

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Female

12-15	200 Free Relay	2:30.55	25-Oct-20	WAM	Julie Loxton, Gillian Caruso, Rowens Burch, Sarah Carr
16-19	200 Free Relay	2:41.93	1-May-16	WAM	Gillian Caruso, Heather Jeps, Vanessa Toop, Rowens Burch
	200 Medley Relay	3:02.27	20-Sep-15	WAM	Louisa Cockram, Heather Jeps, Rowena Burch, Linda Cragg
18-24	50 Free	32.32	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	100 Free	1:12.29	22-Sep-13	WAM	Catriona Adams at Stadium Snappers LLCC 2013
	200 Free	2:37.38	31-Jan-10	WAM	Catriona Adams at Newman Churchlands BACC 2010
	400 Free	5:50.32	26-Mar-13	WAM	Catriona Adams at Armadale Aerobics 2013
	800 Free	11:56.65	11-Apr-13	WAM	Catriona Adams at Armadale Aerobics 2013
	1500 Free	29:29.39	1-May-21	WAM	Kayla Thomson at Armadale Endurance LC EMERALDS May 2021
	50 Back	37.36	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Back	1:20.30	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	400 Back	9:00.85	1-Apr-21	WAM	Kayla Thomson at Armadale Endurance LC EMERALDS April 2021
	50 Breast	48.15	27-Oct-19	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	100 Breast	1:51.26	2-Nov-19	WAM	Julie Loxton at Armadale Club Championships 10 2019
	200 Breast	4:03.30	27-Oct-19	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	400 Breast	8:55.43	17-Oct-19	WAM	Julie Loxton at Armadale Endurance LC 2019
	50 Fly	35.81	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Fly	1:23.57	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	200 IM	2:55.03	25-May-13	WAM	Catriona Adams at Masters Swimming WA State Championships
	400 IM	6:26.86	26-Mar-13	WAM	Catriona Adams at Armadale Aerobics 2013
20-23	200 Free Relay	3:06.19	20-Feb-11	WAM	Liz Dunn, Heather Croft, Linda Cragg, Gillian Caruso
	200 Medley Relay	3:21.63	17-Apr-16	WAM	Gillian Caruso, Liz Dunn, Rowena Burch, Pamela Pearson
24-27	200 Free Relay	3:12.75	3-Feb-13	WAM	Gillian Caruso, Maria Plant, Heather Croft, Zita Badger
25-29	50 Free	35.46	25-Oct-20	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	100 Free	1:20.89	7-Mar-20	WAM	Julie Loxton at Club Championships 2 2020
	200 Free	3:28.40	1-Feb-20	WAM	Jacqueline Briggs at Club Championships 1 2020
	400 Free	6:47.93	18-Dec-19	WAM	Nichola Jones at Armadale Endurance LC 2019
	800 Free	16:17.91	10-Mar-16	WAM	Jacqueline Briggs at Armadale Endurance 2016
	50 Back	40.00	20-Sep-15	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	100 Back	1:27.27	18-Apr-15	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	50 Breast	48.48	1-Feb-20	WAM	Julie Loxton at Club Championships 1 2020
	100 Breast	1:49.47	25-Oct-20	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	200 Breast	4:02.77	1-Feb-20	WAM	Julie Loxton at Club Championships 1 2020
	400 Breast	8:44.30	8-Jan-15	WAM	Louisa Cockram at Armadale Aerobics 2015
	50 Fly	43.76	25-Oct-20	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	100 Fly	1:32.75	18-Apr-15	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	200 IM	3:14.80	20-Sep-15	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	400 IM	9:30.74	24-Jan-17	WAM	Jacqueline Briggs at Armadale Endurance 2017
30-34	50 Free	33.52	16-Feb-20	WAM	Alexandra Holt at Newman Churchlands LLCC 2020
	100 Free	1:13.66	7-Mar-20	WAM	Alexandra Holt at Club Championships 2 2020
	200 Free	2:41.51	1-Feb-20	WAM	Alexandra Holt at Club Championships 1 2020
	400 Free	5:43.56	4-Mar-20	WAM	Alexandra Holt at Armadale Endurance LC March 2020
	800 Free	11:36.63	21-Nov-19	WAM	Alexandra Holt at Armadale Endurance LC 2019
	1500 Free	23:15.34	22-Jan-20	WAM	Alexandra Holt at Armadale Endurance LC2020
	50 Back	41.94	5-Sep-15	WAM	Rowena Burch at Bunbury Skins 2015
	100 Back	1:27.27	7-Mar-20	WAM	Alexandra Holt at Club Championships 2 2020
	200 Back	3:06.76	15-Oct-16	WAM	Rowena Burch at Masters Swimming WA All Club Challenge
400 Back	6:31.43	1-Sep-20	WAM	Alexandra Holt at Armadale Endurance LC 2020	

