



# Armadale Masters Swimming Club



## Club Championships Round 4

Hi Swimmers,

Our first Championships at the Cannington Leisureplex saw 15 members swimming all 3 events which were 25m, 50m and 100m choice swims. Our newest member Tim was not too sure about having a go but after twisting his both his arms he went and had a go and doing so set a new club record in his age group. Also our potential new members Sean and Shannon also had a go at all 3 events. It was great to see Shannon swim his first 25m continuous without stopping in the 25m freestyle. There were a number of first time swims and now that those swimmers have a time recorded they will be able to build on their one point after that inaugural swim.

### Club Records:

15 new club records were set 8 of which were new age group club records set and 7 existing club records lowered. The new club records were set by Shannon in the 100m freestyle, 50m breaststroke and the 25m freestyle in the 18 o 24 year age group, Sean set a new 25m freestyle record in the 45 to 49 year age group, Fettes in the 50m Backstroke, Tim in the 25m breaststroke, and Stanley set 2 more new club records in both the 100m IM and 25m freestyle.

The 7 existing club records lowered were swum by Linda in the 25m backstroke, Mary in both the 100m freestyle and 50m breaststroke, Graham Cragg in the 50m Breaststroke and 25m butterfly, Charles in the 50m breaststroke, and Fettes in the 25m butterfly.

### State Record:

Graham Cragg is now back on form and swum an unofficial new state record in the 50m Breaststroke which would have lowered his existing State record by 3 hundredths of a second if this was a sanctioned event. Great swim Graham.

### Personal Bests:

8 personal best were swum on the day. Graham Cragg as mentioned above beat his state record in the 50m breaststroke, Charles lowered his 100m freestyle and his 50m breaststroke, Ross looks like he has now recovered from his surgery with a PB in the 100m freestyle, Graham Hicks lowered his 100m breaststroke by a good 1.7 seconds and Heather Jeps got a hat-trick with 3 PB's in all 3 Freestyle events and was also top scoring female on the day – Well done Heather.

Well done everyone, and look forward to seeing you all again for round 5 on the 1<sup>st</sup> of June when we will be swimming the same distances but in a different order.

Regards,



JEFF