



Armadale Masters Swimming Club



Hi Swimmers,

Our first aerobics from the 2012 season had a good role up with eleven members, swimming distances between 400m and 1500m. Not too mentioning any names but some looked like they had not fully recovered from Xmas and New Year and were attempting to blow away some cobwebs.

Jannette Edwards completed her first ever 1500m freestyle, broke a Club Record in the process, this is part of Jannette's training to do the Busselton Jetty swim with her son. Gillian Caruso produced a big PB and lowered her existing Club Record by over 19 seconds in the 1500m freestyle (I should get some of the credit as I chased her the whole way). New member Louw Anderson established a new Club Record in his age group for 400m freestyle. Greg Frey was only 0.27 second off a PB in his 1500m freestyle and Lexie Rankin completed her first 400m freestyle since 2008, good to see Lexie back into aerobics.

Well done to all swimmers, see attached files for all the details.

Happy swimming,

Graham.