

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

#### LC Meters-Female

12-15	200 Free Relay	2:30.55	<b>25-Oct-20</b>	WAM	Julie Loxton, Gillian Caruso, Rowens Burch, Sarah Carr
	200 Medley Relay	2:37.48	<b>21-Apr-24</b>	WAM	Sarah Carr, Natalie Upson, Megan Webster, Gabby Wells
16-19	200 Free Relay	2:41.93	<b>1-May-16</b>	WAM	Gillian Caruso, Heather Jeps, Vanessa Toop, Rowens Burch
	200 Medley Relay	3:02.27	<b>20-Sep-15</b>	WAM	Louisa Cockram, Heather Jeps, Rowena Burch, Linda Cragg
18-24	50 Free	32.32	<b>31-Jan-10</b>	WAM	Catriona Adams at Newman Churchlands BACC 2010
	100 Free	1:12.29	<b>22-Sep-13</b>	WAM	Catriona Adams at Stadium Snappers LLCC 2013
	200 Free	2:37.38	<b>31-Jan-10</b>	WAM	Catriona Adams at Newman Churchlands BACC 2010
	400 Free	5:50.32	<b>26-Mar-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013
	800 Free	11:56.65	<b>11-Apr-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013
	1500 Free	29:29.39	<b>1-May-21</b>	WAM	Kayla Thomson at Armadale Endurance LC EMERALDS May 2021
	50 Back	37.36	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Back	1:20.30	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships
	400 Back	9:00.85	<b>1-Apr-21</b>	WAM	Kayla Thomson at Armadale Endurance LC EMERALDS April 2021
	50 Breast	48.15	<b>27-Oct-19</b>	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	100 Breast	1:51.26	<b>2-Nov-19</b>	WAM	Julie Loxton at Armadale Club Championships 10 2019
	200 Breast	4:03.30	<b>27-Oct-19</b>	WAM	Julie Loxton at Fremantle Masters LLCC 2019
	400 Breast	8:55.43	<b>17-Oct-19</b>	WAM	Julie Loxton at Armadale Endurance LC 2019
	50 Fly	35.81	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships
	100 Fly	1:23.57	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships
	200 IM	2:55.03	<b>25-May-13</b>	WAM	Catriona Adams at Masters Swimming WA State Championships
	400 IM	6:26.86	<b>26-Mar-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013
	20-23	200 Free Relay	3:06.19	<b>20-Feb-11</b>	WAM
200 Medley Relay		3:21.63	<b>17-Apr-16</b>	WAM	Gillian Caruso, Liz Dunn, Rowena Burch, Pamela Pearson
24-27	200 Free Relay	3:12.75	<b>3-Feb-13</b>	WAM	Gillian Caruso, Maria Plant, Heather Croft, Zita Badger
25-29	50 Free	35.46	<b>25-Oct-20</b>	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	100 Free	1:20.89	<b>7-Mar-20</b>	WAM	Julie Loxton at Club Championships 2 2020
	200 Free	3:28.40	<b>1-Feb-20</b>	WAM	Jacqueline Briggs at Club Championships 1 2020
	400 Free	6:47.93	<b>18-Dec-19</b>	WAM	Nichola Jones at Armadale Endurance LC 2019
	800 Free	16:17.91	<b>10-Mar-16</b>	WAM	Jacqueline Briggs at Armadale Endurance 2016
	50 Back	40.00	<b>20-Sep-15</b>	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	100 Back	1:27.27	<b>18-Apr-15</b>	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	50 Breast	48.48	<b>1-Feb-20</b>	WAM	Julie Loxton at Club Championships 1 2020
	100 Breast	1:49.47	<b>25-Oct-20</b>	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	200 Breast	4:02.77	<b>1-Feb-20</b>	WAM	Julie Loxton at Club Championships 1 2020
	400 Breast	8:44.30	<b>8-Jan-15</b>	WAM	Louisa Cockram at Armadale Aerobics 2015
	50 Fly	43.76	<b>25-Oct-20</b>	WAM	Julie Loxton at Stadium Masters 2020 LLCC
	100 Fly	1:32.75	<b>18-Apr-15</b>	WAM	Rebecca Yip at West Coast Masters Carnival 2015
	200 IM	3:14.80	<b>20-Sep-15</b>	WAM	Rebecca Yip at Stadium Masters LL Club Challenge 2015
	400 IM	9:30.74	<b>24-Jan-17</b>	WAM	Jacqueline Briggs at Armadale Endurance 2017
	30-34	50 Free	33.18	<b>24-Mar-24</b>	WAM
100 Free		1:13.66	<b>7-Mar-20</b>	WAM	Alexandra Holt at Club Championships 2 2020
200 Free		2:41.51	<b>1-Feb-20</b>	WAM	Alexandra Holt at Club Championships 1 2020
400 Free		5:43.56	<b>4-Mar-20</b>	WAM	Alexandra Holt at Armadale Endurance LC March 2020
800 Free		11:36.63	<b>21-Nov-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019
1500 Free		23:15.34	<b>22-Jan-20</b>	WAM	Alexandra Holt at Armadale Endurance LC2020
50 Back		37.16	<b>20-Apr-24</b>	WAM	Natalie Upson at Masters Swimming WA State Championships
100 Back		1:27.27	<b>7-Mar-20</b>	WAM	Alexandra Holt at Club Championships 2 2020
200 Back	3:06.76	<b>15-Oct-16</b>	WAM	Rowena Burch at Masters Swimming WA All Club Challenge	

