



Armadale Masters Swimming Club

Club Championships Round 1 2019

Even with several swimmers from lane 6 missing due to a clash with the open water swim at Cottesloe we still had 15 swimmers giving their all in the 200m & 50m Choice events.

Points Scored:

Bill with his bionic hips and now swimming with his legs up and in the streamlined position was our top point's scorer on the day with a total of 10 points followed by Sue our top female with 9 points. Well done guys.

PB's:

Just the one PB swum on the day - Sue stepped up to the blocks and showed us her new dive technique and then swam a huge PB reducing her previous 200m time by an incredible 11 seconds. Well done Sue

Club Records:

3 new club records were set 1 of which was a vacant new age group club record and 2 existing club records were lowered. Nichola with her powerful 2 beat kick reduced the existing 200m freestyle record by nearly 4 seconds, Linda knocked off 0.8 of a second off the 50m breaststroke record and Rowena even though starved of iron, red blood cells, haemoglobin, oxygen and vitamin B12 still managed set a time of 3:47.65 in the gruelling 200m IM. Well done ladies.

Well done everyone, and look forward to seeing you all again for round 2 on the 2nd of March when we will swimming 100m choice and 100m choice but they must be swum with different strokes to score points in both events.

Thanks for those that turned up for the training session and ended up swimming the Club Championships to help me with writing up new programs for when we hit the new indoor pool at Armadale in April.

Jeff