



Armadale Masters Swimming Club



Aerobics – Tuesday 26 March 2013

Another cold night, only the silly and the really committed were expected to rock up. But slowly they drifted in. It must have been cold because Jilly was hidden under the big China gown! With only one member of the public swimming laps, we got started early with Greg and Jill each doing a half hour freestyle. Soon afterwards, Fettes and Chas were underway with 800m freestyles followed by regulars Jannette (800 free) and Mary (400 free). Meanwhile Catriona arrived and was thinking about an aerobics swim. Hello! Bill's got the pink cap on and looking all nervous, next thing he's into a serious warm-up for his second 800 free alongside Graham Hicks. Well done Bill, a big PB and the cap looks great! Catriona decided on a 400 free and although she hadn't swum for about three months she still managed a very snappy 5:50. She wanted to back it up with another swim but wasn't sure. We started packing up for the night when the announcement came through that Catriona wanted to do a 400 IM - what?? This time there were plenty of onlookers as it's not something we see very often....ever! Another respectable 6:26, thanks for the clinic Catriona.

Special mentions

- Catriona broke Jacqui's 400 free Club Record (18 – 24yrs) in a time of 5:50.32
- Catriona also set a new Club Record (18 – 24yrs) for her 400 IM in a time of 6:26.86
- Maria broke her own 400 free Club record (70 – 74yrs) by 1.21 secs in a time of 9:56.25
- Bill took 15.84 secs off his best 800 free time with 16:57.34

Well done to all swimmers!

Ross

