



Armadale Masters Swimming Club

Club Championships Round 5, 2020

Another great turn out and lots of PB's and Club Records set and some by quite large margins.

We had 19 swimmers and with just 2 lanes and 3 events our Head Coach Heb took charge and sorted out all the swimmers beforehand using new hand drawn up Entry Sheets and had swimmers in the water ready for the next heat. I wasn't there to see this but have heard how well it was run. Well done Heb!

Points Scored:

The ever improving Pamela Pearson was top points scorer on the day with 14 points followed by Lexie on 11 and Gillian on 10.

PB's:

5 PB's swum on the day by Gillian, Julie, Pamela and Sue.

Gillian improving on her 100m butterfly by nearly 3 seconds.

Julie beat her existing 100m IM by 0.49 of a second.

Pamela beat her existing 50m Backstroke by 0.76 of a second.

Sue improved on her 25m breaststroke by 0.49 of a second

Club Records:

Lexie. I don't know what she had for breakfast but she annihilated both her 50m and 100m freestyle club records set in August reducing her previous 100m freestyle time by an incredible 15 seconds and also reducing her 50m freestyle record by nearly 7 seconds. Lexie also set a new club record in the 25m breaststroke. Well done Lexie!!!

Julie adding another club record to her list – This time lowering the 25m butterfly in her age group by just 0.04 of a second. That's the way to do it.

Rowena back in the pool just a couple of weeks and already setting club records in her age group – This time in one of her favourite events the 100 IM.

Gillian lowered her existing 100m butterfly record by nearly 3 seconds.

Pamela lowered the existing club record in the 50m backstroke by more than 6 seconds. Nice one Pamela

Wayne lowered the existing 100m breaststroke record in his age group lowering the time by over 9 seconds. Well done Wayne!

Charles. We haven't seen Charles at the club championships for a couple of years but on his first day back set 2 new club records in both the 50m breaststroke and 25m butterfly reducing both records by approximately 2 seconds.