



Armadale Masters Swimming Club



Aerobics Report 27 August 2013

Seven swimmers swam aerobics on Thursday 27 August. Most swam only one event due to having only one lane allocated to aerobics work, but some huge results were recorded.

While the normally reliable Team Seville Grove failed to show, one half of the Byford girls returned and took on a huge challenge. Mary opted to swim 400 back after having only swum backstroke over 100m previously. Her respectable time of 12:23 established yet another new record in her age group – the only record of the night.

Sharon Sharman finally found her way to the Leisureplex and swam a 400 free in 1 min 25 secs faster than her previous (February) time – a big improvement and great effort. And only to be slightly outdone - Chris has continued to regain lost form with a 1 min 20 sec improvement (in 28 days) in his 800 free. Keep your eyes on these two!

Bill swam 800 free and continues to improve. Since February he has swam the 800 free five times and has improved each time, effectively clocking up a PB every time he swims. He was so pumped after his 800 that he returned for a 400 free later in the night. Two efforts in one night is another first for Bill.

Ross finally conquered his nemesis 400 back by achieving his first backstroke PB since 2007. Captain Jeff also swam 400 back in close to his best time while Graham continues to rack up maximum points on his way to a certain premiership towel.

What looked like being a lean night turned out to be very productive with great results achieved.