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

30-34	400	Back	6:31.43	<b>1-Sep-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020	
	800	Back	13:16.58	<b>16-Jan-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020	
	1500	Back	25:40.61	<b>1-Oct-21</b>	WAM	Alexandra Holt at Armadale Endurance EMERALDS LC October 2021	
	50	Breast	39.86	<b>20-Apr-24</b>	WAM	Natalie Upson at Masters Swimming WA State Championships	
	100	Breast	1:28.34	<b>14-Jul-24</b>	WAM	Natalie Upson at 2024 ABCCC Riverton Masters	
	200	Breast	3:08.49	<b>14-Jul-24</b>	WAM	Natalie Upson at 2024 ABCCC Riverton Masters	
	400	Breast	6:46.93	<b>21-Nov-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019	
	800	Breast	14:06.79	<b>17-Oct-19</b>	WAM	Alexandra Holt at Armadale Endurance LC 2019	
	1500	Breast	27:50.44	<b>31-Aug-20</b>	WAM	Alexandra Holt at Armadale Endurance LC 2020	
	50	Fly	37.16	<b>20-Apr-24</b>	WAM	Natalie Upson at Masters Swimming WA State Championships	
	100	Fly	1:26.54	<b>18-Sep-16</b>	WAM	Rowena Burch at Stadium Masters Livelighter Club Challenge	
	200	Fly	3:15.70	<b>3-Oct-15</b>	WAM	Rowena Burch at 2015 MSNT Long Course Championships	
	400	Fly	6:59.21	<b>20-Oct-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	800	Fly	14:37.45	<b>25-Oct-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	200	IM	2:55.95	<b>20-Apr-24</b>	WAM	Natalie Upson at Masters Swimming WA State Championships	
	400	IM	6:35.99	<b>1-Sep-21</b>	WAM	Alexandra Holt at Armadale Endurance LC September	
	800	IM	13:26.37	<b>1-Oct-21</b>	WAM	Alexandra Holt at Armadale Endurance LC October 2021	
	35-39	50	Free	32.35	<b>15-Nov-20</b>	WAM	Sarah Carr at Fremantle Masters LLCC 2020
		100	Free	1:10.24	<b>24-Oct-21</b>	WAM	Sarah Carr at Stadium Masters LLCC 2021
		200	Free	3:20.38	<b>25-Oct-20</b>	WAM	Rowena Burch at Stadium Masters 2020 LLCC
400		Free	5:50.72	<b>1-May-22</b>	WAM	Alexandra Holt at Armadale Endurance LC May 2022	
800		Free	12:10.12	<b>7-Feb-22</b>	WAM	Alexandra Holt at Armadale Endurance EMERALDS February 2022	
1500		Free	22:44.11	<b>7-Feb-22</b>	WAM	Alexandra Holt at Armadale Endurance EMERALDS February 2022	
50		Back	34.85	<b>15-Nov-20</b>	WAM	Sarah Carr at Fremantle Masters LLCC 2020	
100		Back	1:21.30	<b>25-Oct-20</b>	WAM	Sarah Carr at Stadium Masters 2020 LLCC	
200		Back	2:48.51	<b>24-Oct-21</b>	WAM	Sarah Carr at Stadium Masters LLCC 2021	
400		Back	6:32.84	<b>1-Oct-21</b>	WAM	Sarah Carr at Armadale Endurance LC October 2021	
800		Back	13:17.25	<b>1-Oct-21</b>	WAM	Sarah Carr at Armadale Endurance EMERALDS LC October 2021	
1500		Back	25:56.50	<b>1-Aug-21</b>	WAM	Sarah Carr at Armadale Endurance LC August 2021	
50		Breast	40.60	<b>24-Oct-21</b>	WAM	Sarah Carr at Stadium Masters LLCC 2021	
100		Breast	1:28.86	<b>18-Jul-21</b>	WAM	Sarah Carr at Riverton LLCC Meet	
200		Breast	3:24.63	<b>25-Oct-20</b>	WAM	Sarah Carr at Stadium Masters 2020 LLCC	
400		Breast	7:11.64	<b>1-May-22</b>	WAM	Alexandra Holt at Armadale Endurance LC May 2022	
800		Breast	14:18.90	<b>3-Aug-22</b>	WAM	Alexandra Holt at Armadale Endurance EMERALDS August 2022	
1500		Breast	29:16.70	<b>1-May-22</b>	WAM	Alexandra Holt at Armadale Endurance LC May 2022	
50		Fly	34.94	<b>15-Nov-20</b>	WAM	Sarah Carr at Fremantle Masters LLCC 2020	
100		Fly	1:32.67	<b>29-Apr-17</b>	WAM	Tania O'sheehan at Masters Swimming WA State Championships	
200		Fly	4:35.39	<b>6-Apr-19</b>	WAM	Rowena Burch at Club Championships 3 2019	
400		Fly	7:37.98	<b>1-Sep-21</b>	WAM	Sarah Carr at Armadale Endurance LC September	
800		Fly	15:19.81	<b>1-Oct-21</b>	WAM	Sarah Carr at Armadale Endurance EMERALDS LC October 2021	
200		IM	4:29.88	<b>10-Apr-21</b>	WAM	Rowena Burch at Club Championships 2 2021	
400		IM	6:44.13	<b>1-Sep-21</b>	WAM	Sarah Carr at Armadale Endurance LC September	
800		IM	14:07.20	<b>1-Sep-21</b>	WAM	Sarah Carr at Armadale Endurance LC September	
40-44		50	Free	30.81	<b>24-Mar-24</b>	WAM	Sarah Carr at 2024 ABCC Fremantle Club Carnival
		100	Free	1:08.50	<b>20-Apr-24</b>	WAM	Sarah Carr at Masters Swimming WA State Championships
		200	Free	2:43.50	<b>14-Jul-24</b>	WAM	Sarah Carr at 2024 ABCCC Riverton Masters
		400	Free	6:02.47	<b>1-Dec-24</b>	WAM	Sarah Carr at Armadale Endurance LC December 2024
	800	Free	12:49.35	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	1500	Free	24:15.20	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	50	Back	33.80	<b>20-Apr-24</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	100	Back	1:15.50	<b>20-Apr-24</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	200	Back	2:51.68	<b>20-Apr-24</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	400	Back	6:21.85	<b>1-Oct-24</b>	WAM	Sarah Carr at Armadale Endurance LC October 2024	
	800	Back	13:37.37	<b>1-Sep-24</b>	WAM	Sarah Carr at Armadale Endurance LC September 2024	

