



## Armadale Masters Swimming Club

### Club Championships Round 8 2019

#### **Standings:**

*The Ladies:* With only 2 more rounds to go Sue has increased her lead by another 3 points and is now 6 points clear of 2<sup>nd</sup> place Yvonne Hunt. Heather Jeps has 3<sup>rd</sup> place secured and still has an outside chance to take second place.

*The Gentlemen:* With Hans away walking 750km through Europe and Graham Hicks out with shoulder surgery it looks like it's going to be a very close finish for the top 4 between Graham Hicks, Hans Colin and Fettes.

#### **Points Scored:**

Top points scorer this round was Alex with 11 points followed by Tim with 8 points and both Janine and Sue with 7 points each. Well done guys.

Stroke selection in the next 2 rounds will be critical points wise, especially for those in the running for the top 3 places. If anyone needs some help with what strokes to swim just let me know and I will print out your previous results and give you some suggestions.

#### **PB's:**

There were three PB's swum on the day. Alex lowered both her 50m breaststroke time by 0.38 of a second and her 50m butterfly by the smallest of margin of just 0.06 of second. Janine lowered her 100m IM time by 0.98 of a second. Well done ladies

#### **Club Records:**

Two existing club record were lowered and one new club record was set. Maree lowered the existing 100m breaststroke record in her rage group by more 11 seconds, Gillian lowered the existing 25m freestyle record in her age group by nearly 5 seconds and Fettes set a new club record in the 100m backstroke.

Thank you to Yvonne Lovegrove for helping out helping out with the timing and paperwork.

Well done everyone, and look forward to seeing you all again for round 9 on the 5<sup>th</sup> of October when we will be back in the 50m pool.

Jeff

