



## Armadale Masters Swimming Club



Hi Swimmers,

17 swimmers made a big effort in round 2 of the Club Championships setting 5 new club records, bettering 6 old club records, swimming 7 PB's and all but 2 of the 34 swims were within 10% of everyone's best time. It was also good to see a representation across the ages on the day which ranged from 19 to 78 years.

Stanley swum PB's in both 100m freestyle and 100m backstroke and doing so lowered both club records, Nigel who over the past few months has gone from lane 8, to lane 7 for a short while and now in lane 6 swum a PB in the 100m freestyle, Heather Jeps with the help of Jellybeans got 2 PB's in both the 100m freestyle and 100m breast stroke. Ross and Jeff also got PB's in the 100m freestyle.

The 5 new club records in the swimmers relative age groups were set by; Jacky in the 100m freestyle, Gillian in both 100m breaststroke and 100m backstroke, and Xavier in both 100m freestyle and 100m backstroke.

The existing club records lowered on the day were swum by Heather Jeps in the 100m Freestyle, Mary in both 100m freestyle and 100m breaststroke, Greg in the 100m backstroke, and Stanley in both the 100m freestyle and 100m backstroke.

A big thankyou to Fettes and Yvonne Hunt for coming along and helping out to run the event whilst not swimming themselves.

Well done everyone, and look forward to seeing you all again for round 3 on the 13<sup>th</sup> of April when we will be repeating February's 200m and 50m events both of which will be choice of stroke again. See the other attachments for all the details

Regards,

Jeff