1-Feb-20</b>	WAM	Peta Woodland at Club Championships 1 2020
	100 Breast	1:55.50	<b>5-Nov-16</b>	WAM	Heather Jeps at Armadale Club Championships 10 2016
	200 Breast	3:49.79	<b>1-Feb-20</b>	WAM	Peta Woodland at Club Championships 1 2020
	400 Breast	8:24.30	<b>16-Jan-20</b>	WAM	Peta Woodland at Armadale Endurance LC 2020
	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	27:18.23	<b>31-Aug-20</b>	WAM	Gillian Caruso at Armadale Endurance LC 2020
	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	3:34.04	<b>3-Oct-20</b>	WAM	Gillian Caruso at Club Championships 6 2020
	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	1:48.57	<b>7-Mar-20</b>	WAM	Gillian Caruso at Club Championships 2 2020
	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
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		16:32.25	<b>20-Jul-20</b>	WAM	Adele Chapman at Armadale Endurance LC 2020
1500 Free		41:14.92	<b>8-Jun-13</b>	WAM	Jannette Edwards at Stadium Snappers 1500 8 June 2013
50 Back		52.77	<b>3-Oct-20</b>	WAM	Adele Chapman at Club Championships 6 2020
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

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

55-59	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	1:44.70	<b>7-Mar-20</b>	WAM	Linda Cragg at Club Championships 2 2020
	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
	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	2:16.48	<b>7-Mar-20</b>	WAM	Linda Cragg at Club Championships 2 2020
	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	50.39	<b>16-Feb-20</b>	WAM	Pamela Pearson at Newman Churchlands LLCC 2020
	100 Free	1:54.53	<b>16-Mar-19</b>	WAM	Elizabeth Dunn at Armadale Club Championships 2 2019
	200 Free	4:16.85	<b>1-Feb-20</b>	WAM	Elizabeth Dunn at Club Championships 1 2020
	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
	1500 Free	39:04.90	<b>20-Jul-20</b>	WAM	Pamela Pearson at Armadale Endurance LC 2020
	50 Back	1:02.03	<b>3-Oct-20</b>	WAM	Pamela Pearson at Club Championships 6 2020
	100 Back	2:23.58	<b>7-Mar-20</b>	WAM	Pamela Pearson at Club Championships 2 2020
	400 Back	11:23.61	<b>4-Mar-20</b>	WAM	Pamela Pearson at Armadale Endurance LC March 2020
	1500 Back	51:20.69	<b>31-Aug-20</b>	WAM	Pamela Pearson at Armadale Endurance LC 2020
	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	Maria Plant at Stadium Masters LLCC 2018
	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

**Armadale Masters Swimming**

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**RECORDS Armadale Masters LC**

75-79	100 Back	3:08.16	<b>7-Mar-20</b>	WAM	Maria Plant at Club Championships 2 2020
	50 Breast	1:15.34	<b>8-Apr-18</b>	WAM	Maria Plant at Melville LiveLighter Club Challenge 2018
	100 Breast	3:21.44	<b>2-Nov-19</b>	WAM	Maria Plant at Armadale Club Championships 10 2019
80-84	50 Free	1:13.76	<b>3-Oct-20</b>	WAM	Lexie Rankin at Club Championships 6 2020
	100 Free	3:07.80	<b>7-Mar-20</b>	WAM	Lexie Rankin at Club Championships 2 2020
	50 Breast	1:38.79	<b>1-Feb-20</b>	WAM	Lexie Rankin at Club Championships 1 2020

## 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		3:14.48	<b>1-Feb-20</b>	WAM	Daniel Douglas at Club Championships 1 2020
400 Free		6:41.08	<b>5-Feb-20</b>	WAM	Daniel Douglas at Armadale Endurance LC 2020
800 Free		14:06.31	<b>4-Mar-20</b>	WAM	Daniel Douglas at Armadale Endurance LC March 2020
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	Gregory Frey at Newman Churchlands BACC 2012
		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		33:55.23	<b>1-Aug-19</b>	WAM	Charles Croft at Armadale Endurance LC 2019	
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		4:03.89	<b>15-Oct-16</b>	WAM	Charles Croft at Masters Swimming WA All Club Challenge	
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	
	800 Back	18:30.61	<b>31-Aug-20</b>	WAM	Charles Croft at Armadale Endurance LC 2020	
	50 Breast	1:03.51	<b>1-Apr-17</b>	WAM	Fettes Falconer at Armadale Club Championships 3 2017	
	100 Breast	1:44.72	<b>16-Feb-20</b>	WAM	Charles Croft at Newman Churchlands LLCC 2020	
	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	



**Armadale Masters Swimming**

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**RECORDS Armadale Masters LC**

75-79	400 Free	9:13.60	<b>21-Apr-12</b>	WAM	Stanley Brandwood at Armadale Aerobics 2012
	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