



## Armadale Masters Swimming Club



### Aerobics Report 15 August 2013

Eight swimmers fronted for aerobics on 15 August. While the Byford girls were conspicuous by their absence, Team Seville Grove was prompt, pumped and ready to go. Gilly swam 400 breast and 800 free, respectable but surprisingly no records, while Gibbo again turned in close to PB times – 400 back and 800 free. His 400 back was a mere 0.96 secs off his best.

Chris maintained his steady improvement in two events. In one month he has returned a 63 sec improvement in his 400 free and 36 secs in his 400 breast. A return to his pre-UK form would explain it (although he was overheard talking to Gibbo about Essendon)!

Zita returned to Aerobics after an extended layoff and wiped 63 secs off her best time in 800 free. This was a great effort, and the only PB of the night. Jannette also returned after a long absence and completed 800 breast in respectable time.

Jeff (free), Graham (free) and Ross (back) worked hard over 800 metres in times commendable - but unremarkable.

All in all it was a quiet night in the pool – no records, one PB.

