



# Armadale Masters Swimming Club



Hi Swimmers,

We had an enthusiastic team of 11 swimmers at this event. We gained 7th place with 94 points and all were very pleased with their swims, many of which gained maximum points. The team was made up of Heather Jeps, Heather Croft, Captain Caruso, Katja, Fettes, Graham Hicks, Chris, Colin, Charles, Simon, and I (Jeff). In total 11 new club records were set and 10 personal bests were swum. Thanks to Jenny Millard and Graham Cragg who did most of the time keeping, which allowed us swimmers to focus on the events. With so much information to report I will list all the achievements swimmer by swimmer.

**Heather Croft:** Our head coach has decided to take up backstroke and in doing so smashed the existing 50m club record by huge 9 seconds.

**Heather Jeps:** Came first in the 200m Breaststroke and doing so scored maximum points for the club and set a new club record.

**Katja:** Swimming the 200m long course breaststroke for the first time came first scoring maximum points for the club and also set a new club record in the 50m backstroke.

**Linda:** With her new improved diving style and beating everyone of the blocks lowered her existing 50m Breaststroke club record, lowered her existing 50m freestyle club record with a Personal Best of 42.03, and also lowered the existing 100m freestyle club record.

**Charles:** With his new pull and narrow style got a first in the 200m breaststroke scoring maximum points for the club.

**Chris:** Set a new club record in the 200m breaststroke and swam a Personal Best of 1:33.12 in the 100m freestyle.

**Colin:** Set 2 new club records in the 50m backstroke and 100m freestyle and also got a personal best in the 50m freestyle.

**Fettes:** Scored maximum points for the club with a first in the 50m butterfly and lowered his existing club record in the 50m freestyle with a personal best of 35.79.

**Gillian:** Came first in both the 50m and 200m backstroke scoring maximum points for the club in both events. Gillian also lowered her existing 50m butterfly club record with a Personal best of 42.58.

**Graham Hicks:** With his improved more powerful kick came first in the 100m freestyle scoring maximum points for the club and doing so lowered his existing club record with a Personal best of 1:14.43.

**Jeff:** Was very please with all his results getting Personal Bests in both 100m freestyle and 50m backstroke. I also won a fantastic raffle prize – Thanks to those that collected it for me and stopped Graham from eating the contents.

**Simon:** We don't see much of Simon at training but a dickie bird has told me that he has been seen secretly training in his mum's pool. Simon smashed his old time by 9.47 seconds in the 200m Breaststroke with a Personal Best of 4:35.03 and also smashed his 50m freestyle time by 5.8 seconds with another Personal Best of 41.02 seconds.

It just goes to show that the hard and varied training done over the past few months has really paid off. Great stuff team and to all out there - You can improve as you get older.

Our forth and last BACC for 2011 is on the 27<sup>th</sup> November at Tuart College and will be hosted by the Osborne Park Masters Swimming Club

See the attachments for all the details.

Jeff