

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

#### SC Meters-Female

12-15	100 Medley Relay	1:15.43	<b>1-May-10</b>	WAM	Nicole Badani, Heather Adams, Catriona Adams, Gillian Adams	
16-19	100 Free Relay	1:09.86	<b>2-May-10</b>	WAM	Catrions Adams, Nicole Badani, Mary Plant, Gillian Caruso	
	100 Medley Relay	1:31.78	<b>18-Aug-13</b>	WAM	Heather Jeps, Heather Adams, Gillian Caruso, Zita Badger	
	200 Medley Relay	3:00.78	<b>3-Aug-19</b>	WAM	Janine Hunt, Maree Lim, Alexandra Holt, Vicki Kelly	
18-24	25 Free	16.32	<b>14-Jul-12</b>	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012	
	50 Free	35.08	<b>19-Jun-11</b>	WAM	Jacqueline Briggs at Mandurah BACC 2011	
	100 Free	1:08.34	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010	
	200 Free	3:12.44	<b>2-Jul-11</b>	WAM	Jacqueline Briggs at Armadale Club Championships 5 2011	
	400 Free	5:42.99	<b>9-May-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013	
	800 Free	11:28.98	<b>27-Apr-10</b>	WAM	Catriona Adams at Armadale Aerobics 2010	
	50 Back	35.46	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010	
	100 Back	1:14.86	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010	
	400 Back	6:02.66	<b>9-May-13</b>	WAM	Catriona Adams at Armadale Aerobics 2013	
	25 Breast	22.01	<b>8-Nov-19</b>	WAM	Julie Loxton at Eastern Hills Club Challenge	
	50 Breast	48.64	<b>8-Nov-19</b>	WAM	Julie Loxton at Eastern Hills Club Challenge	
	100 Breast	1:45.09	<b>8-Nov-19</b>	WAM	Julie Loxton at Eastern Hills Club Challenge	
	200 Breast	4:25.95	<b>14-Jul-12</b>	WAM	Jacqueline Briggs at Armadale Club Championships 6 2012	
	400 Breast	10:00.08	<b>1-Sep-25</b>	WAM	Anika van Dijk at Armadale Endurance SC September 2025	
	25 Fly	20.58	<b>1-Oct-11</b>	WAM	Jacqueline Briggs at Armadale Club Championships 8 2011	
	100 IM	1:16.17	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010	
	200 IM	2:44.85	<b>1-May-10</b>	WAM	Catriona Adams at Masters Swimming WA State Championships 2010	
	400 IM	9:37.62	<b>23-Jun-15</b>	WAM	Jacqueline Briggs at Armadale Aerobics 2015	
	20-23	100 Free Relay	1:15.90	<b>2-Jul-17</b>	WAM	Gillian Caruso, Elizabeth Dunn, Linda Cragg, Rowena Burch
		100 Medley Relay	1:32.09	<b>29-Jul-23</b>	WAM	Elizabeth Dunn, Heather Croft, Sarah Carr, Alicia Sams-Hayes
200 Medley Relay		3:04.55	<b>18-Aug-24</b>	WAM	Sarah Carr, Gemma Jones, Megan Webster, Liz Dunn	
24-27	100 Free Relay	1:41.84	<b>18-Aug-13</b>	WAM	Jannette Edwards, Jennifer Findlay, Linda Cragg, Lexie Rankin	
	200 Free Relay	3:03.35	<b>29-Jul-23</b>	WAM	Sarah Cuttan Ragan, Elizabeth Dunn, Heather Croft, Sarah Carr	
	100 Medley Relay	1:50.44	<b>3-Aug-19</b>	WAM	Pamela Pearson, Heather Adams, Maree Lim, Lexie Rankin	
25-29	25 Free	16.45	<b>1-Aug-20</b>	WAM	Julie Loxton at Club Championships 4 2020	
	50 Free	35.68	<b>7-Apr-19</b>	WAM	Nichola Jones at Mandurah Masters LL Club Challenge 2019	
	100 Free	1:16.78	<b>30-Aug-20</b>	WAM	Julie Loxton at Claremont Masters Just 100s	
	200 Free	2:52.34	<b>2-Feb-19</b>	WAM	Nichola Jones at Armadale Club Championships 1 2019	
	400 Free	6:04.21	<b>26-Feb-19</b>	WAM	Nichola Jones at Armadale Endurance 2019	
	800 Free	12:05.62	<b>26-Feb-19</b>	WAM	Nichola Jones at Armadale Endurance 2019	
	25 Back	19.55	<b>7-Apr-19</b>	WAM	Nichola Jones at Mandurah Masters LL Club Challenge 2019	
	50 Back	46.25	<b>6-Jul-14</b>	WAM	Louisa Cockram at Swan Hills LLCC 2014	
	100 Back	1:18.64	<b>21-Jun-15</b>	WAM	Catriona Adams at Mandurah Masters 2015 LLCC	
	400 Back	8:29.84	<b>17-Sep-20</b>	WAM	Jacqueline Briggs at Armadale Endurance SC 2020	
	50 Breast	50.91	<b>13-Jun-10</b>	WAM	Claire Dowling at Mandurah BACC 2010	
	100 Breast	1:41.47	<b>30-Aug-20</b>	WAM	Julie Loxton at Claremont Masters Just 100s	
	400 Breast	10:16.73	<b>1-Jun-25</b>	WAM	Chloe Denver at Armadale Endurance SC June 2025	
	800 Breast	17:50.13	<b>11-May-10</b>	WAM	Claire Dowling at Armadale Aerobics 2010	
	25 Fly	18.64	<b>5-Sep-20</b>	WAM	Julie Loxton at Club Championships 5 2020	
	50 Fly	37.62	<b>21-Jun-15</b>	WAM	Catriona Adams at Mandurah Masters 2015 LLCC	
	100 IM	1:20.54	<b>21-Jun-15</b>	WAM	Catriona Adams at Mandurah Masters 2015 LLCC	
	30-34	25 Free	15.55	<b>7-Jun-14</b>	WAM	Rowena Burch at Armadale Club Championships 5 2014
		50 Free	33.43	<b>6-Jul-24</b>	WAM	Natalie Upson at Armadale Club Championships 6 2024
100 Free		1:11.55	<b>30-Aug-20</b>	WAM	Alexandra Holt at Claremont Masters Just 100s	

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### RECORDS Armadale Masters SC