Armadale Masters Swimming

RECORDS Armadale Masters LC

30-34	800	Back	13:16.58	16-Jan-20	WAM	Alexandra Holt at Armadale Endurance LC 2020	
	1500	Back	25:40.61	1-Oct-21	WAM	Alexandra Holt at Armadale Endurance EMERALDS LC October 2021	
	50	Breast	43.83	6-Oct-19	WAM	Alexandra Holt at Armadale Club Championships 9 2019	
	100	Breast	1:31.84	16-Feb-20	WAM	Alexandra Holt at Newman Churchlands LLCC 2020	
	200	Breast	3:19.33	6-Oct-19	WAM	Alexandra Holt at Armadale Club Championships 9 2019	
	400	Breast	6:46.93	21-Nov-19	WAM	Alexandra Holt at Armadale Endurance LC 2019	
	800	Breast	14:06.79	17-Oct-19	WAM	Alexandra Holt at Armadale Endurance LC 2019	
	1500	Breast	27:50.44	31-Aug-20	WAM	Alexandra Holt at Armadale Endurance LC 2020	
	50	Fly	38.43	22-Oct-16	WAM	Rowena Burch at Armadale Club Championships 9 2016	
	100	Fly	1:26.54	18-Sep-16	WAM	Rowena Burch at Stadium Masters Livelighter Club Challenge	
	200	Fly	3:15.70	3-Oct-15	WAM	Rowena Burch at 2015 MSNT Long Course Championships	
	400	Fly	6:59.21	20-Oct-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	800	Fly	14:37.45	25-Oct-15	WAM	Rowena Burch at Armadale Aerobics 2015	
	200	IM	3:02.98	3-Oct-20	WAM	Alexandra Holt at Club Championships 6 2020	
	400	IM	6:35.99	1-Sep-21	WAM	Alexandra Holt at Armadale Endurance LC September	
	800	IM	13:26.37	1-Oct-21	WAM	Alexandra Holt at Armadale Endurance LC October 2021	
	35-39	50	Free	32.35	15-Nov-20	WAM	Sarah Carr at Fremantle Masters LLCC 2020
		100	Free	1:10.24	24-Oct-21	WAM	Sarah Carr at Stadium Masters LLCC 2021
		200	Free	3:20.38	25-Oct-20	WAM	Rowena Burch at Stadium Masters 2020 LLCC
		400	Free	5:50.72	1-May-22	WAM	Alexandra Holt at Armadale Endurance LC May 2022
800		Free	12:10.12	7-Feb-22	WAM	Alexandra Holt at Armadale Endurance EMERALDS February 2022	
1500		Free	22:44.11	7-Feb-22	WAM	Alexandra Holt at Armadale Endurance EMERALDS February 2022	
50		Back	34.85	15-Nov-20	WAM	Sarah Carr at Fremantle Masters LLCC 2020	
100		Back	1:21.30	25-Oct-20	WAM	Sarah Carr at Stadium Masters 2020 LLCC	
200		Back	2:48.51	24-Oct-21	WAM	Sarah Carr at Stadium Masters LLCC 2021	
400		Back	6:32.84	1-Oct-21	WAM	Sarah Carr at Armadale Endurance LC October 2021	
800		Back	13:17.25	1-Oct-21	WAM	Sarah Carr at Armadale Endurance EMERALDS LC October 2021	
1500		Back	25:56.50	1-Aug-21	WAM	Sarah Carr at Armadale Endurance LC August 2021	
50		Breast	40.60	24-Oct-21	WAM	Sarah Carr at Stadium Masters LLCC 2021	
100		Breast	1:28.86	18-Jul-21	WAM	Sarah Carr at Riverton LLCC Meet	
200		Breast	3:24.63	25-Oct-20	WAM	Sarah Carr at Stadium Masters 2020 LLCC	
400		Breast	7:11.64	1-May-22	WAM	Alexandra Holt at Armadale Endurance LC May 2022	
800		Breast	14:30.32	7-Feb-22	WAM	Alexandra Holt at Armadale Endurance EMERALDS February 2022	
1500		Breast	29:16.70	1-May-22	WAM	Alexandra Holt at Armadale Endurance LC May 2022	
50		Fly	34.94	15-Nov-20	WAM	Sarah Carr at Fremantle Masters LLCC 2020	
100		Fly	1:32.67	29-Apr-17	WAM	Tania O'sheehan at Masters Swimming WA State Championships	
200		Fly	4:35.39	6-Apr-19	WAM	Rowena Burch at Club Championships 3 2019	
400		Fly	7:37.98	1-Sep-21	WAM	Sarah Carr at Armadale Endurance LC September	
800		Fly	15:19.81	1-Oct-21	WAM	Sarah Carr at Armadale Endurance EMERALDS LC October 2021	
200		IM	4:29.88	10-Apr-21	WAM	Rowena Burch at Club Championships 2 2021	
400		IM	6:44.13	1-Sep-21	WAM	Sarah Carr at Armadale Endurance LC September	
800		IM	14:07.20	1-Sep-21	WAM	Sarah Carr at Armadale Endurance LC September	
40-44		50	Free	37.09	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
		100	Free	1:30.31	3-Nov-12	WAM	Gillian Caruso at Armadale Club championships 10 2012
		200	Free	3:05.46	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
		400	Free	6:28.02	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions
	800	Free	13:24.91	26-Apr-11	WAM	Gillian Caruso at Masters Swimming Australia National Champions	
	1500	Free	26:59.55	8-Jan-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
	50	Back	41.14	5-Apr-09	WAM	Gillian Caruso at Melville BACC 2009	
	100	Back	1:30.43	16-May-09	WAM	Gillian Caruso at State Championships 2009	
	200	Back	3:14.37	16-May-09	WAM	Gillian Caruso at State Championships 2009	
	400	Back	7:17.60	15-Nov-12	WAM	Gillian Caruso at Armadale Aerobics 2012	
	800	Back	14:38.20	11-Apr-09	WAM	Gillian Caruso at Armadale Aerobics 2009	
	1500	Back	28:08.11	18-Feb-12	WAM	Gillian Caruso at Armadale Aerobics 2012	

