

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Female

12-15	100	Medley Relay	1:15.43	1-May-10	WAM	Nicole Badani, Heather Adams, Catriona Adams, Gillian Adams
16-19	100	Free Relay	1:09.86	2-May-10	WAM	Catrions Adams, Nicole Badani, Mary Plant, Gillian Caruso
	100	Medley Relay	1:31.78	18-Aug-13	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Zita Badger
	200	Medley Relay	3:00.78	3-Aug-19	WAM	Janine Hunt, Maree Lim, Alexandra Holt, Vicki Kelly
18-24	25	Free	16.32	14-Jul-12	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	50	Free	35.08	19-Jun-11	WAM	Jacqueline Briggs at Mandurah BACC 2011
	100	Free	1:08.34	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200	Free	3:12.44	2-Jul-11	WAM	Jacqueline Briggs at Armadale Club Championships 5 2011
	400	Free	5:42.99	9-May-13	WAM	Catriona Adams at Armadale Aerobics 2013
	800	Free	11:28.98	27-Apr-10	WAM	Catriona Adams at Armadale Aerobics 2010
	50	Back	35.46	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	100	Back	1:14.86	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	400	Back	6:02.66	9-May-13	WAM	Catriona Adams at Armadale Aerobics 2013
	25	Breast	22.01	8-Nov-19	WAM	Julie Loxton at Eastern Hills Club Challenge
	50	Breast	48.64	8-Nov-19	WAM	Julie Loxton at Eastern Hills Club Challenge
	100	Breast	1:45.09	8-Nov-19	WAM	Julie Loxton at Eastern Hills Club Challenge
	200	Breast	4:25.95	14-Jul-12	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012
	25	Fly	20.58	1-Oct-11	WAM	Jacqueline Briggs at Armadale Club Championships 8 2011
	100	IM	1:16.17	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	200	IM	2:44.85	1-May-10	WAM	Catriona Adams at Masters Swimming WA State Championships 2010
	400	IM	9:37.62	23-Jun-15	WAM	Jacqueline Briggs at Armadale Aerobics 2015
19-24	200	Free	3:30.00	1-Jun-11	WAM	Vacant
20-23	100	Free Relay	1:15.90	2-Jul-17	WAM	Gillian Caruso, Elizabeth Dunn, Linda Cragg, Rowena Burch
	100	Medley Relay	1:32.09	29-Jul-23	WAM	Elizabeth Dunn, Heather Croft, Sarah Carr, Alicia Sams-Hayes
	200	Medley Relay	3:16.97	18-Aug-13	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Linda Cragg
24-27	100	Free Relay	1:41.84	18-Aug-13	WAM	Jannette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin
	200	Free Relay	3:03.35	29-Jul-23	WAM	Sarah Cuttan Ragan, Elizabeth Dunn, Heather Croft, Sarah Carr
	100	Medley Relay	1:50.44	3-Aug-19	WAM	Pamela Pearson, Heather Adams, Maree Lim, Lexie Rankin
25-29	25	Free	16.45	1-Aug-20	WAM	Julie Loxton at Club Championships 4 2020
	50	Free	35.68	7-Apr-19	WAM	Nichola Jones at Mandurah Masters LL Club Challenge 2019
	100	Free	1:16.78	30-Aug-20	WAM	Julie Loxton at Claremont Masters Just 100s
	200	Free	2:52.34	2-Feb-19	WAM	Nichola Jones at Armadale Club Championships 1 2019
	400	Free	6:04.21	26-Feb-19	WAM	Nichola Jones at Armadale Endurance 2019
	800	Free	12:05.62	26-Feb-19	WAM	Nichola Jones at Armadale Endurance 2019
	25	Back	19.55	7-Apr-19	WAM	Nichola Jones at Mandurah Masters LL Club Challenge 2019
	50	Back	46.25	6-Jul-14	WAM	Louisa Cockram at Swan Hills LLCC 2014
	100	Back	1:18.64	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
	400	Back	8:29.84	17-Sep-20	WAM	Jacqueline Briggs at Armadale Endurance SC 2020
	50	Breast	50.91	13-Jun-10	WAM	Claire Dowling at Mandurah BACC 2010
	100	Breast	1:41.47	30-Aug-20	WAM	Julie Loxton at Claremont Masters Just 100s
	400	Breast	10:48.84	23-Jan-18	WAM	Jacqueline Briggs at Armadale Endurance 2018
	800	Breast	17:50.13	11-May-10	WAM	Claire Dowling at Armadale Aerobics 2010
	25	Fly	18.64	5-Sep-20	WAM	Julie Loxton at Club Championships 5 2020
	50	Fly	37.62	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
	100	IM	1:20.54	21-Jun-15	WAM	Catriona Adams at Mandurah Masters 2015 LLCC
30-34	25	Free	15.55	7-Jun-14	WAM	Rowena Burch at Armadale Club Championships 5 2014
	50	Free	34.35	6-Jun-15	WAM	Rowena Burch at Armadale Club Championships 3 2015