30-34	200 Free	2:40.82	<b>7-Sep-24</b>	WAM	Natalie Upson at Armadale Club Championships 8 2024	
	400 Free	5:36.34	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	800 Free	11:18.93	<b>17-Sep-20</b>	WAM	Alexandra Holt at Armadale Endurance SC 2020	
	1500 Free	23:13.65	<b>6-Oct-16</b>	WAM	Rowena Burch at Armadale Endurance 2016	
	25 Back	17.72	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	50 Back	38.72	<b>3-Aug-24</b>	WAM	Natalie Upson at Armadale Club Championships 7 2024	
	100 Back	1:21.68	<b>6-Jul-24</b>	WAM	Natalie Upson at Armadale Club Championships 6 2024	
	200 Back	2:55.73	<b>10-May-25</b>	WAM	Natalie Upson at Armadale Club Championships 4 2025	
	400 Back	6:04.45	<b>20-Sep-20</b>	WAM	Alexandra Holt at Leeming LiveLighter 400-800m Event	
	800 Back	12:18.62	<b>20-Sep-20</b>	WAM	Alexandra Holt at Leeming LiveLighter 400-800m Event	
	1500 Back	24:49.94	<b>20-Sep-16</b>	WAM	Rowena Burch at Armadale Endurance 2016	
	25 Breast	17.39	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	50 Breast	38.91	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	100 Breast	1:24.55	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	200 Breast	3:02.03	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	400 Breast	6:29.28	<b>23-Nov-19</b>	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet	
	800 Breast	13:14.35	<b>23-Nov-19</b>	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet	
	1500 Breast	25:17.66	<b>23-Nov-19</b>	WAM	Alexandra Holt at Swan Hills 1500m Swim Meet	
	25 Fly	16.98	<b>7-Sep-24</b>	WAM	Natalie Upson at Armadale Club Championships 8 2024	
	50 Fly	36.85	<b>3-Sep-16</b>	WAM	Rowena Burch at Armadale Club Championships 7 2016	
	100 Fly	1:22.25	<b>3-Sep-16</b>	WAM	Rowena Burch at Armadale Club Championships 7 2016	
	200 Fly	3:09.92	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	400 Fly	6:47.43	<b>23-Jun-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	800 Fly	13:58.64	<b>10-Sep-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	100 IM	1:21.51	<b>30-Aug-20</b>	WAM	Alexandra Holt at Claremont Masters Just 100s	
	200 IM	2:50.30	<b>11-Apr-26</b>	WAM	Natalie Upson at Masters Swimming WA State Championships 2026	
	400 IM	6:20.99	<b>8-Apr-15</b>	WAM	Rowena Burch at 40th MSA National Championships 2015	
	800 IM	13:19.69	<b>21-Apr-15</b>	WAM	Rowena Burch at Armadale Aerobics 2015	
	35-39	25 Free	14.41	<b>7-Aug-21</b>	WAM	Sarah Carr at Club Championships 6, 2021
		50 Free	31.32	<b>4-Sep-21</b>	WAM	Sarah Carr at Club Championships 7 2021
		100 Free	1:12.20	<b>5-Jun-21</b>	WAM	Sarah Carr at Club Championships 4, 2021
		200 Free	3:37.98	<b>4-Apr-15</b>	WAM	Vanessa Toop at Armadale Club Championships 1 2015
		400 Free	6:13.28	<b>1-Jun-22</b>	WAM	Sarah Carr at Armadale Endurance SC June 2022
		800 Free	13:07.38	<b>25-Jul-17</b>	WAM	Tania O'sheehan at Armadale Endurance 2017
		25 Back	15.99	<b>28-Nov-21</b>	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge
		50 Back	33.88	<b>28-Nov-21</b>	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge
		100 Back	1:14.47	<b>27-Mar-21</b>	WAM	Sarah Carr at Masters Swimming WA State Championships
		200 Back	2:50.58	<b>17-Jul-21</b>	WAM	Sarah Carr at Club Championships 5 2021
		400 Back	6:24.92	<b>1-Aug-21</b>	WAM	Sarah Carr at Armadale Endurance SC August 2021
		800 Back	17:06.52	<b>22-Sep-15</b>	WAM	Vanessa Toop at Armadale Aerobics 2015
25 Breast		18.45	<b>17-Jul-21</b>	WAM	Sarah Carr at Club Championships 5 2021	
50 Breast		39.57	<b>6-Aug-22</b>	WAM	Sarah Carr at Armadale Club Championships 7 2022	
100 Breast		1:21.56	<b>28-Nov-21</b>	WAM	Sarah Carr at Mandurah Masters Live Lighter Club Challenge	
200 Breast		3:15.38	<b>27-Mar-21</b>	WAM	Sarah Carr at Masters Swimming WA State Championships	
400 Breast		7:23.92	<b>1-Jun-22</b>	WAM	Sarah Carr at Armadale Endurance SC June 2022	
800 Breast		17:36.90	<b>18-Apr-17</b>	WAM	Vanessa Toop at Armadale Endurance 2017	
25 Fly		17.51	<b>6-Aug-22</b>	WAM	Alexandra Holt at Armadale Club Championships 7 2022	
50 Fly		36.14	<b>2-Apr-17</b>	WAM	Tania O'sheehan at Mandurah Masters Livelighter Club Challenge	
100 Fly		1:22.94	<b>7-Aug-21</b>	WAM	Sarah Carr at Club Championships 6, 2021	
400 Fly		8:01.89	<b>1-Jun-22</b>	WAM	Sarah Carr at Armadale Endurance SC June 2022	
800 Fly		16:39.21	<b>1-Jun-22</b>	WAM	Sarah Carr at Armadale Endurance SC June 2022	
100 IM		1:16.75	<b>4-Sep-21</b>	WAM	Sarah Carr at Club Championships 7 2021	
200 IM		2:53.82	<b>2-Jul-22</b>	WAM	Sarah Carr at Armadale Club Championships 6 2022	
400 IM		6:37.11	<b>1-Aug-21</b>	WAM	Sarah Carr at Armadale Endurance SC August 2021	

### Armadale Masters Swimming

#### RECORDS Armadale Masters SC

40-44	25	Free	14.05	<b>11-Apr-26</b>	WAM	Sarah Carr at Masters Swimming WA State Championships 2026	
	50	Free	30.75	<b>11-Apr-26</b>	WAM	Sarah Carr at Masters Swimming WA State Championships 2026	
	100	Free	1:07.32	<b>11-Apr-26</b>	WAM	Sarah Carr at Masters Swimming WA State Championships 2026	
	200	Free	2:43.05	<b>9-Aug-25</b>	WAM	Sarah Carr at Armadale Club Championships 7 2025	
	400	Free	5:40.64	<b>1-Sep-23</b>	WAM	Sarah Carr at Armadale Endurance SC September 2023	
	800	Free	12:48.93	<b>1-Jul-23</b>	WAM	Sarah Carr at Armadale Endurance SC July 2023	
	1500	Free	24:11.81	<b>1-Aug-23</b>	WAM	Sarah Carr at Armadale Endurance SC August 2023	
	25	Back	15.93	<b>19-Nov-23</b>	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023	
	50	Back	33.42	<b>19-Nov-23</b>	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023	
	100	Back	1:14.32	<b>19-Nov-23</b>	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023	
	200	Back	2:47.74	<b>3-Jun-23</b>	WAM	Sarah Carr at Armadale Club Championships 5 2023	
	400	Back	6:21.48	<b>1-Jun-23</b>	WAM	Sarah Carr at Armadale Endurance SC June 2023	
	800	Back	12:58.68	<b>1-Jul-23</b>	WAM	Sarah Carr at Armadale Endurance SC July 2023	
	1500	Back	25:03.79	<b>1-Jul-23</b>	WAM	Sarah Carr at Armadale Endurance SC July 2023	
	25	Breast	17.69	<b>3-Aug-24</b>	WAM	Sarah Carr at Armadale Club Championships 7 2024	
	50	Breast	38.66	<b>19-Nov-23</b>	WAM	Sarah Carr at Mandurah Masters ABCCC SC 2023	
	100	Breast	1:22.57	<b>3-Aug-24</b>	WAM	Sarah Carr at Armadale Club Championships 7 2024	
	200	Breast	3:10.65	<b>7-Sep-24</b>	WAM	Sarah Carr at Armadale Club Championships 8 2024	
	400	Breast	7:18.23	<b>1-May-24</b>	WAM	Sarah Carr at Armadale Endurance SC May 2024	
	800	Breast	14:56.26	<b>1-Jun-23</b>	WAM	Sarah Carr at Armadale Endurance SC June 2023	
	1500	Breast	28:06.17	<b>1-Jun-23</b>	WAM	Sarah Carr at Armadale Endurance SC June 2023	
	25	Fly	15.61	<b>13-May-23</b>	WAM	Sarah Carr at Armadale Club Championships 4 2023	
	50	Fly	35.63	<b>6-Jul-24</b>	WAM	Sarah Carr at Armadale Club Championships 6 2024	
	100	Fly	1:27.29	<b>1-Jul-23</b>	WAM	Sarah Carr at Armadale Club Championships 6 2023	
	400	Fly	7:33.09	<b>1-Aug-23</b>	WAM	Sarah Carr at Armadale Endurance SC August 2023	
	800	Fly	15:36.97	<b>1-Jun-25</b>	WAM	Sarah Carr at Armadale Endurance SC June 2025	
	100	IM	1:18.43	<b>6-Jul-24</b>	WAM	Sarah Carr at Armadale Club Championships 6 2024	
	200	IM	3:58.55	<b>4-Apr-15</b>	WAM	Heather Jeps at Armadale Club Championships 1 2015	
	400	IM	6:40.78	<b>1-Jul-23</b>	WAM	Sarah Carr at Armadale Endurance SC July 2023	
	800	IM	13:25.89	<b>1-Aug-23</b>	WAM	Sarah Carr at Armadale Endurance SC August 2023	
	45-49	25	Free	15.59	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026
		50	Free	34.43	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026
		100	Free	1:21.27	<b>18-Aug-24</b>	WAM	Megan Webster at Golden Groper State Relay Carnival 2024
		200	Free	3:01.31	<b>4-Oct-14</b>	WAM	Gillian Caruso at Armadale Club Championships 9 2014
		400	Free	6:29.20	<b>22-Sep-15</b>	WAM	Gillian Caruso at Armadale Aerobics 2015
		800	Free	13:07.51	<b>1-Jul-25</b>	WAM	Megan Webster at Armadale Endurance SC July 2025
		1500	Free	25:56.35	<b>20-Sep-16</b>	WAM	Gillian Caruso at Armadale Endurance 2016
		25	Back	19.56	<b>21-Jun-15</b>	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC
		50	Back	41.46	<b>3-Jul-16</b>	WAM	Gillian Caruso at Swan Hills LiveLighter Club Challenge
		100	Back	1:29.83	<b>21-Jun-15</b>	WAM	Gillian Caruso at Mandurah Masters 2015 LLCC
200		Back	3:12.13	<b>7-Oct-23</b>	WAM	Nicole Badani at Australian Masters Games 2023	
400		Back	6:56.76	<b>23-Sep-14</b>	WAM	Gillian Caruso at Armadale Aerobics 2014	
800		Back	13:50.21	<b>5-Nov-23</b>	WAM	Nicole Badani at Armadale Endurance SC November 2023	
25		Breast	20.49	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026	
50		Breast	45.52	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026	
100		Breast	1:40.36	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026	
200		Breast	3:43.25	<b>7-Oct-23</b>	WAM	Nicole Badani at Australian Masters Games 2023	
400		Breast	8:25.97	<b>1-Aug-24</b>	WAM	Megan Webster at Armadale Endurance SC August 2024	
800		Breast	16:12.97	<b>1-Jul-23</b>	WAM	Nicole Badani at Armadale Endurance SC July 2023	
25		Fly	18.03	<b>6-Sep-25</b>	WAM	Megan Webster at Armadale Club Championships 8 2025	
50		Fly	41.00	<b>5-Sep-15</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2015	
100		Fly	1:48.68	<b>7-Jun-25</b>	WAM	Megan Webster at Armadale Club Championships 5 2025	
200		Fly	4:01.03	<b>7-Oct-23</b>	WAM	Nicole Badani at Australian Masters Games 2023	
400		Fly	9:00.99	<b>1-Aug-24</b>	WAM	Megan Webster at Armadale Endurance SC August 2024	
800		Fly	16:38.45	<b>1-Sep-25</b>	WAM	Megan Webster at Armadale Endurance SC September 2025	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

