

Armadale Masters Swimming**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 40-44 25 Free**

17.25	Gillian Caruso at State Championships 2008	23/08/2008	WAM
14.52 **	Sarah Carr at Armadale Club Championships 7 2023	5/08/2023	WAM

Female 40-44 400 Free

5:56.73	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM
5:40.64 **	Sarah Carr at Armadale Endurance SC September 2023	1/09/2023	WAM

Female 40-44 800 Free

13:11.41	Gillian Caruso at Armadale Aerobics 2011	19/05/2011	WAM
12:48.93 **	Sarah Carr at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 40-44 1500 Free

24:30.00	Vacant	1/06/2023	WAM
24:11.81 **	Sarah Carr at Armadale Endurance SC August 2023	1/08/2023	WAM

Female 40-44 800 Back

14:07.37	Gillian Caruso at Armadale Aerobics 2009	11/08/2009	WAM
12:58.68 **	Sarah Carr at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 40-44 1500 Back

25:30.00	Vacant	1/06/2023	WAM
25:03.79 **	Sarah Carr at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 40-44 400 Fly

7:34.49	Sarah Carr at Armadale Endurance SC June 2023	1/06/2023	WAM
7:33.09 **	Sarah Carr at Armadale Endurance SC August 2023	1/08/2023	WAM

Female 40-44 800 Fly

16:30.00	Vacant	1/06/2023	WAM
16:12.17 **	Sarah Carr at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 40-44 400 IM

7:00.00	Vacant	1/06/2023	WAM
6:40.78 **	Sarah Carr at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 40-44 800 IM

14:00.00	Vacant	1/06/2023	WAM
13:25.89 **	Sarah Carr at Armadale Endurance SC August 2023	1/08/2023	WAM

Armadale Masters Swimming**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 45-49 200 Back**

3:14.02	Gillian Caruso at Armadale Club Championships 4 2015	4/07/2015	WAM
3:12.13 **	Nicole Badani at Australian Masters Games 2023	7/10/2023	WAM

Female 45-49 200 Breast

4:10.67	Gillian Caruso at Armadale Club Championships 6 2017	1/07/2017	WAM
3:43.25 **	Nicole Badani at Australian Masters Games 2023	7/10/2023	WAM

Female 45-49 800 Breast

17:37.99	Gillian Caruso at Armadale Aerobics 2014	23/09/2014	WAM
16:12.97 **	Nicole Badani at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 45-49 200 Fly

4:30.00	Vacant	1/06/2023	WAM
4:01.03 **	Nicole Badani at Australian Masters Games 2023	7/10/2023	WAM

Female 45-49 200 IM

3:38.88	Gillian Caruso at Armadale Club Championships 9 2017	7/10/2017	WAM
3:22.14 **	Nicole Badani at Australian Masters Games 2023	7/10/2023	WAM

Female 45-49 400 IM

7:27.44	Nicole Badani at Armadale Endurance SC June 2023	1/06/2023	WAM
7:06.77 **	Nicole Badani at Armadale Endurance SC October 2023	1/10/2023	WAM

Female 55-59 200 Free

3:26.48	Linda Cragg at Armadale Club Championships 9 2012	6/10/2012	WAM
3:21.42 **	Gillian Caruso at Armadale Club Championships 7 2023	5/08/2023	WAM

Female 55-59 800 Free

15:43.19	Heather Adams at Armadale Aerobics 2010	20/07/2010	WAM
14:27.17 **	Gillian Caruso at Armadale Endurance SC August 2023	1/08/2023	WAM

Female 55-59 800 Back

25:29.00	Tara Le Flohic at Armadale Endurance SC June 2023	1/06/2023	WAM
16:08.89 **	Gillian Caruso at Armadale Endurance SC July 2023	1/07/2023	WAM

Female 55-59 100 IM

1:51.15	Linda Cragg at Armadale Club Championships 7 2013	3/08/2013	WAM
1:48.03 **	Gillian Caruso at Armadale Club Championships 8 2023	2/09/2023	WAM

Armadale Masters Swimming**Individual Records Report for Armadale-S****Armadale Masters Swimming [WAM]****Female 80-84 200 Free**

7:00.00	Vacant	1/06/2023	WAM
6:40.51 **	Maria Plant at Armadale Club Championships 7 2023	5/08/2023	WAM

Male 75-79 25 Back

28.78	Stanley Brandwood at Armadale Club Championships 9 2012	6/10/2012	WAM
27.12 **	Flettes Falconer at Armadale Club Championships 7 2023	5/08/2023	WAM

Male 75-79 50 Breast

58.22	Hans Vosbergen at Armadale Club Championships 7 2022	6/08/2022	WAM
57.36 **	Hans Vosbergen at Armadale Club Championships 8 2023	2/09/2023	WAM