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

40-44	1500	Back	26:07.35	<b>1-Sep-24</b>	WAM	Sarah Carr at Armadale Endurance LC September 2024	
	50	Breast	39.00	<b>24-Mar-24</b>	WAM	Sarah Carr at 2024 ABCC Fremantle Club Carnival	
	100	Breast	1:26.20	<b>6-May-23</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	200	Breast	3:10.86	<b>6-May-23</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	400	Breast	7:22.06	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	800	Breast	14:59.24	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	1500	Breast	28:30.09	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	50	Fly	34.46	<b>6-May-23</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
	100	Fly	1:28.55	<b>9-Mar-24</b>	WAM	Sarah Carr at Armadale Club Championships 2 2024	
	200	Fly	3:30.97	<b>2-Nov-24</b>	WAM	Sarah Carr at Armadale Club Championships 10 2024	
	400	Fly	7:39.83	<b>1-Apr-24</b>	WAM	Sarah Carr at Armadale Endurance LC April 2024	
	800	Fly	16:26.19	<b>1-Aug-24</b>	WAM	Sarah Carr at Armadale Endurance LC August 2024	
	200	IM	2:56.57	<b>14-Jul-24</b>	WAM	Sarah Carr at 2024 ABCCC Riverton Masters	
	400	IM	6:52.69	<b>1-Feb-24</b>	WAM	Sarah Carr at Armadale Endurance LC February 2024	
	800	IM	14:08.40	<b>1-Apr-24</b>	WAM	Sarah Carr at Armadale Endurance LC April 2024	
	45-49	50	Free	34.59	<b>24-Mar-24</b>	WAM	Megan Webster at 2024 ABCC Fremantle Club Carnival
		100	Free	1:21.84	<b>20-Apr-24</b>	WAM	Megan Webster at Masters Swimming WA State Championships
200		Free	2:56.59	<b>2-Nov-24</b>	WAM	Megan Webster at Armadale Club Championships 10 2024	
400		Free	6:30.13	<b>1-Dec-24</b>	WAM	Megan Webster at Armadale Endurance LC December 2024	
800		Free	13:08.77	<b>1-Dec-24</b>	WAM	Megan Webster at Armadale Endurance LC December 2024	
1500		Free	25:10.00	<b>1-Nov-24</b>	WAM	Megan Webster at Armadale Endurance LC November 2024	
50		Back	42.71	<b>14-Sep-14</b>	WAM	Gillian Caruso at Stadium Snappers Live Lighter Club Challenge	
100		Back	1:31.23	<b>3-May-15</b>	WAM	Gillian Caruso at Melville Live Lighter Club Challenge 2015	
200		Back	3:17.84	<b>29-Apr-17</b>	WAM	Gillian Caruso at Masters Swimming WA State Championships	
400		Back	7:11.89	<b>26-Feb-13</b>	WAM	Gillian Caruso at Armadale Aerobics 2013	
800		Back	14:56.68	<b>10-Nov-16</b>	WAM	Gillian Caruso at Armadale Endurance 2016	
1500		Back	27:58.81	<b>1-Jun-23</b>	WAM	Nicole Badani at Armadale Endurance LC June 2023	
50		Breast	46.94	<b>20-Oct-24</b>	WAM	Megan Webster at Stadium Masters 2024 ABCC Club Challenge	
100		Breast	1:54.36	<b>11-Mar-23</b>	WAM	Nicole Badani at Armadale Club Championships 2 2023	
200		Breast	3:49.79	<b>1-Feb-20</b>	WAM	Peta Woodland at Club Championships 1 2020	
400		Breast	8:20.45	<b>1-Jun-23</b>	WAM	Nicole Badani at Armadale Endurance LC June 2023	
800		Breast	16:53.64	<b>1-Oct-23</b>	WAM	Nicole Badani at Armadale Endurance LC October 2023	
1500		Breast	32:08.96	<b>1-Jun-23</b>	WAM	Nicole Badani at Armadale Endurance LC June 2023	
50		Fly	41.95	<b>1-May-16</b>	WAM	Gillian Caruso at Westcoast Masters LLCC 2016	
100		Fly	1:51.20	<b>15-Oct-16</b>	WAM	Gillian Caruso at Masters Swimming WA All Club Challenge	
200		Fly	4:15.65	<b>14-Jul-24</b>	WAM	Megan Webster at 2024 ABCCC Riverton Masters	
400		Fly	8:57.15	<b>1-May-24</b>	WAM	Megan Webster at Armadale Endurance LC May 2024	
800		Fly	18:46.86	<b>1-May-24</b>	WAM	Megan Webster at Armadale Endurance LC May 2024	
200		IM	3:32.71	<b>7-Nov-15</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2015	
400		IM	7:36.50	<b>1-Feb-23</b>	WAM	Nicole Badani at Armadale Endurance LC February	
800		IM	16:47.52	<b>1-Jun-24</b>	WAM	Megan Webster at Armadale Endurance LC June 2024	
50-54		50	Free	38.26	<b>6-Apr-19</b>	WAM	Gillian Caruso at Club Championships 3 2019
	100	Free	1:26.58	<b>16-Mar-19</b>	WAM	Gillian Caruso at Armadale Club Championships 2 2019	
	200	Free	3:09.59	<b>6-Apr-19</b>	WAM	Gillian Caruso at Club Championships 3 2019	
	400	Free	6:54.72	<b>1-Oct-20</b>	WAM	Gillian Caruso at Armadale Endurance LC 2020	
	800	Free	14:05.17	<b>1-Oct-20</b>	WAM	Gillian Caruso at Armadale Endurance LC 2020	
	1500	Free	26:41.22	<b>1-Feb-22</b>	WAM	Gillian Caruso at Armadale Endurance LC February 2022	
	50	Back	44.28	<b>2-Apr-22</b>	WAM	Gillian Caruso at Armadale Club Championships 3 2022	
	100	Back	1:34.64	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
	200	Back	3:34.04	<b>3-Oct-20</b>	WAM	Gillian Caruso at Club Championships 6 2020	
	800	Back	15:44.78	<b>4-Apr-19</b>	WAM	Gillian Caruso at Armadale Endurance 2019	
	1500	Back	29:58.13	<b>1-Sep-20</b>	WAM	Gillian Caruso at Armadale Endurance LC 2020	
	50	Breast	51.41	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
	100	Breast	1:55.79	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

