



## Armadale Masters Swimming Club



Hi Swimmers,

Tuesday's night Aerobics proved popular with a strong turnout of members.

The highlight of the evening was a standout performance by Elaine Vandebos with two big PB swims in the 400 and 800m freestyle. Elaine's fitness is continuing to improve in line with her training and I noticed she had moved up a training lane, well done Elaine. Jannette Edwards also produced a PB swim in her 400m freestyle. Fettes Falconer who was not going to swim because he had missed training due to overseas travel established a new Club Record in 800m freestyle.

Jannette Edwards's son David came along to see what we do and established a new Club Record in the 800m freestyle.

Happy Swimming,  
Graham.