



## Armadale Masters Swimming Club

Hi Swimmers,

This round we saw some dominance from lane one with club records being set and PB's being swum.

A total of 4 PB's were swum on the day with Jenny smashing her previous 100 freestyle by 6.4 seconds, Charles bettering his 25m Breast, and myself improving on both swims. 4 new club records were set by Katja in both 25m Freestyle and 50m backstroke, Charles in the 25m Breaststroke and Jennifer in the 25m Breaststroke. Well done everyone and good to see some big improvements from the girls in lane 1.

Please see the attachments which have all the information including times, placings and records.

Well done everyone and look forward to seeing you all again for Round 7 on the 3<sup>rd</sup> of September (100 other followed by 50 Freestyle).

Regards,

Jeff