



Armadale Masters Swimming Club



2013 LiveLighter State Championships

A small team of 5 flew the flag for Armadale at the recent 2013 State Championships which was held at the Challenge Stadium Pool in Mount Claremont. The team of 5 was Catriona, Heather Adams Heather Croft, Charles and Nigel. There were some great swims swum by all including 6 PB's and 10 new club records set over the weekend.

Catriona Adams:

Catriona who has only just recently rejoined the club had 6 great swims with 2 personal bests where she bettered her 2010 times that she set as a very young Masters swimmer in the 50m and 100m backstroke. Catriona set 6 new club records with 2 wins in 2 of the toughest events the 200m IM and 100m butterfly, she also gained 2 seconds and 2 thirds in her other 4 events.

Heather Adams:

Heather a bit like Catriona has only just returned to the pool and even though she was not well still swum 4 of her 6 events gaining a third place in the 50m breaststroke and swum within 10% of her best times since January 2009 of her 6 events. Heather was also in our 200m mixed relay team with Catriona, Nigel and Charles which set a new club record in the 160-169 combined age group.

Nigel Chaytor:

Nigel also had a great weekend with 3 personal bests and set 2 new club records. Nigel came away with 2 second places in the 200m and 100m breaststroke and a third place in the 50m breaststroke. Nigel wrapped up the weekend winning a towel in the "Have a go News" award.

Charles Croft:

Charles just back from the nations and still on form swam a PB in the 100m freestyle. Charles also gained a second placing in the 200m breaststroke and also gained 3 third places in the 200m freestyle, 50m breaststroke and 100m breaststroke.

Heather Croft:

Heather also had great event and swum 3 events on the Saturday placing third in the 50m breaststroke and swimming all 3 events within 5% of her best times since January 2009.

Great effort and well done team!

JEFF