Armadale Masters Swimming

RECORDS Armadale Masters LC

40-44	50 Breast	49.83	5-Apr-14	WAM	Heather Jeps at Armadale Club Championships 3 2014	
	100 Breast	1:53.14	2-Mar-13	WAM	Heather Jeps at Armadale Club Championships 2 2013	
	200 Breast	4:09.26	22-Sep-13	WAM	Heather Jeps at Stadium Snappers LLCC 2013	
	400 Breast	8:40.69	28-Nov-13	WAM	Zita Badger at Armadale Aerobics 2013	
	800 Breast	17:52.65	14-Feb-13	WAM	Zita Badger at Amadale Aerobics 2013	
	1500 Breast	40:28.28	4-Mar-20	WAM	Natalie Metcalfe at Armadale Endurance LC March 2020	
	50 Fly	42.58	11-Sep-11	WAM	Gillian Caruso at Stadium Snappers BACC 11 Sep 2011	
	200 IM	3:32.81	16-Nov-08	WAM	Gillian Caruso at Somerset BACC 2008	
	400 IM	10:47.52	9-Jan-22	WAM	Vanessa Toop at Armadale Endurance LC January 2022	
45-49	50 Free	37.90	1-Apr-17	WAM	Gillian Caruso at Armadale Club Championships 3 2017	
	100 Free	1:24.74	2-Nov-13	WAM	Gillian Caruso at Armadale Club Championships 10 2013	
	200 Free	3:08.52	17-Oct-15	WAM	Gillian Caruso at Armadale Club Championships 7 2015	
	400 Free	6:46.97	22-Dec-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	800 Free	13:46.68	21-Feb-17	WAM	Gillian Caruso at Armadale Endurance 1000	
	1500 Free	26:25.97	6-Apr-17	WAM	Gillian Caruso at Armadale Endurance 2017	
	50 Back	42.71	14-Sep-14	WAM	Gillian Caruso at Stadium Snappers Live Lighter Club Challenge	
	100 Back	1:31.23	3-May-15	WAM	Gillian Caruso at Melville Live Lighter Club Challenge 2015	
	200 Back	3:17.84	29-Apr-17	WAM	Gillian Caruso at Masters Swimming WA State Championships	
	400 Back	7:11.89	26-Feb-13	WAM	Gillian Caruso at Armadale Aerobics 2013	
	800 Back	14:56.68	10-Nov-16	WAM	Gillian Caruso at Armadale Endurance 2016	
	1500 Back	28:41.61	20-Oct-15	WAM	Gillian Caruso at Armadale Aerobics 2015	
	50 Breast	50.65	1-Feb-20	WAM	Peta Woodland at Club Championships 1 2020	
	100 Breast	1:55.50	5-Nov-16	WAM	Heather Jeps at Armadale Club Championships 10 2016	
	200 Breast	3:49.79	1-Feb-20	WAM	Peta Woodland at Club Championships 1 2020	
	400 Breast	8:24.30	16-Jan-20	WAM	Peta Woodland at Armadale Endurance LC 2020	
	800 Breast	17:49.78	16-Jan-14	WAM	Zita Badger at Armadale Aerobics 2014	
	50 Fly	41.95	1-May-16	WAM	Gillian Caruso at Westcoast Masters LLCC 2016	
	100 Fly	1:51.20	15-Oct-16	WAM	Gillian Caruso at Masters Swimming WA All Club Challenge	
	200 IM	3:32.71	7-Nov-15	WAM	Gillian Caruso at Armadale Club Championships 8 2015	
	50-54	50 Free	38.26	6-Apr-19	WAM	Gillian Caruso at Club Championships 3 2019
		100 Free	1:26.58	16-Mar-19	WAM	Gillian Caruso at Armadale Club Championships 2 2019
		200 Free	3:09.59	6-Apr-19	WAM	Gillian Caruso at Club Championships 3 2019
400 Free		6:54.72	1-Oct-20	WAM	Gillian Caruso at Armadale Endurance LC 2020	
800 Free		14:05.17	1-Oct-20	WAM	Gillian Caruso at Armadale Endurance LC 2020	
1500 Free		26:41.22	1-Feb-22	WAM	Gillian Caruso at Armadale Endurance LC Feruary 2022	
50 Back		44.28	2-Apr-22	WAM	Gillian Caruso at Armadale Club Championships 3 2022	
100 Back		1:34.64	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
200 Back		3:34.04	3-Oct-20	WAM	Gillian Caruso at Club Championships 6 2020	
800 Back		15:44.78	4-Apr-19	WAM	Gillian Caruso at Armadale Endurance 2019	
1500 Back		29:58.13	1-Sep-20	WAM	Gillian Caruso at Armadale Endurance LC 2020	
50 Breast		51.41	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
100 Breast		1:55.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
200 Breast		4:06.79	17-Apr-08	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
400 Breast		9:10.71	4-Nov-10	WAM	Linda Cragg at Armadale Aerobics	
800 Breast		19:24.97	11-Apr-09	WAM	Yvonne Hunt at Armadale Aerobics 2009	
1500 Breast		37:50.26	17-Feb-08	WAM	Yvonne Hunt at Armadale Aerobics 2008	
50 Fly		42.34	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
100 Fly		1:48.57	7-Mar-20	WAM	Gillian Caruso at Club Championships 2 2020	
200 IM		3:38.51	20-May-18	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
55-59		50 Free	42.03	11-Sep-11	WAM	Linda Cragg at Stadium Snappers BACC 11 Sep 2011
		100 Free	1:32.50	3-Mar-12	WAM	Linda Cragg at Armadale Club Championships 2 2012
		200 Free	3:32.79	20-Feb-11	WAM	Heather Adams at Newman Churchlands BACC 2011
	400 Free	7:04.36	1-Sep-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC September 2021	