50-54	200 Breast	4:06.79	<b>17-Apr-08</b>	WAM	Heather Adams at XII FINA WORLD MASTERS 2008	
	400 Breast	9:10.71	<b>4-Nov-10</b>	WAM	Linda Cragg at Armadale Aerobics	
	800 Breast	19:24.97	<b>11-Apr-09</b>	WAM	Yvonne Hunt at Armadale Aerobics 2009	
	1500 Breast	37:50.26	<b>17-Feb-08</b>	WAM	Yvonne Hunt at Armadale Aerobics 2008	
	50 Fly	42.34	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
	100 Fly	1:48.57	<b>7-Mar-20</b>	WAM	Gillian Caruso at Club Championships 2 2020	
	200 IM	3:38.51	<b>20-May-18</b>	WAM	Gillian Caruso at Stadium Masters LLCC 2018	
55-59	50 Free	42.03	<b>11-Sep-11</b>	WAM	Linda Cragg at Stadium Snappers BACC 11 Sep 2011	
	100 Free	1:32.50	<b>3-Mar-12</b>	WAM	Linda Cragg at Armadale Club Championships 2 2012	
	200 Free	3:32.79	<b>20-Feb-11</b>	WAM	Heather Adams at Newman Churchlands BACC 2011	
	400 Free	7:04.36	<b>1-Sep-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC September 2021	
	800 Free	14:47.23	<b>1-Aug-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC August 2021	
	1500 Free	27:32.28	<b>1-Nov-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC November 2021	
	50 Back	52.77	<b>3-Oct-20</b>	WAM	Adele Chapman at Club Championships 6 2020	
	100 Back	1:50.31	<b>6-Mar-21</b>	WAM	Adele Chapman at Club Championships 1 2021	
	200 Back	5:31.04	<b>2-Apr-11</b>	WAM	Yvonne Hunt at Armadale Club Championships 2 2011	
	400 Back	8:12.22	<b>3-Aug-22</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS August 2022	
	800 Back	16:47.80	<b>1-Aug-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC August 2021	
	1500 Back	32:48.05	<b>4-Jan-21</b>	WAM	Adele Chapman at Armadale Endurance LC EMERALDS January 2021	
	50 Breast	53.64	<b>20-Sep-15</b>	WAM	Linda Cragg at Stadium Masters LL Club Challenge 2015	
	100 Breast	2:00.11	<b>3-Nov-12</b>	WAM	Linda Cragg at Armadale Club championships 10 2012	
	200 Breast	4:10.71	<b>3-Dec-11</b>	WAM	Linda Cragg at Armadale Club Championships 10 2011	
	400 Breast	8:57.16	<b>24-Nov-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
	800 Breast	19:40.45	<b>2-Nov-10</b>	WAM	Yvonne Hunt at Armadale Aerobics	
	1500 Breast	39:09.35	<b>3-Aug-22</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS August 2022	
	400 Fly	10:48.08	<b>2-Nov-22</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS November 2022	
	800 Fly	25:15.96	<b>2-Nov-22</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS November 2022	
	400 IM	8:50.37	<b>1-Oct-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC October 2021	
	800 IM	18:06.02	<b>1-Sep-21</b>	WAM	Adele Chapman at Armadale Endurance EMERALDS LC September 2021	
	60-64	50 Free	44.28	<b>4-Feb-23</b>	WAM	Michelle Byers at Armadale Club Championships 1 2023
100 Free		1:44.70	<b>7-Mar-20</b>	WAM	Linda Cragg at Club Championships 2 2020	
200 Free		3:38.14	<b>9-Feb-16</b>	WAM	Linda Cragg at Armadale Club Championships 1 2016	
400 Free		8:20.18	<b>28-Jan-14</b>	WAM	Heather Croft at Armadale Aerobics 2014	
800 Free		16:43.26	<b>22-Nov-09</b>	WAM	Liz Dunn at Armadale Aerobics 2009	
1500 Free		32:44.20	<b>19-Dec-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010	
50 Back		59.50	<b>6-Mar-15</b>	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
100 Back		2:16.48	<b>7-Mar-20</b>	WAM	Linda Cragg at Club Championships 2 2020	
200 Back		4:58.43	<b>5-Apr-14</b>	WAM	Heather Croft at Armadale Club Championships 3 2014	
50 Breast		52.07	<b>6-Mar-15</b>	WAM	Pauline Southall at 2015 WOP LiveLighter 50s Twilight Met	
100 Breast		2:13.09	<b>23-Apr-14</b>	WAM	Heather Adams at 2014 National Championships	
200 Breast		4:44.46	<b>23-Apr-14</b>	WAM	Heather Adams at 2014 National Championships	
400 Breast		8:39.42	<b>5-Dec-13</b>	WAM	Heather Croft at Armadale Aerobics 2013	
800 Breast		19:39.18	<b>24-Feb-15</b>	WAM	Pauline Southall at Armadale Aerobics 2015	
65-69		50 Free	43.36	<b>20-Jul-08</b>	WAM	Pam Badani at Maida Vale - Belmont BACC 2008
		100 Free	1:42.91	<b>5-Apr-09</b>	WAM	Pam Badani at Melville BACC 2009
		200 Free	4:03.97	<b>17-Feb-19</b>	WAM	Heather Croft at Newman Churchlands LiveLighter Challenge 2019
	400 Free	8:18.91	<b>1-Mar-21</b>	WAM	Heather Croft at Armadale Endurance LC March 2021	
	800 Free	17:05.07	<b>1-Jan-19</b>	WAM	Heather Croft at Cockburn Endurance 2019	
	1500 Free	33:15.26	<b>13-Jan-08</b>	WAM	Pam Badani at Armadale Aerobics 2008	
	50 Back	59.15	<b>20-Jul-08</b>	WAM	Pam Badani at Maida Vale - Belmont BACC 2008	
	100 Back	2:31.10	<b>5-Nov-16</b>	WAM	Pamela Pearson at Armadale Club Championships 10 2016	
	200 Back	6:13.56	<b>6-Apr-24</b>	WAM	Yvonne Hunt at Armadale Club Championships 3 2024	
	400 Back	10:08.55	<b>1-Jan-19</b>	WAM	Heather Croft at Cockburn Endurance 2019	

