

# Armadale Masters Swimming Club



Hi Swimmers,.

First some thankyou's. Ross Adams, Alan Plant, Lexie, Pete Rankin for helping out with our timing duties and also to our butterflyers in the relays – Greg, Fettes, Jacky and Charles who swum that grueling 50m fly in the Medley relay and to Gillian for struggling through the relays whilst feeling ill.

We had a total of 18 swimmers entered for the 2011 Mandurah BACC and all turned up and put in a 100% effort with 15 PB's being swum in total by Linda, Liz, Heather Croft, Charles, Heather Jeps, Jannette, Greg, Graham and myself.

3 new club records were set by Heather Jeps and Colin. 12 existing club records lowered by Jacky, Colin, Linda, Greg, Graham and Charles with Linda lowering 3 existing records in the 50 breaststroke, 50 Freestyle and 100 breaststroke, Liz lowering her 50m breaststroke, Colin lowering the 50m Freestyle and 100mBackstroke, Greg lowering his 100m freestyle, Charles lowering 3 of his old records in the 50 breaststroke, 100 breaststroke and 100 IM, and Graham lowering his 100m freestyle and his 100m IM from 2008. Looks like all the hard sprints at training are paying off.

Attached is all the information and hope you all enjoyed the day.

regards,

Jeff