



Armadale Masters Swimming Club

Hi Swimmers,

Thursday's night aerobics saw more members complete their sets of five swims. Although there is seven or so swimmers who have not yet completed theirs, so we may look at scheduling an aerobics session early in November to help members complete them. That is if, Jeff can find a spot in his very full November Calendar.

Gillian Caruso, Linda Cragg and Heather Croft produced some smart times that were close to their PBs. With the number of members completing their sets of five swims growing there was a need to find a longer distances to swim. Freestyle 1500m was the popular choice and because we have not swum that distance in a 25m pool before the following guys set new Club Records in their respective age group, Charles Croft, Ross Doherty, Colin Gibson and Graham Hicks.

Checkout the attached documents for all the results.

Happy swimming,

Graham.