45-49	100 IM	1:32.85	<b>11-Apr-26</b>	WAM	Megan Webster at Masters Swimming WA State Championships 2026	
	200 IM	3:20.14	<b>9-Aug-25</b>	WAM	Megan Webster at Armadale Club Championships 7 2025	
	400 IM	7:06.77	<b>7-Oct-23</b>	WAM	Nicole Badani at Australian Masters Games 2023	
	800 IM	15:06.00	<b>1-Aug-25</b>	WAM	Megan Webster at Armadale Endurance SC August 2025	
50-54	25 Free	17.61	<b>5-Jun-21</b>	WAM	Gillian Caruso at Club Championships 4, 2021	
	50 Free	37.67	<b>5-May-18</b>	WAM	Gillian Caruso at Armadale Club Championships 4 2018	
	100 Free	1:24.27	<b>6-Mar-18</b>	WAM	Gillian Caruso at Armadale Club Championships 2 2018	
	200 Free	3:20.25	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	400 Free	6:39.80	<b>17-Sep-20</b>	WAM	Gillian Caruso at Armadale Endurance SC 2020	
	800 Free	13:34.44	<b>22-May-18</b>	WAM	Gillian Caruso at Armadale Endurance 2018	
	1500 Free	25:46.84	<b>27-Feb-18</b>	WAM	Gillian Caruso at Armadale Endurance 2018	
	25 Back	20.11	<b>4-Jul-20</b>	WAM	Gillian Caruso at Club Championships 3 2020	
	50 Back	41.22	<b>22-Mar-19</b>	WAM	Gillian Caruso at Eastern Hills Club Challenge	
	100 Back	1:33.65	<b>4-Aug-18</b>	WAM	Gillian Caruso at Armadale Club Championships 7 2018	
	400 Back	7:10.54	<b>22-May-18</b>	WAM	Gillian Caruso at Armadale Endurance 2018	
	800 Back	14:57.30	<b>15-Aug-19</b>	WAM	Gillian Caruso at Armadale Endurance August 2019	
	1500 Back	28:47.39	<b>27-Mar-18</b>	WAM	Gillian Caruso at Armadale Endurance 2018	
	25 Breast	23.60	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	50 Breast	52.60	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	100 Breast	1:55.59	<b>8-May-10</b>	WAM	Linda Cragg at Club Championships 1 2010	
	200 Breast	4:09.85	<b>23-Aug-08</b>	WAM	Heather Adams at State Championships 2008	
	400 Breast	8:41.89	<b>11-Sep-10</b>	WAM	Linda Cragg at Armadale Aerobics 2010	
	800 Breast	17:51.99	<b>11-May-10</b>	WAM	Linda Cragg at Armadale Aerobics 2010	
	25 Fly	18.69	<b>8-Nov-19</b>	WAM	Gillian Caruso at Eastern Hills Club Challenge	
	50 Fly	43.08	<b>4-Sep-21</b>	WAM	Gillian Caruso at Club Championships 7 2021	
	100 Fly	1:47.13	<b>7-Aug-21</b>	WAM	Gillian Caruso at Club Championships 6, 2021	
	200 Fly	4:15.71	<b>6-Jul-19</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2019	
	100 IM	1:36.30	<b>25-Mar-18</b>	WAM	Gillian Caruso at Mandurah LiveLighter Club Challenge 2018	
	200 IM	3:29.99	<b>7-Apr-18</b>	WAM	Gillian Caruso at Armadale Club Championships 3 2018	
	400 IM	7:54.67	<b>15-Aug-19</b>	WAM	Gillian Caruso at Armadale Endurance August 2019	
	800 IM	16:38.28	<b>9-May-19</b>	WAM	Gillian Caruso at Armadale Endurance May 2019	
	55-59	25 Free	18.58	<b>3-Aug-13</b>	WAM	Linda Cragg at Armadale Club Championships 7 2013
		50 Free	41.68	<b>19-Jun-11</b>	WAM	Linda Cragg at Mandurah BACC 2011
		100 Free	1:32.77	<b>7-Aug-21</b>	WAM	Adele Chapman at Club Championships 6, 2021
		200 Free	3:21.42	<b>5-Aug-23</b>	WAM	Gillian Caruso at Armadale Club Championships 7 2023
		400 Free	7:11.36	<b>1-May-23</b>	WAM	Gillian Caruso at Armadale Endurance SC May 2023
800 Free		14:27.17	<b>1-Aug-23</b>	WAM	Gillian Caruso at Armadale Endurance SC August 2023	
25 Back		21.31	<b>1-Jul-23</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2023	
50 Back		46.31	<b>1-Jul-23</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2023	
100 Back		1:42.50	<b>1-Jul-23</b>	WAM	Gillian Caruso at Armadale Club Championships 6 2023	
200 Back		3:43.81	<b>3-Jun-23</b>	WAM	Gillian Caruso at Armadale Club Championships 5 2023	
400 Back		8:30.27	<b>17-Sep-20</b>	WAM	Adele Chapman at Armadale Endurance SC 2020	
800 Back		16:08.89	<b>1-Jul-23</b>	WAM	Gillian Caruso at Armadale Endurance SC July 2023	
25 Breast		24.21	<b>4-Apr-15</b>	WAM	Linda Cragg at Armadale Club Championships 1 2015	
50 Breast		52.54	<b>8-Sep-12</b>	WAM	Linda Cragg at Armadale Club Championships 8 2012	
100 Breast		1:55.27	<b>19-Jun-11</b>	WAM	Linda Cragg at Mandurah BACC 2011	
200 Breast		4:07.39	<b>1-Oct-11</b>	WAM	Linda Cragg at Armadale Club Championships 8 2011	
400 Breast		8:41.80	<b>26-Jul-11</b>	WAM	Linda Cragg at Armadale Aerobics 2011	
800 Breast		17:55.17	<b>29-Jun-10</b>	WAM	Yvonne Hunt at Armadale Aerobics 2010	
25 Fly		20.77	<b>3-Jun-23</b>	WAM	Gillian Caruso at Armadale Club Championships 5 2023	
100 IM		1:48.03	<b>2-Sep-23</b>	WAM	Gillian Caruso at Armadale Club Championships 8 2023	
800 IM		18:58.67	<b>1-Jul-22</b>	WAM	Adele Chapman at Armadale Endurance SC July 2022	
60-64		25 Free	19.53	<b>3-Jul-16</b>	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

