



Armadale Masters Swimming Club

Hi Swimmers,

Some truly remarkable aerobics swimming on Tuesday night, was there something in the water or could it have been something else. We will definitely have Jeff Sanders swabbed, more about that later.

Katja Cappadona produced two incredible PBs taking 58 seconds off her 400m free and 12 seconds off her 400m breaststroke, well done Katja. Linda Cragg also swum a PB which lowered her Club Record in the 400m breaststroke. Charles Croft lowered his Club Record in the 400m Breaststroke by 15 seconds and not to be outdone Colin Gibson lowered the old 2008 800m Freestyle Club Record by more than 2.5 minutes. Congratulations to all swimmers.

Now to that Sanders bloke, not only did he swim three different 400m aerobic but he produced PBs in each one. Jeff took 8 seconds off his 400m freestyle, 3 seconds off his 400m backstroke and nearly 2 seconds off his 400m breaststroke. Now I ask you, what is this bloke on!!!!

Check out all the results in the attached files and remember to keep an eye on your progress to complete your 5 swims. Heather Croft has now completed 5 swims in her 400m freestyle.

After you finish your 5 swims and you are thinking what can I do now. Well you could start another stroke, there is 5 months remaining in the year so enough time or if you have not achieved maximum points you could repeat some of your swims to achieve a faster time. Remember to gain maximum points the average time of your 5 swims must be below the stated time for your age group. Therefore if you are not already receiving maximum points you can increase your points by lowering your average time. The maximum point available for 400m swims is 10 and for 800m swims it is 20. If I have succeeded in confusing you talk to the Coaches, Captains or see me.

Happy swimming,
Graham.