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30-34	100	Free	1:11.55	30-Aug-20	WAM	Alexandra Holt at Claremont Masters Just 100s
	200	Free	2:48.50	4-Apr-15	WAM	Rowena Burch at Armadale Club Championships 1 2015
	400	Free	5:36.34	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	800	Free	11:18.93	17-Sep-20	WAM	Alexandra Holt at Armadale Endurance SC 2020
	1500	Free	23:13.65	6-Oct-16	WAM	Rowena Burch at Armadale Endurance 2016
	25	Back	18.73	6-Aug-16	WAM	Rowena Burch at Armadale Club Championships 6 2016
	50	Back	39.03	7-Apr-10	WAM	Nicole Badani at National Championships 2010
	100	Back	1:24.20	6-Aug-16	WAM	Rowena Burch at Armadale Club Championships 6 2016
	200	Back	3:01.10	1-Oct-16	WAM	Rowena Burch at Armadale Club Championships 8 2016
	400	Back	6:04.45	20-Sep-20	WAM	Alexandra Holt at Leeming LiveLighter 400-800m Event
	800	Back	12:18.62	20-Sep-20	WAM	Alexandra Holt at Leeming LiveLighter 400-800m Event
	1500	Back	24:49.94	20-Sep-16	WAM	Rowena Burch at Armadale Endurance 2016
	25	Breast	20.07	8-Nov-19	WAM	Alexandra Holt at Eastern Hills Club Challenge
	50	Breast	43.68	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	100	Breast	1:29.41	30-Aug-20	WAM	Alexandra Holt at Claremont Masters Just 100s
	200	Breast	3:09.14	23-Nov-19	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet
	400	Breast	6:29.28	23-Nov-19	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet
	800	Breast	13:14.35	23-Nov-19	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet
	1500	Breast	25:17.66	23-Nov-19	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet
	25	Fly	17.12	3-Sep-16	WAM	Rowena Burch at Armadale Club Championships 7 2016
	50	Fly	36.85	3-Sep-16	WAM	Rowena Burch at Armadale Club Championships 7 2016
	100	Fly	1:22.25	3-Sep-16	WAM	Rowena Burch at Armadale Club Championships 7 2016
	200	Fly	3:09.92	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	400	Fly	6:47.43	23-Jun-15	WAM	Rowena Burch at Armadale Aerobics 2015
	800	Fly	13:58.64	10-Sep-15	WAM	Rowena Burch at Armadale Aerobics 2015
	100	IM	1:21.51	30-Aug-20	WAM	Alexandra Holt at Claremont Masters Just 100s
	200	IM	3:00.58	22-Aug-15	WAM	Rowena Burch at MSTAS Short Course Winter Championships
	400	IM	6:20.99	8-Apr-15	WAM	Rowena Burch at 40th MSA National Championships 2015
	800	IM	13:19.69	21-Apr-15	WAM	Rowena Burch at Armadale Aerobics 2015
35-39	25	Free	14.41	7-Aug-21	WAM	Sarah Carr at Club Championships 6, 2021
	50	Free	31.32	4-Sep-21	WAM	Sarah Carr at Club Championships 7 2021
	100	Free	1:12.20	5-Jun-21	WAM	Sarah Carr at Club Championships 4, 2021
	200	Free	3:37.98	4-Apr-15	WAM	Vanessa Toop at Armadale Club Championships 1 2015
	400	Free	6:13.28	1-Jun-22	WAM	Sarah Carr at Armadale Endurance SC June 2022
	800	Free	13:07.38	25-Jul-17	WAM	Tania O'sheehan at Armadale Endurance 2017
	25	Back	15.99	28-Nov-21	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge
	50	Back	33.88	28-Nov-21	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge
	100	Back	1:14.47	27-Mar-21	WAM	Sarah Carr at Masters Swimming WA State Championships
	200	Back	2:50.58	17-Jul-21	WAM	Sarah Carr at Club Championships 5 2021
	400	Back	6:24.92	1-Aug-21	WAM	Sarah Carr at Armadale Endurance SC August 2021
	800	Back	17:06.52	22-Sep-15	WAM	Vanessa Toop at Armadale Aerobics 2015
	25	Breast	18.45	17-Jul-21	WAM	Sarah Carr at Club Championships 5 2021
	50	Breast	39.57	6-Aug-22	WAM	Sarah Carr at Armadale Club Championships 7 2022
	100	Breast	1:21.56	28-Nov-21	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge
	200	Breast	3:15.38	27-Mar-21	WAM	Sarah Carr at Masters Swimming WA State Championships
	400	Breast	7:23.92	1-Jun-22	WAM	Sarah Carr at Armadale Endurance SC June 2022
	800	Breast	17:36.90	18-Apr-17	WAM	Vanessa Toop at Armadale Endurance 2017
	25	Fly	17.51	6-Aug-22	WAM	Alexandra Holt at Armadale Club Championships 7 2022
	50	Fly	36.14	2-Apr-17	WAM	Tania O'sheehan at Mandurah Masters Livelighter Club Challenge
	100	Fly	1:22.94	7-Aug-21	WAM	Sarah Carr at Club Championships 6, 2021
	400	Fly	8:01.89	1-Jun-22	WAM	Sarah Carr at Armadale Endurance SC June 2022
	800	Fly	16:39.21	1-Jun-22	WAM	Sarah Carr at Armadale Endurance SC June 2022
	100	IM	1:16.75	4-Sep-21	WAM	Sarah Carr at Club Championships 7 2021
	200	IM	2:53.82	2-Jul-22	WAM	Sarah Carr at Armadale Club Championships 6 2022
	400	IM	6:37.11	1-Aug-21	WAM	Sarah Carr at Armadale Endurance SC August 2021

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40-44	25	Free	14.18	19-Nov-23	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023
	50	Free	35.72	19-Nov-23	WAM	Megan Webster at Mandurah Masters ABCCC SC 2023
	100	Free	1:22.60	28-Aug-10	WAM	Gillian Caruso at Armadale Club Championships 4 2010
	200	Free	3:05.22	5-Jul-09	WAM	Gillian Caruso at Swan Hills BACC 2009
	400	Free	5:40.64	1-Sep-23	WAM	Sarah Carr at Armadale Endurance SC September 2023
	800	Free	12:48.93	1-Jul-23	WAM	Sarah Carr at Armadale Endurance SC July 2023
	1500	Free	24:11.81	1-Aug-23	WAM	Sarah Carr at Armadale Endurance SC August 2023
	25	Back	15.93	19-Nov-23	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023
	50	Back	33.42	19-Nov-23	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023
	100	Back	1:14.32	19-Nov-23	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023
	200	Back	2:47.74	3-Jun-23	WAM	Sarah Carr at Armadale Club Championships 5 2023
	400	Back	6:21.48	1-Jun-23	WAM	Sarah Carr at Armadale Endurance SC June 2023
	800	Back	12:58.68	1-Jul-23	WAM	Sarah Carr at Armadale Endurance SC July 2023
	1500	Back	25:03.79	1-Jul-23	WAM	Sarah Carr at Armadale Endurance SC July 2023
	25	Breast	18.30	3-Jun-23	WAM	Sarah Carr at Armadale Club Championships 5 2023
	50	Breast	38.66	19-Nov-23	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023
	100	Breast	1:47.99	7-Aug-21	WAM	Nicole Badani at Club Championships 6, 2021
	200	Breast	4:00.18	1-Jul-12	WAM	Heather Jeps at Swan Hills BACC 2012
	400	Breast	7:18.59	1-Jun-23	WAM	Sarah Carr at Armadale Endurance SC June 2023
	800	Breast	14:56.26	1-Jun-23	WAM	Sarah Carr at Armadale Endurance SC June 2023
	1500	Breast	28:06.17	1-Jun-23	WAM	Sarah Carr at Armadale Endurance SC June 2023
	25	Fly	15.61	13-May-23	WAM	Sarah Carr at Armadale Club Championships 4 2023
	50	Fly	41.76	26-Jun-10	WAM	Gillian Caruso at Armadale Club Championships 2 2010
	100	Fly	1:27.29	1-Jul-23	WAM	Sarah Carr at Armadale Club Championships 6 2023
	400	Fly	7:33.09	1-Aug-23	WAM	Sarah Carr at Armadale Endurance SC August 2023
	800	Fly	16:12.17	1-Jul-23	WAM	Sarah Carr at Armadale Endurance SC July 2023
	100	IM	1:33.22	13-Jun-10	WAM	Gillian Caruso at Mandurah BACC 2010
	200	IM	3:58.55	4-Apr-15	WAM	Heather Jeps at Armadale Club Championships 1 2015
	400	IM	6:40.78	1-Jul-23	WAM	Sarah Carr at Armadale Endurance SC July 2023
	800	IM	13:25.89	1-Aug-23	WAM	Sarah Carr at Armadale Endurance SC August 2023
45-49	25	Free	16.81	6-Jul-13	WAM	Gillian Caruso at Armadale Club Championships 6 2013
	50	Free	37.19	7-Jun-14	WAM	Gillian Caruso at Armadale Club Championships 5 2014
	100	Free	1:22.68	3-Sep-16	WAM	Gillian Caruso at Armadale Club Championships 7 2016
	200	Free	3:01.31	4-Oct-14	WAM	Gillian Caruso at Armadale Club Championships 9 2014
	400	Free	6:29.20	22-Sep-15	WAM	Gillian Caruso at Armadale Aerobics 2015
	800	Free	13:20.44	11-Jun-15	WAM	Gillian Caruso at Armadale Aerobics 2015
	1500	Free	25:56.35	20-Sep-16	WAM	Gillian Caruso at Armadale Endurance 2016
	25	Back	19.56	21-Jun-15	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC
	50	Back	41.46	3-Jul-16	WAM	Gillian Caruso at Swan Hills LiveLighter Club Challenge
	100	Back	1:29.83	21-Jun-15	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC
	200	Back	3:12.13	7-Oct-23	WAM	Nicole Badani at Australian Masters Games 2023
	400	Back	6:56.76	23-Sep-14	WAM	Gillian Caruso at Armadale Aerobics 2014
	800	Back	13:50.21	5-Nov-23	WAM	Nicole Badani at Armadale Endurance SC November 2023
	25	Breast	23.06	6-Sep-14	WAM	Gillian Caruso at Armadale Club Championships 8 2014
	50	Breast	49.95	3-Jul-16	WAM	Heather Jeps at Swan Hills LiveLighter Club Challenge
	100	Breast	1:51.42	19-Jun-16	WAM	Heather Jeps at Mandurah Masters 2016 Livelighter CC
	200	Breast	3:43.25	7-Oct-23	WAM	Nicole Badani at Australian Masters Games 2023
	400	Breast	8:37.00	29-May-14	WAM	Gillian Caruso at Armadale Aerobics 2014
	800	Breast	16:12.97	1-Jul-23	WAM	Nicole Badani at Armadale Endurance SC July 2023
	25	Fly	18.28	4-Oct-14	WAM	Gillian Caruso at Armadale Club Championships 9 2014
	50	Fly	41.00	5-Sep-15	WAM	Gillian Caruso at Armadale Club Championships 6 2015
	200	Fly	4:01.03	7-Oct-23	WAM	Nicole Badani at Australian Masters Games 2023
	100	IM	1:33.67	5-Sep-15	WAM	Gillian Caruso at Armadale Club Championships 6 2015
	200	IM	3:22.14	7-Oct-23	WAM	Nicole Badani at Australian Masters Games 2023