60-64	50	Free	43.80	<b>13-May-23</b>	WAM	Michelle Byers at Armadale Club Championships 4 2023
	100	Free	1:41.65	<b>13-May-23</b>	WAM	Michelle Byers at Armadale Club Championships 4 2023
	200	Free	3:45.22	<b>1-Jul-17</b>	WAM	Linda Cragg at Armadale Club Championships 6 2017
	400	Free	7:42.28	<b>10-Jul-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010
	800	Free	15:47.91	<b>29-Jun-10</b>	WAM	Liz Dunn at Armadale Aerobics 2010
	1500	Free	48:52.47	<b>9-Jan-18</b>	WAM	Jennifer Findlay at Armadale Endurance 2018
	25	Back	26.52	<b>2-Jul-17</b>	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge
	50	Back	1:01.17	<b>1-Aug-15</b>	WAM	Heather Adams at Armadale Club Championships 5 2015
	100	Back	2:23.62	<b>3-Aug-19</b>	WAM	Yvonne Hunt at Club Championships 7 2019
	400	Back	10:26.84	<b>13-Aug-15</b>	WAM	Heather Croft at Armadale Aerobics 2015
	25	Breast	24.63	<b>2-Jul-17</b>	WAM	Linda Cragg at Swan Hills LiveLighter Club Challenge
	50	Breast	55.71	<b>2-Feb-19</b>	WAM	Linda Cragg at Armadale Club Championships 1 2019
	100	Breast	2:26.05	<b>3-Sep-11</b>	WAM	Liz Dunn at Armadale Club Championships 7 2011
	200	Breast	4:38.64	<b>2-Jul-16</b>	WAM	Linda Cragg at Armadale Club Championships 5 2016
	400	Breast	10:15.69	<b>24-May-16</b>	WAM	Heather Croft at Armadale Endurance 2016
	65-69	25	Free	19.82	<b>23-Aug-08</b>	WAM
50		Free	43.25	<b>15-Jun-08</b>	WAM	Pam Badani at Mandurah BACC 2008
100		Free	1:41.32	<b>25-Oct-08</b>	WAM	Pam Badani at Armadale Club Championship 6 2008
200		Free	3:49.58	<b>28-Jun-08</b>	WAM	Pam Badani at Armadale Club Championship 2 2008
400		Free	7:57.05	<b>26-Apr-08</b>	WAM	Pam Badani at Armadale Club 400m 2008
800		Free	16:17.54	<b>22-Jul-08</b>	WAM	Pam Badani at Armadale Aerobics 2008
25		Back	27.20	<b>1-Oct-16</b>	WAM	Pamela Pearson at Armadale Club Championships 8 2016
50		Back	57.51	<b>25-Oct-08</b>	WAM	Pam Badani at Armadale Club Championship 6 2008
100		Back	2:39.32	<b>4-Sep-21</b>	WAM	Yvonne Hunt at Club Championships 7 2021
200		Back	5:51.46	<b>1-Jun-24</b>	WAM	Yvonne Hunt at Armadale Club Championships 5 2024
400		Back	10:02.27	<b>6-Jul-17</b>	WAM	Heather Croft at Armadale Endurance 2017
800		Back	20:21.57	<b>8-Jun-17</b>	WAM	Heather Croft at Armadale Endurance 2017
25		Breast	26.84	<b>25-Mar-18</b>	WAM	Heather Croft at Mandurah LiveLighter Club Challenge 2018
50		Breast	1:02.64	<b>1-May-10</b>	WAM	Mary Plant at Masters Swimming WA State Championships 2010
100		Breast	2:16.04	<b>8-May-10</b>	WAM	Mary Plant at Club Championships 1 2010
200		Breast	5:03.99	<b>1-May-10</b>	WAM	Mary Plant at Masters Swimming WA State Championships 2010
400		Breast	9:54.98	<b>12-Apr-18</b>	WAM	Heather Croft at Armadale Endurance 2018
800		Breast	20:34.44	<b>10-May-18</b>	WAM	Heather Croft at Armadale Endurance 2018
100		IM	2:59.34	<b>5-Jul-25</b>	WAM	Heather Jaeckel at Armadale Club Championships 6 2025
400		IM	11:41.61	<b>1-Jul-21</b>	WAM	Heather Croft at Armadale Endurance SC July 2021
70-74	25	Free	23.10	<b>25-Mar-18</b>	WAM	Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018
	50	Free	50.81	<b>25-Mar-18</b>	WAM	Elizabeth Dunn at Mandurah LiveLighter Club Challenge 2018
	100	Free	1:45.66	<b>6-Mar-18</b>	WAM	Elizabeth Dunn at Armadale Club Championships 2 2018
	200	Free	3:52.42	<b>3-Feb-18</b>	WAM	Elizabeth Dunn at Armadale Club Championships 1 2018
	400	Free	8:42.21	<b>1-May-22</b>	WAM	Heather Croft at Armadale Endurance SC May 2022
	800	Free	17:02.62	<b>7-Feb-19</b>	WAM	Elizabeth Dunn at Armadale Endurance 2019
	25	Back	28.53	<b>21-Jun-15</b>	WAM	Maria Plant at Mandurah Masters 2015 LLCC
	50	Back	1:02.35	<b>5-Sep-20</b>	WAM	Pamela Pearson at Club Championships 5 2020
	100	Back	2:24.05	<b>1-Aug-20</b>	WAM	Pamela Pearson at Club Championships 4 2020
	400	Back	11:52.85	<b>1-May-21</b>	WAM	Pamela Pearson at Armadale Endurance SC May 2021
	800	Back	22:26.15	<b>17-Sep-20</b>	WAM	Pamela Pearson at Armadale Endurance SC 2020
	25	Breast	30.34	<b>6-Sep-25</b>	WAM	Yvonne Hunt at Armadale Club Championships 8 2025
	50	Breast	1:06.90	<b>3-Feb-18</b>	WAM	Elizabeth Dunn at Armadale Club Championships 1 2018
	100	Breast	2:28.98	<b>21-Jun-15</b>	WAM	Maria Plant at Mandurah Masters 2015 LLCC
	200	Breast	5:16.24	<b>4-Oct-14</b>	WAM	Maria Plant at Armadale Club Championships 9 2014
	400	Breast	10:56.13	<b>14-Apr-15</b>	WAM	Maria Plant at Armadale Aerobics 2015
	800	Breast	29:22.41	<b>1-Sep-20</b>	WAM	Pamela Pearson at Armadale Endurance SC 2020
	25	Fly	37.77	<b>1-Aug-15</b>	WAM	Maria Plant at Armadale Club Championships 5 2015
	100	IM	2:33.25	<b>22-Jun-14</b>	WAM	Maria Plant at Mandurah Masters LLCC

## Armadale Masters Swimming

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### RECORDS Armadale Masters SC

