

SCOTTISH APRIL 2007

Inverclyde were well represented at the Scottish National Open Masters Competition 2007, with Inverclyde Masters Butter-flying the flag.

First up Gerry Malone swam a strong 800m front crawl reflecting his power over distance, making his debut this year Alistair Black swam his fastest times for three years for 100m breast stroke and Front crawl. Gian Mazzoni swam a solid swim resulting in a PB for his 200m front crawl, he continues to improve across all strokes.

Fred McLaughlin produced a PB in his 100 front crawl and 100 Butterfly.

Star performer on the day was Simona Ielo who smashed her PB's in the 800 and 200 front crawl and still was able to produce two further PB's in her 100 and 50 front crawl. Simona's commitment to training is paying off this season with continuous improvements.

Special mentions to Moyra Gray and Alan Mears who travelled considerable distances to represent Inverclyde on the day both putting in good performances, Inverclyde Masters wishes them well and looks forward to meeting them at future events.

Inverclyde Masters are always on the look out for new members male or female and all ages, we train at Gourock 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.

Next event on the calendar is the trip to Carlisle Master's annual competition which provide highly successful and entertaining last year, this is closely followed by the 12 Hours sponsored swim at Gourock Pool Saturday 26 May with half of the proceeds donated to Ardgowan Hospice.