



Armadale Masters Swimming Club



Hi Swimmers,

Tuesday's aerobics saw a number of good swims recorded, especially in the 800m freestyle. Gillian Caruso, Heather Croft, Ross Doherty, Fettes (Limp) Falconer all produced swim within 10 seconds of their PB.

Jeff Sanders swum a big PB in his 400m breaststroke and Charles Croft continued his recent purple patch with a PB and Club Record in his 800m freestyle.

As we near the end of the year it is important you select the correct stroke/distance to swim at each aerobics session to allow completion of the required 5 swims. If you swim two or more of a particular stroke/distance combination in the month only the fastest swim will gain points.

All the results are attached.

Happy Swimming,
Graham.