70-74	400 IM	12:38.44	<b>1-Nov-21</b>	WAM	Elizabeth Dunn at Armadale Endurance EMERALDS SC November 2021
75-79	25 Free	26.65	<b>25-Mar-18</b>	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018
	50 Free	1:02.57	<b>9-Feb-18</b>	WAM	Maria Plant at Eastern Hills Club Challenge 2018
	100 Free	2:27.15	<b>25-Mar-18</b>	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018
	200 Free	5:18.23	<b>7-Apr-18</b>	WAM	Maria Plant at Armadale Club Championships 3 2018
	400 Free	11:33.20	<b>22-May-18</b>	WAM	Maria Plant at Armadale Endurance 2018
	800 Free	23:27.50	<b>27-Feb-18</b>	WAM	Maria Plant at Armadale Endurance 2018
	25 Back	33.50	<b>1-Sep-18</b>	WAM	Maria Plant at Armadale Club Championships 8 2018
	50 Back	1:12.74	<b>25-Mar-18</b>	WAM	Maria Plant at Mandurah LiveLighter Club Challenge 2018
	400 Back	13:19.25	<b>22-May-18</b>	WAM	Maria Plant at Armadale Endurance 2018
	25 Breast	36.42	<b>6-Oct-18</b>	WAM	Maria Plant at Armadale Club Chamiponship 9 2018
	50 Breast	1:20.13	<b>9-Feb-18</b>	WAM	Maria Plant at Eastern Hills Club Challenge 2018
	100 Breast	3:04.45	<b>1-Sep-18</b>	WAM	Maria Plant at Armadale Club Championships 8 2018
	400 Breast	13:09.99	<b>8-Feb-18</b>	WAM	Maria Plant at Armadale Endurance 2018
	25 Fly	55.83	<b>4-Sep-21</b>	WAM	Maria Plant at Club Championships 7 2021
	80-84	25 Free	31.80	<b>3-Jun-23</b>	WAM
50 Free		1:12.89	<b>5-Sep-20</b>	WAM	Lexie Rankin at Club Championships 5 2020
100 Free		2:49.97	<b>1-Jul-23</b>	WAM	Maria Plant at Armadale Club Championships 6 2023
200 Free		6:40.51	<b>5-Aug-23</b>	WAM	Maria Plant at Armadale Club Championships 7 2023
25 Back		39.78	<b>1-Jul-23</b>	WAM	Maria Plant at Armadale Club Championships 6 2023
50 Back		1:31.97	<b>3-Aug-24</b>	WAM	Maria Plant at Armadale Club Championships 7 2024
25 Breast		44.66	<b>5-Sep-20</b>	WAM	Lexie Rankin at Club Championships 5 2020
50 Breast		1:48.78	<b>1-Jul-23</b>	WAM	Maria Plant at Armadale Club Championships 6 2023

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

#### SC Meters-Male

16-19	100 Free Relay	1:14.44	<b>18-Aug-13</b>	WAM	Nigel Chaytor, Sean Jones, Simon Stiles, Colib Gibson
	100 Medley Relay	1:20.50	<b>18-Aug-13</b>	WAM	Colin Gibson, Chris Millard, Nigel Chaytor, Sean Jones
	200 Medley Relay	3:13.67	<b>18-Aug-13</b>	WAM	Colin Gibson, Simon Sriles, Nigel Chaytor, Sean Jones
18-24	25 Free	13.42	<b>6-Sep-25</b>	WAM	Matthew Burgess at Armadale Club Championships 8 2025
	50 Free	30.07	<b>6-Sep-25</b>	WAM	Matthew Burgess at Armadale Club Championships 8 2025
	100 Free	1:06.70	<b>6-Sep-25</b>	WAM	Matthew Burgess at Armadale Club Championships 8 2025
	400 Free	6:06.68	<b>1-Aug-24</b>	WAM	Matthew Burgess at Armadale Endurance SC August 2024
	800 Free	12:28.50	<b>1-Aug-24</b>	WAM	Matthew Burgess at Armadale Endurance SC August 2024
	50 Back	51.42	<b>8-Jun-13</b>	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	50 Breast	1:11.01	<b>4-May-13</b>	WAM	Shannon Cairns at Armadale Club Championships 4 2013
	100 Breast	1:54.33	<b>8-Jun-13</b>	WAM	Shannon Cairns at Armadale Club Championships 5 2013
	400 Breast	6:43.71	<b>1-Sep-25</b>	WAM	Matthew Burgess at Armadale Endurance SC September 2025
	800 Breast	14:02.52	<b>1-Sep-25</b>	WAM	Matthew Burgess at Armadale Endurance SC September 2025
20-23	100 Free Relay	58.42	<b>23-Aug-08</b>	WAM	Fettes Falconer, Charles Croft, Gordon Gillam, Craig Bean
	200 Free Relay	2:24.11	<b>23-Jul-16</b>	WAM	Derek Bishop, Colin Gibson, Peter Escott, Charles Croft
	100 Medley Relay	1:13.57	<b>23-Aug-08</b>	WAM	Graham Hicks, Charles Croft, Fettes Falconer, Craig Bean
	200 Medley Relay	2:37.90	<b>18-Aug-24</b>	WAM	Cam Adams, Charles Croft, Wayne Sams-Hayes, Colin Gibson
24-27	100 Free Relay	1:07.33	<b>18-Aug-13</b>	WAM	Ross Doherty, Graham Hicks, Stanley Brandwood, Graham Cragg
	200 Free Relay	2:32.79	<b>29-Jul-23</b>	WAM	Derek Bishop, Fettes Falconer, Colin Gibson, Wayne Sams-Hayes
	100 Medley Relay	1:21.20	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham Cragg, Charles Croft, Standley Brandwood
	200 Medley Relay	3:19.79	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham,Cragg, Stanley Brandwood, William Stevens
25-29	25 Free	12.98	<b>18-Aug-24</b>	WAM	Cam Adams at Golden Groper State Relay Carnival 2024
	50 Free	30.74	<b>9-Jun-12</b>	WAM	Kevin Wright at Armadale Club Championships 5 2012
	100 Free	1:10.68	<b>9-Jun-12</b>	WAM	Kevin Wright at Armadale Club Championships 5 2012
	200 Free	2:48.52	<b>14-Jul-12</b>	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400 Free	4:36.00	<b>3-Dec-17</b>	WAM	Donovan Castelyn at Armadale Endurance 2017
	800 Free	9:54.69	<b>7-Dec-17</b>	WAM	Donovan Castelyn at Armadale Endurance 2017
	50 Back	34.05	<b>18-Aug-24</b>	WAM	Cam Adams at Golden Groper State Relay Carnival 2024
	25 Breast	25.99	<b>14-Jul-12</b>	WAM	Kevin Wright at Armadale Club Championships 6 2012
	400 Breast	8:41.84	<b>29-May-14</b>	WAM	Raphael Dajon at Armadale Aerobics 2014
	50 Fly	29.14	<b>3-Feb-18</b>	WAM	Donovan Castelyn at Armadale Club Championships 1 2018
	200 Fly	2:29.16	<b>3-Feb-18</b>	WAM	Donovan Castelyn at Armadale Club Championships 1 2018
400 IM	5:20.26	<b>3-Dec-17</b>	WAM	Donovan Castelyn at Armadale Endurance 2017	
28-31	100 Free Relay	1:15.06	<b>19-Nov-23</b>	WAM	Colin Gibson, Hans Vosbergen, Charles Croft, Fettes Falconer
	200 Medley Relay	3:47.89	<b>19-Nov-23</b>	WAM	Colin Gibson, Hans Vosbergen, Charles Croft, Fettes Falconer
30-34	400 Free	6:27.75	<b>19-Sep-19</b>	WAM	Shane Matthews at Armadale Endurance SC 2019
	800 Free	13:19.69	<b>19-Sep-19</b>	WAM	Shane Matthews at Armadale Endurance SC 2019
35-39	25 Free	13.82	<b>23-Aug-08</b>	WAM	Craig Bean at State Championships 2008
	50 Free	30.34	<b>5-Jun-21</b>	WAM	Shaun Williams at Club Championships 4, 2021
	100 Free	1:07.06	<b>6-Aug-22</b>	WAM	Shaun Williams at Armadale Club Championships 7 2022
	200 Free	2:30.10	<b>17-Jul-21</b>	WAM	Shaun Williams at Club Championships 5 2021
	400 Free	6:16.54	<b>23-May-09</b>	WAM	Craig Bean at Armadale Aerobics 2009
	50 Back	37.64	<b>6-Aug-22</b>	WAM	Shaun Williams at Armadale Club Championships 7 2022
	50 Breast	41.63	<b>13-Jun-10</b>	WAM	Craig Bean at Mandurah BACC 2010
	100 Breast	1:31.07	<b>29-Nov-09</b>	WAM	Craig Bean at Osborne park BACC 2009
	200 Breast	3:27.45	<b>30-Aug-08</b>	WAM	Craig Bean at Armadale Club Championship 4 2008
400 Breast	7:48.29	<b>14-Jun-08</b>	WAM	Craig Bean at Armadale Aerobics 2008	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

