



Armadale Masters Swimming Club



Hi Swimmers,

Must have been something in the air on Tuesday Night's Aerobics as most swimmers opted for some long distance swims.

In the long distance swims Gillian increased her 45 minute Backstroke distance by 25m to 2,300m, Greg appears to be fully recovered swimming 2,650m in the 45 minute freestyle, Graham also swum the 45 minute freestyle covering 2,425m, Mary not shy to try something clocked up a respectable 1,150m in her 30 minute Freestyle swim, our Iron Lady Zeta still in recovery mode swum the 1,000m in her 30 minute swim, and Dirty Sanchez swum his first 30 minute Freestyle swim clocking up 1,700m.

We only had Chris and Fettes in the shorter swims with Fettes swimming a PB and lowering his existing club record in the 400m Freestyle and Chris swimming a cruise 800m Freestyle.

Note: Our new aerobics coordinator Ross will be asking us to try and plan our 400m and 800m swims for the evenings and do the longer swims on the Sunday mornings. Ross has indicated that this is not a strict rule and if you want to do a longer swim in the evening or even a shorter swim on a Sunday morning you will still be very welcome to do so. Just let him know before filling in your aerobic sheets and leaving them on the trolley.

Happy Swimming

