

# Masters swimmers set marks

Arkansas Masters Swimmers broke records and took titles at the Masters Swimming National Long Course Championships at the Woodlands in Houston, Texas, last weekend.



## Recreation notes

*Susan Jarvis*

In the 200-meter medley relay, Frank Lorge, Rick Field and Doug Martin, who train with Coach Paul Blair at the Little Rock Racquet Club, teamed with John Stein for a record-breaking 1 minute, 59.71-second

performance. Unfortunately, another team swam even faster. The same team placed ninth in the 200-meter freestyle relay.

Masters swimmers must be at least 20 years old. For the relay events, the total team age has to be 160 or over — meaning the participants average 40 years old.

Lorge also had a record-breaking swim in the 100-meter backstroke. He slipped in two-tenths of a second under the old record of 1:07.4. Again another swimmer took top honors in the race.

But Lorge did win a national title for his 200-meter backstroke in 2:27.8. He credits the Paul Blair training method for his performances.

“Paul has you train real hard and lift weights as part of your training,” Lorge said. “But you taper the last month till you really feel you’re not doing enough. I had to fight myself to do what he said . . . just keep backing off and resting. But I did see a drop in my times.”

Schwartz, another of Blair’s athletes, dropped 26 seconds from his time last year in the 800-meter freestyle event to take the national title with a time of 9:54.12.

Norma Hoffrichter of Fort Smith won three national championships in the 70-74 division. She was first in the 50-meter freestyle in 47.69 seconds, first in the 100-meter freestyle in 1:47.81 and first in the 50-meter breaststroke in 1:01.04. She placed second in the 50-meter backstroke in 58.10.

In addition to the relay win, Doug Martin placed second in the 50-meter freestyle and the 100-meter butterfly and third in the 50-meter butterfly. Field posted two third-places.