Armadale Masters Swimming

RECORDS Armadale Masters LC

55-59	800 Free	14:47.23	1-Aug-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC August 2021	
	1500 Free	27:32.28	1-Nov-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC November 2021	
	50 Back	52.77	3-Oct-20	WAM	Adele Chapman at Club Championships 6 2020	
	100 Back	1:50.31	6-Mar-21	WAM	Adele Chapman at Club Championships 1 2021	
	200 Back	5:31.04	2-Apr-11	WAM	Yvonne Hunt at Armadale Club Championships 2 2011	
	400 Back	8:25.05	1-Mar-21	WAM	Adele Chapman at Armadale Endurance LC EMERALDS March 2021	
	800 Back	16:47.80	1-Aug-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC August 2021	
	1500 Back	32:48.05	4-Jan-21	WAM	Adele Chapman at Armadale Endurance LC EMERALDS January 2021	
	50 Breast	53.64	20-Sep-15	WAM	Linda Cragg at Stadium Masters LL Club Challenge 2015	
	100 Breast	2:00.11	3-Nov-12	WAM	Linda Cragg at Armadale Club championships 10 2012	
	200 Breast	4:10.71	3-Dec-11	WAM	Linda Cragg at Armadale Club Championships 10 2011	
	400 Breast	8:57.16	24-Nov-11	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Breast	19:40.45	2-Nov-10	WAM	Yvonne Hunt at Armadale Aerobics	
	1500 Breast	41:03.03	16-Nov-20	WAM	Adele Chapman at Armadale Endurance LC Nov 2020	
	400 Fly	11:03.99	1-Sep-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC September 2021	
	400 IM	8:50.37	1-Oct-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC October 2021	
	800 IM	18:06.02	1-Sep-21	WAM	Adele Chapman at Armadale Endurance EMERALDS LC September 2021	
	60-64	50 Free	45.65	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met
		100 Free	1:44.70	7-Mar-20	WAM	Linda Cragg at Club Championships 2 2020
		200 Free	3:38.14	9-Feb-16	WAM	Linda Cragg at Armadale Club Championships 1 2016
400 Free		8:20.18	28-Jan-14	WAM	Heather Croft at Armadale Aerobics 2014	
800 Free		16:43.26	22-Nov-09	WAM	Liz Dunn at Armadale Aerobics 2009	
1500 Free		32:44.20	19-Dec-10	WAM	Liz Dunn at Armadale Aerobics 2010	
50 Back		59.50	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
100 Back		2:16.48	7-Mar-20	WAM	Linda Cragg at Club Championships 2 2020	
200 Back		4:58.43	5-Apr-14	WAM	Heather Croft at Armadale Club Championships 3 2014	
50 Breast		52.07	6-Mar-15	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
100 Breast		2:13.09	23-Apr-14	WAM	Heather Adams at 2014 National Championships	
200 Breast		4:44.46	23-Apr-14	WAM	Heather Adams at 2014 National Championships	
400 Breast		8:39.42	5-Dec-13	WAM	Heather Croft at Armadale Aerobics 2013	
800 Breast		19:39.18	24-Feb-15	WAM	Pauline Southall at Armadale Aerobics 2015	
65-69		50 Free	43.36	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
		100 Free	1:42.91	5-Apr-09	WAM	Pam Badani at Melville BACC 2009
	200 Free	4:03.97	17-Feb-19	WAM	Heather Croft at Newman Churchlands LiveLighter Challenge 2019	
	400 Free	8:18.91	1-Mar-21	WAM	Heather Croft at Armadale Endurance LC March 2021	
	800 Free	17:05.07	1-Jan-19	WAM	Heather Croft at Cockburn Endurance 2019	
	1500 Free	33:15.26	13-Jan-08	WAM	Pam Badani at Armadale Aerobics 2008	
	50 Back	59.15	20-Jul-08	WAM	Pam Badani at Maida Vale - Belmont BACC 2008	
	100 Back	2:31.10	5-Nov-16	WAM	Pamela Pearson at Armadale Club Championships 10 2016	
	400 Back	10:08.55	1-Jan-19	WAM	Heather Croft at Cockburn Endurance 2019	
	800 Back	20:55.56	30-Apr-18	WAM	Heather Croft at Armadale Endurance 2018	
	1500 Back	41:15.28	14-Jan-17	WAM	Heather Croft at Armadale Endurance 2017	
	50 Breast	56.82	26-Nov-17	WAM	Heather Croft at Melville LiveLighter Club Challenge 2017	
	100 Breast	2:09.83	6-Mar-21	WAM	Linda Cragg at Club Championships 1 2021	
	200 Breast	5:18.42	2-Apr-11	WAM	Maria Plant at Armadale Club Championships 2 2011	
	400 Breast	9:58.27	28-Feb-19	WAM	Heather Croft at Cockburn Endurance	
	800 Breast	21:00.14	1-Apr-19	WAM	Heather Croft at Armadale Endurance 2019 LC	
	1500 Breast	41:47.23	21-Mar-18	WAM	Heather Croft at Armadale Endurance 2018	
	70-74	50 Free	50.39	16-Feb-20	WAM	Pamela Pearson at Newman Churchlands LLCC 2020
100 Free		1:54.53	16-Mar-19	WAM	Elizabeth Dunn at Armadale Club Championships 2 2019	
200 Free		4:16.85	1-Feb-20	WAM	Elizabeth Dunn at Club Championships 1 2020	
400 Free		8:36.08	1-Mar-22	WAM	Heather Croft at Armadale Endurance LC March 2022	
800 Free		16:58.59	1-Mar-22	WAM	Heather Croft at Armadale Endurance LC March 2022	