35-39	800 Breast	16:14.14	<b>7-Jun-08</b>	WAM	Craig Bean at Armadale aerobics 2008	
	25 Fly	14.68	<b>5-Jun-21</b>	WAM	Shaun Williams at Club Championships 4, 2021	
40-44	25 Free	15.93	<b>1-Oct-11</b>	WAM	Colin Gibson at Armadale Club Championships 8 2011	
	50 Free	36.18	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011	
	100 Free	1:24.72	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011	
	200 Free	3:08.66	<b>27-Mar-21</b>	WAM	Daniel Douglas at Masters Swimming WA State Championships	
	400 Free	7:16.61	<b>11-Aug-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011	
	800 Free	15:09.46	<b>11-Aug-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011	
	1500 Free	29:53.26	<b>27-Oct-11</b>	WAM	Colin Gibson at Armadale Aerobics 2011	
	25 Back	21.47	<b>7-Jun-14</b>	WAM	Simon Stiles at Armadale Club Championships 5 2014	
	100 Back	1:58.27	<b>19-Jun-11</b>	WAM	Colin Gibson at Mandurah BACC 2011	
	25 Breast	24.54	<b>4-Oct-14</b>	WAM	Graham Bamford at Armadale Club Championships 9 2014	
	50 Breast	47.39	<b>5-Aug-17</b>	WAM	Nigel Chaytor at Armadale Club Championships 7 2017	
	100 Breast	1:46.23	<b>6-May-17</b>	WAM	Nigel Chaytor at Armadale Club Championships 4 2017	
	25 Fly	19.03	<b>1-Jul-17</b>	WAM	Nigel Chaytor at Armadale Club Championships 6 2017	
	45-49	25 Free	12.73	<b>2-Apr-17</b>	WAM	Andrew Johnson at Mandurah Masters Livelighter Club Challenge
50 Free		28.18	<b>2-Jul-17</b>	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge	
100 Free		1:02.79	<b>2-Apr-17</b>	WAM	Andrew Johnson at Mandurah Masters Livelighter Club Challenge	
200 Free		2:53.73	<b>4-Jul-20</b>	WAM	Wayne Sams-Hayes at Club Championships 3 2020	
400 Free		5:50.17	<b>20-Jun-17</b>	WAM	Andrew Johnson at Armadale Endurance 2017	
800 Free		14:44.27	<b>7-Jul-16</b>	WAM	Colin Gibson at Armadale Endurance 2016	
1500 Free		28:34.36	<b>26-Sep-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
25 Back		21.39	<b>6-Jul-13</b>	WAM	Colin Gibson at Armadale Club Championships 6 2013	
50 Back		37.47	<b>2-Jul-17</b>	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge	
100 Back		1:58.02	<b>8-Jun-13</b>	WAM	Colin Gibson at Armadale Club Championships 5 2013	
200 Back		4:18.68	<b>6-Jul-13</b>	WAM	Colin Gibson at Armadale Club Championships 6 2013	
400 Back		9:47.06	<b>18-Jul-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
800 Back		21:17.34	<b>25-Jun-13</b>	WAM	Colin Gibson at Armadale Aerobics 2013	
25 Breast		20.94	<b>5-Jul-09</b>	WAM	Tony Debono at Swan Hills BACC 2009	
50 Breast		39.19	<b>2-Jul-17</b>	WAM	Andrew Johnson at Swan Hills LiveLighter Club Challenge	
100 Breast		1:36.53	<b>5-Sep-20</b>	WAM	Wayne Sams-Hayes at Club Championships 5 2020	
200 Breast		3:49.76	<b>15-Aug-09</b>	WAM	Chris Millard at Armadale Club Championships 4 2009	
400 Breast		6:56.38	<b>20-Jun-17</b>	WAM	Andrew Johnson at Armadale Endurance 2017	
800 Breast		20:41.43	<b>20-Sep-16</b>	WAM	Colin Gibson at Armadale Endurance 2016	
25 Fly		16.90	<b>5-Jun-21</b>	WAM	Wayne Sams-Hayes at Club Championships 4, 2021	
50 Fly		38.56	<b>1-Aug-20</b>	WAM	Wayne Sams-Hayes at Club Championships 4 2020	
100 IM		1:13.79	<b>2-Apr-17</b>	WAM	Andrew Johnson at Mandurah Masters Livelighter Club Challenge	
200 IM		4:04.29	<b>1-Oct-16</b>	WAM	Colin Gibson at Armadale Club Championships 8 2016	
50-54		25 Free	14.51	<b>7-Oct-17</b>	WAM	Derek Bishop at Armadale Club Championships 9 2017
		50 Free	30.51	<b>27-Sep-08</b>	WAM	Garry Howard at Armadale Club Championship 5 2008
		100 Free	1:13.16	<b>19-Jun-11</b>	WAM	Gregory Frey at Mandurah BACC 2011
		200 Free	2:44.40	<b>2-Jul-11</b>	WAM	Gregory Frey at Armadale Club Championships 5 2011
		400 Free	6:04.66	<b>7-Aug-10</b>	WAM	Gregory Frey at Armadale Aerobics 2010
		800 Free	12:43.80	<b>16-Jun-11</b>	WAM	Gregory Frey at Armadale Aerobics 2011
		1500 Free	28:14.82	<b>27-Oct-11</b>	WAM	Ross Doherty at Armadale Aerobics 2011
	25 Back	20.12	<b>1-Oct-11</b>	WAM	Gregory Frey at Armadale Club Championships 8 2011	
	50 Back	41.53	<b>12-May-12</b>	WAM	Gregory Frey at Armadale Club Championships 4 2012	
	100 Back	1:19.98	<b>27-Sep-08</b>	WAM	Garry Howard at Armadale Club Championship 5 2008	
	200 Back	4:20.79	<b>30-Aug-08</b>	WAM	Ross Doherty at Armadale Club Championship 4 2008	
	400 Back	9:15.90	<b>16-Jun-11</b>	WAM	Ross Doherty at Armadale Aerobics 2011	
	25 Breast	19.37	<b>1-Jun-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 5 2024	
	50 Breast	41.66	<b>3-Aug-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 7 2024	
	100 Breast	1:38.42	<b>5-Aug-17</b>	WAM	Derek Bishop at Armadale Club Championships 7 2017	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