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RECORDS Armadale Masters SC

45-49	400 IM	7:06.77	7-Oct-23	WAM	Nicole Badani at Australian Masters Games 2023
50-54	25 Free	17.61	5-Jun-21	WAM	Gillian Caruso at Club Championships 4, 2021
	50 Free	37.67	5-May-18	WAM	Gillian Caruso at Armadale Club Championships 4 2018
	100 Free	1:24.27	6-Mar-18	WAM	Gillian Caruso at Armadale Club Championships 2 2018
	200 Free	3:20.25	23-Aug-08	WAM	Heather Adams at State Championships 2008
	400 Free	6:39.80	17-Sep-20	WAM	Gillian Caruso at Armadale Endurance SC 2020
	800 Free	13:34.44	22-May-18	WAM	Gillian Caruso at Armadale Endurance 2018
	1500 Free	25:46.84	27-Feb-18	WAM	Gillian Caruso at Armadale Endurance 2018
	25 Back	20.11	4-Jul-20	WAM	Gillian Caruso at Club Championships 3 2020
	50 Back	41.22	22-Mar-19	WAM	Gillian Caruso at Eastern Hills Club Challenge
	100 Back	1:33.65	4-Aug-18	WAM	Gillian Caruso at Armadale Club Championships 7 2018
	400 Back	7:10.54	22-May-18	WAM	Gillian Caruso at Armadale Endurance 2018
	800 Back	14:57.30	15-Aug-19	WAM	Gillian Caruso at Armadale Endurance August 2019
	1500 Back	28:47.39	27-Mar-18	WAM	Gillian Caruso at Armadale Endurance 2018
	25 Breast	23.60	23-Aug-08	WAM	Heather Adams at State Championships 2008
	50 Breast	52.60	23-Aug-08	WAM	Heather Adams at State Championships 2008
	100 Breast	1:55.59	8-May-10	WAM	Linda Cragg at Club Championships 1 2010
	200 Breast	4:09.85	23-Aug-08	WAM	Heather Adams at State Championships 2008
	400 Breast	8:41.89	11-Sep-10	WAM	Linda Cragg at Armadale Aerobics 2010
	800 Breast	17:51.99	11-May-10	WAM	Linda Cragg at Armadale Aerobics 2010
	25 Fly	18.69	8-Nov-19	WAM	Gillian Caruso at Eastern Hills Club Challenge
	50 Fly	43.08	4-Sep-21	WAM	Gillian Caruso at Club Championships 7 2021
	100 Fly	1:47.13	7-Aug-21	WAM	Gillian Caruso at Club Championships 6, 2021
	200 Fly	4:15.71	6-Jul-19	WAM	Gillian Caruso at Armadale Club Championships 6 2019
	100 IM	1:36.30	25-Mar-18	WAM	Gillian Caruso at Mandurah LiveLighter Club Challenge 2018
	200 IM	3:29.99	7-Apr-18	WAM	Gillian Caruso at Armadale Club Championships 3 2018
	400 IM	7:54.67	15-Aug-19	WAM	Gillian Caruso at Armadale Endurance August 2019
	800 IM	16:38.28	9-May-19	WAM	Gillian Caruso at Armadale Endurance May 2019
55-59	25 Free	18.58	3-Aug-13	WAM	Linda Cragg at Armadale Club Championships 7 2013
	50 Free	41.68	19-Jun-11	WAM	Linda Cragg at Mandurah BACC 2011
	100 Free	1:32.77	7-Aug-21	WAM	Adele Chapman at Club Championships 6, 2021
	200 Free	3:21.42	5-Aug-23	WAM	Gillian Caruso at Armadale Club Championships 7 2023
	400 Free	7:11.36	1-May-23	WAM	Gillian Caruso at Armadale Endurance SC May 2023
	800 Free	14:27.17	1-Aug-23	WAM	Gillian Caruso at Armadale Endurance SC August 2023
	25 Back	21.31	1-Jul-23	WAM	Gillian Caruso at Armadale Club Championships 6 2023
	50 Back	46.31	1-Jul-23	WAM	Gillian Caruso at Armadale Club Championships 6 2023
	100 Back	1:42.50	1-Jul-23	WAM	Gillian Caruso at Armadale Club Championships 6 2023
	200 Back	3:43.81	3-Jun-23	WAM	Gillian Caruso at Armadale Club Championships 5 2023
	400 Back	8:30.27	17-Sep-20	WAM	Adele Chapman at Armadale Endurance SC 2020
	800 Back	16:08.89	1-Jul-23	WAM	Gillian Caruso at Armadale Endurance SC July 2023
	25 Breast	24.21	4-Apr-15	WAM	Linda Cragg at Armadale Club Championships 1 2015
	50 Breast	52.54	8-Sep-12	WAM	Linda Cragg at Armadale Club Championships 8 2012
	100 Breast	1:55.27	19-Jun-11	WAM	Linda Cragg at Mandurah BACC 2011
	200 Breast	4:07.39	1-Oct-11	WAM	Linda Cragg at Armadale Club Championships 8 2011
	400 Breast	8:41.80	26-Jul-11	WAM	Linda Cragg at Armadale Aerobics 2011
	800 Breast	17:55.17	29-Jun-10	WAM	Yvonne Hunt at Armadale Aerobics 2010
	25 Fly	20.77	3-Jun-23	WAM	Gillian Caruso at Armadale Club Championships 5 2023
	100 IM	1:48.03	2-Sep-23	WAM	Gillian Caruso at Armadale Club Championships 8 2023
	800 IM	18:58.67	1-Jul-22	WAM	Adele Chapman at Armadale Endurance SC July 2022
60-64	25 Free	19.53	3-Jul-16	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge
	50 Free	43.80	13-May-23	WAM	Michelle Byers at Armadale Club Championships 4 2023
	100 Free	1:41.65	13-May-23	WAM	Michelle Byers at Armadale Club Championships 4 2023
	200 Free	3:45.22	1-Jul-17	WAM	Linda Cragg at Armadale Club Championships 6 2017

