



Armadale Masters Swimming Club



Hi Swimmers,

There was a good turnout to Thursday's night aerobics and with no public swimmers at the pools we started off using four lanes. The only limiting factor on how many lanes we could use was the number of timekeepers available. Thank you to everyone taking a turn on the watches and especially to Heather Croft, Ann Kosick and Fettes Falconer who were not swimming aerobics.

Jenny Findlay and Kevin Wright produced impressive PBs in the 400m freestyle and Kevin's swim was also a Club Record. Lexie Rankin added another Club Record to her list in the 400m freestyle. Jeff Sanders entered a world of his own with some strange personal torture in his 30 minutes swim. So much so the Gillian felt so sorry for him that she gave him an extra 100m to make a total of 1375m completed in the 30 minutes. I was a wakeup to that and cut his distance down to 1275m for such a pitiful display.

When you look at your results you will see the points you earned for your individual swims. I have added this for your enjoyment on the insistence of Jeff the slave driver!!!

Graham.