



## Armadale Masters Swimming Club



Hi Swimmers,

More and more of you are completing your sets of 5 swims, which is good to see.

Gillian Caruso, Greg Frey and Colin Gibson produced close to PB swims but most of us were a tad off our best. The exception was Jenny Findlay who had a big PB swim and lowered her 800m freestyle by over 40 seconds, well done Jen.

A big thank you to Michelle Hollamby for timing all the swims.

Happy swimming,

Graham.