

# Armadale Masters Swimming Club



Hi Swimmers,

We are already at the halfway point of this year's Club Championships we have swum all the events which will now be repeated over the next 4 or 5 months. You will see that those who swum many events last year had an advantage and have scored well. Now it's time for all the others to try and improve on their times they have swum this year and pick up some big points and turn things around.

14 swimmers turn up at St Brigid's on Saturday for round 5 of this year's Club Championships for the grueling 200m choice. We then had some fun with a few relays and most of us then headed off to The Melville Rose Garden for some well earned calories.

3 PB's were swum on the day by Jenny, Ross, and myself. 4 new club records were set by Jacky, Liz, Heather Jeps and Simon and 3 existing club records were broken with Charles lowering the 200m Breast in the 60 to 64 year age group by 8 seconds, Graham Hicks lowering the 200m freestyle record by 20 seconds in the 200m freestyle and Greg beating Peter Escott's old time the 200m freestyle by 15 seconds. well done everyone

Please see the attachments which has all the information including times, placings, records and championship rules.

Thanks to Roger and his whistle and also a thankyou to Lexie who came along to help out with the entries and getting us a nice warm table next to the log fire at the Rose Gardens.

Well done everyone and look forward to seeing you all again for Round 6 on the 6<sup>th</sup> of August (100 freestyle followed by 50 other).

Notes:

1. Round 5 events will be swum again in October, so all those who swam the 200m distance for the first time on Saturday will have a chance to improve on their times then.
2. Times and records for Short Course (25m Pool) and Long Course (50m Pool) are separate events.

Regards,

Jeff