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

65-69	800	Back	20:55.56	<b>30-Apr-18</b>	WAM	Heather Croft at Armadale Endurance 2018
	1500	Back	41:15.28	<b>14-Jan-17</b>	WAM	Heather Croft at Armadale Endurance 2017
	50	Breast	56.82	<b>26-Nov-17</b>	WAM	Heather Croft at Melville LiveLighter Club Challenge 2017
	100	Breast	2:09.83	<b>6-Mar-21</b>	WAM	Linda Cragg at Club Championships 1 2021
	200	Breast	5:18.42	<b>2-Apr-11</b>	WAM	Maria Plant at Armadale Club Championships 2 2011
	400	Breast	9:58.27	<b>28-Feb-19</b>	WAM	Heather Croft at Cockburn Endurance
	800	Breast	21:00.14	<b>1-Apr-19</b>	WAM	Heather Croft at Armadale Endurance 2019 LC
1500	Breast	41:47.23	<b>21-Mar-18</b>	WAM	Heather Croft at Armadale Endurance 2018	
70-74	50	Free	50.39	<b>16-Feb-20</b>	WAM	Pamela Pearson at Newman Churchlands LLCC 2020
	100	Free	1:54.53	<b>16-Mar-19</b>	WAM	Elizabeth Dunn at Armadale Club Championships 2 2019
	200	Free	4:08.47	<b>7-Apr-24</b>	WAM	Heather Croft at 2024 Newman Churchlands ABC Club Challenge
	400	Free	8:36.08	<b>1-Mar-22</b>	WAM	Heather Croft at Armadale Endurance LC March 2022
	800	Free	16:58.59	<b>1-Mar-22</b>	WAM	Heather Croft at Armadale Endurance LC March 2022
	1500	Free	33:49.78	<b>1-May-22</b>	WAM	Heather Croft at Armadale Endurance LC May 2022
	50	Back	1:02.03	<b>3-Oct-20</b>	WAM	Pamela Pearson at Club Championships 6 2020
	100	Back	2:23.58	<b>7-Mar-20</b>	WAM	Pamela Pearson at Club Championships 2 2020
	400	Back	10:42.43	<b>1-Jan-21</b>	WAM	Pamela Pearson at Armadale Endurance LC January 2021
	800	Back	22:36.38	<b>1-Feb-22</b>	WAM	Heather Croft at Armadale Endurance LC February 2022
	1500	Back	44:01.43	<b>1-Jun-22</b>	WAM	Heather Croft at Armadale Endurance LC June 2022
	50	Breast	59.83	<b>24-Mar-24</b>	WAM	Heather Croft at 2024 ABCC Fremantle Club Carnival
	100	Breast	2:18.94	<b>7-Apr-24</b>	WAM	Heather Croft at 2024 Newman Churchlands ABC Club Challenge
	200	Breast	6:00.16	<b>17-Oct-15</b>	WAM	Maria Plant at Armadale Club Championships 7 2015
	400	Breast	10:54.34	<b>1-Feb-22</b>	WAM	Heather Croft at Armadale Endurance LC February 2022
	800	Breast	21:52.46	<b>1-Feb-22</b>	WAM	Heather Croft at Armadale Endurance LC February 2022
	1500	Breast	43:21.02	<b>1-Jun-22</b>	WAM	Heather Croft at Armadale Endurance LC June 2022
75-79	50	Free	51.87	<b>24-Mar-24</b>	WAM	Elizabeth Dunn at 2024 ABCC Fremantle Club Carnival
	100	Free	2:04.72	<b>5-Oct-24</b>	WAM	Elizabeth Dunn at Armadale Club Championships 9 2024
	200	Free	4:34.39	<b>6-Apr-24</b>	WAM	Elizabeth Dunn at Armadale Club Championships 3 2024
	400	Free	13:43.54	<b>8-Dec-16</b>	WAM	Yvonne Lovegrove at Armadale Endurance 2016
	800	Free	26:21.84	<b>8-Dec-16</b>	WAM	Yvonne Lovegrove at Armadale Endurance 2016
	50	Back	1:08.94	<b>20-May-18</b>	WAM	Maria Plant at Stadium Masters LLCC 2018
	100	Back	2:58.10	<b>9-Mar-24</b>	WAM	Elizabeth Dunn at Armadale Club Championships 2 2024
	50	Breast	1:15.34	<b>8-Apr-18</b>	WAM	Maria Plant at Melville LiveLighter Club Challenge 2018
	100	Breast	3:12.30	<b>6-Mar-21</b>	WAM	Maria Plant at Club Championships 1 2021
80-84	50	Free	1:09.87	<b>24-Mar-24</b>	WAM	Maria Plant at 2024 ABCC Fremantle Club Carnival
	100	Free	3:07.80	<b>7-Mar-20</b>	WAM	Lexie Rankin at Club Championships 2 2020
	50	Back	1:26.12	<b>24-Mar-24</b>	WAM	Maria Plant at 2024 ABCC Fremantle Club Carnival
	100	Back	3:46.07	<b>11-Mar-23</b>	WAM	Maria Plant at Armadale Club Championships 2 2023
	50	Breast	1:38.79	<b>1-Feb-20</b>	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	<b>1-Mar-14</b>	WAM	Xavier Hardy at Armadale Club Championships 2 2014
	200 Free	3:37.66	<b>9-Feb-16</b>	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	400 Free	7:35.46	<b>11-Apr-13</b>	WAM	Xavier Hardy at Armadale Aerobics 2013
	50 Back	50.36	<b>6-Apr-13</b>	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	50 Breast	50.85	<b>9-Feb-16</b>	WAM	Xavier Hardy at Armadale Club Championships 1 2016
	100 Breast	1:52.87	<b>2-Mar-13</b>	WAM	Xavier Hardy at Armadale Club Championships 2 2013
	200 Breast	3:58.11	<b>6-Apr-13</b>	WAM	Xavier Hardy at Armadale Club Championships 3 2013
	400 Breast	8:14.74	<b>6-Mar-14</b>	WAM	Xavier Hardy at Armadale Aerobics 2014
	800 Breast	17:09.70	<b>6-Feb-14</b>	WAM	Xavier Hardy at Armadale Aerobics 2014
20-23	200 Free Relay	2:17.93	<b>12-Feb-12</b>	WAM	Fettes Falconer, Charles Croft, Gregory Frey, Graham Hicks
	200 Medley Relay	2:45.52	<b>26-Nov-17</b>	WAM	Graham Hicks, Charles Croft, Andrew Johnson, Colin Gibson
24-27	200 Free Relay	2:52.38	<b>3-Feb-13</b>	WAM	William Stevens, Stanley Brandwood, Jeffrey Sanders, Chris Millard
	200 Medley Relay	3:21.85	<b>3-May-15</b>	WAM	Graham Hicks, Hans Vosbergen, Charles Croft, Colin Gibson
25-29	400 Free	9:24.48	<b>25-Mar-14</b>	WAM	Raphael Dajon at Armadale Masters Aerobics 2014
	800 Free	20:25.21	<b>10-Apr-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
	400 Breast	9:07.14	<b>6-Mar-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
30-34	50 Free	36.79	<b>5-Feb-22</b>	WAM	Chris Kalms at Club Championships 1 2022
	200 Free	3:36.46	<b>5-Feb-22</b>	WAM	Chris Kalms at Club Championships 1 2022
	400 Free	6:40.20	<b>10-Dec-15</b>	WAM	David Kennedy at Armadale Aerobics 2015
	800 Free	14:01.08	<b>10-Dec-15</b>	WAM	David Kennedy at Armadale Aerobics 2015
	1500 Free	28:58.70	<b>1-Nov-20</b>	WAM	Luke Ormerod at Armadale Endurance LC 2020
35-39	50 Free	30.74	<b>16-Nov-08</b>	WAM	Craig Bean at Somerset BACC 2008
	100 Free	1:08.61	<b>6-Nov-21</b>	WAM	Shaun Williams at Club Championships 9 2021
	200 Free	2:55.88	<b>20-Jul-08</b>	WAM	Craig Bean at Maida Vale - Belmont BACC 2008
	400 Free	6:12.82	<b>3-Oct-22</b>	WAM	Shaun Williams at Armadale Endurance EMERALDS October 2022
	800 Free	12:55.58	<b>4-Jul-22</b>	WAM	Shaun Williams at Armadale Endurance EMERALDS July 2022
	1500 Free	28:24.13	<b>16-Oct-20</b>	WAM	Peter Daniels at Armadale Endurance LC 2000
	50 Back	41.97	<b>5-Apr-09</b>	WAM	Craig Bean at Melville BACC 2009
	400 Back	9:27.92	<b>3-Aug-22</b>	WAM	Luke Ormerod at Armadale Endurance EMERALDS August 2022
	800 Back	14:57.39	<b>1-Aug-21</b>	WAM	Shaun Williams at Armadale Endurance EMERALDS LC August 2021
	50 Breast	42.53	<b>5-Apr-09</b>	WAM	Craig Bean at Melville BACC 2009
	100 Breast	1:35.92	<b>16-Nov-08</b>	WAM	Craig Bean at Somerset BACC 2008
	200 Breast	3:44.47	<b>25-May-13</b>	WAM	Nigel Chaytor at Masters Swimming WA State Championships
	400 Breast	8:22.08	<b>20-Oct-13</b>	WAM	Nigel Chaytor at Armadale Aerobics 2013
	800 Breast	16:48.72	<b>1-Aug-21</b>	WAM	Shaun Williams at Armadale Endurance EMERALDS LC August 2021
	50 Fly	40.31	<b>22-Sep-13</b>	WAM	Nigel Chaytor at Stadium Snappers LLCC 2013
	100 Fly	1:27.92	<b>6-Nov-21</b>	WAM	Shaun Williams at Club Championships 9 2021
	400 IM	7:19.50	<b>2-Nov-22</b>	WAM	Shaun Williams at Armadale Endurance EMERALDS November 2022
	800 IM	19:39.45	<b>4-Jul-22</b>	WAM	Luke Ormerod at Armadale Endurance EMERALDS July 2022
	40-44	50 Free	34.21	<b>2-Apr-11</b>	WAM
100 Free		1:22.68	<b>3-Mar-12</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2012
200 Free		3:09.08	<b>25-Oct-20</b>	WAM	Daniel Douglas at Stadium Masters 2020 LLCC
400 Free		6:41.08	<b>5-Feb-20</b>	WAM	Daniel Douglas at Armadale Endurance LC 2020
800 Free		14:06.31	<b>4-Mar-20</b>	WAM	Daniel Douglas at Armadale Endurance LC March 2020
1500 Free		27:17.07	<b>2-Dec-20</b>	WAM	Daniel Douglas at Armadale Endurance LC 2020
50 Back		56.04	<b>5-Nov-11</b>	WAM	Colin Gibson at Armadale Club championships 9 2011
100 Back		2:17.06	<b>1-Nov-14</b>	WAM	Graham Bamford at Armadale Club Championships 10 2014
200 Back		4:33.05	<b>2-Apr-11</b>	WAM	Colin Gibson at Armadale Club Championships 2 2011