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RECORDS Armadale Masters SC

60-64	400	Free	7:42.28	10-Jul-10	WAM	Liz Dunn at Armadale Aerobics 2010
	800	Free	15:47.91	29-Jun-10	WAM	Liz Dunn at Armadale Aerobics 2010
	1500	Free	48:52.47	9-Jan-18	WAM	Jennifer Findlay at Armadale Endurance 2018
	25	Back	26.52	2-Jul-17	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge
	50	Back	1:01.17	1-Aug-15	WAM	Heather Adams at Armadale Club Championships 5 2015
	100	Back	2:23.62	3-Aug-19	WAM	Yvonne Hunt at Club Championships 7 2019
	400	Back	10:26.84	13-Aug-15	WAM	Heather Croft at Armadale Aerobics 2015
	25	Breast	24.63	2-Jul-17	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge
	50	Breast	55.71	2-Feb-19	WAM	Linda Cragg at Armadale Club Championships 1 2019
	100	Breast	2:26.05	3-Sep-11	WAM	Liz Dunn at Armadale Club Championships 7 2011
	200	Breast	4:38.64	2-Jul-16	WAM	Linda Cragg at Armadale Club Championships 5 2016
	400	Breast	10:15.69	24-May-16	WAM	Heather Croft at Armadale Endurance 2016
65-69	25	Free	19.82	23-Aug-08	WAM	Pam Badani at State Championships 2008
	50	Free	43.25	15-Jun-08	WAM	Pam Badani at Mandurah BACC 2008
	100	Free	1:41.32	25-Oct-08	WAM	Pam Badani at Armadale Club Championship 6 2008
	200	Free	3:49.58	28-Jun-08	WAM	Pam Badani at Armadale Club Championship 2 2008
	400	Free	7:57.05	26-Apr-08	WAM	Pam Badani at Armadale Club 400m 2008
	800	Free	16:17.54	22-Jul-08	WAM	Pam Badani at Armadale Aerobics 2008
	25	Back	27.20	1-Oct-16	WAM	Pamela Pearson at Armadale Club Championships 8 2016
	50	Back	57.51	25-Oct-08	WAM	Pam Badani at Armadale Club Championship 6 2008
	100	Back	2:39.32	4-Sep-21	WAM	Yvonne Hunt at Club Championships 7 2021
	400	Back	10:02.27	6-Jul-17	WAM	Heather Croft at Armadale Endurance 2017
	800	Back	20:21.57	8-Jun-17	WAM	Heather Croft at Armadale Endurance 2017
	25	Breast	26.84	25-Mar-18	WAM	Heather Croft at Mandurah LiveLighter Club Challenge 2018
	50	Breast	1:02.64	1-May-10	WAM	Mary Plant at Masters Swimming WA State Championships 2010
	100	Breast	2:16.04	8-May-10	WAM	Mary Plant at Club Championships 1 2010
	200	Breast	5:03.99	1-May-10	WAM	Mary Plant at Masters Swimming WA State Championships 2010
	400	Breast	9:54.98	12-Apr-18	WAM	Heather Croft at Armadale Endurance 2018
	800	Breast	20:34.44	10-May-18	WAM	Heather Croft at Armadale Endurance 2018
	400	IM	11:41.61	1-Jul-21	WAM	Heather Croft at Armadale Endurance SC July 2021
70-74	25	Free	23.10	25-Mar-18	WAM	Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018
	50	Free	50.81	25-Mar-18	WAM	Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018
	100	Free	1:45.66	6-Mar-18	WAM	Elizabeth Dunn at Armadale Club Championships 2 2018
	200	Free	3:52.42	3-Feb-18	WAM	Elizabeth Dunn at Armadale Club Championships 1 2018
	400	Free	8:42.21	1-May-22	WAM	Heather Croft at Armadale Endurance SC May 2022
	800	Free	17:02.62	7-Feb-19	WAM	Elizabeth Dunn at Armadale Endurance 2019
	25	Back	28.53	21-Jun-15	WAM	Maria Plant at Mandurah Masters 2015 LLCC
	50	Back	1:02.35	5-Sep-20	WAM	Pamela Pearson at Club Championships 5 2020
	100	Back	2:24.05	1-Aug-20	WAM	Pamela Pearson at Club Championships 4 2020
	400	Back	11:52.85	1-May-21	WAM	Pamela Pearson at Armadale Endurance SC May 2021
	800	Back	22:26.15	17-Sep-20	WAM	Pamela Pearson at Armadale Endurance SC 2020
	25	Breast	31.94	4-Jul-10	WAM	Lexie Rankin at Swan Hills BACC
	50	Breast	1:06.90	3-Feb-18	WAM	Elizabeth Dunn at Armadale Club Championships 1 2018
	100	Breast	2:28.98	21-Jun-15	WAM	Maria Plant at Mandurah Masters 2015 LLCC
	200	Breast	5:16.24	4-Oct-14	WAM	Maria Plant at Armadale Club Championships 9 2014
	400	Breast	10:56.13	14-Apr-15	WAM	Maria Plant at Armadale Aerobics 2015
	800	Breast	29:22.41	1-Sep-20	WAM	Pamela Pearson at Armadale Endurance SC 2020
	25	Fly	37.77	1-Aug-15	WAM	Maria Plant at Armadale Club Championships 5 2015
	100	IM	2:33.25	22-Jun-14	WAM	Maria Plant at Mandurah Masters LLCC
	400	IM	12:38.44	1-Nov-21	WAM	Elizabeth Dunn at Armadale Endurance EMERALDS SC November 2021
75-79	25	Free	26.65	25-Mar-18	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018
	50	Free	1:02.57	9-Feb-18	WAM	Maria Plant at Eastern Hills Club Challenge 2018
	100	Free	2:27.15	25-Mar-18	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018

