



Armadale Masters Swimming Club

Club Championships Round 1 2014

Even with several swimmers from lane 6 missing due to a clash with the open water swim at Cottesloe we still had 11 swimmers giving their all in the 200m & 50m Choice events.

Our head coach Heather Croft (Heb) was our top point's scorer on the day with a total of 9 points, a PB in the 200m freestyle and also set a new club record in the 200m breaststroke. I suspect she has been having some of whatever Charles has been having just lately. Well done Heb.

Our new members Rowena and Hans set some good times and it will be interesting to see how they go when they next swim these distances in April.

5 PB's were swum on the day. Graham Cragg in the 200 IM, Heb in the 200m freestyle, Heather Jeps in the 200m freestyle, Mary in the 50m backstroke and myself in the 50m breaststroke.

6 new club records were set 3 of which were vacant new age group club records and 3 existing club records were lowered. Heb her own existing record in the 50m breaststroke, Mary lowered her own existing club record in the 50m backstroke, and Graham Cragg significantly lowered the existing record in the 200m IM.

Well done everyone, and look forward to seeing you all again for round 2 on the 1st of March when we will swimming 100m choice and 100m choice but they must be swum with different strokes to score points in both events.

JEFF

