



Armadale Masters Swimming Club



Hi Swimmers,

For some strange reason the turn out for aerobics and for that matter training was somewhat less than normal last night!!!

Heather Croft and Jeff Sanders completed their 5th swim in the 800m freestyle. Gillian Caruso and Greg Frey tackled the 1500m freestyle and Greg produced a PB that lowered his Club Record by more than 54 seconds. Colin Gibson did the ½ hour freestyle swim with a credible 1350m swum on the 30 minutes.

Well done all swimmers, full results attached.

Happy swimming,

Graham.