

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
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	14:18.90	3-Aug-22	WAM	Alexandra Holt at Armadale Endurance EMERALDS August 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	31.51	1-Apr-23	WAM
	100	Free	1:28.72	11-Mar-23	WAM	Megan Webster at Armadale Club Championships 2 2023
	200	Free	3:05.46	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
	400	Free	6:17.02	1-Apr-23	WAM	Sarah Carr at Armadale Endurance LC April 2023
	800	Free	13:17.98	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023
	1500	Free	24:53.06	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023
	50	Back	41.14	5-Apr-09	WAM	Gillian Caruso at Melville BACC 2009
	100	Back	1:16.89	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships
	200	Back	2:52.29	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships
	400	Back	6:45.46	1-Apr-23	WAM	Sarah Carr at Armadale Endurance LC April 2023
	800	Back	14:00.06	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023
	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	39.23	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships	
	100 Breast	1:26.20	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships	
	200 Breast	3:10.86	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships	
	400 Breast	7:25.87	1-Apr-23	WAM	Sarah Carr at Armadale Endurance LC April 2023	
	800 Breast	15:37.38	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023	
	1500 Breast	29:27.45	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023	
	50 Fly	34.46	6-May-23	WAM	Sarah Carr at Masters Swimming WA State Championships	
	400 Fly	8:11.16	1-Apr-23	WAM	Sarah Carr at Armadale Endurance LC April 2023	
	800 Fly	17:15.15	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023	
	200 IM	3:32.81	16-Nov-08	WAM	Gillian Caruso at Somerset BACC 2008	
	400 IM	7:06.81	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023	
	800 IM	14:28.38	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023	
	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		1:54.36	11-Mar-23	WAM	Nicole Badani at Armadale Club Championships 2 2023	
200 Breast		3:49.79	1-Feb-20	WAM	Peta Woodland at Club Championships 1 2020	
400 Breast		8:22.27	1-Feb-23	WAM	Nicole Badani at Armadale Endurance LC February	
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	
400 IM		7:36.50	1-Feb-23	WAM	Nicole Badani at Armadale Endurance LC February	
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 February 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	

Armadale Masters Swimming

RECORDS Armadale Masters LC

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
	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	8:12.22	3-Aug-22	WAM	Adele Chapman at Armadale Endurance EMERALDS August 2022
	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	39:09.35	3-Aug-22	WAM	Adele Chapman at Armadale Endurance EMERALDS August 2022
	400 Fly	10:48.08	2-Nov-22	WAM	Adele Chapman at Armadale Endurance EMERALDS November 2022
	800 Fly	25:15.96	2-Nov-22	WAM	Adele Chapman at Armadale Endurance EMERALDS November 2022
	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	44.28	4-Feb-23	WAM	Michelle Byers at Armadale Club Championships 1 2023
	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

Armadale Masters Swimming

RECORDS Armadale Masters LC

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	
	1500 Free	33:49.78	1-May-22	WAM	Heather Croft at Armadale Endurance LC May 2022	
	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 February 2022	
	1500 Back	44:01.43	1-Jun-22	WAM	Heather Croft at Armadale Endurance LC June 2022	
	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 February 2022	
	800 Breast	21:52.46	1-Feb-22	WAM	Heather Croft at Armadale Endurance LC February 2022	
	1500 Breast	43:21.02	1-Jun-22	WAM	Heather Croft at Armadale Endurance LC June 2022	
	75-79	50 Free	1:02.43	20-May-18	WAM	Maria Plant at Stadium Masters LLCC 2018
		100 Free	2:33.37	16-Mar-19	WAM	Maria Plant at Armadale Club Championships 2 2019
		200 Free	4:38.32	4-Feb-23	WAM	Elizabeth Dunn at Armadale Club Championships 1 2023
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 Live Lighter 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	
	100 Back	3:46.07	11-Mar-23	WAM	Maria Plant at Armadale Club Championships 2 2023	
	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	6:12.82	3-Oct-22	WAM	Shaun Williams at Armadale Endurance EMERALDS October 2022
	800 Free	12:55.58	4-Jul-22	WAM	Shaun Williams at Armadale Endurance EMERALDS July 2022
	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
	400 Back	9:27.92	3-Aug-22	WAM	Luke Ormerod at Armadale Endurance EMERALDS August 2022
	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
	400 IM	7:19.50	2-Nov-22	WAM	Shaun Williams at Armadale Endurance EMERALDS November 2022
	800 IM	19:39.45	4-Jul-22	WAM	Luke Ormerod at Armadale Endurance EMERALDS July 2022
	40-44	50 Free	34.21	2-Apr-11	WAM
100 Free		1:22.68	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Free		3:09.08	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