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

40-44	50 Breast	55.20	<b>14-Apr-12</b>	WAM	Simon Stiles at Armadale Club Championships 3 2012
	100 Breast	1:49.93	<b>3-Mar-12</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2012
	200 Breast	3:54.25	<b>2-Apr-11</b>	WAM	Kelvin Wright at Armadale Club Championships 2 2011
	400 Breast	8:56.03	<b>25-Feb-12</b>	WAM	Kelvin Wright at Armadale Virtual Aerobics 2012
	800 Breast	33:25.13	<b>1-Mar-21</b>	WAM	Sridhar Munusamy at Armadale Endurance LC EMERALDS March 2021
45-49	50 Free	28.17	<b>18-Apr-18</b>	WAM	Andrew Johnson at MSA National Championships
	100 Free	1:03.39	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	200 Free	2:26.48	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	400 Free	7:17.84	<b>7-Apr-16</b>	WAM	Colin Gibson at Armadale Endurance 2016
	800 Free	13:47.01	<b>24-Jan-17</b>	WAM	Andrew Johnson at Armadale Endurance 2017
	1500 Free	30:47.60	<b>30-Oct-12</b>	WAM	Colin Gibson at Armadale Aerobics 2012
	50 Back	35.77	<b>18-Apr-18</b>	WAM	Andrew Johnson at MSA National Championships
	100 Back	1:20.49	<b>18-Apr-18</b>	WAM	Andrew Johnson at MSA National Championships
	200 Back	4:43.38	<b>14-Apr-12</b>	WAM	Colin Gibson at Armadale Club Championships 3 2012
	400 Back	10:34.45	<b>6-Feb-14</b>	WAM	Colin Gibson at Armadale Aerobics 2014
	800 Back	24:12.14	<b>22-Nov-16</b>	WAM	Colin Gibson at Armadale Endurance 2016
	50 Breast	38.74	<b>8-Apr-18</b>	WAM	Andrew Johnson at Melville LiveLighter Club Challenge 2018
	100 Breast	1:25.32	<b>18-Apr-18</b>	WAM	Andrew Johnson at MSA National Championships
	200 Breast	4:02.27	<b>5-Apr-09</b>	WAM	Chris Millard at Melville BACC 2009
	400 Breast	10:34.22	<b>18-Feb-12</b>	WAM	Louw Anderson at Armadale Aerobics 2012
	800 Breast	22:07.76	<b>20-Dec-16</b>	WAM	Colin Gibson at Armadale Endurance 2016
	50 Fly	31.23	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	100 Fly	1:15.08	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	200 IM	2:47.64	<b>29-Apr-17</b>	WAM	Andrew Johnson at Masters Swimming WA State Championships
	50-54	50 Free	32.08	<b>20-Apr-24</b>	WAM
100 Free		1:14.79	<b>20-Apr-24</b>	WAM	Wayne Sams-Hayes at Masters Swimming WA State Championships
200 Free		2:50.28	<b>5-Mar-11</b>	WAM	Gregory Frey at Armadale Club Championships 1 2011
400 Free		5:37.50	<b>7-Feb-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS February 2022
800 Free		11:50.66	<b>7-Feb-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS February 2022
1500 Free		22:47.92	<b>5-Jan-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS LC January 2022
50 Back		44.57	<b>24-Mar-24</b>	WAM	Wayne Sams-Hayes at 2024 ABCC Fremantle Club Carnival
100 Back		1:43.50	<b>3-Mar-12</b>	WAM	Gregory Frey at Armadale Club Championships 2 2012
200 Back		4:33.90	<b>3-Dec-11</b>	WAM	Ross Doherty at Armadale Club Championships 10 2011
400 Back		8:01.87	<b>3-Aug-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
800 Back		17:25.74	<b>5-Sep-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS September 2022
50 Breast		41.95	<b>24-Mar-24</b>	WAM	Wayne Sams-Hayes at 2024 ABCC Fremantle Club Carnival
100 Breast		1:35.28	<b>20-Apr-24</b>	WAM	Wayne Sams-Hayes at Masters Swimming WA State Championships
200 Breast		3:38.40	<b>3-Feb-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 1 2024
400 Breast		8:21.69	<b>3-Aug-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
800 Breast		17:40.96	<b>3-Aug-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
50 Fly		38.55	<b>5-Oct-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 9 2024
400 Fly		11:29.21	<b>3-Aug-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS August 2022
200 IM		3:27.83	<b>4-Nov-23</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 10 2023
400 IM		8:01.19	<b>8-Jun-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS June 2022
800 IM	16:21.98	<b>5-Sep-22</b>	WAM	Gerard van den Berg at Armadale Endurance EMERALDS September 2022	
55-59	50 Free	32.66	<b>20-Feb-11</b>	WAM	Graham Cragg at Newman Churchlands BACC 2011
	100 Free	1:14.43	<b>11-Sep-11</b>	WAM	Graham Hicks at Stadium Snappers BACC 11 Sep 2011
	200 Free	2:51.24	<b>20-Feb-11</b>	WAM	Graham Hicks at Newman Churchlands BACC 2011
	400 Free	6:07.95	<b>20-Mar-11</b>	WAM	Graham Cragg at Armadale Aerobics 2011
	800 Free	12:46.80	<b>18-Feb-14</b>	WAM	Gregory Frey at Armadale Aerobics 2014
	1500 Free	24:52.66	<b>1-Aug-24</b>	WAM	Marcel Weijers at Armadale Endurance LC August 2024
	50 Back	41.67	<b>26-Apr-11</b>	WAM	Graham Cragg at Masters Swimming Australia National Champions
	100 Back	1:43.26	<b>1-Mar-14</b>	WAM	Gregory Frey at Armadale Club Championships 2 2014