50-54	200 Breast	3:32.94	<b>30-Aug-08</b>	WAM	Peter Escott at Armadale Club Championship 4 2008	
	400 Breast	7:26.73	<b>2-Aug-08</b>	WAM	Peter Escott at Armadale Aerobics 2008	
	800 Breast	18:08.26	<b>13-May-14</b>	WAM	Chris Millard at Armadale Aerobics 2014	
	25 Fly	16.37	<b>1-Jul-23</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 6 2023	
	50 Fly	37.86	<b>1-Jun-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 5 2024	
	100 IM	1:22.67	<b>3-Aug-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 7 2024	
	200 IM	3:15.51	<b>1-Jun-24</b>	WAM	Wayne Sams-Hayes at Armadale Club Championships 5 2024	
	400 IM	9:42.19	<b>8-Nov-18</b>	WAM	Colin Gibson at Armadale Endurance 2018	
55-59	25 Free	14.59	<b>23-Aug-08</b>	WAM	Graham Hicks at State Championships 2008	
	50 Free	31.88	<b>27-Sep-08</b>	WAM	Graham Hicks at Armadale Club Championship 5 2008	
	100 Free	1:13.07	<b>19-Jun-11</b>	WAM	Graham Hicks at Mandurah BACC 2011	
	200 Free	2:47.14	<b>29-Nov-09</b>	WAM	Graham Hicks at Osborne park BACC 2009	
	400 Free	5:54.60	<b>9-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	800 Free	12:24.59	<b>23-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	1500 Free	25:26.55	<b>27-Oct-11</b>	WAM	Graham Hicks at Armadale Aerobics 2011	
	25 Back	19.31	<b>1-Jul-12</b>	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Back	41.62	<b>23-Jun-13</b>	WAM	Gregory Frey at Mandurah LLCC 23rd June	
	100 Back	1:36.53	<b>4-Jun-11</b>	WAM	Graham Hicks at Armadale Club Championships 4 2011	
	200 Back	3:35.85	<b>4-Apr-15</b>	WAM	Gregory Frey at Armadale Club Championships 1 2015	
	400 Back	6:57.18	<b>9-Oct-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	800 Back	18:27.99	<b>13-Aug-15</b>	WAM	Ross Doherty at Armadale Aerobics 2015	
	25 Breast	17.15	<b>1-Jul-12</b>	WAM	Graham Cragg at Swan Hills BACC 2012	
	50 Breast	38.53	<b>4-May-13</b>	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	100 Breast	1:26.14	<b>24-Jun-12</b>	WAM	Graham Cragg at Mandurah BACC 2012	
	200 Breast	3:13.79	<b>6-Jul-13</b>	WAM	Graham Cragg at Armadale Club Championships 6 2013	
	400 Breast	6:35.09	<b>28-Jun-11</b>	WAM	Graham Cragg at Armadale Aerobics 2011	
	800 Breast	14:11.54	<b>27-Apr-10</b>	WAM	Graham Cragg at Armadale Aerobics 2010	
	1500 Breast	41:35.00	<b>17-May-14</b>	WAM	Jeffrey Sanders at Narrogin Distance Meet May 2014	
	25 Fly	16.57	<b>4-May-13</b>	WAM	Graham Cragg at Armadale Club Championships 4 2013	
	50 Fly	47.00	<b>5-Sep-15</b>	WAM	Gregory Frey at Armadale Club Championships 6 2015	
	400 Fly	12:52.14	<b>1-Feb-24</b>	WAM	Marcel Weijers at Armadale Endurance SC February 2024	
	100 IM	1:22.72	<b>24-Jun-12</b>	WAM	Graham Cragg at Mandurah BACC 2012	
	200 IM	4:20.40	<b>4-Oct-14</b>	WAM	Jeffrey Sanders at Armadale Club Championships 9 2014	
	400 IM	9:08.15	<b>8-Oct-15</b>	WAM	Jeffrey Sanders at Armadale Aerobics 2015	
	60-64	25 Free	15.12	<b>1-Jul-12</b>	WAM	Graham Hicks at Swan Hills BACC 2012
		50 Free	33.41	<b>8-Jun-13</b>	WAM	Graham Hicks at Armadale Club Championships 5 2013
		100 Free	1:14.17	<b>23-Jun-13</b>	WAM	Graham Hicks at Mandurah LLCC 23rd June
		200 Free	2:50.35	<b>6-Jul-13</b>	WAM	Graham Hicks at Armadale Club Championships 6 2013
		400 Free	6:29.63	<b>14-Jun-12</b>	WAM	Graham Hicks at Armadale Aerobics 2012
		800 Free	12:50.67	<b>21-Apr-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015
1500 Free		24:59.34	<b>8-Oct-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
25 Back		19.98	<b>4-Oct-14</b>	WAM	Graham Hicks at Armadale Club Championships 9 2014	
50 Back		42.59	<b>6-Sep-14</b>	WAM	Graham Hicks at Armadale Club Championships 8 2014	
100 Back		1:35.23	<b>7-Sep-13</b>	WAM	Graham Hicks at Armadale Club Championships 8 2013	
200 Back		3:25.63	<b>1-Jul-17</b>	WAM	Graham Cragg at Armadale Club Championships 6 2017	
400 Back		7:27.23	<b>14-May-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
800 Back		14:41.80	<b>26-May-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
1500 Back		37:38.14	<b>21-Nov-17</b>	WAM	Jeffrey Sanders at Armadale Endurance 2017	
25 Breast		17.46	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
50 Breast		38.06	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
100 Breast		1:25.23	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
200 Breast		3:08.43	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
400 Breast		6:55.76	<b>21-Apr-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	
800 Breast		14:32.99	<b>10-Sep-15</b>	WAM	Graham Cragg at Armadale Aerobics 2015	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

60-64	1500 Breast	36:58.99	<b>13-May-17</b>	WAM	Jeffrey Sanders at Maida Vale 1500m Event SC	
	25 Fly	16.78	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
	50 Fly	48.29	<b>6-Jun-09</b>	WAM	Fettes Falconer at Armadale Club Championships 2 2009	
	100 IM	1:23.40	<b>28-Mar-15</b>	WAM	Graham Cragg at MSWA LiveLighter All Club Challenge	
	200 IM	3:11.87	<b>4-Apr-15</b>	WAM	Graham Cragg at Armadale Club Championships 1 2015	
	400 IM	8:22.26	<b>22-May-18</b>	WAM	Jeffrey Sanders at Armadale Endurance 2018	
	800 IM	18:33.90	<b>24-Jul-18</b>	WAM	Jeffrey Sanders at Armadale Endurance 2018	
65-69	25 Free	15.89	<b>5-May-18</b>	WAM	Graham Hicks at Armadale Club Championships 4 2018	
	50 Free	34.37	<b>2-Sep-17</b>	WAM	Graham Hicks at Armadale Club Championships 8 2017	
	100 Free	1:18.75	<b>2-Sep-17</b>	WAM	Graham Hicks at Armadale Club Championships 8 2017	
	200 Free	2:55.83	<b>3-Feb-18</b>	WAM	Graham Hicks at Armadale Club Championships 1 2018	
	400 Free	6:33.90	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	800 Free	13:29.71	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	1500 Free	27:09.00	<b>19-Nov-17</b>	WAM	Graham Hicks at Armadale Endurance 2017	
	25 Back	20.13	<b>2-Apr-17</b>	WAM	Graham Hicks at Mandurah Masters Livelighter Club Challenge	
	50 Back	43.91	<b>7-Apr-18</b>	WAM	Graham Hicks at Armadale Club Championships 3 2018	
	100 Back	1:37.50	<b>25-Mar-18</b>	WAM	Graham Hicks at Mandurah LiveLighter Club Challenge 2018	
	200 Back	3:45.25	<b>1-Jul-17</b>	WAM	Graham Hicks at Armadale Club Championships 6 2017	
	400 Back	7:40.18	<b>12-Jun-18</b>	WAM	Charles Croft at Armadale Endurance 2018	
	800 Back	16:06.23	<b>12-Apr-18</b>	WAM	Graham Hicks at Armadale Endurance 2018	
	25 Breast	19.68	<b>3-Jul-16</b>	WAM	Charles Croft at Swan Hills LiveLighter Club Challenge	
	50 Breast	43.19	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	100 Breast	1:36.45	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	200 Breast	3:32.31	<b>8-Apr-15</b>	WAM	Charles Croft at 40th MSA National Championships 2015	
	400 Breast	7:49.16	<b>24-May-16</b>	WAM	Charles Croft at Armadale Endurance 2016	
	800 Breast	16:12.64	<b>12-May-16</b>	WAM	Charles Croft at Armadale Endurance 2016	
	25 Fly	22.14	<b>6-Jun-15</b>	WAM	Charles Croft at Armadale Club Championships 3 2015	
	50 Fly	57.46	<b>5-Sep-15</b>	WAM	Charles Croft at Armadale Club Championships 6 2015	
	100 IM	1:44.10	<b>6-Jun-15</b>	WAM	Charles Croft at Armadale Club Championships 3 2015	
	400 IM	8:04.26	<b>8-Mar-18</b>	WAM	Charles Croft at Armadale Endurance 2018	
	800 IM	17:37.44	<b>25-Jul-17</b>	WAM	Charles Croft at Armadale Endurance 2017	
	70-74	25 Free	16.24	<b>6-Aug-22</b>	WAM	Graham Hicks at Armadale Club Championships 7 2022
		50 Free	36.30	<b>6-Jul-24</b>	WAM	Graham Hicks at Armadale Club Championships 6 2024
		100 Free	1:22.93	<b>2-Jul-17</b>	WAM	Bert Vosbergen at Swan Hills LiveLighter Club Challenge
		200 Free	3:03.27	<b>2-Jul-17</b>	WAM	Bert Vosbergen at Swan Hills LiveLighter Club Challenge
		400 Free	6:35.58	<b>6-Jul-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017
		800 Free	13:39.75	<b>6-Jul-17</b>	WAM	Bert Vosbergen at Armadale Endurance 2017
1500 Free		49:29.15	<b>9-Jan-18</b>	WAM	Timothy Pillay at Armadale Endurance 2018	
25 Back		21.26	<b>3-Jun-23</b>	WAM	Graham Hicks at Armadale Club Championships 5 2023	
50 Back		45.49	<b>13-May-23</b>	WAM	Graham Hicks at Armadale Club Championships 4 2023	
100 Back		1:46.10	<b>30-Aug-20</b>	WAM	Charles Croft at Claremont Masters Just 100s	
200 Back		3:56.98	<b>10-May-25</b>	WAM	Graham Hicks at Armadale Club Championships 4 2025	
400 Back		7:59.91	<b>1-Sep-20</b>	WAM	Charles Croft at Armadale Endurance SC 2020	
25 Breast		21.08	<b>27-Mar-21</b>	WAM	Charles Croft at Masters Swimming WA State Championships	
50 Breast		47.16	<b>19-Nov-23</b>	WAM	Charles Croft at Mandurah Masters ABCCC SC 2023	
100 Breast		1:42.57	<b>27-Mar-21</b>	WAM	Charles Croft at Masters Swimming WA State Championships	
200 Breast		3:50.53	<b>27-Mar-21</b>	WAM	Charles Croft at Masters Swimming WA State Championships	
400 Breast		7:57.62	<b>1-Sep-20</b>	WAM	Charles Croft at Armadale Endurance SC 2020	
800 Breast		18:00.96	<b>1-Jun-23</b>	WAM	Charles Croft at Armadale Endurance SC June 2023	
25 Fly		23.90	<b>5-Sep-20</b>	WAM	Charles Croft at Club Championships 5 2020	
50 Fly		55.95	<b>5-Jun-21</b>	WAM	Charles Croft at Club Championships 4 2021	
100 IM		1:47.38	<b>30-Aug-20</b>	WAM	Charles Croft at Claremont Masters Just 100s	
400 IM		8:21.26	<b>17-Sep-20</b>	WAM	Charles Croft at Armadale Endurance SC 2020	

