

Hi Folk,

What a day, eh? Scared-off a few folk, but our dedicated timekeepers, counters, officials and lifeguards were there on duty and the weather calmed down for the event - even producing sunshine for the finish.

Thanks to everyone who helped.

The true spirit of Masters shone through as the officials volunteered to see Vincent Richer complete the course. Vincent has certainly done his own part in raising funds for Arthritis Research and Treatment: <http://www.mymisc.ca/Features/200512/Richer.jsp>

The SNC officials were Bill Gauld, Jeff Kafka, Margaret Galbraith, and Greg Taylor.

Those in attendance would also have seen John Potocska, after winning the 55-59 age-group in 1:30:02, accompanying Vincent on his last two laps. John and his wife Karen Stoddart are two of our most dedicated supporters. He is an asthmatic and was admitted to hospital earlier this year with a Deep Vein Thrombosis that almost cost him his left leg. Sometimes exercise is beneficial, eh?

This is the first year that our counters have not missed a single lap in recording the Splits of all swimmers - even without the rain, this is a challenge. Great guidance by Greg Taylor and John Bulsza.

The event can not run without these dedicated volunteers who provide the food and support the swimmers. My thanks go to them all and LSD is proud to have hosted the event.

Only one record this year.

Still setting goals for the youngsters . . .

- Fastest Woman and overall swimmer - Lynn Marshall (47).
- Fastest Man - Wieslaw Musial (51).

Oldest man finishing the course - Chris Smith (76)

Oldest Lady completing the course - Gail MacDowall (56)

The results are now posted on the web at:

<http://soloswims.com/SM-results-2008.htm>

The Splits and associated data will follow.

Thanks,

Bryan.