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## Armadale Masters Swimming Club



Hi Swimmers,

I believe for the first time ever everyone who turned up for Saturday's training session actually swam an aerobics swim, all nineteen of us. Congratulations to Simon for completing his first 1500m swim and he did this after just getting over the flu!, Louw for swimming his first 400m breaststroke and setting a new club record, Yvonne Lovegrove for swimming a PB for 400 freestyle and setting a new club record, Graham Hicks for swimming a PB for 400m backstroke and setting a new club record, Gillian for swimming a PB for 1500m backstroke and setting a new club record, Colin for setting a new club record for 800m freestyle and Heather Jeps for setting a new club record for 400m breaststroke.

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

Happy swimming,

Gillian.