



Armadale Masters Swimming Club

2014 National Championships Rockhampton Queensland

The 2014 National Championships were held in Rockhampton Queensland from 23rd April to 27th April and Armadale Masters were ably represented by Heather Adams and Charles Croft.

In preparation for the Championships Charles had started an additional training program in the months prior. The results of this are clearly evident in Charles' outstanding results at the Championships. Charles won a Bronze in the 200m Breaststroke, produces three PB swims and Charles' other five swims were very close to his PB times with three less than a second away. A truly remarkable effort, well done Charles.

Heather Adams preparation was unfortunately interrupted by a bout of sickness but even so Heather produced three Club Record swims.

Full results are available via the [Events](#) page of the [Club Website](#).

Congratulation to Heather and Charles on flying the Armadale Masters flag so well at the 2014 National Championships.

Happy swimming,

Graham Hicks