



# Armadale Masters Swimming Club



Club Championships Round 9 October 6<sup>th</sup> 2012

Field of 18 swimmers took part in round 9 of our Club Championships which was held on our last day at the Saint Brigid's pool for this year. Swims consisted of a 200m Choice and 25m Choice. It was good to see Ross having a go even though he is still recovery from surgery to his shoulder and everyone else trying hard and swimming within 5% of the target time with some exceptional Personal Bests and Club Record swims. With so much to report I have somehow managed to squeeze all this information onto the one page.

## Personal Bests:

There were 11 personal bests swum with some swimmers really digging deep and bettering their times that they have held for 3 or 4 years and some reducing their time by significant margins which is great to see. Stanley in the 25m Backstroke, Linda in the 200m freestyle reducing her PB by over 5 seconds, Jannette in the 25m Backstroke and in the 200m freestyle knocking off a massive 16 seconds from her previous time, Graham Hicks in the 25m Butterfly and incredibly reducing his 2009 Backstroke time by 7 seconds, Yvonne Hunt with her rested shoulders in the 25m Freestyle and her 200m Freestyle time from 2009, Yvonne Lovegrove with her new longer unrushed stroke reduced her 200m Freestyle time from 2008, and Mary absolutely smashing her 200m freestyle time by an incredible margin of 24.4 seconds and in the 25m Backstroke dropped her frog kick style for the more common backstroke and reducing her time by over 4 seconds.

## Points:

Graham Hicks, Mary and Jannette all scored the maximum 10 points. In the ladies Lexie scored a solid 7 points and has moved up into first place on the female points board and will be under immense pressure at the next and last round from Yvonne Hunt, Mary, Linda and Jannette who are all very close behind and challenging for the top 3 places and anyone of them can mathematically take out first place. In the men's Graham Hicks has secured second place leaving Stanley, Graham Cragg and Chris to try and gain third spot for the year.

## Club Records:

Stanley beat his existing 25m Backstroke club record and continues to set club records for us males all to aim for in the future with an impressive 200m Individual Medley swim which I think will hold for a very, very long time – Well done mate. Fettes set 2 new club records in the 200m Freestyle and 25m Backstroke, Graham Hicks lowered Fettes old 2008 25m Butterfly club record by 0.3 of a second and lowered his existing 200m Backstroke club record by 20 seconds, Mary lowered her existing club record in the 25m Backstroke, Linda lowered Heather Adams club record in the 200m freestyle and Gillian lowered the club record in the 25m Breaststroke.

Thanks to Charles for bringing his whistle and setting us off and to Graham and Chris for working out and producing all the results.

Well done everyone, and look forward to seeing you all again for the last round on the 3<sup>rd</sup> of November when we will be repeating February's events both of which will be 100m and your choice of stroke again. See the attachments for all the details

Jeff