



# Armadale Masters Swimming Club



## Club Championships Round 5

Hi Swimmers,

Another month has gone by and we are now getting familiar with the Cannington Leisureplex pool and for once more members opting to swim other instead of freestyle in this round. 9 PB's were swum on the day 5 of which were backstroke with swimmers taking advantage of the extra grip on the walls. It was good to see some of our new members repeating some of their swims and scoring more than the just the 1 point. I felt for Tim who thought the 2<sup>nd</sup> event was 50m and after putting in a massive effort and a sprint finish was told he still had another 50m to go – He got straight back into swim but the arms and legs were now gone and would not respond as they did and he finished the 100m with a much slower pace as you would expect.

### Club Records:

17 new club records were set 10 of which were vacant new age group club records and 7 existing club records were lowered. Both Shannon and Sean lowered their recently set club records in the 25m freestyle, Fettes lowered his club in the 25m backstroke, Graham Hicks also lowered his existing 50m Freestyle record, Graham Hicks and Charles both broke the existing record in the 25m backstroke with the record being awarded to Graham with the faster time. Also our man Stan smashed both of his existing club records in the 100m Individual Medley and the 25m freestyle.

### Personal Bests:

11 PB's were swum on the day. Stan swum 2 PB's in both the 100m IM and 25m Freestyle and was also the top point's scorer on the day. Shannon and Sean both swum PB's in the 25m Freestyle, Charles, Ross, Fettes, and Jeff all swum PB's in the 25m Backstroke, Greg swum a PB in the 25m Breaststroke and Colin with his new backstroke turn swum a PB in the 100m Backstroke. It's great to see all the PB's and as a club we are swimming more of them every year.

It has been noticed that 3 swimmers Ross, Fettes and Colin who swum PB's only scored just a single point using our current points system which does not appear fair, but we have to stick with the points system we have for this year. Hopefully we can change the rules next year to account for this.

### Points:

With Mary and Heather Jeps not swimming this round it has let Yvonne Lovegrove and Jenny close the gap. Graham and Stan are closing the gap on me too and with Charles, Greg, and Ross also in the hunt and with 5 rounds to go it is still anyone's chance to win in both the female and male events so don't give up just yet.

I have attached the rules for this year's Championships which is the same as the past 2 years so please have a look and make sure you understand how the points are scored. I have also attached the Championships calendar so you can see where we all have a chance to improve our times or swim close to them when we repeat the swims over the next 5 rounds. If you're not still sure how it all works then please feel free to ask me or Graham Hicks and we will endeavor to explain.

Well done everyone, and look forward to seeing you all again for round 6 on the 6<sup>th</sup> of July when we will be swimming the 200m and 25m choice swims.

Regards,

JEFF