Armadale Masters Swimming

RECORDS Armadale Masters LC

70-74	1500	Free	35:16.69	10-Feb-21	WAM	Elizabeth Dunn at Armadale Endurance LC EMERALDS February 2021
	50	Back	1:02.03	3-Oct-20	WAM	Pamela Pearson at Club Championships 6 2020
	100	Back	2:23.58	7-Mar-20	WAM	Pamela Pearson at Club Championships 2 2020
	400	Back	10:42.43	1-Jan-21	WAM	Pamela Pearson at Armadale Endurance LC January 2021
	800	Back	22:36.38	1-Feb-22	WAM	Heather Croft at Armadale Endurance LC Feruary 2022
	1500	Back	45:40.13	10-Feb-21	WAM	Pamela Pearson at Armadale Endurance LC EMERALDS February 2021
	50	Breast	1:09.06	17-Apr-16	WAM	Maria Plant at Melville Live Lighter Club Challenge 2016
	100	Breast	2:33.91	2-Mar-13	WAM	Maria Plant at Armadale Club Championships 2 2013
	200	Breast	6:00.16	17-Oct-15	WAM	Maria Plant at Armadale Club Championships 7 2015
	400	Breast	10:54.34	1-Feb-22	WAM	Heather Croft at Armadale Endurance LC Feruary 2022
	800	Breast	21:52.46	1-Feb-22	WAM	Heather Croft at Armadale Endurance LC Feruary 2022
	1500	Breast	50:50.75	1-May-21	WAM	Elizabeth Dunn at Armadale Endurance LC EMERALDS May 2021
	75-79	50	Free	1:02.43	20-May-18	WAM
100		Free	2:33.37	16-Mar-19	WAM	Maria Plant at Armadale Club Championships 2 2019
200		Free	5:37.02	6-Apr-19	WAM	Maria Plant at Club Championships 3 2019
400		Free	13:43.54	8-Dec-16	WAM	Yvonne Lovegrove at Armadale Endurance 2016
800		Free	26:21.84	8-Dec-16	WAM	Yvonne Lovegrove at Armadale Endurance 2016
50		Back	1:08.94	20-May-18	WAM	Maria Plant at Stadium Masters LLCC 2018
100		Back	3:08.16	7-Mar-20	WAM	Maria Plant at Club Championships 2 2020
50		Breast	1:15.34	8-Apr-18	WAM	Maria Plant at Melville LiveLighter Club Challenge 2018
100		Breast	3:12.30	6-Mar-21	WAM	Maria Plant at Club Championships 1 2021
80-84	50	Free	1:13.76	3-Oct-20	WAM	Lexie Rankin at Club Championships 6 2020
	100	Free	3:07.80	7-Mar-20	WAM	Lexie Rankin at Club Championships 2 2020
	50	Breast	1:38.79	1-Feb-20	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	1-Mar-14	WAM	Xavier Hardy at Armadale Club Championships 2 2014
	200 Free	3:37.66	9-Feb-16	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	400 Free	7:35.46	11-Apr-13	WAM	Xavier Hardy at Armadale Aerobics 2013
	50 Back	50.36	6-Apr-13	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	50 Breast	50.85	9-Feb-16	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	100 Breast	1:52.87	2-Mar-13	WAM	Xavier Hardy at Armadale Club Championships 2 2013
	200 Breast	3:58.11	6-Apr-13	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	400 Breast	8:14.74	6-Mar-14	WAM	Xavier Hardy at Armadale Aerobics 2014
	800 Breast	17:09.70	6-Feb-14	WAM	Xavier Hardy at Armadale Aerobics 2014
20-23	200 Free Relay	2:17.93	12-Feb-12	WAM	Fettes Falconer, Charles Croft, Gregory Frey, Graham Hicks
	200 Medley Relay	2:45.52	26-Nov-17	WAM	Graham Hicks, Charles Croft, Andrew Johnson, Colin Gibson
24-27	200 Free Relay	2:52.38	3-Feb-13	WAM	William Stevens, Stanley Brandwood, Jeffrey Sanders, Chris Millard
	200 Medley Relay	3:21.85	3-May-15	WAM	Graham Hicks, Hans Vosbergen, Charles Croft, Colin Gibson
25-29	400 Free	9:24.48	25-Mar-14	WAM	Raphael Dajon at Armadale Masters Aerobics 2014
	800 Free	20:25.21	10-Apr-14	WAM	Raphael Dajon at Armadale Aerobics 2014
	400 Breast	9:07.14	6-Mar-14	WAM	Raphael Dajon at Armadale Aerobics 2014
30-34	50 Free	36.79	5-Feb-22	WAM	Chris Kalms at Club Championships 1 2022
	200 Free	3:36.46	5-Feb-22	WAM	Chris Kalms at Club Championships 1 2022
	400 Free	6:40.20	10-Dec-15	WAM	David Kennedy at Armadale Aerobics 2015
	800 Free	14:01.08	10-Dec-15	WAM	David Kennedy at Armadale Aerobics 2015
	1500 Free	28:58.70	1-Nov-20	WAM	Luke Ormerod at Armadale Endurance LC 2020
35-39	50 Free	30.74	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	100 Free	1:08.61	6-Nov-21	WAM	Shaun Williams at Club Championships 9 2021
	200 Free	2:55.88	20-Jul-08	WAM	Craig Bean at Maida Vale - Belmont BACC 2008
	400 Free	6:20.22	1-Apr-21	WAM	Shaun Williams at Armadale Endurance LC EMERALDS April 2021
	800 Free	13:00.96	1-Jul-21	WAM	Shaun Williams at Armadale Endurance LC EMERALDS July 2021
	1500 Free	28:24.13	16-Oct-20	WAM	Peter Daniels at Armadale Endurance LC 2000
	50 Back	41.97	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	800 Back	14:57.39	1-Aug-21	WAM	Shaun Williams at Armadale Endurance EMERALDS LC August 2021
	50 Breast	42.53	5-Apr-09	WAM	Craig Bean at Melville BACC 2009
	100 Breast	1:35.92	16-Nov-08	WAM	Craig Bean at Somerset BACC 2008
	200 Breast	3:44.47	25-May-13	WAM	Nigel Chaytor at Masters Swimming WA State Championships
	400 Breast	8:22.08	20-Oct-13	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Breast	16:48.72	1-Aug-21	WAM	Shaun Williams at Armadale Endurance EMERALDS LC August 2021
	50 Fly	40.31	22-Sep-13	WAM	Nigel Chaytor at Stadium Snappers LLCC 2013
	100 Fly	1:27.92	6-Nov-21	WAM	Shaun Williams at Club Championships 9 2021
40-44	50 Free	34.21	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011
	100 Free	1:22.68	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Free	3:09.08	25-Oct-20	WAM	Daniel Douglas at Stadium Masters 2020 LLCC
	400 Free	6:41.08	5-Feb-20	WAM	Daniel Douglas at Armadale Endurance LC 2020
	800 Free	14:06.31	4-Mar-20	WAM	Daniel Douglas at Armadale Endurance LC March 2020
	1500 Free	27:17.07	2-Dec-20	WAM	Daniel Douglas at Armadale Endurance LC 2020
	50 Back	56.04	5-Nov-11	WAM	Colin Gibson at Armadale Club championships 9 2011
	100 Back	2:17.06	1-Nov-14	WAM	Graham Bamford at Armadale Club Championships 10 2014
	200 Back	4:33.05	2-Apr-11	WAM	Colin Gibson at Armadale Club Championships 2 2011
	50 Breast	55.20	14-Apr-12	WAM	Simon Stiles at Armadale Club Championships 3 2012
	100 Breast	1:49.93	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Breast	3:54.25	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011

