



Armadale Masters Swimming Club



Hi Swimmers,

Thursday night Aerobics had a strong turnout of members and it is always nice to see so many senior members having ago at Aerobics.

There were a number of Club Records and PB swims. Zita Badger and Fettes falconer set Club Record in their 400m breaststroke and 800m freestyle respectively. Gillian Caruso made a small miscalculation which resulted in Gillian receive no points for her $\frac{1}{2}$ hour backstroke. I for one would not enjoy swimming a $\frac{1}{2}$ hour backstroke (if I could) and only receive zero points, luckily Gillian enjoys backstroke so much. Yvonne Lovegrove and Mary Plant did the double in their 400m freestyle with both a PB and a Club Record, well done ladies. Michelle Hollamby and Charles Croft produced PB swims in their 400m freestyle and 800m freestyle respectively. Jenny Findlay did a $\frac{1}{2}$ hour freestyle swim and completed 975m. Well done to all swimmers.

If you are uncertain about the rules surrounding the Club Aerobic talk to Ross Doherty or myself. This may avoid you doing a 'Gillian' and completing an Aerobic swim that gets you no points. Good luck to all swimmers in the 2013 Club Aerobics.

Happy swimming

Graham.