



Armadale Masters Swimming Club



Hi Swimmers,

This was our first aerobics back at Armadale Aquatic Centre and the first time Ross Doherty and Greg Frey have attempted an aerobic swim since their shoulder reconstructions. The boys took it nice and easy and did not get too carried away with the excitement of swimming aerobics after such a long break.

Flettes Falconer slipped in an impressive PB and Club Record in his 400m freestyle. Greg may have had a helping hand by pacing just one or two meters behind Flettes all the way. Gillian Caruso set a Club Record in her 400m backstroke and Colin Gibson set a Club Record in his 400m freestyle.

As the 2012 aerobic season draws to a close at the end of December the leader board for the top three female and male swimmers is looking fairly set but it is mathematically possible for names to change.

Happy swimming,
Graham.