



# Armadale Masters Swimming Club

## Club Championships Round 9 2013



I arrived at the pool around 8:40am to again see several swimmers doing a decent warm up and by their results it looks like it is paying off for them. With several members away on holiday or having their feet and knees operated on we still had a field of 13 swimmers have a go at the gruelling 200m and 25m sprints. Out of those 13 swimmers 8 of them swum 11 PB's and 4 of them set 5 new club records.

### **Stanley:**

Still feeling a bit crook after having the flu and not been able to swim for 3 weeks or so Stanley still swum within 1.2 seconds of his best time in the 200m backstroke, swum a PB in the 25m butterfly and doing so lowered his existing 25m club record. With only one more round to swim this year Stanley is in the running to take out 3<sup>rd</sup> place overall for the year and also has an outside chance to take out 2<sup>nd</sup> place overall.

### **Gillian:**

Great to see Gillian swimming well again in the sprints as well as the long distance swims. Gillian set 2 club records and swum PB's in both 200m freestyle and 25m butterfly. Jill was also joint top points female on the day and now in contention for 3<sup>rd</sup> place overall with only one more round to go.

### **Nigel:**

Nigel swum a PB in the 25m butterfly and swum a good 200m breaststroke in a race against Charles. Hopefully Nigel can improve just a little bit more next year and start knocking off some of Craig Beans club records before he moves up into the next age group.

### **Charles:**

Racing against Nigel above in the 200m breast stroke Charles swum a PB in the 200m reducing his time by a whole 3 seconds. Charles is now in 4<sup>th</sup> place overall and in contention for 2<sup>nd</sup> or 3<sup>rd</sup> spot overall with only one round left to go.

### **Heather Croft:**

Heather with her new found form swam a PB in the 25m backstroke and again scored top points in the female category. Heather is now in close contention for 3<sup>rd</sup> place overall with an outside chance of second place overall with only one more round to swim.

### **Ross:**

Ross had a great day with 2 outstanding PB's in the both the 200m backstroke and 25m backstroke scoring the maximum 10 points that were up for grabs. He has now moved into 3<sup>rd</sup> spot overall and with a couple of good swims in the final round next month could take out 2<sup>nd</sup> spot from Hicksy.

### **Colin:**

Colin swam a PB in the 200m freestyle smashing his previous time by over 8 seconds.

### **Graham Hicks:**

Graham swam a PB in the 200m freestyle and reduced his existing club record in the 25m backstroke. Now 6 points off first place Graham still has a chance of taking out top place in the men's division in the final round next month.

### **Yvonne Hunt:**

We have not seen much of Yvonne this year as she has been busy being a grandmother and traveling overseas but she is still swimming within 5% of her best times.

**Heather Jeps:**

Heather had 2 good swims and scored a very good 6 points and secured top place in the ladies division for the year. Well done and congratulation Heather.

**Pauline:**

With a little arm twisting I got Pauline who is one of our potential new members to have a go and set some times that she can work on and try to reduce in the future which I'm sure she will.

**Shaun:**

Good to see Shaun come along and set some times and from what I hear he will be swimming a lot more now that he is working day shift.

**Jeff:**

I was happy with my swims and managed to put a couple more points between me and Graham Hicks. I will have to again think carefully with what strokes I swim in the last round to try and hold on to that first spot.

Well done everyone, and look forward to seeing you all again on the 2nd of November where we will be back at the Armadale pool for the final round where we have 100m choice and 100m choice but they must be swum with different strokes to score points in both swims.

JEFF