

## CARLISLE MAY 2007



Inverclyde Masters had a very successful swim meet at the recent Carlisle Master open, with its largest contingent competing for an away gala.

On form Simona Ielo swam PB's in her 100m and 50m Freestyle events, Stewart Campbell is gaining experience with each event he participates this was reflected with PB's in his 50m and 100m Butterfly and 50m Freestyle as well as superb performances in the relay events.

Robert Mitchell set PB's in his 50m 100m and 200m Freestyle and can very pleased with his performance as illness prior to the event curtailed his training and preparation.

Fred McLaughlin Swam a PB in his 50 Butterfly and swam a strong 200 Free just missing out on a best time.

The mens relay teams performed beyond expectations, the 4 x 50 medley team of Malone, Mitchell, Campbell and Dyer secured a bronze medal. The 4 x 50m Butterfly team of Campbell, McLaughlin, Mazzoni and Mitchell also took the bronze. Top performance was the 4 x 50m Freestyle team of Campbell, Dyer, McLaughlin and Mazzoni who produced a fine performance gaining the Silver medal.

John Dyer making his competitive debut swam a very fast 50 freestyle giving him a PB, a further PB in his 100IM marked a good meet with additional solid contributions in the relay events.

Archie Adams produced fine performances in the 50M Freestyle 50m Butterfly and 100IM, Archie is the clubs most senior competitor competing in the 80+ age group and is shining example of the benefits of Masters Swimming and a credit to Inverclyde Masters Swimming Club. On top of Archie's Contributions to the Masters Archie also finds the time teaching kids for Inverclyde Amateur Swimming Club.

Gian Mazzoni showed his continued improvements in all strokes by producing a very good PB in his 100IM, he also achieved a PB in the 50 Freestyle as part of the relay team.

Audrey Galloway had a fine meet gaining PB's in her 50 Butterfly and 100IM she also swam to time in the 100 Freestyle event.

Gerry Malone Swam to time on the 50 Backcrawl and 50 Freestyle and had solid performances in the 100 Freestyle 50 Breast and the Medley relay team.

Coach Donald Muirhead was very pleased with the xxx of PB's gained at the meet and spread across all club members and all strokes, this is confirmation of a good winter training programme providing both interesting and demanding sets for the club members the benefits of which are now bearing fruit. We can look forward to a continued successful summer of training and further success in competition.

Inverclyde Masters are always on the look out for new members male or female and all ages, we train at Gourrock pool Tuesday and Thursday 8-9PM also on Saturday and Sunday 08:30-10AM, if interested come along, and or contact Coach Donald Muirhead 520440 or Club President Fred McLaughlin 637991, the Masters Motto is Fun, Fitness and Friendship, we cover all abilities from competitive swimmers to people only wishing to train or learn swimming, there is healthy social aspect to the club.