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

55-59	200	Back	3:46.00	<b>3-Dec-11</b>	WAM	Graham Hicks at Armadale Club Championships 10 2011
	400	Back	7:34.84	<b>26-Feb-11</b>	WAM	Graham Cragg at Armadale Virtual Aerobics 2011
	800	Back	17:59.69	<b>1-Sep-24</b>	WAM	Marcel Weijers at Armadale Endurance LC September 2024
	1500	Back	50:03.19	<b>29-Dec-15</b>	WAM	Jeffrey Sanders at Armadale Aerobics 2015
	50	Breast	36.49	<b>26-Apr-11</b>	WAM	Graham Cragg at Masters Swimming Australia National Champions
	100	Breast	1:24.45	<b>26-Apr-11</b>	WAM	Graham Cragg at Masters Swimming Australia National Champions
	200	Breast	3:07.62	<b>2-Apr-11</b>	WAM	Graham Cragg at Armadale Club Championships 2 2011
	400	Breast	6:57.81	<b>20-Mar-11</b>	WAM	Graham Cragg at Armadale Aerobics 2011
	800	Breast	13:37.33	<b>26-Jun-11</b>	WAM	Graham Cragg at Riverton 400 800 Meet
	1500	Breast	42:38.25	<b>2-Aug-15</b>	WAM	Jeffrey Sanders at 2015 Somerset 1500m Event
	50	Fly	1:01.83	<b>20-Sep-15</b>	WAM	Jeffrey Sanders at Stadium Masters LL Club Challenge 2015
	100	Fly	1:35.65	<b>2-Nov-13</b>	WAM	Graham Cragg at Armadale Club Championships 10 2013
	400	Fly	12:15.44	<b>1-Mar-24</b>	WAM	Marcel Weijers at Armadale Endurance LC March 2024
	200	IM	3:22.99	<b>3-Dec-11</b>	WAM	Graham Cragg at Armadale Club Championships 10 2011
	400	IM	9:07.00	<b>1-Jan-24</b>	WAM	Marcel Weijers at Armadale Endurance LC January 2024
	800	IM	18:58.25	<b>1-Mar-24</b>	WAM	Marcel Weijers at Armadale Endurance LC March 2024
	60-64	50	Free	33.27	<b>1-Apr-12</b>	WAM
100		Free	1:15.80	<b>24-May-14</b>	WAM	Graham Hicks at Masters Swimming WA State Championships
200		Free	2:55.50	<b>12-Feb-12</b>	WAM	Graham Hicks at Newman Churchlands BACC 2012
400		Free	6:26.36	<b>12-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015
800		Free	13:23.48	<b>24-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015
1500		Free	27:16.25	<b>8-Jan-12</b>	WAM	Graham Hicks at Armadale Aerobics 2012
50		Back	44.87	<b>9-Feb-16</b>	WAM	Graham Cragg at Armadale Club Championships 1 2016
100		Back	1:38.74	<b>1-Apr-12</b>	WAM	Graham Hicks at Melville BACC 2012
200		Back	3:36.00	<b>22-Sep-13</b>	WAM	Graham Hicks at Stadium Snappers LLCC 2013
400		Back	7:49.39	<b>12-Mar-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015
800		Back	16:41.91	<b>11-Apr-13</b>	WAM	Graham Hicks at Armadale Aerobics 2013
50		Breast	39.50	<b>18-Apr-15</b>	WAM	Graham Cragg at West Coast Masters Carnival 2015
100		Breast	1:28.18	<b>18-Apr-15</b>	WAM	Graham Cragg at West Coast Masters Carnival 2015
200		Breast	3:26.84	<b>9-Feb-16</b>	WAM	Graham Cragg at Armadale Club Championships 1 2016
400		Breast	7:12.39	<b>24-Feb-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015
800		Breast	15:08.43	<b>22-Feb-14</b>	WAM	Graham Cragg at Armadale Virtual Rottnest Aerobic 2014
1500		Breast	35:10.34	<b>30-Mar-14</b>	WAM	Charles Croft at Armadale Aerobics 2014
50		Fly	39.34	<b>1-Feb-14</b>	WAM	Graham Cragg at Club Championships 1 2014
200		IM	3:18.40	<b>1-Feb-14</b>	WAM	Graham Cragg at Club Championships 1 2014
65-69		50	Free	34.37	<b>8-Apr-18</b>	WAM
	100	Free	1:21.66	<b>26-Nov-17</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2017
	200	Free	3:08.58	<b>4-Mar-12</b>	WAM	Fettes Falconer at Masters Swimming WA State Championships
	400	Free	6:52.88	<b>18-Apr-18</b>	WAM	Charles Croft at MSA National Championships
	800	Free	14:05.64	<b>18-Apr-18</b>	WAM	Charles Croft at MSA National Championships
	1500	Free	28:12.18	<b>26-Nov-18</b>	WAM	Charles Croft at Cockburn Endurance 2018
	50	Back	44.56	<b>8-Apr-18</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
	100	Back	1:39.87	<b>8-Apr-18</b>	WAM	Graham Hicks at Melville LiveLighter Club Challenge 2018
	400	Back	7:53.47	<b>25-Jul-18</b>	WAM	Charles Croft at Armadale Endurance 2018
	800	Back	16:54.73	<b>1-Jan-19</b>	WAM	Charles Croft at Cockburn Endurance 2019
	1500	Back	33:55.23	<b>1-Aug-19</b>	WAM	Charles Croft at Armadale Endurance LC 2019
	50	Breast	44.65	<b>29-Apr-17</b>	WAM	Charles Croft at Masters Swimming WA State Championships
	100	Breast	1:39.79	<b>18-Apr-15</b>	WAM	Charles Croft at West Coast Masters Carnival 2015
	200	Breast	3:39.65	<b>20-May-18</b>	WAM	Charles Croft at Stadium Masters LLCC 2018
	400	Breast	8:14.10	<b>16-Oct-18</b>	WAM	Charles Croft at Cockburn Endurance
	800	Breast	16:59.82	<b>24-Mar-15</b>	WAM	Charles Croft at Armadale Aerobics 2015
	1500	Breast	33:54.47	<b>28-Feb-17</b>	WAM	Charles Croft at Armadale Endurance 1000
	50	Fly	59.94	<b>18-Apr-15</b>	WAM	Charles Croft at West Coast Masters Carnival 2015
	200	IM	4:03.89	<b>15-Oct-16</b>	WAM	Charles Croft at Masters Swimming WA All Club Challenge