Armadale Masters Swimming

RECORDS Armadale Masters LC

40-44	400 Breast	8:56.03	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012	
	800 Breast	33:25.13	1-Mar-21	WAM	Sridhar Munusamy at Armadale Endurance LC EMERALDS March 2021	
45-49	50 Free	28.17	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	100 Free	1:03.39	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	200 Free	2:26.48	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	400 Free	7:17.84	7-Apr-16	WAM	Colin Gibson at Armadale Endurance 2016	
	800 Free	13:47.01	24-Jan-17	WAM	Andrew Johnson at Armadale Endurance 2017	
	1500 Free	30:47.60	30-Oct-12	WAM	Colin Gibson at Armadale Aerobics 2012	
	50 Back	35.77	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	100 Back	1:20.49	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	200 Back	4:43.38	14-Apr-12	WAM	Colin Gibson at Armadale Club Championships 3 2012	
	400 Back	10:34.45	6-Feb-14	WAM	Colin Gibson at Armadale Aerobics 2014	
	800 Back	24:12.14	22-Nov-16	WAM	Colin Gibson at Armadale Endurance 2016	
	50 Breast	38.74	8-Apr-18	WAM	Andrew Johnson at Melville LiveLighter Club Challenge 2018	
	100 Breast	1:25.32	18-Apr-18	WAM	Andrew Johnson at MSA National Championships	
	200 Breast	4:02.27	5-Apr-09	WAM	Chris Millard at Melville BACC 2009	
	400 Breast	10:34.22	18-Feb-12	WAM	Louw Anderson at Armadale Aerobics 2012	
	800 Breast	22:07.76	20-Dec-16	WAM	Colin Gibson at Armadale Endurance 2016	
	50 Fly	31.23	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	100 Fly	1:15.08	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	200 IM	2:47.64	29-Apr-17	WAM	Andrew Johnson at Masters Swimming WA State Championships	
	50-54	50 Free	32.77	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012
100 Free		1:16.12	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012	
200 Free		2:50.28	5-Mar-11	WAM	Gregory Frey at Armadale Club Championships 1 2011	
400 Free		5:37.50	7-Feb-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS February 2022	
800 Free		11:50.66	7-Feb-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS February 2022	
1500 Free		22:47.92	5-Jan-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS LC January 2022	
50 Back		56.77	29-Apr-17	WAM	Colin Gibson at Masters Swimming WA State Championships	
100 Back		1:43.50	3-Mar-12	WAM	Gregory Frey at Armadale Club Championships 2 2012	
200 Back		4:33.90	3-Dec-11	WAM	Ross Doherty at Armadale Club Championships 10 2011	
400 Back		11:29.49	21-Feb-17	WAM	Colin Gibson at Armadale Endurance 1000	
50 Breast		44.91	7-Nov-15	WAM	Derek Bishop at Armadale Club Championships 8 2015	
100 Breast		1:38.70	17-Apr-08	WAM	Peter Escott at XII FINA WORLD MASTERS 2008	
200 Breast		4:05.18	11-Sep-11	WAM	Chris Millard at Stadium Snappers BACC 11 Sep 2011	
400 Breast		8:29.71	2-Nov-10	WAM	Gregory Frey at Armadale Aerobics	
800 Breast		18:14.95	5-Jan-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS LC January 2022	
50 Fly		43.13	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012	
200 IM		3:29.71	2-Apr-11	WAM	Gregory Frey at Armadale Club Championships 2 2011	
55-59		50 Free	32.66	20-Feb-11	WAM	Graham Cragg at Newman Churchlands BACC 2011
		100 Free	1:14.43	11-Sep-11	WAM	Graham Hicks at Stadium Snappers BACC 11 Sep 2011
		200 Free	2:51.24	20-Feb-11	WAM	Graham Hicks at Newman Churchlands BACC 2011
	400 Free	6:07.95	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Free	12:46.80	18-Feb-14	WAM	Gregory Frey at Armadale Aerobics 2014	
	1500 Free	25:11.73	9-Jan-11	WAM	Graham Cragg at Armadale Aerobics 2011	
	50 Back	41.67	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Back	1:43.26	1-Mar-14	WAM	Gregory Frey at Armadale Club Championships 2 2014	
	200 Back	3:46.00	3-Dec-11	WAM	Graham Hicks at Armadale Club Championships 10 2011	
	400 Back	7:34.84	26-Feb-11	WAM	Graham Cragg at Armadale Virtual Aerobics 2011	
	800 Back	19:52.22	3-Nov-15	WAM	Ross Doherty at Armadale Aerobics 2015	
	1500 Back	50:03.19	29-Dec-15	WAM	Jeffrey Sanders at Armadale Aerobics 2015	
	50 Breast	36.49	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	100 Breast	1:24.45	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions	
	200 Breast	3:07.62	2-Apr-11	WAM	Graham Cragg at Armadale Club Championships 2 2011	