Armadale Masters Swimming

RECORDS Armadale Masters SC

75-79	200	Free	5:18.23	7-Apr-18	WAM	Maria Plant at Armadale Club Championships 3 2018
	400	Free	11:33.20	22-May-18	WAM	Maria Plant at Armadale Endurance 2018
	800	Free	23:27.50	27-Feb-18	WAM	Maria Plant at Armadale Endurance 2018
	25	Back	33.50	1-Sep-18	WAM	Maria Plant at Armadale Club Championships 8 2018
	50	Back	1:12.74	25-Mar-18	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018
	400	Back	13:19.25	22-May-18	WAM	Maria Plant at Armadale Endurance 2018
	25	Breast	36.42	6-Oct-18	WAM	Maria Plant at Armadale Club Chamiponship 9 2018
	50	Breast	1:20.13	9-Feb-18	WAM	Maria Plant at Eastern Hills Club Challenge 2018
	100	Breast	3:04.45	1-Sep-18	WAM	Maria Plant at Armadale Club Championships 8 2018
	400	Breast	13:09.99	8-Feb-18	WAM	Maria Plant at Armadale Endurance 2018
	25	Fly	55.83	4-Sep-21	WAM	Maria Plant at Club Championships 7 2021
80-84	25	Free	31.80	3-Jun-23	WAM	Maria Plant at Armadale Club Championships 5 2023
	50	Free	1:12.89	5-Sep-20	WAM	Lexie Rankin at Club Championships 5 2020
	100	Free	2:49.97	1-Jul-23	WAM	Maria Plant at Armadale Club Championships 6 2023
	200	Free	6:40.51	5-Aug-23	WAM	Maria Plant at Armadale Club Championships 7 2023
	25	Back	39.78	1-Jul-23	WAM	Maria Plant at Armadale Club Championships 6 2023
	25	Breast	44.66	5-Sep-20	WAM	Lexie Rankin at Club Championships 5 2020
	50	Breast	1:48.78	1-Jul-23	WAM	Maria Plant at Armadale Club Championships 6 2023

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Male

16-19	100	Free Relay	1:14.44	18-Aug-13	WAM	Nigel Chaytor, Sean Jones, Simon Stiles, Colib Gibson
	100	Medley Relay	1:20.50	18-Aug-13	WAM	Colin Gibson, Chris Millard, Nigel Chaytor, Sean Jones
	200	Medley Relay	3:13.67	18-Aug-13	WAM	Colin Gibson, Simon Sriles, Nigel Chaytor, Sean Jones
18-24	25	Free	19.36	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	50	Free	1:57.38	21-Jun-15	WAM	Lochlin Manning-Day at Mandurah Masters 2015 LLCC
	100	Free	2:11.68	4-May-13	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	400	Free	11:58.60	9-May-13	WAM	Shannon Cairns at Armadale Aerobics 2013
	50	Back	51.42	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	50	Breast	1:11.01	4-May-13	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	100	Breast	1:54.33	8-Jun-13	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	400	Breast	9:33.92	28-May-13	WAM	Shannon Cairns at Armadale Aerobics 2013
20-23	100	Free Relay	58.42	23-Aug-08	WAM	Fettes Falconer, Charles Croft, Gordon Gillam, Craig Bean
	200	Free Relay	2:24.11	23-Jul-16	WAM	Derek Bishop, Colin Gibson, Peter Escott, Charles Croft
	100	Medley Relay	1:13.57	23-Aug-08	WAM	Graham Hicks, Charles Croft, Fettes Falconer, Craig Bean
	200	Medley Relay	2:39.16	3-Aug-19	WAM	Graham Hicks, Charles Croft, Wayne Sams-Hayes, Colin Gibson
24-27	100	Free Relay	1:07.33	18-Aug-13	WAM	Ross Doherty, Graham Hicks, Stanley Brandwood, Graham Cragg
	200	Free Relay	2:32.79	29-Jul-23	WAM	Derek Bishop, Fettes Falconer, Colin Gibson, Wayne Sams-Hayes
	100	Medley Relay	1:21.20	18-Aug-13	WAM	Graham Hicks, Graham Cragg, Charles Croft, Standley Brandwood
	200	Medley Relay	3:19.79	18-Aug-13	WAM	Graham Hicks, Graham,Cragg, Stanley Brandwood, William Stevens
25-29	25	Free	13.50	11-Aug-12	WAM	Kevin Wright at Armadale Club Championships 7 2012
	50	Free	30.74	9-Jun-12	WAM	Kevin Wright at Armadale Club Championships 5 2012
	100	Free	1:10.68	9-Jun-12	WAM	Kevin Wright at Armadale Club Championships 5 2012
	200	Free	2:48.52	14-Jul-12	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400	Free	4:36.00	3-Dec-17	WAM	Donovan Castelyn at Armadale Endurance 2017
	800	Free	9:54.69	7-Dec-17	WAM	Donovan Castelyn at Armadale Endurance 2017
	25	Breast	25.99	14-Jul-12	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400	Breast	8:41.84	29-May-14	WAM	Raphael Dajon at Armadale Aerobics 2014
	50	Fly	29.14	3-Feb-18	WAM	Donovan Castelyn at Armadale Club Championships 1 2018
	200	Fly	2:29.16	3-Feb-18	WAM	Donovan Castelyn at Armadale Club Championships 1 2018
	400	IM	5:20.26	3-Dec-17	WAM	Donovan Castelyn at Armadale Endurance 2017
28-31	100	Free Relay	1:15.06	19-Nov-23	WAM	Colin Gibson, Hans Vosbergen, Charles Croft, Fettes Falconer
	200	Medley Relay	3:47.89	19-Nov-23	WAM	Colin Gibson, Hans Vosbergen, Charles Croft, Fettes Falconer
30-34	400	Free	6:27.75	19-Sep-19	WAM	Shane Matthews at Armadale Endurance SC 2019
	800	Free	13:19.69	19-Sep-19	WAM	Shane Matthews at Armadale Endurance SC 2019
35-39	25	Free	13.82	23-Aug-08	WAM	Craig Bean at State Championships 2008
	50	Free	30.34	5-Jun-21	WAM	Shaun Williams at Club Championships 4, 2021
	100	Free	1:07.06	6-Aug-22	WAM	Shaun Williams at Armadale Club Championships 7 2022
	200	Free	2:30.10	17-Jul-21	WAM	Shaun Williams at Club Championships 5 2021
	400	Free	6:16.54	23-May-09	WAM	Craig Bean at Armadale Aerobics 2009
	50	Back	37.64	6-Aug-22	WAM	Shaun Williams at Armadale Club Championships 7 2022
	50	Breast	41.63	13-Jun-10	WAM	Craig Bean at Mandurah BACC 2010
	100	Breast	1:31.07	29-Nov-09	WAM	Craig Bean at Osborne park BACC 2009
	200	Breast	3:27.45	30-Aug-08	WAM	Craig Bean at Armadale Club Championship 4 2008
	400	Breast	7:48.29	14-Jun-08	WAM	Craig Bean at Armadale Aerobics 2008
	800	Breast	16:14.14	7-Jun-08	WAM	Craig Bean at Armadale aerobics 2008
	25	Fly	14.68	5-Jun-21	WAM	Shaun Williams at Club Championships 4, 2021