Armadale Masters Swimming

RECORDS Armadale Masters LC

40-44	50 Breast	55.20	14-Apr-12	WAM	Simon Stiles at Armadale Club Championships 3 2012
	100 Breast	1:49.93	3-Mar-12	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Breast	3:54.25	2-Apr-11	WAM	Kelvin Wright at Armadale Club Championships 2 2011
	400 Breast	8:56.03	25-Feb-12	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
	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
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		8:01.87	3-Aug-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
800 Back		17:25.74	5-Sep-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS September 2022
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		8:21.69	3-Aug-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
800 Breast		17:40.96	3-Aug-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
50 Fly		43.13	12-Feb-12	WAM	Gregory Frey at Newman Churchlands BACC 2012
400 Fly		11:29.21	3-Aug-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
200 IM		3:29.71	2-Apr-11	WAM	Gregory Frey at Armadale Club Championships 2 2011
400 IM		8:01.19	8-Jun-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS June 2022
800 IM	16:21.98	5-Sep-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS September 2022	
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

Armadale Masters Swimming

RECORDS Armadale Masters LC

55-59	200	Back	3:46.00	3-Dec-11	WAM	Graham Hicks at Armadale Club Championships 10 2011
	400	Back	7:34.84	26-Feb-11	WAM	Graham Cragg at Armadale Virtual Aerobics 2011
	800	Back	19:52.22	3-Nov-15	WAM	Ross Doherty at Armadale Aerobics 2015
	1500	Back	50:03.19	29-Dec-15	WAM	Jeffrey Sanders at Armadale Aerobics 2015
	50	Breast	36.49	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions
	100	Breast	1:24.45	26-Apr-11	WAM	Graham Cragg at Masters Swimming Australia National Champions
	200	Breast	3:07.62	2-Apr-11	WAM	Graham Cragg at Armadale Club Championships 2 2011
	400	Breast	6:57.81	20-Mar-11	WAM	Graham Cragg at Armadale Aerobics 2011
	800	Breast	13:37.33	26-Jun-11	WAM	Graham Cragg at Riverton 400 800 Meet
	1500	Breast	42:38.25	2-Aug-15	WAM	Jeffrey Sanders at 2015 Somerset 1500m Event
	50	Fly	1:01.83	20-Sep-15	WAM	Jeffrey Sanders at Stadium Masters LL Club Challenge 2015
	100	Fly	1:35.65	2-Nov-13	WAM	Graham Cragg at Armadale Club Championships 10 2013
	200	IM	3:22.99	3-Dec-11	WAM	Graham Cragg at Armadale Club Championships 10 2011
	60-64	50	Free	33.27	1-Apr-12	WAM
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	35.56	1-Apr-23	WAM
100		Free	1:27.69	7-May-22	WAM	Graham Hicks at Armadale Club Championships 4 2022

Armadale Masters Swimming

RECORDS Armadale Masters LC

70-74	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	4:20.37	1-Apr-23	WAM	Graham Hicks at Armadale Club Championships 3 2023	
	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	43.12	1-Apr-23	WAM	Fettes Falconer at Armadale Club Championships 3 2023
		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		5:37.67	1-Oct-22	WAM	Hans Vosbergen at Armadale Club Championships 9 2022	
400 Back		10:51.67	1-Aug-22	WAM	Hans Vosbergen at Armadale Endurance LC August 2022	
800 Back		22:22.82	1-Aug-22	WAM	Hans Vosbergen at Armadale Endurance LC August 2022	
1500 Back		43:55.41	1-Aug-22	WAM	Hans Vosbergen at Armadale Endurance LC August 2022	
50 Breast		57.97	1-Oct-22	WAM	Hans Vosbergen at Armadale Club Championships 9 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		22:05.99	1-Aug-22	WAM	Hans Vosbergen at Armadale Endurance LC August 2022	
1500 Breast		42:50.01	1-Aug-22	WAM	Hans Vosbergen at Armadale Endurance LC August 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