



Armadale Masters Swimming Club



Hi Swimmers,

What a cracking start to this year's club championships with 17 swimmers giving it there all with 8 PB's and 4 club records swum on the day.

The 8 PB's were not just from our faster swimmers in lane 6 but from all 3 lanes which is great to see. PB's swum were by Gillian in the 50m Breaststroke, Linda in the 200m freestyle, Fettes in the 50m breaststroke, Yvonne Hunt in both the 200m freestyle and 50m backstroke, Heather Jeps in the 200m Breaststroke and myself in the 200 backstroke and 50m freestyle.

Heather Jeps lowered her club record in the 200m Breaststroke, Charles set a new club record in the 200m backstroke, and Fettes set 2 new club records in both the 200m freestyle and 50m breaststroke.

It was good to see two of our new members Zita and Louw having a go and setting some times which I'm sure they will lower in the coming months.

Thanks to Graham Hicks and Charles for organising the morning and thanks also to Graham Cragg for starting all the events.

Well done everyone, and look forward to seeing you all again for round 2 on the 3rd of March when we will have 2 x 100m events both of which will be choice of stroke again.

Regards,

Jeff