Armadale Masters Swimming

RECORDS Armadale Masters SC

40-44	25	Free	15.93	1-Oct-11	WAM	Colin Gibson at Armadale Club Championships 8 2011
	50	Free	36.18	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	100	Free	1:24.72	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	200	Free	3:08.66	27-Mar-21	WAM	Daniel Douglas at Masters Swimming WA State Championships
	400	Free	7:16.61	11-Aug-11	WAM	Colin Gibson at Armadale Aerobics 2011
	800	Free	15:09.46	11-Aug-11	WAM	Colin Gibson at Armadale Aerobics 2011
	1500	Free	29:53.26	27-Oct-11	WAM	Colin Gibson at Armadale Aerobics 2011
	25	Back	21.47	7-Jun-14	WAM	Simon Stiles at Armadale Club Championships 5 2014
	100	Back	1:58.27	19-Jun-11	WAM	Colin Gibson at Mandurah BACC 2011
	25	Breast	24.54	4-Oct-14	WAM	Graham Bamford at Armadale Club Championships 9 2014
	50	Breast	47.39	5-Aug-17	WAM	Nigel Chaytor at Armadale Club Championships 7 2017
	100	Breast	1:46.23	6-May-17	WAM	Nigel Chaytor at Armadale Club Championships 4 2017
	25	Fly	19.03	1-Jul-17	WAM	Nigel Chaytor at Armadale Club Championships 6 2017
45-49	25	Free	12.73	2-Apr-17	WAM	Andrew Johnson at Mandurah Masters Livelihter Club Challenge
	50	Free	28.18	2-Jul-17	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge
	100	Free	1:02.79	2-Apr-17	WAM	Andrew Johnson at Mandurah Masters Livelihter Club Challenge
	200	Free	2:53.73	4-Jul-20	WAM	Wayne Sams-Hayes at Club Championships 3 2020
	400	Free	5:50.17	20-Jun-17	WAM	Andrew Johnson at Armadale Endurance 2017
	800	Free	14:44.27	7-Jul-16	WAM	Colin Gibson at Armadale Endurance 2016
	1500	Free	28:34.36	26-Sep-13	WAM	Colin Gibson at Armadale Aerobics 2013
	25	Back	21.39	6-Jul-13	WAM	Colin Gibson at Armadale Club Championships 6 2013
	50	Back	37.47	2-Jul-17	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge
	100	Back	1:58.02	8-Jun-13	WAM	Colin Gibson at Armadale Club Championships 5 2013
	200	Back	4:18.68	6-Jul-13	WAM	Colin Gibson at Armadale Club Championships 6 2013
	400	Back	9:47.06	18-Jul-13	WAM	Colin Gibson at Armadale Aerobics 2013
	800	Back	21:17.34	25-Jun-13	WAM	Colin Gibson at Armadale Aerobics 2013
	25	Breast	20.94	5-Jul-09	WAM	Tony Debono at Swan Hills BACC 2009
	50	Breast	39.19	2-Jul-17	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge
	100	Breast	1:36.53	5-Sep-20	WAM	Wayne Sams-Hayes at Club Championships 5 2020
	200	Breast	3:49.76	15-Aug-09	WAM	Chris Millard at Armadale Club Championships 4 2009
	400	Breast	6:56.38	20-Jun-17	WAM	Andrew Johnson at Armadale Endurance 2017
	800	Breast	20:41.43	20-Sep-16	WAM	Colin Gibson at Armadale Endurance 2016
	25	Fly	16.90	5-Jun-21	WAM	Wayne Sams-Hayes at Club Championships 4, 2021
	50	Fly	38.56	1-Aug-20	WAM	Wayne Sams-Hayes at Club Championships 4 2020
	100	IM	1:13.79	2-Apr-17	WAM	Andrew Johnson at Mandurah Masters Livelihter Club Challenge
	200	IM	4:04.29	1-Oct-16	WAM	Colin Gibson at Armadale Club Championships 8 2016
50-54	25	Free	14.51	7-Oct-17	WAM	Derek Bishop at Armadale Club Championships 9 2017
	50	Free	30.51	27-Sep-08	WAM	Garry Howard at Armadale Club Championship 5 2008
	100	Free	1:13.16	19-Jun-11	WAM	Gregory Frey at Mandurah BACC 2011
	200	Free	2:44.40	2-Jul-11	WAM	Gregory Frey at Armadale Club Championships 5 2011
	400	Free	6:04.66	7-Aug-10	WAM	Gregory Frey at Armadale Aerobics 2010
	800	Free	12:43.80	16-Jun-11	WAM	Gregory Frey at Armadale Aerobics 2011
	1500	Free	28:14.82	27-Oct-11	WAM	Ross Doherty at Armadale Aerobics 2011
	25	Back	20.12	1-Oct-11	WAM	Gregory Frey at Armadale Club Championships 8 2011
	50	Back	41.53	12-May-12	WAM	Gregory Frey at Armadale Club Championships 4 2012
	100	Back	1:19.98	27-Sep-08	WAM	Garry Howard at Armadale Club Championship 5 2008
	200	Back	4:20.79	30-Aug-08	WAM	Ross Doherty at Armadale Club Championship 4 2008
	400	Back	9:15.90	16-Jun-11	WAM	Ross Doherty at Armadale Aerobics 2011
	25	Breast	20.42	9-Jun-12	WAM	Gregory Frey at Armadale Club Championships 5 2012
	50	Breast	43.43	3-Sep-16	WAM	Derek Bishop at Armadale Club Championships 7 2016
	100	Breast	1:38.42	5-Aug-17	WAM	Derek Bishop at Armadale Club Championships 7 2017
	200	Breast	3:32.94	30-Aug-08	WAM	Peter Escott at Armadale Club Championship 4 2008
	400	Breast	7:26.73	2-Aug-08	WAM	Peter Escott at Armadale Aerobics 2008
	800	Breast	18:08.26	13-May-14	WAM	Chris Millard at Armadale Aerobics 2014

