

Armadale Masters Swimming Club

Captains' Log - Stardate 2026-04-14

My reflections from the WA State Championships, 11th-12th April 2026
Mandurah Aquatic and Recreation Centre

What a weekend... **Go Team Armadale!!!**

It's pretty well known that we are a small club, with our representative numbers across the annual calendar of events telling a similar story...and I'd love to see these numbers GROW! 😊

I'm extremely proud to say our squad brought focus and intent across two massive days of racing at the Masters Swimming WA State Championships for 2026. We had five club members power through a huge program of events — and the results speak for themselves.

This event was a Short Course spectacular, across the disciplines of Freestyle, Breaststroke, Backstroke, Butterfly and Medleys. The distances ranged from;

- The “Blink & you’ll miss it”, leave nothing in the tank all-out 25m sprints
- 50m and 100m dashes, which absolutely burn the anaerobic threshold levels
- and the slightly longer 200m sprints, where the discipline of pacing to come home strong is a must.

So here's the full highlight reel from the weekend: Ladies first, youngest to oldest...

Natalie Upson (Age 34) Women 30-34



Distance	Discipline	Seeded Time	Swim Time	Points	Notes
50m SC	Breaststroke	0:39.86	0:38.91	8	New PB
200m SC	Breaststroke	3:08.49	3:02.03	10	New PB & State Record
25m SC	Backstroke	0:19.00	0:17.72	10	New PB
100m SC	Breaststroke	1:28.34	1:24.55	10	New PB
200m SC	IM	2:52.8	2:50.30	10	New PB
25m SC	Breaststroke	0:19.00	0:17.39	8	New PB & Under Previous State Record*
Total Club Contribution Points				56	

Natalie showed serious strength across all disciplines, pulling PB's in every event entered, and setting new state records in the 200m Breaststroke. Not a bad effort coming off a long holiday break and only a few weeks to prepare.

*Definitely worth mentioning, in the 25 SC Freestyle, Nat actually went under the previous state record of 0:17.66 by 0.27 of a second, but had to settle for second place, being pipped at the line by just 0.12 of a second.

Marvellous work Nat. 👍

Sarah Carr (Age 43) Women 40-44



Sarah, ever the quiet achiever, laid down some very consistent times on Saturday for what proved to be a day of sweeping out the cobwebs for a sensational Sunday...

Setting very high standards and expectations of herself, she came out focused, fierce and firing to produce a day of exceptionally quick times and some well-deserved PBs for the back half of the meet.

Excellent turnaround. 🐘 😊

Distance	Discipline	Seeded Time	Swim Time	Points	Notes
100m SC	Backstroke	1:17.00	1:15.88	10	
50m SC	Breaststroke	0:39.00	0:39.01	8	
50m SC	Freestyle	0:30.75	0:30.81	8	
25m SC	Backstroke	0:16.03	0:15.93	10	
100 SC	Freestyle	1:08.50	1:07.32	8	New PB
50m SC	Backstroke	0:34.25	0:33.50	10	
25m SC	Freestyle	0:14.18	0:14.05	10	New PB
25m SC	Breaststroke	0:20.00	0:17.28	8	
Total Club Contribution Points				72	

*25m Back, 50m Back & 25m Breaststroke were under Seeded times, so it's quite possible there may even be another PB or two hiding in these results.

Megan Webster (Age 47) Women 45-49

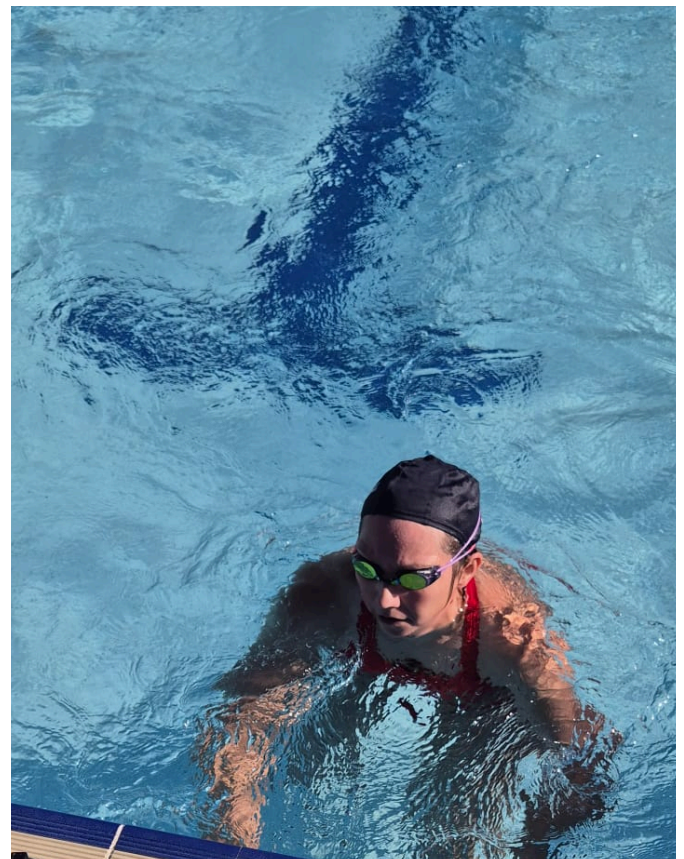
Megan took on a huge challenge for this meet, competing in 10 events.

