



Armadale Masters Swimming Club

Aerobics – 26 February 2013

The Tuesday 26 February aerobics session, which started out with the usual lethargy, indecision and bad excuses, turned out to be a productive affair with many PBs and records established. The session was well patronised and again ran over time, consistent with recent summer interest and very competitive 'towel' interest.

Understandably, many members prefer to swim the planned training program on aerobics nights. But all are reminded that aerobics events are a good measure of overall improvement if done periodically. And on improvement, there was a lot happening Tuesday 26th as the following results show.

New Long Course Records Established

Female 40-44 - Gillian took 5.71 seconds off her own 400 Backstroke record, and she's not even competitive! Well done Jilly.

Male 50-54 - While supposedly easing back into swimming after shoulder surgery, Greg's not quite sure what that means and continues to improve with a 5.99 second improvement on his own 400 freestyle record. Someone tell him that it's OK to 'plateau'.

Male 35-39 - The very intense and enthusiastic Nigel 'Nige' Chaytor managed to establish two new (previously vacant) records – 400 freestyle and 400 breaststroke. His ongoing improvement since joining the club just before Christmas has been impressive. Well done Nige.

Female 65-69 - How great is it to see Mary's continued improvement? She broke her own 800 freestyle record by 7.85 seconds. Looking younger, swimming faster – good on you Mary.

Male 60-64 – Not to be outdone, the very non-competitive Graham Hicks has wiped 6.11 seconds off his own 400 backstroke record. The only thing he likes more than breaking records is a big breakfast!

Special Mentions

Captain Chris made the most of the 'not too cold yet' conditions and came home with two BIG PBs – 14.76 seconds in 400 breaststroke and 16.98 seconds in 800 freestyle.

Yvonne Lovegrove scored 6 points in her first recorded 800 freestyle – great effort Yvonne.

Sharon Sharman, who recently improved 3 minutes on her 800 freestyle time, recorded her first 400 freestyle time – watch this space!

Fettes, Jeff, Ross.....keep trying boys!