Armadale Masters Swimming

RECORDS Armadale Masters LC

55-59	400 Breast	6:57.81	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011
	800 Breast	13:37.33	26-Jun-11	WAM	Graham Cragg at Riverton 400 800 Meet
	1500 Breast	42:38.25	2-Aug-15	WAM	Jeffrey Sanders at 2015 Somerset 1500m Event
	50 Fly	1:01.83	20-Sep-15	WAM	Jeffrey Sanders at Stadium Masters LL Club Challenge 2015
	100 Fly	1:35.65	2-Nov-13	WAM	Graham Cragg at Armadale Club Championships 10 2013
	200 IM	3:22.99	3-Dec-11	WAM	Graham Cragg at Armadale Club Championships 10 2011
60-64	50 Free	33.27	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
	100 Free	1:15.80	24-May-14	WAM	Graham Hicks at Masters Swimming WA State Championships
	200 Free	2:55.50	12-Feb-12	WAM	Graham Hicks at Newman Churchlands BACC 2012
	400 Free	6:26.36	12-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Free	13:23.48	24-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	1500 Free	27:16.25	8-Jan-12	WAM	Graham Hicks at Armadale Aerobics 2012
	50 Back	44.87	9-Feb-16	WAM	Graham Cragg at Armadale Club Championships 1 2016
	100 Back	1:38.74	1-Apr-12	WAM	Graham Hicks at Melville BACC 2012
	200 Back	3:36.00	22-Sep-13	WAM	Graham Hicks at Stadium Snappers LLCC 2013
	400 Back	7:49.39	12-Mar-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Back	16:41.91	11-Apr-13	WAM	Graham Hicks at Armadale Aerobics 2013
	50 Breast	39.50	18-Apr-15	WAM	Graham Cragg at West Coast Masters Carnival 2015
	100 Breast	1:28.18	18-Apr-15	WAM	Graham Cragg at West Coast Masters Carnival 2015
	200 Breast	3:26.84	9-Feb-16	WAM	Graham Cragg at Armadale Club Championships 1 2016
	400 Breast	7:12.39	24-Feb-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Breast	15:08.43	22-Feb-14	WAM	Graham Cragg at Armadale Virtual Rottnest Aerobic 2014
	1500 Breast	35:10.34	30-Mar-14	WAM	Charles Croft at Armadale Aerobics 2014
	50 Fly	39.34	1-Feb-14	WAM	Graham Cragg at Club Championships 1 2014
	200 IM	3:18.40	1-Feb-14	WAM	Graham Cragg at Club Championships 1 2014
	65-69	50 Free	34.37	8-Apr-18	WAM
100 Free		1:21.66	26-Nov-17	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2017
200 Free		3:08.58	4-Mar-12	WAM	Fettes Falconer at Masters Swimming WA State Championships
400 Free		6:52.88	18-Apr-18	WAM	Charles Croft at MSA National Championships
800 Free		14:05.64	18-Apr-18	WAM	Charles Croft at MSA National Championships
1500 Free		28:12.18	26-Nov-18	WAM	Charles Croft at Cockburn Endurance 2018
50 Back		44.56	8-Apr-18	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
100 Back		1:39.87	8-Apr-18	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
400 Back		7:53.47	25-Jul-18	WAM	Charles Croft at Armadale Endurance 2018
800 Back		16:54.73	1-Jan-19	WAM	Charles Croft at Cockburn Endurance 2019
1500 Back		33:55.23	1-Aug-19	WAM	Charles Croft at Armadale Endurance LC 2019
50 Breast		44.65	29-Apr-17	WAM	Charles Croft at Masters Swimming WA State Championships
100 Breast		1:39.79	18-Apr-15	WAM	Charles Croft at West Coast Masters Carnival 2015
200 Breast		3:39.65	20-May-18	WAM	Charles Croft at Stadium Masters LLCC 2018
400 Breast		8:14.10	16-Oct-18	WAM	Charles Croft at Cockburn Endurance
800 Breast		16:59.82	24-Mar-15	WAM	Charles Croft at Armadale Aerobics 2015
1500 Breast		33:54.47	28-Feb-17	WAM	Charles Croft at Armadale Endurance 1000
50 Fly		59.94	18-Apr-15	WAM	Charles Croft at West Coast Masters Carnival 2015
200 IM		4:03.89	15-Oct-16	WAM	Charles Croft at Masters Swimming WA All Club Challenge
70-74		50 Free	37.56	18-Apr-18	WAM
	100 Free	1:27.69	7-May-22	WAM	Graham Hicks at Armadale Club Championships 4 2022
	200 Free	3:07.68	19-Feb-17	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017
	400 Free	6:54.09	21-Feb-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	800 Free	14:24.55	24-Jan-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	1500 Free	29:15.27	31-Jul-21	WAM	Charles Croft at Armadale Endurance LC July 2021
	50 Back	47.75	2-Apr-22	WAM	Graham Hicks at Armadale Club Championships 3 2022
	100 Back	1:56.18	12-Mar-22	WAM	Graham Hicks at Armadale Club Championships 2 2022
	200 Back	5:42.43	10-Apr-21	WAM	Hans Vosbergen at Club Championships 2 2021

