



Armadale Masters Swimming Club



On a still and clear morning I arrived at the pool to catch Lane 8 members doing some secret specialized training with master coach Jeff and looking at the recent times being achieved by Lane 8 swimmers I believe it may be time for some drug testing to identify the reasons behind this continual improvement.

Half the club members are in China therefore a smaller than normal contingent hit the water for aerobics. As we were getting ready to start an old stalwart from Somerset Master drop in to check us out, Stan Brandwood is looking at join our club so do make him feel welcome. Stan showed he has still got it with a smart time in the 400m freestyle.

Three Lane 8 swimmers produced PBs, Yvonne Hunt, Yvonne Lovegrove and Lexie Rankin there is definitely something going on with the Lane 8 group. Yvonne Lovegrove and Stan Brandwood set Club Records and Jannette Edwards completed 1125m in her $\frac{1}{2}$ hour swim, so all in all it proved to be a successful morning for the Lane 8 group.

Nice to see more of the members embracing the longer aerobic distances with three swimmers completing $\frac{1}{2}$ hour freestyle swims, all three were within about a meter of the far end of the pool when the clock struck 30 minutes, so close but so far;

Gillian Caruso 1625m, Jannette Edwards 1125m, Colin Gibson 1425m

Happy swimming,
Graham.