

## 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 | Liz Dunn, Heather Croft, Linda Cragg, Gillian Caruso       |
|       | 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 | Natalie Upson at 2024 ABCC Fremantle Club Carnival         |
|       | 100  | Free         | 1:13.66  | <b>7-Mar-20</b>  | WAM | Alexandra Holt at Club Championships 2 2020                |
|       | 200  | Free         | 2:33.68  | <b>3-May-25</b>  | WAM | Natalie Upson at Masters Swimming WA State Championships   |
|       | 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         | 1:19.35  | <b>3-May-25</b>  | WAM | Natalie Upson at Masters Swimming WA State Championships   |
|       | 200  | Back         | 2:48.66  | <b>3-May-25</b>  | WAM | Natalie Upson at Masters Swimming WA State Championships   |

## 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     | 2:52.58  | <b>3-May-25</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   | 2:42.12  | <b>3-May-25</b>  | WAM | Sarah Carr at Masters Swimming WA State Championships         |
|       | 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   | 34.57    | <b>3-May-25</b>  | WAM | Megan Webster at Masters Swimming WA State Championships       |
|       | 100  | Free   | 1:18.43  | <b>8-Mar-25</b>  | WAM | Megan Webster at Armadale Club Championships 2 2025            |
|       | 200  | Free   | 2:55.80  | <b>16-Feb-25</b> | WAM | Megan Webster at Newman Churchlands ABC Club Challenge 2025    |
|       | 400  | Free   | 6:30.13  | <b>1-Dec-24</b>  | WAM | Megan Webster at Armadale Endurance LC December 2024           |
|       | 800  | Free   | 12:53.16 | <b>1-Mar-25</b>  | WAM | Megan Webster at Armadale Endurance LC March 2025              |
|       | 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 | 46.85    | <b>30-Mar-25</b> | WAM | Megan Webster at 2025 ABCC Fremantle Club Carnival             |
|       | 100  | Breast | 1:44.74  | <b>3-May-25</b>  | WAM | Megan Webster at Masters Swimming WA State Championships       |
|       | 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    | 3:57.27  | <b>3-May-25</b>  | WAM | Megan Webster at Masters Swimming WA State Championships       |
|       | 400  | Fly    | 8:41.89  | <b>1-Mar-25</b>  | WAM | Megan Webster at Armadale Endurance LC March 2025              |
|       | 800  | Fly    | 17:39.55 | <b>1-Mar-25</b>  | WAM | Megan Webster at Armadale Endurance LC March 2025              |
|       | 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     | 16:19.61 | <b>1-Apr-25</b>  | WAM | Megan Webster at Armadale Endurance LC April 2025              |
| 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 | 50   | Free         | 31.41    | <b>30-Mar-25</b> | WAM | Matthew Burgess at 2025 ABCC Fremantle Club Carnival               |
|       | 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         | 6:28.42  | <b>1-Jan-25</b>  | WAM | Matthew Burgess at Armadale Endurance LC January 2025              |
|       | 50   | Back         | 50.36    | <b>6-Apr-13</b>  | WAM | Xavier Hardy at Armadale Club Championships 3 2013                 |
|       | 50   | Breast       | 38.87    | <b>30-Mar-25</b> | WAM | Matthew Burgess at 2025 ABCC Fremantle Club Carnival               |
|       | 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                             |
|       | 50   | Fly          | 31.62    | <b>30-Mar-25</b> | WAM | Matthew Burgess at 2025 ABCC Fremantle Club Carnival               |
| 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 | Kelvin Wright at Armadale Club Championships 2 2011                |
|       | 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                 |

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

|       |      |        |          |                  |     |                                                                    |
|-------|------|--------|----------|------------------|-----|--------------------------------------------------------------------|
| 40-44 | 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                 |
|       | 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 | Wayne Sams-Hayes at Masters Swimming WA State Championships        |
|       | 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   | 24:42.38 | <b>1-Jun-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC June 2025                  |

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

|       |      |        |          |                  |     |                                                               |
|-------|------|--------|----------|------------------|-----|---------------------------------------------------------------|
| 55-59 | 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            |
|       | 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   | 17:45.77 | <b>1-Jun-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC June 2025             |
|       | 1500 | Back   | 34:18.58 | <b>1-Jun-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC June 2025             |
|       | 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 | 36:40.86 | <b>1-Jun-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC June 2025             |
|       | 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    | 8:58.87  | <b>1-Feb-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC February 2025         |
|       | 800  | Fly    | 18:53.84 | <b>1-Jun-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC June 2025             |
|       | 200  | IM     | 3:22.99  | <b>3-Dec-11</b>  | WAM | Graham Cragg at Armadale Club Championships 10 2011           |
|       | 400  | IM     | 8:06.80  | <b>1-Apr-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC April 2025            |
|       | 800  | IM     | 17:18.22 | <b>1-Feb-25</b>  | WAM | Marcel Weijers at Armadale Endurance LC February 2025         |
| 60-64 | 50   | Free   | 33.27    | <b>1-Apr-12</b>  | WAM | Graham Hicks at Melville BACC 2012                            |
|       | 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 | Graham Hicks at Melville LiveLighter Club Challenge 2018      |
|       | 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                       |

## Armadale Masters Swimming

### RECORDS Armadale Masters LC

|       |      |        |          |                  |     |                                                                |
|-------|------|--------|----------|------------------|-----|----------------------------------------------------------------|
| 65-69 | 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        |
| 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   | 39.56    | <b>16-Feb-25</b> | WAM | Charles Croft at Newman Churchlands ABC Club Challenge 2025    |
|       | 100  | Free   | 1:38.50  | <b>12-Mar-22</b> | WAM | Fettes Falconer at Armadale Club Championships 2 2022          |
|       | 200  | Free   | 3:39.75  | <b>16-Feb-25</b> | WAM | Charles Croft at Newman Churchlands ABC Club Challenge 2025    |
|       | 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   | 52.87    | <b>30-Mar-25</b> | WAM | Charles Croft at 2025 ABCC Fremantle Club Carnival             |
|       | 100  | Back   | 1:58.01  | <b>8-Mar-25</b>  | WAM | Charles Croft at Armadale Club Championships 2 2025            |
|       | 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 | 50.44    | <b>30-Mar-25</b> | WAM | Charles Croft at 2025 ABCC Fremantle Club Carnival             |
|       | 100  | Breast | 1:55.19  | <b>16-Feb-25</b> | WAM | Charles Croft at Newman Churchlands ABC Club Challenge 2025    |
|       | 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**

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**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             |