



Armadale Masters Swimming Club



Hi Swimmers,

Thursday night's aerobics saw a return to more normal number's of aerobic swimmers.

The outstanding swimmer of the night was Kevin Wright who took over 65 seconds off his previous 800m freestyle back in May to score maximum points for the swim. Kevin times are showing continual improve in line with his improving fitness. Keep up the good work Kevin.

After much procrastination Fettes Falconer decided to have a swim and established a new Club Record in the 400m freestyle.

Graham.