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

75-79	25 Free	18.63	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	50 Free	41.18	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	100 Free	1:35.00	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	200 Free	3:39.70	<b>2-Jul-22</b>	WAM	Fettes Falconer at Armadale Club Championships 6 2022
	400 Free	9:01.35	<b>1-May-22</b>	WAM	Hans Vosbergen at Armadale Endurance SC May 2022
	25 Back	26.86	<b>1-Jun-24</b>	WAM	Fettes Falconer at Armadale Club Championships 5 2024
	50 Back	59.14	<b>4-Jun-22</b>	WAM	Fettes Falconer at Armadale Club Championships 5 2022
	100 Back	2:25.96	<b>9-Jun-12</b>	WAM	Stanley Brandwood at Armadale Club Championships 5 2012
	200 Back	5:12.81	<b>14-Jul-12</b>	WAM	Stanley Brandwood at Armadale Club Championships 6 2012
	400 Back	10:45.78	<b>1-Jul-22</b>	WAM	Hans Vosbergen at Armadale Endurance SC July 2022
	25 Breast	22.01	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	50 Breast	49.44	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	100 Breast	1:51.21	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	200 Breast	4:05.13	<b>11-Apr-26</b>	WAM	Charles Croft at Masters Swimming WA State Championships 2026
	400 Breast	10:29.82	<b>1-Jun-22</b>	WAM	Hans Vosbergen at Armadale Endurance SC June 2022
	25 Fly	25.79	<b>19-Nov-23</b>	WAM	Fettes Falconer at Mandurah Masters ABCCC SC 2023
	50 Fly	1:14.79	<b>7-Sep-13</b>	WAM	Stanley Brandwood at Armadale Club Championships 8 2013
	100 IM	2:09.40	<b>6-Jul-24</b>	WAM	Fettes Falconer at Armadale Club Championships 6 2024
	200 IM	5:14.91	<b>2-Jul-22</b>	WAM	Hans Vosbergen at Armadale Club Championships 6 2022
	400 IM	11:23.04	<b>14-Apr-22</b>	WAM	Hans Vosbergen at Armadale Endurance SC April 2022

## Armadale Masters Swimming

### RECORDS Armadale Masters SC

#### SC Meters-Mixed

12-15	200 Free Relay	2:19.75	<b>23-Jun-13</b>	WAM	Catriona Adams, Nigel Chaytor, Colin Gibson, Gillian Caruso
	200 Medley Relay	3:16.17	<b>19-Jun-11</b>	WAM	Heather Jeps, Simon Stiles, Jacqueline Briggs, Colin Gibson
16-19	100 Free Relay	1:03.89	<b>3-Aug-19</b>	WAM	Wayne Sams-Hayes, Janine Hunt, Colin Gibson, Alexandra Holt
	200 Free Relay	2:12.26	<b>2-Apr-17</b>	WAM	Rowena Burch, Gregory Frey, Tania O'Sheehan, Andrew Johnson
	400 Free Relay	4:47.00	<b>18-Aug-24</b>	WAM	Megan Webster, Sarah Carr, Wayne Sams-Hayes, Cam Adams
	800 Free Relay	13:49.33	<b>4-Jul-10</b>	WAM	Gillian Caruso, Chris Millard, Linda Cragg, Jeffrey Sanders
	100 Medley Relay	1:07.33	<b>18-Aug-24</b>	WAM	Sarah Carr, Megan Webster, Wayne Sams-Hayes, Cam Adams
	200 Medley Relay	2:32.17	<b>2-Apr-17</b>	WAM	Rowena Burch, Andrew Johnson, Tania O'Sheehan, Gregory Grey
20-23	100 Free Relay	1:05.80	<b>18-Aug-13</b>	WAM	Gillian Caruso, Ross Doherty, Heather Jeps, Graham Hicks
	200 Free Relay	2:17.26	<b>18-Aug-24</b>	WAM	Wayne Sams-Hayes, Charles Croft, Sarah Carr, Megan Webster
	400 Free Relay	5:24.47	<b>18-Aug-13</b>	WAM	Graham Hicks, Graham Cragg, Gillian Caruso, Heather Jeps
	100 Medley Relay	1:12.09	<b>29-Jul-23</b>	WAM	Alicia Sama-Hayes, Sarah Carr, Wayne Sams-Hayes, Derek Bishop
	200 Medley Relay	2:51.93	<b>22-Jun-14</b>	WAM	Graham Hicks, Heather Jeps, Gillian Caruso, Gregory Frey
24-27	100 Free Relay	1:17.61	<b>15-Aug-15</b>	WAM	Charles Croft, Heather Adams, Fettes Falconer, Pamela Pearson
	200 Free Relay	2:42.42	<b>19-Jun-16</b>	WAM	Fettes Falconer, Liz Dunn, Heather Jeps, Graham Hicks
	400 Free Relay	6:31.00	<b>18-Aug-13</b>	WAM	Heather Adams, Stanley Brandwood, Linda Cragg, Charles Croft
	100 Medley Relay	1:37.62	<b>15-Aug-15</b>	WAM	Fettes Falconer, Maria Plant, Charles Croft, Pamela Pearson
	200 Medley Relay	3:17.60	<b>2-Apr-17</b>	WAM	Ross Doherty, Charles Croft, Gillian Caruso, Elizabeth Dunn
28-31	100 Free Relay	1:21.85	<b>3-Aug-19</b>	WAM	Hans Vosbergen, Pamela Pearson, Heather Croft, Fettes Falconer
	200 Free Relay	3:10.75	<b>25-Mar-18</b>	WAM	Fettes Falconer, Maria Plant, Elizabeth Dunn, Bert Vosbergen
	200 Medley Relay	3:08.88	<b>29-Jul-23</b>	WAM	Elizabeth Dunn, Sarah Curran Ragan, Charles Croft, Fettes Falconer