It's fair to say that her consistency in training the past few months certainly showed up over the weekend, delivering 9 PB's for all her efforts.

If you have swam with Megan, you'll know she is very approachable and willing to give feedback to fellow swimmers to help them do well and maybe even find a second or two up and down that black line.

I know how hard you've meticulously planned and trained for this event. It's great to see you personally do so well and have such an awesome meet.

You Rock!!! 🎉👏



Distance	Discipline	Seeded Time	Swim Time	Points	Notes
50m SC	Breaststroke	0:46.81	0:45.52	8	New PB
100m SC	IM	1:34.55	1:32.85	4	New PB
50m SC	Freestyle	0:34.57	0:34.43	2	New PB
25m SC	Backstroke	0:20.90	0:20.57	10	New PB
25m SC	Butterfly	0:18.04	0:18.90	8	
50m SC	Backstroke	0:44.47	0:43.15	6	New PB
50m SC	Butterfly	0:42.53	0:42.19	4	New PB
100m SC	Breaststroke	1:43.90	1:40.36	6	New PB
25m SC	Freestyle	0:16.08	0:15.59	2	New PB
25m SC	Breaststroke	0:21.06	0:20.49	8	New PB
Total Club Contribution Points				58	

Dave Denver (Age 55) Men 55-59

This was my first short-course event, and only my third swim meet overall.

It felt good to get some times on the board and fill a few boxes, so there is an official time to beat at the next comp.

The key takeaways for me included...

- Goggles work better over your eyes rather than around your neck.
- IM's hurt, but how good is it to finish one... No Pain, No Glory.
- I really do love swimming!
Even Backstroke... 🤪



Distance	Discipline	Seeded Time	Swim Time	Points	Notes
200m SC	Freestyle	3:33.50	3:24.27	6	New PB
50m SC	Breaststroke	0:55.71	0:51.21	6	New PB
100m SC	IM	2:20.00	2:02.14	6	New PB
25m SC	Backstroke	0:35.00	0:31.83	2	New PB
25m SC	Butterfly	0:31.00	0:22.57	2	New PB
100m SC	Freestyle	1:50.00	1:31.65	2	New PB
25m SC	Freestyle	0:21.00	0:17.59	2	New PB
25m SC	Breaststroke	0:30.00	0:23.92	4	New PB
Total Club Contribution Points				30	

Charles Croft (Age 76) Men 75-79

Our veteran legend showed the young guns how it's done!

Charles delivered rock-solid performances in breaststroke, butterfly and freestyle, walking away with 7 new PB's in the Short Course format.

Charles is Mr Consistency...

Every session, you'll see him grinding out the laps, committed to each set, and keeping the squad members in his lane on their toes to hold their times.

Clearly, that consistent effort shows up on competition day.

TOTAL RESPECT... 😊



Distance	Discipline	Seeded Time	Swim Time	Points	Notes
50m SC	Breaststroke	0:50.00	0:49.44	8	New PB
200m SC	Breaststroke	4:15.00	4:05.13	10	New PB
50m SC	Freestyle	0:40.10	0:41.18	6	
25m SC	Butterfly	0:30.00	0:27.15	6	New PB
100m SC	Freestyle	1:45.00	1:35.00	2	New PB
100m SC	Breaststroke	2:10.00	1:51.21	10	New PB
25m SC	Freestyle	0:20.00	0:18.63	8	New PB
25m SC	Breaststroke	0:25.00	0:22.01	8	New PB
Total Club Contribution Points				58	

I'd like to say a special thanks to the following club members for their contributions on the day too.

- Rowena and Gillian for their dedication to officiating duties
- Heather Croft for her contributions to timekeeping/marshalling duties
- And Lance Webster, our favourite cheerleader and team support person (L-E-G-E-N-D)

And it would be remiss of me if I didn't acknowledge all the coaches over the past few months, who have stood on deck each night to provide structured training sessions and individual feedback. Without doubt, this has positively contributed to the successful outcomes above.

Personally, I'd like to thank our coaches Peter, Rowena, Heather, Charles, Fettes, Graham and Hans, along with my fellow regular lane swimmers Megan, Sarah, Charles, Marcell, Matt and Nat. My improvement and accomplishments this season so far are directly related to the collective feedback from all of you. I really am lost for words on how to thank you! ▼

A massive WELL DONE to team Armadale!

Let's keep the momentum rolling into the next meet. And maybe... just maybe... we might get a few more enrollments for future events.

Warmest Regards
El Cap-i-tano