



Armadale Masters Swimming Club



2013 Master Swimming Australia National Championships

Hi Swimmers,

It is with great pleasure to report that Armadale Masters Swimming Clubs Charles Croft has come home from the MSA Long Course Championships held at the Sydney Olympic Park Aquatic Centre with 5 PB's from 5 events and also set 3 new club records.

Charles's reduced 3 of his personal bests in his favoured stroke the breaststroke by 1.03 seconds in the 50m, 1.42 seconds in the 100m and 3.36 seconds in the 200m. Charles also smashed his 400m freestyle PB by 6.32 seconds and his 200m freestyle PB by a whopping 9.63 seconds.

Well done Charles!

Jeff