Armadale Masters Swimming

RECORDS Armadale Masters LC

70-74	400	Back	8:40.52	1-Mar-22	WAM	Charles Croft at Armadale Endurance LC March 2022	
	800	Back	17:20.87	1-Sep-20	WAM	Charles Croft at Armadale Endurance LC 2020	
	1500	Back	34:15.02	1-Oct-20	WAM	Charles Croft at Armadale Endurance LC 2020	
	50	Breast	47.79	24-Oct-21	WAM	Charles Croft at Stadium Masters LLCC 2021	
	100	Breast	1:44.51	18-Jul-21	WAM	Charles Croft at Riverton LLCC Meet	
	200	Breast	3:48.47	18-Jul-21	WAM	Charles Croft at Riverton LLCC Meet	
	400	Breast	8:23.76	1-Nov-20	WAM	Charles Croft at Armadale Endurance LC 2020	
	800	Breast	17:50.05	1-Feb-22	WAM	Charles Croft at Armadale Endurance LC Feruary 2022	
	1500	Breast	33:20.61	31-Jul-21	WAM	Charles Croft at Armadale Endurance LC July 2021	
	400	IM	8:58.14	1-Jul-21	WAM	Charles Croft at Armadale Endurance LC July 2021	
75-79	50	Free	48.09	3-Feb-13	WAM	Stanley Brandwood at Newman Churchlands Interclub 2013	
	100	Free	1:38.50	12-Mar-22	WAM	Fettes Falconer at Armadale Club Championships 2 2022	
	200	Free	3:54.05	2-Apr-22	WAM	Fettes Falconer at Armadale Club Championships 3 2022	
	400	Free	9:13.60	21-Apr-12	WAM	Stanley Brandwood at Armadale Aerobics 2012	
	800	Free	19:11.30	18-Nov-12	WAM	Stanley Brandwood at Armadale Aerobics 2012	
	1500	Free	36:51.17	27-Jan-13	WAM	Stanley Brandwood at Armadale Aerobics 2013	
	50	Back	1:02.98	2-Apr-22	WAM	Fettes Falconer at Armadale Club Championships 3 2022	
	100	Back	2:24.60	12-Mar-22	WAM	Fettes Falconer at Armadale Club Championships 2 2022	
	200	Back	5:38.58	2-Apr-22	WAM	Hans Vosbergen at Armadale Club Championships 3 2022	
	400	Back	11:18.87	1-Mar-22	WAM	Hans Vosbergen at Armadale Endurance LC March 2022	
	800	Back	23:46.85	1-Mar-22	WAM	Hans Vosbergen at Armadale Endurance LC March 2022	
	50	Breast	1:00.84	5-Feb-22	WAM	Hans Vosbergen at Armadale Club Championships 1 2022	
	100	Breast	2:19.81	12-Mar-22	WAM	Hans Vosbergen at Armadale Club Championships 2 2022	
	200	Breast	5:05.06	5-Feb-22	WAM	Hans Vosbergen at Armadale Club Championships 1 2022	
	400	Breast	10:48.58	1-Feb-22	WAM	Hans Vosbergen at Armadale Endurance LC Feruary 2022	
	800	Breast	22:24.78	1-Feb-22	WAM	Hans Vosbergen at Armadale Endurance LC Feruary 2022	
	1500	Breast	44:38.26	1-Apr-22	WAM	Hans Vosbergen at Armadale Endurance LC April 2022	
		50	Fly	1:21.87	3-Feb-13	WAM	Stanley Brandwood at Newman Churchlands Interclub 2013

Armadale Masters Swimming

RECORDS Armadale Masters LC

LC Meters-Mixed

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