### Armadale Masters Swimming

#### RECORDS Armadale Masters LC

70-74	50 Free	35.56	<b>1-Apr-23</b>	WAM	Graham Hicks at Armadale Club Championships 3 2023
	100 Free	1:27.69	<b>7-May-22</b>	WAM	Graham Hicks at Armadale Club Championships 4 2022
	200 Free	3:07.68	<b>19-Feb-17</b>	WAM	Bert Vosbergen at NewmanChurchlands LiveLighter Challenge 2017
	400 Free	6:54.09	<b>21-Feb-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017
	800 Free	14:24.55	<b>24-Jan-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017
	1500 Free	29:15.27	<b>31-Jul-21</b>	WAM	Charles Croft at Armadale Endurance LC July 2021
	50 Back	47.75	<b>2-Apr-22</b>	WAM	Graham Hicks at Armadale Club Championships 3 2022
	100 Back	1:56.18	<b>12-Mar-22</b>	WAM	Graham Hicks at Armadale Club Championships 2 2022
	200 Back	4:12.26	<b>3-Feb-24</b>	WAM	Graham Hicks at Armadale Club Championships 1 2024
	400 Back	8:40.52	<b>1-Mar-22</b>	WAM	Charles Croft at Armadale Endurance LC March 2022
	800 Back	17:20.87	<b>1-Sep-20</b>	WAM	Charles Croft at Armadale Endurance LC 2020
	1500 Back	34:15.02	<b>1-Oct-20</b>	WAM	Charles Croft at Armadale Endurance LC 2020
	50 Breast	47.79	<b>24-Oct-21</b>	WAM	Charles Croft at Stadium Masters LLCC 2021
	100 Breast	1:44.51	<b>18-Jul-21</b>	WAM	Charles Croft at Riverton LLCC Meet
	200 Breast	3:48.47	<b>18-Jul-21</b>	WAM	Charles Croft at Riverton LLCC Meet
	400 Breast	8:23.76	<b>1-Nov-20</b>	WAM	Charles Croft at Armadale Endurance LC 2020
	800 Breast	17:50.05	<b>1-Feb-22</b>	WAM	Charles Croft at Armadale Endurance LC Feruary 2022
	1500 Breast	33:20.61	<b>31-Jul-21</b>	WAM	Charles Croft at Armadale Endurance LC July 2021
	400 IM	8:58.14	<b>1-Jul-21</b>	WAM	Charles Croft at Armadale Endurance LC July 2021
75-79	50 Free	41.50	<b>24-Mar-24</b>	WAM	Fettes Falconer at 2024 ABCC Fremantle Club Carnival
	100 Free	1:38.50	<b>12-Mar-22</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2022
	200 Free	3:52.52	<b>3-Feb-24</b>	WAM	Fettes Falconer at Armadale Club Championships 1 2024
	400 Free	8:24.25	<b>1-Mar-24</b>	WAM	Fettes Falconer at Armadale Endurance LC March 2024
	800 Free	19:11.30	<b>18-Nov-12</b>	WAM	Stanley Brandwood at Armadale Aerobics 2012
	1500 Free	36:51.17	<b>27-Jan-13</b>	WAM	Stanley Brandwood at Armadale Aerobics 2013
	50 Back	1:02.98	<b>2-Apr-22</b>	WAM	Fettes Falconer at Armadale Club Championships 3 2022
	100 Back	2:24.60	<b>12-Mar-22</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2022
	200 Back	5:16.60	<b>6-Apr-24</b>	WAM	Fettes Falconer at Armadale Club Championships 3 2024
	400 Back	10:51.67	<b>1-Aug-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC August 2022
	800 Back	22:22.82	<b>1-Aug-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC August 2022
	1500 Back	43:55.41	<b>1-Aug-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC August 2022
	50 Breast	57.97	<b>1-Oct-22</b>	WAM	Hans Vosbergen at Armadale Club Championships 9 2022
	100 Breast	2:19.35	<b>7-Oct-23</b>	WAM	Hans Vosbergen at Armadale Club Championships 9 2023
	200 Breast	5:05.06	<b>5-Feb-22</b>	WAM	Hans Vosbergen at Armadale Club Championships 1 2022
	400 Breast	10:48.58	<b>1-Feb-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC Feruary 2022
	800 Breast	22:05.99	<b>1-Aug-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC August 2022
	1500 Breast	42:50.01	<b>1-Aug-22</b>	WAM	Hans Vosbergen at Armadale Endurance LC August 2022
	50 Fly	1:21.87	<b>3-Feb-13</b>	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	<b>20-Jul-08</b>	WAM	Nicole Badani, Ross Doherty, Gillian Caruso, Craig Bean
16-19	200 Free Relay	2:19.28	<b>29-May-17</b>	WAM	Tania O'Sheehan, Charles Croft, Sarah Dean, Andrew Johnson
	200 Medley Relay	2:41.22	<b>24-Mar-24</b>	WAM	Sarah Carr, Charles Croft, Natalie, Upson, Wayne Sams-Hayes
20-23	200 Free Relay	2:22.34	<b>18-Apr-15</b>	WAM	Rowena Burch, Charles Croft, Rebecca Yip, Graham Cragg
	200 Medley Relay	2:36.17	<b>30-May-17</b>	WAM	Gillian Caruso, Andrew Johnson, Tania O'Sheehan, Fettes Falconer
24-27	200 Free Relay	3:29.26	<b>20-Jul-08</b>	WAM	Charles Croft, Yvonne Lovegrove, Lexie Rankin, Graham Hicks
	200 Medley Relay	3:20.96	<b>24-Mar-24</b>	WAM	Graham Hicks, Alicia Sams-Hayes, Megan Webster, Fettes Falconer
28-31	200 Free Relay	3:13.29	<b>24-Mar-24</b>	WAM	Liz Dunn, Fettes Falconer, Graham Hicks, Rose Fenton