

# Armadale Masters Swimming Club



Hi Swimmers,

Congratulation to the Armadale team with an impressive third place overall at the Newman Be Active Club Challenge on Sunday the 20<sup>th</sup> February.

For those who were not there, the team was made up of the following swimmers. Charles and Heather Croft, Gillian, Graham Hicks, Graham and Linda Cragg, Jacky, Heather Jeps, Heather Adams, Fettes, Chris, Mary, Liz, and Jeff.

In total we got 15 new club records which included 5 new individual club records set by (Jacky, Heather Jeps, Mary and Graham Cragg), 7 lowering of existing individual club records by (Gillian, Linda, Heather Adams, Mary, Chris, Graham Hicks, and Chris), 2 new female relay records and lowering of 1 male relay record 3 existing relay records were also lowered.

In addition to the above 15 new club records there was also a total of 8 Personal bests swum by Graham Hick, Graham Cragg, Linda Crag, Gillian and Jeff.

And last but not least a new State Record set by Graham Cragg in the 100m Breaststroke with a time of 1:27.58 – Congratulations Graham.

It just goes to show that the hard training done over the past few months has really paid off with swimmers aging and still improving – Great stuff

See the above attachments for all the details.

Regards,

Jeff