

14 swimmers turned up on perfect mid-October morning for the penultimate round of the 2016 Club Championships series back at our summer home Armadale Aquatic Centre. It was great to be back outdoors and back in the 50m pool and to get the sunscreen out of hibernation, check the expiry date and slap it on! The days round provided swimmers with a choice of swims over 200m and 50m.

Just as we were getting ready for the first heat a swimmer not seen for a while made his very upright entrance, good to Hicksy back in the pool after his hip op ☺ We also welcomed potential new member Rose for her first taste on Club Champs. So down to the competition and all the interest focused on the results of the girl's swims as it was a crowded leader board with Rowie just out in front of the chasing pack.

Once the dust had settled on the heats, the top points scorers were Rowie and Gill with 9 points each which consolidated Rowie's lead at the top of the ladder. The race is now on for second though with Gill leap frogging Heather Jeps into second place by only 1 point. Pamela is only 2 points behind Heather and Jenny only 6 points behind Pamela. It will come down to the final round! For the boys, Jeff sits 10 points clear of Colin with Fettes and Derek fighting it out for third place.

There were 6 pb's set with Derek in his 200m IM, Rowie in her 50m butterfly, Gill in her 200m breaststroke, Linda for her 50m backstroke, Colin for his 50m breaststroke and Pamela for her 200m freestyle. New club records set were Rowie in her 50m butterfly, Gill in her 200m breaststroke and Pamela in her 200m freestyle.

I hope you enjoyed the more relaxed format of the event with time for everyone to get a cool down after their swim and not having to rush to start timing. After allowing a bit longer for each heat and having a break between the change in distances, we still finished with 5 minutes to spare.

Please see the website for all the reports.

<http://armadalemastersswimmingclub.com/events/pool-event-results/>

Once again, a gentle reminder, please take the time to check that the correct stroke, distance and three times (if possible) are recorded for each swim. Thank you!

**Reminder that the final round of the club champs is on Saturday 5<sup>th</sup> November.**

Cheers.

Cap'n Col.