

On a pleasant sunny Sunday morning the Armadale Masters team headed to the port city of Fremantle to compete in our first interclub meet for 2024. The Armadale team members, in no particular order, were Natalie Upson, Sarah Carr, Megan Webster, Wayne and Alicia Sams-Hayes, Rose Fenton, Jenny Findlay, Heather Croft, Graham Hicks, Charles Croft, Liz Dunn, Fettes Falconer and the ever delightful Mary Plant.

Starting where we left off in 2023, the Armadale Masters team finished in third place out of 22 teams. The same finishing position as at the Mandurah interclub meet in November 2023, an outstanding result given the team's small size with only 13 team members. Finishing in third place behind Fremantle and Mandurah Masters both large clubs is an excellent achievement.

There were some tremendous individual performances with Sarah Carr, Megan Webster, Natalie Upson, Alica and Wayne Sams-Hayes swimming PBs in their individual events. A total of 16 individual Club Records, with Sarah Carr, Natalie Upson and Wayne Sams-Hayes setting three each, Mary Plant and Megan Webster setting two each and one by Heather Croft, Liz Dunn and Fettes falconer.

The relays where mixed team which means two females and two males. So with four males in the Armadale team that allowed for two relay teams. The meet relay options were 200m freestyle and 200m medley therefore the club competed in four relays. One relay team set two Club Relay Records, a new record in Freestyle for the 280-319 age group and in the Medley for the 240-279 age group. The other relay team set a Club Relay Record in the Medley for the 160-199 age ground. The two medley records bettered two very old records set back in July 2008. A little bit of trivia, Charles Croft and Fettes Falconer where members of the 2008 relay teams.

Fremantle Masters put on a lunch consisting of BBQ sausage in a bun and lovely selection of homemade salads and cakes.

Well done to all team members on a truly outstanding result.

Graham Hicks.