

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
	200 Medley Relay	2:37.48	21-Apr-24	WAM	Sarah Carr, Natalie Upson, Megan Webster, Gabby Wells
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	33.18	24-Mar-24	WAM	Natalie Upson at 2024 ABCC Fremantle Club Carnival
	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	37.16	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	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

Armadale Masters Swimming

RECORDS Armadale Masters LC

30-34	400	Back	6:31.43	1-Sep-20	WAM	Alexandra Holt at Armadale Endurance LC 2020
	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	39.86	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	100	Breast	1:28.55	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	200	Breast	3:09.94	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	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	37.16	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	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	2:55.95	20-Apr-24	WAM	Natalie Upson at Masters Swimming WA State Championships
	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	14:18.90	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	30.81	24-Mar-24	WAM	Sarah Carr at 2024 ABCC Fremantle Club Carnival
	100	Free	1:08.50	20-Apr-24	WAM	Sarah Carr at Masters Swimming WA State Championships
	200	Free	3:05.46	20-Feb-11	WAM	Gillian Caruso at Newman Churchlands BACC 2011
	400	Free	6:04.90	1-May-23	WAM	Sarah Carr at Armadale Endurance LC May 2023
	800	Free	13:04.15	1-Jun-23	WAM	Sarah Carr at Armadale Endurance LC June 2023
	1500	Free	24:53.06	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023
	50	Back	33.80	20-Apr-24	WAM	Sarah Carr at Masters Swimming WA State Championships
	100	Back	1:15.50	20-Apr-24	WAM	Sarah Carr at Masters Swimming WA State Championships
	200	Back	2:51.68	20-Apr-24	WAM	Sarah Carr at Masters Swimming WA State Championships
	400	Back	6:44.59	1-Feb-24	WAM	Sarah Carr at Armadale Endurance LC February 2024
	800	Back	14:00.06	1-Mar-23	WAM	Sarah Carr at Armadale Endurance LC March 2023

Armadale Masters Swimming

RECORDS Armadale Masters LC

40-44	1500	Back	26:28.02	1-May-24	WAM	Sarah Carr at Armadale Endurance LC May 2024
	50	Breast	39.00	24-Mar-24	WAM	Sarah Carr at 2024 ABCC Fremantle Club Carnival
	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	7:23.67	1-May-23	WAM	Sarah Carr at Armadale Endurance LC May 2023
	800	Breast	15:15.30	1-Feb-24	WAM	Sarah Carr at Armadale Endurance LC February 2024
	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
	100	Fly	1:28.55	9-Mar-24	WAM	Sarah Carr at Armadale Club Championships 2 2024
	400	Fly	7:39.83	1-Apr-24	WAM	Sarah Carr at Armadale Endurance LC April 2024
	800	Fly	16:31.17	1-May-24	WAM	Sarah Carr at Armadale Endurance LC May 2024
	200	IM	3:32.81	16-Nov-08	WAM	Gillian Caruso at Somerset BACC 2008
	400	IM	6:52.69	1-Feb-24	WAM	Sarah Carr at Armadale Endurance LC February 2024
	800	IM	14:08.40	1-Apr-24	WAM	Sarah Carr at Armadale Endurance LC April 2024
45-49	50	Free	34.59	24-Mar-24	WAM	Megan Webster at 2024 ABCC Fremantle Club Carnival
	100	Free	1:21.84	20-Apr-24	WAM	Megan Webster at Masters Swimming WA State Championships
	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	27:58.81	1-Jun-23	WAM	Nicole Badani at Armadale Endurance LC June 2023
	50	Breast	47.38	24-Mar-24	WAM	Megan Webster at 2024 ABCC Fremantle Club Carnival
	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	8:20.45	1-Jun-23	WAM	Nicole Badani at Armadale Endurance LC June 2023
	800	Breast	16:53.64	1-Oct-23	WAM	Nicole Badani at Armadale Endurance LC October 2023
	1500	Breast	32:08.96	1-Jun-23	WAM	Nicole Badani at Armadale Endurance LC June 2023
	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
	400	Fly	8:57.15	1-May-24	WAM	Megan Webster at Armadale Endurance LC May 2024
	800	Fly	18:46.86	1-May-24	WAM	Megan Webster at Armadale Endurance LC May 2024
	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
	800	IM	16:59.83	1-May-24	WAM	Megan Webster at Armadale Endurance LC May 2024
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

Armadale Masters Swimming

RECORDS Armadale Masters LC

50-54	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
	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
	200 Back	6:13.56	6-Apr-24	WAM	Yvonne Hunt at Armadale Club Championships 3 2024
	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

