



Armadale Masters Swimming Club

Club Championships Round 4 2020

Another great turn out. We had 21 swimmers and with just 2 lanes and 3 events. We ran a few minutes overtime so we must look into what we can do to correct that next time. The main thing was everyone put in 100% with their swims with some great results to report on – See below.

Points Scored:

Graham Hicks and Gillian were our top point's scorers on the day with both of them scoring maximum points in all events and a total of 15 points each. The only other swimmer anywhere near was Yvonne Lovegrove with a very respectable score of score of 11 points.

PB's:

3 PB's swum on the day by Alex, Pamela and Wayne.

Pamela with her new not so rushed butterfly stroke reduced her existing 25m butterfly time by over 11 seconds – I don't think I have ever seen such an improvement since I have been at the club. She's starting to look more like a butterflyer now instead of looking like she is about to drown.

Alex beat her existing 25m butterfly by 0.39 of a second but she was hoping to go under 18 seconds – Next time Alex!

Wayne set a fantastic PB time of 15.2 seconds in the 25m freestyle.

Club Records:

Lexie our most senior member set 3 new club records in the 100m freestyle, 50m freestyle and 25m freestyle. Something for all you ladies to try and beat in years to come. Well done Lexie!

Julie lowered the existing 25m freestyle record in her age group.

Alex gained the 100m freestyle record beating the old time by more than 5 seconds. Looks like she is slowing collecting all the records and all her times going to take some beating in the future.

Gillian lowered her existing 25m backstroke record by nearly 1.3 seconds.

Pamela set a new club record in the 100m backstroke.

Wayne destroyed the existing 25m butterfly record in his age group lowering the time by over 10 seconds. Well done Wayne!

Fettes. Don't know what he was doing with his legs but he reckons he was doing breaststroke and somehow he managed to lower the existing 25m breaststroke club record.

And finally a big thanks to Rose for doing the starting duties.