



Armadale Masters Swimming Club



Hi Swimmers,

Seven swimmers showed off their aerobic ability on Thursday night and a similar number were in the training lanes. Thank you to Ross Doherty for helping out and forgoing his recovery shoulder exercises in the pool.

Jenny Findlay was the stand out swimmer reducing her 400m freestyle by over 3 seconds. It is the first time Jenny has swum under 11 minutes, well done Jen. Elaine Vandenbos completed her first aerobics swims in the 400m and 800m freestyle, congratulations Elaine.

There were no Club Records set so it maybe the existing records are proving harder to better, time will tell.

Happy swimming,
Graham.