



Armadale Masters Swimming Club



Club Championships Round 4

Our first swim at Saint Brigit's College this year happened to be round 4 of our Club Championships and consisted of a 25m, 50m and 100m choice swims. 17 members participated and I'm sure there was a number who appreciated the opportunity to swim in the smaller, warmer pool and to keep time while protected from a chilly breeze.

The flexible format of choice swims is going down well with a variety of strokes swum on the day. Performances of note in this year's race to be Champion were a 2% improvement in Jeff's best short course 25m backstroke, a 10% improvement in Yvonne Lovegrove's 50m free and a 4% improvement in Yvonne Hunt's 100m backstroke. Maximum points were well earned by those three.

Gillian and Chris were the only two swimmers to tackle the IM with vastly different outcomes. Gillian was just one point shy of a maximum result and Chris was left wondering what he must have been thinking at the time.

Graham and Greg put on a display with a 25m freestyle dash that saw them touch the wall a nanosecond apart and had the timekeepers under some real pressure.

Our latest member Stanley Brandwood ensured he got his monies worth on the day by re-swimming an event after being struck down by a bad case of cramp half way through his 50m backstroke. Do we have another Fettes??

Stanley also may have made a rod for his own back by swimming the 25m fly. We now have another "volunteer" to help out in the least popular leg of the BACC IM relays.

A number of records were set on the day. Congratulations to Yvonne Hunt, Liz, Heather Croft, Maria, Greg, Graham and Stanley.

A good time was had by all and a number of swimmers finished with an enjoyable morning tea at the Rose Garden (even though the delights consumed couldn't really be balanced out with a mere 175m in the pool).

With 4 rounds now completed we still have a large number of swimmers in with a chance for glory at the end of the year so when the June calendar comes out make sure you note the date for round 5.

CC