Armadale Masters Swimming

RECORDS Armadale Masters SC

50-54	25 Fly	16.37	1-Jul-23	WAM	Wayne Sams-Hayes at Armadale Club Championships 6 2023
	50 Fly	41.86	24-Jun-12	WAM	Gregory Frey at Mandurah BACC 2012
	100 IM	1:28.06	27-Nov-11	WAM	Gregory Frey at Osborne Park BACC 27.11.11
	200 IM	3:24.47	1-Oct-11	WAM	Gregory Frey at Armadale Club Championships 8 2011
	400 IM	9:42.19	8-Nov-18	WAM	Colin Gibson at Armadale Endurance 2018
55-59	25 Free	14.59	23-Aug-08	WAM	Graham Hicks at State Championships 2008
	50 Free	31.88	27-Sep-08	WAM	Graham Hicks at Armadale Club Championship 5 2008
	100 Free	1:13.07	19-Jun-11	WAM	Graham Hicks at Mandurah BACC 2011
	200 Free	2:47.14	29-Nov-09	WAM	Graham Hicks at Osborne park BACC 2009
	400 Free	5:54.60	9-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010
	800 Free	12:24.59	23-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010
	1500 Free	25:26.55	27-Oct-11	WAM	Graham Hicks at Armadale Aerobics 2011
	25 Back	19.31	1-Jul-12	WAM	Graham Cragg at Swan Hills BACC 2012
	50 Back	41.62	23-Jun-13	WAM	Gregory Frey at Mandurah LLCC 23rd June
	100 Back	1:36.53	4-Jun-11	WAM	Graham Hicks at Armadale Club Championships 4 2011
	200 Back	3:35.85	4-Apr-15	WAM	Gregory Frey at Armadale Club Championships 1 2015
	400 Back	6:57.18	9-Oct-10	WAM	Graham Cragg at Armadale Aerobics 2010
	800 Back	18:27.99	13-Aug-15	WAM	Ross Doherty at Armadale Aerobics 2015
	25 Breast	17.15	1-Jul-12	WAM	Graham Cragg at Swan Hills BACC 2012
	50 Breast	38.53	4-May-13	WAM	Graham Cragg at Armadale Club Championships 4 2013
	100 Breast	1:26.14	24-Jun-12	WAM	Graham Cragg at Mandurah BACC 2012
	200 Breast	3:13.79	6-Jul-13	WAM	Graham Cragg at Armadale Club Championships 6 2013
	400 Breast	6:35.09	28-Jun-11	WAM	Graham Cragg at Armadale Aerobics 2011
	800 Breast	14:11.54	27-Apr-10	WAM	Graham Cragg at Armadale Aerobics 2010
	1500 Breast	41:35.00	17-May-14	WAM	Jeffrey Sanders at Narrogin Distance Meet May 2014
	25 Fly	16.57	4-May-13	WAM	Graham Cragg at Armadale Club Championships 4 2013
	50 Fly	47.00	5-Sep-15	WAM	Gregory Frey at Armadale Club Championships 6 2015
	100 IM	1:22.72	24-Jun-12	WAM	Graham Cragg at Mandurah BACC 2012
	200 IM	4:20.40	4-Oct-14	WAM	Jeffrey Sanders at Armadale Club Championships 9 2014
	400 IM	9:08.15	8-Oct-15	WAM	Jeffrey Sanders at Armadale Aerobics 2015
60-64	25 Free	15.12	1-Jul-12	WAM	Graham Hicks at Swan Hills BACC 2012
	50 Free	33.41	8-Jun-13	WAM	Graham Hicks at Armadale Club Championships 5 2013
	100 Free	1:14.17	23-Jun-13	WAM	Graham Hicks at Mandurah LLCC 23rd June
	200 Free	2:50.35	6-Jul-13	WAM	Graham Hicks at Armadale Club Championships 6 2013
	400 Free	6:29.63	14-Jun-12	WAM	Graham Hicks at Armadale Aerobics 2012
	800 Free	12:50.67	21-Apr-15	WAM	Graham Cragg at Armadale Aerobics 2015
	1500 Free	24:59.34	8-Oct-15	WAM	Graham Cragg at Armadale Aerobics 2015
	25 Back	19.98	4-Oct-14	WAM	Graham Hicks at Armadale Club Championships 9 2014
	50 Back	42.59	6-Sep-14	WAM	Graham Hicks at Armadale Club Championships 8 2014
	100 Back	1:35.23	7-Sep-13	WAM	Graham Hicks at Armadale Club Championships 8 2013
	200 Back	3:25.63	1-Jul-17	WAM	Graham Cragg at Armadale Club Championships 6 2017
	400 Back	7:27.23	14-May-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Back	14:41.80	26-May-15	WAM	Graham Cragg at Armadale Aerobics 2015
	1500 Back	37:38.14	21-Nov-17	WAM	Jeffrey Sanders at Armadale Endurance 2017
	25 Breast	17.46	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
	50 Breast	38.06	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
	100 Breast	1:25.23	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
	200 Breast	3:08.43	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
	400 Breast	6:55.76	21-Apr-15	WAM	Graham Cragg at Armadale Aerobics 2015
	800 Breast	14:32.99	10-Sep-15	WAM	Graham Cragg at Armadale Aerobics 2015
	1500 Breast	36:58.99	13-May-17	WAM	Jeffrey Sanders at Maida Vale 1500m Event SC
	25 Fly	16.78	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge
	50 Fly	48.29	6-Jun-09	WAM	Fettes Falconer at Armadale Club Championships 2 2009
	100 IM	1:23.40	28-Mar-15	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge

Armadale Masters Swimming

RECORDS Armadale Masters SC

60-64	200 IM	3:11.87	4-Apr-15	WAM	Graham Cragg at Armadale Club Championships 1 2015
	400 IM	8:22.26	22-May-18	WAM	Jeffrey Sanders at Armadale Endurance 2018
	800 IM	18:33.90	24-Jul-18	WAM	Jeffrey Sanders at Armadale Endurance 2018
65-69	25 Free	15.89	5-May-18	WAM	Graham Hicks at Armadale Club Championships 4 2018
	50 Free	34.37	2-Sep-17	WAM	Graham Hicks at Armadale Club Championships 8 2017
	100 Free	1:18.75	2-Sep-17	WAM	Graham Hicks at Armadale Club Championships 8 2017
	200 Free	2:55.83	3-Feb-18	WAM	Graham Hicks at Armadale Club Championships 1 2018
	400 Free	6:33.90	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	800 Free	13:29.71	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	1500 Free	27:09.00	19-Nov-17	WAM	Graham Hicks at Armadale Endurance 2017
	25 Back	20.13	2-Apr-17	WAM	Graham Hicks at Mandurah Masters Livelighter Club Challenge
	50 Back	43.91	7-Apr-18	WAM	Graham Hicks at Armadale Club Championships 3 2018
	100 Back	1:37.50	25-Mar-18	WAM	Graham Hicks at Mandurah LiveLighter Club Challenge 2018
	200 Back	3:45.25	1-Jul-17	WAM	Graham Hicks at Armadale Club Championships 6 2017
	400 Back	7:40.18	12-Jun-18	WAM	Charles Croft at Armadale Endurance 2018
	800 Back	16:06.23	12-Apr-18	WAM	Graham Hicks at Armadale Endurance 2018
	25 Breast	19.68	3-Jul-16	WAM	Charles Croft at Swan Hills LiveLighter Club Challenge
	50 Breast	43.19	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	100 Breast	1:36.45	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	200 Breast	3:32.31	8-Apr-15	WAM	Charles Croft at 40th MSA National Championships 2015
	400 Breast	7:49.16	24-May-16	WAM	Charles Croft at Armadale Endurance 2016
	800 Breast	16:12.64	12-May-16	WAM	Charles Croft at Armadale Endurance 2016
	25 Fly	22.14	6-Jun-15	WAM	Charles Croft at Armadale Club Championships 3 2015
	50 Fly	57.46	5-Sep-15	WAM	Charles Croft at Armadale Club Championships 6 2015
	100 IM	1:44.10	6-Jun-15	WAM	Charles Croft at Armadale Club Championships 3 2015
	400 IM	8:04.26	8-Mar-18	WAM	Charles Croft at Armadale Endurance 2018
	800 IM	17:37.44	25-Jul-17	WAM	Charles Croft at Armadale Endurance 2017
70-74	25 Free	16.24	6-Aug-22	WAM	Graham Hicks at Armadale Club Championships 7 2022
	50 Free	36.53	2-Apr-17	WAM	Fettes Falconer at Mandurah Masters Livelighter Club Challenge
	100 Free	1:22.93	2-Jul-17	WAM	Bert Vosbergen at Swan Hills LiveLighter Club Challenge
	200 Free	3:03.27	2-Jul-17	WAM	Bert Vosbergen at Swan Hills LiveLighter Club Challenge
	400 Free	6:35.58	6-Jul-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	800 Free	13:39.75	6-Jul-17	WAM	Bert Vosbergen at Armadale Endurance 2017
	1500 Free	49:29.15	9-Jan-18	WAM	Timothy Pillay at Armadale Endurance 2018
	25 Back	21.26	3-Jun-23	WAM	Graham Hicks at Armadale Club Championships 5 2023
	50 Back	45.49	13-May-23	WAM	Graham Hicks at Armadale Club Championships 4 2023
	100 Back	1:46.10	30-Aug-20	WAM	Charles Croft at Claremont Masters Just 100s
	200 Back	4:02.33	2-Jul-22	WAM	Graham Hicks at Armadale Club Championships 6 2022
	400 Back	7:59.91	1-Sep-20	WAM	Charles Croft at Armadale Endurance SC 2020
	25 Breast	21.08	27-Mar-21	WAM	Charles Croft at Masters Swimming WA State Championships
	50 Breast	47.16	19-Nov-23	WAM	Charles Croft at Mandurah Masters ABCCC SC 2023
	100 Breast	1:42.57	27-Mar-21	WAM	Charles Croft at Masters Swimming WA State Championships
	200 Breast	3:50.53	27-Mar-21	WAM	Charles Croft at Masters Swimming WA State Championships
	400 Breast	7:57.62	1-Sep-20	WAM	Charles Croft at Armadale Endurance SC 2020
	800 Breast	18:00.96	1-Jun-23	WAM	Charles Croft at Armadale Endurance SC June 2023
	25 Fly	23.90	5-Sep-20	WAM	Charles Croft at Club Championships 5 2020
	50 Fly	55.95	5-Jun-21	WAM	Charles Croft at Club Championships 4 2021
	100 IM	1:47.38	30-Aug-20	WAM	Charles Croft at Claremont Masters Just 100s
	400 IM	8:21.26	17-Sep-20	WAM	Charles Croft at Armadale Endurance SC 2020
75-79	25 Free	18.78	19-Nov-23	WAM	Fettes Falconer at Mandurah Masters ABCCC SC 2023
	50 Free	41.22	19-Nov-23	WAM	Fettes Falconer at Mandurah Masters ABCCC SC 2023
	100 Free	1:37.09	3-Sep-22	WAM	Fettes Falconer at Armadale Club Championships 8 2022
	200 Free	3:39.70	2-Jul-22	WAM	Fettes Falconer at Armadale Club Championships 6 2022

