

LOMOND MASTERS - August 2007

Picture left to right - Gordon Docherty, Fred McLaughlin, Simona Ielo, Bobby Mitchell, Kevin McLaughlin, John Dyer.



Inverclyde Masters recently travelled to Helensburgh to compete in the 17th Lomond Masters Swim Meet in all 11 personal best times were achieved and this confirms the swimmers are in good shape for Inverclyde's own Gala on September 7th & 8th. The performances can be attributed to progressive training programme implemented by Head Coach Donald Muirhead and the dedication of the swimmers.

Gordon Docherty achieved 4 personal best times (PB's) consisting of the 50m Freestyle, Breaststroke and Backcrawl as well as his 100m Individual Medley, to round off a fine day for Gordon he was also top performer in his age Group. Simona Ielo scored personal bests in her 50M / 100M Freestyle and 100 Individual Medley. Bobby Mitchell also recorded personal bests with his 50M / 100M Freestyle and 50 Butterfly. Fred McLaughlin gained a personal best in his 100M butterfly. John Dyer swam to time in 50m Freestyle and 50 Breaststroke. Kevin McLaughlin competing as an underage entrant swam a fine 50M Backcrawl and 50M Butterfly. Moira Gray swam solidly representing Inverclyde again. Inverclyde Masters also took a notable Silver position in the Cannonball relay continuing a recent trend of strong team performances at Masters meets.

If you can Swim and would like to compete or train with Inverclyde Masters contact Fred McLaughlin 637991 or Donald Muirhead 520440, alternatively come along to a session we currently train at Gourock pool Tuesday/Thursday 8-9pm & Saturday/Sunday 08:30-10am.

Inverclyde Masters gratefully accept a £100 cheque paid from Mr Stewart McCartney proprietor of The Spinnaker Hotel Gourock with respect to sponsorship of our forthcoming swimming gala September 2007.