



Armadale Masters Swimming Club



Newman Churchlands BACC 12th February 2012

Hi Swimmers,

Following our first round of the club championships 14 weary members rolled up the early the next morning to swim for the club at Newman Churchlands. The team came a credible 7th place with 87 points and all should be very pleased with their efforts. The team was made up of Heather Jeps, Heather Croft, Gillian, Liz, Mary, Chris, Colin, Charles, Graham Hicks, Fettes, Greg, Jacque and I (Jeff). In total 10 new club records were set and 9 personal bests were swum. With so much information to report I will list all the achievements swimmer by swimmer. Unfortunately Simon after making a great effort to turn up was too ill to swim and had to head off home.

Gillian: Led out the ladies relay team and help set a new club record in the 200m freestyle relay 160-199 age group.

Heather Croft: With an impressive double handed action got a Personal Best in the 50m backstroke reduced her existing time by nearly 2.5 seconds.

Heather Jeps: Lowered her existing club record in the 100m breaststroke and doing so swum a Personal Best. Heather was also part of the team that set a new club record in the 200m freestyle relay 160-199 age group.

Jacque: Came first in both 200m freestyle and 50m butterfly and doing so scored maximum points for the club in that event. Jacque was also part of the team that set a new club record in the 200m freestyle relay 160-199 age group.

Mary: Came first in the 50m Breaststroke and doing so scored maximum points for the club in that event.

Liz: At the last minute volunteered to be part of the ladies relay team and helped the young guns set a new club record in the 200m freestyle relay 160-199 age group.

Charles: Swum 2 PB's in the 50m freestyle and 200m Freestyle and doing so lowered his existing 200m freestyle time by an impressive 4.15 seconds. Charles was also part of the old boy's team that set a new club record in the 200-239 age group 200m freestyle relay.

Colin: Swum a PB in the 200m freestyle and doing so set a new club record in the 200m freestyle.

Fettes: What can I say? He was there in spirit but - I will leave this to Gillian to explain in this month's Captains Report, which can be read in the Club Newsletter next week. To his credit though, Fettes pulled himself together and helped the old boy's relay team set a new club record in the 200-239 age group 200m freestyle relay.

Graham Hicks: Smashed 3 existing Club records. In the 200m freestyle he reduced the existing record by 2.5 seconds, in the 50m freestyle by 10 seconds and in the 50m backstroke by a whopping 15 seconds. Graham also played a part in the old boys 200m freestyle relay record

Greg: Lowered both his existing club records in the 50m freestyle and 50m butterfly and doing so swum 2 PB's. Greg the youngest of the old boys in the 200m men's relay team helped them to set the new club record in that event.

Jeff: Was very please with all his results getting PB's in both 100m freestyle and 50m backstroke

It's incredible that every report I have written over the past few years always seems to have an abundance of PB's and club records swum.

Our next BACC meet for 2012 is on Sunday the 1st of April at the Melville Aquatic Centre and will be hosted by the Melville Masters Swimming Club

See the attachments for all the details.

Jeff