



## Armadale Masters Swimming Club



Hi Swimmers,

14 swimmers rolled up on a beautiful sunny morning for the 10<sup>th</sup> and final round of this year's Club Championships. It was great to see yet more improvements with swimmers times and more club records being set and broken.

5 existing club records were broken with Linda lowering her 200 Breaststroke record, Lexie lowering the existing 200m Freestyle record, Graham and Ross both lowering their existing 200m Backstroke records, and Fettes lowering his existing 50m Freestyle record. Graham Cragg put his lungs and arms to test and set a new 200m IM record.

6 PB's swum by Linda in the 200m Breaststroke, Ross in both 50m freestyle and 200m Backstroke, Graham Hicks in the 200m Backstroke, Fettes in the 50m Freestyle and Jeff also in the 50m freestyle.

A big thank you to our head coach and her dodgy whistle for giving up her swim time and running the event for us.

Well done everyone, it's been a fantastic Championship and we look forward to seeing you all in next year's new innovative and improved format. Watch this space.

Regards,

Jeff