Armadale Masters Swimming

RECORDS Armadale Masters SC

75-79	400	Free	9:01.35	1-May-22	WAM	Hans Vosbergen at Armadale Endurance SC May 2022
	25	Back	27.12	5-Aug-23	WAM	Fettes Falconer at Armadale Club Championships 7 2023
	50	Back	59.14	4-Jun-22	WAM	Fettes Falconer at Armadale Club Championships 5 2022
	100	Back	2:25.96	9-Jun-12	WAM	Stanley Brandwood at Armadale Club Championships 5 2012
	200	Back	5:12.81	14-Jul-12	WAM	Stanley Brandwood at Armadale Club Championships 6 2012
	400	Back	10:45.78	1-Jul-22	WAM	Hans Vosbergen at Armadale Endurance SC July 2022
	25	Breast	24.60	2-Jul-22	WAM	Hans Vosbergen at Armadale Club Championships 6 2022
	50	Breast	57.36	2-Sep-23	WAM	Hans Vosbergen at Armadale Club Championships 8 2023
	100	Breast	2:12.43	1-Jul-23	WAM	Hans Vosbergen at Armadale Club Championships 6 2023
	200	Breast	4:59.75	3-Jun-23	WAM	Hans Vosbergen at Armadale Club Championships 5 2023
	400	Breast	10:29.82	1-Jun-22	WAM	Hans Vosbergen at Armadale Endurance SC June 2022
	25	Fly	25.79	19-Nov-23	WAM	Fettes Falconer at Mandurah Masters ABCCC SC 2023
	50	Fly	1:14.79	7-Sep-13	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
	100	IM	2:12.30	4-Jun-22	WAM	Fettes Falconer at Armadale Club Championships 5 2022
	200	IM	5:14.91	2-Jul-22	WAM	Hans Vosbergen at Armadale Club Championships 6 2022
	400	IM	11:23.04	14-Apr-22	WAM	Hans Vosbergen at Armadale Endurance SC April 2022

Armadale Masters Swimming

RECORDS Armadale Masters SC

SC Meters-Mixed

12-15	200	Free Relay	2:19.75	23-Jun-13	WAM	Catriona Adams, Nigel Chaytor, Colin Gibson, Gillian Caruso
	200	Medley Relay	3:16.17	19-Jun-11	WAM	Heather Jeps, Simon Stiles, Jacqueline Briggs, Colin Gibson
16-19	100	Free Relay	1:03.89	3-Aug-19	WAM	Wayne Sams-Hayes, Janine Hunt, Colin Gibson, Alexandra Holt
	200	Free Relay	2:12.26	2-Apr-17	WAM	Rowena Burch, Gregory Frey, Tania O'Sheehan, Andrew Johnson
	400	Free Relay	5:53.98	1-Jul-12	WAM	Jeff Sanders, Gillian Caruso, Heather Jeps, Greg Frey
	800	Free Relay	13:49.33	4-Jul-10	WAM	Gillian Caruso, Chris Millard, Linda Cragg, Jeffrey Sanders
	100	Medley Relay	1:12.22	3-Jul-16	WAM	Gillian Caruso, Graham Cragg, Rowena Burch, Colin Gibson
	200	Medley Relay	2:32.17	2-Apr-17	WAM	Rowena Burch, Andrew Johnson, Tania O'Sheehan, Gregory Grey
20-23	100	Free Relay	1:05.80	18-Aug-13	WAM	Gillian Caruso, Ross Doherty, Heather Jeps, Graham Hicks
	200	Free Relay	2:25.58	25-Mar-18	WAM	Tania O'Sheehan, Colin Gibson, Gillian Caruso, Charles Croft
	400	Free Relay	5:24.47	18-Aug-13	WAM	Graham Hicks, Graham Cragg, Gillian Caruso, Heather Jeps
	100	Medley Relay	1:12.09	29-Jul-23	WAM	Alicia Sams-Hayes, Sarah Carr, Wayne Sams-Hayes, Derek Bishop
	200	Medley Relay	2:51.93	22-Jun-14	WAM	Graham Hicks, Heather Jeps, Gillian Caruso, Gregory Frey
24-27	100	Free Relay	1:17.61	15-Aug-15	WAM	Charles Croft, Heather Adams, Fettes Falconer, Pamela Pearson
	200	Free Relay	2:42.42	19-Jun-16	WAM	Fettes Falconer, Liz Dunn, Heather Jeps, Graham Hicks
	400	Free Relay	6:31.00	18-Aug-13	WAM	Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft
	100	Medley Relay	1:37.62	15-Aug-15	WAM	Fettes Falconer, Maria Plant, Charles Croft, Pamela Pearson
	200	Medley Relay	3:17.60	2-Apr-17	WAM	Ross Doherty, Charles Croft, Gillian Caruso, Elizabeth Dunn
28-31	100	Free Relay	1:21.85	3-Aug-19	WAM	Hans Vosbergen, Pamela Pearson, Heather Croft, Fettes Falconer
	200	Free Relay	3:10.75	25-Mar-18	WAM	Fettes Falconer, Maria Plant, Elizabeth Dunn, Bert Vosbergen
	200	Medley Relay	3:08.88	29-Jul-23	WAM	Elizabeth Dunn, Sarah Curran Ragan, Charles Croft, Fettes Falconer