Armadale Masters Swimming

RECORDS Armadale Masters LC

65-69	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	4:08.47	7-Apr-24	WAM	Heather Croft at 2024 Newman Churchlands ABC Club Challenge
	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	59.83	24-Mar-24	WAM	Heather Croft at 2024 ABCC Fremantle Club Carnival
	100	Breast	2:18.94	7-Apr-24	WAM	Heather Croft at 2024 Newman Churchlands ABC Club Challenge
	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	51.87	24-Mar-24	WAM	Elizabeth Dunn at 2024 ABCC Fremantle Club Carnival
	100	Free	2:14.82	9-Mar-24	WAM	Elizabeth Dunn at Armadale Club Championships 2 2024
	200	Free	4:34.39	6-Apr-24	WAM	Elizabeth Dunn at Armadale Club Championships 3 2024
	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	2:58.10	9-Mar-24	WAM	Elizabeth Dunn at Armadale Club Championships 2 2024
	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	1:09.87	24-Mar-24	WAM	Maria Plant at 2024 ABCC Fremantle Club Carnival
	100	Free	3:07.80	7-Mar-20	WAM	Lexie Rankin at Club Championships 2 2020
	50	Back	1:26.12	24-Mar-24	WAM	Maria Plant at 2024 ABCC Fremantle Club Carnival
	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	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

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	32.08	20-Apr-24	WAM	Wayne Sams-Hayes at Masters Swimming WA State Championships
	100	Free	1:14.79	20-Apr-24	WAM	Wayne Sams-Hayes at Masters Swimming WA State Championships
	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	44.57	24-Mar-24	WAM	Wayne Sams-Hayes at 2024 ABCC Fremantle Club Carnival
	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	41.95	24-Mar-24	WAM	Wayne Sams-Hayes at 2024 ABCC Fremantle Club Carnival
	100	Breast	1:35.28	20-Apr-24	WAM	Wayne Sams-Hayes at Masters Swimming WA State Championships
	200	Breast	3:38.40	3-Feb-24	WAM	Wayne Sams-Hayes at Armadale Club Championships 1 2024
	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	38.79	4-Nov-23	WAM	Wayne Sams-Hayes at Armadale Club Championships 10 2023
	400	Fly	11:29.21	3-Aug-22	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
	200	IM	3:27.83	4-Nov-23	WAM	Wayne Sams-Hayes at Armadale Club Championships 10 2023
	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
	400	Fly	12:15.44	1-Mar-24	WAM	Marcel Weijers at Armadale Endurance LC March 2024
	200	IM	3:22.99	3-Dec-11	WAM	Graham Cragg at Armadale Club Championships 10 2011
	400	IM	9:07.00	1-Jan-24	WAM	Marcel Weijers at Armadale Endurance LC January 2024
	800	IM	18:58.25	1-Mar-24	WAM	Marcel Weijers at Armadale Endurance LC March 2024
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	Graham Hicks at Melville LiveLighter Club Challenge 2018
	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

Armadale Masters Swimming**RECORDS Armadale Masters LC**

70-74	50	Free	35.56	1-Apr-23	WAM	Graham Hicks at Armadale Club Championships 3 2023
	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	4:12.26	3-Feb-24	WAM	Graham Hicks at Armadale Club Championships 1 2024
	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	41.50	24-Mar-24	WAM	Fettes Falconer at 2024 ABCC Fremantle Club Carnival
	100	Free	1:38.50	12-Mar-22	WAM	Fettes Falconer at Armadale Club Championships 2 2022
	200	Free	3:52.52	3-Feb-24	WAM	Fettes Falconer at Armadale Club Championships 1 2024
	400	Free	8:24.25	1-Mar-24	WAM	Fettes Falconer at Armadale Endurance LC March 2024
	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	5:16.60	6-Apr-24	WAM	Fettes Falconer at Armadale Club Championships 3 2024
	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	2:19.35	7-Oct-23	WAM	Hans Vosbergen at Armadale Club Championships 9 2023
	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	2:41.22	24-Mar-24	WAM	Sarah Carr, Charles Croft, Natalie, Upson, Wayne Sams-Hayes
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	3:20.96	24-Mar-24	WAM	Graham Hicks, Alicia Sams-Hayes, Megan Webster, Fettes Falconer
28-31	200	Free Relay	3:13.29	24-Mar-24	WAM	Liz Dunn, Fettes Falconer, Graham Hicks, Rose Fenton