

## CFAC Masters compete in the LCM State Championship, August 3, 2013

**By Jonathan Washburn**

The Wilmington Y Masters, competing as the "Cape Fear Aquatic Club" (CFAC), recently captured Men's first place out of 19 teams at the 2013 Long Course Meters meet in Cary, NC on August 3. The Women took 7<sup>th</sup> place out of ten teams. Combined scores

put CFAC in third overall, behind Raleigh Area Masters "RAM" and NCMS. You may know that team rankings often depend in large part on team size, and the CFAC team from Wilmington has been expanding dramatically over the past several years. From two or three swimmers in 2002, the three-day-a-week lunchtime practices now frequently include twenty swimmers or more. It also seems like a visiting Masters swimmer joins the M-W-F 1 pm group every other week or so.



*Juan de la Cruz, Michael Byrd and Jonathan Washburn celebrate Alicia Uhl setting state record in 400 free. Or just finishing it ...*

Chris Martin (46) took three first place awards, and in the process got his wife and daughter, and their friend, to look up from their cell phones and actually watch one of the victories. In fact, the success of the Men in their close race over NCMS and RAM could possibly be directly attributed to Chris. With his late entry being processed as "Unattached" the team scores did not initially include his results. By the tabulation of official results, it was corrected to reflect "CFAC", and then the Men's score surpassed the others.

Jonathan Washburn (56) achieved four first place finishes and one second place. Todd Dimsdale (56, DUKE) put the hammer down on the final fifty meters of the 200 M Breaststroke to touch out Washburn by less than a second. Washburn also achieved a state record in the 200 Meter Butterfly, probably due in large part to the well-known fact that 200 Meters of butterfly is not particularly popular in the 55-59 age group. I speak from personal knowledge that the record was set without negative splitting the race.



Earl Anderson, Jim McFarland, Juan de la Cruz and Michael Byrd also contributed to the men's success. We ought to claim some credit for Jon Blank (53, RAM) who trained for several weeks with the CFAC club, but he won a few events on his own merit and clearly indicates the overall strength of the RAM team in general. Finally, although Dave Sokolofsky (32) swam "Unattached", he is part of the Wilmington swimming community, coach of the Wilmington club teams, and he laid down a 24.37 in dominating the 50 Meter Freestyle. Proving that his college career setting team and pool records at UNC Wilmington was no fluke!

Alicia Uhl (36) on the Women's CFAC team won FIVE of FIVE events! As the overall most outstanding swimmer of CFAC, she not only wins events, but consistently places times on the National Top Ten. If she were not in an age group with former Olympians, she would probably achieve more statewide accolades, but every swimmer seems to have somebody ahead of them to inspire their workouts. In addition to Alicia, Jenny Perrottet (33) continues her return to swimming prominence with two first place finishes.