



Armadale Masters Swimming Club



28 May 2013 - Aerobics Report

Ten enthusiastic swimmers fronted for the May 28 aerobics session with the usual enthusiasm, strategy and hunger for records. Team Seville Grove and Team Byford – top of the class for promptness with paperwork completed on time and eager to get started, making the coordinator's job so much easier. And thanks to Graham for crawling out of his sick bed to grab a clipboard and stopwatch.

PB stars of the night were Jannette, taking 12.16 secs off her best 800 freestyle time, Sean with 11.59 secs off his 400 breaststroke time and Yvonne with a 25.45 sec improvement in her 400 free. Well done to those guys.

Shannon continues to try out in the longer events and swam 400 m breaststroke, establishing a new age group record. Chas swam his beloved 400 m breaststroke and fell short of his recent national's success, without a PB. Col decided to go for the 400m double in his least able events, the results - a new backstroke record by a massive 2 min 14 secs, and breaststroke – well he made it! Not to be outdone, Ross attempted 800 backstroke for the first time and broke his new backstroke coach's record by 3 seconds. Meanwhile Jeff's back to full steam with a 400 free, and 400 breaststroke in a time which was just 3 secs short of his best.

Mention 'aerobics' to Mary and she's thinking 'record' – and again she hasn't disappointed with yet another record in the 800 free. (Looks like you never held that one Lex!) Jilly was her consistent self with a new 400 freestyle record established – no PB though Jilly!

See you all on Thursday 13th.

Ross

